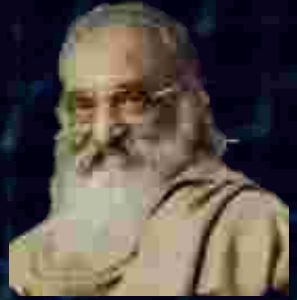




UNLOCKING MINDS



A CATALYST FOR YOUNG MINDS

E-magazine, CV Bokaro

CREATURES WE ADORE

OUR GREAT TEACHERS

**ATAL BIHARI
VAJPAYEE**

A GREAT LEADER
(KNOW ABOUT HIM)

THE 3 PRINCIPLES

BY SWAMI
CHINMAYANANDA

EDITOR'S NOTE

The Editorial Board of Chinmaya Vidyalaya proudly presents its first edition of e-magazine 'UNLOCKING MINDS' that is intended to serve as a platform for bringing out the creative potential of the teachers and students. The essential purpose of this magazine is to engage, inspire and entertain a diverse readership by presenting various write-ups.

We hope that this endeavour encourages the teachers and students for their active participation and involvement in creative field.

-:DIVINE BLESSINGS:-

Pujya Gurudev Swami Chinmayananda

Pujya Guruji Swami Tejomananda

Pujya Swami Swaroopananda, Global Head, Chinmaya Mission



A hand holding a lit sparkler against a dark background. The sparkler is lit, with bright orange and yellow sparks emanating from the tip. The background is dark and out of focus, showing some blurred lights and shapes.

19 AUGUST 2018

42nd
FOUNDATION
Day

Happy Birthday CV Bokaro

Secretary's Message

! Hari Om !

It gives me immense pleasure to note that Chinmaya Vidyalaya, Bokaro is publishing its inaugural issue of e- Magazine on the eve of School's Foundation Day. I find writing as the most valuable literacy expression. The inculcation of passion for creative thinking and writing amongst the students is one of the major objective of this e- Magazine.



I wish that this e- Magazine might serve as a great platform to vent out the students passion for writing and creative thinking within them. The art of writing used for this e- Magazine is very simple but will surely provide an opportunity to peep into a child's thought process and their axiomatic creative thinking.

It is actually a lovely expression to see these enthusiastic children voicing their feeling through short stories, self-composed poems and small write-ups.

I am thankful to all the blooming writers who have penned their ideas for this E- Magazine. I also acknowledge the hard work of the Core Team who proved to be a catalyst and motivated the students to write their views.

I congratulate the entire Team who has been working hard to bring out this E- Magazine. Much has been done and still more needs to be done. I am sure that this edition of the E- Magazine will amply support this institutions' contribution in the field of education.

"May Pujya Gurudev be our source of inspiration and strength for its consistency to add more editions on regular basis" Let this serve as our humble offering at the Lotus Feet of Param Pujya Gurudev in the form of Knowledge Bank in near future to come.

*Mahesh Tripathi
Secretary, CV Bokaro*

AN INTERVIEW WITH THE PRINCIPAL

- Dr. Ashok Singh

By Ankita Jha and Swati Mishra



When did you join this school? Why did you stick to it for so long?

I joined the school on 16th January 1984. Though I would like to say that I had joined half-heartedly (smiles) but eventually it struck like a divine connection as the ambience of the school was so soothing and so calm that I decided to stay and since then I have never looked back.

How important Indian values and culture are for students in 21st century?

The answer to this question is another question itself, which is, 'How important is a mother for a child?' The way one cannot separate a child from his mother, in the same way, one cannot dissociate himself from his motherland. Indian values and culture are our roots. If we cut off ourselves from our roots then we'll never grow.

Discipline is usually associated with students. But, how important is discipline factor in a teacher's life?

For me teachers are the role models of society. They are extraordinary beings upon whom the lives of students depend.

Their job is not only limited to academics as they are equally responsible for shaping the student's life and personality. Now a person carrying such an extraordinary task must also have an extraordinary personality because they are taking care of the children, whom I consider as living gods.

What is your definition of achievement?

The degree of achievement varies from person to person but basically, whatever gives you a sense of fulfillment and satisfaction with internal joy is achievement.

Your dream goal for Chinmaya Vidyalaya, Bokaro?

The idea and messages of Param Pujya Gurudev, the goodness, love, happiness and service should spread worldwide through the students. The students should carry a vision of this school wherever they go.

Our deepest condolences on the demise of our great leader.

India has lost a very worthy man....

BJP'S TALLEST LEADER

The life and times of Atal Bihari Vajpayee

1975
Jailed during the Emergency

1977
Becomes foreign minister in the Janata Party govt

1980
Restarts BJS as BJP; becomes its first president

1996
Becomes India's PM; govt ousted in 13 days

1968
Becomes BJS national president

1962
Elected as RS member (1st term)

1957
Elected as LS member (1st term)

1951
Joins Bharatiya Jana Sangh (BJS)

1942
Arrested during the Quit India Movement

1924
Born in Gwalior, India

1998

- Second term as PM begins. Govt lasts 13 months
- Pokhran nuclear tests held

1999

- Launches the Delhi-Lahore Bus service
- Launches Operation Vijay to clear Kargil
- Third term as PM begins

2001
Launches Sarva Shiksha Abhiyan

2004
BJP loses parliamentary elections

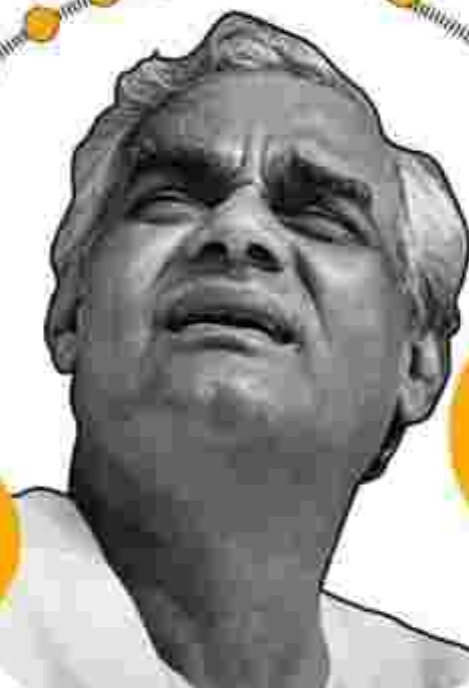
2005: Retires from politics

2009: Suffers a stroke

2014
90th birthday observed as Good Governance Day

2015
Awarded the Bharat Ratna

16 Aug, 2018
Passes away in Delhi



**EVERY CHILD IS AN
ARTIST.**

**THE PROBLEM IS HOW TO
REMAIN AN ARTIST ONCE
WE GROW UP.** *Pablo Picasso*

Students'

Creations.....

