

# ‘Happiest’- Collection of Motivational Articles on Happiness

JANG S. VERMAN



The new book on motivational issues related to happiness, titled ‘Happiest (Sadaa Prasann Rahne Ka Mool Mantra)’, authored by Raj Rishi Sharma, is ready for launching. Raj Rishi Sharma has been writing books on motivational issues from a long period. So far his books of motivational articles, titled ‘Safal Jeevan’, ‘Jeena Isi Ka Naam Hai’, ‘Aap Svayam Ko Badal Sakte Hain’, ‘Aao Kuchh Der Soch Lein’, ‘Aisa Mere Saath Hi Kyon Hota Hai?’ ‘Dynamics of Mind’, ‘Successful Life’, ‘Swarg Ka Maarg’, ‘Manobal Ki Shakti’, ‘Lakshya Kaisa Prapt Karein?’, ‘Aatam Gyan Aur Aatam-Sakshaatkaar’ etc. have been published. The new book of motivational articles in Hindi has been published under the banner of Rajrishi Prakashan, Nagbani Road, Jammu.

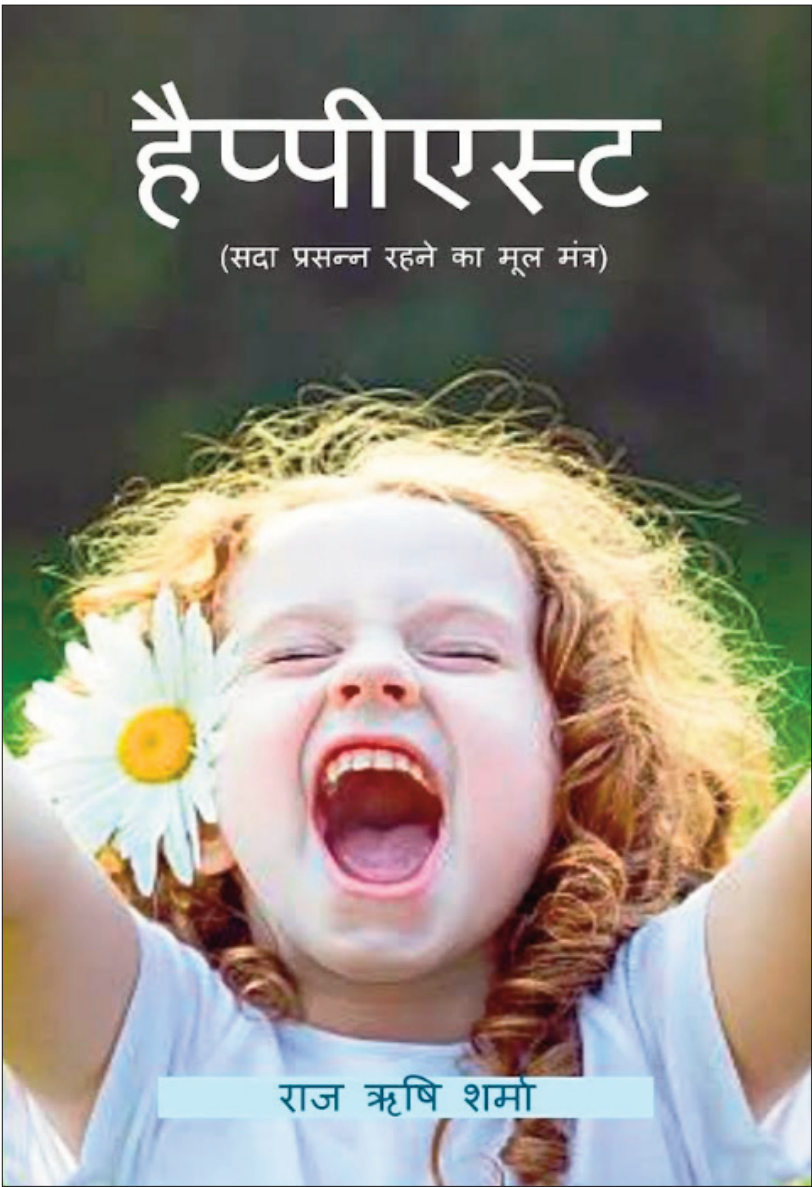
Raj Rishi Sharma, a well known author of Jammu & Kashmir, is writing in Hindi, Dogri and English across various genres. He is known for his profound insights into the human mind and spirituality, and has a special place in the field of motivational literature. With a background in psychology and philosophy, Raj Rishi Sharma has dedicated his life to exploring the depths of the human psyche and sharing his

knowledge through his books. A total of thirty one books of poetry, fiction, informative views, thought provoking ideas and motivational articles have been so far published by Raj Rishi Sharma. So far, many of his articles, compilations and other writings have been published in various journals, magazines, and broadcast on All India Radio. According to him, his works have inspired countless individuals to embark on a journey of self- discovery and personal growth.

