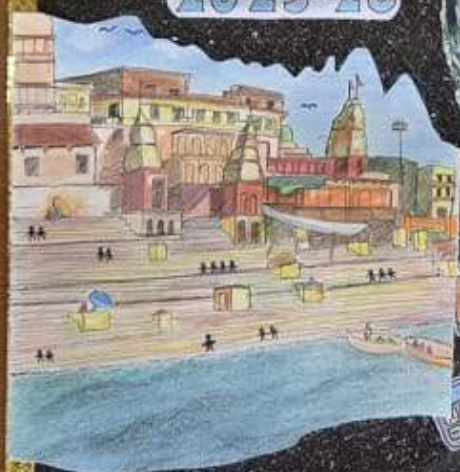


विद्यालय
पत्रिका
2025-26



Bhagwat Gita



तत् त्व
पूषन्
अपावण



**Dr. Ajai Kumar Mishra,
Deputy Commissioner,
KVS,RO,VARANASI REGION**

It is an episode of immense delight and pride that PM SHRI KV BLW, Kanchanpur, Varanasi is going to release its Annual School Magazine "Gyaan Ganga" for the session 2025-26.

KVS has been consistently thriving to provide opportunities at various occasions and platforms where our students can enterprise their talents and skills and entitle themselves with success, rewards and admiration. The students' school magazine serves as a medium for the young minds to showcase their creativity, innovation, abstraction and moral practices.

The magazine is a result of the collaborative effort of all the members of the magazine committee, teachers and students, that has given them a prospect to exposit their creative self. I extend my heartfelt compliments to the Principal and the school family / fraternity of PM SHRI KV BLW Kanchanpur Varanasi, for the release of their annual magazine "Gyaan Ganga". I hope this magazine would entertain, appeal and motivate the readers within and beyond the school boundaries.

With regards.

अजय कुमार मिश्रा



श्री दिनेश चन्द मीना
सहायक आयुक्त केन्द्रीय विद्यालय संगठन,
वाराणसी संभाग

मुझे यह जानकर हार्दिक प्रसन्नता और गर्व की अनुभूति हो रही है कि पीएम श्री केन्द्रीय विद्यालय बीएलडब्ल्यू, वाराणसी सत्र 2025-26 की ई-पत्रिका 'ज्ञान गंगा' का प्रकाशन कर रहा है। मैं इस बात से भलीभाँति परिचित हूँ कि पीएम श्री केन्द्रीय विद्यालय बीएलडब्ल्यू, वाराणसी के विद्यार्थी बहुत मेधावी व रचनात्मक हैं।

यह ई-पत्रिका मात्र एक प्रकाशन नहीं है, बल्कि विद्यालय द्वारा शिक्षा के सर्वांगीण विकास को समर्पित एक महत्त्वपूर्ण पहल है। जैसा कि हम जानते हैं, बच्चों में असीम ऊर्जा, मौलिक प्रतिभा तथा कल्पनाशीलता का अटूट स्रोत निहित होता है। विद्यालय पत्रिका ऐसे भावी साहित्य सृजकों के लिए उस प्रारंभिक मंच की भूमिका निभाती है, जो उनके विचार-बीजों को पोषित कर, उन्हें शब्दों का सुदृढ़ आकार प्रदान करती है। यह लेखन कला, वक्तृत्व कौशल, और रचनात्मक अभिव्यक्ति को प्रोत्साहित करने का एक अपरिहार्य माध्यम है।

'ज्ञान गंगा' विद्यार्थियों की कविताओं, कहानियों, वैचारिक निबंधों, और कलाकृतियों को एक स्थायी स्वरूप प्रदान करके उन्हें चिरस्थायी बनाती है। अपनी रचनाओं को प्रकाशित होते देखकर बाल मन में आत्मविश्वास, आत्म-मूल्य (Self-worth) और उत्साह का संचार होता है। यह अनुभव उन्हें भविष्य में उच्च स्तरीय साहित्यिक एवं अकादमिक प्रयासों के लिए उत्प्रेरित करता है, जिससे वे राष्ट्र निर्माण की प्रक्रिया में एक सक्रिय और चिंतनशील नागरिक के रूप में स्वयं को स्थापित कर सकें।

मैं इस गौरवपूर्ण अवसर पर उन सभी मेधावी विद्यार्थियों को अपनी ओर से अनेकानेक बधाई और निर्बाध शुभाशीष प्रदान करता हूँ, जिनकी रचनाओं ने इस पत्रिका को समृद्ध किया है।

मैं पीएम श्री केन्द्रीय विद्यालय बीएलडब्ल्यू वाराणसी के कर्मठ प्राचार्य श्री अरुण कुमार सिंह, समर्पित संपादक मंडल और समस्त शिक्षक-शिक्षिकाओं को उनकी अथक मेहनत और इस गुणवत्तापूर्ण प्रकाशन के लिए हार्दिक साधुवाद ज्ञापित करता हूँ। मुझे विश्वास है कि 'ज्ञान गंगा' की यह धारा निरंतर प्रवाहित होती रहेगी।

असीम शुभकामनाएं।

दिनेश



**Shri V.K.Solanki,
Assistant Commissioner,
KVS,RO, VARANASI REGION**

“It is often the small steps, not the giant leaps, that brings about the most lasting change.”

It is indeed my immense pleasure to know that PMSHRI Kendriya Vidyalaya DLW, Varanasi is bringing out its E-Magazine for the year 2025-2026.

It seems to me that education has a two-fold function to perform in the life of man and in society, the one is utility and the other is culture, The E-Magazine provides an opportunity to show-case the creative talents and writing skills of the budding artists, apart from highlighting the events and achievements in the academics, curricular and co- curricular areas, I believe that the contents of this magazine will enlighten the readers on many fronts,

On this occasion, I congratulate the Principal, members of the staff and students on bringing out the E-Magazine triumphantly and wish them success in their endeavour,

With best wishes

A handwritten signature in blue ink, appearing to be 'V.K. Solanki', written in a stylized, cursive script.



श्री समीर पॉल

उप मुख्य कार्मिक अधिकारी, बरेका

कार्यालय:- महाप्रबंधक/कार्मिक

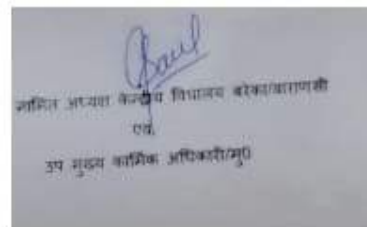
दिनांक:- 12 /10/2025

केन्द्रीय विद्यालय कंचनपुर की पत्रिका के प्रकाशन पर मैं हृदय से शुभकामनाएँ देता हूँ। यह पत्रिका केवल विद्यालय की गतिविधियों की जानकारी ही नहीं, बल्कि यह विद्यार्थियों की रचनात्मकता, मेहनत, अनुशासन तथा विद्यालय की सामूहिक प्रगति का जीवंत दस्तावेज़ भी है।

बनारस रेल इंजन कारखाना सदैव शिक्षा, अनुशासन और कौशल विकास के महत्व को समझता है, और हमें गर्व है कि हमारे परिसर में स्थित केन्द्रीय विद्यालय कंचनपुर इन मूल्यों को उच्चतम स्तर पर आगे बढ़ा रहा है। विद्यालय के विद्यार्थी जिस लगन और उत्साह के साथ शैक्षणिक, सांस्कृतिक और खेलकूद गतिविधियों में भाग लेते हैं, यह न केवल प्रेरणादायक है बल्कि उत्कृष्ट भविष्य की नींव भी है।

विद्यालय की हालिया उपलब्धियाँ- चाहे बोर्ड परीक्षाओं में शानदार प्रदर्शन हो, विभिन्न प्रतियोगिताओं में पुरस्कार प्राप्त करना हो या सहशैक्षणिक गतिविधियों में सहभागिता- सभी विद्यालय की कार्यशैली, समयबद्धता और अनुशासित वातावरण का प्रमाण हैं। इन उपलब्धियों के पीछे हमारे शिक्षकों की अथक मेहनत, मार्गदर्शन और समर्पण है। शिक्षक केवल पढ़ाते नहीं, बल्कि व्यक्तित्व निर्माण करते हैं, विद्यार्थियों के भीतर आत्मविश्वास जगाते हैं और उन्हें एक बेहतर नागरिक बनने के लिए प्रेरित करते हैं। ऐसे समर्पित शिक्षकों को मैं हृदय से साधुवाद देता हूँ।

प्रिय विद्यार्थियों, याद रखिए कि सफलता का कोई शॉर्टकट नहीं होता। निरंतर अभ्यास, अनुशासन, सकारात्मक सोच और अपने लक्ष्य के प्रति दृढ़ संकल्प ही आपको आगे बढ़ाते हैं। आप सभी देश के भविष्य निर्माता हैं, और यह अपेक्षा है कि आप ज्ञान, नैतिकता और जिम्मेदारी के साथ आगे बढ़कर अपने परिवार, समाज, विद्यालय और देश का नाम रोशन करेंगे। अंत में, मैं विद्यालय परिवार के सभी सदस्यों- शिक्षकों, अभिभावकों, कर्मचारियों और विद्यार्थियों- की निरंतर उन्नति, स्वास्थ्य और समृद्धि की कामना करता हूँ। आप सभी को हार्दिक शुभकामनाएँ।





डॉ. अरुण कुमार सिंह
प्राचार्य , पीएम श्री केन्द्रीय विद्यालय ,कंचनपुर
बीएलडब्ल्यू ,वाराणसी

विद्यार्थियों में पुस्तक पढ़ने एवं लेखन कौशल के विकास तथा उनमें ज्ञान ,चिंतन, तर्कशीलता, विनम्रता जैसे सद्गुणों की वृद्धि के लिए विद्यालय स्तर पर बहुआयामी प्रयास किये जा रहे हैं। इस संदर्भ में विद्यार्थियों की रचनात्मक क्षमता के संवर्धन एवं प्रोत्साहन हेतु विद्यालय पत्रिका का प्रकाशन एक सकारात्मक एवं सराहनीय कार्य है । आज के दौर में इंटरनेट एवं मीडिया के अत्यधिक उपयोग ने विद्यार्थियों के संपूर्ण विकास में बाधक का भी कार्य किया है। ऐसे में मुझे इस बात की अत्यंत प्रसन्नता है कि हमारे विद्यार्थियों ने पुस्तकीय ज्ञान के अतिरिक्त शिक्षणेत्तर गतिविधियों में भी रुचि दिखाई है। उनके रचनात्मक एवं बहु आयामी व्यक्तित्व को प्रदर्शित करती और अन्य विद्यार्थियों को ज्ञान की प्रेरणा से अभिसिंचित करती विद्यालय की वार्षिक पत्रिका "ज्ञान गंगा " अपने उद्देश्यों में पूर्णतः सफल रहेगी। इस गुणवत्ता पूर्ण पत्रिका के प्रकाशन में योगदान हेतु आप सभी का हार्दिक आभार एवं अनंत शुभकामनाएं।

धन्यवाद ।

जय हिंद।



**श्री मधुरेंद्र कुमार मिश्र
मुख्य अध्यापक ,पीएम श्री केंद्रीय विद्यालय
बीएलडब्ल्यू, वाराणसी**

अत्यंत हर्ष का विषय है कि प्रत्येक वर्ष की भांति पीएम श्री केंद्रीय विद्यालय बरेilly द्वारा अपनी ई-पत्रिका "ज्ञान गंगा" को पाठकों के समक्ष प्रस्तुत किया जा रहा है ।

यह पत्रिका 21वीं शताब्दी के लिए नितांत आवश्यक चार कुशलताओं आलोचनात्मक चिंतन (critical thinking), संप्रेषणियता (communication), सहयोग की भावना (collaboration) और सृजनात्मक (creativity) का सकुशल समागम है ।

आशा है ज्ञान, संस्कृति और विचारों का यह सुंदर मंच भावी पीढ़ी को लाभान्वित और प्रेरित कर सशक्त बनाएगा ।

शुभकामनाओं के साथ!



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स्त्री

ममता से परिपूर्ण धरा, वह निर्मल जल की धारा है।
तपती कभी वो सूरज जैसी, कभी चमकता तारा है॥

कभी बँधे जैसे बरस वो जाती, बनके आँसू आँखों से।
कभी मिश्री सी घोलें कानों में, इन मीठी-मीठी बातों से॥

कभी वो इन हवाओं सी, कभी न रुकती चलती है।
पथ पर लगे इन शूलो से, गिरती और संभलती है॥

बँधी बेड़ियों में, वो ख्वाबों के पर बुनती है।
बस उड़ जाऊँगी बनकर खग नभ में, खुद से खुद ही कहती है॥

कभी बेबस वो पांचाली सी, तो कभी सीता सी हरण की जाती है।
तब तो हरि रक्षक थे उनके अब मानवता भी मौन रह जाती है॥

भक्ति मीरा सी वो करती, प्रेमिका राधा सी बन जाती हूँ।
कभी रौद्र वो देवी चण्डी सी, कभी सौम्य वो फूलों सी हो जाती है॥

कहो क्या मोल दोगे उसकी ममता को, तुम कैसे कर्ज चुकाओगे।
जो करते अन्याय तुम उस पर, ईश्वर को क्या ही समझाओगे॥

वो अस्तित्व है, वो पवित्र है।
अनादि है और अंत है।

-गरिमा
11th C

लहू की बूंदों ने

लहू की बूंदों ने सीचा है,
इस हिन्दुस्तानी मिट्टी को।
ठान लिया हमने कि,
हमारी खुद की आजादी हो।
खून की बूंदों ने सीचा है,
इस हिन्दुस्तानी मिट्टी को।

हमने सपने देखे थे,
कि आजाद भारत हमारा हो।
भाइयो से हम कहते है,
तुम हमारे साथ रहो।
खून की बूंदों ने सीचा है,
इस हिन्दुस्तानी मिट्टी को।

जो चिंगारी बुझ गई थी,
वही ज्वाला बनके आई है।
फिरंगियों को धुल चटाने,
उनको उलटे पाव भगाने।
खून की बूंदों ने सीचा है,

कितने ही वीरो को,
दिया है हमने खो।
तब! सबने मिलकर कहा,
भारतवर्ष सबसे आगे हो।
लहू की बूंदों ने सीचा है,

इस हिन्दुस्तानी मिट्टी को।

इस हिन्दुस्तानी मिट्टी को।

कवि- श्रेयश प्रजापति

नवीं अ

४५



मोड़

ज़िंदगी के किस मोड़ पर हैं आ गए
अपने भी अपनी नज़र आते नहीं....

मैं परेशान हूँ मुझे तू ही बता
आज बरसों बाद क्यों ऐसा हुआ
क्या मैं अब वैसी नहीं हूँ ज़िंदगी
जिस तरह मैं बरसों पहले थी कभी
ज़िंदगी के किस मोड़ पर है आ गए....

