



# YESHWANT CLUB'S **CLUB TALK**

15th March 2023 - 15th April 2023





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Dear Members,

Wish you a very Happy Gudi Padwa & a warm welcome to Spring 2023! We are excited to bring you the newly inaugurated multipurpose Basketball & Volleyball courts with state-of-the-art synthetic base which is knee-friendly and weather-proof.

In the past eventful month, the Club witnessed the magic of self-portrait photography workshop and celebrated Holi with an unforgettable 'Hasya Kavi Sammelan' - a fun filled family event with brilliant performances by renowned poets of India. The Annual YC Intra Club Tennis Tournament was held between 3rd & 13th Feb, which was a very enthralling experience for the participants as well as spectators. The YC Billiards & Snooker Tournament was held from 16th to 22nd Feb. The YC Intra Club Rummy Tournament was held on 19th Feb. In one of the most exciting sports events of 2023, STOKYCPLT20 Leather Ball Cricket tournament was held with 52 Players & Four Teams competing against each other, the excitement and joy of which will be indeed remembered in times to come.

As we move in spring with the colours of Holi & Rang Panchami all over us, the excitement of Squash Premier league is building up, which will be held from 17th to 22nd March. On the 25th of March we will be organising a Senior Members Night to commemorate the Pillars of YC who laid the foundation of culture & family values in the DNA of our Club.

We hope the Club programs and activities bring joy and resonate positive energy with you!

In case you have any feedback or suggestions they are always welcome and we hope the ClubTalk provides you with some interesting reads every month!

With regards,  
SANJAY GORANI  
Hon. Secretary

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## MAINTENANCE NOTE

## INAUGURATION OF RENOVATED BASKETBALL & VOLLEYBALL COURTS

5<sup>TH</sup>  
MARCH  
2023

State of the art, Imported Multi purpose synthetic silicon cushioned Basketball & Volleyball Courts were being laid over the cemented Basketball Courts. The same were Inaugurated by the Chairman of the Club, Mr. Manjit Sachdeva.







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## EVENTS ROUND-UP

### SELF-PORTRAIT PHOTOGRAPHY WORKSHOP

11<sup>TH</sup>  
FEBRUARY  
2023

Thanks to Mrs. Bhavisha Gaurav Kothari, our club member & ace photographer for conducting the workshop under the aegis of Ladies Activity Committee.





03<sup>RD</sup>-13<sup>TH</sup>  
FEBRUARY  
2023

The Annual Intra Club Tennis Tournament was played with lot of enthusiasm & vigour. The final were played on 13th Feb. 2023. The Prize distribution was presided over by the PF Commissioner Shri Manoranjan Kumarji.



## EVENTS ROUND-UP

## INTRA CLUB BILLIARDS & SNOOKER TOURNAMENT

6<sup>TH</sup>-22<sup>ND</sup>  
FEBRUARY  
2023



The Annual Intra Club Billiards & Snooker Tournament was played and well participated. The Prize distribution was held in the presence of Shri Sunil Bajaj (Secretary General of BSFI & Billiards Federation of SAARC Countries SACSA)

Shri Bholu Mehta ji, President, Billiards & Snooker Federation of MP was conferred Life Time Achievement Award for his Contribution for the betterment of the game over the past several years.







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## EVENTS ROUND-UP

# STOK YCPL T-20 LEATHER BALL CRICKET TOURNAMENT (SEASON 5)

18<sup>TH</sup>  
FEBRUARY  
2023



More than 50 players were auctioned & were bid by the Four Team Owners, Mr. Punit Matlani, Mr. Guneet Chadha, Mr. Ashwin Ganediwal & Mr. Sukhdev Singh Ghumman.

Special thanks to STOK for sponsoring the event.







# DR. SARITA RAO

(MD, DM, FACC)

Sr. Consultant Intervention Cardiologist

Apollo Hospitals, Vijay Nagar Indore

Ph: +91 99935 48584

## UNIQUE RISK FACTORS IN WOMEN OF HEART DISEASE

The cardiovascular disease is generally perceived to be primarily occurring in men. However, it has now been observed among women as well, with increasing mortality and morbidity<sup>1</sup>. As heart disease symptoms in women differ from those in men, women often don't know what to look for<sup>2</sup>. Fortunately, by learning more about their unique heart disease symptoms, women can take steps to reduce their heart disease risks<sup>3</sup>. India's women's health care focuses mostly on reproductive health, breast cancer, and cervical cancer, but there is little data on cardiovascular disease risk and a lack of women-specific strategies<sup>4</sup>. In spite of cardiovascular diseases being the leading cause of death in women, there is very little awareness about this disease. More awareness will help save women's lives as heart disease is a preventable disease.

