



SHEHJAAR NEWSLETTER

A Quarterly Newsletter from
Shehjaar Homes for Senior Citizens



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The Architect Who Has Designed Ram Temple In Ayodhya

As the entire nation is focused on the historic "Pran Pratishtha" ceremony for Ram Temple, so is Chandrakant Sompura, for whom it, has been a long wait of three decades.



That is because the temple is being built as per the design prepared by architect Chandrakant Sompura, a renowned architect, who had to prepare the design in 1989.

It was the then VHP chief Ashok Singhal who first took Sompura to Ayodhya and asked him to design a temple. He made a grand design for the Ram Temple which was later approved by saints during the Allahabad Kumbh in the early 1990s.

"I went with Ashok Singhal to see the area. It was like a military cantonment. Mr Singhal was not allowed to enter the site and neither was I allowed to take measuring tapes inside. So, I had to take a rough measurement using my own feet. Thereafter, a few models were made and presented to the VHP and Sri Ashok Singhal. They approved this particular model which was then turned into a wooden structure. It was presented in front of other saints in Kumbh, who had then approved it," said Architect Sompura.

Based on his design, artisans have been working in several locations, carving the stones for the temple construction.

Ar Sompura comes from a family that has a long history of designing temples. His father Sri Prabhakar Sompura, was the architect of the Somnath Temple in Gujarat and the temple in Mathura, the mythological birthplace of Lord Krishna.

Ar Sompura, who followed his father's footsteps, has designed 131 temples, along with his son Ashish. This includes the Swami Narayan Temple in Gandhinagar, Ambaji Temple in Palanpur and several others.

"It was our family that designed Somnath temple, apart from others like Mathura, Palanpur etc. It is a big thing for us that the same family has designed the Ram temple. It is a matter of pride for us. However, the architecture remains the same - Nagraj style. The style in Gujarat, Rajasthan, Madhya Pradesh, Uttar Pradesh is the same for years - Nagraj style," he said. According to him, special pink stones from Bansi Paharpur in Rajasthan are being used for the temple. The VHP had claimed that 1.25 lakh cubic feet of stone has been carved and 1.75 lakh cubic feet of sandstone will be required for the full construction of the temple. As per Sompura's design, the temple, to be constructed, will have five domes instead of two as envisaged earlier to accommodate more number of devotees, the architect said. "The design of the temple was modified after the Supreme Court verdict. Now it will be almost double the size of what was originally planned," Chandrakant Sompura, told PTI.

According to him, the project is likely to be completed in the next three years once the work commences.

Suresh Palgay & S C Goel

Letter to Prime Minister from AISCCON

(A humble Submission to our beloved Prime Minister Sri Narendra Modi Ji)

**Shri Narendra Modi,
Hon'ble Prime Minister of India,
152, South Block, Raisina Hill, New Delhi 110011**

Respected Sir,

We the senior citizens of India constituting about 10% of the population, represented by All India Senior Citizens Confederation (AISCCON), have the pleasure to submit to you the following :--

1. The Central Council Meeting of AISCCON was held in Nerul, Mumbai on 13th December, 2023. The members expressed great pleasure and satisfaction in the National Governance under your Prime Ministership especially the innovative steps you have undertaken for the continued growth of our country, namely –
 - a) Caring for the girl child,
 - b) Jan Dhan Yojna
 - c) Adarsh Gram
 - d) Make in India
 - e) Caring for farmers
 - f) Control on corruption
 - g) Push to Infrastructure & Connectivity
 - h) Swach Bharat Abhiyan
 - i) Digital Financial Transaction etc.....

Members are proud to have a towering global leader like you from our country.

2. The members while realising your busy and untiring schedule for the upliftment of farmers, youth and women, felt to make a submission to you that senior citizens, having a voting strength around 15%, would like to bring to your kind notice the in-difference being felt due to missing of your kind attention inadvertently. Senior Citizens have also toiled during their youth for upliftment of the society.

Our Indian civilization demands a life of dignity to Elderly. Majority of senior citizens can even now also contribute to the national growth

provided your goodself gives the priority or at least ensure the implementation and monitoring of plans already announced.

