

# अभिव्यक्ति

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चतुर्थ अंक

May - July (2012)



**CSIR-Central Building Research Institute, Roorkee(UK)**

# सम्पादकिय



साथियो,

वातावरण में गर्मी ने दस्तक दे दी है और हम सभी इंद्रदेव की ओर आशा भरी नज़रों से देखने लगे हैं। यह अंक उसी समय आपके बीच आ रहा है जब हमारा शैक्षिक सत्र भी समाप्ति की ओर बढ़ रहा है।

छात्र-छात्राओं के चेहरों पर गंभीरता के भाव दिखने प्रारम्भ हो गए हैं।

पिछला पखवारा हमारे संस्थान में गतिविधियों से भरपूर रहा। हमने गुरुदेव रवीन्द्रनाथ टैगोर की १५०वीं जयंती का समापन समारोह धूमधाम से मनाया। इसी दिन हमने अपने सभागार को नया नाम 'रवीन्द्रनाथ टैगोर सभागार' दिया। इसी पखवारे में प्रसिद्ध साहित्यकार सादात हसन 'मंटो' की भी १००वीं जयंती थी। अभिव्यक्ति परिवार की ओर से इन दोनों महान विभूतियों को विनम्र श्रद्धांजली। चन्द दिनों पूर्व ही 'मातृदिवस' था। यह वास्तव में हमारा दुर्भाग्य है की हम अपनी आने वाली पीढ़ी को माँ को भी याद करने के लिए दिन नियत कर के दे रहे हैं। विचार करें और कम-से-कम माँ को तो इस पाश्चात्य दोड़ से बाहर रखें।

आप सभी से पुनः आग्रह है की अपने अन्दर छिपी साहित्य व कला को अपनी अभिव्यक्ति के माध्यम से सभी के सामने लाइए। हमें प्रतीक्षा रहेगी आपके सकारात्मक सुझावों व रचनाओं की।

**प्रदीप चौहान**

मुख्य सम्पादक "अभिव्यक्ति"

# Eminently Successful People Who Failed at First

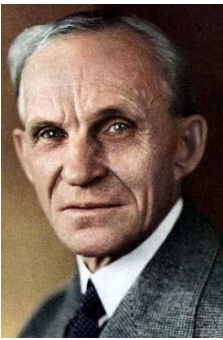
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- *Riya Bhowmik*

Not everyone who's on top today got there with success after success. More often than not, those whom history best remembers were faced with numerous obstacles that forced them to work harder and show more determination than others. They proved that sometimes failure is just the first step towards success. Here are some citations.

## *Henry Ford, Founder of Ford Motor Co.*

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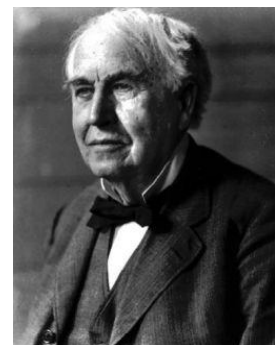


Ford's career in auto-making got off to a rocky start when his first venture, Detroit Automobile Co., dissolved in 1901 amid customer complaints of high prices and low quality. A year later, he left his second automobile company—the Henry Ford Co.—due to a dispute with a consultant. His third effort almost failed, too, when low sales made it impossible to pay back anxious investors. In the end, angel investors saved the troubled business, which he reincorporated as Ford Motor Co. The company's net income for 2009 was \$2.7 billion.

## *Thomas Edison, Inventor of light bulb*

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One of Thomas Edison's most famous quotes pertained to failure. When asked about his hundreds (and, by some accounts, thousands) of attempts to invent a working light bulb, he once told a reporter, "I have not failed 10,000 times. I have successfully found 10,000 ways that will not work." That wasn't the only time he exhibited his signature perseverance. When he was 67, a fire destroyed the plant where he had spent 10 years and almost all his money working to develop a nickel-alkaline storage battery. With the flames still burning, he gathered his employees and immediately announced plans to rebuild. After making assignments and putting plan in motion, he added, as an afterthought, "Oh, by the way, anybody know where we can get some money?"