### Do hormones protect women from heart disease?

Estrogen has the ability to shield women from heart disease prior to menopause. However, this may not always be the case. Women during their first time pregnancy and pre-menopausal women with diabetes have similar risks as compared with men. Increasing age and diabetes cancels out estrogen's protective effects.

### Unique risk factors in women of heart disease

Several traditional risk factors for coronary artery disease such as high cholesterol, high blood pressure and obesity affect both women and men equally. But other factors can play a bigger role in the development of heart disease in women<sup>5</sup>.

Heart disease risk factors for women include<sup>5,6</sup>:

- **Diabetes.** Women with diabetes are more likely to develop heart disease than are men with diabetes. Also, because diabetes can change the way you feel pain, you're at greater risk of having a silent heart attack without symptoms.
- **Mental stress and depression.** Stress and depression affect women's hearts more than men's. Depression makes it difficult to maintain a healthy lifestyle and follow recommended treatment.
- **Smoking:** Smoking is a greater risk factor for heart

disease in women than it is in men.

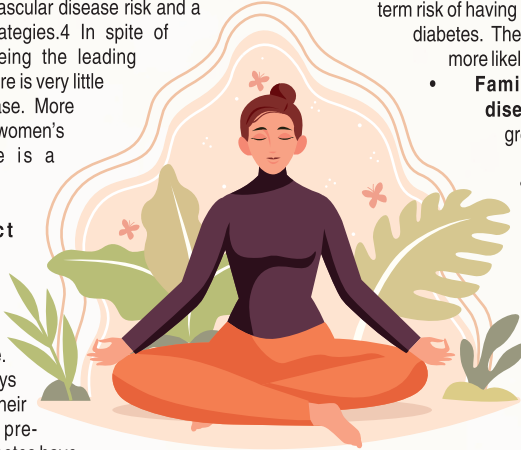
- **Inactivity:** A lack of physical activity is a major risk factor for heart disease. Some research has found women to be less active than men
- **Menopause:** Low levels of estrogen after menopause poses a significant risk of developing disease in smaller blood vessels
- **Pregnancy Complications:** Pre-eclampsia and gestational diabetes can increase the mother's long-term risk of having high blood pressure and Type 2 diabetes. The conditions also make women more likely to get heart disease.
  - **Family history of early heart disease:** This appears to be a greater risk factor in women than in men
  - **Inflammatory diseases:** Rheumatoid arthritis, lupus and others can increase the risk of heart disease in both men and women
  - **Autoimmune diseases** like cancer predispose to accelerated atherosclerosis and various manifestations of cardiovascular diseases due late detection of the disease in women.
- **Peri-partum cardiomyopathy (PPCM):** It is a rare form of cardiomyopathy that occurs in pregnant women and recent mothers, and is often misdiagnosed. PPCM causes your heart to become larger around the time of your delivery. This enlargement weakens your heart muscle and makes pumping blood more difficult.<sup>7</sup>

Women of all ages should take heart disease seriously; especially those with a family history of heart disease also need to pay attention to heart disease risk factors.

### What can women do to reduce their risk of heart disease<sup>8,9</sup>?

Living a healthy lifestyle can help reduce the risk of heart disease. Try these heart-healthy strategies<sup>10</sup>:

- Quit smoking
- Exercise regularly
- Maintain a healthy weight
- Eat a healthy diet
- Manage your stress
- Limit alcohol
- Follow your treatment plan
- Manage other health conditions



## EVENTS ROUND-UP

## INTRA CLUB RUMMY TOURNAMENT

19<sup>TH</sup>  
FEBRUARY  
2023

Special Thanks to  
Mr. Tinu Sanghvi &  
Mr. Ravi Gangwal  
for organising the  
tournament  
exclusively for club  
members for the  
very first time.

