



# kalpana

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BIANNUAL NEWSLETTER (FOR PRIVATE CIRCULATION ONLY)

## It is time to apply 212 Degree Principle

LIVE THE LIFE YOU WANT TO LIVE

A very wise person once said, "don't let yesterday's disappointments cast a shadow on tomorrow's dreams". We had many opportunities to 'cast a shadow' of disappointments, but one must resolve to follow this wise person's sage advice and not let these obstacles hold back one's dreams. These obstacles can only control us if we let them. We alone have the power to discard them.

At 211 Degree water is hot. At 212 Degree, it boils. And with boiling water, comes steam that could power a locomotive. It is that ONE extra degree that makes all the difference. Use this powerful metaphor to turn your dream into reality. The extra degree effort, in business or life, can separate the good from the great and can result important transformation. The 212 concept is used to motivate and inspire people to the next level of success. "Many of life's failures are men who did not realize how close they were to success when they gave up". (Thomas Edison)

Never stop believing in the possibilities of the life you want to create. 'This is my chance- right now- to live the life I want to live.' All of us could take a lesson from weather- it pays no attention to criticism. Resolve today to make 'Tomorrow's dreams' a REALITY !

Dear Senior Citizens, you easily remember the beautiful days of your childhood and you didn't worry about food, stress or anxiety. If you want to enjoy childlike carefree life then come to Heavenly Palace and LIVE THE LIFE YOU WANT TO LIVE!

Dream & Beauty Charitable Trust

## Message from Chairman



Life is simply wonderful if you know how to live. Every age has its advantages as well as disadvantages, so is the old age. By the time one grows physically old, one has passed through numerous experiences, good & bad. Experience it self is a hard teacher; It gives the test first & lessons afterwards. The problems faced and the experience gained as a result, offer beneficial lessons & enhance mental strength. Struggle and endurance provide inner strength. That is the boon of old age-Insight, experience, beliefs, convictions and above all wisdom. This wisdom should guide you to handle your present with peace, equanimity, confidence and satisfaction. Count your blessings and not what you are missing.

A word to the younger generation. You are what you are due to the hard ways your parents have brought you up and provided you with. Your parents had made many sacrifices doing their duties towards you. Don't forget them altogether or ignore them in the evening of their life. All that they need from you is a word of comfort, an occasional visit, a small gift to enhance their self esteem and mitigate their sense of loneliness. They still have a lot to share with you, their experiences, their words of wisdom which will stand you in good stead while you go through life. Moreover, you are going to get back what you give. You will also grow old one day and your children then, are going to ape you, to follow you and do exactly what you do to your parents.

So friends, make the best of life. Give it a meaning, a purpose. Cling on to your faith, drop the fear. Thank almighty that you are living much more blessed than millions.

**Anil K. Monga**

## Trustees & Advisory Panel



"We make a living by what we get, we make a life by what we give"  
"Sir Winston Churchill"



## Hope in Times of Conflict

# VENI VIDI VICI come - saw - conquered

**I-Tower Syndrome** Managers who spend 80 percent of their time in their offices, reading memos and reports, making telephone calls, attending countless meetings are people suffering from 'Ivory-Tower Syndrome'. Somewhere outside is a real world. But they are not aware of it. A real world in their own organizations, real people who have real problems, that reality can not be brought to life by reading reports or attending meetings.

**A Good Manager** gets out and about, sees and hears for himself. Problems take on a different perspective. This is what Mr. Anil K. Monga, chairman DBC Trust did. During his stay (in the months of February, March & May) at Heavenly Palace, he met residents and office staff individually as well as in groups. He had solutions to every problem, however small or big. With him, we found hope in our times of conflicts.



Mr. Monga reflects his emotional connection with common people and his vision for their well-being and empowerment, especially women/girls empowerment, his forthcoming-projects still at the planning stage. Resident seniors may also be given the role of resource persons. Talking to him we realize that Mr. Monga is equally at ease with a king and a commoner.

