



Dr. Hedgewar Library

DHL'S e-Horizon

Volume- 5



Dr. Hedgewar Library

Working Under-

Dr. Hedgewar Pustakalaya Sah Sewa Samitee

Laxminagar, Bhachchhi, Madhubani, Bihar - 847212.

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MESSAGE FROM THE EDITOR'S DESK

This is my great pleasure to bring about the FIFTH Volume of e-magazine (DHL's e- Horizon) on the occasion of 28th Quiz Contest (31st December 2022) which will bring massive change in learner to achieve goal in their lives. It will be helpful to students for their upcoming academic and competitive examinations. It will change the way of thinking for better perspectives. Blended mode (physical & online mode) of learning is the most popular learning method to acquire knowledge where learners may get



guidelines by face to face interaction with teachers and get many resources through social media, e-print media and internet sources etc. One of the basic advantages of COVID-19 is to utilize and know the online learning and learners are still enjoying it. The present situation made me to feel that continuing with an e- Horizon will be very helpful for all students staying in any corner of the country and needs to get guidelines for their better future.

This e- Horizon basically focused on to prepare for better future and makes a healthy and happy life. Hindi article gives importance of teacher (Guru) and explain the good relation between teachers and students. The Motivational story of this magazine gives strength and develops self-confidence for better life whereas General articles may enhance the perception about the day to day business of ours. This e- Horizon includes poetry and beautiful drawing based on women empowerment. It provides also a detailed story of library and its achievements, which in fact depicts the journey of the library along with messages of renowned personality and views of readers who appreciated 4th volume of e- Horizon. Finally, this e- Horizon adds the success stories of members which motivate the learner to achieve more and more. Now, this library works under the trust Dr. HEDGEWAR PUSTKALAYA SAH SEWA SAMITEE and through this platform we do different social activities to help the people in need thereby creating a healthy, beautiful and well-developed society. I am happy to say that our trust is registered under 12 A & 80G through which people may donate and can get 50% tax benefits. I would proudly say that our library provides a good platform for new generation to achieve their goal. Our library organizes a well-known Quiz Contest of the area which is held every year on last day of the year i.e 31st of December. It has become a saying that the participants, who secure first position in the college level quiz, get a Government Job for sure. Our library is now well-equipped with good infrastructure, Wi-Fi facilities, good magazines, newspapers, competitive guidebooks and all types of books.

I extend my heartiest thanks to Mr. Abhay Kumar Jha, Ms. Pallavi Bhowmik, & Designer Mr. Mihir Kumar Adak for their tireless support. I heartily congratulate to our expert writers who have done hard work for this e- Horizon, especially to the new and young writers who have contributed the most of the articles.

Last but not the least; we know that right decision at right time plays vital role in our life. Each and every one has 24 hours only. How to utilize this time for positive work is very important. If we make a proper plan or routine and follow them strictly, then surely we are going to get success. We must set our mind to create some new ideas and make this special for the Year 2023. Finally, I would like to say; "Set your Mind; Get the Success." "Happy New Year"

Pawan Kumar Ray

Asst. Professor , Harkamaya College of Education
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(A central university established by an Act of Parliament of India in 2007 and accredited by NAAC in 2015)



Message

It is a matter of great pleasure to know that the fifth volume of Dr.Hedgewar Library's E-magazine (DHL' S E- Horizon) is going to be published on 31st December,2022.

E-magazine has become a very important resource for those who are preparing for various competitive examinations. Every day we are facing new challenges of re-modeling the methods of delivery of Education, such digital resources are of immense value and serve students, teachers and resource persons equally well.

I extend my hearty Congratulations to the editorial team led by Mr Pawan Kr.Ray,writers and also the entire team of Dr.Hedgewar Library Laxminagar,Bhachhi.Madhubani,Bihar for successfully publishing the E-magazine and also express my Best Wishes for their future endeavor.

With kind regards

Dr.S.Murali Mohan
Controller of Examinations
Sikkim University
Gangtok, Sikkim

परीक्षा नियंत्रक
Controller of Examinations
सिक्किम विश्वविद्यालय
Sikkim University

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(A central university established by an Act of Parliament of India in 2007 and accredited by NAAC in 2015)


Message



It gives me an immense pleasure to appreciate the initiative taken by Dr. Hedgewar Library is launching the 5th Volume of e-magazine (DHL's e- Horizon) on the occasion of the well-known 28th Quiz contest dated on 31st December 2022 which has always catered to the needs of the aspiring students to build a successful career. I am sure that the e-magazine will prove to be an asset to the students for their upcoming competitive examinations and thereby aiding them for a holistic development in a nutshell. Subsequently the e-magazine will throw light on different subjects meant for the competitive purpose. The magazine shares the best knowledge and resources required for empowering the young minds.

I congratulate to Editor Mr. Pawan Kumar Ray who is working in Harkamaya College of Education, 6th mile Gangtok, Sikkim and his entire team of e-magazine for the successful publication and appreciate their ardent efforts made by esteemed members of the Library.

With best wishes


Prof. Manesh Choubey
Dean, School of Social Sciences
Sikkim University

डीन
सामाजिक विज्ञान विद्यापीठ
DEAN
SCHOOL OF SOCIAL SCIENCES

Message from Mizoram University



Mizoram University

AIZAWL : MIZORAM – 796004

OFFICE OF THE DEAN, SCHOOL OF EDUCATION

Ref No:

Date: 27th December, 2022



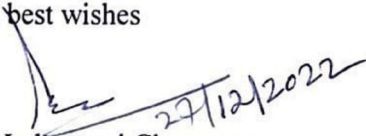
Message

It is a great pleasure to appreciate the initiative taken by Mr. Pawan Kumar Ray, Research Scholar, Mizoram University and Asst. Professor, Harkamaya College of Education, Gangtok, Sikkim for publishing 5th DHL's e- Horizon. Mr. Ray established Dr. Hedgewar Library in 1991 at a remote village Bhachchhi, Madhubani in Bihar. He published the first volume of DHL's e- Magazine in 2020 when everyone was facing a problem in one way or the other due to pandemic of COVID -19. The main purpose was to help students becoming enriched and successful in academic and competitive examinations through e-learning.

I came to know that the previous 4 volumes of this e- magazine were very useful for learners specially students who were preparing for competitive examinations. A variety of areas and topics were covered in the previous volumes. I have no hesitation to say that the e-Magazine will be able to help everybody far beyond achieving success in a competitive examination. It will rather be useful in developing one of the most important skills required in the present challenging situation, namely critical thinking.

I extend my heartiest congratulations to Dr. Hedgewar Library and the editorial team, writers and the entire team of this DHL's e- Horizon for their achievements. I wish them all the best for their future endeavors.

With best wishes


Prof. Lalthmasai Chuaungo
Dean, School of Education,
Mizoram University

Message from Gangadhar Meher University



SCHOOL OF PSYCHOLOGY GANGADHAR MEHER UNIVERSITY

AMRUTA VIHAR, SAMBALPUR - 768004 (ODISHA)

Letter No. PSY-139

Date. 23-12-2022

MESSAGE



HoD, School of Psychology

I am delighted to learn about Mr. Pawan Kumar Ray's initiative. He is the founder of Dr.Hedgewar Library situated in a remote village in Bhachchhi, Madhubani, Bihar. He has been publishing this e-magazine since 2020, which helps students succeed in academic and competitive examinations through e-learning.

