

# AHA Sandesh



Level 6, 93 George Street, Parramatta NSW 2150

Vol - 02, Oct 2019

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**Gladys Berejiklian MP**  
Premier of New South Wales

**Haryana Day  
Association of Haryanvis in Australia**

My best wishes to the Association of Haryanvis in Australia and to all those with connections to Haryana as you celebrate the birth of this progressive Indian state.

Haryanvis everywhere can be proud of the achievements of their ancestral homeland. Since its formation in 1966, Haryana has become one of the most economically developed regions in South Asia.

I take this opportunity to commend the Association of Haryanvis in Australia for its work in promoting the rich Haryanvi culture in its new homeland.

The NSW Government also applauds the Association for helping the Haryanvi community to settle and connect with the broader Australian society.

**Gladys Berejiklian MP**  
Premier of NSW



The Hon Daniel Andrews MP

Premier of Victoria

1 Treasury Place  
Melbourne, Victoria 3002 Australia  
Telephone: +613 9651 5000

D19/295020

### MESSAGE FROM THE PREMIER

I'd like to extend my very best wishes to the Association of Haryanvis in Australia as you celebrate the anniversary of the founding of Haryana.

This milestone is a wonderful opportunity to celebrate the rich heritage of our Haryanvi communities – and the remarkable contributions they make to our nation every single day.

Thank you for all the work you have done, and continue to do, in making Victoria and Australia stronger and more successful.

Dhanyawad.

The Hon Daniel Andrews MP  
Premier



**Acharya Devvrat**  
Governor, Gujarat  
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**1 - NOV 2019**

## MESSAGE

It gives me immense pleasure to learn that the Association of Haryanvis in Australia – AHA is celebrating the 53<sup>rd</sup> birth anniversary of Haryana state in Sydney, Australia.

I am happy to extend my heartfelt greetings to the Haryana Day celebration. I hope that this celebration will be a remarkable effort to showcase our rich culture as well as Haryanvis unforgettable contribution to Australia. I am glad to say that this celebration will be an opportunity for Haryanvis who are in Australia to stay connected with their roots as well as pass on our rich cultural inheritance to the next generation.

Haryana is a land where saint Ved Vyas wrote the Mahabharat epic and Lord Krishna preached the karma-yoga through Shrimad Bhagawat Gita to Arjun. One of the messages of Shrimad Bhagvad Gita is स्वकर्मणा तमभ्यर्च्य सिद्धिं विन्दन्ति मानवाः.. you have achieved your great success – सिद्धि with the help of Hard-working that is your – कर्म. . .

I am trying to make possible my verbal presence in your grand celebration by sending these few words of good wishes.

I wish the publication of souvenir a great success.

(Acharya Devvrat)



**Manish Gupta**  
**Consul General**



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30 October 2019

### **Message**

I am happy to learn that Association of Haryanvis in Australia (AHA) is celebrating Haryana Day on 10 November 2019 at Rosehill Gardens and is bringing out its annual publication 'Sandesh' on this occasion.

The day holds a special significance for the community members. The name Haryana means the abode of God. With a history dating back thousands of years, the state houses several sites from the Indus Valley Civilization. It has taken rapid strides in its socio-economic development and has provided eminent sportspersons. It represents the face of modern India.

I appreciate the efforts of AHA for bringing together all the community members living in Australia. I extend my heartiest congratulations to AHA team and the entire community on this occasion and wish the Association all success in its endeavours.

  
(Manish Gupta)

# Message from the Presidents

**Dear Friends,**

It's our honour to present to you, the second edition of our annual souvenir Sandesh. We have come a long way since we embarked our journey to preserve and promote the rich Haryanvi culture of brotherhood & industriousness amongst Haryanvis and their future generations and seamless integration with the Australian values & Culture.

We have worked tirelessly over the last one year and have stayed fully committed to the vision that we had set for the association. We had promised to you that we would be setting up a Senior's Recreation Centre, conduct regular 'Open Days' for our students and new migrants and continue to celebrate our festivals with josh and fervour whilst working with the local government bodies.

It gives us immense happiness and satisfaction to let you know that we are the proud recipients of the NSW Government's Grant under 'Project Milap' and have been able to secure the funding to kick off our Senior's Recreation Centre. We have already secured the premises for the centre in the heart of Western Suburbs and work is in progress for a formal launch scheduled for later this year. The facility would also host all our monthly 'Open Day' events for students and new migrants. We will be opening similar Recreation Centre in Victoria. We intend to develop these Centres into Facilitation Centres wherein new arrivals are able to clear their doubts and fears effectively and carve out their future paths under the aegis of already well-established Haryanvis in this land of opportunities.

Meanwhile, we also launched our Victoria Chapter in the Victorian Parliament in June 2019 and continued to celebrate our key festivals including Faag (Holi) and Teej in addition to our monthly family picnics that are held in Sydney and Melbourne and hosts over 150 families at each location.

With the tremendous efforts of the team as well as everyone associated with AHA, we have been able to build a strong family with over 3,000 participations by community members in different events and having over 3,500 people connected to us via social media. With the blessings of our elders and the support of the members, we continue to expand our family whilst strengthening the bonds of brotherhood and camaraderie.

We stand fully committed to the vision of the association and are looking forward to launching our chapters in Brisbane, Adelaide and Perth.

We hereby thank all our sponsors and partners who provided the much needed financial assistance in order to infuse life into this collective dream of ours. Also, we would like to thank the core committee of AHA that keeps coming up with new, ingenious, unique and appealing ideas to further strengthen bonds amongst the members of this industrious, lively and cheerful community. Their efforts and ideas have appealed to people from all age groups. A big thank you to the volunteers who have transformed these ideas into reality with their sheer and tireless efforts.

We would be happy to hear from you on the Souvenir and suggestions on how we can further build upon the journey that we have embarked upon. We would continue to progress on the goals that we have set for ourselves and invite each one of us to be part of this exciting journey.

With Best Regards,



Sewa Singh Redhu  
**President, NSW Chapter**

**The Association of Haryanvis in Australia • Sydney**



Satpal Chahal  
**President, VIC Chapter**

**The Association of Haryanvis in Australia • Melbourne**



# From the Editor's Desk

**Dear Readers,**

We are delighted to present the second edition of our annual Souvenir Sandesh - a publication by the Association of Haryanvis in Australia.

