

# Hope Ek A.S.H.A. (Regd.)

(A Voluntary Research Organisation Dedicated to Care of the Alzheimer's Disease Patients and their Caregivers)

# HOPE 2015 SOUVENIR



Give care...  
who can't take Care of themselves

## Alzheimer Disease

### A Challenge to Quality of life

[www.hopeekasha.org](http://www.hopeekasha.org)



# Tourism Finance Corporation of India Ltd.

TFCI is a specialised financial institution catering to the requirements of India's tourism industry through innovative and convenient forms of assistance.

## Services:

### Financial Assistance

- Rupee Term Loan
- Corporate Loans
- Take-over Finance
- Financial Structuring

### Advisory Services

#### Project-related Services

- Techno-Economic Viability studies
- Market assessment
- Loan Syndication
- Valuation Services

#### Tourism-Related Services

- Tourism Master Plans
- Circuit Development



## MISSION

To develop tourism as one of the main industries in the country, and to ensure optimum utilisation of rich resources in building sustainable tourism growth.

## HELPING TOURISM GROW



Tourism Finance Corporation of India Ltd.  
13th Floor, IFCI Tower- 61, Nehru Place, New Delhi-110 019  
Tel.: 26291151 Fax: 011- 26291152  
E-mail: ho@tfcild.com, Website: www.tfcild.com

Financial assistance is provided to the following sectors:

Tourism Sector	Infrastructure Sector	Other Sectors
<ul style="list-style-type: none"> <li>• Hotels, Resorts, Motels, Wellness Spa, etc.</li> <li>• Entertainment Centres, Amusement Parks and Water Parks</li> <li>• Multiplexes, Shopping Centres, Family Entertainment Centres, Clubs</li> <li>• Convention Centres</li> <li>• Ropeways</li> <li>• Travel and Transport</li> </ul>	<ul style="list-style-type: none"> <li>• Conventional and Non-conventional Power Projects, Power Distribution Networks</li> <li>• Roads, Airports, Ports, Rail Infra Related to Tourism</li> <li>• Hospitals, Schools, Colleges, Stadiums</li> <li>• Special Economic Zones, Industrial Estates, Warehouses</li> <li>• Media, Entertainment and Telecom</li> </ul>	<ul style="list-style-type: none"> <li>• Commercial Real Estate</li> <li>• Group Housing</li> <li>• Manufacturing</li> <li>• Services Sector</li> </ul>



## Hope Ek A.S.H.A



*Do not ask me to remember.  
Do not try to make me understand.  
Let me rest and know you are with me.  
Kiss my cheek and hold my hand.  
I am confused beyond your concept.  
I am sad and sick and lost.  
All I know is that I need you to be with me at all cost.  
Do not lose your patience with me.  
Do not scold and curse my cry.  
I can't help the way I am acting,  
Can't be different though I try.  
Just remember that I need you,  
That the best of me is gone.  
Please don't fail to stand beside me,  
Love me till my life is done.*



Hope Ek A.S.H.A



It feels good to  
hear someone say  
*Take Care*  
but it feels so much  
better to hear  
someone say  
*I will take care of you*



## Hope Ek A.S.H.A



जगत प्रकाश नड्डा  
Jagat Prakash Nadda



सत्यमेव जयते



स्वास्थ्य एवं परिवार कल्याण मंत्री  
भारत सरकार  
Minister of Health & Family Welfare  
Government of India

### MESSAGE

I am happy to know that “**Hope Ek A.S.H.A.**” on its 14th annual day is bringing its souvenir “Hope-2015”.

I am also pleased to note that the society is dedicated to the care of Senior Citizens suffering from Alzheimer/Dementia (Memory Loss) and their caregivers through its committed team of medical professionals and volunteers. Through their dedicated and hard work, they have extended valuable and worthy care to more than 430 families.

I commend Dr. Sushma Chawla for her commendable efforts and am confident that the Society would continue to strive hard to achieve its aims and objectives under her leadership.

Jagat Prakash Nadda



## Hope Ek A.S.H.A

नितिन गडकरी  
NITIN GADKARI



मंत्री सड़क परिवहन राजमार्ग एवं पोत परिवहन  
भारत सरकार,  
परिवहन भवन, नई दिल्ली-110001  
MINISTER OF ROAD TRANSPORT  
HIGHWAYS & SHIPPING  
GOVERNMENT OF INDIA  
PARIVAHAN BHAVAN, NEW DELHI-110 001

### MESSAGE

It gives me a great pleasure to learn that “Hope Ek A.S.H.A.” (HEA), a research organization dedicated to caregivers of Alzheimer disease patients has been performing for the public cause. The publication of souvenir “Hope-2015” would encourage the public in general and caregivers in particular to come forward for the sufferers.

I congratulate to all the members of the organization, the members of the editorial Board, volunteers and participants of the Souvenir, for organising this event .

Wishing the event a grand success.

Date: 28th November, 2015

Place: New Delhi

  
(NITIN GADKARI)



## Hope Ek A.S.H.A

डॉ. हर्ष वर्धन

**DR. HARSH VARDHAN**



सत्यमेव जयते

मंत्री  
विज्ञान और प्रौद्योगिकी एवं पृथ्वी विज्ञान  
भारत सरकार  
नई दिल्ली-110001

MINISTER  
SCIENCE & TECHNOLOGY AND EARTH SCIENCES  
GOVERNMENT OF INDIA  
NEW DELHI-110001

### MESSAGE

I am very glad to know that "Hope Ek A.S.H.A." (HEA), a charitable society, is organizing its 14th annual Caregiver Meet of the caregivers of Alzheimer's Disease Patients on 20th December 2015 at Constitution Club of India, Delhi.

HEA headed by Dr. Sushma Chawla is rendering commendable service to the patients suffering from a traumatic incurable disease Alzheimer. I believe that efforts made by the Society will make people aware of the disease.

I convey my best wishes to HEA on this occasion and wish for its successful completion.

  
**DR. HARSH VARDHAN**



## Hope Ek A.S.H.A

उमा भारती  
UMA BHARTI



सत्यमेव जयते

जल संसाधन, नदी विकास  
एवं गंगा संरक्षण मंत्री  
भारत सरकार,  
नई दिल्ली-110001

MINISTER OF WATER RESOURCES  
RIVER DEVELOPMENT AND  
GANGA REJUVENATION  
GOVERNMENT OF INDIA  
NEW DELHI-110 001

### MESSAGE

I am happy to learn that the “Hope Ek A.S.H.A.” (HEA), is organizing a caregiver’s meet for Alzheimer disease patients on its annual day on 20th December 2015 at Constitution Club of India, Rafi Marg New Delhi -110001 and also bringing out a souvenir Hope-2015 on the occasion

It is worth appreciable that the society is dedicated to the cause of Alzheimer patients who deserves special care. The efforts made by society have been commended. I am sure that the Society would continue to strive hard to achieve its aims and objectives.

My best Wishes for the success of entire endeavor.

  
UMA BHARTI



जलव चत- ज लस चय

Room No. 210, Shram Shakti Bhawan, New Delhi-110001  
Tel.: (011) 23711780, 23714663, 23714200, Fax: (011) 23710804  
E-mail: minister-mowr@nic.in





## Hope Ek A.S.H.A

राजीव प्रताप रुडी  
RAJIV PRATAP RUDY



मंत्री  
विज्ञान और प्रौद्योगिकी एवं पृथ्वी विज्ञान  
भारत सरकार  
नई दिल्ली-110001  
MoS Skill Development & Entrepreneurship  
(Independent Charge) &  
Parliamentary Affairs, Government of India  
New Delhi-110001

### MESSAGE

I am glad that “Hope Ek A.S.H.A.” has completed 14 years of its service to the senior citizens suffering from Alzheimer / Dementia through its committed team of medical professionals and volunteers is celebrating its Annual Day.

I am also happy to note that the Society is dedicated to the cause of Alzheimer patients who need special care. The efforts made by it have been commendable. I am sure that the Society would continue to strive hard to achieve its aims and objectives.

I send my best wishes for the success of this entire endeavour.

  
(RAJIV PRATAP RUDY)

Office: 2nd Floor, Shivaji Stadium Annexe, Shaheed Bhagat Singh Marg, New Delhi-110001  
Tel.: 23450811, Fax: 23450864

Room No. 56, Parliament House, New Delhi-110001 Tel: 011-23010895, 23034638, Fax: 23011824  
Residence: AB-97, Shahjahan Road, New Delhi-110011 Phone: 011-23070300, 23070999 (Telefax)



## Hope Ek A.S.H.A

प्रो० सांवर लाल जाट  
PROF. SANWAR LAL JAT



सत्यमेव जयते

जल संसाधन, नदी विकास  
एवं गंगा संरक्षण राज्य मंत्री  
भारत सरकार,  
नई दिल्ली-110001

MINISTER OF STATE FOR WATER RESOURCES  
RIVER DEVELOPMENT AND  
GANGA REJUVENATION  
GOVERNMENT OF INDIA  
NEW DELHI-110 001

### MESSAGE

I am pleased to know that “Hope Ek A.S.H.A.” (HEA), a charitable organization caring for Alzheimer/Dementia (memory loss) patients is celebrating its 14th Anniversary on 20th December 2015.

I extend my full support and good wishes to the organization for selfless and hard work done by the Organization.

(PROF. SANWAR LAL JAT)

---

215, श्रमशक्ति भवन, रफी मार्ग नई दिल्ली – 110001  
दूरभाष: (011) 23708419, 23718759, फ़ैक्स: 011-233544496  
215, Shram Shakti Bhawan, Rafi Marg, New Delhi-110001  
Tel.: (011) 23708419, 23718759, Fax: 011-23354496  
E-mail: mos-mowr@nic.in

निवास: 1 तीन मूर्ति लेन, नई दिल्ली – 110011, दूरभाष: (011) 23012186, 23718759, फ़ैक्स: 011-23794189



## Hope Ek A.S.H.A

डा महेश शर्मा  
Dr Mahesh Sharma



सत्यमेव जयते

राज्य मंत्री (स्वतंत्र प्रभार)  
पर्यटन एवं संस्कृति  
और

नगर विमानन राज्य मंत्री  
भारत सरकार

Minister of State (Independent charge)  
for Tourism & Culture  
and Minister of State for Civil Aviation  
Government of India

Date: November 30, 2015

### MESSAGE

I am happy to note that “**Hope Ek A.S.H.A.**” is going to organize caregiver meet of the caregivers of Alzheimer disease patients on its foundation day 20th December, 2015 and bringing out a souvenir “Hope-2015” to mark the occasion.

Alzheimer disease is a disease related to the progressive degeneration of brain cells affecting memory, thinking, behaviour and emotions. This disease not only afflicts the persons with dementia but also affects every one around that patient. I am happy to note that “Hope Ek A.S.H.A.” is doing this human service by helping the people affected with this disease.

I Wish the organizers all success in their endeavours.

Place: New Delhi

**Dr. Sushma Chawla**  
Founder President  
D-52, Greater Kailash Enclave-II,  
New Delhi-110048.

**Dr Mahesh Sharma**



## Hope Ek A.S.H.A

**Mukhtar Abbas Naqvi**



Mukhtar Abbas Naqvi  
Minister of State For  
Parliamentary Affairs & Minority Affairs  
Government of India

### MESSAGE

I am glad to know that the “**Hope Ek A.S.H.A.**” Society is going to organise its 14th Annual caregiver meet of the caregivers of Alzheimer disease patients and bringing out a souvenir “Hope-2015” on 20th December, 2015.

I extend my greetings and congratulations to all the members of this society and wish the souvenir all success

Dated: 30th November, 2015

Place: New Delhi

(Mukhtar Abbas Naqvi)

**Dr. Sushma Chawla**  
Founder President  
D-52, Greater Kailash Enclave-II  
New Delhi-110048.



## Hope Ek A.S.H.A

डा संजीव कुमार बालियान  
Dr Sanjeev Kumar Balyan



कृषि एवं किसान कल्याण राज्य मंत्री  
भारत सरकार  
Minister of State for Agriculture  
and Farmers Welfare  
Government of India

30 NOV 2015

### MESSAGE

It gives me immense pleasure to learn that the “**Hope Ek A.S.H.A.**” (HEA) is organizing a caregivers meet for Alzheimer disease patients on its annual day on 20th December at constitution Club of India, New Delhi.

During the past few decades, Alzheimer disease has emerged from obscurity. Once considered a disorder, it is now seen as a major public health issue that has a severe impact on people in old age.

I hope the issues related to the disease would be deliberated in the meet and come out with credible suggestions, beneficial to the senior citizens.

I wish the meet a grand success.

  
(Dr. Sanjeev Kumar Balyan)



## Hope Ek A.S.H.A

मनसुखभाई वसावा  
**MANSUKHBHAI VASAVA**



राज्य मंत्री  
जनजातीय कार्य मंत्रालय  
भारत सरकार,  
निर्माण भवन, नई दिल्ली-110011  
Minister of State For  
TRIBAL OF AFFAIRS  
Government of India  
NIRMAN BHAWAN, NEW DELHI-110011

### MESSAGE

I am happy to Know that the “**Hope Ek A.S.H.A.**” (HEA) is organizing caregiver’s Meet for Alzheimer Disease Patients on its annual day on 20th December, 2015 at Constitution Club of India, Rafi Marg, New Delhi and publishing 14th Souvenir “Hope-2015” to mark this grand event.

Now a day, this disease has become a major public health problem that has a severe impact on millions of older persons and their families. I congratulate you for your remarkable efforts in caring the Senior Citizens suffering from this disease and believe that the meet will be useful to motivate the masses about the disease and the problems faced by the people at large.

I Wish the Hope Ek A.S.H.A. all the success in their endeavour.

**Dr. Sushma Chawla**  
President  
Hope Ek A.S.H.A.  
D-52, Greater Kailash Enclave-II  
New Delhi-110048.

**MANSUKHBHAI VASAVA**



## Hope Ek A.S.H.A

### Syed Shahnawaz Hussain

Ex-Member of Parliament  
Former Union Minister, Govt. of India



सत्यमेव जयते

7, Pandit Pant Marg, New Delhi-110001, India  
Tel.: +91 11 23351077, Telefax: 23351786  
E-mail: shahnawaz@sansad.nic.in

### MESSAGE


I am happy to know that “**Hope Ek A.S.H.A.**” (HEA) is organizing a caregiver’s meet for Alzheimer disease patients on its 14th annual day celebration on 20th December, 2015 at Constitution Club of India Rafi Marg, New Delhi-110001 and also bringing out a souvenir “Hope-2015” on this occasion.

Alzheimer disease is now seen as major health problem that has a severe impact on millions of aged persons and their families throughout the world including India. The disease results in decline of mental faculties such as memory, reasoning and judgment to such an extent that it severely affects a person’s daily life and activities. The caretaking of such sensitive patients have become very important part of fighting the menace of the disease.

The initiative taken by HEA in dealing with the patients of Alzheimer disease by organising such public awareness and caretaking including running of free Memory Enhancement Clinic, etc. is highly commendable and deserves appreciation.

I Wish the ‘Hope Ek A.S.H.A.’ all success in their endeavours.

New Delhi  
15/12/2015

  
Syed Shahnawaz Hussain



## Hope Ek A.S.H.A

**ARVIND KEJRIWAL**  
CHIEF MINISTER



GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI  
DELHI SECRETARIAT, I.P. ESTATE, NEW DELHI-110002  
PHONE: 23392020, 23392030

D.O. No. : 252/CM/MS/239  
Date 02/12/15

### MESSAGE

I am happy to know that “**Hope Ek A.S.H.A.**” is releasing a souvenir on the 20th Day of December, 2015 on Annual Day of the organization.

I extend my best wishes for celebration of Annual Day and for success of the souvenir.

