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# ASLI NUGGETS

ASLI's Seniors Celebrating Valentine's Day



Association of Senior Living India  
*Empowering Senior Living and Care in India*

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Col Achal Sridharan and Chitra Sridharan

## MARRIAGES ARE MADE IN HEAVEN BUT WE MAKE IT HAPPEN ON EARTH

We got married on 18 June 1976 and these 46 years, Chitra has been with me, seen my ups and downs in my life.

— page 01

## VALENTINES DAY IN PARIS

Frenchman, shouted, "Kiss her, kiss her, today is Valentine's Day!"

— page 03

## A MEMORABLE VALENTINES DAY

I got a great idea and decided to make a Valentine's hamper with several romantic gifts, all in red.

— page 03

## EXCLUSIVE E - MAGAZINE FOR SENIORS

### VALENTINE POEMS

The Karma of Love...  
Be Mine!

— page 04

### CELEBRATE LOVE, CELEBRATE LIFE

A DIY Guide  
Celebrate Love with India's Nightingale  
Surprise Your Valentine! Personalize your expression

— page 05

### LOVE EXPRESSIONS

My Happily Ever After!  
The Love Language  
Love is Liberating!

— page 08

### A PIECE OF ART

— page 11

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# MARRIAGES ARE MADE IN HEAVEN BUT WE MAKE IT HAPPEN ON EARTH

*I belong to a generation where “arranged marriages” were in vogue. “Marriages are made in heaven” and I add, “we make or break our marriages on earth!” In good old (what else but old?) days, child marriages were common. It still is, though we are arguing about marriageable age for men and women should be 21 years!*

*An elder man (not woman) living on the street or village would suggest (defacto order!) “why not Mani get his son married to Sundaram’s daughter?” The bride would be around 6 -8 years and the groom around 12 or 13 years! The wedding invitation in Tamil had the sentence, “Periorgalal nichiyakka pattu” meaning, “as decided by the elders!” Today, who cares for the elders except ASLI members!*

*My father got married to my mother when he was 22 years, and my mom was 18 years of age! One day I asked my father, after I was a commissioned officer in the army, “what he saw in Amma?” His answer was, “I wanted a wife who could manage my joint family. Your mother was being brought up by her uncle after your grandmother died when she was about 6 years. I knocked on her uncle’s house in Vellore. Your mother opened the door and yelled that uncle was not at home and shut the door”*

*In the evening he formally went to the same house and asked her uncle for his green signal to marry my mother! Rest was history. I admire them for their love for each other until my father departed this world on 16 June 1992.*

*One day, when I was on annual leave, I accompanied my father for his morning walk. I was a young Captain and was about 27 years. I told him that he was not doing his duty as a father! He was baffled and said, “what is wrong with you? What duty have I not performed as a father?” I reminded him of his age when he got married and my age then! He said, “every time you came on leave for the past three years, you showed different girl’s photograph to your mother, and told her that she would be our daughter in law!*



Col Achal Sridharan and Chitra Sridharan

*I am still waiting to know who she is so that I can fulfill my duty?”. I told him, “It was always one-way traffic. None of them wanted to break with tradition!”*

*Being a journalist, he swung into action! Matrimonial advertisements were given in The Times of India, Bombay (now Mumbai), The Statesman, Calcutta (now Kolkata), The Hindustan Times, New Delhi and The Hindu, Madras (now Chennai)! He was meticulous and opened a file and replied each “enquiry” with his typewriter (I have it with me!).*

*I was in Bombay spending some of my vacation in March 1976 with my sister (Malathi), brother-in-law (Krishnan) and my nephew (Arun) who was a baby. My father and mother would call Malathi or Krishnan and give the name of a prospective Bahu, her “bio data” and her parents’ contact details. My father would have already corresponded with the girl’s family, exchanged the girl’s and my photographs and, shortlist the possible match for their ladla beta!*



Krishnan would fix the meeting with the girl's father. On a selected date and time, all four of us would go to see the girl and her family in Krishnan's car. This is known in Tamil as "penn parkarthu!" And I ensured that I carried Arun when we entered the girl's house to impress the girl and her family as to what a great family man I was!