This e-magazine has previously published four volumes, with a number of topics and areas covered.

The magazine has become an invaluable resource for each and every student around places.

I want to express my heartfelt congratulations to the editorial team, writers, and the entire DHL's e- Horizon team for their success and for their applaudable initiative.

Dr. Sanjukta Padhi
HoD, School of Psychology,
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Message from Netaji Centenary College



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(Affiliated to Bankura University)

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Website : www.saltorancollege.org

Mobile : 8967911896

Letter No. SNCC/122/22

Date 23.12.2022

From :
Principal / Teacher-in-charge

Message

I am glad that Dr.Hedgewar Library is going to publish the 5th volume of its annual magazine 'E-Horizon' this year. Being a member of DHL I really feel proud for this. Since its inception DHL has been inspiring the young talents through various literary and cultural competitions round the year. It also helps the students preparing for different competitive examinations at state and national level by providing free coaching facilities. Besides DHL extends financial help to the needy students to pursue their studies.

I hope this publication would be successful. My best wishes to the entire team for this endeavor.

With warm Greetings.

Dr.Kishore Kumar Biswal

Principal

Principal
Saltora Netaji Centenary College
P.O.- Saltora, Dist.- Bankura

Library Members & Readers Views

Dr. Rajesh Singh
Principal, Harkamaya college of Education
Gangtok Sikkim



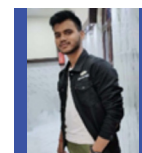
I take immense pleasure in conveying my heartfelt congratulations to the editorial team of "DHL'S -Horizon". It is a platform that provides exposure and freedom to express views. I congratulate the efforts of the team in compiling and unleashing the hidden potential of the readers and making this magazine purposeful and meaningful. On the basis of previous issues I can assure that the magazine is going to be productive for the competitive purpose. I appreciate the efforts of Mr. Pawan Kumar ray, Assistant Professor Harkamaya College of Education, Gangtok, Sikkim for bringing out this e- magazine successfully. I once again wish him all the very best in all his endeavors and may you explore new dimensions in the process of teaching and learning and in turn these leanings should benefit the readers and society at a large scale.

Saquib Ali
Class 8
Indian Public School
Madhubani , Bihar



I feel very gratified and glad to put out my words in this edition of the e magazine. Being linked with the library, I have learnt a lot of things not only knowledge but also speaking skills, etiquettes, writing skills and a lot more that can't be expressed in these short notes. The Guidance Pawan Sir and all the library associates have given to me and all the students is commendable. At last, I will like to utter that, "A teacher plants the seeds of knowledge, sprinkles them with love and patiently nurtures their growth, to produce tomorrow's dream".

Mr. Ishwar kumar
B.A English hon.
Competitive examinee
Bhachhi, Madhubani Bihar



I am very glad that I got an opportunity to say something about the library, quiz contest and e- Magazine. Thanks to DHL committee and especially Pawan sir, they gave me a chance to express my feelings. This platform has given me a lot of experience, especially our senior members who always encouraged me. So many students who studied in this library or associated with this platform are now in better position in their respective field and especially who participated in this quiz contest and who won the first prize of college level, all of them have got government jobs. And this is the custom of our library since last 30 years. I myself have felt it for the last 10 years. I am very happy that I am associated with this library since my childhood. I have read previous E-magazine which was had excellent contents which is very useful for students to get success. Lastly I thank to DHL committee and founder of the library.

Mrs. Ganga Maya Sharma
Assistant Professor
Harkamaya college of Education
Gangtok Sikkim



It gives me immense pleasure to express my feelings about the e- magazine 'Horizon' published by DHL team. This yearly magazine is the outcome of hard work and perseverance of the Library Team and all other contributors who are playing a constructive role to share knowledge with the society. I wish the entire team a great success in their future endeavour.

Details of Library & It's Achievement

Established: 2nd June 1991.

Founder & President: Mr. Pawan Kumar Ray.

Trust: Dr. Hedgewar Pustkalaya Sah Sewa Samitee.

Registration No.: T-7978/2016

Website: www.drhedgewarlibrary.com

Email: dhl2june1991@gmail.com

You tube: Dr. Hedgewar Library

Facebook: <https://www.facebook.com/drhedgewar.bihar>

Secretary: Mr. Mahavir Kumar : (9155551156)

Co-ordinator: Mr Ishwar Kumar : (6202029440)

Mr. Bikash Kumar : (8521506041)

Features:

Dedicated members are always ready to help the needy whether it is of educational nature or an economical support. Always ready to reach the helping hands who are interested in helping the mankind.

Work field:

- (i) Organizing a Mega quiz-Contest every year on 31st of December for updating of Knowledge and organising the Competition on Foundation day i.e 2nd June for the development of different skills of students.
- (ii) Educational assistance is given to the student who topped the Matriculation and Intermediate examination previous years.
- (iii) Monetary assistance to one student who is unable to meet the expense of his/her study
- (iv) Organizing some National festivals throughout the years for awareness amongst the new generation.
- (v) Run the competitive coaching centre by founder and members of library to provide better facilities to students. Free education to those who cannot afford.

Achievement:

- (i) Registration of Library in NITI Aayog in the year 2020 with Unique Id: BR/2020/0260018.
- (ii) Thousands of people succeeded in competitive exams and got Government Job, and working all over India even abroad by the virtue of Library.
- (iii) We have developed a good infrastructure of Library to provide good educational environment to the learners and organised some social programs.
- (iv) Publication of e- Magazine.
- (v) Our trust is registered under 12A & 80G through which people may donate and can get 50% tax benefits.

You may send Competitive Articles/ Social Articles and Feedback / Suggestion.

Email: emagazine4you@gmail.com



Pallavi Bhowmik
Lincolns High School, Siliguri
(Asst. Teacher)

Right Mindset for attaining Success

Once your mindset changes, everything on the outside will change along with it.”

This awakening quote by Steve Moraboli instigates us to think whether is it really possible that just by changing our mindset we can make anything happen, even to a level where we can improve our environment thereby having an unimpeded view across the lane of success. With these words the very question arises, what that mindset is all about and how can we even acquire that.

In a quest to derive the meaning of mindset it is found that many psychologist, eminent educationist and neuroscientist has defined it in a great degree. While summarising their words it could be drawn that a mindset is a series of self- perceptions or beliefs people hold about themselves. These determine behaviour, outlook and mental attitude. For example, believing you are either ‘intelligent’ or ‘unintelligent’.

Carol S. Dweck in his book ‘Mindset: The New Psychology of Success’ mentioned about his thirty years research which has shown that the view one adopt for oneself profoundly affects the way one lead one’s life. It can determine whether one becomes the person he wants to be and whether he accomplishes the things he value.

Two mindsets have been identified by Carol Dweck, (Professor of Psychology at Stanford University). A Fixed Mindset and a Growth Mindset. He opined that a people can have either of them at a time.

Believing that your qualities are carved in stone---the Fixed Mindset- creates an urgen-

cy to prove yourself over and over. If you have only a certain amount of intelligence, a certain personality, and a certain moral character then you can make your way more clearer for attaining any goal you set for yourself.

Growth mindset is where a person’s self-belief is centred on the notion that, “....their most basic abilities can be developed through dedication and hard work. Brains and talent are just the starting point.” It is the growth mindset which allows young people to embrace failure and learn from it. Learning from failure causes substantial changes in the brain throughout life and is vital for resilience.

