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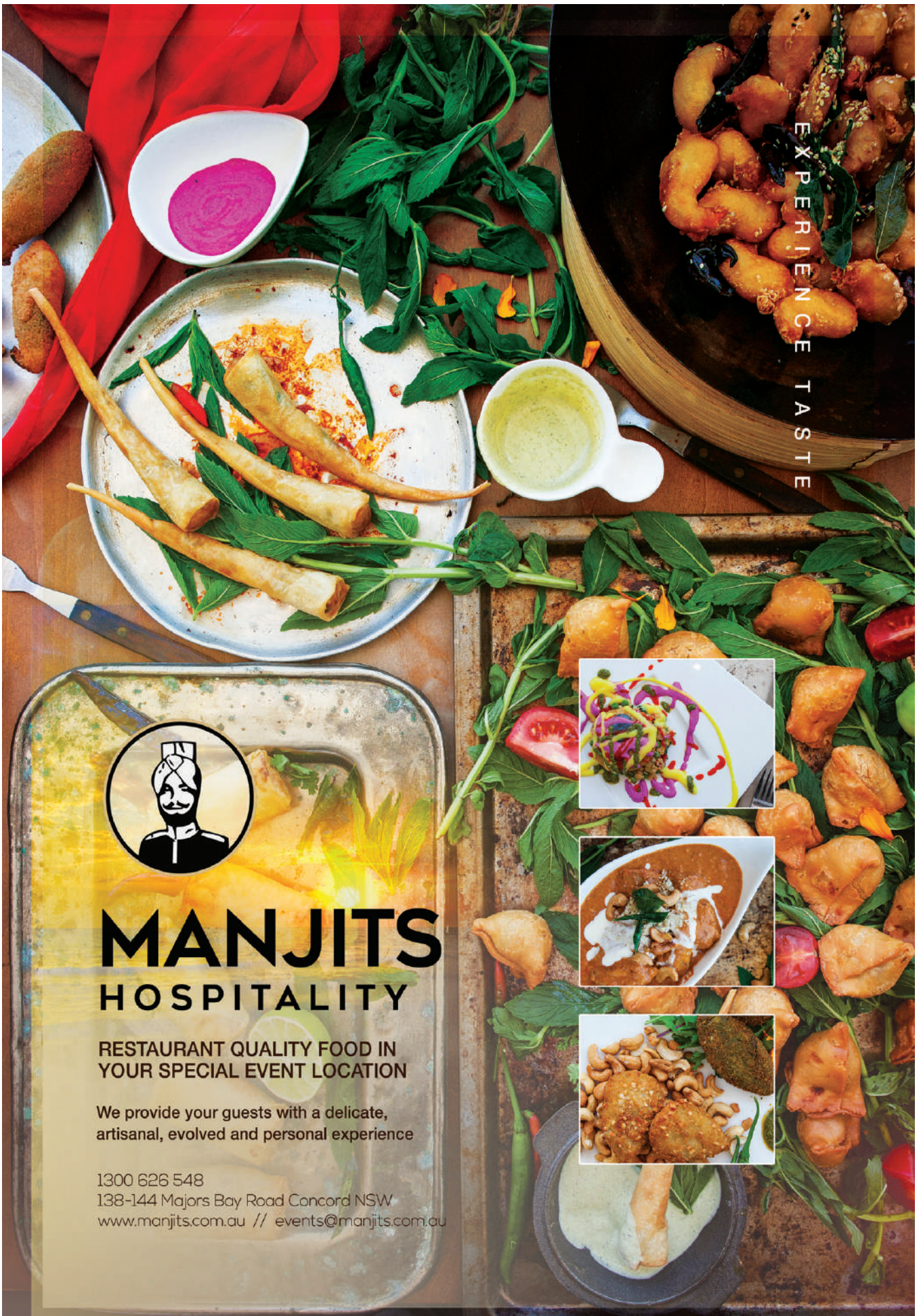
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Editor: Arti Banga

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Victoria Editor: Garima Dhawan

Queensland Editor: Priya Singh

ACT Editor: Rajni Ghai Malhotra

Western Australia Editor: Ankita Tandon

South Australia Editor: Daljeet Bakshi

Address: Desi Australia Pty Ltd

PO Box 102, Casula, NSW 2170

Email : info@DesiAustralia.com

Mob: 0433121339

Art & Designing: Cosmos Media

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Hello Everyone,

On behalf of Desi Australia team we wish everyone a very Happy Indian Independence Day!

The first ever Indian Independence Day Reception at the Parliament of NSW was hosted by Minister for Multiculturalism, the Hon. Ray Williams MP and NSW Premier Gladys Berejiklian. Premier Gladys Berejiklian spoke fondly of the Indian community's achievements and close ties between Australia and India. On this special occasion Hon. Ray Williams MP also announced that that Dr Harinatha's term has being extended as the Chair of Multicultural NSW.

To celebrate the Indian Independence Day, India Day Fair was organised by FIAN (Federation of Indian Associations of NSW). The fair saw a huge footfall as people from different nationalities gathered to celebrate the culture, tradition and multiculturalism. The day was full of fun, food, entertainment and ended with the spectacular Fireworks.

Our dedicated team of writers, contributors, photographer and editors have brought together the stories from various walks of life and we hope you enjoy reading the August edition !



Arti Banga
Editor

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Highlights of the celebration of 72nd Independence Day of India in the NSW Parliament on 9 August 2018



Harmohan Singh Walia

1. This is the first time that Independence Day of India was celebrated in the NSW Parliament.
2. The NSW Minister for Multiculturalism, Ray Williams announced a second term for Dr. Hari Harinath as Chair of Multicultural NSW.
3. Present around 200 members of the Indian community highly applauded when Ray Williams mentioned in his brief speech that he has become a NSW Minister for Multiculturalism of Indian Affairs as he is attending a lot of Indian events.
4. The NSW Premier, Gladys Berejiklian highlighted her recent visit to India and especially mentioned interest in Food and IT industries.
5. Premier of NSW mentioned that NSW government will join Mahatma Gandhi's 150th birth anniversary next year.
6. The Consul General of India, Sydney, Mr. B. Vanlal Vawna highly appreciated the NSW government for the level of engagement with the local Indian community.
7. Apart from the Premier Berejiklian and Minister Williams many MPs joined the celebration, such as Geoff Lee, Mark Taylor, Scott Farlow, Damien Tudehope, Mark Coure and Kevin Conolly.



The NSW Premier, Gladys Berejiklian



Indian Australian Community



The Consul General of India, Sydney, Mr. B. Vanlal Vawna

The STARS landed in Melbourne and built the excitement for IFFM



Garima Dhawan

The Indian Film Festival of Melbourne (IFFM) is the southern hemisphere's greatest annual celebration of Indian cinema. Taking place from 10 - 22 August under the unifying theme of 'Inclusion', this year's Festival offers all Australians the opportunity to explore the richness and diversity of contemporary Indian cinema, from Bollywood box-office hits, documentaries and art-house premieres, to a Bollywood dance competition and master classes with key figures from the Indian film industry. This year's flag hoisting ceremony was performed by graceful Rani Mukherjee and she also won the best actress award for her amazing performance in Hichki. The Day became more special when Victoria Premier Daniel Andrews announced the plan to establish \$3 million Indian Cinema Attraction Fund, which will enable more Indians to explore Victoria as a shooting location.

Richa Chaddha's film 'Love Sonia' was announced as the Opening Night film for 2018 and also won the Best Indie Film at the Westpac IFFM Awards night.

"This is an extraordinary and important film from a director with enormous insight into the world he's portraying", says IFFM Director Mitu Bhowmick Lange

Garima Dhawan from DesiMelbourne gets the opportunity to have a candid conversation with Richa Chaddha about her film, roles and career.



Garima Dhawan- How are you feeling being part of the Indian Film Festival of Melbourne?

Richa Chaddha- I am enjoying being part of the IFFM . I am thankful to the festival director Mitu Bhowmik for inviting me to the festival for the second time and screening my film 'Love Sonia' at the opening night for the international film lovers. The film has been received positively and I want to hear what's the audience response is.

Garima Dhawan- What's your film 'Love Sonia' all about ?

Richa Chaddha- Its about the global problem of sex trafficking. Lot of girls from poorer countries and poorer backgrounds are sold into sex trafficking and prostitution often by family members or some relatives. Its a disturbing film but am sure it will make people think on the issue of sex trafficking.

Garima Dhawan- What's your role in the film?

Richa Chaddha- The character I play she was abducted when she was a kid. Its a very challenging role.

Garima Dhawan- How was your experience working with director 'Tabrez Noorani'?

Richa Chaddha- He has been working on this film and script for possibly 10 years and finally his dream is culminating into reality. Hes a lovely human being and now a very good friend too.

Garima Dhawan -How was your experience working with Demi Moore, Freida Pinto, Anupam Kher, Mrinal Thakur, Rajkumar Rao?

Richa Chaddha- It was great experience working with these stars. Its a casting pool and my producer 'David Womark' says that "we are the Avengers of casting".

Garima Dhawan- What's been the most challenging role in your career till date?

Richa Chaddha- I think my role in film 'Masaan' was very challenging and second too that in this film 'Love Sonia' was very hard too.



Garima Dhawan- Do you think its necessary for an artist to maintain a balance between art cinema and commercial cinema?

Richa Chaddha- No, I think its for your own satisfaction as an artist. Sometimes you have to do films like 'Masaan' for the love of cinema and then there are other films like 'Fukrey' which you just do for fun. I had great time doing the film 'Fukrey' . Today 'Fukrey' franchises are in the 100 crore film club. Its just about having fun with what you do.

Garima Dhawan -Today celebrity lives are under constant social media glare through platforms like twitter, face book and instagram. What's your say on that?

Richa Chaddha- It has both pros and cons. The pros are that if someone writes something bad about us, we can tweet and clarify things in the first person. The cons are that there is no exclusivity anymore.

People always know where you are like a club, eatery anywhere.

Garima Dhawan- You are from a non-film background, so do you find it hard getting films?

Richa Chaddha- Its hard everyday .We routinely lose projects to star kids but its OK.

World Curry Festival, Canberra



Rajni Ghai Malhotra

The highlight of the festival was the Chilli Eating Contest which has experienced steady growth in participation over the last few years, now even covered by television and other media.



- Interestingly, the results indicate that when it comes to eating chillies, women have taken a sure lead over men!

Organised by Canberra India Council (CIC) and supported by City Renewal Authority – ACT Government, **The World Curry Festival** has become a signature event to spice things up in Canberra winters.

Into its fourth year, the festival spanned over three days, 13-15 July, attracting close to 50,000 people to the city to take delight in the multicultural milieu of food and entertainment.

Visitors to the festival had the opportunity to indulge their taste buds in curries and street food from regional India and curry cuisines of other countries such as Vietnam, Greece, Malaysia, Ethiopia, Tibet and South Africa. Also on the menu were entertaining performances both on and off stage. From Belly dancing, Brazilian dancing, Bollywood dancing, African Jazz Band to a flash Bhangra mob, there was a variety of performances to keep the visitors engaged.

