



RCL'S
ADIPOLI DIWALI

OCT-NOV 2022



PRESIDENT'S IMPRESSIONS



Dear Members,

It gives me immense happiness and a sense of pride, as I write my first message for the Members of Ranchi

Club. This Club has been like my home since I was a small boy and today as President of the same Club, I feel a sense of gratitude along with a feeling of big responsibility, as I am committed to carry forward the good work of my predecessors.

During the last two months, Ranchi Club has been a busy place, buzzing with activities. Thanks to the efforts of Hony. Secretary Mr. Tarun Taneja the well maintained campus and the staff support are being appreciated by all.

The newly renovated cards room 'The Attic', 'Library Lounge' and the new Lavazza 'Coffee Corner' are gaining popularity. The same goes for the newly inaugurated bar 'The Pavilion'. I thank all members of the last Executive Committee for their vision and hard work in implementing these projects.

The first event organised by the new Executive Committee was 'Glow in the Dark' party held on 8th October, 2022. I appreciate the idea for the theme conceptualised by our Director Mr. Prateek Saboo. He has also been the brain behind the Friday Evening

Musicals, which are being enjoyed by all.

Like every year, RCL's Chip & Chair Poker Tournament held on 16th October, 2022 was a big success and I congratulate our Director Mr. Nirmalya Roy along with all the volunteers & participants for making the event a grand success.

RCL's 'Adipoli Diwali' held on 23rd October, 2022 was the talk of the town. This year, our Director Mr. Anirudh Budhia conceptualised the event based on a South Indian theme. Be it the Raffle Draw organised by Director Mr. Alok Minocha, Bumper Tambola managed by our Director Mr. Vishal Wadhvani or the superb food layout co-ordinated by Hony. Treasurer Mr. Dushyant Jaiswal, it was immensely satisfying to see Members and their families enjoy Adipoli Diwali. I offer special thanks to our sponsors, the volunteers and all the Executive Committee members, who were the backbone of the event. Lastly I acknowledge the tireless effort put in by our club staff to make the event a grand success.

'Children's Day' programme at RCL held on 13th November, 2022 enjoyed by more than 150 kids, was a big success. I appreciate the efforts of our Director Mr. Rohan Bhatia and his team of volunteers.

The RCL Blood Donation Camp held on 20th Nov. was a big success, with members turning out in good numbers for a social cause.

If entertainment is the fuel for us to rejuvenate, it's the infrastructure which makes life easy. Our team is working round the clock for the new Children's Play Area, which we intend to complete by mid December. Hony. Treasurer Mr. Dushyant Jaiswal & Mr. Ritul Munjal have been given the responsibility to implement the project and we will soon see a beautiful play area, strategically located in close proximity to the existing Kids' Play Pen.

The Committee is working to develop the Porch area and Reception, designed in sync with the Club's heritage structure and soon the same will see the light of day, as our Director Mr. Vishal Wadhvani is working hard on the project.

December promises to be a happening month at Ranchi Club, with the Christmas and the New Year Eve programmes round the corner. And finally, let me assure all that the Executive Committee is committed to make every visit of Members and their families to RCL, a memorable one.

Happy Clubbing,


NIKHIL PODDAR
President

EDITORIAL BOARD



Hello Readers,

Welcome December, a month when nature transforms itself beautifully, with the warm sunshine and the cold evenings taking centre stage. A month of get-togethers and a very special global festival.

Ranchi Club has been a busy place in the last two months and we have tried to cover most of the events which we celebrated together, in this edition.

Our members have come up with wonderful and informative articles on various subjects; be it mental health of kids, fitness during festive months or some amazing recipes.

The team of RCL Times thanks all of them, for being a part of this edition and we will always welcome your inputs to make RCL Times better.

Further, I will request more new talent to come forward and be a part of RCL Times and share articles or any other information with the Club family.

We would also like to thank our advertisers for using this medium to promote their businesses.

Happy reading.

ROHAN BHATIA

OUR SPORTS HEROS



Ranchi Club Family Congratulates Miss Peihar Jaiswal, daughter of our member Mr. Dushyant Jaiswal. She won the Gold medal in the 400 meters swimming Free Style, under 17 girls event in the CISCE Zonals held at Prayagraj in September. She represented the Uttarakhand Girls Team.



Ranchi Club family, congratulates our senior member Mr. Inderjit Singh for representing India in the Commonwealth Classic & Equipped Sub Junior, Junior Open & Masters (Men & Women) Powerlifting & Benchpress Championship held in Auckland, New Zealand in November, 2022.

He won two Gold medals in the 83 kg category in the age group 60-70 years and got the best lifters award in both the events.



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HOW TO WALK PROPERLY WITH GOOD POSTURE

Most of us don't give much thought to how we walk or whether we are walking correctly. But knowing how to walk with the right technique and good posture will enhance your walking health benefits.

Tips for walking properly

1. Keep your head up

When you're walking, focus on standing tall with your chin parallel to the ground and your ears aligned above your shoulders.

Imagine your head being pulled up gently by an invisible piece of string that's attached to the ceiling. This may help prevent you from dropping your head into your chest while you walk.