JUDGEMENT

PARA NORTONIE

DAVID NORTON

A lovely little girl was holding two apples with both hands. Her mom came in and softly asked her little daughter with a smile: my sweetie, could you give your mom one of your two apples?

The girl looked up at her mom for some seconds, then she suddenly took a quick bite on one apple, and then quickly on the other. The mom felt the smile on her face freeze. She tried hard not to reveal her disappointment.

Then the little girl handed one of her bitten apples to her mom, and said: mommy, here you are. This is the sweeter one.

No matter who you are, how experienced you are, and how knowledgeable you think you are, always delay judgment. Give others the privilege to explain themselves. What you see may not be the reality. Never conclude for others.

DIRECTED BY DAVID NORTON

— Chahat

— 8'b'

A TRAGEDY OF FAIRY TALES

Once upon a time there lived a prince named Caliph. He never educated himself and was thus illiterate. One day he was looking out of his palace window watching birds sitting on the majestic Gulmohar tree. Suddenly he exclaimed "why can't I understand the language of these birds enclosed within my kingdom?" And with sheer disappointment he started crying. The king sent royal orders across the kingdom to fetch artisans, painters, jokers to make the prince happy. Finally, an average looking man with a parrot on his shoulder came and whispered in his ear. "Listen I know what you want! Just do a summersolt and yell muciodos and you can change into any creature that you wish for but remember if you laugh after being changed then you will forget the word. Caliph could no longer wait so he did a summersolt and shouted muciodos change me into a crane. At the word of it he changed into a crane . He started laughing heartedly and forgot the word.

Now, he again did a summersolt. But alas! He cannot change into a human being again so he started crying again. Now the man couldnot bear it again so he gave him a sandclock and said "find my name within half an hour and you can become prince again and handover your crown to me." So caliph handed over his crown to him. Meanwhile the parrot went over flying to caliph and whishpered "listen but be careful not to laugh again, this man is a wicked wizard and he changes every illiterate person into an animal. And his name is rumblestack." Caliph filled with anger went over to him and shouted you rumblestack change me into a prince again at this word the man bursted like a balloon and caliph changed back. The parrot too changed into a beautiful princess, caliph married her and lived happily ever after.

-Shriyam

8/1

THINKING OUT OF THE BOX

In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan-shark. The loan-shark was a very old, unattractive looking guy that just so happened to fancy the business owner's daughter.

He decided to offer the businessman a deal that would completely wipe out the debt he owed him. However, the catch was that we would only wipe out the debt if he could marry the businessman's daughter. Needless to say, this proposal was met with a look of disgust.

The loan-shark said that he would place two pebbles into a bag, one white and one black.

The daughter would then have to reach into the bag and pick out a pebble. If it was black, the debt would be wiped, but the loan-shark would then marry her. If it was white, the debt would also be wiped, but the daughter wouldn't have to marry the loan-shark.

Standing on a pebble-strewn path in the businessman's garden, the loan-shark bent over and picked up two pebbles. Whilst he was picking them up, the daughter noticed that he'd picked up two black pebbles and placed them both into the bag.

He then asked the daughter to reach into the bag and pick one.

The daughter naturally had three choices as to what she could have done:



Refuse to pick a pebble from the bag. Take both pebbles out of the bag and expose the loan-shark for cheating. Pick a pebble from the bag fully well knowing it was black and sacrifice herself for her father's freedom.

She drew out a pebble from the bag, and before looking at it 'accidentally' dropped it into the midst of the other pebbles. She said to the loan-shark;

"Oh, how clumsy of me. Never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked."

The pebble left in the bag is obviously black, and seeing as the loan-shark didn't want to be exposed, he had to play along as if the pebble the daughter dropped was white, and clear her father's debt..

Moral of the story: It's always possible to overcome a tough situation throughout of the box thinking, and not give in to the only options you think you have to pick from.

THE MISER AND HIS GOLD

An old miser lived in a house with a garden. The miser hid his gold coins in a pit under some stones in the garden. Every day, before going to bed, the miser went to the stones where he hid the gold and counted the coins. He continued this routine every day, but not once did he spend the gold he saved. One day, a thief who knew the old miser's routine, waited for the old man to go back into his house. After it was dark, the thief went to the hiding place and took the gold. The next day, the old miser found that his treasure was missing and started crying loudly.

His neighbour heard the miser's cries and inquired about what happened. On learning what happened, the neighbour asked, "Why didn't you save the money inside the house? It would've been easier to access the money when you had to buy something!"

"Buy?", said the miser. "I never used the gold to buy anything. I was never going to spend it."

On hearing this, the neighbour threw a stone into the pit and said, "If that is the case, save the stone. It is as worthless as the gold you have lost".

Moral: A possession is just as worthy of what it is used for.

TECHNO FACTS

- #1. In 2012, at least 17 newborn girls were named Siri.
- #2. There are more than 682 million iPhone across the globe.
- #3. A red panda is native to the Himalayas and southwestern China. Translated, the English word for red panda is "Firefox," which is where the browser gets its name.
- #4. The word robot comes from the Czech "robota." In English, robota translates to "forced labor."
- #5. The world's first camera took eight hours to snap a photo.
- #6. The very first Apple logo featured Sir Isaac Newton sitting underneath a tree, with an apple about to hit his head.
- #7. Alaska is the only state in America that can be typed on one row of a traditional English QWERTY keyboard.
- #8. About 1 out of 8 married couples actually met each other on the Internet.
- #9. Tech companies often test new products in New Zealand. The reasons for this? The country is diverse, its residents speak English, and if a product is a flop, news doesn't spread as fast because it is relatively isolated.
- #10. In 2012, NYU-Poly constructed a robotic fish and placed it in a tank of golden shiners. The robot simulated the fishes' motions so well, it was eventually accepted and became their leader.
- #12. There is a factory in Japan which can run unsupervised for 30 days at a time – it's almost entirely manned by robots.
- #13. In Mexico City, there are special bins that offer free wifi to people who properly dispose of their dog poop.

- Apparna Raj

Jokes

1) Customer: What is the cost of hair cut ?

Barber : Rs. 50

Customer : What is the cost of shaving ?

Barber : Rs. 20

Customer : Then please shave my head.

2) Chatur: (while looking to sky) asks Ballu "Is that the Sun or Moon ?"

Ballu: No idea . I am new in this town.

