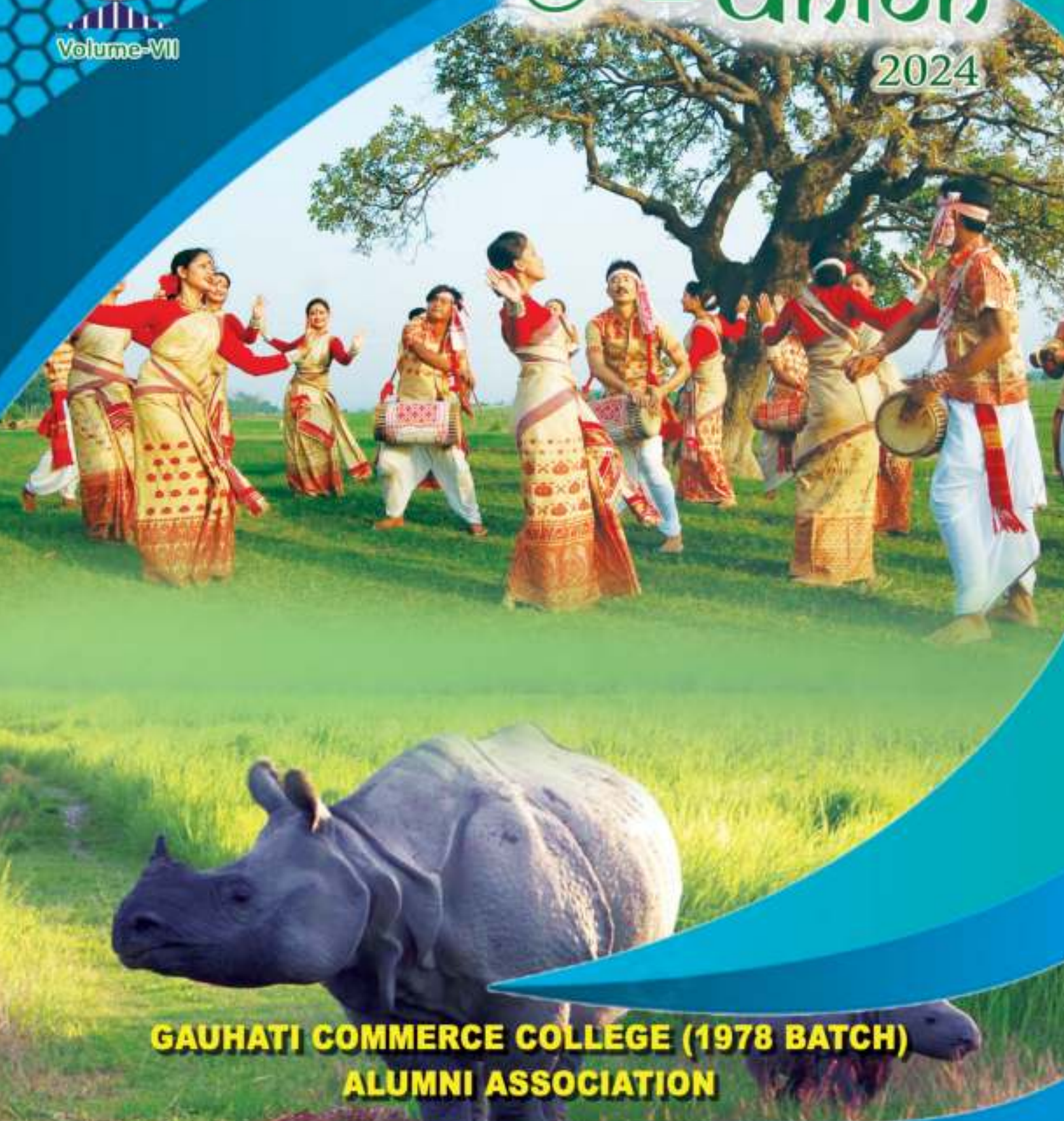




Volume-VII

ReUnion

2024



**GAUHATI COMMERCE COLLEGE (1978 BATCH)
ALUMNI ASSOCIATION**

With best compliments from Nirmal Goenka



Mfg. Of :
**Carbon Seal Ring, Carbon Bush, Carbon Gland
Ring, Carbon Vane for Dry Vacuum Pump,
Lubricating Block for Rotary Kiln**



304, The Residency, Sector-2A, Plot No. 62, Koparkhairane, Navi Mumbai 400 709, INDIA.

Work Address:

162/2 Adavli Bhutavli Near HP Pertol Pump, Mahape Shil Phata Road Navi Mumbai 400710.

E-mail : nirmal@vskcarbons.com

Mobile : +91 9321028871 / +91 8655028871

www.vskcarbons.com

GST NO 27AJXPG2831K1ZR



*Remembering our Respected
Principal*



Dr. Bhagawan Chandra Lahkar



*With profound grief,
we remember our beloved friends*

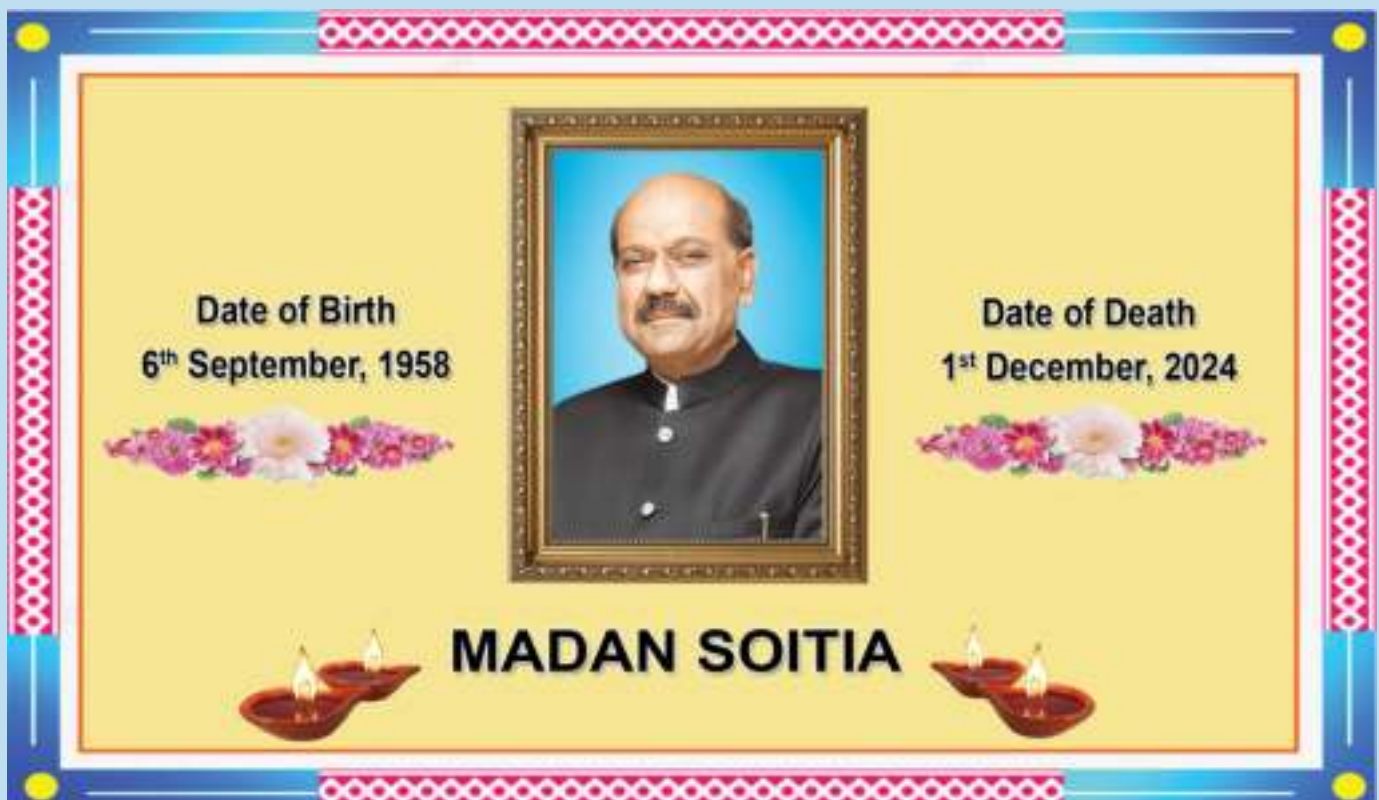


A memorial card for Ananta Kumar Adhikari. It features a central portrait of a man with glasses, wearing a white shawl over a light-colored shirt. The card is decorated with a yellow background, gold ornate corner designs, and two lit diya lamps at the bottom. The text is arranged symmetrically around the portrait.

Date of Birth
1th July, 1956

Date of Death
29th May, 2024

ANANTA KUMAR ADHIKARI



A memorial card for Madan Soitia. It features a central portrait of a man with a mustache, wearing a dark blue kurta. The card is decorated with a yellow background, a blue border with yellow dots, and a pink and white diamond-patterned border. Two lit diya lamps are at the bottom. The text is arranged symmetrically around the portrait.

Date of Birth
6th September, 1958

Date of Death
1st December, 2024

MADAN SOITIA



Shri Lakshman Prasad Acharya

RAJ BHAVAN
GUWAHATI



MESSAGE

I am glad to know that the ex-students of Gauhati Commerce College (1978 batch) Alumni Association is holding its Annual General Meeting on December 2024. Synchronizing with the event a souvenir titled 'ReUnion' is being published.

The reputation of an educational institution is built on the accomplishments of its alumni. The Gauhati Commerce College Alumni Association's Annual General Meeting is a shining example of the institution's commitment to excellence and its ability to inspire and nurture talented individuals. This meeting is a reflection of the College and the intellectual vibes the institution has spread all around.

I offer my heartfelt congratulations to the editorial team of the souvenir and wish them continued success in their future endeavors.

May the souvenir be widely read and appreciated.

Dated: December 05, 2024


(Lakshman Prasad Acharya)

ড° হিমন্ত বিশ্ব শর্মা
Dr. Himanta Biswa Sarma



মুখ্যমন্ত্রী, অসম
Chief Minister, Assam



CMS.7/2024/2232

Dispur

19 Aghun, 1431 Bhaskarabda

December 5, 2024

MESSAGE

It gives me immense pleasure to extend my best wishes to the Alumni Association of Guwahati Commerce College (1978 batch) on the occasion of its Annual General Meeting and the publication of the commemorative souvenir titled ReUnion.

It is heartening to see this association serving as a significant platform for fostering positive change through philanthropic activities, nurturing compassion for senior citizens and the underprivileged, spreading awareness against the use of polythene and promoting tree plantation.

I commend the Alumni Association's initiative in organizing the Annual General Meeting and publishing the souvenir. I believe these efforts will lead to constructive discussions and further strengthen the contributions of the illustrious alumni community to development initiatives across the state. Your collective efforts have the potential to profoundly impact your alma mater and the broader community.

As Assam continues to evolve and innovate in sectors pivotal to the success of Industry 4.0, your insights, feedback and active engagement can shape the state's trajectory, ensuring it serves as a beacon of excellence for generations to come.

I extend my best wishes for the success of the Annual General Meeting. May this event inspire collaboration and foster progress in our shared journey. I also hope the souvenir fulfils its intended objectives and serves as a source of inspiration for all who read it.

(Dr. Himanta Biswa Sarma)



OFFICE OF THE PRINCIPAL
GAUHATI COMMERCE COLLEGE

Fax : 0361-2410064

গুৱাহাটী কমাৰ্চ কলেজ

(Affiliated to Gauhati University, Assam, India)

R.G. Barooah Road, Guwahati -781021, Ph. (0361) 2413095 (O)

http:// www.gauhaticommercecollege.in e-mail : gccgolden@gmail.com

Ref. No.

Date :



MESSAGE

It gives me immense pleasure to learn that the 1978 Alumni Batch of Gauhati Commerce College is going to publish its 7th issue of 'REUNION', the souvenir in December 2024.

The untiring efforts of the alumni association in social issues like environment protection, tree plantation, conservation of water, war against plastic are highly laudable. The activities carried out by your association, in the way of education support to needy children, help to senior citizens and needy people at old-age home, measures for improvement of livelihood of the underprivileged will definitely pave a path for a better society and will act as an example for many others to follow.

I hope and pray that the Souvenir with informative articles will definitely inspire many others and help in the process of nation building at large.

With best wishes for the continuous growth and success of the alumni association in its pursuit for social development-



At 24/12/24
(Dr. Amarendra Talukdar)
Principal i/c
Gauhati Commerce College
Guwahati- 21

Dr. Amarendra Talukdar
Principal i/c
Gauhati Commerce College
Guwahati-21



SOUVENIR 2018



SOUVENIR 2019



SOUVENIR 2020



SOUVENIR 2021



SOUVENIR 2022



SOUVENIR 2024



SOUVENIR 2023

Souvenir Sub Committee Members :

Sumanta Roy (Editor), Dhrubajit Dutta, Abhijeet Barooah, Bhaskar Das, Shashanka Mohan Goswami, Dinesh Jain, Gautam Datta, Sufal Kumar Dutt.

Ex-officio Members :

Mangilal Maheswari (President), Utpal Baruah (Secretary), Pawan Kumar Agarwal (Treasurer)

Composed at : Assam Book Hive, H.B. Road, Panbazar, Guwahati – 781 001

Layout : Banajit Kalita

Date of publication : 22nd December, 2024

Published by : Gauhati Commerce College (1978 Batch) Alumni Association

Printed at : Saraighat Phototypes Pvt. Ltd.

Bamunimaidam, Guwahati-781021 :: Phone: 94351 97515



Editorial



Dear Readers,

We have been enjoying to provide selfless services to the society which we collectively embraced 7 years back, when we formally formed GCC 1978 Batch Alumni Association in the year 2017.

We are grateful to the Honourable Governor of Assam and the Honourable Chief Minister of Assam for their inspirational messages. We are obliged to the present Principal of our own College for appreciating our various social activities.

Apart from the glimpses of major activities during the year, this issue contains various interesting and informative articles on old-age health, consequences of health abuse, climate change, mental health, literary writings and so forth. All these articles are exclusively contributed by our Alumni family members. We feel proud to mention here that a large number of sponsoring companies are also from our members family.

We have been chasing an ambition to establish an Old Age Home and today we are overwhelmed to see that our ambition is on the verge of final lap of fulfilment. More information about this project is presented elsewhere in this Souvenir.

*Publication of fully coloured **ReUnion** 2024 is only possible due to financial support we received from various firms, companies, hotels, Govt establishments, financial institutions and individual members including our own siblings. Our sincere gratitude to you all for your generosity which will help the community we serve.*

Wish you all a very Happy & Prosperous New Year 2025.

With warm regards.

(Sumanta Roy)

GCC (1978 BATCH) ALUMNI ASSOCIATION

Extended Managing Committee



Front row (L to R) : Lakheswar Sarma, Jai Chand Bothra, Gautam Datta, Mangilal Maheswari, Utpal Baruah, Abhijeet Barooah, Ratul Goswami, Krishna Sureka and Shashanka Mohan Goswami.

Back row (L to R) : Prabindra Bhuyan, Dalil Uddin Ahmed, Bhaskar Das, Pratul Deka, Javed Ali Ahmed, Satnam Singh Syan, Dinesh Jain, Sufal Kumar Dutt and Jitendra Dauka.

(Not in Picture : Balabhadra Talukdar, Dipak Chakrabarty, Dhruvajit Dutta, Pawan Kumar Agarwalla, Ratan Goenka, Sajjan Agarwalla, Sumanta Roy and Surajit Goswami.)

GCC (1978 BATCH) ALUMNI ASSOCIATION Souvenir Sub-Committee



Left to Right : Shashanka Mohan Goswami, Utpal Baruah, Mangilal Maheswari, Bhaskar Das, Abhijeet Barooah, Sufal Kumar Dutt and Dinesh Jain ((not in picture Dhrubajit Dutta, Sumanta Roy, Ratul Goswami, Pawan Kumar Agarwalla, Gautam Datta and Nirmal Goenka)

GCCAA LADIES TEAM



Left to Right : Nizara Das, Rula Barooah, Updesh Kaur Syan, Manju Devi Jain, Leela Devi Maheswari, Daisy Baruah, Anamika Goswami, Nilima Goswami and Shanku Datta.

EXTENDED MANAGEMENT COMMITTEE OF GCC 1978 BATCH ALUMNI ASSOCIATION

Advisor : Santosh Bhattacharjee

President : Mangilal Maheswari

Vice-Presidents : Shashanka Mohan Goswami, Gautam Datta

Secretary : Utpal Baruah

Joint Secretaries : Dhrubajit Dutta, Ratul Goswami

Treasurer : Pawan Kumar Agarwalla

MC Members : Abhijeet Barooah, Balabhadra Talukdar, Bhaskar Das,
Dinesh Jain, Dipak Chakrabarty, Javed Ali Ahmed, Jaichand Bothra,
Ratan Goenka, Sajjan Agarwalla, Satnam Singh Syan,
Sufal Kumar Dutt, Sumanta Roy

ENVIRONMENT PROTECTION SUB COMMITTEE

CONVENOR : Sufal Kumar Dutt

Joint Convenor : Prabindra Bhuyan

Members : Kumud Kakati, Jitendra Dauka, Balabhadra Talukdar

CHILDREN EDUCATION SUB COMMITTEE

CONVENOR : Javed Ali Ahmed

Joint Convenor : Pratul Deka

Members : Laksheswar Sarma, Nurur Rahim Majumdar

SENIOR CITIZENS WELFARE SUB COMMITTEE

CONVENOR : Dinesh Jain

Joint Convenor : Satnam Singh Syan

Members : Kailash Mittal, Prakash Kucheria, Rupchand Bothra

SKILL DEVELOPMENT AND OTHER OBJECTIVE SUB COMMITTEE

CONVENOR : Shashanka Mohan Goswami

Joint Convenor : Dalil Uddin Ahmed

Members : Surajit Goswami, Jaichand Bothra, Krishna Sureka

(President, General Secretary & Treasurer will be the ex-officio members of all the sub committees)

House also selected unanimously the undernoted members from different parts of the country as Permanent Invitee to the EMC for the triennial periods 2024-2026.

Nirmal Goenka, Sushilkumar Jain Lunkar, Rajendra Periwal, Pankaj Paul, Satyajit Barooah,
Kabindra Nath Das, P R Krishnan, Hiralal Surana

**Views expressed in this Souvenir– ReUnion 2023 are
exclusively personal views of the writers.**

Special Invitees to the Executive Committee of GCC 1978 Batch Alumni Association who stays outside Guwahati



Santosh Bhattacharjee
Mumbai



Nirmal Goenka
Mumbai



Sushilkumar Jain Lunkar
Mumbai



Satyajit Barooah
Siliguri



Rajendra Periwal
Ahmedabad



Pankaj Paul
Kolkata



Kabindra Nath Das
Bongaigaon



P.R. Krishan
Coimbatore



Hiralal Surana
New Delhi



From the Desk of the President



Beautiful young people are accidents of nature, but beautiful old people are works of art.” - Eleanor Roosevelt

उम्र को हराना है तो शौक जिंदा रखिये
दोस्त चंद रखिये, पर चुनिन्दा रखिये !!

The 7th year of the GCC 1978 Batch Alumni Association had shown how our GCC 1978 warriors have worked day and night to realise our long cherished dream of “OLD AGE CUM SENIOR CITIZEN HOME” which is almost complete as evident from the above photo of the Old Age Home Building taken on Puja done on

24th Nov 2024 in presence of our major donor Mrs. Mina Bharali and her family.

The Year 2024 had further strengthened our age-old friendship bond which was very well reflected in our teamwork and coordination in our first Mega Project where each and every member had contributed professionally to their full strength

and left no stone unturned in completing this beautiful mansion. There were few differences of opinion as regards the project among the members, few ups and downs as the project was progressing. However, the intention of all the members were to achieve the common objective in the best possible way. The result of our efforts was truly reflected in the happy and satisfied faces of our team members, advisors, consultants, contractors and guests who had all embraced and appreciated the Senior Citizen Home. I call our team as a rock band which creates a soothing music and harmony where each member had played a unique part.