Keep your eyes and gaze forward. Focus on an area about 10 to 20 feet ahead of you while you walk.

2. Lengthen your back

Focus on elongating your spine while you walk. Try to avoid leaning forward, which can put stress on your back muscles.

3. Keep your shoulders down and back

Your shoulders also play a key role in your walking posture and technique. Try to keep your shoulders loose and relaxed, not tensed up toward your ears or slouched forward. You can do shoulder shrugs occasionally while you're walking to ensure that you're keeping your shoulders relaxed and in the right position.

4. Engage your core

As you take each step, focus on tightening and engaging your core muscles by pulling your belly button in toward your spine. This can help you maintain balance and stability. It can also relieve stress and pressure on your back as you walk.

5. Swing your arms

As you walk, gently swing your arms back and forth at your sides. Make sure you swing your arms from your shoulders, not from your elbow.

6. From heel to toe

Maintain a steady heel-to-toe gait. This involves striking the ground with your heel first, then rolling through your heel to your toe.

Benefits of walking correctly

There are numerous benefits of walking correctly. They are pain-free muscles and joints, better lung health, improved blood circulation in all parts of your body, improved digestion, greater core strength, fewer tension headaches and better balance. When you walk properly with the correct posture, it will improve your balance and make you less prone to falling.

Dr. ROHIT LAL

Consultant Orthopaedic Surgeon
Advanced Fellowship in Arthroscopic
Surgeries, Sportsmed-sa Hospital,
Adelaide, Australia



JUST LEAVE IT...

It's a wonderful sentence. If we know the value of it, we won't be suffering as much as we do in our lives.

Read the quotes below and enjoy.

Principle of**Just Leave It** (Worth Practicing)

- Try convincing a person once or twice. If he or she refuses to get convinced
- When the children grow up and take their own decisions, do not impose
- Your frequency doesn't match with everyone in life. If you can't connect with someone
- After a certain age, if someone criticises you, don't get upset
- When you realise that nothing is in your hands, stop worrying about others and the future
- When the gap between your wish list and your capabilities increases, stop self expectations
- Everyone's path of life, duration of life, quality of life is different, so stop comparing
- Life has given you such a wonderful treasure of experience, stop counting what you don't have
- If this does NOT Appeal or Apply to You



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EXECUTIVE COMMITTEE 2022-23



THE KITCHEN QUEEN[®]

When COVID made the world hibernate I thought of waking up the Hungry Bear. I was always passionate about honing my culinary skills. Can't help but document the journey of my longest held up passion. While being stuck in Mumbai during COVID 2020, I was Inspired by an App "My Tree" and my dishes became a rage overnight!! Back home I decided to take this a notch higher and this is how The Hungry Bear was conceptualised. I started small and slowly and surely I started getting regular orders and made Hungry Bear a favourite for many!! When your passion and profession are the same it's always a win win ...So here I am sharing a couple of my popular dishes. Bon appetite



KESARIA PHIRNI

A Kashmiri dessert .. healthy and light is loved by one and all !!!!

The kesariya flavour enhances the flavour of this traditional " Mithai"!!

Servings - 3 - 4

Ingredients

Rice- 50 grams, Water - 250 milliliters, Full fat milk - 1 litre, Saffron - 1/4 teaspoon
Cardamom powder - 1/2 teaspoon
Sugar - 90 grams
Pistachios - 2 table spoons
Almonds - 2 table spoons
Pistachios - for garnishing
Almonds - for garnishing
Rose petals - for garnishing



Preparation

1. Soak 50 grams rice in 250 milliliters water for 1 hour. Then grind to a fine paste.
2. Heat 1 liter full fat milk n boil it till it is reduced to half.
3. Now, gradually add the rice paste in it and mix it well so that no lumps are formed.
4. Then, add 1/2 teaspoon cardamom powder, 90 grams sugar and stir continuously until the sugar is fully dissolved.
5. Remove from heat and add the saffron.
6. Add 2 table spoons pistachios, 2 table spoons almonds and stir well.
7. Allow it to cool.
8. Pour in terracotta sikoras.
9. Refrigerate for 5 - 6 hours.
10. Garnish with pistachios, almonds and rose petals.
11. Serve and enjoy!

CORN AND CHEESE QUESADILLAS

Relish the lovable gooeyness of cheese and the joyous crunch of corn in these scrumptious quesadillas. This is amongst the most popular Mexican foods across the globe!!

Preparation Time : 15 minutes. **Cooking Time:** 20 minutes. Makes 8 quesadillas.

For the tortillas 1 cup plain flour
1/2 cup maize flour
Salt to taste
2 table spoon oil

To be mixed into a stuffing

1 cup boiled and coarsely crushed sweet corn kernels
6 Amul cheese slice
3/4 cup finely chopped coloured capsicum (red, yellow and green)
1/4 cup deseeded and finely chopped tomatoes
2 table spoon dry red chilli flakes
Salt to taste
Other ingredients

Whole wheat flour for rolling
Oil for cooking

For the tortillas

1. Combine all the ingredients and knead into a soft dough using enough water.

2. Cover the dough with a lid and keep aside for 30 minutes.
3. Divide the stuffing into 8 equal portions and keep aside.
4. Roll each portion of the dough using a little whole wheat flour for rolling.
5. Place 1 portion of the stuffing on one half of the tortilla and fold it over to make a semi-circle and press it lightly to seal the edges.
6. Heat a non-stick griddle and cook the quesadilla, using a little oil, till it turns golden brown in colour from both the sides.
7. Repeat steps 4 to 6 to make 7 more quesadillas.

