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## ਯਾਤਰਾ ਨਿਊਯਾਰਕ ਦੇ ਕੁਦਰਤੀ ਸੋਮਿਆਂ ਦੀ



ਹੋਪਕਿੰਨ ਵਿਨੀਯਾਰਡ ਫਾਰਮ ਦੀ ਸੈਰ ਤੋਂ ਬਾਅਦ ਅਸੀਂ ਸਿੱਧੇ ਐਲਬਨੀ ਨੂੰ ਚਲ ਪਏ। ਐਲਬਨੀ ਨਿਊਯਾਰਕ ਦੀ ਰਾਜਧਾਨੀ ਹੈ ਤੇ ਕਾਨੂੰਨੀ ਕਾਰੀਗਰ ਦੀ ਸਫਰ ਹੈ। ਅਸੀਂ ਕਾਨੂੰਨੀ ਕੰਪਨੀ ਵਿੱਚ ਗਈ ਥਾਣਾ ਆਰਡਰ ਕੇ ਨਿਭਾਉਣਾ ਸ਼ੁਰੂ ਕਰ ਰਿਹਾ ਹੈ। ਇਸੇ ਕੰਪਨੀ ਨੂੰ ਪੁਰੂਖ ਪ੍ਰੀਤਪਾਲ ਦੇ ਹੋਰ ਨਾਮ ਦੇ ਜ਼ਿਹੇ ਜ਼ਿਹੇ ਨਾਮ ਦੇ ਚੱਲਦੇ ਚੱਲਦੇ ਹਨ। ਅਸੀਂ ਹੋਰ ਕਾਰੀਗਰ ਦੀ ਸਫਰ ਸ਼ੁਰੂ ਕਰਦੇ ਹਨ। ਜਾਂਦਾ ਹੈ। ਬਹੁੱਤ ਸਾਰੇ ਇੰਡੀਅਨ ਹੋਰਲ ਹਨ ਇੱਥੇ।

ਸਵੇਰੇ ਦਿਨ ਜੜਦੇ ਹੀ ਅਸੀਂ ਤਿਆਰ ਹੋ ਗਏ ਇਸ ਮੁਬਾਰਕ ਨਗਰ ਦੀ ਸੈਰ ਕਰਨ ਲਈ। ਕੈਪੀਟਲ ਬਿਲਡਿੰਗ ਸਿਰਫ ਦਸ ਮਿੰਟ ਦੂਰੀ ਤੇ ਹੀ ਸੀ ਸੋ ਅਸੀਂ ਪਹਿਲਾ ਉਧਰ ਹੀ ਜਾਣ ਦੀ ਸੋਚਿਆ। ਦਸ ਮਿੰਟ ਵਿੱਚ ਅਸੀਂ ਰਾਜਧਾਨੀ ਇਮਾਰਤ ਪੁਰੂਖ ਗਏ।

ਗਜਧਾਨੀ ਇਮਾਰਤ ਰਾਜ ਵਿਧਾਨ ਸਭਾ ਦੀ ਇਹ ਮੁਬਾਰਕ ਇਮਾਰਤ ਲਗਭਗ 25 ਮਿਲੀਅਨ ਅਮਰੀਕਨ ਡਾਲਰ ਦੀ ਲਾਗਤ ਨਾਲ 1899 ਈਸਵੀ ਵਿੱਚ ਤਿਆਰ ਹੋਈ। ਸੰਨ 1971 ਵਿੱਚ ਇਸਨੂੰ ਇਤਿਹਾਸਕ ਇਮਾਰਤਾਂ ਦੀ ਸੂਚੀ ਵਿੱਚ ਸ਼ਾਮਿਲ ਕਰ ਦਿੱਤਾ ਗਿਆ। ਰਾਜਧਾਨੀ ਇਮਾਰਤ ਦੇ ਸੱਜੇ ਪਾਸੇ ਨਿਊਯਾਰਕ ਸਟੇਟ ਐਜ਼ੂਕੋਸ਼ਨ ਦੀ ਇਮਾਰਤ ਹੈ ਜੋ ਬਹੁੱਤ ਸ਼ਾਨਦਾਰ ਹੈ ਤੇ ਥੋੜ੍ਹੀ ਥੋੜ੍ਹੀ ਦਿੱਲੀ ਦੇ ਸੰਸਦ ਭਵਨ ਵਰਗੀ ਝਲਕ ਦੇਂਦੀ ਹੈ।

ਵਕਤ ਘੱਟ ਹੋਣ ਦੇ ਬਾਵਜੂਦ ਵੀ ਸਾਰੀਆਂ ਸੈਰਗਾਹਾਂ ਦੇਖਣ ਦੀ ਚਾਹ ਨਾਲ ਅਸੀਂ ਇੱਥੋਂ ਅੱਧਾ ਕੁ ਘੰਟਾ ਰੁਕ ਕੇ ਅਸੀਂ ਵਾਸ਼ਿੰਗਟਨ ਪਾਰਕ ਆ ਗਏ।

ਵਾਸਿੰਗਟਨ ਪਾਰਕ - ਇਹ ਪਾਰਕ ਐਲਬਨੀ ਦੀ ਪ੍ਰਮੁੱਖ ਪਾਰਕ ਹੈ ਇਸ ਪਾਰਕ ਨੂੰ ਫਰੈਂਟਰਿਕ ਲਾਅ ਓਲਮਸਟਡ ਦੁਆਰਾ ਡਿਜ਼ਾਈਨ ਕੀਤਾ ਗਿਆ। ਵਾਸਿੰਗਟਨ ਪਾਰਕ ਲੋਕਾਂ ਦੀ ਗਤੀਵਿਧੀਆਂ ਲਈ ਖੁੱਲਾ ਹੈ। ਪਾਰਕ ਦੀ ਖੁੱਲੀਆ ਥਾਂ ਵਾਲੀ ਸੈਲਾਨੀ ਵਾਲੀ ਬੈਡਮਿੰਟਨ ਆਦਿ ਖੇਡਾਂ ਲਈ ਵਰਤਦੇ ਹਨ। ਟੈਨਿਸ ਕੋਰਟ ਵੀ ਹੈ। ਵਾਸਿੰਗਟਨ ਪਾਰਕ ਦੀ ਝੀਲ ਸਕੇਟਿੰਗ ਲਈ ਓਪਨ ਹੈ ਪਰ ਤੈਰਕੀ ਦੀ ਇਜਾਜ਼ਤ ਨਹੀਂ ਹੈ। 1949 ਤੋਂ ਸ਼ੁਰੂ ਹੋਏ Tulip ਦੇ ਡੁੱਲਾਂ ਦੀ ਪ੍ਰਦਰਸ਼ਨੀ ਸਮਾਰੋਹ ਵਿੱਚ ਪੂਰੇ ਪਾਰਕ 200,000 Tulips ਪ੍ਰਦਿਸ਼ਤ ਕੀਤੇ ਜਾਂਦੇ ਹਨ। ਤੇ ਇਹ ਸਮਾਰੋਹ ਤਿਊਹਾਰ ਦੀ ਤਰ੍ਹਾਂ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਹਰਿਆਲੀ ਭਰਿਆ ਪਾਰਕ ਸਾਫ਼ ਸਫ਼ਾਈ ਵਜੋਂ ਵੀ ਨੰਬਰ ਵੰਨ ਹੈ।



ਕਿਤਾਬਾਂ ਅਤੇ ਕਵਿਤਾਵਾਂ ਵਿੱਚ ਸ਼ਾਮਿਲ ਕੀਤਾ ਗਿਆ ਹੈ। ਚਿੱਤਰਕਾਰਾਂ ਦੇ ਲਈ ਇਹ ਇੱਕ ਮਨਪੰਦ ਤੇ ਢੁੱਕਵਾ ਸਥਾਨ ਹੈ। ਇਸ ਝਰਨੇ ਨੂੰ ਵੇਖ ਕਿਵਾਂਆ ਆਪਣੇ ਆਪ ਹੀ ਬਣ ਜਾਂਦੀ ਹੈ। ਬਾਕੀ ਅਗਲੇ ਅੰਕ ਵਿੱਚ

### ਇਸ ਅੰਕ ਦਾ ਸਵਾਲ

ਕੀ ਪੰਜਾਬ ਵਿਧਾਨ ਸਭਾ ਨੇ  
ਕੇਂਦਰੀ ਖੇਤੀ ਆਰਡੀਨੈਂਸ  
ਰੱਦ ਕਰਨ ਦਾ ਮਤਾ ਪਾਸ  
ਕਰਕੇ ਠੀਕ ਕੀਤਾ?

ਜਵਾਬ :-  
ਹਾਂ ਜਾਂ ਨਾਂਹ ਵਿੱਚ ਦੱਸੋ  
ਤੁਸੀਂ ਸਾਨੂੰ ਆਪਣੇ ਜੁਆਬ  
ਈਮੇਲ ਕਰ ਸਕਦੇ ਹੋ  
preetnamausa@gmail.com

### ਇਸ ਮਹੀਨੇ ਦੇ ਦਿਨ ਤਿਊਹਾਰ

ਪੰਚਮੀ	21 ਸਤੰਬਰ
ਸੰਗਰਾਂਦ	16 ਸਤੰਬਰ
ਪੁਰਨਮਾਸੀ	2 ਸਤੰਬਰ
ਮੁਸਿਆ	17 ਸਤੰਬਰ









# Teej 2020 Festival celebrated by LLIC Long-Island NY.

**LLIC promote Punjabi Culture , Preetnama cover this program**

Thursday- LLIC Long-Island celebrates teej festival on September 3rd Thursday. All members & officers of LLIC join this event. Ladies present Folk dance Gidha and folk Songs . LLIC CEO Pinki Jaggi and Jyoti g arranged food and decorations with Varinder Khas and all officers help. Pinki Jaggi and Jyoti g hosted this program. All laddies came in beautiful cultural dresses. End of program Pinki Jaggi and Jyoti Bhatia g distributed gifts to all ladies. Prtipal Kaur Preet ( CEO and Founder Of Preetnama) specially came to cover this event .









