



Ranchi Club Times

HOUSE JOURNAL OF RANCHI CLUB LIMITED

International Yoga Day

MAY-JUNE-JULY-AUGUST 2022-23

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PRESIDENT'S IMPRESSIONS



Dear Members,

It gives me immense happiness, satisfaction and a sense of pride, as I write my last message for RCL Times, as the President of

our prestigious Club.

The last quarter was full of action at RCL. For years, this thought was mulling in our minds, to construct an entry to our premises, befitting the high standards of our Club. A plan which was started during the tenure of the previous Executive Committee was completed this year. I am happy to note that the newly renovated Porch and Reception area are being liked by all, and are proving to be a boon during this rainy season. Our Cards Room was shifted and given an uplift, in line with the standards of RCL.

In the month of June, we had our Annual Swimming Competition, participated and enjoyed by a lot of swimming enthusiasts. We followed it up with celebrating International Yoga Day and the RCL Slosh Tournament in the end of the month, which was again a massive hit.

In July, we invited a theatre group from Mumbai for their famous play – 'Hai Mera Dil'. Members turning out in huge numbers was a delightful sight and I am sure in the coming years, theatre will become a regular feature in RCL. July also saw a first of its kind,

RCL Grand Master Chess Tournament. Watching members of all age groups battling it out in this mind game, was exciting.

The Rain Dance 'Dubki' saw people grooving over excellent music and decor.

Like every year, The RCL Football Tournament was a big success, with the men's final going into a penalty shootout. The matches were high-octane and super enthralling.

On 15th August, we hoisted our National Flag at the premises of Ranchi Club, which was clubbed with a Pedal for Fitness Cycling event of 42 kms stretch. The RCL Badminton Tournament and Squash Tournament were big hits with maximum participation and huge turnout for racket sports enthusiasts.

The 138th AGM of Ranchi Club Ltd. is scheduled for 16th of September, 2023. I request all Permanent Members to kindly be a part of it.

Lastly, I would like to thank each and every person of our Club family for the support and motivation which was given to me and my team throughout the year.

Happy clubbing.


NIKHIL PODDAR
 President



EDITORIAL BOARD

Bonjour everyone!

Some feel the rain, others just get wet!
Sunshine on my mind and so begins the feat!

Round the corner, Amrita Bhatia walks us onto the path of diverse lifestyle disorders that one encounters and tips on overcoming them. To beat it, our one and only Kanishk Poddar pedals us into the deluge of a cloudburst monsoon onto a stimulating ride on the bewitching roads of our all time favourite Goa, simultaneously hoisting a Cycling event, 'Ride for Fitness' for the RCL members only in Ranchi. Juxtaposing, the RCL hoisted the Dubki Rain Dance with our juvenile RCL members rocking the dance floor amidst the scotch mist mizzling down.

Felicitations to the three young champs of our RCL family for bagging gold and silver badges in district swimming competitions. Abreast, the opening of the Porch and Reception Area was a quantum leap in the RCL history being classically stylish and elementarily tasteful while the veterans and other cosmopolitan

enthusiasts unearthed their blithe in the newly renovated Card Room. Concurrently, our RCL member, Puneet Poddar clandestinely opens up his diary to us.

Cheek by jowl, we had a copious of other events and tournaments encompassing the Grandmaster Chess Tournament, the timeless Football Event, the perennial Swimming Competition and the perpetual Siosh Tournament. Last and not the least, RCL celebrated the International Yoga Day with our international experts. And finally, to top it all, 'Hai Mera Dil', a classic cherished, favored Hindi play proved apt on going aboard beyond expectations marking a line of hilarious entertainer for the RCL family.

Ofcourse, we have for our intellectual brain teasers to be kept busy with a mindboggling exigent Suduko and alternatively some soothing relaxing poems by Pinky Sahu to unwind oneself.

Ergo, enjoy reading!

Bonne journe'e!

ROHAN BHATIA

Congrats!

TO OUR SWIMMING CHAMPS

RCL family is proud of

Shaurya, Reyansh & Nysa

They won medals in the **13th Jharkhand State Sub Junior and Junior Aquatic Championship.**

Shaurya Chopra son of our member Nishit Chopra won Gold for Ranchi in under 10 (Group 4 Category)

Shaurya & Reyansh Gupta son of our member Puneet Gupta won silver for Ranchi in combined (group 3 & Group 4 Categories) Relay

Nysa Modi daughter of our member Mr. Saket Modi won Silver for Ranchi in Breaststroke & Freestyle Category (Group 4)



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NEXA BARIATU ROAD, RANCHI	- P: 95550 47047
NEXA HAZARIBAGH CENTRAL	- P: 98323 83838
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GRAND OPENING OF THE PORCH & RECEPTION Friday 19th May 2023



OPENING OF THE NEWLY RENOVATED CARD ROOM Friday 28th June 2023



GOA IN MONSOON AND CYCLING

I recently travelled to Goa and coincidentally it was again during the monsoon season just like the last time I was here. There is something about the monsoon in Goa that has been growing on me forever. It feels surreal at times. Like exploring an entirely different version of Goa which we don't really hear about. You spend more time in the hinterlands of Goa than spending days and nights on the beaches.

