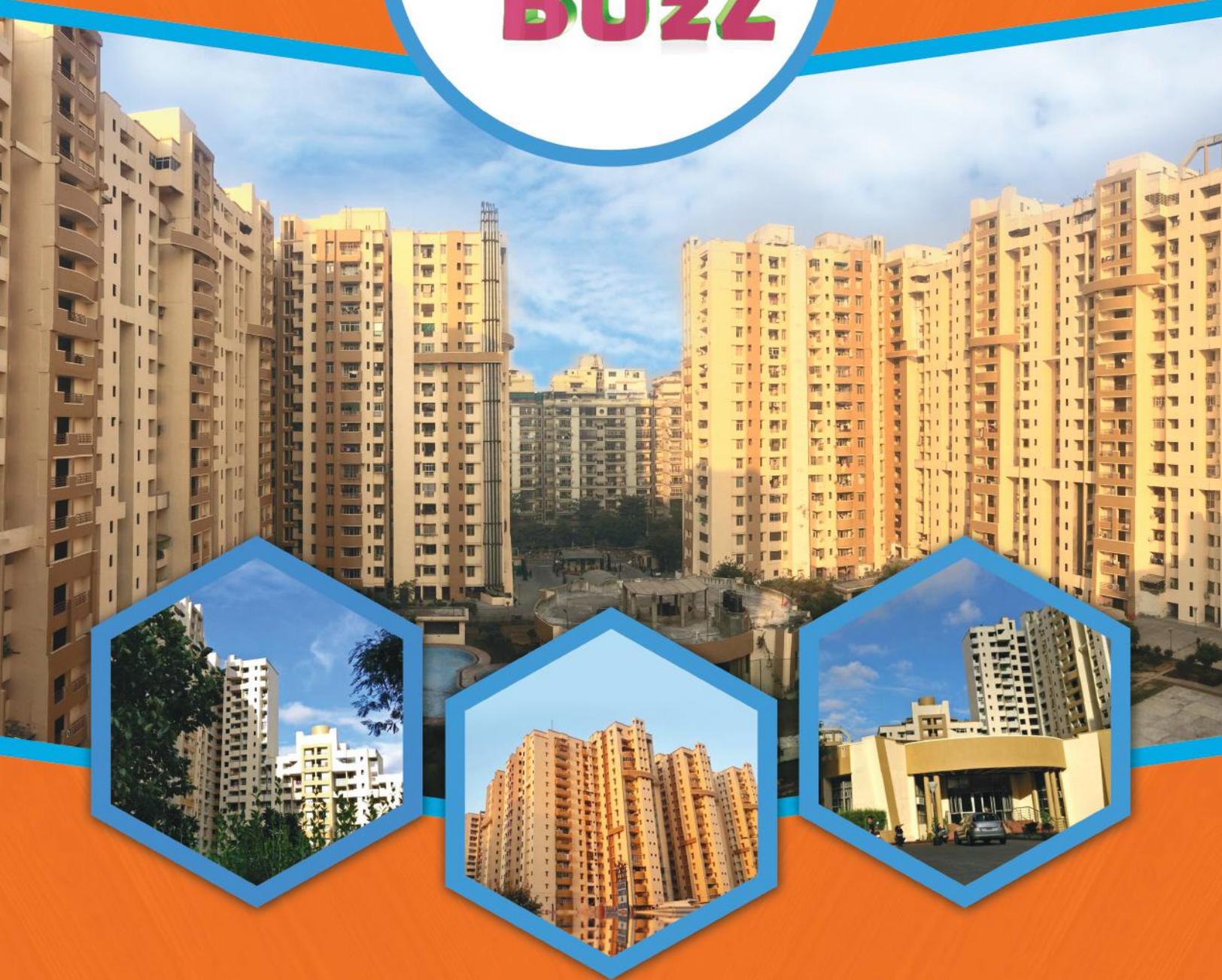


JANUARY, 2017 EDITION
Chief Editor - Shri Pal Singh



SUNRISE GREENS
Indrapuram, Ghaziabad



MAGNIFYING SUNRISE GLORY

An initiative by Sunrise Greens Residents Welfare Association.



History



Progress



Professionals



Kids & Talent

HIGHLIGHTS



Art & Living



Fitness



Events



Quiz

GOLD SPONSOR



मुख्य सम्पादक की कलम से...



आप सभी को नव वर्ष, गणतंत्र दिवस एवं होली की अनेकों शुभकामनायें।

समय, समाज और संसार आज सभी परिवर्तन के दौर में है, हम सब भी सनराइज ग्रीन्स में होने वाले तीव्र, निरंतर एवं सकारात्मक परिवर्तन के साक्षी हैं। आपकी अपनी पत्रिका “सनराइज-बज्ज” भी एक नए परिवर्तन व नई सोच का जीवंत उदाहरण है। हमारी SGRWA टीम के निरंतर प्रयाश व आपके सहयोग एवं मार्गदर्शन से, अनेकों उतार-चढ़ाव से गुजरते हुए विभिन्न बाधाओं को पार कर आज हम सब सफलता के एक दौर में खड़े हैं, परिणाम-स्वरूप एक सुन्दर, स्वच्छ तथा सभी सुविधाओं से सज्जित सोसाइटी आपके समक्ष है।

अपने-अपने मकानों में तो हम सब अपने तक सीमित रहकर सभी सुविधाओं का लाभ ले ही रहे हैं, लेकिन अपनी इस सोसाइटी को वास्तविक रूप से हमें अपना ही एक वृहत घर समझकर, इसकी सम्पन्नता, सजगता और उन्नति के लिए भी प्रयाशरत रहना चाहिए। हम सभी साथ मिलकर काम करें, एक दूसरे को और अधिक जानें, सद्भावना एवं एकजुटता सदैव बनी रहे, ऐसे भाव और उद्देश्य के लिए आपकी SGRWA टीम ने इस पत्रिका का सम्पादन किया है।

समाज की सेवा करने का अवसर हमें अपना ऋण चुकाने का मौका देता है- श्री नरेन्द्र मोदी जी...

प्रधानमन्त्री श्री नरेन्द्र मोदी जी की यह बात मुझे प्रेरित करती है। SGRWA समाज-सेवा का एक माध्यम है, इस पर न किसी एक का अधिकार है और न ही ये किसी अकेले की जिम्मेदारी, ये हम सबकी सामूहिक जिम्मेदारी है, मैं SGRWA की ओर से आप सभी सृजनात्मक कार्यों में सकारात्मक सहयोग देने का आवाहन करता हूँ। हमेशा याद रखिये...

“कभी भी बुरे लोगों की सक्रियता समाज को बर्बाद नहीं करती, बल्कि हमेशा अच्छे लोगों की निष्क्रियता समाज को बर्बाद करती है।”

आप सभी के सहयोग से हमारा प्रयास रहा है कि हम सोसायटी के प्रारंभ से अब तक के महत्वपूर्ण चरणों, विभिन्न कार्यक्रमों और अहम् परिवर्तन तथा इसके लिए किये गए प्रयासों को इस प्रथम संस्करण में संतुलित रूप से शामिल करते हुए, अन्य महत्वपूर्ण जानकारी, आपके दिये हुए लेख, अपने सह-निवासियों के बायो-डाटा, बच्चों की सुन्दर कृतियाँ एवं उपलब्धियों को संजोकर, आपके समझ रोचक रूप में प्रस्तुत कर सकें। आशा है आपको यह नेक प्रयास जरूर पसंद आएगा।

मैं ‘सनराइज-बज्ज’ पत्रिका के प्रकाशन में सहयोग का अवसर प्रदान किये जाने पर, अपनी सम्पादक टीम की ओर से SGRWA प्रबन्धक समिति को सहृदय धन्यवाद देता हूँ। इसके उद्देश्यपूर्ण एवं सफल प्रकाशन के लिए संपादक समिति, समस्त सहयोगकर्ताओं एवं सह-निवासियों को हार्दिक शुभकामनायें देता हूँ।

इस पत्रिका के आगामी संस्करण के लिए, तथा अपनी सोसायटी “सनराइज ग्रीन्स” में शेष ओर नये कार्यों के लिए मैं पुनः आप सभी से साथ मिलकर काम करने का निवेदन करता हूँ। माननीय श्री अटल बिहारी वाजपेयी जी ने भी कहा है:

*बाधाएं आती हैं आयें, घिरे प्रलय की घोर घटाएं।
पांवों के नीचे अंगारे, सर पर बरसे यदि ज्वालाये।
निज हाथों में हँसते-हँसते, आग लगाकर जलना होगा।
कदम मिलाकर चलना होगा, कदम मिलाकर चलना होगा।*

आपका भवदीय
श्रीपाल सिंह
मुख्य सम्पादक, सनराइज बज्ज
महासचिव, SGRWA

You have to dream before your dreams can come true. - Abdul Kalam

इससे पहले कि सपने सच हों आपको सपने देखने होंगे - अब्दुल कलाम

President's Message



Namaste Dear Residents!

Congratulations for 1st edition of 'Sunrise Buzz' Magazine, a first ever initiative of its kind. My heartiest thanks goes to entire Editorial Team of Sunrise Buzz, especially to Shri Pal Singh, Chief Editor of the magazine who not only dreamed it, but initiated and executed it very well with lot of personal efforts, a great team work and excellent coordination.

It is a different experience for me to serve as president for society for last one year.

It was a big responsibility to serve such big society especially when things were not in good shape. I am happy that I and my team contributed little bit for the betterment of the society. I always believe in "सबका साथ, सोसायटी का विकास" I am always thankful to all volunteers & supporters who helped us and contributed in various development tasks of the society. I also thankful for those who have positively criticised us, which finally helped us to improve further.

From my childhood. I mostly travelled against the flow & did better in difficulty conditions, so somewhere somehow people who always worked against the growth also helped me and my team to work with more strength. Not even for a single moment I felt being president is a matter of pride rather I have taken it as a challenge & additional responsibility. But i am surly proud to be a resident of such a beautiful society, where residents value brotherhood and belongingness. Many RWAs / AOA's had difficult time to run even for Maintenance of the society without control on prepaid electricity, it is unbelievable for other societies that we executed such a big painting & repair project without control on electricity/prepaid system for dues collection. It is the honour for all of our residents & volunteers, a big salute to all of you.

I feel such voluntarily work is not to be done to pay for your hard work but every step in your life gives you chance to learn something and I learned a lot in this last one year, especially patience. I advice my young friends, contribute 100% in every work which you get chance to work on, it might not give you guaranteed success but certainly will give you chances to learn something new. I specially thank to Sr. Citizens who always guided SGRWA & supported us at every step. People called them senior citizens but for us they are our guardians / मार्गदर्शक।

Any society can only grow with contributions of all of its residents. I welcome all residents to come forward and be the part of current and future development activities. I remember I said few words in our oath taking ceremony:

खूबी इतनी तो नहीं हमने की, दिल में घर कर जाएँगे।

पर भूलाना भी आसान ना होगा, ऐसा कुछ कर जाएँगे।।

I and my entire team still believe in same and will continue the efforts with same magnitude.

जय हिन्द। जय भारत।

Yours Sincerely,
Ravindra Saini
President, SGRWA

Magnifying Sunrise Glory

“It’s a new dawn, it’s a new day and it’s a new life” - Nina Simone

How true and appropriate for our dear society that is appropriately called Sunrise Greens. Nice philosophical thoughts aside, SGRWA (Sunrise Greens Residents Welfare Association) derives great pleasure in announcing the Sunrise Buzz - your society magazine.

What you see is the inaugural issue. We would feel that we have succeeded in bringing out an attractive, highly readable, and above all an informative publication that not just every resident of Sunrise Greens but every reader is able to obtain even half the excitement that we have felt.

From day one of its tenure, the present SGRWA was keen to bring out such a social magazine that binds us all together. The journal possesses this huge potential to let each one of us know what our neighbor is and also get to share our own life’s experiences. Be it the academic or professional accomplishments, the arrival of a new born in the family, or alas, the demise of a dear family member - all of this and more would find due coverage in the magazine. Not to speak of the thoroughly fun-filled and the exciting manner in which we celebrate all major events & festivals.

In this way, our Society residents will have a ready access to communicate whatever it is that they want and also get to know the rest of us. In this manner, sooner than later, we will have a healthy synergy building up our midst. Already the signs are pretty promising within Sunrise Greens. Gone are the frequent basic amenities disruptions and all the past negativity has given way to a rather pleasing and welcome in all respects camaraderie and an overwhelming willingness to meet, discuss and resolve all issues amicably.

Sunrise Buzz is our society magazine, your magazine and every apartment owner and resident’s magazine. All of us are expected to and ought to contribute to its contents and thereby enrich not just the mag but also the lives of all the friends who call this complex their home.

Therefore, Buzz’s editorial team eagerly is awaiting your contributions on subjects and topics that we have decided for the further editions of the magazine. Basically among general topics, to begin with, we intend covering features on health, sports, fitness, and the irresistibly imaginative contributions

from our delightful children.

Our dream is to render this inaugural edition of the Sunrise Buzz a mesmerizing kaleidoscope of our individual lives carrying in its ambit all the colours, the hues and the shades. This way, we have no doubt that whosoever sees a copy of the same would immediately want to pick it up and read.

To sum up -

- Sunrise Buzz is published with content based on good and happy events occurring in the individual lives of residents.
- It will reflect the varied and highly interesting as well as different experiences that we are going through in our lives and in this way share as well as receive information from others.
- Through the contents the magazine will enlighten us about the often difficult but at the same time the successes of our society since the day of its inception to the present times.
- A positive outcome of such communication is that we will pretty soon have a complete directory of each of the residents mentioning in particular their areas of expertise.
- Though SGRWA will part fund the inaugural issue, we intend to generate revenue through advertisements and render it a one hundred per cent self-sustaining journal.

Thanks a ton for all the wonderful contributions from you which has already been published in this inaugural issue. We promise to give due importance and enough coverage to each and every line penned by you so long as it fits in with our basic content structure and requirements.

Our editorial board has no doubt that gradually we would have attained a stature and quality for the magazine that will be set as the benchmark by other societies for their own publications in the times to come.

Looking forward to your continued cooperation as well as invaluable feedback!

Thanking you again, Happy New Year, Happy Republic Day and Happy Holi!

(Krishnan Anand)
Editor - English

Be the change that you want to see in the world- Mahatma Gandhi

खुद वो बदलाव बनिए जो दुनिया में आप देखना चाहते हैं।-महात्मा गाँधी

विजय कुमार यादव
आई. ए. एस.
उपाध्यक्ष



गजियाबाद
विकास
प्राधिकरण
गजियाबाद

कार्या : 0120 - 2791114
0120 -2791078-फं.
निवा : 0120 - 2820160
0120 - 2820999-फं.
ई-मेल : gdagzb@gmail.com

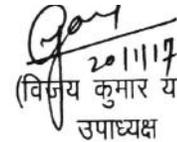
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दिनांक- २१-१-१७

शुभकामना-सन्देश

प्रिय सैनी जी,

मुझे यह जानकर अत्यन्त प्रसन्नता हुई कि सनराईज ग्रीन रेजीडेन्ट वैलफेयर एसोसियेशन द्वारा गणतंत्र दिवस पर “सोसायटी मैगजीन” के प्रथम अंक का प्रकाशन किया जा रहा है। आपका यह प्रयास सराहनीय है। मैं पत्रिका के सफल प्रकाशन की मंगल कामना करता हूँ तथा मुझे आशा है कि यह स्मारिका जनसामान्य के लिए लाभप्रद होने के साथ साथ लोकप्रियता प्राप्त करेगी।

श्री रविन्द्र सैनी जी,
अध्यक्ष, SGRWA
12ए, अहिंसा खण्ड-1, इन्दिरापुरम,
गजियाबाद,
मो0 9818788008


20/1/17
(विजय कुमार यादव)
उपाध्यक्ष



ग.सं.स. N° 393510

दिनांक- 19/01/2017

शुभकामना-सन्देश

सनराईज ग्रीन्स निवासियों,

मुझे यह जानकर अति प्रसन्नता हो रही है कि सनराईज ग्रीन्स रेजिडेन्ट्स वेलफेयर एसोसियेशन के माध्यम से सोसाईटी की पत्रिका का आयोजन गणतंत्र दिवस के शुभ अवसर पर किया जा रहा है आपका यह प्रयास सराहनीय हैं इस अवसर पर आप सभी निवासियों को गणतंत्र दिवस की शुभकामनाएँ।

श्री रविन्द्र सैनी जी,
अध्यक्ष, SGRWA
12ए, अहिंसा खण्ड-1, इन्दिरापुरम,
गाजियाबाद,
मो0 9818788008

A.P. Sharma

पं0 अमरपाल शर्मा
विधायक साहिबाबाद

अशु कुमार वर्मा
महापौर



महापौर आवास :
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मोबाईल : 9810009581

पत्रांक

दिनांक 19-1-17

शुभकामना-सन्देश

प्रिय सैनी जी,

मुझे यह जानकर अत्यन्त प्रसन्नता हो रही है कि सनराईज ग्रीनस रेजीडेंट वेलफेयर एसोसिएशन द्वारा 'सोसाईटी पत्रिका' का आयोजन गणतन्त्र दिवस को किया जा रहा है। आपका यह प्रयास सराहनीय है तथा मुझे आशा है कि आने वाली युवा जनरेशन को काफी लाभ मिलेगा। इस अवसर पर बहुत-बहुत शुभकामनाएं।