3. The following points are, therefore, being submitted for your kind consideration :--

A) Revoking of railway concession to senior citizens suspended during Covid time in 2020.

B) The release of revised National Policy for Senior Citizens.... (The draft was circulated in June 2020).

C) The approval of the Amendment to Maintenance and Welfare of Parents and Senior Citizens Act 2007 to make it more effective. (The bill to this effect is in Parliament since Dec 2019 for approval)

D) Formation of a separate Ministry for Senior Citizens' welfare at the Centre and even in states (Countries like UK and Japan have already understood the need and implemented).

Members felt that if the above 4 main points are paid due attention, it would provide a great relief to the senior citizens of the country.

Best regards,

(President)

(Secretary General)

Report on 5th Foundation Day of Bhubaneswar Center held on 30th Jan 2024

Bhubaneswar Centre of Shehjaar Homes celebrated its 5th Foundation Day on 30th January 2024 at Bhubaneswar. This Senior Citizen Forum is functioning inside Kedargouri Apartment premises with its Day Care Centre. The function was presided over by its President Shri Radhamohan Pattanaik and attended by Dr A P Das (Director, Shehjaar Homes) as Chief Guest and (1) Local Corporator Ms Namita Mohapatra, (2) Shri M K Raina (Director, Shehjaar Homes), (3) Shri Krupasindhu Sahu (Founder President of state senior citizen forum FOSCAO), (4) Dr P K Das (President FOSCAO), (5) Shri R K Samantray (Secretary, FOSCAO) as Guests of Honour besides Shri Dillip Kumar Mohanty, Secretary of Bhubaneswar centre and Shri Rajesh Kumar Mishra, Secretary of Kedargouri Apartment Owners Society as Guest on the dais. In the audience Senior citizens from other nearby forums, residents from the society and members of Bhubaneswar centre were present in large number. This Bhubaneswar Unit was affiliated to Shehjaar Homes five years back on 30th January 2019, and then attended by Dr A P Das, Shri M K Raina and Shri Krupasindhu Sahu who were also present in the function.

The program commenced with prayer to Lord Jagannath by offering flowers and lighting the lamp followed by citation of State Anthem “Bande Utkal Janani.....”. The President in his address welcomed the guests and people in audience giving a brief background on the objectives, and informed that the program is specially designed involving youngsters with senior citizens. Thereafter, the Secretary read his report elaborately covering social/fellowship activities of the forum/Centre both inside the society area and outside places. He also highlighted on the activities of the Day Care centre established with the support of Shehjaar Homes and members of the centre.

Director Shri M K Raina emphasized on the necessity for the senior citizens to remain happy and elaborated on the lifestyle required for such happiness. He also highlighted on the responsibility of the society and the Government towards this. Guests of Honour Shri Krupasindhu Sahu, Dr P K Das and Shri R K Samantray deliberated on the positions and facilities extended to senior citizens in the state and forward looking measures the state forum is planning. Shri Rajesh Ku Mishra briefed on the mutual understanding prevailing between the senior citizen and other residents/officials of the society, and also assured of all necessary support. The Corporator Ms Mohapatra expressed her happiness on the activities of the senior citizens and indicated that she came to learn a lot from the proceedings of the meeting. Finally the Chief Guest Dr A P Das addressed the audience and broadly stated on the lifestyle of senior citizens in foreign countries and facilities extended to them by the respective

Governments. He indicated that India has a long way to go in that respect. He also briefed on the expansion plan of Shehjaar Homes across the country. Shehjaar Geet was played on the occasion with a copy of lyrics to all present.

The Chief Guest and Guests of Honour released in-house Souvenir “Ashtaraag” containing several articles in Odia, Hindi and English sections contributed by the members from Haridwar and Bhubaneswar Units.

