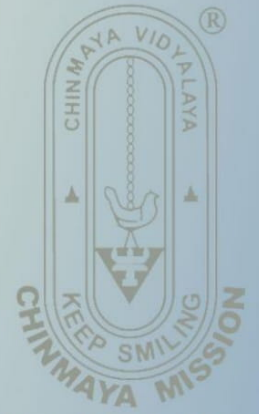


# UNLOCKING MINDS

A CATALYST FOR YOUNG MINDS



CHINMAYA VIDYALAYA  
BOKARO

THE ROAD OF  
TRUTH  
#12

USE IT OR LOSE IT!  
Keeping the Body  
Healthy  
#21

INTERESTING  
FACTS ABOUT  
ENGLISH  
#15

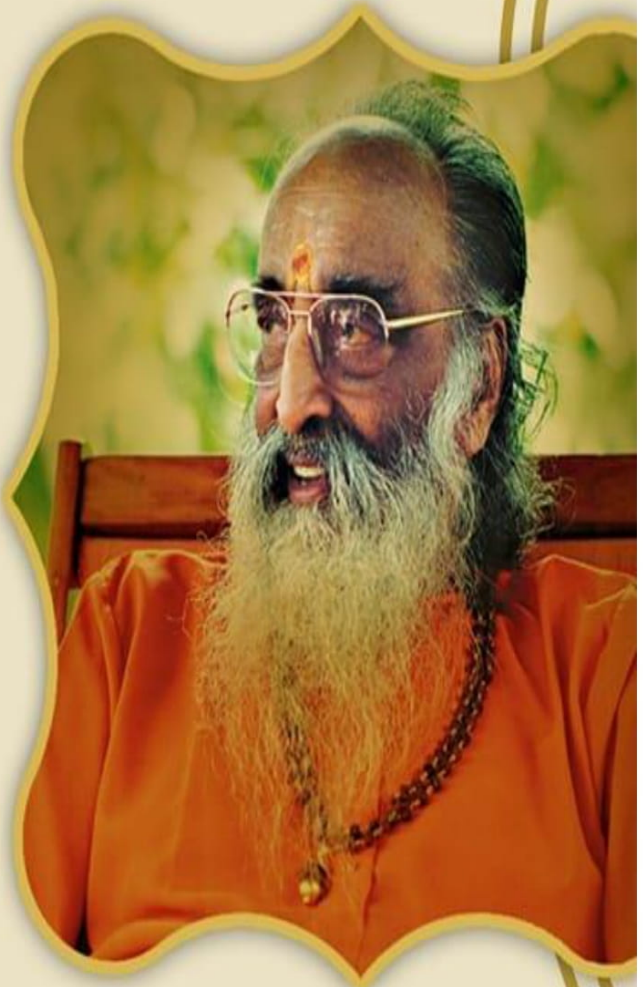


On the occasion of the 28th Mahasamadhi Day  
of Pujya Swami Chinmayananda



# Chinmaya Samarpanam

A musical offering at His  
lotus feet by Swamins  
of Chinmaya Mission



Chinmaya Channel 

3 August 2021 (Tuesday) 8.30 PM - 9.45 PM IST

Presented by: Pramodini Rao  
Director, Chinmaya Naada Bindu Gurukula of  
Chinmaya Vishwavidyapeeth



# Editor's note



*"July is hot afternoons and sultry nights and mornings when its joy just to be alive. July is a picnic and a red canoe and a sunburned neck and a softball game and ice tinkling in a tall glass. July is a blind date with summer."* – Hal Borland

It has been more than a year since "new normal" and it's astounding how we all have adapted ourselves to this new way of living. Fyodor Dostoevsky words are universally applicable when he said that a man can get used to anything, just don't ask how. Maybe the answer lies in Frederick Nietzsche's words - "He who has a Why to live can bear almost any how" and that's the driving force that kept us moving forward with resilience and faith. We all suffered losses to variable degrees- in terms of possession, health and lives of loved ones. Even an enormous amount of yearning can't alter the irrevocable past and impossibly difficult it may seem at the moment but the only option is to find reasons and hopes to keep moving forward. Although there is no hierarchy of pain that is felt by human beings but on a collective level, the world has seen worst times than we are currently living, whether it's World Wars or Economic crisis and people have always emerged stronger from their experiences. Experience is the most brutal teacher, especially if we chose not to learn from it. So with the third wave of Covid-19 lurking, the next few months are quite crucial for us and we all need to act more responsibly because this precariousness of Covid-19 can cause havoc and turn every day life into apocalypse. "Health is Wealth", these three words of ancient wisdom proved to be greater than the combined philosophy of western civilization in the past few months and hence we need to prioritize the well being of our physical as well as mental health. In this edition we have included an article by the renowned Sadhguru and his insights regarding a healthy life. We also need to pay attention to our spiritual and mental health especially for the kids as in their growing age they have been deprived of a social ambience in the school premises that plays a pivotal role in their nurturing. The practice of writing regularly has innumerable benefits and the most important is that it helps one to know their inner self better. We hope that this edition boosts up the students' motivation to write more regularly as it will help them to what Socrates famously phrased as - "Know thyself", self understanding, which is the first step towards the perpetual journey of prosperity in all forms.

In this issue for the first time we have included a Book Recommendation (Man's Search for Meaning) by the blogger- Daniela Alexe. It is being said that a book that has a single extraordinary passage is worthy of being read by everyone, and Viktor Frankl's "Man's Search for Meaning" has many such passages. We hope that her reasons for picking this book kindles you to read it, the book that has immensely influenced the life of millions all across the globe with its insights of spiritual survival.

The Editorial team of UNLOCKING MINDS wishes for its readers robust health, peace of mind and spiritual well being. Although monsoon had arrived relatively early this year but the July heat had shriveled our orchards, so let's hope that the temperature dips a little in the next month. Hopefully we can see the more conspicuous side of monsoon in August with the vibrant patterns of clouds in the sky; wake up with the petrichor from the grass in the morning and satiate our taste buds with fritters and pots of ginger-flavored tea in the evening.

