



AIR - INDIA 25 YEAR CLUB NEWS LETTER

FOR MEMBERS ONLY

VOL. 3 No. 2 MARCH 1998



Sincerely Yours



Dear Members,  
You are already aware that the long awaited Get-Together event was held on 29th March, 1998 at the Willingdon Catholic Gymkhana, Santacruz (West), which all of you and those who attended would agree, that it was a grand success. Members reminiscenced their past association with Air-India and were delighted to meet their old colleagues with their spouses. All members who built the airline from its infancy could meet together and exchange nostalgic memories on the occasion. Few photographs taken of the event are published in this issue.

We are thankful to all the members for their unstinted cooperation and generous contribution to make the event a memorable one. We are also grateful to the newspapers and magazines namely, the Times of India, Afternoon Despatch & Courier, Asian Age, the Indian Aviation and Dignity Dialogue for their wide coverage before and after the function. As in the past, veteran members who are seventy five years and above were honoured by Mr. P. B. Kumar, Director of Engineering and Co-ordinator AI and Dr. R. Chaudhry, Director of Medical Services AI.

This year your Committee further honoured with a memento eight septuagenarians who have completed twenty five years after retirement and have crossed 83 years of age.

As intimated in our earlier issues of "Silverlines", your Club has initiated several steps to cover the pension scheme to the employees, who have retired between 1-1-1986 and 31-3-1994 on par with other PSUs like Banks, LIC, GIC and Bombay Port Trust.

Due to our consistent efforts, arrears have been already paid to employees who have retired upto 31-3-95. Therefore, employees who have retired upto 31-3-1995 and who have not collected their arrears so far may contact the Pay Accounts Section, Old Airport, Santacruz, as the cheques are ready. Arrears to the employees who have retired between 1-4-1995 and 31-5-1996 are being worked out and payments would commence shortly.

To commemorate the occasion of the Get-together, the Club has released a Souvenir with articles of topical interest.

Your Managing Committee has

co-opted Messrs R. A. Repote, C. H. Kajale and B. W. Kalan to strengthen the activities of the Club. The Committee now comprises of fourteen members. Their names and telephone numbers are given in this issue.

In page two we publish the article about "Wheat Grass Therapy" by renowned Dr. Sharad Nayampally - Naturopath, which will be of interest to you.

To commemorate the publication of 12th issue of the vital link "SILVER - LINES" an anagram composed by Mr. P. S. Ganapathy is published below

We look forward to your continued cooperation and usual support.

With Greetings

M. V. Ramnathkar  
President

V. Pichumani  
Hon. Secretary

**S**incere in approach to Serve  
**I**ntention is to find ways to Improve  
**L**ooking ahead for total Support  
**V**ision is to provide maximum Benefit  
**E**ndeavours to fulfil all Objectives  
**R**esources are needed to achieve Success  
**L**oyal and Responsive to Members  
**I**nnovative changes are on the Cards  
**N**eed is to induce true Dedication  
**E**fforts are to bring in more Participation  
**S**urely we all can make it Happen



by. Mr. P. S. Ganapathy  
Gen. Manager  
Ops. Dept. AI

## "GREEN GOLD" - Wheat Grass Therapy

- by Dr. Sharad Nayampally - NATUROPATH

I would like to share here my experience with some of the rare medical cases which were cured with a simple grass with medicinal values. Yes.. a grass - "WHEAT GRASS" a GOLD for many ailments. And with it some of the terminally ill patients can be treated with astonishing results :-

A frail 16 year old girl patient, suffering from Viscositis was under treatment in a wellknown Hospital in MUMBAI for more than a decade. She had both her feet swollen about 4½ inches thick, blackened with skin pigmentation, blisters on feet, and sole - oozing out with pus and blood. To my surprise there were holes (like made with drill machines on both her feet). One can imagine as to how the poor girl must have suffered with pain because she had hardly any strength to walk (she was brought - rather dragged by her father to my clinic). One month's nature cure treatment with Wheat Grass Juice internally and application on both feet showed improvement. The wound healed, swelling diminished, blisters and holes were completely cured and she could walk very well.

