

वेदों की खुशबू

ओ३म्

वेद सब के लिए

(धर्म मर्यादा फैलाकर लाभ दें संसार को)

# VEDIC THOUGHTS

A perfect blend of Vedic Values and Modern Thinking

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## विचार

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**The hand that gives is greater than the  
one that takes. There is a grandeur in  
giving, a quite dignity in being helpful to  
the needy.** ; g gā nku dh efgekA i jUrq D; k  
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## पत्रिका के लिये शुल्क

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## Editorial

# Money and Evil

Not long ago, the cricketers caught recently for fixation charges in the IPL league, would not have got even few thousands for playing in any tournament. Today when they are being paid in millions, not for very special talent in the sense that they will struggle to find a place in the national team in any of the formats, compromised their integrity and loyalty to the club for which they don colours for some extra money. Investigations, still in progress, have unfolded that range; sweep and depth of this murky and shameful act are mind boggling. Why this extra money should act as a devil instead of giving happiness and blissful life, this is the one question that rankles the minds of the people of our generation.

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**Thus, it is very clear that Vedas ask man to earn and acquire as much wealth as he can.** Many may perhaps question if this is the case, then why excess money should be the cause of various evils. To this Vedanta says---excess money has the potential to lead a man astray in two situations---first, when it is acquired through foul means and second when man gets attached to it.

Flow of money in man's life makes its impact in three stages. In the first stage it helps man to

meet his physical requirements like food, shelter and clothing. In the second stage, it imparts him future security and self-fulfillment. In the third stage it can lead to his adopting lustful and splurging ways as one could read about the cricketers who were caught. The trousers one of them was wearing costs Rs 2.5 lacs. To save himself from this situation, man is advised to be benevolent and make charities. Vedas implore the man to use the money, over and above his needs, for the good of people, especially less privileged ones. ru R; Dru HkqthFkk ek x/k% dL; fLon/kueAA vFkkr R; kx Hkko l s



HkksxA When one follows this in letter and spirit he is automatically saved from evils and lustful life.

To achieve this one needs to cultivate virtues like spirit of renunciation, restrain and austerity & frugality in one's life style. It involves training and transforming his consciousness, thoughts, attitude and values from temporal to divine, competitive to cooperative, acquisitive to

distributive and from the greedy nature of chasing the wealth to the pious culture of giving. Uk foru riZ kh; ks euq; %&& dpy ykdd /ku l s gh euq; rlr ugha gks l drkA rflr ds fy; s vkReKku Hkh mrur gh vko'; d gA

Such a paradigm shift is possible when one integrates these two core spiritual tenets into his mindset. The first tenet envisages that nothing in this world exists for itself but co-exists for mutual benefits of each other. **Best echoed in Mahatma Gandhi's sermon- "Rich should consider themselves as God's trustees of the wealth meant for the poor and deprived."**

Today, this divine approach to wealth gets

reverberated in the world's richest man Bill Gates's statement delivered during the recent conference of the world's 50 richest people in Bangalore, "Retain only that much wealth what you need for your survival and remaining should be donated to uplift the deprived and poor. Even for your next generation, leave only that much what can help them to start their life. History tells that results have not been very impressive and healthy where parents left lot of wealth for their next generation."



education to the deprived, the picture of our country will change and prosperity will be visible everywhere. Very true "Money serves its purpose only when it is used to help those who need it."

**The third tenet reveals** that materialism by itself is not the source of human happiness. The ephemeral nature of matter cannot provide real peace.

**The fourth principle** says it is good karma or virtuous deed which is the true source of peace and happiness.

**And the fifth spiritual law** considers materialism a good servant but a bad master.

The second tenet says that nothing in the world can be owned but can be used for need fulfillment. In our country, we have gold worth billions lying in our famous temples. Similarly enormous wealth is slashed in the foreign banks. If this wealth is used to provide three basic things -food, shelter and

When the man uses these tenets the chances of his materialistic prosperity bringing with it degradation in character and resultant evils, are very remote.

