



ReUnion

2022

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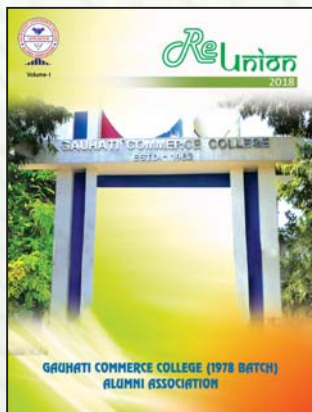


*Remembering our Respected
Principal*

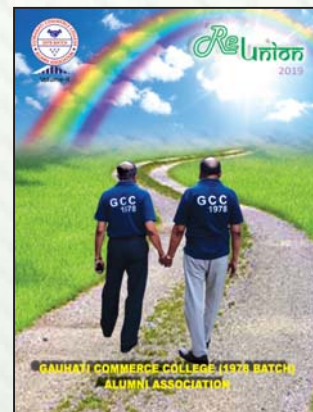


DR BHAGAWAN CHANDRA LAHKAR





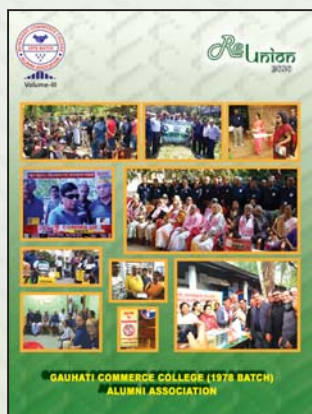
SOUVENIR 2018



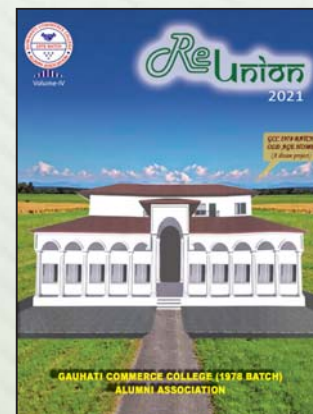
SOUVENIR 2019



SOUVENIR 2022



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SOUVENIR 2021

Souvenir Sub Committee Members :

Abhijeet Barooah, Bhaskar Das, Dhruvajit Dutta, Dinesh Jain, Nirmal Goenka, Ratul Goswami, Shashanka Mohan Goswami, Sumanta Roy

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 : Mukul Baruah

Date of publication : 18th December, 2022

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

Printed at : Saraighat Phototypes Pvt. Ltd.
Bamunimaidam, Guwahati-781021 :: Phone: 94351 97515



Prof. Jagdish Mukhi

**RAJ BHAVAN
GUWAHATI**



MESSAGE

I am glad to know that the ex-students of Guwahati Commerce College (1978 batch) Alumni Association is organizing its Annual General Meet on December 18, 2022. Synchronizing with the event a souvenir christened 'ReUnion' is being published.

I am happy to learn that Guwahati Commerce College has taken up various social activities to serve the people of the State. The greatness of an educational institution is always known by its alumni. Positions held and the quality of services rendered by the alumni always determine the ends of the institution. I am sure Guwahati Commerce College Alumni Association's Annual General Meet is a reflection of Guwahati Commerce College and the intellectual vibes the institution has spread all around.

I convey my best wishes to the editorial team of the souvenir all success in its endeavour. Hope the souvenir is well read and appreciated.

Dated: November 4, 2022

(Prof. Jagdish Mukhi)

ড° হিমন্তু বিশ্ব শর্মা
Dr. Himanta Biswa Sarma



सत्यमेव जयते

মুখ্যমন্ত্রী, অসম
Chief Minister, Assam



Dispur
15 Kati, 1429 Bhaskarabda
2nd November, 2022

MESSAGE

I am happy to learn that Gauhati Commerce College 1978 Batch Alumni Association on the occasion of its Annual General Meeting in December 2022, is publishing a souvenir christened 'ReUnion'. My heartiest congratulations to all the alumni association on this occasion.

It is really heartening to learn that Gauhati Commerce College 1978 Batch Alumni Association has taken upon itself various activities with regard to environment protection, education for the under-privileged, welfare of senior citizens and most importantly the skill development of the youth.

Gauhati Commerce College starting its journey in the year 1962 with merely 300 students, has grown into an important hub of business studies with more than 3000 students in enrolment at the moment. Over the years the college has excelled itself in both academic and co-curricular activities thereby curving its name as an important academic institution in the academic parlance of the state.

Belonging to this institution, I believe is both a matter of privilege and honour. In this backdrop, Gauhati Commerce College 1978 Batch Alumni Association is proving itself a worthy group of students that has been working in tandem to remain a powerful flag bearer of this institution of repute.

I hope the souvenir 'ReUnion' being published becomes a potent statement of the rich legacy of Gauhati Commerce College. I convey my best wishes to the editorial team of the souvenir all success in their endeavour. Hope the souvenir is read and appreciated by everybody.

(Dr. Himanta Biswa Sarma)



OFFICE OF THE PRINCIPAL
GAUHATI COMMERCE COLLEGE

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(Affiliated to Gauhati University, Assam, India)

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Dr. Homeswar Kalita, M.Com., Ph.D.

Ref. No. :.....

Date : 23-11-2022

MESSAGE

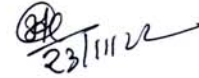


I am happy to know that Gauhati Commerce College (1978 Batch) Alumni Association is going to publish their 5th edition of Souvenir named as Re-Union on 18th December, 2022.

I am personally aware about various social and environmental activities that are being undertaken by our ex-student of 1978 Batch. Selfless services by the members of this particular Alumni Association towards mankind and the society as a whole are widely appreciated and could generate a source of inspiration for others, specially amongst younger generation.

I wish them success in their every endeavour to contribute for the society.




23/11/22

(Dr. Homeswar Kalita)
Principal
Gauhati Commerce College
Guwahati- 781021

Principal
Gauhati Commerce College
Guwahati-21



Editorial...



Dear Friends,

At this age of digital reading, having a copy of own alumni magazine in hand is altogether a different feeling. Memories of student life at Gauhati Commerce College is cherished by all of us till today. Happenings like achievement or failure, reward or rebuke, friendship, funfair etc still haunts us. **ReUnion** takes us down the memory lane, rejuvenates ourselves and makes us nostalgic. Here, we try to bring together our batch mates after a gap of several decades and reconnect ourselves.

At GCC 1978 Batch Alumni Association, we are committed to serve the society within the laid down objectives of the Association viz. Environment Protection, Educational Support to the needy children, Welfare of Senior Citizens and other charitable works. We are happy but not complacent with our journey made so far in this direction.

We, the members of Souvenir Sub Committee, are immensely grateful and offer our sincere gratitude to our friends, business establishments, Govt Authorities and others who have extended their helping hands to bring out this 5th edition of **ReUnion**.

May God bless you and your family with good health, wealth and happiness.

Happy New Year 2023.

With warm regards.

(Sumanta Roy)
Convenor,
Souvenir Sub Committee

From the President Desk



Dear Friends,

It is five years since we started our journey as GCC 1978 Batch stalwarts - Old in Age But Young in Hearts and Mind yet it seems that we have commenced our journey now only. Though we have done numerous projects for our society in the last 5 years yet it seems that there is a lot to do so that we contribute to the growth of our motherland.

I start with one of the quotes of Chanakya :

“কোনেও শক্তিশালী মনক পরাজিত কৰিব নোৱাৰে।”

We, GCC 1978 warriors are very strong at mind, dedicated and determined and with the support of our well-wishers we are progressing to our mission of **“SWACHH, SAKSHAR & BEHATAR GUWAHATI”** and a **“SWACHH, SAKHSAR & BEHATAR INDIA”**.

The major initiatives taken by our Team during the last one year:

- Jal Seva at Ashok Astami Mela at Ashwaklanta Dewalaya to around 5 Lakhs pilgrimages gathered for the Mela.
- Donated Big Mirrors and distributed fruits at Deaf and Dumb School, Guwahati.

- Supported with Two-Month ration to Monovikash Kendra, a centre for intellectually and physically challenged children run by a Trust at Dakhin Gaon, Kahilipara, Guwahati.
- 50 Saplings donated to Prag News TV channel.
- Organised Flood Relief Camps in collaboration with Prag News TV channel
- Felicitation of Teachers on Teacher’s Day.
- One-time Financial Grants for poor and meritorious students.

Besides above we have significantly advanced in one of our dream projects of setting up of Old Age Home in association with Mrigendra Bharali Memorial Trust and have procured the land near LGBI Airport. The proposed architectural blueprint of the same is ready and with God’s Blessings we shall complete the Old Age Home Building in coming two years.

I am thankful to all our teachers, well-wishers, all GCC 1978 Batch Warriors, all the State Government Officials, our Sponsors, our Media Partner Prag News Channel and the General Public who have supported us in all our projects and made those projects a success.

As we welcome the coming year 2023, I would like to conclude with one of the quotes from Alan Bleasdale citing the importance of maintaining a healthy mind & body:

“To resist the frigidity of old age, one must combine the body, the mind, and the heart. And to keep these in parallel vigor one must exercise, study and love”



(M L Maheswari)

President

GCC 1978 Batch Alumni Association

“ Pay no attention to what the critics say. A statue has never been erected in honor of a critic. ”

—Jean Sibelius

From The Desk of the Secretary



As we embark on the final journey for the year 2022, it gives me immense pride and joy presenting before you yet another edition of ReUnion. This was the year which was excellent with respect to extending our noble work towards the socially deprived populace and thereby asserting our ethos of being enablers for them. With the gradual decline in the pandemic all across the world, our members geared up for some active participation and work across the broad spectrum of social service.

At the outset, I would like to place on record my sincere gratitude towards all our members as well as the members of the civil society and the administration who have enabled us for furthering our cause to greater heights. I am glad that the purpose with which the GCC 1978 Batch Alumni Association was formed is being served in letter and spirit. The relentless efforts delivered by our members has not only helped the needy but has also fostered a sense of social service amongst the society at large.

The broad objectives as envisaged in our initial resolution is being served with renewed vigour each passing year. It is worthwhile mentioning that Environment Protection, Educational Support to needy children, Welfare of Senior Citizens and Skill development of the youth are the core objectives of our Association. In this regard, in the bygone year we have undertaken numerous activities that have enabled the targeted beneficiaries to transform their lives. Some of the Activities are -

1. Donation of Digital Classroom Board to Parijat Academy, Pamohi, Guwahati, where children from needy families are undergoing formal education.
2. A campaign namely- "SAY NO TO POLYTHENE" was launched to create awareness among people about the ill affects of single use plastic bags. The campaign saw huge and overwhelming participation from Assam State Welfare Department, Corporate Houses and others. Distribution of 35000 non-woven fabric bags were given to vendors completely free of cost.
3. Financial aid to meritorious students were provided for those students who excelled in the HSLC Exam under SEBA.

4. Organizing Flood Relief Camps in different parts of Assam with our Media partner Prag News Channel
5. Extending necessary support to needy Old Age homes by providing ration, medicine and other utility items as required by them from time to time.
6. Visited Deaf and Dumb School Guwahati and spent time with 500 plus students. Donated some usable items in their Hostel.
7. World Environment Day this year we observed with students of Mon Vikash Kendra, a centre for intellectually and physically challenged children. GCCAA donated two month ration for the children of the Kendra. We also decided to sponsor a needy student of the Kendra for one year.
8. Every year we visit the residences of our respected teachers of our times at GCC and take their blessings.

Moreover, in association with a Public Charitable Trust, we are also setting up an Old Age Home and a Senior Citizen Home in greater Guwahati area. Various other charitable programmes are in the pipeline and in a very nascent stage which will be executed shortly with the collective efforts of all of us.

As I conclude my message, I urge upon all the members to stand rock solid together towards fulfilling our objectives in the best possible manner and serving the unprivileged stratum of society with pride and contentment.

Warm Greetings.



(UTPAL BARUAH)

Secretary

GCC 1978 Batch Alumni Association

“

Great opportunities to help others seldom come, but small ones surround us every day.

”

–Sally Koch

GCC (1978 BATCH) ALUMNI ASSOCIATION Extended Managing Committee



Front row (L to R) : Lakheswar Sarma, Abhijeet Barooah, Jai Chand Bhotra, Gautam Datta, M L Maheswari, Utpal Baruah, Ratul Goswami, Javed Ali Ahmed, Balen Chandra Das.

Middle row (L to R) : Dipak Chakrabarty, Pawan Kumar Agarwalla, Jitendra Dauka, Dhrubajit Dutta, Bhaskar Das, Ratan Goenka, Promitosh Das, Dalil Uddin Ahmed.

Back row (L to R) : Balabhadra Talukdar, Surajit Goswami, Shashanka Mohan Goswami, Dinesh Jain, Sajjan Agarwalla, Sumanta Roy, Satnam Singh Syan, Alope Gosami.

GCC (1978 BATCH) ALUMNI ASSOCIATION Souvenir Sub-Committee



Left to Right : Dhrubajit Dutta, Sumanta Roy, Dinesh Jain, Ratul Goswami, M L Maheswari, Utpal Baruah, Abhijeet Barooah, Bhaskar Das, Shashanka Mohan Goswami, Pawan Kumar Agarwalla, Nirmal Goenka (not in picture).

GCCAA LADIES TEAM



Left to Right : Anamika Goswami, Gitali Das, Sumana Roy, Rula Barooah, Nizara Das, Nilima Goswami, Daisy Baruah, Updesh Kaur Syan, Manju Devi, Leela Devi, Loni Dutta, 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 : Dhruvajit 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 Krumar Dutt, Sumanta Roy

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Joint Convenor : Prabindra Bhuyan

MEMBERS

Daliluddin Ahmed, Surajeet Goswami

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Convenor : Javed Ali Ahmed

Joint Convenor : Promitosh Das

SENIOR CITIZENS WELFARE COMMITTEE

Convenor : Satnam Singh Syan

Joint Convenor : Dinesh Jain

MEMBERS

Parimal Kanti Roy, Jitendra Dauka

OTHER OBJECTIVES SUB COMMITTEE

Convenor : Laksheswar Sarma

Joint Convenor : Dr (CA) Santosh Jain

MEMBERS

Aloke Goswami

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

Views expressed in this Souvenir are exclusively personal views of the writers.



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



Santosh Bhattacharjee
Advisor
Mumbai



Nirmal Goenka
Mumbai



Sushilkumar Jain Lunkar
Mumbai



Rajendra Periwal
Ahmedabad



Pankaj Paul
Kolkata



Satyajit Barooah
Siliguri



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চৰকাৰ
my GOV
স্বামী সৰকাৰ

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আতঁজনৰ আৰ্থিক নিৰাপত্তা

১০০ তৰিখ পেঞ্চন আৰু গ্ৰন্থগোদয়ৰ দিন



মুঠ হিতাধিকাৰী - ৩৯,৯৯,৪৭০গৰাকী
প্ৰতিমাহে ধন আদায় - ২৯২.০৩ কোটি টকা

প্ৰতিমাহৰ ১০ তাৰিখে
হিতাধিকাৰীৰ একাউন্টলৈ প্ৰাপ্য ধন

আঁচনিসমূহ

- ➔ অৰুগোদয়
- ➔ শ্বহীদ কুশল কোঁৱৰ বৃদ্ধ পেঞ্চন
- ➔ ইন্দিৰা মিৰি সাৰ্বজনীন বিধবা পেঞ্চন
- ➔ দীনদয়াল দিব্যাংগজন সাহায্য
- ➔ ৰাষ্ট্ৰীয় দিব্যাংগ, বিধবা আৰু বৃদ্ধ পেঞ্চন আঁচনি

অৰুগোদয় আঁচনিৰ প্ৰতিগৰাকী
হিতাধিকাৰীলৈ অক্টোবৰ, ২০২২ৰ পৰা

বিদ্যুৎ মাচুলৰ সাহায্য হিচাপে প্ৰতিমাহে অতিৰিক্ত ২৫০ টকাকৈ

সৰ্বমুঠ লাভ কৰিছে ১,২৫০ টকা



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Corporate Social Responsibility



CS Santosh Bhattacharjee
Mumbai
Member & Adviser, GCCAA

Meaning of CSR

Corporate Social Responsibility (CSR) means the activities undertaken by a Company in pursuance of its statutory obligation laid down in Section 135 of the Companies Act, 2013, in accordance with the provisions contained in CSR Rules. The objective of CSR provisions is to involve the corporates as partners in the social development process.

