

THE POTHOHAR TIMES

The Quarterly Digital Magazine of

**THE POTHOHAR
ASSOCIATION UK**

ਦੀ ਪੋਠੋਹਾਰ ਐਸੋਸੀਏਸ਼ਨ ਯੂਕੇ

*Celebrating
The 550th birth
Anniversary of
Guru Nanak Dev Ji*

Celebrating our Golden Jubilee in 2020

We all know that the world is changing at a rapid speed in new and innovative ways. This change is both exciting and challenging as our lives try to keep up with the pace of movement. Your new committee aims to actively engage with all the members and encourage them to participate in the activities of the Bradari. The Pothohar Association must meet the aspirations of all the members and I am delighted to introduce the first edition of our digital newsletter. We hope that it gives all our members direct access to the community and a chance to help plan the future of our charity.

This newsletter has been made possible by the dedication and hard work of the editorial board. I would like to thank them for their vision and the time they have put in with us.

Next year we shall be celebrating our Golden Jubilee. We welcome any ideas and support for an event which will mark this momentous occasion. We would like to make a documentary about our history detailing the association and the journey from Pothohar to the United Kingdom. We will capture key events in the process and it will act as a historical guide for our future generations.

Please enjoy our digital magazine, we look forward to hearing from you all!

Chanchal Singh Chowdhry, President

Coming Events



POTHOHAR ASSOCIATION UK
FAMILY FUNDAY & BBQ
Sunday 15 September 2019
12pm - 5pm
OSTERLEY CRICKET CLUB
TENTELOW LANE
OSTERLEY UB2 4LW
TICKETS £20 / 6-10 YRS £10
CALL TO BOOK YOUR TICKETS NOW
HARMEET SURI 07932 787377
BHUPINDER BHASIN 07931 514145

15-09-2019 Family Funday & BBQ

25-10-2019 B.M.Singh Memorial
lecture at The Mayfair
Hotel, London

November Diwali Musical Evening

December Christmas Lights

Editorial Board: Mrs Jagjit K Goel, Mrs H Bhrara & Bhupinder S Bhasin

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Pothohari Proverbs- A traditional saying that expresses word of wisdom based on experience & common sense

Sunno Subb Nee, Par Karro Apnee

Listen carefully to every one but then make your own decision

Aap Burrey Taa Jugg Bhurra, Uss Bhalley Taa Jugg Bhalla

If we are good to others so will they be, expect just reverse if we are bad to others

Tu Vee Raani Mai Vee Raani, Ta Kone Bharsi Paanee

If everyone is chief then nothing ever gets done

Jo Moje Chajju Ney Chobarre, Na Balakh No Bukhare

Balak & Bukhara were most beautiful towns in olden days , proverb means there is no better place than your own home no matter how humble it is

Chungee Hovey Ta Maree, Maree Hovey Ta Guru Nee

If it works out well then it was well planned by me otherwise it was God's Will

Submitted by Mrs Rabinder Kandari



POTHOHARI RECIPE

KHATTA SAAG

(For 4 persons)

Take ½ kg palak saag – cut and cook till the water dries out

Take a large bowl of yoghurt, add 2 tbs of besan and mix in a little oil, do a tadka of 8-10 garlic pods smashed, rai, lal mirch, onion, methray, salt.

Add the beaten yoghurt and cook well, like in a kadhi.

Also add a small handful of broken rice. Cook for 10 minutes or so, covered. Just before the end add the spinach and cook for a few minutes.

Shared by Mrs Harsaranbir Kaur Pandey,

In our next issue – get ready for Onion Pickle

Share your family recipes here simply email: gen.sec@thepothohar.com

BM Singh Annual Lecture Guru Nanak 550 Years of Reformation

Calling all Pothohari businesses to sponsor a page in the brochure for this prestigious event.

