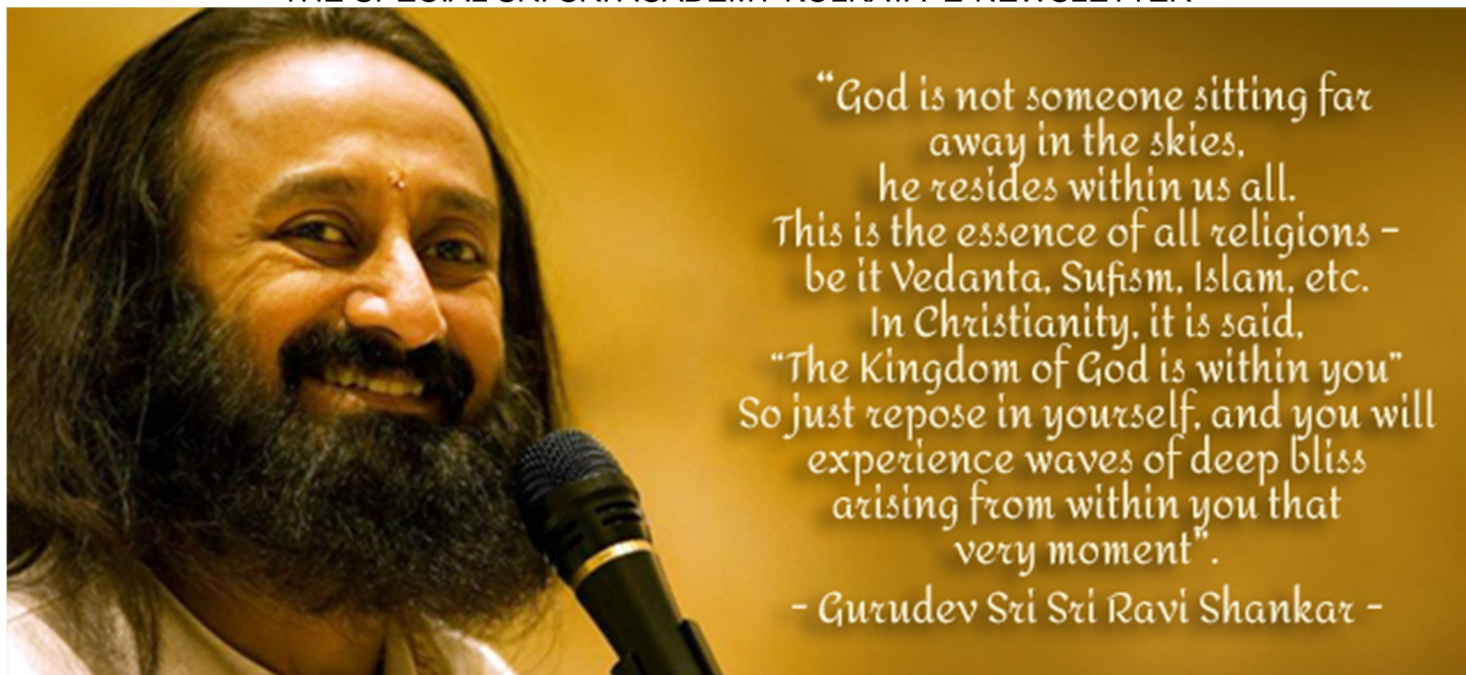


# SRI DEMIC TIMES

THE SPECIAL SRI SRI ACADEMY KOLKATA E-NEWSLETTER



“God is not someone sitting far away in the skies,  
he resides within us all.  
This is the essence of all religions -  
be it Vedanta, Sufism, Islam, etc.  
In Christianity, it is said,  
“The Kingdom of God is within you”  
So just repose in yourself, and you will  
experience waves of deep bliss  
arising from within you that  
very moment”.

- Gurudev Sri Sri Ravi Shankar -

## A World Post Covid 19

In Nature, creation and destruction happen in a cycle. Every fall, old leaves are shed and, after winter, spring dawns. After World War 2, many countries were razed to the ground. People had no food, no water. In fact they had nothing. With time, all these countries flourished, as if rising from the ashes.

What we are going through is nothing short of a world war. This is a war without weapons; an unseen attack on the entire human population. A global pandemic! And after this world war, I am sure the world will bounce back into a better place, which is more sane, more caring; definitely a more compassionate and a more prosperous world.