Eligible Company

A Company (except a company which has not completed at least 1 financial year), registered under the Companies Act, 2013 or any earlier Companies Act, and irrespective of the nature of its business/activities, will come under the provisions of Section 135 of the Companies Act, 2013, if it fulfils **any one of the following criteria, during the immediately preceding financial year** :

- Net Worth of the company is Rs.500 crores or more, or
- Turnover of the company is Rs.1,000 crores or more, or
- Net Profit of the company is Rs.5 crores or more

CSR Committee

The Board of Directors of such company (eligible

company) shall immediately constitute a CSR Committee (comprising of Directors) and it would be the duty of the CSR Committee to formulate a CSR Policy, formulate an annual action plan in pursuance of its CSR policy, decide the amount of expenditure to be incurred on activities undertaken in pursuance of CSR Policy and recommend all these including mode of implementation of CSR activities, to the Board of Directors. The CSR Committee shall also monitor the CSR Policy of the company from time to time and ensure that the programme/projects are implemented as planned, i.e., monitoring & evaluation.

A CSR Committee is not necessary if the annual CSR obligation is less than Rs.50 lakhs. However, it is advisable to continue with the CSR Committee. In the absence of CSR Committee, the Board of Directors shall have to perform the responsibility.

CSR Expenditure

Minimum Annual Expenditure

The eligible company is required to spend at least 2% of the average net profits made during 3 immediately preceding financial years (or at least 1 FY, if the company has completed only 1 year) in the following FY. The said amount has to be spent on any one or more of the activities as given in Schedule VII of the Companies Act, 2013 provided such

activities are also included in the CSR Policy of the company.

Treatment of Unspent CSR Amount.

A company has to spend the required CSR amount during the relevant financial year. However, if there is any unspent CSR amount in a particular financial year, the said amount shall have to be dealt with as follows:

1. Ongoing project/multi-year project :

Transfer the unspent amount to a separate bank account of the company opened with a scheduled bank ('Unspent CSR A/c'), within 30 days from the end of the FY. This amount should be spent within the next 3 FYs. Still if any amount remains unspent, the said amount has to be transferred to any of the funds specified in Schedule VII, within 30 days of completion of the 3rd FY.

2. Other projects/programmes : The unspent amount has to be transferred to any of the funds specified in Schedule VII within 6 months of the expiry of the FY.

If a company fails to transfer the funds as above, it may attract penalty to the company as well as Officers in Default of the company. The company should make necessary disclosures of the unspent amount along with the reasons thereof, in Directors' Report, Co's Website, etc.

Treatment of Excess CSR Expenditure

If a company spends any amount in excess of the requirement (more than 2%) in any particular FY, such excess amount spent can be carried forward and set-off against the amount to be spent u/s 135 of the Act, upto immediately succeeding 3 FYs. After expiry of 3 FYs, if any excess amount is left for set-off, such amount shall automatically lapse.

CSR Activities

Schedule VII Activities

The activities for CSR are enlisted in Schedule VII of the Companies Act, 2013. The enlisted items are broad-based and such items should be

interpreted liberally so as to capture the essence of the subjects enumerated in the said Schedule. This would ensure covering wide range of activities. Items listed in Schedule VII are given below, in brief :

1. Eradicating hunger, poverty and malnutrition
2. Promoting healthcare, sanitation and making available safe drinking water.
3. Promoting education (including vocational skills) especially among children, women, elderly & the differently abled and livelihood enhancement projects.
4. Promoting gender equality, empowering women, setting up homes & hostels for women and orphans.
5. Setting up old-age homes, day-care centres and other facilities for senior citizens; measures for reducing inequalities faced by socially & economically backward groups.
6. Ensuring environmental sustainability, ecological balance, protection of flora & fauna, animal welfare, agroforestry, conservation of natural resources and maintaining quality of soil, air & water.
7. Protection of national heritage, art & culture and works of art.
8. Setting up of public libraries and promotions & development of traditional arts and handicrafts.
9. Measures for the benefit of armed forces veterans, war widows and their dependents.
10. Training to promote rural sports, nationally recognised sports, paralympic sports and Olympic sports.
11. Rural development projects, Slum area development, Disaster management.
12. Gol Funds - Contribution to Clean Ganga Fund, PM National Relief Fund, PM CARES Fund, Swachh Bharat Kosh or fund set up for socio-economic development, relief and welfare of the SC, ST, OBC, minorities and women.
13. R&D projects in the field of science, technology, engineering & medicine.
14. Contributions to institutions/organisations

engaged in conducting research in science, technology, engineering and medicine aimed at promoting Sustainable Development Goals.

Schedule VII Activities not covered under CSR

An activity, although covered under Schedule VII, will not come under CSR, under the following circumstances :

- The CSR activities that benefit only the employees of the company and/or their families.
- Activities supported by the companies on sponsorship basis for deriving marketing benefits for its products or services.
- Activities carried out for fulfilment of any other Statutory obligations under any law in force in India.
- Contribution of any amount directly or indirectly to any political party u/s 182 of the Act.
- Activities undertaken in pursuance of the normal course of business except specified R&D activities.
- Any activity undertaken by a company outside India except for training of Indian sports personnel representing any State or UT at national level or India at international level.
- Activities in violation of any statute.

As per Section 135(5) of the Act, a company shall give preference to local areas and areas around which it operates for undertaking CSR activities. However, the preference to the local area in the Act is only directory & not mandatory in nature and companies need to balance the local area concept with national priorities.

Mode of Implementation of CSR Activity

A CSR activity can be carried out by a Company through one or more of the following modes:

1. On its own, i.e., by itself.
2. In collaboration with one or more companies in such a manner that the CSR Committees of respective companies are in a position to report separately on such projects or programmes in accordance with CSR Rules.
3. Through eligible entities (excluding international organisations), which have registered themselves with the Central Government, as Implementing Agencies, for undertaking CSR activity :
 - a) A company established under Sec 8 of Companies Act/ registered Public Trust/ registered Society
 - i. established by the company either singly or along with any other company,
 - ii. established by Central Government or State Government,
 - iii. established by any third party.
 - b) Any Statutory Body established under an Act of Parliament or State Legislature.

Conclusion

Philanthropic activity is not new to India and many big Corporate Houses & High Networth Individuals are voluntarily involved in such activity, since long. However, India has made a good beginning with CSR Legislation. The corporate India has performed, barring few exceptions, exceedingly well in the matter of discharging its responsibilities towards CSR. CSR initiatives of many large corporates have brought a transformational changes in the lives of the under-privileged and down-trodden people of rural India. Going forward, it is expected that more corporates will take up CSR activity in the right spirit and bring more transformational changes in the lives of the needy people of our beloved Country, INDIA. □

The Author is working as a Consultant (Syndication of Debt/Equity and CSR & ESG Advisory) (cssantoshindia111@gmail.com).

With best wishes from :

P R Krishnan & Family

Surajit Goswami, Runita, Priyankush & Shreyaa

Pankaj Ray, Nilima & Koyel

Pankaj Paul, Dharmistha & Saikat

Gautam & Shanku Datta, Baibhab & Kushaal Dattagupta

Bijay Kumar & Sabita Devi Jajodia

Nikhilesh Sarkar, Ratna & Barnita

Shashanka M Goswami, Nilima, Kiran, Tanaya & Ankita

Dhrubajit, Minakshi, Markendeya & Ananya

Kabindra & Ela

Building Muscles is the Secret of Looking Youthful



Ipsha Barooah

Pune

(Daughter of Mousumi & Satyajit Barooah)

The human body has a well maintained muscular system over our skeleton system. This muscular structure helps us with stability, movement in different motions, mass and strength to the human body. They provide a shape to the physique, which people have informally labeled as 'toned'. Toned is nothing but a person carrying muscle mass which occurs when they are actively building muscles. A lean physique is often considered aesthetic in nature. However, our organs such as heart, stomach and intestines are also made of muscles but now, we are merely talking of a muscular structure that we can build in the gym.

Our muscular structure is a part of the musculoskeletal structure and is attached to the skeleton in at least one place. These muscles are connected to the bones via tendons. All our activities such as talking, standing and sitting, running, moving hands etc are voluntary actions. These voluntary activities can be controlled externally (just the way my fingers are moving across the keyboard at a varied speed). Our muscles

are also responsible for producing strength, speed and a certain force for certain activities. A boxer punching a speed bag will produce maximum speed and force. A human moving a heavy luggage will produce strength greater than the weight of the luggage. All daily activities require our muscles to do the work.

Building muscles is the most important recommendation I can give anyone. This activity creates a foundation of stability, builds strong bones, prevents some form of injuries and pains, improves hormonal profile to a great extent, and releases stress. A lean physique can also help people look younger than their actual age. So how do we build muscles even after 50?

Building muscles need a few things that are mandatory- a stimulus in the form of weights, protein intake via diet (chicken, fish, eggs, soaked soyachunks, paneer and tofu), water intake (2 to 3 liters depending on your thirst levels) and adequate sleep at night (8 to 9 hours). You can start by keeping equipments at home such as dumbbells.

Dumbbells are available online or at any sports shop. These equipments are widely available and can be used for multiple home workouts. One can also start training with bodyweight workouts. In case you have injuries/ pain that immobilize a certain part of your body, you can still perform bodyweight workouts safely under supervision.

Some examples of bodyweight workouts are squats (full and half range of motion), knee push-ups, complete push-ups and wall push-ups, pull ups, calf raises, bulgarian split squats, static lunges, glute bridges and planks etc. In case you would sign up at your local gym, make sure to understand the functionality of the equipments and augment your fitness journey with the help of floor trainers.

Before you start a full-fledged workout session, keep a few things in mind. Warm up your body adequately to ensure blood circulation. This will keep you alert during the session and prevent cramps that can occur from being too stiff. Keep water and sweat towels handy as lack of hydration can cause brain fog and fatigue. When you workout at home, it is normal to feel lethargic and avoid physical activity altogether. Psychologically speaking, wear a different set of clothes while you exercise to differentiate between leisure and a workout session. This will also provide a mental

boost.

Skeletal muscle loss is a real phenomenon especially in older adults and in scientific terms is known as sarcopenia. Though muscle mass accounts for 60% of body mass, loss of skeletal muscles happen mostly due to age, illness, lack of physical activity and coordination, hormonal changes to name a few. Sarcopenia in turn causes issues such as weakness, frailty, lack of grip strength and physical stability and arthritis in women as well. Senior citizens can suppress the onset of muscle loss by engaging in physical activities to build muscles. Even in an untrained individual, muscle building is still possible beyond 50 years of age. Any beginner adult can benefit from indulging in strength training for as low as 3 times a week. The goal is to prevent frailties that come with age as much as possible.

One should remember that being fit is a life-long endeavour. The end result is a sum of consistency over months and years. However, it is never too late to start. Meanwhile, when feasible, soak in the morning sun on your skin for at least 10 minutes. This activity will help you replenish your vitamin D levels and keep your bones strong. Start your fitness journey and encourage the people around you. ❑

Ipsa Barooah is a fitness coach and passionate rap artist. She is also a content creator. She is mostly into muscle building and occasional endurance activities. She can be reached at ipsy.ipsa@gmail.com

The Local Media World – My Take



Ardhendu Shekhar Barthakur
Vancouver, Canada

Living out of the home country sounds exciting & thrilling but it has its fair share of difficulties and heartbreaks. We miss a lot of things from the land we were born into and grew up in. Family, friends, food, the carefree lifestyle and a multitude of other elements are sorely missed by expats like me who have chosen to live abroad for a range of factors. Different people miss different things based on their own personal choices. I miss a lot of things, but one thing I miss the most is my long association with the world of media, both print and television, restricted to Doordarshan because the world of private Assamese channels were not even started way back in the 1990's. I was a frequent contributor to the Weekend English Supplements of some major dailies and a Doordarshan contributor for some of their interviews and documentaries. On hindsight I wonder what the opportunities would have been for my interests in these two journalistic fields that have exploded in the last 15 years had I not moved into Canada.

One of the things that I do regularly living in far off Canada is to read many of the local Assam newspapers web editions both in Assamese &

English and watch the plethora of website videos streamed over channels like Youtube. I have been doing this for quite a few years and I thought I will share a few things of my assessment of how our media strengths compare and contrast with trends across India and the world.

First, our media strengths. Technically, our television channels compare equally with the entire gamut of Indian channels across the language platforms. The visuals, editing, voiceover quality, picture-in-picture usage etc are as good as any channel in India. It reflects very well on the technical skill and expertise of the personnel who does the video-recording, editing, mixing and even live broadcasts of the occasional program. While there is always room to improve yet the current quality easily passes the technical tests of television broadcasting. However, having said that, we must also remember that in the race for quality there is no finish line.

The newspaper websites are similarly on sound footing although a few of them have screen loading time lags that interfere with a viewer's experience and ease of use, often termed user friendliness. I

think this has more to do with the hosting server's upload and download speed capabilities. This again is a factor of the budget and affordable cost for the newspaper. Hopefully, as affordability increases with a decrease in hosting costs and an increase in revenue for the web versions of the publications, the service aspect will become more user friendly and fast.

For weaknesses, the electronic media is still evolving and the skilled manpower needed to fill the journalistic talent is in great shortage. The industry is still in its infancy and the availability of skilled television hosts and reporters is very restricted. Nonetheless, a few hosts and reporters have evolved over the years and they are certainly very seasoned and acquired many of the skills and improving them, to meet very demanding electronic media standards. The electronic media is merciless in rewarding performers and punishing failures. The deadly factor is TRP, television rating points for tv programs and number of subscribers & full viewership for Youtube videos and live streams.

The Assamese electronic media world is a huge business these days. From a multitude of Assamese television channels, news portals, web channels, twitter handles etc. flood the airwaves, cellular phones, tablets, computers, with an ever-increasing flow of available content on a 24x7 basis. However, as investors jumped in to cash in on the evolving business opportunities the quality of programs and content offered took a hit. The Assamese language did not have the requisite trained manpower to be in front of the cameras. It was mostly a self-learning self taught scenario which did not allow many of the TV news anchors, presenters and show hosts to understand and acquire the professional skills required to be great communicators. The problem however is not entirely the making of these electronic journalists. To some extent Indian electronic media seems to roll things into one big

viewing sandwich. When I watch some of the Assamese news programs, I am just aghast at the anchor's almost screaming and repeating the headline a dozen times. I believe they think repeating the headline multiple times in a loop increases the importance of the story.

Most of the news channels draw no distinction between reporting news and commenting on it. Reporting is a distinctly separate function from commenting and analysis. However, most channels roll everything into one presentation adding also the anchor's bias and prejudice to the reporting. While the news and debates leave a lot to improve, most of the entertainment programs have steadily become more professional in its final broadcast output. Another annoying feature of the channels is the indiscriminate use of the "Breaking News" tag. Breaking news should be those that will or may have a significant impact on the collective society. Any new news is not Breaking News. None of the TV channels seem to understand this simple logic. A car accident somewhere with a few killed or injured is not Breaking News. Its news. A car bomb exploding in front of Court building is Breaking News as it will have a major collective impact on society. A lack of understanding the professional nuances of this ever-evolving medium by those who operate the local channels is contributing to this lingering problem. Hopefully, some of the more matured presenters, hosts, commentators and more importantly the producers of electronic content will educate themselves and change their ways. Whatever be the current status the future will be bright provided the media professionals improve to world standards as the world becomes an ever-smaller global village where people living anywhere will access any media anywhere. The channels and media in Assam and the NE of India will have to compete with their counterparts from across the globe. □



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Inside The Arcturian's Starship Athena



Priyankar Roy

Kolkata

(Son of Sikha & Parimal Kanti Roy)

Starship Athena is the finest of all Arcturian Starships and helps protect Earth from all negative threats. I want to take you aboard the Athena, the Arcturian Starship. By understanding this great race, we can help our own lives & personal development & by studying their systems we can know what to aspire to create. The Starship Athena is not made of material such as plastics & silica ceramic tiles like our spaceships. Rather the Arcturian cruiser is constructed of materials that appear to be part organic by those who have witnessed this great majestic spaceship. This organic quality provides an almost living quality to the Starship as the Arcturians see life in all things emulating from the One Source. The Arcturian Starship would be impossible for us to see with our eyes (unless the Arcturians wanted us to) as it exists in another dimension and on a much higher vibrational frequency. Understanding this high frequency of vibration is the key to understanding the mechanics of Athena. The engine rooms house the power supply for which the ship propels itself. The engine is not based upon rocketry or any other sort of combustion system we are familiar with, but rather

the ship is propelled by light crystals. These crystals are able to convert light energy from solar centers & transmutate that energy to power the spacecraft. This maybe coincide with evidence recently found by NASA of enormous UFOs circling the sun. Athena is also equipped with a room that can only be described as grand database of the galaxy. The Arcturian knowledge of the galaxy & the inhabitants thereof is quite extensive & their stores of knowledge are kept in this room. Another room very similar to the energy contained in this room is a communications room. The Arcturians use these two rooms in combination with one another to send information and communicate with other Arcturians & other races through what we would refer to as telepathy. In addition to these rooms the Starship has many command rooms for navigation, comfortable living quarters, and even rooms in Spaceship Athena for recreation that reminds the Arcturians of their home system. There is much debate over the weapon systems of the Arcturians. Some channeling these great beings have described them as having no need for weapons whatsoever & are completely peaceful, while others have been

able to identify the race as possessing some form of weaponry & 2 shielding for their vehicle. From our best sources, both these conclusions are a form of the truth. The Arcturian Starship is indeed equipped with advanced shielding & defense mechanisms. Additionally, the Starship Athena is equipped with a form of weaponry, however, not as we might think of it. The Arcturian weapon systems have the ability to completely eliminate & disintegrate a target. The weapons cause no pain but have the ability to stop reptilians & grey alien attacks. The Arcturians understand that all creatures & races must return to the One Source eventually although war is absolutely, the last resort. The benevolent Arcturian beings have a specific mission to assist humanity into our next level of ascension. With this goal in mind, the last stop on our journey into the Starship Athena is to the soul room. The soul room can be thought of as a hospital in which

Arcturians are able to assist the energy of souls in needs & revitalize them for their next learning experience. Here Arcturians are able to assist those individuals who are ready to raise their vibrational frequencies into the next stage of development. An understanding of this magnificent Starship allows us to comprehend our mission here on the life as well as help our fellow man progress into high stages of spiritual development and awareness. In time of doubt be reminded of the Arcturians ever watchful eye from their perch in the Starship Athena.