9217970381

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## Inspirational character of the month

Overcoming serious disability, Arunima Sinha, 25, trekked the hazardous path all the way up to the Mount Everest peak this week, and proudly unfurled India's flag at the dizzy height of 29,028 feet. Arunima had lost a leg after she was thrown off the train by some criminal elements, while she was travelling from Lucknow to Delhi in April, 2011. Doctors had to amputate her leg in a bid to save her life. "At that time everyone was worried for me. I then realised I had to do something in my life so that people stop looking at me with pity. I read about people scaling the Mt Everest," she said. Arunima was trained by Bachendri Pal, the first Indian woman to climb the Mount Everest in 1984. There were other legendary mountaineers, who defied all odds and displayed unbelievable courage and willpower.



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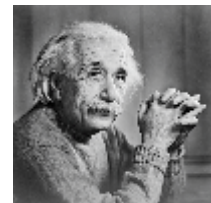
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## Einstein once famously said,

“The world before us is the creation of our thinking. If we want to change we will have to change our thinking.”

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Below are some tips which can simplify  
your life and may amplify the happiness  
scale of your life.

### 1- Avoid getting influenced:

You don't have to follow every single trend  
in society. If your friend has purchased a  
new BMW, you don't need to buy a  
Mercedes to impress.

### 2- Avoid impulse buying:

You don't need to buy every single gadget  
instantly which you like in this shop. Do  
your Needs Vs Wants analysis.

### 3- Avoid Credit Cards Usage:

Avoid this  
as much as you can. Debt is a silent stress  
and eating up your mental health slowly.  
Your brain might get old while you are  
young at heart. You might develop high BP

or sugar because of stress due to credit.  
Live a credit-free life.

### 4 - Learn to say No:

Don't accept every single attractive offer  
from the bank representative or a car loan  
company. Do your "Needs Vs Wants"  
analysis. Careful spending is always  
recommended.

### 5- Reduce too much social gatherings:

Spend quality time with your spouse and  
kids for empowered relationships.

### 6- Reduce your love for money:

Careful spending and saving is important  
but don't allow your brain to keep doing the  
calculations all day long. You love for  
money is pulling your brain strings and  
damaging your peace of mind silently.

### 7- Less TV more Books:

It is proven that people who watch more TV  
generate high level of stress. Read quality  
books to learn wisdom and attain high  
degree of happiness.

### 8 Spend time with Nature:

Instead of going to cinemas and malls  
repeatedly, spend time in parks. This will  
relax your brain, body and soul.

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er erkUrj 'kq dj l drs Fkñ vi us vki dks



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yMfd; ka ds fy; s rkdh Hkkjr ea ofnd eW; ka  
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xykeh dsdkj .k Hkkjrh; l ekt ea cjk bz; ka vk  
xbz gLo; anij gkus yxachA; g gS l gh ek; us  
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; gh ugha Kku dk nku nsuk] /ku nsus l s dgha  
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World's richest man Buffet, who has earned  
name for philanthropy, says, "Many  
people give extensively of their own time  
and talents to help others; such gifts are far

more valuable than money."

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dbznhi d i d k' koku gkr agA

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## Save Hinduism From Hindus !!

Hindu festivals are celebrated in very loud fashion with tall idols ,ear tearing  
loudspeakers,ugly dancing youths,bags of gulal but very less devotion .Mushak (rat)  
in Ganesh temple is being given more importance than Lord Himself !!Some of Hindu  
temples are becoming 5 Star ,where as many are little better than dust bins .Religious  
dances like garba ,has become fashion and looked as sex provoking opportunity by  
young generation.Time has come to save Hinduism from Hindus !!

Dilip Dombivalikar

## MONEY IS YOURS BUT RESOURCES BELONG TO THE SOCIETY.

**Dr.Bharat Indu Verma**

Germany is a highly industrialised country. It produces top brands like Benz, BMW, Siemens etc. In such a country, many will think its people lead a luxurious life. When I arrived at Hamburg, my colleagues who work in Hamburg arranged a welcome party for me in a restaurant. As we walked into the restaurant, we noticed that a lot of tables were empty. There was a table where a young couple was having their meal. There were only two dishes

and two cans of beer on the table. I wondered if such a simple meal could be romantic, and whether the girl would leave this stingy guy. There were a few old ladies on another table. When a dish was served, the waiter would distribute the food

for them, and they would finish every bit of the food on their plates. We did not pay much attention to them, as we were looking forward to the dishes we ordered. As we were hungry, our local colleague ordered more food for us. As the restaurant was quiet, the food came quite fast. Since there were other activities arranged for us, we did not spend much time dining. When we left, there was still about one third of unconsumed food on the table. When we were leaving the restaurant, we heard someone calling us. We noticed the old ladies in the restaurant were talking about us to the restaurant owner.

