

# Retired & Senior Citizens Brotherhood



(an Organisation Of, For and By the Senior Citizens)

Regd. with Registrar of Societies, Govt. of NCT Delhi Reg. No. S/58695/2007)

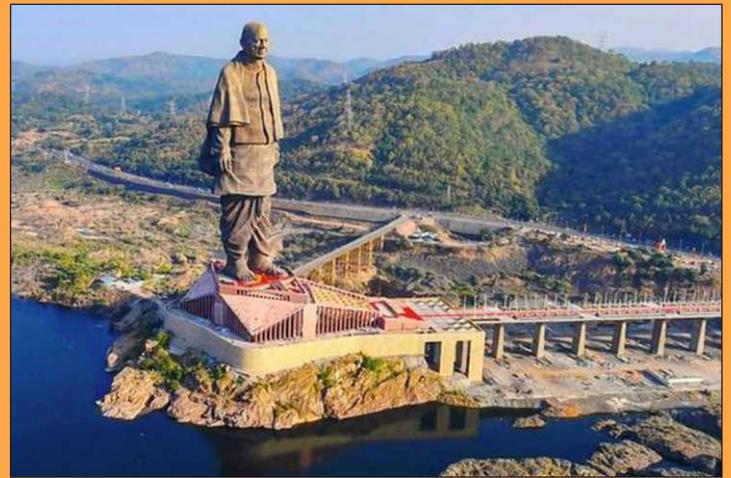
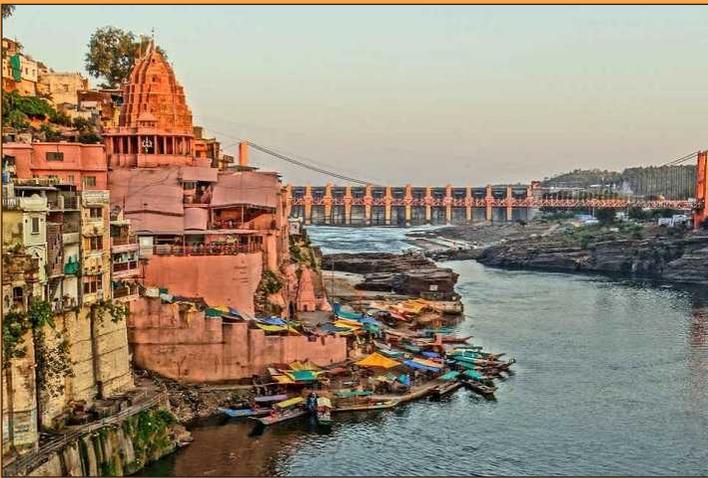
Off: B-1C/56A, Janakpuri, New Delhi-58 Tel : 011-45573670

Email : rscbrotherhoodnew@gmail.com Web : www.rscb.in

## Heartiest Greeting & Best Wishes for

R&SCB's  
Thrice in a year  
Publication  
\* April  
\* August  
\* December

- ☀ Mahavir Jayanti
- ☀ Good Friday
- ☀ Hanuman Janmotsav
- ☀ Baisakhi
- ☀ Ambedkar Jayanti
- ☀ Budh Purnima



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## Annual Function



## Rangmanch Trip



# GUJRAT TOUR



**FORTHCOMING TOURS**

S.No.	Name of Tour	Duration	Mode	Places to be covered	Accommodation	During	Cost of tour	Advance
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**DOMESTIC TOURS**

1	Amritsar-Dalhousie	7D/6N	By Shatabdi Train	Amritsar, Dalhousie, Dharamshala, Mcleodganj & Teen Deviyan	1N Amritsar, 2N Dalhousie, 2N Dharamshala & 1N Chintpurni Devi	May or June 23	Rs.28,500	Full
2	Bengaluru-Kodaikanal	8D/7N	By Air	Bengaluru, Mysore, Ooty & Kodaikanal	1N Bengaluru, 2N Mysore, 2N Ooty & 2N Kodaikanal,	May or June 23	Rs.49,000	Full
3	Kashmir	6D/5N	By Air	Shikara ride at Dal Lake, Visit to Nishat Garden, Chashm-e-shahi, Shalimar Garden, Sonmarg, Gulmarg & Pehalgam	3N Srinagar, 2N Pehalgam	May-23	Rs.48,000	Full

**FOREIGN TOURS**

4	Bhutan	8D/7N	By Air	Chorten Monastery, Budha Dordemna, Folk heritage, National Institute of Traditional Medicines, Thimpu, Dochula Pass, Punakha, National Museum of Bhutan & Chili La Pass, Paro	2N Phuentsholing, 2N Thimpu, 2N Paro & 1N Punakha	May or June 23	Rs.68,500	Rs.20000
5	Vietnam	8D/7N	By Air	Vietnam tour with Halong Bay Cruise tour, Hanoi & Ho Chi Minh City	3N Hanoi, 3N Ho Chi Minh & 1N Halong Bay Cruise	May or June 23	Rs.1,10,000	Rs.20000

**SHORT TOUR**

6	Haridwar-Rishikesh	2D/1N	By Bus	Haridwar, Rishikesh & Neelkanth Mahadev	1N in Haridwar in a Delux AC Room	22/05/2023	Rs.4,400	Full
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**PICNICS**

7	We are organizing picnic at a place having water park within NCR during April/May 23. Detail will be circulated in WhatsApp groups.								
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**Important Note**

- Hotel accommodation would be 3star for domestic tours and 4star for international tours.
- Cost of foreign tours subject to change on account of increase in foreign currency exchange rates.
- Booking of picnic is against deposit of cash at our Office. Online payment will not be accepted.
- Booking on first come first serve basis on deposit of full amount on domestic tours and advance amount on foreign tours.
- Please have self-check of your fitness before booking as no special request for a particulars seat in bus, room in hotel, wheel chair etc. will be entertained.

REGARDS,  
**SUBHASH CHANDER KATHURIA**  
 - CULTURAL SECRETARY (9811163305)



## FORTHCOMING PROPOSED PROGRAMMES

(FOR MEMBER ONLY) - April 2023

**Important Information:** The following per person tour costs have been computed for travel by AC-3 tier train journey. or by air travel. If you want to travel by AC-2 tier, please inform R&SCB office while booking for the tour programmes. In that case, the contribution shall accordingly be increased. In absence of any intimation the bookings will be done in AC-3 tier only on first come first served basis. Though the excursion tours are coordinated by R&SCB in response to members demand as welfare activity, they will be undertaken only if sufficient members respond. Meals provided during the tour will be vegetarian only. Since the Railway booking and all other arrangements are made 4 months in advance, all tour programmes are planned well in advance and the cost of tours is given approx. which can be changed if necessary. Government has made AADHAR Number mandatory for booking of travel tickets. So please bring your AADHAR card photocopy while booking any tour. (All rates are approximate per person. In case of foreign tours, cost subject to change in Air fare or Euro or US Dollar or all three).

**Members are requested to quote their membership Number at the time of making payment for tour/picnic along with cheque.**

For all enquiries on Tours and other printed materials, please call R&SCB office at telephone 011-45573670 during working days from 11 a.m. to 1 p.m. only.

## From General Secretary Desk :

My dear brothers and sisters,

Namaskar.

Annual function/ Foundation day was celebrated on 11th December, 2022, at Shri Sanatan Dharm Mandir Hall, B-2, Block Janakpuri, New Delhi. More than 225 members attended this occasion.

Dr. G. L. Verma presided the function. Shri Om Prakash (Patron) graced the occasion and was honoured with garlands. The function started with reciting the Gayatri Mantra and Saraswati Vandana followed by Songs and Bhajans presented by honourable members.

Two hours cultural programme was well managed by Shri S.C. Kathuria and Shri Gulshan Kalia. Shri Kathuria announced the forthcoming programmes of tours and picnics. At the end of the function hot lunch with sweets was served and Gifts were distributed to every participating member.

Then at the time of bidding adieu, a vote of thanks to the chair and wishing all the members and their families, a very happy, healthy and prosperous life.

M.J. Narula

General Secretary

✽ Join ✽

**Retired & Senior Citizens  
Brotherhood (Regd.)**

**MEMBERSHIP OPEN**

**Office Timings :  
11.00 am to 1.00 pm Sunday Holiday**

Email : rscbrotherhoodnew@gmail.com

## उपादेयता इंसान की

इस दुनिया में हर चीज की अपनी उपादेयता यानी उपयुक्तता या प्रयोज्यता है ! प्रकृति ने कोई भी वस्तु बिना किसी कारण नहीं बनाई है। सिर्फ मनुष्य की दृष्टि सेना देखा जाए तो हर जीव-जंतु, लता-गुल्म, पशु-पक्षी, पेड़-पौधे का अपना महत्व है। एक दूसरे पर निर्भरता है। जरूरत सभी को सभी की। पर इस के साथ ही जैसे ही किसी जड़ या चेतन की उपयोगिता खत्म होने को होती है या हो जाती है तो प्रकृति स्वयं वही उसे चुपचाप, धीरे से मिटा देती है, दूसरों पर भार नहीं बनने देती ! पर मनुष्य पर ऐसा नियम लागू नहीं होता ! वह लाचार, निश्चेष्ट, कमजोर, रोगी, पराश्रित होने के बावजूद दुनिया में बना रहता है ! ऐसी अवस्था में कभी न कभी, किसी न किसी दिन वह एक बोज़ के रूप में परिणित हो, उपेक्षित सा दूसरों की दया-माया पर निर्भर हो कर रह जाता है ! किसी द्वेष भाव या पूर्वाग्रह के चलते मैं ऐसा नहीं कह रहा हूँ ! यह प्रकृति का नियम है, सो है !

