

	<h1 style="text-align: center;">SHEHJAAR NEWSLETTER</h1> <p style="text-align: center;">A Quarterly Newsletter from Shehjaar Homes for Senior Citizens</p>	
Issue 10		AUGUST 2023

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### *To be Happy, give Happiness*

*The basic emotional need is for something or someone else to make me happy. And therefore, I seek happiness; I ask for it, I beg for it. I want the world to make me happy. I want world to love me. Vedanta says - Happiness is not to be asked for, it is to be given. Love is not to be asked for, it is to be given. To experience love you must give love. To experience happiness, you must give Happiness.*

*You could say I am unhappy how can I give happiness? You think that you are unhappy, but you are not. You have infinite storage of happiness within you. You only have to tap your own resources. How can you do this? You tap the happiness within yourself, by trying to give happiness. To give happiness you must produce it from yourself and then you find it is there. It is our experience that we get greater and more lasting satisfaction by making somebody else happy. It is something that all of us experience.*

*Happiness that comes by making somebody happy is accompanied by freedom, it is lasting happiness. It makes me feel good about myself. On the other hand, happiness derived from objects and things and people, is binding happiness which makes me more and more dependent. It makes me addicted to those things. Right now I am an addicted person, I am addicted to things of the world I cannot do without them. It needs to be understood here that I need food to survive but if I see food as the source of happiness that is addiction.*

- Source "Living Intelligently" by Swami Viditatmanand

- Suresh Palgay & S C Goel





**National Conference at HARIDWAR  
on 11<sup>th</sup> & 12<sup>th</sup> October 2023**

**SHEHJAAR (SHEETAL CHHAYA) HOMES FOR SENIOR CITIZENS** is hosting an Annual Conference in Haridwar on 11<sup>th</sup>-12<sup>th</sup> October 2023. **The theme of the Conference is :-**

**“AGEING, A NATIONAL CHALLENGE & OUR INITIATIVES”**

The emerging challenge in next 25 years (Amrit Kaal) for the country will be the unprecedented growth of Elderly.

The percentage of elderly population is estimated to touch 19 % by 2050 from the existing 10%.

If the Society and the Governments do not immediately sense this and take remedial measures, this explosion of Citizens above 60 years will cause lot of human miseries besides, will put a lot of drag on the economy and may even cause social unrest.

As responsible organization, Shehjaar Homes, have not only been sensitizing all the stake holders of the issues emerging in Senior Citizens welfare and care, but have been advocating the self-sustaining initiatives by the individuals and the Associations. While Governments will give priority to the ageing segment as per their own assessment and needs, but as responsible Society we have to demonstrate and walk the talk by even undertaking small-small steps in the welfare of senior citizens who deserve dignity as specified in our constitution and in our ancient traditions.

We have planned this Conference in Hotel Gardenia, SIIDCUL, Haridwar.

Through this note we invite interested persons/organisations to register for the program and actively participate for the objectives of the conference.

Conference Regn Fee	:	Rs 1000/- For Shehjaar Members Rs 1500/- For Non Shehjaar Members
Hotel Stay Charges	:	Rs 1000/- (+ GST) per head per night (On twin Sharing basis)

**Last date of receipt of the duly filled-in Registration form and the Delegation fee is : 31-AUG-2023.**



**Only 100 delegates will be registered on first-come-first-served basis.**

Note:- This Conference is being held in association with All India Senior Citizens Confederation (AISCCON), Navi Mumbai & Confederation of Senior Citizens Association of Devanchal, Uttarakhand.

Contact :-	E-mail	<a href="mailto:shehjaarhomes@gmail.com">shehjaarhomes@gmail.com</a>
	Suresh Palgay	9837889942
	Sarvesh Gupta	9759008400
	M K Raina	9760002072

Suresh Palgay  
For Shehjaar Homes

### University Trainee

Shehjaar Homes for Senior Citizens Haridwar Center has been chosen by University of Petroleum & Energy Studies, Dehradun and NMIMS, Bangaluru for imparting training of 6-8 weeks to their undergraduate students on elderly care and other allied subjects. Sri Harsh, Sri Jyotiraditya Singh and Sri Anmol Behl have joined Shehjaar in the month of June 2023. Besides the input to them on elderly issues and their actions by Government and NGOs, special session on "Industrial Quality" was addressed by Sri J.K.Kaushik from QCFI and on "Establishing & Strengthening Social Connect" was addressed by Shehjaar member Sri A.K.Sanadhya.



