



PUNJABI SABHA CONNECT BENGALURU



Newsletter Vol-02 - JANUARY 2021 (for private circulation only)

From the Editor's Desk -

Wishing all our members a very happy and a prosperous new year.

The last quarter was significant as we had the opportunity to introduce to our members the new board of Punjabi Sabha and present various initiatives which are being planned this year. We are looking at an active participation from our members to make our newsletter interesting they can participate by writing to us on any subject of their choice as this would assist us to remain connected and strengthen our community bonds.

From The President's Desk



JANNAK R MADAAN
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Dosto,

Aap sab nu nave saal diyan Lakh Lakh vadhaiyan!

The New Year brings in optimism and let's pray for a better year as we should be able to overcome the challenges of last year and things would turn around soon to get better slowly as post-vaccination would bring in a new dawn with a lot of positivity and good health.

An update since our last newsletter, we had a fantastic response to the first **LIVE** virtual Mata di chowki which had a pan India and Global viewership of 56000 views which was beyond our expectations and our flagship event was appreciated by one and all.

We are trying to focus on various activities and our first **E-tambola** initiative was conducted on popular demand in to connect the ladies of our sabha. This initiative was on a virtual platform to ensure maximum participation towards fellowship.

We are unable to undertake our Lohri event this year because of the pandemic but are hopeful that we will celebrate the festival with our members next year.

We are also focusing on Building our mobile application which we plan to launch by February and we will showcase this to our members with features that help in binding the Punjabi Diaspora in Bangalore .

Matrimonial is another activity that has been initiated and widely publicized. This will facilitate the sabha members and their families to tie up alliances of their children amongst our Punjabi member's group. At the time of going to the press, we had twenty-one such applicants whose profiles had been circulated, this activity will slowly be extended to a regional and national basis in the future for which the proposed app will expedite and ease out the process of reaching out to the families.

Our social services cell is working on the release of the essential numbers directory in pdf format which will be a useful tool during emergencies.

JANNAK R MADAAN

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Navratri - Mata Di Chowki

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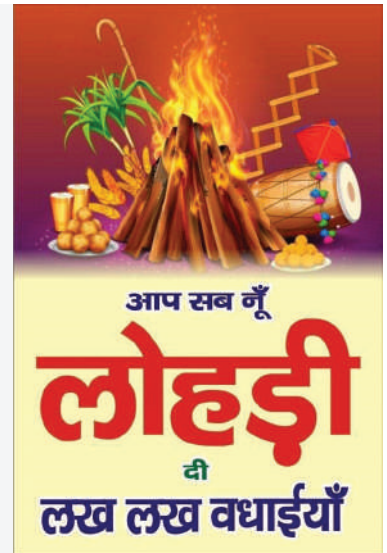
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Mata Di Chowki - A snap shot - photographs

The 13th issue of MATA DI CHOWKI was an On-Line event unique for Punjabi Sabha members.

The "Mata ka Darbar" was set up with all its usual fanfare in Bengaluru the artist, Sri Puneet Khurana sang his exceptional rendition of Mata's bhajans from a studio in Delhi.

The team took up the challenge to do this virtual live streaming which involved complicated and challenging logistics. Manoj Pathni, our IT convenor, his son Arjun Pathni used their expertise in getting together a team with the live streaming agency to showcase and connect the Punjabi community to our annual flagship event which received a fantastic response from India and global audience. As a token of our appreciation to our past donors, it was decided to especially courier the "Mata ka prasad" this gesture was highly appreciated. During the live streaming, it was made more interesting by doing a small promotion by asking viewers to take their photos and post on Facebook for which we were overwhelmed by the responses and the overall success of the event was attributed to the active participation of one and all.



Lohri - The Festivities

Lohri is a popular Punjabi winter folk festival celebrated primarily in the Punjab region. Lohri marks the end of winter and is a traditional welcome of longer days and the sun's journey to the northern hemisphere by Sikhs and Hindus in the Punjab region of the Indian subcontinent. It is observed the night before Makar Sankranti, also known as Maghi.

