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# आभिव्यक्ति

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*CSIR-Central Building Research Institute, Roorkee*

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## सम्पादकीय

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### मित्रों

हम पुनः आपके सम्मुख उपस्थित हैं अभिव्यक्ति के एक नए अंक के साथ। विगत वर्ष में हमारे देश में भ्रष्टाचार, कालाधन जैसे मुद्दों को लेकर जन आंदोलन हुये। निश्चय ही यह जागरूकता एक सशक्त समाज की निशानी खेलों में एक नया इतिहास रच दिया। सभी पदक विजेताओं को हमारी हार्दिक बधाई।

पिछले कुछ समय में हमने काला व राजनीति क्षेत्र की कुछ महान हस्तियों को खो दिया। ये थीं दारा सिंह, मेहंदी हसन, राजेश खन्ना व बिलाश राव देशमुख। अभिव्यक्ति परिवार की ओर से इन सभी विभूतियों को विनम्र श्रद्धांजलि।

साथियों, अभिव्यक्ति परिवार की ओर से, मैं आप सभी का आभारी हूँ की आप के सहयोग व यौगदान से अभिव्यक्ति ने सफलता पूर्वक एक वर्ष पूरा कर लिया है। हमे भविष्य में भी आपके निरंतर सहयोग व सुझावों का इंतज़ार रहेगा।

धन्यवाद सहित।

प्रदीप चौहान

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मुख्य सम्पादक  
"अभिव्यक्ति"

# भारतीय वीरांगनाओं की शौर्य-गाथाएं !

- प्रदीप चौहान

भारतीय वीरांगनाओं का जिक्र किए बिना 1857 से 1947 तक की स्वाधीनता की दास्तान अधूरी है। इन वीरांगनाओं में से अधिकतर की सबसे बड़ी विशेषता यह थी कि वे किसी रजवाड़े में पैदा नहीं हुईं बल्कि आम आदमी के घर जन्म लेकर, अपनी योग्यता की बदौलत उच्चतर मुकाम तक पहुंचीं।

यह कम ही लोगों को पता होगा कि 1857 की क्रांति में बैरकपुर में मंगल पाण्डे को चर्बी वाले कारतूसों के बारे में सर्वप्रथम मातादीन ने बताया और मातादीन को इसकी जानकारी उसकी पत्नी लज्जो ने दी। लज्जो अंग्रेज अफसरों के यहां काम करती थी, जहां उसे यह सुराग मिला कि अंग्रेज गाय की चर्बी वाले कारतूस इस्तेमाल करने जा रहे हैं। लखनऊ में 1857 की क्रांति का नेतृत्व बेगम हजरत महल ने किया। अपने नाबालिग पुत्र बिरजिस कादर को गद्दी पर बिठाकर उन्होंने अंग्रेजी सेना का स्वयं मुकाबला किया।

ऐसी ही एक वीरांगना उदा देवी थीं, जिनके पति चिनहट की लड़ाई में वीरगति को प्राप्त हुए। उदा देवी ने पीपल के घने पेड़ पर छिपकर लगभग 32 अंग्रेज सैनिकों को मार गिराया। उदा देवी का जिक्र अमृतलाल नागर ने अपनी कृति 'गदर के फूल' में बकायदा किया है।

दिसम्बर 1931 में कोमिल्ला की दो स्कूली छात्राओं-शान्ति घोष और सुनीति चौधरी ने जिला कलेक्टर को दिनदहाड़े गोली मार दी और काला पानी की सजा हुई तो 6 फरवरी 1932 को बीना दास ने कलकत्ता विश्वविद्यालय के दीक्षान्त समारोह में उपाधि ग्रहण करने के समय गवर्नर पर बहुत नजदीक से गोली चलाकर अंग्रेजी हुकूमत को चुनौती दी। सुहासिनी अली तथा रेणुसेन ने भी अपनी क्रांतिकारी गतिविधियों से 1930-34 के मध्य बंगाल में धूम मचा दी थी।

चन्द्रशेखर आजाद के अनुरोध पर 'दि फिलॉसफी ऑफ बम' दस्तावेज तैयार करने वाले क्रांतिकारी भगवतीचरण वोहरा की पत्नी 'दुर्गा भाभी' नाम से मशहूर दुर्गा देवी बोहरा ने भगत सिंह को लाहौर जिले से छुड़ाने का प्रयास किया। 12 सितम्बर 1931 को दुर्गा भाभी लाहौर में गिरफ्तार कर ली गयीं।