I on behalf of my team express my sincere gratitude to Smt. Mina Bharali & Family, Mr B K Bansal(CA), Mr. Santosh Ji Banka for their continued guidance and Our Contractors, Labourers, Artisans who had worked day and night for building such a beautiful paradise.

The various activities done by us for our mission of “SWACHH, SAKSHAR & BEHATAR GUWAHATI” and a “SWACHH, SAKHSAR & BEHATAR INDIA” are as below :

- Financial Support to meritorious students

- Felicitation of Teachers on Teacher’s Day (5th September 2024)

- Green Awareness and Free Distribution of plant saplings on World Environment Day.

- Supported Rani HS School with a Water Filter

- Flood Relief Programs in association with Prag News.

- Induction of young GCC alumni who are relatives of existing members as a part of succession planning for next generation team to hold the baton and contribute to our projects and objects.

I would again like to thank each and every one of our GCC 1978 Members for their untiring efforts

I heartily conclude my message with greetings and well wishes for a **“Happy & Prosperous 2025”** with a quote from **Mahatma Gandhi**

“ Keep your words positive, because your words become your behaviours. Keep your behaviours positive, because your behaviours become your habits. Keep your habits positive, because your habits becomes your values. Keep your values positive, because your values become your destiny.”



(M L Maheswari)
President

GCC 1978 Batch Alumni Association



From The Desk of the Secretary

It is with immense pride and a heart full of gratitude that I present the **Seventh edition of Annual Report** of the **GCC 1978 Batch Alumni Association** for 2024. What began as a dream in 2017 has evolved into a movement—one that continues to inspire, impact, and transform. Over the past seven years, we have built not only a strong community but also a lasting legacy of service to society. The collective spirit of our members has been the driving force behind the success of our initiatives, and it is with this spirit that I share our journey of the past year.

Our association was founded with a clear focus on four pivotal goals: **Environmental Protection, Education for Underprivileged Children, Welfare of Senior Citizens, and Youth Skill Development**. Each of these objectives forms the heart of our mission, and we have strived to make a difference in these areas every step of the way.

In 2024, our commitment to **Environmental Protection** was highlighted by our observance of

World Environment Day on June 5th. We distributed saplings with medicinal properties to the public near our alma mater, **GCC**, helping to spread awareness and foster a green, healthy future. Additionally, we planted trees at our **Old Age Home** project site, symbolizing growth, sustainability, and care for generations to come.

Our dedication to **Education** remains unwavering. This year, we reached out to support those whose educational journeys might otherwise have been hindered. A donation of **Rs. 11,000** was made to a bright needy student at **Cotton University**, while another donation of **Rs. 21,000** went towards the Ph.D. studies of a dedicated student at **Guwahati University**. Furthermore, we made a contribution to **Rani High School** in Kamrup, providing them with a **Rs. 40,000** water filter, ensuring that students have access to clean and safe drinking water.

Our focus on the **Welfare of Senior Citizens** reached a significant milestone this year. In

association with a philanthropic family, we took a bold step by forming a **Trust for** establishing Senior Citizen home . We are in the process of constructing a **Senior Citizen Home** and an **Old Age Home** near **Guwahati Airport**, covering a vast area of **7 Bighas**. These homes, which will span approximately **30,000 square feet** each, will provide care and dignity to senior citizens in a space designed for their well-being. The grand opening is scheduled for **January 2025**.

As for the **Skill Development** of our youth, our efforts have been focused on fostering awareness around the importance of vocational training. A skilled youth is not only an asset to society but also to them. By focusing on the development of practical skills, we aim to empower our younger generation to step confidently into the workforce, ready to take on any challenge.

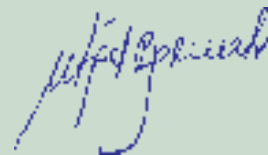
In response to the recent **floods in Assam**, our association stepped up, joining forces with **Prag News, our media partner**, to provide immediate

assistance to the victims. We contributed both financially and through relief efforts, ensuring that the people affected by the floods had the support they desperately needed.

On **Teachers' Day**, we continued our annual tradition of visiting and honoring our beloved teachers from the **GCC 1978 batch**. These teachers shaped our lives in ways that continue to influence us every day, and this gesture was our way of showing appreciation for their invaluable guidance.

Reflecting on all that we have accomplished, it becomes clear that this association is about more than just objectives and initiatives— it is about a shared vision for a better, more compassionate society. Our work is a collective effort, and every member has contributed to the successes we celebrate today. Looking ahead, I am excited to see how our association will continue to evolve and make an even greater impact.

Together, we are making a difference, and together, we will continue to do so.



Utpal Baruah

Secretary

GCC 1978 Batch Alumni Association



From the Desk of the Adviser

CS Santosh Bhattacharjee

Mumbai

Member & Adviser, GCCAA

Dear Friends

In the last ReUnion Souvenir, I have dealt on Climate Change and some steps including plantation of Trees, to adapt to/mitigate climate change. This time, I will dwell on the importance of Tree plantations and the minimum precautions one should take to ensure healthy growth of Trees.

Plantation of Trees has gained more importance mainly because of Climate Change and that too, during the last 5 yrs or so. Individuals and organisations including Govt Agencies are planting millions of Trees but how many really survives & grows well, no one can say with correct statistics. However, whatever may be the position, I have the following suggestions to make to those people who are interested in planting Trees and save the Mother Earth.

- Make it a habit to plant Trees on Birthdays, Marriage Anniversaries, on Birth of Children, World Environment Day (5th June), Van Mahotsav Week (1-7th July) and other important occasions in your Family. In this way, one can plant more than 200 Trees in one's lifetime.
- Plant Tree in a place where Tree gets adequate sunlight and is easily accessible for watering & nurturing
- Prepare the soil, dig hole of appropriate size, plant the tree and fill the hole gently but firmly.
- After planting the sapling, please put some water on the sapling (even if it rains or the sand is weight) and Pray to GOD for the healthy growth of the plant. If you know REIKI, please give Reiki to the plant, wherever possible.
- Nurture the Trees during the initial period of 3 to 5 yrs with water, fertiliser, etc. If required, use Tree Guard (not costly one). Thereafter, the Trees will take care of its own.
- Trees to be planted should be suitable for growth in the local climate.
- Trees belonging to same specie or sub-specie may be planted side-by-side to ensure uniform growth of Trees.

- If you want to pluck fruits, flowers, leaves, etc. from the Trees, please express your gratitude first. Please remember, Trees are also living being.
 - If the Trees are infected by insects, bacteria, etc. please take the help of experienced Gardeners/Botanists.
- Trees are important to all living beings - Trees take Carbon Dioxide from air for Photosynthesis & releases Oxygen to help us breathe, improves air quality, conserves water, preserves soil, supports wildlife, supports livelihood for many people and as a whole, helps in climate amelioration, i.e., Trees help in improving the climate. I tried to depict some more importance of Trees through the following short poem.

**Trees can be short, Trees can be tall
Whatever the kind, we like them all.**

**Trees give us Oxygen, Trees give us air
Not only during daylight, but also at night.**

**From berries to cherries, from apple to grape
Trees give us various fruits, helps us keep in good shape**

**Trees give us food, Trees give us life
Trees help us in our livelihood, so that we can thrive**

**Trees produce songs, Trees produce music
Trees convey love, and they are all classic**

**Trees fight pollution, Trees fight climate change
Trees provide solution, let's manage the change**

**Trees have life, Trees feel pain
Save their life, bring more rain**



**SAVE TREES. PLANT TREES.
SAVE OUR MOTHER EARTH**





Mrs Mina Bharali

(Wife of Late Mrigendra Nath Bharali)
The noble lady behind the dream project of
Mrigendra Nath Bharali Memorial Trust (Senior Citizen Home)
at Bongora, Kamrup.



Mrs Mithu Bharali

(Daughter of Late Upendra Ch. Bharali & Smt. Hiranmoyee Bharali)

Another lady closely associated with the project of
Mrigendra Nath Bharali Memorial Trust (Senior Citizen Home)
at Bongora, Kamrup.

Old Age Home

A Dream Transforming Into Reality



■ M L Maheswari

Inspiration

It was during one of my visits to Jaipur I happened to visit an old age home and was quite aggrieved seeing the pathetic condition of the old age home which was poorly maintained due to lack of funds and quality manpower. Moreover, the quality of food and medication facilities were also inferior. I made a point to visiting two or three such old-age homes, but the situation was more or less similar.

These visits to the old age homes hit straight into my heart and I wanted to do something worthwhile for the Senior Citizens who are deprived of the basic amenities at this stage of their life. At that time a desire to establish an old age home with better facilities and amenities in Guwahati – My Karma Bhumi was conceived in my mind.

On my return, I discussed the same with a few of my friends and all had agreed to the idea of establishing an Old Age Home in Guwahati. At that time, we Gauhati Commerce College 1978 Batch had a re-union and almost all my colleagues

who are well placed in the society as Bankers, Bureaucrats, Professionals and Businessmen agreed to work for the various social causes that troubling the society and repay our debts to our motherland. This gave birth to the GCC 1978 Batch Alumni Association in 2017 and establishing an Old Age Home Cum Senior Citizen Home was one of its prime objectives.

Need of Old Age Cum Senior Citizen Home

I do not rule out that the old aged persons shift to the Old Age due to negligence of children and family members however the Key reasons for the need of Old Age Home Cum Senior Citizen Home can be summarized as below:

■ Changing family structures:

The shift from joint families to nuclear families means fewer children are available to care for aging parents at home.

■ Urbanization:

With more people moving to other cities/countries for work, elderly individuals may be left behind with limited support networks.

■ **Healthcare needs:**

Older adults often require specialized medical care that may be difficult to manage at home.

■ **Social isolation:**

Living alone can lead to loneliness and lack of social interaction, which an old age home can address.

■ **Safety concerns:**

Senior citizens living alone may be susceptible to crime or accidents, while an old age home provides security.

■ **Financial constraints:**

Some families may not be able to afford the cost of providing full-time care for an elderly family member at home.

■ **Unwillingness to Shift base:**

Old Age parents unwilling to shift their base and move with their children who have to move out of the city for his/her career. The parents had lived a particular life style and they are not willing to adjust to the changes.

Funds for the Old Age Home

Our GCC 1978 Batch team had a lot of discussions as regards starting the old age home but with the type of Old Age Home, we were visualizing with all the facilities and amenities our discussion got stuck due to the unavailability of the funds. We had identified a few pieces of land for the project but with the sky-rocketing prices of the land and the huge construction cost we started looking for donors.

There is a saying that *“Agar kisi cheez ko purey dil se chaho to saari kayanat ussey tumse milane ko koshish mein lag jaati hai”*. At that time our colleague Gautam Datta introduced us to Smt. Mina Bharali (widow of Late Mrigendra Nath Bharali) one of the major donor, who too

had a dream to build a beautiful old age home to fulfil her late husband’s wish where the inmates should happily stay and enjoy their golden years.

GCC 1978 Batch Alumni Association teamed up with Smt. Mina Bharali and with God’s Blessings and well wishes of other donors have completed the dream project of Old Age Cum Senior Citizens Home in 2024 with the following facilities:

1. Two Separate Buildings one for paid Senior Citizens and other for the Senior Citizens with financial constraints with Free/Minimum charges.
2. For Paid Section, well-furnished AC room with a small pantry, mini fridge, attached bathroom with Hot Water shall be provided.
3. Spacious Dinning Room for both Buildings.
4. Walking Zone, Temple and Lush Green Garden Area.
5. 100% Power-back up with 62.5 KVA Diesel Generator.
6. Library Cum recreation room for Paid Block.

Our Vision

To create a home where senior citizens feel loved. Respected and celebrated. A place where they can enjoy their golden years with joy, dignity and a sense of belongingness, surrounded by a caring community that feels like family.

Our Mission

To build a community that puts happiness and well-being of our elders first. With your support, we aim to provide comfort, care and companionship in a peaceful and welcoming environment where every resident feels truly at home.■



The Dream Project

"Serve others selflessly and find fulfillment in making a difference. "The true measure of success lies in giving."



■ **Utpal Baruah**

Secretary

Mrigendra Nath Bharali Memorial Trust

As we take a significant step in fulfilling a cherished dream, one that has been close to our hearts for many years. The establishment of a Senior Citizen Home is a testament to the unwavering dedication, compassion, and vision of those who believed in the importance of caring for our elderly community.

This project is particularly meaningful because it was inspired by the late Mr. Mrigendra Nath Bharali, a man of noble character, who harbored the wish of creating a safe, peaceful, and homely space for elderly citizens. Sadly, he was unable to fulfill this dream in his lifetime, but his legacy continues to guide us. His devoted wife, Mrs. Mina Bharali, has taken it upon herself to carry forward this vision, and today, we are on the brink of making that vision a reality.

Along with Mrs. Mina Bharali, we also have the support of the Gauhati Commerce College (GCC) 1978 Batch Alumni Association (GCCAA), whose members have come together, not just as old classmates, but as a collective family, determined to contribute to society and leave a lasting impact. Their desire to provide a meaningful and caring environment for the elderly, particularly those who have no family members nearby, resonates deeply with all of us.

The Trust, with the guidance and cooperation of a dedicated Board of Trustees, has acquired a piece of land in Bongora village, near Guwahati Airport, measuring about 7 Bighas. On this land, two purpose-built buildings, covering around 30,000 square feet each, have been constructed: one for an Old Age Home and the other for the



deployed on-site. We are committed to ensuring that every resident feels safe, valued, and supported in their golden years. Furthermore, an organic garden will be set up on the property, so our residents can enjoy the benefits of fresh, healthy produce.

Our efforts today are part of a larger

Senior Citizen Home. The difference between these two facilities is important. The Old Age Home is for those who need full-time care and support, while the Senior Citizen Home is designed for those who, though elderly, are still independent and want to live in a safe, supportive community with their peers.

Our aim is simple yet profound: to provide a homely atmosphere, where elderly people can lead a peaceful and content life, surrounded by natural beauty and all the amenities they need. The Senior Citizen Home, for instance, will offer private one-bedroom apartments with a pantry, washing machine, TV, and more, ensuring that each resident feels completely at ease. There will be caregivers available in each block, a common recreation room, and facilities like a walking zone, a temple, and even a small pond for serenity.

In addition to this, we have thought about ensuring a strong sense of security, with 24x7 CCTV surveillance and security personnel already

commitment to the dignity and well-being of elderly individuals, particularly those who may have no one to turn to. As a society, it is essential that we look after the elders who have built the foundation of our communities. This initiative, while born from one family's dream, has blossomed into a project supported by many hands—each person involved contributing a unique and invaluable piece to this important work. We will continue to build a place where our elders will feel safe, cherished, and at home.

I would like to extend my heartfelt gratitude to Mrs. Mina Bharali, whose vision, leadership, and unwavering commitment to this cause have made this moment possible. With that, I invite you all to explore the campus, see the completed buildings, and feel the warmth and care we are striving to provide. Let us work together to create an environment where our elders can age gracefully and joyfully, surrounded by love, nature, and a sense of community. ■

Our Dream Project near completion





ADITYA SANITARY

ONE STOP PLUMBING SOLUTION!

SIX MILE BELOW FLYOVER NEAR POLICE POINT GUWAHATI-29

NH-37 LALMATI NEAR JAWA BIKE SHOWROOM BASISTHA-28

CONTACT : 9706307299 / 9706085976 / 7002178343

EMAIL: adityasnaitary6mile@gmail.com

AUTHORISED DEALER AND DISTRIBUTOR :



ASSOCIATE CONCERN

RIDHIKA ENTERPRISE

NH-37 LALMATI OPPOSITE BJP BHAWAN BASISTHA GUWAHATI-28



ছাত্ৰী সৰলীকৰণৰ
দিশে এটোজ

মুখ্যমন্ত্ৰীৰ নিযুক্ত মইনা আঁচনি

আনুমানিক ১০ লাখ
শিক্ষাৰ্থীক পঢ়ুনি
সেৱাৰ লক্ষ্য

অভিযানৰ অধীনত শিক্ষাৰ্থীসকলক আনুমানিক ১০ লাখ টকা ব্যয় কৰি পঢ়ুনি সেৱা প্ৰদান কৰা হ'ব।



ড॰ হিমন্ত বিশ্ব শৰ্মা
মুখ্যমন্ত্ৰী, অসম

উদ্দেশ্যসমূহ

- উচ্চ শিক্ষাৰ কক্ষত শিক্ষাৰ্থীৰ সংখ্যা বৃদ্ধি কৰা
- অভ্যাসৰ অধীনত সংশ্লিষ্ট ছাত্ৰীক বাবে উচ্চ শিক্ষা লাভৰ বাট প্ৰস্তুত কৰা
- স্বাস্থ্য নিৰীক্ষা সেৱাৰ ক্ষেত্ৰত অধিকাৰ প্ৰদান কৰা

সুবিধাসমূহ

- ৱাৰ্ড-বুথীয়া নিৰ্বিশেষে সকলো শিক্ষাৰ্থীক অৰ্থনৈতিক সহায়ৰ বাবে উপলব্ধ
- এককোষ সেৱাৰ অধীনত কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে অৰ্ধমাহে ১,০০০ টকাৰ পৰ্যন্ত ১০ মাহলৈকে সহায়ৰ সুবিধা ১০,০০০ টকা
- স্বাস্থ্য (মি.এ/ মি.এছ.সি/ মি.এছ.এ) প্ৰথম বৰ্ষত অৰ্ধমাহে কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে অৰ্ধমাহে ১,২৫০ টকাৰ পৰ্যন্ত ১০ মাহলৈকে সহায়ৰ সুবিধা ১২,৫০০ টকা
- স্বাস্থ্য সেৱা (এম.এ/ এম.এছ.সি/ এম.এছ.এ/ মি.এছ.এ) প্ৰথম বৰ্ষত অৰ্ধমাহে কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে অৰ্ধমাহে ২,৫০০ টকাৰ পৰ্যন্ত ১০ মাহলৈকে সহায়ৰ সুবিধা ২৫,০০০ টকা

নিযুক্ত মইনা আঁচনি হেঁচো পঢ়া বিহীনৰ বাবে সাময়িক পঢ়নি প্ৰতিবেদনৰ উদ্দেশ্যে গ্ৰহণ কৰা এক সৰ্বাধীন পৰামৰ্শ

- শিক্ষাৰ শিক্ষা, স্বাস্থ্য আৰু পুৰণিৰ অধিকাৰ প্ৰতিষ্ঠিত কৰা
- পঢ়নি আৰু অৰ্ধমাহে কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে শিক্ষাৰ অধিকাৰ কক্ষত পঢ়নি কৰি যোৱা
- পৰীক্ষা, অৰ্ধমাহে কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে পৰামৰ্শ প্ৰদান কৰা
- অধিকাৰ আনুষ্ঠানিক শিক্ষাৰ অধিকাৰ কক্ষত পঢ়নি কৰা

যোগাভাৱ চৰ্ত

- অসমত বাস কৰা সকলো কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে সেৱা
- নিযুক্ত মইনা আঁচনি (স্বাস্থ্য সেৱা আৰু মি.এছ.সি/ মি.এছ.এ) আৰু এককোষ সেৱা মি.এছ.সি/ মি.এছ.এ কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে অৰ্ধমাহে পুৰিষা উপলব্ধ হ'ব
- মই, স্বাস্থ্য, শিক্ষাৰ্থীক কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে সেৱা বিহীনৰ নহ'ব
- স্বাস্থ্য সেৱা আৰু মি.এছ.সি/ মি.এছ.এ কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে অৰ্ধমাহে পুৰিষা উপলব্ধ কৰা হ'ব। অৰ্ধমাহে কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে অৰ্ধমাহে সেৱা বিহীনৰ নহ'ব। অৰ্ধমাহে কক্ষত পঢ়িবলগীয়া ছাত্ৰীক বাবে অৰ্ধমাহে সেৱা বিহীনৰ নহ'ব

With best compliments from-



LIGHT &
LIVING



GOPAL JALAN
BANGALORE



It is during our darkest moments
that we must focus to see the
light."