When they spoke to us in English, we understood

that they were unhappy about us wasting so much food. We immediately felt that they were really being too fussy. "We paid for our food, it is none of your business how much food we left behind," my colleague told the old ladies. The old ladies were furious. One of them immediately took her hand phone out and made a call to someone. After a while, a man in uniform claimed to be an officer from the Social Security Organisation arrived. Upon knowing what the dispute was, he issued us a 50 Mark fine. We all

kept quiet. The local colleague took out a 50 Mark note and repeatedly apologised to the officer. The officer told us in a stern voice, "ORDER WHAT YOU CAN CONSUME, MONEY IS YOURS BUT RESOURCES BELONG TO



THE SOCIETY. THERE ARE MANY OTHERS IN THE WORLD WHO ARE FACING SHORTAGE OF RESOURCES. YOU HAVE NO REASON TO WASTE RESOURCES." Our face turned red. We all agreed with him in our hearts. The mindset of people of this rich country put all of us to shame. WE REALLY NEED TO REFLECT ON THIS. We are from a country which is not very rich in resources. Just to flaunt our riches, we order large quantity and also waste food when we give others a treat. THIS LESSON TAUGHT US A LESSON TO THINK SERIOUSLY ABOUT CHANGING OUR BAD HABITS. 9872892404

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## vU/kfo' okl ka ea f?kjk Hkkj ro"kl

Hkkj rñlñq l in

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cyh nh tkrh gA ; g cyh nks fLFkrh; ka ea nh tkrh  
gA i gyh tc fdl h fd eu dh ej kn i jh gkrh gA  
nñ jh tc dkbZeflñj ea ej kn ekark gA, d fji kVZ  
ds vuq kj ogkajkst 500 cdjh; ka dVh tkrh gA gj  
jkt eflñj ea, d s J/kkyq/ka dh yEch ykblu ns[kh  
tk l drh gA 12 i qtkjh cyh dsfy; syk, l cdjh; ka  
o nñ js lk' kv/ka dks dkVus dk dke djrs gA ; gh

ugha cgr l s l kFk  
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cñ y th dh dñ hZ rks ugha cph ij , d i k. kh fcuk  
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ugha gA egkRek pk.kD; us fdruk Bhid dgk  
gS && fdl dk gn; l c thoka ij n; k Hkko  
l snfor gks tkrk gS ml dks Kku] ek[k] tVv  
vkj Hkl e yxkus l s D; kA vFkz vxj eu ea  
n; k gS rks fcuk HkFDr fd; s Hkh Hkxoku ds  
utñhd gA vkj vxj bZ oj }kjk cuk, nñ js  
i k. kh ds fy; s n; k ugh arks vki bZ oj l s nñ  
gS vki /kkfzd ugha dgyk l drA , d vkj  
ckr] vxj vki deHkx dh doctrine ea

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vkt Hkkj rh; l ekt ea l EkL; k, a ml l s Hkh vf/kd