"When I do good. I feel good. When I do bad, I feel bad and that is my religion"  
"Abraham Lincoln"



## EDITOR'S PAGE

### Editorial

Dear Kalpana Readers

This Baisakhi 'Kalpana' completed two years of its existence and you are the ones who made 'Kalpana' possible and kept it going. It may be mentioned here that a thought that had been enduring in mind – when it becomes a reality. It is truly an interesting experience. 'Kalpana' was one such cherished work that had roots in persuasion. It gives a snapshot of the various activities associated with DBC Trust. This serves to reinforce and allow increased interaction with our readers. Usually we forget the good deeds of many people and activities that happened around us as we are engaged in irrelevant talks and assumptions. It could all change if we just pause to think of what is our contribution to the society. 'Kalpana' is a medium to provide proper acknowledgment and respect to those who are connected with it. This inspires all of us for a new beginning; instead of covering activities relating to Heavenly Palace (Home for Senior Citizens) only, 'Kalpana' is now spreading its wings to cover DBC-Trust projects also. These are Brahmabhog, Karma Hospital and Margdarshan. A little more effort – extra degree using 212 degree principle will help us to make 'Kalpana' as beautiful and charming as it deserves to be. With a total make-over, it will now be published twice a year. This calls for celebration and we couldn't possibly have a party without you. Today's feast includes very chummy snacks that give you a peek on what all happened during the time interval from 'Kalpana' to 'Kalpana'. This is followed by interesting articles, write ups and Healthy Health tips. My thanks to all those who contributed to it by way of useful interesting writeups

'Kalpana' is in your hands\_  
Wish you happy reading...

I am in competition with no one.  
I have no desire to play the game  
of being better than anyone.  
I am simply trying to be better  
than the person I was yesterday.



### Message from General Manager

It was a different experience to be at Heavenly Palace. Having come from corporate sector where number games were played all the time, bottom lines were checked day & night and commercial activities ruled the available space, Heavenly palace was just opposite. A serene place as if every one was in meditation. As if it was a place of worship. As if the truth of life was staring right in



to your eyes. Group of people with wrinkles on their faces, wrinkles which portrayed layers & layers of experience built on them & reflection of a long past, constituted the residents of Heavenly Palace. People from the army background, civil services, businessmen & Agriculturists. People who had decided to celebrate the old age in a different way and finding the union of the unknown at Heavenly Palace. A home away from home, yes it was a different experience for me, though activity is much the same of dealing with staff, hardware & day to day working, yet the approach was different. The approach of service to mankind. A challenge remains: how can I make it more absorbing for our residents!

**Birinder Singh**

***It doesn't make sense to hire smart people  
and then tell them what to do. We hire  
smart people so they tell us what to do.***

### WELCOME TO THE NEW RESIDENTS:-

Mr. Kuldip Singh Bajwa  
Mr. Om Prakash Takiar  
Mrs. Rajwant Kaur Bajwa  
Mrs. Asha Baweja  
Mrs. & Mr. Darshan Singh  
Mr. Nizam Ud Din  
Mr. Amar Nath Dutta  
Mrs. Tarlochan Kaur  
Mr. Prem Chander Mohan Puri  
Mr. Sanjiv Puri  
Mrs. & Mr. Sekhon  
Mrs. Raj Rani Jain  
Mrs. Santosh Sakhuja  
Mrs. & Mr. Aggarwal  
Ms. Ramesh Kumari Chadha  
Mr. Puran Singh  
Mr. Rattan Chand Dhand  
Mrs. Kamla Gupta  
Mr. Mohan Lal Dhand & Mrs. Krishna Dhand

If you stand for a  
REASON,  
Be prepared to  
STAND ALONE like  
a TREE,  
And if you FALL on  
the GROUND, FALL  
like a SEED  
that grows back to  
FIGHT AGAIN.



## ***News About Brahmhog (Serving Meal)***

The Chairman Mr. Anil K Monga, Trustees of DBC Trust & their families performing the KANJAK POOJA of 600 Kanjaks along with the residents of Heavenly Palace at Karma Hospital Ludhiana



### ***Now serving mid day meals at :***

- Santushti Vidyalaya Niketan School, New Partap Nagar, Ludhiana .
- Santushti Vidyalaya Niketan School, Shri Gobind Gaudham, Hambran Road, Ludhiana.
- Swami Vivekanand Saraswati Gurukul, Gopal Nagar, Hambran Road, Ludhiana.
- EK Jyoti Viklang School, Backside of Westen Mall, Ludhiana.
- Gaushala, Hambran Road, Ludhiana.
- Hanuman Vidyalaya School, Jamalpur, Ludhiana.
- CMC Hospital- Ludhiana for attendants.
- Kusht Ashram Doraha.