  
(Arvind Kejriwal)





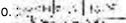
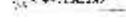
## Hope Ek A.S.H.A

**MANISH SISODIA**  
मनीष सिसोदिया



सत्यमेव जयते

DEPUTY CHIEF MINISTER  
GOVT. OF NCT OF DELHI  
उप मुख्यमंत्री, दिल्ली सरकार  
DELHI SECTT, I.P. ESTATE,  
दिल्ली सचिवालय, आई.पी.एस्टेट,  
NEW DELHI-110002  
नई दिल्ली-110002  
EMAIL msisodia.delhi@gov.in

D.O. No.   
Date: 

### MESSAGE

It gives me immense pleasure to note that “**Hope Ek A.S.H.A.**” (Regd.) is organizing its 14th Annual Caregiver Meet of the caregivers of Alzheimer disease patients at constitution Club of India, Rafi Marg, New Delhi and a Souvenir “Hope-2015 is also being brought out on the occasion.

I am told that Hope Ek A.S.H.A., a charitable society registered under the Societies Registration Act 1860 in the year 2001, has completed 14 years in the service to humanity with its committed team of medical professional & volunteers and till date has helped more than 430 families suffering from Alzheimer/Dementia (Memory loss). The society deserves commendation from one and all for its yeoman service.

I extend my best wishes for the success of the Annual Caregiver Meet and also wish for the successful publication of the souvenir being brought out on the occasion.

**Dr. Sushma Chawla**  
Founder President  
D-52, Greater Kailash Enclave-II  
New Delhi-110048.

  
(MANISH SISODIA)



## Hope Ek A.S.H.A

सत्येन्द्र जैन

**Satyendar Jain**

गृह, स्वास्थ्य, ऊर्जा, लोक निर्माण विभाग,  
एवं उद्योग मंत्री

Minister of Home, Health, Power, PWD  
& Industries



सत्यमेव जयते

राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार  
Govt. of National Capital Territory of Delhi  
'ए' विंग, सातवां तल, दिल्ली सचिवालय  
'A' Wing, 7th Level, Delhi Secretariat  
आई.पी. एस्टेट, नई दिल्ली-110 002  
I.P. Estate, New Delhi-110002  
दूरभाष / Tele No. 23392116, 23392117  
Fax: 23392044  
E-mail: moh.delhi@gov.in

D.O. No. moh/2014/17445

Date: 7/12/15

## संदेश

मुझे जानकर अति प्रसन्नता हुई कि होप एक आशा संस्था द्वारा अपने वार्षिकोत्सव पर स्मारिका का प्रकाशन किया जा रहा है।

यह अति प्रशंसनीय है कि असाध्य रोग अल्जाइमर से पीड़ित लोगों की संस्था सेवा कर रही है। इस बीमारी के प्रति लोगों को जागरूक करने की दिशा में 20 दिसम्बर 2015 को एक कार्यक्रम आयोजित कर रहे हैं। संस्थान का प्रयास मानवता से ओतप्रोत है।

मैं होप एक आशा संस्थान की प्रगति एवं स्मारिका के सफल प्रकाशन की कामना करता हूँ।

अनन्त शुभ कामनाओं सहित्

(सत्येन्द्र जैन)  
स्वास्थ्य मंत्री, दिल्ली

**डॉ. सुषमा चावला**

अध्यक्ष, होप एक आशा संस्था

जी-52 ग्रेटर कैलाश, इनक्लेव-II

नई दिल्ली-110048.



## Hope Ek A.S.H.A

संदीप कुमार

**SANDEEP KUMAR**

महिला एवं बाल विकास,

समाज कल्याण एवं जनजाति मंत्री

Minister of Women and Child

Social Welfare, SC & ST



सत्यमेव जयते

राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार

Govt. of National Capital Territory of Delhi

दिल्ली सचिवालय, आई.पी. एस्टेट, नई दिल्ली-110002

Delhi Secretariat, I.P. Estate, New Delhi-110002

Tele No. 23392386, Fax: 23392413

D.O. No.

Date:



### MESSAGE

It gives me immense pleasure to learn that “**Hope Ek A.S.H.A.**” (Regd.) New Delhi, a Charitable Society, is organizing 14th Annual Caregiver Meet of the caregivers of Alzheimer disease patients on 20th December, 2015. I am also glad that the Souvenir “Hope-2015 is being released to mark the occasion.

I am very happy to see that a voluntary organisation is solely committed to the care of senior citizens suffering from Alzheimer disease and dementia. It is a laudable service being done to the society and hope that the society would continue their endeavour.

I sincerely wish them all success for their Annual day celebration and release of the Souvenir “Hope-2015”.

  
(SANDEEP KUMAR)



## Hope Ek A.S.H.A

तलवंत सिंह  
जिला एवं सत्र न्यायाधीश  
पूर्व जिला  
कड़कड़डूमा न्यायालय  
दिल्ली -110032, (भारत)



सत्यमेव जयते

**TALWANT SINGH**  
DISTRICT & SESSIONS JUDGE  
EAST DISTRICT  
KARKARDOOMA COURTS  
DELHI-110032 (INDIA)



### MESSAGE

It gives me great pleasure to know that **Hope Ek A.S.H.A.** (HEA) is organizing its 14th Caregiver meet of the caregiver of Alzheimer disease patients on 20th December, 2015.

Alzheimer is a degenerative and incurable disease that generally happens in the old age and Hope Ek A.S.H.A. (HEA) cares for the patient and also the carers. Hope Ek A.S.H.A. (HEA) is a charitable society dedicated to caring for patients with Alzheimer and providing medical, psychological, social, emotional support to the carers of such patients.

I applaud the dedicated team of Hope Ek A.S.H.A. (HEA) for the services rendered by them and hope that the society would continue their endeavour of serving Alzheimer patient and sharing the burden of the caregivers.

I wish them success for their Annual day celebration and release of the Souvenir "Hope-2015".

Dated 10.12.2015

**TALWANT SINGH**  
DISTRICT & SESSIONS JUDGE EAST  
KARKARDOOMA COURTS DELHI



## Hope Ek A.S.H.A

**M. M. Sabharwal**  
President (Emeritus)  
**HelpAge India**

S-37, Panchshila Park  
New Delhi - 110 017  
Phone : 26016405



### MESSAGE

I understand that Hope Ek A.S.H.A. are observing 14th Annual Caregiver Meet on 20th December 2015 and on this occasion a Souvenir will be released.

ALZHEIMER is a dreadful disease bestowed 100 years ago in Germany and is spreading all over the world. So far, no cure is in sight.

Hope Ek A.S.H.A. are doing a wonderful job in helping persons suffering from Alzheimer and Dementia. I admire their endeavours and wish them continuing success.

(M.M. Sabharwal)



## Hope Ek A.S.H.A

**Prof. Manju Mehta**



Prof. of Clinical Psychology  
Past President Indian Association of Clinical Psychology  
Dept. of Psychiatry  
All India Institute of Medical Sciences  
New Delhi 110029

### MESSAGE

It gives me immense pleasure to know that 14<sup>th</sup> caregiver meet of the caregivers of Alzheimer's Disease Patients is being organized by "Hope EkA.S.H.A (HEA)" on 20<sup>th</sup> December, 2015.

Incidence of Alzheimer's disease is on the rise due to the longevity of human life; it is incurable and is degenerative. Care and management of these patients is very long and tedious process. It places a great burden on caregivers and involves social, psychological, physical and economic burden on the caregiver's life. Therefore, it is important to help the caregivers of such patients by trained and dedicated medical professionals.

I appreciate the commendable task being done by HEA in this direction.

I am also happy to know that HEA is also bringing out a Souvenir "Hope – 2015" on the occasion and a Seminar is also being organized.

Hope ek Asha is the organization to take care of the caregivers of patients with Dementia. It plans to give relieve t he caregivers by giving them support. I wish them all the best in their mission.

  
Prof. Manju Mehta



## Hope Ek A.S.H.A

# ASRDEEP GROUP

EXPLORE, EXPLAIN, EXPLODE & EXCEL



## MESSAGE

It is my pleasure to know that 14<sup>th</sup> caregiver meet of the caregivers of Alzheimer Disease Patients is being organized by “Hope Ek A.S.H.A (HEA)” on 20<sup>th</sup> December, 2015.

I appreciate the HEA for their dedication to the care of senior citizens suffering from Alzheimer and Dementia diseases. The caregiver of these diseases would gain knowledge and experience through such meets to spread awareness among the senior citizens and achieve the aims and objective of the Society.

The Success of an organization of this kind depends entirely on the selfless services rendered by its organizers. I have found that the team of Hope Ek A.S.H.A. is extremely dedicated fully committed and full of enthusiasm.

I am especially impressed by the dedication and commitment of Dr. Sushma Chawla who is always willing to give helping hand and devote her time to reduce the misery & pain of the persons. May her dream about this organization come true.

I am sure this event will discuss weaknesses and lack of knowledge for promoting for such diseases, which is valuable for the society.

I compliment the organisers for thinking of this important theme for strengthening this event for the sufferers of Alzheimer.

I wish this program a grand success.

Dec. 2015

Dr. Akhilesh  
Chairman



Hope Ek A.S.H.A



Give Care .....  
who cannot care for themselves

## APPEAL

Dated : 19.12.2015

We at **Hope Ek A.S.H.A** appeal to you for your generous contributions, donations, support and help which will go a long way in making difference to the quality of life of the alzheimer diseases patients and their caregivers.

We are looking for the sponsors of land / building premises **to build one World Class Alzheimer's Home in the coming years under the heading "Old Age Home for Alzheimer's Elderly" - OAHAE.**

**We are also looking for** vehicles for Mobile Memory Clinics for identifying Alzheimer disease patients in the community at large.

We also need revenue to meet running expenses / salary of the employees.

We solicit help from professionals to render medical assistance.

The prospective donors are hereby informed that all donations are exempted from income tax under Section 80 G and request that all donations be sent by cheque in favour of "Hope EkA.S.H.A."

We once again request you to propagate for this noble cause to achieve the objective of helping people in distress.

We look forward to the support from our respectable society for the cause.





## Hope Ek A.S.H.A

### **Effects of Negative Thoughts:**

The Moment Negative Thoughts Enter In your mind:

1. Your body releases acid.
2. Your Aura decreases.
3. Your resistance Power decreases.
4. Your systems' functions are affected.
5. Your heart beat Increases.
6. Unwanted hormones are released.

With that Negative Thought you may or may not Harm other..... but you will definitely Harm yourself.....!

Think Positive And Be Healthy.....

### **Some Good Facts**

Whenever you get PAINS in your life,

just think about the full form of PAINS –

P – Positive

A – Attitude

I – In

N – Negative

S – Situations

### **What A Nice Definition "TODAY"**

T – This is an

O – Opportunity to

D – Do

A – A work, better then

Y – Yesterday

*Compiled By  
Benu Bhargava*



Hope Ek A.S.H.A

# माँ

दुनियाँ का पहला प्रेम - माँ  
सबसे कीमती वरदान - माँ  
धरती पर ईश्वर की कहानी - माँ  
खुशियों के बाग में बागवान - माँ  
प्रकृति के सौंदर्य का पहला उपहार - माँ  
काँटों भरी राह में फूलों का अहसास - माँ  
खुशियों के अनमोल खजाने की राह - माँ  
प्यार और डाँट का खट्टा मीठा खेल - माँ  
गैरों की दुनियाँ में अपनों का विश्वास - माँ  
कुदरत की सम्पूर्ण व्यवस्थित व्यवस्था - माँ

बेनू भार्गव



Hope Ek A.S.H.A



**Hope Ek A.S.H.A**

**Dr. Sushma Chawla**

Founder President  
D-52, Greater Kailash Enclave-II  
New Delhi-110048.  
Mob.: 98101-30635



## Hope Ek A.S.H.A



### ABOUT THE FOUNDER

A doctor by profession Sushma Chawla was born in 1951. Academically inclined she studied medicine at the prestigious Maulana Azad Medical College, New Delhi and earned her degree in 1972. As a specialist in Gynaecology & Obstetrics she has been in family practice since 1978 at her own clinic in Greater Kailash - II, New Delhi. Today, she is a Chief Medical Officer at IFCI, TFCI, IVCF and BMB. She is also a lifetime Member of Delhi Medical Association, Indian Medical Association, Indian Menopause Society, AMWI and Delhi Diabetic forum.

In last 35 years she has carried the glory of Indian medicine at National and International conferences and presented papers on subjects of interest and research.

Dr. Sushma Chawla is the Founder President of Hope Ek A.S. H.A. She is on a mission to create awareness about the dreadful disease - Alzheimer's. For last fourteen years she has been working relentlessly to make life better for Alzheimer's patients and their caregivers. She visits patients across Delhi to provide them care, compassion and motivation to stand against this disease. She also mentors and guides caregivers of the patients on several of aspects of care-giving and how to make it less stressful.

Her ultimate aim is to build a DAY CARE CENTER for the Alzheimer's disease patients who are in stage 1 & 2. The proposed day care centre will have trained caregivers, doctors and modern facilities to ensure the patients are well taken care of during the day, thereby giving respite to their caregivers.

Dr Chawla's inspiration is her mother who unfortunately suffered with Alzheimer's disease. She was the only caregiver for her. With little awareness about the disease, in five long years of caring she could realize the quantum of physical and emotional stress one had to through.

It was only after her mother passed away, she decided to form a support group and a platform for caregivers to help them deal with their Alzheimer's patients. Hope Ek A.S.H.A is that institution that aims to provide succor to caregivers and Alzheimer's patients with its efforts.

In her this noble endeavour, she is ably supported by her husband, her children and her dedicated team of volunteers.

---

### **Dr. SUSHMA CHAWLA**

Founder President,

D-52, Greater Kailash Enclave-II, New Delhi-110048.

Phones : 2922-1714, 2933-8341, Mob: 98101-30635

E-mail: drschawla@rediffmail.com Website : [www.hopeekasha.org](http://www.hopeekasha.org)

---



## Hope Ek A.S.H.A

### **Hope Ek A.S.H.A. a humble Journey - Fourteen Years**

Hope Ek A.S.H.A., is a registered society and a voluntary organization dedicated to the Care of the Caregiver of Alzheimer's Disease patients. It was registered in the year 2001 and has been granted exemption under section 80 G of the Income Tax Act, 1961.

#### **Aims & Objectives**

- Support and train the Caregivers within family and outside
- Interaction amongst the Caregivers.
- Help the caregivers on individual basis.
- Arrange outings for the Caregivers along with their patients.
- Provide medical assistance and guidance.
- To set up a day care home for Alzheimer's patients.
- To provide employment opportunities to the professional caregivers.

#### **How can you support Hope Ek A.S.H.A?**

- Work as a volunteer and help the patients and their families.
- Donate liberally to support the project.

#### **Future Plans of Hope Ek A.S.H.A.**

- To build a Day Care Centre with following facilities:
- Physiological and occupational therapy
- Neuropsychological rehabilitation, activities to stimulate mental capabilities.
- Group & individual exercises.
- Regular Health Screening.
- Social interactions with staffs / residents during events.



## Hope Ek A.S.H.A

- Improve mobility, verbal ability and behavioral moods.
- Relief to working families who may not have anyone to look after dementia patient during the day.

### **Legal Assistance**

Hope Ek A.S.H.A. has started a Legal Aid Cell to provide guidance to the Caregivers of the patients of Alzheimer's disease. You may refer your queries to the President of the Society. The advice is given free of cost, but if a case is to be filed in the Court of Law, the lawyers on the panel of the Legal Cell will charge concessional fee. These lawyers are specialists in the field of Law for Elders and you may take benefit of their services.

### **Progress and activities since its inception**

- The first informal meeting with only ten caregivers / volunteers held at D - 52, Greater Kailash Enclave - II on 15th Sep. 2000 to share each others problems.
- First formal Caregivers Meet was held in December 2000 at D - 52, Greater kailash Enclave - II where a group and a society "Hope Ek A.S.H.A." was registered.
- Second Caregivers meet was held on 21st September 2001, the "World Alzheimer's Day" at D – II/95, Kaka Nagar, New Delhi. Looking at our grass root work, HelpAge India donated a vehicle "Tata Sumo" for visiting patients and their caregivers.
- Our volunteers were invited to give awareness lecture on the disease in the RWA's, schools, women forum, Rotary clubs GK - II and corporate like BSES, Mumbai at large scale and thereafter annual Third Caregivers Meet held in September 2002 at India Habitat Center, New Delhi where many caregivers shared their experiences.
- For the first time on our Fourth Caregivers Meet at IHC, New Delh on 22nd September 2003 one day seminar was organized where leading medical professionals were invited to give informative talks on the subject.



