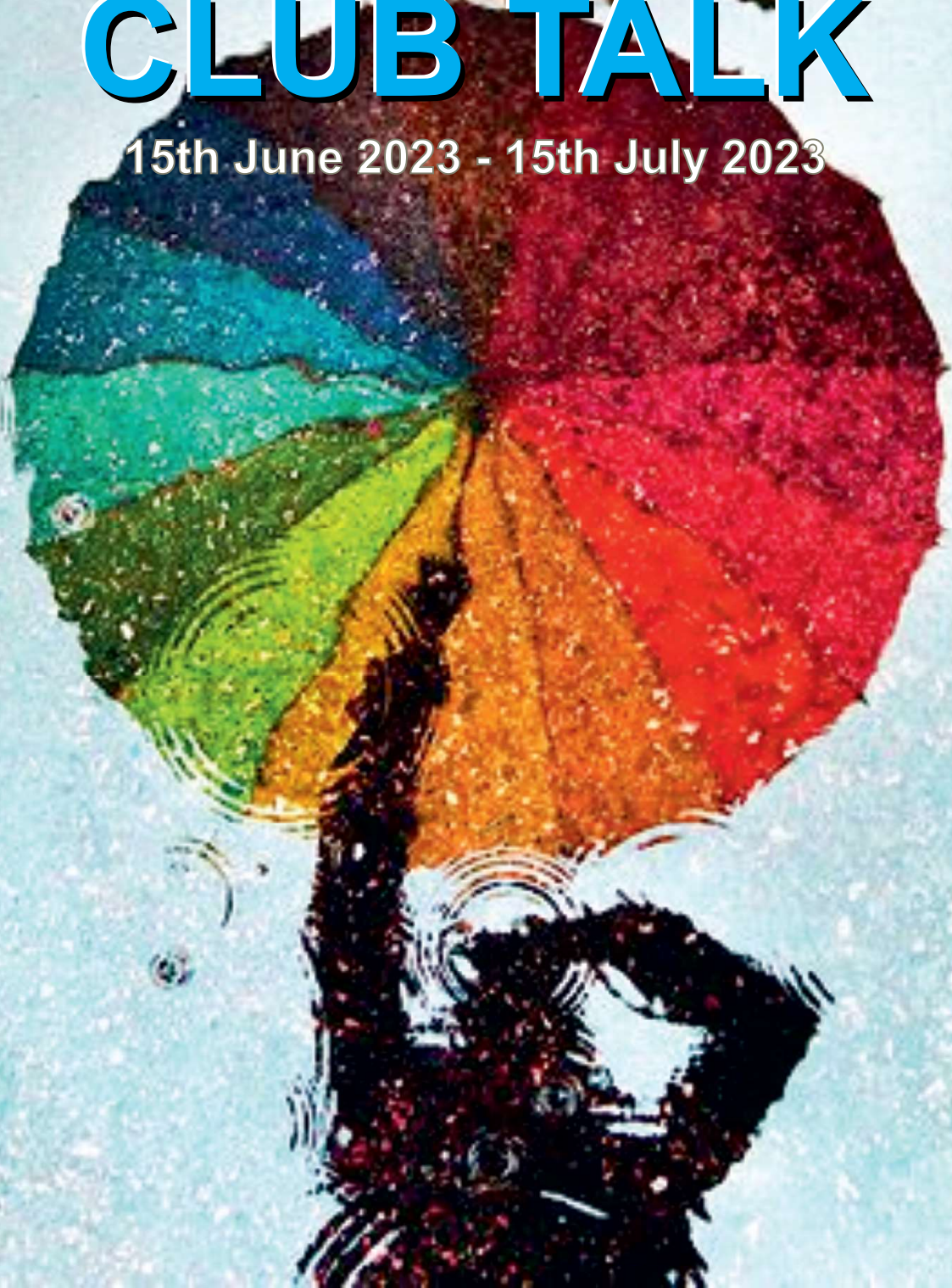




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15th June 2023 - 15th July 2023







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***a note  
by the  
Hon. Secretary***



Dear Members,

Hope you are enjoying the summer holidays with your near and dear ones at home and at the club. We are also witnessing more and more children and families having a good time at the club.

In the past month, we had the Auctions of Moira YC Floodlit Tennis Ball Cricket Tournament wherein 8 team owners bid to make their teams with the best players possible. This was followed by the tournament itself where over 200 cricket players of the club participated for 10 days across 5 categories at the Club cricket ground under flood lights with LED screens, YouTube coverage, Drone shooting, food stalls, live commentary, more like a Cricket Carnival.

Then we had the Bumper Tambola which was well attended by several members. We had the Annual Prize Distribution where all the club's sports persons were felicitated for their performances in club tournaments.

