



पीएम श्री केंद्रीय विद्यालय

सेक्टर २ राम कृष्ण पुरम, नई दिल्ली - २२

PM SHRI KENDRIYA VIDYALAYA,
SECTOR 2, RAMAKRISHNA PURAM, NEW DELHI - 22



From the Deputy Commissioner (Delhi Region) Desk

A Message from the Deputy Commissioner: Nurturing the Architects of Tomorrow

It is with immense pleasure and profound anticipation that I address the esteemed students, dedicated faculty, and supportive guardians through the vibrant pages of this year's school magazine. This annual compendium is not merely a chronicle of events, but a lucid reflection of the collective spirit, the ceaseless energy, and the intellectual blossoming that define this venerable institution.



As we peruse the achievements chronicled herein—from academic laurels that underscore rigorous scholarship to artistic endeavors that celebrate unbridled creativity, and athletic triumphs that exemplify resilience—we recognize that a school is a microcosm of the larger society and it is designed to serve. It is a vital crucible where young minds are not just furnished with knowledge, but forged with character.

The true measure of Education lies not solely in the accumulation of data or the acquisition of certifications, but in the cultivation of critical discernment and a robust moral compass. Our responsibility, as educators and administrators, is to ensure that every student is equipped not just to navigate the currents of the modern world, but to confidently steer its future course. I urge you, the students, to embrace the magnificent power of inquiry. Let curiosity be your faithful guide, challenging you to look beyond the immediate and to strive for a deeper comprehension of the complex tapestry of our world.

May this magazine serve as a tangible reminder of the joyous journey of learning you have undertaken this past year. Cherish the bonds of comradeship, savor the lessons learned from every challenge, and carry the torch of excellence forward with unwavering resolve.

My most sincere commendations to all who have contributed to the school's distinction and to the impeccable production of this magazine.

Shri S.S. Chauhan

Deputy Commissioner

KVS RO (Delhi)

From the Principal's Desk

It is with immense pride and joy that I address our vibrant school community through the pages of this year's magazine. This publication is more than just a collection of articles and photographs; it is a vivid chronicle of our shared journey, a testament to our collective achievements, and a celebration of the unique spirit that defines us. As I reflect on the past year, I am filled with a sense of gratitude for the energy, passion, and dedication that every student, teacher, and parent has brought to our campus.



This academic year has been a period of remarkable growth and transformation. Our students have excelled not only in academics, achieving exceptional results in board examinations and competitive Olympiads, but have also demonstrated their prowess in a wide array of co-curricular activities. The roar of the crowd at our annual sports meet, the mesmerizing performances on our annual day, and the thoughtful discussions at our inter-school debates all bear witness to the multifaceted talents of our young scholars.

Education is undergoing a remarkable transformation under the National Education Policy (NEP) 2020, which encourages holistic learning and skill development. Our school proudly embraces this vision by promoting STEM education—Science, Technology, Engineering, and Mathematics—to nurture curiosity and problem-solving abilities among students. We are also growing as a Skill Hub, equipping learners with essential life skills and preparing them for real-world challenges.

We believe that true learning lies in fostering creativity and developing innovative thinking, enabling our students to become thoughtful innovators and contributors to society. Emphasizing sustainability, our programs cultivate awareness about the importance of green energies and environmental responsibility.

This school magazine is a creative tool that provides a glimpse into our year-long activities and achievements. It is a tribute to the collaborative efforts of our editorial team, students, and staff who have captured the essence of our school life within these pages. May our school continue to be a beacon of light, fostering awakened, worthy, and responsible global citizens. I wish you all the very best in your future endeavors.

With warm wishes and the Almighty's blessings,

Shri Satya Narain
Principal

From the Vice Principal's Desk

I write to you with a deep sense of optimism and purpose as we embark upon another promising academic year. Our school is not merely a place of learning; it is a vibrant community where curiosity thrives, values are nurtured, and every student, teacher, and parent contributes to the collective mission of shaping a better tomorrow. This year, our vision rests on four guiding pillars—growth, care, responsibility, and innovation. Growth urges us to move beyond comfort zones, embrace challenges, and strive for excellence with honesty and perseverance. Care reminds us that empathy, respect, and inclusion form the foundation of true learning, where every child feels valued and supported. Responsibility calls upon us to be accountable toward our studies, our peers, and our planet, instilling in us habits that reflect integrity and self-discipline. Innovation inspires us to think critically and creatively, to question, explore, and reimagine possibilities that contribute to the making of a Viksit Bharat—a developed, self-reliant India powered by knowledge, skill, and character.



Every day, I am inspired by what unfolds within our classrooms and corridors: a student daring to present a new idea, a teacher designing experiential lessons that spark curiosity, and parents partnering with us in nurturing lifelong learners. These collective efforts embody the spirit of transformation that education must lead. Together, we aim to cultivate analytical and creative thinking, equip our learners with essential 21st-century skills, and strengthen the moral compass that guides them to be compassionate and responsible citizens. Each step we take—each act of innovation, collaboration, and empathy—brings us closer to realizing the vision of a Viksit Bharat.

As we journey ahead, may our days be filled with purpose, joy, and the courage to dream beyond limits. Let us continue to learn, innovate, and grow together, for the future of the nation is being shaped in every classroom today.

With warm regards,

Dr. Narmada Jakhar

Vice Principal

उप प्राचार्य की कलम से

कोई शिक्षा प्रद रचना किसी महान कृति से कम नहीं क्योंकि,
शिक्षाप्रद रचना ही समाज का मार्गदर्शन कर उसे आगे बढ़ाती है।

प्रिय पाठक,

विद्यालय पत्रिका का यह अंक प्रकाशित हो रहा है, अपार खुशी हो रही है। इस अंक में विद्यालय के क्रिया-कलाप, कार्यप्रणाली, गतिविधियों अनुभवों का संकलन है। विद्यालय में विद्यार्थियों में उर्जा, एकाग्रता, रचनाशीलता, साहस, आत्मीयता, देशप्रेम मनवता, परोपकार, राष्ट्रीय एकता जैसे गुणों का विकास हो रहा है। जिससे बच्चों आदर्श नागरिक बनने की ओर अग्रसर हो रहे हैं। यह पत्रिका इसी की महत्त्वपूर्ण कड़ी है। इसमें बच्चों के भीतर विकसित हो रही कोमल भावनाओं के अभिव्यक्ति है बच्चों ने अपनी रचनात्मक क्षमताओं को व्यक्त किया गया है।



विद्यार्थी जीवन, मनुष्य के जीवन का सबसे सुंदर समय होता है। अच्छा इंसान बनने, जीवन का कायाकल्प करने, बूंद-बूंद ज्ञान प्राप्त करने, आदर्श गुणों को अपनाने, आत्मविश्वास पैदा करने, जीवन जीने की कला सीखने, कुछ रचने का सतत सार्थक प्रयास इसी समय होता है। इस समय विद्यार्थियों में अपार शक्ति होती है जिसका सदुपयोग हो जाए तो रचनात्मक कार्यों में चमत्कार दिखाई देने लगते हैं। जीवन निर्माण का सही मार्गदर्शन मिल जाए तो जीवन के उपवन में अनेक सफलताओं के फूल खिलते चले जाते हैं। इस अवस्था को भविष्य निर्माण की आधारशिला कहा जाता है। इसी को ध्यान में रखते हुए बच्चों के मानसिक, शारीरिक, रचनात्मक विकास के लिए विद्यालय में विशेष ध्यान दिया जा रहा है। प्रार्थना सभा में विभिन्न कार्यक्रमों के माध्यम से अभिव्यक्ति का विकास किया जा रहा है। इस पत्रिका में इन्हें ही संजोया गया है। विद्यार्थी वर्ग के लिए यह पत्रिका उनके श्रेष्ठ व्यक्तित्व और चरित्र निर्माण में संजीवनी का कार्य करेगी, उन्हें सही मार्ग पर लेकर जाएगी ताकि उनका चिंतन अच्छा बने। अच्छे चिंतन से अच्छे विचार बनते हैं, विचार से शब्द, शब्द से कर्म, कर्म से स्वभाव, स्वभाव से आदत, आदत से चरित्र, अच्छे चरित्र से 'जीवन आदर्श' बनता चला जाता है। विद्यालय में इसी पर विशेष बल दिया जा रहा है और कार्य किए जा रहे हैं।

इस पत्रिका के प्रकाशन में हमारी यही भावना और कामना है की इस के प्रकाशन से श्रेष्ठ नागरिक का निर्माण हो। इस पत्रिका में अनेक अभिव्यक्ति का संगम है जिसमें डुबकी लगाने विद्यार्थियों की क्षमता और प्रतिभा के विकास का अनुभव होगा। इस की रचना और संकलन में जिनका प्रयास और परिश्रम है उन सभी के प्रति अभार व्यक्त करते हैं।

दुनिया में सबसे शक्तिशाली है वक्त,

वक्त का कहना है की, मैं कल फिर नहीं आऊंगा,

मुझे खुद नहीं पता है की तुझे कैसा बनाऊंगा,

अच्छे कर्म करना है तो बस इसी पल कर ले क्योंकि

मैं किसे भी कीमत पर इस पल को अगले पल तक रोक नहीं पाऊंगा।

“विद्यार्थियों के उज्ज्वल भविष्य की शुभकामनाओं के साथ”

ओम प्रकाश नंदा

उप – प्राचार्य

केन्द्रीय विद्यालय आर के पुरम सेक्टर -2

From the Headmistress Desk

I write with a grateful heart as we traverse another year of growth, curiosity, and shared purpose. Our school is more than a place of learning; it is a community where every voice matters, every effort is valued, and every student is encouraged to dream boldly and act with integrity.



This year, our guiding pillars are exploration, empathy, and excellence. Exploration invites us to push boundaries, ask brave questions, and seek understanding beyond the obvious. Empathy reminds us to listen with intention, to stand with one another in both joy and challenge, and to foster a culture where kindness travels the hallways as readily as ideas. Excellence calls us to strive for our personal best, while supporting the collective success of our peers.

I am inspired daily by the dedication of our teachers, the resilience of our students, and the unwavering support of families. Together, we are building a learning environment that is inclusive, dynamic, and future-ready—where creativity thrives, character is cultivated, and responsible citizenship is practiced.

To our students: nurture your curiosities, honor your commitments, and pursue knowledge with humility. To our staff: your steadfastness is the beacon of our school. To families: your partnership makes this journey possible.

With appreciation and optimism,

Smt. Dimple Balodi

Headmistress

मुख्याध्यापिका की कलम से

केंद्रीय विद्यालय सेक्टर 2 आर० के० पुरम की द्वितीय पाली की मुख्य अध्यापिका होने के नाते मुझे यह जानकर अत्यंत प्रसन्नता हो रही है कि हमारा विद्यालय सत्र 2025 - 26 के लिए, विद्यालय पत्रिका का विमोचन करने जा रहा है।



इस पत्रिका में अंकित सभी क्रियाकलाप न केवल छात्र-छात्राओं के उत्तीर्ण प्रयास हैं अपितु भावी भविष्य का चित्रण भी हैं।

इस पत्रिका में छात्रों की मनोरम कलाकृतियों का संकलन है जो उनकी रचनात्मक बुद्धि एवं सृजनात्मक अभिवृत्ति का प्रमाण है। इसके अलावा यह पत्रिका विभिन्न पाठ्यचर्या संबंधी गतिविधियों एवं खेल गतिविधियों को उजागर करने हेतु मंच प्रदान करती है।

आज, जो बच्चे अपने हाथों से अपनी कृति को प्रस्तुत करते हुए इस पत्रिका में दिख रहे हैं, भविष्य में यही बच्चे समाज निर्माण के सूत्रधार होंगे।

जीवन की नवीन किरण और आशाओं के साथ ये बच्चे आज जीवन के प्रथम चरण अर्थात् विद्यालयी शिक्षा को पार करने हेतु सज्ज हैं, आने वाले समय में यही बच्चे जीवन के अग्रिम चरणों को पार करेंगे और सर्वोच्च शिखर तक पहुंचेंगे ऐसा मेरा विश्वास है।

सर्वोच्च शिखर तक पहुंचने की इस यात्रा में, केंद्रीय विद्यालय सेक्टर 2 आर० के० पुरम की द्वितीय पाली के प्राचार्य, उप- प्राचार्या, मुख्याध्यापिका एवं सभी शिक्षक, छात्रों का साथ देंगे एवं उनका मार्गदर्शन भी करेंगे।

हमारा विद्यालय परिवार सदैव ही छात्रों के उज्ज्वल भविष्य हेतु निरंतर कार्यरत हैं। अपनी अपेक्षाओं के माध्यम से हम सभी छात्रों को नए लक्ष्य प्रदान करते हैं एवं चुनौतियों के लिए उन्हें तैयार करते हैं।

यह पत्रिका इस बात का द्योतक है कि किस प्रकार हमारे बच्चे, शिक्षकों के मार्गदर्शन से अपनी कृतियों को उत्कृष्ट रूप देते हैं।

जैसा कि हम सभी जानते हैं कि बीता हुआ समय वापिस लौट कर नहीं आता, इसलिए संपादकीय दल ने छात्रों के जीवंत क्षणों को समेटकर आपके समक्ष रखने का एक प्रयास किया है। इसके माध्यम से भविष्य में इस विद्यालय का हिस्सा बनने वाले छात्र भी प्रेरित होंगे एवं वे भी अपना योगदान देंगे।

मेरी ओर से सभी छात्रों को शुभाशीष एवं समस्त पाठकों को भी आदर धन्यवाद।

इसी के साथ मैं, आकांक्षा शर्मा (मुख्याध्यापिका), संपादकीय दल और इस प्रकाशन को सफल बनाने में शामिल सभी सदस्यों के प्रति अपनी हार्दिक कृतज्ञता व्यक्त करती हूं। उनके अथक प्रयासों के परिणाम स्वरूप ही आज उस पत्रिका का प्रकाशन होने जा रहा है, जो निश्चित ही विद्यालय को सारगर्भित किए हुए है। संपादकीय एवं प्रकाशन दल को मेरा साधुवाद।

साथ ही पाठकों से मेरा आग्रह है कि वे इस पत्रिका के भीतर मौजूद प्रत्येक कृति का आनंद लें।

आप सभी को पठन के सुखद अनुभव की शुभकामनाएं।

आकांक्षा शर्मा

(मुख्याध्यापिका) - के० वि० सेक्टर 2 आर० के० पुरम द्वितीय पाली



ACADEMICS



PM SHRI KENDRIYA VIDYALAYA R K PURAM SEC.2

SECTOR-2, R K PURAM, NEW DELHI - 110 022

AISSE - Class X - Result Analysis

Class		No. of students				Pass%	P.I.	Number of Grades (Considering only 5 main academic subjects excluding Phy. Edn.)								
		App	Pass	Comp	Fail			A1	A2	B1	B2	C1	C2	D1	D2	E
Class X	S1	167	167	0	0	100.00	61.06	95	118	132	138	118	116	73	45	0
Class X	S2	69	69	0	0	100.00	61.56	32	53	58	63	58	35	26	20	0

AISSCE - Class XII - Result Analysis

Class / Stream		No. of students				Pass%	P.I.	Number of Grades (Considering only 5 main academic subjects excluding Phy. Edn.)								
		App	Pass	Comp	Fail			A1	A2	B1	B2	C1	C2	D1	D2	E
Class XII -	S1	171	168	3	0	98.25	62.7	130	137	122	105	127	105	84	42	3
Class XII -	S2	82	79	3	0	96.34	53.54	26	47	51	60	64	65	68	26	3

Science	S1	77	74	3	0	96.10	65.49	80	70	41	39	56	48	30	18	3
Science	S2	27	25	2	0	92.59	57.78	8	20	19	27	22	14	18	5	2
Commerce	S1	60	60	0	0	100.00	61.21	38	36	52	42	49	42	28	13	0
Commerce	S2	24	24	0	0	100.00	45.10	3	6	11	16	19	28	24	13	0
Humanities	S1	34	34	0	0	100.00	59.04	12	31	29	24	22	15	26	11	0
Humanities	S2	31	30	1	0	96.77	56.37	15	21	21	17	23	23	26	8	1