3) Once a teacher asked a student "Where does the Sun rises"

The student replied – Sorry ma'am, I always wake late in morning. I have never seen sun rising.

- Arnav Pathak, 8 'B'

YOUTH

Youth is like a little bird it is broken out of an egg and eagerly waiting to spread it's wings in the open sky of freedom and hope. Youth is the back bone of our country. The vision and future of our country lies in the hand of our youth.

I think we all know who is Virat Kohli, his name needs no introduction. A 29 years young cricketer is a huge youth icon for many.

But I think only some of we have heard the name of Hima Das, She is the 1st Indian athlete to achieve a gold medal in the IAAF World Under-20 Athletics Championship. But unfortunately only some of we know her this is because our Indian news channels were busy in covering the KIKI challenge and all to gain more and more TRP, but hardly few news channels focused on Hima. There is a much a difference between human being and being human.

We generally think that youth is the age of dreaming small things, but there was a young boy who dreamed to touch the stars and galaxies and that young boy was the great scientist and the 11th president of our nation Dr. APJ Abdul Kalam.

Success is when your signature changes into autograph. And there are many successful Indians around the globe from CEO of Google:- Mr. Sundar Pichai to CEO of Microsoft :- Mr. Satya Narayana Nadella who are making India proud by their great effort and hard work.

"Youth is our future and future is the youth"

Name:- Amit Kumar

Class:-6/A

My Native Land

My country! In thy days of glory past
A beauteous halo circled round thy brow
and worshipped as a deity thou wast—
Where is thy glory, where the reverence
now?

Thy eagle pinion is chained down at last,
And grovelling in the lowly dust art thou,
Thy minstrel hath no wreath to weave for
thee

Save the sad story of thy misery!
Well—let me dive into the depths of time
And bring from out the ages, that have
rolled

A few small fragments of these wrecks
sublime

Which human eye may never more behold
And let the guerdon of my labour be,
My fallen country! One kind wish for thee!

- Henry Louis Vivian Derozio

Dreams...

Dreams are just like a wonder
Which are slightly tender
To fulfill them,
There's a whole sea to pass through
On your ship, with a small crew

Halfway through, your crew leaves you behind
You may lose hope and the way ahead may
seem blind

There may even be enemies beside
But not a single place to hide

They will stop you from reaching the other side
And there will be no one to protect you beside
But if you muster courage and go through
With passion and patience, your dreams might
come true

So,
We can see dreams, we can feel them
But with diligence and hope, we can reveal
them.

Sister - A Special Gift

**The moment I open my eyes,
With all the busy cries,
The first face I wish to see,
Is my sister who is quite wee...**

**All the talks we have over the day,
Shows inner love which I ne'er say..
Whenever I see her eyes all red,
Due to what her enemies said,
Rubbing all her tears,
And removing the inner fears,
I said "I am with you,
Till the sky seems you blue!"**

**Holding each other's hand,
Making promises unlimited and,
Wishing the sweetest days,
Making each other our bay!!!**

- Arya Sinha, 8'B'

Punctuation Marks



The full stop is a busy man,
A small round traffic cop;
He blocks the Helter-Skelter words
And brings them to a stop.

The question Mark's a tiny girl,
She's small but very wise;
She asks too many questions;
For a person of her size.



The exclamation mark's an elf!
Who's really excited
When children laugh or cry or scream,
It's then he's most delighted.

Of all the punctuation folks,
I like the comma best,
For when I'm getting out of breath,
He lets me take a rest



- Ashutosh

My Dreams...

My dreams, my dreams
Means my goal
My dreams like sky
Sky is infinite

My dreams, my dreams
Means my goal
My dreams like air
Air is unbreakable

My dreams, my dreams
Means my goal
My dreams like light
Light is always in height

My dreams, my dreams
Means my goal
My dreams like ocean
Ocean is unlimited

- Sona Kumari, 6 'B'

FRIENDSHIP

If someone asks you what is friendship, then what would your answer be?

Well, according to me friendship cannot be defined in words. It's like a precious flower, ready to bloom every hour. It may stop growing or keep on flowering. Friends always remember that if you fall, I will always be there to pick you up.

"If a man does not make new acquaintance as he advances through life, he will soon find himself alone. A man should keep his friendship in constant repair". There are people who cannot be friends except when they are under an illusion that their friends are perfect, and when the illusion passes, there is an end of their friendship. But true friendship has no illusions, for it reaches to that part of a person's nature that is beyond his imperfections.

Muhammad Ali once said, friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you haven't learned anything. This quote is a reminder that friendship is one of the most precious things of our life.

- Kashvee Bharti

6/A



CONQUERING IGNORANCE

*Ignorance weeps into her folded palm,
In darkness, in eerie disability,
for she can't rise!*

*Round in invisible yet tangible chains
She struggles to be some true entity
To be noticeable, visible, wise.*

*It's hard not to forget the moment
Dressed under years of emotional
hoarding.*

*Now it is time to make it for yourself.
You don't have to find yourself
You just have to let yourself in.*

- Epsita Dutta

10/C

Creatures We Adore

The day I entered the school I thought,
Are these the creatures they were talking about?
Wondered if we were the fools,
They had been given to rule.

But found out things were not like that,
School is a place of knowledge
But I didn't know that
A place that's amazing, a place that's fun,
A place where you happily enjoy with everyone.

Time passed and together we grew old,
And realised that the creatures were gold.
Sometimes they scold us,
But it's only for our future.

And all we should do is thank these creatures

They love us and we love them
Never in our whole life ,can we forget them
Forgot to tell you who were these creatures
They were nothing but all of our great teachers.

*Dedicated to teachers like Vikash sir. Arti ma'am and
B. Maharaj ma'am. We truly adore them.*

- RISHITA AND JIGISHA, 8 'B'

VISITING A TEMPLE

On entering the temple premises
an unusualness gushes into
our mind and heart

The purity of the premises,
The serenity of the sacred
environment

Welcomes us to different spot.

The theistic feeling of the visitors
The scene of bowing their head
Casting ego and pride
exhibits we are offsprings of lord.

Offers and oblations in the form
of

Flowers ,fruits,garlands and
sweets

coins ,lamp or incense sticks
thrill our body and mind .

The gracious and affectionate
looks

Of the deities on throne

Assures all good

At present and in future

The fragrance of
Sandal,scent,incense sticks or
lamp
enlightens with the thought of
neatness and purity,joy and
devotion,
love for nature and human.

The distribution of Prasad
Cheers with equality and
brotherhood,
the blessing of priest
Strengthens our conviction
to enrich our livelihood.

