



THE GRAND PORCH

FEB-MAR-APR 2022-23

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PRESIDENT'S IMPRESSIONS



Dear Members,

As a family we are used to celebrating and making memories together and the months Feb, March and April have been an addition to this glorious time.

The Ranchi Club Valentine's Eve was an evening of great music, good food and an evening with love in the air, enjoyed by all. The RCL Tennis Premier Grand slam with a concept of bidding and team selection added new flavour to this racquet sports and it was great to see our young and not so old Lawn Tennis enthusiasts competing with each other.

We did not stop with Lawn Tennis and March saw our Table Tennis players battling out in full force, a tournament conducted in Ranchi Club after two decades.

The RCL Poker was as fabulous as ever with big stakes at bay it was a delight for Poker lovers.

RCL Holiyana was a celebration which gave much needed respect to our second biggest festival. Seeing our members groove to the amazing music with a perfect set up of food and decor added more vibration to this festival of colours.

The Month of April saw us organizing the Bengali Food Fest. Renowed chef Rongon Neogi travelled from Kolkata with his team, authentic Bengali Food Lovers in Ranchi Club enjoyed the delicacies prepared.

It will be unfair if I don't mention RCL

Cricket Premier League is the Diwali of Sports activities. 250 players including ladies and children played the biggest sports of the country and RCL united as a family to cheer their favourite players. The Executive Committee thanks the members for taking keen interest in all the activities planned for the members.

Our staff which is the backbone of our club also participated in a closely fought match and every moment of the four day affair were enjoyed by one and all. Cricket is more of a religion and after two decades Ranchi Gymkhana club invited our team for a friendly Cricket match. Our boys gave their best shot but the result did not go in our favour, you win some and so do you lose but Ranchi Club definitely won hearts with the sporting spirit displayed.

The Executive Committee thanks RGC for the match conducted which they have assured to make an annual feature. The renovated Club Porch and Reception have recently been opened, in accordance and to sync with the heritage structure and is appreciated by the members.

We will soon have the new Cards Room ready and as promised I ensure in the next few months you will see your Committee work harder to make every visit of yours to Ranchi Club a memorable one.

Happy clubbing

NIKHIL PODDAR
President



EDITORIAL BOARD

As a club family our members share a bond and every edition of the magazine covers these happy memories created together.

Talking about bond or love, no love is bigger than what a mother shares with her kid and it was a pleasure for RCL Times to highlight the good work of our Member Mrs Tarang Jain and her book "Bond with your baby".

To be loved by your friends and family and good health is the biggest desired wealth and we would like to thank our member Mrs. Shweta Verma for her article on Cervical Cancer and Mrs Esha Gera on her article on Mental Health.

Human bond is not restricted to your friends and families but the entire planet. Promotion

of traveling and tourism have made it easy for us to understand and appreciate each others' culture. One of this oldest medium which binds the world is shipping and an informative article by our member Mr. Abhijit Sinha is a must read.

The RCL Times team has tried it's best to do justice the beautiful events organised by the Club Executive Committee in the last three months. A big thanks to our advertisers who always support us for the magazine.

Happy reading

ROHAN BHATIA

TO OUR SMASH CHAMPIONS

Ranchi Club family is proud of our members Mr. Sandeep Khanna & Mr. Narender Singh for being winners of the Badminton, Ranchi District Men's Doubles (above 45) category. and Miss Vaanya Khanna daughter of our member Mrs Prapti Khanna and Sandeep Khanna for being the Runner up in the girl's under 13 category.



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RCL GRANDSLLAM TENNIS LEAGUE

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VAASTU SHASTRA a myth or a reality

Should we ensue Vaastu Shastra or should we not ? This lucid query fogs our intelligence everytime as soon as we step forward to design or decorate any functional establishment, be it a house, office, flat, any building, rooms, shops and so forth.

The inception of this science led a few to act credulous towards its existence. People were mocked when they forthrightly stated that their condominium was designed pursuant to Vaastu Shastra. But subsequently, this credo commuted to realism. One started to hold unto this science as one discerned that to some extent or maybe more, that Vaastu Shastra was the panacea for all their dilemmas.

So, what is Vaastu Shastra ? They are simple texts on the traditional Indian system of architecture attributed to the Hindu pantheon, the divine Vishwakarma. These texts describe the principles of design, layouts, measurements, ground preparation, space management and spatial geometry.

To reiterate, Vaastu Shastra is not a substitute for science. It follows the very simple norms of nature which our ancestors used this knowledge to build spirited spaces which helped them attain emotional, physical and mental wellbeing.

As we all are very familiar with this architectural science, I shall briefly sum up with some requisite key factors that one can follow considerably while designing their space without much badgering.