भवनिष्ठ

श्री रविन्द्र सैनी जी,
अध्यक्ष, SGRWA
12ए, अंहिसा खण्ड-1, इन्दिरापुरम,
गाजियाबाद,
मो0 9818788008

अशु कुमार वर्मा
महापौर
नगर निगम गाजियाबाद

फेड ए ओ ए संरक्षक-सन्देश



प्यारे निवासियों

मैं आलोक कुमार बतौर फेड ए ओ ए संरक्षक आप सभी को नव वर्ष के मंगलमय होने की एवं गणतंत्र दिवस की शुभकानाएं देता हूँ। जयपुरिया सनराइज ग्रीन्स आर डब्ल्यू ए का सोसायटी मैंगजीन प्रकाशित करने का प्रयास न केवल प्रशंसनीय है बल्कि अन्य आर डब्ल्यू ए के लिए अनुकरण गीय भी है। इस पत्रिका के माध्यम से अपने सहनिवासियों को जानने का मौका मिलता है साथ ही पूरे वर्ष में हुई गतिविधियां, यादों को सहेज कर रखने का एक माध्यम भी बनता है।

मैं सोसाइटी में हुए अकल्पनीय, अनापेक्षित एवं अप्रतिम कायापलट हेतु यहाँ के वरिष्ठ नागरिकों की कमिटी जिनके आशीर्वाद और मार्गदर्शन में वर्तमान आर डब्ल्यू ए काम कर रही है, दोनों के आपसी समन्वय दूसरी सोसाइटियों के लिए एक आदर्श उदाहरण हैं और हार्दिक बधाई, अभिनन्दन, वंदन और नमन के पात्र हैं। इस सोसाइटी का कायाकल्प ऐसे है जैसे किसी बीमार कंपनी का प्रबंधन बदल दिया गया हो और कंपनी शिखर पर पहुँच गई हो, ऐसे उदाहरण इतिहास में कई हैं। वर्तमान आर डब्ल्यू ए ने सिर्फ अपनी सोसाइटी का ही विकास नहीं किया है बल्कि समाज के प्रति भी फेड ए आ ए के साथ मिलकर फेड रेरा, पुलिस आपके द्वार जैसे कार्यक्रम का सफल आयोजन कर समाज में अपनी एक अलग पहचान बनाई है। मैं इस सोसाइटी से बहुत पहले से जुड़ा हुआ हूँ लेकिन पूर्व में इस सोसाइटी की छवि पूरे इंदिरापुरम में अच्छी नहीं थी लेकिन वर्तमान में इस सोसाइटी की गणना इसके वाह्य और आंतरिक सौंदर्यीकरण (पूर्व में असम्भव से लगने वाले पेंटिंग और रिपेयरिंग काम का परिणाम होना, बाग का विस्तार, तरणताल का सुचारू संचालन) होने से उत्तम सोसाइटीयों में हो रही है। इस सोसाइटी के वर्तमान अध्यक्ष श्री रविंद्र सैनी और उनकी विकासकारी टीम का विकास रथ केवल अपनी सोसाइटी तक सीमित नहीं है बल्कि बतौर फेड ए ओ ए सचिव गाजियाबाद जनपद के सिर्शस्थ 75 सोसाइटी के विकास में अपना बहुमूल्य योगदान देकर आशीष व प्रेम के पात्र बन रहे हैं।

मैं पुनः बधाई देकर अपने शब्दों को विराम देता हूँ और ईश्वर से प्रार्थना करता हूँ कि आपका आपसी सौहार्दय ऐसे ही बना रहे और इसी तरह के अद्भूत कार्य कर दूसरों को भी अनुकरण करने की प्रेरणा का श्रोत्र बनते रहें।

आलोक कुमार
संरक्षक
फेड ए ओ ए

SUNRISE GREENS SOCIETY IS SHINING



Ever since the incumbent body of SGRWA is at the helm's of affairs, the society has progressed by leaps and bounds. Although their achievements/ accomplishments are in plenty, but highlighting a few of them would suffice.

1. The first and foremost task before the management was to make the financial discipline more transparent and credible. There were reports. of misappropriation of society's funds-coupled with other financial mismanagements. prior to them Therefore it was pertinent, on the part of the management, to cleanse the system. They have successfully done it and it is the hall-mark of their distinctive feature of excellence. Congratulations for their benevolence.
2. The management took another important initiative in making club facilities available to the residents on nominal charges. Earlier the residents have no access to such facilities. If some more space is created within the club area, after some additions & alterations, it would be a cheerful moment for the residents.
3. Maintenance and beautification of the central park is eye-catching and highly applaudable. Earmarking space for different games (covered with net) is a well thought idea and deserves appreciation. Adding more steel benches & jhoolas for children, in the central park, indicate how the management is sensitive towards the elderly and children.
4. The management's innovative idea of setting up a library in the society has been widely appreciated by the residents. The library is well equipped with a large number of books, besides some playing material for the children.
5. The most challenging and ambitious project for the management was painting the society. As we all know this was in limbo for a long time for one reason or the other. There was an overall atmosphere of despondency. There was also a perception amongst a section of residents (though fewer in number) that this exercise by the management will be nothing but a damp-squib and non starter.

Notwithstanding the perception and all other odds, nothing could deter the management in taking a decisive and bold decision, for which they enjoyed the majority support of the residents. There is no denying the fact that it was a onerous and gigantic task. But the wit and wisdom exhibited by Sh. Ravinder saini ji and his dedicated team is exemplary and praise worthy. As somebody has rightly said that "leader is he" who leads from the front" The acumen and dynamism displayed by the leadership is commendable. It also reminds us of the proverbial saying that "where there is a will, there is a way" The management has proved beyond any doubt that they have the will as also the resoluteness, to take up any development work with the public support. Management's Mantra is "सबका साथ, सोसाइटी का विकास".

The final coat of painting is in its last leg and the day is not far off when it will be seen as a 'dream come true'. Let us co-operate with the management in their Endeavour to make our society, the number one in Indirapuram. Let us also pay our dues to the management on time.

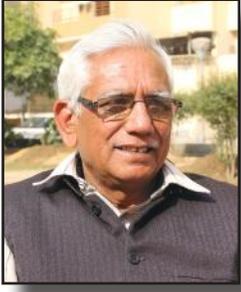
We can proudly say that our society is SHINING.

S. D. SHARMA, E-204

Mob. 9810012723

BUDDING TALENT ⇨ **Anusha Ponia** D/o – Ashwani Ponia / Alka Ponia, F - 1007

Achievement: Got 96% in CBSE 12th. Now studying Maths Hons. In Lady Shri Ram College of Delhi University.



सनराइज ग्रीन सोसायटी

खुशहाली की ओर.....

राजपाल कुण्डु

बी-502,, फोन : 921132064

अध्यक्ष, सीनियर सिटीजन वेलफेयर, एसो0 सो0 गो0 सो0, इंदिरापुरम

मुझे यह जानकर बहुत हर्ष हुआ कि सनराइज ग्रीन्स सोसायटी की RWA द्वारा एक मैंगजीन निकाली जा रही है। यह तो बहुत ही अच्छा कार्य है और इस कार्य के लिए SGRWA टीम बधाई के पात्र है। यह टीम केवल एक वर्ष और छः महीने पहले ही आई है। इस थोड़े समय में इस टीम ने कई सराहनीय कार्य किये हैं। और इन कार्यों में सोसायटी के सभी निवासियों ने भरपूर सहयोग दिया है। जैसे सोसायटी की नये सिरे से मरम्मत व पुताई का कार्य। इस कार्य की तो पूरे एरिया में चर्चा हो रही है, और बच्चों के खेलने के लिए पार्क में जाली लगाकर उनका खेलने का अलग से बंदोबस्त किया गया है। सभी झूलों की मरम्मत करवाई गई और कुछ झूले नए लगाए गये, बुजुर्गों के लिए (महिला व पुरुष) पार्क में बैठने के लिए बैंचों की संख्या बढ़ा दी गई, पार्क को हरा भरा व सुन्दर बनाया गया है। पी ब्लॉक में लाइब्रेरी बनाई गई जिसमें सभी निवासी जाकर किताबें व अखबार पढ़ते हैं। बच्चें तो इंडोर गेम्स का खूब मजा लेते हैं। सुरक्षा व्यवस्था में भी काफी सुधार हुआ है। इन सभी कार्यों के लिए मैं सोसायटी की RWA और सभी निवासियों को इसकी बधाई देता हूँ और कामना करता हूँ कि भविष्य में भी हमारी सोसाइटी ऐसे ही उन्नति करती रहे।

“सबका साथ सबका विकास”



Message From My Heart

Anil Rathore, K -1001

It gives me immense pleasure to bless, congratulate & wish success to our dear residents, editorial team, SGRWA office bearers & staff in bringing the 1st edition of our in-house journal 'Sunrise Buzz'. A long awaited dream comes true. Now the residents specially the senior citizens and house ladies will come closer to each other. We shall know more about our history, progress milestones and about our neighbours too. In sorrow & happiness we can share with each other without any barriers. In emergency we can help each other.

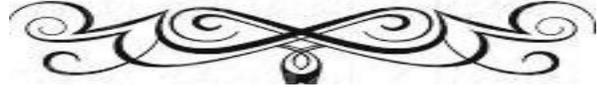
In recent days we have seen many changes the foremost BUILDING PAINTING due to which there is a new look given to our complex which was long awaited since last 4-5 years. The library, renovated Green Park, celebration of festivals by participation of each & every member of our family is yet another cherish in Sunrise Greens these days. But it is not our destination more kilometres we have to go for many more welfare activities, few of them may be more facilities in club house, beautification of main gate, facilities for last rites in case of any causality in the families & so on.

I think our SGRWA is of the residents, by the residents & for the residents. On behalf of all residents, I once again would like to thank all Volunteers and SGRWA Team for devoting their selfless efforts for the welfare of our Sunrise Greens.

With lots of good wishes!

"If LIFE keeps asking you the same questions, that means you are not learning the lesson!"

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SGRWA

'History & Its Office Bearers'

– A Brief Overview

"If you don't know history, you don't know anything. You are a leaf that does not know that it is part of a tree."-Michael Crichton

How true as well as appropriate in the context of the rather eventful journey that our residents' welfare association has undertaken and continuing to do so. The milestones as well as the accomplishments that SGRWA (Sunrise Greens Residents Welfare Association) has managed to reach are by no means small. But all the same, it has to be readily acknowledged that at many instances during this period there have been tremendous issues, concerns, etc. concerning either directly or indirectly the welfare of the residents.

The SGRWA was formed and formally registered as the democratically and duly elected residents' welfare body for our society on 27 MAY 2008, the date on which the association received its registration certificate from the Dy. Registrar, Meerut the relevant Government authority.

While it is true that SGRWA like so many other resident welfare associations had to, by definition, focus solely on the maintenance and upkeep of the high rise complex that houses all the residents, its position and work is unique as from day one the body had to deal with builder and the accompanying lobby.

Sunrise Greens is a huge complex offering shelter to nearly 4,000 people who collectively form this vast and extended family that is

our society. In all, there are 1103 flats under different categories.

It is in this light, that the work done by different board members who occupied different positions within the SGRWA during different times comes into sharp focus. Even a cursory look at some of the obstacles that these selfless men and women have delivered from time to time would reveal the enormous levels of success that the body has achieved during this period.

Many people have contributed immensely through SGRWA Board of Management.

The present SGRWA through this journal readily and fully acknowledges the tremendous contributions made by each and every single member who has even for a few months occupied any of the executive positions as well as served as a board member in the elected panel.

We would have very much liked to mention each and every such name here in this column. But that would have entailed a whole lot of space and rendered the entire piece into a never ending content and, hence extremely tedious.

In any case a big, heartfelt "THANK YOU" to all of them on behalf of the rest of us in the society is very much in order.

THANK YOU VERY MUCH LADIES AND GENTLEMEN FOR YOUR SELFLESS WORK.

BUDDING TALENT ⇒ **Kriti Rathi** D/o - Sanjay Rathi / Pooja Rathi, G - 104

Achievement: Scored 95% in 12 CBSE board (2015-16). Selected for both IIT and BITS PILANI ; her preferred choice was BITS.

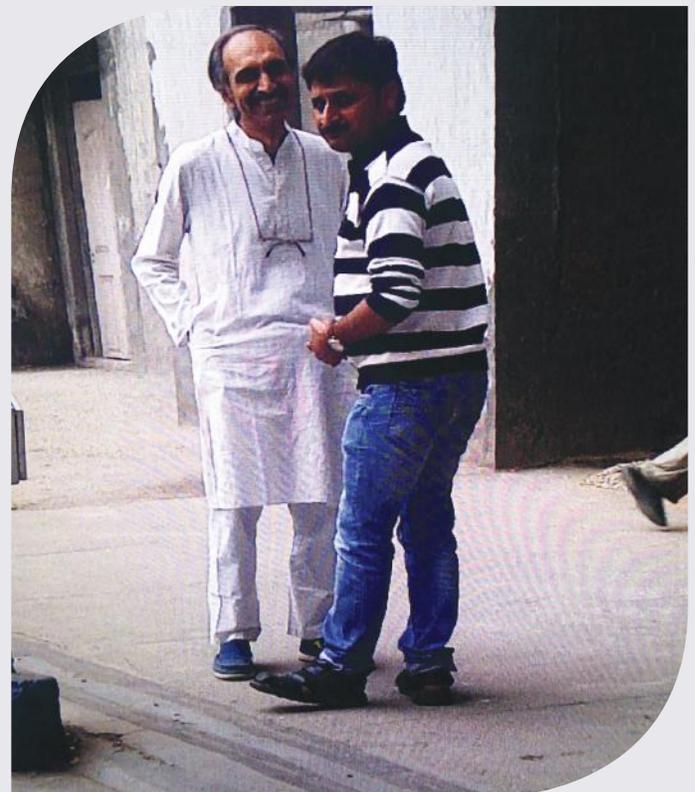
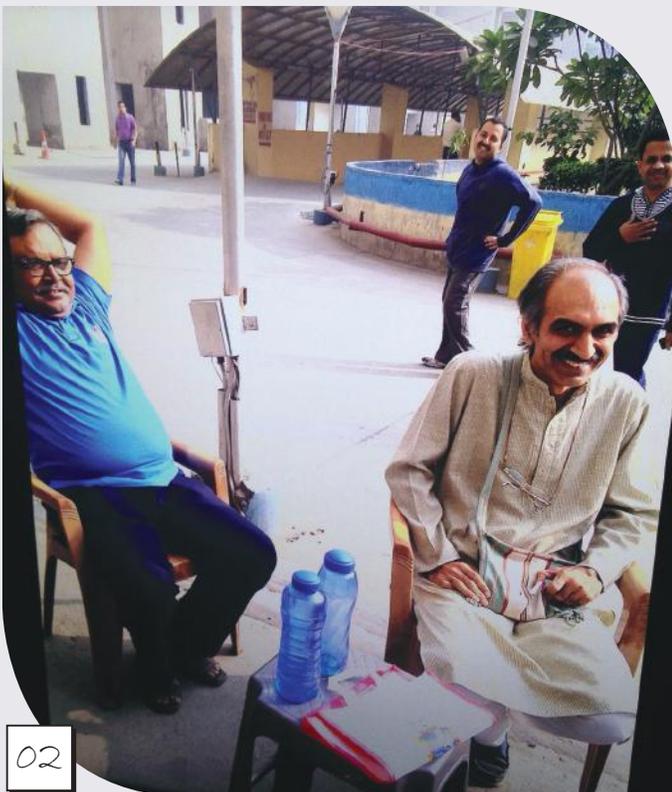
Given below are the names of the different Presidents and General Secretaries who served the society under different SGRWA tenures -

- ❖ Mr. Ajay Joshi was the President and Bobby Varghese was General Secretary of the first duly constituted SGRWA body in 2008. Remember this was a totally voluntarily formed association and was not a duly elected body. There was not even an office which these members could call their own.
- ❖ Things changed for the better when in **November, 2008** the first ever election took place. Mr. Gautam De became the President with Mr. Neeraj Tyagi duly assisting him as the General Secretary. This tenure lasted till 2010 when the next election was held. They worked tremendously with very limited resources and merely no payment collection whereas facing huge challenges of incomplete work and poor maintenance of the Builder. They used to work in a limited office space provided by builder

in club house.

- ❖ **In 2010**, Mr. Gautam De was re-elected as the President and Mr. Mohit Pant was elected as General Secretary of SGRWA Board. Among other things, Mr. De continued their legal fight with builder, at the same time continued to do lot of welfare jobs including formation of various committees to include all in development, took control of Security & Housekeeping and payment collection under SGRWA, developed billing system and many more recognized infrastructure in P block office.
- ❖ **The year 2012** saw Mr. Kamal Anand taking over as the President of SGRWA and he had Mr. Manoj Pant as the General Secretary. This duo worked on a theory of mutual discussions with Builder to sort out issues outside court and have somehow managed to have IGL Gas & Lift maintenance by OTIS, though residents had to pay a lot for the same not only in terms of money but in terms of struggle, efforts and a painful prepaid system.