Drawing from his years of research and personal experiences, the author has presented a compelling exploration of the various factors that shape our thoughts, behaviour and overall mental well-being. The book has been divided into four segments viz. Pasannta Ki Yatra; Aatam Vikas; Sambandh; and Prasannta Ka Rahasya, having articles with practical insights and techniques to help readers harness the power of their mind and achieve personal growth and well being. According to Ra Rishi Sharma, “The purpose of writing this book is not only to motivate the readers but also to project that happiness is dependent on our own mental make-up rather than the external situations... To get the real happiness, one has to know himself and accept its potentials...”

Though it has been cleared in the ending part of the book that ‘Happiness’ cannot be limited to any particular definition or explanation as it varies from place to place, from community to community and culture to culture.

The articles in the book explain the related issues with the help of examples, anecdotes and stories of the lives of great people of the world. These suggestions pave path to apply techniques to enhance essence of inner happiness. The writer emphasizes on the fact that through his suggested measures and practices, the reader might be able to improve the quality of his life, as the level of happiness leaves effect on mental, emotional and physical heath of any individual. In this book, various aspects of the power of happiness have been reflected though the extensive



experiences of the writer and research results. The content in the book can guide the reader to feel strong and be active, by using the techniques of meditation, self realization, introspection and auto-suggestion to make his inner self calm, stable, healthy, happy and thus turn to be a successful person.

The chapters included in the book are: Part- I: Prasannta Ki Yatra- Ek Bache Ki Tarah Khelna; Prakriti Se Judna; Nai Cheejin Seekhna; Yatra Karna; Doosron Ki sahayata Karna.

Part-II: Aabhaar Vyakt Karna; Maaf Karna; Sakaaraatmak Soch; Svasthya Ka Dhyam Rakhna; Apne Janoon Ka Paalan Karna. Part- III: Mazboot Sambandh Banana; Sun'naa Seekhna; Apne Aap Ko Sveekaar Karna; Apne Aap Ko Maaf Karna. Part- IV: Mouzood Pal Mein Jeena; Apne Lakshay Ko Prapt Karna; Apne Aap Ko Pruskrat Karna; Hansna; and Svyam Ko Prasann Rakhna.

Through these chapters, Raj Rishi Sharma has put emphasis on the Mid-

Path Principle of Budhism- emphasizing on enjoying the present, without worrying about the past or future. Here, he also suggests the reader to enjoy every bit of happiness in his life. He suggests that one should obey the innocence of a child, keeping away from the element of discrimination towards others, which may make him free from mental tension. According to the content of the article, this element of being childlike and spending a simple life, makes us curious and drive us towards creativity, attracting us to do new things in life. He also suggests that one should be in tune with Nature, having experiences of travelling, practicing Yoga or other meditative techniques, which in turn may add to his knowledge about various factors, societies and cultures, enhancing his vision and giving a new dimension to his life. It will prove to relax one's mind and keeping him mentally, emotionally and physically fit, which in turn are beneficial in turning him into a successful person.

Emphasis is also given on the need of being creative and opting for new things for practice. That may improve mental capabilities, making way for promoting one's personality, self-confidence, refresh the elements and enthusiasm in life, and remove emotional and mental malice. Another factor which gives one a spiritual satisfaction is supporting or helping the others. Other suggested important factors which affect the process of achieving happiness are acknowledging success in one's life, whether small or big one; forgiveness; positive thinking; avoiding negativity; appreciation of others; pondering over positive ideas; controlling one's thoughts; thanks-giving; good food, exercise and sleep; recognizing one's potentials and talent, and practicing it for shining one's personality; good relations and understanding with other like-minded people and spending time, listening to and sharing views with them;

More aspects which are contained here and there in the book include accept one's weaknesses; to analyze them, make oneself aware and make improvements in future as a healthy

change in life and success against oddities and hardships. The content of the chapters also give emphasis on the need of fixing targets in life and ignoring the failures, work hard with right spirit, in a disciplined manner to get them fulfilled. After getting the success on the fixed targets, one should recognize them and share that success with the others to show that you are proceeding in the right direction in your life. This will, in turn, bring in one's life the element of self-confidence and satisfaction and keep the one ever ready to proceed further on the new targets. It also proves one's potential of leading the others in endeavors.

