

एक नई  
पहल.....



# भाटिया प्रकाश | BHATIA PRAKASH

The Official Quarterly News Magazine of Central Bhatia Sabha (Regd.) Delhi

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### BHATIAS - DESCENDANTS OF LORD KRISHNA

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JANUARY-MARCH 2019

No.1

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1. Praveen Bhatia, President
2. Ajay Kumar Bhatia, Secy. General

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17	Sh. Narinder Bhatia	Executive	Bhatia Sweet House , Goal Market Mandi Govind, Garh, Punjab	9872658756
18	Sh. Vikas Bhatia	Executive	DELITE HOTEL, FARIDABAD	9811101858
19	Sh. Praveen Bhatia	Executive	Dayanand Model School, Vivek Vihar, Delhi	9810336633
20	Sh. Surendra K. Bhatia	Executive	B-155, Maharana Pratap Enclave, Pitampura, Delhi-110034	9899303006
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## **PRESIDENT'S MESSAGE**

**From Praveen Bhatia**

Dear Members of Bhatia Birdari, I would like to take this opportunity to address my fellow Bhatia members from the desk. Through out my life, through multiple experiences, like you I have understood the value of family and unity. Since the period of my appointment I have worked on the similar principle and conducted the following to rekindle the spark in the birdari :

1. Organized group meetings on 23.12.2018 at residence of Shri Rajiv Bhatia, Executive Member and on 20.01.2019 at Dayanand Model Sec. School, Vivek Vihar Delhi and received enthusiastic support from the members and decided to form Bhatia Bhawan committee to look after the affairs of Bhatia Bhawan.
2. With efforts of members, the Committee has been able to finalise the MAP of the bhawan.
3. The committee at present is interacting with the officials of Municipal Corporation and Land Development Office, Nirman Bhawan, New Delhi to get mutation so that new building can be constructed soon.

I further appeal Bhatia's of Jaisalmer and Ahemedabad to come forward and become the members of Sabha so our dream of Bhatia Bhawan to come true.

I offer my condolences and strength to the family members of our Patron Shri K. L. Bhatia. The Sabha conveys heartfelt sympathy to the aggrieved family to bear irreparable loss.

Along with members, we were shocked to learn about massacre of 44 jawans in Pulwama. Our sympathy to their families to bear unimaginable loss.

I will undertake a new task of re-designing from the next issue by promoting activities of the Sabha. Any suggestions are welcomed.

I appeal to members to provide matrimonial details so that birdari members could contact the families all over India. Sabha is not been to get enough messages on the particular, as the services been offered is free.

I convey my best wishes to our children who are going to put one step further in their lives for next school/college session.

Lastly I appeal my brethren to exercise vote for ensuing Loksabha elections to strengthen the democracy.

May be blessed with good health, prosperity and peace.



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## Vacancies for JOBS

1. Provestment Group Company requires Accountant with 3 yrs. Experience, Executive –MICE and Executive- Tour Packages with one year experience . Mail resume to [laltripathi@proyatra.com](mailto:laltripathi@proyatra.com)
2. PVSP requires accountants with 3 yrs. Experience and Chartered Accountant with 5 yrs. Experience. Mail resume to [globalashish@gmail.com](mailto:globalashish@gmail.com)
3. MB & company requires Company secretary with 3-5 yrs. Experience having knowledge of LODR and listing compliances. . Mail resume [todeepika@provestment.net](mailto:todeepika@provestment.net)  
The column is introduced for benefits of younger generation. Bhatia community can use this platform for jobs for giving requirement to us so that we can publish the jobs at nominal rates in our magazine.

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### SUBSCRIPTION OF ANNUALLY RS. 500.00 :

As Approved by the Managing Committee , Subscription for Bhatia Prakash Magazine of Rs. 500.00 for the year 2019-20.

We request that the enclosed Form of Membership And Subscription be kindly filled up and sent to us with your subscription of Rs. 500.00 at the earliest to enable upto continue to send you the " BHATIA PRAKASH "

In case of Non- Receipt of BHATIA PRAKASH , Please contact **Sh.Surendra Kumar Bhatia, Executive Member Mobile No 9899303006.**

Members can pay subscription through **Paytm No. 9971991865** or through Crossed Cheque to Central Bhatia Sabha, Delhi along with the form duly filled in by the Member at : 5, Pusa Road, 1st Floor, New Delhi-110005 OR By remitting to saving bank account no 012000100604808, Bank Name : PUNJAB NATIONAL BANK, GURUDWARA ROAD, KAROL BAGH, NEW DELHI IFSC Code : PUNB0012000

**JANAK BHATIA**

Treasurer

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### जन्मदिन की बधाई

श्री नरेश भाटिया जी, निवासी ई-54, प्रीत विहार, दिल्ली ने अपने सुपुत्र श्री निखिल भाटिया के जन्मदिन (6 फरवरी) के अवसर पर सै०भा०स० को 500/-रूपये दान के रूप में भेंट किये है। सभा उनकी आभारी है तथा सभा उनके सुपुत्र के स्वास्थ्य तथा उज्ज्वल भविष्य के लिये मनोकामना करती है।



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## Importance of PAN Card

A unique alphanumeric identity which is allotted to each taxpayer is the Permanent Account Number (PAN). It is a 10 digit no. which is provided by the Central Board of Direct Taxes. Presently it is one of the most important documents which acts as financial identity proof for watch of monetary transactions. Whether you have to buy a car or invest in property fill income tax return PAN has become mandatory. It gives a key to track the financial transactions which being above the taxable limits is not eveded by the individuals. Added benefit is that PAN No. remains unaffected even if you change your address throughout the country.

### **Documents Required for New PAN Application by an individual Indian Citizen (FORM 49A)**

#### **Proof of Identity (any one of the following document can be submitted as identity proof)**

- Copy of Voter's Identity Card
- Ration card with the applicant's photograph.
- Copy of passport.
- Copy of driving license.
- Arm's license
- Copy of Aadhar Card Issued by Unique Identification Authority of India.

In case of PAN Card application for minors, any of the above documents either for parents or the minor can be submitted as proof of Identity.

#### **Address Proof (any one of the following document can be submitted as Address proof)**

- Copy of electricity bills.
- Copy of landline. bills
- Copy of broadband connection bill.
- Bank account statements.
- Credit card statements.
- Passport
- Passport of spouse
- Voter Identity card with photograph.
- Driving license.
- Domicile certificate issued by government.
- Aadhar card issued by Unique identification Authority of India.
- If submitting copy of one of the first five documents, the documents should not be more than three months old.

#### **Proof of Date of Birth (any one of the following document can be submitted as date of birth proof)**

- Birth Certificate Issued by the Municipal Authority or any office authorized to issue Birth and Death Certificate by the Registrar of Birth and Deaths or the Indian Consulate.



- 
- Pension Payment order.
  - Marriage certificate issued by Registrar of Marriages.
  - Matriculation certificate.
  - Passport
  - Driving License ; or
  - Domicile certificate Issued by the central or state government
  - Affidavit signed before a magistrate Stating the date of birth.

**Documents Required for PAN Application by a Foreigner / NRI (FORM-49AA)**  
**Proof of Identity (any one of the following document can be submitted as Identity proof)**

- Copy of Passport or
- Copy of person of Indian Origin card issued by the Indian Government or
- Copy of overseas citizenship of India card issued by the Indian Government.
- Copy of other national or citizenship Identification Number or Taxpayer Identification Number duly attested by Apostille or by Indian Embassy or High Commission or Consulate in the Country where the PAN applicant is located.

**Address Proof (any one of the following document can be submitted as Address Proof)**

- Copy of Passport
- Copy of person of Indian Origin card issued by the Indian Government or
- Copy of overseas citizenship of India card issued by the Indian Government.
- Copy of other national or citizenship Identification Number or Taxpayer Identification Number duly attested by Apostille or by Indian Embassy or High Commission or Consulate in the Country where the PAN applicant is located.
- Copy of bank account statement in the country of residence.
- Copy of non-resident external bank account statements in India.
- Copy or registration certificate which is issued by Foreigner's Registration Office and shows Indian address
- Copy of Visa granted by the foreign country and / or copy of appointment letter issued by an indian company and original certificate of Indian Address Issued.

Note : The Reserve Bank of India (RBI) has tightened the rules for remitting money abroad under the Liberalised Remittance scheme (LRS) and has made PAN mandatory for anyone using this scheme. Earlier PAN was not insisted upon for transaction up to \$25000. The annual LRS Limit per Individual was raised in 2015 from \$1,25000 to \$ 2,50000.

