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Shri Dakshin Delhi Gujarati Mandal (Regd)  
51-B, Vijay Mandal Enclave, New Delhi 110 016  
Tel.: 2651 6578, 2619 7360, 2696 7672

### President Message

The Mandal projects Gujarati Culture to Delhi. Since its inception more than thirty years ago Mandal registered on 18-11-63 under Societies Registration Act 1860 (Registration No. S 5072), it has grown in stature from a modest beginning through untiring efforts dedicated service by office Bearers over last four decades. The members of Mandal have been organizing festivals on Gujarat art and crafts, Gujarati food festivals, Garba, Navratri Dandiya, New year get together, Scholarships etc

Scholarship was awarded to meritorious students during Picnic. Picnic was celebrated at Hauz Khas Park. Laughter and Mimcry programme by Arpan Renowned Gujarati artist Mahesh Vaidya, Kirit Vyas, Atul Mahida on 8-7-06 from Ahmedabad was organized at Sa Patel Vidyalaya. Ashthmi & Sharad Purnima programmes were organized at Gulmohar Club at Gulmohar Park which was largely attended by members, their friends and members of both clubs

We are also grateful to advertisers and donors particularly Shri B.D. Shah, Kishorekumar Gujarati Smt Laksmiben Kothari & Sh. K.K. Oza

We are particularly grateful to Gulmohar Club for their co-operation in hosting joint Dandiya Programme at Gulmohar Club. We are also grateful to Shri Kumar Panchal for sponsoring Gifts for best performance in Dandiya on 29&30th Sep 06 Dandiya on 7th Oct. 06 Sharad Purnima function. We will be failing in our duty if we do not acknowledge particularly thanks to Mrs. Sunitiben Patel, Mrs. Darshana Kapadia, Smt Manjuben Kapasi, Mrs. Sachinaben, Miss Kaksha Patel for Rangoli at Gulmohar Club and Mrs. Jyotsnaben Panchal, and Mrs. Bhavna Lad, Smt. Naresh on New Year Day.

Nutan Varsha-abhinandan was celebrated at Gulmohar Club on 23rd oct 2006. We are grateful to Shri Ashok Bhai Lad and Family for being Host for the New Year 2006 and Shri Pala for sponsoring gifts.

We hope that our esteemed donors will continue to extend their co-operation enabling us to serve worthy cause of fulfilling cultural aspirations of Gujaratis in Delhi particularly.

Pradeep Kapa  
Preside



Artist at Gujrati Hasya Programme, July-2006  
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Audience enjoying Gujrati Hasya Programme

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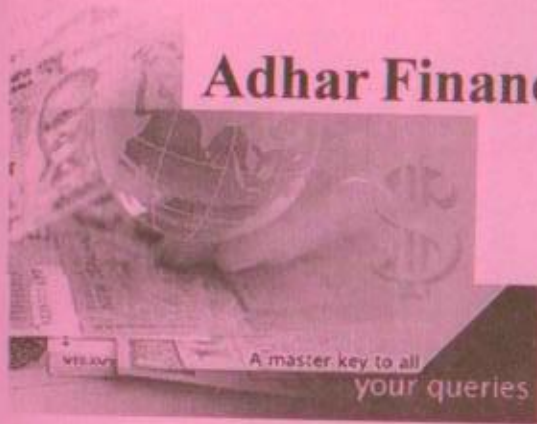


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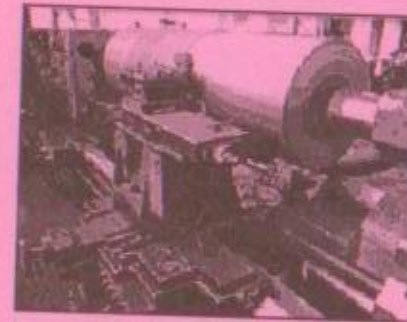
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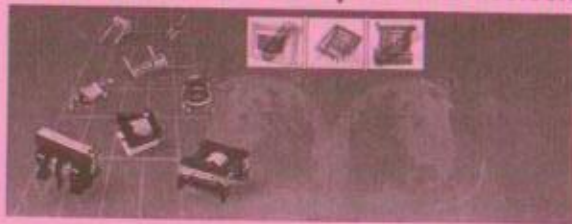
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Police Commissioner	23319661, 23319721
D.C.P South	26857726
A.C.P Hauz Khas	26863842
A.C.P Defence Colony	26258486
S.H.O Defence Colony	26253601, 26253402
Police Station Hauz Khas	26510077
Police Station Defence Colony	26253601
Police Station Lajpat Nagar	29838945
Police Station Greater Kailash	26429617
Police Station R.K.PURAM	26185222
DCP Traffic	23378888
ACP Traffic	26251883
<b>EMERGENCY -FIRE</b>	
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Chief Fire Officer	23312222, 23314000
Fire Station Safdarjang	24611111
Fire Station Nehru Place	26445230
Fire Station Bhikaji Cama Place	26173583
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Indraprastha Gas Limited RK Puram Sec-9	46074607
IGL control Room	24366735, 65657970
Aar Kay Enterprises (Green Park)	26511018
Satish & Co. Hauz Khas (B.P)	26567558, 26567772
LPG Leakage Complaint (S.Zone)	26174488, 26175544
LPG Complaint (Indane)	23313727, 23731654
Bharat Petroleum ECE House KG Marg	23324847, 23326770
Hindustan Petroleum	23321285
<b>EMERGENCY SERVICES -HOSPITALS</b>	
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Delhi Ambulance Service (24 hours)	26287670
Batra Hospital	29051280
Escorts Heart Institute -Okhla	26825002, 26825003
Holy Angels Hospital	26143411
G.M.Modi Hospital -Saket	26852112
National Heart Institute-East Kailash	26414156
Anand Hospital -Preet Vihar	22224126
M.P.Heart Centre -Greater Kailash	26413436
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Indian Red Cross Society	23716441, 23716442, 237
Bajaj Blood Bank	25729849
Sunil Blood Bank	24697646
White Cross Blood Bank	26831063, 26914168
Blood Bank Organisation	25721870, 25711055
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Rotary Blood Bank	29054066-69