RESIDENTIAL ABODE



Tips for Kitchen Interior

Kitchen Stove - SE

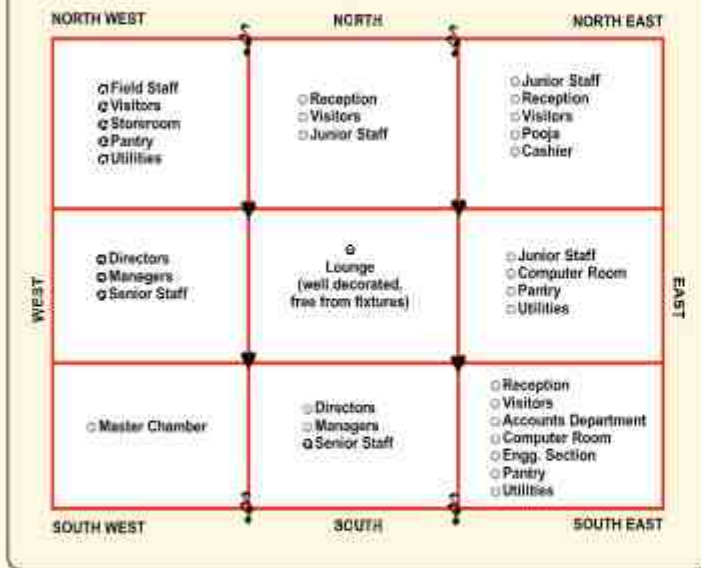
Sinks n Taps -NE

Refrigerator - SW

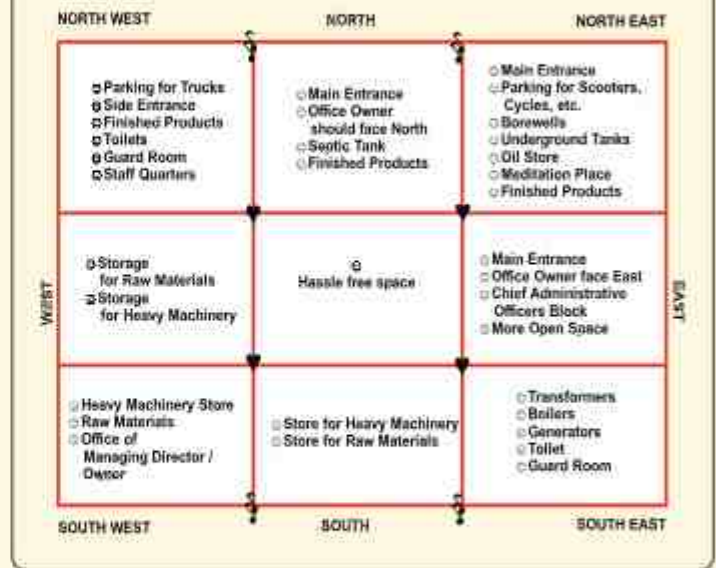
Storage Units or Cabinets - S or W walls

Microwaves, Ovens, Heaters, Mixers, etc. - SE

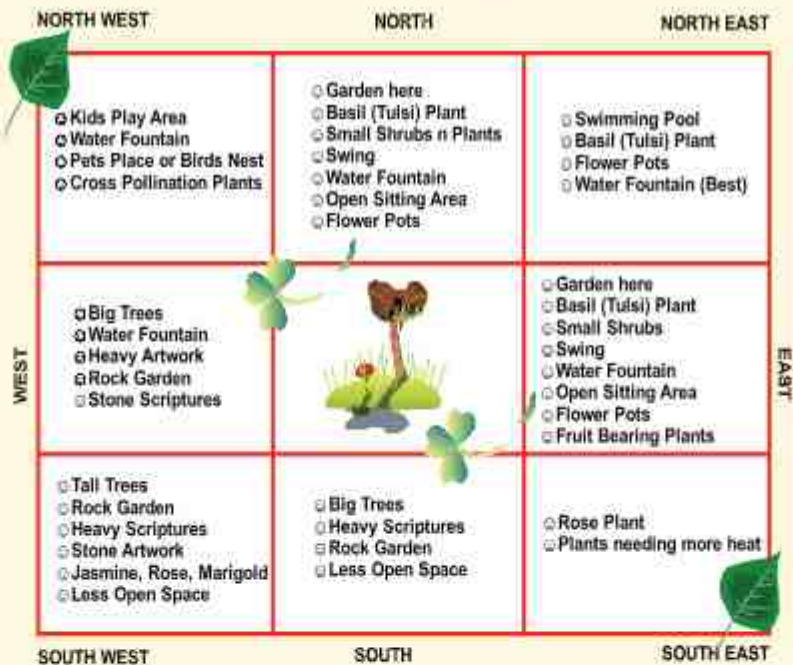
OFFICE



FACTORY AND INDUSTRIAL ESTABLISHMENTS



GARDEN VAASTU (for a blissful home garden)



Vaastu Shastra is a vast field and is proved to be an architectural science. Understanding what is favourable and unfavourable for oneself is what matters. Acting biased makes the changes required difficult. Whatever and wherever practically is possible, this theory can be applied. Its one's extent of own belief. The ultimate is—"Logic, Happiness, Contentment and Inner peace".