I'm very certain that the future of this country, as well as the future of this planet, will be good, although it might take a few months for us to get back to the normal way of life. Let us have patience in this time of crisis. Let us look inward. Let us develop our potential, our humanism which we may have forgotten. Let us reduce our consumerism, and the cut-throat competition we were into.

Let us move together to build a more cooperative and considerate world, rather than the cunning and criminal society we were seeing in some parts of this planet. How much crime has been there in the world in the past several decades. Crime against humanity was unbearable and so much domestic violence on the rise. Every continent was hit by domestic and societal violence - from South America, Central **America**, North America, Europe, India, the whole of Asia, Russia, China and the Far East - everywhere. This is a call from Nature, 'Wake up. You have done so much self-destruction. No more. Enough is enough!'

The middle east, The Balkans, former Yugoslavia and the former Czechoslovakia have seen so many wars in the past few decades and every war was justified. **Small** and big wars have been happening and every war was justified with its own reasons. Now, due to this global crisis, we have already seen that war mongering between nations has stopped !

Now, Nature has said, 'Let's put a lid on all that.' This is the time for the world to wake up. We must wake up to the call of humanity and to the call of divinity!

**\_By Gurudev Sri Sri Ravi Shankar**

## TAKE A PEEK

*Principal's Message*

*Primary School Mentor expresses*

*Expressions in English*

*Expressions in Hindi and Bengali*

*Edited by : Mrs. June Dutt*

*Compiled by : Mrs. Sumbul Ahmad*

## **New Series - Open up in lockdown ---Highlights**

Let men cook - Lockdown Adventures

Celebrating Easter Sunday in lockdown.

Celebrating Ram Navami with a meditation during the lockdown.

#iStandwithHumanity - An initiative to support the daily-wage earners affected by the Coronavirus lockdown

Corona Virus Situation - Supporting people and the government

## Metamorphosis of Hope

'Billions of caterpillars, forced into cocoons, expecting to change from inside out, to rest, reflect, metamorphose and sprout wings.'

The abrupt closure of the school on 15th March, necessitated an immediate decision to go for online teaching. The school's faculty was informed about the decision and the training began the same day with the help of our IT mentor Mrs Baral who had recently returned to Kolkata and the entire team of computer teachers .



Our school website has recently become interactive and this has helped us to send in soft copies, of the pending senior school reports.

The teachers began working in full steam: preparing lessons, videos, ppts with voice overs and assignments from home. They were guided patiently day and night by their team of academic coordinators through conference and zoom calls.

Letters to parents were uploaded on the website and the official School facebook page to communicate our decision and orient them about this new form of teaching. Senior classes were the first to get down to serious studies and within three days all the students had logged into their virtual classes and began submitting assignments or clearing their doubts through the portal. Parallel lines of communication were set up with class teachers through Whatsapp groups. Methods of communication were refined as time passed. Innovative problem solving was in evidence when the senior teachers evolved ways to collaborate, upload, edit and correct assignments online.

The start of the new session on 1st April, saw the launch of online classes for the Junior and Middle school. Undoubtedly, many experienced difficulty in logging in or faced technical problems which were rectified by vigilant teachers at the help desk.

It's been an exciting and turbulent journey full of new discoveries and challenges of poor connectivity, no computer at home or shared time between siblings and parents working from home. We have received photographs, letters from parents sharing their appreciation. We have also received mails expressing difficulties in following the concepts and are looking at reworking our teaching strategies constantly.

As the lockdown continues, the co-curricular team has prepared short videos or links for yoga, art , karate, dance, aerobics and other fitness programmes to break the monotony of an only academics routine.

Another milestone was online career counselling that enabled us to host webinars, zoom meetings and alumni sessions relating to choice of streams, Virtual Summer internships for the seniors.

We are taking small baby steps to change the way we teach and to remove fear and competition from the process of evaluation. These are diffident steps but will surely change to confident strides. We are very happy that we are learning, evolving and facilitating meaningful learning in our virtual workplace. But we pray that we will return to our real and much-loved workplace soon.

Finally we need to rethink the way school will operate in the near future, once Government permissions are in . With social distancing norms requiring less numbers in classrooms and school buses ,some of the options being considered are classes in shifts, alternate day school, staggering timings to reduce number of students to half and blended online and offline classes , redesigning the time table to avoid contact in breaks and entry and exit. Masks, gloves, sanitizers and screening of body temperature may become the new norms in school and finally abandoning old values of hugging your teachers or sharing your tiffin . Collaboration may be replaced by physical distancing as the new caring in school.

**Mrs Suvina Shunglu**  
**Founder Principal**  
**Sri Sri Academy, Kolkata**

Let's get ready to go zoom!!!

