



# ESPERANTO

Feb, 2015



## CHAIRPERSON'S MESSAGE

When we think that something belongs to us, we take good care of that thing. When we say this is Our Country, we will take care that it is not littered, it is clean. When we say the organization we work in, belongs to us, we are more sincere in our work and when we will say, IASAP is an Association that belongs to us, we will make every effort to rejuvenate this Association, take it to greater heights and keep it growing from strength to strength. The bottom line is that IASAP belongs to all.

All Individuals stand a prominence - so why not we meet/brain-storm/and take IASAP forward. Let this be our motto for Women's Day-when we are coming together.

There was a king who had one eye and one leg only. He asked all the painters in his country to draw a beautiful portrait of him, but none could do so as per his satisfaction. How could they draw him beautifully with the defects of one eye and one leg. In the meantime, a painter from the nearby town approached the King and took up the task. After completion of the portrait the king was delighted and thrilled. He had painted the king aiming for a hunt closing his one eye and One leg bent.

Reflections: We all can paint pictures like this for others. Hiding their demerits and highlighting their strengths.

## OUR MANAGING COMMITTEE



From Left: Veera Mavalwala, Meenakshi Dhanda, Anjana Tandon, Vandana Kalsi, Anita Khosla, Gargi Mehta and Jyotsna Pathak

## ASA CONVENTION PAKISTAN

The 22<sup>nd</sup> ASA Congress was held at Avari Towers, Karachi from 13<sup>th</sup> to 17<sup>th</sup> September, 2014. 65 foreign delegates attended the Congress, along with ... local delegates. The theme of the Congress was '*STANDING HIGH IN CHALLENGING TIMES*'.



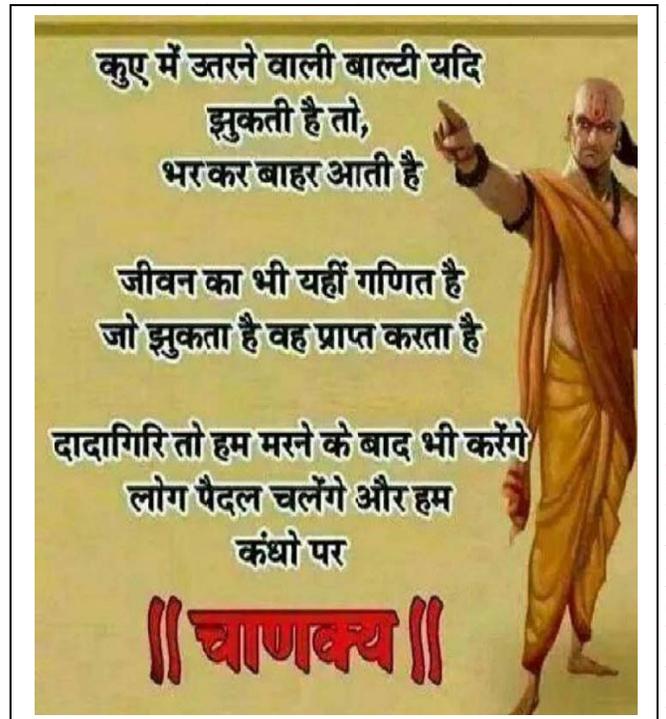
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FROM THE EDITOR'S DESK

