

*Creative expressions by IUJ Family Members*



Painting by Dr. Taraknath Paul, Assistant Professor

## Poem

### *The Way of Life...*

*The way of life is a struggle,  
The way of life is a puzzle,  
You, the creature of God,  
Come on, face the Struggle  
And, solve the puzzle.*

*The way of life is bitter,  
After tasting bitter it is more sweeter.  
If you won't get the sweeter moment,  
Come on, taste the bitter.*

*The way of life is a risky game,  
You all gave it different types of name.  
Someone tells it hell and somebody tells it heaven.  
You first play, then name the game.*

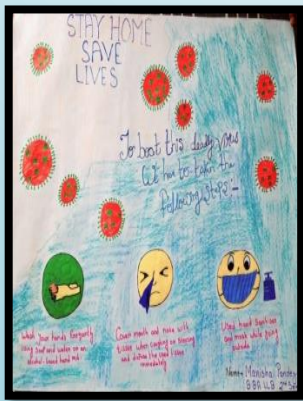
*The way of life is full of spine,  
In these spines you will get the rose.  
In the way never take wine,  
After getting rose you will start to write prose.*

*The way of life is full of sorrow,  
Come on, you have to overcome it.  
The sorrow will become the cheers,  
When, you overcome it with pairs.*

*The way of life is full of sweet dreams,  
When you put your head in night's lap,  
When you overcome the sorrow and get the cream,  
Then God will come to you for your success and Clap! Clap! and Clap!*

**Dr. Taraknath Paul**

# Painting



## Sketchs



Muskan Kumari BBA LLB-II



Pratigya BBA LLB-I



Shashank BBA -I

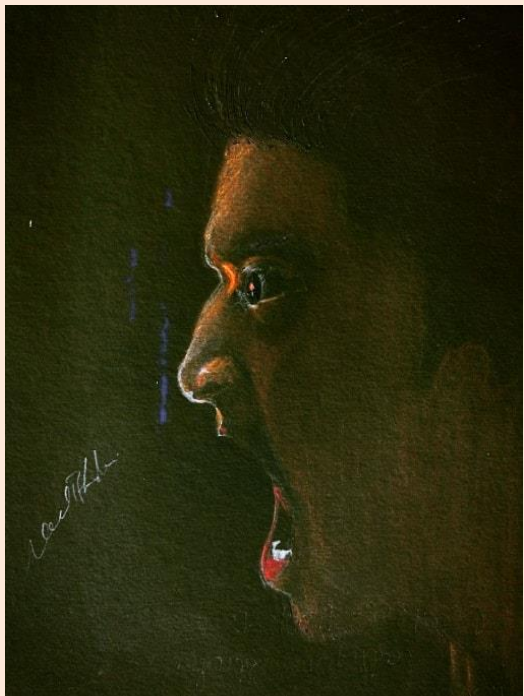


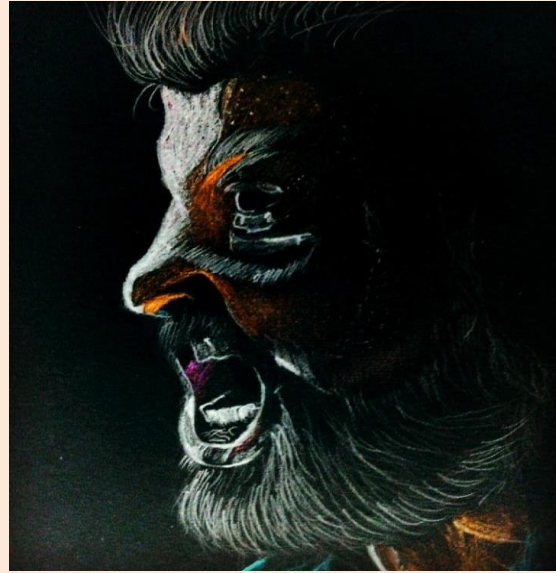
Muskan ,BBA LLB-I



Ved Bhadani B.Com -I

Tudsi Kudadah BBA LLB-I





*Ved Bhadani B.Com-II*

## योद्धा

ये धरती भी आज धन्य हो गई है,

जिस धरती पर वो कुरबान है!

एक माँ की कोख का बलिदान है,

एक पिता की जिससे शान है..!

वो आज भी जंग लड़ता कोई विमान है..!