The first girl that I saw was decked up in gold and diamonds. Her father was owner of some SME. I disliked gold, diamonds and exhibition of one's wealth! The girl hardly spoke and there was nothing like, "would both of you sit in the balcony and speak to each other!" Her mother was very jovial and talkative. Her father was obviously quiet, since in a house only one of them can speak to show who is the authority! After the usual coffee and some snacks (called as Sojji Bajji in Tamil), it was time to leave!

Malathi and Krishnan never expressed their opinion on our way back until I gave mine! I said, "I do not like the walking - talking Fort Knox, but the girl's mother!" Fort Knox is the place where the US Treasury keeps its gold reserve! Malathi and Kannan were aghast but immediately concurred with my opinion about the girl (not her mother). On our way back home, we bought two bottles of beer to drown my sorrow! On return, my parents were informed that the girl was not fortunate to be part for our family! Male chauvinism?

After a couple of days, we went to see the second prospective bahu! Her father arranged the meeting in a four-star hotel in Mumbai. Four-star hotel. Wow! We met the girl, her parents and her married sister with a child. The girl used the phrase "come on" after almost every alternate sentence. I thought that she must be going for horse racing in Mahalakshmi in Bombay, where you would hear so many "come ons," cheering the horse on which you bet! As a young Captain with Rs 1000/- as my salary, I imagined how I would be able to afford such luxuries like horse racing, if I married that girl. When it was time to leave, we left stating that "we will revert." In the car, I told Malathi and Krishnan about my apprehensions and that I liked the girl's sister! My sister hit me on my head for such thoughts. Two bottles of beer returned home and drowned my sorrow!

The third girl that we went to see was distantly related to my aunt. My aunt talked about this girl, her family and suggested that I go and meet her (not see). Her father was a senior employee of the Tatas. Off we went to meet her in their house.



Col Achal Sridharan and Chitra Sridharan

As usual I carried Arun. We entered and after some basic introductions, I saw the girl. I got extra blood pumping in my heart. During the Sojji -Bajji time, the girl's mother, Malathi and Krishnan were talking to each other and I did not speak. The only question I asked the girl was, "what have you studied?" Promptly came the answer, "B Com, Stella Maris!" Her name is Chitra. I told my Malathi and Krishnan that I like Chitra. We celebrated with two bottles of beer!

I was undergoing a career course of 13 months in Deolali near Nashik, which is the Gunner's Home. My parents flew down from New Delhi, went to Chitra's house and took her out for dinner! Next day, I called Malathi from an STD booth, spoke to my father and mother. They said, "Chitra is the ideal bahu for the family!" Rest is history. We got married on 18 June 1976 and these 46 years, Chitra has been with me, seen my ups and downs in my life. Supported me in all my major decisions including, throwing away a promising career in the army and choosing our second Innings. When I once asked her what she saw in me when we met, she said, "you did not speak when we met. How you fooled me!"

I do not realize how the time has flown. We have two brilliant daughters who chose their life-partners and have given us two adorable granddaughters. My father would have been proud of his granddaughters, since they did not give any headache to their parents, when it came to their marriages.

