



RCL'S DEV DEEPAWALI

OCTOBER-DECEMBER 2023

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PRESIDENT'S IMPRESSIONS



Dear Members,

It is an honour to address you as the President of Ranchi Club. Since my journey with the Ranchi Club management began in 2007, it has been my dream to serve as the

President.

Members have kindly entrusted me with various roles: Director for four years, Honorary Treasurer for four years, Honorary Secretary for three years, and now as the President.

Upon assuming the position of President, the Executive Committee and I have focused on improving services, enhancing program quality, and developing the Club's infrastructure.

Since the new Executive Committee took office in September 2023, Ranchi Club has been bustling with activity. We've organized numerous events, including health check-up camps, Garba and Dandiya events, snooker tournaments, Oktoberfest, Chips and Chair Poker Tournament, Diwali event - "Dev Deepawali", Christmas Carnival, and New Year's Eve programs.

This year, we introduced the RCL Outdoor Trek in November and Carrom Tournament in December, both receiving overwhelming participation of more than 100 members and dependents and a lot of appreciation.

MYKONOS 2024, our New Year's Eve program at Ranchi Club, was a resounding success! With the entry fee waived, the executive committee aimed to align New Year's celebrations like other club events for all members and their families. The event drew in over 1200 attendees, creating a vibrant and memorable atmosphere. Thank you for being a part of it!

The turnout for weekend movies, Sunday Tambola, and Sunday morning cycle rides has been fantastic. After the success of these events, the Executive Committee is gearing up for more excitement, including Senior Members Party, Holi Meet, Tennis Tournament, Table Tennis Tournament, and Amitabh Bachchan Musical Night in the coming months.

In addition to these exciting programs, the Executive Committee is committed to improving the Club's infrastructure. A revamped Table Tennis area will soon be ready, and a new Fine Dining Restaurant is under development. The Front Lawn kitchen is also undergoing a complete makeover.

I trust that my Executive Committee will meet and exceed your expectations through hard work and dedication.

We hope you continue to enjoy your second home.

Happy Clubbing!
Warm regards,

Manish Jalan
President

EDITORIAL BOARD



As the calendar gracefully turns its pages, let's craft a narrative of new chapters adorned with aspirations and the promise of fresh beginnings. Wishing all readers of RCL Times a joyous New Year filled with good health and prosperity.

In the wealth of health, Dr. Kushagra Mahansaria's enlightening article on cardiovascular diseases serves as an eye-opener. Amidst December's feasting, Amrita Bhatia sheds light on the balancing act with the benefits of intermittent fasting. Mrs. Nitya Kumar continues to enrich our minds with her informative general knowledge quiz.

The past three months at RCL have been a whirlwind of activity, and we've captured the essence of each event through vibrant photographs. A heartfelt appreciation to my fellow director, Mr. Kanishka Poddar, for his invaluable contributions to this edition of RCL Times.

A special thanks goes out to our advertisers. Happy reading!"

ROHAN BHATIA

Congratulations! to RCL Members



- Dr. Kushagra Mahansaria, Aditya Budhia, Tiana Budhia, Kanishka Poddar, Anuradh Budhia, Mayank Arya, Hitesh Bhagat and Abhishek Tanuja for successfully completing the Everest Base Camp Trek on 5th October 2023.

A special congratulation to Ms. Tiana Budhia for becoming the youngest female to complete this feat from Jharkhand. Tiana completed the entire trek with her father and his friends in 10 days.

BHARAT KA JCB



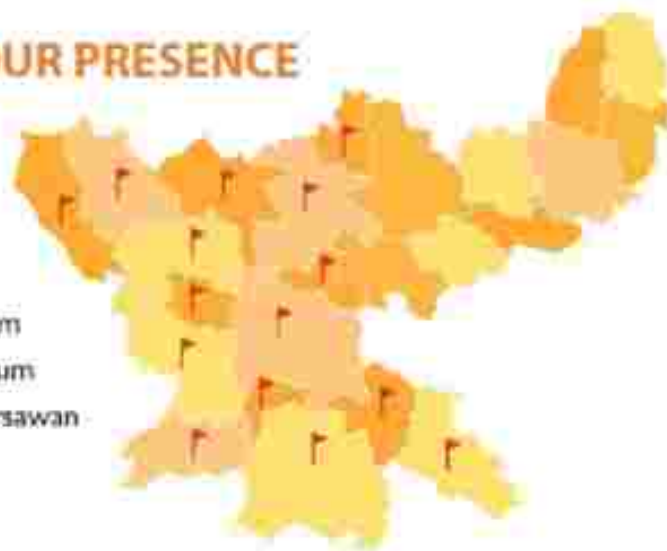
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The Ranchi Club family expresses eternal gratitude to Maharaj Pratap Udai Nath Shah Deo (1866-1950) for his invaluable donation of the land that laid the foundation for Ranchi Club. The unveiling of Maharaj's portrait on September 13, 2023, in the Club Lounge, surrounded by Senior Members and the esteemed Shahdeo Family, marks a poignant moment of remembrance and appreciation for his enduring legacy.