### WINNERS :

- I - Mr. L.P. Agrawal
- II - Mrs. Pushpa Jain
- III - Mrs. Hema Koolwal
- IV - Mr. Ashok Choudhary
- V - Mr. Shailendra Khare





19<sup>TH</sup>  
FEBRUARY  
2023



A few glimpses of  
prize distribution,  
dinner & musical  
evening.



## EVENTS ROUND-UP

## STOK YCPL T-20 LEATHER BALL CRICKET TOURNAMENT SEASON 5

26<sup>TH</sup>  
FEBRUARY  
-2<sup>ND</sup>  
MARCH  
2023



The Toss between the finalist teams Universal Bosses & Digiana Tigers being held by the Chief Guest Shri Anand Kedia of STOK.





## EVENTS ROUND-UP

## STOK YCPL T-20 LEATHER BALL CRICKET TOURNAMENT SEASON 5

26<sup>TH</sup>  
FEBRUARY  
-2<sup>ND</sup>  
MARCH  
2023

Congratulations to the Winners - Universal  
Bosses & Runners-up - Digjana Tigers.



## EVENTS ROUND-UP

## AUCTION DINNER SQUASH PREMIER LEAGUE 5.0

5<sup>TH</sup>  
MARCH  
2023

The Auction Dinner of SPL 5.0 was held at the Club cinema ground wherein Four Team Owners made their best teams through the Auction process and nearly 100 players are participating in the event to be held at the Club Squash Courts from 17th to 23rd March'23.



Thanks to  
Patel Motors  
P. Ltd. for  
sponsoring  
the Event.





## EVENTS ROUND-UP

## INAUGURATION OF MULTIPURPOSE BASKETBALL - VOLLEYBALL COURTS

5<sup>TH</sup>  
MARCH  
2023



An exhibition match of Volleyball was played between Chairman VI and Secretary VI to mark the Formal inauguration of the Newly Laid Synthetic Courts . The Chairman VI won the match 26-24 in a Nail biting finish after a deuce .



# विरासत को संजोकर बनाई सफलता की माला पेश की नई मिसाल



अपनी सफलता के सोपान में विभिन्न ऑर्गेनाइजेशन से सम्मान प्राप्त करते हुए  
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## EVENTS ROUND-UP

### HASYA KAVI SAMMELAN

BY RENOWNED POETS SHRI SURENDRA SHARMA,  
SHRI ARUN GEMINI, SHRI SAMPAT SARAL,  
SHRI CHIRAG JAIN & MS. MANISHA SHUKLA

Thanks to IPS Academy & Red Maple  
Mashal for sponsoring the Event.

7<sup>TH</sup>  
MARCH  
2023





# FIT BODY, HEALTHY MIND

*Why a **GYMNASIUM** is the  
Perfect Place to Improve Both.*



*Written by - Mr. Annal Jain*

Yeshwant Club's Gymnasium is a great place to work out and get in shape. Not only you can improve your physical health, but you can also enjoy the social benefits of exercising in a group setting.

One of the most obvious benefits of using gym equipments is that it can help you achieve your fitness goals. Whether you want to lose weight, build muscle, or improve your cardiovascular health, the right equipment can help you get there. With a variety of machines and weights available, you can customize your workout to suit your individual needs and preferences.

Another advantage of working out in a gym area is that it can help you maintain your motivation. When you're surrounded by other people who are also working hard to achieve their fitness goals, it can inspire you to push yourself harder and stay committed to your own regimen. Plus, the sense of accomplishment you'll feel when you finish a challenging workout can be a great boost to your confidence and self-esteem.

Aside from the physical benefits, a gym area can also be a great place to socialize. You'll likely meet other like-minded individuals who share your passion for health and fitness, and you can connect with them over your shared experiences and goals. This can be a great way to make new friends and build a supportive community that can help you stay motivated and accountable.

In addition to the social benefits of using a gym area, there are also practical advantages. For example, having access to gym equipment in a sports club can be more convenient than trying to work out at home, especially if you have limited space or equipment. Plus, you'll have access to professional trainers who can help you design a workout plan that's tailored to your specific needs and goals.

Whether you're looking to improve your physical health, meet new people, or simply enjoy the convenience and expertise of a professional gym, this type of facility can provide a great way to achieve your fitness goals and live a healthier, happier life. So why not give it a try and see how it can benefit you !