## *Akio Morita and Masaru Ibuka, Co-founders of Sony*

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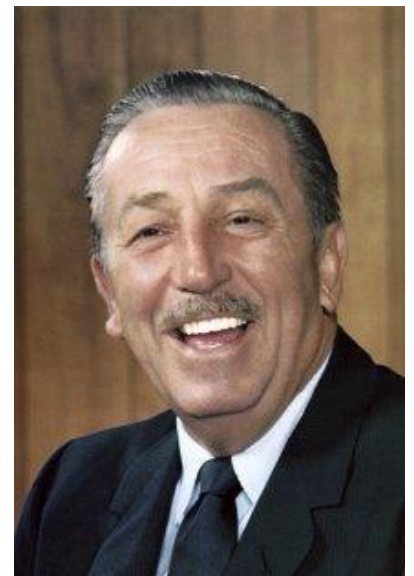


The co-founders of Sony first put their engineering know-how into producing an electric rice cooker to be sold in post-war Japan. Unfortunately, the appliance gained a reputation for overcooking rice and failed to sell to consumers. But don't cry for these two entrepreneurs. They managed to make a few other products that could sell. Play Station 4, anybody?

## *Walt Disney, Founder of Disneyland*

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When he was young, **Walt Disney** tried to get a job as a newspaper cartoonist, but he was roundly rejected by the industry, with one Kansas City Star editor reportedly telling him he "lacked imagination and had no good ideas." And even his most iconic creation, Mickey Mouse, was initially dismissed by some studio execs because they thought the character "would terrify women." Of course, Disney got his fairy-tale ending when he finally succeeded in building an entertainment empire, complete with Disneyland, "The happiest place on Earth."



## *Charlie Chaplin, Comic actor, film director and composer*

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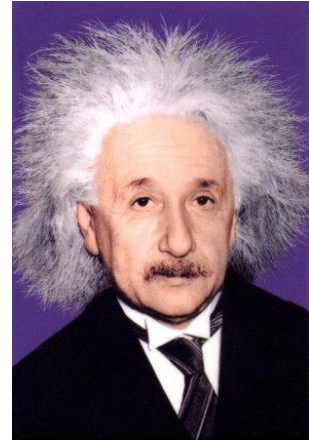
It's hard to imagine film without the iconic Charlie Chaplin, but his act was initially rejected by Hollywood studio chiefs because they felt it was a little too nonsensical to ever sell. In 1999, the American Film Institute ranked Chaplin the 10th greatest male screen legend of all time. In 2008, Martin Sieff, in a review of the book *Chaplin: A Life*, wrote: "Chaplin was not just 'big', he was gigantic."



## *Albert Einstein, The father of modern physics*

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Most of us take Einstein's name as synonymous with genius, but he didn't always show such promise. Einstein did not speak until he was four and did not read until he was seven, causing his teachers and parents to think he was mentally handicapped, slow and anti-social. Eventually, he was expelled from school and was refused admittance to the Zurich Polytechnic School. It might have taken him a bit longer, but most people would agree that he caught on pretty well in the end, winning the Nobel Prize and changing the face of modern physics.



## *Robert Goddard, Creator of the world's first liquid-fueled rocket*

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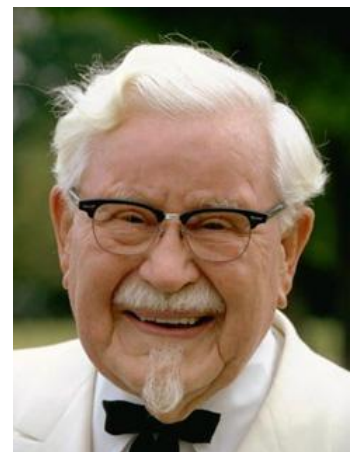


Goddard today is hailed for his research and experimentation with liquid-fueled rockets, but during his lifetime his ideas were often rejected and mocked by his scientific peers who thought they were outrageous and impossible. Today rockets and space travel don't seem far-fetched at all, due largely in part to the work of this scientist who worked against the feelings of the time.

