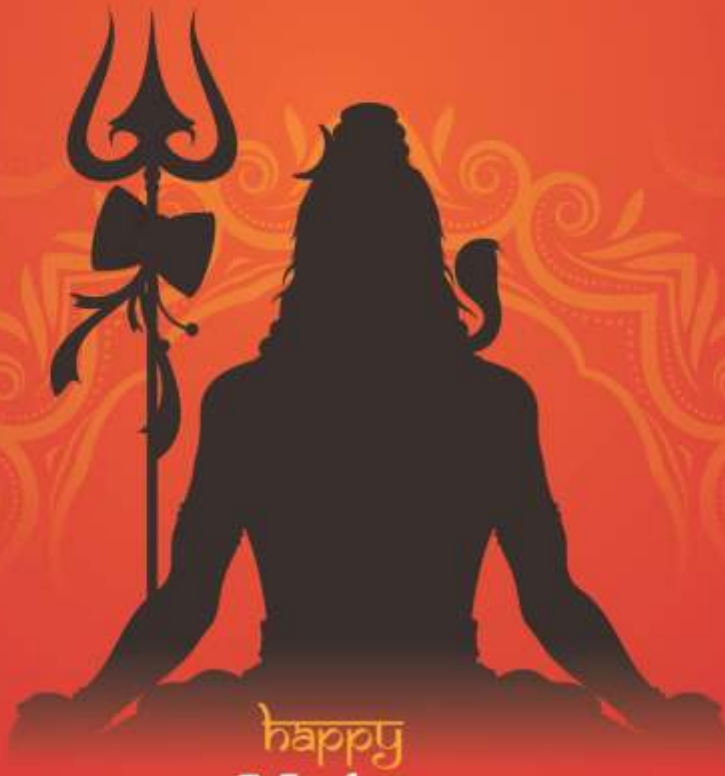




# Bhavans Darshan

Monthly Newsletter of Bharatiya Vidya Bhavan, Amritsar Kendra

Vol. 11 | Issue 02 | February 2025



happy  
**Maha  
Shivratri**

Bharatiya Vidya Bhavans Amritsar Kendra

**Bhavans SL Public School**

Opp. Shivala Bhaiyan, Amritsar





**Flag Hoisting Ceremony**

# Glimpses of **REPUBLIC DAY** **CELEBRATIONS**

**26TH JANUARY 2025**



**Dr Kunwar Vijay Pratap Singh IPS Retd.  
MLA**



**Rtn. Dr PS Grover  
DG RI Distt 3070**



**Rtn. Rohit Oberoi  
DGE RI Distt 3070**

## **Felicitating the Dignitaries**



**Dr Kunwar Vijay Pratap Singh IPS Retd.  
MLA**



**Rtn. Dr PS Grover  
DG RI Distt 3070**



**Rtn. Rohit Oberoi  
DGE RI Distt 3070**



**NCC**



**Naval Wing**



**Scouts & Guides**



**Band**

## **CULTURAL PROGRAMME**



**Bhavans Muskaan**

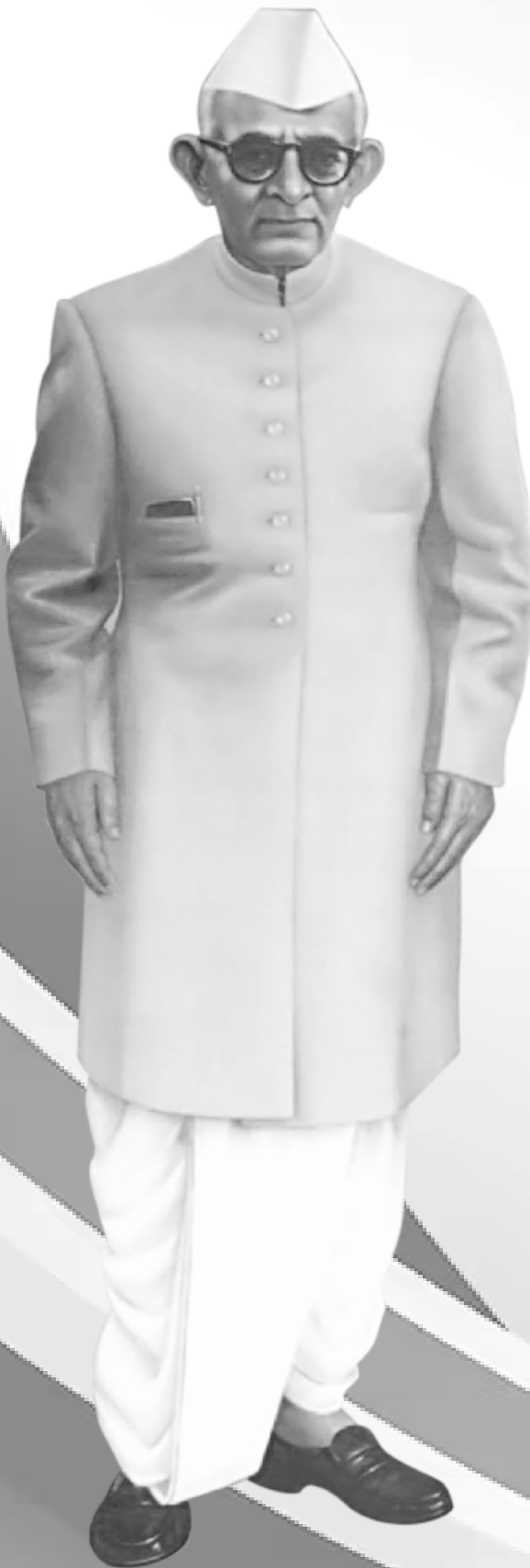


**Sh PD Kumar Memorial  
Gyandeep School**



**PRIZE WINNERS**





# Kulapativani

*In its changeless essentials, Dharma is the Law, the Word, the Mother. All conduct is to be regulated by one unchanging law based on the absolute ethical values of non-violence, truth, non-stealing, non-waste and non-possession; and all conduct is to be inspired by a faith in human endeavour as self-discipline, leading man out of his limitations to become The Supreme in this life.*

---

***Kulapati Dr K M Munshi***

*Founder  
Bharatiya Vidya Bhavan*



# Bhavans Darshan

Monthly Newsletter

*Managing Editor*  
**Dr. Anita Bhalla**  
Director

*Chief Editor*  
**Ms Sonia Sehdev**  
Principal

*Editor*  
**Sunita Nagpal**

*Published, Printed & Owned by :*  
**Avinash Mohindru**  
Chairman  
Bharatiya Vidya Bhavans Amritsar Kendra  
Opposite Shivala Bhaiyan, Amritsar-143001

*Printed at*  
**Printwell**  
146, Industrial Focal Point  
Amritsar-143001

**Price Rs 10/-**

## Contents

सदेश	3
Youth: Best time for Inner Transformation	4
What is Concentration	4
How was the First Artificial	
Sweetener Invented?	5
How does a driverless car move?	5
Earth Letters	6
Take No Thought For The Morrow	6
Meru Akarshanasan	7
Our Environment .. Our Teacher..	8
Let's Unplug Stress	8
Flight with Books	9
चरित्र बल	9
आम की विभिन्न किसमें	10
भगवान् शिवका लोकमंगल रूप	11
जहाँ चाह, वहाँ राह	12
दोस्ती से सबक	12
अभ्यास का महत्त्व	13
महान् गणितज्ञ रामानुजन धुन के पक्के	14
The secret life of Lord Shiva	15
What is the True Guru	16
Examination and Students Mind	17
The Six CS of Excellence and	
Successful Action	18
Find the Difference	19
Join the Dot	19
News	20



# हे माँ शारदे! दोष दिखाकर, भूल मिटाकर अपना प्रेम प्रदान करें



भारतीय संस्कृति पर्वों व त्योहारों की संस्कृति है। ये पर्व व त्योहार हमारे जीवन को हर्षोल्लास से सराबोर कर देते हैं। बहुआयामी भारतीय संस्कृति नें हमारे जीवन में जहाँ खुशियों के रंग भरे हैं वहीं कर्म कर फल की इच्छा न करने के रूप में मानो संपूर्ण जीवन का सार भी दिया है परंतु कामनाओं, विलासताओं से लिप्त होता जा रहा मनुष्य वैदिक ऋषियों-मनीषियों द्वारा गहन चिंतन मनन उपरांत दिए गए सिद्धांतों व जीवनादर्शों को मानो पूर्णतः नकार चुका है कि हमारे जीवन में समस्त दुखों का मूल कारण है- हमारी कामनाएँ। निश्चित रूप से हम सब इस बात से भली-भाँति परिचित हैं कि एक इच्छा की तृप्ति होती नहीं कि दूसरी पनप उठती है। आपको एक भी व्यक्ति ऐसा न मिलेगा जिसकी समस्त कामनाएँ पूर्ण हो गई हों अर्थात् वह पूर्णतः संतुष्ट हो गया हो या फिर एक भी इच्छा पूरी न हुई हो। इस प्रकार भ्रांति-वश मनुष्य इन कामनाओं की पूर्ति हेतु व्यर्थ ही अपना जीवन व्यतीत कर देता है। महापुरुषों का यह भी उद्घोष है कि कामना उत्पन्न होने का मूल कारण होता है जीवन में नीरसता का उद्गम। स्वभावतः प्रत्येक मनुष्य रसमय जीवन ही जीना चाहता है इसलिए जैसे ही जीवन में नीरसता आती है तो अज्ञानतावश व्यक्ति भोग-विलास में डूब जाता है तथा मदांध हो क्लैब, सिनेमा की ओर रुख कर जीवन-रस ढूँढने लगता है। उसे रस प्राप्त भी होता है परंतु क्षणभंगुर और इस क्षणिक रस का मूल्य उसे शक्ति-हास, जड़ता, कुसंस्कारों के रूप में चुकाना पड़ता है और परिणामतः जीवन में नए दुःखों का आगमन स्वतः ही हो जाता है।

माँ सरस्वती विद्या की देवी हैं और विद्या से ही जीवन में ज्ञान का प्रकाश होता है- अपरा व परा विद्या स्पष्ट दिखा देती है कि वास्तव में शरीर क्या है? इंद्रियाँ, मन, बुद्धि क्या है? जीवात्मा-परमात्मा क्या है? सुख-दुःख क्या है? जन्म-मृत्यु क्या है? कर्म-फल-पुनर्जन्म क्या है? सत्व-रजस-तमस क्या है, कैसे कार्य करते हैं, भोग व योग क्या है, सेवा क्या है? राग, द्वेष, मोह क्या है, भक्ति-शरणागति व सेवा क्या है? कामनापूर्ति के चक्रव्यूह को तोड़कर जब व्यक्ति जिज्ञासु बन जाता है तथा श्रवण-मनन-स्वध्याय करता है तो वह पाता है कि उसकी बुद्धि रूपी उद्यान में नित्य-निरंतर मानो सौंदर्य व सुगंध लिए ज्ञान रूपी पुष्प खिल उठे हैं। यही ज्ञान-पुष्प जीवन की समस्त नीरसता का परित्याग करने का मार्ग सुझाते हैं। यह स्पष्ट है कि जहाँ प्रकाश होगा वहाँ अंधकार कदापि टिक न पाएगा और निश्चित रूप से जीवन में नवीनता का संचार होगा तथा चित्त से काम, क्रोध, लोभ, मोह, ईर्ष्या, राग, द्वेष, मोह आदि दोष कम होते नजर आने लगेंगे। जो व्यक्ति अपने दोषों को देख लेता है वह उन्हें साथ लेकर कभी भी स्वस्थ जीवन नहीं जी सकता इसीलिए माँ सरस्वती से प्रार्थना करता है- हे विद्या की देवी-