Towards the end, members, whose birthday and wedding anniversary were falling during the month of January 2024, were greeted by the guests on the dais and cake cutting was done. The meeting was adjourned with the vote of thanks proposed by the member Shri Gadadhar Behera. The program was anchored by the member Ms Kiranbala Das

Thereafter, in-house cultural programme was organized, anchored by the member Shri Shakti Samantray. The event covered songs, odissi dance, dance drama and mono-act play performed by senior citizen members and few other inmates of the society. Children were awarded with cups and certificates by special guests Director Shri M K Raina and Smt Jaya Raina in five competitions namely songs, mathematics, elocution, drawing and quiz. Winners in competitions namely music chair (senior citizen women category) and balance race (senior citizen men) were also awarded, The program concluded with fellowship dinner.



HAPPINESS IS MY BIRTHRIGHT (By M K Raina)

This subject awareness has come to me very recently. Till this age, I believed that happiness is dependent on one's success or failures during life's journey. I must tell you that I was totally wrong. It was my ignorance.

The fact is that we are born happy and then over the years we are conditioned that happiness is linked to some accomplishment.

A child possesses abundant happiness but then we make him believe that his happiness is dependent on marks. That means validation and acceptance by others. As we grow up happiness is linked with expectations from others and self as well. We are thus conditioning the happiness. We want to change people/things and that they should act as we like, that is, linking our happiness to outside factors.

Happiness on the other hand is our natural state of being. It is being at ease in any situation.

I can be happy always by changing myself from within. Change of attitude is required. Contentment is required. It does not mean that we need to stop growing. It means being aligned with your situations/conditions. It means acceptance.

Shrimad Bhagwad Geeta very rightly advises us in Chapter 2 sloka 47 that we have right on to our actions and not to fruit thereof.

“Karamaney vadhikaraste maa phaleshu kadhachan”

If we do not accept “Happiness is our birthright” then there are chances of developing depression at times, getting a feeling like that there is no life – no future. But, why should failures break us. We have to understand that in life pain is inevitable but suffering is optional. Pain is dependent on external things/conditions but suffering is from within.

Then what to do ?

1. Love yourself
2. Accept yourself as you are. Even accept your mistakes
3. Be positive
4. You have so much to be happy about (Count your blessings - so many). Life, digestion, blood circulation, excretion, brain working etc., hundreds like that. Thus, we have reasons to be grateful.

5. Be nothing. Forget your positions held, titles and status. Just be happy without any reason.
6. Be a human and interact with other humans without expecting returns.
7. Erase bad memories.
8. Laugh often. Laugh at yourself. Do not bother “Log kya kaheinge”.
9. Stop blaming. Being non judgemental. Non complaining. Shikayat nahi, shukriya hona chahiye .
10. I have to understand that I am responsible for my happiness because I am the creator of my thoughts, feelings, words and behavior.
11. I am the master of my life. Not to play the Victim Card. (blaming situations and persons etc.)
12. Others’ opinions will not affect me. They have right on their opinions.
13. We have to train our mind to consciously work on unconditional happiness. Success is not the key to happiness. Happiness is the key.
14. Our affirmations have to be :--
 - a. I will be happy come what may. Har haal mai khush
 - b. All is well.
 - c. Life is beautiful.
 - d. God’s grace. We are grateful.

Being happy does not mean that everything is perfect. It means that you have decided to look beyond the imperfections. Therefore, Time to be Happy is NOW and place to be happy is HERE.

Thank you.

Shehjaar at a Glance

	SHEHJAAR (शीतलछाया) HOMES FOR SENIOR CITIZENS
CIN : U91990UT2005NPL016586 ; Web Site : www.shehjaarhomes.in ; E mail : shehjaarhomes@gmail.com ; Mob : 9760002072	
Registered office : A-55, Shivalik Nagar, Haridwar - 249403 (Uttarakhand) Contact Nos : 9837889942, 9759008400	
Bank Details: ICICI Bank ; Bund Garden Branch ; Pune - 411001	
A/C No : 000501046307, IFSC Code: ICIC0000005 ; (Donations exempted from Income Tax under 80G)	

Dear Senior Citizens !! No reason to feel “LONELY” !

We are a “Not-for-Profit” Company, committed to mitigate loneliness of senior citizens and impact them positively to improve their quality of life.