**Yes, marriages are made in heaven and we make it happen on earth.** Our journey continues.

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Colonel Achal Sridharan  
Founder & Managing Director, CovaiCare

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# LOVE STORIES

## Valentine's Day in Paris

*My husband had to go to Paris for a conference. He sent a message from there which read - "I would like to be with the woman I love, on Valentine's Day". So, I booked tickets and joined him on February 13. We checked in to the Marriott. For Valentine's Day, my husband had planned a surprise.*

*We hailed a cab that took us on a tour through the city. Paris by Night has a special charm of its own, seeing the city illuminated against the darkness. The cab cruised from one location to another and drove along the beautiful River Seine. Our cab driver gave us a running commentary on every location.*

*We saw the Eiffel Tower lit up and had dinner there. Then we visited the hilltop church of Sacre-Coeur where street artists made portraits of tourists. We also went to Moulin Rouge, which I had only seen in movies. My husband was busy clicking away with his new camera, capturing all the memories of that night.*

*It was 2 AM when we returned to our hotel. When we thanked our cab driver who being a true, romantic Frenchman, shouted, "Kiss her, kiss her, today is Valentine's Day!" and sped away. We walked hand in hand and reached our room, tired but happy. We looked at each other and suddenly realised that we had left our camera in the cab! The cab had vanished. We didn't get our camera, but it mattered little. It was the most memorable Valentine's Day of our lives.*



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**Author:** K Nalini  
Resident of Serene Urbana by Columbia Pacific

## A Memorable Valentine's Day



*I have always loved Valentine's Day and celebrated it from the time I got married in 1981. I used to buy special presents or bake something unique each year.*

*One fine day a few years ago, I got a great idea and decided to make a Valentine's hamper with several romantic gifts, all in red.*

*My grown-up son and young nieces helped me pick the gifts. I packed the biggest card, heart-shaped cushion, heart-shaped cookies, Rooh Afza juice bottle, pen drive, photo frame with our photo, heart-shaped notepad with a pen, red coloured wine glasses and many more gifts in a big basket. I covered the basket with red gelatine paper and decorated it with a big red satin ribbon bow.*

*This surprise gift hamper was delivered to my husband at his office. My husband who was the V.P. of Technology, thought it was for someone else. He was surprised to find it was for him and his juniors started opening the stuff during the party.*

*The office staff called and congratulated me on this creative idea, saying they were also inspired to do something for their respective spouses. My husband, till date, can never forget that particular Valentine's Day and fondly reminisces about it.*

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**Author:** Kundhavee Ravi  
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# VALENTINE POEMS

## The Karma Of Love...

*Every action and interaction in one's life has meaning.*

*We never know how small a little bit of love ,can make someone's day.*

*Journey through each day mindfully, humbly, kindly.*

*Even if it doesn't go as planned.*

*You are meant to be right here, right now - sparking the flame of love that only you can spark.*

*Where you are today is exactly where you need to be.*

*Perhaps our purpose ,here on Earth is not a grand accomplishment,*

*But a small kindness that we don't think much of,*

*That changes the life of another.*

*Today is all about meditation - breathing as a spiritual practice.*

*Sometimes the simplest things are the most important things.*

*And our spiritual practice has never been more important.*

*That means pausing to nourish your soul with inspiration, meditation, gratitude, affirmations, prayer.*

*Whatever you skip over in the stress of these new territory days, don't skip that.*

*Your spiritual practice will anchor your heart in love.*

*We need the anchor. We need the centering. We need the love. We need the grace.*

*For starters, keep it simple.*

*Breathe in light, and breathe out love to our world.*

*Breathe in light. Breathe out love.*

*It seems like we're just breathing. But it's way more than that.*

*Sometimes the simplest things are the most important things.*

*So ....keep it simple and make it important.*

## Be Mine!



*As life slowly progresses, the significance of Valentine's Day, I think, becomes more visible .... through the eyes of a senior citizen.*

*At the sunset of one's life, what seniors' clamour for is love, affection, care and concern.*

*The absence of loved ones, spouse or family, is greatly missed, if life has been cruel.*

*If abundantly blessed, the feeling is so intense, not knowing if the next day or moment, you will be full of gratitude, for having the gift of life, gifted to you ...*

*Count your blessings my friends and let's put our best foot forward to receive the choicest of grace and gratitude, tastes and talents, to see us through this joyous path of life.*