As a Naturopath, I believed in my practice, the importance of five elements viz. fire, air, space, earth and water in our life. GOD is very kind enough to provide unlimited quantity and quality of these elements. It is found by researchers that Mother Earth had given birth first to plants, living organisms like germs, birds,

animals and then lastly to intelligent Man.

To my knowledge, the germination of grass had taken place first. Then plants or trees mainly to provide fuel in the form of food, viz; leaves, flower, fruits, etc. There are four types of grass discovered (may be more) so far out of thousands of varieties that exist. One type of grass we Indians know is Durva - a trishul (three leaves) form of grass usually offered to GOD Shree Ganeshji. Second type is eaten by herbivorous animals as their food. Third variety is used in many mosquito killer products. Fourth is used as fuel in day to day life in rural areas. There is also a cultivated form of grass out of "Wheat" called Wheat Grass.

World renowned Dr. Ann Wigmore of Hippocrates Health Centre, Boston, USA has pioneered this Wheat Grass Therapy. It is due to her arduous research that this Therapy, is used as a natural medicine substitute, for cases when conventional medicines like Allopathy has failed in many dreaded diseases like Cancer - considered as incurable. She also found usefulness of the Therapy to cure many body ailments in acute or chronic conditions. Wheat grass is God's gift. A 'Sanjivini' of Mother Earth to Mankind with new solutions in health problems. It is an ultimate cure to many diseases.

Biologically : Seeds that are kept for growth and development of new plant are to be first sprouted. Sprouts are activated powerful enzymes and make proteins and vital vitamins. This helps to eliminate fatigue very effectively. According to Dr. Richard Willstatter, plants have power to absorb the solar energy from the Sun and transfer the water molecules and carbon-di-oxide to form tissues, and build up energy. At the same time plants throw out the oxygen to revitalise the air in the atmosphere. During this process, energy in the form of sugar and carbohydrates are formed and stored in plants.

Method of growing Wheat Grass : Here wheat seeds (grains) are sprouted, sowed, watered in sprinkled form in fertile organic soil for seven days. On the seventh day, this process results into wheat grass and grows to about 6 - 7 inches. This wheat grass may also grow in water or sand, when utmost care is taken.

Properties : Wheat grass is like other grasses in appearance, green in colour, soothing and cooling to the eye. The taste is sweet. It is detoxicant and alkaline. Wheat grass juices easily get absorbed in blood. It purifies blood, energises and helps in increasing resistance power of the body. This invigorates healing process.

How to use : First the grass is cut at root level and then washed with water. To preserve the grass, one

can wrap it in plastic sheets and then place it in the refrigerator, (but not in the freezer compartment). This can remain fresh for a week. The fresh grass is used either to eat or consume by chewing. The roughage or fibre which becomes white can be thrown out. But fibre also is the most important ingredient, which helps for digestion. Fibre has cellulose, legumes - a woody part of the grass which has no carbohydrates, and polysaccharides composed mainly of pentoses (sugar). This affects the function of alimentary tract including colon and rectum by providing non-calorific bulk. These interact with toxic substances which produce cancer and dilutes them in the faeces to eliminate them from the system. Therefore, if you eat Wheat Grass, it helps for digestion, constipation and acidity problems.

One can extract juice from the Wheat Grass using a mixer, preferably a hand operated one to get natural value. Electric mixer may add electric impulses, which results in heat to oxidise the juice. Juice should not be kept in the fridge for long periods as its strength may be diminished. Fresh juice can be diluted with little water or added with mossambi juice or grape juice. **BUT AVOID USING ANY OTHER SPICES, SALT OR ARTIFICIAL SUGAR FOR THE PURPOSE OF TASTE.**

How much quantity of juice : One can start 30 grams of juice per day and gradually increase it to 100 grams a day. This is to be continued for atleast 21 days for best results. I advice a liquid fast to be observed for at least a day. I also recommend the patients to

go on natural diet rather than use any cooked food during the course of treatment for some of the severe ailments.