Now trace on the dotted paths and help the honey bees reach the beehive.



Get toy cars / bottle caps / blocks of different colours. Ask Papa or Mamma to cut out squares of coloured paper matching each car. Then take markers of the same colour and prepare tracks on a chart paper / newspaper similar to the picture given. Now, take your cars / bottle cap / blocks along the colour coded tracks to reach the matching coloured square.



REDMI NOTE 8 PRO AI QUAD CAMERA

REDMI NOTE 5 PRO

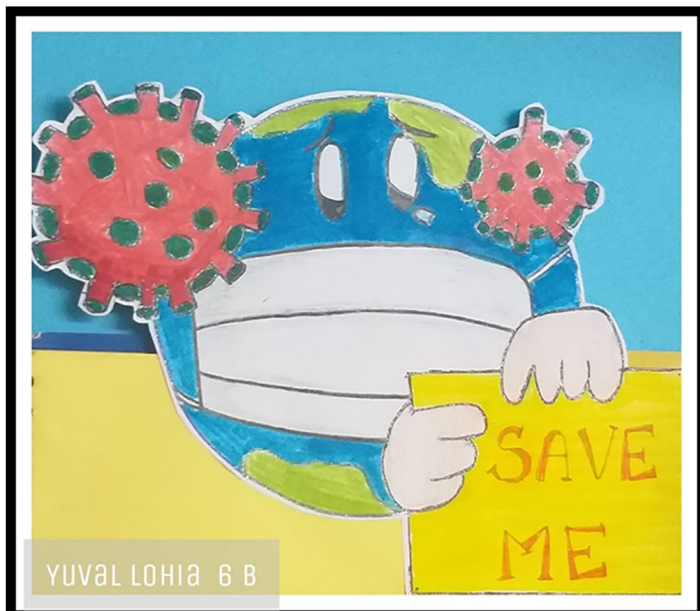
## PARENT TESTIMONIALS

Madhuri Jain –Thank you so much,SSA team for your collective efforts. My daughter is enjoying her online classes and is actively participating in all the activities. However she does miss the classroom environment and her teachers.

Adarsh Kedia - Thank you ma'am for some encouraging words in these times. Every school needs a principal like you.

Ruchi Khanna - We are so very thankful for the school's online classes.The video from our Principal is also so very encouraging. I would like to add that our children have adjusted to the present situation very well and are loving the online classes as well as doing little things at home. Stay home. Stay safe and healthy.

Rekha Tater - Thank you so much for your blessing and innovative effort towards education, which inspires us to enjoy our time during lockdown. Stay Safe.



### कोरोना

कोरोना कोरोना इससे तुम डरो ना,  
इसको हम हराएँगे,दुनिया को जतिाएँगे  
चाड़ना ने हमको जो बीमारी दे दी है,  
हमने भी जंग की तैयारी कर ली है।  
हर मुमकनि कदम उठाएँगे,  
लॉकडाउन को सफल बनाएँगे,  
कोरोना कोरोना इससे तुम डरो ना।  
यह जो बीमारी है बस एक कहानी है,  
इसे हम खत्म करके दिखाएँगे।  
इससे हम लड़कर नया इतिहास बनाएँगे,  
कोरोना को हम जड़ से मटिाएँगे।

**Nidhi Nikhat - IV B**

## THE 2020 LIFE CHANGER

When we ushered in the New Year at the stroke of midnight on 1st January 2020, little did we envisage an impending visit by a tiny virus that would ravage the universe and throw our lives out of gear.

Is Mother Nature trying to give us a message? Have we taken life for granted? Do we understand now that we have to value whatever we have got rather than complain about what we do not have? We have to be ready for new challenges and a totally different mind set. If children are unable to follow a prescribed curriculum, we must be content that they have learnt positive life skills which will enable them to face bigger challenges in life. Survival skills should be included as part of their curriculum.

Amidst all this gloom and doom, there have been some positives too! Family members are getting to know each other better, while at the same time getting on each other's nerves! People have taken up new hobbies. The number of hours being spent on reading newspapers has shown a sharp increase. Staying fit at home has reached a new dimension. And after a long time families are gathering around the table to have meals together and maybe watching Mahabharata on Doordarshan!

Covid 19 is here to stay but hope lies in the big V, a Vaccine. We now need to go down on our knees in prayer and acknowledge a superior power if we want to return to any kind of normalcy and view light at the end of the tunnel. It is a far cry to believe that Life could once again be enjoyed to its fullest without any fears or apprehensions, doubts or misgivings. We must stand united armed with faith that we shall overcome.