CBDT extends PAN Aadhar number linking deadline to 30th September 2019. It is mandatory to quote Aadhaar in ITR u/s 139AA(1)(ii) . CBDT Notification 31/2019

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**AS YOU ARE AWARE THAT TAX RETURN TO  
BE FILED BY INDIVIDUAL PERSON BY  
31ST JULY EVERY YEAR  
HERE ARE SOME GUIDELINES TO FILE INCOME  
TAX RETURN FOR ANY INQUIRY REFER TO  
[www.incometaxindiaefiling.gov.in](http://www.incometaxindiaefiling.gov.in)**

**Income Tax Rates for AY 2019-20 / FY 2018-19 In case of an Individual (resident or non-resident) or HUF or AOP or BOI or any other artificial juridical person**

<b>Taxable Income</b>	<b>Tax Rate</b>
Up to Rs. 2,50,000	Nil
Rs. 2,50,000 to Rs 5,00,000	5%
Rs. 5,00,000 to Rs. 10,00,000	20%
Above Rs. 10,00,000	30%

Income Tax Rates for AY 2019-20 / FY 2018-19 In case of an Individual (resident

**Less: Rebate under Section 87A [see Note]**

Add: Health and Education Cess [see Note]

**2. Income Tax Rates for AY 2019-20 / FY 2018-19 In case of a resident senior citizen (who is 60 years or more at any time during the previous year but less than 80 years on the last day of the previous year)**

<b>Taxable Income</b>	<b>Tax Rate</b>
Up to Rs. 3,00,000	Nil
Rs. 3,00,000 to Rs 5,00,000	5%
Rs. 5,00,000 to Rs. 10,00,000	20%
Above Rs. 10,00,000	30%

Less: Rebate under Section 87A [see Note]

Add: Health and Education Cess [see Note]



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**3. Income Tax Rates for AY 2019-20 / FY 2018-19 In case of a resident super senior citizen (who is 80 years or more at any time during the previous year)**

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<b>Taxable Income</b>	<b>Tax Rate</b>
Up to Rs. 5,00,000	Nil
Rs. 5,00,000 to Rs. 10,00,000	20%
Above Rs. 10,00,000	30%

Add: Surcharge and Education Cess [see Note]

**Notes on Surcharge, Health and Education Cess and Rebate under Section 87A****a) Surcharge:**

- i) The amount of income-tax shall be increased by a surcharge at the rate of 10% of such tax, where total income exceeds fifty lakh rupees but does not exceed one crore rupees. However, the surcharge shall be subject to marginal relief (where income exceeds fifty lakh rupees, the total amount payable as income-tax and surcharge shall not exceed total amount payable as income-tax on total income of fifty lakh rupees by more than the amount of income that exceeds fifty lakh rupees).
  - ii) The amount of income-tax shall be increased by a surcharge at the rate of 15% of such tax, where total income exceeds one crore rupees. However, the surcharge shall be subject to marginal relief (where income one crore rupees, the total amount payable as income-tax and surcharge shall not exceed total amount payable as income-tax on total income of one crore rupees by more than the amount of income that exceeds one crore rupees).
- b) Health and Education Cess: The amount of income-tax and the applicable surcharge, shall be further increased by health and education cess calculated at the rate of four percent of such income-tax and surcharge.
- c) Rebate under Section 87A: The rebate is available to a resident individual if his total income does not exceed Rs. 3, 50,000. The amount of rebate shall be 100% of income-tax or Rs. 2,500, whichever is less.

**DEDUCTIONS UNDER INCOME TAX AVAILABLE TO ALL INDIVIDUALS**

PLAN MAXIMUM DEDUCTIONS / INVESTMENTS BEFORE MARCH 2019 TO MINIMIZE YOUR TAXABLE INCOME & ALSO TAX

24	24 => Home loan interest	Rs. 2,00,000
80C	80C => LIC / PPF / KVP / EPF / SSY / NSC / HOME LOAN PRINCIPAL / SCHOOL FEES/ ELSS/STAMP DUTY	Rs.1,50,000

80CCD(1B)	80CCD(1B) => NPS	Rs. 50,000
80DD	80DD => Exp of disabled dependent	75000/125000
80U	80U => own Physical Disability	75000/125000
80TTA	80TTA => Interest on Savings Account. Only available to Persons other than Senior citizen / Very senior citizen	Rs. 10,000
80TTB	80TTB => Interest on Savings Account. and Interest on deposits with Post Offices, Banks, Co-operative bank. Only available to senior citizen & Very senior Citizen	Rs. 50,000
80G	80G => Donation ( Only if paid by cheque/ Bank Mode) 50% of Donation or 10% Total income ..W.E.IS HIGHER	
80GG	80GG => deduction for the rent paid (Available to all Individuals except to those who gets HRA from Employment). Eligibility will be least amount of the following :-	
	1) Rent paid minus 10 percent the adjusted total income.	
	2) Rs 5,000 per month	
	3) 25 percent of the adjusted total income	
80D	80D => Mediclaim For self, spouse and dependent children ( Only if paid by cheque/ Bank Mode )	25000/50000
	Up to Rs. 25,000 [Rs. 50,000 if specified person is a senior citizen or very senior citizen	
80D	80D => Mediclaim For Parents ( Only if paid by cheque/ Bank Mode )	25000/50000
	Upto Rs. 25,000 shall be allowed [Rs. 50,000 if parent is a Senior citizen / Very Senior Citizen	

Note for 80D Within overall limit, deduction shall also be allowed up to ? 50,000 towards medical expenditure incurred on the health of specified person provided such person is a very senior citizen and no amount has been paid to effect or to keep in force an insurance on the health of such person.



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## ALLOWANCES AND DEDUCTIONS ONLY ALLOWED TO SALARIED INDIVIDUALS

1 HRA EXEMPTION	<p>A salaried individual having a rented accommodation can get the benefit of HRA (House Rent Allowance). However, if you aren't living in any rented accommodation and still continue to receive HRA, it will be taxable. HRA exemption available to Lower of following three</p> <p>A.Total HRA received from your employer</p> <p>b. Rent paid less 10 percent of (Basic salary +DA)</p> <p>c. 40 percent of salary (Basic+DA) for non-metros and 50 percent of salary (Basic) for metros</p>
2 STANDARD DEDUCTION	<p><b>Rs. 40,000 Standard deduction for Assessee who has Salary/ Pension Income</b></p> <p>the standard deduction of Rs 40,000 replaces medical allowance of Rs 15,000 and transport allowance of Rs 1600 per month i.e. 19,200 per annum</p>

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## SOME RELAXATIONS TO SMALL TAX PAYERS UNDERE GST ACT

Recently, Govt. had provided some relaxations to the small taxpayers in the registration as well as on tax rate applicable on the supplies made by them. These relaxations will come into effect w.e.f. 1st April, 2019.

### 1. Exemption from obtaining registration (Notification No. 10/2019 (Central Tax):

A person is eligible to avail exemption if he satisfies both the under mentioned conditions:-

- Engaged in exclusive supply of goods
- Aggregate turnover in the FY does not exceed 40 Lakh Rupees

Benefit of exemption is not available if:

- Persons required to take compulsory registration u/s 24
- Persons engaged in making the intra-state supply in the specified states\*.
- Persons who had taken voluntary registration
- Persons engaged in making supply of Ice cream & other edible ice, whether or not containing cocoa; Pan masala and Tobacco & manufactured tobacco substitutes.

\* Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Puducherry, Sikkim, Telangana, Tripura, Uttarakhand

2. Reduction in rate of tax (Notification No. 02/2019 (Central Tax Rate))

<b><u>Applicable on</u></b>	<b><u>GST Rate</u></b>	<b><u>Conditions</u></b>
<p>First supplies of goods or services or both up to an aggregate turnover of Rs. 50 Lakh.</p> <p>Where 'First supplies of goods or services or both':</p> <ul style="list-style-type: none"> <li>To determine Eligibility of a person to pay tax under this notification: shall include the supply from 1st day of April of FY to the date from which he becomes liable for registration.</li> <li>To determine tax payable under this notification: shall not include the supply from 1st day of April of FY to the date from which he becomes liable for registration.</li> </ul>	6%	<p>1) If person had taken more than 1 registration under the same PAN, then CGST on all supplies made by that person is paid at 3%.</p> <p>2) Person shall not collect any tax from the recipient nor he shall claim any ITC.</p> <p>3) Person is required to issue 'Bill of Supply' instead of 'Tax invoice.'</p> <p>4) Person shall mention the following at the top of Bill of Supply:</p> <p>5) 'Taxable person paying tax in terms of N/No. 2/ 2019- CT (Rate) dated 07.03.2019, not eligible to collect tax on supplies.'</p> <p>6) Person who avail option of paying tax @ 3% as mentioned in this notification, he shall pay tax @ 3% on all outward supplies overruling any other notification issued u/s 9(1) or 11.</p> <p>7) Not applicable on inward supplies as mentioned in section 9(3) or 9(4) i.e. Person shall be liable to pay tax on such supplies at applicable rate.</p>

**Benefit of exemption is not available in following cases:**

- Aggregate turnover in preceding FY >Rs. 50 Lakh
- Eligible to pay tax u/s 10(1)
- Engaged in making supply not leviable to tax
- Engaged in making inter-state supply
- Casual taxable person
- Non-resident taxable person
- Engaged in making supply through E-commerce operator who is required to collect TCS
- Engaged in the supply of following goods:-
  - Ice cream & other edible ice, whether or not containing cocoa
  - Pan masala
  - Tobacco & manufactured tobacco substitutes