Fun Facts about this year's Chilli Eating Contest:

- Over 14 varieties of chillies were consumed by the contestants, the hottest being the Carolina Reaper with Scoville unit of 2.5 millions. It is the hottest chill in the world.
- The winners and runners up received a trophy and gift vouchers of \$100 from Tikka Take and Garnish of India.
- The winner and runner up for Saturday:

Roban McElvec (Winner)
Pavana Sumanmuk (Runner up)

- Winners and runner up for Sunday:

Heath Penwill and Neha Aade (Winners)
Antoinetta Essex (Runner up)

The contest saw a tie between two running into round 15!

His Excellency Dr. A. M. Gondane, High Commissioner of India in Australia, witnessed the Chilli Eating Contest and congratulated CIC for taking the Indian palette to the wider community.

Mr. Deepak -Raj Gupta, Chair of the CIC, said he was pleased to see that the World Curry Festival has become an iconic, signature event of Canberra. "It is wonderful to see people come out of the comfort of their warm cosy homes to the city to enjoy the flavours of the festival." Talking about the multicultural vibe of the event he added, "This is a people's festival, run by the people, the respect and admiration for other cultures being evident by the open welcoming response of the audience."

Looking forward to next year, he hinted at more attractions, one of them being an 'All you can eat' contest! Now that's a definite crowd pleaser!



Photo credit : Sukevinder Saggu

The more you like yourself, the less you are like anyone else, which makes you unique.

Eshan Sharma in conversation with Nikhil Goyal Mr. India Australia 2018 1st Runner Up



Eshan Sharma

I think most of us fantasize about becoming Mr. or Miss India once in our lifetime but that requires a lot of hard work and dedication in our life. Nikhil Goyal, who was recently crowned as Mr. India Australia 2018 1st Runner Up and Mr. Top Model 2018 is a living example of a true icon.

Nikhil is 20 years old and is currently pursuing his tertiary studies from the University of Sydney in IT and Commerce. While talking to Team DesiAustralia, Nikhil told that he loves reading, playing cricket, socializing with family and friends, and that he was also involved in dance through Shiamak Davar's International Institute of Performing Arts. He has performed at many events of which some notable ones include Salman Khan's Daabang Tour in 2017 and Shreya Ghosal's concert in 2018.



Journey in Modelling

Like everyone else, he is also a normal ordinary person having grown up in Sydney. He decided to go for modelling at the beginning of 2018 with the immense support of his family and friends; where he essentially looked for

opportunities as they came up to him. One of the most important traits of a leader is that he never gives risk a second thought; he is always open for challenges and so was Nikhil, and he took each and every opportunity which he was presented with.

In the short span of being involved in this new ambiguous industry, he has been fortunate enough to receive many modeling contracts as well as been offered short films, and having achieved the titles of Mr Top Model 2018 and Mr India Australia 2018 1st Runners Up are just the cherry on top.

Mr. Top Model 2018 and Mr. India Australia 2018 1st Runner Up

Nikhil believes that the biggest victory is the victory in you. According to Nikhil, whilst the competition was very competitive, he believes what got him over the line in the end was him being himself. I quote Nikhil that,

“Without stressing whether I was going to win or lose, and supported by the positive synergy between promoting a social cause for the betterment of the community and achieving a sense of fulfillment, I was on stage just enjoying myself and giving my best.”



Never participate for the sake of winning but to enjoy and perform the best you can, will take you to another step towards excellence. During his involvement in the national pageant he learnt that each individual has the capacity to be successful in whatever they wish to do if they strive for excellence rather than success, and that's true.

Future Plans

After this prestigious title he intends to contribute and give back to the community in endless other ways and make an impactful difference on the lives of many others. In order to fulfill his dream, he intends to build associations further with the NSW Youth Advisory Committee and the United Nations Youth Australia Committee as well as reach out to many other charitable organisations where he'll be able to voice and extensively promote the importance and need of education for young children, especially in areas where education is scarce. This is a cause that he is very passionate about and is determined to make a difference towards at a local, national and international setting, ultimately elevating and bringing the broader community together.

This is what a leader does, he works for the society, for the people and serves to the people in need and is always happy to offer his helping hand wherever needed. Moreover, a leader is the voice of his people and Nikhil is a clear example of a true leader.

Advice to Others

Nikhil remembers his parents' advice that he wishes to pass on is to always give your best and never give up on your dreams. As cliché as it may sound, it's true. For him, he still has not achieved his dreams, but his efforts, integrity and perseverance to achieve his goals have definitely materialized through these small early successes; which have truly made him realize how important it is to be yourself and not confine to what someone else says or thinks.

"Life is full of triumphs and disappointments. In order to grow further as an individual, do not be let down by your failures; but rather accept those failures and really learn from them. It's those little obstacles in life that make you who you are and life worth living for!" – Nikhil

We all wish Nikhil a great future ahead and we wish that all his dreams become a reality, all the best!



GOPIO Sydney North West's Continuous Support to Underprivileged Kids in India



Harmohan Singh Walia

GOPIO Syd North West chapter is unique in its community service initiatives because it raises funds from its team members' contributions, sponsors and from the patrons who attend Caring and Sharing dinner & dance events. The team has been organising these events from last 9 years. It has supported more than 4500 underprivileged school kids in Punjab, Haryana, Delhi and Nigeria. Apart from raising funds for the underprivileged, the team members also go to India on their own expense to deliver the much-desired goodies for the little needy angles. In last 8 years more than 20 schools have been supported. The lists of schools and type of support given in 2017-18 are as follows.

- 200 kids in 3 schools were provided with clean water facilities; Government Elementary School Khizarpur and Amarkot Blocks in Sultanpur Lodhi and Govt Primary School, Pati Sardar Nabi Baksh, Sultanpur.
- 160 school kids were supported with range of daily use articles in Ropar District Government Schools in Kotla Nihang, Falpur Grewal, Safelpur, Panjola, Akalgarh, Gandho Kalan and Rangeelpur.
- 400 students were provided with shoes, socks, mats, chairs,



jumpers, bench and stationery in 4 Government schools in Wara Poh Windia and Talwandi Jalle Khan in Ferozpur District. Two kids of late cancer patient were also supported with school fees.

- 390 kids were given warm clothes, sports goods and books. Canteen utensils, classroom charins were also provide to schools in Ambala and Ludhiana.
- Financial support was provided to 15 needy students of Sainik Institute, Hoshiarpur.

The 9th Caring & Sharing Dinner n' Dance event has been organised on 15th of September 2018 at Bowman Hall Blacktown. The highlights of the

events are; fine dining, professional performances, DJ and social networking.



So the team humbly requests everyone to come and join the party for the good cause. Visit us on Facebook GOPIO Sydney North West for further details.



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Unravelling Rajasthan from Jaipur to Jaisalmer: Part One



Shyamla Eswaran

This month I donned my ghagra and odhni to visit India's largest state for a second time, exploring its rich art, culture and history. First stop: Jaipur, "the Pink City".

Rajasthan, which literally translates to "Land of Kings," is a northern Indian state that is home to approximately 75 million people...that's more than three times the whole population of Australia!

"In this land of striking contrasts, beauty, art and aesthetics permeate the very core of the living traditions. Be it fabrics, jewellery, utility objects, footwear, quilts, dwellings or even ancient weapons, they are embellished with a trimming, tassels, mirror carving or decorative stitches. Colour and beauty emanate from every nook and corner." – Splendours of Rajasthan.

With arid deserts, sweeping plains, lush forests and picturesque lakes, Rajasthan's cities brim with tales of love, lust, war, sacrifice, honour and opulence. Its palaces and forts are testament to the many kingdoms that historically vied for the region, each boasting supreme artisanship and architectural engineering.

The Rajputs (from Sanskrit raja-putra, "son of a king") are believed to be descended from the thirty-six royal Kshatriya warrior clans and rose to prominence during the 6th to 12th centuries. They ruled most



of the princely states of Rajasthan and Surashtra until the 20th century. Each Rajput King was tasked with safeguarding his kingdom, traditions and culture during a long and turbulent period in history, which is why each city is distinct.

For example, when the Prince of Wales and Queen Victoria visited India in 1876, Maharaja Ram Sing of Jaipur painted the entire city terracotta pink as a welcome and symbol of hospitality. To this day, it is a legal requirement for all houses in the walled historic centre to be painted this colour. It was here that I met The Puppeteer and The Bangle Maker.

For generations The Puppeteer's family has been making Rajasthani string puppets and performing Kathputli, the most popular form of Indian puppetry. Historically, these shows raised awareness of social problems and

each handmade wooden puppet sent social and moral messages to the masses through storytelling.

The show I saw was purely for fun and featured a grumpy King, a bored Queen, a frantic male dancer whose head popped off and a female dancer adorned in traditional dress and markings. Each was brightly clothed, hand painted and performed complex movements at the fingertips of its master, who narrated and sang to live drums with ease.

Also continuing his family's legacy was The Bangle Maker, who used natural materials like shellac, a resin secreted by the female lac bug on trees in the forests of India, to make bangles the traditional way (yes, the same shellac used for nail varnish). He told me that bangles are traditionally worn to attract good luck and prosperity as he heated and shaped one over burning hot coals.





Strolling through the 18th-century City Palace and Hawa Mahal, a former cloister for royal women fronted by a 5-story pink-sandstone screen, we noticed how the architecture enabled a free flow of cool breeze, despite the heat. We then rode an elephant up the hill to Amer (or Amber) Fort, one of Rajasthan's most splendid sites. Amer Fort provided a glimpse of royal life with intricate paintwork, mirror mosaics, marble carvings, architecture combining Mughal and Hindu styles, courtyards, audience halls, gardens, temples, secret passages, private apartments for multiple wives and the enchanting Sheesh Mahal (Palace of Mirrors), famed for transforming the light of just two candles into thousands.

The Colours of Rajasthan

Wherever we went, brightly hued clothes and patterns set each scene ablaze. Since cotton grows in abundance, reams of handmade fabric are churned out in rich colours using special techniques and natural dyes extracted from animals, flowers, barks, roots and minerals.



Shellac was used for red dyes, turmeric was used for yellow dyes, the rind of pomegranates for green, the true indigo plant for indigo and iron shavings and vinegar for black. Some dyers are famed for colouring both sides of a single cloth in different shades without letting the colour run on either side.

The ancient tradition of hand woodblock printing is a tradition that has survived since the days of the silk route. Wood carvers use *gurjun* or teak wood blocks to carve a wide range of designs, which are coated with vegetable colours and stamped onto fabric.

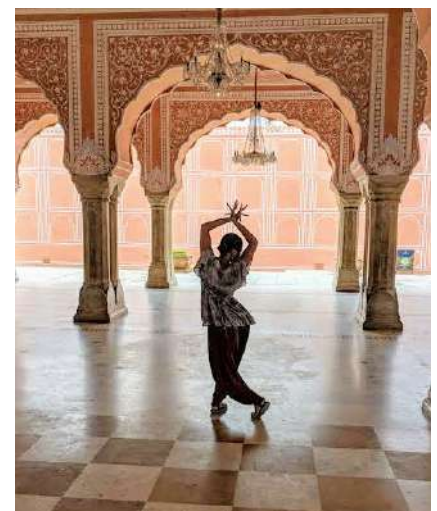
Particular towns are renowned for certain patterns: Sanganer for floral patterns, Bagru for linear and zigzag stripes on black and beige coloured cloth and Barmer (near Jaisalmer) for geometrical designs. In this way, the design and colour of a women's garments often reveals her cast or tribe while men are usually identified by the way they tie their turban.