PM SHRI KENDRIYA VIDYALAYA R K PURAM SEC.2

SECTOR-2, R K PURAM, NEW DELHI - 110 022

AISSE - Class X - Toppers

Subject	Marks	Name of the student	Class
ARTIFICIAL INTELLIGENCE [417]	100	SAKSHI TIWARI [14133393]	X A
ARTIFICIAL INTELLIGENCE [417]	100	ABHINAYA SRIRAM [14133396]	X A
ARTIFICIAL INTELLIGENCE [417]	100	NAITIK PANDEY [14133413]	X A
ARTIFICIAL INTELLIGENCE [417]	100	SUMANA DAS [14133418]	X A
ARTIFICIAL INTELLIGENCE [417]	100	RISHI KUMAR [14133441]	X B
ARTIFICIAL INTELLIGENCE [417]	100	TARUN CHOUDHARY [14133449]	X B
ARTIFICIAL INTELLIGENCE [417]	100	SRISHTI SOLANKI [14133552]	X F
ARTIFICIAL INTELLIGENCE [417]	100	ABHAY KUMAR [14133556]	X F
ARTIFICIAL INTELLIGENCE [417]	100	SRIJANI JANA [14133562]	X F
ENGLISH COMM. [101]	98	PRATHAMESH DIGAMBAR YEUL [14133506]	X D
ENGLISH COMM. [101]	96	SRISHTI SOLANKI [14133552]	X F
HIND.MUSIC VOCAL [034]	92	MANSI [14133408]	X A
HINDI COURSE-A [002]	98	PRATHAMESH DIGAMBAR YEUL [14133506]	X D
HINDI COURSE-A [002]	95	MITALI SRIVASTAVA [14133618]	X F
MATHEMATICS BASIC [241]	83	ISHITA MALLICK [14133576]	X A
MATHEMATICS BASIC [241]	92	MITALI SRIVASTAVA [14133618]	X F
MATHEMATICS STANDARD [041]	100	TARUN CHOUDHARY [14133449]	X B
MATHEMATICS STANDARD [041]	95	NISHANT KUMAR SINGH [14133529]	X E
SANSKRIT (COMMUNICATIVE) [119]	100	APURVA S KURUP [14133398]	X A
SANSKRIT (COMMUNICATIVE) [119]	87	KESHAV KUMAR JHA [14133548]	X F
SCIENCE [086]	99	RISHI KUMAR [14133441]	X B
SCIENCE [086]	97	LAKSHMI GUPTA [14133549]	X F
SCIENCE [086]	97	MOHAMMAD INAAMUR RAHMAN [14133561]	X F
SOCIAL SCIENCE [087]	100	SUMANA DAS [14133418]	X A
SOCIAL SCIENCE [087]	100	RISHI KUMAR [14133441]	X B
SOCIAL SCIENCE [087]	98	MOHAMMAD INAAMUR RAHMAN [14133561]	X F
SOCIAL SCIENCE [087]	98	SRIJANI JANA [14133562]	X F

PM SHRI KENDRIYA VIDYALAYA R K PURAM SEC.2**SECTOR-2, R K PURAM, NEW DELHI - 110 022****AISSE - Class XII - Toppers**

Subject	Marks	Name of the student	Class & Sec.
ACCOUNTANCY [055]	99	MOHIT KUMAR [14632442]	XII C
ACCOUNTANCY [055]	84	HARSHIT [14632563]	XII G
APPLIED MATHEMATICS [241]	44	SONAKSHI VASHISTHA [14632481]	XII D
BIOLOGY [044]	98	ANSHIKA RAI [14632355]	XII A
BIOLOGY [044]	73	NISHA KUMARI [14632536]	XII F
BUSINESS STUDIES [054]	98	NISITA KUMARI [14632446]	XII C
BUSINESS STUDIES [054]	95	HARSHIT [14632563]	XII G
CHEMISTRY [043]	97	MAYANK PURI [14632407]	XII B
CHEMISTRY [043]	97	SIMRAN BHANDARI [14632422]	XII B
CHEMISTRY [043]	92	NISHA KUMARI [14632536]	XII F
COMPUTR SCIENCE [083]	94	MUDIT KUMAR [14632409]	XII B
COMPUTR SCIENCE [083]	97	SHREYANSH TIWARI [14632545]	XII F
ECONOMICS [030]	97	MOHIT KUMAR [14632442]	XII C
ECONOMICS [030]	90	HARSHIT [14632563]	XII G
ENGLISH CORE [301]	98	DIVYASHRI [14632362]	XII A
ENGLISH CORE [301]	98	DIVA PANDEY [14632399]	XII B
ENGLISH CORE [301]	98	MOHAMMAD SAHID [14632408]	XII B
ENGLISH CORE [301]	98	MUDIT KUMAR [14632409]	XII B
ENGLISH CORE [301]	99	PRANAY PUSHUP [14632537]	XII F
GEOGRAPHY [029]	89	LAKSHITA ROHILLA [14632503]	XII E
GEOGRAPHY [029]	90	KUMARI VANCHHIKA SHARMA [14632581]	XII H
HINDI CORE [302]	93	DIVYASHRI [14632362]	XII A
HINDI CORE [302]	93	PUSHKAR KUMAR PANDEY [14632598]	XII H
HISTORY [027]	93	SEEMA [14632513]	XII E
HISTORY [027]	96	ANANYA MISHRA [14632576]	XII H
INFO. PRAC. [065]	98	ATHARV ARORA [14632465]	XII D
INFO. PRAC. [065]	86	SANGEETA GHOSH [14632571]	XII G
MATHEMATICS [041]	97	MOHIT KUMAR [14632442]	XII C
MATHEMATICS [041]	79	NISHA KUMARI [14632536]	XII F
MATHEMATICS [041]	79	PRANAY PUSHUP [14632537]	XII F
MATHEMATICS [041]	79	SHREYANSH TIWARI [14632545]	XII F
PAINTING [049]	96	SONAKSHI VASHISTHA [14632481]	XII D
PHY. EDUCATION [048]	89	TITIKSHA MEDHI [14632456]	XII C
PHY. EDUCATION [048]	90	URVASHI SHARMA [14632549]	XII F
PHY. EDUCATION [048]	90	HITASHI [14632551]	XII F
PHYSICS [042]	99	D RASI SHREE [14632396]	XII B
PHYSICS [042]	84	NISHA KUMARI [14632536]	XII F
POLITICAL SCI. [028]	85	LAKSHITA ROHILLA [14632503]	XII E
POLITICAL SCI. [028]	85	SEEMA [14632513]	XII E
POLITICAL SCI. [028]	88	ANANYA MISHRA [14632576]	XII H
SANSKRIT CORE [322]	59	CHAHAT TOKAS [14632498]	XII E



ENGLISH SECTION



Article on bird

Birds are the only living thing which can fly...

The Ruppel's vulture holds a record for flying 37,000 feet high.

The smallest bird is bee humming bird.

The title of "smartest bird" given to crows and red ravens, as well as African grey parrots.

The world's heaviest bird is Ostrich it is almost 200 kg.

The Harpy Eagle is widely considered the strongest bird in the world.

Peregrine falcon is the fastest bird it flies with a speed of 390 km/h.

The hooded pitohui, a bird from New Guinea, is one of the only Known poisonous bird species.

Akshit kumar

Roll no = 4 class=6-A

Books

It helps us surpass our peers,

Forever with us it will be near,

May we learn how to spread the cheer!

Always with us, by our side,

Simple, Basic, yet catches the eye.

We read it delays, still a surprise

Motivates us when needed the most

Motivates us when needed the least

Motivates us whenever we need

Take responsibility of yours, treated with care, Give it respect, do not tear!

so pick it up and start to read.

Until it will be time to go to sleep

Till your day, will be complete!

- Manya

THE CURIOUS CASE OF THE MISSING LOGIC

These days, we can get answers in seconds-just type a question in Google or ask ChatGPT. But even with all this information around us, something important has quietly disappeared: **logic**. Yes, the simple art of thinking clearly and finding the right answer. It's almost like logic has gone missing... and no one filed a report! As a big fan of *Sherlock Holmes*, I started wondering: what would he do if logic really disappeared? He would probably take out his magnifying glass, wear his famous hat, and begin his investigation. But Sherlock wouldn't just guess. He would observe carefully, ask smart questions, notice small clues, and finally reach the correct answer. That's what logic is all about. Sadly in today's world, we often jump to conclusions without thinking. We forward messages without checking if they're true. We make excuses for things that could be solved with clear thinking.

For example, in school, someone might say, "I failed because the teacher doesn't like me." But Sherlock would say, "No, you failed because you didn't revise the chapter properly." It may sound harsh, but it's the truth-and that's what logic helps us find. Let's imagine a funny mystery: *The case of a missing tiffin*. A student's lunch goes missing during recess. Panic spreads. People blame everyone. But then Sherlock walks in. He notices ketchup marks near a desk, spots a classmate licking his fingers, and finds an empty box under the bench. Mystery solved-not by shouting, but by using logic.

Detective thinking isn't just for solving crimes. We can use it in our real lives too. Whether it's understanding a subject, fixing a fight with a friend, or making a decision, logic helps us stay calm and find good solutions. It teaches us to look at facts, not just feelings.

Maybe logic hasn't really disappeared. Maybe it's just hiding-waiting for curious minds to bring it back. We don't need to wear a detective coat or carry a magnifying glass. All we need is to be more **curious, observant, and thoughtful**.

So the next time something goes wrong, don't blame luck or others immediately. Take a deep breath, observe the situation, and think

like Sherlock Holmes. You might be surprised by how many little mysteries you can solve-just by using your mind.

In the end being a detective is not about chasing criminals. It's about chasing **truth**. And in a world full of confusion, the truth is the real treasure.

Panthati Vignesh
Class 12-B

Electricity in Vedas-myth or misunderstood science?

A british man, while flying a kite on stormy day, discovered electricity, sounds funny right. But whats more funny, the fact that Indian vedas were always ahead in these inventions and we, ndians never knew, or never tried knowing. Imagine sages instead of scientists writing about electricity, gravity, force of attractions ,and that's just the beginning. Is it really true that Indian scripts unknowingly hinted at concepts, we now define as electrical science, let's figure it

The expression 'Vidyut' appears to refer to more than just lightning in the ancient texts of the Rigveda and Atharvaveda. In Vedic songs, Vidyut is a symbol of change and devastation as well as something that happens naturally and an element of God. In one verse, the god Indra even appears as using Vidyut to cut down ignorance. Even though these descriptions are poetic, they imply that people were aware of the pure power of electricity long before it was recognized by science.

The recipe found in the Sanskrit text known as the Agastya Samhita, which is credited to Sage Agastya, sounds remarkably similar to a voltaic cell today. Copper plates, acidic liquids such as vinegar or tamarind juice, and wires composed of various metals are described. When researchers replicated this setup, they were able to generate a tiny but detectable electric current.

There has been a very frequent mention of the term “prana” which erefers to the vital flow of life through energy channels in our body, called “nadi” in the texts. Surprisingly, today's modern science has a similar concept of bioelectrical signals which are carried through

the nervous system. while “prana” had a spiritual essence, the concept reveals how aligned are the vedas with present day’s science

While decoding the vedas and its resemblance with modern science, it’s important to keep in mind that vedas and ancient sripts were never intended with the view of technology and science, they had their spiritual, poetic and philosophical meaning. Even though there’s no definitive proof of discovery of electricity in ancient text, yet the level of awareness they hold, whether its about the lightning in the sky or the energy channels of the body, its high time to stop neglecting these great writings by refering them as myth, lets revisit them, lets learn more, who knows if it’s a blueprint which may unleash some of the greatest inventions known to the mankind

-Taneshwari Bhati
Class 12 ‘B’

POEM

She's not like roses but like It's thorns,
Not everyone can adore her.
Her eyes are not beauteous like oceans,
But pretty like star gazing.
Her smile is pleasing like sunsets,
which warms us in deep freeze season.

Her lips are elegant like petals of tulip.
Her presence is like that warm peace on the beach everyone desires.
She's none other than my best friend!
Thanks for making my house a HOME.

Ishika Mishra
Class : 12th G

«Me vs my sister, PTM panic»

But at 4 Pen our family WhatsApp dinged with the four words every student fears "Parents- Teacher Meeting Tomorrow. " Cue instant panic. My elder sister Elya [Class 8th) leaned against the door-frame twirling a pen like super-villain.

"Ooo, time to tell Mum how you turned the English period into a stase one Sate sel with I shot ack a fee.* One peep from you and il reveal where you hide (Truce? Never! We were both in the splash zone.)

[Next day—> On Saturday 12:30 Pm)

Mum marched into the school like Judge Judy with an attendance register. I trailed behind silently rehearsing "Ma'am,i apologise for talking." "Sir,It won't happen again."

{Round 1- Elya}

I lurked outside the classroom door eavesdropping hard. "Elya is bright, but she keeps reading,

"The chicken became the class monitor" book behind her textbook." Said Teacher, Mum raised an eyebrow and looked at Elya, I nearly swallowed my laughter.

{Round 2-Eli}

Inside 6-B, my class teacher Komal greeted Mum with the smile that teachers save for nervous parents. "Your son is very cheerful." Translation-"Talks too much." She continued-"Sometimes he makes the entire class laugh during the silent reading." said Teacher, I felt the oxygen leave the room.

Mum nodded expressionless, the scariest mood of all. Then Elya coughed theatrically at the door and announced "He even cracked jokes about Shakespeare last week!" When she said that I shot her a glare meaning 'You're officially doomed' #Betrayal level-Olympic gold.

Back home, Operation Revange began. Elya owns a top secret diary titled, "Elyashree the Great" filled with angsty poems and dramatic pep-talks to herself. I 'accidentally' left the diary wide open on the dining-table, bookmarked another latest masterpiece, Dad strolled by, Curious and read aloud

"Roses are red, Violet are blue, Homework is trash, can't do fractions, please give me cash." Dad burst out laughing so hard he dropped his tea-cup spoon. I gave Elya my sweetest smile.

"MUM-MMYYY! he exposed my diary!" She yelped in anger, on the other hand, Mum pinched the bridge of her nose (A family danger sign, ready to throw some Hawai chappal at us) and declared.

"Both of you-Kitchen duty for a week and no more secret literature."

(The Aftermath)

Evening Dish-washing, Elya scrubbed plates like she was erasing her poems from history. I hummed Jingel bells" just to be annoying halfway through, she sighed "Fine,I won't throw you under the bus next PTM... if you never touch my diary again." when she said that I considered her "Deal if you stop borrowing my sneakers without asking." We both handshake over soapy bubbles, Temporary peace... atleast.

These days PTM's have become silent Western movies.

We dress extra neat.

We sit like marble statues.

We answer in yes ma'am, no ma'am syllabus.

But the real show? still back home-where siblings or friends or classmates especially boys trade blackmail material like Pokémon cards and Parents pretend not to notice.

menir tends rects to does Me sty sien your it ur frate to 24 ency edy channel.

Side characters-Flam, Dad and Miss Komal mam.

Nengpichong Haokip (6th F)

"There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning." — Jiddu Krishnamurti

"A Friend Like You"

A friend like you is always near,
To share a smile or wipe a tear.
You laugh with me in happy days,
And help me through in tough, hard ways.
We talk, we play, we sometimes fight,
But make up soon and feel all right.

You know my dreams, both big and small,
You're there to catch me if I fall.
With you, I feel so strong and free,
You bring the very best in me.
No gift is greater, pure, or true,
Than having a friend like you.

Akansha 11th F

Lesson for time

When a bird alive, it eats ant when the bird is dead, aunt eats the bird time is circumstance can change at any time Don't devalue or hurt anyone in life.

You may be powerful today, but remember time is more powerful that you One tree makes a million match-stick but only One match stick is needed to burn million trees.

So be good and do good

Vanshika Devi 7th'E'

MY TEACHER

You are like my second mother.

Like you there is no other.

This is the time to thank you For teaching me and guiding me too.

You are the one I can never suspect.

You have been more of a friend to me.

Sharing my joys and sorrows and also cup of tea.

You are the best among the best.

You have led me through life's quest.

Vanshika Devi 7th 'E'

EATING MINDFULLY FOR HEALTH GO HALF, LIVE or FULL

Dear Students

Mindful eating, which involves paying attention to your food and eating without distraction, improves digestion. Eating slowly and chewing food well helps in better digestion and prevents overeating.