“Failure is bad” this one clear and loud message generates in vast majority of us the fear of failure. We have tried to avoid exams like anything as if it’s an anathema, only tried out for other’s but not to try for us.

Scholarly person says ‘Failure is a necessary step on the path of success’. It allows us to push past our comfort zone and incite us to find the true limits of our success without regard to what we think those limit may be. It is said instead of conjuring fearful images like ‘what if I fail in the examination?’ and thus spending time weakening yourself rather use it fruitfully to prepare and pass them with flying colours. This is the right mind-set...the mind-set of growth.

Students usually complain that we are not equal in terms of intelligence and every person is differently able and some of us do face problems and difficulties in learning.

Binet, A Frenchman while working on one of his major books, ‘Modern Ideas About Children’, summarizes his work with hundreds of children with learning difficulties:

A few modern philosophers....assert that an individual's intelligence is fixed quantity, a quantity, a quantity which cannot be increased. We must protest and react against this brutal pessimism.....With practice, training and above all, method to increase our attention, our memory, our judgement and literally to become more intelligent than we were before.

There is always a scope and place for improvement if we set our mind in the right path. Gilbert Gottlieb, an eminent neuroscientist, put it, that the development of mind is the cooperation between the genes and environment, but he projects that genes too require input from the environment to work properly. Here, the environment to be created is not the one outside but the one which is dwelling inside, that's our thoughts.

The Ramayana states:

Jara chetana guna doshamaya, viśhva kinha karatāra

Santa hansa guna gahahin paya, parihari vāri vikāra

'The Creator has filled the world with opposites. We see both living beings and inanimate objects here, each endowed with virtues and defects. However, saintly persons know how to grasp the good and leave out the bad. They are much like the swans who, when served a mixture of milk and water, drink the milk and leave the water behind.'

Positive thinking is a saintly virtue. Possessing positive thoughts in every action we commit we may easily be taken to our goal. But if we keep on believing that misery is our part and parcel of life and there is no hope of escape or solution to it then we are swamping in our negative thoughts with no way out thus flaring our fixed mindset of disbelief in ourselves.

We have to know that it is our thoughts and restless mind only which creates a negative environment within and around us. Who can even fathom the fidgetiness of our mind!

Bhagavad Gita: Chapter 6, Verse 34

chañchalam hi manaḥ kṛishṇa pramāthi bala-
vad dṛiḍham
tasyāham nigrahaṁ manye vāyor iva su-
duḥkaram

The mind is very restless, turbulent, strong and obstinate, O Krishna. It appears to me that it is more difficult to control than the wind.

In this verse, Arjun speaks for us all when he describes the troublesome mind. It is restless because it keeps flitting in different directions, from subject to subject. It is turbulent because it creates upheavals in one's consciousness, in the form of hatred, anger, lust, greed, envy, anxiety, fear, attachment, etc. It is strong because it overpowers the intellect with its vigorous currents and destroys the faculty of discrimination. The mind is also obstinate because when it catches a harmful thought, it refuses to let go, and continues to ruminate over it again and again, even to the dismay of the intellect. Thus enumerating its unwholesome characteristics, Arjun declares that the mind is even more difficult to control than the wind. It is a powerful analogy for no one can ever think of controlling the mighty wind in the sky.

Lord Krishna in response to this agrees with Arjun's statement that the mind is indeed difficult to control. However, so many things are difficult to achieve in the world and yet we remain undaunted and move forward. For example, sailors know that the sea is dangerous and the possibility of terrible storms exists. Yet, they have never found those dangers as sufficient reasons for remaining ashore. Hence, Shree Krishna assures Arjun that the mind can be controlled by vairāgya and abhyās.

Vairāgya means detachment. We observe that the mind runs toward the objects of its attachment, toward the direction it has been habituated to running in the past. The elimination of attachment eradicates the unnecessary wanderings of the mind.

Abhyās means practice, or a concerted and

persistent effort to change an old habit or develop a new one. Proficiency comes solely through practice.

Patanjali gives the same instruction:

abhyāsa vairāgyābhyāṁ tannirodhaḥ (Yog Darśhan 1.12)[v26]

“The perturbations of the mind can be controlled by constant practice and detachment.”

The mindset of Discipline is one magic word that stands out above all the rest in enriching the quality of our lives. We may possess the knowledge of all the libraries of the world in our head, but we will not benefit from it without the willpower to implement it.

Discipline is the bridge between intention and accomplishment, between inspiration and achievement, between knowledge and practice. It empowers us to do the right thing even though it may be difficult. Likewise, it enables us to desist from engaging in detrimental activities though they may seem to be pleasurable.

With the righteous mindset of growth, fearlessness, positive thinking and discipline we can triumph the battle between the Mind and the Intellect and can ascertain success in obtaining our goal. We need to make our exertions so strong that nothing can divert us from attaining our desired target. To conclude, I would like to quote the words of the famous Urdu poet, Allama Muhammad Iqbal, that very aptly displays the spirit of focus on our efforts,

Khudi ko kar buland itana ki har takadir se pahale
Khuda khud bande se puchhe bata teri raza kya hai





Sunita Rani Mahapatro
Asst. professor
Harkamaya College of Education
Suni.nihar@gmail.com

IMPACT OF SOCIAL MEDIA ON THE MENTAL HEALTH OF ADOLESCENTS

At present, social media is the latest form of communication having various features and characteristics. It delivers many facilities on the same channel like cooperating, texting, image sharing, audio, and video sharing, fast publishing, linking with all over the world, etc. It is also economical and has fast access to the world therefore social media is indispensable for all ages of people. Its use is growing day by day at a high rate all over the world. Majority of the adolescents are shifting rapidly from electronic media like television viewers and radio listeners to social media. Adolescents' usage of social media is very high therefore its impacts are higher on adolescents. This obsession of adolescents with social media has raised a question concerning its impact on society and the mental health of adolescents. While it is agreed that social media affects people's way of living and it is a continuing process to recognize the nature of this impact in every society and country, especially on adolescents. This study focused on the influences of social media on the mental health of adolescents.

IMPACT OF SOCIAL MEDIA ON ADOLESCENCE

Adolescence is the temporary and growth-oriented period where individuals begin a clear and concise sense of their identity. The evolving approaches of social media platforms have evolutionarily reformed how adolescents self-identify, socialize, and observe the world around them. Social media platforms now set up an important developmental task for adolescents that permits them to build deviating relationships and short-term self-confidence. While these platforms offer terrifying new ways for adolescents to define their individualities, it is apparent that these platforms have added to the many challenges adolescents come across while on the trail to understand a sense of who they are and where they belong in the world.

The positive impact of Social Media on the adolescents

Social media through its interactive platform facilitates the users to interconnect with other members in building social relationships and sharing information and knowledge related to the needs and activities in the real life. Adolescents, in particular, spend a great amount of their time collaborating in their social lives. The usage of social media by adolescents follows at the same time with their developing identity, sexuality, and their physical and moral development. Current studies show some assistances derivative by the teenager as they have improved in their communication. At the same time, they have also improved their social life and emotional life, which have a great impact on their development process.

Social Media may also provide a supportive environment for adolescents to discover passion, friendship, and social status, and it offers teenagers the opportunity to share and discuss their musical tastes, knowledge of television and movies, video games, and the other aspects of adolescent culture (Ito et al., 2008).