In the ending chapters of the book the writer has put light on the importance of small or broad laughter and happiness in our lives. Raj Rishi Sharma discusses in the articles, “Laughing in life is an invaluable gift of Nature, which not only relieves our mind from tension but affects our body and health also... Through the process of laughing, a special hormonal flow takes place in our body- ‘Happiness Hormones’ is generated in our bodies while we laugh. This hormone is helpful in relieving us of mental tensions, worries and depression. It also relieves our mental and physical pains, so enabling us to improve our physical, mental and emotional health... Sharing laughter with others also improves relationships within the family members, as well as, others.”

Throughout his discourse, Raj Rishi Sharma has referred to great personalities as examples. These personalities generally faced oddities, failures and hardships before they became great due to their sustainable efforts. The names of these persons, mentioned in the book include- M K Gandhi, Mother Teresa, Thomas Edison, Leonardo da Vinci, Helen Keller, Malala, Nelson Mandela, Van Gogh, Oprah Winfrey, A P J Abdul Kalam etc.

He has quoted the views of Thomas Edison who has faced over one thousand failures before he was successful in making inventions, “Try everyday a new endeavor and search for your happiness in that.”

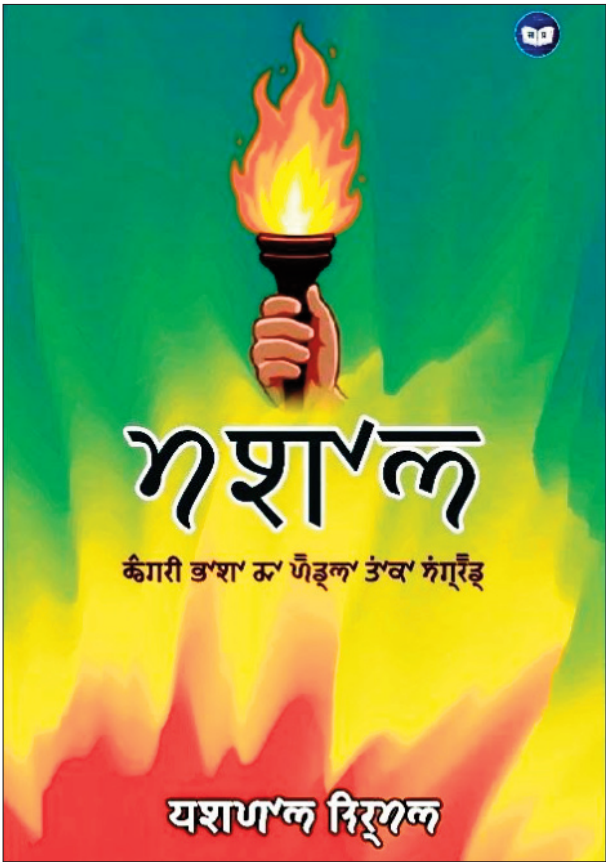
## ‘Mashaal’ by Yashpaul Nirmal- The 1st ever Book published in Dogra Akhar

DR. ASHU SHARMA



Yashpaul Nirmal is a true activist of Dogri language, literature and culture and a committed lover of Japanese poetry styles. Yashpaul is continuously working for the development and prosperity of Dogri language and literature. After bringing out the first collection of Dogri Haiku and Katauta, he is presenting the first ever collection of Tanka style in Dogri script (Dogra letters). This book has been published by Sarv Bhasha Trust, New Delhi. Tanka is a very ancient poetry style of Japan. Tanka is not unknown in Indian literature. The first collection of Japanese poetry works ‘Manyoshu’ has compiled 4515 poems of 260 poets in which more than 4000 Tanka works are collected. Tanka is a Panchapaadi composition composed in the order of 5-7-5-7-7 letters respectively, which has a total of 31 letters.

The literal meaning of Tanka is considered to be a short song. 'Waka' is also considered to be a synonym of Tanka. From 'Waka', the new style 'Renga' chained verse was derived and the initial three lines of Renga became 'Hokku', and 'Haiku' got independent existence by becoming independent from 'Hokku'. Tankas are being written in Hindi since 1980. In the second decade of the twenty-first century, about twenty Tanka collections of



Hindi have been published. Apart from Hindi, if we look at Indian languages, Tankas are also being written in Marathi, Chhattisgarhi, Bengali, Odia. As per my knowledge, Yashpaul Sharma is the famous Haiku writer who started writing Haiku, Katauta and Tanka in Dogri and now presented the first ever Tanka collection in Dogri entitled 'Mashaal'.