Serve with sour cream n Salsa



SMITA KHEMKA

FITNESS DURING FESTIVE MONTHS

We are heading towards festive months with lot of excitement to celebrate the festivals. Festivals in India is all about meeting people, dancing and enjoying good food. Managing diet during this time is a tough task and most of us generally don't care about it.

You actually don't need to be very strict with yourself. Change your goal to just maintenance to make your life easy and guilt free.

Here are few things you can do to maintain your weight and health during the festive season!

- 1. Manage calories :** As we know, energy balance is all about calories in and calories out. Do eyeballing and select appropriate food for yourself. Plan your day in advance to balance it well,



- 2. Do portion control :** Eat small portions to avoid too much calorie intake. Avoid second servings, specially for snacks and sweets that actually add up lot of calories.



- 3. Do intermittent fasting :** Keep a feeding window to avoid eating all the time. Skip breakfast to save 400-500 calories. This will help you in balancing the extra calories you eat during the day.



- 4. Prioritise protein :** Protein being highly satiating, prioritise protein food sources like paneer, soya chunks, tofu, etc. Outside food is already high in fats and carb. Have a small portion of them too. Have a scoop of whey before going out, this helps to curb unnecessary cravings.



- 5. Avoid high calorie drinks :** Avoid cold drinks, juice etc. Go for zero calorie drinks. Avoid too much alcohol as well.



- 6. Drink lots of water :** Have enough water, that actually keeps you full and helps in avoiding over indulgence in food.



- 7. Don't miss your workouts :** Keep training your muscles. A small and an effective workout session atleast 3-4 days in a week is good to give muscle stimulation.



- 8. Keep moving :** Don't make your lifestyle sedentary. Keep tracking your steps so that you can consciously increase it. Do something or the other to stay active.



- 9. Do not regret :** If you overate, it's ok if it was just a meal! Do not regret or feel guilty about it. If it continues in the subsequent meals, that's bad.



Festivals in India are never ending! We should not forget our health during this period. The day you realise after months, you have actually gained a lot of weight. Just by being conscious, you can enjoy each day, relish good food and manage your health as well.

Dussehra and Diwali are followed by New Year too! So stay mindful and take good decisions!!

Happy festive season!

You can reach out to me in case of any health related query or mail me at amritav@fittr.com.



AMRITA BHATIA
Fitness and Nutrition Coach

ITNI SI BAAT

That was the only one time that I thought the COVID-imposed mask was a boon. No one could make out the tears pooling in my eyes. I had just foolishly exhausted my last rupee on my passion. COVID had ended my card sprees, but I thought why not one more last game. They say "Make hay while the sun shines." How was I to know that my so-called skill would come to naught, even when I watched the chips dwindling one by one. I should have realized that Lady Luck was not on my side. True, all the other players were veterans but I had always felt that I had an edge over them. Now, my confidence was completely shattered.

I was in an apocalypse of my own creation. Worry was bumming me. The thought of going home was petrifying! What would I tell Amit? He was not a difficult person but he would probably go berserk over my carelessness. I knew we could dip into our savings, but savings are for rainy day. No? However, wasn't this situation rainy enough?

How would I tell my dear children, who looked forward to the usual birthday celebration in the very next week, with more than needed gusto, that they would have to forego the usual fanfare, the little extras, which make such a

difference. Even the maid sensed that something was amiss from my demeanour.

When Amit came home I knew the beans would have to be spilled. He would surely notice my moist eyes when I would face him. However, today he seemed more than usually exuberant as if he could not wait to tell me. "You know what? Today the boss said that the firm would sponsor a visit to Dubai for our family. This, in addition to the bonus accrued due to its extra profit lately. So, you can go ahead with the Apple you had been after. I think all this is partly due to the fine-dining you have treated him on his last visit here".

I was dumbfounded. The worst was over. I wanted to cry. How I had dreaded his admonition, though legitimate. All my fear vanished. I was a queen in my home again.

God really does give attention. If we only knew God loves us we would never worry at all. We would always be on our knees.

This happened many moons ago but the memory has refused to leave my flash-back bank.



VEENA MALHOTRA

HOPE



RITUL MUNJAL

After a hectic week I decided to take Sunday as a complete day off. A lazy brunch and spending time flipping TV channels in the company of my dog, I was reminded by my wife about the children's day programme in RCL.

Evening I decided to go to the club in my new found love, my bicycle, reaching club and interacting with a few is when I suddenly realised my wallet missing.

With multiple thoughts in mind I quickly decided to cover the entire route again. The next one hour the Sherlock Holmes inside me tried my best to remember my every move and

where probably I could have left my wallet but without any success. Finally I decided to return not realising the multiple missed calls on my phone.

