



Bhavans Darshan

Monthly Newsletter of Bharatiya Vidya Bhavan, Amritsar Kendra

Vol. 12 | Issue 02 | February 2026

“महाशिवरात्रि: साधना, संयम और शांति का महापर्व।”



HAPPY
Maha Shivratri

Bharatiya Vidya Bhavans Amritsar Kendra
Bhavans SL Public School
Opp. Shivala Bhaiyan, Amritsar



Glimpses of Republic Day Celebrations



Rtn. Anil Singhal

District Governor Elect (RI 3070) (2026-27)

Sh Avinash Mohindru

Chairman, BVB Amritsar Kendra

Dr. Kunwar Vijay Pratap Singh IPS (Retd.)
MLA

26th January 2026



Flag Hoisting Ceremony



Dr. Kunwar Vijay Pratap Singh IPS (Retd.)
MLA



Rtn. Anil Singhal

District Governor Elect (RI 3070) (2026-27)



Dr. Sanjiv Lakhnarpal

Founder & CEO, Centre for Vein Restoration (USA)

Welcoming the Dignitaries

PARADE



Army



NCC

Naval



Scouts & Guides



Band

CULTURAL PROGRAMME



Prize Winners



Releasing the School's Monthly Magazine





Kulapativani

Man has mastered the art of organisation. He has acquired the power to destroy millions or to transform them into rigidly obedient machines. As result, in vast countries once pledged to freedom, the independent individual is extirpated, and a ruthless embargo is laid on freedom of thought. More men of ideas are refugees in foreign lands today than at any time in history. With parts of the world gone mad with fanatic hate and ruthless power, the man who wants to think his own thoughts and lead his own life finds himself powerless and isolated among contending zealots, and often has no place to pursue his own way of life.

Kulapati Dr KM Munshi

Founder

Bharatiya Vidya Bhavan



Bhavans Darshan

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Published, Printed & Owned by :

Avinash Mohindru

Chairman

Bharatiya Vidya Bhavans Amritsar Kendra
Opposite Shivala Bhaiyan, Amritsar-143001

Printed at

Printwell

146, Industrial Focal Point
Amritsar-143001

Price Rs 10/-

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सकारात्मक सामर्थ्य

यह एक ईश्वरीय व्यवस्था है कि सभी प्राणियों में श्रेष्ठ- मनुष्य शरीर का सामर्थ्य है कि वह विचार कर सकता है। इसलिए मनुष्य जीवन की सफलता इस बात पर निर्भर करती है कि उसका चिन्तन कितना गहरा है। आज के युग का मनुष्य स्पष्ट देख रहा है कि अधिक से अधिक धन सम्पत्ति, साधन सुविधा भी उसे तनाव रहित सुख-शांति व सन्तुष्टि का जीवन प्रदान करने में असमर्थ रहे हैं। बड़े-बड़े पदों को प्राप्त करना, और फिर उन पर टिके रहने के लिए भी कितने तनाव ताप से गुजरना पड़ता है। विडंबना ही तो है कि यह सब जानते हुए भी, सब लोग इन्हीं सुख - सुविधाओं और पद-प्रतिष्ठा में ही जीवन का अर्थ ढूँढने में लगे हुए हैं। ऐसे जीवन बीत जाता है और सरलता, सहजता, सन्तुष्टि, कृत्त - कृत्यता केवल शास्त्रों के शब्द मात्र होकर रह जाते हैं। हैरान परेशान व्यक्ति कह उठता है कि शायद ये शास्त्र किसी और लोक के मनुष्यों के लिए होंगे। ऋषियों व गुरुजनों ने आह्वान दिया है कि अज्ञान व भ्रम की निद्रा से जागो। अपने जीवन के सामर्थ्य को गहराई में जाकर पहचानने का प्रयत्न करो। तुम जिस भगवान को यह कहकर कोसते हो-



दुनिया बनाने वाले, क्या तेरे मन में समाई

काहे को दुनिया बनाई

उसी भगवान ने तुम्हें "Manual of Human life" दर्शाने वाले शास्त्र भी तो दिए हैं। यदि व्यावहारिक जीवन की यात्रा शुरू करने से पहले इन Manual के नियमों को ठीक से समझ लिया जाए तो इस प्रश्न का उत्तर स्वयं ही साफ हो जाएगा कि दुनिया बनाने वाले ने इस दुनिया की रचना किस लिए की है। दुनिया बनाने वाले ने तो श्रीमद्भगवद्गीता में स्पष्ट ही कह दिया है कि हे मनुष्य! यदि तुम जीवन का सही अर्थ खोजने की तीव्र अभीप्सा कर लोगे और यज्ञ-बुद्धि से पूर्ण तप व पुरुषार्थी जीवन जीते हुए - भगवद् शरण में चले आओगे तो तुम निश्चय ही (मुझे) पूर्ण प्रेमरूपी भगवान को प्राप्त कर लोगे। जीवन में दुःख दारिद्र्य व भय का समूल नाश हो जाएगा।

कोई भी मनुष्य कर्म किए बिना नहीं रह सकता कर्म तो करना ही होता है।

एक सन्त विद्वान ने मनुष्य के जीवन कर्मों के हेतु-विभाग मुख्य रूप से पाँच किए हैं-

- | | |
|------------------------------------|--------------------------------|
| (1) कर्म आजीविका के लिए | (2) कर्म पहचान बनाने के लिए |
| (3) कर्म- आदर्श की स्थापना के लिए | (4) कर्म समष्टि की सेवा के लिए |
| (5) कर्म भगवान की प्रसन्नता के लिए | |

प्यारे बच्चो ! यह सत्य है कि कर्मों का आरम्भ तो मनुष्य आजीविका, सुख साधनों के लिए ही करेगा। परंतु यह ध्यान में रहे कि मनुष्य जीवन की सफलता है कि हम जो कर्म कर रहे हैं उसका अर्थ कहीं पहले सोपान पर ही न टिका रहे अपितु कर्म करने का प्रयोजन - अपनी प्रकृति के अनुसार अगली सीढ़ियाँ भी चढ़े। पहले दो कर्म करने के कारण हम केवल संसारी ही बने रहेंगे और जैसे ही हम तीसरे पद की ओर अग्रसर होते हैं तब जीवन का अर्थ संसारी न रहकर आध्यात्मिक हो जाता है। जीवन में सद्गुण - उदारता - संवेदनशीलता- प्रेम बढ़ता जाता है। जीवन में कीर्ति आ जाती है। जीवन अपने लिए और जगत के लिए कल्याणकारी बनता जाता है और वास्तविक सफलता की ओर अग्रसर होता जाता है। इस लिए सजग रहें-कर्म के प्रयोजन पर सदैव ध्यान रखें और अपने जीवन के अर्थ (Meaning in life) का निर्धारण करें। यह कार्य जितनी जल्दी कर लेंगे उतना ही जीवन आयुष्यमान - प्रशंसनीय ही जाएगा। किसी ने ठीक ही कहा है-

Life Is A Story

Make Yours A Bestseller!

और आप भी ऐसा कर सकते हैं। आपके हाथ में है।

अविनाश महेंद्र

अध्यक्ष

भारतीय विद्या भवन अमृतसर केंद्र।

Maha Shivratri:

Where Devotion Meets Strength

India Celebrates Maha Shivratri, which means “The Great Night of Shiva”. This festival is dedicated to Lord Shiva, the deity known for his power, wisdom and compassion. It usually falls in February or March, depending on the lunar calendar and is considered one of the most auspicious nights of the year. Maha Shivratri is not just about fasting and prayers; it is a celebration of faith, devotion and inner strength. Devotees stay awake the whole night, sing hymns, chant “Om Namah Shivaya” offer milk, fruits, flowers and bel leaves to the Shiva Lingam. This is believed to bring peace, happiness and spiritual growth to the worshippers. For students, Maha Shivratri teaches the values of discipline, patience and dedication. Just as devotees keep vigil and focus on their prayers throughout the night, students are reminded that dedication to learning and perseverance in life lead to success. The festival also emphasizes the importance of self-control and mindfulness, qualities that help in both studies and daily life. The legends associated with Maha Shivratri make it even more special. It is believed that on this night, Lord Shiva performed the Tandava, a cosmic dance of creation, preservation and destruction. Some also believe that it marks the day when Shiva married Goddess Parvati. These stories inspire devotion, respect and admiration for the values of love, sacrifice and righteousness. Maha Shivratri is celebrated with great enthusiasm in temples and homes across India. Devotees decorate the temples with lights and flowers and communities come together to organize special prayers and bhajans. It is a festival that brings people closer to spirituality and reminds us of the power of faith and devotion. By observing Maha Shivratri, students learn that festivals are not only about rituals but also about learning lessons for life—discipline, patience, respect for nature and the strength to overcome challenges. Let us celebrate Maha Shivratri by understanding its true meaning, offering our prayers with devotion and embracing the values of courage, wisdom and self-discipline in our daily lives.



