



# THE YOUTH DISCOURSE

# Issue 7

September 2024



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# TRENDS



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- *Music transcends cultural, linguistic, and political barriers, fostering unity.*
- *Instrumental music conveys deep emotions without words, crossing boundaries.*
- *Highlights music's role in driving social movements and positive change.*
- *Festivals and global music events create cross-cultural appreciation and collaboration.*

***"To live is to be musical, starting with the blood dancing in your veins. Everything living has a rhythm. Do you feel your music?"***

In a world divided by language, culture, and politics, there exists a universal language that transcends these boundaries — the language of music. It's the universal language that unites humanity, transcending the barriers that often separate us. Have you ever wondered why a melody can touch your heart, even if you don't understand the lyrics?

I mean, think about it — across the globe, wherever you are in the world, music can root to

walk standing side by side with somebody. Whether you dance to a bubblegum pop hit in Tokyo or sway to an old folk tune deep in Africa, the feelings music provokes transcend cultural barriers.

From the first lullaby sung to us as newborn babies, music provides the "soundtrack" to our lives. Music penetrates almost every part of our lives: our rest, our entertainment, our education, and our worship. It has honored the achievements and sorrows of life over history. As Plato said, **"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything."**

Music both shapes and reflects society. Dancers follow its beat; protesters use it to find their voice. It can promote ideals —like peace and solidarity — but it can also prepare armies for battle. It is part of almost every important personal and collective moment.

However, it is also enigmatic. Rhythm and pitch can be expressed as mathematical formulae; and musicians know the techniques by which they produce a certain sound. However, neither a scientist nor a musician

can elucidate the influence that music holds over our emotions.

Think about the influence of instrumental music. A symphony or a captivating violin solo has the power to take you to a different realm, conveying a narrative without uttering a single word. It's like a canvas waiting for your imagination to paint its own picture.

The influence of music on human rights movements and its function as a catalyst for change is evident in historical records. It has the extraordinary power to create and fuel social movements that challenge the status quo, rallying its listeners to take action — such as with “freedom songs” from the Civil Rights era, like *“We Shall Overcome”* and *“Strange Fruit.”* But these songs destroyed walls, taught us, formed bridges over troubled rock 'n roll waters and helped end segregation. Throughout the ages, one thing remains certain: music always speaks up for those who cannot speak and too often the message that it sends out there is that we are in this together.

India is a country that holds an immense cultural amalgamation regard it as a land of music which connects variety. Be it Hindustani or Carnatic music steeped in the classical traditions, folk forms which have blossomed locally, and to contemporary manifestations. I am of course alluding to how music has contributed as a glue over linguistic, regional divides. Indian music is facilitating collaboration and exchange, uniting cultures within India and across the world.

For instance, **Bhangra** from Punjab is popular all over the world, especially amongst desi communities abroad- serving to forge a connection between the Indian community and their roots. In the same breadth, **Garba** and **Dandiya Raas**, folk music and dances from Gujarat are not only celebrated in India but they are also recognized in countries that have large Indian diaspora including the US, United Kingdom & Canada fostering cultural cohesiveness. Music festivals, such as the **Sufi Festival** in Rajasthan and **NH7 Weekender** (its headliner on Sunday brought together artistes



image source: [https://medium.com/@inz\\_30074/bhangra-dance-2f1684ba6435](https://medium.com/@inz_30074/bhangra-dance-2f1684ba6435)

from separate musical traditions), herald an era of convergence.

The annual **‘Ziro Festival of Music’** in Arunachal Pradesh also transcends cultural divides. The festival features performances by both Indian and international artists, blending indie, folk, and rock music with tribal and traditional forms. Ziro not only attracts a multicultural crowd but also promotes a deeper appreciation of India's indigenous music and culture.

Music, itself, reveals how world culture influences our life. The emergence of different kinds of music – including but not limited to, pop, jazz, classical and techno – symbolizes diversity in our life as in music there are no bounds.

Music is one of the fine arts like other forms of art, it requires creative and technical skill and the power of imagination. As dance is an artistic expression of colors, so music is of sounds. What a pretty sight is to the eyes, aroma is to the nose, delicious dish is to the plate and soft touch is to the skin. So, music is to the ears.

Just as the resulting sound of air, the gurgling sound of the river, the thundering sound of waves of the sea, the lightning sound of cloud

are the songs of nature. The sweet tone of nightingale, skylark & cuckoo too are similarly songs of nature.

An exceptional event drama called "**We Are the World**" in 1985. There were famous artists with different backgrounds, assembled in one of the largest singing events in history, to record a song underlining unity and humanity. This wasn't merely a music event; it was one that represented the whole of mankind. Crossing cultural, linguistic and geographical divides, musicians who had never met from the one-world of song harmonized their voices. The "**We Are the World**" affair was a sign of what could be done when music is used as a medium for a single message.

It showcased the sociological web woven by music, where individuals from different walks of life can find common ground through melodies and lyrics. It serves as a timeless reminder that, in the realm of music, our differences fade, and our shared humanity shines through.

But it's not just the grand events like "We Are the World" that demonstrate this power. Every local concert, underground rave, or neighborhood jam session carries the same potential for connection and unity. It's the communal experience of music that binds us, creating a

shared story of togetherness etched in the notes and rhythms of each song.

