

## VASANT VIHAR WELFARE ASSOCIATION

### OUR VASANT UDYAN

We are today highlighting one of the most beautiful parks in our neighbourhood! Vasant Udyan took many years to be completed but it was worth the wait! There is an amphitheatre here which has been the venue of many drama and dance programs and an ancient monument which presides regally over the garden. Often, in the evening, dance troupes practise their moves at the two wooden stages in the park.



The main participants in the park are the people who use it!

Children through the three different play gyms and adults can be seen going for walks on the beautiful trails.



All around the park there are families and groups just sitting back and enjoying the wide-open spaces, the greenery, and the ambience of this gorgeous park.

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# PRESIDENT'S REPORT

by Gurpreet Singh Bindra



With each passing month, [aVVWaz](#) takes on new dimensions. This time, we have added a new section – '[YOUTH KI aVVWaz](#)'. In this section, we are seeking articles from our young children, giving them a medium to share their views on what they like or not like in Vasant Vihar, and what changes they would like to see. While we do have an Editorial Board, we would be delighted if our community members contributed articles, which we would be happy to print. This will lead to more diverse opinions and views being expressed, which is essentially, the essence of our community.

Last month was totally dominated by the [water crisis](#), which has now become an annual summer feature, not only in Vasant Vihar but all over Delhi. However, with every passing year, the problem becomes more acute. This year the issue is that the water level in the Yamuna River has dropped drastically. Your committee has tried its best to cope with the situation as we were able to get admirable support from the DJB authorities. While we have repeatedly requested everyone to please exercise control and use water judiciously, we cannot help but reiterate this again today. VVWA is actively working on ensuring water security, so that, the perennial problem that arises every summer, is kept at bay.

Everyone will be pleased to know that over the past few months, the [Society and VVWA](#) have been meeting regularly, to discuss and take decisions on how to tackle the myriad problems faced by Vasant Vihar. Two matters that immediately come to mind are:

- [Ramps: This case is pending in the Hon'ble High Court.](#)
- [Water issues faced by the colony.](#)

We are now taking this association forward to tackle the issues of cow menace, unregulated traffic and dhalaos. The cooperation of both bodies shall not only include brain-storming, but also finding viable solutions. Since the charter and responsibility of each institution is clearly defined and well established, both shall recognise and respect the other's role. While the decisions would be joint, its execution will be handled by the institution under whose purview the work lies. I would like to express our grateful thanks to Lt. Gen. Shankar Prasad and his team for this effort, which is in the best interest of Vasant Vihar.

We had written about this earlier and presently everyone is aware that the process of merger of the three [Municipal Corporations into one](#) unified body has commenced. MCD will now be run by a Special Officer, a Commissioner and their team of bureaucrats. The Corporator - who was previously the link between RWAs and MCD – has been replaced by a nodal officer. [Dr. Deepak Mittal](#) has been appointed as our nodal officer and we have had fruitful and meaningful discussions with him. We look forward to working with him for the betterment of our colony.

We have formulated an [internship programme](#), whereby our children can engage themselves in community projects and develop a sense of community and belonging. At the end of the internship, they will be issued a certificate of appreciation. The details will be released in the next few days.

The schools are closed and despite the hot weather, the holiday season has begun. Several of us have taken to cooler climates. We wish everyone a very enjoyable holiday.

# SEEN BUT UNSEEN

by Nina Jain Bimbrahw

Does this number look familiar - (011) 2615-2400? This is the contact number of the BSES Complaint Centre at Vasant Marg, Vasant Vihar. Many residents have called this number at some point to complain about non-functioning streetlights, an electricity outage, sparking electrical wire or anything else concerning BSES. Our calls are answered by a polite young man who patiently listens, lodges our complaint and makes sure that it is taken care of at the earliest.

That young man is Mr. Balraj Tanwar, 29 years old, who has been working as a telephone-cum-computer operator for the last 11 years at BSES. Handling daily complaints of around 52-55 calls in the summers, and 10-15 in the winters, he does acknowledge that the people from Vasant Vihar speak to him in a dignified manner and call mainly for genuine issues. The Centre on Vasant Marg also oversees complaints from Basant Gaon, Munirka village, and Munirka.



