

ENTRY 1





পাখা

"তাল পাতার তৈরি তুমি
নামটি তোমার পাখা।
শীত কালের শত্রু তুমি
গ্রীষ্ম কালের সখা।"

– লিলিবিছি কিছু, ক্লাস-‘২-বি’





ENTRY – 5

THE ENVIRONMENT

The environment is everything around us, including the air, water, land, trees, and animals. Our environment gives us fresh air to breathe, water to drink, and delicious food to eat. Birds, butterflies, and cute animals also live in this big, green home. Because nature takes care of us, it is our job to take care of it in return!

4 Ways We Can Save the Environment

- 1) Plant Trees: Trees are our best friends because they clean the air. We should plant new trees near our homes.
- 2) Save Water: We must never leave the tap running while we brush our teeth or wash our hands.
- 3) Use Dustbins: We should always throw our garbage, like wrappers and fruit peels, inside a dustbin to keep our parks clean.
- 4) Avoid Plastics: Plastic is very harmful to birds and animals. We should use cloth bags when we go to the market.

By – Aarushi Howaldar, Class – 2 A

ENTRY – 6

गर्मी की छुट्टियाँ

वद्यालय की छुट्टी हो गई,
गर्मी के इस मौसम में।
हमने खुशी ऐसे मनाई,
जैसे हो कसी जन्नत में।

सुबह में खेले, शाम में खेले,
फर पढ़ाई दोपहरों में।
नानानानी के घर जाके-,
प्यार मले भरपूर।

वक्त यूँ ही बीत गया,
हो गये उनसे दूर।
अब है वक्त पढ़ाई का,
मले गुरु का साथ।

पलपल दिन बढ़ते गये-,
फर मले अवकाश।

By - कनक सलोरिया, कक्षा -2 'अ'

ENTRY – 7

Child Stress

A little child with heavy bag,
Walks to school & starts to drag.
Homework here, Homework there,
Too much pressure everywhere.

Test and marks bring lot of fear,
Sometimes tears begin to appear.
Children also need some play,
To laugh and smile every day.

Parents, teachers, hear their voice,
Let them learn with happy choice.
A child grows best with love & care,
Not only books and stress to bear.

By - Shubham Yadav, Class: II A

ENTRY – 8

Climate Change

What is climate change? Why does this matter most for the survival of human civilization? When we talk about climate change, we talk about different aspects of climate change, like thinning of the ozone layer, greenhouse gases, and rising global temperature.

Let's talk about depletion of the ozone layer. It is necessary to note that humans are responsible for this disaster because we have made CFCs (Chlorofluorocarbons) and HFCs (Hydrofluorocarbons), which are responsible for the depletion of the ozone layer.

We must stop using these chemical substances to save the ozone layer from further destruction.

By – Lilibichhi Kisku, Class – II B

ENTRY – 9

युद्ध और शांति

युद्ध की आग जब जलती है,
धरती आँसू से भरती है।
टूटते घर, बिखरते सपने,
दर्द लिखे जाते अपने-अपने।
नफ़रत जब तलवार बन जाती,
इंसानियत भी डर सी जाती।
पर शांति का दीप जब जलता,
हर अँधियारा धीरे ढलता।
प्रेम और दया का हो संदेश,
तभी सुरक्षित होगा देश।

नाम: रणवीर, कक्षा: III (ब)

ENTRY – 10

मेरा देश

भारत मेरे देश का नाम
सबसे अच्छे इसके काम,
प्रेम का सदा ही पाठ पढ़ाये,
सुख-दुःख को सहना सिखलाये।
नहीं हो ऊँच-नीच का भाव
दूर करे सदा दुर्भाव,
हिन्दू मुस्लिम सिख ईसाई
सब आपस में भाई-भाई।
ऐसा मेरा देश महान
हम करते इसका सम्मान।

By - Sonakshi Kumari, Class - III B

ENTRY – 11

SAVE EARTH SAVE LIFE

The sky once blue now turns to grey,
As smoke and waste block light away.
The rivers cry with plastic pain,
And forests fall like silent rain.
The birds search homes that disappear,
While oceans rise year after year.
If we plant trees and keep air clean,
The Earth can heal and stay so green.
Protect nature, don't let it fade,
Our future depends on choices made.

By – Ranveer, Class: III (B)

ENTRY – 12

जल

जल है जीवन, जल है प्यार,
इसके बिना सूना संसार।
नदियाँ गाती मधुर तराना,
जल से खिलता हर आशियाना।

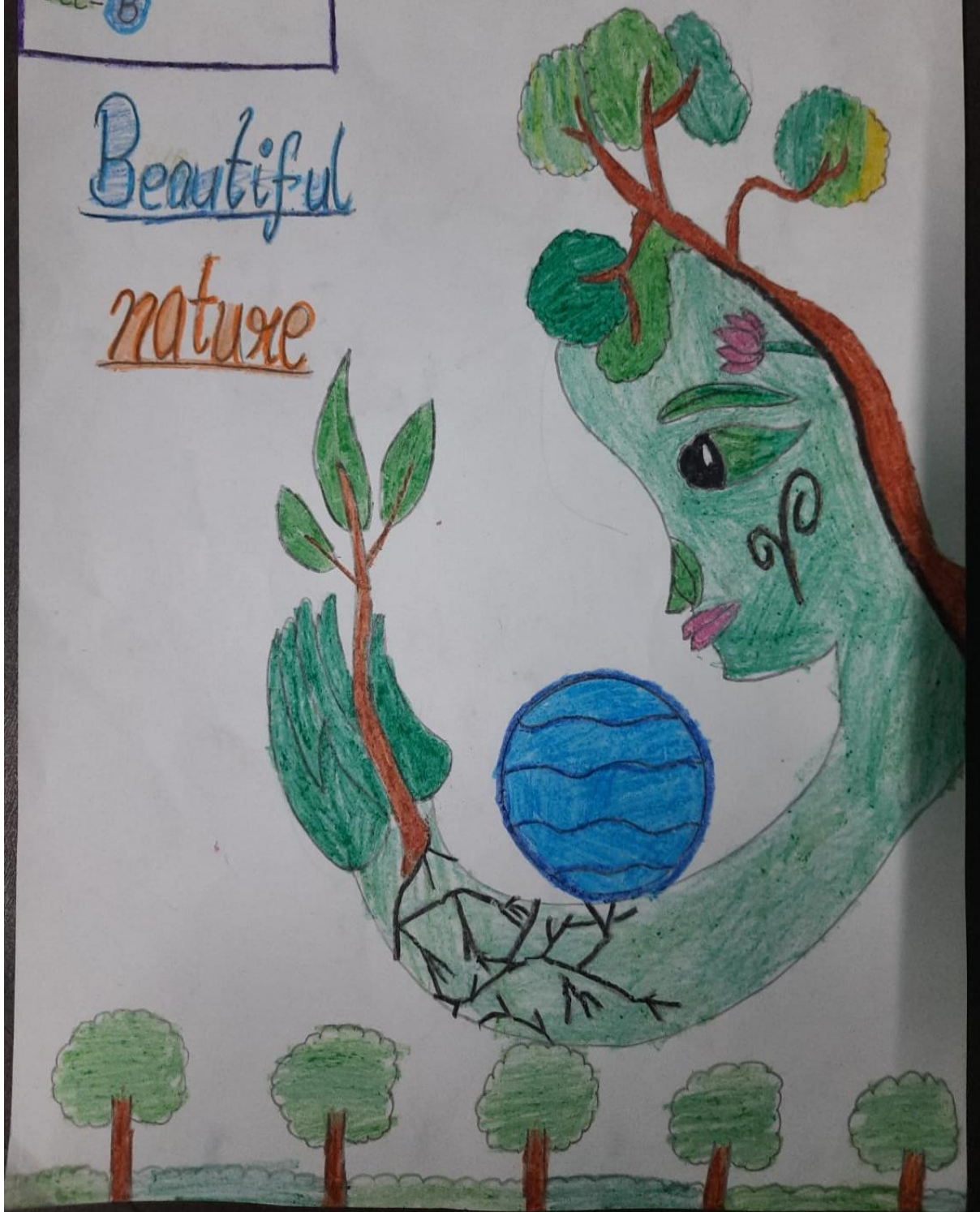
पेड़पौधे हँसते गाते-,
जल पाकर जीवन पाते।
एक एक बूंद-बड़ी है प्यारी,
मत करना इसकी बर्बादी सारी।

जल बचाओ, यही है काम,
तभी रहेगा धरती का नाम।
आओ मिलकर लें यह ठान,
जल बचाएँगे सुबह और शाम।

By - Dipanwita Mahata, Class: III B

Name- Garima Singh
Class- III
Sec- B

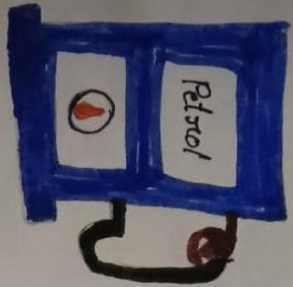
Beautiful nature



ENTRY 14



ENTRY 15



भारत के
सहोदरों की

परेशानि ।

Name- Devraj Sharma





By – Hritika Deka, Class – IV A

ENTRY – 18

To Save the Earth with a Big Idea

I want to share a small idea by which we can save our Earth from increasing temperature, and we can also save our energy resources.

When we plan to visit any place with our family and we are using any two-wheeler or four-wheeler, then during the journey, whenever we stop at a traffic signal, we should advise our father or any relative who is driving the vehicle to switch off the engine at the signal.

By following this small trick, we can save the Earth from harmful gases, which are indirectly responsible for increasing the Earth's temperature. We can also save our energy resources for future generations.

BY - SMARAN DWIVEDI, CLASS-4A

ENTRY – 19

Cyber Issue in Today's World

Today, cyber issues are a big problem because so many people use the internet, phones, and computers every day.

One major issue is cyber bullying. This happens when someone sends hurtful messages, shares mean posts, or spreads lies about others online. It can make people feel scared, sad, or lonely.

Another issue is online fraud and scams. Some people create fake messages, calls, or websites to steal money or personal information. They may ask for passwords, bank details, or one-time passwords (OTPs). If we are not careful, we can become victims.

There is also the problem of hacking. Hackers break into accounts, games, or devices without permission. They may delete data, steal photos, or misuse information.

To stay safe, we should never share passwords, think before clicking links, and only use trusted apps and websites. We must also tell a trusted adult if something feels wrong online.

Cyber safety is everyone's responsibility.

BY – SUBHASREE SETHI, CLASS-4A

ENTRY – 20



By – Sayan Auli, Class – IV B

ENTRY – 21



By – Sukriti Paria, Class – IV B

ENTRY – 22



By – Sukriti Paria, Class – IV B

ENTRY – 23

Cyber Issues – Mobile Addiction

Hello! Friends, my name is Ravi. I live in Kharagpur. My favourite app is Play Store. I play games every day at night. One day, on Friday, I was playing games on my dad's phone. Suddenly, my eyes became red!

I cried and cried a lot. My mother came and asked, "What happened, Ravi? Why are you crying?" I couldn't see! Mother said, "Let's go to the doctor." When we went to the doctor, he was very shocked because I had become blind. He said to my mother, "Your son is blind for a lifetime. Had he not spent most of his time on screens, he would have saved his vision."

Moral of the Story:

Screen time hampers our vision. Avoid digital addiction and go for physical activities.

