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From editors' desk

GIVING truly is a joy. We think we will be happy if we get this or get that. But, that happiness is transient. Watch a child with a new toy, for this is a beautiful example of the happiness which is possible through material wealth. The first minute, the child is ecstatic. Nothing else matters in the world ; he can barely contain his exuberance. Within a mere few minutes though, you can see the child starts to get a little bored. He looks around, what else does this toy do? Are there any other parts that came with it? Within a matter of hours the toy is lying behind the couch, and will only be picked up by the child's mother or father in an attempt to either straighten the house or re-stimulate the child's interest.

Yet, when the child's interest is completely faded, watch the child gives this toy to a younger brother or sister. Watch how he loves showing what the toy can do, how he loves telling everyone that 'I gave this toy,' and how he loves watching his sibling enjoy it.

Isn't this how life is? The pleasure you get out of an old sweater, or a dress you wore once, or some mechanical appliance that you just 'had to have,' is minimal. Yet, take those clothes or appliances to a homeless shelter; donate them to someone in need – you will then know real joy, the joy of having given to someone else. This is a joy that will last. It will stay with you and never fade. In fact, it will inspire you to give even more. So many times



we regret having bought something. 'Oh, why did I waste my money?' we say. Yet, I have never once heard anyone regret that they gave something to someone in need. I have never heard anyone say, 'Oh, why didn't I let that child go hungry?' or, 'Why did I help that charity?'

So, remember, old adages may have a great deal of meaning for today. There is an old adage that says, 'It is better to give than to receive.' Yet, how many of us actually live by this? How many of us would give to another before taking for ourselves?

It is not simple sacrifice I am talking about. Sacrifice implies some level of suffering. It implies that one is forsaking something one wants out of duty to another. While there is a great deal of spiritual value in the lessons of sacrifice, this is not what I am talking about. For, in true giving, there is no suffering. One does not forsake anything. The giving itself becomes its own reward.

People talk about cycles of life. For me, the true cycle is : giving is living, living is learning, learning is knowing, knowing is growing, growing is giving and giving is living. This is the true cycle of life. The poet Khalil Gibran said beautifully, 'All that we have will someday be given away. Let us open our hearts and give with our hands so the joy of giving is ours and not our inheritors.'

This is truly the message to live by. We can take nothing with us when we leave this Earth. We expend so much time, mental energy and physical energy to acquire material possessions. Yet, we come into this world with nothing and we leave with nothing but the karma accrued from the lives we lived. Hence, we must re-evaluate the drastic measures we take and the stress we go through to acquire more and more fleeting wealth. That which marks our life, that which lives on after we have departed, is that which we gave while we lived."

- H. H. Pujya Swami Chidanand Saraswati ji, Paramarth Niketan, Rishikesh

Compiled by - Suresh Palgay & S C Goel



SHEHJAAR ACHIEVEMENTS DURING FY 2023-24

Our NGO, Shehjaar Homes (Sheetal Chhaya) has completed yet another year 2023-24 with great satisfaction.

Main achievements have been :--

1. Starting of the 4th Centre at Green Field Faridabad in Nov'23. We salute the passion and commitment of Mr Har Govind Sharma, a young technocrat/services provider. Under the able leadership of Deepak Ji and his team, this just-born Centre has been wonderfully active, though miles to go yet.
2. Successful conduct of a purposeful National Seminar on the theme "Ageing, a National Challenge and Our Initiatives" in Oct 2023 in Haridwar.
3. In Haridwar Centre, besides the already popular weekly program KBB plus Hum Na Bhoolenge & Digital Literacy programs, two more programs were started during last year. Both these programs namely a) Learn Music & b) गीता पढ़ें are proving very impactful for the interested members. Our Bhubaneswar Centre has also started periodic KBB program recently.
4. Our Pune Centre is getting revitalised under the very committed Management Committee. The Centre had faced a debacle due to COVID impact.