## Summary of Minutes of Meeting of the Central Council of AISCCON held on 13<sup>th</sup> June 2023 at AISCCON Head Office, Nerul, Navi Mumbai

This meeting was attended by 70 members from across the country. Mr M.K.Raina, Vice President, AISCCON also attended this meeting.

The following points are shared for information :--

1. The president AISCCON, Sri Bhadane highlighted the decisions taken and the work done during last 6 months of his tenure. Members present congratulated the team for initiatives taken. Most impressive was the efforts taken by the President and his team travelling and camping in Delhi and trying to meet concerned ministers and a number of MPs highlighting the issues faced by the Senior Citizens and stressing revoking the railway concession suspended during COVID time.
2. The committee for deciding about establishing AISCCON office premises in Delhi NCR was expanded. Besides Sri M.K.Raina, there are 5 more members now in this committee.
3. Annual National Conference of AISCCON is likely to be held in Mumbai during Nov/Dec'23. Necessary steps are being taken.
4. Every Central Council Member has been advised to enroll 5 more members during the current year to further strengthen AISCCON.
5. Suggested amendments to the Constitution will be circulated to Central Council Members before submitting to Charity Commission.
6. Central Council approved the list of AISCCON News Council Members. Sri Suresh Palgay from Shehjaar Homes is one of the AISCCON News Council Member.

Summarised by :  
M.K.Raina

Sri M.K.Raina honoured by President AISCCON Sri Bhadane on 13<sup>th</sup> June'23



पंजीयन नं. UK0680842023010984

**काॅन्फेडरेशन ऑफ सीनियर सिटीजनस एसोसिएशंस ऑफ देवांचल (उत्तराखण्ड)**  
Confederation of Senior Citizens Associations of Devalchal (Uttarakhand)

<b>वी.पी.गुप्ता</b> उपपदा 9758665200, 8077849500 Email : brijprakashgupta@gmail.com	<b>उपेन्द्र कुमार शर्मा</b> उपपदा 9759672900 Email : uks7196@gmail.com	<b>एस.पी.अग्रवाल</b> उपपदा 9319239409 Email : spagrwal1961@gmail.com
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दिनांक : 12/07/2023

<p>उपपदा <b>नरेन्द्र कुमार साहनी</b> 9876254563</p> <p>उपपदा <b>श्रीमती मंजीत शर्मा</b> 9410391015</p> <p>उपपदा <b>चिक्कास चन्द्र गोयल</b> 9412999725</p> <p>उपपदा <b>महाराज कृष्ण रैना</b> 9760002072</p> <p>उपपदा</p>	<p>पत्रिका : _____</p> <p style="text-align: center;"><b>शुभकामना संदेश</b></p> <p>आदरणीया, भगिनी एवं बंधुवर। यह अति हर्ष का विषय है कि *शहजार* (शीतल छाया), <b>होम्स सीनियर सिटीजनस जनों के हितार्थ</b> विगत वर्षों की भांति इस वर्ष भी त्रैमासिक *शहजार* <b>न्यूज लेटर</b> का ई - प्रकाशन करने जा रहा है तथा इस पत्रिका *शहजार*के माध्यम से चरित नागरिकों के हितार्थ एवं कल्याण से संबंधित लेखों का प्रकाशन के साथ ही हरिद्वार, पुणे एवं भुवनेश्वर की गतिविधियों का रोचक समावेश कर रहा है। इस अनुपम कार्य को संगठन के प्रबुद्ध एवं अनुभवी सदस्यों द्वारा संकल्प लेकर निर्भिन्नता से निभाते हुए, सम्पादन कार्य करना ही पत्रिका के सफल प्रकाशन का परिचायक होगा। <b>*काॅन्फेडरेशन ऑफ सीनियर सिटीजनस एसोसिएशंस ऑफ देवांचल*</b> इस अनुपम कार्य के सफल सम्पादन एवं प्रकाशन के लिए आपका हार्दिक अभिनंदन एवं <b>शुभकामनायें।</b></p> <p style="text-align: right;"><b>वी पी गुप्ता</b> प्रांतीय अध्यक्ष</p>
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**हाकृष्णद्वारिका-वासीकासीयादवनंदन,  
इमामअवस्थासंप्राप्तं  
अनाथमकिमनरक्षसी**