The ancient significance of the festival is both as a winter crop season celebration and a remembrance of the Sun deity (Surya). Lohri songs mention the Indian Sun god asking for heat and thanking him for his return. The central theme of many Lohri songs is the legend of Dulla Bhatti who lived in Punjab during the reign of Mughal Emperor Akbar. He was regarded as a hero in Punjab, for rescuing Hindu girls from being forcibly taken to be sold in slave markets of the Middle East.

Amongst those he saved were two girls Sundri & Mundri, who gradually became a theme of Punjab folklore. As a part of Lohri celebrations, children go around homes singing the traditional folk songs of Lohri with "Dulla Bhatti" name included. One person sings, while others end each line with a loud "Ho!" sung in unison. After the song ends, the adult of the home is expected to give snacks and money to the singing troupe of youngsters.

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Spotlight - The Successful Entrepreneurs

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SUDHIR HASIJA

Sudhir Hasija, a member and an advisor in the Punjabi sabha's managing committee is the chairman of the Rs 1200 crore homegrown handset maker **Karbons Mobiles**. His story will tell you how a person with few means can get into wholesaling and then into manufacturing. 64 year old Sudhir Hasija, is the son of a government servant who left his home in Meerut, Uttar Pradesh, after clearing his Class 10 exams. He then moved to Hyderabad where he spent three years in a machine tools company and saved around Rs 3,000. He used this money to set up a business selling TV accessories such as antennas and trolleys in Chennai.

In 1996, when the pager and mobile phone revolution first started in Karnataka, Sudhir bagged a lucrative contract to become the telecom hardware distributor for Alcatel-Lucent SA, France's largest telecommunications equipment maker.

Soon he ended up as a distributor for Nokia, the world's largest handset-maker. He remained their distributor till 2003. As more global firms started to tap India's booming telecom market, Hasija got another opportunity from Samsung Electronics Co, the world's biggest television maker to become their distributor for entire South India.

Within 6 months Samsung made him a distributor for the entire country. When many Indian companies started to make their own handsets to tap the country's booming mobile handset market, Hasija too jumped in. He gave up Samsung in 2009 to start his own mobile phone brand Karbons. As he puts it, "I thought of building my own home, rather than living in a rented house. I had enough experience to take the risk and my children had also grown up."

Hasija founded Karbons as a joint venture between his Bangalore-based distributing firm United Telelinks and Delhi-based Jaina group run by his long-time friend Pradeep Jain, who was also a distributor of mobile phones.. This is how Hasija explains his success: "I understood the psyche of Indian population such as value for money and attraction towards innovation."

Karbons made its debut with phones, which could hold two SIM cards that allowed the use of two services without the need to carry two phones at the same time This innovation and low pricing clicked for Karbons. After-sales service and visibility even in rural areas helped Karbons crack not only the urban market but also penetrate the rural markets, which were untapped. A start-up challenging major manufacturers was not possible 10-15 years ago but now entrepreneurs with access to technology need to only understand customer needs, manage the supply chain, identify good vendors and maintain quality to successfully do so. And entrepreneurs like Sudhir Hasija show us how.



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Why I Like Being a Punjabi

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As a Punjabi growing up in the south, I would meet the idea of visiting Delhi with open arms. A vivid memory includes a fun reminiscence of me shopping at a boutique. My twenty-minute episode consisted of me getting served with hot Potato patties amid the beautiful hindi/Punjabi banter. Everyone around me was either inviting the other for a meal or busy planning their next meal while having their current meal.

A walk down most of the neighborhoods would be a sensory sway of colorful clothes, lip-smacking aromas of savouries, blaring speakers of Punjabi rap, and warm conversations of women perched on their balcony rails. It is a common observation of being inundated by broad smiles and warm 'Jhappis' as soon as people hear my last Punjabi surname. What is it about 'being Punjabi' that draws a smile on everyone's face? Let's find out. I must confess, I am an astute fan of the English language. I get floored by anyone who has a way with words. As much I enjoy speaking in My British rendition of the language, I can't help but repeat words with a sense of rhythm when I am around my close ones.