""We must become the change we want to see"  
"M.K. Gandhi"



## Residents Speak

### GETTING OLD GRACEFULLY

No one is ready to believe that he is getting old as if old age is a curse and not a blessing to enjoy life. But it is a universal fact that every one who is born will get old one day physically, though he may be feeling young from heart. Most of the countries have accepted the age of 65 years as a definition of elderly or old people. There are some of the changes associated with aging:

Changes associated with aging-

- There is often a general physical decline and people become less active.
  - Wrinkles.
  - Changes of hair colour to white.
  - Hair loss
  - Change of vocal cord hence voice.
  - Heightened risk for injury from falls.
  - Hearing loss.
  - Diminishing eye sight.
  - Memory loss.
  - Depressed mood.
  - Great susceptibility to bones and joints causing osteoarthritis and osteoporosis.
  - More prone to heart problems, urinary and kidney problems.
- Though you have to get old physically, there are certain rules which if observed allow you to age gracefully. These golden rules are:-
- Must hold on your bank deposits, your house and your assets with yourself or with your spouse.
  - Never depend only on your children's promises to care you when you grow old as their priorities change with time.
  - Expand your circle of friends to include those who will outlive you.
  - Do not meddle in the lives of your children. Let them live their life not yours.
  - Listen to every one's advice but do as you feel best.
  - Never think you are retired from life.

And to enjoy life gracefully in a better way in the company of friends of your age. Must visit Heavenly Palace Doraha and see how life is lived in the Real Sense A KING SIZE.

Jagdish Gupta

### चौराहा से दोराहा तक

बंदा बन मैं जग में आया मालिक की बंदगी के वास्ते पर माया जाल में फंसकर निकल पड़ा मैं ग़लत रास्ते अनमोल शरीर है यह मेरा लाखों-करोड़ों ही हैं साँस मिले समय व्यर्थ ही गँवाता रहा करता रहा शिकवे और गिले दिन रात दौड़ती दुनिया में मैं माया जाल ही बुनता रहा खुद में बैठे खुदा को भुलाकर मैं ग़लत रास्ते ही चुनता रहा जो बीत गयी वो बिसार रहा हूँ अपनी ग़लतियों को सुधार रहा हूँ कार्यमुक्त होकर घर से निकला हूँ चौराहा से दोराहा पर आ गया हूँ दोराहा में बसा है एक स्वर्गधाम धाम हैवनली पैलेस है उसका नाम इस रिटाइरमेंट होम के सीनियर सिटिज़नस के होते सारे काम ऑरगैनिक खाना खाने को मिलता सुंदर परिसर सबका मन हरता सॉफ़ स्वच्छ वातावरण यहाँ का और सारा दिन मनोरंजन चलता 14 एकड़ के फार्म हाउस के किनारे नीलों नहर का पानी चलता है यहाँ रहकर बस यही लगता है स्वर्ग तो हैवनली पैलेस में बसता है दोराहे पर आकर कोशिश है मेरी कि एक सही राह जल्दी मिल जाए जिस पर चलकर मेरा जीवन सुधर जाए और सफल हो जाए

Yash Bajaj

Newly married husband puts a notice in front of his residence:

**FOR SALE**

Computer and Encyclopedia both in good condition.

Reason for selling: No longer needed. Got married. Wife knows EVERYTHING ...with backup server called

"Mother In Law "

### THE BLOOMING SEASON

The English poet Shelly wrote: If winter comes, can spring be far behind? The answer is: No, impossible. The winter will inevitably be followed soon by the spring. We do not want here to reflect on the profound and symbolic significance of this wonderful verse, we would rather limit ourselves to simple literal meaning. Today, spring has come to our door. The spine-chilling winter is over and we feel the caress of the soothing southern breeze. The wintry gloom has made its way out out yielding place to the spring-time bloom.

The spring is the season of joy and cheerfulness. It brings in the message of youthful energy and enthusiasm. It rekindles our indolent spirit. Who can remain unmoved by the exuberance of nature at this time? Even an indifferent and unmindful way-farer feels the refreshing touch of this season. A cheery lightness floats in the air. The shrunken and lifeless trees wear all of a sudden a leafy and lively look. A verdant beauty envelopes the space. Almost all the trees are in full bloom. A riot of colours invades the atmosphere. Here, at our Heavenly Place, innumerable flowers of countless colours, including fully-bloomed king-size "Dahlia's", are now gracing the gardens. They are a real treat to watch.

Now that the blooming season, that is, the spring has descended upon the earth, we must not belittle its presence, short-lived though, by our routine-bound way of life. We must open our eyes and the petals of our heart to appreciate this golden gift of nature. Let us accept the joyous invitation of the season to its festival of beauty and spread forth like its fragrance the human love and amity towards one and all with glee and gaiety.