## *Harland 'Colonel' Sanders, Founder of KFC*

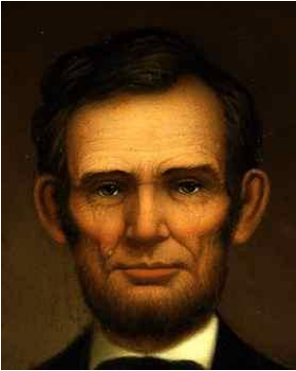
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Perhaps better known as Colonel Sanders of Kentucky Fried Chicken fame, Sanders had a hard time selling his chicken at first. In fact, his famous secret chicken recipe was rejected 1,009 times before a restaurant accepted it.



***Abraham Lincoln,  
16th President of the United States***

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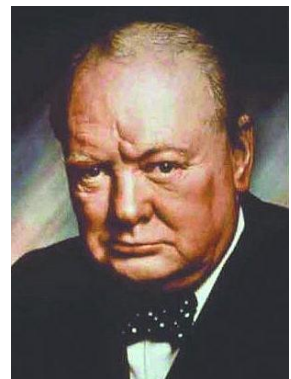


While today he is remembered as one of the greatest leaders of USA, Lincoln's life wasn't so easy. In his youth he went to war a captain and returned a private (if you're not familiar with military ranks, just know that private is as low as it goes.) Lincoln didn't stop failing there, however. He started numerous failed businesses and was defeated in numerous runs he made for public office.

***Winston Churchill,  
One of the greatest wartime leaders of the century***

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This Nobel Prize-winning, twice-elected Prime Minister of the United Kingdom wasn't always as well regarded as he is today. Churchill struggled in school and failed the sixth grade. After school he faced many years of political failures, as he was defeated in every election for public office until he finally became the Prime Minister at the ripe old age of 62.



***J. K. Rowling,  
The author of the best-selling book series in history***

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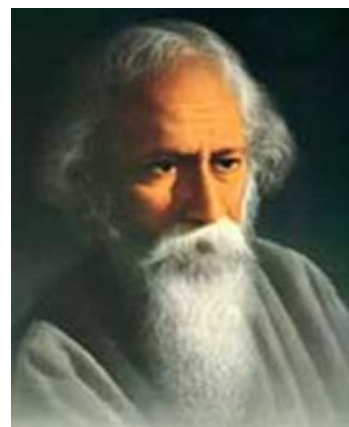
Before she published the series of "Harry Potter" novels, she was nearly penniless, severely depressed, divorced, trying to raise a child on her own while attending school and writing a novel. Rowling went from depending on welfare to survive to being one of the richest women in the world in a span of only five years through her hard work and determination.

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## जोदी तोर डाक सुने केऊ न आसे तबे एकला चलो रे...

प्रस्तुति- रणधीर कुमार चौधरी

बंगला और अंग्रेजी साहित्य के माध्यम से भारत को विश्व रंगमंच पर अमिट स्थान दिलाने वाले गुरुदेव रवीन्द्रनाथ टैगोर का जन्म ७ मई, १८६१ को कोलकाता में हुआ था। एक ओर वे कविता, कहानी, उपन्यास, नाटक आदि में सिद्धहस्त थे, तो दूसरी ओर वे उच्च कोटि के चित्रकार, संगीतकार, दार्शनिक व शिक्षाशास्त्री भी थे। उन्होंने अपनी सभी कविताओं को शास्त्रीय संगीत में निबद्ध भी किया है। सोनार, तरी, पुरवी, दि साइकिल ऑफ स्पिंग, दि ईवनिंग सॉंग्स और मार्निंग सॉंग्स उनकी प्रसिद्ध रचनाएँ हैं। उनकी रचनाओं का विश्व की सभी प्रमुख भाषाओं में अनुवाद हुआ है। १९१३ में गीतों की पुस्तक 'गीतांजलि' पर उन्हें नोबेल पुरस्कार प्राप्त हुआ उन्होंने गोरा, राजरानी, घरे-बाहिरे, विनोदिनी जैसे प्रसिद्ध उपन्यास भी लिखे। चित्रा उनका प्रसिद्ध गीतनाट्य है। उनकी कहानी काबुलीवाला पर इसी नाम से एक फिल्म भी बनी। जिसे देखकर आज भी दर्शकों की आँखें भीग जाती हैं। रविन्द्रनाथ टैगोर शिक्षा को देश के विकास का एक प्रमुख साधन मानते थे। इसी सोच को मूर्तरूप देने के लिए १९०१ में प्रकृति के सान्निध्य में पेड़ों, बगीचों और एक लाइब्रेरी के साथ टैगोर ने शांतिनिकेतन की स्थापना की। ये कवि-दार्शनिक दिल से पूरी तरह मानवतावादी थे। वैश्विक शांति, भाईचारे और आध्यात्मवाद के प्रति लगाव उनके रचनात्मक कार्यों में बखूबी झलकता है। उन्होंने धर्म में संप्रदायवाद का विरोध किया और वे विज्ञान के विध्वंसात्मक प्रयोग से भी काफी आहत थे। उन्होंने पाश्चात्य सभ्यता से प्रेरित भौतिकतावाद का विरोध किया जिसे आक्रामक वैयक्तिकतावाद से चित्रित किया जाता था। जीवन भर साहित्य की सेवा और साधना करते हुए 1941 में कोलकाता में ही रविन्द्रनाथ टैगोर का देहान्त हो गया।