The New Tennis Courts were inaugurated and appreciated by all tennis players of the club. The New Cricket Pavilion is now operational and has added convenience and beauty to our club cricket ground and its ambience.

Many more developments and renovation work are in progress at several locations of the club.

Looking forward, we have the Annual General Meeting of the club wherein the Managing Committee will present its balance sheet and performance of last one year of its working. A few forward looking proposals are being proposed by the Managing Committee to be discussed by the house.

Our urge is to make our Club facilities and standards to much higher levels and need your support and feedback for the same. Wishing you a fast approaching happy monsoon season!

With regards,

**SANJAY GORANI**  
Hon. Secretary

**MANAGING  
COMMITTEE**

**MANJIT SACHDEVA**  
Chairman

**SANJAY GORANI**  
Hon. Secretary

**ATUL SHETH**  
Hon. Jt. Secretary

**CA ADITYA UPADHYAY**  
Hon. Treasurer

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**Maintenance  
note**

## **TENNIS COURTS**

The Club Tennis Courts No. 1 & 2 were relaid from scratch. The New Synthetic Surface with more cushioning layers will ensure a better playing experience & improve the game quality.







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**Maintenance  
note**

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# Events round-up

## MOIRA YC FLOOD LIT TENNIS BALL CRICKET TOURNAMENT SEASON 2 AUCTION DINNER

Sunday, 07 | MAY | 2023

Trophy Unveiling



Grand Entry



The Team Owners





# Events round-up

## MOIRA YC FLOOD LIT TENNIS BALL CRICKET TOURNAMENT SEASON 2 AUCTION DINNER

Sunday, 07 | MAY | 2023

The Organising Committee



The Auctions





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Events  
**round-up**

**MOIRA YC FLOOD LIT  
TENNIS BALL CRICKET  
TOURNAMENT SEASON 2**

18th-27th | May | 2023



The Spectators



Commentator's Box

Players



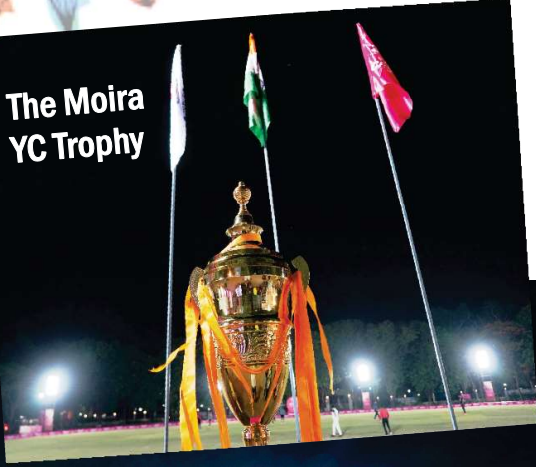


Events  
**round-up**

**MOIRA YC FLOOD LIT  
TENNIS BALL CRICKET  
TOURNAMENT SEASON 2**

18th-27th | May | 2023

The Moira  
YC Trophy



Snehjeev Strikers - Runners Up (General)



Pumarth Panthers - Winners (General)



# Events round-up

## MOIRA YC FLOOD LIT TENNIS BALL CRICKET TOURNAMENT SEASON 2 PRIZE DISTRIBUTION & IPL FINALS LIVE SCREENING

Sunday, 28th | May | 2023

Chief Guest: Shri Sandeep Jain & Shri Amit Kishanpuria, Directors, Moira Group - Our Title Sponsors



Under 12 Winners-Thundering Titans



Under 16 Winners- Team Hitman



Winners Couple Category- Pumarth Panthers



Events  
**round-up**

**MOIRA YC FLOOD LIT TENNIS BALL  
CRICKET TOURNAMENT SEASON 2  
PRIZE DISTRIBUTION & IPL FINALS  
LIVE SCREENING**

Sunday, 28th | May | 2023



Runners up - Above 35  
Team Accelerators



Runners up - Couple  
Snehjeev Strikers



Above 35 Years-Winners- Jolly Ronchers



**Events  
round-up**

**BUMPER TAMBOLA**

**Saturday, 27th | May | 2023**



Esteemed Lady members winning most of the prizes

Members trying their luck.





**Events  
round-up**

**BUMPER TAMBOLA**

**Saturday, 27th | May | 2023**

**Some More Winners...**



**Chairman Sir doing the Honours**





**Events  
round-up**

**INAUGURATION OF RENOVATED  
SYNTHETIC TENNIS COURTS NO. 1 & 2**

**Friday, 2nd | June | 2023**



**Chief Guest: Shri Partha Roychowdhury, Principal Commissioner, CGST & CE, Indore**





**Events  
round-up**

**INAUGURATION OF RENOVATED  
SYNTHETIC TENNIS COURTS NO. 1 & 2**

**Friday, 2nd | June | 2023**





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**Events  
round-up**

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Events  
round-up

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# हमारी माँ अहिल्या...नमन

श्री अतुल शेठ की कलम से...