Source: Internet

World Pulses Day: Small Seeds, Big Power

Every year on 10 February, the world celebrates World Pulses Day to highlight the importance of pulses in our daily diet and in building a healthy and sustainable future. Pulses may be small in size, but they play a big role in nourishing people and protecting the planet. Pulses include foods such as lentils, chickpeas, beans, peas and kidney beans. They are rich in proteins, vitamins, minerals and fibre making them an excellent food for growing children.



Pulses are especially important as they provide a healthy source of protein for vegetarians and help keep our bodies strong and energetic. Apart from being nutritious, pulses are also good for the environment. They require less water to grow and improve soil fertility by adding natural nutrients to the soil. This helps farmers grow crops sustainably and supports food security for future generations. In India, pulses have always been an essential part of our traditional meals—from dal and chole to rajma and sambhar. World Pulses Day reminds us to value these traditional foods and include them regularly in our diet instead of relying on unhealthy processed foods. For students, this day teaches an important lesson: healthy eating leads to a healthy mind and body. By choosing nutritious food like pulses, we take a step towards better health and responsible living. Let us celebrate World Pulses Day by appreciating the power of pulses and spreading awareness about healthy food habits, because these tiny seeds truly hold the power to create a healthier world.

World Day of Social Justice: Creating a Fair Society

Every year, 20 February is observed as the World Day of Social Justice. This day reminds us that society can progress only when everyone is treated equally and fairly, without discrimination or injustice. Social justice means giving equal rights, respect and opportunities to all people, regardless of their gender, background, religion or abilities. A just society is one where every child has access to education, healthcare, safety and a chance to achieve their dreams. For students, social justice begins with small but meaningful actions. Respecting classmates, helping those in need, standing against bullying and accepting differences are simple ways to practise fairness in daily life. When students learn these values early, they grow into responsible and compassionate citizens. Even today, many people face inequality due to poverty, lack of education, or social discrimination. World Day of Social Justice encourages us to think about these issues and work together to create positive change. Education plays a powerful role in spreading awareness and building an inclusive society. Social justice is not just about laws or policies; it is about kindness, empathy and understanding. As future leaders of the nation, students must believe in equality and fairness and stand up for what is right. Let us observe this day by promising to treat everyone with dignity and respect, because a truly strong society is one where justice reaches every individual.



Respecting classmates, helping those in need, standing against bullying and accepting differences are simple ways to practise fairness in daily life. When students learn these values early, they grow into responsible and compassionate citizens. Even today, many people face inequality due to poverty, lack of education, or social discrimination. World Day of Social Justice encourages us to think about these issues and work together to create positive change. Education plays a powerful role in spreading awareness and building an inclusive society. Social justice is not just about laws or policies; it is about kindness, empathy and understanding. As future leaders of the nation, students must believe in equality and fairness and stand up for what is right. Let us observe this day by promising to treat everyone with dignity and respect, because a truly strong society is one where justice reaches every individual.

Source: The Speaking Tree

True strength is not in the muscles but in the heart, mind and spirit

International Mother Language Day: Celebrating Our Roots



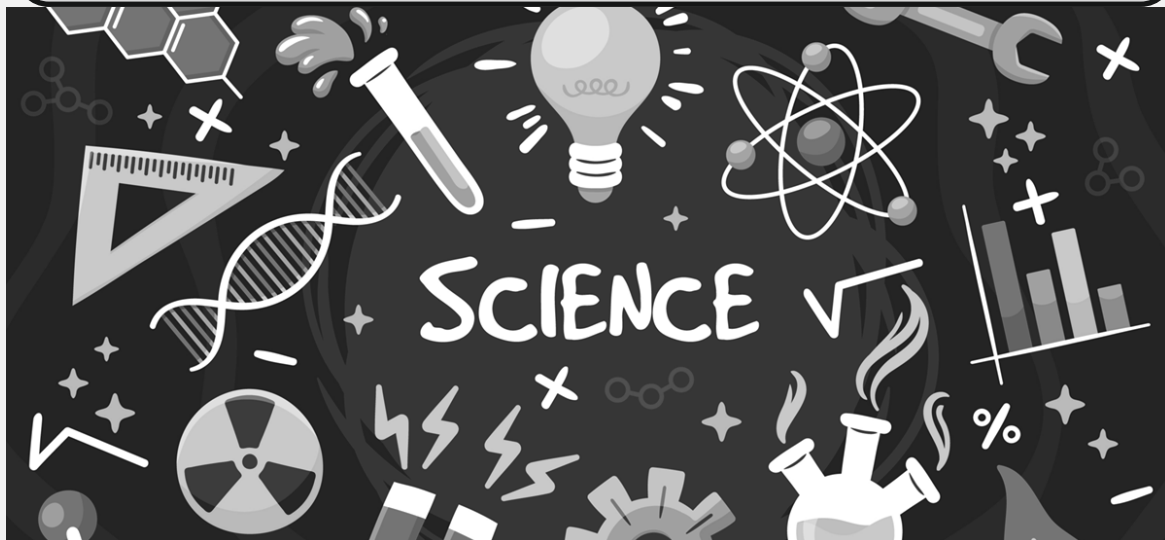
Every year on 21 February, the world observes International Mother Language Day to celebrate the importance of our mother tongues and cultural heritage. Languages are more than just words—they are a bridge to our history, traditions and identity. They connect us to our families, communities and the world around us. This day was established by UNESCO to promote linguistic and cultural diversity and to encourage the preservation of all languages. Unfortunately, many languages are at risk of disappearing as younger generations adopt other dominant languages. International Mother

Language Day reminds us that every language is valuable and deserves respect. For students, this day is a wonderful opportunity to learn about the richness of our own language and appreciate the languages spoken by others. Using our mother tongue not only helps in better learning but also strengthens our connection to our roots. Activities like storytelling, poems, songs and cultural performances in our mother language help preserve traditions while making learning enjoyable. Speaking and writing in our mother language teaches us communication skills, confidence and creativity. It also fosters tolerance and understanding, as we realize that each language carries unique stories and wisdom. By valuing all languages, we contribute to a world that celebrates diversity and unity. Let us celebrate International Mother Language Day by speaking, learning and sharing our mother tongue. Every word we use in our language is a step toward preserving our culture, expressing ourselves and honoring our heritage.

Source: Internet

National Science Day:

Where Curiosity Becomes Discovery



Every year on 28 February, India celebrates National Science Day to honour the spirit of scientific thinking and to remember the historic discovery of the Raman Effect by Sir C. V. Raman in 1928. This discovery not only brought India global recognition but also proved that curiosity, when guided by dedication, can change the way the world understands nature. Science is not limited to laboratories, microscopes or complex formulas. It lives in our everyday lives—in the rising of the sun, the working of mobile phones, the flow of electricity, the growth of plants and even in the questions children ask endlessly. National Science Day reminds us that asking “why” and “how” is the first step toward innovation. Sir C. V. Raman once said that the essence of science lies in independent thinking. His journey inspires young minds to believe that groundbreaking discoveries can be made anywhere, even with limited resources, if there is passion and perseverance. On this day, schools and institutions across the country organise exhibitions, experiments, debates and science talks to ignite curiosity among students. In today’s world, science plays a crucial role in addressing challenges such as climate change, healthcare, clean energy and sustainable development. Celebrating National Science Day encourages students to develop a scientific temper—one that is logical, open-minded and rooted in evidence rather than superstition. National Science Day is not just a tribute to one scientist; it is a celebration of every learner who dares to question, explore and imagine. As future citizens and innovators, students must remember that science is not about knowing all the answers, but about having the courage to search for them. Let us celebrate this day by nurturing curiosity, respecting knowledge and using science to build a brighter, wiser and more humane future.