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# FIND IN !



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# I wanna be...

By - Arya Priyadarshi, 8/B

I wanna shine like sun,  
More and more;  
Till the night hasn't come  
I wanna beam like the rays,  
On everyone's face till the heat  
gets melted.

I wanna be the stars,  
Twinkle on the fars and fars  
of the sky

I wanna be like the waves,  
Rise and rise;  
Till I reach my end.

I wanna be like the clouds,  
which never rest;  
And blows and blows and blows.

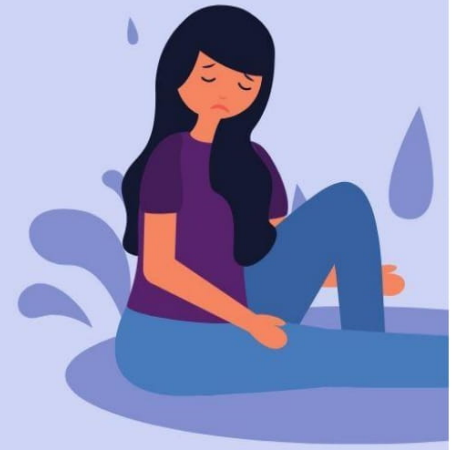
I wanna be like the rose  
Who everyone chose;  
And keep all the hearts close

Finally, I wanna be a man,  
who everyone can look upto  
I wanna be all of these,  
Let me be place,  
Till I reach my dream.



# Remembering the lost ones

By - Nimisha Mishra, 10/C



*The past has a lot of tragic tales to tell,  
There is lack of space even in heaven and hell.  
Every single day thousands of families are losing loved ones,  
To die now, what's the need of poison, bombs and guns?*

*Eyes have forgotten how to sleep,  
Mind is not in a state to even weep.  
Their voice is still echoing in the ears,  
Who will now stop the flowing tears?*

*Few days back, their smiling faces relieved our stress,  
Please anyone tell, now where to find that happiness?  
Oh God! Please give an end to this destruction,  
Show us the way for this pandemic's obstruction.*

*Police has become our shield and doctors our sword,  
We are now also losing these saviors of the world.  
But yes, keep yourself strong and just say,  
Like everything, even this will pass away.*



# An irreparable Loss

By - Pritam Prince, 12/E

Father!! O, Father !!  
When I talked to you on phone  
It felt like you are not fine anymore  
Consequently, I packed  
and headed to home

Father!! O, Father !!  
Whole night I felt alone  
But had faith to be with you  
morning at home

Father!! O, Father!!  
When sunlight dawned  
I sensed some ill intuitions  
and started sobbing  
For no reason

Father!! O, Father !!  
After reaching home  
Everyone was silent with eyes full  
of tears  
And I got to know  
You were no more  
I lost what I had  
You're the best dad.....

*(Actually, I have lost my father on 18th April this year due to covid. So I am numbed after this huge loss that can never be fulfilled. So it's just a short tribute to my father.)*



# One Mysterious Night

By - Vaibhav Singh, 6/E

How? How am I floating in space? How this is possible? "Help, help, help!" Hold on a second, how am I breathing in space? Is it Jupiter? I think I should land on it. Let's go. Now, I have landed on Jupiter, what to do now? Oh, the trees are so beautiful! The land is very bouncy. I think that is the red spot of Jupiter, there's the storm of the red spot! I need to run, wait for a second, why I am flying? I have been teleported on an island, is it floating in space? It's very weird. Oh my God! These trees are having chocolates! Hey! My friends are also here. Let's talk with them. What is happening! When I am moving a bit forward then my friends are moving away from me. I should keep running. I am much tired! I can't run anymore now! Where my friends have vanished suddenly? What was the sound coming from there? Oh my God! It's a ghost! No! Oh! It was a dream, Thank God!

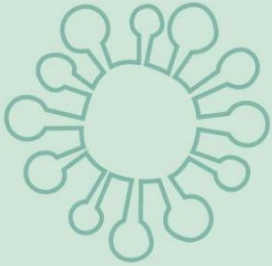




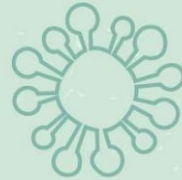
# Covid Lesson

By - Pratihtha Choudhary, 9/E

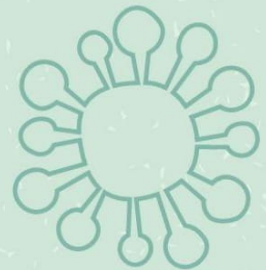
From roaming every time,  
To home Quarantine,  
Our life has changed,  
In this span of time!



From going to the mall,  
To watch the same wall,  
we are feeling like,  
An isolated doll!

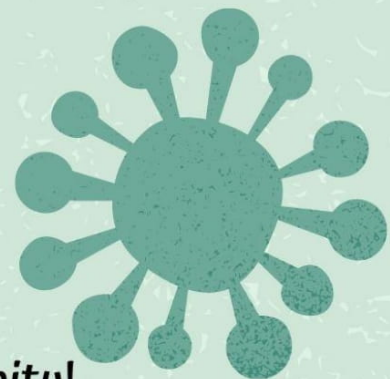


A salute to those,  
Who have come from heaven,  
And working for us  
Twenty - four- seven!



From socializing,  
To social distancing  
Our mindset is,  
Also changing!

From eating junk,  
To running after immunity,  
This pandemic has changed,  
The perspective of our community!



