life begins at retirement
Photographs of Pensioners' Meet Organized by Varanasi Branch, Lucknow Circle

Photographs of Structured Meeting held on 15th October, 2016 at Hyderabad

Photograph of Silver Jubilee Celebration of SBI Pensioners' Association, Patna Circle on 21st August 2016


Seen in the Photograph retired CGM Shri. M. S. Yadav being Felicitated on completion of 75 years of age by another retired CGM Dr. H. A. Sharda SBI Pensioners' Association, Bhopal Unit
HAPPINESS AND UNHAPPINESS
(A Story From The World’s Oldest Script)

"The primary cause of unhappiness is never the situation, but your thoughts about it. Be aware of the thoughts you are thinking," Eckhart Tolle

Let me tell you a story which, I hope, you will find as interesting.

A businessman in India was very tense due to some doldrums in his business and got frustrated due to the fact that his grown up son had gone astray and not supporting him the least in his business activity.

So being very restless and unhappy, he decided to go to Himalayas to take the blessings of an enlightened sage. who meditates in the highest peak of Himalayas with the longest flowing beard with matching moustach and can endure hunger and the wrath of nature with equanimity is the most enlightened and can do miracles to allay the miseries of his devotees.

So the hapless businessman with great efforts started his arduous journey and climbed the mountain peak for the solution of his problems. Fortunately for him he could meet a truly enlightened Swami. He narrated his mental agonies and unhappiness of his mind and sought the blessings of Swami for solace to find peace of mind. Swamiji asked him how did he know he was unhappy. He said," Swamiji my mind is always restless and unhappy." Swamiji said, "beta then you are not unhappy your mind is unhappy. So go home and start meditating and constantly tell your mind to be happy." The businessman took his blessings and went home and started following the advice of Swamiji. After a period of time he began to find some improvements in his business as well as positive change in the attitude of his son. He felt relieved and thought to pay respect to Swamiji. So he again went to Himalayas and met that Swamiji. He offered his respect and told Swamiji that he was now very happy. But he was dismayed when Swamiji said, "beta you are not happy but your mind is happy. You only know the present state of your mind. Try to realize that you are the witness of both the situations when odds in your life made your mind unhappy and now favourable situation makes your mind happy." Then the Swamiji started telling him a story. The sum and substance of the story is as follows :- Once there was a farmer who had a big banana cultivation but he became very unhappy that everyday a rogue monkey used to steal a lot of bananas. So he decided to lure the monkey by keeping some plucked bananas in his courtyard. But the monkey was very clever and fast for which he neither could captivate it nor could beat it. The next day he planned to keep the bananas in a jar with small neck. The monkey came and put its hand inside the jar, gripped the bananas but despite several attempts could not draw it hand out of the jar. The farmer meanwhile came with a long stick and beat the monkey black and blue. Thereafter the monkey did never dare to enter the house of the farmer. Saying so Swamiji said," do you know what caused the misery of the monkey? It was his greed and attachment to the bananas. Had the monkey dropped the bananas out of its fist, it could draw the hand out of the jar." Swamiji then advised the businessman to practise detachment and shun the evils of greed, jealousy and anger. He also advised him to practise love, compassion and forgiveness to get true happiness in life.

Manik Dutta
Kolkata
Retirement bliss or bane

Well some look forward to retire, while some dread with the thought of retiring. It is a matter of perception and how well you are prepared for the next journey of retirement (on an average another 15-20 years - with life expectancy rate booming upwards). 15-20 years is a good number which is as good as part of your career which you had spent.

Moving forward how to make the best of these years which we have in our hand - the obvious answer is take up an assignment, join some NGO, take good care of health, spend more time with family etc., But friends do all these things come easily the answer is a big NO. Here comes the planning part - one need to really plan or map out how they would like their second innings to be shaped out. Planning should be in terms of financial security, self-satisfaction, good health and a quality family life which one should foresee much before the day of retirement.

Here I am not essentially aiming at financial planning. Your children might be well settled and on getting good amount of terminal benefits from the Bank and with assured monthly income from pension you may not be facing financial crunch, however, engaging your time and energy in a constructive way should be one of your priorities post retirement.

In USA Government spends billions of dollars educating the public about all the financial aspects of retirement. There are seminars, books, pamphlets and websites. Retirement in America is projected as either heaven or hell, with heaven coming to those who plan well in advance and hell for those who have not planned at all. In India, also some institutions have started organizing seminars on retirement planning. In our Bank also there is a pre-retirement training imparted at some training centers.