## Hope Ek A.S.H.A

- On the fifth Caregivers meet on 21st September 2004. Our first informative Souvenir “HOPE –2004” was released. Media gave a lot of coverage on the subject.
  - Mass awareness camp named “Vichar Goshti” was organized by “Jain Samaj” at Faridabad in Dec. 2005 attended widely by about 100 people who were also examined.
  - Another Mass Awareness programme for Rotarians was organized in Greater Kailash - II.
  - A Presentation on “A Study on the caregivers' Stress” was made at the Annual National Conference of Indian Menopause society at Ahmedabad February 2005
  - Presentation of “Dementia & Menopause” purely a chapter on women caregivers at the Indian Menopause Society, Kolkata was conducted.
  - “Understanding Memory Loss” – Mass awareness programme was organized by Sanatan Dharam Mandir at Jullandhar which was attended by over 100 people.
  - A Special Memory Clinic was organized where out of 15 patients examined, two were identified as Alzheimer's patients and HEA is guiding their caregivers.
  - On 21st Sept 2006 “World Alzheimer's Day” a talk on “Understanding Memory Loss” for Senior citizens of GK - II was organized followed by High Tea.
  - Our Sixth Caregivers meet was held in 24th December' 2006 and our next informative Souvenir “HOPE –2006” was released. “HOPE – 2005” could not be released due to shortage of funds.
- Our Seventh Caregivers meet was held in January 2008 and “Hope-2007” was released.
- A “Free Memory Clinic” was initiated every Sunday. Ayurvedic Clinic for Alzheimer's Patients is held every 3rd Sunday of every month by



## Hope Ek A.S.H.A

Vaidya Harsh Sehgal of Dehradun. More than 150 patients have benefitted.

- We are running this small set up only with small donations from members, individuals & corporates.
- M/s Sai Bliss Pharmaceuticals have procured the license to manufacture and pack Rivastigmine & Memantine Hydrochloride especially for Hope Ek A.S.H.A. and it will be provided free of cost to the needy patients.
- We have applied for allotment of a space for first “ Respite Care Center for Dementia Patients” and papers stand submitted in MCD and are in process.
- Our eighth Caregiver meet was held on 15th Feb 2009 and our 5th Souvenir “Hope – 2008” was released.
- Five mass awareness camps were organized at Public Forums, schools and Corporates.
- Training the Caregivers at homes in NCR and around Delhi.
- Activities sessions started at homes for patients.
- Memory exercises with family caregivers started.
- Voluntary Training in Adult Day Care from USA
- Ninth Annual caregiver's meet was held on 11th April, 2010 at Maulana Azad Medical College, New Delhi and the souvenir HOPE – 2009 was released by the chief guest Dr. A.K. Walia. The brain storming scientific session was followed by a colourful ballet by the students of “Sri Natraja Nritya Kala Academy”. 29 New patients of Alzheimer's disease visited our clinic for counseling and seven Mass awareness camps organised at corporate, school and senior citizens forums Dr. Sushma Chawla was awarded a Gold Medal at House of Lords in London on 9th September, 2010 for her work in this field.





## Hope Ek A.S.H.A

- Regular home visits were done by the volunteers of Hope Ek A.S.H.A. to give respite to the caregivers and train them.
- First quarterly newsletter “ HOPE NEWS” was released on 26th September, 2010 at PSK, Delhi, by Dr. AK Walia.
- On 19th December, 2010 a separate “ Activity and Training “ session started at Neurology OPD , RML Hospital, New Delhi where intensive counselling of the caregivers of Alzheimer's disease/ Dementia patients was conducted and followed up at the OPD and clinic of HEA.
- Dr. Sushma Chawla & Mrs. Rita Sehgal attended the ADI conference on 26th March, 2011 at Toronto, Canada where Dr. Chawla gave the Poster presentation “Fading Memories – A concern for caring for Dementia patients”. It was widely appreciated by people from all walks of life.

### **Year 2011-2012**

#### **Regular visits at RML Hospital**

Home Care: Sixteen new patients were registered and were visited at home. Proper counselling , training of the caregivers and showed very good results.

**Rotary Club of Chanakaya Puri:** A presentation of Vision and Mission of Hope Ek A.S.H.A was given at Rotary Club, Chanakaya Puri branch and this year they have taken up Alzheimer's disease and caregivers as one of their projects.

**Day Care Center:** Still a dream in the horizon but the spade work for its developement is going on with full zeal.

The Eleventh Annual care givers meet was held on 6th October 2012 at Constitution Club of India, New Delhi. Dr A K Walia Hon'ble Minister of Health, Delhi Government was the chief guest. The theme of the day was " Facing the Challenges of Caregiving of AD patients" and need for elder health care.and establishing Day Care services for the patients.Dr. AK Walia assured us of all the possible help from the Delhi Government.



## Hope Ek A.S.H.A

Dr. Priya Jha , Dr. Beena Nangia and Dr. LK Malhotra were the main participants of the meetings.

Every Sunday 2-3 patients with their caregivers for guidance, treatment and counseling were seen. 8 new patients were recorded.

On 10th March, 2013 a Mega Health camp was organised at an Old Age Home "GURU VISHRAM VRIDH ASHRAM" at Badarpur where destitute elderly stay. The activities in the camp included the Blood Sugar check, BP Check, Weight Check Up and dental check up. This activity was done with the support of 301, Inner Wheel Club the women wing of the Rotary club and Indus pharmaceuticals. The doctors of Hope Ek A.S.H.A were assisted by the efficient staff of HEA.

### **Year 2013 -14**

On 5th April 2013, Rotary Club Of Chanakya Puri donated a Mahindra Xylo Van to Hope Ek A.S.H.A. in the of Dr. A.K.Walia, Honable Health Minister of Govt.of NCT, Delhi.

19th April,2013 an awareness talk for the senior students of Govt. School Kalka ji was conducted to create awareness about Alzheimer's disease and its early symptoms in an individual.

On 28th December 2013, Annual caregivers meet was held at The Constitution Club of India attended by more than 80 persons. Dr. Anil Goyal, President Delhi Medical Association was the chief Guest, Dr. MPS Gandhi and Sh. Rohit Seth, President FAFAI were the Guests of honour and released the souvenir HOPE 2012-13. Dr. Pravat Mandal gave a talk on Newer developments in the diagnosis of Alzheimer's disease. Ms. Riya Bhatia recited a beautiful poem for the elderly.

29 visits were conducted by the volunteers of Hope Ek A.S.H.A to various families, supporting the families of Alzheimer's disease patients.12 patients availed the benefit of the Memory Clinic every Sunday. They were screened and advised accordingly.

Dr. Beena Nangia and Dr. Priya Jha counselled the caregivers regularly and trained them accordingly.



## Hope Ek A.S.H.A

### Year 2014- 2015

**Annual Caregivers Meet** was held on 21st December, 2014 at Deputy Chairman Hall, The Constitution Club of India, Rafi Marg, New Delhi 110001.

Dr. Vijay Chandra, HOD Neurology, Fortis Hospital, Vasant Kunj along with Dr. Manju Mehta, Professor of Psychology AIIMS , Mrs. Renu Gulati, Vice President , Varishthh Nagrik Kesari Club, Punjab Kesari and Er. Rakesh Nath, released the souvenir **HOPE 2014**.

Informative talks were given by Dr. Sushma Chawla on the developments during 2013-14, Dr. Vijay Chandra highlighted the " Developments in the Management of Alzheimer's Disease" and Dr. Manju Mehta on - "Facing the Challenges of Care giving"

Benu Bhargava narrated an inspirational poem by Sh. Harivansh Bachhan "Koshish Karne Walon ki kabhi haar nahin Hoti"

The interactive session saw a large number of caregivers coming up with their doubts and anxieties.

The meet ended with a vote of thanks by the Vice President and High Tea

### Mass Awareness Camps

**During the year** 5 mass awareness camps were organised for senior citizens and younger group of people.

The seniors were of the opinion that these awareness camps should be conducted at the school and amongst the younger generation so that they are sensitized for the needs and problems of the elderly

### World Elders Day

On 1st October, 2015, an awareness talk was held at the Library Hall, Safdarjung Enclave which was attended by more than 300 senior citizens. Counseling for them was taken up by Dr. Priya Jha and Dr. Sushma Chawla for more than one hour on individual basis. It was a very interactive meet.



## Hope Ek A.S.H.A

### **Home Care**

During the year we conducted 15 home visits and counseled the family as well as professional caregivers and how to combat the day to day issues.

More than 10 calls are received by us every fortnight to enquire about the solutions for day to day problems.

The home visits are carried out by our volunteers Rita Sehgal, Benu Bhargava, Dr. Beena Nangia and Dr. Priya Jha.

### **HEA Caregivers Forum was setup on WhatsApp.**

A group of medical professionals, volunteers and caregivers has been set up on WhatsApp so that people can post their queries and anxieties and it is immediately resolved. The members spread all over India and abroad.

### **Training the professional caregivers**

Two batches of ten caregivers each were trained for caring of Alzheimer disease patients in particular were conducted. It was a two days concised course.

We realised that there is urgent need to properly train these carers specifically for AD patients who need different levels of care at different stages of the disease. We have applied for the same to the National skill development department, Government of India and hope to take up the next batch very soon.

***"Let us join hands"***





Hope Ek A.S.H.A

## ***Inertia***

*The chair fires a shot of inertia  
From the loaded gun of dullness.*

*It aims at the mind  
Deep within the self,  
Crippling the body,  
Holding it ransom.*

*When you place her  
On the chair every morning  
You are witness to  
How she wastes away.*

*Go instead, for a change  
Of scene, of mood,  
Reconfigure the wiring  
In your brain  
Switching on the lights  
Tuning in the rhythm of life,  
And allowing her  
To be a part of the world she's in.*



## Hope Ek A.S.H.A

This is an appeal to the caregivers of loved ones who have Alzheimer. Many of us are working, and are forced to experience the dullness resulting from a sedentary lifestyle. However, the work we have sharpens our brains, and forces us to surmount new challenges every day. We move in and out of imaginative world, have virtual dialogue with a team of people across space.

However, your mother, grandfather, sister, or husband is moving towards increased dependency. In your daily, pragmatic struggles, remember to engage them how you can and in ways amenable to them. Remember that while they may have lost memories, their humanity can be held high with your care and consideration. Allow them to move and discover, let their dependency not be a dampener in their life. We can incorporate a walk, or just a change of scene as part of our and their daily routine. It will give them moments to live for and relieve your stress as well.

*Nidhi Kalra*

Those who  
care about you  
can hear you  
even when  
you're quiet.



Hope Ek A.S.H.A

## **Management of Aggression in Alzheimer Disease patients**

Alzheimer disease is the most common form of Dementia striking an individual unaware and slowly it progresses to a stage where a person is not able to manage his daily activities of living like brushing, bathing, eating, dressing etc. Patient is not able to express himself as he forgets the words of explanation and then starts the state of aggression. Managing the aggression is the most difficult part of the care of AD patient. It is challenging and extremely upsetting for everyone who is involved in the management.



The first step is to just think that it is the symptom of an underlying disease and not the patient as a person who is getting aggressive. Keep yourself calm and think of the situation which aggravated this behavior.

you have to prevent the aggression by anticipating what might be a threatening situation for the individual and make sure that he or she is not placed in that situation again.

For example, do not ask the individual to engage in an activity that might be beyond his or her ability.

Do not attempt to give him a forceful bathing if the person is resistive. Go back and try again another time, or adjust the method.



## Hope Ek A.S.H.A

Listen carefully to the individual, and agree even if he or she doesn't make sense.

The most common behavior I encounter in my patients is "I want to go home" and if you try and convince them that this is your home where you have been staying for 40 years he will not agree and get aggressive. To avoid this situation agree to the fact and then you can say, "Can I have my food before going?" or "Let's finish this folding of clothes or have a cup of tea before going to your home." Telling a lie is permissible in aggression and avoiding certain unpleasant situations. You should never try to convince them that your mother is no more or this is your home.

I tried doing this with my mother who suffered from Alzheimer disease in 1994 and this was one of her initial symptoms. My convincing and refusal to take her to her mother made her aggressive and depressed. It happened because there was no awareness in those days. now I advice my caregivers to agree and divert.

Always hold the information which in your opinion is going to upset the patient. There's nothing wrong in it.

Another excellent approach to prevention of aggression is exercise. Regular aerobic activity (30 minutes per day) combined with strengthening activities can improve behavior in older adults with cognitive impairment. Exercise can be built into routine daily tasks or fun activities





## Hope Ek A.S.H.A

### **Safety**

For situations in which the aggression is already present, safety techniques should be implemented. If possible, stand to the side of an individual rather than directly in front of him or her. Quickly remove items in the environment that could be grabbed and thrown at another person. Keep other family members away from the aggressive individual .

Medications for management of aggression are available and should be taken under the expert supervision of the specialist.

Managing aggression is challenging but possible. Get to know your elderly patients and what makes them tick; listen and respond to what they are saying; and use your imagination for innovative ways to change the topic, divert their attention, and avoid the escalation to aggression.

**It is a difficult task but can be managed with little skill.**

*If you learn to Listen  
for clues as to how I feel  
Instead of what I say,  
You will be able to understand me better"*  
-- *Mara Botonis*

**Dr. Sushma Chawla**



## Hope Ek A.S.H.A

### Me & my Mother — a caregiver's experience

“Caregivers ” is a very appropriate term used nowadays for people who look after the ailing elderly or someone close to the family or otherwise. Since I am looked upon as a caregiver I would like to write a little about my experience.

First of all on the onset it's a traumatic situation one could be in. Everyday is a new story and you don't know what to expect because it completely depends on the patient to the hilt. You laugh and cry with the person you are looking after and become one with them. In the beginning you are at sea because at grass root level you feel lost and desperate.



My mom came to be with me when she had lots of episode of fits( epilepsy) but was able to be on her own and do things the normal way. But as the days went by, her epilepsy increased and took its toll on her .....and we had to find new ways and means to make her comfortable.

She lost her balance and wasn't able to do most of the things she did earlier. She stopped eating solid food so we had to look for foods which were nutritive and could be given in mashed forms. She had cataract in both eyes but the doctors couldn't operate because conditions were not suitable to operate. So it came to a point where she couldn't see well.



## Hope Ek A.S.H.A



Now with lots of trials and errors we have discovered ways to make life simple for her as well as for us, inspite of all the shortcomings. Along the way we discovered her childlike behavior ... and we became good storytellers so that it would enthrall her and make her do her day to day things without resistance.

I have now grown with her and the experience has made me very sensitive towards her needs and care. I can safely say that we have moved out of a traumatic situation to a more conducive one. Above all this is the god's grace and help given to me by my friends and also some Good Samaritans in the form of My sister Bina Nangia and Dr Sushma Chawla to name a few. I have been consulting long

distance with Dr. Sushma for my mother's problems and got valuable advice from her.

God Bless them all. !!!!

Lata (Mumbai)



Hope Ek A.S.H.A

## New Alzheimer's drug shows anti-aging effect

**Washington:** An experimental drug aimed at combating Alzheimer's disease has the effect of slowing down aging in animals, a new study has found.

Researchers from the Salk Institute in US expanded upon their previous development of a drug candidate, called J147, which takes a different tack by targeting Alzheimer's major risk factor — old age.

The team showed that the drug worked well in a mouse model of aging not typically used in Alzheimer's research.

# Caregivers too need support, counselling

**NEED OF HOUR** Globally, there are programmes to provide counselling services to caregivers but in India such people are taken for granted and often ignored

**Malini Jadhav**  
\* malini.jadhav@rediffmail.com

**NEW DELHI:** The only thing on Naveen Chandra's mind is to make his wife's life easier every day in detail in a routine of an exhausted well-to-do Indian businessman's routine. A room full of books on mental health over the past 11 months.