खाए जाता है मुझे अकेलापन
डूबता है दिल मेरा यह सोच कर
क्यों नजर अपनों ने है अब फेर ली
दिल में मेरे दर्द ही अब दर्द है
ज़िंदगी के किस मोड़ पर है आ गए.... ।

कुछ भी अपना सा नज़र आता नहीं
ज़िंदगी की शाम है अब हो गई
पल दो पल में रात भी हो जाएगी
सब गिले शिकवे खत्म हो जाएगी
ज़िंदगी के किस मोड़ पर है आ गए....।

- अनमोल वर्मा

12th A

माँ तू कितनी अच्छी है

माँ तू कितनी अच्छी है।
मेरा सब कुछ करती है।

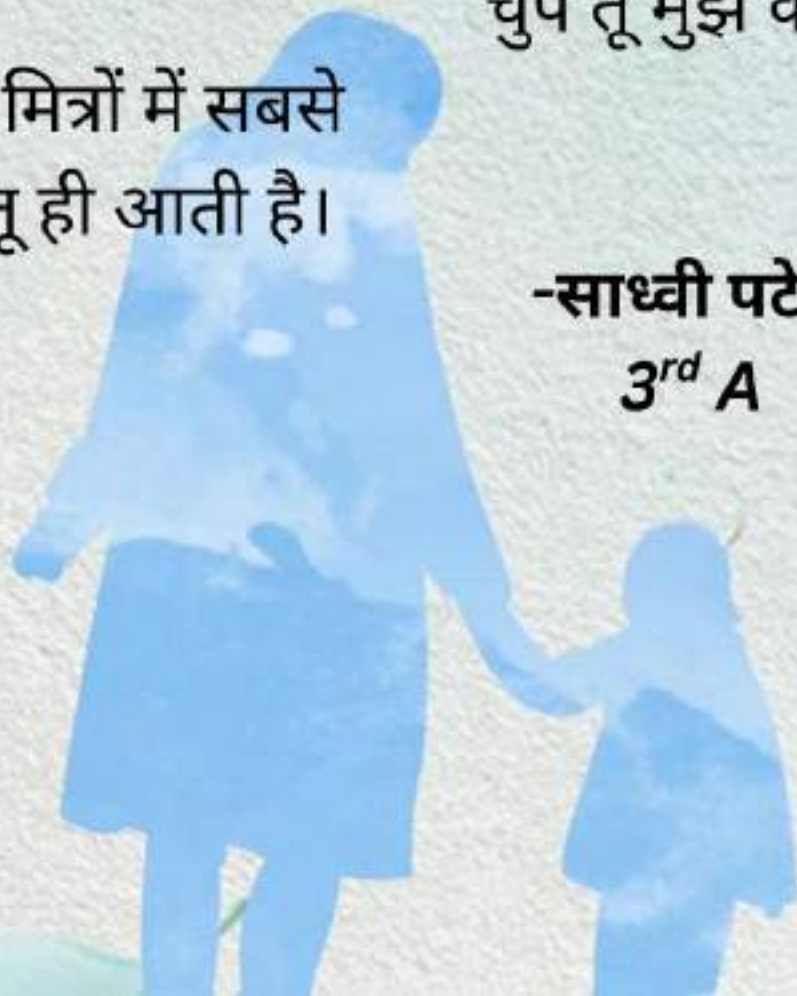
भूख मुझे जब लगती है,
खाना मुझे खिलाती है।

जब मैं गंदा होता हूँ,
रोज़ मुझे नहलाती है।

जब मैं रोने लगता हूँ,
चुप तू मुझे कराती है।

माँ मेरे मित्रों में सबसे
पहले तू ही आती है।

-साध्वी पटेल
3rd A



मन की कविता

है कविता मन के बारे में,
तू सब कर पर मत जा अंधेरे में,
जब कभी खड़े हो कर चलता होगा तू,
खड़े होकर चलता होगा तू।
फिर क्यों चला जाता उस मृत्यु के द्वार
जब कभी होती तेरी हार।

अरे! जब महादेव नहीं डरते असुरों
को मारने में, तू क्यों डरता
जब पैदा हुआ उनकी गोद सहित
गंगा के धारों में।

कर ले अपने से वादा, करना है कुछ
काम
बढ़ाना है देश व मातृभूमि का मान
क्योंकि यहीं है भारतखण्ड के विचार

पता नहीं आगे जाकर बड़े विवेकानंद
या अब्दुल कलाम, कुछ भी कर
बस रख अपने पर विश्वास
क्योंकि यहीं है एक भारतीय पुत्र
शूरवीर की पहचान

-राज राजेश्वरी सिंह

10th C



बदलता मंजर

वो यादे

कुछ रास्तों पर आँखे मुड ही
जाती हैं ,
वो रास्ते हमें उन पलों की याद
दिलाती है।
फिर देखता हूँ खुद को तब याद
आता है कि वो
यादे आज भी हमें रुलाती है ,
सताती है ,
काश समय वापस बदल पाता ,
मैं क्या था और क्या से क्या हो
गया
शरफिरा था और गुमशुदा हो
गया
अब खोज रहा हूँ खुद को खुद में
न जाने कहाँ मिल जाऊँ उन
यादों में मैं
कुछ सालो बाद न जाने क्या
होगा
न जाने कौन सा दोस्त कहाँ होगा
फिर मिलना हुआ तो मिलेंगे
यादों में,
जैसे सुखे हुए गुलाब मिलते हैं
किताबों में ।

ये दुनियाँ

दुनियाँ की महफिल में,
चला था मैं दुनियाँ बदलने
बदला खुद को ताकि बदल सकु दुनियाँ
लेकिन साजिशों से घिर गया हूँ
रंजिसा में गिर गया हूँ
चहता था कुछ और, कुछ और ही अब हो गया
हूँ।
बदला कई बार मैं लेकिन बदल न सका
दुनियाँ को ,
लालच लोभ के गुमान में डूबे हुए
ईश्या , द्वेष के रुझान में झूमे हुए
हैं लोग कई , होंगे कई और आएँगे कई ,
लेकिन बदलेगी नहीं ये दुनियाँ
सोचता हूँ कि सागर सा शांत रहूँ लेकिन
गौण हो सकता हूँ मौन नहीं हो सकता मैं
पुत्र मोह में प्राण त्याग दूँ वो द्रोण नहीं हो
सकता मैं
आवाज़ बुलंद होगी और भी मेरी
जितनी मुझ पर चाप चड़े
करूंगा मैं कर्म अपना , चाहे मुझको श्राप चड़े
॥

-आदित्य चौबे

11th A



तीन चीज़ों की महानता

तीन को नमस्कार करो -

माता, पिता, गुरु।

तीन के लिए लड़ो -

आज़ादी, ईमानदारी, हक़।

तीन से अच्छा व्यवहार करो -

नौकर, ग़रीब, बूढ़े।

तीन पर क़ाबू पाओ -

आदत, ज़ुबान, गुस्सा।

तीन भर बातें मत भूलो -

उपकार, उपदेश, उदारता।

तीन को याद रखो -

भगवान, अहसान, मौत।

तीन को मज़बूत बनाओ -

अंगहीन, अनाथ, विधवा।

- अनमोल वर्मा

12th A



जंक फूड के दुष्प्रभाव



पिज्जा बर्गर और मिठाई,
सुनते ही जीभ ललचाई ।
खाकर फिर कमजोरी आई,
फिर क्यों खाते मेरे भाई।

चाउमीन और चिप्स कुरकुरे,
बीमारी देते ये सारे ।
ठंडा मीठा मन को भाता,
खूब खाओ मेरा क्या जाता ।

जंक फूड यदि खाओगे,
गंदे बच्चे कहलाओगे ।
बीमारी में फंस जाओगे,
रोज दवा फिर खाओगे ।

जंक फूड से पिंड छुड़ाओ,
अच्छे बच्चे तुम बन जाओ ।
दूध दही सब्जी खाओ,
ताकत बुद्धि बल बढ़ाओ ।

-आराध्या शुक्ला
3th C



बचपन मेरा

कोई मिला दे मेरे बचपन को,
जो आजाद जीवन जीती थी।
जब बिन बात में रोया करती,
मां मुझे झट से उठा लेती।
ये बचपन की याद जब आती है,
मन के बच्चे को फिर जगाती है।
कोई मिला दे मेरे बचपन को।

एक बचपन का खजाना था,
जो खुशियों का पिटारा था।
चाहत चाँद को पाने की,
पर दिल तितली का दीवाना था।
न थी खुशियों की,
वो दिन सुहाना था।
ये बचपन की याद जब आती है
मन के बच्चे को फिर जगाती है
कोई मिला दे मेरे बचपन को।

बचपन की यादें हैं मीठी और प्यारी,
बिना किसी चिंता के हँसते गाती।
ये बचपन की याद मन के बच्चे को फिर जगाती
कोई मिला दे मेरे बचपन को।

-प्रियांशी मिश्रा
11th C



बेटी

बेटी है वरदान, बेटी है जीवनदान।

बेटी का करो सम्मान, क्योंकि वो है घर की मान॥

सबका रखती है खयाल भूल जाती है अपना हाल।

करती है सबकी सेवा, फिर भी नहीं मिलती उसे सेवा ॥

एक औरत के रूप चार, बेटी, माँ, पत्नी, संसार।

कुछ ने किया इनका तिरस्कार, फिर रोते हैं बार-बार॥

माँ न देख पाती अपने बच्चों को दुख में,

ना बचती है थाली में रोटी, जो जाती है भूख में।

ऐसी होती है पहचान उनकी, तभी होती है अलग पहचान उनकी।

ना करो तिरस्कार उनका क्योंकि, करती है वो पालन पोषण सबका।

जब घिर जाता है परिवार उसका लाखों बुराइयों से,

तब खड़ी होती है वो एक अकेली लड़ाई में॥

बेटी है वरदान, बेटी है जीवनदान।

सफलता

लक्ष्य को साधो ऐसे।

अर्जुन ने था साधा जैसे॥

करते हो तो महाभारत कैसे।

जानोगे तो जीतोगे वैसे॥

धर्म युद्ध था वो जिसका।

लोग देते हैं उदाहरण उसका॥

जब नहीं करोगे मेहनत तुम।

तो सफलता होगी गुमसुम।

जब लाओगे मेहनत में ज़ोर।

तो मचाएगी सफलता शोर॥

लोग जो कहते हैं कहने दो।

तुम अपने लक्ष्य के रास्ते चलो॥

जब लोग करें तुम पर वार।

तुम न करना उनका संहार॥

क्योंकि सबका समय आता है।

जो सुनता है वो सुनाता है॥

मेहनत करो सफल बनो।

दुनिया जो कहे कहती है कहने दो॥

-जानवी मिश्रा

11th C



व्यावसायिक शिक्षा - बच्चों और समाज के उज्जवल भविष्य की कुंजी

महेश प्रजापति

(स्नातक कार्यानुभव शिक्षक,
पी.एम. श्री केंद्रीय विद्यालय ब.रे.का., वाराणसी)



आज के इस बदलते दौर में शिक्षा का अर्थ केवल पुस्तकों तक सीमित नहीं रह गया है।

वर्तमान समय की सबसे बड़ी आवश्यकता है - "कौशल आधारित शिक्षा", जिसे हम **Vocational Education** कहते हैं।

व्यावसायिक शिक्षा बच्चों को केवल पढ़ना-लिखना नहीं सिखाती,

बल्कि काम करना, समझना और आत्मनिर्भर बनना सिखाती है।

जब एक बच्चा अपने हाथों और दिमाग से कुछ नया बनाना सीखता है,

तभी उसमें आत्मविश्वास, जिम्मेदारी और रचनात्मकता विकसित होती है।

हमारे समाज को ऐसे युवाओं की आवश्यकता है जो केवल नौकरी की तलाश न करें,

बल्कि स्वयं रोजगार का सृजन करें - जो अपने कौशल से न केवल खुद को,

बल्कि दूसरों को भी कार्य प्रदान कर सकें।

यह तभी संभव है जब विद्यालयों में व्यावहारिक और व्यावसायिक शिक्षा को समान महत्व दिया जाए।

केंद्रीय विद्यालयों में आज इस दिशा में सुंदर प्रयास हो रहे हैं -

बच्चों को कंप्यूटर, कला, तकनीकी कार्य, कृषि, इलेक्ट्रॉनिक्स, डिज़ाइन, बागवानी, और अन्य व्यावहारिक विषयों से जोड़ा जा रहा है।

इनसे न केवल उनका मानसिक विकास होता है, बल्कि जीवन में काम आने वाली योग्यताएँ भी विकसित होती हैं।

समाज के हर वर्ग को यह समझना होगा कि शिक्षा का उद्देश्य केवल डिग्री प्राप्त करना नहीं,

बल्कि जीवन को उपयोगी, अर्थपूर्ण और आत्मनिर्भर बनाना है।

जब हर बच्चा अपने कौशल को पहचानकर मेहनत करेगा,

तभी भारत "शिक्षित भारत, कौशल भारत, आत्मनिर्भर भारत" के सपने को साकार करेगा।

1. रोजमर्रा के कामों में व्यावसायिक शिक्षा का उपयोग

घरों में कई ऐसे कार्य होते हैं जिनमें व्यावसायिक शिक्षा की समझ उपयोगी साबित होती है -

बिजली संबंधी कार्यों में **Electrical Trade** की जानकारी रखने से हम छोटे-छोटे खराब स्विच, पंखा, बल्ब आदि खुद ठीक कर सकते हैं।

प्लंबिंग (**Plumbing**) का ज्ञान होने से पानी की लीकेज, नल की मरम्मत जैसे काम बिना किसी विशेषज्ञ के कर सकते हैं।

कुकिंग (**Cooking**) और होम साइंस का ज्ञान हमें पोषक और संतुलित आहार बनाने में मदद करता है।

कंप्यूटर शिक्षा से घर का बजट, बिजली बिल, ऑनलाइन भुगतान आदि आसानी से किए जा सकते हैं।

2. समय और धन की बचत

जब परिवार का कोई सदस्य इन कामों को खुद करना सीख लेता है, तो बाहरी मदद पर निर्भरता घटती है।

इससे समय और पैसे दोनों की बचत होती है।

3. बच्चों के लिए प्रेरणा

जब बच्चे देखते हैं कि माता-पिता छोटे-छोटे कार्य खुद कर रहे हैं, तो वे भी सीखने के लिए प्रेरित होते हैं।

यह उनमें आत्मनिर्भरता (**self-reliance**) की भावना जगाता है।

4. समाज के लिए संदेश

यदि हर व्यक्ति व्यावसायिक शिक्षा से जुड़ा एक कौशल सीख ले, तो समाज में रोजगार के अवसर बढ़ेंगे,

गरीबी घटेगी, और देश आत्मनिर्भर बनेगा।

...