We have four Centres already working at Pune, Bhubaneshwar, Haridwar and Faridabad. Members of Parivar are engaged during week days in talking, singing, dancing, meditation, yoga, mentally stimulating games, listening to experts, going for picnics, digital literacy and life-long learning programs. We believe in - “Be happy & Spread Happiness”. Our members learn to be cool in all conditions.

We enjoy “Present” NO “Hangover” of past.

Our slogan is : “Active, Happy & Healthy Ageing”



National Conference in Haridwar on Oct 11-12, 2023 Shehjaar Centre, Haridwar



Bhubaneshwar center



Faridabad Center



Pune Center

We invite you to join our Parivar or encourage such senior centers in your area

हर पल को जियें

जिंदगी उषा जैन 'शीरी'

आज व्यक्ति हर प्रॉट पे इतने तनावों से गुजर रहा है कि वो खुश रहना, हंसना मुस्कुराना तो जैसे भूल चला है। अमीर लोग अध्यात्म गुरुओं की शरण में सुख चैन तलाशने पहुंच रहे हैं, मध्यवर्गीय टीवी पर धार्मिक संस्कारों का चैनल देख रहे हैं। गरीब रोजी-रोटी कमाने मेहनत करने में ही इतना मसरूफ है कि इन सब बातों को सोचने तक की उसके पास फुर्सत नहीं लेकिन जिंदगी की जद्दोजहद से वो भी परेशान तो रहता ही है।

कठिन परिस्थितियों में भी हिम्मत न हार हौसला बनाए रखने का जज्बा जिन लोगों में होता है वे अपनी तकलीफों को आसानी से पार कर दूसरों के लिए प्रेरणा बन जाते हैं।

कहावत 'मन के हारे हार है मन के जीते जीत' सच है। ये मन ही तो है जो हमें जीने के लिए हौसला और उम्मीद भी अता करता है, जीने की राह भी सुझाता है। पहले अपनी भावनाओं को समझ पाना आना चाहिए। जब भी आप निराशा से भर उठें और जिंदगी बेमजा, नीरस और उदास नजर आने लगे तो कुछ देर शांत चित्त होकर सोचें कि इस तरह जिंदगी कैसे कटेगी। क्या आप इसी तरह अपना अनमोल जीवन बर्बाद कर देंगे या इसे हरा कर जीवन में ऊंचाई तक पहुंचना अपना उद्देश्य बनायेंगे। आपकी पॉजिटिव सोच आपको ऊर्जा और स्फूर्ति से भर देगी।

अपने को न नकारें

विनम्रता एक ऐसा गुण है जिसे सभी को अपनाना चाहिए लेकिन एक हद तक मौका और जगह देखते हुए। खुश रहने का सभी को जन्मसिद्ध अधिकार है जिसे आपसे कोई छीन नहीं सकता। आप लाइफ का मजा तभी उठा सकते हैं जब अपने को अनावश्यक रूप से शोषित न होने दें क्योंकि अपने शोषण के लिए भी अक्सर आप स्वयं उत्तरदायी होते हैं।

अपना उत्तरदायित्व निभाते हुए जिंदगी में मौजमस्ती करना कोई गुनाह नहीं। म्यूजिक डांस बहुत अच्छा मनोरंजन है। अगर आपको



इसमें दिलचस्पी है तो नथिंग लाइक दैट। इसके अलावा और भी बहुत सी हॉबीज हैं जो आपको खुशी प्रदान करती हैं। लिखना-पढ़ना आपकी ग्रोथ के लिए बैस्ट है। घूमना फिरना, पिकनिक पर जाना, देश-विदेश की सैर करना मन को उत्साहित रखते हैं। इसके अलावा दोस्तों व प्रियजनों से मेल मुलाकात भी आपको जिंदादिल रखते हैं।

कभी न कभी सबको अकेलेपन का सामना करना पड़ता है। कई लोग अकेलेपन से बेहद घबराते हैं। अकेलेपन के डर को मन से निकाल इसे स्वतंत्रता मानकर उसे एंजॉय भी किया जा सकता है जिंदगी के खुशनुमा पलों को याद करने का यह सुनहरी टाइम होता है।

