

# MILLENNIALS

WRITER'S RETREAT

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ताकत का प्रतिक  
एकता और  
अखंडता



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Rashtriya Ekta Diwas - Ayurveda - The Origin and the decline - World of Words - Book Review - Sports - Technology - Eat Humble Pie - Quick Bites - Travel With OWR

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# RASHTRIYA EKTA DIWAS

# ताकत का प्रतिक - एकता और अखंडता

~ कृष्ण कांत त्रिपाठी

मनुष्य जन्म से लेकर मृत्यु तक धन यश कीर्ति और शक्ति के लिए निरंतर लगा रहता है। अपने कर्मों के अनुरूप ही वह सबकुछ पाता है। मनुष्य अपने जीवनकाल में सबसे ज्यादा यदि कुछ चाहता है तो वो है ताकत, क्योंकि व्यक्ति की ताकत ही उसके मुसीबतों का सहारा होती है। ताकतवर व्यक्तियों का समूह एक सशक्त समाज का निर्माण करता है और कई सशक्त समाज मिलकर एक सुदृढ़ राष्ट्र बनाते हैं। यानी की एक सुदृढ़ सशक्त और संपूर्ण राष्ट्र की परिकल्पना उस राष्ट्र के निवासियों के ताकतवर होने के बिना व्यर्थ है।

ताकतवर होने के कई मायने हैं और इसके कई रूप हैं। एक नेता के लिए ताकत है जनता का अपार समर्थन, एक विद्यार्थी के लिए ताकत है संपूर्ण विषय में उसकी निपुणता, एक पुलिस के लिए ताकत है उसके इलाके में शांति और शौहार्द, एक साधु के लिए ताकत है उसके अनुयायियों के मन में उसके प्रति विश्वास। युरीं सबके लिए ताकत का अर्थ बदलता रहता है, परन्तु इन सबके बीच जो सबसे बड़ी ताकत होती है वो है एकता और अखंडता, क्योंकि जब तक एक समाज में एकता न हो वह सुदृढ़ नहीं हो सकता है।





बचपन से ही लकड़ी के गट्टर की कहानी सुनाई जाती रही है कि कैसे एक लकड़हारा अलग अलग लकड़ियों को आसानी से तोड़ देता है जबकि वही लकड़ियों का गट्टर तोड़ने को दिया जाता है तो वह तोड़ने में असमर्थ हो जाता है। ठीक वैसे ही समाज में जब तक एकता बनी रहती है उस समाज की अखंडता सुनिश्चित रहती है, और ज्योंही समाज ऊँच नीच, धर्म जाति के नाम पर विभाजित होता है, उस समाज की ताकत क्षीण होने लगती है और समाज कमजोर पड़ जाता है।

भारत वर्ष में एकता और अखंडता पर अनेक लोगों के अनेक मत हैं, सबके अपने अपने खयाल हैं और सबकी अपनी सोच है, मगर असल में राष्ट्र के एकता और अखंडता से अभिप्राय है कि ,राष्ट्र के सब घटकों में भिन्न-भिन्न विचारों और विभिन्न आस्थाओं के होते हुए भी आपसी प्रेम, एकता और भाईचारे की भावना बनी रहे। राष्ट्रीय एकता में केवल शारीरिक समीपता ही महत्त्वपूर्ण नहीं होती है, बल्कि उसमें मानसिक, बौद्धिक, वैचारिक और भावात्मक निकटता भी आवश्यक है। एकता का अर्थ यह नहीं होता कि किसी विषय पर मतभेद ही न हो, मतभेद मानव स्वभाव है, इसलिए मतभेद होते हुए भी सबके लिए सुखदाई और हितकारी भाव से सोचना ही एकता का प्रमाण है। यानी की राष्ट्रीय एकता से हमारा अभिप्राय है,कि सभी नागरिक राष्ट्र प्रेम से ओत-प्रोत हो, सभी नागरिक पहले भारतीय हों, फिर हिंदू, मुसलमान या किसी अन्य धर्म-संप्रदाय को मानने वाले हों।