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 l hek ij gA ubZ i hM pks l Qyrk dsu; sdhrhZeku l ekt dh LFkki uk dh FkhA /kkfeZd eukjatu ds fy; s  
 cuk jgh gS i jUrq thou thus dh dyk l svufHKK gSrks cgr l LFkk, gA ml ds fy; s vk; Z l ekt dh  
 o thou ea l argyu u gkus ds dkj.k vi us vki dks t+ jr ughA (vxj nll jsdj jgs gS, d 'kke ckck  
 ijs' kku o jkLrs l sHkVdk gqvk ik jgh gA, d sea vk; Z Hkksy ds uke rks vk; Z l ekth; kaus dj fn; k, d 'kke  
 l ekt ftl ea dh fn'kk nus dh {kerk Fkh ml dh n; kulln ds uke} Lokeh n; kulln us vk; Z l ekt dh  
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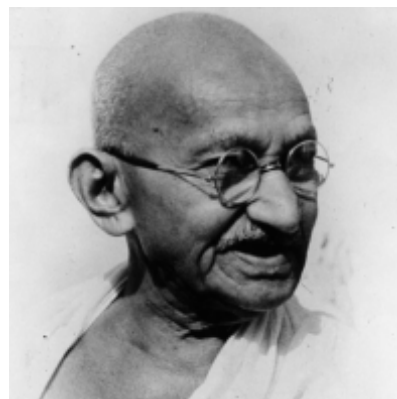
- 1 vR; Ur vfHkeku
- 2 dks/k
- 3 R; kx dk vHkko
- 4 LokFk o fe= nkg
- 5 vf/kd cksyuk ( speech is silver but  
silence is golden)
- 6 vi us ckjs ea gh l kpuk o fpUrK djuka



egkRek fonj dk pfj= o vrpj.k fdruk mpek  
 Fkk ml dk vanktk+bl ckr l s yxk; k tk  
 l drk gS fd tc egkjkt /krjk"V us egkRek  
 fonj }kj k muds l ygd kj ds : lk ea fn; s ds  
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vPNs ykxka dk vrpj.k gh nll jka  
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 fy, dgk x; k  
 rks ml gkus dgk  
 ejk thou gh  
 ejk l nll k gA  
 l l kj ea ogh  
 ykx l gh ek; us  
 ea i j .kk gksrS  
 gS tks xFka  
 fy[kus dh  
 vi s'kk vi uk  
 thou xFka i hNs  
 NkM+ tkrS gA



“Be the change that you want to see in  
 the world”

Pkhu ds i fl ) nk'k'ud dUQ; f'k; l us Hkh  
 dgk gS fd vPNs ykx vi us vrpj.k l s nll jka  
 dks mi ns'k nrs gS eq'k l s ughA “remove the  
 log from your own eye, then you will be able to  
 see better the splinter in your brother's eye”

## AZIM PREMJI'S LESSONS IN LIFE

### **FIRST- always begin with our strengths.**

The first thing I have learnt is that we must always begin with our strengths. There is an



imaginary story of a rabbit. The rabbit was enrolled in a rabbit school. Like all rabbits, it could hop very well but could not swim. At the end of the year, the rabbit got high marks in hopping but failed in

swimming. The parents were concerned. They said, 'Forget about hopping. You are, anyway good at it. Concentrate on swimming.' They sent the rabbit for tuitions in swimming. And guess what happened? The rabbit forgot how to hop! As for swimming, have you ever seen a rabbit swim? While it is important for us to know what we are not good at, we must also cherish what is good in us. That is because it is only our strengths that can give us the energy to correct our weaknesses.

### **Second - rupee earned is of far more value than five found.**

The second lesson I have learnt is that a rupee earned is of far more value than five found. My friend was sharing with me, the story of his eight year-old niece. She would always complain about the breakfast. The cook tried everything possible, but the child remained unhappy. Finally, my friend took the child to a supermarket and brought one of those ready-to-cook cereal packets. The child had to cut the packet and pour water in the dish. The child found the food to be absolutely delicious? The

difference was that she had cooked it! In my own life, I have found that nothing gives as much satisfaction as earning our own rewards. In fact, what is gifted or inherited follows the old rule of 'come easy, go easy'. I guess we only know the value of what we have, if we have struggled to earn it.

### **Third – life is a mix of good and bad**

The third lesson I have learnt is, in Cricket, no one makes a hundred every time. Life has many challenges. You win some and lose some. You must enjoy winning. But do not let it go to the head. The moment it does, you are already on your way to failure. And if you do encounter failure along the way, treat it as an equally natural phenomenon. Don't beat yourself for it or anyone else for that matter! Accept it, look at your own share in the problem, learn from it and move on. The important thing is, when you lose, do not 'lose the lesson'.

