

Laugh and Laugh

Dr. C.G. Krishnadas

Laugh, laugh and laugh aloud
Laugh louder and louder is better,
Laugh alone, with friends is even better.
Laugh to make your lungs healthy and stronger
Laugh to relax your mind
Laugh to wash away your tensions
Do not laugh at others, it is not ethical.
If you wish, you can laugh at yourself
Laugh at some silly things you thought
Laugh at some silly things you did
Tell some jokes, hear some jokes
Laugh aloud, Laugh together
Laugh together, clap your hands
Let the sound of laughter penetrate thy ears
Let the powerful relaxing vibrations reach the brain.
Let it neutralise all your mental stress and tensions.

Spirit of Sophistication

Purnendu Ghosh

Wings prevent the spirit of walking
Automation makes a pilot's journey dangerously monotonous.
Best horses lose the spirit of winning when racing with the slower horses.
Absence of challenge pulls down the spirit of winning.
It is better to whisper than shout, better be slightly inaudible,
For others to listen and hear what you say.
Murmur of the ocean and the rustle of the leaves makes one sleep better.
In simplicity lies the spirit of sophistication.

