



# club Life

June 2017

Vol. 06 • No. 21

Delhi Gymkhana Club, 2, Safdarjung Road, New Delhi 110011

*A monthly in-house newsletter for private circulation only*

## FROM PRESIDENT'S DESK



Dear Members,

**W**ith May gone and the advent of June, I muse, "How did it get so late, so soon?" Indeed, the present GC is in its last quarter, continuing steadily to cover ground!

In deference to advice from PM's Security, we have distributed RFID tags for members' cars and expect to shortly launch access control based on an integrated system. The General Committee has approved introduction of e-voting, with the appointment of M/s Karvy, the premier licensed agency used by major companies and other institutions. This is a mandatory requirement under the revised

Company's Act 2013 and will allow all our permanent members, particularly our outstation members, for the first time, to exercise their franchise off-site.

### Club Activities

As far as club activities are concerned, besides sports, we added a new dimension to our cultural pursuit – yet another landmark for DGC - the Theatre Festival! A series of theatrical events were organised during April and May 2017. The Theatre Festival concluded with *Mehernama* - a historical play with spectacular sets, by Aamir Raza Hussain, on 6<sup>th</sup> May 2017; and *Broadway Goldies* - a glitzy theatrical evening of song and dance on 13<sup>th</sup> May 17, when the Lyric Ensemble of Delhi took us through the iconic era of Broadway music from the 1920s to 1960s. Members attended these events in huge numbers, and enjoyed them thoroughly.

### Progress on Projects

We are now keenly looking forward to the completion of our new sports complex. The work is progressing on schedule.

Another good news which gives me great pleasure to share with all is, that the renovated Woodland party venue is fast progressing towards completion. It will provide an all-inclusive facility for catering and entertainment. It has been designed, keeping the elegant and exclusive facade of our heritage club in mind. I am sure it will provide a pleasurable experience for members to entertain their guests in an exclusive ambience.

Some of the other numerous events enjoyed by members in the month of May 2017 have been the educative audio visual talk on prostate cancer awareness on 12<sup>th</sup> May 2017, the colourful 'Girls Night Out' on 17<sup>th</sup> May 2017, and the Syndicate Rummy Tournament on 19<sup>th</sup> May 2017. All these events were attended in large numbers. DGC also held the prestigious Wimbledon Club Jaipur on 6<sup>th</sup> May 2017.

Wishing you continued summertime fun before the onset of monsoon.

Jai Hind!

**Lt Gen IJ Singh,  
AVSM, VSM (Retd)  
President**

PREVIEW

MEHERNAMA - HISTORICAL PLAY BY AAMIR RAZA HUSAIN	2	GANDHI A TRIBUTE	5 6	GO HEALTHY THE ALKALINE WAY ACHIEVEMENTS	10 11
WIMBLEDON CLUB JAIPUR BROADWAY GOLDIES	2 2	POEMS A RAINBOW IN OUR MIDST	7 8	BRIDGE RESULTS MAY 2017 THE INDIAN SPY	11 12
AUDIO VISUAL TALK ON PROSTATE CANCER AWARENESS	3 3	SYNDICATE RUMMY TOURNAMENT	8 8	HOW HELP CAME FROM STRANGERS	13
MANAGEMENT NOTICE JOHN F. KENNEDY	3 4	A BRIDGE TOO FAR GIRLS NIGHT OUT	9 9	CORRUPTION BEGINS AT HOME EDITORIAL	14 15
				FORTHCOMING EVENTS	16

Mehernama - Historical Play by Aamir Raza Husain - 6 May 2017



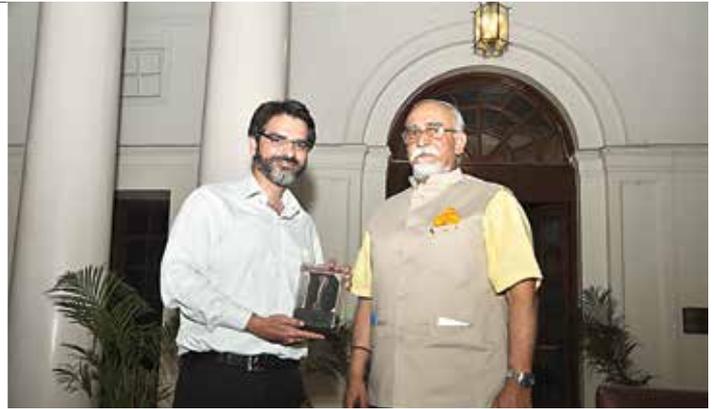
Wimbledon Club Jaipur - 6 May 2017



Broadway Goldies-A theatrical evening of song and dance-musical theatre- 13 May 2017



## Audio Visual talk on Prostate Cancer Awareness -12 May 2017



## MANAGEMENT NOTICE

### CODE OF CONDUCT FOR MEMBERS

- Every member of the Club is expected at all times to ensure that the **decorum, traditions** and **etiquette** of the Club are properly maintained
- No member of the Club is expected to **behave** in any manner which is **against the interest** of the Club, while at the **Club** or **outside**
- In case any member comes to **know** of any **actions** of any other members which are **detrimental** to the larger **interest** of the Club, it is his **duty to admonish** such a member and bring this to the notice of the Managing Committee
- Every member shall use the Club **property** with due **care** and regard for its maintenance and upkeep
- Don't **criticize** the Club for the "**Sake of Criticizing**". Take "**Pride**" in your club. Constructive suggestions are always welcome
- All members are required to maintain **proper protocol** and **decorum** while dealing with other members. The following actions are specifically **prohibited:-**
  - a) **Raising one's voice** while speaking to Fellow Members, their guests or the staff
  - b) Using **rude, impolite** and **unparliamentary** language
  - c) Using **threatening** language
  - d) Actions of an **assault** on any member, guest or staff
  - e) Unsocial activities in public such as the use of **cell phones** within hearing distance of fellow members
  - f) **Rash driving, blowing of horn and improper parking. Pedestrians** have a **right of way** in the Club premises
- Display due **respect** and regard particularly towards **senior/elderly** members and **ladies**
- All members are required to be **honest** in all their dealings with Club, staff and other members. Some **common misdemeanors** are listed below:-
  - a) **Avoiding** signing of **guests** in **registers**
  - b) Intentionally **signing chits** with the **wrong name** and **membership number**
  - c) **Tipping** of waiters and staff with intention of receiving personal benefits
  - d) Making **wrong deliberations, wrong scores** and such like acts in **card games**

## NOTICE

**Dress Code – Main Building**

**Kindly note that:**

- (i) Only tucked in T-Shirts with collar** and without slogans **permitted**.
- (ii) Full Sleeves Shirt** must always be **tucked in**.
- (iii) All permitted shoes must be worn with socks.**
- (iv) Kurtas** with Jeans / Pants **Not permitted**.
- (v) Torn/distressed/faded jeans** strictly **Not permitted**.
- (vi) No chappals** allowed