Chandra, 42, has a PhD degree in bank but his main income comes from the past 11 months his time as a caregiver — making sure of "her" over 80 mother.

Chandra — whose wife suffers from the elderly — are usually children and grand old grandmothers are ignored but play a crucial role in their well-being.

### CARE COMES TO YOUR HOME

**EQUIPMENT HOSPITAL BED**  
₹18,500 - ₹25,000

**ANTI-BEDSORE MATTRESS**  
₹4,000 to ₹5,000

**WHEELCHAIR**  
₹4,500 to ₹12,000

**BLOOD PRESSURE MACHINE**  
₹2,500 to ₹3,500

**HELP TRAINED NURSE**

## 'Too much green tea can harm you'

**Los Angeles PTI**

• Green tea, enjoyed by millions for its numerous health benefits, may have adverse effects if taken in high doses, a new study in fruit flies suggests.

Researchers discovered that excessive consumption of green tea adversely affected development and reproduction in fruit flies. However, it is unclear whether it could have the same impact on humans. Nutraceuticals such as green tea are largely unregulated, they said.

Researchers investigated the effects of green tea toxicity on *Drosophila melanogaster*. They found that larvae exposed to 10 milligrammes of green tea were slower to develop, were born smaller and exhibited a dramatic decline in the number of emerged offspring.

It also caused morphological abnormalities in reproductive organs, such as testicular and ovarian atrophy.

Researchers found that in other tests with mice and dogs, green tea compounds in large amounts reduced body weight and, in mice, negatively affected embryo development.

Hindustan Times, 09.12.2015, p03

## The three things you should surely insure

**Health**  
A health insurance policy is a must for every individual. It provides financial support in the event of a health crisis, ensuring that you can focus on your recovery without the burden of medical expenses.

**Life**  
Life insurance provides a safety net for your loved ones in the event of an untimely death. It ensures that your family's financial needs are met, providing peace of mind for you and your loved ones.

**Property**  
Property insurance protects your investments in real estate, such as your home or commercial buildings. It covers damage from fire, theft, and natural disasters, ensuring that your assets are protected and your financial stability is maintained.

**Accident**  
Accident insurance provides financial support in the event of a serious accident or injury. It covers medical expenses, rehabilitation costs, and lost income, ensuring that you can recover from the accident without financial strain.

**Disability**  
Disability insurance provides financial support in the event of a long-term disability. It covers lost income due to an inability to work, ensuring that you can maintain your standard of living during your recovery.

**Travel**  
Travel insurance provides financial support in the event of a travel-related incident, such as a cancelled trip, lost luggage, or medical emergencies while abroad. It ensures that your travel plans are protected and your financial interests are safeguarded.

**Healthcare**  
Healthcare insurance provides financial support for medical expenses, ensuring that you can access the care you need without the burden of high costs. It covers a wide range of services, from hospital stays to outpatient care, providing comprehensive protection for your health.

**Life and Health**  
Life and health insurance provides comprehensive financial support in the event of a health crisis or untimely death. It combines the benefits of life insurance with healthcare coverage, ensuring that you and your loved ones are fully protected.

**Property and Casualty**  
Property and casualty insurance provides financial support for damage to your property and liability. It covers fire, theft, and natural disasters, as well as liability for accidents or injuries that occur on your property, ensuring that your assets and legal interests are protected.

**Life and Health**  
Life and health insurance provides comprehensive financial support in the event of a health crisis or untimely death. It combines the benefits of life insurance with healthcare coverage, ensuring that you and your loved ones are fully protected.

**Disability**  
Disability insurance provides financial support in the event of a long-term disability. It covers lost income due to an inability to work, ensuring that you can maintain your standard of living during your recovery.

**Travel**  
Travel insurance provides financial support in the event of a travel-related incident, such as a cancelled trip, lost luggage, or medical emergencies while abroad. It ensures that your travel plans are protected and your financial interests are safeguarded.



## Hope Ek A.S.H.A

### 13<sup>th</sup> Annual Caregivers' Meet at "Constitution Club of India on 21<sup>st</sup> December 2014.





# Hope Ek A.S.H.A





# Hope Ek A.S.H.A





# Hope Ek A.S.H.A







Hope Ek A.S.H.A

## MUSIC – THE HEALER

Some say math is the language of the universe, but on earth it is music. Most people enjoy music, but can it actually make the mind “move”?



It is a healer which relates to people of all ages. It's a type of food for the brain. Therapists are constantly working to get the answer by using music therapy to treat dementia. This therapy works with individual or groups, using musical expression and the

memories, feelings, and sensations it evokes. Music therapy has many faces. With older adults, playing old songs may bring many lively memories to their minds. Music has a close relationship with unconscious emotions, which are activated by musical movement. Song in a therapy setting promotes communication. Singing offers a communicative structure, stimulates and regulates, and enables dialogue.

Listening to music can have strong effects on people's moods, thinking and even their physiology, which constitutes a probable reason certain songs remind us so vividly of a specific memory. Emotions and memory are very much linked, and because music is charged emotionally, it can trigger past memories, good and bad.

The Indian ragas also plays a significant role as a healer. For example; to cure insomnia, one listens to bits and pieces of Nilambari raga; likewise martial fervours are believed to be instilled in people by making them listen to pieces in Bilahari or Kedaram; Sriraga, when sung or listened, after a heavy lunch aids in digestion and assimilation : While Saama raga is to restore mental peace, Bhupalam and Malaya Maarudham when sung before dawn serves as an agreeable invitation



## Hope Ek A.S.H.A

to people- including the Lord of the seven-hills- to wake up from their slumber.

Relief from paralysis is reported to be there by listening to pieces of Dvijaavanti Raga.

Those prone to depression, are often recommended with a dose of lilt in Bilahari to overcome their melancholy.

Nadanamakriya, yet another raga, is supposed to 'soften' the adamant people and even hardened criminals.



We may test these suggestions and see how far these concepts hold good. The same way a mother sings a lullaby with the hope that the child would be pacified by it!!

Music therapy is a desired affect that changes with circumstances. Technically, it requires a trained therapist but as we are not all in a position to find and hire certified therapist for people in our care, this article may provide you some basis of understanding and implementing music therapy.

- Dance in the house. Listen to the music that the person liked in the past. Recognize that perceptual changes can alter the way individuals with dementia hear music. If they say it sounds horrible, turn it off; it may do them. Experiment out giving consideration to endurance and temperament.
- Compile a music history of favorite recordings. Do sing along. This may be used in reminiscence and memory recall. Play soothing



## Hope Ek A.S.H.A

music to provide a sense of comfort. Use facial expressions to communicate feelings when involved in these activities.

- Play music or sing as the individual is walking to improve balance. Use background music to enhance mood.
- Opt for relaxing music- a familiar, non-rhythmic song- to reduce sun downing, or behavior problem at night time.
- Use song sheets or karaoke player so the individual can sing along with favorites.

Music is an excellent way to reach beyond the disease and reach the person. It evokes emotion, and emotion can bring with it memory... it brings back the feeling of life when nothing else can.

– Atishi Chatterjee

“*Music is a therapy. It is a communication far more powerful than words, far more immediate, far more efficient.*”

-Yehudi Menuhin



Hope Ek A.S.H.A

## CARING FOR THE ELDERLY

Caregiving for an elderly, especially aging parents, is a challenging task, particularly when faced with a crisis situation and the responsibility falls upon you suddenly. The most important part of caring for the elderly is to keep them active and engaged. With time and a little patience, you can properly care for your loved one by keeping these points in your mind:

1. Plan ahead - A time comes when you will eventually need to provide care for your aging parents, or spouse/sibling, etc. Planning ahead, if they are facing any medical/familial/financial issues, can help you anticipate and formulate solutions to some of these issues before the emergent situation arises. It can also anticipate stress, and help you address your own well-being before you address the well-being of your loved one.
2. Respect the elderly person - Even though your elders have aged and may be struggling with their health, they are still people with emotions and ideas. They have lived a lifetime of rich experiences. Though there may be trying situations which you may face, consider the challenge that your loved one may feel in living with dignity in adversity in their august years. Be cheerful and calm, and help your loved ones feel needed and loved especially in the times that they are difficult to care for.
3. Make the home safe for elderly people - This can be done by installing security system in the premises, so that visitors can be identified before allowing them entry in the house. Such system also allows for fencing/gating to open up remotely on command, and thus may be a step towards considerateness for both visitors and elders. Also take care to help arrange furniture to allow plenty of room to walk around freely and remove loose rugs that can cause someone to trip. Install support handles in the wash rooms and toilets. This is necessary to avoid any accidental fall in the bathroom/toilet. Help your loved one with bathing, dressing, feeding, managing medications, transportation, financial management, and emotional support in the way in which they are most comfortable.



## Hope Ek A.S.H.A

4. Keep your loved ones active - Exercise can help protect older people from disease and increase their functional age by 10 or 15 years. It can even result in big health benefits for those who have been sedentary for many years. It can delay the need for care and keep them away from disease for longer. It is recommended that they do 20/30 minutes of moderate activity, or as much as they can comfortably attempt, at least five times per week. Care also must be taken to keep them mentally and emotionally occupied to the point possible for them. This is best judged considering their likes and dislikes, as well as the abilities they like to engage with most.

5. Arrange their regular visits to the family physician - Watch for signs of weakness, extra forgetfulness, lack of direction or other unsteadiness. Mental health is often overlooked, but is an important part of caring for an elderly person. Regularly monitor their mental well-being like signs of depression or loneliness. Give them the time and attention that they need, and also to monitor their sense of well-being. They may have been prescribed some medicines by different doctors, and you may be in the position to judge its effectiveness. Know all the medications your loved one is taking, particularly their possible side-effects.

6. Encourage them to keep in touch with their friends and other family members, stay active, and develop new interests. Occasionally take them out for social visits, alternatively invite relatives and their friends to visit them from time to time. This is a great way for them to get some recreation and bond with other people. Also, picnics or some other outdoor activities can also be planned. Encourage them to maintain friendships, and pick up hobbies while keeping in touch with other family members. This will keep them positive and maintain a healthy standard of living.

7. Listen to their stories patiently - You may find them interesting and they can even help you with similar situations in your own life. The elderly have a lifetime's worth of experiences to offer, you can learn and improve your own life by listening to them. This will also deepen the connection between you and them. By recalling their own good and bad times, your loved one may be able to soothe you through your



## Hope Ek A.S.H.A

difficulties. As both you and your elders grow older, there is more care from your end that may be required. However, this is one way in which you may get some much-needed advice, or some considerate attention from them.

8. Driving assistance - The idea of not being able to drive can cause a lot of anxiety for the elderly person. Arrange some driving assistance for them to keep them mobile so that they can maintain their sense of freedom and independence. This may have tremendous benefits on their mental and emotional health, as well as yours.

9. Speak to your loved one regarding their finances and medical insurance plan for long-term care. Being a sensitive topic, it is best to approach it with care and gentle words, if they do not have a plan. This conversation must be planned well in advance so as to allow both parties time to think of anticipated financial and medical problems and viable solutions to be taken then. Also, the elderly are particularly vulnerable to scams so make sure to discuss these and protect them.

10. Find out about their power of attorney, Will, and other healthcare documents. These will define who can take decisions for your loved ones if there is an emergency. If your loved one has not obtained these documents yet, help them with it to protect them and their family.

11. Encourage them to volunteer - A recent study has found that elderly people who volunteer are happier and healthier. The feeling of being needed and valued as a volunteer can greatly improve the mental well-being and thus health of your loved one. Working for a social cause will boost their self-esteem and help them remain engaged.

12. Try to keep things unchanged - Many elderly people are uncomfortable and nervous about change, especially when they are moving out of their home. Try to keep everything as stable as possible. Have them decide what they need and use your observation regarding what elements in their routine/home are essential to their sense of well-being and comfort. Be patient and gentle while helping them through this process.



## Hope Ek A.S.H.A

13. Speak to the elderly person when you are both relaxed - Choose a time when you are both relaxed and open to conversation. This will make it easier for you both to speak openly and honestly while listening to what the other person says. Both are likely to be feeling stressed regarding some issues. Airing your own and their problems will alleviate stress, which worsens any health issues both of you may be facing.

Taking care of the elderly is a most challenging task, when both of you are leading relatively independent lives. In their august years, your loved one will need more time and consideration than they may have so far. However, if addressed in a structured fashion, both you and your aging parents/spouse/sibling may restore a semblance of order and peace. The dignity which these years sometimes rob them of can be soothed with your consideration and patience. Where we may miss the mark, organizations such as Hope Ek A.S.H.A. comes up to offer their support, so do build up on support systems for yourself and your loved one.

*Suresh Kalra*

*"It is a strong faith in God and prayer  
that fortifies you with a healing power"*



Hope Ek A.S.H.A

## Stem Cells Therapy -

### “A ray of hope for no hope disorders”

Stem cells are the basic cells which are present inside human body and plays a very significant and crucial role. They serve as internal repair system and replenish other cells as long as a person is alive due to their ability to self renew or multiply while maintaining the potential to develop into multiple types of cells (220 types).

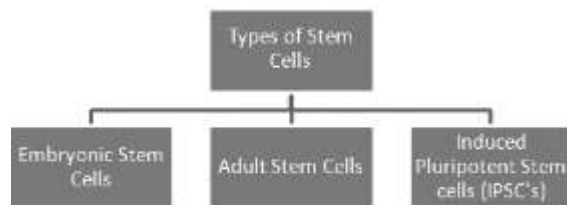
In human body, various different types of cells are present however the stem cells stand out from all of them because:

- They are self sustainable and can continue to replicate themselves for a longer period of time.
- They are unspecialized and don't have tissue specific structure due to which they can undergo the process of differentiation and create specialized cells which can perform the desired function.

There are different types and sources of stem cells but all of them have the same capacity to develop into multiple types of cells. Below are the types of stem cells :

#### Figure : Types of Stem Cells

At present, The ongoing research in the field of stem cells, serves as a hope for the treatment of various deadly diseases or we can say the “no hope disorders” and brings a revolution in the medical science. In fact there are certain diseases on which stem cells have already been used and clinical trials are going on, for finding the treatment of various other life threatening diseases.



#### Stem Cell Applications in Alzheimer

Alzheimer Disease is a progressive, degenerative disorder that attacks the brain's nerve cells, or neurons, resulting in loss of memory, thinking and language skills, and behavioral changes. AD is the most common





## Hope Ek A.S.H.A

cause of dementia, or loss of intellectual function, among people aged 65 and older. AD is not a normal part of ageing.

### **Sign and Symptoms:**

- Difficulty performing familiar tasks / routine chores
- Memory loss/ changes in memory
- Forgetting words or substituting inappropriate words
- Drastic changes in personality
- Misplacing things in in appropriate places
- Problems in speaking, reading, writing and understanding
- Disorientation in time and place
- Poor or decreased judgment
- Problems with abstract thinking

### **Treatment of AD with Stem Cells**

Step-1-Patient autologous (own) cell procured from bone marrow, fat adipose tissue.

Step 2- Processing & Concentrating the samples

Step 3- Reintroduced into the patient's vein by IV injection, cerebro spinal fluid by intra thecal injection.

Step 4- Self-renewing Stem Cells enhance neuronal differentiation.

**Step-5- Improved some cognitive function & memory. Enhance neuronal differentiation.**

### **Stem cell therapy procedure –**

Stem cell therapy procedure is mainly 4 step simple procedure as detailed below.