Unlike last time, this time I rented a bicycle to explore Goa on my own in slow motion. I went straight to the bicycle rental shop from the airport, took the bicycle and rode it all the way to my hostel. Here in this blog post, I will be sharing my experience of cycling in Goa along with where you can rent a bicycle from.

Why cycling in Goa?

The moment I started riding I could feel the magic around me. The lush green landscape all around me, riding through tiny lanes, getting mesmerized by local architecture, their home and churches, feeling the cold breeze on my face along with random drizzle and salt in the wind. I was able to connect with Goa at a much deeper level which has never happened in past. I enjoyed exchanging greetings with locals passing by and stopping at tiny tea shops or bakeries to savour the local foods and make conversations with random strangers.

Every time I would hover over from one beach to another, I would climb hills, sometimes more than once, but every climb gave me an opportunity to have prettier views of the ocean and the landscape around. I remember riding from Anjuna to Arambol on day 1 of the trip and there was nothing more I could have asked for. This 15-20 km stretch had three major climbs, but thanks to the chill in the air due to the monsoon, I enjoyed it way more than cursing the climbs. On the way, I got to enjoy Urrak, a local Goan drink and my ever-favourite fish thali in the most traditional place. What else I could ask for?

I would generally start my day with a ride in the neighborhood early morning, head to the beach for a quick walk and chai while the bicycle stays parked. Then later would go cycling away from the beaches, exploring the hinterlands, waterfalls, backwaters, and farms, do some small treks, find tiny cafes and bars nestled in the small alleys and cherish tons of local cuisine. This is all I could say about northern Goa, if you head to Panjim and South Goa, they are entirely different worlds to explore on a bicycle.

Panjim, in particular, is all about beautiful heritage buildings, old cafes and bars, lots of people, beautiful churches, good

views and more while South Goa is so much about finding hidden beaches, local food, people and lush green forest. Sharing below are two photos showcasing the views I got from a hilltop near Panjim and a hidden beach I found in southern Goa, all to myself. A long ride and a short trek are all you need to reach here.

Guess you are already tempted enough to head to Goa during monsoons and go cycling.

Where to rent from?

It wasn't very difficult to find a bicycle rental company. After a few Google searches and posts on cycling groups in Goa, I was instantly directed to two companies - Cycling Zen and Pahiyaa which are involved in renting bicycles. I got connected with them and later rented my bicycle from Cycling Zen primarily because they were prompt and more people directed me to them in local cycling groups.

I rented a hybrid bicycle my size from Cycling Zen which cost me Rs. 1800/- for 3 days. The bicycle was well serviced and comes with a helmet and lock. Please do check with them directly for the current rental as the rates mentioned on their website seem different than what they charged me.

Interestingly both these companies have a fleet of bicycles which included hybrid, mountain bikes and e-bikes. Cycling Zen had options of more premium bicycles like Trek and Merida while Pahiyaa had options like Btwin, Firefox and likes. They also had a fleet of e-bikes by Hero Cycles which works great for people who want to experience cycling in Goa but are not regular cyclists. These are pedal-assist bikes which can be ridden by people of all age groups. Pahiyaa also has interesting options like tandem bike and carrier for kids which gets installed on your bike and kids can comfortably sit on them while you pull them as you ride.

Bicycle Tours in Goa - Guided Food, Heritage and Nature tours

Both these companies have curated some beautiful tours to explore Goa on a bicycle which are either day trips or even multi-day trips which include camping or overnight stays in remote places. The tours are curated to give individuals an experience of local cuisine, and culture, exploring waterfalls, lakes and hidden beaches and more while you pedal around. I didn't join them on their tours but believe me that they do phenomenal jobs and you can learn more about them through their Instagram pages - Cycling Zen and Pahiyaa.