Amarnath Dutta

"Success is a lousy teacher. It reduces smart people into thinking they can't lose"

"Bill Gates"



## Celebrations



Lohri



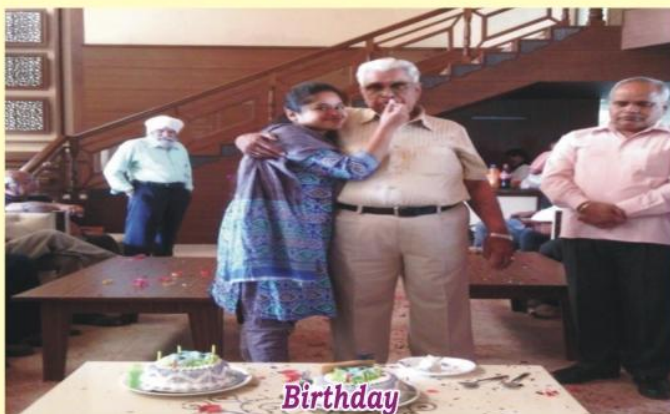
Republic Day



Birthday



Holi



Birthday



Baisakhi



Mother's Day



Father's Day



## Glances



*Medical Checkup*



*Tambola*



*Chairman's Meet*



*Visit of Dedicated Brothers Group Rajpura*



*Visit of Sant Baba Lakkha Singh Ji (Nanaksar Kaleran)*



*Visit Of Chandigarh Senior Citizens Association*



## Margdarshan News

### WOMEN EMPOWERMENT-

"Women are the real architects of society"



Women today are ruling over the world and making their mark in various fields with their knowledge & Skill . But sadly women of deprived section are still grappling to attain basic amenities of life. With the vision to scale up vulnerable women MARGDARSHAN- a unit of DBC Trust, initiated to train them while imparting training in Basic Computer & Sewing & Crochet Knitting along with soft skills as generic with an assurance of employment . As a result we got success in transforming the lives of 432 households during this Fiscal year 2014-15

Other than training, MARGDARSHAN has also played as a catalyst to enhance their personality & confidence with optimum exposure opportunities through industry visits.



The creativity & skills of the ladies were unveiled by exhibiting their products during FICCI FLO's meeting at Park Plaza & NRI Divas organized by Punjab State Government at Whistling Woods Resort on 18th January, 2015. All the efforts got overwhelming response



### GRADUATION CEREMONY

"There is no 'I' in "Team" but there is an 'I' in win "  
"Michael Jordan"



## Health Capsules

### Health related issues!!!!..... ICU

#### CUBE CAN DO THE MIRACLES!!!!

You have probably never thought that a daily use of ice cubes can help your body heal and recharge and make you a bit younger and energetic. It can happen if you put an ice cube at the point where your head and neck are connected.

This technique is closely related to Chinese acupuncture and according to it, the point where you have to place the ice cube is called Feng Fu, which translates to "wind mansion".

Just hold the cube for 20 minutes on the Feng Fu point. Naturally, at first you will begin to feel freezing, but after thirty or forty seconds you will feel warmth. By doing this every day you will begin to feel euphoria. This is because the ice cube will cause for endorphin to be released in your blood. But there are many more benefits from using this technique. For example:

- Sleep improvement;
- Better digestion;
- No more frequent colds;
- Less joint pain, toothaches and headaches;
- Breathing improvement and better cardiovascular system;
- No more degenerative spine change and management of neurological disorders;
- No Thyroid gland disorders;
- No hypotension disorders;
- No asthma;
- Less malnutrition or obesity;

#### RECOGNIZING STROKE

A neurologist says that if he can get to a stroke victim within 3 hours, he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Thank God for the sense to remember the '3' steps, STR.

S \*Ask the individual to SMILE.

T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

R \*Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

NOTE: NEW 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

### THE POSITIVE SIDE OF FIVE BAD HABITS

#### Paanch Khoon maaf

We all have at least one or two bad habits, but did you know that these habits aren't necessarily bad, and in fact can improve your life?

1. Nail Biting – although it's considered a bad habit by society, humans have been biting their nails since the dawn of time. Nail biting prevents your nails from getting too long and breaking or cutting you and it exposes you to tiny amounts of bacteria from residue under your nails. Research shows that exposure to small amounts of bacteria on a regular basis actually strengthens the immune system.