Contact: Mr Harmeet Suri VP 07932 787377
Mr Meharban Mehta PRO 07776 381728

Email: gen.sec@thepothohar.com

Homage to Guru Nanak Dev Ji
Celebrating the 550th Birth Anniversary 1469-2019
Jagjit Kaur Goel- Chair of Editorial Board

An incomparable and bold thinker, Guru Nanak was a great poet and philosopher of humanism, a true universal prophet. He recognised the humanity in God, and God in humanity, respecting human life and the inner depths of man. Advocating a social and ethical religious life, his object was to unite humankind by inspiring them to love each other and God. A symbol of good as well as evil, humanity was seen by Guru Nanak as an instrument of the revelation of truth on this earth.

500 years before the advent of Guru Nanak, India was invaded by Pathans, Persians and various other tyrants the tyrannous from across modern day Afghanistan and modern northern Pakistan. Ruthless beyond description, they committed atrocities, destroying homes and lives of communities. These invading armies arrived in endless waves, violence and destruction was the order of day. The Hindus became slaves of their Brahmin religious leaders whilst the population as a whole became subjugated to invaders. The Brahmins dictated the carrying out of specific rites and rituals to seek salvation and the people remained uneducated and unable to read their holy books themselves.

Guru Nanak refused to believe that spiritual contemplation was the privilege of a minority of superior birth, nor that solitary, meditative or ascetic lives were superior to living actively. He saw humanity as the creation of one God, emphasising the equality between each person regardless of caste or creed. In this way, Guru Nanak sought to eliminate subjugation and fear from the society he lived in.

Guru Nanak revolutionised the trend of religious life in India. The earlier religious traditions, regarded the world as 'Maya' or 'Mithya' (an illusion), a place of suffering and misery. Conversely, Guru Nanak preached that the world was real and meaningful; against life negation and consequent withdrawal into asceticism or monasticism.

Guru Nanak preached life affirmation and a full virtuous involvement in life affairs. Against celibacy and downgrading women, he recommended a householder's life and gender equality. Against recluse, withdrawal from the world and meditating in isolation, he recommended earning and sharing with fellow human beings. Guru Nanak denounced the caste system and preached the equality and unity of humanity against separatism based on religious and economic grounds. He radically wanted his followers to fully participate and accept total social responsibility in all spheres of life, contributing towards their economic status.

Guru Nanak believed that truthful living itself, was higher than truth. Raising his voice against rites and rituals, which he said were useless to attain spirituality, he sought to heighten the people's moral status. He emphasised that a moral and virtuous life was the only way to achieve spirituality and prosperity for self and society.

Guru Nanak's vision was to unite all in one nation, and have belief in one supreme power, the ultimate reality. He proclaimed brotherhood of man and fatherhood in the reality of God.

One Reality
Truth by Name
Primal Creator
Without Fear
Without enmity
Timeless in Form
Unborn
Self-existent
The grace of the Guru

Life in a Retirement Village

Mrs Gurdeep Chadha



Retirement village living means so much more than simply moving to a new home. It opens up the potential to truly maximise the years ahead and live the life to the full after retirement.

The sense of community and friendship and the social life that emerges are the real surprises when one chooses to live in a retirement village.

This is what happened to us personally when we made a massive leap to move from York, where we had spent 38 happy years, to Denham Garden village, a retirement village for the over 55's. Having left a big circle of friends in York, the thought of the big move seemed very daunting. We have been in this retirement village for 4 years and have not looked back at the decision we made as this provided instant community life, support, friendship and social life.

The village is set in a beautiful location with exclusive facilities and stunning landscaped grounds that are maintained by the service providers. There are 300 properties ranging from one bedroom apartments to three bedroom bungalows and houses with private gardens. The outside of the properties are also maintained by the service providers. One can opt to purchase or rent these properties.

Extra care scheme with on-site staff is available 24 hours a day for 7 days. All the properties are fitted with an alarm system and pull cords. All the residents are provided with pendants that can be used any time during an emergency when help comes to the door within minutes.

Facilities include a restaurant, also open to the public, Garden conservatory, Village hall, library, hobby room, shop, snooker room, hairdressing saloon, swimming pool, jacuzzi, steam room and a gym. There is a natural woodland area that provides beautiful walks and rich bird life. We have a Doctor's surgery on site which will offer same day appointments with the medicine that is delivered to your doorstep.