Visuals of 2012 Elections



❖ **NOV, 2014** - the first election held as per U.P Apartment ACT 2010 and Apartment Owners voted for over 20 candidates and elected the best 9. Further Mr. Kamal Anand was selected as President and Mr. Manoj Pant again as General Secretary in 1st Board Meeting.

Election- 2014



positive choice and took the challenge to continue the fight for basic amenities in the worst ever crisis time, and they worked excellently in such a time when they had no hand-over from previous executives and had no bank account access, with their commitment and

❖ Unfortunately in **JUNE 2015**, they both decided to quit SGRWA Positions along with Three of the other office bearers who were their Vice President, Treasurer & Asst. Treasurer. The other remaining Four Board members had left with TWO choices which they shared with residents i.e “either to quit and let residents face problems against Builder’s unsupportive attitude and electricity/water issues” OR “as per U.P. Apartment Act 2010, they take charge and continue the operations to excel through residents expectations with their support”. As per residents request, they went with the

continued efforts they became famous as 4-S Team (Saini, Shri, Suman, SKC). Ravindra Saini was President, Shri Pal Singh was General Secretary, S.K. Chaudhary was Vice President and Suman Pal was Treasurer.

❖ In **July, 2015** three more Board members were appointed namely “Navneet Vij, Himanshu Govil & Prashant Saraogi” and all of them supported Team 4S very well and worked hard. In such a bad circumstances where it was really difficult to even manage basic amenities and regular operations, the Team of these SEVEN Board Members not only

Team- 4-S Oath Taking



took care all of these challenges but dreamed and dared to initiate the long pending Dream Project of all residents i.e **BUILDING REPAIR & PAINTING** through a well-defined and successful tendering process with heavily reduced budget.

- ❖ **April, 2016** was the most recent Election as per U.P Apartment Act-2010, in which Apartment Owners voted and elected three new Board members namely “Sonal Jain, Ashok Tyagi, Alok Rastogi” and Prashant Saraogi voluntarily exited the Board. Then SGRWA had got a team of 9 Board Members out of whom Mr. Ravindra Saini was re-elected as President and Mr. Ashok Tyagi as General Secretary in 1st Board Meeting after election.
- ❖ **15th JAN, 2017** - Board yet again had its crucial meeting for the review of portfolio’s and to push painting project better on final stage, Ashok Tyagi has been assigned as a key role for painting and Shri Pal Singh has once again assigned the role of General Secretary as to push forward the other important pending tasks like Handover from JIDPL, Club & Gate renovation etc.

Here, it is very much relevant to take a closer look at our currently serving board members.

- ⇒ **Mr. Ravindra Saini, President** - He has given an entirely new dimension to how the SGRWA can not only afford to adopt an openly and often overly aggressive conduct against the builder and still get huge development projects complete. The painting and the repair work that is nearing completion is a very good instance of such approach.
- ⇒ **Mr. Shri Pal Singh, General Secretary** is the creative vision of the Board and a motivator to everyone, he is an excellent communicator and the key coordinator

for all the committees. He is always active in all welfare and development activities of society and participates in all projects regardless of his designation.

- ⇒ **Mr. Shailendra Chaudhary, Vice-President** - A very popular RWA figure. No festival or function is possible without Mr. Chaudhary taking over the entire arrangements from start to the finish including the big hit with the residents, the compering part.
- ⇒ **Mrs. Sonal Jain, Joint Secretary** - She fulfills a need of the hour being the only lady presence in the board. Always available and smiling Sonalji gets the job done in her own completely unassuming and silent way.
- ⇒ **Mr. Navneet Vij, Treasurer** - Navneet made it a totally trouble free take over from his equally illustrious predecessor Mr. Suman Pal as the Treasurer. The transition from a basically cash based (and, therefore, high risk) accounts to a digital real time software based accounts keeping became possible. Today, thanks to their effort, the present RWA board can proudly claim that it is a highly transparent book keeping and other records that are in ever readiness for **audit that is undergoing.**
- ⇒ Mr. Vij is supported by yet another efficient and reliable person, **Mr. Alok Rastogi** who is the Joint Treasurer.
- ⇒ **Mr. Ashok Tyagi, Board Member** - A man of few words but brings his enormous experience being from the civil engineering field to bear fruit, especially in painting project. His calm demeanour diffuses the repeatedly rising tempers time and again and again. He played a vital role in painting project.
- ⇒ The other Board members too, Mr. Suman Pal and Mr. Himanshu Govil have always

contributed and participated to all SGRWA activities as per their capacity. Intentions are always right for the right

development of society.

SGRWA CURRENT BOARD and OFFICE BEARERS



Names from Left: Shri Pal Singh (General Secretary), Alok Rastogi (Asst. Treasurer), Himanshu Govil (Board Member), Ravindra Saini (President), Sonal Jain (Joint. Secretary), S.K. Chaudhary (Vice President), Navneet Vij (Treasurer), Ashok Tyagi (Board Member), Suman Pal (Board Member)

SGRWA STAFF



From left: Rajkumar (Pappu Mason), Amit (Accounts), Shishir Gupta (Estate Manager), Anjana Aeron (Office Manager), Ramlal Ji (Manager), Rajkumar (Manager), Tulsiram (Office Executive), Anil Kumar (Electrician).

SUNRISE GREENS

- From Inception to the Present

Glimpse of Sunrise Greens at Present



The Journey so far has never been easy, it took enormous efforts and pain to bring you the change that you witness today. You would experience that while reading this article to know the history and struggle of our society and its people.

"We love the struggle, after all we are going to need something to talk about when we reach at the TOP"

The above quote is well proved here that notwithstanding the challenges faced so far, we have created something that we can talk about in the future.

Early Days of Struggle and Fight With Builder 'JIDPL' (2008 - 2010)

Our Society 'Sunrise Greens' is a family of about approx. 4,000 people in 1103 flats who are residing either as tenants or as owner-residents. Now, since 2008 when SGRWA came into being and became responsible for the well-being and overall growth of the society residents, it has always been a challenge to operate with things in Builder's control and his unsupportive attitude. JIDPL continued to make every effort to pocket the maintenance fee, electricity charges, etc. from the residents. Our society would have been one of the best from DAY-1 if maintenance and facilities were in good shape, which though has now changed a lot with the positive efforts of SGRWA in the last few years.

Since inception to the present times, it has been a continuous, at times pretty aggressive (both locally as well as legally) serious and volatile wrangle with the builder for each and every aspect of our lives. It was never easy to deal with all issues and deficiencies created by the builder. *The visuals below witness the same.*

Mr. Gautam De, the then President & Mr. Neeraj Tyagi, the then General Secretary and their team along with active residents aggressively took the fight with developer on road as well as in court. Major achievements were::

- *Erection the main gate of the society-after winning the case in civil court*
- *Society sticker for entry of authorized vehicles*
- *Filed WRIT in high court for incomplete building*
- *Filed case in NCRDC for service tax claim from builder*
- *Managed to get security & housekeeping agency in resident's control*



General perception of residents

Residents were having faith in leadership of Mr. Gautam De and were fully supporting him for legal fight against builder to get proper compensation and completion of incomplete work left by JIDPL.

We take this opportunity to thank each and every such individual wholeheartedly who have ever been part of any such activities for the fight of our rights. Our unity is a very good substantiation of the age old African proverb -- *"If you want to go fast, go alone; if you want to go far, go together."*

Year 2010-2012 Challenges and Achievements

➤ **Control over security and housekeeping employees by residents** - In view of lack of security and lot of theft in 2010, SGRWA took control of newly hired security Agency "F&S" deployed by builder by letting them paid by residents directly and work under SGRWA. This way, security was improved. Later in 2012 the agency was changed as they started getting overpaid through direct collection from residents. The changeover from F & S to GSIS agency in 2012 during the tenure of Mr. Gautam De proved to be a vital moment for the society as since then it is SGRWA which is making the payments directly to the agency and who in turn would disburse the salaries to the individual guards or cleaning staff, and hence a better accountability and performance.

Mr. Gautam De, the then President & Mr. Mohit Pant, the then newly elected General Secretary and their team worked for the following positive changes in Sunrise Greens --

- *Better Security & Housekeeping under Direct Control of SGRWA.*
- *SGRWA's Website and its own Billing System.*
- *Cleaning and beginning of basement parking with Token System for Authorized Vehicle/s Entry.*
- *Continued legal fight through G.D.A, Court, Fire Officers, D.M etc.*
- *Participation of large number of residents in development by forming various committees of volunteers.*
- *Proposed and passed the resolution for the Exterior Repair & Painting of the building.*



Residents Controlling Security of Society

➤ **SGRWA Billing System in place** - Before NOV 2011, all individual residents use to make payments directly to F&S agency for the security and housekeeping personnel offered by them, they were getting paid more than the bill and was not sharing Data to SGRWA. The only solution was to take control of payment collection and billing as well. SGRWA started collection from Nov., 2011 and DEC-2011 going door to door directly and later made payment to the Agency. It was then a challenge to build IT/ computer hardware as well as software infrastructure to do billing & accounting as SGRWA didn't have the same at that time.

Celebrating First Bill Generation





Team working for SGRWA billing system

Actually, the society has to thank two people who in 2011 got this robust billing system designed, developed and working in just 15 days in a crisis situation when bills to be sent to residents for the payment they have made to SGRWA on its goodwill. Shri Pal Singh as a volunteer developed this entire system and maintained it fully. Mr. Mohit Pant, the then General Secretary worked really hard to make sure every figure tallies well and bills are all correct and sent timely.

The present body also took a couple of steps further in this direction having a centralized system for collection and generation of bills through the new tally software. The New Year 2017 also saw us providing the ICICI bank's swipe device enabling payments to be made just through debit and credit cards.

➤ **Parking Stickers and Token System** - In the initial years, each four wheeler and two wheeler used to be parked anywhere in the society even on pathways and we had no control, no identification and mechanism was in place. SGRWA and its Parking Committee worked hard that time to stop parking on ground floors, cleaned and illuminated basements and requested everyone to park there only. All bonafide residents were given a parking sticker as well as a token which would reveal their flat number as well as enable them entry into the society giving proper space in the three basements. This simple enough system has, by and large, served the residents well for these years. Volunteers like Mr. Prashant Jain, Mr. Alok Gupta and Mr. Ajay Joshi played a vital role in this task along with the Security Committee.



Security Committee implementing Token System well into late hours

➤ **Official website of SGRWA proving to be a force** - In this age and time, it is hard to appreciate any institution that do not have any online presence. Well, www.sgrwa.com is our website that was initiated by Mr. Shashi Narain, resident of M block way back in 2010 and later revamped, redesigned and improved by Mr. Shri Pal Singh who selflessly is managing this so far till today with full dedication and without any cost to residents/SGRWA.

➤ **Building Exterior & Painting Project was first dreamed in 2012 by Gautam De & Mohit Pant:** With the help of some dynamic volunteers like Mr. Najaf Raja and Shri Pal Singh, SGRWA team at that time managed the budgeting of painting project & passed it in A.G.M in July-2012. But because of huge budget requirements & having less time in their tenure, they were not able to initiate the project.



AGM of 2012 for Painting Budgeting

Due to lack of maintenance on the part of the builder, two serious accidents occurred during this period.

- 1- Falling of E Block Arch from 12th floor on top of a resident's car.
- 2- Falling of P block lift car in its pit.

Though the current team under the leadership of Mr Goutam De worked hard to trap the builder & make him responsible for the same and developer was under immense pressure of District administration & GDA to get the incomplete task done in the society.

GDA conducted the survey through its officers/ engineers, and estimated approximately Rs. 10-12 Cr. worth of deficiencies which shall have to be budgeted from builder's pocket to complete all pending work. In fact a final notice was served to the builder Jaipuria Infrastructure Developers Pvt. Ltd. with the ultimatum to either to complete the pending task or face the legal proceeding by GDA. Because of this pressure, some of the task had been attended to by the developer like expansion joint closing & some work in electrical and fire panel. Besides, it was SGRWA election time too.

Year 2012-2014 Challenges and Achievements

➤ **Lift maintenance and upkeep-** JIDPL owed OTIS dues for the original installations set up by it. The builder was liable for the pending dues and added to this was the revised AMC for the lifts. In this scenario, OTIS was willing to take over the complete maintenance of the lifts from SGRWA ONLY after all the pending dues were cleared. Here SGRWA stepped in and paid on behalf of the JIDPL for the installations and maintenance.

The compulsion also happened partly because of the shift in the power equations brought in by the SGRWA elections. The newly elected SGRWA also adopted its own pro builder approach too. The outcome of all this chaos was that a majority of residents found the agreed upon 0.45 paise (approx) per sq. feet for lift maintenance unacceptably high.

➤ **Pre-paid Electricity Recharge System-** It was part of M.O.U of our then SGRWA with JIDPL to allow JIDPL to install the prepaid software led system of payment for electricity recharge that included the lift and common area maintenance as well. The then SGRWA though was eager to get the

prepaid system implemented as it was envisioned to get the LIFT/OTIS charges to be paid by residents easily so Builder can in turn pay to OTIS but this move led to serious protests from a substantial number of residents as it was openly being run by

After the elections in 2012, Mr. Kamal Anand took over charge as President and he was assisted by Mr. Manoj Pant as General Secretary. The SGRWA team of that time did the following tasks:

- Getting Lift repair by OTIS.
- Getting permission of installing IGL GAS pipe line.
- Implementing prepaid system for maintenance charges.
- Paying sewerage charges by residents to GDA, in the absence of proper bills.
- Getting help of builder prepaid system to collect SGRWA maintenance charges.
- Improvements in Park.

the JIDPL who had installed the Radius software which proved to be highly ineffective in letting a user know their actual consumption viz. a viz. through UPPCL provided power supply and the DG run power back up. Residents seem to find D.G charges always high and never received clarity due to lack of transparency.

This is the single most pressing factor that still needs to be resolved by the SGRWA. The present body is working steadfastly towards finding a lasting solution to this vital facility. And once the power back up and the Technical Maintenance come under the control of SGRWA, and then there is no money

related hold that the JIDPL will have. Services will be better.

General Perception of residents: Majority of residents wanted to have better lifts but were not in favor of the decision of SGRWA to sign any MOU with the builder to giving him relief in legal side, not to make it easy for builder to charge us manipulated amount of getting lift repair & most important is imposing Builder's prepaid system on residents which helped JIDPL to extract money from residents through inflated bills without any transparency.

July 2014 - Till Now, Challenges and Accomplishments

When Mr. Ravindra Saini and Mr. Shri Pal Singh took over as President and General Secretary of SGRWA respectively, they found the electricity and water situations pathetic. Similar was the condition of the lifts and other infrastructure and facilities.

Besides the ongoing fight with JIDPL for complete handover, the new team also had to contend with two facts, both because of the unwillingness of the previous SGRWA headed by Mr. Kamal Anand. -- the

SGRWA bank accounts were froze as also the refusal to handover even the files. It is also noteworthy that no audit was also carried out by them as to how they have utilized resident's money lying in the accounts.

Adding salt to injury was the grim reality that the majority of residents had had enough of the seemingly never ending politics within the SGRWA and the mere mention of any new activity or project would make their blood boil.

Highlights of 2015 - 2016 Accomplishments

- *Building Repair & Painting even after huge opposition, pressure and legal actions by Builder by sending him a Claim letter.*
- *New Bore-well for water supply*
- *Enhanced Sports facilities.*
- *Better & Green Park & Aesthetics of all blocks, main entrance etc*
- *Improved SGRWA Library*
- *Clubhouse for residents*
- *Legal battle win for service tax refund, to be re-initiated soon.*
- *SGRWA assets improved, new P.C, Printers, tally based easy accounting, POS Machine for card payments, Chairs etc.*
- *SGRWA managed Swimming Pool with no profit to third party vendor.*
- *New CCTV & LED Lights at Gate / Park*
- *Better Security & Housekeeping.*
- *Participated in Social issues even outside the society to make Sunrise Greens proud.*

It was precisely under such a truly back to the walls scenario, that the new SGRWA team began to work. They showed through their exemplary resolve, and never say die attitude that there simply can be NO FAILURE for a truly determined set of people.

Gradually more and more volunteers joined the team as was the fact that slowly but surely residents

saw value and purpose in what was taking shape.

The outcome -- the SGRWA Library, near total control of the Club House, a newly dug out borewell wholly owned by SGRWA, setting up of the boom barrier, beautiful landscaping of the park and the main gate, and the biggest accomplishment of all -- **Painting, Repair and Seepage Work**

at half the cost of the previously quoted figures.
 > **July 2015 Onwards, SGRWA Team lead by Mr. Ravindra Saini** re-initiated talks and fights for issues against Builder: Be it the issue of electricity, D.G supplies, water crisis or even prepaid, SGRWA took it all seriously and without having any handover & finances from earlier Body led by Mr. Kamal Anand, it was not even to be dreamed by anyone to come forward as social worker to face all such challenges

and work to get them resolved without having accounts, finances and prior documents in hand. **The Team-4S (Shri, Saini, SK Chaudhary, Suman)** not only took this challenge but overcome and proved to be the real well-wisher of society and faced the biggest ever challenges of poor services, and unsupportive attitude from Builder. With the active support and unity of all residents, SGRWA managed to overcome all these challenges and in

'Fight with builder re-initiated in June-2015'



Residents Protesting

GDA Supplied Water, Billed to JIDPL

Firm Stand being taken by SGRWA

fact have got a new stand-by bore well as well. Earlier SGRWA used to pay for the water bills of Tanker's supply in bore well failure, but the Present SGRWA managed JIDPL to pay for water tankers through GDA Intervention.