VANDANA KHEMKA

WOMENS HEALTH AND CERVICAL CANCER

Women represent the cornerstone of a family's overall health, so just by ensuring they have access to quality care one can lead to improved health for children and families. Many women often neglect their own health for a number of reasons. Be it a housemaker or a professional, women have the tendency to not find time for their own health check-ups. One has to realize that not taking care of their own health need can directly affect their ability to take care of their family and cause more harm. After putting so much energy into caring for the lives of others, it is time women deserve that same level of care toward themselves.

The requirement for health of women, though in many scenarios are same as the men, still they differ widely from that of men in many unique ways. Women have different healthcare needs at different phases of their life and at each stage of a woman's life, there are important preventive health care steps to follow in order to provide early detection of medical problems. While the adolescents and young girls are dealing with problems related to PCOS, anemia, eating disorders, acne and various hormonal issues, the women in reproductive age group are seeing a major increase in problems like infertility, menstrual disorders, pregnancy related complications. The main concern for pre and post-menopausal age group (40-65 years) is the increase in risk for many cancers. Let us talk about cervical cancer today, one of the major cause of mortality and morbidity of Indian women.

Cervical cancer represents the fourth most common cancer among women worldwide and eighth most commonly occurring cancer overall. In India cervical cancer is the second

most common cancer among women. India has the highest incidence rate of cervical cancer as 22 per 1,00,000 women per year. Every year in India, 1,22,844 women are diagnosed with cervical cancer and 67,477 die from the disease. Morbidity and mortality of cervical cancer can be definitely decreased because most cases of cervical cancer are preventable by routine screening and treatment of



precancerous lesions.

The best part about this cancer is that it takes years to convert from a mere infection to cancer and hence can easily be caught in the A stage which is called pre cancerous (just before converting into a cancer).

What is cervical cancer ?

Cervix is the lowermost part of a females uterus. It undergoes a lot of change during a women's lifetime and during pregnancy. These changes

as well as infection with a virus called HPV (human papilloma virus) can predispose it to convert into cancerous tissue.

How can we catch it early??

A simple test known as pap smear which can be performed as an outdoor procedure any time you visit your gynaecologist can help you catch this early, and at times even before it has converted into cancer.

How is this pap smear useful?

The pap smear helps to see if the cells in the cervix are changing into cancerous cells. And since this conversion takes years to happen, routine screening every three years can catch and help treat cancer easily before it spreads.

Is this test painful or time consuming?

It is an easy procedure which does not even take five mins and not painful as it is a non invasive test.

How frequently is this test required ?

A pap smear every three years can keep you reasonably safe from this deadly disease.

When should one get this test?

One can start screening with pap smear at the age of 30 and continue every three years till the recommended age of 65.

Where can I get this done ?

Contact your regular gynaecologist for the same or drop into a nearby gynecology clinic.

Another very important component of decreasing cervical cancer rate in our country is by preventing the same. Since now we know that Human Papilloma virus infection are high risk for cancer of cervix, women can get immunised against this virus. It not only prevents cervical cancer almost by 98% but also gives significant protection against genital warts.

Vaccines are available that can help protect children and young adults against certain HPV infections. These vaccines only work to prevent HPV infection – they will not treat an infection that is already there. That is why, to be most effective, the HPV vaccines should be given before a person becomes exposed to HPV (such as through sexual activity).

What does the HPV vaccine do?

Various strains of HPV spread through sexual contact and are associated with most cases of cervical cancer. This vaccine can prevent most cases of cervical cancer if the vaccine is given before girls or women are exposed to the virus. In theory, vaccinating boys against the types of HPV associated with cervical cancer might also help protect girls from the

virus by possibly decreasing transmission.

Who is the HPV vaccine for and when should it be given?

The Centers for Disease Control and Prevention (CDC) recommends that the HPV vaccine be given to girls and boys between ages 11 and 12. It can be given as early as age 9. Response to the vaccine is better at younger ages than it is at older ages.

Does the HPV vaccine carry any health risks or side effects?

The HPV vaccine has been found to be safe in many studies. Overall, the effects are usually mild. The most common side effects of HPV vaccines include soreness, swelling or redness at the injection site.

The best way to promote cervical

health is simple. If you are a good candidate for it but have not yet been vaccinated, ask your doctor which HPV vaccine is best for you. Parents can also get their adolescent children vaccinated to prevent future infection. Regular screening with pap smear can help catch this cancer early.

Cervical cancer is not something to be scared of; it is something to be vigilant against. Vaccination and regular screening are all easy steps that can have huge benefits to your lifelong health. Cervical cancer is preventable and treatable, so get tested and screened today!