संदेश:

➤ "हर बच्चा किसी न किसी कला में निपुण होता है,

बस उसे पहचानने और निखारने की ज़रूरत होती है।"

व्यावसायिक शिक्षा वही दीपक है जो बच्चों के भविष्य और समाज के मार्ग को रोशन करता है।

■ निष्कर्ष:

व्यावसायिक शिक्षा बच्चों को जीवन के हर क्षेत्र में सक्षम बनाती है।

यह केवल रोजगार नहीं, बल्कि चरित्र, जिम्मेदारी और सृजनशीलता का मार्ग दिखाती है।

आइए, हम सब मिलकर यह संकल्प लें -

कि हर बच्चा शिक्षित भी बने और कुशल भी।



योग शरीर और मन के लिए सम्पूर्ण समाधान

योग प्राचीन भारतीय ऋषि-मुनियों द्वारा अन्वेषित सुखी जीवन जीने की एक ऐसी श्रेष्ठ कला है जिसके द्वारा शरीर में अखण्ड स्वास्थ्य, इन्द्रियों में अखण्ड शक्ति, मन में अखण्ड आनन्द, बुद्धि में अखण्ड ज्ञान एवं अहम् में अखण्ड प्रेम की प्राप्ति होता है।

आज के वर्तमान काल में कोई ऐसा घर नहीं जिसमें किसी व्यक्ति को मोटापा, थाइराइड, शुगर ब्लड प्रेशर, अर्थराइटिस, सर्वाइकल एवं फैटी लीवर और नशा जैसी बिमारी न हुई है। कारण अनियमित दिनचर्या, अनियमित खानपान। ऐसे में योग ही हैं जो मल्टीविटामिन की तरह हमारे शरीर में काम करता हैं। क्योंकि यह शरीर के समग्र स्वास्थ्य और कार्यप्रणाली को बेहतर बनाता है। जैसे:- शरीर में ऊजा स्तर को बढ़ाना, मासपेशियों एवं हड्डियों को मजबूत करना, फेफड़े की क्षमता और हार्ट के प्रवाह को संतुलित रखता हैं।

अधिकांश लोग अपने मोटापा को दूर करने के लिए बाजार में, बिक रहे महंगे प्रोटीन शेक का उपयोग कर रहे हैं, क्योंकि वे लोग शारीरिक परिश्रम से बचना चाहते हैं। हमें यह याद रखना होगा कि ये प्रोटीन शेक हमारे शरीर के लिए नुकसानदायक है। ये शेक जब तक हम उपयोग में लेते हैं तबतक ही मोटापा घटने का असर नज़र आता हैं और छोड़ने के बाद शरीर में विभिन्न प्रकार कि बीमारी घर कर लेती है।

हमें अपनी स्वास्थ्य संबंधित समस्याओं शराब अन्य नशीले पदार्थों से दूर रहने के लिए योग (मल्टी विटामिन) को दैनिक दिनचर्या में उतारना होगा। जैसे: आप सुबह उठते ही शौच से निवृत्त होकर 10-15 मिनट स्वास प्राणायाम कर, सूक्ष्म व्यायाम और सरल आसनो कर एक नियमित निंद का कार्यक्रम बनाये।

योग को केवल एक व्यायाम रूप में नहीं बल्की एक जीवनशैली के रूप में अपनाएं, यह सकारात्मकता और जागरुकता का प्रवाह पैदा करता है और हमारे समाज के हित में काम आता है।

योग हमारे जीवन में शारीरिक, मानसिक और आध्यात्मिक स्तर पर सामंजस्य स्थापित कर एक महत्वपूर्ण भूमिका निभाता है। इसका जीता जागता उदाहरन लाकडाउन का ले सकते हैं जब हम, कोरोना वायरस महामारी के दौरान हम सभी संक्रमन के खतरे के निरन्तर भय के बीच एक सीमित जीवन शैली जीने को बाध्य थे, नकारात्मक समाचार का निरन्तर प्रवाह दैनिक संसाधन की अप्राप्यिता ये सब मिलकर चिन्ता और अवसाद (डिप्रेशन) बढ़ा रहे थे। इतने लम्बे समय तक घर में बंद रहना हमारे लिए मानसिक रूप से चुनौतीपूर्ण था, जब हमारा मन भविष्य की अनिश्चितता से घिरा रहता था, तो अक्सर रातों को नींद हराम हो जाती थी, हम में से कई लोग इस वक़्त अपने दिल को शांत नहीं कर पाते थे जिससे लगातार तनाव या चिन्ता के कारन कई स्वास्थ्य समस्याएँ पैदा हुऐ। इस लॉकडाउन और महामारी के दोरे में जीने के लिए योग को जीवन शैली की आदत के रूप में सभी ने अपनाया। योग शरीर मन और आत्मा के बीच एक समग्र संतुलन स्थापित करता है जिससे एक स्वस्थ और अधिक संतुलित जीवन-शैली का अनुभव प्राप्त होता हैं।

-श्रीमती सरिता कुमारी
योग शिक्षिका



-by Mrs. Sarita Kumari
Yoga teacher



स्वर और संस्कृति लोक संगीत की अद्भुत यात्रा।

भारत देश एक महान देश है और इसकी महानता के मूल में विविधता में एकता का होना ही इसे महान एवं पूरी दुनिया में श्रेष्ठ बनाता है। हमारे देश में अनेक जाति धर्म संप्रदाय एवं वर्ग के लोग एक साथ आपसी सौहार्द के साथ मिलजुल कर रहते हैं और सभी को हमारे संविधान में एक समान अधिकार दिए हैं। किसी भी निश्चित भूभाग में सामूहिक रूप से निवास करने वाले ऐसे लोग जो आज भी आधुनिकता से दूर और प्रकृति के सानिध्य में रहते हैं अपना जीवन व्यतीत करते हैं और अपने जीवन के प्रत्येक पक्ष को संगीत के माध्यम से व्यक्त करते हैं उसे लोक संगीत कहते हैं। ऐसे लोगों के जीवन में संगीत का एक महत्वपूर्ण स्थान होता है एवं संगीत से उनका जुड़ाव उनके जीवन में जन्म से मृत्यु तक बना रहता है।

भारतीय संस्कृति की विरासत में लोक संगीत एक अहम हिस्सा है। लोक संगीत लोगों को एकजुट करता है और उन्हें आपस में जोड़ता है लोक संगीत हमें अपने पूर्वजों की संस्कृति को जानने में मदद करता है भारतीय सांस्कृतिक धरोहर में लोक संगीत का एक अद्वितीय स्थान है जो समृद्धि भाषा और संस्कृति एकता का सबसे महत्वपूर्ण स्रोतों में से एक है यह एक सार्वभौमिक और समृद्धि से भरपूर परंपरागत रूप है जो समृद्धि के साथ-साथ सांस्कृतिक विविधता का अभिवादन करती है भारतीय लोक संगीत की विविधता एक अद्वितीय रूप में प्रकट होती है जिससे सभी क्षेत्र के लोगों की भावनाओं और जीवन शैलियों का प्रतिबिंब दिखाई देता है जो विभिन्न रूपों में होता है और इस बिल लोकगीत लोक नृत्य भांगड़ा भक्ति गीत इत्यादि समाहित है लोकगीत लोकगीत संगीत का एक बहुत अहम हिस्सा है जो भारतीय लोक संगीत की धारा में प्रचलित है यह गीत लोगों के दैहिक और आत्मिक अनुभव को व्यक्त करने का साधन है और विभिन्न अवस्थाओं उत्सवों और त्योहारों में गाए जाते हैं।

-श्री नीरज मिश्रा
संगीत शिक्षक



जयतु भारतम्

म भारतः सुविशालः, पुण्यभूमिः मनोहरः।
हिमालयस्य शृङ्गे रम्ये, गङ्गा वहति पवित्रा ॥ १ ॥

सिन्धुः सरस्वती च स्निग्धे, नद्यौ पूरयतः जीवनम्।
धान्यं फलानि च ददाति, वसुन्धरा शुभा सदा ॥ २ ॥

अत्र जन्म लभन्ते जनाः, यः भाग्यवान् इह स्थले।
वीराः शूराः त्यागिनश्च, रक्षन्ति मातरं सदा ॥ ३ ॥

सत्यमेव जयते नित्यं, धर्मो मार्गः सदा शुभः।
एकता बलम् अस्माकं, विभेदो न हि कदाचन ॥ ४ ॥

जननी भारतभूमिः मे, सेवनीया तनूजया।
जयतु भारतम् अखिलम्, वन्दे मातरम् इति ॥ ५ ॥

आनंद वैष्णवी
7th C

मुक्ताः खगाः

खगाः सन्ति गगनस्य मुक्ताः
मा रक्षतु पिञ्जरे तान्।
खगाः सन्ति गगनस्य मुक्ताः
मा पीडयतु तान् सर्वान्।

यदि न स्युः तदा पश्चात्तापं करिष्यथ
यदि मिलित्वा तिष्ठेयुः तदा सुखं प्राप्स्यथ।
एते भूमेः अमूल्याः निधिः
मा नाशयतु एतत् जगत्।

सा या चटका कणान् चिनोति
नभसि गगने मुक्ता विचरति
मा रक्षतु पिञ्जरे तान्
खगाः सन्ति गगनस्य मुक्ताः।



मम बनारसः



अबाधितगङ्गा, अमरबनारास,
अबाधितगङ्गायाम् निहितः बनारस,
यत्र संस्कृतिध्वनिः प्रतिध्वन्यते;
यत्र नवयुगमार्गे 'प्राचीनरागः' प्रतिध्वन्यते।
स एव मम बनारसः ।



सुवर्णमुकुटं मुकुटं धारयति,
पुरातनवीथिषु निवसन् बनारसः,
विकसितदेशस्य 'विकसितबनारास'।

घाटप्रकाशाः पुनः उज्ज्वल बनारसः ।
भूमौ पाशमार्गाः नूतनः बनारसः
अविच्छिन्नगङ्गायाम् अमरः बनारसः ।

बनारसः वीथिभ्यः अद्भूतः, प्रौद्योगिक्याः जगति प्राप्नोती बनारसः

वीथिघटेषु निहितः एकः बनारसः।
पवित्रनगरेषु अन्यतमं बनारसः ।

मन्दिरेभ्यः निर्गतः निनादः, प्रौद्योगिक्या सह रागः, बनारसः।

अयं बनारसः!!

बनारसः, मृत्योः मोक्षस्य दाता
एकः स्वरः, एकः लक्ष्यः, बनारसः;
उज्ज्वलः देशस्य भविष्यं बनारसः।
काल भैरवे निहितः मम बनारसः।

संगीतं, संगीतं, बनारसः।'
बनारसस्य नूतनरूपम्

अमरः बनारसाः गङ्गा आर्त्या सह, एकदा प्रातः
बनारस, उत्तर प्रवाहित रूप बनारसः

कालपुरे निहिताः बनारसः
गङ्गामातुः अङ्के पोषिताः, संस्कृतिमूल्यानां मूर्तरूपं
बनारसः मम बनारसः

एतत् विकसितं बनारस,

इदमेव मम बनारसः।

इदमेव मम बनारसः।

एतत् अस्माकं बनारस,

नाम - अन्वेषिका

एकः स्वरः, एकः रागः, बनारसः।





प्रयत्नं कुरु, प्रदर्शनं मा पश्य।

एकस्मिन् ग्रामे अग्निः प्रज्वलितः। ज्वालाः प्रसरन्ति स्म, ग्रामिणः प्राणान् रक्षितुं धावन्ति स्म । एतत् दृष्ट्वा खगः तुण्डं जलेन पूरयित्वा अग्निं निवारयितुं प्रयत्नं कृतवान् । तुण्डे जलं आनयन् अग्नौ पातयति स्म ।

अग्नौ जलं पातयन्तं पक्षिणं दृष्ट्वा ग्रामजनाः उत्साहिताः भूत्वा उक्तवन्तः, "यदि अयं पक्षी प्रयतते तर्हि वयं किमर्थं न शक्नुमः?" सर्वे प्रयतन्ते स्म, अग्निः निष्प्रभः अभवत् । एतत् सर्वं काकः पश्यति स्म । सः पक्षिणं अवदत्, "भवतः पातितजलेन किमपि कर्तुं न युक्तम् आसीत्, अतः त्वं किमर्थम् एवं करोषि?" पक्षिणः प्रत्युवाच मम जलपानेन किमपि कृतं वा न वा, अहं गर्वितः अस्मि यत् यदा कदापि अस्य अग्निस्य चर्चा भविष्यति तदा अहं अग्निशामकानाम् मध्ये गणनीयः भविष्यामि, न तु भवद्भिः सदृशानां प्रेक्षकाणां मध्ये ।



नाम- ऋषभ सिंह
कक्षा-8 अ
अनुक्रमांक-32

मधु-मक्षिकाकथा

एकः व्यापारी तस्य ग्राहकाय मधु ददाति स्म। अकस्मात् व्यापारिणः हस्तात् मधु पात्रं पतितम्। यथाशक्तिं व्यापारी मधु उत्तोलयत्। किंतु किञ्चित् मधु भूमौ पतितम्।

अनेकाः मक्षिकाः मधुरस्य मधोः लोभेन आगत्य तस्मिन् मधौ उपविष्टाः। मधुरं मधु तेषां अतीव रोचकम्। त्वरया ताः तं मधु चूर्णयन्ति स्म। यावत् तेषां उदरं तृप्तम् न अभवत्, ताः मधु चूर्णनस्मिन् व्यस्ताः आसन्।

यदा मक्षिकाणां उदरं तृप्तं अभवत्, ताः पतितुं इच्छन्ति स्म। किन्तु तेषां पङ्गः मधु-स्नेहेन सन्निबद्धाः आसन्। यथोच्चसङ्क्षेपे पतितुम् प्रयतन्ति, तथोत्तमं पङ्गाः अधिकं सन्निबद्धाः जाताः। तेषां सर्वे शरीरे मधुः सन्निहितं जातम्।

अनेकाः मक्षिकाः मधौ अधिकं भारिताः मृताः जाताः। अनेकाः मक्षिकाः सन्निबद्धतया क्लिष्टाः आसन्। किन्तु अन्याः नवाः मक्षिकाः मधुरस्य मधोः लोभेन तत्र आगत्य गच्छन्ति स्म। मृताः च क्लिष्टाः मक्षिकाः दृष्ट्वा अपि, अन्याः ताः मधुरस्य मधोः लोभं त्यक्तुं न शक्तवत्यः।

मक्षिकाणां दुर्दशां च मूर्खतां दृष्ट्वा व्यापारीणः उक्तवान् — ये जनाः जीवस्य स्वादे मोहिताः भवन्ति, ते मक्षिकासमानैव मूर्खाः भवन्ति। स्वादस्य क्षणिकस्य सुखं प्राप्तुम् इच्छया ते स्वास्थ्यम् नश्यन्ति। रोगिणः भवित्वा चूर्णयन्ति, शीघ्रं च मृत्युः तेषां गृहीतः भवति।



मान्यता बारिक

8th A

मूर्खः वानरः दयालुः च वर्धकिः (मूर्ख बंदर और दयालु बढई)

एकस्मिन् ग्रामे एकः वर्धकिः बढई निवसति स्म। सः प्रतिदिनं काष्ठं छिन्दित्वा कार्यं करोति स्म। एकदा सः एकं विशालं काष्ठखण्डं मध्ये छित्वा तस्मिन् कार्यं स्थगितवान्। सः मध्याह्ने भोजनार्थं गतवान् कुल्हाडीं च तत्रैव त्यक्तवान्।

तस्मिन्नेव समये एकः चञ्चलः वानरः तत्र आगतः। सः वर्धकिनः कार्यं कुतूहलेन पश्यति स्म। वर्धकिनः अनुकरणं कर्तुम् इच्छन् सः तस्य काष्ठखण्डस्य समीपं गतवान् यस्मिन् कीलः स्थापितः आसीत्।

वानरः अचिन्तयत् — अहमपि एतत् काष्ठं छित्वा दर्शयामि। सः कीलं निष्कासयितुं प्रयत्नम् आरब्धवान्। यथा यथा सः कीलं अकर्षत् तथा तथा अधिकं बलं प्रयोजितवान्। सहसा यदा सः कीलम् अपास्यत् तदा काष्ठस्य द्वौ भागौ एकत्र सङ्घटितौ। वानरस्य पादः यः काष्ठस्य मध्ये आसीत् तस्मिन् एव लग्नः अभवत्। सः पीडया आर्तनादं कृतवान्।

किञ्चित्कालानन्तरं यदा वर्धकिः प्रत्यागतः तदा सः वानरं तस्यां स्थितौ दृष्टवान्। प्रथमं सः क्रुद्धः अभवत् किन्तु पश्चात् तस्य मनसि दया जाता।

सः त्वरितं काष्ठस्य भागौ पृथक् कृत्वा वानरस्य पादं मुक्तवान्।

वानरः लज्जितः सन् तस्मात् स्थानात् पलायितः।

नैतिक शिक्षा (Moral):

1. अनाधिकृते कर्मणि हस्तक्षेपः न करणीयः।
(अधिकाररहित कार्य में हस्तक्षेप नहीं करना चाहिए।)

2. दोषिणि दयाप्रदर्शनं महान् गुणः।
(दोषी पर दया दिखाना एक महान गुण है।)



संकलनकर्ता - आयत

कक्षा - 7B

अनुक्रमांक. - 36

लेख: – विद्यालयस्य जीवनम्

विद्यालयः ज्ञानस्य पवित्रं मन्दिरम् अस्ति। अत्र एव बालकाः न केवलं पठन्ति, अपि तु संस्कारान् अपि अधीयन्ते। विद्यालयं तस्य स्थानं अस्ति, यत्र बालकस्य व्यक्तित्वविकासः भवति, यत्र सः जीवनस्य मूल्यं, अनुशासनं, सहकार्यं च अधिगच्छति।