One of the most beautiful aspects of music is its role in shaping our individual identities. We often find ourselves in the melodies, lyrics, and rhythms of the songs that resonate with us most profoundly. Think about the music you loved during your formative years. It wasn't just background noise; it was a soundtrack to your life. Each song became a chapter in your personal story, marking milestones, heartbreaks, and moments of pure joy.

But it's not just about individual identity; it's about finding a sense of belonging within a larger community. Music fanbases are like tribes, each with its own culture, rituals, and values. Whether you're at a rock concert, a hip-hop festival, or a classical recital, you're surrounded by people who share your passion.

On a personal level, music can inspire individuals to make positive changes in their lives. Whether it's embarking on a fitness journey with the help of an energetic playlist or finding solace and strength in the lyrics of a song, music has a transformative impact.

In essence, music serves as a catalyst for change on multiple levels — personal, societal, and global. It's a potent force that empowers individuals to challenge norms, advocate for justice, and envision a brighter future. As we embrace the power of music, we become agents of change in a world that constantly seeks progress.

In a world that often feels divided, music stands as a beacon of unity.

As said,

***Across the lands, the oceans wide,  
In every heart, the echoes ride.  
No walls can stand, no chains confine,  
When music's pulse and soul combine.  
A universal language sung,  
Where every heart, a string is strung."***

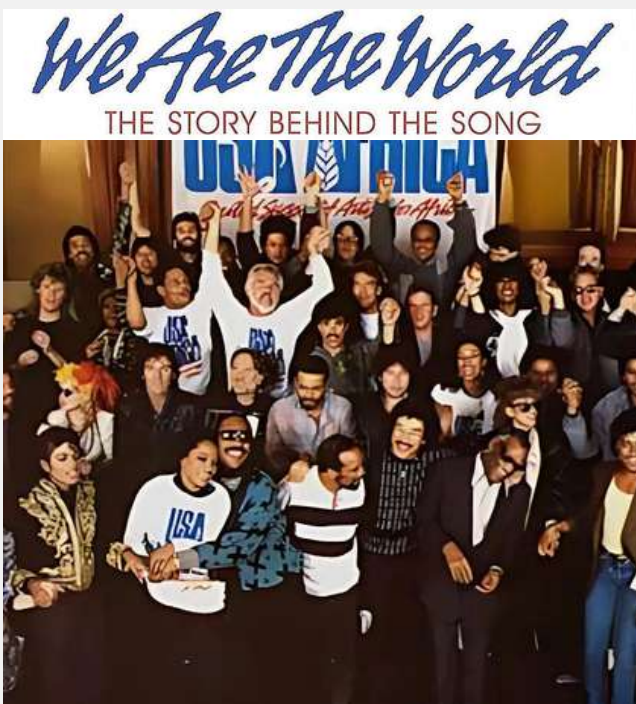


Image source: <https://www.minniemuse.com/musts/see/we-are-the-world-the-story-behind-the-song>



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- *Reveals how food choices impact daily productivity and energy.*
- *Offers practical tips for balanced meals to avoid energy crashes.*
- *Highlights emotional eating and how to overcome its effects.*
- *Encourages mindful eating and tech-free meals for better health.*



Food lovers and curious minds! Ever wondered how that slice of pizza you had for lunch might be doing the cha-cha with your afternoon productivity? Or how your morning coffee ritual could be the opening act for a day-long performance of highs and lows? Well, grab a snack (maybe a carrot stick for now), and let's dive into the fascinating world where food meets our daily grind.

### The Breakfast Club: Morning Meals and Mood Swings

We've all heard that breakfast is the most important meal of the day, right? But let's be real – sometimes it's more like a race against the clock than a leisurely feast. Here's the scoop on how your morning munchies can set the stage for your day:

**The Cereal Killer:** Picture this: You're running late, so you grab a bowl of that sugary cereal you love. It tastes like childhood and happiness, but fast forward an hour, and you're feeling like you could star in your own zombie apocalypse movie. What gives? That sugar high is no joke.

It's like strapping a rocket to your energy levels – you'll soar for a bit, but the crash is inevitable. And when it hits, it hits hard. You might find yourself reaching for that third cup of coffee before lunch, wondering why the world seems so... blurry.

Now, let's flip the script. Imagine starting your day with some eggs, whole-grain toast, and a side of fruit. Sounds fancy, but it doesn't have to be a MasterChef production. This combo is like giving your body a slow-release energy capsule. You're less likely to hear your stomach doing its best whale impression during that 11 AM meeting, and your brain might actually remember what you read in those morning emails.

### The Coffee Conundrum

Ah, coffee. The liquid lifeline for so many of us. But here's the thing – that magical bean juice is a bit of a double-edged sword. It can sharpen your focus and make you feel like you could conquer the world (or at least your inbox). But time it wrong, and you could be



staring at the ceiling at midnight, regretting that 4 PM espresso.

Pro tip: Try to front-load your caffeine intake. Early morning to early afternoon is your coffee sweet spot. After that, maybe switch to herbal tea. Your future self will thank you when bedtime rolls around.



### **The Lunch Bunch: Midday Meals and Afternoon Slumps**

Lunchtime – that blissful break in the workday when you can refuel and recharge. But choose unwisely, and you might find yourself in a post-lunch coma, dreaming of naps while your laptop screen blurs before your eyes.