# Donald Trump expands ban on new offshore drilling sites in Atlantic

**"This protects your beautiful gulf and your beautiful ocean, and it will for a long time to come," Trump said as he announced the expanded drilling ban during an appearance at the Jupiter Inlet Lighthouse.**



President Donald Trump expanded a ban on new offshore drilling Tuesday, an election year reversal likely to appeal to voters in Florida and other coastal states. Two years ago, Trump had taken steps to vastly expand offshore drilling from coast to coast. "This protects your beautiful gulf and your beautiful ocean, and it will for a long time to come," Trump said as he announced the expanded drilling ban during an appearance at the Jupiter Inlet Lighthouse.

The existing moratorium covers the Gulf of Mexico, and Trump said the new one would also cover the Atlantic coast — a

significant political concern in coastal states like Florida. Trump used the event to portray himself as an environmental steward and contrast his record against that of Democrat Joe Biden. But the Trump administration has overturned or weakened numerous regulations meant to protect air and water quality and lands essential for imperiled species. The trip comes as Trump steps up his travel to battleground states eight weeks before the election. From Florida, he headed for a campaign rally in North Carolina, another must-win for his re-election, before returning to the White House late Tuesday. Trump used the North Carolina stop to campaign against the state's restrictive coronavirus guidelines, as he openly flouted the 50-person cap on outdoor events with a rally of thousands of supporters standing shoulder-to-shoulder on an airport tarmac. "Your state should be open,"

Trump said, baselessly claiming that Democratic Gov. Roy Cooper and others were trying to hamstring their economies with restrictions to hurt his reelection. "It's a shame what's going on, and I'll tell you what, on November 4, every one of those states will be open. They're doing it for political reasons." Back in Florida, Trump used the taxpayer-funded event to lambaste his opponent with claims that Biden would "destroy America's middle class" and give a "free pass to the world's worst foreign polluters."

Biden has called for eliminating carbon emissions from power plants by 2035 and modernizing the electric grid. Both moves would curtail fossil fuel demand. His plan also includes significant direct public spending and tax subsidies for other energy sources, which Biden's campaign says would spur new jobs even as traditional energy jobs

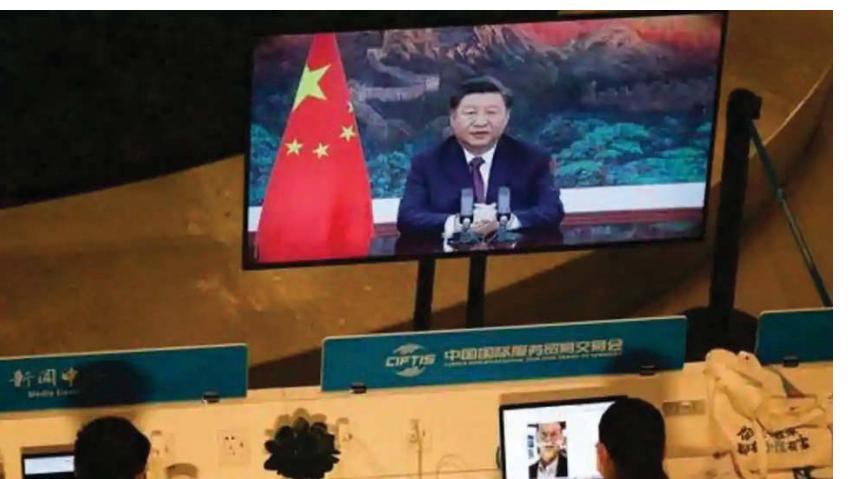
wane. Biden calls out China as the world's biggest coal polluter and says he'd hinge all future trade deals with Beijing on carbon reductions. He supports an international alliance to help other nations afford low-carbon development and pitches a global moratorium on Arctic offshore drilling. The announcement could open Trump to charges of an election year flip-flop given that in January 2018 he acted to vastly expand offshore drilling from the Atlantic to the Arctic oceans and he has supported efforts to boost American energy production to lessen reliance on foreign sources. Biden accused Trump of "conveniently" changing his mind. "Just months ago, Donald Trump was planning to allow oil and gas drilling off the coast of Florida," Biden tweeted. "Now, with 56 days until the election, he conveniently says that he changed his mind. Unbelievable. You don't have to guess where I stand: I oppose new offshore drilling."

## Chinese journalists based in Australia raided, says state media

**The Global Times reported the journalists were questioned and their computers and phones seized, citing a source close to the matter that it didn't identify.**

China's state media is reporting that intelligence officials raided the residences of Chinese journalists based in Australia in late June, amid heightened tensions between the trading partners. The Global Times while the China News Service

said the homes of four journalists from three Chinese media outlets were raided by Australian police on June 26, late June, amid heightened tensions between the trading partners. The Global Times while the China News Service



the reports to Australia's Department of Foreign Affairs and Trade wasn't immediately answered. The reports come after China confirmed that Cheng Lei, an Australian television anchor, was being held over suspected state security violations hours after the last two correspondents from the country's media outlets fled the country. Australia was informed mid-August that she had been detained. While those issues highlight the mounting political pressures on foreign press corps operating in China, they also underscore fraying ties between Beijing and Canberra after Prime Minister Scott Morrison in April called for independent investigators be allowed into Wuhan to probe the origins of the coronavirus.

A Sydney-based lawmaker had his home and office raided by the Australian Security Intelligence Organisation on June 26, the same day as the raids on Chinese media are alleged to have occurred. New South Wales state lawmaker Shaoquett Moselmane later said the probe was linked to people allegedly advancing the goals of the Chinese government, and denied

## 'Worse than combat': Helicopters rescue hundreds from California wildfire

US military helicopters on Tuesday plucked dozens more campers, hikers and locals from the path of a raging California wildfire, with one pilot describing conditions as more dangerous than combat. California Army National Guard Chinook and Black Hawk helicopters were flying into dense smoke, sometimes landing within 50 feet (15 m) of flames while an extreme wildfire burned through a dead forest in Central California. Pilots and crews were packing aircraft with burn



victims and evacuees, rescuing about 100 people on Tuesday, said Lieutenant Colonel Jonathan Shiroma. Crews have airlifted around 360 people and 16 dogs since a firework at a gender-reveal party sparked the Creek Fire in mountains 35 miles (56 km) northeast of Fresno on Saturday. Kipp Goding landed multiple times at a campsite where people gathered on a lake dock as everything around them burned, filling his

UH-60 Black Hawk helicopter to capacity. "Every piece of vegetation you could see as far as you could see around that lake was on fire," Goding, an Army National Guard pilot, said on a video call. He told

two people on his last landing that it was their final chance to go, but they chose to stay with their motor homes. Two helicopter pilots have died since mid-August fighting wildfires in California and Oregon and Goding said the missions were worse than getting shot at in

combat. "The added stress and workload of going in and out of that fire is definitely by far the toughest flying I've ever done," said Goding, who has flown 25 years for the Army. A decade-long drought allowed beetles to kill around 90 percent of trees in the Sierra National Forest area. Rising average temperatures, combined with recent heat waves, parched ground vegetation, creating optimal fire conditions.

# 'India fired first': China repeats after New Delhi says PLA fired near Pangong Tso

**The Indian army has already dismissed the allegations, first made by the People's Liberation Army's (PLA) western theatre command (WAC), early on Tuesday morning.**

China on Tuesday said it has made "stern representations" to the Indian government after Indian troops allegedly crossed the Line of Actual Control (LAC) in eastern Ladakh and fired warning shots at Chinese border personnel on Monday.

"Through diplomatic and military channels we have made stern representations asking the Indian side to stop its dangerous actions, immediately withdraw the people who crossed the line and discipline the frontline troops and those who fired the warning shots and make sure similar incidents won't happen again," Chinese foreign ministry spokesperson Zhao Lijian said at the regular

ministry briefing on Tuesday.

The Indian army has already dismissed the allegations, first made by the People's Liberation Army's (PLA) western theatre command (WAC), early on Tuesday morning. The WAC statement said Chinese troops had to take "countermeasures" after Indian border troops fired warning shots on Monday near the Shenpao mountain region near the south bank of Pangong Tso.

In a statement issued on Tuesday, the Indian Army said its troops exercised "great restraint and behaved in a mature and responsible manner" despite the

grave provocation by Chinese troops who fired shots to intimidate Indian troops.