## Meet Mr. Tanwar

Mr. Tanwar is from Dera Village, Dera Mandi. Unlike most of us, he has not migrated from his village, but continues to live there, with his mother, wife and 2 sons – aged 10 and 6. He has 2 brothers who deal in the buffalo trade and live separately with the families. He finished Std. 8 from Akshya Pratisthan, an institution that provides inclusive education and caters to children with challenges. He completed Std. 10 and Std. 12 from NIOS (National Institute of Open Schooling), and then pursued his B.A. from IGNOU (Indira Gandhi National Open University).

He says, "Mein padaiye mein achcha nahi tha. Par, sports mein bahut achcha hoon, aur mujhe interest bhi hai", while showing his collection of several certificates.

He plays basketball for fitness and leisure, but his true passion is swimming. He swims every day because he is keen to represent India on the international platform too. His recent national prizes and medals in swimming are:

- 1st prize 100m freestyle at the National Para Swimming Championship 2020-2021
- 2nd prize 100m freestyle at the National Para Swimming Championship 2021-2022
- 3rd prize 50m freestyle at the National Para Swimming Championship 2020-2021



Not sure how many of you realised .... Mr. Tanwar is a paraplegic. When he was a year-and-a-half, he was diagnosed with Polio, which resulted in the loss of mobility of his lower body. Doctors have advised him against using crutches since the muscles on his shoulders are weakening. But he continues to practise every day, despite scarcity of funds towards his physiotherapy, gym memberships, and other sporting needs.

Two things that Mr. Tanwar mentioned are evidence of his dignity and sense of gratitude:

1. "Meri maa mere saath nahi rehti, mein unke ghar mein, unke saath rehta hoon".
2. 'Mujhe Ms. Prabha Sachdeva, jo A-16/8 mein rehti hain, bahut madad karti hain'.

His positive attitude, and his ambition of winning the next international swimming championship impresses all of us, and we wish Mr. Tanwar all the very best. Also, if you or an organisation that you may be aware of, can provide any type of assistance to Mr. Tanwar in whatever form, do call him at the number above, and touch base with him.



# PRIDE MONTH

by Shivraj Parshad

June is Global Pride Month, traditionally a time when we remember the struggle for equal rights by the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community. It should also be a time to deeply introspect on a key issue, which troubles many. The whole idea of 'coming out.'

For me 'Coming out' of the closet was a scary proposition. Filled with fear, anxiety about being judged, side-lined, or even rejected. Until now I have never really felt the need to speak about my sexuality in any public forum. Simply because I believe it shouldn't matter. Do heterosexual people ever feel the need to 'come out'?

Yet, my experience hasn't always attested to what I have come to believe, today. It has been a journey fraught with self-doubt, indecision, and fear. At home, in school and in professional spaces. I am now also a Coming Out Coach and therefore feel the need to give you 3 insights from my experience that worked:

## 1. Trust in Yourself



This is the toughest one. Today you have LGBTQ+ Pride Marches, Diversity & Inclusion initiatives in public spaces, trying to normalise issues of gender and sexuality. However, from a very young age there have always been certain expectations and preconceived ideas instilled in our minds. Right from puberty, overwhelming fears of 'hetero-normative' judgement left me struggling to conform in the face of competing desires. I found myself swinging between self-doubt and guilt and the falsehood that it is merely a 'passing phase'.

Biology and research show that we exist on a spectrum. It is not uncommon for those who will later be "normal" heterosexual men or women to have "a crush" on someone of the same sex. It may be a schoolteacher; it may be a friend - it could be anyone, there are no rules, and it may not just be the one person - it may be many.

So, here's a simple truth; Sexual orientation is not hereditary, it isn't instilled by corruption, persuasion, lifestyle or by any other means. And no matter what anyone may tell you, or claim, it most definitely cannot be something that defines you. I learnt (by scraping my knees) that you need to convert all those gnawing fears and questions into something that empowers you.

## 2. Use your Intuition

Gay, straight or bisexual, it doesn't matter - you are you, and you are unique. No two people are ever the same - not even identical twins. Be proud of who you are, and more importantly in your journey, strive to be the best at whatever it is that you do. Trust your intuition about the people that matter, who will stand by you and really care and take you forward.



Remember if someone has a problem with it - the problem is theirs, not yours. Begin from your mind, if you can control your reactions and trust in yourself, you will give out an energy that will infect other people. Simply, stand tall and stand proud.