### **Fourth- importance of humility**

The fourth lesson I have learnt, is the importance of humility. Sometimes, when you get so much in life, you really start wondering, whether you deserve all of it. We have so much to be grateful for. Our parents, our teachers and our seniors, have done so much for us, that we can never repay them. Many people focus on the shortcomings, because obviously, no one can be perfect. But it is important to first acknowledge, what we have received. Nothing in life is permanent, but when a relationship ends, rather than becoming bitter, we must learn to savor the memory, of the good things, while they lasted.

### **FIFTH-strive for excellence in what you do**

The fifth lesson I learnt is, that we must always strive for excellence. One way of achieving excellence, is by looking at those better than ourselves. Keep learning what they do

differently. But excellence cannot be imposed from the outside. We must also feel the need from within. It must involve not only our mind, but also our heart and soul. Excellence is not an act, but a habit. I remember the inspiring lines of a poem, which says that your reach must always exceed your grasp. That is heaven on earth. Ultimately, your only competition is yourself.

#### **SIXTH- never give up in the face of adversity**

The sixth lesson I have learnt is, never give up in the face of adversity. It comes on you, suddenly without warning.. Always keep in mind, that it is only the test of fire, that makes fine steel. A friend of mine shared this incident with me. His eight-year old daughter was struggling away at a jigsaw puzzle. She kept at it for hours but could not succeed. Finally, it went beyond her bedtime. My friend told her, "Look, why don't you just give up? I don't think you will complete it tonight. Look at it another day." The daughter looked with a strange look in her eyes, "But, dad, why should I give up? All the pieces are there! I have just got to put them together!" If we persevere long enough, we can put any problem into its perspective.

#### **SEVENTH- do not compromise on your values.**

The seventh lesson I have learnt is, that while you must be open to change, do not compromise on your values. **Mahatma Gandhiji often said, "You must open the windows of your mind, but you must not be swept off your feet by the breeze."** Values like honesty, integrity, consideration and humility have survived for

**generations.** At the end of the day, it is values that define a person more than the achievements. Do not be tempted by short cuts. The short cut can make you lose your way and end up becoming the longest way to the destination.

#### **FINAL-we must have a faith in our own ideas**

And the final lesson I learnt is, that we must have faith in our own ideas even if everyone tells us that we are wrong. There was once a newspaper vendor who had a rude customer. Every morning, the Customer would walk by, refuse to return the greeting, grab the paper off the shelf and throw the money at the vendor. The vendor would pick up the money, smile politely and say, 'Thank you, Sir.' One day, the vendor's assistant asked him, "Why are you always so polite with him when he is so rude to you? Why don't you throw the newspaper at him when he comes back tomorrow?" The vendor smiled and replied, "He can't help being rude and I can't help being polite. Why should I let his rude behavior dictate my politeness?"

**Azim Premji** besides being a great industrialist is known for his modesty and frugality in spite of his wealth. He has already donated more than Rs 25000 crore from his personal wealth for the uplift-ment of rural education. His life is a role model for all those who want to be achievers in life.

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Being deeply loved by some one gives you strength  
while loving somebody deeply gives you courage.

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## 'Pahele aap' can be the panacea for many ills

NS TASNEEM

The world these days is suffering from an acute malady called haste. Everyone seems to be in a hurry to reach somewhere. Jostling one another is the pastime of the people, seeking a vantage point. It is not the necessity, but a habit to jump the queue. By doing so, a sense of victory overpowers the wrongdoer. On the roads, there is a mad rush for overtaking others. The person ahead may be going at a fast speed, but the man behind is eager to push him aside. The scooterist is not tolerated if he takes the liberty of going ahead of a car. Likewise, scooterist is not prepared to respect the rights and helplessness of pedestrian. He derives vicarious pleasure in not allowing him to cross the road before he had gone past him. The bus or truck driver cannot brook the insult of a dainty car overtaking it. It is merely the manifestation of anxiety. Honking mindlessly is the order of the day. Not even accidents have the capacity to change the disorderly scheme of things.