For example, Rajma cannot be completed without chawal-wawal, My recipes can't be completed without Honey-shoney. I could say that a dollop of Gastronomical honey could tickle your senses. But the real meaning hits the nail when I say, "I need some more honey-shoney in my chai.

"Hai! The much needed Punjabi tinge! Not very long ago, I had my cousin visiting us from Chandigarh for a few months. I think his stay was the much needed cultural change I needed as my days would start and end with Punjabi Rap. I was suddenly fascinated by brands, I liked dollops of ghee in my food and Honey Singh was my God. I was living and eating king size in my own house my uncles and aunts who would visit later would also have the same zest to live they wanted to party and live every minute as a celebration. It was only then I actually associated Punjabi as an emotion, as a stimulant that you must invite into your life from time to time. As a child, I would look forward to all of my parent's social club gatherings. The casual music playing and families prancing about bouts of laughter and the first drink.

As soon as the adults would get to their third drink the DJ would magically begin playing a Punjabi song which resulted in an unmatched burst of energy, the sense of union and the need to make everyone dance and dance with them is a result of that bhangra explosion. There is a reason why Bollywood wants Punjabi words in their songs.

It is the same reason why we need a punjabi friend in our life as he or she can make your groove to "Aaj blue hai pani pani" then life can only be good. There is almost this visual narrative that starts running in my head as soon as someone says the word Punjabi. Whether its scenes from bollywood films or reminiscences of me eating delicious meals with my family. If my cousin can get me to groove to "Tenu suit suit karda" at seven in the morning; then being Punjabi is the much-needed happiness we all need in our lives.

Richa Kapoor

Mentors - Part of Punjabi Sabha's Journey

We have had the blessings of great sewadaars who have been instrumental in our journey for the past few years and their efforts in keeping the community has been inspirational. **Late Shri NL Bhatia, Shri Deepak Khurana, Late Shri Kailashchander, Late Shri PP Mehta, Late Shri DS Puri and Late Shri Ramesh Puri.** We are blessed by their efforts as they also served under managing committee capacities in the initial years and guided the sabha.

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A LIFE CHANGING EXPERIENCE

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This happened due to a twist of fate, that I was walking down a broad road complete with lots of foot traffic & otherwise. I came across a young boy, maybe 10 to 12 years of age, wringing his hands & distraught standing alongside a dog.

He didn't know what to do to help the dog who was in obvious pain and not able to get up. Covered with flies and his own discharge, the dog of a good breed, was deserted by someone. I advised the boy to run home & get some shallow cup & water to give. After drinking water, the dog as if came back to life. But yet could not move. So, I called several of the "Stray dog helplines". Being a Sunday, all politely refused except for one agency in Devanahalli (which was 50 kms. Away).

But they assured that some volunteers would help. As promised, a good Samaritan, Swarnima, called me & asked for details. She drove up to the spot soon and assessed the situation. It was felt that he had to be immediately taken to a vet for pain relief. Now, how to move him, a 30 Kg dog into the car? Believe it or not, not a single person in the neighborhood came forward as the dog was messy & crying in pain. She did not bat an eyelid & said let us both carry him into the car.

It is pertinent to note that this was not a well off person, doing some charitable work. She was a company employee, who had put together all her savings to buy this car ONLY WITH THE intention to rescue old & stray dogs. Not worried about the mess in her car, she gladly took the dog. We went to this Vet hospital, where all necessary care was given with X-Rays, blood tests, injections, etc.

The dog was fed and you could actually see life coming back into this beautiful "Best friend for man". Also, Swarnima has been caring & paying for the rehabilitation of stray dogs from her own pocket. She was willing to come back the next day to administer injections & supplements to this deserted soul. She found a cozy corner for the dog to sleep it out, fed him late into the night. NOW, I ask from all of us, **WHAT DO WE DO TO HELP OUT THESE HELPLESS** creations of God? We have money to spend on feeding all kinds of well-fed people, but do we stop to wonder whether our money can be used to better use. All these agencies I had called, had financial challenges to look after deserted pets.