The New Year brings new opportunities amidst a challenging and ever-changing environment. In this year of change, I wish everybody a constructive, joyous and memorable 12 months ahead! India stands at the cusp of change! The ever-changing demographics, bringing down the average age of Nation, calls for understanding the aspirations of the changing Nation! In this new light each of us has to engage differently from the past. This calls for introspection for all of us at IASAP so that younger membership takes over the leadership role. If we do not recognize the organization which is more than 40 years old will wither away. I would call upon all members that it is time to put our heads together and ensure that we find a younger generation as active members so that baton is passed to them seamlessly and this great organization passes the test of time. To achieve this goal, we must understand what attracts the present day youth so that they have a deep and meaningful engagement with IASAP. We had the 22nd ASA Congress between 13-17 September hosted in Karachi, Pakistan. This showed how easily the people of two nations bond with each other. The seeds of distrust sown by vested interests are playing havoc with the masses at both ends. This is what I carried from people to people contact when I visited Karachi and Lahore. Let us do something to rise above misunderstandings! I am happy to see the imperceptible cross-pollination that is happening all around us. I have seen young boys & girls tying knots overcoming the limitations of geographical boundaries within the nation. In recent times I have attended Gujarati-Kannada; Sikh-Malyali; Sindhi-Punjabi; Bengali-Jain weddings and fortunately this tribe is growing. I believe this is a true way of integrating India as one Nation! I look forward all of you in hordes at Hyderabad for the National Convention in September 2015. Please come forward with ideas/suggestions for making 2015 a Path-breaking year for IASAP.





LAGUHTERS COLUMN



Wife: What is 10 years with me?  
Husband: A second.

Wife: What is \$1000 for me?  
Husband: A coin.

Wife: Ok give me a coin.  
Husband: Wait a second



## Do You Know? How - Who Named India

Bharat, India, Hindustan but the official name, states that "India, that is Bharat, shall be a union of states." Thus, not only in usage but officially India and Bharat are both accorded primary status? The name India is derived from the river Indus.

The original name of the river came from the fact that in the north-west of the subcontinent, there are seven main tributaries of the one river. The local inhabitants therefore called it Sapta-Sindhu, meaning the seven rivers. As the seven tributaries are part of the one river, the entire river system came to be known in time as Sindhu. In general, Sindhu also means any river or water body in Sanskrit.

Persian explorers visited the area even in ancient times, and the Iranian 'h' is cognate with Sanskrit 's'. Thus Sindhu became Hindu. Similarly, Sanskrit Asura (a spirit, later an evil spirit) is cognate with Ahura, the Supreme God of the early Iranian people.

The name of the river entered Greek from Persian, with the loss of the initial 'h', to become Indos, from which the Greeks derived their name for the region, India. The Latin form of Indos is Indus, the name by which the river system is still known in the West. Its name was given to the entire subcontinent by the Romans, who adapted it to the current India.



The word India is the form used by Europeans over the ages.

Sindhu is also the Sanskrit term for Ocean and for any large water body. It would specifically mean the modern river Indus, if ancient Indic originated there. It could just mean "water dwellers" as well.

Interestingly, the Vedas did not assign any particular name for India, although some scholars assert that references to Indu in the Rig Veda relate to India's present name. Many traditional literary/cultural works from around the globe lack definite terminology for their home culture as a political unit; China, Greece, and many other civilizations lacked fixed names for themselves in traditional literature of their early periods.

In the Matsya Purana 126, the length of India (Bharatavarsa) is 9,000 puranic yojanas, which is a good estimation.



Listed by, among others, Colonel James Todd in his Annals of Rajputana, he describes the ancient India under control of tribes claiming descent from the Moon, or "Indu", and their influence in Trans-Indian regions where they referred to the land as

Industhan. This explanation might serve better to explain the term Hindu. Having said that, ancient Greeks do mention the Indic tribes or related tribes (could be of Iranian origin or joint Indo-Iranian origin) inhabiting what is now Ukraine as Sindoi or Sindkoi.

The name India was known in Anglo-Saxon, and was used in King Alfred's translation of Orosius. In Middle English, the name was, under French influence, replaced by Ynde or Inde, which entered early modern English as Indie. The use of the name India dates from the 17th century onwards, and may be due to the influence of Latin, or Spanish or Portuguese.



## STORY OF THE DAY (BY ANITA KHOSLA)

### This too Shall Pass

Once a king called upon all of his wise men and asked them, "Is there a mantra or suggestion which works in every situation, in every circumstance, in every place and in every time? In every joy, every sorrow, every defeat and every victory? One answer for all questions? Something which can help me when none of you is available to advise me? Tell me is there any mantra?"

