



YESHWANT CLUB'S

CLUB TALK

15th April 2023 - 15th May 2023



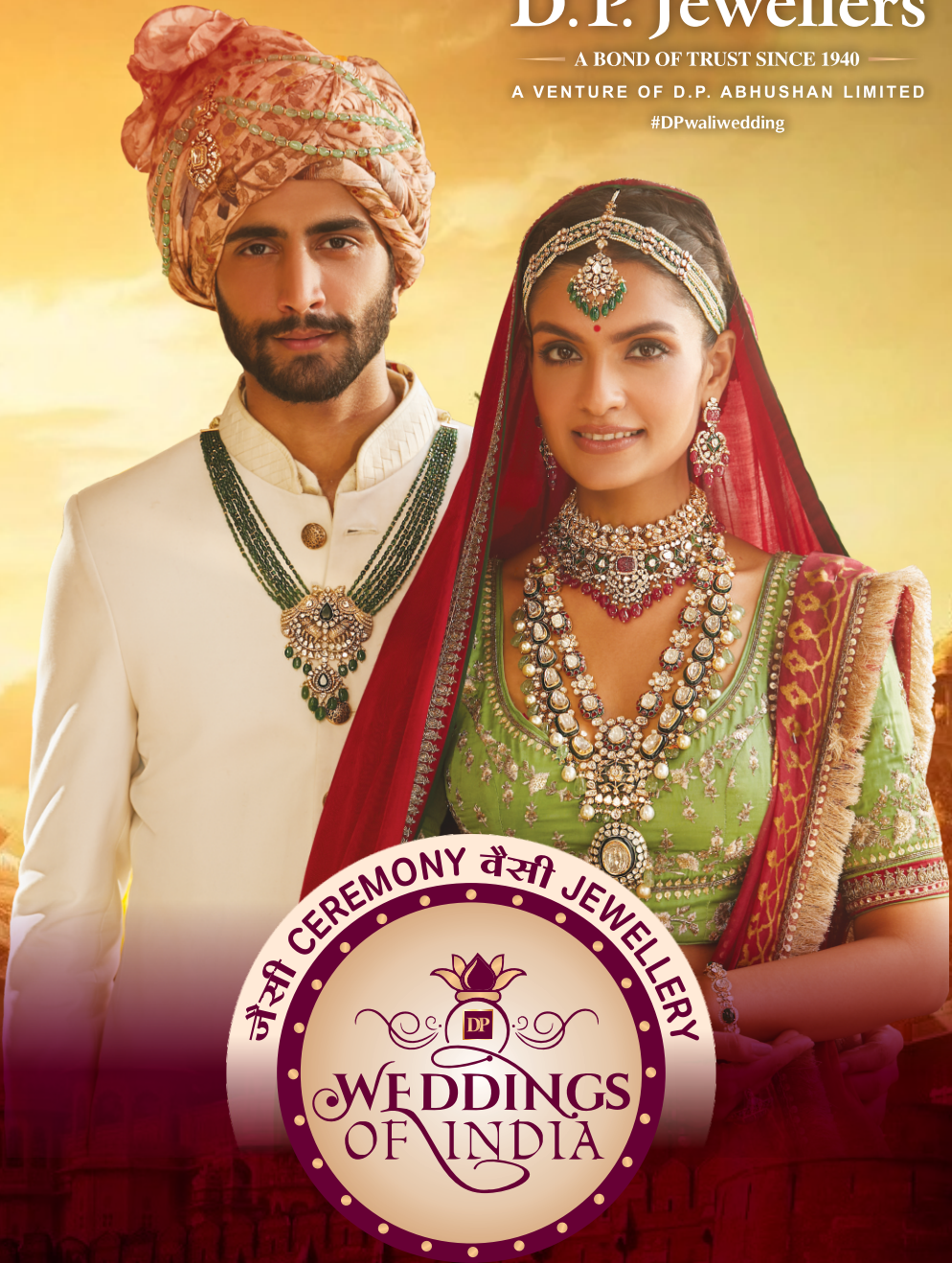


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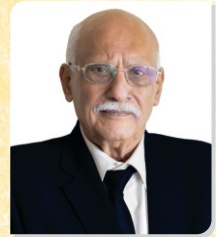


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A Note by the Chairman



Dear Members,

The Hindu New Year started on Gudi Padwa and the new financial year from the 1st April and we the committee members too are working hard to fulfill our promises to continue bringing new facilities for the satisfaction of all.