Source: Internet

आंतरिक शक्ति ही मनुष्य को हर कठिनाई से लड़ने की प्रेरणा देती है।

Are You Prepared for the Exams?

Examinations are an important part of student's life. As exams approach, one common question comes to every student's mind—"Am I really prepared?" Preparation for exams is not only about studying hard; it is also about studying smart and staying confident. Being prepared means understanding concepts clearly, revising regularly and managing time wisely. Last-minute cramming often creates stress and confusion, while planned study builds confidence. Making a proper timetable, setting small daily goals and following them sincerely can make exam preparation easier and more effective. However, preparation is not limited to books alone. A healthy mind and body play a major role in performing well. Taking short breaks, eating nutritious food, drinking enough water and getting proper sleep help students stay focused and energetic. A calm mind always performs better than a stressed one. Exams should not be seen as a source of fear but as an opportunity to test our knowledge and learning. Making mistakes is part of the learning process and every exam teaches us something new. Instead of comparing ourselves with others, we should focus on improving our own performance. Teachers and parents guide us, but the real effort must come from within. Self-belief, honesty in preparation and a positive attitude are the keys to success. When we prepare sincerely, exams become less frightening and more manageable. So, ask yourself—not with fear, but with confidence—"Am I prepared?" And if the answer is "not yet," remember, it is never too late to start.



Prepared to Succeed

Prepared to succeed, calm and strong,
Believing effort will never go wrong.
Each day revised, each doubt made clear,
Builds quiet confidence, not fear.
Not rushed by stress, not held by doubt,
True strength is knowing what you're about.
A balanced mind, a focused view,
Turns every challenge into new.
Sleep, study, hope—keep all in line,
Discipline makes the brightest shine.
Mistakes may teach, they help us grow,
More than marks will ever show.
So walk in steady, head held high,
With honest work and reasons why.
Prepared by effort, heart and skill,
You're ready now—believe you will.



Source: Internet



BE A MASTER, A MASTER OF LIFE!

Every man is meant to be a master of life. Across the centuries comes to us the teaching of the saints and prophets of Humanity: Be thou perfect even as God is perfect! For That art thou! Tat tvām_asi!

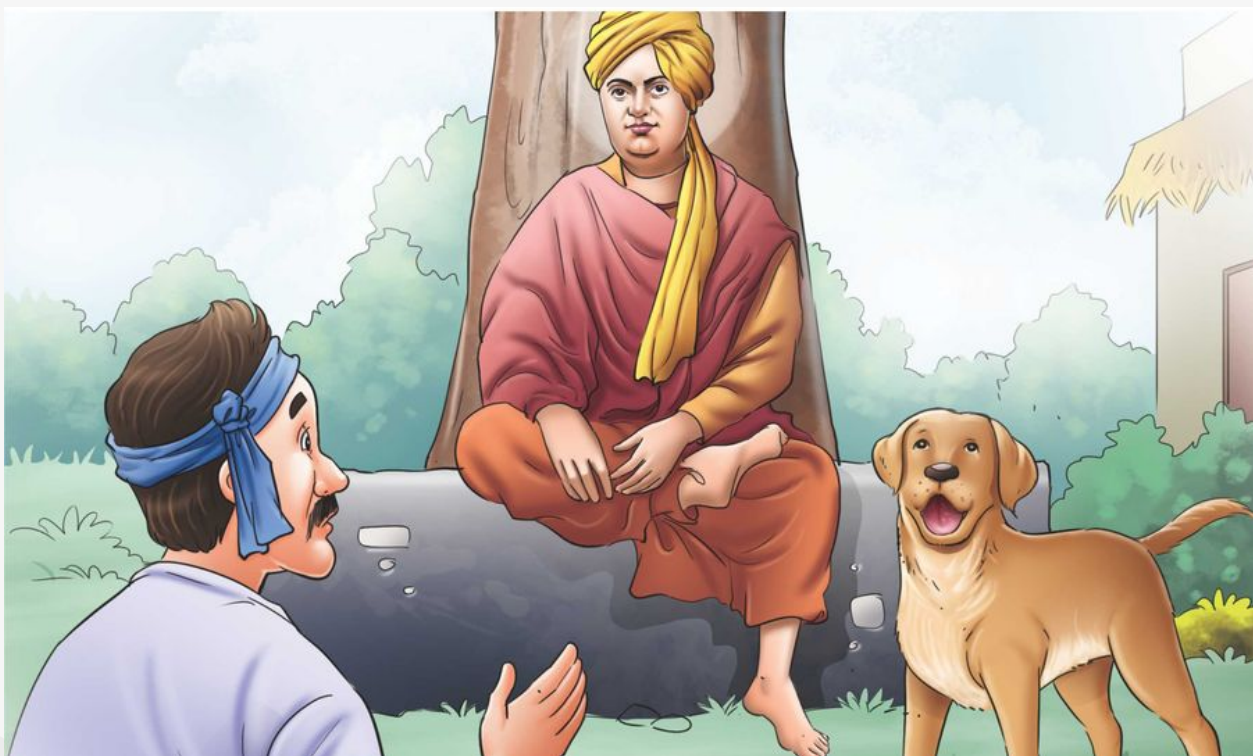
To become a master and to walk the way of perfection and of immortality, certain qualities need to be developed. The very first is courage. "Uttishta! need to be developed. The very first is courage. "Uttishta! Parantapal" says Sri Krishna in the Gita. "Stand up, O Arjuna Stand up unafraid on the battle-field of life. The truly spiritual life is the heroic life. You must be a hero in the struggle of life".

The second great quality is the quality of simplicity. For the way of wisdom is the simple way. There is so much of egoism in our work, so much of ambition and lovelessness in our public life. Ahankara- egoism is a deadly enemy of the simple life. True religion is the death of egoism, Therefore, renounce aggressiveness reputation, renounce all imitation and walk the way of humility.

The third great quality is the quality of sympathy. How wonderful was the heart of Sadhu Vaswani! How he moved out in sympathy to all creatures in suffering and pain! And the one prayer he repeatedly offered was: "May all living things be happy!"

Sources: East And West series

खुद को पहचानो



एक बार स्वामी विवेकानंद के आश्रम में एक व्यक्ति आया और उनसे बोला- “मैं अपने जीवन से बहुत दुखी हूँ, अपने दैनिक जीवन में बहुत मेहनत करता हूँ, काफी लगन से भी काम करता हूँ लेकिन कभी भी सफल नहीं हो पाया”।

स्वामी जी उस व्यक्ति की परेशानी को पल भर में ही समझ गए और अपने पालतू कुत्ते की तरफ इशारा करके बोले, “तुम कुछ दूर जरा मेरे कुत्ते को सैर कराकर लाओ फिर मैं तुम्हारे सवाल का जवाब दूंगा”।

वह आदमी स्वामी जी की बात मानकर कुत्ते को लेकर कुछ दूर निकल पड़ा। काफी देर तक अच्छी-खासी सैर कराकर वह व्यक्ति वापस स्वामी जी के पास पहुँचा तो स्वामी जी ने देखा कि उस व्यक्ति का चेहरा अभी भी चमक रहा था। जबकि कुत्ता हाँफ रहा था और बहुत थका हुआ लग रहा था। स्वामी जी ने कहा, “कुत्ता इतना ज्यादा कैसे थक गया जबकि तुम तो अभी भी बिना थके दिखा रहे हो।” तो व्यक्ति ने कहा, मैं तो सीधा - साधा अपने रास्ते पर चल रहा था लेकिन यह कुत्ता गली के सारे कुत्तों के पीछे भाग रहा था और लड़कर फिर वापस मेरे पास आ जाता था। हम दोनों ने एक समान रास्ता तय किया है लेकिन फिर भी इस कुत्ते ने मेरे से कहीं ज्यादा दौड़ लगाई है इसलिए यह थक गया है।