► Light & Living
No. 1571, Hsr Outer Ring Road,
Near Dominos Pizza, Sector 1,
HSR Layout, Agara, Bangalore -560102
Contact : +91 9886098970
Ph.- 943754905, 9449080054



www.lightsandliving.com
VISIT OUR WEBSITE

With best wishes from:

Sufal Kr Dutt, Nirobi, Surajit, Arijit, Sudena & Sharanya

**Nurur Rahim Majumdar, Elizabeth Blah, Prince Wazim Arafat,
Sonia Shahnaaz & Zeenatur Rahim**

Surajit Goswami & Family

Shashanka M Goswami, Nilima, Tanaya, Kiran & Ankita

Dhrubajit Dutta, Minakshi, Markandeya & Ananya

Dipak Kumar Chakrabarty and Liza Chakrabarty

Lakheswar Sarma, Nilima Devi, Afsenta & Jogabrat

Nikhilesh Sarkar, Ratna & Barnita

Jabed, Jubeda, Dr. Jesim, Afrin & Jisan

Arindra Chandra Das & Kaveri

With best compliments from : Shrawan & Shashi Sarawgi

KAMRUP ALUMINIUM WORKS

MANUFACTURER OF ALUMINIUM UTENSILS SINCE 1977 BASED IN ASSAM



Address : Kamrup Aluminium Works, Mirjamal Jagdish Prasad Bldg., SRCB Road, Fancy Bazar, Guwahati-781001, Assam, M: 9435015365

JAI BHISHU

OM ARHAM

JAI TULSI

SAYAM SALES CORPORATION



51, PEDARIAR KOIL STREET
CHENNAI- 600001, TAMILNADU



DEALERS IN TEXTILE COATED FABRICS &
BAGS MATERIALS

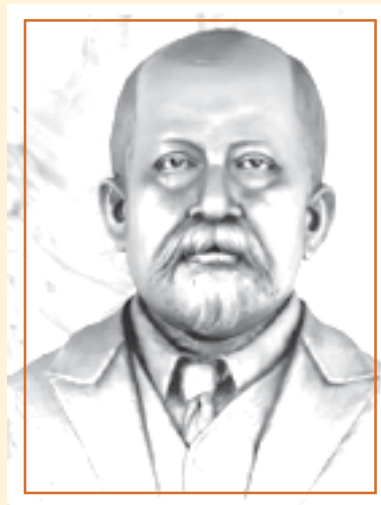
TEJKARAN KHATER

Phone No.: 99620-05558, 92837-06050

Bhola Nath Baruah : A Visionary Businessman and Philanthropist from Nagaon, Assam



■ **Bhaskar Das**
Guwahati.



Bhola Nath Baruah, born on September 28, 1850, in Purani Gudam, Assam, was a distinguished businessman and philanthropist whose legacy continues to influence Indian society. Rising from humble beginnings, Baruah overcame personal and economic hardships to build a vast business empire, primarily focused on timber, and later expanded into sectors like tea, coal, kerosene, jute, textiles, and manufacturing.

Born to Ghanashyam Barua and Bhogdai Baruani, Baruah faced early challenges, including

his father's death and the ensuing poverty. At 15, he enrolled in school despite his financial struggles and eventually moved to Guwahati to live with his brother-in-law, Dattanarayan Borah. It was during these formative years that he forged important friendships with individuals like Radha Nath

Baruah and Rai Bahadur Bhuban Ram Das, who played significant roles in shaping his life and career. His association with Hem Chandra Baruah, a prominent intellectual, also influenced his sense of responsibility toward his homeland, laying the groundwork for his lifelong

commitment to philanthropy.

Baruah began his career in the timber trade, working for a modest salary in a business run by Manik Chandra Baruah and Annada Ram Phukan. His diligence and strategic thinking quickly led him to a managerial position, but the company faced setbacks when a bridge collapsed and a key partner died. Undeterred, Baruah moved to Calcutta in 1890, where he established a partnership with timber merchant Kalikrishna Paramanik. Overcoming early health issues, Baruah's business grew steadily. In 1894, he expanded into the Singhbhum district, and by securing contracts with the Bengal-Nagpur Railway, his timber business flourished.

By the late 1890s, Baruah had diversified his ventures, establishing a factory for iron and tin boxes and later entering coal, stone, and cotton industries. His business empire expanded further when he secured timber concessions from several princely states, including Gangpur and Rewa. Despite some setbacks, such as a failed coal venture that resulted in a loss of nearly 14 lakh rupees between 1908 and 1910, Baruah's resilience helped him recover and continue growing his wealth.

Apart from his business acumen, Baruah was renowned for his philanthropy. He invested heavily in education and healthcare, with notable contributions including the establishment of a technical school in Silghat to train Assam's youth for the growing tea industry. He donated substantial sums to institutions like Banaras Hindu University and King George Hospital in Visakhapatnam. Baruah also supported Assamese literary figures and cultural initiatives, including funding the publication of Assamese works and supporting temples and community centers in his home region.

Baruah's generosity extended to personal

mentorship, especially for Assamese students in Calcutta, where he provided financial support and guidance. His deep connection to his heritage was evident in his ongoing support for Assamese culture, despite his British-style lifestyle and business practices. His commitment to philanthropy earned him the Kaiser-i-Hind Gold Medal from the British government, a prestigious honor shared by few Indians, including Mahatma Gandhi.

In 1908, Baruah traveled to London to negotiate railway contracts for his timber business, where he met the British Empress and secured a significant 30-year timber lease. Although he faced business losses during this period, his resilience remained unshaken. By 1919, he reorganized his business into a limited company and continued expanding his influence in Indian industry.

By his multifarious business he became wealthier, Aristocrat, Powerful and Kind hearted businessman and a Philanthropist. In the year 1922 Ashutosh Mukherjee in his speech remembering Bhol Nath Baruah's grant during convocation in Calcutta University said him as one of the enlightened sons of Assam.

Baruah passed away on May 30, 1923, at the age of 73. He left a lasting legacy not only through his business achievements but also through his philanthropic efforts, particularly in the fields of education and healthcare. His estate was entrusted to family members with the stipulation that it would be used for the development of education in Assam. Institutions like B. Baruah College in Guwahati stand as enduring testaments to his contributions. Despite his significant impact, the full scope of his legacy remains relatively unknown, and an annual observance in his honor would serve as a fitting tribute to a man whose life exemplified resilience, generosity, and devotion to his homeland. ■

BIODIVERSITY



■ **Santosh Bhattacharjee**
EcoSoGo One Solution LLP
Mumbai

Biodiversity or Biological Diversity means ‘the variability among living organisms from all sources, including inter alia, terrestrial, marine and other aquatic ecosystems and the ecological complexes of which they are part : this includes diversity within species, between species and of ecosystems’ (as defined at the 1992 United Nations Earth Summit). In simple terms, Biodiversity is the variability of life on Earth, i.e., existence of all living things on Earth and their interactions.

Levels of Biodiversity

Biodiversity can be measured on various levels viz., Species Diversity, Genetic Diversity and Ecosystem Diversity. These are explained below in brief :

◆ **Species Diversity** : It refers to the number of different species available/located in a given area/community. Species diversity is important because loss of species rarely happens in isolation and plants & animals play important roles in the survival of other species as sources of food, in population management, and as shelter.

- ◆ **Genetic Diversity** : It refers to the variety of genetic traits within a specie/population or between species. It is created through mutation and recombination. Genetic diversity is important because it helps species to adapt to changing climate/environment, strengthen its resistance to fight diseases, increase the resilience of ecosystems, etc.
- ◆ **Ecosystem Diversity** : It refers to variety of different habitats, communities and ecological processes within a specific geographical area and its overall impact on human existence & the environment. Ecosystems include deserts, grasslands, rainforests, protected forests, wetlands, etc. It is important to protect ecosystem diversity because it highlights the interconnectedness of all ecosystems. Ecosystem diversity is a vital part of Earth’s biodiversity and preserving these complex interactions is essential for the stability of Earth’s ecosystems.

All Regions in the world do not have same level of Biodiversity. Tropical Regions (which remains warm year-round) have the most biodiversity, e.g. Amazon Rain Forest of South America is one of the most biologically diverse regions on the planet (40,000 different plant species available). Temperate Regions (which have warm summers and cool winters) have less biodiversity and Regions with cold or dry conditions (mountaintops and deserts) have even less biodiversity. The warm waters of the western Pacific and Indian Oceans tend to have the most diverse marine environments. Moreover, some Regions in the world have a large number of endemic species, i.e., species that exist only in that place. These are called biodiversity hotspots.

Importance of Biodiversity for Human Being

The most unique feature of Earth is the existence of life, and the most extraordinary feature of life is its diversity. Biodiversity is the key indicator of the health of ecosystem and is very important for the survival of human beings, as all species including humans, rely on many other species to survive. Each species, no matter how small, plays a critical role in maintaining the delicate balance of nature.

A few of the values which humans place on biodiversity are given below :

- ◆ **Economic** : Biodiversity provides humans with raw materials for consumption and production. Several industries are dependent on Biodiversity. Biodiversity provides direct livelihoods to various classes of people viz., farmers, fisherman, timber workers, bee-keepers (honey farmers) etc.
- ◆ **Ecological Life Support** : Biodiversity provides functioning ecosystem that supply oxygen, clean air & water, pollination of plants, nutrient cycling, pest control, wastewater treatment, etc. It also helps in controlling the climate and various diseases,

which would have otherwise inflicted human beings.

- ◆ **Recreational** : Many recreational pursuits rely on our unique biodiversity, viz., birdwatching, hiking, camping, mountaineering, fishing, etc. Even tourism industry depends on biodiversity.
- ◆ **Culture** : Biodiversity has intrinsic and spiritual value for mankind.
- ◆ **Scientific** : Many species and different microbes have provided astounding advances in medical research, improving our understanding of genetics, regeneration of tissues & organs, immunity, medicines, etc. Biodiversity also provides medicinal resources and compounds for pharmaceutical drugs.

Any loss or deterioration in the condition of biodiversity can compromise all these values and affect human well-being.

Reasons for Loss of Biodiversity

The main reasons for loss of biodiversity are given below :

- ◆ **Habitat Loss & Degradation** due to expansion of agriculture, deforestation, logging, increased urbanization, mining, setting up industrial units, cattle ranching, vast plantations of palm oil trees, illegal occupation of forest land and climate change. These are the most reported threat to wildlife populations around the world.
- ◆ **Invasive Species** are animals, plants, fungi or microorganisms that are introduced to a new environment outside of their natural habitat. These invasive species can cause the extinction of native species, permanently alter habitats and destroy biodiversity.
- ◆ **Overexploitation** due to extensive hunting of animals/birds/other species and over-fishing
- ◆ **Pollution** can disrupt the balance within

ecosystems by reducing their ability to provide services like carbon sequestration and water purification, e.g. polluted water can cause disease to species, polluted air can reduce plant's ability to grow & reproduce, acidification due to rising carbon dioxide levels in the sea water can threaten aquatic life, soil pollution can alter soil biodiversity & contaminate groundwater, etc. Many of these changes may become irreversible.

- ◆ **Climate Change** is having a significant impact on Biodiversity. It is altering the ecosystems worldwide, forcing plants & animals to move to higher elevations or latitudes, increasing ocean acidification affecting marine life & increasing sea level, leading to increased diseases affecting various species, flooding of coastal areas, etc. In fact, Biodiversity is the strongest natural defence against climate change and therefore, biodiversity loss & climate crisis should be addressed together.
- ◆ **Natural Calamities/Disasters** (e.g. droughts, floods, storms, tsunamis, volcanic eruptions, forest fires, hurricanes and plagues) can significantly impact Biodiversity by destroying habitats & food sources, wipe out certain species, alter food webs thereby affecting it harder for plants & animals to repopulate, etc.

The above reasons or drivers of loss of Biodiversity are largely a result of underlying societal values and behaviors. If left unaddressed, these are expected to continue or increase their detrimental impact.

Protection/Conservation of Biodiversity

The continued decline of biodiversity constitutes 'an unprecedented threat' to the continued existence of human civilization. As per the Living Planet Report by the World Wildlife Fund (WWF) in 2024, there has been a catastrophic

73% decline in the average size of monitored wildlife populations over just 50 years (1970-2020). Decline in wildlife populations can act as an early warning indicator of increasing extinction risk & loss of healthy ecosystems and if it reaches tipping point, the situation can become irreversible. The report also said that for a nature-positive future, transformative shifts will be required in how we produce & consume our food & energy, govern and finance.

At the United Nations Convention held at Ramsar, Iran in 1971, the participating/contracting Countries signed a treaty to conserve wetlands, use wetland resources sustainably and recognize wetlands that are important for humanity. As on 31.10.2024, there were 2,523 Ramsar sites covering a total area of more than 257.3 million hectares (ha) spread-over 172 contracting countries. India accounts for 85 Ramsar Sites covering a total area of more than 1.36 million ha. Sundarban Wetland is the largest Ramsar Site (0.423 mn ha) in India. In the World, UK is having the highest number of Ramsar Sites (175) and in India, Tamil Nadu with 14 Ramsar Sites. In North East India, there are 4 Ramsar Sites (Deepor Beel in Assam, Loktak Lake in Manipur, Pala Wetland in Mizoram & Rudrasagar Lake in Tripura). The only Ramsar Site in Assam, Deepor Beel, is being threatened due to unabated encroachments.

The United Nations, at its Rio Conventions on biodiversity, climate and desertification, formed a Convention on Biological Diversity (CBD) in 1993 with the aim of conserving and sustainably using biodiversity. 196 Countries are part of the CBD and collectively, they are referred to as Conference of Parties (COP) of CBD. The COP of CBD meets once in 2 years to review progress, set priorities and commit to future plans for biodiversity conservation. Participating countries have taken various steps in conservation of Biodiversity including enacting laws. The latest COP of CBD, i.e., COP16, was held at Cali,

Colombia in November, 2024. In addition to this, 3 more Conventions are expected to be held in Nov-Dec, 2024 viz., UNFCCC COP29 (combating Climate Change) at Baku, Azerbaijan, UNCCD COP16 (combating Desertification) at Ryadh, Saudi Arabia and Digital Water Summit (explore latest advances in digital technologies & solutions for the water sector) at Bilbao, Spain. All these are expected to play a big role in shaping the future of wetland conservation and restoration efforts.

The Constitution of India, vide its Articles 48A & 51A(G), called upon the States and the Citizens to endeavour to protect/safeguard and improve the natural environment including forests, lakes, rivers, wildlife and living creatures of the country. To ensure this, the Government has also enacted, from time to time, several legislations for protecting the biodiversity and environment. Biological Diversity

Act, 2002 is an act that aims in conservation of biodiversity, sustainable use of its components and equitable sharing of benefits. The Act also established the National Biodiversity Authority to implement its provisions. Several other laws have been enacted in India for protection/conservation of Biodiversity/Environment, viz., Environment Protection Act, 1986, Wild Life (Protection) Act, 1972, The National Green Tribunal Act, 2010, Forest Conservation Act, 1980, Indian Forest Act, 1927, etc.

The Government of India is doing its best but all the efforts will go in vain unless the individuals consider conserving the Biodiversity as their very own responsibility. Therefore, let us all act now, restore our Living Planet and save our MOTHER EARTH.

EcoSoGo One Solution LLP provides services related to ESG Adoption, BRSR/Sustainability Reporting, CSR Advisory, CSR Impact Assessment Study, ESG Assurance Support/Social Audit, Carbon Footprint, Climate Risk Assessment, Training & Capacity Building, Env Sustainability Solutions, Supply Chain Sustainability, etc.

Email : info@ecosogo.in , cssantoshindia111@gmail.com

Tiny Teeth, Big Innovations: The Impact of AI in Pediatric Dentistry



■ **Dr. Manash Pratim Baruah**
Lucknow
(Son of Daisy & Utpal Baruah)

The integration of Artificial Intelligence (AI) into healthcare has revolutionized multiple fields, including dentistry. Pediatric dentistry, focused on oral health care for children and adolescents, has significantly benefited from the adoption of AI technologies. These advancements enhance diagnostic accuracy, streamline treatment processes, and improve patient experiences. This article delves into the multifaceted role of AI in pediatric dentistry and underscores its importance in advancing the field.

1. Enhanced Diagnostic Accuracy

Accurate diagnosis is crucial in pediatric dentistry, where early detection of dental issues can

prevent severe complications. AI-driven technologies, particularly machine learning (ML) algorithms, have demonstrated remarkable capabilities in identifying oral health conditions.

- **Radiographic Analysis:** AI systems can analyze dental X-rays with high precision, detecting cavities, developmental anomalies, and other conditions that might be missed by the human eye. For example, convolutional neural networks (CNNs) can identify early-stage caries or root fractures, enabling timely intervention.
- **Predictive Analysis:** AI models can predict the progression of dental diseases based on



patient history, habits, and genetic predispositions. This predictive capability allows dentists to implement preventive measures, reducing the risk of complications.

2. Personalized Treatment Plans

AI enables the development of tailored treatment plans by analyzing a child's specific dental needs and behavioral tendencies.

- **Behavioral Analysis:** Understanding a child's behavior is essential in pediatric dentistry. AI-powered tools can assess a child's anxiety levels or cooperation tendencies through facial recognition and emotional AI. This data helps dentists customize their approach, ensuring a more comfortable experience for the child.
- **3D Modeling and Orthodontics:** AI facilitates precise 3D modeling for

orthodontic treatments. It ensures accurate alignment of braces or clear aligners, reducing treatment time and improving outcomes.

3. Streamlined Workflow and Efficiency

AI technologies streamline administrative and clinical workflows in pediatric dental practices.

- **Automated Scheduling and Record Management:** AI-driven systems can automate appointment scheduling, billing, and patient record maintenance. This reduces administrative burdens and allows dentists to focus on patient care.
- **Treatment Monitoring:** AI-powered tools can monitor ongoing treatments, such as tracking the effectiveness of orthodontic appliances. Alerts are generated for adjustments, improving treatment efficiency and success rates.

4. Improved Patient Education and Communication

Educating young patients and their parents about oral health is a cornerstone of pediatric dentistry. AI enhances this process through interactive and engaging tools.

- **Chatbots and Virtual Assistants** : AI-driven chatbots can address common queries from parents, provide aftercare instructions, and remind them of follow-up appointments.
- **Gamification** : AI-based apps use gamification to teach children proper brushing techniques, diet management, and the importance of dental hygiene, fostering better oral health habits from an early age.

5. Minimizing Pain and Anxiety

Children often associate dental visits with fear and pain, which can hinder treatment. AI technologies help mitigate these challenges.

- **Virtual Reality (VR) Integration**: AI-powered VR systems create immersive environments to distract children during procedures, reducing stress and anxiety.
- **Pain Management**: AI systems can predict pain thresholds and suggest appropriate anesthetic dosages, ensuring minimal discomfort during treatments.

6. Advancements in Tele-dentistry

Tele-dentistry, powered by AI, has emerged as

a critical tool in extending pediatric dental care to underserved areas.

- **Remote Consultations**: AI algorithms analyze images or videos uploaded by parents, providing preliminary diagnoses and recommendations.
- **Continuity of Care**: AI ensures seamless follow-ups through automated reminders and treatment updates, even in remote settings.

7. Ethical and Developmental Considerations

While the advantages of AI in pediatric dentistry are vast, ethical considerations are paramount, especially in handling children's sensitive data. Ensuring data security and privacy is essential to maintaining trust and compliance with regulations such as HIPAA and GDPR.