**June Pinto (Primary School Mentor)**

### Hope

I am the mother, the sister, the daughter  
Who kindles the light in many  
I am also the doctor who faces the world each day  
With trepidation and hope for many.  
I face the war path every day  
An armed crusader fighting to stay,  
With stories of darkness and stories of hope.  
Yet I know not what my future holds.  
Will I be able to rise untouched from this?  
Or surrender to this pandemic that unfolds!  
Yet my service to my people must go on  
For I am the symbol of hope.  
The hero in me rises above it all  
The country calls me in this darkest hour, for all  
I leave my family behind with a glimmer of hope  
So spare a thought for me...  
As I serve thee all!

**Anindita Bose (Primary School Coordinator)**

**SERVICE TO HUMANITY**

‘Whatever you do to the least of my brothers that you do unto me.’

In my limited capacity, I have always tried to help the needy, especially those suffering the pangs of hunger. Whenever I visit the famous Bhootnath Mandir (a famous temple dedicated to Shivji in Nimtalla Ghat Street), I distribute food to the poor people, who queue up outside food stalls but, sadly, that is limited to 15-20 people.

One morning, when I was sipping tea, I gazed out my window and saw a poor old man walking very slowly. It was quite evident by looking at him that he was very hungry; it looked as if he had not had a morsel for the past two or three days. It got me wondering about how these poor people survive. They are basically daily wage earners, like rickshaw-pullers, rag-pickers, etc., who survive on their meagre daily earnings. Keeping this in mind, I started feeding the poor people on the footpath, just outside my residence. Arranging for two cooks, utensils, LPG and other items required for cooking, which are easily available on normal days, was very difficult during the prevailing lockdown. My initial plan was to arrange for two meals a day for 25-30 people. Lunch would be served at 12 noon and dinner at 7pm but the preparation would commence at around 8 every morning. Rice, dal and sabji was served to each person in a timely and orderly manner, but the heads kept on increasing. It jumped from 25 to 40 and, finally, it reached around 80 heads. With the increase in number, the expenses kept on increasing. I tried my best to sustain it for as long as possible but, due to limited finance and to my utter dismay, I had to stop it after 22 days. The smiles on the people’s faces when they were partaking of their nutritious meals were heart-warming. The blessings they showered on me were more than I could ask for . I wish that I can resume this initiative soon.

In the words of Anne Frank, “No one has ever become poor from giving”

**Arnav Shaw Sports Coordinator**

**Hope – the essence of life !**

Hope helps us keep the fight and improves the chances of making our life better. Hope keeps our eyes wide open for an improved future. I know it’s very hard keeping up with the inner faith ,During the most critical times, but those who never Leave hope, actually make it till -The End

**Afra Islam – IV A**

**Quarantined**

The afternoons are no different than mornings,  
The passage of time seems to be lost underneath the crying.

Some infuriated, some courageous.  
Most alienated, and others still dismayed.

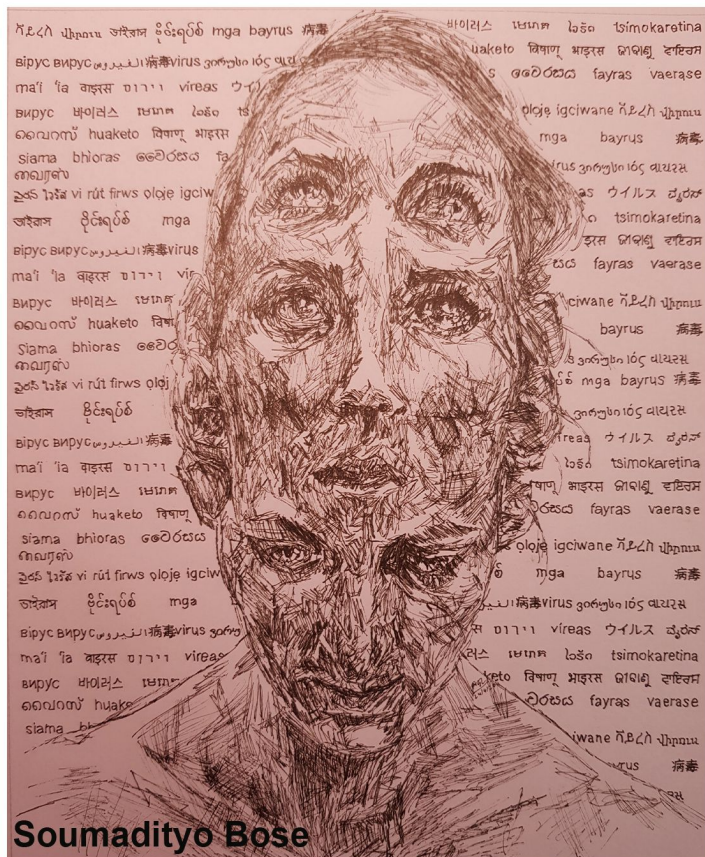
The streets no longer feel the same,  
The same road seems to lead to a different way.  
A constant feeling of anxiety in the air,  
Heavy breaths, coughs and a light head.