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Guru Nanak Eye Centre	23234612, 23234661
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Spring Meadows (East of Kailash)	26292816
Davai Shop (Holy Angel Hospital) V. Vihar	26141229, 2842,
Batra Hospital (Badarpur Meh Road)	29957485, 29958747
Max Medicare -Panchsheel	26499864
Moolchand Hospital Lajpat Nagar Ring Road	42000000

### OXYGEN CYLINDERS

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Apollo Hospital	26925858/ 01, 9810364143
Army Hospital	25693673/ 74/ 75 ,2569342
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Communication Diseases Hospital	23971060
Dharmshila Cancer Inst	22477770, 22477771, 22477
Escorts Heart Institute	26844820, 26833641 268250
G.B Pant Hospital	23234242
G.K Medical Centre	26413048
G.M Modi Hospital	26852112, 26965481
Hindu Rao Hospital	23912435
Holy Angels Hospital	26142842, 26141119
Holy Family Hospital Okhla	26845900, 26845909
Infectious Diseases Hospital	26830258, 26834143, 271267
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25712389	
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Sitaram Bharatia Hospital	26867242, 26867933
Sucheta Kripalani Hospital	23383728
Sharma Nurshing Home	26410333
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Vasant Lok Hospital	26149423
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<b>MCD:</b>	
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Commissioner Town Hall	23961012, 23967315
Addl Commissioner	26861898
Dy. Commissioner, South Zone	26514368, 26863991
Control Room Enquiry	26522700,23912700
P.R.O South Zone	26522700
Executive Engineer CSE	26856081
Engineer in Chief	23979012
Executive Engineer (IV)	26963118
Executive Engineer (Drainage)	26856081
Works Supervisor	M-20044227
Director Horticulture	23232283
Dy. Director Horticulture	26863992 (Extn 226)
Sanitary Supervisor	Mobile-9810048764
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Executive Engineer	26413037
Zonal Engineer	26414746
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General complaints	29238543
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Superintending Engineer	26859227
Executive Engineer -R.K.Puram	26106292
BSES - General Office Nehru Place	26464575
G.M.Operations	26460940
Assistant Engineer	26254856
J.E. Police Colony	26257673
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Lodhi Road/ Link Road	24311403
Hearse Van	22967081
Electric Crematorium :	
Bela Road	22965291
Link Road (Lodhi)	24311403
Green Park	26179199,26165910
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Stray Dog Contol Room	25448062
Removal of Dead Animals(Big Animals)	22934939
Calf & Others	23959519
Removal of Dead Animals (Small Animals)	23912700
Dog, Cat & Other	26856908 M-981041393
Monkey Menace -Vet Officer	23929975
<b>ANIMALS CARE :</b>	
Friendicoes	24314787
Sanjay Gandhi Animal Care Centre	2544775 1, 25448062
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## "RAHU KAALAM"

Rahu Kaalam (Not the right time to start any good or new work)

Whenever you want to start a new work (interview, new office, new client, etc), please go thru the chart given below avoid Rahu (Inauspicious Time) see the Auspicious Time and you will see there will be no hindrances in that particular work.