I am the Arcturian, Devina Nund. Our queen name is Anra. We are the ascended masters of 9th Dimension which is highly spiritual dimension. I Devina Nund is one of the Goddess warrior among many Arcturians. We are lighted by our Stars and guides our Arcturian Starseed. We belong from the Federation of Light and Our Queen Anra is the Ambassador of our Federation of Light. □

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Dig into the recent past.....

Felicitation of our respected teachers on 17th December, 2021 at GCC Auditorium.



Donation of utility items to Deaf and Dumb School, Guwahati



Sponsored yearly expenditure to an intellectually and physically challenged children of Mon Vikash Kendra, Guwahati.



Donated drinking water and paper glasses to lakhs of pilgrims in Ashok Astami Mela at Ashwaktanta Dewalaya.



An Evening with our friend Ardhendu Shekhar Barthakur, Canada whom we met after a gap of four decades.

Dig into the recent past.....



Inauguration of 4th edition of Souvenir - ReUnion at Viswaratna Hotel, Guwahati.



Holi Celebration by our Ladies Team at Viswaratna Hotel, Guwahati



Visited Helping Hand Old Age Home and had lunch with the inmates.

Distribution of Flood Relief Materials in Monakuchi & Kulhati areas of Hajo, Kamrup Dist. and Dipila area of Mangaldoi Dist.



Distribution of Flood Relief Materials in Monakuchi & Kulhati areas of Hajo, Kamrup Dist. and Dipila area of Mangaldoi Dist.



Diamond Jubilee Celebration of Gauhati Commerce College on 10th September, 2022.



Honouring our respected teachers on **TEACHERS' DAY - 5th September, 2022**



Shri Kumud Ranjan Das Sir was felicitated by Sumanta Roy, Balen Ch Das, Promitosh Das, Gautam Datta & Javed Ali Ahmed



Shri Hare Krishna Das Sir was felicitated by Lakheswar Sarma, Ratul Goswami & Surajit Goswami



Shri Bijan Bihari Dam Sir was felicitated by Ratan Goenka, Satnam Singh Syan, Bhaskar Das, Shashanka M Goswami & Aloke Goswami



Madam Bharati Chakrabarty was felicitated by Bhaskar Das, Satnam Singh Syan, Shashanka M Goswami, Ratan Goenka & Aloke Goswami



Dr Pranab Kr Bhattacharjee Sir was felicitated by Balen Ch Das, Sumanta Roy, Promitosh Das & Javed Ali Ahmed



Dr Sabyasachi Sarkar Sir was felicitated by Dalil Uddin Ahmed, Jitendra Dauka & Balabhadra Talukdar

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Shri K. S. Paul Choudhury Sir was felicitated by Ratul Goswami & Surajit Goswami



Madam Nirupama Phukan was felicitated by Surajit Goswami, Lakheswar Sarma & Ratul Goswami



Shri Kalyan Kr Nath Sir was felicitated by Abhijeet Barooah, Dhruvajit Dutta & Utpal Baruah



Shri Ranjit Narayan Deka Sir was felicitated by Utpal Baruah, M L Maheswari and Dinesh Jain

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Mayuri Barooah

Guwahati

(Daughter of Rula & Abhijeet Barooah)

~ That's funny, dad. Are you even aware that you have crossed your 60s and landed in senior citizens department?

> Oh sure, I know Son. That's why I am even more excited to live my life now, a life of freeness, away from family and service responsibilities, monetary and time constraints. Retirement is a wonderful time to finally visit all of the places you've been dreaming about.

~ Sounds appealing, but how will you keep your health at check and move around?

> Well, that's called Destination Ageing. You see, I have spent good 60 years of life working hard maintaining professional and personal balance, have invested whatever possible for retirement. Now that my kids are well settled, I have little to spend, I feel less pressurised. I can afford to take more carefree approach to exploring. I can forget battling a match of summer or winter holidays of kids and office leaves to plan an outing. After long years of experience I can now focus on what I really want than trying to keep everyone else happy. I feel blessed to detox myself from the digital world of never ending dreaded emails and assignments. Travelling is one of those great past times that if done properly can keep mind and body ticking perfectly.

Planning a budget, creating itineraries, navigating new cities, exploring places, meeting new people, practicing new languages can strengthen the brain and keep you active and engaged. Staying physically active lowers rates of heart disease, diabetes, stroke, cancers and improves cognitive function. You know Son, Just the other day I came across a few interesting facts about effect of vacations on health-

Men who take vacations are 32% less likely to die from heart disease and Women who take vacations at least twice a year are less stressed and less likely to experience depression.

Three days of vacation can drastically lower stress levels, even after the vacation ends.

Travel can increase confidence as senior travelers overcome fears and get out of their comfort zone.

Vacation calories doesn't count, right? So I will be saved from your mother's scolding too. Well that's my addition!

~ Dad, I am totally overwhelmed with your words. You have sacrificed a lot for us, many a times we don't even realise. Now is the time to live fully without any conditions and make these golden years the best days of your life. Let me check out a few amazing destinations for your next tour! ◻

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What is Organic Food Anyway?



Tanaya Goswami

Bangalore

(Daughter of Nilima & Shashanka Mohan Goswami)

Okay, so you want to eat healthily but you are confused? Well, don't blame yourself! Especially in this age, there is so much information readily available to us, which is great... but it can also be SO confusing. One such term is 'organic' food. What is organic food, anyway?

Of late, the word 'organic' has become such a catchphrase that it has entered the vernacular of almost everyone's daily use. Remember the last time your teenage child forced you to buy vegetables from that organic shop in your locality? You might have reluctantly given in and purchased that organic cauliflower, thinking it's healthy.

While many people believe they understand the meaning of the term 'organic', few do. A few seconds of hard contemplation produces a myriad of questions: how is organic food different from the food that you grow in your terrace garden? What are the health benefits of consuming organic food? Who decides what is organic when labelling the food packages? Can we trust those labels?

How is food certified as organic?

On a farm level, the difference in meaning

between organic and garden-produced gets dramatic. According to the **Food Safety and Standards Authority of India (FSSAI)**, any product is certified as organic only if it is "grown and processed on soil that has no prohibited substance applied for three years prior to harvest and is **GMO** (Genetically Modified Organism) free." This means farmers who produce organic food cannot use synthetic fertilisers and pesticides and can rely only on natural substances to grow.

So you can safely say that fruits and vegetables grown under such strict conditions are organic and better for our health. But what about products that are made of three or four ingredients? How do food companies label them as organic? Well, according to the standard norm, food that has more than a single ingredient is organic only if its ingredients are at least 80% organically produced.

Can I trust food labels with 100% organic marks?

Well, this is a tricky question. Just like there are millions of concerned citizens like you and me, there are also millions of corporate employees and

lawyers finding ways around existing laws to claim a product as organic. So how do you know whether a company claiming its food as '100% organic' is true or not? One way of checking is to look for the company's authenticity on its website. Companies claiming their products as 100% organic - have most likely passed their food production through strict third-party inspection and their shortcomings have been reported. In India, the **Jaivik Bharat** logo for Organic Food is an identity mark to distinguish organic products from non-organic ones.



Jaivik Bharat

What are the Benefits of Organic Food

All being said, you might still wonder - is organic food healthy? The potato or the broccoli

that you grow in your home garden tastes the same as that of the ones grown organically. Well, you are right. They might look and taste the same, but there is a difference. Organically grown vegetables and fruits do not have any additives or preservatives. They are also free from all other synthetic products that can impact their shape, size, taste, and freshness. This means, organically produced vegetables and fruits are free from any possible synthetic products that can affect our health or the environment.

Organic food is safe especially because it is free from any harmful pesticides and other synthetic products. You too can grow organic vegetables and fruits in your home garden by not adding any insecticides or pesticides into the soil and staying away from other synthetic products. □

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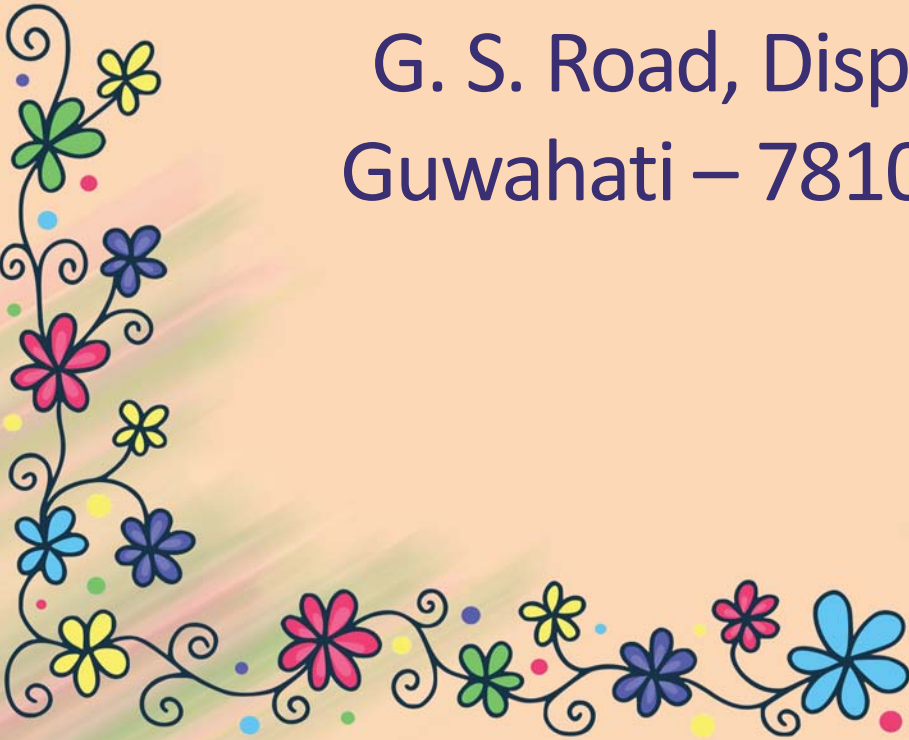
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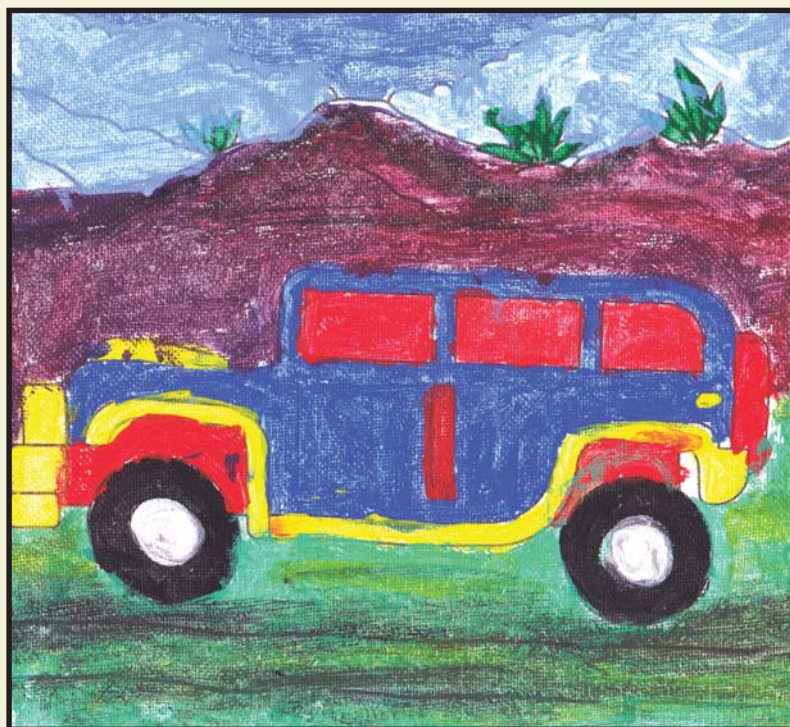
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ART GALLERY

Art by **Shlok Maheswari**
Age : 14 years
(Grandson of ML Maheswari)



Paint by **Lavanya Maheswari**
Age : 4 years
(Grand daughter of ML Maheswari)

ART GALLERY



Art by **Ms Vanshita Maheswari**
(Daughter-in-Law of ML Maheswari)



Architectural sketch design of proposed
**Old age Home and Senioar Citizen
Home, Bongora, Guwahati**



Making of an Old Age Home.... a dream project – a right step forward



Bhumi Pujan at our proposed Old Age Home site near Bongora, Guwahati.



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Making of an Old Age Home.... a dream project – a right step forward



Laying of foundation stone on this day of 4th December, 2022

Making of an Old Age Home.... a dream project – a right step forward



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Prabindra Nath Bhuyan & Anamika Bhagawati

Himadri Sekhar, Anamika (Ruma) & Ratul Goswami



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মানসিক চাপ (stress) আৰু ইয়াৰ প্ৰভাৱ

বৰ্তমান সময়ত প্ৰতিটো ক্ষেত্ৰতে মানুহৰ জীৱনশৈলীৰ আমূল পৰিৱৰ্তন হোৱা পৰিলক্ষিত হয়। জীৱন ধাৰণৰ সা-সুবিধা, আধুনিক প্ৰযুক্তিৰ উদ্ভাৱন, নানা উদ্ভাৱন পদ্ধতিৰ অগ্ৰগতি আৰু ন ন যান্ত্ৰিকী চিন্তাধাৰাৰ পৰিৱৰ্তনৰ লগতে পৰিৱৰ্তিত হৈছে মানসিক জীৱনো। ইতিবাচক মানসিক অৱস্থাৰ লগতে নেতিবাচক মানসিক অৱস্থাবোৰো প্ৰকৃতি সলনি হৈছে। বিভিন্ন বয়সৰ মানুহৰ মাজত ভিন্ন ভিন্ন মানসিক অৱস্থা বিৰাজমান। জ্যেষ্ঠজনৰ মানসিক অৱস্থাৰ লগত নৱ প্ৰজন্মৰ মানসিক জীৱনৰ প্ৰকৃতিগত পাৰ্থক্য আছে। পূৰ্বতে থকা মানসিক অৱস্থা আৰু বৰ্তমান সময়ৰ মানসিক অৱস্থাৰ মাজতো অনেক পাৰ্থক্য আছে। এয়াও জীৱনশৈলীৰ পৰিৱৰ্তনৰ ওপৰত নিৰ্ভৰশীল। জ্যেষ্ঠজনৰ মানসিক অৱস্থাই বৰ্তমানৰ পৰিৱেশ আৰু পৰিৱৰ্তনৰ লগত সকলোখিনি মিলাব নোৱাৰে। কাৰণ তেওঁলোকে পোৱা জীৱনৰ শিক্ষাৰ লগত বৰ্তমানৰ জীৱনী শিক্ষাৰ কিছু হ'লেও পাৰ্থক্য আছে। নিজৰ ধ্যান-ধাৰণাক সমূলি সলনি কৰি চলিবলৈ কষ্ট হ'লেও যথেষ্ট পৰিমাণে বৰ্তমানৰ লগত মিলিবলৈ আৰু মিলাবলৈ জ্যেষ্ঠজনে চেষ্টা কৰে। কিন্তু তাৰ মাজতো সামাজিক, মানসিক পৰিৱেশ আৰু নৱপ্ৰজন্মৰ ভৱিষ্যতক লৈ তেওঁলোকে সততে আশংকা আৰু মানসিক চাপ (stress) লৈ ফুৰিবলগীয়া হয়। এই মানসিক চাপ বুলি ক'লে মনৰ উদ্ভিগতা,