DR. SHWETA LAL
Consultant Obstetrician
and Gynaecologist





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RCL VALENTINE'S EVE 14th Feb 2023



RCL POKER TOURNAMENT The Battle 26th Feb 2023



RCL TABLE TENNIS 11th-12th Mar 2023



SHIPPING – A LAYMAN'S GUIDE

Ever wondered how we receive Crude Oil from oil exporting countries. I'm sure we must have heard the countless debates on prime time TV about high crude oil prices and how its effect on inflation.

Another fact to which general society may be unaware is that 85% of international trade is carried out by sea. Imagine this; from our daily use items, to high end electronics, vehicles, to food that we consume, has or is composed of some component(s) that has been at sea.

Shipping is considered to be the oldest multinational industry in the world. Long before the industrial revolution which brought automobiles and later on aircrafts, sailing ships would sail across the oceans with just wind in their sails.

Though shipping industry has moved on a lot from sail boat times and today's ships are a marvel of engineering and automation, it still remains hidden from the eyes of the common man.

Ex Secretary General of IMO – International Maritime Organization

a United Nations specialized agency, Mr. Mitropoulos once remarked "Without shipping half the world would starve to death due to hunger and the other half would die of cold".

India is a major contributor of officers and crew who man the, over 53000 ships plying on the world's oceans and we are a respected lot among our peers. Certificates of Competency (similar to a commercial pilot's licence) issued by Govt of India is highly respected and accepted by major shipping countries around the world, thus enabling Indian officers and crew to sail on foreign ships.

Different types of ships sail on the seas today. General Cargo ships, Bulk Carriers and Tankers used to be the typical ships till about 1970s.

General cargo ships were up to 180m long, and would carry multiple parcels of cargo in bulk or packaged form.

As the demand for more bulk goods increased, general cargo ships lost out and bulk carriers became popular and kept growing in size. These were ships which could load any grain, ore and mineral in bulk. The smaller ones

are still used to load parcel cargo in bags, steel coils, bars, billets, paper rolls, bales, etc; whereas the bigger ships carry the cargo in bulk.

Tankers as the name suggests would carry cargo in liquid form. This could be crude oil, refined petroleum products, chemicals, etc. We import about 90% of our crude oil via ships – huge floating, self-propelled tanks. Some of the biggest tankers can carry more than 3,50,000 metric tons of crude oil!

Sometime around 1970s, fully cellular container ships were introduced. Even though few general cargo ships did carry containers from as early as 1950s, the first specialized cellular container ships were launched in the 1970s. The concept of container ships revolutionised the way goods were transported from the seller (shipper) to the buyer (consignee).

How do the ships move? Just like cars, buses, aircrafts have engines, ships have engines as well – and huge ones they are. A small ship of about 120m long can have an engine of about 5000HP power. A VLCC (very large crude carrier) tanker capable of





would typically have a main engine of 20,000 HP; whereas a ULCV (ultra large container vessel) can have a main engine of over 1,00,000HP! These ULCVs are huge, modern container ships 400m long, 61m width and 30m deep. These ships are capable of carrying up to 24,000 twenty foot containers.

Running ships is a complicated task and requires qualified officers and crew so that ships are operated within the guidelines laid down by various international and national statutory bodies.

A typical ocean going cargo ship would have about 20 – 25 crew, called the ship's complement. This would be divided into deck officers, engineer officers, deck crew, engine crew and

saloon crew. Master or the Captain of the ship is the overall in charge. He is responsible for safe navigation, safety and security of the ship with the Chief Officer (senior most deck officer) and Chief Engineer (senior most engineer officer) in charge of the deck and engine department respectively providing him the necessary suggestions and inputs for safety of the crew, ship, environment and conduct of the vessel.

Deck officers are the officers who are in charge of navigating the ship during their watch – which includes planning the passage from origin to destination and conduct of the passage while at sea. Put in simple terms, this can be considered to be driving the ship. Deck crew assist the deck officers in navigation and maintenance of deck equipment, care, maintenance and ventilation of cargo.

Engineer officers, under the Chief engineer are responsible for care and maintenance of various machineries on the vessel. In simple terms, it can be compared to the service team of a F1 car. There are hundreds to equipments on a modern ship and as ships can be away at sea for weeks at a stretch, most of the times it may not be possible to provide technical assistance in case of a breakdown of machinery at sea. Hence, ships' engineers are trained and highly qualified personnel who can handle

most situations at sea. Necessary spares are carried on board in case a replacement is required. Consider this; a typical modern large container ship has power generation capacity of almost 25,000KW.

Similarly, just like for driving a car or flying a jet, a ship's navigating officers have to go through rigorous training to obtain a license, called Certificate of Competency (CoC). Imagine driving a car when the road on which the car is being driven is moving or driving a car without brakes. Ships don't have brakes; a ship stops by the water resistance or by running the engine astern (in the opposite direction). Moreover, the ship may not travel in a straight line because of the effects of wind and current. It can be said that 'driving' a ship is a soft skill which has to be mastered over years of ship handling by observing the ships' behaviour in various conditions of loading, wind, current and type of machinery available onboard. And this becomes more challenging in congested and shallow waters.