There are a number of social activities like Bridge, Bingo, line dancing, indoor Bowls, reading club, chair yoga to name a few. Living in a retirement village is a safe, friendly, sociable, independent and most of all a dignified way of spending the latter years of one's life.

Why Should You Make A Will

Raminder Singh Uberoi

You can put off making a Will until it is too late and this poses all sorts of problems for the people left behind. Not making a Will could mean that some, or all of your Inheritance wither goes to the wrong person, or to the state.

Making a Will enables you to plan exactly what will happen to your property (Estate) following your demise. This ensures that those you would like to benefit actually do so, in accordance with your wishes, and at the same time avoiding any possible disputes between relatives. Most importantly is the peace of mind making a Will.

Without a Will:

You cannot be sure those you would wish to benefit will actually do so.

- Your spouse/civil partner will not automatically inherit ALL of your Estate.
- 'Common Law' partners may not receive anything.
- Minor children could be taken into Care whilst Guardians are appointed.
- These could be lengthy delays for your Beneficiaries and disputes.
- You cannot prevent certain family members from benefiting.
- You will not be able to leave something to friends, colleagues or charities, which fall outside the Rules of Intestacy.

Members Pages

Members are requested to send article, short stories or anything which could be of interest to our membership.

Centre of Sikh & Punjabi Studies

Congratulations to Jasleen Kandhari, daughter of Babu Kandhari and grand-niece of Ravinder Kandhari who has won an award for her PhD academic poster on "Sikh Popular Art & Socio-Religious Identity: Visual Culture of the Sikh Community in Mombasa, Britain & the Punjab" by University of Wolverhampton Doctoral College at their Annual Research Conference where she is conducting her Sikh Art PhD research at the first Centre of Sikh & Punjabi Studies in the United Kingdom.

As part of her research, Jasleen is interviewing members of the Sikh community in the UK, Punjab and in her hometown of Mombasa, Kenya about the social impact and value of Sikh visual and material culture on Sikh identity formation that are located in their homes. To learn more about Jasleen's research on Sikh art and be interviewed as a member of the Sikh community or to help fund the development of this research project please contact Jasleen on: J.Kandhari@wlv.ac.uk



Mr and Mrs Ajit Singh Mahajan celebrate their 70th wedding anniversary

Ajit Singh Mahajan (son of late Sardar Lal Singh Mahajan)and his wife Mrs. Harbhajan Kaur (daughter of late Sardar Himat Singh and sister of Johinder Singh Gupta) celebrated their

70th Wedding Anniversary with family and friends of the Pothohar Association on the 18th August 2019. The celebration was held at the Gurdwara Sri Guru Singh Sabha, Hanworth Road, Hounslow (Middx) and after the captivating kirtan followed by sumptuous langar.

They got married on the 16th August 1949 at Kurla Refugee Camp, Bombay (now Mumbai). Soon after the marriage, they left for Tanganyika (now Tanzania). Ajit worked for the East African Railways. They then came to the UK in 1970 where Ajit worked for British Airways for 22 years and Harbhajan worked for Champion Spark Plugs.



Mr & Mrs Mahagan have three children, two sons, one daughter, and four grandchildren.

The Pothohar Association offers its heartiest congratulations

Members Pages

Members are requested to send article, short stories or anything which could be of interest to our membership.

*Lakh Kushiaya Pathshaiya
Jey Satguru Naddar Karrey*

Pothohar Association congratulates Mr and Mrs Iqbal Singh Tibb son of late Mr Gajinder Singh (grandson of Dr Kartar Singh Tibb, a well-known doctor in Rawalpindi) & late Mrs Uma Tibb (daughter of Late Kundan Singh Ahuja, a High Court Judge in Lahore and Delhi) on the wedding of their daughter Dr Reyna Tibb to Mr Shiv Thakrar. Quite a few members of PA were present at the wedding. Our best wishes to the newly married couple.