The vulnerable remain victimised,  
The seemingly empty land is filled with projectiles.  
You could be a dead man walking still in awe,  
An unforeseen, overwhelming and fatal flaw.

The nights feel cold and silent,  
Every day passes with more lives claimed.  
Some trying to help, others despise against them,  
Some cannot differentiate their priorities against luxuries,

The remaining cry for necessities.  
Perhaps this was the curse for humanity,  
A simple crack in our security.  
We have made our errors in the past,  
Maybe this is a toll we pay,  
Thinking so, would certainly not be far-cast.

**Soumadityo Bose - 10C**



**Soumadityo Bose**

### Initiative by a student to fight against covid



### The Case of The Lockdown

For four weeks, or a month you say,  
I have been shut in my house every single day,  
Feels like a prison which is inescapable,  
Every single day is so unbearable!  
Who knows what else is planned?  
I am neither pleased nor glad.  
Cleaning all day; and all my friends are away,  
What is life without friends anyway?  
This lockdown has snatched everyone's mind  
away,  
But if you look at it another way,  
Maybe it's not that bad,  
We should not brood or feel sad.  
Maybe it's just another portion of life,  
To test your patience and make you strive,  
Coronavirus is just another excuse,  
Look closely and you'll find the clues.  
Maybe you don't have to be so bored,  
Learn something new, don't be so scared.  
Make up for time lost afar,  
Let the time for family ajar.  
Stay calm and stay tuned wherever you are,  
Be it India, China, Italy or America,  
For "Life Is A Conundrum of Esoterica"  
**Shrishti Bothra - VIII A**

### True Realization

One fine day my mother told me that I will not be allowed to go out of my house for many many days. I thought she had punished me. My mother explained to me about the Corona Virus. Next day when I woke up, I saw that my mother was doing all household work like sweeping, mopping washing utensils etc. Then I decided that I would help my mother in all the work. From the next day I helped in mopping and cleaning my utensils. My mother was very happy and thanked me many times. From that day I helped her everyday and my father also helped in cooking and he made delicious dishes. We all helped each other and enjoyed a lot. Now I realized my mother works so hard everyday.

### Vedanshi Mohta - II A

Our world has turned upside down overnight and all it took was a miniscule organism. The majority of the world population is under self-quarantine and we are physically isolated quite possibly for many more months.

The situation is taking a toll on our mental health and is a recipe for depression, anxiety and loneliness. The key is to take time out for ourselves to get our heads together, reboot our systems and put things back in order.

A great opportunity is to get involved in the kitchen- wash the dishes, hit the grocery and start cooking. If you cannot cook, it is a learning opportunity and Youtube is filled with videos on cooking tutorials. Netflix, Hulu and Hotstar are a few streaming services which were perhaps tailor-made for such an unprecedented situation and offer unmatched entertainment.

It is not necessary that the pandemic will bring about solely negative changes. Over a month into the lockdown, the environment is recovering exponentially, more than what any eco-friendly initiative has ever brought about. The Ganga has been cleaner in three weeks than what the government could achieve in years. The air quality is improving and if there is one thing we can count on, it is undoubtedly a cleaner environment.

'Social distancing' does not imply that we will have to live in a world full of recluses. It is important to stay in touch with people close to us, call or text relatives and friends. Social media is a useful way to connect with our loved ones when physical contact is limited. Whatever we do, no one should cope with this Coronavirus pandemic alone. **Sanchit Jain – IX A**

### Lockdown Diaries

We all are aware of the hot potato being discussed around us. It is none other than the Novel Coronavirus officially known as COVID-19. It has been declared as a pandemic because of its worldwide spread. It has caused countries to go under lockdown. Approximately FOUR BILLION people, which means around half of the population of the world has gone under complete or partial lockdown. All the major countries like the US, Italy, Germany, China, etc. are in lockdown or have come out of it. Even our own country is under a forty days lockdown.

