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For Circulation Among Members Only

GLORIOUS YEARS

(A MONTHLY UPDATE OF MOHALI SENIOR CITIZENS' ASSOCIATION)

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(Society Registration No. 2015, of 2006-07, dated 14th March 2007)

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OPENS ON MONDAY & THURSDAY FROM 10.30 AM TO 1.00 PM



www.mscomohali.com

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President's Message

MAY 2025



Dear Esteemed Members,
According to the Season's outlook by the Indian Meteorological Department, the mean maximum temperatures are likely to be above normal over most parts of the country during this 'hot weather season'. This is the cumulative effect of the El Niño phenomenon, climate change and global warming, deforestation and urbanisation, and low pre-summer rainfall.

While summer brings longer days and opportunities for outdoor activities, it also presents significant challenges, especially for

senior citizens. As we age, we become more susceptible to the effects of harsh temperatures. Our bodies change with age, including a reduced ability to retain water and a diminished sense of thirst. These factors make us more vulnerable to dehydration, heatstroke, and complications arising from pre-existing health conditions such as diabetes, heart disease, and chronic obstructive pulmonary disease.

As we look ahead to the summer months, it's clear that this year is shaping up to be quite warm. To help you stay healthy and comfortable this summer, I would like to share some essential tips: -

1. Stay Hydrated : Water is your best ally in combating the summer heat. Drink plenty of fluids throughout the day, even if you do not feel thirsty. Avoid caffeinated and alcoholic beverages, as they can contribute to dehydration. Consider fresh fruit juices, coconut water, or infused water for added refreshment.

2. Dress for Comfort: Wear lightweight, loose-fitting, and light-colored clothing to reflect heat rather than absorb it. Cotton and linen fabrics are preferable as they allow better air circulation. Additionally, wearing a wide-brimmed hat and sunglasses can protect you from the harsh sun when stepping outdoors.

3. Avoid Peak Sun Hours : The sun's intensity is highest between 10 AM and 4 PM. Try to plan outdoor activities during early mornings or

late evenings when temperatures are relatively lower. If you must go out, always carry a bottle of water and use an umbrella.

4. Keep Your Home Cool : Ensure proper ventilation in your home by using fans and keeping curtains or blinds drawn during the hottest parts of the day. If possible, spend time in an air-conditioned environment, such as a shopping mall, library or community centre. If you do not have air conditioning, placing a bowl of ice in front of a fan can help cool the air.

5. Eat Light and Nutritious Meals : Heavy meals can increase body heat. Opt for fresh fruits, salads, and cooling foods like watermelon, cucumbers, strawberries and yogurt. Avoid fried and spicy foods, which can lead to dehydration and digestive discomfort.

6. Monitor Medications: Certain medications can increase sensitivity to heat and dehydration. Consult your doctor to understand how your prescriptions may affect you during the summer and whether any adjustments are necessary.

7. Recognise Signs of Heat-Related Illnesses : Be aware of symptoms such as dizziness, excessive sweating, nausea, confusion, rapid heartbeat, and weakness. These may indicate heat exhaustion or heat stroke, which require immediate medical attention. If you or someone around you experiences these symptoms, move to a cooler location, stay hydrated, and seek medical attention.

8. Stay Connected : Check in on fellow senior members, neighbours and friends. A simple phone call or visit can ensure that everyone is coping well with the heat. If you live alone, inform a trusted friend or family member about your daily routine so they can check on you if needed.

Let us all take these necessary precautions to enjoy a safe and comfortable summer. Stay cool, stay hydrated, and take care of your health!

Warm regards,
Brig JS Jagdev

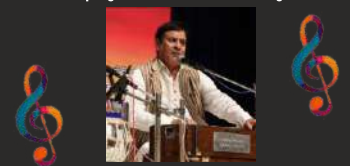


MSCA Picnic on 12th April, 2025 at Red Wood Farms

MOHALI SENIOR CITIZENS' ASSOCIATION MOHALI

Welcome you to

A programme of melodious songs



Sh. R. D. Kailey

A Renowned Singer & Music Composer has very kindly consented to grace the occasion and perform

Sunday, 4th May 2025 10.15 am

Venue : Smart Wonders School, Sec. 71, Mohali

EXHIBITION OF DRAWING AND PAINTINGS BY MSCA MEMBERS

See Box on Page No. 3

LAF Centre for Senior Citizens : City Park, Opp. H. No. 1151, Sector 68, Mohali Phone : 0172-3599512

OPENS ON MONDAY TO SATURDAY FROM 9 A.M. TO 1 P.M. & 5 P.M. TO 7 P.M. APRIL TO OCTOBER

10 A.M. TO 1.30 P.M. & 4 P.M. TO 6 P.M. NOVEMBER TO MARCH



ਮਈ ਦਾ ਮਹੀਨਾ ਸਾਲ ਦਾ ਪੰਜਵਾਂ ਮਹੀਨਾ ਹੈ ਅਤੇ 31 ਦਿਨਾਂ ਦਾ ਹੁੰਦਾ ਹੈ। ਗ੍ਰੇਗੋਰੀਅਨ ਕੈਲੰਡਰ ਵਿੱਚ ਮਈ ਦਾ ਮਹੀਨਾ 153 ਈਸਾ ਪੂਰਵ ਵਿਚ, ਰੋਮਨ ਕੈਲੰਡਰ ਵਿਚ ਸੁਧਾਰ ਤੋਂ ਬਾਅਦ ਪੰਜਵੇਂ ਮਹੀਨੇ ਵਜੋਂ ਸ਼ੁਰੂ ਹੋਇਆ, ਜਿਥੇ ਸਾਲ ਦੀ ਸ਼ੁਰੂਆਤ ਮਾਰਚ ਤੋਂ ਪਹਿਲੀ ਜਨਵਰੀ ਕਰ ਦਿੱਤੀ ਗਈ। ਇਸ ਸੁਧਾਰ ਤੋਂ ਪਹਿਲਾਂ, ਮਈ ਪੁਰਾਣੇ ਰੋਮਨ ਕਲੰਡਰ ਵਿੱਚ ਤੀਜਾ ਮਹੀਨਾ ਸੀ ਕਿਉਂਕਿ ਸਾਲ ਮਾਰਚ ਵਿੱਚ ਸ਼ੁਰੂ ਹੁੰਦਾ ਸੀ। ਮੰਨਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਮਈ ਨਾਮ ਰੋਮਨ ਦੇਵੀ ਮਾਇਆ (Maia) ਤੋਂ ਲਿਆ ਗਿਆ ਹੈ। ਮਾਇਆ ਵਿਕਾਸ ਅਤੇ ਉਪਜਾਊ ਸ਼ਕਤੀ ਦੀ ਦੇਵੀ ਹੈ। ਆਧੁਨਿਕ ਗ੍ਰੇਗੋਰੀਅਨ ਕਲੰਡਰ ਮਈ ਨੂੰ ਪੰਜਵੇਂ ਮਹੀਨੇ ਦੇ ਤੌਰ ਤੇ