# Wash Your Hands

with soap & water



1  
Wet your hands with water



2  
Apply a sufficient amount of soap on all hand surfaces



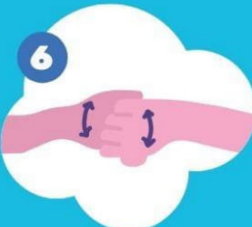
3  
Rub hands palm to palm



4  
Place the right palm over the left dorsum with interlaced fingertips and vice versa



5  
Rub palm to palm with finger interlaced



6  
Rub opposite palms with the backs of the fingertips interlocked



7  
Rotational rubbing of the left thumb clasped in the right hand, and vice versa



8  
Back and forth rotational rubbing of clasped fingers of the right hand in the left palm and vice versa



9  
Rinse hands with water



10  
Use a single-use towel to dry your hands properly



11  
Turn off the faucet using a towel




12  
Well done! Your hands are safe now



# The Selfish Rose

By - Ashi Ranjan, 5/C

Once there was a very beautiful flower Park. There were numerous beautiful Flowers in that park. Every flower had a section in which all the same kinds of flowers were grown and so there was a section of roses. All the roses were very beautiful and charming but there was a red rose which was the most beautiful. The red rose was very proud of its beauty and thus it was very selfish and mean. It used to tease and irritate the other roses by calling them ugly. Some of the roses felt bad while the others did not mind its word. One day when the red rose was admiring itself a little boy was roaming in the park and as soon as he saw the big beautiful red rose he went there and plucked out the red rose. It freaked out in pain, meanwhile, the little boy threw the red rose on the ground and ran away to play with his friends. The red rose felt very bad and guilty and learnt a lesson that ***"We should not be so proud of our speciality that our speciality becomes bad for us and the others"***



# The Road of Truth

By - Praseon Anand, 11/C

*Life is a challenge accept it,  
Bundles of hurdle will manumit;  
For the wrong deeds you commit,  
It will always expose you dammit.*

*Love will also manumit;  
But, for the mankind it should emit,  
Reaching the top is not your limit;  
But, to make the world overcommit.*

*Your soul will get admit,  
Only because you have crossed limit;  
Serving humanity is credit,  
Just when your heart permit.*

*The time will soon omit,  
When you should summit;  
And life will not see your profit,  
What you done is your credit accept it.*

# The Mystery of a vanishing Driver

By - Rajat Ritwik, 10/G

The day had kindled with the sumptuous and lucrative Sun's rays, amalgamating with the eluding dark sky. This Sunday was not a mere Sunday rather a Sunday after a lingered lockdown. Our whole college life was zapped due to the infamous COVID-19. It surged in the year 2020 and had lasted till January of this year, 2024. We were not able to even take a stroll over the college's soil!

Nevertheless, since it was a new beginning, I and my other 2 comrades, namely Taash and Titu, conformed to go on a picnic. The picnic spot chosen was located in Kolkata and we were in Bokaro. None of us was permitted to venture into such an odyssey. So, our parents hired a driver named Kaetu. He was a kooky guy with a revamped body. I thought that he was sort of an introvert as he didn't talk much.

Now, the venture was about to start and then Titu asked a riddle, "A woman was born on 16 December 1616 and died on the same date, the same year. Also, at the time of her death, she was of  $(70+16+16-28)$  years. How is this possible?" At first, I just wanted to gag his mouth and terribly yell at him. He at times used to hurl us with varieties of riddles that stranded us and most of the time, they were illogical. Taash, as always, was just busy devouring the Shrimad Bhagavad Geeta. He was a spiritual man and we used to call him "Baba Ranchordaas". He just used to reply with a grin and again got immersed in the text. They both were engaged in some way or the other. Now, what about me? I was avid to strike a conversation but both were busy in their own worlds and even if I would have said something, it would be equivalent to talking to deaf ears. **(contd...)**



# The Mystery of a vanishing Driver

By - Rajat Ritwik, 10/G

A whole one hour passed and the least relished was me only, though the idea was mine. Now, we decided to take a respite. This respite only was the crux for my internal bedlam. As the food was ordered, all of us went to wash our hands. There, in the mirror, Kaetu's reflection was not coming. I ignored that by assuming it as an illusion created due to boredom and hunger.

Now, when we had gobbled up the ordered food, we headed straight for the destination. Three hours passed by as if they were three millennia. However, when only one hour was left to reach the spot, Kaetu suddenly vanished from the car without anyone's notice. But still, the steering wheel was moving in such a way that it was under someone's control. I beckoned Titu to behold this. He was a bona fide scaredy-cat. He started shouting with fear. Our dear and contemptible friend Taash, still in such a situation, was apprising us to be quiet.

Now, we were like, "O God, now everything is in your hand." I and Titu were praying to the Almighty but that prayer was more of a kind of begging. Although, Taash remained serene. Suddenly, he started mumbling some shlokas. These shlokas were beneficial or ominous, I was not certain at first guess. But after a while, it must have been a blessing as the car had stopped in a dense jungle. A monkey showed up and scolded me by saying, "I don't think sleeping in a running class is an endowment, Mr. Rachit." The monkey's visage and even his full body transformed into my Polity professor and the jungle into my classroom. The class was filled with good laughs from my classmates. Somehow, I discovered that in my pocket, 2 chewing gums were left. Well, the trove was of 5 out of which 3 were consumed by me during the odyssey. Wait, was that real jeopardy or just a reverie?



# INTERESTING FACTS ON ENGLISH LANGUAGE

By - Tanushka Kumari, 8/B

- 1 A new word is added to dictionary in every 2 hours.
- 2 There are some words that appeared in the dictionary because of printing errors. These words are referred to as ghost words .eg- dord
- 3 The shortest, oldest, and most commonly used word is "I".
- 4 The word "set" has the highest number of definitions.
- 5 English originated from what is now called North West Germany and the Netherlands.
- 6 Most English words come from French or Old English.
- 7 Earlier, it used to have 29 letters instead of 26.
- 8 English is the official language of airplane travel.
- 9 The most commonly used letter in english is "E".
- 10 The most complex word in the English language is "run".