138th AGM 16th September 2023



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RCL'S Sunday Cycling



Health Camp (1st October 2023)



Top 10 Myths About Cardiovascular Disease

How much do you really know about your heart's health? It's easy to be fooled by misconceptions. After all, heart disease only happens to your elderly neighbour or to your fried food-loving uncle, right? Or do you know the real truth – heart disease can affect people at any age, even those who eat right?

Relying on false assumptions can be dangerous to your heart. Cardiovascular disease kills more Indians each year than any other disease. But you can boost your heart smarts by separating fact from fiction. Let's set the record straight on some common myths.

1 "I'm too young to worry about heart disease."

One in three Indians has cardiovascular disease, but not all of them are senior citizens. Even young and middle-aged people can develop heart problems – especially now that obesity, type 2 diabetes mellitus, cigarette-smoking and other risk factors are becoming more common at a younger age. How you have been living now affects your risk for cardiovascular diseases later in life. As early as childhood and adolescence, plaque can start accumulating in the arteries and later lead to clogged arteries (referred fondly as 'blockages'). Some studies have found that traces of these 'blockages' can be found as early as 2nd year of life! In present day and age, where we love to spend time outdoors, let's take a moment to realize the effect of correct lifestyle choices including diet and exercise on our long term well-being.

2 "I'd know if I had high blood pressure because there would be warning signs."

High Blood Pressure is called the "silent killer" because people don't usually know they have it. Typically, patients may never experience symptoms. By the time symptoms do develop, we end up having high BP for a few months or years and it becomes

increasingly difficult to control it. Unfortunately this undiagnosed menace still remains the number 1 cause of strokes, heart attacks and kidney failures resulting in death or in best case - loss of quality of life.

The only way to know if you have high blood pressure is to check your numbers with a simple blood pressure test.

3 "I don't need to take my blood pressure medicines because the readings are normal now."

Counter-argument: Your blood pressure is normal because of your BP medication!

Very often I seen patients in my clinic who come with a sudden increase in BP to alarming levels because they had stopped BP medicines due to this very myth.

Another myth that people face is that treatment of blood pressure carries significant side effects and therefore are reluctant take medicines. BP management has evolved leaps and bounds over the last few years and the

modern medicines carry minimal side effects (if any). For treatment of Blood Pressure, medicine will always win over no medicine.

A prudent thing to do would be to make your doctor a part of the conversation. Whether you think your BP medicines need to stop, or if you think you are experiencing some side effects of your medication, always consult your doctor before taking the decision to stop medicine. This can be a debilitating and dangerous move.

4 "I'll know when I'm having a heart attack because I'll have chest pain."

Not necessarily. Although it's common to have chest pain or discomfort radiating to the arms, backs, shoulders and/or jaw, a heart attack may cause subtle symptoms also. These include shortness of breath, nausea, feeling lightheaded, sweating, feeling of doom and (my favourite) gas-like symptoms. Moreover, such atypical symptoms may be more common in females, people with older age and those with diabetes.

5 "Diabetes won't threaten my heart as long as I take my medication."

Treating Diabetes can help reduce your risk for or delay the development of cardiovascular diseases. But even when blood sugar levels are under control, you are still at increased for heart



disease and stroke. That's because the risk factors that contribute to diabetes also make you more likely to develop cardiovascular disease. These overlapping risk factors include high blood pressure, overweight and obesity, physical inactivity and smoking.

6

"Heart disease runs in my family, so there's nothing I can do to prevent it."

Family History is a non-modifiable risk factors including age, gender and genetic makeup. Although people with these non-modifiable risk factors are at higher risk for heart diseases, their contribution to the overall risk profile is far less when compared to the modifiable risk factors. Good news is that the modifiable risk factors, as the name suggests, can be modified to mitigate and reduce our risk drastically. These risk factors include sedentary lifestyle, obesity, bad food habits, lack of regular exercise, uncontrolled diabetes, blood pressure and cholesterol, undue stress and smoking. These can be easily changed to prevent heart disease. All we need is to make an action plan and stick to it!

7

"I don't need to have my cholesterol checked until I'm middle-aged."

With the lifestyle each of us leads today, it's a good idea to start having a cholesterol test routinely after the age of 20 years, even frequently if you have risk factors described above. Children with a family history of deranged cholesterol levels and heart disease tend to have high cholesterol levels at an early age putting them at increased risk for developing heart disease as adults.

8

"Heart failure means the heart stops beating."

The heart suddenly stops beating during cardiac arrest, not heart failure. Heart Failure is a condition where the demand of the body for oxygen and nutrients



cannot be met by the heart. In this condition, the heart keeps working, but it doesn't pump blood as well as it should. It can cause shortness of breath, swelling in the feet and ankles or persistent coughing and wheezing. Heart attacks can be one cause of heart failure, but the causes can be as varied as hormonal disturbances, anaemia, problems with heart valves and heart beats (arrhythmia), infections (myocarditis). Heart failure caused by Pregnancy is also on an increasing trend in our country.

9

"My heart is beating really fast. I must be having a heart attack."