**ONLY BUSH SHIRTS CAN BE WORN WITHOUT TUCKING IN**

**Members are requested to cooperate**



## JOHN F. KENNEDY (29.5.1917 – 22.11.1963)

*When at some future date the high court of history sits in Judgment on each of us, it will ask: "Where we truly men of Courage – with the courage to stand up to one's enemies – and the courage to stand up, when necessary, to one's Associates?"*  
– JFK, address to the Massachusetts Legislature Jan 9, 1961

This 29th May was Jack Kennedy's birth Centenary. I have read a few books about JFK and studied about USA in most of the 20th Century and the circumstances prevailing until his assassination that cruel 22nd November day in Dallas in 1963. Born to privilege in Joseph Sr. humongous, fiercely competitive, though loyal family, where it was expected that Jack's elder brother Joe Jr. would become President till his tragic accident in WW2. Thereafter the father's eyes were trained on Jack despite the setback of illness from childhood and a more academic outlook. Through sheer will and determination he became more gregarious and played the part of a politician and eventually rose to be the 35th President of USA at 43 yrs., the youngest elected and first born in the 20th Century, second youngest only to Theodore Roosevelt (42yrs) and only Roman Catholic till date. He was articulate, well read with a wry sense of humor and a ladies man being a very charming person. He admired courage and displayed it amply to be a war hero in the PT-109 episode in the Pacific. His book **"Profiles in Courage"** won the Pulitzer Prize, the only President to have won a Pulitzer. His campaign for Presidency and thereafter going on and winning the election against Nixon by a slender margin was impressive. His inaugural address was concise, precise and impressive; sent a message to friend and foe alike with those memorable concluding words, **"Ask not what your country can do for you, ask what you can do for your country."**

The choice of his appointments from the academia, industry as well as seasoned politicians requiring a major consideration of merit and character like Secretary Defense (Robert McNamara of Ford), State (Dean Rusk), Special Assistant Arthur M Schlesinger Jr & Ambassador Galbraith of Harvard, shrewd Texas politician Vice President Johnson and experience as well as pragmatic reasons for appointing Hoover of FBI and Allen Dulles of CIA to continue and of course, his own brother Bobby Kennedy as Attorney General despite criticism of nepotism and the list goes on...

To top it off; his wife Jacqueline who wowed Heads of States and hosted the most meticulous parties and invited cultural and intellectual icons that Kennedy admired and appreciated in such pursuits.

**"A Thousand Days"** briefly captures his Presidency beautifully written by Harvard Historian Arthur M. Schlesinger Jr. Although over the years there have been many good biographies and books on JFK like An Unfinished

Life by Robert Dallek, but none would have been comparable to the book he himself intended to write. Of course now there is the Internet for some research which was not really available about 3 decades ago when I picked up this information the old fashioned way – books!

His contributions in diverse fields range from the Peace Corps to the Nuclear Test Ban Treaty to Space which led to the Man on the Moon, Civil Rights along with Dr. Martin Luther King Jr. which eventually led to equal rights for Blacks and the first Black President Barack Obama as a cascading impact in the following Century. His Foreign Policy was his strength where his wife proved an asset with French President De Gaulle and Russian Premier Khrushchev. An early setback like the Bay of Pigs and later triumphs during the Cuban Missile Crisis and in Germany; were part of the ups & downs, besides the economy and involvement in the Vietnam War.

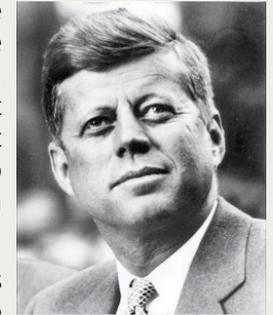
But alas, The Dream of Camelot ended tragically just when it was coming together for a possible second term with the assassination in Dallas with Jackie by his side near the Texas Depository Building in a motorcade that is still a enigmatic mystery.

There was criticism too of his unfaithfulness in marriage and concealing the exact nature of his medical condition but for a brief shining moment he showed the world and Americans a Dream. I personally dread to think how Nixon would have navigated that difficult period in history given his impeachment when he did become President.

I conclude this brief tribute with an excerpt from New Yorker editor, E.B. White who composed an affectionate poem about JFK:

**A President's work is never done; his burdens press from sun to sun:  
A Berlin Wall, a racial brew, A tax cut bill, a Madame Nhu.  
One crisis ebbs, another flows –  
And here comes John with a runny nose:**

**A President must rise and dress, see senators, and meet the press,  
Be always bold, be sometimes wary, Be kind to foreign dignitary,  
And while he's fending off our foes,  
Bend down and wipe a little boy's nose.**



Deepak Jain (U-1318)



## GANDHI

It was June 1947. My parents with many other relatives were in Rawalpindi (now Islamabad) to attend my cousin's wedding. On the way back they were planning to stay in Lahore with my grandmother before returning to Ranchi.

Whilst on the train, the conductor approached my father discreetly telling him to be vigilant, as the news in Lahore was not good. There is a lot of communal disharmony and the ladies should be careful with their dresses and jewelry. My mother was warned and gradually started discarding all her finery. So did all the others. About 16 of them were travelling together in 3 or 4 first class compartments.

Mummy used to order *"tilla and gota jooties"* from Rawalpindi to match her saris. They would be wrapped in fine strips of muslin. She took out the bag of those slippers from her hold all and unwrapped them. After removing the brown paper and cotton stuffing she shoved all her jewelry in the toes of those jooties!

On reaching Lahore, my Uncles and Aunts were all set to move to Mussoorie for the summer, having rented cottages for all the members of the family. They were packing for the hills thinking they would return after the summer vacation. Their very old and trusted servants from their lands (Chak) were there to take care of their houses in Zaffar Ali Road. Little did they realize that after June they would never go back to their homes! My Uncles would travel frequently to and fro from Delhi to Mussoorie gauging the situation, which was becoming bad to worse with rioting, looting and burning in the Capital.

My father who was the Chief Conservator of Forests in Ranchi, being in touch very discreetly with Congress party leaders, warned all relatives that they should start bringing out any assets from Punjab and come away. Thousands of other families were leaving suddenly.

During this period my Uncle Chand Prakash Sawhney came to know (I have no knowledge how) of a Muslim gentleman living in Albuquerque Road (now Tees January Marg), who was waiting to return to Lahore with his family. His house was right next to Birla House, where Mahatma Gandhi was residing and where all the action was!

The Muslim gentleman and my Uncle met and arranged to exchange their assets! He offered my Uncle his fully furnished 5 bedroom home in Albuquerque Road and a petrol pump on Minto Road next to Odeon Cinema, Connaught Place in exchange for Mamaji's house on Zaffar Ali Road and his petrol pump on Mall Road in Lahore. Everything was satisfactorily settled. The petrol pump in Delhi was renamed Chaman Lal C.P Sawhney & Sons.