2. Fidgeting Keeps You Alert – fidgeting is actually your brain trying to improve its focus and alertness in the same way that yawning is its way to get you more oxygen quickly. Shaking your legs, twiddling your thumbs, doodling etc, all help you focus when you're tired or bored.

3. Cursing – most people would frown upon swearing and cursing, especially around young children, but it also has appropriate benefits, Researchers discovered that swearing in stressful times actually helps reducing your risk of a heart attack by half ! Just remember that there's a time and a place for everything...

4. Sleeping In – endocrinologists recently discovered that waking up before 6:30am increases a person's risk of contracting cardiovascular diseases. The best thing to do is go to bed when you're naturally tired and letting your body wake up on its own.

5. Tantrums – expressing your anger in small amounts will reduce tension and stress, and is much healthier than bottling up all that anger and frustration inside. Kids know it better than us and that's why they naturally do it. Just make sure you express your anger in a healthy way – punch a pillow, go off on a short rant, etc.





## Karma Hospital News

### ● Eye Check up Camp at Guru Arjun Dev Gurudwara, Samrala Chowk

An Eye Check up Camp was organized at Guru Arjun Dev Gurudwara, Near Samrala Chowk, Ludhiana. Total Number of patients was 88.

### ● Eye Check up Camp at Nissambo Vardhman Ltd.:

Another Eye Check camp with computerized testing & paid Optical Facility was held for the employees of Nissambo Vardhman Ltd., Focal Point, Ludhiana. Total Number of patients was 100.



### ● Medical Camp in Sambhav Spinning Mills (a unit of Nahar Group):

Another Medical Camp (Medicine, Eye & Gynae) organized in Sambhav Spinning Mills, Chd. Road (a unit of Nahar Group) for its employees. Total Number of patients was 170.



## THE WAY OF EATING FRUITS - THIS OPENED MY EYES

What is the correct way of eating fruits?

- IT MEANS NOT EATING FRUITS AFTER YOUR MEALS!\* FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.
- If you eat fruits like that, it will play a major role to detoxify your system, supplying you with the great deal of energy for weight loss and other life activities.
- Fruit is the most important food. Let's say you eat two slice of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines; but it is prevented from doing so.
- In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.....
- So please eat your fruits on an empty stomach or before your meals! You have heard people complaining – every time I eat watermelon I burp, when I eat melon, my stomach bloats up, when I eat a banana I feel like running to the toilet, etc, Actually all this will not arise if you eat fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!
- Graying hair, balding nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.
- There is no such thing as some fruits like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the secret of beauty, longevity, health, energy, happiness and normal weight.
- When you need to drink fruit juice - drink only fresh juice, not from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get the taste, cooking destroys all the vitamins.
- But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruit and drink juice for 3 days and you will be surprised when your friends tell you how radiant you look!