By – APEKSHA LUMBA, CLASS – IV C

ENTRY – 24

Global Warming

Global warming is the increase in the Earth's temperature. It is mainly caused by human activities like cutting trees, burning fossil fuels, and pollution from

factories and vehicles. These activities release harmful gases like carbon dioxide into the air. These gases trap heat in the atmosphere, making the Earth warmer.

Global warming leads to many problems such as melting glaciers, floods, droughts, and heat waves. It also affects animals and plants by changing their natural habitats.

To stop global warming, we should plant more trees, use public transport, save electricity, and reduce the use of plastic. Using renewable energy sources like solar and wind power can also help.

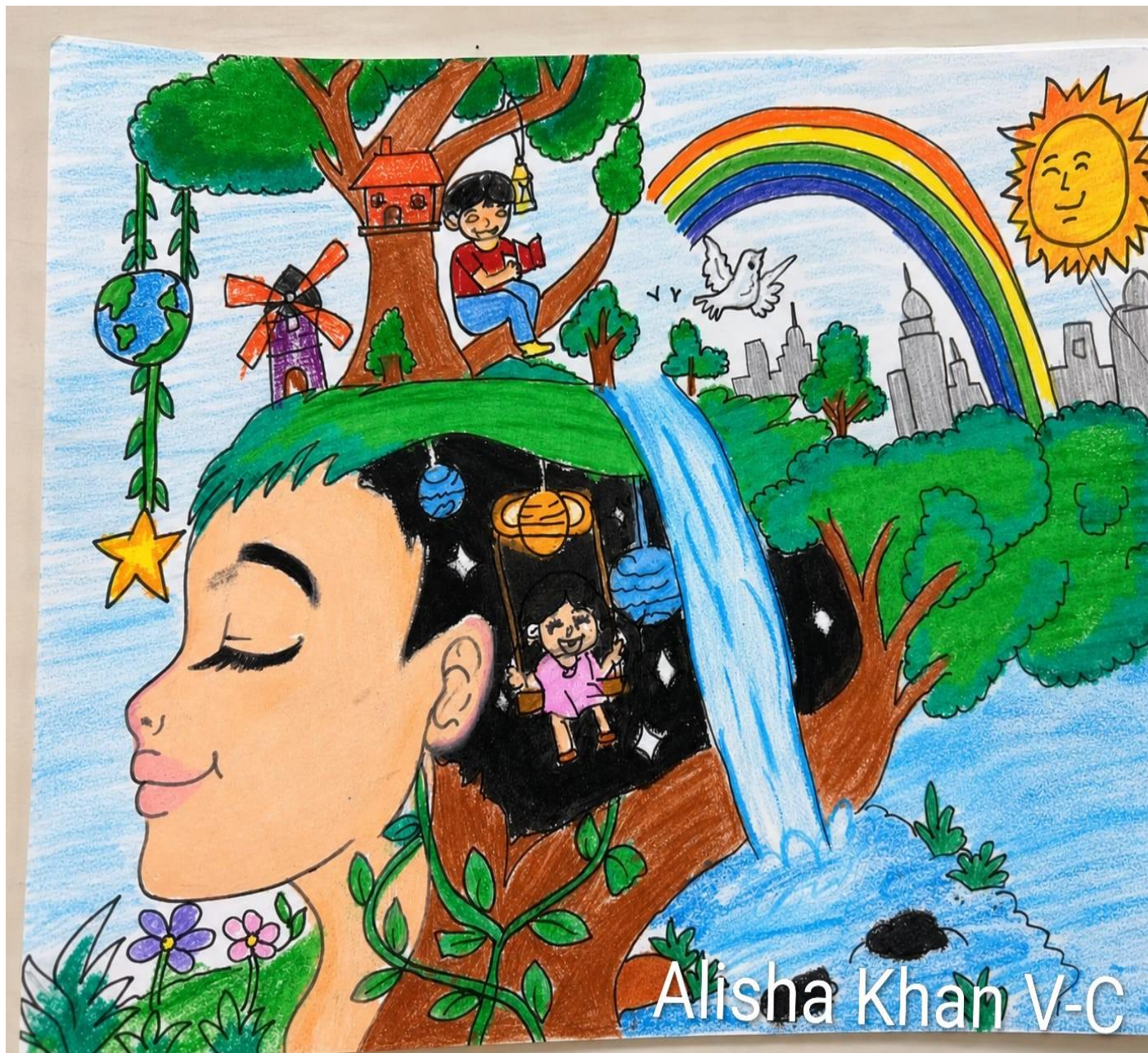
Everyone must work together to save our planet. If we take care of nature, it will take care of us. Small steps by each person can make a big difference in fighting global warming.

By – AMAN LIMAI, CLASS – IVC

ENTRY – 25



Adrija Mukherjee
Class -5A





Made by - P. Teja Rao
V- B

ENTRY - 28

Nature's Beauty

Green trees dance in the air
Birds fly freely everywhere
Flower bloom with colour bright,
Stars twinkle in the silent night,
River flow mountain stand,
Beauty spread across the land,
Nature give us joy each day,
We should protect it in every way.

Thank you

Composed by- Dishani Shekhawat

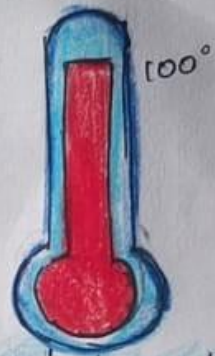
V'B'



Shagufta Mumtaz V-C

Climate Change

The Earth is getting warm each day
Because of smoke that comes our way
Cars and factories fill the air,
We must act with love and care



Trees are cut and rivers dry
Birds and animal wonder why
Ice is melting far away.
Seasons change in a strange
new way

But we children can help too
There are many things to do!
plant a tree and save some water
Make our Earth grow greener, brighter,



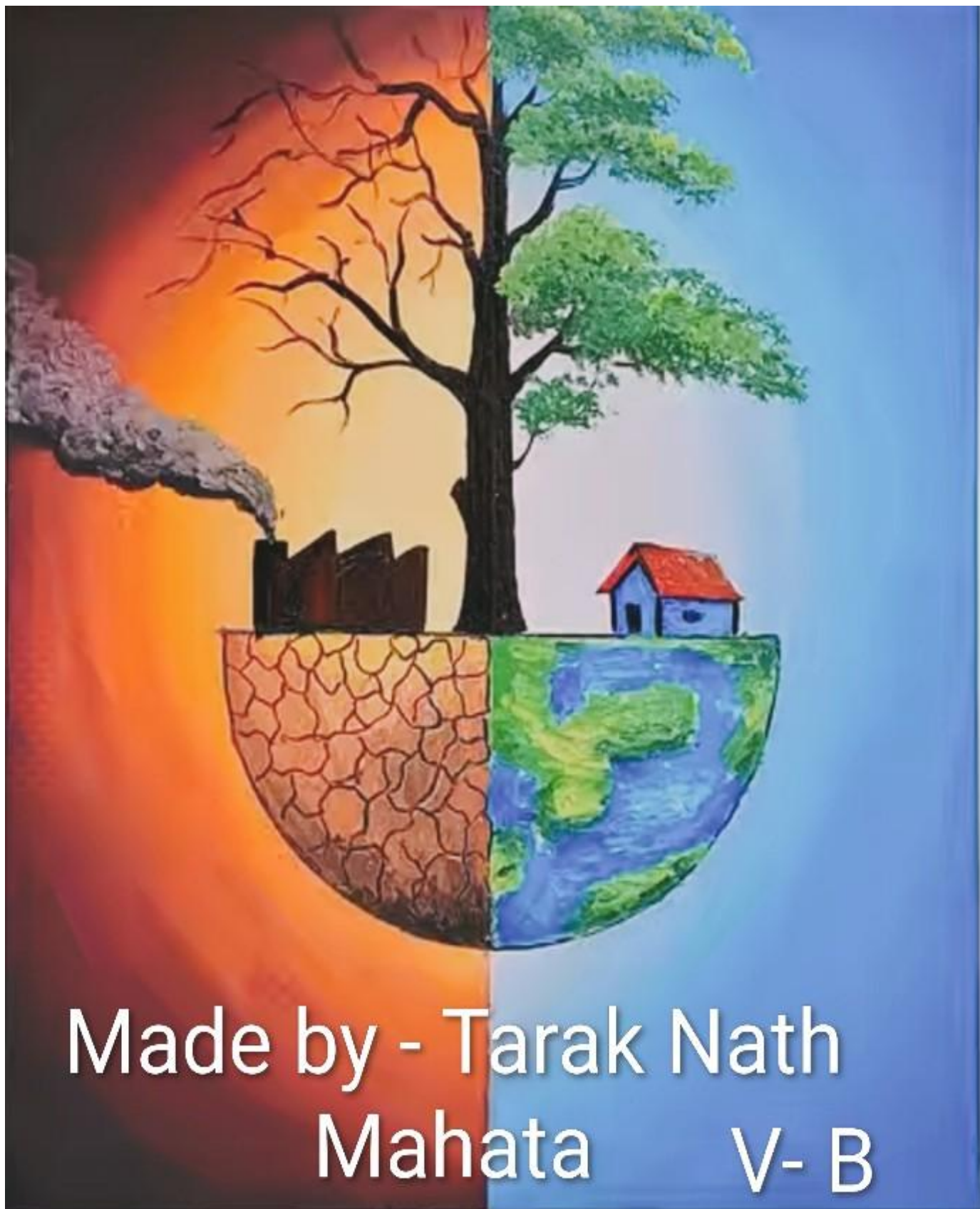
Use less plastic every day,
keep the environment clean always
If we all join hand in hand
We can heal our lovely land

Let us promise from today.
To protect Earth in every way.
A clean and happy world we'll see,
For you, for me, for all to be!



Name - Swayamsiddha Patel
class - (5C)
Roll No - 38

Swayam Siddha Patel V-C



Made by - Tarak Nath
Mahata V- B

English Section

Entry 32

Our Last Hope

When dreams grow weak and roads seem steep,
When nights are long and worries deep,
A light still shines through every scope—
The light of learning, our last hope.

Not gold nor power can truly stay,
They fade like shadows day by day.
But knowledge walks with us for life,
and guides us through each storm and strife.

A book can build a brighter mind,
A thoughtful heart, both brave and kind.
Each lesson learned, each page we read,
Becomes the strength we truly need.

The future rests in hands that try,
In students who dare dream and fly.
For every child with goals to cope,
Education is our last hope.

So let us study, rise, and grow,
with courage in the paths we sow.
For through hard work, we learn to cope—
And turn our hope to endless hope.

– Aditi Mishra
Class IX 'A'

ENTRY 33

SAVE WATER

Save water,
As more as possible,
As without it
Life will be impossible.

Turn off the taps,
Do water harvesting,

Rescue water,
Instead of wasting.

Be conscious,
Be responsible,
Take actions,
As soon as possible.

Use water,
As per your need,
Save water,
And do a good deed.

Don't use water
Without any reason,
Have the responsibility,
And be a good citizen.

– Aaradhya Gupta
Class IX-A

ENTRY 34

The Perspective

There is something sinister about flowers
They flourish with the curse of narcissism
They beg to be noticed
Even when vanity leaves them corroded

The demons too has soul
And it's purer than a deity,
The smile of the devil was better
Than the riches of the purity

Rain that brings breezes
calm and cold
Have you not noticed
The grudges it holds

The poison of the petrichor
Our ugliness of a flower
The justice done by demons
Our unholiness of divine

These are the things

That anyone barely notice
They all have scrambled thoughts
And are very focused with it

But there is a way
That's pretty much effective
Nothing too fancy or perplexed
Just change your perspective.