Can we not give a helping hand to them and people like Swarnima to bring life back to these souls? Can we not encourage our kids to donate their birthday bash money to look after them? Can we not stop & wonder whether feeding those fat pujaris is more worthy than feeding a dying animal? Think about it, dear friends. Your money can give life to these deserted animals roaming the roads. Help agencies like "ALAI" or people like Swarnima to look after them.

I WOULD, WOULD YOU?

Raajesh Munglani



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You were Covid (SARS Cov-19)

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You were Covid (SARS Cov-19) positive and recovered: What next?

The year 2020 is ending on a comparatively positive note with vaccines being rolled out across the world. Does this mean we will not have any more Covid positive patients? The answer is NO.

We still need to take precautions like wearing a mask, washing hands regularly ,and maintaining social distancing. We need to be especially careful for our children, parents ,and grandparents as they are usually the most vulnerable to the long-term effects of the Covid virus infection.

So are there potential long-term effects of Covid infection? Should you be vigilant of symptoms even after you have recovered from Covid infection? The answer is "Yes". Many people across the world who have recovered from Covid infection continue to report some symptoms/new diseases that will need to be treated in a few cases.

The following are some of the symptoms which are being seen in people who have recovered from covid Chronic fatigue/ tiredness/Breathlessness/Excess stress/Panic attacks/Chest pain/Sudden pain in legs/Chronic cough/Memory decline/Palpitations of heart. These symptoms can be due to underlying diseases like lung fibrosis (damage of lung after covid infection), heart damage for which the patient needs to undergo further tests ,and needs medical advice. To summarize if you are experiencing any of these symptoms or some other symptom that was not there previous to you suffering from Covid please contact your treating doctor for more clarity on them.

Many hospitals in Bangalore are also running Post Covid Clinics to help patients with symptoms like the above and you could use their services as well. If you are internet savvy you could join Facebook /Twitter groups on "Covid Long Haulers" where people with post covid symptoms interact with each other. Finally, don't worry a lot, eat good and healthy food and spend some time every day on meditation and yoga as you feel comfortable!

Dr Kunal Puri

Sign Off - from the Editor's Desk

The main focus of this Newsletter is to remain connected ,as we are reaching out to all our sabha members through this medium ,we do need your support in sharing this newsletter with all your family members to ensure that all generations of our community are connected and are committed to a common cause.

"Work Hard In silence let success make the noise"

Remain connected

Pankaj Kapoor

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2021 HINDU CALENDAR

HINDU FESTIVALS 2021

Makar Sankranti	14 Jan	Sri Krishna Janmashtami	30 Aug
Thai Pongal	14 Jan	Sri Ganesh Chaturti	10 Sept
Thai Pongal Kavady	28 Jan	Purattasi	17 Sept - 17 Oct
Vasant Panchami	16 Feb	Pithar Paksh	21 Sept - 06 Oct
Maha Shivaratri	11 March	Mahalaya Paksham	21 Sept - 06 Oct
Holi Dahan	28 March	Navaratri	07 Oct - 14 Oct
Panguni Uthiram	28 March	Sri Saraswathi Pooja	12 Oct
Hindu New Year	12 April	Sri Durga Astami	13 Oct
Telugu New Year	13 April	Sri Durga Naumee	14 Oct
Ramayan Week	12 April - 20 April	Vijay Dashmi	15 Oct
Sri Raam Naumi	21 April	Dhan Trayodasi	02 Nov
Tamil New Year	14 April	Narak Chaturdasi	03 Nov
Sri Hanuman Jayanti	26 April	Deepavali - Maha Lakshmi Pooja	04 Nov
Chitra Paruvam Kavady	06 May	Gujarati New Year	05 Nov
Vaigasi Visakam	25 May	Annakuta Govardhan Pooja	05 Nov
Nirjala Ekadasi	20 June	Skanda Sashti	09 Nov
Guru Purnima	23 July	Prabodhani Ekadasi/Tulsi Vivaha	14 Nov
Naag Panchami	13 Aug	Kartik Purnima	19 Nov
Varalakshmi Vratam	20 Aug	Karthigai Deepam	19 Nov
Raksha Bandan/Shravani	22 Aug	Gita Jayanti	14 Dec
Gita Week	23 Aug - 29 Aug		