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**Author:** Bhagirathi Eshwar  
Resident of Ashiana Shubham Senior Living

# CELEBRATE LOVE, CELEBRATE LIFE

## A DIY Guide

*Does your significant other feel like they never get the attention they deserve? With Valentine's Day coming up, why not make them feel extra special by creating a romantic corner just for them? Here are some ideas to help you get started!*

### Add flowers

*Roses are probably everyone's first choice when it comes to decorating for Valentine's Day, but you can do much more than just put them in a vase. Try tucking fresh roses into your valentine's hair, or even stick them right into their heart-shaped chocolates. When you get started with your own rose decorations, be sure not to leave any thorns out of sight!*

### Place candles on the table

*If you are trying to create an intimate romantic atmosphere for two, you may want to start with candles. These can be scented or unscented, but it is important not to have too many on your table, as they can become overwhelming. You should set out one candle per person at most. Additional decorations in addition to candles include flowers (real or silk), some red berries, and perhaps a framed picture of you and your significant other. PN: Remember to keep all your room lights on, so that you don't trip on each other in darkness.*

### Turn off all screens for a Romantic, undisturbed evening

*Grab two glasses of your favourite wine / fruit juice / soft drink and dim the lights. Turn off all electronics (phones, computers, televisions), open windows and create an atmosphere of romance in your home by lighting candles or using other fragrant scents. Don't get side-tracked: Turn off all distractions like cell phones, Facebook, Twitter, and television so you can focus on each other. Better yet, close any blinds that might remind you of something happening outside your romantic space.*



### Hold hands while you watch old movie together

*There's no better way to spend your time than by holding hands with someone you love. While you both watch a great old movie, enjoy your partner's touch and let yourself get lost in each other.*

### Enjoy, a classic Movie

#### The Best Exotic Marigold Hotel (2011)

*In The Best Exotic Marigold Hotel, an assortment of some of Britain's most beloved older actors is assembled in this romantic comedy about retirees traveling to what they believe is a luxurious hotel in India.*

*Eventually, they are charmed by the rustic residence and find themselves to be more alike than they realized.*

*If this were a movie about young travellers, romantic rendezvous, and infidelity would be expected. A plot focused on retirees is no different, as we watch the characters fall in love with India and, in some cases, each other through a youthful, comedic script that reminds viewers that life does not become lacking in colour once retirement age is hit.*

*As the characters fall in and out of love with one another, the film argues that no matter what age, an older person can still make the same misguided decisions as young people do when it comes to romance.*

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**Author:** S N Praveen

Founder & CEO, Priaashraya Assisted Living Homes

# Celebrate Love With India's Nightingale Lata Mangeshkar

*Lata Mangeshkar's song will have no ending ever! She made our hearts go up an octave or more with love and longing, moved us to tears of joy and sorrow, sometimes introspect and other times dance in abandon, her voice mirroring our every emotion, her songs covering the cadence of time and history from the gramophone to the digital age.*



*If you love Bollywood music, you have to have listened to Lata Mangeshkar's songs at least once in your life. But even if you're not a fan of Hindi music, you should still listen to Lata Mangeshkar sing the following five songs that are among her best works from various movies over the decades.*

## **Jab Pyar Kiya To Darna Kya**

*Featuring one of Bollywood's most iconic on-screen couples, Dilip Kumar and Madhubala, Jab Pyar Kiya To Darna Kya was written by none other than Sahir Ludhianvi. The song also featured in a well-known scene where Madhubala is singing to Dilip Kumar who is resting after returning from war. As she continues singing, he wakes up and looks at her with such an affectionate gaze that it melts our hearts!*

## **Ajib Dastan Hai Yeh**

*A tale of heartbreak, Ajib Dastan Hai Yeh (or There's a Strange Story Here) is a classic Bollywood song that deserves all your attention. From its wonderfully rhythmic introduction to a special cameo by Meena Kapoor, it is one of those songs you can enjoy over and over again, each time feeling more magic in your heart.*

