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2017



**MAHATMA GANDHI AYURVED COLLEGE, HOSPITAL &  
RESEARCH CENTRE SALOD (HIRAPUR), WARDHA.**



Datta Meghe Institute of Medical Sciences [Deemed University]  
**Mahatma Gandhi Ayurved College,**  
**Hospital & Research Centre**  
Salod (Hirapur), Wardha (MS)



# Kastu ri

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2017

***“Consider, your Success in  
Ayurveda, when your  
Signature will change to  
Autograph”.***





## **Hon'ble Chancellor Shri Dattaji Meghe's Blessings**

*It gives me immense pleasure to learn that the Students' Magazine "**Kasturi**" 2016 is being brought out.*

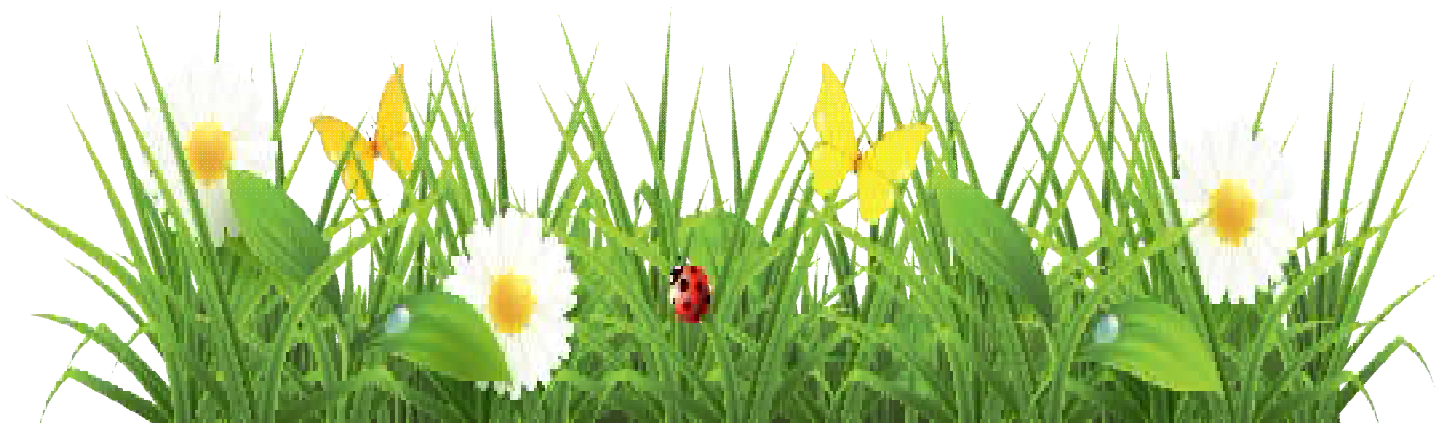
*The Students' magazine is the perfect avenue to surface the concealed literary talents and creativity of the students. It is a document of collective wisdom of the students.*

*I am sure that "**Kasturi**" would be an apt milestone on the path towards our mission of knowledge, service and health from Ayurveda.*

*I extend my words of appreciation to the editorial board and the students who have worked hard for this creative venture.*

*This is the time when we have to stretch our abilities and step out of the rut. If we go through the same motions, we will end up with the same results. We have to put more time, energy thought and creativity into our efforts and Resolve to reach higher.*

*My best wishes are with each one of you to keep learning, keep growing and keep venturing beyond what you already know and make a difference to this world as staff and students of Mahatma Gandhi Ayurved College.*



**Hon'ble Sagarji Meghe**  
**Treasurer DMIMS**



**MESSAGE**

*I am truly pleased to learn that the inaugural issue of “Kasturi” – the Student’s Magazine of the Mahatma Gandhi Ayurved College, Hospital and Research Centre is being brought out. It is the result of the dedication, hardwork and diligent efforts of the team which is being manifested in the form of the same.*

*I would like to congratulate the Dean and all those who have been directly or indirectly been involved in bringing out this publication and would like to see such issues coming out with regularity in the years to come. I am sure that this would benefit the readers by enriching them with updated knowledge. It is really heartening to note that the students have contributed whole-heartedly to the same with meaningful inputs and this would also serve as a wherein they can give vent to their literary pursuits.*

*I wish all success to the Editor-in-Chief, members of the Editorial Board and her dedicated team in all their future endeavours which would uphold the name and tradition of the institution as well as that of the University.*

*With best wishes,*  
**(Sagar Meghe)**  
**Treasurer, DMIMS**

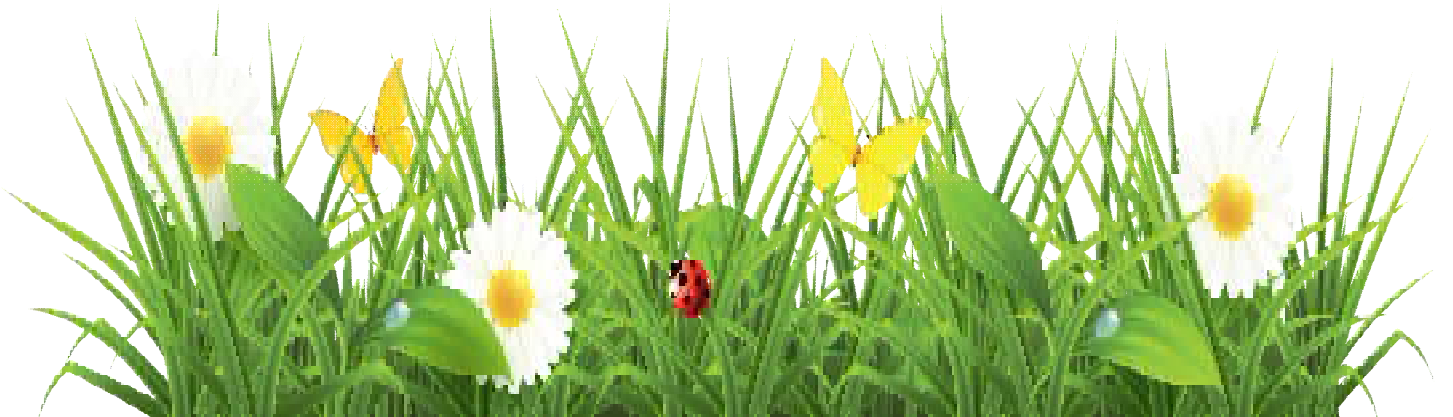




**Hon. Sameerji Meghe**  
**Secretary, DMIMS**

*I am very happy to know that the students  
of Mahatma Gandhi Ayurved College are  
bringing out their magazine KASTURI  
2015.*

*All the Best!*



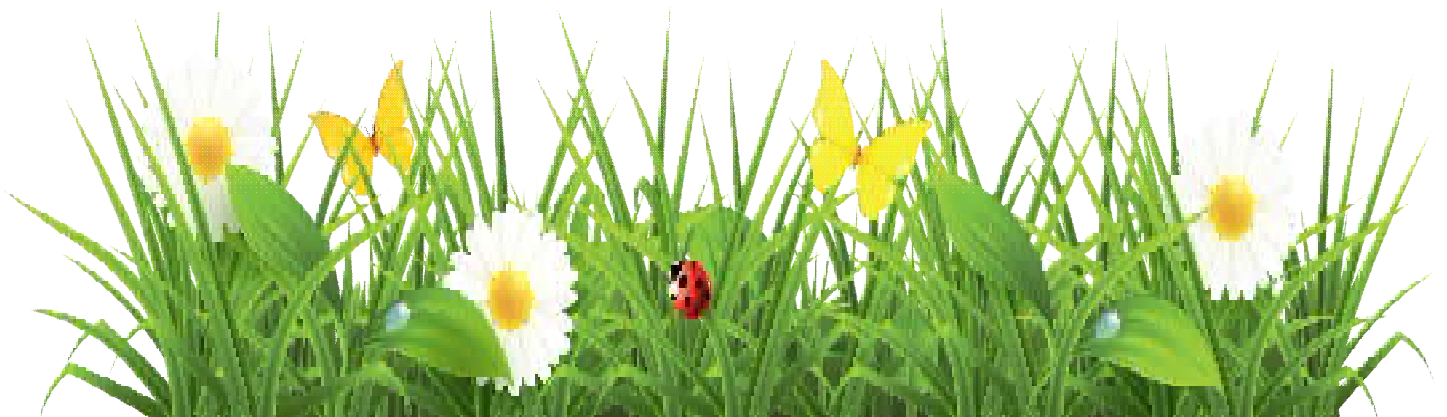


**Hon'ble Dr. R M Borle**  
**VICE CHANCELLOR**  
**DMIMS**

*I am immensely pleased to give this message to KASTURI 2016 MGAC student's reflection. College Magazine is a true reflection of the creative minds of the student.*

*It is also an avenue for the expression of their feelings thinking and creativity which is also equally vital as these are the thoughts based on high literary value acting as an oasis in an otherwise day to day routine It is also a reflection of academics and achievements of the institution in it's totally for the preceding year.*

*All the Best!*



**Dr.A.J Anjankar**  
**Registrar**



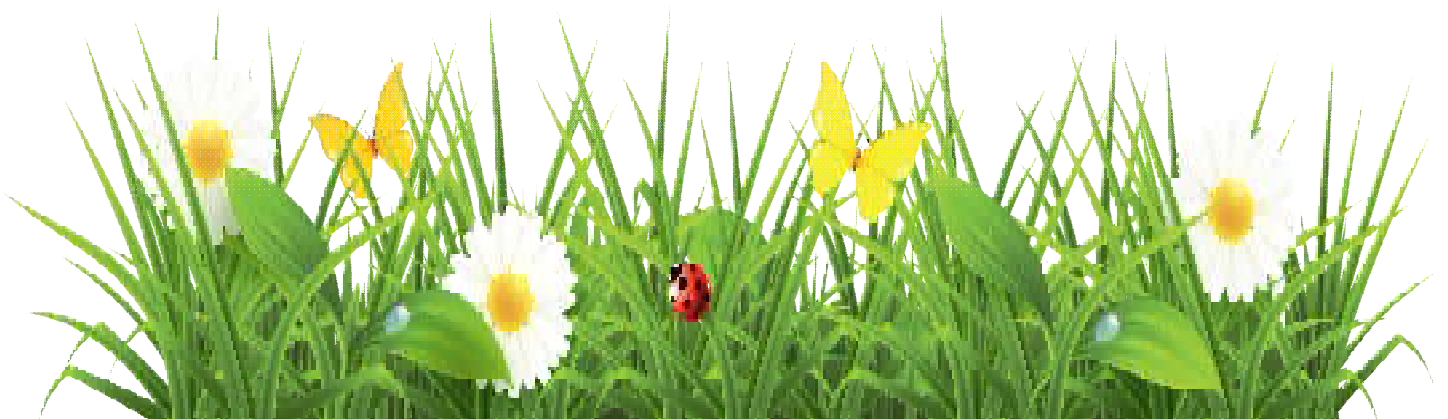
*I am immensely pleased to give this message to  
KASTURI 2016 MGACHR&C student's reflection. I  
am sure that the students' magazine will not only  
boost the individuality but also the confidence  
amongst the younger generation of students  
towards creativity  
All the Best!*



**Dean, MGACH & RC**  
**Dr. Shyam Bhutada**



*Its' a feeling of immense pleasure and joy to witness the culture and heritage of our institution unfold magazine "Kasturi 2016". In this occasion I wish the Ayurveda to touch the Global attitudes and pride. I am sure the efforts put in this by my students and colleagues will be Appreciable . All the best!*







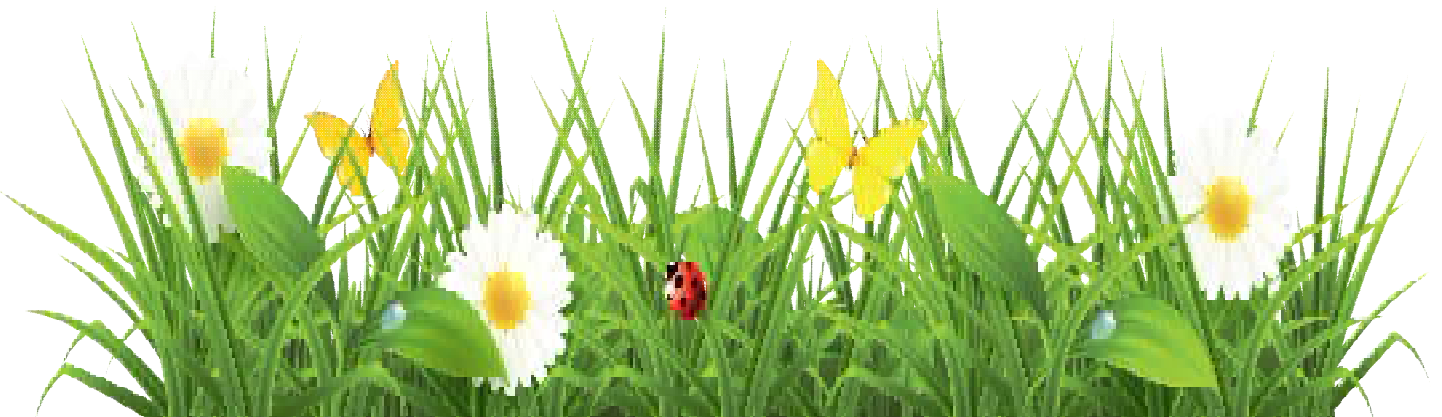
**Dean (Academics)  
MGACH & RC  
Dr. Priti Desai**