My grandmother and family returned to Delhi from Mussoorie and settled down in the new residence. At least they had a roof over

their heads. It was a huge relief for the family.

In September I was in Lady Irwin College and had heard stories of how they had found this house. Over the weekends I visited my grandmother and cousins frequently. The house had a large garden, so the younger lot got charpoy to sleep on outside!

Alas, all this comfort was short lived. Sometime towards the end of December that year, the Housing Minister Mr Gadgil came to the house. Only my Grandma and Aunts were there at the time. He told them that this was Government property which was being occupied illegally and he had orders to evict them. My grandmother folded her hands and begged him not to act in such haste as the men folk weren't home. "Where will we go with the children? Allow us to make alternate arrangements" she pleaded. But the Minister did not heed her pleas and issued eviction orders. All the personal belongings were being removed and he threatened that within 24 hours the premises should be vacated. Utterly disillusioned, my family sat outside with nowhere to go!

Mahatma Gandhi living next door in Birla House, used to conduct a prayer meetings every afternoon at 4 pm. Hundreds would gather. Even Nehru and Sardar Patel were there. There was a low wall separating the two bungalows.

My grandmother took a bold step. She told both my Aunts to accompany her to Birla House saying she had to do something. She was on time to see Mahatmaji with his two supporters going up to the dias. Beji pushed past the guards and entered the compound crying and calling out to the Mahatma with both my Aunts in tow. Gandhiji had just sat down on the dias when a wailing, crying Beji got near but was told gently to stay a short distance away. She fell on her knees and prostrated herself in front of him. There was a hushed silence! He raised his hand and beckoned her closer. She said respectfully "Aap ke raja mein itni anyaye -beghar ko beghar kar rahe hain. Yeh kahan ki insafiyat hai? Refugees are being thrown out!"

Mahatma Gandhi leaned on his two supporters, stood up and raised his hands for silence. He asked to relate what was troubling her. When she did, Pandit Nehru came forward and Gandhiji asked him to summon Gadgil. When the Minister arrived, he was told to restore their belongings and the house be given back. Mahatmaji ordered the guards to escort Beji back and said not to worry anymore.

Alas, Mr. Gadgil had to have the last word! He gave orders for half the house to be given to the Sawhneys while the other half would be converted to a government guest house. Well at least they had time to look for alternative accommodation. In due time with God's grace, the family found a house on 16B, Mathura Road. Other family members were also gradually finding homes as Delhi now seemed to be home for the refugees from Punjab.

Due to many unforeseen circumstances, the package of jootis was never opened until 10 years later. My Mother had given up the jewelry as lost. When she happened to come across the package and opened it, she was shocked but terribly pleased to find the missing jewelry. I was presented with the lovely tilla and gota jooties.

**Sumant Sunder (P-4263)**

**H**e was an officer and a gentleman--- Lt Gen M N Batra, PVSM, who passed away on 15th May 2017.

He possessed rare wit, immense charisma, a gracious and smiling persona --- apart from his gently persistent, convincing and effective trait of eventually having his say! Particularly with me, for continuously and relentlessly pursuing me to publish his vast compendium of anecdotes in Clublife every month!! And I confess, I invariably did---only because they brought an immense amount of old world flavour with their excellent repartee-ridden punch lines! **Besides, his pieces encompassed the widest possible wit-laden canvas internationally, apart from the galaxy of a generation of politicians, royalty, military personalities, diplomats and Heads of State, who the General encountered during his brilliant career.**

Possessing a penchant for being an extraordinary story teller, over the last few years he entertained the



With the PM 1974

## A TRIBUTE



*Lt Gen MN Batra, PVSM  
(28th December 1919 - 15th May 2017)*

members of our Club with his short articles in the Club Newsletter and shared his repertoire of humorous experiences with us. **Ironically, the last published one being ‘Some Like it Hot’ in our April issue!**

He was the last few of the dwindling number of pre-Second World War commissioned Officers of the Indian Army and one of the oldest members of the DGC. Commissioned in 1939 into the Corps of Signals, he saw action in Italy, North Africa and Iran



Wedding reception 12th oct 1946 DGC lawns

during the Second World War and had a meteoric rise becoming a Brigadier at the age of 34 and Major General at 44! He held the appointment of Director, Military Intelligence for 10 years and was very much in the thick of things at Army HQ during the ‘65 and ‘71 Wars with Pakistan. In 1974 he retired with ‘three stars’ at the relatively young age of 55, going on to a successful second innings as a Corporate Director of a British FMCG multinational.

Gen Batra’s association with the DGC began in 1946 with his membership; with the association being underscored with his wedding reception on 12th October 1946, which was held at the Kashmir Lawns under the big Jamun Tree!

A Boxing and Tennis Blue at the Indian Military Academy, he was frequently seen in action on the Tennis courts during the 50’s and 60’s. Very keen to do his bit for the improvement of the Club, he served for many years as a Committee member in the ‘70s and ‘80s – taking keen interest in the Library and Sporting activities.

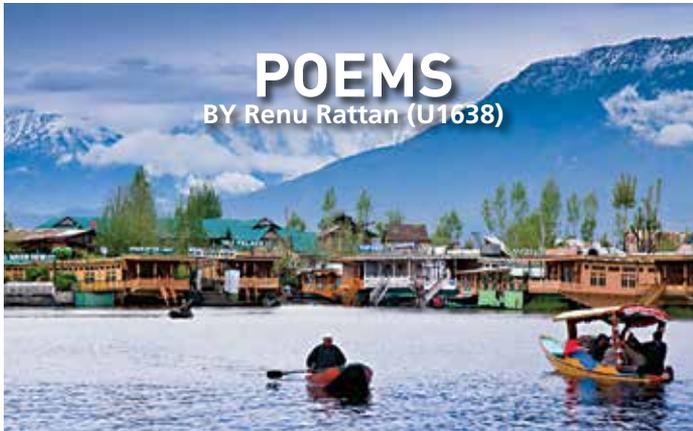
**RIP, General!**

**We salute your spiritedness!!**

**Lt Gen Anil Bhalla, (Retd)  
PVSM, AVSM, VSM  
Editor**



@ Asal Uttar 1965 with PM Lal Bahadur Shastri



**POEMS**  
BY Renu Rattan (U1638)

**SOLITUDE**

Such peace, such calm  
The silence is ringing in my ear  
Not a sound is heard  
I can hear an occasional oak leave  
fall...