ENTRY 35

Topic – Child Stress (Poem)

Behind the smile of every child,
A silent storm may grow wild.
Books grow heavy, nights grow long,
Yet they pretend that all is strong.

Marks and grades become a race,
Pressure follows every place.
Fear of failure fills the mind,
Leaving little peace behind.

Children also need some time
To laugh, to dream, and gently shine.
Not every lesson comes from books,
Sometimes love is all it took.

A caring word, a little rest,
Can help a child become their best.
For childhood should be bright and free,
Filled with hope and memory.

So hear the voices left unspoken,
Help the hearts that feel broken.
Because every child deserves a way
To live with joy each single day.

Name – Mehek Thakur

ENTRY 36

My Mother

My mother always knows when something is wrong,
Even when I say I'm okay.
She worries about the smallest things,
And still makes sure I smile every day.

She works hard but never complains,
And somehow she still has time for me.
I don't think I thank her enough
For all the things she does quietly.

I know we don't always agree,
And sometimes I get annoyed too,
But no matter what happens,
I know I can always come back to you.

— Somya Patel
Class IX 'A'

ENTRY 37

THE SOUL BEYOND THE SCRIPT

The clock ticks with a heavy rhythm against the quiet morning air,

While messy stacks of open textbooks watch with a cold and silent stare.

The ink stays frozen on the metal nib above the paper's snowy white,

As all my scattered thoughts begin to drift away into the dimming light.

Each complex formula and dusty date becomes a tangled web within the mind,

Leaving the simple, easy peace of yesterday a very distant mile behind.

But heavy pressure is a passing cloud that eventually has to move and pass,

Like the silver morning dew that slowly fades from every blade of grass.

You are worth so much more than every mark a red-inked pen can trace,

So find your inner strength and meet the looming challenge with a calm embrace.

– Aishani Mitra (X 'C')

ENTRY 38

Make Your Summer Vacation Count

Summer vacation is often seen as a time for rest, fun, and relaxation. While taking a break is important, it is also a golden opportunity for students to become stronger learners and prepare themselves for better academic performance.

During summer holidays, students can create a simple daily routine that includes a few hours of study along with hobbies and relaxation. Revising difficult subjects, practicing mathematics, improving grammar, and reading storybooks or newspapers can sharpen knowledge and confidence.

Summer is also the perfect time to learn something beyond textbooks. Students can develop new skills such as public speaking, creative writing, drawing, coding, or learning a new language. These activities improve personality and help in overall growth.

To score extra marks, students should focus on strengthening weak areas. Solving sample papers, completing holiday homework on time, and making short notes for important chapters can give a strong advantage in the next session.

Physical fitness is equally important. Playing outdoor games, doing yoga, or exercising daily keeps both mind and body active.

In conclusion, summer vacation should not be wasted only on entertainment. A balanced use of holidays can help students become disciplined, skilled, and academically stronger. Small efforts during vacation can lead to big success in exams.

Marks, Stress and “Beta, Sharma Ji ka Beta...”

Exams are over, results are out, and suddenly every house turns into a mini courtroom. Students stand nervously while parents hold mark sheets like detectives solving a mystery.

For children, marks sometimes feel like the ultimate life score. One mark less can create stress levels higher than exam day itself. Meanwhile, parents often have only two modes: “Very good!” or “What happened to the remaining marks?”

The funny part is that students are expected to study, stay calm, sleep on time, eat healthy, exercise, and somehow also become toppers. Quite a superhero job!

But jokes apart, marks are only one part of learning. A report card cannot measure creativity, kindness, talent, or hard work. Parents should support their children not only when marks are high, but also when confidence is low.

After all, children need motivation, not a daily comparison with every topper in the neighborhood.

Because at the end, peace at home is worth more than 2 extra marks!



Name Yudhishthira Singh Bhati

Classic 10 B

Finding Calm in Chaos: A Guide to the Art of Patience

-By Rounak Bera(X-B)

“Sometimes staying silent in an argument makes you more successful and happy in life”

A very pleasant and warm greetings to one and all reading this message. Today I am here to convey you all another message which might help you excel in life and face the challenges that you might encounter with ease. This message is about “Patience” an essential fragment to lead a better and peaceful life.

No matter what happens one cannot ignore the art of patience in life, without it your life will always run into chaos, stress and mismanagement. Patience is an art which like any other activity can be mastered through continuous practice and discipline. It is just like learning to play a guitar or a violin.

Patience helps solve one of the most difficult situations in life with ease, if you hold patience you will always get the fruit of your hard work, the painful storms will pass away and will bring the spring of happiness and peace, if you hold patience. The main core of a successful and fulfilled life is patience, it is all about holding some patience and time will decide everything.

Although it seems so easy, it is not and that's why most people underestimate it or ignore it which leads to consequences. You have to put in time and work to master patience, most people think they have it and instantly lose their minds when a tough situation comes. It can help you to come out of any problematic situation and make the right decision. To build patience you just have to stay calm and peaceful in any stressful situation, whether you are in an argument or your ideas have stopped working and you are in a tough spot. Always practice staying silent in tight scenarios. It will help you to think more effectively than others and excel much faster.

For example: If you get into an argument, you might stay silent because I quote the words of a famous personality that, “Patience is when you're supposed to be mad but you choose to understand”. And understanding the situation can make you more aware about it rather than getting angry and making wrong decisions. Remember friends patience is like oxygen, for our lives at first we can ignore it but when we realise it's importance it will be too late.

At last whether being patient or not is on you only, I hope you tried to understand the message I gave my best to convey to you all. So that's all from my part, keep learning, stay curious, thank you, thank you very much.

"The Simple Question That Changes Everything"

"Nature always asks us two questions before we make any decision in our life, is it necessary or is it a necessity, and how we answer that question makes the base of any decision in our life."

A very pleasant and warm greetings to one and all reading this message. Today I am not going to give a standard speech like always. Today it will be a mutual talk between you and me. Today I am here to convey you all a message which might help you in your journey forward, whether you are passing out of school next year, or are about to face some new challenges, this lesson will stay with you as it stayed with me.

Let's say you told your parents that you wanted a new pen because your friend had one, although there are 5 pens in your box. You told them "It is very necessary for me to buy this pen", but let me ask you my friend, have you ever asked yourself "Is

it a necessity for me to buy this pen".

My friends there is a difference between what is necessary and what is a necessity. Something which is necessary means that it is required or needed for a particular purpose, (something which can be skipped) and is only for show, whereas something which is a necessity has the utmost priority and had to be done at this moment.

We always categorise something that had to be done as necessary which is wrong, always categorise those tasks as a necessity. (And always prioritise what is a necessity for you). This will help you have a more organised and simple life.

For example :- I will never say it very necessary for me to write this article but, I will say it is a necessity for me to write this article.

Remember friends we can say that everything that we do in our lives is necessary but what are our necessities will differentiate the type of lives we will lead.

At last what is necessary for you and what is a necessity depends on you only.

(For example: for some people it is necessary for them to listen to this message but for some others it is a necessity.) I hope you tried to understand the message I tried my best to convey to you all, so, that's all from my part. Keep learning, stay curious, thank you, thank you very much.

-Rounak Bera(X-B)

ENTRY 40

Escape Your Comfort Zone, Save Your Dreams.....

The phrase "comfort kills dreams" is a big warning for students. It means that always choosing the easy way out stops you from growing. True learning is supposed to be a little hard. When you only study subjects you are already good at, sit in the back of the class to avoid being called on, or choose sleep over studying, you are trading your future success for temporary comfort. If you stay in your comfort zone for too long, your brain gets lazy, and you end up missing out on your biggest goals.

The biggest enemies to a student's success are distractions that feel good. Social media apps are designed to keep you hooked for hours with fun videos that require zero effort. Another trap is "useful delaying." This is when you do easy chores, like cleaning your room or organizing your desk, just to avoid doing the actual hard homework. You feel busy, but you are really just making yourself look helpful to avoid the real work. Staying around friends who never push you to do better is another comfortable trap that keeps you from reaching your full potential.

To break out of this trap and succeed, you have to make your bad habits harder to do and your good habits easier. Start by changing where you work—study at a desk or a library instead of your bed, and put your phone in a completely different room. When a task feels too big, promise yourself to work on it for just five minutes; starting is always the hardest part. By choosing a little bit of hard work today over easy comfort, you will finally start making your dreams come true.

Name:- Koustav Dolai

Class:- '-10B'



Entry No. 41

THANK YOU Teacher

You didn't just teach from the book on a page,
you somehow made learning feel like a stage.
with patients stretched through every day,
you found new ways to make things stay.

When we didn't believe we could, you did,
you saw potential in every kid.
You turned mistakes into something bright
and stayed late marking well into the night
You probably didn't hear it enough back then-
but you changed more lives than you'll know,
then.
so here it is, simple and true
thank you for everything you do

By Rakshita Sharma

Class - VII, Section - A, Roll No.- 35

Entry No. 42

ARTICLE on Child Stress

“Genius is 1% talent and 99% percent hard work” – Albert Einstein

Introduction

Children also experience stress. Child stress is becoming a serious problem in life. Many children feel stressed because of studies, examinations, competition, family issues and lack of rest. Sometimes parents and teachers expect too much from children which increases their pressure. Stress affects both the mind and body of a child. A stressed child may become angry, worried, sad or tired. Some children may lose interest in studies and games. Stress can also cause headaches, lack of sleep and poor concentration.

There are many causes of stress in children. One common reason is academic pressure. Many children feel worried about exams, homework, and getting good work. Some parents expect their children to always perform well in school, which increases stress. Bullying at school is another major cause. Children who are teased or treated badly by classmates may feel scared and unhappy. Family problems such as fights between parents, divorce, etc. can also affect children deeply. Some children may cry frequently or feel afraid without reason.

Some children become quiet and withdrawn, while others become angry or irritated. When they do not get enough time to relax or play they may feel tired and stressed. Social pressure also affects children.

Entry No. 43

Cyber issues (Online Safety)

Introduction :-

As of today, online safety focuses on protecting users against AI-driven threats, phishing, and grooming, particularly among youth. Key strategies include using passkeys instead of passwords, setting strict privacy controls, limiting shared personal data, and enabling multi-factor authentication.

Safety Priorities :-

The digital landscape is changing rapidly, with Artificial Intelligence (AI) reshaping both opportunities and threats.

- **AI Threats & Deep-fakes:** AI is increasingly used for impersonation and blackmail, making it critical to verify who you are interacting with online.
- **Child Safety Regulations:** New laws are pushing for higher accountability to prevent exposure to harmful content.
- **Social Media Risks:** Most young adults report witnessing or experiencing harmful content, including scams and cyberbullying.

Personal Safety Plans :-

1. **Lock Down Accounts:** Utilize passkeys instead of traditional passwords for better security.
2. **Review Privacy Settings:** Regularly check privacy settings on all social media platforms.
3. **Limited Shared Info:** Be cautious with location services and personal details.
4. **Stay Scam Alert:** Be aware of common phishing, romance, and investment scams.
5. **Use Technology Wisely:** Utilize tools such as screen time limits and content filters.