## **Chalte Chalte Yun Hi Koi**

*Chalte Chalte is a popular Hindustani song by legendary singer Lata Mangeshkar. This song was featured in her debut film Pakeezah, and ever since it has been sung as a ghazal by many Bollywood actresses. The term chalti chandi means running fast, and in essence, Chalte Chalte implies that love can't be rushed; you need to go slow and enjoy every moment.*

## **Jo Wada Kiya**

*This is a very popular song from an iconic Bollywood film Sangam. The story of Sangam was about two lovers who were separated by their families during birth. This song beautifully captures their pain and longing for each other. The movie was directed by Krishnan-Panju, and music was composed by O.P. Nayyar, with lyrics written by Qamar Jalalabadi and O P Nayyar himself.*

## **Lag Ja Gale**

*The first ever film song to hit one million views on YouTube, Lag Ja Gale is a great choice to introduce yourself to Mangeshkar's music. This classic song by Yash Chopra is still as beautiful and moving today as it was in 1971 when it was released. With heartfelt lyrics, a soaring violin performance, and some truly magical notes from Mangeshkar, there's nothing not to love about Lag Ja Gale.*

*All these songs are available on YouTube, enjoy.*



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**Author:** S N Praveen

Founder & CEO, Priaashraya Assisted Living Homes



# Suprise Your Valentine! Personalize Your Expression!

Valentine's Day is celebrated every year on February 14, a holiday that's popularly observed as a day to celebrate love, especially by those in romantic relationships. Valentine's Day is right around the corner and if you haven't yet found the perfect card to give to your significant other, friend, or family member, this three-step process will help you create one from scratch!

You can even do it from the comfort of your own home; all you need are some basic supplies and just a little bit of free time. Enjoy Valentine's Day, no matter what form it takes!

## Grab your supplies

You don't need much to create your own cards. If you want something simple, art paper / craft paper, and markers will do. But if you're feeling more ambitious, use glitter and glitter glue—the wilder, sparkler and louder, the better! Just be sure that whatever you choose doesn't cause your card (or fingers) any pain.

## Pick a template

You don't have to be an expert illustrator or designer in order to create custom valentines for your loved ones. In fact, there are dozens of templates available online that you can use as starting points for your cards. Pick one that's in line with your tastes and save it for later. Be sure to print it out at home on cardstock so you get a quality product. Also note: If you plan on creating more than one card (for instance, if you want to make a set for grandchildren and another set for your children), pick out two different templates so they don't look too similar. Lastly, keep paper colour and size in mind; many papers packaging's include colour options and size measurements which will help ensure your template fits perfectly into any Valentine's Day package.

## Have fun!

A great valentine card doesn't have to be difficult or expensive. It does, however, have to come from the heart. If you want your card to stand out, spend some time reflecting on your relationship with your loved one and how best you can convey that in words and images. After all, there's no better way of saying I love you than by giving someone a truly personalized gift.

**Author:** S N Praveen

Founder & CEO, Priaashraya Assisted Living Homes

## With Love From Antara Senior Living





# LOVE EXPRESSIONS

## My Happily Ever After!



My dear husband Rajesh

Thank you for being the reason I look forward to every day. Happy Valentine's Day to the best husband ever! Thank you for making my world such an awesome place. You are my happily- ever- after, my forever love and the hero of my heart!

Your loving wife  
Namrata

**Watch Us :** <https://drive.google.com/file/d/1vr5T7Sh5iLpjhMoG27ZnP3iWmG7PDOb9/view?usp=sharing>

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Rajesh & Namrata  
Resident of Ashiana Senior Living

## Love is Liberating!



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Prof Raghu & Maya Sinha  
Resident of Antara Senior Living

## The Love Language

As valentine's day is approaching, I thought I'll give my husband a lovely painting.