Benefits of Mindful Eating: --

1. Improved Digestion

2. Weight Management
3. Reduced Emotional Eating
4. Greater Enjoyment of Food
5. Enhanced Mental Clarity
6. Improved Blood Sugar Control
7. Reduced Stress

Mindful Eating Tips: --

1. Eat Slowly: - One of the easiest ways to start mindful eating is slowing down. Take time to chew each bite thoroughly, allowing yourself to savor the flavours and textures of the food.
2. Eliminate distraction, for example turning off the TV and putting down your phone.
3. Pay attention to hunger and fullness: - Before you eat, take a moment to assess your hunger level. Stop eating when you are satisfied, not when you are stuffed.
4. Engage your senses: - Mindful eating encourages you to engage all your senses in the experience. Notice the colour, smell, texture and flavour of your food.
5. Practice gratitude: - Before you begin eating take a moment to reflect on where your food comes from and express gratitude for the nourishment it provides.
6. Do not rush: - Try to set aside enough time for your meals so you do not feel rushed
7. Focus on the food you eat. Food is more than taste. It is comfort, memory and emotion on a plate.
8. Plate your food instead of eating from the package. A well plated food looks more appetizing and inviting.
9. Eat in designated space, like the kitchen or dining room table. It enhances overall eating experience. Promotes mindfulness and improves digestion.

HAPPY EATING !

Nidhi Gupta (TGT ENGLISH)

WHISPERS OF A NEW DAY

The sky turns gold, the stars grow shy,
A sunbeam dances across the sky.
Birds begin their morning song,
A melody where hearts belong.

Leaves rustle soft with tales to share,
Of dreams once woven in moonlit air.
The breeze hums hope in every sway,
Whispers gently, "It's a brand new day."
Steps may falter, roads may bend,
But every end is not the end.
With every dawn, we rise again,
With strength born out of yesterday's rain.
So hold your head high, don't delay—
There's magic in this brand new day.

PALLAVI (9TH F)

THE BEST GIFTS

To your parents= Affection and love
To your teacher=respect
To a child=good manners
To your neighbours =kindness
To your friend= selflessness
To your Opponent= tolerance
To your enemy= forgiveness
To your follower= Guidance
To your colleague= Cooperation
To your needy= Charity
To your organization= Loyalty

Name Vanshika Devi 7th'E'

***What is Lipid Profile? ***

Imagine that our body is a small town. The biggest troublemaker in this town is - ***Cholesterol.*** He also has some companions. His main partner in crime is - ***Triglyceride.*** Their job is to roam in the streets, create chaos and block the roads. The ***heart*** is the city center of this town. All the roads lead to the heart. When these troublemakers start increasing, you can imagine what happens. They try to obstruct the work of the heart. But our body-town also has a police force deployed - ***HDL*** The good policeman catches these troublemakers and puts them in jail ***(liver)***. Then the liver removes them from the body - through our drainage system. But there is also

a bad cop - *LDL* who is hungry for power.LDL takes these miscreants out of jail and lets them back on the streets.When the good cop *HDL* goes down, the whole town goes haywire.Who would want to live in such a town?Do you want to reduce these miscreants and increase the number of good policemen?

Start *Walking*!

With every step *HDL* will increase, and miscreants like *Cholesterol, Triglyceride* and *LDL* will decrease. Your body (town) will come alive again.

Your heart – the city center – will be protected from the blockage *(heart block) * of miscreants.

And when the heart is healthy, you will also be healthy.

So whenever you get a chance – start walking!

Reduce these things:-

1. Salt
2. Sugar
3. Bleached refined flour
4. Dairy products
5. Processed foods

****Eat these things everyday:-****

1. Vegetables
2. Pulses
3. Beans
4. Nuts
5. Cold pressed oils
6. Fruits

****Three things to try to forget:****

1. Your age
2. Your past
3. Your grievances

****Four important things to adopt:****

1. Your family
2. Your friends
3. Positive thinking
4. Clean and welcoming home

****Three basic things to adopt:****

1. Always smile

2. Do regular physical activity at your own pace
3. Check and control your weight

****Six essential lifestyle habits we should adopt:****

1. Don't wait till you are thirsty to drink water.
2. Don't wait till you are tired to rest.
3. Don't wait till you are sick for medical tests.
4. Don't wait for miracles, trust in God.
5. Never lose faith in yourself.
6. Stay positive and always hope for a better tomorrow..

**By: Anil Kumar Gupta
(PGT Bio)**

India of My Dream

India of my dream will be very colourful,
full of happiness and very beautiful.
There will be a clear sky,
in which birds are free to fly.
The surroundings are full of green,
the roads are clear and clean.
Every student will get educated,
with a lot of energy and motivated.
There are different religion and language,
but still they have with one another the love.
We will move ahead by hard working,
we will make india our prouder.
We will make this dream come true definitely,
we will make india capable and wealthy.

**Srijani Jana,
Class :- 11th 'F'**

WE PLANTED TREES ON ENVIRONMENT DAY!

Date: June, 5, 2025

On Environment Day, our Class 6 did something very special. We went to the school garden and planted small trees. It was so much fun!

Our teacher told us how trees help us by giving us clean air and shade. We brought little plants from home and took turns planting them in the soil. I planted a neem tree. I named it "Neemu"!

After that, we made posters with messages like **"Save Earth"** and **"Plant More Trees."** We used lots of colors and drew trees, birds, and the sun.

Our principal ma'am came and praised our work. She said we should take care of the plants every day.

I really enjoyed the day. I learned how we can help the Earth by doing small things. I hope my tree grows big and strong!

Aarav 6th F

YOGA: ORIGIN AND BENEFITS

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us to meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our stress and anxiety. Yoga gained popularity gradually and is now spread in all regions of world. It unites people in harmony and peace.

ORIGIN OF YOGA

Yoga essentially originated in the subcontinent of India. It has been around since ancient times and was performed by yogis. The term yoga has been derived from a Sanskrit word which translates to basically union and discipline.

In the earlier days, the followers of Hinduism, Buddhism and Jainism practiced it. Slowly, it found its way in western countries. Ever since, people from all over the world perform yoga to relax their mind and keep their bodies fit.

Furthermore, after this popularity of yoga, India become known for yoga worldwide. People all over the world have started to realize the benefits of yoga. Several workshops are held and now there are even professional yogis who teach this ancient practice to people so they can learn about it.

BENEFITS OF YOGA

Yoga has numerous benefits if we look at it closely. You will get

relief when you practice it regularly. As it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.

Furthermore, yoga helps in sharpening our mind and improving our intelligence. We can achieve a higher level of concentration through yoga and learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

21st of June is celebrated as International Day of Yoga where people are made aware of the benefits of yoga. The theme of this 2024 International Day of Yoga was **‘YOGA FOR SELF AND SOCIETY’**. Yoga is a great gift to mankind which helps us keep better and maintain our health. You also develop a higher patience level when you practice yoga which also helps in keeping the negative thoughts away. You get great mental clarity and better understanding.

In short, yoga has several benefits. Everyone must practice it to keep their health maintained and also benefits from it. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind.

CONCLUSION

Yoga, a timeless practice, provides a path to well-being, weather improvement, fitness, reducing stress or finding inner peace.

Embrace yoga's wisdom for a healthier, balanced life.

“Yoga takes you into the present moment. The only

place where life exists.”

Thank you.....

Aryan Panda X-E)

From tiffins to trabule: The Nutrition Crisis in India

The children are the future of any nation but what if I tell that our future is in danger, yeah you heard it right the children of our nation is in great danger. because we are facing a nutrition Crisis.

*what is HFSS?

HFSS stands for High in fat, salt, sugar. These are ultra-processed or packaged food like Chips soft drinks, chocolates, pastries that noodles and fast food.

*Why is HFSS Dangerous?

(1) leads obesity (2) Tooth decay, (3) in Great with of high blood pressure and heart disease later, (4) Affects focus, memory and mood, (5) It's most detrimental effect is it's addiction, like that of alcohol.

*Situation In India

CBSE data shares children derive 13-15% of their Calories from sugar - fat exceeding the WHO'S recommendation of 5%. Average daily salt intake is > 12% far exceeding the WHO-recommendation (<5g). a school based survey suggests that 90% of students in North India had low fruit consumption and overall nutritional deficiencies. Meta-analysis (2023) reported childhood overweight at 12.4% and obesity at 8.40% among Indian Children, Highest obesity/overweight adolescents are recorded in Eastern India (25.7%), and at their age Punjab (20%), Delhi(77%)

*Reasons

(1) Easy access, are available everywhere and are also cheap. (2) Parents are very busy so they let their children eat packaged foods, (3) Lack of awareness, (4) weak school rules, (5) Junk food is promoted on T.V, social media, by influencers, (6) Study stress and board exam.

* Solutions

-To tackle this problem Government launched "Sugar boards" in CBSE school, banned HFSS and junk food within 50 metre of school campuses, launched 'Eat Right' Campaign, restricted junk food ads during kids programs, etc. But these are not enough to tackle this problem parents have to measure at their personal level, (1) They should read the label first before buying a packaged food for their children, (2) Give their children healthy snacks like fruits and nut instead of packaged foods, (3) Be a role model - Children

copy their parents so eat healthy as a family habit. (5) Encourage outdoor plays, dance, yoga, sports instead of screen time (6) Make healthy fun and educate Children early.

*** Conclusion**

The rising consumption of HFSS foods among adolescents is a serious health concern.

It requires Collective action - starting at home, supported by schools and society because "In every child's plate lies the promise of the nation's fate!"

Kartik Raj
Class 12th E

Leaning into history-the untold tale of kashi karvat

Imagine A TOWER leaning 5.5 degrees in the late 20th century, 850 years old now and yet standing still and strong even today. THE LEANING TOWER OF PISA is a great piece of art, whose every corner speaks its great architecture. That's astonishing, but what if I let you know that there exists an enormous structure which has a lean of 9 degrees, its THE RAMESHWAR temple of VARANASI.

The Temple is also known as Kashi Karvat (Kashi is the ancient name for Varanasi and karvat means leaning in Hindi). The actual time of construction is unknown. However, the priests claim that it was built by an unnamed servant of Raja Man Singh for his mother Ratna Bai about 500 years ago. According to the revenue records, it was constructed from 1825 to 1830. However, according to Dr. Ratnesh Varma of District Cultural Committee, it was constructed by the Amethi royal family James Prinsep, who was an assay master at the Banaras from 1820 to 1830, created a series of drawings, one of which includes the Ratneshwar Mahadev temple. He commented that when the temple entrance was underwater, the priest used to dive in the water to conduct worship.

Some sources claim that it was built by Queen Baija Bai of Gwalior in the 19th century. According to another story, it was built by a female

servant of Ahilya Bai of Indore, named Ratna Bai. Ahilya Bai cursed it to lean because her servant had named it after herself.

Photographs from 1860s do not show the building leaning. Modern photographs show a lean of about nine degrees. The building is likely leaning due to waterlogged foundation. A lightning strike in 2015 caused slight damage to some of the elements of the shikhara. It is constructed at a very low spot; the builder must have known that its garbhagriha would be underwater for much of the year. In spite of much of the temple being underwater during most of the year, it is well preserved, except for the lean that can be noted in 20th century photos.

The sacred place doesn't only represent the rich culture of India but is also an example of the great architecture. India has a lot of these ,great history, unsolved mysteries and what not? lets discover the latent India, lets be more proud of our heritage and culture.

"Life as an Army Brat"

From sharing our dreams and fantasies to saying "Hey, what's your name?" again?? huh!! everything changes drastically for us. Our lives are a tapestry woven with threads of transition & adaptation. Every few years, we might find a house but takes time to make it feel like but a home.

The phrase "home sweet home" takes on a different meaning for us, as we find ourselves in a constant state of flux. Adjusting to these changes is challenging and difficult at the same time but w stay serene throughout without expressing any feeling, trying to be nonchalant. While this many Lifestyle may seem fascinating for many but not for us. The question "Hoe many places have you lived in?" This reminds us that we don't stay in one place for long. For us it is all about the memories we have made. We've lived in many places, had many friends -but no constant friends. These constant changes can be Lonely and difficult.

However, what makes us strong is thinking about our father. Who works hard just to shape our lives. As his spouse, it is also hard for our mother, constantly worrying about everyone's life and staying by our side. Though the transience of our lives makes it difficult to make lasting bonds forever. But we adapt, we adjust and we

survive, but deep down, we yearn for a sense of belonging, a place to call home, and friendship that endure beyond the boundaries of time and space.

Darsana VT
XI-D

Life In Delhi

Delhi the capital of India, is a city where mighty old forts share the skyline with shiny glass towers, ancient forts, grand Mughal tombs and historic temples stand proudly and the tempting smell of sizzling Street food dances in the air alongside the hum of speeding metro trains with modern skyscrapers, luxury malls and busy flyovers.

Life In Delhi is a colourful blend of ancient history, rapid progress and countless cultures coming together. From the thrill of exploring hidden alleys and old monuments to the rush of modern city life, living here feels exciting and full of surprises every single day.

Understanding Delhi offers a glimpse into India's amazing transformation. It reveals how people blend old customs with modern dreams, creating a city full of energy and hope. From busy markets to sleek offices, Delhi shows the unstoppable spirit of its people.

Delhi's street burst with life and stories at every turn. In the maze of Chandni Chowk, tiny shops spill over with bright spices, handmade sweets and fabrics that shimmer in the sun. Just a short ride away, Connaught Place greets you with chic cafés, global brands and a taste of the city's modern charm.

Getting around Delhi has become much easier over the years. The sleek Metro zips beneath the city, linking neighbourhoods with speed and comfort. But even with this progress, Delhi still wrestles with crowded roads and thick smog, reminding everyone that modern solutions take time to fully succeed.

One of Delhi's greatest strengths is its incredible diversity. People from every corner of India bring their own languages, traditions and Flavors to the city. Festivals like Diwali, Eid, Holi and Christmas

lights up the streets with joy and colour, creating a sense of togetherness that makes Delhi feel like a celebration all year round. Yet, amid all the hustle, Delhi offers peaceful escapes. Lush parks like Lodhi Gardens and the green lawns around India Gate give people a chance to slow down, breathe fresh air and enjoy moments of calm. These quiet spots are reminders that even in a fast-moving city, there is always space to pause and reflect.

Vaishnavi Mishra
XI'B'

"One hour per day of study in your chosen field is all it takes. One hour per day of study will put you at the top of your field within three years. Within five years you'll be a national authority. In seven years, you can be one of the best people in the world at what you do." — Earl Nightingale

MUSICAL ESSENCE IN LIFE

Are you going to study?
Add some motivational music to it.
Going to bed?
Add some sleepy, peace music.
So happy today?
Increase your happiness with music.
Is there a part tomorrow?
There's party mashup for that too.
Sad or feeling alone?
Add some musical essence,
To take you out from sadness.
There's music for every moment.
For every feeling, for every day.
So, in your life journey,
Add some musical essence to it too!

To make some enthusiastic,
And fantastic!

Deepika IX-C

My favourite Season

My favourite season among all is Autumn.
The beautiful leaves orange and red. The fragrance of maple and pumpkin we are just too good.
And when you think of Autumn you can't forget pumpkin pie.
The pumpkin recipes are famous for autumn.
Some hot chocolate and Roasted Nut are must haves. That's all I must share. Thank you

Kavya Rawat 6th A

My Journey to Hometown

Every year I go to my hometown in Kerala with my family. This year I went to there by train It took almost two days. It was rainy season in Kerala, so the train was too late to reach there. It is a great pleasant to meet my grandparents and other family members. My village is very beautiful with lot of coconut trees, small bridges and canals. Arabian sea is flowing beside my village. A lot of different types of fruit plants are there in my house like papaya, banana, jackfruit, Chiku etc. My grandmother makes Kerala's traditional food items like Unni appam Achappam, Edayada and banana chips for me There is lot of fun and enjoyable moments with everyone in my family After 20 days we came back to Delhi It was very painful to me to leave my village, but every journey is memorable...

Sreegovind P VI A

MY SCHOOL

I love my school very much and enjoy going there every day, although some students may not feel the same. I have a deep respect and affection for all my teachers and our principal sir as well.

One of the most special things about my school is the Saraswati Statue. It has a unique story. This statue was gifted to my school by some of our proud alumni – students who once studied here and later achieved great success in their careers. As a token of their love and respect for the school, they donated this beautiful statue. It now stands proudly on the school campus, reminding us every day of the values of knowledge, culture and gratitude. This is a place where I not only study, but also play, grow and create beautiful memories with my teachers and friends.

Shriya Shukla 8th C

Secrets of the Night

In this realm, where darkness holds sway
The creatures of the night come out to play,
The magical dances, & spell of might
As moonlit shadows, dance through the night.
The forest whispers ancient lore of magic, power and mystic score.
Where secrets hide and tales unfold of ancient spells and magic told.
In darkness deeps where shadows creep
Magic whispers, secrets keep,
The moon above a silver glow
Cast spell of right, for to know.

Whispers from the Woods

In forest depths, where ancient trees preside
A whispered language, creatures hide.
The owl's wise eyes, in darkness shine,
A midnight hunter silent and divine.