सन् 1930 के सविनय अविज्ञा आन्दोलन में 'इन्दुमति' के छद्म नाम से सुशीला दीदी ने भाग लिया और गिरफ्तार हुयीं। सुभाषचन्द्र बोस की 'आरजी हुकूमते आजाद हिन्द सरकार' में महिला विभाग की मंत्री और आजाद हिन्द फौज की रानी झांसी रेजीमेण्ट की कमाण्डिंग ऑफिसर रहीं कैप्टन लक्ष्मी सहगल ने आजादी में प्रमुख भूमिका निभायी।



- Riya Bhowmik

The many myths and legends associated with the origins of the ancient Olympic Games are a reflection of the mythic-religious nature of the ancient Greek civilization. The symbols that identify the Olympic Games celebrate and commemorate the history of the Games. The ancient Games were a powerful force for unification, peace, and the free exchange of ideas and knowledge for the ancient Greeks. Presently, it has acquired the status of '**Biggest Show on Earth**'.

When it comes to the formation of the Olympic Games, three characters are central: Pelops, Hercules, and King Iphitos.

The Olympic festival was held in honor of **Zeus**, chief of the Greek pantheon of gods. Legend has it that Zeus marked Olympia as his sacred precinct with a thunderbolt hurled from his throne on Mount Olympus.

**Pelops** was considered the mythical founder of the Games. The story begins with Oinomaos, the king of Pisa, who had a beautiful daughter named Hippodameia. According to an oracle (fortune-teller), the king would be killed by her husband. Therefore, he decreed that any young man who wanted to marry his daughter was required to drive away with her in his chariot, and the king would follow in another chariot and spear the suitor if he caught up with them. Now, the king's chariot horses were a gift from the god Poseidon and were therefore supernaturally fast. Pelops was a local hero of Olympia and a very handsome young man, and the king's daughter fell in love with him. Hence, before the race, she persuaded her father's charioteer to replace the bronze axle pins of the king's chariot with wax ones. Thus, during the race the wax melted and the king fell from his chariot and was killed. Pelops was proclaimed the winner and married Hippodameia. After his victory, Pelops organized chariot races as thanksgiving to the gods and as funeral games in honor of King Oinomaos. It was from this funeral race held at Olympia that the beginnings of the Games were inspired.

The greatest hero of Greece, **Hercules**, had to complete twelve labors to free himself from slavery to King Eurystheos. In celebration of successfully completing the labor, Hercules instituted the first games in honor of Zeus at site of Pelops's tomb. He is said

to have fixed the distance of the original race (and ultimately the stadium) by placing one foot in front of the other six hundred times. Hercules also planted the sacred olive tree that was later the source of crowns for the Olympic victors.

King **Iphitos** of Elis, who was a descendent of Hercules, is credited with revamping the Games and imposing the institution of the Olympic truce. At the time of King Iphitos, around the ninth century BC, mainland Greece was unsettled by civil wars and migrations. Olympic truce became a major instrument in the unification of the Greek states and colonies.

## The Olympic Flame

During the ancient Olympic Games, a sacred flame was lit from the sun's rays at Olympia, and stayed lit until the Games were completed.

In modern times, the Olympic flame was first lit during the opening ceremony of the 1928 Olympic Games in Amsterdam.

## The Birth of the Relay

The idea for the torch relay may have been inspired by an ancient Olympic torch relay event (lampadedromia), in which the winner was awarded the honor of lighting the sacred flame. The Nazis adopted this idea for their own purpose: At the 1936 Games in Berlin, they proposed that a flame be lit in Greece and transported to Berlin via torch relay. The idea was embraced and continued at each subsequent Olympic Games.

The lighting ceremony takes place in the sanctuary of Altis in Olympia, Greece. High priestess of the holy temple, kindles the fire from the rays of the sun with a concave mirror. She then passes the blazing torch, together with a symbolic olive branch from the sanctuary of Altis, to the first torch-bearer. From here, the torch is passed from runner to runner until it reaches to the historic Panathenaic stadium in Athens. This marble stadium was built for the first revived Olympic Games in 1896. It is here that the Greek Olympic Committee delivers the flame to a representative of the hosting country. The Olympic flame is then carried from Athens to the city in which the Olympic Games are to be held.