स्वामी जी ने मुस्करा कर कह ‘यही तुम्हारे सभी प्रश्नों का जवाब है, तुम्हारी मंजिल तुम्हारे आसपास ही है वह ज्यादा दूर नहीं है लेकिन तुम मंजिल पर जाने की बजाय लोगों के पीछे भागते रहते हो। इसलिए अपनी मंजिल से दूर होते चले जाते हो। अतः स्वयं को पहचानो और दूसरों से होड़ मत करो’।

Source: Internet

सच्चाई की कलम से लिखें भविष्य



परीक्षा केवल अंक प्राप्त करने का माध्यम नहीं होती, बल्कि यह हमारे ज्ञान, मेहनत और ईमानदारी की परीक्षा भी होती है। नकल करना आसान लग सकता है, लेकिन यह हमें सच्ची सफलता से दूर ले जाता है। जो सफलता नकल से मिलती है, वह क्षणिक होती है और आत्मविश्वास को कमजोर कर देती है।

नकल करने से हम खुद को धोखा देते हैं। इससे न तो ज्ञान बढ़ता है और न ही समझ। इसके विपरीत, ईमानदारी से की गई तैयारी हमें आत्मसंतोष, साहस और आत्मविश्वास देती है। भले ही अंक कम आएँ, लेकिन मेहनत से मिली सफलता का गर्व हमेशा बना रहता है।

एक सच्चा विद्यार्थी वही होता है जो अपनी क्षमता पर विश्वास करता है। परीक्षा में नकल न करना हमारे चरित्र और संस्कारों को दर्शाता है। आज का ईमानदार छात्र ही कल का जिम्मेदार नागरिक बनता है।

विद्यालय हमें केवल पढ़ाई ही नहीं, बल्कि जीवन के मूल्यों की शिक्षा भी देता है। ईमानदारी, अनुशासन और आत्मनिर्भरता ऐसे गुण हैं जो हमें जीवन में आगे बढ़ाते हैं। नकल से बचकर हम न केवल नियमों का पालन करते हैं, बल्कि अपने भविष्य को भी उज्ज्वल बनाते हैं।

आइए, हम सभी यह संकल्प लें कि हम परीक्षाओं में कभी नकल नहीं करेंगे और अपनी मेहनत, लगन और सच्चाई के बल पर ही सफलता प्राप्त करेंगे।

क्योंकि सच्ची जीत वही होती है, जो ईमानदारी से हासिल की जाए।

Sources: Internet

Physical strength may fade but character, determination
and kindness are forever.

Who is the True Guru



It was difficult to watch and remain silent as recent news in India has shown us how our popular culture and the media have come to use the word "guru" with great frivolity, to the detriment of all of us. To reduce India's great spiritual traditions by casting shadows on this word is a disservice to seekers everywhere. Let's reflect on the meaning of the word and the responsibilities it entails. The root meaning of "guru" is to lead from darkness to light; in other words, one who has the ability to lead the student to the full awakening of one's true nature.

A person may have spiritual attainment and still not have the ability to lead the student to Self-realisation. A guru is one who can take on the karma of a student if that will help the student advance. The guru can even take on collective karma to relieve world suffering. The only goal of the guru is to awaken those lost in pain and ignorance. There is no other motive not building an institution, not amassing followers and a big bank account and there is no "I" left to desire any of it.

As long as there is any ego seeking to be adored, and there is any action that is not Dharmic, how can one be a true guru? The best way to help society develop its discrimination is for public voices, including the media, to distinguish through its choice of words as to who is the true guru and who is rather a charismatic public figure, an entertainer or mind trainer. The author is a founder, The Global Peace Initiative of Women, founding member and Contemplative Alliance. **DISCLAIMER:** Views expressed above are the author's own.

Source: Internet

I asked God

I asked God
to take away my pain
God said, No
It is not for me to take away
but for you to give it up.

I asked God to make
My handicapped child whole.
God Said 'No'.
His spirit is whole
His body is only temporary.

I asked God to grant me.
patience. God said 'No'.
Patience is a by product of tribulations
It is not granted. It is earned.

I asked God.
To give me happiness.
God said, 'No'.
I give you blessings.
happiness is up to you.

I asked God to spare my pain
God said 'No'.
Suffering draws you
apart from, worldly Cases
and brings you Closer to me.

I asked God to
Make my spirit grow
God said, 'No'.
You must grow on your own
but I will prone you
to make you fruitful.

I asked for all things.
that I might enjoy life.
God said, 'No'.
I will give you life
So that you may enjoy all things.

I asked God to help me.
Love others as much
as he loves me.
God said, AHHH,
Finally you have the Idea.



Source: The Speaking Tree

मुश्किलें हमें तोड़ने के लिए नहीं, मजबूत बनाने के लिए आती हैं।

DESTINY AND SELF EFFORT

Swamini Vimalananda

What is fate? Are some destined to fail despite their best efforts? Are some just plain lucky? Is God-partial? Can we change our destiny? Are Hindus fatalistic ?

What is destiny and self effort?

Every action must give its result Cause precedes effect. The action done in the present will always bear result in the future-be it near or distant. Therefore, what we get in the present is always due to our recent or distant past actions. The result of action itself is variously called-karma, phala, Prarabdha, fate, destiny or luck. The action performed by the individual is called self effort or purushartha.

Can we change destiny?

Swami Chinmayananda says, "What we get in life is our destiny. What we do with what we get is our self-effort 'In the light of this, it is we who create our own destiny which we are fated to enjoy or suffer. Even though we have no freedom in what we got, we can choose what to do with what we get. Having once done an action, we cannot undo it. Every effort at undoing is a new action which will produce its own result. One action does not cancel the result of another. If a person commits ten good acts and ten bad acts, he will reap the results of twenty acts. Even though the good act does not cancel the effect of the bad act, it helps to create a better future to go through the results of the bad actions.

Will the past always weigh on us?

Before starting any task, we weigh all the pros and cons and assess our assets and liabilities. Before embarking on a journey we understand the challenges that we will have to face from the beginning to the end. Similarly, in life's journey we should face our negative prarabdhas as challenges and the positive ones as blessings.

Role of God in karma

If I get results according to what I do, what is the role of God? The body by itself is inert matter incapable of any action. It is Consciousness/Self/God that enlivens it and empowers it to act. God also creates the world-the field in which man sows the seeds of action and the results are created and governed by God made laws. He is therefore, karma-adhyaksa (one who presides over actions) Nature's/God's laws are neither partial nor prejudiced. They are kind to some and partial and harsh to others. The teacher also gives grace marks to the deserving, but for the 'grace' might have failed the test!