The new Fine Dining restaurant is under construction and hopefully will start by late June. Work on the jogging track is underway and I am happy to inform you that the members using the track are happy with the way it is coming up with the added attraction of a lot of greenery.

The last 30 days were full of sports and entertainment events . We had the Intra Club Table Tennis & Badminton tournament which was participated by record no. of members. The Squash Premier League 5.0 was another well participated event with 96 male and female players competing at the newly Air-conditioned Squash courts.

The Club members enjoyed the early morning Classical music program "Bhor Swar" . The Senior members night was a grand celebration of Fellowship with Music, Dance, Drinks & Dinner with more than 400 members enjoying past midnight.

The Jito Ahimsa Run was flagged off from the Club ground and saw a pool of Sports enthusiasts participating in various Categories.

Coming up next are the Baisakhi Bumper Tambola, Intra Club Volleyball Tournament and the Intra Club Swimming Competition.

I am sure, you are enjoying the Club activities and programs. If you have any suggestions or feedback, please mail us at atyeshwantclub@gmail.com.

With best wishes,

Tony Manjit Sachdeva ,
Chairman

MANAGING COMMITTEE

MANJIT SACHDEVA
Chairman

SANJAY GORANI
Hon. Secretary

ATUL SHETH
Hon. Jt. Secretary

CA ADITYA UPADHYAY
Hon. Treasurer

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MAGAZINE SUB-COMMITTEE

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Members PREETI DAVE AAKANSHA SHARMA KUTUMBALE DIVYA BHONSALE

Maintenance Note

AIR-CONDITIONING of the Club Squash Courts

The Club's Squash Courts were Air-conditioned recently. This was a long awaited request of the Club's Squash Fraternity and this upgradation of the facility will bring lots of National Tournaments to the Club and develop good players for the Club in times to come.





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11th MARCH, 2023



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6th - 12th MARCH, 2023

The Club TT Tournament was participated by more than 75 members & was followed by prize distribution & Annual Table Tennis Dinner.



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Events Round-up

SQUASH Premier League 5.0

17th - 24th MARCH, 2023

The 5th edition of Squash Premier League saw the participation of 96 male & female players auctioned to be a part of 4 teams & was a thrilling event to watch & cheer!

Special thanks to Patel Motors for sponsoring the event.



17th - 24th MARCH, 2023

Winning Team - Vikings

Runner-up Team - Valiant Warriors



The Prize Distribution was followed by Gala Dinner & Musical Evening.

17th - 24th MARCH, 2023





❧

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AHIMSA RUN

2nd APRIL, 2023

Thanks to JITO for organising the event from the Club Cricket Ground participated by thousands of runners.





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*भारत व शांति क्राफ्ट

**SENIOR
Member's
Night**

7th APRIL, 2023



Around 400 Senior Members & Spouses enjoyed the musical evening with gala dinner, dance and cocktails. Mr. Kishore Parashar & Group from Mumbai performed till past midnight amongst the huge gathering.



7th APRIL, 2023



The Managing Committee Members too attended the programme with their spouses and took special care of the Senior Members.



Events Round-up

INTRA CLUB BADMINTON Tournament

The Annual Badminton Tournament saw a participation of around 125 players amongst several age categories.