जिस दिन प्रत्येक नागरिक राष्ट्र के इस स्वरूप को स्वीकार कर लिया, हमारी एकता और अखंडता अक्षुण्ण हो जायेगी, फिर हमारी ताकत वैश्विक मिसाल बनेगी और संपूर्ण विश्व के लिए उदाहरण पेश करेंगे कि तमाम विविधताओं के बावजूद भी हमने "अनेकता में एकता, हिंद की विशेषता " सूक्ति को चरितार्थ किया। फिर हम हिंदू, मुस्लिम, सिख, ईसाई, हिंदी, तमिल, तेलगु, मराठी आदि के बजाय सबसे पहले भारतीय होंगे और भारतीय होने की हमारी पहचान ही सबसे बड़ी हमारी ताकत होगी।।



# AYURVEDA DAY

# AYURVEDA

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## The origin & The Decline

- by Nitish

Diseases prevailed in human civilisation since their emergence on earth. Humans always try to prevent these diseases and find a proper cure. This led to the development of many branches of medicine. Different civilisations practised various kinds of medication techniques to treat diseases such as the *Unani* system of medicine originated in *Ancient Egypt* and *Babylon*. *Allopathy* is the modern medicine used to treat in *Europe* and *North America* and *Ayurveda* the most ancient form of medicine was popular in the Indian subcontinent, Nepal and Sri Lanka.

### Origin of Ayurveda

Ayurveda branch of medicine date back to around 6000 BCE. It has been mentioned in the Ancient religious scripture Atharva Veda. It is said that God Dhanvantari who emerged from Samudra Manthan is the originator of Ayurveda. Research of Ancient Sages such as Shusruta and Charak paved the way for Modern Medical Science. Rhinoplasty (Nose Surgery) was first performed in India approx. 2600 year ago by an Indian Surgeon Shushruta who is also credited as Father of Modern Surgery.





He invented about 300 surgery techniques and approx 121 surgical instruments which are used today. Traces of brain tumor surgery and caesarean have also been found. Another physician Charak has mentioned about 1100 diseases in his book Charak samhita and has immense knowledge of 100000 plant of medicinal value and created approx. 2000 medicine used to cure patients.

### **Branches of Ayurveda**

1. Kayachikitsa (General Medicine)
2. Kaumarya - Bhryta (Paediatrics)
3. Salyatantra (Surgical Technique)
4. Shalakyatantra (Treatment of Ear, Nose and Mouth - ENT)
5. Bhutavidya - (Pacification of Possessing Spirit - Modern Psychiatry)
6. Agadatantra- (Toxicology - Toxin in Animals, Vegetables and Minerals)
7. Rasayantantra - (Rejuvenation and Tonic to Increase lifespan, Intellect & Strength)
8. Vajikatantra- (Aphrodisiac - Deals with Infertility problem and spiritual Development)

Ayurveda is one of the best branches of medicine which cured patients for millennia but it lost its importance in the modern era. Although it is still popular and prevalent in India but it has been subjugated due to modern allopathic medicine. The reasons are many such as The Rise of Buddhism led to the decline of Ayurveda as they were ardent Supporters of Non-Violence and criticised Surgery to treat patients. The invasion of the Mughals Destroyed many Ayurvedic texts and Scriptures. Modern - Medicine criticised it as pseudo-science as it has no scientific proof. The invention of antibiotics which is panacea for humankind has not been mentioned in Ayurveda due to less knowledge of Germs. Moreover, as time grew Ayurveda failed to develop itself due to a lack of research and government support. The active component of the prescribed herbal drugs was not known and even today many drugs still need further exploration for their active constituent characteristics and elucidation of the mechanism of action.





### **Conclusion**

Although the popularity of Ayurveda declined due to lack of medical researches but still Ayurveda is way more effective for wellbeing of human. Disease such as diabetics has treatment but no cure in modern medicine. Ayurveda has cured many diseases successfully which modern allopathy failed to do so. After all Ayurvedic medicine is said to have least or no side effect as it is herb based. One can't ignore the benefits of Acupressure which is used to treat many diseases and still prevalent in modern physiotherapy. Although Ayurveda lost its significant over time. It's high time we should realise its contribution in the wellbeing of mankind.

# WORLD OF WORDS





# STOUT

(adj) staüt

- by Ravisha

Stout refers to something fat, dependable, or rugged. Before you break into tears because someone calls you stout, ask them what they mean. It might be meant as a compliment!