Are Hindus fatalistic

Many blame the laws of karma for their fatalistic attitude. Some await the turn of destiny to progress and prosper. Some blame the star signs for their problems. Some accept abject situations as their lot and believe that they are doomed to fail or to remain mediocre. In contrast, the scriptures and saints urge man to work hard and prosper, to face and overcome all obstacles in achieving one's desired goal. Hands symbolize self effort. Each morning the Hindu looks at his hands and prays, 'Wealth, knowledge and Divinity reside in my hand. May I attain them through righteous efforts.' It is also said, 'My hands are indeed fortune'-as I can please Him with my sincere efforts. (ayam me hasto bhagavan)

The right attitude in facing destiny and self effort

We are generally tense and anxious whilst doing actions and elated or dissatisfied, frustrated or deflected by the results. This takes away the joy in action. We should selflessly perform all actions dedicated to noble cause or to God (Isvara arpana buddhi) and cheerfully receive all results-good or bad, as gifts from Him (Prasad buddhi). To quote Swami Chinmayananda, "What we have is His gift to us. What we do with what we have is our gift to Him." Such an attitude keeps man motivated and inspired in action, yet fulfilled and content with the results

दो मित्रों की कहानी



दो मित्र भ्रमण करने निकले पदयात्रा करते हुए, उन्होंने कई जंगल पार किए और कई घाटियां उन्होंने पार की। चलते-चलते वे दोनों बातें भी कर रहे थे। उसी दौरान एक मित्र के मुख से कुछ ऐसे शब्द निकले जो कि दूसरे मित्र को बहुत बुरे लगे, वह आग बबूला हो गया, उन शब्दों को सुनकर आपा खो बैठा और उसने अपने मित्र को एक थप्पड़ जड़ दिया। अब दोनों आपस में बोल नहीं रहे थे किंतु यात्रा जारी थी। चलते-चलते वे समुद्र के किनारे पहुँच गए। वहाँ सांथ का समय हो गया, वहीं विश्राम करना था। जिस मित्र ने कड़वे शब्द बोले थे, वह समुद्र किनारे रेत पर लिखने लगा, उसने लिखा मैं और मेरा मित्र दोनों साथ-साथ बहुत दूर तक चले, दोनों बहुत खुश थे, आगे बढ़ रहे थे। लेकिन मेरी जुबान फिसली और मेरे मुँह से कड़वे वचन निकले, मेरा भाव ऐसा नहीं था, लेकिन मेरा मित्र समझ नहीं पाया और उसने मेरे मुँह पर थप्पड़ जड़ दिया। मुझे बहुत दुख हुआ। उसे कुछ लिखता हुआ देखकर उसका मित्र

पास आया, उसने अपने मित्र के शब्दों को पढ़ा, फिर एक हवा का झोंका आया और रेत पर लिखा हुआ सब मिट गया, लिखने वाले मित्र ने समुद्र की लहरों की ओर देखा और वह मुस्कुराता रह गया।

रात्रि में दोनों ने विश्राम किया। प्रातः काल यात्रा प्रारंभ हो गई। आज कहीं नदी किनारे पड़े पत्थर के ऊपर हड़बड़ाहट में रेत पर संस्मरण लिखने वाले मित्र का पैर फिसला और वह नदी में गिर गया, उसको तैरना नहीं आता था, जिस कारण वह डूबने लगा। उसके मित्र ने गहरे पानी में बिना सोचे छलांग लगा दी और अपने मित्र को बचा लिया। अभी भी दोनों आपस में बोल नहीं रहे थे, यात्रा गतिमान थी, दोनों फिर चल दिए। आज सायं के समय फिर मित्र ने लिखना शुरू किया। लेकिन आज वह अपने जीवन की डायरी रेत पर नहीं पत्थर पर लिख रहा था। उसने लिखा कि आज मेरा मित्र महान बन गया, आज उसने अपने प्राणों की बाजी लगाकर मुझे मौत के मुँह से बचा लिया। कल मुझे उसके अंदर शैतान के दर्शन हुए थे, लेकिन आज वह देवता बन गया। आज उसने मुझे नई जिंदगी दी है, मैं उसके अहसान को कभी नहीं भूलूंगा।

आज उसके मित्र ने देखा कि बहुत देर से लिख रहा है, कल तो रेत पर लिख रहा था लेकिन आज तो पत्थर पर लिख रहा है। मित्र ने पास आकर पढ़ा, पढ़ कर उससे रहा न गया और बोला कि कल इतनी जोर से मैंने तुझे थप्पड़ मारा तो तुमने उस कहानी को रेत पर लिख दिया और आज पत्थर पर लिख रहे हो। जबकि कल तो हमारी यात्रा आगे बढ़ जाएगी। फिर लिखे हुए पत्थर को कौन पढ़ेगा।

पहले मित्र ने कहा कि मैंने जीवन में यही सीखा है कि बुराई को रेत पर लिखो, जो हवा के एक झोंके के साथ मिट जाए, धूमिल हो जाए। मतलब बुराई को भूलने की कोशिश करनी चाहिए। किंतु किसी ने अगर तुम्हारे साथ अच्छा किया है तो उसे एक पत्थर पर लिखो जिसे न हवा मिटा न सके, न कोई लहर हटा सके, जिसे वक्त का प्रभाव भी न हटा सके क्योंकि अच्छाई हमेशा जिन्दा रहनी चाहिए। तुमने मेरे साथ जो किया वह एक इंसानियत के लिए प्रेरणा का सबक है, हम तो कल यहां से बढ़ जाएंगे लेकिन तुम्हारे कर्म से प्रेरणा लेने वाले आते रहेंगे।

Source: Internet

सच्ची दोस्ती वह है जो मुश्किल समय में भी हमारा साथ न छोड़े।

RESPECT OUR ELDERS

Our elders guide us every day,
They show us the right and gentle way.
With caring hearts and wisdom deep,
Their lessons are treasures we should keep.
Grandparents, teachers, elders too,
Their words are kind and always true.
Listening to them, we learn and grow,
They help our future brightly glow.
Kind words, polite deeds, respect we show,
These simple values help us grow.
Who honours elders, near and far,
Builds a life that shines like a star.
So let us promise, young and old,
To respect our elders, brave and bold.
For those who give us love and care,
Deserve our respect, always and everywhere



परिश्रम से ही विजय

परिश्रम से ही विजय
परिश्रम की राह कठिन सही,
पर मंजिल देती नई खुशी।
जो थक कर भी आगे बढ़ जाए,
विजय उसी के चरण चूम जाए।
हर असफलता देती सीख,
हर प्रयास में छुपी है जीत की झलक।
जो डर को छोड़ करे विश्वास,
उसके सपने बनते इतिहास।
मेहनत की लौ जो जलती जाए,
अंधेरों को भी रोशन बनाए।
कदम-कदम पर संघर्ष सही,
पर परिश्रम से ही विजय सही।
आओ हम सब यह मंत्र अपनाएँ,
मेहनत को अपना धर्म बनाएँ।
क्योंकि भाग्य भी उसी का साथ देता है,
जो परिश्रम से कभी न घबराता है।



Source: Internet

CHOOSE ACTION OVER EXCUSES



Laziness is a silent enemy that slowly steals our time, energy and potential. It makes us delay important tasks and convinces us to choose comfort over responsibility. Many times, students know what needs to be done, yet they postpone their work, thinking they will do it later. This habit gradually becomes a barrier to success.

In student life, laziness often appears in small ways—avoiding homework, delaying revision, spending too much time on mobile phones or ignoring daily routines. These habits may seem harmless, but over time they affect academic performance and self-confidence. On the other hand, being active and disciplined helps students stay focused, confident and stress-free.

The best way to overcome laziness is to start with small and achievable goals. Breaking big tasks into smaller steps makes work easier and more enjoyable. Creating a simple timetable, following a regular sleep routine, eating healthy food and engaging in physical activity can greatly increase energy and motivation. Most importantly, taking the first step is the key, because beginning a task is often the hardest part.

Successful people are not free from laziness; they simply choose not to surrender to it. They value time and use every day as an opportunity to learn and improve. When students develop the habit of hard work and consistency, success naturally follows.

Let us promise ourselves to defeat laziness with determination, discipline and positive thinking. An active mind and a willing heart can turn dreams into achievements and lead us towards a bright and successful future.

Source: Internet

DISCIPLINE:

THE PATH TO SUCCESS

Discipline is one of the most important qualities that every student must develop in life. It is the key that opens the door to success, happiness and respect. A disciplined person knows how to manage time, follow rules and act responsibly in every situation. Without discipline, even the most talented person cannot achieve great things.



In school, discipline plays a vital role in shaping a student's character. It helps students stay focused on their studies, respect teachers and behave well with peers. When students follow rules like being punctual, completing homework on time and listening attentively in class, they create a positive learning environment for themselves and others.

Discipline also teaches students self-control and patience. Instead of giving up easily, disciplined students learn to work hard, face challenges and stay determined. They understand that success does not come overnight but through consistent effort and dedication.

Parents and teachers play an important role in building discipline in children. By setting good examples, guiding them with love and encouraging positive habits, they help students grow into responsible individuals. However, true discipline comes from within — when students choose to do what is right even when no one is watching.