Since the inception of the Association, it has been our endeavour to amalgamate the cultural heritage and traditions of homeland to the modern values of multi-cultural Australia as we pass on this baton to our coming generations.

We have come a long way in the last one year, with tremendous effort and hard work being put together by both the Association members and volunteers alike. This edition of the Sandesh envisages to reflect upon the last one year - our achievements, milestones and cherishing the moments of joy, laughter & togetherness.

This open-minded stance towards the content of Sandesh enables us to overcome the knowledge fragmentation and the integration between apparently different topics providing the reader with a broader view on the topics of interest.

Some of the key highlights of the year 2019 include the launch of the Victoria Chapter, Celebration of our key festivals in Sydney and Melbourne and the strengthening of the bond between families through our monthly social get togethers. We were also the proud recipients of the NSW Government grant under Project Milaap that would help us accelerate our efforts to set up a Senior's Recreation Center in Sydney and continue with our 'Open Day' initiative to help students and new migrants.

Whether it was the fun that the members recalled from social gatherings, celebration of our festivals together or the lifelong friendships they made, the huge impact in our community that AHA has had and continues to have is evident.

Sandesh envisions to provide a perfect platform to highlight the literary and artistic segments of our readers whilst unlocking the hidden potential of our youth. In addition to some fine scholarly articles, this edition of Sandesh includes very well written poems, essays and creative drawings by our young blood.

As we continue to grow the AHA family, Sandesh will reflect our lives in a place filled with the arts, great friendships, traditional food, strong businesses, history, education, recreation, social doings and community spirit. It will celebrate all the people, places and things we take pride in.

Over the next year, we also plan several new initiatives to make our publications more exciting and useful to our readers. This includes quarterly newsletters and a yearly calendar of events along with a host of other things.

We want to extend our sincere thanks to all the members for their contributions in the form of articles, stories, poems, drawings and all other inputs. We hope this tradition continues to flourish over the years.

Lastly, we welcome your suggestions and feedback on the Souvenir and would look forward leveraging the inputs for further improvement and enrichment of Sandesh.

With Best Wishes,

AHA Editorial Team

## **Editor**

Kapil R Singh



Suman Ahlawat

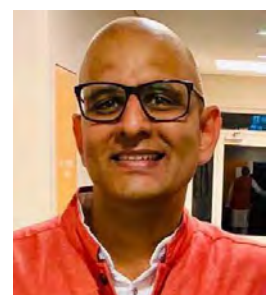


Prianka Gupta



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## A poem by Narender Malik

A Haryanvi Student in Australia



Poem by a migrant on comparison of  
Sydney and Village's life

उठदे प चा आ जाती ।  
अलार्म मन्दिर का speaker था ॥  
सूरज की पहली किरणमाथे लगदी ।  
जंगल पाणि का culture था ॥  
ताज़ी हवा सयाणे लोग, जयकारे राम राम के ।  
सिड्नी की ज़िंदगी पै भारी पड़जयाँ ।  
पुराणे दिन बिताए गाम के ॥

स्कूल का टेम बस का आणा ।  
भिरड़ काटगि, छुट्टी के भाने लाणा ॥  
पढले बेटे माता का रोज समझाणा ।  
मुसीबत थे स्कूल तडकै त शाम के ॥  
सिड्नी की ज़िंदगी पै भारी पड़जयाँ ।  
पुराणे दिन बिताए गाम के ॥

दोड लाणी कराणे क़ब्बड़ी के दंगल ।  
क्रिकेट की ट्रोफ़ी, फ़साणे ट्रैक्टराके संगळ ॥ मेला  
सा रहता कौम्पटिशन लागते साँग के । सिड्नी की  
ज़िंदगी प भारी पड़जयाँ ।  
पुराणे दिन बिताए गाम के ॥

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घर क्या तै दूर, ज़िम्मेदारी की पांड ले ॥ नयी हैं  
ज़िंदगी, नये से लोग सै । जानता कोई नी, इरादे  
strong सै ॥ घर के चौधरी भूल, mate बण गये  
नाम के । सिड्नी की ज़िंदगी प भारी पड़जयाँ ।  
पुराणे दिन बिताए गाम के ॥

FB की पोस्ट देख लागै लाइफ़ ईज़ी महारी ।  
Attendance-assignment  
होरी दिमाग प भारी ॥

नीन्द का बोझ, shift की फ़िकर नयारी ।  
रोटी रुख़ी सुख़ी जुड़या, भूल घर आराम के ॥  
सिड्नी की ज़िंदगी प भारी पड़जयाँ ।  
पुराणे दिन बिताए गाम के ॥

सपने बथेरे मेहनत करै सारी ढाल की ।  
Dedication पूरी, फ़िक्र स काल की ॥  
सबकै पूरे करै, Australia धरती कमाल की ।  
थोड़ी सी मेहनत, दिन not too far आराम के ॥  
Sydney भी ठीक, दिन याद भी ह गाम के ॥

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# The Power of Partnership

By: Anjali Raj

(Student and Youth Ambassador)



***'Coming together is a beginning, keeping together is progress, working together is success' -Henry Ford***

Australia and India are both countries who would continue to progress well if they continue to support each other and this great collaboration would further improve the economic and social growth of both countries.

In the past India and Australia have attempted to widen their collaboration through a free trade agreement with India since 2011. Australia aims to make India one of the top three export destinations by making India a trading partner at the scale of China and Japan. Australia hopes to achieve this goal by 2035.

India is the world's largest democracy and is a market of 1.3 billion people. Its youthful population, strong economy and rich culture presents significant opportunities for Australian business. Such opportunities would further support Indian both in and outside of country.

India and Australia have a lot to offer to each other including education, Education is one of the most powerful sources for boosting economy and equality. Education is equally key to enhance India's competitiveness in the global economy. And Australia plays a part in raising the literacy standards for India by providing quality schooling through scholarships, introducing better resources and other opportunities. India and Australia can also work together to empower businesses such as in software companies or banking since while Australia provides the advanced technology and resources and India makes up most of the employees of many of these businesses/companies such as Telstra. India and Australia both have strong agricultural and mining industries and if they collaborate as well as make strong partnerships with each other they can take their industries to great heights. India has a the fastest growing economy, while Australia is a politically strong country and both share a common goal which is to lead their country successfully and boost their economy.