"It is the People's Liberation Army that has been blatantly violating agreements and carrying out aggressive manoeuvres, while engagement at military, diplomatic and political levels is in progress," the Indian army statement said. "At no stage, has the Indian Army transgressed across the LAC or resorted to use of any aggressive means, including firing," the statement said. In Beijing, the foreign ministry, however, continued to blame the Indian side for the new round of escalation in the ongoing border tension at Pangong

Lake near the LAC. Zhao alleged that it was the Indian army, which fired first. "I also want to stress that in this incident, the Indian side fired shots to the Chinese border troops first," Zhao said. "This the first time since 1975 that the tranquility is interrupted by the shots. And the Chinese side always stresses that both sides should peacefully settle our differences through dialogue and consultation. Confrontation won't benefit either," the foreign ministry spokesperson added. When asked to elaborate on what "countermeasures" the Chinese troops took, Zhao said: "Currently, I have no further information for you".

## California's climate crisis is deepening as 500,000 go dark

**Wildfires have torched more than 2 million acres, the most in records stretching back three decades. Hundreds of thousands of people may go dark for days while trapped indoors due to wildfire smoke and Covid-19 outbreaks.**



In a matter of weeks, California has been hit with two record-breaking heat waves, hundreds of blazes, freak lightning storms and temperatures. The Trump administration declared a power emergency, allowing power plants to run at full bore, regardless of environmental limits. The shutoffs that began late Monday are a fairly new and controversial practice, and their use last year triggered investigations while utilities defended them as necessary in the face of increasingly wild weather. Now, as a second round of ferocious temperatures abates, so-called Diablo winds sweeping in have set the conditions for even more fires. PG&E, which filed for bankruptcy last year after its equipment sparked deadly wildfires, warned the precautionary shutoffs could impact portions of 22 counties from late Monday through Wednesday, including in the Sierra foothills and North Bay.

"Unfortunately, the continued hot and dry weather is going to continue to dry out vegetation across California -- and make that vegetation even more susceptible to new admissions and large fires," Scott Strenfel, a

PG&E meteorologist, said during a public briefing late Monday. PG&E, which emerged from Chapter 11 in July after agreeing to pay \$25.5 billion to settle wildfire lawsuits, said preemptive shutoffs that started late Monday could leave about 172,000 homes and businesses in the dark. That could impact up to 516,000 people, based on the size of the average California household. Shutoffs were expected to affect about 104,000 customers starting from 9 p.m. local time Monday, with the remainder going down in two phases Tuesday. Some customers may not have power restored until 9 p.m. Wednesday, according to an announcement Tuesday morning. PG&E also plans to turn off about 100 transmission lines and 145 distribution lines, it said during the briefing.

In Oregon, high winds have knocked out electricity to about 80,000 Portland General customers, and for the first time the company intentionally cut power to about 5,000 homes and businesses near Mt. Hood. Responding to a question on whether the two sides could go back to the status quo of April, he said Beijing hoped that disengagement of troops could be achieved soon. "You have a good wish and we all hope our troops can get back to their camping area and there won't be any more confrontation in the border areas. You know that the place has very bad natural conditions and it is above the height of 4000 metres. In winter, it is not good for humans to live," he said.

"So, we hope through diplomatic and military channels and through consultations on the ground, we can

achieve disengagement as soon as possible and reach a consensus," Zhao said.

In a statement issued in Mandarin, and tweeted by state media, WAC spokesperson Colonel Zhang Shuili early on Tuesday said Chinese border defence troops were forced to take countermeasures to stabilise the situation after Indian soldiers troops "outrageously fired warning shots to PLA border patrol soldiers who were about to negotiate".

"During the operation, the Indian army blatantly shot and threatened the patrol personnel of the Chinese border defence forces

who had made representations before, and the Chinese border defence forces were forced to take countermeasures to stabilise the situation on the ground," Zhang said in the statement.

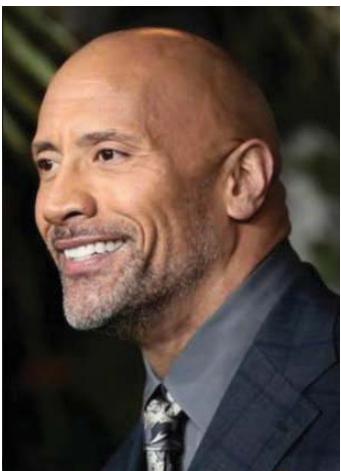
"The Indian side's move seriously violated related agreements reached by both sides, stirred up tensions in the region, and would easily cause misunderstandings and misjudgments, which is a serious military provocation and is very vile in nature," the spokesperson said.

Indian and Chinese troops are engaged in a bitter standoff in multiple places in eastern Ladakh.

Tensions flared up again in the region after China unsuccessfully attempted to occupy Indian territory in the southern bank of Pangong Tso lake last week when the two sides were engaged in diplomatic and military talks to resolve the border row. The tension between the two sides escalated after violent clashes in Galwan Valley in eastern Ladakh on June 15 in which 20 Indian Army personnel were killed. The Chinese side also suffered casualties but it is yet to give out the details.

## Dwayne Johnson and his family fell victim to the Covid-19

Florida,(USA) ( Raj Gogna )- Hollywood actor Dwayne Johnson, better known as The Rock, and his family have been infected with the coronavirus. Dwayne Johnson has posted a video on Instagram in this regard He also gave information about his family He said that he, his wife and their two daughters have tested positive for Covid-19. He said he was shocked to learn that he and his entire family had contracted the disease. He said that overcoming this disease and recovering from it is a big challenge He and his wife are very weak due to this virus but after the sore throat of their daughters, they are now recovering.



# Carbs are not the enemy : This study says high carb diet may lead to weight loss

**The study's results support previous research finding that a plant-based, high-carbohydrate diet can help with weight regulation and body composition and reduce the risk for type 2 diabetes.**

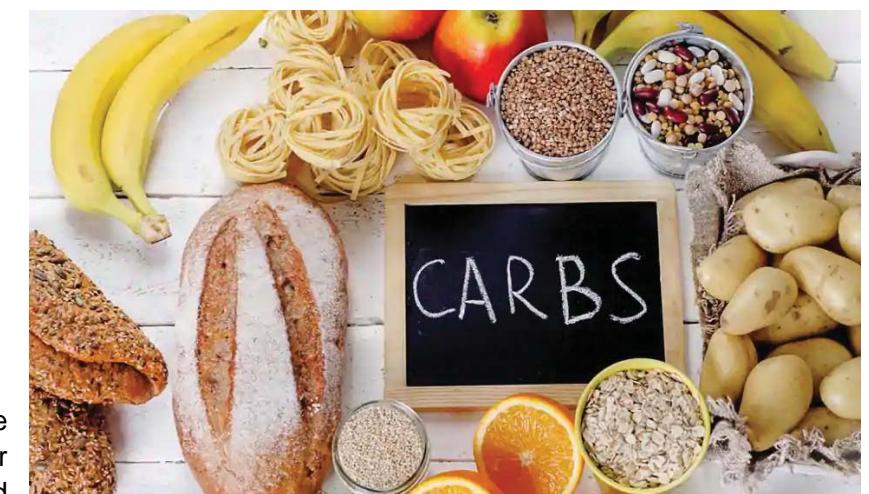
(News Agencies)A diet rich in healthy carbohydrates -- found in fruits, vegetables, and whole grains -- can reduce body weight and improve insulin function in overweight individuals, a study claims. In the 16-week clinical trial, researchers with the US-based non profit Physicians Committee for Responsible Medicine placed participants in either a plant-based, high-carbohydrate, low-fat diet group or asked them to maintain their current diet.

"Fad diets often lead people to fear carbohydrates. But the research continues to show that healthy carbohydrates -- from fruits, vegetables, beans, and whole grains -- are the healthiest fuel for our bodies," said Hana Kahleova, lead author of the study published in the journal Nutrients.

The plant-based diet group avoided all animal products and added oils and limited fat intake to 20-30 grammes per day. There were no limits on calories

or carbohydrate intake. The control group maintained their current diets, which included meat and dairy products. Neither group altered their exercise routines.

Total carbohydrate intake did not change in the control group, but increased significantly in the plant-based diet group, both as absolute intake and as a percentage of total calories. Participants focused on whole, complex carbohydrates from fruits, vegetables, whole grains,



and legumes. At the end of the trial, body mass index, body weight, fat mass, visceral fat volume, and insulin resistance decreased significantly in the plant-based diet group. There were no significant changes in the control group. The study's results support previous research finding that a plant-based, high-carbohydrate diet can help with weight regulation and body composition and reduce the risk for type 2 diabetes. Complex carbohydrates are naturally rich in fibre -- a nutrient found in plant foods that adds bulk to the diet without adding extra calories. Previous studies have shown that high-fibre diets are effective for weight loss and can help reduce the risk for type 2 diabetes, heart disease, and certain types of cancer.

## World Contraception Day **Tracking apps can help you have safe sex**

It is 2018 and technology is finally acknowledging female reproductive health as an important area to invest in. There are many apps and wearables that are introducing newer features to help women understand their bodies better. But a lot of work is yet to be done; for instance, many of these apps lack a pregnancy tracker - the need for which was highlighted in a popular Twitter thread recently. US-based Swapna Krishna, a technology writer spoke about how health tracking apps for women are not inclusive as many don't account of pregnancy as a feature. During pregnancy, women are bound to put on weight, stop menstruating and even go through various hormonal changes. But these aspects of reproductive health have been completely ignored by technology, with the exception of Nokia's health tracking app.