Timing: 5:30 AM to 1 PM & 4 PM to 10 PM

Committee Incharge - Mr. Vipin Koolwal

Convenor - Mr. Girish Nair

Co - Convenors - Mr. Nitesh Jain, Mr. Ujjwal Badjatya & Mr. Karan Shahani



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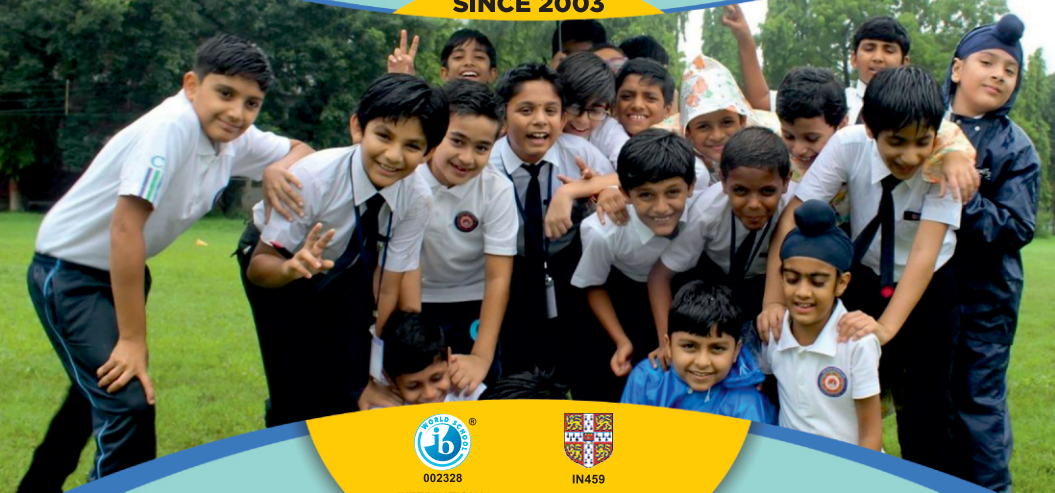




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# MY VISIT TO DARJEELING

Written by - Mrs. Aakansha Sharma Kutumbale



Darjeeling, which is known as the 'Queen of Hills in India' is a must visit place for the beautiful views of Kanchanjunga ranges and to experience the unique culture it offers. Here I will share my trip experience so that anyone looking to visit can get help to plan their Darjeeling trip.

## PLACES TO STAY -

There are many hotels you can find on Mall road but I stayed at Sterling Resorts at Ghoom which is 8km from the Mall road for a quiet and peaceful experience. The views of Kanchanjunga from this resort are amazing as it is situated at the highest point of Ghoom. Cabs till the resort are easily available on Mall road.

## PLACES TO VISIT -

Darjeeling offers breathtaking views of the Kanchanjunga and there are numerous view points in the town but Tiger hill offers the best views of Kanchanjunga during sunrise and sunset.

Himalayan Mountaineering Institute (HMI) and Zoo (3km from Mall road) are in the same premises and can be visited on the same ticket.

Himalayan Mountain Train is a heritage train more than 100 years old and runs daily between Siliguri and Darjeeling.

Another place to visit is the Batasia Loop where the train coming from Ghoom at higher altitude to Darjeeling at lower altitude takes a turn to negotiate the steep slope. It is a unique experience to see trains making a loop while turning.

There is also a Gorkha War Memorial at this place.

Chawrasta is a famous landmark, where there is an intersection of multiple roads. (In the past various movies along with the famous 'Barfi' movie have been shot here).

A famous and old book shop named Oxford Books is also here, where you can find a good collection of books.

One can also visit the Shiva temple, which is at the top most point of Darjeeling town. You can see Tibetan flags all around the temple.





The oldest Monastery of Darjeeling is Ghoom monastery, which is adjacent to Sterling Resort Ghoom. For a divine experience, try to visit the monastery during their prayer times.

Old Clock Tower is a famous landmark on Mall Road and is a location for movie shoots including Barfi.

### EATERIES -

1. Kunjini Restaurant for veg. food on Mall road.
2. Washington Momos - for delicious chicken momos and thukpa.
3. Nathmulls- Visiting Darjeeling without having tea in mind! Nathmulls is a famous chain and has numerous varieties of tea.
4. Glenary - For pastries, cakes especially Japanese cheese cake and to try different types of teas here.