ਦਰਸਾਉਂਦਾ ਹੈ।

ਪਹਿਲੀ ਮਈ ਨੂੰ 'ਮਈ ਦਿਵਸ' ਵਲੋਂ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਮਈ ਦਿਵਸ ਜਿਸਨੂੰ ਅੰਤਰਰਾਸ਼ਟਰੀ ਮਜ਼ਦੂਰ ਦਿਵਸ ਵੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ, ਇਕ ਛੁੱਟੀ ਹੁੰਦੀ ਜੋ ਹਰ ਸਾਲ 1 ਮਈ ਨੂੰ ਮਨਾਈ ਜਾਂਦੀ ਹੈ। ਇਹ ਦੁਨੀਆਂ ਭਰ ਦੇ ਮਜ਼ਦੂਰਾਂ ਦੇ ਯੋਗਦਾਨ ਅਤੇ ਸੰਘਰਸ਼ਾਂ ਦਾ ਸਨਮਾਨ ਕਰਦਾ ਹੈ। ਇਹ ਦਿਨ ਬਿਹਤਰ ਕੰਮ-ਕਾਜੀ ਹਾਲਤਾਂ ਅਤੇ ਉੱਚਿਤ ਉਜ਼ਰਤਾਂ ਲਈ ਮਜ਼ਦੂਰ ਲਹਿਰਾਂ ਦੇ ਯਤਨ ਦੀ ਯਾਦ ਦਿਵਾਉਂਦਾ ਹੈ।

ਮਈ ਦਿਵਸ ਦੀ ਸ਼ੁਰੂਆਤ 1886 ਵਿੱਚ ਸ਼ਿਕਾਗੋ ਵਿੱਚ ਹੋਏ ਹੇ ਮਾਰਕੀਟ ਕਤਲੇਆਮ ਤੋਂ ਸ਼ੁਰੂ ਹੋਈ। ਇਸ ਘਟਨਾ ਨੇ ਮਜ਼ਦੂਰਾਂ ਦੇ ਅਧਿਕਾਰਾਂ ਲਈ ਇਕ ਵਿਸ਼ਾਲ ਲਹਿਰ ਨੂੰ ਜਨਮ ਦਿੱਤਾ ਅਤੇ ਪਹਿਲੀ ਮਈ ਨੂੰ ਮਜ਼ਦੂਰ ਏਕਤਾ ਦਿਵਸ ਵਜੋਂ ਸਥਾਪਿਤ ਕੀਤਾ। ਮਈ ਦਿਵਸ ਦਾ ਮੁੱਖ ਉਦੇਸ਼ ਕਿਰਤ ਦਾ ਸਨਮਾਨ ਕਰਨਾ ਹੈ। ਇਸ ਦਿਨ ਨਾਲ ਜੁੜੀਆਂ ਵਿਭਿੰਨ ਪਰਮਪ੍ਰਵਾਹਾਂ ਹਨ। ਕੁਝ ਦੇਸ਼ਾਂ ਵਿੱਚ ਮੇ ਪੋਲ ਡਾਂਸ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਦੂਸਰੇ ਦੇਸ਼ਾਂ ਵਿੱਚ ਪ੍ਰਦਰਸ਼ਨ ਜਾਂ ਰੈਲੀਆਂ ਹੁੰਦੀਆਂ ਹਨ। ਮਈ ਦਿਵਸ ਵੱਖ-ਵੱਖ ਉਦਯੋਗਾਂ ਅਤੇ ਦੇਸ਼ਾਂ ਵਿੱਚ ਮਜ਼ਦੂਰਾਂ ਦੇ ਚੱਲ ਰਹੇ ਸੰਘਰਸ਼ਾਂ ਅਤੇ ਪ੍ਰਾਪਤੀਆਂ ਦੀ ਯਾਦ ਦਿਵਾਉਂਦਾ ਹੈ ਅਤੇ ਨਿਰਪੱਖ ਅਭਿਆਸਾਂ ਦੀ ਵਕਾਲਤ ਕਰਦਾ ਹੈ।