Friends there are infinite opportunities out in the world one needs to explore in a constructive and systematic manner. But most importantly one should decide what they would like to do - one can pursue their hobbies which one had buried in a graveyard for various reasons or take up an assignment (not the stereotype 10 to 5 jobs) which won't take much of one's time but at the same time would prevent rusting of one's grey matter.

Following are few tips which I am sure most of you would be adhering to but just to reiterate, so that one can plan a meaningful retirement:

- Investment of superannuation funds in secured and lucrative instruments.
- Health check up at regular intervals
- Go for morning walk at about 5.30 to 6 am.
- Practice of yoga pranayama and meditation can help overcome many health issues.
- Take up assignment preferably part time to engage yourself with some remuneration.
- Explore new places once a year. Invest in a good quality camera and capture the moments.
- Start developing some or other hobby which will engage your leisure hours fruitfully. In the other issues of this magazine we have seen our pensioners enjoying building cardboard houses, making flute from bamboos, drawing sketches, cartoons, playing musical instruments and participating singing and other competitions. Gardening is also a good hobby.
- Watch informative programs, serials or sports on Television.
- Attend seminars or lectures on any subject which will add something to your knowledge.
- Become a member of a group in the garden or senior member or a group in the complex, exchanging the thoughts with one another.
- Show interest in family matters and guide juniors
- Do keep track of happenings in the Bank.
- Join Pensioners Association and Federations to know current happenings in your community.
- Attend social functions.
- With internet just a click away things have become easier for each one of us. We should pursue various opportunities, hobbies, social network and many more....

Most importantly YOU are never too old to set another goal or to dream a new dream.

Jyotsna Rajendran
Senior Stenographer
P.S. to M.D. (A&S)
Brahmavidya gives definite methods by which a person can overcome all of his physical and mental problems and lead a healthier, more successful and happier life and achieve success. Health and Success are different from each other as health is associated with body and success with achievement. You must have a question mark in your mind as to how both can be achieved by Brahmavidya?

Here we will briefly explain the principles of Brahmavidya. We do hope that it will inspire you to practice Brahmavidya techniques and verify the effectiveness of these methods by your own personal experience. It is quite true that Health and Success appear to be very different from each other. Yet both these are dependent upon following the Order of Life. Brahmavidya believes in Truth. The second principle of Brahmavidya is ‘Appearances are deceptive’. For example, the earth looks flat in the picture, but actually it is around; the sun rises every morning in the East, but science has proved that there is no sunrise or sunset. As the modern science tells us about the material values in the life, Brahmavidya takes us to actual truths of life, your life and my life - human life!

Usefulness of Brahmavidya in our common life.

Other than Yoga or Pranayama Brahmavidya is more spiritual or ‘Adhyatmik’ in nature. Brahmavidya believes in divineness of human being. Every human being has within him/her inner power to overcome his/her difficulties and problems, only there is something required to make him/her aware of potentiality or recognize the same. Brahmavidya teaches this technique.

Brahmavidya is a science of happy life. Various methods of breath are taught in Brahmavidya. Breath is the link between mind and body - Dan Brule.

Let us see the practising techniques in detail:

Memory Developing Breath - First method is ‘Memory Developing Breath’ which is very preliminary stage of the ‘sadhaka’ (one who wants to accomplish some goal). Seat in the chair comfortably, there should be 45 degrees' angle between our toes. Hands should be firmed on knees. Now take a deep breath while taking your neck in upward position behind and release the breath while bringing down the neck. This is to be repeated 14 times and then you can take a rest for a while. Then again do the second ‘Awaratana’ and then third. Like this it is to be done 49 times. The most important advantage of this type of Breath that is increases the memory.

Revitalizing Breath - As the name suggest, this method is bit complex but it revitalize your whole body. In this method you are in standing position, there is 90 degrees’ angle between your toes. Legs are straight and palms of the hand are straight down.

This is nothing but the ‘Memory Developing Breath’ in standing position. Stand straight in 90 degrees’ angle between your toes. Then take a deep breath while taking your neck in upward position behind and release the breath while bringing down the neck. This is to be repeated 7 times and then you can take a rest for a while. Then again do the second ‘Awaratana’ and then third. Like this it is to be done 4 times. This revitalize the whole body and create freshness in the mind and you will feel energetic.

