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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 decade. 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 Sahyadri 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, Kishorebhai 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 P. 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. Na. 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 Kapadia**

President





Artist at Gujarati Hasya Programme, July-2006  
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| Vice-President    | Sh. Kishorebhai Gujarati       | 2469 713  |
|                   | Smt. Indiraben Kapadia         | 2689 354  |
| Hony Secretary    | Sh. Shailendrabhai Panchal     | 2619 736  |
| Jt Secretaries    | Sh. Prabhatbhai Nagar          | 2656 618  |
|                   | Ku Laitha Iyer                 | 2614 743  |
| Hony Treasurer    | Smt Sachinaben Patel           | 2696 767  |
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|                   | Smt Naliniben Kantawala        | 2923 727  |
|                   | Smt. Binduben Mishra           | 2578 953  |
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|                   | Sh. Ashok Lad                  | 2611 098  |
|                   | Sh. Krishandasbhai Shah        | 981012023 |
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|                   | Sh. Bithaldasbhai Shah         | 2616 716  |
|                   | Sh. Manishbhai Vaghela         | 981113257 |
|                   | Sh. Srikant Lad                | 931223850 |
| Co-opted Members  | Smt. Manjuben Kapasi           | 2685 101  |
|                   | Smt. Neelaben Agnihotri        | 2614 041  |
|                   | Sh. Manishbhai Shah            | 2696 112  |
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|                   | Smt Devyaniben Kantawala       | 981026910 |
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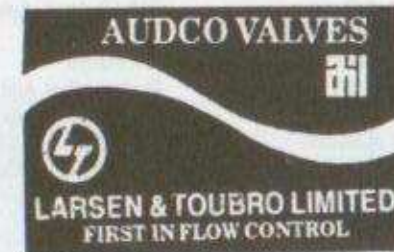


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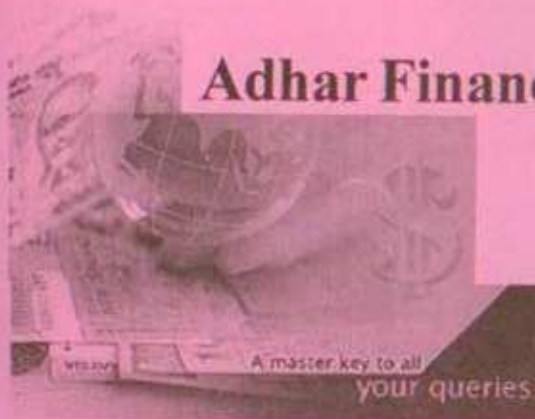
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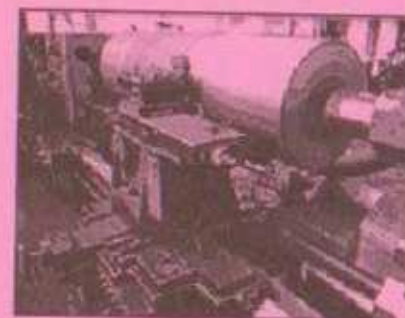
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Anand Hospital -Preet Vihar

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23319661, 23319721

26857726

26863842

26258486

26253601, 26253402

26510077

26253601

29838945

26429617

26185222

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26251883

101

23312222, 23314000

24611111

26445230

26173583

46074607

24366735, 65657970

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26567558, 26567772

26174488, 26175544

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26287670

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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      |
| Central Polytechnic Lajpat Nagar | 26834101                |
| Rotary Blood Bank                | 29054066-69             |

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| Apollo Eye Bank         | 26925858           |
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| Guru Nanak Eye Centre   | 23234612, 23234661 |
| Venu Eye Bank           | 26252185, 26251715 |

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| A.I.I.M.S (Ansari Nagar) AIIMS MEDICAL STORE | 26588500, 26588700, 26864 |
| 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                  |