अहिल्यादेवी होलकर, मराठा साम्राज्य की प्रसिद्ध महारानी तथा इतिहास-प्रसिद्ध सूबेदार मल्हारराव होलकर के पुत्र खण्डेराव की धर्मपत्नी थीं। उन्होंने महेश्वर को राजधानी बनाकर शासन किया। शुरुआत में इन्दौर राजधानी थी। इनकी ख्याति भारतीय इतिहास में अमिट ओर अद्वितीय है। इन्होंने अपनी कार्य शैली से उस जमाने में जो कार्य पूरे भारतवर्ष में करवाए वो आज भी किसी के लिए कल्पना के परे है। माँ अहिल्या की 298 वीं जयंती अभी अभी 31 मई को गयी। इसी दिन 1725 को महाराष्ट्र में आपका जन्म हुआ। इनकी शादी खंडेराव होलकर से हुई। खंडेराव जी की अकस्मात मृत्यु और फिर ससुर जी की मृत्यु के बाद, आपने होलकर राज्य की पूरी बागडोर अपने हाथ में ली। इसके बाद अपने जीवन में पुत्र और फिर बहु को भी खोया। इसके बावजूद जीवन पर्यंत शिव भक्त अहिल्याबाई ने देश के विभिन्न तीर्थ स्थलों का पुनरुत्थान किया। आपने रामेश्वरम से लेकर पशुपतिनाथ नेपाल तक और केदारनाथ से लेकर सोमनाथ तक सभी मंदिरों का जीर्णोद्धार कराया, वहीं धर्मशालाओं, कुएं, बावड़ी जैसे कई कार्यों को मूर्तरूप दिया। जिसकी अर्थव्यवस्था पूर्णता आज भी आत्मनिर्भर है।

वहीं न्याय प्रिय अहिल्याबाई ने न्याय की दुनिया में भी अपना नाम अमर करा, जब उन्होंने अपने पुत्र को भी बछड़े की मौत का जिम्मेदार होने पर मृत्यु दंड देने में देरी नहीं की, मगर किवदन्ती के अनुसार गाय के बार-बार आगे आने पर मृत्यु दंड से अपने पुत्र को छोड़ दिया।

ऐसी परोपकारी, धर्म को समर्पित और श्रेष्ठ शासन देने वाली माँ अहिल्या एक आदर्श राज्य प्रमुख थी।

अभी अभी नेपाल के प्रधानमंत्री इंदौर आए थे। इस अवसर पर याद आता है कि अहिल्याबाई होलकर ने संबंध सुदुर राजा के साथ, धर्म को मजबूत करते हुए, जो नेपाल राजा से बनाये, वो एक अनुकरणीय ओर आदर्श है। इसमें उन्होंने नेपाल के राजा को राखी बांधी थी और राखी बाँधने के बदले एक भाई के रूप में बहन को क्या दूँ? जब उन्होंने पूछा, तो अहिल्याबाई ने यह कहा था कि पशुपतिनाथ की जो पहली आरती होती है वह इस पैसे के द्वारा की जावे। तब से लेकर अब तक, रोज पशुपतिनाथ के अंदर पहली जो आरती होती है, वह अहिल्याबाई के नाम से, वहां के राज परिवार द्वारा कराई जाती है।

हम समझ सकते हैं कि आज से ढाई सौ साल पहले जब कोई साधन नहीं थे संचार के ना आवागमन के, ना कोई बैंकिंग व्यवस्था थी, तब देश के 902 धर्म स्थलों का पुनरुत्थान उन्होंने किया और उन सबके लिए जो व्यवस्था की वह अपने आप में



आर्थिक दृष्टि से जीवन पर्यंत सक्षम बनाकर दी। इसे हम कह सकते हैं कि आधुनिक प्रबंधन के अंदर भी करना हमको असम्भव सा लगता है।

शिव के प्रति उनके समर्पण भाव का पता इस बात से चलता है कि



अहिल्याबाई राजाज्ञाओं पर हस्ताक्षर करते समय अपना नाम नहीं लिखती थी, बल्कि पत्र के नीचे केवल श्री शंकर लिख देती थी। उनके रूपों पर शिवलिंग और बिल्व पत्र का चित्र ओर पैसों पर नंदी का चित्र अंकित है। कहा जाता है कि तब से लेकर भारतीय स्वराज्य की प्राप्ति तक उनके बाद में जितने नरेश इंदौर के सिंहासन पर आये सबकी राजाज्ञाएँ जब तक कि श्री शंकर की नाम से जारी नहीं होती, तब तक वह राजाज्ञा नहीं मानी जाती थी। और उस पर अमल भी नहीं होता था।