‘दोष दिखाकर, भूल मिटाकर अपना प्रेम प्रदान करें।’

जब व्यक्ति सतसंग-स्वाध्याय के बल तथा अपने पुरुषार्थ से अपनी इंद्रियों व मन पर आत्मा का अनुशासन स्थापित करने में प्रयासरत रहता है तो प्रत्येक क्षण अपने भीतर से समस्त दोषों को कम होता देखता है और अपने अंतः में प्रेम-श्रद्धा-निष्कामसेवा आदि सद्गुणों की वृद्धि को अनुभव करता है। ऐसी स्थिति में आप समझ सकते हैं कि अब जीवन में जो उत्साह घटित होगा वह नीरसता को कैसे टिकने देगा। नीरसता न होगी तो कामनाओं का उद्भव नहीं होगा और कामनाओं का अंत होने से समस्त दुःखों का भी नाश हो जाएगा।

प्यारे बच्चों! आओ आज वसंत के इस पावन अवसर पर माँ सरस्वती की शरणागत हो, अपने भीतर ऐसी अलख जगावें कि मैंने दुःख-मुक्त जीवन अवश्य जीना है और उसके लिए अपने जीवन को ज्ञान के प्रकाश से आलोकित करना है। मैंने इस मानव जीवन का प्रयोजन समझ अपने जीवन का लक्ष्य स्वतः निर्धारित करना है तथा शुद्ध ज्ञानार्जन कर निष्काम सेवा करते हुए समस्त संसार को इस ज्ञान के प्रकाश से आलोकित करना है और उस परम-पिता परमात्मा से अनन्य प्रीति उत्पन्न करके समष्टि के लिए एक उपयोगी व सार्थक जीवन जीना है।

मेरी आप सबको शुभकामनाएं।

अविनाश महेन्द्र

अध्यक्ष

भारतीय विद्या भवन केंद्र, अमृतसर



# YOUTH: BEST TIME FOR INNER TRANSFORMATION

Youth is the best time for Inner transformation because youth is the most flexible time. Children are most flexible than young people, but they are not so understanding. They need a little experience. Youth is exactly the middle : you are no longer a child, no longer ignorant of life and its ways and not yet settled as an old man. You are in a state of transition and the state of transition is the best time that you can jump out of the wheel of life and death.

Youth is the most significant time to take any jump because the jump needs courage, it needs energy, it needs risk, it needs daring. Thus children can be taught to be meditative and more easily than older people.

Source: Yog Manjari

## What is Concentration

Concentration is the focusing of the mind on any point or object internal or external or on any idea", says Maharishi Patanjali.

"The form control of the senses and the mind in concentration." Without concentration, the mind has no strength, no efficiency. Concentrated thinking alone is creative, capable of producing results. Concentration is the basis of every human activity. Through right karma, the mind becomes rich in concentration. The state of perfect concentration is achieved, the state of yogaroodha (योगरूढ़) is gained. After developing the power the concentration, one can hope to enter the seat of meditation.



Concentration (Dharana) is the sixth limb of the eight-fold path of Astangayoga. Once a Pandit asked Kabir, "O Kabir, what are you doing now?" Kabir replied, "O, Pandit, I am detaching the mind from worldly objects and attaching it to the lotus feet of the Lord." This is concentration. A definite aim, interest and attention are the bases of concentration.

Concentration is the art of reducing the interruptions, attachment and anxiety of the mind and ultimately eliminating them completely, so that the knower and the known become one. If we want to develop the mental power, we must have concentrating mind. Concentrated mind can influence the health and character and bring peace and harmony. Without concentration our prayer, efforts and endeavour will go waste. There is a story in Mahabharata which illustrates the power of concentration. When Guru Dronacharya asked Arjuna, "What do you see?" Arjuna replied, "I see only the bird's eye and nothing else."

The secret of sustained concentration lies in the will power exercised, relentlessly at the start of and undertaking. Will power and ability to concentrate are almost the same thing. Concentration is the key to success.

Without concentration, even the greatest of talents will run to waste, squandered in activities begun brilliantly and never finished. Concentration is the act of deliberately turning our attention to a limited section of our environment, excluding the rest from consciousness as far as possible by an act of will.

There are two aspects of concentration and both are equally important. Concentration is necessary to learn any instrument of music or doing any work. We can get full benefit with full concentration.

But Secondly, there must be the capacity to keep it up and improve it day by day and month by month.

Source: Yog Manjari



# How was the First Artificial Sweetener Invented?

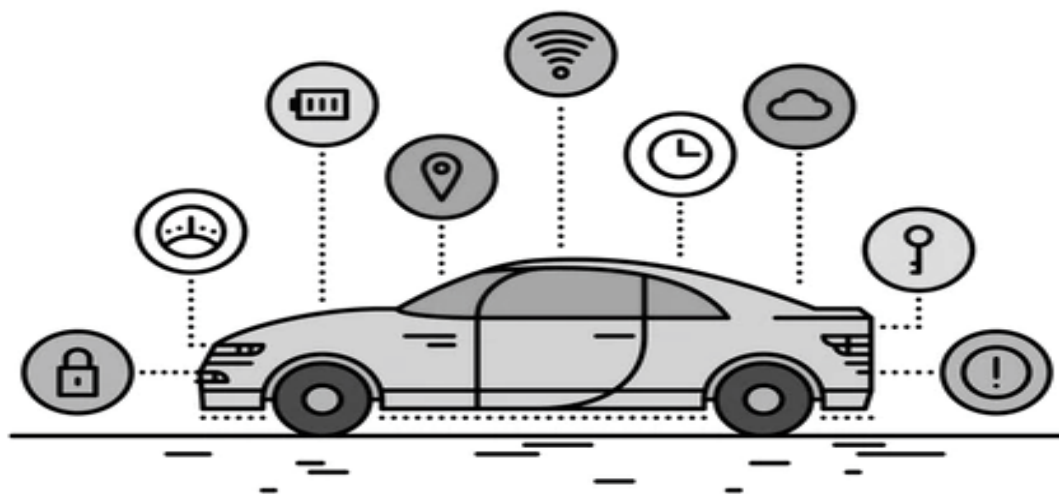


The first artificial sweetener to be invented was saccharin. Russian chemist Constantin Fahlberg is credited with this invention, which was actually accidental. In the late 1870s, Fahlberg was working with another chemist, Ira Remsen. Together, they were studying substances derived from coal tar. One evening, Fahlberg returned home and sat down for dinner. As he bit into a roll, he found it sweet. He asked his wife about this,

but she claimed that her rolls were perfectly, normal. Fahlberg then tasted his fingers. They were sweet. He rushed back to his lab and began checking up all that he had done that day. He found that he had accidentally invented a substance that was as sweet as sugar, but had no fattening effects like sugar. He named this substance 'saccharin'. It caught on commercially and Fahlberg grew rich.

Source: Dimdima

## How does a driverless car move?



The concept of a driverless car has leapt out of the pages of science fiction with major auto-makers working to make it a reality. So far, driverless cars have logged millions of kilometres in test runs and are steadily becoming a reality despite the many hurdles still to be overcome.

Self-driving cars are loaded with advanced technology like radar, lidar, GPS, cameras, and laser scanners that can sense their environment. The control systems in the car evaluate the sensory information about obstacles, road signs, traffic signals and other cars on the road to chart out a navigable path to the destination. The car's computers accelerate, cruise at 120 km/h, slow down, brake and pass without the human driver even touching the steering wheel or gear stick.

In December 2020, Waymo (formerly known as the Google self-driving car project) became the first service provider to offer driverless taxi rides to the general public in a part of Phoenix, Arizona, USA.

Source: Dimdima

“अच्छे लोग और अच्छी किताबें तुरंत  
समझ में नहीं आते, उन्हें पढ़ना पड़ता है।”

# EARTH'S LETTER

**A letter from Earth For the people born On this Earth, Read on seriously.**

- You are not just killing humanity
- You are killing the Earth's serenity
- With your weapons. Ignoring the effects on yourselves.

It's time to wake up, To the Earth's alarm

Save the Earth's charm, Or forsake your life.

Learn to identify the birds, butterflies and other insects that visit your home/school garden with the help of books. Understand their habitat but never disturb or hurt them. You can also attract birds and other wildlife into your garden, terrace or balcony by placing bird trays with grain and water.

Join a Nature Club. This will enable you to grow up as a nature enthusiast and understand nature better.

Source: Internet



## TAKE NO THOUGHT FOR THE MORROW

TAKE no thought for the morrow' is an injunction which finds an echo in almost all the religious scriptures of the world. In well-ordered society the securing of one's livelihood should be, and is, found to be the easiest thing in the world. Indeed, the test of orderliness in a country is not the number of millionaires it owns, but the absence of starvation among its masses. The only statement that has to be examined is, whether it can be laid down as a law of universal application that material advancement means moral progress.

Now, let us take a few illustrations. Rome suffered a moral fall when it attained high material affluence. So did Egypt, and so perhaps most countries of which we have any historical record. The descendants and kinsmen of the royal and divine Krishna, too, fell when they were rolling in riches. We do not deny to the Rockefellers and the Carnegies possession of an ordinary measure of morality, but we gladly judge them indulgently. I mean that we do not even expect them to satisfy the highest standard of morality. With them, material gain has not necessarily meant moral gain.



Source: The Times of India



# Meru Akarshanasan

## (Spinal Bending Pose)

Meru Akarshanasan is a Spinal Bending pose. It is practiced while lying on one side. Muscles of the side body are specially benefited in this Asan.

**Precautions:** A person suffering from cervical spondylitis, slipped disc, sciatica pain, kidney stone, spinal injury and lower back problem, should not practice this Asan.