# Macavity - The Mystery Cat

By - T.S.Eliot (1888-1965)

*Macavity's a Mystery Cat: he's called the Hidden Paw—  
For he's the master criminal who can defy the Law.  
He's the bafflement of Scotland Yard, the Flying Squad's despair:  
For when they reach the scene of crime—Macavity's not there!*

*Macavity, Macavity, there's no one like Macavity,  
He's broken every human law, he breaks the law of gravity.  
His powers of levitation would make a fakir stare,  
And when you reach the scene of crime—Macavity's not there!  
You may seek him in the basement, you may look up in the air—  
But I tell you once and once again, Macavity's not there!*

*Macavity's a ginger cat, he's very tall and thin;  
You would know him if you saw him, for his eyes are sunken in.  
His brow is deeply lined with thought, his head is highly domed;  
His coat is dusty from neglect, his whiskers are uncombed.  
He sways his head from side to side, with movements like a snake;  
And when you think he's half asleep, he's always wide awake.*

*Macavity, Macavity, there's no one like Macavity,  
For he's a fiend in feline shape, a monster of depravity.  
You may meet him in a by-street, you may see him in the square—  
But when a crime's discovered, then Macavity's not there!*

**contd....**





# Macavity - The Mystery Cat

By - T.S.Eliot (1888-1965)

*He's outwardly respectable. (They say he cheats at cards.)  
And his footprints are not found in any file of Scotland Yard's.  
And when the larder's looted, or the jewel-case is rifled,  
Or when the milk is missing, or another Peke's been stifled,  
Or the greenhouse glass is broken, and the trellis past repair—  
Ay, there's the wonder of the thing! Macavity's not there!*

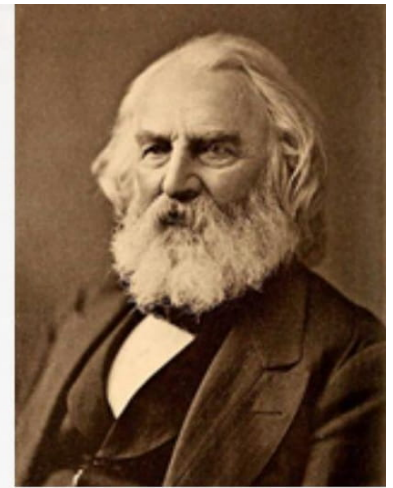
*And when the Foreign Office find a Treaty's gone astray,  
Or the Admiralty lose some plans and drawings by the way,  
There may be a scrap of paper in the hall or on the stair—  
But it's useless to investigate—Macavity's not there!  
And when the loss has been disclosed, the Secret Service say:  
'It must have been Macavity!'—but he's a mile away.  
You'll be sure to find him resting, or a-licking of his thumbs;  
Or engaged in doing complicated long division sums.*

*Macavity, Macavity, there's no one like Macavity,  
There never was a Cat of such deceitfulness and suavity.  
He always has an alibi, and one or two to spare:  
At whatever time the deed took place—MACAVITY WASN'T THERE!  
And they say that all the Cats whose wicked deeds are widely known  
(I might mention Mungojerrie, I might mention Griddlebone)  
Are nothing more than agents for the Cat who all the time  
Just controls their operations: the Napoleon of Crime!*



# The Rainy Day!

*The day is cold, and dark, and dreary;  
It rains and the wind is never weary;  
The vine still clings to the mouldering wall,  
But at every gust, the dead leaves fall,  
And the day is dark and dreary.*



**By - Henry Wadsworth  
Longfellow**

*My life is cold, and dark, and dreary;  
It rains, and the wind is never weary;  
My thoughts still cling to the mouldering past,  
But the hopes of youth fall thick in the blast,  
And the days are dark and dreary.*

*Be still, sad heart, and cease repining;  
Behind the clouds is the sun still shining;  
Thy fate is the common fate of all,  
Into each life, some rain must fall,  
Some days must be dark and dreary.*

**(Idiom: 'Into each life some rain must fall'**

**Meaning: This means that bad or unfortunate things will happen to everyone at some time.)**

# Book Recommendation: 10 Lessons I Learned from "Man's Search for Meaning" by Viktor Frankl

By - Daniela Alexe

"The book you don't read, won't help" – this is what the American entrepreneur and motivational speaker Jim Rohn used to continuously say. Books can make us grow as a person, and implicitly they can help us give a boost to our career. And don't think this applies only to the business ones. Reading books for enjoyment can also enhance our career.

What if I tell you that burying your nose in some classic novels, literary fiction or psychological books could be just what the doctor ordered to improve your career, and help you get ahead of the game by closing that next deal, or by securing a highly sought-after promotion?

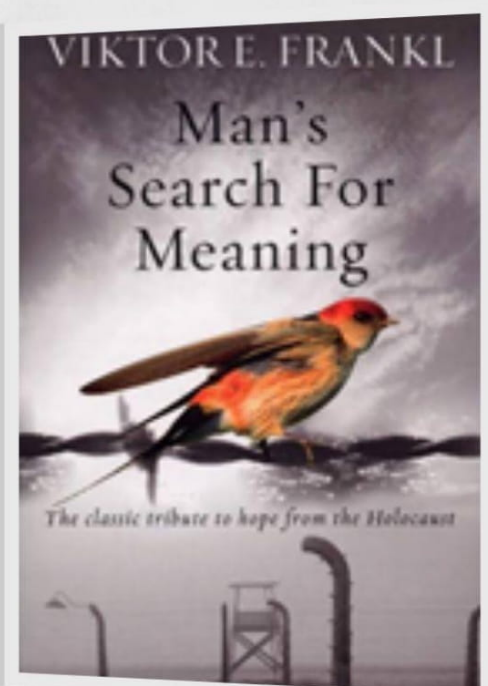
This is the case of "Man's Search for Meaning" by Viktor E. Frankl, a bestseller which should not miss from your list. It falls under the category of books that can permanently change the way we see the world, life or our state of mind.

The book really had an impact on me, therefore here are some priceless lessons I've learned by reading "Man's Search for Meaning":

1. "He who has a why to live for can bear almost any how." These were actually Nietzsche's words. Probably most of you have already read tons of articles stating the power of purpose. Even the book "Start with Why" by Simon Sinek draws from Frankl or Nietzsche. Yet, this is true. You will be able to face hard times way much easier if you manage to find meaning for your life.

2. You can adapt and get used to literally any condition. It is what Charles Darwin said: "It is not the strongest species that survive, nor the most intelligent, but the ones most responsive to change." Stepping out of our comfort zone will make us understand how further we can actually push our limits.