“मुक्त मन-मस्तिष्क हो भय से जहाँ,  
गर्व से उन्नत जहाँ पर भाल हो |  
ज्ञान भी उन्मुक्त मिलता हो जहाँ,  
जाती मजहब का न कोई सवाल हो |  
शब्द निकलें सत्य के ही गर्भ से  
श्रेष्ठता को हर कोई तैयार हो |

तर्क ही आधार हो स्वीकार का,  
रूढ़ियों से मुक्त जन-व्यवहार हो |  
देशवासी सब प्रगति पथ पर बढें,  
शांति, उन्नति, प्रेम के आसार हों|  
हे प्रभु, लेकर तुम्हारी प्रेरणा,  
स्वर्ग ऐसा देश में साकार हो”

# अनिर्णित

- रणधीर भारत चौधरी

झूठ तो नहीं कहते होंगे न सब...  
कि प्रेम की कभी हार नहीं होती,  
पर अनर्गल बकवास है उनकी प्रीत,  
जो बेवजह प्रेम को  
उपमाओं और प्रतीकों से अलंकृत करते हैं  
भ्रमित कर रखा है  
र निरीह प्रेमियों को उन्होने समाज औ  
अपरिभाषित प्रेम को उधारणों के संग व्यक्त कर  
नहीं मानता उनकी बेहूदा बातें  
पर कहा है किसी शायर ने कि  
*यह इश्क नहीं आसान बस इतना समझ लीजे,  
एक आग का दरिया है और तैर केजाना है*  
मगर नहीं मानता उनकी बातें  
एजो अपने कुंठित विचारों और गमों के लि  
प्रेम को दोष देते हैं  
दिलों से किए फैसले कभी गमों के कारण नहीं होते  
वो तो दिमाग की बुद्धिमता का अतिक्रमण है  
जो अपने गलत फैसलों को  
अनाड़ी दिल पे मढ़ देता है  
तुम मुझे दोषी ठहरना,  
क्योंकी तुमसे फासले का अनिर्णित फैसला मेरा है  
त भाव से तुमने स्वीकारा है जिसे अस्वीकृ  
तुमसे शायद कह नहीं पाया,  
पर तुम नहीं थी वजह, और न ही वजह प्रेम था  
वजह तो मेरा डर था  
हाँ मैं कोई हीरो नहीं हूँ



नही कर सका साहस,  
समाज की अनुचित पूर्वाग्रहों से टकराने का  
और देखो, शायद ये दम्भ है ...मेरा  
मगर मैं नहीं चाहता की तुम मुझे माफ करो  
मैं चाहता हूँ  
तेरे आँख अश्रु नहीं अंगारे उगले,  
तेरे हाथ दुआ के लिए नहीं, इंसाफ के लिए उठे  
जिस दिन मेरा अहित हुआ  
मैं समझ लूँगा, ये हमारी प्रीत की जीत है :’(