उन्होंने स्त्रियों की सेना बनाई, लेकिन वे यह बात अच्छी तरह से जानती थीं कि पेशवा के आगे उनकी सेना कमजोर थी। इसलिए उन्होंने पेशवा को यह समाचार भेजा कि यदि वह स्त्री सेना से जीत हासिल भी कर लेंगे, तो उनकी कीर्ति और यश में कोई बढ़ोत्तरी नहीं होगी, दुनिया यही कहेगी कि स्त्रियों की सेना से ही तो जीते हैं और अगर आप स्त्रियों की सेना से हार गये, तो कितनी जग हंसाई होगी आप इसका अंदाजा भी नहीं लगा सकते।

अहिल्या बाई की यह बुद्धिमानी काम कर गई और पेशवा ने आक्रमण करने का विचार बदल दिया। इसके बाद महारानी पर दत्तक पुत्र लेने का भी दबाव बढ़ने लगा, लेकिन उन्होंने इसे स्वीकार नहीं किया क्योंकि वे प्रजा को ही अपना सबकुछ मानती थीं। उनके इस फैसले के बाद राजपूतों ने उनके खिलाफ विद्रोह छेड़ दिया, लेकिन रानी ने कुशलतापूर्वक उस विद्रोह का ही दमन कर दिया। अपनी कुशाग्र बुद्धि का प्रयोग करते हुए रानी अहिल्या बाई होल्कर ने मालवा के खजाने को फिर से भर दिया।

ऐसी दूरदृष्टिय, परोपकारी, साहसी अहिल्या जी के आशीर्वाद से हम सब इंदौर वासी उपकृत हैं और इंदौर में आज जो हम सुख, शांति, सद्भाव और आपसी भाईचारा देखते हैं, मुझे लगता है कि यह अहिल्याबाई के कर्मों का सुफल है और उनका आशीर्वाद हम पर है। ऐसी प्रातः स्मरणीय मां अहिल्या बाई होलकर के चरणों में नमन करता हूँ।