Bandhini (tie and dye) is another popular printing technique practiced all over Rajasthan, particularly in Jaipur, Jodhpur, Udaipur and Jaisalmer. The most common patterns are waves, stripes, circles and dots, which are typically combined in a single fabric to create multifaceted designs.

And if printed fabrics aren't enough, Rajasthan women love to embroider using a dazzling array of stitches and motifs. Perhaps this is because fabrics used to be more valuable than paintings, the evidence of which is on display at City Palace in the form of garments intricately embellished with gold, silk thread and beetle wings.

These are but a handful in a long list of distinct artisan skills practiced in Jaipur today, each of which deserves its own dedicated write-up. Others include stone carving, sculpting, hand-knotted rugs, miniature paintings, blue pottery, ivory carving, cutting and polishing precious gems, leatherwork and jewellery (*kundan*, *thewa*, *polki* and Jaipur's signature *meenakari*: lacquered and coloured enamelled pieces often inlaid with precious gems). Jaipur's world famous gem industry dates back to when Maharaja Sawai Jai Singh II founded the city in the early 1700s...but that is a story for another day.

Sufficed to say, great importance has long been placed on bringing in top craftsmen, including jewellers, to create fine products for the royal family and to make the city a leading centre for producing luxury products. Special *karkhanas* or factories were set up for artisans to experiment with gold, silver and precious stones. Luckily for Jaipur, many artisans stayed on, resulting in the haven of rich art and culture that persists to this day.



Ek sham kuchh alag si

An evening of poetry and Ghazals with renowned Shayar Khushbir Singh Shaad



Sanghmitra Kumar
(The Indian Sub-Continent Times)

A full house at a poetry event was never heard of, in Sydney at least. Such was the magic of Khushbir Singh Shaad's 'Shayari' (Poetry) that everyone was spellbound to hear him. Khushbir Singh Shaad, brought up in Lucknow and later moved to Punjab learnt Urdu at the 'tender' age of 42 to give us some gems of Urdu poetry. Shaad, the nickname



means happy but his poems spell depth. The evening titled "Ek Sham Kuchh Alag si – with Khushbir Singh Shaad" was organised by Rekha Rajvanshi of Indian Literary and Art Society of Australia (ILASA) at The Grand Marion Function Centre, Harris Park and started with a moment of silence in respect of noted poet and songwriter Gopal Das 'Neeraj' who passed away on 19th July at the age of 93.



Saba Zaidi Abidi, a noted theatre Director and Urdu writer gave an introduction of Shaad Saab and how she met a lanky and slim Sardar for the first time when she was working in AIR Lucknow years ago. She disclosed that Shaad Saab started reading and writing Urdu so he could better express his thoughts in his Shayari (poems). He felt that this was the only way to be fair towards his craft as well as his love for the Urdu language. Thereafter, Ashraf Shad from SBS Urdu radio also humorously described his close association with Khushbir Saab as "the bigger Shaad, as his name had two A's"

As the wait was over and Shaad Saab took over the mic, magic flowed in his words captivating and enchanting every member of the audience. Though he has the knack for expressing the most profound thoughts in simple words, he still explained the meaning of many words and made sure everyone could "feel" his poetry

As he read out of his latest publication, the audience could feel umpteen emotions gushing through them. He also mentioned that to be a good poet or any artist for that matter, it is pivotal to be a good human being. This thought, his simplicity and his mastery over his craft aptly made this evening *kuchh alag si* (something different).

The divination of the evening continued in the second half with the beautiful voice of Chirasmitta Chakraborty Das who sang *Dil cheez kya hai (Umrao Jaan)* and Farida Khanum's famous ghazal *Aaj jaane ki zidd na karo*, leaving the audience wanting to listen to more. Ajoy Ghosh, giving a tribute to 'Neeraj' sang *Dil aaj shayar hai (Gambler)* and the ghazal *Hoshwalon ko khabar kya (Sarfaroosh)* in his melodious voice. Upon the audiences' demand, Ashraf Shaad and Anil Verma recited their poetry and the evening concluded with Rekha Rajvanshi singing her popular ghazal *Mann samandar hai phir pyaasa hai*.

It was truly Ek sham kuch alag si.

Photo Credit: Harmohan Walia



Raksha Bandhan: A Bittersweet Relationship of a sister and a brother



Twinkle Singh

Raksha Bandhan is celebrated in India. On this occasion sisters tie a thread popularly known as *Rakhi* on their brother's wrist. This thread symbolizes protection of the and care of a sister. This festival majorly falls on the last day of Hindu Lunar calendars which mostly in the month of August.

In Sanskrit Raksha Bandhan means *the bond of protection and care*. This festival is rooted in Hindu Culture but is not limited to Hindus and Sikhs. It is also celebrated by the Buddhists of Nepal and is also performed by Christians from past few years.

Traditional Esteem:-

Different regions have different accreditation about this beautiful festival. Some are as follows:-

Maharashtra, it is known as *Narali Poornima* also called the coconut day. On this day the people of this region worship Lord *Varuna* and offer coconut to the sea to seek blessing of the Lord. And then the sisters tie Rakhi to their brothers.

Nepal, it is known as *Janai Poornima* or *Rishitarpani* and is performed by both Hindus and Buddhists.

North India, you can see the sky full of colourful kites on this day and the sisters



tying Rakhis on their brothers wrists.

Orissa, it is known as *Jhulan Purnima* and the people here worship Lord *Krishna* and

Radha on this day then sisters tie rakhi to their brothers for their protection.

Mythology and History:-

Raksha Bandhan has special mentions at various points in the Indian mythology and history:-

Creation of Santoshi Maa:- It is said that once on the occasion Rakhi the son of Lord *Ganesha* i.e. *Shubha* and *Labha* told him that they also want a sister who can tie them a rakhi so the Lord created *Santoshi Maa* from the divine flames of his wives *Riddhi* and *Siddhi*.

Lord Krishna And Draupadi:- Once Lord Krishna was fetching sugarcane and in this process his finger got hurt

and started bleeding as *Draupadi* was present there she quickly went to *Krishna* and tied his finger with a piece of her saree so that the bleeding stops. In return to this Krishna promised her that he would always help her whenever she will need help. Then Krishna helped *Draupadi* during her disrobe, making her saree never-ending. Hence saving her from embarrassment and giving her protection when she needed it the most.

Arvind Pal Singh Mandair introduced the term rakhi as a protection to farmers from the Mughals and Afghans in exchange of sharing a small cut from their produce.

Rani Karnavati sent a rakhi to **emperor Humayun** requesting him to help and sought protection from *Bahadur Shah*. *Humayun* accepted the rakhi and sent his troops to Chittor for Rani's help.

There are numerous other incidents and various stories related to Raksha Bandhan.

Rakhi is performed by many people all around the world. It is considered as a secular festival and is not bounded till blood relations. It is a physical symbol of emotions. The emotion is love, affection and care.

“Our Siblings. They resemble us enough to make all their differences confusing, no matter what we choose to make of this, we are cast in relation to them our whole lives long.”
Susan Scarf Merrell



Artisan's House- An initiative of Indian mumpreneurs

Indian Mumpreneurs group is the brain child of Shipra Tewani the Creative Designer and Owner of Melange Chic.

Shipra's intent to come up with this group was to create a platform for businesswomen from the Indian subcontinent to network, motivate and learn from each other's experience, have a laugh or two, even vent their frustrations.

What motivates these mums turned entrepreneurs? In a big city like Sydney, a lot of demands are placed on immigrant women – getting settled in a new environment, taking care of the family, juggling between work and life, in short trying to be a superwoman. This does take its toll on her desire to find a place for herself in society. Finding part time or sustaining full time employment becomes a challenge therefore. As a result a huge pool of talent stays untapped and these mums cannot achieve their professional or creative potential.

A significant number of women from the Indian subcontinent have found a solution in starting small businesses whether it is clothing, jewellery, skincare, handbags and home décor giving free reign to their talents, passion or creative instincts, at the same time having a purpose to maximize their potential. Not only product based but there are many women in this group who have service-based businesses and looking for opportunities to provide service to the society. Indian Mumpreneurs comes in at a time when there is a need to interact, and come together to source information, contacts, draw strength, give support and learn from each other.



At a brainstorming session on ways to promote their group and brands, the Mumpreneurs came up with the idea of having their own event. Many had participated in markets before and the idea of organizing their very own event, tailored to fit different market segments immediately found favour amongst the group. That's when "Artisan's House" (named by Meena Mahanty Kumar of Bodhi Tree Skincare) was born under the Indian Mumpreneur umbrella.

The first event was held at The Phoenix Room, Castle Hill RSL on Saturday, 29 April 2017 with 15 vendors exhibiting their products. The response was terrific and people provided immense support and love by attending the event and making it a success.

This is the third time in a row that Indian Mumpreneur hosted the event this year on 12th August, at the Luxe Room, Castle Hill RSL. This year we had 32 vendors who exhibited their products starting from Clothes, Jewellery, Home décor, Hand Bags, Beauty and

Skincare, Health and Wellbeing, Cakes and many more. Like previous years, the event was a great success and we had people from different community come and encourage the mumpreneurs. Shikha Sharma from Kidz Mantra, the kids party entertainer kept our little shoppers entertained while the mums were exploring and shopping. We were privileged to have Mr Sameer Pandey, Councillor, City of Parramatta attend the event and encourage and congratulate us for making this event a success. Every event, Indian Mumpreneur gives back to the society by supporting several charities by entry through Gold Coin donation and this year our charity partner was Aasha Foundation - Caring for People of cared for us, Our Elders.

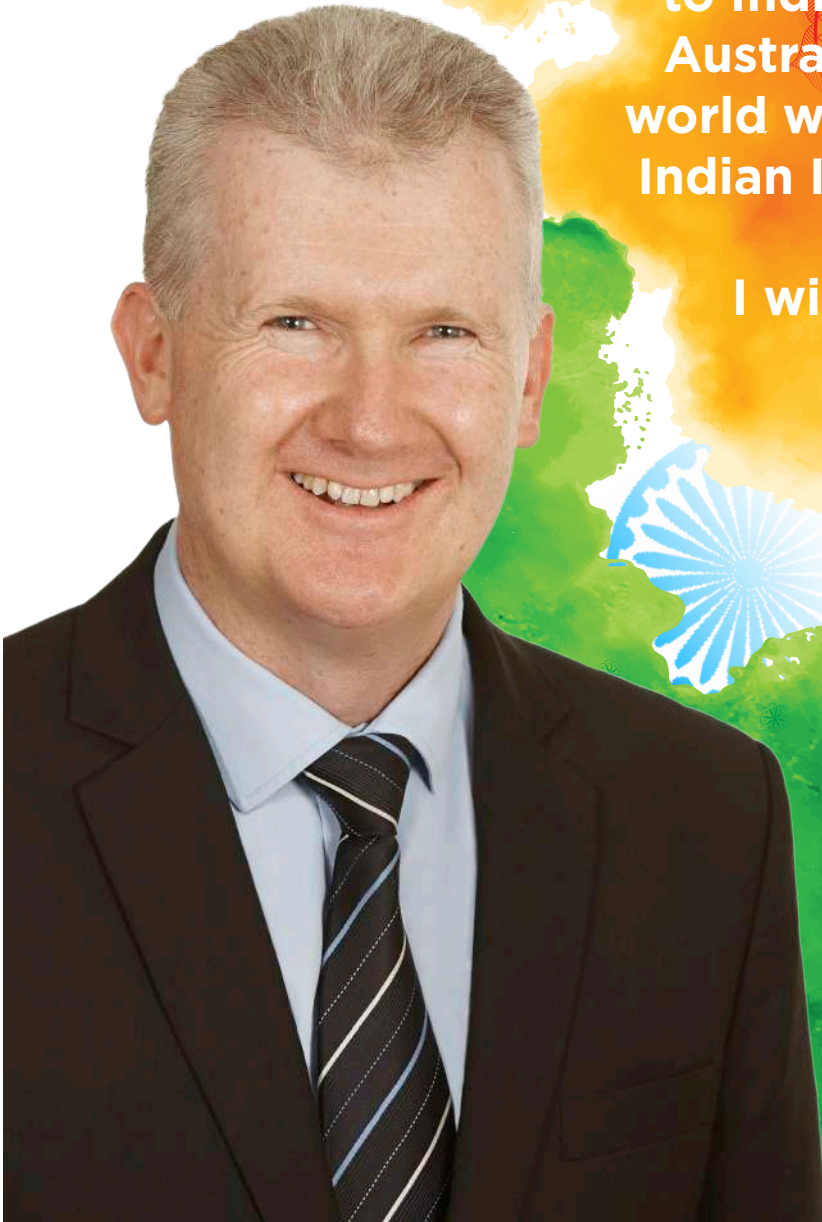
This event won't have been possible without sheer hard work of all the volunteers who worked tirelessly year after year to make this event a success. And of course, the love and support of people who attended this event, media partners and well-wishers.