1) **हाकृष्णमनसा-वासीकासी  
यादवनंदन,  
इमामअवस्थासंप्राप्तंअनाथमकिमनर  
क्षसी**

The above two shlokas, though look same with only one different word, have deep different meaning. Let us first see the background of these shlokas. Before Mahabharat war between Kauravas and Pandavas, both sides took part in gambling, wherein Pandavas lost everything and even their wife Dropadi. After losing Dropadi in gamble, Duryodhan asked Dushasan to strip off all clothes of Dropadi, just to take revenge. Dropadi, feeling helpless, had no alternative except to call help from Lord Krishna. For that help Dropadi first recited this mantra

**“हाकृष्णद्वारिका-  
वासीकासीयादवनंदन,  
इमामअवस्थासंप्राप्तंअनाथमकिमनरक्ष**

**सी”** calling Shri Krishna for help stating “O Krishna of Dwarika, U the beloved of Yadav Dynasty, why don’t U come to rescue me who is like an Orphan in deep trouble”. Dropadi recites this mantra twice but Shri Krishna is not coming for help. Dropadi, under severe trouble & stress but having full faith and confidence in Shri Krishna, thinks over it as to why Krishna is not coming to her help and she got it because she thought her voice won’t reach Dwarika being far away from this place, then

she recites same shloka replacing “Dwarika-Vasee” by “Manasa-Vasee” She recites now : **“हाकृष्णमनसा-  
वासीकासीयादवनंदन,  
इमामअवस्थासंप्राप्तंअनाथमकिमनरक्ष  
स”** which means “O Krishna U residing in everyone’s heart & the beloved of Yadav dynasty, why don’t U come to rescue me who is like an Orphan in deep trouble.

**हाकृष्णमनसा-वासीकासी-** O Krishna residing in everyone’s heart  
**कासीयादवनंदन** - the beloved of Yadav Dynasty  
**इमामअवस्थासंप्राप्तं-** being in deep trouble like an orphan  
**अनाथमकिमनरक्षसी** - why don’t U come to rescue me

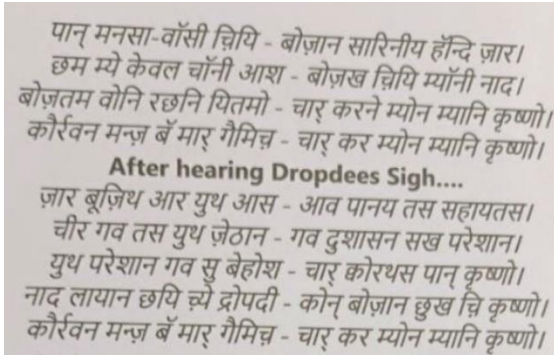
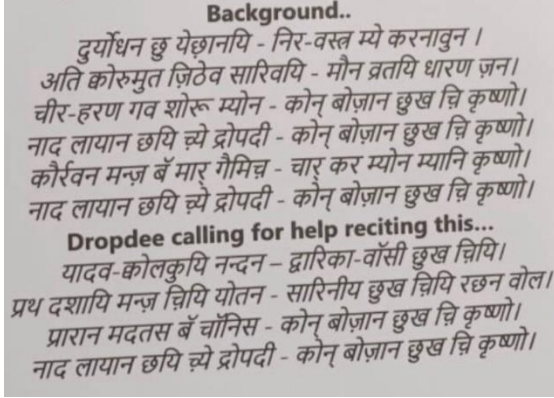
On hearing this, Lord Krishna immediately comes to rescue his devotee and thus, Dropadi is saved from robbing off clothes as her saree pulled by Dushasandoes’t end resulting in falling Dushasan after getting tired.

Now, the broader message of this shlokas are :-

- 1) Lord Krishna dwells in everyone’s heart
- 2) Secondly, when a devotee calls Lord Krishna for help He helps
- 3) Have faith in all Pervading Lord Krishna
- 4) Devotees having full faith need not to pray for help but can ask for help. That is why Dropadi asks Lord Krishna that why don’t U come to my rescue.