हर कोई यही चाहता है कि जब तक जिंदगी है वह स्वावलंबी बना रहे ! पटाक्षेप होने तक चलायमान स्थिति में रह सके ! सच भी है, जब तक इंसान क्रियाशील रहता है शरीर भी साथ देता रहता है ! उम्र को सिर्फ एक अंक मानने वाले ज्यादा देर तक गतिशील बने रहते हैं ! इसीलिए बहुतेरे लोग नियमों के अनुसार सेवानिवृत्ति पा जाने के बावजूद व्यस्त रहने का कोई न कोई जरिया खोज, खुद की उपादेयता बनाए रखने के साथ-साथ कुछ हद तक दूसरों को भी चिंतामुक्त रहने में मदद ही करते हैं ! ऐसे लोग अपने जीवन-संचित अनुभवों, दक्षता, विशेषज्ञता, का लाभ वर्तमान पीढ़ी को दे समाज-देश-जगत का उपकार ही करते हैं !

पर यह सब कहना-सुनना जितना अच्छा और आसान लगता है उतना ही नहीं ! उम्र बढ़ने के साथ-साथ कार्यक्षमता प्रभावित होती ही है ! फिर हारी-बिमारी, आर्थिक परिस्थितियां, धरलू वातावरण, मनुष्य को बहुत कुछ सह, लाचार होने को मजबूर कर देते हैं ! बदलते परिवेश, पश्चिमी जीवन शैली, जीवकोपार्जन में कठिनाइयां, हर क्षेत्र में गलाकाट स्पर्धाएं, असहिष्णुता, बढ़ते तनाव, इन सबके कारण मानवोचित कोमल भावनाएं, सहज स्नेहिल भाव, परोपकारिता, स्नेह, त्याग, दयालुता सब समय के साथ-साथ तिरोहित होती चली जा रही हैं ! इनके स्थान पर कलह, क्लेश, वैमनस्य, ईर्ष्या, द्वेष, कुंठा मानव का स्वभाव बनते चले जा रहे हैं ! इंसान अब इंसान ना रहकर मशीन बना दिया गया है ! जब तक काम करती है, बढ़िया ! अन्यथा उठाकर स्कैप में फेंक दो ! देश में यँ ही नहीं सैंकड़ों की तादाद में वृद्धाश्रम खुलते जा रहे हैं ! वह भी वहां, जहां बचपन से ही माँ-बाप को भगवान का दर्जा देने की सीख दी जाती है ! वहां इन तनहा इंसानों को डोलते देख रूह कांप जाती है ! क्या हासिल है, ऐसे जीने से ! इनके सर पर तो फिर भी छत है ! उन लाखों लोगों का क्या, जो घिसट-घिसटकर अपनी जिंदगी के दिन पूरे करते हैं !

सीधी सी बात हो गई है ! जिससे कोई फायदा नहीं उसका कोई मोल नहीं ! तुम्हारी कोई उपादेयता है तो बने रहो नहीं तो तुम अपनी जिम्मेदारी खुद हो ! इन बदलावों का सबसे बड़ा असर उम्रदराज व अवकाश प्राप्त लोगों पर साफ दिखना शुरू हो चुका है ! उनकी तमाम सेवाओं, मेहनत, समर्पण को सिर से भुला दिया जाता है ! उन्हें सम्मान तभी मिलता है, जब उनके पिछवाड़े अभी भी कोई "कुर्सी" हो या फिर माथे पर कोई तमगा चिपका हो ! जरा सा गौर करेंगे तो सैलून में, मॉल में, हाट-बाजार में दसियाँ उदाहरण मिल जाएंगे जहां इन्हें 'फॉर ग्राटेड' ले लिया जाता है !

ऐसे लोगों से मेरा कोई द्वेष नहीं है नाहीं कोई पूर्वाग्रह है ! मुझे सदा उनसे हमदर्दी और सहानुभूति रही है ! दुःख होता है उनकी विषमताओं को देख कर ! कई-कई बार कुछ देर के लिए एक ऐसी ही जगह जा उनके सूनेपन को कम करने की कोशिश करता रहा ! पर इस सबसे उनके दुःख को खत्म तो नहीं किया जा सकता था ! उल्टे खुदका मन अवसाद से भर जाता था, वहां से लौटते हुए ! इस अवस्था में, जीवन के इस पड़ाव पर उन्हें किसी उपहार या अन्य किसी भौतिक सामग्री की चाह नहीं होती, उन्हें जरूरत होती है प्यार की, स्नेह की, अपनेपन की, किसी के साथ की, जो उन्हें कभी नहीं मिल पाता ! इसीलिए मेरी प्रकृति से शिकायत है कि क्यों नहीं उसने कुछ ऐसा सिस्टम बनाया, जिससे दूसरे जीव-जंतुओं, पेड़-पौधों, लता-गुल्मों की तरह ऐसे लोगों की भी इस जहां से अपनी पारी खेलन के पश्चात सम्मान से विदाई हो सकती।

गगन शर्मा - संपादक

## ANNUAL DAY CELEBRATION

Annual Day of our association was celebrated on Sunday dated 11th December 2022 under the able guidance of its Management Team, headed by Shri G.L. Verma, as its President and Shri M.J. Narula, General Secretary, Shri Gulshan Kalia, Treasurer, Shri Subhash Chander Kathuria, Cultural Secretary. Success of the programme was made possible due to sincere efforts and dedicated services extended by R&SCB Executives.

Function started with warm welcome to our Patron & Chief Guest, Shri Om Prakash alongwith Shri Rajpal, President of Sanatan Dharam Mandir, the premise where we hold our meetings & get -togethers. With the welcome address given by Shri M.J. Narula, cultural programme took its pace. Stage was organised by Shri Subhash Chander Kathuria and shared with the invitee members to sing filmy songs, bhajans, recite poems and share jokes etc. Cultural programme continued till 1.30 P.M. Thereafter members had lunch and were provided special gifts.

We thank honourable members for sparing their valuable time to grace the occasion. Their disciplined approach helped us well organise the Annual Day function. We forward highlights of the Day.

## LOCAL EXCURSIONS

On heavy demand of the members of association, R&SCB arranged four one day trips. First to go was on 6th Feb. 23 to Surajkund. Second to Amaritudyān on 22nd of Feb. and then two to Rangmanch Picnic on 24 and 25th March 23.

## SURAJKUND FESTIVAL

It is a unique International craft festival, celebrated every year at Surajkund which is located near the Surajkund Village in Faridabad district of Haryana

'Surajkund Mela' had been a platform for artists across India and abroad to show their culture and talent. Surajkund Craft Mela had many offbeat attractions for tourists of every age.

Forty two Members of our Association got the opportunity to visit the Surajkund Mela by comfortable Bus on 06.02.2023. All the members enjoyed the day and came back

with memorable experience. We thank all the visiting members for their utmost cooperation.

## AMRIT UDYAN EXCURSION

Amrit Udhyan, formerly known as Mughal Garden is spread over 15 acres in the Presidential Palace i.e. Rashtrapati Bhawan.

Our 43 members visited Amrit Udhyan on 22nd February and had magnificent view of herbal and flower gardens. After completing the garden tour, members came out to proceed to Sri Bangla Sahib Gurudwara. They had darshan and langer prasad at the Gurudwara. Members spent some time listening to holy Shabad Kirtan and then completed parikrama of the holy sarovar. Finally left to board the bus to reach their respective homes with sweet memories of the day's picnic. R&SCB thank all the visiting members for their cooperation.

## RANGMANCH PICNIC

Rangmanch is a Farm House cum resort and a weekend getaway in Delhi NCR, situated on Jhajhar road near Gurugram. It is a full-on family entertainment place. There is something for every age group. Here entry is on the basis - pay once, eat, drink, enjoy the whole day. There was tremendous demand for this Picnic, so two groups had to formed.

First batch of the members started his journey from

## EXECUTIVE COMMITTEE

**PATRON**

**Shri Om Prakash**  
Mob. 9810271662

**SECRETARY (Communication)**  
**Smt. Sarla Sareen**  
Mob. 9868175776

**PRESIDENT**

**DR. G L Verma**  
Phone 8882880500

**ADDL. SECRETARY CULTURAL**  
**Smt. Sharda Arora**  
Mob. 9999514398

**GENERAL SECRETARY**

**Sh. M J Narula**  
Mob. 9350351680

**MARKETING OFFICER**  
**Sh. Pritam Singh**  
Mob. 9372130127

**TREASURER**

**Sh. Gulshan Kalia**  
Mob. 8076388421

**SECRETARY BULLETIN**  
**Sh. Gagan Sharma**  
Mob. 9910909476

**VICE PRESIDENT**

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Mob. 9871070513

**ASSTT. TREASURER**  
**Sh. Manoj Garg**  
Mob. 9958508475

**SECRETARY (Cultural)**

**Sh. S C Kathuria**  
Mob. 9811163305

**ASSTT. SECRETARY CULTURAL**  
**Sh. Praveen Gupta**  
Mob. 9958091023

**SECRETARY (M & I CARD)**

**Sh. Harish Talwar**  
Mob. 9871351328

**LEGAL ADVISOR**  
**Sh. K C Arora**  
Mob 9711166160, 9711166017

**AUDITOR**  
**A. K. C. ASSOCIATES**  
Mob 9810127256

R&SCB office on 24th march and 2nd on 25th of March at 9am, reached their destination at about 10.30am. Days were very nice, weather was pleasant. After taking the breakfast groups enjoyed the surroundings. There are too many entertainment devices including puppet and magic show, camel and horse riding, swimming pool and many-many more attractions are available free of cost to keep visitors busy. No one knows when time flies. The same thing happened with our members, suddenly they realized that its five o'clock, the time to return back. All of them boarded on the bus and returned their home with the memories of a merry day. R&SCB thank all the participated members for their cooperation.

## GUJRAT TOUR INCLUDING SARDAR SAROVAR, KEVADIA

There was a 9D/8N tour of beautiful Gujrat from 13th Dec. to 21st Dec. 2022 in the guidance of Shri Gagan Sharma alongwith 32 members of R&SCB.

Tour started on 13th of Dec. by boarding on plane at IGI airport for Rajkot. Right from there the group proceeded to Dwaraka, it took almost six hours to reach there including breakfast time. After check-in, lunch and rest for a while, members get off for the Dwarakadhish Temple. In spite of heavy rush they got the clear darshan and blessings of Lord Krishan. At about 9.30 managed to return from there to hotel. Next day was fixed for Beyt Dwaraka, Nageshwar Jyotirling and Gurudwara saheb. After the thorough tour of these holy places, members returned to hotel in evening and spend merrily their leisure time.