#### **1. Pre-examination**

#### **2. Sample source extraction( Bone Marrow/Peripheral Blood/Adipose)**



## Hope Ek A.S.H.A

### **3. Lab processing – isolation, analysis and concentration of the stem cells in the lab**

#### 4. Stem cell implantation

##### Advantages of adult stem cells over autologous transplantations

- In an autologous stem cell transplant procedure, the body recognizes the self- cells and does not lead to a condition known as Graft-versus-Host Disease (GVHD).
- Treatment process does not require immunosuppressants and histocompatibility matching.
- The process of finding a donor for stem cell treatment is not required as the stem cells are taken from the patient itself..
- Autologous blood is readily available, and immune reconstitution is more rapid than after allogeneic.
- Autologous transplants are relatively safe procedures, with low rates of complications and infections compared with other type of transplants.
- Treatment related mortality rate is 2% to 3% in patients in most of the studies.

#### **Conclusion**

Inspite of having both advantages and disadvantages, autologous stem cells are being widely used for the transplantation process as it is having more success rates as compared to any other type of transplantation and a lot of research and experiments had also being performed on which positive results has been observed. With the ongoing research it is expected that in the future , all the issue related stem cells transplantation will be resolved and autologous stem cells transplantation will be a boon in medical science.

*Prabhu Mishra*



Hope Ek A.S.H.A

## Turmeric: a Brain Health Miracle

### Nature's Brain-Protecting Miracle

It's a scientific fact that curcumin, an antioxidant compound found in the root of the turmeric plant, is one of the **most powerful natural brain protecting substances** on the earth. It continues to amaze scientists with its remarkable cognitive health benefits.

Turmeric has a long history as a healing herb and culinary spice in India.

Interestingly, India has the highest per capita consumption of turmeric AND the lowest incidence of cognitive decline worldwide.

### Your Brain on Curcumin

The hallmark process associated with certain types of cognitive decline is the formation in the brain of abnormal protein structures. Normally when malformed proteins are formed with the brain, the immune system sends out cells known as macrophages, which engulf and destroy the proteins. If this ordinary function fails, defective proteins accumulate in the brain and cognitive decline can follow.

Recent research is showing that curcumin encourages the immune system to send macrophages to the brain. A landmark clinical trial involving people with severe cognitive decline measured the effects of curcumin. Amazingly, the participants taking curcumin had significantly higher levels of dissolved abnormal proteins in their blood compared to those in the placebo group.

This study showed that curcumin has the ability to effectively pass into the brain, bind to beta-amyloid plaques and assist the body in their breakdown. Curcumin is **one of the only substances known to have such a profound protective effect** on the brain.



## Hope Ek A.S.H.A

8



### INCREDIBLE HEALTH BENEFITS OF TURMERIC



#### Boosts Cognitive Function

Curcumin protects brain cells by binding to and dissolving abnormal proteins.



#### Supports Joint & Muscle Health

Curcumin promotes a healthy inflammatory response and eases aches and pains.



#### Fights Body-Wide Inflammation

Curcumin has been proven to significantly lower levels of inflammatory markers.



#### Boosts Detoxification

Curcumin optimizes function of the liver, the body's primary organ of detoxification.



#### Supports Cardiovascular Function

Curcumin supports heart health by promoting a healthy inflammatory response.



#### Promotes Healthy Mood Balance

Curcumin has been shown to be an extremely effective natural mood enhancer.



#### Promotes Youthful Radiant Skin

Curcumin promotes soft, smooth, glowing skin and fights fine lines and wrinkles.



#### Supports Natural Weight Loss

Curcumin can enhance weight loss when combined with healthy diet and exercise.

#### Black Pepper Enhances Bioavailability of Turmeric

Research suggests that taking an extract of black pepper called piperine with curcumin can boost absorption, amplifying curcumin's impressive ability to curb inflammation, protect the brain and revitalize health. Despite curcumin's remarkable health benefits, it has the drawback of being difficult for the body to absorb. But according to a study published in *Planta Medica*, when 20 mg of black pepper extract is administered together with curcumin, it boosts the bioavailability of the turmeric-derived compound by 2,000%.



Compiled by  
Harish Chawla



Hope Ek A.S.H.A

## Can we prevent Alzheimer disease?

Just as there is no cure, no magic bullet exists to prevent Alzheimer disease. On the other hand, there is compelling evidence that we can do certain things to delay the onset of the disease and even slow its progression. If we follow enough of this advice, we might be able to avoid it altogether.



It is becoming evident that lifestyle plays a big role in many diseases. What we eat, where we live, what we do with our leisure time: all of these are now known to play a very significant role in how likely we are to get cancer, heart disease, diabetes, and other of our most feared diseases. The same is true of for preventing Alzheimer. Our genetics may be a big factor in whether or not we will eventually be affected by it, but our lifestyle and other environmental factors, factors we can control, are also

contributors. There is less evidence in the professional literature that these steps will prevent dementia, but environment and lifestyle are probably factors in almost all forms of dementia.

### Steps in Alzheimer prevention

#### Eat Healthy

More and more, diet is understood to be the most important element in everything health related. To optimize good health and minimize bad health we look first to our diet. And the diet that will most likely keep Alzheimer away is, essentially,





## Hope Ek A.S.H.A

the same as the one that will keep your heart healthy, your cholesterol level down, cancer at bay, and your glucose levels in balance.

### **General dietary recommendations to improve anyone's health:**

**Water** – Any healthy diet should begin with pure and clean water. Tap water generally contains undesirable elements, and bottled water is unregulated and usually bottled in plastic. Filtered water is generally best. Water filters are available in a broad price range – and range of effectiveness.

**Whole Foods** – Processed foods, like white sugar and flour, are responsible for many health problems. Eat whole grains and fresh fruits and vegetables whenever possible. Organically grown is best, since these foods will not contain pesticides and other chemicals found in food, and are generally more nutritious.

**Minimally Processed Foods** – In general, the more processing a food undergoes, and the more that is added to it, the less healthy it will be. Look particularly for sugars (sugar, sucrose, glucose, fructose, corn syrup, high fructose corn syrup), hydrogenated and partially-hydrogenated oils. Also minimize or eliminate junk food including fast foods. Even the "healthy" food at fast food restaurants is not all that healthy. It is nearly impossible to eliminate all processing, all junk, but the less of this stuff we eat, the healthier we will all be.

**Vitamins and Supplements** – Dietary supplements are unnecessary if you maintain a good diet. Of course, but that is one big "IF." A good diet, a proper diet, is almost impossible given the food supply chain that we have to contend with. If you choose to supplement your diet, look for natural ingredients, and steer clear of inexpensive products.

### **Avoid Practices and Substances that Rob Nutrients**

**Stress** – physical, emotional, mental

**Rich and fatty foods**

**Refined foods**

**Intoxicants, including caffeine, alcohol, and tobacco**

**Chemical additives**



## Hope Ek A.S.H.A

And remember what your mother told you; don't hurry and chew your food well. Don't overeat or eat late at night.

In addition, there are several specific dietary recommendations for Alzheimer prevention:

**Antioxidants** – Get as much of this as you can by eating fresh, whole vegetables and fruits, and from quality juices. Supplements should be from natural sources.

**Cold Water Fish and Fish Oil** –Recommended are cod, salmon and flounder.

**Folate** – A water soluble B Vitamin, folate occurs naturally in micro-algae, sprouts, lettuce and leafy vegetables, asparagus, whole wheat, legumes and nuts, melons, strawberries, as well as in other fruits and vegetables. Folic acid, the synthetic form of folate, is used to fortify breads and cereals.

**Green Tea and Black Tea** – Both are high in antioxidants and contain a compound, EGCG, shown to decrease production of the protein responsible for forming the plaques seen in the brain of people with Alzheimer. EGCG is also thought to prevent some forms of cancer, so unless you really don't like tea you should keep plenty of these varieties around.

**Turmeric** – A growing body of evidence links turmeric, one of the main spices in curry, to a lower incidence of dementia. There are also laboratory studies that show curcumin, an ingredient in turmeric, blocks the formation of the amyloid plaques that are so closely associated with Alzheimer disease.

**Apple Juice** – Recent evidence has found that apple juice improves cognition and can delay the onset of, and may even work to prevent Alzheimer disease.

### **Exercise Your Body**

**Diet and Exercise.** The mantra of the fit generation. Diet and exercise may be our strongest defense against Alzheimer disease and dementia. And it doesn't matter when you start. That is, whenever you



## Hope Ek A.S.H.A

start exercising and eating right you will begin preventing Alzheimer, or at least you'll begin decreasing your chances of getting it. So start today. Exercise might be our best bet to prevent Alzheimer disease.

Don't forget to protect your body while getting it into shape. Head trauma can eventually lead to a form of dementia. Broken bones and bruises are no fun either. Wear a helmet while cycling, rollerblading, skiing, or doing any other activity that could risk head injuries.

### **Exercise Your Brain**

The Einstein Aging Study, reported in the New England Journal of Medicine, concluded that participation in leisure activities led to a lower incidence of all types of dementia, including Alzheimer. For this study, leisure activities were reading, writing for pleasure, playing board or card games, playing musical instruments, and participating in group discussions.



Subjects who participated in this type of activity one day each week had a 7% reduction in dementia risk. The risk was further reduced with increased activity, to 63% for people who participated 11 times per week.

The Einstein Study is part of a growing body of evidence that a brain workout will improve brain functioning in the same way that a physical workout will improve muscle and cardiovascular functioning. Memory loss, one of the best known and most feared signs of aging, can be reversed or at least slowed by playing a musical instrument, working crossword and Sudoku puzzles, playing chess, and otherwise using and "stretching" our brain.





## Hope Ek A.S.H.A

And if you haven't done those things that keep your brain sharp, start now. A book of puzzles, an interesting discussion, a thought provoking book, these things too benefit your brain.

### **Socialize Often**

And speaking of discussion, spending time with friends, staying socially connected, has been shown repeatedly to improve memory and keep the brain elastic and healthy. The connection between social interaction and lowered rates of Alzheimer disease and dementia has not yet been made convincingly, but it is one that is being investigated more and more.

Dr. Priya Jha

*To make a difference in someone's life,  
You do not have to be brilliant,  
rich, beautiful, or perfect.  
You just have to care.*

*Mandy Hale*



Hope Ek A.S.H.A

## सच्ची शान्ति

एक राजा ने शान्ति पर सर्वोत्तम चित्र बनाने वाले कलाकार को पुरस्कार देने की धोषणा की। अनेक कलाकारों ने प्रयास किया। राजा ने सबके चित्रों को देखा परन्तु उसे दो ही चित्र प्रसंद आए और उनमें से उसने एक को चुनना था।

एक चित्र था शान्त झील का। चारों ओर के शांत ऊँचे पर्वतों के लिए वह झील एक दर्पण के समान थी। ऊपर आकाश में श्वेत कोमल बादलों के पुंज थे। जिन्होंने भी यह चित्र देखा उन्हें लगा कि यह शान्ति का सर्वोत्तम चित्रण है।

दूसरे चित्र में भी पर्वत थे परन्तु ये पर्वत ऊबड़-खाबड़ एवं वृक्ष रहित थे। उपर रूद्र आकाश था जिससे वृष्टिपात हो रहा था और बिजली कड़क रही थी। पर्वत के निचले भाग से जल प्रवाहित हो रहा था। यह सर्वथा शान्ति का चित्र नहीं था।

परन्तु जब राजा ने ध्यान से देखा तो पाया कि जलप्रपात के पीछे की चट्टान की दरार में एक छोटी सी झाड़ी उगी हुई है। झाड़ी पर एक मादा पक्षी ने अपना घोंसला बनाया हुआ था। वहाँ प्रचंड गति से बहते पानी के बीच भी वह मादा पक्षी अपने घोंसले पर बैठी थी पूर्णतय शान्त अवस्था में।

राजा ने दूसरे चित्र को चुना। उसने स्पष्ट किया, “ शान्ति का अभिप्राय किसी ऐसे स्थान पर होना नहीं है जहाँ कोई कोलाहल, संकट या परिश्रम न हो। शान्ति का अर्थ है इन सब के मध्य रहते हुए भी हृदय शान्त रखना ” शान्ति का सच्चा अर्थ यही है।

रीता सहगल



Hope Ek A.S.H.A

Hope Ek ASHA Conducted 1<sup>st</sup> workshop on Home Care / Care giving for Senior Citizens on 4<sup>th</sup> May 2015 at Free Memory Clinic, Greater Kailash Enclave – II





Hope Ek A.S.H.A

**“Alzheimer is not normal aging” – An awareness talk & Counselling on World Elder Day on 1<sup>st</sup> October 2015 at safdarjung Enclave Library Hall.**





Hope Ek A.S.H.A

## Awareness Meet at NOIDA on "World Alzheimer Day" on 24<sup>th</sup> September 2015.







Hope Ek A.S.H.A

## AYURVEDA AND ALZHEIMER DISEASE

Alzheimer disease- Alzheimer may present itself in wide range of symptoms, depending upon the parts of brain involved. The symptoms may be more on emotional or memory scale or they may majorly affect body functioning.



Ayurveda and Alzheimer disease - Ayurveda approaches diseases with the viewpoint that all diseases occur on account of an imbalance in the human body. The foundation of the science of Ayurveda is based on the concept of Tridosha – in accordance to which a person's daily food, actions and thoughts are said to be influencing Tridoshas.

Ayurveda terms this as “smruthi nasha”, caused by “vata aggravation” leading to depletion of dhatus or tissue elements and upward movement of the excessively accumulated bio energies. With advancing age, the makeup of the brain and body gradually becomes more and more agitated and dry. Alzheimer disease is often associated with marked shrinkage of the brain. This "drying" effect is a powerful tendency that must be remedied.

Home remedies based on principles of Ayurveda as preventive measures:

- 1. Natural home remedy using Almonds, Walnuts, Dry figs and “Munakka”:**



## Hope Ek A.S.H.A

- Soak 5-7 Almonds, 1-2 Walnuts, 1-2 Dry figs and 5-7 “Munakka” in water overnight
- Peel off the skin (Almonds) in the morning
- Eat them on an empty stomach, with a cup of warm milk with 2-3 pinches of turmeric and 1/2 tea spoon full of pure ghee in it.
- Take this regularly, especially during winters.

### **2. Natural home remedy using lemon/peppermint oil:**

To fight the lethargy and depression caused by Alzheimer disease

- Take the juice of half a lemon or 5-10 drops of peppermint oil
- Add it to a bowl of hot water
- Inhale the fumes

### **3. Natural home remedy using sesame oil or pure ghee:**

- Put 2-3 drops of sesame oil/pure ghee in each nostril or ears
- Do this two to three times in a week
- Lukewarm sesame oil can also be applied on head and feet of the patient

### **4. Home-made natural anti-ageing remedy:**

- Mix fennel, almonds and “mishri” in equal proportion
- One tea spoon once – thrice daily

### **5. Dates – full of high quality natural anti-oxidants:**

- 1-2 dates (as per appetite) once – thrice daily
- One can take it with warm milk as well.

### **The six pillars of a healthy brain & Alzheimer disease prevention**

1. Regular exercise - Keeps the brain cells oxygenated and healthy. It combats various ailments like heart disease, type-2 diabetes, hypertension etc. It reduces weight, uplifts mood and boosts energy.





## Hope Ek A.S.H.A

2. Mental stimulation - Studying a foreign language, learning sign language, practicing a musical instrument, reading the newspaper or a good book, or taking up a new hobby keeps the brain active.
3. Quality sleep - Disrupted sleep isn't just a symptom of Alzheimer disease, but a possible risk factor as well.
4. Stress management – Keeping stress levels in check, goes a long way in keeping brain fit. Following techniques are really beneficial –
  - Breathe - Stress alters your breathing rate and impacts oxygen levels in the brain. Quiet your stress response with deep, abdominal breathing. Restorative breathing is powerful, simple, and free!
  - Make fun a priority - All work and no play is not good for your stress levels or your brain. Make time for leisure activities that bring you joy.
  - Nourish inner peace - Most scientists acknowledge a strong mind-body connection, and various studies associate spirituality with better brain health. Regular Yoga, pranayam and meditation practice may immunize you against the damaging effects of stress.
5. An active social life - The more connected we are, the better we fare on tests of memory and cognition. Making new friends in real life, joining a group for social cause, community service can help. Social activity is vital to seniors for their health and mental well-being.
6. Healthy diet - For brain to be healthy, we should make healthy eating choices. The target should be to prevent drying effect of ageing on brain and managing vata effectively. Vata is balanced by a diet of freshly cooked, whole foods that are soft or mushy in texture, rich in protein and fat, seasoned with a variety of warming spices, and served warm or hot. These foods calm vata by lubricating and nourishing the tissues

Some vata balancing foods are ghee, milk, fish oil, plenty of fresh fruits and vegetables and nuts.