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|                                            |          |
|--------------------------------------------|----------|
| Ajay Medicare (4, Arj. Nagar G. Park Extn) | 26161132 |
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|---------------------------------|----------------------------|
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| Army Hospital                   | 25693673/ 74/ 75, 2569342  |
| Ashlok Hospital                 | 26165901 /2/3              |
| Batra Hospital                  | 29958747, 29051280         |
| Chopra Nursing Home             | 26523343, 26866396         |
| Communication Diseases Hospital | 23971060                   |
| Dharmshila Cancer Inst          | 22477770, 22477771, 22477  |
| Escorts Heart Institute         | 26844820, 26833641 268251  |
| 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         |
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| Indian Spinal Injuries Centre   | 26894884, 26894882         |
| Lok Nayak Jai Prakash Hospital  | 23322480, 23232400         |
| Mool Chand Hospital             | 29840217, 42000000         |
| Mohindra Hospital               | 26852880, 26852881         |
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| National Heart Institute                 | 26960436, 26864012    |
| National Chest Institute                 | 26864012, 26964044    |
| Patel Chest Institute                    | 22523856              |
| Pushpawati Singhanian Research Institute | 29252518              |
| Ram Monahar Lohia Hospital               | 23365525, 23347151    |
| Rajiv Gandhi Cancer Inst.                | 27051011/ 29          |
| Sama Nursing Home                        | 26446198, 26442062, 2 |
| ST. Stephens Hospital                    | 22511488              |
| Sir Ganga Ram Hospital                   | 25735218, 25735205/ 1 |
| 25712389                                 |                       |
| Safdarjung Hospital                      | 26925801, 26925858, 2 |
| Sitaram Bharatia Hospital                | 26867242, 26867933    |
| Sucheta Kripalani Hospital               | 23383728              |
| Sharma Nurshing Home                     | 26410333              |
| Spring Meadows                           | 26292816              |
| Vasant Lok Hospital                      | 26149423              |
| <b>EYE HOSPITALS</b>                     |                       |
| Shroff Eye Centre A-9Kailash Colony      | 26433266, 23326900    |
| Dr Madan Mohan-29Link Road Laj Nagar111  | 26847800              |
| National Eye Bank AIIMS                  | 26864851-59           |
| Venu Eye Clinic                          | 26252185              |
| Appollo Eye Bank                         | 26825707              |
| <b>DENTAL CLINICS</b>                    |                       |
| Taneja -G.Park opp Uphaar cinema         | 26967084, 26564730    |
| Sharda Arora Gul Enc S.C                 | 26535144              |
| Delhi Dental CentreC-56 S.Extension -11  | 26255918              |
| Dental Centre -A-270 Def Colony          | 24692323              |
| <b>MCD:</b>                              |                       |
| Mayor                                    | 23963681              |
| 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     |
| Health Officer                           | 26861898              |
| <b>SEWER DEPT</b>                        |                       |
| Zonal Engineer, South Zone               | 26462604              |
| Complaints                               | 26522700, 26863992    |



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|------------------------------------------|----------------------|
| Chief Engineer Water                     | 23527685             |
| Executive Engineer                       | 26413037             |
| Zonal Engineer                           | 26414746             |
| Complaints & Requisition of Tankers      | 26414746, 26232945   |
| Chief Executive Officer                  | 23511658             |
| Supdt. Engineer                          | 26830856             |
| General complaints                       | 29238543             |
| <b>BSES RAJDHANI POWER LTD</b>           |                      |
| Chief Executive - Finance&Infrastructure | 26226500             |
| G.M.Operations                           | 26460940             |
| Manager PR                               | M-9811211379         |
| Helpline                                 | 42895556             |
| Call Centre                              | 9604555555           |
| Power Cuts -North Delhi Power            | 9622022033           |
| Street Lights - Do-                      | 9622033044           |
| 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             |
| <b>CREMATION GROUNDS</b>                 |                      |
| Nigam Both Ghat                          | 22962948             |
| Lodhi Road/ Link Road                    | 24311403             |
| Hearse Van                               | 22967081             |
| Electric Crematorium :                   |                      |
| Bela Road                                | 22965291             |
| Link Road (Lodhi)                        | 24311403             |
| Green Park                               | 26179199,26165910    |
| <b>STRAY ANIMALS :</b>                   |                      |
| Stray Dog Control 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  |
| SPCA                                     | 23798205, 23965369   |
| <b>MTNL TELEPHONES:</b>                  |                      |
| Assistance                               | 199                  |
| Fault Repair (Exchange Code)             | XXXX2198             |
| Directory Enquiry (Namewise)             | 197                  |
| Directory Enquiry (Streetwise)           | 23322197, 23329195   |
| Phonogram: English                       | 185                  |
| Hindi                                    | 184                  |
| STD Enquiry                              | 183                  |