**Dot:** This app helps you plan or prevent your pregnancy based on your menstrual cycle. The app uses a method called Dynamic Optimal Timing (DOT) and tells you if you are in risk for conception rating it low, medium or high. It has a pretty accurate period tracker, keeps a record of symptoms and moods during your cycle and also lets you share this information with your doctor. Though the app is free, some paid additional features allow you to share information with your partner.

**Clue:** This period-tracking app is the most gender-neutral application out there, so no flowers, no pink butterflies. It gives you information on your ovulation days; apart from this it also helps you with health logs, frequency of exercise, moods, menstrual flow and cervical fluid. Another great feature is its ability to predict your next three cycles accurately, along with the symptoms. This way you can always be prepared.

## World Contraception Day: Common types of birth control, apart from condoms

**World Contraception Day: We list some of the most common birth control methods available in India, and let doctors explain just how effective they really are.**

Despite the fact that 47.8% of women in India use some form of birth control, there is still quite a bit that the average woman doesn't know about her birth control.

To make matters worse, with all of the conjecture that gets thrown around about it, finding the right type of birth control can be a tricky process and a bit confusing. Thus explaining why, more than half of India's population in its reproductive age (15-49 years) doesn't use a modern method of contraception to prevent unwanted pregnancies or spaced births.

However, first of all, it's important to understand what exactly birth control means.

"It's a method of contraceptive that prevents a woman from getting pregnant, but how each method works, as well as the side effects, pros, and cons for each differ," Dr Namita Gupta, gynaecologist, Pearl Healthcare, Mumbai says.

The misinformation floating around about birth control is staggering. Part of that can be blamed on a lack of readily available information. So, on World Contraception Day (September 26), we went to the experts to clear up the confusion. Read on to learn the different options available to you, the pros and cons of each and the truth about some of the common misconceptions surrounding birth control.

"Finding the right birth control is such an individual experience, it comes down to trial and error. What one woman



responds to well may not be the right fit for another," Kolkata-based gynaecologist Dr Ratnabali Ghosh says. Ahead, a look at different types of birth controls and how they work:

### The pill

One of the most common methods of birth control, this is a hormonal approach that uses estrogen and progestin (female sex hormones) to arrest ovulation.

"It prevents the body from ovulating by creating an environment that is similar to pregnancy. When a woman is pregnant, she doesn't ovulate, so mimicking that environment means that women on the pill cannot get pregnant," Dr Ghosh says.

Unfortunately, that means a lot of the side effects women on the pill experience are similar to pregnancy side effects: Water retention, breast tenderness, headaches, bloating, nausea, and breakthrough bleeding.

"The severity of these effects depends

on the dosage, the way the hormones are administered, and a woman's individual response to hormones. Pros of the pill include reliable cycle control and the fact that it's a proven method that's been tried and tested. But, since the pill needs to be taken daily, even missing a single day can mean you're at risk for pregnancy," Dr Ghosh says.

### Vaginal ring

This involves inserting a hormone-filled ring into the vagina, where the hormones are absorbed directly into the bloodstream.

"When you take a pill, it has to be absorbed by your intestinal tract, through the liver and into the body.

This can cause fluctuations in hormones, which can be uncomfortable for some women and can be responsible for those aforementioned side effects. The ring functions more locally, so you have a lesser chance of suffering from these side effects," Dr Ghosh says.

## Talk therapy after a loved one's death is good for mental health, reduced risk of suicide

**Grieving patients who receive talk therapy at the general practitioner's shortly after a relative's death, have a lower risk of suicide and psychiatric illness than others, says a new study.**

Dealing with grief? Talk to a doctor. In a comprehensive study, researchers from Aarhus University show that grieving patients who have received what is known as talk therapy at the general practitioner's clinic shortly after a relative's death, have a lower risk of suicide and psychiatric illness than others.

Losing a close family member is psychologically painful. In fact, it is so painful. In fact, it is so patients whose general practitioner's clinic shortly after a relative's death, talk therapy with a general practitioner early in the grief process can reduce this risk. Senior statistician Morten Fenger-Grøn said, "The study shows that

practitioners often use talk therapy have a lower risk of suicide and other psychological disorders than others."

The purpose of the study was to investigate the effects of early treatment of a close relative: patient received talk medications. The study with talk therapy or antidepressant medicine on admission to a psychiatric hospital. The adjusted for both the significance of researchers looked at three specific risk of a serious consequence in psychiatric condition resulting from the death would be 1.7% lower if the antidepressant

Clinical Epidemiology.



## Teenagers with religious upbringing enjoy well-being in early adulthood

**A new study says that people who attended weekly religious services or practised daily prayer or meditation in their youth reported greater life satisfaction and positivity in their 20s.**

Participating in spiritual practices during childhood and adolescence may lead to positive health and well-being outcomes in early adulthood. According to a recent research, people who attended weekly religious services or practised daily prayer or meditation in their youth reported greater life satisfaction and positivity in their 20s. The study noted that these people were less likely to subsequently have depressive symptoms, smoke, use illicit drugs, or have a sexually transmitted infection than people raised with less regular spiritual habits. Ying Chen, first author of the study suggested that, "These findings are important for both our understanding of health and our understanding of parenting practices. Many children are raised religiously, and our study shows that this can powerfully

affect their health behaviours, more likely to report higher happiness as young adults, 30% less likely to have started having sex at a young age, and 40% less likely to have a sexually transmitted infection compared to those who never prayed or meditated.



## The letter she never sent....

Twenty years have gone by, however her love and longing for me is as intense as it used to be when we were studying in college. She still fondly cherishes the memories of her association with me and keeps them in a very secure and secret niche of her heart. Once she told me that she used to write a letter to me once a week.. about the things, the moments she liked and lived during our meetings at college, in the market and at so many other places.

I'd asked her many times but she never disclosed anything about those innumerable letters till date. A few days back when I gave her a call after a long span of time, I once again asked her about those letters, whether she still writes those letters to me. She simply laughed and then immediately became silent and then said, " That is my long and ever cherished talk with you.....do you think I can survive without talking to you.....?..I know you are a busy family mam now... you have responsibilities and limitations.... and you hardly find time to talk to me...but ...you know....I can't live ...I can't even breathe if I don't talk to you through those letters I write for you..."

I felt silent for a moment....My voice was muffled...I could not say even a word.

Coming back to my senses I asked, " Why didn't you send me any of those letters? and where do you keep them? How do you manage to keep them beyond the reach of your kids....and others...?"

She continued to speak though she was lost somewhere in her thoughts...." You know....I am so

attached to you that now I don't need a paper to write anything...I write it on my heart.... Straightaway and clearly...and I don't feel the need to hide them from anybody's eyes..."

Her words made me speechless. She again said, " Let me tell you ....one more thing..."

" What...?" I felt curious.

" You have turned me into a poet too, my baby....would you like to listen to my poetry.....? I never allow anyone else to look at this emotional side of mine.....you are the only one....my soul...my fellow poet...you are the first and the last person to listen to them...."

She uttered.....

Even today  
I wait for you  
Same as any other day  
The only difference now is  
Whether you come or don't come  
Doesn't make any difference  
Because to love you or  
To wait for you  
I no longer need  
Even you...  
What could I say then...? I was numb and dumbstruck..Her words took me by surprise..

Harpal Singh  
Hoshiarpur  
9417074669



# Benefits and Issues of Marrying in Young Age !!



No doubt, the legal age for marrying girls in India is 18 years and for the boys is 21 years. There was a time in India, when child marriages were prevalent and at that age, the couple is too young to understand the real meaning of this relationship called "Marriage". Also, the girls are not biologically and physically mature & strong to bear a child at such an early age. But, as the time changed and so many social activists play a crucial role in decreasing the number of child marriages so, that the children can get enough time to complete their studies & be totally self-dependent and girls especially be strong physically, emotionally and biologically to start their own families. Thus, the situation in India, in this respect has shown a drastic change but still, in most of the states like Rajasthan, UP, Bihar etc child marriages (marriages at a very early age) have been a common happening.

**So, one-third of the girls in the developing countries are married at an early stage. Let's discuss the pros and cons of getting married at an early age :**

**Positive Sides :**

**1) Ample time to bond & Love :** Getting married young gives the opportunity for your love to blossom. You and your partner start life together, form your daily habits together and develop your likes and dislikes together unlike those couples who struggle to adopt each other's lifestyle, when married late.

**2) Finance Management :** Since you both start at a young age, you learn to look after your finances like a team. Money will never be 'mine' and 'yours', it will be household works and make

'ours'. You both learn to stick to a budget and keep aside a certain amount of money every month in the form of savings. Also, it is not an easy task to make a career and look after the family or household. Moreover, it should not be an easy thing to feed the kids even after retiring. This will indeed be self-sacrificing throughout your life. Thus, it is important that your children should be older to look after themselves as you retire from your job. As a result, you will be financially stable that should be vital for the household.

**3) No pressure to have kids at the earliest :** Heard of the honeymoon years of a marriage? You and your bae will have immense time to enjoy and roam the world before the biological clock starts ticking unlike the couples who marry late and hence are constantly pressurized by their families to plan a baby. When they do, it will be the end of their happy moments of not having to worry about whose turn it is to take care of the baby, especially during the night.