In conclusion, discipline is not a restriction but a path that leads to a bright future. A disciplined student becomes a confident, respectful and successful person who can contribute positively to society.

Steps Towards Excellence

Step by step, we learn and try,
Spreading our wings to touch the sky.
With every skill, we grow more wise,
And see the world with brighter eyes.
We speak, we think, we work as one,
Learning lessons, having fun.

Art and sports and books we read,
Help us plant a strong future seed.
Mistakes teach us how to stand,
Guided gently by teacher's hand.
So keep exploring, never fear,
Your shining future is very near!

Source: Internet

NEWS SECTION

(January 2026)

Bhavans SL Public School, Opp. Shivala Bhaiyan

282nd Monthly Chinmaya Widow Ration Pension Distribution Programme

4th January 2025



Under the aegis of Chinmaya Mission Amritsar Centre and Bhavans Management the 282nd Chinmaya Monthly Widow Ration Pension Distribution Programme was organized in the premises of Bhavans SL Public School, Amritsar. The event was graced by special guests Engineer T.R. Virdi (HST Enterprises), Sh. Himani Arora (Chair Regional, Fashion Tech Tex Forum, PHDCCI Amritsar), Sh Praveen Mahajan (A social activist Amritsar) and CA Rajesh Chaddha (A social activist Amritsar). In his address, Sh Avinash Mohindru (President, Chinmaya Mission Amritsar) highlighted that this noble service has been running continuously for many years under the blessings of God and the Guru, providing monthly ration of ₹1,500 to widows. He encouraged them to face challenges bravely while nurturing their children with good values. He also emphasized the support available for their children's education through Bhavans Gyandeep School and Gandhi Computer Centre, both offering free education and training. The guests expressed their gratitude for being part of the programme and assured their support to extend its reach, helping more widows and benefiting society. They encouraged the widows to provide quality education to their children and praised their resilience, calling them blessed and fortunate. Mementos were presented to all special guests as a token of appreciation. Concluding the program, Sh. S.N. Joshi emphasized that all efforts are made possible through divine grace and invited the guests to continue supporting this initiative. The event ended with the National Anthem and Shanti Mantra followed by ration distribution to 250 widows.

Off Campus Workshops

- Ms. Ridhi and Ms. Rimmy Mehra attended one day workshop on 24/1/2026 in Vivek Public school on Topic - Promoting Mental Health and Well Being Among Students . Resource Persons Name- Dr. Raman Dua & Mrs. Ritu Khaneja. It was a CBSE workshop
- Ms. Shruti and Ms. Rupika attended one day workshop on 24/1/26 in Ajanta public school on Topic - Active learning, Resource Person Name- Ms. Inderpreet Kaur. It was a CBSE workshop

दान वही महान है जो निस्वार्थ भाव से ज़रूरतमंदों की मदद करे।

Joyful Learning: Introduction of Letter 'H' with "Hi-5" Colour Sprinkling Activity

16th January 2026



To make early learning fun and engaging, the introduction of the letter 'H' was conducted through an innovative "Hi-5" Colour Sprinkling Activity. The activity encouraged joyful participation as children learned the sound and shape of the letter 'H' while sprinkling colours creatively. The hands on practice enhanced fine motor skills, colour recognition and letter familiarity, making learning lively and memorable for the young learners.

114th Cultural Program "Sham-e-Ghazal" by Bhavans

18th January 2026

Under the direction of Bhavans Management Committee, The 114th monthly cultural program, 'Sham-e-Ghazal' 'was organized with great enthusiasm on January 18, 2026 at Bhavans SL Public School, Amritsar. Sh Sudarshan Kapoor (Chairman, LMC BBK DAV College For Women, Amritsar) graced the programme as the Chief Guest. The programme began with the pious lamp lighting followed by a warm welcome to the Chief Guest by Bhavans Management Committee. In this colorful musical evening, Shri Dharmesh Nargotra ((Renowned Ghazal Maestro National & International Performer) sang famous ghazals by Ghulam Ali, Pankaj Udhas and Jagjit Singh in his melodious voice and entertained the audience. He was accompanied by his wife Shobha Nargotra and son Aarav Nargotra. Shri Dharmesh Nargotra began the programme by singing Ghulam Ali's ghazal "Zindagi Mein To Sabhi Pyar Kiya Karte Hain". He then rendered ghazals like 'Aap Jab Mere Kareeb', 'Ek Taraf Uska Ghar' and 'Mohe Aaye Na Jag Se Laaj', enhancing the charm of the evening. He further captivated the audience with the ghazal 'Niklo Na Benakab Zamana Kharab Hai'. Sh. Dharmesh Nargotra created a unique atmosphere by singing Pankaj Udhas's famous ghazal 'Chandi Jaisa Rang Hai Tera'. He further added to the splendor of the evening by singing popular ghazals like 'Yeh Dil, Yeh Pagal Dil Mera', 'Sarakti Jaati Hai Rukh Se Naqab Aahista Aahista', 'Ishq Ki Dastaan Hai' and on the audience's request, 'Ranjish Hi Sahi Dil Hi Dukhaane Ke Liye Aa'. The Chief Guest Sh. Sudarshan Kapoor appreciated the efforts put by Bhavans Management Committee towards Bhavans Ashray and Chinmay Ashram. He also said that the best orchestra arrangement for the musical evening is always made by Bhavans School. He also talked about the famous ghazals of their old times. Bhavans management Committee honoured the melodious singer for making this evening memorable. Sh. Vinod Sharma (Bhavans Kala Kendra Coordinator) told that the Bhavans Kala Kendra has provided a platform to the artists to showcase their talent and appreciated the singer Sh. Dharmesh Nargotra and his music team for the melodious performance. Sh. Avinash Mohindru extended a vote of thanks and invited the audience to the next month's show. The programme concluded with the National Anthem.

Photos on Back Cover

Bhavans SL Public School, Opp. Shivala Bhaiyan

Little Artists Enjoy Drawing Activity

20th January 2026



A joyful Drawing Activity was organised for the little children, where they expressed their creativity through colours and drawings. The activity helped to enhance their imagination, fine motor skills and confidence while making learning fun and engaging. The young participants enjoyed the session with great enthusiasm.

Talent Hunt: Celebrating Little Talents

21st January 2026



A Talent Hunt for students is an event designed to showcase the diverse talents and skills of learners. The students of LKG participated in the Talent Hunt with great enthusiasm and zeal confidently displaying their talents and making the event lively and joyful.

Saraswati Vandana Fills Bharatiya Vidya Bhavan with Spiritual Fervour on Basant Panchami

23rd January 2026

Bharatiya Vidya Bhavan Amritsar, Celebrated Basant Panchami with great devotion and enthusiasm by organizing a Saraswati Vandana (Bhajan Sandhya) in the School Premises. The programme was conducted under the guidance of the Managing Committee of Bharatiya Vidya Bhavan Vidyalaya. Teachers and students of the school's music team presented soulful and melodious bhajans dedicated to Goddess Saraswati, creating a spiritual atmosphere. The event was graced by the Chief Guest, Dr. Kunwar Vijay Pratap Singh, IPS (Retd.), MLA, who was accorded a warm welcome with a bouquet, shawl and memento by the school management. The programme commenced with Ganesh Vandana. Through devotional songs, the performers highlighted the importance of Goddess Saraswati as the symbol of wisdom and knowledge. Addressing the gathering, Dr. Kunwar Vijay Pratap Singh extended his greetings on Basant Panchami and motivated students to adopt education as a way of life, emphasizing the importance of character building. He also explained the cultural and religious significance of Basant Panchami, stating that beginning any new work on this auspicious day is considered pious. Chairman Sh Avinash Mohindru of the school also conveyed his greetings on the occasion and advised students to value wisdom and knowledge as their greatest wealth. He urged them to follow the path of selfless service and moral values. The programme concluded with the National Anthem, after which prasad was distributed among all present.