My husband himself is an artist who mostly paints portraits although he's an avid lover of landscapes. So, I thought of gifting him a painting of a landscape with mountains, trees etc.

To describe him would be to say that he's a man of few words. All that I've ever wanted and wished for was given to me by him lovingly. That was his love language. Even my passion for art and painting was well found by him.



For his 81st birthday which falls right next to valentine's day is when I want to give him this painting. His encouragement and support is all that has led me to pursue this passion of mine.

For every valentines day unlike everyone who passes hearts to each other, we've exchanged our love years back.

Everyone expresses love in a different way and this is how my beloved husband does it through his care, love, support and encouragement.

In short, this is what has made me the person I'm today.

I wish everyone a happy valentine's day.

**Watch Us :** [https://drive.google.com/file/d/1\\_zbyNsO\\_ajd6cwsigl4KMQwCUUOD6Wt/view](https://drive.google.com/file/d/1_zbyNsO_ajd6cwsigl4KMQwCUUOD6Wt/view)

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Paul Chirayath & Mallika Paul  
Resident of Bless Retirement Homes

*Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable.*



**Panchali & Deepankar Sanyal**  
Resident of Antara Senior Living

\*आज मला\*

आज मला तू हवी हवी ग,  
आज मला तू इथे हवी...  
मसिकलि झोक्यांवरी तुझी ग  
आज मला जवळीक हवी.

पसरुन जाते वैराणावर  
हसरीशी मखमल हरिवी  
ती जादूची झुळुक तुझी ग  
आज मला या इथे हवी.

सुन्न काजळी नीरवतेला  
मंजुळातला स्वर रमवी  
तुझ्या अंतरातलि वीणेची  
आज मला ती धून हवी.

मनी सावळा, आणकिटीवर  
दूध रतीबाची चरवी ...  
तशीच राधा तू माझी ग  
आज मला ती साथ हवी.

मठीत रंध्रारंध्रातलि कळ  
धुमसुन जाइल धुंदी नवी  
त्या घटकेची ठण्णिगी तुझिगी  
आज मला या क्क्षणी हवी.

आज मला तू हवी हवी ...!



“यादो केफूल” .... करोगेयाद तो, हर बात याद आयेगी..... यादेअची हो तो मन मुसु राता है, और बुरी यादेआँ खो को नम कर जाती हैपर यादेहमारेमन का पीछा नहीं छोड़ती, वो हमेशा हमारी ज़िंदगी का हिस्सा है, सहारा हैजीनेका। हमारी ज़िंदगी के कुछ ऐसेपल भी हैं, जिने हम चाहकर भी नहीं भुला सकते। एक ऐसी ही याद बसी है मेरेमन मेजिसेबार बार छूनेको जी करता है, उस पल मे फिर सेजानेको जी

मचलता है। ये२२ साल पहलेकी बात हैपर आज भी मेरेदिल के करीब है, वो हृदयसशी अनुभूति आज भी सचित बनकर, आँ खमिचौली कर कानो मेगुनगुना रही है, “का यही पार है .... हाँयही पार है”..... मेरी शादी को तो न जानेकितनेसाल हो गए और मैं तो अब दादी, नानी, और परदादी भी बन गयी हँ।

मेरी ज़िंदगी के सुहानेसफ़र की शुरुआत १५ जून सेहई जब मेरी शादी एक बड़ेपरिवार मेहई। ‘पेम के ढाई आखर’ के मूलमंत से मैं परिवार का एक अभिन हिस्सा बन गयी। हमारेजमानेमेजनदिन, शादी की सालगिरह मनानेका रिवाज तो नहीं था ,कुछ मीठा बना के सेलिबेशन हो जाता था।आजकल तो सेलिबेशन की परिभाषा बदल गयी है ,दिनो पहलेसेपानिंग हो जाती है।महँगेके क, खाना, मूज़िक, ढेर