3. Have courage to accept the things you can't control. While being high in self-control is important in achieving our goals, we must not waste our time with things we can't control. What matters is how we react to situations that are beyond our control.



## Book Recommendation:

# 10 Lessons I Learned from "Man's Search for Meaning" by Viktor Frankl

4. The way to achieve success is to avoid thinking about it and surrender to a vision. If you focus on making success your target, you are more likely to miss it. Dedicate your time and effort to a vision that is more significant than yourself, and let success become a by-product of this dedication!

5. "The salvation of man is through love and in love." It is redundant to add something else. Love should make you the best version of yourself. It should motivate you, make you less selfish or judgmental, more positive, in a better mood, and the list can go on.

6. There is only one thing that cannot be taken away from you, your attitude. The true test of our character is revealed in how we act, and you have the complete freedom to choose how to respond in any situation.

7. There is meaning in suffering. Frankl explains clearly that if pain and suffering is avoidable, then we should avoid it, as there is no need to make ourselves suffer unnecessarily. However, some suffering is unavoidable. And no matter how crazy this would sound, experiencing pain is not necessarily bad. We often come out the other end softer, more thoughtful, more compassionate, more spiritual people than they would have been if we had never experienced the painful side of life. Also, the moment we make suffering meaningful, we will implicitly make it bearable, too.

8. You can resist the influence of even the most toxic environments – your actions are your own. No matter what the situation, you control what you think, how you respond, and your own state of mind. Nobody except you has control of your mind.

9. Human kindness can be found in the most surprising places. The world can be a tough place and people can be really mean, but don't judge a person only by a situation. Each of us have a positive side as well.

10. Laughing and having a sense of humor will change the way you look at your life. Don't forget to always take with you your positive mindset. If you want to be a successful person, note that positive thinking will not only give you more confidence, improve your mood, but also help you approach unpleasantness in a more productive way. (Source: <https://medium.com/@daniela.alex.stefania/10-lessons-i-learned-from-mans-search-for-meaning-by-viktor-frankl-470ac8edae17>)

# Use It or Lose It!

## Keeping The Body Healthy

There was once a young physician. He had some problems with a diagnosis of a patient, so he went to a senior colleague for advice. The senior colleague said, "Oh! Nerves and vomiting, is it? Hmm..." "Yes," replied the young man, "but I don't find any medical reason for him to have nerves and vomiting." So the senior colleague suggested, "Ask him if he is playing golf. If he does play, tell him to stop. If he says he doesn't, ask him to play. He'll become ok!" Health is like that!

Some people are over-worked and have ill-health. But most people are under-worked and have ill-health. If you had lived 200 years ago, you would be doing at least 20 times more physical activity than what you are doing right now. You would have walked everywhere and would have done everything with your hands. If you were doing that much activity, I would have told you to take a break and get some rest. But for most people today, the body has not been used enough. In terms of physical activity, many 20-year-olds would not be able to do what a 60-year-old was doing 100 years ago. That means we are just weakening humanity. You can keep this body well only by using it. The more you use it the better it gets.

Many years ago, I took a bunch of people and went trekking in the Western Ghats. These are areas in the Hassan-Mangalore segment that I had trekked extensively, so I know the beauty and charm of these places. They are absolutely magical – full of wildlife and thick vegetation. A few weeks before that, a naval helicopter going to Bangalore had crashed in the area somewhere in the forest. The search teams did all kinds of aerial stuff but couldn't find it. Then they brought in a battalion of over 200 army personnel who began combing the forest, and they could not locate the helicopter even after a few weeks. That's how thick the vegetation is!

There were about 35-40 of us walking through this area. We were having problems cooking and everything because it was pouring rain and we had walked for a whole day. Then we walked into this army camp and made ourselves uninvited guests because the food smelt good! You really know the value of food only when you have used your body like that. We walked in and the commanding officer was very generous – he welcomed us and was very happy to have us join them. One of the sergeants of the battalion asked us why we were walking, and when we said we were doing it because we wanted to, he couldn't believe it. "Just like that?" he asked. "We are here for so many weeks just waiting when this damn thing will be over. Every day we have to walk 20-30 kilometers searching for this damn helicopter which we can't find and you are just walking for fun?!" He just wouldn't believe us, "Is it possible that somebody could just walk for fun? With all the blisters in your legs and everything!" He didn't understand that what he was doing as a forced exercise was keeping him so healthy and well.

# Use It or Lose It!

## Keeping The Body Healthy

### Allow Life to Function Fully

One of the simplest things about health is just to use the body. If you use the body sufficiently, it has everything to create health for itself. I would say, if we physically used our bodies as much as we should, 80% of the ailments on this planet would just disappear. Of the remaining 20%, another 10% is because of the type of foods people are eating. If you change that, another 10% would disappear. That means only 10% of the ailments would remain.

That has happened because of a variety of reasons. One is karmic, another could be atmospheric and there are other aspects that could have happened in the system, which can be looked at. Out of all the sick people, if 90% of them become healthy just by using the body and eating the right food, 10% could be easily handled. But now, the volume of ailment is so big because we don't eat properly or we eat very properly and we don't use the body properly.

People are acting as if health is our idea and we created health. Health is not something that you invent. It is not your idea. When the life process is happening well, that's health. If you allow life to function fully, it is healthy. So you just have to use your body, your head and your energies. If these three things are well-exercised and balanced, you will be healthy. This happened to me once. This was way back during the second or third Bhava Spandana program. I was conducting it in one of those little places where I had to run up and down the staircase any number of times because the arrangement was like that. I just counted on one particular day when I was conducting the program and I had to manage the kitchen too, I went up and down the staircase 125 times, and I felt very healthy at the end of the program. A sudden burst of activity may lay you down, but if you build activity – physical, mental and energy – into your life, health will come. Your body is working well, your mind is working well and your energy is supporting the two making sure nothing goes wrong – that's health. Life is happening in full flow, that's health.