A ship's navigator may often be heard saying that there are more dangers below the water than above the water.



ABHIJIT SINHA

The writer has served at sea for almost 25 years.
He joined his first ship in May 1997 and signed off his last vessel in Apr 2022, during which he was in Command (Served as Captain) for almost 12 years.
He served on Bulk Carrier, Gas tanker and primarily on container ships.
Presently he is working as a Marine Pilot in Adani Port in Mundra, Gujarat.

RCL'S HOLIYANA 5th March 2023



RCL'S HOLIYANA

5th March 2023



MENTAL HEALTH

Amidst all the dazzle and glitter, people today are faded in the mind. Over occupancy, work pressure, unhealthy lifestyle, disagreements, show offs all these have bundled for a great demonic cause and that is ruining the people not at body but also in mind, hence the biggest hindrance in the growth of our thinking approach and delivering productively.

It doesn't hit a specific set of people, caste, creed or age group. Its amicable to all who in disguise fall its prey. Mental health involves how we interact socially, emotionally, and psychologically.

In brief, Mental health are of four types.

1. **Mood disorders**- Commonly known as depression. It takes away all zeal and zest of living a balanced and thriving life.
2. **Psychotic disorder**- It takes away your real life from you and disconnects from the real you.
3. **Anxiety disorder**- The feeling of fear, anxiety, worry clutters your head leaving you with panic attacks.
4. **Personality disorder**- Extreme mood swings, problem mingling with others, suspicious behaviour, distrust are few of its symptoms.

MENTAL ILLNESS is a very common heard phrase in today's era.

Its takes a toll of labour to overcome such heavy ailment.

Few tips to revive and start a better life are as follows:

1. **Connect** – the more you are alone, the more lonely you are. Make friends, talk to family members, make yourself heard. Don't let your problems be confined to you.
2. **Physical health**- It aids to strengthen your mind, keeping it active and fresh. Go for yoga, zumba, gym, walking whatever suits your forte.
3. **Nature walk**- Nature's lap is the ultimate soothing track. Tap on its grandeur options. Seek and soak the nature in you.
4. **Sleep well**- A good sleeping routine will keep you active and will aid into positive thinking.
5. **Be creative**- Whatever is your hobby, make a list and try to pursue at least one out of those everyday. It will uplift your mood.
6. **Relax**- Take deep breath if you feel disturbed, it will relax your senses.

All the disabilities and ailments are possible to treat only if we stand together. We should listen and understand from the victims point of view. Try and comfort them and don't hold yourself back to visit a doctor if the situation worsens. Mental Health is the engine that drives the whole body. Keeping it of high quality will add to quality and quantity in your life.

Esha Kaur

(Life Coach)

Follow on instagram (esha_kaur24)



At 40, Franz Kafka (1883-1924), who never married and had no children, walked through the park in Berlin when he met a girl who was crying because she had lost her favourite doll. She and Kafka searched for the doll unsuccessfully. Kafka told her to meet him there the next day and they would come back to look for her.

The next day, when they had not yet found the doll, Kafka gave the girl a letter "written" by the doll saying "please don't cry. I took a trip to see the world. I will write to you about my adventures."

Thus began a story which continued until the end of Kafka's life.

During their meetings, Kafka read the letters

of the doll carefully written with adventures and conversations that the girl found adorable.

Finally, Kafka brought back the doll (he bought one) that had returned. "It doesn't look like my doll at all," said the girl.

Kafka handed her another letter in which the doll wrote: "my travels have changed me." the little girl hugged the new doll and brought her happy home.

A year later Kafka died. Many years later, the now-adult girl found a letter inside the doll. In the tiny letter signed by Kafka it was written:

"Everything you love will probably be lost, but in the end, love will return in another way."

BENGALI FOOD FEST 14-16th April 2023



WILD WILD WEST

16th April 2023



GK QUIZ

1

WHO IS THE INDIAN-BORN ENGINEER TO LEAD NASA'S 'MOON TO MARS PROGRAM'?

- (A) Raja Chari
- (B) Amit Kshatriya
- (C) Shirisha Bandla
- (D) Rakesh Sharma



2

WHO HAS BEEN SELECTED BY THE US SENATE AS THE NEXT US AMBASSADOR TO INDIA?

- (A) Atul Keshap
- (B) Kenneth Juster
- (C) A. Elizabeth Jones
- (D) Eric Garcetti



3

AS PER THE GUINNESS BOOK OF WORLD RECORDS WHO IS THE MOST FOLLOWED PERSONALITY ON TWITTER?

- (A) Barak Obama
- (B) Justin Bieber
- (C) Elon Musk
- (D) Narendra Modi



4

WHICH AIRPORT TOPPED THE LIST OF THE WORLD'S BEST AIRPORT RELEASED BY SKYTRAX?