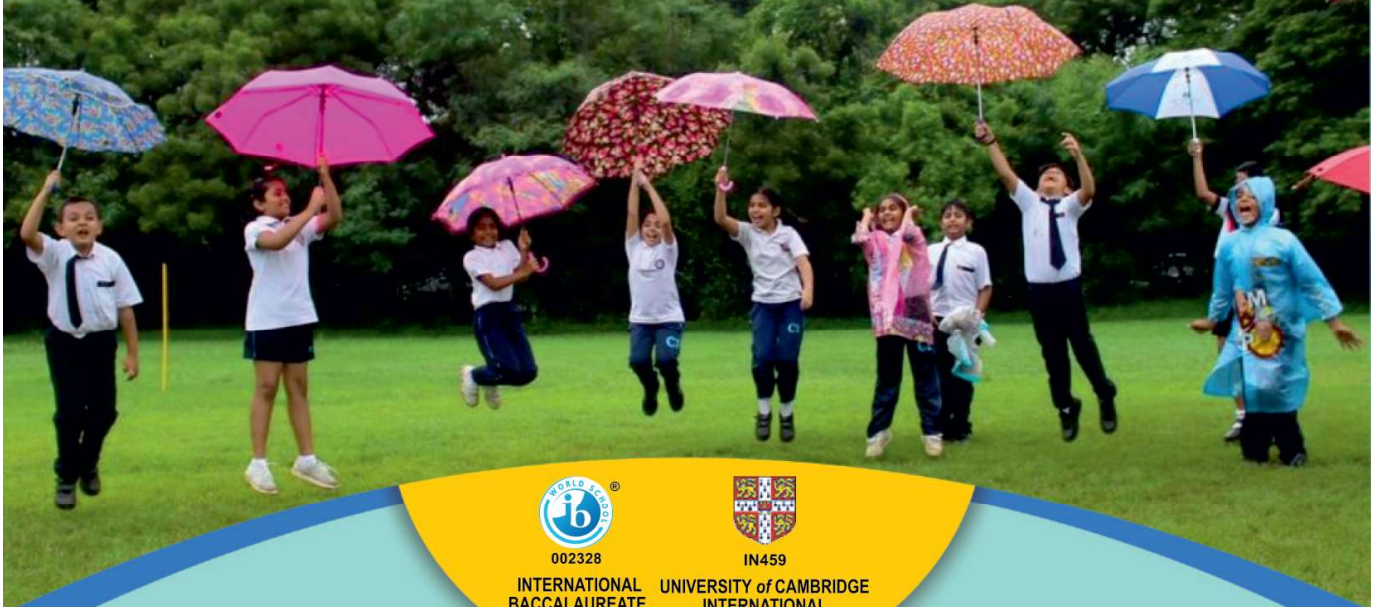




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#### GAURVI LOUNGANI

University of Massachusetts, Dartmouth, USA- Chancellor's Scholarship, International Scholarship and UMassD Global Award- Total of \$ 14,500.00 per year. 2. UMass Amherst, USA – Chancellor's Award in the amount of \$16,000 per academic year. 3. Stony Brook University SUNY, USA Roger Williams University – Scholarship of \$16,000 – total of four-year award. 4. University of Sydney, Australia. 5. Flame, Pune, India. 6. Krea, Sricity, India. 7. University of Connecticut, Global Distinction scholarship of US \$ 40,000. 8. University of San Francisco, Scholarship total value of \$116,000



#### ISHAAN MIRCHANDANI

1. Pace University (New York campus) President Scholarship with the amount of \$18,000 per year – Total \$72,000



#### JANHAVI OTURKAR

1. Acceptance from Western University 2. Acceptance from Brock University  
3. Acceptance from Durham University



#### Kartik Saraswat

1. University College Cork: 25% off on tuition fees per year (Reduced from 23k euros to 17.25k euros)  
2. University College Dublin: Merit Based Scholarship of 4000 euros



#### AARUSHI PATHAK

1. Acceptance From University Of Bath  
2. Acceptance From University Of Manchester



#### ANUJ BIHANI

1. Iowa State University 2. University Of San Francisco  
3. Michigan State University 4. The University Of Utah  
5. University Of Cincinnati 6. University Of Illinois Chicago



#### RUANA AHUJA

1. VIT Vallore for B. Tech. CS. 2. UMASS Boston  
3. Stony Brook University 4. Arizona State University  
5. University of Utah 6. Connecticut University



#### SANJANA MENGHANI

1. Acceptance from the Eugene Lang college of liberal arts at The New School in New York. 2. Acceptance to the Bachelor's-Master's program. Salisbury university  
3. Goucher college. 22,000 per year merit based scholarship. 4. UMass Boston



#### SATYA KARI

Acceptance from University of Massachusetts at Boston



#### SHAARANYA GARG

Acceptance from Case Western Reserve University with Scholarship of \$15000, applicable for upto 8 semesters.

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# ***Inauguration of New Parliament Building***

*Written by Mr. Abhishek Nandedkar*



May 28th 2023 was another historic moment for every citizen of India, as the New Parliament building was inaugurated. It is an architectural marvel that represents the ethos of the nation.

It is adorned with intricate statues and motifs inspired by ancient sculptures, reflecting the rich cultural heritage of the country.

## **Inspired by Ancient Sculptures**

At the six doors of the new Parliament building, statues inspired by ancient sculptures take center stage. These majestic figures hold deep historical and cultural importance, capturing the imagination of the nation. Each door showcases unique inspirations that evoke a sense of awe and admiration.

## **The Majestic Gaj Dwar**

The Gaj Dwar, one of the entrances, features imposing stone elephants that pay homage to the statues at the 9th-century Madhukeshwara temple in Banavasi, Karnataka. These remarkable sculptures stand tall, symbolising strength and grace.

## **The Graceful Ashwa Dwar**

Adorning the Ashwa Dwar entrance are statues of horses, reminiscent of the sculptures at the Sun temple in Odisha from the 13th century. These elegant depictions embody the power and beauty associated with horses.

## **Inspired Dwars**

The Shardula, Hamsa, and Makara dwars showcase statues inspired by renowned sculptures from different regions of India. The Gujri Mahal in Gwalior, the Vijay Vithala temple in Hampi, and the Hoysaleswara temple in Karnataka serve as the muse for these intricate creations. Each sculpture holds its own cultural significance and adds to the grandeur of the new Parliament building.

## **The Resplendent Garuda Dwar**

The Garuda dwar, the final entrance, features statues of the mount (vahana) of Vishnu. These sculptures draw inspiration from an 18th-century CE Nayaka period sculpture of Tamil Nadu. The Garuda dwar exudes a sense of reverence and spirituality.





### The Symbolism of Foucault's Pendulum

Within the triangular roof of the Constitution Hall, the Foucault's Pendulum gracefully hangs from a large skylight. This captivating installation symbolizes the rotation of the earth and represents the harmony between India and the universe. It serves as a reminder of the interconnectedness of our world.