Originating from a Germanic source *estolt* i.e., strong later in the 13th Century the old French moulded the word to *estout* meaning "brave, fierce, proud,". During the phase, the meaning "strong in body, firmly constructed" was superseded by the (sometimes euphemistic) meaning "thick-bodied, fat and huge, bulky in form," which was first documented in 1804. The original meaning is maintained in the metaphorical term stout-hearted (the 1550s) per se means strong and brave. To exemplify it can be stated- "*The invasion was held up by unexpectedly stout resistance.*"



# SPORTS

# ROGER FEDERER

After 24 years of a wonderful career world's no. 1, Swiss tennis player **Roger Federer** took retirement from the tennis in the previous month of September. He had won **20 grand slams** and **103 tournament wins**. He played his last match in the laver cup in with Rafal Nadal in men's doubles against *Jack sock and Frances Tiafoe*.

- by Vishvajet



# INDIAN HOCKEY TEAM

Hockey India announced 33 member men's core probable group for FIH Pro league matches

- by Vishvajeet

# FACTUAL FACTS



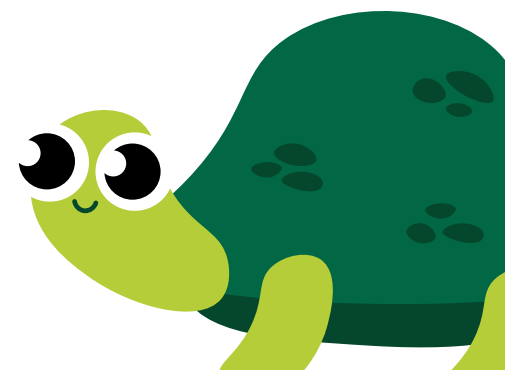
A large Galapagos tortoise is shown in a lush, green, natural environment. The tortoise is the central focus, with its dark, textured shell and long neck extending upwards. The background is filled with dense foliage and trees, creating a vibrant, natural setting.

# GALAPAGOS TORTOISE

The *Chelonoidis phantasticus* was thought to have extinct more than a century ago by scientists. This is the first time in more than a century that a Fernandina Island tortoise (*Chelonoidis phantasticus*) has been found in 2019.

The species is indigenous to the Galápagos Fernandina island and is more popularly known as the "fantastic gigantic tortoise." Giant tortoises have a maximum weight of 417 kg and a maximum length of 1.3 metres. Typically, they have lifespans of 80 to 120 years. The gigantic Galápagos tortoise is found in 14 distinct species, all of which are placed on the IUCN Red List as either vulnerable, endangered, severely endangered, or extinct.

According to estimates, Fernanda is over 50 years old, but she may live to reach 200, giving scientists some time to find her a compatible partner. In the meanwhile, Fernanda is being looked for by professionals at the Galapagos Tortoise Center, which is overseen by the Galapagos National Park Directorate.





# REVIEW

# DEEP WORK

The title of the book DEEP WORK reads DEEP WORK—Rules for Focused Success In A Distracted World. We live in a highly distracting world today, where we are bombarded with information. Sometimes even with information that we do not need, but we cannot really escape the vicious cycle. There is always a sensory overload and more often than not we are distracted even without realising it. This book tries to shift our perspective and lays out exactly how we should do that.

Talking about the book, it cites many practical examples and explains to us how focused work helped people achieve something in a limited period of time that others cannot accomplish in their whole lives even. This book begins with the premise that our world is evolving into a more complicated and technical one and in order to get work done or survive or sustain we need more focus now, more than we needed before and thus there is a need for deep work.

So, what actually is deep work? This book tackles with the concept of deep work, in which we are in a state of mind where we are not distracted and are in a zone where there is a rhythmic flow of work. This deep work is differentiated from shallow work which does not require much focus, while on the other hand most of our works today require deep focus and deep work to be done. The author Cal Newport tries to tell us the importance of deep work by telling us how rare deep work has become in these times and how it can add meaning to our lives. The author describes the concept very nicely along with lucid examples and the best thing about this book is that it's very practical.

## DEEP WORK



**Cal Newport**

*Author of So Good They Can't Ignore You*

Another interesting concept that the author puts forward is that we have to be okay with being in a state of boredom, meaning that we have to reach a level where boredom is a state of rest from deep work. This is a novel way of thinking that we need boredom as a means of rest when we have done deep work. This concept becomes interestingly important also when we live in a world where there's always a new thing there for us to kill our boredom and to distract us from boredom, be it social media or various streaming platforms always ready to kill our boredom, but only end up making us more distracted.