> **RF-ID Based Automatic Boom Barrier** -The present SGRWA is in the process of implementing a seemingly fail proof boom barrier system that is directly linked to the regulatory of maintenance and other dues by resident owners. Admirable progress has been made in this what with the digital records of a large number of cars and scooters officially registered. A separate pass, etc. for vehicles of visitors is also operational. Even as this is being written, a final list of unclaimed vehicles has been prepared for further action.

Boom Barrier Implementation Trial



➤ **Seepage Repair, Plaster Repair & Building Painting Work** - Efforts were started in 2012 to implement such a huge project. In 2014, again a G.B.M was held and house approved the Project with a budget of approximately **Rs.3.5 Cr.** The then President Mr. Kamal Anand led team came out with a staggering quotation for approximately **Rs. 3.17 crore** only for plaster repair and one could roughly estimate approx. Rs. 6-7 crore for entire project if we add plumbing, seepage repair and final painting too to the Project. Externally in blocks A, P, O, E, and J one could see bricks and the seepage situation inside homes and in the common areas which were quite scary as well.

All SGRWA teams made its efforts and finally it is executed now with the commitment which was started by *Team-4S in July 2015* (rightly led by Ravindra Saini as President & Shri Pal Singh as G.S). This task was possible only with determination, honesty, transparency and proper homework which was done well before presenting the detailed road-map and Plan to Residents. A Painting committee of approx. 15 residents were formed which has prominent role players like Ashok Tyagi, Neeraj Tyagi and many more, the committee did a wonderful job of collecting as many quotations from different vendors and eventually bringing it all to a stage where a General Public Meeting could be held which happened on **1 NOV 2015**, later on **8th NOV 2015** a Havan was conducted to formally start the job with the blessings of GOD.. The eventual price of **Rs. 25/- per sq. feet** as a share of each flat proved a drastic

improvement from the previously quoted figures. The total cost came to **Rs. 3.65 crore** only, and this included the seepage, plumbing maintenance and repair work too.

Following set procedural norms, a tender was floated and the final lowest bidder bagged the contract. The actual work by selected contractor was started in JAN, 2016 and today one can see the change in not just the exteriors but the insides as well. The shafts and common area obviously required relentless getting into and repairing all the

Sunrise Greens Painting as a whole looks nice now, *easy to comment on if it's done well or not but the hardest was to make it possible.* We cannot express the pain and trouble we had for this task even from the day it was started, we had few of our own residents opposing and supported JIDPL, we got threats, we faced police complaints, legal suit against us filed by JIDPL. We have reacted to each sensibly and as per law, we had great support from all residents and hence the task was unstoppable.

leakage prone spots and areas.

Now, the defaulters and detractors are reduced to negligible numbers only. Besides, we have raised debit note for JIDPL giving all the details of the tender & estimates. Further we plan to collect all final expenses, bills and other related details and file a recovery case against JIDPL for this deficiency in his building development & maintenance.

Visuals of Painting Project Flow:

BEFORE

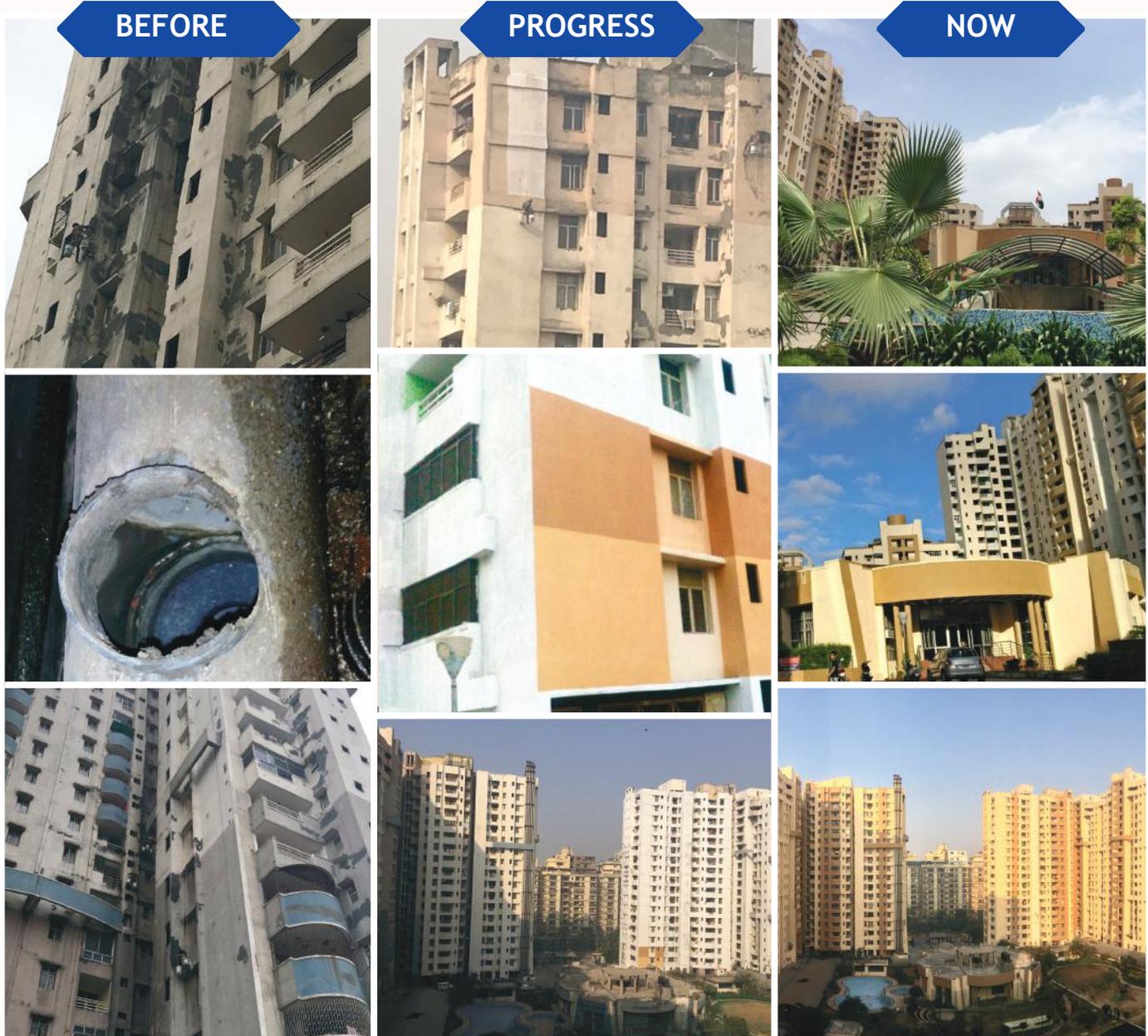


PROGRESS



NOW





➤ **Park Beautification and Play Area Upkeep** - The central park is the only green area that we have collectively for yoga, sports, and for our dear children to play and run around. We have put nets to separate the areas earmarked for cricket and football. Thanks to the tireless and wonderful support put in by Mr. Prashant Jain, Mr. Vinod Venaik and Mr. Prem Sidana. Now the park has assumed a whole fresh and lush green character due to the attractive landscaping and the planting of so many flowering plants as well as trees and crops.

Plantation Drive

Central Park at present



➤ **Club House and Swimming Pool** - Both these are now for all practical purposes very much available for residents through SGRWA. Due to the persistent efforts put in by the present team, there is marked increase in the number of facilities. The swimming pool has been renovated and the changing area clearly spelled out. We are allowing for free entrance to all family members of any owner who has paid their dues. The charges of basic maintenance amounting to just 30 paise per sq. feet are so negligible that it hardly deserves a mention. Club is available to all residents for their celebration & events.



Residents took over club & pool operations

➤ **SGRWA Library** - One of the first things completed by the present team is the well-stocked library based in the RWA office itself. The library along with the small indoor play area for children was inaugurated on 15 August, 2015 and today we have nearly 2000 books spanning varied subject areas as well as age groups. All the books without a single exception have been offered to us by individual residents only complimentary. Nearly all the books have been entered into computer records and there is a well laid out issuance and retrieval system in place. Today, there are well over 200 members who regularly issue books as well as several others who visit this place to spend their evening reading. Mr. Anil Rathore, Mr. Y.P Mathur, and Mr. Krishnan Anand are people managing it with ample help from others.

Inauguration of SGRWA Library 15 August 2015



- **Legal issues pending** - The recent court verdict that the service tax levied need to be reimbursed to the owners is a huge shot in the arm for the SGRWA. It's a success of SGRWA to win legal battle against JIDPL. Similar successes are bound to come before the eventual handover as we have filed cases for other issues too in High Court and other related authorities which are pending to judgment and all are being followed well by current SGRWA Team.
- **SGRWA enhancing its stature in Society** - Strong Mutual co-ordination have been made within the Police, GDA and other related authorities. The holding of the district level meeting in support of RERA (*Real Estate Regulatory Authority*) Bill in our premises was a major step in this direction. Sunrise Greens also had the privilege of hosting police conference chaired by C.O.Indirapuram along with the SHO and a couple of other police officers for a meeting with residents of Indirapuram regarding different safety issues that they are facing.



Summing up, one of the most difficult time is over, most of the hurdles are defeated and society has come in a very good shape now. Many challenging yet difficult tasks have been completed and several still remain which includes complete handover as the priority further.

नेल्सन मंडेला के अनमोल वचन यहाँ लिखना उचित होगा....

“अगर हम कभी किसी बड़े पहाड़ पर चढ़ते हैं, उसके बाद ही हमें पता चलता है कि अभी तो ऐसे कई और पहाड़ चढ़ने बाकी हैं।”

Finally while sending our gratitude to the unity of our residents for the above accomplishments, we shall recall our slogan “Together We Can”!

With Sincere Thanks on behalf of SGRWA,

(SHRI PAL SINGH)
General Secretary

दिल से..



अनिल अरोड़ा

राहुल आनंद, अमित चौधरी और अमित सिंह

आज SUNRISE BUZZ के माध्यम से हमें अपनी सोसायटी के लिए कुछ लिखने का मौका मिला है जिसके लिए एडिटर टीम का तहे दिल से धन्यवाद देना चाहते हैं।

अभी कुछ ही दिनों पहले की बात थी जब हमें हमारे सभी दोस्त या जानकार लोग ये बोलते थे कि आप लोगो ने और किसी अच्छी सोसाइटी में घर क्यों नहीं लिया ये तो बहुत जर्जर और पुरानी सी है, तब हमारी सोसायटी जयपुरिया के नाम से जानी जाती थी और हम भी ये सुनकर काफी मायूस हो जाते थे, पर हमारे हाथों में कुछ नहीं था, हम सब रेजिडेंट्स ऐसे ही रहने को मजबूर थे। तभी न जाने कहाँ से एक उम्मीद की किरण आयी और हमारी सोसायटी में एक नया सूर्योदय हुआ, जो सनराइज ग्रीन्स कहलाया। इसके पीछे हमारी नयी SGRWA टीम (सैनी जी, श्रीपाल भाई, चौधरी जी, नवनीत भाई, अशोक भाई, रस्तोगी जी व अन्य सभी मैम्बर्स तथा सहयोगी) की कड़ी मेहनत, उनकी अपनी सोसायटी के प्रति सच्ची सेवा निष्ठाएं एवं ईमानदारी और सबको साथ लेकर चलने की नीति है। इनकी मेहनत को देखते हुए न जाने हमारे जैसे कितने रेजिडेंट्स इनके साथ खड़े हुए अपनी सोसाइटी को बेहतर बनाने के लिए आगे आये। मुश्किलें भी बहुत आयी पर फिर भी उनकी परवाह न करते हुए आगे बढ़ते गए और आज हमारी सोसाइटी इंदिरापुरम की सर्वश्रेष्ठ सोसाइटी में जानी जाती है। इससे एक बात फिर सिद्ध होती है कि अगर इरादे पक्के और नेक हो तो कोई भी काम मुश्किल नहीं होता है।

अपनी सोसाइटी के सभी निवासियों को हम बधाई और SGRWA टीम को सबकी ओर से धन्यवाद देना चाहते हैं और ये आशा करते हैं कि एक दिन हमारा सनराइज ग्रीन्स सिर्फ इंदिरापुरम में ही नहीं बल्कि पूरे गाजियाबाद में एक मिसाल के नाम से जाना जायेगा।

पुनः सभी को हार्दिक शुभकामना।

आपके अपने,

अनिल, राहुल, अमित एवं अमित।

Failure and Success – The Two Faces of the Same Coin

Failure and success are the two faces of the same coin. We have to live in this world with this positive and optimistic approach only. But today's generation are afraid of their failures and want instant success. In fact, failures are nothing else but postponed success only.

Unless and until, you taste the bitterness of failures, you cannot enjoy the sweetness of success either. Hence, do not fear failures, and instead learn from the experiences that these failures provide you. Worrying and fearing will only mean that you miss success even before trying.

When you spin the coin, it may land on either side, the sides depicting success or failure. The chances of this happening, mathematically speaking one can say, are fifty-fifty.

In the end, one should know that there is simply no elevator to success, but always one has to take the stairs only.

Sushma Nath, E - 404

Rights Vs Responsibility

In our society, everyone talks about Rights & Authorities and even try to grab it all claiming it being given to them by the Constitution of India. You might have found many driving wrong side, they feel this road belongs to them as they are part of the Independent Nation and so it is their right to drive. Many of us often seen using public facilities without caring, sometimes trying without paying appropriate applicable fee. Is this all because it's our right to use all such facilities but what about if their right is causing trouble to others and you are suppressing the rights of others? While talking about 'Your Rights', have you ever thought about 'Your Social Responsibilities'?

To express my true feelings, I have written a 4 liner Hindi Poetry which I am quoting here:

कोई कांटे सहकर सींचता है कोई दिन रात जागता है,
खिलती है कली जब, हर आदमी गुलाब मांगता है।
मौलिक अधिकारों की दुहाई देकर, गुलाब माँगने वालो,
संविधान को हमने क्या दिया वो हमारे कर्मों का हिसाब मांगता है।।

It's just a thought to start a debate inside your conscious mind letting it focus on your recent actions pertaining to your **Rights Vs. Responsibility**. We demanded everything from Constitution, Government, and Society and even from our family. The thought is to find out the acts and the things we did to return back to fulfil our social responsibility and what we actually have contributed towards building a developed society.

Social responsibility is our moral obligation towards our constitution. It shall always find higher place than rights and shall have no space for personal ego. I shall quote a famous line by "WINSTON CHURCHILL" here that:

**We make a LIVING by what we GET.
But, we make a LIFE by what we GIVE!**

Written By: -
Shri Pal Singh, G-804

Source:: <http://www.shripalsingh.com/rights-vs-responsibility/>

CARE OF DOGS DURING WINTERS

CLOTHING FOR PETS

There are many types of sweaters and jackets available for dogs in pet shops. Pick the right size and keep them warm and cosy when you take them for a run.

AVOID TRIMMING OF COAT

Dogs and cats are blessed with thick fur that keeps them warm naturally. Hence, avoid shaving off their coat in winter. Also, don't take your dog out for a walk immediately after giving him a bath. Let his coat dry out completely before taking him for walk. You can towel dry it or can use dryer.

BEDDING SHOULD BE WARM AND COSY

It's best not to let your dog sleep on the cold floor during winter. The prolonged contact to the cold floor can make them sick. Beddings and mattresses for pets come in different shapes and sizes. Get one and see how your pet loves it. Also, place the bedding in a warm spot (carpeted area) preferably where he sleeps everyday so that he feels familiar.

WATER IS NECESSITY

Our pet needs to remain hydrated as he can get dehydrated just as quickly in the winter as summer. The water in the bowl kept outside can turn very cold and the pet might not feel like drinking it. So keep replenishing the bowl after regular intervals. Another important point to keep in mind is that animals move around lesser during winters and so they need less food to eat.

SPECIAL CARE FOR SENIOR PETS

If your dog is suffering from arthritis (inflammation of joints) and osteoarthritis (degeneration of joint

cartilage), they are more likely to have difficulty during winters. To take care of them, you need to discuss with your vet about proper medication, treatment options and ways to keep your dog fit and warm during winters.

BATHING AND GROOMING OF THE PETS

To avoid dandruff, bathing with shampoos or soaps should be limited during the winter months. I recommend once a month bathing. Simple water baths should be sufficient under most circumstances. If you must bathe your pet, use a moisturizing shampoo for sensitive skin. Additional levels of omega-3 or omega-6 fatty acids should be supplemented in diet specifically for the maintenance of healthy skin. Regular brushing and combing keep mats and knots at bay, and let you discover any hidden lumps, bumps or sores.

AVOID OVERFEEDING YOUR DOG

It is important for your dog to eat regularly and walk well during winters, in order to keep up energy and warmth. However, an indoor dog does not need increased food amounts over the winter. Doing so can risk creating an overweight dog.

PROTECT YOUR DOGS FROM HEATERS

Dogs will often seek heat during cold winter by snuggling too close to heating sources. It is advisable to keep heaters at a safe distance from your pet.