The lion's roar, echoes through the land,
The eagle soars with wings so grand.
The forest's heartbeat, pulses strong and free,
A symphony, of wild ecstasy.

Let's cherish this wildlife, wild and free,
For future generations, a treasure to see.
with love and care, we'll preserve its might,
and keep the wild, a shining light.

Divyansh Kumar
Class VIII (C)

Tabla The Rhythm That Echoes Through Time

A journey through tradition, sound, and expression

The tabla isn't just a percussion instrument it's a reflection of India's rich musical heritage. From classical performances to Bollywood scores and modern fusion, its rhythm forms the backbone of countless musical styles.

A traditional tabla set includes two drums: the dayan (right-hand drum, made of wood and tuned to the pitch of the music) and the bayan (left-hand drum, usually metal or clay, producing deep bass). The black spot in the center, called syahi, gives the tabla its unique sound quality capable of sharp, resonant, and expressive tones(also called gamak)

There are two main beliefs about its origin. Some scholars say tabla evolved from the pakhawaj, an ancient Indian drum. Others connect its roots to Arabic and Persian traditions the word tabla itself comes from the Arabic word tabl, meaning drum. Most agree it likely developed from a blend of both influences.

Over time, different gharanas (schools of playing) developed, each with its own distinct style and technique:

- Delhi Gharana known for clarity and structure
- Lucknow Gharana - graceful and elegant, often used in dance
- Benares Gharana powerful, energetic style
- Punjab Gharana rooted in pakhawaj, strong and bold
- Ajrada Gharana complex, with intricate rhythmic patterns

These gharanas preserve centuries of musical tradition, passed down through generations in the guru-shishya tradition.

The tabla became globally recognized thanks to maestros like Ustad Alla Rakha, who introduced Indian rhythm to international audiences through his performances with sitar legend Pandit Ravi Shankar. His son, Ustad Zakir Hussain, carried that legacy forward -blending classical technique with global genres like jazz and fusion. His performances are known not just for speed and precision, but for deep emotional expression.

Other celebrated artists like Pandit Anindo Chatterjee and Pandit Swapan Chaudhuri also contributed immensely, each bringing their own unique interpretation to this timeless instrument. Today, the tabla continues to evolve - appearing in classical concerts, film music, independent albums, and even electronic tracks. Yet, despite its versatility, it never loses its roots. The next time you hear a "dha dhin dhin dha," take a moment. You're not just listening to rhythm - you're listening to history, tradition, and soul

-NAITIK PANDEY -XI-B

The Changing Seasons

When year start they change there mood
Exploring how different seasons evoke
Spring, Summer, Autumn, Winter and there mood.
Each one have a chapter in there time
Spring chapter blooms with vibrant prime
As spring's chapter closes, Summer tale becomes bright.
With sunshine ablaze and laughter within.
As Summer's warmth fades, Autumn's beauty aligns.
With leaves that rustle and stories become light
As Autumn leaves fall, Winter's chills calls.
With snowflakes dancing through the silent night.

As seasons cycle stories forever told.
And in their rhythm nature's tale unfolds.
Forever evolving with changing season way.

- **Premanshi Singh**

"Research shows that you begin learning in the womb and go right on learning until the moment you pass on. Your brain has a capacity for learning that is virtually limitless, which makes every human a potential genius." — Michael J. Gelb

Crafting Calm and Kindness -Finding Peace and Joy in Creativity

As a 12th grade PCM student, time flies in a life filled with formulas, deadlines of Physics, Maths, and Chemistry, leaving little free time. But even in a busy schedule, my creative interests are a huge part of who I am. For me crafting is how I find calm and express myself. From many kind of art forms, Mandala and Boho aesthetic are two of my favorites. I love making things with my hands. My fascination with patterns started with Mehendi art. The interest and love for detail soon led me to mandalas, where each line felt like a quiet meditation. My love for crafting also extends to the Boohoo aesthetic. Its natural textures and earthy tones feels so warm and inviting. I also used this cozy vibes in my projects while making the border designs and making my assignments unique. Beyond the personal joy of creating using my crafts to spread kindness truly makes me happy. Giving a handmade gift is so special, it's a piece of your time, effort and care. Seeing someone smile because of something I made? That's the best feeling. I believe it's not a daily activity but enjoying them when you can make a difference. I encourage you to find your own creative escape, and perhaps, like me, use your unique talents

to craft a little kindness and share it with someone who needs a smile today. So, whether it's painting, music or something else- find your calm and let it grow.

~Vaishnavi Mishra XI'B'

Math: The Key to Everything

The Golden Ratio and symmetry: Every construction's backbone is geometry. Algebra and statistics help us all in creating structures, whether it's a school building, a home, or a mall.

To analyse and solve a problem, consider conditions and be awesome. By dividing, we learn to share and see mathematics in all forms—big and small. It helps us calculate the probability of thunderstorms.

In the real world, it includes imaginary numbers, and with math, we can create wonders. We can always make use of it in the right way. All concepts are proven, and none can be denied. It never stops but goes on till infinity.

Look around you, and you'll find countless examples of mathematics in your vicinity.

NIVED M.T (IX-A)

The Music of Numbers

In silent halls where numbers dream,

Flows a bright and endless stream.

Lives and curves in secret dance,

Patterns born of circumstance.

Zero whispers, "I am none, yet I help to share the sun."

One stands proud, the first to lead,

Planting roots for every seed.

Triangles hum with gentle grace,

Circles sing of endless space.

Algebra weaves its hidden thread,

Linking thoughts once left unsaid.

Each equation, crisp and clear,

Is truth that time can never sever.

Math is not just chalk and board—
It's beauty waiting to be explored.
So count the stars, and you will find,
Infinity lives in every mind;
And when you solve, your heart will see,
Math is the art of mystery.

Suresh Kumar Sharma (9th A)

"The Magic of Maths"

Maths is like a secret key,
To solve the world's great mystery.
It counts the stars, it builds the seas,
It hums in roots and sways trees.
From shapes that dance in classroom light,
To numbers soaring out of sight.
It teaches minds to think with grace,
A quiet map through time and space.
Equations whisper, fractions sing,
Each symbol holds a hidden wing.
And though it starts with one plus one,
Math shows the sky is never done.

Sneha 9A

Maths, a Challenge

Try, try, and try, the more I try, the more I cry.
I practice maths with my heart and soul, yet I am not able to
achieve my goal.
I never get marks in maths, despite my great endeavours; fate is
never in my favour.
I really want to improve, because I love this subject—
Maths, and for this, I am trying my level best.
I am candid, so I confess,
In mathematics examinations, I always create a mess.
All the answers I guess,
And ultimately, the marks I get are quite less.
I believe that if I do ample practice,
I'll one day probably achieve my goal,

And I seriously have to improve,
Because in our lives, maths plays a very significant role.

Kanishka 9A

The Wonders of Mathematics

In the realm of numbers, where logic reigns,
A world of wonder, where math sustains.
From basic addition, to complex equations too,
Math's beauty shines, in all that we do.

Geometry's shapes, a visual delight,
Points, lines, and planes, in perfect sight.
Angles and curves, a beauty to behold,
Math's precision, a story to unfold.
In algebra's realm, variables play,
Equations and formulas, a challenge each day.
Solve for x , and find the key,
To unlock the secrets, of math's symmetry.

Pi's irrational value, a wonder to explore,
A constant mystery, that math adores.
The Fibonacci sequence, a pattern so fine,
A natural wonder, that's truly divine.

In trigonometry, triangles take stage,
Sines, cosines, and tangents, a mathematical page.
The unit circle, a graph so grand,
A visual representation, of math's command.

Calculus' limits, a concept so bold,
Derivatives and integrals, a story to be told.
The fundamental theorem, a link so strong,
Between differentiation, and integration's song.

Math's applications, in science and art,
A language universal, that touches the heart.
From physics to engineering, to economics too,

Math's importance, is forever true.

So let's appreciate, this beauty so fine,
And let math's wonder, forever shine.
For in its depths, we find the truth,
A language universal, for youth.

In the world of math, we find our way,
Through problems and solutions, each new day.
With every step, we take, we learn and grow,
And math's wonders, forever glow.

SANA KHAN 9A

The Importance of Mathematics

Mathematics, often called the language of the universe, is one of the oldest and most essential fields of human knowledge. From counting sheep in ancient times to solving complex equations for space travel, math has always been at the heart of human progress.

◆ What is Mathematics?

Mathematics is the study of numbers, shapes, patterns, and logical reasoning. It is not just about solving sums; it helps us understand how the world works. Every branch of math—arithmetic, algebra, geometry, trigonometry, and calculus—serves a unique purpose.

◆ Why is Math Important?

1. **Daily Life:** We use math in shopping, cooking, banking, and even checking the time.
2. **Technology & Science:** Computers, mobile phones, satellites, and medical equipment all depend on mathematical calculations.
3. **Problem-Solving Skills:** Math develops logical thinking and reasoning, which helps us make better decisions.
4. **Career Opportunities:** Engineering, medicine, economics, data science, and architecture rely heavily on mathematics.

◆ Mathematics in Nature

Math is not only in books but also in nature. The spiral of a seashell, the symmetry of a butterfly, and the arrangement of sunflower seeds follow mathematical patterns like the Fibonacci sequence.

◆ Conclusion

Mathematics is more than just a subject—it is a universal tool that connects science, art, technology, and everyday life. As Albert Einstein once said, “Pure mathematics is, in its way, the poetry of logical ideas.” By learning math, we prepare ourselves to understand the world better and shape the future.

PRATEEK 9A

Maths Puzzle

Maths Puzzle 1 : The mysterious locker problem:-

There are 100 lockers in a school, all closed. 100 students walk by. The first student opens every locker. The second student toggles every second locker (if it's open, they close it; if it's closed, they open it). The third student toggles every third locker, and so on. Question: After all 100 students have passed, which lockers remain open?

Hint: Think about perfect squares!

Math puzzle 2 : The Missing Dollar Mystery

Three friends go out for lunch and the bill comes to ₹75. They each contribute ₹25, totaling ₹75.

Later, the waiter realizes the bill should have been only ₹70. He gives ₹5 back to them.

Since ₹5 can't be split evenly, they each take ₹1 and give ₹2 to the waiter as a tip.

So now each friend paid ₹24 (₹25 - ₹1), totaling ₹72. Plus ₹2 to the waiter makes ₹74.

Question : Where did the missing ₹1 go?

Hint: It's a trick of how the numbers are framed, not actual math loss!

Math puzzle 3 : The Digit Swap Dilemma

I am a two-digit number.

If you reverse my digits, the new number is 27 less than me.

My tens digit is three times my units digit.

Question : What number am I?

Hint: Try setting up equations using $10x + y$ format, where x is the tens digit and y is the units digit.

Answer: 1.The mysterious locker problem- Lockers that remain open: Only the lockers whose numbers are perfect squares (1, 4, 9, 16, 25, ..., 100).

Why?

Each locker is toggled once for every factor it has. Most numbers have an even number of factors (so they end up closed), but perfect squares have an odd number of factors—because one factor is repeated (like $6 \times 6 = 36$). So they're toggled an odd number of times and stay open.

2.Answer: The Missing Dollar Mystery:-There is no missing ₹1—it's a misdirection!

Why?

Each friend paid ₹24, totaling ₹72. Out of this ₹70 went to the restaurant, and ₹2 was the tip.

The mistake is in adding the ₹2 tip to ₹72. You should subtract it to get the actual bill: $₹72 - ₹2 = ₹70$.

So everything checks out—no rupee lost, just a clever twist in wording.

Answer 3. The Digit Swap Dilemma

Answer-63.

Why?

Try integer values manually:

Try $x = 6, y = 3 \rightarrow \text{Number} = 63$

Reversed = 36

Difference = $63 - 36 = 27$

Also, $6 = 3 \times 3$

SIDDHARTH PATHAK 9A

"Being exposed to theory, stimulated by a basic love of concepts and mathematics, was a marvelous experience." - Rudolph A.

Marcus

The Beauty of Mathematics

In numbers small and numbers great,
Math decides our learning's fate.
From zero's smile to infinity's run,
It weaves its magic for everyone.

Algebra speaks in letters and signs,
Equations tell stories through hidden lines.
Geometry draws with compass and rule,
Circles and angles make problem-solving cool.

Trigonometry climbs with sine and cosine,
Building bridges with every fine line.
While calculus whispers, slow and deep,
Unlocking secrets that science keeps.

Math is a lantern, steady and bright,
Guiding our minds to reason and light.
Not just in exams, it's life's own art—
A logic that beats in every heart.

- Diptanshu-pal - X-C

"If you come from mathematics, as I do, you realize that there are many problems, even classical problems, which cannot be solved by computation alone." - Roger Penrose



हिन्दी विभाग



मेरी मां

मेरी मां ने मेरे जीवन का,
लक्ष्य खुद से जोड़े,
मुझे पालने को उसने
अपने कई सपने छोड़े!

कई बार बादलों को छूकर,
उसी ने बरसाया मेरे लिए पानी,
हां, मेरी मां के आंचल में लिखी है
मेरे जीवन की कहानी!

हृदया (II-F)

बादल

बादल दादा बादल दादा आओ ना |
पानी जरा बरसाओ ना |
प्यासी धरती की प्यास बुझाओ ना |
पेड़ पौधों को हरा भरा बनाओ ना |
बादल दादा बादल दादा आओ ना |
हवा को शुद्ध बनाओ ना | • •
आओ ना जी आओ ना
इस गर्मी से हमें बचाओ ना |
बादल दादा बादल दादा अब तो आ जाओ ना |

मायरा शाह (3rd F)

क्या इतनी बुरी हूं मैं?
क्या इतनी बुरी हूं मैं कि लोगों को दुख होता है,
क्यों लड़की के लिए जीवन इतना कठिन होता है?
क्यों जन्म से मेरे आंगन में मातम छाता है,
क्यों बाबा या दादा सबको रोना आता है?

भाई राजा और मैं दासी बनके जीवन बिताती हूं,
आज बाबा का कल किसी और का क्यों घर ही बस

संभाल पाती हूं?
क्या लड़की होना पाप है,
या मुझसे नफ़रत करने की कोई खास बात है?
क्यों जीती नहीं सर उठाके,
डरती सबके आगे हूं।
क्यों मेरा सम्मान नहीं है ?
हर गाली में क्यों आती हूं?
सोचती हूं लड़की होने का क्या कभी गर्व कर पाऊंगी?
कास लड़का होती तो सब अच्छा होता,
क्यों ये सोच मुझे अब खाती हैं?
क्या इतनी बुरी हूं मैं कि समाज की नज़रे मुझे डराती है ?

संजीविका कुमारी (11 एच)

सरफरोशी

हिंद की माटी ने फिर से पुकारा,
वीरों ने तब आगे बढ़कर सहारा। सिंदूर बन गया, नई क्रांति की पहचान,
बोले वसुंधरा अब न सहेंगे कोई अपमान।

हवा में गूंजी व्योमिका सिंह,
हौसलों की मिसाल, न कोई शर्त न शंका।
पराक्रम की उड़ान थी अनोखी झलका,
बेटी ने छू लिया बादल का तिनका।

धरती पर उतरी थी कर्नल सोफिया की टोली,
हर कदम पर निभानी थी जिम्मेदारी पूरी।
हर मोड़ पर थी बस जिम्मेदारी निभानी,
बहादुरी बनी उनकी सबसे बड़ी निशानी।

चलो करें हम उनको सलाम,
जिन्होंने देश के लिए त्याग दिया आराम।
जिनके दम पर है सरफरोशी का नूर,
जय हिंद, जय भारत, ऑपरेशन सिद्धेरा

बॉबी सिंह (IX 'E')

(सच्ची खुशी) मध्यम आकार की कहानी

एक समय की बात है, एक बहुत ही अमीर व्यापारी था। उसके पास धन, गाड़ी, बड़ा बंगला सब कुछ था। फिर भी वह हमेशा परेशान और दुखी रहता था। उसे समझ नहीं आता था कि उसके जीवन में खुशी क्यों नहीं है। एक दिन वह एक साधु के पास गया और बोला, "महाराज, मेरे पास सब कुछ है, लेकिन फिर भी मैं खुश नहीं हूँ। कृपया मुझे बताइए कि सच्ची खुशी कहाँ मिलती है?"