People all over world are getting bored due to this lockdown. However, I would like to believe that I have been benefitted. I have been attending all the online classes that are being conducted by my school. We actually have a fixed time table to be followed by the school. I always try to keep myself involved in some productive activity or the other. So, in the leisure hours that I get, I tend to attend different online Yoga classes. This helps me to take proper care of my health (physical and mental) which I otherwise could not do properly.

I had joined the Akash Institute but due to lockdown, I am taking the online courses of the same. I have even started to learn basic cooking from my mother amidst the lockdown. When our entire family sits together at night, we love to play board games like Ludo and Monopoly which is helping us to get closer as a family and we are getting to know each other better. We even go to the terrace to just walk and enjoy some free air. I have also discovered so many new things about the personalities of my family members. I got to know how humorous my father can be at times or how varied my mother's culinary skills are. I have even discovered something interesting about myself for which my mother would be very grateful to the lockdown - I discovered that I can do most of the household chores like mopping the house etc with great dexterity and expertise!

We all say that God does everything keeping the greater good in mind. This lockdown period has also proved to be very important and fruitful. It has given Mother Nature the time to heal herself because of the negligible use of automobiles and less number of factories working. Also, the most important benefit of this lockdown has been seen in the development of a sense of togetherness among people and families. People can also sit out at home and think deeply about all the mistakes they have made and try to rectify them and learn from them.

**Bhavishay Goyal – IX A**

### Yin-Yang

Do you recall the days, months and years of pandemics and epidemics that had pushed the human race and its tolerance to the limits? The plague? The swine flu? The polio? All these disastrous diseases tested us in the most brutal way possible. Hundreds of thousands of lives were lost, but they did not die in vain. These deaths motivated the healthcare researchers to look harder for better solutions, better antidotes, which would go on to be used in the future to prevent the deaths of millions more. We may be in the midst of a crisis, but we should also look at the positive side of things. Pollution levels have dropped, the ozone layer is growing back, ice bergs have reduced melting, nature itself is rebooting! Even wildlife is responding to such a drastic change. All those problems which had been overlooked for so many years are now taking care of themselves. Not once has it happened in the history of the world, that there'd be a lockdown solely for the purpose of taking care of Mother Nature. Now, when human lives are at stake in the immediate picture, our leaders have instigated a worldwide lockdown, but not once did anyone realise that in the long run, they were killing themselves just as it was, because a problem like global warming is a ticking time bomb. Nonetheless, the human race must take this as a huge wakeup call and keep hope, that we will get through this just like our ancestors, as "happiness can be found even in the darkest of times, if one only remembers to turn on the light."

**Isha Nevatia – XII A**



Ankita Choudhury - IV

## The Changing Times

Have you ever experienced something like this before?  
 The free animals named 'HUMANS' from all around the globe,  
 Are struggling to come out of their cages for a month or more.  
 How free and busy was their world before  
 Now apart it all tore.  
 They have all shut their doors, fearing the PANDEMIC'S uproar.  
 Thousands and millions of people each day are leaving the earth forever  
 Be it young or old, will they see their family ever? Never!  
 We are to stay indoors,  
 To save the lives of thousands more.  
 For the doctors and medics alike  
 Are shielding us from the plight.  
 Let us not lose hope, and feel remorse  
 For we are survivors from ancient times, and we will be able to cope.  
 We will again touch, hug and rejoice  
 And will not settle for any other choice.  
 Soon the Earth will be seen smiling,  
 For every cloud has a silver lining!

**Abhilasha Nandi - VIII A**

## How this lockdown changed me?

When we were too busy with our lives, we desperately wanted time for ourselves to learn something new, to have fun with our family or even to just sit and relax on our own. Isn't it therefore ironical that when we have ample time now, we want to go back to our routine lives which we once cribbed about? However, the most important way to stay safe in this nation-wide lockdown is to be mentally strong and accepting and taking one day at a time. Personally speaking, I am utilising this time to do things I have always wanted to do but never had the time to. With advancement in technology, everything can be learnt at home using the Internet. I spend one hour everyday to learn French in the Duolingo App. I have completed the basic level. I also spend time learning my lessons taught via the Zoom app by our respected teachers. With the help of the DeltaStep app, I am improving my skills on the synthesizer as I love music and it is my favourite hobby. It relaxes me. I have also developed new skills like reading novels and cooking. The most important thing I enjoy is that I spend the entire day with my family. We have a fixed time to play and we play Ludo, Housie and other board games like chess but what I enjoy the most is conversing with my beloved grandparents and parents. They have now actually become my best friends and I have realized that there is nothing we cannot share with our parents. I personally believe that this lockdown has helped me strengthen my bond with my family members, discover facets of my persona which I never knew existed, made me more productive and I am completing tasks which were left incomplete before. Above all, it has made me realize the value of nature, friends, family and made me realize that we should never take anything for granted and should always be grateful for what we have.