**4) Better Understanding & Responsible attitude:** Marrying early gives you your share of responsibilities hence making you a more responsible person when compared to unmarried people of your age. Since you both spend so much time together, you guys develop a great tolerance and understanding level towards each other. This will also give an opportunity in developing a good sense of understanding of both partners. This will likewise give them strength emotionally to bring them closer to their family. It will provide more time for women to learn the

them responsible daughter-in-law and wife as well. This will also be applicable for men

#### 5) Role of Young Parents

When couples marry early, they will likely be parents to their children at their 30s. Thus, they will still be strong and able to be the young parents of their children. More so, parents who are younger can be considered cooler parents where generation gap will not be a big issue.

#### 6) Time Play: No worries to miss Mr. Right!

Although marriage is a huge decision to make, it doesn't require the perfect time. Thus, it can take place anywhere as it is clueless. Couples should get into the sanctity of marriage the moment they feel they are ready to do it. However, if you wait for marriage, it might cost you the right person.

**7) Less Baggage in Life:** Marrying at a young age can provide less baggage compared to those who marry later in life. Also, younger couples should have lesser complexities to be untangled which can result from failed relationships in the past. For some though, it is chastity that should be a more important concept in which the marital bed is the only place they would first have sex. However, they would have thought of marrying early instead of denying themselves the love and just getting frustrated as a result.

#### Negative Sides:

**1) Compatibility Issues :** Compatibility between the partners have a huge impact on couples marriage. People who marry at a younger age have no idea about the partners preferences. Thus, you will be pushed to live under one roof (if it's not a love marriage) which may impact you mentally and emotionally, if it's not a

blissful marriage, which will eventually ruin your life.. Though the time that you get to spend together after marriage more than makes up for the lost time before marriage. So, sometimes not knowing each other before tying the knot could unfortunately result in lack of compatibility and a failed relationship

**4) Education & Fun :** It's not necessary that your education remains incomplete because of an early marriage. People do complete their studies even after getting hitched but in that case, they eventually miss out on the trademark fun of college days. Since you will always have to rush home after your classes,

you won't have the opportunity to hang out with your friends. Your partner will always be your priority. Also, it's little difficult to maintain balance when you have kids and have exams, at the same time. Also, women can face the dilemma of having incomplete education. Indeed, it is basic education that is required early in life. For this reason, children must be properly educated at a very young age in order to avoid the complications of married life.

#### 5) Higher Risk of Miscarriages or Abortions :

Women who get pregnant early in life are more prone to abortions or miscarriages. This is because, they are not aware about things like bodily changes, proper diet and how to take care of themselves during pregnancy or they are not so mindful of things to avoid. Lack of proper diet can also be a cause of miscarriage.

#### 6) Tendency to Make Compromises



**Dr Dimpy Gupta**  
BDS, MBA  
Relationship Manager  
Indus Hospitals (Mohali,  
Fatehgarh & Dera  
Bassi, Punjab)

When people marry young, especially the women, they tend to deviate from their chosen career. They would experience the worst as they would be compelled to become a dropout in order to give way for their babies and family. Likewise, husbands can be forced to compromise on rewarding opportunities for a job and training when they are required at home to take care of the family and the baby or the wife who can't manage all alone.

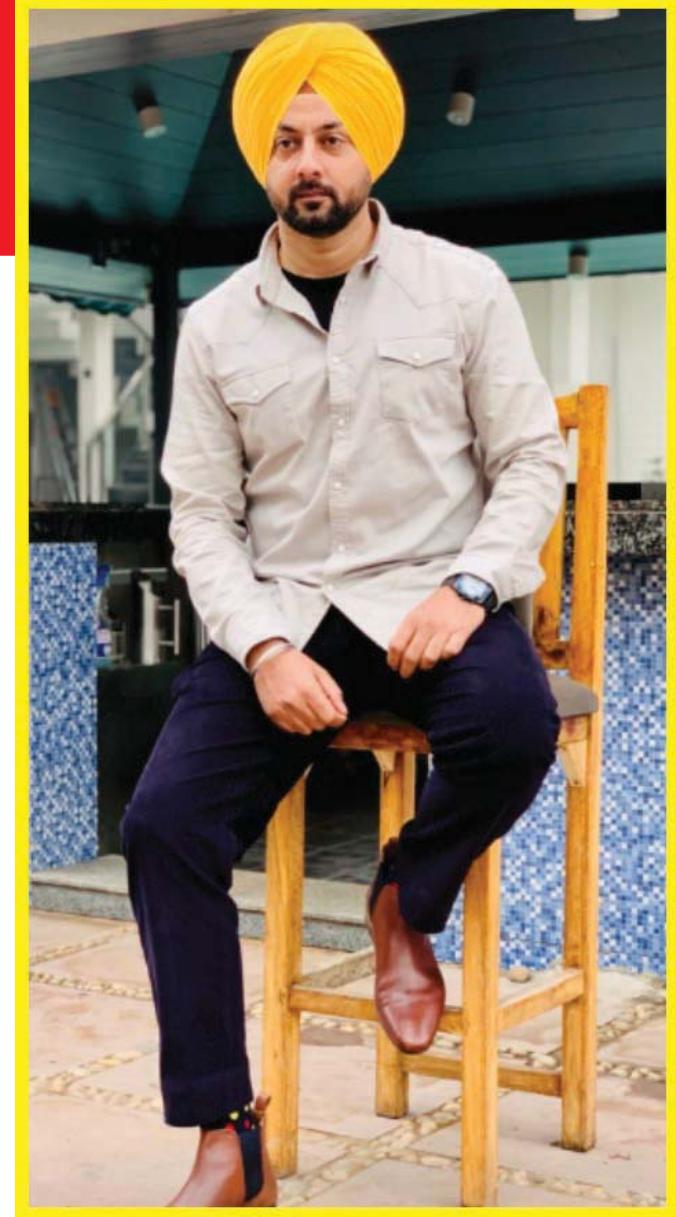
*Needless to say, life necessitates marriage to make a person complete. The choice may be done at an early stage in life or at a later age. However, the most important thing is to get married when there is stability of emotions and financial security. Now, as you all know about the pros and cons of marrying at an early age, take out time and ponder over it before you decide to get married at an early age. The right time to get married is one of the most critical elements in a successful relationship and you definitely don't wanna go wrong with this one.*



# SONPREET JAWANDA

is an actor who has made a name for himself in Punjabi cinema in a short span of time

- × He who has made a name for himself in a short time
- × He who has won the hearts of audiences in films, plays and songs based on social issues.



Although there is no shortage of actors in Punjabi cinema now, there are many actors who have been working hard for a long time. Along with the old actors, new actors are also making inroads in Punjabi cinema. From time to time we get to see something new in Punjabi cinema. At present there are some personalities in Punjabi cinema who have made their mark in a short span of time. By the way, everyone presents a different color of their actor, but people like the one who has a good character very much. One such personality is Sonpreet Jawanda. He is an actor who has made a name for himself in Punjabi cinema. Apart from Punjabi films, he has so far acted in dramas, songs, short films and web series. He did his graduation from Government College Karamsar Rara Sahib and participated in the Youth Festival during his graduation. While in college, he took Madam Nirmal Rishi, a popular theater personality, as his mentor. While doing theater with her, he understood the seriousness of acting and further honed his art. He also acted in many plays under her able guidance. He has also acted in and directed many other plays under the banner of Rising Theater Group, 'Tamasha', 'Main Phir Aavanga', '114 Din', 'Kal Chakkar' and many more. Sonpreet Jawanda is a resident of Shankar village in Ludhiana district of Punjab. He has shown his great acting in many of his recent films. Many more meaningful films are going to be formed to showcase the unique plants being found in this field from time to time. In an interview, He says that while studying at Government College Karamsar Rara

Sahib, He participated in Youth Festivals and due to his excellent performance, he got College Color and many other important honors to do something else in this direction. He started from the theater. During this time, he also had the opportunity to stage a number of plays under the direction of a veteran theater personality like Nirmal Rishi. There were opportunities for understanding and grooming the common man as an actor. It all started with the drama 'Mein Goongi Nahi' aired on Jalandhar Doordarshan and directed by Madam Davinder Kaur. After which singer Ranjit Bawa's music video 'Band Company' also proved to be a turning point in the field of acting. Talking about his films, he said that whatever film he has done so far, he has done without leaking. Thanks to which every film of mine,

'and' Harike ', Amardeep Gill's 'Marjane', True Makers' shooter and web series' Chandigarh Girls', the shooting is almost complete. Which will be released soon. Actor Jawanda said that he is convinced of the cinema creation of director Jatinder Mohar, Amardeep Gill as well as Jagdeep Sidhu. Apart from this, many other contemporary Punjabi filmmakers are making excellent cinema. In an interview, He said that whether it is Punjabi cinema or Hindi cinema, it is not easy to gain fame anywhere, for which, like every struggler, my journey has been full of difficulties I did not let my inner obsession die and that is why I have finally been able to achieve some glorious achievements by falling and collapsing.