- (A) Singapore Changi Airport
- (B) Munich Airport
- (C) Zurich Airport
- (D) Indira Gandhi International Airport



5

WHAT IS INDIA'S RANK IN GLOBAL PASSPORT INDEX 2023?

- (A) 144
- (B) 64
- (C) 164
- (D) 44



6

ACCORDING TO THE WORLD HAPPINESS REPORT 2023, WHICH COUNTRY IS THE HAPPIEST COUNTRY IN THE WORLD?

- (A) Denmark
- (B) Finland
- (C) Iceland
- (D) Bhutan



7

THE WORLD BANK HAS CUT INDIA'S GROWTH RATE FOR FY2024 FROM 6.0% TO HOW MUCH?

- (A) 6.30 Percent
- (B) 6.5 Percent
- (C) 6.20 Percent
- (D) 6.35 Percent



8

AS PER STOCKHOLM INTERNATIONAL PEACE RESEARCH INSTITUTE, WHICH IS THE WORLD'S LARGEST IMPORTING COUNTRY OF WEAPONS?

- (A) France
- (B) China
- (C) India
- (D) United States of America



9

WHO HAS RECENTLY BECOME THE FIRST WOMAN TO COMMAND A FRONTLINE COMBAT UNIT OF THE INDIAN AIR FORCE?

- (A) Aavni Chaturvedi
- (B) Shiva Chauhan
- (C) Shalija Dhani
- (D) Shivangi Singh



10

WHO HAS BECOME THE FIRST WOMAN LOCO PILOT OF THE VANDE BHARAT EXPRESS TRAIN?

- (A) Shiva Chauhan
- (B) Surekha Yadav
- (C) Aditi Singh
- (D) Mira Nayek



11

WHICH PLAYER HOLDS THE RECORD FOR THE FASTEST 100 WICKETS IN IPL HISTORY?

- (A) Bhuvneshwar Kumar
- (B) Mohammed Shami
- (C) Kagiso Rabada
- (D) Ravindra Jadeja



12

WHICH PLAYER WON INDIA'S FIRST GOLD MEDAL IN THE ASIAN WRESTLING CHAMPIONSHIP 2023?

- (A) Aman Sehrawat
- (B) Bajrang Punia
- (C) Ravi Kumar
- (D) Deepak Dahiya



ANSWERS

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

Quiz by
NITYA KUMAR



RCL PREMIER LEAGUE

20th-23rd April 2023



अशक और बारिश

काफी दिनों बाद, आज तपती धूप में
थोड़ा सुरूर आया है
थोड़ी सी हुई है इक आहट,
थोड़ा सा फुआर आया है।
तप से टपकी है जो
हाथ से निकल के फिसल गई।
धामा था बड़े अरमानों से,
नजर पलटी और वो पलट गई,
धीमे धीमे, खेल रही थी वो आँख मिचौली
कभी थी वो तेज, कभी थीं धीमी
पर आज ना रोक सकी मैं खुद को
रंग गई उसके रंग में।

उमड़ उमड़ के उसकें सग
उसकी ही हो ली मैं आज।
वो बहती गई, मैं भी बहती गई
वो तेज होती गई, मैं भी तेज होती गई
धीरे धीरे धमले गए हम दोनों।
किसी ने कहा,
आज मौसम कितना सुझाना है।।
किसी ने हमेशा कहा,
आज चेहरे पे क्यू इतना नूर आया है।।



अमृप्रिया कोहली जलेजा



लघुकथा

लव स्टोरी साकेत मॉल

खिलखिलाने वाली लड़की और आँखों से बात करने वाला लड़का जब साकेत मॉल की भीड़ में अचानक जब एक दूसरे के सामने आए तो लगा वक्त के साथ-साथ साकेत मॉल भी ठिठक गया है और इस ठिठके हुए वक्त में, ठिठकी हुई भीड़ के बीच लड़के ने देखा कि वो खिलखिलाने वाली लड़की अब संजीदा औरत बन चुकी है और खिलखिलाने वाली लड़की को आँखों से बात करने वाले लड़का, चश्मे के साथ चुपचुपा-सा परिपक्व, मर्द लगा।

तभी ठिठके हुए वक्त को ढेलते हुए किसी ने कहा – “एक्सक्यूज मी, जरा रास्ता दें”। दोनों होश में आए हों जैसे, चश्मे वाले मर्द ने ही बातचीत की शुरुआत की “कैसी हो?”

“जैसे सात साल पहले थी” संजीदा औरत ने खामोशी से कहा जैसे कहीं कोई और सुन ना ले।

“सात साल...सात साल पहले तो तुम...” कहते-कहते अचानक चश्मे वाला मर्द रुक गया। संजीदा औरत ने आँखें नीची कर ली और धीरे से पूछा “और बीवी बच्चे कहाँ है?”