### ***M E S S A G E***

*It gives me immense pleasure and satisfaction to note that Mahatma Gandhi Ayurved College Hospital and Research Centre, Salod (Wardha), a constituent unit of Datta Meghe Institute of Medical Sciences (Deemed University), Nagpur, is bringing out the first edition of the students magazine under the caption “**Kasturi**”.*

*It is heartening to note that the magazine has received a overwhelming response from the students which goes to indicate its acceptance at the first place. A venture like this is indeed aimed at providing an appropriate platform to the young minds to show case their creative talents and positive aptitude.*

*The young generations have to bear in mind that “there cannot be a monopoly of ideas, innovations and creativity”. Each individual harbors several ideas within himself which on many occasions suffocate and die for want of an appropriate opportunity for manifestation. This not only ends up in death of a genuine idea in the mind of an individual but it also deprives the society and humanity from reaping the benefits which could have generated out of the same.*





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**2017**

**Advisory Board :-** Dr. Shyam Bhutada

Dr. Priti Desai

Dr. KSR Prasad

**Editorial Board:-** Dr. Namrata Chouragade

Dr. Saroj Tirpude

Dr. Jyoti Menon

Dr. Gaurav Sawarkar

**Magazine Secretary :-**Miss. Shraddha Mauskar

**Students Editorial :-**Miss. Sharayu Kombe

Miss. Jyoti Biyala

Miss. Manasi Chunchuwar

Mr. Anas Khan



English

Section

Katuri

# **BRAIN AGEING AND MEDHYA RASAYANA**

*In the context of ageing the brain happens to be an important consideration. Besides general features of biological aging which occurs all over the body in all organs, tissues and cells, brain seems to be the major focus of such changes. This is why the mental and neurological manifestations often form the hallmark of senility. Accordingly the care of neurodegenerative manifestations warrants the first attention in geriatric health care.*

*Ayurveda seems to have understood this fact and has categorically described the psyche-brain deficit occurring in the fourth and ninth decades of the hundred years life-span in terms of loss of Medha and Buddhi. In terms of the science of today human brain is a highly sophisticated structure, its basic functioning units - the neurons are known to be energetically most powerful units but have extremely poor repair and regeneration potential and hence are prone to rapid senescence and degenerative changes. The classics of Ayurveda and yogic texts describe a set of rejuvenative measures to impart biological sustenance of the bodily tissues, i.e. the Dhatus. These remedies are called dhatu and are claimed to act as micronutrients. Though, the Rasayana are generic rejuvenative remedies, some of them are specific to Brain and nervous system and are called Medhya Rasayana. Certain recent scientific studies have revealed that Medhya remedies of Ayurveda could prove to be a potential source for developing a new class of neuronutrients with cognition and memory enhancing, antiaging and neuro-regenerative effect. Studies on Brahmi (*B. monniera*), Mandukaparni (*C. asiatica*) and Ashwagandha (*W. somnifera*) are interesting.*

*Ayurveda considers ageing as an inbuilt natural physiological condition. Acharya Sharangadhara (1300 AD) while describing the sequence of ageing suggests that Medha, i.e. intellect stops growing by Fourth decade of life and Buddhi, i.e. thinking is lost by Ninth decade leading to senile dementia in a person of specified 100 years life span. Brahmi (*B.monniera*) is now established as a memory enhancer and has therapeutic role in the management of ageing brain and senile dementia. Mandukaparni (*C. asiatica*) is now used in the care of mental retardation and probably helps mentally retarded children as a neuronutraceutical and as a remedy presumably acting through Srotopromoting effect and enhance cerebral blood flow. Ashwagandha (*W. somnifera*) is an established antistress and adaptogen besides its efficacy in augmenting neuro-regeneration. Tomoharn Kuboyama et. al. (2005) reported neuritic regeneration and synoptic reconstruction induced by withanolide-A isolated from Ashwagandha. All these studies open newer vistas of investigation in Neuroscience of today particularly in the area of Neuronutrition.*

**By:- Ankita Landge (2K16)**

## **One More Light**

*"Life's a canvas, filled with emotion  
A box of light, with so needed devotion...  
Life's a color which is bright....  
Where darkness cannot withstand.  
'Who cares if One More Light goes out... in the skies of  
million stars..'  
'Struggle and Humanity' appraise us, and made us  
who we are..  
Tell me more about life, O' God  
About your kingdom, about my aplomb....  
Why the rich wage war and poor smell its scent...??  
Rage of killing for blood, money, is this we meant...??*

**By :- Nuzhat Rana (2K15)**

## **SWEET GENTLE MY COY MISTRESS**

*SWEET GENTLE HOLY AND COY SHE IS FULL OF HEAVENLY JOY  
MY WORLD CHANGED WITH EACH WINK OF HER EYE  
WITH HER I REALLY WISH TO FLY IN OPEN SKY.*

*SHE PUT ME ON THE PATH TOWARDS MY BEST  
AND SHOWED ME WAY UNTIL THE CREST  
THAT IS SO MAGICAL THINGS SHE HAS MADE  
AND RETRIVED MY FAITH THAT ALMOST GONE FADE*

*SHE IS REALLY AN ANGEL SENT BY GOD FROM ABOVE  
TO FILL MY LIFE WITH SMILE JOY AND LOVE  
SHE HAS ENIGMATIC CHARM IN SMILE  
THAT LURES ME FROM THOUSANDS OF MILE.*

*HER PRESENCE ENABLES EVERYTHING BLOOM LIVELY AND  
CHEER  
WHERE HEART WANTS TO GET LOST IN SUCH AN EXQUISITE  
ATMOSPHERE  
HER MELODIOUS VOICE EVICTS ALL MY MESS AND STRESS  
BECAUSE SHE IS SWEET GENTLE MY COY MISTRESS....*

**By Rabiya Rahat Ali (2K14)**

## ***Not everyone has a heart like yours***

*"Not everyone has a heart like yours. Most people will not give and give. All they know how to do is take. Not because they mean to, but because they never learned otherwise. And so, carrying a heart this big can hurt. It can leave you hollow and exhausted. And even though sharing so much of your light is a gift, it can also start to feel like a curse. But it doesn't have to be. It's okay to be selective about who gets your heart and time and energy. It's okay to step back from people who take more than they give heart, time and energy. Even if they have good intentions. Even if there are some days when the effort is there. Even if they love you and care — it's okay to be particular about the people you let into your life. That isn't selfish or unkind. It's self-care. You can't share your time and energy with everyone. You can't meet everyone's needs. And you can't take care of people every minute of the day. No one can. You're allowed to prioritize your self-care. You can't be there for the people you love if your tank is empty. And you can't be there for yourself if you've given all you have to give."*

***By Smita Kambde (2K15)***

# YOGA FOR HOLISTIC HEALTH

The word YOGA is derived from the Sanskrit word which means “to unite”.

“Yoga sastramparammatam” it means yoga is a science according to all.

Holistic health is based on the premise that the body has an innate ability to heal itself by practising proper YOGA. The body will heal, repair, recover and sustain good health. “Yoga A Boon To People On Earth”.

“YOGEYNA CHITTASYA PADEYNA VACHAM|

MALAM VAIDYASYA CA VAIDYAKENA ||

YO APAKAROTTAMAM PRAVARAM MUNINAM |

PATANJALI PRANJALIRANTOASMI ||”

To live in harmony with oneself and the environment is the wish of every human. However in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result is more and more people suffer from physical and mental tension such as stress, anxiety, insomnia and there is an imbalance in physical activity and proper exercise. This is why methods and techniques for the allotment and improvement of health as well as physical, mental and spiritual harmony are of great importance and it is exactly in this respect that “YOGA FOR HOLISTIC LIFE” comprehensively offers an aid to help one’s self by practising yoga daily.

The yoga sutras of Patanjali are 196 aphorisms. The yoga sutras were compiled prior to 400 C.E by sage Patanjali, taking materials about yoga from older traditions. It was the most translated Indian text in the medieval era having been translated into 40 languages and two non Indian languages i.e old Javanese and Arabic. The text fell into obscurity for nearly 700 years from 12<sup>th</sup> to 19<sup>th</sup> century and made a come back in late 19<sup>th</sup> century due to efforts of Swami Vivekananda, The theosophical society and others. It gained prominence again as a comeback classic in the 20<sup>th</sup> century. An International day for YOGA was declared unanimously by the UNITED NATIONS GENERAL ASSEMBLY (UNGA) on 11<sup>th</sup> December 2014 Prime Minister, Shri. Narendra Modi in his U.N address suggested the date of 21<sup>st</sup> June, as the longest day of the year in Northern hemisphere and shares special importance in many parts of the world.

Yoga is not a religion. It is a source of spirituality and wisdom. The root of all religions, Yoga transcends religious boundaries and reveals the way to unity. Yoga exercises to have holistic effect and bring body, mind, consciousness and soul into balance. In this way YOGA assists in coping with everyday demands, problems, worries and maintain a good long healthy life.

**By: Krushna Chaitanya Patnaik (2K15)**

## **Yoga in Holistic Health**

*'The sun never sets on Yoga'. An advertisement, I came across previous morning, for making awareness among the people about Yoga. It may surely motivate people from all around the world, to perform sun salutations along with the rising sun, with a spark in my mind. It has been two years since International Yoga Day was celebrated by millions around the globe. Over the past two years, this magnificent event has witnessed the world literally waking up to Yoga. But the importance of yoga is not to be remembered only for a day in a year. Rather it's a practice that should be geared up and implemented from this day in our daily life. Human beings are made up of three components—body, mind and soul. Corresponding to these there are three needs—health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need. When all the three are present then there is harmony.*

*In today's world of information and inter planetary voyages, most of the people find it difficult to devote time towards their health and fitness. This has led to drastic increase in health problems and stress- the number one killer in modern days. Yoga gives us relief from countless ailments at the level of body and mind. It helps to steady the emotions and encourages a caring for others. After all, maintaining a good health is much important than growing financially because without health you cannot work and without working you cannot earn.*

*Yoga is a skill in action. The skill is to see, how to keep your spirit uplifted, your energy high and accomplish the task in hand. This comes only by Yoga. Yoga should not be limited or misunderstood as just some exercise. It is a holistic development, expression and connection of human life. What does holism mean? You find the word creeping up more and more, into all types of industries, from medicine to marketing. Nowadays, everyone wants to be holistic and holism is frequently associated with healthy life.*

*Holistic health is a form of healing that considers the whole person-body, mind, spirit and emotions- in the quest for optimal health and wellness. According to the holistic medicine philosophy, one can achieve optimal health by gaining proper balance in life in terms of physical, social, spiritual as well as psychological health. Yoga is an art which connects our soul, mind and body together. It makes us strong, flexible, peaceful and healthy. And a healthy mind can do everything. The ultimate goal of Yoga is, however, to help the individual to transcend the self and attain enlightenment. As the Bhagavad-Gita says, "A person is said to have achieved Yoga, the union with the self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the self alone." Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body'. The longer and more often we engage in the pure self-indulgent healing art of yoga, the more it will have a healing effect on us.*



*The essence of Yoga is to make the process of life as efficient and enjoyable as possible. In the beginning, it is essential that we learn not only what the stretches are, but how to stretch, how to relax and how to breathe. Then we will be ready to work out safely. It is essential to get training from the Yoga Guru to become perfect in practicing Yoga.*

***“Abhyasat Prapyate Drishtihi Karmasiddhiprakashini |  
Ratnadi Sat Asat Gyanam Na Shastradev Jayate ||”***

*The proficiency comes by continuous practice, just like the genuineness of gems cannot be known by merely reading of books. Yoga is no less magical than the power of life itself. It unlocks life's wonder and unleashes hidden energies.*

*As said by our Hon. Prime Minister, “Yoga is an invaluable gift of India's ancient tradition”. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and wellbeing. It is not only about exercise, but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in wellbeing. Through this art everyone can experience the divine, and enjoy the ecstasy of freedom from pain and ignorance apart from other gracious rewards, like longevity and happiness. It has taken time for us to wind ourselves up in a knot. Naturally it takes time to unravel. If we are still breathing, it is never too soon or late to start Yoga.*

**SARVE SANTU NIRAMAYAH....!!**

**By :- Vaudha Umate (2K12)**

## **THE SUN OF THE FIRST DAWN**

*The sun of the first dawn Had asked the living soul On its first appearance 'Who are You?--  
There was no response. Years passed,  
On a still twilight  
In the far horizon of the western seas,  
The last sun asks, 'Who are You?  
There is no response.*

**By Sarika Biswas (2K14)**

# Music

*Sweet melody amidst the moving spheres  
Breaks forth, a solemn and entrancing sound,  
A harmony whereof the earth's green hills  
Give but the faintest echo; yet is there  
A music everywhere, and concert sweet!  
All birds which sing amidst the forest deep  
Till the flowers listen with unfolded bells;  
All winds that murmur over summer grass,  
Or curl the waves upon the pebbly shore;  
Chiefly all earnest human voices rais'd  
In charity and for the cause of truth,  
Mingle together in one sacred chord,  
And float, a grateful incense, up to God.*

***By Ankush Korde (2K12)***

## A Farewell

*Flow down, cold rivulet, to the sea,  
Thy tribute wave deliver:  
No more by thee my steps shall be,  
For ever and for ever.*

*Flow, softly flow, by lawn and lea,  
A rivulet then a river:  
Nowhere by thee my steps shall be  
For ever and for ever.*

*But here will sigh thine alder tree  
And here thine aspen shiver;  
And here by thee will hum the bee,  
For ever and for ever.*

*A thousand suns will stream on thee,  
A thousand moons will quiver;  
But not by thee my steps shall be,  
For ever and for ever.*

***By Divya Popat (2K15)***

## **The Elephant And Blind Men**

Once upon a time, in a village far away, there lived six blind men.