Once in club I was being my usual self but the missing wallet playing at the back of my mind. Unwillingly I pulled out my mobile to make a few calls but first to check on the calls. What came was a shock a, sweet surprise and something which stays with you for a long time.

A person I must have never interacted in my life, but a face I recognised. A small shop owner near Sujata Chowk who probably knows me in a similar way just taking a u turn from the Sujata Junction or may be catching my school bus from the road opposite. He found my wallet and in next thirty minutes enquiring about my

whereabouts got in touch with me. The effort he put to do that was commendable but what struck me most was the intent, and the satisfaction I saw on his face when he returned my wallet, I immediately offered him 5k which he politely refused. Life can be all about surprises. My Hero of the day was just a known face who made me realise it's just a small good deed for someone which can be more satisfying than the many pleasures of life. We come across multiple people but only a few leave an everlasting impression. Yes I learned my lesson from a small shop owner and I can proudly say that. On this note all I can say is the world can be a bitter place, some people leave a scar but some do heal. Always do good without expectations but never give up on hope for betterment.

RCL's GLOW IN THE DARK PARTY

8th OCTOBER 2022





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SURYA NAMASKAR

This nomenclature has gained populism over the time. At present, be it young or old, it's a hep mantra for a perpetual mental, emotional and physical well-being.

So, Surya Namaskar.....What exactly is it?

Surya Namaskar alias Sun Salutation is "salute to the Sun". It is a practice in 'Yoga' by executing twelve asanas to complete one Surya Namaskar. It imbibes a sequence which is to be ensued in concatenation along with respective breathing techniques.

Surya Namaskar performed early morning helps keep one energized and active throughout the day. There are unlimited counts that one can muster up the courage to do. Some perform at a slow pace, whereas some keep up with a mediocre pace while some do it fast thus resulting into a good cardio workout.

Practising Surya Namaskar helps to keep ailments at bay. Toning of the entire body, helping in weight loss, strengthening the muscles and joints are benefits of performing this art. Practising this flow improves complexion as it ensures a better functioning digestive system and a balanced nervous system. Sleep is improved as it helps to combat insomnia reducing stress levels. Sugar levels and menstrual cycles are maintained and frozen shoulder is curbed.

As the Surya Nadi or the Sun Channel runs along the right side, we begin the Surya Namaskar with our right leg first.

The Surya Namaskar contains a total number of 8 asanas woven into a sequence of 12 steps for each side, right and left. We always begin with the right leg. One complete cycle is done when we cover both the sides which ultimately rounds off to 24 counts.

The Surya Namaskar mantra invokes 12 different names of the Sun God while the yogi faces the Sun and practices the 12 salutation asanas, thereby opening the chakras....

Om Mitraya Namaha

Om Ravayre Namaha

Om Suryaya Namaha

Om Bhanave Namaha

Om Khagaya Namaha

Om Pushne Namaha

Om Hiranyagarbhaya Namaha

Om Marichaya Namaha

Om Adityaya Namaha

Om Savitre Namaha

Om Arkaya Namaha

Om Bhaskaraya Namaha



Steps of Surya Namaskar in order



1. Tadasana

Tadasana also called Mountain Pose or Samasthiti. It centres the body and mind which helps create a calm sense of inner peace. It has a toning effect on the glutes, outer thighs, calf muscles, shin, ankles and feet. It is a beginner-friendly yoga pose.

2. Urdhva hastasana

Urdhva hastasana also called Talasana, the Palm Tree Pose, Upward Salute or the Raised Hands Pose. It stretches the sides of the body, spine, shoulders, armpits and belly. It tones the thighs, improves digestion and helps to relieve anxiety and fatigue.

3. Uttanasana

Uttanasana also called Standing Forward Bend Pose. It helps relieve back stiffness and neck tension. It helps in lengthening of the lumbar spine and the entire backside of the body. It stretches the hamstrings and calf muscles. It opens the hips and groins and stimulates the digestive system while improving the function of liver and kidney.

4. Ashwa Sanchalanasana

Ashwa Sanchalanasana also called Equestrian Pose. It is a balancing posture that teaches the practitioner how to align opposing forces to create stability. It builds lower body strength, particularly in the legs, ankles, feet, knees and hips. It strengthens the quadriceps, hamstring, gluteus maximus and psoas muscles. Relieves indigestion and constipation.

5. Adho mukha Shvanasana

Adho mukha Shvanasana also called Downward Dog Pose or Downward Facing Dog Pose. It stretches and widens the hamstrings, the calves and the Achilles tendon. In downward dog, the head is lower than the heart, so it has the benefits of inversions and improves the blood flow through the body. It also stretches and helps to relieve tension from the neck and the back.

6. Ashtanga Namaskara

Ashtanga Namaskara also called Ashtanga Dandavat Pranam, Eight Limbed Pose, Caterpillar Pose, Chest-Knees-Chin Pose. It is also used as an alternative to Chaturanga Dandasana. Here, the body is balanced on Eight Points of contact with the floor. This asana is said to have a stimulating and balancing effect on Manipura Chakra, i.e. Solar Plexus. Therefore it



activates the organs related to digestion. It strengthens rhomboids and trapezius muscles of the back. It stretches the fascia in the soles of the feet and stretches the toes. It strengthens the forearms, quads and hip flexors.