Next day's about six hours of bus journey, from Dwaraka to Somnath was somewhat tedious. but our sixty plus young members took it very lightly and with gusto. In between the journey the team visited Porbandar, the birth place of Gandhiji, Sudama Temple, Kirti Mandir and after taking lunch, proceeded to Somnath. After check-in and some rest all of them went to divine, world famous, top most Jyotirling Somnath. Seeing his magnificence, everyone stood stunned. Then return back to the hotel after attending the evening Aarti and seeing the light-sound programme. Everyone was very tired, so after having food, went to sleep.

Fourth day was a nice day. Members enjoyed Nagoa beach and Diu fort. After excursion all of them back to Hotel, had their dinner, went for deep sleep, the next day had to go further.

Next day in route of Rajkot the members pay a visit to Devaliya or Gir National Park. The only home of Indian Lions. Men and Beats greet each other, took off and proceeded to Rajkot, enroute having lunch in a restaurant. After check-in and refreshment, team enjoyed the beautiful evening of this exquisite city of Gujrat, had their dinner and went for good night sleep.

Sixth day was in the name of Ahmedabad city. After taking breakfast and check-out, all the members board the bus and leave for the destination. The evening was scheduled for the famous Akshardham temple. the team made full use of the time, enjoy the laser show too and back to hotel for dinner and rest.

Next morning after the breakfast all the members reached Sabarmati Asharam of Gandhi ji and after paying tribute proceeded to Vadodara, situated at a distance of almost 115 k.m. from Ahmedabad. Night stay was there.

Slowly the journey was coming to end. It was 8th day, fine sunny morning, a bit hot. After taking breakfast the team proceeded to Laxmi Vilas Palace, built in 1890 by Maharaja Sayajirao Gaekwad. A marvellous piece of art, architect and engineering. It is a beauty to see and feel but the journey had to continue so convoy moves on. Each and every member was exited and eagerly waiting to reach, Proud of India, World Famous place, Statue of Unity at the Sardar Sarovar, Kevadia, and the time has come. Group boarded on cruise in Narmada River. It was a memorable experience. No one realized when they reached at foot point of statue while dancing and singing. But then they kept looking at that wonderful, incredible, unbelievable structure. Any how the mesmerised group after attending the laser show arrange to back hotel, took dinner and went for their respective rooms.

The last day of the trip has arrived. After breakfast and check-out all the members proceeded for Ahmadabad airport. Enroute they took the glimpses of wonderful, fabulous and beautiful, Neelkanth Temple. Took their lunch and reached the airport, boarded and at about 9 pm. reached New Delhi.

All the members of the tour were very, cooperative, sober and disciplined. They adhered time norms every day and followed all the guidelines to make the tour memorable and successful. R&SCB thank all of the honourable members for their utmost cooperation during the tour.

## JAISALMER TOUR REPORT

A group of 24 members of R&SCB visited Jaisalmer from 20/2/2023 to 22/2/2023 under the leadership of Shri Praveen Gupta.

### Day-1

Members reached IGI Airport T-1 well in time, to board the flight. They were served packed breakfast at the airport. After arrival at Jaisalmer, members boarded 2X2 AC Coach for transfer to hotel for lunch and stay. After lunch they proceeded to visit Jaisalmer Fort and Gadisar Lake, where they enjoyed boating. Alongwith dinner at the hotel, all of them enjoyed folk dances being performed by renowned artists.

### Day 2

Next morning after early breakfast, members checked out from hotel and proceeded to Tanot Mata temple ; enroute visited Kuldhara (The Abandoned) Village and War Museum. On coming back, they checked in to "Chokhi Dhani Desert Camp" and had lunch there. In the evening members enjoyed Camel and Camel Cart ride. At night, group enjoyed delicious Rajasthani meal arranged in an open air with Rajasthani folk songs and dance presented by famous artists. Overnight stay at camp.

### Day 3

After breakfast at camp, members left for Jaisalmer airport to take their flight to Delhi. They were served packed lunch at the airport. Finally proceeded to their respective homes with sweet and unforgettable memories of the tour.

R&SCB thank honourable members of the Group for their kind cooperation during the tour.

## KERALA TOUR GROUP 1 & 2

There was heavy demand for Kerala tour, so in view of the demand, two groups, 29 members each had to be formed under the leadership of Shri Manoj Garg and Shri Pritam Singh, during 23.11.2022 to 14.12.2022.

On first day after arrival at Cochin Airport members proceeded to a hotel for freshen up. After lunch they proceeded for a half day city tour. Visited Saint Francis Church, Cochin Fort, Dutch Palace, Jewish Synagogu and observed Chinese Fishing Net. Returned back to hotel, had dinner and stayed for an overnight.

Next day, after checking out from hotel and had a long journey of 4-5 hours all of them reached Munnar, a beautiful hill station of Kerala. They checked into a hotel for freshen up and relaxation, they spent their evening by strolling and shopping at nearby market.

Third day, members proceeded for local sight seeing. Visited Rose Garden Echo Point, Mattupetty Dam and Tea Museum. They had dinner and overnight stay at Munnar.

Fourth day after morning breakfast , members checked out from hotel and proceeded to Thekkady, which was at distance of 3 hours from Munnar. Checked into a hotel and after lunch visited famous Periyar Wildlife Sanctuary and had a boat ride for more than an hour to observe wild animals in the surrounding areas.

Fifth day journey was from Thekkady to Alleppey, at a distance of approx 135 kms. On arrival, members checked into a hotel for freshen up and relaxation. After lunch, they had a back water joy ride for more than 3 hours. Returned back to hotel for an an overnight stay.

Sixth day after breakfast members checked out from hotel and proceed to Kovalam, which was 180 Kms from Alleppey. On arrival had lunch at hotel and then visited Padmanabhan Swami temple. Returned back and had an overnight stay at hotel.

Seventh day, group left for Kanyakumari. Visited Vivekananda Rock Memorial, Thiruvalluvar Statue and Kanyakumari temple. Returned back to hotel at Kovalam for an overnight stay.

Last day after checking out all of them proceeded for Trivendram Airport to board Trivendram-Delhi flight. Members reached their respective homes with unforgettable memories of the tour.

R&SCB thank all the honourable members for their utmost cooperation during the tour.

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## Maharashtra Tour

Under the leadership of Shri M.J. Narula, 24 members of Retired & Senior Citizens Brotherhood (R&SCB) proceeded on a 5N/6D (15.12.2022 to 20.12.2022) tour. Members had their stay at Nasik - 1 night, Shirdi - 1 night, Nanded - 1 night and Aurangabad - 2 nights.

Day-1, Members reached well in time to board Delhi-Nasik flight. After arrival at Nasik, they boarded on a 2x2 AC Coach to reach their prescribed hotel for lunch and stay. Afternoon they enjoyed to visit Trimbakeshwar temple, Kapaleshwar Mahadev and Kalaram temple. Returned back to hotel for dinner and overnight stay.

Day -2, After breakfast, member checked out to visit Panchavati area and then proceeded to Shirdi. On arrival from Shirdi, members checked in to the hotel and had lunch. After some rest they have Shirdi Sai Baba darshan and returned back to hotel for dinner and overnight stay.

Day-3, After breakfast, all of them proceeded for Aurangabad. On their way, had lunch and visited famous Shani Shingnapurdham. On arrival at Aurangabad, visited Bibi ka Makbara and then checked in to hotel, had dinner and went for an overnight stay.

Day-4, After breakfast, checked out from hotel and went to Aurangabad Railway Station to catch train for Nanded. On arrival checked into hotel and in the evening visited Takht Sachkand Sri Huzur

Sahib Gurudwara. On return, checked in to hotel, had dinner and went for relaxation and overnight stay.

Day-5, After breakfast, checked out and proceeded to Nanded Railway Station to board train for Aurangabad. On arrival checked into a hotel for freshen up. In the evening visited Grishneshwar Jyotirling temple. Returned back for an overnight stay.

Day-6, Next morning after breakfast, members visited Daulatabad Fort, the Elora Caves were closed so finally all of them left for Aurangabad Airport and took their flight, arrived Delhi well in time and proceeded to their respective homes with sweet memories of the tour.

R&SCB thank all the honourable members for their cooperation during the tour.

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## MATHURA-VRINDAVAN YATRA

On sheer scale demand of the members of association, R&SCB arranged to conduct a 3D/2N, pilgrimage tour by 2x2 A.C., comfortable Bus for Mathura and Vrindavan after Holikotsav in the guidance of Shri Gagan Sharma and Shri Manoj Garg. 33 members enrolled for this purposed tour.

The tour started on 14th of march from R&SCB office at 8am. It took about five hours, including the halt for the enroute breakfast, to reach Vrindavan. Due to the new guidelines of U.P. government, all the vehicles from other states have to park in the outskirts of the Vrindavan city. From there auto rickshaw has to be taken. So the members unboarded the bus, near Maa Vaishnav Devi, Gufa Mandir. Members took it as a opportunity and had a darshan of "Maa" before commencing their trip.

The group had his accommodation in Sukhdham Dharmshala in Vrindavan, scheduled for two nights. After check-in and lunch, members proceeded to Prem Mandir and then to near by Iskon Temple. But main objective of all of them was to pay their tribute to Lord Krishna in Banke Bihari Temple. So rickshaws were hired and headed towards the world famous holy place.

Their was huge gathering of people of all ages in the midst of the terror of monkeys, waiting for Shayan Aarti which was just going to start, These mischievous creatures used to run away with anyone's glasses and used to return, only when they were given "Frooti", the drink. No matter what the atmosphere was but everyone had a full and satisfactory darshan of their beloved Lord. Group got back to dharmshala, took the dinner and went for a good sleep.

Next day was in the name of Mathura. It was the closing time of Dwarakadhish Temple when the group arrived there and It was a pleasant surprise that the Temple has very less devotees at that time, so the members enjoyed and had a fullest Darshan without any disruption. From there they went to Janm Sthan, a quiet, picturesque, beautiful place which is under heavy protection. Prime Minister Modi gifted a six seater e-rickshaw plying free for devotees from janm-sthan to main road. This has given a lot of relief to the people.