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## गरीब बच्चों को लौटा रही हैं उनका बचपन

कूड़ा बीनने, भीख मांगने, ढाबों और घरों में काम करने वाले बच्चों का बचपन लौटाने के प्रयास में जुटी हैं सेक्टर-14, फरीदाबाद की रहने वाली रेणु राजन भाटिया। वह 9 साल से समाजसेवा कर रही हैं। रेनू बन्नूवाल वेलफेयर एसोसिएशन की वाईस प्रेजिडेंट हैं। उनके अलावा टीम में बीस और महिलाएं भी हैं, जो भीख मांगने वाले, ढाबों में काम करने वाले और झुगियों में



रहने वाले बच्चों को हर महीने अपने घर ले आती है और उन्हें अच्छा खाना खिलाती है। टीवी पर कार्टून दिखाकर, डांस, मौज-मस्ती कराकर उनका खोया बचपन याद दिलाती हैं। वह बताती हैं, मुझे स्ट्रीट चिल्ड्रन व घरों में काम करने वाले बच्चों को देखकर दुख होता है। गरीबी की वजह से ये मासूम अपने बचपन को जी नहीं पाते। इसलिए सोचा कि हर महीने में उनका एक संडे हैपी किया जाए। पहले 135 गरीब बच्चों को पढ़ाती थी। मेडिटेशन कराती थी, ताकि शिक्षा के लिए उनमें दिलचस्पी जगे, लेकिन आसपास के लोगों की आपत्ति के कारण अब सिर्फ रविवार को ही ऐसा संभव हो पाता है। अभी निशुल्क स्टेशनरी बांटने और कपड़ा बैंक का अभियान चला रही हूँ। स्कूल से मिलीं करीब 3 हजार पुरानी किताबें गरीब बच्चों को बांटी। बल्लभगढ़, आगरा, गाजियाबाद से आए पुराने कपड़े जरूरतमंदों को दिए। हम पौधारोपण भी करते हैं। फरीदाबाद की नर्सरियों से फ्री में पौधे लेकर लोगों को बांटते हैं। मेरी टीम में आशा भाटिया, अजीत कौर, खुशी अरोड़ा, प्रतिभा अरोड़ा, शशि भाटिया, सरोज खनेजा, निर्मल गर्ग, सुमन लता, ऊषा चुग, रीना भाटिया और रजनी गुलाटी आदि सदस्य शामिल हैं।

दिनांक 20/1/2019, रविवार को  
दयानन्द मॉडल स्कूल, विवेक विहार, दिल्ली  
में आयोजित मीटिंग की कुछ झलकियाँ



सामूहिक फोटो, मीटिंग में उपस्थित सदस्यगण



फरीदाबाद मण्डल के स. मोहन सिंह भाटिया जी  
का अभिनन्दन करते, श्री प्रवीण भाटिया जी



श्री अमर नाथ भाटिया जी, संरक्षक, सै०भा०स०  
का अभिनन्दन करते श्री प्रवीण भाटिया जी व  
श्री अजय कुमार भाटिया जी



मीटिंग में आगामी क्रियाकलापों  
पर चर्चा करते श्री प्रवीण भाटिया जी

# REMEMBRANCE



(11.6.1930 - 19.1.1998)

**Late Desh Bandhu Bhatia S/o Late Ganpat Rai Bhatia**

Born in Tulambha Dist. Multan, Pakistan

Joined Rashtrapati Bhawan after Partition ; had been  
private secretary to the first president of India after

retirement of his excellency, retired in 1988 as under secretary from Rashtrapati Bhawan



**Late D.B. Bhatia with the First President of India &  
Staff at Rashtrapati Bhawan in 1962**



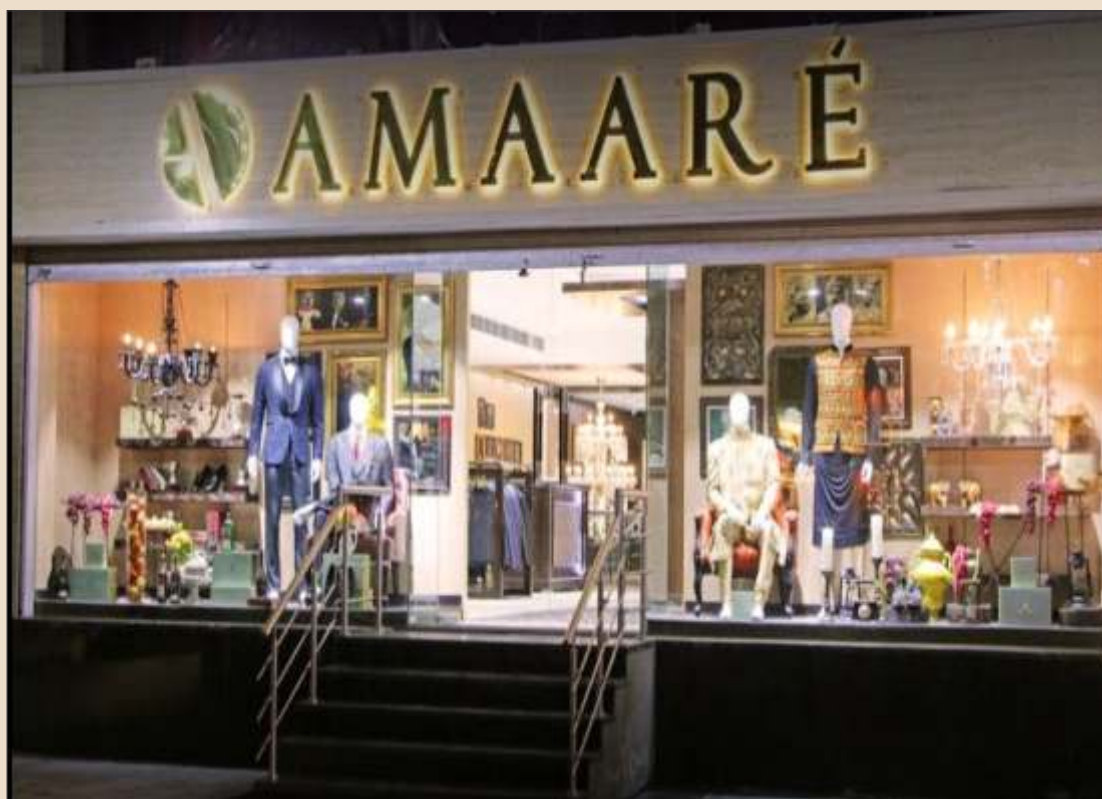
**Late D.B. Bhatia with the First President of India  
Dr. Rajender Prashad on occasion  
of his last birthday on 03.12.1962**

—●●●●●●●●—●●●●●●●●—●●●●●●●●—

Late Ganpat Rai Bhatia (Father)  
Surendra Kumar Bhatia (Son)  
Manoj Bhatia (Son)  
Dr. Prem Vaid (Son-in-Law)  
Dr. Ravi Bhatia (Son-in-Law)  
Sumeet Bhatia (Grand Son)  
Aditya Bhatia (Grand Son)  
Dhruv Bhatia (Grand Son)  
Naveen Bhatia (Grand Son-In-Law)  
Ashish Tanwar (Grand Son-In-Law)  
Kuljit Singh (Grand Son-In-Law)  
Soham Tanwar (Grand Grand Son)  
Manu Bhatia (Grand Grand Son)

Late Sita Devi Bhatia (Mother)  
Late Kamla Bhatia (Wife)  
Late Saroj Bhatia (Daughter-in-law)  
Achla Bhatia (Daughter-in-law)  
Indu Vaid (Daughter)  
Anju Bhatia (Daughter)  
Sureena Guglani Bhatia (Grand Daughter-in-law)  
Rashmi Gupta Bhatia (Grand Daughter-in-law)  
Shubha Tanwar (Grand Daughter)  
Vibha Bhatia (Grand Daughter)  
Aditi Bhatia (Grand Daughter)  
Disha Bhatia (Grand Daughter)  
Garima Vaid (Grand Daughter)  
Nitya Bhatia (Grand Grand Daughter)





AMAARÉ

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# KYH Care Card



Be Healthy, Know your Health  
Anytime....Anywhere...!!!!