Tibbs migrated to Kenya in 1960 and came to the UK in 1974



Newly weds Dr Reyna Tibb and Mr Shiv Thakrar

Childrens Corner

Each issue we invite children to submit their articles on topics they care about. To be featured in our next issue please email gen.sec@thepothohar.com

Topic: Environment By: Merissa Walia Age: 9

I care about the environment because I do not want any animals to become extinct because of global warming. We can all do lots of things to help the environment, I want to share these tips with everyone. I hope you enjoy it!

- 1) Make a plastic free lunch. You can pack a plastic free lunch by buying a reusable lunch box, avoiding plastic cutlery and cling film.
- 2) Pick up any litter you find on the street when you are out.
- 3) Think before you buy disposable things like plastic water bottles and straws. You can buy reusable water bottles and straws from lots of shops.
- 4) When you go on your weekly shop, take your own bags to pack with instead of buying new ones.
- 5) Make sure you recycle properly at home. There are different bins for food, plastic, paper etc. Things like food waste, bottles and newspapers can't be thrown together otherwise they will not be recycled correctly.

Doctors Advise Challenging Diabetic Foot Care

Figures released by the NHS show that there are an estimated 4.5 million people with diabetes in UK alone of which an estimated 10% or around 450,000 of diabetes patients develop a foot ulcer at some point in their lives. In the UK, more than 7,000 diabetes related amputations are reported each year. These figures suggest that potentially 200,000 diabetes patients with foot ulcers may not be alive in 5 years and more than 5,500 patients with diabetes related amputations every year have less than 5 years to live. Despite various national and international guidelines the management of this killer disease process remains variable across the country. The amputation rate seems to be increasing still.

Sujata's latest product, Youki The Wound Healer, promises game-changing results with its wound-healing properties. Sujata, who is a research scientist and medical director of Clinogen, in Windsor, has case studies of successfully treating clients with diabetic ulcers that got so bad that toe or foot amputation was considered.

"The standard procedure is to put a dressing on the wound, however this has numerous issues," says Sujata, who won the Medical LiveWire Global Award 2016 for Innovation in Wound Healing prize for Youki. "but we can now successfully heal severe cases including some where the doctors were considering amputation.

"I didn't try to reinvent the wheel. I stood back and took an objective view of the issues with current wound healing protocols. This led to the development of Youki."

Youki The Wound Healer is an advanced biotechnology skin healing system comprising a spray-on dressing and advanced skin repair cream. Youki is registered with the MHRA as a Class 1 Medical Device, and has been granted a CE mark. Youki was specifically developed for the treatment of chronic wounds, such as leg ulcers, pressure sores and diabetic foot, and has now seen it function extended for use following surgical procedures.

Youki Bio-Cell Spray is applied to an open wound, creates scaffolding across the area allowing the body's healing process to work quickly – healing upwards and inwards – without the need for a secondary dressing.

Youki Skin Repair Cream strengthens and nourishes the skin, minimises scarring and reduces the likelihood of keloid scars.

The combination of scaffolding technology and dry wound healing leads to complete wound healing as opposed to merely, in the case of chronic wounds, long-term wound management.



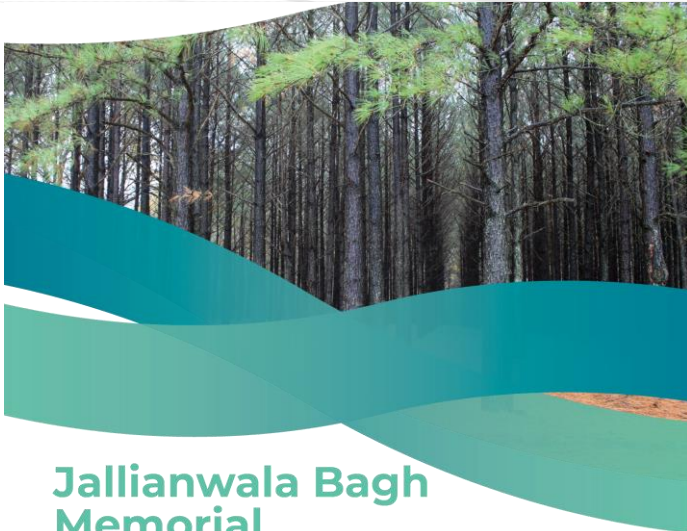
Sujata Jolly is an award-winning medical entrepreneur, who has developed a unique skin healing system that could save the NHS a fortune.