### RAHU KAAL (Inauspicious Time)

### Auspicious Time

Monday	07:30 - 09:00 am	06:00-7:30 am, 04:30-6:00 pm
Tuesday	03:00 - 04:30 pm	10:30 am - 01:30 pm
Wednesday	12:00 - 01:30 pm	10:30 am - 12:00 noon
Thursday	01:30 - 03:00 pm 12:00 - 01:30 pm,	04:30 - 06:00 am, 09:00 - 10:30 am 04:30 - 06:00 pm
Friday	10:30 - 12:00 noon	07:30 - 09:00 am, 12:00 - 01:30 pm
Saturday	09:30 - 10:30 am	05:30 - 06:00 am, 03:00 - 04:30 pm
Sunday	04:30 - 06:00 pm	04:30 - 06:00 am, 09:00 - 10:30 am 01:30 - 03:00 pm

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### Mantras - Sacred Sounds

Mantras are pure vibrational sounds of God, which can be empowered to bear fruit for all who repeat them with sincerity of heart and pure devotion. Each sacred mantra has a seer who has heard the word of God. A mantra also has a meter, which is in consonance with the creation of the Universe. Hidden within that mantra is the presiding deity over that vibration. Different mantras are different vibrational aspects of God. Mantras are incantations which, when uttered with correct intonation, yield results through the force of the Nature, deities or angels whom one appeases and whose mantras are the chants. The main part of a mantra is the Shakti or the power, which releases itself to the devotee who invokes that mantra. These mantras are the energy of all the great beings of Light who have experienced superconscious states that the vibrations of the mantras represent.

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Most people only think of using mantras in meditation to achieve spiritual states, yet, it has been found that each mantra has hidden different levels of power and intent.

Few of the simple Mantras are as under:

**Ganesha: Om Gum Ganapatayei Namaha**

For removing the obstacles.

**Lakshmi: Om Shrim Mahalakshmiyei Swaha**

This mantra has not only been used for the purpose of attracting prosperity but also for drawing in proper friends, clearing up family misunderstandings and quarrels, and smoothing some health problems.

**Durga: Om Dum Durgayei Namaha**

Protects from all types of negative influences in life.

**Saraswati: Om Eim Saraswatyei Swaha**

People who are pursuing any artistic or educational endeavor will gain greatly.

**Shiva : ॐ Om Namah Shivaya ॐ**

People out on the path of subtle development or of spiritual attainment starting on the path of Siddha Yoga, or the Yoga of Perfection of the Vehicle should recite this mantra..

**Rama: Om Sri Rama Jaya Rama, Jaya, Jaya Rama**

This mantra will 'take one across' the ocean of rebirth. In a more immediate way, it is most powerful in reducing negative karmic effects no matter which life they might have occurred.

**Saturn: Om Sri Shanaishwaraya Swaha**

Saturn is closely related to the karma we may encounter in a given lifetime. By offering salutations outwardly, one clears certain internal obstructive energy patterns.



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Internally, Saturn energy is predominant in the spleen, knees and system. However, as Saturn moves through the various astrological signs, it 'triggers' karma we may have stored under astrological configurations found in that sign. Therefore, the use of the Saturn mantra can help and even clear certain categories of karma, which appear in our

### **Subramanya: Om Sharavana-bhavaya Namaha**

This mantra increases the good fortune or luck; the ability to make the best of a set of circumstances which may occur; an increase in mental or emotional disposition; an easier route to becoming physically fit.

### **Rama (Healing Mantra):**

Om Apadamapa Hataram Dataram Sarva Sampadam

Loka Bhi Ramam Sri Rama Bhuyo Bhuyo Namamyaham

This mantra is the most powerful healing mantra.

Although the mantra is long, it is simple to say phonetically. If you say it 108 times in a sitting. If you are just starting out, this may initially take up to one hour. After you are comfortable with the mantra, it will only take 30 minutes.

### **Bodhisattwa Avalokiteshwara Om Mani Padme Hum**

This mantra is practiced more than any other in the world. If you want to change the world for the better, this mantra should be in your toolbox.

### **Getting Started**

Start by picking some aspect of your life you wish to improve or a vexing problem you would like to solve or dissolve. Then pick a deity to which seems, to you, to apply. Offer a prayer to God, in whatever form you relate to God. Ask for God's blessing in accomplishing your objective by doing this spiritual discipline.

Once you have decided to undertake the discipline and offered your prayer, then pick a place where you will say your mantra for a certain number of

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times each day. If possible, obtain a rosary of some kind and mantras in some multiple of 108. If getting a rosary is not possible, decide on a certain amount of time you will spend each day saying the mantra. It can be five minutes, ten minutes, twenty minutes or an hour. For your first experience, any time up to twenty minutes is fine.

The reason for taking things easy for the first 40-day commitment is due to the cumulative action of the mantra. For the first few days, all will go smoothly. Then as you progress, you may find that things start to change in the way of your doing the discipline: You oversleep; there is some emergency; you get a cold, whatever. This means that you are beginning to affect the inner 'something' for which you undertook the mantras. You are beginning to encounter inner resistance. That inner resistance may appear as outer obstacles to your discipline.

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