## न करते जफा तो बुरा करते

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- रणधीर भारत चौधरी

गर जो अहदेवफ़ा होती तुझ में भी-,  
तो ज़िंदगी से शिकवा ही क्या करते।  
तन्हाइयों का साथ है बड़ा सच्चासा-,  
तुम जो न करते जफा तो बुरा करते॥

रह जाता गर मैं, तेरे गेसूओं में उलझकर,  
ज़िंदगानी सुलझाने का होसला ही कहाँ करते।  
देता है ताक़त आंसुओं का यह समंदर भी,  
जो न रुलाते खून के आँसू तो बुरा करते॥

हर मुलाक़ात ले कर आती है बिछुड़ने का नसीब  
हमतुम मिलके गर न होते जुदा तो क्या करते।-  
इतिहास में भी दर्ज़ हैं बस अधूरी प्रेम कहानियाँ  
तुम जो न निभाते जमाने की रस्म तो बुरा करते॥

# Elixir

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- Amrit Kumar Roy

Happiness-sorrow, laughter-tears  
Love-hate surrounds life,  
The Road is unknown,  
The destination isn't known.  
In search of the worthless happiness  
Misery comes around.

Those I thought sadness by mistake,  
Waking after the night-  
I see happiness inside laughing-  
Just around the corner.  
Affection, love of nature  
Makes it possible to blossom flower,

In this impassive mankind,  
Secrete of life lies behind  
Cool shadows of humanity.

## A Date...

- KOUSHIK PANDIT

I, what I'm,  
I may not be as ardent as Romeo of Juliet was  
I can't be a knight to protect you against all odds  
I'm neither a Richie Rich, nor have a body of a Greek  
I don't know salsa or how to stir a girl's heart by doing talk  
I'm not a teenager girl's desire or Prince of Cinderella story  
I can't be Jack of Titanic to make you feel like a fairy  
I don't even promise to fetch the moon only for you  
There's no such heroic or magical stuff that I can do

But still, I, what I'm, want to remain as I'm  
As I've a heart that beats faster when I see you coming  
These two eyes only look for you,  
And keep down in respect of you  
With you, I can share my happiness and life  
But can't let you go when you ask me to leave  
I can perceive your tears even if you cry in rain  
I can take you to a world free from sorrows and pain

So Miss, can I ask you to come with me for a date  
To hold our hands and deep our feet in sea at sun-set...

## *Pages from an Amateur's Diary*

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- Debducta Ghosh

Once I had gone for trekking in Bhutan. Our journey started from a place called Jhalong, near the Bhutan and West Bengal border. We followed the trace of Jaldhaka river for our destination. After spending two days in the journey and one night in a local village, we reached to an alien place beside the bank of Jaldhaka in that evening. As it was the night in the mid December, so temperature in the foothills of Himalaya was significantly less. It seems that we had reached a place out of the world. We decided to fix our tent in the bank of the river. All of us were too tired to search for any nearer village. So some of us collected some log of wood and bushes for fire and started cooking. After finishing our dinner, we went to sleep, covering the whole body with warm cloth except our eyes. It didn't take much time for me to realise that eyes are the greatest gift of God.

The night was too cold to bear. But in spite of our tiredness, shivering cold, fear from the forest, the night was heart-throbbing. We forgot our appetite after hearing the murmuring of leaves, chanting of river and sounds of forest. The cold breeze touched us like the touch of angels. We wanted the hands of the clock to stop for some more time and let us enjoy that moment in that beautiful part of the world. As silence prevailed, each of us dozed to sleep.

I woke up at near about 5:00 a.m. It was complete dense black outside. I decided to sit beside the river for seeing sunrise. Then I realised the silence of nature. It seemed as if I was watching at the beautiful face of some hermit, who is enjoying his deep meditation. The haunting of jackals could no longer frighten me as it used to do in my childhood. As the time passed on, a faint light appeared in the east sky and the whispering of birds soon turned louder in forest. I asked my friends to wake up to witness the beautiful sunrise. We were all speechless seeing the beauty of that pious moment. Cranes were flying in the sky, it seemed their white feathers were carrying the message of the heaven.