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Step 1.	• Building a Software, Database Management and network of terminals
Step 2.	• Building a Hospital Network
Step 3.	• Easy Patient Smart Health Card Registration
Step 4.	• Notification to Patient about Smart Health Card Registration
Step 5.	• Issue of Smart Health Card through the Hospitals
Step 6.	• Input of Data into the Health Smart Cards
Step 7.	• Management of Collected Data
Step 8.	• Patient Login and Access data Anytime, Anywhere
Step 9.	• Easy Download to share/transfer data to specialist/consulting Doctor

## Why kyhcare Card

KYH Care is founded with the vision of replacing physical medical record in digital form with easily storing, accessing and sharing. KYHCare intends to use technology and innovation to transform the way of management of keeping medical information of an individual. KYHCare comes with a smart technique to access the patient data in very short duration with the help of smart card, and web based solution which could act as a life saver for many people on daily basis. KYHCare is a cloud based solution that collects, digitizes, optimizes any type of medical records (Prescriptions, X-rays, ECG, CT Scans, MRI's etc.) and stores them in a secure and easy-to-access way.

## CONTACT INFORMATION

5 Pusa Road, 1st Floor, New Delhi-110005  
Phone : 8826669693 || Email: info@kyhcare.com  
Website: www.kyhcare.com

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## बराबरी

नई नवेली बहू शालू अपने कमरे में लेटी हुई छत पर टकटकी लगाए अपने सवाल का जवाब ढूँढ रही है, पर उसकी नज़र छत के जालों में उलझकर रह गई है।

उसे स्मरण हो आया। उसकी सहेलियों ने हिदायत दी थी किसी भी सूरत में अपने पति के पाँव न छूना। सास ने एक बार कहा भी था, लेकिन वह कितनी चुस्ती से इसे टाल गयी थी – यह सोचकर अब उसे हैरानी हो रही थी। सहेलियों की यह बात भी काम की निकली कि पति को उसके नाम से बुलाना। जब वह मुझे नाम से बुला सकता है तो मैं क्यों नहीं नाम ले सकती? मुझे आज तक यह भी समझ नहीं आया कि पत्नी की उम्र पति से दो-तीन साल छोटी ही क्यों अच्छी मानी जाती है। कहीं इसमें भी औरत को दबाकर रखने का षड्यंत्र तो नहीं?

सोचते-सोचते वह आज के प्रसंग पर आ गई। आज नाश्ते में जब वह पति के सामने तीसरा परांठा परोस रही थी, तो पति ने धीरे से कहा, 'एक कप चाय।' तभी सास बोल पड़ी, 'ये तीन बार कह चुका है, तू चाय क्यों नहीं देती?'

सुनकर उसका दिमाग भन्ना गया था। तीनों को मालूम है कि पति ने चाय के लिए एक ही बार कहा था। शालू से रहा नहीं गया। रसोई से चाय लाते समय वह बोली, 'सासू माँ, क्या आपकी सास ने भी आपके साथ ऐसा सलूक किया था और अगर वह गलत था तो यह गलती कब तक चलती रहेगी?'

सुनकर सास की आँखों में अंगारे भर गए थे, लेकिन मुंह पर ताला लग गया था। बहू को याद आया, उसने कहीं पढ़ा था – 'औरतों की गुलामी सासों के बल पर कायम है।' सोचते-सोचते वह झटके से उठी – इन जालों को वह हटाकर रहेगी।

अशोक भाटिया

करनाल

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## माँ-बेटा संवाद

### सुबह

बेटा माँ, मैं डॉक्टर के पास गया था। वो कहता है कि....

बूढ़ी माँ - (लाठी के सहारे चलती हुई) पहले मुझे बैठने दे, खड़े होकर दिमाग काम नहीं करता।

बेटा - इसमें काम न करने की कौन-सी बात है? मेरे पास इतना वक्त नहीं है।

### दोपहर

माँ - चाय बनाने लगा है तो ये बर्तन मत ले। छोटे वाले एलमीनियम के पतीले में बना ले।

बेटा - किस में बनाऊँ, यह मुझ पर छोड़ दो। बननी तो चाय ही है।

माँ - मैंने इसी पतीले में रात को दूध गर्म करना है, इसलिए कहा है।

### शाम

बेटा - माताजी, आप थोड़ी देर आराम कर लो। अभी माली काफी देर बाद आएगा।

माँ - अगर मैं सो गई, तो उठकर ढंग से बात नहीं कर पाऊँगी।

बेटा - ये क्या बात हुई! पता नहीं आपने अपने को ऐसा क्यों बना रखा है!

### रात

माँ - दूध की पतीली छोटे वाले चूल्हे पर और हल्के सेंक पर रखियो।

बेटा - चाय बना रहा हूँ, साथ में सेंक फुल करके दूध भी उबाल दूंगा। कुछ तो मुझे भी पता होगा।

माँ - तू नहीं जानता, दूध और बेटे देखते ही देखते हाथ से निकल जाते हैं।

अशोक भाटिया  
करनाल

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## एक कन्या का जन्म

एक नन्ही सी कन्या का जन्म,  
निर्मल पावन और पवित्र जैसे गंगोत्री का उद्गम,  
धीरे-धीरे आगे जीवन में उसका हुआ पूर्ण विकास,  
रूप में सुख दायिनी, पाप नाशिनी गंगा सा आभास,  
घर आगन की दुलारी, परिवार की प्यारी,  
सबका मन मोहने वाली, सबका दुःख बाँटने वाली.....  
मात-पिता की लाडली, भाई बहनों की दुलारी,  
जीवन में अग्रसर और आई यौवन के शिखर पर,  
मात पिता की चिंता भाई बहनों का दायित्व,  
और एक दिन गंगा भूल गई अपना अस्तित्व,  
छोड़ के अपने बाबुल का अंगना, समां गई नए परिवेश में,  
स्वच्छन्द उन्मत्त बहाव को भूल, आ गई दुल्हन के वेश में,  
अब तो गंगा समां गई महासागर की विशालता में,  
खो दिया अपना अस्तित्व, अपनी असीम उदारता में,  
विशाल सागर सा पिया का हृदय ही अब उसका आधार है,  
अब वह 'गंगा' नहीं, सिर्फ अपने पिया का 'परिवार' है,  
सच कन्या पहले देवी है, फिर बेटा, बहन, पत्नी और माँ है,  
पर इस 'त्यागमूर्ति' के जीवन में उसका 'अपना जीवन कहाँ है?

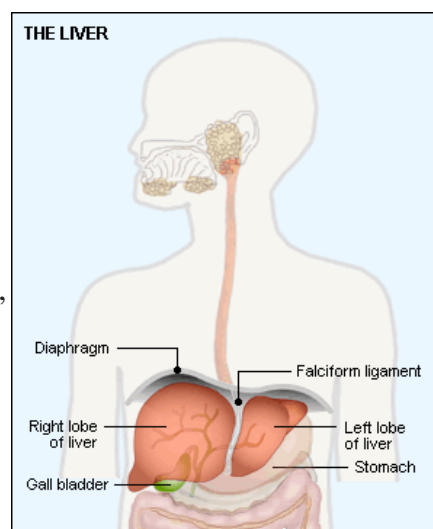
जय प्रकाश भाटिया, लुधियाना

The liver is your largest internal organ, weighing about 1.5 kilograms in adults. It sits in the upper, right-hand side of your abdomen, just under your diaphragm (a sheet of muscle that separates your chest from your abdomen). Your liver is divided into 2 main lobes — the right and left lobes — by a membrane called the falciform ligament.

The liver is a dark reddish-brown organ, and holds up to half a litre of blood at any one time. It receives blood from the hepatic artery, as well as from the portal vein. The hepatic artery delivers oxygen-rich blood from the heart, while the portal vein delivers blood that has just left your gastrointestinal tract. Blood reaching the liver via the portal vein is rich in nutrients that need to be processed by the liver.

### Functions of the liver

- The liver performs more than 500 functions, including:
- processing nutrients from food;
- storing energy;
- filtering toxic chemicals and bacteria from the body;
- processing alcohol;
- producing certain proteins and fats (including cholesterol), and controlling their metabolism;
- storing iron;
- making certain vitamins, including vitamin A;
- helping with blood clotting; and
- processing medicines.



### Bile

The liver also produces bile — a yellow-green fluid that consists of water, bile salts and a chemical called bilirubin. Bile is made in liver cells and travels through a system of channels and ducts in the liver before eventually leaving the liver via the hepatic ducts. Bile is then transported to the gallbladder and the duodenum (the first part of your small intestine) to help with digestion of dietary fats and the removal of certain waste products from the body.

### Damage to the liver

The liver is a unique organ because it can lose 80-90 per cent of its cells to disease before it stops functioning, and has the capacity to regenerate itself. However, it is possible for toxins such as alcohol and diseases such as hepatitis or conditions that block the flow of bile to permanently damage the liver. Because the liver has such a large excess capacity, signs and symptoms of disease may not occur until it has been severely damaged.



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### **Signs and symptoms of liver disease**

One indication that the liver may be damaged or not working properly is jaundice — a yellow discolouration of your skin and the whites of your eyes, which is caused by a build-up of bilirubin in the body.

Other symptoms of liver disease include persistent itching, fatigue, nausea, loss of appetite and sometimes abdominal swelling or pain. Some forms of liver disease cause dark urine and pale stools.