Time-table of temple
Inculcates punctuality and
sincerity

the method of worship

Instils austerity and
preservance

Free from fatigue and
impatience

Reposing our faith
in Almighty.

- Sikruti Mahapatra, 7 'C'

GIRL

The day I will lock all my
inhibitions;

The day I will see my
aspirations;

The day I will live my hopes;

The day I will inherit the
treasure of love ;

The day I will feel my freedom;

The day I will meet my dream ;

The day my existence will be a
feast!

The day I will gaze my fate ;

The day my feelings will get
honour;

The day , sooner or later , will
see its dawn.

And then , I will truly be born ! !

- Nishtha Suman, 6 'A'

Good Season

Which is a good season ?

Summer season makes the land hot and
dry;

Which makes my body fry.

Winter season is the season of cold ,
The person who goes out is the bold.

In this season windows are close,

And if we go out,

It makes us frozen.

Humid is the season of air ,

I don't like it, finally declared.

Rainy season is the season of water,
So some water comes inside my quarter.

It is difficult to pick any one,

But in all the season I have a lots of fun.

- Akhlaque Hussain, 7 'C'

LIFE

What is life my dear

It is something, which makes us fear

It is the time to see, the fortunes we make

It is the time to see, the challenges we take

What is life my dear

It is something which we should take care

It is the time, when histories are made

It is the future, that we create

What is life, my dear

It is something, which decreases every year

It is the place, which is full of troubles

It is the place, which needs a lot of struggles

Oh my dear

Live this life, without any tear

He in the world, without any tear

Do something, which pleases your soul,

Do the best, to secure your GOAL

- Shivam Kumar
Class 8B

group of people who detest their job, who regret being there, who probably wait only for the 1st of every month (to receive their paycheck), people who won't think of anything to make the workplace interesting and who probably till the end of their life will treat their job as a secondary option. The same night I watched 'The Ron Clark Story' not only because I admire Matthew Perry but also because the subject of the movie was teaching. The character of Mr Clark was an absolute contrast to the "potential teachers" I imagined I will be working among. Mr Clark not only loved his job but also kept exploring in that domain as he moved from his small hometown to New York city. One of the things I loved most about the movie was that Mr Clark not only limits his job to classroom teaching but tries to understand the background story of his "rowdy" students and what they are going through in their personal life because he knew that an unhealthy family atmosphere deeply affects a student and plays a major role in his career and one cannot alinearate his personal life from his academic life. His style of teaching history of American President in a rap-song tune was disturbed me was that in few years from now I will be working among a Xadmirable. In India 'passion', 'dedication' are words

which we attach only with profession associated with sports, music, scientific research. While teaching is usually looked upon as a monotonous job but when you see Mr Clark trying innovative methods to teach, taking all the pains to complete syllabus (via video) even when he had pneumonia, recognizing and rewarding each student for their talent, it makes you think over why it doesn't things work like that here in India? Why don't we have more Mr Clark here? Why don't we have teachers here who understand that a student might not have done his home-work because everyday he is physically abused at his home? Why don't we have teachers here who understand that may be a little girl is afraid to speak anything in class because every day she is sexually abused by her own relatives and hence it has destroyed her self-esteem and childhood. The importance of school-teachers is generally ignored ("generally") but if you consider the following situations you will realize how schooling plays much more important role in one's career than their college and if you have received your early education in the guidance of some excellent

Childhood

In my childhood I was cute
But when mum asked me to drink milk I was mute.
She forced me to drink milk with a scold
Ah!!!!Then I thought I was bold.

A childhood is a gift
I don't know when it was a shift .
In my childhood when I fell, I cried
But then I stood up and tried.

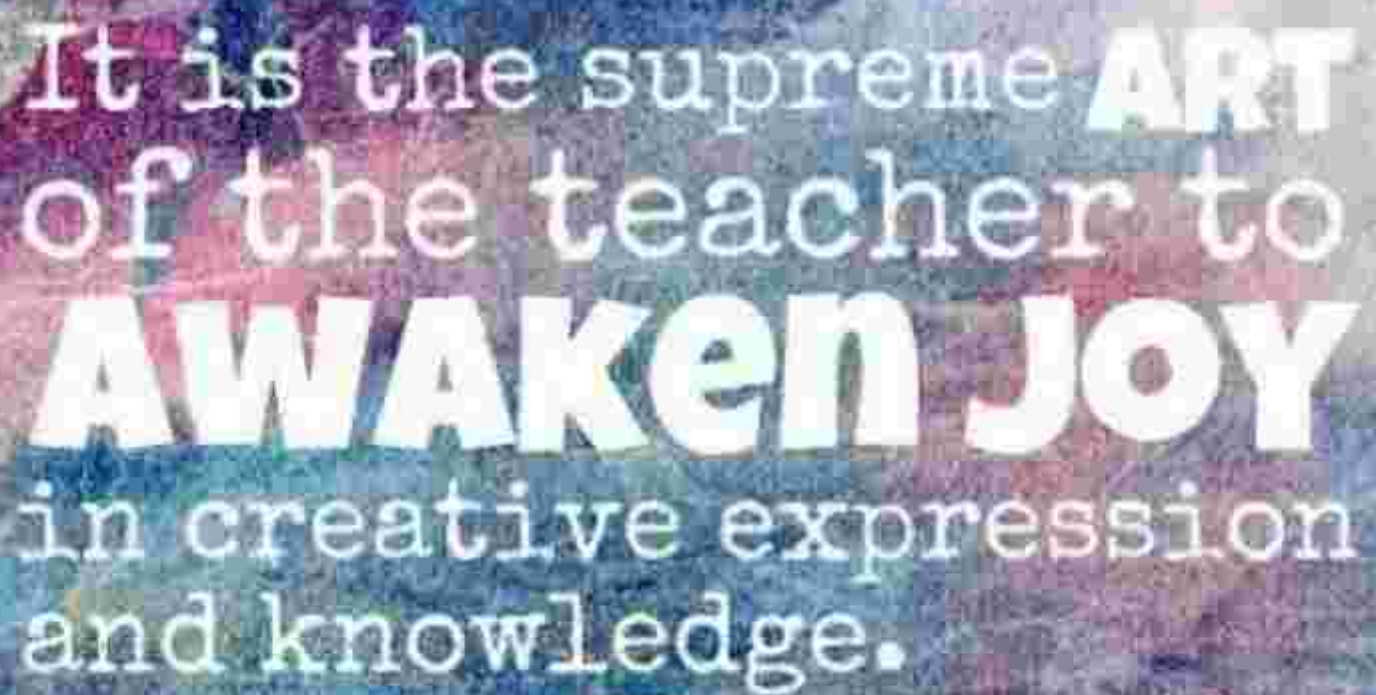
I remember the time when I drank milk
Now it's time to have dairy milk silk .
I wasn't knowing how to tell the time
I took a bath in sunshine.