From

Dr. Meenal Gupta, C-403

BEAUTY TIPS FOR LADIES, NATURALLY

Hey Ladies!

Firstly I wish to send you my warm greetings of New Year. I wrote this article on a last day so it might be sort though I hope you would find it useful. I am sending you natural beauty tips from your kitchen...

1. While making masala or salad take a piece of tomato, make into a pulp and rub it on your face, wash after 10-20 mins.
2. When you make yummy potato fry take a slice and rub gently under the eye and say bye bye to dark circles.
3. If you make ginger tea take few drops and apply it on your eyebrows to get thickness. (apply very little) wash after 10 mins.
4. After garnishing with coriander leaves, take few leaves and rub gently on your lips it will remove the tan from your lips.
5. All season fruit papaya if you eat regularly your internal body gets clean if you rub it over your skin it will shine.

Try it.... and give your feedback, Wait for more tips in next edition of 'Sunrise Buzz'.

Shanthi Girish, A-203

BUDDING TALENT ⇨ Aahan Malhotra S/o – Pankaj Malhotra / Shweta Malhotra, P – 102

Achievement: Received Awesome Author Award & Certificate for Mathematical Reasoning from Culverdale Elementary School.

Inequality and Discrimination in India

When we talk about India, we say that it is an independent nation but what if I say that India is still under limitations? You'll be asking me that who is putting those limits on us. My answer would be "It is us who are limiting India's complete freedom" HOW? We have put limits to its freedom through discrimination. The unjust treatment to a person on the basis of caste, profession, age, gender etc. is known as DISCRIMINATION. We often call some people as 'low-castes'. Why? Every one of us living with it, not trying to overcome.

➤ **Let's take an example:**

You are going back home in metro train or public bus after a long day's hard work. An old man comes who unfortunately looks very poor, dirty or whom you may identify as low-caste or discarded from the society, and he stands beside you. He is a local grocer and has to stand the whole day under the heat of sun. On the other hand, you sit in a room under an air conditioner. Will you give him your seat? No, because you think you are superior to him so, you should have the seat.

➤ **Now, let's do some changes in the above paragraph:**

You are going back home in a public bus after a long day's hard work. An old man who looks like he belongs to 'your community or religion' comes or someone looking neat, clean and professional or a beautiful girl or a lady comes and stands beside you. Now, will you offer your seat to him? More likely Yes, because that old man belongs to your community.

In the first example you are practicing discrimination. You think that it is your right to have a seat in a public bus. You also think that it is the right of the old man of 'your community' as a senior citizen to have a seat in a public bus. But what about that old, poor grocer which you might have considered as 'low-caste'? He also has a right to have a seat in a public bus; after all he is also a citizen of Independent India just like you. We say there is equality in India as per the Constitution. Is that really true in our society? Does the above example show equality? The nation will only change when the mentality of the citizens of this 'Independent' country which is certainly great, will change. **Equality shall**

not exist in just Constitution or Government Plans, It shall exist in real society and It can be only when you practice it daily. Don't discriminate anyone as 'Low-caste', even never think of this word and forgive me as well to use that, never be rude with anyone based on such discrimination. Work with them, Play with them, study with them and talk to them as you do to your family members then we shall proudly say all the Indians are my brothers and sisters.

'All the Indians are my brothers and sisters'- This line does not mean that your wife is an Indian so she is your sister or your son is an Indian so he is your brother. It means that we should love our fellow countrymen in the way we love our brothers and sisters. My school slogan also says **"Love your Neighbor as yourself"**.

WAKE UP INDIANS! RISE UP TO GIVE THE RIGHT OF EQUALITY TO YOUR BROTHERS AND SISTERS (fellow countrymen).

I have compiled for you some of the beautiful quotes on discrimination:

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

-Martin Luther King

"If you believe that discrimination exists, it will."

-Anthony J. D'Angelo

"The earth is the mother of all people, and all people should have equal rights upon it."

-Chief Joseph

"If you want to see the true measure of a man, watch how he treats his inferiors, not his equals."

- J. K. Rowling

"Remove caste system from your mind and it will disappear from this country."

-Riya Singh

A Seventh Grader
G-804, Sunrise Greens.

श्री हरिः

विषय: जयपुरिया सनराइज ग्रीन्स के प्रबंधन के विषय में।

“पर हित सरस धरम नहीं भाई।
पर पीढ़ा सम नहि अधमाई॥”



वर्तमान कार्यकारिणी उपरोक्त सिद्धान्त पर कार्य कर रही है। सभी को विदित है कि इसका प्रत्येक सदस्य निःशुल्क कार्य कर रहा है। अपना अमूल्य समय निकाल कर अपनी सोसाइटी के उद्धार के लिये तन, मन, एवं धन से कार्यरत

है।

मैंने इनके द्वारा प्रसारित कुछ महत्वपूर्ण पत्र पढ़े। प्रसन्नतापूर्वक कहता हूँ कि सभी प्रारूप संक्षिप्त विलक्षण क्रमबद्ध एवं आशय को पूर्णरूप से व्यक्त करने वाले थे।

समस्त ग्रह धारकों का ध्यान इनके प्रबन्धन के विषय में करना चाहूँगा। किसी भी प्रबन्धन में POSCORB (P=Planning, O=Organiser, S=Supervision, COR= Coordination तथा B=Budget) की जितनी संलिप्तता होगी उतना ही प्रबन्ध व प्रबन्धन अच्छा होगा। आइये प्रत्येक पर संक्षिप्त में दृष्टिपात करते हैं:

1. Planning :

- i) **जलसंकट** - इससे पूर्व आये दिन पम्प फेल हो जाता था। जल दो-दो, तीन तीन दिन तक उपलब्ध नहीं होता था। टैकरों से पानी भरने का अपर्याप्त प्रयास किया जाता था। वर्तमान प्रबन्धन ने इसे गम्भीरता से लिया।
- ii) **स्वच्छता** - सफाई कर्मचारियों का वेतन भी ठीक से नहीं मिलता था तथा कार्य सन्तोष जनक नहीं था। इसे अपने प्लानिंग में लिया तथा प्रगति सभी देख ही रहे हैं। सुबह-शाम झाड़ू पोचा आदि होता है। क्लब का टायलेट, यूरेनल आदि साफ रहने लगे। Odonil आदि का प्रयोग होने लगा।

iii) **बागवानी तथा पार्क** - खाद, नये पौधे लगाना, गमलों की पुताई पार्क का सौन्दर्यकरण, शिशुओं के झूला आदि की व्यवस्था करना।

iv) **भवनों की मरम्मत, पुताई आदि का कार्य** - ये बड़ा कार्य था। भारी बजट की आवश्यकता थी। लगभग 8 करोड़ रूपयों का खर्चा आपेक्षित था। कार्य हेतु टैन्डर निकलवाना। सस्ते एवं वांछित कार्य के खर्च को इसमें रखना। कार्य की प्रगति पर ध्यान देना। व मुख्यतया अर्थ की व्यवस्था करना आदि। प्रगति सभी के समक्ष है। अब कालोनी सजी संवरी लगती है।

इतना तो जब है जब कि बहुतों ने आर्थिक सहयोग नहीं दिया। युवा-प्रबन्धनकर्त्ताओं की धैर्यता एवं बुद्धिमत्ता की जितनी प्रशंसा की जाये कम है।

v) **स्विमिंग पूल की व्यवस्था** - पहले प्रति सदस्य 700 रु0 प्रतिमास था। यदि घर के पांच सदस्य नहाना चाहे तो 3500 रु0 प्रति माह देना पड़ता था। लेकिन अब प्रति घर से 30 पैसे प्रति वर्ग फुट के हिसाब से संचालन खर्च देकर घर का प्रत्येक सदस्य तैरने की सुविधा ले सकता है।

vi) लाइब्रेरी आदि की व्यवस्था।

vii) शिशुओं के स्पोर्ट्स कार्यक्रम की व्यवस्था

viii) धार्मिक आयोजन सरस्वती, पूजन दशहरा, आदि का प्रबन्धन

ix) सामूहिक गोष्ठी की व्यवस्था आदि।

2. **O = Organisation** सभी कार्य अच्छी तरीके से किये गये हैं। टेन्डर आदि की प्रक्रिया। मीटिंग में सभी का बताया गया कि कैसे कार्य होगा एवं पारदर्शिता रखने

के लिये सभी को कार्यलय में सदस्यों से मिलने की सुविधा दी गई। किसी भी संशय का समाधान करने के लिए सेक्रेटरी आदि सदस्य तत्पर रहे। अपने सदस्यों के द्वारा प्रबन्धन करवाया।

3. **S= Supervision** सामयिक निरीक्षण आवश्यक होता है। दुबारा तिबारा रिपेयर पुताई करवाना आदि कार्य को देखकर लगता है कि सन्तोष जनक, सुपरविजन हुआ है। इसके लिये सभी से सहयोग की अपील की गई थी। कितने सहायता के लिये आगे आये विपरीत इसके इनको विपरीत कटाक्षों का सामना करना पड़ा। धन्य है इन सिंह सपूतों को जिन्होंने अपने लक्ष्य की ओर ही ध्यान दिया और जिस संकल्प को लेकर चले थे पूरा किया। लगभग 75 प्रतिशत कार्य हो चुका है।
4. **C= Co-ordinator** यह कार्य सहयोग के बिना नहीं चल सकता। इस प्रकार के कार्य में कॉर्डिनेटर की आवश्यकता होती है। कही विद्युत विभाग, प्लम्बर आदि का सहयोग आवश्यक होता है। संयोजन भी बहुत अच्छा किया गया है।
5. **B= Budget** किसी कार्य के लिये प्रयाप्त बजट होना चाहिये। इन्हें तो हेण्ड ओवर में कुछ नहीं मिला। कार्य हाथ में लेकर गृहधारकों के सहयोग कार्य को आगे चलाया है। कुछ ग्रह धारक तनिक भी सहयोग करने में संकोच करते रहें। प्रभु की कृपा से अधिकतम गृह धारकों ने सहयोग दिया है। निर्धारित राशि का पूरा भुगतान कर दिया।

हम तो मात्र पूछते रहे भईया कैसा कार्य चल रहा है- सदस्यों ने जबाब दिया कार्य ठीक चल रहा है। संकल्प सदस्य प्रभु की कृपा से सभी पूर्ण होने है, मैं भी कुछ की प्रशन्सा करे बिना नहीं रह सकता। जब मीटिंग में पैसे देने की बात चली तो कुण्डु जी प्रथम पुरुष थे जिन्होंने कहा कार्य अच्छा है ये मेरा बलेंक चैक लो और जितनी आवश्यकता हो पैरा भर लेना। इनका यह कार्य इतना प्रभावी निकला कि उसी दिन बहुतो ने 5000/- रू0 राशि के चैक दे दिये।

लेख को सूक्ष्म करते हुए यही कह सकता हूँ कि निम्न समस्या समाप्त हो चुकी है।

1. **जल संकट** - दो अतिरिक्त समरसिबल पम्प

लगवाने पड़े।

2. **विद्युत संकट** - उसी जनरेटर को रिपेयर कराकर।
3. **सुरक्षा** - कर्मचारियों के मासिक वेतन सामयिक हो गया है तथा कोई चोरी का केस नहीं आया।
4. **नहाने का स्विमिंग पूल** - पहले 900 रू0 प्रतिमाह प्रति सदस्य देय था अब घर पर प्रत्येक सदस्य लगभग फ्री में स्नान कर सकता है।
5. **सफाई** - भारी सुधार हुआ है- घरों से कूड़ा लेना, सबह शाम पूरी कॉलोनी की सफाई तथा वरान्डा में पोचा लगाना - फोगिंग आदि का होना।
6. **पुताई** - रिपेयर आदि - प्रशंसनीय है।
7. **बागवानी** - पार्क सुन्दर हो चला है। पर्याप्त पेड़ है। नवीन पौधे लगाये है। खाद आदि की नियमित व्यवस्था हो गई। गमले लाल रंग से पोते जाते है।
8. **एकाउन्ट** - नियमित रूप से उचित बिल भेजे जाते है व स्टाफ धारकों को अच्छी तरह समझाते है।
9. वरिष्ठ नागरिकों को पर्याप्त सम्मान देते है। प्रबन्धनकर्ता बहुत सौम्य, सुझाव के प्रतिमाशाली धैर्यवान है तथा कर्तव्य के पूर्ण रूपेण पालनकर्ता है।

मैं सभी को हार्दिक शुभकामनायें देता हूँ। ऐसे ही उत्साह से कार्य करते रहें। **“बढ़ते जाना बढ़ते जाना भारत के सिंह सपूतों”**।

हमारी ओर से आशीर्वाद - मि. सैनी जी, मि. श्रीपाल जी, मि. चौधरी साहब तथा अन्य कार्यकारिणी के समस्त सदस्यों को।

‘कर्मरिम्में चमध्येवा शेषे विष्णुं च यः

स्मरेत परिपूर्णं तस्य कर्मः वैदिक च भेवदियम’

शुभाकांक्षी

एच डी भारद्वाज

एफ 103

Common Myths About Pain & Its Treatment

-Dr. Sachin Mittal
(Pain Physician)



WHO has included PAIN as fifth vital sign of health in 2001 but still Pain is the most undertreated symptom. Pain treatment is not just about popping analgesics it may require a whole lot modalities. In the era of advanced medical science living with one's pain is no more needed. Patients often don't treat their pain because of under-awareness & myths.

Myth-1: Pain medications should be taken only when pain is severe and unbearable.

Fact: We should start taking the pain medicine (but not the common pain-killers like diclofenac or ibuprofen) even when pain is mild. We should not wait till it become moderate to severe. Once it is moderate to severe, it is difficult to control.

Myth-2: Local application of PAIN KILLER (analgesics) is safer and don't have any systemic side effects in arthritis.

Fact: Topical application of PAIN KILLER also will be absorbed systemically and can cause gastritis and renal damage.

It had been believed that when PAIN KILLER is applied topically will act only on that site and don't be absorbed systemically thus no side effects. It had been proved that analgesic action due to topical PAIN KILLER is very minimal and mostly action is due to placebo effect or its counter irritant effect. It will be absorbed systemically and will cause gastritis and renal damage, though less intense than oral or systemic PAIN KILLER. It can also cause local

skin damage and reaction.

Myth-3: Patient with shoulder pain or back pain with high serum uric acid should be treated for gouty arthritis.

Fact: Shoulder and spine are very rarely involved in gouty arthritis and just elevated serum uric acid without clinical features need not to be treated.

Approximately 25% of the population has a history of elevated serum uric acid, but only a minority of patients with hyperuricemia develops gout. Thus, an abnormally high serum uric acid level does not always indicate or predict gout. Asymptomatic hyperuricemia generally should not be treated. Renal function should be monitored in these individuals.

Myth-4: Spondylosis is the most common cause of the low back pain.

Fact- Spondylosis a not a clinical but radiologic terminology and it merely indicates degenerative change in any part of the spine. It does not constitute a specific diagnosis. The most common cause of low back pain in young and middle aged population is disc

degeneration and in elderly age group it is facet joint arthropathy.

Myth-5: Investigations like X-rays MRI are mandatory to diagnose chronic pain.

Fact: Detailed history helps more in diagnosis of chronic pain than MRI, CT Scan or other costly investigations. Detailed history & clinical examination is all that is required to arrive to a clinical diagnosis. For example in case of facet joint and sacroiliac joint arthropathy a with a local anaesthetic is required to diagnose them as a source of pain generators rather than the costly investigations like MRI or CT scan. Investigations should be there to support clinical diagnosis, an asymptomatic disc prolapse patient seen in MRI need no treatment.

Myth-6: Lying down on a hard surface is helpful and is indicated until the patient is fully recovered from back pain.

Fact: Sleeping on hard surface produces more back pain. It may also cause disturbance in sleep which is again harmful. Mattress should not be too soft. Patient should be allowed to continue with bed that is comfortable.