## 3. Have Faith



One of the biggest mysteries in the world today, is why some people have a problem with another person's sexuality when you consider all the great names throughout history. From all walks of life, they've either been gay or bisexual! Their sexual orientation never hampered them. So, when faced with the whole saga of "coming out" don't be reactive or rebellious. I made that mistake and realised in hindsight, that only you can decide whether you should to your family or friends or anyone else for that matter - or not!



# PRIDE MONTH

contd...

Either way, I would say keep the faith. Coming out is a process, it is a journey that you must navigate. Only you, can with a little help, know and decide what and when is best for you.

Now if you were to ask me what flipped a switch in my coming out journey?

A woman I loved dearly and still do, sat me down and did some plain-speaking. She told me I wasn't just well liked but admired and loved by many, so I just needed to get over myself and address the elephant in the room, take it head on and go live my truth.

She was my Coming Out Coach. I was just that lucky. It begs the question. Why should you have to rely on providence to have access to the best there is for you?

**Remember if you ever feel the need to just talk, you can reach out to me at [shivraj@brevis.in](mailto:shivraj@brevis.in)**



## HOW TO BE AN ALLY TO THE LGBTQ+ COMMUNITY

by Surveen Singh

The world around us is constantly evolving and changing, often it is hard to keep up, even for a 16-year-old girl like me. It might seem overwhelming and confusing at first but being open to educating yourself often solves 50% of the problems. Here are a few ways in which you can be an ally to the LGBTQ+ community:

### 1. Educate yourself:

A lot can be learned by listening and keeping an open mind. Hear your loved ones out, understand their story, seek knowledge, and ask questions. By doing this, you are not only helping yourself by being more well-informed and sensitive but also helping those who are part of the LGBTQ+ community.

### 2. Acknowledge your privilege:

As a heterosexual ally, recognize that your life is easier. Acknowledge the hardships they face, how they fight against the stereotypes and jokes, while you are in a position of privilege, and accept that it is time to work towards changing it.

### 3. Reflect:

As important as it is to educate others, charity begins at home, so check your own bias and prejudice. Work towards making yourself a more inclusive person and soon you will realise that the world itself is a better place.

### 4. Do not assume:

Making presumptions about someone's sexual identity or preference can have a bigger impact on them than you think. There is no shame in asking someone and having a conversation about it.

To conclude, I would just like to say - Love is love and that is something no amount of hate crimes, stereotypes, or slurs can change. We can either be part of the problem or part of the solution.

**Be someone's refuge, instead of another battle they have to fight,  
and watch how quickly you can change their lives.**



# Power Girls of V.V.

by Nina Jain Bimbrahw

'POWER GIRLS' IS A SPECIAL SERIES ABOUT WOMEN ENTREPRENEURS AND PROFESSIONALS IN V.V.



**“Designing Comes Naturally to Me and Depends So Much On The Ingredients.”**

Ms. Gurbani Singh, runs her own home business by the name of 'B's Grazing Platters'. One might wonder what a 'Grazing Platter' is. Well, it is an artistically ornamented cheese board or charcuterie board, laden with small bites of cold cuts, cheeses, fruits, dips, crackers, nuts and more. It originated in Australia, and today these small buffet-style party cheeseboards have become a favourite for all types of get-togethers across the globe.

Ms. Singh first made such a platter for her own family gathering. With everyone's appreciation and encouragement, she began to include these in every subsequent party, each time trying a different variation, adding some new elements and incorporating new ingredients. She soon began to receive requests from family and friends to make these trays filled with assorted ingredients for their social events. With increasing requests and orders, Ms. Singh decided to convert her passion to a full-fledged business and set up 'B's Grazing Platters'.

Ms. Singh is very passionate about her business. She buys fresh ingredients for each platter decorating them with fresh flowers. She loves doing it all – from taking client orders, purchasing all the ingredients, chopping them, finishing them with her design, to finally delivering them. “I do a different platter each time, although I do get requests to replicate a previous platter from time-to-time.” She often also suggests wines that can be paired with her platters, making it easy for her clients to set things up.

Since all ingredients are picked fresh, Ms. Singh requires at least one day's notice to create a salver. Designing up to 4 platters a day, the price of each varies according to the ingredients used. She specialises in doing platters for special occasions, small get-togethers, parties, even breakfast platters. On Valentine's Day many of her clients order special trays.

