

Vol. VI (1) July 2019

ISSN 2393-9524



**Swami Vivekanand Journal
of
Educational Research**

(A Half Yearly Peer-Reviewed & Refereed National Journal)

**Volume - VI
Issue - 1**

January - July, 2019

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svntarkwari@yahoo.com

अहंकार

स्वामी विवेकानन्द एक डॉक्टर का बहुत सम्मान करते थे। वह उनसे कहते थे कि आप मन, वचन, कर्म और आचरण से संन्यासी हैं, मुझे आपके भीतर बड़े सदगुणों के दर्शन होते हैं। डॉक्टर साहब बड़े साधारण तरीके से रहते थे। उन्हें देखकर कोई यह अंदाजा नहीं लगा पाता था कि वह कोई बहुत बड़े डॉक्टर हैं। एक दिन वह पैदल अपने दवाखाने जा रहे थे। बारिश होने वाली थी, एक आदमी को अपनी छत ठीक करनी थी। मदद के लिए उसने एक मजदूर को बुलाया था, और दरवाजे पर खड़ा उसका इंतजार कर रहा था। उधर से जा रहे डॉक्टर साहब को सामान्य व्यक्ति समझ उनसे बोला कि छत ठीक करने में आप मेरी मदद कर दें। मजदूर को बुलाया था वह आया नहीं। मैं आपको पारिश्रमिक दे दूँगा। डॉक्टर उस आदमी के कहे अनुसार छत ठीक कराने में लग गए। उसी सड़क से वहाँ के एक बड़े प्रतिष्ठित व्यक्ति गुजर रहे थे। डॉक्टर साहब को यह सब करते हुए देख वह बोल, 'यह आप क्या कर रहे हैं?' जबाब मिला, 'आज मुझे रोगियों के इलाज के बदले यह काम ज्यादा ठीक लगा। इस सज्जन ने मुझसे सहायता मांगी, सो मैं मदद कर रहा हूँ। जब यह बात उस झोंपड़ी वाले ने सुनी तो पानी-पानी हो गया। वह उनके पैर पकड़कर बोला मुझे नहीं मालूम था कि आप इतने बड़े आदमी हैं।' डॉक्टर साहब ने कहा, 'मैं और मेरे एक मित्र विवेकानन्द मानते हैं कि धर्म को किताबों से निकालकर आचरण में ढालना होगा। आपने तो मुझे अपने धर्म को आचरण में ढालने का सुअवसर दिया। मुझे आज बहुत बड़ा लाभ हुआ है।' यह थे बंगाल के प्रख्यात डॉक्टर नाग। बाद में विवेकानन्द ने उसकी यह कहानी सुनाई और संदेश दिया कि हम लोगों के जीवन में जो सबसे खराब ग्रह हैं, वह है अहंकार। और अहंकार सिर्फ सेवा से ही मिट सकता है।

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Swami Vivekanand Journal
of
Educational Research

(A Half Yearly Peer-Reviewed & Refereed National Journal)

Volume - VI
Issue - 2
August-December, 2019

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देने का आनंद अधिक होता

उन दिनों स्वामी विवेकानन्द अमरीका में एक महिला के यहां ठहरे हुए थे, जहां अपना खाना वे खुद बनाते थे। एक दिन वे भोजन करने जा रहे थे कि कुछ भूखे बच्चे पास आकर खड़े हो गए। स्वामी विवेकानन्द ने अपनी सारी रोटियाँ उन बच्चों में बाँट दी। यह देख महिला ने उनसे पूछा, 'आपने सारी रोटियाँ उन बच्चों को दे डालीं। अब आप क्या खाएंगे?' उन्होंने मुस्कुराकर जवाब दिया, 'रोटी तो पेट की ज्वाला शांत करने वाली चीज है। इस पेट में न सही, उस पेट में ही सही। देने का आनंद पाने के आनंद से बड़ा होता है'।

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