Photos on Back Inner Cover

बसंत नई उम्मीद, नई शुरुआत और नई ऊर्जा का प्रतीक है।

Bhavans SL Public School, Opp. Shivala Bhaiyan

Bhavans SL Public School Celebrates 77th Republic Day with Patriotic Fervour

26th January 2026

Bhavans S.L. Public School, Amritsar, celebrated the 77th Republic Day with great enthusiasm and patriotic spirit on its campus on Monday. Dr. Kunwar Vijay Pratap Singh, IPS (Retd.), MLA, graced the occasion as the Chief Guest. Rtn. Anil Singhal, District Governor Elect (RI 3070) (2026–27) and Dr. Sanjiv Lakhanpal (Founder & CEO, Centre for Vein Restoration, USA) were present as Guests of Honour, along with members of the Inner Wheel Club of Amritsar. The programme commenced with the hoisting of the National Flag by the dignitaries, followed by the National Anthem. A disciplined parade by NCC cadets, Scouts and Guides accompanied by the school band, added grandeur to the celebration. The guests were accorded a warm floral welcome and escorted to the venue by the school management. The cultural programme began with a vibrant P.T. display by Bhavans' students, showcasing coordination, discipline and teamwork. Addressing the gathering, Principal Sushree. Sonia Sehdev emphasized the importance of discipline in life, stating that freedom without discipline leads to chaos. Chairman Sh. Avinash Mohindru highlighted the essence of humanity, stressing love and harmony as the foundation of a strong nation. Rtn. Anil Singhal motivated students to overcome their fears, illustrating his message through a mythological anecdote. A melodious performance by Bhavans Saksham (Vocational and Rehabilitation Centre) enthralled the audience. Students of Gyan Deep School (A free school for underprivileged children) presented a patriotic dance, while Class VII students staged a thought-provoking street play highlighting the importance of the Constitution. The students of Bhavans Muskaan (A School for Differently Abled Children) sensitized the audience to the spirit of 'Ek Bharat, Shreshtha Bharat' through their meaningful performance. The event also featured a prize distribution ceremony, honouring students for their outstanding achievements in various competitions. In his address, the Chief Guest Dr. Kunwar Vijay Pratap Singh emphasized the values of national unity, secularism and democracy. He appreciated the students' performances and encouraged them to grow into responsible citizens. The celebration concluded on a high note, leaving everyone imbued with a deep sense of national pride and patriotism.

Photos on Front Inner Cover

Sports Achievement

National Fencing Championship

28- 31st December 2026



- Tanishka of 10th Class got Bronze medal in 69th National School fencing games held at Chhatrapati Sambhaji Nagar Maharashtra
- Tanishka of 10th Class got Bronze Medal in 33rd Junior National Fencing Championship held at Odisha from 5th to 10th January 2026

Bhavans Sh. PD Kumar Memorial Gyandeeep School

A free school for underprivileged children

Art Activity Celebrating Basant Panchami and Republic Day

22nd January 2026



Gyandeeep Students enthusiastically participated in an art activity organized to celebrate Basant Panchami and Republic Day. The young learners showcased their creativity through colorful drawings and artwork reflecting the spirit of spring, knowledge and patriotism. Using vibrant colors and imaginative ideas, the students beautifully expressed their love for the nation and the cultural significance of Basant Panchami. The activity not only enhanced their artistic skills but also helped them understand the values of unity, culture and national pride.

Patriotic Dance Performance on Republic Day

26th January 2026



Gyandeeep Students presented a vibrant patriotic dance performance to celebrate Republic Day. The students gracefully expressed their love for the Nation through energetic movements. The performance filled the atmosphere with pride and enthusiasm.

"COMPASSIONATE AID" For Bhavans PD Kumar Memorial Gyandeeep School

A School for under privileged children where 400 students from Nursery to X Std. are provided quality education with free books, uniforms, bags, shoes & mid-day meal.

OUR SINCERE THANKS TO

- Sh BR Chopra Charitable Trust for donating Rs. 10000/- for mid-day meal
- Dr. Neera Kirpal for donating Rs. 10000/- for mid-day meal
- Dr Jaideep for donating Rs. 4000/- for mid-day meal
- Sh Vinod Mahajan for donating Rs. 1000/- for mid-day meal
- Sushree Aastha Vij for donating Rs. 1000/- for mid-day meal

काबिलियत तुलना में नहीं, मेहनत में दिखती है।

Bhavans Muskaan

(A School for Differently Abled Children)

Art for Inclusion: Celebrating Creativity and Empathy

26th January 2026



Over a hundred schools came together through art to promote connection, empathy and inclusiveness among children with and without special needs. This initiative used art, music and creativity as a medium to encourage collaboration and understanding. Under this movement, students from regular schools partnered with specially abled peers to create and perform together in various categories such as Dance and Painting.

In the dance category, Eknor (ID child) partnered with Shazia Mahajan of Class 6 and won the Inclusive Creativity Award for their inspiring performance. In the painting category, Anushka (ID child) partnered with Lavanya of Class 8-D and received the Transformation Connection Award for their meaningful artwork.

Republic Day Celebrations

26th January 2026



On Republic Day, the students of Muskaan School presented a vibrant and inspiring patriotic dance performance that left the audience spellbound. The young performers, dressed in colorful traditional and thematic costumes, showcased their talent with graceful movements, precise coordination and energetic expressions. Every step and gesture reflected their deep love, respect and pride for the nation. The program began with the students taking the stage confidently and from the very first moment, they captured the hearts of everyone present. Their choreography, combining traditional and contemporary dance forms, narrated the story of India's freedom struggle, the sacrifices of brave soldiers and the values enshrined in the Indian Constitution. The students' expressions conveyed patriotism and devotion, making the performance not just entertaining but also meaningful and inspiring.



Bhavans Saksham

Vocational & Rehabilitation Centre For Persons with Disabilities

A Sewa Project of Bharatiya Vidya Bhavan Amritsar

B Block, Bhai Gurdas Nagar New Amritsar

Lohri Celebrated with Joy and Togetherness at Saksham

12th January 2026



Lohri was Celebrated with great enthusiasm at Saksham in a warm and joyful atmosphere. A traditional bonfire was lit on the terrace, marking the beginning of the Festive Celebrations. The programme commenced with the chanting of the Gayatri Mantra by the senior citizens of Aashray, along with the staff and trainees of Saksham, creating a peaceful and spiritual ambience. The bonfire symbolised warmth, positivity and togetherness, bringing everyone closer in the true spirit of the festival. The joyful interaction between the elderly and the trainees reflected mutual respect, happiness and social harmony. The Celebration provided an opportunity for all to bond, share smiles and cherish the festive moments together.

Republic Day Celebrations

26th January 2026



-Republic day was celebrated at Bhavans SL school Amritsar. A patriotic song was sung by Raman, Aarav and Bharat on this Occasion. The song was very well appreciated by all.

हर व्यक्ति अद्वितीय है, इसलिए कोई भी किसी से कम नहीं।



Bhavans Aashray

Bharatiya Vidya Bhavans Amritsar Kendra

- **Bhavans Ananda** : A Home for Senior Citizens
- **Bhavans Ssksham** : A Rehabilitation & Vocational Centre for PWD
(Persons with Disabilities)

Senior Citizens Celebrate Lohri at Bhavans Aashray



Senior citizens residing at Bhavans Aashray celebrated the festival of Lohri with joy and enthusiasm. The celebration created a warm and cheerful atmosphere, spreading happiness and festive spirit among the residents.

Interactive Session with Senior Citizens by Chairman Avinash Mohindru



An Interactive Session focusing on Spiritual and Intellectual Enrichment was Organised for the Senior Citizens under the guidance of Chairman Sh. Avinash Mohindru. The session aimed at promoting inner peace, positive thinking and moral values through meaningful interaction and reflection. During the session, Sh. Avinash Mohindru shared profound thoughts on spirituality, life values and the importance of inner well-being in daily life. He encouraged the senior citizens to remain mentally strong, optimistic and spiritually connected, emphasizing that a balanced mind and positive outlook play a vital role in leading a contented life. The interactive nature of the session allowed the participants to share their experiences, insights and perspectives, making the discussion enriching and engaging.