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## लंदन ओलम्पिक में भारत

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- रणधीर भारत चौधरी

लन्दन ओलम्पिक का 2012 जुलाई 27 से अगस्त 12 तक 16 दिन चलकर समापन हो गया. इस बार अमेरिका ने चीन को पीछे कर पुनः प्रथम स्थान पर आ गया. उसने 46 स्वर्ण पदक जीते. चीन को 38 स्वर्ण पदक हासिल हुए. गत बीजिंग ओलंपिक में चीन प्रथम था. भारत 55वें स्थान पर रहा.

भारत ने 2 रजत व 4 कांस्य पदक जीतकर नई उपलब्धि की ओर कदम बढ़ाया है. कुश्ती में सुशील कुमार लगातार दो बार पदक जीतने वाले पहले भारतीय खिलाड़ी हैं. उन्होंने पहला पदक चीन के बीजिंग ओलम्पिक में जीता, जो कांस्य था और अब लन्दन ओलम्पिक में उन्होंने कीर्तिमान बनाकर उसे रजत पदक कर दिया. कुश्ती में ही योगेश्वर दत्त ने कांस्य पदक जीत लिया. दूसरा रजत पदक निशानेबाजी में विजय कुमार ने जीता. अन्य पदक कांस्य पदक विजेताओं में श्री गगन नारंग- निशानेबाजी, साइना नेहवाल- बेडमिंटन और एम.सी. मेरीकाम ने- मुक्केबाजी रहीं.

अगला ओलंपिक 2016 में ब्राजील के रियो डी जीनरियो नगर में होगा. लंदन ओलंपिक में 204 देशों के साढ़े दस हजार खिलाड़ियों ने भाग लिया और 302 खेलों में 960 पदकों को प्रदान किया गया.

देश में स्पोर्ट अथॉरिटी ऑफ इंडिया हमारे खेलों की राष्ट्रीय संस्था है. अब कई जगह स्टेडियम भी स्थाई तौर पर खेल गतिविधियों को संचालित करते हैं. सशत्रु सेनाओं व पुलिस में खेलों का संचालन सेवा का अंग ही बना हुआ है. इसमें शैक्षणिक संस्थाएं भी अब काफी सक्रिय हो गई हैं.

भारत में खिलाड़ियों को पूर्णकालिक दर्जा देकर भी भर्ती किया जाना चाहिये. तहसील, जिला, राज्य व राष्ट्र स्तर पर जो भी खिलाड़ी प्रतिभाशाली लगे उन्हें अच्छे वेतन पर स्थाई तौर पर स्टेडियम में नियमित अभ्यास के लिये रखा जाये. भारत जहां आर्थिक क्षेत्र में भारी प्रगति कर दुनिया की हस्ती बन गया है, उसी तरह हमें खेलों में 55वें स्थान ने उठकर प्रथम स्थान पर आना है.

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# गुरु महत्ता

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- दिलीप उपाध्याय

वेद, महाकाव्य ,पुराण, ग्रन्थ आदि साक्षी है , हम सदियों से सर्वप्रथम गुरु की ही वंदना करते है , जैसा की गो. तुलसीदास जी ने रामचरित मानस में गुरु की वंदना करते हुए लिखा है,

"बंदौ गुरुपद परम परागा, सुरुचि सुभास सरस अनुरागा"

इसी क्रम में ये भी वर्णित है,

"गुरु ब्रह्मा गुरुर विष्णु, गुरुदेवो महेश्वरः,

गुरु साक्षात् परब्रह्म तस्मै श्री गुरवे नमः"

इसलिये, मैं, गुरु महत्ता को अपनी पंक्तियों मे यथार्थ करता हू-

गुरु ही ज्ञान, ज्ञान ही गुरु है

जीवन यात्रा यही से शुरू है ।

जीवन को एक इन्सान बनाना, है सबके बस की बात नहीं रत्नाकर (डाकू) को वाल्मीकि बनाना, था इतना आसान नहीं पथिक को पथ की पहचान न होगी, यदि गुरु सत्ता दूर है ।

गुरु ही ज्ञान, ज्ञान ही गुरु है

जीवन यात्रा यही से शुरू है ।

भौतिक जीवन की आँखों में , ज्ञान की चमक कौन भर सकता

अंगुलिमाल को एक भिछु में, क्या था कोई बदल सकता ?