आज फिर भारत माँ का शीश गर्व से उंचा है,

कि उसका पूत सर्वोच्च स्थान पर पहुँचा है!

एक पत्नी के सिंदूर का झरोखा है,

एक बहन की राखी का तोहफा है!

वो आज भी जंग लड़ता इकलौता योद्धा है..!

आज फिर उसके साहस का गीत किसी ने गाया है,

पूरे भारतवासी ने उसे अपना बताया है!

एक बेटे के साहस का मुखौटा है,

एक बेटी की सारी खुशियों का घरौंदा है!

वो आज भी जंग लड़ता इकलौता लड़ाका है..!

Ms. Arti Kumari



## Article 'Existence of Human Reality'

These are difficult times for humanity. We are suffering from a threat that we cannot see with our eyes. On one side people are claiming that humans in spite of the technological, scientific, and medical advancements is still very weak, still very vulnerable and yet to discover many things.

Dear friends, I would today like to remind you that humans are the strongest creatures. Humans can think tremendously and use their intellect using which we today we are scientifically so much advanced. It would have been difficult to think few years back that someone sitting in India can talk to someone as far as in USA within a few seconds. We have made great progresses.

Humans therefore are strong creatures, very strong. But it also true that we become weak. You know we become weak? Its when we think ourselves as strongest and think that we are self-sufficient and there are not other realities in life. It at this time that we start becoming materialistic and we start to take ourselves far far away from reality.

This happens when we detach ourselves from the Supreme Power, the one is who is the most strongest, the one who has created us all, also created the skies the earth and created the entire universe. That Supreme power also created these many microorganisms, the bacteria's and the viruses that we cannot see with our naked eyes.

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From birth to death – we are too busy with working for our livelihood. During our early years, we are busy getting formal education and getting entries to good universities to get good jobs or set up good business. Then most of us get married, keep ourselves busy securing the future of our kids, building a home for our family, paying EMI's etc. Our kids grow up, we become old and then one day we leave this world. These are all important things and we should all must do. But is life all about this? Are there more realities of life that we are missing?

Generally, we don't get "time" or don't feel motivated to think about our Creator. What is the purpose of us coming to this world? Is it just a coincidence or chance? Where do we go after death? My dear friends, why do we miss to ask ourselves such important questions? and thereby in our busy lives we totally forget our Creator

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Some people say it's the mother nature from which we use everything and we go back to the mother nature. Its true, that mother nature has supplied us with many things to keep us alive. But dear friends, in this domain that we live in, there is a Creator for everything. The mobile phone or the computer in which you are watching this video has been made by a certain company. It could be samsung, apple, MI, hp,dell etc. The fan, the electric bulbs, the home that we live in, the cars, the bikes that takes us from place to place have all been manufactured by some companies. Since mother nature is also part of the same domain, how is it then possible

that mother nature is not created by anyone?

In the next few min, I am going to share with you some surprising facts about things around us, within us.

We are all aware about the vastness of the universe. Estimates say there are 300 billion galaxies. Each galaxy in turn contains billions of stars. One of these stars, the Sun, has planets rotating around it in great harmony. All of us live on one such planet – The Earth.

Are these bodies randomly arranged? Or there is a great designer behind this marvelous design?

Even when we think we are sitting at home alone, we are still in the company of a great number of living things. Bacteria live on us and in our body, and constantly protect us and also, occasionally, cause us to become ill. Fungi begin reproducing on foods left out in the open in our kitchen for even a few hours—all of these constitute a different world altogether.

According to one study, it has been calculated that a 0.5 hectare area of farm soil contains several tons of living bacteria, around 1 ton of fungi, around 50 kilograms of yeast and a similar amount of algae.

People imagine that these creatures, many of which are invisible to the naked eye, are basically very simple entities; and are therefore unaware of their powerful abilities. Dear friends, these unseen creatures are hugely complex, and to describe each of this unseen creature might many takes days and months.



Before we are born, all human beings—including yourself—spend nine months in their mothers' wombs. At the beginning of its development, each human being consists of a tiny collection of cells just starting to divide and develop.

There is perfect pump called heart, which began its beating when we were just three weeks old in your mother's womb. The heart has the most important responsibility, of ensuring the circulation of the blood in our body. In other words, it maintains life in the 100 trillion cells in your body and each of this cell is as alive as we are. It permits these cells to absorb oxygen and release carbon dioxide. It nourishes and cleanses them, cures them of their diseases and guards them against infections. Heart takes blood to all the organs from our eyes to our fingers.