The reactions observed during the treatment : Any nausea, vomiting sensation, feeling uneasy, loose motions, gas formation, headache, cold or even a slight fever is acceptable as Wheat Grass therapy helps for cure. So one should continue the treatment, despite the above problems. These problems are not harmful, but shows that the body works its healing power to eliminate toxins from the body.

The relationship between Wheat Grass Juice and the Human Blood : It is scientifically proved that molecules of human blood - i. e. Haemoglobin and Wheat Grass Chlorophyll are exactly the same. The HEALTHY HUMAN BLOOD is a bit Alkaline with proportion of hydrogen molecules pH 7.4 is in the same proportion and alkaline as in the Wheat Grass. This gets quickly absorbed in blood. Wheat grass is Green in colour, as is usually in the case of chlorophyll and contains some of the most essential vital factors like vitamins, minerals, proteins, etc. which the human body needs. Amongst them are the potent minerals, mainly Magnesium (blood has iron), Amino Acids, Lysine, Nethionine, ample storage of Proteins, a rare vitamin of Carotene and Vitamins A, C, E. These are necessary for activating almost 30 enzymes, which every living cell of our body requires for nourishment and invigoration. As such cure by 'Wheat Grass Juice' is important,

because of the Chlorophyll it possesses.

Chlorophyll from Green Gold helps to increase percentage of Haemoglobin and the circulation of enriched blood results in restoring good health. The factor Hemin found in the human blood is similar to the Chlorophyll. This maintains harmonious balance in the human system.

Benefits : Green Gold with its rich properties helps to some extent in curing a number of illnesses (about 350) like General Weakness, Anaemia, Malnutrition, Insomnia, Headache, Joint pains, Arthritis, Kidney disorders, Ear pain, Dental problems, weak eyesight, balancing fat in the body, coronary problems, balancing cholesterol, menstrual problems, high blood pressure, Arthrosclorosis, Internal Haemorrhage, etc. It helps in curing the respiratory illnesses like Bronchitis, Asthma, Common Cold and the digestive system malfunctions like worms, swelling, other illnesses like sore throat, Diabetes, Ulcers in the stomach and intestines, Acidity, Constipation, Indigestion, Nausea, Piles, etc. This also has tremendous capacity to cure skin problems like burns, insect bites, wounds, psoriasis and many types of cancer.

For Consultation :

Dr. Sharad Nayampally  
Naturopath  
A-14, "Parijaat",  
Linking Road Extension,  
Santacruz (West),  
Mumbai - 400 054. India.  
Phone : (022) 613 36 97 (Res.)  
(022) 287 06 22 (Office)

## **News-line**

### **ID cards (AI) for Retired**

#### **Members**

Members had completed their forms for new ID cards and sent the same to the Club. The Club had got the forms certified by the Establishment section of AI and forwarded the same to ID Card Section of Security Department Old Airport.

Members may visit ID Card section between 3rd August, 1998 to 14th August, 1998 between 10.00 a.m. to 12.30 p.m. and 2.00 p.m. to 5.00 p.m. on working days for their new ID cards.

Members based at Delhi, Calcutta, Chennai, Bangalore, Hyderabad and Trivandrum will be intimated in due course of the programme of the Security Section to these stations for issuance of the ID cards. Members, who have settled in places other than the above stations, will have to visit the nearest centre during the notified period for their ID cards. While it is advisable for members to get their new ID cards the current ID cards will continue to be valid

#### **IATT refund.**

While claiming IATT reimbursement for travel on domestic sectors, members are required to attach copies of the authority letter for the passage, along with the other documents such as boarding pass, ticket jackets. Separate claim forms in duplicate are required for each ticket.

**FTT** has now been increased from rupees three hundred to five hundred. While Air-India will absorb Rs.300, the balance of Rs. 200/- is payable by the employees. Members are however, advised to retain the ticket jackets for any possible refund at a later date.

