



Panchtarni

Voice of Vibrant Community

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<i>Organising Secretary</i>	<i>Sh. Sh.Ashok Dhar</i>	<i>Mob. 9780627766</i>

From the editors desk

It gives me immense pleasure to inform you all that as notified in April edition of Panchtarni, General body election were held on 9th May 2010 and the following Office bearers were elected unopposed .

S.No	Name	Designation	Contact No.
1	Sh. K K Koul	President	09888393975
2	Sh. Om Ji Tikku	Sr. Vice - President	09888999966
3	Smt. Veena Bumbroo	Vice - President	09874464411
4	Sh. Vinod Razdan	General Secretary	09815552477
5	Sh. B K Mam	Joint Secretary	09988354783
6	Sh. Sanjay Ganjoo	Joint Secretary - II	09216601518
7	Sh. Satish Razdan	Finance Secretary	09876871848
8	Smt. Asha Gigoo	Social Secretary - I	09915899444
9	Sh. Ravinder Bhat	Social Secretary - II	01733 - 231763
10	Sh. Ashok Dhar	Organising Secretary	09780627766

We extend our whole hearted support & wish that this Executive body will take our sabha to new heights. We wish them all the best.

Rajinder Miya
(Editor)

Quick Kashmiri Learning Project **Valiv hechav koshur**

It was very encouraging to know that many of our community members indicated interest in promoting Kashmiri language with Quick Kashmiri learning project developed with this objective in mind. As one of our community member requested not to restrict this project to California in USA but think of all possibilities to make it available to all KP Children Worldwide!

In order to make it into a global movement, we are pleased to announce the names of project sewaks for various areas in the first phase.

Vinod Razdan, Panchkula, India

Sunil Bali, Singapore

Nihar Zutshi, Mississauga, ON, Canada

Nidhi Shishoo, New Delhi, India

Vandana Kaul, Miami, FL, USA

Mohan Bamzai, Naperville, IL, USA

Paviter Handoo, Los Angeles, CA, USA

We collectively as a team will come up with innovative ideas as we are in the process of constant development as we go along. Please let me know if anyone of you is interested to take a lead in your area/territory as we wish to appoint our Project Sewaks in each city or town globally.

Paviter Handoo, 12021 W. Pico Blvd, Los Angeles, CA 90064 (USA), Tel: 562-506-4223

Celebrating Zettha Maawas (Birthday of Nandakeshwara)

Dhyana Mantra

*Nandi Chaturbhujō Rakta Chaturvaktra Trilochanah
Bija Garbham Munda Shiilam Chinyayet Vidhna naashnam
Shri Parvati Priyam Putram Parameshwara Sevakam
Bhakta rakshaa Karam Chaiva Tam Vande Nandikeshwaram*

(The shrine of Nandakeshwara is at Sumbal- Sonawari very close to Waskura shrine of Roopa Bhavani. There used to be a large scale Havana on this auspicious day. The shrine is at a distance of 16 miles away from the city of Srinagar. It was the place of Sadhana for Swami Ashokananda Ji, whose Ashram is known as the Naga Dandi Ashram at Achhabal in the Anantnag District)

Jyeshtha Amaawasya is the day of incarnation of Nandakeshwara. Reference to the birth of Nandikeshwara is available in the Nilamata Purana-the primary source of Kashmiri Pandit religio-cultural heritage. When we turn the pages of the Nilamata Purana, we arrive at the conclusion that Kashmir happens to be the synthesis of the Shaiva and Shakta spiritual enlightenment.. Therefore, we need to consider the Dhyana Mantra of NANDAKESHWARA , to understand , what is the nature of Nandakeshwara. Nandakeshwara is the material existence like any other human being, but his soul is highly evolved through his Sadhana/ concentration for being perfect, and Bhakti/ devotion, that he attained the Saakshatkara of the Divine Mother Parvati and Jajanniyantaa Parmeshwara, who is both Shiva and Hara. He did great penances through his single minded devotion to Mahadeva, that he attained the spiritual status of Paraameshwara Sevaka and Parvati Putra. Shiva being of the Ashutosha nature, grants some extra physical boons to the devotees. In the case of Nandakeshwara, Shiva granted him status of being the Nandi of his celestial realm, with the consultation of Parvati. NANDI should not be taken as a bull, in the literal sense of the word, but as being perfect one in Yoga deliberations. Nandakeshwara is a great Yogi. It is because of Nandikeshwara that we can get the grace the Divine Mother, as he is said to be the First recipient of the Bhavani Sahsranaama, very prominent in the Kashmiri Pandit religious thought His day of incarnation falls this year on the 12 th of June, 2010.