### The Lotus and Peacock Interiors

The interior design of the Rajya Sabha, the upper house, takes inspiration from India's national flower, the lotus. This symbolic motif creates a serene and contemplative atmosphere within the chamber. On the other hand, the interior of the Lok Sabha, the lower house, draws inspiration from the peacock, India's national bird. The vibrant colors and intricate patterns evoke a sense of pride and vitality.

### The Legacy of Sengol

Sengol was handed over to Pandit Jawaharlal Nehru at midnight on 14 August 1947. It has a replica of Lord Shiva's servant Nandi. Nandi is regarded as omnipresent, protector of religion and justice.

Sengol was used by kings of the Chola dynasty. In those days one king used to hand over sengol while transferring power to another king.

The sengol gets its name from Tamil word called 'semmai', meaning Righteousness. The sceptre is a historical symbol of Independence as it signifies the transfer of power from the British to the Indians.

Stay tuned for more..



# **Embrace Wellness:** **Morning Yoga at YC**

Written by Mr. Annal Jain

Committee Incharge- **Mr. Animesh Soni**

Convenor- **Mr. J.S. Goomber**

Co convenor- **Mr. Shyam Mangal & Manish Chawla**

Coaches-

**Mr. Jitendra Parmar (6:30 am to 7:30 am)**

**Ms. Sangeeta Gangwal (8 am to 9 am)**

**Mr. Arvind Modak (6 pm to 7 pm)**



In the bustling chaos of our daily lives, finding moments of tranquility can seem like a distant dream. However at Yeshwant Club, Yoga is a rejuvenating addition to our fitness offerings. Join us as we embark on a journey of self-discovery and holistic well-being, embracing the ancient practice of Yoga.

Practicing Yoga in the serene ambience of the morning offers a host of advantages. Starting your day with Yoga sets a positive tone, leaving you energized, focused, and ready to take on the challenges ahead. Here are some key benefits of Morning Yoga:

**Stress Relief:** In today's fast-paced world, stress has become an unwelcome companion. Morning Yoga acts as a potent stress buster, allowing you to release tension, quiet your mind, and find balance amidst the chaos. Through various breathing exercises and postures, Yoga encourages the body to relax and the mind to find calm.

**Improved Physical Health:** Yoga asanas (postures) gently stretch and strengthen the body, promoting flexibility, balance, and endurance. Regular practice can help alleviate chronic pain, improve posture, boost metabolism, and enhance overall physical fitness.

**Mental Clarity and Focus:** The combination of physical movement, breath control, and meditation in Yoga can sharpen mental acuity and improve cognitive function. By centering your attention and focusing on the present moment, you can enhance concentration and decision-making abilities throughout the day.

**Emotional Well-being:** Yoga has a profound effect on emotional well-being. It stimulates the release of endorphins, the body's natural "feel-good" hormones, fostering a positive mood and reducing symptoms of anxiety and depression. Practicing Yoga in the morning can set a positive emotional tone for the rest of your day.

In recent years, Yoga has gained immense recognition worldwide, thanks in part to the efforts of India's Prime Minister, who spearheaded the establishment of International Yoga Day on June 21st. This initiative has sparked a global celebration of Yoga, highlighting its importance as a means of holistic well-being and promoting unity among diverse cultures.

As we embrace the tradition of Yoga at Yeshwant Club we invite you to join us in experiencing the transformative power of this ancient practice.

Make a commitment to your well-being and seize the opportunity to start your day with mindfulness, strength, and serenity.





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# *The Mystical Wonder of Rains*

*Compiled by Mrs. Preeti Dave*

The hackneyed pictures of a farmer, generally old with a wrinkled face, his hands shading the eyes, looking skyward in May when clouds are a rarity, go off the newspaper pages. The first monsoon pictures of people scurrying for cover caught without umbrellas, or someone dancing with joy hit the morning news.

Suddenly the trees appear new, squeaky clean, the dust accumulated through the Indian summer washed away, the green appearing refreshingly, well, green. Even the buildings – seem they have returned freshly laundered. The tiled roofs and the shanties take on a glow, at least their roofs do. It is literally entering a new season.

Rains must have seemed like magic to the ancient man. During the time of the Vedas, reverence was attached to every element of nature. This included not

only the sun, moon, and the stars but also the very earth, water in all its forms including the rain, as well as the wind and all kinds of plant and animal life. The rishis stressed on treating nature and one's environment with total reverence worthy of worship, creating hymns!

“Before the Creation of the Universe, there was said to be nothing but the bottomless, uninterrupted, limitless water.” The world is spoken in the words of Salilamapraketam in Rig Veda X.29.3, as having been “originally water without light.” Further, “this concept of Rig Veda about the Creation of Life is surprisingly compatible with the current understanding of the origin of life on earth.”