**HILLSIDE**

A hillside of pine clad trees  
Unseen before, contours of foliage  
unique  
On the mountain slope  
Untouched beauty  
Oaks, pines, and chestnuts a plenty

**FLOWERS**

The mauve flowers, and wild  
*Kachnar*  
Rose creeper clad hills  
The occasional flight of the birds  
The orange berries and random  
daises  
The ochre flower on tree abound

**GLISTENING  
GLADE**

The glistening stream  
The ripples, the bubbles  
And the prancing fish  
The moss and fern  
The mirth and aquatic life  
Water, aquamarine  
Water what blessing art though  
Rain and thunder, hail and storm

**TIME  
ABOUNDS**

The click clock, the ticking of time  
Spares no one

Lose it not, for its gone  
Youth and mirth  
Lose it not,  
Time flirting away  
Lose it not, it's a treasure  
Lose it not  
A sight so enchanting, I lose track  
of time

**TOUCH ME NOT**

Touch me not - it's a "bush"  
Touch it not  
Nature has taught it to twitch and  
turn  
It will curl in shame  
So touch it not  
Its blooms are pink  
It spreads its wings (its leaves)  
So touch me not..

**REVERENCE**

In gratitude..  
Love eternal  
I thankfulness..  
Where is the creator  
In what form is he  
In every being  
In every flower, in rain  
In hail and lightening in every  
moment  
In a split atom  
In time and space  
In eternal gratitude  
Forever....

**SUNSHINE**

Give me more warmth and life  
Grace and wonder  
Plenty of verve and awe  
Light and love  
Grace and plenty  
San, you the world will wilt  
Oh sunshine  
Amazing touch, fire and flush

**POINSETTIA**

A rouge and verr blend  
Stark, charming, cool  
A tribute to the saints  
The Lord  
Ornamental and stunning  
A starry wonder  
Who made you thus

**CICADAS**

Refrain of the cicadas  
Song of the forest  
Orchestrated in rhythm  
Sung to the forest green  
Glistening and grace  
Swirling, whispering pines  
Hollow ring winds blow  
Singing cool melodies

**MOUNTAINS**

Mountain and glades  
Chalets and hills  
Kissing the skyline  
Elevated and low  
Snow clad and shiny  
Covered with snow  
Snow leopards, yetis and the hiku  
Courage and grit  
Climbers and conquerors  
Challenge and winners  
Losers and ravines  
Harsh and vile  
Frozen for centuries  
Calm and wit  
Oh, mountain high

**DRAGON FLY**

Wish I had wings  
To glide over glades  
To suckle honey from blooms  
Gloss and fly  
Down the valley  
To touch new heights a spiritual flight  
To seek and know  
To touch and feel  
Devour the nectar  
Glide and kneel

**ORCHESTRA**

The chords, the score  
We play, is written for us  
The stunning melody  
We render - a symphony...

**SUBLIME**

Sublime, ethereal  
In communion  
With the Lord  
Evolving  
In reverence  
Perfection  
Devotion  
Divine

**CONSONANCE**

In consonance  
With the cosmos  
It's a state of mind  
Serene, placid  
Our lives  
Natures bidding...

**ACORNS**

Acorns and pine cones  
Adorn the foliage  
The magnolia flowers  
Are a riot  
The fragrant air  
Squirrels - dainty flair  
Collect their hamper

**WARP AND  
WAFT**

The warp and wafts  
Woven so intricately  
It regales and adorns  
Our fabric  
So aesthetic, divine  
The carpet of life

**ARUM**

A divine wonder  
Saintly white  
Always cheers  
In rugged terrain  
The miracle of blooms  
Like stars at night  
From mother earth so dear

**CALLING**

The birds are calling  
The divine song so dear  
With such vigour and verve  
Enchanting melodies  
Early dawn, and in the bristling sun  
Such sweet love song  
Divine, charming, enchanting ones



## A RAINBOW IN OUR MIDST

The state of activity in the Gymkhana is determined by the time of the day that you venture into the precincts of this colonial building. To this end, the club is humming and abuzz from noon to dusk by a special group of members who patronise the indoor sports facilities. Whether it is Bridge, Rummy, Billiards or Snooker- these indoor sports provide nourishment to the hearts and minds of this diverse rainbow group of young men, fashionable ladies or some very serious senior citizens in their chosen fields. Remember, the extra years added to their lives through clean and healthy living and particularly such post noon activities is the elixir which attracts them day after day.

The Rummy Room is ever packed to its capacity. A friendly air prevails as tea and sandwiches are consumed simultaneously with the progress of each round. Fortunately, unlike their bridge cousins next door, there is no scope for any dissections, cross examinations and heated discussions after each hand. The bonhomie within the rummy fraternity is evident during the quarterly Syndicate Rummy Tournament conducted by Wg Cdr Duj Nath, the ever popular coordinator. The very next day a few rummy enthusiasts who could not participate always state, "Wish we had participated; will certainly be there next time".

Serenity, silence and sobriety strikes you as you walk into the "Main Bridge Room". At times, I wonder, is this the truth. Frankly, one gets a trifle apprehensive realising,

that something is got to give. Possibly a minor rumble on a particular table should not be taken amiss, since that is the character of this great game of cards. The pundits in the adjacent "Reserved Bridge Room" are the gentleman to watch. They are the custodians of rules, conventions and etiquettes which have guided players down the years. Our readers would be pleased to note, that the Delhi Gymkhana once again conducted a well orchestrated Bridge Tournament during March 2017, which is not only, one of the leading tournaments in the Country, it also finds a permanent place in the Indian Bridge Calendar by the BFI. Credits and appreciation for ensuring the successful conduct of this event is primarily on account of the efforts of Gen Bilu Suri and his team. The Gymkhana has received advance confirmation to the conduct of this Tournament next March. Furthermore, it is an honour to inform, that, Mr Kanwaljit Singh and Mr Sundaresh have been elected as Vice Presidents of the BFI, thereby adding yet another feather to our caps.

Someone once said "If they don't play pool in Heaven, then I'm not going!". I guess this is possibly the reason that the Billiards Room is ever crowded and patronised by a host of enthusiasts. Life under the lights and above the green baize surface has been ever absorbing and exciting that you lose count of time. We may not boast of a Wilson Jones or a Geet Sethi amongst us, however, the Club has a fair share of upcoming players. It is most heartening to inform, that, Ms Keerat Bhandool a teenager won the DGC Open Billiards in a male dominated bastion. A creditable performance indeed; may she continue to win greater laurels in the future.

Finally, as the summer sun prepares to beat down on all, our Indoor Sports members have chosen rightly to enjoy indoors.

**Brig S K Sapru (Retd) (P-1956)**

## Syndicate Rummy Tournament - 19 May 2017

**JOINT WINNERS:** Brig S K Walia, Mr Vijay Rajpal, Mrs Veena Mittal, Maj B K Varma



*From left to right – Mrs Veena Mittal, Brig S K Walia, Mr Vijay Rajpal and Maj Gen B K Varma*



## A BRIDGE TOO FAR

I was never very good at games in school. To tell the truth, I was usually in the reserves. When I did get a chance to play, I scored the deciding goal in the inter-house football finals. I was chaired by my team mates and dunked in the swimming pool. For I had netted the ball in our own goal because of a slight misunderstanding with the goalkeeper.