## Hope Ek A.S.H.A

### Trilok Ayurveda and Alzheimer's disease - A promising management

Ayurvedic regimen of drugs is worked out after assessing the Pulse on empty stomach (Naadi) and body temperament (Prakruti) which is variable from person to person.

Line of action -

- i) Arresting the progressive degeneration.
- ii) Eliminating the inconsistent substances from the tissues and cleansing the channels.
- iii) Rejuvenating the tissues by nourishment.

Considering the pathogenesis of the disease according to Ayurveda, the treatment is designed giving priority to correct the functions of Vaata. Two types of medicines are used in the treatment of AD. First category is of the drugs that take care of declining mental faculties. Second category drugs bring deranged Vaata back to normal and natural state.

Following procedures are proposed for the management -

- i. Snehanapanam (The medicated ghee treatment for vata palliation)
- ii. Rasayana Chikitsa (Rejuvenation of cells)
- iii. Sodhana chikitsa (Elimination of toxins)

The herbs prescribed, evoke and amplify body's own healing process. This treatment has helped many patients.

*Vaidya Harsh Sehgal*

*Street no.-8, Lane no.-8*

*Rajendra Nagar, Dehradun (UA)-248001*

*Phone: 0135-2753871;*

*Mob: 9837071030*

*Website - [www.trilokayurveda.com](http://www.trilokayurveda.com)*



Hope Ek A.S.H.A

## 21 Rules For a Good Old Age

Some of us have reached our golden years, and some of us have not. But these suggestions should be read by everyone. They have been collected from many a senior, each with his or her own piece of advice. Some you know, some may surprise you, and some will remind you of what's important. So read well, share with your loved ones, and have a great day and a great life!

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Warning: This is also a bad time for an investment, even if it seems wonderful or fool-proof. They only bring problems and worries and this is a time for you to enjoy some peace and quiet.
2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.
3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, get tested even when you're feeling well. Stay informed.
4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.



## Hope Ek A.S.H.A

6. Always keep love alive, regardless of age,. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.
9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised which old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.
10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.
11. Never use the phrase: "In my time". Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.
12. Spend your time with positive, cheerful people. Some people embrace their golden years, while others become bitter and surely, life is too short to waste your days on the later. This will rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.
13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being



## Hope Ek A.S.H.A

surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an NGO or just collect certain items. Find something you like and spend some real time having fun with it.
15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.
16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.
17. Try not to dwell on pain and discomfort. They go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.
18. Learn to forgive and forget. If you've been offended by someone - forgive them. If you've offended someone - apologize. Don't drag



## Hope Ek A.S.H.A

around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.
20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.
21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

*Compiled by*  
*(RAKESH SEHGAL)*

*Those who care  
about you  
can hear you  
even when  
you're quiet*



Hope Ek A.S.H.A

## BE ALONE

When was the last time you were “alone”? Do you always feel the need to be surrounded by people and events? What does “to be alone” mean? We as people, always relate to everything and everyone to complete ourselves. There is a tremendous feeling of incompleteness, a void which constantly needs to be full, complete. Like a depression in the middle of the sea, which is always trying to fill itself from the surrounding waters? Our idea of completeness is not to feel lonely, so we are constantly seeking things, beings and experiences to make us feel whole. There is fear to be on our own to face ourselves. The negative emotions which we carry within our minds scare us when looked at them in the face. So in order to avoid this direct interaction with ourselves we would fill our loneliness and avoid being alone.

It is a great opportunity to be alone and face our minds, because as soon as we can do this the mind expands, we can learn to go beyond mind and challenge our beliefs, conditionings. When we can overcome the fears of facing ourselves, the need to complete the incompleteness disappears and in its place there is expansion. This limitlessness is what we have been always looking for. The mind is the barrier, can be transcended. Some things sound easier said than done. This requires immense practise, dispassion and letting go. Once this “zone” of facing ourselves is reached, it becomes our second nature to enjoy being alone. Loneliness is the restricted mind, while aloneness is the transcended mind. Conversations with the mind, helps to face it without judgement or criticism. Watching its various perceptions and distancing ourselves from identification with good or bad. The alone time is a useful practise.

Loneliness is often due to our attachments and involvements with the beings and situations. When these attachments fail to get us the expected results, the mind is confused, restless and feels incomplete. We tend look around for beings, objects and events to fill this void.

Being an actor, playing various roles with a sense of detachment, witnessing the play of our minds is to be alone.

When the fear of facing ourselves disappears, we look forward to our alone time. Just like our body muscles need to be constantly worked on,



## Hope Ek A.S.H.A

to get its optimum working capacity, so also our mind needs to be worked on to make it our friend. In the hustle and bustle of everyday life and its dramas, alone time must be kept aside to reconnect, rediscover our true full nature. The more we practise being alone, loneliness becomes a thing of the past and life is more meaningful, peaceful and happy. So give yourself permission to be alone and transcend loneliness.

In context of preparedness for dementia or any mental illness which could possibly be due to not understanding what it is to be alone. Preparing ourselves to face being alone as years go by is as important as stacking up our bank balances for old age.

“Change is the only constant” so preparing for this change in our lives as we age is a prerequisite for us to take time out to prepare.

When we are done with our responsibilities and duties, loneliness strikes but if we are prepared then a senior citizen can sit back and enjoy every moment of his/her life. Life is beautiful if we know how to live it.

*Dr. Beena Nangia*

*When Someone truly care  
about you the make an effort,  
not an excuse*

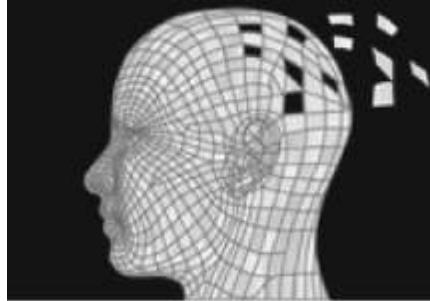




Hope Ek A.S.H.A

## Poor glycaemic control linked with dementia

Poor glycaemic control in patients with type 2 diabetes (T2D) is associated with an increased risk for dementia, according to a study touted as the largest of its kind.



After adjusting for myriad confounders, patients whose HbA1c was 10.5 percent had a 50 percent higher risk of hospital admission for dementia than did patients whose glucose was better controlled ( $p < 0.001$ ). [EASD 2015, abstract 10]

glucose was better controlled

Researchers identified 395,000 patients (mean age, 64.6 years) registered in the Swedish National Diabetes Registry from 2003 through 2012 with T2D of 4-10 years duration but with no prior hospitalization for dementia.

Over nearly 5 years, 9,175 patients were admitted for dementia. About 3,499 were diagnosed with Alzheimer disease while 3,377 had vascular dementia. Of note, the diagnosis of dementia carried with it a poor prognosis.

“About 60 percent of patients diagnosed with dementia had died within 10 years compared with a mortality of 30 percent in those without dementia,” said study author Dr. Aidin Rawshani from the National Diabetes Register and Institute of Medicine, Gothenburg, Sweden.

“The positive association between HbA1c and risk of dementia in fairly young patients with T2D indicates a potential for prevention of dementia with improved blood sugar control,” he said.

Stroke, atrial fibrillation, heart disease and high diastolic blood pressure also increase dementia risk in the study.

The findings, if replicated in other studies, could prompt physicians to do earlier tests on diabetic patients for any signs of cognitive decline so treatment can start early.



Hope Ek A.S.H.A

## प्रार्थना

जब दुःख से मन घबरा जाये  
चारों ओर अंधेरा छा जाये  
जब एक किरण भी आशा की  
आती न हो नजर  
प्रार्थना कर, जगत के पालनहारे से  
प्रार्थना कर, प्रार्थना कर

तू जानबूझ के पाप न कर  
हो जाये तो पश्चाताप ले कर  
यह सब लीला है ईश्वर की  
तू उससे मिला ले नजर  
प्रार्थना कर, जगत के पालनहारे से  
प्रार्थना कर, प्रार्थना कर

जिसको ना किसी ने देखा है  
जो एक करम की रेखा है  
वह सबका भाग्य विधाता है  
सबकी है उसको खबर  
प्रार्थना कर, जगत के पालनहारे से  
प्रार्थना कर, प्रार्थना कर

झोली सबकी भर देगा वह  
सब भूल क्षमा कर देगा वह  
चाहे जग तुझसे मुखड़ा मोड़े  
बस प्रीति तू उससे कर  
प्रार्थना कर, जगत के पालनहारे से  
प्रार्थना कर, प्रार्थना कर



## Hope Ek A.S.H.A

### Dedicated Team of Hope Ek A.S.H.A.

**Dr. Sushma Chawla**

Founder-President  
D-52, Greater Kailash Enclave-II,  
New Delhi-110 048,  
Mobile : 98101 30635



**Sh. C.L. Narula**

(Vice President)  
87 A, Masjid Moth Phase,  
New Delhi - 110048  
Mobile: 9310899977



**Sh. Satya Pal Trehan**

Benefactor  
4/9, West Patel Nagar  
New Delhi  
Mobile: 9873164860



**Er. H.C. Chawla**

Gen. Secretry  
D-52, Greater Kailash Enclave-II,  
New Delhi-110 048,  
Mobile : 98100 34342



**Mrs. Sarla Kohli**

(Treasurar)  
G-35, Masjid Moth  
New Delhi - 110048  
Mobile: 98107 53636





## Hope Ek A.S.H.A

### **Mrs. Rita Sehgal**

(Joint Secy. & Editor)  
B-119, Sector 14,  
Noida, (U.P.) 201301  
Mobile: 98113 40071



### **Sh. S.C. Kalra**

(Executive Member)  
B-191, Lok Vihar,  
New Delhi-110034  
Mobile: 9810362346  
E-Mail: s\_kalra@rediffmail.com



### **K.C. Jaju**

Executive Member  
270/16  
Faridabad  
Mobile: 9313136551



### **Mrs. Charanjeet Kaur**

Duplex Flat No.4,  
Residential Block,  
Karkardooma Courts Complex,  
Delhi-110032



### **Sh. Budhi Singh**

Executive Member  
B-734, Sarojani Nagar  
New Delhi 110023  
Ph.: 24352049  
Mobile: 9818117744





## Hope Ek A.S.H.A

### **Jasmine Sinha**

Executive Member  
E-39, Sec. 41, Noida  
Mobile: 9810306724



### **Dr. Priya Jha**

377, Neelgiri Atp.,  
Alaknanda,  
New Delhi-110019  
Mobile: 9811557469



### **Dr. Beena Nangia**

300, Mandakini Enclave, Alaknanad,  
New Delhi-110019  
Mobile: 9810009606



### **Benu Bhargava**

(Joint Editor Hope Ek A.S.H.A.)  
E 366 FF, Greater Kailash II,  
New Delhi - 110048  
Phone: 9810668596



### **Sh. Sunil Pahwa**

Executive Member  
3c/26, New Rohtak Road  
New Delhi  
Mobile: 9873314101



## Hope Ek A.S.H.A

### **Dr. Adesh**

D-52, Greater Kailash Enclave-II  
New Delhi-110048

### **Mr. D. Rajeshwar Rao**

Legal Adviser  
301, Type V, Judges Flats  
Karkadooma Court Complex  
Delhi - 110032  
Ph.: 33122914  
Mobile: 9811013123

### **Surendra Subhash & Co.**

Chartered Accountants & Auditors for HEA  
IInd Floor, Bansi House, 1/24  
Asaf Ali Road, New Delhi - 110 002  
Off.: 23237700, 23239542, Mobile: 98110-59638  
E-mail: ssandco.1981@yahoo.com

### **Sh. Arun Sehgal**

6D, Sagar Aptt., 6 Tilak Marg,  
New Delhi - 110001  
Mobile: 9810603030



Hope Ek A.S.H.A

## स्वच्छ विद्युत. हरित विद्युत.



### पर्यावरण-अनुकूल विद्युत के लिए प्रतिबद्ध बेहतरीन तकनीक

अपनी स्थापना के समय से ही एनटीपीसी ने आधुनिक व पर्यावरण-अनुकूल तकनीक द्वारा एक भरोसेमंद ऊर्जा प्रदान करने का लक्ष्य रखा है। 45,548 मेगावाट के साथ भारत के विशालतम ऊर्जा उत्पादक के तौर पर एनटीपीसी ने अपने प्रत्येक परियोजना के आस-पास हरित क्षेत्रों के विकास के साथ वृहत वृक्षारोपण को अपनाया है। अपने राष्ट्रीय सोलर मिशन के तहत कंपनी ने स्वयं 10,000 मेगावाट व गैर-सरकारी क्षेत्र के उत्पादकों के साथ 15,000 मेगावाट सौर ऊर्जा का लक्ष्य रखा है।

अपने सेनपीप पहल के तहत आज, एनटीपीसी अपने ग्रीन हाउस उत्सर्जन को कम करने के लिए अत्यन्त ही समीक्षात्मक तकनीक का इस्तेमाल कर रहा है। एनटीपीसी इनर्जी टेक्नोलॉजी रिसर्च अलायंस (नेत्रा) व अन्य वैज्ञानिक सलाह परिषदों की सहायता से एनटीपीसी अपने स्टेशनों को विवेकपूर्ण उत्सर्जन प्रबंधन, प्रदूषण नियंत्रण तथा ड्राई ऐश के बेहतर प्रयोग में सहयोग प्रदान कर स्वच्छ व हरित विद्युत द्वारा दीर्घकालिक विकास की ओर अग्रसर है।

110 मेगावाट सौर ऊर्जा परियोजनाएँ | 800 मेगावाट जल विद्युत परियोजनाएँ | प्रदूषण नियंत्रण प्रणालियाँ | पर्यावरण अनुकूल तकनीकों के विकास हेतु अनुसंधान | बृहत वानिकीकरण | ड्राई ऐश युटिलाइजेशन | उत्सर्जन प्रबंधन



**एनटीपीसी लिमिटेड**

(भारत सरकार का उद्यम)

(CIN: L40101DL1975GOI007986)  
वेबसाइट: www.ntpc.co.in

विद्युत क्षेत्र में अग्रणी





Hope Ek A.S.H.A

# बीएचईएल

दायित्वों का पालन हमें देता है निरंतर आगे बढ़ने की प्रेरणा



बीएचईएल जानता है कि सबसे साथ लेकर चलना ही वास्तव में आगे बढ़ना है। हमें विश्वास है, हर हृदय को किसी कोने में, हर उम्मीद में और हर लक्ष्य में... डिग्री है एक आशा - खुशहाल और प्रगतिशील जीवन की। यहाँ आशा हमें समाज को प्रति हमारे दायित्वों को परिचित कराती है, ताकि उन्हें निभाने का हम दे सकें अपना सर्वश्रेष्ठ। हम इस प्रगतिशील राष्ट्र में अधिक से अधिक लोगों को दे सकें खुशियों और विकास से पूर्ण एक बेहतर भविष्य...