The special thing about this book is that it is the first book in Dogri which is being published in its own script i.e. Dogra Akhar. It is a matter of joy that Yashpal Sharma is doing important work in giving momentum to the Japanese poetry movement through the Dogri poetry movement. Yashpaul's Tanka compositions are based on various topics like love, Nature, philosophy, relations, social anomalies etc. See one of his Tankas, reflecting on philosophy-  
*Duniya sach/ As aan*

*kirdaar/ Nabhaachey rol/ As saare apne/ Te hochae parde pichey.*

Voices of faith in God are expressed in Yashpal Sharma's works, see the composition-

*Kanh kanh ch/ Dikhaan tugee Eeshwar/ De aisi drishti/ Toon gae toon har bakhee/ Labbhey toon gae chubakkhee.*

A number of very good Tanka compositions have been collected in this first ever Tanka collection of Dogri 'Mashaal'. May the Tanka collection 'Mashaal' get a lot of love from the readers and may the writer become more successful through this collection.

My best wishes are always with Yashpaul Ji. Once again, many best wishes and heartiest congratulations to the writer for this first innovative attempt of Tanka collection in Dogri language.

## J R Sharma Jackson honoured by Samvedna Society

JANG S. VERMAN

Renowned Dogri dance artist J R Sharma 'Jackson' was recently honoured with 'Duggar De Ratan' by Samvedna Society, Jammu for his contribution in promoting Dogri dance, acting, singing and culture. The chief guest of the award giving ceremony, SSP (Traffic) Farooq Kesar and Sh. Kesav Chopra, Chairman Samvedna Society, appreciated the contribution of J R Sharma Jackson for his art and dedication towards art.

J R Sharma Jackson has contributed in a big way to promote Dogri culture by imparting training to the young children and youth of the area. His con-



tribution in keeping the Dogri art & culture alive through various activities, is appreciable. In the recent past his dance and acting institute- M Jackson Cultural Institute of Society, Jammu organized first audition of 'Big Star of Jammu'- Season- 2 (online and offline) at Writers' Club, Abhinav Theatre Complex, Jammu. Around

150 contestants participated in the audition, out of which 50 got selected. There was no age limit of the participants for this audition. There was a healthy competition and marvellous level of talent prevailed, and that amazed everyone present there in the auditorium. It was a tough moment for the Judges of the first addi-



tion- Poonam Sharma, Ashu Verma, Neha and Sahil to select the finalists. The selected participants were Dharvi Sharma, Meera Gupta, Harshit Baigra, Sonia Devi, Sanvi, Poonam Sharma, Shivani Puri, Insha Sadeq Dar, Aanaya Sharma, Veronica Gupta, Uvaidd Zarger, Mohd. Suhiv, Hazigah Bhat, Aisha Bhat, Laisha

Malhotra, Rakshita Rajput, Divyanshi Rajput, Pavitra Seli and Aryeem Rajput.

J R Sharma Jackson has been organizing various art & culture events at local, stale and national levels. He has been honoured by a number of organizations for his contribution in the field of Dogri Dance, singing, acting and culture.

## Clay Modeling Workshop organized on Ganesh Chaturthi

JANG S. VERMAN

On the occasion of Ganesh Chaturthi, Sanskar Bharti Chandigarh Unit organized a clay modeling workshop at Chandigarh. Renowned sculptor of Chandigarh & Vice-President, Sanskar Bharti, Chandigarh unit, Mrs. Gurmeet Goldie was invited to conduct the workshop. During the workshop Gurmeet Goldie gave information to everyone about the qualities of clay as well as why this festival is celebrated. She taught how to make Ganesha idols from clay and also gave detailed information to the children about the importance of clay. According to Gurmeet Goldie, “Organizing such workshops is very important for the society.

Young children and elders participated in the workshop, with great enthusiasm. Everyone was very excited. The joy on the faces of the children while playing with clay was worth seeing. Gurmeet Goldie discussed with the children about Ganesha and his qualities. Other members of Sanskar Bharti also enjoyed the workshop along with the children.

Everyone took the Ganesha idols made in the workshop to their homes so that they can be installed. Being a sculptor, Goldie said, “We shall be organizing such workshops in the coming days also, so that, good message reach every home and the society.”