There is not much to speak about my college days, as such follies had become so frequent on my part that they need no mention. When I joined the corporate world in Calcutta some 60 odd years back, I thought I had put the playing fields behind me. But my boss and a number of other executives turned out to be golf addicts. There were enough golfers to field two teams in the annual Merchants' Cup tournament. The B team had finished last the previous year. The trophy was a huge wooden spoon, which graced the executive lunchroom.

Considering that one was not required to aim at a moving target, such as a football, I fancied my chances of making it to the B team. Every time I played a stroke, however, I made contact only with the very much larger globe on which the golf ball rested. The clods of earth that I scooped up would have done an opencast coalmine proud.

I realised that I was more suited to a sedentary pastime and took to bridge. The game has many conventions but I shall mention just the two basic ones. The first is that the person

seated opposite is to be addressed as "Partner." This can be paradoxical at times, when it appears that the partner has joined the opponents to mystify and unnerve you. The second convention is that if the partner happens to be the spouse, the correct form of address is "Darling." This is to soften the constructive criticism that takes place during the post-mortem: "Darling, how could you be so dumb as to underlead a King" or "Darling, any fool could have seen that your Queen would be finessed" My interest in bridge and my career both underwent a sudden change one evening, when I inadvertently trumped my partner's Ace. The partner, who was also my boss, was speechless but I received my transfer orders the following day.

I knew my choice of a sedentary game was right but I had to find one, which did not involve a partner. I switched to chess and spent long hours at the chessboard. I was getting the hang of the game when I began to constantly see small black and white squares in front of my eyes. "Did you see a doctor?" asked an anxious friend. "No," I replied, "Only squares." (Any resemblance to an old joke you may have heard before is purely coincidental).

So, what goes around comes around. I am back to playing bridge. Many things have changed in the way bids are made. There are numerous new bidding systems and conventions that boggle the mind. But I take some comfort from the fact that the two conventions that I learnt 60 years back, that of "partner" and "darling", have remained unchanged and stood the test of time.

**Ravi Batra (P-0501)**

## Girls Night Out- 17 May 2017





## GO HEALTHY THE ALKALINE WAY

**G**ood health is a matter of choice. Current lifestyles and dietary habits have accelerated the onset of diseases like cancer, diabetes and cardiovascular. Poor bone health, fatigue, headache, insomnia are common complaints. **Thus it is important to make healthy food choices and go the alkaline way.**

**The Ph balance:** Your health depends greatly on the pH balance of your blood and other internal fluids. (*pH is a figure expressing the acidity or alkalinity of a fluid on a logarithmic scale – on which 7 is neutral. Lower than 7 is more acidic and higher values more alkaline*). Our body fluids should be maintained at a slightly alkaline pH (7.35 - 7.45) for optimum cell function. This balance comes majorly

from the kind of food we eat. Being in a chronically acidic state, creates a stressful and unhealthy biological environment for the cells which begin to malfunction and become more susceptible to attack by bacteria, viruses, parasites, yeast and fungi. The immunity is compromised, many free destructive radicals are created which reduce the supply of oxygen and essential nutrients to the cells and put you at a greater risk of irregular heart beat, poor nerve transmission, obesity and premature ageing. An acidic body withdraws minerals from the bones and is a storehouse of disease. **An acidic pH (below 7) may occur from an acid forming diet, emotional and physical stress, and toxins.**

**Homeostasis (balance) in the body depends mostly on your diet.**

### FOR A HEALTHY DIET

#### MODERATE

meat, chicken, eggs, dairy, sugar, salt, processed food, alcohol, aerated drinks, caffeine, tobacco,

wheat, rice, yeast, certain fruits (pomegranate, strawberries, cranberries, plums, prunes),

#### AVOID

Bad fats (trans fats, saturated and hydrogenated fats), salt and sugar.

*These are all acid forming foods.*

**GO ALKALINE:** The body detoxifies in an alkaline environment as the cells regenerate back to being healthy. There are many conflicting views, but most experts recommend that we should aim to eat 70% of foods which have an alkaline effect after metabolism and 30% acid forming foods. The overall impact on health will be very beneficial.

THE BENEFITS	FOODS WITH ALKALINE ASH:
<ul style="list-style-type: none"> <li>• Enhanced energy levels</li> <li>• Sound sleep</li> <li>• Arrested ageing</li> <li>• Better brain function</li> <li>• Improved Immunity: Greater protection against bacteria/ viruses</li> </ul>	<p><b>Remember</b> – most fruits and vegetables are alkaline</p> <ul style="list-style-type: none"> <li>• melons, papaya, banana, apples, fresh coconut, peaches, lemons, oranges.</li> <li>• Green juice, leafy greens, cucumber, broccoli, cabbage, carrots, cauliflower, kale, onions, peas, beans, lentils, herbs,, tomatoes</li> <li>• Sprouts, buck wheat, seeds, nuts, olive oil, soaked almond.</li> </ul>
	<p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• lemons and oranges are acidic but on digestion leave an alkaline ash – thus recommended in this diet)</li> <li>• <b>The most important component of a healthy alkaline diet is water (pH-7).</b> Regularly consume plenty of water (6-8 glasses atleast), and fresh natural vegetable juices to keep the urine dilute and of a light lemon colour. This will help reduce weight as well.</li> </ul>

**Ms Neeraj Dhingra (P1983)** is a Nutrition & Health Educator & Member, Indian Dietetic Association, Professor – Clinical Nutrition, IHM Pusa, Delhi.

## ACHIEVEMENTS



*Signing the Statutes as Founder Member*

**Major Atul Dev (Retd) (P-0662)**, a Member of 50 years has recently been elected Executive Director of the newly formed Air Sports Federation of Asia.

Members will recall that Major Atul Dev was elected President, Aero Club of India, in Sep 2016.

At a meeting of all National Aero Clubs of Asia, held in Jakarta (Indonesia), a new Air Sports Federation was created – **Air Sports Federation of Asia** and the Statutes of this Federation were drafted and signed by the Founder Members. Dr Mubarak of Saudi Arabia was elected President, while Group Captain V Didyasarin of Thailand was elected Vice President. **Major Atul Dev was elected as one of the 5 Executive Directors. The Olympic Association of Asia immediately recognised the Air Sports Federation of Asia as one of its constituents.**

**Major Atul Dev is also Vice President, Federation Aeronautique Internationale (World Air Sports Federation), Lausanne, Switzerland. All the three bodies at National – Asian – International levels are Olympic recognised associations.**

### “KULLU WOVEN ART”

#### UNFOLDED IN THE ROERICH GALLERY



May 13-19 the International Roerich Memorial Trust hosted an exhibition of woven products by Ms. Sunita Bali (U-2166), Design Consultant with

the Ministry of Textiles.