सभी को साथ आगे बढ़ने का संकल्प:

- शिक्षा कार्यक्रम व स्वतंत्रज्ञान अवसरों का सुझन
- किसानों की सहायता वित्त व नवीन तकनीकों के साथ
- अस्मर्थ व बुढ़ों को शिथिल स्वास्थ्य सुविधाएं
- अल्पज ज्ञान रहे लोगों की अधिक व सामाजिक स्तर पर सहायता
- पर्यावरण सुरक्षा हेतु उचित मानकेंड
- युवाओं को शिथी प्रोफेशनल कोर्सिंग
- कला व संस्कृति को विकास के शिथी विकास प्रकाश



भारत हेवी इलेक्ट्रिकल्स लिमिटेड

बीएचईएल कार्यालय : बीएचईएल हाउस, सीटी रोड, नई दिल्ली-110009

वेबसाइट : [www.bhel.com](http://www.bhel.com)

बीएचईएल महान संकल्प : एकात्मक विकास के लिए शिक्षा प्रकाश

प्रगति को गति... जीवन को ज्योति  
भारत को हर घर से जुड़ा

www.bhel.com





Hope Ek A.S.H.A

# JMD CREATES 3 LANDMARKS IN GURGAON



---

**World's best IT space now in Gurgaon**

Actual Site Photograph



**READY FOR POSSESSION**

**JMD MEGAPOLIS**  
Sohna Road, Sector-48, Gurgaon

**We understand what you need in an IT Park, as you gear up to challenge the world.**

**Futureistic Features:**

- Comparable to the best of world class IT Parks, and best in Gurgaon.
- Modern Security System: Controlled Access/Controlled, With Alarm System.
- A-Level Basement: Space Free Car Parking for 2500 vehicles approx.
- Office Plaza: Plots with Super Area of 3,00,000 Sq.Ft. (100K Sq.Mtr) approx on each Plot.

---

**JMD THE RECENT**  
M. G. Road, Gurgaon

**A High End Premium Retail Hub**

**Best Location**

- On Main M.G. Road, Gurgaon
- Next to JMD Megapolis
- Surrounding Major Offices, Super Centers, Banks and MNC Head Office, Schools
- Planned urban environment and landscaped surroundings.

**Best Features**

- Architecturally Superior
- Spacious flow of buildings
- Glass & Marble Cladding
- 24 Hours Basement Car Parking

**Best Spacing**

- 1,10,000 Sq.Ft. (10,000 Sq.Mtr) of Super Area
- 10,000 Sq.Ft. (900 Sq.Mtr) of Average Plot Area
- Glass Panels Designed for Sun and Weather Protection

**Turn your products into customer magnets at JMD Mall... see it to believe it**

Actual Site Photograph



**READY FOR POSSESSION**

---

**Create lifelong impressions**

Artistic View



**All Permissions Obtained**

**Suburbio-2**  
Sohna Road, Sector-67, Gurgaon

**Combination of Retail, Offices and Luxurious Service Apartments**

**We know how important customers are for your business and Suburbio-2 is the result.**

**Futureistic Features:**

- Connected to a 100 Acres World Class Township
- Offices from 2nd Floor onwards
- Area available for sale starting from 200 Sq.Ft. (18.5 Sq.Mtr)
- Cybernetic Panel Elevator, Conference Rooms
- Premium Carpeted Residential Neighbourhood
- Health and Tourism Office Space
- Reserved Parking and Security
- User Maintenance Cell

**OFFERING STAYS OF THE ART SERVICE APARTMENTS**

---

**JMD LIMITED**

Regd. Office: G. Zindia Tower, GIC, Naraina Place, New Delhi - 110 018  
Corporate Office: JMD Regent Square, 3rd Floor, Main Mahowal Gurgaon Road, Gurgaon - 120 011  
Toll Free: 0124-8338363. E-mail: [marketing@jmdgroup.in](mailto:marketing@jmdgroup.in) | [www.jmdgroup.in](http://www.jmdgroup.in)

For more information call:

**58732 40778 • 98190 37212 • 9899 81412**  
**97111 96454 • 98115 91200**

**TURNING LANDS INTO LANDMARKS...**



Hope Ek A.S.H.A



Natural Essential Oils, Aromatherapy Oils & Carrier Oils

Certified for: US-FDA, WHO-GMP, ISO, HACCP, KOSHER, HALAL & ORGANIC Certified (EXPORT AWARD WINNER)

**ESSENTIAL OILS**

AJOWAIN SEED OIL	CARDAMOM OIL	GALANGAL OIL	LAVENDER OIL	DREGANO OIL	SAFFRON OIL	WINTER GREEN OIL
AMBRETTE SEED OIL	CARROT SEED OIL	GERANIUM OIL	LEMON GRASS OIL	DRIGANUM OIL	SPEARMINT OIL	WORM WOOD OIL
ANGELICA ROOT OIL	CEDAR WOOD OIL	GINGER GRASS OIL	LEMON BALM OIL	PALMAROSA OIL	SUGANDH KOKILA OIL	YARA YARA OIL
ANISE OIL	CELERY SEED OIL	GINGER LILY OIL	LEMON OIL	PASSION FLOWER OIL	SUGANDHMANTRI OIL	YLANG YLANG OIL
AROMISE OIL	CINNAMON LEAF OIL	GINGER OIL	LIME OIL	PATCHOULI OIL	TAGETES OIL	YARROW OIL
ARTEMISIA OIL	CITRONELLA OIL	GRAPE FRUIT OIL	LITSEA CUBEBA OIL	PIPER CUBEBA OIL	TANGERIANE OIL	ZADDERIA OIL
BASIL OIL	CLARY SAGE OIL	GUAIAC WOOD OIL	MACE OIL	PEPPERMINT OIL	TERRAGADON OIL	
BAY OIL	CLEMENTINE OIL	HYSSOP OIL	MANDARIAN OIL	PETITGRAIN OIL	TEA ROSE OIL	
BERGAMOT OIL	CLOVE OIL	HEDYCHUM OIL	MARJORAM OIL	PIMENTO BERRY OIL	TEA TREE OIL	
BETEL LEAF OIL	CURRY LEAF OIL	HOPS OIL	MYRRH OIL	RAVENSERA OIL	THUJA OIL	
BLACK PEPPER OIL	CYPRESS OIL	HOO WOOD OIL	NAGARMOTHA	RED THYME OIL	THYME OIL	
BLUE CHAMOMILE OIL	DAVANA OIL	JASMINE OIL	NIADULI OIL	ROSE OIL	TOMAR SEED OIL	
CADE OIL	ELEMI	JATAMANSHI OIL	NIROLI OIL	ROSEMARRY OIL	TURMERIC ROOT OIL	
CAJUPUT OIL	EUCALYPTUS OIL	JUNIPER BERRY OIL	NUTMEG OIL	ROSE WOOD OIL	VALERIAN OIL	
CALEMUS OIL	FENNEL OIL	KAPUR KACHARI OIL	ORANGE OIL	ROSE PETEL OIL	VANILLA OIL	
CALENDULA OIL	FRANKINCENSE OIL	LABDANUM OIL	OLIBANUM OIL	SAGE OIL	VETIVER OIL	

**VEGETABLE / CARRIER OILS**

ARGAN OIL	BLACK CUMIN OIL	FLAX SEED OIL	MORINGA OIL	SPINACH OIL
ALMOND OIL	BORAGE OIL	GRAPE SEED OIL	NEEM OIL	PEACH OIL
ALOE VERA	CASHEW NUT OIL	GUAVA OIL	ONION OIL	WALNUT OIL
APRICOT OIL	CHAULMOGRA OIL	HAMP SEED OIL	PRICKLY PEAR OIL	WATER MELON OIL
ARGAN OIL	CHIRAJANJI OIL	HAZEL NUT OIL	POMEGRANATE OIL	WHEAT GERM OIL
AVOCADO OIL	CUCUMBER OIL	JOJOBA OIL	PUMPKIN OIL	
BAWCHI OIL	EVENING PRIMEROSE OIL	MACADAMIA OIL	ROSEHIP OIL	

**INDIAN PERFUMES**

AGARIYA BLACK	DARBARIYA	KEWARA-RW	RAAT KI RANI
AGARIYA GREEN	DHANALUD SSL	MAJMUJA-RT	ROSE -RN
AMBERIYA	DIWANIYA	MASTI-RN	SAMAMA MH-26
AQUAMARIYA	FIRDOUS-RL	MASTI-RB	VALLEY-RW
BOUQUET-RZ	GUL HINA	MAULSHREE	ZAFRAN
CHAMELI GREEN	HINA-1-2-3	MITTI ATTAR	
CHAMPA GREEN	JASMINE-R6	MUSK RSI	

**FLORAL WATER**

BASIL	LAVENDER	ROSE PETAL
FULWARI	LEMON	SANDELKA PLUS
GINGER	LEMON GRASS	TUEMERIC
JASMINE	ROSE MARY	



**OUR GROUPS**



25, Azad Nagar, Kanpur-02 (U.P.), India. Tel: +91-512-2563930 to 35 Fax: +91-512-2563936

Email: info@rakeshsandal.com | info@rakeshin.com Web: www.rakeshin.com



Hope Ek A.S.H.A

Naturally  
Yours

We create value by bringing you as close to nature as possible

Aroma Chemicals  
Aromatherapy Oils  
Carrier Oils  
Essential Oils  
Exotic Herbal Oils  
Oleo-resins  
Resinoids  
Spice Oils

Betel Leaf Oil  
Dill Oil  
Jatamansi Oil  
Nagarmotha Oil (Cypriol)  
Sugandh Mantri Oil  
Thyme Oil (Ajowan)  
Valerian Oil

Champaca - A  
Kasturi ITT<sup>®</sup>  
Jasmine Grandi  
Jasmine Sambac  
Sandal Tree  
Sandal 8W  
Unique 21



*Fragrances For*

Cosmetics | Toilet Soaps & Detergents | Chewing Tobacco | Incense Sticks etc.

Our Sister  
Companies

- Kanta Chemical Company, Delhi
- Kanta Enterprises Pvt. Ltd, Noida (UP)
- J.K. Aroma Pvt. Ltd, Jhansi (UP)

**KE**

**KANTA GROUP OF COMPANIES**

SYMBOL OF TRUST SINCE FOUR DECADES  
An ISO 9001:2008 Certified Company

Corp. Office : "KANTA HOUSE"  
133, Tilak Bazar, Delhi - 110006 (INDIA)  
Ph. : 91-23978650, 23977077, 78, 0120-4529999, 88  
Fax: 91-11-23914267, 0120-4529922  
E-mail: [info@kantagroup.in](mailto:info@kantagroup.in), [sales@kantagroup.in](mailto:sales@kantagroup.in)  
Website : [www.kantagroup.in](http://www.kantagroup.in)



Hope Ek A.S.H.A

## HARISH C KHOSLA & CO. PVT. LTD.



Givaudan<sup>®</sup>

Distributor of Givaudan's Fragrances & Flavours in India

**HARISH C KHOSLA & CO. PVT. LTD.**

Zinat Mahal, Lal Kuan Bazar, Delhi - 110006

Off. : 011-23214803, 23213160, Fax : 011-23217703

E-mail: [sales@hckindia.com](mailto:sales@hckindia.com)/[accounts@hckindia.com](mailto:accounts@hckindia.com)

Website : [www.hckindia.com](http://www.hckindia.com)

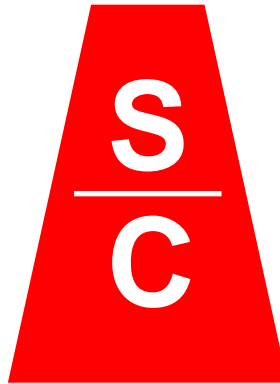
The Givaudan G Logo is a registered trademark of Givaudan SA. Picture Courtesy of Givaudan.



Hope Ek A.S.H.A

With Best Compliments

From



**AROMA SALES CORPORATION**

121, 1st Floor, Tilak Bazar, Delhi -110006 ( India)  
Tel. : 91-11-23934000, 23978931, 23963345 Fax: 23927314

E-mail : [aromasales@inbox.com](mailto:aromasales@inbox.com) / [sales@aromasales.in](mailto:sales@aromasales.in)  
Website: [www.aromasales.in](http://www.aromasales.in)



Hope Ek A.S.H.A

# Think.

Few things possess more Power than  
a Thought

Because a Thought has the potential  
To become something significant.  
To solve something meaningful.  
And to inspire us to achieve great things.

What makes a Thought so powerful  
Is that it can be created by anybody.  
At anytime  
From anywhere

That's why thinking should be encouraged  
And nurtured in all its forms.  
No matter how small.  
Or how impossibly grand.

Because wherever Thinking happens,  
Big Ideas follow.  
Minds become enlightened.  
Knowledge grows.  
And people discover new ways to unlock their  
Potential.

So start Thinking...

Unlocking human potential.



**SANGANERIA  
FOUNDATION**  
FOR HEALTH & EDUCATION

*A Non-profit Organization*  
Since 2003-Helping those who are in real need

304, AVG Bhawan, M-3, Connaught Circus  
New Delhi - 110 001 (India)

Tel. : 91-11-2341 6100, 4151 7010

Fax : 91-11-2341 7776, 4151 7050

[ultra@ultraintl.com](mailto:ultra@ultraintl.com) \* [www.sanganeriefoundation.org](http://www.sanganeriefoundation.org)



Hope Ek A.S.H.A

*With  
Best Complements  
from*

# **Fab Flavours & Frangrances Pvt. Ltd.**

1489-91, 1st Floor, S.P. Mukherjee Marg, Delhi - 110 006  
Tel.: +91-11-2395 0287, 2395 0288, Fax: +91-11-23984044  
E-mail: [info@fabfalavours.com](mailto:info@fabfalavours.com)  
Website: [www.fabflavours.com](http://www.fabflavours.com)

**Manufacturers**

## **FLAVOURS & EMULSIONS**



Hope Ek A.S.H.A

## उत्कृष्टता, आनंद और सफलता का उत्सव



पावरग्रिड  
एक 'नवशक्त' कंपनी



हम आज जिस मुकाम पर हैं उसका सारा श्रेय हमारी कर्मजिबन समष्टि को जाता है। सफल विकास के माध्यम से उत्कृष्टता की खोज करने में पावरग्रिड और प्रतिष्ठा के क्षेत्र में हमारे समर्पित पेशेवर ही हमें दूसरों से आगे रहने में सक्षम बनाते हैं। आज पावरग्रिड की पास परियोजना क्षेत्र और ग्रिड प्रक्षेत्र में सर्वश्रेष्ठ अभियानात्मक कार्यरत हैं। हम गौरवशाली powergridians, कर्मजिबन के परिणाम द्वारा लक्ष्यों को जीवन में सफल बनाते हैं। आज, उत्कृष्टता और आनंद के साथ, डीजिटल स्तर पर परिवर्तन के क्षेत्र में अग्रणी बनने और अग्रिका से अधिक कर्मजिबन को साथ भारत की सेवा करने हेतु हम, powergridians सदैव प्रतिबद्ध हैं।

### पावरग्रिड नेटवर्क, संक्षेप में

- विद्युत परिवहन के माध्यम से राष्ट्र को जोड़ना
- भारत की प्रमुख विद्युतीय कर्मजिबन संरचना
- वैश्विक स्तर पर पीपली सार्वजनिक ग्रिड प्रवर्धन विद्युत कर्मजिबन
- भारत के अंतर्राष्ट्रीय और अंतर-क्षेत्रीय विद्युत परिवहन प्रणाली के 90% से अधिक का स्वामित्व और संचालन
- 1994 के बाद से प्रदर्शन लक्ष्यों की अग्रिका के लिए भारत सरकार द्वारा "उत्कृष्ट" रैंकिंग प्रदान की गई
- पावरग्रिड की परिवर्तन प्रणाली की उपलब्धता 99% से अधिक
- क्षेत्र में परामर्श निवेशकों की 48% से अधिक का परिवर्तन पावरग्रिड के नेटवर्क द्वारा

एक राष्ट्र  
एक  
सिद्धि  
सिद्धि

### पावर ग्रिड कॉरपोरेशन ऑफ इंडिया लिमिटेड

(भारत सरकार का प्रदान)

पंजीकृत कार्यालय: सी-3, नुतुन इन्टीरनैशनल एरिया,

कॉरपोरेट टावर, नई दिल्ली-110016

फोन नं 011-26060123, फैक्स: 011-26061081

बॉयोटेक कार्यालय: पौराणिक, एरिड नं. 2,

रोड-28, नुतुन, हरियाणा-122 301 (भारत)

फोन नं 0124-2677700-713,

फैक्स: 0124-2671182,

ई-मेल आईडी: powergrid@powergrid.co.in,

सीआईएन: LA6101DL19800838121

[www.powergridindia.com](http://www.powergridindia.com)





Hope Ek A.S.H.A

With Best Compliments  
From



**India's Largest Domestic Courier Company having :**

- ❖ 930 First Flight Offices across India.
- ❖ 2208 Authorized Collection Centres.
- ❖ 452 Franchisee Locations.
- ❖ Serving over 5000 Pincode Destinations across India.
- ❖ Dedicated Workforce of over 14,000 plus employees.
- ❖ Strategically located 10 own International Offices.