Other companies providing bicycle tours in Goa

The Bicycle Trip

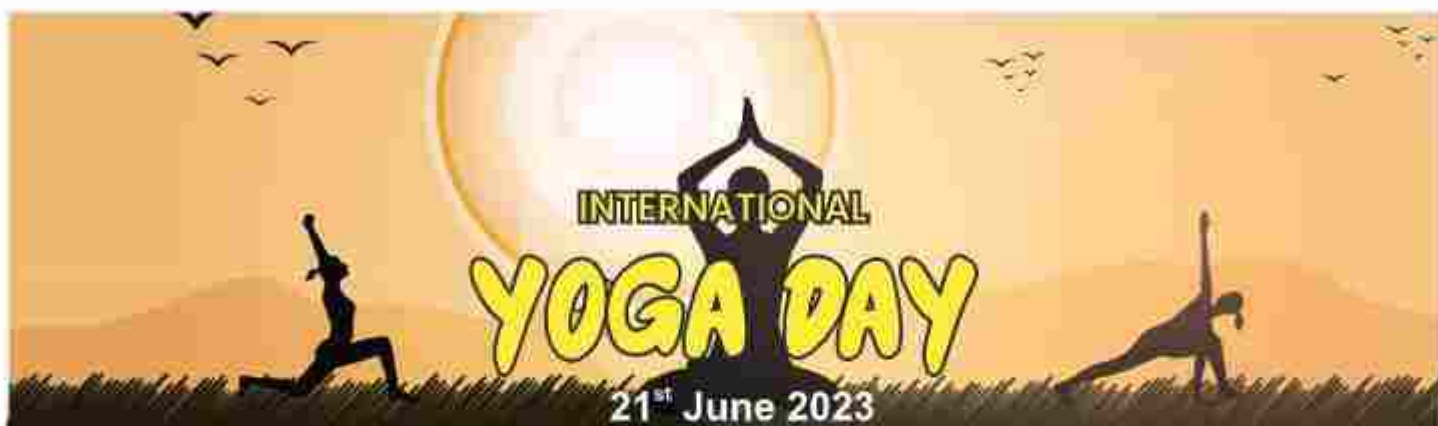
B:Live - E-Bike tours



SWIMMING COMPETITION

18th June, 2023





LIFESTYLE DISORDERS AND THEIR PREVENTION!

Lifestyle disorders are health conditions that are caused by unhealthy lifestyle choices like sedentary lifestyle or no physical activity, poor nutrition, chronic stress, excessive use of alcohol and tobacco etc. These disorders affect our quality of life in long run. It leads to factors such as weight gain, hormonal issues, elevated blood sugar levels, body pains, metabolic adaptations etc leading to various health issues like diabetes, hypothyroidism, PCOD/PCOS, obesity, hypertension, cardiovascular diseases, infertility in women, etc.

It affects our quality of life by increasing physical discomfort, low energy levels, reduced mobility, body pains, etc. It also affects a person's emotional and mental health.

These disorders develop overtime due to unhealthy choices. Thus it takes long term management too. They can be prevented by making lifestyle changes like having a balanced diet, working out for 3-5 days in a week etc.

Here are few lifestyle changes we can make to prevent common lifestyle disorders:

✓ Proper nutrition:



A well balanced and a nutritious diet should be adopted. Include variety of whole grains, fruits, vegetables, protein sources, good fats in your diet to ensure proper nutrition. Limit consumption of sugary drinks, processed foods and high calorie

foods. Practice balancing calories to avoid weight gain.

✓ Regular exercises:



Exercises play an important role in weight management and for overall well-being. Do a combination of cardio and strength training exercises for at least 150 mins in a week.

✓ Avoid sedentary behavior:



Avoid prolonged sitting and screen time. Make sure you take breaks to move around at frequent intervals.

✓ Weight management:



Try maintaining a healthy weight by being active and eating right. Losing excess weight will help in reducing the risk of developing lifestyle disorders.



✓ Limit consumption of alcohol and tobacco to avoid serious health issues.



✓ Get regular health check ups:

Get health check ups done at regular intervals to monitor health and potential disorders.

✓ Avoid fad diets:



Avoid fad diets that guarantee fast fat loss. Go for something sustainable since it is a lifetime commitment. Take guidance from certified trainers and nutrition experts.

✓ Stay connected with your healthcare professional:



If you have any of the lifestyle disorders, work closely with your healthcare professional or doctor to avoid further complications. Take help to prevent or manage your health.

Lifestyle disorders are growing globally. Its high time we realize the importance of good diet and exercises in our life. You can live a healthier and a happier life!



Amrita Bhatia
Fitness and Nutrition Coach

Sudoku

	7		1			6		
						4	3	
	4		8		5		7	
		8			7			
2				6	1	7		
			2			9		
			7	3				6
	9	6		1	3			
				9	8		2	

RCL SLOSH TOURNAMENT 29TH - 30TH JUNE 2023



HAI MERA DIL PLAY 1ST JULY 2023



RCL GRAND MASTER CHESS TOURNAMENT

8th-9th July 2023



INTERVIEW OF THE MONTH WITH

Mr. Punit Kr. Poddar

CMD, PREMSONS MOTOR GROUP

Shaping the economy and creating a more dynamic and diverse business landscape; creating opportunities for entrepreneurship; creating job or employment opportunities in the society; engaging in social welfare-services of redistributing income and wealth; transforming a standard working procedure into a more modern approach...

Yes, there is no end to this list and just one word cannot describe the pursuits of this person, his foresightedness towards his goals, the passion with which he conducts his business and how he helps the economy.