साधु मुस्कुराए और बोले,

"तुम कल सुबह गाँव के बाहर खेत में आओ। वहाँ तुम्हें तुम्हारा उत्तर मिलेगा।"

अगले दिन व्यापारी समय पर खेत में पहुँचा। वहाँ उसने देखा कि एक गरीब किसान अपने छोटे से खेत में काम कर रहा है। उसके कपड़े साधारण थे, और उसके पास कोई धन या आराम नहीं था। लेकिन फिर भी वह बहुत खुश लग रहा था। वह गा रहा था, मुस्कुरा रहा था, और अपने बच्चों के साथ हँसी-मज़ाक कर रहा था।

साधु ने कहा,

"देखो इस किसान को। इसके पास ज्यादा कुछ नहीं है, लेकिन इसके पास संतोष है, मेहनत करने का आनंद है, और अपने परिवार से प्रेम है। यही है सच्ची खुशी।"

व्यापारी ने उस दिन समझा कि असली खुशी चीज़ों में नहीं, अपने काम से प्यार करने में, अपनों के साथ समय बिताने में और जीवन के प्रति संतोष रखने में होती है।

शिक्षा:- सच्ची खुशी बाहर की चीज़ों से नहीं, भीतर की सोच और संतोष से मिलती है।

समृद्ध सोलंकी (सातवीं ई)

हिन्दी भाषा के स्तम्भ

वर्णमाला हिन्दी की, वैज्ञानिक मनभावन ।

13स्वर, 39व्यंजन, 'अक्षर' इसमें बावन ॥

कोई भी हो नाम अगर तो, संज्ञा वह कहलाता ।

संज्ञा के बदले जो आता, सर्वनाम बन जाता ॥

कोई भी हो काम अगर तो, क्रिया उसे हम कहते ।

जिनका रूप कभी न बदले, अव्यय शब्द होते ॥

पुरुष जाति का बोध कराते, शब्द कहातें ' पुल्लिंग'।
स्त्री जाति का बोध कराते, शब्द वही 'स्त्रीलिंग ॥ '
संख्या में हो एक अकेला, होता 'एकवचन ॥ '
अगर एक से ज्यादा हो तो, बनता 'बहुवचन' ॥
तीन पुरुष हिन्दी में होते, उत्तम, मध्यम, अन्य ।
उत्तम मैं हूँ, मध्यम तुम हो तीसरा होता अन्य ॥
जिन शब्दों का अर्थ एक सा, पर्यायवाची शब्द ।
एक दूसरे से जो उल्टे, होते विलोम शब्द ॥

अयान सिंह (7 ई)

हृदय खुश करने वाली कविता

जब तक चलेगी जिंदगी की सांसे,
कहीं प्यार कहीं टकराव मिलेगा।
कहीं बनेंगे संबंध अंतर्मन से तो,
कहीं आत्मीयता का अभाव मिलेगा ।
कहीं मिलेगी जिंदगी में प्रशंसा तो,
कहीं नाराजगियों का बहाव मिलेगा ।
कहीं मिलेगी सच्चे मन से दुआ तो,
कहीं भावनाओं में दुर्भाव मिलेगा।
कहीं बनेंगे पराए रिश्ते भी अपने तो,
कहीं अपनों से ही खिंचाव मिलेगा।
कहीं होगी खुशामदे चेहरे पर तो,
कहीं पीठ पे बुराई का घाव मिलेगा।
तू चलाचल राही अपने कर्मपथ पे,
जैसा तेरा भाव वैसा प्रभाव मिलेगा।
रख स्वभाव में शुद्धता का स्पर्श तू,
अवश्य जिंदगी का पड़ाव मिलेगा ।

वंशिका देवी (सातवीं ई)

जीवन में समय नियोजन के लाभ

समय नियोजन हमारे जीवन को व्यवस्थित बनाने में मदद करता है। समय एक मात्र ऐसी चीज़ है जो एक बार चला जाए तो फिर कभी वापस नहीं आता इसलिए हमें समय का सदुपयोग करना चाहिए। इतिहास गवाह है कि जिसने भी अपने जीवन में समय का सदुपयोग किया है वह अवश्य सफल हुआ है। समय का दुरुपयोग करने से हम अपना जीवन खराब करते हैं क्योंकि समय फिर लौटकर नहीं आता। मैंने बहुत से विद्यार्थियों को देखा है कि वह अपना समय व्यर्थ में बर्बाद कर देते हैं और परीक्षाओं के समय उनका तनाव बढ़ जाता है जिससे वह परीक्षा में अच्छा प्रदर्शन नहीं कर पाते। समय का अगर तुम सदुपयोग करोगे तो तुम अवश्य सफल होगे। समय नियोजन के बहुत से लाभ हैं लेकिन मैं उनमें से कुछ का वर्णन करना चाहूँगी जैसे :- यह हमें अपने लक्ष्यों को प्राप्त करने में मदद करता है और यह हमें तनाव और चिंता से मुक्ति दिलाता है। अतः हमें विद्यार्थियों को समय का सदुपयोग कर अपने लक्ष्य को प्राप्त करके अपने जीवन को सफल बनाना चाहिए।

सिमरन यादव (IX F)

केन्द्रीय विद्यालयों में बैंड धुनों का महत्व

सुना है कि श्री कृष्ण जी की बाँसुरी की धुन सुनकर उनकी गाँव सब कुछ छोड़कर उनके पास चली आती थीं, मानो उस धुन में कोई दिव्य आकर्षण हो। उनकी बाँसुरी की धुन से न केवल गाँव, बल्कि वृक्ष, नदियाँ और पक्षी भी आनंदित हो उठते थे। इससे ऐसा प्रतीत होता है कि संगीत की मधुर धुनों से संपूर्ण सृष्टि जुड़ जाती है। प्राचीन काल से ही भारतीय संस्कृति में संगीत का महत्वपूर्ण स्थान रहा है। संगीत न केवल मनोरंजन का माध्यम माना जाता है, बल्कि धार्मिक, सामाजिक और सांस्कृतिक जीवन का हिस्सा भी है। मंदिरों में पूजा और हवन के दौरान संगीत धुनों का उपयोग किया जाता है। संगीत धुनों का उपयोग युद्ध के समय में भी किया जाता रहा है। संगीत मन में सुखद अनुभूति का एहसास कराता है। आज भी श्री कृष्ण जी की बाँसुरी आनंद, शांति और भक्ति का प्रतीक है। बैंडों से उत्पन्न संगीत की धुनों से हमारे आस पास का वातावरण आनंदित होता है।

शैक्षणिक संस्थानों में बैंड, छात्रों को संगीत की शिक्षा और कला को विकसित एकाग्रता, साथ ही उन्हें एक समूह का हिस्सा होने का, करने में मदद करता है अनुभव भी देता है। केन्द्रीय विद्यालयों में विद्यार्थियों के विकास हेतु बैंड की महत्वपूर्ण भूमिका है। जैसे :

बैंड के नियमित अभ्यास से विद्यार्थियों में आत्म-नियंत्रण और समय प्रबंधन की आदतें विकसित होती हैं।

बैंड के नियमित अभ्यास से विद्यार्थियों का आत्मविश्वास बढ़ता है।
बैंड के माध्यम से विद्यार्थी विभिन्न संगीत शैलियों को सीखते और समझते हैं।
बैंड के अभ्यास से विद्यार्थियों में आपसी सहयोग की भावना और अनुशासन बढ़ता है।
बैंड के माध्यम से अपनी विभिन्न संस्कृति को सीखने और समझने का मौका मिलता है।
बैंड के प्रदर्शन से नेतृत्व कौशल क्षमता एवं उत्साह बढ़ता है।
बैंड के अभ्यास से एकता और टीमवर्क की भावना पैदा होती है।

संगीत केवल राग नहीं है बल्कि ,यह आध्यात्मिक उन्नति का साधन, भक्ति भाव, आत्मिक शांति, समर्पण और भक्ति का मार्ग प्रशस्त करता है। मन के विकारों को शांत करता है।

केन्द्रीय विद्यालयों में भी बैंड विद्यार्थियों के शारीरिक, मानसिक और सामाजिक विकास में महत्वपूर्ण भूमिका निभाता है।

"तू खुद"

तू कितना भी कमजोर हो, तू खुद से जीत का फैसला कर।
आगे बढ़ना है तो खुद से आगे, जो तेरा मनोबल गिराए, उस आवाज से आगे बढ़।

तू अपना भविष्य खुद बना, तू अपना इतिहास खुद से लिख,
तेरा जिम्मेदार तू खुद है, तेरी जीत या हार तू खुद है।

समय अच्छा या बुरा नहीं होता,
समय तय करना तेरा काम है,
ज़माने को देखकर पिछड़ मत,
तू तेरा हौसला खुद है।

हार से तू डरना मत,
ये जिंदगी का सच है,
इस हार से सीखकर आगे बढ़,
क्योंकि तुझे रुकना अब नहीं है।

तू दिल में अपने साहस रख,

तू अपना विश्वास खुद है।
तेरी मंजिल कभी तेरा ख्वाब थी,
उसे पूरा कर! क्योंकि,
तेरी सफलता किसी की मोहताज नहीं होती,
ये तेरे हाथ में ही है,
इसलिए तेरी कामयाबी तू खुद है।
तेरी कामयाबी तू खुद है!!!

मरु में मेघ

जब बरसे मेघ क्षितिज से,
मट-मैला नभ नीला हो आया,
माटी की सोंधी खुशबू से,
जन-जन का मन हर्षाया।

जब आए मेघ मदद करने,
तपती वसुधा का दुख हरने,
लगा जैसे हरित क्रांति लाए,
सूखे वृंत हरे हो आए।

फ़िर जो शीतल पवन चली,
हर गली ठंड की लहर चली,
मस्ती में मंडराई व्याध पतंग,
कण-कण में भर दी नई उमंग।

रिमझिम-सी इस मधुर ताल पर,
थिरके मनमोहक मोर,
कुदरत के इस नव-स्वरूप पर,
खुशहाली चहुँ ओर।



संस्कृत विभाग



प्रार्थना ।

प्रभोऽहं सदा सत्यवादी भवेयम्
प्रभो नैव स्वप्नेऽपि मिथ्या वदेयम् ।
भवेयं सदा लोक-कल्याण-कारी
भवेयं जगद्दुःख-दैन्याऽपहारी ॥ १ ॥

प्रभोऽहं सदा मातृभक्तो भवेयम्
प्रभोऽहं सदा पितृभक्तो भवेयम् ।
प्रभोऽहं सदाऽचार्यभक्तो भवेयम्
प्रभोऽहं सदा देशभक्तो भवेयम् ॥ २ ॥

सदाऽहं स्वधर्मानुरागी भवेयम्
सदाऽहं स्वकर्मानुरागी भवेयम् ।
सदाऽहं स्वदेशानुरागी भवेयम्
सदाऽहं स्ववेषानुरागी भवेयम् ॥ ३ ॥

सदा ब्रह्मचर्यव्रतं पालयेयम्
सदाऽहं सदाचारमार्गे चलेयम् ।
भवेयं विनीतो-विवेकी गभीरः
यशस्वी महापण्डितः कर्मवीरः ॥ ४ ॥

आचार्य वीरेन्द्र
(संस्कृत स्नातक शिक्षक)

अवनितलं पुनरवतीर्णा स्यात्

अवनितलं पुनरवतीर्णा स्यात् संस्कृतगङ्गाधारा धीर भगीरथवंशोऽस्माकं वयं तु कृतनिर्धाराः ॥

निपततु पण्डितहरशिरसि प्रवहतु नित्यमिदं वचसि प्रविशतु वैयाकरणमुखं पुनरपि
वहताज्जनमनसि पुत्रसहस्रं समुद्धृतं स्यात् यान्तु च जन्मविकाराः ॥ धीरभगीरथ 11

ग्रामं ग्रामं गच्छाम संस्कृतशिक्षां यच्छाम सर्वेषामपि तृप्तिहितार्थं स्वक्लेशं न हि गणयेम कृते
प्रयत्ने किं न लभेत एवं सन्ति विचाराः ॥ धीरभगीरथ

या माता संस्कृतिमूला यस्या व्याप्तिस्सुविशाला वाङ्मयरूपा सा भवतु लसतु चिरं सा वाङ्माला
सुरवाणीं जनवाणीं कर्तुं यतामहे कृतिशूराः ॥ धीरभगीरथ .. 11

- डा. नारायणभट्टः

अनन्या 10 E

हस्त मुद्रा द्वारा शरीर की

- | | |
|---------------------------------------|---------------|
| १. अंगूठा (Thumb) | अग्नि तत्त्व |
| २. तर्जनी (Index Finger) | वायु तत्त्व |
| ३. मध्यमा (Middle Finger) | आकाश तत्त्व |
| ४. अनामिका (Ring Finger) | पृथिवी तत्त्व |
| ५. कनिष्ठा (छोटी) (Small Finger) - जल | |

कल्याण 9 E

आयुः कर्म च विद्या च वित्तं निधनमेव च।

पञ्चैतानि विलिख्यन्ते गर्भस्थस्यैव देहिनः॥

संस्कृतभाषा सरला मधुरा

संस्कृतभाषा सरला मधुरा सकलजनहिता सादरणीया ॥

उचितावसरे सुव्याहारे सद्यवहारे साधुविचारे सरसविनोदे सुजनामोदे सर्वानन्दे श्रेयःसुपदे ॥

संस्कृत 11

जात्युद्धरणे नीत्याख्याने सत्यभाषणे मत्युत्थाने नवपदरचने नव्यतापने नानाचरणे न्यायवर्तने ॥

संस्कृत 11

भेदापगमे द्वेषोपशमे दोषापनये साम्योपनये धर्मरक्षणे ज्ञानवर्धने विश्वशान्तये समैक्यकार्ये ॥

संस्कृत 11

- दो. प्रभाकरशर्मा

विधि 8 F

श्लोकान् उच्चैः पठन्तु -

कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती । करमूले सदा गौरी प्रभाते करदर्शनम् ॥

(लक्ष्मीः कराग्रे वसति । सरस्वती करमध्ये वसति । गौरी करमूले वसति । अतः प्रभाते करदर्शनं करणीयम् ।)

शैले शैले न माणिक्यं मौक्तिकं न गजे गजे । सज्जना न हि सर्वत्र चन्दनं न वने वने ॥

(सर्वेषु पर्वतेषु माणिक्यं न भवति । सर्वेषु गजेषु मौक्तिकं न भवति । सज्जनाः सर्वत्र न भवन्ति । सर्वेषु वनेषु चन्दनवृक्षाः न भवन्ति ।)

सत्यम 9 F

अमृतकलशः

बालाः निश्चिते स्थले भवेयुः । शिक्षकः कञ्चित् स्पर्शकं निश्चिनुयात् । सः 'राक्षसः' इति कल्प्यते । अन्येषु बालेषु कस्यचित् हस्ते शिक्षकः एकं कलशं दण्डं पुस्तकं वा दद्यात् । (दत्तं वस्तु किमपि स्यात् नाम तत् अमृतकलशत्वेन परिगणनीयम् । यदा क्रीडायाः आरम्भः भवति तदा राक्षसः अमृतकलशम् अपहर्तुमिव समीपम् आगत्य एतं स्पर्ष्टुं प्रयतेत । कलशधारी तु राक्षसात् अमृतकलशं रक्षितुम् इच्छन् तम् अन्यस्मै 'गृहाण' इति उच्चारयन् दद्यात् । राक्षसः

तदभ्यन्तरे एव यदि एतं स्पृशति तर्हि एषः बाह्यः भवति । यदि स्प्रष्टुं न शक्तः तर्हि सः अधुना धृतकलशम् अन्यं स्प्रष्टुं प्रयतेत । एवमेव क्रीडा अनुवर्तते ।

नक्ष 8 F

जय भारतजननी

भारमाता बुधजनगीता निर्मलगङ्गाजलपूता ।। शिरसि विराजित-हिमगिरिमुकुटम् चरणे हिन्दु-महोदधि-सलिलम् जघने सस्य-लता-तरु-वसनम् जय भारतजननी ।। १ ।।

ऋषिवर-घोषित-मन्त्र-पुलकिता कविवर-गुम्फित-पावन-चरिता धीर-वीर-नृप-शौर्य-पालिता जय भारतजननी ।। २ ।।

मम मनसि सदा तव पदयुगलम् संस्कृत-संस्कृति-सतत-चिन्तनम् भाव-राग-लय-ताल-मेलनम् जय भारतजननी ।। ३ ।।

बोधकथा

ब्रह्मज्ञानी याज्ञवल्क्यः

राजा जनकः एकदा महान्तं यज्ञं कृतवान् । तस्मिन् यज्ञे तेन एकसहस्रमितानां गवां शृङ्गानि सुवर्णेन अलङ्कृतानि । ताः सर्वाः गावः स्वस्थाः दुग्धदात्र्यः सवत्साः च । ताः दर्शयन् राजा उक्तवान् "अयि पूज्याः । भवत्सु यः ब्रह्मनिष्ठः स्यात् सः एताः गाः स्वीकुर्यात् ।"

आत्मानं ब्रह्मनिष्ठं घोषयित्वा गाः स्वीकर्तुं केनापि धैर्यं न कृतम् । तदा याज्ञवल्क्यः स्वशिष्यं सोमश्रवसं सूचितवान् "सोमश्रवाः । भवान् एताः गाः आश्रमं प्रति नयतु ।"

एतत् श्रुत्वा सर्वे ब्राह्मणाः कुपिताः । ते पृष्ठवन्तः- "किम् उपस्थितेषु ब्राह्मणेषु केवलं याज्ञवल्क्यः एकः एव ब्रह्मनिष्ठः अस्ति ?"