Some variation in your heart rate is normal. Your heart rate speeds up during exercise or when you get excited, and slows down when you're sleeping. Most of the time, a change in your heartbeat is nothing to worry about. But sometimes, it can be a sign of arrhythmia-an

abnormal or irregular heartbeat. Most arrhythmias are harmless, but some types of arrhythmias can be life threatening and can last long enough to cause heart failure. Most times, such an arrhythmia can be detected fairly easily through certain tests on an outpatient basis.

10

"I should avoid exercise after having a heart attack."

No! As soon as possible, get moving with a plan approved for you! Research shows that heart attack survivors who are regularly physically active and make other heart healthy changes (as described above) live longer than those who don't. People with chronic conditions typically find that moderate-intensity activity is safe and beneficial. The American Heart Association recommends at least two and a half hours of moderate intensity physical activity each week For Overall Cardiovascular Health.

Patient with certain advanced disease can also join a cardiac rehabilitation program on the recommendation of their cardiologist. Most patients do well on a physical activity plan a tailored to their needs by their cardiologists

"My advice to everyone reading this, is to do one good thing for your heart every day. Protect your heart by making healthy choices that are right for you." *****



Dr. Kushagra Mohansaria
Consultant Cardiologist
Heart Failure Specialist

RCL's Dhol Baaje - Garba & Dandiya Night

13TH October 2023



RCL'S Oktober Fest

28th October 2023



IN A JAAR

RCL TIMES : In a jar - the thought behind the name, how did this collaboration happen Take us through your journey, The highs and the lows.

INAJAAR : The journey of INAJAAR began 4 years ago. Our passion to lead a healthy lifestyle and knowing the fact that exercising isn't enough, lead to the idea of healthy foods. Also, we saw a gap in the market for healthy tasty food and decided to pursue our passion. And since then, the market has just been growing. We started as neighbors and became friends. We clicked instantly. We did event management course from symbiosis together, went on to organising fashion and lifestyle exhibition FUSION FAIR which was one of the first exhibition in ranchi. And then there has been no looking back. We compliment each other and understand each others strength and weakness which balance our work. It being a new field and new line for us initially it was a challenge to curate menu accordingly to our liking and keeping in mind the healthy food but saying that it has been a very rewarding and satisfying journey. We have been really lucky that our family and friends supported us unconditionally especially our husbands which always kept us high.

RCL TIMES : if it's 70 %your diet and 30 %exercise what is in a jar's take on offering food for a healthy lifestyle.

INAJAAR : Inajaar is all about healthy

food and a healthy lifestyle. The reason people go to junk food is because it is tasty, right, but we wanted to change the misconception that people have is that healthy food can't be tasty. There is always an alternative to everything and healthy food can be lipsmacking just like the food at Inajaar.

Inajaar dessert counter will be our first food outlet and it will be the only one



In Ranchi selling healthier desserts along with the normal desserts for which there are no outlets at The food court of The mall of Ranchi. Along with that, we are also opening a Street food outlet catering to chaat rolls sandwiches which will be served at in one place and most importantly in a very hygienic environment. We find it very difficult to eat good chaat which will be hygienic, and that gave birth to our new venture, CHATORE. In 5 years

we see ourselves serving the people with top quality foods which is healthy tasty and hygienic. but yes, we wish to have outlets in every city and Every town of Jharkhand.

RCL TIMES : your message to all budding women entrepreneurs.

INAJAAR : "Life - fulfilling work is never about the money - when you feel true passion for something you instinctively find ways to nurture it." Eileen Fisher.

RCL TIMES : whats the best piece of advice you received in these years and what motivates and pushes you.

INAJAAR : The best piece of advice was from our kids Aarav, Aahika and Swarit who always encouraged and motivated us that our dedication towards anything will take us to new heights in life. Having a common passion and urge to work hard towards our goal keeps us motivated. Dreaming and having a friend to dream along with keeps us motivated.

RCL TIMES : you have been a part of RCL family for a long time your message to the members of Ranchi club

INAJAAR : To all my lovely RCL members, I would say that thank you for the love that you showed to us when INAJAAR was launched and I hope that you continue to support us at The Mall of Ranchi with CHATORE AND INAJAAR (dessert delight).



RCL'S DEV DEEPAWALI

11th November 2023



RCL'S DEV DEEPAWALI

11th November 2023



Recipe: The Classic Milk bread

Hi, I'm Neha Sarawgi, food blogger and web content curator. I like to try out different recipes, and baking is a passion. Trust me, once you start baking this bread, you will stop calling for bread loaves from bakeries!! Try out the bread recipe and let me know how it turned out! You can find more food stories, tips and interesting recipes on my Instagram blog @nehascuprequests.

Recipe: The Classic Milk bread

A slice of soft feathery bread dipped in warm milk. Heavenly! Bread has always been a staple with breakfast, and our friend for those odd hours when hunger pangs came knocking. Chai bread, bhujia bread, and our kuch nahi toh sauce bread.

Bread baking is therapeutic. Punch it, knead it, roll it, and patiently wait for it to rise. Timing and technique are very important. An art that is perfected with practice. After baking test batches and different kinds of bread over time, I share my favourite bread recipe with you all, the classic milk bread.

