

## Dwait Adwait

Nowadays, multitasking has become a fashion and need to some extent. In multitasking, you have to pay attention to many goals simultaneously.

But when you are on the spiritual path again, you have to go childish. Act just like a child. Do whatever you want but be present there mentally also. When your hand, head, and heart go in one direction, you are on the spiritual path. Because now you can pay attention towards the purification of the mind, which is necessary to attain freedom from the slavery of the mind. After that, only you will be able to experience Oneness pervading all over the universe.

## Editorial

There is another approach also to get what is Adwait. Every human being is equipped with sanskar from his previous birth, this present birth, got from family members and relatives and lastly from society and the environment.

In this world, he only looks at everything person, place, or situation through the filter of those sanskar. Therefore there is a big difference in the thinking pattern of one person to another person. Every person in life sees sometime the good side and another time bad side of the same coin because the same side of the coin is beneficial to someone and harmful to another person at different times. But you should be mature enough to find the goodness that is hidden in the bad side also because God that Supreme Power never does bad to anyone. Everything you get in life is the result of your karmas, so everybody is getting good or bad according to his karmas only. So we should not try to search right or wrong in anything. Neither you should be judgemental, nor you should favor or disfavor anything. You should just become a witness to any action done by you or any other person. Actually, we are habitual of finding mistakes. We have to leave that habit also. When we see any person, place, thing, or action in the way it is, neither good nor bad, then that state is called a state of Adwait. No two things only one. Dwait means two different aspects of something, whereas Adwait means only one aspect. When you accept both sides of the coin without getting affected, then you are in the state of Adwait.

- Sulekha Shrivastava

## Priyanka Singh went out to score goals holding the hockey stick, now she is doing amazing on the film screen

Stay focused towards my work, not a give-up option: Priyanka Singh Priyanka Singh's journey from Police Line to Bollywood Corridor was not easy! came back to Mumbai to fulfill my dreams: Priyanka Singh Someone has rightly said that dreams should be big. And then one should not give up till its completion. Actress Priyanka Singh, who is coming from a small town like Saharanpur in UP, is making her name bright in Bollywood today. Priyanka used to run around the field with a hockey stick, but her heart used to be in the cinema. She saw Bollywood as a dream and went to Mumbai to make it a reality. But it is said that not everyone likes Mumbai and it is not easy to establish there. This happened with Priyanka too and she had to return to Saharanpur after a lot of struggle. But then she made her debut with her first Bollywood film 'Kashi - In Search of Ganga' released in 2018 and today she is going to be seen in 'Suswagatam Khushmadi' film with Priyanka Singh, Pulkit Samrat and Isabelle Kaif in an important role. But before that let's talk about his early days. Priyanka Singh today is struggling to get M position in Bollywood despite coming from small town. The story of Priyanka Singh, who belongs to the Saharanpur district of Uttar Pradesh, is also a similar story. Priyanka Singh's late father, who lives in the police line of Saharanpur, and work with police department. Even wearing police uniform, the mother is also engaged with police she also work for police department in the service of the country and society. While studying in school and college, Priyanka Singh acted on stage, but she did not even know that her dream of working in Bollywood films would come true one day. Along with studies in school & college, the running of scoring and stopping goals with a hockey stick in hand was also going on. In such a situation, Priyanka Singh used to feel that one day she would make her state and country proud by becoming a hockey player. But the passion for acting in films was attracting him to Mumbai like a powerful magnet. In the midst of all the hustle and bustle of trying her hand in Bollywood, Priyanka Singh finally moved to Mumbai. Priyanka Singh has no regrets for this decision taken four years ago and she is very happy with her decision. Priyanka says, 'I am always focused in my work. No work is easy without being focused. Today with my enthusiasm and passion, I want to achieve a position in Bollywood, a simple girl from Saharanpur. The dreams of Bollywood are brought up in the minds of many people living in small villages and cities of the country.'