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On behalf of the Federal Labor Party, I would like to extend best wishes to Indian communities in Australia and around the world who are celebrating Indian Independence day.

I wish you well for the year ahead.



TONY BURKE MP

FEDERAL MEMBER FOR WATSON

Shadow Minister for Environment and Water
Shadow Minister for Citizenship and Multicultural Australia
Shadow Minister for the Arts
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EMAIL: TONY.BURKE.MP@APH.GOV.AU WWW.TONYBURKE.COM.AU

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“AWAKENING” with Sister Shivani

The best gift to give my loved ones is the best version of myself.



Harmohan Singh Walia

World-renowned empowerment speaker, sister Shivani is on her first ever Australian tour titled “Awakening”. The tour is promoted by The Brahma Kumaris Australia and will take place in all capital cities of Australia and the Gold Coast throughout the month of August.

Sister Shivani is one of the main speakers of The Brahma Kumaris and is a renowned TV personality / celebrity taking spirituality into our homes with a huge following in India and a fast growing audience overseas.

What sets her apart in this crowded media space is her refreshing take on spirituality; grounding the mystical and the abstract in practical application. Her style has universal reach, transcending cultures, ideologies and religions. Sister Shivani’s talks are intentionally simple in their delivery, yet the wisdom conveyed is profound.

Sister Shivani had an interactive conversation on “Overcoming Overthinking” with an audience of a fully packed State Theatre, Sydney on 12 August 2018. Her emphasis was to unconditionally understand perspectives



of others. She said that we should radiate positive energy and pass on positive vibrations and others will receive them positively. Be peaceful and trustworthy, she said. Your mind is still and quiet, knowing the significance of each scene of life as you pour love into each other.

Sister Shivani emphasised that we have to change our “Sanskar” and understand & accept each other as they are. We can create positive thoughts within us by saying, I am fresh, relaxed, energetic, and your energy will be positive. She also says, “The best gift to give my loved ones is the best version of myself. So I first love, accept and heal myself.”

Sister Shivani reminded us that we need to be aware that food, water, air absorb vibrations, therefore maintain equilibrium with them. She also emphasised that half an hour of meditation every day should be the part of your daily routine. Meditation is necessary now as every issue is linked to thinking, habits of thinking and behaviour.

The talk ended with a short time for Meditation and making the way out of the hall as we spent time with ourself. On the way out each and every attendee was handed out a blessing card making their time spent with sister Shivani a memorable one.



YouGo with Rajni – Let's Be Mindful Series

Part 4 : Mindful Parenting - toddlers and young ones



Rajni Ghai Malhotra

During a recent mindfulness session an exhausted parent remarked, “By dinner time most nights, I feel I’m two seconds away from completely losing it!” She was referring to coping with the tantrums of her two-year-old, sulking of her seven-year-old and door slamming of her twelve-year-old.

She is not the first nor will she be the last to voice such sentiments. If you are a parent, caregiver or anyone who has lived closely with a young family, you will probably understand her utter frustration.

When it comes to children, especially the gorgeous, over-energetic, super-enthusiastic, independence-assertive, supremely inquisitive toddlers and young ones, a normal day can easily be broken into ‘tantrum’ times and ‘peaceful’ times, with the former making up for more than half the day. Parents often face some or all of these challenging moments in a day – tantrums at wake-up time, meal-time, play-time, bath-time, sleep-time and of course, the official daily cranky-time tantrum.

Of course, as the child grows, these tantrums evolve into more sophisticated acts of sulking, silent but very obvious suffering, eye rolls and simply zoning out. Fortunately, parents have multiple techniques at their disposal to navigate such situations. A prudent mix of basic parenting principles such as ignoring, controlled crying, tough love, distracting and rewarding usually saves the day. However, even while using these artful ways to deal with the determined little souls, parents often find themselves getting caught in the emotion.

As a parent conscious of the responsibility that good parenting places on you, what do you do? You could engage in arguments, stern silence, completely losing it, OR

You could try mindfulness.

Parenting is a fine balance between being mindful and completely losing it!

Mindfulness in parenting allows you to pause and step back before you feel hijacked by your emotions, the situation, or before you end up throwing a tantrum of your own!

Here are a few mindful parenting tips for you to try.

1. Breathe

I cannot emphasise enough, the importance of conscious breathing. It is the first, most fundamental element in enabling you to connect with the present moment and allowing yourself a few seconds to take stock of the chaos around you. It provides you the time to pause, reflect and reconnect in a calmer manner.

2. Breathe with your child

Breathe together. If you haven’t tried this before, you will be amazed at the change a few deep breaths can bring in a child’s mood. **Smell the flower, blow out the candle** are both easy techniques for children to understand and try. A few deep breaths with your little one can help your child to disconnect from their state of agitation and connect with you. As you find your centre, you will start to feel emotionally generous and your child will learn to draw their calm from you.

Try and engage your child in mindful breathing just before or during a chaotic situation. For example, if bath time is a stressful time for your toddler, begin with a breathing connect between the two of you. As you and your child breathe together feel yourself and your child calm down and prepare for bath time. Train your child to understand breathing time as a time to re-establish a better mood.

3. Identify Mindfulness triggers

Establishing mindfulness triggers can serve as handy reminders to your child and yourself to take a moment, step back and just be.

It could be a particular time of the day, a particular sound or something visual. I often use the red signal at the traffic lights as a trigger to take mindful breaths. After a few weeks of regularly watching me engaging in conscious breathing in the car, my two-year-old daughter now joins in. In fact, she’s the first to remind me, “Mum, the red light is on, don’t

forget to breathe!”

4. Let it be

YES, she must bathe right now. YES, he must eat his lunch now, but just for this moment and a few more, LET IT BE! Allow yourself the freedom to step away, breathe and come back into a state of calm before you plunge into the chaos, this time with a more peaceful and mindful attitude.

And remember,

5. You’ll be kissing them soon enough

As though the day hasn’t already been challenging enough, late evenings, especially bedtime can often be THE most challenging time for parents. However, it’s not you alone who’s finding it hard, the crankiness and tantrums of your child are an expression of their own hard day and their emotional need to stay a little bit longer in their safe place which is you. There is no denying it can get frustrating when they want just one more story, just one more cuddle, just one more lullaby when all you want is that they sleep.

Remind yourself, they will be asleep soon enough. There will be peace and quiet soon enough. You will be kissing them softly, tiptoeing out of their room and making a dash to your free time and the glass of bubbly SOON ENOUGH!

There YouGO!

You have begun your journey as a mindful parent. Be warned that it will not be easy to choose patience over impatience, reason over ‘because I say so’, loving cuddles over your own temper tantrum. It takes persistence, patience and a lot of discipline to give up your feeling of upset in that moment, however, each time you do, you will form a deeper connect with your child.

Wish you plenty of peaceful parenting moments.

Yours mindfully,

Rajni

Follow Rajni on Facebook @YogaWithRajni



Rath Yatra Celebrations - Festival of Chariots by BAPS Shri Swaminarayan Mandir, Adelaide



The BAPS Swaminarayan Mandir in Adelaide celebrates its 4th Rath Yatra festival and for the first time in Adelaide CBD with great pomp and devotion on 14 July 2018.

Rath Yatra is a festival suffused with devotional sentiments for the Lord Jagannath. For thousands of years, Hindus have celebrated this spectacular festival. Gathering together, they earnestly pray to the Lord to steer the chariots of their lives on the path of devotion and faith.

Following a traditional Vedic ceremony, a beautifully decorated chariot one bearing the murti of Harikrishna Maharaj, Jagannathji, Baldevji & Subhadraji and the other bearing the murti of Bhagwan Swaminarayan & his disciple Gunatitanand Swami were ceremoniously pulled by hand to the singing of devotional songs by the devotees. The procession was a 1.2km walk from Victoria Square drifting along King William Street and ended at Elders Park where the chariots were welcomed



by drum beaters of Shivgarjana Adelaide Band. Present amongst the crowd of around 1000 devotees and wellwishers were the invited delegates, Hon. David Pisoni - Minister for Industry & Skills; Dana Wortley – Member for Torrens; Hon Russell Wortley MLC; Jayne Stinson – Member for Badcoe; Gillian Aldridge - Mayor for Salisbury Council and various other community leaders.

Adelaide City Council and South Australia police provided their generous support to enable a hugely successful event.

The event concluded with Arti & prasad.

The celebrations invoked cherished memories of the Rath Yatra celebrations

ABOUT BAPS

Established in 1907, the BAPS Swaminarayan Sanstha (BAPS) is a global non-governmental

Hindu socio-spiritual organization in consultative status with the Economic and Social Council of the United Nations. BAPS has representative centres (Mandirs) in some of the major Australian cities, including Sydney, Perth, Melbourne, Adelaide and Brisbane.

BAPS is dedicated to the collective spiritual and social progress of society by promoting harmony between individuals, within families and amongst diverse communities.

In Adelaide, the BAPS Shri Swaminarayan Mandir in Green Fields, which was inaugurated in 2015 promotes harmony, inspires values of co-existence

and selfless service to the community,

nurtures spirituality, Hindu culture and heritage, and encourages integration and social cohesion.

ABOUT HIS HOLINESS MAHANT SWAMI MAHARAJ

His Holiness Mahant Swami Maharaj is the sixth spiritual successor of Bhagwan Swaminarayan and the present leader of BAPS.

As a child, he was blessed by Brahmaswarup Shastriji Maharaj, the founder of BAPS. Attracted by the spiritual charisma and selfless love of Brahmaswarup Yogiji Maharaj, he accepted monastic initiation in 1961



and was named Keshavjivandas Swami. Having served Yogiji Maharaj with all his heart, he was appointed as the head ('mahant') of the BAPS mandir in Mumbai. Over time, he became fondly known as Mahant Swami.