Our city Ranchi has grown by leaps and bounds over the last few decades and many business houses have been instrumental in this journey. For his vision, his knowledge and his thought process about the changing dynamics of business, RCL Times decided to interview RCL Member Mr. Punit Kr. Poddar, the man behind Premsons Motor Group and many more endeavours.

RCL Times (RCL-T): Sir, tell us something about your childhood.

Mr. Punit Kr. Poddar (PKP): As a child, I had a very big appetite for reading and would never be found without a novel. I started with Enid Blyton and graduated to Ayn Rand and so on. I still have a collection of more than a thousand books from those days. I had a pretty respectable academic record, though I used to spend most of my time reading novels, rather than my curriculum books. I remember taking many

exams while studying on the school bus, that same morning. One unique incident was that, once I missed my important exams due to the bereavement of my great-grandfather, in 1975. Since I was the class topper, the class teacher re-scheduled the exams because of my absence.

Even though I was born and did my studies in Ranchi, which was a small town then, these novels opened the whole world for me and I was



TURNING 56 IN STYLE

exposed to so many experiences. Childhood was lot of fun with friends and spending very close and good times with my grand-parents, parents, and all members of our large joint family, whose memories I cherish and recount almost daily. My grandmother was a very industrious lady and would always keep every family member, including us children, busy with chores, all the time. This imbibed in us a culture of regular hard work.

RCL-T: When did you decide to be a part of the family business and what were the challenges with

regard to work, which you faced at a young age?

PKP: I wanted to become a doctor and got admission in science stream with Biology in St. Xavier's College, Ranchi, in 1983. But, being the eldest male child of my generation, my grand-father counselled me into joining the family business and at the age of fifteen, just after passing my school, in early 1983, I joined my family textile business full time and have been working since the last forty years.

As a young boy, I learnt business, accounting, etc. from my father, Late Prem kr. Poddar ji, my grandfather and my uncle. Our ancestral textile business was very competitive and I had to travel extensively all over the state to take bookings. When on tour, work hours were like 6 AM to midnight. There was no time for lunch. At times we used to stay in small dharamshalas and sleep on durries, as there were no hotels in small towns. Many times, I used to travel in a goods train, sitting in the coal engine, with soot flying all over. Life was very tough but the experience was very exciting and taught me the basics of business principles, which has remained with me all my life.

RCL-T: The world is changing and so is our country. What do u feel is the role of entrepreneurs?

PKP: India has become just amazing. I remember the time when it took 4-5 hours to reach Bokaro from Ranchi. There were very limited flights across the country. Large business houses

were very few. Businessmen were looked at with suspicion and resentment. The tax rates were so high that it was almost impossible to comply. The big change that has happened is that, entrepreneurs have gained respect and if done in a transparent manner, money generating is no more a sin or looked with suspicion. Rather, a large section of the youth aspires to be an entrepreneur, which is evident from the large number of Startups. People from non-business backgrounds have entered the enterprise world in a big way. There has been huge job creation in the private sector and it has happened in all segments - micro-small-mid and large. There is huge tax collection by the government due to scaling up of business in India, which is evident from record breaking GST and Income Tax/Corporate tax collections year after year. This is enabling the government to invest in many socio-economic development and infra projects. The size of our population can become a big asset if we are able to make them skilled and productive. However, there is a huge gap in availability of skilled manpower in our country, which is limiting the potential of enterprises in our country. The problem now is not much about employment but more about unemployability (people who are not skilled for any job).

RCL-T: What will be your message to the youth of today and our Club children knocking on the doors of their career?

PKP: *The first and most simple message is that : THERE IS NO SHORT CUT TO SUCCESS.* Many a times, the young people think they are much more intelligent than their parents or

predecessors and they don't want to grind like their previous generation and fall for many lucrative plans to make easy and quick money. In all probability such people land up in a lot of frustration. 'Slow and steady' is the mantra (remember the hare and tortoise story from our childhood).

Second message, is to focus strongly on understanding how to handle money. It's important to educate oneself with accounting and finance, if you want to be a successful



BEHIND EVERY SUCCESSFUL MAN, THERE IS A WOMAN

entrepreneur. All revenue is not income and all investments are not expenditure. I find many new entrepreneurs don't understand the value of cash flow. Businesses survive and expand more on cash flow than just on making profits.

The third message is : ALWAYS ASPIRE TO BE THE BEST. Just because we are born in Jharkhand or belong to India, does not make us second class.

The fourth message is to focus on good quality Human Resources and value them immensely. Those organisations shall progress which shall have very high quality and motivated manpower. Never take your manpower for granted. India has changed and there is huge need

for skilled manpower. If you don't value someone else will.

Fifth message for the youth is: KEEP LIFE SIMPLE. My philosophy of life is that 'Simplicity is the ultimate sophistication'. Today a lot of the youth and others fall under peer pressure and run after brands to make their presence felt. Actually they are spending their hard earned money to make someone else's brand. In the developed world, a very miniscule percentage of population falls for this. Rather people from the developing world like China, India, etc. are very brand conscious and fall in this trap.