The various positive impact of using social media on adolescents are:

- **Socialization and Communication:** Social media sites allow adolescents to accomplish many

online tasks which are important to them offline: staying connected with friends and family, making new friends, sharing pictures, and exchanging ideas

- **Accessing Health Information:** Adolescents can find and contact online information about their health concerns easily and secretly. Excellent health resources are gradually available to the youth on a variety of topics of interest, such as sexually transmitted infections, stress reduction, and signs of depression.
- **Enhanced Learning Opportunities:** Social media programs allow students to gather outside of class to collaborate and exchange ideas about assignments. Social networking can provide tools for teaching in positive ways that engage young students.

The adverse impact of using Social Media on adolescents

Apart from well-being, social media also brings pressure on teenagers. They are at risk if they access the internet under the age they are not allowed without their parent's permission. The nominal age of internet access is 13 years old. This age was decided by the Legislature in the Children's Online Privacy Protection Act (COPPA, 1998), which prohibits websites from collecting information on children younger than 13 years without parental permission. The American Academy of Paediatrics (AAP) encourages that age should be respected.

The various adverse impact of social media on adolescents are as follows:

- **Cyberbullying:** The use of social media also generates a chance for emotional suffering by getting unfriendly, harassing, or humiliating communication from other teens. This is a common threat to adolescents and pre-teenagers. cyberbullying can occur to any young person online, and can cause deep psychosocial results such as depression, anxiety, severe isolation, and tragically, suicide.
- **Sexting:** Sexting can be defined as "sending, receiving, or forwarding sexually overt messages, photographs, or images via cell phone, computer, or other digital devices".
- **Facebook Depression:** Adolescents who use Facebook more often, show more egotistic biases, while young adults who have a strong Facebook presence show more signs of psychological disorders, including antisocial behaviours, obsession, and aggressive tendencies.
- **Privacy Concerns and the Digital Footprint:** These days, the main risk faced by preadolescents and adolescents online are risks from each other, risks of improper use of technology, lack of privacy, this kind of behaviour puts their privacy at risk.

Social media is an inseparable part of human life. During the worldwide emergency of lockdown, social media was the only platform that gave information about the pandemic world and it also helped in imparting education.

As compared to other generations people adolescents use social media more frequently. Adolescents need to use it judiciously. As there is both positive and negative impact of social media, which very much depend on, how a person makes use of it. Therefore, the significant role in ensuring the judicious use of social media by adolescents lies with the teachers, parents, and peers.





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21st century is the century of India.

India is becoming global power and adding a new milestone of success and development by every passing days. We have witnessed how India played its role in building an international organisation i.e International Solar Alliance whose headquarter is in Gurugram, Haryana. At present there are 123 signatory countries in ISA which was founded in 2015. It is a remarkable step of India towards non-conventional and green energy. During COVID India supplied vaccine, medicine and food all around the world keeping alive the tradition of Vasudhaiva Kutumbakam. India provided vaccines of COVID to about 100 countries and more than dozens of countries got food proving India's self-sufficiency. Through Make in India program of the present government, India is diminishing its dependency on foreign countries. In September 2014 this program was started to develop a manufacturing hub in the country and to encourage investment, innovation and skill development in India to foster the economic growth. India has achieved merchandise export of USD 32.62 billion in September 2022. Once India was a largest importer but things are changing nowadays. Rescued thousands of Indian people in different critical situation of the world through bilateral dialogues. Recently launched the "Operation Ganga" mission to evacuate around 25000 people from Ukraine amid war between Russia and Ukraine. This year on 10th June for the first time in UNGA meeting Hindi language was mentioned and got its due recognition. If we talk about Economic growth of India, our country surpassed United Kingdom in economy and became the fifth largest economy of the world in 2022. India's growing influence in the world pro-

vided presidency of G20 meeting for the coming year. India holds the Presidency of the G20 from December 1, 2022 to November 30, 2023. The 43 Heads of Delegations- the largest ever in G20-will be participating in the New Delhi Summit. On 1st October 2022 India launched its 5G network connectivity service after so much planning and year long delay is a remarkable step of India in the field of telecommunication. Apart from these recent achievements and milestones India has also played a vital role to change the scenario of the world politics. The development in different sectors like agriculture, defence, health, IT and electronics, automobile, transport and communication etc. has boosted the infrastructural development of the country. Now the world's highest railway bridge is in Jammu and Kashmir on Chenab river and many projects are on the way to accomplish which will bring prosperity and proud for all the Indians.

The way India is moving forward on the path of self-sufficiency, advancement and development proves that India is the emerging global power in the world. Also the coming years are going to be very crucial for the growth and development of the country in which all the citizens have to contribute from their side.





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SEEKERS NEVER GO EMPTY HANDED

“Hello father, now that I have completed my studies, I was wondering if I should pursue it further somewhere abroad,”

Deoraj tried to convince his father. Being the eldest son of a happy family residing in a village, Deoraj had dreams and aspirations that would help him soar high in life. He had always been a brilliant boy. From being the topper in his class from primary school to aiming to become an IPS Officer, he was determined from the beginning and worked hard towards achieving all of his goals. However, now that the time had arrived to finally turn his dreams into reality, there was one obstacle – the economic condition of his family.

Mukhraj pondered upon his son’s suggestion, staring into the floor. He took a deep breath and started, “We don’t always get what we want in life. It’s good that you have set big goals for your life but you must also look at them in the light of reality and see if it is achievable or not. As of now, we are not in a state to finance your studies abroad.” He stopped for a while and just when he was about to speak again, his eyes caught a glance of Deoraj’s face who seemed to be on the verge of tears. Witnessing the same, he withdrew the statement he planned to add further. Being a farmer with scarce financial resources, Mukhraj did not have any choice but to refuse his son’s aspirations. Deep in his heart, he felt hurt for not being able to fulfill the same while Deoraj could not figure out the reason behind his father’s refusal. The following days, Deoraj ate little, slept little, and studied little resulting in a declining health. Seeing the pale condition of his son, Mukhraj was disappointed. Unable to see the downfall of his son, Mukhraj sold his land and decided to invest the money gained on his son’s future. In time, the father and the son shifted to the city where Mukhraj’s main source of income became a small tea stall. Deoraj joined a college in the city and in the evening, helped his father to run the stall. In his academics, Deoraj was still doing well as ever as a result of his determination. His excellent academic performance was rewarded with a government scholarship. Deoraj’s happiness had found its way to him once again and he thought he would surely pay off his father’s sacrifice one day. But, life has its own ways and it doesn’t always go according to your plan.

It was a quick afternoon when Deoraj decided to bunk his class. This was where it all started going downhill. His distraction from academics started with bunking but it did not end there. Rather, it flowed to the path of various other bad habits. Gradually, he started smoking with his friends and returned home late at night in a drunken state. Mukhraj could not tolerate this negative change of his son who showed no signs of improvement despite his efforts. Owing to this, he got depressed and stopped visiting the stall too.

One night, as Deoraj enjoyed a sweet slumber, a beautiful fairy appeared in his dream. “A beautiful girl awaits you in the future but you can only marry her when you become an IPS Officer,” these were the words softly spoken by the fairy. That morning, Deoraj felt a different sensation run through his veins. Eliminating all thoughts, he headed to his father’s bed. “I’m sorry father,” were the only words that Deoraj’s lips could produce. Ever since Mukhraj had stopped going to the stall, the house had been empty of even a single grain of rice.

