

Editorial

Hello!

While we are happy to meet you again with the new issue of 'Manogat', we have with us the sad memories of the damages caused by the recent riots in Maharashtra. Dear Friends, we all know that to destroy something is very easy, but to recreate anything again is very difficult. The following story will tell you a lot about this –

Once, the heads of various religious sects in Maharashtra gathered for a meeting to discuss an important issue. Some were wearing saffron clothes, while others wore green clothes and some others had blue or white clothes on. They were arguing about whose religion was the greatest religion. Everyone claimed that his religion was supreme and only the people from his religion had the right to stay in Maharashtra.

The discussions were held in a big hall, and everybody expressed opinions. Finally they agreed upon distributing the regions between themselves. A huge map of Maharashtra was hanging on the wall. They took it down and started marking various districts and regions with saffron, blue, green and white colours. Within no time, the map showed many tiny sections of saffron, blue, green and white colours. Arguments led to fights and somebody tore up the map itself.

Suddenly everyone was quiet. Without the map, they would not be able to discuss further and somebody would have to recreate the map again. They started blaming each other and decided to punish the person who had torn the map. Everyone started recreating the regions but some could only recreate the blue regions while someone else could recreate the saffron ones, but nobody could recreate the whole map. When it was apparent that nobody would be able to recreate the whole map, one leader got up and started putting together the torn pieces. Within five minutes he recreated the whole map again.

Everybody was surprised and wanted to know how that person could do in minutes what they had not been able to do at all. The leader told them that he had noticed that there was a picture of a man on the back of the map. He recreated that man again and the map was automatically recreated. The leader told them that he believed that humanity was the only religion.

The above story makes it amply clear how it is difficult to recreate something, after it has been destroyed. In the recent riots, the buses and trains were damaged. The material loss may be recovered somehow but years of work will have to be done to recreate harmony between various sects and religions.

As usual, this issue of Manogat contains three articles and the 'Thought for the month'. We hope you will read these articles carefully and tell your family members about them.

We'll meet again soon. Till then, goodbye....

Harba and Kerba



(A chowk in the community)

Kerba : Hello, Harba.

Harba: (he is drunk) hello, Kerba.

Kerba: How are you?

Harba: Oh, I am so unhappy, you see, I am going through tough times....

Kerba: Why? What happened?

Harba: Do you remember, last month both of us were down with the Dengue fever.

Kerba: Yes, of course. There was a huge bill for the medical expenses.

Harba: For me, the bill for the medicines was Rs. 10,000. Then I had to borrow money from the money lender to pay the bill. I could not look after my business due to illness and so the business also suffered. I had to borrow Rs. 2000 for the capital again from the money lender.

Whatever income I get from the business is lost in paying the interest.

So I could not pay the installments for the T.V. and the T.V. company took the T.V. back.

Kerba: How are the kids? Are they doing fine?

Harba: Oh no, my son was not allowed to appear for the exams as he had not paid the fees.

Kerba: You have told me that you have no money, then how is it that you have money for alcohol?

Harba: Oh, I have so many tensions, to cope up with them I have to drink...

Kerba: These vices are the reason for all your worries, you see..

Harba : Tell me one thing, you are also a vegetable vendor, just like me. Your wife looks after the household chores, just like my wife, then how is it that you never have any worries about expenses? Did you loot somebody? (Laughs loudly)

Kerba : (smiling) Oh, that is not the case. I do proper planning for the money that I earn. I also save some amount of money from the income that I get from my business.

Harba : You were also down with Dengue, isn't it ? How did you arrange for money for paying the bills?

Kerba: I was a member of the Health Fund in the organization from whom I had availed a loan. So my total bill was only Rs. 7,000. I got Rs. 2,500 from the Health Fund of that organization and the rest of the amount I paid from my own savings. I have repaid the loan installments from my savings too and then I applied for another loan and started my business.

Harba: And what about expenses for children's education?

Kerba: My children got good grades. My daughter stood first in the school. All this was possible only because I had properly planned my money matters.

Harba: You are right, my friend! I think I should adopt your methods and do proper planning for the income and expenditure.

Kerba: Okay then, bye, bye....