: Dr. Chaman Lal Raina



Due to sedentary life styles that we all tend to lead these days the incidence of obesity and diabetic conditions is increasing dramatically. To remain healthy, consumers are on the look out for new, safer, low calorie sweetening agents derived, primarily, from natural plant sources.

Furthermore, manufacturers and food/beverage processors all over the globe are reconsidering what additives they need to use in their products and alterations to be made to meet consumer demand for low calorie sweeteners In fact, consumers are drawn by four words that make up two key descriptive expressions, i.e., "all-natural" and "low calorie".

Several plants are reported to possess sweetening properties but in a holistic manner one plant fills this gap and that is Stevia rebaudiana, popularly known as stevia, a sweet wonderherb native to Paraguay. Dr M.S. Bertoni botanically described Stevia rebaudiana (Bertoni) and named the plant (in 1905) in honour of Paraguayan chemist Dr Rebaudi. It is a small green plant bearing leaves which have a delicious and refreshing taste that can be 30 times sweeter than sugar. The intense sweetness of the leaves is due to presence of chemical compound called steviosides (150 to 300 times sweeter than sugar). The leaves have been traditionally used for hundreds of years in Paraguay and Brazil to sweeten local teas, medicines and as a „sweet treat“. Steviosides, extracted from the leaves of stevia by a process, are reported to have zero calories and can be used wherever sugar is used, including in baking etc.

Today, Stevia is one of the most health restoring plants on the Earth. What whole Stevia leaf does both inside the body and on the skin is incredible. Besides the intensely sweet glycosides (Steviosides, Rebaudiosides and a Dulcoside), various studies have found the leaf to contain proteins, fibers, carbohydrates, iron, phosphorus, calcium, potassium, sodium, magnesium, zinc, rutin (a flavionoid), true vitamin A, Vitamin C and essential oil which contains 53 other constituents. Quality Stevia leaves and whole leaf concentrate are nutritious offering numerous health benefits as natural dietary supplements.

Stevia is a new crop and is gaining very high popularity amongst all type of sweetener users as most ideal substitute for sugar. Presently it is consumed in large quantities in countries such as Japan, Korea, China, Malaysia etc. In Japan, about 2000 t of stevia extracts are consumed annually. Today Stevia Rebaudiana extract accounts for 40% of the sweetener market in Japan, Korea and Malaysia. Being ideal for diabetics and low calorie diets; in Japan "diet Coke" uses steviosides instead of chemical sweetener, Aspartame. For over 25 years now, the Japanese have used stevia and its extracts as a table top



sweetener, in soft drinks, baked goods, pickles, fruit juices, jams and jellies, candies, yogurts, pastries, chewing gum, sherbets, toothpaste and tobacco products. The market in the US is currently in strong competition with artificial sweeteners, but these are losing ground in the health war stakes as recently US FDA is reported to have removed cap on the use of rebaudioside (a derivative of steviolosides) by declaring it as "GRAS" (generally recognized as safe).

Stevia leaves and stevioloside are virtually calorie-free, beneficial in the prevention of dental cavities and do not trigger a rise in blood sugar. Other benefits of adding Stevia to the daily diet include improved digestion and gastrointestinal function, soothing upset stomachs and quicker recovery from minor illness. Users have also reported that drinking Stevia tea or Stevia enhanced teas helped to reduce their desire for tobacco and alcoholic. It should be noted that only the whole stevia leaves have nutritive benefits. Stevioloside extracts function as a sweetener and pass through the body undigested, although they do possess anti-viral and anti-bacterial properties. When applied topically, the stevia leaves also fight acne and speed wound healing while also reducing the formation of scar tissue. It also inhibits the growth and reproduction of some bacteria and other infectious organisms, including the bacteria that cause tooth decay and gum disease. Water based whole Stevia leaf concentrate offers several other skin care benefits. When applied regularly as a facial mask it effectively softens and tightens the skin, smoothes out wrinkles and helps to heal various skin blemishes including acne. With regard to production of value added products which constitute the major market segment, recent R&D studies have made possible extraction of Stevia leaves into steviolosides through eco-friendly & simpler, water-only extraction processes (similar to sugar processing) in place of the older solvent extraction technology. The ability to be used in baking opens the potential for new, low or no-sucrose but sweet tasting cakes, biscuits, pastries etc.