“नहीं है” मर्द ने उदासी से कहा तो साकेत मॉल भी उदास हो गया।

“मतलब तुमने शादी नहीं की?” संजीदा औरत ने और संजीदा होते हुए कहा।

“नहीं” सपाट स्वर में मर्द ने कहा तो एक पल को खामोशी छा गई। मर्द ने फिर पूछा “क्या अभी भी तुम उसी भीड़ का हिस्सा हो।” सो कॉलड मोडस

“नहीं, भीड़ का हिस्सा तो कभी नहीं बन पाई, बस फिसलते चली गई...एक के बाद एक मर्द, इश्क मुझे काटे, इससे पहले मैंने इश्क को काट दिया...” औरत को लगा कि वो लड़की हुई जा रही है।

पहली बार आँखों में आँखें डाल कर मर्द ने पूछा “और शादी?” मर्द को लगा कि उसके पहलू से लड़का निकल आया हो। व्यंगालक मुस्कुराहट उस संजीदा औरत के होठों पर तैर गई। “एक बात पूछूँ?” मर्द की आवाज में थोड़ा सा पुरानापन आया। औरत की आँखों में अपनापे के साथ प्रश्न था। “इतने मर्दों में तुम्हारी रूह को किसने छुआ?” “सिर्फ तुम ने,” तुम्हारी “ना” के बाद मैंने किसी को “हो” ही नहीं की। बिना एक पल गवाए संजीदा औरत ने नम आँखों से धरधराती आवाज में कहा तो साकेत मॉल भी भीग गया हो जैसे। तड़पते हुए, बढ़ती हुई घड़कों के साथ चश्मे वाले मर्द ने उस संजीदा औरत के हाथों को अपने हाथ में लिया और सीने से लगा कर पूछा “मुझसे शादी करोगी?” साकेत मॉल को हंसते हुए भीड़ ने पहली बार देखा।

नियम

रविवार का दिन था। राज ने तय किया कि आज का दिन फार्म हाउस में बिताया जाए। दोपहर का खाना लेकर हम दोनों ही निकल पड़े। बगीचे में सेब के पेड़ के नीचे चादर बिछाई और बैठ गए। अभी बैठे ही थे कि घप से एक सेब गिर पड़ा। चहकते हुए सेब को उठाते हुए मैंने कहा – “आहा! आते ही फलों की बारिश!! राज ने मेरे हाथों से सेब लेते हुए कहा – “देखो! न्यूटन और उसके सेब पर होता होगा ग्रेविटी का नियम लागू! मुझ पर नहीं होता।” मतलब? – मैंने पूछा। “Falling in love with you made me grow यानि तुम्हारे प्यार में गिर कर भी मैं ऊपर उठ रहा हूँ। – मुस्कुराते हुए मेरी आँखों में आँख डालकर राज ने कहा।

भाव-विभोर हो कर मैंने राज को गले लगा लिया। कैसे समझाती उसे कि गुरुत्वाकर्षण का नियम (Law of Gravity) स्वतंत्र रूप से काम करता है, वहाँ नहीं जहाँ कोई सहारा हो, चाहे वह सहारा प्यार का ही क्यों न हो, जैसे बाती का सहारा लेकर तेल ऊपर चढ़ जाता है और दिया जलने लगता है

संगीता कुजारा टाक



BOND WITH YOUR BABY

Inside the Womb

The mystery has never been unfolded about the evolution of human life but be it human or animals what binds us in the evolution of life the love and emotions combined and of all these emotions and bonds what is most special is the bond which a mother shares with her kid. Mother is a thought an emotion and inner strength which God has given to a woman, the power to hold a small life inside you, the power to nurture it. Yea the thought in itself makes a woman complete like one of the purposes why you came into the world. As a mother a woman and a Pranik healing expert these beautiful thoughts always engulfed our member Mrs Tarang Jain who has written her first book 'Bond with your Baby'. RCL Times decided to have a small conversation with the writer.

RCL TIMES - Tell us something about yourself?

TJ - Hi I am Tarang Jain, a homemaker, a professional pranik healer and trainer, a certified prenatal and postnatal yoga and Garbh Sanskar trainer, a mother of two lovely children, I am happily living in Ranchi, Jharkhand with my family and now I am the author of the book "Bond with your baby inside the womb".

RCL TIMES - When did this thought strike you? What is Bond with your baby all about?