1ST - 9th APRIL, 2023



Events
Round-up

**INTRA CLUB
BADMINTON
Tournament**

The Prize Distribution was presided over by
Shri Brijendra Chowdhary, Zonal Director,
Narcotics Control Bureau, Indore

1ST - 9TH APRIL, 2023





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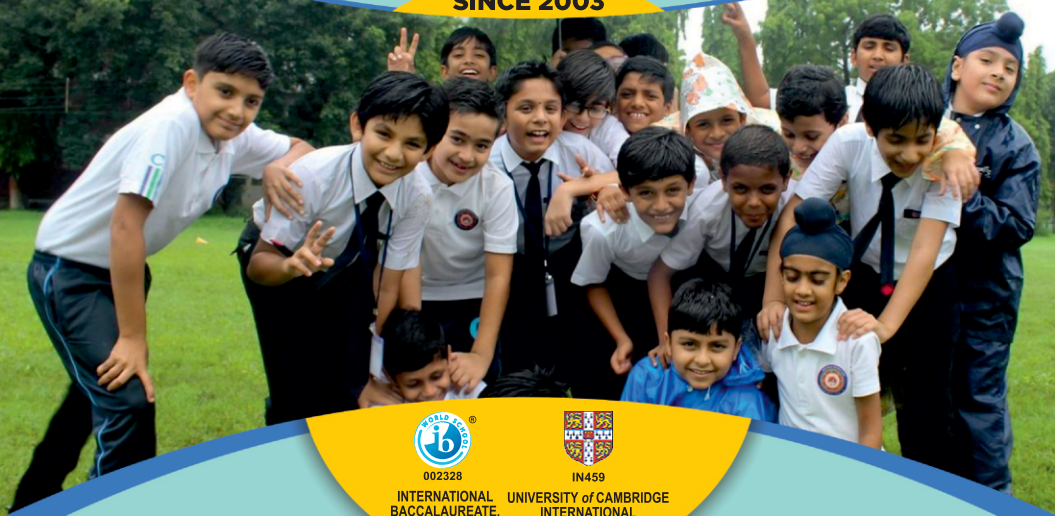
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My visit to Gangtok – Sikkim (India)

Written by - Mrs. Aakansha Sharma Kutumbale

I covered my Darjeeling visit in the last article. As a sequel sharing my visit to Gangtok. Visit to Darjeeling and Gangtok can be planned together but I would suggest to spend more days at Gangtok than Darjeeling. Gangtok is in the Eastern part of Sikkim. As compared to Darjeeling, I found Gangtok city more beautiful and



systematic. Clean and decorated roads add to the beauty.

Except Mall Road which is the highlight of every hill station key destinations to visit near Gangtok are Nathula Pass, Baba Harbhajan Singh Mandir, Changu lake and Rumtek Monestery. Also, there are 7 points around Gangtok which include -

Tashi View Point

Enchey Monastery

Flower Exhibition Center

Handicraft Center

Hanuman Tok

Ganesh Tok

Bakthang Waterfall

Nathula Pass and Changu Lake are near to each other and can be completed in a day. The most fascinating thing about Nathula Pass is the India-China border. The altitude is above 14000 ft. so you can feel uneasy if you have never been to such altitude before. Changu Lake is a beautiful lake surrounded by mountains. Nathula Pass remains closed on Monday and Tuesday due to army movement and a pass is to be taken for visiting Changu Lake. This can be done through any travel agent who can be found on Mall Road or near taxi stand in Gangtok.

Rumtek Monastery is a significant Buddhist Monastery. In the campus there is a golden stupa, Nalanda Institute for Monks and a treasure chest (treasure chest can't be seen without special permission).