Ingredients

- 3/4 cup whole milk + some more milk if needed while kneading
- 2 tbsp milk powder
- 1/4 cup granulated sugar
- 2 tbsp butter

- 1 1/4 teaspoon active dry yeast
- 1/4 tsp salt
- 2 1/4 cup all-purpose flour
- Extra flour for rolling.

Method:

- Add the sugar and the dry yeast to the warm milk. The yeast will take 10 minutes to froth.
- Mix the salt, butter, and milk powder with the flour. Add the frothy yeast. Knead well for 10-15 minutes. The dough will be sticky initially. As you knead it will smoothen out. The dough should be soft.
- Cover and keep aside for 1.5 hours for the dough to rise.
- Once doubled, punch the dough, knead again for 10 minutes, and roll it into the shape of bread.
- Arrange the loaf in a greased loaf tin. Cover with a damp cloth and let it rise again for 40 minutes.

Once risen, brush the surface of the loaf with milk and bake in a preheated oven at 160° for 35-40 minutes.

- Allow to cool, unmould, slice, and enjoy! Note: You can use half APS and half wheat flour in the recipe. But for first-timers, use only All-purpose flour to get the super soft texture.

Happy cooking. Love♥
Neha



Neha Khemka Sarawgi

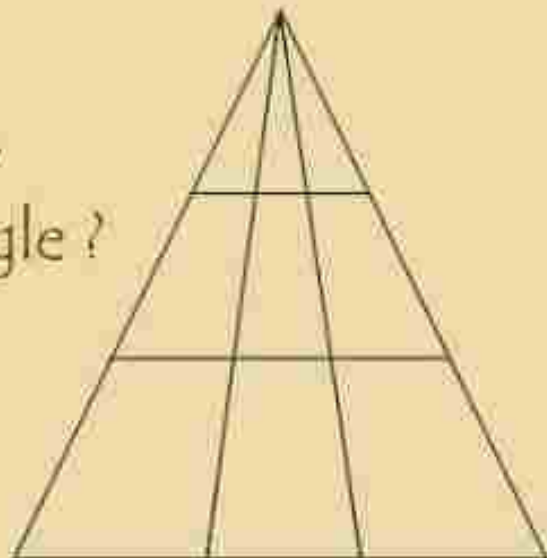


Sudoku

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

Puzzle

How Many Triangle ?



WIFE REMEMBERS

My dearest, I am saying all this because your eyes are closed. I know I cannot say it on your face. The doctor says that you are not in a coma, it is just post-surgery unconsciousness so I am sure you can hear me.

Why is it that only when you are unwell, I remember to be more careful with what I say or do? I do remember the gifts you got for me after so much thought and consideration. I would tell myself that they are trivial and less than what I deserve. Why is it that I have taken you too much for granted? We forget to express our true feelings. Life would be much better if we expressed our real sentiments instead of guarding them. Why can I not be more patient and understanding with you as we are with other people?

Do you remember when I reprimanded you for inviting your friends pronto without asking me first? I should have foreseen that you would surely come to my help later in the kitchen.

I could not tell you on your face that you have a heart of gold. It encompasses everyone in its compassion. This is

a feeling that flows and sings in my memory. We do have many happy memories of a lifetime spent together but I want to go on adding to them. You are exactly the kind of person I wanted in my life. I have never wished otherwise.

I know you are a disciplinarian of a sort. Also, I can see the underlying planning, the systematic way of work you adhere to. You are committed to excellence, imperfection, you cannot accept.

I was not always savvy with money sometimes but you never let me know even when we were hamstrung by a paucity of funds. You were always with me through thick and thin, come what may.

You were always mindful to my umpteen needs. I still kept nagging you not to be so liberal with your gifts to everyone, forgetting that they are yours to give, to whom you choose. Who am I to dissuade you?

I also remember little gestures like you covering me more with the quilt

so that there was more than enough on my side. I keep forgetting that you deserved better meals than those I choose to make. I felt miserable when you praised other women's cooking skills forgetting that they there is nothing wrong in your wanting me to be better than others, in some way or the other.

Life is beautiful. You have given me a beautiful home and wonderful kids, anyone would be proud of. What more could anyone want?

Every morning, I decide to be a better me but I forget soon after. I want you to understand it is not deliberately on purpose but just carelessness on my part. I hope you believe that I regret it often. It is only hard times like these which bring us to our senses. I promise to be a better person from tomorrow. Bye. For now, I can only say Grow old with me, the best is yet to be.



Veena Malhotra

Growing Self

Exploring the world of Personality Development

"The child must know that he is a miracle, that since the beginning of the world there hasn't been, and until the end of the world there will not be, another child like him."

— Pablo Casals

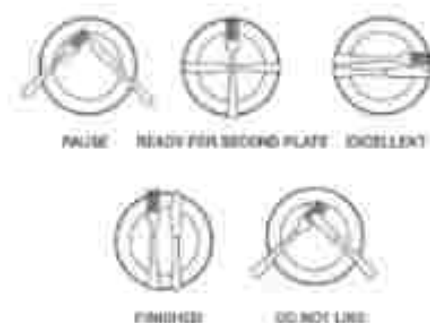
The Language of the Cutlery

The language of the cutlery is very interesting and useful when it comes to socializing. Here are a few tips to get it right.