**Writer- Gurpreet**  
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ਪਿੰਡ ਦੀ ਸੱਥ

ਅੱਜ ਦੀ ਸੱਥ ਵਿੱਚ ਸੰਘੇਤ ਪੱਤੀ  
‘ਚ ਰਾਤ ਦੀ ਚੌਂਕੀ ਬਾਰੇ ਤੁਰਾਂ ਤੁਰਾਂ  
ਦੀਆਂ ਗੱਲਾਂ ਹੋ ਰਹੀਆਂ ਸਨ। ਪਿੰਡ

ਵਿੱਚ ਪਿਛਲੇ ਕੁਝ ਦਿਨਾਂ ਤੋਂ ਚੌਂਕੀ ਹੀ ਛੱਡ 'ਤਾ।“  
ਏਨੇ ਚਿਰ ਨੂੰ ਕੌਰੇ ਸੈਕਟਰੀ ਦਾ ਮੁੜਾ ਦੀਆਂ ਸਿੱਫ਼ਤਾਂ ਹੀ ਕਰੀ ਗਿਆ, “ਏਹੋ ਲੱਭਾ ਸੱਥ ਵਿੱਚ ਆ ਗਿਆ। ਸੱਥ ਜੀਆਂ ਹੋਣ ਤੀਵੀਆਂ ਤਾਂ ਫਿਰ।“  
ਪਸੇ ਕੜਕਾਰੇ ਦੀ ਗਰਮੀ ਅਤੇ ਮੱਛਰ ਦੀਆਂ ਤਿੱਖੀਆਂ ਤਿੱਖੀਆਂ ਸੂਈਆਂ  
ਨੇ ਲੋਕਾਂ ਨੂੰ ਕੀਝਿਆਂ ਵਾਲੇ ਜੰਡ ਤੇ  
ਚੜ੍ਹਾਅ ਰੱਖਿਆ ਸੀ। ਪਿੰਡ ਦੇ ਭੀਜੇ  
ਘਰਾਂ ਵਾਲੇ ਲੋਕ ਰਾਤ ਕੱਠਣ ਲਈ  
ਬਿਜਲੀ ਘੱਟ ਅਧੂਣ ਕਰਕੇ ਕੇਨਿਆਂ  
‘ਤੇ ਸੋਣ ਲਈ ਚੜ੍ਹ ਜਾਂਦੇ ਅਤੇ ਜਦੋਂ  
ਕਿਤੇ ਅੱਧੀ ਰਾਤ ਨੂੰ ਬਿਜਲੀ ਆ  
ਜਾਂਦੀ ਫੇਰ ਮੱਛਰ ਨੂੰ ਭਜਾਉਣ ਵਾਸਤੇ  
ਦਾਤੀ ਫੇਰ ਪੱਖੇ ਗੜ੍ਹੀਜ਼ੀ ਜਾਂ ਪਾ ਦਿੰਦੇ।  
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ਦੀਆਵਾਜ਼ ਚੌਰਾਂ ਲਈ ਬੜੀ ਵਰਦਾਨ  
ਸਿੱਧ ਹੁੰਦੀ ਕਿਉਂਕਿ ਜਦੋਂ ਪੱਖੇ ਛੂਕਦੇ  
ਉਂਦੇ ਉਨ੍ਹਾਂ ਦੇ ਖੜਕੇ ‘ਚ ਚੇਰ ਆਪਣਾ  
ਸਾਰਾ ਕੰਮ ਕਰਕੇ ਫੱਡੀ ਲੱਗਦੇ। ਜਦੋਂ  
ਘਰ ਵਾਲੇ ਸੁਖਾ ਉੱਠੇ ਕੋਠੇ ਤੋਂ ਹੇਠਾਂ  
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ਲੱਗਦਾ ਕਿ ਹੇਠਾਂ ਤਾਂ ਝੁਗ ਚੰਡੇ  
ਹੋਇਆ ਪਿਆ। ਪਿੰਡ ਵਿੱਚ  
ਤਾਜ਼ੀਆਂ ਹੋਈਆਂ ਕਈ ਚੌਂਕੀਆਂ ਬਾਰੇ  
ਸਾਰਾ ਪਿੰਡ ਵੰਡ ਤੇ ਚੜ੍ਹਿਆ ਪਿਆ  
ਸੀ। ਚੌਰਾਂ ਦਾ ਪਤਾ ਨਹੀਂ ਸੀ ਲੱਗ  
ਰਿਹਾ ਕਿ ਉਹ ਰਾਤ ਨੂੰ ਕੱਢੇ ਕੀਹਦੇ  
ਘਰ ਵਿੱਚ ਘੁਸ੍ਤੇ ਕੇ ਸੇਵੀਆਂ ‘ਚ ਲੂਣ  
ਪਾ ਜਾਂਦੇ। ਸੰਘੇਤ ਪੱਤੀ ‘ਚ  
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ਬਾਰੇ ਸੱਥ ਵਿੱਚ ਬੈਠਾ ਸੰਤੋਖ ਕੇਦੇਦਾਰਾਂ  
ਦਾ ਘੀਚਾ, ਮੁੜਿਆਰੇ ਲੰਬੂ ਦੀ ਬੂਝੁ  
ਬਾਰੇ ਬਿਦੇ ਝੱਟੇ ਕਹਿ ਛੱਡੇ,

“ਕਿਡਾ ਕੰਦ ਕਾਠ ਐ ਯਾਰ, ਝੋਟੇ  
ਅਰਗੀ ਪਈ ਐ ਐ, ਮਸਾਂ ਹੱਥ ‘ਚ  
ਆਇਆ ਸੀ ਚੌਰ, ਛੋਕਲੂ ਜੀ ਨੇ ਐਵੇਂ

ਗੀ ਛੱਡ ‘ਤਾ।“

ਏਨੇ ਚਿਰ ਨੂੰ ਕੌਰੇ ਸੈਕਟਰੀ ਦਾ ਮੁੜਾ ਦੀਆਂ ਸਿੱਫ਼ਤਾਂ ਹੀ ਕਰੀ ਗਿਆ, “ਏਹੋ ਲੱਭਾ ਸੱਥ ਵਿੱਚ ਆ ਗਿਆ। ਸੱਥ ਜੀਆਂ ਹੋਣ ਤੀਵੀਆਂ ਤਾਂ ਫਿਰ।“  
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ਦਾਤੀ ਫੇਰ ਪੱਖੇ ਗੜ੍ਹੀਜ਼ੀ ਜਾਂ ਪਾ ਦਿੰਦੇ।  
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ਦੀਆਵਾਜ਼ ਚੌਰਾਂ ਲਈ ਬੜੀ ਵਰਦਾਨ  
ਸਿੱਖ ਹੁੰਦੀ ਕਿਉਂਕਿ ਜਦੋਂ ਪੱਖੇ ਛੂਕਦੇ  
ਉਂਦੇ ਉਨ੍ਹਾਂ ਦੇ ਖੜਕੇ ‘ਚ ਚੇਰ ਆਪਣਾ  
ਸਾਰਾ ਕੰਮ ਕਰਕੇ ਫੱਡੀ ਲੱਗਦੇ। ਜਦੋਂ

ਘਰ ਵਾਲੇ ਸੁਖਾ ਉੱਠੇ ਕੋਠੇ ਤੋਂ ਹੇਠਾਂ  
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ਲੱਗਦਾ ਕਿ ਹੇਠਾਂ ਤਾਂ ਝੁਗ ਚੰਡੇ  
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ਸਾਰਾ ਪਿੰਡ ਵੰਡ ਤੇ ਚੜ੍ਹਿਆ ਪਿਆ  
ਸੀ। ਚੌਰਾਂ ਦਾ ਪਤਾ ਨਹੀਂ ਸੀ ਲੱਗ  
ਰਿਹਾ ਕਿ ਉਹ ਰਾਤ ਨੂੰ ਕੱਢੇ ਕੀਹਦੇ  
ਘਰ ਵਿੱਚ ਘੁਸ੍ਤੇ ਕੇ ਸੇਵੀਆਂ ‘ਚ ਲੂਣ  
ਪਾ ਜਾਂਦੇ। ਸੰਘੇਤ ਪੱਤੀ ‘ਚ  
ਮੁੜਿਆਰੇ ਲੰਬੂ ਕੇ ਘਰੇ ਰਾਤ ਦੀ ਚੌਂਕੀ  
ਬਾਰੇ ਸੱਥ ਵਿੱਚ ਬੈਠਾ ਸੰਤੋਖ ਕੇਦੇਦਾਰਾਂ  
ਦਾ ਘੀਚਾ, ਮੁੜਿਆਰੇ ਲੰਬੂ ਦੀ ਬੂਝੁ  
ਬਾਰੇ ਬਿਦੇ ਝੱਟੇ ਕਹਿ ਛੱਡੇ,

ਲੱਭੇ ਨੇ ਬਾਬੇ ਦੇ ਨੇੜੇ ਹੋ ਕੇ ਪਿਹਿਲਾਂ  
ਤਾਂ ਮੁੜਿਆਰੇ ਦੀ ਬੂਝੁ ਨੂੰ ਚਾਰ ਪੰਜ  
ਕੌਂਝੀਆਂ ਗਾਲਾਂ, ਫੇਰ ਬਹਿ ਗਿਆ  
ਹੀਰ ਛੇੜੇ ਕੇ। ਭਾਬੇ ਦੀ ਖੂਡੀ ਚੁੱਕ ਕੇ  
ਬਾਬੇ ਨੂੰ ਕੰਹਿਦਾ, “ਕਿਉਂ ਬਾਬਾ! ਸਾਲਾ  
ਚੇਰ ਵੀ ਪੂਰਾ ਹੋਇਆ ਵਿਆ ਸੀ।“  
ਬਾਬੇ ਨੇ ਕਾਹਲੀ ਜਿਹੀ ਕਰਦਿਆਂ  
ਲੱਭੇ ਦੀ ਗੱਲ ਵਿੱਚੋਂ ਟੋਕ ਕੇ ਉਸ ਨੂੰ  
ਫਿਰ ਹਲ੍ਹਣਿਆਂ, “ਛੇਤੀ ਦੱਸ ਸਾਰੀ  
ਸਾਰਾ ਕੰਮ ਕਰਕੇ ਫੱਡੀ ਲੱਗਦੇ। ਜਦੋਂ