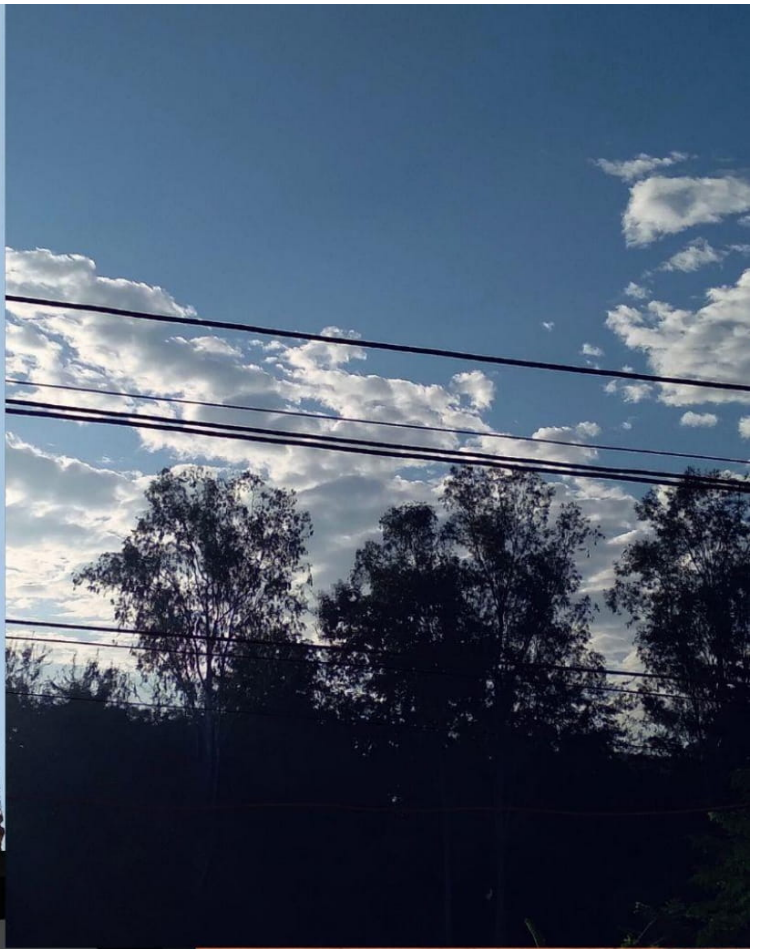
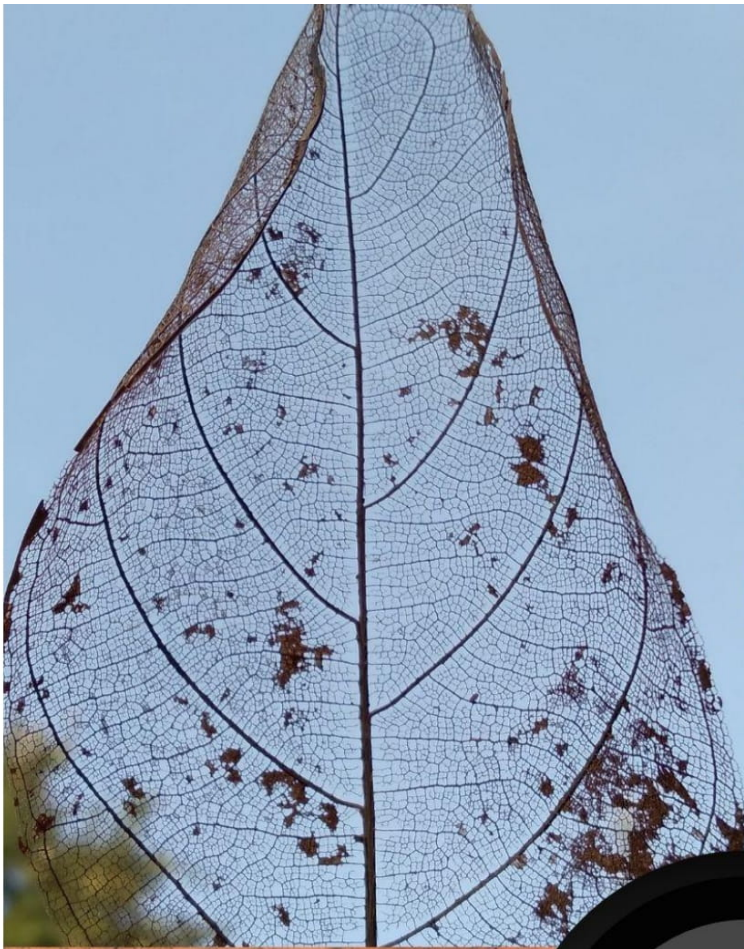


Source: <https://isha.sadhguru.org/yoga/yoga-articles-body-health/use-lose-keeping-body-healthy/>