## Growing Old with positive thoughts



I feel fit like a fiddle after seeing 87 springs of my life and am leading active life, holding the position of Chancellor, central university of Punjab. Simultaneously, I am senator for life both on Punjabi University and Guru Nanak Dev University senates. Also I am senator at the Punjab University. In addition I have a large number of engagements. I am seldom tired of my professional work. Yet, I am an Ideal sample of a compendium of ailments from which I suffered and am suffering happily. About two decades ago I developed numbness on my toes and suffered for about two years. Toes and fingers exercise helped me. Then my ankles started paining and it became difficult to walk. Again ankle based exercises helped. This was followed by sensitivity and pain under my heels. No doctor or institute could effectively cure this. I started depending on soft pads under my heels in my shoes. This lasted for about four years with no remedy. Doctors were suggesting surgery. Then it occurred to me that the clothes we wear rub with the body that generate static electricity which tends to flow to the tips towards the earth. Yet, we wear shoes with rubber soles that are bad conductors to electricity. As such the underside of our feet remain charged with electricity this renders the skin sensitive. I started bare footed in my house. This ailment was cured within one week. Since then I have no problem. Then came the turn of the knees! Severity was such that I came from USA tour on wheel chair and once I move it would pain for half an hour. I consulted several orthopedic doctors in various hospitals including PGI, who recommended replacement of knees. One day from a talk of a young orthopedic doctor in our Rotary Club, I picked up the hint that the remedy of the joint pain is exercise only. I gave a serious thought to it and chose to exercise half sit-ups in ten days I reached 50 such sit-ups and in about twenty days I was normal with my knees and continue to be till date. Then came the turn of stone in my gall bladder! It had to be removed through laparoscopic surgery. Here comes then Hernia that had to be corrected and prostate enlargement that required surgery twice within a span of two decades. Not to remain behind, urine bladder developed severe cancerous growth. It was fastest growing fourth grade cancer. Yet, it was tackled at the first stage and seems to be O.K now. Lower back pain was corrected with the exercise I thought of myself after the doctors failed to handle it. Heart attack has always been waiting in the wings. It was in June, 1987 when I got first serious heart attack and suffered four months in and out of the hospitals. In 2001, I suffered second heart attack and remained in the hospital for about three weeks. This attack again was very serious and reduced the efficiency of my heart to 40 percent, because of one artery completely blocked and the blood flow managing through collateral developed around this artery. Third attack I experienced in New York (USA). This did not do much damage, yet the charges of \$31000/- gave me a shock bigger than that given by the heart attack! Fourth attack took me to ICU in October, 2014 for about a week. It reduced the efficiency of my heart to less than 30 percent and took about two months to get out of it to normal functioning. I used the ICU opportunity to read two excellent biographies of outstanding scientists of the country; Padma Bhushan Dr. Shanti Swarup Bhatnagar and Rai Bahadur Ruchi Ram Sahni, gifted by Dr. Arun Grover Vice Chancellor, Punjab University. Eyes also had to be operated upon for cataract. Though the eyes did not become original normal as was told to me by the operating doctor, yet it was not very serious hindrance in my normal working. All said and done, after passing through all these ailments, I am living near normal and functionally feel fit. I think what saved me all through these ordeals is the grace of God in which I have unshakable faith. I treated my body as a vehicle and never pushed it even when there was a minor defect (ailment). As one takes the vehicle to workshop to correct the defect, I went to the hospital or doctor and never took chance with my body. More important, in case of any ailment, I never imagined the worst and thought of positive results. This I learnt from a very senior heart specialist at the time I suffered the first heart attack in Delhi. He advised me, "never to think of what you do not want to happen to you". I would like to pass on this advice to my friends and would like to add that always think positive in any adverse situation. That will help you get out of the ailment make your life easy and satisfying.

Dr. S. S. Johl



## Media Highlights

प्ला. दोराह

१. यहिदह के किनारे बनी एक बज  
 को इन्हके के लोग बुद्धावम के नाम से  
 है। किनु हैकलती वेलेस नामक इस जगह  
 २. यहाँ 62 वरिष्ठ लोग है। करीब 14 एकड़ जमीन  
 का महल नाम है। करीब 14 एकड़ जमीन  
 का यह संस्थान लोगों के लिए अपने घरों के  
 ३. संस्थान है, जहाँ अपने निवासी के जो  
 ४ में अपने लोग अपने घरों से भी जगह  
 आ महल है।  
 यहाँ रहने वाले लोगों में कई पूर्व उ  
 बकानी, उद्योगपति व सफल व्यवसायी  
 ५. प्यार के साथ पाल कर बड़े किए बच्चे भी  
 ६. वय में बहुत महल-पिना के विधेमादी उठ  
 ७. के होते है।

रिटायर्ड बैंक मैनेजर जगदीश गुप्ता ने अपनी रिटायर्ड अध्यापिका के साथ करीब १० सालों से यहाँ रह रहे हैं। इनके संस्था को वे कहने पर सख्त एतराज है। उनके अनुसार वे इसका अर्थ ही नहीं समझते हैं। इनके अनुसार वे इसका अर्थ ही नहीं समझते हैं। इनके अनुसार वे इसका अर्थ ही नहीं समझते हैं।

गृहल मानत ह बुजुर्ग

मिजारे को पढ़ाश्रम में रहने वाले बुजुर्ग जानकारी देने हुए।

कोर्ट के पूर्व जिला न्यायाधीश जेम्स डी. जेम्स ने कहा कि कोर्ट ने जमानत के आदेश को रद्द कर दिया है।

ਮਾਧਾ ਦੇ ਹੈਵਨਲੀ ਪੈਲੇਸ ਵਿਖੇ ਰਹਿ ਰਹੇ ਬਿਰਧ ਰਲ-ਮਿਲ ਕੇ ਲੋਹੜੀ ਦਾ ਤਿਉਹਾਰ  
ਮਾਊਣ ਸਮੇਂ ਧੂਣੀ ਵਿੱਚ ਨੱਚ ਗਾ ਕੇ ਤਿਲ ਪਾਉਂਦੇ ਹੋਏ।      ਤਸਵੀਰ : ਜਸਵੀਰ ਖੱਜ