Now the elephant in the room, this book gives us the most valuable advice that we should quit social media. The author tells us that social media has a great way of impacting us negatively and even suggests that we should take this as an experiment and should go for a hiatus periodically. Social media, the author says, keeps us distracted the most. Lastly, the author says that we need to give up shallow work in order to do deep work. That is to say, if we need single-minded focus then we need to quit works that drain our energy and focus, it might sound difficult and impractical to achieve but the laborious should be given up, according to the author if we need to focus on our work.

In all this book has many practical lessons which we can adopt to achieve our goals and it can really help somebody who wants to excel at some examination they are working on or they simply want to excel at their work or want to live a life which is meaningful and valuable.



**CAL NEWPORT**

**-Reviewed By**

A handwritten signature in black ink, appearing to read 'Mehak' with a small heart symbol above the 'a'. The signature is written in a cursive, flowing style.



# TECHNOLOGY



# AI

## TRANSFORMING THE HUMANKIND

By- Sudhanshu

Artificial intelligence is a field that has transformed the world in no time. It has led to many innovations that are changing life as we know it. However, there are also a lot of concerns regarding AI and its future. From job loss to AI taking over the world, many people have been left questioning the change AI will bring about in the future. With that being said, let's look at some of artificial intelligence's good and bad aspects. Artificial intelligence is quickly revolutionizing various industries, from healthcare to banking. It is also expected to impact many more fields, including transportation, security, and logistics. It is not just the use of AI that will impact the future. How it is implemented and the environment in which it functions will also significantly impact.

The business world is also embracing AI in various forms. From healthcare and healthcare automation to HR and marketing, AI is making its mark in business. Other industries, such as education and financial services, also see the potential of AI to transform their fields. It is expected to impact the world significantly and will inevitably continue to transform many more industries in the years to come. It offers the opportunity to build systems capable of human-like reasoning and decision-making. AI could also help solve some of the world's most pressing problems. For example, AI could be used to help detect and manage diseases. AI could also be used to manage or predict the economy. Artificial Intelligence is truly a promising tool that could change the world.