Conclusion

AI is transforming pediatric dentistry by improving diagnostic accuracy, enhancing patient care, and streamlining workflows. As these technologies continue to evolve, they promise a future where dental care for children is more efficient, precise, and patient-friendly. However, successful implementation requires careful consideration of ethical standards and continuous collaboration between dental professionals and technology developers. By embracing AI, pediatric dentistry can achieve unprecedented levels of excellence in oral health care. ■



With best compliments from : **Pawan Siotia**

Feel The
Purity
#StaySwachh



For Trade Enquiries Please contact:

+91-94350-10784 info@easterninfratech.com



BANKING PRODUCTS AND SERVICES AS EXCEPTIONAL AS YOU

Solutions and processes inspired by your
needs and aspirations

**BATTING FOR
NARI SHAKTI**



#BattingForNariShakti

Home Loans | Education Loans
Stand-Up India Loans | MSME Digital Loans and more...

To be a part of the SBI family, visit: bank.sbi

For assistance, call 1800 1234 | 2100



T&C Apply

Follow us on

With best wishes from:

Parimal Kanti Roy, Sikha & Priyankar

Gautam Datta, Shanku, Baibhab & Kushaal

Sneha Kalita, Himadri Sekhar, Anamika & Ratul Goswami

Pankaj Ray, Nilima & Koyel

P R Krishnan & Family

Banchit Deka, Bibha, Amit (son-in-law), Priyanka, Debashish, Meghali (daughter-in-law) & Bedashree (Grand Daughter)

Prabindra Nath Bhuyan & Anamika Bhagawati

Sumanta Roy, Sumana & Hrishav

Kabindra Das & Ela Das

Satyajit, Mousumi, Dixia & Ipsha Barooah

Pratul Deka, Bindoo, Priyam & Kuldip



NEDFi PAVES THE WAY FOR ENTREPRENEURSHIP GROWTH IN NORTHEAST INDIA

Providing credit to Industries

Capacity Building and Market Linkages

Advisory and Consultancy Services



Shri P.V.S.L.N. Murty
Chairman & Managing Director

For Investment Opportunities In The North East, Please Contact Us.

North Eastern Development Finance Corporation Limited
नॉर्थ ईस्टर्न डेवलपमेंट फाइनेंस कॉर्पोरेशन लिमिटेड

www.nedfi.com
0361 2222200

LIFE AFTER RETIREMENT



■ **DR. SANTOSH JAIN, FCA**
Guwahati.

Maintaining health, wealth, prosperity, and happiness after retirement is an important canicem for many ellers. Retirement marks a significant transition in life where one moves from an active warking lifestyle to a more relaxed and reflective phase. Here are some key areas that an elder person can focus on to ensure a fulfilling past-retirement life while earning respect from family and society.

1. Maintaining Health:

Good health is the foundation of a happy and prosperous retired life. With age, the body undergoes changes, and one must prioritize physical and mental well-being.

Physical Activity: Engage in regular exercise suitable for your age and health condition, such as walking, yoga, or swimming. It keeps the body fit, improves mobility, and reduces the risk of chronic diseases. "To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear" –Buddha

Balanced Diet: A diet rich in vegetables, fruits, whole grains, and lean proteins ensures

proper nutrition. Reduce intake of processed foods, sugar, and unhealthy fats to maintain energy levels and keep diseases at bay.

Mental Wellness: Stay mentally active by learning new skills, reading, solving puzzles, or practicing mindfulness techniques like meditation. Mental health is crucial in fighting issues Bike depression or loneliness that some retirees experience.

Example:

A retired teacher, Mr. Sharma, took up morning walks, followed by pranayama (breathing exercises). He joined a community book club and began sharing his knowledge with younger members. His active lifestyle and mental engagement helped him remain fit, both physically and mentally.

2. Financial Security and Wealth Management:

Maintaining financial stability post-retirement is essential to ensure a peaceful life. This can be achieved through.

Investing Wisely: Even in retirement, it's important to manage investments, whether through fixed deposits, pension schemes, or low-risk mutual funds, to ensure steady income. Consulting a financial advisor can help in making the best decisions based on your needs.

Budgeting: Plan a monthly budget and stick to it. Track your expenses, prioritize needs over wants, and save for unexpected medical or personal emergencies.

Minimalism: As retired life progresses, the focus should shift from material accumulation to a minimalistic lifestyle. Reducing unnecessary expenditures allows the individual to focus on experiences and relationships rather than possessions.

Example:

Mrs. Patel, a retired banker, wisely invested in a senior citizen savings scheme and diversified her portfolio. Her financial prudence allowed her to live comfortably and support her grandchildren's education, earning her respect from her family.

3. Social Contribution and Community Engagement:

To earn respect from family and society, an elder must remain socially engaged and contribute meaningfully. People value those who contribute, no matter their age.

Mentorship and Guidance: Elders carry the wisdom of experience, and one of the most impactful ways to gain respect is by mentoring younger generations. Offering guidance on life, career, or ethical values fosters a deep sense of respect within the family.

Volunteering: Many communities appreciate retirees who offer their time for social causes. "Whether it's teaching underprivileged children, participating in religious or spiritual

organizations, or environmental work, the contributions help in creating a legacy of goodwill. "The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

Family Involvement: Regular involvement in family matters, whether it's attending family events, helping with grandchildren, or offering moral support, strengthens bonds. Elders who contribute to family life are naturally respected.

Example:

Mr. Iyes, a retired engineer, began volunteering at a local non-profit organization that provided free tutoring for low-income students. His initiative not only improved his sense of purpose but also earned him recognition and respect from his family and society.

4. Pursuing Personal Passions:

Retirement is the best time to reignite passions that were set aside due to work and family responsibilities. Hobbies like gardening, painting, writing, or traveling can provide a deep sense of fulfillment and inner peace.

Creative Expression: Whether it's writing memoirs, painting, or learning a musical instrument, engaging in creative pursuits allows elders to express themselves and stay mentally agile.

Continued Learning: Lifelong learning is crucial to staying relevant and fulfilled. With the availability of online courses, retirees can study subjects they were always interested in but never had time for earlier in life.

Example:

Mrs. Desai, after retiring from a teaching job, pursued her childhood passion for writing. She started a blog where she shared stories and wisdom from her life experiences. Her blog gained a loyal

readership, and she was invited to speak at community events, earning her respect and admiration.

5. Spiritual Growth:

For many, retirement is a time for deeper reflection and spiritual growth. This can be achieved through meditation, reading religious or philosophical texts, or engaging in rituals that align with one's beliefs. Spirituality offers a sense of inner peace, purpose, and fulfillment in this phase of life.

Meditation and Mindfulness: Regular meditation can reduce stress and help retirees focus on the present moment, improving their emotional health.

Gratitude Practice: Practicing gratitude enhances life satisfaction and fosters a positive mindset. It can also strengthen relationships, as expressing thanks to loved ones nurtures respect and love.

Exemple:

Mr. Jain, a retired businessman, started following the teachings of Jainism more deeply after retirement. He spent time in meditation and reflection, which gave him a sense of calm and serenity. His wisdom and peaceful demeanor inspired his family to seek his advice, and he became a source of spiritual guidance for many in his community.

Conclusion: An elder person can maintain health, wealth, prosperity, and happiness after retirement by focusing on physical well-being, financial prudence, social contributions, personal passions, and spiritual growth. Gaining respect from family and society is a natural outcome of leading a balanced, purposeful life where experience and wisdom are shared generously. As the adage goes, "A life of purpose is a life well-lived." ■

With best compliments from :

☎ 99571 08588
88128 42733



LB Developers

49, M.N. Road, Panbazar, Guwahati-781001
e-mail : ibdevelopers2022@gmail.com

Project Site at

PANBAZAR Guwahati	BAMUNGAON Tezpur	BAROHULLA Tezpur
-----------------------------	----------------------------	----------------------------

MY FIRST DAY IN GCC



■ **JITENDRA DAUKA**
M.Com, LL.B.
Guwahati.

It was 8th August of 1974 Thursday. I came to college to attend Pre-University classes. Our classes were scheduled from 5.15 PM to 8.35 PM, night class. There was total five classes daily with a duration of 40 minutes each period and there was no gape in between the periods. Even no class was missed in night also. I admitted in night shift as I came for admission on 3rd day. During that year 1974, the admission was scheduled for three days beginning from 1st August to 3rd August, 1974. I took admission on 3rd August, 1974. as I could not arrange the required amount on 1st and 2nd day. The admission fee was Rs 94.00 during that year. I came from a very poor family. Our family was economically so weak that they cannot manage that Rs 94.00. So, my target was to collect Rs 100/- from my elder sister in-law Nabin Chandra Medhi of Vithalpara near to Rangia

Town. At that time, he was an employee of Assam State Transport Corporation, Rangia. Already I had made him agree beforehand to give Rs 100/- for my admission on 1st August 1974. I was confident that he would help me. During those days their monthly salary happened to be on 1st day of next month. So, my plan was to go his home on 1st August, on 2nd August I will collect the amount and then go to Guwahati and I admit in college on 3rd August, 1974. As I came for admission on last day the 3rd August, 1974, I was allowed in night shift, because all seats of day shift were fully filled up.

I came from a very back word village and our family members did not have any knowledge of college. Even no one from our family had passed HSLC prior to me. Myself did not have any idea about college classes too. In school,

specific room was marked class wise and we attended the class accordingly. I believed that same type of specific room would be available in college also. But no specific rooms I found allotted. So, I was in puzzle in which room our classes would be hold. Till that time, neither I had any known person to clarify my doubt nor had the courage to ask any-one. Because I might be insulted. So, I was roaming in the college veranda to get our class room. Thereafter I had seen that some students were gathered in front of the Notice Board. Myself also moved there and gone through all the notices. PU first year class routine was found displayed in the notice board. Then I got an idea that our classes would be done according to the routine room wise.

I came to attend college classes on 8th August, 1974, though our classes were supposed to be begun from 5th August, 1974. But my intuition was that regular classes would be hold after some days. But I was wrong. Our classes were started from 5th August, 1974 itself and so the PU first year students had overcome that type of problem three days back and they were attending classes as if they were of old students. On the other hand, 4/5 days was necessary for arrangements for staying at Guwahati. A small bedding and some eatable materials were to be arranged. Also, I did not have a single long pant. During our school time mostly, we used half pant. Necessity of a long pant was not felt. Again, for us arrangement of a long pant was not easy from financial side.

Though our family was famers family, but sufficient paddy field was not with us. So, the corps we produced was not sufficient to meet our

daily needs. We were to fight for our daily needs. Even weekly myself used to go to our nearest market for selling our agricultural produces while I was a student of class VI/VII and with that proceeds our house hold essential items including our study material like books / utensils etc. were managed. Seeing our poverty, necessity for one government service was very much essential.

My moto for commerce study was to manage one government job early. Selection of commerce stream was very interesting. During my school days I did not know about commerce stream. After passing HSLC examination in 1974, I was in dilemma which course I pursue. My interest was for engineering. But for engineering my family cannot support. Our batch mates were discussing about the streams. By the time one of our batchmate Mr Dinabandhu Mazumder had expressed his interest for study commerce. As soon as he uttered about commerce stream, I became eager to know about the course. Then he talked about our Srikanta Sarma, B.Com. sir who used to teach us mathematics in school. To know about commerce, I went to meet our B.Com. sir at his residence. He was known to all of us as B.Com. sir. I was not aware that B.Com. is a degree. I thought B.Com. is something others. After a cup of tea, sir had explained about commerce stream and its role. He was fully aware about our financial condition. So, sir advised me to go for commerce as it would be easier for arranging a job early. There is ample scope for getting government service. Also, sir had said that commerce stream would not be a tough for us and Guwahati Commerce College is one of the best institutions for commerce.

On that day itself I had made it final that I will go for commerce with no second thought. Next day morning I went to Guwahati Commerce College to collect and submit admission form. It is about 60 km distance from my native village. As I did not have any long pant, so, I borrowed a long pant from our batch mate Mr Prabhat Dauka. I thought that same day the process of form submission would be completed. But the admission form was returned as attested copies of certificate, marksheet etc. and passport photo was not attached because of my ignorance.

The attested copies of all testimonials were somehow managed from Irrigation department with the help of one of my native brother Mr Subhagya Saikia with his wife Labanya Saikia for which I am always thankful for them. Same day I returned home via Rangia for arranging passport photo. During that time the photo studio near to our home place was at Rangia only. The Studio person assured that the passport copy could be given on 3rd day and that 3rd day was the form submission last date. With the hope of completing the form submission process on that 3rd day I returned home. During that time, I was felt so alone for sharing my difficulties and my all-family members were also very ignorant and no one was

there to assist me. However, I could submit my admission form in time and got admitted in the college thereafter.

The first period I did not attend the class. As per routine, I was looking the students and following them I have entered to the second period which was of Book- keeping Class. No one of the class was known to me. I took a seat in third row. In time one honorable teacher entered and started roll call. My lucky Roll Number was 395. At the time of roll call, the teacher used call both name and roll number. So, when my roll number with my name was spelled, I become confirmed that I attended my class properly. I could not give attention to the subject that was teaching on that class. I was not free from my confusion. Likewise for next class, I have noticed that our batch mates were running just like a running competition to occupy a seat in first line bench. I have followed them and complete the class. From third period onward I was in the streamline and could attend the classed attentively. Though we were in night shift, but all the classes were taken seriously by our honorable teachers and no classes were missed without any notice.

GCC zindabad.

“

The World will not be destroyed by those who do evil, but by those who watch them without doing anything.

– by *Albert Einstein*”

A Love Story



■ **Dixa Barooah**

Pune

(Daughter of Mousumi & Satyajit Barooah)

I am floating in space.

Below-freezing substances enter my lungs and exit again. I cannot breathe them in. It's as if some unknown force keeps me alive, but I cannot override my human instinct to take in air at regular intervals. It feels like sitting in a steam bath, the air so thick you can hardly breathe, but you still do because you know no other way. You inhale the thick steam into your lungs, air so heavy it burns your windpipe. That's what space feels like. It's terribly cold and terribly dark. I can see stars twinkling in the distance, but the scene never changes. It's been a couple of centuries—at least, I think it has—since I've been floating here. I wouldn't know for sure because I lost track of time long ago, back when Earth was still alive and in rotation. The human mind was never meant to remember things for so long. Perhaps 300 years' worth of memories at most, and then it forgets, making space for the new. I know I had parents... and a sibling. But I no longer remember their faces. There's no paper here, nothing to write my thoughts on. Just me floating in the cold darkness, this thick, heavy, burning air, and the never-ending

twinkle of distant stars. I wish it wasn't like this. I wish every day for the sweet embrace of death. But he won't come to me.

— I first met him on a rainy November evening. It wasn't dramatic—no chill creeping up my spine, no foreboding omen. I was simply sitting on a park bench, contemplating something I can no longer recall, when a man in a charcoal suit sat beside me. “Hello,” he said, his voice velvet-soft. How I wish I had not replied. I looked at his face and met his eyes—silver and endless, like the night sky. He looked terribly kind. I nodded silently, unsure of what to say. Maybe I even said hello back. I can't remember.

“I'm a little lost,” he said. “Would you be kind enough to point me toward the Rao's? I believe they live in this neighborhood”. I now realize he was lying back then. I know he knew the Rao's.

“Oh, yes,” I said, eager to help. “They live above my home.” I offered to walk him to their apartment. I was too naïve, too quick to jump at opportunities to help strangers. How I wish I hadn't.

“Their grandmother died in their house today... I’m so sorry for their loss,” I added. He looked at me, his silver eyes piercing through my gaze.

“I know,” he said curtly.

— I saw him again a week later, standing by a coffee cart in the neighborhood, somehow untouched by the bustle of the city. He smiled at me—a smile that made the air around me still and cold. It felt as if a breeze whooshed past me. “I never got your name,” I said, half-joking.

“People call me many things,” he replied, sipping his coffee. “But you can call me Anant.”

“Anant,” I repeated. “Infinite. Endless.”

He laughed, and the sound froze me in place. It was like temple bells ringing on a cold morning. He was a beautiful man, and I think that was the only thing my foolish brain clung to. I really shouldn’t have. What began as chance encounters grew into deliberate meetings. He never stayed long—always lingering at the edges of my life, a quiet presence that soothed my heart. I didn’t question how he always knew where to find me or why the world felt lighter when he was around. I was too young. Too naïve. It wasn’t until much later that I realized who he was.

“I’m not like you,” he said one evening, his voice tinged with sadness that seemed centuries old. “I am Death.” I laughed at first, but the way he looked at me—serious, silent—made the laughter catch in my throat. “I take souls,” he continued, “and guide them to where they need to go. And I wasn’t supposed to fall in love.” The words hung in the air like frost, stealing my breath. I should have been afraid, horrified even, but all I could think about was how vulnerable he looked in that moment, so full of longing.

Loving Death was mostly a curse.

Anant was bound by his duty. He disappeared

for years at a time, and when he returned, shadows clung to him like cobwebs. I could see the weight of eternity in his gaze, the pain of witnessing every loss in the world. But he loved me fiercely. Obsessive even. I noticed, of course, that he never aged. He was constant—the same charcoal suit, the same silver eyes. His love for me grew into something unexplainable. Something so against his nature. He shielded me from illness, accidents, even the quiet ticking of time. It felt romantic at first. I was so young, so naïve.

But there was a cost. There was always a cost. “I love you,” he said once, “but I cannot be with you. I love you, and so you will never die. That is how I will continue to love you.”

“What do you mean you cannot be with me? I do not want this, let me go” I said, “let me die”, but I would immediately realize that arguing against silly eternal beings is very very futile. Decades passed. While the world around me changed, I remained the same. I lived through technological advancements far too glorious for one or few human lifetimes. I lived through crumbling civilizations, through the final nuclear war that brought ruin to humanity. I lived through the fallout, the years of ash covering the sun. I lived through the nuclear winter, the death of 90% of all biological life. I lived through decay, through dust and blood and rust. Finally, when Earth—now a barren rock—could no longer hold on to anything, I slowly floated into space.

I have been stuck here for a while now. I know Death won’t come for me. For an eternal being, Anant is terribly silly. He won’t end my suffering, and he won’t be here with me, either. I suppose I will live to see the stars collapse into black holes or witness the end of the universe itself.

Either way, I am here. And I am stuck.

I am never talking to strangers again. ■

TRIDENT ENTERPRISES

GUWAHATI ROLLER MILLS COMPOUND

G.S. Road, Opp. Hotel Gateway Grandeur

Dispur, Guwahati - 781005

CELL : 90850 98122 / 75769 41208 / 69005 32165

Email : tridententerprisesghy@gmail.com

**AUTHORISED DISTRIBUTOR
FOR NE REGION**



➤ **E3 EDGE BEND TAPE**

➤ **WPC DECO PANNELS**

➤ **ABRO MASKING TAPE**

➤ **WPC BOARDS & CHAUKHAT**

ASSOCIATE CONCERN

TRIDENT AGENCIES

GUWAHATI ROLLER MILLS COMPOUND

G.S. Road, Opp. Hotel Gateway Grandeur

Dispur, Guwahati - 781005

CELL : 94350 40365 / 91270 11422 / 76700 11422

Go Somewhere
FAR FAR AWAY



SAI MIKA PARK,
CHERAPUNJEE (SOHRA)

OCTOBER 24 TO MARCH 25



MEGHALAYA'S FIRST LUXURY CAMP



- ✓ WOODEN-FRAME AIRBED
- ✓ FULLY FUNCTIONING RESTAURANT
- ✓ MODERN CLEAN & COMFORTABLE BATHROOM WITH GEYSER
- ✓ 24 HOURS RECEPTION
- ✓ GUIDED TOURS
- ✓ WEEKEND ACTIVITIES LIKE YOGA, STAR GAZING, AND MORE
- ✓ BONFIRE
- ✓ OUTDOOR GAMES
- ✓ TREKS, CAVES AND WATERFALLS

BOOK NOW:



+91 60330 99990



CAMPSITE.GOSOMEWHERE@GMAIL.COM



@GOSOMEWHEREGO

FOLLOW US FOR
MORE ADVENTURES!!