30 ਮਈ ਨੂੰ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦਾ ਸ਼ਹੀਦੀ ਦਿਵਸ ਹੈ। ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦਾ ਜਨਮ ਚੌਥੇ ਗੁਰੂ ਰਾਮਦਾਸ ਅਤੇ ਬੀਬੀ ਭਾਨੀ ਜੀ ਦੇ ਘਰ 19 ਵੈਸਾਖ, ਸੰਮਤ 1620 (15 ਅਪ੍ਰੈਲ, 1563) ਨੂੰ ਗੋਇੰਦਵਾਲ ਵਿਖੇ ਹੋਇਆ। ਆਪ ਸਿੱਖਾਂ ਦੇ ਪੰਜਵੇਂ ਗੁਰੂ ਸਨ। ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਅਦੁੱਤੀ ਉਪਦੇਸ਼ਾਂ ਦਾ ਅਸਰ ਮੁਸਲਮਾਨ ਕਾਜੀਆਂ ਨੂੰ ਚੰਗਾ ਨਹੀਂ ਲੱਗਿਆ ਕਿਉਂਕਿ ਮੁਸਲਮਾਨ ਕੱਟੜ ਪੰਥੀ ਆਪਣੇ ਧਰਮ ਦੀ ਬਰਾਬਰੀ ਬਰਦਾਸ਼ਤ ਨਹੀਂ ਕਰ ਸਕਦੇ ਸਨ। ਅਕਬਰ ਦਾ ਪੁੱਤਰ ਜਹਾਂਗੀਰ ਜਦੋਂ ਤਖਤ ਤੇ ਬੈਠਾ ਤਾਂ ਵਿਰੋਧੀਆਂ ਨੇ ਗੁਰੂ ਸਾਹਿਬ ਖਿਲਾਫ ਕੰਨ ਭਰਨੇ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੇ। ਇਸ ਕੰਮ ਵਿਚ ਚੰਦੂ ਦੀ ਈਰਖਾ ਨੇ ਬਹੁਤ ਰੋਲ ਅਦਾ ਕੀਤਾ। ਜਹਾਂਗੀਰ ਨੇ ਮੁਰਤਜ਼ਾ ਖਾਨ ਨੂੰ ਕਿਹਾ ਕਿ ਗੁਰੂ ਸਾਹਿਬ ਦਾ ਸਾਰਾ ਮਾਲ ਅਸਬਾਬ ਜਬਤ ਕਰਕੇ ਉਹਨਾਂ ਨੂੰ ਉਸਦੇ ਸਾਹਮਣੇ ਪੇਸ਼ ਕੀਤਾ ਜਾਵੇ। ਜਹਾਂਗੀਰ ਨੇ ਗੁਰੂ ਸਾਹਿਬ ਨੂੰ, ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਵਿਚ ਹਜ਼ਰਤ ਮੁਹੰਮਦ ਦੀ ਖੁਸ਼ਾਮਦ ਦੇ ਸ਼ਬਦ ਦਰਜ ਕਰਨ ਲਈ ਕਿਹਾ। ਜਿਸਦਾ ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਸਾਫ ਇਨਕਾਰ ਕਰ ਦਿਤਾ। ਅਖੀਰ ਗੁਰੂ ਸਾਹਿਬ ਨੂੰ ਸ਼ਹੀਦ ਕਰਨ ਦਾ ਹੁਕਮ ਦੇ ਦਿੱਤਾ ਗਿਆ। ਇਸ ਕੰਮ ਲਈ ਖਾਸ ਤੌਰ ਤੇ ਨਿਰਦਈ ਚੰਦੂ ਨੂੰ ਲਗਾਇਆ ਗਿਆ। ਗੁਰੂ ਸਾਹਿਬ ਨੂੰ ਤੱਤੀ ਤੱਵੀ ਉੱਪਰ ਬੈਠਾਕੇ ਸਰੀਰ ਉੱਪਰ ਤੱਤੀ ਰੇਤ ਪਾਈ ਗਈ। ਬਾਅਦ ਵਿਚ ਉਬਲਦੇ ਪਾਣੀ ਦੀ ਦੇਗ ਵਿੱਚ ਬਠਾਇਆ ਗਿਆ। ਪਰ ਗੁਰੂ ਸਾਹਿਬ ਨੇ 'ਤੇਰਾ ਕੀਆ ਮੀਠਾ ਲਾਗੇ' ਦੀ ਧੁਨੀ ਜਾਰੀ ਰੱਖੀ। ਅੰਤ ਵਿਚ 16 ਮਈ 1606 ਨੂੰ ਛੇਵੇਂ ਦਿਨ ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਪਾਵਨ ਸਰੀਰ ਨੂੰ ਰਾਵੀ ਕਿਨਾਰੇ ਲਿਆਂਦਾ ਗਿਆ ਅਤੇ ਰਾਵੀ ਦੇ ਜਲ ਵਿੱਚ ਜਲਪ੍ਰਵਾਹ ਕਰ ਦਿੱਤਾ ਗਿਆ। ਅੱਜ ਕੱਲ੍ਹ ਉਹ ਜਗ੍ਹਾ 'ਡੇਹਰਾ ਸਾਹਿਬ' ਦੇ ਨਾਮ ਨਾਲ ਜਾਣੀ ਜਾਂਦੀ ਹੈ ਜੋ ਕਿ ਪਾਕਿਸਤਾਨ ਵਿਚ ਹੈ। ਉਮਦਤ ਤਵਾਰੀਖ ਦਾ ਲਿਖਾਰੀ ਲਿਖਦਾ ਹੈ ਕਿ ਸ਼ਹਾਦਤ ਨੂੰ ਲਿਖਣ ਲੱਗਿਆਂ ਕਲਮ ਲਹੂ ਦੇ ਹੰਝੂ ਕੇਰਦੀ, ਅੱਖਾਂ ਰੋਂਦੀਆਂ, ਦਿਲ ਪਾਟਦਾ ਅਤੇ ਜਾਨ ਹੈਰਾਨ ਹੁੰਦੀ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਕੁਝ ਹੋਰ ਮਹੱਤਵਪੂਰਨ ਮਿਤੀਆਂ ਹਨ ਜਿਵੇਂ ਕਿ ਚਾਰ ਮਈ ਨੂੰ World Laughter Day, ਗਿਆਰਾਂ ਮਈ ਨੂੰ Mothers Day ਅਤੇ 12 ਮਈ ਨੂੰ ਬੁੱਧ ਪੂਰਨਿਮਾ ਹੈ। 11 ਮਈ 2024 ਨੂੰ ਪੰਜਾਬ ਦਾ ਮਸ਼ਹੂਰ ਕਵੀ ਸੁਰਜੀਤ ਪਾਤਰ ਸਾਨੂੰ ਸਦੀਵੀਂ ਵਿਛੋੜਾ ਦੇ ਗਿਆ।

ਮੈਂ ਰਾਹਾਂ ਤੋਂ ਨਹੀਂ ਤੁਰਦਾ, ਮੈਂ ਤੁਰਦਾ ਹਾਂ ਤਾਂ ਰਾਹ ਬਣਦੇ
ਯੁੱਗਾਂ ਤੋਂ ਕਾਫਲੇ ਆਉਂਦੇ, ਇਸ ਸੱਚ ਦੇ ਗਵਾਹ ਬਣਦੇ
ਜੁ ਲੋ ਮੱਥੇ 'ਚੋਂ ਫੁੱਟਦੀ ਹੈ ਉਹ ਅਸਲੀ ਤਾਜ ਹੁੰਦੀ ਹੈ
ਤੱਵੀ ਦੇ ਤਖਤ 'ਤੇ ਬਹਿਕੇ ਹੀ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਬਣਦੇ
ਸਤਿਕਾਰ ਸਹਿਤ

ਵਿੰਗ ਕਮਾਂਡਰ ਬਲਦੇਵ ਸਿੰਘ

KNOW YOUR MEMBERS

Jarnail Singh LM 1162, M 98146-14656

Mr. R. P. Singh Vig LM 874 M: 98147 20844

Born in October 1944 at Badami Bag Lahore, where his father was running a factory of cycle manufacturing. Shifted to ancestral village having about 350 acres of land which was forfeited because of new law for tillers.



He had initial schooling in village high school and family shifted to Ludhiana, where his father have started industry of Milling Machines manufacturing.