Bhavans Aashray

Bharatiya Vidya Bhavans Amritsar Kendra

- **Bhavans Ananda** : A Home for Senior Citizens
- **Bhavans Ssksham** : A Rehabilitation & Vocational Centre for PWD
(Persons with Disabilities)

315th Chinmaya Vanprasth Sansthan Meet



25th January 2026

The 315th meeting of Chinmaya Vanprasth Sansthan, Amritsar, was successfully held on January 25 at Bhavans Aashray, Bhai Gurdas Ji Nagar, Amritsar. The programme was graced by Smt. Harjinder Chattha (Retired Vice Principal of Khalsa College for Women and a renowned diet consultant) as the Chief Guest and Speaker.

The programme commenced with the traditional lighting of the lamp before the sacred image of Gurudev by the members of the Chinmaya Executive along with the Chief Guest. Sh. S. N. Joshi (Secretary, Chinmaya Vanprasth Sansthan) welcomed the gathering and introduced Smt. Harjinder Chattha. He also highlighted the theme of the session, “Tips for a Happy and Healthy Lifestyle.”

In her enlightening talk, Smt. Harjinder Chattha emphasized that good health is the foundation of true happiness. She shared valuable health tips applicable to all age groups, including the importance of drinking sufficient water daily, chewing food properly for better digestion, regular exercise, pranayama, walking barefoot on grass, ear massage for improved circulation and practicing gratitude in daily life.

Smt. Chattha also distributed printed material containing these health tips and patiently answered questions from the audience. Sh. S.N. Joshi expressed gratitude to the speaker for her informative session. Sh. Avinash Mohindru (Chairman, Chinmaya Mission, Amritsar) informed the gathering about forthcoming activities and encouraged active participation.

The Chief Guest was honoured with a token of appreciation. The meeting concluded with the Chinmaya pledge, peace mantra and refreshments.

कल्याण की चर्चा से समाज में सकारात्मक बदलाव आता है।

Online Lohri Festivities: Creative Kite-Making by Students

12th January 2026



The school celebrated Lohri with great enthusiasm through an online platform, ensuring that students could enjoy the festive spirit from the comfort of their homes. The celebration was thoughtfully planned to keep students engaged and connected while learning about cultural traditions in a joyful manner. As part of the online celebration, children enthusiastically participated in a virtual kite-making activity. Using simple craft materials available at home, the students created bright and colourful kites while following the step-by-step instructions given by their teachers during the online session.

Special Assembly on Good and Healthy Habits

17th January 2026



Special Assembly conducted by Balvatika students on topic Good and Healthy Habits. In this Through moral values, rhymes and short role play Children learnt the importance of eating nutritious food, staying active, keeping clean and taking care of their bodies every day.

Honouring Our Nation: National Symbols Awareness Activity

22nd January 2026



To create awareness and respect for our country's heritage, a National Symbols Activity was conducted. The activity aimed to help students understand the importance of India's national Symbols and their role in representing our nation's identity and values. They prepared drawings, charts on various national symbols such as the National Flag, National Emblem, National Bird (Peacock), National Animal (Tiger), National Flower (Lotus) and National Anthem.

Fun-Filled Introduction of Letter 'S' by Bal Vatika Students

5th January 2026



An Introduction of Letter 'S' Activity was conducted by Bal Vatika Students to familiarize with the letter 'S' in a fun and interactive way. Students learned the sound and shape of the letter through pictures, objects and worksheets related to 'S' such as sun, star, snake and spoon. The activity helped develop early literacy skills, improved recognition of the letter 'S' and made learning enjoyable for young learners.

Bhavans SL Public School -II Islamabad Amritsar

Republic Day Celebrations

24th January 2026



Bhavans S.L. Public School 2, Islamabad, celebrated the 77th Republic Day with deep patriotic fervor, beginning with the hoisting of the National Flag by Principal Vanita Mahindru. The event featured a vibrant array of performances, including captivating dances by younger students, stirring "Veer Ras" poetry and an impactful skit by Classes 6 and 7 on the Indian Constitution. Through bilingual speeches, students paid tribute to Dr. B.R. Ambedkar while reflecting on their fundamental rights and duties. In her inspiring address, Principal Vanita Mahindru urged the students to serve the nation through discipline and education, concluding a day of pride and honor with resounding chants of "Jai Hind."

Special Assembly by Bal Vatika on the Birth Anniversary of Baba Deep Singh Ji

30th January 2026



A special assembly was organized by the students of Bal Vatika to commemorate the birth anniversary of Baba Deep Singh Ji, a symbol of courage, sacrifice and unwavering faith. The programme was conducted with great devotion and reverence, reflecting the spiritual values upheld by the great sikh warrior and saint. The little children of Bal Vatika participated enthusiastically, dressed in traditional attire, which added grace and cultural richness to the assembly. The programme began with prayers and devotional recitations, creating a peaceful and spiritual atmosphere. Through simple yet meaningful presentations, the children highlighted the life and teachings of Baba Deep Singh Ji in a manner suitable for their age. The assembly emphasized the values of bravery, selfless service, dedication and strong faith, inspiring students to follow the path of righteousness and moral living. Teachers guided the children

throughout the programme, ensuring that the message was conveyed with clarity and respect.

A strong mind and positive attitude are keys to unlocking a successful future.

Bhavans RL Mittal Memorial Gyandeeep School

(A free school for underprivileged children)

Republic Day Celebrations

24th January 2026



Students of Bhavans R.L.Mittal memorial Gyandeeep School celebrated Republic Day with great pride and enthusiasm. Students performed a special Republic Day skit highlighting the importance of the Indian Constitution and freedom fighters. They wore tricolour costumes and delivered messages of unity and patriotism. The celebration helped students understand the value of our nation and ended with patriotic spirit.

Play-Based Learning Activity

30th January 2026



A play-based learning activity was conducted by students of Bhavans R.L.Mittal Memorial Gyandeeep School for young students. Children enthusiastically participated in free play using toys, ride-ons, puzzles and soft play materials. The activity helped develop social skills, sharing habits, coordination and creativity among students. Teachers guided the children and ensured a safe, joyful and interactive learning environment. The session was enjoyable and beneficial for overall development of child.

HAPPY BIRTHDAY

Bhavanites



Uvaan Sethi

LKG-F

6th February

Birthday Song by Swami Tejomayanandaji

जन्मदिनमिदम् अयि प्रिय सखे ।
शन्तनो तु ते सर्वदा मुदम् ॥ १
प्रार्थयामहे भव शतायुषी ।
ईश्वरः सदा त्वां च रक्षतु ॥ २
पुण्य कर्मणा कीर्तिमर्जेय ।
जीवनं तव भवतु सार्थकम् ॥ ३

O Dear friend, may this birthday bring you
auspiciousness and joy forever.

Indeed we all pray for your long life;
may the Lord always protect you.

By noble deeds may you attain fame
and may your life be fulfilled.



Bhavans Kala Kendra

UPCOMING PRAGRAMME

गुनगुनाती शाम

by
Dr Amit Dhawan
&
Dr Arvinder Kaur

22nd February 2026 At 5:30 Pm

Bhavans SL Public School Amritsar

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Glimpses of Maa Saraswati Vandana on the Occasion of Basant Panchami

23rd January 2026



Sh Avinash Mohindru
Chairman
BVB Amritsar Kendra



Dr. Kunwar Vijay Pratap Singh
(Retd. IPS)
MLA



Lighting the Holy Lamp



Welcoming Our Special Guest



Singing Hymns on the Occasion by Staff and Students



A Moment of Divine Aarti and Gratitude

Glimpses of 115th Monthly Cultural Programme

Sham-e-Ghazal

By

Dharmesh Nargotra

Renowned Ghazal Maestro National & International Performer

Sunday 18th January 2026



Sh Sudarshan Kapoor
Chairman, LMC of BBK DAV College for Women



Sh Avinash Mohindru
Chairman BVB Amritsar Kendra



Lamp Lighting



Welcoming the chief Guest



Honouring the Artist



Artist performing on the stage



Audience