TJ - As I said, I am a pranik healer and by God's grace, many of my clients had been pregnant women. So while healing and counselling them throughout their pregnancy, I got

some common questions from these would-be mothers as - what should we talk to the baby? How to talk? How to remain calm and positive during pregnancy? What should we read? What activities should we do to develop mental and creative faculty of the baby and so on.... These queries gave me the idea of writing a book



which will have answers to all these questions. Even in earlier days when a woman got pregnant then the elders used to say read good books, religious books, stay happy, think positive so that the baby inside the womb will get good Sanskaras and will be of good character. It means the baby starts learning from mother's womb and mother's energy affects the development and the characteristics of the baby. Today

Modern science has also proved that a foetus can respond to external stimulus. In fact, the hormonal secretions activated by mother's thoughts can also impact the baby in her womb. Master Choa Kok Sui, a great Saint, who is the founder of modern Pranik Healing and Arhatic Yoga, says, "the foetus inside a mother's womb is affected by the thoughts and feelings generated by mother including what she sees and hears." Therefore, it's very important that a pregnant woman should be surrounded by wholesome environment, listen to wholesome and soothing music, read the lives of great yogis and saints and also the books on maths, science, economics and other topics. This will facilitate the psychological and mental development of the baby. Inspired by these thoughts, I have come up with this book "Bond with your baby inside the womb" designed for overall development of the "life" inside the womb. This book is the result of successful healings and experiments done on pregnant women throughout their pregnancy journey, helping them talk to the unborn, doing

positive affirmations, simple and joyful tasks etc. This not only helped them to remain in a positive state of mind but also the babies inside the womb responded amazingly. We used to get Goosebumps on babies' response during the communication with them. By God's grace and my Guru's blessings, the book has come up exceedingly well and it's a unique and one of its kind in its segment.

RCL TIMES - What according to you are is an healthy atmosphere for a woman expecting motherhood?

TJ - It is very important for pregnant women to be surrounded by a wholesome environment and a healthy atmosphere. This is because the foetus growing inside her womb can be affected by the psychological impressions of the thoughts and feelings generated by the mother, including what she sees and hears. Therefore, family members play a vital role in supporting the expecting mother to remain happy and positive. They should understand her needs and strive to keep the household environment cheerful and uplifted. Sitting together and talking to each other can also contribute to the secretion of hormones in the expecting mother, which can positively impact the development of the baby in her womb.

RCL TIMES - what challenges you feel in current times do our ladies feel specially the ones working when it comes to parenting and how you feel a perfect balance can be maintained?

TJ - As the pro-creator and preserver of life on earth, a mother's mental and physical well-being is of utmost importance, particularly during pregnancy. This becomes even more challenging for working pregnant women as they struggle to maintain a positive state of mind while dealing with common pregnancy issues like nausea, vomiting and mood swings. To foster a nurturing and joyful environment for both the mother and the baby, it is essential to read different books, engage in activities that develop the baby's mental and emotional faculties and maintain a positive outlook.

Keeping these factors in mind, I have written this book that includes

biographies of great saints, religious quotes, positive affirmations, simple daily tasks to uplift the mother's spirits and develop the baby's emotional and mental faculties, and encourage mothers to communicate with their baby on a daily basis.

RCL TIMES - Your message to all new mothers on the journey of motherhood?

TJ - As a new soul embarks on its journey, it is the mother who welcomes this embodiment of love into the world. For nine months, she carries and nourishes her child with love. The emotional state of the expecting mother plays a significant role in the mental and emotional development of the child. If the mother is joyful, positive, and communicates with the child regularly, the child is more likely to grow into a mentally strong and emotionally balanced individual. On the other hand, if the mother is experiencing stress, anxiety, or depression, it can have long-lasting consequences on the child's development, leading to behavioral issues later in life. My message to all the loving and expectant mothers is to enjoy this most precious period of their lives and spend their sacred pregnancy with grace, love, happiness, joy, positivity, creativity, and enthusiasm. I wish all the lovely would-be mothers the best as they create and nurture love during this special time.

RCL TIMES - How can your book benefit them?

TJ - This book has been crafted with immense care and love to assist pregnant women in communicating with their unborn babies every day. It is designed to help mothers maintain a positive mind set while creating a nourishing environment for their

baby in the womb, filled with happiness, joy, and positivity. The book includes biographies of various saints, positive affirmations, poems, brainteasers, Sudoku, and crossword puzzles to aid in the overall development of the baby's emotional and intellectual quotient. The goal is to program the baby's brain with positivity and equip them with the skills to handle any situation in life with ease and confidence. The ultimate purpose of this book is to bring good-hearted, loving, kind, intelligent, courageous, and sensitive souls into the world. Through this effort, we aim to make this world a better place to live in, one where "Heaven on Earth" can be a reality.

RCL TIMES - Your message to RCL Times readers-

TJ - I am a regular reader of RCL times and it's like panaroma of the club activities the articles of the members are informative. My message to all the readers and RCL Times it keep doing the good work and also to maximise and help my effort by spreading and talking about my book.

The Author of the book " BOND WITH YOUR BABY- INSIDE THE WOMB is a leading: Pranic Healer and Trainer

Certified Prenatal - Postnatal Yoga and Garbh Sanskar Trainer you can



https://instagram.com/w.o.m.b._tara
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FORTHCOMING PROGRAMMES



FRIDAY : MUSICALS



SAT - SUN : MOVIES



SUNDAY : TAMBOLA



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 ensure the cars have proper RCL stickers.
 - iv] to ensure that ayahs are restricted only to the playpen and children playground area. 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 form 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
Hony. Secretary

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