From here the group went straight to Gokul where Shri Krishna spent more than eleven years of his child hood. There is a small temple with the Idols of Bal Krishna, Nandbaba and Yashoda maiya. After spending some time in that quiet environment, Darshan and refreshment, team arranged back to Vrindavan Dharmshala for night stay.

Next morning, the final day was for the Nidhivan and Giriraj Goverdhan parvat, enroute. Nidhivan is famous for the Rasleela or Krishnaleela. The activities of the Krishna were staged here with Gopis. The magic of Kanha's murli was such that the gopis used to lose their sence, consciousness and presence. This place has very old, compact Basil plants. No body is allowed to enter in this place after evening. From Nidhivan all members proceeded to Govardhan parvat. This is the same mountain which was lifted by Krishna on his little finger to oppose Indra. Reaching here everyone got emotional remembering that time.

After that the bus left for Delhi and after refreshing up everyone reached their homes safely by around 9 o'clock. R&SCB thank all of the honourable members for their utmost cooperation.

## Entitelment of wards in private hospitals empanelled under CGHS

Clarification on issue raised File no. 11011/11/2016-CGHS(P) GOI MH & FW Deptt. of H & FW (EHS Section) 22.11.22.

Subject : Revision of rates of subscription under Central Government. Health Scheme due to revision of pay and allowances of Central Government Employees and revision of pension/family pension on account of implementation of recommendations of the Seventh Central Pay Commission-reg.

In continuation of this Min's OM of even number dt. 28.10.2022 on the subject cited above, the undersigned is directed to issue clarifications, with regards to several clarification requests received in this Ministry. The clarifications on such issues raised may be seen as under :

i) Issue raised : Is this OM applicable to pensioners of autonomous bodies under CGHS too ?

Clarification : Autonomous Bodies/Statutory Bodies are provided only OPD facilities, under CGHS, on cost to cost basis. IPD treatment costs are borne by the concerned ABs/SBs through their own resources. Therefore, it is for the concerned ABs/SBs to whom CGHS facilities have been extended, to take a decision in the matter.

ii) Issue raised : Is this OM applicable to pensioners who have retired prior to October 2022 ? Out of retirees, some have given life time contributions while others contribute on yearly basis.

Clarification : The OM dated 28.10.2022 has been issued, with the approval of D/o Expenditure, M/o Finance, to rectify certain anomalies in the ward entitlement of beneficiaries post 7th CPS, as fixed vide OM dated 09.01.2017. There is no change in the subscription rate as already fixed vide OM dated 09.01.2017. There is no linkage between CGHS subscription and ward entitlement.

Therefore, all CGHS beneficiaries (Serving & Pensioners) who are eligible for upgradation of the ward entitlement, according to the revised basic pay stabs, as mentioned in OM dated 28.10.2022,

may apply for fresh CGHS card. However, Medical claim cases for treatment taken by beneficiaries prior to 28.10.2022, will not be re-opened for the purpose of reimbursement with regard to revised ward entitlement(s).

iii) Issue raised : many pensioners who have retired on 31.10.2022, had applied for pensioner's card with contribution before 28.10.2022, when would be the status of their ward entitlement ?

Clarification : 1, As given in last Para against issue no. ii) above.

2. This issue with approval of Competent Authority (Hemlata Singh) Under Secretary to the Gol.

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## **Instructions to all CGHS Wellness Centres and Units to follow CGHS guidelines issued from time to time.**

With reference to the above subject the undersigned is directed to state that CMOs in charge and other Medical Officers and staff of all CGHS Wellness centres and the staff working at the administrative offices of CGHS shall keep themselves updated with the guidelines/orders issued under CGHS and implement the same in discharging their duties. In this regard it is reiterated that special attention may be paid for the following issues :-

- i) Punctuality in attendance - Additional Directors shall monitor the Aadhar based Bio-metric attendance system and take necessary action.
- ii) Self printed CGHS card is valid for all CGHS facilities and is valid in any CGHS Wellness Centre in the Country, even if, the card is registered with a Wellness Centre, where the card holder is residing. This applies

**FREE LEGAL CONSULTATION**  
to R&SCB members is provided by  
**Shri K.C. Arora**  
Advocate, Delhi High Court  
at his residence C-3/140B, Janakpuri, New Delhi  
on prior appointment between 6pm. to 7pm.  
**Mob. 9711166160, 9711166017.**

to issues of medicines, referral and endorsement of referral.

iii) CGHS beneficiaries may be issued medicines for treatment of chronic illnesses by medical Officers of CGHS for three months (including Indents) from any Wellness Centre. in case of treatment of Chronic illnesses, all CGHS Medical Officers are competent to provide follow-up treatment after advice by Specialists and Medical Officers of CGHS can issue the same medicines to CGHS beneficiaries prescribed by the Specialists even after the expiry of the validity of the prescription in Chronic diseases, where the clinical condition is stable and CGHS shall not insist on immediate revalidation by Specialists, the period for which the prescription has been issued. Only in such cases, wherein there is a need for modification of the diagnosis and/or modification of the line of treatment, beneficiaries should be referred to the concerned specialist.

iv) However, in cases of Chemotherapy medicines follow up from specialists would be advisable days only awaiting the review by Specialists.

v) CMO In charge shall scrutinize indents placed by Medical Officers before, finalizing the indent for sending to Authorized Local Chemists.

vi) CMOs In charge shall keep themselves updated with the medicines stock of medicines supplied by MSO and to take steps to replenish the Stock at Wellness Centres to minimize the Indents to ALCs.

vii) All medical Officers shall be provided necessary items like Torch, Stethoscope, BP Apparatus, etc. and shall record Blood Pressure as and when required, they shall also give Injections, if any, when Nursing Officers is not available.

viii) If any beneficiary is in need of urgent consultation, after registration is closed, Medical Officers have the option to examine the patient- When, a Medical Officer enters the Ben ID no. in the prescription module, the system shall automatically generate the Serial Number for Registration.

ix) Additional Directors/CMOs in charge shall monitor the number/Quantum of medicines procured through 'Jana Aushadhi Pariyojana', regarding the number/Quantity indented/supplied and take necessary corrective steps wherever possible to ensure availability of buffer stock of medicines obtained through Janaushadhi for two months.

These guidelines are in supersession of the guidelines issued earlier on the subject by the order of Director CGHS.

### शांति का उच्चारण तीन बार क्यों किया जाता है

आज शाम टहलने निकला तो रास्ते में पंडित रामशरण त्रिपाठी मिल गए ! स्नेह वश हम सब उन्हें रामजी कह कर बुलाते हैं! विद्वान पुरुष हैं ! ग्रंथों का गहन अध्ययन किया हुआ है! किसी भी बात को प्रमाण के साथ ही प्रस्तुत करते हैं! उनके साथ बतियाते हुए भोलेनाथ के मंदिर प्रांगण में पहुँच गया। वहां कुछ लोग शिवलिंग की प्रदक्षिणा कर रहे थे, तो जैसे ही रामजी से पूछ लिया कि हम प्रदक्षिणा क्यों करते हैं ?

रामजी ने बताया कि जिस तरह सूर्य को केंद्र में रख सारे ग्रह उसका चक्कर लगाते हैं जिससे सूर्य की ऊर्जा उन्हें मिलती रहे, उसी तरह प्रभू यानी सर्वोच्च सत्ता, जो सारे विश्व का केंद्र है, उसकी परिक्रमा कर उनकी कृपा प्राप्त करने का विधान है ! वही कर्ता है, वही सारी गतिविधियों का संचालक है, उसी की कृपा से हम अपने नित्य प्रति के कार्यपूर्ण कर पाते हैं, उसी से हमारा जीवन है ! फिर प्रभू समदर्शी हैं, अपने सारे जीवों पर एक समान दयाभाव रखते हैं ! इसका अर्थ है कि हम सभी उनसे समान दूरी पर स्थित हैं और उनकी कृपा, बिना भेद-भाव के सब पर बराबर बरसती है। परिक्रमा करना भी उनकी पूजा अर्चना का एक हिस्सा है, जो उनके प्रति अपनी कृतज्ञता ज्ञापन का एक भाव है! उन्हें अपने प्रेम-पाश में बांधने की एक अबोध कामना है ! केवल प्रभू ही नहीं, जिनका भी हम आदर करते हैं, जो बिना किसी कामना के हमें लाभान्वित करते हैं, उनके प्रति आभार व्यक्त करने के लिए हम उनकी परिक्रमा करते हैं ! चाहे वे हमारे माता-पिता हों, गुरुजन हों, अग्नि हो या वृक्ष हों! जैसे ही एक परिक्रमा खुद की भी होती है, जो घर इत्यादि में पूजा की समाप्ति पर एक जगह खड़े होकर घूमते हुए की जाती है, जो याद दिलाती है कि हमारे भीतर भी वही प्रभू, वही शक्ति, वही परम सत्य विराजमान हैं, जिनकी प्रतिमा की हम अभी-अभी पूजा-अर्चना किए हैं !

मैंने फिर पूछा कि परिक्रमा प्रतिमा को दाहिने रख कर यानी घड़ी की सूई की चाल के अनुसार ही क्यों की जाती है ? यह सुनकर वहाँ बैठे एक सज्जन बोले कि इससे आपस में लोग भिड़ने से बचे रहते हैं नहीं तो कोई दाएं से चलेगा और कोई बाएं से आएगा तो मार्ग अवरुद्ध होने लगेगा ! राम जी मुस्कुरा कर बोले, आपकी बात आंशिक रूप से अपनी जगह ठीक है, पर अपने आराध्य को दाहिने तरफ रख परिक्रमा करने का मुख्य कारण यह है कि हमारे यहाँ दाएं भाग को ज्यादा पवित्र और सकारात्मक माना जाता है! इसीलिए जो हमारी सदा रक्षा करते हैं, हर ऊँच-नीच से बचाते हैं, सदा हमारा ध्यान रखते हैं, उन प्रभू को हम अपनी दाईं और रख अपने आपको सदा सकारात्मक रहने की याद दिलाते हुए, उनकी परिक्रमा करते हैं।

आज पता नहीं क्यों एक के बाद एक प्रश्न, मन में अपना सर उठाए जा रहे थे! ऐसे ही एक सवाल के बारे में मैंने पंडित जी से फिर पूछ लिया कि पूजा समाप्ति पर हम शांति का उच्चारण तीन बार ही क्यों करते हैं ?