**The fast paced growth and widening network is the outcome of four basic beliefs :**

- ❖ Speed
- ❖ Safety
- ❖ Reliability
- ❖ Economy

**Regional Office :** 408, Vishal Bhawan, 95 Nehru Place,  
New Delhi - 110019. Ph.: 011 - 3093 6666

**Hub Office :** Khasra No. 1026 & 1027, Gali No. 6,  
Mahipalpur Extension, New Delhi.  
Ph.: 011 - 3944 4444



Hope Ek A.S.H.A

**SAIL TMT Rebar**  
**The bond of Strength and Trust**  
Where there is trust, there is bonding...and where there is a bonding, there is strength.

**SAIL TMT E Q R**  
Available in  
**500 D**

Sulphur and Phosphorus controlled  
to ensure purity of the steel

**Contact your nearest dealer today!**

**स्टील अथॉरिटी ऑफ इण्डिया लिमिटेड**  
**STEEL AUTHORITY OF INDIA LIMITED**  
There's a little bit of SAIL in everybody's life  
[www.sail.co.in](http://www.sail.co.in)

**SAIL ASSURANCE**

apjcoiprpslco



Hope Ek A.S.H.A

Sacheerome's  
Flavours & Frangrances:  
Refreshingly Invigorating!



All fragrances & flavours can make any products refreshing! Making it an experience of joy takes a bit extra – extra panache, extra experience, extra innovation, extra technology. Master perfumers & flavorists at Sacheerome have combined the best of technology, experience and passion to create international grade - long lasting fragrances for Air Care, Personal Care, Personal Wash, Aerosols and B. flavours for Bakery, Confectioneries, Tobacco products and milk products – at par with the best in the world. That has been the hallmark of Sacheerome, providing signature fragrances & flavours for all types of product category.

Sacheerome Private Limited.  
F-89/4/2, Okhla Industrial Area, Phase-1, New Delhi – 110020, India. T: +91-11-47311111.  
1007, 10th Floor, K.P. Aurora Building, Marol Maroshi Road, Marol, Andheri East,  
Mumbai – 400059, India. T: +91-22-66962810 & 2811.  
E: info@sacheerome.com W: www.sacheerome.com



**SACHEEROME**

Fragrances & Flavours  
(A Unit of Manoj Arora Enterprises)



Hope Ek A.S.H.A



**WHATEVER YOUR PESTS**  
**Let Us Get Them Before They Get You**

# CONTROL PESTS



Your One Call  
Can Solve It All  
**1800-11-3665**  
**9266632505**

**Partnering For A Healthy Home**

World Renowned Pest Control Specialist  
Bring Both Residential & Commercial  
Pest Control Service



**TRULY PEST SOLUTION PVT LTD**

915, Hemkunt Tower, 98 Nehru Place, New Delhi-110019

Web: [www.trulynoleninternational.com](http://www.trulynoleninternational.com), E-mail: [info@tpsindia.org](mailto:info@tpsindia.org)





Hope Ek A.S.H.A



## REC completes the picture of POWER SECTOR in India

Since its inception, REC has been playing a significant role in financing and promoting electrification projects across India. Within a span of 46 years, REC has emerged as India's leading finance company in power sector. Be it generation, transmission, distribution or renewable energy, REC has always created benchmarks in its every performance.

### Financial Performance for the Quarter and Half year ended 30.09.2015

Particulars	Amount	Increase
<b>Disbursements</b>	₹ 12,805 Cr.	up 28%
<b>Loan Book</b>	₹ 1,94,648 Cr.	up 20%
<b>Total Income</b>	₹ 5,925 Cr.	up 17%
<b>Net Worth</b>	₹ 27,906 Cr.	up 19%

### **Rural Electrification Corporation Limited**

(A Government of India Enterprise)

Core-4, SCOPE Complex, 7 Lodi Road, New Delhi-110 003, Tel. : 24363161, Fax: 24360644,  
E-mail: recorp@recil.nic.in. Website: www.recil.nic.in, CIN: L48101DL1986G005095

\* This is not a statutory release



Hope Ek A.S.H.A

## सरल एवं सहज बैंकिंग के लिए भारतीय महिला बैंक लिमिटेड

अपनी कुशलता को दें एक नई पहचान

बीएमबी श्रृंगार  
ब्यूटी पार्लर ऋण



बच्चों के लिए आपका प्यार,  
अब लाए खुशियाँ अपार

बीएमबी परवरिश  
भारतवर्ष के केवल सीएए/  
ड्रेस ब्रान्ड



आप परोसें स्वाद. हम परोसें खुशियाँ.

बीएमबी अन्नपूर्णा  
केटरिंग सर्विस ऋण



छोटी बचत, ज़्यादा लाभ.

बीएमबी  
बचत खाता  
बीएमबी निवेश  
बचत खाता  
बीएमबी पोस्ट  
बचत खाता

5%\*  
प्रति वर्ष  
₹1 लाख से अधिक

4.5%  
प्रति वर्ष  
₹1 लाख तक

\*भूरी जमा राशि पर 5%



[www.bmb.co.in](http://www.bmb.co.in) देखें

• बीएमबी स्मार्ट बैंकिंग - <https://bmbmartbanking.co.in/netbanking>



**बीएमबी**

भारतीय महिला बैंक  
भारत सरकार के अधीन, भारत का वित्तियंत्रण, सुरक्षा और विकास के लिए



**BMB**

BHARATIYA MAHILA BANK  
Empowering Women, Empowering India.  
Wholly owned by Govt. of India



पंजीकृत कार्यालय: 9वां तल, आईएफसीआई टॉवर, 61, नेहरू प्लेस, नई दिल्ली - 110019



Hope Ek A.S.H.A

*With Best Compliments from*



## **Japan Bottle House**

**2124, Tilak Bazar  
Delhi -110006**

**Phone : 23932100 / 32935100  
E-mail: [japanbottlehouse@gmail.com](mailto:japanbottlehouse@gmail.com)**

### **Dealers:-**

Fine Fragrances, Essential Oils, Aromatherapy Oil, Carrier Oil, Herbal Oils, Spices Oils, Aromatic Chemicals, Resinoids Etc.



Hope Ek A.S.H.A

*With Best Compliments  
from*

## **AZAD BHARAT CHEMICAL CO.**

2127, Tilak Bazar, Delhi - 110 006

Phone: (O) 2392 6279, 2397 8825

(R) 2747 4052 / 2747 1741

*DEALERS IN*

**Aromatic Chemicals, Perfumes, Essences,  
Food Colours etc.**

Agents to

**M/s. P.S. AROMATICS**

Mfrs. of Perfumery Compounds

& Flavour Concentrates

B-97, Industrial Area, G.T. Karnal Road, Delhi

**Sister Concern**

**Hind Industrial Sales Corporation**





Hope Ek A.S.H.A

With Best Compliments  
From



  
**Gogia**  
FRAGRANCES

*Gogia Fragrances Pvt. Ltd.*

(An ISO 9001:2008, GMP, HACCP Certified Company)

*Manufacturers of :*

**Industrial Fragrances / Perfumery Compounds & Synthetic Essential Oils**

A-127, Okhla Industrial Area, Phase-II, New Delhi-110020  
Tel: 011-40776800 • 26383329/6007 Fax: 91-11-26386485



Hope Ek A.S.H.A



*With Best Compliments  
From*

**SETH BROTHERS (PERFUMERS) PVT. LTD.**

**2348, Tilak Bazar, Delhi - 110 006**

**Grams : SCHIMMER**

**Ph.: +91-11-23918000, +91-11-23978659**

**Fax : 91-11-23940020**

Works: C-197, Naraina Industrial Area, Phase-1, New Delhi 110 028

Ph.: 011-25795228 Fax : 91-11-25793961

email: vinodseth@schimmer.co.in, schimmer.sbppl@gmail.com

Branches : 6 Souri Building 74/80 Babugenu Road, Mumbai - 400 002

Ph.: +91-22-22053297 Fax : 91-22-22057108

62/98, Sapta Sagar, Varanasi - 221 001

Ph.: +91-542-2413385 Fax : 91-542-2413714

11, Rabindra Sarani (First Floor), Kolkata - 700 073

Ph.: +91-33-22215641 Fax : 91-33-22351995

*Serving the world of fragrances for over 66 years*

Manufacturers of Industrial Fragrances  
*An ISO 9001 : 2000 Certified Organization*

*www.schimmer.co.in*



Hope Ek A.S.H.A

*With  
Best Compliments  
From*

Dr. Ali  
955535757

Dr. Chaudhary  
9811511777

**www.detoxcentre.in**

**Detox Opp at Life Care Clinic**

D-52, Greater Kailash Enclave-II

New Delhi-110048.

OPD Timings : Tuesday, Thursday, Saturday 11AM-1PM



**Life Care**

Authorised Sample Collection Centre for



(Formerly SRL, Ranbaxy Ltd.)

**India's Largest Pathology Laboratory Network.  
Trusted by Millions.**

**Laboratory Timings**

Sample Collection : 8.30 A.M. to 1.30 P.M. Reports Collection : 7.00 P.M. to 8.00 P.M.

**Life Care Clinic**

(A unit of LifeCare).

D-52, Greater Kailash Enclave II, New Delhi - 110048

PHONE: 29228341, 29221714, 9910494958, 9818201636 (Beena), 9810130635

E-mail : drschawla@rediffmail.com



Hope Ek A.S.H.A

With

**Best Compliments**

From

**C.L Bareja**

Managing Director

**Crown Couriers Pvt. Ltd.**

4/5, Crown Building

Deshbandhu Gupta Road

Pahar Ganj, New Delhi 110 055

Ph. 011-23585035, 23585065, 23584182

Mobile: 9310502445, 9311102445, 9310002445, 9311202445

**With Best Compliments**

From

**Everwear Industries**

61, MM Road, Rani Jhansi Road,

New Delhi – 110055, Ph 011 43537469

Website: [www.everwearindia.com](http://www.everwearindia.com)

E mail: [everwearindustries@yahoo.co.in](mailto:everwearindustries@yahoo.co.in)

Cell: 91 9911147047, 99112 47047, 91 9810150407



Hope Ek A.S.H.A

With  
Best Compliments  
From



Sheela Mahajan

---

With  
Best Compliments  
From



*Kush Sareen*



Hope Ek A.S.H.A

**WITH BEST COMPLIMENTS  
FROM  
Surendra Subhash & Co**

CHARTERED ACCOUNTANTS  
2<sup>nd</sup> Floor, Bansi House, 1/24, Asaf Ali Road,  
New Delhi-110002, Tel :- 23237700, 40564563/64  
Email :- ssandco1981@gmail.com

---

With  
Best Compliments  
From  
*PINK CITY ELECTRONICS PVT. LTD.*

**Office**

Shri S.C. Sharma  
C-1/44A, Shyam Nagar, Ashok Path,  
Opp. Community Centre, Jaipur

**Regd. Office**

C-1/1183, Vasant Kunj, New Delhi - 1100 070  
Tel.: 91 (011) 26893359 Fax : (011) 24633898



**Hope Ek A.S.H.A**

## **List of Advertisers**

Tourism Finance Corporation of India

Novartis India Limited

Power Finance Corporation Ltd.

JMD Limited

Kanta Group of Companies

First Flight Couriers

Seth Brothers (Perfumers) Pvt. Ltd.

Harish C. Khosla & Co. Pvt. Ltd

Sanganeria Foundation

Aroma Sales Corporation

BHEL

Crown Couriers

Life Care Clinic

Dr. Ali & Dr Chaudhary

Gogia Fragrances Pvt. Ltd.

Azad Bharat Chemical Co.

Japan Bottle House

Fab Flavours & Frangrances Pvt. Ltd.

Power Grid Corporation India Ltd.

Rakesh Products

NTPC



## Hope Ek A.S.H.A

Steel Authority of India

Surendra Subhash & Co.

Mrs. Sheela Mahajan

Everwear Industries

Mr. Kush Sareen

Pink City Electronics Pvt. Ltd.

Sacheerome

Truly Pest Solution Pvt. Ltd.

Rural Electrification Corporation Limited

Bhartiya Mahila Bank



# DONATION FORM

## PERSONAL DETAILS.

Name -----

Address for Correspondence -----

Pin Code ----- PAN No. -----

Mobile ----- Landline. -----

E-mail Id -----

I hereby donate Rs. ----- Rupees -----

----- (In words)

By Cash / Cheque / Draft No. ----- Dated. -----

Name of the Bank/Branch -----

Payable at -----

Signature

All Cheques / Bank Drafts should be made in favour of "Hope Ek A.S.H.A."

For ONLINE donations Log on to [www.hopeekasha.org](http://www.hopeekasha.org)

For RTGS Details of account is as under

Beneficiary : "Hope Ek A.S.H.A." , Account Number : 10263861625

IFSC Code : SBIN0007756 Name of Bank : State Bank of India

Donation of this Organization are Exempted under Section 80G of the Income Tax Act, pursuant to Exemption Certificate issued by the office of Director, Income Tax, Government of India, Mayur Bhawan, 7<sup>th</sup> floor, New Delhi-110001, under Income Tax Rules vide order No. DIT (E) 2007-08/H-478-1955, dated 26.06.2007 valid till 31.03.2010 and in perpetuity.

**Hope Ek A.S.H.A. PAN Details : AAATH2845J**

*For further information / help contact*

**Dr. SUSHMA CHAWLA,**

**Founder - President**

D - 52, Greater Kailash Enclave – II, New Delhi -110 048.

Phones: 29221714, 29228341, Mobile: 98101-30635

E-mail: [hopeekasha2001@gmail.com](mailto:hopeekasha2001@gmail.com), [drsshawla@rediffmail.com](mailto:drsshawla@rediffmail.com)

Website: [www.hopeekasha.org](http://www.hopeekasha.org)



हमारी **उपलब्धियां**  
मुस्कुराहटों से मापी जाती हैं



...सिर्फ बनने वाली बिजली की मात्रा या  
बिछाई गई केबल की लंबाई से नहीं



**पावर फाइनेंस कॉर्पोरेशन लिमिटेड**

(एक नवरत्न पीएसई)

[www.pfcindia.com](http://www.pfcindia.com)

पावर फाइनेंस कॉर्पोरेशन लिमिटेड (पीएफसी) ऐसे किफायती और प्रतिस्पर्धी वित्तीय उत्पाद और सेवाएं प्रदान करता है जो लाखों लोगों तक बिजली प्रदान करते हैं। हमें भारतीय विद्युत क्षेत्र में अपने योगदान पर गर्व है और राष्ट्र निर्माण में हम अपनी भूमिका निभाने के लिए प्रयासरत हैं।

- भारत सरकार की आर-एपीडीआरपी, यूएमपीपी और स्वतंत्र पारेषण परियोजनाओं के लिए नोडल पीएसयू
- कर पश्चात् लान (पीएटी) – ₹ 5,418 करोड़
- ऋण परिसंपत्तियां – ₹ 1,89,231 करोड़
- निवल मूल्य – ₹ 25,088 करोड़

सपनों को साकार करने की शक्ति और कार्य करने की शक्ति का प्रसार



THERE IS A DIFFERENCE

FORGETTING YOUR SON'S  
BIRTHDAY

FORGETTING YOU EVER  
HAD A SON

To know more about Alzheimer's Disease, please see your doctor today

Always consult your doctor for any medical advice.

 **NOVARTIS**  
INNOVATION. INSPIRED.

Issued In Public Interest by Novartis India Ltd.