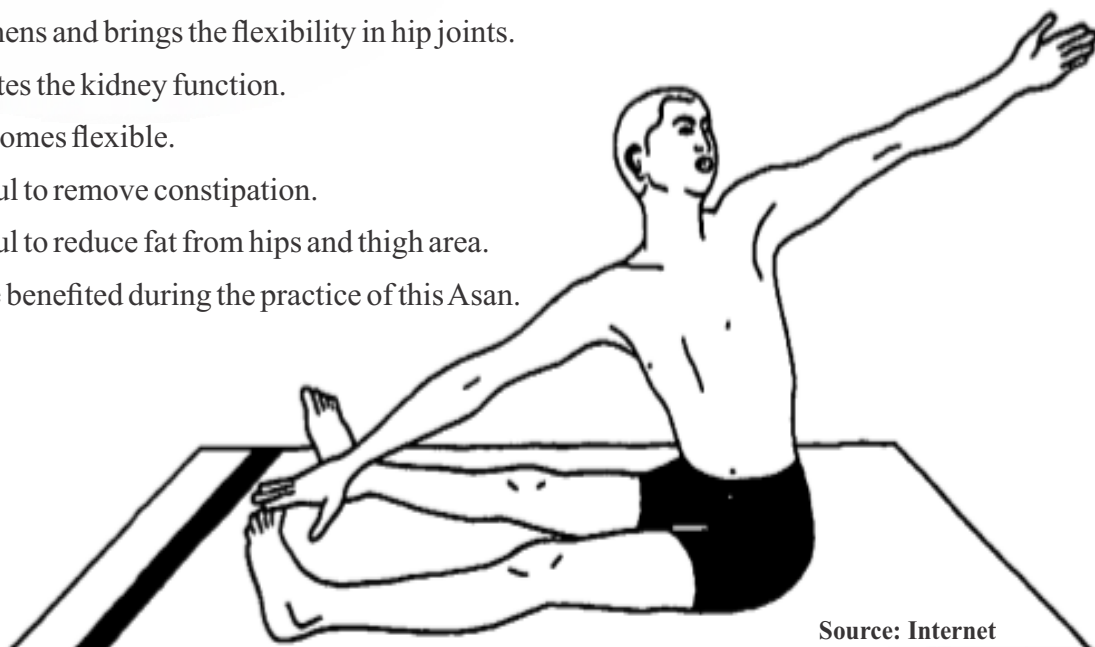
**Technique:** Lie down right side, with the legs straight, keeping the left leg on top of the right leg. Bending the right arm, place the right elbow on the floor. Raise the head and torso and rest the right side of the head on the right palm. The forearm should remain vertical. Place left arm on the left side of your body. While inhaling, raise the left leg and the left arm simultaneously as high as possible. Now grasp the left toe with the left hand. Stay in this final position, holding breath inside as long as is comfortable. While exhaling lower the leg and arm to the starting

position Repeat 5 rounds. After completing the rounds, repeat it 5 times from the opposite side, lying on the left side.

**Awareness :** Concentrate on the holding of breath, stretching of the hip and raised leg. After getting perfection in this Asan, one can concentrate on Swadhishtan Chakra.

**Benefits:** In this Asan, abdominal and inner thigh muscles are relaxed and muscles of the sides of the body are stretched. All of these muscles become stronger and flexible.

- It strengthens and brings the flexibility in hip joints.
- It stimulates the kidney function.
- Spine becomes flexible.
- It is helpful to remove constipation.
- It is helpful to reduce fat from hips and thigh area.
- Lungs are benefited during the practice of this Asan.



Source: Internet

“अगर आप किसी विषय में महारत हासिल करना चाहते हैं तो इसे दूसरों को सिखाना शुरू कर दें।”

# Our Environment .. Our Teacher..

Our Environment is the best teacher..

We learn something from every creature...

Birds teach us to wake up early for a chirpy day..

Little pups teach us to come out and play.

Plants teach us to stay grounded

And serve everyone without greed .

Rivers teach us to keep going..

Whatever may happen ,keep flowing

We learn a lot from a cockroach ,an eagle and a butterfly..

Without hardwork there is no shortcut to succeed and fly high.

Learn something from the teachers around..

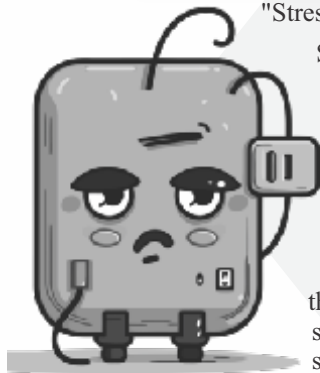
There is so much wisdom on this ground..



Source: Internet

## LET'S UNPLUG STRESS

"Stress is like a rocking chair. It gives you something to do but gets you nowhere."



Stress is a universal part of life, and while we often shrug it off as something we can handle, the truth is that stress leaves an imprint on our body in more ways than we realize. When you're stressed, your body goes into a "fight or flight" mode, preparing for danger. Your heart rate rises, your muscles tense, and your brain gets flooded with adrenaline and cortisol. All this is great if you're being chased by a tiger in the wild, but not so great when you're just trying to finish a work deadline.

Over time, chronic stress becomes more than just an emotional burden. Your immune system weakens, making you more prone to illness. You might notice aches and pains that weren't there before. Digestive issues like upset stomachs or irritable bowel syndrome can arise because the gut and brain are deeply connected. And let's not forget, stress can also wreak havoc on your sleep, leading to exhaustion and more stress—a vicious cycle!

But it doesn't stop there. When stress persists, your body starts sending you not-so-subtle messages. Ever had your eye twitch for no apparent reason? Or maybe you've lost track of time, forgetting little things here and there. This isn't just you being "off"—it's your body waving a red flag saying, "Hey, something's not right!"

So, what can we do? Well, sometimes the best thing you can do for stress is to take a breath, step back, and give yourself a break. Practice mindfulness, meditate, go for a walk, or just sit with your thoughts. Small shifts in your daily routine can make a huge difference in how your body handles stress.

Source: Internet



# FLIGHT WITH BOOKS

- Let's unlock a new world ,a world of our imagination..

- Let's unlock our dreams for recreation..

- Can you imagine flying books making you travel here and there..

- Can you imagine yourself seated on these books and travelling everywhere..

- You need not have a passport to cross geographical boundaries..

- Books make you travel different countries..

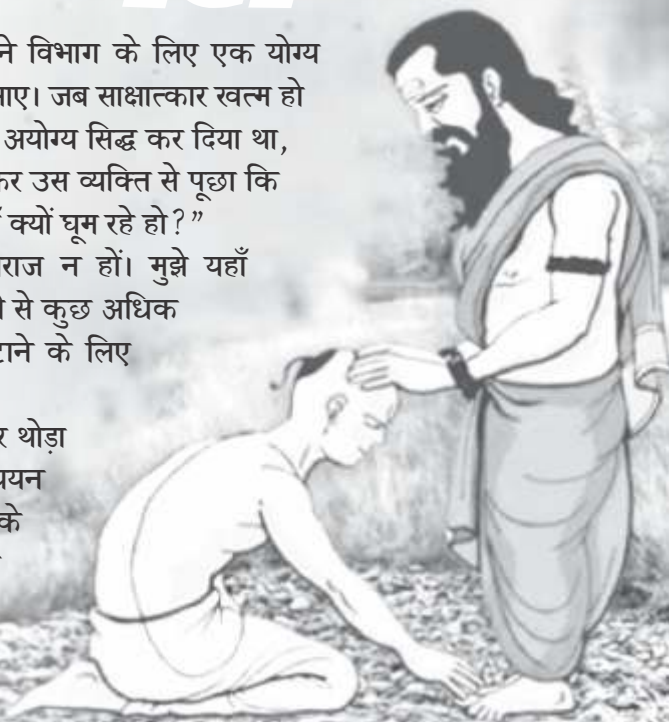


## चरित्र बल

भौतिक शास्त्र के एक प्रख्यात वैज्ञानिक को अपने विभाग के लिए एक योग्य वैज्ञानिक की जरूरत थी। कई लोग साक्षात्कार के लिए आए। जब साक्षात्कार खत्म हो गया, तब उन्होंने देखा कि एक व्यक्ति, जिसको उन्होंने अयोग्य सिद्ध कर दिया था, कार्यालय के आस-पास घूम रहा है। उन्होंने क्रोधित होकर उस व्यक्ति से पूछा कि “जब तुम्हें अयोग्य घोषित कर दिया गया है, तब तुम यहाँ क्यों घूम रहे हो?”

उस व्यक्ति ने विनयी भाव से कहा- “आप नाराज न हों। मुझे यहाँ आने-जाने के लिए जो राशि दी गई है, वह शायद गलती से कुछ अधिक दे दी गई है। इसलिए मैं उस अतिरिक्त राशि को लौटाने के लिए कार्यालय के लिपिक की तलाश कर रहा हूँ।”

वे उस व्यक्ति की बात सुनकर विस्मित रह गए। फिर थोड़ा रुककर बोले- अब तुम कहीं मत जाना। मैंने तुम्हारा चयन कर लिया है। तुम चरित्रवान व्यक्ति हो। भौतिक शास्त्र के ज्ञान की कमजोरी तो मैं पढ़ा कर दूर कर दूंगा, परंतु ऐसा चरित्र मैं कैसे निर्मित कर सकूंगा?”



“सफलता पाने के लिए हमें पहले यह विश्वास करना होगा कि हम यह कर सकते हैं।”

# आम की विभिन्न किस्में

भारतीयों का आम के प्रति प्रेम किसी से छिपा नहीं है। सालभर लोगों को गर्मियों का इंतजार रहता है, क्योंकि इस मौसम में आमों की कई वैरायटी जैसे दशहरी, चौसा, लंगड़ा, तोता परी का स्वाद लिया जा सकता है। वैसे हर राज्य में आमों की एक अनूठी किस्म होती है। हाल ही में एक ऐसे गांव के बारे में पता चला है जहां आम की 100 से ज्यादा किस्में पाई जाती हैं। जी हां, आम प्रेमियों के एक गुप्त, नाट्टमानजोटिल ने कन्नपुरम के छोटे से गांव चुंडा कुरुवक्कावु में आम की विभिन्न किस्मों की पहचान करने के लिए एक अनूठा प्रयास शुरू किया। यहां आम की बहुत सारी देसी किस्में हैं, जो आकार और स्वाद में बहुत अलग हैं। इस गांव को राज्य सरकार द्वारा मैंगो हेरिटेज विलेज घोषित किया गया है। यह भारत का ऐसा पहला गांव, जिसे लैंड ऑफ मैंगोज के रूप में जाना जाता है।



## 20 परिवार करते हैं आमों की खेती

102 किस्मों के आमों की खेती कुरुवक्कावु के 20 स्थानीय परिवारों द्वारा की जाती है। इनकी किस्में 20 घरों के 372 पेड़ों पर उगाई जाती हैं। यहां पर आपको आम नारियल जितना बड़ा और आंवला जितना छोटा भी मिलेगा। कुरु वक्कावु में आमों की उगने वाली कुछ मशहूर आम की किस्में कन्नपुरम मंगा, थेंगा मंगा, पुलियन मंगा, कुडव्रकाची मंगा हैं।

## शायजू मेचाथी ने शुरू की यात्रा

आम के प्रकारों को संरक्षित करने की यात्रा लगभग छह साल पहले पेशे से एक सिविल पुलिस अधिकारी शायजू मेचाथी के साथ शुरू हुई। उन्होंने अपने पड़ोसियों के साथ हर घर में हर पेड़ को उनके प्रकारों के आधार पर साइनबोर्ड के साथ चिह्नित करना शुरू किया था। यह सिलसला तब शुरू हुआ जब एक जमींदार ने 200 साल पुराने वेल्लाथन के पेड़ को काट दिया। बता दें कि वेल्लाथन आम बहुत मीठे होते हैं और वे सभी ग्रामीणों के दिलों में एक विशेष स्थान रखते हैं। उन्होंने इस पेड़ को फिर से उगाने का सोचा।