Sixth message is READ A LOT. One should learn from the experience and research of others. To name a few of my favourite books : Rich Dad Poor Dad, The Millionaire next Door, Think and Grow Rich, Seven Habits of Highly Effective People, The Art of Thinking Clearly, Jonathan Livingston Seagull etc. But the one book that everyone must read and read again and again is: How to Win Friends and Influence People. Success is all about interpersonal skills.

Seventh message is to GIVE BACK TO SOCIETY. One should be very conscious of the responsibility of taking care of needy people around you. The one big difference between human beings and other creatures is; a Sense of Empathy. The youth should imbibe this habit of giving back, right from their childhood. We can give back in various ways, by giving money, time, effort. But this should also be a priority of our life.

RCL-T: According to you, what is your mantra for starting a successful business venture?

PKP: First, lot of research and

planning in finding a suitable enterprise. One needs to analyse the resources and not stretch too far. No need to over-leverage. Also association with successful entrepreneurs, even as a smaller partner, is one good way to start. Many business families look for expansion and need suitable hands to grow. A young person can collaborate with such business houses and start his or her journey.

It's better to avoid an overly competitive business, as others who have already scaled up, have an edge. India is a very competitive market but fortunately, the consumption is rising very fast and it's a very good time for enterprises. The government is

focused on replacing imports with domestic production and there is huge opportunity. Unfortunately in our state, there is a huge problem of land and electricity because of which it is very difficult to run industries. A very regressive eco-system of governance is also a big reason for poor economic development. Many entrepreneurs continue to seek opportunities outside our state.

RCL-T: Over the years, how have you seen the growth of Ranchi Club and being a longstanding member of this family, what will be your message to the Club?

PKP: My message to the Club is to try to get out of the earlier exclusivity

mindset and make our Club more inclusive and welcoming for the cross section of the society.

Also, there should be renewed focus on sporting facilities and activities. The Club should organise such events that attract the youth, like regular musical activities, art and cultural events. The youth have tremendous energy and have a need for engagement. If we are able to connect with them, they can bring a sea of change in the Club.



Mr. Punit Kumar Poddar ,
Member, RCL



A COMPLETE FAMILY MAN

Mr. Poddar actively engages at a leadership level with the local business community, trade forums and philanthropic forums and charitable organisations, conceptualising and executing several initiatives in various capacities viz:-

Vice President, Ramkrishna Mission Ashrama, Ranchi, Member Governing Body, Ramkrishna Mission T B Sanatorium, Ranchi, President, Ranchi Gaushala Nyas (an 118 year old organisation), Ranchi, Sr. Vice President and Medical Board member Nagarmal Modi Seva Sadan (largest charitable

hospital of Jharkhand), Ranchi, Head of Cardiac Centre project of Nagarmal Modi Seva Sadan, Ranchi Trustee, Premsons and Bairoliya Trust (which runs Dawai Dost - twenty generic medicine charity stores), Ranchi resulting in a savings of above 20 CRORES per annum to the society.

Governing Body Member, Ranchi Gymkhana Club, Ranchi, Advisory Member - Academic Council of Ranchi Women's College, Ranchi Honorary Secretary, D.A.V Nandraj Public School, Ranchi, Member of Management Committee of many other D.A.V

Schools, Ranchi Executive Committee Member Arya Gyan Prachar Samiti, Ranchi (running three CBSE Schools and an Old Age Home),

State Director, Federation of All India Automobile Dealers' Association (FADA), Jharkhand,

Past President, Sanjeevani (NGO), Ranchi, Life Member of various organisations/NGO like Federation of Jharkhand Chamber of Commerce, Indian Red Cross, Ranchi Club Ltd., All India Marwari Sammelan, Ranchi Automobile Dealers Association, etc., Ranchi.

Mulberry Lifestyle

WING CHAIRS

Be it your living room or the bedroom, a wing chair is all you need to snuggle into during rainy days with a hot cup of chai & your favourite book.

Behind Imam Kotli, HB Road, Kokar, Ranchi
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Sofa Set | Wing Chairs | Curtains

In London, there's a woman who goes every day on the subway and sits on the dock just to listen to the announcement recorded by her husband in 1950. Margaret McCollum after the death of her Oswald Laurence, sits on the bench waiting to hear this recording that became one of London's most famous "Mind the gap" (attention the space between the train and the dock). In 2003, Oswald died leaving a huge void in Margaret's heart. So Margaret found a way to feel his presence closest. But from the day after more than half a century, this voice was replaced by an empty electronic recording. Out of distress Margaret asked this cassette tape to the London subway transport company to continue listening to her husband's voice at home.