प्रत्येकदिनं प्रातःकाले छात्राः स्वच्छवस्त्राणि धारयित्वा विद्यालयं आगच्छन्ति। ते प्रार्थनायां भागं गृह्णन्ति, यत्र सर्वे मिलित्वा ईश्वरं प्रति कृतज्ञतां व्यक्तयन्ति। ततः ते पाठशालायां प्रवेशं कुर्वन्ति, यत्र शिक्षकाः तान् नूतनज्ञानं प्रददाति।

गुरवः अस्माकं जीवनस्य पथप्रदर्शकाः भवन्ति।

ते अस्मान् केवलं विषयज्ञानं न शिक्षयन्ति, अपि तु सदाचारं, सत्यवादित्वं, परोपकारभावं च शिक्षयन्ति। यथोक्तं –

“गुरुरेव परं दैवं, ज्ञानं तेनैव लभ्यते।”

विद्यालये विविधाः क्रियाः अपि भवन्ति – नृत्यं, गीतं, क्रीडा, चित्रकला, विज्ञानप्रदर्शनं, वादविवादः च। एते कार्यक्रमाः अस्मान् आत्मविश्वासं ददाति, सृजनात्मकतां च।

नीतिवाक्यम्:

**“विद्या ददाति विनयं, विनयाद् याति पात्रताम्।
पात्रत्वात् धनमाप्नोति, धनात् धर्मं ततः सुखम्॥”**

—अनन्या पाण्डेय
कक्षा – '७'
वर्ग – 'ब'
अनुक्रमांक-०९



इंक्रलाब जिंदाबाद

भगतसिंहः भारतस्य प्रमुखः क्रान्तिकार्येषु अन्यतमः आसीत्।

अतीव अल्पवयस्के हिंदी - उर्दू - आङ्गल - पञ्जाबी - गुरुमुखी - पठन - लेखयोः निपुणः आसीत्।

किशोरावस्थया एव सः यूरोपस्थितक्रान्तिकारी आन्दोलनानां, मार्क्सवादी - पुस्तकानां च अध्ययनं कृतवान्।

सः हिन्दुस्तान रिपब्लिक्सन् एशोसिएशन इत्यत्र सम्मिलितः आसीत् यत् विदेशीयशासनस्य विरुद्धं ओजस्वी - क्रान्तिपथी समूहः आसीत्।

भगतसिंहः ब्रिटिश पुलिसपदाधिकारिणः जॉन सौण्डर्स इत्यस्य वधं कृत्वा लालालाजपत रायस्य मृत्युः प्रतिशोधं ग्रहीतुम् कृतवान् आसीत्।

कारागारे असहयोगियाः अभावकीयव्यवस्थाया विरोधार्थं सः काशाय अनशनं कृतवान्।

भगतसिंहस्य बाल्यकालात् एव पठनस्य महती अनुरागाः आसीत्।

भगतसिंहः अल्पवयसि एव स्वस्य बलिदानस्य कृते शहीद-ए-आज़म (शहीदराज इति उपाधिं धारयति स्म।

इंडिया टुडे इति दमनेन २००८ तमे वर्षे सर्वेक्षणे सः सुभाषचन्द्रबोसः, महात्मा गान्धी च पूतः सर्वाधिक भारतीय आसीत्।

१५ अगस्त २००८ दिनाङ्के भारतस्य अंकेन भगतसिंहस्य १८ पाद ऊर्ध्वं कांस्य प्रतिमा स्थापिता। पृष्ठे राजस्व शैक्षिकसमस्याश्च आसङ्गः इति भासते, सम्भवतः बालकान् छात्रान् च उद्देश्य भगतसिंहस्य जीवनस्य विषये प्रयुक्तस्यापि भारतस्य स्वतंत्रतासंघर्षे योगदानं च प्रकाशयति।



अंश कुमारः
7th C

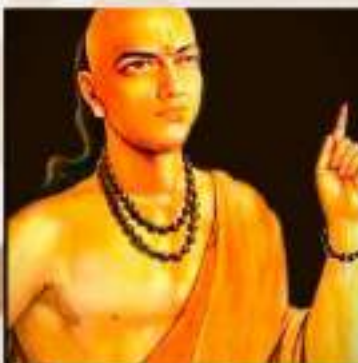


आर्यभटः

आर्यभटः प्राचीनभारते महान् गणितज्ञः खगोलशास्त्रज्ञश्च आसीत्। तस्य जन्मः ईसवीशकाब्दस्य पञ्चमशतके (४७६ ई.) अश्मकनामके प्रदेशे अभवत्, यः अद्य महाराष्ट्रराज्ये अस्ति। बाल्यावस्थायामेव सः गणिते खगोलशास्त्रे च असाधारणं कौशलं प्रदर्शितवान्। तेन “आर्यभटीयम्” नाम प्रसिद्धं ग्रन्थं रचितम्, यत्र गणितस्य, बीजगणितस्य, ज्यामितेः, तथा ग्रहगत्याः विस्तृतं वर्णनं कृतम्।

आर्यभटः प्रथमः आसीत् यः शून्यस्य (०) प्रयोगं कृतवान्, तथा दशमान पद्धतिं विकसितवान्। तेन पृथिवी स्वधुरी परिभ्रमति इति सिद्धान्तः प्रतिपादितः, यः पाश्चात्यवैज्ञानिकानां मतात् सहस्रवर्षपूर्वं आसीत्। सः उक्तवान् यत्, दिनरात्र्यः कारणं पृथिव्याः घूर्णनमेव, न तु सूर्यस्य गमनम्। तस्य गणनाभिः ग्रहाणां स्थानानि, सूर्यग्रहणचन्द्रग्रहणयोः कालः च अत्यन्तं सूक्ष्मतया ज्ञातुं शक्यते।

तस्य ग्रन्थाः भारतस्य गणितखगोलविज्ञानयोः आधारशिला इव। तेन निर्दिष्टाः सिद्धान्ताः अनन्तरं ब्रह्मगुप्तेन, भास्करेण च विस्तारिताः। आर्यभटस्य योगदानं केवलं भारतीयविज्ञानस्य न, अपि तु सम्पूर्णमानवजातेरपि अमूल्यमस्ति।



श्रुति चौहान
7th B



संस्कृतभाषायाः महत्त्वम्

संस्कृता परिष्कृता व्याकरणसम्बन्धिदोषरहिता भाषा संस्कृतभाषेति कथ्यते। संस्कृतभाषा विश्वस्य सर्वासु भाषासु प्राचीनतमा अस्ति। इयमेव भाषा सर्वासां भारतीयभाषाणां जननी, भारतीयसंस्कृतेः प्राणस्वरूपा च अस्ति।

अस्माकं समस्तमपि प्राचीनं साहित्यं संस्कृतभाषायामेव रचितमस्ति। सर्वे वेदाः, उपनिषदः, रामायणं, महाभारतं, पुराणानि, दर्शनग्रन्थाः, स्मृतयः, काव्यानि, नाटकानि च अस्यामेव भाषायां लिखितानि सन्ति।

केचन जनाः इमां भाषां मृतभाषां कथयन्ति, परन्तु ते इदं तथ्यं विस्मरन्ति यत् संस्कृतभाषायां विशालं ज्ञानम् निहितम् अस्ति। चिकित्सा, ज्योतिष, गणित, राजनीति, अर्थशास्त्रम्, छन्दःशास्त्रम् इत्यादि अनेकविषयेषु महत्त्वपूर्णानि पुस्तकानि संस्कृते सन्ति।

संस्कृतभाषायाः अध्ययनं केवलं भाषाज्ञानं न ददाति, अपितु भारतीयसंस्कृतेः, परम्पराणां, दर्शनानां च गहनम् अवबोधनं ददाति। इयं भाषा अस्मान् अस्माकं मूलैः सह योजयति। संस्कृतं पठित्वा एव भारतीय गौरवस्य रक्षणं कर्तुं शक्यते।

अतः, भारतीयगौरवस्य रक्षणाय एतस्याः प्रचारः प्रसारश्च सर्वैः एव कर्तव्यः। सर्वेषां भारतीयानां कृते एषा मातृसमा माननीया अस्ति।



दिव्या तिवारी
सप्तम वर्ग बी
अनुक्रमांकः - 17

Franz Kafka

फ्रान्ज़ काफ़्का



“अस्माकं अन्तः शीतसमुद्रं विदारयितुं पुस्तकं परशुवत् भवेत् ।”

“The book should be like an ax to pierce the cold sea within us.”

A writer and novelist, Franz Kafka was a great novelist and is counted among the greatest novelists. He was born in Prague on 3 July 1883. His novels, such as The Metamorphosis, are very famous. They are incredible, amazing, and closely related to real life. Life does not always go according to plan; it often takes unpredictable turns, which Kafka's life also reflected. Kafka's life experienced such unpredictable movements that he developed self-hatred. His books reveal the reality of the world. He was a depressed person, partly due to his father. His quotes are very heartfelt, such as: “A book must be the axe for the frozen sea within us,” and “Youth is happy because it has the capacity to see beauty. Anyone who keeps the ability to see beauty never grows old.” These quotes reflect Kafka's loneliness and profound knowledge.

फ्रान्ज़ काफ़्का एक महान लेखक, उपन्यासकार और आसीत्। तं महालेखकानां मध्ये गण्यते। सः ३ जुलाई १८८३ तमे वर्षे प्राग् नगरे जातः। तस्य उपन्यासाः यथा द मेटामॉर्फोसिस अतीव प्रसिद्धाः सन्ति। एतानि अद्भुतानि, आश्चर्यजनकानि, च वास्तविकजीवनसम्बद्धानि सन्ति। जीवनम् अनियतं भवति, यथाऽपि योजनां कुर्मः, न सदा तदनुसारं गच्छति। काफ़्कायाः जीवनं अपि अनिश्चितपथेन गतम्। सः आत्मघातकं मनोभावं अनुभवति स्म। तस्य पुस्तकेषु जगतः यथार्थं दृश्यते। पितुः कठोरस्वभावात् सः क्लान्तचित्तः आसीत्। तस्य उक्तयः अतीव गम्भीराः सन्ति, यथा — “पुस्तकम् अस्माकं अन्तः शीतं समुद्रं भेदनाय कुल्हाद इव भवेत्।” “युवकः सदा आनन्दितः, यतः सौन्दर्यं पश्यितुं सामर्थ्यमस्ति। यः सौन्दर्यदर्शनक्षमः भवति, सः कदापि न जस्यते।” एते उद्धरणानि तस्य एकाकीभावं च गहनज्ञानं च प्रकाशयन्ति।



लेखकः - सागरः तिवारी
कक्षा 8 स

भारतम् @ १००

अस्ति प्रेम मे मम अस्याः भूमेः यस्यां मम जन्म अभवत्।

अस्याः शुभाशीर्वादं प्राप्य, मम जीवनं धन्यम् अभवत्।

अस्ति गौरवः मम जीवने, यत् अहं एकः भारतवासी अस्मि।

अद्य विश्वपटलस्य उपरि मम मानम् अस्ति। यस्य कृते जगत् अत्यन्तं पिपासितम् अस्ति।

परन्तु अद्य यस्य गौरवस्य भागीदारः अहं अस्मि, तत् न आसीत् एवम् सर्वदा, यदा देशस्य सीमासु अपि युद्धस्य मेघाः मण्डलयन्ति स्म।

चीनः च नापाक पाकिस्तानः अपि यदा कदा नेत्रं दर्शयन्ति स्म।

आसीत् त्रस्तं सर्वं बाल्यम्, यौवनं, यत् किं वयं एवमेव जीवनं यापयामः।

अथवा पुनः गौरवस्य कौस्तुभशिखरं प्रति, वयं भारतं प्रापयामः ?!

ततः किञ्चित् संकोचेन नवयुवकस्य ललकारः अभवत्।

रूढीनां शृङ्खलाः भङ्क्त्वा, विश्वगुरुः भवितुं एका अलखः अभवत्।

नित्यं सततप्रयत्नैः पुनः वयं, इदानीं एतत् गौरवम् प्राप्तवन्तः स्म।

यदा ज्ञानस्य, विज्ञानस्य च चिकित्सायाः क्षेत्रे। वयं विजयध्वजं स्थापितवन्तः स्म।

न विस्मरिष्यामि अहं तत् कालम्। यदा अशिक्षायाः, दारिद्र्यस्य च अन्धकारः

विकरालः आसीत्।

परन्तु निरन्तरं सततप्रयासेन, अद्य मम मातृभूमिः अभवत् खुशहाल।

देशप्रेमस्य च उद्यमस्य ज्वालयं इदानीं न निर्वापयामः।

मातुः भारत्याः अभिमानं, इदानीं न न्यूनीकुर्यामः ॥



नाम- हर्षितः तिवारी

कक्षा -अष्टमी अ

क्रमांकः - नवदश।

विद्यायाः महत्त्वम्

विद्या मनुष्यस्य भूषणम् अस्ति। धनं चौरैः अपहरणीयं भवति, किन्तु विद्या न कदापि अपहर्यते। विद्या एव जीवनस्य प्रकाशः।

या विद्या विना मनुष्यः स तिमिरस्थः इव भावति। विद्या न केवल ग्रन्थपठनस्य नाम अपि तु आचारः, विनयः, सदाचारः च अस्याः लक्षणानि सन्ति।

यः विद्यार्थी मनः पूर्वकं अध्ययन करोति स भविष्ये महान् पुरुषः भवति।

द्वारा एव प्रगतिः यत्र दीपः अस्ति विद्या मनुष्यं नम्र बुद्धिमान् हिमान् च करोति। विद्या अज्ञानस्य अन्धकारः नश्यति।

रात्रि विद्या, तन्त्र अज्ञान तत्र पतनम्। शिक्षकः अस्माकं जीवनस्य या मार्ग दर्शयति।

अतः अस्माभिः नित्यं अध्ययनं कर्तव्यम्, गुरुजनानां आदरः च अतश्च एषः सम्पूर्ण जीवनस्य आधारः अस्ति।

-नैसी सिंह

8th A

स्वामी विवेकानन्द जी

स्वामी विवेकानन्दः भारतस्य महान्तः सन्तः, योगी, दार्शनिकः, समाजसुधारकः च आसीत्। तस्य जन्म १२ जनवरी १८६३ तमे वर्षे कोलकत्तायाम् अभवत्। तस्य वास्तविक नाम नरेन्द्रनाथदत्तः आसीत्। बाल्ये स्वः अत्यन्तं बुद्धिमान्, धर्मपरायणः च आसीत्। सः न केवलं विद्यायाम् निपुणः आसीत् अपि तु क्रीडा, संगीतम्, तथा आध्यात्मिकति अपि रसिक आसीत्।