5. Bhubaneswar Centre very well celebrated the 5th annual Foundation Day on 30th Jan, 2024.
6. University of Petroleum & Energy Studies (UPES), Dehradun complimented our efforts in sensitising qualitatively their students about Ageing issues and the challenges the society is going to face in future years. The University has requested to continue this help for this year too.
7. Standard Operating Procedure (SOP) for Shehjaar has been framed and is being circulated to all center heads.
8. Our Director Dr. A.P.Das has been guiding us to develop this NGO in an excellent corporate culture. Our effort is to make this NGO relevant nationally.

As a step in improving procedures, we have decided to accept the annual subscription of Rs 500/- during the first quarter only and not the year around. Next year onwards, we will accept it during the first month of the year, i.e., April only.

In the end we request you all Parivar Members to actively involve yourself to ensure our graceful ageing and also in helping to improve the quality of other elderly around us. With best regards,

By - M K Raina, Director



HOW TO GET RID OF ANGER PERMANENTLY

First of all, it should be very well understood that we are human beings and that too living in Grihastha Ashram and dispersing numerous family, social, business, services and National responsibilities. Nothing can be eradicated permanently which is omnipresent in the environment. I would suggest the word "To Control the anger". It should always be kept in mind that, to achieve any goal however big it is, must be seen in segments and its' practical achievement, without shattering the confidence. A small achievement today, helps in building confidence for tomorrow's movement in reaching the final goal. One has to remain hopeful and in positive mood, although negativity and frustration will come on the way but it has to be identified and corrective action to be taken.

गुस्सा क्यों आता है ?

1. When your ego comes in between and you give instant reaction to anyone's statement.
2. You are disturbed by your preoccupied reactions and in no mood to listen anyone.
3. You may be mentally or physically unwell need some lonely time.
4. Things are not happening as per your wish may be from relatives' family member or friends etc.

5. You try to be over smart on your subordinate and he reacts later in the form of some low-grade quality of work
6. Anger is categorized in Nimn Bhav (Bed emotions) they come from your genes also but a determined person can reduce this bhav drastically in his life and so can help in changing next generation.

You should chalk down on piece of paper some of the instances in which anger has come within you, it varies from person to person.

Practical Ways to control Anger

1. मैं अर्थात् अहम् भाव का त्याग कीजिये
What Geeta says in Adhyay 3 Shlok 27 : प्रकृतेः क्रियमाणानि गुणे कर्माणि सर्वशः
Every individual has been bestowed by the nature (God) some qualities and he is doing his good work because of those qualities. He brings the मैं and gets अहंकार by showing supremacy over others that I am the best. In this universe there are numerous good quality people and with few good qualities one feels himself supreme and when he comes in interaction with other better quality people, is not able to accept new thoughts and anger reaction comes out.
2. **Forgive & Forget. Expect less Accept more. Always try to be flexible.**



These are some of the good emotions by adopting in your blood you can change yourself and the environment around you. Somebody asked how can I adopt these good Bhav the answer is there are people around you having these qualities just follow them he can be small or big person male or female. Make him/her your one of the gurus.

3. Geeta says in Chapter 15 Shloka 7
ममेवान्शो जीवलोके जीवभूतः सनातना

.....

God is present in all human beings. In Ramcharitmanas Goswami Tulsidas writes in Ayodhya Kand, Choupai 129/1
काम कोह मद मोह न मोहा, लोभ न क्षोभ न राग न द्रोहा।

जिनके कपट दंभ नहीं माया, तिनके हृदय बसहु रघुराया ॥

Lord Ram is present in the heart of such persons who are away from bad emotions like kam-krodh-lobh etc.

So, essence is that when you develop anger for anyone must remember that you are doing wrong by getting angry with the lord. This will certainly decelerate your anger.

4. Gyanarjan done so far must be converted to practical life which is a great challenge. Remaining cool and thinking over other's behavior in odd situation is learning in practical way

5. Most of the time anger is because of other's actions which is uncomfortable for you. I try to follow a mool mantra. "Come what, I won't lose my happiness by giving my control of mind to others"

6. Sometimes, you get anger while doing non-interesting work. Just see if it is essential as a part of duty, then better accept it as your work and carry on with full involvement. You will enjoy without tension.