Many of these dreams become reality and also present different examples. There was a time in Priyanka's life when Priyanka Singh felt that she might not be destined to work in Bollywood films. In such a situation, in the midst of everyday struggles in Mumbai, Priyanka Singh, who auditioned at the audition, became desperate and then returned to Saharanpur, never to return. But one day Mumbai again gave voice to Priyanka Singh. One day, when an offer came to work in an ad film, Priyanka Singh read in a dilemma whether to move to Mumbai again or not. But now Priyanka Singh believes that the decision to come to Mumbai once again proved to be very good for her. After returning, he started getting good offers for films. Regarding this, Priyanka says, "If I had not taken the decision to return from Saharanpur, then my dream of working in films would never have been fulfilled. I definitely have to struggle here to make my mark in Bollywood but they say no. The fruits of hard work and patience are sweet. In the same way, my hard work has also paid off. Now I want to make my place in the hearts of people by playing different and interesting characters. It was not easy to make a place. Priyanka said that both her parents are in the police, so the atmosphere of the house was already a bit strict, but still my parents supported me and I traveled from Saharanpur to Mayanagar. Priyanka says that 'coming to Mumbai was not enough, there was a lot of struggle here. I had decided to leave from here after being hit again and again, but I made my mind more firm and started working hard again. I will definitely say that will power and hard work will take you to your destination, so no matter what happens, no one should ever give up.'

# Utilize the potential

**Utilize the potential of elders which they have gathered during their productive life span as part of Geriatric Care said Dr. K Madan Gopal, Sr. Consultant, Geriatric Care, Niti Aayog.**

Considering the importance of digital healthcare access to elderly people and under the ages of Healthy Ageing webinar series, Hospital & Diagnostics Committee of PHDCCI organized a webinar on "Digital Healthcare Access Equality for All Ages"

The eminent guests present in the webinar were Dr. K Madan Gopal, Sr. Consultant-Geriatric care, Niti Aayog, Mr. Rohit Prasad, Chief Executive Officer, HelpAge India, Dr. Ipsito Chakravarty, Director of Gerontechnology Research Wing, Calcutta Metropolitan Institute of Gerontology, Dr. Sameer Gupta, Co-Chair of the Hospital & Diagnostics Committee, PHDCCI, Dr. Deep Goel, Co-Chair of the Hospital & Diagnostics Committee, PHDCCI, Mr. Saurabh Sanyal, Secretary General, PHDCCI & Mr. Vivek Seigell, Assistant Secretary General, PHDCCI.

Dr. K Madan Gopal said that currently our 8.6% population is old age which will be 12% in 2030 and 20% by 2050. He also said that life after 50 comes with lot of social, economic & mental health difficulties.

He also highlighted about elderly people living in rural areas who do not have the Digital Healthcare Access. Dr. Gopal also mentioned that during second wave of covid-19 the demand for Telemedicine

& Tele health has been increased drastically which has also made life easier for the patients specially living in the rural areas. There's an utmost need for creating awareness about the availability of digital Healthcare facilities available for the elderly in the rural areas and we can educate them about it.

Dr. Gopal also talked about various initiatives taken by Niti Aayog for the elderly people in India and about National Health Mission as it provides opportunity for telemedicine consultation and has a wide network of diagnostic labs and provide primary care to all the people. Dr. Gopal also urged everyone to come forward and work together to make a better digital care for the elderly people in India. He further added to look for the opportunity to utilize the potential of elders which they have gathered during their productive life span.

While welcoming the guests & delegates, Dr. Sameer Gupta said that COVID-19 is changing older people's daily routines, the care and support they receive, their ability to stay socially connected and how they are perceived. He further added that older people are being challenged by requirements to spend more time at home, lack of physical contact with other family members, friends and colleagues, temporary cessation of employment and other activities; and anxiety and fear of illness and death – their own and others. It is therefore important that we create opportunities to foster

healthy ageing during the pandemic. Dr. Sameer also said that Digital Equity is a condition in which all individuals and communities have the information technology capacity needed for full participation in our society, democracy and economy – including older persons – to ensure new opportunities and benefits are available to everyone.

While mentioning about the work done by HelpAge India for elderly, Mr. Rohit Prasad mentioned about multiple determinants of ageing and health. Mr. Rohit said that Covid has disproportionately affected the elders livelihoods, income, loneliness and digital divide led to elders struggling with tech.

While mentioning about the way forward, Mr. Rohit said that there is an urgent need to enhance the digital literacy / skills of elderly to have transformational impact on their lives. There is also a need to develop elder specific and elder sensitive solutions which can be called as age friendly digital solutions and finally the focus should be on research and data for elderly with age disaggregated data and analysis for better insights & evi-

dence into problems to solve.