### **Testing the liver and its function**

A simple blood test, called a liver function test, can be used to assess the basic functioning of the liver. It measures various enzymes and proteins that are produced by the liver, as well as bilirubin, to determine whether the liver is functioning within normal limits.

Other tests commonly used to detect problems with the liver include imaging tests such as magnetic resonance imaging (MRI), CT scan or ultrasound of the liver.

I have given you above most important part of our body Liver and its functions. As people all over world are suffering from liver disorders due to bad dietary habits and intake of alcohol. Therefore, I have opportunity to write you that I suffered from liver cirrhosis in 2011 and was not able to stand up. Hence I started taking treatment from undernoted institutions. I have to add that Dr. Yeshi Dhonden is also treating cancer and kidney patients.

## **1. INSTITUTE OF LIVER & BILIARY SCIENCES**

(An Authonomous Society under Govt. of NCT of Delhi)

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**E-mail : [info@ilbs.in](mailto:info@ilbs.in), Website : <http://www.ilbs.in>**

## **2. Dr. YESHI DHONDEN**

**(Former Personal Physician to His Holiness The Dalai Lama)**

**TIBETAN HERBAL CLINIC**

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**Distt. Kangra (H.P.) INDIA • Contact : 01892-221461**

Kindly refer to their websites for further details.

**Surendra Kumar Bhatia**  
Executive Secretary of CBS

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## मधुर स्मृति / दुखद समाचार

सै०भा०स० के स्तम्भों में से एक श्री के० एल० भाटिया जी का निधन दिनांक 20/2/19 को हो गया है। वह लगभग 90 वर्ष के थे। स्व. भाटिया जी का जन्म 2/7/1928 को पाकिस्तान में हुआ। स्व० भाटिया जी कई वर्षों तक भाटिया सभा के संरक्षक तथा मुख्य सलाहकार रहे। उनके मार्गदर्शन में सभा सदैव प्रगतिशील रही। वह भारतीय राजस्व सेवा में "Director" Revenue Intelligence रहे तथा वर्ष 1986 में सेवा निवृत्त हुए।



स्व० भाटिया जी का उठाला दिनांक 23/2/19 को लाल मन्दिर, पूर्वी पटेल नगर, नई दिल्ली में हुआ। जिसमें बड़ी संख्या में सम्बंधीगण तथा बिरादरी के लोगों ने दिवंगत आत्मा को भावभिनी श्रद्धांजलि अर्पित की। सभा परमपिता परमात्मा से प्रार्थना करती है। कि शोक सन्तप्त परिवार को यह दुख सहने की शक्ति दे तथा दिवंगत आत्मा को अपने श्री चरणों में स्थान दें।

सरदारनी जसबीर कौर भाटिया जी पत्नी डा० अरविंदरजीत सिंह भाटिया जी, निवासी 14/132, गीता कॉलोनी, दिल्ली का निधन दिनांक 25.03.19 को हो गया। वह लगभग 65 वर्ष की थीं। स्व० जसबीर कौर जी बहुत मिलनसार तथा धार्मिक प्रवृत्ति की महिला थीं। उनका उठाला दिनांक 30.3.2019 को गुरुद्वारा श्री गुरु सिंह सभा, ब्लॉक-14, गीता कॉलोनी में हुआ। जिसमें बड़ी संख्या में संबंधीगण तथा बिरादरी के लोग उपस्थित थे। भाटिया सभा की ओर से स० जसवंत सिंह भाटिया, पूर्व कोषाध्यक्ष, ने दिवंगत आत्मा को भावभिनी श्रद्धांजलि अर्पित की। इस अवसर पर शोक संतप्त परिवार ने विभिन्न संस्थाओं के लिए दान निकाला जिसमें सै०भा०स० को 1100/-रु दान के रूप में प्राप्त हुए। सभा उनकी आभारी है तथा परमपिता परमात्मा से प्रार्थना करती है कि दिवंगत आत्मा को अपने श्री चरणों में स्थान दें।



श्रीमति शशी प्रभा भाटिया पत्नी श्री सुरेन्द्र भाटिया निवासी हिसार, हरियाणा का अल्प आयु में कैंसर की बिमारी से निधन दिनांक 6.3.2019 को हो गया है। स्व. शशी भाटिया मिलनसार व धार्मिक प्रवृत्ति की महिला थीं। स्व. शशी भाटिया का उठाला दिनांक 7.3.2019 को हुआ जिसमें बड़ी संख्या में रिश्तेदारों तथा बिरादरी के लोगों ने दिवंगत आत्मा को श्रद्धासुमन अर्पित किये। इस अवसर सै०भा०स० को 1000/- रुपये की राशि दान के रूप में भेंट किये। सभा परिवार की बहुत आभारी है तथा परमपिता परमात्मा से दिवंगत आत्मा की शान्ति के लिए प्रार्थना करती है।



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## मधुर स्मृति / दुखद समाचार

श्री अजय भाटिया जी (सेक्रेटरी सेंट्रल भाटिया सभा) तथा श्री राकेश भाटिया जी ने अपने पूज्य पिता स्व. ओम प्रकाश भाटिया जी (रिटायर्ड अस्सिस्टेंट कमिशनर) की मधुर स्मृति में सेंट्रल भाटिया सभा को उनकी 24 वीं पुण्य स्मृति 13.02.2019 के अवसर पर 1000/- रुपये की राशि दान के रूप में भेजी है। सभा उनकी आभारी है।



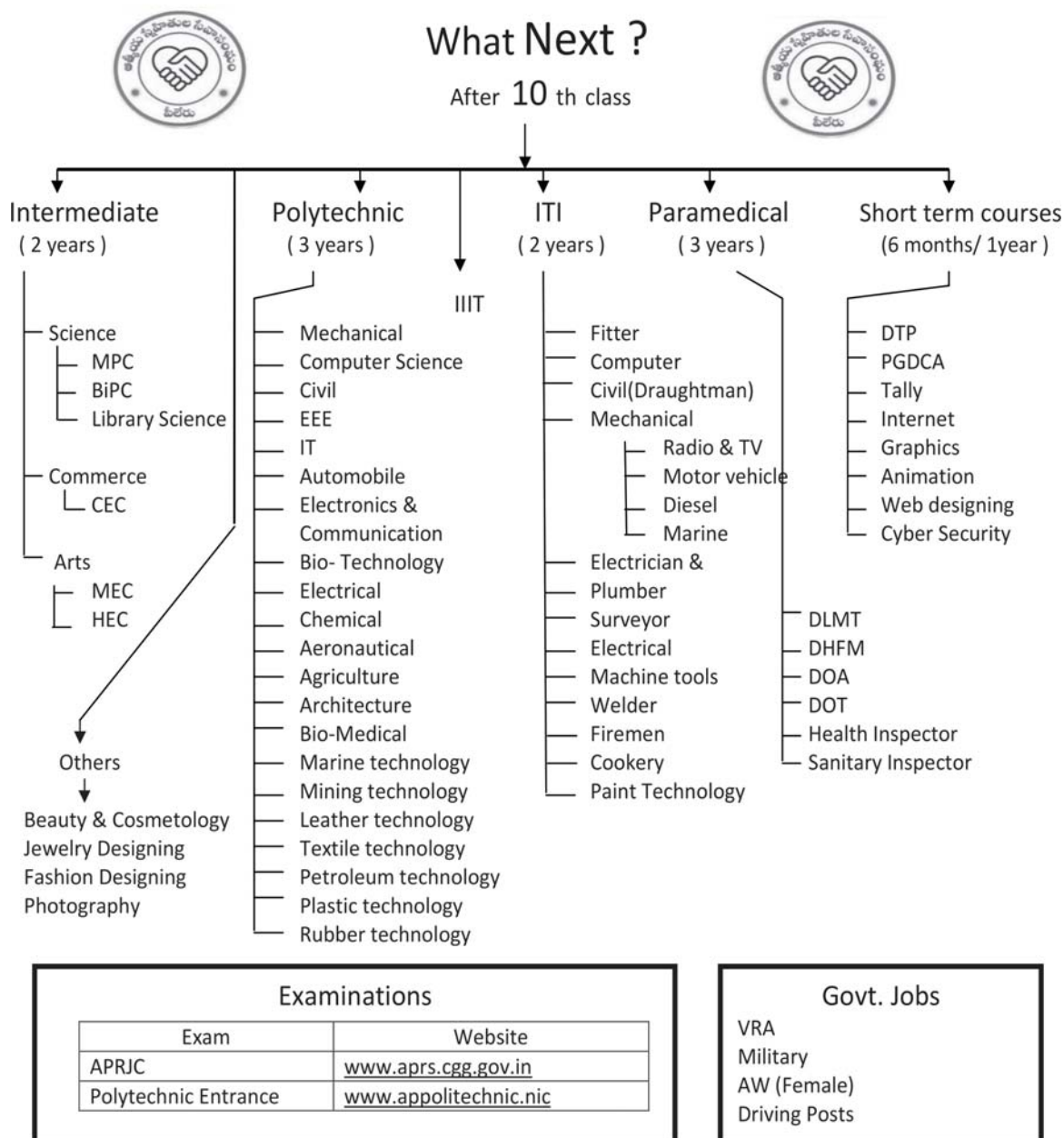
श्रीमति दयावन्ती भाटिया धर्मपत्नी श्री बिहारी लाल जी (निवासी मेरठ, यू०पी०) का निधन 28.2.2019 को हो गया है। वह लगभग 86 वर्ष की थीं। स्व दयावती जी बहुत ही धार्मिक तथा सरल स्वभाव की महिला थीं। वह अपने पीछे भरापूर तथा खुशहाल परिवार छोड़ गई हैं। उनका उठाला दिनांक 3/3/2019 को हुआ, जिसमें रिश्तेदार तथा बिरादरी के लोग बड़ी संख्या में उपस्थित थे। सभी ने दिवंगत आत्मा को भावभिनी श्रद्धार्जलि अर्पित की। इस अवसर पर उनके सुपुत्र डा० रवि दत्त भाटिया जी ने भिन्न-भिन्न सामाजिक तथा धार्मिक संगठनों के लिये दान निकाला, जिसमें सै०भा०स० को 1000/- रु की राशि दान के रूप में प्राप्त हुई। सभा शोक संतप्त परिवार की आभारी है। सभा परमपिता परमात्मा से प्रार्थना करती है कि शोक संतप्त परिवार को यह दुःख सहने की शक्ति दे तथा दिवंगत आत्मा को अपने श्री चरणों में स्थान दें।