बल के बैल को ज्ञान से कसकर, स्वर्गारोहण हुआ शुरू है ।

गुरु ही ज्ञान, ज्ञान ही गुरु है

जीवन यात्रा यही से शुरू है ।

तुलसी ने इस सत्ता को समझा, और स्वयं महान बने

स्वयं विवेकानंद हो प्रकाशित, एक नए कीर्तिमान बने

(आइये) हम सब मिलकर चरणों में गिरकर, हुए आत्म विभोर है ।

गुरु ही ज्ञान , ज्ञान ही गुरु है

जीवन यात्रा यही से शुरू है ॥

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# The Flying Kite

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- Koushik Pandit

Viren and Mini got married 2 years back. They were in love since their college days. Viren's father was an ex-army man and martyr in some militant attack in Kashmir when little Viren was only 12 years old. Since then, his mother had brought him up, and didn't make him feel the absence of his father. From childhood, Viren used to be a very ambitious boy. He liked to fly kites in the open blue sky and dreamt of being a civilian pilot. But it was his father, who always encouraged him to be a war-craft pilot. After his father's death, that wish of his father didn't allow him to sleep at nights. May be that's why he did not listen to the pleadings of his mother and girlfriend when he got a call letter from IAF and joined training at Pune straight away.

During his stay at Pune, he was surprised to see how the disciplined life in an army institution can change a flamboyant college lad into a tough army man. The young chap of limitless dreams is slowly turned into a man, full of love and emotions for his Motherland, and his countrymen. Viren successfully completed his training and was placed as a flying officer in *Sky-5 squadron* and got his first posting at Gwalior. In the meantime, Mini was in a job at Hyderabad. Soon they tied knots and started living in Delhi along with Viren's mother.

To lead an army life after being married has always been a *catch 22* situation. Viren used to visit Mini and his mother at almost regular intervals. Life was going good. But soon this peaceful living was thrown into danger of uncertainties and enormous mental stress as war was announced against neighbouring country. Viren's squadron was also recruited for the war front. Viren's voice, over the phone, sounded to be pumped up with excitement and joy. He always wanted to be a real hero, who will have a real war experience to narrate in front of his children and grandchildren. "Please take care of yourself and I'll pray for your victory and safety", Mini's throat was almost choked. "Don't worry. You're still a baby, Mini. Just remember I love you till my last breath." Viren put down the call.

Days after the commencement of war, it became a regular practice for Mini and her mother-in-law to keep their eyes on news channels. This all-time anxiety took its revenge on Mini. Her health condition started to deteriorate. Also she was having a baby in her womb since last 3 months. Viren's mother could hardly manage this stress for his son and daughter-in-law.



After a few days, intensity of war had reached to its peak. Viren's call to his home has almost ceased. He sounded like a 10 year old boy when he was describing his family members about how he dropped bombs and shot missiles and devastated so many enemy bunkers and tanks. Mini used to tremble in some unknown fear listening to this dreadful description of war.

But finally that dark foggy fear of Mini started to haunt her. Media reported casualties of *Sky-5 squadron* when three of their fighter planes were crash-landed by enemy missiles. Hearing the news, Mini collapsed into tears. Viren's mother fainted immediately. Mini couldn't feel whether her heart had ceased beating or not. Suddenly some old rusted memories started to seep into her memories. Her first date with Viren at the Nehru Park, her first nervous kiss, little fights with him over silly topics... all started to sail around her mind in those timeless moments.

Suddenly the vase dropped from the cupboard due to the mischievous cat and that brought Mini back to present. Soon she found herself so much helpless with her mother-in-law lying over the floor in senseless state and her 3 months' child in her womb, who is yet to come. What could be worse than this for their first child, who is yet to see the first light of the earth? What will she say to her child when it will ask, "Momma, I want to see my father! Why don't I have my father when my all other friends have?" Life is so merciless. God is so dumb to hear the cry of a widow mother and that of a pregnant wife. *What sin has she committed to face this misfortune?* Suddenly the phone bell rang. Mini's leg started shaking. It must be from Viren's camp. They will officially announce his death. With a broken and wet voice Mini uttered, "Yes!" "Hey Mini, I just wanted to tell you that my flight was cancelled due to some technical snag. I'm pretty safe now and alive, talking to you!". Viren shouted on the other end. Taking a deep breath, Mini could only reply, "I love you till my last breath, Viren". Viren was trying to say something but his voice was suppressed by noises and the call got disconnected.