**In her professional capacity Ms. Bali runs the government project for the preservation and promotion of traditional weaving techniques in the districts of Kullu.**

She develops new marketable designs and encourages the weavers of Himachal to make products that are both traditional and modern, as well as commercially successful. This at once helps to preserve the glorious tradition of Kullu weavers and provide them with additional income.

In the exhibition she chose to display some of the products designed by her and created in collaboration with local craftsmen. These included handbags, cell phone cases, key chains, shawls, stoles, jackets and women’s dresses. Displaying traditional Kulvi patterns and finished with Kulvi borders, they looked both handy and attractive.

Ms Bali also displayed her own woven pictures, female portraits (including the copy of Vermeer’s famous **“Girl with a Pearl Earring”**); mountain landscapes that were admittedly inspired by Roerich’s art and combined lofty mountain peaks with Tibetan monasteries decorated with lines of prayer flags; and seascapes literally breathing warmth and freshness.

**The exhibition was a success: it proved popular with the visitors, showed Ms Bali’s talent as designer and artist in her own right, and aptly demonstrated the power of Himachali loom to safeguard the tradition and create something new.**

## BRIDGE RESULTS MAY 2017

### TEAM OF FOUR

- Joint Brig D N Khanna, Dr Vikram Jain, Mr Saranjit
- 1st** Singh Dhupia, Mr D D Gulhati, Mr Vishal Marwah  
Mr Arun Kumar, Col. R Vasudeva, Mrs Veena Viswanathan, Mr Sanjit Bery, Dr Rajiv Anand, Brig R N Batra
- 2nd** Brig V K Sawney, Mr Mukesh Shiv Dasani, Mr Arun Kumar, Mr Y M Tiwari

### PAIRS

#### NORTH-SOUTH

- 1st** Mr G S Sial – Brig Vikram Rana
- 2nd** Mrs Meenakshi Khanna – Brig Beotra
- 3rd** Brig Ravi Mehta – Mr M P Agarwala

#### EAST-WEST

- 1st** Mr Sanjiv Bery – Mr H D Bhalla
- 2nd** Mrs Alka Jain – Mr Dinesh K Jain
- 3rd** Mr Vishal Marwah – Mr Saranjit Singh Dupia



BOOK REVIEW

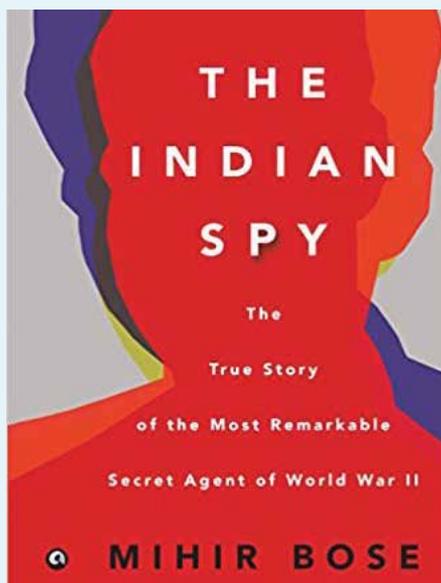
## THE INDIAN SPY

by Mihir Bose (Aleph Books 2017)

In the course of their clandestine activities, the attitude of spies towards their ostensible masters can evolve towards antagonism. However, the late Bhagat Ram Talwar AKA Agent Silver, the protagonist of *The Indian Spy*, started off working AGAINST British interests before working for them. But then, the only quintuple secret agent of World War 2, Silver also worked for Nazi Germany, Imperial Japan, Fascist Italy and the USSR...

No James Bond manqué (though his wartime handler was one Peter Fleming, older brother of 007 creator Ian), short and lean Silver's rather nondescript, even unattractive, appearance masked a shrewd, resourceful, opportunistic and quick-witted operator, besides a protean master of disguise. The author's commitment to journalistic veracity often clashes with unreliable accounts from the manipulative master dissembler himself who is the protagonist of this non-fiction work – but such is the nature of a successful spy.

Defying the Gunga Din stereotype of unquestioning servility towards our late colonial overlords, Silver began his career in espionage as an ardent nationalist dedicated to clandestine subversion of the British Raj. Departing further from stereotype, though of Punjabi-Pathan stock, he was a Hindu, the son of a respected wealthy landowner, Gurdasmal, who despite the honours he received from the British had no love for the Raj. The execution of his adored elder brother Hari Kishan for assassinating



a policeman helped push the young Silver towards membership of the anti-imperial fringe communist Kirti party.

Silver's first major coup was in successfully conveying the fugitive Subhash Chandra Bose from house arrest in wartime Kolkata to Kabul in neutral Afghanistan. His fluency in Urdu and Pashto enabled him to masquerade convincingly as Rahmat Khan, a supposedly Afghan cook, courier and guide. This proved to be but the first of 24 spying missions that shuttled between Peshawar and Kabul, with the slippery Silver eluding capture and certain death in the lawless tribal badlands between British India and Afghanistan.

Mihir Bose's fascinating book lucidly recounts the murky exploits of a real-life Kim who operated in a very fraught wartime environment well beyond the imaginings of even Rudyard Kipling. As a work of serious

history, *The Indian Spy* constitutes a necessary antidote to the rose-tinted view of empire peddled by the likes of Niall Ferguson and Lawrence James. No uncritical admirer of the British Raj, the author shows how political circumstances often make for strange bedfellows – and how a dedicated Indian communist significantly helped a fading empire he initially opposed against the Axis powers, whilst directed by Moscow.

**Ravi Vaish (G-1902)**

SCRABBLE

### Competition

COORDINATED BY  
DR ANJANA NEIRA DEV

Attention: All Wordsmiths  
Delhi Gymkhana Club Library  
announces

### THE SIXTH ANNUAL DGCL SCRABBLE COMPETITION

Date: Sunday the 9th July 2017  
Time: 11:00 am to 3:00 pm

#### Eligibility:

- Age: 10+
- Interest in the game

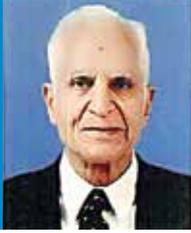
Registration: Name and Contact  
details to the DGC Library before  
3rd July 2017.

International Scrabble  
Association Rules will Apply

Very Attractive Prizes to be Won  
All participants in the age group  
of 10-16 years will be given  
certificate of participation

**SO COME REGISTER ALL  
BRIGHT BIBLIOPHILES &  
LEXICON ENTHUSIASTS**

[Kindly email your details at  
library@delhigymkhana.org.in  
or call on 011-23015531 Extn 147]



## HOW HELP CAME FROM STRANGERS

There are many situations in our life when we need help. I can recall many instances in my own life when unknown people came to help. In such cases, the people who went out of their way did not expect anything in return. They also knew that we may not even meet again; it was only out of goodness of their heart. Two such experiences stand out in my memory which I wish to share with my readers.