#### **The Carb Coma**

We've all been there. That enormous plate of pasta was calling your name, and who were you to resist? It was delicious going down, but now you're fighting to keep your eyes open during the team brainstorming session. Your body's busy directing all its energy to digestion, leaving your brain running on fumes.

#### **The Salad Solution**

Now, I'm not saying you need to be that person with the sad-looking salad every day. But mixing in some leafy greens, lean proteins, and healthy fats can be like a midday spa treatment for your insides. You're more likely to power through the

afternoon without feeling like you're wading through molasses.

### **The Snack Attack**

Here's a revolutionary idea – what if lunch

wasn't your only midday fuel stop? Smaller, more frequent meals throughout the day can help keep your energy levels steady. Think of it as cruise control for your body. A handful of nuts, some fruit, or even a small yogurt can be the difference between riding the productivity wave and wiping out before you hit the shore.



### **The Dinner Dilemma: Evening Eats and Sleep Struggles**

As the day winds down, your food choices can have a big impact on how well you wind down with it. Let's explore how your evening menu can make or break your beauty sleep:

## The Late-Night Pizza Party

We've all been there – it's 9 PM, you're hungry, and that pizza place down the street is calling your name. One large pepperoni later, and you're feeling pretty good... until you try to sleep. Suddenly, your bed feels like it's made of lava, and you're tossing and turning like you're auditioning for a breakdancing competition. Heavy, greasy foods late at night can lead to indigestion and discomfort. Plus, your body is working overtime to digest all that cheese and dough when it should be powering down for the night. The result? A restless night and a groggy morning.

## The Balanced Plate Approach

Instead of going for the grease, try building a dinner plate that would make your high school health teacher proud. Lean proteins, vegetables, and some complex carbs can satisfy your hunger without overloading your digestive system. Think grilled chicken with roasted veggies and quinoa. It's like a lullaby for your stomach.



## The Weekend Wild Card: How Days off Shake up Your Food Routine

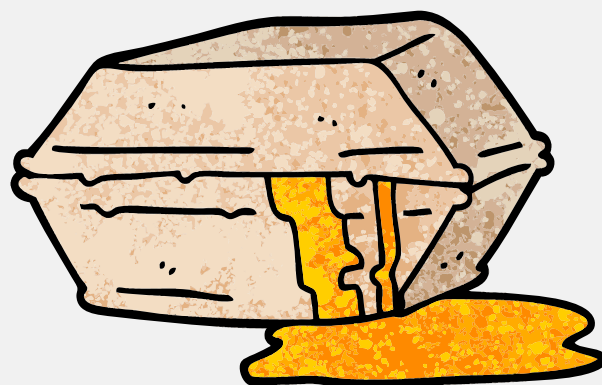
Weekends – those magical days when time seems to slow down and rules go out the

window. But while your schedule might be taking a vacation, your body's still on the clock. Let's look at how weekend habits can throw a wrench in your weekday wellness:

## The Brunch Bonanza

Ah, brunch – that glorious hybrid of breakfast and lunch where mimosas flow freely and calories don't count (or so we tell ourselves). While it's fantastic to indulge occasionally, making it a weekly habit can set you up for a rollercoaster of energy levels.

That stack of syrup-drenched pancakes might taste like heaven, but it's essentially a sugar bomb. Pair that with a few cocktails, and you've got a recipe for an afternoon nap that turns into an evening-long snooze fest. Suddenly, Sunday night rolls around, and you're wide awake, dreading Monday morning.



## The Takeout Temptation

When Friday night hits, cooking might be the last thing on your mind. Enter the siren call of takeout. While there's nothing wrong with enjoying your favourite curry or burger, relying on restaurant meals all weekend can throw your body for a loop.

Restaurant portions tend to be larger and higher in salt, sugar, and fat than home-cooked meals. By the time Monday comes around, you might feel bloated, sluggish, and craving something green that isn't a gummy bear.



## The Mindful Middle Ground

The key to weekend eating is balance (isn't that always the case?). Try treating yourself to one special meal or dessert, but balance it out with home-cooked options. Maybe Saturday is your brunch day, but Sunday becomes a meal prep party where you set yourself up for a successful week ahead. And here's a radical thought – who says weekends can't involve some fun, healthy activities?

Farmers' markets, cooking classes, or even a picnic in the park can be great ways to enjoy food without going overboard.

## The Emotional Eating Rollercoaster: When Feelings Fuel Your Food Choices

Let's get real for a minute – food isn't just fuel. It's comfort, celebration, nostalgia, and sometimes, a Band-Aid for our emotions. Understanding the connection between our feelings and our forks can be a game-changer for our daily habits.

## The Stress Snacker

Deadlines looming? Big presentation coming up? For many of us, stress sends us straight to the snack drawer. That bag of chips or cookies provides a momentary escape, a brief hit of pleasure in a sea of anxiety. But here's the kicker – while it might feel good in the moment, stress eating often leads to more stress when we crash from the sugar high or feel guilty about our choices.



## The Boredom Binger

Ever found yourself staring into the fridge, not because you're hungry, but because you're bored? You're not alone. Eating becomes a way to fill time, to do something when we feel restless or unstimulated. The problem is, this habit can lead to mindless overeating and a disconnection from our body's true hunger signals.