सेक्रीमती उपहार और सोशल मीडिया सेसभी को पता चलता हैकि कहाँका हो रहा है। मैंऔर मेरे पति परिवार की ज़िमेदारियो को निभातेहए बचो का भविष बनानेमेखो गए।हम दोनो साथ मिलके काम करते थे, हमारेबचो के जनदिन पर अचा खाना और छोटी-मोटी भेट सेसेलिबेशन हो जाता था।इन बीच हमारी शादी की सालगिरह कब आती थी और चली जाती थी पता ही नहीं चलता था।

मुझेबचपन सेही फूलो सेबहोत लगाव था।फूलो को अपनेबालो मेसजाना वो ही मेरा शंगार था।फूल मेरे लिए सोना-चाँदी सेभी बढ़कर थेऔर आज भी है।मेरेपति भलीभाँति मेरेफूलो के पार को जानतेथेऔर जब भी मौक़ा मिलता था, वो गजरा ज़रर लेआया करतेथेऔर मैंगजरेको बालो मेसजाकर खुश हो जाती थी।हम दोनो काम मेवस होनेके बावजूद एक दूसरेकी पसंद का बखूबी खयाल रखतेथे। १५ जून १९९८ का दिन था, हम दोनो अपनेकायरसल पर काम के सिलसिलेमेकुछ बातचीत कर रहेथे।

अचानक एक फूलोवाली वहाँसेगुजरी और उनोने तुरंत उसेरोक कर एक गजरा लेलिया और अपनेहाथो सेमेरे बालो मेसजा दिया।मेरी शरमाती नज़र उनकी आँखो सेटकराई और उनकी आँखेबहोत कुछ बयाँकर गयी।उस सशरमेदुनिया की सारी खुशियाँथी।शादी की सालगिरह का दिन और येअनुपम भेट, जो किसी भी क्रीमती उपहार सेबढ़कर थी।इस खूबसूरत पल नेअचानक मेरी ज़िंदगी को अमूल खुशियो सेभर दिया।वो पार भरी नज़र और सशर, शबो सेपरेथे।महसूस करना या भावनाओंको शब





देना दोनो मेबहोत अंतर होता हैयेमुझेउस कण ने समझाया। साल गुजरतेगए और अचानक ज़िंदगी के इस सफ़र मेंएक वक़ ऐसा आया कि मैंनेफूलो के गजरेकोएक माला की तरहउनेपहनाया।येसशरऔर अहसास अलग था जो ज़िंदगी सेपरेथा।कही कु छ टूट गया, लुट गया ,मगर उन फूलो की सुगंध आज भी

मेरेअंतर मेहै। आज भी सिफ़र तुम नही तुमारा अहसास उन कोमल फूलो की तरह मुझेसहलाता है, बहलाता हैऔर येपिघलती यादेमुझेबहा लेजाती हैउसी काल मेजो हमदोनो का था और हमेशा रहेगा । ये, तुमारी यादो के फूल है , जो मुझेकभी सुकून देते है , तो कभी बैचेन करतेहै , पर इन फूलो की सुगंध मेंतुम हो हमेशा की तरह, मेरेपास....मेरेदिल में.....

**Author : Urmila Gupta**  
Resident of Athashri Homes

शाळेत कविा तरुण पणी valentine's day असतो व तो साजरा करतात हे माहीतच नव्हते. ज्याच्याशी लग्न केले, त्याच्या वरच प्रेम केले. नवरा हेच सर्वस्व. त्याच्या व्यतिरिक्त आयुष्यात कोणीतरी, कधीतरी येऊ शकतो हा विचारच मनात आला नाही. अशीच साठीच्या उंबरठ्यावर उभी असलेली आमची पढी. आणि अचानक आयुष्यात काहीतरी अवचित घडते.