ਲੱਭਾ ਕਹਿਦਾ, “ਗੱਲ ਤਾਂ ਬਾਬਾ

ਅਸਲ ‘ਚ ਇਉਂ ਹੋਈ ਐ ਬਈ ਦੀ ਬਈ ਦੀ  
ਮੁੜਿਆਰੇ ਕਾ ਸਾਰਾ ਟੱਬਰ ਤਾਂ ਕੋਠੇ  
'ਤੇ ਪਿਆ ਸੀ। ਚੌਰ ਘਰ 'ਚ ਵੜ ਕੇ  
ਆਵਣਾ ਕੰਮ ਕਰੀ ਜਾਂਦਾ ਸੀ।

ਮੁੜਿਆਰੇ ਦੀ ਬੂਝੁ ਨੂੰ ਕਿਤੇ  
ਹੋਠਾਂ ਪਾਣੀ ਲੈਣ ਉੱਤਰਿ। ਜਦੋਂ ਚੌਰ  
ਨੂੰ ਪਤਾ ਲੱਗਿਆ ਬਈ ਕੋਈ ਆ

ਗਿਆ ਤਾਂ ਉਹ ਸਾਰਾ ਕੁਝ ਛੱਡੇ ਕੇ  
ਭਾਵਣਾ ਕੰਮ ਕਰੀ ਜਾਂਦਾ ਸੀ।

ਮੁੜਿਆਰੇ ਦੀ ਬੂਝੁ ਨੂੰ ਕਿਤੇ  
ਹੋਠਾਂ ਪਾਣੀ ਲੈਣ ਉੱਤਰਿ। ਜਦੋਂ ਚੌਰ  
ਨੂੰ ਪਤਾ ਲੱਗਿਆ ਕੋਈ ਆਵਣਾ

ਇਉਂ ਹੋਉਣ ਵਿੱਚ ਯਾਹੀ ਕੁਝੀ ਕੋਈ  
ਗਿਆ ਤਾਂ ਉਹ ਸਾਰਾ ਕੁਝ ਛੱਡੇ  
ਭਾਵਣਾ ਕੰਮ ਕਰੀ ਜਾਂਦਾ ਸੀ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
ਅਤੇ ਜਿਥੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾਂਦੀਆਂ ਹੋਏ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
'ਤੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾਂਦੀਆਂ ਹੋਏ।

ਸੀਤਾ ਮਰਾਸੀ, ਅਮਲੀ ਦੀਆਂ  
ਜ਼ਬਲੀਆਂ ਸੁਣ ਕੇ ਚੰਗਿਆਂ ਕੀ  
ਭਾਵਣਾ ਕੀ ਹੋਵੇਗੀ।

ਸੀਤਾ ਮਰਾਸੀ, ਅਮਲੀ ਦੀਆਂ  
ਜ਼ਬਲੀਆਂ ਸੁਣ ਕੇ ਚੰਗਿਆਂ ਕੀ  
ਭਾਵਣਾ ਕੀ ਹੋਵੇਗੀ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
'ਤੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾਂਦੀਆਂ ਹੋਏ।

ਸੀਤਾ ਮਰਾਸੀ, ਅਮਲੀ ਦੀਆਂ  
ਜ਼ਬਲੀਆਂ ਸੁਣ ਕੇ ਚੰਗਿਆਂ ਕੀ  
ਭਾਵਣਾ ਕੀ ਹੋਵੇਗੀ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
'ਤੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾਂਦੀਆਂ ਹੋਏ।

ਸੀਤਾ ਮਰਾਸੀ, ਅਮਲੀ ਦੀਆਂ  
ਜ਼ਬਲੀਆਂ ਸੁਣ ਕੇ ਚੰਗਿਆਂ ਕੀ  
ਭਾਵਣਾ ਕੀ ਹੋਵੇਗੀ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
'ਤੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾਂਦੀਆਂ ਹੋਏ।

ਸੀਤਾ ਮਰਾਸੀ, ਅਮਲੀ ਦੀਆਂ  
ਜ਼ਬਲੀਆਂ ਸੁਣ ਕੇ ਚੰਗਿਆਂ ਕੀ  
ਭਾਵਣਾ ਕੀ ਹੋਵੇਗੀ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
'ਤੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾਂਦੀਆਂ ਹੋਏ।

ਸੀਤਾ ਮਰਾਸੀ, ਅਮਲੀ ਦੀਆਂ  
ਜ਼ਬਲੀਆਂ ਸੁਣ ਕੇ ਚੰਗਿਆਂ ਕੀ  
ਭਾਵਣਾ ਕੀ ਹੋਵੇਗੀ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
'ਤੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾਂਦੀਆਂ ਹੋਏ।

ਸੀਤਾ ਮਰਾਸੀ, ਅਮਲੀ ਦੀਆਂ  
ਜ਼ਬਲੀਆਂ ਸੁਣ ਕੇ ਚੰਗਿਆਂ ਕੀ  
ਭਾਵਣਾ ਕੀ ਹੋਵੇਗੀ।

ਲੱਭੇ ਦੀ ਗੱਲ ਸੁਣ ਕੇ ਨਾਬੇ ਅਮਲੀ  
ਨੇ ਬੁੜੀ ਦੀ ਪ੍ਰਸਿੱਸਾ ਵਾਲੇ ਪੁਲ ਬੰਨ੍ਹ  
'ਤੇ ਵਾਹਨੀ ਛੱਠੀਏ, ਨਹੀਂ ਰੀਸਾਂ  
ਤੇਰੀਆਂ ਜਾ











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# ਸਾਵਧਾਨ ! ਜ਼ਿਆਦਾ ਟੋਫੀਆ ਅਤੇ ਚਾਕਲੇਟ ਖਾਣ ਨਾਲ ਛੋਟੇ ਬੱਚਿਆਂ ਦੇ ਦੰਦਾਂ ਨੂੰ ਹੋ ਸਕਦਾ ਬਹੁਤ ਵੱਡਾ ਨੁਕਸਾਨ

ਸਾਰੇ ਹੀ ਮਾਤਾ-ਪਿਤਾ ਦੀ ਇਹ ਹੀ ਖਵਾਹਿਸ਼ ਹੋਈ ਕਿ ਉਨ੍ਹਾਂ ਦਾ ਬੱਚਾ ਸਿਰਤਮੰਦ ਹੋ। ਇਸਦੇ ਲਈ ਉਹ ਆਪਣੇ ਬੱਚਿਆਂ ਨੂੰ ਘਰ ਦਾ ਬਣਿਆ ਹੋਇਆ ਹੈਲਦੀ ਛੂਡ ਖਵਾਉਣਾ ਚਾਹੁੰਦੇ ਹਨ ਪਰ ਅੱਜਕਲ ਹਰ ਇੱਕ ਮਾਂ-ਬਾਪ ਦੀ ਇੱਕ ਸਾਂਝੀ ਸ਼ਿਕਾਇਤ ਬਣ ਚੁੱਕੀ ਹੈ ਕਿ ਬੱਚੇ ਘਰਾਂ ਵਿੱਚ ਬਣਿਆ ਖਾਣਾ ਖਾਣ ਦੀ ਬਜਾਏ ਟੋਫੀਆ, ਚਾਕਲੇਟ, ਚੂਰਨ, ਇਮਲੀ, ਮੈਗੀ, ਲੋਅੜ, ਭਰਕਰੇ, ਸੂਪ, ਪੀਜ਼ਾ, ਬਰਗਰ, ਕੋਲਡਡਿੱਰਿੰਗ, ਹੌਟਡਗਾ, ਪੈਪਕੈਰਨ, ਬਿਸਕੂਟ ਅਤੇ ਅਈਸਕ੍ਰੀਮ ਆਦਿ ਖਾਣਾ ਵੱਧ ਪਸੰਦ ਕਰਦੇ ਹਨ।