**Akshat Jhawar - IX A**

## The Quarantine Routine

Tick tock, tick tock,  
 Time goes by.  
 Nothing to do today or tomorrow,  
 April, all the way through July.  
 I'm learning how to cook, to whisk and bake,  
 To make Dalgona coffee and apple pie;  
 But when it comes to studying,  
 I can't bring myself to try!  
 I'm learning funny dances,  
 Sometimes I'll sing a few songs.  
 I even tried learning Spanish  
 and playing solo ping pong!  
 But nothing seems to do the trick,  
 Everyday is boring, the wait is too long.  
 But it wouldn't be fair of me,  
 To cry about my troubles and whine.  
 I should think about those less fortunate,  
 Be grateful for this life of mine.  
 The doctors, nurses, all the medical staff,  
 Who put their life on the line.  
 For people like me,  
 Who spend their days carefree,  
 Survival never even crosses my mind.  
 This is a war that we are fighting,  
 We must all do our part.  
 In unity there is strength,  
 though we are miles apart.

**Sanjana Chatterjee – XC**





নয়া সবেরা

কোভিড-19 নে আজ অসর अपना यूँ फैलाया,  
वशिव के इतहास मे एक जुड़ गया पन्ना नया ।  
दुनिया के हर इंसान को आज सोचने पर मजबूर किया,  
धन-दौलत के अभिमान को, एक पल मे चूर-चूर किया ।  
आज इंसान एक - दूसरे से बात करने को व्याकुल,  
पर हाय!परस्थिति ऐसी कि दूर रहना है अनुकूल ।  
खुद को अजेय समझने वालो , को नया पाठ यह पढ़ा गया,  
प्रकृति के आगे वश नहीं कसीका, एहसास यही दिला गया ।  
पर हारकर बैठ जाए हम,ऐसा कदापि संभव नहीं ।  
हर रात की सुबह होती है, यह कोई अलग रात नहीं ।  
'दैनिकर' के कर्मवीर हम,कर्म करते जाएँगे,  
नयी परस्थितियों से जूझने को , नये कौशल अपनाएँगे ।  
आज नहीं तो कल कोवडि का उपचार हमें मलि जाएगा,  
पर जाते-जाते यह महामारी ,हमें सीख अनोखी दे जाएगा ।  
प्रकृति का सम्मान करना,परिवारो को बाँधे रखना,  
एक दुजे का संबल बनकर ,इस वपिदा को पार लगाना ।  
नये दिन का नया सवेरा नयी उम्मीदे लाएगा,  
नयी सोच के साथ,नया एक वशिव उभरकर आएगा ।।  
स्वाति घोषाल

स्कूलरे छूटा पिड़ते भावनाम याव दुयारस,  
बलछे सबাই थाको घर बाईरे आछे भाईरस ।  
करोना नाक दुषट्टु खुब बरेलेहै धर,  
मा आर आमि त्हाई बाड़तिहै आछि पाछे दुषट्टु  
करोना धर ।

बाबा आमर 'डाक्टर' त्हाई रुगी दखे  
हासपातले,

त्हाइतो आमर बाबर जन्य गर्बते बुक  
फोले ।

मायरे साथे गै गान आर काज करिहाते हाते,  
बकिले बाबा एले परे खेलेते याई छद ।

स्कूलरे बन्धु आर म्थमदरे आमर रोजेइ  
मने पड़े,

तोमरा सबাই भालो थकेो आर सबাই  
थकेो घर ।।

आत्मजा साईमा बोस दत्त

आशा-बाणी

हठां कलकाकलति घुमटा गले भेङ्गे,  
जानला दयिे ताकयिे देखे शिलकि चडुई फाङ्गे ।  
आकाशटा आज नीलरे छेँयय एतई सनगिंध,  
रवरि बलकानति प्रकृति आज मुग्ध ।  
मानुष ये आज गृहबन्दी, सकल काजई स्तब्ध,  
प्रकृति माता मने भावे करछे बिशे जवद ।  
दूषण नामक दस्युर क्षमता आज स्तमिति,  
चारदिकिरे आलोेर खलोय पशुपक्षी पुलकति ।  
मारण रोगरे बधिकरियाय वशि्व पर्युदस्त--  
नतून सूर्य उदय हवई होयो नाको ब्यस्त,  
धरैय धर वशि्वबासी, हवई ब्याधि मुक्त,  
फरिबे सकल नति्य काजे भरबे सवार चति ।  
स्वास्थ्यई ये आसल समपद जानाई वशि्वजने--  
आशार वारता छड़िये दलिाम सवार मने प्राण ।।

