



DELHI PUBLIC SCHOOL, MIYAPUR

DHARMISTA SUSAN BEHERA (V - A)





DEFEATING THE DEMON WITHIN

ANEESH (VIII - C)

They Once Said,
everything's gonn'a be alright
Most people believed it, only Thing
All of them still feared one thing, loss
Eventually, the people witnessed the end of a
Era, here was where they realized the
Only thing holding them back was fear,
Which was coming from some anonymous source
They eventually figured out that it was the demon
Within but soon they realized it was them themselves
Who were the cause of their trouble
They believed that what they seek, seeks them only,
why would seek (what they seek) seek them for
No purpose, the devil inside forged their mind to be
Egoistic and narcissistic but the only way to prevent
This is to pull the problem up from the root but it
Depends from person to person and now it's up to you.



DELHI PUBLIC SCHOOL, MIYAPUR

GEETHIKA (VIII - D)





Rising Beyond Limits

Rising beyond limits is a heavy topic to rattle about. If a boy gathers knowledge above his current age, he is sure to be more proficient than the other mates. If a boy knows how to tackle situations better than his classmates, that skill will help him to make proper decisions that nobody of his age would have thought of. Similarly, to achieve success in life, one needs to strive hard above its limitations. For example, the great Arunima Sinha. Arunima Sinha was the first female amputee to reach Mt. Everest. She was thrown out of a train by some goons and lost one of her legs, which was amputated later. The people of the locality said that Arunima is not fit to do sports anymore, for she was a national volleyball player. According to me, people always see physical appearance, not the determination of the mind. As the late Bruce Lee says, 'You can do well if you are determined to do well'. Arunima was determined to climb Mt. Everest. She went with a goal in mind to Bachendri Pal, the first Indian woman to climb the summit of Mt. Everest. After a lot of motivation from Bachendri Pal, she started climbing Mt. Everest.

She was the first amputee who climbed Mt. Everest and rose beyond her physical limitations. Another example suiting the topic is of Sundar Pichai, a small boy from busy Madras made it to the CEO of the famous American enterprise, Google. Young Pichai and his brother lived a life of partial poverty. They managed to complete school very late. In college, just because of his sparkling mind, he got a scholarship and started working. Then this wonderful company called Google gave Pichai an opportunity to work on its premises. Pichai could not believe his luck. He then started working. After a few fantastic years, he was the CEO of Google, a dream of being the head of a company achieved by a small boy of Madras. Even though the boy was low on money, his phenomenal 'never say die' attitude helped him to achieve something that men of his age are not able to do.

Aforementioned live examples prove a point that it does not matter how big the goal is; the thing that matters is how much determination one has in achieving the goal.



Ch-1 Mark's Demon



I feel so sad, I failed my test today. People will always think of me as a child who can't study.

This is Mark, he has become a victim of the demon within him.



Hey you know.. Mark has been acting real sad these days..



I think he's become a victim of the demon..

And these are Mark's friends, who are worried for him.



I think I have an idea on how to go get rid of the demon within him. But first we need to understand what actually is the "Demon".



Ch-2 Understanding the Demon

Demons are just your own thoughts, projected into the real world. Most of our demons seem to come from internalized criticisms or fears that we have of ourselves and our abilities, whether they be real or imagined. Our demons are projections and voices in our heads that tell us we aren't good enough, smart enough, pretty/handsome enough.



Wow! You have explained the demon well. But how do we help Mark get rid of his demon