ਤਸਵੀਰ : ਜਸਵੀਰ ਝੱਜ

ਗਾ ਡੀਮ ਏਂਡ ਬ੍ਰੂਟੀ ਚੈਰਿਟੇਬਲ ਟ੍ਰਸਟ ਵੱਖ ਵੱਖ ਥਾਵਾਂ 'ਤੇ ਮਨਾਇਆ ਹੋਲੀ ਦਾ ਤਿਉਹਾਰ

धर | लुधियाना से आगे दोराहा में  
वार को अमेरिका से आए डीम  
ब्यूटी चैरिटेबल ट्रस्ट के ट्रस्टी  
नेल सिंघानिया ने प्रोफेशनल ट्रेनिंग  
जेक्ट का उद्घाटन किया, जिसमें  
सहारा औरतों और लड़कियों को  
लाई कढ़ाई और कंप्यूटर ट्रेनिंग

चल रहे हैवेनल प्लेस को  
यूएसए से आए एनआरए  
पटेल ने वहां रहने वाले द  
साथ मुलाकात की। इस  
डीएमसी के हार्ट स्पेशलि  
गुरमीत बंडर और आर्य  
लुधियाना के रिटायर्ड प्रि  
डिप्टे नेतान ने बनौर

हत्या। इस मौके  
की नीरू शीतल

ਦੇਰਾਹਾ, 7 ਮਾਰਚ (ਬਾਤਿਸ਼) ਹੋਲੀ ਦਾ ਤਿਉਹਾਰ ਜਿਥੇ ਪੂਰੇ ਭਾਰਤ ਵਿਚ ਮਨਾਇਆ ਗਿਆ, ਉਥੇ ਦੇਰਾਹਾ ਦੇ ਅੜ੍ਹਾਂ ਰੋਡ 'ਤੇ ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ ਨਗਰ ਵਿਖੇ ਵੀ ਇਸ ਤਿਉਹਾਰ ਨੂੰ ਲੈ ਕੇ ਬੱਚਿਆਂ ਵਿਚ ਥੋੜ੍ਹਾ ਉਤਸ਼ਾਹ ਦੇਖਣ ਨੂੰ ਮਿਲਿਆ ਅਤੇ ਬਜ਼ੁਰਗ ਵੀ ਪੂਰੀ ਮਸਤੀ ਵਿਚ ਅਨੰਦ ਮਾਣ ਰਹੇ ਸਨ। ਇਸੇ ਲੜੀ ਤਹਿਤ ਦੇਰਾਹਾ ਦੇ ਹੈਵਨਲੀ ਪੈਲਸ ਵਿਖੇ ਰਹਿ ਰਹੇ ਸੀਨੀਅਰ ਸਿਟੀਜਨਾਂ ਨੇ ਹੋਲੀ ਦੇ ਤਿਉਹਾਰ ਨੂੰ ਜਿੰਦਾ ਦਿਲੀ ਨਾਲ ਮਨਾਇਆ।

ਸਮਾਗਮ ਦਾ ਸੰਚਾਲਨ ਕਰਦਿਆਂ ਮੈਡਮ ਭਾਵਨਾ ਸਚਦੇਵਾ ਨੇ ਸਾਰੇ ਬਜ਼ੁਰਗਾਂ ਨੂੰ ਪਹਿਲਾਂ ਇਕ ਸਟੇਜ 'ਤੇ ਇਕੱਠੇ ਕੀਤਾ ਫਿਰ ਡੀ.ਜੇ. ਲਗਾ ਕੇ ਪੰਜਾਬੀ ਗੀਤਾਂ 'ਤੇ ਝੁਮਣ ਲਾ ਦਿਤਾ।

ਸੀਨੀਅਰ ਸਿਟੀਜਨ ਹੋਲੀ ਦਾ ਤਿਉਹਾਰ ਦਾ ਮਨਾਉਂਦੇ ਹੋਏ।

ਇਸ ਸਮਾਗਮ ਵਿਚ 90 ਦੇ ਕਰੀਬ ਸੀਨੀਅਰ ਸਿਟੀਜਨਾਂ ਨੇ ਭਾਗ ਲਿਆ ਅਤੇ ਇਕ-ਦੂਸਰੇ ਨੂੰ ਵਧਾਈਆਂ ਵੀ ਦਿਤੀਆਂ ਤੇ ਮੁੱਧ ਮਿੱਠਾ ਕਰਵਾਇਆ।