WWW.GOSOMEWHERE.IN

With Best Complements from :

MACROVISION TEA
&
ALLIEDS (P) LTD

Address:
82 Dr. DAUDAR RAHMAN ROAD
LP - 37 - 4, KOLKATA - 700033

With Best Compliments from-

Ram Udgar Sharma

Civil Wood Contractor



Jyotikuchi, Rajah Nagar
Guwahati-781034
Mobile No.-98640-90897
60015-21606

With best wishes from:

**Mahabir Jain-Advocate, Smt Sumitra, Abhishek, C.A. Rahul
& C.A. Sashi Jain**

Arvind Kr Singh, Manju, Nikhil and Nishrita

Balen Chandra Das, Sabita, Kankan and Rekha Deka

Jitendra Dauka, Anjali, Bidipta & Nimashri

**Abdul Majid, B.M. Shakila, Dr. Shafina Sultana & Shajid
Mustakim**

Rajkumar Jain, Bijoy Nagar

Promitosh Das & Gitali

**Santosh Bhattacharjee, Ashima, Shibani (Sister), Dr. Shanta,
Ayush (son-in-law) and Gauri (Grand Daughter)**

**Gopal Agarwal (Bajaj), Manju Bajaj, Lokesh Bajaj and Priyesh
Bajaj**

Understanding Cataracts: What You Need to Know About This Common Eye Condition



■ **Dr. Ananya Dutta**

Mumbai

(Daughter of Dhrubajit Dutta & Minakshi Dutta)

If you or a loved one have noticed changes in your vision, you may be wondering what's causing it. Blurry vision, difficulty seeing at night, or even colors seeming faded are all symptoms that may point to a common eye condition known as cataracts. As an ophthalmologist, I see patients with cataracts frequently; it's a natural part of aging for many people, and the good news is that it's treatable.

What Exactly Is a Cataract?

A cataract occurs when the lens in your eye becomes cloudy. The lens is normally clear, and it helps focus light onto the retina (the part of your eye that sends visual signals to your brain). Think of the lens like a camera lens – when it's clear, you get sharp pictures. But if it becomes foggy, everything you see starts to blur. Cataracts can form in one or both eyes, but they don't spread from one eye to the other.

Why Do Cataracts Form?

Most cataracts are related to aging. As we grow older, the proteins in our lenses can start to break

down, causing that cloudy layer to form. While anyone can develop cataracts, some factors can make you more likely to get them sooner. These include:

Age: People over 60 are at higher risk.

Family history: Genetics play a role; if your parents or siblings had cataracts, you may be more likely to develop them.

Sun exposure: Ultraviolet (UV) rays from the sun can speed up cataract formation.

Smoking and alcohol: These habits have been linked to an increased risk of cataracts.

Health conditions: Diabetes and certain eye injuries can also contribute to early cataract development.

Recognizing the Symptoms

Cataracts often develop slowly, so you might not notice symptoms right away. When symptoms do appear, they may include:

Blurry or cloudy vision: Things may look hazy or foggy, especially when looking at lights.

Difficulty seeing at night: Headlights may seem too bright or have halos around them, making nighttime driving harder.

Faded colors: Colors can start to look less vivid.

Glare sensitivity: Sunlight or bright indoor lighting may feel blinding or create uncomfortable glare.

How Are Cataracts Treated?

The only proven treatment for cataracts is surgery. When cataracts start to interfere with your daily life, it's time to discuss surgery with your eye doctor. Cataract surgery is one of the safest and most common surgeries in the world, with a high success rate.

During surgery, the cloudy lens is removed and replaced with an artificial one. The procedure typically takes about 20 minutes and can be done on an outpatient basis, so you can go home the same day. In most cases, you'll see improvement in your vision within a few days, and many patients are surprised by how much brighter and clearer things look afterward!

Are There Ways to Prevent Cataracts?

While there's no way to completely prevent cataracts, there are steps you can take to reduce your risk:

1. Wear sunglasses: Protect your eyes from UV rays by wearing sunglasses that block 100% of UVA and UVB light.

2. Eat a balanced diet: Foods rich in antioxidants (like leafy greens, berries, and carrots) may support eye health.

3. Avoid smoking and limit alcohol: Reducing these habits can lower your cataract risk.

4. Manage your health: Keep conditions like diabetes under control, as high blood sugar levels can affect your eyes.

When Should You See an Eye Doctor?

If you notice any of the symptoms mentioned, especially if they affect your daily activities, it's wise to schedule an eye exam. Regular eye check-ups can help detect cataracts early, allowing your doctor to monitor them and recommend surgery when it's necessary.

In Summary

Cataracts are a natural part of aging for many people, but they don't have to mean the end of clear vision. Cataract surgery is a safe, effective way to restore sight and improve quality of life. By taking care of your eye health with regular check-ups and healthy habits, you can help protect your vision well into the future.

If you're experiencing symptoms or have questions about cataracts, don't hesitate to reach out to your eye doctor. We're here to help you see your best – at any age. ■

The writer is a Consultant at
R. J. Sankara Eye Hospital,
Panvel, Mumbai

A Toast To Trouble : Alcohol and Health Don't Mix



■ Ipsha Barooah

Pune

(Daughter of Mousumi & Satyajit Barooah)

Alcohol is synonymous to celebrations but I have bad news for you. Science shows a grim picture of alcohol's impact on the human body. This affects society in many ways too.

Let us explore some critical statistics:

- Light to moderate drinking caused 23,000 new cancer cases in the European Union in 2017. 11,000 of these cases were attributed to female breast cancer.

- In Japanese population, alcohol consumption is associated with an increased in specific types of cancer. The data was collected on 63,232 cancer cases from the hospitals between the years 2005-2016.

- There is an increased risk for gastrointestinal/aero-digestive cancers (e.g., esophageal, stomach) and lung, liver, breast and prostate cancers.

- Alcohol remains the leading cause of liver cirrhosis globally. However, 60% of this burden is contributed by Europe, North America and Latin America as per a Global Burden of Liver Disease 2023.

- In Canada, 3282 cancer cases were attributed to alcohol consumption in 2015. At high

consumption levels, the number is expected to rise to 10,122 by 2042. Cutting off consumption by 50% can reduce cancer burden on Canada

- Niyantrita Madhumeha Bharata (NMB) in India collected data on alcohol abusers and found that men were responsible for maximum consumption. Among males, the number was 15.8% vs women stood at 2.4%. Arunachal Pradesh ranked the highest in this regard.

World Health Organisation has stated that there is no safe limit on the consumptions of alcohol. Issues rise at low levels of consumptions. In 2018, there were 92,000 cancer deaths in the EU as reported by WHO.

The liver is the most critical organ in the human body. More than 500 vital functions have been identified in this organ. It is responsible for fat digestion and waste removal. It converts excess glucose into glycogen (for storage and energy regulation). Liver also clears drugs and alcohol from the blood stream and supports immune defense. This wonderful organ eliminates bacteria, prepares ammonia into urea for excretion and plays a key role in preventing preliminary jaundice.

So what happens in your body with alcohol

in your system? A lot of negative activities.

Alcohol is converted to acetaldehyde in the liver, gut and mouth. Acetaldehyde can damage DNA and stops cells from repairing damages. This can cause a lot of cancers.

In terms of fitness, I do not see any positive impacts. Alcohol disrupts deep sleep cycles and impairs recovery. Added to that is dehydration and loss of minerals like magnesium from our wonderful body. It can also impact the absorption of vitamins in the body while straining the liver's vitamin storage (vit A, D,E, K, iron, B12).

As we age, movement and muscle building helps us prevent loss of muscle mass and keeps us coordinated. Alcohol stops the natural process of recovery after an intense workout. Think of it as an enemy. Glucose and other energy stores are

also needed for repairing and rebuilding muscles after a workout. Alcohol can interfere with this process.

Intoxication is counterproductive. Science itself does not dictate morality; its role is to evaluate the pros and cons. How we interpret and act on this information is entirely up to us. As a fitness professional, I never encourage the consumption of alcoholic beverages. I am fully aware of their profound negative impact on individuals and society. A significant number of road accidents are caused by intoxication. Added to that is the burden on families and medical industries when alcohol addiction becomes severe. Therefore, it's essential to make mindful decisions and choose activities that promote long-term well-being. Ultimately, the choice is ours to make. ■

“

Ipsha Barooah is a Nutrition and Exercise Science professional. She educates people on health and wellness and focuses on making people strong. She can be reached at barooahipsha@gmail.com.

”

MESMERIZING MALAYSIA



■ Mayuri Barooah

Guwahati

(Daughter of Abhijeet Barooah and Rula Barooah)

Is there anything more refreshing than sharing a fun filled, exciting and memorable journey with everyone? Absolutely No. Travelling not only broaden our minds, build our confidence and widen our experiences but also gives us stories to share. I am also excited to share my travel story to a mesmerizing and beautiful Asian country. It's Malaysia. I visited this incredible country along with my husband during Durga Puja holidays this year. So fasten your seatbelts and let's start the journey together.

We reached Guwahati airport at around 8:30pm to catch our Air Asia flight scheduled to depart at 11:45 pm. After immigration process and security checkin we boarded our flight at around 11 pm. It was a direct flight which took us 4.5 hours to reach Kuala Lumpur international airport at 6:30 am (according to Malaysian time which is 2.5hours ahead of us). Malaysia offers Visa on Arrival and a simple immigration process. After completing the formalities we bought a sim card and bus tickets to Bukit Bintang area where our hotel was booked. We purchased Malaysian

currency namely Ringit from Guwahati itself. As a matter of inconvenience, Malaysian hotel checkin times are by default 3pm, so we could not check in our hotel room but just locked our luggage in locker then left for outing. We were astonished to come across such a digital hotel. Neither attendant nor room service were seen anywhere in that 40 storied hotel named Swiss Garden. Everything was automated and soon we learnt how to make all the entries through scanners. This was interesting. We started our day by visiting the most iconic Petronas Twin towers, the KLCC Park and world class Aquaria KLCC. The weather was clear, the roads were pitched clean and the location was spectacular with high rise skyscrapers, luxury hotels and malls. The bird's eye view of the city from the 86th floor of twin tower was breathtaking. We then returned to our hotel for checkin as it was around 3pm. Even the view from the 22nd floor from our room was staggering. After taking rest we dressed up to view the colourful streets and vibrant nightlife of Changkat bukit bintang. We really enjoyed the

hustle and bustle, diverse array of delicious seafoods, the live music concerts and colourful shops. We also made a short trip on monorail to experience the ride and to get a night view of the city thus ending our day with little tiredness but unmatched experiences. We started Day 2 with a day long outing to Genting highlands which is about 35 km from Kuala Lumpur. It is a hill station, with a world class indoor and outdoor amusement park. It is a popular gateway from KL connected by highways, roads and cable cars via Avana Skyway. The lush valley of rainforest gave a breathtaking view from the cable car. Up there was a themepark, restaurants, premium outlets, game parlours, shopping malls etc. The Sky Casino amazed us the most. It is one of the most elegant casino's in Asia featuring largest selections of games over 2 stories with thousands of people playing at the same time. What an extraordinary place on top of a hill ! We returned at 8:30 pm by bus to our hotel at Bukit Bintang. As we had early morning flight to Langkawi island, so we packed our bags and left hotel at around 3am. It took 1 hour to reach Langkawi by air. Also called the Jewel of Kedah, Langkawi is an archipelago of 99 islands. We chosed our place of stay at Pantai Cenang which is very popular for beaches. Same like KL, hotel check in was late. We managed to keep our luggage, changed our outfits then we started our day towards Langkawi Skybridge. It's the world's longest curve suspension bridge with a stunning view of the whole island from the top. We watched 6D animated show and visited local stores at Oriental village. Thereafter we visited the Eagle square which is an iconic landmark of langkawi. We returned to our hotel and enjoyed the evening time near beach ending our day with the

stunning fire show. Next day we went for Island hopping which was the most adventurous boat ride for us till date and it was the best way to discover the beauty of the hidden islands. The mangrove forest, pregnant maiden island, Beras Basah island and eagle watching at Singa besar island were among the main attractions. After our island tour, we visited the famous Underwater World that featured marine lifes, tropical rainforest, Antarctic climate etc. It was mind-blowing to watch huge varieties of underwater creatures. Thereafter we checked out from hotel and headed towards airport thus ending our tour to Langkawi with loads of memories. We landed at Kuala lampur airport at around 9pm and checked in to hotel Royale Chulan which is situated at City centre and very close to tourist attraction sites of KL. Inspired by Indian Maharaja style, we really loved the interior of the hotel. Next day, after an awesome breakfast we visited Batu Caves situated around 15 km away from the city. Batu is a beautiful limestone cave depicting a huge statue of Lord Murugan. Climbing around 300 stairs was a tough job, but a fruitful one. As our departure flight was at 8:30 pm, so we got a chance to move around the city capturing beautiful images of the localities and premium showrooms.

Finally we checked out of the hotel for the airport. The total trip costed us around 95000/-. Grab taxi app was very convinient to move around. One can also opt for Hop On Hop Off bus facility to visit all the famous landmarks of the city. English was mostly used so language was not much a barrier. Finally our 4 nights 5 days tour to Malaysia came to an end with colourful memories and lifetime experiences. It was really a worthy trip and we will always cherish it. ■

With best wishes from:

Ramesh Chand Jain & Anjana

Satnam Singh Syan, Updesh Kaur Syan & Harmit Singh Syan

Dalil Uddin Ahmed, Nafisa, Dr. Dilufa, Er. Nishad, Parveen & Nausheen

Sarat Chandra Sarma, Bhaswati, Prasanta, Karavi & Jyotiripa

Ramendra Ch. Sarkar, Nanda, Ankita & Rachayita

Debasish and Sonali Dutta

Vinod Kumar Goenka & Family

Chandan Kr Dowerah, Company Secretary in practice

Gopal Krishna Choudhury, Soma, Uttam & Siddharth

Bhaskar Das, Nizara, Dhiman & Niyanta

Rajendra, Pramila, Punit, Rashmi & Anika Periwal, Ahmedabad, Gujrat



SAGAR ENTERPRISE



Cloth Merchants & Commission Agent

House Of Exclusive Designer Fabrics

China Sourcing Representative

Regd. Add :-

15-A , 4th Floor, Haroon Building,
190- Princess Street, Marine Lines (East),
Mumbai- 400 002, Maharashtra, (India).

Email-Id :- mace040@gmail.com

ASSAM CLOTH GROUP OF COMPANIES

Sushilkumar Jain Lunkar (Hanuman)
+91-9967029312

Shrenik Lunkar
+91 98673 18833

inocenCia

House Of Exclusive Designer Women's Wear

Regd. Add :-Thinktrek Solutions,
Shop no. UB- 04 / 12 ,
Dheeraj Heritage Comm. Complex,
S.V. Road, Near Milan Subway,
Santacruz (West), Mumbai 400 054,
Maharashtra (INDIA)

Email-Id :- thinktreksa@gmail.com

Corporate and Customised Manufacturer

With Best Complements from -

Ratul Goswami

Painting Consultant

Ph : 9207081399

S. M. CONSTRUCTION

(Painting Contractor)

GST No. 18AMRPM6972A12N

Lachit Bagh Hazsrika Path, House No. 4, Bahagi Nagar,
Sawkuchi, Guwahati, Kamrup (M), Assam-781049

Mobile No. 9954658016/8638009361



S.M.B. Construction

Civil Contractor & Order Supplier

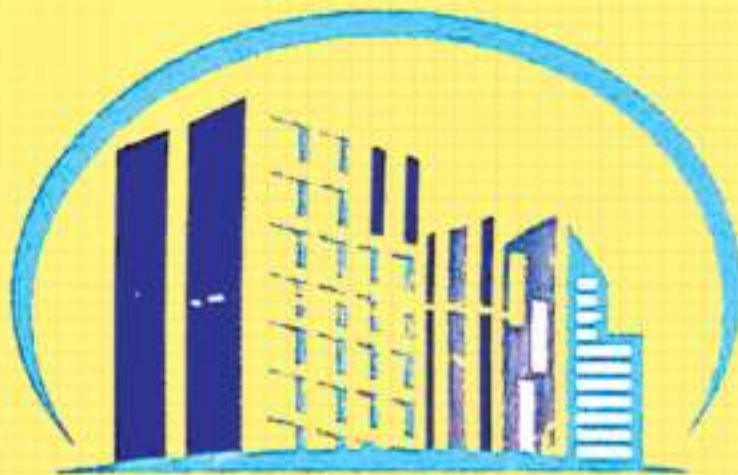
Notboma, Guwahati- 781038



+91 98640 50687

+91 70020 28291

+91 98640 32841



E-mail : [safiurrahman1274@ gmail.com](mailto:safiurrahman1274@gmail.com)

Late Adulthood- A new Chapter of Grace, Wisdom, and Strength !



■ **Hanshika Roy**

*Bangalore
(Niece of Sumana and Sumanta Roy)*

"Ageing is no barrier. It's a limitation that you put in your mind"- Jackie Joyner-Kersey.

Late adulthood or geriatric population count for about 10% of the total population in a country. The term "geriatrics" comes from the Greek words Geras, meaning "old age", and Iatrikos, meaning "relating to a physical healer". In older ages, mental health is shaped not only by physical and social environments but also by the cumulative impacts of earlier life experiences and specific stressors related to ageing. Exposure to adversity, significant loss in intrinsic capacity and a decline in functional ability can all result in psychological distress.

According to Psychiatry, most of the mental health symptoms arises from "organic causes"-referring to medical and neurological causes. The common question that arises- Is age the only factor for other physical comorbid? No, it's the lifestyle, that each individual experiences. Changing society and new emerging style of living, new era of technology, and independent living leaves a mark and brings along social distress, and further

passively disturbs the mental state of wellbeing. Stigmas play a vital role in the pathway of misguidance and opinion in the field of "mental health."

The current scenario of mental health in older adults is marked by a complex set of challenges. Nevertheless, it also recognizes the importance of addressing mental health issues in this period of late adulthood. Several factors- demographic trends, societal changes, and evolving healthcare practices- are shaping the landscape of mental health care for older adults today. Addressing mental health in older adults requires a multifaceted approach, understanding both the biological and psychosocial factors at play. The increasing knowledge in the field mental health do come with numerous challenges in respect to under-diagnosis or under-treatment of any pre-existing illness. Older individuals are less likely to seek help due to stigma, lack of awareness, or the mistaken belief that mental health issues are simply a normal part of aging.

The period of transition to a comfortable space

of acceptance and awareness comes along with lived experiences, learning, knowledge, personal growth, and resilience. Adult individuals navigate through the challenges and changes with dignity, while embracing vulnerability. As a person reaches the milestone of late adulthood phase, they may experience loss of a loved one, physical decline or shifting roles in the society. Handling these challenges with composure, acceptance, and a peaceful demeanour is a form of grace. This is also the grace of letting go-releasing attachment to things and embracing the flow of life with calm and poise.

In a society, often obsessed with youth and productivity, ageing can feel like a loss of power or purpose, until it is about carrying oneself with quiet pride and accepting imperfections while still finding ways to contribute to the world. In this phase of life, individuals reach a state of emotional and spiritual growth, where they can focus on kindness, gratitude, and patience to enhance their quality of living and relationships. With time and experiences both positive and negative, people develop a sense of understanding of themselves and the world. In this stage, wisdom comes along with knowing how to navigate life's challenges with resilience, making decisions based on long-term goals rather than short-term desires. They are the valuable guides and mentors, passing on their knowledge and insights to the youth.

Research has shown that older adults experience greater emotional stability and fewer extreme mood fluctuations. Such emotional balance contributes to improved mental health by reducing the risk of anxiety and depression. The accumulated wisdom, emotional regulation, resilience, and focus on meaningful relationships contribute to a greater sense of life satisfaction, emotional stability, and overall well-being. By fostering emotional balance, maintaining social connections, and cultivating a sense of purpose, many older adults experience enhanced mental health in this stage of life, despite

the challenges in the life. While physical strength often declines with ageing, but inner strength often emerges as an important aspect at this stage. Adults exhibit remarkable resilience and adaptability. Maintaining strong social connections, whether through family, friends, or community, can provide emotional strength and practical assistance, along with maintaining their autonomy as much as possible.