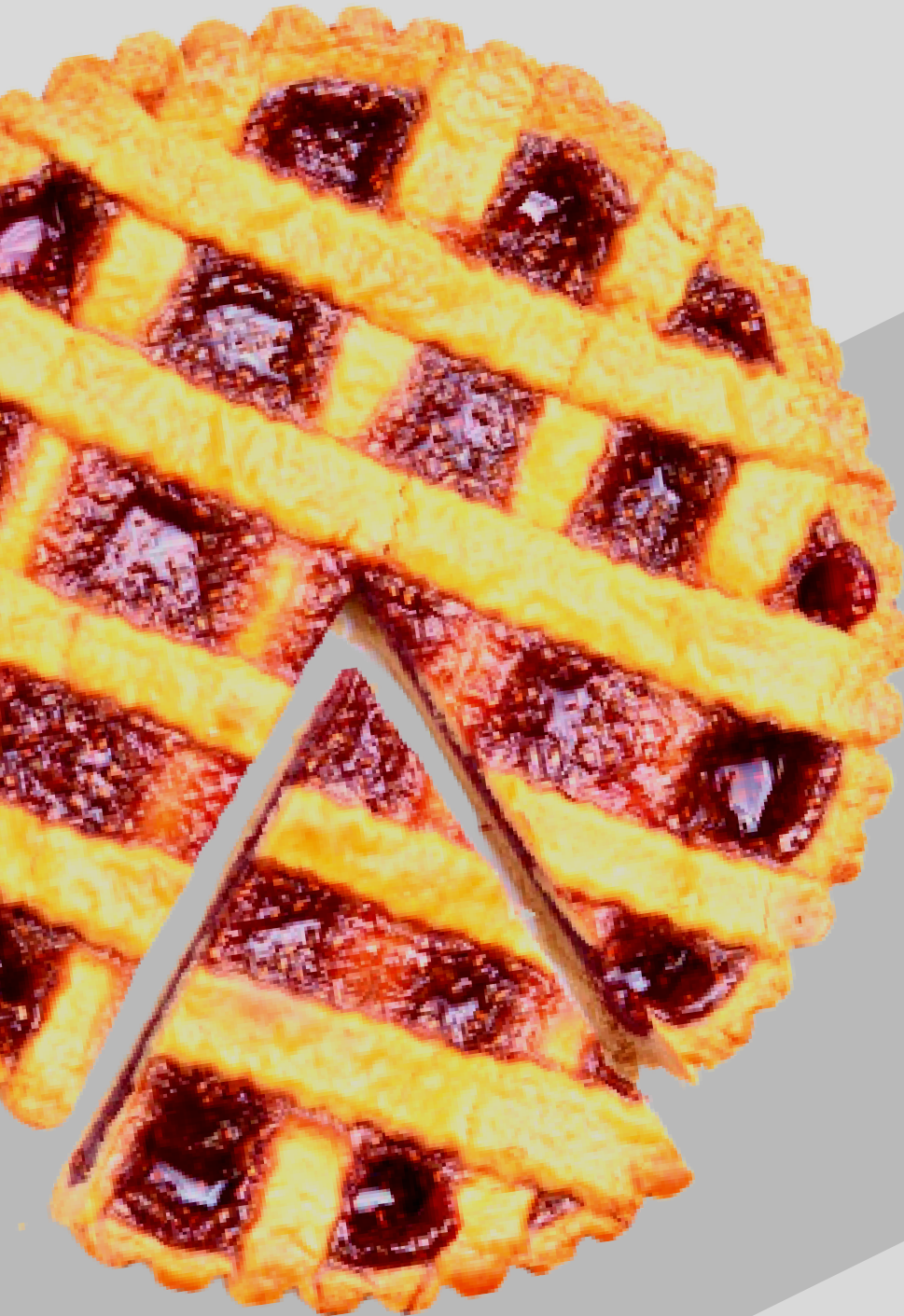


While AI is expected to have a significant impact in the future, it is also a field with several concerns. Some major concerns include job loss due to automation and AI taking over the world. Let's take a deeper look at each of these issues and find out if AI poses a threat or if there are some misunderstandings or misperceptions around technology. Artificial Intelligence is a technology that is expected to impact the future significantly. It is likely to have a role in improving our lives and work. Because of this, AI has become a hot topic lately. People are eager to know about the potential of this technology, but many people are concerned about AI taking over the world. The fear stems from a potential loss of jobs and apprehension surrounding the rise of "AI-singularity." This article explores the good and bad aspects of AI and finds out if there is a future threat to humanity or not. Automation is a trend that seems to have no end. It is predicted that AI will have a significant impact on the job market. With many companies and industries embracing AI, many jobs could be at risk. With this in mind, it is essential to understand the good aspects as well as the bad aspects of AI. The good aspect of AI is that it has the potential to create many more jobs than it takes away. However, it is also important to recognize the risks involved with this trend and how AI could negatively affect the job market. AI has the potential to convert many industries. From healthcare to financial services, the future is bright for AI. However, technology is also raising several concerns. From job loss to AI taking over the world, it is important to keep an eye on this trend and understand technology's good and wrong sides.

# UNCOMMON ORIGINS OF COMMON EXPRESSION



# 'EAT HUMBLE PIE'



The humble in humble pie is not the same word as humble in humble man. A humble pie was once pie made of humbles or umbles, the offal of a deer. An early form of the word was numbles, from the Old French *nomble*, 'the thy muscle of a dear', from the Latin *lumbulus* or *lumbus*, 'a loin'.

After a hunt in the Middle Ages, the choicest cuts of venison ( deer meat) naturally went to the nobles, while huntsmen and lowly attendants would be rewarded with least desirable parts of the animal - the heart, entrails, liver and lights .... the umbles, in short. At the hunt feast, an umble pie would be prepared from all this. Through slurring, this came to be called an umble pie and then - by association with humble status of the of servants who ate it - a humble pie.

The humble associated with humility has quite a different source: the Latin *humilis*, meaning 'lowly', and this in turn derives from *humus*, ' ground or soil'.

Lal Singh,  
Retd Chief Engineer(IMS)



# QUICK BITES



# पोटैटो रोस्टी ऑमलेट

-प्रतिष्ठा जैसवाल

सुबह की भागदौड़ में अक्सर हम सभी ब्रेकफास्ट स्कीप कर देते हैं। पर आज मैं बहुत ही जल्दी व बहुत कम इंग्रेडिएंट से एक हेल्दी हाई प्रोटीन एग पोटैटो रोस्टी टेस्टी ऑमलेट की रेसिपी बताने जा रही हूँ -

## सामग्री -

एक एग

एक आलू

एक टेबलस्पून कॉर्न फ्लोर

स्वादनुसार नमक

एक चम्मच आयल या घी

और यदि आप इसको तीखा व चटपटा करना चाहते हैं तो हरी मिर्च व काली मिर्च पाउडर डाल सकते हैं।