A lot of Australia's earnings continue to come from tourism; Indian tourists are flocking to Australia in record numbers. As of 2018, 300,000 tourists arrived in Australia.

Australia and India have strengthened their relationship over the years and because of this, they are both thriving in many areas. The world must work together to implement a positive change in our world. We live in a society that faces many problems and by working together we can achieve so much which can vary from eradicating poverty or introducing life-changing advanced practices. All the nations big or small, wealthy or poor have something to offer to our society whether it be in agriculture, marketing or economic development so why not collaborate to make the world a better place for one and all ?

In such a world, countries rise and fall together, "Teamwork is the ability to work together towards a common vision, the ability to direct individual accomplishments toward organisational objectives. It is the fuel that allows common people to attain uncommon results" -Hon. Mupfumira, if we collaborate peacefully and strongly we can take each other to great heights, alone, we can do so little but together we can do much more.

The world must work together in order to build partnerships and pursue peace and development. International relations will help us in moving forward into a world we all want to achieve, by making international relations we can successfully achieve many goals such as international security including eradicating terrorism, being ecologically sustainable and promotion human rights. Another goal we can achieve is the promotion of economic growth which will involve better infrastructure, growth in technology and more political stability.

Overall, we can achieve so much more if we continue to collaborate peacefully and by pursuing international relations we can tackle so many pressing problems that face our society whether it be climate change, religious conflicts, expulsion or migrants and refugees, lack of education or poverty.

To conclude, Humanity is the keystone that holds nations together so let's work together and make a change in society for the better!



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# WHO IS SHIVA: MAN, MYTH OR DIVINE?

Who is Shiva? Is he a god or a myth? Or is there a deeper meaning to Shiva, revealed only to those who seek?



*Who is Shiva? Many stories and legends surround this most prominent figure of Indian spiritual traditions. Is he a god? Or a myth constructed from Hindu culture's collective imagination? Or is there a deeper meaning to Shiva, revealed only to those who seek?*

**Sadhguru:** When we say “Shiva,” there are two fundamental aspects that we are referring to. The word “Shiva” means literally, “that which is not.” Today, modern science is proving to us that everything comes from nothing and goes back to nothing. The basis of existence and the fundamental quality of the cosmos is vast nothingness. The galaxies are just a small happening – a sprinkling. The rest is all vast empty space, which is referred to as Shiva. That is the womb from which everything is born, and that is the oblivion into which everything is sucked back. Everything comes from Shiva and goes back to Shiva.



So Shiva is described as a non-being, not as a being. Shiva is not described as light, but as darkness. Humanity has gone about eulogizing light only because of the nature of the visual apparatus that they carry. Otherwise, the only thing that is always, is darkness. Light is a limited happening in the sense that any source of light – whether a light bulb or the sun – will eventually lose its ability to give out light. Light is not eternal. It is always a limited possibility because it happens and it ends. Darkness is a much bigger possibility than light. Nothing needs to burn, it is always – it is eternal. Darkness is everywhere. It is the only thing that is all pervading.

But if I say “divine darkness,” people think I am a devil worshiper or something. In fact, in some places in the West it is being propagated that Shiva is a demon! But if you look at it as a concept, there isn't a more intelligent concept on the planet about the whole process of creation and how it has happened. I have been talking about this in scientific terms without using the word “Shiva” to scientists around the world, and they are amazed, “Is this so? This was known? When?” We have known this for thousands of years. Almost every peasant in India knows about it unconsciously. He talks about it without even knowing the science behind it.

## The First Yogi

On another level, when we say “Shiva,” we are referring to a certain yogi, the Adiyogi or the first yogi, and also the Adi Guru, the first Guru, who is the basis of what we know as the yogic science today. Yoga does not mean standing on your head or holding your breath. Yoga is the science and technology to know the essential nature of how this life is created and how it can be taken to its ultimate possibility.

This first transmission of yogic sciences happened on the banks of Kanti Sarovar, a glacial lake a few miles beyond Kedarnath in the Himalayas, where Adiyogi began a systematic exposition of this inner technology to his first seven disciples, celebrated today as the Sapta Rishis. This predates all religion. Before people devised divisive ways of fracturing humanity to a point where it seems almost impossible to fix, the most powerful tools necessary to raise human consciousness were realized and propagated.

## One and the Same

So “Shiva” refers to both “that which is not,” and Adiyogi, because in many ways, they are synonymous. This being, who is a yogi, and that non-being, which is the basis of the existence, are the same, because to call someone a yogi means he has experienced the existence as himself. If you have to contain the existence within you even for a moment as an experience, you have to be that nothingness. Only nothingness can hold everything. Something can never hold everything. A vessel cannot hold an ocean. This planet can hold an ocean, but it cannot hold the solar system. The solar system can hold these few planets and the sun, but it cannot hold the rest of the galaxy. If you go progressively like this, ultimately you will see it is only nothingness that can hold everything. The word “yoga” means “union.” A yogi is one who has experienced the union. That means, at least for one moment, he has been absolute nothingness.

When we talk about Shiva as “that which is not,” and Shiva as a yogi, in a way they are synonymous, yet they are two different aspects. Because India is a dialectical culture, we shift from this to that and that to this effortlessly. One moment we talk about Shiva as the ultimate, the next moment we talk about Shiva as the man who gave us this whole process of yoga.



## Who Shiva is Not!

Unfortunately, most people today have been introduced to Shiva only through Indian calendar art. They have made him a chubby-cheeked, blue-colored man because the calendar artist has only one face. If you ask for Krishna, he will put a flute in his hand. If you ask for Rama, he will put a bow in his hand. If you ask for Shiva, he will put a moon on his head, and that's it!

Every time I see these calendars, I always decide to never ever sit in front of a painter. Photographs are all right – they capture you whichever way you are. If you look like a devil, you look like a devil. Why would a yogi like Shiva look chubby-cheeked? If you showed him skinny it would be okay, but a chubby-cheek Shiva – how is that?