## आमों के नाम

शायजू ने कई इंटरव्यू में बताया है कि कुछ आमों को रखने के बाद ही उनका नाम रखा गया था। फलों के नाम अद्वितीय और स्टाइलिश हैं। उनमें से एक का नाम कुल निर्यान है, क्योंकि यह पूरे साल फल देता है। दूसरा ठेंगा मंगा है क्योंकि इसका आकार नारियल जैसा है।

## आयोजित होता है वार्षिक आम महोत्सव -

स्थानीय स्तर पर उगाए जाने वाले आमों की इस विशाल उपलब्धता के कारण, गांव ने मई के पहले रविवार को एक वार्षिक आम उत्सव की मेजबानी शुरू कर दी है। यहां इन फलों की स्वदेशी प्रजातियों का उपयोग चटनी से लेकर अचार और करी तक विभिन्न व्यंजन बनाने के लिए किया जाता है।

Source: The Speaking Tree



# भगवान् शिव का लोकमंगल रूप

एक समय की बात है, देवों और दानवों ने अमृत पाने की इच्छा से समुद्र - मन्थन किया। मन्थन में सर्वप्रथम सर्वाधिक विषैला कालकूट विष निकला। कालकूट की भयंकरता से प्राणिमात्र जीवन धारण करने के लिये चिन्तित हो उठा। यदि जीवों में कालकूटने अपना विषैला प्रभाव दिखाया तो ब्राह्मा जी की यह सृष्टि कैसे बचेगी? प्राणी तो क्या देवता तथा दानवों में से कोई भी प्राणी - जलचर, थलचर, नभचर न बचेगा। यहाँ तक कि शस्यश्यामला धरा की उर्वराशक्ति भी सदा के लिये विनष्ट हो जायगी।

कालकूट की ज्वाला से विश्व के सभी प्राणी झुलसने लगे। सृष्टि की रक्षा के लिये देव - दानव सभी चिन्तित हो उठे। 'कहाँ रखा जाय इस विष को?' देव और दानव दोनों में देर तक मन्त्रणा होती रही। ऐसा कौन स्थान है, जहाँ विष का असर न हो?

केवल भगवान् शिव ही रक्षा कर सकते हैं। रक्षा की भावना से जो भी शंकर की शरण में जाता है, शम्भु के शान्तिमय, मुक्त, क्षमाशील और कल्याण रूप का स्मरण करके सहायता की आर्त पुकार करता है, वह सुरक्षा अवश्य पाता है।

शिव का अर्थ ही मंगलमय, कुशल - क्षेम और मुक्ति प्रदाता है। जो प्राणों पर शासन करते हैं, वे शिवात्मा कहलाते हैं। जो वायु को वश में रखते हैं, वे सदाशिव शुद्धात्मा कहलाते हैं। जो जीवन को वश में रखते हैं, वे परम शिव कहलाते हैं।

देवताओं और दानवों ने भगवान् शंकर की विनती की - 'शिवस्य तु वशे कालो न कालस्य वशे शिवः।' हे शिव! काल आप के अधीन है, आप काल से मुक्त चिदानन्द हैं। जिसे मृत्यु को जीतना हो, उसे हे भगवन्! आप में स्थित होना चाहिये। आपका मन्त्र ही मृत्युञ्जय है। हे शंकर! आप त्र्यम्बक अर्थात् तीन नेत्रों वाले हैं। 'सत्यम्, शिवम् और सुन्दरम्' आप के तीन नेत्र हैं। आप कर्म, भक्ति और ज्ञान को धारण करते हैं। भगवन्! भू, भुवः और स्वः - भूमि, अन्तरिक्ष और द्युलोक सर्वत्र आप ही परिव्याप्त हैं। जीवन, मृत्यु और मुक्ति - तीनों ही आपके नेत्र हैं। आप बालचन्द्र, गंगा और शक्ति - तीनों को धारण करते हैं। अतः कालकूट की दाहक ज्वाला से प्राणिमात्र की रक्षा कीजिये।

उस विषम स्थिति में सब के हाथ विनती में शिव के आगे जुड़े हुए थे। सब ने एकाग्र होकर बड़ी श्रद्धापूर्वक भगवान् शिव का ध्यान किया। शिव का ध्यान सदा ही कल्याणकारी होता है।

भक्तों की आर्त पुकार सुनकर भगवान् शिव प्रकट हुए। उन्होंने दुष्ट काल कूट की। प्राणिमात्र को जलाने वाली ज्वालाएँ देखीं। वे सृष्टि का अन्त आते देखकर अचानक चिन्तित हो उठे। सोचने लगे 'यदि सृष्टि में मानव - समुदाय में कहीं भी यह विष - कलह - क्लेशरूप विष, मतभेद, राग - द्वेष, वाद - विवाद, संघर्ष, दोष - दुर्गुण आदि रहे तो प्राणिमात्र अशान्त होकर जलने लगेगा। इसे सुरक्षित रखने की ऐसी जगह होनी चाहिये कि यह किसी को नुकसान न पहुँचा सके। सभी जीव सुरक्षित रहें।

ऐसा निरापद सुरक्षित स्थान मेरा, स्वयं मेरा ही कण्ठप्रदेश है। यदि हलाहल पेट में चला गया तो मृत्यु निश्चित है, बाहर रह गया तो सारी सृष्टि ही भस्म हो जायगी। फिर 'यह कहाँ रहे?'

उन्होंने एक ही आचमन में लोक - संहारी विष को अपने गले में धारण कर लिया। तभी से विष के प्रभाव से उनका कण्ठ नीले रंग का हो गया, वे नीलकण्ठ कहलाने लगे और देवों के भी देव महादेव बन गये।

स्रोत: लोटपोट

मेहनत अगर आदत बन जाए तो कामयाबी मुकद्दर बन जाती है

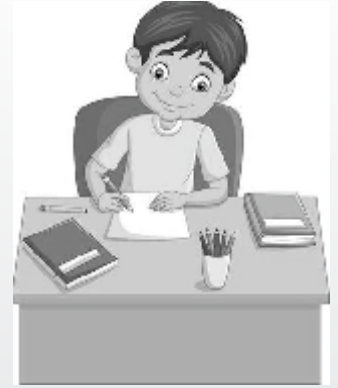
# ‘जहाँ चाह, वहाँ राह’

30 जून, 1921 को उत्तर प्रदेश के हरदोई जिले के गोपामऊ नामक कस्बे में एक बालक का जन्म हुआ। उसके हाथ कलाई के पास से जुड़े हुए थे। वह कलम नहीं पकड़ सकता था और न ही कोई चीज उठाने के काबिल था। माता - पिता दुःखी थे, लेकिन बालक पढ़ना चाहता था। माँ हिंदी और संस्कृत जानती थी और पिता फारसी। बालक ने अपनी माँ से अक्षर सीख लिए। अब वह श्रीरामचरितमानस की चौपाइयाँ सुना सकता था। लेकिन दुर्भाग्य ! वह लिखे, तो कैसे?

एक दिन एक घटना घटी। पिता कुछ लिख रहे थे और बालक उन्हें बैठे - बैठे देख रहा था। वे थोड़ी देर के लिए अपने मित्र से बात करने के लिए बाहर निकले। बालक ने सामने कागज़ रखा, कलम को एक हाथ की उँगली में किसी तरह दबा लिया और पैर से उस हाथ को चलाना शुरू किया। पिता ने एक पन्ने पर जो लिखा था, बच्चे ने उसकी हू - ब - हू: नकल कर दी।

लौटकर पिता ने देखा तो उनकी खुशी का ठिकाना न रहा। उन्होंने उस बालक को एक पाठशाला में भर्ती करा दिया। उस समय उसकी अवस्था नौ वर्ष की थी।

यही बालक हिंदी में एम.ए. तथा पीएच.डी. करके अंततः इलाहाबाद विश्वविद्यालय में हिंदी का प्रोफेसर और विभागाध्यक्ष बना। क्या आप जानना चाहेंगे कि कौन था वह व्यक्ति! जी हाँ, उस बालक का नाम था रघुवंश, जो आगे चलकर डा. रघुवंश सहाय वर्मा के नाम से विख्यात हुए। इनकी मुख्य कृतियाँ हैं तंतुजाल, अर्थहीन, छायालय (कथा: : साहित्य), हरिघाटी (यात्रा संस्मरण), मानस पुत्र ईसा (जीवनी)।



## दोस्ती से सबक

रमेश और मोहन दोनों बहुत जिगरी दोस्त थे। वे हमेशा एक दूसरे के साथ स्कूल आते - जाते और हमेशा खुश रहते थे। लेकिन, रमेश अक्सर शरारते करने की योजना बनाता रहता था। जबकि, मोहन फालतू की बातों पर अपना ध्यान न देकर अपनी पढ़ाई पर अधिकांश ध्यान देता था। फिर भी दोनों में अच्छी दोस्ती थी।

एक बार स्कूल में दोनों अपनी - अपनी सीट पर बैठ कर पढ़ाई कर रहे थे। कुछ समय के लिए अध्यापिका कक्षा से बाहर चली गई। बच्चे आपस में बातें करने लगे। रमेश सोचता है, चलो कक्षा में कुछ ऐसा किया जाए जिससे सभी बच्चों को मजा आए। उसको शरारत सूझने लगी। उसने इधर - उधर देखा और अपने पास खड़े दोस्त मोहन को तेजी से धक्का दे दिया। उसका दोस्त जाकर खिड़की के शीशे से टकरा गया। जिसकी वजह से शीशा टूटकर नीचे गिर गया।

खिड़की का शीशा टूटा देख सभी बच्चे डर गए और जाकर अपनी - अपनी सीट पर बैठ गए। इतने में अध्यापिका ने कक्षा में प्रवेश किया। बच्चों को शांत देख समझ गई कि कुछ तो कक्षा में हुआ है। अध्यापिका ने अपनी नजर इधर - उधर दौड़ाई। इतने में अध्यापिका की नजर टूटे हुए शीशे पर पड़ी और वह क्रोधित हो जाती हैं।

अध्यापिका ने एक - एक कर के सभी बच्चों से पूछना शुरू किया। जब रमेश की बारी आई तो उसने साफ तौर पर मना कर दिया। लेकिन वहीं बैठे मोहन ने शीशा तोड़ने का इल्जाम अपने ऊपर ले लिया। अध्यापिका ने मोहन को जोर - जोर से डांट लगाई। शाम को जब स्कूल की छुट्टी हुई। रमेश मोहन से अपने द्वारा की हुई गलती के लिए क्षमा माँगता है। और उससे वादा करता है कि अब वह कभी शैतानी नहीं करेगा, मोहन ने उसे माफ कर दिया।