He did his Matriculation from Government High School, Ludhiana in 1959. He wanted to be an engineer but could not get admission in Guru Nanak Engineering College, Ludhiana for short of two marks only. He was insisted to join family business but because of disinterest, after wasting one year, he joined his Engineer brother at Amritsar and completed his graduation in 1964 from Khalsa College Amritsar.

He was very much interested to join army but could not do so because of underweight inspite of clearing exam and other conditions and took training from Deol Academy, Sector 15, Chandigarh and he wasted another year.

He again joined college to do his Post-graduation in Mathematics but during his first year of study he got an offer in Bank of India and Central Bank of India and got his posting at Calcutta and Hoshiarpur respectively, but he joined the later In 1968 where from he was transferred to Zonal Office Chandigarh but because of All India strike by the union against his upgradation within six months of joining he was transferred back.

After successful clearing internal All India Competition he was posted to Madras in 1970 but later posted at Abohar. He worked in various capacities with full dedication and was rewarded with 32 appreciation letters from different higher authorities and was the only officer whose photo appeared in bank's Centralized monthly magazine for five times. His performance was never repeated by his successors, which he always referred it in his ACR form to be submitted every year.

He was pro-staff and remarkable achievements as Chief Officer, Personnel department, Zonal Office, Chandigarh are still appreciated and remembered.

90 cases of Union were got withdrawn from the Labour Court and 87 cases were settled thereafter.

Zone which used to get promotions minimum got maximum in India during his tenure as CO. First and last Chief Manager who held both the major departments Personal and Credit of Zonal Office, Chandigarh

He took VRS in 2001 as CIA, CBI Chandigarh Zone Audit Head comprising of Punjab, Haryana, HP, JK and Chandigarh.

Married in 1974 to Hardeep Kaur Vig LM 875 with daughter of an Army Officer. He is blessed with a son who is very well off abroad.

He is known as YOUNG MAN of MSCA. He is always ready to donate for good cause. MSCA wish him good healthy and a quality good long life.

WEBSITES

MSCA : www.mscomohali.com

Fedsen Punjab : www.fedsenpunjab.org

AISCCON : www.aiscon.org

ASSOCIATION'S NEWS



Despite the early summer impact, weather getting suddenly from hot to hotter days, the activities of MSCA continued with full swing all through including a mega picnic. The varied activities were undertaken during the past month:

15-Mar-2025: In the talk by members, this month Sh Varinder Singh (LM-2301) discussed about the features of Android mobile phones. It's a fact that we normally

use just 10-15% of the mobile's options. He explained about its user-friendly interface, support for various hardware, connectivity options plus many security features, GPS and camera with pics editing. Members sought some clarifications and thanked the speaker for the suggestions. Light refreshment was served to all.

16-Mar-2025: In LIVASA (IVY) Hospital, for the health talk Dr Kirath, MD, consultant pulmonary medicine discussed about the common seasonal flu and allergy. With the changes in season, some people, especially elderly get infected due to prevailing allergies and often face symptoms like wheezing, coughing or shortness of breath. Such patients need to take timely care like inhalers or prescribed medication. The doctor advised to stop smoking, ensure healthy diet and regular / soft exercises. The queries of some members were also clarified, to the satisfaction. Yummy snacks & tea were served to the members.

19-Mar-2025: Members of "We, MSCA family," group; (members who have lost their spouse), had get together and special lunch at Hotel Shanti Sagar, TDI City, Mohali. While Sh Ravjot Singh coordinated with members, S Charanjit Singh planned and organised the event. About 35 members joined, some first timer gave introductions, had socialising chats & informal gup-shup and enjoyed playing tambola round. Thereafter members presented nice songs making the atmosphere lively. Multicourse delicious lunch was served which everyone relished.

21-Mar-2025: In the health talk at Park (Grecian) Hospital, Dr Brig Harinder Pal Singh, Director Oncology talked in details about different types of cancer that affects human bodies very badly. Its causes can be combination of genetic, lifestyle choices and environmental exposures. Symptoms vary widely or they may not occur at all. It can be detected through blood tests, imaging scans or biopsies. Common types in elderly are breast or prostate cancers. If detected in early stage, it is curable through medication, chemo or radiations. Some related queries of members were replied satisfactorily by the doctor. Refreshment was served to all.

29-Mar-2025: This month, in the musical programme Surilee Sham, the theme was "Any song related to kids". The members chose some nice & lively songs including some old numbers, presenting rhythmically making the atmosphere charming. The audience of about 40 members encouraged the singers by applauding frequently. Hot tea and snacks were served in the end.

01-April-2025: The monthly get together was held at the CC, Ph-7 Mohali. It being the pleasant evening, about 160 members joined and



participated in the favorite fun-filled tambola round. Thereafter many members presented lovely hindi / punjabi songs, which the audience enjoyed and encouraged the singers by clapping. The new members who joined MSCA recently gave their introduction and were welcomed by clapping. Many members gave donations towards welfare activities of MSCA. Subsequently the cake was cut by the members, whose birthdays fell during one past month. Sumptuous refreshments were served to all.

04-April-2025: In the health talk at Shalby Hospital Dr Manoj Sharma MS, MCH Urology, discussed specifically about prostate issues amongst elderly. Its warning signs usually are painful or frequent urination, blood in urine, pain in lower back, hips or pelvis. It can be detected by PSA test and by ultrasound screening. Prostate, including cancerous are often curable especially when diagnosed and treated early as very advanced technologies are available now. Many members having experienced the disease, put relative queries for clarifications from the doctor. Healthy refreshments were served to all.

08-April-2025: Members of "We, MSCA family," group; had their monthly get together and special lunch at Hotel Shanti Sagar, TDI City, Mohali, arranged by S Charanjit Singh. About 32 members joined for the meet for which Sh Ravjot Singh coordinated with members. Some first timer members gave their introductions, and shared experiences. The Tambola round was played with full enthusiasm. Subsequently, some members presented lively songs making the atmosphere enjoyable. Sumptuous & delicious lunch was served which everyone relished. Members thanked for organising such events which give them opportunity to move out and meet each other.

11-April-2025: At Fortis Hospital Mohali a special health program was arranged on 'The Science & Art of Ageing'. Dr Parvinder Chawla, while detailing ageing, which is characterised by progressive loss of physiological integrity. He stressed upon factors like Physical health, Mental health, Social engagements, Nutrition and Spiritual practices. One must keep learning new skills, volunteering by giving back to society and keep pursuing hobbies. The members felt encouraged from the

positive talk about ageing gracefully and thanked the doctor. Healthy refreshment was served.