Beep... beep... beep.....



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# *A trek to Incredible Himalayas – Holiday in Heaven*

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- *Subham Dastidar & Debdutta Ghosh*

*“The world is a book and those who do not travel read only one page.”*

*- st. Augustine*

In the leisure of our hectic schedule, we energize our mind with fresh dreams. That is why we crave for a place surrounded with absolute serenity, miles away from any interference. The mountain ranges of Himalaya are one of such places, where the pristine beauty talks about its elegance. Since the ancient times, the Himalayas are considered to be inhabited by immortal gods and sorcerers. Its beauty and deadliness have attracted countless nature lovers for centuries after centuries.

We had such an opportunity to taste the nectar of Himalayan beauty. We decided to visit Chopta, a land of vast open thick grasslands (known as Bugiyal). It is a destination nestled in the rhododendron and oak forests of the lower Garhwal Himalayas at a height of 2,900 m. It is the gateway to the world's highest shrine of Lord Shiva, Tunganath, situated at around 3680 meter altitude and sits at a moderate 3.5 kms trek. Tunganath is the third kedar among the famous Panchakedars (Kedarnath, Madmaheshwar, Tunganath, Rudranath and Kalpeshwar) and Chandrashilla is the highest point of this summit.

We started our journey from CBRI colony on 5<sup>th</sup> June, 2012 in the morning. Rishikesh, Devprayag, Srinagar, Rudraprayag were some of the places in our itinerary. Throughout the journey we relished the vastness of the mountains and the lethal beauty which sometimes brought forth enjoyment and sometimes an anxiety. A hotel was booked for the night stay. Though, the high altitude and a fresh precipitation brought down the temperature significantly, we roamed about nearby in the entire evening. We planned to start early morning for the trekking. But our fortune was not with us. From midnight it was raining heavily and it continued till the morning. Near around 8 am, the rainfall slowed down. Without wasting any more time we put on the raincoat and took the rucksacks and thereafter the trekking started. The road was completely dark due to fog and raindrops, but we were enjoying the hostile weather. After climbing up a kilometer or so, the climate started to improve and thus we were able to see the green bugiyals and some mystic foggy peaks. The path was quite steep, so intermittent rest became essential. But whenever we stopped, we were

speechless with majestic splendor of the nature. At last we reached Tunganath after three hours of trekking. Though there was a scarcity of shelter, somehow we managed to get one. We roamed around here and there on the bugiyals. In the evening, the sun suddenly appeared from nowhere and the clouds also moved away and gave us a splendid chance to visualize a range of snowy peaks like, Choukhamba, Nilkantha, Sumeru, Kedar dome and many more. We quickly took some snaps. In the mean time we offered puja to lord Shiva and also assembled during the evening Aarti. The night was amazing as the sky was filled with innumerable stars and countless illuminations were enlightening the towns at far while we were standing at height within absolute obscurity.

The next day we planned to watch the sunrise from Chandrashilla. The rocky pathway to the summit starts just behind the temple. We started roughly 3.45 am in the morning. After trekking for 1.5 km, we reached the summit, which stands alone at an altitude of 4090 m, at around 4.30 am. We were eagerly waiting for the marvelous sunrise. The weather was windy and chilled, and we were shivering like anything. The sky was quite gloomy and thus the much awaited 'first light' of the baby sun did not meet to our expectation. But we could see the massive peaks like, Nanda Devi, Trishul. Our feeling was beyond imagination, as if we achieved our ultimate motto. After staying there for 1.5 hours on the summit, we returned. After taking breakfast we started to descend till Chopta. From Chopta we rented a cab and moved towards Sari village, in the way to Ukhimath, 23 kms away from Chopta.