7. Bhujangasana

Bhujangasana also called Cobra Pose. It is a reclining back bending asana. It helps to tone the abdomen, strengthen the spine and help improve blood circulation. It stretches the chest, abdominal muscles, biceps, triceps and deep core muscles. It aids in reducing the problems with asthma.

8. Adho mukha Shvanasana

9. Ashwa Sanchalanasana

10. Uttanasana

11. Urdhva hastasana

12. Tadasana

Over the centuries, Surya Namaskar has evolved and differed into various styles and variations.

1. Ashtanga Surya Namaskar

2. Hatha Surya Namaskar

3. Iyengar Surya Namaskar

Surya Namaskar is one small basic part of Yoga. If performed correctly, it does wonders to the mind and soul. So, what's stopping you. Adorn that determination attire and create a beautiful place for your soul to live in harmony spiritually and physically.



VANDANA SARAF KHEMKA

RCL's ADIPOLI DIWALI

23rd OCTOBER 2022





RCL's CHILDREN DAY

13th NOVEMBER 2022 (Rang De)



RCL's CHILDREN DAY

13th NOVEMBER 2022 (Rang De, Fancy Dress & Treasure Hunt)



RUBIES IN MY EARS

Ranchi Club Limited has a rich cultural history & a grand legacy. What adds to the splendour & charm of this club is the members from varied backgrounds who have in some way or the other made a name for themselves worldwide & hence put Ranchi & RCL in the global fame gallery.

We recently had the privilege & honour to interview one such member - Mr Sanjeev T Lall. The first handshake with him makes you realise there's some x-factor about this persona. He's been courageous yet humble to author this book titled, "Rubies in My Ears". Yes, it is an autobiography of an ordinary person, a person who started as a rookie & then went ahead to achieve great success in life. But unlike the stereotypical rags-to-riches kind where it is only in the climax that through sheer luck or labour one reaches the pinnacle of success, here the real-life story is instead peppered with countless troughs, crests & many mini victories and setbacks. And in the process, some sweet sour lessons are drawn from each of these.

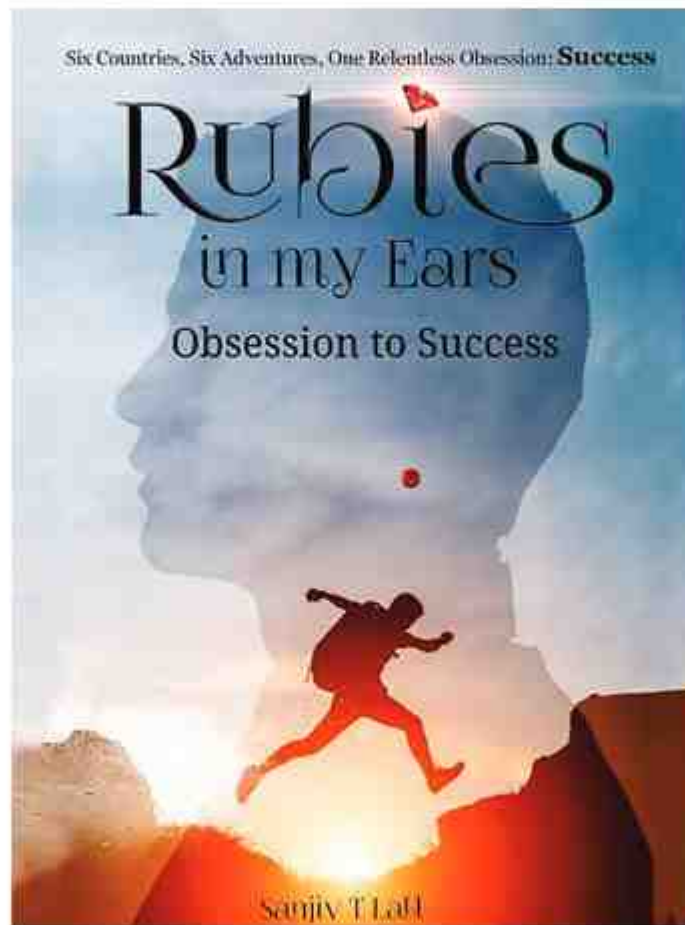
The author himself is humble enough to state: "If I can do it, so can you". Another beauty is that this is definitely not a dry book. It is not a documentary where the events are merely chronicled into neatly classified folders. This is a colourful, vivid, and lively book where the pace never slackens, the main course does not deviate into any frivolous direction, the writing is delightfully light (albeit with a rich vocabulary), and the intrigue factor remains intact. As you continue reading, you tend to relate to the author, you tend to be a partner with him in his roller coaster ride, and you start empathising with him. Yet one more big plus is that the author seems to be well travelled. And coupled with his acumen to articulate, he has been able to capture the finer beauty of each of his travails. You get a glimpse (just a glimpse mind you) of all his delightful