For example, when taking a break during lunch or dinner, you should place your fork and knife in the centre of your plate with the tips facing each other forming an inverted (V).

When you have finished eating a course, and you are ready for the next one, the correct thing is to place the knife and fork forming the shape of a cross, with the fork facing up and the knife to the left.

If you wish to show your appreciation, you can position the cutlery to the right. This way you will be indicating to the staff that the food has been to your liking. But there are those who clearly show that the food has not been up to



par, and for this the correct thing is to place the cutlery in the same position as in case of when you are taking a break but introducing in this case the tip of the knife between the teeth of the fork.

As for the positioning of the cutlery at the end of a meal, it consists simply by placing the knife and fork straight up and down in the centre of the plate, with which we are implying that we have finished and that the plate can be removed.



Komal Maheswari

RCL'S Snooker Tournament

26th-29th October 2023



RCL'S Poker Tournament

05th November 2023



Into the Wild Trek

26th November 2023



RCL'S Carrom Tournament

05th November 2023



Amazing Facts



Ghost ships- ships found abandoned with no sign of the crew- still often occur even with modern methods of rescue, safety and communication. The last recorded ship to be found with no sign of life was in January 2021.



Oysters make pearls so they can feel better. When a grain of sand or debris gets stuck in their bodies, they ease the pain and irritation by coating it with multiple layers of nacre, the mineral that lines the inside of their shells, and pearl begins to form. Basically, pearls are like busters, only much prettier.



During the 2011 Fukushima Daiichi nuclear disaster, over 500 Japanese seniors, all of them over the age of 60, came forward to help clean up the radioactive zone so that younger generations don't suffer the consequences of dangerous levels of radiation. They sacrificed their safety to protect the young men and women.

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RCL'S Christmas Celebration - JINGLE BELLS

24th December 2023





RCL'S Christmas Celebration - JINGLE BELLS

24th December 2023



RCL'S MYKONOS New Year's Eve 31st December 2023



RCL'S MYKONOS New Year's Eve

31st December 2023



घरौंदा

हमारा देश... पर्य त्योंहारों
वाला देश है।

जहाँ हर तिथि
हर नक्षत्र के
अपने अपने
मन्त्र और जाप
जैसी आस्था
है, वही अलग
अलग रंगों में रंगा

यहाँ पूजा की परम्पराएँ

भी हैं। और बात करें हम लड़कियों की
तो पीहर की रौनक हम, अपने कमरे का
एक एक कोना सजाने वाली, कब दूसरे
घर जा कर वहाँ की रंगत में रंग जाती
हैं पता भी नहीं चलता।

सावन के आते ही, मेरी आँखें भादो की
तरह बरबस ही बरस जाया करती हैं।
वो बेलपत्र से ढलिया सजा कर मम्मी
के लिए पूरे सावन सुबह उठना हो,
या भाई के हाँसो में राखी बाँधनी हो।
हर बात याद कर के दिल भर आता
है, अंदर से। क्योंकि मैं बहार से बहुत
मजबूत बनती हूँ। यहाँ के घर की मान
रखने के प्रयत्न में कहीं कोई चूक ना हो
इस बात का भी ख्याल रखना पड़ता है।
मैं बिहार से हूँ। साधारण सा मेरा बिहार
मेरे लिए किताबें खरब खरब है यह तो
मेरा दिल ही जानता है। चुकी मेरे सारे
भाई बहम बड़े बड़े शहरों में बस चुके
हैं, उन्हें ख़ासा लगाव नहीं रहा। वो
तो उल्टा मुझे ही डाँटते हैं, कि पता
नहीं दीदी तुम क्या देखने जाती हो
बिहार। अरे, बिहार कोई बीज है जो
उसे देखने जाऊँ, यह तो एक एहसास
है मेरे अंदर जो बार बार मचलता है
उस एहसास की एक बार फिर से जीने
के लिए।

सावन, भादो तो गए। दुर्गापूजा भी
जाने को है। पूजा, पकवान, रिस्तेदार
की आतिशदाँरी और अपनी बार बार

बिगड़ती तबियात से मैं भी थक जाती हूँ
कभी कभी। अकेले एक एक बीज को
सम्भालना मेरे लिए मुश्किल भले ना हो,
पर शकान भरी जरूर हो जाती है। ये
सारे रस्म मेरे हिस्से, बाकी सब का सब
देसे ही चलता है। बच्चे स्कूल जायेंगे,
पति अपने कारोबार देखेंगे। पर मेरी
परम्परा के प्रति अधिक लगाव अधिक
काम भी लाएगी। मुझे नक्षत्र भी करने
में खुशी मिलती है, और मेश मन शारदा
सिन्हा के छठ गीत पर भी पसीझता है।
सारे फर्ज के साथ खुद के लिए समय
निकालना क्या मुश्किल सा लगता है
भला??