महुया मुखोपाधयय  
बांग्ला शकिर्कि

पूरे वशिव को कोरोना वशिषणु जैसी महामारी ने डरा कर घर पर बैठा दिया है , क्योक जिहा  
एक तरफ इससे मानवता को गंभीर खतरा है तो दूसरी तरफ सम्पूर्ण वशि्व की प्रगतशील  
गत भी बाधति हो चुकी है ।

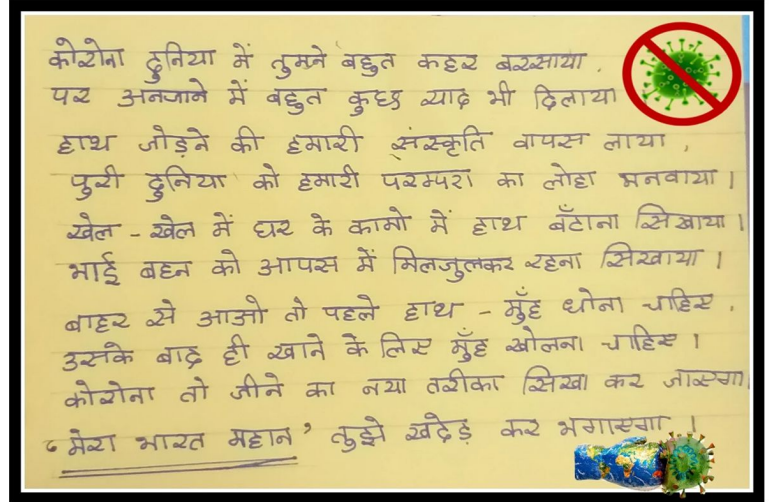
जीवन की आपा-धापी मे जनि महत्वपूर्ण चीजो के लपि समय नहीं नकिल पाए थे,आज  
इस महामारी ने हमे वो समय बताने का मौका दिया है ।

अपने परिवार के साथ रहते हुए, सकारात्मक कार्य करते हुए, एकजुट मानसकिता के साथ,  
सामाजकि दूरी के नयिमो का पालन करते हुए ,बाहरी खादय पदार्थो का बहिष्कार करके  
और स्वस्थ सात्वकि वस्तुओ का उपभोग करके हम देखेगे कि वह दिन दूर नहीं जब इस  
महामारी पर वजिय प्राप्त करेगे ।

अपने ध्यान की नाव मे बैठकर इस झंझावात से बच सकते है क्योक जिो अपरहार्य है,  
उससे डरने का कोई अर्थ भी नहीं है ।

प्रकृति के साथ सामंजस्य बनाते हुए जीवन की जरूरतो को कम करके , सरल जीवन जीना  
ही आज के समय की मांग है ।

रचना बैद ।



मुक्त मन

जिजिंसे करलाम तक

कसिरे एत घुरे बडेनो?

सारा वशि्वे चलछे लकडाउन

ना मानले हबे फाइन

हसे से बले आमि ये मन

आमार कहिय कोनोदनि कयारनेटाइन?

के बांधबे मेरे, आमि ये एखनो मुक्त

ओइसब लकडाउन आर कयारनेटाइन

से ये शुधु शरीररे साथे युक्त

ना ना बलो कि?

छोयाते हय बपिद.....

कनिंतु मनरे छोया के करबे अस्वीकार

आमार लागे ना कोनो बाहन

ना लागे आमर डाना

शुधु मनरे स्पर्शे करि आपन

कत मानुष अजाना

मानिना कोनो बाधा कोनो नयिम

शुधु परश आर छोया दयिे उताल करमिन

कथनो शुनछे कि मनरे दुयार बन्द?

सकेहिय , से ये मानव जातिरि परतबिन्द

सब कथा ये बलनि आमि, बुबने नतिे हय

शोनो ओगो समय शोनो

तूम अन्य करे बांधो, आमय छुँयो ना गो ।

Munmun Nandy