**नैतिक सीख**

छोटी - छोटी गलतियाँ कभी भारी पड़ सकती हैं।



Source: The Speaking Tree

# अभ्यास का महत्व

प्राचीन समय में विद्यार्थी गुरुकुल में रहकर ही पढ़ा करते थे। बच्चे को शिक्षा ग्रहण करने के लिए गुरुकुल में भेजा जाता था। बच्चे गुरुकुल में गुरु के सानिध्य में आश्रम की देखभाल किया करते थे और अध्ययन भी किया करते थे।

वरदराज को भी सभी की तरह गुरुकुल भेज दिया गया। वहां आश्रम में अपने साथियों के साथ घुलने मिलने लगा। लेकिन वह पढ़ने में बहुत ही कमजोर था। गुरुजी की कोई भी बात उसके बहुत कम समझ में आती थी। इस कारण सभी के बीच वह उपहास का कारण बनता है।

उसके सारे साथी अगली कक्षा में चले गए लेकिन वो आगे नहीं बढ़ पाया।

गुरुजी जी ने भी आखिर हार मानकर उसे बोला, “बेटा वरदराज! मैंने सारे प्रयास करके देख लिये हैं। अब यही उचित होगा कि तुम यहां अपना समय बर्बाद मत करो। अपने घर चले जाओ और घरवालों की काम में मदद करो।”

वरदराज ने भी सोचा कि शायद विद्या मेरी किस्मत में नहीं हैं। और भारी मन से गुरुकुल से घर के लिए निकल गया गया। दोपहर का समय था। रास्ते में उसे प्यास लगने लगी। इधर उधर देखने पर उसने पाया कि थोड़ी दूर पर ही कुछ महिलाएं कुएं से पानी भर रही थी। वह कुएं के पास गया।

वहां पथरों पर रस्सी के आने जाने से निशान बने हुए थे, तो उसने महिलाओं से पूछा, “यह निशान आपने कैसे बनाएं?” तो एक महिला ने जवाब दिया, “बेटे यह निशान हमने नहीं बनाएं। यह तो पानी खींचते समय इस कोमल रस्सी के बार बार आने जाने से ठोस पत्थर पर भी ऐसे निशान बन गए हैं।”

वरदराज सोच में पड़ गया। उसने विचार किया कि जब एक कोमल रस्सी के बार-बार आने जाने से एक ठोस पत्थर पर गहरे निशान बन सकते हैं तो निरंतर अभ्यास से मैं विद्या ग्रहण क्यों नहीं कर सकता।

वरदराज ढेर सारे उत्साह के साथ वापस गुरुकुल आया और अथक कड़ी मेहनत की। गुरुजी ने भी खुश होकर भरपूर सहयोग किया। कुछ ही सालों बाद यही मंदबुद्धि बालक वरदराज आगे चलकर संस्कृत व्याकरण का महान विद्वान बना।

**शिक्षा:** दोस्तो अभ्यास की शक्ति का तो कहना ही क्या है। यह आपके हर सपने को पूरा करेगी। अभ्यास बहुत जरूरी है चाहे वो खेल में हो या पढ़ाई में या किसी ओर चीज में। बिना अभ्यास के आप सफल नहीं हो सकते हो। अगर आप बिना अभ्यास के केवल किस्मत के भरोसे बैठे रहोगे, तो आखिर मैं आपको पछतावे के सिवा और कुछ हाथ नहीं लगेगा। इसलिए अभ्यास के साथ धैर्य, परिश्रम और लगन रखकर आप अपनी मंजिल को पाने के लिए जुट जाए।

**ना कभी भागे और न ही कभी रुके, बस हमेशा चलते रहें।**



# महान् गणितज्ञ रामानुजन धुन के पक्के



रामानुजन का जन्म एक गरीब परिवार में 22 दिसम्बर, 1887 को तमिलनाडु के इरोड कस्बे में हुआ था। उनके पिता एक साड़ी की दुकान पर क्लर्क का काम करते थे। रामानुजन के जीवन पर उनकी माँ का बहुत प्रभाव था। जब वे 11 वर्ष के थे, तो उन्होंने स्वदमल द्वारा लिखित गणित की किताब की पूरी मास्टरी कर ली थी। गणित का ज्ञान तो जैसे उन्हें ईश्वर के यहाँ से ही मिला था। 14 वर्ष की उम्र में उन्हें मेरिट सर्टीफिकेट्स एवं कई अवार्ड मिले। वर्ष 1904 में जब उन्होंने टाउन हाईस्कूल से स्नातक पास की, तो उन्हें के. रंगनाथा राव पुरस्कार, प्रधानाध्यापक कृष्ण स्वामी अय्यर द्वारा प्रदान किया गया।

वर्ष 1909 में उनकी शादी हुई, उसके बाद वर्ष 1910 में उनका एक ऑपरेशन हुआ। घरवालों के पास उनके ऑपरेशन हेतु पर्याप्त राशि नहीं थी। एक डॉक्टर ने उनका मुफ्त में यह ऑपरेशन किया था। इस ऑपरेशन के बाद रामानुजन नौकरी की तलाश में जुट गए। वे मद्रास में जगह-जगह नौकरी के लिए घूमे। इसके लिए उन्होंने ट्यूशन भी किए। वे पुनः बीमार पड़ गए।

इसी बीच वे गणित में अपना कार्य करते रहे। ठीक होने के बाद, उनका सम्पर्क नेलौर के जिला कलेक्टर-रामचन्द्र राव से हुआ। वह रामानुजन के गणित में कार्य से बेहद प्रभावित हुए। उन्होंने रामानुजन की आर्थिक मदद भी की।

वर्ष 1912 में उन्हें मद्रास में चीफ अकाउण्टेंट के ऑफिस में क्लर्क की नौकरी भी मिल गई। वे ऑफिस का कार्य जल्दी पूरा करने के बाद, गणित का रिसर्च करते रहते, इसके बाद वे इंग्लैण्ड चले गए। वहाँ उनके कार्य को खूब प्रशंसा मिली। उनके गणित के अनूठे ज्ञान को खूब सराहना मिली।

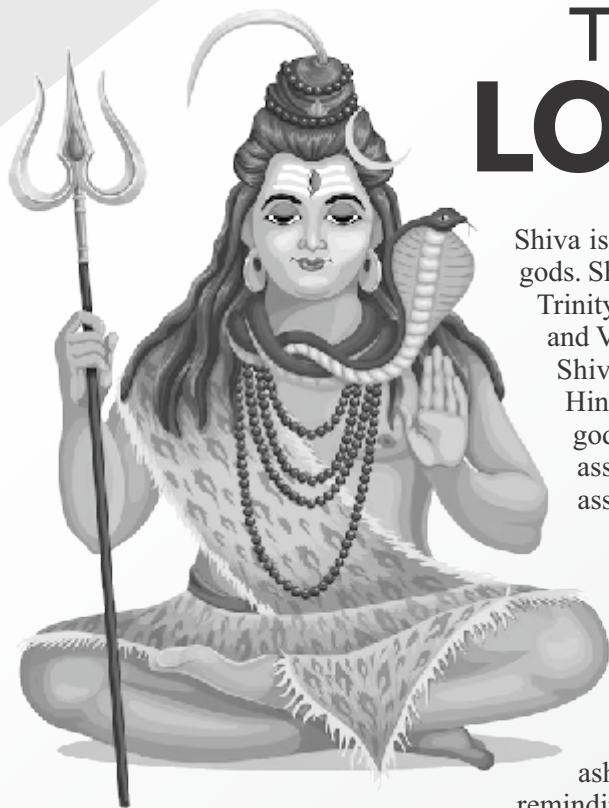
वर्ष 1918 में उन्हें ट्रिनिटी कॉलेज कैम्ब्रिज का फेलो (Fellow of Trinity College Cambridge) चुना गया। वह पहले भारतीय थे, जिन्हें इस सम्मान (Position) के लिए चुना गया।

बहुत मेहनती एवं धुन के पक्के थे। कोई भी विषम परिस्थिति, आर्थिक कठिनाइयाँ, बीमारी एवं अन्य परेशानियाँ उन्हें अपनी 'धुन' से नहीं डिगा सकीं। वे अन्ततः सफल हुए।

आज उन्हें विश्व के महान् गणितज्ञों में शुमार किया जाता है। 32 वर्ष की छोटी उम्र में ही इस प्रतिभाशाली व्यक्ति का देहावसान हो गया। दुनिया ने एक महान गणितज्ञ को खो दिया।

स्त्रोत: इटरनेट

# The secret life of LORD SHIVA



Shiva is one of the most widely known and revered Hindu gods. Shiva is often worshipped as one member of the Holy Trinity of Hinduism, with the gods Brahma (the Creator) and Vishnu (the Protector) being the other deities. While Shiva doesn't show up until late in the history of Hinduism, it is believed that He evolved from the earlier god Rudra, mentioned in the Rig Veda, and is normally associated with destruction. However, Shiva is also associated with reincarnation, since in Hinduism death is necessary for rebirth.

But Shiva has different aspects that appear at different times. Shiva is often depicted as the destroyer, and will appear as a naked ascetic accompanied by demons, encircled with serpents and necklaces of skulls. Sometimes Shiva wanders into crematoriums, smears his body with ash and dances in the light of the funeral pyres, reminding all about the transitory nature of material things.

The cult of Shiva already had its roots in the pre-Vedic period.

The Brahmins classified him under several aspects – SHIVA, the Lord of peaceful sleep, the god of dreams and unconsciousness, which returns strength to tired bodies, RUDRA, the Lord of tears, caused by the death of beloved ones, MAHESHWARA the Lord of Knowledge, the god whose intelligence controls the movements of the universe that it created, and that wise men call the Great GOD: the place that concentrates all individualities to make ONE Being, ONE thought.

Shiva is a complex god with many roles and powers. In his destroyer role, he often haunts cemeteries, wearing a headdress of snakes and a necklace of skulls. A band of terrifying demons, hungering for blood, accompanies him. Yet despite his destructiveness, Shiva can be helpful to humans and other gods. He acts as a divine judge who shows no mercy to the wicked. When he dances, he represents truth, and by dancing he banishes ignorance and helps relieve the suffering of his followers.

In another story, the gods were threatened by demons and asked Shiva for help. He agreed—on the condition that the gods lend him some of their own strength. However, after defeating the demons, Shiva refused to return the borrowed strength. As a result, he became the most powerful being in the universe. Shiva also has many weapons that make him unbeatable, including a club with a skull on the end, a sword and spear made from thunderbolts, and a bow made from a rainbow.

Shiva, the infinite god, is also considered as the comforter who removes physical pain by mental and spiritual means, using silence and the obscurity of the unconscious, comparable to a night of sleep without dreams. The union of SHIVA (the substance) with Shakti (the omnipresent energy) is the foundation of all creation.

Source: The Speaking Tree

अगर आप सही है तो कुछ भी साबित करने की कोशिश मत करो,  
वक्त एक दिन खुद गवाही देगा

# Who is the True Guru



It was difficult to watch and remain silent as recent news in India has shown us how our popular culture and the media have come to use the word “guru” with great frivolity, to the detriment of all of us. To reduce India's great spiritual traditions by casting shadows on this word is a disservice to seekers everywhere. Let's reflect on the meaning of the word and the responsibilities it entails. The root meaning of “guru” is to lead from darkness to light; in other words, one who has the ability to lead the student to the full awakening of one's true nature.