One day the villagers were very excited, and when they asked what was happening they told them, "Hey, there is an elephant in the village today!"

They had no idea what an elephant was, and so they decided, "Even though we will not be able to see it, we can feel it. Let's go." So, they all went to where the elephant was, and each of them touched it:

"Hey, the elephant is a pillar," said the first man, touching its leg.

"Oh, no! it is like a rope," said the second man, who was touching the tail.

"Oh, no! it is like the branch of a tree," said the third man, touching the tusk of the elephant.

"It is like a big hand fan" said the fourth man, who was touching its ear.

"It is like a huge wall," said the fifth man, touching the side of the elephant.

"It is like a pipe," said the sixth man, touching the trunk of the elephant.

They began to argue about what the elephant was like, and each of them insisted that he was right.

They were getting angry, and fists were about to fly, when a wise man, who had come to see the elephant asked what the matter was.

They replied, "We cannot agree what this elephant looks like," and each of them told the wise man what he thought the elephant was like.

You are all correct. The reason that each of you experienced it differently is because you touched a different part of the elephant. Actually the elephant has all these features: Its legs are like pillars, its tail is like a rope, its tusks are like the branches of a tree, its ears are like a fan, and it has a trunk, that is just is like a pipe.

"Oh!" the blind men said, and there was no more fighting. They felt happy that they had all been right.

The moral of this story is that even if you don't agree with someone, there may be some truth to what they say. Sometimes we can see that truth and sometimes we can't, because they have a different perspective to us, but rather than arguing like the blind men, we should realise that they have their own experiences that make them think this way. If we can accept this, we are much less likely to get into violent arguments.

**By Heenal Ramani (2K16)**

## ***Listening to Sound of Silence..!!***

*Once there was a farmer who lost his watch in barn. For farmer that lost watch had very deep sentimental value. So, he searched all over to find watch. Even after searching all, among hay and corners of barn for long he couldn't find the watch. At last he gave up and asked the help of some children playing outside barn. He promised to reward them if they would find his lost watch.*

*After knowing that they can get reward, children hurried inside the barn to start searching. They went through all around and all the stacks of hay lying there but couldn't find the watch. After trying for long children were not able to find that watch. They felt tired couldn't look for watch anymore so they left. After children left farmer was thinking to give up the thought of looking for watch. Same time a child came to him and asked farmer to give him another chance to find that lost watch.*

*Farmer looked at him and thought for while and said,  
"Why not...!! Sure you can try if you want."*

*So, farmer permitted the boy to go inside the barn. After sometime that boy came out with the watch in his hands.*

*Farmer was happy because he got his precious watch and kid was happy to get the reward. Farmer was surprised to see that when all failed how that boy succeeded in finding that watch. So he asked boy, "How were you able to find watch?"  
Boy replied, "I did nothing but just sat on the ground and listen. In the silence, i was able to hear the ticking of watch and searched in the direction of ticking sound."  
\*Moral: Always allow your Mind to have few minutes Silence because a Peaceful mind can think Better than a Worked up Mind and Our soul always knows what to do to Heal itself.*

***By:- Smita Kambde (2K15)***

## ***Yeah, we're aware of the red cross!!***

*Ganesha festival, a gala of happiness, cheer, togetherness, pleasure, myth and the time to rejoice and excel as well...!! But either knowingly or unknowingly ..something's surpassing the limits and unfortunately are creating a locale for ruination. That 'something' is our excess dedication towards the fieste but in an erroneous way. Ganesha Idol should be seen with a sense of devotion and respect. But today we see Idols of all shapes and sizes. Portraits of Ganesha as a cowboy riding on the horse are seen. These acts only add disgrace to our culture. Moreover, POP idols have a greater demand than the clay ones. But the pop idols remain intact for several months in still water, as compared to clay idols which dissolve within 45 minutes. POP contains chemicals like Sulphur, Gypsum, Phosphorous and Magnesium. After immersion, POP dissolves slowly, gradually releasing all these harmful chemicals. As a result of these chemicals, the acidity level of water rises thereby making it toxic. This water is very harmful to fish and other aqua creatures. Also it causes diseases to people when they consume it. The dyes used to color the idols contain harmful products like Mercury, Cadmium, Arsenic, Lead and Carbon. Plastic and thermocol materials, which are used to decorate the idols, are not biodegradable. So they seriously affect the environment. It has been a common observation that a large number of fish deaths occur in water-bodies after immersions. Apart from causing chemical pollution, it adds to water pollution too and it is common experience that the floating idols later get stuck in waterworks installations, intake wells and so on. The only paints that work on PoP are oil paints which are high in poisonous chemicals and heavy metals. Also, poster colours have chemical and heavy-metal content but are only fractionally less hazardous than oil paints. The impact of these colours can be heavy. Studies on before and after immersion water quality show a disturbing rise in concentration of hazardous heavy metals like lead, mercury and cadmium post immersion. A day or two after the immersion, the PoP idols are found in the most vanquished form which is just arduous and killing one. So there's a serious need to firstly acquaint yourself to the red cross and then expect the same from others. The only solution is to embrace the clay idols to show a bit of care for the place we live in.*

***By :- Gautami Bhisikar (2K16)***

# **Use Your Imagination to Find Success**

*Visualize what you want.  
See it, Feel it, Believe in it.*

*Your mind is a mental workshop.  
You can build anything in it.  
Make your mental blueprint,  
And begin to build.*

*The beginning is in your imagination;  
First think, then organize your thoughts into plans  
Then transform your thoughts into reality by taking  
some positive action.*

*Use your imagination to perceive your reality,  
Even when it is not fully materialized.*

*You must first see it clearly in your mind  
Before you can do it.*

**By :- Ankush Korde (2K12)**

## **ARE WE INDEPENDENT ?**

*We are living in 21<sup>st</sup> century and yes with immense proudness every year we celebrate 15<sup>th</sup> August our 'INDEPENDENCE DAY' and we should celebrate this day because we Indians became independent on 15<sup>th</sup> August. But are we really independent ? Is our country away from all the social barrier and discrimination ? NO ! Many people are being judged on the basis of their caste, gender , colour . The caste system affects us in many ways.. The religious leaders of hinduism has created the oppensive caste system as essential component of he religion.Discrimination of any lind affect the society by making the people more exposed to prejudice ans streotyping. There is no point in calling castism as a system, rather it is an evil which is and will destroy our country. Not only on the basis of caste, people are judged on the basis of gender as well. Today also women are not given respect in our society and many are being raped every year. "Desh Azaad Ho Rha Hai Par Desh Ki Betiya Nahi !" unless and untill Hindus, Muslims,Buddhist ,Jains, Men – Women will not become Indians. India is far away from development because "Unity Is The Best Policy."*

**By - Shruti Sadavarte (2K17)**

# **WHEN I CHOSE TO LET YOU GO.**

*When I chose to let you go, there was no great moment of triumph.*

*There wasn't an earth-shattering epiphany that changed my life, where music played and the universe conspired to bring everything together for good.*

*There was no conflict, no turmoil and no struggle. No internal argument. No weighing of pros and cons. No decision to be analyzed to death—even by me, who cannot make a decision without weeks of obsessive thought over every possible outcome.*

*There were only two words, when I chose to let you go:*

*No more.*

*No more will I measure my worth against your opinion. No more will I be pressed into the shapes you carved for me. No more will I tell my heart to quiet down, ashamed of its clatter. No more will there be blood on my feet from the eggshells I walked on as I tried not to give cause for your disapproval.*

*No more will I anguish over the ways you misunderstood me. No more will I fight to justify the intention of my heart. No more will I beg for you to see me, the real me—to know me, to love me.*

*No more will I live my life for you.*

*When I chose to let you go, there was no holy encounter. The stars did not collapse from the sky and cascade into the oceans. There was no ferocious wind that rattled the walls or blazing fire that consumed all within its destructive path.*

*There was only quiet resolution, the silent death of leaves that drift to the ground as frost begins to waste them away.*

*And there I found myself, in the barren ground where you once stood; I came to understand there must be winter.*

*Winter in all its loss, its grief, its letting go.*

*There must be a time for old things to die, that new things may be born.*

*When I chose to let you go, it was for me.*

*I learned to love myself even when you made me feel I deserved no love. To honor my own needs, my own heart and my own potential. To walk my own path, not yours. To not be pulled back into your confines while my spirit yearned to be free.*

*When I chose to let you go, I made coffee, ate toast, and folded clothes. I went to yoga and collected my mail and paid my bills. There was nothing out of place on the outside of my ordinary life—no visible change, nothing new or different.*

*There was only surrender.*

*One moment.*

*One breath.*

*I chose to let you go.*

*And in doing so, I chose me.*

**By – Smita Kambde (2K15)**

## **YOGA THE NEW AGE HEALTH SCIENCE**

*Yoga..! The meaning of this word takes us to the ancient science of India about health its simple meaning is to 'combine' means connect the soul to our Indriyas, like Gunayoga means connection with the cord. It is the science from the Rugveda and comes between the sixth and fifth centuries. The ultimate goal of yoga is the moksha & it is a group of physical, mental, spiritual practices. Holistic health is defined as the intellectual,emotional,occupational,environmental,social,financial health.*

*Their are types of yoga such as Jhana, karma, raja, bhakti yoga. In which hatha yoga is more popular. Nowadays for attending the holistic health we must try this & reason why we should do this is given in this essay. It improves your flexibility, build muscle strength, perfect your posture, prevents cartilages and joint breakdown, protects your spine, betters your bone health, increase the blood flow, drains your lymph and boots immunity, ups your heart rate, drops your blood pressure ,regulate your adrenal glands, makes you happier, founds a healthy lifestyle, lowers blood sugars, helps you focus, relaxes your stream, improves your balance, maintain your nervous system, releases*

**By :- Snehal Telang (2K16)**



## **SIT ALONE**

*I sit alone here*

*By the trail of many journeys. Them, that rowed in the skiff of songs at dawn*

*At the frenzied harbor of life Swaying with lights and shades*

*Disappear at the approach of dusk.*

*Turning slowly into shadows.*

*Eclipsing softly.*

*Today, they are crowding around*

*The threshold of my delirious dreams Nameless, songless maladies*

*Like a one-stringed lute with a lost string*

*Lost in hopeless search. I sit alone here*

*Counting the moments*

*Quietly, like counting prayer beads*

*Spread across every niche*

*Of this darkness.*

**By :- Dhanshri Surkar (2K14)**

## **LET YOURSELF FLY**

*Seriously, be strong and know when enough is enough.*

*Take your stand, speak up and refuse to let others hurt you.*

*Throughout your lifetime some people will discredit you, disrespect you and treat you poorly for no apparent reason at all .*

*Don't consume yourself with trying to change them or win their approval and don't make any space in your heart to hate them*

*You don't have to control over how you decide to internalize their opinions.*

*Leave them to their own judgements.*

*Let people love you for who you are and not for who they want you to be or let them walk away if they choose.*

*They can't harm you either way, it's their understanding that is faulty not yours.*