অস্থিৰতা আদিৰ পৰা সৃষ্ট মানসিক অৱস্থাক বুজা যায়। ইয়াৰ কাৰক হিচাপে সামাজিক, ৰাজনৈতিক, পাৰিবাৰিক অৱস্থাৰ উপৰিও ব্যক্তিগত মানসিক সমস্যাও হ'ব পাৰে। মানসিকভাৱে উৎপন্ন সাধাৰণ চাপৰ ফলত আমাৰ বিশেষ ক্ষতি একো নহয়। দৈনন্দিন জীৱনৰ লগত সম্পৃক্ত প্ৰায়বোৰ সমস্যাতে মানসিক চাপ থাকেই। আমাৰ জীৱন ধাৰণৰ সমস্যা, সন্তানৰ লগত যুক্ত বিভিন্ন সমস্যা, দায়িত্ব, সমাজৰ লগত যুক্ত সমস্যা আদিয়ে আমাৰ মনৰ জগতখনক সাময়িকভাৱে চাপত ৰাখে। এই চাপ নোহোৱা কৰাৰ নানা উপায়ো আমাৰ হাতত থাকে। কিন্তু এইবোৰক আওকাণ কৰাৰ প্ৰয়োজন তথা সুবিধা এটাও আমাৰ হাতত নাথাকে— যিহেতু এইবোৰ আমাৰ জীৱনৰে এটা অংগস্বৰূপ। আনহাতে, সাংসাৰিক আৰু সামাজিক জীৱন ধাৰণত এই সমস্যাবোৰ, উৎকণ্ঠাবোৰ আৰু চিন্তাবোৰে আমাক জীৱন-যাপনৰ মূল উদ্দেশ্যৰ লগত জড়িত কৰি ৰাখে।

কিন্তু মানসিক চাপ এনে কিছুমান কাৰণত গুৰুতৰ হৈ পৰে যাৰ পৰা হাত সৰাৰ উপায় নাথাকে অথচ ইয়েই আমাৰ জীৱনত বিৰূপ প্ৰভাৱ পেলাৱা প্ৰায়ে পৰিলক্ষিত হয়। সাধাৰণ মানসিক চাপৰ বিপৰীতে এনে ধৰণৰ চাপ সেই সময়ত উৎপন্ন হয়, যেতিয়া আমি আমাৰ জীৱনত কোনো কোনো সমস্যা সমাধানৰ উপায়

নাপাওঁ— অথবা সমাধান কৰিব নোৱাৰোঁ। এনে ধৰণৰ চাপে আমাৰ স্বাস্থ্য, দক্ষতা আৰু সম্পৰ্কবোৰত প্ৰভাৱ বিস্তাৰ কৰে। সুস্থ মানুহ এজনেও কোনো কাম সম্পূৰ্ণ কৰিব নোৱাৰা অৱস্থা হয়। অত্যাধিক মানসিক চাপৰ ফলত পিঠি, ডিঙি আদি ঠাইত বিষ অনুভৱ হয়। শ্বাস-প্ৰশ্বাসত কষ্ট পোৱা যায়। আনকি মুখ শুকাই যোৱা, হাত ভৰি ঠাণ্ডা হৈ যোৱাও দেখা যায়। ইয়াৰ উপৰিও থাইৰয়ড, হৰমনৰ অভাৱ, আইৰণৰ অভাৱ, বক্তহীনতা, মেদবহুলতা আদি শাৰীৰিক অসুস্থতাইও গা কৰি উঠে। বহু সময়ত চিকিৎসাৰ ক্ষেত্ৰত দেহত কোনো ধৰণৰ ৰোগ ধৰা নপৰিলেও নিজকে ৰোগী বুলি দৃঢ় বিশ্বাসে খোপনি পুতি লয়। তেনেস্বলত পৰিয়াল তথা আত্মীয়সকলৰ সন্মুখত মৃত্যুমুখী ৰোগীৰ দৰে ব্যৱহাৰ কৰে। কম বয়সীয়া ছাত্ৰ-ছাত্ৰীয়ে জীৱনৰ প্ৰতি আস্থা হেৰুৱাই অনেক অঘটন কৰা আমি দেখিবলৈ পাওঁ। উদ্যম হেৰুৱাই বহু যুৱকে ড্ৰাগছ সেৱনৰ দৰে ভয়ংকৰ অভ্যাস গঢ়ি তোলে। বহুতো পৰিয়ালত পাৰিবাৰিক সংঘাতৰ কাৰক হিচাপেও মানসিক চাপ চিহ্নিত হয়। অত্যাধিক মানসিক চাপৰ ফলত হৃৎপিণ্ডৰ ৰোগ, উচ্চ ৰক্তচাপ, ষ্ট্ৰ'ক, কৰ্কট ৰোগ আদি হোৱাটোও নুই কৰিব নোৱাৰি। নৱ-প্ৰজন্মৰ মাজত বৰ্তমান যুগত মানসিক চাপে গুৰুতৰ ৰূপ লোৱা দেখা যায়। বেলেগ বেলেগ কাৰণত যেনে— বন্ধুত্বৰ সম্পৰ্কত ভাঙোন ধৰা, প্ৰণয়ত বিফলতা, কৰ্মসংস্থান নোপোৱা, কামৰ অধিক হেঁচা, পিতৃ-মাতৃ বা অভিভাৱকৰ দ্বাৰা অৱহেলিত হৈও অত্যাধিক মানসিক চাপত ভোগা দেখা যায়। এয়া শুভ লক্ষণ নহয়।

বহু কাৰণত বহু সময়ত আমাৰ মনত এক ভয়ৰ সৃষ্টি হয়। সন্তানৰ ভৱিষ্যতৰ ভয়, অভাৱ-অনাটনৰ ভয়, বেমাৰৰ ভয়, বৃদ্ধাৱস্থাৰ ভয়, অবহেলাৰ ভয় আদি নানা কাৰকে আমাৰ মনত এক অবুজ ভয়ৰ সৃষ্টি কৰে। জ্ঞানী লোকে ইয়াৰ পৰা সহজে নিস্তাৰ পায়— কাৰণ তেওঁলোকে এই ভয়ৰ পৰা উৎপন্ন মানসিক চাপক আত্মবিশ্বাস আৰু নিজ কৰ্মৰ দ্বাৰা নিয়ন্ত্ৰণ কৰিব পাৰে। আনহাতে, মানসিকভাৱে দুৰ্বল লোকে এনে চাপৰ পৰা ৰক্ষা পাবলৈ বিশ্বাস আৰু দৃঢ়তাক বাদ দি অন্ধবিশ্বাসৰো শৰণাপন্ন হয়। পূজা-পাতলৰ আশ্ৰয় লয়। কিন্তু এনে ভয়ৰ পৰা উৎপন্ন চাপক নিয়ন্ত্ৰণ কৰিবলৈ আত্মবিশ্বাসী আৰু উদ্যমী হোৱাটো অতি দৰকাৰ। পৃথিৱীত এনে বহু উদাহৰণ আছে— ধন-সম্পত্তি অবিহনে সন্তানক যোগ্য কৰি তুলিছে, মানসিক শক্তিৰ প্ৰভাৱত গুৰুতৰ

বেমাৰৰ পৰাও পৰিত্ৰাণ পাইছে। যিসকলে মানসিকভাৱে শক্তিমান— তেওঁলোকে মানসিক চাপৰ দ্বাৰা কেতিয়াও আক্ৰান্ত নহয়— বৰং আন দহজনৰ বাবে আদৰ্শৰান হৈ পৰে। আমি প্ৰায়েই নিজৰ মানসিক চাপৰ বাবে আনক দোষাৰোপ কৰোঁ। কৰ্মস্পৃহা নথকা মানুহে আনৰ পৰা সদায়েই পাবলৈ আশা কৰে। বহু সময়ত নিজৰ নিঃস্ব অৱস্থাৰ বাবে পিতৃ-মাতৃ, ভাই-বন্ধুকো কাৰক হিচাপে লৈ অশান্তিত ভোগে। এয়া সঠিক নহয়। পিতৃ-মাতৃয়ে বহু সময়ত সন্তানক দিব লগা সুবিধাখিনি দিব নোৱাৰে। কেতিয়াবা পিতৃ বা অভিভাৱকৰ চৰিত্ৰগত এলেছৰা স্বভাৱৰ বাবেও সন্তানে পাব লগা সুবিধাখিনি নাপায়। কিন্তু সন্তানে নিজৰ কৰ্তব্যখিনি ভালদৰে পালন কৰিলে নিজৰ যোগ্যতা আৰু প্ৰতিভা বিকশিত হ'বই। বহু অনাথ সন্তানে অথবা ৰুগীয়া পিতৃ-মাতৃৰ সন্তানে ধনৰ অভাৱ জন্মগতভাৱে লৈও উন্নত জীৱন আহৰণ কৰে। এয়া তেনে সন্তানৰ আত্মবল আৰু চাৰিত্ৰিক গুণৰ দ্বাৰাহে সম্ভৱ হয়। এনে সন্তানে কোনো ধৰণৰ মানসিক চাপক গুৰুতৰভাৱে নলৈ কৰ্তব্যক সন্মুখত ৰাখি নিষ্ঠাৱান হয় বাবেই সফলতাই তেওঁলোকৰ চৰণ চূমে।

আজিৰ সমাজত কিছু মানুহে প্ৰয়োজনতকৈ অধিক বিচাৰে। সকলো ক্ষেত্ৰতে থকাখিনিক লৈ কেতিয়াও সন্তুষ্ট নহয়। মনৰ ভিতৰত অনবৰতে 'মোৰ নাই', 'মই হ'ব নোৱাৰিলোঁ' ধৰণৰ চিন্তাই তেওঁলোকৰ মনত অত্যাধিক চাপৰ সৃষ্টি হয়। এনে মানসিক চাপত থকা মানুহে নিজেও অশান্তিত থাকে আৰু আনকো শান্তিত থাকিবলৈ নিদিয়। আমাৰ যোগ্যতা আৰু দক্ষতাৰে আমি যি আৰ্জোঁ সেয়াই আমাৰ প্ৰাপ্য। সকলো মানুহৰ যোগ্যতা আৰু দক্ষতা একে নহয়। কিন্তু আমাৰ মাজত বৰ্তমানৰ জাকজমকীয়া জীৱন ধাৰণৰ এক অঘোষিত প্ৰতিযোগিতা চলাই আছে। কিন্তু আমি বুজিবলৈ চেষ্টা নকৰোঁ যে উন্নত জীৱন পৰিক্ৰমা মানে বাহ্যিক জাকজমকতা নহয়— বৰং আনৰ আদৰ্শ আমাৰ লক্ষ্য হোৱা উচিত। অন্যথাই অধিক মানসিক চাপে আমাৰ মাজত থকাখিনিৰ আনন্দও নোহোৱা কৰি পেলায়।

অধিক মানসিক চাপত থকা মানুহৰ প্ৰতি পৰিয়াল আৰু বন্ধু-বান্ধৱসকল সজাগ হোৱাটো এটা দায়িত্ব। কিন্তু চাপত থকাজনৰ (যিহেতু সকলো মানুহেই কম-বেছি পৰিমাণে মানসিক চাপত ভোগে) অৱস্থা চাই সজাগ হ'বলৈ বা সহায় কৰিবলৈ আমি কেইটামান লক্ষণলৈ দৃষ্টি ৰাখিব পাৰোঁ। বাৰে বাৰে চিগাৰেট

খোৱা, বাৰে বাৰে চাহ-কফী খোৱা, নখ কামোৰা, অকলশৰে থাকিবলৈ ভাল পোৱা, সৰু সৰু কথা প্ৰায়েই পাহৰি যোৱা, খিংখিঙিয়া হোৱা, অসংযত হোৱা, স্মৃতিশক্তি হ্রাস পোৱা, কথা ক'ব নোখোজা, ৰোগীৰ দৰে থাকিবলৈ বিচৰা, কৰ্মত অনীহা হোৱা আদি কিছুমান পূৰ্বতে নথকা লক্ষণ দেখিলে আমি সজাগ হ'ব পাৰোঁ।

অত্যধিক মানসিক চাপৰ পৰা পৰিত্ৰাণ পাবলৈ আমি কিছুমান কাম কৰিব পাৰোঁ। ই এটা নিজে সৃষ্টি কৰি লোৱা সমস্যা হ'লেও নানা কাৰণত আমি এনে ধৰণৰ অৱস্থালৈ গতি কৰিবলৈ বাধ্য হৈ পৰোঁ। আগতেই কৈছোঁ মানসিক চাপৰ পৰা আমি আঁতৰি থাকিব নোৱাৰোঁ, কিন্তু ইয়াৰ ক্ষতিকারক দিশটো নিয়ন্ত্ৰণ অৱশ্যেই কৰিব পাৰোঁ।

প্ৰথমে, আমি বহু সময়ত জানো মানসিক চাপৰ বিষয়ে। কিছুমান কথা আওকাণ কৰিবলৈ যত্নও কৰোঁ। কিন্তু ই যেতিয়া আমাৰ জীৱনত ক্ষতিকারক হিচাপে চিহ্নিত হয় তেতিয়া আমি আমাৰ প্ৰিয়জন, বন্ধু-বান্ধৱ অথবা শিক্ষাগুৰুৰ লগত আলোচনা কৰিব পাৰোঁ— যিজনক আমি বিশ্বাস কৰোঁ। উপায় নাপালে আমি চিকিৎসকৰ পৰামৰ্শ ল'ব পাৰোঁ।

দ্বিতীয়তে, আমি চাপৰ পৰা মুক্ত হৈ থাকিবলৈ আমাৰ অভ্যাসবোৰ পৰিপাটীকৈ ৰাখিব লাগিব। নিজৰ ভাল লগা কাম কৰাটোৱে মানসিক চাপৰ পৰা আমাক দূৰত ৰাখে। তেনেদৰে নিজৰ ভাল লগা গান শুনিব লাগে। গান শুনিলে ব্ৰেনে ডোপামিন নামৰ ৰাসায়নিক এবিধ পদাৰ্থ নিঃসৰণ হয়— যাৰ ফলত মানসিক চাপৰ পৰা মুক্ত হৈ উদ্দীপনা উজ্জীৱিত হয়।

পোন হৈ, মূৰ উন্নত কৰি, মেৰুদণ্ড পোন কৰি চলিলে ইতিবাচক শক্তি প্ৰৱাহিত হয় বুলি জ্ঞানী লোকে বিশ্বাস কৰে। ঠিক তেনেদৰে পুৱা-গধূলি নিজৰ সুবিধা অনুসৰি কিছু শাৰীৰিক ব্যায়াম আৰু যোগাসন কৰিলেও মনত প্ৰশান্তিৰ ভাব আহে আৰু আত্মবিশ্বাস বৰ্দ্ধিত হয়। সু-স্বাস্থ্যৰ বাবে শাৰীৰিক ব্যায়াম আৰু যোগাসন যেনেকৈ আৱশ্যক— তেনেকৈয়ে প্ৰয়োজনীয় খাদ্য, পানী আৰু শাৰীৰিক শ্ৰমৰো আৱশ্যক। সময়মতে, খাদ্য গ্ৰহণে আমাক সুস্থ কৰি ৰাখে।

আমি সততে এটা নেতিবাচক মন লৈ থাকিব নালাগে। মনত উদ্দীপনা-উৎসাহ সৃষ্টি কৰাটো আমাৰ নিজৰ কৰ্তব্য। আনক পাৰ্যমানে শাৰীৰিকভাৱে, আৰ্থিকভাৱে সহায় কৰিব লাগে। এই

কামটোৰ পৰা পোৱা আনন্দৰ তুলনা নাই। 'আমাৰ দিবলৈ একো নাই'— ভাবটো আঁতৰালেই আমাৰ মন আৰু সমৰ্থতা দুয়োটাই আহিব। ধৰ্মীয় অনুষ্ঠানত মনৰ ইচ্ছানুসৰি যোগদান কৰা আৰু মন গ'লেই প্ৰাৰ্থনা কৰিব পৰা শুভ মনৰ লক্ষণ। আমি চেষ্টা কৰিলেই ইয়াৰ অধিকাৰী হ'ব পাৰোঁ। সময়-সুবিধা কৰি লৈ ভ্ৰমণ কৰাটোও মানসিক চাপ উপশমৰ উপযুক্ত ঔষধ।

প্ৰকৃতিৰ লগত বন্ধুত্ব থকা মানুহে মানসিক চাপৰ পৰা সহজেই পৰিত্ৰাণ পায়। কম বয়সত আমাক জ্যেষ্ঠ ভাতৃয়ে কৈছিল— 'কাকো ক'ব নোৱাৰা কথাখিনি, দুখখিনি, ক্ষোভখিনি ডাঙৰ গছ এডালক কৰি। ফল পাবি।'