A person may have spiritual attainment and still not have the ability to lead the student to Self-realisation. A guru is one who can take on the karma of a student if that will help the student advance. The guru can even take on collective karma to relieve world suffering. The only goal of the guru is to awaken those lost in pain and ignorance. There is no other motive — not building an institution, not amassing followers and a big bank account — and there is no “I” left to desire any of it.

As long as there is any ego seeking to be adored, and there is any action that is not Dharmic, how can one be a true guru? The best way to help society develop its discrimination is for public voices, including the media, to distinguish through its choice of words as to who is the true guru, and who is rather a charismatic public figure, an entertainer or mind trainer. The author is a founder, The Global Peace Initiative of Women, and founding member, Contemplative Alliance. **DISCLAIMER:** Views expressed above are the author's own.

**Source: Internet**



# EXAMINATION AND STUDENTS MIND

This is a word that causes sleepless nights, a word can change a cheerful person into a nervous wreck. So, what are examinations, and how can they be any good?

An examination can be defined as a detailed inspection or analysis of an object or person. For example, an engineer will examine a structure, like a bridge, to see if it is safe. A doctor may conduct a medical examination to gauge whether a patient is healthy. In the school context, it is the students who take the examinations. These are usually a series of comprehensive tests held at the end of each term, year or, in the case of public examinations, after a few years.

One of the main purposes of school examinations is to improve the quality of education. From the results of the examinations, the teachers and planners of the curriculum will be able to gauge the extent to which the students have acquired the knowledge and skills of the course material. This would, first of all, provide an evaluation of their teaching methods, so they can improve them, if necessary.

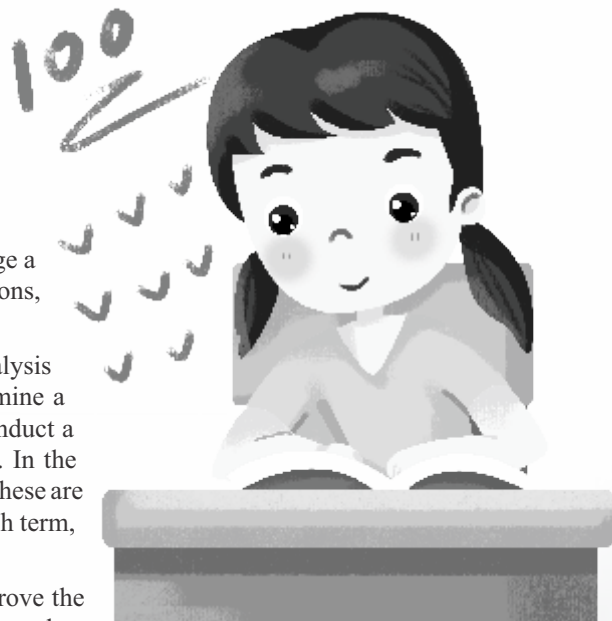
Examinations are also used as a yardstick for measuring the capability of the candidate, for further education or employment. For example, examination results are the main criteria when selecting students for entrance into universities. It is assumed that the examination results would indicate whether or not the student will be able to handle the course. In the case of employment, it is felt that the examination results will indicate whether or not the job seeker has the skills or intelligence to handle the job.

However, does the school examination system provide an accurate yardstick of the candidate's ability? Albert Einstein, at the age of 16, took the entrance exam to the Swiss Federal Institute of Technology, but failed and so was rejected by this elite school. Yet, Einstein went on to develop the theory of relativity and quantum theory, winning the Nobel Prize in Physics at the age of 42. Other examples of famous achievers who failed in school examinations would include Winston Churchill, Thomas Edison and Bill Gates.

One may also question whether the present examination system results in better teaching in schools. In fact, some teachers are so pressured to produce good examination results that they are forced to practise poor teaching methods. They may race through the syllabus, ignoring the fact that the weaker students have not grasped some of the concepts. Some other teachers may concentrate on popular examination topics, ignoring the topics which are rarely tested in the examinations.

Pressure to succeed in examinations may also be detrimental to the students. They may be so filled with anxiety and stress that they do not enjoy their school years. They may be studying only to get good examination results, rather than a rounded education. Some of the weaker students, who cannot seem to achieve good examination results, may lose interest in their studies. In extreme cases, students may be so frustrated or disappointed in their results that they may consider ending their lives.

In conclusion, we realise that examinations are necessary and useful in many areas of our lives. However, within the school system, they should be given less emphasis or conducted in a different way. Furthermore, educationists, employers and students themselves should be reminded that examination results may not provide the best assessment of an individual's talents and capabilities.



Source: Internet

“Procrastination is opportunity’s assassin.”

# THE SIX CS OF EXCELLENCE AND SUCCESSFUL ACTION

The original name of India, Bharat, means: 'To delight in light, wisdom.' For centuries, Indians have held knowledge in the highest regard. Nalanda University is a shining example. Knowledge was the gateway to prosperity. India flourished in every sense. There are descriptions of streets being lined with gold. Our literature, sculpture, music, dance and textiles radiated unparalleled beauty and sophistication. In modern times, we look to Harvard and Wharton for success. Yet, it is the Bhagwad Gita that has the formula for success. To begin with, look inward – 85% of success comes from attitude, from the use of intellect. Our greatest asset is the intellect that needs to be used and fortified. The Gita prescribes the following six Cs of success.

- **Core Interest:** Identify your svadharma, your unique gift. Hard work becomes enjoyable in a field aligned to your passion. You get bored and frustrated in a field alien to your nature. At best, you can become mediocre. Invest your energy in the field of your svadharma, and you achieve unimaginable success. You are fulfilled. And you grow. Rajinikanth, the famous actor, started life as a bus conductor, MS Dhoni as a railway ticket examiner.

- **Commitment:** Once you identify your core interest or svadharma, fix a higher ideal. Ask yourself: What am I working for? Is it just financial gain, or is there a deeper, more meaningful purpose behind your efforts? Commit yourself to the goal. You will overcome the most daunting obstacles and emerge successful. Kobe Bryant played an entire summer without scoring a single point. His commitment kept him going.

- **Competence:** Equip yourself with the necessary knowledge and tools. Competence isn't just about raw talent. It's a blend of intelligence, continuous learning, and hardwork. Sharpen your skills, gain expertise, and be open to fresh knowledge.

- **Cooperation:** No matter how brilliant you are, you need team spirit to achieve results. Invest in building strong teams. When you collaborate, you experience the magic of synergy – where the collective effort far exceeds the sum of individual contributions. When you love your team members and stand up for them, they return the courtesy. They go well beyond the call of duty for you. You then transform a group of stars into an all-star team.

- **Concentration:** Your intellect must channel the mind to the present action. A weak intellect allows the mind to slip to the unproductive avenues of past worry and future anxiety. Action gets flawed and you meet with failure. When the intellect is strong it focuses the mind to the present. Action is perfect. Whether it is the 'nervous nineties' in cricket or a heartbreaking double fault at match point in tennis, it is the mind that falters.

- **Consistency:** The intellect directs all actions to the chosen goal. If the intellect is not vigilant, the mind wanders. Light burns paper when focused to a point. So also, thoughts have power. They become a force to reckon with when they are directed towards one goal. Consistency is vital. Bit by bit, you get to your goal.

Talent alone isn't enough. To unlock your potential, embrace the six Cs. They are key to extraordinary success, happiness, and personal growth.

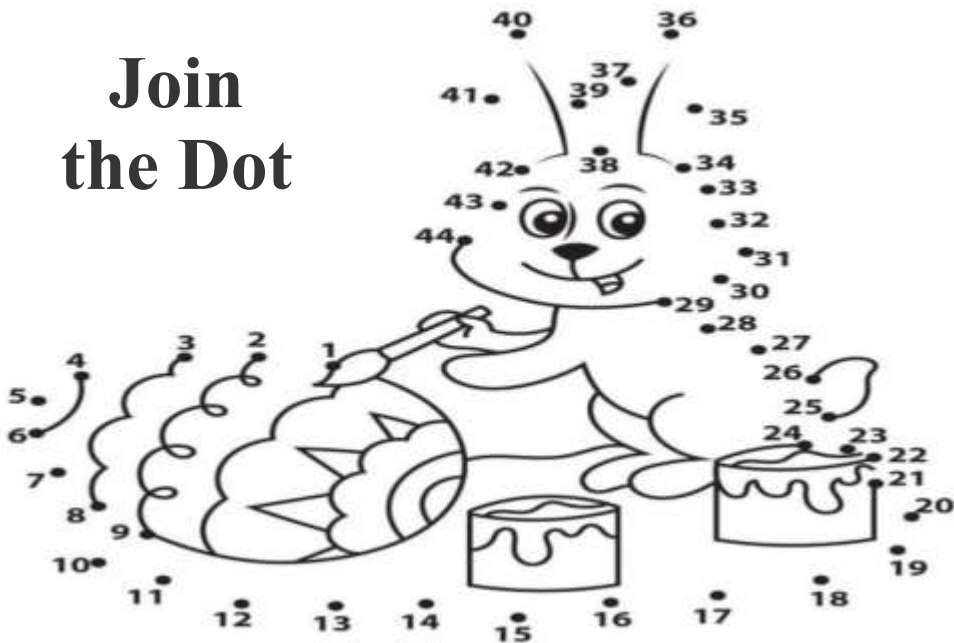


Source: The Times of India

## Find the Difference



## Join the Dot



"You don't have to be great to start, but you have to start to be great."



# NEWS SECTION

(JANUARY 2024)

**Bhavans SL Public School, Opp. Shivala Bhaiyan**

## 270th Chinmaya Widow Ration Pension Programme



Bhavans SL Public School hosted Chinmaya Mission's 270th Widow Ration Pension Programme on 5th January, 2025. Sh Tilak Raj Mahajan (Renowned Social Activist), Sh Ashwani Sharma CA (Director Aryan Hyundai Asr), Sh Nikhil Singhania (Tirupati Textile Mills Asr) and Rtn HS Jogi (Charter President Rotary

Club Amritsar Aastha) were special guests. After ceremonial lamp lighting and foral welcome to the guests, Bhavans Chairman and Chinmaya Mission President Sh Avinash Mohindru intimated the guests that Chinmaya Mission is a spiritual organisation which is successfully running this programme with the contribution of all. He said that God actually gives us the problem to strengthen our personality. All the guests appreciated the programme and the selfless service behind it. Bhavans Staff and students enthusiastically participated in the distribution of ration of worth Rs 1000/- to 250 widows each.