**By :- Shweta Dixit (2K14)**

# **THE NIGHT TRAIN**

*My spirits become the night train  
Rushing ahead--  
Sleep descends on the cars The night is very quiet.  
In endless darkness  
Inky nonexistence  
It lives beyond sleep  
In nameless terrains. In quick flashes of light  
Something darts past  
Into strange unfamiliarity  
Towards invisible addresses, fast.  
Rootless pilgrims from faraway lands  
In a speechless night  
Can this distance be covered, I wonder.  
Will the journey end all right?  
Nameless driver  
Some say, he is a machine  
That is all. A soulless blind machine Yet people sign away their lives to blindness  
Quietly setting up berths to lean.  
Uncertain this, they say, knowing fully well  
That there's sureness in this speed, this spell.  
Whistling by nameless things, people, places  
That remain soaked in oblivion Their pulses, breaths palpable.  
Trust and paranoia mingle, masked  
Trust rises, spreads Under the night sky. In dark relentlessness  
The train speeds by.  
Remaining inside the unconscious of sleep  
Dreaming of distant dawns, dauntless, deep.*

**By :- Anas Naish Khan (2K14)**

## ***The Eternal Trance***

*How long will this illusion last?*

*Nothing binds, holds back, nothing makes one stay.*

*The arms that embrace, the lovely, lustrous arms Sooner or later, must give way.*

*Inebriated eyes overflowing with love, like wine Will one day look away, and darkness  
cascade Darkness, that makes strangers of friends*

*Makes the known, unknown, and the said, unsaid*

*Birds stop singing as the blooming season ends The one last flower that remains alone*

*Wears a loneliness in its fading scarlet hue*

*Like hungry lips. Like a smile hiding a moan.*

*The body that embodied the blossoming spring*

*Trembling with a desire so fervent*

*Beset with the eternal promise of youth*

*A single minded want of fulfillment.*

*That need, that want, that helpless passion*

*Becomes a memory of timeless thirst*

*Does that living, breathing, all consuming fire*

*Bring a smile of knowing, a tear unrehearsed?*

***By :- Rohit Dhawale 2K17***

## **IN VAIN**

*In the lonely kaash woods by the creek I asked her, 'Who might you be? With your protected from the wind Under your cautious drapery? My home remains unlighted, bleak I could use your lamp if you can Leave it here for me.' With a stare She refuses, for she has a plan, To float her little lamp in the river This, I find quite pointless I notice her lamp slowly drift Away in the water in darkness. Another dusk descends. I stop her To ask, whether perhaps, tonight As her home is so brightly lit She may part with her little lamplight She is still for a moment. Dark eyes Stare at me, as she says 'But this... is for the dark skies To keep a little corner ablaze.' I stare up at space and I see How her little lamp burns, pointlessly. The night of the new moon returns I make yet another request To her, as she walks slowly by Clutching her lamp to her chest. "My home remains unlit tonight Give me your light, kind princess!" In the darkness she lifts her dark eyes 'This one is a tribute," she says. A tribute to the autumn fete of lights. Yet again, I remain a witness To her light, burning among countless others In effulgent, vain endlessness.*

**By:- Thyagraj Thakare (2K14)**

## **THE NEW MOON**

*Day, you have bruised and beaten me,  
As rain beats down the bright, proud sea,  
Beaten my body, bruised my soul,  
Left me nothing lovely or whole  
Yet I have wrested a gift from you,  
Day that dies in dusky blue:  
For suddenly over the factories  
I saw a moon in the cloudy seas  
A wisp of beauty all alone  
In a world as hard and gray as stone  
Oh who could be bitter and want to die  
When a maiden moon wakes up in the sky ?*

**By :- Rani Patil (2K14)**

## **Because I Could Not Stop For Death**

*Because I could not stop for Death,  
He kindly stopped for me;  
The carriage held but just ourselves  
And Immortality.*

*We slowly drove, he knew no haste,  
And I had put away  
My labor, and my leisure too,  
For his civility.*

*We passed the school, where children strove  
At recess, in the ring;  
We passed the fields of gazing grain,  
We passed the setting sun.*

*The cornice but a mound.  
Since then 'tis centuries, and yet each  
Feels shorter than the day  
I first surmised the horses' heads  
Were toward eternity.*

**By :- Mahajabin Shekh 2K15**

## **OUR MOMENTARY MEETING**

*He who is closer than the closest to me How much do I know him or of him?*

*One intimate moment frozen in eternity*

*Two lives meeting in time's sudden whim.*

*know him a little, and he knows me some know not his inner timeless core*

*Destined is the day when we walk away*

*That moment of schism lies quiet in time's store.*

*Our paths won't cross I know you won't return*

*I'll look for signs of you, your voice, your touch*

*In our moments of oneness, when I looked at you*

*I saw in you, my beloved, my eternal search*

*For all that is beautiful all I need to know*

*Revealed to me in a sudden, shimmering glow.*

**By : -Nasreen Khan (2K14)**

## ***But You Didn't***

*By Merrill Glass*

*Remember the time you lent me your car and I dented it?*

*I thought you'd kill me...*

*But you didn't.*

*Remember the time I forgot to tell you the dance was*

*formal, and you came in jeans?*

*I thought you'd hate me...*

*But you didn't.*

*Remember the times I'd flirt with*

*other boys just to make you jealous, and*  
*you were?*

*I thought you'd drop me...*

*But you didn't.*

*There were plenty of things you did to put up with me,*

*to keep me happy, to love me, and there are*

*so many things I wanted to tell*

*you when you returned from*

*Vietnam...*

*But you didn't.*

***By :- Shifa Shekh (2K15)***

## ***LIFE ETERNAL***

*Do not desire death on this exquisite earth In this living humanity, I want to spend my days*

*In this sunshine, this blossoming garden of mine*

*In living hearts I'll perhaps make space.*

*Life ebbs and flows forevermore*

*Ruptures and unions washed in laughter and tears*

*In grief and glee I will make eternity will make songs that time reveres. If I cannot, I still*  
*want to be*

*With all of you, as I slowly tend*

*To the garden where my songs will blossom like flowers*

*My season of blooms will never end.*

*Comer take my flowers on this radiant day*

*Savor them, touch them until time has its say.*

***By Neha Malpe (2K14)***

# **Missing You So Much**

*As I lay here on my bed listening to everybody talking  
my head is spinning with thoughts of you.  
I hear your voice throughout the day  
telling me you love me and that I'm the one for you.*

*Over and over again I hear your voice  
and feel your arms wrapped around me  
but when I look around you're not here.  
I'm wishing you will realize soon that I do care.  
Wishing and hoping that someday soon we will be together again.*

*I love you so much  
and I miss seeing you everyday  
and being next to you at night.  
You never come to see me anymore  
so I lay here in my bed crying  
because I miss you so much and I love you to.*

*I wish I could see you like I use to  
but you won't let that happen and neither will she.  
I try to talk to you but you walk away.  
Tears form in my eyes and I start to cry.  
They say to forget about you but I don't know how.*

*I miss hearing you say that you love me.  
I miss spending time with you everyday.  
I can't seem to get you out of my head.  
I love you baby and I miss you too.*

**By :- Sayali Gawande (2K12)**



# ***True Friends***

*True friends are by your side through it all.  
True friends are there to catch you when you fall.  
True friends give your life a happy lift.  
True friends are a most precious gift.*

*True friends will care about you forever.  
True friends want to be with you on every endeavor.  
True friends can make you laugh and cry.  
True friends can be girls or guys.*

*True friends can get mad at each other.  
True friends can be your sisters or brothers.  
True friends will never truly leave you.  
True friends will love you no matter what you do.*

*True friends really know you but love you anyway.  
True friends are those who are always asking you if you're okay.  
True friends know that hate is a very strong word.  
True friends don't believe every story they've heard.*

*True friends will tell you the truth, even if it's not what you want to hear.  
True friends are always there with a hug and a listening ear.  
True friends will tell you things that are true.  
True friends will do anything they can to help you.*

*True friends love to spend time with you.  
True friends love to tease you too.  
True friends tease all in good fun.  
True friends don't care if you've lost or won.*

*I will love you forever, my friend.  
I will stay by your side until the very end.  
You'll be in my heart, as I pray for you each day.  
You are my truest friend in every way.*

***By:- Divayani Khandezod (2K12)***

## ***What Ever Happened To Our Friendship?***

*We knew we would be best friends at the start,  
That first day of school,  
will always stay in my heart.  
Life without each other,  
would've never been an option.  
Graduation from elementary soon came,  
Both filled with excitement,  
what laid ahead for middle school,  
Fears and worries surprised us,  
but we new we had each other.  
We got through the first year together,  
Second year,  
What happened?  
You're not the true you,  
don't know what happened,  
All I know is,  
that I want you back.  
I remember the times we laughed and gossiped,  
But now you tell me,  
there is no time for that.  
I walked down the halls,  
no one beside me,  
But I look in front,  
and there you stood.  
I look you over,  
head to toe,  
standing there,  
in total disgust.  
Your hair all fluffed,  
face covered in paint,  
skirt pulled up high,  
surrounded by fakes.  
My eyes tear up,  
as I can see,  
my memories of you and me,  
just fading away.  
I think of what my best friend has become,  
a girl disguised as a clown,  
abandoning those who loved her most,  
but now all I see is a girl trapped in a nightmare,  
no way to get out..... .*

***By :- Vaishnavi Kadu (2K12)***

## **MEMORY'S ROLE**

*In this cloudless morning's secret, soft glow  
Of sun rays filling up unfamiliar tree branches  
Birdsong from a curious bird  
Filling my cup of delicious idleness.  
A golden butterfly moodily lands  
On my silver hair Perhaps lost. I stay still, careful To preserve her Utter lack of fear, doubts.  
belong not amidst plants cannot speak into existence Fragrant flowers and fruits.  
I look at the green waves  
Of leaves and shrubs descending into eternity  
Framed by tall mountains  
Crawling without a care amidst clouds  
Their playmates in the sky. Pl aymates make you forget  
Your immobility, your fate.  
A thin silent brook  
Seems to hint at  
Hibernating monsoons  
Pebbles pointing like  
Ghostly fingers in green shade Towards meaningless desires Rivers shading skins  
Like a restless snake. Mountains reaching out  
To the endless blue above  
As if willing me to decipher  
Text written in invisible ink. Geraniums arranged on my staircases  
Have seduced and reduced me  
To breathlessness My rhythms and movements  
Smothered in scents Today's sensuous ambience  
Pi cturesque beauty  
Will be painted with words Included in my journey  
Of words, movements, memories.  
Words traced in time  
Within my journey-however long it lasts.*

**By :- Rutuja Garghate (2K14)**

# SAVE ENVIRONMENT

*Our natural environment and surrounding provides us with everything that we ever need. We get air, water, food everything from environment so we need to take care of our environment for upcoming future.*

*Why should we save environment ?*

*Global warming is a serious environmental issue. The continuous emission of carbon dioxide by eternal power generating units is the leading cause for the surge in greenhouse gases. Natural resources are limited. If the natural resources such as oil, coal, etc are used one day the world may fall short of these resources.*

*High level of environmental pollution is detrimental for human and animal health.*

*Forest are fast depleting. It may cause soil erosion and drought situation.*

*Excessive use of pesticides and contamination of soil have negatively affected soil output. These fruits and vegetables are not very healthy for human health.*

*How to save environment ?*

*We should save drinking water. Water is precious component of our environment. It should never be wasted.*

*We should never pollute water. Efforts should be made in making significant reduction in both domestic and industrial disposal in water bodies.*

*The use of environment unfriendly materials such as plastic should be discouraged.*

*As far as practicable, the waste products should be recycled to make new items. The domestic and industrial garbage should be segregated as recyclable saving the environment by planting just one tree every month.*

*Safer environment friendly car and vehicles should be used. For short distances, people should be encouraged to use bicycle in place of motor based vehicles.*

*Instead of dumping domestic garbage in pond, lake or river, these should be use as a manure.*

*A lot of environmental problems would disappear if we stop using petroleum, coal and natural gas as raw materials for power generation. The focus should entirely shift on renewable sources of energy. The use of renewable resources of energy (ex. solar energy) would help saving the environment from global warming.*

**By :- Ankita Waghmare (2K15)**

# **THE LIFE AND TRUE LOVE**

*On her birthday, he finally came to meet his lover  
He was the soldier for the nation but a soulmate for her  
She accepted the birthday gift with a sigh  
For a dog lover , the cat named "Precious"s was a chagrin nigh  
With a heavy heart she let him go the next day for the war  
He kissed her forehead and promised to love her from a far  
Leaving her and precious behind , he never returned  
The loss became so unbearable for her that her heart burned  
She held a blade to her wrist to end it all  
The sweet fur of precious became a wake up call  
With the love and warmth the precious ,  
She could survive  
Which made her realize how "Precious" was "Life"*

**By :- Shraddha Mauskar (2K14)**

# **LIFE IS AMAZING**

*Life is a journey which have expected,  
And sometimes unexpected turns too  
But without worrying about these things  
we have to move on by having faith on god*

*Life is like a program in the computer  
which executes in an infinite loop  
in which we have to become a  
happier version of ourself each new time.*

*Life is about giving , and not getting  
It is about helping someone in need,  
Which makes someone to smile and  
We become a reason for their smile...*