रामजी ने बताया कि शांति एक प्राकृतिक प्रक्रिया है। यह सब जगह सदा

विद्यमान रहती है। जब तक इसे हमारे या हमारे क्रिया-कलापों द्वारा भंग ना किया जाए। इस का यह भी अर्थ है कि हमारी गति-विधियों से ही शांति का क्षय होता है पर जैसे ही यह सब खत्म होता है, शांति फिर बहाल हो जाती है। यह जहां भी होती है वहां सदा खुशियों का डेरा रहता है। इसीलिए शांति की प्राप्ति के लिए हम प्रार्थना करते हैं। जिससे हमारी मुसीबतों, दुखों, तकलीफों का अंत होता है और मन को सुख की अनुभूति होती है ! जीवन में कुछ ऐसी प्राकृतिक आपदाएं होती हैं जिन पर किसी का वश नहीं चलता, जैसे भूकंप, बाढ़ इत्यादि। कुछ ऐसी विपदाएं होती हैं जो हमारे द्वारा या हमारी गलतियों से घटती हैं जैसे प्रदूषण, दुर्घटना, जुर्म इत्यादि! कुछ शारीरिक और मानसिक परेशानियां होती हैं ! सारे दुखों, तकलीफों, अड़चनों, परेशानियों या रुकावटों का कारण तीन स्रोत, आदि-दैविक, आदि-भौतिक और आध्यात्मिक या मानसिक हैं ! इसलिए हम प्रभू से प्रार्थना करते हैं कि वे हमारे दुखों, तकलीफों तथा जीवन में आने वाली अड़चनों का शमन करें ! चूंकि ये मुसीबतें तीन ओर से आती हैं, इसीलिए शांति का उच्चारण भी तीन बार किया जाता है।

शाम गहरा गई थी! पंडितजी को भी मंदिर का अपना कार्य पूरा करना था ! इधर घर पर मेरा इंतजार भी शुरू हो चुका था ! इसलिए उनसे आज्ञा ले मैं भी घर की ओर रवाना हो लिया!

गगन शर्मा

#### LIMITLESS UNIVERSE

The whole Universe is inside you, in your perspective and in your heart. To be able to find Peace, you must be at Peace with yourself first to truly enjoy your life. You must enjoy who you are and once you learn how to master that, the whole Universe will surrender. You will understand that there are no limit to what can achieve.

The Universe is limitless and so are You.

Sharda Arora

## -: अनमोल वचन :-

- 1) मीठा बोलने में एक पैसा भी खर्च नहीं होता, इसलिए सदा प्रेमयुक्त, मधुर व सत्य वचन ही बोलें !
- 2) सरलता में सौंदर्य निहित है। जो सरल है, वह सत्य के समीप है !
- 3) जब कोई कार्य प्रेमभाव से किया जाता है, तो उसमें सफलता निश्चित होती है।
- 4) सदा नम्रता की पोषाक पहने रहिए ! इससे दूसरों का प्रेम व सहयोग निरंतर मिलता रहेगा !
- 5) किसी से प्रतियोगिता करने के बजाए उसकी सहायता करना बेहतर है!
- 6) जीवन की खुशियों को दूसरों के साथ बांटना सबसे बड़ी सेवा है !
- 7) हमारा सब कुछ दाता की देन है, दाता का शुक करें, व्यक्ति का नहीं !
- 8) जन्म का अंत है मृत्यु और मृत्यु का अंत है जन्म !
- 9) शांत स्वभाव वाले व्यक्ति को मूर्ख बनाना असंभव होता है !
- 10) यदि कोई व्यक्ति प्रेम व स्नेह को अपना ले तो उसके मन में द्वेष आ ही नहीं सकता !
- 11) प्रेम क्या होता है, इसे समझना है तो हमें प्रकृति और ईश्वरीय नियमों को मानना होगा !

- हरीश तलवार

## संत वाणी

अति का भला ना बोलना, अति की भली ना चुप !  
अति का भला ना बरसाना, अति की भली ना धूप !

अर्थात्, ना तो ज्यादा बोलना अच्छा होता है नाहीं जरूरत से ज्यादा चुप रहना ठीक है ! जैसे ना बहुत वर्षा अच्छी होती है और नाहीं अत्यधिक धूप ! अत्यंत घमंड के कारण रावण का नाश हुआ और अत्यधिक दान के कारण ही राजा बलि का पराभव हुआ था।

एक बार महात्मा बुद्ध से किसी ने पूछा कि जहर क्या है ?

बुद्ध ने कहा, आपके जीवन में जो भी चीज जरूरत से ज्यादा है, वह जहर है ! वह चाहे शक्ति, धन, लोभ, भूख, गर्व, आलस्य, कामना, उम्मीद, प्यार, नफरत चाहे कुछ भी हो !

- अभय चौहान (M. No. 4804)  
अंतर्जाल से साभार

## पैसा एक, रूप अनेक

- |                                   |                            |                         |
|-----------------------------------|----------------------------|-------------------------|
| १. मंदिर में दान - चढ़ावा         | २. स्कूल में - फीस         | ३. शादी में - दहेज      |
| ४. अपहरणकर्ता को - फिरौती         | ५. तलाक में - गुजारा भत्ता | ६. किसी को दो तो - कर्ज |
| ७. सरकार ले तो - कर               | ८. होटल में - टिप          | ९. अदालत में - जुर्माना |
| १०. सेवानिवृत्ति पर - पेंशन       | ११. बैंक से मिला - लोन     | १२. श्रमिकों का - वेतन  |
| १३. अवैध रूप से प्राप्त - रिश्वत, | पर मुझे मिले तो - उपहार    |                         |

- अभय चौहान (M. No. 4804)  
अंतर्जाल से साभार

## जीवन का अर्थ है, जीवन को अर्थ देना

हमारे विचार, कर्म और शब्द, देर-शबेर आश्चर्य जनक शक्तिता के साथ हमारे पास लौटते जरूर हैं ! व्यक्ति के जीवन और जीने के तीन मुख्य सिद्धांत होते हैं, विचारों का सिद्धांत, भाषा का सिद्धांत और क्रिया का सिद्धांत ! मन-वचन और कर्म की यह तिकड़ी हमारे जीवन के ताल और तंगीत का तंचालन करती है ! अगर हम अपने विचारों, शब्दों और कर्मों को साथ ला सकें, उनका संयोजन कर सकें तो हम अपने जीवन का मकसद और क्षमता को प्राप्त कर सकते हैं

संकलन - शारदा अरोरा

एक माचिस की तीली और एक घी का लोटा,  
लकड़ियों के ढेर पे, कूछ घंटों में राख का ढेर..  
बस इतनी सी है.. आदमी की औकात..!!!

एक बूढ़ा बाप शाम को मर गया,  
अपनी सारी जिंदगी परिवार के नाम कर गया.  
कहीं रोने की खुगबुगाहट तो कहीं फुसफुसाहट..  
और जल्दी ले जाओ कौन रखेगा सारी रात.  
बस इतनी सी है.. आदमी की औकात. !!!

मरने के बाद नीचे देखो, नजारे नजर आ रहे थे.  
मेरे मरने पर कुछ जबर्दस्त तो कुछ जबरदस्ती रो रहे थे.  
नहीं रहा.. चला गया.. चार दिन तक करेंगे बात  
बस इतनी सी है.. आदमी की औकात..!!!

बेटा अच्छी तस्वीर बनवाएगा,  
सामने अगस्त्यती जलाएगा,  
खुशबूददार फूलों की माला होगी..  
अखबार में अश्रुपूर्ण श्रद्धंजली होगी..  
बाद में उस तस्वीर पर जाले भी कौन करेगा साफ.  
बस इतनी सी है.. आदमी की औकात..!!!

जिंदगी भर मेश मेश किया..  
अपने लिये कम, अपनों के लिये ज्यादा जिया.  
कोई न देगा साथ, जाएगा खाली हाथ.  
क्या तिनका भी साथ ले जाने की है औकात...?

मनोज गर्ग

बीवियों की जलन, जिंदगी के साथ भी और जिंदगी के बाद भी

मर्सिडीज कार बिकाऊ है मात्र 100 रुपये में .....

कोई इस पर विश्वास ही नहीं कर रहा था।

पर, एक साहब पेपर में ये ऐड देख कर चल पड़े लिखे एड्रेस पे पहुँच के उन्होंने बेल बजाई ।

एक अधेड़ महिला ने दरवाजा खोला ।

वे बोले - आप एक कार बेच रही हैं ?

महिला बोली - जी हाँ ।

मैं गाड़ी देख सकता हूँ ?

शौक से, आईये - ये कह के महिला ने गैराज खुलवाया।

साहब ने बड़े ध्यान से गाड़ी को देखा तो उनकी आँखें फेल गईं, बोले - ये तो नई है ?

जवाब मिला - एकदम तो नई नहीं है, 18000 किलोमीटर चल चुकी है ।

साहब बोले - लेकिन पेपर में तो इसकी कीमत मात्र 100 रुपये लिखी है ?

जवाब मिला - सही छपा है, 100 की ही है। आप 100 रुपये दीजिये और ले जाइए। साहब ने कांपते हाथों से 100 रुपए निकाल के दिये..

महिला ने रुपये लेकर फौरन रसीद बनाई, साहब को गाड़ी के कागज एवं चाभी दे दिए।

साहब बोले - बहिन जी, अब तो बता दीजिये कि मामला क्या है, मैं तो सस्पेंस से मरा जा रहा हूँ ।

महिला बोली - कोई सस्पेंस नहीं है, मैं तो अपने स्वर्गीय पति की इच्छा पूरी कर रही हूँ ।

वो अपनी वसीयत में लिख गये थे कि उनके मरने के बाद ये गाड़ी बेच दी जाये और मिली हुई सारी रकम उनकी सेक्रेटरी शीला को दे दी जाए...