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Entertainment World 4U organises an entertaining “Antakshari” - A night full of melodies.



Garima Dhawan

Entertainment world 4U organized a thrilling Antakshari competition on Saturday, 21st July '18 at Tandoori Fusion Restaurant located in the western suburbs of Melbourne.

The event, hosted by Sharad Sharma and Deepti Sharma, saw a full house! They both have been hosting this event successfully since the past three years.

Magic moments of gorgeous ladies in sarees, suits & gowns and the dashing



looks of men in suits and kurta pyjamas were beautifully captured by Meenakshi (Magic Moments by Meenakshi) at the photo booth.

The fun factor in the competition can be guessed by team names – Deewane, Parwane, Anjane, Mastane, Afsane, Taran e, Paimane, Suhane,

Fasane, Sayane. First round was Scene pe gana in which the scene was showed to the teams and they had to guess the song. Second round was Antara- mukhda round in which the Antara was played and the teams had to guess the mukhda. The third round was Jodi pehchano round. Round 4 was the Dhunn round. The fifth round was fill in the blank in which some words from the song were there and you had to recognise the whole song. The last round was the



most interesting round, it was the Video round.

The very smart – “Sayane” team emerged as the winners. The rounds were made very interesting by Sharad that kept the audience enthralled at all times. Sharad also amused the audience with his jokes.

There were prizes and gift vouchers by multiple sponsors to make the evening memorable for everyone. The most interesting part of the event was when Alka Das won the gorgeous diamond ring in luck draw by Desire for Diamonds. When asked “how’s she feeling”, she said “I am speechless”.

The event came to an end with the trophy distribution to the winning team and the open dance floor. Everyone had a complete blast as they grooved on latest Bollywood chart-busters played by the charming DJ.



The kids were also kept entertained through face painting and games.

The organizers, Sharad & Deepti, managed the whole event without a glitch. No doubt this event reminded all of the most famous Close Up Antakshari hosted by Anu Kapoor on Zee TV.



Photo Credit: Magic moments by meenakshi

Melbourne's Inaugural Sakhi Divas

Photo Credit: Safia Sahib Photographer



Photo Credit: Tony George

Minister Suresh Prabhu's visit to Sydney



Harmohan Singh Walia

Mr. Suresh Prabhu, Minister of Commerce and Industry, Republic of India shared India's Growth Story at The Mint, Sydney on 26 June 2018. The event was organised by the Asia Society Australia in partnership with UNSW Sydney. India is one of the fastest growing major economies in the world and is expected to be one of the top three global economic powers over the next 10-15 years.

Charged with leading India's policies on commerce and industry, Minister Prabhu unpacked how the new policies such as "Make in India", "Digital India" and "Ease of Doing Business" reforms are fuelling India's growth economy. This event was open to members of Asia Society Australia, GENA and invited guests only. In the evening, Minister Prabhu had interactive session with media at the Swami Vivekananda Cultural Centre, CGI, Sydney.



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India Economic Strategy underscores strategic shift in Australia India Business Council role

- AIBC calls on large Australian corporates to engage with India
- India Economic Strategy: “The 2018 AIBC constitutional amendments should help drive change over time.”

Commenting on the India Economic Strategy and its relationship to recent AIBC Constitutional changes put in place to drive this strategic shift, AIBC National Chair Sheba Nandkeolyar said:

“AIBC members recently voted overwhelmingly in favour of a more business focused transformation at an EGM held in April this year. We are delighted that AIBC’s transformation is in line with the recommendations for AIBC in the India Economic Strategy report – reflecting the commitment and support of the Government of Australia from the highest level.”

“With this renewed commitment from the Government of Australia at the

highest level, AIBC is doubling down on our commitment to delivering on our promise to our AIBC members, networks and stakeholders in Government of Australia, Government of India as well as Industry and Business leaders.”

AIBC noted the need for AIBC to further develop and enhance the profile of diaspora entrepreneurship in Australia’s competitive industry sectors – and for this to be coordinated with Indian counterparts to attract Indian mid-size enterprises to invest in tie-ups in key industry sectors.

AIBC National Vice Chair, Jim Varghese AO said: “Australian and Indian businesses have the right platform to advocate with governments for policy setting and regulatory standards as well as work together in key sectors to identify practical solutions to constraints and better understand each other’s business culture. The Australia India Business Council is continuing to

broaden its member base beyond SMEs, targeting large corporations and working closely with Indian industry bodies. This will shift the AIBC focus beyond diaspora business representatives.”

Beyond scale and complementary economies another important reason to bring India into the first tier of our economic relationships is spreading risk. Australia’s economic strategy should be one of three pillars on which the bilateral relationship should rest, the other two being geopolitical congruence and people to people ties.

AIBC presented a submission for the India Economic Strategy to DFAT which contained the amalgamated and consolidated inputs of AIBC stakeholders and members as input into the India Economic Strategy, and the newly published report makes extensive references to the proposed and important role that AIBC will play going forward in the relationship.



India Day Fair



To celebrate the Indian Independence Day, India Day Fair was organised by FIAN (Federation of Indian Associations of NSW). The fair saw a huge footfall as people from different nationalities gathered to celebrate the culture, tradition and multiculturalism. The day was full of fun, food, entertainment and ended with the spectacular Fireworks

@ its BEST !



The Story of Independent India



Eshan Sharma

India celebrates its 72nd Independence Day this year, it is a day to remember our forefathers who sacrificed their lives for the independence of a nation that we today live in, a nation which is proud of its rich heritage, history of thousands of years, a nation where the rich and prosperous Indus Valley civilization blossomed and was nurtured here. We are a nation of religious independence, where spirituality transcends the boundary of religions, where everyone is treated as equal and is under the same law and order system as mentioned in the largest written constitution in the world, the Indian constitution. Our Bollywood songs are enjoyed all over the world; the three khans of the Bollywood industry have fans all over.

At the time of Independence, India was divided into more than 500 princely states; the interim government integrated

all the states within the territory of India. Today we are a family of more than 1.2 Billion citizens and a nation with millions of youth members in this kin, making this nation the youngest. In India, as it was renamed by our colonial masters, we believe in our ancient culture, the 'bharatiya' of our culture where we consider our guest as god, this world as a family, whatever we are today is because of our roots. We consider our land equivalent to heaven: 'janani janma bhumishcha swargadhapi ganiyasi.



The biggest gamble in the History of Democracy

In 1952, when the first general elections were to be held under the leadership of Sukumar Sen, who was the first Chief Election Commissioner, India played the so called 'biggest gamble' by introducing the term 'Universal Adult Franchise' and we risked our very existence as a nation, because at that time, democracy survived only in the developed countries of the west but we took the chance and that turned out to be the biggest achievement of our nation as a whole, the Congress was elected to lead the nation under the leadership of Pandit Jawaharlal Nehru, previously the nation was ruled by an interim government and the first speech Pandit Jawaharlal Nehru gave at the Parliament House, the famous 'Tryst with Destiny' speech, is worth remembering and I can feel that patriotic vibes as I continue writing about it.

"Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we step out from the old to the new, when an age ends, and when the soul of a nation, long suppressed, finds utterance. It is fitting that at this solemn moment, we take the pledge of dedication to the service of India and her people and to the still larger cause of humanity."

— *Tryst with Destiny speech, Jawaharlal Nehru, 15 August 1947*

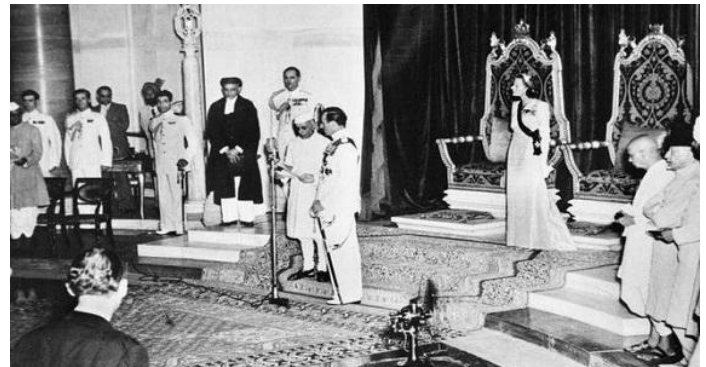
The Independence of India was a remarkable event in the history of this civilized world, and we are getting better. The Independence of our nation was a result of a long struggle which inspired

The Indian Independence Act, 1947

In the year 1947, the UK Parliament passed the Indian Independence Act 1947 transferring legislative sovereignty to the Indian Constituent Assembly. India still retained King George VI as head of state until its transition to full republican constitution. The struggle for our Independence was a long journey; the first full-fledged war against the British was fought in the year 1857 to 1947 when we finally got independence, not just that but the struggle was much longer than that, the battle of Plassey, the battle of Buxar et cetra are notable in this regard.

How we developed during these years from 1947 to 2018 is an example for most of the nations. India just after Independence was at around 1% GDP and today our projected growth is 7.4% almost making us the third largest economy in the world in the years to come after the economies of the US and China.





many other countries too; we respect the sacrifices of our forefathers for this land.

India is a nation which celebrates each and every season with full enthusiasm and this is what makes us 'Indians'. We



have a rich culture and in contrast we are one of the most experienced country for the term 'globalization' where today almost every kid wears a blue jeans, have a hot dog in snacks, surfs the internet, posts a picture on Facebook, get an update about the US Presidential election or any test match or One day match happening between India and Australia at Adelaide Stadium, or having



a McDonalds Burger. The ray of hope for this 72 years young India is its youth itself, which is undoubtedly revolutionary and it strives to get the best out of the available resources.

India and Australia- A relationship for ages

India is a nation which is being continuously shaped by the diversity, shared cultures and history, and many languages. It's a land which provided refuge to thousands of refugees and we made them feel a part of our fraternity. The good thing is India and Australia are friends for many years now, even under the British regime, you may refer to the western Australian town of Australind which is a portmanteau word named after Australia and India. Mangalore city is situated in both the countries. Towns of Cervantes, Northampton and Madura were used for breeding cavalry horses for the British Indian Army during the late 19th century. So, both the countries have shared a significant share of history together and in the 21st century too, the youth of both the nations are going to be the best out of all, India always want to develop together with all the countries and we believe in sustainable development.

I read an interesting fact in this regard that after World War II happened, the Australian government under Ben Chifley supported the independence

of India from the British Empire to act as a frontier against communism. Later, under Robert Menzies, Australia supported the admission of India as



a Republic to the Commonwealth Nations. So, this friendship of both the nations is meant to grow and as our young friends usually say that both the countries and its youth are going to be the best friend forever.

Jai Hind!

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Meet & Greet with Saif Ali Khan

In support of the Cancer Council Australia, the Indian Beauty Secret organised their first Charity event in 2017 which was attended by the Bollywood Actor John Abraham.

With the support of the community they were able to raise \$ 21,000. This year the team is determined to double the amount and believe they can with the presence of super star Saif Ali Khan.

So mark your diaries 17th Nov 2018 for a night of meet and greet with Saif Ali Khan!



Photo Credit: Click's by Neha

Advertisement



Jodi McKay MP
Member for Strathfield

Julia Finn MP
Member for Granville

TAFE has a bright future helping indians skill up for the asian century

A Foley Labor Government would equip TAFE NSW to export its services to India to help the government achieve its goal of lifting the skills levels of millions of its citizens.