दुर्गापूजा जाते ही दिवाली आएगी। छत
से ले कर फर्श तक चमकना चाहिए।
बाकी काम भी चलेगा ज्यों का त्यों। बस
मेरे हिस्से कुछ जिम्मेदारी बढ़ जाएगी।
आखिर घर है मेश, मुझे ही पता है
करना क्या है। कितने बजट में कितनी
खुशियाँ घर आएँगी मेरे, यह सब मुझ
पर निर्भर है आखिर।

सब करती हूँ। पर अलमारी, फाइल,
रसोई सजाते सजाते अचानक मन पीहर
को निकल जाता है। कैसे मम्मी इतवार
ही चुनती थीं रसोई की सफाई के
लिए। और मैं कहती थी, "मम्मी म्यूजिक
ऑन रहेगा ना, तब तक ही मुझसे काम
होगा। भगवान से बोलो लाइट ना जाए।"
अब एतवार तक तो मैं सब कर देना
चाहती हूँ। क्योंकि हाथ बटाने अब कोई
बहार से ही नंगवाना पड़ता है। घर चमक
जाता है, और चमक जाते हैं परिवार के
चेहरे भी। और अंदर से फिकी पर जाती
है बचपन एक बार फिर से। क्योंकि तब
दिवाली का मतलब सिर्फ ब्रॉडेड कपड़े,
वाहन और जेवर नहीं थे। तब मतलब
था मिट्टी का बना एक छोटा सा घरौंदा।
उसमें लगे दरवाजे, छिड़कियाँ। हम तो
बचपन से ही इंजीनियर की भाँति अपना

घर डिजाइन करते जा रहे हैं। (सलेट के
साँचे से कितना खूबसूरत दरवाजा बन
जाता था ना!! याद है? साइड से एक
सीढ़ी हुआ करती उस घर में, जो छत
तक जाती थी। चुना से चपसका पोचारा
भी करते, उसपर रोबिन ब्लू से चित्र भी
उकेरते... दिवाली वाले दिन उस घर में
दिया जलाना अति प्रिय था मुझे।

अरे कुल्हिया चुकिया (मिट्टी के खिलौने,
बरतन) तो मूल ही गई थी। उखी में तो
धान का लावा भरते थे। सकरपारे और
भिठाईयों से सजा कर। पूजा करते,
और मम्मी सिखाती बोलो, "भगवान मेश
घर नूँ ही धन धान्य से भर रहे।"

वो घर पीहर की बनाते हम या संसुराल
की कभी मम्मी ने ना तो बताया... ना
मैंने पूछा।

उस घरींदे से इस घर तक,
कितना कुछ मेश छूट गया।
रानी हूँ इस घर की बेहक मैं,
पर बचपन वाला दिल टूट गया।

दो कुल्लो जगहों की भेल है,
लड़कियों का जीवन भी...
उस घरींदे का ही तो खेल है।

हम बनाती हैं मकान को घर,
हम स्वयं में वंश को बोती हैं।
सीध कर अपनी सूझ बुझ से,
ताउम घर को हम संजोती हैं।

हम तक परंपरा चलती रहेगी,
भले ही दिल के किसी कोने में,
छुपी बचपन मचलती
रहेगी।

पिंकी साहू



अनमोल रिश्ता

ये बात उतनी ही सत्य है, जितनी सत्य है ये धरती, ये चांद और तारे ?। जितना सत्य है ये सूरज, उतना ही सत्य है ये माँ-बेटी का रिश्ता और उससे भी सत्य इस रिश्ते का भावात्मक रूप से तब समझना, जबतक बेटी माँ नहीं बन जाती!!

माँ-बेटी के रिस्ते में छिपी अनाम, व्याधा- राधा होती है। बेटीयाँ आँगन की चिड़िया होती है, नायक का आँगन छोड़ किसी और के आँगन जाना होता है य फिर वो उस आँगन की ही हो के रह जाती है। आँगन को सींचते, संवारते जब वह दो पल के लिए बैठ जाती है, तो याद आता है उसे अपने बचपन का वो आँगन- वो आंचल, जहाँ वो अपने पंखों को फैला, चहचहाती, खिलखिलाती, अपना हुस्म चलाती थी।

अभी लगता है कल की बात हो, सौंदर्य की आँखों में रंग-बिरंगे, मनोहर इन्द्रधनुषी चित्र एक-एक कर झिलमिलाने लगते हैं य "सुर्ख लाल रंग के



गोटेदार जोड़े में मामो गुलाब की कली लग रही हो" अभी भी याद है उसे जब उसके पति ने आके धीमे से कहा था "पूरी गुलाब लग रही हो" और वो शर्म से और सुर्ख लाल हो गई थी। धीरे-धीरे उसने इस आँगन को अपना बना लिया। समेटी, सहजती, सवास्ती, कब वो इस आँगन की हो अपने आँगन को भूल गई पता ही नहीं चला।