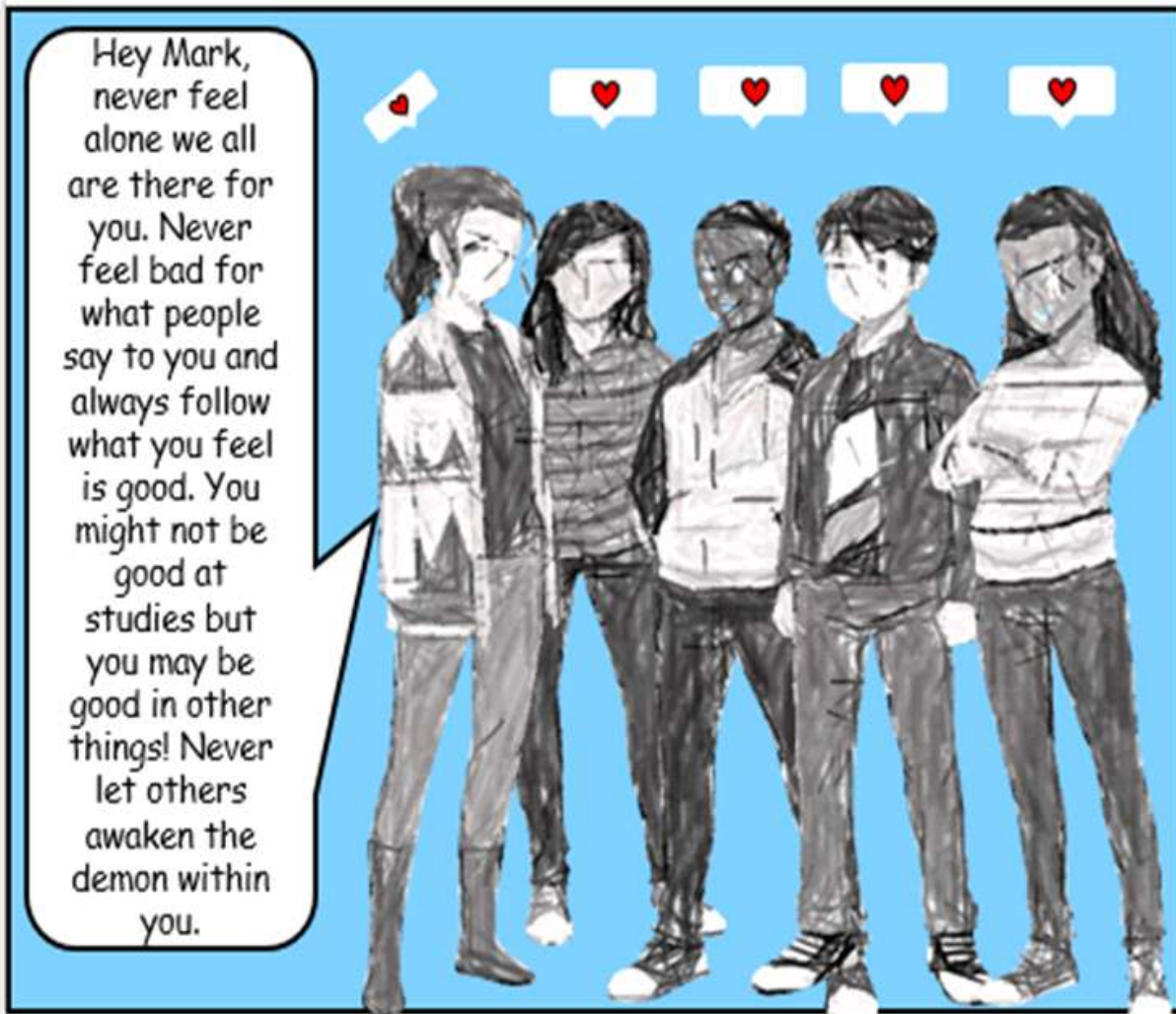
Mark's friends have understood the demon, but a new problem awaits them. How to defeat the demon?



Ch-3 Mark's surprise




Mark gets surprised as all of his classmates walk in...





Ch-4 Happy Ending



Wow, my friends really did help me! I should have known this before. I will never be affected again by what others say about me.

Mark's friends helped him understand that the opinions of others don't matter. Now, as Mark learned this, we should all learn from Mark's experience.

Let's take a pledge together "I will never be affected by what others think or say about me".

Type of Comic: A pencil grayscale comic

By: Aarav Kohli 7D.

School: Delhi Public School Miyapur

Presenting on the theme of: 'Enlightening Oneself' .