## ABOUT MS. BANI SINGH

**Her family is amused yet supportive of her work. Both her sons, who are pursuing their post-graduate studies, feel that her business is her 'passion project' as she is way too generous with her clients. And this is one of the many reasons why she has such so many repeat requests!**



# Youth Ki aVVAz



This series highlights the voice of youth living in Vasant Vihar, who can choose to write about anything - living in Vasant Vihar, suggestions for our community, a current topic, their aspirations or anything else.



## Music: A Friend, Mentor and a Language

Revant Mehta



Music has always fascinated me. I began this journey at age 5, learning Indian Classical Vocals. I sang a 'raga' with my grandmother in her studio and recorded a musical CD at a very early age. In junior school, I found friends who enjoyed music just as much, and we performed together in an Indian music orchestra, winning a national level 'all-instrumental' prize. Since the age of 12, I started learning Indian classical vocals from Shri Mohsin Ali Khan, and continue to imbibe the nuances of the 'Kirana Gharana' of Indian music.

At age 10, I began to play the electric guitar. This helped me find a deeper understanding of musical genres. With this, my circle of friends grew, and we formed a school band. In the last couple of years, I have explored various digital audio workstations to make music electronically, experiment with various stylistic musical effects and record pieces or my own compositions.

Each stage of my journey with music, has taught me a great deal and changed me as a person. With Indian classical music I embarked upon a journey that helped me discover my roots. By playing the electric guitar in a band, I understood that the power of synergy is far more valuable than the spirit of competition. While using software to make music, I experimented with instruments originating from China, Japan, Africa and other parts of the world, thereby helping me develop a diverse and holistic understanding of music and appreciate cultures from places that I have not visited.

I aim to continue to utilise music throughout my life, not only as a tool to grow as a person, but also connect with other musicians. Each musician brings their own set of skills making it the best way to appreciate and learn from each other. This inspired me to create a cross-cultural online community during lockdown. Through this, I wish to help young musicians from different parts of the world connect and share their diverse styles of music and culture with one another. I also gave a TedTalk explaining the inspiration and reason for the creation of this platform.

All in all, I believe that music is a medium that acts as a bridge for people to connect with one another. Music, for me, is something that has helped me mature, become a better learner, explore the world, and realize the diversity that exists within me. I wish to continue to learn and grow using music throughout my life and have also taken it as one of my higher-level subjects for the final two years in school.



Revant is a student of grade 10 at The British School, New Delhi and a resident of E-block, Vasant Vihar. His hobbies include gymming, playing squash at the Vasant Vihar club with friends, playing, recording and producing music. For more details of his band and music, please visit: [www.musicallydiverse.com](http://www.musicallydiverse.com). His TedTalk is on YouTube. Scan the QR code to watch.





# THE BUZZ AROUND VV & VVWA

June Edition

Here are some details of all that has been happening:

## Oh, the Heat!!!

Thanks heavens, the rains are coming slowly, but surely!

How can we not discuss the weather! It was blistering hot for days and the heat brought with it all its issues such as stress, anger, and varied illnesses. This year there were many instances of birds falling from the sky due to dehydration, and of smaller animals such as puppies and kittens dying due to the heat. Let's show some love by placing bowls of water in the open spaces so that this does not happen again. A simple solution to help save some lives.



## Billboard at the T-Junction of Vasant Marg and Paschimi Marg:

Vasant Vihar residents have been very agitated about the new LED Billboard, which has been installed by Hindustan Publicity, under licence from the Remunerative Projects Cell of MCD, at the T-Junction of Vasant Marg and Paschimi Marg. It is a major traffic hazard. since at a crowded T-Junction it distracts the car-drivers, especially at night. We have raised this issue with our Nodal Officer and requested that it should be moved to a different, and safer spot.

## Coordination meetings between the Society and VVWA:

Under the auspices of Gen. Prasad and Mr. Bindra, two joint meetings were held between the Society and the VVWA. They discussed the common issues and how these were going to be tackled and solved. We hope to carry the decisions and suggestions forward in a joint effort to make this colony great.