As a result, the **idiom 'haste makes waste' has been discarded disdainfully**. It is high time we adopted the time-tested Lucknowi style of giving precedence to others by saying: '**Pehle aap**'. This term endears others while engendering, in the process, mutual respect. In this frame of mind, an individual maintains the balance of his mind that helps him perform his work in a nice manner. There is no pressure on the nerves, nor is there the hangover of irascible

temperament. The youngsters can earn the goodwill of the elders by extending a helping hand to them instead of ignoring them. This attitude creates such vibes that can make the atmosphere soothing and pleasant. Work is accomplished perfectly, which otherwise is in danger of having been done half-heartedly. The attitude of investing the minds of others with the sense of significance of self is in fact reciprocal. It is a cycle of sentiments that creates reverberations in the minds like an echo in the mountain. This step shortens the distance between the individuals, who otherwise feel alienated from others.

'Pehle aap' is the panacea for all the ills from which humanity is suffering from at present. Heart burning will cease when the awards are not coveted without deserving them. In literary and cultural functions, the tendency to occupy the stage out of turn will be checked. Age, of course, is another factor that has to be taken into account while according recognition to the deserving persons in the various fields

of human activity. Still they should not be impatient to grasp every conceivable opportunity to win applause. Not that they should now sit with their fingers crossed, but that they should not run the race against time. Time, of course, is ticking fast to give them due recognition in the field of their activity. The senior citizens, on their part, should not go on expecting preferential treatment all the time. They can themselves come forward to help others by using the words—'Pehle Aap'.

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A lot of trouble would disappear,  
if only people would learn to talk to one another,  
instead of talking about one another.

The bird asked the honeybee:

"You work so hard to make the honey  
and humans just take it away,  
Doesn't it make you feel bad?"

"No," said the bee, "Because they will never take from me the art of making it."

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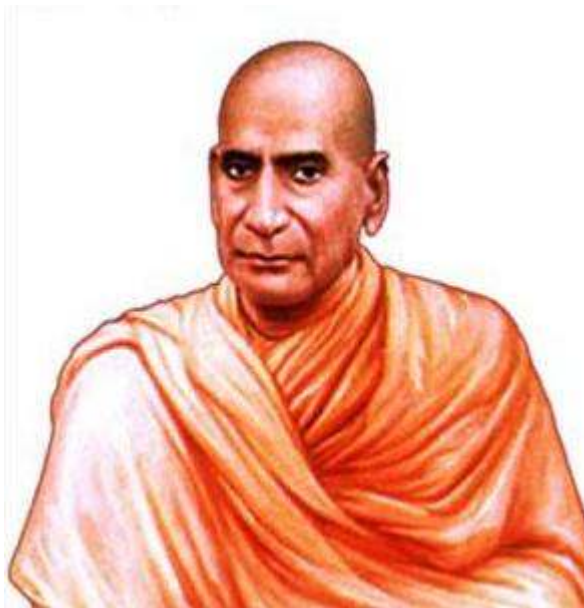
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 आर्य समाज मंदिर, चंडीगढ़ व पंचकुला  
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महर्षि दयानन्द बाल आश्रम की मोहाली में फरवरी मास में स्थापना की जा चुकी है जिसमें अनाथ व निराश्रित (Orphan, Abandoned and Surrendered) बच्चों को सुरक्षा शिक्षा व संस्कार दिए जाते हैं। इस बाल आश्रम में इन बच्चों के रहने खाने और शिक्षा का निशुल्क प्रबन्ध किया गया है। अभी इस आश्रम में 10 बच्चे (6 लड़के, 4 लड़कियां) तथा 2 प्रबंधक हैं।



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19 i "V dk 'k'sk Lokeh J) kulln us i atkc

fojks'k gvkA u dby fgluq fcjknjh dh vkj l s vfi rqvk; ZI ekft; ka dh vkj l s HkhA mudk dguk Fkk fd vHkh bl l q'kkj dk l e; ugha vk; kA o Hkny x; s Fks fd l q'kkj dk l e; Loq ugha vk; k djrk] ml sfo'k'sk i q "k yk; k djrgsA tle ij vk/kkfjr tkfri Fkk dk fojks'k mruk gh dfBu Fkk ftruk fd NqvkNir dk fdUrqnkuks ds fojks'k eafdz; kRed i x mBkusdk Js Lokeh J) kulln dks i klr gvk

vkt gekjk ns'k mu Lokfe; ka dh t; Urh rks cgr /kne/kke l seukrk gsftUgkus dby l Uns'k fn; s i j dñ , d s Lokeh Hkh gsftUgkus l ns'k ugks fn; s i j dñ dj dso l ekt dks cny dj fn[kk; k&& mu ea Lokeh n; kulln ds ckn uke gs Lokeh J/kulln dkA og mi ns'k nus dh txg Lo; a vi us vkpj .k l snl jks dks l nã k nrs FkA