It is also a stage where continued personal growth can occur. In fact, many older adults pursue new hobbies, learn new skills, or embark on creative or spiritual endeavours in their later years. Many individuals turn to spirituality or philosophical contemplation, seeking answers to life's ultimate questions and embracing practices that offer peace and comfort. It is a time of integrating one's life experiences and legacy, contributing to a profound sense of purpose. Social connections and a positive attitude further contribute to their strength, as they draw support from family, friends, and communities.

Late adulthood is a stage of life where individuals often experience profound personal growth, grace, and strength. Rather than focusing solely on the physical changes that accompany ageing, it is important to appreciate the inner strength, wisdom, and emotional resilience that can emerge during this phase. In this chapter of life, many find deep fulfilment in their relationships, their personal growth, and their ability to share their legacy with the world. It is a time where wisdom shines, strength is tested, and grace is woven into the fabric of everyday life. ■

—◆—
*Writer is a Counsellor &
Mental Health Professional
Cadabams Group.*
—◆—

AN ACT OF CHARITY I UNDERTOOK



■ **Pahel Kedia**
(Grand daughter of Shankar Jain)

Charity is the act of kindness or sympathy that we shower on the needy people as a humanitarian act. It involves giving money, time and effort without expecting anything in return. Charity is not a force able act, it is an inner feeling we show to the poor and needy. Many people devote their time to charitable work which becomes a great help for the ones who are abandoned and it makes us feel good by seeing the smile on their face.

I am a very emotional person who cannot stand the sadness of the ones in need. During the lockdown period when we were fighting with the pandemic of COVID-19, there were many people who were running out of money which in turn resulted in hunger, homeless people, unemployment which created a serious havoc amongst the people. Since my school was closed and I had free time, I decided to take an act of

kindness and took some precautionary measures to help them. Every morning, I along with my father went to the roadside and gave groceries and food items to the people we found so that they can stay healthy and fight this pandemic.

I always wonder why people who are blessed with an abandoned, luxurious life don't come forward to show the act of charity because if every individual of our country came forward to help them, there would have been no poverty around the nation and we would have a better progressing country. The pandemic has taught me a lesson that, "Life is to live and love is to give", helping the needy and showing some kindness brings smiles on faces. If I would get any opportunity to help the needy then I would be on the foremost line because I am fortunate and blessed that god gave me the capacity to help them and fulfill their needs who were not very fortunate. ■



■ **Tanaya Goswami**
Bangalore
(Daughter of Nilima and
Shashanka Mohan Goswami)

From Daughter to Mother

Dear Maa, today, I too became a mother.
 A tiny touch, a gaze so bright,
 A heart now filled with the purest light.
 Dear Maa, today, I too became your reflection,
 And felt the strength, patience, and boundless affection
 That defines a woman.
 Through countless hours of waiting,
 Anticipating her first cry,
 I learned to smile through pain,
 And found courage I never knew was mine.
 Maa, I now understand how someone so small
 Could fill my world and consume it all.
 Her absence stirs fears I never knew,
 Yet in her presence, my spirit renews.
 Messy hair and tired eyes,
 Stinky clothes—none of it applies.
 Her tiny needs have shown me grace,
 As I find relief in her warm embrace.
 With her arrival, I gained a new superpower:
 To wake at her slightest move,
 To soothe her cries, to calm her fears,
 And weave joy into sleepless hours.
 Today, Maa, I felt the bliss you knew,
 When her tiny hand reached my face,
 And her smile erased my every ache.
 Her searching eyes—so innocent, so true,
 Made me feel like the centre of her universe too.
 Each day, she teaches me in her simple way
 To pause, to treasure, night and day.
 In her small world, I see life anew,
 A lesson profound, a love so true.
 And now, Maa, as she dreams in my arms,
 I hear the whispers of your calm.
 Your love has come full circle, you see,
 Through her, I've become the mother you are to me. ■

This Summer



■ **Afsenta Sarma**

Bangalore

(Daughter of Nilima Devi & Laksheswar Sarma)

Walking
In between the lines
Of gaslight and misogynistic behaviour.
I thought, it would be this way
A lover's way
Feministic tears got slammed in the corners
Of annihilated willingness and consent
I thought, it would be this way
A lover's way
Until this summer, I walked the fields of dried
daffodils
Wearing thorns from the roses you gift
Ankles chained with dubiety love
Pale skin soaked in dried tears, spring, paved a way
To the church, fled to the shrine
Prayed for their sins
Walking in between the lines of
Forgive and forget
This summer!! Happy and freed. ■

Complements From Our Next Generation –

Dr. Ananya and Markandeya

daughter and son-in-law of
Dhrubajit Dutta and Minakshi Dutta.

Ms Koyel
Daughter of Pankaj
Ray & Nilima

**Tanaya Goswami and
Mr. Kiran Rangaswamy**

daughter & son-in-law of
Shashanka & Nilima Goswami.

Priyam and Kuldip,
daughter and son in law
of Pratul and Bindoo.

**Pallabi, Suman
& Abhilekh,**

Daughters & Son of
Chandan Dowerah
& Lilakshy

Surajit & Mala, Arijit & Sweta
(sons & daughter-in-laws)

Sudena & Sharanya (grand daughters)
of Sufal Kumar Dutt & Nirobi Dutt.

Mayuri & Ankur Sarmah,
Daughter & Son-in-law of
Abhijeet Barooah & Rula Devi

**Baibhab &
Kushaal Dattagupta**
Sons of Gautam Datta
& Shanku.

Hrishav

Son of Sumana and Sumanta Roy.

With Best Compliments from-



BALASHANKAR

Marble and Tiles Mistri

Phone No.-94351-06029

Honouring our respected teachers on
Teachers' Day- 5th September, 2024



Shri Bijan Bihari Dam Sir was felicitated by Shashanka Mohan Goswami, Gautam Datta, Bhaskar Das & Satnam Singh Syan.



Shri Kumud Ranjan Das Sir was felicitated by Promitosh Das, Pawan Kr. Agarwal, Javed Ali Ahmed, Narayan Dey and Gautam Datta.



Shri K. S. Paul Choudhury Sir was felicitated by Jitendra Dauka, Pratul Deka & Lakheswar Sarma.



Sri Hare Krishna Das Sir was felicitated by Pabindra Nath Bhuyan, Lakheswar Sarma, Pratul Deka.



Shri Kalyan Kr. Nath Sir was felicitated by Utpal Baruah, Prokash Dutta, Dhruvajit Dutta.



Dr Sabyasachi Sarkar Sir was felicitated by Dalil Uddin Ahmed, Nurur Rahim Majumdar, Jitendra Dauka.

Honouring our respected teachers on
Teachers' Day- 5th September, 2024



Madam Bharati Chakrabarty was felicitated by Shashanka Mohan Goswami, Bhaskar Das & Satnam Singh Syan.



Shri Ajit Chandra Baruah Sir was felicitated by Nurur Rahim Majumdar, Jitendra Dauka & Dalil Uddin Ahmed



Shri Pranab Kr. Bhattacharjee Sir was felicitated by Sufal Kr. Dutt and Abhijeet Barooah



Shri Ranjit Narayan Deka Sir was felicitated by Utpal Baruah and Prokash Dutta

WORLD ENVIRONMENT DAY, 5th June, 2024



In the morning we gathered in front of Gauhati Commerce College and distributed saplings to the people at free of cost. We also interacted with many passersby and press the need to spread environmental awareness among others. We got very good feedback and appreciation from the people for this social act.



FLOOD RELIEF in collaboration with PRAG NEWS



Many districts of Assam were severely affected by multiple floods. Many people were homeless and took shelter on streets, public places and makeshift camps. We, in association with Prag News donated flood relief materials to the affected people.

Financial help to needy meritorious students



Met with the new Principal of Gauhati Commerce College at his chamber.
Gave financial help to a needy meritorious student Shri Jyotirmoy Talukdar,
whose father is a driver by profession.



Provided financial to a needy meritorious girl student Ms Mitali Roy, whose father is a grocer by profession.

Some of our members attended Open Session and Cultral Program of 63rd Foundation Day Celebration of Gauhati Commerce College, on 10th September, 2024





Rani Higher Secondary School is around 3 KM from our Senior Citizen Home. They were in need of a Water Filter for students. We donated and installed the same.





With Best compliments from -

PRAGATI ELECTRICALS

Govt. Regd. Electrical Contractor & Suppliers

Notboma Hatigaon, Guwahati-781038

Mobile No. 98641-55081

GSTIN-18AATEP3332R1ZD

With best wishes from:

Binod Kumar Jain & Family

Pawan Agarwalla, Lalita, Rohit & Rahul

Dr. (CA) Santosh Kr Jain, Sarita, Swati & Shreyans

Abhijeet Barooah, Rula, Uddipan, Mayuri & Ankur Sarmah

Narayan Dey & Family

Balabhadra Talukdar, Gauri & Biswajit

Pankaj Paul, Dumpy & Jona

Kailash, Asha & Vatsal Mittal

Prokash Dutta, Mamoni, Pompi & Rahul

Ranendu Dutta, Mausumi, Satarupa

With best wishes from:

Surya Kanta Hazarika and Family

Ms Banti Devi, Anurag Nath (son), Sushma K (daughter-in-law),
Dhruv Jeet Nath (grandson)

**Santosh Bajaj & Rashmi Bajaj, Sons/Daughter-in-laws: Manish
and Yashita, Ashish and Swati, Devashish and Snehi, Pragnay
(grand son), Nishka and Hitanshi (granddaughter)**

**Badan Dev Barman, Smriti Rani Baruah (wife) & Kasturi Barman
(daughter)**

With Best Compliments From :

ASIAN PALACE

G.S. Road, Ulubari, Guwahati.

**Centrally Located Banquet Hall , Hotel &
Restaurant With Big Parking Space**



■ পঙ্কজ পাল
কলকাতা

“ব্রহ্মমুহূর্ত” – “অমৃতবেলা”

ভোর ৪টে - ৫.৫০ টা। সূর্যদয়ের দেড় ঘণ্টা আগের মুহূর্ত।
প্রাচীন গ্রন্থ অনুযায়ী, রাত্রি কালকে ৪ ভাগে ভাগ করা হয়েছে।
১। ...রুদ্র কাল ... সন্ধ্যা ৬ টা থেকে ৯ টা পর্যন্ত
২। ...রাক্ষস কাল ... রাত ৯ টা থেকে ১২ টা অর্ধ
৩। ...গন্ধর্ভ কাল ... ১২ টা থেকে ভোর ৩ টা পর্যন্ত
৪। ...মনোহর কাল ... ভোর ৩ টা থেকে ৬ টা পর্যন্ত
ব্রহ্মমুহূর্ত হল দিনের শ্রেষ্ঠ মুহূর্ত।

রাতের শেষ, দিনের শুরুর মুহূর্ত। এই সময়টাতে প্রকৃতির
একটা বড় রদ বদল হয়। অতীত কে পেছনে রেখে প্রকৃতি নতুন
করে শুরু হয়।

দিন ও রাত মিলে ৩০ টা মুহূর্ত আছে। ১৫ টা দিনে এবং
১৫ টা রাতে। ১৪ তম মুহূর্ত হলো “ব্রহ্মমুহূর্ত”।

হিন্দু ধর্ম বা সনাতন ধর্মে বলে “ব্রহ্মমুহূর্ত” এবং শিখ ধর্মে
বলা হয় “অমৃতবেলা”।

অস্ট্রাং হৃদয় নামে একটি আয়ুর্বেদ বইয়ে, লিখা আছে
নিজেকে জানার জন্য শ্রেষ্ঠ সময় হলো ব্রহ্মমুহূর্ত।

আপনার ঘুম যদি ভোর ৩ টে থেকে ৫ টার মধ্যে ভেঙে
যায়, মনে রাখবেন আপনার জন্য Universe এর কোনও সন্দেহ
আছে। চট করে উঠে পড়ুন, চুপচাপ বসে পড়ুন।

এই ভাগ্য সবার হয় না। পৃথিবীতে ৮০০ কোটি লোকসংখ্যার
মধ্যে হয়তো বা ৮০ কোটি লোক ব্রহ্মমুহূর্তে উঠে বা উঠতে
পারে।

মুখ হাত পা ধুয়ে বসে পড়ুন নিজের বিছানায়, রুমে, বারান্দায়,
বেলকনিতে, উঠানে, বা ছাদে খোলা আকাশের নিচে।

গভীর শ্বাস নিন-আপনার ইষ্ট দেবতা অথবা ঈশ্বরের স্মরণ
করুন। নিজেকে খুব শান্ত করে -ঈশ্বরের সাথে কথা বলুন, ঈশ্বরের
কথা শুনুন।

ধ্যান - "Meditation" করুন।

“ওম” উচ্চারণ করুন। “প্রাণায়াম” করুন।

কোনও অভিযোগ করবেন না, ঈশ্বরকে বলুন আপনার এবং
আপনার পরিবারের সব ভালো। সুখ শান্তি, খুশি, সুস্থতা, সম্বন্ধ
সম্পর্ক আনন্দে ভরা জীবন। আপনি সম্পূর্ণ সুস্থ, আপনার কাজ
খুব ভালো চলছে, পর্যাাপ্ত অর্থ উপার্জন হচ্ছে। মানে - সব Positive
বলুন..No Negative... আপনার আরও উন্নতি হবে এবং হতেই
থাকবে।

ব্রহ্মমুহূর্তের সময় ক্ষমা দয়া প্রার্থনার শ্রেষ্ঠ সময়—

নিজের জন্য,পরিবারের জন্য বিশ্বের সবার জন্য মঙ্গল প্রার্থনা
করুন।

কোনও ভুল ত্রুটির জন্য ক্ষমা চেয়ে নিন ঈশ্বরের কাছে,
ঈশ্বর কে সাক্ষী রেখে ওদেরকে ক্ষমা করে দিন যারা আপনাকে
ভালো মন্দ বলেছে। ওদের কাছে ক্ষমা চান, যারা আপনার জন্য
কষ্ট, দুঃখ পেয়েছে। নিজেকে নিজে ক্ষমা করুন।

ধন্যবাদ জানান ঈশ্বর কে, এই সৃষ্টিকর্তাকে, এই
বিশ্বব্রহ্মাণ্ডকে। ধন্যবাদ জানান আপনার বর্তমান জীবনে যা যা

আছে তার জন্য।

উদীয়মান সুন্দর উজ্জ্বল সূর্যকে প্রণাম করুন। সূর্যের প্রথম কিরণ আমাদের সৌভাগ্য তৈরি হয়। প্রভাতের সূর্য কিরণ আমাদের জীবনে সাকারাত্মক শক্তিতে ভরপুর করে দেয়।

ভোরের আলোয় যে শুভ শক্তি থাকে, সেই শুভ শক্তি আমাদের সাফল্যের পথে এগিয়ে নিয়ে যায়।

এই সময়ে কোনও কিছু খাবেন না। মোবাইল, টিভি, কম্পিউটার, রেডিও বা এই ধরনের কিছু use করবেন না।

ব্রহ্মমুহূর্তে

— পদ্ম ফুল ফুটে উঠে,

— পাখিরা জেগে যায়,

— বনের পশুরাও জেগে যায়

— মন্দিরের দরজা খুলে দেওয়া হয়,

— মুরগি ও ডেকে জানিয়ে দেয় যে ভোর হয়েছে

এবার বিছানা ছেড়ে উঠে পড়।

— ইসলাম ধর্মেও ভোর ৪ টায় আজান দেওয়া হয়

— বুদ্ধ ধর্মেও ভোরবেলা Meditation করে থাকে

— খ্রিস্টানরাও ভোরবেলা প্রার্থনা অনেক পুরনো প্রথা

— শাস্ত্র মতে - হনুমান জি ব্রহ্মমুহূর্তে অশোক বাটিকা তে সীতা দেবীর কাছে পৌঁছেছিলেন তখন সবাই ঘুমিয়ে থাকে, তাই মানুষের সংকল্পের বা চিন্তার ভিড় ব্রহ্মাণ্ডে থাকে না। গাড়ি, ঘোড়া, বাস, সাইকেল, মোটর সাইকেল আদি কিছুই চলে না — পরিবেশ একদম শান্ত দুষণ মুক্ত থাকে।।

ব্রহ্মমুহূর্তে সবচাইতে শুদ্ধ, শান্ত, স্নিগ্ধ, শীতল, পবিত্র ও শক্তিশালী বায়ু থাকে। পরিবেশ দুষণ মুক্ত –air pollution, sound pollution free থাকে। একদম Pure Environment.

এই সময় বসে ধ্যান, Meditation করুন। ক্ষমা, দয়া প্রার্থনা করুন।

ব্যায়াম, প্রাণায়াম, breathing exercise, হাঁটা, চলা ফেরা করলে— সুস্থ, সবল শরীর হয়। নিরোগী জীবন হয়। এই সময়ের প্রার্থনার মনস্কামনা অবশ্যই পূরণ হয়। ব্রহ্মমুহূর্তে উঠলে মস্তিষ্ক ও মানসিক স্বাস্থ্য সবল হয়।

নিজের কোনও বদ অভ্যেস ত্যাগ করার সংকল্প নেওয়ার শ্রেষ্ঠ সময়। জীবনে উন্নতি করার দৃঢ় সংকল্প নেওয়ার সময় হল “ব্রহ্মমুহূর্ত”।

এই সময় ব্রহ্মাণ্ডে এর Traffic free থাকায় Universe এর সাথে, সর্বশক্তিমানের সাথে যোগাযোগ, সংযোগ খুব দ্রুত করা

যায়।

High Focus, Sharp Brain এর সাথে সাথে Brain থেকে Feel Good Chemical Release হতে শুরু করে, শারীরিক ও মানসিক স্তরে এক নতুন শক্তির সঞ্চার ঘটে।

জীবনে সুখ, শান্তি, সফলতা, সুন্দর ভালো সম্পর্ক, গড়ে উঠে। মনোযোগ, একাগ্রতা বাড়ে এবং নিজের কাজের ও অর্থনৈতিক উন্নতি হবে।

ব্রহ্মমুহূর্তে— Oxygen 41% থাকে এবং Carbon dioxide শুধু 1% ...যা আমাদের রক্তে hemoglobin এর সাথে Mix হয়ে body তে oxyhemoglobin তৈরি করে - যার ফলে আমাদের Immune System strong হয়, Energy level high হয়, stress level কমে যায়, এবং রক্তে PH level maintain থাকে।

এই ধরনের environmentএ বসে Pranayam, Deep Breathing, করলে Digestive System, Blood Sugar, Heart Rate improve হয়।

আমাদের শরীর পাঁচ তত্ত্ব দিয়ে তৈরি— আকাশ, বাতাস, আগুন, জল ও পৃথিবী।

বাত শক্তি, পিত্ত শক্তি এবং কাফ শক্তি দিয়ে আমাদের জীবন ও শরীর। বাত শক্তি আমাদের মানসিক কাজের জন্য খুবই মহত্বপূর্ণ। ভোর ২-৬ টায় বাত শক্তি আমাদের শরীরে প্রবাহিত হয়। এই ত্রীশক্তি খুব সক্রিয় হয়, যেটা আমাদের স্বাস্থ্যের জন্য উপযোগী।

আমরা যখন মেরুদণ্ড ও ঘাড় সোজা করে বসে ধ্যান / Meditation করি তখন আমাদের শরীরের ৭ টা চক্রই সক্রিয় হয়ে থাকে— (মূলাধার চক্র, স্বাধিস্থান চক্র, মনিপুর চক্র, অনাহত চক্র, বিশুদ্ধ চক্র, আগ্যা চক্র, সহস্রোরার চক্র)...যা আমাদের কাজের জন্য, সফলতার জন্য খুবই মহত্বপূর্ণ, আমাদের জীবন সুন্দর করে তোলার জন্য এদের ভূমিকা অপারিসীম। এই চক্রগুলো আমাদের শরীরের গুরুত্বপূর্ণ Pillar.