## बनाने की विधि -

सबसे पहले एक बड़े साइज़ के आलू को ले कर ग्रेड कर लेंगे और उसको एक बड़े बाउल में डाल लेंगे फिर उसमें एक एग तोड़ कर डाल लेंगे, फिर उसमें कॉर्न फ्लोर व स्वादनुसार नमक डाल कर अच्छी तरह मिला लेंगे। उसके बाद गैस पर फ्राई पैन चढ़ा लेंगे। एक चम्मच आयल लेंगे और फ्राई पैन को ग्रीस कर लेंगे। फ्राई पैन के गरम होते ही, एग व आलू का बैटर डाल कर अच्छी तरह फैला लेंगे और कवर कर के फ्लेम धीमा कर छोड़ देंगे।

5 मिनट में हल्का ब्राउन हो जाएगा तो उसे पलट कर फिर 5 मिनट पकाएंगे। लीजिये हो गया तैयार आपका हेल्दी टेस्टी रोस्ट ऑमलेट।



# ड्रमस्टिक भरता- सहजन की फली

-कल्पना त्रिवेदी

## सामग्री -

- 6-8 सहजन की फली छिली व दो दो इंच टुकड़ों में कटे हुए
- 2 बड़े चम्मच तेल
- 2 मध्यम प्याज़ कटे हुए
- 2 मध्यम टमाटर कटे हुए
- 5 - 6 लहसुन की कली
- अदरक बारीक कटे हुए
- 1 चम्मच लाल मिर्च पाउडर
- 1 / 2 चम्मच हल्दी
- 1 बड़ा चम्मच ताज़ा धनिया कटे हुए
- 2 चम्मच नींबू का रस

## बनाने की विधि -

सहजन की फली को नरम होने तक उबालें। अब उसे बिच से काट कर उसका गुदा निकाल लें। एक पैन में तेल गरम करें उसमें प्याज़ डाल कर अच्छे से नरम होने तक भुने। फिर टमाटर, लहसुन, अदरक डाल कर भूनें, फिर उसमें लाल मिर्च पाउडर, धनिया पाउडर, धनिया, नींबू का रस, और नमक डाल कर 2 - 3 मिनट भूनें। अब उसमें सहजन की फली का गूदा डाल कर अच्छे से मिला लें। लीजिये तैयार है आपका स्वादिष्ट ड्रमस्टिक भरता।

# TRAVEL WITH OWR

A person with long blonde hair, seen from behind, is sitting on a rocky outcrop. They are wearing a large, bright red backpack. They are looking out over a body of water towards a tall, narrow limestone karst formation that rises vertically from the water. The sky is blue with some light clouds. In the distance, other smaller karst formations are visible on the horizon.



## VACATION ADVICE

### BEST PLACES TO VISIT-

Kollam, Munnar, Alappuzha (Alleppey), Vagamon, Thrissur, Wayanad, Kozhikode, Thekkady, Kochi, Ponmudi

### THINGS TO DO-

Experience the healing power of Ayurveda, Periyar Lake Bamboo Rafting, House Boat Cruise in Alleppey, Bathe Elephants, Experience Athirapally falls, pristine beaches in Kerala, Partake in Elephant ride, Boating at Periyar Wildlife Sanctuary, Catch a Kathakali Performance, Stay In A Treehouse and many more.

# KERALA

Even though the entirety of India is a wonderland, God's Own Country deserve distinctive recognition! Kerala is known to be warmly welcome every traveller, and it is recognised for offering a tranquil ambience that makes visitors want to stay forever! No matter if you're riding through the hills, boating through the backwaters, or relaxing on the beaches, Kerala's calm, revitalising, and mystical vibe will never leave you uninterested. You will undoubtedly be enchanted by the limitless beauty of Kerala and the most important the cuisine of Kerala.



# Publisher



## Note From Founder & Editor

Expression of emotion is best communicated when it is written down without fear of judgements. Upstanding in your beliefs is what makes a person different from the herd. Arising above the all odds is what Open Writer's Room celebrates and cherish. With the successful completion of OWR's millennials. We thank our readers and writers who stayed constant part of our work and passion.

We at Open Writer's Room publish your write-ups without understating any language or word limit. So what are you waiting for? Contact us now and know more about it.

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