In the yogic culture, Shiva is not seen as a God. He was a being who walked this land and lived in the Himalayan region. As the very source of the yogic traditions, his contribution in the making of human consciousness is too phenomenal to be ignored. Every possible way in which you could approach and transform the human mechanism into an ultimate possibility was explored thousands years ago. The sophistication of it is unbelievable. The question of whether people were so sophisticated at that time is irrelevant because this did not come from a certain civilization or thought process. This came from an inner realization. This had nothing to do with what was happening around him. It was just an outpouring of himself. In great detail, he gave a meaning and a possibility of what you could do with every point in the human mechanism. You cannot change a single thing even today because he said everything that could be said in such beautiful and intelligent ways. You can only spend your lifetime trying to decipher it.



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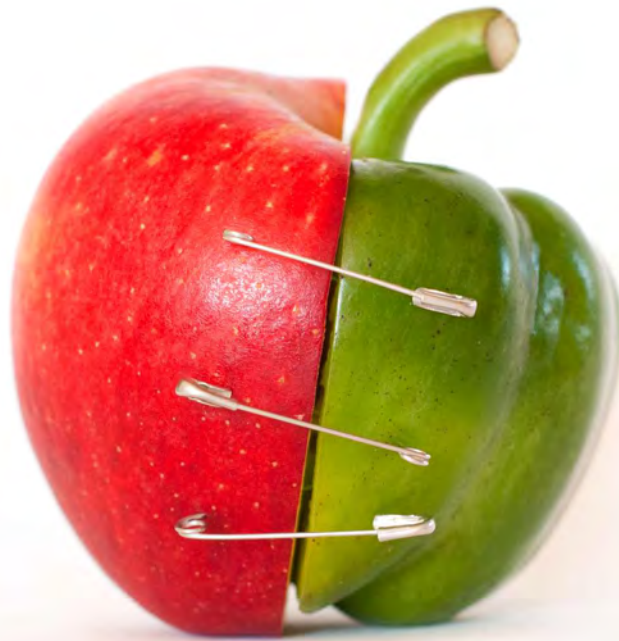




# HARYANA DAY 2018 CELEBRATIONS



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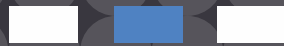
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# उत्तर हरियाणा... एक लंबी उड़ान

हरियाणा राज्य को अस्तित्व में आए आज 53 वर्ष हो गए हैं। वो भी क्या विशेष दौर के दिन थे, जब 'राज रोशनाई' की काली स्याही की पुड़िया लोहे की दवात में घोलकर, सरकंडे या बांस की कलम से तख्ती पर लिखते थे। सलेट बरते का प्रयोग पहाड़े लिखने व जोड़ घटा के सवाल हल करने में होता था; बड़ी कक्षा में आने पर 'कोरस' की नीली व लाल टिकियों को कांच की दवात में घोलकर, सरकंडे की कलम व फाऊंटेन पेन से कापी पर लिखते थे, "जी" की निब के होल्डर ( जिसका अब सम्भवतः लोप हो चुका है) से फोरलाइन कापी पर इंग्लिश लिखना सीखते थे, परन्तु आज 'युग परिवर्तन' हो चुका है। आज शहर तो क्या, गांव गांव में टचस्क्रीन मोबाइल, इन्टरनेट व लैपटॉप आदि जनसाधारण की पहुंच में है व प्रतिदिन इनका आसानी से प्रयोग हो रहा है। शिक्षा के क्षेत्र में आज हरियाणा की उपलब्धियाँ किसी से नहीं छिपी हैं, जिनसे सभी का सिर गर्व से ऊंचा हुआ है। स्कूली व उच्च शिक्षा की चेतना व वृद्धि से राज्य में साक्षरता में बहुत ही प्रशंसनीय वृद्धि हुई है। प्रान्त के हजारों योग्य व्यक्तियों व स्नातकों ने विभिन्न क्षेत्रों में न केवल अपने देश में अपितु विदेशों में भी अपने परिश्रम, योग्यता, श्रेष्ठता व उपलब्धियों के बलबूते लोहा मनवाया है व निरन्तर प्रगति पर अग्रसर हैं।

खेलों के क्षेत्र में तो हरियाणा के खिलाड़ियों की उपलब्धियाँ न केवल राष्ट्रीय स्तर पर अपितु अन्तर्राष्ट्रीय स्तर पर भी बहुत ही ख्याति प्राप्त हैं व सतत ऊंचाइयों की ओर अग्रसर हैं। गांव गांव, कस्बों व शहरों में प्राथमिक व सामुदायिक स्वास्थ्य केंद्रों, नागरिक व निजी अस्पतालों में चिकित्सा के क्षेत्र में भी आधुनिक सर्जरी, हृदय चिकित्सा, एक्सरे, इसीजी, अल्ट्रासाउंड व एम आर आई आदि से स्वास्थ्य के क्षेत्र में उल्लेखनीय प्रगति की है।

हरियाणा वासियों का प्रमुख व्यवसाय कृषि है। जहां कभी मुख्यतया बैलों, रहट व वर्षा के सहारे निज परिवार के निर्वाह लायक ही बाजरा, चने व गेहूं आदि खाद्यान्नों का ही उत्पादन कर पाते थे, आज नलकूपों व नहरों द्वारा उत्तम सिंचाई के साधनों व कृषि की आधुनिक तकनीकियों, ट्रैक्टरों मशीनों व अन्य उपकरणों के प्रयोग से राज्य का देश को खाद्यान्न संपन्न बनाने में भारी योगदान है। कभी कोल्हू के भरोसे ही कामचलाउ गुड़ शक्कर व खांड ही बना पाते थे, आज प्रांत में चीनी मिलों द्वारा बहुतायत में चीनी का उत्पादन व निर्यात होता है। नीलोखेड़ी व तरावड़ी क्षेत्र जिसे राष्ट्र का 'धान का कटोरा' भी कहा जाता है के चावल अच्छी गुणवत्ता के कारण प्रसिद्ध हैं व इनका निर्यात भी किया जाता है। राज्य दुग्ध उत्पादन के लिए भी जाना जाता है, यहाँ की 'मुरा' नस्ल की भैंसों तो विश्व प्रसिद्ध हैं। "देसां मं देस हरियाणा, जित दूध दही का खाणा" तो यहां जनमानस की कहावत है।