Who establishes this entire system that comprise us and which keeps us alive? And what have you done to ensure the existence of this circulatory system that gives us life? There was absolutely nothing we could do to have formed such a system, because before we even opened your eyes, we began living according to a body prepared for us in advance. Your body was prepared for you in a flawless manner. Although it was not required for us to breathe before being born, the respiratory system that enables us to breathe when we come out, this was formed while we were still in our mother's womb. You were born with a ready-made digestive system that would eventually digest foods of many kinds.

Our body came "ready-made," bearing fingers and toes with their prints unique to us, eyelids and lashes to protect your eyes from foreign bodies, and countless other such organs and distinctive features.

It is God Who created these systems for you and placed them in your body in the most flawless manner. Almighty God created the same perfect systems in all human beings who have ever lived, and in all those billions of humans who are living today. Whether you are an Indian, American, African or Arab, Australian, whether you speak Hindi, Tamil, Telegu, kannada etc. all have the same system my dear friends. And nobody made it for themselves, they all received it.

And you know dear friends, these all systems, these all organs, all came free of cost. We paid nothing for it. The air we breathe is also free of cost. God forbid we fall ill, but just see how much our hospital charge us to keep us on life saving ventilators. The same air we have been breathing all the time since we are born and all free of cost. These days we spend a lot of time in taking pictures with our mobiles. But have you ever noticed that human eyes exist since prehistoric days. Since a time when human did not know to talk, did not know to cook. But this wonderful pair of cameras were given to every human being free of cost. Today we to a good camera takes a lot of money isn't it? Finally, my dear friends, I want to draw your attention to an important thing – the feelings of love and care that each one of us have. We all love and care our kids, our parents, our siblings, we care for our fellow humans, we care for animals and to our environment. An important question is what is the source of this feeling? Our entire family system is based on these feelings of love, care and feeling responsible. This is very important because the world is at peace precisely because of these feelings. Else there will be lot of disturbance and chaos.

It is very logical to believe that someone who has created us is also the source of such feelings. And God my dear friends has these in abundance. We all know and give examples of the love of a mother that she has towards her child, be it mother of humans or of animals. Even for smallest thing that impact her child, she is ready to risk her life. It is God who has given such feelings and emotions to a mother. And you know, it is said in our divine books, that God loves us thousands of times that our mothers love us.

In our holy scriptures, God says, I am closer to you than you are closer to yourself. God also says you take one step towards me and I will come running towards you. But for that to happen, you need to take the first steps.

My dear friends, the reason for counting all the blessings that our Creator has given us was to remind about such a lovely God whom most of the time we tend to forget in our busy lives.

So start experiencing God, you will see how your life will change for better. You will feel blessed and the life then starts looking extremely easy.

But remember loving God is just not about recognizing and remembering him. Yes, these are important. But it's also about obeying his commands and being honest in our actions. Today, so many people are stuck due to lockdowns. If we can find people who need food and other necessities and we help them arrange those necessities, then it's also an act of love towards God. Because even those people who are poor and stuck are the creations of the same God and He wants us to help each other and specially help those who are poor and in need. Dear friends, with this I conclude, and I wish this gave you some good learnings and increased your spiritual strength at least by a bit. May God and our good actions bring more peace in our lives.

. Have a blessed week ahead.

**Sharik Rahman**  
**Administrative officer**

## नयन सुख

जब से भइल अँखियन के बोल दूनो फयूज  
रस्तो चलत चपत चलीला please please excuse  
please please excuse कहत चढली बस में अकुताके  
ताले लेक एगो बिटिया आइल हमरा के धकियाके  
लाल लाल छिट के पहेनले रहे पहिनावा  
और बस मे रहे एतना भीड़ कि चले का तनीको हावा  
कहलीं बाची होने जा खाली बा सीट जनाना  
एने का आवत बाडु इहों कुल बाड़न मर्दाना  
एक त धूरलस, अपने जाने गर्जल बाकी बकरी अस मिमियाइल  
कहलस बुढ़ा क्यों बकबक करता है Off हुआ Mind है  
लड़का को लड़की बुझता है। पूरे का Blind है।