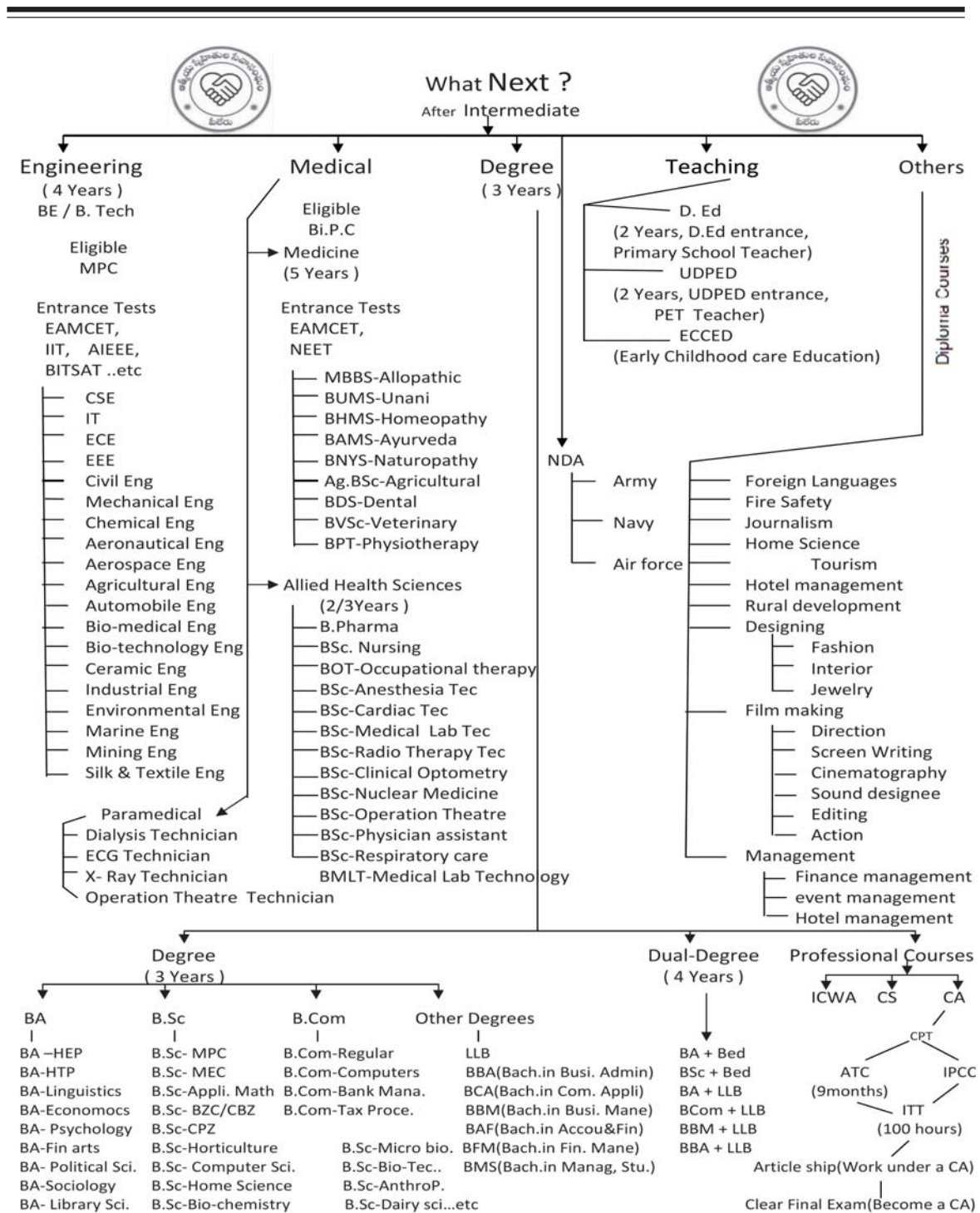
श्री संदीप भाटिया जी निवासी सी-18, स्वामी नगर, पंचशील एन्क्लेव, नई दिल्ली ने अपने पूज्यनीय पिता जी स्व० ज्ञान चन्द भाटिया जी की पुण्यतिथि दिनांक 14.2.19 तथा पूज्यनीय माता जी स्व० कौशल्या देवी भाटिया जी की पुण्य तिथि दिनांक 27.3.19 के अवसर पर सै०भा०स० को 500/- रु० की राशि दान के रूप में भेंट की है। सभा श्री संदीप भाटिया जी का आभार व्यक्त करती है तथा परमपिता परमात्मा से प्रार्थना करती है कि दिवंगत आत्माओं को सदैव अपने श्रीचरणों में स्थान दें।



# GUIDELINES FOR YOUNGER GENERATION









### EXAMS (cets)- after Intermediate - at A Glance

Sl No	Name of The Examination	Conducted By	Application Invited For	Notification Month	Mode of Selection	Website
1	<b>APEAMCET</b>	Andhra Pradesh Govt.	APEAMCET Board	March	Through State level Entrance Exam	<a href="http://www.ap.gov.in/eamcet">http://www.ap.gov.in/eamcet</a>
2	<b>JEE (Main)</b>				Through National Entrance Exam	<a href="http://jeemain.nic.in">http://jeemain.nic.in</a>
3	<b>JEE (Advance)</b>				Through National Entrance Exam	<a href="http://jeeadv.iitd.ac.in">http://jeeadv.iitd.ac.in</a>
4	<b>VITEEE</b>					<a href="http://www.vit.ac.in">www.vit.ac.in</a>
5	<b>COMED-K</b>					<a href="http://www.comedk.org">www.comedk.org</a>
6	<b>AIIMS</b>	All India Institute of Medical Sciences	MBBS	Feb / March	Through National Entrance Exam	<a href="http://www.aiimsexams.org">www.aiimsexams.org</a>
7	<b>NEET</b>	CBSE	MBBS - BDS	Feb / March	Through National Entrance Exam	<a href="http://www.cbseneet.nic.in">www.cbseneet.nic.in</a>
8	<b>CMC-Vellore</b>					<a href="http://www.cmch-vellore.edu">www.cmch-vellore.edu</a>
9	<b>JIPMER</b>					<a href="http://www.jipmer.edu.in">www.jipmer.edu.in</a>
10	<b>BITSAT</b>	BITS Pilani	Integrated Degree Programmes	Feb / March	Through National Entrance Exam	<a href="http://www.bitsadmission.com">www.bitsadmission.com</a>
11	<b>CLAT</b>	Chanakya Law University	Undergraduate Law Programmes	Feb / March	Through National Entrance Exam	<a href="http://www.clat.ac.in">www.clat.ac.in</a>
12	<b>AIEEE</b>	Indian Council of Agricultural Research	Undergraduate Programmes In Agriculture	Feb / March	Through National Entrance Exam	<a href="http://www.icar.org">http://www.icar.org</a>
13	<b>IIST</b>	Indian Institute of Science & Technology	4 Year B.Tech & 5 Year Dual Degree	May / June	Based on JEE Advanced	<a href="https://www.iist.ac">https://www.iist.ac</a>
14	<b>IISc</b>	Indian Institute of Science, Bangalore	Integrated Degree Programmes	April	*KVPY Score / *IIT-JEEAdvanced / *NEET Exam	<a href="http://www.iisc.ernet.in">www.iisc.ernet.in</a>
15	<b>KEAM</b>	Commissioner of Entrance Examinations, Govt. of Kerala	Medical, Agriculture, Forestry, Veterinary, Fisheries, Engineering & Architecture Courses	Feb / March	*Common Entrance Exam (For Engg.) * Based on NEET Score(For Medical)	<a href="http://www.cee.kerala.gov.in">www.cee.kerala.gov.in</a>
16	<b>CET</b>	Indian Maritime University(IMU) under Govt. of India	Under Graduate Course Marine Science & Technology	June	Common Entrance Test	<a href="http://www.imu.edu.in">http://www.imu.edu.in</a>
17	<b>NDA</b>	Union Public Service Commission	NDA & National Naval Academy	February	Through National Level Entrance Exam	<a href="http://www.upsconline.nic.in">www.upsconline.nic.in</a>
18	<b>NEST</b>	Department of Atomic Energy under Govt. of India	Integrated M.Sc Programmes	March	Through National Level Entrance Exam	<a href="http://www.nestexam.in">www.nestexam.in</a>
19	<b>NATA</b>	Council of Architecture	5 Year B.Arch Degree Courses	February	Through National Level Entrance Exam	<a href="http://www.nata.nic.in">www.nata.nic.in</a>