As with the seers from the times of Rig Veda, “modern science too has not solved the puzzle about how water came to possess the first egg from which life sprang. However, water is an essential component of inorganic mixtures from which chemists, in their quest to understand the origin of life, attempt to produce complex organic molecules.”

The Vedas stressed on the two forms of water, the celestial and the terrestrial forms-both destined to merge in the ocean. The world moves with the pure and simple movement of

## THE MONSOON

Sun is now packing its bag,  
Showing everyone its vacation's flag.  
Taking a small leave from its harsh duty,  
Just to give us a glimpse of beauty.  
Now, the blue sky is dressing grey,  
Cool breezes are blowing all through the way.  
Everyone's having a charm on their face,  
Also, carrying a strange happiness.  
Today, the birds seems to be playing flute,  
Even the voice of crow's sounding very cute.  
Frogs are croaking like a guitar,  
The wind is behaving as a rockstar.  
The roaring clouds are clashing,  
Thunderbolts in sky are flashing.  
Every creature is feeling confident,  
Lovely rain showers 're making the day pleasant.

Raindrops are making morning bright,  
Thunderstorms are striking at night.  
I'm enjoying a new life in the month of  
"JUNE",  
Today, the great nature is welcoming "the  
sweet MONSOON". . .  
-SUDHANSHU KUMAR





the water. It washes away the impurities and cleans the inconsistencies of human behaviour.”

There are two controls over water too in the Rig Veda. While Indra is known as the liberator of waters, Varuna is assigned the role of the regulator of all such waters as well as “causing the rains to come down” (Dr Chandni Saxena in The Concept of Water in Rig Veda). There is a third player too in the form of Parjanya, clouds that cause the water to pour. Parjanya is also deified in Rig Veda and spoken of thus “then winds are blown, lightning strikes, vegetation sprouts and grows. And the earth becomes capable for the welfare of the whole world”. Further, Parjanya “is responsible for all the medicines, vegetations and other life-supporting objects on earth.”

There is an excerpt from the Chandogya Upanishad 18 in which an insight is offered detailing a more scientific and logical approach to the importance of water.

āpo vāvānnād bhūyasyaḥ | tasmād yadā suvṛṣṭir na bhavati vyādhiyante prāṇā annaṃ  
kaniyo bhaviṣyatīti | atha yadā suvṛṣṭir bhavaty ānandinaḥprāṇā bhavanty annaṃ bahu  
bhaviṣyatīti | āpa evemā mūrtā yeyaṃ pṛthivī yad antarikṣaṃ yad dyaur yat parvatā yad  
devamanuṣyā yat paśavaś ca vayāṃsi ca tṛṇavanaspatayaḥ śvāpadāny  
ākīṭapataṅgapipīlakam | āpa evemā mūrtāḥ | āpa upāssveti |

“Water is greater than food. Therefore, if there is not sufficient rain, living beings fail from fear that there will be less food. But if there is sufficient rain, they become happy because there will be much food. This water, by assuming different forms, becomes this earth, sky, heaven, mountains, gods and men, cattle, birds, herbs and trees, all beasts down to worms, midges, and ants. Water itself assumes all these forms. Meditate on water.”

“In Manu Samhita III. 76 it has been presented in another way: the oblations offered into the fire ascend to the sun, from the sun come clouds and rain, from rainfall food is grown and from food beings come into existence.”

So, initially Rains were manifestations of the gods. Later, the Vedic man worshipped the rains and even invoked the rain gods in times of drought and dry spells.

A fair amount of research has been carried out in modern times to establish the similarity between the modern method of cloud seeding and the Vedic ritual of Yagnya. The author of “Do Vedic Yajnas really produce rain?” states that “Cloud seeding means adding chemicals like silver iodide, to clouds to induce or increase precipitation.” Similarly, “the Vedic yagnyas also involved releasing a chemical composition into the air to induce rain fall. Of course, the chemicals released in a yagnya were derived by organic compounds concocted using carbohydrates, protein and fat burnt in fire and wood; but whether such released chemicals are identical to chemicals released in cloud seeding is not known to me.” While both methods are probabilistic in nature, there appears to be adequate proof to establish the practicality of performing yagnya.

The Vedas deified nature—so that man would be humble towards them.

It was this humility that gave him the vision to view rains with a sense of awe and mysticism!!!