Theme : “Enlightening Oneself”

Topic : “Defeating the demon within”

Here we are speaking of mental state of human. One doesn't have to fight the demon within physically. The purpose is to free from the demon within. To be free from the demons one needs to find oneself which is real and not identified with any caste, religion, nationality and individuality. One belongs to the whole, so there is no separate one hence there is no identification.

When we light a candle, the darkness present in a room disappears automatically and there is no activity of fighting or defeating. The activity here is lighting the candle.

Let us discuss the demons within.... There are some human qualities which are natural and normal but are like the darkness in the room as we discussed above these are greed, illusion, anger, envy and desire for pleasure. So one who able to renounces these human qualities or the demons within can be a conqueror and free from any type of identification.

When free from all these demons one becomes such a mind, which tremendously intelligent and with unlimited compassion. Mind like this can guide the humanity into a direction of peace.

There are multiple paths to find oneself, these paths are known as path of knowing and the process is known as enlightening oneself so as to remove the demon within. Only few individual in the human history have dared to walk on the path of knowing, and taught the humanity about the special path and the process.

So concluding with this, when the demon disappears there will be a mind which is completely-

Free from illusion

Free from fear

Free from greed

Free from envy

Free from anger

Free from desire

Free from violence

And full of compassion and at complete peace, which only and only spread happiness and peace in the world.



The Conscious Me

Friend: Why do people say that we need to be conscious I don't understand.

Me: People say to be conscious because it keeps you and the person you are talking to happy and positive. I know this because I try being conscious of myself.

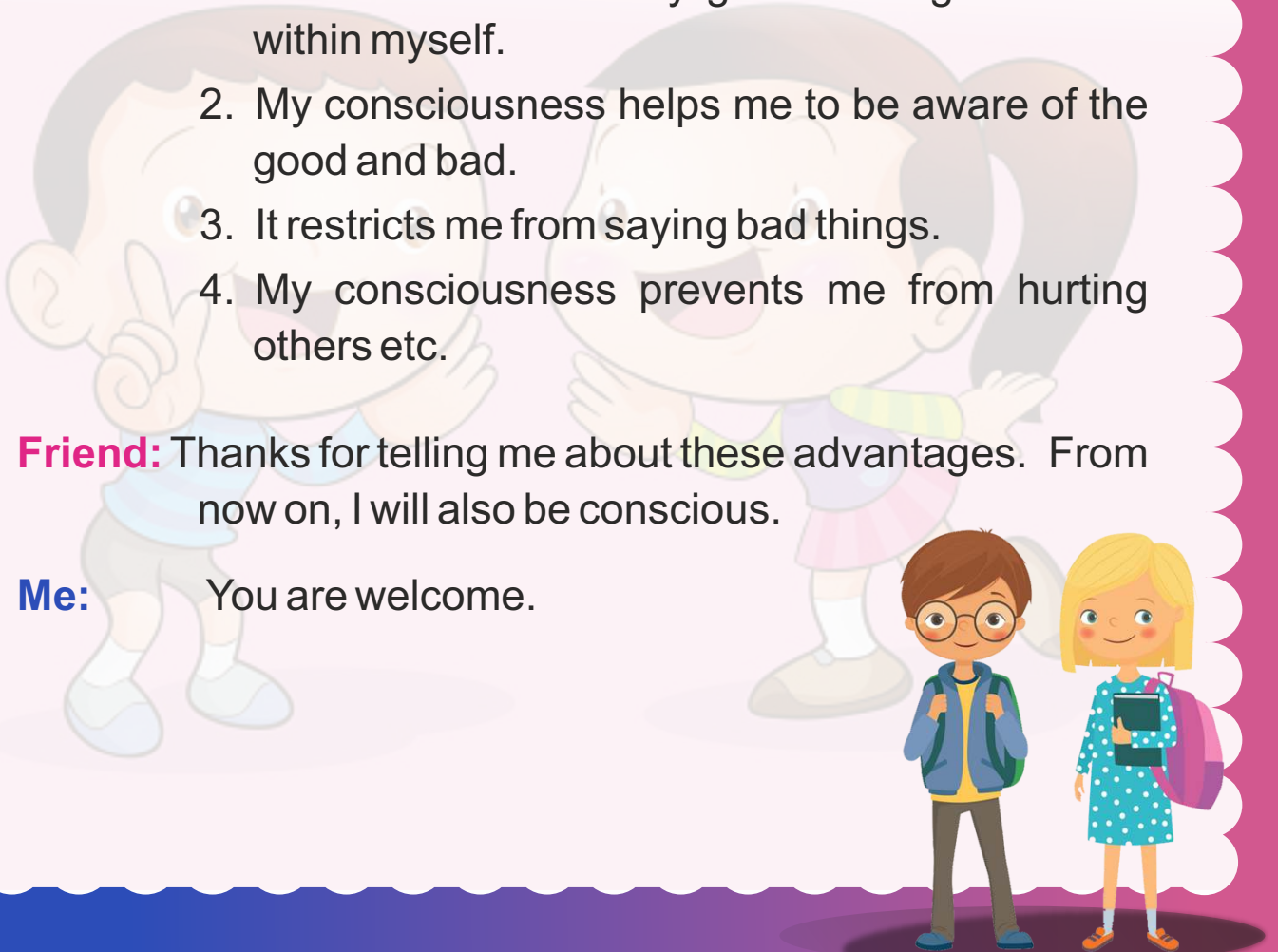
Friend: If you are conscious then tell me some advantages of being conscious.