## The Celebration Splurger

Good news deserves to be celebrated, right? And often, that celebration involves food. There's nothing wrong with marking happy occasions with special meals or treats. The issue comes when every small win becomes an excuse for dietary abandon. That promotion at work is worth celebrating, but maybe not with a week-long cake fest.

## Finding Food Freedom

So, how do we break free from the emotional eating cycle? It starts with awareness. Next time you reach for a snack, pause and ask yourself: Am I really hungry, or am I eating for another reason? If it's not physical hunger, what am I really needing right now?

Maybe what you actually need is a break, a conversation with a friend, or a quick walk around the block. Learning to address our emotional needs without food can be a powerful tool in creating a healthier relationship with eating.

Humans are social creatures, and nowhere is this more evident than in our eating habits. From family dinners to after-work drinks, our social connections play a huge role in what, when, and how we eat.



### The Peer Pressure Plate

You know how it goes - you're eating habits change depending on who you're with. Maybe you're usually all about that salad life for lunch, but when your burger-loving buddy suggests hitting up the local diner, suddenly fries seem like the best idea ever. It's not just you being weak-willed - it's your brain's way of trying to fit in and bond over shared experiences.

### The Family Food Traditions

For lots of us, certain foods are like time machines to our childhood memories and family traditions. Grandma's apple pie isn't just dessert; it's a slice of happiness from when we were kids. These emotional ties can make it tough to change how we eat, especially during holidays or family get-togethers.

### The Office Food Pusher

Every workplace has that one person - you know, the well-meaning colleague who's always showing up with homemade cupcakes or organizing pizza parties. They're trying to boost morale and bring everyone together, but it can totally derail our attempts to eat mindfully during the workday.

### Navigating the Social Food Landscape

So, how do we keep our social lives without throwing our health goals out the window? It's all about finding that sweet spot:

1. Be the trendsetter: Suggest hangouts that

don't revolve around food, like a walk in the park or a game night.

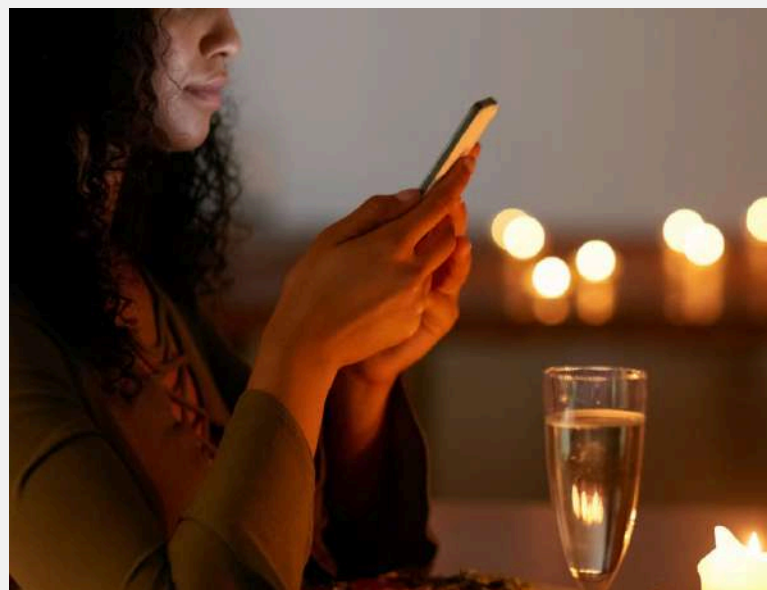
2. Be the healthy potluck hero: If it's a bring-a-dish situation, whip up something that fits with your eating goals.

3. Enjoy without the guilt trip: When you do decide to indulge in social eating, do it consciously and without beating yourself up. Savor every bite.

4. Keep it real with your crew: True friends will have your back on your health journey. Don't be shy about sharing your goals and boundaries.

### The Tech-Food Tango: How Screens Mess With Our Meals

In this age of smartphones and Netflix, technology has basically become our permanent dinner date. From snapping pics of our fancy meals for the 'gram to binge-watching shows with a bag of chips, our gadgets are changing how we eat in ways we might not even realize.



### The Distracted Diner

How many times have you eaten while scrolling through your phone or zoning out to TV? This distracted eating can lead to accidentally demolishing a whole bag of chips without even tasting them. Before you know it, you've eaten way more than you meant to because you missed your body's "I'm full" signals.



### The Social Media Food Envy

Instagram and Pinterest are like all-you-can-eat buffets of mouth-watering food photos. While they can give you some cool ideas, they can also make you feel like your own cooking is lame in comparison. Suddenly, your homemade sandwich looks sad next to that picture-perfect avocado toast you just scrolled past.

### The Convenience App Trap

Food delivery apps have made it dangerously easy to order pretty much anything with just a few taps. While it's a lifesaver on crazy-busy days, it can also lead to impulse orders and blowing your budget on takeout.

### Balancing Bytes and Bites

Here are some ways to get your tech and food habits back in check:

1. Go screen-free for meals: Try eating at least one meal a day without any devices around.
2. Use tech to your advantage: There are tons of apps out there for meal planning, tracking what



you eat, and practicing mindful eating.

3. Keep it real: Remember that those perfect food photos often don't show the messy reality of everyday cooking and eating.
4. Set some app boundaries: Cut down on notifications from food delivery apps to avoid temptation.