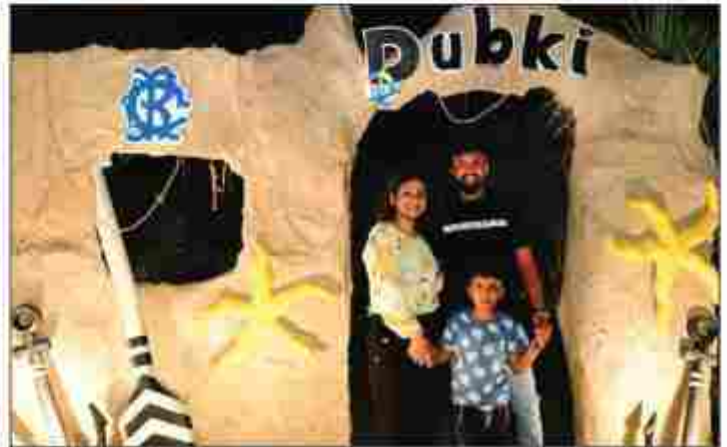
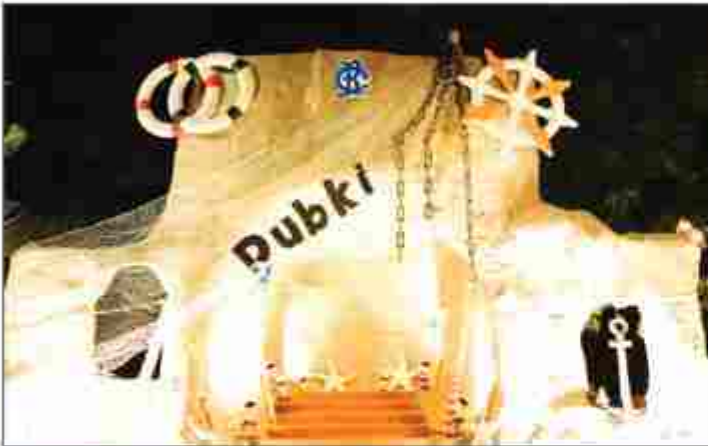
But, knowing the moving history, the company decided to restore the announcement in the only stop near the house where the woman lives, specifically at the Embankment stop of Northern Line, where all passengers can listen today Oswald

Laurence's voice and to think that eternal love really exists. Wonderful gesture by the authorities



DUBKI

22nd July 2023



RCL FOOTBALL TOURNAMENT

4th-6th August 2023



THE FOCUS

Vivek was on an all time high. The I.I.T of his dreams loomed on his vision. He had got here by dint of his dedication and not just by the financial plus of his parents. He felt privileged and blessed to be here. He was living his dream.

Days rolled into months and months into years. He found new friends and delved into all opportunities that came his way. He was pleasantly surprised to discover that he had a flair for dramatics and acting too.

He had known early on that his mind-blowing looks attracted all and sundry. In fact, his parents had warned him before hand. His father's caveat, "you can have your fling as long as you don't get us into trouble," Mother's promise "you can never get a girl better than who I could pick for you, and sister's supportive declare, "I don't mind any one, as long as she is good enough for you", all echoed in his ears.

The number of girls who importuned

him for notes grew larger and larger except for a single exception. Coincidentally, she was the most singular in her persona. He understood it was just a covert excuse for the girls to get closer to him. Why did the boys not do likewise?

Now four years forward, he again watched the same building. It seemed familiar but yet stranger too, infact almost an eyesore. He felt un fulfilled and empty as if something was missing in his life. As he turned away, he was approached by the same exception who had eluded him all these years. "I came to say Bye. I don't know if or when we will meet again. May be, I'll join you in Boston, next year."

Her overture blew his mind. Now, it sunk in that he had been on her mind all along. Her apparent don't - care-attitude had only been her way of camouflaging her interest in him. What did it matter if she took the initiative a little late in the day. She seems to have a healthy dose of guts

any way. He felt intuitively that she was quite the kind of person who would focus on her goal rather than on a transient relationship, one who would go forward on her own feet in her choosen space. What more did he want? Now he knew | He wanted to meet her again and again. He replied immediately, unable to contain his enthusiasm " why, let's have coffee now in our canteen. We can always meet some where, sometimes.

Life suddenly seemed whole again. There was no hole to be seen anywhere. Vivek's dream of being a space scientist had seemed close enough, but who would think of space when he got everything on the planet. It's the here and the now which is as important, he reflected.

So that was not just the end of academics but may be the beginning of a new life for both. Who knows ?.

Veena Malhotra



AMAZING FACT



The Joelma building in Sau Paulo, Brazil, Locals tell that the land was itself cursed with many unexpected murders, suicides & deaths. The building was the site of a tragic fire in 1974 in which more than 175 people died and many injured. Ever since, it is said to be haunted by the mysterious 13 souls & the site of numerous unexplained noises & occurrences.