Deoraj suited himself up and headed to his college. “Hey, let’s go for our usual,” greeted Deoraj’s friend with a cigarette in his hand. Deoraj thought for a while and without responding, he kept walking straight towards the classroom leaving a confused friend behind.

One morning, as the sun shone brightly, Mukhraj sat reading a newspaper with the company of a warm tea. Just as he was about to shove it off, he saw the headline, "Topper Deoraj!" It was no one else but his son. Tears of joy graced his wrinkled cheeks as he held the paper with pride and thought of his son, the new IPS Officer. Deoraj sat by his happy parents and shared, "Happiness and success has come our way at last but in all of this time, I've realised that it does not always come in the ways we seek. Sometimes, we may falter, we may lose our path, and we may have almost hit the dead end to failure but even when the going gets tough, the tough will always get going. In life, you should always remain tough no matter what life brings your way."



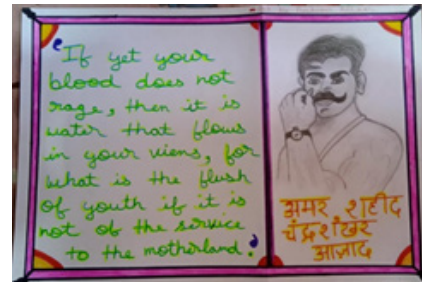
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CHANDRASHEKHAR AZAD

On 23rd of July 1906 a child was born in the brahmin family in present day's Madhya Pradesh and he was named as Chandrashekhari Sitaram Tiwari. His father's name was Sitaram Tiwari and his mother's name was Jagrani Devi. His mother wanted him to send Kashi for teaching religious values but the young legend went to and when he was only 15 he participated in the non co-operation movement and was arrested. During the trial when court asked his name he said Azad. When asked his father's name he said Swatantrata and when asked where is your home he said jail (prison). After hearing this, the judge was enraged and he ordered to punish him but he didn't cry; he just chanted Bharat Mata ki Jai. And from this very day he was named as Chandrashekhari Azad. After some years he joined an organization named as Hindusthan Republican Association and with Bhagat Singh renamed it as Hindusthan Socialist Republican Association. His party wanted a free and socialist India where every poor could afford basic expenses. His party also looted a train and the act was known as

Kakori Kand. On 27th February he and one of his friend were sitting in a park and discussing

something when a British spy saw him and in



formed the police. Police came and surrounded him with troops and open fired on him. The first bullet pierced his thigh but he managed to save his friend and fought bravely as he was behind a tree. But, when only one bullet was left in his pistol he killed himself because he had said that 'angrazon ki goliyon ka samnah karenge azad jiye hei azad hi marenge' and he was only 24 at that time.

His contribution towards the nation cannot be expressed with 26 letters of English alphabet. He lived for us and died for us. He motivated millions to rebel against the Britishers for the independence of our nation. When every year on 15th August, Tiranga is hoisted up above in the sky he doesn't present but his memories and valor always remains there because without him we could have still been under the white domination.





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Why is Yoga Important in Our Life's Resume?

The perfect unison can be achieved through Hatha Yoga and its various branches (Ashtanga Yoga, Iyengar Yoga, Bikram Yoga, Yin Yoga, Kundalini Yoga), depending on what you like and the problems you are looking to tackle through the practice.

Some of the Advantages of Yoga are as follows:

- Improves brain function
- Lower stress levels
- Alters gene expression
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Relieves anxiety
- Relieves chronic back pain
- Lowers blood sugar in diabetics
- Improves sense of balance
- Stronger bones
- Healthy weight
- Lowers risk of heart diseases

Yoga as a practice has innumerable benefits that positively affects an individual both physically and mentally. Whether it is reducing your blood pressure or raising your pain tolerance, listed below are a few things that yoga works on:

1. Enhanced Circulation:

Yoga improves your blood circulation. This means better transportation of oxygen and nutrients throughout the body. Improved blood flow also indicates healthier organs and glowing skin.

2. Improves Posture:

Yoga teaches how to control and how to balance. With regular practice, your body will automatically assume the right stance. You will look both confident and healthy.

3. Uplifts your mood:

Practicing yoga on regular basis uplifts your mood instantly as it leaves your body with refreshing energy.

4. Lowered Blood Pressure:

Practicing yoga on daily basis enhances the blood circulation in the body. This enables oxygenation in the body due to which there is a significant reduction in the blood pressure as the body calms down.

5. Keeps Premature Aging at Bay:

Why not age gracefully and not before time? Yes, yoga helps you detox and eliminate toxins and free radicals. This, apart from other benefits, helps delay aging too. Yoga also relives stress which is yet another factor that beats aging.

6. Reduces Stress:

When you are on your yoga mat, you focus on the practice. This means that all your focus is concentrated on the matter at hand, and your mind slowly drains out the stress and troubles that are plaguing it.

7. A Drop in The Pulse Rate:

Yoga eases the body by reducing the strain. When the body relaxes, the pulse rate decreases. A low pulse rate indicates that your heart is strong enough to pump more blood in a span of fewer beats.





Ashish Chandra
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Influence of science in our daily lives

Science impacts our daily lives in a big way. We usually begin our day by hearing religious songs. These songs are played on different kinds of devices. It can be a radio, phone or some other device. These devices are man-made and have come into our lives to assist us in a certain way. If these were not there then our daily lives would have been different. Most of the things which have been discovered/invented were possible due to the inquisitive nature of the human mind. The very notion of experimentation, observation and conclusion is the very essence of SCIENCE. It has the ability to change our lives for the good.

If science was not there then the human civilisation would be very backward and wouldn't have made such great strides in the positive directions. There would have been lesser numbers of skilled artisans, professionals who would get the job done.

If we do not have cooking utensils it would be difficult for us to make food for ourselves and if we do not consume prepared food we may fall ill. These cooking utensils and accessories are manufactured in factories and are brought to our homes by the market in different ways like on a cycle or a motorcycle or a local shop or a supermarket.

Children are very enthusiastic about science and we can learn a lot from them.

They have a tendency to solve riddles via which we can make a way through precarious positions. Children of today learn through visuals and teaching aids more than other things. They are interested in modern games.

We would have used easily available resources to clean our teeth if toothbrushes were not there. Similarly, for toothpastes. Whenever we take bath, we use cleansers for our torso. All these are factory-made. Science is the basis of engineering. People who have studied sciences generally choose engineering or medical studies. Cooking gas is supplied to consumer ends through pipelines or gas cylinders. How did we zero-in on such a safe and secure system, we keep on improving our performance in accordance with our needs.

Now the question is, should we keep on increasing our needs or pay attention to the things which we already have, because desires are limitless. We need to control ourselves in every which way so that the Mother Nature keeps bestowing her choicest gifts upon us. If we show respect then only it is possible to command respect.





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Discover the little known tourist spots of Odisha Siddheswar Mahadev Shaivapith

Jajpur, the antecedent capital of the kingdom of Kalinga, is a venue in Odisha, India and is a remarkable place of journey. It is currently affluent in archeological riches. This spot includes the celebrated Shaktipitha of Goddess Biraja and a large group of various religious figurines, all positioned along the bank of the virtuous river Baitarani. Dasashwamedha Ghat, Ashokjhar, Olasuni, Chandikhole, Mahavinayak, Ratnagiri, Kusuma, Narigaan, Chhatia, Gokarneswara, Udayagiri, Kuansa Mangala, Vyasasarobar and Baruneshwar etc. are a few out of many parts of the points that pull the sightseers to the region.