याज्ञवल्क्यः अवादीत् "सर्वेभ्यः विद्वद्भ्यः मम नमस्कारः । आश्रमवासिनां कृते गावः आवश्यक्यः इति विचिन्त्य अहम् एताः स्वीकुर्वन् अस्मि ।"

एतेन विवादः प्रवृद्धः । ये आत्मानः ब्रह्मनिष्ठत्वं साभिमानं वदन्ति स्म ते ऋषयः तर्कवितर्कान् आरब्धवन्तः । याज्ञवल्क्येन सर्वेभ्यः योग्यम् उत्तरं प्रदत्तम् । सर्वे पराजिताः । अन्ते गार्गी पृष्ठवती "महात्मन् ! एतत् जगत् कस्मिन् ओतप्रोतम् अस्ति ?"

याज्ञवल्क्यः उत्तरं दत्तवान् - "आकाशे ।"

"सः आकाशः कस्मिन् ओतप्रोतः अस्ति ?"

"सः आकाशः तु अविनाशी अक्षरब्रह्मणि एव ओतप्रोतः अस्ति सः ।"

एतस्य उत्तरस्य अनन्तरं याज्ञवल्क्यः गार्गी सविस्तरं सर्वा ब्रह्माण्डप्रक्रियां बोधितवान् । कः ब्रह्मविद् भवितुम् अर्हति इत्यपि उक्तवान् ।

महर्षेः व्याख्यां श्रुत्वा गार्गी समाधानं प्राप्तम् । सा तर्कवितर्कान् कुर्वतः ब्राह्मणान् उक्तवती - "याज्ञवल्क्यः अस्माकं सर्वेषां पूज्यः अस्ति । अस्य ब्रह्मविषयक ज्ञानस्य लाभः अस्माभिः स्वीकरणीयः ।"

राज्ञः जनकस्य अपि सन्तोषः आसीत् न्यूनातिन्यूनम् एकः तु ब्रह्मज्ञानी मम राज्ये अस्ति इति ।

अनुशय 9 E

स्कृत लेखः – विद्यार्थिनः जीवनम् च मानसिकस्वास्थ्यं च

विद्यार्थिनः जीवनं केवलं अध्ययनं नास्ति, अपि तु शारीरस्य मानसिकस्य च स्वास्थ्येन सह पूर्णं भवति । वेदाः अस्मान् प्रेरयन्ति यत् विद्या, संयमः, तथा सात्त्विकविचाराः जीवनस्य मूलं सन्ति ।

ऋग्वेदः (१०.१९१.४) वदति —

"समानी वा आकूतिः समानाः हृदयानि वः । समानमस्तु वो मनो यथा वः सुसहासति ॥"

अर्थः — सहपाठीभिः सह एकचित्तता, शान्तिः च धारणीया ।

अथर्ववेदे (१९.६२.१) —

"शं नो भवन्तु विश्वतः ।"

अर्थः — सर्वतः शुभविचाराः आगच्छन्तु, भयः च चिन्ता च नश्यतु ।

यजुर्वेदः (४०.२) —

"तेन त्यक्तेन भुञ्जीथाः ।"

अर्थः — विद्यार्थी संयमेन जीवेत्, न अतिभोगेन न च आलस्येन ।

अतः वेदानां संदेशः स्पष्टः अस्ति — विद्यार्थीः यदि संयमं, शान्तचित्तत्वं, तथा सकारात्मकविचारान् धारयन्ति, तर्हि तेषां अध्ययनं सफलं, जीवनं च सुखमयं भविष्यति।

नादाप्रिया X ~ C

विद्यायाः प्रदीपाः – विद्यालयस्य महत्त्वम्

- विद्यालयः अस्माकं द्वितीयगृहम् इव अस्ति। अस्मिन् स्थले वयं न केवलं अक्षरज्ञानं प्राप्नुमः, किन्तु जीवनस्य मूल्यवान् संस्कारान् अपि अधिगच्छामः। प्रातःकाले ध्वजारोहणेन सह राष्ट्रीयगीतं गायामः, ततः शिक्षायाः यात्रा आरभ्यते।
- विद्यालये नाना विषयाः पठ्यन्ते—गणितशास्त्रं, विज्ञानं, संस्कृतम्, इतिहासः च। एते सर्वे विषयाः अस्मान् नूतनं ज्ञानं प्रददाति। खेलक्रीडायामपि विद्यालयस्य महत्त्वम् अपारम्। खेलैः शरीरस्य आरोग्यं सुदृढं भवति, स्पर्धाभावः च वर्धते।
- संस्कृतिः अपि विद्यालये महत्त्वपूर्णं स्थानं धारयति। वार्षिकोत्सवः, नाट्यप्रदर्शनानि, गीतनृत्यप्रतियोगिताः च अस्मान् आत्मविश्वासेन पूरयन्ति। शिक्षकाः अस्मान् मार्गदर्शकाः इव कार्यं कुर्वन्ति। ते न केवलं पाठ्यपुस्तकं पठयन्ति, अपि तु जीवनपथस्य शिक्षां अपि ददाति।
- छात्रैः अपि कर्तव्यं अस्ति—नियमपालनं, समयपालनं, स्वच्छता, तथा सहपाठीभिः सौहार्दभावः। यदि वयं एतानि पालयेम तर्हि विद्यालयस्य कीर्तिः उन्नतिम् आप्नुयात्।
- विद्यालयं जीवनस्य प्रथमं सोपानम् इति प्रसिद्धम्। अत्र प्राप्तं ज्ञानं भविष्ये अस्माकं पथं प्रकाशयति। अतः सर्वे अपि वयं एकस्मिन्हृदयेण प्रयत्नं कुर्मः यत् अस्माकं विद्यालयः सर्वेषां मध्ये श्रेष्ठः भवेत्।

दीपक एस् . नायर् 7 'B'

प्रकृति

प्रकृतिः मानवस्य जीवनस्य प्राणः अस्ति। वने वृक्षाः हरितवर्णेन शोभन्ते, ते फलानि पुष्पाणि छायां च यिच्छन्त। नदीः निर्मलं जलं वहिन्त, येन ग्रामाः नगराणि च जीवनं प्राप्नुविन्त। आकाशे सूर्यः दिवा प्रकाशं ददाति, चन्द्रः रात्रौ शीतलतां ददाति, तारकाः शोभां वर्धयिन्त। पक्षिणः मधुरं गीतं गायकान्ति, गगनं रमणीयं भवति। पृथिवी माता अन्नं जलं च प्रददाति, सा सर्वं पोषयति। यदि वयं प्रकृतेः रक्षणं न करिष्यामः, तर्हि जीवनं कठिनं भविष्यति। अतः अस्माभिः सदैव प्रकृतेः संरक्षणं करणीयम्।

धीमंत राज ८ अ

हिन्दी

कोशिश करने वालों की हार नहीं होती:

“हार मत मानो, कोशिश करने वालों की हार नहीं होती” यह पंक्ति सिर्फ एक कविता की लाइन नहीं, बल्कि जीवन की सच्चाई है। जीवन में असफलताएँ आती हैं, रास्ते कठिन होते हैं, लेकिन जो व्यक्ति हिम्मत नहीं हारता और बार-बार प्रयास करता है, वही अंत में सफलता का स्वाद चखता है।

बचपन में जब हम चलना सीख रहे थे, तब न जाने कितनी बार गिरे लेकिन हर बार उठे और चलना सीख ही लिया। यही जीवन में भी होता है। थॉमस एडिसन ने बल्ब बनाने में पहलें कई बार असफलता देखी लेकिन वह कभी रुके नहीं। डॉ. ए. पी. जे. अब्दुल कलाम साधारण परिवार से थे, लेकिन अपने प्रयास से मिसाइल सैन और राष्ट्रपति बने। हम छात्रों को भी कई बार कठिनाइयाँ आती हैं। पर अगर हम प्रयास करें व अर्जुन जैसे लक्ष्य रखें तो अवश्य सफलता प्राप्त कर सकते हैं।

क्या करें जब हारने का मन हो:

खुद पर विश्वास रखें
असफलता से सीखें
लक्ष्य को फिर से धाद करें
प्रेरणादायक कहानियाँ पढ़ें

निष्कर्ष :

जीवन में सफलता आसान नहीं होती, लेकिन जो इंसान हार नहीं बल्कि सिखाने आती है। हर गिरावट हमें कुछ नया सिखाती है और आगे बढ़ने का ताकत देती है।

जो विद्यार्थी या कोई भी व्यक्ति धैर्य, आत्मविश्वास और लगातार प्रयास करता है, वह एक दिन जरूर जीतता है। दुनिया के हर सफल व्यक्ति की कहानी के पीछे संघर्ष छुपा होता है। इसीलिए जरूरी है कि हम अपने सपनों पर विश्वास रखें और हर कठिनाई का सामा इटकर करें। क्योंकि - “सूरज भी रोज उगता है चाहे रात कितनी भी काली क्यों न हो।

नाम - काव्य रावत

कक्षा - 8 ब

योगस्य लाभाः

(Benefits of Yoga)

योगः भारतस्य प्राचीनतमः अमूल्यं ज्ञानं अस्ति। "योगः चित्तवृत्तिनिरोधः" इत्युक्तं पतञ्जलेः योगदर्शने। योगस्य अभ्यासेन शरीरस्य चित्तस्य च संतुलनं साध्यते। योगः न केवलं शारीरिकव्यायामः, अपि तु मानसिकं आत्मिकं च शुद्धिकरणं करोति।

प्रतिदिनं योगाभ्यासः कुर्वन् मानवः दीर्घजीवनं यापयति। योगेन रक्तसञ्चारः शुद्धतः भवति, पाचनक्रिया सुधार्यते, स्नायवः शुद्धाः भवन्ति, वृक्षासनं संतुलनं वर्धयति, भुजङ्गासनं पृष्ठदर्दं निवारयति, प्राणायामः श्वसनक्रियाम् उत्तमां करोति, ध्यानं च छात्राणां स्मरणशक्तेः एकाग्रतायाः च विकासं करोति, अद्यतनजीवने तनावः, अनुवादः, रोगाः च वर्धन्ते। योगेन एते सर्वे निवार्यन्ते। योगेन आत्मविश्वासः, मनश्शान्तिः च प्राप्यते। अतो हि बालकः वृद्धः च योगाभ्यासं कुर्वन्तु। प्रतिदिनं अल्पेन समयेन योगः कृतः चेत् सम्पूर्णं जीवनं सुखमयम् भवति।

योगः न केवलं भारतस्य, अपितु सम्पूर्णविश्वस्य हिताय अस्ति। अतः वयं सर्वे मिलित्वा योगस्य प्रचारं प्रचारं च कुर्मः।

- दीपांशी वर्मा

8th B

कालिदासः

कालिदासः संस्कृतभाषायाः एकः प्रमुखः कविः तथा नाटककारः आसीत्। सः भारतस्य प्राचीनतमस्य कवीनां मध्ये श्रेष्ठतमः मन्यते। तस्य यशः केवलं भारतदेशे न, अपि तु समग्रे जगति प्रसरितम् अस्ति। कालिदासः प्रकृतिसौन्दर्यस्य, प्रेमस्य, नारीचरित्रस्य च अत्यन्तं मनोहरं वर्णनं कर्तुं समर्थः आसीत्।

कालिदासस्य जीवनवृत्तान्तः पूर्णतया ज्ञातुं न शक्यते, किन्तु बहवः विद्वांसः तं गुप्तकालस्य विक्रमादित्यराजस्य सभाया सदस्यं मन्यन्ते। सः नवरत्नानां मध्ये एकः आसीत् इति परम्परायाम् उक्तं दृश्यते।

तस्य प्रसिद्धानि नाटकानि त्रयम् — अभिज्ञानशाकुन्तलम्, विक्रमोर्वशीयम्, मालविकाग्निमित्रम् च। विशेषतः शाकुन्तलम् नाटकम् जगति प्रसिद्धतमं संस्कृतनाटकम् अस्ति। तस्मिन्नेव नाटके शृङ्गाररसस्य, वात्सल्यस्य च उत्कृष्टम् प्रदर्शनं दृश्यते।

काव्यरचनायामपि कालिदासस्य विशेषं स्थानं अस्ति। रघुवंशम् नाम महाकाव्यं, कुमारसम्भवम्, मेघदूतम् च तस्य प्रमुखानि काव्यानि सन्ति। मेघदूते यक्षस्य प्रेमवेदना, विरहव्यथा च मेघदूतस्य माध्यमेन सुन्दररूपेण अभिव्यक्ताः।

कालिदासस्य काव्यशैली सरला, मधुरा, हृदयस्पर्शिनी च अस्ति। सः संस्कृतसाहित्ये "कविकुलगुरुः" इति प्रसिद्धः अस्ति।

नाम - बिरेन दास

कक्षा - आठवीं 'बी'



Topic

Date

P.No.

आदर्शकला

संस्कृत भाषायाः महत्त्वम्

→ संस्कृत भाषा भारतस्य प्राचीनतम भाषासु एकम् अस्ति । एषा देवभाषा इत्यपि कथ्यते । वेदाः, उपनिषदः, पुराणाणि, रामायणं, महाभारतम् च इत्यादयः सर्वे अपि ग्रन्थाः 'संस्कृतभाषायामैव' लिखितः सन्ति । संस्कृतम् अस्माकं सांस्कृतिकी - परम्परायाः मूलं अस्ति । संस्कृतभाषायाः उच्चारणं स्पष्टं, व्याकरणं शुद्धं च अस्ति । पाणिनान् रचितं "अष्टाध्यायी" नामकं व्याकरणग्रन्थं अतिशयं प्रसिद्धम् । एषा भाषा न केवलं धार्मिक कार्ये प्रयुज्यते, अपितु विज्ञानं, गणितस्य, आर्युर्वेदस्य, वास्तुशास्त्रस्य च श्रैतेषु अपि उपयोगी आसीत् । संस्कृतस्य अध्ययनं चेतनाशक्तिं विकासयति, बुद्धिमत्तां वर्धयति च । संस्कृतभाषायाः शब्दाः अतिशयं वैज्ञानिकरूपेण संरचिताः सन्ति । एषा भाषा बहुषु भारतीयभाषासु आधाररूपेण विद्यमाना अस्ति, यथा:- हिन्दी, मराठी, कन्नड, बङ्गाली, तेलुगु इत्यादिषु । अद्यतनकाले अपि 'सन्ति, यत्र जनाः' संस्कृतभाषामैव महत्त्वम् नवनीतम् अस्ति । बहवः छात्राः विद्यालयेषु, विश्वविद्यालयेषु च संस्कृताध्ययनं कुर्वन्ति । राष्ट्रे केचन ग्रामाः अपि सन्ति, यत्र जनाः संस्कृतभाषामैव दैनन्दिनजीवने प्रयुज्यन्ते । अतः वयं सर्वे संस्कृतभाषायाः संरक्षणाय च प्रयत्नं कर्तुं आवश्यकं मन्यामहे । संस्कृतम् अस्माकं मौखिकम् अस्ति, संस्कृतस्य ज्ञानं अस्माकं धरीहरः इति वदामः ।

नाम-त्रिवेदनः
कक्षा-आठवीं



WRITO-LINE

સંસ્કૃતભાષાયાઃ સદૃશ્યમ્

સંસ્કૃતભાષા અસ્માકાં સાહત્રેયાશ્ચ પ્રાચીન ભાષા
અસ્તિ । સંસ્કૃતભાષા સર્વભાષાણાં જનની અસ્તિ ।
સંસ્કૃતભાષા શ્રેષ્ઠભાષા અસ્તિ इति મન્યતે । સંસ્કૃતભાષા
સુલભા, સુભોદ્યા સદૃશા ચ અસ્તિ । વાલિયાસરજી, જાણસરજી,
ભાસરજી હૃદયદ્રિઠાળીનાં ચ સદૃશ્યપદ્યનાં : સંસ્કૃતભાષા-
યાં અસ્તિ । વાલ્મીકિ રામાયણં, મહર્ષિરજાસરજી મહાભારતં
માસ્ત્રાશચાર્જીયં અપિતરિવચનમન્થા : અપિ સંસ્કૃતભાષા-
યામ્ જા અસ્તિ । સુગુણેષુ ઉપયોજનાય અપિ સંસ્કૃત
ભાષા વધુ : ઉપયુક્ત્ય અસ્તિ । સંસ્કૃતભાષાયાઃ વાચનાત્
કૃદ્ધિઃ વિચારાઃ ચ સંસ્કારપૂર્ણાઃ ભવન્તિ । સંસ્કૃતભાષાયાઃ
અદ્યથાનેન ઉચ્ચારણે શુદ્ધતા વર્ધતે । સંસ્કૃતભાષા
ભારતીયસંસ્કૃતેઃ પ્રતીકમ્ અસ્તિ ।

નામ - જહાન્વી

વક્ત્રી - માળી બ

Topic.....