One can add other destinations near Gangtok in Sikkim. Sikkim is although a small state but has lots of places of interest. Sikkim can be divided into four distinct regions East, West, North and South. All these regions have a lot to offer. I am sharing a region wise list of places to visit in Sikkim -

EAST SIKKIM -

Gangtok
 Rumtek Monastery
 Yakten Village
 Tsomgo Lake
 Baba Harbhajan
 Singh Temple
 Nathula Pass
 Tukla Valley
 Jejepla Pass
 Kupup Lake
 Menmecho Lake
 Nathang Valley
 Rangpo
 Mankhim
 Aritar
 Zuluk
 Namgyal Institute of
 Tibetology

WEST SIKKIM -

Pelling
 Geyzing
 Pemayangtse
 Monastery
 Yuksom
 Darap village
 Varsey Rhododendron
 Sanctuary
 Yangtey
 Kanchenjunga
 National Park
 Biksthang
 Rabdentse Ruins
 Legship
 Dubdi Monastery
 Tashiding Monastery
 Sangachoeling
 Monastery
 Khecheopalri Lake
 Rinchenpong
 Uttarey
 Okhrey
 Kaluk

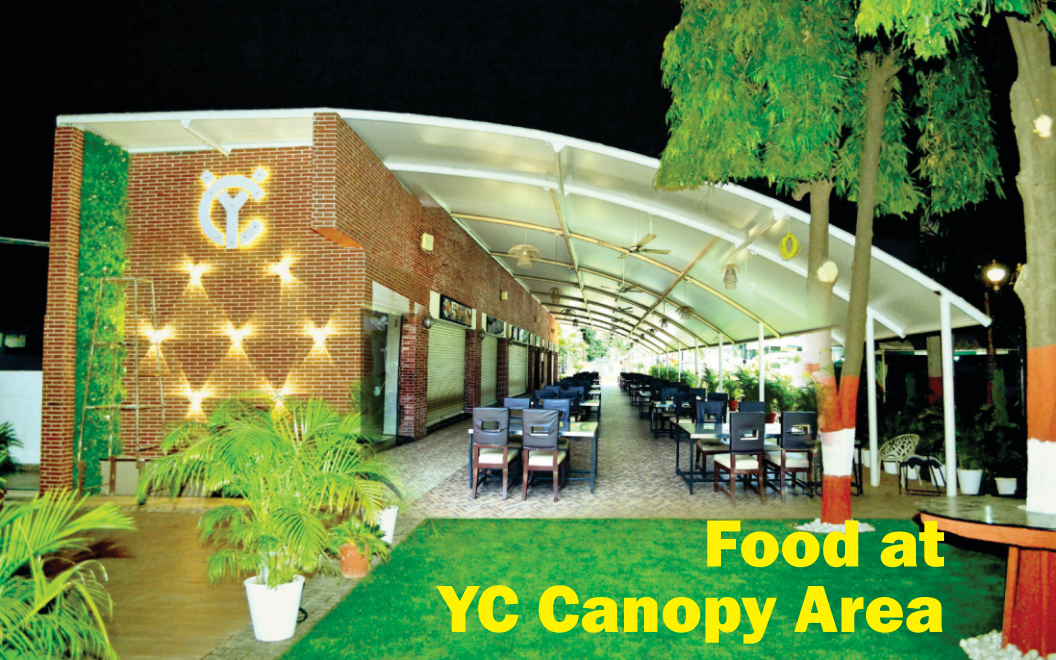
NORTH SIKKIM -

Gurudongmar Lake
 Yumthang Valley
 Lachung
 Lachen
 Yume Samdong
 (Zero Point)
 Cholamu Lake
 Seven Sisters
 Waterfall
 Chopta Valley
 Chungthang
 Mt. Katao
 Thangu Valley
 Mangan
 Zemu Glacier
 Singhik

SOUTH SIKKIM -

Namchi
 Ravangla
 Jorthang
 Borong
 Tendong Hills and
 State Biodiversity
 Park
 Siddheshwara
 Dham
 Sikip
 Maeman Wildlife
 Sanctuary and
 Maeman Hills
 Sumbuk
 Temi Tea Gardens