Our Health is in our hands

We generally think that a person is ill, only when he or she is bedridden, down with fever or some other disease, but this is a wrong notion. Sameer could not see properly at night, and the doctor declared that he had night blindness. Maruti is so weak that his bones have become brittle. Sakhubai, the lady that stays behind the temple is ill at least for 8 to 10 days in a month. She is always carrying out all the rituals and fasts properly. Rasoolibhai suffers from mouth ulcers and cannot eat properly, while Tarakka, a young lady, is suffering from lack of blood. It is called anemia, they say. So you can see that even people around us are suffering for one disease or the other and this can happen to us also. If we do not pay proper attention to these ailments early, then that may lead to a serious illness too.

If you think about the above situations, you will agree that many of these illnesses have arisen out of our wrong diets and eating habits. The first step towards a healthy life is that you should always eat only fresh and nutritious food. Is it so difficult to eat such food? Not at all, but for that we shall have to change some of our habits....

- Can't we drink three quarters of a cup of milk instead of drinking one cup of tea every day?
- It is always better to eat Poha or Upma for the breakfast than eating bread.
- It is also important to eat pulses as well as green or red leafy vegetables at least two to three times in a week. Also it is necessary to eat raw vegetables such as radish, beet root, cabbage etc. just as we eat raw onion and chillies.
- As far as possible try to carry a bottle of water with you to work. If this is not possible, try to drink two to three liters of water per day.
- All the family members should eat their dinner together.

Correct diet habits will not only keep your health perfect but also will keep the mind happy.

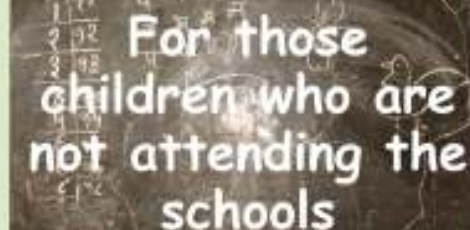
One more important fact is that the family's health really depends upon the woman of the house, because normally in most of the homes women do the cooking, many times women buy the vegetables for the family. Good cooking habits will help to have a healthy family, e.g.

- Avoid cooking the same recipe three to four times in a week.
- Always use fresh vegetables.
- Vegetables should be washed thoroughly and then cut into pieces.
- Vegetables should not be first cut into pieces and then washed.
- The same utensil should not be used to prepare more than one recipes without washing the utensil.
- While cooking vegetables, the utensils should be covered with a dish.
- The drinking water should be stored in clean utensils every day. The water storage containers should be cleaned and washed every day.
- You should not eat stale food and should not give stale food to others too.

Now, you may think that to observing such habits may prove to be costly, but remember, it is always better to spend on diets than to spend on illnesses, isn't it?

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For those
children who are
not attending the
schools

By now, you all must have realised the importance of providing education to your children. However, the responsibility of the parents does not end with enrolling their children in the schools. In fact, the responsibility increases. It is the parents' duty to ensure that the children attend school regularly and if the children are not attending school then the parents should find out the reasons for the same. We have discussed this in detail in our last issue. Now, in this issue we shall discuss about those children who have never been enrolled in the schools at all.

It is observed that the children who do not attend school either look after their younger siblings, or they are doing some odd-jobs and earn money or they get into wrong habits due to the influence of older children. All these factors are detrimental for their future.

There are many reasons why these children do not attend school. Some times due to illnesses, some times as they have changed residence, or due to financial difficulties or due to some other reasons the child's education is stopped and the child stops attending the school. It is the duty of the parents to enroll such children again in to the schools.

Do send your child to the study or hobby classes if such classes are being held in your community for such children. This will make him think about study and school again. Now the government has also introduced the system of external examinations, by which your child can easily get education up to the tenth standard. After the tenth standard examination, there are many avenues such as vocational training, I.T.I. training etc. for these children.

Always remember one thing. It is the parents' responsibility to see that their children get education. It is not the responsibility of the government or any body else. Education is the only option available for having a bright future for your children. So if your son or daughter is not attending school, or is a drop out, then do think about the above options and meet the officials of our organization. They will definitely provide guidance to you.

Tip of the Month

Women and Men are equal
Both have the same wisdom
We have to provide education to the girls
And, the husband will never beat the
wife again!