It is a restaurant and bakery with a beautiful ambience and view of the Kanchanjunga.

5. Keventers - For burgers and bakery items - It is a famous shop (seen in the movie Barfi) with beautiful ambience and views.
6. Shop of a Bihari guy in front of Big Bazar (100m walk) for Samosa Chat here. One can dare to taste Aloo Chat which is a hell of a spicy dish, soaked in red chilies.

You can find some eateries and shops closed on the day of "Chhath Pooja" (Biggest festival of Bihar) since a large number of people from Bihar are working in Darjeeling. So, plan your trip accordingly.

### SHOPPING -

Mall Road shops are a bit costly. A large market is there on the down side of Mall Road which can offer reasonable prices.

That is it from my visit. Hope you will find it helpful.

Cheers!

# Rangpanchmi

## Ger in

## Indore

*Written by - Mr. Annal Jain*

Rangpanchmi Ger is a popular festival celebrated in the city of Indore every year. This festival is celebrated on the fifth day of the Hindu month of Phalguna, which usually falls in March. The festival is marked by vibrant colors, music, dance, and a lot of enthusiasm. Rangpanchmi Ger is also known as Holi Ger in some parts of the country. The festival is celebrated with great fervor in Indore, where it has become a tradition over

the years. The festival is marked by the local community coming together and celebrating the spirit of togetherness and joy. On the day of the festival, people from all walks of life come out on the streets, dressed in colorful attire. They smear vibrant colors on each other, dance to the beats of traditional drums, and enjoy various delicacies. The festival is also marked by the traditional ritual of burning the Holika, a symbolic representation of the victory of good over evil. The festival is not only popular among the locals but also attracts tourists from different parts of the country and the world. The Ger dance is a traditional dance form of Madhya Pradesh, which is performed by men wearing colorful attire and holding sticks. The dancers move in a circle while striking their sticks against each other, creating a rhythmic sound that adds to the festive atmosphere. Apart from the Ger dance, the festival also features other cultural events such as folk music and dance performances, street plays, and food stalls selling traditional delicacies. People are most excited about getting splashed by colorful water coming out of large water tankers moving with the crowd. The number of people who attend the Rangpanchmi Ger festival in Indore varies from year to year. However, last year over 4 lac people attended, making it one of the biggest festivals in the region and this year the numbers are expected to increase. The festival is celebrated with such enthusiasm that the entire city comes alive with colors, music, and joy.

Despite the large number of people attending the festival, the authorities ensure that adequate measures are taken to ensure the safety and security of the people. The police are deployed in large numbers, and the city administration takes various steps to ensure that the festival is celebrated in a peaceful and safe manner. Don't miss this amazing opportunity this time and enjoy your day with all the colourful citizens !





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# The Holy Week

Compiled by - Mrs. Preeti Dave

Good Friday always takes place on the Friday before Easter. This year, Easter is on Sunday, April 9, 2023 and Good Friday on April 7, 2023. Good Friday marks the beginning of the end of The Holy Week, which is the last week of Lent. Lent comes from the Anglo Saxon word *lencten*, meaning "lengthen" and refers to the lengthening days of spring. Lent always begins on Ash Wednesday and lasts for 40 days and 40 nights, until Holy Thursday (This year, Lent began on February 22 and runs until April 6.). Ash Wednesday is a solemn reminder of human mortality and the need for reconciliation with God. It is commonly observed with ashes and fasting. The ashes symbolize both death and repentance. During this period, Christians show repentance and mourning for their sins, because they believe Christ died for them. Lent is a period of self-discipline, for praying and do penance ahead of the Easter. The last week of Lent is Holy Week, which starts with Palm Sunday (2nd April '23) and ends with Holy Saturday (8th April '23). Easter Sunday is not part of Lent and is instead a period of celebration to commemorate Christians' belief in the Resurrection of Jesus Christ. Palm Sunday, also called Passion Sunday, symbolises Jesus Christ's triumphal entry into Jerusalem and the welcoming of Jesus into one's hearts and of one's willingness to follow him. It is often celebrated with processions and distribution of blessed palm leaves. The last three days of Holy Week are known as the "Triduum," or the "Three Days," which commemorate Jesus' trial, death and resurrection. Triduum begins on the evening of Holy Thursday or "Maundy Thursday" (the day before Good Friday) and ends the evening of Easter Sunday. In commemoration of the Last Supper, when Jesus washed the feet of his disciples and established the ceremony known as the Eucharist, Christians often partake in a simple meal of bread and wine—commonly known as the Lord's Supper or Communion—during Maundy Thursday worship services. Today, several Christians practice foot-washing rites on this day, echoing how Christ washed the feet of his disciples to teach them the importance of love and humility. On this very night Jesus was betrayed by Judas, one of his disciples, in the Garden of Gethsemane. Jesus was arrested by Roman soldiers and put on trial for claiming to be the king of the Jews. He was sentenced to death by crucifixion, and forced to carry his cross up a hill while wearing a crown of thorns. According to Luke 23:34, Jesus asked God to forgive his executors even as he was tortured, saying "Father, forgive them, for they know not what they do." Good Friday, commemorates the crucifixion of Jesus and His death at Calvary. On this austere day, "church bells are silent. Altars are left bare. The solemn, muted atmosphere is preserved until the Easter Vigil." Christians believed that the death of Jesus was the culmination of God's plan for eliminating

