



Reflection 2012-13

INSPIRE TO ENLIGHTEN...

Inspiration is committed to provide quality education to children that encompasses not only academic excellence but foster ethical, social and spiritual awareness. The aim of school is to create an environment that nurture ambitions and abilities of children, develop their talents and learn leadership skills to equip them for their roles in rapidly changing world.





Dedicated To Our Founder

*"Your vision of a better tomorrow
steers us even today
Your soul nurtures our heart
Your unseen presence still leads our way"*



Late Shri N. C. Balutia
1935-2012



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Chairperson's Message

Students are the nation's most valuable and creative asset. Their imagination is the key for building a great future of our country. The school magazine is a vehicle for our young students to realize their potential and communicate their ideas and experience with the society.

Today the role of school is not only to pursue academic excellence but also to motivate and empower its students to be a lifelong learners, critical thinkers and productive members of an ever changing global society.

A school must try to provide its students with an atmosphere for multifaceted development where children are encouraged to channelize their potential in the pursuit of excellence. This is possible only in the holistic, student centric environment. The talents, skills and abilities of each student need to be identified, nurtured and encouraged so that he/she is able to reach greater heights. Students need to be provided with a platform to think, express and exhibit their skills.

I am glad to see that our annual magazine truly represents the thoughts and opinion of our young minds and exhibit their academic and co-curricular achievements in the school.

The effort put in by the principal, teachers and staff in shaping and developing our first publication is praiseworthy and I am sure it will go long way in developing the overall personality of our young students.

Dr. Geetika Balutia

From Principal's Desk

It gives me an immense pleasure in conveying my deep appreciation to the staff and students who have been performing their onerous duties and fulfilling their responsibilities with a sense of commitment inspite of various hardships and constraints.

This is the first attempt to project the image of the institution and an attempt is made by the young and promising writers to manifest their latent creative talents.

Our aim is to teach social, moral, spiritual, ethical, emotional, psychological etc values, to develop and deliver education to anyone, anywhere, anytime. To help and guide to growing ones to grow, progress and learn in cordial, friendly and free environment resulting in their all round development. Education is the key to creating a society that is dynamic, productive, progressive and provides equal and fair opportunities for growing to all. It is one of the critical indicators of human development, the importance of which cannot be undermined. Education unlocks the treasures and latent talents that is within and equips the society with indispensable human resource, essential for its advancement.

According to John Ruskin-

“Education does not mean to teach people, what they don't know but it means to teach them to behave, as they don't”

H.K. Joshi



Annual Report



I take it as a matter of rare privilege and great honour to extend you all a very warm welcome who so gladly have responded to our humble invitation on the occasion of the Annual Day Celebrations.

Annual day celebrations have their own place of pride and importance in the school calendar. This is an occasion for rejoicing. Yet is a day of stock taking of our achievements and shortcomings.

Academics

The school continues to maintain its good track record in academics. In spite of the hectic and busy schedule, a number of other co-curricular activities which are the hallmark of public schools, academics continue to be our prime concern and top priority. Cadets under the able guidance of academic staff have achieved excellent results. In the field of academics the results of secondary school certificate examination have been 100%. Five students received merit certificate from CBSE on securing A1 grade in all five subjects and in Senior Secondary Examination it was 89% with 5 distinctions.

Sports & Games

A great amount of emphasis is given to sports and games. It is mandatory for every student to participate in sports and games. The physical endurance and stamina of the cadets (both boys and girls) is also tested in various sports activities conducted every year throughout the year.

In District level Inter schools Kho-Kho championship organized by DSA Haldwani boys under 19 years of age lifted the trophy and girls team were the runners up. In District level Inter school athletics meet organized by DSA Haldwani. Our students bagged 04 Gold, 5 Silver and 5 bronze medals. In District level





football championship we reached semi-final.

In CBSE III cluster Kho-Kho championship our girls team reached to quarter final where 36 teams participated. In National level Taekwondo Championship one of our students Master Deepak Joshi stood first and was awarded a winners trophy and a cash prize of Rs. 50,000.

Trips & Excursion

School also organizes motivational/Educational tours and excursion for the students and staff. 60 students and 08 staff members were sent for an educational tour to Parle Biscuit Factory and Sanjay Van, 80 students with 15 members of staff visited Fun City, Bareilly and class XIIth was sent to Sattal in trekking expedition.

Co-Curricular Activities

In Debating Competition at Inter school level organized by Department of Forest Master Vidit Joshi adjudged at II position.

In Inter school painting competition organized by Life Insurance Corporation of India Miss Aayushi Balutia and Master Vivek Chaudhory stood II and III respectively. We organize Fancy Dress Competition for Tiny Tots and elocution for Junior Group on regular basis.

Cultural Activities

It plays a vital role in developing and shaping the hidden talent among the students. Besides it we invite the world repute artists-SPIC-MACAY (Kumaon Chapter) to stage dance (Lec cum dum) performances. Ms. Kavita Triwedi odyssey exponent visited to perform Lec cum dum performance. We organize fancy dress & Elocution competition for tiny tots.

Online Library

On 01.09.2012, a new chapter added in the history of Inspiration Senior Secondary School, Kathgodam with the inauguration of on-line library, only one school of its kind in Uttarakhand, by Dr. Indira Hridiyesh, Finance Minister, Uttarakhand.