- Suggestions from my side about shopping, stay and eateries on Mall Road -
- There are many hotels to stay on Mall Road. One can find agents who will come to you asking if you need any hotel. The tariff of the hotel vary according to their distance from the Mall Road. For a peaceful and scenic experience one can stay at Chandmari which is around 10 kms from Mall Road and has a good local connectivity with Mall Road.
- Try pure vegetarian food at “Raso”. The food and ambience is good. It has a view to the mountains and plays pleasing spiritual songs.
- A cafe named Baker’s Cafe is a must try on Mall Road. Nice ambience. Eye-catching interior and posters which will attract attention.
- Not to do shopping on Mall Road as you will get costlier items here. There is a market going down the stairs from the Mall Road where you can bargain and will get a lesser price. (Same thing I observed at Darjeeling Mall Road).
- Don't forget to purchase Tea and try Momos! It is mandatory in the North East.
- Ignore the attitude of locals specially at Mall Road. In Gangtok and Darjeeling you don't find people being nice with you specially in shops, cafes and restaurants.
- A trip to Sikkim should be of at least 10 days to cover major destinations of the state. This is it from my side. I hope you enjoyed reading!



Food at YC Canopy Area

Written by - Mr. Annal Jain

Take a bite of relaxation in our canopy area

When it comes to enjoying good food in a peaceful atmosphere, nothing beats the experience of dining in a canopy area inside Yeshwant Club. The combination of fresh air, natural surroundings, and delicious food makes for a unique and unforgettable dining experience that everyone should try at least once.

One of the great things about dining here is the opportunity to interact with people of different age groups. Yeshwant club attracts a diverse crowd, from young children just learning to play sports to seniors who have been members for years. This creates a lively and fun atmosphere that is perfect for socializing and making new friends. It's also a great way to introduce kids to new sports and encourage them to be active.

But it's not just the social aspect that makes dining in a canopy area so enjoyable. The atmosphere itself is conducive to relaxation and rejuvenation. Whether you're dining in the morning or at night, the serene surroundings and fresh air help to clear your mind and lift your spirits. It's the perfect place to unwind with friends and family after a long day, or to start your day off on the right foot.

Of course, the food itself is the star of the show when it comes to dining in a canopy area. Whether you're in the mood for a quick snack or a full meal, you'll find something to suit your tastes. A wide range of delicious and healthy options, from smoothies/ fresh juice to hearty sandwiches, burger/ fries and specially those crispy dosa makes your day. And because the food is prepared on-site, you can be sure that it's fresh and made with the highest quality ingredients. And because the atmosphere is so relaxed, you can take your time and enjoy your meal at your own pace.

Whether you're looking to socialize with people of different age groups, relax and unwind with friends and family, or simply enjoy delicious and healthy food in a peaceful setting, the canopy area is the perfect choice. So why not give it a try and see for yourself why so many people love this unique dining experience?

FLYING SUIT

Written by - Mr. Abhishek Nandedkar

Indian Army Gears Up for Human Jet Age

Human flight has always been a dream, we all have read the story of Greek legend - Icarus who alongside his father Daedalus escaped from the High tower, Daedalus had warned Icarus not to fly too close to the sun, and he did and his wings melted and he fell into the sea and drowned.

Well today after 2000 years of this greek legend, The Gravity Industries have successfully managed to create a Jetpack that is capable of flying upto 50kms per hour and can carry upto 80kgs of weight.

Recently 44 of such Jetpacks have been procured by Indian Army under fast track buying for improving surveillance capabilities in border areas with difficult terrain.

These Jetpacks have three jet engines one at the back and two in each hand to make the navigation smoother.



This will really add up to the advantage of Indian Army in border areas.

Stay Tuned for more defence news!!

बुद्ध पुणिमा

Compiled by Preeti Dave

Buddha Purnima is the biggest day for Buddhists, as it is believed three important events of the Buddha's life took place: his birth, his attaining enlightenment, and his death, Parinirvana. The festival falls on 5th May this year. It propagates attaining a pure soul and adopting what Buddhism stands for – peace, non-violence and harmony through the gospel of the Dhamma.