*Palm Sunday*

Palm Sunday! Be reminded of the reason for the Easter season! Amongst all the busyness that goes on reflect on Jesus & His resurrection.







the barriers between God and humans, which had come about due to human rebellion against God," says Embree.

Friday traditions vary around the world, but it is widely observed as a day of sorrow and mourning. In many countries people re-enact Jesus' walk to his death, with some even choosing to carry a cross on their back. Spain is particularly known for its celebration of

'Holy Week' (or 'Semana Santa') which sees numerous processions and parades across the country.

The resurrection is the pivotal event when "God raised Jesus from the dead" after he was crucified by the Roman governor Pontius Pilate.

A lot of Churches start the Easter Sunday celebrations at Midnight on Easter Eve. Candles are used in churches all over the world to start the Easter Day Midnight celebrations. Churches are filled with flowers on Easter Day. These represent new life. Priests wear their best, brightest robes in celebration. If a Church has a model of a tomb in it from Good Friday, it will be empty with the stone rolled away, as it was on the first Easter Day.

In Italy, the Pope holds a very large Mass or Communion service in St Peter's Square in the Vatican City, attended by people from all over the world. Lots of Christians also go to Sunrise services held early in the morning. Hunting for Easter Eggs and gifting Easter Eggs Hampers highlight the celebrations. It seems to come from the middle ages in Europe. During Lent, most people took part in a fast and didn't eat certain foods, including eggs.

After a weekend of enjoying chocolate treats and hot cross buns during Easter weekend, we have now arrived at Easter Monday. The Bible itself does not say anything about what happened on Easter Monday, after Jesus' resurrection, and it also doesn't specifically instruct Christians to celebrate the Monday following Easter Sunday. But across the globe, different cultures celebrate the day for different reasons. For some it's a more solemn remembrance of Christ's death and subsequent resurrection, which is marked with an outdoor procession. For others there's a more playful element to celebrating the day, like holding Easter egg-rolling competitions. Rolling Easter eggs is traditionally meant to symbolise the rolling of the stone from the tomb where Jesus was held!

There are a few different theories as to why people traditionally eat hot cross buns on Good Friday. One story suggests that a monk in the 12th century was the first to bake the yeasted sweet buns and mark them with a cross in honour of Good Friday.

They're eaten to mark the end of Lent, as they contain the dairy products that were traditionally forbidden. An old English belief suggested that hot cross buns baked on Good Friday would never go mouldy or spoil.

On Good Friday, remember the day Jesus willingly suffered and died by crucifixion as the ultimate sacrifice for our sins (1 John 1:10). Easter follows it, the glorious celebration of the day Jesus was raised from the dead, heralding his victory over sin and death and pointing ahead to a future resurrection for all who are united to him by faith (Romans 6:5).