sojourns – Tehran, Moscow, Helsinki Stockholm, Copenhagen, London, Amsterdam, Den Haag, Antwerp, Munich, Zurich, Hamburg, Geneva, Madrid, Singapore, Hong Kong, Auckland, Los Angeles, Vancouver, Dublin, Rome, Perth...Phaw ! Almost like the "Around-the-world-in-eighty-pages" kind of journey. More, each of these places is dotted with one of the signature life experiences – whether it is the false promise given by the deceitful Sardar Sahni in Tehran, or the sweet encounter with the beautiful Merle in Den Haag (The Hague), or the chaos created amongst the gendarmes by the discovery of a toy pistol in

personal possession in Geneva, or the ploy hatched with Kay for jumping the French border – making the reading all the more endearing. And then there are the striking incidents. The turning points, so to say, the moments of truth where the falls are many and escapes narrow. The defining events where the true character of the author stands out. Like the very interesting Reliance episode. Without giving the spoilers away, I would like to state that the boardroom scene, the guessing and double-guessing, the risking-it-all style, the art of negotiations, the calling-the-bluff instances, all took me down the Kane and Abel lane. It's almost like you want to uncork the bubbly when the

author-protagonist wins the round. The author ends on a solemn note. "Take the passion and the opportunities that come your way and give it everything you've got. Love totally and infinitely. For those of you who don't know what you want to do in life, take heart and be gentle on yourself. There is still time. Be patient, your day in the sun will surely come."

Here's the tete-a-tete with the author himself :



RUBIES IN MY EARS

RCL Times - Rubies in my Ears -The thought behind this book.

Mr. Sanjiv T Lall Having led a fairly varied and adventurous life, I thought it would be good to share my story with people, especially "those who do not know what they want to do in life", as I found myself precisely in that situations many times. Simply put, it's not what you do, it's how you do it, that matters.

RCL Times - If you can take us through your childhood and growing up years in Ranchi.

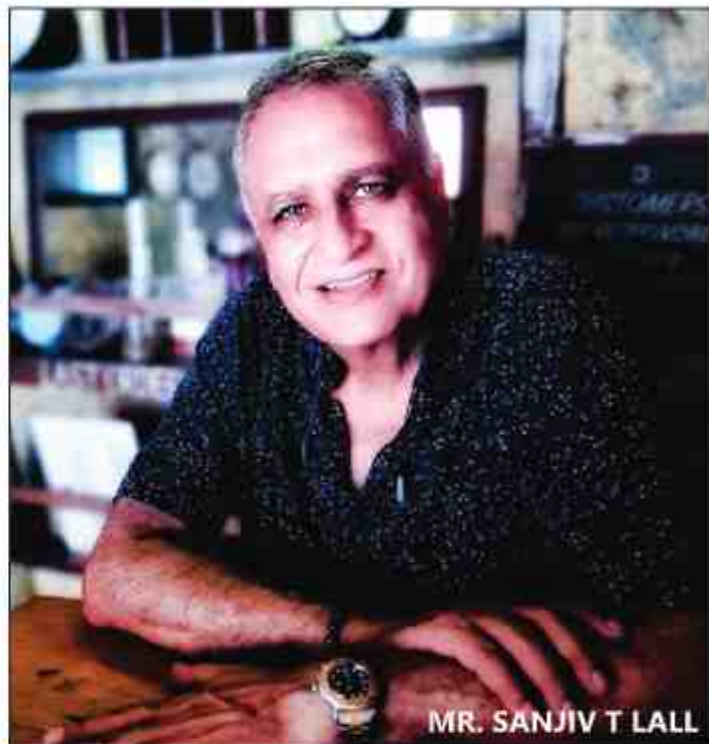
Mr. Sanjiv T Lall I first came to Ranchi, when I was twelve years old, and was studying in a boarding School, Sanawar. We came home to Ranchi, for one month in the summer, and about three months in the winter. It would take three days to get to Ranchi via Calcutta, from Sanawar, and three days to get back by train. Those were care free days, without any responsibility, driving with my parents to my fathers ancestral home in Bhagalpur, and living in Tikratoli, Ranchi, amidst the birds and the bees, and the dogs. For College, my sisters and I, were sent to Calcutta, thus till I was about 21 years old, we only came back to Ranchi between term breaks!

RCL Times - Early memories of Ranchi Club and the positives you see. The way the club has evolved.

Mr. Sanjiv T Lall I actively started visiting Ranchi Club in mid 1980's, having returned from my SE Asian odyssey and travels. At that time, it would be fair to say the Club was a bit basic, and rustic. The bar, lawn and pool, were the basic features. The 70's and 80's, in Ranchi were also prone to crime and violence, I distinctly recall a few members, walking around with hand guns. Thereafter the Ranchi Club began introducing new services, and family like amenities, and with the advent of Mr Sunil Varma, as Hony. Secretary and later as President, Ranchi Club, improved by leaps and bounds. As it stands today, Ranchi Club most certainly has evolved remarkably well, both in terms of amenities on offer, with vast improvement on the F&B, and entertainment front. On an all India comparative basis, Ranchi Club stands quite tall I would say.

RCL Times - Your Message to the Ranchi Club family.

Mr. Sanjiv T Lall Well if you are referring to the Ranchi Club kids, adolescent, and teenagers, I would say, take full advantage of the Club facilities on offer, use them and extend yourself, in our growing up years, we certainly did not have these kind of facilities. Having good, clean fun, is



MR. SANJIV T LALL

the key to life.