- By Jagriti Singh, Class VI, Section C, Roll no - 40

Entry No. 44



Name - Tavisha Das
Class - VI B
Roll no - 01
School - KV No 2 APS WKD

By Tavisha Das, Class VI, Section B

Entry No. 45



By Ayushman Pal, Class VII, Section B

Entry No. 46



– By Piyusha Rangari, Class - VIII, Sec - C

Entry No. 47

Cyber Issues

The internet is fun but we must be very careful. Mobile addiction is a big problem when we look at screens for too long. It hurts our eyes and makes us miss playing outside with our friends. While we are online, we can see fake news. Fake news means telling fake stories and lies. They look real but they want to scare us. We need online safety to stay happy. We must never talk to strangers on a phone. Never give your secret password to anyone. If you see a scary story or a mean words go tell your mom, dad or a teacher. But do not look on that. Putting our phones away helps us play in the real world. We must use our computers nicely every single day. Sharing true stories helps everyone safe and smiling. Let us try to be smart and be safe from today and don't get tricked by fake news.

— By Name - Vaishnavi Rawat, Class - 6th,

Section - A

Entry No. 48 (poem)

I REMEMBER

I remember, I remember,
The house where I was born,
The little window where the sun
Came peeping in at the morn;
He never came a wink too soon,
Nor brought too long a day,
But now, I frequently wish the night
Had borne my breath away!

I remember, I remember,
Where I was used to swing
And thought the air must rush as fresh
To swallows on the wing; then
My spirit flew in feathers
That is so heavy now
And summer pools could hardly cool
The fever on my brow!

– By Yash Mongre, Class - VI, Sec - A, Roll No - 14

Global Environmental Issues

Human's unplanned infrastructure development and industrial growth bring many problems. Some of these problems have become very big, like a giant that is now hurting the whole world and nature. This giant is called environmental change. It includes the problem of climate change. The main signs we can see, are the earth getting hotter, bad air quality, and natural things like trees and water running out.

The main reasons for these dangerous problems are infrastructure development and industrial growth without planning and using too much plastic. These happen because the number of people in the world is growing very fast. These reasons are causing large forests deforestation.

Our planet Earth is like one big family where all parts are joined together. If we hurt one part, the whole body feels the pain. We have harmed our nature by cutting down too many forests, and now the whole world is feeling that pain.

There are some ways to solve these problems are:

1. Deforestation → By planting many trees.
2. Water pollution → Avoiding throwing wastes into water bodies.
3. Air pollution → By using electrical vehicles and renewable fuels.
4. Global warming → By huge afforestation across the whole world and less use of plastic based industries.

In only one sentence it is said that deforestation is the main cause of this environmental issue and it can be overcome by the afforestation only.

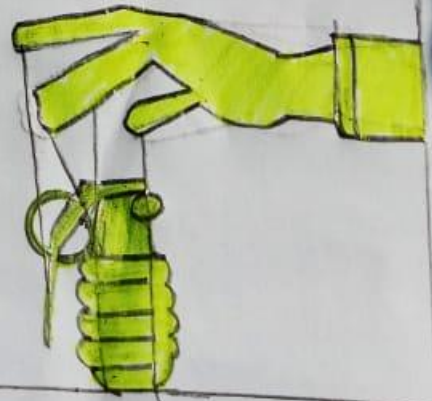
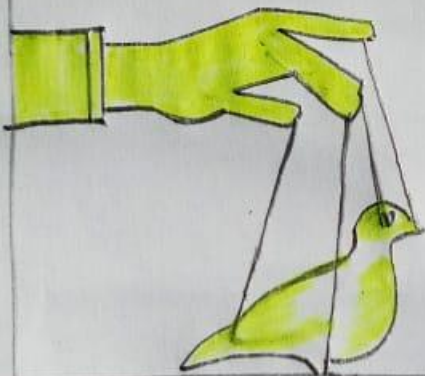
— By Avanish Aarjav, Class VI, Sec- A, Roll no-

War and peace

War is thunder in the night,
Flames that steal the morning light.
Hearts grow heavy, skies turn gray,
Hope and laughter fade away.

Peace arrives with gentle rain,
Healing hearts from fear and pain.
Hands unite, and voices sing,
Bringing life to everything.

War may break and tear apart,
But peace is stronger in the heart.



Entry no. 51

Plastic Pollution

Plastic is not a natural element it is made by chemical and its decomposition is very slow. For our Convenience we use plastic in our daily use like bottle, plates etc. After use we through these plastic as a waste are cause pollution. Plastic as a waste are making Environment toxic, making soil infertile. Chemical released by these waste mixed with air and comes inside our body also. We have to say no plastic and use eco friendly and biodegradable material we should use paper made bags, plates and glasses. We should spread awareness. Government also trying to ban single use plastic.

— By Arpit Mishra, Class VI, Sec - B, Roll no -29

Entry no. 52

Cyber Issues

Today's, computers and mobile phones are very important in our daily life. We use the internet for studying, games, chatting, and watching videos. But there are also many cyber issues that can harm people, especially children. Cyber issues include online cheating, hacking, cyberbullying and the Internet stealing personal information. Some strangers on the internet may send harmful messages or try to trick children.

Many students spend too much time on mobile phones and online games. This can affect thier studies and health. Sometimes people also spread fake news and wrong information on social media, which creates confusion.

Cyber safety is very important for everyone. We should use the internet wisely and carefully. Safe use of technology helps students learn new things and protect them from online dangers and problem.

— By Priyom Pal, Class - VI, Sec - B, Roll no – 31

TEACHERS' CORNER

ENTRY – 53

War and Peace in Our World Today

Dear Students, Parents, and Fellow Teachers,

Today, I write to you about a topic that affects every human being on our planet — war and peace. As we look at the world around us, we see that many countries are still caught in the painful cycle of conflict. The war between Russia and Ukraine has entered its fifth year, with continuous drone strikes, destroyed cities, and innocent civilians losing their lives every day. In the Middle East, the situation remains deeply troubling. Recently, Israeli Prime Minister Netanyahu ordered his military to seize 70% of the Gaza Strip, reversing earlier ceasefire agreements, while the United Nations has stated that 100% of Gaza should belong to Palestinians.

Beyond these major conflicts, new wars have broken out in 2026. There is now a war between Afghanistan and Pakistan, unrest in Lebanon, fighting in Sudan and Myanmar, and violent gang battles in Haiti. Each of these conflicts brings suffering to millions of families who simply want to live in safety.

What do these wars mean for us? They mean children cannot go to school. They mean mothers cry for their lost sons. They mean fathers watch their homes turn to rubble. War takes away the most precious things—life, hope, and the future.

War is utterly futile. It solves nothing but creates endless pain, destruction, and hatred. No victory in war is worth the cost of human lives. As students of Kendriya Vidyalaya, as parents, and as citizens of India and the world, let us make a firm commitment to peace. Let us teach our children to respect all cultures, religions, and nations. Let us choose dialogue over violence, understanding over anger, and compassion over hatred. True strength does not lie in weapons or armies; it lies in our ability to forgive, to cooperate, and to build bridges between people.

Let us work together so that every child can study in a safe classroom, every family can live without fear, and our world can become a place of harmony. Peace begins with each one of us—with our thoughts, our words, and our actions. Let us choose peace today, for the sake of our children and the future of our world.

Jai Hind

Sumit Kumar

PRT

ENTRY – 54

The Power and Effects of Thoughts

Dear Students, Parents and Fellow Teachers,

Every topic has a story to tell and a lesson to share. Learning is a lifelong journey and every new topic opens a door to deeper understanding.

Let us embark on a thoughtful exploration of : —

"The Power and Effect of Thoughts"

Every great invention, every remarkable achievement and every meaningful change in the world began with a single thought. Thoughts are invisible, yet they possess the power to shape our actions, influence our emotions and determine the direction of our lives.

Understanding the power of our thoughts is the first step towards unlocking our true potential. Human beings are blessed with the unique faculty to think — the mind. Thoughts are the vibrations of the mind.

Psychologists say that the conscious mind is 10% of the total mind. Therefore, one is using only 10% of the mind. 90% of the mind is not active. Thoughts are like seeds we plant in our mind. Every thought has its vibration. Medical scientists say that every thought has its impact on the 75 trillion cells in the body.

When we think, thought energy will start spreading to the surroundings.

If we think positive, positive vibrations will spread in the atmosphere. Positive thoughts generate energy and strength.

If we think negative, waste and vicious vibrations will spread in the surroundings. Negative thoughts rob our power & strength, make us feel polluted.

These thought vibrations not only affect individuals but also it affects the environment both social and natural.

Some people say that **there are 8 kinds of thoughts -**

1. Toxic thoughts
2. Negative thoughts
3. Waste thoughts
4. Necessary thoughts
5. Ordinary thoughts
6. Positive thoughts
7. Right thoughts
8. Elevated thoughts

As the thoughts, so the state of being of a person.

Thought has energy. Our thoughts determine the level of our life.

The world inside us determine the state of affairs outside.

Thoughts trigger certain feelings, which in turn shape our attitude towards someone or something. Attitude shape our behaviour. Many of our behaviour become habits. These all constitute our unique personality. Ultimately all our interactions during the course of our life shape our destiny.

Mahatma Gandhi, Swami Vivekanand, Buddha and all other great masters of human kind lived simple living with High Thinking.

At the end, I want to conclude with the first words of the Buddha in the Dhammapada underlining this deep truth :- **"If a man speaks or acts with an evil thought, sorrow will follow him as the cart goes after the ox."**

SOUMYA AWASTHI

PRT

ENTRY - 55

Fail Forward: Why Your Struggles Are Your Superpower

Every topper you admire, every champion you look up to — they all share one secret: they failed, struggled, and chose to keep going anyway. That choice is what made them extraordinary.

School is not just about marks and grades. It is a place where you learn the most important skill life can teach you — how to face difficulty and not give up. From Class 1 to Class 12, every single year brings new challenges, tougher exams, heavier books, and bigger expectations. And sometimes, it feels overwhelming.

But here is the truth no textbook tells you: struggling is not a sign of weakness — it is proof that you are trying.

The Myth of the "Natural Genius"

We often look at brilliant students and think, "They are just naturally smart." But that is rarely the truth. A.P.J. Abdul Kalam — one of India's greatest scientists — came from a small town with very little money. He sold newspapers as a child to support his family. Albert Einstein failed his university entrance exam. Oprah Winfrey was told she was "unfit for television." Their greatness was not handed to them — it was built, brick by brick, through struggle.

When you find a subject hard, when you score less than you hoped, when a teacher's criticism stings — you are not failing. You are collecting the raw material for your future success.

What Struggle Actually Does to Your Brain

Science backs this up. When you struggle with a problem and finally solve it, your brain forms stronger neural connections than when something comes easily. Difficulty is literally making you smarter. Every time you sit with a tough math problem, every time you rewrite an essay, every time you memorise something

challenging — your brain is growing. Neuroscientists call this "desirable difficulty." We can simply call it: doing the hard thing.

♦ 5 Things to Remember on a Hard Day

- One bad exam does not define your intelligence or your future.
- Progress is not always visible — it is often happening quietly inside you.
- Asking for help is a sign of strength, not weakness.
- Rest is part of the process — you cannot pour from an empty cup.
- Every great person you admire once sat exactly where you sit now.

Your Only Competition Is Yesterday's You

In a classroom full of students, it is easy to fall into the trap of comparing yourself to others. She got higher marks. He finished faster. They seem to understand everything effortlessly. But comparison is a thief — it steals your focus from your own journey.

Your real goal is simple and powerful: be a little better today than you were yesterday. Read one more page. Understand one more concept. Be a little kinder to yourself when you make a mistake. That is how mountains are moved — not in one giant leap, but in a thousand small, determined steps.