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## Engineering

### Joint Entrance Examination (JEE) Main

Purpose - For Admission in B. E./B. Tech., B. Arch., B. Planning

Eligibility - Class 12 pass (PCM)

Application mode - Online

Source <http://jeemain.nic.in>

### JEE Advanced

Purpose- Admission in UG programmes in IITs and ISM Dhanbad

Eligibility - Class 12 Pass (PCM)

Application mode -Online

Source <http://jeeadv.iitd.ac.in/>

### BITSAT

Purpose - Admission in Integrated First Degree programmes in BITS Pilani, Goa & Hyderabad campuses.

Eligibility - Class 12 pass (PCM)

Application mode - Online

Source [www.bitsadmission.com/](http://www.bitsadmission.com/)

### VIT University Engineering Entrance Exam (VITEEE)

Purpose - Admission in B Tech Courses

Eligibility - Class 12

Application mode - Online, By Post

Source [www.vit.ac.in](http://www.vit.ac.in)

### National Level Engineering Entrance Exams

S. No.	Exam Name	Website URL
1	BITSAT	<a href="http://www.bitsadmission.com">http://www.bitsadmission.com</a>
2	COMED-K	<a href="https://www.comedk.org/">https://www.comedk.org/</a>
3	IPU-CET (B. Tech	<a href="http://www.ipu.ac.in">www.ipu.ac.in</a>
4	Manipal (B. Tech	<a href="http://www.admissions.manipal.e">www.admissions.manipal.e</a>
5	VITEEE	<a href="http://www.vit.ac.in">www.vit.ac.in</a>
6	AMU (B. Tech)	<a href="http://www.amucontrollerexams.com/">http://www.amucontrollerexams.com/</a>
7	NDA Entrance with PCM (MPC)	<a href="http://careerairforce.nic.in">http://careerairforce.nic.in</a>
8	All India Engineering Entrance Exam with PCM (MPC)	<a href="http://www.jeemain.nic.in">http://www.jeemain.nic.in</a>
9	State Level Engineering Entrance Exams(APEAMCET)	<a href="http://www.ap.gov.in/eamcet">http://www.ap.gov.in/eamcet</a>



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## Medical

### National Eligibility Cum Entrance Test (NEET)

Purpose-Admission to MBBS / BDS

Eligibility-Class 12 (PCB)

Application mode - Online

Source:<http://aipmt.nic.in/aipmt/Welcome.aspx>

### National Level Medical Entrance Exams

S. No.	Exam Name	Website URL
1	AIIMS	<a href="http://aiimsexams.org/">http://aiimsexams.org/</a>
2	CMC-Vellore	<a href="http://admissions.cmcvellore.ac.in/">http://admissions.cmcvellore.ac.in/</a>
3	CMC-Ludhiana	<a href="http://cmcludhiana.in">http://cmcludhiana.in</a>
4	COMED-K	<a href="https://www.comedk.org">https://www.comedk.org</a>
5	JIPMER	<a href="http://jipmer.edu.in">http://jipmer.edu.in</a>
6	Manipal (MBBS)	<a href="http://www.admissions.manipal.edu">www.admissions.manipal.edu</a>

## Marine, Navy, Defence

### Indian Maritime University Common Entrance Test

Purpose - Admission in Diploma in Nautical Science (DNS) leading to BSc. (Nautical Science)

Eligibility - Class 12 (PCM)

Application mode - By post

Source:[www.imu.edu.in/index.php](http://www.imu.edu.in/index.php)

### Indian Navy B.Tech Entry Scheme

Purpose - Admission in Indian Navy B.Tech course

Eligibility - Class 12 passed

Application mode - Online

Source:[www.nausena-bharti.nic.in/index.php](http://www.nausena-bharti.nic.in/index.php)

### Indian Navy Sailors Recruitment

Purpose - Admission in 24 weeks Basic training at INS Chilka followed by Professional training

Eligibility - Class 12 (Maths and Physics/Chem./Bio/Computer Sc.)

Application mode - Online, By Post

Source:[www.nausena-bharti.nic.in/index.php](http://www.nausena-bharti.nic.in/index.php)

### Defence Indian Army Technical Entry Scheme (TES)

Purpose-Technical Entry to Army

Eligibility-Class 12 PCM

Apply-Online

Source:[www.joinindianarmy.nic.in/](http://www.joinindianarmy.nic.in/)

### National Defence Academy and Naval Academy Examination (I)

Purpose - Admission to Army and Air Force wings of NDA and 4 years B. Tech course for the Indian Naval Academy Course (INAC)

Eligibility- Class 12, 12 Passed

Application mode - Online

Source:[www.upsc.gov.in/](http://www.upsc.gov.in/)

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## Law

### Common Law Admission Test

Purpose-Admission in B.A. LL.B (Hons), B.Com. (Hons), BBA LL.B (Hons)

Eligibility- Class 12, 12+

Application mode -Online, By Post

Source <http://clat.ac.in/>

### Law School Admission Test LSAT India

Purpose-Admission in B.A. LL.B (Hons), B.Com. (Hons), BBA LL.B (Hons)

Eligibility- Class 12, Graduates

Application mode -Online

Source [www.pearsonvueindia.com/lSATindia/](http://www.pearsonvueindia.com/lSATindia/)

### All India Law Entrance Test (AILET)

Purpose-Admission in B.A., LL.B. (Hons.), LLM, PhD

Eligibility-Class 12, 12+, LLB, LLM

Apply-Online, By Post

Source [www.nludelhi.ac.in/](http://www.nludelhi.ac.in/)

### Lloyd Entrance Test (LET)

Purpose-Admission in B.A., LL.B- 5-year integrated course

Eligibility-Class 12, 12+

Application mode -Online, By Post

Source [www.lloydlawcollege.com](http://www.lloydlawcollege.com)

## Agriculture & Hotel Management:

### Indian Council of Agricultural Research ICAR AIEEA-UG-PG

Purpose-Admission in Bachelor, Master Degree Program, SRF (PGS) to Pursuing Ph.D in Agriculture and Allied Sciences at Agricultural Universities

Eligibility-Class 12, UG, PG

Application mode -Online

Source [www.icar.org.in/](http://www.icar.org.in/)

### All India Hotel management Entrance Exam NCHMCT JEE

Purpose-Admission in B.Sc. Hospitality & Hotel Administration

Eligibility-Class 12

Application mode -Online

Source [www.nchmct.org/](http://www.nchmct.org/)

## Fashion Design

### All India Entrance Examination for Design (AIEED)

Purpose-Admission in 4 years UG level programmes in Design

Eligibility-Class 11, 12      Apply- Online      Activity- Series 1: November to February,

Series 2: April, May      Source: [www.aieed.com](http://www.aieed.com)

### Design Schools and Exams:

1	Srishti School	<a href="http://srishti.ac.in/">http://srishti.ac.in/</a>
2	School of Fashion Technology	<a href="http://www.softpune.com/">www.softpune.com/</a>
3	Pearl Academy	<a href="http://pearlacademy.cc">http://pearlacademy.cc</a>
4	Symbiosis Institute of Design	<a href="http://sid.edu.in/">http://sid.edu.in/</a>
5	Footwear Design and Development Institute	<a href="http://www.fddiindia.com/">www.fddiindia.com/</a>
6	Maeer's MIT Institute of Design	<a href="http://www.mitid.edu.in">www.mitid.edu.in</a>
7	National Institute of Design	<a href="http://www.nid.edu/">www.nid.edu/</a>
8	National Institute of Fashion Design	<a href="http://www.nift.ac.in/">www.nift.ac.in/</a>
9	National Aptitude Test in Architecture	<a href="http://www.nata.ir">www.nata.ir</a>
10	Center for Environmental Planning and Technology (CEPT)	<a href="http://www.cept.ac.in/">www.cept.ac.in/</a>

Above guidelines issued through booklet by Ministry of HRD for Younger Generation