All the wise men were puzzled by the King's question. They thought and thought. After a lengthy discussion, an old man suggested something which appealed to all of them. They went to the king and gave him something written on paper, with a condition that the king was not to see it out of curiosity.

Only in extreme danger, when the King finds himself alone and there seems to be no way, only then he can see it. The King put the papers under his Diamond ring.

Sometime later, the neighbors attacked the Kingdom. King and his army fought bravely but lost the battle. The King had to flee on his horse. The enemies were following him...getting closer and closer. Suddenly the King found himself standing at the end of the road - that road was not going anywhere.

Underneath there was a rocky valley thousand feet deep. If he jumped into it, he would be finished...and he could not return because it was a small road...the sound of enemy's horses was approaching fast. The King became restless. There seemed to be no way.

Then suddenly he saw the Diamond in his ring shining in the sun, and he remembered the message hidden in the ring. He opened the diamond and read the message. The message was - "THIS TOO SHALL PASS"

The King read it. Again read it. Suddenly something struck him, "Yes! This too will pass. Only a few days ago, I was enjoying my kingdom. I was the mightiest of all the Kings. Yet today, the Kingdom and all his pleasure have gone. I am here trying to escape from enemies. Like those days of luxuries have gone, this day of danger too will pass." A calm came on his face. He kept standing there. The place where he was standing was full of natural beauty. He had never known that such a beautiful place was also a part of his Kingdom.

The revelation of the message had a great effect on him. He relaxed and forgot about those following him. After a few minutes he realized that the noise of the horses and the enemy coming was receding. They moved into some other part of the mountains and were nowhere near him.

The King was very brave. He reorganized his army and fought again. He defeated the enemy and regained his empire. When he returned to his empire after victory, he was received with much fanfare. The whole capital was rejoicing in the victory. Everyone was in a festive mood. Flowers were being showered on King from every house, from every corner. People were dancing and singing. For a moment King said to himself, "I am one of the bravest and greatest Kings. It is not easy to defeat me. With all the reception and celebration he saw an ego emerging in him.

Suddenly the Diamond of his ring flashed in the sunlight and reminded him of the message. He opened it and read it again: "THIS TOO SHALL PASS".

He became silent. His face went through a total change - from the egoist he moved to a state of utter humbleness. If this too is going to pass, it is not yours. The defeat was not yours, the victory is not yours. You are just a watcher. Everything passes by. We are witnesses of all this. We are the perceivers. Life comes and goes. Happiness comes and goes. Sorrow comes and goes.

Now as you have read this story, just sit silently and evaluate your own life. This too will pass. Think of the moments of joy and victory in your life. Think of the moment of Sorrow and defeat. Are they permanent? They all come and pass away. Life just passes away. There is nothing permanent in this world. Everything changes except the law of change. Think over it from your own perspective.

You have seen all the changes. You have survived all setbacks, all defeats and all sorrows. All have passed away. The problems in the present, they too will pass away... Because nothing remains forever. Joy and sorrow are the two faces of the same coin. They both will pass away. You are just a witness of change. Experience it, understand it, and enjoy the present moment - this too shall pass.



## What is Life?

*Life is a song - sing it.  
Life is a game - play it.  
Life is a challenge - meet it.  
Life is a dream - realize it.  
Life is a sacrifice - offer it.  
Life is love - enjoy it.  
- Sai Baba*

*Life is not about perfection -  
or a quest for perfection.  
Life is about enjoying what we have -  
for as long as we have it.  
- Jonathan Lockwood Huie*

*Do not anticipate trouble,  
or worry about what may never happen.  
Keep in the sunlight.  
- Benjamin Franklin*

*Live as if this is all there is.  
- Mary Anne*



### IN MEMORIAM

We are sorry to inform of the sad & untimely demise of our dear Member, Mrs Anjana Kothari, on 30th January, 2015 in New Delhi. Anjana Kothari was a very fun loving, caring, hardworking woman with a very attractive personality. Apart from being a caring mother to three daughters, she was a dynamic career woman who worked for Sahara India.