ਪਰ ਦੀ ਦੱਹੀ, ਦੁੱਧ, ਲੱਸੀ, ਦਾਲਾਂ-ਸਬਜ਼ੀਆਂ ਆਦਿ ਉਹਨਾਂ ਦੇ ਮਨਪਸੰਦ ਖਾਣੇ ਨਹੀਂ ਰਹੇ। ਆਸੀਂ ਅਕਸਰ ਦੇਖਦੇ ਹਾਂ ਕਿ ਜਦੋਂ ਘਰ ਵਿੱਚ ਛੋਟਾ ਬੱਚਾ ਢੁਕਾਨ ਤੋਂ ਟੋਫੀਆ, ਚਾਕਲੇਟ ਅਤੇ ਹੋਰ ਬਜ਼ਾਰੀ ਚੀਜ਼ਾਂ ਆਦਿ ਲੈਣ ਲਈ ਜਿੱਦ ਕਰਦਾ ਹੈ ਜਾਂ ਰੋਂਦਾ ਹੈ ਤਾਂ ਮਜ਼ਬੂਰੀ ਵੱਸ ਮਾਂ ਬਾਪ ਬੱਚੇ ਨੂੰ ਲਾਲਚ ਲਗਾ ਕੇ ਚੁੱਪ ਕਰਵਾਉਣ ਲਈ ਢੁਕਾਨ ਤੋਂ ਟੋਫੀਆ ਚਾਕਲੇਟ ਅਤੇ ਹੋਰ ਬਜ਼ਾਰੀ ਚੀਜ਼ਾਂ ਵੀ ਲੈ ਲਿੰਦੇ ਹਨ। ਜਦੋਂ ਬੱਚੇ ਨੂੰ ਫਿਰ ਟੋਫੀਆ ਖਾਣ ਦੀ ਆਦਤ ਬਣ ਜਾਂਦੀ ਹੈ ਤਾਂ ਬੱਚਾ ਟੋਫੀਆ ਖਾਣ ਤੋਂ ਬਿਨਾਂ ਨਹੀਂ ਰਹਿੰਦਾ ਅਤੇ ਟੋਫੀਆ ਚਾਕਲੇਟ ਅਤੇ ਹੋਰ ਬਜ਼ਾਰੀ ਚੀਜ਼ਾਂ ਲੈਣ ਲਈ ਜਿੱਦ ਕਰਦਾ ਰਹਿੰਦਾ ਹੈ ਅਤੇ ਮਾਂ ਬਾਪ ਮਜ਼ਬੂਰੀ ਵੱਸ ਬੱਚੇ ਦੀ ਜਿੱਦ ਪੂਰੀ ਕਰਕੇ ਟੋਫੀਆ ਲੈ ਕੇ ਦਿੰਦੇ ਰਹਿੰਦੇ ਹਨ। ਜਦੋਂ ਬੱਚਾ ਜ਼ਿਆਦਾ ਟੋਫੀਆ ਦੇ ਦੰਦਾਂ ਵੱਚ ਜਾਂਦਾ ਹੈ ਅਤੇ ਚਾਕਲੇਟ ਖਾਣ ਲੱਗ ਹੋਣ ਲਈ ਜਾਂਦਾ ਹੈ ਤਾਂ ਜਾਂਦਾ ਹੈ ਕਿ ਟੋਫੀਆ ਦੇ ਦੰਦਾਂ ਵੱਚ ਜਾਂਦੀਆਂ ਹਨ।



ਕਈ ਵਾਰ ਤਾਂ ਦੰਦ ਵੀ ਹਿੱਲਣ ਲੱਗ ਪੈਂਦੇ ਇਹ ਤੇਜ਼ਾਬ ਸੁਰਾਖ ਬਣਾਉਣ ਲਈ ਦੰਦਾਂ ਦੀ ਬਾਹਰਲੀ ਸਥਤ ਪਰਤ (ਜਿਸ ਨੂੰ ਇਨੈਮੇਲ ਵੀ ਕਿਹਾ ਜਾਂਦਾ ਹੈ) ਤੇ ਹਮਲਾ ਕਰਦਾ ਹੈ ਜੋ ਕਿ ਬੱਚੇ ਦੇ ਦੰਦਾਂ ਲਈ ਬਹੁਤ ਨੁਕਸਾਨਦੇਅ ਹੈ। ਇਸ ਲਈ ਮਾਂ ਬਾਪ ਨੂੰ ਚਾਹੀਦਾ ਹੈ ਕਿ ਛੋਟੇ ਬੱਚਿਆਂ ਦੀ ਉਹ ਹਰ ਜਿੱਦ ਨੂੰ ਕਦੇ ਵੀ ਪੂਰਾ ਨਾ ਕੀਤਾ ਜਾਵੇ ਜਿਸ ਜਿੱਦ ਨਾਲ ਬੱਚੇ ਦੀ ਸਿਰਤ ਨੂੰ ਨੁਕਸਾਨ ਪਹੁੰਚੇ। ਬੱਚਿਆਂ ਨੂੰ ਬਜ਼ਾਰੀ ਚੀਜ਼ਾਂ ਖਾਉਣ ਦੀ ਬਜਾਏ ਜਿਹੜੇ ਦੰਦਾਂ ਨੇ ਬੱਚੇ ਦਾ ਪੂਰੀ ਉਮਰ ਸਾਥ ਦੇਣਾ ਸੀ ਅਸੀਂ ਬੱਚੇ ਨੂੰ ਟੋਫੀਆ ਖਵਾਉਣ ਵਿੱਚ ਰਹਿੰਦੀ ਹੈ। ਜਦੋਂ ਤੁਹਾਡਾ ਘਰ ਵਿੱਚ ਦੁੱਧ, ਦਾਹੀ, ਲੱਸੀ, ਦੁੱਧ ਤੋਂ ਬੱਚੇ ਦੇ ਦੰਦ ਬਹਾਵ ਕਰ ਲਏ। ਇਸ ਆਦਤ ਕਰਨ ਵਿਚਲੇ ਰੋਗਾਣੂ (ਬੈਕਟੀਰੀਆ) ਹਲਕਾ ਤੇਜ਼ਾਬ ਖਾਣਾ ਬੱਚੇ ਨੂੰ ਖੁਆਉਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਵਿੱਚ ਠੰਡਾ-ਗਰਮ ਲੱਗਣ ਲੱਗ ਜਾਂਦਾ ਹੈ ਅਤੇ ਬਣਾਉਣ ਲਈ ਟੋਫੀ ਦੇ ਨਾਲ ਮਿਲ ਜਾਂਦੇ ਹਨ। ਬੱਚੇ ਦੀ ਸਿਰਤ ਤੰਦਰੁਸਤ ਰਹਿ ਸਕੇ।

## ਛੋਟੇ ਬੱਚਿਆਂ ਦੇ ਦੰਦਾਂ ਦੀ ਦੇਖਭਾਲ ਲਈ ਕੁਝ ਜ਼ਰੂਰੀ ਗੱਲਾਂ

1. ਛੋਟੇ ਬੱਚਿਆਂ ਨੂੰ ਟੋਫੀਆ ਅਤੇ ਚਾਕਲੇਟ ਬਿਲਕੁਲ ਨਹੀਂ ਖਾਣ ਦੇਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ।
2. ਇਹ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਛੋਟੇ ਬੱਚਿਆਂ ਦੇ ਦੰਦਾਂ ਨੂੰ ਬਚਪਨ ਤੋਂ ਹੀ ਨਿਰੋਗ ਰੱਖੋ।
3. ਛੋਟੇ ਬੱਚਿਆਂ ਨੂੰ ਛੋਟਾ ਬੱਚਿਆਂ ਵਾਲਾ ਬੁਰਸ਼ ਹੀ ਕਰਵਾਇਆ ਜਾਵੇ।
4. 0-3 ਸਾਲ ਉਮਰ ਤੱਕ ਦੇ ਬੱਚੇ ਨੂੰ ਬਰੱਸ਼ ਨਾਲ ਬਿਲਕੁਲ ਥੋੜੀ ਜਿਹੀ ਫਲੋਰਾਈਡ ਟੱਥਪੇਸਟ ਦੀ ਵਰਤੋਂ ਜ਼ਰੂਰ ਕਰਵਾਓ।
5. ਡਾਕਟਰ ਤੋਂ ਸਮੇਂ ਸਮੇਂ ਤੇ ਬੱਚੇ ਦੇ ਦੰਦਾਂ ਦਾ ਚੈਕਅਪ ਕਰਵਾਉਂਦੇ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ।
6. ਬੱਚੇ ਨੂੰ ਦਿਨ ਵਿੱਚ 2 ਵਾਰ ਬੁਰਸ਼ ਜ਼ਰੂਰ ਕਰਵਾਉਣਾ ਚਾਹੀਦਾ ਹੈ। ਬਾਸ ਕਰਕੇ ਸੋਣ ਤੋਂ ਪਹਿਲਾਂ ਬੁਰਸ਼ ਜ਼ਰੂਰ ਕਰਵਾਉਣਾ ਚਾਹੀਦਾ ਹੈ।
7. ਛੋਟੇ ਬੱਚੇ ਖੁਦ ਚੰਗੀ ਤਰ੍ਹਾਂ ਦੰਦ ਸਾਫ਼ ਨਹੀਂ ਕਰ ਸਕਦੇ ਇਸ ਲਈ ਛੋਟੇ ਬੱਚਿਆਂ ਨੂੰ ਖੁਦ ਬੁਰਸ਼ ਕਰਵਾ ਕੇ ਚੰਗੀ ਤਰ੍ਹਾਂ ਦੰਦ ਸਾਫ਼ ਕਰੋ।
8. ਬੱਚੇ ਦੇ ਬੁੱਲਨ ਨੂੰ ਚੁਕੇ ਤਾਂ ਕਿ ਤੁਸੀਂ ਸਾਫ਼ ਕਰਨ ਵੇਲੇ ਮਸੂਡਿਆਂ ਦੀ ਲਾਈਨ ਦੇ ਨਾਲ ਦੇਖ ਸਕੋ ਅਤੇ ਚਿਟੇ ਜਾਂ ਭੁਰੇ ਦਾਗਾਂ ਵਲ ਧਿਆਨ ਦਿੱਓ ਜੋ ਦੰਦਾਂ ਦੇ ਸੜਨ ਦੇ ਅਗੇ ਲੱਛਣ ਹੋ ਸਕਦੇ ਹਨ।



**ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਚ**

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