সঁচাকৈয়ে প্ৰকৃতিয়ে আমাক নিঃস্বার্থভাৱে প্ৰশান্তি দিয়ে। হৃদয়ৰ দুখ দূৰ কৰে। সেয়ে প্ৰকৃতিৰ মাজত মাজে মাজে সময় কটোৱা আৰু ঘৰতে গছ-ফুলৰ লগত সময় কটাব পাৰিলে বহু চিন্তা, বহু উৎকণ্ঠাৰ পৰা হাত সাৰিব পাৰি।

হীনমন্যতায়ো আমাৰ মানসিক অৱস্থাত গুৰুতৰ প্ৰভাৱ পেলায়। বিশেষকৈ বৰ্তমান সময়ত কৰ্মস্থলীত পোৱা কামৰ হেঁচা আৰু গুৰুত্ব নোপোৱা বাবে এনে অৱস্থাৰ সৃষ্টি হয়। নিজৰ দক্ষতাৰ স্বীকৃতি নাপালেও অৱহেলাও কোনেও নিবিচাৰে। তেনেস্থলত কৰ্মস্থলীত পোৱা অৱহেলাই অৱসাদ বঢ়ায়— যিয়ে নিজৰ পাৰিবাৰিক ক্ষেত্ৰতো নেতিবাচক প্ৰভাৱ পেলায়। তেনে ক্ষেত্ৰত একমাত্ৰ উপায় হ'ল নিজৰ আত্মবিশ্বাসেৰে দৃঢ় মনৰ গৰাকী হোৱা। এইটো কেৱল নিজেই কৰিব পৰা জৰুৰী কাম। নিজৰ কৰ্মদক্ষতাৰ ওপৰত বিশ্বাস থকাটো প্ৰত্যেক মানুহৰ জীৱনৰ গুৰুত্বপূৰ্ণ কথা। নিজৰ কৰ্মত শিকি লৈ হ'লেও দক্ষতা অৰ্জন কৰিলে কোনো ক্ষেত্ৰত হেঁচা আৰু মানসিক চাপে মানুহৰ ক্ষতি কৰিব নোৱাৰে। অধিকাংশ মানুহেই নিজ কৰ্মস্থলীত অনুকূল পৰিৱেশ লাভ নকৰে। কিন্তু যোগ্যজনে এই পৰিৱেশতো শক্তিশালী মনেৰে নিজৰ যোগ্যতা প্ৰমাণ কৰে আৰু কৰ্মজীৱনত সফলতা লাভ কৰে। মনোবিজ্ঞানী বৰিঙৰ মতে, পৰিৱেশৰ লগত বিশেষ ধৰণৰ সংগতিপূৰ্ণ উপযোজন (Adjustment) কৰিব পৰাটোৱেই ব্যক্তিত্ব। ব্যক্তিত্বই সদায় আত্মনিয়ন্ত্ৰণত সহায় কৰে আৰু মানসিক চাপক নিয়ন্ত্ৰণত ৰাখি মানুহৰ মানসিক অৱস্থাক শক্তিমান কৰে।

আমি জানো যে মনৰ ইচ্ছামতে আমি আমাৰ জীৱন পৰিক্ৰমা, সামাজিক পৰিৱেশ, কৰ্মস্থলীৰ পৰিৱেশ, সন্তানৰ সমস্যা তথা লালন-পালন অথবা আৰ্থিক-পাৰিবাৰিক অৱস্থা সজাবও

নোৱাৰোঁ— সলনি কৰিবও নোৱাৰোঁ। কিন্তু আমি প্ৰত্যেকেই এটা সুস্থ জীৱনৰ ছবি আঁকিব পাৰোঁ— তাতে বং ভৰাবও পাৰোঁ। পৰিৱেশৰ সমস্যা, জীৱনৰ ঘাত-প্ৰতিঘাত আদিৰ পৰা পৰিত্ৰাণ বিচাৰি মানসিক চাপত কষ্ট পোৱাৰ পৰা পৰিত্ৰাণ বিচৰাতকৈ ইয়াৰ সন্মুখীন হৈ নিজকে শক্তিশালী ৰূপত সজায় যুঁজিব পৰা হ'লেহে প্ৰকৃতভাৱে মানসিক চাপৰ পৰা হাত সাৰিব পাৰি। ইয়াত সদায়েই সফলতা লাভ কৰা সম্ভৱ নহয়। জীৱন আছে মানেই সমস্যা-সংঘাত আছে। সমস্যা সংঘাতেহে জীৱনত সফল হ'বলৈ শিকায়।

সেয়ে যিবোৰ কথাত অত্যাধিক মানসিক চাপ পোৱা যায় তেনেবোৰ কথাক অধিক গুৰুত্ব নিদি ত্যাগ কৰিবলৈ যত্ন কৰিব লাগে। ওলোটাই এই চাপৰ ঋণাত্মক দিশটো বুজি লৈ ধনাত্মক দিশটোত অধিক গুৰুত্ব দি আগবঢ়াটো শক্তিশালী মনৰ পৰিচয়। শক্তিশালী মন এটা গঠন আমি নিজে নিজে কৰিব লাগে। ঈশ্বৰে জন্মতে আমাক নাঙঠ কৰিহে পঠিয়ায়। এপদ এপদকৈ, এপল

এপলকৈ আমি আমাৰ শৰীৰক সজাও— মনক সজাও। প্ৰিয়জন, গুৰুজন আৰু সামাজিক পৰিৱেশে সুন্দৰ মন গঠনৰ বাবে সমল দিয়ে। সেয়ে মানসিকভাৱে চিন্তাৰ ধনী হোৱাটো বৰ কষ্টকৰ নহয় যদিও এদিনতে হোৱাটো কঠিন। মানসিক চাপৰ লগত সহবাস কৰি অত্যাধিক চাপক নিয়ন্ত্ৰণ কৰিব পৰাটো কেৱল প্ৰয়োজনেই নহয় সুস্থ জীৱনৰ উন্নতিৰ বাবে প্ৰধান আহিলাও। সেয়ে জ্ঞানীজনে চিন্তাতকৈ কৰ্ম বেছি কৰিবলৈ উপদেশ দি আহিছে। জীৱনত পৃথিৱীত থকা সকলো পোৱা অসম্ভৱ। কিন্তু জীৱনৰ নিজৰ সপোন পূৰাই সফল হ'বলৈ নিজে চেষ্টা কৰিলে চেষ্টা অনুযায়ী ফল পোৱাটো সম্ভৱ। আমাৰ জীৱনটো আনে গঢ়ি নিদিয়ে— আনে আমাক সহায়হে কৰে— গঢ়িব লাগে আমিহেই।

মানসিক চাপে আমাৰ জীৱনৰ পথ নিৰ্দ্ধাৰণত সদায়েই সহায় কৰে। কিন্তু অত্যাধিক চাপৰ বিষময় ফলৰ প্ৰতি আমি নিজেও সজাগ হোৱা ভাল আৰু নৱ প্ৰজন্মকো সজাক কৰাটো আমাৰেই কৰ্তব্য। □

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সময়

গমেই নাপালো
কেতিয়া মাৰ হাতৰ আঙুলি এৰি
নিজে খোজ কাঢ়িব ল'লো,
জোটাই-জোটাই বানান কৰা বাদ দি
আলোচনীৰ লগতে,
উপন্যাস পঢ়িব পৰা হ'লো,
প্ৰথমে লুকাই লুকাই কোনেও নেদেখাকৈ,
তাৰ পিছত সকলোৱে দেখাকৈ।
স্কুলৰ বাৰান্দাত নেওতা মুখস্ত
জমা খৰছৰ অংক আৰু মৌখিক,
এইবোৰ পাৰ হৈ কেতিয়া স্নাতক হ'লো।
গমেই নাপালোঁ কেতিয়া শৈশৱ পাৰ হৈ যৌবনত ভৰি থলোঁ।
সৰু সৰু কথাত ভাল লগা বেয়া লগাবোৰ,
কেতিয়া আৰম্ভিলো, কেতিয়া শেষ কৰিলোঁ।
বাছ যাত্ৰাৰ বিৰক্তিকৰ দিনবোৰ,
অনাহুত ঢাকা ঢাকি
বিৰক্তিকৰ চাৰনি, ঘামৰ গোন্ধ,
কেতিয়া শেষ হ'ল, গমেই নাপালোঁ।
কলেজৰ শ্ৰেণী বোৰ,
এটা কামৰ পৰা আন এটালৈ, দৌৰাদৌৰি
লগৰজনীক বিছৰা আৰু শ্ৰেণীকোঠাৰ সন্মুখৰ ছিট লোৱা।
কলেজৰ ৰাস্তাত পোৱা ভাল নলগা চাৰনিবোৰ
আৰু ভাল লগাজনক বিছৰি খোৱা হাবাথুৰি।
এতিয়া মনত বিৰক্তি নালাগে দেখোন।
চাকৰি কালৰ ব্যস্ততা, প্ৰথম দিনৰ মাদকতা,
Pay days ৰ উষণতা
এতিয়াও মনৰ মাজত সজীৱ অতিত।



নিলিমা গোস্বামী
গুৱাহাটী
(শ্বশাংক মোহন গোস্বামীৰ পত্নী)

কিমান যে আনন্দ, নিজৰ লগতে সমাজৰো সেৱা কৰা দিনবোৰ।
এদিন ন কইনা হৈ, আন এখন ঘৰত
ভয় আৰু সঙ্কুচৰ ভৰি,
লাজ, ভয়, মান সন্মানৰ জীৱনৰ আৰম্ভণি।
আজি মই তদাৰক কৰো
সম্পূৰ্ণ পৰিয়াল।
কেতিয়া কেনেকৈ ঘৰৰ মুৰব্বী হ'লো
গমেই নাপালো।
এখোজ দুখোজ কৈ সংসাৰখনৰ
গভীৰতাৰ পৰা গভীৰতা লৈ
জীৱনৰ কি এক দুৰন্ত গতি,
কেতিয়া কেনেকৈ জীৱন পাৰ হ'ল
শিশুৰ কলকলনিৰ শেষ হ'ল,
মই যেন গমেই নাপালোঁ।
হয়তো এনেকৈই এদিন
মন মোৰ পুনৰ শৈশৱলৈ উভতি যাব,
মনে পৰিবতৰ্নক মানিব নোৱাৰা হ'ব
গম নোপোৱাকৈ, আনে ক'ব
ল'ৰা-বুঢ়া একে সমান,
বাৰ্ধক্যত মতিভ্ৰম।
মই মাথো কমেই নাপালোঁ,
কেতিয়া আৰু কেনেকৈ। □

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গুৱাহাটী বানিজ্য মহাবিদ্যালয়ৰ ছাত্ৰবাসৰ দুখৰীয়া স্মৃতি



অভিজিত বৰুৱা
গুৱাহাটী

১। আমি তেতিয়া PU ৰ ছাত্ৰ। কলেজ ছুটি হোৱাৰ পাচত আমি ল'ৰাবোৰ লগ হৈ বেলেগ বেলেগ গ্ৰুপত কোনো কোনো ৰুমত আন্দা মাৰো। বিশেষকৈ মূল ৰাস্তাৰ ফালে মুখ কৰি খিৰিকীৰ কাষত বহি গান-বাজনা কৰি থকা বাবে ছাত্ৰবাসটোত এক হুলস্থূলীয়া পৰিবেশৰ সৃষ্টি হয়। ৰাস্তাইদি যোৱা স্কুল-কলেজৰ ছোৱালীবোৰ কোনো সাৰি যাব নোৱাৰে।

এদিনৰ ঘটনা। আমাৰ ছোৱালী জোকোৱা পৰ্বটো পুণ্যোদমে চলি আছিল। কেইবাটাও ৰুমৰ পৰা একেলগে সাংঘাতিক হুলস্থূল আৰু বাক্যবান আদিয়ে পৰিস্থিতি উতপ্ত হৈ আছিল। সেইখিনি সময়তে সম্ভবত ছাত্ৰবাসৰ চুপাৰ পূৰ্ণানন্দ শইকীয়া চাৰ কাষতে থকা বাসস্থানলৈ আহি আছিল আৰু আমাৰ কাণ্ড-কাৰখানাবোৰ দূৰৰ পৰা হয়তো নিৰীক্ষণ কৰি আছিল। অলপ পাছত চাৰ আহি উপস্থিত। চাৰে ক'লে 'তোমালোকে ছোৱালী জোকাইছা বাকু ঠিক আছে। কিন্তু ইমান হুলস্থূল চিঞৰ-বাখৰ কিয় কৰিছা। ৰাস্তাইদি অকল ছোৱালীয়ে নাযায় অন্য মানুহো যায়।' এইখিনি কৈ অলপ সময় চাৰ বল, তাৰ পিছত আকৌ ক'লে, 'আমিও আগতে বহুত ছোৱালী জোকাইছিলো বুজিছা কিন্তু এইদৰে নহয়। এনেদৰে ছোৱালী জোকালে কোনো ছোৱালী তোমালোকৰ কাষলে নাহে। অলপ সংযম হ'ব লাগে।' আমি লাজতে মূৰ দাঙিব নোৱাৰিলো।

২। আন এটা ঘটনাও মনত সজীৱ হৈ থাকে। মোৰ যিমান দূৰ মনত পৰে এই ঘটনাটো ১৯৭৭ চনৰ ডিচেম্বৰ মাহৰ। ছাত্ৰবাসৰ সমূহ আবাসীৰ মাজত ঠিক কৰা হ'ল যে আমি এটা পিকনিক খাম। সেই উদ্দেশ্যে সকলোৰে মাজত এখন সভা আহান কৰা হ'ল। সভা অনুষ্ঠিত হ'ল ছাত্ৰবাসৰ কেস্তিনত। তেতিয়াৰ চুপাৰ

কল্যান নাথ চাৰক লগত লৈ পিকনিকৰ আলোচনা হ'ল। আলোচনাত বিভিন্ন দিশ চাই প্ৰথমতে পিকনিকৰ স্থান ঠিক হ'ল মানাহত। দ্বিতীয়তে ঠিক হ'ল এই পিকনিক সকলোৰে বাবে বাধ্যতামূলক। সকলোৱে ইয়াত যোগদান কৰিব লাগিব। অৱশ্যে ইয়াত কিছু ভিন্ন মত আছিল যদিও পিছত সকলো একমত হ'ল। ইয়াৰ পিচৰ আলোচনা গাড়ীৰ ব্যৱস্থা কৰা। হিচাব কৰি চোৱা গ'ল মুঠ আবাসী ১০৮ জন মান হ'ব। গতিকে দুখন বাচ লাগিব। বাচৰ কথা পাতোতে এক আমোদজনক ঘটনা হৈছিল। চিনাকি বাচ থকা বুলি দুজন মানে আগভাগ লৈছিল। কিন্তু তাৰ মাজতে দুই ফৈদৰ বাছ ঠিক কৰা লৈ ভিন্ন মত হ'ল। কিছুমানৰ মতে ব্ৰহ্মপুত্ৰৰ উত্তৰ পাৰে যোৱা বাছ ঠিক কৰিলে ভাল হয় আন কিছুমানে কয় নহয় ব্ৰহ্মপুত্ৰৰ দক্ষিণ পাৰে যোৱা গাড়ী হৈ বেছি ভাল। উত্তৰ পাৰৰ কথা কোৱা সকলৰ যুক্তি যে এই বাছবোৰ দীঘল মানুহ বেছিকৈ ধৰিব। দক্ষিণ পাৰৰ কথা কোৱাসকলে কয় এই বাছবোৰ একেবাৰে নতুন সেইবাবে যাবলৈ আৰাম হ'ব। এনেকৈ বহু সময় ধৰি বাক-বিতণ্ডাৰ পাছত দক্ষিণ পাৰৰ বাছ নিয়াতোয়ে ঠিক হ'ল। বাকী খোৱাবোৱা গাড়ী ভাড়া ৰাফনী আদি সকলো ঠিকঠাক হ'ল। যাত্ৰা দীঘলীয়া হোৱা বাবে মাজ ৰাতিতে যাত্ৰা আৰম্ভ কৰাৰ কথা ঠিক হ'ল।

সকলো প্ৰস্তুতি শেষ কৰি নিৰ্দিষ্ট দিনত যাত্ৰা আৰম্ভ হ'ল। দুখন বাচৰ এখনত গোটেই জুনিয়ৰ খিনি আৰু লগতে খোৱা বস্ত্ৰ, বাচন বস্ত্ৰ, ৰাফনী ইত্যাদি। আনখনত চিনিয়ৰখিনি। আমাৰ আমন্ত্ৰন ক্ৰমে নেকিবুৰ জামানও আমাৰ সঙ্গী হৈছিল। অতি শীতল ডিচেম্বৰ মাহৰ মাজ ভাগত মাজ নিশা যাত্ৰা আৰম্ভ কৰিলো। আনন্দ স্মৃতি