### Wrapping It Up: Your Daily Food Symphony



As we wrap up this deep dive into how food and daily habits mix, remember that your relationship with food is exactly that - a relationship. Like any good relationship, it needs attention, care, and yeah, sometimes a bit of work to keep it healthy.

Think of your daily food choices like notes in a song - each one adds to the overall tune of your health and how you feel. Some days might hit all the right notes, while others might sound a bit off-key. And you know what? That's totally fine.

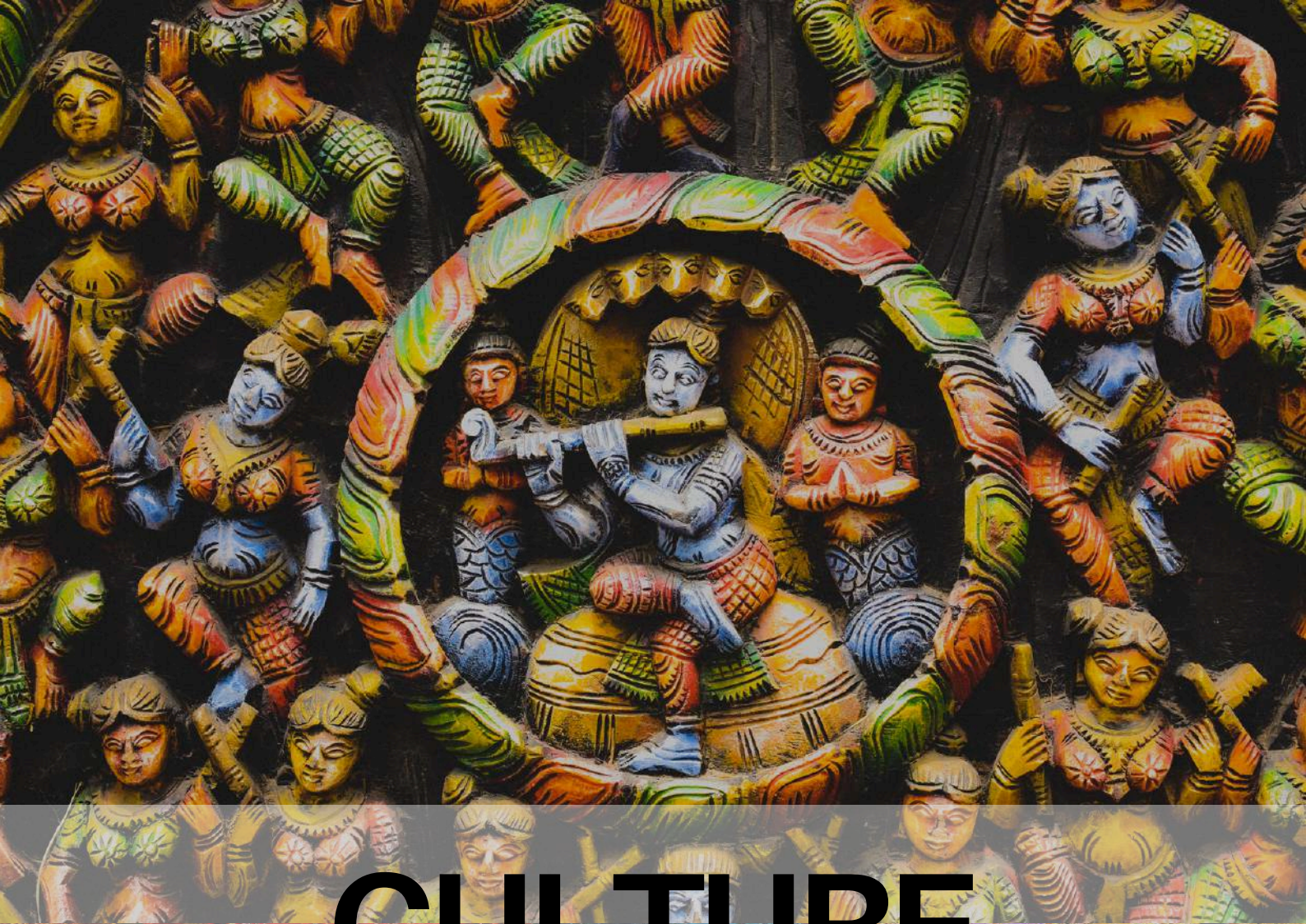
The trick is to listen to your body's music. Pay attention to how different foods make you feel, not just right after eating, but hours later too. Are you pumped up and focused, or do you feel like you need a nap? Your body's always giving you feedback - you just need to tune in and listen.

Remember, there's no one perfect diet that works for everyone. What your favorite fitness influencer or your super-healthy coworker does might not be the right fit for you. It's about finding your own groove, one that keeps you energized, helps you crush your goals, and yeah, includes foods that make you happy.

So, as you go about your day, think of yourself as the conductor of your own food orchestra. You've got the power to create an awesome melody with your food choices, your daily routines, and how you approach eating overall.

Here's to creating a lifestyle that makes your taste buds dance and your body sing. Now, if you'll excuse me, all this food talk has made me hungry. Time for a mindful snack break!