The plant has been successfully grown under a wide range of climatic conditions in Thailand, Indonesia and the cold northern latitudes of Leningrad and north China and Canada. In cold

climates it is grown during summer as an annual crop, with a single harvest. Whereas in tropical areas it is a perennial (2 to 5 years life span) with multiple harvests per year. As an annual crop in Canada, it is suggested that 50 hectares of stevia could produce sweetener equivalent to \$1 million of sugar which in Australia would require 240 hectares of cane to grow, i.e. productivity in terms of sweetness equivalent per hectare is high. The cultivation has been taken up in some more countries.

India is one of the largest consumers of sugar in the world. Diabetes being one of the major concerns and is increasing at a alarming rate, there is a growing need to look for safer & health promoting sweeteners preferably from plant sources which can be used by all and sundry. Stevia cultivation and production of value added products could provide one of the alternatives. So far as the cultivation prospects are concerned, it has been successfully introduced in India and cultivation is going on in several states which includes Jammu province.

Based on its performance in the cultivation regions, successful stevia cultivation in India could, therefore, provide benefits as follows:

- Stevia is going to play a major role in satisfying sweetening needs of sweet toothed Indians.
- As availability of water for irrigation is a matter of concern, its cultivation will ensure higher returns per mega litre of irrigation water used- a boon both for government and farmers.
- To the consumer through potentially reduced health risk than if consuming artificial sweeteners.
- Besides providing import substitution (reduction of current imports of artificial sweeteners), it will give economic fillip to all those having commercial interest in the value added products.

Last but not the least, the total irrigable land required for meeting the countries requirement for natural sweeteners will get drastically reduced.

BHAGWAN PARASHURAM—THE SIXTH AVATARA OF VISHNU

Compiled By : S.Ganjoo

Parashuram was the Great Grandson of Bhrugu Rishi, after whom the "Bhrugu vansh" has been named. Bhrugu's Son, Rucheek was married to King Gadhi's daughter, Satyavati. The son of Satyavati was Jamadagni who was married to Renuka, daughter of King Prasenjit. They had five sons and Parashurama was the youngest one and was named as Raman. Pleased with his severe thapas, Lord Siva gave him a axe shaped weapon called Parasu. Raman thus came to be called Parasuraman. Parshurama was born on Akshay Tithiya and is observed traditionally as the birth anniversary of Parshuram, the sixth incarnation of Lord Vishnu.

Bhagwan Parshuram, the Eternal Avatar, appears again and again when the planet is in great danger. Parashuram Bhargava or Parasuram (Axe-wielding Rama), according to Hindu mythology is the Sixth avatara of Vishnu, belongs to the Treta yuga.



The purpose of the sixth incarnation or Sixth Avatara of Vishnu is considered by religious scholars to be to relieve the earth's burden by exterminating the sinful, destructive and irreligious monarchs that pillaged its resources, and neglected their duties as kings. He received an axe after undertaking a terrible penance to please Shiva, from whom he learned the methods of warfare and other skills. He is a Chiranjeevin, who fought the aggressing ocean to recede thus saving land of Konkan and Malabar. Bhagwan Parashuram is also known as Lord of Yajnya, Lord who grants prosperity, and Lord of knowledge. According to ancient Himalayan tradition of knowledge, Parshuram was the first to introduce inter- planetary weapons on this planet in ancient days, when the planet needed protection from catastrophes caused by the greed and pride of the ruling powers.

Parashuram has been mentioned in several scriptures - Ramayana, the Mahabharata, and Bhagavata and Kalki Puranas. He is famous for killing the Haihaya-Kshatriyas on the earth 21 times for their Ahankara (pride/arrogance). He wanted to spread & preserve the Vedic culture on Earth. He was born a Brahmin but is Kshatriya by Karma, or deeds. He is also known as Bhargava. Parashurama is famous for killing the Haihaya-Kshatriyas on the earth 21 times for their Ahankara (pride/arrogance). He wanted to spread & preserve the Vedic culture on Earth.

Once King Kartavirya Arjuna (Sahasrarjuna) and his army visited Jamadagni, a brahmin sage, who fed his guest and the whole army with his divine cow Kamadhenu the king demanded the magical cow and Jamadagni refused because he needed the cow for his religious ceremonies. King Kartavirya then stole Jamadagni rishi's holy cow Kamadhenu. Kamadhenu could grant any wish. An angry Parasuraman fought with the king, killed him and brought back Kamadhenu & its baby to the ashram. His father was upset for he felt a brahmin has to be patient. Parasurama went on a pilgrimage for a year to please his father & to atone his sins.