In my childhood I wasn't knowing how to speak
But I was having soft cheek.
When I played in the lap of my mother I was very
small
Now I play with my ball

When I was small I used to eat tart
Now I have grown smart.

In childhood I was afraid of mice
But my memories of childhood are nice.

- Sweta Jha, 6 'E'



It is the supreme **ART**
of the teacher to
AWAKEN JOY
in creative expression
and knowledge.

- Albert Einstein

Penning Down By
Such Artistic And
Great Teachers

CHEMISTRY AND VEDANTA

BY

Vikash Kumar Paridharia

constituent particles remain the same. Vedanta teaches us about the nature of the universe and how everything in the universe is a merely a reflection of the same unchanging, omnipotent, omnipresent, and conscious Truth. Vedanta teaches us how to live in, interact with, and find happiness in the world. This universal Truth is visible everywhere. We can even see it in the periodic table of the elements. How can the periodic table of the elements teach us about spirituality? How can it teach us about the "Oneness" that Vedanta indicates?

Matter: we can see it all around us. But someone long ago wanted to know what actually constitutes this matter. People eventually found out that the organic matter we can see is in fact made up of small living cells, tiny components of every living thing. It was then discovered that all matter, organic and inorganic, is made up of small things called atoms. Eventually we discovered something even subtler than that: particles called protons, neutrons, and electrons. From the gross matter, we went all the way down to the subtle, subatomic level. Protons, neutrons, and electrons are within every speck of matter in existence. The only difference between objects is the arrangement of different kinds of atoms within them. The constituent particles remain the same.

What does an atom look like? All atoms are made up of a proton-neutron nucleus and electrons that orbit the nucleus. These electrons orbit the nucleus at various energy levels. The number of "outer electrons" in an atom determines its stability. The atoms of most elements are unstable. Their nature is to move towards stability. They achieve stability by constantly attempting to give electrons to or take electrons from other atoms. Elements that are inherently stable have no need to give or take electrons and are known as the noble elements. These noble elements are completely stable and unreactive. Even in the presence of highly reactive elements, a noble element will remain unaffected and will not react.

At this atomic level, we notice a parallel between chemistry and Vedanta.

Neutrons have no charge and are inactive; they represent the tamasic guna. Electrons are negatively charged and are always on the move: they represent the rajasic guna. The protons are positively charged, they are not agitated, but at the same time, not inactive. They are sattvic and attract the rajasic electrons. The elements represent all humans, and each person has all three

gunas in varying combinations. Many humans are unsatisfied and are constantly seeking stability. However, there are a handful of realized human beings who have achieved stability similar to that of the noble elements. They are unreactive in all human encounters, and other human beings strive to be like them.

Atoms that are only one electron away from achieving noble configuration are the most eager to become noble. Similarly, when a person is at the cusp of Self-Realization, he/she will avoid all other distractions and stop at nothing to achieve that peaceful mental state.

It is extremely difficult to artificially make a noble element unstable by removing or adding an electron.

Once a human being is self-realized, the tumultuous agitations of the world cannot sway them.

As humans, we seek happiness and stability. But how should we seek happiness? Just like the elements of the periodic table, our goal should be to become noble. The atoms of noble elements have the smallest size. This is analogous to a highly reduced ego in a noble person. Just as other elements strive to achieve the ideal configuration of a noble element, humans should

attempt to reduce their egos to become noble.

Compounds of atoms that we see in everyday life are created when atoms bond in many different ways. Atoms bond with the sole purpose of reaching that stable, content state. Sometimes they share electrons and sometimes they give electrons away to other atoms. As human beings, we must bond with other human beings with the intent to reach that peaceful state by sharing our spiritual wealth.

The action, or karma, of the atom is chemical bonding to attain stability. In this process, the atoms exhaust their agitations by trading electrons. Once atoms achieve a stable configuration, they are no longer agitated.

The lesson for human beings is to perform the right karma to exhaust their tendencies or *vāsanās* and become like a noble person, or Mahātma.

Credits:

www.chinmayamission.com

The Changes in Indian Education System

By Ankita Jha

Takshasila, that is modern day Pakistan is the earliest recorded centre of higher learning in India and then came Nalanda, Manassa and many others. These institutions very systematically imparted knowledge to the students and also attracted many foreign students to study the rich diversity of our country's literature. The gurus, in primitive times offered education by imparting theoretical knowledge (the knowledge related to our myths and scriptures) as well as the practical application of it, the students in turn had to live in their respective gurukuls during their learning period and donate all their time in the service of their gurus whom they considered a manifestation of god. There are significant, noticeable differences and changes that has come about in modern times. Till the 90's the students were mainly dependent upon their teachers for most of their learning and they were the ultimate source where as when we consider the present day scenario we can see that students have got a wide exposure in every field, thanks to the digital growth. Around ten years ago a teacher's equipment included chalks, blackboard and their own subject knowledge where as a current classroom includes wide range of equipments that is greatly influenced by technology. The curriculum has also made significant changes throughout history and this is apparent when looking at the differences between school curriculum some years ago and those that are offered now. Gone are the days when boys and girls were taught separate subjects and were not supposed to sit in the same classroom. Gender equality, diversity and equal opportunities are being embraced by our institutions these days. Teachers are more focused on the individual needs and learning styles of their students.

The change that has come over is as per the demands of the time and one obviously has to move forward by taking into consideration all the challenges of life. The conventional methods and systems shouldn't be criticized and termed as outdated as it is our origin. Today, the information of everything happening around the globe is at our fingertips unlike the primitive times when people were completely unaware of the happenings of the other part of the world. The most crucial impact on academy has been coming from Industries The constant expansion of Industries are offering students more opportunities to excel as they are demanding academic professionals. So the students these days are clear with their goals and ambitions right from the outset. There are a number of excellent institutions in our country where the students can pursue their higher education in their desired subject. All this needs to be mentioned when considering the positive aspects of the changes. But, at the same time we just cannot ignore or turn a blind eye to some aspects, for instance number of crimes are increasing and the people are becoming more materialistic and money minded. Obviously emerging trends and changes cannot be blamed for it. What needs to be taken care of is people have to implement the changes in their day to day life by practically applying their knowledge in order to make the world a better place to live.