# CULTURE





# हिंदी |स्कृत|संस्कृत|शुरुआत



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- हिंदी की समृद्धि उसकी विविध बोलियों और साहित्य में है।
- संस्कृत से अपभ्रंश होते हुए हिंदी का ऐतिहासिक विकास हुआ।
- हिंदी साहित्य ने समाज के बदलावों को गहराई से दर्शाया।
- आधुनिक युग में हिंदी ने राष्ट्रवाद और सामाजिक सुधार को प्रेरित किया।

हिंदी भाषा की विशालता और समृद्धि उसकी विविध बोलियों में स्पष्ट रूप से परिलक्षित होती है। हिंदी, जो भारत की सबसे व्यापक रूप से बोली जाने वाली भाषाओं में से एक है, अनेक बोलियों और रूपों से परिपूर्ण है। यह केवल एक भाषा नहीं, बल्कि भारतीय संस्कृति और इतिहास की जीवंत धरोहर है। भारत के विभिन्न क्षेत्रों में हिंदी के अनेक रूप और बोलियाँ प्रचलित हैं, जैसे अवधी, ब्रजभाषा, भोजपुरी, राजस्थानी, हरियाणवी, मैथिली आदि। इसकी जड़ें भारतीय उपमहाद्वीप की महान सभ्यताओं से जुड़ी हैं, और इसका विस्तार एक सांस्कृतिक पहचान के रूप में होता आया है। हिंदी भाषा के भीतर विविधता, बोलियों की एक पूरी श्रृंखला और इसके ऐतिहासिक विकास का सफर भारतीय इतिहास के कई पड़ावों से गुजरा है। इन सभी बोलियों का एक अनोखा रंग है, परंतु इनका मूल हिंदी के ही भीतर बसा हुआ है। यह विशेषता हिंदी को बहुवर्णी और व्यापक बनाती है, और इसे एक सर्वसमावेशी भाषा के रूप में खड़ा करती है।

इसे आमतौर पर पश्चिमी हिंदी, पूर्वी हिंदी, राजस्थानी, बिहारी, पहाड़ी, और अन्य बोलियों में विभाजित किया जाता

है। प्रमुख बोलियों में अवधी, ब्रजभाषा, बुंदेली, भोजपुरी, मैथिली, और मारवाड़ी आती हैं। हर क्षेत्र में बोली का स्वरूप और शब्दावली बदल जाती है, लेकिन सबका आधार हिंदी ही है। इस भाषायी विविधता के बावजूद, हिंदी को राजभाषा का स्थान प्राप्त है क्योंकि इसकी एक मानक भाषा है जो देवनागरी लिपि में लिखी जाती है और जिसे सम्पूर्ण भारत में समझा जा सकता है। हिंदी का विकास एक समृद्ध और विविधतापूर्ण इतिहास से होता आया है, जिसे भारतीय जनमानस ने गहराई से अपनाया है।

## हिंदी का उद्भव: संस्कृत से हिंदी तक का सफर

संस्कृत से ही प्राकृत भाषाओं और अपभ्रंश भाषाओं का उद्भव हुआ, और इन्हीं से आधुनिक भारतीय भाषाएँ विकसित हुईं। हिंदी का भी प्राकृत और अपभ्रंश के बीच से होकर गुजरने का इतिहास है। संस्कृत, जो कि ब्राह्मणों और विद्वानों की भाषा थी, का लोक रूप प्राकृत और फिर अपभ्रंश के रूप में विकसित हुआ। यही अपभ्रंश बाद में हिंदी भाषा का आधार बना। हिंदी भाषा की समृद्धि केवल उसके विकास में ही नहीं, बल्कि उसके साहित्य में भी स्पष्ट रूप से दिखाई देती है। हिंदी साहित्य का इतिहास भी एक लंबी और विविधतापूर्ण यात्रा है। यह यात्रा चार प्रमुख कालों में विभाजित की जाती है—आदिकाल, भक्तिकाल, रीतिकाल, और आधुनिक काल।



## हिंदी साहित्य का इतिहास

साहित्य किसी भी समाज का दर्पण होता है। हिंदी साहित्य का इतिहास अत्यंत समृद्ध और व्यापक है। यह साहित्यिक धारा हमें भारतीय समाज के बदलते स्वरूप, उसकी सांस्कृतिक, धार्मिक और सामाजिक प्रवृत्तियों का स्पष्ट चित्रण प्रस्तुत करती है।

हिंदी साहित्य का आरंभ आदिकाल से माना जाता है, जो

वीरगाथा काल के नाम से भी जाना जाता है। इस समय के साहित्य में वीर रस और शौर्य भाव की प्रधानता थी। प्रमुख कवियों में चन्दबरदाई का नाम प्रमुख है, जिनकी कृति 'पृथ्वीराज रासो' हिंदी वीरगाथा साहित्य का एक अद्वितीय उदाहरण है। भक्तिकाल में हिंदी साहित्य को एक नया मोड़ मिला। इस काल में प्रमुख रूप से धार्मिक और भक्ति से संबंधित साहित्य की रचना हुई। कबीर, तुलसीदास, सूरदास जैसे महापुरुषों ने भक्ति को साहित्य का माध्यम बनाया और अपनी रचनाओं के माध्यम से सामाजिक और धार्मिक संदेश दिए।

रीतिकाल में कवियों ने प्रेम, सौंदर्य और श्रृंगार को प्रमुखता दी। इस काल के कवियों ने श्रृंगार रस का अत्यधिक प्रयोग