ব্রহ্মমুহূর্তে— Physical world ও Spiritual world এর barrier খুব সূক্ষ্ম হয়ে যায়, তখন, Universal Cosmic Energy আমরা খুব সহজে receive করতে পারি— আমাদের সর্বস্বীকৃত উন্নতি হয়।

আধুনিক বিজ্ঞান মতে ওই সময় আমাদের শরীরে Melatonin Hormone ক্ষরিত হয়, যা আমাদের শারীরিক ও মানসিক স্বাস্থ্য কে ভালো রাখে।

ব্রহ্মমুহূর্তে— আমাদের Subconscious Mind জাগ্রত থাকে।

খুব সহজে আমরা আমাদের কথা, স্বপ্ন, ইচ্ছা subconscious এ পৌঁছে দিতে পারি। Science বলে 95% is Subconscious Mind and only 5% is Conscious Mind

একবার যখন Subconscious Mind কোনও কিছু accept করে নেয় সেটা সফলে রূপান্তরিত হওয়া 100% নিশ্চয়।

ব্রহ্মান্ডের কিরণ যখন আমাদের সংকল্প রূপি বিজের উপর পড়ে তখন তার বৃদ্ধি ও মিষ্টি ফল দেওয়া অনিবার্য। এই high vibrational frequency যুক্ত high energy, ভৌতিক জগৎ থেকে সেই অনন্য শক্তির সাথে connect হয়— তখন আমাদের স্বপ্ন, আমাদের সংকল্প reality তে বদলানোর পথ দ্রুত গতি হয় এবং স্বপ্ন ১০গুণ speed এ manifest হতে শুরু করে।

আপনি বার বার দিনের পর দিন যখন এই সময়ে উঠে ধ্যান, Meditation, ও দৃঢ় সংকল্প করবেন তখন আপনি একজন শান্ত, স্থির, সহ্য, ধর্মতাপূর্ণ, শক্তিশালী, সফল মানুষ হয়ে উঠবেন।

এটি হলো সেই সময় যেখানে কোনও রাগ, অভিমান, দুঃখ, কষ্ট, চিৎকার, চেষ্টামেচি, বাধা, বিপত্তি, নেতিবাচক চিন্তা - কোনও কিছুই আপনার সাথে থাকে না। শুধু আপনি আর আপনি।

বিষয় গুলি কাকতালীয় বলুন বা অকল্পনীয় বলুন— কিন্তু এইটা সম্পূর্ণ সত্য। যদি বিশ্বাস না হয় তাহলে নিজে একবার ব্রহ্মমূহুর্তে উঠে শুধু ২১ দিন প্রয়োগ করে দেখা নেওয়া যেতে পারে। আপনার চিন্তা ভাবনা পাল্টে যাবে। আপনি নিজেই আশ্চর্য হয়ে যাবেন, নিজের পরিবর্তন দেখে।

কারণ এটি হলো ঐশ্বরিক শক্তি,
UNIVERSAL Power
Divine Energy.

সম্পূর্ণ বিশ্বাস নিয়ে এগোতে হবে, কিন্তু।

কথায় বলে যে চেষ্টা করে সে পায়। মনে রাখতে হবে সবকিছুই Practice। বীজ আজকে লাগিয়ে আগামী কাল ফলের আশা করা ভুল। রোজ যত্ন করতে হবে। আর যদি গাছে ফুল হয়েছে তাহলে ফল হবে নিশ্চয়।

দৃঢ় সংকল্প করে ব্রহ্মমূহুর্তে উঠার অভ্যাস করুন এবং এই সময়টি শুধু নিজের জন্য, নিজের সাথে থাকুন।

বর্তমান খুব ভালো চলবে। সুন্দর ভবিষ্যৎ নির্মাণ হবে।

কিছু NO আছে—Pregnant মহিলা করবেন না।

শিশুরা, ছোট ছেলে মেয়ে করবেন না

অসুস্থ লোকজন করবেন না।

ব্রহ্মমূহুর্তের পর আবার ঘুমোবেন না

অনেক সত্য ঘটনার দুটো লিখছি :-

১. Canada য় একজন Punjabi বড় Businessman, Billionaire. ভারতেও পাঞ্জাবে গ্রামেও উনাদের যৌথ সম্ভ্রান্ত পরিবার, কিন্তু যেকোনো কারণে উনার ব্যবসা একদম নিচে নেমে আসে, প্রায় রাস্তায় এসে পড়েন। তখন উনি India তে উনাদের গ্রামে এসে উনার গুরুকে সব বলেন। গুরু জিজ্ঞেস করেন তুমি কি “অমৃত ভেলা” করো?

উত্তরে - উনি বলেন না এখন করিনা।

গুরু বললেন তুমি আগামী কাল থেকে ঈশ্বরকে স্মরণ করতে করতে ভোর বেলা গলায় ঢোল নিয়ে বাজিয়ে রাস্তায়, পাড়ায় সবাইকে জাগাও, বলো এখন “অমৃত ভেলা”, ঘুম থেকে উঠুন। জানবে এইটা করতে গিয়ে তোমাকে অনেকে খারাপ পাবে, অসন্তুষ্ট হবে, এবং মারধর ও করতে পারে। তুমি সহ্য করবে, থামবেনা, চালিয়ে যাবে। উনি তাই করলেন, এবং কিছু দিন পর উনার অবস্থা আবার ফিরে এলো। ভালো নতুন স্ট্রাটেজিতে, বুদ্ধিতে রেখে Business আবার শুরু করেন, এবং Business ও অর্থ স্বজায়গায় ফিরে আসে। আজ উনাদের 4 তম পীড়ি চলছে, কিন্তু “অমৃত ভেলা” বন্ধ হয়নি।।

২. ভারতের একটা বিশ্বব্যাপী Spiritual organisation দুজন বোন ওদের ছোট সেন্টারকে উন্নতির জন্য রোজ ভোর বেলা “ব্রহ্মমূহুর্তে” উঠে ঈশ্বরের নামে ভোগ লাগিয়ে "Meditation" করতেন। এককালে উনারা উনাদের ছোট সেন্টার টা, এক কোটি দিয়ে একটা বড় সেন্টার তৈরি করতে সক্ষম হোন।

৩. বড় বড় খ্যাতনামা Creative লোকজন ব্রহ্মমূহুর্তে উঠে উনাদের কাজ করে থাকেন, যেমন AR Rahman, উঠে উনার নতুন সঙ্গীত তৈরি করেন। Corporate CEO রা ভোরবেলা উঠে যেকোনো important decision strategy বানান। মেধাবী লোকজন ও ভোরবেলা উঠে পড়াশুনা করে থাকেন।

এইরকম প্রচুর উপাধারণ আছে।

সবশেষে আমার প্রার্থনা—

“ওম সর্বে ভবুন্ত সুখিনো:

সর্বে শান্ত নির আমায় :

সর্বে ভদ্রাণী পশ্যন্তু,

মা কশ্চিদো দুঃখম ভাগে ভবোতে:

ওম শান্তি : শান্তি : শান্তি :

(সকলে সুখী হোক, সকলে সুস্থ থাকুক

সবার মঙ্গল হোক, কেউ যেন দুঃখ না পায়

ওম শান্তি :শান্তি :শান্তি)

(আধ্যাত্মিক ও Modern Science এর জ্ঞান থেকে সংগ্রহ)■

With Best Compliments From **RATAN GOENKA**



(An ISO 9001:2015 CERTIFIED HOTEL)



◆ RESTAURANT ◆ ROOMS ◆ BAR ◆ BANQUETS ◆ SALON



☎ 99541 90004 / 5 | ✉ Info@vishwaratnahotel.com

🌐 www.vishwaratnahotel.com 📍 A.T. Road, Guwahati-781001

বৈদিক যুগৰ সামাজিক ব্যৱস্থা আৰু নাৰীৰ স্থান : চমু অৱলোকন



■ বিন্দু ডেকা চৌধুৰী
গুৱাহাটী
(প্ৰতুল ডেকাৰ পত্নী)

বৈদিক যুগৰ সামাজিক অৱস্থা, সংস্কৃতি, ভাষা-সাহিত্য আদিৰ ওপৰত আলোচনা কৰিবলগীয়া প্ৰকৃততে বহুতো আছে। সেই যুগৰ পাছত ক্ৰমান্বয়ে সলনি হৈ অহা সমাজ ব্যৱস্থাৰ উত্তৰণ অথবা মানদণ্ডই আজিৰ সমাজ ব্যৱস্থাত আমূল পৰিৱৰ্তন অনা সহজেই অনুমেয়। বিভিন্ন স্থানত বিভিন্ন সময়ত একগোট হৈ বাস কৰা আৰ্যসকলৰ মূল জীৱিকা আছিল কৃষি আৰু গো-পালন। গৰুৰ লগতে ঘোঁৰা, ভেৰা, ছাগলী আৰু খীৰতি গাইও তেওঁলোকে পালন কৰিছিল। ইয়াৰ লগে লগে তেওঁলোকে সুন্দৰকৈ কৃষি-কৰ্ম কৰিবলৈ জানিছিল। আনকি খেতিপথাৰত সেই যুগতে শস্যৰ বাবে জলসিঞ্চনৰ ব্যৱস্থাও কৰিছিল।

বিভিন্ন দেৱ-দেৱীসকলে বথেৰে গমন কৰে বুলি বিশ্বাস আছে। বৈদিক আৰ্যসকলে বাহনৰূপে আৰু যুদ্ধযাত্ৰাৰ সুচলতাৰ বাবে ৰথ নিৰ্মাণ কৰিছিল। সোণৰ ৰথো নিৰ্মাণ কৰাৰ কথা ঋগ্বেদত উল্লেখ আছে। তেনেদৰেই আৰ্যসকল পথ নিৰ্মাণ কাৰ্যতো সুনিপুণ আছিল। ঐতৰেয় ব্ৰাহ্মণত ৰাজপথ, মহাপথ আৰু শ্ৰুতি এই তিনিপ্ৰকাৰৰ পথৰ উল্লেখ পোৱা যায়। ৰাজপথ প্ৰকৃততে আহল-বহল আৰু দস্যু আদিৰ উপদ্ৰৱৰ পৰা মুক্ত বুলি কোৱা হয়।

ঋগ্বেদত সোণৰ বহল ব্যৱহাৰৰ উল্লেখ পোৱা যায়। সোণেৰে তৈয়াৰী ৰথ, অস্ত্ৰ-শস্ত্ৰ, সোণৰ নানাবিধ গহনা, সোণৰ মুদ্ৰা আদিৰ উপৰিও ৰূপৰ মুদ্ৰাৰো প্ৰচলন আছিল। আনকি ঘোঁৰাৰ

পোছাক আৰু কলহো সোণেৰে নিৰ্মিত আছিল।

সেইদিনত এচাম আৰ্যই চমশিল্পক জীৱিকা হিচাপে লোৱা জনা যায়। গৰুৰ চামৰাৰে ৰথ আবৃত কৰা হৈছিল। চামৰাৰে তৈয়াৰী বৃহৎ বৰ্তনৰ দ্বাৰা ৰাস্তাত পানী দিয়াৰ উপৰি গাহৰিৰ চামৰাৰে তৈয়াৰী জোতাও ব্যৱহাৰ কৰিছিল।

সেই সময়তে ৰছী তৈয়াৰ কৰা, লোহাৰ কাম, বয়ন শিল্পী, পানীৰ সংৰক্ষণৰ বাবে বৃহৎ বৃহৎ চৌবাচ্ছা আৰু পশুৰ বাবে ক্ষুদ্ৰাকাৰ জলাধাৰ, নৌকা নিৰ্মাণ, অস্ত্ৰ-শস্ত্ৰ নিৰ্মাণ আদি আৰ্যসকলে সেই যুগতে উন্নত প্ৰণালীৰে এইবোৰ বিদ্যা অৰ্জন কৰিছিল। গাখীৰ, পানী, মৌ, সোম, সুৰাও পানীৰূপে ব্যৱহাৰ হোৱাৰ তথ্য পোৱা যায়।

খাদ্যৰ ভিতৰত যৱ, মাহ, তিলৰ উল্লেখ থাকিলেও ধানৰ ব্যৱহাৰ সম্ভৱত নহৈছিল। মাখন বা দৈ মিশ্ৰিত ভজা যৱৰ গুড়িক ‘কৰন্ত’ বোলা হৈছিল। মঙহৰ প্ৰচলনো আছিল। পশু যাগ-যজ্ঞত ছাগলী, অশ্বমেধত ঘোঁৰা আৰু গো-মেধত বক্ষ্যা গাই বধ কৰিব পাৰিছিল। ঋগ্বেদত পঞ্চম মণ্ডলৰ এটি মন্ত্ৰত তিনিশ ম’হৰ মঙহেৰে এটা ভোজৰ আয়োজন কৰিছিল—

‘সখা সখে অপচত্বয়মগ্নিবস্য ক্ৰত্বা মহিষাস্ত্ৰীশতানি।’

সেই সময়ত ঘোঁৰাচেকুৰ প্ৰতিযোগিতা, ৰথৰ দৌৰ প্ৰতিযোগিতা, ঘোঁৰা দৌৰ, পাশাখেল আদিৰ প্ৰচলন আছিল।

আনকি পাশা খেলত ঘৈণীয়েকক পণ বখা আৰু হাৰিলে ভাৰ্যাপৰ্ণৰ প্ৰথা প্ৰচলিত আছিল। মহাভাৰতৰ ঘটনাই আমাক এনে ধৰণৰ ঘটনাৰ স্মৃতি স্মৰণ কৰায়।

বৈদিক যুগৰ সংগীত, নৃত্য, বাদ্য-যন্ত্ৰ আদিৰ প্ৰচলনৰ উপৰিও অভিনয়ৰো ইংগিত দিয়ে। যদিও নাটক হিচাপে কোনো অনুষ্ঠানৰ উল্লেখ পোৱা নাযায়, তথাপি অনাৰ্যৰ পৰা সোম কিনা অনুষ্ঠানত সোমৰ মূল্য হিচাপে অনাৰ্যক এটা দামুৰি পোৱালি দিয়া হয়। দামুৰি বাক্শক্তিৰ প্ৰতীক হিচাপে মানি অনাৰ্যসকলে যেতিয়া দামুৰিটো লৈ যায় তেতিয়া পুৰোহিতসকল বাকহীন হৈ ৰয়। তেতিয়া এডাল লাঠীৰে অনাৰ্য ব্যক্তি খেদোৱাৰ অভিনয় কৰে আৰু দামুৰিটো ওভোতাই লৈ আহে। এয়াও একপ্ৰকাৰ অভিনয়।

সেই যুগত বিবাহক পৱিত্ৰ বুলি ভবা হৈছিল। নতুন বোৱাৰীক লক্ষ্য কৰি ঋক্ সংহিতাৰ সূক্তত পোৱা যায়—

‘সম্ৰাজ্ঞী শ্বশুৰে ভৱ সম্ৰাজ্ঞী শ্বশ্ৰাং ভৱ।
ননন্দৰি সম্ৰাজ্ঞী ভৱ সম্ৰাতী অধিদেৱবৃষু।।’

অৰ্থাৎ তুমি শ্বশুৰৰ ওপৰত, শাশুৰ ওপৰত, ননন্দৰ ওপৰত আৰু দেওবৰ ওপৰত সম্ৰাজ্ঞী হোৱা।’

সেই সময়ত সয়ম্বৰ প্ৰথাৰ উল্লেখো পোৱা যায়। যোদ্ধা পুত্ৰ কামনা কৰিছিল যদিও পতিয়ে কেতিয়াও পত্নীৰ ওপৰত অধিক প্ৰভাৱ বিস্তাৰ কৰিব খোজা নাছিল। এই সময়ত সহধৰ্মিনীৰ ৰূপতেই পতিয়ে পত্নীৰ লগত ব্যৱহাৰ কৰিছিল। সংহিতাত উল্লেখ থকা মতে, পুৰুষৰ বাবে বহু বিবাহ প্ৰথা প্ৰচলিত আছিল যদিও নাৰীয়ে কেতিয়াও একাধিক পতি গ্ৰহণ কৰা নাছিল। ই নিষিদ্ধ আছিল। অৱশ্যে বহুতো পণ্ডিতৰ মতে বিধৱা বিবাহৰ প্ৰচলন অতি কম হ’লেও প্ৰচলিত আছিল।

গীতাত শ্ৰীভগৱানে সেই সময়ত সমাজত ব্ৰাহ্মণ, ক্ষত্ৰিয়, বৈশ্য, শূদ্ৰৰ চাৰি বৰ্ণ কেৱল গুণ আৰু কৰ্মৰ দ্বাৰা সৃষ্টি হৈছিল বুলি কৈছে। এই যুগত গুণৰ দ্বাৰা জাতিৰ নিৰ্ণয় হৈছিল, জন্মৰ দ্বাৰা নহয়।

গীতাৰ মতে—

‘চাতুৰ্ৰ্ণ্যং ময়া সৃষ্ট গুণকৰ্মবিভাগশঃ’

সেই সময়ত পৰিয়ালৰ গুৰুত্ব সৰ্বাধিক আছিল। ৰাজতন্ত্ৰৰ মূলত আছিল পিতৃ প্ৰাধান্য থকা পৰিয়াল প্ৰথা। ৰজাৰ কৰ্ম বংশানুক্ৰমিক যদিও ৰজাৰ বহু বিবাহৰ পদ্ধতি চলি আহিছিল। ৰজাৰ প্ৰধান ৰাণীক মহিষী, প্ৰিয়তমা ৰাণীক বাবাতা, নিঃসন্তানা

ৰাণীক পৰিবৃত্তা আৰু নিম্নবৰ্ণৰ ৰাণীৰ পালাগলী বোলা হৈছিল। কিন্তু কেৱল মহিষী ৰাণীৰহে সাংবিধানিক মৰ্যাদা আছিল।

ধাৰ্মিক অনুষ্ঠানবোৰত প্ৰতিজন দেৱতাৰ বাবে সুকীয়া মন্ত্ৰ আছে। বৈদিক যুগত অনেক দেৱতাৰ নাম পোৱা যায়। যাক্শৰ মতে— অগ্নি, বায়ু বা ইন্দ্ৰ আৰু সূৰ্য এই তিনিজন দেৱতাৰ অতি দূৰত সূৰ্য আৰু একেবাৰে কাষত অগ্নি দেৱতা থাকে। বাকী সকলো দেৱতা দুয়োগৰাকী দেৱতাৰ মাজত থাকে। তেতিয়াৰ সমাজত সামূহিক মংগলৰ বাবে যাগ-যজ্ঞৰ বিধান আছিল।

বৈদিক কালত পুৰুষ বা ল’ৰাৰ শিক্ষাৰ সুস্পষ্ট বৰ্ণনা আছে। এই সময়ত ছাত্ৰ-জীৱনক ব্ৰহ্মাৰ্চকাল বুলি অভিহিত কৰা হয়। কিন্তু স্ত্ৰীশিক্ষাৰ বিষয়ে স্পষ্টভাৱে ক’তো নিৰ্দেশনা থকা দেখা নাযায়। কিন্তু ব্ৰাহ্মণ ক্ষত্ৰিয় আৰু বৈশ্য নাৰীসকলৰ মাজত বেদ অধ্যয়নৰ অধিকাৰ আছিল। বেদত মন্ত্ৰদ্রষ্টা নাৰী, ছাত্ৰী, শিক্ষয়িত্ৰী, তপস্বিনী, ব্ৰহ্মবাদিনী আদি নাম দেখিবলৈ পোৱা যায়।