After reaching Sari, we decided to spend the night in a tent near Deoria tal, a lake lying lazily some distance away from Chopta. Following the settlement for the tent, we started our trek to the hill top. After strenuous walking for 3 kms, we reached our destination. The scene was really delightful. At an altitude of about 2387 meters, Deoria Tal, the lake, is surrounded by a meadow and a dense forest with snow covered mountains in the backdrop. The local inhabitants told us that the nearby forest is full of wild animals and they used to come to the lake for drinking water at night. That sounded really adventurous.

Next day we woke up early and thought of watching the sunrise and the golden peaks with their mesmerizing reflected image in the lake. But it was our bad luck, that the sky was so cloudy that we could not see any of the snow peaks. So with a somber mood, we returned. As soon as we reach the valley, there we started for our return journey. The altitude, the serenity, the greenery, the holiness was so pure that all of us were watching the Chandrashilla peak till it disappeared. Our job remained unfinished to a little extent. But that gave birth to a new pledge to re-conquer the destination once again.

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## भूस्खलित प्रसंग

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- रणधीर भारत चौधरी

मैं देख रहा था, अपने मित्र का एम. टेक. थिसिस  
वो कोशिश कर रहा है, अनुकृत करने की  
भूस्खलन सम्बन्धित प्रक्रियाओं को  
ताकी हम बचा पायें, पहाड़ों की प्राकृतिक ढाल  
जिसे हमने कर दिया है अस्थिर,  
कई मानवीय स्वर्थों को पूर्ण करने हेतु  
उसने बाँट रखा था, पहाड़ों को  
उसके चट्टानों में आये दरारों के, मात्र के हिसाब से  
और कर रहा था प्रयोग, फिल्ड से लाये नमूनों पर  
ताकि वो बना पाए उसके गुणों का एक बड़ा संग्रह  
और जोड़ पाए बिखरे पड़े अनजान तारों को,  
और समझ पाए  
उसके अक्षुण्ण (intact) शरीर (चट्टानों) से मृदा परिवर्तन की कहानी को  
उसने मुझे दिखाया, की कैसे आते हैं  
इन नव युवक पहाड़ों के अक्षुण्ण चट्टानों में पहली दरार,  
और कैसे बढ़ती है, दरारें...  
हम इंसानों की तरह ही... नमी, कर देती हैं इन्हें कमजोर  
अगर वक्रत रहते इसे न सम्भला जाए  
तो थोड़ी-सी भी स्पंदन... ढाह देती है, इसे शीर्ष से तल तक  
मुझे कुछ-कुछ अपनी सी लगी, इन पहाड़ों की कहानी...  
.....और आपको...?

## संकलन: हरिवंश राय बच्चन

साहित्य में ही यह संभव है कि लोगों के लड़खड़ाते कदमों के लिए जिसे कोसा जाता हो, उसमें भी एकता व धार्मिक सौहार्द की भावना ढूँढ ली जाए। कलम का ऐसा जादू हरिवंश राय बच्चन के अलावा और कहाँ देखने को मिलता है। जिन्होंने सरलता और सहजता के साथ जीवन दर्शन को प्रस्तुत किया, गद्य और पद्य दोनों विधाओं पर समान अधिकार के साथ लेखनी चलाई। प्रस्तुत है उनकी बहुप्रषिद्ध कविता “कोशिश करने वालों की कभी हार नहीं होती”...

तेरा हार (1932)	बंगाल का काव्य (1946)	चार खेमे चौंसठ खूँटे (1962)
मधुशाला (1935)	खादी के फूल (1948)	दो चट्टानें (1965)
मधुबाला (1936)	सूत की माला (1948)	बहुत दिन बीते (1967)
मधुकलश (1937)	मिलन यामिनी (1950)	कटती प्रतिमाओं की आवाज़ (1968)
निशा निमंत्रण (1938)	प्रणय पत्रिका (1955)	उभरते प्रतिमानों के रूप (1969)
एकांत संगीत (1939)	धार के इधर उधर (1957)	जाल समेटा (1973)
आकुल अंतर (1943)	आरती और अंगारे (1958)	
सतरंगिनी (1945)	बुद्ध और नाचघर (1958)	
हलाहल (1946)	त्रिभंगिमा (1961)	