A Letter to Every Student

Whether you are in Class 1, just learning to read your first words, or in Class 12, facing the weight of board exams and an uncertain future — this message is for you:

You are allowed to find it hard. You are allowed to cry. You are allowed to feel lost. But please, do not stop. The world needs what only you can bring to it. Your unique mind, your unique story, your unique way of seeing things — these cannot be replaced.

The struggle you are going through right now is not a detour from your path. It is the path. And on the other side of it is a version of you that is braver, wiser, and more capable than you can imagine today.

So, open your books. Pick up your pen. Take a deep breath. And keep going — because the world is waiting for everything you are about to become.

SHALINI
PRT

BALANCING SCREEN TIME AND REAL-WORLD LEARNING IN THE DIGITAL AGE

Technology has transformed the way children learn, communicate, and explore the world. Digital devices provide access to information, interactive lessons, and creative

learning opportunities. However, excessive screen time can reduce physical activity, affect concentration, and limit meaningful social interactions.

Real-world learning remains equally important. Activities such as reading books, conducting simple experiments, playing outdoor games, observing nature, and engaging in discussions help children develop critical thinking, creativity, and life skills. These experiences create lasting memories and promote holistic development.

The key lies in maintaining a healthy balance. Screens should be used as tools for learning rather than as a substitute for real-life experiences. Parents and teachers can encourage children to follow a balanced routine that includes study, recreation, physical activity, and family time.

In the digital age, success depends not only on technological skills but also on the ability to connect with people, solve problems, and learn from the world around us. By balancing screen time with real-world learning, we can help children grow into responsible, knowledgeable, and well-rounded individuals.

Ankit Mishra

Primary Teacher

ENTRY-56

My twins, Falsehood

By Mrs.Milly Tanti,(TGT English)

As a child, dream meant thoughts of my parents —
Their hopes were the sky I lived under.

Adulthood craved livelihood,
So I took a job that was never truly mine,
Worn like borrowed clothes.

Marriage brought some hope,
But illusion came draped alongside.
Unveiling the burden of falsehood
Became my twin, walking every step with me.

“Compromise and smile,” said life,
As tiny feet tiptoed into my world —

One hand holding mine,
The other letting my dreams go.

Yet deep beneath the weight,
Waves of self-discovery still rise.
I am not lost.
I am becoming.

ENTRY-57

গ্রন্থাগার
সুভাষ মল্লিক- গ্রন্থাগারিক

গ্রন্থাগার জ্ঞানের আলো,
অন্ধকারে পথ দেখালো।
পাতার মাঝে সোনার খনি,
জানার তৃষ্ণা মেটে যেনি।
দেশ বিদেশের কত কথা,
বইয়ে লেখা সুখের ব্যথা।
যে পড়ে বই মন দিয়ে,
সফল হয় জীবন নিয়ে।
বই আমার সেরা বন্ধু,
জ্ঞান দেয় সে অবিরাম সদ্য।
গ্রন্থাগার আলোর দিশা,
শিক্ষার পথে দেয় ভরসা।
দুঃখে সুখে পাশে থাকে,
নতুন আশা হৃদয় আঁকে।

గ్రామాగారే బయ్యెర మేలా,
పడతే పడతే కాటే బేలా।
బే బయ్యె పడే మన లాగియే,
జయ సే పావ జీవన గాడియే।

BHASHA SANGAM Entry 58

ప ర్వత పంచ సమసయ లు లంగ సమానత్వం ఎన్నో శతాబ్దాలుగా పురుషులను కుటుంబానికి పోషకులు, రక్షకులుగా చూస్తున్నారు. అదే సమయంలో స్త్రీలను వస్తువులుగా, రక్షించబడాల్సిన వారిగా వర్గీకరిస్తున్నారు. కానీ ఎవరినుంచి రక్షించాలన్నా? అదే "రక్షకులు"గా భావించే పురుషుల నుంచే. శతాబ్దాలుగా మనుష్యుల వషయంలో కూడా చూస్తున్నది ఏమిటంటే, చదువు వషయంలో అబ్బాయికే ప్రాధాన్యం ఇస్తురు. కుటుంబం పేర్కొంటే, అబ్బాయినే ప్రథమశాలకు పంపిస్తురు. మరి అమ్మాయికి ఏముంటుంది? ఆమె ఇంటి పనులు నేరుకుంటుంది. తల్లిదండ్రులు ఆమె పెళ్లి కోసం డబ్బా కూడబెడతారు. అయినా అత్యంత చారాల బద్ధితులు ఎవరు? మహిళలే. తొమ్మిదేళ్ళి అమ్మయక చిన్నోరిని ఒక పెద్దవాడితో వవాహుం చేయడం మనుష్యుల చూస్తున్నట్లు. ఇది ఇప్పటికీ పాపులరులోని అనేక ప్రాంతాలలో జరుగుతోంది. భారతదేశంలో కూడా బలయ వవాహుం చటట వరుద్దమైనప్పటికీ, అది ఇంకా జరుగుతూనే ఉంది. "ఇది అమ్మయక తల్లిల చివరి తరుం" అని మనుష్యుల చిట్కా. కాదు. బద్ధితుల భరిస్తు, తాయగుం పేరుతో పితృస్థామ్యం నో మౌనుంగా అనుభవస్తున్న తల్లిల చివరి తరుం ఇదే. పాతి ఒకకరూ తమ పిల్లలకు చిన్న పాటి నుంచే పురుషుడ్ర కానీ, స్త్రీ కానీ, మనముండ్రుం సమ్మనమైన మనుషులమని నేరిపతే, సమ్మజంలో నిజమైన మురుప వస్తుంది. పాతి అమ్మాయి తన కోసం నిలబడుంత దైర్యం ఉండాలన్నా. పాతి అబ్బాయి మహిళలను గౌరవించేంతగా వ్యయ వుంతుడిగా మూరాలన్నా. పేరు: జి. ప్రవని
తరగతి: 12వ తరగతి (వజ్రా నుం)

Entry 59

বাংলা কবিতা

পরীক্ষার দিন যতই কাছে আসে,
পড়াগুলো ততই কঠিন মনে হয়।
রাত জেগে পড়তে পড়তে,
চোখে শুধুই ঘুম জমায়।

শুধু ভালো নম্বরের আশায়,
মনের ভেতর ভয় জাগে।
তবু ভোরের আলো দেখলে,
বুকের ভেতর সাহস আসে।

কলম নিয়ে হাতে যখন,
মন প্রশ্নের উত্তর খোঁজে তখন।
তবু চেষ্টা করার ইচ্ছাতেই,
জয় আসে তাতে।

— সুমিত কুমার ঘোষ

Entry 60

চাইল্ড স্ট্রেন্স

শিশুদের মানসিক বিকাশের জন্য পড়াগুলো বরার সাথে সাথে বাহ্যিক ও মনন সংক্রান্ত বিষয়ের ওপর বড়দের নতরে দেওয়া বেশি প্রয়োজন।

আজ কালকার দিনে এশারা একটু বড় হবার সাথে সাথে তাদের পিঠে ব্যাগের এর নিতে হয়, শৈশব কাল উপভোগ করার আগেই বিদ্যালয় এর বই-এর ভার তুলে নিতে হয় এই ছোট্ট ছোট্র কাঁধে।

শিশুদেরকে বেশি চাপ দেওয়ার সাথে সাথে ভাবকদের একটি কথা মনে রাখতে হবে যে তাদের সৃজনশীলতা, মানসিক ও বাহ্যিক রূপ ফুটিয়ে তোলার জন্য তাদের চিন্তাধারা প্রথর করে গড়ে তোলার জন্য এভান্যুদের কে প্রকৃতির সাথে মেলামেশা করার সুযোগ করে দিতে হবে, তাদের নীল আকাশের নীচে খেলাধূলা ও মুক্ত পাখির মত তানা মেলে উড়তে দিতে হবে। তাদের অবস্যাং আরও সুন্দর এরং শারিরীক বিকাশের জন্য খেলায়লা করা খুবই গুরুত্বপূর্ণ।

একটাই অনুরোধ শিক্ষক ও অভিভাবক দেব কাছে, যাতে শিশুদের ওপর একটু স্ট্রেস যেন কম দেওয়া হয় তাদের আগামী ভবিষ্যত সুন্দর করে গড়ে তোলার জন্য।

কৃত্তিকা কুন্ত

class-6 seo-A

Entry 61

মোবাইল ফোন আসক্তি

মোবাইল ফোন বর্তমান যুগের সবচেয়ে প্রয়োজনীয় ও জনপ্রিয় প্রযুক্তি । যেখানে মানুষ ফোন ছাড়া এক মুহূর্ত থাকতে পারে না । এটি দৈনন্দিন জীবন ,ও পড়াশোনা এবং স্বাস্থ্যের মারাত্মক ক্ষতি করে ।

মোবাইল ফোনের সুবিধা :-

বর্তমান যুগ বিজ্ঞানের যুগ ।

আর বিজ্ঞানে দেয়া অন্যতম সেরা উপহার হল মোবাইল ফোন । এক সময় মানুষ যোগাযোগের জন্য চিঠি ,

টেলিগ্রাফ - এর ওপর নির্ভর করত ।

- যোগাযোগ :-

অডিও ভিডিও কলের মাধ্যমে যেকোনো

সময়ের দেশে - বিদেশে আমরা যোগাযোগ করতে পারি ।

- শিক্ষা ও ইন্টারনেটের ব্যবহার :-

বর্তমানে আমরা ঘরে,

বসে ইন্টারনেটের মাধ্যমে শিক্ষা অর্জন করতে পারি।

- দৈনন্দিন কাজ :-

দৈনন্দিন জীবনে আমরা নানাভাবে

মোবাইলে - এর সাহায্যে নানা কাজ করে থাকি ।

যেমন ব্যাংকিং ,বিল, কেনাকাটা এবং খাবার অর্ডার করা ।

- বিনোদন :-

মোবাইলে সাহায্যে আমরা ঘরে বসে নানা

রকম বিনোদনের সুবিধা উপভোগ করি ।

যেমন-

গান শোনা, সিনেমা দেখা ,গেম খেলা ।

- মোবাইল ফোনের অসুবিধা :-

বর্তমানে যুগে মোবাইল ফোনের

যেমন সুবিধার রয়েছে , তেমন অসুবিধা গুলোও

রয়েছে।

- সময়ের অপচয় :-

বর্তমান যুগে অনেকে নানারকম ভাবে

ঘন্টার পর ঘন্টা মোবাইল ফোনে সময়ের অপচয় করছি। ফলে নানারকম ভাবে আমাদের কাজের মারাত্মক ক্ষতি হচ্ছে।

- স্বাস্থ্য ঝুঁকি :-

মোবাইল ফোন বেশি ব্যবহারের ফলে আমাদের

জীবনে নানা রকম ক্ষতি হয় ।

যেমন - চোখের সমস্যা ,মাথা ব্যাথা ,অনিদ্রা ও মেরুদন্ডের সমস্যা ।

- সামাজিক দূরত্ব :-

মোবাইল ফোন বেশি ব্যবহারের ফলে

আমরা বর্তমান যুগের মানুষেরা নানাভাবে সমাজ থেকে দূরে সরে আসছি।

- অপরাধ প্রবণতা :-

বর্তমানে মোবাইল ফোনে ইন্টারনেটের

বেশি ব্যবহারের ফলে মানুষের মনের নানা রকম নেতিবাচক প্রভাব পড়ে ।

- সচেতনতা :-

বর্তমান সময়ে আমরা যদি সঠিকভাবে ভাবে

মোবাইল ফোনের ব্যবহার করি ।

যেমন - বেশি ফোনের ব্যবহার না করে সেই সময় আমরা বিকল্প হিসেবে -

নানারকম কাজ করতে পারি ।

ମୋବାইଲ ଫୋନର ବ୍ୟବହାର କମାନ ସୁସ୍ଥ ସବଳ ଜୀବନ ଯାପନ କରନ୍

-ବିଧିକା ମାହାତା (ଷଷ୍ଠ ଶ୍ରେଣି - ଅ)