Mr Foley, who visited India shortly after becoming Opposition Leader in 2015, restated Labor's commitment to ramp up TAFE's export program to take advantage of India's growth in the coming years.

TAFE NSW is regarded as a world-class institution for vocational training equipping people with a huge variety of skills from business and finance to skilled trades and hospital and tourism.

Mr Foley announced three years ago that TAFE should seize the opportunity to export its services abroad, particularly to India.

Since then the cuts by the Liberal-National Government have kept on coming - since 2012, 5,700 teachers and support staff have been sacked, courses

cut and fees hiked by around a quarter, resulting in 175,000 fewer enrolments.

Labor has committed to re-build one of the great institutions of our state and will guarantee at least 70 per cent of vocational education and training funding for TAFE.

Under Labor, exporting TAFE's services to India would play a large role in that revitalisation.

A recent report into the potential of Australian trade with India by a former senior public servant, Peter Varghese AO, identified ten sectors where Australia's competitive advantages match India's needs, education being right at the top of the list.

"There is no sector with greater promise for Australia in India than education," Mr Varghese concluded, singling out Australia's vocational sector as one with a great potential for growth.

NSW Opposition Leader Luke Foley

"There is a fantastic opportunity for TAFE NSW to be part of India's future, providing training to hundreds of thousands, potentially millions of Indians, over the coming years.

"Exporting its training expertise provides TAFE with the ability to earn a return which can then be invested in rebuilding the TAFE system for the people of NSW.

"NSW can play a key role in lifting the skills levels of many Indians."

Shadow Skills Minister Prue Car.

"TAFE has put a toe in the water but should now dramatically increase its activities offshore in India and other places.

"Labor will work with the Indian Government to deliver training where it can have the greatest impact."

Photo Credit: Harmohan Walia



Glowing Skin is always in

Beautiful skin require a good mask not a task



Abbey Singh

For the super hydrated skin in winter winds follow these simple winter packs and sparkle.

Saffron and Sunflower seeds Face Pack.

This face mask makes your skin fair and rosy. Sunflower seed contains oils that act as emollients when applied topically. It is very rich in vitamin E.

You will need

3-4 sunflower seeds

2-3 saffron strands

1/4 cup milk

What you have to do

Soak the sunflower seeds and saffron in milk overnight. In the morning, grind this mixture and apply the resultant paste on your skin.

Keep this on until it dries and then rinse your face.



Exfoliate dry chapped lips for smooth application of lipstick:-

In the chilly months the air gets dry, and our lips suffer for it. As they get chapped, they often get covered in a

layer of crusty, peeling, annoying dead skin

You will need

A tablespoon of brown sugar or white sugar

A dash of honey (just enough to make the sugar really stick together) or a bit of olive oil/coconut oil

Directions

Mix a tablespoon of brown sugar with just enough honey (or olive oil) to get it to stick together. Once a week (twice at the very max) rub the scrub onto your lips, vigorously enough to loosen the dead skin.

Let it sit for 1 minute, and then wipe off with a damp washcloth. Apply lip balm after use. If you would rather avoid the sticky honey; you can substitute with olive oil or coconut oil.



Shirodhara Yogic Relaxation



Dr Naveen Shukla



Dr Vishal Sharma

Shirodhara is an ancient Ayurvedic therapy. The word comes from Sanskrit words ‘Shiro’ (head) and ‘dhara’ (flow or stream). Shirodhara is a classic Ayurvedic therapy, unique body therapy from Ayurveda. Shirodhara has very good impact on the nervous system. Shirodhara directly and immediately calms, relaxes and has a cleansing effect on the mind and nerves.

It involves gently pouring warm oil (or other medicated herbal liquid) in a continuous stream over the forehead or ‘ajana marma’, an area where nerves are highly concentrated. The gentle pressure and soothing warmth of the the oil allow the body, mind and nervous system to experience a deep state of rest, similar to meditation.

Choose the right oil:

It is always good to choose special herbal oil recommended by Ayurvedic Doctors or as per your Dosha. It can be oil or any

other medicated liquid.

Benefits of Shirodhara:

According to Ayurveda, Shirodhara is beneficial for Vata and Pitta dosha.

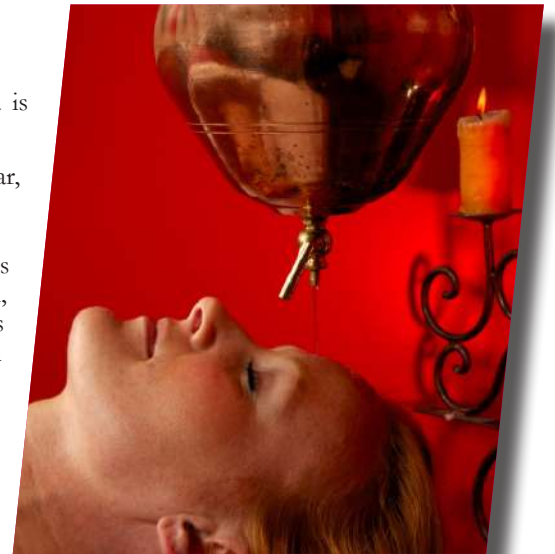
Out of Vata dosha exhibits as fear, insecurity, worry, racing thoughts. .

Out of balance Pitta dosha exhibits as anger, irritability, frustration, Judgment. The action and qualities of the oil or herbal liquid used in Shirodhara counters the qualities of the out of balance dosha. It depends upon what is being treated and is named as ksheerdhara, takradhara, taildhara and jaldhara

Shirodhara has been used to treat a variety of conditions including

- Eye diseases
- Sinusitis
- Allergic rhinitis
- greying of hair
- Memory loss
- Insomnia
- Hearing impairment
- Vertigo
- Certain type of skin diseases like psoriasis.

Shirodhara is a safe option to improve sleep quality and reduce anxiety and mental stress. The calming effect produced by Shirodhara is very similar to obtained with



meditation. Shirodhara is suitable for any dosha or constitution however there are some contraindication. Shirodhara should not be given to woman in third trimester of pregnancy and to those with a rash or sunburn on the forehead or scalp.

Other contraindications include brain tumor, recent neck injury, abrasions or cut on the head, acute illness, fever, nausea, vomiting, severe weakness, exhaustion, fainting or spontaneous sweating.

Nature Care Ayurveda Yoga Detox & Rejuvenation is the only Sydney based Ayurvedic centre where you can experience a complete range of Ayurvedic therapies like Panchakarma, Shirodhara, Detox, **Abhyanga** Body massage and consultation from experts. The team is highly professional and working under the direction of Director’s Dr Naveen Shukla (Representative Australasian association of Ayurveda for NSW) & Dr Vishal Sharma (Member International Academy of Ayurved).

For more information /to see a doctor/ for specific health concern visit our website www.naturecareayurveda.com.au or call us on 02 9572 6990



Teeyan Society celebrated 15 years of Teeyan in Australia



Photo Credit: **18 Carat PHOTOGRAPHY**



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New Era Leaders of India

Public reception and interactive session with Mr Sachin Pilot and Mr Milind Deora

Indian Overseas Congress, Australia hosted a public reception for two senior leaders of Indian National Congress, Mr Sachin Pilot, Ex Union Minister & President Rajasthan Congress and Mr Milind Deora, Ex Union Minister on Sunday, 29th July at DeZire Function Centre, Blacktown. They were earlier hosted in Melbourne on 27th July and Auckland on 28th July. The event was highly successful and was well attended by people from different communities, community leaders, local councillors and couple of parliamentarians.

These New Era Leaders have brought a new perspective and new ethics to leadership in India's Political, Social and Economic systems, guided by principle and responsibility. Mr Pilot is hugely popular not only in Rajasthan but Nationwide, similarly, Mr Deora has established new positive norms as a politician in our political system.

Indian Overseas Congress, Australia National President, Manoj Sheoran delivered the welcome speech and briefly explained the main objectives of their organisation as follows:

- To work towards enhancing International Relations between India and Australia to facilitate Business, Trade, Cultural & Social Exchange tie ups
- To provide a mature, interactive and informative platform to the community to engage and meet with leaders of Indian National Congress
- Address, highlight and lobby for the concerns and issues of Indian



community to Indian Government and the local government

- To facilitate networking opportunities between Indian political leaders and Australian leaders both in Australia and India

Mr Sachin Pilot and Mr Milind Deora addressed the audiences and lauded the contribution of Indian Diaspora in building Australian economy and contributing to Indian economy and requested to keep pushing the politicians for issues concerning Diaspora.

Thereafter, an In conversation Q&A session was conducted which was moderated by Dr Partha Gangopadhya. All kind of questions were asked by people and both the leaders were candid and honest in their response.

On a question about Congress leadership, Mr Pilot said that Congress

President Rahul Gandhi is building the party by strengthening internal democracy and bringing new blood in the party and people of India are looking towards Congress and its allies for their positive and inclusive agenda. Once the formal part of the event came to an end, everyone enjoyed the networking opportunity.



Newly formed AISECS

Newly formed Australian Indian Sports, Educational and Cultural Society Ltd (AISECS) is the first leading, Not for Profit Australian organisation which aims to promote, enhance and facilitate sports, education and cultural investment between Australia and India.

Gurnam Singh, the Founder of AISECS strongly believe that Australia-India relations have always been unique and special. Cricket, hockey and football share a common space in the hearts of Australians and Indians. More so, education is Australia's third largest export, and India is one of Australia's largest importer of foreign education.

AISECS' main aim is to bridge the gap between the two great countries in their own rights through sport, culture

and education, through cultural and charitable initiatives across all aspects that bring the two countries closer.

It will maintain a close working relationship with its stakeholders including the Government of India, Government of Australia and most importantly the people of both countries. AISECS members will be actively involved in positive-impact initiatives and will contribute to AISECS's vision of strengthening and improving bilateral relationships.

AISECS is associated with McGrath Foundation, Cricket Australia, Sydney Cricket Ground Trust, NSW Police, MS Dhoni Cricket Academy and other charity houses which contribute to enhance multi-culturalism in this beautiful country.



Photo Credit: Rajesh Photography

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Michelle Rowland MP FEDERAL MEMBER FOR GREENWAY



“ I send my best wishes to everyone celebrating Indian Independence Day. ”

Michelle Rowland MP
Member for Greenway

Office: 230 Prospect Highway, Seven Hills Phone: 9671 4780 Email: Michelle.Rowland.MP@aph.gov.au

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Sashi Cheliah from South Australia wins MasterChef Australia 2018 finale.

First contestant to have scored a maximum of 93 out of 100 points in the finale to win the cooking reality show...!!!



Daljeet Bakshi

SASHI Cheliah, 39-year-old prison officer and father-of-two from South Australia scored a whopping 93 out of 100 in finale & won the MasterChef Australia 2018 in the most one-sided finale in the cooking show's history. According to the judges, he's the first contestant to have scored a maximum of 93 out of 100 points in the finale to win the cooking reality show.

Cheliah emerged with a massive 16 point lead after the first round and the second round involved the pair recreating Heston Blumenthal's "counting sheep" dessert which involved 19 elements and 84 ingredients.

Sashi was surrounded by his wife Rabicca and sons Marcus and Ryan when the results were announced.

'You have proven yourself to be a brilliant cook, a creative thinker, team player, a

determined, kind soul with a dream to change your life and forge a new future in food,' judge Mehigan said about Sashi Cheliah in the finale.