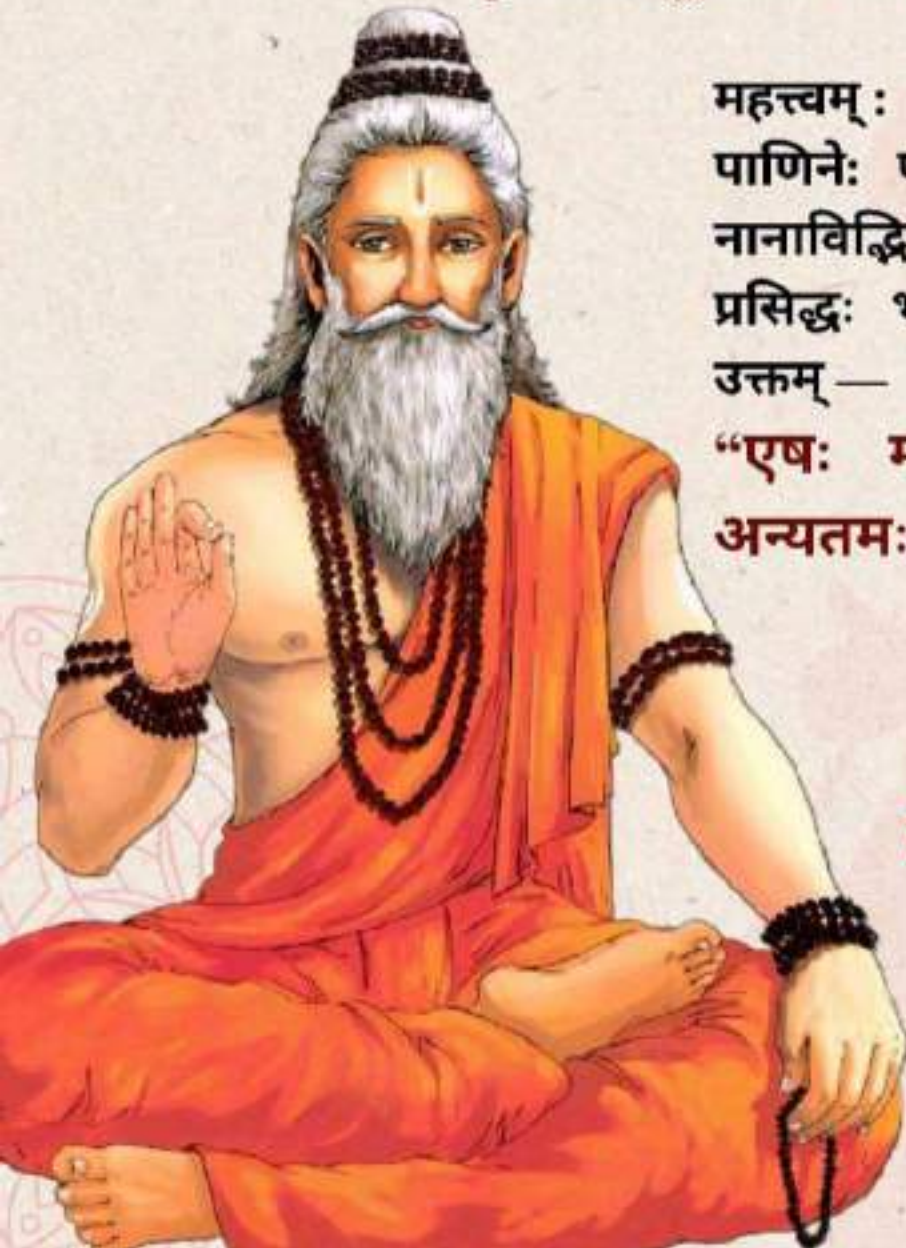


-किंजल

7th C

संस्कृतव्याकरणस्य जनकः - महर्षिः पाणिनिः

Panini was a Sanskrit grammarian who gave a comprehensive and scientific theory of phonetics, phonology, and morphology



महत्त्वम् :

पाणिनेः पाण्डित्यं तस्य कार्यस्य पुण्यं च नानाविद्धिः स्वीकृतम् अस्ति।

प्रसिद्धः भाषाविदः टी. शेर्वात्स्की इत्यनेन उक्तम् —

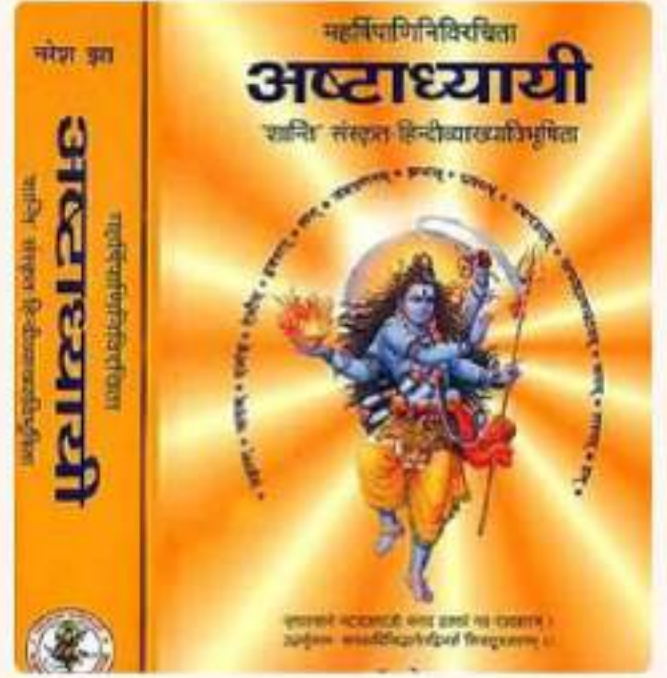
“एषः मानवमनसः महतीषु सृष्टिषु अन्यतमः।”

लेखकः - उत्कर्षः चौरसिया

कक्षा 8 अ

अनुक्रमांक- 46

संस्कृतव्याकरणस्य जनकः महर्षिः
पाणिनिः क्रि.पू. षष्ठ-चतुर्थ-
शतकाशयोः मध्ये गान्धारे (वर्तमानस्य
पाकिस्ताने) जन्म प्राप्नोत्। सः
“अष्टाध्यायी” इति संस्कृतव्याकरणं
रचितवान्, यस्मिन् प्रायः ४,०००
सूत्राणि सन्ति। तस्य ग्रन्थेन संस्कृतस्य
मानकीकरणं व्यवस्थितं च अभवत्।
अद्यापि सः ग्रन्थः भाषाविज्ञानस्य
आधारग्रन्थः इति मन्यते।



जीवनवृत्तान्तः

•> जन्म तथा निवासः :

पाणिनिः तदा वायव्ये भारतस्य गान्धारे प्रदेशे
जातः। तस्य जन्मतिथिः ई.पू. षष्ठशताब्द्याः
चतुर्थशताब्दयोः मध्ये इति मन्यते।
गुरुः — आचार्य वर्षा इत्याख्यः आसीत्।

•> मुख्यकार्यः :

तस्य महत्त्वपूर्णः ग्रन्थः “अष्टाध्यायी” इति,
संस्कृतव्याकरणविषये अत्यन्तं वैज्ञानिकः
तार्किकश्च ग्रन्थः अस्ति।

> अष्टाध्यायी :

अष्टसु प्रकरणेषु प्रायः चत्वारि सहस्राणि सूत्राणि
विभक्तानि सन्ति।

अस्मिन् न केवलं व्याकरणनियमाः सन्ति, अपितु
समकालीनसमाजस्य, भूगोलस्य, शिक्षायाः,
राजनैतिकजीवनस्य च विषये सूचनाः अपि
लभ्यन्ते।

एषः वेदाङ्गान्तर्गतस्य व्याकरणस्य आधारग्रन्थः
अस्ति।

•

अन्ये कृतयः :

संस्कृतवर्णमालायाः आधारभूतं महेश्वरसूत्रम् (१४
सूत्राणि) अपि तेन रचितम्।
तथैव धातुपाठः तथा गणपाठः इत्येते तस्य
अन्यौ प्रसिद्धौ ग्रन्थौ स्तः।

योगदानम् :

सः संस्कृतभाषायाः व्यवस्थितां वैज्ञानिकां च
रूपरेखां प्रदत्तवान्।

सः “भाषाशास्त्रस्य पिता” इति अपि उच्यते।

तस्य व्याकरणसंरचना एतावता तार्किका अस्ति
यत् अद्यापि तस्य सिद्धान्ताः
आधुनिकभाषाशास्त्रे तथा सङ्गणकशास्त्रे अपि
प्रयुज्यन्ते।

डिजिटल् -भारतम्: सौकर्यात् कर्तव्यां

नाम- प्रांजल

कक्षा -8 "स"

अनुक्रमांक -38



अयं श्लोकः 'डिजिटल्- भारतस्य' प्रगति तस्य च सकारात्मक-प्रभातान् प्रदर्शयति अत्र उत्कम् अस्ति यत् इदानीं डिजिटलम्- भारते सर्वम् विकासितं प्रकाशमानं च दृश्यते, जनाः च जीवने सहजतया सौकर्यं लभन्ते । एकत् अस्मान् तादृशं भारतं दर्शयति यत्र प्रविधिमाध्यमेन जीवनं सरलं समृद्धं च भवति। डिजिटलं भारत आधुनिकयुगस्य एकं महत्त्वपूर्ण अभियानं अस्ति। अस्य द्वारा सर्वे कार्याणि सरलतया शीघ्रतया च सम्पन्नानि भवन्ति। शासनस्य सेवाः जनानां गृहे एव उपलब्धताः भवन्ति। अस्माकं कर्तव्यं अस्ति यत् वयं एकस्य उपयोगं उत्तरदायित्वेन कुर्मः। एवं वयं राष्ट्रस्य प्रगत्यै योगदानं दातुं शक्नुमः।



सर्व विकासित भाति डिजिटल् भारतेद्धुना।।
जीवनस्य च सौकर्यं सहसा लभते जनः।।





ISHAN MISHRA

VIII A

आयुर्वेदज्ञानं

अस्माकं ऋषयः बहुकालपूर्वं दृष्टवन्तः यत् जनाः
रोगाक्रान्ता भवन्ति, ते पूर्ववत् सुखिनः न भवन्ति ।
केचन ऋषयः साधवः च रोगचिकित्सायाः, जनान् स्वस्थं
सुखी च कर्तुं समाधानं अन्वेष्टुं प्रस्थिताः । इन्द्रस्य समीपं
गत्वा मुनिभ्यः आयुर्वेदज्ञानं प्रपच्छत् । अत्रैव
मानवतायाः हिताय एव आयुर्वेदस्य गाथा आरब्धा



हिताहितं सुखं दुःखं आयुः तस्य हिताहितं।
मानं च तच्च यन्नोक्तं आयुर्वेदः स उच्यते॥

संभाव्यता : एकं गणितीयम् अध्ययनम्

प्रस्तावना

गणितविज्ञानं मानवजीवनस्य अविभाज्यं अङ्गम् अस्ति। अस्माकं प्रतिदिनजीवने विविधाः घटनाः दृश्यन्ते, यत्र निश्चयः नास्ति, केवलं अनुमानम् एव शक्यम्। एतासु अनिश्चितपरिस्थितिषु निर्णयं कर्तुं या प्रणाली उपयोग्यते, सा संभाव्यता इति कथ्यते।

संभाव्यताया परिभाषा

संभाव्यता इत्युक्ते काचित् घटना घटिष्यति वा न इत्यस्य गणितीयमूलकम् मूल्याङ्कनम्।

गणितशास्त्रानुसारम् —

संभाव्यता (P) = (इष्टफलसंख्या) / (समष्टिफलसंख्या)

उदाहरणार्थम्, यदि एका सिकतिका उच्छिष्यते तर्हि शीर्षम् अथवा पृष्ठम् इति द्वे एव फलानि सम्भवन्ति। अत्र शीर्षस्य संभाव्यता = $1/2$, पृष्ठस्य अपि = $1/2$ ।

उदाहरणानि

सिकतिका क्षेपणम् (Coin Toss) —

शीर्षम् आगच्छेत् इत्यस्य संभाव्यता = $1/2$



षड्-अङ्क-दाक्षिण्यम् (Dice Roll) —

१ इत्यङ्कस्य आगमनस्य संभाव्यता = $1/6$



ताशपत्रक्रीडा (Playing Cards) —

एकस्मिन् सम्पूर्णे पत्रसमुच्चये ५२ पत्राणि भवन्ति।

तस्मिन् एकस्य रक्तवर्णस्य राजा पत्रस्य संभाव्यता = $2/52 = 1/26$



संभाव्यताया उपयोगिता

संभाव्यता केवलं पाठ्यपुस्तके न समाप्ता। अस्या उपयोगः जीवनस्य विविधेषु क्षेत्रेषु दृश्यते

- मौसमपूर्वानुमानम् (Weather Forecasting)
- बीमायोजनायाम् (Insurance Planning)
- खेलक्रीडायाम् (Sports Strategy)



- व्यवसाये च (Business Decision Making)
-



एवं संभाव्यता विज्ञानं मानवस्य यथार्थनिर्णयानां साधनं भवति।

उपसंहारः

संभाव्यता विषयः न केवलं रोचकः अपि तु अत्यन्तोपयोगी अपि अस्ति। अयं विषयः छात्राणां विश्लेषणात्मकचिन्तनशक्तिं विकासयति। अतः सर्वे छात्राः अस्य विषयस्य गम्भीरं अध्ययनं कुर्वन्तु इति शुभेच्छा।

"गणितं तर्कस्य मूलम्, संभाव्यता बुद्धेः उपयोगी साधनम्।"

द्वारा प्रिया और अवंतिका
10th A

वृन्दावनस्य अनुभवः।

यमुना-तीरे सुरस-घटेषु, भक्तिः मनसि प्रबुद्धा नृत्यति।
वृन्दावनं तत् परमं मनोहरं, स्मरणं यं क्षणमेव दीयताम्॥



वयं पण्डितदीनदयाल-उपाध्याय-जंकशनात् यात्रां
प्रारब्धवन्तः। पण्डितदीनदयाल-उपाध्याय-सन्धेः
मथुरा-सन्धिपर्यन्तं प्रायः ७४१ कि.मी. दूरी अस्ति।
मथुरा-जंकशनतः वयं बसया प्रेममन्दिरं प्रति गतवन्तः।

प्रेममन्दिरस्य स्थापना जगद्गुरुणा श्री कृपालुजी
महाराजेन कृता अस्ति। अस्य परिचालनं
जगद्गुरुकृपालु परिषदया आध्यात्मिक-धर्मार्थ-न्यासेन
क्रियते।



अयं मन्दिरः राधा -कृष्ण-सीता -रामयोः समर्पितः अस्ति।

वृन्दावनं प्राप्य, वयं कस्यचित् अन्वेषणं कुर्मः। यदि कश्चन अधिकःविवरणः अस्ति, तदा कृपया वदतु। किः मूल्यवानाः वस्तूनां उपलब्धता अस्ति, तथा अपि केचन

प्रकाराः ₹१०००-₹२००० मध्ये किफायतशीराः सन्ति।

एक स्मन् ढाबे वयं स्वादिष्टं भोजनं कृतवन्तः — घृतनानं, शाहीपनीरं, दालं, सलादं च।

चत्वारः कालान् वामं कुर्वन्तः वयं आनी-वीथिषु भ्रमणं कृतवन्तः। शरद ऋतौ पयटकाः कूल्हादेशेषु चायं पिबन्तः आनन्दं लभन्ते स्म। प्रेममन्दिरस्य समीपे भोजनं अत्युत्तमम् आसीत्। वयं चोले भटूरा, लस्सी, आणि उष्ण केसर दूध यांचा आस्वाद घेतला. मथुरायाः

पात्रम् वयं बरसानाय गतवन्तः, यत्र प्रसन्नता वृक्षाणां स्वादं अनुभवयितुं अस्ति।

राधाराणी-मन्दिरं प्रसिद्धम् अस्ति।

ततः मथुरायां वैष्णोदेवी-मन्दिरं दृष्टवन्तः,

यत्र भूमिगतः सुसुरः अस्ति, यत्र दुर्गादेहस्य विविधरूपाणि दृश्यन्ते।

अधरणाथ वयं प्रेमानन्द-महाराजस्य दर्शनार्थं गतवन्तः। जनसमूहम् अत्यन्तं विशालम् आसीत्, किन्तु पुलिसकरणेन सर्वं सुशृङ्खलितं कृतम्। प्रातः वादने वयं होटेलं प्रत्यागतवन्तः, ततः सुखेन नाम न प्राप्तम्। परदिने वयं अन्यान् मन्दिरान् दृष्टवन्तः, यानि स्मरणीयानि समायोज्यानि आसन्। अन्ततः, दिल्लीतः रेलयानं गत्वा गृहम् प्रत्यागतवन्तः।



**अनन्तसंसारसमुद्रतार-नौका यताभ्यां गुरुभ दाभ्याम्
वैराग्यसाध्यदपूजनाभ्यां नमो नमः गुरुपादुकाभ्याम्
राधे राधे**



लेखकः - सागरः तवारी
८स



“दशहरे नृपतिः
कः?”
(एकः गृहसंवादः)

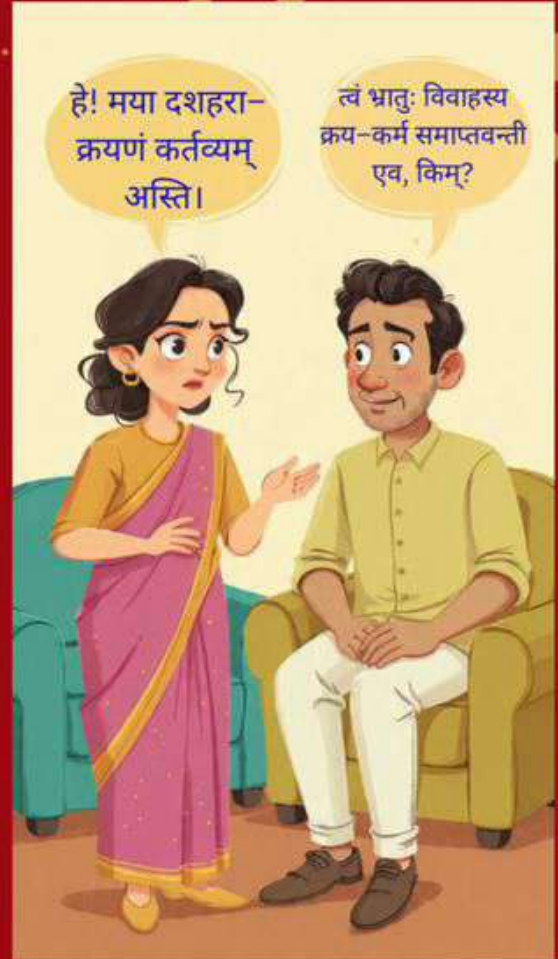
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किम् परवाहः—तत्
विवाहस्य उपक्रमः
आसीत् वा एषः
दशहरा—क्रयणम्,
तयोः मध्ये कः भेदः?