Parasurama's mother had deep respect and devotion for her husband and worshipped him as her Lord. So pure was her devotion that each day she would go to the river bed and pick up a handful of

sand and this would form into a pot. She would be able to fill water in this unfired pot and take it to her husband for his daily pooja. One such day, as she took up a handful of river sand, she saw the reflection of a handsome gandharva in the water and she looked up in admiration. This was a step down in her sincerity and she lost the ability to create a pot of the river sand.

Sage Jamadagni realised through his Gnana Drishti of the happenings and ordered his sons to kill their mother. His sons refused to do so, claiming their mother was even greater than God to them. Parasurama immediately chopped off his mother's head to do his duty to his father. Rishi Jamadagni was overjoyed by his obedience and was willing to grant him any boon. Parasurama asked for the life of his mother and brothers and also that they have no memory of the happenings. Jamadagni rishi granted him his wishes.

Kartavirya 's sons were meanwhile lusting for revenge. One day, when sage Jamadagni was alone in the ashram with his wife, they chopped off his head. When Parashurama returned home he found his mother crying hysterically. He asked why she was crying, she beat her chest 21 times. In a rage, Parashurama vowed to exterminate the world's Kshatriyas 21 times. He killed the entire clan of Kartavirya Arjuna (Sahasrarjuna), thus conquering the entire earth. He offered his dead father's soul tarpana with the blood of the kings and warriors he slew. He then conducted the Ashwamedha sacrifice, done only by sovereign kings, and gave the entire land he owned to the priests who performed the yagya.

सावित्री की साधना

जया सिद्धू रैना

पलक उठा कर देखती जो
सावित्री दिखती नहीं कहीं भी
सावित्री तपस्विनी थी---
सत्य निष्ठा धारण किये
अग्नि होम में आहुति देखती थी---
आत्म चिन्तन से ॥ ॥
यथार्थ के अभिनन्दन हेतु।
मृत्यु से भी छीन के ले
अपने सुहाग को जो---वही सावित्री कहलाती है।
वास्तव में सत्य का
एक मानवीकरण था भूतल पर
ऐसा सावित्री ने दिखा दिया
मृत्योर्मा अमृतं गमय
सत्य साधन है।
मन्त्र को अणुप्रानित
करना है--- वास्तव में
अपने सच्चरित्र से।
यही सत्य है
आत्म निरीक्षण है
सावित्री की तपस्या

Wedding Bells

- Vibhusha D/O Mrs. Vimla & Mr. C. L. Wali got married to Rajiv S/o Mrs. Kaushalya & Late Mr. D. L. Joshi on 23-05-2010. Sabha wishes the couple happy married life.

Congratulations

- Shuhul Razdan S/o Satish Razdan on his success in 10th class exams with 82% marks.
- Roshni Raina D/o Ramesh Raina CHD on his success in 10th class exams with grade A1 10/10. Secret Heart School.
- Aishani Mujjoo D/o Mr. Rajinder Mujjoo Sector – 9 Panchkula on his success in 12th class exams with 70% marks.
- Ainesh Mujjoo S/o Mr. Rajinder Mujjoo Sector – 9 Panchkula on his success in 10th class exams with 95% marks.

Job Selection

- Namrita Kher D/o Mrs. Nisha & Mr. C. M. Kher nephew of Sh. K. K. Koul got selected in Jindal Steel with handsome package.
- Aakriti Dhar D/o Mr. Ashok Dhar got selected in Wipro Mumbai.
- Nisha Munshi D/o Mrs. Kiran Munshi Sector – 41D Chandigarh got selected in TCS.
- Aditya Labroo S/o Mrs. Veena & Mr. R. K. Labroo got selected in Delight consultancy.

Promotions

- Congratulations to Mr. C. L. Pandita R/O Dhakoli on his being promoted as Manager Vijaya Bank.

Welcome

- KPS Panchkula welcomes Dr. C. N. Malla & Dr. Nancy Malla.

Condolences

- Smt. Shanta Ji Taku mother of Mr. Roop Krishen Taku R/O Savitri Towers Zirakpur expired on 10-06-2010. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace. Mobile No 9256727977
- Smt. Roopa Dhar W/O Prof. G. L. Dhar mother of Dr. Rohin Dhar & Swastik Vihar MDC Panchkula expired on 26-06-2010. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace. Mobile No 9417288020.

Members who have not renewed their membership are requested to renew their membership

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