माँ का फोन आता, दो मिनट बात कर रख देती, "बाद में करती हूँ माँ, अभी

कुछ काम है" माँ सोच में डूब जाती बोझी चिन्तामुक्त हो बोलती, कब मेरी बेटी इतनी सखानी हो गई? मेने तो नहीं सिखाया था इतना कुछ इसे, कभी एक गिलास पानी भी नहीं लेने वाली मेरी लाडली ने कब इतना बोझ उठा लिया अपने मारूम कब तो घर। साल बीतते, माँ रोज आने को कहती जब बड़ी मुश्किल से सौंदर्य जा पाती, माँ उसको गूल

से कोमल हाथों की जगह, सुरदरे हाथधके चेहरे को देख उन्मुक्त हो पूछती? य कैसे कर लेती है ये सब, एक जाती होमी बेटी मेरी। हर बात बात में अपनी फर्माइश सबसे आगे रखने वाली मेरी बेटिया, आज कोई फर्माइश नहीं करती, "कैसे कर लेती है ये सब" ?

सौंदर्य मुस्कुराती, धीमे से हँसती और कहतीय माँ, जैसे तुम करती हो ये सब जैसे तुम करती आयी हो ये सब और माँ-

बेटी आँखों में आँसू भर कर खूब हँसते। सौंदर्य माँ से कहती, मैं भी पहले ये हैरान- परेशान होकर यहीं सीबली थी, कि अतहीन कामों के गटठर में बंधी तुम मेरी ही माँ हो या कोई और! कितनी बार तुम्हें अपने कामों से छुटी पाकर उदास बैठे देखा है माँ, "आज मैं भी मैं ही उदास हो जाती हूँ माँ" ये माँ-बेटी का ही रिश्ता है जो एक-दूसरे को ना चाहते हुए एक जैसे बना देता है।

ये सदियों से चलता आया है, ये सदियों तक चलता रहेगा, तुमने कभी भी अपने कामों का भारीदार मुझे नहीं बनाया य ना मैंने अपनी बेटी को बनाया। माँ मुझी तैसी वो बात हमेशा याद रहनी, जब तुम मुझसे कहतीय "जहाँ जाओगी, काम तो कभी चुकेंगे नहीं!" जब तक मेरे पास हो खिलती रहो, तितली की तरह उड़ती रहो, और अब ये बातें मैं अपनी बेटी से कहती हूँ।

ये माँ-बेटी का रिश्ता है उतना ही भावात्मक, उतना ही सत्य य जितने ये चांद- सितारे !!



(अनुप्राण कोहली तलेजा)

Sudoku Answer

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

BEST DIET FOR FAT LOSS

1. Intermittent Fasting :

Intermittent fasting is not a kind of diet, it is a diet strategy which focuses on when to eat and not on what to eat. There is a feeding window in which you are allowed to eat everything you want and a fasting window, in which you don't consume any calories.

There are various methods of Intermittent fasting!



1. 16/8 method: In this the feeding window is of 8 hours and the fasting window is of 16 hours.

2. 5:2 method: In this method, you can eat only 500-600 calories for 2 days and regular diet on other 5 days.

3. Warrior diet: In this you have to fast for the whole day and just eat one big meal.

4. Alternate day fasting, etc

Intermittent fasting reduces the overall calories consumed by the person by restricting the feeding window and this leads to weight loss, improved cholesterol and blood glucose levels.

It is a good way of bringing discipline for those who eat a lot or get cravings often and who binge eat at nights. If you are somebody who like to eat big two meals and not small meals, this is good for you.

Calorie counting give same results!

In spite of not doing Intermittent fasting, if you are just counting calories and if you are on calorie deficit (eating below maintenance calories), you will get same results.

2. GM diet: General motors diet follow a certain pattern you have to eat for 7 days and the results are guaranteed. It looks like this:

Day 1: Only fruits except Banana

Day 2: Vegetables

Day 3: Fruits and vegetables

Day 4: Banana, milk and soup



Day 5: Brown rice, vegetables, lean protein

Day 6: Brown rice, vegetables, lean protein

Day 7: Brown rice, vegetables, lean protein, juice

This diet does not restrict on the quantity of food. But it's not the best diet as it leads to sodium deficiency, eating very less calories can lead to vitamin deficiencies and muscle loss and it's not sustainable, so the weight bounce back once you go back to

your previous lifestyle.

3. Keto Diet: It's a high fat, moderate protein and low carbs diet. Fat accounts for 65-85%, Carbs 0-5% and protein 15-35% of the total calories. Since carbs are our major source of energy and having more carbs leads to water retention in our body, when we follow keto diet, body starts using fat as a source of energy as ketones, so the drastic weight loss is mainly



water weight and not fat. Fat loss happens when you eat less calories than required even if you follow keto diet. So keto diet is not a magic diet.

There are many other diets like paleo diet, fruits diet, soup diet, no food after 7pm diet, etc which mainly work on cutting down our calorie intake. These diets are not sustainable and that's the reason most of us gain weight back after getting back to our regular eating pattern.

To lose weight, you have to be on calorie deficit. It's a good idea to include good amount of protein along with carbs and fat in our diet in order to have good muscle mass along with fat loss. So follow a balanced diet, no matter what your fitness goal is.



Amrita Bhatia



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GK QUIZ

1

The foundation of which popular Indian Monument was laid on Diwali day?