কৰি নলবাৰী পাৰ হ'লো। পুৱতি নিশা অতি ঠাণ্ডা আৰু ডাঠ কুঁৱলী ফালি আমি চিনিয়ৰ খিনিৰ বাচখন আগত আৰু আমাৰ পিছে পিছে সিখন বাচ গৈ আছে। ঠিক পাঠশালা পাৰ হোৱাৰ পিছত এখন সৰু দলঙ আমাৰখন বাচ পাৰ হোৱাৰ পাছত সিখন বাচ দলঙৰ কাষতে ৰাস্তাৰ ওপৰতে বাগৰি পৰিল। ভাগ্যে আমাৰ বাচখনৰ একেবাৰে শেষৰফালে থকা আমি দুজন মানে দেখা পোৱা বাবে চিঞৰ-বাখৰ কৰি বাচখন ৰখাই দৰ্জা খুলি চিধাই বাগৰি যোৱা বাচখনৰ ফালে দৌৰ মাৰিছো। আগপিনে থকা খিনিয়ে কি হৈছে কি নাই একো ধৰিবই পৰা নাছিল। ক'বলৈও সময় নাছিল। বাচখন কাতি হৈ বাগৰি পৰি দৰ্জা কিখন বন্ধ হৈ গ'ল। কেইজন মানে ওপৰৰ খিৰিকীৰে কেকাই গোঠাই ওলাবলৈ চেষ্টা কৰিছে। আমি অলপো সময় নষ্ট নকৰি সন্মুখৰ আইনা গুৰিয়াই ভাঙি এজন এজনকৈ সকলোকে বাহিৰলৈ ওলিয়াই আনিলো।

দুই এজনৰ বাদে বাকী বিলাকৰ বিশেষ একো হোৱা নাছিল। কিছু দুৰৰ Health center লৈ নিয়া হৈছিল যদিও সামান্য dressingৰ বাহিৰে একো সুবিধা নাছিল। ইতিমধ্যে নেকিবুৰে Police stationত গৈ তাৰ পৰা ভগবান লহকৰ চাবলৈ ফোন কৰি সকলো কথা বিবৰি ক'লে। লহকৰ চাব বহুত চিন্তিত হৈ জখম হোৱা খিনিক ইখন বাচত উঠাই তৎক্ষণাত ঘূৰি অহাৰ

নিৰ্দেশ দিলে। বাকী বিলাকক আন বাচ-ট্ৰেইন ধৰি ঘূৰি যোৱাৰ কথা ক'লে। বাচখন চিধাই Gauhati Medical College লৈ যোৱাৰ কথা ক'লে আৰু বাচ গৈ পোৱালৈকে তেওঁ Medical College তে থাকিব বুলি ক'লে। সেইমতে সকলো ব্যৱস্থা কৰা হ'ল। বাচখন নি Medical Collegeত (তেতিয়া Panbazar ত আছিল) সুমুৱাই দিয়া হ'ল। দেখা গ'ল ভগবান লহকৰ চাৰে Medical Collegeৰ সেই সময়ৰ Principal মহন্ত চাৰৰ সৈতে বাহিৰত অপেক্ষা কৰি আছে। আমি আহি পোৱাৰ লগে লগেই stretcher আনিব দিলে। লহকৰ চাৰৰ ইমান চিন্তা হৈছিল যে তেওঁ Medical ত কেইটিমান Room book কৰি থৈছিল যাতে অলপো পলম নোহোৱাকৈ Treatment কৰিব পাৰি। কিন্তু তেনেকৈ প্ৰয়োজন নহ'ল।

সামান্য ভাবে Treatment কৰি আমি সকলো আকৌ বাচৰে আহি Hostel ত গৈ নামিলোঁগৈ। লহকৰ চাৰক কিবাকিবি কাৰণে আমি বৰ ভাল পোৱা নাছিলো যদিও সেইদিনা চাৰৰ মহানুভৱতা দেখি তেখেতৰ প্ৰতি আমাৰ শ্ৰদ্ধাত মূৰ দো খাই গৈছিল। আমি তেখেতৰ কাষত বহুত নিৰাপত্তা অনুভৱ কৰিছিলোঁ।

সেই পিকনিকৰ এনেদৰেই সমাপ্তি ঘটিল। কিন্তু এই স্মৃতি এতিয়াও আমাৰ মাজত জাগ্ৰত হৈ আছে। □

With best wishes from :

**Ms Banti Devi, Anurag Nath, Sushma K,
Master Dhruv Jeet Nath**

Prokash Dutta, Mamoni, Rahul & Pompi

Ramesh Chand Jain & Anjana

Pawan Agarwalla, Lalita, Rohit & Rahul

তীৰ্থৰাজ অশ্বক্লান্ত দেৱালয়ত থকা কুণ্ড (তীৰ্থ) সমূহ



লক্ষ্মেশ্বৰ শৰ্মা
গুৱাহাটী,

“সত্যযুগে পুষ্কৰাণি ত্ৰেতায়াং নৈমিষংমতম্।

দ্বাপৰেতু কুৰুক্ষেত্ৰং অশ্বতীৰ্থ কলৌযুগে।”

তীৰ্থশ্ৰেষ্ঠ অশ্বক্লান্ত দেৱালয়ৰ মাহাত্ম্য ‘যোগিনীতন্ত্র’ পুথিত স্পষ্টকৈ উল্লেখ আছে। এই তীৰ্থত পৰমযোগে, পৰমগতি আৰু পৰমমোক্ষ লাভ হয়। জনবিশ্বাস মতে এই তীৰ্থত ১২টা কুণ্ড থকা বুলি মানি আহিছে। এই কুণ্ড বিলাকক তীৰ্থ বুলিও মান্যতা দিয়া হয়। এই কুণ্ড বিলাক ইন্দ্রশৈলী পৰ্বতৰ পৰা জনাৰ্দন পাহাৰলৈ বিস্তৃত হৈ আছে। কুণ্ডসমূহৰ (তীৰ্থ) বিষয়ে এক সংগৃহীত চমু বিৱৰণ দাঙি ধৰা হ’ল। ইয়াত ভুল-ভ্ৰান্তি হ’লে সুধীমতে শুধৰাই ল’ব।

১। ব্ৰহ্মকুণ্ড : কুৰ্ম জনাৰ্দন মন্দিৰৰ গাতে লাগি থকা প্ৰায় ৬৪ ধনুমান ডাঙৰ কুণ্ড। ইয়াত বিধিসম্মত স্নান কৰিলে আৰু বিধিমতে পিতৃ পুৰুষৰ শ্ৰাদ্ধ, তৰ্পণ আদি কৰিলে আত্মাৰ সদগতি হয়।

২। ব্ৰহ্মসৰোবৰ : ব্ৰহ্মসৰোবৰৰ ব্ৰহ্মকুণ্ডত গাতে লাগি থকা এই সৰোবৰত স্নান কৰি ইয়াৰ মাটি গাত ঘৰি বিধিমতে স্নান দান কৰিলে সৰ্বপাপৰ পৰা মুক্তি পায়।

৩। সিদ্ধি কুণ্ড : জনাৰ্দন মন্দিৰৰ তলত পশ্চিমে ৮ ধনুমান ডাঙৰ কুণ্ড। ইয়াত স্নান আৰু জলপান কৰিলে সকলো পাপৰ পৰা মুক্ত হয়।

৪। গয়া ক্ষেত্ৰ (কুণ্ড) : চন্দ্ৰশিলাৰ উত্তৰে ৬৪ ধনুমান ডাঙৰ গয়াক্ষেত্ৰ। স্থলভাগৰ গয়া ক্ষেত্ৰ আৰু জলভাগক গয়া কুণ্ড (তীৰ্থ) বোলে। ইয়াৰ ঠিক ২২ ধনুমান ডাঙৰ গয়াতীৰ্থ। এই তীৰ্থ পিতৃপুৰুষৰ পৰম প্ৰিয়। ইয়াত পিতৃপুৰুষক পিণ্ডদান কৰিলে পুনৰ জন্ম নহয় বুলি লোক বিশ্বাস।

৫। চন্দ্ৰ কুণ্ড (তীৰ্থ) : ইন্দ্রশৈলীৰ অলপ মাজত অলপ দক্ষিণে উত্তৰস্থানত ৬ ধনুমান বাদ দি ৩ ধনু বহল আৰু ১২৫ ধনু দীঘল চন্দ্ৰ কুণ্ড। ইয়াত স্নান দান কৰিলে কৈৱল্য লাভ হয়। চন্দ্ৰতীৰ্থ মতি মন্ত্ৰেৰে স্নান কৰিলে ব্ৰহ্মহত্যা পাপ নাশ হয়।

৬। মানস কুণ্ড (তীৰ্থ) : চন্দ্ৰকুণ্ডৰ দক্ষিণে ৪ ধনুমান ডাঙৰ মানস কুণ্ড। ই সৰ্ব পাপ নাশক। কাতি মাহৰ শুক্ল পক্ষত ইয়াত স্নান কৰিলে বিষুৱলোক প্ৰাপ্ত হয়।

৭। অমৃত সৰোবৰ (সৰস্বতী কুণ্ড) : মানস তীৰ্থৰ দক্ষিণে ২৮ ধনুমান ডাঙৰ এই কুণ্ড। ইয়াত স্নান কৰিলে বিষুৱপদ লাভ হয়।

৮। ঋণ মোচন কুণ্ড (সৰোবৰ) : অমৃত সৰোবৰৰ দক্ষিণে ১০ ধনুমান ডাঙৰ ঋণ মোচন কুণ্ড (তীৰ্থ)। ইয়াত স্নান কৰিলে দেৱতা, পিতৃ আৰু ঋষিসকলৰ ঋণৰ পৰা মুক্ত হৈ পূৰ্বজন্মৰ দুখৰ পৰা নিষ্কৃতি পায়।

৯। ৰাম কুণ্ড (তীৰ্থ) : ইন্দ্র শৈলী পৰ্বতৰ উত্তৰে ৮০ ধনুমান ডাঙৰ ৰাম ক্ষেত্ৰ অৰ্থাৎ বিষুৱপদৰ উত্তৰে। ৰাম ক্ষেত্ৰ (কুণ্ড) তীৰ্থবোৰৰ ভিতৰত প্ৰধান। ইয়াত ব্ৰাহ্মণক অৰ্চনা কৰা লোকে ব্ৰহ্মলোকত পূজা পায়।

১০। সীতা কুণ্ড : ৰাম কুণ্ডৰ কিছু পূৰ্বে ৯ ধনুমান ডাঙৰ সীতা কুণ্ড। ইয়াত স্নান কৰিলে সোশৰীৰে স্বৰ্গলৈ যাব পাৰে। ত্ৰয়োদশী তিথিত মৌন হৈ ইয়াত স্নান কৰিলে মহৎ ফল লাভ হয়। শাস্ত্ৰোক্ত মন্ত্ৰৰ দ্বাৰা স্নান কৰি ইয়াত বত্ৰেৰে অৰ্ঘ্য প্ৰদান কৰিলে সকলো পাপৰ পৰা মুক্ত হৈ ব্ৰহ্মলোকত বাস কৰিব পাৰে।

১১। নাগ কুণ্ড (তীৰ্থ) : ইয়াত ‘নাগ কুণ্ডেতি বৈকুণ্ঠ’ মন্ত্ৰেৰে

স্নান কৰি নাগবোৰক পূজা-অৰ্চনা কৰিলে সৰ্প দংশনৰ ভয় নেথাকে।

১২। সূৰ্য্য তীৰ্থঃ ইন্দ্র পৰ্বতৰ ১২ ধনুমান ডাঙৰ এই কুণ্ড।
এই তীৰ্থত মানস সিদ্ধি হ'লে সাধকসকলে ৰামক্ষেত্ৰলৈ যাব পাৰে।

ইয়াৰ কেবাখনো তীৰ্থ ব্ৰহ্মপুত্ৰৰ মাজত অৱস্থিত। এই

দেৱালয়লৈ গৈ এই তীৰ্থসমূহত স্নান, দান, তৰ্পণ, পিণ্ডদান, অস্থি বিসৰ্জন আৰু ব্ৰহ্মণক ভোজন কৰাই দান-দক্ষিণা কৰিলে আত্মাৰ মুক্তি লাভ হয় বুলি কোৱা হয়। ইয়াত তাপিত মানৱে দান, জপ, তপস্যা, অধ্যয়ন আদি কৰিলে অক্ষয় ফল লাভ হয়।

ওঁ ব্ৰহ্মপুত্ৰ মহাভাগ শাস্তনোঃ কুলনন্দন।

অমোঘা গৰ্ভসম্ভূত পাপং লৌহিত্যমে হৰ।। □

With best wishes from :

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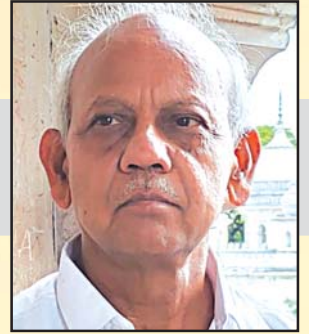
Promitosh Das & Gitali

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অবীন্দ্র চন্দ্র দাস
বঙাইগাওঁ

দুই বজাৰ বাছখনত উঠি মই মোৰ নিৰ্দিষ্ট আসনত বহি বহিলোঁ। কাষৰ সহযাত্ৰীজনে বাহিৰলৈ দৃষ্টি নিক্ষেপ কৰি কিবা ভাবত বিভোৰহৈ থকা যেন লাগিল। বাছখন ইতিমধ্যে যাত্ৰীৰে ভৰি পৰিছে।

উৎকট গৰমত ঘামি-জামি গলোঁ। পিছৰ চিটত বহা ভদ্ৰ মহিলা দুগৰাকীয়ে অনৰ্গল কথা পাতিছে। এগৰাকীয়ে বাতৰি কাকতখনক ভাজ কৰি বিছা আছে।

পিছৰ পৰা কোনোবাই চিঞৰিলে— “ঐ বাছৰ সময় চোন পাৰ গৈ গ’ল। নোযোৱা নেকি”? ঘড়ীটোলৈ চাই দেখিলো ২ বাজি ১৫ মিনিট। কষ্টকৰ হ’লেও নিৰ্দিষ্ট সময়লৈকে ধৈৰ্য্য ধৰিব পাৰি; কিন্তু সেই সময় পাৰ হৈ গ’লে অসহনীয় হৈ উঠে।

বাহিৰত তেতিয়াও ‘চেকাৰে’ চিঞৰিয়ে আছে— ‘ৰঙিয়া, নলবাৰী, পাঠশালা.... আহক আহক।’ বাছৰ ভিতৰ বহিবৰ খালি আসন এখনো নাই। তাৰ পিছতো যাত্ৰী বিচাৰিয়ে আছে। বিৰক্তিকৰ।

এটা সময়ত দ্ৰাইভাৰে গাড়ী ষ্টাৰ্ট দিলে। বাহিৰত বৈ থকা দহ বাৰজনমান যাত্ৰী বাছত উঠি থিয় দিলে। ষ্টেচনৰ পৰা ওলাই যাই পথত উঠাৰ পিছতে দ্ৰাইভাৰে গাড়ীখন বৰখাই দিলে। চেকাৰে অনৰ্গল চিঞৰি আছে— ৰঙিয়া, নলবাৰী, পাঠশালা।’

পিছৰ পিনে বহা ডেকা ল’ৰা দুজনৰ ধৈৰ্য্যৰ বান্ধ চিগি গ’ল চাগে! সিহঁতে দ্ৰাইভাৰক উদ্দেশ্যি অবাইচ গালি-গালাজ কৰিব ধৰিলে। সিহঁতৰ মুখৰ পৰা ওলোৱা অবাইচ শব্দ কেইটাই যাত্ৰীসকলক অস্বস্তিত নেপোলোৱাকৈ থকা নাই। বহু কেইগৰাকী

ভদ্ৰ মহিলা, শিশু, ডেকা, গাভৰু যাত্ৰী হিচাবে বাছত বহি আছে। তেওঁলোকৰ প্ৰতি লক্ষ্য ৰাখি অন্ততঃ অবাইচ শব্দকেইটা ব্যৱহাৰ কৰা উচিত নাছিল। সমস্ত যাত্ৰীয়ে উৎকট গৰমত চাটি-ফুটি কৰি উপায়হীন ভাৱে বাছত বহি থাকিব লগা হৈছে বহুত ধৈৰ্য্য সহকাৰে। ডেকা দুজনৰো অৱস্থা একেই। সেইবুলি এনে আচৰণ গ্ৰহণযোগ্য নহয়। অবাইচ শব্দ ব্যৱহাৰ নকৰাকৈও সিহঁতে সিহঁতৰ ক্ষোভ প্ৰকাশ কৰিব পাৰিলেহেঁতেন!