Inspirational Breath Triangle - As the name suggest, this method is for deep breathing and deep excel of breath. In this method you are in standing position, there is 90 degrees’ angle between your toes. Legs are straight and palms of the hand are straight down.

Now take your hands from sides in namaskara position. While taking hands upwards take a deep breath. Wait in the same position for few seconds and then starts releasing breath in 4 stops from sides. When you will touch the palms again to your knees repeat the process. Do this for at least 14 times. This will generate an inspirational energy in your body and release all pressures.
Perfection Breath - Again in the standing position with 90 degrees' angle between toes, legs in pulled position and straight you will be experiencing perfect breath in this exercise. Here you will stretch your hands straight in front and then elastically move on the sides while taking a deep breath. You will release the breath while coming back to the original position. This will lead to the breath perfection.

Vibromagnetic Breath - This is exactly like 'Perfection Breath' only difference is instead of hands moving in front position hands are moving in backword and forwards position in circular manner with the deep breathing and exelling techniques.

Cleansing Breath - Here all other positions are same but instead of rotating hands, you have to stretch the hands on the waist backside in the middle say on the third last position of spinal cord. Due to straight position and stretch on hands and chest and back you feel that more breath is inhaled by you and there is more excel which cleanse the breath and thereby more amount of oxzen is supplied to your lungs. Excel of bad breath/Carbon dioxide will strengthen your respiratory system there by increasing red cells of blood.

Rejuvenation Breath - Rejuvenation means an action or process of making someone or something look or feel better, younger, or more vital. It's a fact that by practising Yoga, Pranayama or Brahmavidya you look younger, feel better and energised and your mind starts thinking positively.

The standing position is as above but here you are combining exercises of neck, waist, hands and knees. First you will take a deep breath while fetching your neck behind then will release the same after coming back to the original position. Then you will bend in front with a deep breathing and will release the same on straight position and at last you will take your back again behind. This is nothing but a forcefull technique of breath which again regenerate eneryg in the body.

Spiritual Breath - In Kundalini yoga 'Adhyatmik' or spiritual breath is of immense important. Here you are standing with about 2 feet distance between your legs with each hand on right and left side of waist. Now you will take a deep breath and turn to your left side bnding fully in waist then you will release the breath and come to the standing position. You will repeat the same on the right side.

You can either practice all the 8 scientific and spiritual breathings in one hour in the morning or can practice in part 4 each on every day in half and hour depending on the availability of time.

Which ailments are cured with Brahmavidya? -

Practising Brahmavidya is not a medication and it is not meant for a particular ailment. It is a process which teaches you to inhale long breath full of oxygen strengthening heamoglobin component of the blood which helps to remove root cause of illness and promote health. Some have found breathing Exercises and meditation have been found useful to get rid of asthma and other breathing troubles such as chronic cold & cough, high blood pressure, spondylitis, backache, heart trouble, joints pain and many other ailments. The practice also improves mental outlook of the person and makes him more positive, cheerful, optimistic and confident. Due to better physical and mental health a person can do his daily work more efficiently. This can make him more successful at his job, his business or his profession.

How much time one has to devote for these Breathing Exercises and Meditation? -

Depending upon the level of interest and availability of time one can devote more time, but minimum requirement is 20 minutes for Breathing Exercises in the morning and 20 minutes for Meditation at night. The methods are simple yet very effective. Any person above the age of 18 years can learn and practice without any difficulty.

WHY BRAHMAVIDYA? -

Brahmavidya is a Science of Life teaching human beings the spiritual laws of life. These Spiritual laws operate in human life through Breath and Thought. We cannot think of life without Breath or Thought. Hence Brahmavidya teachings emphasize on Breath and Thought, which are the basic elements of life.

Though along with our birth our breathing & thinking starts no body has still taught us correct way of breathing or proper way of thinking. You will be surprised to know that average person uses only 10% of his lungs capacity. Brahmavidya teaches a) Spiritual Breathing Exercises, which improve breathing and b) Meditation techniques, which improve thinking. The Breathing Exercises purify the body and Meditation purifies the mind.

SO all the best, start practising as suggested. If you can form a group or join a class, well and good. Do write to us and share your experiences, which will be published in the next issues of this magazine.

C. P. Mulye
Chief Manager (S)
YOGA PRABODHA
In the USA, there was a highly successful and wealthy businessman leading a luxurious life. As a generous person, he extended monetary and moral support to various charitable institutions.