- (A) Red Fort
- (B) Golden Temple
- (C) Taj Mahal
- (D) Gateway of India



2

Which deity is Goddess Kali said to have emerged from?

- (A) Goddess Lakshmi
- (B) Goddess Durga
- (C) Goddess Saraswati
- (D) Goddess Tara



3

Diwali is also celebrated as Bandi Chher Diwas amongst Sikhs to commemorate the release of which Guru from the prison?

- (A) Guru Teg Bahadur
- (B) Guru Nanak Dev
- (C) Guru Gobind Singh
- (D) Guru Har Gobind Sahib



4

Which animal is associated with Lord Yama, the God of Death and is honored on the 2nd day of Diwali?

- (A) Elephant
- (B) Cow
- (C) Buffalo
- (D) Dog



5

Diwali marks the beginning of new fiscal year in the Hindu Calendar. What is name of this new year?

- (A) Vikram Samvat
- (B) Shalivahana Shaka
- (C) Saka Samvat
- (D) Javanese Calendar



6

The festival of Diwali is celebrated for how many days?

- (A) 1
- (B) 2
- (C) 3
- (D) 5



7

What is the birth place of Singapore Rina Munda

- (A) Karachi
- (B) Uthiratu
- (C) Sindaga
- (D) Lumbini



8

In which year was state of Jharkhand formed?

- (A) 2000
- (B) 2005
- (C) 2002
- (D) 2001



9

In November 2023, which of the following states became the first state in the country to implement the Uniform Civil Code?

- (A) Jharkhand
- (B) Uttarakhand
- (C) Assam
- (D) Gujarat



10

Who among the following became the First Woman to Skydive from Mt Everest?

- (A) Junko Tabei
- (B) Sachindevi Pal
- (C) Methali Raj
- (D) Shital Mahajan



11

Who won Women's Asian Hockey Championship trophy recently held in Ranchi?

- (A) India
- (B) Japan
- (C) China
- (D) Korea



12

Which player under the record of most centuries in ODI cricket history?

- (A) Adam Zampa
- (B) Rashid Khan
- (C) Ben Stokes
- (D) Virat Kohli



ANSWER

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

Quiz by
NITYA KUMAR





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Know Your Bar...

A drink even a nondrinker can describe, also colloquially referred to as the 'national drink of India', and for the longest time, the major Indian Made Foreign Liquor brand, Old Monk's legacy is almost 68 years old. Held inside the very same bottle in shape and size since 1954, this dark rum still tastes the same with hints of vanilla, raisins, and other spices.

The history of India's favorite rum is as interesting as its flavor. In 1855, Edward Abraham Dyer (who also happened to be the father of Colonel Reginald Dyer who oversaw the unfortunate massacre at Jallianwala Bagh in Amritsar in 1919), opened a brewery in Kasauli, Himachal Pradesh to supply cheap beer to the British soldiers. Interestingly, he created what could be Asia's first beer, 'Lion' which was advertised as being 'as good as back home' to the Britishers. In 1930s, the Indian assets of Dyer's brewery

which had been purchased by H.G. Meakin came to be known as 'Dyer Meakin Breweries'. Two years after independence, in 1949, the company was acquired by Narendra Nath Mohan and was renamed 'Mohan Meakin Breweries' for good.

Its star project was introduced in December 1954 by his son Ved Rattan Mohan, a retired Indian army colonel who took over the company as its managing director after his father's death in 1969. After a visit to Europe where he was smitten by the Benedictine monks and the liquors they produced, he introduced a drink matured in oak vats for seven years and infused with spices called Old Monk as a tribute to them. After his death, his brother, Kapil Mohan, who is the better-known face of Old Monk took over the company's gear. Such was Kapil's leadership that the drink became the country's largest-selling

liquor brand. The old soldier was proud of his product and never advertised it while he was alive because he knew that once people had a taste of the rum, they'll never go back to anything else.

According to the Old Monk Rum's website, the drink is quality dark rum made by the traditional method, matured in oak barrels for a minimum of seven years. The organic beverage contains 42.8% alcohol. It has a smooth creamy consistency. Its taste has notes of caramel, chocolate with a hint of vanilla flavor creating a truly pleasant harmony.

Available in Cola, Lemon & Coffee flavor, the drink till date is budget friendly and available across India. Old Monk is available in our RCL bars and is priced very fairly. Please enjoy. Drink responsibly but never drink and drive.



Sanket Sahi

Congratulations to Mr. Sunil Jaiswal and Mrs. Rajni Jaiswal
on winning the Kia Sonnet in the Diwali raffle draw!
Wishing them many enjoyable adventures ahead with their new car.





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24 - 25 Feb - Tennis Tournament
2 Mar - Senior Member's Party
9-10 Mar - Table Tennis Tournament
23 Mar - Holi

SAVE THE DATE

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 insure the car have proper RCL stickers.
 - iv) to ensure that ayas 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 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 ranchiclub@gmail.com regarding the details of the transaction.
11. Members can download the RCL's App from Google Play Store.

Dushyant Jaiswal

Dushyant Jaiswal
Hony. Secretary

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

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