বাছখনে যাত্ৰা আৰম্ভ কৰিলে। অন্ততঃ অলপ সকাহ পোৱা গ’ল। বাছখনে গতি লাভ কৰাৰ লগে লগে মোৰ মনৰ গতিয়েও বহুদূৰ গুচি গ’ল। সেই তাহানিৰ দিনৰ কাহিনিবোৰ মোৰ চকুত আগত ভাঁহি উঠিল। জ্যেষ্ঠসকলৰ প্ৰতি থকা ডেকাসকলৰ মনোভাৱ, ভাব-ভংগী, ব্যৱহাৰ আদিৰ বিষয়ে ভাবিলে মনটো চোন ভাল লাগি যায়। তাৰ লগত বৰ্তমানৰ পৰিবেশৰ কথা তুলনা কৰিলে মনটো কিবা কিবা লাগে।

‘খুড়া-খুড়ী আপোনালোক দুয়ো ইয়ালৈকে আহক। ইয়াত বহিব পাৰিব। আমি দুয়ো থিয় হৈ যাব পাৰিম’— পিছফালৰ পৰা কোনোবাই চিঞৰি কোৱা কথাখিনিয়ে মোৰ চিন্তাত জট পেলালে। পিছলৈ ঘূৰি চালো। সেই ডেকা দুজনৰ কোনোবা এজনে কথাখিনি কৈছে। সিহঁতৰ দৃষ্টি অনুসৰণ কৰি আগলৈ চাই পঠিয়ালো। বৃদ্ধ দম্পত্তি এহালে আমাৰ সন্মুখত দুই শাৰীমান আসনৰ আগত থিয় হৈ আছে। বৃদ্ধ দম্পত্তিহালে যেন সকাহ পালে। তেওঁলোকে লাহে লাহে পিছৰপিনে গৈ ডেকা ল’ৰা দুজনে বহা আসনত বহি পৰিল। তেওঁলোকে ডেকা

দুজনক কিবা কোৱা যেন লাগিল। পিছে শুনা নগল। নিশ্চয় ধন্যবাদসূচক কিবা এটা ক'লে। হয়তো বহুত আশিৰ্বাদও দিলে। মনটো ভাল লাগি গ'ল।

অলপ আগলৈকে সিহঁত দুজনৰ প্ৰতি থকা মোৰ মনোভাৱত খেলি-মেলি লাগি গ'ল। বৃদ্ধ হালক বহু যাত্ৰীয়ে হয়তো মন কৰিছিল, কিন্তু কোনেও নিজৰ আসন এৰি দি তেওঁলোকক বহাৰ ব্যৱস্থা নকৰিলে। অৰ্বাচ শব্দৰে প্ৰায় সমস্ত যাত্ৰীকে অস্বস্তিত পেলোৱা সেই ডেকা দুজনৰ মানৱতাবোধ দেখি মোৰ লগতে বাকী যাত্ৰীসকলেও নিশ্চয় আচৰিত নোহোৱাকৈ থকা নাই।

কিছুসময় আগলৈকে ডেকা দুজনৰ আচৰণৰ বাবে যি মনোভাৱ পোষণ কৰিছিলো তাৰ বাবে মই লজ্জিত অনুভৱ কৰিলো। আচলতে দুই এটা ঘটনা বা পৰিঘটনাৰ ওপৰত নিৰ্ভৰ কৰিয়ে আমি একোটা সিদ্ধান্তত উপনীত হও। সেয়া শুদ্ধ নহবও পাৰে। মোৰ লেখিয়াকৈ বহুতে তেনে ভুল সিদ্ধান্ত লয়। অলপ সময়ৰ ভিতৰতে মই যেন বহু কথা শিকি পেলালো।

'নলবাৰী, নলবাৰী' বুলি উচ্চস্বৰত চিঞৰা শব্দত মোৰ সন্নিহিত ঘূৰি আহিল। মোৰ গম্ভব্যস্থান পালোহি। লাহেকৈ আসনৰ পৰা উঠি মই বাহুৰ পৰা নামি আহিলো। □

With best compliments from : Shrawan Sarawgi

KAMRUP ALUMINIUM WORKS

MANUFACTURER OF ALUMINIUM UTENSILS SINCE 1977 BASED IN ASSAM



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भारत मे आपातकाल (1975) - एक संस्मरण



महावीर जैन, अधिवक्ता
डिमापुर 9436003147

25 जून 1975 - भारतवर्ष के इतिहास की वह काली रात थी. रात्रि के 12 बज चुके थे. उस काल रात्रि मे भारत के तत्कालीन प्रधानमन्त्री श्रीमती इंदिरा गांधी ने अपने गृह निवास पर आपातकालीन मंत्रालय की बैठक बुलाई. काली रात्रि के समय उस बैठक मे केन्द्रीय गृह मंत्री श्री ओम मेहता एवं मंत्रालय के कुछ विश्वसनीय केन्द्रीय मंत्री, पश्चिम बंगाल के मुख्य मंत्री श्री सिद्धार्थ शंकर रे और कांग्रेस के भरोसेमन्द कुछ प्रमुख कार्यकर्ता उपस्थित थे. प्रजातंत्र को ताक पर रख कर श्रीमती इंदिरा गांधी ने अपने मंत्रालय का प्रस्तावित निर्देश पर तत्कालीन राष्ट्रपति श्री फखुरुद्दीन अहमद द्वारा भारतीय संविधान की धारा 352 के अनुसार सम्पूर्ण देश मे आपातकाल के निर्णय पर मुहर लगवा दी.

26 जून 1975 को प्रातः काल से ही आपातकाल की सूचना रेडियो पर जारी कर दी गयी. उसके पूर्व 25 जून 1975 को उस काल रात्रि मे ही सम्पूर्ण देश के देशभक्तों, राष्ट्रीय स्वयंसेवक संघ के प्रमुखों एवं सरल स्वयंसेवकों एवं विपक्षी दलों के शीर्ष नेताओं को गिरफ्तार कर काल कोठरी मे बंद कर दिया गया. आपातकाल मे 13000 से भी अधिक निरपराध देशभक्तों को गिरफ्तार किया जा चुका था,

उस आपातकाल के दिनों मे मेरे अभिन्न मित्र श्री आलोक सिंघल के घर विपत्ति आन पड़ी थी. मै उस समय गुवाहाटी कॉमर्स कॉलेज, चांदमारी मे बारहंवी की पढाई कर रहा था. मै और मेरे कुछ सहपाठी मित्र कुमारपाडा पांचाली के निकट एक मेस बनाकर एक साथ रहा करते थे. आलोक सिंघल हमारे मेस के सामने ही रहा करता था. घर मे उसके माता-पिता और वह कुल तीन सदस्य ही रहते थे. उसके पिता (स्वर्गीय) श्री मदन सिंघल राष्ट्रीय स्वयंसेवक संघ के सक्रीय कार्यकर्ता थे. वे एक सच्चे देशभक्त इंसान थे. आपातकाल मे उन्हें भी गिरफ्तार कर कारागार मे डाल दिया

गया. आलोक की आदरणीय माताजी अत्यधिक भयभीत हो गयी थी. उनको ऐसी अनुभूति हुई कि कहीं आलोक की भी गिरफ्तारी न हो जाय. क्योंकि आलोक स्वयं भी शाखा का एक नियमित स्वयंसेवक था. माताजी ने आलोक को अन्य सुरक्षित स्थान पर भेज दिया. घर पर माताजी अकेली रह गयी थी. जन-साधारण में आपातकाल का भय इतना अधिक था कि उनके परिवार एवं निकटस्थ कोई भी सदस्य आलोक की माताजी को सहायता एवं सहारा देने के लिये सामने नहीं आया. श्री मदन सिंघल जी का उस समय सम्पूर्ण आसाम में बाबा पान मशाला का डीलरशिप था. व्यापार का काम भी बहुत बड़ा था.

मैं भी डिमापुर में राष्ट्रीय स्वयंसेवक संघ की शाखा का प्रारम्भ से स्वयंसेवक रहा हूँ. प्रारम्भ से ही मैं निर्भीक और साहसी भी रहा हूँ. उस समय राष्ट्रीय स्वयंसेवक संघ के प्रचारक आदरणीय श्री भास्कर कुलकर्णी डिमापुर के प्रभारी भी थे. उस समय उन्होंने मेरी बहुत ही हिम्मत बढ़ाई थी. व्यापार का भी मेरा अच्छा अनुभव प्रारम्भ से ही रहा है. क्योंकि डिमापुर में हमारी भी बाबा पान मशाला और सुपारी आदि का दूकान था.

आदरणीय भास्कर कुलकर्णी के मार्गदर्शन से मैं आलोक की माताजी का घर तथा व्यापार के कार्यों में सहायता करने लगा. माताजी के साथ ही रहने लगा. प्रत्येक महीने में एक बार नलबाड़ी कारागार में श्री मदन सिंघल से मुलाकात करने आलोक की माताजी के साथ जाया करता था. साथ में खाने की सामग्री भी ले जाया करता था.

21 महीने के बाद 21 मार्च 1977 को आपातकाल समाप्त हुआ. श्री मदन सिंघल कारागार से मुक्त हुए. वे जब घर आये और मेरी सेवा की उन्हें जानकारी मिली तो खुश हो कर उन्होंने मुझे एक हज्जार रुपये का बाबा पान मशाला का कोटा दे दिया. उस समय बाबा पान मशाला और बजाज स्कूटर प्रीमियम में बिका करता था. इस प्रकार मुझे प्रत्येक महीने में पाच सौ की कमाई होने लगी थी. इससे मैंने अपनी CA तथा LLB की पढ़ाई की. अपने छोटे भाई जो पिलानी से इंजीनियरिंग कर रहा था उसकी पढ़ाई कराई. वह अपने बलबूते पर आज सक्षम बना है.

इस प्रकार एक राष्ट्रभक्त परिवार की स्वस्फूर्त निस्वार्थ भाव से की गयी मेरी सेवा तथा देशभक्ति की भावना ने मेरे जीवन पर एक गहरी छाप छोड़ रखी है. साथ ही साथ सिंघल परिवार के सहयोग ने मुझे आर्थिक दृष्टि से स्वावलंबी भी बनाया. उनकी त्याग, तपस्या तथा देशभक्ति और राष्ट्रभक्ति ने मुझे इतना प्रेरित किया कि मेरे अन्दर राष्ट्रभक्ति की भावना कूट-कूट कर भर गयी. आज मैं जो कुछ भी प्राप्त कर पाया हूँ उसमें मेरे सरलमना पिताजी एवं सिंघल परिवार से अनायास हुए जुड़ाव के कारण ही संभव हुआ है.

स्वर्गीय श्री मदन सिंघल जी के बलिदान को मेरा शत-शत नमन, जिसका सुनहरा प्रतिफल आज हम भारतवर्ष के इस अमृत महोत्सव काल में देख रहे हैं. □



मंजु लाधा, दिल्ली
राजेन्द्र पेड़ीवाल की बहन

गिरगिट नेता

बदलतै मौसम सा बदल जाता है नेता का रंग रूप,
जैसे बारिश के मौसम में अचानक निकल जाती है कडकती धूप.
हर पल बदलते रूप से, प्रकृति भी हो रही है हैरान,
एक चेहरे पर कई चेहरे कैसे लगा लेता है इन्सान.

बेचारी जनता भी फंस रही, नेता ओर कुदरत के जाल में,
बेबस खडा सोच रहा, कब मुक्ति मिलेगी इस मकडजाल से,
कब तक झेलते रहेंगे, बेमौसमी प्रकृति की मार को,
और सहन करने रहेंगे, बेगैरत नेताओं के अत्याचार की.

दोनों अपनी मर्जी से निरंतर, अपनी चालें चलते हैं,
इनकी छाया के नीचे घर-परिवार कहाँ हमेशा फलते हैं.
एक दिन अपने बलबुते ही, हिम्मत करके जीना होगा,
गर जज्बा हो सीने के अन्दर, हिम्मत तो हर सपना पुरा होगा.

श्रीमति मंजु लढा, दिल्ली
47, Chitrakut Appartment Near Karkardooma Court.



भूली यादें - दोस्तों के साथ

संकलन : राजेन्द्र पेड़ीवाल
अहमदाबाद

उम्र को इस दलहीज पर आकर,
जब यादों के पत्रे पलटना हूँ,
याद आ जाती है भूली-बिरसी बातें,
नन्हें बच्चों सा फिर मैं मचलता हूँ.

मेरे गाँव की गलियों, पगडंडियों से,
मेरे कदमों की आहट देती है सुनाई.
कालेज की हर खिडकी-चौखट से,
दोस्तों कहकहे दे जाते हैं सुनाई.

जीवन के इस झंझावातों में,
जाने कितने बरस ही निकल गए,
जो लम्हे बिताए थे संग हमने,
जाने कब हाथ से फिसल गए.

अब फिर एक अवसर मिला है.
संग में साथ बिताने का,
हाथ से अब जाने नहीं दुंगा,
वादा है मिलने-मिलाने का □

The Tech-Psyche



Hanshika Roy

Bangalore

(Niece of Sumana & Sumanta Roy)

“It has become appallingly obvious that our technology has exceeded our humanity.”- Albert Einstein.

The increasing capacity of technology to structure our mental status to guide us to the path of decision making in ways which is relevant for our well being has somehow turned every individual into a robotic being. Here in the 21st century, the world has become nothing but a digital hub. The media accessibility has brought very significant distinction with their cohorts. According to a survey, the “digitods”- children born after 2008, show some divergent patterns of digital behaviour if compared to their previous generation in effect to the swift revolution of digitalization. The intense accessibility to digital media has travelled from parents, who incline to be digital operators and consumers themselves and uses “digital parental technique” approaches.

The human mind and behaviour of individuals are not only affected by the virtual reality but even influenced to some extent. “Cyberpsychology”- psychological phenomenon associated by the emerging technology has been introduced to the

field of psychology. The human mind is a hub of innovations and discoveries. It grabs opportunities which shows greater success to the interests of an individual. The cyberspace is a web of excellent growth and development with equivalent lacking of individual intelligence and interpersonal skills. The digital population is not only trapped in the cocoon of virtual reality but even expect affirmations from it. Online identity, transference to computers, online relationships, etc. can not only be deceptive but can also bring in the feeling of low self-esteem at the saturation level. Ostracism has become a key term in the immersive virtual environment with a constant need to be virtually active in order to have a social identity. Researchers have stated that fluctuating moods of people is interlinked with media, influencing the social well-being of a person. The size of an individual’s technology oriented social networks is directly linked to the brain structure associated with social cognition.

“FOMO- Fear of Missing Out”, is a persistent feeling of the digital population. This is the byproduct of excess social media usage. It is a

constant need to keep a check on people to stay updated about someone else’s personal life. And this is followed by “FOBM- fear of invisibility, a constant need to update about ones won life. Virtual spirits of competition arise within people which uncertainly results in the higher anxiety levels- a mediating factor between increased social media usage and decreased self-esteem. This addictive behaviour is not only harming the sanity of a human mind but also distorting them from the real world to the virtual environment. The human psyche is the most fragile part of the human anatomy. It can be compared to that of water, moulding the conscious and the unconscious according to the understanding and interests of a

person.

Along with a sense of social connectedness and belongingness, comes in increased levels of lack in physical interpersonal relationships. People very often tend to mislead themselves in understanding whether technology is a boon or an affliction. Modern technology has surely succeeded in reducing human effort to the greatest extent but in return have increased human’s dependency on it. The effort to use ones creativity, skills and to have strong emotional intelligence has somewhere lagged behind the walls of the digital structure. Bridging the gap between the two should ideally be the motive to have the right balance between the human mind and its physical behaviours. □

With Best Compliments from : Madan Siotia

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THE SECRET



Dixa Barooah

Pune

(Daughter of Mousumi & Satyajit Barooah)

I look nervously around the room. Dad is not home yet and won't be until 9pm. Thank goodness for that! I look at the carcass at my feet. This does not look too good. I look around the room once more and reality begins to set in. This random guy is dead, at my feet. What have I done? I really should have controlled myself. What will Dad say? What do I do? If Dad finds out? I look at the clock. It's ticking calmly - 8:05 pm. Almost an hour before Dad comes home. I must do something. Dad absolutely can't find out.

I get to work. I drag the dead guy away from the crime scene. I have to be careful. We cannot have telltale signs. I am a clever girl, I can do this! (fingers crossed). This is my first kill after all and anything could go wrong if I'm not careful.

8:07pm - Heart palpitations rising. The fact slowly sinking in that I murdered someone. I was too careless. But what's done is done. Time ticks softly by. Drag drag drag the body.