Entry 62 (ଦୁଷ୍ଟୁ ମେୟେ ଓ ତାର ଭାଈ

ଏକଟି ଆଛେ ଦୁଷ୍ଟୁ ମେୟେ ,ତାର ଏକଟି ଭାଈ ।

ତାରା ଦୁଜନ ମିଲେମିଶେ ,ଘରଟାକେ ଓଠାୟ ଆର ବସାୟ ।

ତାରା ଦୁଜନ ଅନେକ ଦୁଷ୍ଟୁ , ବୋକାନି ଖାୟ -ପେଟ ଭରେ ଯାୟ ।

ତାରା ଦୁଜନ ଭାଲୋବାସେ ଟିଭି ଫୋନ ଦେଖତେ ।

ତାଦେର ଦୁଜନକେ ଯଦି ଦିୟେଛେ ଥେତେ,

ଲାଗବେ ଦୁ ଚାର ଘନ୍ଟେ।

ବକିଲେ ହଲେ ତାରା ଦୁଜନ ବାୟନା ଧରେ କି ଥାଈ - ଥାଈ ।

ମନେ ହସ୍ତ ଯା ପାଈ ତାଈ ଥାଈ - ଥାଈ ।

- ବିଧିକା ମାହାତା (ଷଷ୍ଠ ଶ୍ରେଣି - ଅ)

Entry 63

ଠେଟିଲ ସଙ୍କଟର ବିକଳ ବବସା ବଡ଼ମାନ ଯୁଗକୁ ବି ାନ ଓ ପୟୁକିର ଯୁଗ ଠେବାଲ
କୁହାଯାଏ। ମାନବଜୀବନର ପାୟ ସମସ୍ତ ଠେଷତେର ଶକିର ଆବଶ୍ୟକତା ଅତ୍ୟକ ବଢ଼ିଛି।
ଠେସହି ଶକିର ମୁଖ ଉସ୍ତ ଠେହଉଛି ଠେପେଟାଲୟମ ଠେଟିଲ। ପରିବହନ, ଶିଳ, କୃଷି, ବିଦ୍ୟୁ ଓ
ଉ ାବନ ଓ ଠେବିନିକ ଜୀବନର ଅେନକ କାୟ ଠେଟିଲ ଉପେର ନିଉରଣୀଲ। କି ପୃଥବୀଠେର
ଠେଟିଲର ସଂରକ୍ଷଣ ସାମିତ। ଦିନକୁ ଦିନ ଠେଟିଲର ଗାହିବା ବଢ଼ଥବାର ବିଶେର ଠେଟିଲ
ସଙ୍କଟ ଗଭୀର ରପ ଧାରଣ କରଛି। ଏହାର ପରିଣାମେର ଇକ୍ଷନ ମୂଲ ବୃ ି, ଅଥେନିଟିକ

ସମସ୍ତା ଓ ପରିବେଶ ଦୂଷଣ ଦେଖାଦେଉଛି । ଚେଣ୍ଟି ଏହି ସଙ୍କଟର ସମାଧାନ ପାଇଁ
ବିକଳ ବବସା ଗହଣ କରିବା ଅତାବଶକ । ଚେଣ୍ଟି ସଙ୍କଟର ପଥମ ଓ ସବପଥାନ ବିକଳ
ହେଉଛି ପୁନନବୀକରଣ ଶକ୍ତିର ବବହାର । ସୁଯ ଶକ୍ତି, ପବନ ଶକ୍ତି, ଜଳବିଦ୍ୟୁତ ଓ ଚୈବ
ଶକ୍ତି ପାକୃତିକ ଏବଂ ଅକ୍ଷୟ ଶକ୍ତି ଉତ୍ସ । ଏହା ଦାରା ପରିବେଶ ଦୂଷଣ କମିଥାଏ ଓ ଭବିଷ୍ୟତ
ପାଇଁ ଶକ୍ତି ସଞ୍ଚୟ ସମ୍ଭବ ହୁଏ । ଆଜିକାଲି ଅନେକ ଦେଶ ସୁଯ ଶକ୍ତି ଦାରା ବିଦ୍ୟୁତ ଓ ଚାଦନକୁ
ଗୁରୁତ ଦେଉଛନ୍ତି । ଘର, କାରଖାନା ଓ କାୟାଳୟର ଚୋଲାଲ ପାନ୍ଦେଲ ବବହାର
ଏହାର ଉତ୍ତମ ଉଦାହରଣ । ଦିତୀୟତଃ, ବିଦ୍ୟୁତ ଚାଳିତ ଯାନର ପଚାର ଓ ବବହାର ବଢ଼ାଇବା
ଦରକାର । ଚେପେଚାଲ ଓ ଡିଜେଲ ଚାଳିତ ଯାନ ଚେଣ୍ଟି ଖ ବଢ଼ାଇଥାଏ ଓ ବାୟୁ ଦୂଷଣ ସୃଷ୍ଟି
କେର । ଚେଣ୍ଟି ବିଦ୍ୟୁତ ଗାଡ଼ି, ଇ-ବସ୍ ଓ ଇ-ସଟର ବବହାର ଚେଣ୍ଟି ଉପେର ନିଭରତା
କମାଇପାରିବ । ସେହିପରି ସାଧାରଣ ପରିବହନ ବବସାକୁ ଉନତ କରିବା ଓ ସାଲେକଲ
ବବହାରକୁ ପୋସାହନ ଦେବା ଆବଶ୍ୟକ । ତତୀୟତଃ, ଚୈବ ଇନ୍ଧନ ଓ ବାୟୋଗାସ
ଚେଣ୍ଟିଲର ଭଲ ବିକଳ ହୋଇପାରେ । ଗୋବର, କୃଷି ଅବଶିଷ୍ଟ ଓ ଚୈବ ବଜର
ବାୟୋଗାସ ଚାଦନ କରାଯାଇପାରେ । ଏହା ଗାମାଞ୍ଚଳେର ଇନ୍ଧନ ସମସା ସମାଧାନେର
ବହୁତ ସାହାଯକାରୀ । ଏହା ସହିତ ହାଲେଡ଼ାଜେନ ଇନ୍ଧନ ଭବିଷ୍ୟତେର ଏକ ସୁରକ୍ଷିତ ଓ
ପରିବେଶବନ୍ଧୁ ଶକ୍ତି ଉତ୍ସ ଭାବେ ପରିଗଣିତ ହେଉଛି । ଚେଣ୍ଟି ସଙ୍କଟ ଦୂର କରିବା ପାଇଁ
ଶକ୍ତି ସଞ୍ଚୟ ମଧ୍ୟ ଅତନ ଜରରୀ । ଅନାବଶ୍ୟକ ଇନ୍ଧନ ବବହାର ଚୋକିବା, ଶକ୍ତି ସଞ୍ଚୟକାରୀ
ଯନ ବବହାର କରିବା ଓ ସେତତନ ଜୀବନଶୈଳୀ ଅନୁସରଣ କରିବା ଦରକାର । ସରକାରଙ୍କୁ
ଏହି ଶେଷତେର ନୂତନ ନୀତି ଗହଣ କରିବା ସହ ଲୋକମାନଙ୍କୁ ସେତତନ କରିବା
ଆବଶ୍ୟକ । ସାରଣଂଶେପେର କୁହାଯାଏ ଯେ, ଚେଣ୍ଟି ସଙ୍କଟ ଏକ ବିଶ୍ୱସରୀୟ ସମସା ।
ଏହାର ସମାଧାନ ପାଇଁ ପୁନନବୀକରଣ ଶକ୍ତି, ବିଦ୍ୟୁତ ଯାନ, ଚୈବ ଇନ୍ଧନ ଓ ଶକ୍ତି ସଞ୍ଚୟ
ଭଲ ବିକଳ ବବସାକୁ ଗୁରୁତ ଦେବା ଦରକାର । ଯଦି ଆମ ଏହି ବିକଳଗୁଡ଼ିକୁ ସଠିକ
ଭାବେ ଅନୁସରଣ କରିବା, ଚେତବ ଭବିଷ୍ୟତେର ଚେଣ୍ଟି ସଙ୍କଟକୁ ଦୂର କରି ଏକ ସୁସ୍ଥ ଓ
ସୁନ୍ଦର ପରିବେଶ ଗଢ଼ିପାରିବା । ବେଦପକାଶ ମହାପାତ , ଦଶମ ଶେଣୀ, କ ବିଭାଗ
କମିକ ସଂଖ୍ୟା ୧୧

जहाँ आस्था का सागर बहता
हर मन श्रद्धा में रहता।
कहते हैं जब देव असुर में ,
अमृत पाने की ठानी थीं ,
समुद्र मंथन के समय वहीं ,
एक अद्भुत कहानी थी।
अमृत कलश लेकर देवता ,
आकाश मार्ग से भागे थे ,
चार स्थानों पर अमृत बूंदें ,
धरती पर तब गरी थीं।
प्रयागराज हरिद्वार पावन ,
उज्जैन और और ना सक धाम ,
इन तीर्थों पर कुंभ सजे ,
गूँजे हरि और शिव का नाम।
लाखों श्रद्धालु आते हैं ,
गंगा में डुबकी लगाते हैं ,
पाप मटें मन पवत्र हो ,
ऐसी आस्था अपनाते हैं।
महाकुंभ केवल मेला नहीं ,
यह भारत की पहचान है,
जहाँ धर्म ,संस्कृति और श्रद्धा ,
सदियों से बनी महान है।

अनु प्रया मश्रा ,6-A

छत्रपति शवाजी महाराज – एक महान राजा

छत्रपति शवाजी महाराज भारत के एक महान और वीर राजा थे। उनका जन्म में 1630 महाराष्ट्र के शवनेरी कले में हुआ था। उनकी माता जीजाबाई ने उन्हें बचपन से ही अच्छे और वीरता की शिक्षा दी। शवाजी महाराज ने मराठा साम्राज्य की स्थापना की। वे संस्कार बुद्धिमान और न्याय प्रिय थे। उन्होंने अपने लो, बहुत साहसीगो की रक्षा के लए मजबूत सेना और कई कलों का निर्माण किया। वे सभी धर्मों का बहुत मान करते थे । शवाजी महाराज की मृत्यु में बीमारी के कारण हुई थी। उन्हें तेज बुखार और पेट 1680 अप्रैल 3 दर्द जैसी समस्या हुई वे बहुत कमजोर पड़ गए और कुछ दिनों में रायगढ़ कले में उनका देहांत हो गया। आज भी रायगढ़ कला शवाजी महाराज की यादों में एक एतिहासिक स्थान माना जाता है उन्हें आज भी एक महान नेता और देशभक्त के रूप में याद किया जाता है। उनका जीवन हमें साहसईमानदारी और देशप्रेम की प्रेरणा देता है। हमारे देश का यह , भाग्य था की इसे छत्रपति शवाजी महाराज जैसा देशभक्त मला।