\*\*\*\*\*

# onka ea foKku

I keon dk i koekud dk.M ¼ kj Åtkl ij , d v/; k; ½

## (A Chapter on Solar Energy)

d'iky fl g oekz

i fke n'kfr%

mPpk rs tkreU/kl ks fnfo I nHkE; k nnA  
mxq 'keZ efg Jo%AAöAA

I ke dk vFkz I kj Åtkl I s gA **Som** means  
solar energy.

vfxu dk vFkz m"ek Åtkl I s gA **Agni** means  
Thermal Energy

blnz dk vFkz fo|q Åtkl I s gA **Indra** means  
Electric Energy.

I kj Åtkl gh Å"ek Åtkl rFkk fo|q Åtkl  
dk tud gA I kj mtkl I w ZdsVUnj mRi Uu gkrh  
gSrFkk i'Foh rd vkrh gA I kj mtkl 'kfDr' kkyh  
vkulnnk; d rFkk egku gkrh gA bl ds ckjs ea  
tkudj ge bl dk mi; ksx I q[k dh of) ea dj  
I drsgA

Lokfn"B; k efn"B; k i oLo I ke /kj; kA  
blnk; i kros I q%AA2AA

I w Z fdj .ka tc vUrfj {k ea fLFkr  
cknyka I s Vdjkrh gA rks ty v.kq/ka ea  
/kukRed 1. Positive Charge, rFkk \_\_.kkRed  
vko's k2. Negative Charge mRi Uu djrh gA  
nksuka vko's kka ds feyus I s fo|q mRi Uu gkrh  
gA thou dks I q[kh cukus ds fy, fo|q dk  
iz; ksx dj I drs gA

**Som** that is solar energy creates two  
kind of charges - 1. Positive Charge, 2.  
Negative Charge.

Two kind of charges are called in

Vedic Science - 1. Ashwino, 2. **Pran and  
Apan**, 3. **Mitra and Varuna**. When two  
charges meet properly. They produce  
electric current. Electricity is very useful.  
We should know all about it.

o"kk i oLo /kkj; k e#Rors p eRI j%A  
fo'ok n/kku vkst I kAAöAA

I ke fo|q /kkj k dk : i /kkj .k dj yrk  
gA bl I s fo|q p[cdh; rjæa ½e: r½ mRi Uu  
gkrh gA tks cgr 'kfDr' kkyh gkrh gA vkj I d kj ds  
fdl h Hkh dkusea tkdj gekjsfy, dk; Zdj I drh  
gA

; Lrs enks ojs; Lrsuk i oLoku/kl kA  
nsokehj /k'k; I gkAAüAA

gs I ke rjh 'kfDr dk o.ku , d oKkfud  
gh dj I drk gA r w vi uh 'kfDr I s fn0; I q[k  
i nku djrk gA

frL=kks okp mnhnj rs xkoks  
feekfur/kuo%A  
gfjjfr dfuØnrAAüAA

cknyka ea fLFkr ty d.kka ij I w Z fdj .ka  
i Mæus ij fo|q vko's k mRi Uu gkrh gA fo|q  
mRi Uu gkrh gA tks rhu i xdkj dh /ofu; k mRi Uu  
djrh gA os gA & ¼1½ fuEu vkofÜk frequency  
okyh /ofu; k ¼2½ e/; e vkofÜk okyh /ofu; k arFkk  
¼3½ mPp vkofÜk okyh /ofu; kA gea dby e/;  
i xdkj dh /ofu gh I qk; h nsh gA

¼i wZ i zkkukpk; ½ 253] f'koykd dædj [kMk ej B  
ek0&9927887788

\*\*\*\*\*



स्वर्गीय  
श्रीमती शारदा देवी  
सूद

fuek.kl ds 60 o"kl



स्वर्गीय  
डॉ० भूपेन्द्र नाथ गुप्त  
सूद

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