For any query regarding pain feel free to ask us at: painclinic2010@gmail.com

Introduction:

Dr. Sachin Mittal (Pain Physician)

MBBS, DA

Fellowship Pain medicine (Apollo, Hyderabad)

O-1004,

Mobile: 9013518119

HELP ME

It was a dark night,
Suddenly there appeared a beam of light;
I really was unable to see,
And felt as if someone was saying something to me;
After some time I moved away from that light,
And then suddenly I got a Robot's sight;
I touched that robot with my hand,
Immediately the grasses below turned into sand;
From that sand, many other robots were coming up,
And in their hands, they held a something like a cup;
The robots spread in a wide range,
And their way of speaking was extremely strange;
I was unable to understand anything,
Why from time to time they flapped their wings;
I ran away to save myself,
and was crying loudly for help;
The robots caught me and flew up in the air,
though I was continuously crying for help but no one was there;
They landed me on a lonely place,
and tied me with a thick lace;
After some time they pushed me inside a cave,
and now I can't imagine myself to be saved;
Suddenly came a loud sound,
and within a minutes time I was between two toothed plates which were round;
They were advancing to cut me,
And I closed my eyes so that I'm unable to see;
When I felt those plates were very near and were about to cut me,
I felt that now my life was just going to end to be free;
Then in utmost fear I opened my eyes and began to scream;
Oh my God I was lucky enough that it was just a dream :-)

Prakriti Singhal
(C-502)

The Truth

I've fallen in love with life and come to peace with death,
 options swirl with dignity across my mind,
 each caressing a new possibility and stabbing hope with a blunt end.
 Possibilities bubble up with hope filling air,
 only to be busted in despair by the devil
 that cares for none except her son.
 Hatred burns in my immature lungs for the devil,
 that never considered me as her own.
 And as I grow, that hatred turns into suffocation,
 which slowly removes all traces of light from within
 and tortures me to a dim.
 Killing the innocent little girl
 to reveal a savage that cares for none that had,
 had her shunned.
 For all the world knows an empty shell exists,
 That simply eats, sleeps and cries in wisps,
 A wish I had to have a companion, someone to hold on to,
 but my beloved denied that request
 and as punishment, added more responsibilities amidst.
 Love is blind but also unfair,
 It always finds a way to pull one into despair.
 A strength some say, but I say a weakness it is,
 That pulls us under and drowns all that it has kissed,
 A sin I say it is, to love to breathe, to eat, to feel and to need.
 A sin it is, to wake up every day and smile without fear,
 When one knows the end is not near,
 It may come in shocks or in flashes,
 But, we all know that the only thing that remains is ashes.
 Days, I know, are illusions of movement,
 For darkness always resides with you intruding,
 and killing when happiness is near.
 It is not one's true self on a good day,
 for one only reveals the truth when dark is near.
 The truth of the world lies like the sun,
 praised with its rise and lonely when it is shunned.
 Dawn awaits and dusk overtakes.
 The truth is bitter but real,
 life is not a game to be enjoyed as if in reel.

-Yachna Saxena, N-1301

SUNRISE GREENS

– Salutes Contributors

Dear Residents,

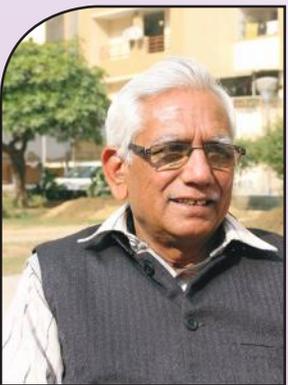
SGRWA thank you all for your continuous support, incredible trust and your appreciation. Whatever accomplishments and achievements obtained so far in any tenure of current or past SGRWA, is not a one-man task, neither handful of elected individuals can do all. The real force behind all successful accomplishments are you “**The Residents**”. Your direct or indirect involvements, your appreciation, feedback, criticism and support has made it possible to see a changed Sunrise Greens which we all must appreciate today and shall feel proud of. We are happy to have some of our own fellow-residents who managed to give constant efforts and continuous time to various development activities by not only initiating but by being involved regularly towards its betterment. We call them “**Constant Contributors**”. Through this platform we shall thank each and every member of the association, all residents & volunteers who have some how supported the development. On behalf of entire society and all residents, a special thanks and gratitude shall be given to our “**Constant Contributors**”, which we are doing through this column by appreciating.



Sh. S. K. Chaudhary, G-401

Contribution: Cultural Events & Festivals

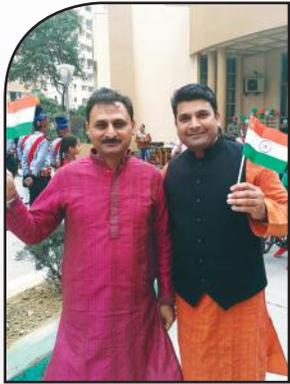
Sh. S.K. Chaudhary has been the leading force of all the festivals, events or any sort of program arranged inside Sunrise Greens since he has shifted here, that too in the very early stage of Sunrise Greens possessions. Be it anchoring, management, execution, planning or any task related to any cultural, social or festival event of our society, he has been doing it passionately, regularly and of course super actively. Society is thankful to his contribution so far.



Sh. Rajpal Kundu, B-502

Contribution: Security Committee

Sh. Rajpal Kundu has always been the head and leader of Security Committee of all SGRWA tenure so far. In the last 4-5 years he hardly had days to miss to take parade / briefing of all security guards in morning as well as in evening. He has always given his valuable inputs and suggestions to SGRWA Team also to Security agency for the betterment, not only that but he contributed in many other welfare tasks too time to time. At times when required, he was well supported by Sh. M.C Tyagi for Security briefings. Society shall appreciate and thank their social efforts.



Ravindra Saini & Shri Pal Singh

Constantly contributing towards the betterment and development of Sunrise Greens since the day they entered in society in 2008 by being actively involved in all activities and by being working as selfless volunteers. Be it the task of security & parking or a need of any technical support to any of past SGRWA's, they worked with best intent always.

They are now the driving force, and hence it is assured that the batton of Sunrise Greens development is with the right team.



Sh. Prashant Jain, H - 403

Contribution: *All-Rounder Volunteer*

Prashant Jain is a gem in SGRWA Volunteer Team. He has always been an active volunteer and social worker in all development activities so far since he took possession of his flat. He has worked almost on all portfolio's and with all SGRWA Body so far. Be it the need of staying up whole night to bore well repair work in water crisis, or electricity crisis or be it the need of parking or security related matters, or be it the need of taking care of SGRWA Office day to day supervision and support to staff, Prashant Jain has always made himself available in front line. For the same we feature his contribution as "All-Rounder Volunteer" and we shall thank him for his selfless and ongoing support to our society.

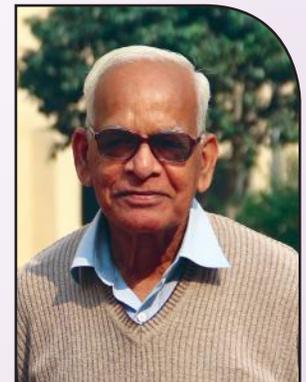


Sh. Anil Rathore
K-1001

Contribution: *Library Operations*

Since the foundation of SGRWA Library, Sh. Anil Rathore & Sh. Y.P Mathur both has devoted themselves selflessly for the ongoing operations of Library activities. They have been doing it regularly and continuously on a fixed schedule by managing not only operations but the book keeping, issue of library cards, maintaining records

Krishnan Anand also has been a support to them regularly for all these activities and Sandeep Singh continuously supported by taking care of IT Infrastructure. We owe them good amount of gratitude.



Sh. Y.P Mathur
M-1001



Sh. Prem Sidana
I-501

Contribution: *Gardening & Park Renovation*

Having an interest in gardening and their love with Nature, Sh. Prem Sidana & Sh. Vinod Venaik offered themselves to take care of the Gardening and Park renovation, SGRWA has trusted their skills and social intention and worked together to produce the results as good as the park and greenery near main gate and all block entrance that you can see these days. They both worked for the same constantly and we owe them a respect and thanks for this support.



Vinod Venaik
M-1201

Key Strength Behind Success

Painting Committee



Standing From Left : Shri Pal Singh, Ravindra Saini, Neeraj Tyagi, Ashish Awasthi, Ashok Tyagi, Tarun Singh, Alok Gupta.
Sitting from Left: Alok Rastogi, R.P. Mittal, Rajpal Kundu, R.K. Sharma, Krishnan Anand, Amit Jaiswal, Shailendra Mishra.

Security, Parking & Other Committees



Standing From Left : Himanshu Govil, Prashant Jain, Alok Rastogi, Navneet Viz, Ashish Awasthi, Amit Jaiswal, Suman Pal, Ashwani Ponia, Kaushik Bahal, Shri Pal Singh.

Sitting from Left : Ravindra Saini, S.K. Chaudhary, Neeraj Tyagi, Alok Gupta, Ashok Tyagi, Krishnan Anand, Suchit Singhal, Shailendra Mishra.

Key Strength Behind Success

Advisory & Legal Committee



From Left: Suman Pal, Ashwani Ponia, Ravindra Saini, Shri Pal Singh, Dinesh Goyal.

Cultural Event Organizers and Coordinators



From Left : Prashant Jain, Gauri Mukhopadhyay, Arpita Rastogi, S.K. Chaudhary, Neetu, Anjali Govil, Himanshu Govil.

Key Strength Behind Success

Ramleela & Krishna Janmastmi Celebrations Organisers & Coordinators



From left > Lakshya, Sunil Saini, Rahul Tiwari Pandit Ji, Kshitij Sharma, Komal Saini, Seema Sharma, Lata Gupta, S.K. Chaudhary.

Durga Pooja & Dusshera Celebrations Organisers and Coordinators



From Left : S.K. Chaudhary, Amitabh Mukherjee, Uttam Kr. Mukhopadhyay, Gauri Mukhopadhyay, Ruma Mukherjee, Neetu, Anjali Govil, U.K.Das, Shatarupa Bhattacharjee.

Key Strength Behind Success

मार्ग-दर्शक मंडल : Enhancing Excellence through Experience



Standing From Left : Shailendra Kumar, Y.P. Mathur, Vinod Chand Jain, R.K. Sharma, Jitender Batra, S.D. Sharma, Bheem Singh, Rakesh Choudhary, V.D. Arora, S.L. Sikka, Nand Lal Arora, Ashutosh Dhar, Rajpal Kundu, R.K. Jain, R.C. Sharma, R.P.Mittal, J.P.Gupta , J.L.Singh, A.K.Tiwari .
Sitting from Left: Prem Sadana, Ashok Kumar, Madan Lal Seth, Ajay Pal Singh, Y.P.Dogra, Vinod Singh, V.K. Dhingra, Rajesh Singh, Arun Kr.Agarwal, M.C.Tyagi.

मातृ शक्ति : Spreading Blessings & Happiness through Havan, Kirtan & other social engagements.



Standing From Left : Chanchal, Sunita Sadana, Usha Dhawan, Kanta Dogra, Manju Sharma.
Sitting from Left : Ambika Jha, Kiran Bhargav, Sushma Lal, Asha Sethi, Suresh Viz, Aruna Tuli, Kamla Pathak.

Finally again, SGRWA thank you all for your support and request everyone to please join hands with Team SGRWA and work collectively for the betterment of our own Sunrise Greens because.....

“Team work divides the task and multiplies the success”.

Sunrise Fest at a Glance

Durga Pooja



Dusshera & Diwali



Sunrise Fest at a Glance

Havan held to commence Painting on 8 Nov. 2015



Holi Celebrations



Sunrise Fest at a Glance

Independence Day Celebrations

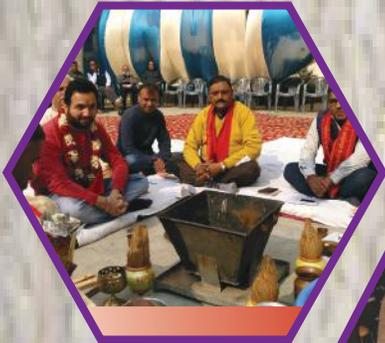


Sr. Citizen's Day, Plantation Drive, Elections & Drawing Competition



Sunrise Fest at a Glance

New Year Eve & Havan



Republic Day Celebration 2016



Sunrise Fest at a Glance

Republic Day Celebration 2017



नव वर्ष

देखों, दरवाजे पे फिर से नये साल ने दस्तक दी।
 नूतन किरणों की आभा में आशाओं की सेज सजी॥
 दूल्हन बनी हर क्यारी, हर पक्षी ने मंगल गान किया।
 नयी भोर ने विस्मितक, सुप्त शिथिल जग का आह्वान
 किया॥
 उठो, करो भाग्य का निर्णय, कर्म में अपने लग जाओ।
 निष्क्रिय जीवन को तज दो, अब राह नयी तुम अपनाओं॥
 खुद से वादा करों किसी को कष्ट नहीं पहुचाओगे।
 सबको खुशियां बांटोगे और प्रेम के बोल सिखाओगे॥
 नीरस जीवन को फिर से उम्मीदों से महकाना है।
 अंधियारे को दूर हटा नव ज्योति-पुंज फिर लाना है॥
 है ईश्वर! शक्ति दे हमको, अब ना कभी कमजोर पड़ें।
 अब ना कभी विश्वास ये टूटे, ऊँचाई को कदम बढ़ें॥

Best wishes & Happy New Year

Maneesh Gupta, H-103

शादी की सालगिरह मुबारक...

कुछ वादे पूरे हुए, कुछ करार अभी बाकी है।
 चन्द बरस पूरे हुए, इश्क-ए-खुमार अभी बाकी है।
 अभी तो आई है गुलदस्तों से खुशबू बस,
 महक चमन की, असली बहार अभी बाकी है॥

- श्री



हम तिरंगा फहराते हैं।

गणतंत्र दिवस है पर्व देश का, सब झंडा फैहराते हैं।

इसे तिरंगा कहते हैं, हम सब इसका गाना गाते हैं।

इसे देखते हैं जब हम सब, कितने खुश हो जाते हैं।

इस झण्डे को हम सब बच्चे, अपना शीश झुकाते हैं॥

इनोदय एम शर्मा

कैम्ब्रिज स्कूल - नोएडा

१६ दिसम्बर २०१२

“निर्भया केस”

उड़ गयी चिड़िया, देश शर्मिदा!

देश बहेलिया, अब भी जिन्दा!!

लगाये जाल, रोज दरिदा!

फिर पकड़ेगा, कोई परिदा!

जो उड़ न पायेगा, फिर जिन्दा!!

-Arvind K Singh from B-501

INSURANCE - A PRODUCT TO SALE OR A NEED TO BUY....

We all get irritated with the unwanted calls of insurance sellers....

BUT...

We all know that we should take insurance.... but insurance has been marketted wrongly in India....

First of all INSURANCE is not a product it is a concept that is why it shall not be sold rather shall be bought after understanding everything.

The first and foremost thing we shall understand is our need.

There are various questions that we have in our mind and doubts as there are so many companies and so many products available.

We can very easily find the replies and solutions to those doubts if we get the answer of the following question.

1. Whether we need insurance or not?
2. What cover do we need?
3. What are we expecting as claim? As we take insurance to get something as claim. So, the emphasis should be on claim. What all parameters do the insurance company consider at the time of claim? Etc.
4. What are our limitations as far as age/affordability/requirement are concerned?

We all know that we should have a Portfolio of ourselves, but what does a portfolio consist of what all policies should we take, to have a complete portfolio. Whom shall we hire to handle our portfolio?

The above confusions/queries are there in everyones mind and some of the Agents are making money of these queries.

Lets have a look on the **PORTFOLIO MANAGEMENT.**

WE SHOULD REMEMBER THE WORD - "RISHTE"

R - RETIREMENT

I - INURANCE

S - SAVING

H - HEALTH

T - TAX SAVING

E - EDUCATION

I attended a seminar on investment, I do not remeber all the points but I remember only one point that - **WE EARN, WE SPEND AND WE SAVE....**

**BUT WE SHALL FOLLOW THE BELOW PATTERN
EARN, SAVE AND THEN SPEND**

The above portfolio management abreviation RISHTE is also a take-away of a seminar of Life Insurance but they promoted their insurance products in every point.

But I suggest being a close observer of the Insurance Industry that we shall only take a Term Life Insurance (i.e. Pure insurance having only death benefit) or Whole Life Insurance (similar to term life but some of the options now a days also have survival benefit i.e. We get something on maturity). Other than that all the things we should arrange from the Finance Industry as per our appetite.

If we are Risk Taker we can invest in stocks, if we are not then FD/RD/Mutual Funds/Debt Funds etc. are the options. As insurance does not give the returns equal to these things.

This is my first article on Risk Management and Insurance in which I tried to explain the Portfolio Management and if you like it then will write more on other insurances of non-life types which are important for us. And will also try to explain the claim's perspective to make clear what we assume and what it is.

Regards,

A Fellow Resident.

Anuj Gupta

0702

STAND STRONG

storm will go away!

Dear Friends,

I am writing this with an intention of helping you all to get motivated while facing any hurdle, challenge or downfall in your life. Life is full of ups and down and that's what the beauty of life it has variations. Imagine if things be same all the time, it will make our life dull and boring. Problems are obvious, it's actually the real test of our strength and so the more we prove to be stronger, more we will be rewarded by God.

“Most people spend more time and energy going around problems than in trying to solve them”.

– Henry Ford

What an accurate observation, we have a positive learning in that whenever we face any problem and challenge, it will be solved well by thinking of its solutions rather to worry about problem.

Dalai Lama also said “Worry is not a solution of any problem. If a solutions exists then why to worry and if the problem has no solution at all, still no benefit of worrying about the problem”.

“चिंता किसी समस्या का समाधान नहीं यदि किसी मुश्किल का हल निकल सकता है तो उसके लिए चिंता क्यों करें यदि हल नहीं निकल सकता तो भी चिंता करके कोई फायदा नहीं”

Sometime back, I have written few lines on this subject matter to try giving some motivation to everyone facing some challenge in life as to give them a determination of facing the challenge with their best efforts to see the fruit of success. I shall recall the same Hindi Poem to you here...