বেদৰ মন্ত্ৰ ৰচয়িতা বহু নাৰীৰ ভিতৰত বিশ্ববাৰা, অপালা, ৰোমশা, লোপামুদ্ৰা, কাম্বিবতী ঘোষা, জাৰিতা, শ্ৰদ্ধা কামায়নী, অভূগী বাক্, জুহু পৌলোমী আদি নাৰী ঋষিৰ নাম পাওঁ। আনকি বেদমন্ত্ৰৰ বিষয়ে হোৱা বাৰ্তালাপত ঋক্ সংহিতাত ইন্দ্রানী, উৰ্বশী, সৰ্ববাজ্ঞী আদিৰ উল্লেখ দেখা যায়। সামবেদতো গোপায়না, নোথা, অকৃষ্ট ভাষা, সিকতা নিবাৰৰী আদি ঋষি নাৰীয়ে মন্ত্ৰ সৃষ্টি কৰাৰ উল্লেখ আছে।

উচ্চ শ্ৰেণীৰ নাৰীক তিনিটা সময়ত লগুণ দিয়া হৈছিল। তেওঁলোকে গায়ত্ৰী মন্ত্ৰ জপ কৰিছিল, যজ্ঞাগ্নি প্ৰজ্বলিত কৰিছিল আৰু বেদ আদিকে ধৰি অন্যান্য শাস্ত্ৰ অধ্যয়ন কৰিছিল। সেই সময়ত ছোৱালীৰো উপনয়ন সংস্কাৰ পতা হৈছিল। অৱশ্যে পাছলৈ এই নিয়ম লুপ্ত হৈ পৰিছিল। মহাভাৰতৰ বনপৰ্বত উল্লেখ আছে যে পঞ্চপাণ্ডৱ মাতৃ কুন্তী দেৱীকো এজন ব্ৰাহ্মণে যজ্ঞসূত্ৰ পিন্ধাইছিল আৰু বেদৰ সাৱিত্ৰী মন্ত্ৰ জপ কৰিবলৈ শিকাইছিল।

সেই সময়ত পত্নীক যথাযোগ্য মৰ্যাদা দিয়া হৈছিল। যাগ-যজ্ঞ পত্নী অবিহনে সম্পন্ন হ’ব নোৱাৰিছিল। বিবাহ কাৰ্যতো নাৰীৰ বাবে ভালেমান বেদমন্ত্ৰ আছে— যিটো পুৰোহিত অথবা পিতৃয়ে উচ্চাৰণ নকৰিছিল। যেনে— তৰাটোলৈ চাই কন্যাই মন্ত্ৰ উচ্চাৰণ কৰিব লাগে— ‘ধ্ৰুবং দৌং ধ্ৰুবা পৃথিৱী ধ্ৰুবেয়ং, ধ্ৰুবাংপতিকুলে ভূয়াসম্।’ অৰ্থাৎ— আকাশ যুগমীয়া, পৃথিৱী যুগমীয়া আৰু এই ধ্ৰুৱ তৰাটিও যুগমীয়া। তেনেদৰেই ময়ো পতিগৃহত যুগমীয়া হৈ বিৰাজ কৰিম।’

বৈদিক যুগত অধ্যয়ন কৰি থকা ছাত্ৰীৰ বাবে নাৰী

শিক্ষয়িত্ৰীও হৈছিল। পানিনিয়ৈ আচাৰ্য্য আৰু উপধ্যায়া বুলি শিক্ষয়িত্ৰীক আৰু আচাৰ্য্যানী, উপাধ্যায়ী শব্দ দুটা শিক্ষক পত্নীক বুজায় বুলি কৈ গৈছে।

বৈদিক যুগত গাৰ্গী, মৈত্ৰেয়ী, গন্ধৰ্বগৃহীতা, কুমাৰী বড়বা প্ৰাতিমেথী আদি অতি বিদূষী নাৰীৰ উল্লেখ আছে। তেওঁলোকৰ পাণ্ডিত্যৰ সন্মুখত বহু ঋষিয়ে নতশিৰ কৰিছিল আৰু বিভিন্ন শাস্ত্ৰ তৰ্কত এওঁলোকৰ সহায় লোৱা হৈছিল।

বৈদিক যুগৰ নাৰীয়ে চিলাই, তাঁতবোৱা, ফুলবছা, উল গোঠা আদি কামবোৰ সুন্দৰকৈ জানিছিল। বেজীৰ কাম আৰু কাৰুকাৰ্য্যখচিত শিল্পক ‘পেশস্কৰণ’ বুলি কোৱা হৈছিল। এনে কাম কৰা নাৰীক ‘পেশস্কৰী’ বোলা হৈছিল। পাছৰ যুগত এই ‘পেশস্কৰী’ শব্দই ‘বেশ্যা’ বুজোৱা দেখা যায়। শুক্লযজুৰ্বেদৰ মতে— ৬২ প্ৰকাৰ জীৱিকা পুৰুষৰ বাবে আৰু ৮ প্ৰকাৰ জীৱিকা নাৰীৰ বাবে নিৰ্দ্ধাৰিত আছিল। সেয়া হ’ল— পাচি-খৰাহী সজা, বহী তৈয়াৰ কৰা, সূতা কটা, কাপোৰত ৰং কৰা, সুগন্ধি দ্ৰব্য প্ৰস্তুত কৰা, কঠ বা পাটী সজা, চকুৰ কাজল নিৰ্মাণ কৰা, পুতলা সজা আদি।

ঋগ্বেদত ইয়াৰোপৰি যুদ্ধক্ষেত্ৰলৈ সাহসেৰে যোৱা খেলৰজাৰ ৰাণী বিস্পলা, ৰজা নমুচিৰ ৰাণী, মুদগলানী, ৰাণী সুভদ্ৰা আদিৰ যুদ্ধ বীৰত্বৰ কথা জানিব পাৰি। তিব্বোতাৰ এই সামৰিক প্ৰশিক্ষণ আৰু শাৰীৰিক চৰ্চা সপ্ৰাট চন্দ্ৰগুপ্তৰ দিনতো দেখিবলৈ পোৱা যায়। সেই সময়ত নাৰীক আধ্যাত্মিক, শাৰীৰিক, মানসিক, নৈতিক, সামাজিক, সৌন্দৰ্য চৰ্চা আদিৰ শিক্ষা প্ৰদান কৰিছিল। কিন্তু বৈদিক যুগৰ পাছত নাৰী শিক্ষাৰ এই পৰম্পৰা লাহে লাহে নিস্ৰগামী হ’বলৈ ধৰে।

এনেদৰে দেখা যায় বৈদিক যুগৰ সমাজ ব্যৱস্থাৰ দ্ৰুত পৰিৱৰ্তন হ’লেও আজিও বৈদিক ৰীতি-নীতি, আচাৰ-ব্যৱহাৰৰ মাজত আজি আধুনিক চামে নিমজ্জিত হ’বলৈ কিছু দ্বিধাবোধ কৰে। এইটোও সঁচা সেই সময়ৰ পৰিৱেশ আৰু আজিৰ যুগৰ সামাজিক পৰিৱেশৰ মাজত সমিল-মিল নথকাই স্বাভাৱিক। কিন্তু সেই যুগৰ ৰীতি-নীতিৰ বিজ্ঞানসন্মত আৰু বৰ্তমান সমাজৰ হিতকাৰী ব্যৱস্থাক অনুকৰণ কৰাত বাধা থাকিব নোৱাৰে। ইলেকট্ৰনিক সুব্যৱস্থাত তেতিয়াৰ অধিক নিয়মৰেই বৰ্তমান সময়ত মূল্য কিমান সেয়া ভাবিবলগীয়া। ■

SARASWATI CABLE INDUSTRIES

MANUFACTURER OF : PVC Wire & Cables,
PVC Electrical Tape, PVC Sleeve(Gitti) & Other Electrical Items.

Also Deals In Kitkat Fuse, Fan, LED Products, DC Fan/Light & Other Electrical Items



Address : 49/98, Site IV Industrial Area,
Sahibabad, Ghaziabad, UP- 201010

ANIL AGARWAL
9435048347

KARTIK AGARWAL
8527022884

স্বৰ্গীয় সুখ

স্বৰ্গীয় সুখ অনুভৱ হয়, কণমাণিজনীৰ
মিচিকিয়া হাঁহিতি চাই।
তাইৰ লৱণু কোমল হাতখনে যেতিয়া
মোৰ মুখত হাত বুলাই।
অনুভৱৰ মিঠা হাঁহি সৰি পৰে মোৰ গুঁঠৰ ফাঁকেৰে
যেতিয়া তাই মৌলৈ চাই মিচিকিয়াই।
তাইৰ কোমল হাতখনে
হাত বুলাই যেন বিশ্বাস বিচাৰি পায়।
পৰম আশ্বাসেৰে মোৰ কোলাত টোপনি যায়,
তাইৰ নিষ্পাপ মুখখন চাই হেঁপাহ নপলায়
এয়াই যেন স্বৰ্গীয় সুখ, বিমল আনন্দ।
তাইৰ চকু হালিত নাই ভয়, সংশয়,
আছে মাথোঁ হাঁহি আৰু কান্দোনৰ খেলা,
নিমিষতে সলনি হয় আৱদাৰ।
এয়াই হয়তো মায়া,
কথা ক'ব নোৱাৰাকৈ তাই সকলো বুজাই,
খাব নে শুব, বহিব নে উঠিব, ফুৰিব নে বহিব,
ঠাৰেৰে, চিয়াৰেৰে বুজাই সকলোকে কৰিছে বশ।
এতিয়া আমাৰ ঘৰখন যেন তাইৰ নিদেৰ্শত হে চলে,
সময়ৰ কামবোৰ তাইৰ মতেহে হয়।
কণমাণিজনী যেন আমাৰ ঘৰৰ জীৱন্ত ভগৱান।
যাৰ সন্তুষ্টিৰ বাবে আটাইবোৰ ব্যস্ত।
আইতা হোৱাৰ পৰম সন্তুষ্টি, বিমল আনন্দ দিয়া
আমাৰ নাতিনী আদ্রেয়ী গোস্বামী কিৰণ ওৰফে ইহা। ■



■ নীলিমা গোস্বামী

গুৱাহাটী

(শশাংক মোহন গোস্বামীৰ পত্নী)

কৃষ্টিৰ সাধক



■ বিভা ডেকা

গুৱাহাটী

(বাঞ্ছিত ডেকাৰ পত্নী)

সুন্দৰৰ পূজাৰী
 সুৰ সাধক তুমি
 অসমী আইৰ বুকুলৈ আহি
 সংস্কৃতিৰ কঠিয়া পাৰি,
 কৰিছিলো প্ৰয়াস গীতৰ মাজেৰে
 সমাজৰ ৰূপান্তৰ
 সেয়েহে পাতিলা মহামেলা
 অসমীয়া আধুনিক গীতৰ।
 নানা জাতি, উপজাতি
 ভাষা, সংস্কৃতিৰ মিলনভূমি
 নামেৰে নামাকৰণ কৰি
 আই অসমীৰ কোলাত
 কৰিব বিচাৰিছিলো সূত্ৰপাত
 সাংস্কৃতিক আৰু সামাজিক বিপ্লৱৰ।
 অসমীয়া আধুনিকগীতৰ প্ৰাণ প্ৰতিষ্ঠাপক
 তুমিয়েই ৰূপকোঁৱৰ
 জ্যোতিপ্ৰসাদ তুমি
 “গছে গছে পাতি দিলা ফুলৰে শৰাই”
 আদি সহস্ৰ গীতেৰে

মোহিত কৰিলা সমূহ অসমীয়া জাতিক।
 গীতৰ মাজেৰে কৰিছিলো
 তুমি সুন্দৰৰ আৰাধনা
 চূড়ান্ত লক্ষ্য আছিল মাথোঁ
 মানৱৰ কল্যাণ
 সেয়েহে বিচাৰি পাইছিলো কেৱল কৃষ্টিত
 মুক্তিৰ পথ জনগণৰ।
 হে! সংস্কৃতিৰ পূজাৰী
 মহান শিল্পী তুমি
 কৰা অনুপ্ৰাণিত নৱপ্ৰজন্মক
 সংৰক্ষণ কৰি ৰাখিবলৈ
 অসমীয়া ভাষা, সংস্কৃতি আৰু
 তোমাৰ অনবদ্য সৃষ্টিৰাজি। ■

Kushal Jain

Cell : 98641-37222



SELECTION

S. J. ROAD ATHGAON

(Opp. HDFC BANK)

GUWAHATI - 781 001 (ASSAM)

PH. : 0361-2735280

Cell : 97070-37222, 90850-37222

E-mail : selectionghy@gmail.com

STOCKIST



MEGA PINE

PLYWOOD



**DEALS IN : PLYWOOD, LAMINATES, VENEERS
& OTHER INTERIOR PRODUCTS**

With best compliments from:

Pannalal Bhansali

**H.P. INSTITUTE OF
INSURANCE**

Guwahati, Shillong, Agartala

बचपन मेरा प्यारा बचपन

चाहकर भी भुल नहीं पाती हूँ,
बचपन की सुनहरी यादें।
वो बाल-सुलभ क्रीड़ाएं,
और चुलबुली सी बातें।

बारिश की रिमझिम बूंदों के संग,
धमाचैकड़ी मचाना,
और कभी बहते नालों में,
कागज की नाव चलाना।



■ मंजू लहा
दिल्ली

(राजेन्द्र पेड़ीवाल कि बहन)

छोटी-छोटी बातों पर,
लड्डना और शोर मचाना।
अगले ही पल आगे बढ़ कर,
हंश कर गले लगाना।

सच कहूं तो मैंने कभी बचपन अपना,
दिल से भूलना चाहा ही नहीं।
यह तो मेरी संजीवनी बूटी है,
जो भरती मेरे जीवन में श्वास नई।

माना कि बीता बचपन,
लौट कर फिर नहीं आता है।
पर दिल तो अभी भी बच्चा है,
यादों को समेट फिर लाता है।■

.....आओ चिंतन कर लें



■ राजेन्द्र पेड़ीवाल
अहमदाबाद, गुजरात

देश हमारा किस दिशा जा रहा,
मिल-बैठ आओ हम चिंतन कर लें।

भटक रहा क्यों युवा देशका, आज फिर सब मन-मंथन कर लें।
सबके दिलों में क्यों द्वेष है, प्रेम-डोर से फिर नव-बंधन कर लें।

जाने कितने शहीद हुए थे, आजाती कि अलख जगाने में,
उनके बलिदानों का आभार जताने, अपना शीश नमन हम कर लें।

कुछ लोगों की हठधर्मी ने, देश विभाजित कर डाला था,
सरहद की दीवार हटाकर, एक नया चमन हम कर दें।

शिखर पर पहुँचेगा देश हमारा, कइयों ने कदम बढ़ाया है।
उनके पदचिन्हों पर चलने को,
उस पथ पर अपने पद-चरण हम रख दें।■

With Best Compliments from-



Chandeshwar Sahani

Contact for False Ceiling Design/Work

Phone No. 98640-17882

ZANIBO®

Home, Kitchen & Office

1800 532 7009
9810057067

875/1, PN Writer Building Main Road
Sant Nagar Burari Delhi-110084
Web: www.zanibo.com
Email: customercare@zanibo.com



ZANIBO®

Home, Kitchen & Office

ZANIBO TOASTERS



ZANIBO IRONS



ZANIBO CEILING FANS



ZANIBO KETTLES



ZANIBO RACKETS



ZANIBO VENTILATION FANS



ZANIBO HAND BLENDERS



ZANIBO IMMERSION RODS



ZANIBO GEYSERS



ZANIBO MIXER GRINDERS



ZANIBO HEATERS



ZANIBO CLOCKS



DELHI WATCH MARKETING PVT LTD
Distributor Enquiry Solicited



Glimpses of get-together, 2023



Glimpses of get-together, 2023





ANANT CREATION FINANCIAL SERVICE TRAVEL SOLUTION

- ✓ Flight /Railway Ticket
- ✓ Life Insurance
- ✓ General Insurance
- ✓ Stock Broking
- ✓ Holiday Package
- ✓ Mutual Funds
- ✓ Health Travel Insurance
- ✓ Fixed Deposit & Govt. Bonds

DINESH KUMAR JAIN
9864022979

DEEPAK JAIN
9435017786

**EDVENTURE
COACHING
INSTITUTE**



Home Tutition and Online Classes Available

CBSE | SEBA | ICSE

CLASS 3 - 10

(ALL SUBJECTS)

CLASS 11 - 12 (COMMERCE & HUMANITIES)

(ACCOUNTANCY, BUSINESS STUDIES, APPLIED
MATHEMATICS, ENGLISH, ECONOMICS,
GEOGRAPHY, HISTORY, POLITICAL SCIENCE,
SOCIOLOGY, EDUCATION)

- ✓ Financial Management
- ✓ Critical Thinking
- ✓ Decision Making
- ✓ Time Management
- ✓ Self Awareness
- ✓ Problem Solving

Varsha Jain 9387699252
Deepak Jain 9435017786

1st Floor, Jain Complex, Near Axis Bank,
G.S. Road, Old Post Office, Guwahati-781005

TM



SRS PLUMTECH SOLUTIONS

— Plumbing for Next Generation —

A UNIT OF SRS

SRS Plumtech Solutions

A. K Dev Road, Datalpara,

Natunbasti, Guwahati, 781025

Email Id: srsplumtechsolutions@gmail.com

Phone No.: (+91) 99540 55055



ELEVATE LIVING

Curtains, Upholsteries, Rugs,
Beddings & much more



VINAYAK
FURNISHING | FURNITURE | LIFESTYLE



+91 92517-51751

ULUBARI, G.S. ROAD, GUWAHATI



SCORE MORE AT A HIGHER RATE

Introducing
SBI Amrit Vrishti Deposit
for a tenor of 444 days



7.25 P.A.
%

FOR ALL CUSTOMERS INCLUDING NRIs

7.75 P.A.
%

FOR RESIDENT SENIOR CITIZENS ONLY

Valid up to: 31st March 2025



For assistance, call 1800 1234 | 2100 or visit bank.sbi

Follow us on

123456789



Product Code DU/PAB-001 Design Name PA Brick Size 230x110x70



Product Code
DU/T-024
Design Name
Dotted
Thickness
25 mm



Covering Area (in sq. ft.) : 0.968 (0.984 ft X 0.984 ft.)



Product Code
DU/KS-01
Design Name
Kerb Stone
Size
450x300x100



Size : 225x112.5
Thickness : 80/100/120
Product Code
DU/P-034
Design Name
Zigzag



Covering Area (in sq. ft.) : 0.347 (288 Pcs per 100 Sq. ft.)



Product Code
DU/KS-02
Design Name
Kerb stone
Size
550x150x300



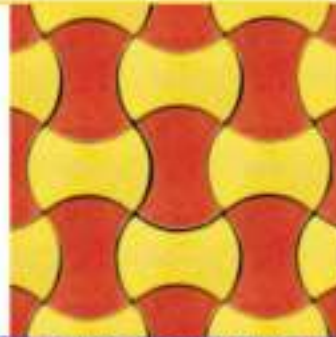
Product Code
DU/P-028
Design Name
Trikon
Thickness
60 mm



Covering Area (in sq. ft.) : 0.453 (221 Pcs per 100 Sq. ft.)



Product Code
DU/P-031
Design Name
Damrula
Thickness
60 mm



Covering Area (in sq. ft.) : 0.396 sq. ft. (253 Pcs. per 100 sq. ft.)



DEVI UDYOG

3rd Floor, Kushan Plaza, Mukesh Hyundai Showroom Building
Ganeshguri, Dispur, Guwahati-781006, Assam

☎ +91 88762 10808, 84738 84185 ✉ deviudyog01@gmail.com 🌐 www.deviudyog.in

Trade Mark Registration No. : 3716535

BIS CM/L No. : 5400035188 as per IS 15658:2006

**Our achievement shows our commitment
Our work confirms our belief**

We at Bongaigaon Refinery ceaselessly work for a cleaner, greener & healthier world.



*"We do not inherit the earth
from our ancestors, we borrow it
from our children"*



INDIAN OIL CORPORATION LIMITED
BONGAIGAON REFINERY

ACHIEVING EXCELLENCE THROUGH TEAM WORK