Me: Some advantages of being conscious are:

1. It makes me internally good and fight the evil within myself.
2. My consciousness helps me to be aware of the good and bad.
3. It restricts me from saying bad things.
4. My consciousness prevents me from hurting others etc.

Friend: Thanks for telling me about these advantages. From now on, I will also be conscious.

Me: You are welcome.





MINDFUL SELF

“The first and best victory is to conquer self.”

A mindful self can reach for the stars. Today, thanks to the advent of technology we have acquired many lazy habits. Over a period, if these behaviors conquer us, we become slaves to these patterns.

Today I list 3 things we can get rid of...

1) Procrastination: It means putting things away for later. Often this causes unfinished work and delays. Due to delays we cannot create perfection in our work.

So, it is better to finish the tasks as and when possible.

“A stitch in time saves nine”, after all, says a famous proverb

2) Wasting time on social media: Phones are inevitable. Today we have become slaves to many apps, and we think true relationships lie in playing video games or chatting with friends online. However, these can make one addictive and lose focus.

Spending time outdoors, reading a book may be a better option. True friends will value you anyway!

3) Dependency on others: Self-help is the best help. A person who tries to do tasks on his own conquers his fears and develops independence and mastery.

Being dependent on others causes laziness and low self-esteem.

The demons and gods are within us.

It is up to us to whom we invoke



MINDFUL INTELLECT

A healthier heart we yearn;
Impulsivity of ego we bring down
The vitality of life we adorn
The confidence we take crown

An optimistic thought each day
Can play a downhearted soul
To lead a cherish able life,
And to aim for a righteous goal

Faith we should possess,
To spectate the time ahead,
To expect the unforeseen,
And to state the unsaid.



My Inner War

We all have good inside us
Bad lies in as well
But we'll only know the truth,
When we choose ourselves,
Shall it be the angel?
Or the demon on which we choose,
To leave our mark upon the earth,
So light or dark will be set loose.
Once we choose our path,
We must strive to follow,
The tasks ahead, however tremendous,
and you'll fill happiness in that hollow,
to try and vanquish the demon,
we should reach for nature within,
with peace, tranquility, calm and justice,
inside me, the holy fire has been lit,
enlightenment is the feeling,
of angelic presence inside,
knowing right and wrong,
my true and beautiful side.



DELHI PUBLIC SCHOOL, MIYAPUR

RACHITA YAGALLA (V - I)

Topic for the Month: *Enlightening Oneself*

Done by → Rachita Yagalla -





DEFEATING THE DEMON WITHIN

We all know that good and bad are two sides of a coin...likewise we too have two faces which are good and bad. Being always good is not possible for everyone at all times. But nobody wants to show their bad face to this world ...stop avoiding them...stop fighting them...instead, learn to overcome them...