### VISITING RAJASTHAN

My wife and I were on holiday at home in Kanpur in Jan 1966. Our daughter and son were not yet born! We were relaxing in the winter Sun when a family friend, Mr PK Kohli came to invite us to join his family for a motoring holiday to Agra and some tourist attractions in Rajasthan. Mr and Mrs Kohli, their two young sons and the two of us could travel comfortably in their Ambassador car. I did enquire if Mr Kohli had made any bookings for overnight halts. Not necessary, he said. He had often travelled without bookings and managed well. By nature Mr Kohli was an easy and relaxed person; he would not commit to a tight schedule for departures (and naturally, arrivals at the destinations).

At Agra, we spent the first day at the Taj. After staying the night at a comfortable hotel we visited some places nearby. The idea was to leave for Jaipur after lunch. As we took to the highway, our friend exclaimed, "how can we not visit Fatehpur Sikri? We are passing so close to it." So off we went in that direction and enjoyed the drive and the visit. Consequently, it was close to sunset when we left for Jaipur.

What we had not known was that the

highway had been dug up in many long stretches and we were driving through dusty patches making it extremely hazardous in that dark night. As it happened, there was a large stone left in the middle of the road which my friend could not see and drove over it. Loud noise and it was the oil sump that had given way; the engine oil was draining out rapidly. In the dark night with no idea what to do or where to get help to repair the sump, we could only pray when a truck stopped and offered to tow us to safety. He told us that the nearest town was Dausa, an hour plus away. Soon we were on our way and arrived at the town around 11 PM.

The good hearted man left us in the vicinity of the police station. We were happy to see that lights were on in the building. Assured of safety, I walked into the compound. As I reached the office, I saw a young IPS officer, was in his room busy with his staff. After introducing myself, a Lieutenant from the Navy on a family holiday, I told him of our difficult situation; two ladies, two boys and the two men. We had nowhere to spend the night and of course had not had anything to eat. Hence, I sought his help to find a place to stay, have a meal and get our car repaired the next morning. His response:

"As for the ladies, it is no issue as they are welcome to stay at my place." He instructed his staff to drive the ladies to his house and request his wife to look after them.

"You are a fauji and should have no hesitation in staying in the police lines. The unit mess will serve you a hot meal." Another staff member was directed to drive us to the police lines.

"As for the repairs, I will get the local

garage to work on your car first thing in the morning."

I remember I wrote an appropriate 'thank you' note to this kind person. With passage of time, I have forgotten his name but not his gestures of kindness and generosity.

### A FLAT TYRE

It was on an evening in December 2000 when I was driving back to NOIDA with my family - my wife Asha, daughter Anu and her four year old son Vivek. Readers familiar with this area would know that we had to drive over Nizamuddin bridge and go straight on until 'NOIDA Mor' for a right turn. Mine was the first vehicle in the line waiting for the light to turn green. As it was the time for motorists coming home from work, it was natural that a long queue of vehicles was waiting behind me. We can visualize that being first in line was a pressure point!

Just as the light turned amber I started my engine, ready to drive on at the instant it turned green. Just then I realized that my front right wheel was flat. I do not have to tell the reader that there were angry motorist honking as my car was an obstacle. I came out with the key in hand to reach the spare wheel and the tools to hoist the car. Anu also stepped out to help.

Just then a car stopped behind ours. A young man stepped out and took the key from my hand. He said he was also driving a Maruti 800 and could take care of the flat tyre. He urged Anu and me to relax while he was at work. All done, he handed me the key and wished us a safe drive home.

We thanked him for his kind help and then Anu enquired about his name and contact details as we would like to get in touch with him again. His reply, "Ma'am, does it really matter who I am? What matters is that you were in a difficult situation and I could help. Sir, I wish you a comfortable drive home. Take care."

**Vice Admiral Avinash Chandra Bhatia, PVSM, AVSM (P-1680)**



## CORRUPTION BEGINS AT HOME

**W**e all complain about corruption. Corruption as a way of life, corruption having pervaded all echelons of the Government, about Politicians being corrupt, Babus being corrupt...

Few however pause to think that corruption begins with us as individuals.

I want to build a small house. So I tell a broker to find me a plot of land. The broker does some running around, assured of collecting two per cent from each side, and shows me several plots. When the price is discussed, I am told that any deal above Rs. 50 lacs must have an advance clearance (now not required as relevant rules already changed) from the Income tax authorities.

This clearance is not given easily, even if the price is right; so the broker and the seller suggest that I sign the agreement for Rs. 35-40 lacs and pay the balance in cash. In fact they would be happier if I could somehow make 3 or 4 different agreements of Rs. 5 lacs each and shell out the balance in hard cash. They also tell me that by doing so I would gain substantially as I would be paying significantly lower registration charges since these are based on the purchase price.

Since I don't want to wait & I can't shout loud enough to be heard; I give in and take the easy way out. I convert a few lakhs of my hard earned white money to black and make the deal. I now cheat the Government on the registration fee and later wealth tax (Thankfully gone now); the seller in turn cheats on capital gains tax; the broker gets his full due but again pays income tax only on what is officially given to him by cheque. That's not corruption, is it? "Mere convenience" I justify myself.

Now, if some of us are brave enough to stand up and say 'no' to such transactions, probably more and more deals would become above board and the Government will start getting full taxes. This might even lead to a further reduction in the registration charges eventually.

After purchasing the plot, I have to start construction. My architect tells me that I can cover 70 per cent of the ground area on each floor, but my wife and I are greedy and feel we need another 200 square feet; so the architect tells us that he would construct the additional area and "fix" the corporation officials to get approval.

Some more "convenience"!

Construction over, we need electricity and water connections. For my two window airconditioners and assorted geysers, heaters, irons etc. I need a load of 10KW. This is not possible due to the power shortage, and furthermore the charges for 10KW load are too high. So the DESU inspector suggests an easy way out. He puts the cable and meters for 10 KW, and officially records it as a 3 KW connection. Of course the inspector must get his chai-pani; and I give it to him. Same thing happens with water. Water is in short supply and the inspector, with a little tip, can put a pipe three-fourth of an inch thick instead of the mandatory half-an-inch thick one. If I paid a little more they would even look the other way while I dig a borewell (not so easy now). Did I hear some one say corruption? Hey, this is only mutual back scratching.

We talk of corruption in the income-tax department, but on whose bidding is it there? No businessman wants his accounts under the microscope – probably more for saving trouble and discomfort and not so much to cheat on taxes. He, therefore, tells his chartered accountant to be a little nice to the ITO and get his assessment completed expeditiously. With the income tax laws being complicated, even the most honest businessman's accounts has holes in it. The ITO – and I am holding no brief for him – knows he can pick on these and demands his fee. We are glad to fork it out as it will save us the bother of having to go there and explain all the entries.