His fleet of cars included a Bentex, the ultimate symbol of wealth. People envied him for his precious possession. At the fag end of his life he decided to bury his car ceremoniously, inviting all elite people of the society. They ridiculed his idea and also expressed their desire to purchase the antique possession at whatever cost the owner quotes. Our man did not yield and buried the car as planned. After the ceremony was over, the businessman disclosed the moral behind his crazy act, saying that, it is age-old practice to bury or burn human body after death. Instead, if one pledges to donate the body after death, it will create miracle and will give solace to large number of sufferers.

To start with, I am narrating the procedure for eye donation.

**Eye Donation** : Our country is a capital of diabetes and blind people. Out of the total blind population of the world, 15% happen to be Indians. Hardly, 8 to 10 thousand people volunteer to donate the eyes. Reason for this cold response is misconception and blind belief of the donors that after eye donation, the donor does not get rebirth. Contrary to this, the Sri-Lankans believe that eye donation is a must to go to heaven after death. Positive impact of this is that 99% people donate the eyes after their death. This small country exports eyes i.e. corneas to 36 nations, including India.

Following are the precautions to be taken for successful eye donation

- Close the eyes of the deceased
- Put wet cloth or cotton on the eyes
- Switch off the fan; if air conditioner is available, keep it on.
- Put two pillows - total height 6 inches beneath deceased person’s head
- Contact the eye bank and ensure that the eyes i.e. corneas are removed within 5-6 hours from the death of the donor.

Process of removing corneas takes hardly 20 minutes and neither the face of the deceased gets defaced nor there is a bleeding after removing the corneas. After this process is completed, eyes of the donor are closed and it gives the impression that the donor is sleeping.

**Non-eligible Donors** : Persons died due to cancer, AIDS, jaundice, tetanus and the persons undergone glaucoma operation and the drowned persons are not fit to donate eyes. One donor gives eyesight to two persons and the name of the cornea recipient is not disclosed.

**Organ Donation** : On 13th August, nation has celebrated organ donation day. To alleviate the sufferings of many patients, in 1994, GoI passed an act called "Transplantation of Human Organs' Act". The new act broadens the concept of organ donation to include other organs, besides eyes and kidneys. Now it is also possible to transplant other organs like heart, lungs, liver & pancreas, other tissues like skin, bone cartilage veins, arteries, heart valves. Irrespective of age, all of us can be organ donors.

**Brain Death** : It is an Irreversible condition which results from a severe injury to the brain. All areas of the brain get damaged, brain stops functioning and a person cannot sustain on his/her own. Vital body functions are maintained through ventilator which supplies oxygen and enable heart to beat. This maintains blood circulation to vital organs which can be harvested for transplantation.

**Normal Death** : In case of natural death, tissues like corneas, heart valves, skin, bones can be donated. Difference between brain death and coma.

Coma is a state of the deep unconsciousness where brain continues to function and person can breathe on his own. Brain remains functional and it still has a capacity to heal and person can come out of the state of
coma. However, no organ is accepted from the patient in coma. As against this, brain death results from severe injury - like in the road accident or stroke, damage remains permanent and all functions of the brain stop totally.

It's a misconception that after organ donation, donors' body will be disfigured. The recovery of organ is carried out by well trained surgeons and does not disfigure the body or change the way it looks.

**Body Donation:** Body donation is to be made to medical colleges where medical students make use of the body for their study and research. The unwanted part of the body is respectfully buried or burnt by the college authorities.

**Donor's Card:** Donor card is a way of expressing one's wish. It is like making a will. It is more important to let your family members and other relatives know your wish. Always keep the donor card with you. The card can also serve as an emergency card.

Organ or body donation does not require any expenses. It is considered as the best sacrifice by all religions. One organ donor can save seven lives. Extend your support for this noble cause.

Ambadas Kashinath Kulkarni
Goregaon (E) Mumbai

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**HOMOEOPATHY**

**medicine for today!**

Homeopathy has existed for about 200 years. Today, homeopathy is found in almost every country. In Europe, 40% of French physicians use homeopathy; 40% of Dutch, 37% of British, and 20% of German physicians use homeopathy. In the United States, hundreds of thousands of people take homeopathic remedies each year. In India, the acceptance has been even more phenomenal.

**History** - Samuel Hahnemann, a German physician, discovered homeopathy in about 1796. He was dissatisfied with the conventional medicine of his time. The accepted medical remedies at that time were often dangerous for the patient. There was a joke that more people died of medical treatment than from the disease itself.