Date.....

युवाओं के लिए मानसिक स्वास्थ्य (Mental Health for youth)

आजकल की तेज-रफ्तार और प्रतिस्पर्धात्मक दुनिया में मानसिक स्वास्थ्य एक अत्यधिक महत्वपूर्ण विषय बन चुका है, विशेष रूप से युवाओं के लिए। समाज में मानसिक स्वास्थ्य के बारे में जागरूकता बढ़ी है, लेकिन इसके बावजूद युवाओं के बीच मानसिक स्वास्थ्य अभी भी समस्याओं का बढ़ता एक गंभीर चिंता का विषय है। तनाव, चिंता, डिप्रेशन, और आत्महत्या जैसी समस्याएं तेजी से बढ़ रही हैं, और इसके पीछे कई कारण हैं। शिक्षा में दबाव, सामाजिक मीडिया का प्रभाव, और व्यक्तिगत या पारिवारिक समस्याएं। मानसिक स्वास्थ्य सिर्फ शारीरिक स्वास्थ्य का हिस्सा नहीं है, बल्कि यह हमारी भावनात्मक और मानसिक स्वास्थ्य के प्रति जागरूकता और समझ बढ़ाने ज़रूरी है, ताकि वे अपनी समस्याओं का सामाधान समय रहते पा सकें। समाज और परिवार की कूटनीति इसमें अत्यधिक महत्वपूर्ण है। मानसिक स्वास्थ्य को प्राथमिकता देकर हम एक स्वस्थ और सुशिक्षित समाज का निर्माण कर सकते हैं।

संस्कृता

नवशैक्षिकनीति - नवभारतस्य शिक्षा दृष्टिः

प्रस्तावना:

भारते नूतना शैक्षिकनीतिः वर्षे २०२० प्रख्याता। एषा नीतिः त्रिंशदधिकवर्षेभ्यः परं भारतस्य शिक्षायाः नवपरिवर्तनाय आगता। पुरातनस्य प्रणालीस्य स्थानं नवप्रगतिशीलशिक्षणपद्धतिः ग्रहीतवती। अस्याः नीतेः मुख्यलक्ष्यं शिक्षायाः गुणवृद्धिः, सर्वकार्यक्षेत्रेषु वर्तते।

मुख्यतत्त्वानि:

एषा नीतिः ५+३+३+४ प्रणालीं स्थापयति।

- ५ वर्षाणि पूर्वप्राथमिकशिक्षा
- ३ वर्षाणि प्राथमिकशिक्षा
- ३ वर्षाणि माध्यमिकशिक्षा
- ४ वर्षाणि उच्चमाध्यमिकशिक्षा

सातृभाषायाः साध्यसेन शिक्षायाः प्रोत्साहनं दीयते। विद्यार्थीः स्वाभाविकविकासा-
-त्या सह पठं कर्तुं शक्नोति। कौशलविकासः, डिजिटलशिक्षा,

लाभः

शिक्षायाः आर्थिकता वर्धते

भारतं ज्ञानस्य केन्द्रं भवति

बालकानां स्वाभाविकविकासः संभवति

उपसंहारः

नवशैक्षिकनीतिः केवलं शिक्षायां नीतिः न अस्ति, अपितु भारतस्य
ज्ज्वलन्भविष्यस्य निर्माणाय एकं दृढं पादपद्धतिः अस्ति। अस्या
नीत्या सह छात्राः आत्मनिर्भराः, विवेकीनः, नवोन्मेषशीलाः च भविष्यन्ति।

नाम - कात्या शर्मा
कक्षा - ८

विज्ञान

विज्ञान: मानव जीवन का आधार
विज्ञान वह ध्यान है जो प्राकृतिक घटनाओं के अध्ययन
और परीक्षण के माध्यम से प्राप्त होता है। यह हमारे
जीवन का अभिन्न हिस्सा बन चुका है आज हम जिस
भी दिशा में देखते हैं, विज्ञान का प्रभाव स्पष्ट
रूप से दिखाई देता है। चाहे वह चिकित्सा हो, संचार,
परिवहन या फिर शिक्षा।

विज्ञान ने हमारे
जीवन को भरपूर तेज और सुविधाजनक बना दिया है।
बल्ब, पंखा, मोबाइल, इंटरनेट, रेफ्रिजरेटर, हवाई जहाज-
ये सभी विज्ञान की देन हैं। चिकित्सा क्षेत्र में
विज्ञान ने जहाँ मानव जीवन को सुखद और
अमृत बनाया है।

निष्कर्षतः विज्ञान एक शक्तिशाली उपकरण है,
जिसका सही उपयोग हमें समृद्ध और सुरक्षित
भविष्य की ओर ले जा सकता है।

नाम- राध्या सिंह

कक्षा- आठवीं 'ब'

अनुक्रमांक- 32

Topic.....Date.....

किताबें कुछ कहना चाहती हैं

किताबें,
करती हैं बातें
बीते जमानों की
दुनिया की, इतसानों की
आज की कल की
एक - एक पल की
खुशियों की, गमों की
फलों की, बसों की
जीत की, हार की
धार की मार की।

क्या तुम नहीं सुनोगे
इन किताबों की बातें?

किताबें कुछ कहना चाहती हैं
तुम्हारे पास रहना चाहती हैं
किताबों में चिट्ठियाँ चहचहाती हैं
किताबों में खेतियाँ लहलहाती हैं

किताबों में इपठने गुनगुनाते हैं
परियों के किरसे सुनाते हैं

किताबों में रॉकट का राज है
किताबों में साइंस की आवाज है
किताबों का कितना बड़ा संसार है
किताबों में ज्ञान की वरमर है।

क्या तुम इस संसार में
नहीं जाना चाहोगे?

Teacher's Sign.....



CREATIVE LEARNING ACTIVITIES



Educational Tour



**bag less
day
activity**



BAGLESS DAY SUNBOARD ACTIVITY

On 13th May 2025, a Sun Board Craft Activity was conducted for children of classes 6 to 8, in which an artist was called from outside for learning. All the children learned something new with great enthusiasm and expressed their mind through colours. These activities help us to improve the way we think, feel and behave. It also helps us to gain confidence, learn new skills and provide us with a sense of achievement. Arts an.

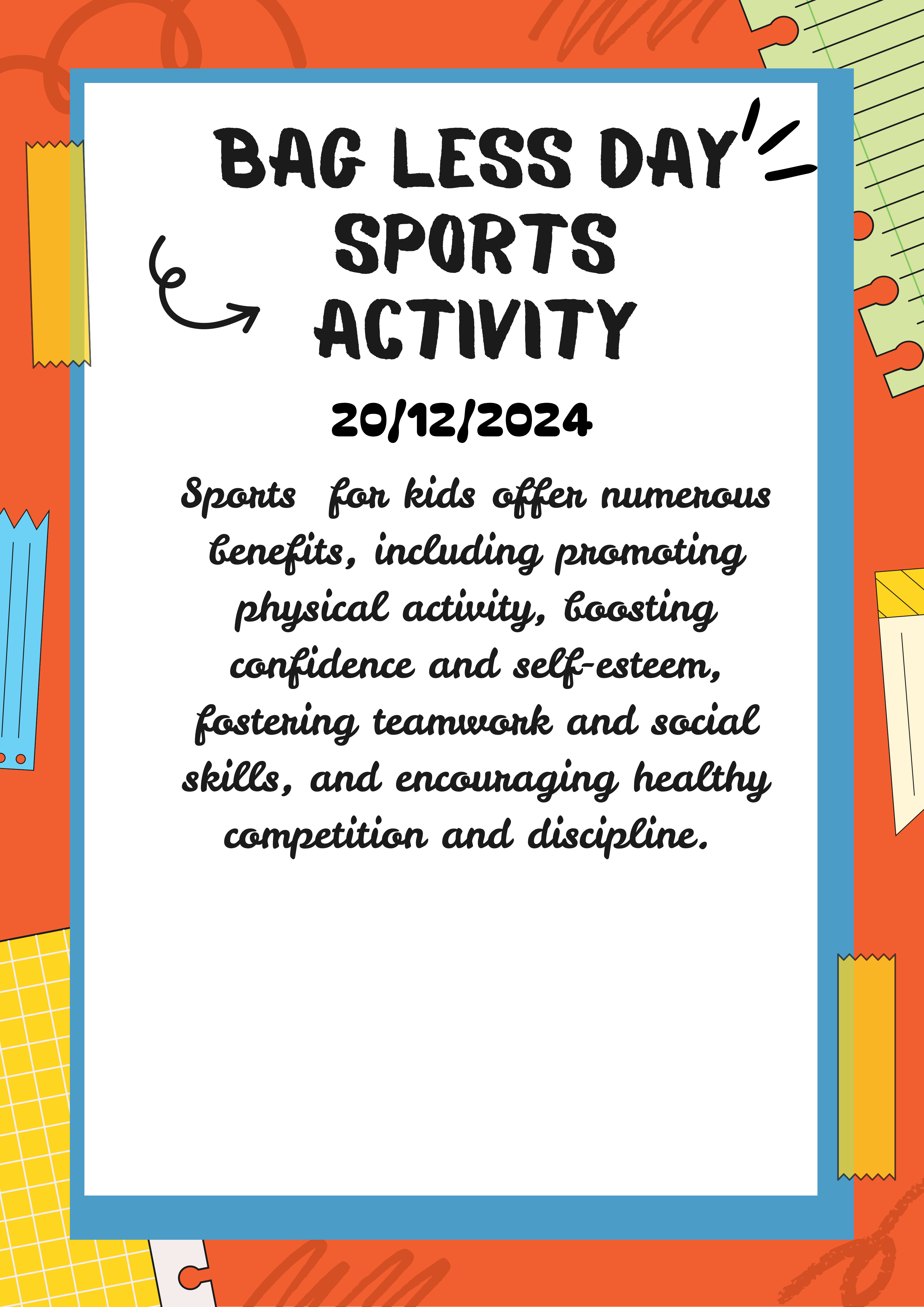




SUNBOARD CRAFT

13/12/2024





BAG LESS DAY' SPORTS ACTIVITY

20/12/2024

Sports for kids offer numerous benefits, including promoting physical activity, boosting confidence and self-esteem, fostering teamwork and social skills, and encouraging healthy competition and discipline.

BAGLESS DAY



collage making



Sports Activity

20/12/2024

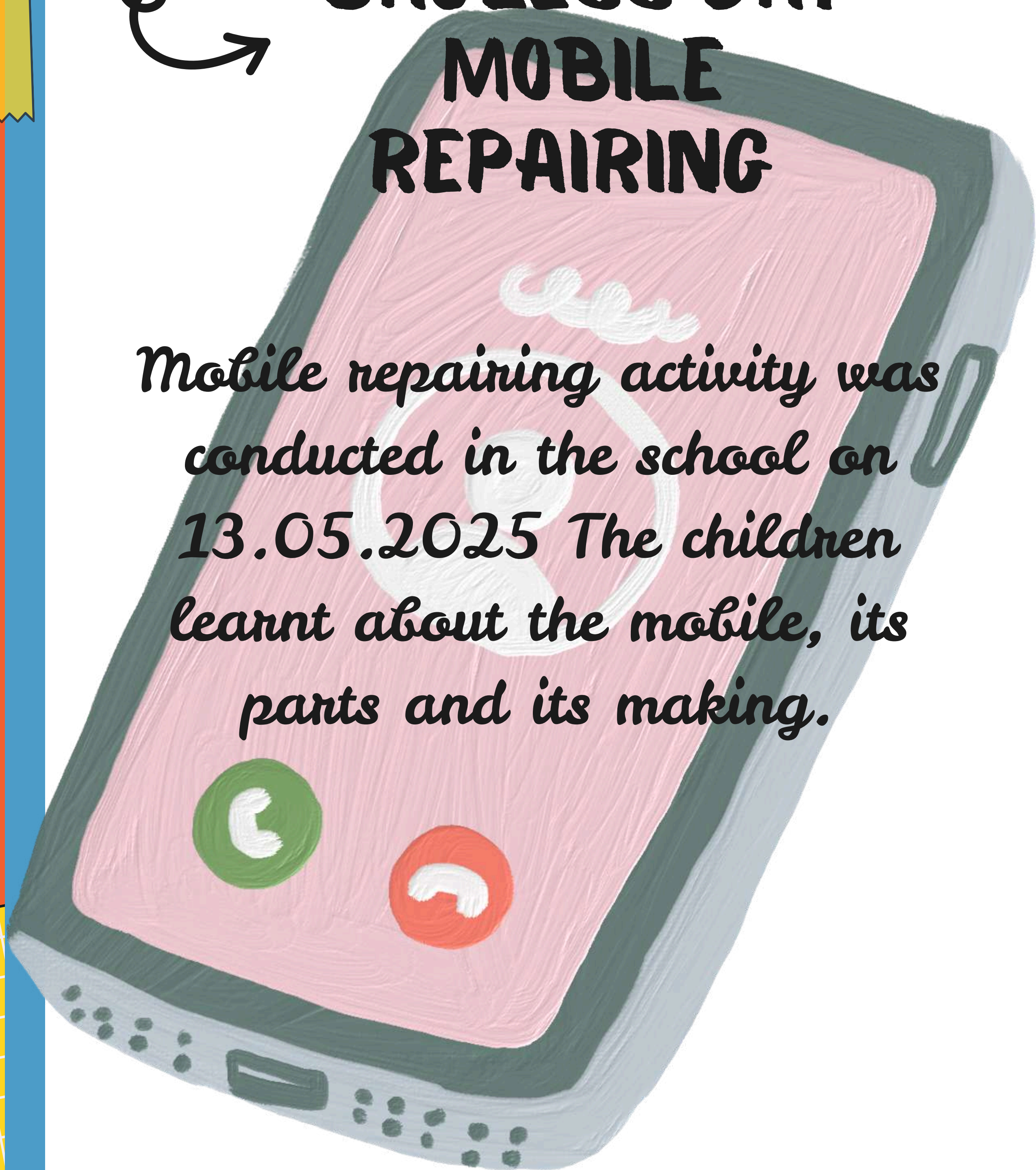




BAGLESS DAY MOBILE REPAIRING



Mobile repairing activity was conducted in the school on 13.05.2025. The children learnt about the mobile, its parts and its making.



BAG LESS DAY



Mobile Repairing

13/12/2024



BAGLESS DAY POTTERY ACTIVITY



Reasons Why Pottery is a Must for Kids
In a world dominated by screens and fast-paced activities, it's essential to introduce children to activities that engage their senses, foster creativity, and teach them patience. Pottery is one such activity that offers a myriad of benefits for kids. From shaping clay into unique creations to getting their hands dirty, pottery is not just an art form but a therapeutic and educational experience. In this blog, we'll explore the top six reasons why pottery is a must for kids.

Pottery: More than a Fun Activity
Beyond its obvious appeal as a fun and engaging pastime, pottery offers a wealth of benefits that extend far beyond the potter's wheel. Here, we delve deeper into how this ancient art form contributes to a child's holistic development and well-being:

BAG LESS DAY



18/1/2024

BAG LESS DAY BOOK FAIR

date-6/2/2025

Book fairs offer students numerous benefits, including sparking a love for reading, expanding their literary horizons, and fostering a sense of independence in choosing their own books.



BAG LESS DAY



collage making



Book Fair

6/2/2025



BAG LESS DAY' KAUSHAL MELA

On 27th January 2025, a skill fair was organized under the Backless Day program in which children got a chance to showcase their art. In this fair, children got to see their art exhibition and crafts, on the other hand, wonders of science and toys were seen. Tattoos were made on the stomachs of children and children also organised fireless cooking. All the children and teachers supported this fair.