अनु प्रया मश्रा-6 ,A

खेल का महत्व

खेल हमें ताकत देते ,
जीवन में खुशियाँ भरते।
तन को स्वस्थ,मन को ताजा ,
हर दिन नया उत्साह जगाते।
मैदान में जब हम जाते ,
मलकर सब खेल खेलते।
हार जीत से सीख मलती-
आगे बढ़ना हम सीखते ।
खेल सखाते अनुशासन ,
मेहनत और ईमानदारी।
मलजुल कर रहना सखाते ,
यही है सबसे बड़ी समझदारी।
पढ़ाई के संग खेल जरूरी,
दोनों का रखना ध्यान।
खेल –कूद से स्वस्थ रहेगा ,
हर बच्चा और नौजवान।

ENTRY-67

वद्यार्थी का मान सक तनाव

आज के समय में वद्यार्थियों के जीवन में मान सक दबाव बहुत बढ़ गया है। पहले के मुकाबले अब पढ़ाई ज्यादा कठिन हो गई है। हर वद्यार्थी अच्छे अंक लाना चाहता है ता क वह अपने माता पता और शिक्षको को खुश कर सके। इसी कारण बच्चे - हमेशा पढ़ाई और परीक्षा की चंता में रहते हैं। स्कूल का होमवर्क और प्रोजेक्ट का बोझ बच्चों को थका देता है। कई बार वद्यार्थी देर रात तक पढ़ाई करते हैं जिससे उनकी नींद पूरी नहीं हो पाती। , इसका असर उनके स्वास्थ्य और मन दोनों पर पड़ता है। कुछ बच्चे भ वष्य को लेकर भी बहुत चंता करते हैं क वे बड़े होकर क्या बनेंगे और जीवन में सफल हो पाएंगे या नहीं। आजकल मोबाइल और सोशल मीडिया भी वद्यार्थियों का ध्यान भटकाते हैं इससे पढ़ाई में मन कम लगता है और तनाव बढ़ जाता है। उनका आत्म वश्वास भी कम होने लगता है। मेरे अनुसार वद्यार्थी को पढ़ाई के साथ आराम और खेलकूद पर भी ध्यान देना चाहिए। माता पता और शिक्षकों को भी बच्चों पर ज्यादा दबाव नहीं डालना चाहिए। यदि वद्यार्थी - तो वे मान सक दबाव को काम कर , समय का सही उपयोग करें और सकारात्मक सोच रखें सकते हैं और अपने जीवन में सफलता प्राप्त कर सकते हैं। उन्हें सब काम सच्चे दिल और लगन से करना चाहिए इससे उन्हें जाकर भी कोई परेशानी नहीं आएगी और वे एक अच्छे इंसान बन पाएंगे।

गौरी कुमारी ,9-A

ENTRY-68

सपनों के पंख

मेरे सपनों के छोटे पंख ,

छूना चाहते हैं नीला गगन।
रास्ते चाहे मुश्किल हो ,
फर भी रखती हूँ मैं लगन।
कभी गरती कभी संभलती ,
फर भी रुकना मुझे नहीं,
अपने सपनों की उड़ान में ,
हार मानना मुझे नहीं।
एक दिन ऐसा आएगा,
जब दुनिया साथ खड़ी होगी।
मेरे सपनों की छोटी उड़ान
मेरी सबसे बड़ी जीत होगी।

गौरी कुमारी-9 ,A

ENTRY-69

लैंगिक समानता

लैंगिक समानता का अर्थ है कि महिलाओं और पुरुषों को समाज में समान अधिकार अवसर , सम्मान प्राप्त हो। किसी भी व्यक्ति के साथ उसके लिंग के आधार पर भेदभाव और और ,ना हो। आज के समय में लैंगिक समानता केवल एक सामाजिक आवश्यकता ही नहीं बल्कि मानव अधिकार भी है। भारत में प्राचीन समय से महिलाओं को कई क्षेत्रों में पीछे रखा गया है। उन्हें शिक्षा और निर्णय लेने के अधिकार से वंचित किया जाता था। रोजगार , , वज्ञान ,ले कन समय के साथ लोगों की सोच में बदलाव आया है। आज महिलाएँ शिक्षा राजनिति और सेना जैस ,खेल े क्षेत्रों में अपनी प्रतिभा साबित कर रही है। कल्पना चावला , क महिलाएं किसी भी क्षेत्र में पुरुषों करन बेदी आदि ने यह साबित किया है ,संधु .वी .पी

से कम नहीं है। फर भी समाज में आज भी कई स्थानों पर लड़कियों को शिक्षा से वंचित बाल ववाह कराए जा , कया जाता हैाते हैं और महिलाओ के साथ हिंसा तथा भेदभाव होता है। यह स्थिति समाज के वकास में बाधा बनती है। इस लए आवश्यक है क परिवार वद्यालय और समाज मलकर लड़के और लड़कियों को समान अवसर दें। सरकार भी बेटी जैसी योजनाओं के माध्यम से जागरूकता फैला रही ह बचाओ बेटी पढ़ाओै। यदि समाज में लें गक समानता स्था पत होगीतो देश की प्रगति तेज होगी और हर व्यक्ति अपन सपनों , को पूरा कर सकेगा। इस लए हमे सभी का सम्मान करना चाहिए। सरकार सब पर ध्यान दे रही है पर पुरुष और महिलाओं की सुरक्षा के लए कोई कदम नहीं उठा रही। सरकार यह मामला ठीककरदे तो सब सुर क्षत होंगे।

अनुष्का-9 ,B

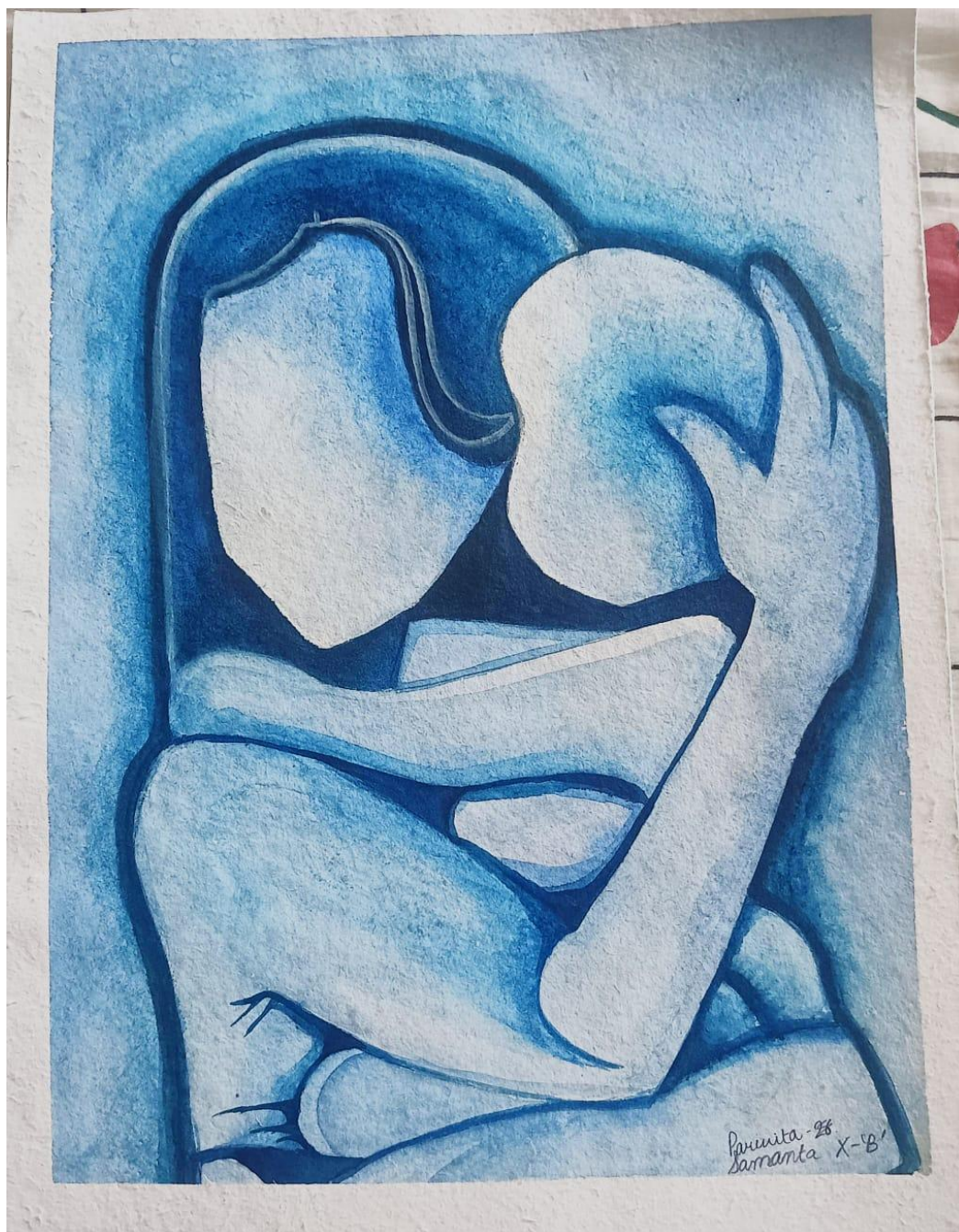
The introduction of plastics brought about a major change to our world. Products made up of plastics were cheap to manufacture and durable. However, this new material came with serious threats.

Animals such as turtles, stray dogs and cows, fishes and even some sharks often mistake plastic for their food and eat them. This poses a major threat to their lives.

It is time we understand the growing threat we are facing due to plastics. We must reduce excessive plastic use, try to recycle as much plastic as we can and



ENTRY-
72



ENTRY-73



ENTRY -74

मुस्कुराता बचपन या तनाव का बोझ?

आज के समय में बच्चों का जीवन पहले की तुलना में काफी बदल गया है। पढ़ाई का बढ़ता दबाव पता की-प्रतियो गताएँ और माता ,अच्छे अंक लाने की होड़ ,अपेक्षाएँ बच्चों के मन पर गहरा प्रभाव डाल रही हैं। यही कारण है क आज एक गंभीर समस्या बनती बाल तनाव जा रहा है।

अक्सर लोग सोचते हैं क तनाव केवल बड़े लोगों को होता हैले कन सच यह है क बच्चे , भी मान सक दबाव का सामना करते हैं। कई बार वे अपनी परेशानियाँ कसी से खुलकर नहीं कह पाते। धीरे चंता और अकेलेपन का अनुभव करने लगते हैं। इसका असर ,धीरे वे डर-व्यवहार और आत्म वश्वास पर भी पड़ता है। ,उनकी पढ़ाई

आजकल मोबाइल फोन और सोशल मीडिया भी बच्चों के तनाव का एक बड़ा कारण बन गए हैं। बच्चे अपनी तुलना दूसरों से करने लगते हैं। उन्हें लगता है क वे दूसरों से पीछे हैं। इसके अलावा परीक्षा का डर और भविष्य की चंता भी उनके मन में दबाव पैदा करती है।

इस समस्या का समाधान केवल डाँटने या अधिक दबाव डालने से नहीं हो सकता। माता-पता और शिक्षकों को बच्चों की भावनाओं को समझना चाहिए। बच्चों को पढ़ाई के साथ-संगीत और आराम के लिए भी समय मिलना चाहिए। जब बच्चे अपनी बात ,साथ खेल तभी उनका आत्म वश्वास बढ़ेगा और तनाव कम होगा। ,खुलकर कह पाएँगे

अंत में यही कहना चाहूँगी क बचपन जीवन का सबसे सुंदर समय होता है। इसे डर , सपन ,बल्कि खुशी ,और तनाव से नहींों और आत्म वश्वास से भरा होना चाहिए। हमें बच्चों को ऐसा वातावरण देना चाहिए जहाँ वे खुलकर सीख सकेंअपने वचार व्यक्त कर , सकें और जीवन में आगे बढ़ सकें।

कृतिका भारद्वाज ,9-B

बाल तनाव: समझ.....समाधान और संतुलित जीवन की ओर एक कदम ,

आज के आधुनिक युग में बच्चे केवल खेलबल्कि ,कूद और मासूमयत तक सी मत नहीं रहे-
एक ऐसी तनाव 'बाल प्रतियो गता और अपेक्षाओं के बोझ से भी जूझ रहे है। ,वे पढाई
जिसे समझना और समय रहते संभालना बेहद आवश्यक है। ,समस्या बनती जा रही है
परीक्षा का दबाव.....