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|--------------------------------------------------|-------------------------|
| STD/ ITD Inter Service                           | 182                     |
| Morning Alarm                                    | 116+Time                |
| Change In Telephone No                           | 1951                    |
| Gen Power Helpline                               | 1911,1916               |
| Gen Water Helpline                               | 23534867                |
| Gen Police Helpline South                        | 26867955                |
| Hauz Khas SDO                                    | 2661900                 |
| General Manager Tel ( South Zone)                | 26466600, 26888080      |
| Excess Billing &Complaints                       | 1662                    |
| Trunk Booking                                    | 180                     |
| Trunk Booking Int Call                           | 186                     |
| Area General Manager (South ) Bhikaji Cama Place | 26188080                |
| SDO South                                        | 26961515                |
| Divisonal Engineer                               | 26535100                |
| Commercial Office Okhla                          | 26960001,26310000       |
| <b>DIAL CODES FOR NEIGHBOURING CITIES</b>        |                         |
| Ghaziabad, Noida,                                | 95120                   |
| Gurgaon                                          | 95124                   |
| Faridabad                                        | 95129                   |
| Sonepat                                          | 951264                  |
| Meerut                                           | 95121                   |
| <b>MOBILE CUSTOMER CARE</b>                      |                         |
| HUTCH                                            | 9811098110              |
| AIRTEL                                           | 9810012345              |
| ESSAR                                            | 911098110               |
| RELIANCE                                         | 30333333                |
| TATA TELECOM                                     | 55550121,121            |
| IDEA                                             | 9891012345              |
| Dolphin MTNL                                     | 1503, 1502 (Garuda)     |
| <b>POST AND TELEGRAPH</b>                        |                         |
| G.P.O Delhi                                      | 22965118                |
| G.P.O New Delhi                                  | 23364111                |
| Eastern Court                                    | 23321878                |
| G.P.O Parliament Street                          | 23715605                |
| Foreign Post Office                              | 23233304                |
| Post Office (Andrews Ganj)                       | 26444551                |
| <b>RAILWAYS</b>                                  |                         |
| General Enquiry                                  | 131/ 2336 6177, 2336 61 |
| 3535                                             |                         |
| Reservation Enquiry                              | 1345/ 2334 8787, 2334 8 |
| Internet booking                                 | 23344787                |
| <b>DEPARTURES</b>                                |                         |
| North                                            | 1336                    |
| East                                             | 1337                    |
| West                                             | 1338                    |
| South                                            | 1339                    |
| <b>ARRIVALS</b>                                  |                         |
| North                                            |                         |
| East                                             |                         |
| West                                             |                         |
| South                                            |                         |



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|------------------------------|--------------------|
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| At Sarojni Nager             | 24673280           |
| At Nizamuddin Station        | 24619748           |
| Ticket Status (Quote PNR No) | 1330, 1335         |

### ROAD TRANSPORT

|                                    |                    |
|------------------------------------|--------------------|
| General Enquiry (ISBT & DTC)       | 22968836           |
| U.P Roadways (ISBT)                | 23868709           |
| U.P Roadways (Ajmeri Gate)         | 23235367           |
| Haryana Roadways                   | 23861262           |
| Punjab Roadways                    | 23867842           |
| Himachal Roadways                  | 23868694, 23863473 |
| Rajasthan Roadways (Bikaner House) | 23383469, 23819537 |
| ISBT Sarai Kalekhan                | 24638092           |
| ISBT Anand Vihar                   | 22152431, 22148097 |

### AIR PORT ENQUIRY

|                       |                             |
|-----------------------|-----------------------------|
| Domestic (Terminal—I) | Helpline: 1407 Information  |
| Airport enquiry       | 25675126-35                 |
| International         | 25652010                    |
| Sahara Airways        | 25674712                    |
| Indian Airlines       | 25675121, 25696535, 2566530 |
| Jet Airways           | 25675404, 51641515          |
| King fisher airport   | 25674841                    |

### RECORDED INFORMATION

|                 |      |
|-----------------|------|
| General Enquiry | 1400 |
| Reservation     | 1401 |
| Arrival         | 1402 |
| Departure       | 1403 |

### CITY TICKET OFFICE :

|                             |                    |
|-----------------------------|--------------------|
| Air India                   | 23731225, 23736446 |
| Indian Airlines Safdar Jung | 24622220, 24631337 |
| International (Terminal—II) |                    |

|             |                          |
|-------------|--------------------------|
| Enquiry     | 23731225 /6446, 25652010 |
| Air India   | 23736440, 25696621       |
| Sahara      | 23226851                 |
| King fisher | 95124-2844750            |

### RECORDED INFORMATION

|              |         |
|--------------|---------|
| Arrivals     | 144     |
| Departures   | 145     |
| Reservation  | 146/147 |
| Cancellation | 148     |

### CAR HELPLINE

|             |                        |
|-------------|------------------------|
| Maruti      | 39891515               |
| Tata Motors | 22231064               |
| Hundai      | 9811431109, 9810069648 |
| Ford        | 18004253545            |



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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<br>12:00 - 01:30 pm, | 04:30 - 06:00 am, 09:00 - 10:30 am<br>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<br>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 faith. 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 one 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 the 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 Ganapataye Namaha**

For removing the obstacles.

**Lakshmi: Om Shrim Mahalakshmiye 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 Durgaye Namaha**

Protects from all types of negative influences in life.

**Saraswati: Om Eim Saraswatye 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 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 mantra 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 acceptable.

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 get 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 is not as outer obstacles to your discipline.

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- ◆ 2003 - Super Sales Consultant - Diamond Season 2003 - ◆ DTC
- ◆ 2003 - Best Showroom - Diamond Season -2003 - ◆ DTC
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\* On panel: MTD-10 & Hallmarking:  
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