We all have demons—parts of ourselves that we don't like others to see but we see different sides of ourselves—parts of ourselves that cause us to do bad and selfish things not out of love for ourselves, but out of fear for ourselves.

But no matter how hard we try to ignore our demons, they're always there, bubbling up to the surface, seeping out from the lid we try to keep on them. And the harder we try to hold that lid down, the more difficult our lives become.

Demons are the other name for greediness, jealousy, arrogance, laziness which will never make us accept or see the good in others. Instead of fulfilling and nurturing its needs.... try to

- Acknowledge them
- Concentrate on good memories
- Keep yourself busy
- Do meditation
- Exercise
- Keep positive people and things around you
- And keep trying to dominate it



Rising Beyond Limits

Again, life is too small to think small. Rather do as Joel Budd encourages us: 'March off the map.' Most people could do more than they think they can, but they usually do less. You never know what you cannot do until you try. Everything is possible - never use the word 'never'. Never tell a young person that something cannot be done. God may have been waiting for centuries for somebody ignorant enough of the impossible to do that thing. If you devalue your dream, the world won't raise the price. You will find that great leaders are rarely realistic by other people's standards. The answer to your future lies outside the confines that you have right now. If you want to see if you can really swim, don't frustrate yourself with shallow water. Be a history maker and a world shaker. Somebody is always doing what somebody else said couldn't be done. Dare to think unthinkable thoughts.

Develop an infinite capacity to ignore what others think can't be done. Don't just grow where you are planted. Bloom where you are planted and bear fruit. No one can predict to what heights you can soar. Even you will not know until you spread your wings. Know your limits, then ignore them!



ENLIGHTENING ONESELF

DEFEATING THE DEMONS WITHIN

Me: Hi, Why are you so sad?

Friend: Because my mom said I have to overcome my inner demons

Me: oh, that is the reason why you are sad

Friend: Will you help me in overcoming my inner demons by giving any suggestions

Me: I would love to

Me: First of all you have to be confident of yourself And you have to concentrate on your good memories.

Transform your demons into a gateway towards joy and bliss.

Allow your inner light to shine bright on your demons.

Don't settle, keep fighting.

Don't allow the past to be drawn into the future unless you make peace with it.

Friend: okay

Me: That's it you just have to follow all these then you can overcome the demons which are present in yourself.

Friend: Thank you so much, your words make me feel better.

SUMMARY:

" Enlightenment is not the byproduct of avoiding the darkness in favor of the light. It is the byproduct of taking the light of consciousness and diving deep into the darkness with it. To make the darkness conscious is to turn the shadow into light.