# ARTIST'S CORNER

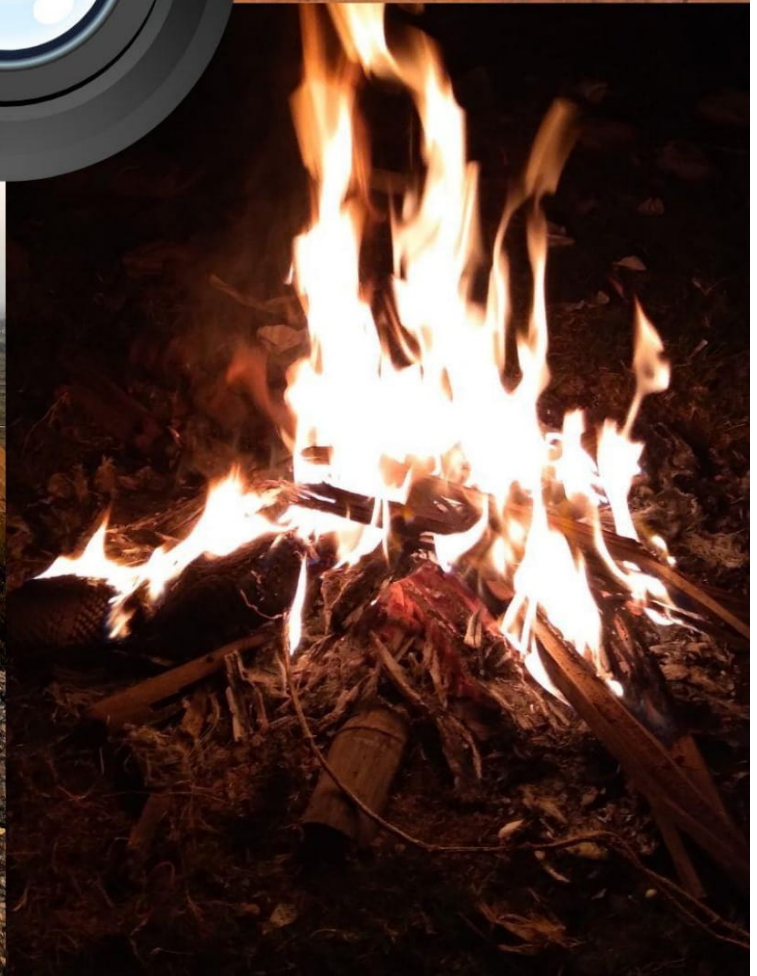
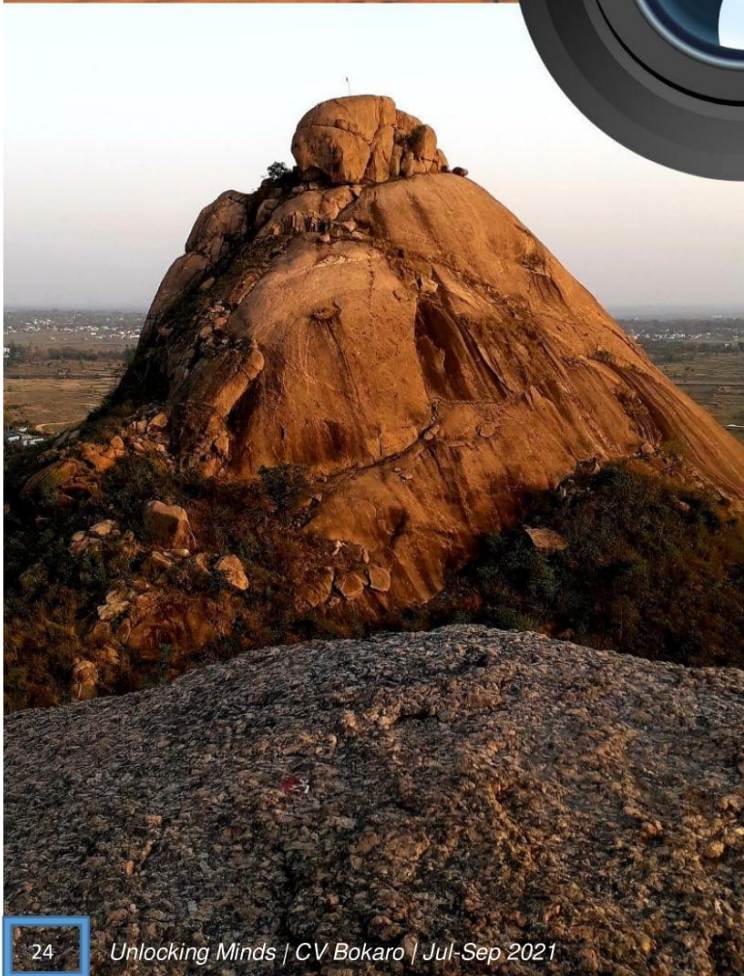