EKADASI 2021

Jan	09 & 24	July	05 & 20
Feb	07 & 23	Aug	04 & 18
Mar	09 & 24	Sept	02 & 17
April	07 & 23	Oct	02 & 16
May	07 & 22	Nov	01, 14 & 30
June	05 & 20	Dec	15 & 30

PURNIMA 2021

Jan	28	July	23
Feb	27	Aug	22
Mar	28	Sept	20
April	26	Oct	20
May	26	Nov	19
June	24	Dec	18

ECLIPSE 2021

26 May - Lunar Total Eclipse (NOT visible from SA)
10 June - Annular Solar Eclipse (NOT visible from SA)
19 Nov - Partial Lunar Eclipse (NOT visible from SA)
04 Dec - Solar Eclipse 09:00am-10:06am (Partially visible from SA)

PANCHAK 2021

15 to 20 January comm. 13:36 ends 09:07	25 to 30 July comm. 19:18 ends 10:33
11 to 16 February comm. 22:41 ends 17:27	22 to 26 August comm. 04:27 ends 18:59
11 to 16 March comm. 05:51 ends 01:14	18 to 23 September comm. 11:56 ends 03:14
07 to 12 April comm. 11:30 ends 08:00	15 to 20 October comm. 17:46 ends 10:32
04 to 09 May comm. 17:14 ends 13:59	11 to 16 November comm. 23:22 ends 16:45
01 to 05 June comm. 00:29 ends 19:58	09 to 13 December comm. 06:40 ends 22:35
28 June to 03 July comm. 09:30 ends 02:44	

MARRIAGE DATES 2021

Jan	Sat 2	Sun 3	Sat 9	Sun 10	Sat 16	Sun 17	Sat 23	Sun 24	Sat 30	Sun 31
Feb	Sat 6	Sun 7	Sat 13	Sun 14	Sat 20	Sun 21	Sat 27	Sun 28		
Mar	Sat 6	Sun 7	Sat 13	Sun 14	Sat 20	Sun 21	Sat 27			
April	Sat 3	Sun 4	Sat 10	Sun 11	Sat 17	Sun 18	Sat 24	Sun 25	Sat 31	
May	Sat 1	Sun 2	Sat 8	Sun 9	Sat 15	Sun 16	Sat 22	Sun 23	Sat 29	Sun 30
June	Sat 5	Sun 6	Sat 13	Sun 14	Sat 20	Sun 21	Sat 27	Sun 28	Sat 31	
July	Sat 3	Sun 4	Sat 10	Sun 11	Sat 17	Sun 18	Sat 24	Sun 25	Sat 31	
Aug	Sun 1	Sat 7	Sun 8	Sat 14	Sun 15	Sat 21				
Sept	Sat 4	Sun 5	Sat 11	Sun 12	Sat 18	Sun 19				
Oct	Sat 16	Sun 17	Sat 23	Sun 24	Sat 30	Sun 31				
Nov	Sat 6	Sun 7	Sat 13	Sun 14	Sat 20	Sun 21	Sun 27	Sat 28		
Dec	Sat 4	Sun 5	Sat 11	Sun 12	Sat 18	Sun 19	Sat 25	Sun 26		

These dates were arrived at after consultation with Priests from the different linguistic groups: Dr L R Maharajh (Chair: Priests Council - South African Hindu Maha Sabha); Pandit U C Mahara; Pandit Amichand Maraj; Guru Sankaran; Pandit Jaydev Shukla; Pandit Kanaye Jinabhai and Pandit Rishi Maharaj.

Your advice and suggestions are valuable to us You can connect @ punjabisabhabla@gmail.com ☎ +91 7760-337-337.

Together we will succeed slowly, but definitely.

Best Wishes

Sham Sunder & Family
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