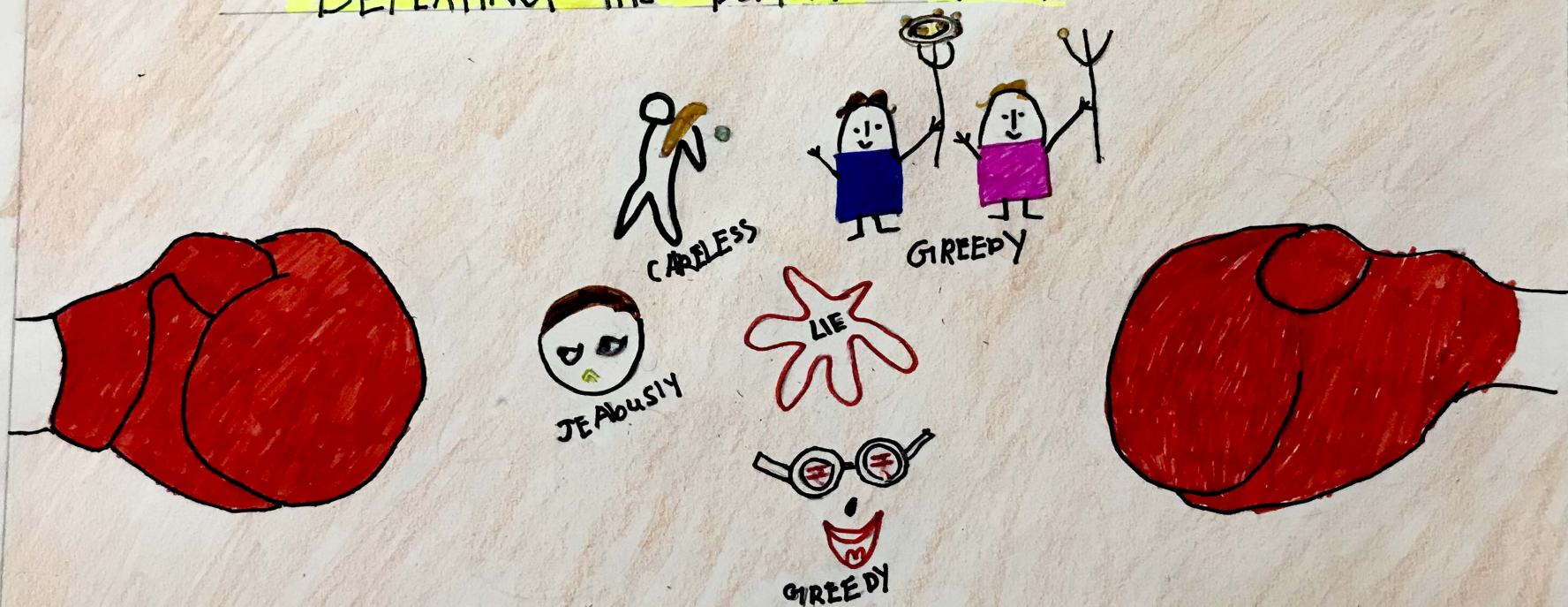


DELHI PUBLIC SCHOOL, MIYAPUR

ISHAAN (V - A)

ENLIGHTENING ONESELF

DEFEATING THE DEMON WITHIN



Ishaan Behera
class - V Sec - A



Discover Your True Self

Discovering your true self is the most essential skill. Knowing yourself makes you stronger, confident, understand your mission, and begin to have a greater impact on the world. Life is a combination of trial-and-error processes. It makes you identify the best places to experiment in.

Six steps to know your TRUE self are mentioned below:

1. Explore who you really are, not who you want to be.

When you understand who you are, you will be able to recognize where you and your unique abilities fit into the larger picture. Self-evaluation tests help in identifying the best areas of your strength, enabling you to focus on the change you were born to bring about.

2. Be Quiet and genuine.

Being quiet can make your true self uncovered. Genuine uncovering can make you find your true self. You must spare the time to remain still. You must take some time alone, analyze yourself, and be fully transparent with yourself so as to view every aspect of your life.

3. Be clear about your passion.

Following a passion of any type is a great thing, and you should pay attention to it. Passion for anything makes you more attentive. Focus more on your passions and gain a deeper understanding of yourself, and you will have a huge effect. Passion creates work, and consistent effort generates appropriate results. It leads to a better understanding of your actual self.

4. Find what you are good at and not good at.

It takes trial and error to find out what you're good at. But, the point at which this should be stopped is very crucial in one's life. When your actions deplete you rather than rekindle your enthusiasm and drive to accomplish more, it is obvious that the time to shift your emphasis has arrived. Your strengths will definitely show who you are.

5. Assess your relationships.

Relationships play a key role in knowing oneself. When you realize that you'll never fully know anybody else until you discover yourself, the importance of knowing oneself becomes clear.

Use your reflection to beat your anxieties, because when you realize who you are, your mission will ultimately become greater than your worries. You will spend less time spinning your wheels once you realize who you are. Concentrating on your abilities provides you the traction you need to make a greater and better difference in the world. When you know yourself, you will discover greater serenity and prosperity more quickly than ever before.