जहां गांवों, कस्बों व उपनगरों में दलदल व कीचड़ से भरे कच्चे रास्ते होते थे, आज पक्की सड़कों के जाल से कायाकल्प हो चुका है। गांवों में पक्की गलियों के निर्माण व पेयजल की सुविधा में उल्लेखनीय सुधार व प्रगति हुई है। टेम्पो व कुछ प्राइवेट बसें ही यातायात के लिए होती थीं, आज यातायात के लिए राज्य परिवहन की बसों का जाल बिछा हुआ है। देश में लग्जरी विंडिओ कोच पेश करने वाला पहला राज्य भी हरियाणा ही था। गुरूग्राम व फरीदाबाद में तो अंतरराष्ट्रीय स्तर की मेट्रो रेल सुविधा बहुतायत में उपलब्ध है। हिसार हवाई अड्डे से हाल ही में कम यात्रियों के छोटे विमानों ने कुछ उड़ानें भी आरम्भ की हैं।

हरियाणा का औद्योगिक क्षेत्र भी विस्तृत एवं विकसित है। अर्थव्यवस्था भी बहुत मजबूत है। दोपहिया वाहनों, ट्रैक्टरों व कारों के उत्पादन में तो हरियाणा की विशेष पहचान है। बचपन से देखते व प्रयोग में लाते हुए सोनीपत निर्मित एटलस साइकिल का उत्पादन व निर्यात न केवल देश में अपितु विश्व में आज भी अपनी धाक जमाए हुए है। पानीपत का पचरंगा अचार व हथकरघे से बनी वस्तुएं व कालीन तो विश्वभर में प्रसिद्ध हैं व इनका निर्यात प्रमुखता से किया जाता है।

फरीदाबाद व गुड़गांव तो उद्योगों व प्राद्यौगिकी क्षेत्र में अग्रणी हैं। गुड़गांव तो राज्य का प्रमुख वित्तीय केन्द्र है व आईटी हब और ऑटोमोबाइल क्षेत्र में इसकी दुनिया में विशेष पहचान बनी है। यहां विश्व प्रसिद्ध कंपनियां दुनिया भर के लिए कारोबार कर रही हैं। यहां बहुमंजिला वाणिज्य एवं आवासीय भवनों के निर्माण में तो आश्चर्यजनक प्रगति हुई है। प्रांत के गांवों व कस्बों में तो बहुत पहले ही पूर्णतया विद्युतीकरण हो चुका है, विद्युत संचरण व उत्पादन में विशेष प्रगति हुई है।

हरियाणा के सादे व शुद्ध खानपान की जितनी प्रशंसा की जाए उतनी ही कम है। हरियाणा वासियों की विनोद प्रियता से भी कोई अनभिज्ञ नहीं है। स्थानीय लोकगीत और नृत्य अपने ही विशिष्ट अंदाज में राज्य के सांस्कृतिक जीवन को दर्शाते हैं।

आधुनिक उन्नति के शिखर पर होने के बावजूद भी हरियाणा की विश्व विख्यात सिंधु घाटी सभ्यता, उत्कृष्ट संस्कृति, निश्छल भाईचारा, धार्मिक व्रत त्योहार व मेलों आदि का प्रचलन आज भी ज्यों का त्यों प्रचलित एवं जिवित है।

आज आस्ट्रेलियावासी हरियाणवी उद्यमियों व योग्य व्यक्तियों ने ANA एसोसिएशन बनाकर, हरियाणवी संस्कृति, भाईचारे को जीवंत बनाने व निरंतर अग्रसर रखने व अन्य क्षेत्रों में हरियाणा से आने वाले छात्रों, कर्मिकों व स्नातकों आदि का मार्गदर्शन करने व सहायता करने का अति प्रशंसनीय अभियान चलाया है जिसके लिए वे हार्दिक बधाई के पात्र हैं। अंत में "देशो अस्ति हरियाणाख्यः प्रथिव्याम् स्वर्ग सन्निभः".... अर्थात् हरियाणा प्रदेश धरती पर स्वर्ग समान है।



## .... सोमदत्त शर्मा

**लेखक के विषय में :** लेखक, श्री सोमदत्त शर्मा, हरियाणा सरकार के सिंचाई एवं जल संसाधन विभाग से कार्यकारी अभियंता (प्रथम श्रेणी, अधिकारी) के पद से सेवानिवृत्त हैं। इन्होंने सिंचाई विभाग में, हरियाणा के लगभग सभी जिलों में 36 वर्षों तक सेवा की, जिसमें से 8 वर्ष तक विश्व प्रसिद्ध भाखड़ा बांध पर भी सेवाएं दीं। लेखक इलेक्ट्रिकल इंजीनियरिंग में स्नातक हैं एवं संस्कृत भाषा में 'शास्त्री' भी की हुई है। लेखक ग्रामीण परिवेश से है तथा विशुद्ध हरियाणवी है।



# PAIN MANAGEMENT & CHILD PSYCHIATRY CENTER IN CANBERRA

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Canberra Child Psychiatry Centre is a Private Practice owned based in Bruce, Canberra. Dr Deepa Singhal (Paediatric and Neurodevelopmental Psychiatrist) provides treatment for complex child psychiatry patients with neurodevelopmental disorder including ADHD, ASD, intellectual disability and tourette syndrome. She also does family therapies.



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# **“Be the Change you Wish to See in the World”**

**ESSAY WRITING COMPETITION**

**Rachit Saini Age: 13 English**

Be the change you wish to see in the world. A simplistic quote, yet one which conveys a long-lasting message of perseverance, dedication and commitment, which has been successfully imprinted in the Indian and Australian society. This message has led to the construction of a memorable ideology in the minds of citizens from other countries, of Mahatma Gandhi. To celebrate the 150th birth anniversary of Mahatma Gandhi, I would like to persuade, reinforce and commemorate the message behind the quote - Be the change you wish to see in the world.

First, I would mention the message of perseverance and the message of persistence in difficult situations, where success is unclear and questionable. In situations like community service, charities and donations, success is always uncertain. However, if we believe in our dreams and continue trying to achieve our goal, success will itself arrive in front of us to assist us. As Gandhi has proved with his actions of standing up against the British government in India for India's freedom, he shows that he never lost hope, even in situations where he had to go through emotionally touching moments as well as when he was physically hurt. When people were arrested for burning down a British officer's house in the form of violent protest, Gandhi took it as a negative impact of his message and denied any progress with his ongoing mission. However, he was able to persevere and start his campaigns again which finally led to his success. This goes to show how perseverance and being able to continue trying to achieve a goal can give you success.