Art By: Rishika, 12/K



Through The  
Lens

Captured By  
Barshan Ray,  
12/A





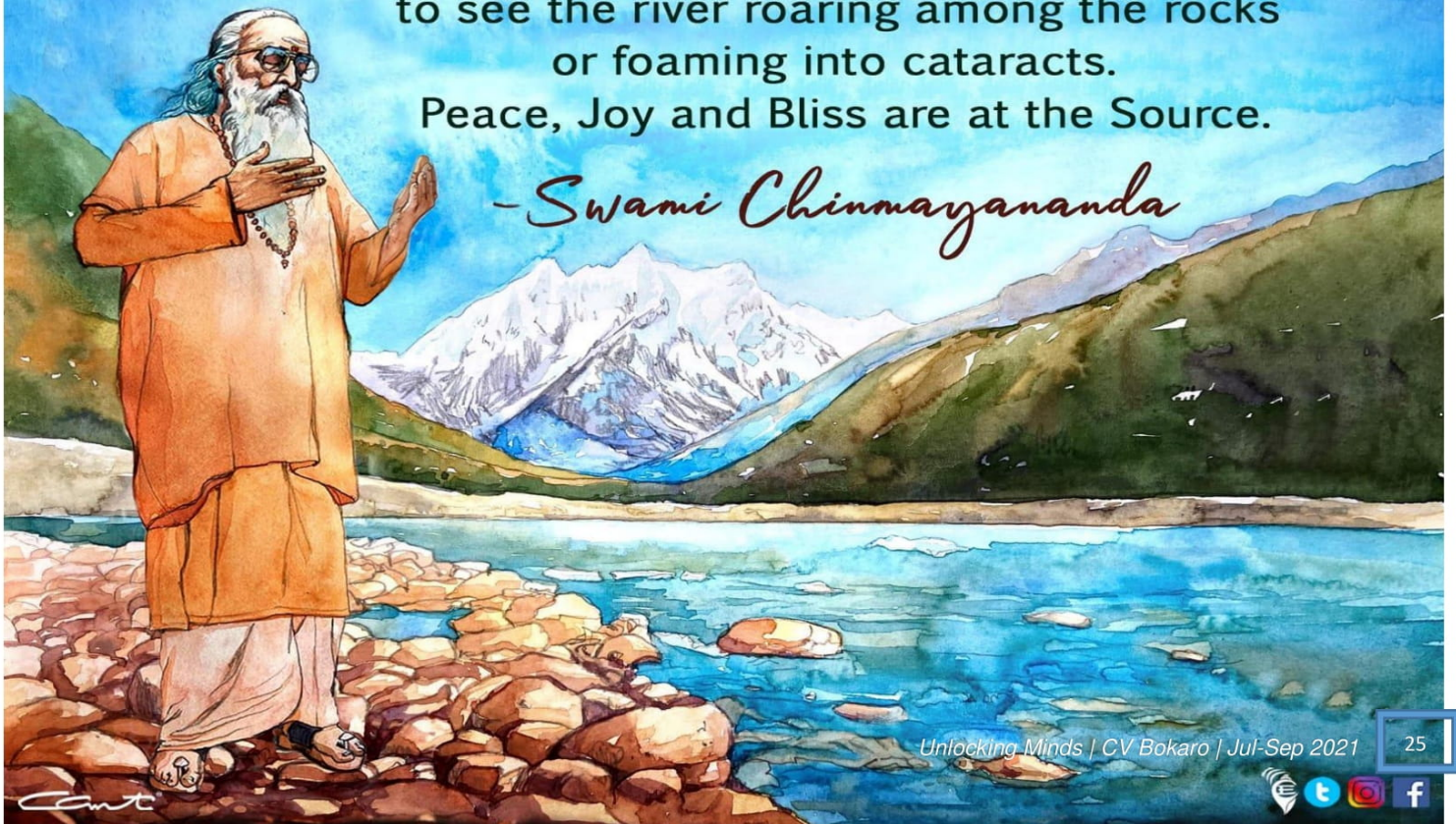


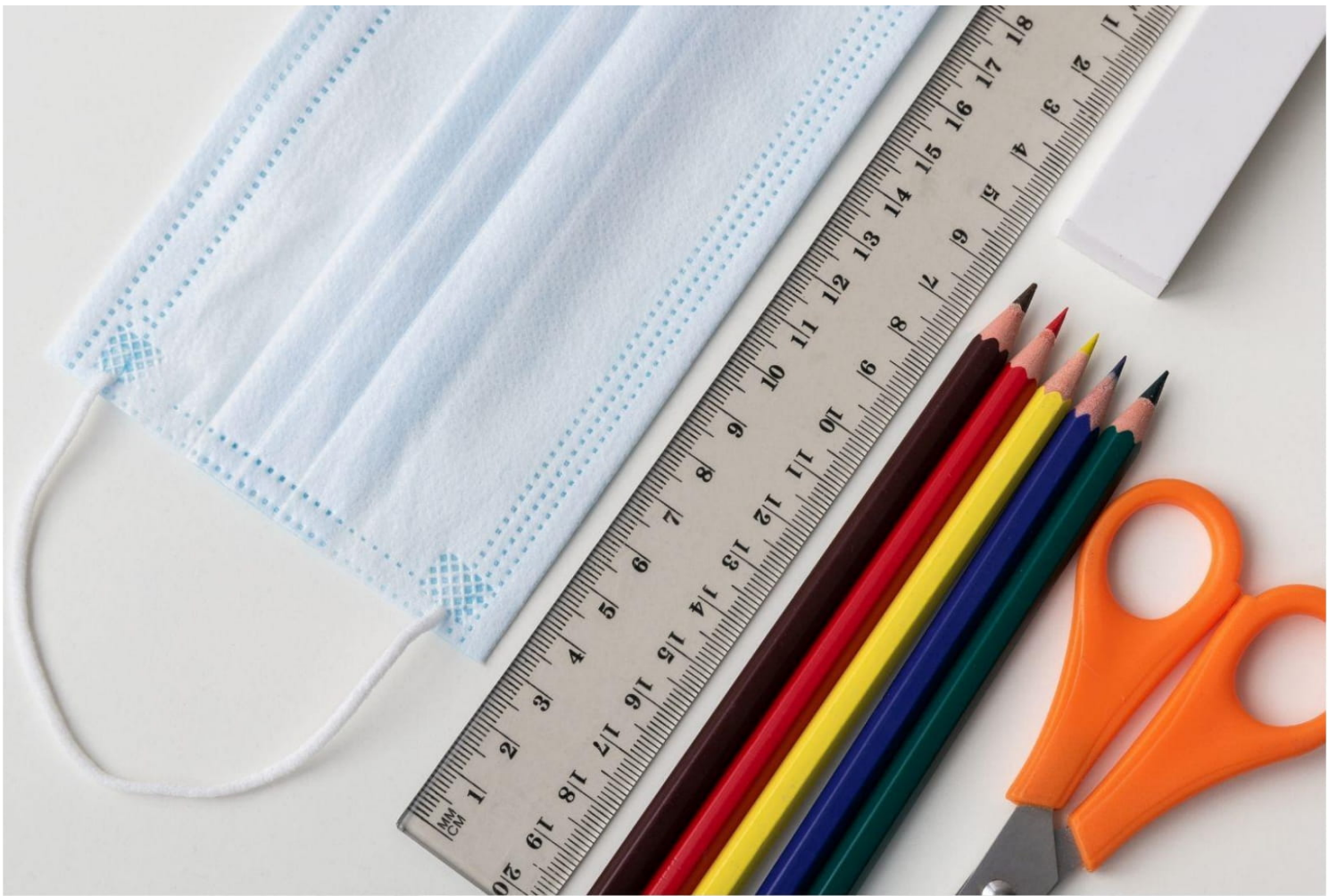
***A well trained and controlled mind  
stands a man in good stead better than armies.  
It saves him from cowardice as well as perils.***

*Swami Tapovanji Maharaj*

A Guru alone can point to us the Supreme Source  
of the real Ganga flowing within us.  
Trace the Source and you will never come back  
to see the river roaring among the rocks  
or foaming into cataracts.  
Peace, Joy and Bliss are at the Source.

*- Swami Chinmayananda*





**Hari Om !**

*Students, Teachers, Parents and Alumni are requested to send their self composed creations in the form of poems, articles, short stories, travelogues, paintings, self clicked photographs etc to below mentioned e-mail id. (All write-ups must be typed and sent.)*

*Suggestions are also invited to include different sections in the E-magazine.*

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