12-April-2025: A Mega Picnic was arranged for the members to Redwood Resorts on Morni road, in which about 115 members joined. Reaching there in two AC buses plus cars, they were served with breakfast of sandwiches and sizzling pakoras, poha with hot Tea/ Coffee besides cold lassi, in their restaurant. Thereafter members moved to the basement AC hall. A bumper tambola round was played there, members winning hefty dividends. Some entertaining games were arranged by S Harjinder Singh, which the members participated in full enthusiasm, prizes were also given to some winners. Thereafter, sumptuous and yummy lunch was served which everyone enjoyed. The members clicked pics in the lawns and pool side fully enjoyed making fun for every activity and with props available. After taking tea / coffee again, the return journey started and on way back they stopped at Gurdwara Nadha Sahib to seek blessings. The President thanked all the participants for cooperation in making the picnic a memorable one.



EXHIBITION OF DRAWING AND PAINTINGS BY MSCA MEMBERS



MSCA will hold an exhibition of work of Art by MSCA MEMBERS on 3rd June 2025 (First Tuesday) at Community Centre, Ph 7, Mohali from 5 pm to 7 pm.

1. Entry forms will be available from 12th May, 2025.
2. Entry fee will be Rs. 100/- per entry,
3. Maximum 3 entries will be accepted per Member.
4. Entry form complete in all respect along with 4" x 6" size of photograph of each entry (for record) should be submitted to Mr. Jarnail Singh, Vice President (98146 14656) on any working day before 12 noon on 29th May, 2025.
5. Respective member will be responsible to bring exhibits to Community Centre, Phase 7, Mohali on 3rd June, 2025 between 3 pm and 4.30 pm.
6. Respective member will be responsible for taking back exhibits from Community Centre, Phase 7, Mohali after the exhibition is over.
7. MSCA will not be responsible for any damage to/ loss of exhibits.

CHAPTER 64

10th April 2025 Monthly get-together was held. Mr Harjinder Singh and Mr M S Sawhney conducted Tambola. Mrs Amrit Kaur conducted the stage for recreation.

Many members sang songs. Mr Harmel Singh gave brief life account of Sardar Jassa Singh Ahluwalia who was bestowed with title of Nawab on 10th April 1688.



Birthdays of members whose birthdays fell between 16th March and 10th April 2025 were celebrated by cutting the cake.

Mr Jarnail Singh, Mrs Amrit Kaur and Mr Paramjit Arora were present to cut the birthday cake. About 35 members attended the meeting. The refreshment was sponsored by Mr Paramjit Arora. Mrs Gurkirat Kaur and Mr M S Rattan arranged the refreshment.

Mr Jarnail Singh Chapter Head thanked all the participants and organisers.

24 मार्च 2025 : 9 फेज़ के नेचर पार्क में वरिष्ठ नागरिकों द्वारा अपने साथी श्री राजिंदर सिंह बेवली का जन्मदिन, उन्हें एक सुंदर पुस्तक देकर मनाया गया। वरिष्ठ नागरिकों की एक परंपरा बनी हुई थी कि जिस साथी का भी जन्मदिन होता था, उस साथी से उसी दिन एक पेड़ लगवाया जाता था। वरिष्ठ नागरिकों द्वारा अब तक लगभग 100 से अधिक पेड़ लगा दिए गए हैं कि अब वह पार्क देखने में जंगल जैसा दिखवाई देना शुरू हो गया है वहाँ की आबो हवा भी बहुत अच्छी हो गई है। वरिष्ठ पर्यावरणविद और वरिष्ठ नागरिकों के साथी श्री तिलकराज बांका छोटे पेड़ों के इर्द-गिर्द-ट्री-गाई लगवाने का काम और उसके पालन-पोषण की जिम्मेवारी भी भली प्रकार निभा रहे हैं। शानदार अल्पाहार के साथ जन्मदिन यह कार्यक्रम संपन्न हुआ।



CHAPTER 3

09-April-2025: The Chapter's get together and monthly meeting was held in the Library Hall, Rose Garden. Sh M S Sawhney conducted the



tambola round that the members enjoyed, winning dividends. For the health talk the related topic was 'Heat Stroke' upon which Dr Puneet Kumar, MD Medicine, LIVASA (IVY) Hospital, discussed in details. When body overheats and can't cool itself, symptoms like throbbing headache, slurred



speech, nausea or dizziness occur. To prevent, especially elders, need to avoid going out during high temperature, intake lot of water, wear loose cotton clothes and cover the head. Heat stroke can be medical emergency; the

person may need to be immersed in cold water. The Doctor was honoured with memento gift by S Harkirat Singh. Some evergreen & old Hindi/ Punjabi songs were presented by members and the audience of about 60 joining with claps. To beat the heat, yummy refreshment along with cold salted Lassi was served to all.

Kind Attention ! Writers

Members are requested to send an Article of approximately 300 words, on any topic of interest to Senior Citizens, of their own choice. Article to reach by 15th May 2025, to be published in Glorious Years June 2025.

Wg Cdr Baldev Singh (Editor)



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MSCA members visited Singapore Malaysia, Dubai, Abu Dhabi, Kashmir & Mussoorie

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12. ਸੁਖਮਨੀ ਤੀਰੀ ਸੁਰਤ ਦੇਖ ਕਰ
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Calligraphed & Translated by Wg Cdr Baldev Singh

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ਕਹਿੰਦੇ ਹਨ ਕਿ ਧਰਤੀ ਉੱਤੇ ਮਨੁੱਖ ਇਕੱਲਾ ਤੇ ਉਦਾਸ ਸੀ। ਉਸ ਨੂੰ ਉਦਾਸ ਵੇਖ ਕੇ ਰੱਬ ਨੇ ਉਸ ਨਾਲ ਖੇਡਣ ਦਾ ਮਨ ਬਣਾਇਆ। ਦੋਨੋਂ ਲੁਕਣ-ਛੁਪਾਈ ਖੇਡਣ ਲੱਗੇ। ਰੱਬ ਦੀ ਪਹਿਲਾਂ ਲੁਕਣ ਦੀ ਵਾਰੀ ਸੀ, ਕਿਉਂਕਿ ਧਰਤੀ ਅਜੇ ਸਾਰੀ ਖਾਲੀ ਸੀ, ਲੁਕਣ ਵਾਲੀ ਕੋਈ ਜਗ੍ਹਾ ਰੱਬ ਨੂੰ ਨਾ ਦਿੱਤੀ। ਰੱਬ ਨੇ ਕੁਝ ਸੋਚਣ ਤੇ ਬਾਅਦ, ਬੰਦੇ ਦੇ ਦਿਲ ਵਿੱਚ ਹੀ ਜਗ੍ਹਾ ਬਣਾਈ। ਬੰਦਾ ਰੱਬ ਨੂੰ ਬਾਹਰ ਹਰ ਥਾਂ ਲੱਭਦਾ ਹੈ, ਬਸ ਆਪਣੇ ਅੰਦਰ ਹੀ ਨਹੀਂ ਵੇਖਦਾ। ਲੇਖ ਵਿਚਲੇ ਵਿਚਾਰ ਪ੍ਰੇਰਿਤ ਹਨ।