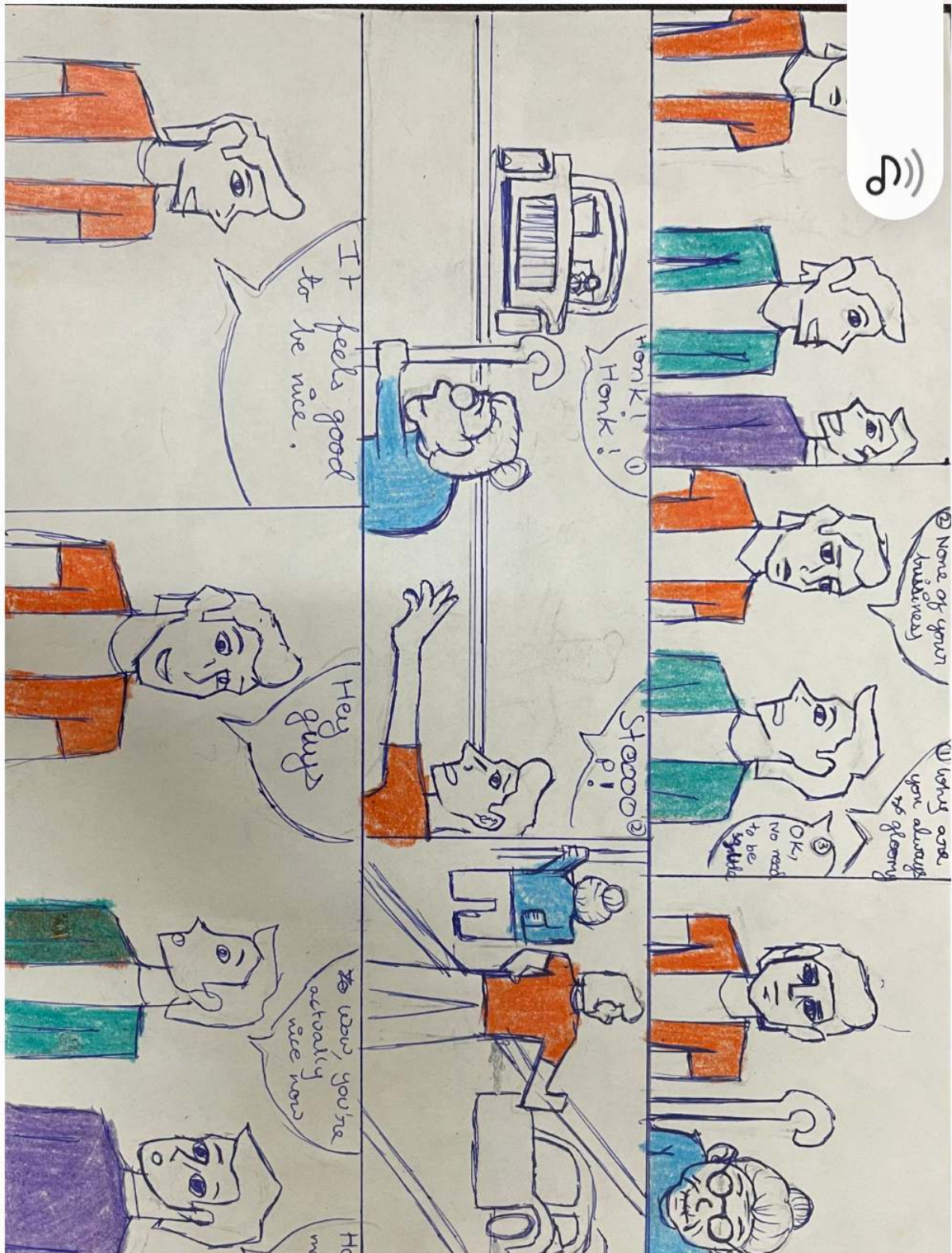
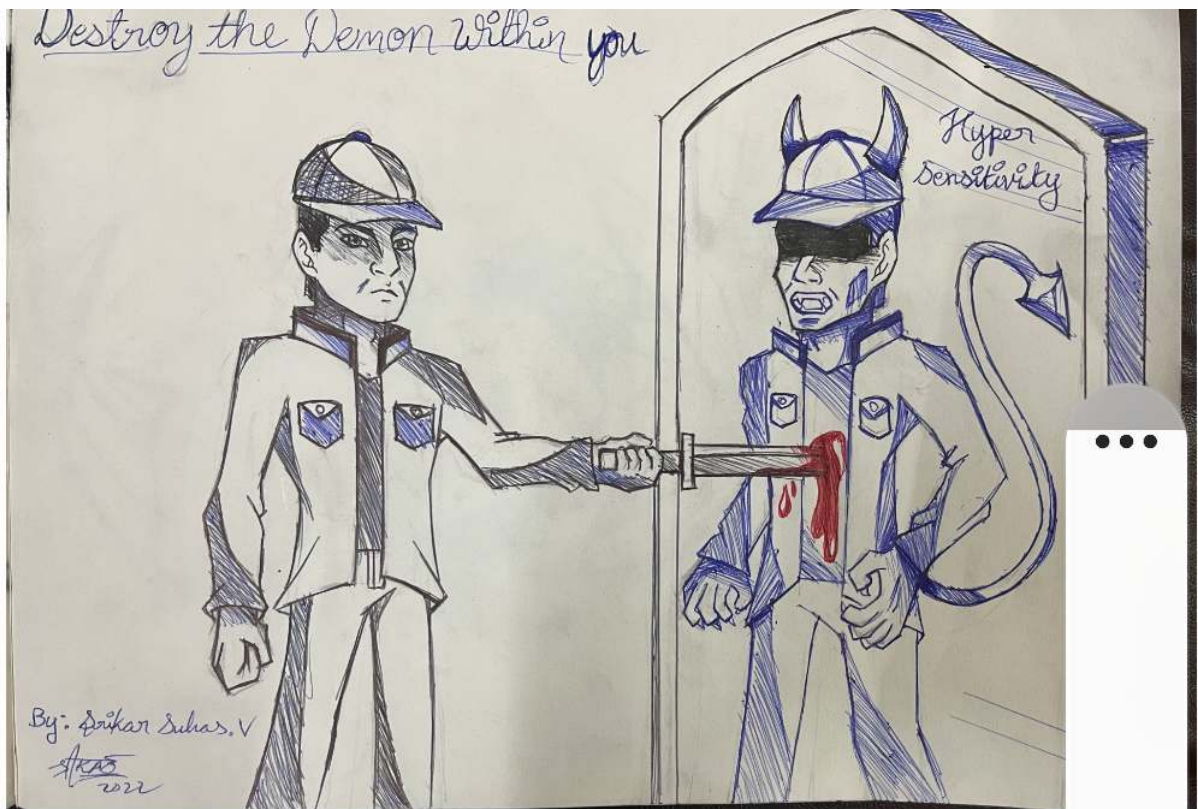
6. Ask for feedback.