#### **Waiver of Lost Document Penalty Charge (LDPC) for staff tickets.**

It has been decided that LDPC of USD 50 or equivalent will be waived in cases of staff tickets reported lost/stolen/misplaced needing reissuance.

However, the detailed procedures for reissuance in cases of loss of Passage Authority and loss of free/concessional tickets as clearly spelt out by Investigation & Fraud Prevention Cell has to be followed.

(CMR/RP-1/120198 dated January 12, 1998.)

#### **Additional Chemist empanelled in the Employees Medical Benefits Scheme Panel.**

##### **Supercure**

Shop No. 5, Building No. 2,  
Takshila,  
Mahakali Caves Road,  
Andheri (East),  
Mumbai - 400 093.

(AI/Med/18-9/1714 dated 10th October, 1997.)

### **Directories of our members**

The long awaited supplementary Directory of members as on 31st March, 1998 has now been brought out. This directory contains details of new members enrolled, changes in the addresses/telephone numbers of old members in India and abroad. This Directory will be of great use to all of you.

Directory of members published as on 31-3-1993 and supplementary directory updated as on 31-3-1998 are available at Club Office for a payment of Rs. 25/- Those who are desirous of having by post, may send Rs. 40/- by cheque/money order payable to "Air-India 25 Year Club".

All our members are requested to contact eligible Air India Staff to enroll themselves as members of our club. Application forms for membership and ID cards are available in the Club Office on working days on payment of Rs. 165/- (Rs. 150/- life membership fee and Rs.15/- for ID card.)

Members are requested to intimate their change of postal address & telephone numbers when applicable.

**Photos of members who were honoured at the Get-Together are available and they may collect it from Club Office.**

## Managing Committee

Name		Telephone No.
1. Mr. M. V. Ramnathkar	President	642 03 53 / 640 29 42
2. Mr. P. L. Goregaonkar	Vice - President	624 81 47
3. Mr. V. Pichumani	Hon. Secretary	614 09 18
4. Mr. C. V. Muthu	Jt. Secretary	523 18 60
5. Mr. G. Subbarayan	Hon. Treasurer	611 01 55
6. Mr. G. T. Kunder	Member	613 37 78
7. Mr. P. K. Kutty	Member	615 24 87
8. Mr. R. B. Nargundkar	Member	611 24 16
9. Mr. T. S. Sankaran	Member	612 17 48
10. Mr. S. G. Situt	Member	615 31 13
11. Mr. K. R. N. Swamy	Member	409 79 51
12. Mr. C. H. Kajale	Member	610 65 88
13. Mr. R. A. Repote	Member	604 20 38
14. Mr. B. W. Kalan	Member	(911) 486 812

A father was pleasantly surprised to see his teenage daughter answer the telephone and then hang up after talking for only 20 minutes instead of usual hour. He congratulated her on keeping the conversation so brief and asked her which of her friends had co-operated.  
 "That wasn't a friend," she said, "It was a wrong number."

Doctor : What seems to be the problem ?

Patient : When I get up in the morning, I'm always dizzy for half an hour.

Doctor : Try getting up half an hour later.

The lawyer said to his client

"Well, if you really want my honest opinion....."

"I don't" said the client, "I want your professional advice."

**The college of Social Work Extension Centre (Nirmala Niketan Institute)** is proposing to conduct a 7 days Residential Trg. Programme for Sr. Citizens in the Age Group of 55 to 70 years during September, 1998 at Goregaon, Mumbai. The programme aims to empower the Sr. Citizens to handle their changing roles effectively and to contribute to the Society in a productive manner. The fee will be Rs. 750/- including Boarding & Lodging. Members interested in attending the programme are requested to write to the Club for the copy of the Questionnaire to be filled in by them at the earliest.



Mr. M. V. Ramnathkar, President of the Club welcoming our Chief Guest Mr. P. B. Kumar, Director of Engineering and Coordinator AI. Seen on the right of Mr. P. B. Kumar is Mr. V. Pichumani, Hon. Secretary of the Club.

Our Guest of Honour, Dr. R. Chaudhry, Director Medical Services felicitating Mr. S. G. Pednekar.