I have written a bhajan titled “Dropadi -Vilaap” and these lines may also help to give an overview of these two shlokas



I have tried my best as per my capability to explain the purpose, meaning & result of these two shlokas and hope this may prove helpful.

- By Sh S K Sadhu (Pune)

## CENTERS ACTIVITIES

### Haridwar

The weekly Kuchh Bhi Boliye(KBB) program was held at Shehjaar Center Haridwar on 27<sup>th</sup> April 2023.

At start anchor Sri Suresh Palgay welcomed all members and guests.

Sri M.K.Raina clearly spelt out the various elderly issues such as - loneliness, health, awareness of computer and cybercrime etc. He said Government alone can't reach to the 14 Cr population of senior citizens in the country. There is the need for dedicated organizations working for the welfare of senior citizens. This is what the background and objective of Shehjaar Homes for Senior Citizens is. Our moto is - “Active Happy & Healthy Ageing”.

Sri Sarvesh Gupta introduced the days key speaker Radhika Nagrath from Haridwar.

Dr. Radhika Nagrath is Government certified RPL-level 5 Yoga Teacher. She is associated with Patanjali Yogpeeth for past 25 years. She is a freelance journalist contributing to National English newspapers - Times of India, The Pioneer and has authored several books on Indian ethos. Her research work on Swami Vivekananda was accepted by Advaita Ashrama, Kolkata for printing. She appeared on documentary on Kumbh Mela 2010 by Discovery Channel. Amongst several philanthropic works, she runs 'I share my Roti' project for patients of RKM hospital, Kankhal Haridwar. She has been invited by World renowned universities like - Oxford, UCLA, McGill, Art Institute of Chicago and CGI Dubai for lectures on yoga and peace. She is recipient of many awards for her research papers on Indianness and writings on alternative medicine,

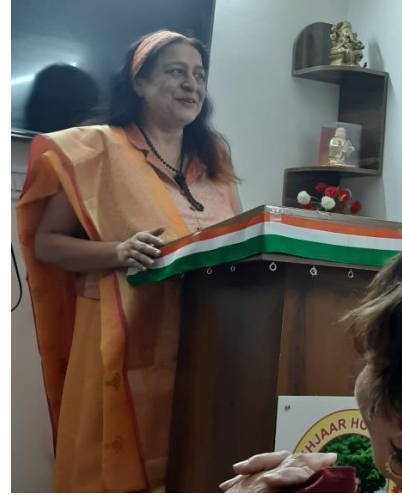
environment conservation and women empowerment.

Dr Radhika in her passionate and composed way started with *Shiv Stuti* repeat by the audience. In her 40 minutes absorbing and empowering speech touched on yoga, living rules of four varn ashram, spirituality, detachment with attachment, practicing *maun* control on *krodh* and *ahankara*. While in Center she felt home coming by seeing ex-BHEL persons as she had a very long association with the PSU. Narrating the event of her meet with Sri Govindacharya at Haridwar, she quoted three *mool mantra* given by Acharya ji - नेकी, पारदर्शिता, संवेदशीलता (Good work, Transperncy, Gratefulness). She said reciting the name of God in any form has eternal pleasure which cannot be derived from any man made material. She ended with a devotional *Deewanagi Bhajan* “हम तो हो गए दीवाने भाई”.

Mrs Neeta Nayyar recited her own written poem “ये दर्द तूने सहा की नहीं”

Sri A.K.Sanadhya presented a poem by Rahat Indori “वो नहीं मेरा मगर उससे मोहब्बत है तो है”.

Dr Radhika Nagrath gave away her own edited book “Whispers of Wisdom” to all present and two copies for the Shehjaar Center’s Library. Tea and snacks were served at the end.



## Bhubaneswar

### "Yogaday"



### Celebration of "SAHITYAAYAN" in apartment with participation of members




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*Shehjaar Homes For Senior Citizens  
 (Section 8 Company)  
 CIN:U91990PN2005NPL020182  
 Regd. Office : Flat 604, Building Cordia  
 Nyati Estate, Mohammadwadi, Pune  
 411060  
 Contact:-  
 Web site :- [www.shehjaarhomes.com](http://www.shehjaarhomes.com)  
 E mail :- [shehjaarhomes@gmail.com](mailto:shehjaarhomes@gmail.com)  
 Mob :- 9760002072 ; 9837889942*