## MATRIMONIAL LIST OF BOYS/GIRLS



S. No. & Months	CONTACT PERSON	PARTICULARS
<b>MARRIAGEABLE BOYS</b>		
<b>DELHI</b>		
1-DELHI 07/2018	Sh. Subhash Bhatia Dilshad Garden, Delhi Ph. : 09953724140	30 yrs. 5'.6" BBA 30,000/- p.m (Asstt. Manager)
2-DELHI 07/2018	Sh. Gulshan Bhatia Rohini, Delhi Ph. : 9818679931	31 yrs. 6'.0" B.Tech 65,000/- p.m (Pvt. Job)
3-DELHI 07/2018	Sh. Surender Bhatia Rohini, Delhi Ph. : 9278516148	29 yrs. 5'.8" BA, MCS 75000/- p.m. (Job in Gurgaon)
4-DELHI 12/2018	Sh. Sudhir Kumar Bhatia H.No. 64, IIIrd Floor, Sec.-24, Rohini Ph. : 9999819686, 9711165248	30 yrs. 5'.11" English (Hons.) DU 8.5 Lac p.a. (American Exp.)
5-DELHI 12/2018	Sh. S.C. Bhatia 164, Anupam Apptt. MB Road, N.D.-68 Ph. : 9810799964, 9868857106 (udaybhatia_24@yahoo.co.in)	31 yrs. 6'.0" BE (Electronics & Telecommunication) 10.5 Lac p.a. (Analyst in a Private Company)
<b>MARRIAGEABLE GIRLS</b>		
1-DELHI 12/2018	Sh. Subash Bhatia Dilshad Garden, Delhi Ph. : 9953724140	27 yrs. 5'.4" B.Com, B.Ed, NTT 30,000/- p.m. (Job in School)
1-Faridabad 12/2018	Sh. C.P. Chugh Faridabad, Haryana Ph. : 9971124526, 9871558968	34 yrs. 5'.4" B.E. & MBA, Working Digital Marketing Consultant 2015chugh@gmail.com
1-GHAZIABAD 07/2018	Sh. Amit Arora 134, L-Block, Sector-12 Pratap Vihar, Ghaziabad Ph. : 08527043657, 09810349327	37 yrs. 149 cms Double (M.A.) 23,000/- p.m Job in Kotak Mahindra Bank
1-UP 07/2018	Sh. Vijender Bhatia 209, Patel Nagar Muzaffar Nagar, UP Ph. : 09456263982, 9456263984 E-mail : cavinibhatia@gmail.com	25 yrs. 167 cms MA/NET/JRF Doing PhD in Eco. 28,000/- p.m
<b>JANUARY-MARCH 2019</b>		<b>32 BHATIA PRAKASH</b>

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<div style="display: flex; justify-content: space-around;"><div style="width: 10px; height: 10px; background-color: black;"></div><div style="width: 10px; height: 10px; background-color: black;"></div><div style="width: 10px; height: 10px; background-color: black;"></div><div style="width: 10px; height: 10px; background-color: black;"></div></div>	<h2 style="margin: 0;">MEMBERSHIP FORM</h2>	<div style="display: flex; justify-content: space-around;"><div style="width: 10px; height: 10px; background-color: black;"></div><div style="width: 10px; height: 10px; background-color: black;"></div><div style="width: 10px; height: 10px; background-color: black;"></div><div style="width: 10px; height: 10px; background-color: black;"></div></div>
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### CENTRAL BHATIA SABHA (REGD.)

Admn. Office : 5, 1st Floor, Pusa Road, New Delhi-110005, Ph. : 011-47177000  
Website : [www.centralbhatiasabha.org](http://www.centralbhatiasabha.org) • E-mail : [centralbhatiasabha@gmail.com](mailto:centralbhatiasabha@gmail.com)

FULL NAME.....

FATHERS/HUSBAND'S NAME.....

DATE OF BIRTH (AGE).....

PROFESSION.....

RESIDENTIAL ADDRESS.....

OFFICE ADDRESS .....

CONTACT NOS : .....RESIDENCE .....

MOBILE ..... EMAIL ID : .....

Cheque No.....Dated.....drawn on.....

for Rs.....enclosed.

**Signature of the Member**

**Note : Members can pay subscription through Paytm No. 9971991865**

Annual subscription for CBS membership Rs. 500/- be sent through Crossed Cheque to **Central Bhatia Sabha**, Delhi along with the form duly filled in by the Member at : 5, Pusa Road, 1st Floor, New Delhi-110005

**OR**

By remitting to saving bank A/c Annual subscription of Rs. 500 in favor of Central Bhatia Sabha (Regd.) saving account no 012000100604808,  
Bank Name : PUNJAB NATIONAL BANK, GURUDWARA ROAD, KAROL BAGH, NEW DELHI  
IFSC Code : PUNB0012000

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### FREE MATRIMONIAL SERVICE

1. Name of the Boy / Girl (in Block Letters).....
2. Sub-Caste..... 3. Whether Manglik or Not.....
4. Age (in years)..... 5. Height (in cms.) .....
6. Education.....
7. Extra Qualifications (if any).....
8. Profession / Occupation Ward..... Working at.....
9. Monthly income of ward (Rs.) p.m. ....
10. Brothers & Sisters : Brothers ..... (Married.....) Sisters..... (Married.....)
11. Father's name (in Block letters).....
12. Father's occupation.....
13. Address for Correspondance.....  
.....Pin/Code.....
14. Telephone : Office.....Residence.....

HEIGHT TABLE	
4'-8" ..... 143 cm.	5'-5" .....165 cm.
4'-9" ..... 145 cm.	5'-6" .....167 cm.
4'-10".....147 cm.	5'-7" .....170 cm.
4'-11".....149 cm.	5'-8" .....172 cm.
5'-00".....152 cm.	5'-9" .....175 cm.
5'-1" ..... 155 cm.	5'-10".....177 cm.
5'-2" ..... 157 cm.	5'-11".....179 cm.
5'-3" ..... 160 cm.	6'-00".....182 cm.
5'-4" ..... 163 cm.	

**NOTE : APPLICANTS ARE REQUESTED TO INFORM WHEN-  
EVER MARRIAGE IS SOLEMNISED**

**FOR ANY QUERY CONTACT MR. S.K. BHATIA - 98993 03006**





## COURSES OFFERED :

*Courses recognized by U.P. State Medical faculty.*

S.No.	Name of Course	Duration	No. of Seats	Eligibility
1.	Diploma in Physiotherapy (DPT)	2 Years	30	10+2 (Biology)
2.	Diploma in Optometry (DOT)	2 Years	30	10+2 (Biology)
3.	Diploma in OT Technician	2 Years	30	10+2 (Biology, P.C.M.)
4.	Diploma in Trauma Care	2 Years	30	10+2 (Biology)



**Abhiram Institute**  
of Applied Health Sciences  
& Hospital

Affiliated by U.P. State Medical Faculty

Batjevra, Sadhana Road, Meerut Ph. : 9837022188 (Rishi Bhatia)  
Website : [abhiraminstitute.com](http://abhiraminstitute.com) | Email : [aiahsmt2015@gmail.com](mailto:aiahsmt2015@gmail.com)



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- 2 Modern Fully-equipped Operation Theatres & Labour Room
- 6 Bedded Nursery
- Super-Speciality Clinics
- Global Dialysis Centre

Govt. Recognized centre for Tax Exemption for medical expenses

#### Empanelled with:

##### Corporate

CGHS (Central Government Health Scheme), ESIC (Dialysis), DDA, IOCL, SAIL, NTC, SBBJ Bank, NBCC, IAR, I Engineering Projects India, Indian Railway Catering and Tourism Corporation, Mother Dairy, University Grand Commission, DTC, Reliance General, Airport Authority, Radison Blu

#### Insurance Companies

National Insurance, United India, Oriental Insurance, New India Assurance, LIC of India, ICICI Lombard, ICICI Prudential Life Insurance, IFFCO Tokio, Cholamandalam, Apollo DKV, Apollo Munich, HDFC ERGO General Insurance, Bharti General Insurance, Royal Sundaram, Max Bupa.

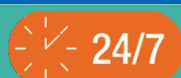
#### TPA

Raksha, Family Health Plan, Genins India, E-Meditek Solutions, TTK Healthcare, Vipul Medcorp, Universal Medi-Aid, United Healthcare, Dedicated Healthcare Services, Medi Assist, East West Assist, Good Health Plan, I Care Management & TPA Services, Medicare TPA Services, ICICI Prudential Life Insurance, Safeway TPA Services, Health India TPA Services, Heritage Services, Focus Healthcare, Medsave Healthcare, MD India Healthcare, Ispurthi Meditech Solutions

**305, 307, 308, Ambika Vihar, Paschim Vihar, New Delhi - 110087**

**Global Helpline Number (011-49775977), 45518230, 45518231 Fax: 25273200**

**e-mail: care@bhatiaglobalhospital.com Website: www.bhatiaglobalhospital.com**



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