8:15pm - I cautiously look out the window. The coast seems clear. It is the back yard and neighbours come out often to hang clothes or throw garbage or walk around. I hope they do not see me. The body is heavy and it grows heavier by the minute. Or am I just imagining it? Heart beats loudly

against my ribs. If I do this right, no one will find out. I take the body out to a dark corner near the house. I can hear the clock ticking against my loud heartbeat. Tik-Tok. Merciless.

8:23pm - I am startled by a creak and I immediately jerk away from the body. It is Mr. Neighbour. He's opened his backyard door to throw a packet of rotten meat into his dumpster. I do like Mr. Neighbour but today his sight fills me with dread. I huddle into the shadows more and my back hits a trash can. A clang rings out. Neighbour immediately gets alert. "Who's there?! Who is it?", he shouts, with concern. "It is I Dorothy, Mr. Neighbour! Don't worry!", I shout back, "Sorry! I was just...just taking out the trash", I shout again. Hope I sound normal.

"Oh!!", The neighbour sounds relieved. He does not press me further. Thank goodness.

8:27 pm - "Good night sweetheart!" he says as he closes his door and footsteps fade inside his house. Me? Sweetheart? I was a good girl once upon a time. Today? I have my doubts as my hands rest on the dead body's chest, in the shadow, safe from Mr. Neighbour and other prying eyes.

I must get to work! What's the time? I have to be quick. Quick! I furiously move the soft mud.

8:40pm - I grunt as I throw the body into the ditch I dug up. Digging takes so long! "It's good, this guy is a short fellow" I think as I aggressively dump the soft mud back onto the dead guy. "Good bye", I think, "Good riddance" I think. My mind is running with too many thoughts. I will be a good girl again and no one will know.

8:58pm - This is harder than I thought. I rush. Dad will be here any minute now.

9:02pm - The front door Latch slowly turns. I make one last effort to try smoothening out the top soil and I run into the house to see Dad coming in.

"My baby!", He cries, hugging me. "Dad!!!", I yell, perhaps loud enough for the neighbours to hear.

Dad immediately notices my dirty muddy hands. Drat. I did not get time to wash them. Goodness. Now what. "What's this? What have you

done now?" He frowns and soon after sniffs the air with a disgusted face, "And what is this smell? Stinks like a DEAD ANIMAL is here.. ugh!" He runs off to open the windows. I try remain calm. He must not find out.

He then goes to the cabinet, "You must be hungry yes? My baby..", He trails off as he opens up a can of sausages and dumps it into a bowl. "Gotta take us to the vet tomorrow . Get you checked. I hope you're not eating dead racoons, that would be nasty", He pats my head lovingly. "YES!", I say. Dad chuckles at my bark. "Good girl! Who's a good girl? You! You are a good girl!!!", He coos.

Yes Dad. I am a good girl and I'll always will be your good girl. You mustn't know. You needn't know. Tabby is 6 feet under for trying to break into your house and I protected us. I am a good girl.

I attack my feeding bowl happily. □

With best wishes from :

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

Satnam Singh Syan, Updesh Kaur Syan & Harmit Singh Syan

Rajendra & Pramila Periwal

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

Sufal Kr Dutt & Nirobi Dutt



Afsenta Sarma

Bangalore

(Daughter of Nilima Devi & Laksheswar Sarma)

THE POET



For her, those were not mere droplets of water
But a cascade of words
Words that she would pen down,
Into a lovely metrical composition
Pouring the whole lot of emotions,
Be it her pain or her loneliness
You and I are simple readers.
Passionated ones will feel her.

Feel her undried wounds.
She speaks her heart out through every simple verse,
That she craves
Not just an accrual of some sentences
But she speaks the meaning of life
She observes things, shapes it worthfully
In a mesmerizing way
Soothing to our ears
Pleasing to our minds
Yes !! she is a poet. ■

In a lighter vein...

While enjoying their candle light dinner at Hotel Mourya, in Patna, ordered on the occasion of their marriage Anniversary, the 70+ couple really behaved very special and was being noticed by the waiters.

Unusually, very often the waiters came to their table and asked if they need any help.

Finally, the couple finished & asked for their bill.

The waiter presenting the bill for payment, could not resist himself and asked the lady–

Mam! May I ask you the reason why you started your dinner only after 'Sir' completed and washed hands?

Ooh what a pretty question my boy!!! Listen, at this stage of our life, please tell me, who will realise our problem?

I am sorry to tell you the naked truth. Still listen my boy, we, between us, have only one pair of tooth for which, I could start only after he finished and washed. □

* * *

A muscle man having a huge group of friends used to spend some time every evening with them in spite of his busy schedule.

He was very shy by nature, to face the female folks and always avoided it.

His marriage was fixed by his parents and one day he disclosed it to his friends.

So, the friends started pouring in all sorts of their valuable advice on how to face a girl friend and the bride in fact.

They advised that he should only speak in his softest tune and speak only about good things. On



Ratul Goswami
Guwahati

his first night, he should be in his most soft heart & words and a 'rosy' topic should only be initiated.

Finally he got married and on the first night he came to their bed very late after working hard in the gym.

After a long preparation and enough of practice, he faced his wife at night in the bed. And you know what he did?

He started with his kind & softest possible voice–

Kusti Loregi. □

* * *

The newly wed Daughter in law asked her Mom in law, the very next morning of their 1st night, in her most polite tone, “Mom, tell me, what should I prepare today”?

The Mom-in-law was also in her most polite and told in her softest possible voice, “Sweet daughter, today is your day. Whatever you like and in which you have your perfection, please make that. I will eat that only.”

After a short while, the sound came from the kitchen–

Mom please tell me, should I put soda or plain water in yours .

God bless her! □

[Collected]

Human Life - Lifestyle & Karma



Pankaj Paul
Kolkata

Human Life - Lifestyle & Karma.

Our Body - is made of Pancha Tatva - Pritvi, Aakash, Vayu, Agni, and Jal. (Earth, Sky, Air, Fire & Water).

When anybody dies ...

We put FIRE in deadbody

Flame goes on AIR

It goes to AAKASH

We clean the Chulla with WATER or we throw the ashes in WATER.

Ashes of body finally mix with EARTH.

Thats the end of BODY .

KARMA :- Karma means Action. Thoughts & Words are main for Action. World knows karma as Law of Karma. The Law of Action & Reaction. It is law of Boomerang - what goes around comes around . Words are like sharp arrows & carry a great impact. We keep thinking, talking, doing, hearing, eating, drinking, reading, writing and sleeping etc. all are Karma.

The first thing we do after birth is we take breath and also return it back (inhale & Exhale) is also Karma.

Speak softly (Dhire Bolo).

Speak Less(Kom Bolo).

Speak Sweet (Mitha Bolo).

Hear No Evil.

Speak No Evil.

See No Evil.

Do No Evil .

Think, Speak and Act lovingly, quietly & peacefully. Anchor your thoughts on peace harmony, goodwill to all.

We are giving 3 things to the world

* Thoughts & Feelings

* Our Words

* Our Behaviour /Our Karma.

What we will think & what we will do is totally depend on us. Result or Returns of our own Karma keeps depositing whether it is positive or negative and we face the consequence in our lifetime . Some results of our Karma come back in our next life too. Those Karma also called as the accumulated action done in past.

Do good things and good will come back to you and do bad things & you face the result.

In relationship, what we give is what we receive in return. Love is highest priority in human relationship.

Whatever the situation in any field, my life is the consequence of my own Karma.

Suppose : If you send a Black ball to me, I will send you back the Black ball only...but if it is White ball you will receive White ball ... Life works on same principle, whatever you give to your life, life will return you the same thing.

So keep sending or radiating love, peace, joy, harmony and enjoy the beautiful life. Karma can be understood from Newton's Law of Motion ..." for every action there is an equal & opposite reaction ".

If you help somebody .. in return he may not help you back ,but somebody else will help you . This is the law of Karma. If you are feeling good today .. somebody is talking good about you .. you can be sure of this.

There may be more than one owner of a property. But I am the only owner of my Karma, so I am only to face the Karma Fal alone.

KARMA .. finds the address of every doer anywhere in the Globe - good or bad it will be delivered.

In Bengali it says-

“কর্ম তুমি করেছ যেমন
লিখেছো তোমার ভাগ্য ...
ভালো মন্দ যেটাই করো
সেটাই হবে প্রাপ্য”।

“What we live today is the result of our yesterday's thought, and what we will live tomorrow is the result of our today's thoughts”

In Hindi it says ...

“Jo faisle , aaj hum kar rahe hain,
Owo kaal humara faisla karega”.

But, we can make our own destiny...

If my present life is the result of my past Karma...

Then I can create my Future by my Present Karma.

Lifestyle is the way a person lives & it reflects the attitude & values of a person. Knowledge, Integrity, Discipline, Honesty, Sincerity, Loyalty, Purity, Peace, Love, Happiness, Best Habits & Power are few essential Values to live a better life.

Health is a state of complete Physical, Mental and Social well being. It is necessary the combination of all three Healths well being for a Human being to live a fine life.

One of India's Richest man Mr. Rakesh Jhunjunwala said “I have better things in my life than money but not Health. God has given me everything Wealth, Success, good Wife, good Friends, a House of 5000 sq.ft., Mercedecze Car - I wish he could give me Good Health”.

Remember — My daily Thoughts . My daily Diet. My daily Habits —makes My Good Health.

It Is My Responsibilities Towards Myself.

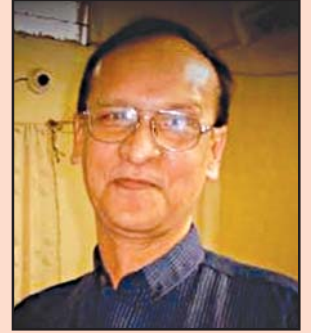
My State of Mind is my Health

HEALTH is FIRST.

Maintain Good Health

Live a Finest LIFE .

Ashamed of my Hindi



Dhruvajit Dutta
Guwahati

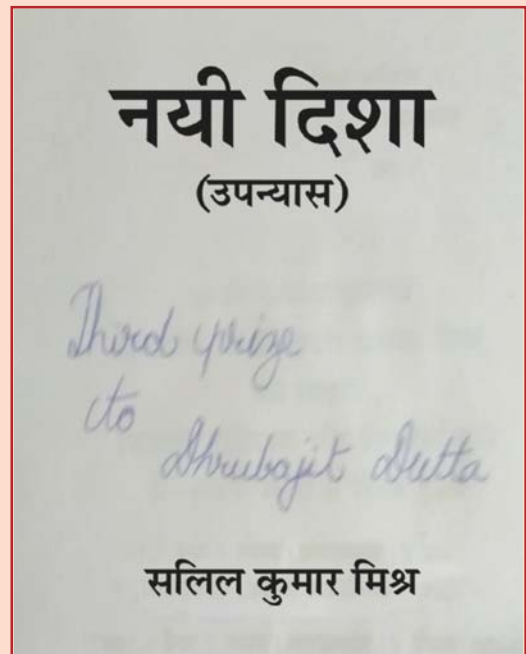
I never had any formal learning of Hindi language in school. I don't know why or how it happened to me. Often I feel for this shortcoming. Many a time, I came across situations which reminded me about my lack of knowledge on this sweet language.

I remember one such incident vividly till today. Being in banking profession, I had to undergo many training programmes on different subjects. Once, I was identified to attend a three-day training programme on introduction to Hindi. I was taken aback with the news! Immediately, I started utilising my resources to depute someone else in my place. Nothing worked. Finally I have to proceed for the training. First day, during introductory session, I realised that except me all other trainees are well versed with Hindi language. When my turn came for self introduction, without any hesitation, I expressed my predicaments on this language without any guilt in mind. The faculty in the classroom gave a patient hearing to my deliberation. Colleague sitting to my next then stood up to introduce himself. The teaching faculty interrupted and requested him to take seat for a while. He then draw the attention of the class and looking at me he said - 'Each of your colleague present in this class, including myself will help you throughout this training programme. Please feel comfortable.' I was obliged and thankful to him.

Then came the final day when we have to

appear for learning Test. After distributing the question paper, the faculty said "I am going out for a cup of tea, please help Mr Dutta to understand the questions". And he left the class. Immediately thereafter the surrounding colleagues started whispering at me - Answer for Q1 is C, Q3 is D Q23 is A... had lot of neck exercises'.

Exam Time is over - please stop writing. Teacher collected all the answer sheets. Lunch break... result will be out after that. Now the time has come- result is out. Are you worried about my result... here it is... ❑





With best compliments from:

A

Well Wisher



CryptoCurrency

What Is Cryptocurrency?

Cryptocurrency is an internet-based medium of exchange that uses cryptographical functions to conduct financial transactions. Cryptocurrencies leverage blockchain technology to gain decentralization, transparency, and immutability.

The most important feature of a cryptocurrency is that it is not controlled by any central authority: the decentralized nature of the blockchain makes cryptocurrencies theoretically immune to the old ways of government control and interference..

Cryptocurrencies can be sent directly between two parties via the use of private and public keys. These transfers can be done with minimal processing fees, allowing users to avoid the steep fees charged by traditional financial institutions.

Cryptocurrency received its name because it uses encryption to verify transactions. This means advanced coding is involved in storing and transmitting cryptocurrency data between wallets and to public ledgers. The aim of encryption is to provide security and safety.

Basically, cryptocurrencies are entries about tokens in decentralized consensus databases. They are called CryptoCurrencies because the consensus-

keeping process is secured by strong cryptography. Cryptocurrencies are built on cryptography. They are not secured by people or by trust, but by math. It is more probable that an asteroid falls on your house than that a bitcoin address is compromised.

Describing the properties of cryptocurrencies we need to separate between transactional and monetary properties. While most cryptocurrencies share a common set of properties, they are not carved in stone.

Cryptocurrencies are digital gold. Sound money that is secure from political influence. Money promises to preserve and increase its value over time. Cryptocurrencies are also a fast and comfortable means of payment with a worldwide scope, and they are private and anonymous enough to serve as a means of payment for black markets and any other outlawed economic activity.

While cryptocurrencies are more used for payment, their use as a means of speculation and a store of value dwarfs the payment aspects. Cryptocurrencies gave birth to an incredibly dynamic, fast-growing market for investors and speculators.

How Does Cryptocurrency Work?

A cryptocurrency is a digital, encrypted, and decentralized medium of exchange. Unlike the U.S. Dollar or the Euro, there is no central authority that manages and maintains the value of a cryptocurrency. Instead, these tasks are broadly distributed among a cryptocurrency's users via the internet. Bitcoin was the first cryptocurrency, first outlined in principle by Satoshi Nakamoto in a 2008 paper titled "Bitcoin: A Peer-to-Peer Electronic Cash System." Nakamoto described the project as "an electronic payment system based on cryptographic proof instead of trust."

That cryptographic proof comes in the form of transactions that are verified and recorded on a blockchain.

What Is a Blockchain?

A blockchain is an open, distributed ledger that records transactions in code. In practice, it's a little like a checkbook that's distributed across countless computers around the world. Transactions are recorded in "blocks" that are then linked together on a "chain" of previous cryptocurrency transactions.

"Imagine a book where you write down everything you spend money on each day," says Buchi Okoro, CEO, and co-founder of African cryptocurrency exchange Quidax. "Each page is similar to a block, and the entire book, a group of pages, is a blockchain."

With a blockchain, everyone who uses a cryptocurrency has their own copy of this book to create a unified transaction record. Each new transaction as it happens is logged, and every copy of the blockchain is updated simultaneously with the new information, keeping all records identical and accurate.

To prevent fraud, each transaction is checked using a validation technique, such as proof of work or proof of stake.

"The best-known crypto, Bitcoin, is a secure, decentralized currency that has become a store of value like gold,"

Is cryptocurrency safe?

Cryptocurrencies are usually built using blockchain technology. Blockchain describes the way transactions are recorded into "blocks" and time stamped. It's a fairly complex, technical process, but the result is a digital ledger of cryptocurrency transactions that's hard for hackers to tamper with.

In addition, transactions require a two-factor authentication process. For instance, you might be asked to enter a username and password to start a transaction. Then, you might have to enter an authentication code sent via text to your personal cell phone.

Unlike government-backed money, the value of virtual currencies is driven entirely by supply and demand. This can create wild swings that produce significant gains for investors or big losses. And cryptocurrency investments are subject to far less regulatory protection than traditional financial products like stocks, bonds, and mutual funds.

What is Cryptocurrency: Conclusion

The market of cryptocurrencies is fast and wild. Nearly every day new cryptocurrencies emerge, old ones die, early adopters get wealthy and investors lose money. Every cryptocurrency comes with a promise, mostly a big story to turn the world around. Few survive the first months, and most are pumped and dumped by speculators and live on as zombie coins until the last bagholder loses hope ever to see a return on his investment.

Why is CryptoCurrency Important?

The advantages of cryptocurrencies include cheaper and faster, permissionless money transfers and decentralized systems that do not collapse at a single point of failure. ❑

[Writer is the son of one of our member.]

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