BAGLESS DAY



Under the National Education Policy (NEP) 2020, there is a concept known as the “Bagless Days Policy,” which is designed to give students a break from the usual classroom routine. During this period, students in grades 6 to 8 will spend ten days away from their school bags, engaging in hands-on learning experiences.

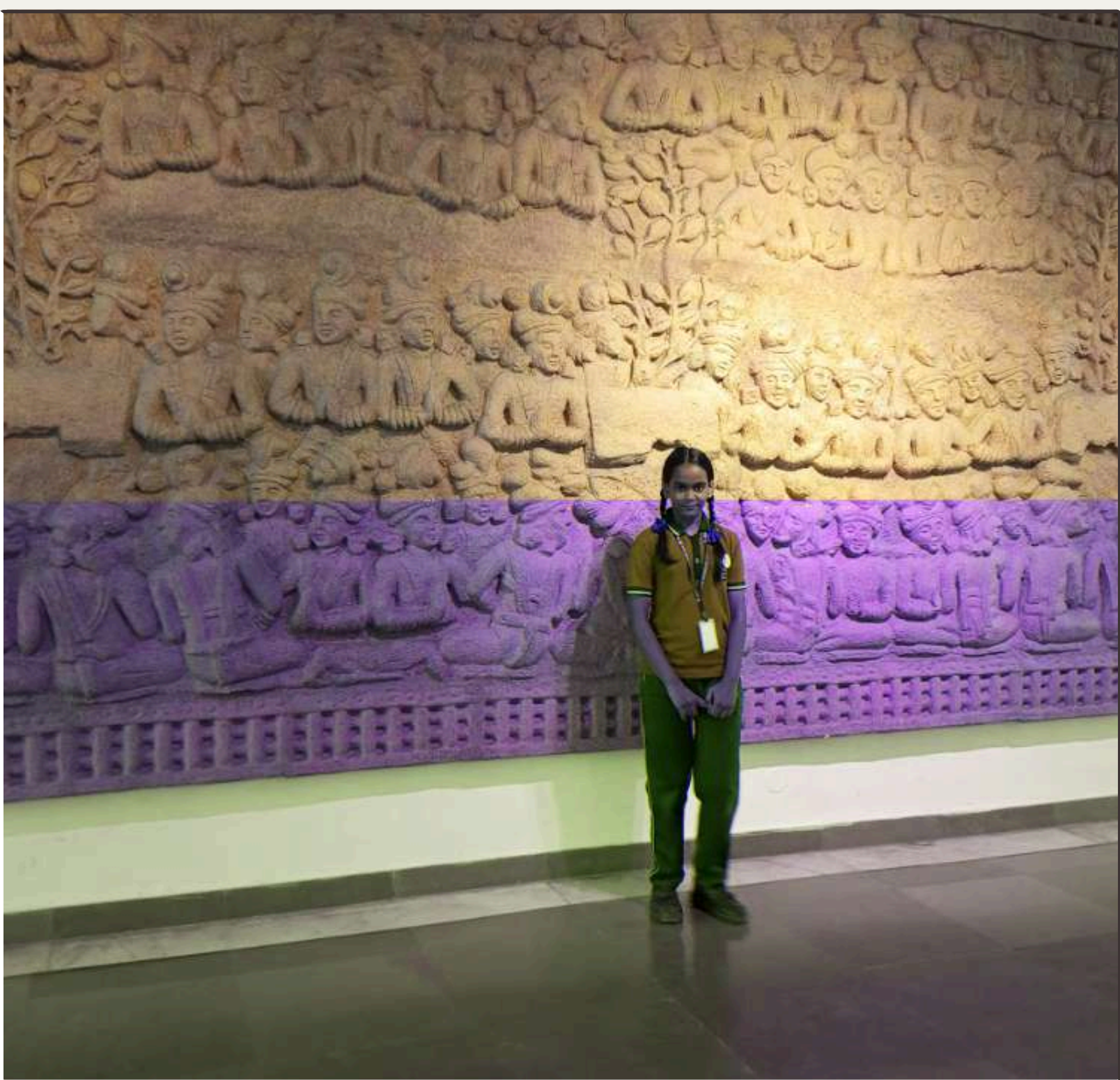
BAGLESS DAY AMRIT UDYAN



date -11/9/2024

A student tour to Amrit Udyan
(formerly Mughal Gardens) in
Delhi offers educational benefits
like exploring diverse flora,
understanding India's botanical
heritage, and fostering
environmental awareness, while
also providing a chance to
appreciate nature and historical
significance.

The detailed art of Rangoli requires careful hand movements and coordination. As children create designs, connect dots, and add colors, it helps strengthen their fine motor skills.

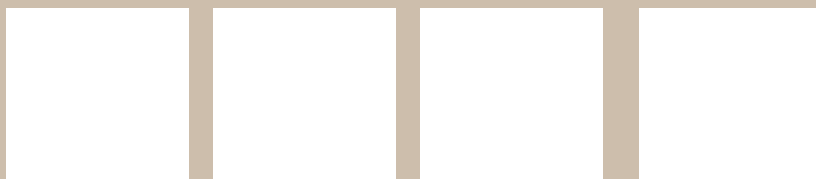


bag less day
activity

student
picnic

11/9/2024

AMRIT
UDYAN



Trip



Rest

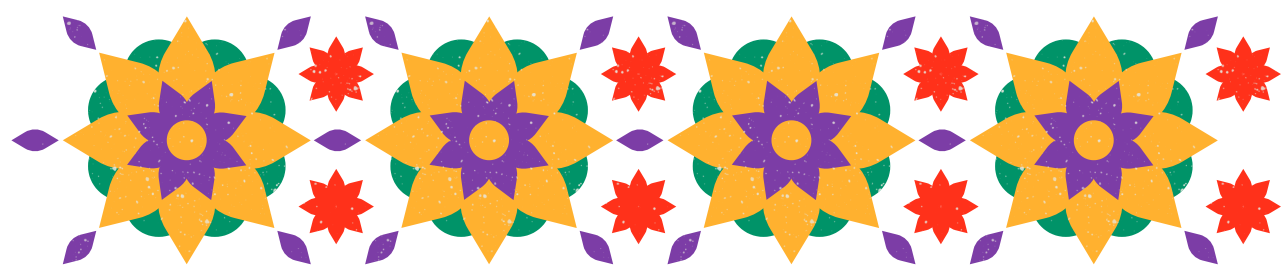


BAGLESS DAY RANGOLI MAKING

The detailed art of Rangoli requires careful hand movements and coordination. As children create designs, connect dots, and add colors, it helps strengthen their fine motor skills.

BAG LESS DAY

Rangoli1/11/2024





RANGOLI



BAGLESS DAY POT AND DIYĀ DECORATION

4/11/2024

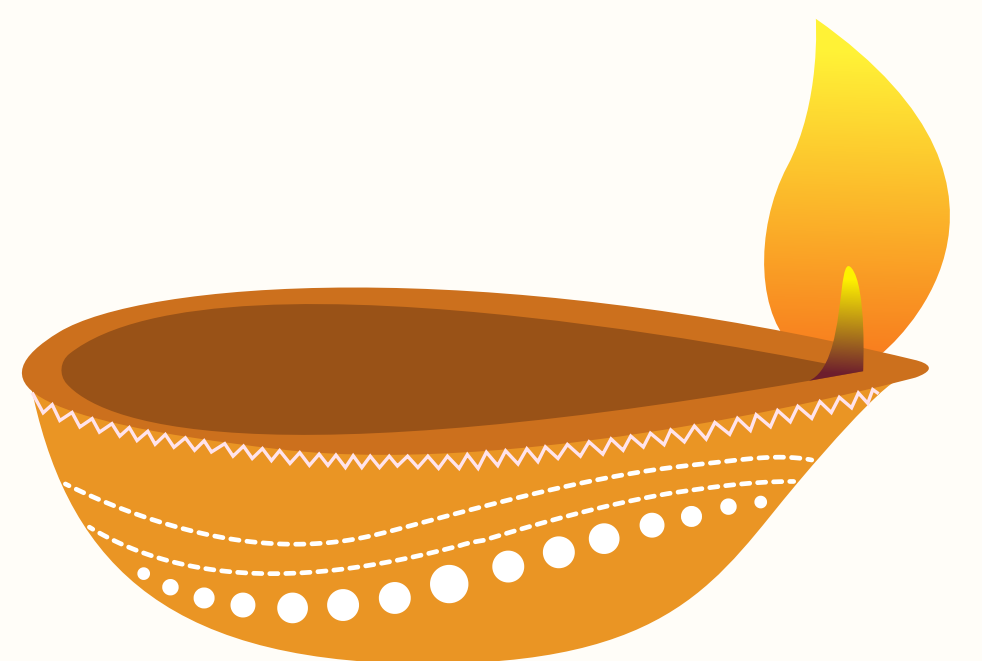
Diya decoration activities for kids offer numerous benefits, including fostering creativity, enhancing fine motor skills, and promoting cultural understanding, while also providing a fun and engaging way to celebrate Diwali.

BAG LESS DAY



DIYA
DECORATION

4/11/2024



BAGLESS DAY NATIONAL SCIENCE MUSEUM TOUR

3 days under the Backless activity, the children were taken on a tour of the Science Museum, in which the children of class 6 to 8 got to know something new related to their subjects like history, science, geography, mathematics etc. in the Science Museum. The children enjoyed Bangalore Security with great enthusiasm.







मां के जैसा कोई
नहीं..



Every mother is special









SPORTS



POSITION HOLDER OF OUR SCHOOL IN KVS NATIONAL SPORTS MEET

S#	CGA	Event	Position	Points	Cash Award	Photo	Student	Class	Reg No
1	TAEKWONDO U14 Boys	23-25 KG	3	1	5000		VINAY 24032005	7	24032005
2	SWIMMING U17 Boys	200 M breast stroke	5	0	-		DIPTANSHU PAL 24028326	9	24028326
3	BOXING U19 Boys	Below 46 KG	1	3	10000		YASH KUMAR 24029379	12	24029379
4	TAEKWONDO U19 Boys	45-48 KG	2	2	8000		SHIVAM KUMAR SINGH 24032667	12	24032667
5	TAEKWONDO U19 Girls	Above 68 KG	3	1	5000		LAKSHITA ROHILLA 24031959	12	24031959

POSITION HOLDER IN KVS REGIONAL SPORTS MEET

S#	CGA	Event	Position	Points	Performance	Photo	Student	Class	Reg No
1	TAEKWONDO U14 Boys	23-25 KG	1	3			VINAY 24032005	7	24032005
2	SWIMMING U17 Boys	200 M breast stroke	1	3	02:57:90 Mins		DIPTANSHU PAL 24028326	9	24028326
3	SWIMMING U17 Boys	100 M breast stroke	1	3	01:20:00 Mins		DIPTANSHU PAL 24028326	9	24028326
4	BOXING U19 Boys	Below 46 KG	1	3			YASH KUMAR 24029379	12	24029379
5	TAEKWONDO U19 Boys	45-48 KG	1	3			SHIVAM KUMAR SINGH 24032667	12	24032667
6	SKATING U14 Girls	QUAD U- 14 [R2- 1000 M]	1	3	02:08:06 Mins		ASIN YADAV 24033249	6	24033249
7	SKATING U14 Girls	QUAD U- 14 [R1-500 M+D]	1	3	01:04:63 Mins		ASIN YADAV 24033249	6	24033249

S#	CGA	Event	Position	Points	Performance	Photo	Student	Class	Reg No
8	TAEKWONDO U14 Girls	32-35 KG	1	3			RUCHI PIPAROTAR 24031930	8	24031930
9	SKATING U17 Girls	QUAD U-17 [R1-500 M+D]	1	3	01:19:94 Mins		TANVI 24035849	10	24035849
10	CHESS U19 Girls	Chess	1	3			D RASI SHREE 24032595	12	24032595
11	TABLE TENNIS U19 Girls	Team	1	6		VIEW TEAM			
12	TABLE TENNIS U19 Girls	Individual	1	3			ANANYA NEGI 24027888	12	24027888
13	TAEKWONDO U19 Girls	Above 68 KG	1	3			LAKSHITA ROHILLA 24031959	12	24031959
14	TAEKWONDO U19 Girls	42-44 KG	1	3			KHUSHI 24031928	11	24031928
15	JUDO U14 Boys	+50 KG	2	2			SHIVAM TOKAS 24033075	7	24033075

S#	CGA	Event	Position	Points	Performance	Photo	Student	Class	Reg No
16	SWIMMING U14 Boys	50 M butterfly	2	2	00:51:92 Mins		SHIVANSH RAWAT 24028255	6	24028255
17	SWIMMING U14 Boys	200 M ind.medlay	2	2	04:11:58 Mins		SHIVANSH RAWAT 24028255	6	24028255
18	SWIMMING U14 Boys	200 M Free Style	2	2	03:24:60 Mins		SHIVANSH RAWAT 24028255	6	24028255
19	ATHLETICS U19 Boys	Cross Country 6.0Km	2	2	27:26:76 Mins		NIKHIL SINGH 24032907	12	24032907
20	LAWN TENNIS U19 Boys	Team	2	4		VIEW TEAM			
21	LAWN TENNIS U19 Boys	Individual	2	2			AYUSH RAWAT 24033276	12	24033276
22	TAEKWONDO U17 Girls	35-38 KG	2	2			DEVANSHI SWAIN 24031977	9	24031977
23	KHOKHO U14 Boys	KhoKho U-14	3	2		VIEW TEAM			
24	TAEKWONDO U14 Boys	32-35 KG	3	1			TEJASH SINGH 24031944	7	24031944

S#	CGA	Event	Position	Points	Performance	Photo	Student	Class	Reg No
25	SKATING U17 Boys	QUAD U-17 [R1-500 M+D]	3	1	01:04:79 Mins		ANURAG CHAUHAN 24035807	10	24035807
26	SKATING U17 Boys	QUAD U-17 [R2-1000 M]	3	1	02:34:59 Mins		ANURAG CHAUHAN 24035807	10	24035807
27	SWIMMING U17 Boys	200 M Free Style	3	1	03:05:94 Mins		DIPTANSHU PAL 24028326	9	24028326
28	TAEKWONDO U17 Boys	Above 78 KG	3	1			ARUSH SHARMA 24031968	9	24031968
29	TAEKWONDO U17 Boys	48-51 KG	3	1			AMAN RAWAT 24031970	8	24031970
30	TAEKWONDO U17 Boys	63-68 KG	3	1			HARSHIL KUMAR 24032086	10	24032086

S#	CGA	Event	Position	Points	Performance	Photo	Student	Class	Reg No
31	TAEKWONDO U17 Boys	68-73 KG	3	1			SAURABH SINGH 24032672	10	24032672
32	ATHLETICS U19 Boys	5000 Mtr. Walk	3	1	38:18:13 Mins		NIKHIL SINGH 24032907	12	24032907
33	LAWN TENNIS U14 Girls	Individual	3	1			ABHINANDA 24033376	8	24033376
34	LAWN TENNIS U14 Girls	Team	3	2		VIEW TEAM			
35	SKATING U14 Girls	INLINE U- 14 [R3-500 M+D]	3	1	01:12:74 Mins		ANANDI 24031924	7	24031924
36	SKATING U14 Girls	INLINE U- 14 [ROAD 2000 M]	3	1	05:51:44 Mins		ANANDI 24031924	7	24031924
37	TAEKWONDO U14 Girls	24-26 KG	3	1			YASHWANI 24032014	6	24032014
38	SKATING U17 Girls	QUAD U- 17 [R2- 1000 M]	3	1	03:00:69 Mins		TANVI 24035849	10	24035849

S#	CGA	Event	Position	Points	Performance	Photo	Student	Class	Reg No
39	BADMINTON U14 Boys	Team	4	0		VIEW TEAM			
40	LAWN TENNIS U17 Boys	Individual	4	0			ABHINANDAN RAJ SINGH 24033374	10	24033374
41	LAWN TENNIS U17 Boys	Team	4	0		VIEW TEAM			
42	SKATING U14 Girls	INLINE U-14 [R4-1000 M]	4	0	02:43:86 Mins		ANANDI 24031924	7	24031924
43	BADMINTON U14 Boys	Individual	5	0			PRANAV MOHANROY 24033091	8	24033091
44	LAWN TENNIS U17 Boys	Individual	5	0			ANISH RAWAT 24033433	11	24033433
45	LAWN TENNIS U17 Boys	Individual	6	0			D. KARTIK SAI 24035978	10	24035978



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