Hahnemann laid out two principles. First, he said that "like cures like" (Similia Similibus Curentur). This meant that a substance that produces certain symptoms in a healthy person can be used to cure similar symptoms in a sick person.

Second, Hahnemann asserted that smaller and smaller doses of the remedy would be even more effective. This hence began the use of extreme dilutions of the remedies. The minutest dose of a homeopathic medicine can bring about a complete cure in a patient.

Homeopathy is not botanical science or a branch of Ayurveda. Besides the use of natural substances, homeopathic remedies are made of crushed honey bees (Apis mellifica), cadmium, sulfur, poison nut (Nux vomica), hemlock (Conium), silica (Silicea), salt (Natrium mur), venom of snake (Lachesis), arsenic (Arsenicum album), Spanish fly (Cantharis), rattlesnake venom (Crotalus horridus), dog milk (Lac canadium), poison ivy (Rhus Tox), and more such! Grosse as it may sound but all these have a great amount of medicinal properties.

Hahnemann and his students researched & tested the remedies on themselves. They would eat various plant, animal, and mineral substances and carefully observe what symptoms occurred. This is called "proving." The reactions (or symptoms) experienced were collected together & compiled into the 'Materia Medica' - the Bible of Homeopathy.

One should know that, homeopathy is not concerned only with the disease. It concentrates on the symptoms reported by the patient. Homeopathy then matches these symptoms to those symptoms that a remedy causes in a healthy person. By contrast, scientific bio-medicine uses symptoms to identify the disease and then treats the disease itself. Homeopathy is the only individualistic & wholistic approach of treatment.
Another connection of homeopathy with the new age movement is found in the emphasis upon some mystical energy (called the "vital force") which, though unquantifiable, supposedly permeates the universe and is responsible for healing.

Is Homeopathy Quackery?

An old motto: "If it walks like a duck, and looks like a duck, and sounds like a duck, then it probably is a duck."

To what extent does homeopathy look like quackery and sound like quackery?

One clear link that homeopathy has to quackery is its supporters' use of faulty logic. The first example is known as the "test of time" argument – the fact that homeopathy has existed for a long time shows that it is valid. But longevity does not guarantee validity. Astrology, numerology, and dowsing have been around for a long time, but they are clear examples of pseudoscience. Longevity of an idea is never a good substitute for rigorous science.

The second argument is that many people have tried homeopathic remedies and are all satisfied, so homeopathy must be legitimate. Along the same lines, we are told that the following famous and important people all supported homeopathy: The British Royal family, Johann Wolfgang Goethe, Mahatma Gandhi, Mother Teresa, Mark Twain, O. J. Simpson, Yehudi Menuhin, Angela Lansbury, and Mary Baker Eddy (founder of Christian Science), Oprah Winfrey and many more such.

Both German and French homeopathic companies recognize the large potential American market for their remedies. Sales of remedies are growing by 30% a year, and most remedies are now being sold in pharmacies & health food stores, across the globe.

Why do people turn to homeopathy?

Honestly NOT as an 'alternative' but factually the only choice they have left. Many people are dissatisfied with conventional medicine. The distrust with expensive drugs, invasive procedures, painful surgeries, has unfortunately been growing. There is yet no guarantee to permanency.

If the physician finds nothing wrong, his malady is then termed 'psychosomatic'! But even 'psychosomaticism' is a problem disturbing the patient. The patient who wants to be treated immediately is upset when the physician says that time alone will heal his suffering. This is exactly the point wherein homeopathy does its best. Anything, just about any little thing causes a dis-ease. An initial visit to a homeopath can often take more than one hour. Patients are encouraged to talk about all of their cares, concerns, and pains. Patients may be asked whether they like oranges or apples; what kinds of music they enjoy; whether they sleep on their back or on their side. Each patient reflects his or her own individuality. The remedy will also be individualized for that patient alone. The patient and physician become partners in fighting the illness. The homeopath is seen as a concerned and sympathetic health-care giver.

Sir William Ostler, "The Father of Modern Medicine" commented: "No individual has done more good to the medical profession than Samuel Hahnemann" (the father of Homeopathy).

John D. Rockefeller lived to the ripe old age of 98 and was known to have his homeopath often travel with him. He said, "Homeopathy is a progressive and aggressive step in medicine".