Mr. M. N. Narayana Rao - who has completed twenty five years of retired life being honoured by Mr. P. B. Kumar.



Mr. N. P. Lazarus, who was one of our senior most members being felicitated by Mr. P. B. Kumar.



Mr. V. Pichumani, Honorary Secretary addressing the gathering. Seated from the left, Mr. G. Subbarayan - Hon. Treasurer, Mr. P. L. Goregaonkar - Vice President, Mr. Abhiram Singh MLA, Mr. M. V. Ramnathkar - President, Mr. P. B. Kumar, Dr. R. Chaudhry, Mrs. Chaudhry, Mr. C. V. Muthu, Jt. Secretary, Mr. R. A. Repote - Chairman Souvenir Committee.

A panoramic view of the gathering of our members and their spouses.



Mr. N. S. Venugopal (of Air-India) and his "Guldasta" Group rendering light music.

Ms. Kamini Kaushal - eminent actress of yester - years, presenting a trophy on behalf of INFA (International Federation of Aging) to our President and Honorary Secretary on "Elders Day" Function held on 1-10-97.



**List of Donors from 1-9-1997 to 31-3-98.**

***"The sun shines and the rain rains. Not to impress anyone.***

***Likewise you help, just to help us." - Thanks a lot.***

Name	Rs.				
Mrs. Purnima C. Hemmadi	2001.00	Mr. B. R. K. Murthy	500.00	Mr. K. P. Venkatramani	250.00
Mr. M. T. Dandvate	2000.00	Mr. B. R. Ichhaporia	500.00	Mr. R. K. Naik	250.00
Well Wisher	1200.00	Mr. A. N. Sridhar	500.00	Mr. A. B. Ponnaiya	250.00
Mr. T. R. Srinivasan	1001.00	Mrs. G. Coutinho	500.00	Mr. R. Subramanian	250.00
Mr. M. N. Gopalkrishnan	1001.00	Mr. T. R. Sonpar	500.00	Mr. Zohra Gunja	250.00
Mr. K. N. Sivarama Krishnan	1001.00	Mr. Murlil Relwani	500.00	Mr. B. B. Sabharwal	250.00
Mr. P. P. Shetty	1001.00	Mr. R. Mani	500.00	Mr. R. K. Kaul	250.00
Mr. C. I. Bocarro	1001.00	Capt. S. B. Chatterjee	500.00	Mr. S. S. Hussain	250.00
Mr. J. K. Shome	1001.00	Mr. E. V. Nunes	500.00	Mr. D. N. Correa	250.00
Mr. R. D. Tungare	1000.00	Mr. U. P. Pathrutkar	451.00	Mr. H. L. D'Souza	250.00
Mr. D. P. Kamath	1000.00	Mr. P. K. Krishnan	400.00	Mr. N. A. Krishnamurthy	250.00
Mr. P. G. Bhandarkar	1000.00	Mr. A. John	400.00	Mr. J. C. Adams	250.00
Mr. B. K. Mangaonkar	1000.00	Mr. J. P. Nadkarni	400.00	Mr. Om Prakash Verma	229.00
Mr. V. G. Gadgil	1000.00	Mr. R. S. Ghanekar	400.00	Mr. R. Vasanthan	216.00
Mr. R. R. Wadhwan	1000.00	Mr. P. R. Phal	400.00	Mr. D. Oliver	210.00
Mr. P. K. Sahu	1000.00	Mr. B. M. D'Souza	400.00	Mr. S. B. Sheorey	201.00
Mr. L. N. Banaji	1000.00	Mr. P. Ramachandran	400.00	Mr. V. Chohda	201.00
Mr. W. Santosh	1000.00	Mr. A. R. Anajpure	400.00	Mr. S. Francis	201.00
Mr. P. M. Narayanan	1000.00	Mr. K. N. Ananthnarayanan	400.00	Mr. B. F. Mehta	201.00