ਹੈਠਲੀ ਪੇਲਸ ਦੇ ਡੀ.ਜੀ.ਐਮ. ਰਿਟਾਇਰ ਕਰਨਲ ਐਚ.ਐਨ.ਕੌਸ਼ਲ ਨੇ ਕਿਹਾ ਕਿ ਸਾਰੇ ਸੀਨੀਅਰ ਸਿਟੀਜਨਾਂ ਨੇ ਹੌਲੀ ਦਾ ਤਿਉਹਾਰ ਬਹੁਤ ਹੀ ਖੁਸ਼ੀ ਅਤੇ ਧੂਮਧਾਮ ਨਾਲ ਮਨਾਇਆ ਹੈ। ਸਮਾਗਮ ਉਪਰੰਤ ਐਚ.ਐਨ.ਕੌਸ਼ਲ ਅਤੇ ਮੈਡਮ ਸਚਦੇਵਾ ਨੇ ਬਬੁਰਗਾਂ ਨੂੰ ਤੋਹਫੇ ਦਿਤੇ।

ਦੁ ਘਰ ਪਾਰਵਾਰ ਛੱਡ ਕੇ ਆਏ ਬਜ਼ਰਗਾਂ ਨੇ ਇਰਧ ਆਸ਼ਰਮ 'ਚ ਪਾਏ ਭਰ

▶ ਹੇਵਨਲੀ ਪੈਲਸ ਦੋਰਾਹਾ ਵਿਖੇ ਸ਼ਾਂਨੀਅਰ ਸਿਟੀਜ਼ਨ ਹੋਲੀ ਦਾ ਡਿਊਟੀ ਨੱਚ-ਟੱਪ ਕੇ ਮਨਾਉਂਦੇ ਹੋਏ। ਪੰਜਾਬੀ ਸਾਹਿਤ

ਨੂੰ ਮਿਲੀਆਂ ਅਤੇ ਰੋਗ-ਪ੍ਰਿਚਕਾਰੀਆਂ ਵੇਚਣ ਨਾਲ ਆਏ ਮਹਿਮਾਨ ਤੇ ਹਾਜ਼ਰੀਨ ਵਿਚ ਵੀ ਇਕ  
ਲਾਭੇ ਕਰਾਹਦਾਰਾਂ ਤੇ ਕਈ ਮਾੜਾ 'ਸ' ਆਉਂਦਾ ਤਾਂ ਕਿਸਾਨ ਪੈਸਾ ਪੈਂਦਿਆ। ਜੈਵਕਤੀ ਦੇ

16 ਦਸੰਬਰ (ਪੰਜਾਬ)—ਹਿੰਦੂ ਨੇ ਭਿਆਨਕ ਹੱਤਿਆ ਕੇਸਾਂ ਵਿਚੋਂ 13 ਦਸੰਬਰ 'ਤੇ ਬਠਿੰਦਾ ਸਦਰ ਸਬਡਿਵੀਜ਼ ਡੇਰੇ ਲਈ ਆਪਣੇ ਆਪ 'ਤੇ ਨਿਰਬਲ ਹਮਲਾ ਹੋਵੇਗਾ ਜਿਥੇ ਕਈ ਆਪਣੇ ਮੁਆੜਾ ਖਾਣ ਲਈ ਜਾ ਰਹੇ ਹਨ। ਆਖ਼ਰੀ ਦਿਨਾਂ ਨੂੰ, ਬਿਛਰ ਫੜੇ ਹੋਏ ਹਿੰਦੂ ਨੇ, ਜਿਥੇ ਜਾ ਸਕਦੇ ਸਨ, ਉਥੇ ਆਪਣੇ ਆਪਣੇ ਨੇ ਸੁਰੱਖਿਅਤ ਥਾਂਵਾਂ ਵਿਚ ਸੁਰੱਖਿਅਤ ਰਹਿ ਰਹੇ ਹਨ।

ਗੈਵਨਲੀ ਗੈਵਨਲੀ



**Late. Sh. Ram Prakash Monga**

### ***Condolence Message***

Chairman of DBC Trust Mr. Anil K. Monga lost his father Mr. Ram Prakash Monga during May 2015, after a prolonged sickness. He was 90. Trustees, Staff members and associates of DBC Trust conveyed their heart felt condolences to the family & prayed for eternal peace to the departed soul.

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# Home for Senior Citizens

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