Additionally, being dedicated to our aim is crucial in its development and our success. This has also been accompanied by several examples of Gandhi following and being dedicated to his goal. During the salt march (Dandi March), Gandhi encouraged fellow Indian citizens to avoid paying taxes for the salt and to be dedicated to achieving freedom through non-violent protest. He acted as a leader in this situation and developed a sense of dedication in fellow Indians. This sense of dedication later went on to grow into a unity which helped give India its liberty. Dedication depicts someone's desire to achieve something in life and to show that they are working hard towards achieving it. To achieve what you want the world to be, you should be the first one to step forward and demonstrate the importance of your message, while also working hard towards it. Therefore, being dedicated to your goal develops and accompanies your success and its growing up.

Furthermore, and most importantly, the quote spreads a message of commitment and putting a hand out to volunteer in making the world a better place. The quote infers that we should be what we want we want others to be, rather than just imagining someone being a perfect person. It promotes everyone to do whatever they can to just make a better, cleaner and happier world. Whether you are a student, a teacher, an officer or have any other occupation, everyone can try their best in making the world a better place to live in. There are countless options like charity work, donating, volunteering and many more. Mahatma Gandhi used to also volunteer in many of these tasks and also asked many people to form other charity and volunteer groups for a better future for all of us. The message is to commit to something which is really important for all of us in today's date - to help each other out.

Finally, the quote - be the change you wish to see in the world by Mahatma Gandhi portrays a message of perseverance, dedication and commitment which is crucial in today's date where we are the ones deciding its destiny.

# वह बदलाव बनिए जो आप दुनिया में देखना चाहते हैं

ESSAY WRITING COMPETITION

Rachit Saini Age: 13 Hindi

वह बदलाव बनिए जो आप दुनिया में देखना चाहते हैं। एक उद्धरण, फिर भी जो दृढ़ता, समर्पण और प्रतिबद्धता का एक लंबे समय तक चलने वाला संदेश देता है, जिसे भारतीय और ऑस्ट्रेलियाई समाज में सफलतापूर्वक छाप दिया गया है। इस संदेश ने महात्मा गांधी के अलावा दूसरे देशों के नागरिकों के मन में एक यादगार विचारधारा का निर्माण किया है। महात्मा गांधी की 150 वीं जयंती मनाने के लिए, मैं संदेश के पीछे संदेश को मनाना, पुष्ट करना और स्मरण करना चाहूंगा - वह परिवर्तन बनिए जो आप दुनिया में देखना चाहते हैं।

सबसे पहले, मैं दृढ़ता और कठिन परिस्थितियों में दृढ़ता के संदेश का उल्लेख करूंगा, जहां सफलता अस्पष्ट और संदिग्ध है। सामुदायिक सेवा, दान और दान जैसी स्थितियों में, सफलता हमेशा अनिश्चित होती है। हालांकि, यदि हम अपने सपने पर विश्वास करते हैं और अपने लक्ष्य को पाने के लिए प्रयास करते रहते हैं, तो सफलता खुद हमारी सहायता करने के लिए हमारे सामने आ जाएगी। जैसा कि गांधी ने भारत की स्वतंत्रता के लिए भारत में ब्रिटिश सरकार के खिलाफ खड़े होने के अपने कार्यों से साबित किया है, वह दिखाता है कि उन्होंने कभी भी उम्मीद नहीं खोई, यहां तक कि उन परिस्थितियों में भी जब उन्हें शारीरिक रूप से चोट पहुंचाने के साथ-साथ भावनात्मक रूप से छूने के क्षणों से गुजरना पड़ा। जब लोगों को हिंसक विरोध के रूप में एक ब्रिटिश अधिकारी के घर को जलाने के लिए गिरफ्तार किया गया, तो गांधी ने इसे अपने संदेश के नकारात्मक प्रभाव के रूप में लिया और अपने चल रहे मिशन के साथ किसी भी प्रगति से इनकार किया। हालांकि, वह अपने अभियानों को फिर से शुरू करने और फिर से शुरू करने में सक्षम था जिसके कारण उसे सफलता मिली। यह दिखाने के लिए जाता है कि कैसे दृढ़ता और एक लक्ष्य को प्राप्त करने की कोशिश जारी रखने में सक्षम होना आपको सफलता दिला सकता है।

इसके अतिरिक्त, हमारे उद्देश्य के लिए समर्पित होना इसके विकास और हमारी सफलता में महत्वपूर्ण है। इसके साथ ही गांधी के कई उदाहरणों का अनुसरण किया गया है और अपने लक्ष्य के लिए समर्पित हैं। नमक मार्च (दांडी मार्च) के दौरान, गांधी ने साथी भारतीय नागरिकों को नमक के लिए कर का भुगतान न करने और अहिंसक विरोध के माध्यम से स्वतंत्रता प्राप्त करने के लिए समर्पित होने के लिए प्रोत्साहित किया। उन्होंने इस स्थिति में एक नेता के रूप में काम किया और साथी भारतीयों में समर्पण की भावना विकसित की। समर्पण की यह भावना बाद में एक एकता के रूप में विकसित हुई जिसने भारत को अपनी स्वतंत्रता देने में मदद की। समर्पण में जीवन में कुछ हासिल करने और यह दर्शाने की इच्छा है कि वे इसे हासिल करने के लिए कड़ी मेहनत कर रहे हैं। यह सुनिश्चित करने के लिए कि आप दुनिया को क्या चाहते हैं, आपको सबसे पहले आगे बढ़ना चाहिए और अपने संदेश के महत्व को प्रदर्शित करना चाहिए, जबकि इसके लिए कड़ी मेहनत भी करनी चाहिए। इसलिए, अपने लक्ष्य के लिए समर्पित होना आपकी सफलता और उसके बढ़ने के साथ-साथ विकसित होता है।