Talking about the senior care, Dr. Ipsito Chakravarty said that it is not the "lifespan" but the "healthspan" that matters; it is not the Quality of Life (QoL) but the Quality of Experience (QoE) that matters; it is not the "object" but the "subject" that matters. Dr. Ipsito further mentioned about Elderly-friendly interfaces which are very much important for Digital Literacy classes meant for the elderly.

He further said that User-centred Participatory Research, which involves the target population (Elderly) is the need of the day for developing digital accessibility for elders. He concluded with the sayings that help elderly in find-

ing a purpose, Assist them to live out that purpose to find a meaning and Promote more & more participation (User-centred Participatory Research). Mr. Saurabh Sanyal, Secretary General, PHD Chamber proposed a formal vote of thanks to all the dignitaries present for sparing their valuable time and knowledge about healthy ageing with the industry.

Mr. Sanyal highlighted the point that digital technology have taken in place in everyone else's life however senior citizens are unable to access healthcare and lacking the digital accessibility.

The webinar was also supported by PHDCCI Annual Sponsors such as, Multani

Pharmaceuticals Ltd; Star Wire ; P G Industry; Uflex Ltd; DLF Ltd; Continental Carriers Pvt Ltd; Belair Travel & Cargo Pvt Ltd; Radico Khaitan Ltd; Crystal Crop Protection Ltd; Paramount Communications; Superior Industries Ltd; JK Tyre & Industries Ltd; Comtech Interio; R E Rogers; AYUSH Herbs Private Ltd; Apeejay Styra Group; DCM Shriram; EaseMyTrip; Blossom Kochhar Beauty Products Pvt Ltd; MV Cotspin Ltd; Synergy Environics Ltd; Ajit Industries Pvt Ltd; PSBEDI & Co.; Indian Farmer & Fertilizers Corporation Ltd; Jindal Steel; Hindware Sanitary; Modern Automobiles; Livit Ltd.; Axa Parenter Pvt. Ltd.; Bhagwati Plastic and Pipes Industries.

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# Sonepat Kundali Scam is Worth More Than One Hundred & Fifty crores: Sandhu

## Case Padding In NCDRC . Ray of hope of Retired Rly Employees

IRWO's Scam which was taken out of Seventy-Six crores is due to from rate gimmicks of Indian railway welfare origination which was told earlier it has happened due to the way the plan was changed later. While all other types of frauds are added then the amount of housing scheme of Sonapat Kundli Railway employees will be More than Rs 150 crores it was told by Shri RS Sandhu, Chairman, Rail Vihar Sonepat Members Welfare Association.

He said that the location in the Sonapat Kundli project was Never disclosed by Indian Railway Welfare Origination correctly and always tried to mislead by telling it according to the landmark. IRWO showed the dream of building the Sonepat Kundli project on the Delhi border. The land was purchased from a private builder in Raipur Village Sector 10 Sonepat 18 km from Kundli, where there is no road to come. In this way IRWO was the first to commit a land purchase scam which cannot even be estimated. the officers and brokers involved in the purchase of this land if they are closely interrogated then the truth can come out. IRWO has taken a separate plot for the type four category and a different plot for type three and type two flats. the road was left in the middle which increases the cost burden. Haryana Government and UP Government are providing big plots for group housing for the employees but irwo officers don't want to work with clean hand.

Sandhu says that land biggest Scam was occurs in

sonapat kundli project by IRWO officers.

2nd scam is the cast of the flats was increased by digging the basement for 625 parking. due to which the cast of the flats was increased more. The soil which came out from the excavation of the land was sold and cheated of Rs 10 corer and no information was given. The cost of digging and the cost of its construction has also fallen on the people who have bought flats there. Whereas IRWO wanted all the retired and serving employees who were willing to buy flats under this scheme to talk to them again and again and tell them every calculation this has not been done to date.

Where is the justice for the buyers of the first and second phases. where different rates have been fixed in one Building. while IRWO started construction together they did not make any separate arrangement for them. all the allottees' have under the same plan? If the total Building is constructed how can the different cost prices come out in Phase I and Phase II?

The IRWO has burdened their mistake on the retired and serving railway employees. When fewer applicants came to IRWO a conspiracy was hatched to rob the employees by increasing the cost of those flats by making them the second phase. The working of IRWO is not transparent. Even today, many flats have not been sold in the Sonepat Kundli. this is also a scam of IRWO. whose financial burden has already been put by IRWO on serving and retired employees.