It used to be the same with in the DGTD (thank God it was wound up) or banks or the CCIE (again past tense) or the SIDCs, mainly because no one wants to fight the system.

Even the Gods are not spared. After spending hours in the queue for a darshan at Tirupati nobody wants to spend more time in yet another long queue for buying prasadam, especially when, with a little extra payment, you can get it almost immediately. I don't know who is more corrupt – me paying the extra amount or the little guys who spend all day standing in the queues and collecting prasadam for re-sale? If I wasn't too lazy to stand in the second queue they would have no customers and would be out of business.

We often talk about corruption starting with the politicians, ministers etc. Politicians are no different from the rest of us. But they spend a lot of money fighting elections and must therefore recover it when in power.

So, who started the whole thing? It is the age-old 'chicken and egg' story but we are all involved in it and none of us is doing anything to get out of the morass, none of us wants to stand up and fight for our rights, none of us has the time to wait for our turn, none of us wants to be deprived of any creature comfort, any prime locations. And life goes on.

**Mr Krishan Kalra (P-4530)**



## EDITORIAL



Dear Members,

Most of May had us bear the scorching Delhi heat with stoic resilience; albeit in the cool corridors of our Club! The heat spell saw an abrupt (welcome!) break with the showers towards the later part; which also coincided with the spurt in activities at the Gymkhana; whether at the sports venues, the card rooms, the 'Bath or the Girls' Nite at the Bar! **Well attended (and much awaited!) the male footfalls during the well organized Girls' Nite outnumbered the girls ---though the girls set the beat with their spirited participation on the floor!**

Given the summer thirst, the beverage counters saw brisk business with the newly introduced ice creams and juices proving to be rather popular --- thanks to the Catering Committee. The RFID tags introduced to enhance security continue to be the subject of much satisfaction for both the

Administration Sub Committee and the Management, given the spade work carried out to have a user-friendly system in place.

**The members need to be complimented at the wonderfully welcome conformity to traditional propriety in dress, conduct, discipline and participation; particularly on Thursday evenings.**

**Barring a few cases of (misplaced) bravado by our younger subscribers**

### Of Naysayers, Kingmakers, Fence Sitters and the like -----

---this galaxy of '**Naysayers**' who refute every effort towards improvement, enhancement and harmony in our Club, are only matched by the (influential??) '**Kingmakers**' who have already commenced advisories to candidates for the next GC Elections! Given the obtaining media glare on our Club thanks to the Court cases underway, the '**manifestoes**' of the candidates/groups will indeed be worth going over! May the best candidates win ----!

Then we have the '**Fence Sitters**', clapping for all and sundry; complicating the already sensitive environment! **This lot defies all President - driven efforts to resolve the impasse an ongoing contentious issues at the Club by refusing to recognise emerging realities** and are subservient to their own '**greater knowledge**', not to mention their closed minds!

**(who were dealt with firmly and with promptitude on matters of dress code/conduct), there has been a noticeable improvement in overall ambience at the Club;** but we do look forward to suggestions, recommendations and innovative ideas from you all. The Management has posted Notices on all issues of conduct of members in the Club precincts, in this issue.

We are in touch with our member-authors, apart from a large number of well known celebrity authors to grace our Book Clubs after the break. You all must look out for the forthcoming schedule, which we hope to make an interesting one. Interestingly, a large number of authors have been added to our member community, from amidst the newly inducted Government category members!

Thanks to the Secretary and the Estate staff, our Library is undergoing 'sprucing up'..... polishing, upholstering, new ACs and furniture upgrades..... **all having been approved in the last fiscal by the GC.** For the information of all the members **the Children Room has been reorganised for children - friendly activities and for the Readers' Panel convenience.**

Jai Hind!

**Lt Gen Anil Bhalla (Retd)  
PVSM, AVSM, VSM**



On passing on of those cherished DGC Members who departed from the shores of life, the Club Fraternity solemnly pays its respects and condolences



Lt Gen M N Batra  
(P-0159)



Brig Saran Prashad  
Sarin (P-5588)



Mr Vijay Kain  
(P-4977)



AVM Viney Kapila  
(P-3797)



Mr P S Dhillon  
(P-2685)



Mr Ashok Kapur  
(P-2375)



Mr A Choudhury  
(P-1853)



Mr K K Bhatia  
(P-1458)



Mr A K Bahl  
(P-1307)



Mr Jaspal Singh  
(P-1157)



Brig S K Puri  
(P-1039)



Mr Ajit Singh  
(P-0609)



Mr Aman Ahmed  
Khan (P-6052)



Mrs Krishna Mubayi  
(L-1210)



Kavita Singh  
(G-0807)



Mr Sunil Puri  
(P-0922)

## FORTHCOMING EVENTS

Friday 30th June 2017

**BOOK CLUB EVENT**

'Baaz' by **Anuja Chauhan** in conversation with  
**Dr Anjana Neira Dev**  
at 6 pm in Rose Garden (Tea 5:30 pm)



Friday, 7th July 2017

**BOOK CLUB EVENT**

'Travels with my Turban'  
By **Inder Raj Ahluwalia**  
at 6:00 pm in Rose Garden (Tea 5:30 pm).



Friday 21st July 2017

**BOOK CLUB EVENT**

'In Hot Blood: The Nanavati Case that Shook  
India' by **Bachi Karkaria** in conversation with  
**Dr Anjana Neira Dev**  
at 6 pm in Rose Garden (Tea 5:30 pm)



Friday, 4th August 2017

'Dude It's About the Attitude: A Youngster's  
Guide to Faith, Love and Courage'  
By **Bubbles Sabharwal** in conversation with  
**Ms Sangeeta Badhwar**  
at 6:00 pm in Rose Garden (Tea 5:30 pm)

## DISCOVER BALLROOM DANCING

GYMKHANA - MAIN BAR  
EVERY SUNDAY @ 4:30PM



DISCOVER A BETTER YOU OF YOU

WWW.BALLROOMOURS.COM  
FOR THOSE IN DOUBT, CONTACT  
AAMIR 9810-108 007 NEEL 9818-31 21 41

### Delhi Gymkhana Club Ltd

Registered Office : 2, Safdarjung Road, New Delhi -11 • Tel: 91-11-23015531-35, 23010588, 23010614 • Fax: 91-11-23019709  
Email: secydcg@gmail.com • secretary@delhigymkhana.org.in • Website: www.delhigymkhana.org.in • CIN U93000DLI901NPL000024

Editor:

**Lt. Gen Anil Bhalla** (Retd)  
PVSM, AVSM, VSM  
anilbhalla89@gmail.com

Views expressed in the articles are those of individual members and not the official views of the Club.

**Designed and Printed by**  
Benchmark Graphic Pvt. Ltd.,  
benchmarkgpl@gmail.com