साधु! अधुना
क्रयणस्य द्वौ
प्रकारौ स्तः।



5

आम्! यदि भवति, तर्हि
अद्य प्रातः गृहम् आगच्छ।

अद्य अहं पूर्वम् आगन्तुं न
शक्यामि।



6

ठीक, ठीक, बाबा—अहं अधुना
शीघ्रमेव गृहम् आगमिष्यामि।
अहं भवत्या सह विवादं कर्तुं न
शक्यामि।



यस्मिन् दिने मया क्रयणं
कर्तव्यम्, तस्मिन् दिने
एव भवन्तः सर्वाणि
कार्याणि स्मर्यन्ते!



नाम- समीक्षा
कक्षा- सातम वी
अनुक्रमांक
- 38

हास्यम्

1 पिता - पुत्र, मम एतत् कानून इत्येतद् पुस्तकं किमर्थं चिमटेन धारयन्
आनयसि ?

पुत्रः - पाप, त्वं स्वयमेव वदसि यत् कानून कदापि स्वहस्ते न ग्रहीतव्यम्
इति।

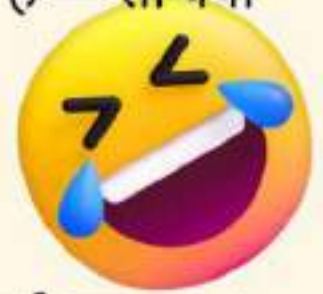
पापा: बेटे, तुम मुझे इस कानून की पुस्तक पकड़ में क्यों ला रहे हो?
बेटा: पापा, आप ही तो कहते हैं कि कानून को हाथ में नहीं लेना
चाहिए।

2. गुरु:- त्वं न तु पठनं जानासि ? न तु लेखनं जानासि, जानासि किं त्वम्
?

छात्रः - आचार्य, आगच्छति न, भवन्तं दृष्ट्वा अहं स्वेदं आगच्छति।

अध्यापकः तुम्हें न तो पढ़ना आता है, न लिखना आता है — तो क्या
आता है?

छात्रः गुरुजी, आपको देखकर पसीना आता है।



3. एकदा कश्चित् मनुष्यः वनं गच्छन् वृक्षे लम्बमानं सर्पं दृष्टवान् ।
मनुष्यः - केवलं लम्बनेन दैर्घ्यता न वर्धते, मातरं वदतु यत् त्वां
कम्पलान् पिबतु।

एक बार एक सरदार जंगल से गुजर रहा था। उसने देखा कि
एक साँप पेड़ पर लटक रहा है।

सरदार: सिर्फ लटकने से हाइट नहीं बढ़ती, मम्मी की बोली —
कम्प्लान पिलाएँ।



विपुल पांडेय

8TH C

अनुक्रमांक 37



THE BACKPACK OF "SHOULD"

It's not the books,
it's not the lunch,
that makes the shoulder strain,
the heavy, silent "should" I carry,
like sudden, tiny rain.

I should know the answer,
I should try harder,
I should be everywhere at once.
A little stone of expectation
for every whispered chance.

I drop the science binder,
I drop the pen I found,
but the invisible weight of "should"
never touches the ground.

It lives right here, behind the ribs,
a slow and steady ache,
for every perfect thing I wish
my tired hands could make.

But if I turn the word around—
and look at what it says—
the should becomes a duh—a sound
of simple, easy days.

So I will stop to breathe, to pause,
and let the thoughts run,
and lighten the old backpack load
before the day is done.



Name: Aadvika Maurya
Class: 8c

THE AVERAGE DREAMER

*Between bright stars and endless race,
Lives a soul with a restless face.
Dreams to fly, though wings may tire,
Still moves ahead through mud and fire.*

*Marks and ranks, the world's command,
Dreams and doubts go hand in hand.
A tug of war in every test,
Trying hard, yet never at rest.*

*Parents' hopes like lanterns high,
Glow so bright, they blur the sky.
They dream of medals, golden light,
While peace feels far in sleepless night.*

*Friends chase fun, they sing, they roam,
While thoughts build castles all alone.
Laughs on lips, but storms inside,
Balancing joy with wounded pride.*

*Teachers say, "Be bold, achieve!"
Yet none asks what hearts believe.
They grade the mind, not what it feels,
Nor see the pain that silence heals.*

*Still the path goes on and on,
Through dusk and doubt to hopeful dawn.
No crown, no fame, no grand acclaim,
Yet courage burns—an unseen flame.*

*And when the world forgets the name,
This spirit rises all the same.
For even stars that never gleam,
Hold in their hearts a shining dream.*

POEM

SO MUCH BUT NOTHING !!

*So many people
But no one me to talk with,
So many friends
But no one to share with
So much to say
But no words to express them,
So much to let out
But no escape,
So much to deliver
But no medium,
So much is
Felt inside but no one to understand it,
So much to talk about
But no one has time
So much to please
But none to satisfy
So much to write
But no thoughts to pen down
So much.....
But nothing.*

-by **Anmol Verma**

12th A



Make Books Your Friend

Make book your friend
Take them to trend
They are message of knowledge
to send
They are flexible and can bend
Make books your friend.

Knowledge is gold of treasure
"Book"
I read every book, I took,
I see a another world in it, when I
look
In problem, books are helpful
hand,
Make books your friend.

Without books you are alone and
cold
Grab books and your knowledge
will be bold,
If you do not read books, mean
you sold
This opportunity is grand,
Make books your friend.

Books are success key

The people who have it say,
how lucky are we
They are leaves of book tree
We can travel the whole
world with books without
wend,
Make books your friend.

Now, it is decision time,
That, not reading books is a
crime
And remember books are
different carnival rides of a
fair
So, make a decision that,
reading books or not, with
care.

Therefore if you get a book
with tear-end
Make books your friend.

Composed by- Shreyash
Prajapati

Class- 9th a
Roll no. - 45



KNOWLEDGE IS BEING KIND

Knowledge is like a little light,
It shows the way and makes
things right ,
It helps the heart, helps the
mind,
The greatest power is to be
kind.

by **Aditi**
8th A



POEM

EASY IS Too.....

Easy is to judge the mistakes of others,
difficult is to accept our own mistakes.
Easy is to hurt someone who loves you,
difficult is to heal the wound.

Easy is to set rules,
difficult is to follow them,

Easy is to dream every night,
difficult is to fight for a dream.

Easy is to say we love,
difficult is to show it everyday.

Easy is to make mistakes,
difficult is to learn from them.

-By **Anmol Verma**
12th A

POEM

Busy World

"Busy world" We all are so busy, As
surviving here isn't easy.

Ohh! Busy world you even at my sunday
now, I am left with no funday.

Vacations are just the word, Being busy is
the situation that occurred.

As surviving here isn't easy Soo...

All that we say is, "Do not disturb I am
busy"

Satakshi Prakash

5th C



DIWALI - A NEW BEGINNING



Raghu came back to home, he was very happy as Diwali was coming he went outside to burn some firecrackers. Her mother was doing some work and suddenly she heard a loud noise she was in shock and her work got spoiled, she went outside to see what was that she saw Raghu burning firecrackers she scolded her saying "don't burn firecrackers people are busy in some work and due to sudden sound they may get disturbed also by hearing loud sound you have high chances of losing your hearing capability. Raghu didn't listened to her mother and started doing the same thing again, her mother went for preparing dinner. Soon it was dinner time she called him for having dinner. He sat on the dining table and his father also tried to make him understand that by burning firecrackers you may lose your hearing capability but he didn't listened to anyone.

Time Skip....

Next day, Raghu was playing in the park he saw a woman crying he knew that she used to work. Everyone agreed on this point, Raghu asked everyone to give some amount of money for buying a hearing machine for the maid's son as he lost his hearing skills in explode in a firecracker factory. Everyone went home and bring some amount of money. Raghu counted the total amount but it was not enough for buying a hearing machine so Raghu went to convince the parents to get some amount of money in the houses as a maid. He went near her and asked, "Why are you crying is everything alright?" She said that there was explode in a factory of firecrackers and my son worked in that factory he got injured and is admitted in hospital as he is not able to hear. I do not have money for buying a hearing machine for him. Raghu realized that his parents were right, so he promised the maid to give him money to buy a hearing machine. After, saying this he went to his friends and told everything. One of his friend, Sunil said, "I am with you but somehow or the other we are only responsible for it." Everyone is confused and asked, "How are we responsible for it?" Sunil said that on every Diwali we burn firecrackers which pollutes the air and also produces loud sound which is not good for our ears, the people who suffer from asthma and have hearing issues face many difficulties and during the making of firecrackers there are many cases of explosion in factories, people who work in these factories get injured or loose there hearing capability.

Everyone agreed on this point, Raghu asked everyone to give some amount of money for buying a hearing machine for the maid's son as he lost his hearing skills in explode in a firecracker factory. Everyone went home and bring some amount of money. Raghu counted the total amount but it was not enough for buying a hearing machine so Raghu went to convince the parents to get some amount of money.

Next day everyone brought some more amount of money and Raghu collected the money and then counted it and the amount was Rs.20,000 which was enough for buying a hearing machine. Raghu went to the maid and gave all the money. The maid was in tears.

Next

On this Diwali the children did not burn firecrackers instead they were going to meet at each other's house. Raghu noticed that the maid is here with her Son. Raghu gathered all of his friends and he went to the boy who was the son of the maid and went to met him. The maid thanked Raghu and his friends for helping her. She said you have given my son a new life I don't know how should I thank you. The children smiled and said thank you to the maid for making us realize that without burning firecrackers we can celebrate Diwali.

This year the children realized that Diwali is not only about burning firecrackers but spreading happiness.

-By Arpita

9th A

A STORY OF BRAVE SOLDIER

The morning sun rose over the dusty ridge where the Indian Army camp had been pitched. For once, there was laughter instead of orders. Soldiers mended boots, shared tea, and traded stories under a sky that felt deceptively peaceful. Someone started a tune and the whole camp joined in – off-key at times, loud at others – because when men live together through long patrols and cold nights, small joys mean everything. The smell of parathas and freshly brewed chai mixed with the metallic scent of weapons left leaning against tents. For a few hours, the war-hardened routine softened into something almost like home. Among the men was Suvrat Singh Rathore, a quiet soldier in his early thirties with steady eyes and a face that showed both fatigue and resolve. He had grown up in a small village where his father taught him to plow fields and never leave a neighbor in need. He joined the army to protect the same country his family loved. Suvrat wasn't loud; he didn't seek praise. He listened more than he spoke. Today, like the others, he laughed with his comrades, but there was a watchfulness about him – a calm that came from years of training and quiet observation. They were sharing old stories – of narrow escapes, of restless nights on sentry duty, of a commanding officer who once brewed terrible tea and insisted it tasted fine. The major, a man nearing fifty with silver at his temples, sat apart reading maps. He smiled and nodded at the jokes but his hands trembled slightly when he unfolded the paper. Wars had left him cautious.

Without warning, the horizon darkened with movement. Dust plumes appeared on the distant plateau – more than patrols, more than routine maneuvers. The radio snapped to life with frantic voices. Within minutes, the camp that had felt safe erupted into controlled chaos. Scouts reported a large formation advancing fast and with intent. The major ran toward the mess tents, barking orders that now sounded ragged with urgency.

"Get to positions! Arm yourselves! Fall back if you must!" he shouted.

Panic spread like a fever. Men who had joked minutes earlier froze, then ran. The orderly withdrawal turned disorderly as fear took hold. Ammunition crates toppled; helmets fell. The natural human urge to live overwhelmed training. Even the major's voice – usually steady and commanding – carried a strain of doubt.

Suvrat felt the ground vibrate with the march of armored men. He looked at his comrades: young soldiers whose hands shook, veterans whose faces betrayed panic, and boys too new to war to understand the meaning of what they were seeing. He saw the major ordering a retreat; he saw men turning their backs to the ridge.



Suvrat could have run. He could have joined the tide of men seeking safety. But he remembered the faces of villagers from his home when he left — his mother's quiet prayer, the children's curious eyes. He remembered the oath he had taken. Something in him hardened into a decision. He stepped forward.

"We hold this line," he said simply, to anyone who would hear. "We do not run." A few soldiers paused as if struck by a sudden wind. In the chaos, a small group moved closer — Bheem, a burly man with a laugh that belied his courage; Aarav, a nimble sharpshooter whose hands were always steady; Sameer, who knew the terrain like the back of his palm; and a handful of others whose names Suvrat would later whisper like sacred words. Ten, then fifteen, then a cluster of men chose to stand. "Suvrat," the major called, sternness battling fatigue, "this is suicide. If you stay you will die. You have a choice."

"We have a duty," Suvrat replied. "If we run now, they take more ground tomorrow. If we stand, maybe we stop them. Either way, we do not run." The major studied their faces — brave, yes, but frightened too. He could see the gravity of the choice before them. Finally, with a defeated nod, he said, "You will be on your own. God be with you."

Suvrat's troop moved like a hummingbird — quick, precise, invisible at times. They used the broken walls, the shallow gullies, and the stony outcroppings to cover their movements. Suvrat sketched a plan in whispers: "Divide into three pairs. Aarav, you take the left skirmish. Bheem, with me to the center. Sameer, watch the right flank. Move silent. Smoke when you need to signal. Hit hard, and then pull back to the next cover." They set up ambushes along narrow passes where the enemy's heavy formations could not deploy easily. The first explosion — a small, expertly placed charge — sent a shock through the advancing ranks. Enemy soldiers stumbled, armored carriers jammed, and confusion rippled through their lines. Suvrat's men struck with ferocity born of desperation. They fired from concealed spots, moved, and vanished. They threw knives into engines, jammed axles, and used every trick they knew from harsh winters and sparse supplies.