—संकलित

## मृत्यु का स्वाद

अपनी मृत्यु और अपनों की मृत्यु डरावनी लगती है पर बाकियों की मौत का आनन्द ही लेता है इंसान।

बकरे का, गाय का, भैंस का, उँट का, सुअर का, हिरण का, पाए का, तीतर का, मुर्गे का, हलाल का, बिना हलाल का, भुना हुआ, छोटी मछली, बड़ी मछली, हल्की आंच पर सिका हुआ। न जाने कितने बल्कि अनगिनत स्वाद हैं मौत के ।

क्योंकि मौत किसी और की, और स्वाद हमारा स्वाद से व्यवसाय बन गई मौत ।

मुर्गी पालन, मछली पालन, बकरी पालन, पोल्ट्री फार्म्स। नाम पालन और उद्देश्य - हत्या !

‘स्लाटर हाउस’ तक खोल दिए, वह भी आधिकारिक ! गली गली में खुले नान वेज रेस्टोरेंट, मौत का व्यवसाय नहीं तो और क्या हैं ?

मौत से प्यार और उसका व्यवसाय इसलिए क्योंकि मौत हमारी नहीं है जो हमारी तरह बोल नहीं सकते, अभिव्यक्त नहीं कर सकते, अपनी सुरक्षा स्वयं करने में समर्थ नहीं हैं, उनकी असहायता को हमने अपना बल कैसे मान लिया ? कैसे मान लिया कि उनमें भावनाएं नहीं होती ? या उनकी आहें नहीं निकलती ?

जिसे काटा गया होगा ? जो कराहा होगा ? जो तड़पा होगा ? जिसकी आहें निकली होंगी ? जिसने श्राप भी दिया होगा ?

कैसे मान लिया कि जब जब धरती पर अत्याचार बढ़ेंगे तो भगवान सिर्फ हम इंसानों की रक्षा के लिए अवतार लेंगे ? क्या मूक पशु उस परमपिता परमेश्वर की संतान नहीं हैं ? क्या उस ईश्वर को उनकी रक्षा की चिंता नहीं है ?

कोरोना वायरस उन जानवरों के लिए, ईश्वर के अवतार से कम नहीं था।

जब इस वायरस का कहर बरपा था, पशु स्वच्छंद घूम रहे थे । पक्षी चहचहा रहे थे । उन्हें पहली बार इस धरती पर अपना भी कुछ अधिकार सा नजर आया था । पेड़ पौधे ऐसे लहलहा रहे थे, जैसे उन्हें नई जिंदगी मिली हो । धरती को भी जैसे सांस लेना आसान हो गया हो सृष्टि के निर्माता द्वारा रचित करोड़ों करोड़ योनियों में से एक कोरोना ने हमें हमारी औकात बता दी । घर में घुस के मारा है और उसका हम सब, कुछ नहीं बिगाड़ सके। किसे टग रहे हो ? भगवान को ? या स्वयं को ?

मंगलवार को नानवेज नहीं खाता ...!!!

आज शनिवार है इसलिए नहीं ...!!!

नवरात्रि में तो सवाल ही नहीं उठता ....!!!

झूठ पर झूठ.....झूठ पर झूठ ..झूठ पर झूठ .. ?

ईश्वर ने बुद्धि सिर्फ हमें दी ताकि नाना योनियों में भटकने के बाद मानव योनि में हम जन्म मृत्यु के चक्र से निकलने का मार्ग ढूँढ सकें परन्तु हमने इस मानव योनि को पाते ही स्वयं को भगवान समझ लिया हम जो प्रकृति को देंगे, वही प्रकृति हमें लौटाएगी मौतें दी हैं हमने प्रकृति को, तो मौतें ही लौट रही हैं

यह संकेत है ईश्वर का! प्रकृति के साथ रहो प्रकृति के होकर रहो, अन्यथा ईश्वर अपनी ही बनाई कई योनियों को धरती से हमेशा के लिए विलुप्त कर चुके हैं और आगे भी ऐसा करने में उन्हें एक क्षण भी नहीं लगेगा

- संकलित

## MEMBERS PLUS SPOUSES

### WHO JOINED R&SCB FROM 21.7.2022

Mem No.	NAME	DOB	ADDRESS
6915	SMT. SHASHI CHAWLA	17.05.1960	159, SHUBHAM APPT. POCKET-4, SECTOR-12, DWARAKA, NEW DELHI-18
6916	SHRI SATVIR SINGH DHINDSA	07.06.1949	722 HARMONY BHAWAN, RAMPUR RD. DORAHA, LUDHIANA-141421
6917	SHRI KULWANT SINGH	30.08.1955	WZ-103, GALI NO. 6, SHIV NAGAR, NEW DELHI-58
	SMT. JASBIR KAUR	27.12.1957	" " " "
6918	SHRI VINOD BHATEJA	21.04.1948	A-3, NEW RAJENDER NAGAR, NEW DELHI
	SMT. KAMLESH BHATEJA	23.04.1948	*****
6919	SHRI KAPIL DEV SADANA	27.10.1956	45-STAR APPT. SECTOR 9, ROHNI, DELHI-110085
	SMT.SMT. USHA SADANA	11.05.1957	***
6920	SHRI MADAN MOHAN ARORA	22.04.1962	27, VENUS APPT. PLOT NO. 43, SECTOR 9, ROHINI, DELHI-85
	SMT. CHANDER KANTA ARORA	29.01.1964	****
6921	SMT. ANITA GUJRAL	14.10.1961	A-10A, SINGLE STOREY, VIJAY NAGAR, DELHI-110009
6922	SHRI RAJENDER KUMAR	28.06.1962	C-204, 1ST. FLOOR, VIKASPURI-110018
	SMT. RENU	12.12.1963	*****
6923	SHRI JASMAIL SINGH	16.10.1948	2C/31, NEW ROHTAK ROAD, NEW DELHI 110005
	SMT. AMARJEET KAUR	04.04.1952	*****
6924	SMT. NEELU KOHLI	08.07.1956	B-46, SUNCITY, GOLF COURSE ROAD, SECTOR 54, GURUGRAM- 122011
6925	SMT. VEENA SHARMA	20.12.1961	N-1404, HYDE PARK, SECTOR-78, NOIDA-201306
6926	SHRI KAMAL GANGWANI	19.03.1956	M-5/D11, JHULELAL APPT. PITAMPURA, DELHI-110034
	SMT. RAJESHWARI GANGWANI	16.06.1959	****
6927	SHRI. RAKESH KHANNA	05.12.1954	E-282, ASTHA KUNJ, SECTOR 18, ROHINI, NEW DELHI-110089
	SMT. RITA KHANNA	26.04.1959	*****
6928	SMT. VIJAY GROVER	05.09.1961	148, GROUND FLOOR, HARI NAGAR, NEW DELHI-110064
6929	SHRI. BABA SINGH KATOCH	10.10.1946	33, KENAL PARK, AZADPUR, NEW DELHI-110033
	SMT. DARSHANA DEVI	25.09.1956	*****
6930	SMT. KUSUM SHARMA	21.03.1960	PG-18, JANAKPURI, NEAR POSANGIPUR, NEW DELHI-110058
6931	SHRI NARENDRA KUMAR	13.10.1961	B-3A/207, JANAKPURI, NEW DELHI-110058
	SMT. KUSUM GUPTA	29.07.1962	***
6932	PARAMITA JOSHI	04.02.1962	125, NILGIRI APPT. ALAKNANDA, NEW DELHI-110019
6933	SHRI NARAIN DAS	15.07.1947	B-64, SUBHASH PARK EXT., RAJAPURI RD., UTTAM NAGAR, N D-110059
	SMT. KRISHANA DEVI	18.04.1949	****
6934	SHRI VIJAY KUMAR	09.08.1945	36, GOVIND VIHAR, R.B. DUNI CHAND RD. AMRITSAR-143001
	SMT. RAMA RANI	03.11.1950	*****
6935	SHRI SURESH KHATREJA	05.04.1958	B-1203, OYSTER GRAND ADANI, SEC 102 A, GURGAON,-122505
	SMT. SHASHI KHATREJA	08.07.1963	*****
6936	SMT. REETA SHARMA	05.10.1952	12/66-B, TILAK NAGAR, NEW DELHI-110018
6937	SMT. POONAM MANAK	31.03.1961	C4F/43, 2ND FLOOR, JANAKPURI, NEW DELHI-110058
6938	SHRI DARSHAN KR. ANAND	18.07.1957	KG-1/519, VIKASPURI, NEW DELHI-110018
	SMT. MEENA ANAND	10.08.1961	*****
6939	SHRI DAVINDER SINGH GUJRAL	26.12.1950	FLAT NO. 101, ALLURE STATE, BHAGWATI SADAN, GURGAON-122001
	SMT. AMRJEET KAUR GUJRAL	24.08.1951	*****
6940	SHRI BISHAMBHAR DUTT	14.12.1959	A-901 , ASHADEEP APPT., PLOT NO. 3B, SECTOR-2, DWARAKA, N. D.-75
	SMT. NIRMALA JOSHI	21.12.1965	*****
6941	SHRI BHAGWAT PD. GUPTA	22.11.1949	541, KANUNGO, CXGHS SOCIETY, 71 IP EXT. DELHI 110092
	SMT. KRISHNA GUPTA	05.03.1955	****
6942	SHRI SURINDER KR. DANI	13.06.1958	S-270, GREATER KAILASH, PART 1, NEW DELHI-110048
	SMT. MEENU DANI	14.12.1961	****
6943	SHRI S. S. BHUTANI	01.01.1950	217-218, FIRST FLOOR, POCKET 20, SECTOR-24, ROHINI-110085
6944	SHRI NARINDER KR. BAGAI	14.10.1958	3A, MIG RED FLAT, RAJOURI GARDEN, NEW DELHI-110027
	SMT.. SAVITRI RANI	27.07.1960	*****