Around 8 percent of the world population experience sleep paralysis, which is the inability to move when you're in a state between sleep and wake. The most terrible characteristic of sleep paralysis is the inability to move especially when you sense an extremely evil presence in the room with you. It doesn't feel like a dream, but 100% real.

RCL PEDAL FOR FITNESS 15th August 2023



RCL SQUASH TOURNAMENT 1-3RD September 2023



RCL BADMINTON TOURNAMENT 25-27th August 2023





सारे सवाल चीख-चीख कर मुझसे ही क्यों जवाब मांग रहे हैं, मेरा सर फटा जा रहा है। मैं खुद को भी नहीं पहचान रही। शीशे के सामने जा कर देखती हूँ, प्रतिविम्ब तो हूँ बहू, मेरी ही है, पर ये मैं नहीं हूँ। मुझ जैसी ही दिखने वाली ये तो कोई और ही है। शीशे की धूल हटा कर खोजती हूँ, तलाशती हूँ, हैरान सी हो के बार-बार, रगड़-रगड़ के फिर से शीशे में खुद को देखती हूँ, पर ये क्या वैसे ही दिखती हूँ।।

कुछ कहीं अटका हुआ है। क्या सच में ये मैं ही हूँ?

सोचा था अपन एक अस्तित्व बनाना, किंतु बनाती रह गई सबके व्यक्तित्व, सोचा था निष्कारुणी खुद के हुनर को, किंतु यहां जोर खुद की सूरत पर रह गया। सोचा था खुद की इक रंग-बिरंगी दुनियां बनाऊंगी, पर यहां उमर बीता दी घर के रंग-रोंगन, सजाने में। कभी-कभी दिल चाहता है भाग जाऊं इन सब से दूर, खुद की पहचान के लिए। डलक तक जो अटका हुआ है, इक फांस की तरह।

रोज की तरह सोने का प्रयत्न करती हूँ, पर सो नहीं पाती हूँ, कभी-कभी लगता है मैं स्वयं एक अजनबी बन गई हूँ। पसीने-पसीने हो जाती हूँ। दिल धड़कने लगता है, आंखें जलने लगती हैं, और अब इक सवाल मेरे भीतर उमड़ता है, मैं जीवित किसलिए हूँ? जिंदा रहने का अधिकार है क्या मुझे।। कब आंख भारी हो कर लग जाती है, पता ही नहीं चलता।

सुबह-सुबह चिड़ियों के चहचहाने की आवाज सुन आंख खुल जाती है। पास ही गहरी नींद में पति और बच्चों को धितामुक्त सोते हुए देख, प्यारी सी मुस्कान से वो उठ जाती है। रसोई घर में घुसते ही अभी-अभी ताजे बनाए पकवान और कांच के बाम में सजे अचार की खुशबू क्या उसके अस्तित्व की पहचान नहीं करा रही है क्या? खुद के हाथों को सहलाते हुए उसने लम्बी सांस ली। सवालोंने जवाब खुद ही दे दिए थे। क्या ये सब संवारना इतना आसान था?

(अनुप्रिया कोहली तलेजा)

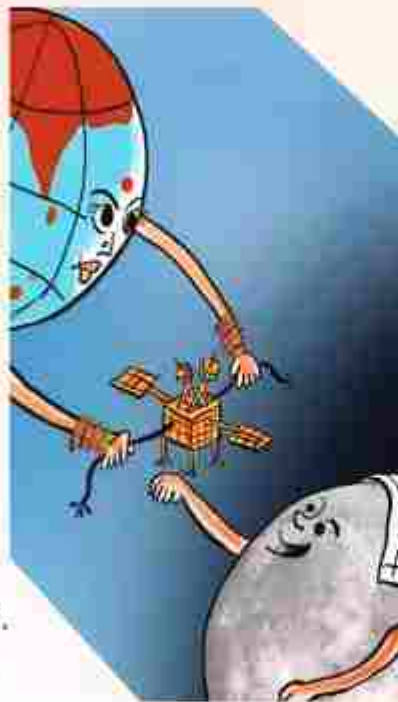


सँकते सँकते रोटी,,
कब वो तवे पर चाँद उतार लाई।
"रोटी गोल क्यों नहीं" पूछने वाली,
ये चन्द्रमा का चक्कर लगा आई।

बिंदी, काजल, साड़ी और घर...
सब लगा कर संभाला उपत्तर।
व्यस्तता में पीहर छोड़ देने वाली,
ये चंदा मामा को राखी बांध आई।

मायके और पीहर के बीच,,
इन्हीं ने सहा हर कीचकीच।
इन्हे पता है रिश्तों का मोल,
तभी खटा कर दी हर दूरी,
घरती माँ और चंदा मामा के बीच।

रह कर अपनी पारम्परिक लिबास में..
ये लेटेस्ट साइंस से हाँथ मिलती हैं।
भारत की बेटीयाँ यूँ ही नहीं..
ग्रंथो में भी पूजी जाती हैं।