Mr. P. A. Menon	1000.00	Mr. A. S. Vadnerkar	400.00	Mr. V. A. Raje	201.00
Mr. K. G. Appusamy	1000.00	Mr. K. V. N. Menon	335.00	Mr. S. Nevrekar	201.00
Mr. R. Ranganathan	800.00	Mr. E. D'Souza	335.00	Mr. V. P. R. Chandran	201.00
Mr. M. C. Kawade	751.00	Mr. P. Vasudevan	301.00	Mr. J. N. Variava	201.00
Mr. N. P. Lazarus	750.00	Mr. D. K. Budha	301.00	Capt. S. D. Anand	201.00
Mr. G. N. Krishnan	700.00	Mr. V. B. Parmeswaran	301.00	Mr. M. A. Quadri	201.00
Mr. B. Dhawan	600.00	Mr. C. V. Muthu	301.00	Mr. S. K. Mendon	201.00
Mr. J. J. Naigaonwala	535.00	Mr. C. S. Demello	301.00	Mr. Anil Banerjee	201.00
Mr. D. S. Kale	525.00	Mr. V. S. Shellikeri	301.00	Mr. Kishorilal	201.00
Mr. K. Vishwanathan	510.00	Mr. S. G. Karandikar	300.00	Mr. N. Rangamani	201.00
Mrs. V. Natarajan	501.00	Well Wisher	300.00	Mr. M. M. Rajan	201.00
Mr. M. N. Somasundaram	501.00	Mr. I. Paulson	300.00	Mr. U. P. N. Rayon	201.00
Mr. D. E. Cooper	501.00	Mr. M. K. Venkatraman	300.00	Mr. R. R. Sundaresan	201.00
Mr. Ashok Kulkarni	501.00	Mr. A. N. Joshi	285.00	Mr. T. N. Ganapathy	201.00
Mr. A. K. Advani	501.00	Mr. P. M. Jamshedji	251.00	Mr. A. M. Bhandare	201.00
Mr. K. N. Desai	501.00	Mr. M. N. Ranbave	251.00	Mr. N. N. Kamath	201.00
Mr. T. K. Rao	501.00	Mr. R. N. Desai	251.00	Mr. G. A. Bapat	201.00
Mr. S. Sivaraman	501.00	Mr. T. D. Munshi	251.00	Mr. S. B. Jadhav	201.00
Mr. H. M. Churry	501.00	Mr. Titus Pinto	251.00	Mr. F. Mendonca	200.00
Mr. P. Panthky	501.00	Mr. K. D. Sharma	251.00	Mr. W. B. Mirchandani	200.00
Mr. C. J. D'Silva	501.00	Mr. C. V. Ramakrishnan	251.00	Mrs. U. S. Borkar	200.00
Mr. A. D'Ilma	501.00	Mr. R. R. Bajekal	251.00	Mr. M. N. Narayanrao	200.00
Mr. K. M. Halda	501.00	Mr. N. A. Jayaraman	251.00	Mr. V. Ramanathan	200.00
Mr. K. H. Wadia	501.00	Mr. Mohan Shirali	251.00	Mr. S. Natarajan	200.00
Mr. S. C. Sali	501.00	Mr. Y. B. Keni	251.00	Mr. P. J. Lakshmanan	200.00
Mr. George Boodle	501.00	Mr. K. A. Raman	251.00	Mrs. S. D. Shenoy	200.00
Mr. S. D. Kamath	501.00	Mr. J. S. Joshi	251.00	Mr. T. Palaniswamy	200.00
Mr. S. R. Shenai	501.00	Mr. D. V. Jathar	251.00	Mr. O. P. Dandona	200.00
Mr. V. Venkat Rao	501.00	Mr. P. T. Verghese	251.00	Mr. G. D. Malkar	200.00
Mr. M. N. Birdi	501.00	Mr. N. X. Santos	251.00	Mr. J. H. Malegaonwala	200.00
Mr. P. P. Sequeira	500.00	Mr. C. M. Jhangiani	251.00	Mr. K. R. N. Swamy	200.00
Mr. Chandran	500.00	Mr. S. V. Kadle	250.00	Donations received less than	
Mr. C. K. Kutty	500.00	Mr. P. I. Rajan	250.00	Rs.200/-	20,635.00
Mr. A. B. Hebbar	500.00	Mr. V. Chandramauli	250.00		
Mr. B. J. Rao	500.00	Mr. A. T. Pais	250.00		90,639.00
		Mr. P. G. S. Pillai	250.00		