**HAPPYEASTER !!!**

(Photo: Shutterstock) <https://www.blackpoolgazette.co>. <https://parade.com>/<https://www.rd.com/article/what-is-good-friday/><https://www.britannica.com/topic/Good-Friday>, [christianity.com/](https://www.christianity.com/), Getty Images, JAMIE BALLARDChristianity.com:



# Operation Dost

Written by - Mr. Abhishek Nandedkar

On 6th February 2023, a massive earthquake struck Southern and Central Turkey. This earthquake of 7.8 Magnitude which lasted 80 seconds, caused huge destruction in Turkey and Syria killing 52000 people and severely injuring around 1,50,000 people. With lakhs of people left homeless and the total damage amounting to close to 90 billion Dollars, there was an immediate need of humanitarian support to be sent to Turkey and Syria. The situation there was very critical and dangerous as over 10,000 aftershocks were felt since the first earthquake till 3rd March, and this was the fourth most costliest earthquake in recorded history. The Indian Government responded immediately for helping Turkey and Syria by starting 'Operation Dost', meaning friend in both Hindi and Turkish. Along with very experienced NDRF Squad for rescue-op, the Indian Army Medical team and Indian Air Force command immediately flew to Turkey with over Six IAF C-17 Aircrafts. Within a few hours Indian teams reached Turkey with Stone cutter tools and radars for detecting heartbeats of people stuck under the rubble. Supplies of over 7 Crore were sent to both Syria and Turkey and 89 Army field hospital staff was fully equipped to help the injured. Over 23 Tons of relief material including gensets, solar lights and medical care was sent with other disaster relief consumables to Syria. The teams efforts were honoured and greatly appreciated by Honourable Prime Minister Shri Narendra Modi, This proved Ministry of External Affairs stance of G20 Mantra - 'One Earth, One Family, One Future' !!

Stay Tuned for more Defence News.





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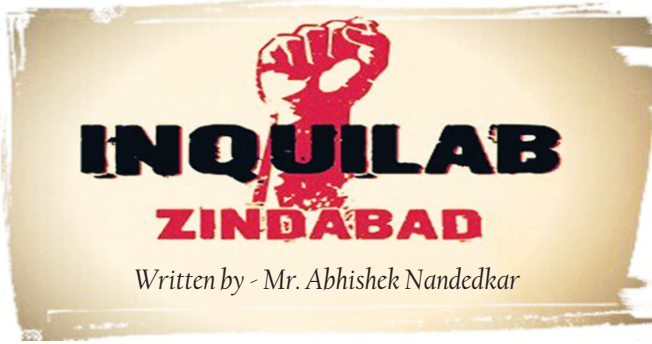
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In the fateful year of 1931, Sardar Bhagat Singh along with Rajguru & Sukhdev were martyred for the Independence of India, when they were only 23 year olds. These Indian Heroes were hanged by the British Raj mercilessly at 7:30pm on 23rd March, 1931 in the Lahore Jail. To add to the cruelty of the Cowardly British Raj, their bodies were secretly taken from the rear wall of the jail and cremated in darkness, outside of Ganda Singh Wala Village and their ashes were scattered in Sutlej River afterwards. Sardar Bhagat Singh who is also referred as 'Shaheed-e-Azam' or 'Shaheed Bhagat Singh' was born on 27th September, 1907 in Banga Village, Punjab (now a part of Pakistan), and his father Kishan Singh and uncle Ajit Singh were a part of the Ghadar Movement in 1914-1915. Shaheed Bhagat Singh was enrolled in Dayanand Anglo-Vedic School in Lahore. He joined the National College in Lahore founded by the great Lala Lajpat Rai in response to Gandhi Ji's non-cooperation movement which urged Indian Students to shun schools and colleges subsidized by British Raj. Shaheed Bhagat Singh later joined Hindustan Republican Association (HRA) which was later renamed as HSRA adding the word socialist to their name. On 17th November, 1928 Lala Lajpat Rai succumbed to his injuries given to him during Lathi Charge by James A. Scott. Bhagat Singh, Shivaram Rajguru & Sukhdev Thapar along with Chandrashekar Azad decided to kill Scott but mistakenly shot John P. Saunders. In 1929 they shouted the famous slogan 'Inquilab Zindabad' in Delhi Assembly after bombing it with non-lethal bombs. Their sacrifice for the country will never be forgotten.

On this 23rd March, let us take a moment to remember these charismatic Indian Revolutionaries.





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MARCH  
2023

**YC  
ANNUAL  
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