*Life cannot be explained in any means  
It can only be lived with some reason  
So enjoy every moment of life because  
We never know whats the next moment ahead !!*

**By :- Shraddha Sarangpure (2K17)**

## **At Feet Of Dogs**

*At my feet the lapdogs of desire,  
I wont greet their fawning, least not yet,  
their foul breath would shrink a haemorrhoid,  
perhaps I'll feed them oats with garlic  
instead. I fed their need for family,  
I recognised each one and said  
I loved them. Unconditionally.  
Was I wrong? I cannot say they loved me back.  
If love is deference then I'm remiss,  
I've missed the true relationship;  
I am adrift amid liaisons way beyond  
my understanding. A long and tortured  
time ago I thought I knew the difference,  
that's what my conscience said, and now  
the same and chequered values lie  
just trampled in the dust at feet of dogs  
along with bleak and sad insane bequests.*

**By :- Pallavi Patle (2K14)**

# **My Friend**

*So many memories of us growing up.  
We were inseparable,  
everyone called us the Bobsy twins.  
We were so much alike  
and yet so very different  
but that's what was so special about us,  
we knew our limits with one another.  
I knew just how to make you mad  
and also knew how to make you smile when you were down.  
We weren't just cousins we were best friends.  
We couldn't take a step forward if the other one wasn't there.  
So many secrets shared  
and still today I keep them locked inside of me forever.  
No one will ever know you better than me.  
I miss you so much my friend.  
Remember how we cried when I went away for the summer?  
We slowly drifted away in high school.  
I took you for granted and I am truly sorry.  
We almost became strangers.  
We are all grown up now with husbands and kids.  
You are 12 hours away now.  
I want to scream sometimes for you to come back.  
I know it's useless and it's not a reality.  
You won't come back soon.  
You have your own life now.  
I can't just drive to your house and tell you I'm sorry.  
I'm sorry for letting our friendship go.  
Maybe god is giving us a sign,  
to make us realize that our friendship is one in a million  
and maybe we shouldn't have let it go.  
Friends have come and gone but no one can replace my best friend.  
When you come back 4 years from now  
I promise we won't be strangers.  
Maybe not as silly as before  
but best friends we will be once more.  
Until that time comes I will be here missing my best friend.  
I love you,  
take care,  
and see you when you get home.*

**By :- Ankush Korde (2K12)**

## **Success Is Counted Sweetest**

*Success is counted sweetest  
By those who ne'er succeed.  
To comprehend a nectar  
Requires sorest need.*

*Not one of all the purple Host  
Who took the Flag today  
Can tell the definition  
So clear of Victory*

*As he defeated - dying -  
On whose forbidden ear  
The distant strains of triumph  
Burst agonized and clear!*

## **Do Not Stand At My Grave And Weep**

*Do not stand at my grave and weep  
I am not there; I do not sleep.  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am the sun on ripened grain,  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry,  
I am not there; I did not die.*

**By :- Divya Popat (2K15)**



# Successful Failure

I wonder if successful men  
Are always happy?  
And do they sing with gusto when  
Springtime is sappy?  
Although I am of snow-white hair  
And nighly mortal,  
Each time I sniff the April air  
I chortle.

I wonder if a millionaire  
Jigs with enjoyment,  
Having such heaps of time to spare  
For daft employment.  
For as I dance the Highland Fling  
My glee is muckle,  
And doping out new songs to sing  
I chuckle.

I wonder why so soon forgot  
Are fame and riches;  
Let cottage comfort be my lot  
With well-worn britches.  
As in a pub a poor unknown,  
Brown ale quaffing,  
To think of all I'll never own,  
I'm laughing.

***By :- Anup Shinde (2K12)***

Photo's

Section

Kauri

*Sumit Ingole Pic's (2K12)*



*Ankush Korde Pic's (2K12)*



*Divya Popat Pic's (2K15)*



## *Vaishnavi Welankiwar Pic's (2K15)*



***Syed Furqan Ali Pic's (2K17)***



***Saurabh Pandhare Pic's (2K15)***



***Sankalp Bokey Pic's (2K17)***



***Rutuja Garghate Pic's (2K14)***





***Rabiya Ali Pic's (2K14)***



***Prachi Warkhad Pic's (2K17)***



Marathi

Section

Kasturi

# "१२ का दरारा"

आपण म्हणजे आपण  
अन् आपण म्हणजे 12 batch |  
प्रत्येकच ध्येय एकच  
पण मार्ग वेग वेगळे ।  
प्रत्येकच अस्तित्व एकच आयुर्वेदाच  
पण विचारांची धार मात्र निराळीच।  
आपण म्हणजे आपण  
अन् आपण म्हणजे 12 batch ।  
सगळे एकच गँग चे 12 गँग पण  
सगळेच इथे जसे राजा-राणी ।  
इथे सगळे आपलेच पण  
एकही एकमेकांचा नाही ।  
विद्यालयाचा विश्वास 12 नेच तोडावा  
पण विक्रमहि 12 नेच करावा।  
असा रोवला आहे Mgac मनाचा तुरा  
इथे सगळ्यांकडे आहे शब्दांच्या सुन्या ।  
इथे सगळे रहिस-बेंजो  
सगळेच इथले बाजीराव अन्  
प्रत्येकाचीच मस्तानी ।  
नेहमीच सगळीकडे 12 चा दरारा पण  
पण खूपदा 12 नेच मारा।  
आपण म्हणजे आपण अन  
आपण म्हणजे 12 batch।  
आपणच आमदार-नेते  
आपणच CR के CR  
आपणच GD अन् फकाल्या  
आपणच दोस्त अन् दुष्मन  
आपणच तीन पत्तीची दोन लहर  
सगळी कडे फक्त 12 batch चा कहर.....  
आता शेवटी उरलेलं फक्त 12 batch च नाव  
गळ्यात एक sthescoscope अन् इंटर्न म्हणून पाटीवर नाव.....!!

By :- Sumit Ingole (2K12)

## पापयाना जरा अ\_ुलागयावर"

जवनाला वळण\_ावेहटलं.  
घर\_यानांथोडंसुख\_ाव वाटलं.  
करायचंहोतंभरपुर काही.  
आता वाटतंया जगात काहीच नाही.  
मागेपाहता वाटतेफ\_मजाच केली मी आयुयभर.  
पण आता ःखाची आठवण येतेपाप याणा जरा अ\_ुलागयावर.  
लोक हणायचेआहेखुपच कठ\_ण असतात सुखा\_या वाटा.  
पण येकदा या वचारांया फडो\_यावनच गेया लाटा.  
सुखाचा शोध घेयाचा तर कधी केलाच नाही पयन.  
वाटायचं जवण मळलंजणुएक रन.  
हणुन सुखासाठ\_घेउण बसलो फ\_अंगावर कर.  
पण आता खाची आठवण येतेपाप याणा जरा अ\_ुलाग यावर.  
आता वाटते जवण संपवावे.  
पाण यागुन लयाला जावे.  
पण वचार घर\_यांचा रोखतोय मला.  
कुणी यांना सांभाळणारा मळेल का भला.  
आता वाटतेशोधायला सुखाला कशाला सोडायचेघर.  
पण खाची हळूच आठवण येतेपाप याणा चरा अ\_ुलागयावर.

By :- Damini Raut (2K16)

# नाती"

नाती दूर राहून सुद्धा जपता येत  
जिवंत राहून सुद्धा मारता येत....

दुःखी असून सुद्धा आनंदी राहता येत  
दुसऱ्यांसाठी नाही तर पोटासाठी जगता येत..

जिवनाचा हाच नियम लक्षात घ्या  
घ्या राम नाम या रहीम नाव...

जीवनांत असे क्षण यावे  
रंगमच्यावरती कीर्ती चे सुर गावे...

नकोत परीक्षा नको कुणाची भीती  
प्रत्येकानेच जपावी सहज सहज नाती...

ना कुठला रंग नको ना माती  
इथ जोडली जावी जन्मोजन्मी नाती....

चला जिव्हाळ्याने नाती जोपासू  
सुख-दुःखाचे चेहऱ्यावर हसू-आसू...?

By :- Sumit Ingole (2K12)

# जगण्याचं सूत्र चुकतंय का ?

माणूस काही अहंकार  
सोडायला तयार नाही  
जगण्याचं " सूत्र " चुकतंय  
पण खोडायला तयार नाही

भाऊ काय बहीण काय  
नुसता फापट पसारा  
कोण कोणाला विचारतय  
कुणालाही विचारा

कुणी कोणाकडे जाईना  
कुणी कुणाकडे येईना  
जगलात काय मेलात काय  
माया कुणाला येईना

संवेदनशीलता आता  
फारशी कुठं दिसत नाही  
बैठकीत किंवा ओसरीवर  
गप्पाची मैफिल बसत नाही

पॅकेज, इनक्रिमेंट, सॅलरी  
इन्व्हेस्टमेंट, विकएन्ड  
यातच हल्ली माणसाचा  
होत आहे The End

Luxury मधे लोळतांना  
फाटकं गाव नको वाटतं  
जवळचं नातं असलं तरी  
सांगायलाही नको वाटतं

उच्च शिक्षित असूनही  
माणूस आज mad वाटतं  
इंटेरियर केलेल्या घरामधे  
लुगडं, धोतर odd वाटतं

सगळेच पाहुणेसगळेच मेव्हणे  
कसे काय posh असतील  
पार्लर मधून आणल्या सारखे  
चिकणे चोपडे कसे दिसतील

उन्हा तान्हात तळणारी  
माणसं काळी पडणारच  
गरीबिनं गांजल्यावर  
चेहऱ्याचा रंग उडणारच

कुरूप ते नाहीत  
कुरूप तू झालास  
प्रेम नात्यावर करायचं सोडून  
दिसण्याला भुलून गेलास

काळी असो गोरी असो  
माय ही माय असते  
बाप स्वतःला गाडून घेतो  
म्हणून तुझी मजा असते

पात्र कितीही मोठं झालं  
तरी गंगेच मूळ विसरू नये  
सुख असो का दुःख असो  
आपल्या माणसाला विसरू नये

दिसण्यावर प्रेम करू नकोस  
आपलं समजून जवळ घे  
एरव्ही नाही आलास तरी  
दिवाळीला तरी घरी ये

कॉम्प्युटरच्या भाषा खूप शिकलास  
माणसावर प्रेम करायचं शिक  
नाहीतर मानसिक आरोग्यासाठी  
दारोदार मागत फिरशील भीक

दुसऱ्याचा छळ करून  
तुम्ही सुखी होणार नाही  
पॅकेज कितीही मोठं असू द्या  
जगण्यात मजा येणार नाही

जग जवळ करतांना  
आपली माणसं तोडू नका  
अमृताच्या घड्याला  
अविचाराने लाथाडू नका..!

\*मी का बोल्?\*

\*मी का फोन करू?\*

\*मी का कमीपणा घेऊ?\*

\*मी का नमते घेऊ?\*

\*मी का नेहमी समजून घ्यायचं?\*

\*मी काय कमी आहे का?\*

असे बरेच सारे "मी" आहेत जे आयुष्यात विष कालवतात  
म्हणून , मी पणा सोडा व नाती जोडा !!

By :- Abhijeet Kukkalwar (2K14)

## छेडु दे सूर...

छेडु दे सूर घेऊन इंद्रधनुष्याचा  
हातात हात मागतो आज तुझा साथ तू मला देशील का ?

विचारांची शिदोरी सोबत असू दे  
संस्काराची आठवण राहू दे  
असू दे जरा सुगंध या प्रितिचा...

चल दे हातात हात माझ्या हातात  
सैर करूया नव्या आयुष्याचा...

कधी होईल नाही सर दुःखाचे डोंगर  
क्षणात निघून जाईल दिवस सुखाचे भर-भर...

राणी...!!!

तू घाबरू नको

साथ मला देशील का ?

मी सोबत नसतांना स्वतःला आजच्या सारखीच जपशील का ?

तो अर्धा का असेना चंद्र आहे साक्षीला

आज हात मागतो तुझा मी..

मज देशील का साथ 'त्या'ही रात्रीला ?

By :- Sumit Ingole (2K12)

# किती पैसा कमावला म्हणजे

किती पैसा कमावला म्हणजे

माणूस श्रीमंत समजावा ?

याचे फार छान उत्तर संत तुकाराम महाराजानी दिले आहे,

नीति धर्माचे आचरण ठेवतायावे,

मुलाबाळांचे रक्षण करतायावे,

आई वडिलांची काळजी घेतायावी,

अन्न जगतायावे,

इतका पैसा जवळ असला

की तो मनुष्य श्रीमंत समजावा.

\* ग्रंथ\* समजल्या शिवाय \* "संत"\* समजणार नाही आणि \* "संत"\* समजल्या शिवाय \* "भगवंत"\*

समजणार नाही.