In India, on the occasion of Buddha Purnima, many devotees visit Buddhist shrines and spend the day there reciting hymns and sermons about the life of Lord Buddha, his teachings and principles. Flowers and candles are offered to worship the Buddha's idol, which are placed in a basin full of water. Buddha's teachings are followed with sincerity and thus, devotees avoid non-vegetarian food, offer goods and kheer to the poor, and generally wear white clothes to maintain purity. Normally, Buddhists from the neighbouring communities march to the pagodas in colourful procession.

Source of Buddha's Teachings - The Buddha's teachings have been reconstructed from stories, found mainly in the Sutta Pitaka. Although some stories describe his miraculous powers, others suggest that the Buddha tried to convince people through reason and persuasion rather than through displays of supernatural power. According to Buddhist philosophy, the world is transient (anicca) and constantly changing; it is also soulless (anatta) as there is nothing permanent or eternal in it. Within this transient world, sorrow (dukkha) is intrinsic to human existence. It is by following the path of moderation between severe penance and self-indulgence that human beings can rise above these worldly troubles. In the earliest forms of Buddhism, whether or not god existed was irrelevant.

Buddhist Teaching of Re-Birth - The Buddha regarded the social world as the creation of humans rather than of divine origin. Therefore, he advised kings and gahapatis to be humane and ethical. Individual effort was expected to transform social relations.

The Buddha emphasized individual agency and righteous action as the means to escape from the cycle of rebirth and attain self-realization and nibbana, literally the extinguishing of the ego and



desire – and thus end the cycle of suffering for those who renounced the world. According to Buddhist tradition, his last words to his followers were: “Be lamps unto yourselves as all of you must work out your own liberation.”

Buddha's Teaching – The Way to Salvation- During the course of meditation, Gautam Buddha after attaining the enlightenment came out with the certain principles which have become the pillars of Buddhism. These teachings have also become the guidelines for the followers of Buddha. These principles can broadly be explained under the following categories.

The Four Noble Truths- The teachings of Buddha can be summarized under the category of Four Noble Truths which are as under:

- a) Suffering is common (Dukkha) – Birth, Sickness, Old age, Death etc.
- b) Cause of Suffering (Trishna) – ignorance and greed.
- c) End of Suffering – to cut off greed and ignorance.
- d) Path to end Suffering (Nirvana) – the Noble Eightfold Path is the way to end suffering.

The Noble Eightfold Path- The teachings of Buddha goes round and round like a great wheel that never stops, leading to the central point of the wheel, the only point which is fixed, Nirvana. The eight spokes on the wheel represent the eight parts of the Noble Eightfold Path which are as follows: 1) Right View; 2) Right Thought; 3) Right Speech; 4) Right Conduct; 5) Right Livelihood; 6) Right Effort; 7) Right Mindfulness; 8) Right Concentration.

The Panchshila- All the religions of the world are based on the fundamental principles of good conduct and prohibit their followers to indulge in the misconduct and misbehaviour that may harm the society at large. So, the Panchshila of Buddha is comprised of the basic teachings of conduct which are as under:

- | | |
|-------------------|------------------------------|
| 1. No killing | Respect for life |
| 2. No stealing | Respect for others' property |
| 3. No adultery. | Respect for our pure nature |
| 4. No lying | Respect for honesty |
| 5. No intoxicants | Respect for a clear mind |

Observance and meditation are core acumen of Buddhism. One such traditional means of preparing the mind for meditation is “chanting.” Buddhist chants are powerful recitations or musical verses not meant to worship God but instead to help realize enlightenment. It is a process of cultivating mindfulness and releasing ego and attachment to worldly delusions to change how we perceive and experience.

Buddhism is a religion that encompasses a journey to enlightenment that leads to the awakening of the soul Happy Buddha Purnima !!!

FORTHCOMING EVENTS

BAISAKHI MINI BUMPER TAMBOLA

Sat. 15th April
8.30 pm onwards

INTRA CLUB VOLLEYBALL TOURNAMENT

16th - 20th APRIL
6.30 pm - 10 pm

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