The ancient Siddheswar Shaivapith on the banks of river Baitarani, is also placed in the Dasarathpur block of Jajpur district. It dates back to the reign of the powerful Ganga Dynasty, according to the fourth Narasimha inscription. Legends have it that the construction of this temple was of great importance. Here, Lord Vishnu attained perfection by worshipping Lord Shiva, which is also mentioned later in the 'Brahmical Puranas' in which he was worshipped by Vishwakarma, The Hindu lord of divine Architecture. Skandapurana describes Siddheswar Pith as a saintly place for performing the last rites like scattering of ashes of an individual.

According to one opinion, King Pradyumna, the eldest son of Hindu deities Lord Krishna and Queen Rukmini, performed asceticism in this Siddheswar Shaivapith. His ascetic alter and bathing pool are still present there. 'Ashokashtami' is the renowned holy journey of Siddheswar Mahadev, also known as 'Rasika Kadi'. Some devotees be-

lieve that the Siddheswar Pith is more sacred than Puri, the land of Lord Shri Jagannath. The beautiful waters of the calm Baitarani and its ribbon like flow, are a treat to the eyes. The serene air has a different essence there. It's holy atmosphere makes you forget all your sorrows. The peaceful surrounding is definitely a soothing component for both body and mind. The breathtaking scenery hides a long history of ancient kingdoms.

There is a very common rumor in odia, the local language among public that,

“ସାତ ଥର ଯିବ ପୁରୀ,
ଥରେ ଚାଲିଯିବ ରସିକା କଡ଼ି ।
ସବୁ ପାପ ଯିବ ଛାଡ଼ି ॥”

Which means, a single journey to the land of Siddheswar Mahadev is considered equal to the journey to Puri, made seven times, for all your sins will be destroyed in one go.

But unfortunately, this scene is very little known to the tourists and sightseers and mostly disintegrated, although the local government has started its restoration. It is important for this amazing site of tourism to reach as more people as possible.



सुदुला राय

शिक्षिका टी.एन.ए .

गैंगटोक, सिक्किम



गुरु की महिमा

गुरु और शिष्य की परंपरा भारत की संस्कृति का एक प्रमुख और अटूट अंग है। भगवान से भी ऊपर गुरु को दर्जा दिया गया है। कबीर दास जी कहते हैं कि -

गुरु गोविन्द दोऊ खड़े, काके लागू पांय।

बलिहारी गुरु आपने , गोविन्द दियो बताय।।

अर्थात् जब गुरु और गोविन्द एक साथ खड़े हों तो किसे प्रणाम करना चाहिए - गुरु को अथवा गोविन्द को ? ऐसी दुविधा की स्थिति में गुरु के चरणों में शीश झुकाना उत्तम है जिनके कृपा रूपी प्रसाद से गोविन्द का दर्शन करने का सौभाग्य प्राप्त हुआ।

'गु' का अर्थ है अंधकार और 'रु' का अर्थ है, प्रकाश। इस तरह गुरु उसे कहते हैं जो जीवन के समस्त अंधकार को हर कर उसे प्रकाश से भर देते हैं। गुरुगीता में गुरु का वर्णन 'अज्ञान-उच्छेदक' के रूप में किया गया है। गुरु यही है जो आत्मसंयम की प्राप्ति के द्वारा सर्वव्यापक परमात्मा से मिलन स्थापित कर देता है।

गुरु की भूमिका भारत में केवल आध्यात्म या धार्मिकता तक ही सीमित नहीं रही है, देश पर राजनीतिक विपदा आने पर गुरु ने देश को उचित सलाह देकर विपदा से उबारा भी है अर्थात् अनादिकाल से गुरु ने शिष्य का हर क्षेत्र में व्यापक एवं समग्रता से मार्गदर्शन किया है। अतः गुरु की ऐसी महिमा के कारण उसका व्यक्तित्व माता-पिता से भी ऊपर है।

शास्त्रों में गुरु को ही ईश्वर के विभिन्न रूपों- ब्रह्मा, विष्णु एवं महेश्वर के रूप में स्वीकार किया गया है।

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुदेवो महेश्वरः।

गुरुः साक्षात् परं ब्रह्म तस्मै श्री गुरवे नमः॥

गुरु को ब्रह्मा कहा गया क्योंकि वह शिष्य को शिक्षित बनाता है और जीवन जीने की कला सिखाकर नव जीवन देता है। गुरु, विष्णु भी है क्योंकि वह शिष्य की कुमार्ग पर भटकने और कुसंगति से रक्षा करता है गुरु, साक्षात् महेश्वर भी है क्योंकि वह शिष्य के सभी दोषों का संहार भी करते है।

संत कबीर कहते हैं-

हरि रुठे गुरु ठौर है, गुरु रुठे नहिं ठौर॥'

अर्थात् भगवान के रुठने पर तो गुरु की शरण रक्षा कर सकती है किंतु गुरु के रुठने पर कहीं भी शरण मिलना सम्भव नहीं है। जिसे ब्राह्मणों ने आचार्य, बौद्धों ने कल्याणमित्र, जैनों ने तीर्थंकर और मुनि, नाथों तथा वैष्णव संतों और बौद्ध सिद्धों ने उपास्य सद्गुरु कहा है उस श्री गुरु से उपनिषद् की तीनों अभिनयों भी धर-धर कॉपती हैं। बोलोक्यपति भी गुरु का गुणज्ञान करते हैं। ऐसे गुरु के रुठने पर कहीं भी आश्रय नहीं मिलता है।

गुरु की महिमा अपरंपार है। उन्होंने शिष्य पर अनंत उपकार किए हैं। उसने विषय-वासनाओं से बंद शिष्य की बंद ओखों को जानचक्षु द्वारा खोलकर उसे शांत ही नहीं अनंत तत्त्व ब्रह्म का दर्शन भी कराया है। आगे इसी प्रसंग में संत कबीर लिखते हैं -

भली भई जुगुर मिल्या, नहीं तर होती हाँणि। दीपक दिष्टि पतंग ज्यै, पडता पूरी जाँणि।

अर्थात् अच्छा हुआ कि सद्गुरु मिल गए, वरना बड़ा अहित होता। जैसे -सामान्यजन पतंगों के समान माया की चमक-दमक में पड़कर लष्ट हो जाते हैं। वैसे ही मेरा भी नाश हो जाता। जैसे पतंगा दीपक को पूर्ण

समझ लेता है, वैसे ही सामान्यजन माया को पूर्ण समझकर उस पर अपने आपको निछावर कर देते हैं। वैसे ही दशा मेरी भी होती। अतः सद्गुरु की महिमा तो ब्रह्मा, विष्णु और महेश भी गाते हैं, मुझ मानुष की बिसाल क्या ?