# THE BUZZ


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## Removal of encroachments in VV Markets:

VVWA has been regularly and vigorously pursuing the encroachments. Finally, over the past few days, MCD has been active. Action has been taken in the C and E block markets. All the corridors have been cleared, a few of the refrigerators have been confiscated. The market is suddenly looking neat and clean. Shopping is now a pleasure. We do hope that it remains that way and that the A block market will be tackled soon.

## Conferences attended by VVWA:



Our President, Mr. Bindra was invited as a special delegate to attend a conference on the future of Delhi called “SAVE OUR CITY”, which was held at the India Habitat Centre. The deliberations were very comprehensive and at the end of the conference a report was drawn up. This was sent to the Hon’ble LG of Delhi.

Last week a summit conference of “All India Mayors & RWA’s” was held at Pragati Maidan. Our President attended this conference on invitation. It was largely devoted to the implementation of Waste Management Project.

## Water Bills Camp:

On May 23rd and 24th, a Water Bills Camp was held at the Kalyan Kendra. The basic purpose of the camp was to give the residents a chance to have a face-to-face meeting and get their water issues resolved. Four members of the DJB staff were present both days and patiently listened to the more than 60 VV residents who attended the camp. They have assured us of a follow-up on all the issues that were raised.



# YOU ASKED, WE ANSWERED

compiled by Maj. Gen. (Retd) S. P. Murgai

Each month we ask VVWA a burning question that is on the minds of residents, and get a response from the President of VVWA, Mr. Gurpreet Singh Bindra. This month we are addressing...

## VVWA ANNUAL SUBSCRIPTION

Most Residential colonies in India, have a Resident's Welfare Association (RWA). It's a Non-Governmental Organisation (NGO), registered under the Societies Registration Act, 1860, which looks after the overall welfare of the colony. The role of the RWA is to work towards improving the amenities and shared facilities, looking after the condition of the internal roads, streetlights, drainage, water harvesting, overall cleanliness, and civic amenities like electricity and water.

Vasant Vihar Welfare Association - VVWA - collects an annual subscription of Rs. 2000/- from its members. We caught up with Mr. Gurpreet Singh Bindra, President VVWA to clarify the need for collection of the annual subscription and how this money will be utilised for the benefit of its members, and our colony.

**Q. What is the rationale behind collection of Rs 2000/- annually from VVWA members?**

Consequent to the changes in building byelaws in 2016, there has been a substantial increase in the population of Vasant Vihar. This has stressed our infrastructure, increasing the scope of work being handled by VVWA. Government finances are in strain, after the Covid Pandemic, and with the falling interest rates, the income of VVWA has reduced substantially.

This matter was considered by Managing Committee of VVWA, and it was decided that the General Body would be approached for approval of annual subscription of Rs. 2,000/- per family, as an RWA does not have any source of income, other than its members, to meet its operational expenses. Thus, the proposal to levy an annual fee was formulated. It will not be out of place to mention that in 2009, the then AGM approved a monthly subscription of Rs. 300/-.

Yes. Complete procedure was followed. The proposal was presented to Managing Committee, which they approved. Thereafter, it was included as an Agenda item in the AGM held on 28 th February 2021, during which the matter was discussed and unanimously passed. The Registrar of Societies was duly informed, thereby fulfilling all legal formalities.

**Q. Does it have the approval of General Body?**



# YOU ASKED

contd...

**Q. How is this amount utilised by the VVWA for residents?**

The subscription that we received last year was spent on meeting operational expenses; pruning of trees; waste management facilities; various camps conducted for RT-PCR testing, vaccination; fumigation; Covid relief; water harvesting systems; legal expenses; gardener wages; HSRP camp; traffic challan camp and many more.

As is evident, the funds were all utilised for welfare and developmental works. All details have already been released earlier through our official communication, "Kaam Ki Baat".

A defined plan has been released through "Kaam Ki Baat". The money would be utilised for recurring maintenance works such as waste management, pruning of trees, fumigation etc., which neither SDMC nor PWD undertake. We also need to spend on capital works, to develop our infrastructure, and are taking a hard look at the upkeep of our parks. A proposal to appoint marshals in each market to control parking and encroachments is also being considered. Upgradation of our office systems and digitisation of records is also on our agenda.