शाळेच्या रयिनुयिन साठी सर्व जुन्या मतिर (?),मैत्रिणींची शोधाशोध चालू असते तेव्हा अचानक एक जुना वर्गमतिर ग्रुपमध्ये ऍड होतो. शाळेमध्ये कधीही न बोललेले दोघेजण तबबल 45 वर्षानंतर योगायोगाने समोर येतात आणितो, “ तू मला शाळेत असतानाच आवडत होतीस” असे स्पष्टच सांगतो. ते त्याच्याच शब्दात वाचा:

तुझ्या वर्गात...  
तुझ्या पाठीमागे बसणारा...  
एक लाजाळू मुलगा...  
आठवतो का तुला...?

स्वप्नाळू होतो मी...  
अल्लड होतीस तू...  
माझ्या अव्यक्त प्रेमाची...  
स्पंदने जाणवायची का तुला...?

नसतीलच जाणवत...  
कारण मी व्यक्त झालोच नाही कधी...  
पण आज मात्र ठरवलंय...  
माझ्या भावना सांगणारच मी तुला...

रागावू नकोस हं...!  
तू खुप आवडतेस मला...  
हसतेस काय...?  
आता सांगून काय फायदा तुला...?

त्याच्या मनातले विचार त्याने मांडले. पण त्याच वेळेस तिच्या मनात काय विचार आले असतील?

खरंच नाही आठवत रे...  
माझ्या पाठीमागे बसणारा तू ...  
माझे लक्ष फळ्याकडे...  
नाही वळले मागील बाकाकडे...

आज देऊन...  
तू प्रेमाची कबुली  
झोप माझी...  
पुरती उडवली...

कधीतरी केलास का...  
प्रयत्न मला शोधायचा...?  
नसता झाला मग...  
हा विरह कायमचा...

वेगवेगळे जोडीदार आपले...  
संसार चाले सुखाचा...  
कसा उघडू आता कोपरा...  
तुझ्यासाठी मनाचा...?

होई जीवाची तगमग...  
समजून घे रे...  
पुढील जन्मी नक्की भेटू...  
वाट पाहते रे...!



**Author: Asmita Adhikari**  
Resident of Athashri Homes

# A PIECE OF ART



**Shipra Chattopadhyay, Support Elders**

*Shipra Chattopadhyay has drawn this picture to show the romantic love shared by this pair of cranes.*

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**Painter:** Shipra Chattopadhyay  
Resident of Support Elders



## About **ASLI**

*ASLI – Association of Senior Living India. An association of like-minded service providers to the Senior living and care Industry, which aims to act as an Accreditation body for Senior Living and care in India, was founded by Mr. Dalal on 11th December 2011, along with Mr. Gupta as the Co- founder.*

*It is the first and only national professional trade association formed to represent senior living, care and technological partners in India and to protect the interest of seniors. The acronym ASLI coined by Mr. Dalal, meaning REAL, echoes the need for real and committed players in this nascent industry. Most of the major pan India players of this industry across all verticals are members of ASLI.*

*Members of ASLI share a common dream of creating a model of self-regulation and work in tandem with key stakeholders that include government on guidelines of minimum standards for attaining operational excellence by its members in particular and industry at large.*

*Association of Senior Living India ( ASLI) is an association that encourages consumer choice, quality care and accessibility for all Indian seniors needing assistance in accessing long term care. The members of ASLI exemplify the principles of choice, dignity and independence for seniors to thus enhance their quality of life. ASLI members strive to promote business excellence in providing senior care options to the seniors in India.*

*It is an honour to take care of those, who took care of us and continue to guide us; at ASLI, we put seniors first. It is a privilege to work in an organization that inspires social values. We hope you enjoyed reading the e-magazine and look forward to your feedback.*

*For your feedback and free subscription of the e-magazine please mail us at [admin@asli.org.in](mailto:admin@asli.org.in)*

**Bani Jain**  
Executive Director, ASLI

## Let's keep in touch

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*Empowering Senior Living and Care in India*