WELCOME TO NEW MEMBERS

| LM No | Name Sarv Shri/Smt. | D.O.B. | Address at Mohali | Previous Occupation | Contact No. |
|-------|----------------------|------------|------------------------------|---|-------------|
| 2345 | Guldeep Singh | 03-07-1964 | # 4576-B, Mig Super | System Administrator | 98156 04576 |
| 2346 | Varinder Paul | 26-07-1964 | Flats, Sec. 70 | Lecturer In Economics | 99887 14576 |
| 2347 | Gurpreet Singh | 06-11-1960 | # 66, Sec. 70 | Engineer | 98156 24077 |
| 2348 | Lakhbir Kaur | 28-02-1963 | # 66, Sec. 70 | Supdt. Pb Sch Edu Board | 81465 52548 |
| 2349 | Kamaljit Kaur | 04-03-1962 | # 785, Ph. 4, | Sr. Asstt. Pb. Sch Edu Board | 98881 88796 |
| 2350 | Jagjit Singh | 01-03-1943 | #751, Ph. 3 B-1 | Dy Dir., Forest Deptt, Pb. | 98764 51136 |
| 2351 | Sudershan Kaur | 10.04.1942 | #751, Ph. 3 B-1 | Retd Mistress Govt. Sr. Sec. School. Mohali | 84273 43224 |
| 2352 | Nirmal Singh Pahwa | 10-01-1955 | # 784, Ph. 7 | Banking | 98557 87784 |
| 2353 | Sarabjit Kaur | 10-01-1956 | # 784, Ph. 7 | Pvt Secretary, Pb. Govt | 98885 13019 |
| 2354 | Narinder Singh | 18-02-1960 | F. No.. 3088/2, Sec.-41D Chd | Business | 94172 78134 |
| 2355 | Manjeet Kaur | 14-05-1954 | # HM 108, 3B1 | Health Deptt. | 82838 71763 |
| 2356 | Chaman Dev | 15-03-1965 | #2674-B, MIG (Super) Sec.70 | Executive Eng., Pb Police Housing Corpn. | 98151 67867 |
| 2357 | Mahatma Singh Basi | 08-07-1947 | # 84, Ph.-11, Sec. 65 | Lt. Col Indian Army | 98726 20384 |
| 2358 | Jasminder Kaur | 08-01-1950 | # 84, Ph.-11, Sec. 65 | Teacher Pb Govt | 98726 20384 |
| 2359 | Mohinder Kaur Viridi | 30-07-1959 | # HM 97, Phase 4 | Teacher | 99158 98798 |

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Letter to Editor

Sh. J S Jagdev has rightly said that the Senior Citizens have knowledgeable experience in almost all the fields, which can show the right path to the younger generation to lead a exemplary life for the goodwill of the society. Sh. Baldev Singh has discussed the various events of the Month of April in a very valuable manner and adds some new knowledge. We can say that Sh. Bindra ji is a gem of our Association. All the Writers express their best thoughts in a dignified manner. The Hot season is coming with the start of MAY. Keep yourself in cooling mode externally as well as Internally.

Gulshan Nayyar LM 1857 M. 9815976298

Brig. J.S. Jagdev's message to the youth highlights the importance of social work, shared values, and legal awareness. He calls on elders to mentor the younger generation, ensuring their wisdom shapes the future. Wg. Cdr. Baldev Singh's thorough research on April's origins, April Fool's Day, and the month's festivals is truly fascinating.

The date-wise event coverage, enhanced by Mr. S.S. Bedi's adds depth to the appreciation. The contributions of all writers, especially Sh. Gulshan Nayyar Ji, are exceptional. Their dedication to preserving valuable narratives and promoting awareness reflects a strong commitment to enriching our collective knowledge.

G. P. SINGH SANDHU LM 2192 M. 97795-82475

ਪਿਕਨਿਕ ਦੇ ਸੁਚਾਰੂ ਢੰਗ ਨਾਲ ਕੀਤੇ ਪ੍ਰਬੰਧ ਲਈ ਆਪ ਜੀ ਦੀ ਟੀਮ ਦਾ ਬਹੁਤ ਧੰਨਵਾਦ। ਮੇਰੇ ਵਰਗੀ ਇਕੱਲੀ ਜਿੰਦ ਲਈ ਅਜਿਹਾ ਜੋੜ ਮੇਲਾ ਬੈਟਰੀ ਚਾਰਜ ਕਰਨ ਦਾ ਰੋਲ ਪਲੇਅ ਕਰਦਾ ਹੈ। ਆਪ ਜੀ ਨੂੰ ਸੱਚੇ ਪਾਤਸ਼ਾਹ ਅਜਿਹੇ ਉਪਰਾਲੇ ਕਰਨ ਦਾ ਬਲ ਅਤੇ ਉੱਦਮ ਬਖਸ਼ੋ। ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹਿ।

Rupinder Kaur LM 1373 M. 98767-69120

ਮਈ 2025 ਮਹੀਨੇ ਦਾ ਸਵਾਲ

M. S. Rattan LM 1326 M : 88720-84065

There is a rectangular pasture 40M long and 20 M wide.

A farmer ties two of his cows with 5 M long ropes to the pegs located 10 M from the left side of the pasture and 5 M on both side of the center line.

While on the right side of the Pasture he ties a horse with 10 M long rope to a peg located at the center line 10 M away from the right side of the pasture

1. Find the are of pasture earmarked for each cow?
2. Area of pasture earmarked for the horse.
3. Find the area of pasure left untoched?
4. The untoched area is to be cleared for the next crop. If cost of clearing the area is Rs.100/ Sq. M

Find the total cost of clearing the untoched area of pasture.