**Q. Have you drawn up any plan of action for the utilisation of this amount in the current financial year 2022-23?**

**Q. Any advantage / benefit of being a VVWA member?**

VVWA is the central organisation that represents the entire Vasant Vihar community. Democratically elected by its members, VVWA is responsible for colony maintenance, government/ civic agencies coordination to work for the betterment of facilities and development of infrastructure. We all want Vasant Vihar to be an ideal community, which makes it important that everyone contributes to the effort. It is, therefore, essential for all residents to support VVWA. Membership of VVWA goes a long way towards fulfilling these objectives.



**Join today by filling the form (available in our office at Kalyan Kendra). Pay an admission fee (one-time) of Rs. 5,000 and an annual subscription of Rs. 2,000.**

**Current members, please pay your annual subscription at the earliest. Mode of payment - cheque and online transfer.**

# UNUSUAL OCCUPATIONS

by Milly Murgai

This series highlights some the unique professionals in Vasant Vihar. Learn more about not just their profession, but also about them.



*"The answers to all questions lie within.  
You just have to tune in."*

**The words of Ms. Harika Sachdev, an ICF certified Life Coach who provides guidance and supports people during various stages and issues in their lives.**

As she says, "we walk the journey together and seek solutions. For me, coaching was a natural progression tying in personal life experiences and a desire to help people to find empowering solutions to their challenges." It is this motivation that she brings to the fore when she deals with people on an individual level.

Her specialised fields are Grief, Loss, Youth, Caregivers and Relationships. She also deals with various other aspects of people's lives also, but it is these disciplines where most people seek help. They come to her because they have heard about her skill sets. They come because they are seeking answers to the issues that plague them. Together, they walk the talk and find the solutions.

Ms. Sachdev clarified that coaching is distinct from counselling, since here she is not prescribing solutions, she is helping them find the solutions themselves. They first begin with a one-hour session and if they are satisfied, they move ahead with more sessions. Through the process of questions which are open-ended, and answers which come from their thoughts and feelings, they focus towards discovering what is troubling them.

- What brings you here?
- How are you feeling?
- How do you deal with it?
- What should you do about it?
- What will happen if you take the steps that you think are needed?

These are all markers towards the solutions. She feels that by the fourth session most people have begun the process of understanding what needs to be done. Together they set small goals for themselves, which lead to a sense of accomplishment when they achieve them and thus the process of healing begins.

Ms. Sachdev says that it is all about feelings – feelings of grief, sadness, shame, loss, despondency, among others, which engulf your day-to-day existence. Her bottom line is to make them feel empowered and realise that they can navigate these feelings on their own so that they are in a better place.

She rarely offers advice, but occasionally shares her own life experiences to help them establish a rapport. Her own mantra is awareness, acceptance and gratitude, and her role is that of a guide, but the path they find, and follow is their own.

# UNUSUAL OCCUPATIONS

contd...

Ms. Sachdev is a mother of two children, Janaat, her 18-year-old daughter and Aadyant, her 15 year old son. She has been in this profession for over 5 years and holds about 2 to 3 sessions a day. Her clients range from young children of 12 and above, to the elderly who are caregivers or are dealing with old-age life issues.

**She is on LinkedIn, Facebook, Instagram, and Twitter at @harikasachdev  
Website is [www.harikasachdev.com](http://www.harikasachdev.com), Email [support@harikasachdev.com](mailto:support@harikasachdev.com)**



## VASANT VIHAR LADIES CLUB

by Anukampa Sayal



Notwithstanding the scorching heat and the new COVID scare, a good number of members turned up for the monthly meetings of May and June.

A very informative talk was given by Ritika Samdaar during the May meeting. With an extensive experience in the field of nutrition and dietetics spanning more than 27 years, Ritika Samdaar, a registered dietician is presently the Regional Head Dietetics, Max Health Care. Her talk was very enlightening and useful, which the ladies heard with rapt attention.

Tambola was organised for members in the June meeting. It was heartening to see some of our very senior members, Mrs. Vidya Goel, Mrs. Abhey Bhasin, Mrs. Minnie Gupta attending and enjoying the games.

Both meetings ended with delicious lunches cooked by the ladies.

### Editor's Note:

*In last month's edition, we mis-spelt Ms. Sayal's last name. We apologise for this oversight.*



# VVWA INITIATIVES

by Parul Gaur

Taking our series of VVWA Initiatives forward, this month we have focused on issues concerning traffic in our colony.