गुरु की परंपरा भारत तक ही सीमित नहीं है। अटलांटिक सभ्यता में गुरुओं की संख्या अब तक की किसी भी सभ्यता से अधिक थी। दक्षिण अमेरिका, यूरोप, मिस्र, मेसोपोटामिया, तिब्बत, चीन और जापान में गुरु होते थे। गुरु परंपरा सार्वभौमिक रही है।

गुरु अपने शिष्य को केवल औपचारिक शिक्षा देकर शैक्षणिक दृष्टि से ही सबल नहीं बनाते बल्कि उनके व्यवहारिक ज्ञान और आत्म विश्वास स्तर को बढ़ाकर नैतिक रूप से भी संपन्न बनाते हैं। जीवन में सफलता प्राप्त करने के लिए असंभव को भी संभव करने की प्रेरणा देते हैं। गुरु का कार्य नैतिक, आध्यात्मिक, सामाजिक एवं राजनीतिक समस्याओं को हल करना भी है। गुरु-शिष्य संबंध निश्चित रूप से मानवीय विकास के सर्वाधिक महत्वपूर्ण पहलुओं में से एक है। यह संबंध समस्त संप्रदायों, संगठनों और संस्थाओं का आधार है, चाहे वे आध्यात्मिक हों या कोई और। जब हम प्राचीनकाल की समृद्ध संस्कृतियों तथा वर्तमान संस्कृतियों के बारे में विचार करते हैं तो पाते हैं कि वे भी इसी महत्वपूर्ण संबंध पर आधारित रही हैं। समस्त परंपराएँ, कला और विज्ञान पीढ़ी-दर-पीढ़ी गुरु से शिष्य को, शिक्षक से छात्र को तथा पिता से पुत्र को हस्तांतरित होती रही हैं।

अगर राम को वशिष्ठ और विश्वामित्र गुरु न मिलते तो वे चौंसठ दिन में ही जो चौंसठ कलाएँ सीखीं तथा वेद-पुराण का अध्ययन किए वो नहीं कर पाते। विवेकानंद को राम कृष्ण परमहंस न मिलते तो वे बालक तरेन्द्र से स्वामी विवेकानंद के रूप में विख्यात नहीं होते

वे रावण को मारकर भगवान राम न बनते। कृष्ण को गुरु संदीपन न मिलते तो। अतः सच्चे गुरु का साथ शायत होता है।

गुरु-शिष्य की आत्मीयता मैत्री की सर्वोत्कृष्ट अभिव्यक्ति है, क्योंकि इसका आधार अप्रतिबंधित दिव्य प्रेम और विवेक है। सब संबंधों में यह उच्चतम एवं पवित्रतम है। इस प्रकार की अंतरंगता का साझीदार ज्ञान एवं मुक्ति के पथ पर अग्रसर होता है। विश्व में फैली घोर अव्यवस्था से बाहर निकलने का केवल मात्र मार्ग यह है कि - 'किसी प्रबुद्ध गुरु का अनुसरण करना'।

भगवान कृष्ण गीता में कहते हैं ज्ञान प्राप्त करने के लिए गुरु की शरण में जाना चाहिए और उसके प्रति समर्पित होकर उन्हें सेवा प्रदान करना चाहिए।

आधुनिक समय में हम अपने गुरु अथवा शिक्षकों के सम्मान में शिक्षक दिवस मनाते हैं।

हमारे देश के द्वितीय राष्ट्रपति डा. सर्वपल्ली राधा कृष्णन के जन्मदिन के अवसर पर 5 सितम्बर को प्रतिवर्ष शिक्षक दिवस मनाया जाता है। दुनिया के अनेक देशों में 5 अक्टूबर को अंतर्राष्ट्रीय शिक्षक दिवस 'शिक्षकों के सम्मान में मनाया जाता है।

जीवन में शिक्षक हमें पढ़ाते ही नहीं बल्कि हमें जीवन में हमें अपने अनुभवों से सही गलत में फर्क करना सीखाते हैं। विशेष ज्ञान अर्जन करने और उसे आत्मसात करने में शिक्षक हमारा मार्गदर्शन करते हैं। शिक्षक हमारे आदर्श होते हैं। सही जीवनलक्ष्य निर्धारण और उस लक्ष्य तक पहुँचने में हमारी मदद करते हैं। अतः हमें अपने हृदय में गुरु के प्रति सच्ची श्रद्धा, निष्ठा और आदर - भाव रखना चाहिए।



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The True Purpose of our Life

Man possesses dual nature - spiritual nature which is also known as higher nature and material nature or lower nature. The purpose of our life is to achieve eternal spiritual progress by attaining 'anandam', realizing God and our true nature¹. It means we must make efforts to conquer our lower nature and attain divine qualities. The higher nature helps us acquire the qualities such as love, unity, cooperation, kindness, justice and truth. While on the other hand, if we remain under the influence of our lower animalistic nature and reveal it in the form of our negative attributes of injustice, falsehood, hatred, cruelty and prejudice etc., then we choose to live for this material world alone and hence it results into our suffering. Suffering is brought about by our desires but by lessening things that we don't need, we find more meaning in our life and we are able to cultivate kindness and compassion². Every good habit, every noble quality belongs to man's spiritual nature, whereas all our imperfections and sinful actions are born of lower material nature³.

The youth of today face many challenges in life such as acquiring good education, finding good employment opportunity, coping up with environmental issues, navigating through identities of race, religion, gender, class and leading drug-free, violence-free life etc. It is up to them to be able to make correct decision. The period of youth is a special time in one's life and it is their choice either to strive for developing their spiritual capacities and lead a fruitful life or remain under the control of lower nature and indulge in meaningless material life⁴.

All human beings are endowed with the capacity to attain spiritual qualities. But this spirituality cannot be developed through only thinking about ourselves means 'being self-centred' rather it is developed while 'being in service to the other people, community, society, nation and world.' The 'sat chit anandam' can be achieved by serving Supreme/God through serving His creation¹. When we serve our fellow beings, we get opportunity to develop such divine qualities which help ourselves to become a spiritual person³. The age of youth is a critical time to realize the true purpose of our life and to begin fulfilling it by being of service to others. Also, we have to remember that this cannot be achieved within a short period of time, we must make constant efforts. Every time, we try to practice the spiritual qualities sincerely, we may fail or succeed, but spiritual growth takes place. We just have to remember that 'the journey is equally important as reaching to the goal of attaining higher nature⁵.' But what is required is, 'strong determination' to subordinate this lower nature.

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5. Andrea Salinas (2016). What's the purpose of life? <https://bahaiteachings.org/what-is-purpose-of-life/>



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ARE YOU ALSO NOT A READER LIKE ME?

The concept of reading a book was always a burden to me unless I realised that one of my friends who had studied in the same school, had a finer vocabulary compared to me. I hadn't questioned my existence itself more than how I questioned myself as to why she had a better knowledge of articulation and terminology. Battling with a question for a long time I was finally rewarded with the answer.

One day she invited me to her place. The moment I entered her room my jaw dropped. I could see nothing but books. While struggling to pull my jaw back I asked her about her journey of reading books. Her response made me regret for the time I had wasted, and I have been wasting all these years. She said that she has been reading it since the moment she knew how to read. Books of all ages were there on the shelf. As I flipped through the pages, I felt that I was collecting the keys to the ultimate room of vocabulary and the

answer to the awaited unanswered question. While I was drowning deep in the ocean full of regrets, I was allotted to the place to collect the life's gems which I couldn't find elsewhere but in the ocean of regrets. The gem was "The habit of reading books". I couldn't be more than happy to be able to realise that all my quest of becoming a better version of me was in a simple yet powerful habit, that is of reading. I then came back home with a mind full of interest and heart full of love towards reading. Ever since, though I have not been a fervent reader, but I make sure to read at least a couple of books in a month keeping in mind that "something is always better than nothing". I can firmly claim that books have been my stairways to the confidence. My ultimate guide, with which I could write this article.