इसके अलावा, और सबसे महत्वपूर्ण बात, उद्धरण प्रतिबद्धता का एक संदेश फैलाता है और दुनिया को एक बेहतर स्थान बनाने के लिए स्वयंसेवक को हाथ डालता है। उद्धरण में कहा गया है कि हमें वही होना चाहिए जो हम चाहते हैं कि हम दूसरों की अपेक्षा करें, बजाय इसके कि कोई एक पूर्ण व्यक्ति होने की कल्पना करे। यह हर किसी को प्रोत्साहित करता है कि वे जो कुछ भी कर सकते हैं, वह एक बेहतर, स्वच्छ और खुशहाल दुनिया बना सकते हैं। चाहे आप एक छात्र हों, शिक्षक हों, अधिकारी हों या कोई अन्य पेशा हो, हर कोई दुनिया को रहने के लिए एक बेहतर जगह बनाने की पूरी कोशिश कर सकता है। दान के काम, दान, स्वेच्छाचारिता और कई अन्य जैसे अनगिनत विकल्प हैं। महात्मा गांधी इनमें से कई कार्यों में स्वयंसेवक भी थे और कई लोगों को हम सभी के बेहतर भविष्य के लिए अन्य धर्मार्थ और स्वयंसेवक समूह बनाने के लिए भी कहते थे। यह संदेश उस चीज़ के लिए प्रतिबद्ध है जो आज की तारीख में हम सभी के लिए महत्वपूर्ण है - एक दूसरे की मदद करने के लिए।

अंत में, बोली - महात्मा गांधी द्वारा दुनिया में आपके द्वारा देखे जाने वाले परिवर्तन दृढ़ता, समर्पण और प्रतिबद्धता का संदेश देते हैं जो आज की तारीख में महत्वपूर्ण है जहां हम अपनी नियति को तय कर रहे हैं।





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# Questioning Quotas

## Does Australia need to learn from India?

**DIVYA  
AHLAWAT**

India and Australia are both rapidly growing countries who deeply value democracy as a central tenant of their system of government. Both nations thrive on the Common Law and hold the same fundamental ideals towards personal autonomy and secularism. Whilst they may be politically and legally analogous, there are stark differences in their social spheres. India has begun to resist traditional quota policies while Australia is now seeing a shift towards the implementation of these exact measures. Should Australia learn from India's experiences and question the effectiveness of such a policy in the long term?

The issue of reservations was a deeply contentious matter that sparked national debate in 2016 that called into question the supposed continual need for such a method of differentiating groups in society. It was argued that at its core, the inherent objective of such a policy is to achieve equality of outcome rather than equality of opportunity. These are two opposing ideas which make a continual reoccurrence in political landscapes around the globe. However, in a rich, capitalist country such as India where everyone is viewed equally before the law, there have been ever increasing calls for reservations and quotas to be either abolished as a whole, or for considerable policy reform to be initiated.

As the system currently stands, the State Government of Haryana awards particular individuals from low socio economic groups with a specified number of Government Jobs and placements in educational institutions. One of these said groups are the Economically Backward Persons in General Caste Category (EBPG). The Government proposed to withdraw preference for this group following the introduction of the Economically Weaker Sections (EWS) reservation. This was the main cause for the 2016 agitation and is symbolic of a larger trend in India towards removing special treatment for specific groups in society.

Whilst India begins to move away from reservations, we see the opposite trend occurring in Australian society. Conversations about having an Indigenous voice in parliament and gender quotas within political parties have garnered traction in the media and there is an increasingly greater push to see this transformed into policy.

Prior to the Federal Election earlier this year, polls showed that 60% of women and 39% of men were in favour of gender quotas in parliament. The Labor Party already has an affirmative action policy that sets a mandatory quota of 40 per cent of women to be pre-selected in winnable seats. And now, the push is increasing to extend this to Boards and corporate workplaces. However, there are many issues that come with such a decision.

I currently work at a law firm with over 500 employees. The day I got the call from HR, telling me I had got a job at the law firm of my dreams was one of the happiest days of my life. And this happiness was not clouded because I can be certain that they hired me for my skills, experience, grades, work ethic and not for a superficial factor such as my gender or ethnicity. And this works both ways - I have the respect of my colleagues knowing that I have earned my place and am equally as capable, which would undoubtedly be questioned if a 50% gender quota was in place.

Further, the question remains about where we draw the line - quotas for Indigenous Australians, women in leadership roles, ethnic minorities, people with physical disabilities, sexually diverse persons... where does the list end?

Would it not be more efficient and beneficial in the long term to follow the mantra of equality of opportunity, by investing into the education of our youth? This would provide all individuals with an equal footing in life, allowing them to be capable of finding their own job in the workplace. This provides greater efficiency and fosters economic growth by giving employers the right to hire only the most capable candidates for the role. This is how we want our society to look like, rather than be riddled with social disputes by a system wherein groups are marginalised and division is instigated.





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वर्तमान में भारत के कौंसलवास,  
सिडनी में कौंसल के पद पर कार्यरत हैं

दिल्ली में बैठे बैठे मैं तो बिलकुल बोर हो गयी  
डी टी सी के धक्के खा कर बिलकुल ही कमजोर हो गयी  
दफ्तर जाओ और घर आओ बना यही रूटीन  
लग रहा था मैं हो गयी हूँ बिलकुल दिशा विहीन  
क्या करूँ क्या न करूँ समझ नहीं कुछ आई  
इसी चक्कर में एक दिन हम दोनों की हुई लड़ाई  
मैं बोली बहुत हुआ अब मुझे पोस्टिंग जाना है  
ये बोले क्या तेरे लिए वहां पर गड़ा खजाना है  
मैं नहीं मानी लड़ती रही एक सपना था परदेश  
पति मेरे मान गए थे मैं पहुंची बांग्लादेश  
तीन साल बिताये सुख से कुछ काम किया कुछ खेल  
उसके बाद मैं चली गयी यूरोपीय शहर ब्रुसेल्स  
नया देश और नयी संस्कृति नहीं था भाषा ज्ञान  
अब मुझे याद आने लगा था भारत देश महान  
अब बारी थी दिल्ली की मैं चाव चाव में आई  
पोस्टिंग्स की कड़ी में नाम जुड़ गए सिडनी और ब्रूनेई  
फिर से दिल्ली आई थी मैं नहीं था कोई मलाल  
दो साल बाद फिर पहुँच गयी मैं पड़ोसी देश नेपाल  
समय उड़ा फिर पंख लगा कर तीन ले गया साल  
पाशपुति जी के दर्शन करके मैं हो गयी निहाल  
तीन साल मुझे पूरे करके वापिस घर था जाना  
दिल्ली आकर सोचा मैंने अब कहीं नहीं है जाना  
छ सालों से थी दिल्ली में सोचा बहुत घूम लिया  
ये क्या एक दिन मन में सोचा फिर से चलूँ ऑस्ट्रेलिया  
आभारी हूँ प्रभु तेरी मैं जो फिर से भेजा सिडनी  
हरयाणवी लोगों से मिल कर खुशी हुई मेरी दुगनी  
आने वाला समय यहाँ पर हंसी खुशी बितायेंगे  
हम सब मिलकर प्रति माह पिकनिक यूँ ही मनाएंगे  
प्रार्थना है मेरी प्रभु जी से फले फूलें हरयाणवी परिवार  
मिल जुल कर सब रहें यहाँ पर ना हो आपस में तकरार