As the sun climbed, the sounds of battle filled the air: shouted orders in unfamiliar accents, the staccato rattle of automatic fire, the thud of heavy boots. But over it all, Suvrat's voice remained a constant — calm, telling, rallying. He moved through the line like a shepherd among his flock, tending to wounds, passing ammunition, reassuring a man who had frozen with fear. When a young soldier collapsed crying, Suvrat sat beside him and whispered, "We are brothers. Breathe. Aim when you must. We do not let fear decide us."

In their small victories — a recovered trench, a captured machine gun, a diverted tank — Suvrat's band bought time. Word spread back to the major and the men who had retreated.

Through the radio, a trembling voice reported, “ Suvrat ’s group holding. They’re slowing them down.”

The major felt a strange thing — shame mixed with admiration. He sent a small contingent back to reinforce the stalwart band. Slowly, the tide turned. Inspired by those who had refused to give ground, more soldiers rejoined the fight. The enemy, expecting an easy overrun, now faced a resistance that bit and bled them. Their supply line, stretched thin by the ambushes, began to falter.

The cost was high. Suvrat watched comrades fall. He carried a wounded man on his back for hundreds of meters to safety, feeling the blood and grit. Bheem, who had joked about parathas that morning, took a bullet that would never let him laugh the same way again. Each loss stung, but it also steeled the men. They fought for the fallen as much as for the living, but it also steeled the men. They fought for the fallen as much as for the living.

As dusk fell, the enemy withdrew in disarray. Their commanders, misled by reports of fierce resistance and fearing encirclement, called a tactical retreat. The ridge smelled of smoke and iron; the ground was scarred by the footprints of a battle that had shifted the fate of the camp.

When the dust settled, the survivors gathered. The major walked among them, his face carved by something like remorse and pride. He found Suvrat , who stood with mud on his boots, bandage on his arm, and eyes that had seen too much.

“You saved many lives today,” the major said softly. “You made me see what courage truly is.”

Suvrat looked at his friends — some still breathing, some gone — and then at the major. “We did what we had to,” he replied. “Duty does not care about fear. It cares about the choice to act.”

The camp mourned its dead with rituals both quiet and fierce. Men polished helmets, folded uniforms, and lit candles beside photographs someone had pulled from a pocket. The army held a ceremony the next morning. The major publicly commended Suvrat and his troop for extraordinary bravery. There were medals, yes, but more important were the stories that would be told: how ten men stood when many fled; how a quiet soldier led with courage; how the line held because a few refused to abandon it. Suvrat returned to his duties not as a man seeking glory but as one more soldier among many. Yet the village children who later heard his story would call him a hero. The major, humbled by the ordeal, changed — he trained more, prepared better, and never again let fear determine his orders.

Years later, when young recruits asked about the day the camp was attacked, old soldiers would point out to a quiet man with steady eyes and say, “That’s Suvrat Singh Rathore. He taught us bravery.” And the recruits listened, not just to words, but to the weight of a life that chose to stand when standing mattered most.

Ghost's - Diary Entry

Location -- Upper corner, Library

Date -- 29th December (Stuck in 1999, but still counting)

Dear Diary

Another thrilling day haunting that "prestigious" school with having a beautiful garden and tasty foods in canteen.

The Day started with the daily chaos of students "Good Morning Teacher" echoing down the corridor. I joined in. Nobody noticed me (Obviously, What you expect. I'm a ghost) Rude. I used to be school captain once. Now I can't be seen.

In the assembly Principal shouted about the "Punctuality" again ("Nowadays Students") Sir, please -- I've been stuck here for 26 years. And I think, I win the punctuality award.

I was just drifting towards my library, right there was a little boy, reading ghost stories -- about me, ironically. So, I flipped a page for him. He ran faster than WiFi.

And here comes my favorite part -- Lunch Time.

I borrowed a crow (we have an understanding), and together we launched a samosa heist. Clean, professional, spicy. The taste almost brought tears in my....well, hypothetical eyes.

I went to the water point, ghosts get thirsty too, okay? But the crowd there looked like they hadn't seen water in a decade, so I backed off. And for the record, people think I drink blood... chill, I was human once-I still prefer water.

During the last period the light flickered and the projector died. Of course, the teacher blamed me for this

"Must be that ghost again!"

Ma'am please -- sometimes electricity just has commitment issues. But sure, I'll take the fame.

Now the school's gone quiet. The watchmans' doing his daily rounds of school. Poor man thinks I'm a "white cat."

Bro, I'm wearing a school uniform. Get your eyes checked.

Anyway that's all for tonight. The library clock just struck twelve -- my kind of bell.

"I haunt, I snack, I terrorize -- and yes, the samosa is gone."

By:- Purvi Kaushal

From Class:- X-A

MIRROR'S POV

When people look at me , they see only a reflection of faces , clothes ,hairstyles, expressions. To them I am just a piece of glass, an object that silently shows what is put before me. But have you ever wondered how I see the world from my side?

Every morning, I watch sleepy eyes transform with a splash of water. I see confidence drawn with a comb, or sometimes nervousness hiding behind a smile. I notice how people quickly adjust their hair, straighten their collar and then rush away. For them, I am a tool. For me,they are stories. Each face I see has a tale behind it, some full of laughter, others shadowed with worry.

I have seen students rehearse for presentation, biting their lips in concentration, unaware that I witness both their fear and determination. I have watched friends laugh together, their smiles lighting up the room, and rivals glare, their anger simmering behind tense jaws. Even the smallest gesture like a tug at a necklace, a deep sigh, a quick tear wiped away, don't escape me. I notice everything because I see what people often try to hide from the world.

I never judge, but I see more than you think. I see the self-doubt in your eyes when you practice a smile to hide it from the world. I see the joy, the pride, the laughter and even the little secrets you keep from others. I see children excitedly trying on their school uniforms for the first time, teenagers battling insecurities, adults carrying exhaustion and memories on their faces. Every reflection tells a story, if only someone paused to notice.

What saddens me is how much attention people give to their appearance but so little to their inner self . If only I could show kindness, honesty and courage the same I show hairstyle! The world would be brighter if humans polished their hearts as often as they polished their looks. I long for the day when someone admires not only what they see in me but also what I have always known about them- the strength, the compassion, the moment of bravery, and the resilience they carry silently.

MIRROR'S POV

Sometimes, I wish I could speak. I would tell people that the face they see is only part of who they are. I would remind them to treat themselves gently, to forgive their mistakes, to nurture their own reflection.

So when next time you stand before me, remember, I can reflect your face, but the true reflection lies within you. Look beyond what I show, and you will find a mirror far important: the one inside your soul. A mirror that hold not only your image but your dreams, courage and your story waiting to be shared with the world.

-Eksha Singh
Class- 10th A

ANCIENT INDIAN RISHIS: THE PIONEERS OF SCIENCE

- Maharishi Kanada (कणाद)

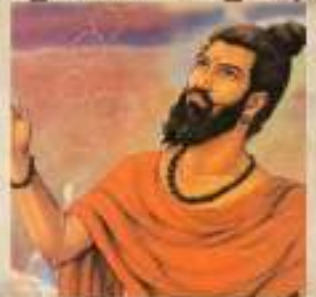
Field: Physics, Atomic Theory

Work: Founder of the Vaisheshika Darshan philosophy.

- Maharishi Sushruta (सुश्रुत)

Field: Surgery & Medicine

Work: Sushruta Samhita



- Maharishi Charaka (चरक)

Field: Medicine (Ayurveda)

Work: Charaka Samhita



- Patanjali (पतञ्जलि)

Field: Yoga, Health Science

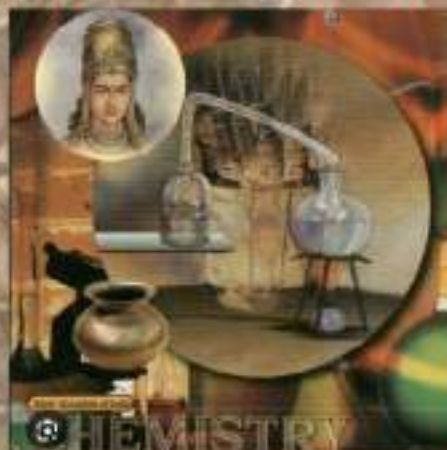
Work: Yoga Sutras of Patanjali



- Maharishi Varahamihira (वराहमिहिर)

Field: Astronomy, Meteorology

Work: Brihat Samhita, Panchasiddhantika



by YASHASWI
8th A



~Some fantastic facts about the flora's of India~

~Floras refers to the plant or flowers of any specific regions or any area.



~ Northeast India is referred to as a cardle of flowers because it is home to a large number of different spec of flowers and plants.

~Approximately 28% of plants and floras , which are found in India are endemic.

~A 11.4% proportion of the world's flowers are found in India.



~India ranks tenth in the world for plant diversity and fourth in Asia.



Now let's get to know about flowers of India.

Neelakurinji :- The Neelakurinji flower grows only once every 12 years in the Western ghats of India.

Ghost orchids :- It is one of the world's most unique and rarest exclusive Plants which are also found in India.

~Ghost orchids are also known as floating Phantom.



Siroi Lilly:-

Siroi Lilies are an endemic species that only grows in the Siroi hills of Manipur in India.



Tulsi :-

The leaves and flowers of tulsi are used to make a tea that is believed to be calming, relieve stress, and treat coughs, colds, and other respiratory issues.

Golden Shower Tree:-

The flowers of these trees are used in treatments for skin diseases, cardiac issues, constipation, indigestion, and jaundice.



Chrysanthemum:-

The juice or infusion of these flowers are used to treat vertigo, hypertension, and furunculosis.



Shreya
9th B



INDIA IN THE OLYMPICS

The Olympic Games are the world's most significant and largest international sporting events. They take place every four years, rotating between the Summer Games and the Winter Games. The concept for the modern Olympics was inspired by the ancient Greek athletic contests that began in 776 BC, and they were officially brought back to life in 1896 by Baron Pierre de Coubertin. The Games serve a vital role in promoting international unity, friendly competition, and cultural exchange, bringing together athletes from over 200 nations to compete fiercely for Gold, Silver, and Bronze medals.

Year	Gold 🥇	Silver 🥈	Bronze 🥉	Total Medals
1900	0	2	0	2
1928	1	0	0	1
1932	1	0	0	1
1936	1	0	0	1
1948	1	0	0	1
1952	1	0	1	2
1956	1	0	0	1
1960	0	1	0	1
1964	1	0	0	1
1968	0	0	1	1
1972	0	0	1	1
1980	1	0	0	1
1996	0	0	1	1
2000	0	0	1	1
2004	0	1	0	1
2008	1	0	2	3
2012	0	2	4	6
2016	0	1	1	2
2020	1	2	4	7
2024	0	1	5	6
TOTAL	10	10	21	41



by Utkarsh
6th C



INDIA'S RECOGNITION IN WORLD

OSCAR AWARDS

- **Bhanu Athaiya**, Best Costume Design for film **Gandhi** (1983)
- **Satyajit Ray**, Honorary Award for film **Pather Panchali** (1992)
- **Resul Pookutty**, Best Sound Mixing for film **Slumdog Millionaire** (2009)
- **Gulzar**, Best Original Song for song **Jai Ho**(2009)
- **A R Rahman** ,Best Original Score and Best Original Song for **Slumdog Millionaire** (2009)
- **Kartiki Gonsalves**, Best Documentary short for **The Elephant Whisperers** (2023)
- **MM Keeravani and Chandrabose**, Best Original Song for **Natu Natu**(2023)



-by Avantika
10th A



INDIA PAGEANTRY WINNERS

These awards are given to honour people who are not only beautiful but also intelligent and can contribute to our society. This helps people to recognise that beauty is not objective.

Femina Miss India

- **Irshika Mehrotra** in 2014
- **Rewati Chetri** in 2015

Miss Universe

- **Sushmita Sen** in 1994
- **Lara Dutta** in 2000
- **Harnaaz Sandhu** in 2021

Mr Supernational

- **Prathanesh Mugalikar** in 2018

Miss World

- **Reita Faria** in 1966
- **Aishwarya Rai** in 1994
- **Diana Hayden** in 1997
- **Yukta Mookhey** in 1999
- **Priyanka Chopra** in 2000
- **Manushi Chhillar** in 2017

Mr World

- **Rohit Khandelwal** in 2016



-by Rishika
10th A

~The country within a country ~ The Vatican City

The Vatican City is the world's smallest country , located within Rome . And is known for being home of the Pope and the Roman Catholic Church.

~This country is located in only 44 hectares.

~Date of Independence: 11 February 1929

~Official languages: Italian, Latin

~Currency: Euro

~Population: 882 (2024)

~Area: 44 ha

~Age: 96 years

Absolute Monarchy:

This country is an absolute monarchy with people as its head.

St Peter's Basilica:

It is a major Renaissance-style church in the Vatican City and also one of the world's oldest churches.



~The Vatican City has no income tax.

~It is the only country that still uses an ATM with Latin instructions.

~There is no prison in this country.

~The country have the world's smallest railway

~It's a country where

no one is born within its borders , because this country has no hospitals of its own.

~The country owns Swiss Guard who are the elite, personal bodyguards of the Pope, serving as the official military unit of the Vatican city.



By :-
Anjali
10th
A

Unlocking the Secret Science Hidden in Your Kitchen!

BY- PRIYA YADAV [CLASS- 10-A]

Did you know your kitchen is not just a place for cooking it's a secret science lab filled with magical experiments happening every day? From the tears you shed while chopping onions to the fluffy bread you love amazing science is bubbling all around you. Let's unlock these hidden mysteries together!

The Onion's Secret Trick: Why it Makes you cry Without saying a Word!

Have you ever wondered why a simple onion can turn your eyes into waterfalls?

Here's the secret: When you slice an onion it releases a powerful invisible gas called syn- Propanethial S-oxide.

This sneaky gas travels through the air straight into your eyes and triggers a watery defense your tears. It's the onion's way of protecting itself from being eaten.

Fun fact: Next time, try chilling the onion in the fridge before cutting it can reduce the tear-inducing effect!



The Magic Bubble Factory: How Yeast Makes Your Bread Rise Like a Cloud!

Did you know tiny invisible creatures live inside your bread dough? These creatures called yeast, feast on sugar and breathe out tiny bubbles of carbon dioxide just like when you blow bubbles in water! These gas bubbles get trapped inside the dough and puff it up turning it into soft fluffy bread.

Surprising science: This process called fermentation not only makes bread rise but also gives it a delicious tangy flavor!

DIY: Mix warm water a pinch of sugar, and yeast. Watch carefully as bubbles form in minutes that's yeast breathing and working!



The Lemon Battery: How a Sour Fruit Can Light Up Your World! Imagine turning a lemon into a tiny power plant! A lemon's citric acid can push electrons to flow between two different metals copper and zinc - creating an electric current. This is the basic idea behind a battery!

Did you know? Scientists first discovered electricity with simple experiments like this over 200 years ago!

Try it yourself: Insert a copper coin and a zinc nail into a lemon connect wires and light up a small LED. You're holding the power of chemistry in your hands.



YOUR KITCHEN: A WONDER LAB OF EVERYDAY SCIENCE!

From the tears of onions to the rise of bread and lemons powering lights your kitchen is bursting with hidden science waiting to be discovered. Next time you step inside put on your scientist's hat and uncover the magic happening right in front of your eyes.

PRO TIPS FOR YOUNG KITCHEN SCIENTISTS

Always get adult supervision for experiments.
Keep a notebook or camera to record your discoveries.
Share your experiments with friends science is more fun together!