ON TEACHINGS AND TEACHERS

BY

SWATI MISHRA

On teachings and teachers

*"Kuch nahi mila toh teacher toh ban
he jaenge"(If it comes to worst I will
settle for a teaching job).*

*"This job is temporary ,Do I look like a
masterjee?"*

*"I am preparing for competitive exams
and this is just part-time job"*

*"Whose goal is to become a 'teacher'?
Nobody works that hard to teach a
bunch of students"*

*"Yes, if you really need money ,you can
keep doing it but keep looking for
something solid and secure "*

*How often have you heard students
from non-engineering ,non-MBA
background in their twenties saying
such things?Few days ago in the
college canteen I heard some bits of
conversation between two students of
B.ed department when they were
talking about how much they envied
their friends ,who were hired by
private companies or were selected
for lucrative government jobs as
glamour was associated with former
and security with later. Then the bell*

*disturbed me was that in few
years from now I will be working
among arang and I had to go to
attend my class but as it's typical
nature to overthink even over
random things,random
people,random incidents ,this time
too I asked myself, is that how
majority of people in teaching
profession feel about their job and
themselves?Before that day this
thing didn't bother me that much
because the graph of my dream
job too had seen so many
variations since I was a kid.It
started with a doctor (because at
that point that was the only word I
could pronounce and spell
correctly),then Software -
engineer(though I didn't know the
meaning of either of the
words),then
scientist,astronaut(because I had
seen Apollo-13) and bunch of other
things ,which now I hardly find any
interest in .But eventually as I
grew up and realised my potential
and my interest the graph finally
found a terminal point and I told
myself that I don't , want to
become anything else but a
teacher.But the picture that*

teachers how much smoother things get for you in the long run:1)Majority of students (again I am saying 'majority') who clear UPSC in their first or second attempt owe it to their school where they got their basics and concepts, correct as it was solidified during their schooling period.

2)Suppose a student is very interested in a particular subject but the teacher doesn't make it exciting and sticks to rote-learning, even the student doesn't realise he can make a future out of it because we all have to accept the fact no matter how talented we are ,at some point (especially when we are young) we need some outer help to make things work.

3)I am not saying that mediocre teachers are the reason behind the students with average career-graph ,infact if a student wants to make it large on his own he can definitely do that but that requires plenty of extra time.

Ramakant Achrekar, Acharya Dronacharya,Aristotle are the names which comes to my mind whenever I think of an ideal 'Guru'.I know there can be only one Sachin Tendulkar ,one Arjuna ,one Alexander but these names atleast gives the reason that if a person is brought up under great guidance since childhood he will atleast sure rise even in his mediocrity(Like the rowdy students of Mr Ron Clark who went to study in some of the most prestigious universities of United States of America).

So if this profession has so much scope to do wonders why is it being seen in such "low light"?Not only it is viewed as a substitute profession by general public ,the reality of government School teachers say for itself that how much it is neglected

at administrative level.Teachers who are paid more than 50 K a month don't even know how to pronounce basic words and they are there, ruining the future of kids who have so much of potential and of even average kids who atleast can earn a decent living.Even most of the private schools too doesn't provide more than spoon-feeding education and this scenario is something which is alarming.

So basically am trying to say that administration should consider the resume of the government teachers more seriously than they are doing now and to all those potential teachers:

Be little more excited about your job,its not that bad and if some random a,b,c,d aks you why did you choose being a 'masterjee' out of all the options ,you can answer that you picked it for better and brighter future of their kids.

#The_Monk

On top of the peak
He sat lonely
Saying some chants
For Almighty only.

Forests all around
Hearing the chirp
Above the trees
With blossoming
herb.

Lonely! Thinks the
world
Of him , his
company,
Unknown to the folk
Pious was his
Journey.

One rosary he was
turning
One was his wish
To find Him, to do
His work
To live , then
dismiss.

Saffron all around
Saffron he wore
Nothing impressed
him
That to adore.

His voice, his chant
Above the world
Where prayed he
Blessing the world.

- Abhishek Kumar Mishra

"Him" stands for God

(Written while returning to Bhuvneshwar from Bodhgaya)

Literary Section...



Purpose of Life - Be Happy and Help Others. Hinduism and Fatalism ?

Swami Chinmayananda - The Three Principles

Posted on September 3, 2011 by Gokulmuthu

The Three Principles

By Swami Chinmayananda

To realize our full spiritual Nature is to experience the fullness of life. As long as we have not attained this state of being, our intellect will continue to suggest methods for overcoming feelings of imperfection, which manifest as desires. Desires are nothing but an expression of the ignorance of our real Nature. This ignorance has made us identify with body, mind and intellect, and is the cause of our egocentric life of pains and limitations. Therefore, there is no achievement more sacred and glorious than the realization of our true identity with the unlimited, eternal Self.

The purpose of religion is to eliminate ignorance through spiritual practices until the devotee comes to gain the light of wisdom. Ignorance, manifesting as desires on the mental plane, extend themselves as actions in the world. Therefore, spiritual masters advise that the most practical way of overcoming ignorance is through controlling our actions. They suggest that we first purify, and regulate these actions. All religions advocate qualities such as goodness, kindness, tolerance, mercy and selflessness. They insist on moral and ethical perfection as the fundamental condition for spiritual

evolution. Without these qualities we will end up far short of the goal, even after a lifetime of devotion and worship.

Let us try to understand the scope of these moral and ethical values as explained in Hinduism. The three corner stones upon which the temple of Hinduism has been built are self-control, non-injury and truthfulness. The vast amount of spiritual literature in India is nothing but annotations, amplifications and commentaries upon these three principles. Ancient Indians planned their individual, communal and national life upon these three fundamental duties.

When these values are practiced they enable us to master our mind, which leads to mastery over ourselves, and the world around us. Although these principles are essentially the same in all religions, differences may appear due to the way in which they were presented to meet the needs of the people of the time. These three moral codes of behavior are: self-control (brahmacharya), non-injury (ahimsa), and truthfulness (satyam). They are the source of all values, and refer to the three layers of our personality: physical, emotional and intellectual.

Self-Control

The physical body longs for contact with the world of objects in order to gain sense gratification. The eyes wish to see beautiful forms and colors, the tongue craves good food, the nose likes to smell pleasant fragrances and so on. But when we continue to live only for the gratification of our sensual demands, passions multiply and ultimately consume us. To avoid such a condition, discipline (brahmacharya) at the physical level is prescribed. The meaning of the word brahmacharya has been so badly distorted that the real value of this discipline has been lost. Brahmacharya is an attitude of intelligent contact with the world. It does not mean a total denial of the sense enjoyments, but only insists on not overdoing anything. Thus to read, watch television, talk, or walk too much, or to eat a morsel more than necessary would be considered as breaking the vow of brahmacharya. When we live in self-control we discover in ourselves a renewed dynamism, and become pillars of strength in society. If this sacred doctrine is not followed, we abdicate our freedom and become slaves to the ever-changing circumstances of life. Thus, brahmacharya is a value to be lived at the physical level.