At a NASA conference, it was stated that Homeopathy could be the next choice in their Lunar Settlement projects for future! The conventional medicines are found to fail for space conditions. This is because of problems related to absorption and solubility of such medicines in extreme environments, where there is no gravity. This is where our ultra-diluted medicines could come up as a possible substitute as they are easily absorbed by the body. The only system of medicine which uses ultra-diluted medicines is Homeopathy which gives it a huge momentum today & into futuristic medicine.
Shri. Ashok Kumar Borate, retired in 2013 from Corporate Centre, Mumbai has a hobby of singing, writing and playing flute. He has participated in various singing competitions for senior citizens. During his service, he used to write in ‘Prayas’ quarterly Hindi magazine published by our Raj Bhasha Vibhag. He has written a book 'Filmy Songs Based on Classical Ragas'. Currently, he is busy in preparing 'Hindi Films Dictionary (हिंदी फिल्म सब्ज कोश)'. He has interest in playing flute since his childhood. Second Innings wishes him all the best for developing his hobbies further and expects more and more publications from him.

Shri. P.B. Goswami retired in the year 2006 from Kolkata Main Branch has a hobby of making models of match sticks and burnt match sticks. He has developed this hobby right from the age of 40. So far he has made models of Lord Buddha, Aeroplane, Fighter plane, Sailboat etc.
संदृश्यवचन

दुर्गारे से जो चढ़ा हुआ, वैसा ही व्यवहार करो...
दिल न दुखे किसी जन कर, इस पर भी विचार करो...
हुए कर सबसे भले दुर्गा, जन में उसो ऐसा भाव
कहरे बोले से लग न जाओ, किसी के दिल में कौन बाह
अन्ये दिल में जाने तुम, परेश में दिल का हाल बाहर
दिल न दुखे किसी जन कर, इस पर भी विचार करो...
कहा लेकर आते जन में, कहा लेकर जाओगे...
अच्छे करने से ही तुम, जन में जान कराओगे छोटे-बड़े, अपने-गैरपर्वता का एक-सा सत्कार करो दिल न दुखे किसी जन कर, इस पर भी विचार करो...
जय ही चढ़ा है जन में, वैसू चढ़र न आया है, जान न दुर्गे की गद्दी में, साधकेश वही साधके है वह द्या रिश्ते के खेलने, जब क्रूर किया प्रजा से व्यारे दिल न दुखे किसी जन कर, इस पर भी विचार करो...

संस्कार की विलासिता

आते मिलकर दें, ऐसे समाज को यहाँ पर हम श्रद्धांजलि नहीं हम सब अपने संस्कार को दे बैठे हैं विलासिता यहां किये हर से, हर रिश्ते के साथ सों जाते ही यहां ऐसी शादी को लोग अभ कहते, समय की बांधी सजीव रिश्ते सब मुश्ता गये, तब तक के देवे पुराष्ट्रिक आते मिलकर दें, ऐसे समाज को यहाँ पर हम श्रद्धांजलि बोले दिये के श्रीर-सिंहार में घुपी है वह भूल आते पाठार के रंग में लग न लोग, क्या सामों में जिजवाले नाक भूल दिये अपोस अफ़रो के काजुट, भरी-भरी अंगिन आते मिलकर दें, ऐसे समाज को यहाँ पर हम श्रद्धांजलि छाया का लोह शादी में बहारदी के नाले, बिंदु जीते देवी देव का आभारित, यूरोपियन को बुलाने की सीत नहीं नस्त सवा जाओगी, प्रमाण-प्रेमी होती थी गरी-गली...आते मिलकर दें, ऐसे समाज को यहाँ पर हम श्रद्धांजलि...व्यारं में अंधे हम मुश्ता बैठे, जब शादी की शाहदत का संस्कार की काबा बात करें, मुश्ता बैठे रंग का इतिहाद को हमारा होगी तभी सा, जब होगी शादी में इन भरी आते मिलकर दें, ऐसे समाज को यहाँ पर हम श्रद्धांजलि यहां पहले शुरु जाता है नाम-नाम, माता-पिता, गुरुजने और बड़ी को जनता, भूला गये के पापों के अंगी, भूला गये के पापों के अंगी, भूला गये के पापों के अंगी, भूला गये के पापों के अंगी...उसे मिलकर दें, ऐसे समाज को यहाँ पर हम श्रद्धांजलि....