RCL Times - Your message to the millennials.

Mr. Sanjiv T Lall Push yourself, be different, think out of the box, try and find what drives you and makes you tick, because if you find work that you love workwise, you will naturally make huge strides. Alternatively if you end up working in a job you hate, you will end up leading a rather pedestrian life. Do not worry about making mistakes, just ensure you do not repeat the same mistake, do not worry about failure, for failure is a mere step ladder to success. Lastly leverage all the opportunities that come your way, and reach for the sky, and do not let adversity worry you, face it head on, and keep smiling.

RCL Times - Your next book.

Mr. Sanjiv T Lall Haven't really thought about that, it could well be in continuation of my life's Story, from when I left off in Rubies in my Ears, or on a totally different subject, be that as it may, it will inculcate vigour, love, and adventure, maybe a Ranchi story with a twist.

RCL Times - Your take on life as a journey.

Mr. Sanjiv T Lall Passion and Purpose, will make your life adventurous, and worth living.

Two words, but very difficult to piece together, but if you can stitch them together, you will be hugely successful.

Push yourself, Never Give In, and Go For It.

दीपावली

जीवन में खुशियों के दीप झिलमिलाते रहें,
हंसी की फुलझड़ियां सब छुड़ाते रहे।
दूर हो गम और दहशत के डरावने साये,
आप सभी को दीपावली की शुभकामनाएं।

कोरोना ने हम सबको डराया भी है,
तो जिंदगी का एक नया सबक सिखाया भी है।
उस सबक को हम कभी ना भूलने पाएं,
आप सभी को दीपावली की शुभकामनाएं।

जीवन थोड़े में भी जिया जा सकता है,
कम खर्च में भी मजा लिया जा सकता है।
तो बस अब इसी राह पर आगे बढ़ते जाएं,
आप सभी को दीपावली की शुभकामनाएं।

सिर्फ घर की सफाई ही दीपावली नहीं,
दम पटाखे और मिठाई ही दीपावली नहीं।
हम इसके सही अर्थ को जीवन में उतार पाएं,
आप सभी को दीपावली की शुभकामनाएं।

घर के साथ मन को भी सुंदर बनाएं,
खुद से पहले दूसरों का घर रोशन कराएं।
अब किसी घर का चिराग ना बुझने पाएं,
तभी सार्थक होगी दीपावली की शुभकामनाएं।

आइए राम के अयोध्या आगमन का दीप जलाएं,
महावीर निर्वाण उत्सव का लड़्डू चढ़ाएं।
अहिंसा के पर्व में हिंसा ना होने पाएं।
आप सभी को दीपावली की शुभकामनाएं।



स्मिता जैन, राँची

कितनी यादे, कितनी स्मृति शेष

कुछ ज्यादा मेरे पास रह गई
कुछ थोड़ी तेरे साथ चली गई,
कुछ ज्यादा ही जल्दी थी तुझे जाने की
मुझे आवाज देना ही तू भूल गई
मौन स्मृति वो हमारे बीच
वो मौन ही तू छोड़ गई।।
ठहर गई हूँ तेरे जाने के बाद,
पहले तू बोलती थी, मैं सुनती रहती,
शायद इसलिए मैं बोलती रही और तू सुनती रही।।
शायद ये तेरी नाराजगी थी मुझसे
या हमारे बीच का वो मौन आभास।।
पर वो छुअन तो तूने जरूर महसूस की होगी
जो हमेशा रहती थी हमारे दरम्यान,
वो जो तेरा हाथ हमेशा मेरे हाथ में रहता,
वो तुझे संभल-संभल के पकड़ना
वो संभल के तेरे साथ धीरे-धीरे चलना,
वो जो तेरे साथ था भाव-विहीन एहसास हमारे बीच
वो यायावरी, वो नाराजगी तू अपने साथ ले गई।।
मेरी हिम्मत की थी वो तू भूक गवाह
मेरी वो हिम्मत तू साथ ले गई मेरी भोली माँ।।



मेरी चाय

सुबह की अल्हड़ अंगड़ाई
खुलती बंद होती पलकें
वो जो अभी-अभी देखे सपने,

वो ही पहली तलब है
उठते ही सबसे पहले याद आए
मेरा वो पहला प्यार
मेरी वो कशिश है।।

तड़पते होंठ,
मचलती ख्वाइश,
उमड़ते जफ़्बात,
वो मेरी पहली तड़प
वो तुम ही हो,
मेरी चाय।।

वो हर तरह से पाने की चाहत
वो इक प्याली की प्यास,
वो सूरज की हो पहली किरण,
या वो हो अकेली काली रात।

वो दोस्तों के साथ हो मस्ती के पल,
या वो अकेले फुरात के क्षण,



गम के जब हो घेरे,
अकेले तन्हा थके-हारे
तब भी तुम याद आती हो,
दिल से आवाज दिलाती हो
बस मिल जाए,

वो,
इक प्याली
मेरी चाय।।



अनुप्रिया कोहली तलेजा

DIWALI QUIZ

1

FOR HOW MANY DAYS
THE FESTIVAL OF DIWALI IS
CELEBRATED?