Non-Injury

The second discipline, prescribed for the mental level, is non-injury (ahimsa). Ahimsa does not simply mean non-killing or non-injury at the physical level. It is to be understood as a mental attitude regarding our relationship with others. Non-injury is the spirit that should dominate the realm of our motives. Sometimes it is necessary that our actions be cruel although the underlying motive is totally loving and kind. Shakespeare beautifully expressed this idea in Hamlet, "I am cruel only to be kind." For example, a surgeon may outwardly appear to be cruel while performing an operation but his motive is honorable. Such actions, though causing physical pain, would be considered as ahimsa. Non-injury is not a passive ineffectual attitude. Restraining the wicked to protect the good is the very creed of every true Hindu.

Thus, non-injury as advised by the architects of the Hindu culture is a value of life to be applied at the level of our motives. Our motives should be blessed and pure without any cruelty or hatred. In the execution of a pure motive, we may have to weed out the thorny shrubs to make the garden beautiful again.

Truthfulness

Satyam or truthfulness is the means to govern our inner world of mind and intellect. The outer world is a great university providing us with innumerable opportunities from which to learn. When these experiences have been well churned in our mind and the intellect has come to a firm decision, we must have the honesty and conviction to act upon it. When we do not make the full use of our mind and intellect, they lose their efficiency and we suffer as a result. Religion constantly reminds us to exercise our mind and intellect through its insistence upon the principle, "Be truthful to your previously gained wisdom."

Thus, truthfulness enjoins us to live according to our intellectual convictions. We all have ideals, but we often fall prey to our senses and compromise with them. This is dishonest living. Our dignity depends on our ability to live up to our convictions at all times.

The edifice of life stands on these three great principles. By following them we can integrate our personality and gain inner health. It is by this method alone that we can enjoy living in the world and develop the strength and courage to overcome all our problems in life.

When a person has learned to live in perfect self-control, ever vigilant to gather knowledge from life's experiences, practicing non-injury in his motives, and being truthful to his convictions, he becomes the chosen child of nature to be lifted to the top of the evolutionary ladder.

It is true, no doubt, that there are only a few in society who practice these great principles, but those few grow to such a stature that they lead the world with an irresistible spiritual power. It is these people of heroic personality, with integrated head and heart who will continue to guide humanity to new levels of spiritual evolution.

Swami Chinmayananda and his 'Practical' teachings!

By: Raman Ramamurthy

Feb 25, 2012 08:10pm

Swami Chinmayananda, through his appointed sevaks/ brah macharis, during the years 1970-73, used to conduct Bala Vihar classes at selected residential premises. One such residence was of Mr K G Krishnan, my neighbor's house in Ghatkopar, a central suburb in Bombay. Of course, I left for Delhi in the year 1973 since my father got transferred in his job at the Reserve Bank of India. Hence, I am not aware whether such classes were conducted during the later period in Mr Krishnan's house. I was very young, about 8 years old, so I have only faint memories of meeting Swamiji. In the year 1986, one of my distant cousins, had enrolled for the two and half years of residential course on Vedanta at the Chinmaya mission in Powai, Bombay. He invited me to his ashram and I was brought in touch with Swamiji's teachings through his books and one of the books written by him is a running commentary of Srimad Bhagavad Gita (in English). Clearly, I was quite dumb-founded and inspired by Swamiji's writings and I wanted to know more about him

through his books.

Swamiji writes in one of his letters to his followers, " Be strong – not merely a physical strength of a bull – but the subtle vitality of a calm mind, diligent in its application, consistent in its logical thinking, replete with a will to win over all negative tendencies that poison and weaken the mind."

I can only call Swamiji's life as a disciplined one, a Sadhna, a mission, inspired by and focused on purpose! And, I remember an other 'householder', my father, having led such a life in his life span of 82 years. He passed away in the year 2008 but I am still inspired by him and his way of life. Definitely, each one admires his or her parents and are obliged to them life long, unable to pay back in return to them ever. So, it is nothing strange or new if I, as his child, sing praises of my father. But, let me tell you, he remains to be an example to follow for all his friends and relatives, even today!

Moral living uplifts one! Life is spent in 'meeting challenges'. Situations and problems, continuously flow towards us and no one needs to search for them! You lose some situations and You gain some! But, we have to meet these challenges or else they will stampede on you trampling whatever comes on the way. It is better to meet the problems that the situation demands and I assure you, God will be with you at every step, if you are sincere in your efforts. To meet them, you need to have a mind full of energy and stamina. An exhausted and fatigued mind gets hit by situations, crushed by problems!!

Swamiji further elaborates, "We can revive and strengthen the Intellect by living the discipline of moral virtues. These are lived laboriously at first, but soon they become the most enjoyable life-style. Not only they provide a cheerful and joyous life for yourself and to others around you, but in a year or two the discipline brings your discriminative power, out of its clouds of dullness and incompetency, to shine forth brightly. An awakened intellect makes worldly life more readily successful, and also it reveals the deeper significance of the very existence"

I find a lot of Swamiji's teachings exemplified in the life led by my father. He was very practical and always claimed to be non-spiritual (though I knew even then; he was actually spiritually inclined but did not want to boast being so!). He was bright, cheerful, well-informed of happenings around him till the last day of his life. And, he was fit physically as well as in mind. 'A morally strong person spends less of his mental powers in facing day to day problems of his life. Therefore, he conserves his potential mental vitality, which he spends in his creative pursuits of study, reflection and meditation', Swamiji concludes in his letter.

ACADEMICS AND EXTRA CURRICULAR ACTIVITIES

Academics and extra curricular activities? Which is more important? Can an ideal balance be struck between the two? Should they go hand in hand? or should one be undermined for the sake of the other? A good analysis will prove to be an interesting and worthwhile exercise !

Let's first give a thought to the importance of education. Education ,we all know, doesn't mean mere dissemination of facts. In this age of knowledge explosion, it is easy to get information. But there are other factors that go into the making of a holistic personality. Soft skills have to be absorbed ,behavioural modifications have to be attained and other skills have to be inculcated through real hand experiences. This is what education is really about and extra curricular activities are the medium by which a child prepares for the challenges of life.