लहरों से डर कर नौका पार नहीं होती,  
कोशिश करने वालों की कभी हार नहीं होती।  
नन्हीं चींटी जब दाना लेकर चलती है,  
चढ़ती दीवारों पर, सौ बार फिसलती है ।  
मन का विश्वास रगों में साहस भरता है,  
चढ़कर गिरना, गिरकर चढ़ना न अखरता है ।  
आखिर उसकी मेहनत बेकार नहीं होती,  
कोशिश करने वालों की कभी हार नहीं होती ।  
डुबकियां सिंधु में गोताखोर लगाता है,  
जा जा कर खाली हाथ लौटकर आता है ।  
मिलते नहीं सहज ही मोती गहरे पानी में,

बढ़ता दुगना उत्साह इसी हैरानी में ।  
मुट्टी उसकी खाली हर बार नहीं होती,  
कोशिश करने वालों की कभी हार नहीं होती ।

असफलता एक चुनौती है, इसे स्वीकार करो,  
क्या कमी रह गई, देखो और सुधार करो ।  
जब तक न सफल हो, नींद चैन को त्यागो  
तुम,  
संघर्ष का मैदान छोड़ कर मत भागो तुम ।  
कुछ किये बिना ही जय जय कार नहीं होती,  
कोशिश करने वालों की कभी हार नहीं होती ।

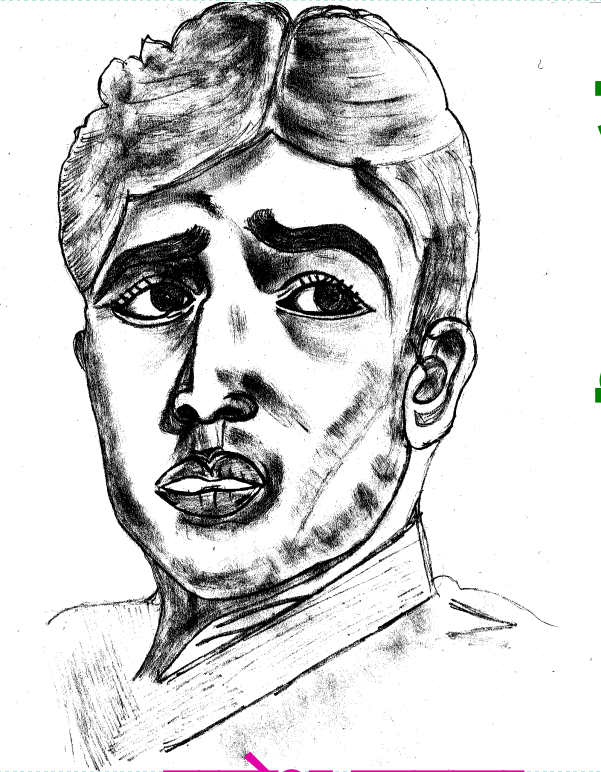


दारा सिंह

श्र  
द्धां

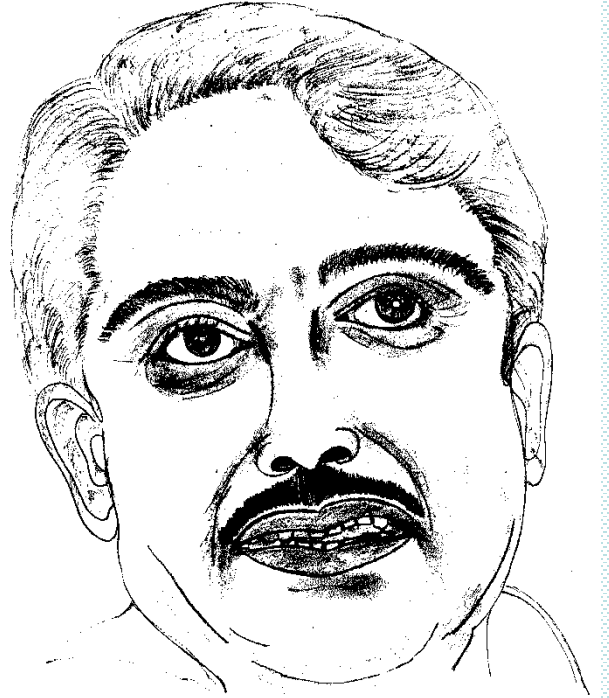


मेंहदी हसन



राजेश खन्ना

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लि



विलास राव देशमुख

रेखा - चित्र : मोनालिसा





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