जिवनात फक्त समाधानी रहा बाकी सर्व आपो-आप मिळेल .

By :- Shraddha Mauskar (2K14)



# "हो मी एक डॉक्टर आहे"

भारतात डॉक्टर चा १:१६८१ पूर्णान्क आहे  
हो मी एक डॉक्टर आहे....

समाधानी अन थोडी कमावण्याची वृत्ती बाळगतो आहे  
हो मी एक डॉक्टर आहे....

दिवसाची सुरुवात अन शेवटही पेशंटनीच करतो आहे  
हो मी एक डॉक्टर आहे...

माझ्या डॉक्टर होण्याचा अभिमान जे बाळगत आहे त्यांच्यासाठी  
हो मी एक डॉक्टर आहे....

सयंम ठेऊन पाळतो शासनाचे नियम आहे  
हो मी एक डॉक्टर आहे....

पैशाच्या पेक्षा आमहाला रुग्णाचे समाधान महत्वाचे आहे  
हो मी एक डॉक्टर आहे...

चार चौघात वावरतांना 'डॉक्टर साहेब'हाक मारतात  
हो मी एक डॉक्टर आहे....

आपले-परके कोण चिकीत्सा करताना जो भेद मनात नाही  
हो मी एक डॉक्टर आहे....

समाधानी अन् धनी अशी ज्यांची संज्ञा आहे  
हो मी एक डॉक्टर आहे....

साहेबांच्यानावाखाली जे विसरणारे लोक आहे  
त्यांचा साठी आधी 'माणूस' नंतर मी एक डॉक्टर आहे...

सेवा देत-घेत ज्यांना मी विसरतो आहे  
हो माहिती असू द्या मी एक डॉक्टर आहे...

माझ्या डॉक्टर होण्याचा बाळगतात जे अभिमान आहे  
हो मी त्यांच्यासाठी एक डॉक्टर आहे....

ज्यांसाठी एक वेगळाच मान अन सन्मान आहे  
हो मी एक डॉक्टर आहे....

By :- Sumit Ingole (2K12)

# एक्सेल साईज टॉप

आवडलेल्या टॉपची  
एक्सेल साईज मागताना-  
आठवत राहतो  
कधी काळीस कवार असलेला आपलाच देह...!  
आणि,  
समोरच्या आरशात दिसणारी स्थूलता  
मनातल्या मनात रुतू लागते ..  
मग आठवणीत मी  
जुनी जुनी होत जाते  
स्वतःच स्वतःलासापडतजाते  
एलसाईज टॉप घालून बघते  
आपणच आपली खुश होत  
आरशा समोर मिरवत बसते...  
किती तरी वेळ असाच निघून जातो  
दुकानदार- "एक्सेल साईज नै है दीदी..."  
असं म्हणून हात झटकतो  
त्याच आवडलेल्या टॉपवर हात फिरवत  
वेडा जीव उसासतरा हतो...  
"आई..." - म्हणून एक गोड हाक कानावर येते...  
बाई पण आणि आई पण अंगात मुरल्यावर  
एक्सेल साईज लागणारच  
असं म्हणत माझी मीच  
मनातल्या मनात हसू लागते..

By :- Rani Patil (2K14)

# आमची जी फ सी येणार.."

पावसाच्या सरी सोबत पुन्हा एकदा जी फ सी येणार..  
नावाने जुनीच पण नव्या जोशाने पुन्हा आमची जी फ सी येणार..

ऑडी मध्ये पुन्हा एकदा हिरवळ उगवणार  
कोणी एकटं कुणी कोणाच्या सोबत असणार...

पुन्हा एकदा लेक्टर्स ना बंक घालणार  
उगाच कोणी मीटिंगच्या नावाखाली हॉस्टेलवरच असणार...

कोणी प्रेसिडेंट कोणी कॉमन मॅन असणार  
पण प्रत्येकाची जी फ सी जरा नेहमी पेक्षा वेगळी असणार...

मी-माझं-आमचं मनात पुन्हा मतलबी पनाचे भाव येणार  
तीच व्हेराईटी प्रत्येकची मेहनतीने रंगणार...

आम्ही पुन्हा मटकून शेलफीचा माहोल खेचनार  
शॉपिंग जुगाडवाली अशीच जी फ सी पुन्हा येणार...

पुन्हा एकदा फूड कोर्ट वे गप्पा रंगणार  
पुन्हा एकदा कोल्ड कॉफी ची संगत सजणार...

अशीच आमची जुनीच जी फ सी  
पुन्हा नव्या जोशाने येणार...

राजकारणाचे कट्टे आणि भांडणाचे वेड लागणार  
पुन्हा एकदा आमची जी फ सी येणार....

डान्स प्रॅक्टिस रात्र-दिवस चालणार  
कोणी कॉमेडी कोणी देवदास डान्स करणार  
पुन्हा एकदा आमची जी फ सी येणार...

पुन्हा तोच माहोल नव्याने उठणार  
प्रत्येकजण अपेक्षे पेक्षा जास्त मटकणार  
कॅम्पस मधल्या जुन्याच पोरी सिनेमातल्या हिरोइन दिसणार ?  
अशीच आमची जी फ सी पुन्हा येणार....

कुणाचं मन तर कुणाचा इगो हर्ट होणारं  
अशीच आमची जी फ सी पुन्हा येणार...

पुन्हा नव्या जोड्या जमणार  
कॅपल्स लोकांची मैफिल कट्टयावर सजणार  
मात्र बॅचलर नेहमी सारखे नयन सुख घेणार...!!

By :- Sumit Ingole  
(2K12)

# एक टिंब

एकदा एक टिंब  
इकडे तिकडे हिंडलं  
शब्दांच्या बागेत  
उगीचच हुंदडलं!!  
नदीचा केला नंदी  
माडी ची केली मांडी  
बाबू चा झाला बांबू  
अन्कुडी झाली कुंडी!!  
शेडी झाली शेंडी  
" अग " झाले अंग  
भाडे बनले भांडे  
अन्नगबन ला रंग !!  
हिंडून हिंडून असे  
पार दमून गेले  
वाक्याच्या शेवटी गेले  
अन्पूर्ण विराम बनले!!

**By :- Chaitanya Bhojar (2K14)**

# "प्रेम अन कविता"

मनाला मन जुळलं कि होत प्रेम  
अन शब्दाला शब्द जुळले कि होते कविता ।

व्यक्ती मनातं बसली कि प्रेम होते  
अन शब्द मनात मिळाले की कविता ।

तिची स्थूती केली तर प्रेम होत  
अन तिच्या टीपणीने कविता।

कविता कि मनाच्या गाभाऱ्यात शिरते  
अन तिच्यामुळे मी तिच्या प्रेमात ।

बोलण्याने बोलण्याने शब्द वाढतात  
अन तिला बघितलं कि माझ्या हृदयाचे ठोके।

कविता म्हणजे मनातील भाव  
अन प्रेम म्हणजे की भावनांशी केलेली हितगुज।

प्रेम म्हणजे काळजी  
अन कविता म्हणजे विश्वास।

प्रेम हे दोघात होते  
एकट्यात होते ती कविता ।

प्रेम म्हणजे तिच्या सोबत घालवलेला वेळ  
अन कविता म्हणजे तिची आठवण देणारा वेळ।

प्रेम म्हणजे तिच्या सोबत रंगवलेली स्वप्न  
अन कविता म्हणजे तिचा भास।

By :- Sumit Ingole (2K12)

## वैलिका

राक हाडे गोरिनी  
मैपिका माझी लकडी  
क्याहाले काये तिला मी  
रोकले मी राकरी  
आताडे असे मला  
- मी काळीने काहले  
- मी लदा मुळला कुते  
केले कायना कावले.  
बरे इतले पळवली  
मजला तिकडिले कावले  
काह कायना कावली  
सुख कावले मज कावले.  
राक हाका ना मी तिला  
- कायना काहें कावले  
- काह मी काहें कावली  
ह्या वैलिका मारले.

१०. जेव्हाही जेव्हाही विचार करू नये  
 करी कायलाचा काळ घ्यावा.  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा

करी कायलाचा काळ

१०. करी कायलाचा काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा  
 कायलाचाही काळ घ्यावा

By :- Dr Prajakta Wankhade

## वाल्मपणाचा मोती

आठवणीच्या शिंपल्यात पडलेला वाल्मपणाचा मोती

उमगतो तसंच कधी-कधी

कधी-कधी न रांगता पाऊस घेतो तेव्हा ,

आठवतो मला माझी ती खिची छत्री ,

आठवते मला मी केलेल्या खाऱ्या हेअरब्रेन्डची मागणी

तसा मला पाऊस खुण नाही आवडायचा.....

पण माझ्या अनुभवाची सिनी द्रायचा

म्हणूनच आठवते मला ते डबल्यात राचलेले पानी

छराबहिर पडलेल्या त्या रेगीवर आम्ही केलेले खोपे

त्या रेगीच्या खोप्यातून अलगद केलेला shake-Hand

ही मला आठवतो

कलेराच्या पाताची सळसळ आणी त्यांचा अलगद आवाज

तुराहीच्या काडीचा खराले कसलेका लो डोंगा ,

आणी आठवतो कोलगेटवर free free मिळालेला

लो आगरकर , आमच्या डोंग्यातून लो ही मोठा डौलत जायचा

आठवतो मला लो ही अनुभव ,

आवासोवत फिरणी धोकून पातंग उडवायचा ,

आता वर्षे उतरली .....

काहीसं तरुणपणाच बळण आतंय माझ्या आयुष्याला

पण वाल्मपणाच्या आठवणीची सल सतत सलत असते

माझ्या काळजाला ,

सतत सलत असते माझ्या काळजाला...

- Jyoti P. Biyala

2K14

By :- Jyoti Biyala (2K14)



कैसे आहत होना ?

बाप... शब्द छोटा पण अर्थ-कीर्ती  
मोहा. (बाबूदहन डेवह लोनात तैवह कमी परंतु  
लेखक, कवी फारस या बापाला महत्त्व देत  
नाही. 'आई' बहुल हजारे लाखो खेदकारक,  
आनंदकारक लेख व कविता सापडतील पण  
बापाला मात्र मोअक्याच लेखांत आगा मिळाली.  
आईची गोष्ट निव्याली तर आपल्याला आढवते  
ती संवेदनशीलता परंतु बाप उदेल तर जागवा-  
च्याला हवी ती सहनशीलता. परंतु तेवढी वेळ  
देती का आपला आपल्या बापाला..?

पुनगा शिकायला परदेशी आतना  
आईच्या डोव्यात लगेच पाणी येत परंतु बाप  
डोव्यातल पाणी इतक्या उदेल नाही दाखवू  
शकत. मुलाच्या अशानुन निव्याव्यापासुन  
परदेशी पोटचव्यापर्यंत च्या आवावहारिमध्ये  
स्वतःना हा बाप इतक गुंतून टाकतो की  
त्याची होवारी तगमग कुवालाच दिवत  
नाही. आईच्या डोव्यात पाणी बहगितल तर  
ते पुण्याचला लगेच हात पुढे येतात परंतु  
आपल्या डोव्यात पाणी बहगितल तर घर  
कोसळेल म्हणुन हा आपला बाप असे कित्येक  
उरगसे मुव्यानेच गिहून टाकतो अगाने उरतर  
आपल्यापैकी कुवालाच याची जागीवही होत नाही.

By :-Sharayu Kombe(2K14)

## जीवन .

कधी असही जगाव लागतं  
खोश्या हास्याच्या पडद्याआड  
खरे दुःख लपवत लागतं  
कर्तव्याच्या नावाखाली स्वतःला  
शबवार लागतं,  
इतरांना आनंदी ठेवण्यासाठी  
डोळ्यातून पाणी लपवत लागतं  
तीव्र इच्छा असून देखील  
नाही म्हणत लागतं  
शुभ प्रेम असून देखील  
नाही असे दाखवत लागतं  
अस इतरांना हसवता हसवता  
कधी शुभ रडत लागतं, खरखर....  
कधी असही जगाव लागतं!

By :- Mansi Chunchuwar (2K14)



H i n d i

S e c t i o n

K a s t u r i

## मधुर स्मृति

याद मुझे है वह दिन पहले  
जिस दिन तुझको प्यार किया,  
तेरा स्वागत करने को जब  
खोल हृदय का द्वार दिया ।  
मन मन्दिर में तुझे बिठा कर  
तेरा जब सत्कार किया,  
झुक झुक तेरे चरणों का जब  
चुम्बन बारम्बार किया ।  
स्नेहमयी वह दृष्टि प्रथम ही  
थी जिसने तुझको देखा,  
याद नहीं है मुझे, तुझे  
देखा पहले या प्यार किया !  
हर्षित हो कर क्यों न सराहूं  
बार बार उस दिन के भाग,  
जिस दिन तूने प्रेम हमारा  
खुले हृदय स्वीकार किया !