7. Sometimes, one gets angry if he doesn't receive patting from his close for a good work done. OK, just think, I need not to get any certificate from anybody when I myself is satisfied.

8. Loving the environment : Loving people is a big key of avoiding anger. Your one smile will change the person in front of you.

9. Offering Nishkam Sewa whichever way is possible gives you internal satisfaction and keeps you happy.

Happiness is the solution to dissolve Anger

By - Suresh Palgay, Director

शिक्षा आधुनिक / गुरुकुल

आजकल शिक्षा पर बहुत ध्यान दिया जा रहा है। माता-पिता चाहते हैं कि उनके बच्चे उच्च शिक्षा प्राप्त करके सुखी हो जाएं। "इसलिए



वे दिन-रात धन कमाकर बच्चों को ऊंची से ऊंची शिक्षा दिलाने के लिए प्रयत्न भी बहुत करते हैं। परंतु जैसा परिणाम वे चाहते हैं, वैसा उन्हें नहीं मिलता।" कारण क्या है? कारण यही है, कि "अधिकतर माता-पिता को नहीं मालूम , कि शिक्षा कैसी होनी चाहिए? कौन सी शिक्षा अपूर्ण है, और कौन सी शिक्षा पूर्ण है। इस बात का अंतर माता-पिता प्रायः नहीं जानते। इसलिए बहुत परिश्रम करने पर भी धन संपत्ति खर्च करने पर भी, उन्हें इच्छित परिणाम नहीं मिलता।"

"वास्तव में शिक्षा तब पूरी होती है, जब पुस्तकों को पढ़कर व्यक्ति अपनी बुद्धि का विकास करे। उन बातों को अपने जीवन में ढाले।" "कुछ पुस्तकें पढ़कर धन कमाना सीख ले," केवल इतना ही शिक्षा का उद्देश्य नहीं है। शिक्षा में ये गुण भी सम्मिलित होने चाहिए, कि "व्यक्ति में सभ्यता नम्रता सेवा कृतज्ञता बड़ों का आदर सम्मान अनुशासन धार्मिकता ईश्वर भक्ति देशभक्ति ईमानदारी उत्तम चरित्र प्राणियों की रक्षा दूसरों की भावनाओं को समझना, और सबके साथ न्याय पूर्ण व्यवहार करना, इत्यादि। तब जाकर शिक्षा का उद्देश्य पूरा होता है।"

आजकल माता-पिता स्कूल कॉलेज के माध्यम से जो शिक्षा बच्चों को दिलाते हैं, उसमें इन गुणों का प्रायः अभाव होता है। "अध्यापक लोग विद्यार्थियों को सिलेबस पढ़ाकर कुछ चतुराई चालाकी धन कमाना आदि तो सिखा देते हैं। परंतु जो सुख देने वाले ऊपर लिखे उत्तम गुण हैं, इन गुणों की स्थापना वे, विद्यार्थियों में नहीं कर पाते। इसकी पूर्ति वैदिक शिक्षा से होती है।

इसलिए स्कूल कॉलेज का सिलेबस पढ़ने के साथ-साथ विद्यार्थियों को ऊपर बताए उत्तम गुण भी अवश्य धारण कराने चाहिए।"

"इसके लिए माता-पिता वैदिक विद्वानों से संपर्क करें। आर्य समाज के शिविरों में बच्चों को भेजें। बच्चों को वैदिक सिद्धांतों का स्वयं ज्ञान कराएं, अथवा आर्य विद्वान लोग बच्चों को वैदिक सिद्धांत सिखाकर उनमें इन उत्तम गुणों की स्थापना करें। अथवा अच्छे गुरुकुल बनाए जाएं, और उनमें बच्चों को शिक्षा दी जाए। तब जाकर शिक्षा का उद्देश्य पूरा होगा, अन्यथा नहीं।"

- "स्वामी विवेकानन्द परिव्राजक,
निदेशक, दर्शन योग महाविद्यालय,
रोजड़, गुजरात"