मन की उदारता

अगर आपने देने की खुशी अनुभव नहीं की तो जीवन में मिलने वाली एक गहरी खुशी से आप महरूम रह जाते हैं। किसी के काम आना, किसी के लिए ऐसा कुछ करना जो आपके बस में है और जो दूसरे की जिंदगी संवार दे, यह आपको असीम खुशी प्रदान करेगा।

अपने से प्यार

हर पल जीने के लिए खुद से प्यार करना

भी आवश्यक है। खुद से प्यार करने से मतलब आत्मकेंद्रित होना, खुदगर्ज होना कतई नहीं है। यह खुशी का बेस है यानी कि अपने से प्यार करना। कभी भी अपने भीतर हीन भावना न पनपने दें। हमेशा यही सोचकर चलें कि आप अदभुत हैं। अपना हाई बनाये रखें और किसी के भी कुछ बुरा कहने सुनने से लो फील न करें।

खुशमिजाज बनें

हर समय ठहाके लगाना मुस्कुराते रहना किसी के लिए भी संभव नहीं लेकिन हर समय गंभीरता ओढ़े रहने की आदत बहुतों में मिलेगी। हर समय की मातमपुरसी भला किसे सुहायेगी। यह तो जिंदगी का अपमान होगा। खुशमिजाज व्यक्ति को ही सब लोग पसंद करते हैं, उनके दोस्त भी ज्यादा होते हैं। उसकी जिंदादिली मुर्दादिलों में भी जान फूंक देती है।

किसी ने क्या खूब जीने का ढंग सुझाया है 'जिंदगी जियो भरपूर, सुरूर दिल में हर लम्हा हो'। हर व्यक्ति गिनती के पल और सांस लेकर आता है इसलिए हर सांस, हर पल हमारे लिए कीमती है। इसे बोरियत और डलनेस में न गंवाकर शिदत से जीना ही हम सभी के लिए अच्छा होगा। (उर्वशी)

Center's Activities

Haridwar

On 28th December AISCCON foundation day was celebrated at Shehjaar Homes Centre, Haridwar. Mr M K Raina informed about growth and activities of AISCCON. Speakers - Mr Aneja, Mr Grover, Mr A K Jain, Mr B P Gupta, Mr Khanna, Mr Bhatt, Mr Raju, Mrs Surekha talked on the topic of Kshama and krutagyta. Mrs Rekha recited a beautiful Bhajan.

On this occasion Mr B P Gupta President and Mr Upendra Sharma Secretary of Confederation of Senior Citizens Associations of Devanchal (Uttarakhand) were present. Compering was done by Mr Palgay. Sweets and snacks were distributed.



On 4th January, New Year celebration was held at Shehjaar Center Haridwar. The one and half hour entertainment program contained songs played on key board by Sri R K Aneja and Sri Vipin Sharma.

Songs were presented by Mrs Usha Mrs Poonam Mrs Surekha Mr Raju and Mr Palgay. Mr Raina presented on Kashmiri devotional lines. Members had laughing time with jokes from Mr Jain Mr Agarwal and Mr Nautiyal. With the participation of all, divided in two groups the most entertaining Antakshari session was held.

People tested their luck while enjoying Tambola which was very well conducted by Mr Sarvesh Gupta and Ms Medha.

Finally, the delicious hot lunch was served under the guidance of Mr Khanna

which was greatly enjoyed by members in this cold weather
Compering was done by Mr Palgay.



Bhubaneshwar

Picnic outing of Bhubaneshwar Center at Nandan Kanan park was organised.



Faridabad

Opening of New Shehjaar Center at Faridabad on 5th November 2023



Pune

सजावो घर दर-दीवारें - मेरे श्री राम आये हैं।
बजावो ढोल और बाजे - मेरे श्री राम आये हैं।
हुए पूरे सपने हमारे - मेरे श्री राम आये हैं। (साधू)



Celebration of “Shri Ram Mandir Pran Pratishtha” by Pune members



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