## ACHIEVEMENTS

### Gem of Sahodaya Award



Ujjawal Mahajan (XII) was given Gem of Sahodaya Award from Sahodaya Schools Complex In recognition of his Outstanding Achievements in Academics and other School Activities

### District Education Officer Honours Bhavan's Director Dr Anita Bhalla and Principal Mrs. Sonia Sehdev



MS Meenu Kalia receiving Award on behalf of Director Dr. Anita Bhalla & Principal Ms. Sonia Sehdev

Bharatiya Vidya Bhavan School's Director Dr. Anita Bhalla and Principal Mrs. Sonia Sehdev were honored by Amritsar's District Education Officer Senior Secondary S Harbhagwant Singh for their service and dedication in the field of sports. Sports teacher Ms Meenu Kalia received this award on their behalf. This programme was organized at Millennium School on 30 January 2025. The objective of the programme was Khelo Punjab Tandrut Punjab.

## Bhavans Kala Kendra Organized its 102nd Programme 'Geet Suhane'

To make the evening of January 5 memorable, Bhavan Kala Kendra organized the 102nd monthly programme Geet Suhane. On this occasion, Mrs. Indu Sehgal, Ms. Bhawna Chawla, Mr. Abhishek Mohindru, Dr. Amit Dhawan made the atmosphere melodious with their voices. The Chief Guest of the programme was Rtn Dr. PS Grover (District Governor, Rotary International District 3070) and Guest of Honour was Rtn Mr. Dipin Raj (Maestro Artist). The programme started with the holy lamp lighting. Bhavans Chairman Sh Avinash Mohindru offered a floral bouquet to the Chief Guest. All the talented singers mesmerized the audience with their heart-touching singing. This series of melodies started with Dr. Amit Dhawan singing 'Chirag Dil Ka Jagao Andhera Hai...', then Mr. Abhishek Mohindru ji sang 'Itna Madhur Itna Madhur Tera...', Ms. Bhawna Chawla sang 'Tere Bina Zindagi Se Koi....' and Mrs. Indu Sehgal mesmerized everyone with 'Jab Pyar Kiya To Darna Kya'. Chief Guest Dr. PS Grover praised the singers and expressed his gratitude to Bhavans Chairman Sh Avinash Mohindru, Director Dr. Anita Bhalla, Coordinator Sh Vinod Sharma ji, Principal Mrs. Sonia Sehdev and other management members for organizing such programmes. Bhavan's Chairman Sh Avinash Mohindru informed the audience about the upcoming 103rd Kala Kendra programme. The program concluded with the National Anthem.

(Photos on Back Inner Cover)

## 76th Republic Day Celebration at Bhavans

The 76th Republic Day was celebrated with great enthusiasm and patriotism at Bhavans SL Public School, Amritsar on January 26, 2025. Dr. Kunwar Vijay Partap Singh IPS (Retd.), present MLA, was the chief guest on this special occasion. Rotarian Dr. P.S. Grover District Governor Elected (2024-25) RI District 3070, Rotarian Rohit Oberoi District Governor Nominee (2025-26) graced the occasion as the Guests of Honour accompanied by Inner Wheel Club members of Amritsar. Chairman Sh. Avinash Mohindru and Principal Mrs. Sonia Sehdev greeted the guests, escorted them to the main venue, and extended them a floral welcome. The program started with the flag hoisting by all the honourable dignitaries. Tricolour balloons were released in the air and the National Anthem echoed throughout the entire campus. This was followed by the march past of the School's NCC Cadets, Scouts and Guides, along with Band Team. A series of captivating performances including patriotic songs, dances, and skits were presented by the students. The students of Class IV showcased their discipline and unity by performing a PT show. Principal Mrs. Sonia Sehdev addressed the audience and emphasised on the significance of Republic Day and the importance of upholding the values of the Indian Constitution. The students of class VII enthralled everyone by presenting a street play explaining the importance of the Constitution to the students. The budding artist of Pre-wing showcased different cultures of India with their performance. Mrs. Anupama filled the audience with patriotism by singing the patriotic song 'Ae Mere Watan Ke Logon'. Moreover, Muskan School made everyone aware of Swachh Bharat with their performance. The chief guest, Dr. Kunwar Vijay Partap Singh addressed the gathering and emphasized the importance of national unity, secularism and democracy. The other guests also appreciated the students' performances and encouraged them to become responsible citizens. The program was carried forward with prize distribution ceremony, where students were awarded prizes for their outstanding performances in various competitions.

(Photos on Front Inner Cover)

## Infosys Foundation in collaboration with Bharatiya Vidya Bhavan Presented Kala Dhvani ... Echoes of India's Art

With the aim of restoring India's indigenous art forms, our Director Dr Anita Bhalla attended a three day programme Kala Dhvani -Echoes of India's Art from 24th-26th January at Karnataka Chitrkala Parishath Bengaluru. This programme was organised by Infosys in collaboration with Bharatiya Vidya Bhavan. Sh Jagdish Lakhani, also attended the programme. 126 artists from punjab presented punjabi culture Giddha, Bhangra, Luddi, Jhumar, Orchestra, Jindua, Malwai Giddha, Gatka & Qawwali. The programme was aimed to experience folk and tribal culture from Karnataka, Odisha, Punjab, Rajasthan and West Bengal. There were live performances by over 800 tribal and folk artists showcasing 60 plus art forms. Interactive Workshops, Film Festival, Artisan Market, Food Stalls, Philately Exhibition exclusively on tribal and folk art, Puppet Show, Book Exhibition and Rangoli were the other attractions of this programme. Five artists from different states were given Lifetime Achievement Award. From Amritsar Punjab, Ustaad Puran Chand Wadali, a sufi singer and musician was presented this award. He was given a Shawl, a Memento, Rs 1,00,000/- and Roll of Honour.

(Photos on Back Cover)

"Your positive action combined with positive thinking results in success."

## Special Morning Assembly on the occasion of Lohri



A special assembly was organized on the occasion of Lohri on 11th January 2025 in Bhavans SL Public School . The main objective was to tell the students the importance of their festivals. Students of classes VI, VII and VIII presented colourful programmes and Bhangra which gave the message to everyone that Lohri is a festival of happiness, so on this

festival we should spend time with our loved ones by gifting sweets and gifts etc. to our relatives and enjoy this festival together. After this, Principal Mrs. Sonia Sehdev congratulated everyone on the festival of Lohri . Addressing the students she said that we should enjoy this festival by sitting together and instructed the children to be especially careful while flying kites . She also wished all the teachers a Happy Lohri. The assembly ended with the national anthem.

## Havan ... an auspicious start to the New Year



To energize ones spiritual and intellectual conscience, Havan ceremony was performed to welcome the students of Bhavans in the New year after winter break on 20th January . The sacred Purifying ritual filled the school's ambience with pious aroma and positive energies. Chanting of mantras and offerings to sacred fire created revitalizing and rejuvenating effect for both the body and mind and paved the way for further success. Bhavans Chairman Sh Avinash Mohindru told the students about the importance of Om and its pronunciation . He advised the students to show respect to their teachers and their parents . Prasad was distributed to all at the end .

## ***"COMPASSIONATE AID" For Bhavans PD Kumar Memorial Gyandeep School***

A School for under privileged children where 350 students from Nursery to X Std. are provided quality education with free books, uniforms, bags, shoes & mid-day meal.

### OUR SINCERE THANKS TO

- Sh B R Chopra Charitable Trust for donating Rs. 10,000/- for mid-day meal
- Dr. Neera Kirpal for donating Rs. 10,000/- for mid-day meal
- Sh. Vinod Mahajan for donating Rs. 1000/- for mid-day meal
- Ms. Shashi Goyal for donating Rs. 1000/- for mid-day meal





# Bhavans Aashray

Bharatiya Vidya Bhavans Amritsar Kendra

- **Bhavans Ananda** : A Home for Senior Citizens
- **Bhavans Ssksham** : A Rehabilitation & Vocational Centre for PWD  
(Persons with Disabilities)

## 358th Prakash Utsav of Sri Guru Gobind Singh Ji at Bhavans Aashray



Bharatiya Vidya Bhavans Amritsar and Chinmay mission Amritsar organised Prakash Utsav of Sri Guru Gobind Singh Ji on the premises of Bhavans Ananda, A Home for Senior Citizens, New Amritsar on 6th January 2025. On this occasion, President Sh MM Goyal and Secretary Harpreet Singh of Rotary Club Amritsar Midtown, President Dr Rahul and CP Avtar Singh of Rotary Club New Amritsar Midtown, Innerwheel Club Amritsar Midtown and Midtown New Generation's prominent members were present. The Special Guest was Smt. Amarjit Kaur Mann Councillor New Amritsar. Chairman Sh. Avinash Mohindru, Director Dr. Anita Bhalla, Principal Ms. Sonia Sehdev, Ms. Vanita Mohindru Headmistress Bhavans Islamabad and other members of management welcomed the guest and presented mementos as a symbol of love to the chief guest. The event started with the introduction of life of Sri Guru Gobind Singh Ji and the glory of Khalsa Panth established by him. After that the atmosphere became devotional by Shabad kirtan. Chairman Sh. Avinash Mohindru underlined in his speech about the sacrifices of Guruji and explained about the importance of real nature of religion and thanked everyone. After that, Guru Ka Langar was served in which school's teachers, students and parents took active part.

"To be an overachiever you have to be an over-believer."



# Bhavans Aashray

Bharatiya Vidya Bhavans Amritsar Kendra

- **Bhavans Ananda** : A Home for Senior Citizens
- **Bhavans Ssksham** : A Rehabilitation & Vocational Centre for PWD  
(Persons with Disabilities)

## Lohri Celebrations



## 303rd Vanaprastha Sansthan Meeting at Bhavans Aashray



The Chinmaya Vanaprastha Sansthan's goal is to help senior citizens live healthy, comfortable and purposeful lives. It helps them find strength in retirement and shows them the means to achieve their final spiritual goals. 303rd Vanaprastha Sansthan Meeting of Chinmaya Mission was conducted at Bhavans Aashray on 19th January, 2025. Speaker Dr. Ravneet Grover & Dr Ruchika Grover of Medic Aid Hospital & Critical Care Centre Amritsar shared their views on Care of Chest & ENT Problems in Winters.



## Lohri Celebrations



Lohri Was celebrated on 11th January, 2025 in the school Premises where the students of Bhavans RL Mittal Memo Gyandeep School performed wonderful dances to Punjabi folk songs. All the teachers & students enjoyed the event immensely. The Bonfire on Lohri burns away all the sadness and brings warmth, joy, happiness and love into our lives. Everyone enjoyed dancing near the bonfire and traditionally offered rewari and popcorns. The atmosphere was filled with enthusiasm and vigor of "Sundar Mundariye".

**Inner Wheel Club Midtown  
Newzen members donated gloves,  
socks and lohri related  
eatables to 125 Gyandeep students.**



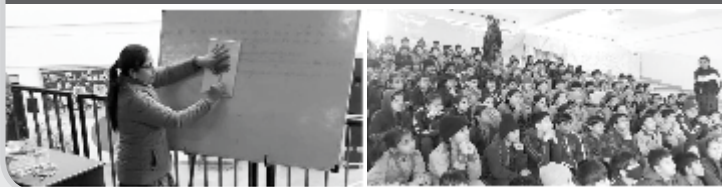
## Scouts & Guides Camp



49 Students of Grade 6, 7 attended a three days Hindustan Scouts and guides Gurupad camp from Jan 18, 2025 till Jan 20, 2025. Students were inspired by virtues of patriotism, love and respect for the country and helping others.