QUIZ MAY 2025

Harjinder Singh LM 1560 M : 98729-99610

1. When did Waqf Board came into existence?
2. Who is the oldest player to have played in IPL cricket league?
3. Who is the leading lady in movie Akaal?
4. Name the main conspirator of 26/11 terrorist attack brought back to India recently?
5. Name the much in news Chief minister of Tamil Nadu?

Caption Contest May 2025

GPS Sandhu LM 2192 M : 97795-82475



Write a Suitable Caption

Riddle May 2025

G. K. Singh LM 987 M 98722 01644

How do you get across an open field, with no umbrella, without getting wet?

Members may send their responses to baldevsinghguraya@gmail.com upto 15th May 2025. Name of winners will be published in the June 2025 issue of The Glorious Years.

Sudoku May 2025

H. B. S. Chopra LM 3, M. 93161-36268

| | | | | | | | | | |
|---|---|---|---|---|---|--|---|---|---|
| 1 | | | | 2 | | | 3 | | |
| 4 | | | 5 | | 3 | | | | |
| 6 | | 7 | | | 1 | | | | |
| | | | 1 | 4 | 5 | | | 3 | |
| | | | 6 | | | | 8 | 4 | |
| | | | | | | | | | |
| | 6 | | 7 | | | | 3 | 4 | 2 |
| 8 | 1 | | 3 | | | | | 9 | 6 |
| | | | | | 6 | | 8 | | |

How to Play : Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You Can't change the digits already given in the grid.

Solution of Last Month's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 5 | 6 | 4 | 1 | 9 | 2 | 3 | 8 |
| 8 | 9 | 1 | 7 | 3 | 2 | 6 | 5 | 4 |
| 4 | 2 | 3 | 8 | 6 | 5 | 7 | 9 | 1 |
| 9 | 7 | 8 | 6 | 5 | 3 | 1 | 4 | 2 |
| 6 | 4 | 5 | 1 | 2 | 8 | 3 | 7 | 9 |
| 3 | 1 | 2 | 9 | 7 | 4 | 5 | 8 | 6 |
| 2 | 6 | 9 | 5 | 8 | 7 | 4 | 1 | 3 |
| 1 | 8 | 7 | 3 | 4 | 6 | 9 | 2 | 5 |
| 5 | 3 | 4 | 2 | 9 | 1 | 8 | 6 | 7 |

Answers to April Quiz

1. Rekha Gupta
2. Komal Gupta
3. Ranya Rao
4. Vaibhav Suryavanshi
5. 45 days

ਪਿਛਲੇ ਮਹੀਨੇ ਦੇ ਸਵਾਲ ਦਾ ਹੱਲ

The walking tracks are not extended to the boundary.

Area of walking tracks = $(500 \times 5 \times 2) + (400 \times 5 \times 2) - (5 \times 5 \times 4) + (10 \times 10)$ Sq M
 $= 5000 + 4000 - 100 + 100 = 9000$ Sq M

No. Of tiles $9000/0.16 = 58250$

Cost of supply and laying of tiles = $9000 \times 150 =$ Rs13.50 lakh

Area of Park 300000 Sq M

Area covered by tiles 9000 Sq M

Area where grass is to be planted $300000 - 9000 = 291000$ Sq M

Cost of supply and planting of grass

= Rs 291000 x 400

= 11640000 = Ra 1164 Lakh

Answers to Last Month's Riddle

ਪਿਛਲੇ ਮਹੀਨੇ ਦੇ ਸਵਾਲ / Quiz / Sudoku / Riddle / Caption ਦਾ ਹੱਲ ਕਰਨ ਵਾਲੇ (Sarav Shri)

Quiz

1. Gurdev Singh Bindra LM 785
2. Balwinder Kaur LM 2245
3. Gurminder Kaur LM 2314
4. G P Singh Sandhu LM 2192
5. D S Dhamija LM 1492
6. Bikramjit Singh Chawla LM 1845
7. Dharam Pal Kanyathi LM 2102

Sudoku

1. Balbir Singh LM 274
2. Amrik Singh LM 2008
3. J. S. Rawal LM 1716
4. Rita Toor LM 81
5. Gursharan Kaur Baweja LM 273
6. Jasbinder Singh LM 992
7. D S Dhamija LM 1492
8. Bikramjit Singh Chawla LM 1845
9. Dharam Pal Kanyathi LM 2102

ਸਵਾਲ

1. Dharam Pal Kanyathi LM 2102
2. D S Dhamija LM 1492

Riddle

1. Savita Anil Sharma LM 2315
3. Gurminder Kaur LM 2314
4. G P Singh Sandhu LM 2192
6. Bikramjit Singh Chawla LM 1845
7. Dharam Pal Kanyathi LM 2102
8. Gulshan Nayyar LM 1857

Caption Contest April 2025

Judges :

1. Mrs. Kuljit Kaur LM 1161
2. Mrs. Damanjit Kaur LM 2100
3. S. G. P. S. Sandhu LM 2192



1. **Immersed in the digital world**
Rita Toor LM 81
2. **Mobile Conference**
Avtar Kaur LM 988
3. **Everyone is alone in this crowd**
Savita Anil Sharma LM 2315

OBITUARIES



S. Mammohan Singh
LM - 1265
2470, Ph. 10, Mohali
06-06-1929 to 05-04-2025



Mrs. Kulwant Kaur
LM - 434
1785, Ph-3B2, Mohali
01-01-1944 to 02-04-2025



Col Gur Iqbal Singh
LM - 1473
36, Ph-7, Mohali
22-12-1943 to 03-04-2025



Gurinder Jit Singh
LM - 1883
3229, Sec. 71, Mohali
29-12-1954 to 19-04-2025

MSCA expresses heartfelt condolences with the aggrieved families. May the departed noble souls rest in peace.