# **My visit to Valley of Flowers and Hemkund Sahib (Uttarakhand, India)**

*Written by - Mrs. Aakansha Sharma Kutumbale*

I covered Valley of Flowers in my last article. In continuation to that, in this article, I will write about my visit to Hemkund Sahib and the other places in the vicinity. Hemkund Sahib is the highest altitude Gurudwara in the world. It is a place visited by large number of devotees between the month of May to October.

The total duration of the visit was 5 days. I have already covered the first 3 days till Valley of Flowers in the last article. Now, I will describe my journey for the next 2 days.

Day 4: Ghangria - Hemkund Sahib - Ghangria,

Total distance: 6 + 6 = 12 km, Altitude at Hemkund Sahib: 14100 ft

We started early as it was a long distance to be covered that day. Another reason to start the day early was that the Gurudwara at Hemkund closes at 1:30 pm so we had to reach there by 12 pm. Climb till Hemkund was difficult altitude and terrain wise. The terrain was a steep ascent and we were to gain almost 4500 ft (9500ft-14100ft) in 6 km.

Going through the same bridge in Ghangria we took a right turn this time for Hemkund. There were many pilgrims on the way. One can take mules which are available on this route and go till Hemkund. At regular intervals there were food stalls.

There was a beautiful glacier on the way. After trekking for 4 km there were 2 separate ways. One was steep with steps and the other was a bit longer but having a comparatively gentler slope and was used by the mules. I chose to go by steps. I found that although going through those steep steps was difficult but the views were awesome from there. I also saw a beautiful waterfall there. I reached Hemkund after 4 hours of starting.

The ambience at Hemkund was so spiritual and full of energy, that automatically tears started coming out from eyes. It is so magical to see the Gurudwara Hemkund Sahib, the pious and divine lake in front of it, and the Gurudwara and the lake surrounded by 7 peaks. It was a breathtaking view. There were some clouds which added to the spiritual feeling. I sat next to the lake and closed my eyes. It was amazingly peaceful. It went





completely cloudy in no time. Then we went inside the Gurudwara. The Gurubani was going on. I sat at a place inside the Gurudwara and was still trying to control my tears. I got Suji Ka Halwa as “Khada Prasad” there. After taking the prasad we came out and went to see the “Lokpal Laxman Temple” which was near the Gurudwara. It is said that Laxman did tapasya here to gain his health back after defeating Meghnath in Lanka, and as the area near Gurudwara is known as Lokpal, the temple got its name. There was a Shiva temple next to Laxman temple. I purchased a bottle from there and filled the water of the lake which is known as “Amrit” to keep it at our home. I had tea and khichadi for lunch in langar at the Gurudwara. After spending some time there, we came down to Ghangria. We slept early that day as we were tired after a long day. The next morning on day 5 after having our breakfast we started for Govindghat. After reaching Govindghat we went to Badrinath which is 25 km away, at 1 hour drive from Govindghat, and Mana village which is 5 km away from Badrinath. Mana village is India's last village on that road before Tibet. It is a beautiful village.



It is said that Pandavas with Draupadi visited this village while going to Swargarohini in their life's last days to attain Swarg (Heaven) in the human body itself. There is a BheemPul (bridge) which is believed to have been formed when Bheem pulled a stone to cross the River Saraswati.

Saraswati river originates in Mana village and meets Alaknanda river at Kesav Prayag near Mana. River Saraswati flows under the BheemPul.

One can see the starting path of Swargarohini trek from Mana which goes through Laxmivan, Chakratirth, Satopanth Tal, Chandrakund, Swargarohini Base Camp.

There is also a famous Vashundhara fall and Shashtradhara fall near Mana village which comes on the way while trekking to Swargarohini base camp. There is also a 6 km trek

to Vashundhara fall starting from Mana village.

Almost 1/2 km away from BheemPul, Vyas Gufa (cave) and Ganesha Gufa is situated where it is said that Rishi Ved Vyas dictated the Mahabharat to Shri Ganesh who wrote it down. This is also the place where Rishi Ved Vyas wrote the Vedas. We visited both the places.

That's all from my side. Thank you for reading!



**upcoming  
Events**



**ANNUAL  
GENERAL  
MEETING**

**Thursday, 29th  
June 2023  
6 pm onwards  
Venue : Cinema  
Ground**

**ZUMBA  
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**by Mrs Gazal Jenawat  
19th-23rd June 2023  
5.30 to 6.30 pm  
Venue : Smash Hall**



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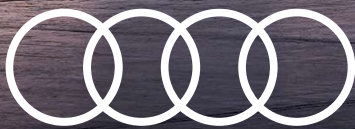
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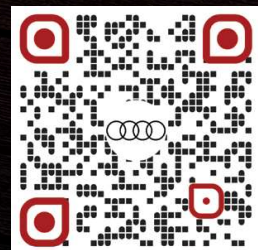


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