आज के समय में परीक्षा बच्चों के लए सबसे बड़ा तनाव बन गई हैअच्छे अंक लाने की ,
पता और शक्षकों की अपेक्षाएं तथा असफलता का डर बच्चों के मन में चंता -माता ,होड़
पैदा करता है।कई बार इससे आत्म वश्वास भी कम हो जाता है।

खेल का महत्व.....

खेलइ ,कूद बच्चों के लए बहुत जरूरी है-ससे उसका मन खुश रहता हैतनाव कम होता ,
जिससे वे पढाई में भी अच्छा प्रदर्शन कर पाते हैं। ,है। खेल बच्चों को नई ऊर्जा देते है
निष्कर्ष.....

पढाई और खेल के बीच संतुलन बनाए रखना आवश्यक हैं। एक खुश और तनावमुक्त बच्चा
ही उज्ज्वल भ वष्य की नींव रखता है।

तनाव को दूर भगाएँ मुस्कुराता बचपन् अपनाएँ। ,

मयूरी शर्मा-9 ,B

ENTRY-76

छोटा सा बच्चाबड़ा सा बोझ ,

बस्ता भारी ,नींद है कम ,

नन्हे मन में भरा है दम ,

सुबह सवेरे जल्दी उठना ,

दिन भर बस पढाई में जुटना।

खेल का मैदान छूट गया ,
हंसने का साथ टूट गया ,
सब कहते हैं नंबर लाओ
सबसे आगे दौड़ के जाओ।
पापा की उम्मीद का भार ,
मम्मी का सपनों वाला प्यार ,
वो कह नहीं पाता अपना डर ,
छोटा सा दिलभारी है हाए। ,
उसे भी थोड़ा उड़ने दो ,
अपनी खुशियाँ चुनने दो,

नजीफा अजीज, 9-B

ENTRY-77

बसंत आने को है

दीप शखा के चंचल चरण
करने चले हैं फागुन वरण
शीतल ज्वाला से अपनी
सौरभु मधु बरसाने को है
सुना है !बसंत आने को है!!

हर इक मन से उमंग प्रवाह
शीतलता करती मधुर दाह
मनभावन सौंदर्यता से अब
मनवा मधुर लुभाने को है
सुना है!! बसंत आने को है !

अमवा के अंकुर प्रनपने लगे ,
पुष्प टेसू सरसों खलने लगे
नए दौर के नए कस्से देखकर
पुरानी पाती वदा होने का है
सुना है!! वसंत आने को है !

अर्चना माहातो-10 ,A

ENTRY-78

भारत मेरा देश महान

भारत मेरा देश महान, जो था कभी दुनिया की शान।
पर सड़कें देखकर सोचूँ, कहाँ गया अपना ईमान।
थूक और कचरे की आदत, कब छोड़ेंगे ये इंसान?
लाल बत्ती तोड़कर भागें, नियमों का करते अपमान।

कुछ ही नेता ऐसे हैं, जो दिन-रात यहाँ करते काम।
जनता की सेवा में लगे, रखते ऊँचा देश का नाम।
सरहद पर सैनिक पहरेदार, खेत में मेहनती कसान।
तिरंगा जब भी लहराता, बच्चा-बच्चा करता सलाम।

भाषा अलग, धर्म अलग पर, दिल से एक है हिंदुस्तान।

देश के लोगों में अब भी, देशभक्ति का है सम्मान।
जगाने वाला मल जाए तो, जाग उठे पूरा जहान।
सुधर जाएँ हम सब मलकर, बस एक कदम बढ़ाए इंसान।

नया सवेरा लाएँगे फर, मलकर सजाएँ भारत की शान।
वश्व गुरु कहते थे जिसको, ज्ञान का सागर हिंदुस्तान।
भारत मेरा देश महान।

अ भनीत गुप्ता 10-B

ENTRY-79

परीक्षा एक चुनौती ,डर नहीं :

हम सभी ने इसे महसूस किया है तेज धड़कने और ,ठंडी पड़ती हथेलियाँ -समीकरणों से भरे पन्ने को देखकर अचानक सब कुछ भूल जाना। परीक्षा का तनाव केवल एक टेस्ट के बारे में नहीं है-हार्ड' ले कन सच तो यह है आपका मस्तिष्क एक ,यह उम्मीदों का भारी बोझ है , और ,हो सकता है 'ओवरहीट' और सबसे अच्छा इंजन भी ,इंजन की तरह है 'परफॉर्मेंस खराब होसकता है यदि उसके पास कूलिंग सिस्टम न हो।

परफेक्शन का जाल

हमें अक्सर ऐसा लगता है क एक परीक्षा हमारा पूरा भविष्य तय कर देगी। याद रखे मार्कशीट केवल एक दिन की तस्वीर हैआपके पूरे जीवन का नक्शा नहीं। ,

खामोश बोझ

तनाव को मन में दबाकर रखने से वह और बढ़ता है। जब सलेबस एक पहाड जैसा लगने लगता है होने लगता है। 'फ्रीज़' दिमाग काम करने के बजाय तो आपका ,

सुरक्षा के रास्ते

→खेल की शक्ति- अपनी डेस्क से दूर हटें 20 , मिनट की सैर या कोई खेल खेले। यह समय की बर्बादी नहीं बल्कि यह एक है। शारीरिक गति व ध याददाश्त मजबूत 'ब्रेन मेंटेनेंस' करती है।

→अनुभव की रणनीति- कसी ऐसे व्यक्ति से बात करें जो उस दौर से गुजर चुका हो। शिक्षक और माता मिनट की बातचीत एक बड़ी समस्या को वापस छोटा 10 पता से केवल- कर सकती है।

*अब इस चुनौती से लड़ने के लिए चाहिए 'सर्वाइवल कट'

सर्वाइवल कट

50/10 का नियम : 50 मिनट तक पढ़ाई फिर 10 मिनट का ब्रेक। पर ध्यान रखें, ब्रेक में स्क्रीन न देखें।	आक्सिजन बूस्ट : जब घबराहट महसूस हो, तो 5 गहरी सांस लें। यह आपके मस्तिष्क ओ संकेत देता है क आप सुरक्षित हैं कसी खटेरे में नहीं।	अंतिम समीक्षा : खुद को याद उस चीज की दिलाएं जिसमें आप अच्छे हैं। यह आपके प्ष्टिकोण को संतुलित रखता है।
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प्रया कुमारी ,10-C

ENTRY-80

तनावग्रस्त दिल की फुसफुसाहट

डेस्क लैंप की हल्की रोशनी में देर रात , कताबें खड़ी हैं ,

पहाड़ों सी बंद कर मेरी तकदीर के रास्ते। .

सूत्र नाच रहे मेरे थके दिमाग में बेतहाशा ! और पढ़ो वो चीखें-

डर से भर गया मन सारा।

माँ की निगरानी भरी नजरें ,पापा के खत्म न होने गले सवाल ,

! क्लास में टॉप करोगे तभी मलेगी खुशहाली

दोस्त बुलाते खेलने ,मैदान गाता गीत ,
पर होमवर्क ने बाँधा मुझे अ श्य डोर से प्रीत।
दिल धड़के तेज़ , पंजरे के पंछी के पंख जैसे ,
आंसू छिपे मुस्कान के पीछेखेलने को वक्त ना जैसे। ,
क्यों नहीं रुकते एग्जाम थोड़ी सांस लेने को ?खेलने को ,
क्यों न फंसी भगा दे चंताओं को दूर कहीं।
तब दादी फुसफुसाई ,रात सी कोमल आवाज़ में ,
बदल जाएगा उजालों में। ,बच्चा ,बाँट दे अपना तूफान
बुजुर्गों से बात करना ,धरती पर बारिश सा लगे सूखी ,
धो दे तनाव मेरे कांपते हाथों को।
तो ये मेरा वादा हैं,तारों भरे आसमान के नीचे खेलों ,
बात करो- सपने देखो , अपने असली रूप में उड़ो।

हिमांगसु चालक-10 ,C

ENTRY-81

नन्हे दिल की आवाज़

छोटी उम्र बड़ा प्रेशर ,
लाइफ नहीं लगती बेटर ।
होमवर्क ,टेस्ट और ट्यूशन क्लास ,
फ्री टाइम मलता वेरी लेस ।
खेल ,कूद सब पीछे छूटा-
स्ट्रेस ने पूरा बचपन लूटा।

नन्हे दिल की यही आवाज -

एक्सपेक्टेडेशन कम रखो यार।

सलोनी ठाकुर¹² ,-A

ENTRY-82

मोबाइल की गरफ्त में वद्यार्थी जीवन

आज का युग तकनीक का युग है। मोबाइल फोन ने हमारे जीवन को आसान और तेज़ बना दिया है लेकिन इसका अत्यधिक उपयोग वद्यार्थियों के जीवन ,पर गहरा नकारात्मक प्रभाव डाल रहा है। जहाँ मोबाइल ज्ञान का साधन बन सकता है वहीं इसकी लत वद्यार्थियों के , भविष्य को अंधकार की ओर भी ले जा रही है।

आज बच्चे घंटों सोशल मीडियागेम्स और वीडियो में खोए रहते हैं। परिणामस्वरूप उनकी , एकाग्रता और मानसिक स्वास्थ्य ,पड़ना प्रभावित हो रहा है। परिवार के साथ समय बिताने की जगह अब स्क्रीन ने ले ली है। धीरेधीरे वद्यार्थी वास्तविक दुनिया से दूर होकर एक - आभासी दुनिया में कैद होते जा रहे हैं।

मोबाइल की लत केवल समय की बर्बादी नहीं बल्कि सपनों की बर्बादी भी है। जो समय , खे ,मेहनतलवह निरर्थक स्क्रीन लंग में व्यर्थ ,पुस्तकों और आत्म विकास में लगना चाहिए , हो रहा है।

तकनीक हमारे लिए वरदान है गुलाम ,लेकिन तभी तक जब तक हम उसके मालिक हैं , नहीं। वद्यार्थियों को चाहिए कि वे मोबाइल का उपयोग सीमित और सही उद्देश्य के लिए करें। क्योंकि उज्ज्वल भविष्य स्क्रीन की चमक से नहीं बल्कि मेहनत और अनुशासन की , रोशनी से बनता है।

चलो अपनी वास्तविक दुनिया से ,हम सब मिलकर इस डिजिटल गरफ्त से बाहर आएँ , और अपने सपनों को हकीकत में बदलने का संकल्प लें। ,जुड़ें

कौस्तुभ नायक¹² ,-B

ENTRY-83





-Sayanti Mahata X-B