**By :- Divya Popat (2K15)**

## शायरी

१) कभी गम मैं जितें है  
कभी आसूओ मी जलते है  
ये दुआ है उनकी  
हम उनके प्यार मे मरते है...!

२)जब आपकी कमी सी लगती है  
जिंदगी बेवाफसी लगती है  
युही नहीं करते याद हम आपको  
आपके आने कि आहट मेहसूस होती है ।

३)हम दुसरो का गम मेहसूस करके जितें है  
यू निकल आते है लब्ज जिंदगी कि शिकायत मैं  
लोग हमे 'शायर' क्या कहते है ।

४)किसी ने देवदास आवारा दिवाना कहा  
आपसे कुछ ज्यादा उम्मीद ना थी हमे  
मुझे 'शायर' हि कह दिया होता ...?

५)अब निगाहे उसी पे टिकी रहती है  
हर वक्त उसका इंतेजार रहता है  
जब भी करता हु ईबादात खुदा-ए-मोहब्बत कि  
उसका नाम लब्ज पर आ जाता है ।

६)पहले...

पुछते थे लोगो को  
ये प्यार क्या होता है ?

अब..

एत्तेफाक से किसी से प्यार कर बैठे है  
अब समजा प्यार तो खुदा होता है..।

## कोई क्या करे...?

दिल मे नही जगह किसी और के लिए  
कोई क्या करे...?

हमको पसंद है उनकी बेजूंबा आँखे  
खवायीश नही मिलने कि उन्हे  
कोई क्या करे...?

हर जन्हा जुड गया है उने पाने मे  
पर उन्हे ईनायतपे भरोसा नही  
कोई क्या करे...?

उनके प्यार मैं आसू बन रहे है मोती  
उन्हे श्रींगार करने कि आदत नही  
कोई क्या करे...?

उनको पाने के लिए क्या नही किया हमने  
इश्क कि आदत नही  
कोई क्या करे...?

**By :- Sumit Ingole (2K12)**

## ***Aaj Dil Shayarana....***

1. *Waqt-be-waqt yaad aate ho...*

*Khwabo me aake neende chura jate ho...*

*Par har aisi hi mulakat me tum...*

*In aakho me moti aur labo par hasi chod jate ho...*

2. *Lafzo ka nasha jo ab paiman chada hai ...*

*Ise aur aage badne do...*

*Ise rokne ki gustakhi naa karo...*

*Bashal-e-dil bayan ho jane do...*

3. *Har baar sawarte hai khud ko...*

*Aur fir waise hi bikhar jate hai...*

*Ab to ye mitti bhi hairan hai hum pe...*

*K Kaise hum usse uth kar fir usi me mil jate hai...*

4. *Naa jane fir kab ye mehfil jamegi...*

*Fir kab ye sama bandhega...*

*Kab sath baithege fir sab yuhi...*

*Fir kab ye kissa-goyi ka alam hoga...*

5. *Beet gaya ye lamha...*

*Khatm hua ek aur kissa...*

*Ab chalegi fir wahi hawa...*

*Jb palat degi zindagi ka ek aur panna...*

**By :- Rozina Sheikh (2K13)**

# जो बीत गई सो बात गई

जीवन में एक सितारा था  
माना वह बेहद प्यारा था  
वह डूब गया तो डूब गया  
अंबर के आंगन को देखो  
कितने इसके तारे टूटे  
कितने इसके प्यारे छूटे  
जो छूट गए फिर कहाँ मिले  
पर बोलो टूटे तारों पर  
कब अंबर शोक मनाता है  
जो बीत गई सो बात गई

जीवन में वह था एक कुसुम  
थे उस पर नित्य निछावर तुम  
वह सूख गया तो सूख गया  
मधुबन की छाती को देखो  
सूखी कितनी इसकी कलियाँ  
मुरझाईं कितनी वल्लरियाँ  
जो मुरझाईं फिर कहाँ खिलीं  
पर बोलो सूखे फूलों पर  
कब मधुबन शोर मचाता है  
जो बीत गई सो बात गई

*By :- Ankush Korde (2K12)*



## "अपनापन" पिता" बेटी"

पापा मैंने आपके लिए हलवा बनाया है 11 साल की बेटी अपने पिता से बोली जो कि अभी office से घर मे घुसा हीथा ,

पिता वाहक्या बात है ,

लाकर खिला ओ फिर पापाको,

बेटी दौड़ती रसोई मे गई और बडा कटोरा भरकर हलवा लेकर आई ..

पिता ने खाना शुरू किया और बेटी को देखा ..

पिता की आँखों मे आँसू थे...

-क्या हु आपापा हलवा अच्छा नही लगा

पिता- नही मेरी बेटी बहु तअच्छा बना है ,

और देखते देखते पूरा कटोरा खालीकर दिया इतने मे मा बाथरूम से नहाकर बाहर आई ,

और बोली- ला मुझे भी खिला तेरा हलवा ,

पिता ने बेटीको 50 रु इनाम मे दिए ,

बेटी खुशी से मम्मी के लिए रसोई से हलवा लेकर आई मगर ये क्या जैसे ही उसने हलवा की पहली चम्मच मुंह मे डाली तो तुरंत थूक दिया

और बोली-ये क्या बनाया है ये कोई हलवा है इसमें तो चीनी नही नमक भरा है ,

और आप इसे कैसे खा गये येतो जहर ,

मेरे बनाये खाने मे तो कभी नमक मिर्च कम है तेज है कह तेरह तेहो ओर बेटी को बजाय कुछ कहने के इनाम देते हो....

पिता- हंसते हु एपगली तेरा मेरा तो जीवन भरका साथ है रिश्ता है पति पत्नी का जिसमें नौक झाँक रूठ नाम नाना सब चलता है मगर ये

तो बेटी है कल चली जाएगी मगर आज इसे वो एहसास वो अपनापन महसूस हु आजो मुझे इस के जन्म के समय हु आथा आज इसने बडे

प्यार से पहली बार मेरे लिए कुछ बनाया है फिर वो जैसा भी हो मेरे लिए सबसे बेहतर और सबसे स्वादिष्ट है ये बेटियां अपने पापा की

परियां , और राजकुमारी होती है जैसे तुम अपने पापा की हो ...

वो रोते हु एपति के सीने से लग गई और सोच रही थी

इसीलिए हर लडकी अपने पति मे अपने पापाकी छवि दूढती है..

दोस्तों यही सच है हर बेटी अपने पिता के बडे करीब होती है या यूँक हे कलेजेका टुकड़ा इसीलिए शादी मे विदाई के समय सबसे ज्यादा

पिता ही रोता है ....

इसीलिए हर पिता हर समय अपनी बेटी की फिक्र करता रहता है।

# माँ

आकाश सा व्याप्त  
पकड़ने चली हूँ माँ के आँचल का छोर ...  
सोचा है बहोर कर ममत्व के सब लाने बाने ,  
बाँधूंगी एक कविता ,  
माँ को उपहार देने ।

खीचूँ पल्लू का वह कोना  
जिसे पकड़ में खड़ी हुई,  
वह धुँधला सा बचपन ,  
जब माँ ही सच थी ...  
और सीख हर उनकी  
लकीर पत्थर की ।

या उनकी उस साड़ी से आखर जोड़  
जिसे पहन में इठलाती थी ,  
और, इतराती मुझ पर माँ भी ।  
बाते , सीखे जो झूल गयी वो ,  
पर झूल सकती नहीं  
में कभी भी ।

इन अनागिन बातों का  
कैसे पाऊँ कोई कोना ,  
मुश्किल नहीं ... असंभव  
अपार प्यार का  
व्यक्त शब्दों में होना ।

संज्ञा है।

कुछ भी है इस संज्ञा है

साइकल में कुछ संज्ञा है।

कुछ संज्ञा है सुकान यह संज्ञा

तो कभी संज्ञा है किंतु संज्ञा संज्ञा है

किंतु संज्ञा संज्ञा संज्ञा है।

साइकल में कुछ संज्ञा है।

संज्ञा को संज्ञा संज्ञा है

साइकल संज्ञा संज्ञा है

साइकल संज्ञा है

साइकल में कुछ संज्ञा है।

साइकल में साइकल संज्ञा है

साइकल में साइकल संज्ञा है

साइकल में साइकल संज्ञा है

साइकल में कुछ संज्ञा है।

साइकल में साइकल संज्ञा है

साइकल में साइकल संज्ञा है

साइकल में साइकल संज्ञा है

साइकल में कुछ संज्ञा है।

## वसंत ऋतु

~~रंग रागे जैसे पलाश~~

~~कुसुम किंशुक के सुहास~~

~~कोकनद के पास प्राण~~

~~खून की होली जो खेली ।~~

~~निकले क्या कौपल लाल~~

~~फाग की आग लगी है~~

~~फागुन की देवी लाल~~

~~खून की होली जो खेली ।~~

~~खुल गई गीतों की रात~~

~~किरन उतरी है प्रात की~~

~~हाथ कुसुम वरदान~~

~~खून की होली जो खेली ।~~

~~आई सुवेश बहार~~

~~आम लीची की मंजरी~~

~~कटहल की अरधान~~

~~खून की होली जो खेली ।~~

~~विकच हूरा कचनार~~

~~हार पडे अमलतास के~~

~~पाटल छेगे मुखकान~~

~~खून की होली जो खेली~~

## **Kash Koi Dost Aisa Bhi Hota...**

**By :- Ankita Waghmare (2K15)**

*Kash Koi Dost Aisa Bhi Hota...*

*Jb mujhe samajhta...  
Jski zindagi me meri ehmiyat hoti...  
Jb mujhe zindagi ka hissa samajhta...*

*Kash Koi Dost Aisa Bhi Hota...*

*Jb meri khushi me apni khushi dhund leta...  
Mere gum ko apna gum samajh leta...*

*Koi jo meri har muskurahat k piche ka  
dard jaan leta...  
Us bhid me chupi tanhai ko  
bhi mehsus kar leta...*

*Kash Koi Dost Aisa Bhi Hota...*

*Jb mere bin kuch kahe mera hal-e-dil jaan leta...  
Khud kuch naa keh kar bhi sab kuch keh jata...*

*Koi hota...Jb mere "it's all right" kehne par  
bhi jaan letak nothing is right...  
Aur kehta ..."  
forget past and see the future bright..."*

*Kash Koi Dost Aisa Bhi Hota...*

*Mere hatho me apna hath dekar jo kehta...  
" Mai wahi hu...jise tum aksar kehti ho...  
KASH KOI DOST AISA BHI HOTA....."*

**By :- Rozina Sheikh (2K13)**

# **ULJHAN...**

*Ab tak jis kalam ko kaid kar rakha tha ...  
Aaj hum use reha karte hai...  
Dost aur Dosti ki bich ki Uljhan ko...  
Is kagaz pe bikhri syahi se bayan karte hai...*

*Dost to bhot hai is duniya me ...  
Par Dosti se ab hum bair karte hai...  
Bich raah tak aake...  
Fir sath chut jane se darte hai...*

*Duriyo ka dar to ab is dil ko bhi hai...  
Unse bichadne se ghabrata to ab ye bhi hai...  
Haa kubool kabhi kiya nahi isne...  
Par is begani duniya me unse apnepan ki umeed to ise bhi hai...*

*Na jane kyu is Dil ne ki fir wahi Gustakhi hai...  
Unki ahat sun k kaha...  
"Zara theher...is Dost k sath jeena  
ab bhi baki hai..."*

*Par fir usi bhavar me fasne se darte hai...  
Isliye ab khud ko...*

**By :- Rozina Sheikh (2K13)**

Sanskrit

Section

Kasturi

## सत्संगतिः

सतां सज्जनानां संगतिः । सज्जनानां संगत्या हृदयं विचारं च पवित्रम् भवति । अनया जनः स्वार्थभावं परित्यज्य लोककल्याणकामः भवति । दुर्जनानां संगत्या दुर्बुद्धिः आगच्छति । दुर्बुद्धिः दुःखजननी अस्ति । सज्जनानां संगत्या दुर्जनः अपि सज्जनः भवति । दुष्टदुर्योधनसंगत्या भीष्मोऽपि गोहरणे गतः । ऋषीणाम् संगत्या व्याधः वाल्मीकिः अपि कवि वाल्मीकिः अभवत् । रावणसंगत्या समुद्रः अपि क्षुद्र नदीव बन्धनं प्राप्तः । अतः साध्विदमुच्यते- सत्संगतिः कथय किं न करोति पुंसाम् । दूरीकरोति कुमतिं विमलीकरोति चेतश्चिरंतनमधं चुलुकीकरोति । भूतेषु किं च करुणां बहु लीकरोतिसंगः सतां किमु न मंगलमातनोति ॥

### हिन्दी अनुवाद :

सज्जनों का संगति (साथ) सत्संगति कहा जाता है । सज्जनों के संगति से हृदय का विचार पवित्र होता है । इससे लोग स्वार्थ भाव त्यागकर जनकल्याणकारी कार्य करता है । दर्जनों के संगति से दुर्बुद्धि आती है । दुर्बुद्धि दुःख देनेवाली होती है । सज्जनों के संगति से दुर्जन भी सज्जन हो जाता है । दुष्टदुर्योधन के साथ रहने से भीष्म भी गाय के हरण में गए थे । ऋषियों के संगति से व्याधा वाल्मीकि भी कवि वाल्मीकि हो गए । रावण के संगति से समुद्र भी क्षुद्र नदी को बाँधने लगे । अतः साधुओं के द्वारा कहा गया है कि सत्संगति से क्या संभव नहीं है ।

कुमति को दूर करता है, चित्त को निर्मल बनाता है । लंबे समय के पाप को अंजलि में समा जाय एसा बनाता है,

करुणा का विस्तार करता है; सत्संग मानव को कौन सा मंगल नहीं देता ?