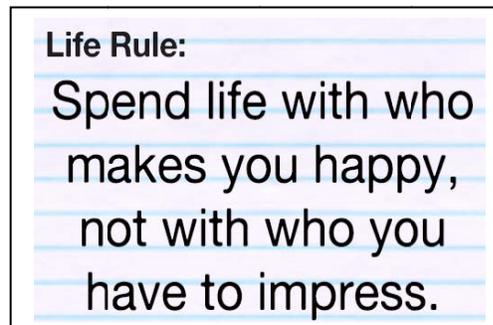
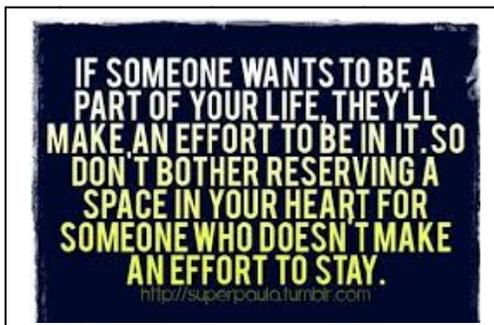


**A CHARITY BY IASAP**

A group of IASAP members visited the Welfare Home for Children at Sarita Vihar on 29<sup>th</sup> November 2014. At present there are 16 children in the Home as quite a few have been adopted. The best part is that the people responsible for this Home are very genuine people and they really take good care of these children. Good medical facilities, hygienic environment, loving and caring baby sitters and teachers - the only thing missing is Parents and a Family.

Photos can give only a faint idea of the feelings that overwhelmed us. The children are so friendly. Some of them want to come straight into your arms. By God's grace, we all are well placed and a small donation from each one of us, can make a difference in someone's life.

More than that, we need to personally visit this Welfare Home to see and understand that these children are so isolated from society. Their life is confined to the four walls of the Welfare Home as their education has been arranged in such a way. They are not going to school like normal kids. Donations were given in cash and kind. But we left the Home with a very heavy heart. Let us hope and pray that no children are homeless in this world.





### TRIP TO RANTHAMBHORE

It is the endeavour of IASAP Managing Committee to organize outstation trips to give an opportunity to our members to relax and let their hair down - spare some time exclusively for themselves and enjoy a couple of days away from family chores and responsibilities. Keeping this in view, a trip to Ranthambhor was organized.

Ranthambhor National Park, once a princely game conserve is the scene where the celebrated Indian tigers are best seen. Ranthambhor Tiger Reserve lies on the junction of Aravali and Vindhyas just 14 Kms from **Sawai Madhopur** in Eastern Rajasthan. It sprawls over a varying and undulating landscape. The scenery changes dramatically from gentle and steep slopes of the Vindhyas to the sharp and conical hills of the Aravali. A tenth century fort also blends amicably with the background. Pure sands of Dhok (*Anogeissus pendula*) interspersed with grasslands at the plateaus, meadows in valleys and luxuriant foliage around the canals make the jungle. Three big lakes - Padam Talab, Malik Talab and Raj Bagh – are similar turquoises studded in the vast forest that abounds with aquatic vegetation including duckweeds, lilies and lotus.

Though the group was small, but the trip was superb in terms of enjoyment and excellent camaraderie was shared amongst ladies. In the forenoon, we went to see the Ranthambhor Fort, which has a lot of history. Engaging a guide made the tour around the Fort a truly learning experience. The story, as narrated by the guide, was interesting and engrossing. We took a lot of photos while moving around the Fort. In the afternoon, we visited the Forest. The jungle is lush green at places and dry trees stand out in some areas interspersed with two lakes, with amazing scenic beauty. Our only setback was that due to drizzling and cold weather, Tiger could not be seen. Tigers normally come out in sunny days, especially around the lake to quench their thirst. But nevertheless, the jungle ride was truly enjoyed by everyone. Due to a long week-end, crowds had simply thronged the place and the Fort, as well as, the jungle was full of Indian as well as foreign tourists. In the evening, we set out for shopping to wind up our tour to Ranthambhor.