Oil and Water: The Invisible Battle of Polar and Non-Polar Forces

Have you ever noticed that oil and water never mix? That's because they belong to different 'chemical worlds.' Water is polar its molecules have a tiny electric charge like tiny magnets. Oil is non-polar with no charges to attract water molecules. Because of this invisible difference, oil floats on water like a stubborn cloud refusing to mix. Plus, oil is lighter (less dense), so it always stays on top.

Try this: Add food coloring to water and pour oil on top. Watch the colors dance below the floating oil!



Varanasi : THE HOLY CITY the oldest city alive

Varanasi also known as "Kashi" is known for its significant culture and tradition. It is also famous because it's known as hindu pilgrimage site. It is also known as one of the oldest city alive. In Varanasi, the ganga river also the heart of city's religious and cultural life. It flows from Himalaya eastward and then flow towards southeast. The ganga river stream from gangotri glacier. Also Varanasi is regarded as spiritual capital of India.



Dev Deepawali

Dev deepawali Or dev diwali is one of the most cultured and celebrated festival in Varanasi. It is celebrated on the full moon of the month of Kartik purnima, after the main diwali festival. This festival marks the victory of Lord Shiva over the demon Tripurasura. It is celebrated on the ghats of ganga river. On this occasion a very heartwarming Ganga Aarti ceremony is held, where the river is lit with countless floating lamp and earthen lamp (diyas). Also on dev diwali the city is beautifully illuminated and it creates a mesmerizing and breathtakingly beautiful atmosphere. Lakhs of devotees gather to watch this beautiful and heart-melting scene. It's breathtakingly beautiful experience.

Bhasm Holi

Bhasm Holi also called as "Masane ki Holi" is very unique and also we can say slightly scary festival. In Varanasi, Bhasm Holi is celebrated the day after Rangbhari Ekadashi, which is five days before the main Holi. It's very thrilling festival because in this festival the devotees play with ashes from cremation ground to honor Lord Shiva. The significance of this festival is that it symbolizes the cycle of life and death and also represents the ultimate truth of mortality and rebirth. Also, the devotees of Shiva mainly Aghoris perform this ritual for their connection to divine.



~Shreya Jaishal
10th A



MULTIVERSE

The term comes from 'multi' (many) and 'universe' (everything that exist). It is the idea that many universes exists parallel to each other. The universe may be very different from ours or almost identical with small differences.

THEORIES -

- **QUANTUM MULTIVERSE (MANY WORLDS THEORY)**

It is proposed by physicist Hugh Everett in 1957. It says that every time something happens, a new universe is made for each possible result.

- **COSMIC INFLATION THEORY**

Alan Guth proposed this theory. It says that the universe might have many "bubble worlds" that formed after the Big Bang. Each world could be different, with its own stars, planets, and rules.

- **STRING THEORY AND BRANE WORLDS**

Leonard Susskind, John Schwarz, and Michael Green – pioneers of String Theory. Lisa Randall and Raman Sundrum – developed famous Brane World models. It says our universe is like a "sheet" floating in a bigger space. There could be other "sheets" too, each one a different universe.

- **MATHEMATICAL UNIVERSES**

The idea was proposed by Max Tegmark. It says that every universe that can exist in math actually exists. So, there could be many different universes, each following its own rules.

CURRENT SCIENTIFIC STATUS -

Right now, there is no direct evidence that other universes exist. Theories like the multiverse are based on mathematics and physics that extend beyond what we can currently observe.

By **Arpita**
10th A



MENTAL HEALTH MATTERS

: breaking the stigma



The KIRAN Helpline (1800-599-0019) was started in 2020 to provide mental health support. In 2022, it was merged with Tele MANAS to offer even better services and support for people's mental well-being.

Taking care of our mental health is very important for our overall well-being. If we ignore it, we might start feeling sad, anxious, or struggle to do things we normally do. Some signs that we're not doing well include trouble sleeping, changes in appetite, or feeling withdrawn from friends and family. But the good news is that there are things we can do to feel better. Talking to someone we trust, like a friend or family member, can really help. Doing things we enjoy, like exercise or hobbies, can also lift our mood and make us feel more positive. Eating well and getting enough sleep are important too, because they help our bodies and minds feel their best. If we're struggling and need extra help, talking to a therapist or calling a helpline is a brave thing to do. These resources are there to support us and provide us with the tools we need to manage our mental health. We don't have to face our struggles alone – there are people who care about us and want to help us feel better, and by reaching out, we can take small steps towards a healthier and happier life.



TAKE A DEEP BREATH



~Shruti Jaisal
Class : 11th B



• JOKES



1. Teacher: We will get rid of global warming by 2050. Which tense is this?

Student: Future impossible tense.

2. Rohit: Why was six afraid of seven?

Mohit: I don't know

Rohit: Because seven ate nine

3. English book (from math book): Why are you so sad?

Maths book: Because I have so many problems.

4. Teacher: Riya, if you had 5 dollars and your mother for another 5 dollars, how many dollars would you have?

Riya: 5 dollars sir!

Teacher: You don't know your Arithmetic.

Riya: But sir, you don't know my mother!!!

5. Teacher: Why are you late today?

Student: Because of the sign on the road.

Teacher: What's that sign?

Student: "School ahead, go slow!"

-by Anand Vaishnavi

7th C



Mental Health Crisis : How to Resolve

Mental health has become a significant issue of the present time that is causing a lot of mental problems like anxiety, depression and stress. Suicide, isolation or seclusion is tragically increasing among for those aged 15-29 in many regions. Factors contributing to this crisis are:

- **Academic Pressure:** Pressure from parents, teachers and society to score higher grades and fear of failure causing insecurities.
- **Social Isolation and Loneliness:** Even though people have constant digital connectivity, many youth report feeling of loneliness and lacking real life human connection.
- **Stigma:** Stigma surrounding mental illness often prevents adolescents from seeking the help they need, leaving many cases undetected and untreated.

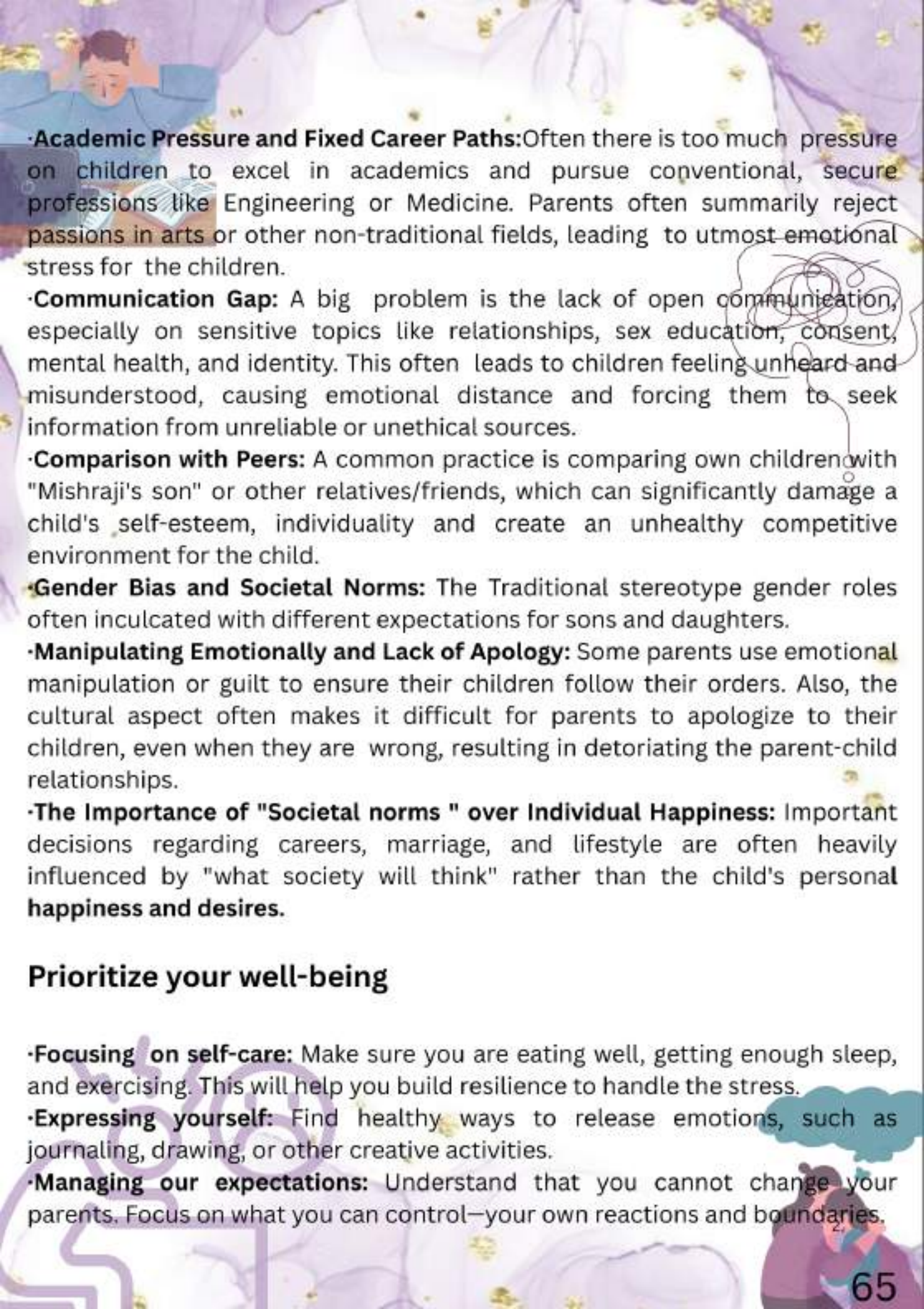
Uncertainty about future Societal Issues

The youth at present have significant issues that are about mental health, the proliferous influence of social media, and problems related to their future and education.

- **Career and Financial Anxiety:** The youth is uncertain about future job markets, the skills needed for emerging careers, lack of proper guidance, and the cost of education contribute result in anxiety about their future financial stability and purpose.
- **Global Concerns:** Issues such as climate change, political volatility, and social injustice are major worries for many young people, with some engaging in activism as a coping mechanism but also feeling overwhelmed by the news cycle.
- **Harmful Substance Use:** Experimentation with alcohol, tobacco, and other substances remains a concern, often used as a way to cope with stress and emotional difficulties.

Social Media and Digital Life: Let's get to the causes

- **Over-protectiveness and Control:** Indian parents are often considered as being extremely over-protective, sometimes turning their concerns into excessive control over their children's lives and even in adulthood. This reluctant behavior to relinquish control can affect a child's development of independence and decision-making skills.



• **Academic Pressure and Fixed Career Paths:** Often there is too much pressure on children to excel in academics and pursue conventional, secure professions like Engineering or Medicine. Parents often summarily reject passions in arts or other non-traditional fields, leading to utmost emotional stress for the children.

• **Communication Gap:** A big problem is the lack of open communication, especially on sensitive topics like relationships, sex education, consent, mental health, and identity. This often leads to children feeling unheard and misunderstood, causing emotional distance and forcing them to seek information from unreliable or unethical sources.

• **Comparison with Peers:** A common practice is comparing own children with "Mishraji's son" or other relatives/friends, which can significantly damage a child's self-esteem, individuality and create an unhealthy competitive environment for the child.

• **Gender Bias and Societal Norms:** The Traditional stereotype gender roles often inculcated with different expectations for sons and daughters.

• **Manipulating Emotionally and Lack of Apology:** Some parents use emotional manipulation or guilt to ensure their children follow their orders. Also, the cultural aspect often makes it difficult for parents to apologize to their children, even when they are wrong, resulting in deteriorating the parent-child relationships.

• **The Importance of "Societal norms " over Individual Happiness:** Important decisions regarding careers, marriage, and lifestyle are often heavily influenced by "what society will think" rather than the child's personal happiness and desires.

Prioritize your well-being

• **Focusing on self-care:** Make sure you are eating well, getting enough sleep, and exercising. This will help you build resilience to handle the stress.

• **Expressing yourself:** Find healthy ways to release emotions, such as journaling, drawing, or other creative activities.

• **Managing our expectations:** Understand that you cannot change your parents. Focus on what you can control—your own reactions and boundaries.

- **Limiting contact:** If necessary, reduce the amount of time you spend with your parents, especially if they are constantly engaging in arguments that you know are not productive.
- **Avoiding negativity:** Remember that their toxic words are often a reflection of their own issues, not your worth.

Plan for the future

- **Work for your goals:** Focusing on your future goals can provide a sense of purpose and help you cope with the present situation.
- **Create an exit/backup strategy:** If the situation is severely affecting your mental or physical health, start thinking about how you will create distance or exit from the situation whenever you are able to.

Building a support system

- **Find reliable adults:** Find out mentors like teachers, coaches, or parents of friends who can offer support and a different perspective.
 - **Connecting with peers:** Talk to friends, siblings, or others who understand what you're going through.
- Seeking professional help:** A professional therapist can provide a safe space to process your feelings and help you to cope. You may also find help through school counselors, online platforms



-Mr. Pradeep Kumar
(TGT English)



YOU BECOME WHAT YOU THINK

A wise man watches his faults more closely than his virtues; fools reverse the order.

NAPOLEON HILL

A wise person pays more attention to fixing their faults than just praising their good qualities; foolish people do the opposite. We all have the potential to do great things or to fail. Both good and bad qualities are part of who we are. Whether we succeed or fail depends on how well we manage our strengths and weaknesses. Good qualities usually don't get out of control by themselves. But faults don't fix themselves—they often grow bigger and can take over the good parts if ignored. The best way to handle faults is to deal with them as soon as you notice them.

Tip for success today:

Good character is built by focusing on good qualities. Faults work against us. To build strong character, we need to pay attention to our positive traits and keep working to make them better. This isn't always easy, but if you focus on one positive trait each day, you can improve yourself step by step. Sometimes we don't realize we need to improve, but if we just let life happen without effort, we won't grow. To get started, choose ten good traits from someone you admire. Read about their life to understand these traits better. Then, each day, focus on one trait like self-discipline, persistence, kindness, willingness to help others, or honesty. By working on one positive quality every day, you will grow a strong and good character.

Mr. B.K. Singh
TGT English



BOOK FAIR

A Message from the Librarian

Books are our best companions. They open the doors to knowledge, imagination, and infinite possibilities. In our fast-moving world, where screens capture most of our attention, reading a noble book can be a refreshing and meaningful experience. As students, developing the reading habit will help you improve your vocabulary, strengthen your thinking skills, and expand your understanding of the world.



Our school library is a treasure stock filled with storybooks, biographies, Encyclopaedia, science adventures, moral tales, and much more. I encourage each student to visit the library regularly and explore the wonderful world stored in its shelves. Choose books not only for homework or projects, but also for enjoyment and personal growth. Remember, a reader today is a leader tomorrow. So pick up a book, turn its pages, and allow it to inspire your dreams and shape your future. Let us all make reading a part of our everyday life.

by Mr. Ranvijay Pratap
Librarian



-By Kritika Maurya
10th A





By Rohini Kant
11th A





Celebration of
Independence Day



Annual Inspection



Swachhta
Pakhwada



Tiranga Yatra



Vidya
Pravesh



Guest Professor from
BHU for Teacher's CPD
Training



Rakhi Celebration



Toy Library



Community Lunch



Medical camp



Parents Teacher Meeting



CPD Training

Health Checkup



Yoga Day



Visit of Additional Commissioner (Admin) 🙌



Hindi Pakhwada



Rangoli making competition



Nest making activity



AIDS Day



Plantation Activity



Counselling Course



Toy library activity



Grandparents
day



Constitution
day



Cyber awareness



Science exhibition



Library club batch distribution ceremony



Cancer awareness programme



Food stall



Children's
Day



Vigilance awareness
programme



Indian
language
wall



Ethnic pride day



TLM
distribution



ज्ञानार्थ प्रवेश ,सेवार्थ प्रस्थान