To win the title, both Sashi and Ben had to prepare two dishes in two rounds. In the first round, both contestants had 90 minutes to present a starter and main course and the contestants had to recreate Heston Blumenthal's 'counting sheep' dessert which had 19 elements and 84 ingredients in the second round. The original dessert had taken Blumenthal over five hours to prepare.

Ben picked blue swimmer crab starter with finger limes, coriander and avocado cream. Cheliah's smashing starter had chilli as the hero ingredient. He presented sambal prawns starter and snapper for a fish curry with cumin rice as his main dish.

Sashi has done State and community proud on winning the title of Masterchef 2018.

Sashi moved to Adelaide in South Australia in 2012 where he lives with his family. He has an Indian connection. His

grandparents are from Madurai, Tamil Nadu, India. They relocated to Singapore and settled there.

Sashi is fully enthusiastic using the \$250,000 winner's prize to help start an Indian and South East Asian fusion restaurant with a 'warm venue featuring authentic food presented with local South Australian wines and also aims to work with ex-prison mates to provide employment opportunities in the food industry.

Hope this journey as Masterchef brings laurels for him in his future endeavors!



Photo Credit: Materchef

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Glimpses of houseful Teeyan Mela in Sydney



Fall prevention and management in older people



Sumeet Chawla

My grandmother recently had a fall, mind you, this is not her first fall and she is at risk of falling frequently. It is a known fact that if you have fallen more than once in the past 6 months you are more likely to fall again. Thankfully she sustained no major injuries, but requires extensive physiotherapy, a walker and constant monitoring for the next 6-12 months. My grandmother's fall prompted me to share some information with you all, about how falls can be prevented and managed. The information has been obtained from the Australian Government Department of Health and Ageing Booklet 'Don't fall for it'. If you would like more detailed information you can access this from the <https://www.health.gov.au> website or enquire, for the booklet, from your nearest hospital.

Trips and falls can happen to anyone, but are more common and more significant as we get older, as we are more likely to injure ourselves. Our bodies constantly change throughout our lives. Normal ageing involves poorer eyesight, worse balance, weaker muscles, stiffer joints, slower reaction times etc. We often don't notice these normal changes as they happen very slowly over the years. People often dismiss falls as a part of getting older, or because of not concentrating, but they are often a warning sign that something isn't right and it is important to discuss any fall with your doctor. It could be due to side effects from a combination of medications or other problems.

Some health problems that may increase your risk of falls:

Stroke, Parkinson's disease, arthritis, hypotension, dizziness, diabetes, depression, dementia, Alzheimer's, incontinence, poor nutrition i.e., not eating a balance diet, not eating enough, not drinking enough water. Some types of medicines can increase your risk of falling. It may be because you are

taking four or more different medications or the type of medication taken for anxiety, depression or difficulty sleeping may result in possible side effects such as drowsiness, confusion, unsteadiness, drowsiness. Your doctor will be able to explain to you how these medical conditions increase your risk of falling.

Some tips to prevent falls:

- Have your eyesight and glasses checked by an optometrist
- Regular reviews by your doctor
- Wear comfortable flat shoes
- Avoid climbing and keep walkways clear
- Keep as active as possible
- Make your home and surrounding as safe as possible
- Avoid wearing clothes which are too long, loose, or can catch on things
- Turn on the light so you can see clearly
- Eat a variety of foods and drink plenty of water
- Stand up slowly after lying down or sitting, take care when bending down.

Make a plan to get help. Raise the alarm. There are many ways to access help. You may choose to wear a pendant around the neck which is linked to preprogrammed numbers, or have a monitored emergency call system. Your choice of device will depend on many things, such as who can come to help. You might have an arrangement with your friend or family member to contact them a certain time each day to ensure all is well. For more information about your medical condition and information contact your General Practitioner. Below is a list of various support organisations in your area:



- Arthritis Australia: 1800 011 101
- Diabetes Australia: 1300 136 588
- A physiotherapist or occupational therapist can help you learn ways to get up. For some patients there are ways to access a Medicare rebate for physiotherapy via the Chronic Disease Management (CDM) services.
- Optometrists Association Australia (Check website for your state's contact number)
- National Continence Helpline: 1800330066
- Vision Australia: 1300 84 74 66
- Talking to a psychologist or social worker

Sumeet K Chawla

Psychologist

Email: chawla_sumeet@yahoo.com

“Gardish Mein Taare” - Guru Dutt and Geeta Dutt love story retold



Ashok Kumar
(The Indian Sub-Continent Times)

We have seen several love stories on the screen and even love stories of married couples (*Saathi*) but never the love story of a dead couple. “Gardish Mein Taare” shown in Sydney on 14 July at the Sir John Clancy Auditorium, UNSW is a play based on the turbulent life and times of noted film maker Guru Dutt and his playback singer wife Geeta Dutt.

“Gardish Mein Taare” as name suggests Guru Dutt and Geeta could not have a fairy tale love story and marriage due respective ego and obsessions. The play begins with the death of Dev Dutt Bose and rest of the story is narrated by Bhavna Dutt Bose (Guru Dutt and Geeta Dutt) played here by noted actors Arif Zakaria of ‘Bombay Talkies and Darmiyaan fame’ and Sonali Kulkarni, of ‘Dil Chahta Hai’ fame.

The rest of the story is narrated through ‘flash backs’ by the singer while being interrogated for her husband’s death. Film directors are known for their varying moods and styles while working. So, why not here? That was the essence of the story. Varying moods of Vasanth Kumar Shivashankar Padukone, popularly known as Guru Dutt and Dev Dutt in the play reflected the upheaval in

their lives.

Despite their skirmishes, Geeta also tells the investigating officer about her intense love for Dutt , ” *hum ladte hain to janwar ki tarha aur pyaar bhi karte hain janwaron ki tarha.*” (We fight like animals but also love like animals.)

The MC stated that the play would leave an impression and surely it did but few in the audience were left disappointed as they found a very weak topic. It was just an episode in their life that proved to be disastrous. As is known, Geeta too died soon and their two sons, Tarun and Arun, followed their parents to heaven. The only surviving persons are their daughter Nina and Arun’s two daughters.

Coming back to the play, set in blue background reflects the tragic tale of the talented couple and what to expect from the director Saif Hyder Hassan. There was a brief indication of involvement of Afsana (Waheeda?) with Dutt. There was also a mention of another person in



the life of Geeta thereby completing the adultery angle though there was a phone call informing Dutt that his wife has left the house with children. To lighten the mood, Dutt mimics Yusuf sahib in a scene while waiting for him on the sets.

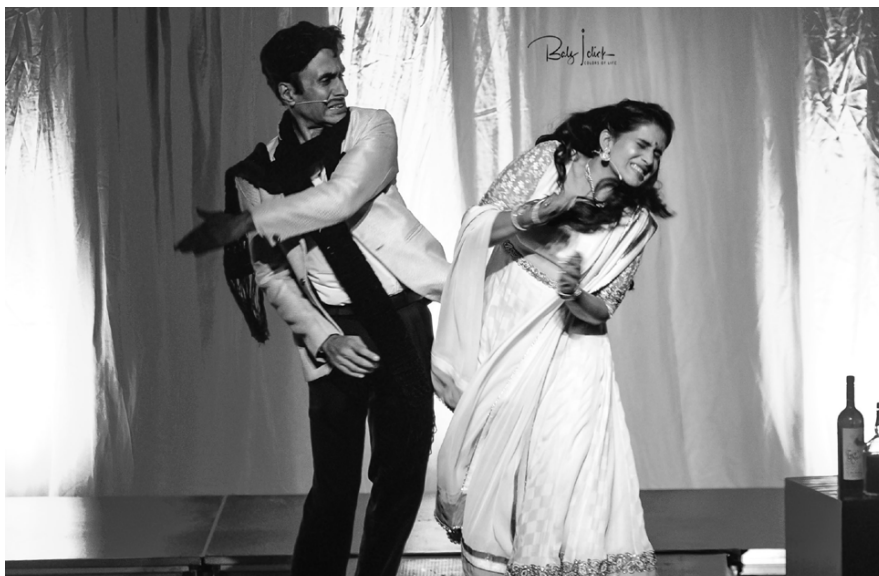


Photo credit- Balz click

Back home the pictures of Guru Dutt and Geeta tell a different tale. That of a happy and loving couple far away from Gardish Mein Taare.

The background props are effectively used by Hassan depicting the times of 50s and a glimpse into the then films. Arif who is not new to Sydney (Bombay Talkies) performed superbly as Guru Dutt and Sonali looked fresh and mature while giving a magnificent performance as Geeta.

Congratulations to Manju Mittal for bringing a superb show to Sydney and her love for the Mumbai film industry is growing.

Sunrise CSP India solar energy project

MOU on concentrated solar power project signed



Sanjay Bhosle

The Australia-India bilateral business relationship received a boost with the signing of a Memorandum of Understanding in Canberra on Wednesday, 18 July.

The MOU between Sunrise Concentrated Solar Power (Sunrise CSP), the Australian National University and an Indian consortium was signed in the presence of ACT Chief Minister Andrew Barr and well-known Indian businessman, philanthropist and social entrepreneur, Ajitabh Bachchan.

Sunrise CSP and the Australian National University are world leaders in the development of Concentrating Solar Thermal (CST) energy technologies, with the 'Big Dish' being an exemplar technology that has resulted from decades of investment and commitment to delivering long-term economic benefits in the energy sector.

According to Sunrise CSP Australia, a team of its officials recently visited India to promote the application of this technology in various areas spanning gigawatt-scale photovoltaic (PV) and wind power plants, city-scale district cooling and desalination, to village-scale agricultural-processing, water purification, heating, cooling, cooking and cremations.

Sunrise CSP has formed a joint venture with some of India's leaders in the field of CST, PV and clean water solutions. It has also entered into a research collaboration with Rajiv Gandhi Proudyogiki Vishwavidyalaya (RGPV University based in Bhopal, Madhya Pradesh state), a leader in applied CST research.

Key members of the Indian consortium then arrived for a week-long visit to discuss joint Australian and Indian solutions and projects, as well as research and teaching collaboration with the Australian National University and the University of Canberra.

The delegation included:

Deepak Gadhia, chairman, Sunrise CSP India. Deepak is a 35-year veteran of CST solutions in India and the world's biggest implementer of institutional-scale CST thermal solutions for cooking. He is a trustee of Muni Seva Ashram, the Green Ashram (www.greenashram.org), home to the Kailash Cancer Hospital & Research Centre, which is ranked 6th in the world and 1st in India for cancer radiotherapy.

Mr Dinesh Yadav, CEO of Arvind Envisol, one of India's leading publicly listed companies in clean water and energy solutions;

Professor Sunil Kumar, Vice Chancellor, RGPV University;

Professor Mukesh Pandey, Rector & Director, Renewables & Energy, RGPV University; and



Pranav Gadhia, CEO, Sunrise CSP India.

The signing of the MOU was followed by a reception for the visiting delegation held at the ANU by the ACT Government Commissioner for International Engagement, Brendan Smyth. In attendance were representatives of the ACT and Australian governments, Sunrise CSP Australia, the Indian High Commission in Canberra, academics and researchers from the ANU, Australia India Business Council ACT president Sanjay Bhosale and members of the AIBC ACT, Canberra Indian Council president Deepak Raj Gupta, India Australia Association of Canberra president Sandipan Mitra, Bongo Sankskriti Australia president Dr Milan Bhattacharjee and other prominent personalities.