While all kinds of Hindi and Punjabi songs were sung on our way to Ranthambhor but on our way back on 26<sup>th</sup> January, being the Republic Day, we sang patriotic songs and both ways, though the distance was really long, we enjoyed every moment of it. While we enjoyed tea and home-made paranthas and chhole with achar while going to Ranthambhor, on our way back we stopped at Alwar to buy milk cakes, a famous delicacy of Alwar and had delicious lunch at a Dhaba.

Overall, it was a great trip.





**MIND MANAGEMENT**

Mind management is a way to control one’s mind. To do this, we need to be cautious about our thinking process and also need a high level of understanding and meditation as well. Understanding is wisdom- 80 percent of people are knowledgeable while 20 percent are wise. Knowledgeable men take sides without reason. They feel sad seeing deprived people but jealous when they see happy people. They work in the guidance of others inspiration, take unnecessary responsibility to keep themselves disturbed.

A wise man does not stand for or against any idea without concrete reason. He works according to the situation and capacity. He looks at everything intellectually. To him, failure is a stepping stone for future success. So depression and conflict are not seen. Like the phrase “Stop, Look, Go”, first one should see and this needs patience. Meditation is necessary to control and manage mind which then becomes an easy task.

Unless we control or manage our mind, it is difficult to achieve success and peace .After taking control over the mind, we can control passion, interest and unrest. Mind management is essential for a peaceful, successful and healthy life.



**KNOW YOUR MEMBER  
MRS. PROMILA PINTO**

I am currently working with Lockheed Martin India Private Limited, an American global aerospace, defence, security and advanced technology company headquartered in Bethesda, Maryland for over 26 years. My career began as a Secretary over 31 years ago with the East India Hotels Limited and thereafter grew from role to role in Lockheed Martin with a cross functional exposure in management, administration, finance, human resources and coordination, as I took on more and more responsibilities that greatly helped in the evolution of my current portfolio as an Office Manager. Working for the same organisation for so long has taught me how to minimise the downside of routine and maximise the upside and not take the false path of distraction. To stay ahead of my game and not get into a “reactive rut” I make a conscious effort to have a lifestyle that is fresh, unexpected, surprising, delightful, challenging, inspiring, heartfelt, spontaneous, curious, creative, vital, selfless and expansive and work hard to not even unconsciously become a part of a lifestyle that is repetitive, predictable, conformist, unadventurous, automatic, reactive, dull, boring, exhausting, unchallenging, numb, uninspired, selfish and mechanical.

NIPS as it was earlier known has been very close to my heart; its founding Chairperson, Mrs. Babette Gosh is my sister-in-law and two of the Delhi SOTYC held in the past have been won by my sister-in-law Harriette Peters. I have myself been a NIPS/IASAP member for three decades and due to some earnest nudging did participate in the SOTYC 2002 and was selected the 1<sup>st</sup> Runners Up for the Delhi Chapter and later at the All India level experiencing the most enriching and memorable experiences of my professional life.

I am happily married for the last 26 years with a supportive husband and two very understanding children, son, Craig aged 23 years, and daughter, Cara, 19 years old.

**KOSAMBARI/INDIAN SALAD**



**Ingredients needed**

- Split yellow green gram(moong dal)-1/4 cup
- Cucumber -1
- Carrots -1
- Capsicum and tomato - 2 tsp each finely chopped (optional)
- Lemon -1/2
- Coconut -1/4 cup grated

**For the seasoning**

- Oil - 1 tsp
- Mustard - 1/2 tsp
- Finely chopped ginger - 1 tbsp
- Green chillies -1 or 2 finely chopped
- Asafoetida/Hing - a pinch

**Preparation**

Peel the skin and chop cucumber and carrots.

**Method**

Soak moong dal for 1 hour. Drain the water well. Add chopped cucumber, carrots, capsicum and tomatoes to the above. Heat a tsp of oil, add mustard seeds, when mustard splutters, add ginger, green chillies, asafoetida and saute for a few seconds. Add it to the lentil mixture.