GLORIOUS YEARS

EVENTS IN THE PIPELINE MAY 2025

| | | |
|----------|----|---|
| 5.00 pm | 3 | June Members get together CC, Phase 7 |
| 5.00 pm | 31 | May Suresh Sham LAF Centre, Sec. 68 |
| 10.30 am | 18 | May Cancer Screening Livasa Hospital |
| 10.30 am | 17 | May Ball Reservation LAF Centre, Sec. 68 |
| 4.00 pm | 14 | May Chaper Get together Living Res Garden, 3B1 |
| 10.30 am | 9 | May Allergy & Asthma Fortis Hospital |
| 5.00 pm | 8 | May G-S-R Get together Govt Smart School, Ph 10 |
| 4.00 pm | 7 | May Chaper Get together Library, Sec. 68 |
| 5.00 pm | 6 | May Get together CC, Phase 7 |
| 10.15 am | 4 | May Songs Small Wonders School |
| 10.30 am | 2 | May Asthma & COPD Shalby Hospital |

| Date | Time | Event | Venue | Remarks |
|-----------------------------------|----------|--|---|---|
| 2nd May 2025 First Friday | 10.30 am | Talk on ASTHMA & COPD | Shalby Hospital, Ph 9, Mohali | Speaker: Dr Suresh Kumar, Sr Consultant MBBS, MD (Chest Medicine) |
| 4th May 2025 First Sunday | 10.15 am | A programme of melodious songs by MSCA singers | Small Wonders School, Sec 71, Mohali | See box on 1 |
| 6th May 2025 First Tuesday | 5.00 pm | Members get together, Sale of Tambola ticket closes at 5.10 pm Talk about Hearing Aids | Community Centre, Phase 7, Mohali | Recreation, Birthday Cake Cutting, Introduction of new members. Refreshment Courtesy Hear Clear, #4, FF, Homeland Heights, Sec 70 |
| 7th May 2025 First Wednesday | 4.00 pm | CHAPTER 68 Get together | Library, Sec 69, Mohali | Revival of CHAPTER 68 |
| 8th May 2025 Second Thursday | 5.00 pm | CHAPTER 64 Get together | Govt Smart School, Ph 10, Mohali | Tambola tickets closes by 5.10 pm Share Experience, Recreation and refreshment |
| 9th May 2025 Second Friday | 10.30 am | Talk on Allergy and Asthma | Fortis Hospital Auditorium 3rd Floor | Talk by Dr Navreet Kaur Sandhu, Senior Consultant-Pulmonogy and Dr Mohit Kaushal, Consultant-Pulmonogy |
| 14th May 2025 Second Wednesday | 4.00 pm | CHAPTER 3 Get together | Library, Rose Garden, Ph 3B1 | Tambola, Talk by Max Hospital |
| 17th May 2025 Third Saturday | 10.30 am | Talk on Latest Changes in Indian Rail Reservation System | LAF Centre for Senior Citizens, Sec 68, Mohali | Speaker: Mr G P Singh Sandhu, LM 2192, M 97795 82475 |
| 18th May 2025 Third Sunday | 10.30 am | Talk on Cancer Screening | Livasa Hospital, Ground Floor, Ortho Elite Area | Speaker: Dr. Parneet Singh Consultant Radiation Oncology |
| 31st May 2025 Last Saturday | 5.00 pm | SUREELI SHAM Any Song on Hoonth, Lub, Bul etc | LAF Centre for Senior Citizens, Sec 68, Mohali | Enquiry: Mr Jarnail Singh M: 9814614656 Mrs Amrit Kaur M: 99140 91209 |
| 3rd June 2025 First Tuesday | 5.00 pm | Members get together, Sale of Tambola ticket closes at 5.10 pm | Community Centre, Phase 7, Mohali | Recreation, Birthday Cake Cutting, Introduction of new members. Refreshment. |

* Members whose birthday falls between 2nd April, 2025 and 6th May, 2025 should report at Reception by 5.30 pm

REGULAR TRAINING PROGRAMME & MEDICAL SEWA AT LAF CENTRE, SEC. 68, MOHALI

| FREQUENCY | TIME | TRAINING/ SEWA | REMARKS |
|---------------------------------|------------------|---|--|
| Jan, 2025 to June 2025 | 11 am to 12 noon | SIX MONTHS FREE PUNJABI CLASS | Teacher: Mrs. Amrit Kaur, M: 99140-91209 |
| Jan, 2025 to June 2025 | 10 am to 11 am | SIX MONTHS FREE URDU CLASS | Teacher: S. Mohinder Singh, M: 81462-19098 |
| Starting 1st and 16th May, 2025 | 10 am to 12 noon | Use of Smartphone Basic/ Advance/ Application Course*/ English Punjabi typing | Duration two weeks. Donation fee Rs 500/- |
| May 2025 to June 2025 | 11 am to 12 noon | Computer Training (2 months) (Basics, Paint, Word & Internet) | Duration two months. Donation fee Rs 1000 for MSCA members & Women. Rs 1500/- for others |

* Enquiry: Sh. Jarnail Singh, M: 98146-14656 LAF I/C Mr. Narinder Singh M. 96461 12718

| | | | | |
|--------------|----------------|------------------------|--|--|
| Medical Sewa | Every Monday | 10:00 am to 12:00 noon | Acupressure, Diet Reforms, Yoga, Suzuk, & Naturopathy Therapies etc. | By Dr. J. S. Ramgarhia BA, DNYS, (INO) India Pre-Appointment only on M. 94634-10515 |
| Medical Sewa | Every Monday | 12:00 noon to 2:00 pm | Mental Health Care | Dr. Satinder Notra LM 2009 Pre-Appointment on M. 85728-75466 |
| Medical Sewa | Every Thursday | 10:30 am to 12:30 pm | Acupressure, Diet Reforms, Yoga, Suzuk, & Naturopathy Therapies etc. | By Dr. J. S. Ramgarhia BA, DNYS, (INO) India M. 94634-10515 |
| Medical Sewa | Every Thursday | 5:00 pm to 6:00 pm | General Surgery | By Dr. Karan Vir Singh Rana, General Surgeon M. 99304-59905 |

BHAKRA NANGAL PROJECT

Gulshan Nayyar LM 1857 M. 98159 76298
Bhakra Dam is a straight gravity concrete structure rising 225.55 m above the lowest foundation and spanning the gorge with 518.16 m length at the top. It has two Power Houses on either side. The lake created by the dam known as Gobind Sagar has 168.35 sq km area with gross storage of 9621 million cum.

Below the top of the dam a 79.25 m long overflow spillway has been provided to pass the flood waters. The discharge of the spillway is controlled by four 15.24 m long and 14.48 m high radial gates. Sixteen river outlets 2.64 m x 2.64 m each, arranged in two tiers of eight outlets each in the central spillway section of the dam, are used for release of additional water from the reservoir for irrigation requirements.

The overflow spillway and the river outlets together can discharge 11326 cumecs of flood waters. Inside the dam, about 5 km long galleries are provided at various elevations for foundation grouting & drainage and inspection of the interior of the dam. A 9.14 m wide road has been provided at the top of the dam.

Disclaimer
The views expressed here are solely those of the authors in their private capacity and do not in any way represent or reflect the views of the MSCA.

If undelivered
Please return to
or For Circulation
related issues
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Mohali -160059
Ph. : 0172-4673904
M. : 98554-43169

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