सौजन्य से - श्री भीमसेन श्रीधर, हरिद्वार

CENTERS' ACTIVITIES IN BRIEF

Pune

Pune Shehjaar was today 21/02/2024 blessed with our mentor M L Ganju Sahab & madam Ganju's presence. We also celebrated Raina Saheb's (Shri T K ji) birthday. It was a great evening... Just a family get together





Mr Abhay N. Lonkar a renowned person in Pharma Industry and with deep understanding of elderly issues and actively involved in facilitating seniors, visited Shehjaar, Pune Center on 24th April 2024. On his feelings at the center he wrote :-

Sir, it was indeed a great experience to interact with the Team. The positive energy is contagious. You and the group are doing a great job of active and happy ageing. Our heartfelt appreciation and sincere thanks.

- **Arti and Abhay Lonkar, Pune**



Haridwar

Students in the “Learn Music” Class :--



PICNIC

On 14th March around 40 members of Shehjaar Homes & Senior Citizen Forum Haridwar enjoyed the day out Picnic at Natures Resort on a bus ride. The place is amidst the jungle on Chila Rishikesh way around 40 km from Shivalik Nagar. A beautiful resort with all luxuries amenities and surrounded by pure natural scenic beauty.

After a welcome drink, tea and snacks were served. The pre lunch session had the members engrossed by games like Quiz, Memory test and Parcel game which was conducted by Mrs Surekha Palgay and Mrs Veena Singh. The winners were honored with prizes.

Delicious lunch was served in the restaurant. Members enjoyed, by trying their luck on Tombola game conducted by Mr. Sarvesh Gupta. A brief talk on happier ways of living was given by Mr. M K Raina. Mr. Sarvesh Gupta gave thanks to every one for joining and making the picnic successful. Mr. Suresh

Palgay anchored the days program. He gave thanks to Management of resort for the courtesy and all kind of efficient facilities extended to the group.

All dispersed after a high tea.



KBB program on 4th April 2024 was highly informative and interactive. Eminent speakers Dr Naman Agarwal and Dr Shyam Lata Juyal spoke on the subject of Dental care for elderly and mental positivity and reduced expectations to deal with psychological issues in family and society respectively. Both speakers gave very simple and useful take away points for happy and healthy ageing.

We are highly thankful to Dr Naman



Agarwal and Dr Shyam Lata Juyal for sparing their valuable time.

Sh Juyal Ex Dy SP was also present



Celebration of birthday of a noble personality, Utkal Gaurav Madhusudan Das founder of Odishaon 28th April 2024 in our Day care center



Bhubaneswar

On 16/4/24 Bhubaneswar unit organized Kichi Kuhantu Program (KBB) in community hall. Guest speaker was Bramha Kumari sister Leena, Director Bhubaneswar, subzone.



Faridabad

Holi Milan Samaroh : members enjoyed the colors festival by showering flower petals and hugging each other.



In the Chaitra Navaratri Shrimad Bhagvat Katha program was held.



Minister Shri Krishan Pal Gujar ji also joined.



Kudos to!!

Our member Sri Vipin Sharma (Haridwar) has developed a new talent after excelling in music. Best wishes to him and do continue to inspire others.



Jeevan Gaurav Puruskar

Ved Mata Gayatri Dard Nivaran Kendra, Haridwar organized two-day workshop for Energy level enhancement of Senior

Citizens on 30-31 March 2024. **Sri Sarvesh Gupta**, President, Senior Citizen Forum & Director, Shehjaar Homes, Haridwar was honored with **Jeevan Gaurav Puruskar** for his outstanding contribution in uplift of elderly community, in the presence of Swami Brahmdev Maharaj Founder Oro Valley Ashram, Raiwala (Rishikesh), Dr Mahaveer Agarwal Pro VC, Patanjali University.



Major Political Parties in their Election Manifesto have shown, for the first time, concern for Elderlies !!!

“India Ageing Report 2023” was issued by International Institute for Population Sciences and United Nations Population Fund.

Neeti Ayog issued Position Paper, **“Senior Care & Reforms in India”** in February 2024.

Salient points of these reports will be published in next issue.



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