After finishing our breakfast, we decided to take a dip in the river. From the past two days we were rambling, so one cold-water-bath could really refresh us. The river was roaring with its flash flow. In its bed, intermittently somewhere or the other, it was difficult to fathom its depth. Still it did not stop us from taking the dip. Everybody jumped into the river. The river bed was too slippery to walk on. I dipped my whole body into the water and started to enjoy the moment. But suddenly I lost the touch of earth below from my feet. Then I understood the mistake had been done, what I feared of. I started screaming but hardly anybody could hear that. Within a second my body started flowing with the current and it carried me quite a distance to a still-standing zone of water which was far away from my friends. I was standing in between life and death and was thinking that how one could be thrown from the zenith of heaven to the nadir of sorrow in a moment. I felt pain in my heart by thinking about the situation of my parents, friends, relatives, and the people who love me. My thinking soon turned towards me, what I could have done, what mistake I did, how many lies I told, how I wasted my time and now I'm going to die without contributing anything and that made me feel guilty.

I didn't know exactly how much time I was in disambiguation. I could hear a sound audible from far. I opened my eyes and saw two of my friends coming. One of them was coming like me, flowing with water and other was swimming. As the first friend reached to me, I started to ride on him with my last breath, but he was doing the same with me as he didn't know swimming and soon I became senseless. At last my other friend came and dragged me towards the bank. After getting back my sense, I understood the importance of friends, how they jumped into the river without thinking anything.

Now as lot of time has passed away, everything has changed. I have learnt how to stay afloat in the stream of life. I have almost forgotten about those days, most of my old friends don't have any contact with each other and they are busy in the race of life. I also have got new friends but when I am in despair, that moment starts to float in my mind and awakens me to re-collect the meaning of life, which says...

*"And miles to go before I sleep, And miles to go before I sleep."* - Robert Frost

# Wonders about Yourself

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– Ishwarya G.

Our human brain cell can hold 5 times as much information as the Britannica Encyclopaedia. The amazing computational power of your brain only requires about 10 watts of power to operate. However, the real issue is to recall — whether you can access that information.

About 13% of people are left-handed, up from 11% in the past. Being right-handed can prolong your life: If you're right-handed, you could live up to nine years longer than a lefty.

Getting weird dreams??- It means you have more I.Q. Scientists say the higher your I.Q, the more you dream. But most of us don't remember our dreams because the average duration of each dream is only 2-3 seconds — barely long enough to register.

Human heart creates enough pressure to squirt blood 30 feet. An individual blood cell takes about 60 seconds to make a complete circuit of the body. Women's hearts beat faster than men's. According to German researchers, the risk of heart attack is higher on Monday than any other day of the week, which is justified as Monday initiates your busy work-week & mental stress.

A person will die from total lack of sleep sooner than from starvation. Death will occur about 10 days without sleep, while starvation takes a few weeks.

It takes 17 muscles to smile, while 43 to frown. Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.