## Condolences

We condole

1. Mr. N. P. Lazarus	Communication Superintendent	Operations
2. Mr. N. K. Darukhanawala	Foreman	Engineering
3. Mr. M. M. Sengupta	Sr. Technical Officer	Engineering
4. Mr. V. K. Kanitkar	Sr. Foreman	Engineering
5. Mr. M. C. Boomla	Engineering Manager	Engineering
6. Mr. J. B. Treasurywala	Sr. Accounts Officer	Accounts
7. Mr. E. D'Cruz	Foreman	Engineering
8. Mr. C. D. Deshpande	Accountant	Accounts

### "Welcome to Dignity Foundation"

The above foundation has launched "Cleaning Mumbai with a Dignity Scheme" in Cooperation with Mumbai Municipal Corporation. Senior Citizens who are the members of our club are welcome to enroll themselves as dignitarians. Members will be assigned locality with an honorarium of Rs. 800/- per month if they are able to contribute their time and energy successfully. They should be able to spend one hour a day to take a round in their locality, one hour every week to meet their chief dignitarian for follow up action and one hour every month to meet the ward officer in a group to solve the problems of the locality. I. D. card will be issued to all dignitarians for this prestigious assignment. To obtain more details, kindly contact "Dignity Foundation" headed by Dr. Sheilu Sreenivasan - Editor of Dignity Dialogue on telephone no. 389 80 78 / 79 / 82.

### PICNIC

Suman Motels are organising a picnic for senior citizens on August 13, 1998 from Dadar to Khapoli for a day. Members interested may please contact Mrs. N. Vincent & Mrs. C. Rele on 402 00 49.

Copies of "Dignity Dialogue", a magazine for Senior Citizens are available for reference in our Club Office.

Sub : Holidays to be observed by the Staff working at Santacruz, NIPTC and Mumbai during the Calendar Year 1998.

Republic Day	26th January Monday
Id-ul-Fitr	30th January Friday
Holi (2nd Day)	13th March Friday
Dr. Babasaheb Ambedkar Jayanti	14th April Tuesday
Chatrapati Shivaji Maharaj Jayanti	28th April Tuesday
Maharashtra Day	1st May Friday
Independence Day *	15th August Saturday
Ganesh Chaturthi	25th August Wednesday
Dassera	1st October Thursday
Mahatma Gandhi Jayanti	2nd October Friday
Diwali (Laxmi Poojan)	19th October Monday
Christmas	25th December Friday

\* Staff working on 5 day week pattern and observing normal timings will observe Friday, 7th August, 1998, Narli Purnima / Raksha Bandhan as a holiday on account of 15th August, 1998, Independence Day falling on Saturday.

(Staff Notice No. 32 dated 30th December, 1997.)

### " Quotes "

No one can make you feel inferior without your consent

- F. D. Roosevelt

I saw my Lord with the eye of my heart and I said, "Who art Thou? He said: "Thou"

- Al-Hallaj

The man of harmony surrenders the reward of his work and thus attains final peace. The man of disharmony urged by desire is attached to his reward and remains in bondage. - Gita V.12

*Now introducing  
yet another Welfare Scheme*



*in addition to  
Medical and  
Passage!*



**एअर इंडिया AIR-INDIA**

From  
Air - India 25 Year Club,  
Tata Hangar No. 8,  
O. A. P. Santacruz (E),  
Mumbai - 400 029

To,

By. Book Post

0140  
MS MOOS M.H.  
92, Bhiwandi House,  
Opp. Gwalia Tank PO.  
Cumballa Hill, Bombay - 400 036  
Tel-R-386493