According to Sunrise CSP Ltd, India is a world leader in the implementation of solar energy solutions. With a 100-gigawatt target of solar energy capacity by 2022, it will grow this industry sector by 30 times over the period 2015-22. Over recent years, most of this growth has been in the photovoltaics sector. However, the issues of grid-stability and guaranteed power-on demand to meet the requirements of industry and residential liveability are driving a resurgence of interest in Concentrating Solar Thermal energy (CST), which can provide the industrial-strength, on-demand energy needed, Sunrise CSP said.





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‘Networking & Empowerment Event for Women’ organised by Lean In Inc.

Photo Credit: Harmohan Walia

Lean In Inc. hosted a ‘Networking and Empowerment Event for Women’ on the 14th of July 2018 at the Blacktown RSL Club. The event was well attended and provided a great opportunity for migrant women to network and build connections at the same time learning valuable skills which would support them at the workplace.

Keynote speaker at the event was Sheba Nandkeolyar, CEO Co-Founder MultiConnexions and National Chair Australia India Business Council. Sheba inspired the participants with her own journey as a new migrant to a successful entrepreneur. Sheba said that massive positivity, self-belief, adaptability, enthusiasm and most importantly being able to appreciate and take the best of both cultures is the winning mindset necessary to succeed.

Irene Hawlader, Senior Product Manager at Stryker and Tony Yetton from Quakers Hill Toastmasters provided an insight into key presentation and communication skills critical for today’s workplace.

The event also addressed social issue of Domestic Violence. Sgt Donna Tricot, Nepean LAC and Aboorva Sundar from SB Lawyers provided information on how victims of Domestic Violence can get support from Police Domestic Violence Officers, Women’s Domestic Violence Advocacy Services and Legal Aid.



Participants were also inspired by how Anu Srinivas succeeded in gaining employment following her attendance at Lean In Inc’s workshops in February and now has been promoted to the position of Project Manager.

Lean In Inc. is a registered Australian not-for-profit organisation dedicated to supporting migrant women settle into their newly adopted country, Australia. The team comprises of - Mrs. Sue Advani Public Officer, Dr Sunaina Gowan President, Mrs. Urvashi Arora Vice President & Treasurer and Dr Kiran Jassal Secretary.

In February and March this year, along with the support of a grant

from Burwood ClubsNSW Lean In Inc. organised a series of workshops providing newly arrived migrant women guidance in:

- Gaining employability skills: Job Search, interview skills, resume writing
- Learning how to start your own business
- Building connections and networking
- Getting tips on how to quickly settle into Australia
- Understanding Diversity and Australian Culture; and
- Being inspired by migrant women success stories



Lean In Inc. is happy to announce that it has received a grant from Multicultural NSW to hold further workshops later this year. For more information on how to apply for the forthcoming workshops, please email your details to contactus@leanin.com.au. You can also follow Lean In Inc via their Facebook page.

Always think whether the information that you are passing on is in fact “Derogatory or Defamatory”



Mittu Gopalan

Recently, an established Jeweller in India, Kalyan Jewellers had released an advertisement screening the famous actor Mr Amitabh Bachchan, (and Swaitha Bachchan Nander for the Hindi Version and Malayam Actress for the South Indian version).

The advertisement portrayed a scenario where a pensioner wrongly received a pension twice a month instead of having received it only once a month. The advertisement shows the father and daughter visiting a bank regarding the father’s pension being credited twice, and they had attended the bank to notify this and request the money to be returned. The bank officer then asked him to retain the funds wrongly received as the procedure to return the money was “tiresome and cumbersome”! “Who will even know” is what the manager asked Mr Bachchan in the advertisement. The advertisement then portrays the bank officials/officers conveying to a pensioner as to why he would bother to in fact do such an act in this day and age!

You can check out the advertisement at the below link if you haven’t watched as yet: <https://twitter.com/SrBachchan/status/1019210031915560960>.

However, subsequent to the advertisement becoming very popular, it got into trouble for its portrayal of the bank officers, which according to bankers association in India was conducted in bad taste. They stated that the advertisement degraded and aimed to create the distrust in the banking system, amongst public and reasonable



Amitabh Bachchan
@SrBachchan



T 2870 - Emotional moment for me .. tears welling up every time I see it .. daughters are the BEST !!



6:19 AM - 17 Jul 2018

2,243 Retweets 20,834 Likes



people. The jewellery group issued a statement recently where it confirmed that the advertisement would be removed from all media with immediate effect and apologised stating:-

“We understand that the advertisement has hurt sentiments of some people including members of our esteem banking community, All India officer’s Confederation (AIBOC). Any such hurtful interpretation being drawn is unintended, we state that the advertisement was a work of fiction and not a reflection of banking employees at large. We sincerely regret the inadvertent hurt caused and withdraw the advertisement from all media within

immediate effect”.

At all stages, one has to be vigilant and prudent to ensure that information conveyed is at no stage derogatory or defamatory to any other person or organisation at large. If such information is found to be derogatory or defamatory, a victim will be eligible to obtain damages for the same. To avoid the same, one has to be prudent at all times that the information passed around; (especially in the current social media) does not convey or disseminate facts which are untrue.



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Photo Credit: Sherry Isaar

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Mega-stars, mazedaar, music, masti & magic marked Melbourne's Telstra Bollywood Dance Competition 2018

- Telstra supports the iconic event for the 6th year at Melbourne's Federation Square
- Winning dance acts LAKS Dance Crew, C Walk, and Fusion Beats wowed judges with their engaging performances
- "Thank you, Telstra for inviting me! It is wonderful to see such large numbers turning out today." said celebrity judge Malaika Arora.

Australia's most loved Bollywood event, the 6th Annual Telstra Bollywood Dance Competition (TBDC), part of Indian Film Festival of Melbourne (IFFM), drew thousands to Melbourne's Federation Square on Saturday, 11 August 2018 with returning judge Bollywood superstar Malaika Arora, joined by Bollywood heavyweights Nikkhil Advani and Avtar Panesar to judge all the Bollywood dancing action from 31 dance groups.

The Telstra Bollywood Dance Competition immediately followed the emotional Indian Independence Day Flag Hoisting Ceremony, with India's most celebrated actress and queen of Bollywood, Rani Mukerji hoisting the flag in front of thousands of Indian Australians and people from the



subcontinent diaspora.

Winning acts LAKS Dance Crew, C Walk and Fusion Beats wowed judges with their slick, polished performances and crowd engagement and each won \$1,000 prize courtesy of Telstra.

Celebrity judge Malaika Arora said, "I'd like to thank Telstra for inviting me and my co-judges here today to judge the Telstra Bollywood Dance Competition. It is wonderful to see such large numbers of people coming to support

their favourite group."

Celebrity judge Avtar Panesar said, "As someone who grew up outside of India, it is heartening to see Indian culture alive here in Australia. I see a lot of myself in these kids as they are embracing the language and culture."

Jeremy Nicholas, Executive Director, Brand, Consumer, Business Marketing, Telstra said, "Telstra is excited and proud to connect with the South Asian community for the sixth year





by supporting Australia’s most loved Bollywood event - the iconic Telstra Bollywood Dance Competition. As always, we were extremely impressed by the calibre of performances – every year the bar is set even higher.”

Fans in Australia and around the world who could not attend tuned in to watch the action streamed live and free on the IFFM Facebook page <https://www.facebook.com/IndianFilmFestivalOfMelbourne/videos/1961085707303970/>. The stream attracted over 17,000 viewers over the day.

“Telstra is delighted that so many fans in Australia and around the world were able to use the nation’s largest and fastest mobile network to livestream the event as if they were really there.”

“We know how important data is for Bollywood and dance fans wanting to stream their favourite content online. This is why we have said alvida to excess data charges on a number of our new mobile plans for use in Australia.”

Now on Australia’s best mobile network, customers can get 30GB for \$69/mth with no excess data charges in Australia when you bring your own compatible phone. Min cost \$828 on a 12 month BYO plan. Visit telstra.com/alvida

During this year’s TBDC, fans could also participate by sending an SMS for their favourite acts and had the opportunity



to ask our celebrity Bollywood judges questions throughout the competition. Over 4100 SMS votes were cast by fans and the winners on the day were:

Adult – LAKS Dance Crew

Pre-Teen – C Walk

People’s Choice – Fusion Beats

The Telstra Bollywood Dance Competition features dance performers wearing vibrant colours and traditional South Asian and Bollywood inspired costumes, captivating the audience. Competitors were judged on

choreography, technique, costumes, music and props.



Times Gone

How to create your own golden age



Margaret Goodwin

Once upon a time, long, long ago there was an ancient land. It was a land of great beauty, a land of mythical significance. However, I like to think of it as a real place, a place to dream about, an existence to aspire to.

Imagine how life would have been then in that golden-aged world.

How would it have been?

Those souls were pure living deities. They all had their own personal power, the power of pure, untarnished souls. In their behaviour they had all of the virtues. They were loving, patient, honest, brave, compassionate, considerate and kind, and so much more.

They had wisdom, the wisdom that only a strong and independent soul could have.

They had inner sight, that is, their third eye of wisdom was fully open and alert.

They could know the thoughts, feelings and intentions of all other souls. There was nothing hidden there, as each one knew what the others thought, felt and wanted.

All were loving, that is, they had love for all their companions, for everyone.

Everyone, therefore, was loved, known, appreciated and accepted. No one was left out or felt left out. Everyone

felt accepted and part of a loving and strong community.

Everyone had a part to play, a role unique to each individual. There was no competitive spirit, as all were fulfilling their heart's desire of living their lives to the fullest. If they each had a talent, and of course each one did, then each was using that talent.

If their talent was art, they would spend their days, happily absorbed in painting masterpieces. If their talent was in playing particular musical instruments, then they would spend their days, happily playing those instruments to please their own hearts and, as well, the hearts of those who listened. If their talents were sweet singing voices, then they would sing for all to hear and appreciate.

If they had a talent for making fine jewellery, then they would spend their days, making the finest pieces for the emperor and empress and their royal court and the subjects.

And they would feel the greatest satisfaction in doing this.

If their talent lay in carpentry, then that is what they would spend their days doing, making fine pieces of furniture or building fixtures for all to enjoy.

If they liked to write, they would write masterpieces. If they liked to dance, they would dance most intricate and beautiful dances for all to enjoy.

Whatever talents they had, they would be using them and enjoying each day, doing what they loved doing.

Life would be lived to its fullest, enjoying each moment with complete delight.

So, how can we create such a life here and now?



Live the life you want. Live it now. Be who you want to be.

Live every day, as you want your life to be.

This is how you create the life you want.

Act it out, every scene, as you want it to be.

Then a golden-aged life will no longer be a dream. It will be reality, as you will have

made it real. And, if you continue to act out all the things that you really want, they

will become part of your life now. You will have created the reality that you want.

You will have changed your life to be exactly as you want it to be.

Then the Golden Age will no longer be a myth. It will be your reality.

And what a wonderful life to lead!

You can make your life the wonderful experience you want it to be by living it now.

Now is your reality. So make the reality one that you want, one that you can enjoy.

(Margaret Goodwin is a practitioner and teacher of Raja Yoga Meditation.

She can be contacted on blacktown@au.brahmakumaris.org



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