किया और दरबारों में रीतिकाव्य की परम्परा को बढ़ावा दिया। प्रमुख रीतिकालीन कवियों में बिहारी, घनानंद, और दरबारों में रीतिकाव्य की परम्परा को बढ़ावा दिया। प्रमुख रीतिकालीन कवियों में बिहारी, घनानंद, और केशवदास का नाम लिया जा सकता है। इस काल के साहित्य में लौकिक प्रेम और नारी सौंदर्य का अद्भुत वर्णन मिलता है। आधुनिक काल हिंदी साहित्य का वह समय है जब हिंदी ने स्वतंत्रता संग्राम के दौरान राष्ट्रवाद और समाज सुधार के मुद्दों को उठाया। इस काल में हिंदी साहित्य ने एक नई दिशा पाई। मुंशी प्रेमचंद, सुभद्रा कुमारी चौहान, जयशंकर प्रसाद जैसे साहित्यकारों ने अपनी रचनाओं के माध्यम से समाज की पीड़ा, वर्ग संघर्ष, और स्वतंत्रता के भाव को व्यक्त किया।

### साहित्य: इतिहास और दर्शन

साहित्य और इतिहास के बीच का संबंध गहरा और अद्वितीय है। साहित्य इतिहास का दर्पण होता है, और इतिहास साहित्य को प्रभावित करता है। इतिहास के अध्ययन से साहित्य की पृष्ठभूमि को समझने में सहायता मिलती है। इतिहास एक



विज्ञान की तरह तथ्यों पर आधारित होता है, जबकि साहित्य कला के रूप में समाज की संवेदनाओं, भावनाओं और विचारों को व्यक्त करता है। साहित्य और इतिहास दोनों के अध्ययन से हमें समाज के बदलते स्वरूप और उसके विकास को गहराई से समझने का अवसर मिलता है।

आप सब सोच में होंगे कि मैं यह सब आपको क्यों बता रहा हूँ। बस हम एक नए युग की ओर अग्रसर हैं नया जीवन है और नया समय आ चुका है। इसमें जरूरी है कि हम जाने की हमारी भाषा कैसे प्रगति की और हम इसे कैसे आगे ले जा सकते हैं। कौन कहता है कि सिर्फ चार ही काल हो सकते हैं। आने वाली पीढ़ी एक नए कल को जन्म दे। कुछ नया लाए कुछ नया सोचे।

भाषा तो सिर्फ एक माध्यम है। 2019 में आई एक फिल्म “द रिपोर्ट” का एक वार्ता का दृश्य याद आता है। वह व्यक्ति कहता है की भाषा अपना पक्ष रखने के हिसाब से बनाई गई है। और इस लेख के द्वारा मैं अंत में बस यही कहना चाहूंगा, इस भाषा को अपना पक्ष और विपक्ष दोनों रखने के लिए उपयोग लें। यह भाषा हम सब की शान है और हिंदी भाषा का उपयोग कहीं से कहीं तक किसी और भाषा को हेय नहीं बनता है।

हिंदी भाषा और उसका साहित्य भारतीय संस्कृति की आत्मा है। यह भाषा न केवल भारत में, बल्कि विदेशों में भी बोली और समझी जाती है। हिंदी की विविधता, उसका साहित्यिक इतिहास और उसकी अद्वितीयता इसे विश्व की प्रमुख भाषाओं में स्थान दिलाते हैं। मैं अंत दिनकर की कुछ पंक्तियों से करना चाहूंगा, जो बतलाती है कि हमारे आस पास कई ऐसे उदाहरण हैं, जो स्वर्ग को भीख मांगने के लिए धरती पर आने को मजबूर कर सकते हैं। मुलाकात होगी अगली बार, कुछ नए के साथ।

“ समझा, तो यह और न कोई, आप, स्वयं सुरपति हैं,  
देने को आये प्रसन्न हो तप को नयी प्रगती हैं।

धन्य हमारा सुयश आपको खींच मही पर लाया,  
स्वर्ग भीख माँगने आज, सच ही, मिट्टी पर आया। ”



# DEEDS : DEEDS



r E D E

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- *Angkor Wat and Prambanan reflect Hindu influence in Southeast Asia.*
- *Hinduism shaped Cambodia, Indonesia, Vietnam, and Thailand's spiritual past.*
- *Temples display Hindu epics' carvings, like Ramayana and Mahabharata.*
- *Hinduism gradually declined, replaced by Buddhism and Islam over centuries.*

Deep in the jungles of Cambodia's Siem Reap province stands the majestic Angkor Wat, the largest religious monument in the world. Built in the 12th century by Suryavarman II, it was originally consecrated to Bhagwan Vishnu but soon became a Buddhist temple. While millions of tourists flock to the ancient site every year to marvel at its architectural beauty, very few realise the cultural significance associated with it. About 4000 kilometers to the South of Angkor Wat, cushioned by the lush and green plains of Central Java, lies the towering figure of the Prambanan Temple in Indonesia. Built in the 9th century, this temple is dedicated to the Trimurti.

Both of these temples and many others, are not just remnants of ancient civilisations. They are the monuments of a forgotten past when Hinduism shaped the spiritual landscape of

South-East Asia. Many such temples exist in the form of ruins today, either due to natural disasters or due to intended attacks. Gradually, the existence of these temples faded away from people's minds as well. However, the presence of even some of them indicates a past when Indian culture flourished far beyond the geographical boundaries of India. This article seeks to uncover the forgotten history of Hindu temples in Southeast Asia and their influence in the regions, from Angkor Wat in Cambodia to the My Son temple in Vietnam.