## कुरुक्षेत्र - Poem by Sheffali Gupta



### कुरुक्षेत्र

ये सारस्वत कुरुक्षेत्र है,  
वैदिक संस्कृत का नेत्र है .  
एक तीर्थ राज दवख्यात है,  
मदहमा ग्रंथों से ज्ञात है .  
सनेहात, ब्रह्मसर वर है जहाँ,  
गीता का जन्म हुआ वहां .  
सारथी कृष्ण का दृश्य है,  
संग में अजुथन सा दिष्य है.

जहाँ ज्य दतसर पास है,  
नूतन सजा बहु खास है .  
प्रार्थना कक्ष की श्रृंखला,  
है मध्य एक दिवालय खड़ा.  
हर सूयथ ग्रहण के अवसर पर,  
लाखों यात्री आकर इधर.  
युग युग से करते स्नान हैं,  
देते श्रद्धा से दान हैं.

राजा कुरु ने भी छांट कर,  
घने जंगल क काट कर.  
हल से ज्योति थी यह धरा ,  
यूं कुरुक्षेत्र पि चल पड़ा.  
देवों की नदी सरस्वती,  
युवान के मि में झूमती.  
बहती थी इस प्रदेश में,  
स्वदणधम युग में इस भेष में.

अब कुरुक्षेत्र परिवेश की,  
शोभा है नूतन वेश की.  
महादवद्यालय दिक्षा संस्थान है,  
संस्कृत है स्त त महान है.

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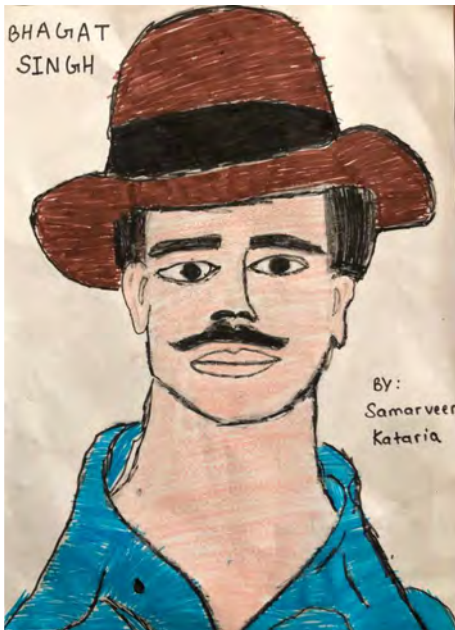
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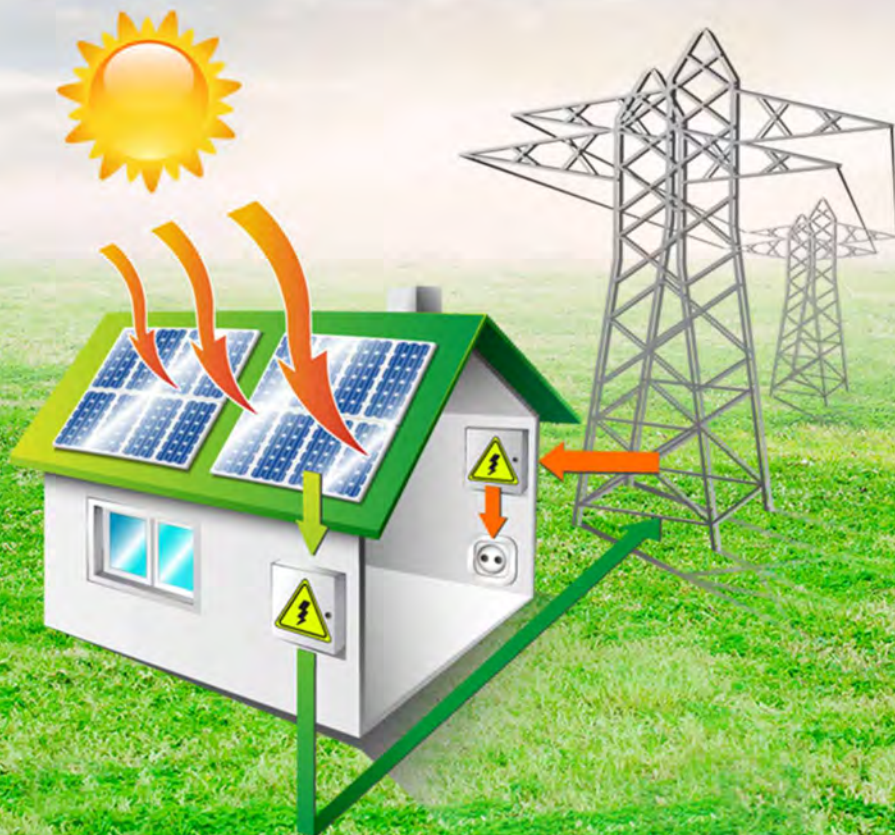




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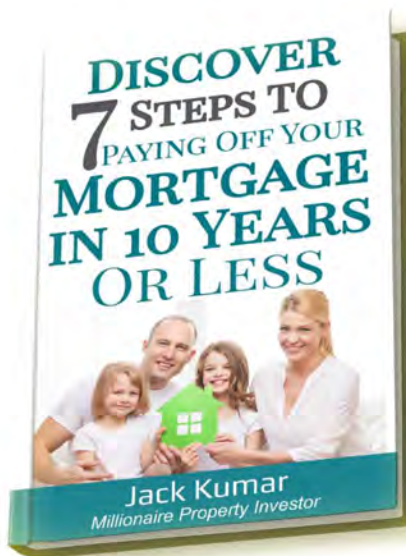
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