अपने

किस से दिल की बात कहें, कौन बहार है अपना लगते तो सब अपने हैं, पर कोई नहीं है अपना सुधार-श्रुतिय में साध चले, विश्वास ही ऐसे मिलते हैं साध जीजे, साध मेरे, कर्म ही ऐसे विक्रते हैं मेरा भी कोई ऐसा हो, बस यहाँ है कल्पना...
लगते तो सब अपने हैं, पर कोई नहीं है अपना...साध निवाशीय जीवन भर, अस्वरूप ही साध छोड़ गये, बहाती न्यूओं की बात कर व जाने कैसे मोड़ गये चारता न्यूओं जोर किया करे लोगों का है कहना...
लगते तो सब अपने हैं, पर कोई नहीं है अपना जीवन की साधारण नहीं है, इस से ल मुखा मोड़े...चार आधार के निवाश को, तुम तुरंत न तोड़े अब तो जीवन में अपने है इशारा ही है ज्ञान...
लगते तो सब अपने हैं, पर कोई नहीं है अपना...

सुधार की धूप

गांव की ओरही के छापर से, छाँटनी सुधार की धूप शुरु-कणों के चारों तरफ़ से निरंतर सुधार की धूप बदलते से संग अलादा-सजीवती करती सुधार की धूप अगर ये चार, लतिमा किसी हारेवारी सुधार की धूप जोड़े के निवाश में तड़े से आतंक सुधार की धूप धूम कुंजहवाला में साध धूप सोने सांग सांग बीत में धूंध में...सुधार की धूप बदलते सोने संग सांग बीत में धूंध को उसे इसारा का भी हो ऐसा रूप

मधुरेश नामगण
कंकड़वात, पटना
बंद होने के बाद हजार के नीट का आकिर्र खट -कटाक्ष

लगभग, मैं एक हजार का नीट हूँ। यही नीट जिससे आप सब घटकारा पाना चाह रहे हैं। जिनके पास मैं हूँ, वो ऐसे देखते हैं, मातृ चर में ताला धड़ धड़ी हो। चौथा दिनों हैं जहाँ फुल भीतर आये। कहाँ शेष का दौर, अबिश्वास देखते प्रभात मुझे दी जा रहे हैं, जो मचकर चिट्ठियाँ। समर्थन ने मुझे बाहर निकलने का कार्य था अत्यंत परिसर महत्त्व प्राप्त करने का संभावना। यह उबेर का कार्य था यह वस्तुता। समर्थन ने मुझे बाहर निकलने का कार्य था अत्यंत परिसर महत्त्व प्राप्त करने का संभावना। यह उबेर का कार्य था यह वस्तुता।

बंद होने के बाद हजार के नीट का आकिर्र खट -कटाक्ष

मेरी चीज जिसके साथ हजार के नीट आग उगने का चाचा लगा रही हूँ। मेरे पास ही नीट होने का भावना का जोड़ा है। मेरे पास ही नीट होने का भावना का जोड़ा है। अब वो आप आवास है कि मेरे हाथ बाहर निकलने के बाद आप मेरे पास आग उगने का चाचा लगा रहे हैं। मेरे पास ही नीट होने का भावना का जोड़ा है। अब वो आप आवास है कि मेरे हाथ बाहर निकलने के बाद आप मेरे पास आग उगने का चाचा लगा रहे हैं। मेरे पास ही नीट होने का भावना का जोड़ा है। अब वो आप आवास है कि मेरे हाथ बाहर निकलने के बाद आप मेरे पास आग उगने का चाचा लगा रहे हैं। मेरे पास ही नीट होने का भावना का जोड़ा है। अब वो आप आवास है कि मेरे हाथ बाहर निकलने के बाद आप मेरे पास आग उगने का चाचा लगा रहे हैं। मेरे पास ही नीट होने का भावना का जोड़ा है। अब वो आप आवास है कि मेरे हाथ बाहर निकलने के बाद आप मेरे पास आग उगने का चाचा लगा रहे हैं। मेरे पास ही नीट होने का भावना का जोड़ा है। अब वो आप आवास है कि मेरे हाथ बाहर निकलने के बाद आप मेरे पास आग उगने का चाचा लगा रहे हैं। मेरे पास ही नीट होने का भावना का जोड़ा है। अब वो आप आवास है कि मेरे हाथ बाहर निकलने के बाद आप मेरे पास आग उगने का चाचा लगा रहे हैं। मेरे पास ही नीट होने का भावना का जोड़ा है।