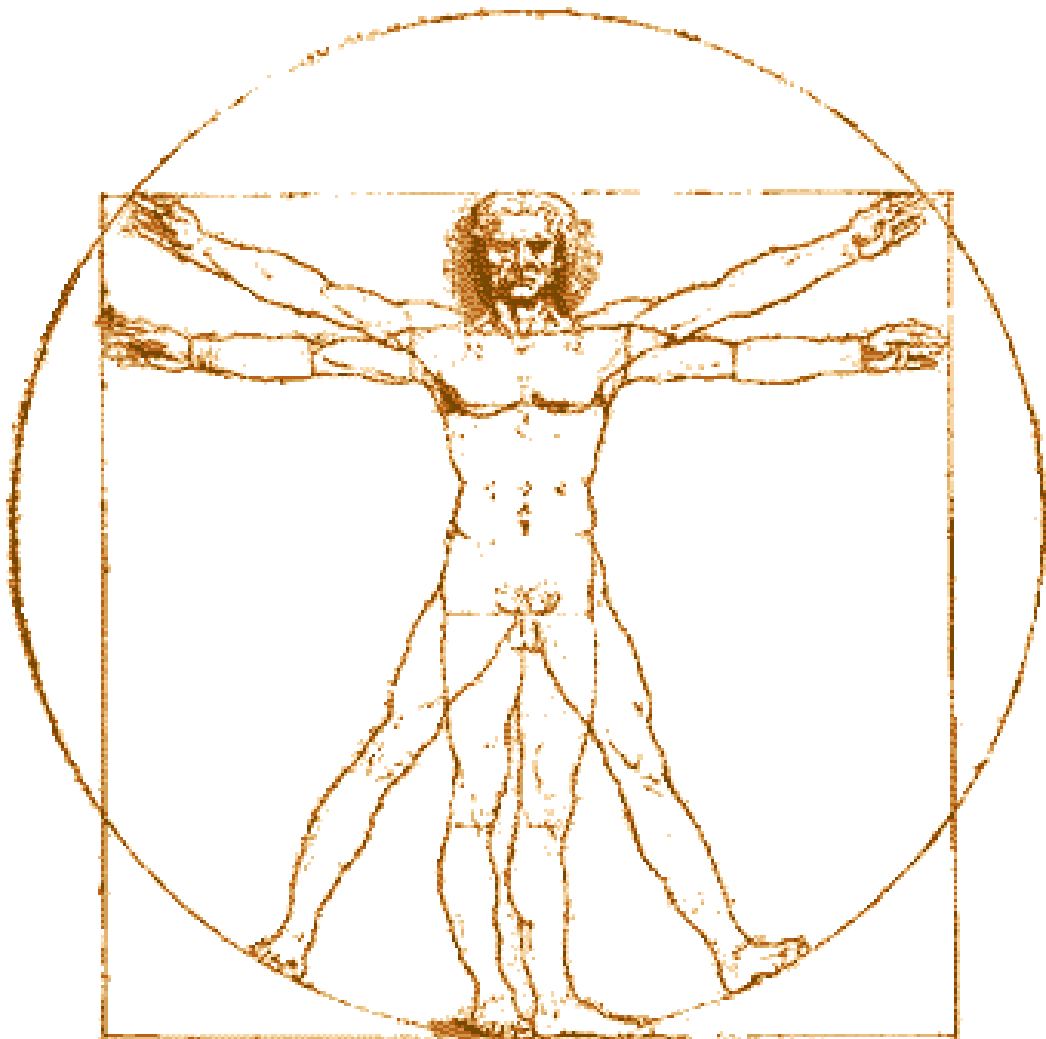
Women are born with better smelling ability than men and remain so over their life. On average women say 7,000 words per day. Men manage just over 2000 !

The focusing muscles of the eye move around 100,000 times a day. The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink 5 times a second. On average, you blink 15 000 times a day. Women blink twice as much as men.

Only humans shed emotional tears: Every other animal that produces tears has a physiological reason for doing so.

Babies always have blue eyes when they are born. Melanin and exposure to ultraviolet light are needed to bring out the true colour of babies' eyes. Until then they all have blue eyes. A fetus acquires fingerprints at the age of three months. One in every 2000 babies is born with a tooth. Babies are born with 300 bones, but by adulthood we have only 206 in our bodies.

Every person has a unique tongue print and body odour, except twins.





– Photographed by *Monalisa Behara*

एकाकी मानव का अस्तित्व प्रदर्शित,  
ये सूरज का एकाकीपन है,  
अभी मद्धिम है आभा इसकी,  
या प्रखर तेज का सीधापन है ?

सतत प्रगति का है ध्वजवाहक,  
या है समय का अनुसंधान,  
ये सूरज का आवारापन है,  
या मानव जीवन का बंजारापन ?

ये जीवन के अरुण क्षितिज पर,  
सतत निखरता बालकपन है,  
उड़ उड़ कलरव करते पंछी,  
और बिहंसती प्रकृति साथ है,

खेल खेल में बढ़ते बालक,  
की भांति सूर्य का चढ़ जाना है,  
ये विकसित होता मानव मन है,  
या सुन्दर होता अम्बर तन है ?





**- Team 'Abhiwakti'**

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