Various activities were conducted to train students in self-defense, self-reliance, teamwork, and discipline. They were taught first aid, how to use different knots, make tents, and use various types of claps, whistles, etc., which can be useful in challenging situations. They were trained in activities such as flag hoisting, furniture gadgets, commando crossing, rope climbing, tug of war, and various mind games. Overall, the camp was both informative and productive for the students."

## Camel Workshop on Oil Pastels



A Workshop was conducted by Camel Company on “OIL PASTELS” where teacher guided students on how to give proper shading with various tones such as Light Tone, Middle tone, Dark Tone with proper mixing.

## Bhavanites Rocked in Conquest Olympiad



Our 150 students participated in Conquest Olympiad in the session 2024-25.

- 11 students won Gold medal as school toppers in IQ Olympiad.
- 6 students won Gold medal in Art and Craft Olympiad.
- 6 students won Gold medal in Alphabet Olympiad.
- 66 students have been selected for the final round to be held in the month of February.



## Learning by Doing

The fruit of your own hardwork is sweetest!. Keeping this in mind, our KG Students participated in an engaging Orange Peeling Activity which helped to develop their fine motor skills, eye hand coordination and cognitive abilities. They learnt how to peel an orange and creatively arranged a “TRICOLOUR Platter” to express their patriotic emotions on Republic day.







# Badge Making Activity

Our Nursery Students crafted beautiful tricolour badges and prepared nutritious food display decorated in tricolour. Teachers also explained the importance of healthy eating making the activity both fun and educational.

## Special Morning Assembly on Republic Day by Bhavans RL Mittal Gyandeeep School



Students of Bhavan's R.L. Mittal Gyandeeep School conducted a special assembly to celebrate the 76th Republic Day with great enthusiasm. The assembly began with a role play on "Unity in Diversity", showcasing the rich cultural heritage of India.

Students performed various activities, including P.T. exercises and patriotic dances. The celebration concluded with vibrant Giddha and Bhangra performances, accompanied by inspiring patriotic quotes. The event was thoroughly enjoyed by all.



"In a world where you can be anything, be kind."

# Republic Day Celebrations



Flag Hoisting Ceremony



Our school celebrated the 76th Republic Day on January 25th, 2025, with great enthusiasm and patriotic spirit. The students dressed in tricolor bands and holding flags, added vibrant colors to the occasion, making it truly special. The program began with the flag hoisting ceremony, followed by the National Anthem sung by our Vice Chairman, Sh. Anil Singhal, and Headmistress, Ms. Vanita Mahendru.

Students of Grade 7 presented a "Nukkad Natak" to raise awareness about the importance of the Constitution of India and to highlight its significance in our lives. The assembly continued with a poem recitation dedicated to the life of Dr. B.R. Ambedkar. The girls performed a beautiful dance on patriotic songs, and the event concluded with an energetic Bhangra performance by the boys. The assembly was both informative and enjoyable. Our Vice Chairman, Sh. Anil Singhal, praised the efforts of both the teachers and students. He also encouraged the students to face every challenge boldly and not to fear difficulties.



## Rotary Club Installed Interact Club

To mark a significant step in youth leadership development, the Rotary Club Amritsar Midtown successfully chartered a new Interact Club for our Grade 7 students. The distinguished guests included Rotarians from various Amritsar clubs, District Chairperson of Interact Club, Ms. Neeru Issar, School Director Dr. Anita Bhalla and Headmistress Ms. Vanita Mahendru and All Senior Rotary leaders actively participated in the ceremony. Ms. Issar shared valuable insights into the vision and functioning of Interact Clubs, emphasizing their vital role in nurturing future leaders. This initiative reinforces our commitment to empowering young leaders and expanding the Rotary movement.

Recently, 15 students were selected as members of this club, and 3 students were chosen for leadership roles.

**President-** Laksh Batra

**Vice-President-** Saksham Chauhan

**Secretary-** Rakshita Chopra

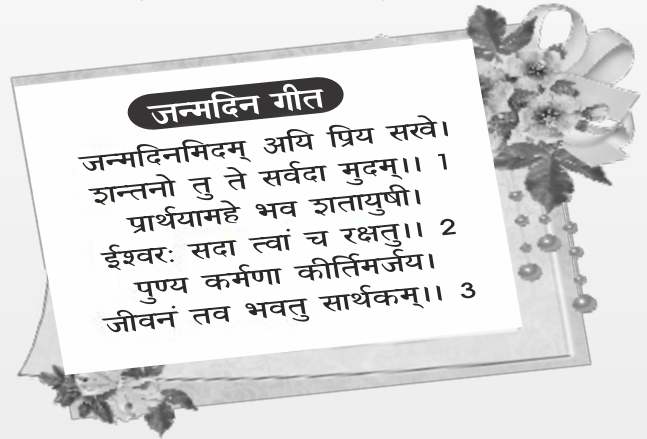




# Happy Birthday Bhavanites



**Guhan Berry**  
Nur F | 22nd February



**Samarpreet**  
IV E | 28th January



**Divansh**  
IV B | 21st February



**Uvaan**  
Pre Nur F | 6th February



**Krishika**  
Pre Nur F | 23rd February



**Reyansh**  
Pre Nur C | 3rd March



**Harshit**  
IV E | 7th January

# Happy Birthday Bhavanites



Ayaansh  
II E | 28th February



Sofia  
II B | 31st January



Aadya  
IV C | 23rd March



Navya  
IV G | 12 February



Ruhaan  
III C | 1st February

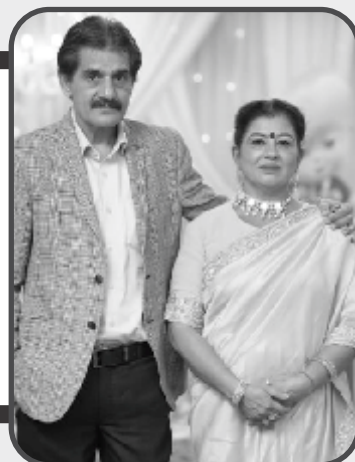


Rohani  
V A | 24th January

**KANIKA SHARMA**

**IV B | 28th March**

Bhavans Family Congratulate  
**MRS. & MR RAMESH PURI**  
for their  
**33RD MARRIAGE ANNIVERSARY**







**BANSAL CLASSES**  
PRIVATE LIMITED

*Ideal for Scholars*



*With The Blessing of*  
**V.K. BANSAL SIR**  
(Founder, Bansal Classes)

**NOW @**

**AMRITSAR**  
(PUNJAB)

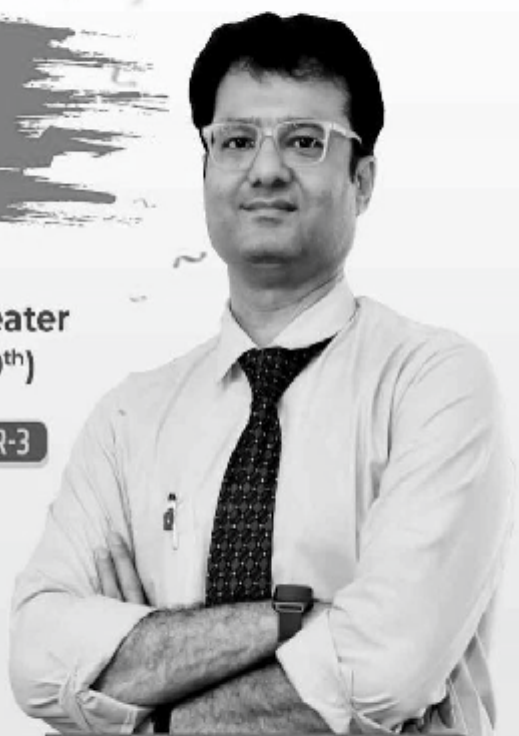
**For IIT-JEE/NEET/ 11<sup>th</sup>, 12<sup>th</sup> & Repeater  
Pre-Foundation (Class 5<sup>th</sup> to 10<sup>th</sup>)**

**5 Times AIR-1**

**6 Times AIR-2**

**6 Times AIR-3**

**100000+**  
**IITians, NITians**  
**& Doctors** Got Selected



**SAMEER BANSAL SIR**

*MD & CEO, Bansal Classes Pvt. Ltd.*



**SCO 74, DISTT. SHOPPING COMPLEX, RANJIT AVENUE,  
ABOVE MAHINDRA SHOWROOM AMRITSAR (PUNJAB)**



**CONTACT NO.- 7888832984, 7888832985**

A Compassionate Initiative of

# Bharatiya Vidya Bhavan Amritsar & Rotary Club Amritsar Mid Town

to empower the underprivileged in journey towards a dignified marriage

## MASS MARRIAGES

without the burden of financial stress

to be organized on

**Sunday 20th April, 2025**

at

**Bhavans SL Public School Opp. Shivala Bhaiyan, Amritsar**



**Blessed Couples**

Contact : 82830 88840, 98148 11424 | Email: [bhavansl@hotmail.com](mailto:bhavansl@hotmail.com)



# Defence Minister Sh Rajnath Singh honoured Rhydamdeep Sharma of Bhavans with National Level Veer Gatha Award



Rhydamdeep Sharma of Bharatiya Vidya Bhavan SL Public School brought laurels to school by winning under Project Veer Gatha. Launched under the Gallantry Awards Portal(GAP) in 2021 , this project aims to share the courageous acts and life stories of Gallantry Awardees with students to foster patriotism and civic values. Through this initiative, students have created

projects in various formats such as poems, essays, paintings and multimedia presentations. In this National Level Competition, 34 paintings were selected from different states and Punjab state got 2 awards in which one of these was grabbed by Rhydamdeep Sharma of Bhavan SL Public School and was awarded with a certificate, medal, blazer and a cash prize of rupees 10,000 by Raj Nath Singh, Defence Minister and Education Minister Sh Dharmendra Pradhan on 25th Jan in Delhi.



**Rtn Dr PS Grover**  
DG RI Distt. 3070

## Glimpses of Bhavans Kala Kendra 102nd Cultural Programme **GEET SUHANE**

by  
Budding Singers from Music Room Amritsar

**5TH JANUARY 2025**



**Sh Dipin Raj**  
Maestro Artist

**Floral Welcome of the Hon'ble Guests**



**Rtn. Dr. PS Grover**  
DG RI Distt. 3070



**Mesmerizing Performance**



**Shri Dipin Raj**  
Maestro Artist



**Audience**



**Infosys Foundation**  
in collaboration with  
**Bharatiya Vidya Bhavan Bengaluru**  
**Presents**  
**Kala Dhvani ... Echoes of India's Art**

**24th-26th Dec 2024**

**Sh Jagdish Lakhani Executive  
Secretary & Director General BVB  
Mumbai and Director  
Dr Anita Bhalla Enjoying on the  
beats of Giddha and Bhangra**



**GLIMPSES OF PUNJABI CULTURE PRESENTED AT KALA DHWANI**