## Early Influences of Hinduism on Southeast Asia

Hinduism has existed for over 2 millenniums in different parts of Southeast Asia. Most of the early traditions have faded away with time, but the architectural and performing arts legacies testify to their strong influence. According to some historians, the beginning of trade and exchange of ideas between India and Southeast Asia dates back to around 350 BC. Gradually, traders, families, and priests started settling in these regions and the culture of India may have spread in this manner.



On the other hand, some scholars argue that local kingdoms controlled what was imported from India. Hence, Indian migration occurred in tiny waves through land and sea routes. Later on, a small part of the settlers shared the Indian traditions on the invitations from

local kings. Hindu influences on Southeast Asia.

### **Cambodia: The Splendour of Angkor Wat**

Angkor Wat was constructed by a king of the Khmer Empire in the 12th century. This “temple mountain” was dedicated to Bhagwan Vishnu. It covers a massive area of 1,500 by 1,300 meters and is surrounded by a vast moat that is 180 meters wide. There are 1200 square meters of carved sculptures, known as bas-reliefs, representing 8 stories from Hindu texts in Angkor Wat. One of the most important narratives that is depicted in the temple is that of Samudra Manthan. The sculpture shows the devas and asuras churning the ocean of milk. The bas-reliefs also denote various stories from Ramayana and Mahabharata, demonstrating the heavy impact of Hinduism on Cambodia's culture. Angkor Wat also has a Gopura, a huge tower often built at the entrance of a temple, particularly in South India.



Over the years, there was a rise of Buddhism in the country, which eventually became the dominant religion. But, even as more and more Buddhist statues were added to the temple complex, Angkor Wat continues to hold on to its roots. Other lesser-known temples, such as Banteay Srei and Preah Vihear, both dedicated to Bhagwan Shiva, further testify to the Hindu heritage of Cambodia in the past.

### **Indonesia: The Graceful Beauty of Prambanan Temple**

Located around 20 kilometres east of Yogyakarta in Central Java, the Prambanan temple is Indonesia's largest holy site built in the 9th century. It is a Shiva temple dedicated to the Trimurti. Originally, there were 240 temples in the Prambanan temple complex, including 3

temples dedicated to the Trimurti. Of these 3, the temple of Bhagwan Shiva is the tallest, and it still stands at a staggering height of 47 metres. The temple walls are adorned with many stories from Ramayana and Bhagwata Purana. After hundreds of years of neglect, this temple was rediscovered in the 18th century. Since then, the temple has been revitalised and is now known as one of the most beautiful temples in Indonesia. One of the traditions at the temple is the dance-



drama performance, based on the story of Ramayana, by the Ramayana ballet at the temple.

A unique form of Hinduism was the dominant religion in the country, with such ideas developing during the reign of the Srivijaya and Majapahit empires till the 14th century. Despite the eventual spread of Islam in the country, which is now the dominant religion, Hinduism is still alive in several pockets of the country, especially in Bali.

### **Thailand: The Heavenly Temples of Phanom Rung, Prasat Hin Mueang Tam, and Phimai**

The Phanom Rung is a Khmer temple complex located in the Phanom Rung Historical Park. This temple is dedicated to Bhagwan Shiva and it symbolises his heavenly dwelling, the Kailash Parvat. The



temple was built somewhere between the 10th and 13th centuries atop an extinct volcano. The Prasat Hin Mueang Tam is another Khmer temple located not far from Phanom Rung. This is another temple that is dedicated to Bhagwan Shiva, though several depictions on the temple walls indicate that Bhagwan Vishnu was also worshipped here in the past.

The Phimai temple, another Khmer temple, was



built around the 11th and 12th centuries. Whether this temple was originally constructed as a Hindu temple and then converted to a Buddhist one or it was a Buddhist temple from the start is a topic that has been highly debated among historians. Nevertheless, the intricate carvings on the temple walls, including those on scenes from Ramayana, indicate the fluid exchange of religious ideas in the region.

### **Vietnam: The Ancient Temples of My Son and Poshainu Cham**

The presence of Hinduism can be traced back to over a thousand years ago, thanks to a collection of temples in the region that date back to that period. The Poshainu Cham towers were erected dedicated to Bhagwan Shiva within this temple's premises. Surrounded by several smaller towers, the central tower, with a towering

height of 15 metres, has several lingams. The My Son temple of Quang Nam dates back to the 4th and 14th centuries AD. Dedicated to Bhagwan Shiva alongside several other deities, the temple features a central structure that was initially crafted in wood in the 4th century and later rebuilt in stone by the king of Champa kingdom. Sadly, the temple was attacked by the American forces during the Vietnam War and only the ruins remain today. However, despite their state, this collection of over around 70 temples continues to attract visitors thanks to its intricate stone carvings.

### **Conclusion**

It is not clear how the Hindu traditions and practices gradually died down in Southeast Asia. While Islam became a dominant presence in Indonesia after the 14th century, Buddhism spread rapidly in Cambodia and Thailand. The forgotten stories of these temples are a reminder of the centuries-old



bond between India and Southeast Asia. These temples, though often forgotten, help us to understand the region's past and develop a sense of appreciation for the cultural and spiritual bonds of India and this region in the past.





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