Vasant Vihar has a history of unregulated traffic which needs to be addressed at the earliest. We have been in touch with both traffic and police departments, and met with the following:

- **Deputy Commissioner of Police – Traffic**
- **Senior Inspector – Traffic**
- **Deputy Commissioner of Police – Vasant Vihar Police Station**
- **SHO – Vasant Vihar Police Station**

We have had preliminary discussions regarding traffic and over the next coming weeks, detailed discussions will follow with both traffic and the police for its effective execution. The issues discussed revolved around the following highlighted by residents living at:

## **C-1 Street:**

Although an internal street, it has now become a thoroughfare. The traffic from Vasant Gaon and Vasant Enclave routinely use C-1 street to gain access into Vasant Vihar or to get to the Outer Ring Rd.

## **Munirka Marg:**

The traffic situation is also becoming worrisome by the day due to the proximity of the metro.

## **Streets that see school traffic:**

There are 19 schools based in Vasant Vihar. On an average, 16,000 students commute in the mornings (by getting into Vasant Vihar) and afternoons (leaving from Vasant Vihar). This not only creates traffic issues on the streets that the schools are based at, but also makes it unsafe for residents and school-goers alike.

## **Inner streets with parked taxis, autos and other commercial vehicles:**

There are a growing number of such vehicles parked in our colony inner roads, making this a security issue.

The following suggestions were proposed, which we are keen to implement at a colony level as soon as the authorities accept our solutions:

## **Marshals:**

We wish to appoint Marshals in the various blocks to check for encroachment and parking, which shall help traffic woes. Over the course of the next few weeks, we shall draft a strict code which the Marshals shall adhere to.

## **Speed Breakers:**

Based upon feedback from various blocks, a total of 43 speed breakers are required in our internal roads. Meanwhile, PWD has begun the installation of 10 tabletop speed breakers on the Margs.

## **Convex Mirrors:**

We are looking to install a total of 27 convex mirrors in Vasant Vihar at various points as identified in the various blocks.

It is our earnest desire to bring some semblance of order into our traffic situation. For this, we would actively depend on the assistance and cooperation of the Traffic Police and our local police authorities. In conclusion, I might write that till this date their support has always been extended, and we hope that we can get some much-needed relief.

*We Continue To Serve*

# DUKH NIWARAN SAMITI AN EXCELLENT MEDICAL CENTRE

A beautiful name for an organisation that has been working for the benefit of our community for almost 50 years. Located in a quiet lane in F Block, Vasant Vihar, DNS began life in a shed in 1973, and today it is a three storied building housing the Arya Samaj, the Dukk Niwaran Samiti Clinic, and a Vocational Training Centre.



DNS today caters to over 80 to 100 patients per day. It is open from 9 am till 12 noon and has over 14 doctors on its rolls. As the accompanying picture shows you, the clinic covers a wide range of health issues. The charges are minimal, whether for registration or for tests and X-rays and the institution is run only on donations from generous corporates and individuals.

It is a very well-equipped establishment with the latest equipment in all sections. The medicines are mainly generic, except those donated by pharmaceutical companies. These are given on a no profit no loss basis to the patients who come mainly from the 5 urban villages in our vicinity and some of our residents. The Mother & Child section has over 25 mothers visiting every month, receiving professional guidance on how to take care of their infants.

The Dukk Niwaran Samiti, Arya Samaj and the Vocational Training centre are managed by the same Governing Body. Presently, Mr. Puneet Kapur is the Convenor and the Co-Convenor is Mr. Pramod Mehta. Volunteers come and help daily, but there is always a need for more volunteers! Do visit and support this amazing institution which has been silently providing a much-needed service for almost 50 years.

## FROM THE EDITOR



Hi friends,

I hope you enjoyed reading this latest edition. In each new issue we try to present new articles, introduce you to new people and make you introspect.

There is a lot that we would like to do in the future. As always, we are looking for inputs from all of you. The youngsters have already joined our bandwagon with "Youth Ki aVVWaz".

VVWA is planning many more activities in the next few months such as an e-Shram camp, special meetings block-wise, more emphasis on the upkeep of the parks, and greater interaction with the new MCD officials. We look forward to the days when our work together will help to improve our colony!

Happy holidays everyone!!!

Milly Murgai  
Editor - aVVWaz



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