दुखों के समंदर का दूसरा छोर कभी तो आएगा।
हौसला रख के वो हसीं दौर कभी तो आएगा।

राम-भक्ति के सहारे नील ने पत्थर भी तैराए थे,
सच्ची निष्ठा से सबरी के झूठे बेर राम ने खाए थे,
एतबार कर के तेरी सब खवाइश एक दिन पूरी होगी,
सावित्री की लगन से हारे यम ने, प्राण पति के लौटाए थे।

दुखों के समंदर का दूसरा छोर कभी तो आएगा,
सूखे के बाद का मौसम घनघोर कभी तो आएगा।

भर हौसला गुरू गोविन्द ने चिड़िया-बाज लड़ाए थे,
कठिन तमस्या से भागीरथ गंगा को धरती पर लाये थे,
कर्म कर के तेरे सब्र की आजमाइश एक दिन खत्म होगी,
लक्ष्मण के प्राणों की खातिर, हनुमंता संजीवनी उठा ले आये थे।

दुखों के समंदर का दूसरा छोर कभी तो आएगा।
उठेगी संजीवनी तेरे बाजुओं में वो जोर कभी तो आएगा।

I hope it will certainly benefit you in some ways to give you all strength to recognise your own inner strength and to conquer any challenge in life better. Finally, I conclude my article with a famous quote of swami Vivekanada ...

“Arise! Awake! And Stop Not Till The Goal Is Achieved!”

Written By: -
Shri Pal Singh
G-804

Source:: <http://www.shripalsingh.com/stand-strong-storm-will-go-away/>

साक्षात्कार



श्री निरंजन सिंह चौधरी, सुरक्षा प्रबंधक, जयपुरिया सनराइज ग्रीन्स का साक्षात्कार
दिविज गुप्ता 0-1201, कक्षा-5 डी.पी.एस. वसुन्धरा के साथ.....

दिविज : आप हमारी सोसाएटी और उसके निवासियों की सुरक्षा व्यवस्था किस प्रकार करते है?

चौधरी जी : हम सुनिश्चित करते हैं कि कोई भी अनजान व्यक्ति सोसायटी के अन्दर ना आ पाये और कोई गेस्ट के आने पर हम उचित तहकीकात करने पर ही उसको अन्दर भेजते है। हम 24 घन्टे 365 दिन सोसाइटी और उसके निवासियों की सुरक्षा में तत्पर रहते हैं।

दिविज : हमारी सोसाइटी में कितना सुरक्षा स्टाफ हैं, और उसका शिफ्ट वाइज मैनेजमेंट कैसे होता है?

चौधरी जी : हमारी सोसाइटी में दिन में करीब 33 और रात में करीब 22 सुरक्षा स्टाफ है, जिनको हम मेन गेट, टावर्स, बेसमेंट्स के साथ-साथ पार्क एवं पेट्रोलिंग में सुरक्षा जरूरत के हिसाब से पोस्ट पर लगाते है।

दिविज : आप और आपकी टीम हम सभी निवासियों से क्या अपेक्षा रखते है? (जिससे हमारी सुरक्षा और मजबूत हो)

चौधरी जी : हमें सभी निवासियों का पूरा सहयोग मिलता है, लेकिन सोसाइटी की 2 अहम् समस्याएँ है-

1. स्ट्रीट डॉग्स
2. पेइंग गेस्ट

जिनको हम धीरे-धीरे सुधारने के प्रयास कर रहे है। मेरा उन सभी निवासियों से अनुरोध है जो स्ट्रीट डॉग्स को अनुचित तरीकों से पालते और घर बुलाकर खाना खिलाते है, और जो पी0 जी0 चलाते है कृपया करके ऐसा ना करें और सोसाइटी के नियमों का पालन करते हुए हमारा सहयोग करें।

दिविज : आप और आपकी टीम बच्चों और खासकर शरारती बच्चों की सुरक्षा का कैसे ध्यान रखते हैं?

चौधरी जी : पार्क में एक गार्ड दिन में हमेशा रहता है। यदि कोई बच्चा शरारत करता है तो गार्ड बच्चों को प्यार से समझाते है और यदि बच्चा फिर भी नहीं मानता तो इन्टरकाम से उनके घर पर सूचित करते हैं।

दिविज : अपना समय देने के लिए धन्यवाद

दिविज गुप्ता 0.1201,

कक्षा - 5

SUNRISE TALENT

Based on the submission of the information by residents, we are glad to publish the following talented names of kids from our Sunrise Greens. Those who missed submitting, may send their details later for future editions. Sunrise Buzz appreciates & congratulates all achievers.

Kriti Rathi

D/o - Sanjay Rathi / Pooja Rathi, G - 104

Achievement: Scored 95% in 12 CBSE board (2015-16). Selected for both IIT and BITS; based on her preferred choice she was admitted in BITS Pilani

Anusha Ponia

D/o – Ashwani Ponia / Alka Ponia, F - 1007

Achievement: Got 96% in CBSE 12th. Now studying Maths Hons. In Lady Shri Ram College of Delhi University.

Varun Tyagi

S/o Atul Tyagi, H301

Achievement: Outstanding Performer in sports for playing Basketball at Zonal & National level by Amity International School while studying in Class-9.

Aahan Malhotra

S/o – Pankaj Malhotra / Shweta Malhotra from P – 102

Achievement: Received Awesome Author Award & Certificate for Mathematical Reasoning from Culverdale Elementary School.

Naitik Singh

S/o – Shri Pal Singh / Navita Singh, G-804

Achievement: Certificate of Merit “Praiseworthy Performance” in whole academic year in class-3 and Certificate of Merit in G.K. Quiz, Merit Certificate from school in National Cyber Olympiad with school rank-2 in class-4.

Shwani DHINGA

D/o – Vikas DHINGA, D– 502

Achievement: Received First prize in Inter House Kho-Kho Championship & First prize in Inter House T.T Championship in Seth Anandram Jaipuria School.

Kaavya Agarwal

D/o – Maneesh Gupta, H - 103

Achievement: School Gold Medal & Certificate of Excellence in English Olympiad of Class 3 with School Rank 2, Zonal Rank 14.

Md. Ariz Siddiqui

S/o – Tausif Siddiqui, M - 1802

Achievement: School Gold Medal in National Cyber Olympiad of Class 10 with School Rank 2, Zonal Rank 31.

Riya Singh

D/o – Shri Pal Singh / Navita Singh, G-804

Achievement: Certificate of Academic Excellence 3 years consecutive in class 3, 4, 5. Certificate of Merit (1st prize) in Maths Tessellation & Maths Origami competition in class-7.

Manya Chadha

D/o – Deepak Chadha / Yogeeta Chadha, P-604

Achievement: Silver medal in ball collection game at her school sports day in class 2.

Sukhleen Kaur

D/o Charanpal Singh/Haneet kaur, M - 1103

Achievement: First position in English recitation competition, second position in show and tell competition and encouragement prizes in Hindi recitation competition and best out of waste in Nursery class.

Yachna Saxena

D/o Neetu / Alok Saxena, N-1301

Achievement: Certificate of Merit from School for Ad Making & Theatre Completion in class -7.

Aadya agarwal

D/o Happy Agarwal, Flat no: B-403

Achievement: Gold medal and certificate from school for International English Olympiad in class-1.

Mohammad Isaaq Khanooni

S/O Tausif Khanooni / Dr. Hina Tausif, N-102

Achievement: Secured highest marks in Plano Independence School District Texas, USA and picked up for PACE program for gifted children. And Secured first place in Carlisle Elementary Plano School Texas, USA in “Fire Prevention” Poster making and selected for district level competition.

Ryaan Singh

S/O Ran Shaurya / Riya, O-1603

Achievement: Second position in Superhouse Little Champ in Allenhouse Public School, Vasundhara.

"Well Done Champions!"

Sunrise Professionals

Based on the submission of the information by residents, we are glad to publish the following residents & their profiles from our Sunrise Greens to help us all know each other better and contact for any related help. Those who miss to submit may send their details later for future editions.



Name: Maneesh Gupta
Flat: H - 103
Profession: IT Operations
Qualifications: B.Tech.
Working with Expedia as TechOps Manager in Travel Industry.



Dr Arun Sharma
Flat: O-103
Designation: Associate Professor - IT and Director, Indira Gandhi Delhi Technical University for Women
Qualification: M.Tech., PhD (Computer Science)
Experience in Education Industry, can help in Career Counselling for Engineering Admission for students, Software Development.



Dr. RAJINDER SINGH
Flat: F1401
Designation: Associate Prof. Department of Practice of Medicine, Bakson Homoeopathic Medical College & Hospital, Greater Noida.
Qualification: M.D. (Homeopathic Consultant)
All kinds of Homeopathic treatments & medical consulting.



Arvind K Singh
Flat: B 501
Designation: Creative Head.
15+ yrs of exp as Journalist and working with LIVE INDIA News Chanel.



Himanshu Govil
Flat no. N 502
Qualification: Post Graduate in Computer Applications
Designation: Corporate Manager
Customer Services and Engagement, CRM, Business Analysis
Company: Religare Health Insurance Ltd.



Shri Pal Singh
Flat: G-804
Designation: C.E.O, Brain Technosys Pvt. Ltd.
Qualification: M.C.A, M.C.P & Diploma in Business Management.
Web & Mobile apps development, Digital marketing.



Krishnan Anand
Flat - B-404
Qualification: Postgraduate in English, PG diploma in Journalism.
Designation: Lead, Content Marketing
20+ yrs of exp. in publishing industry. Presently working in the E-commerce space and attached to a NOIDA-based company. Also, along with a former colleague working on my own news and blog web site www.indiaonmove.com.



ASHISH AWASTHI
Flat: C1401
Designation: Chief General Manager, Triveni Engineering & Industries Ltd.
Qualification : B.Sc, PG In Sugar Tech.
Experience in various fields related to sugar factory operations, its monitoring, biomass based cogeneration, molasses based distillery



Sanjay Sapru
Flat: G- 502
Designation: Business Head.
Qualifications - MBA - Marketing, BSc
Working for US based MNC DLAB Scientific Pvt Ltd, as Business Head - India.



Diwakar Srivastava
Flat No. : D1301
Qualification: Diwakar: MBA, MSc. (Agriculture)
Designation: Project Consultant
Consulting- Project preparation and Management in Dairying sector, MIS, Market Research



Dr. Sachin Mittal (Pain Physician)
Designation: Fellowship Pain medicine
 (Apollo, Hyderabad)
Flat - O-1004,
Qualification: MBBS, DA
*Pain Physician & Health
 consultancy*



Avijit Roy,
Flat : K -1602
Designation: Advocate on Record,
 Supreme Court of India
*Can help in consulting for legal
 matters.*



VIKAS KUMAR DHINGRA
Flat - D-502
Designation: Owner, DHINGRA &
 ASSOCIATES
Qualification: B.COM , MBA (Finance),
 L.L.B, (Computer from Apple Industries
 and Microsoft)
*Tax Advocate, can help in taxation,
 filing & related consulting.*



Dr Geeta Rani Sharma
Flat: O-103
Designation: Assistant Professor
 - Education, Mewar Institute of
 Management, Ghaziabad.
Qualification: MA, B.Ed., M.Ed., MPhil,
 PhD (Education)
*Experience in Education Industry,
 can help in Career Counselling.*



Dr. Syeda Sabiha Naz Hussain
Flat : F-703
Qualification: M.A.,Ph.D.
Designation: Zonal Manager-C.S.
*Working as Zonal Manager with
 Panasonic India Pvt Ltd.*



Alok Gupta
Flat C-402
Profession- Delivery & Project
 Management (IT)
Qualification- MCA.
*Working with Newgen Softwares as
 Sr. Manager and handling Delivery of
 Company Products in North India.*



Anubhav Madan
Flat N-804
Profession- Project Management (IT)
Qualification- MS and BS in Engineering
 from Moscow State Academy, PMP,
 MSP, ITIL
*Working with Information Technology
 Company as Sr. Manager*



Sanjay Rathi Flat: G 104
Qualification: MS (Software Systems)
 from BITS Pilani
Designation: Consultant
*Experience in IT Consultancy, currently
 working with TCS as Delivery Manager.*



Tarun Kumar
Flat: L-1804
Designation: Technical Lead
Qualification: BCA & MBA (IT)
*Experience in Telecom Industry, working
 with COLT Technology.*



Dr Rajesh Ranjan
Flat – B-901
Qualification: MS (Eye)
Designation: Senior Consultant
*Senior Consultant & Eye Surgeon, Eye7
 eye hospital, Indirapuram.*



Vinod Venaik
Flat - M-1201
Qualification - MBA in operations
Designation - Network architect.
Working with IBM as Network architect.



Yogesh Shukla
Flat – F-1402
Qualification: B.E (Computer Science),
 MBA – Finance
Designation: A.V.P – IT
*Working as Head of I.T in Moser Baer India
 Ltd.*



जीओ और जीवन दो

आइये योग जानें

1. योगश्चित्तवृत्तिनिरोधः
2. योगः कर्मसु कौशलम
3. समत्वं योग उच्चते

महर्षि पंतजलि के योग-दर्शन (सूत्र 2.29) अष्टांग योग के आठ अंग इस प्रकार बताए हैं:-

- | | | | |
|---------------|----------|----------|--------------|
| 1. यम | 2. नियम | 3. आसन | 4. प्राणायाम |
| 5. प्रत्याहार | 6. धारणा | 7. ध्यान | 8. समाधि |

यम : पंतजलि योग सूत्र (2.32) के अनुसार नियम पांच हैं:-

- | | | | | |
|-----------|---------|-------|---------------|-------------|
| 1. अहिंसा | 2. सत्य | 3. तप | 4. ब्रह्मचर्य | 5. अपरिग्रह |
|-----------|---------|-------|---------------|-------------|

नियम : पंतजलि योग सूत्र (2.32) के अनुसार नियम पांच हैं:-

- | | | | | |
|--------|----------|-------|--------------|--------------------|
| 1. शौच | 2. संतोष | 3. तप | 4. स्वाध्याय | 5. ईश्वर प्राणिधान |
|--------|----------|-------|--------------|--------------------|

षट्कर्म : शारीरिक शुद्धि क्रियाओं के लिए छह षट्कर्म इस प्रकार हैं।

- | | | | | |
|-------------|------------------|---------|-----------|---------|
| 1. धौति | 2. बस्ति (एनिमा) | 3. नेति | 4. त्राटक | 5. नौलि |
| 6. कपालभाति | | | | |

शरीर में प्राण शक्ति प्रसारण चक्र सात हैं:

- | | | | |
|------------------|---------------------|-----------------|---------------|
| 1. मूलाधार चक्र | 2. स्वाधिष्ठान चक्र | 3. मणिपुर चक्र | 4. अनाहत चक्र |
| 5. विशुद्धि चक्र | 6. आज्ञा चक्र | 7. सहस्रार चक्र | |

पंचकोश : 1. अन्नमय कोश 2. प्राणमय कोश 3. मनोमय कोश 4. विज्ञानमय कोश 5. आनन्दमय कोश

कुंभक तीन प्रकार के हैं:- 1. आन्तरिक 2. बाह्य 3. कैवल्य

बंध तीन प्रकार के हैं: 1. मूलबंध 2. उड्डियान बंध 3. जालन्धर बन्ध

प्राणिक नाड़ियाँ : एक मान्यता के अनुसार हमारे शरीर के बहत्तर हजार एक सौ आठ प्राणिक नाड़ियाँ हैं। इनमें से तीन महत्वपूर्ण नाड़ियाँ हैं:-

- | | | |
|--------------|-----------------|------------------|
| 1. इडा नाड़ी | 2. पिंगला नाड़ी | 3. सुषम्ना नाड़ी |
|--------------|-----------------|------------------|

हमारा शरीर पांच तत्वों से बना है:

- | | | | | |
|-----------|-------|----------|---------|---------|
| 1. पृथ्वी | 2. जल | 3. अग्नि | 4. वायु | 5. आकाश |
|-----------|-------|----------|---------|---------|

पांच ज्ञानेन्द्रियाँ/गुण :

- | | | | |
|-------------------|-------------|------------|------------------------|
| 1. आँख-रूप | 2. कान-शब्द | 3. नाक-गंध | 4. जीभ-जो चखती है (रस) |
| 5. त्वचा - स्पर्श | | | |

पांच कर्मेन्द्रियाँ: 1. हाथ 2. पांव 3. जीभ-जो बोलती है
4. गुदा 5. मूत्रेन्द्रियाँ
मन इनका राजा है।

हमारे तीन शरीर हैं: 1. स्थूल शरीर 2. सूक्ष्म शरीर 3. कारण शरीर

हमारे शरीर में पांच प्राण हैं:- 1. अपान 2. व्यान 3. समान 4. प्राण 5. उदान

हमारे शरीर में पांच उपप्राण हैं- 1. नाग 2. कर्म 3. कृकर 4. देववत्त 5. धनंजय

सुख का रहस्य है - कामना रहित होना



घर की हवा को शुद्ध करने का सरल तरीका

गा गाजियाबाद हो या दिल्ली बढ़ते प्रदूषण से परेशान आज हर कोई परेशान है, ओर हर कोई चाहता है कि कम से कम उनके घर में हवा शुद्ध हो जिसके लिए बहुत लोग हजारों रुपये इलेक्ट्रॉनिक उपकरणों में खर्च करते हैं, लेकिन आप अपने घर की हवा को शुद्ध करने के लिए कुछ पौधे लगा सकते हैं। जो 'प्रकृति और जेब' दोनों के अनुकूल हैं। इन्हें घर में लगाने से घर की खूबसूरती तो बढ़ेगी ही साथ ही हवा भी साफ होगी।