Ms. Minsang Tamang
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Process

After Bondage , comes Liberation !!

After Patience , comes Success !!

After Hope , comes the Result !!

After Time, comes the Process !!

Believe in the Process of Time !!

Everything falls apart !!

Step by Step

Believe in your Inner Capacities

Be Wise , Be kind , Walk with Grace and Gratitude .

The Super Power is You !!



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Gurukul mode of teaching versus Montessori system of education

In ancient times after Upnayan Sanskar, the boys were sent to their respective Gurukul for attaining all round education to lead a life of Grihastha. Guru was doyen of virtues and was called 'Gurum Shankar Rupinam'. They were selfless and treated all disciples equally including their own children in Brahmamuhurt. They awake their pupils like 'Jagiye Raghunath Kunwar, Panchhi Ban Bole'. After imparting teaching whole day, they sang Lullaby for their students at bed time like 'Sukh ki Nindiya so jao Raghunath'. A teacher is known by his students. In British India, Mackalay mode of education was imposed by the Britishers to propagate English and Christianity to make the Indian people of slavery mindset. In Mughal period Urdu-Farsi was taught to the student for doing court jobs of clerks, deed writers etc. Even today deeds cover Urdu terms and words. Dr.Rajendra Prasad initially was taught Urdu, Farsi, Arabi by a maulvi. Later on a Pandit taught him Sanskrit. Rajaram Mohan Ray was also taught likewise. Teachers of the middle age believed in the dictum that spare the rod or you will spoil the child. This theory is unscientific and inhuman. Teachers were not competent enough to answer the genuine questions of their students. In Karnataka a teacher assaulted his student to death. It is an act of a butcher and not of a teacher. Even if the pupil is very naughty, death penalty is simply inhumane. Such act of teachers' bracket them as butcher. There are so many punishments for the naughty boys without hurting them. Montessori system is scientific and very effective in educating the kids and called kinder garden. Mackalay mode of education although did much harm to our culture and civilisation but opened the window to survey the western culture civilisation, modern science and several field of knowledge.





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It was children's day. All the school children were playing in their school playground. Suddenly they saw a boy who was crying outside the school gate. The school children reached at the gate and they called him. They asked "Why are you so sad?". He said "I am sad because the guard is not letting me in as I am from another school." He said politely that his teacher had told him that any child can come to play on children's day to this school. The school children understood everything and informed all the matter to their teacher. The teacher took the matter seriously and talked to the guard to allow his entry in the school campus. Then the principal saw that boy, when all the children were playing with him. The principal talked to the boy and the boy politely greeted him and introduced himself. The principal asked him few questions of mathematics and science just to check his smartness and presence of mind. The boy answered all the questions correctly. The principal said "you seem very smart and intelligent Ramu. The principal was so glad that she kept the proposal of free

Ramu's Rollercoaster

admission to Ramu. When Ramu's parents come to know, they were very happy. Next day Ramu's parents come to the school and completed all the formalities related to Ramu's admission. He was really very hardworking and sincere in his studies. Soon he became popular in his school but few children were jealous to him. One day, One boy of the school wanted to put him down so he challenged him to answer one question. The jealous boy asked him to answer one riddle. if I tell you to cross the river with a lion, a goat and a bundle of grass, only one at a time, how will you do it?". Ramu listened everything carefully and thought for a while and smilingly said that first I will take the goat across the river, next I will take the lion and at last the goat with me. The jealous boy appreciated his intelligence and both of them became good friends.



“हे मां तेरे चरणों में”

राम कुमार सिंघ, स्नातकोत्तर शिक्षक (केंद्रीय विद्यालय)



दीप जलते जग - जीवन में,
अज्ञानता का दूर अंधकार हो,
हर भाषा हर भूमि पर,
तेरी छाया का संसार हो।
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥

जाति - धर्म से ऊपर,
तेरा आदर - सल्लकार हो,
समाज में व्यथित दुर्गुणों का,
वीणा की तान से संहार हो,
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥

अभूषणों की तात्सा से मुक्त,
हृदय में मानव-प्रेम अतंकार हो,
सब एक दुखे का साथ दे,
निर्मल सबका व्यवहार हो,
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥

सद्व्यचार - विद्या ग्रहण करना,
मनुष्य का जन्मसिद्ध अधिकार हो,
द्वेष - क्लेश निकट ना आवें कभी,
तेरी उपस्थिति से ये चमत्कार हो,
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥

वाणी सबकी मधु तुल्य हो,
शुद्ध भावों का संचार हो,
हर बच्चे के हाथ में पुस्तक हो,
विवेक - लज्जा आचरण का आधार हो,
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥

ब्रह्मा, विष्णु, शिव हो या पार्वती,
सबके श्लोकों में तेरे दर्शन का दर्स्नार हो,
अक्षर, शब्द, स्वर, व्यंजन के सरोवर में,
तेरी अलौकिकता के परचम की बयार हो।
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥

हुई भूल जो हमसे कोई,
क्षमा कर, तेरी जय - जय कार हो,
पथ से ना कभी भटके हम,
तेरे आशीर्वाद का अनंत अम्बार हो,
ज्ञान-प्रसार की कर्म भूमि में,
सदा गुरु - स्वप्न साकार हो,
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥
हे माँ तेरे चरणों में,
मेरा नमन स्वीकार हो ॥

[ज्ञान से मूर्खवान वस्तु इस धरा पर नहीं।]
राम कुमार सिंघ [राग्या]



CURRENT AFFAIRS

BIKASH KUMAR

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1. पर्सीवरेंस रोवर नासा द्वारा किस ग्रह के लिए भेजा गया है?
- **मंगल**
2. पेटा इंडिया की पर्सन ऑफ द ईयर 2022 किस बॉलीवुड एक्ट्रेस को चुना गया है?
- **सोनाक्षी सिन्हा**
3. वीर बाल दिवस किस तिथि को मनाया गया है?
- **26 December**
4. G20 की अध्यक्षता 2023 में कौन सा देश करेगा?
- **भारत**
5. 31th GD बिरला पुरस्कार किस व्यक्ति को मिला है?
- **नारायण प्रधान**
6. RBI पहली बार किस देश के साथ भारतीय रुपए में व्यापार प्रारंभ करेगा?
- **रूस एवं श्रीलंका**
7. भारत में पहली बार विश्व टेबल टेनिस प्रतियोगिता का आयोजन किस राज्य में किया जाएगा?
- **गोवा**
8. हाल ही में कौन सा राज्य कार्बन न्यूट्रल खेती के तरीके को शुरू किया है?
- **केरल**
9. हाल ही में कौन सा देश विश्व में चीनी का सबसे बड़ा उत्पादक एवं निर्यातक देश बना है?
- **भारत**
10. भारत का पहला स्वदेशी प्रशिक्षण विमान का क्या नाम है?
- **हंसा NG**
11. हाल ही में कौन सा देश 2025 के बाद बनने वाले घरों पर सोलर पैनल लगाना अनिवार्य किया है?
- **जापान**



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AND MANY MORE