## MEMBERS PLUS SPOUSES

### WHO JOINED R&S&CB FROM 21.7.2022

Mem No.	NAME	DOB	ADDRESS
6945	SHRI NARAIN DASS	14.11.1956	1243, CHOWK SHAH MUBARAK, BAZAR SITARAM, DELHI-110006
6946	SHRI YOGINDER CHUGH	05.01.1952	E-144, 2ND FLOOR, LAJPATNAGAR, PART 1, NEW DELHI-110024
	SMT. RANJANA CHUGH	03.09.1959	*****
6947	SMT. SURINDER KAUR	07.02.1953	E-32, B.K. DUTT COLONEY, LODHI ROAD, NEW DELHI-110003
6948	SMT. AMEETA BAWA	21.08.1960	62/13, 2ND FLOOR, ASHOK NAGAR, NEW DELHI-110018
6949	CAP. SUBHASH C. MEHTA	18.05.1957	219, STATE BANK NAGAR, PASCHIM VIHAR, NEW DELHI-110063
	SMT. RADHA MEHTA	07.06.1960	****
6950	SHRI SHIVRAJ DEEPAK MEHTA	25.02.1956	K-902, PRATEEK LAUREL, SECTOR 120, NOIDA-201301
	SMT. GEETA MEHTA	12.09.1955	*****
6951	SHRI BRAHAM DATT SETH	08.07.1953	68, 2ND FLOOR, BLOCK-C1, JANAKPURI-110058
6952	SHRI BRIZ BHUSHAN BHATIA	07.11.1959	316/8, URBAN ESTATE, KARNAL, HARYANA-132001
	SMT. SHUSHAMA BHATIA	12.12.1964	****
6953	SHRI GOPAL KATYAL	05.03.1960	32/33, WEST PATEL NAGAR, NEW DELHI-110018
	SMT. ASHA KATYAL	22.09.1964	*****
6954	SHRI RAJKUMAR WADHAWAN	01.09.1954	156 B, RED MIG FLAT, RAJOURI GARDEN, NEW DELHI-110027
	SMT. KAMLESH WADHAWAN	06.12.1956	****
6955	SMT. BISHESHA CHAUDHRY	29.08.1958	A-49, GF, SOUTH CITY-2, SOHNA ROAD, GURGAON-122018
6956	SHRI VINAY BHATIA	24.07.1955	35/6, WEST PATEL NAGAR, NEW DELHI-110008
	SMT. KANTA BHATIA	31.01.1957	****
6957	SHRI SURINDER KR. KAILA	08.09.1947	FLAT NO. 76, BLOCK-E5, SEC. 52, SHATABDI VIHAR, NOIDA-201301
	SMT. ARUNA KAILA	06.09.1954	*****
6958	VIJAY KUMAR JINDAL	15.08.1949	A-87, 2ND FLOOR, GUJARANWALA TOWN, PART 1, DELHI-110009
6959	SHRI VIPIN KUMAR OBERAY	03.04.1962	103, SHYAMA-C, SHRI RADHA VALLY, MATHURA, UP-281003
8960	SHRI SANJIV KR. SUDHAKAR	26.10.1957	HN. 2403, AASHATHA KUNJ, SECTOR 3, PLOT -3, DWARAKA-110078
	SMT. ABHA SUDHAKAR	17.03.1963	*****
6961	SHRI SURINDER PAL SINGH	03.07.1958	HN-140, CHAND NAGAR, NEW DELHI-110018
	SMT. RAJINDER KOUR	31.08.1962	*****
6962	SHRI ARUN SABHARWAL	16.07.1954	18/60, WEST PUNJABI BAGH, NEW DELHI-110026
	SMT. ARTI SABHARWAL	10.08.1957	*****
6963	SHRI OMPRAKASH SACHDEVA	18.10.1949	D-78, 1ST FLOOR, EAST OF KAILASH, NEW DELHI-110065
	SMT. SHAKUNTALA SACHDEVA	08.03.1956	*****
6964	SHRI SATISH KR. MALIK	21.11.1947	C-33, 1ST FLOOR, KALKAJI, NEW DELHI-110019
	SMT. POONAM MALIK	08.08.1953	*****
6965	SHRI ASHOK KR. AGGARWAL	01.07.1956	D-176, 1ST FLOOR, SAKET, NEW DELHI 110017
	SMT. RENU AGGARWAL	24.02.1960	*****
6966	SHRI DHARM PAL SETHI	28.06.1946	A-24, EAST OF KAILASH, NEW DELHI-110065
	SMT. MADHU SETHI	25.09.1950	*****
6967	SHRI ASHWANI KUMAR	20.08.1960	C-3/67, UPPER GROUND FLOOR, JANAKPURI, NEW DELHI-110058
	SMT. REETA MARWAHA	28.11.1964	*****
6968	SHRI MAHESH CH. GUPTA	27.04.1956	F-238, GALI NO. 19, SADH NAGAR, PALAM COLONY, ND-110045
	MEENA KUMARI GUPTA	23.11.1959	*****
6969	SMT. SUSHMA BAHREL	24.07.1950	90-MIG, NEW AWAS COLONEY, DELHI RD. SAHARANPUR-247001
6970	SHRI PARVEEN KR. BHATIA	13.05.1955	118-SAMRAT AAPT. VASUNDHARA ENCLAVE, DELHI-110096
	SMT. ANUPA BHATIA	07.08.1961	*****
6971	SHRI NARINDER PAUL DUA	28.08.1960	38, GOVIND VIHAR, RB DUNICHAND RD. AMRITSAR, PUNJAB-143001
	SMT. ANJU DUA	11.04.1965	*****
6972	SURINDER PAL GULATI	07.03.1961	168, SHIVALA COLONEY, OPP. DR. RAJIV GUPTA, AMRITSAR-143001
	SMT. SANGEETA GULATI	08.04.1963	*****
6973	SHRI JAI PRAKASH GOEL	15.04.1957	442, NEELKANTH APPT. SECTOR-13, ROHINI, NEW DELHI-110085
	SMT. PUSHPA GOEL	28.11.1963	*****
6974	SHRI VIJAY KUMAR SEHGAL	04.12.1951	H-117, 1ST FLOOR, SOUTH CITY-2, GURGAON, HARYANA-122018
	SMT. ASHA SEHGAL	04.09.1950	*****

## MEMBERS PLUS SPOUSES

### WHO JOINED R&SCB FROM 21.7.2022

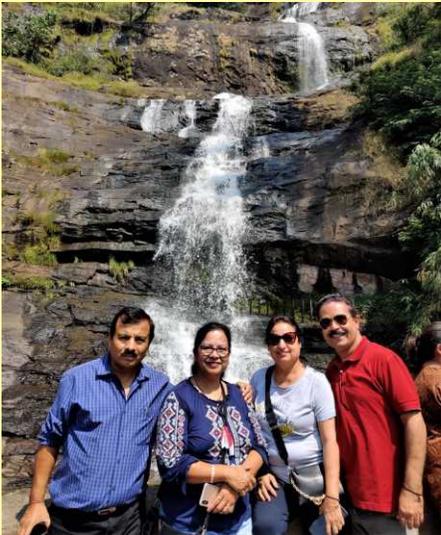
Mem No.	NAME	DOB	ADDRESS
6975	SHRI RAVI KR. SEHGAL	01.08.1956	DG-2, SFS 124-C, OPP. COLUMBIA SCHOOL, VIKASPURI, N.D-110018
	SMT. SHAMAA SEHGAL	03.09.1960	''''''
6976	DR. SATYA PRAKASH HARIT	03.01.1957	552, KANUNGO APPT. IPS EXT. PATPAR GANJ, DELHI-110092
	DR. SUSHEEL HARIT	07.08.1958	''''''
6977	SHRI HARISH KUMAR	24.12.1958	BG-7/125, PASCHIM VIHAR, NEW DELHI-110063
	SMT. VEENA MALHOTRA	28.10.1958	''''''
6978	SMT. GITASRI MOITRA	15.09.1954	B-2/18, SAFADERJUNG ENCLAVE, NEW DELHI-110029
6979	SHRI RAM GOPAL	25.02.1955	C-903, THE GULSHAN EIQBAL CGHS LTD., PLOT NO. 3, SEC.-198, DWARKA
	SMT. SULOCHNA SHARMA	07.09.1958	''''''
6980	P. K. JHINGAN		
6981	MS.SANJEEV BALA	27.07.1962	A-123, KESHAV KUNJ, PLOT-15A, SECTOR 22, DWARAKA-110077
6982	SHRI TARSEM PAUL SHARMA	10.10.1950	FLAT NO. 303, GH-69, SECTOR-20, PANCHKULA-134116
	SMT. SUMITA SHARMA	07.04.1962	''''''
6983	SMT. KAMALA SAINI	03.10.1962	A-2102, SAYAZION GOUR CITY-1, SECTOR-4, NOIDA EXTN.-201301
6984	SMT. SANTOSH SARDANA	16.12.1953	FLAT NO. 27, POCKET A/4, KONARK APPT. KALKAJI EXTN. KALKAJI-110019
6985	SHRI ASHOK MUKHI	22. 07.1960	537, WARD-6, GURUDWARA GALI, TOHANA, MANDI, FATEHABAD-125120
	SMT. KRISHNA MUKHI	15.06.1962	''''''
6986	SHRI JAGDISH CHNDER ARORA	29.06.1947	R-217, GREATER KAILASH, SOUTH DELHI-110048
6987	SHRI NARENDRA KR. GUPTA	13.10.1961	C-404, HIMACHAL APPT. SECTOR-5, PLOT NO. 21, DWARAKA-110075
	SMT. DAVINDRI GUPTA	13.04.1966	
6988	SHRI MUKUL JAIN	29.05.1953	D-224, F/2, VIVEK VIHAR, DELHI 110095
	SMT. ANJU JAIN	10.09.1958	''''''
6989	SHRI SOM PRAKASH SHARMA	01.07.1944	40-A, DDA FLAT, PHASE 2, QUTAB ENCLAVE, NEW DELHI-110016
6990	SHRI ARUN GARG	21.02.1962	G-58, PREET VIHAR, DELHI-110092
	SMT. KIRAN GARG	21.06.1971	''''''
6991	SHRI LOKENDER PAL SINGH	15.01.1950	M-102, PRATAP VIHAR, SEC-12, GHAZIABAD-201009
6992	SMT. SANDHYA BHARATI	11.03.1961	FLAT NO.-1505, BLOCK- J-1, LOGIX BLOSSOM COUNTY, NOIDA-201305
6993	SHRI PARAMJIT SINGH	28.03.1952	FLAT NO. 862, RAMA APPT., SECTOR 11, PLOT NO. 2, DWARAKA-110075
	SMT. SURINDER BHATIA	20.01.1956	''''''
6994	SMT. NEELAM SACHDEVA	25.09.1958	DB-117 E, HARI NAGAR, NEW DELHI-110064
6995	SMT. RUPA BHATIA	27.09.1962	DB-110 B, HARI NAGAR, NEAR ITI, NEW DELHI-110064
6996	SMT. AMARJEET KAUR BHATIA	24.03.1962	A-172, 2ND FLOOR, FATEH NAGAR, NEW DELHI-110018
	SHRI HARVINDER SINGH	23.01.1956	''''''
6997	SHRI PRAVEEN KR, BANSAL	10.08.1958	B-1/23, 2ND FLOOR, JANAK PURI, NEW DELHI-110058
	SMT. LATA BANSAL	21.11.1961	''''''
6998	SMT. MOHINDER KAUR REKHI	10.08.1940	132, SHABAD APPRT. PLOT -5, SECTOR 13, DWARAKA SEC.B, ND-110075
6999	SMT. SUDESH PAHUJA	23.02.1962	D-204, ANANDAM RESIDENCY, PALAM KUNJ, DAWARAKA-110077
7000	SHRI NARESH KUMAR	09.10.1956	SURESH OIL STORE, DELHI ROAD, CHARKHI DADRI, HARYANA-127306
	SMT. SHASHI GOYAL	23.09.1963	''''''
7001	HARISH CHANDER SURI	20.07.1957	J-383, F.F., NEW RAJINDER NAGAR, NEW DLHI-110060
	SMT. SHASHI SURI	25.05.1962	''''''
7002	DR. RAMESH GALHOTRA	06.03.1947	HOUSE NO. 600, SECTOR 7, PANCHKULA-134109
	SMT. MANJU GALHOTRA	22.12.1950	''''''
7003	SMT. PARVESH VOHRA	10.05.1954	24/84-AB,TILAK NAGAR, ND-110018
7004	SHRI RAVI DUTT	05.06.1956	EXB-13, 2ND FLOOR, GALI NO. 1, HARI NAGAR, ND-110064
7004	SMT. REENA DUTT	20.10.1961	''''''
7005	SMT. RAJESHWARI SUHAG	23.07.1958	FLAT NO. 301, ANANDAM RESIDENCY, DWARAKA-110077
7006	SMT. RENU SHARMA	11.08.1960	B-203, ANTRIKSH APPT. SE-4, PLOT-26, DWARAKA-110075
	SHRI. ANIL SARD	01.03.1961	''''''