आँकड़ें दर्शाते हैं कि विकासशील देशों में बाहर से कहीं अधिक घर के भीतर वायु प्रदूषण पाया गया है। इसके दुष्प्रभाव से हर साल दो लाख मौतें असमय हो जाती हैं, जिनमें से 44 प्रतिशत निमोनिया, 54 प्रतिशत सीओपीडी (क्रोनिक ऑक्सट्रैक्टिव पल्मोनरी डिजीज) से तथा 2 प्रतिशत फेफड़ों के कैंसर से होती हैं। बच्चे और स्त्रियाँ सबसे अधिक प्रभावित होते हैं क्योंकि उनका अधिकतर समय घर में ही बीतता है। बच्चों को वायुप्रदूषण जनित रोगों से घिरा देखना बहुत बुरा लगता है, इससे उनकी शिक्षा और उनके विकास से अलावा भी कई तरह से उनका बचपन प्रभावित होता है। इन परिस्थितियों के बावजूद, इस नुकसान की भरपाई का एक आसान तरीका भी हो सकता है। कमल मित्तल ने दिल्ली आई.आई.टी., ऊर्जा व संसाधन संस्थान तथा नासा से मिले शोधों के अनुसार पता लगाया है कि कुछ ऐसे सामान्य पौधे हैं जो हमें स्वस्थ रखने के लिए ताजी हवा देते हैं जैसे-

1. **बांस के पौधे**- घर के पौधे रखने से हवा साफ होती है क्योंकि वह वातावरण से कार्बन मोनोऑक्साइड, बैंजीन और क्लोरोफॉर्म जैसे तत्व को खत्म कर देते हैं। बांस के पौधों को रोशनी की जरूरत नहीं होती इसलिए आप इसे घर के लिविंग रूम या बेडरूम में भी रख सकते हैं।
2. **रबर के पौधे**- आजकल हर घर में रबर के पौधे एकाध ही देखने को मिलते हैं। इन पौधों को घर में रखने पर कार्बन मोनो ऑक्साइड ओर ट्राईक्लोरो इथिलीन जैसे तत्व हवा से खत्म हो जाते हैं। इन्हें ज्यादा रोशनी में रखने की भी जरूरत नहीं होती।
3. **मनी प्लांट** - इसे थोड़ी-बहुत नमी वाले वातावरण



ठहरा हुआ पानी और रूका हुआ इंसान दोनों ही सड़ जाते हैं।

में रखें। इसे ज्यादा पानी नहीं देना पड़ता। इसकी देख-भाल भी बहुत आसान है। मनी प्लांट वायु में से फार्मल्डीहाइड तथा दूसरे हानिकारक रसायनों को निकाल देता है। इसे दिल्ली में एक भवन में रखा गया और आश्चर्यजनक नतीजे सामने आए। दूसरे भवनों की तुलना में, उस भवन में जिसमें मनी प्लांट लगाया गया था, निवासियों को आँखों की जलन में 52 प्रतिशत तक,



श्वास की खराबी में 34 प्रतिशत तक, सिरदर्द में 24 प्रतिशत तक तथा फेफड़ों के रोगों में 12 प्रतिशत तक की कमी महसूस की गई।

4. **गुलदाऊदी या क्राइसैंथिमम का पौधा** - गुलदाऊदी या क्राइसैंथिमम का पौधे को घर में रखने पर अमोनिया से छुटकारा पाया जा सकता है। यह देखने में बहुत ही खूबसूरत लगता है। घर में इसे रखने से यह हवा को भी साफ रखता है। इसे आप मिट्टी में लगा कर रोशनी में



रखें। इसकी मिट्टी में नमी बनाई रखने के लिए इसमें समय-समय पर पानी जरूर डालें।

5. **ड्रेकएना** - ड्रेकएना की पत्तियाँ एक तलवार के आकार की होती हैं। जैसे यह पौधा कई वैरायटी के रंगों तथा किस्मों में मिलता है।

अगर इसकी सही तरीके से देखभाल की जाए तथा यह घर की सीलिंग तक बढ़ सकती है। हालांकि इसे बहुत अधिक देख-रेख की आवश्यकता नहीं पड़ती।



यह पौधा हवा में मौजूद रंग-रोगन पेट्रोल के कणों को दूर कर इसे शुद्ध बनाता है। जैसे इसे कॉर्न प्लांट के नाम से भी जाना जाता है।

6. **ऐरेका पाम** - (प्रति व्यक्ति चार पौधों की आवश्यकता है)- ऐरेका पाम के लिए आपको दक्षिण या पश्चिम की खिड़की से आने वाल अप्रत्यक्ष सूर्य की रोशनी की जरूरत होती है। सूर्य की रोशनी सीधे मिलने पर इसके



पत्ते थोड़े पीले पड़ जाते हैं। नम मिट्टी का प्रयोग करें और सतह के थोड़े नीचे मिट्टी के सूखते ही पौधे को पानी दें। इस पौधे को ज्यादा पानी देने से नुकसान हो सकता है।

7. **स्नेक प्लांट** – स्नेक प्लांट को बढ़ने के लिए बहुत अधिक रोशनी व पानी की आवश्यकता नहीं होती। इसे घर के भीतर रखने से यह वातावरण को शुद्ध बनाने के साथ-साथ आपके घर की सुन्दरता में भी चार-चान्द लगा देता है। इसे पौधे की खासियत यह



होती है। यह रात में भी कार्बन डाई ऑक्साइड को एब्जॉर्ब करके ऑक्सीजन छोड़ते हैं। जिससे इन्हें बेडरूम के कॉर्नर में रखना एक अच्छा ऑप्शन हो सकता है।

8. **स्पाइडर प्लांट** – अधिकतर घरों में इसे साज-सज्जा के लिए इस्तेमाल किया जाता है, लेकिन यह हवा को



शुद्ध करने का काम भी करता है। यहाँ तक कि नासा की बेस्ट एयर-प्यूरिफाइंग सूची में शुमार किया गया है यह कार्बन मोनोऑक्साइड, कोलतार, पेट्रोलियम आदि के दूषित कण हवा में से खींचकर उसे शुद्ध बनाता है।

9. **एलोवेरा** – आसानी से उगने वाले ऐलोवेरा के पौधे को किचन की खिडकी में लगाना एक अच्छा ऑप्शन हो सकता है। इस पौधे को बढ़ने के लिए धूप की आवश्यकता होती है, इसलिए किचन की खिडकी में लगाने से यह आपकी रसोई के वातावरण को शुद्ध बनाता है। इतना ही नहीं, इसमें से निकलने वाले



जेल से न सिर्फ सौन्दर्य समसयाओं से छूटकारा मिलता है, बल्कि यह जले व कटे हुए स्थान को भी ठंडक पहुँचाता है।

10. **बोस्टन फर्न** - यह पौधा अन्य पौधों की तुलना में ज्यादा फॉर्मलिडहाइड को साफ करता है। इसके



अलावा यह बेंजीन ओर जायलान को भी हटाता है। बास्केट में टांगने के लिए यह बेहतर प्लांट है। इसे घर के बाहर टांग सकते हैं।

11. **पेस लिली (Peace Lily)**- पीस लिली घरों में प्रयोग होने वाला एक आम पौधा है। इसे लोग घर की सजावट की रूप में इस्तेमाल करते हैं लेकिन यह



आपके घर की हर तरह की हानिकारक गैसों को खत्म करता है। यह धूल को भी समाप्त करता है और घर की हवा को शुद्ध रखता है।

अगर आप पहली बार पौधे लगाने जा रहे हैं तो पहले सबसे से एक-एक पौधे से आरंभ करें और फिर धीरे-धीरे उनकी संख्या प्रति व्यक्ति के हिसाब से बढ़ाए। जब पौधा बड़ा हो जाए (इसमें कई साल लगेंगे) तो उसे जमीन में लगा दें और जब तक उसकी देख-रेख करें, जब तक वह आत्मनिर्भर न हो जाए। इस तरह हम अपने निजी लक्ष्यों व पर्यावरण लक्ष्यों के बीच सामंजस्य बैठा सकते हैं।

सुचित सिंघल, सी- 502

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

- Margaret Mead

"Water and air, the two essential fluids on which all life depends, have become global garbage cans."

- Jacques Yves Cousteau

"I can find God in nature, in animals, in birds and the environment."

- Pat Buckley

BUZZ QUIZ No.1

WINNERS PRIZE - Wall clocks (5 winners through lucky draw among all corrected answers).

1. It was a major uprising which affected large sections of Indian society, particularly in Northern India. Which year did revolt take place?
 - a) 1923
 - b) 1857
 - c) 1902
 - d) 1875
2. Which movement did Mahatma Gandhi launch in August 1942?
 - a) Quit India movement
 - b) Non-Cooperation movement
 - c) Champaran movement
 - d) Civil Disobedience movement
3. Which newspaper was started by Bal Gangadhar Tilak to serve the cause of India freedom struggle?
 - a) Gadar
 - b) Free Hindustan
 - c) Swadesamitran
 - d) Kesari
4. Which is the largest constitution in the world?
 - a) Australia
 - b) Japan
 - c) India
 - d) China
5. Who was the Lal in Lal, Bal, Pal?
 - a) Lala Lajpat Rai
 - b) Lal Bahadur Shastri
 - c) Pt. Moti Lal Nehru
 - d) Pt. Jawahar Lal Nehru
6. Who was the founder of The India National Army?
 - a) Bipin Chandra Pal
 - b) Sardar Vallabhbhai Patel
 - c) Bhagat Singh
 - d) Subhas Chandra Bose
7. Who framed the Constitution of India?
 - a) Pt. Jawahar Lal Nehru
 - b) Dr. B.R. Ambedkar
 - c) Jatin Banerjee
 - d) Dr. Ram Manohar Lohia
8. When did India adopt its Constitution?
 - a) August 15, 1947
 - b) January 26, 1950
 - c) February 20, 1947
 - d) December 09, 1946
9. Who wrote the national anthem Jana Gana Mana?
 - a) Bankim Chandra Chattopadhyay
 - b) Sri Rabindranath Tagore
 - c) Muhammad Iqbal
 - d) Ram Prasad Bismil
10. Who among the following changed his name to Ram Mohammad Singh Azad to symbolize the unity of religion in India?
 - a) Bhagat Singh
 - b) Surya Sen
 - c) Jatindranath Dass
 - d) Udham Singh

Contestant Name: _____

Flat Number: _____

Answers: 1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____ 9. ____ 10. ____

Please e-mail your entries to sunrisebuzzmag@gmail.com mentioning your Name, Age, Address, Quiz no. and Answers or to SGRWA Office DropBox. **Last date of receiving entries is March 25, 2017. Winners will be chosen through Lucky Draw. Decision of the judges will be final and binding.**

Compiled by: Sonika Mahajan Johri

SUNRISE GREENS IMPORTANT CONTACTS & NEIGHBORHOOD GUIDE

Compiled by : Shweta Singh



SGRWA Member

Ravindra Saini	President	9818788008
S.K. Choudhary	Vice President	8744880033
Shripal Singh	General Secretary	9810890124
Sonal Jain	Joint Secretary	9953196495
Navneet Viz	Treasurer	9971477991
Alok Rastogi	Joint Treasurer	9999859282
Ashok Tyagi	Board Member	9958699330
Himanshu Govil	Board Member	9871325094
Suman Pal	Board Member	9810726511



Maintenance Cell (JIDPL)

Maintenance Helpline	Mobile/ Intercom	9871999151/ 7777
Ajay Mishra	GM-Maintenance	9871952483
Rakesh Devedi	Maintenance	9717993652
Sanjeev Dixit	Lifts	9717993641/ 6666
Plumbers		9891419376/ 9911915626/ 9312617807
Electricians		9717504434/ 9582006713 / 9910841772
Radius Helpdesk	Prepaid Electricity	01204254168/ 8447034959
D.G. Room	Intercom	5555



Housekeeping Services

Field Officer	9811247637
Kritesh (Supervisor)	
Blocks - A TO G/ Basements	8130981473
Dinesh (Supervisor)	9205907956



Hospitals

Shanti Gopal Hospital		0120-4777000
Avantika Hospital	Niti Khand-2, Indrapuram	0120-2690573
Fortis Hospital	Sec-62, Noida	0120-4300222
Max Hospital	Sec-1, Vaishali	0120-4188000
Yashoda Hospital	Kaushambi	0120-4189500

Police, Fire & Administration

D.M Office	0120- 2824416(O), 2820106 (Res)
Police Station Indrapuram	0120-2881000
Fire Brigade Control Room	9454418755

SGRWA Office/ Staff

RWA Office	Landline/ Intercom	0120-4284697/ 9999
Ram Lal	Estate Officer	9818349587
Shishir Gupta	Estate Officer	9599491233
Raj Kumar	Project Manager	8130309994/ 9911811187
Anjana Aeron	Admin Manager	9818559250/ 8130295846
Tulsi Ram	Office Executive	9871759217
Website:	www.sgrwa.com	
Accounts/Staff Email:	sgrwaoffice@gmail.com	
Management Email:	sgrwamanagement@gmail.com	



Security

Main Gate	Landline/ Intercom	01204565174/ 2222/ 3333
Niranjan Choudhary	Security Officer	9540712892
S.O - Night		7065002927
Parking Basement-1	0021	0022
Parking Basement-2	0031	0032
Tower Guards	A = 0001, B=0002 and so on...	

Seepage & Plaster Repair Project

Raj Kumar	Project Manager	8130309994 / 9911811187
Shishir Gupta	Estate Officer	9599491233
Seepage / Plumbing	Supervisor	7503407689
Paster/ Repair	Supervisor	9911479696

Other Important Numbers

Pradeep	Milkman	8750268553
Pappu	RWA Mason	9650397029
Nawab	Kabadi (Scrap dealer)	9871339626
Gajraaj	Newspaper Vendor	9910983718
Vantage	Doorbell Repair	9871623532
Pravesh	RO Service	9873585104
Pandit Ji	Society Mandir	9711979543

Speed Dial

Police	100	Gas Leakage	1906
Fire Brigade	101	All Emergency	112
Ambulance	102	Blood Need	104
Police, Medical&fire	108	Women Helpline	181

BUDDING TALENT ⇔ **Mohammad Isaaq Khanoni** S/O Tausif Khanoni / Dr. Hina Tausif, N-102

Achievements: Secured highest marks in Plano Independence School District Texas, USA and picked up for PACE program for gifted children. And Secured first place in Carlisle Elementary Plano School Texas

It's not finished here – It's a beginning of new ERA !

Dear Friends,

Hope you enjoyed reading this first edition of Sunrise Buzz and it met your expectations to the full. I request you to continue to give your feedback and suggestions and promise to respond promptly to each such communication. It is always an exciting option to be able to look ahead to more improved times in our society and for the magazine as well.

On behalf of entire Editorial Board, I thank immensely to all readers and also to all those who have lend their support to the Buzz directly or indirectly. Without their sincere help, we would not have been able to let this publication see the light of day.

As far as the Sunrise Buzz magazine goes, we have this to say -

It has been a truly inspiring experience for us. Our objective is to give our society residents a reading material about not anything else but themselves. It is meant to be a truly democratic creative product in that it is all by the residents, for the residents and from the residents as well.

We have taken utmost care in covering only relevant as well as one hundred per cent controversy free material. Still, if any word, phrase or sentences appear as maligning a person, group, or an institution it is purely incidental and, therefore, has to be reacted to likewise only.

We wish to highlight that first and foremost it will

be the individual authors themselves who will be responsible for the content and import of their contributions.

As far as our Sunrise Greens society goes -

The future is not only bright but hugely awe inspiring too. Many of you have already seen this front gate image of our society as one wishes it to look like in the near future. To end this issue on a happy note. On behalf of SGRWA & its Sunrise Buzz Team, I once again thank you all for your support & co-operation!

I finally dedicate these lines to Sunrise Greens and all residents for attaining a significant yet steady progress.....

होके मायूस न यूँ शाम से ढलते रहिये।
जिन्दगी एक भोर है सूरज सा निकलते रहिये।
ठहरोगे एक पाँव पर तो थक जाओगे,
धीर-धीरे ही सही मगर राह पर चलते रहिये।

With Best Regards,

Shri Pal Singh

Chief Editor - Sunrise Buzz & General Secretary -
SGRWA

Disclaimer: The magazine 'Sunrise Buzz' is published by Sunrise Greens Residents Welfare Association which is a registered association under Registration Act 21, 1860 - Societies & Chit Fund. SGRWA is publishing this magazine for its history, general updates, activities, and member's directory and declare that this magazine is solely for internal usage by its member residents and is of no commercial use. Views of residents/members are published same as they expressed or submitted and so SGRWA is not liable for any other implications of any of its article. However, SGRWA welcomes any suggestions and feedback for any of its articles published to take further appropriate action. In no way, we intend to falsify any information or to heart any group or individual sentiments.

Sunrise Buzz Editorial Team

SHRI PAL SINGH, Chief Editor



Team Members



Krishnan Anand, Editor - English



Maneesh Sharma



Suchit Singhal



Shweta Singh



Sonika Johri

SUNRISE GREENS RESIDENTS WELFARE ASSOCIATION (SGRWA)

12-A, Ahinsa Khand, Indirapuram, Ghaziabad-201014, U.P. (Regd No: 379/2013-14)



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