She is a medical scientist and founder of Clinogen. During her fifty years in research and development she has been a pioneer in disruptive science and technology.

Sujata is happy to provide free consultations to Pothohar Biradari members at her clinic in Windsor. For more information see www.youki.co.uk or call Sujata on 01628 674644



Commemorating 100 years since the Jallianwala Bagh Massacre



Jallianwala Bagh Memorial

The landmark Project of the Pothohar Association to plant a living memorial of 1,650 trees in the English countryside to honour those that perished on Vaisakhi 1919 at Jallianwala Bagh has been one of the most successful projects of recent years.

You can find the Jallianwala Grove woodland at Eastern Old Parks - Old Parks Farm just outside Ashby de la Zouch LE65 1RH.

To arrange a visit please contact Ms Leah Graham by email: lgraham@nationalforest.org.



Annual Vaisakhi Event and Commemoration of The Centenary of The Amritsar Massacre

The Annual Vaisakhi event was held on 13 April 2019 at Ealing Gurdwara, London. This year the event was made more poignant as it was held on the 100th anniversary of the massacre at Jallianwala Bagh, Amritsar.

The day was remembered by Sadaran Path da Bhog followed by Shabad Kirtan. The Ardas was said at exactly 12:45pm London time (5:15pm Indian time) the exact time that the bullets started firing at the crowd of unarmed civilians in Jallianwala Bagh exactly 100 years earlier.



Following the end of the religious programme members of the association, patrons including Lord and Lady Singh of Wimbledon, Amarjit Singh Dassan, Dr Rami Ranger and Inder Singh Uppal gathered outside the Gurdwara where white doves and balloons were released in memory of those victims of the Massacre.



Celebrating the lives of Pothoharis

ਸੱਜਣ ਮੇਰੇ ਰੰਗਲੇ ਜਾਇ ਸੁੱਤੇ ਜੀਗਣ

My playful friends have gone to sleep in the graveyard. SGGS p.23

Daljit Babajee 1975 – 2019 Gone too soon

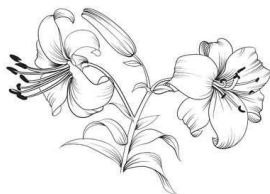


Daljit Babajee, age 44, passed away, surrounded by her loving family in Abu Dhabi. Daljit was born on the 19th January 1975 in Slough England to Mr Kuljit Singh Gulati and Mrs Satwant Gulati, she was the eldest of 4 children Daljit, Kanwaljit, Sharanjit and Harmmeet.

In 2004 Daljit married her long time love and university sweetheart Bruno Babajee and soon after were blessed with daughters Naina Jessica Babajee in 2005 and Alyssa Dhaani Babajee in 2008.

Daljit was a big hearted beautiful strong force for her family, friends and colleagues. Her good humour and warmth, was felt by many people and she enjoyed making time to speak to friends old and new.

Daljit believed in the unity and love of family and friends. She was taken too young and will be greatly missed.



Tribute to a Woman Pioneer Amrit Kaur Chadha 1939-2018



Mrs Amrit Kaur Chadha's (nee Sawhney) ancestral roots lay in Peshawar and Rawalpindi. The first eight years of her life were spent in Karachi. However, with partition in 1947, the family were made refugees and got on a boat heading for Bombay.

She studied medicine, specifically homeopathy. In 1966 she married Jaswinder Singh Chadha and settled in the UK in 1967. She started her own business in 1974 buying goods from India and selling them from a shop in Bayswater. Throughout her career as business women she never forgot her obligation of dispensing homoeopathic medicines free of charge. After the death of her husband this work went up a notch. She began seeing literally hundreds of patients at her home.