Extra curricular activities in school provide a scope for creativity and develop in a child the sense of self esteem. Most studies show that students who are involved in extra curricular activities do well in their examinations. But that's the partial truth. Kids generally can benefit by pursuing extra curricular activities. These can help students gain experience in a variety of fields that will enhance their future. Through participation in sports, students learn co-operation, team-work and time-management. By serving as a leader in an organization , students learn to be responsible. Extra curricular activities can also help students learn their hidden talents.

Most co-curricular activities play an important role to keep the students physically active, helping explore themselves , getting students out from behind their desk and making them try new things

The outcome of giving the co-curriculum the same status as the curriculum will help the students to become well balanced individuals.

Future politicians for example will not only thrive on law or social studies but will also become fluent in multiple languages, learn to perform several calculus operations simultaneously, while also experiences service through community work. Having a wide range of experiences prepares people better for the future, especially in today's uncertain world. Students must therefore have a fundamental grasp of multiple skills. Placing more emphasis on the co-curriculum thus ensures a variety of possibilities for young people to choose from instead being sidelined.

Students have a right to broaden the education. Many children have talents in all sorts of different areas ,and it is wrong to force them to specialize too early. Through equal balancing of academic and co-curriculum , however ,the students have the chance to exercise their rights and opportunity to be multi talented. Lopsided individuals are not the key to the future. If the co-curriculum is given formal importance with students required to undertake at least one activity, then more people will try new things and discover that they like it. Extra curricular activities are important but these should not consume all the time of a student .They should get time to complete their homework, relax and spend time with their friends and family. A combination of all these is an important part of a healthy lifestyle.

So it is my firm belief that taking the time to get involved in extra curricular activities will benefit the students in a number of ways. These extra curricular activities can also give them respite from stress and the dull schedule of school .Not only it will enable them to make and take their own decisions ,they will also be given a chance to gain vital experience and skills that will lead them in their future. Let us not separate the extra curriculums from academic curriculum but consider it as an integral part of a child's physical , emotional and mental growth.

KALINGA WAR

Date : 261 B.C. : **Place :** Kalinga (present-day Orissa)

When Ashoka, the son of Mauryan emperor Bindusara and the grandson of Chandragupta Maurya, ascended the throne of Magadha in 273 B.C. treading in the footsteps of his forefathers he set out to expand his empire. In the 12th year of his reign, a message to kalinga asking his submission, but the kalingaraj refused to submit to the mauryan empire. As a result ashoka led a huge army against kalinga. This took place in 261 B.C., the freedom-loving people of Kalinga offered a stiff resistance to the mauryan army. The whole of kalinga turned into a battle arena. The kalingaraj himself commanded his army in the battlefield. However, the limited forces of kalinga were no match for the overwhelming Magadha army. Contrary to ashoka's expectations, the people of kalinga fought with such a great valour that on a number of occasions they came very close to victory. The soldiers of kalinga perished in the battlefield fighting till their last breath for their independence. The victory ultimately rested with ashoka.

The war took a tremendous toll of life and property. The 13th Rock Edict of ashoka throws a light on this war. At least 100000 kalingans were killed while another 150000 were taken prisoners. An almost equal number of magadh soldiers were also killed. There was not a single man left in kalinga to live a life of subjection under the Mauryans.

Results

This is a singular instance of a war in history which brought about a complete change of heart in a stern ruler like ashoka. The scene of the war presented a horrible sight. As far as one could see, there lay corpses of soldiers, wounded soldiers groaned in severe pain, vultures hovered over the dead bodies, orphaned children mourning the loss of their nears and dears, widows looked blank and despaired old men stood giving an accursed look.

At this sight of extreme misery, the cruel-hearted emperor was overwhelmed with remorse. He realised that his victory at the cost of such a tremendous human suffering was worse than defeat. He took a vow that henceforward he would not bear arms for the expansion of his empire. In future, his campaigns would not be for military conquests but for spiritual conquests or 'Dharma Vijaya'.

To atone for the atrocities and sins committed in the prosecution of this war, ashoka embraced Buddhism. The celebrated Buddhist teacher Acharya Upgupta initiated him into Buddhism. Ashoka devoted himself to propagate Buddhism among the people.

The independent India has paid its respect to the memory of this great king by adopting his state symbol 'ashoka chakra' as its national emblem.

QUIZ TIME

1. Which Mughal emperors's son were DARA SHIKOSH & MURAD BAKSH?

- a. Akbar
- b. Jahangir
- c. Shah Jahan
- d. Shah Alam

2. Which of these Nobel laureates has been honoured with Bharat Ratna?

- a. V S Naipaul
- b. Nelson Mandela
- c. Hargobind Khorana
- d. S Chandrashekhar

3. Which of these Indian cities is also known as "City of Nawabs"?

- a. Kanpur
- b. Lucknow
- c. Aligarh
- d. Agra

4. Which of these was the first Indian State to give Sanskrit the status of an Official language?

- a. Uttar Pradesh
- b. Karnataka
- c. Gujarat
- d. Uttarakhand

Answers-

- 1 - c
- 2 - b
- 3 - b
- 4 - d

5. Who was the first communist Chief Minister of an Indian State?

- a. Jyoti Basu
- b. Ajay Mukherjee
- c. Achutha Menon
- d. EMS Namottrilal

6. Who won the champions League Twenty 20 in 2011?

- a. Mumbai Indians
- b. RCB
- c. Delhi Daredevils
- d. Chennai Superkings

7. Which colonial power ended its involvement in India by selling rights of the Nicobar Islands to the British on October 16, 1868 ?

- a. Belgium
- b. Italy
- c. Denmark
- d. France

8. In the Mahabharata, who cursed all women stating that they cannot keep secrets?

- a. Yudhisthira
- b. Kohela
- c. Sahadev
- d. Bhismamitmah

9. What is the biggest species of Asian Antelope?

- a. Nilgai
- b. Markhar
- c. Blackbuck
- d. Cheetah

10. In august 2011, NASA launched a spacecraft called 'Juno' to study the facts related to the origin?

- a. Neptune
- b. Mars
- c. Jupiter
- d. Saturn

5 - d

6 - a

7 - c

8 - a

9 - a

10 - c

SUDOKU

The Classic Sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

LET'S SOLVE IT!

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

Answers in next issue

HARI OM !!

Dear Teachers/Students/Parents
You are requested to send your
contribution to the
E-magazine's next issue to
cvemagazine@gmail.com
Thank You

Thanks for reading our 1st
E-magazine, "Unlocking Minds" !!