Sandhu said that IRWO had collected a considerable amount of penalty from him even though there is no facility there today. The completion certificate taken has also been given without any verification and without any basis. completion certificate issued



by authorities with so many conditions. in which there is a blatant violation of the safety by laws. when the entire Building will be inspected there will be so many scams will come out. IRWO has done fraud in the lift purchase. which the IRWOs have installed in latter stage.

At least four to five lakh rupees have been cheated in the manufacture of each Flat. Due to which each society member has been cheated by IRWO at least five lakh Rs on each flat cost. The wooden work done by IRWO is also of a low standard. The door frame is of inferior quality. If the cement is tested the only send will come out. Anyone can check it. Electric wires are inserted either straight or parallel or vertically inside the walls never diagonally while this type of fraud has been done to protect the cables. electrical switches and board are also of lower quality. Miles said that the seepage of water is on every floor and flat because IRWO has not even put the water line properly. When the water comes with pressure from the tank placed on the 15th floor the pipeline cannot bear the pressure due to which there is water leakage on every floor. IRWO has no solution to correct this and the flats are getting spoiled due to water leakage. The black tiles which have been installed on either side of the lift have lost their

place. Plastic welding has been done under the walls. The flat plaster can be scraped off with a spoon. The boundary wall that IRWO has built allows dogs and other animals to jump in from the nearby open deserted areas threatening their lives. The electricity problem always remains, and the cost of the DG set is also on the flat holder. Sandhu said that in 2015, some members of the society had presented a case against the IRWO in the National Consumer Court Delhi regarding all these issues. whose case number is CC 994 in 2015. IN The Honourable Court after getting time by IRWO did not respond twice. a penalty of 25 thousand has been imposed on IRWO. The next hearing is February 1, 2022. All the old and retired employees are sitting in the hope of the honourable Court that the Court should get rid of them from the frauds and price hikes done by the IRWOs

KN Singh said that IRWO, an organization created for the interests of the employees can do such type of fraud no one can think. now how railway employee can trusting whom, the employees buy flats for themselves by investing their lifetime earnings. IRWO's Sonepat Kundli Yojana is not suitable for residential and old age persons. while on the other hand, there is no provision for fire safety. If there is

a fire in the building. there is no security. According to the building bylaws in 2008 without security arrangements in high-rise buildings, NOC and completion certificates cannot be issue so how IRWO got this certificate. should also be investigated by CBI. Today every person wants to live in a safe place.

so retired and serving railway employees keeping the intention of residing near Delhi have chosen the IRWO Kundali scheme. Invested their lifetime earnings in the project of IRWO Sonapat Kundli. but neither got a safe building nor did they are able to live there. IRWO's fraud has increased the cost of flats are beyond the limits. and there is no one to listen to. Now the Railway Minister himself should pay attention to this and send investigation of Sonapat Kundali scam to CBI. The employees believe that the Railway Minister do the CBI investigation of the sonapat kundli project, then definite scam come out. Evidence of sub-slandered construction material is present in every flat.

The way IRWO has played the game of misleading the employees. data to rob the employees is present in the calculations. the land fraud needs to be opened because they were the flats sold by horoscope planning in the employees who were buying the flats in the name of the horoscope scheme.

now when the truth has come in front of them their full amount should be returned with interest to employee they don't want to leave in sonapat kundli. this is a judicial principle. IRWO cannot force anyone to take a flat at another place by telling one place. This is a long battle. The links to this IRWO scam are very long.

## 76 Crore's scam is a big scam, it

## should be investigated fairly: Meena

MP Will write a letter to Railway Minister

Information about Sonapat Kundali scam in Railway Welfare Organization came to the notice of Udaipur MP Arjun Meena he expressed his grief over it and said that at whatever level this injustice has been done to the retired and serving employees of the Railways Cannot be tolerated.

Meena said that the fraud of sixty crores is not a small matter it should be investigated fairly. he is writing a letter to the Railway Minister Ashwanijini in regard. retired elders and serving railway employees was cheated by IRWO. I Will demand a CBI inquiry for sonapat kundli scam of IRWO Because it is a ques-



tion of justice. if the retired and serving railway employees do not get justice at the level of Railway Minister then if necessary I will also apprise the Prime Minister about this issue. On the question of closure of concession in railway fare to elderly passengers in railways since carona period and closure of concession given to Accredited journalists in railways MP Arjun Meena said that both these concessions should start soon.

He Will talk to the Railway Minister he is confident that both the concessions will start soon.

- Dr. Munesh Arora