उम्र के इस पड़ाव पर,,
हर भाग दौड़ के बाद,
अचानक मिले ठहराव पर।
शाम के ढलते ही,,
जाती हूँ ज़ब्र कमरे में।
रहता है सन्नटे का शोर,,
फिर भी वक़्त ढूँढ़ता है,
नज़र ज़रा कमज़ोर।
और फिर देखती हूँ मैं।
भागती घड़ी की सुई...
एक इंतज़ार हर ओर।
रहता है मेरे साथ।
और कहता है चुपके से..
सुन.. तू मत हो उदास।
चल उठ, एक कप चाय बना...
अपनी महफ़िल तू खुद सजा।
लगा कर अपनी पसंद का गाना..
तू ज़िन्दगी को फिर से गुनगुना।



पिंकी साहू

RIDDLES

1. WHAT REMAINS HOT EVEN IN THE REFRIGERATOR?
2. IT IS KICKED MANY TIMES BUT DOES NOT CRY?
3. WHAT CAN BE CHANGED WITHOUT TOUCHING IT?
4. WHAT GOES ALL AROUND THE WORLD BUT STAYS IN ONE CORNER?
5. WHICH VEGETABLE MAKES US EMOTIONAL?

ANS:

SUDOKU Answer

5	7	9	1	4	3	6	2	8
1	8	2	6	7	9	4	3	5
6	4	3	8	2	5	1	7	9
9	1	8	3	5	7	2	6	4
2	5	4	9	6	1	7	8	3
3	6	7	2	8	4	9	5	1
4	2	1	7	3	8	5	9	6
8	9	6	5	1	2	3	4	7
7	3	5	4	9	6	8	1	2



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GK QUIZ

1

WHERE WILL CHANDRAYAN-3 LAND ON THE MOON??

- (A) North Pole
- (B) South Pole
- (C) Equator
- (D) Centre



2

WHICH COMPANY SUCCESSFULLY COMPLETED ITS FIRST MANDED MISSION TO THE EDGE OF SPACE?

- (A) Virgin Galactic
- (B) Blue Origin
- (C) Tesla
- (D) Boeing



3

WHICH IS IDENTIFIED TO BE THE MAJOR CAUSE FOR THE TRAGIC TRAIN ACCIDENT IN ODISHA'S BALASORE??

- (A) Electronic Interlocking
- (B) Bridge Collapse
- (C) Poor Track Layout
- (D) Overloading



4

WHAT IS INDIA'S RANK IN THE 'WORLD PRESS FREEDOM INDEX 2023'?

- (A) 141
- (B) 151
- (C) 161
- (D) 171



5

AS PER RECENT RESEARCH, THE EARTH HAS TILTED AS MUCH AS 80 CENTIMETERS DUE TO WHICH ACTIVITY?

- (A) Deforestation
- (B) Groundwater extraction
- (C) Automobile pollution
- (D) Earthquake



6

WHAT IS THE NAME OF THE MASCOT OF NATIONAL WATER MISSION?

- (A) Jalgin
- (B) Piku
- (C) Tinu
- (D) Mojo



7

WHICH COUNTRY HAS DECIDED TO REJOIN UNESCO?

- (A) India
- (B) U.S.A.
- (C) Ukraine
- (D) Russia



8

WHICH COUNTRY INTRODUCED THE 'CHINA COMPETITION 2.0 BILL'?

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



9

WHO INAUGURATED THE NEW HIGH COURT BUILDING OF JHARKHAND?

- (A) Mr. Narendra modi
- (B) Mr. Hemant Soren
- (C) Mr. Ramesh Bains
- (D) Smt. Draupadi Murmu



10

VADDE DHARAT TRAIN INAUGURATED FOR RANCHI PATNA ROUTE WILL TAKE HOW MANY HOURS TO REACH ITS DESTINATION?

- (A) 8 hours
- (B) 7 hours
- (C) 6 hours
- (D) 5 hours



11

WHO WAS RECENTLY CROWNED AS 'MISS INDIA 2023'?

- (A) Nandini Gupta
- (B) Megan Edward
- (C) Shriya Puri
- (D) Strela Luwang



12

HOW MANY MEDALS INDIA WON IN AQUATIC ATHLETICS CHAMPIONSHIP 2023?

- (A) 21
- (B) 27
- (C) 30
- (D) 33



ANSWER

1- b, 2- a, 3- a, 4- c, 5- b, 6- b
7- b, 8- d, 9- d, 10- c, 11- a, 12- b

Quiz by
NITYA KUMAR



FORTH COMING PROGRAMMES



FROM THE DESK OF HONY. SECRETARY



1. Please inform the Club Office in case you are not receiving your bills, RCL Times and Whatsaap 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 insure the car have proper RCL stickers.
 - 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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