## MEMBERS PLUS SPOUSES

### WHO JOINED R&SCB FROM 21.7.2022

Mem No.	NAME	DOB	ADDRESS
7007	SHRI RAKESH MAHAJAN	22.01.1962	A-247, 2ND FLOOR, MEERA BAGH, PASCHIM VIHAR, ND-110087
	SMT. SUNITA MAHAJAN	08.06.1965	*****
7008	SHRI INDREJEET SINGH	01.09.1962	22/8AB, 2ND FLOOR, TILAK NAGAR, ND-110018
	SMT. GURJEET KAUR	16.09.1965	*****
7009	SHRI PRAMOD SACHDEVA	19.09.1959	A-275, MEERA BAGH, PASCHIM VIHAR ND-110087
	SMT. NEETA SACHDEVA	25.10.1960	****
7010	SMT. SANTOSH MALIK	07.04.1954	A-39, ORDINANCE APPT. H-BLOCK, VIKASPURI-110087
7011	SMT. TRIPTA THAREJA	25.07.1962	M-210, 2ND FLOOR, M BLOCK, VIKASPURI-110018
	SHRI VINAY SHEEL THAREJA	09.10.1960	*****
7012	SHRI KULDIP CHAND SHARMA	12.10.1951	RZE-58, FLAT NO. 6, MAHAVEER ENCLAVE, BENGALI COLONEY-110045
	SMT. RAVI SHARMA	12.05.1955	****
7013	SMT. SHUBH THUKRAL	05.02.1959	ND-64, 1ST FLOOR, PITAMPURA, NEW DELHI-110034
	SRI SURINDER THUKRAL	26.08.1952	*****
7014	SMT. RASHMI MINOCHA	10.07.1962	944, SARGODHA APPT. SECTOR- 8, PLOT NO.-13, DWARAKA-110075
	SHRI B.P. MINOCHA	05.04.1959	****
7015	SHRI PRADEEP KR. CHUG	14.12.1958	C-3/282, JANAK PURI ND-110058
	SMT. RENU CHUG	02.09.1962	****
7016	SHRI KEWAL KRISHAN BIRLA	25.06.1060	A-341, 1ST FLOOR, VIKASPURI-110018
	SMT. SANTOSH BIRLA	10.05.1964	****
7017	SHRI AMARJIT SINGH	21.04.1957	214 A, JAGGI COLONEY, PHASE 1, AMBALA CITY-134007
	SMT. RUPINDER KAUR	01.09.1959	****
7018	SMT. APARJITA KHANNA	05.03.1957	F-89, 2ND FLOOR, KIRTI NAGAR, ND-110015
7019	SHRI DHEER SINGH	05.11. 1955	QU-269 C, PITAMPURA, ND-110034
	SMT. SANTOSH KUMAARI	05.11.1955	****
7020	SMT. NANDINI BHANDARI	18.10.1949	73, MANDAKINI APPT, PITAMPURA, ND-110034
7021	SHRI RAJESH CH. GUPTA	01.03.1956	2/120, SUNDER VIHAR, NEW DELHI-110087
	SMT. KIRAN GUPTA	20.08.1959	*****
7022	SHRI SWAPAN ROY	31.10.1949	210/7, 1ST FLOOR, KRISHNA NAGAR, SAFADERJUNG ENCLAVE, ND-110029
	SMT. MITALI ROY	31.05.1960	*****
7023	SHILA DEVI	26.01.1956	C-23, SHIV LOK APPT. SEC.-6, PLOT NO. 6, DWARKA, NEW DELHI-110075
	SHRI UMED SINGH	03.05.1944	*****
7024	SMT. ROOP WATI	20.12.1957	B-4, SHIVLOK APPT. SEC-6, PLOT NO.-6, DWARAKA, NEW DELHI-110075
	SHRI RAMESHWAR SINGH	16.06.1957	*****
7025	SHRI AMAR SINGH NEGI	06.12.1956	RZF-1/3, GALI NO. 42A, SADH NAGAR PART 2, PALAM, N. D-110045
	SMT. CHANDRA NEGI	09.05.1961	*****
7026	SHRI NARENDER RUSTAGI	30.04.1961	55B, POCKET-B, DILSHAD GARDEN, DELHI-110095
	SMT. RENU RUSTAGI	14.04.1964	****
2027	SHRI BHANWAR LAL JATAV	04.09.1961	C-404, PLOT NO. 4, SECTOR-9, DWARAKA, ND-110075
	SMT. SUNITA JATAV	01.05.1964	****
7028	SMT. GIANWATI CHAHAL	31.12.1960	B-129, SECTOR-8, DWARAKA, ND-110077
	SHRI JOGINDER CHAHAL	24.11.1952	****
7029	CAPT. V.P. SINGH	26.03.1959	A-701, HIND APPT. SEC.-5, PLOT NO. 12, DWARAKA, ND-110075
	SMT. GEETA SINGH	01. 04.1964	*****
7030	SHRI NOBAT RAI OHRI	11.05.1953	B-1/541 A, JANAKPURI, NEW DELHI-110058
	SMT. NEETA OHRI	30.08.1957	*****
7031	SHRI KANHAIYA SINGH	15.08.1947	AK-79, SHALIMAR BAGH, DELHI-110088
	SMT. REKHA SINGH	02.09.1951	*****
7032	SHRI BHUPINDER SINGH	04.07.1959	40-B, POCKET-A, SIDHARTHA EXTENSION, JANGPURA, N. D.-110014
	SMT. SATINDER KAUR	20.11.1964	****
7033	SHRI OM PARKASH MALIK	26.01.1946	H.N.-8 L, MODEL TOWN, PANIPAT-132103
	SMT. AMRIT VARSHA	16.08.1951	****

# KERALA TOUR

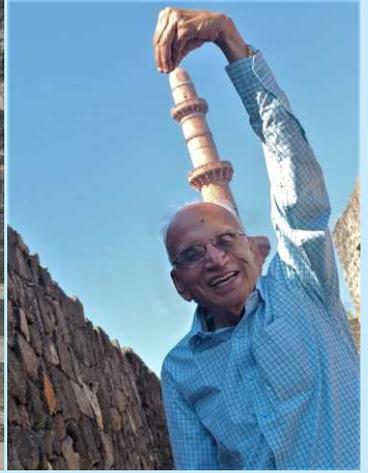


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# MAHARASHTRA TOUR



M P TOUR



## JAISALMER TOUR



## MATHURA/VRINDAVAN TOUR



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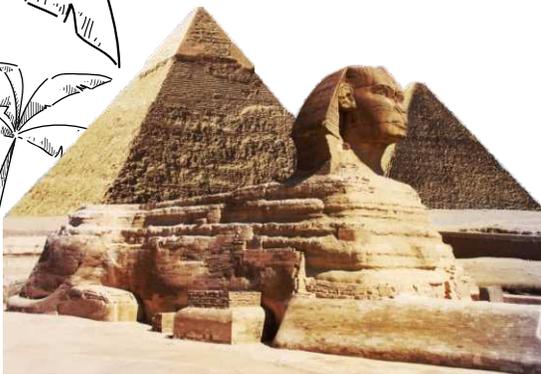
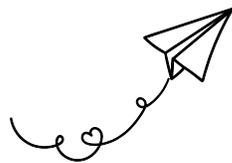
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