- (A) 7
- (B) 2
- (C) 5
- (D) 2



2

THE NAME DIWALI IS DERIVED FROM
SANSKRIT WORD "DEEPAWALI"
IT MEANS?

- (A) Victory of light
- (B) Victory of Lord Ram
- (C) Colorful lights
- (D) Row of lights



3

THE FIRST DAY OF DIWALI MARKED
WITH PURCHASING GOLD AND
CLEANING HOMES IS CALLED?

- (A) Dev Diwali
- (B) Dhanteras
- (C) Govardhan Puja
- (D) Naraka Chaturdashi



4

WHICH DAY OF DIWALI
CELEBRATES BOND BETWEEN
BROTHERS AND SISTERS
AS BHAI DOOJ?

- (A) 1st
- (B) 2nd
- (C) 5th
- (D) 3rd



5

THE SECOND DAY OF DIWALI
KNOWN AS NARAKA CHATURDASHI
COMMEMORATES
DEFEAT OF BY LORD KRISHNA?

- (A) Ravana
- (B) Govardhan
- (C) Kauravas
- (D) Narikasur



6

SIKHS MAJORLY CELEBRATE
THE FESTIVAL OF DIWALI FOR?

- (A) Birth of Goddess Laxshmi
- (B) Defeat of Ravana
- (C) Release of Guru Hargobind
- (D) Birth of Guru Nanak



7

DIWALI IS COMMONLY KNOWN
IN SIKHISM AS?

- (A) Bandi Chhor Diwas
- (B) Bhai Dooj
- (C) Deepawali
- (D) Hargobind Jayanti



8

FOUNDATION OF WHICH FAMOUS
MONUMENT WAS LAID ON
THE DAY OF DIWALI?

- (A) Taj Mahal
- (B) Golden Temple
- (C) Lotus Temple
- (D) ISKCON Temple



9

THALAI DEEPAWALI IS
CELEBRATED IN?

- (A) Andhra Pradesh
- (B) Kerala
- (C) Tamil Nadu
- (D) Karnataka



10

DIWALI IS CELEBRATED AS
KALI POOJA IN?

- (A) Jharkhand
- (B) Bihar
- (C) West Bengal
- (D) Orissa



11

WHO WAS THE FIRST US
PRESIDENT TO HOST A DIWALI
PARTY IN WHITE HOUSE?

- (A) Donald Trump
- (B) Barack Obama
- (C) Joe Biden
- (D) Bill Clinton



12

ON THE EVE OF DIWALI WHICH
PERSON OF INDIAN ORIGIN WAS
MADE THE PRIME MINISTER OF
UNITED KINGDOM?

- (A) Rishi Sunak
- (B) Liz Truss
- (C) Boris Johnson
- (D) Theresa May



ANSWER

1 - C, 2 - D, 3 - B, 4 - C, 5 - D, 6 - C
7 - A, 8 - B, 9 - C, 10 - C, 11 - B, 12 - A

Quiz by

NITYA KUMAR



FORTH COMING PROGRAMMES



**FRIDAY
MUSICALS**



**SAT - SUN
MOVIES**



**SUNDAY
TAMBOLA**



**CHRISTMAS DAY
CELEBRATION
25.12.2022**



**NEW YEARS EVE
31.12.2022**



FROM THE DESK OF HONY. SECRETARY

1. Please inform the Club Office in case you are not receiving your bills, RCL Times and Whatsapp Messages.
2. Members are requested:
 - i] not to bring attendants / bodyguards beyond permissible limit of Club premises.
 - ii] not to bring eatables from outside, into the Club.
 - iii] to park their vehicles in the designated parking space and respect the non-parking zones.
 - iv] to ensure that ayahs are restricted only in the playpen and children playground area in the front lawns. Members are requested to instruct ayas and children to keep their footwear outside the playpen.
3. As per the Club Bye laws, members are requested not to introduce Local Guests. Local Guests can only be introduced with prior permission of the Hony. Secy. Local Guests will not be permitted to use the Club on Saturdays, Sundays and Club program days. Members are requested to co-operate and fill up the guest from completely.
4. Members are requested to ensure that all their outstation /Local Guests carry proper Photo Id with address proof with them while visiting the Club. It is mandatory to produce the same at the club for records.
5. Dependants are not allowed to introduce guests at the Club.
6. A Suggestion box has been placed at the club reception for Members.
7. Members are requested not to ask the Club to send Club Staff for their Household/private function since such service hamper the service at the Club.
8. Membership is now open in Permanent (sons and daughter of permanent members, who have attained 21 years of age), Associate, Courtesy and Corporate categories. Forms can be collected from the club office.
9. Club bar and kitchen Close at 10:30 PM on weekdays and 11 PM on Saturdays and Sundays. Please Place Your orders accordingly.
10. Members opting for online payments against their dues/ advance of monthly or yearly bills are requested to please inform Club office via an e-mail to ranchi.club@gmail.com regarding the details of the transaction.
11. Members can download the RCL's App from Google Play Store.

Tarun Taneja
TARUN TANEJA
Hony. Secretary



May I help you : Rakesh Kumar, Asstt. Secretary : +91 9431591832

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