In 2012 she suffered the loss of her left leg to Diabetes and became wheelchair bound. Bahen Amrit's health had been relatively stable however on 5 December 2018 she left this world for Sachkhand. She said her uplifting farewell to her children "keep laughing and keep playing" and she departed after a heart problem. She leaves 2 sons and daughters-in-law and 5 grandchildren.

Book Reviews

We The Sikhs

Kapil Dev and Ajay Sethi

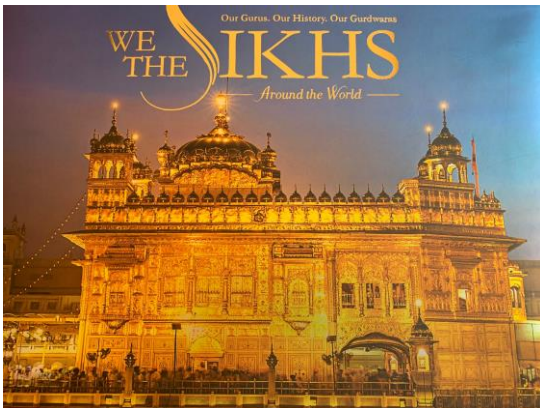
This impressive book was launched in London on Sunday 11th August 2019 at Skyline Sheraton at Heathrow . The launch was organised by Mr Tony Deep Wouhra, Chairman East End Foods PLC

The book is compiled by cricket veteran Kapil Dev and Ajay Sethi

The book is unique in one sense that covers Sikh Religion, Sikh History and Gurdwaras of the world covering Africa, Australia , Canada , Europe , India , Malaysia , New Zealand , Singapore , Pakistan and USA

The stunning photographs compliments the Sikh Religion , it's heritage and traditions . The coffee table book is a must for all libraries of the world.

Available from: <https://wethesikhs.org/>

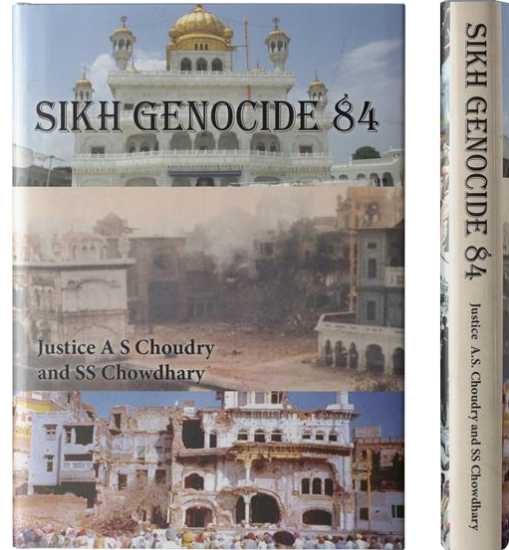


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Sikh Genocide '84

Justice A S Choudry and Mr S S Chowdhary



A new book was launched recently in London on the 1984 riots and events leading to carnage after the death of Mrs Indira Gandhi, Prime Minister of India. Sikh Genocide '84 spans over 900 pages and explores historical, religious, social and political background to the operation Blue Star and massacre of Sikhs in Delhi and other states of India mostly ruled by Congress at the time.

The book is a collection of national press articles, internet reporting, interviews given by victims, eye witness accounts and official enquiries and photos showing the massacre of innocent Sikh men, women and children. Sikh houses and businesses were set ablaze and Sikhs were burnt alive while police were standing by watching.

The book is compiled by Justice A S Choudry, a former High Court Judge in Uganda and Mr S S Chowdhary.

Available from: <https://gurbanicentre.com/>

Please ensure we have your current contact details as we are planning to bring out a new members directory next year.

This is your newsletter so please do send in your submissions for inclusion in the next issues. Do you have old family photographs which you would like to share? Would you like to share a tribute to a loved one?

Email: gen.sec@thepothohar.com