## श्रमस्य महत्त्वम्

शरीरेण मानसिकेन कृतं कर्म -श्रमं इति कथ्यते । श्रमेण विना जीवनं जीवनं नहि । श्रमेण विना न विद्या भवति न द्रव्यं, परिवारे समाजे, राष्ट्रे च श्रमस्य महत्त्वं दृश्यते । आविष्कारकः वैज्ञानिकः शारीरिक-मानसिक-श्रमेण नव-नव पदार्थान् आविष्करोति । श्रमेण विना भोजनमपि दुष्पाप्यम् भवति । अतएव आशैशवम् एव श्रमं कुर्यात् । अनेन श्रमेण राष्ट्रः समाजः परिवारश्च उन्नतिपथमारोहति ।

श्रमेण लभ्यं सकलं न श्रमेण विना क्वचित् ।  
सरलाङ्गुलि संघर्षात् न निर्याति घनं घृतम् ॥

### हिन्दी अनुवाद :-

शरीर के द्वारा मन से किया गया कार्य श्रम कहलाता है । श्रम के विना जीवन, जीवन नहीं है । श्रम के विना न विद्या होती है, न द्रव्य परिवार और समाज में श्रम का महत्व देखा जाता है । आविष्कार करने वाले वैज्ञानिक शारीरिक और मानसिक श्रम के द्वारा ही नये-नये पदार्थ का आविष्कार करते हैं । परिश्रम के विना भोजन भी दूर्लभ हो जाता है । अतः वचन से ही हमें परिश्रम करना चाहिए । श्रम के द्वारा ही राष्ट्र, समाज और परिवार उन्नति मार्ग पर चलता है ।

श्रम से सब मिलता है, श्रम बिना कुछ नहीं । सीधी उँगली से घी निकलता नहीं ।

# BHAGAVAD GITA SLOKAS

1. यो न हृष्यति न द्वेष्टि न शोचति न काङ्क्षति। शुभाशुभपरित्यागी भक्तिमान्यः स मे प्रियः ॥12.17॥

*भावार्थ* : जो न कभी हर्षित होता है, न द्वेष करता है, न शोक करता है, न कामना करता है तथा जो शुभ और अशुभ सम्पूर्ण कर्मों का त्यागी है- वह भक्तियुक्त पुरुष मुझको प्रिय है ।

2. न हि कश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत् । कार्यते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः ॥3.5॥

*भावार्थ* : निःसंदेह कोई भी मनुष्य किसी भी काल में क्षणमात्र भी बिना कर्म किए नहीं रहता क्योंकि सारा मनुष्य समुदाय प्रकृति जनित गुणों द्वारा परवश हु आकर्म करने के लिए बाध्य किया जाता है ।

3. यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः । स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥3.21॥

*भावार्थ* : श्रेष्ठ पुरुष जो-जो आचरण करता है, अन्य पुरुष भी वैसा-वैसा ही आचरण करते हैं। वह जो कुछ प्रमाण कर देता है, समस्त मनुष्य-समुदाय उसी के अनुसार बरतने लग जाता है (यहाँ क्रिया में एकवचन है, परन्तु 'लोक' शब्द समुदायवाचक होने से भाषा में बहु वचनकी क्रिया लिखी गई है।

4. कस्माच्च ते न नमेरन्महात्मन् गरीयसे ब्रह्मणोऽप्यादिकर्त्रे । अनन्त देवेश जगन्निवास त्वमक्षरं सदसत्तत्परं यत् ॥11.37॥

*भावार्थ* : हे महात्मन्! ब्रह्मा के भी आदिकर्ता और सबसे बड़े आपके लिए वे कैसे नमस्कार न करें क्योंकि हे अनन्त! हे देवेश! हे जगन्निवास! जो सत्, असत् और उनसे परे अक्षर अर्थात् सच्चिदानन्दघन ब्रह्म है, वह आप ही हैं ।

5. कर्मेन्द्रियाणि संयम्य य आस्ते मनसा स्मरन् । इन्द्रियार्थान्विमूढात्मा मिथ्याचारः स उच्यते ॥3.6॥

*भावार्थ* : जो मूढ़ बुद्धि मनुष्य समस्त इन्द्रियों को हठपूर्वक ऊपर से रोककर मन से उन इन्द्रियों के विषयों का चिन्तन करता रहता है, वह मिथ्याचारी अर्थात् दम्भी कहा जाता है ।

## CHANAKYA NITI SLOKAS

1. कश्चित् कस्यचिन्मित्रं, न कश्चित् कस्यचित् रिपुः। अर्थतस्तु निबध्यन्ते, मित्राणि रिपवस्तथा ॥

**भावार्थ :**

न कोई किसी का मित्र है और न ही शत्रु, कार्यवश ही लोग मित्र और शत्रु बनते हैं ।

2. मूर्खशिष्योपदेशेन दुष्टास्त्रीभरणेन च। दुःखितैः सम्प्रयोगेण पण्डितोऽप्यवसीदति ॥

**भावार्थ :**

मूर्ख शिष्य को पढ़ाने पर , दुष्ट स्त्री के साथ जीवन बिताने पर तथा दुःखियों- रोगियों के बीच में रहने पर विद्वान व्यक्ति भी दुःखी हो ही जाता है ।

3. दुष्टा भार्या शठं मित्रं भृत्यश्चोत्तरदायकः। ससर्पे गृहे वासो मृत्युरेव न संशयः ॥

**भावार्थ :**

दुष्ट पत्नी , शठ मित्र , उत्तर देने वाला सेवक तथा सांप वाले घर में रहना , ये मृत्यु के कारण हैं इसमें सन्देह नहीं करनी चाहिए ।

4. धनिकः श्रोत्रियो राजा नदी वैद्यस्तु पञ्चमः। पञ्च यत्र न विद्यन्ते न तत्र दिवसे वसेत् ॥

**भावार्थ :**

जहां कोई सेठ, वेदपाठी विद्वान, राजा और वैद्य न हो, जहां कोई नदी न हो, इन पांच स्थानों पर एक दिन भी नहीं रहना चाहिए ।

5. जानीयात्प्रेषणेभृत्यान् बान्धवान्व्यसनाऽऽगमे। मित्रं याऽऽपत्तिकालेषु भार्या च विभ्रवक्षये ॥

**भावार्थ :**

किसी महत्वपूर्ण कार्य पर भेजते समय सेवक की पहचान होती है । दुःख के समय में बन्धु-बान्धवों की, विपत्ति के समय मित्र की तथा धन नष्ट हो जाने पर पत्नी की परीक्षा होती है ।

## परोपकारः

परेषां उपकाराय कृतम् कर्म उपकारः कथयते । अस्मिन् जगति सर्वे जनाः स्वीयं सुखं वाञ्छन्ति । अस्मिन् एव जगति एवविधाः अपि जनाः सन्ति ये आत्मनः अकल्याणं कृत्वाऽपि परेषां कल्याणं कुर्वन्ति । ते एवम् परोपकारिणः सन्ति । परोपकारः दैव भावः अस्ति । अस्य भावस्य उदयेन एव समाजस्य देशस्य च प्रगतिः भवति । अचेतनाः परोपकर्मणि रताः दृश्यन्ते । मेघाः परोपकाराय जलं वहन्ति । नद्यः अपि स्वीयं जलं न स्वयं पिबन्ति । वृक्षाः परोपकाराय एव फलानि दधति एवं हि सज्जनाः परोपकाराय एव जीवनम् धारयन्ति । आत्मार्थं जीवलोकेऽस्मिन् को न जीवति मानवः । परं परोपकारार्थं यो जीवति स जीवति ॥

### हिन्दी अनुवाद :-

दूसरों के लिए किया गया कार्य उपकार कहा जाता है । इस जगत में सभी लोग अपना-अपना ही सुख चाहते हैं । इस जगत में ऐसा भी व्यक्ति है जो अपना हानि करके भी दूसरों का कल्याण करते हैं । यही परोपकार है । परोपकार दैवभाव है । इस भाव उदय से समाज और देश का प्रगति होता है । अचेतन भी परोपकार में लीन देखा जाता है । मेघ परोपकार के लिए ही जल ढोता है । नदी भी अपना जल स्वयं नहीं पीता है । वृक्ष भी परोपकार के लिए फल देता है और इसी तरह सज्जन लोग दूसरों के उपकार के लिए जीवन धारण करते हैं । इस जीवलोक में स्वयं के लिए कौन नहीं जीता ? परंतु, जो परोपकार के लिए जीता है, वही सच्चा जीना है ।

## वसंत ऋतु

वसन्तः रमणीयः ऋतुः अस्ति । इदानीं शीतकालस्य भीषणा शीतलता न भवति । मन्दं मन्दं वायुः चलती । विहंगाः कूजन्ति । विविधैः कुसुमैः वृक्षाः आच्छादिताः भवन्ति । कुसुमेषु भ्रमराः गुञ्जन्ति । धान्येन धरणी परिपूर्णा भवति । कृषकाः प्रसन्नाः दृश्यन्ते । कोकिलाः मधुरं गायन्ति । आम्रेषु मज्जर्यः दृश्यन्ते । मज्जरीभ्यः मधु स्रवति ।

### हिन्दी अनुवाद :-

वसन्त एक सुन्दर ऋतु है । इस समय शीत काल की तरह भीषण ठंडा नहीं रहता है । धीरे-धीरे हवा वहती है । पानी गाते है । विभिन्न प्रकार के फूलों से वृक्ष भर जाते हैं । फूलों पर भौरा गुंजते हैं । पृथ्वी धान से भर जाता है । किसान प्रशन्न रहते हैं । कोयल मधुर गाते है । आमों में मंजर देखे जाते है । मजरो से मधु तैयार होता है ।

## SANSKRIT SUBHASHITANI

1. अग्निशेषमृणशेषं शत्रुशेषं तथैव च । पुनः पुनः प्रवर्धत तस्माच्छेषं न कारयेत् ॥

**भावार्थ :**

यदि कोई आग, ऋण, या शत्रु अल्प मात्रा अथवा न्यूनतम सीमा तक भी अस्तित्व में बचा रहेगा तो बार बार बढ़ेगा ; अतः इन्हें थोड़ा सा भी बचा नहीं रहने देना चाहिए । इन तीनों को सम्पूर्ण रूप से समाप्त ही कर डालना चाहिए ।

2. नाभिषेको न संस्कारः सिंहस्य क्रियते मृगैः । विक्रमार्जितराज्यस्य स्वयमेव मृगेंद्रता ॥

**भावार्थ :**

वन्य जीव शेर का राज्याभिषेक (पवित्र जल छिड़काव) तथा कतिपय कर्मकांड के संचालन के माध्यम से ताजपोशी नहीं करते किन्तु वह अपने कौशल से ही कार्यभार और राजत्व को सहजता व सरलता से धारण कर लेता है

3. उद्यमेनैव हि सिध्यन्ति, कार्याणि न मनोरथैः । न हि सुप्तस्य सिंहस्य, प्रविशन्ति मृगाः ॥

**भावार्थ :**

प्रयत्न करने से ही कार्य पूर्ण होते हैं, केवल इच्छा करने से नहीं, सोते हुए शेर के मुख में मृग स्वयं प्रवेश नहीं करते हैं।

4. विद्वत्त्वं च नृपत्वं च न एव तुल्ये कदाचन । स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते ॥

**भावार्थ :**

विद्वता और राज्य अतुलनीय हैं, राजा को तो अपने राज्य में ही सम्मान मिलता है पर विद्वान का सर्वत्र सम्मान होता है।

5. पृथिव्यां त्रीणि रत्नानि जलमन्नं सुभाषितम् । मूढैः पाषाणखण्डेषु रत्नसंज्ञा प्रदीयते ॥

**भावार्थ :**

पृथ्वी पर तीन ही रत्न हैं जल अन्न और अच्छे वचन । फिर भी मूर्ख पत्थर के टुकड़ों को रत्न कहते हैं ।



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*“Challenges in Ayurveda are not supposed to paralyse you, they are supposed to help, discover who you are”.*



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