Hearing what people have to say about you is a useful exercise if you don't know yourself. Ask them two main questions:

'What strengths do you feel I should work on more?' and

'What shortcomings do you feel I should improve on?'

Their view isn't going to be flawless, but their criticism will most likely point to a few things you might reconsider. This step is very crucial for those who experience difficulty in discovering themselves. Persons who are the closest to us can sometimes see things in us that we are unable to perceive in ourselves.





"Enlightening oneself" **"My strengths and weaknesses"**

Everyone has their own set of strengths and weaknesses. It is also very important to know our own strengths and weaknesses. These are a natural part of one's nature. It shows up in one's attitude, behavior and thinking. We need to identify our abilities and work accordingly to improve those skills and strengths.

My strengths

I am blessed with a few good habits and strengths, which give me lots of satisfaction and appreciation. I am honest and avoid telling lies, so everyone likes and listens to me at home. I am also very good at listening to others, which helps me a lot in my studies and other activities. I love to work hard & in a creative way, which helps me to come up with new ideas for doing things until I achieve what I want.

My Weaknesses

I also have a few weaknesses which I need to work on. I am very emotional. I need to learn to control my emotions and stay calm in difficult situations. Furthermore, I have a weakness which is my fear of failure. No matter how hard I prepare, this anxiety leads me a risk of making mistakes in exams.

In conclusion, I need to accept my weaknesses and work on them so that, I can overcome them and achieve success.

Thank you

Praneesha Sahoo

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