Career Counselling Sessions/Personality Development Programme

Past four years a series of career counselling sessions & personality development programmes were conducted for classes VI to XII so that students can opt career by choice and not merely by chance. For this purpose we invite guest from various reputed career counselling institutes.

Conclusion

No institutions of this size and repute can effectively function without proper co-ordination between academic and administrative team. Put it on record that the excellent services rendered by our academic and administrative staff to run the training programmes smoothly are praiseworthy. I would also like to mention the splendid work done by our unsung heroes, the general employees in this regard.

I would also express my deep gratitude to the District Administration for their valuable support extended whenever required.

I would like to put on record my special appreciation for the dedicated work done by the Academic, Administrative and General Employees for making this annual day celebrations a grand success. The contribution made by the students is highly commendable for adding colour to the Annual Day Celebrations.

I also congratulate the students for cheerfully shouldering the responsibilities assigned to them for the successful conduct of this function. I am also thankful to those persons who have directly or indirectly helped us in making this function a grand success.

Jai Hind

H.K. Joshi
Principal



Editor's Message

**"Students are the creation of God
Here in Inspiration we try to
provide them platform to vent their
physical as well as emotional aspect"**



Inspiration Sr. Sec. School's annual magazine is a small step towards the giant mission of school's developmental process of children towards their prosperous and bright future. Through this magazine we have given an opportunity to our students as well as members of staff to pen down their expressions, thoughts and imagination. It will bridge the gap between parents and students. It will provide them ample opportunities in future also to express freely on any issue. We in Inspiration try our best to hunt talent among our students and I hope we have succeeded upto an extent and in near future this first step will be a beginning of new era for our students and staff.

I express my sincere thanks to all the students and staff members who have contributed their views in the publication of the 1st issue of the school magazine and I hope that this trend would continue in near future also.

Meenakshi Koul

PGT ENGLISH



INTER CLASS COMPETITIONS

Inter Class English Handwriting Competition 28th April 2012

Class	First	House	Second	House
I-A	Triguna Das	Yellow	Kartik Kashyap	Yellow
I-A	Bijinder Pal Singh	Green-I-A	Karan Negi	Blue
I-B	Faizan Raza	Yellow	Riya Koranga	Red
I-B	Sandhya Barolia	Blue	Adarsh Kumar	Blue
II	Kavita Nayal	Yellow	Saurav Pawar	Red
	Jyoti Bisht	Yellow	Bhartendu Bisht	Green
			Ayush Sharma	Yellow
III-A	Anjali Chilwal	Yellow	Prarthana Haryal	Yellow
III-A	Yashaswi Parmar	Yellow		
III-B	Maahi Rathore	Yellow	Ayushi Goswami	Blue
III-B	Kunal Singh Rajput	Yellow	Riya Bisht	Yellow
IVA	Awalia Alam	Red	Harshit Joshi	Blue
IV	Mahima Mehra	Green		
V	Vaibhav Joshi	Yellow	Garvit Verma	Green
V	Vanshika Singh	Yellow	Laiba Ansari	Red

Hindi Handwriting Competition 07th July 2012

Class	First	House	Second	House
I-A	Nisha Bisht	Blue	Bijinder Pal Singh	Green
I-B	Faizan Raza	Yellow	Rahul Goswami	Yellow
I-B	Sandhya Barolia	Blue		
II	Bhartendu Bisht	Green	Kavita Nayal	Yellow
II			Vagisha Tyagi	Green
III-A	Nidhi Bisht	Blue	Priyanshu Arya	Blue
III-B	Mahi Rathore	Yellow	Sanjana Singh	Blue
III-B			Kunal Singh Rajput	Yellow
III-B			Mayank Kumar	Blue
IV	Vidhyansh Joshi	Red	Kartikey Tiwari	Blue
IV			Awalia Alam	Red
V	Ashutosh Tripathi	Blue	Kashish Verma	Yellow

Drawing Competition 21st July 2012

Class	First	House	Second	House
I-A	Sunidhi Lamba	Green	Mansi Pandey	Yellow
I-A			Gaurav Singh	Green
I-B	Praneet Kumar	Blue	Kanak Maheshwari	Green
I-B	Faizan Raza	Yellow		
II	Kanushka Joshi	Green	Sparsh Kumar	Red
II			Abuzar Khan	Red
III-A	Yashaswi Parmar	Yellow	Nidhi Bisht	Blue
III-A			Karan Mehta	Yellow
III-B	Priyanshu Bhatgara	Red	Mahi Rathore	Yellow
IV	Gunjan Jeena	Red	Akshyat	Red
IV	Saman Saleem	Blue		
V	Kashish Verma	Yellow	Yukta Arya	Green
V	Arnav Arora	Red	Tanishha Kapoor	Blue

Dance Competition 25th August 2012

Class	First	House	Second	House
I	Sakshi Bisht	Yellow	Kumkum Joshi	Blue
I			Anjali Raj	Green
II	Mridul Arya	Green	Kanushka Joshi	Green
III	Kunal Randhawa	Blue	Ayush Chaniyal	Blue
III	Mohit Sammal	Green		
IV	Akshyat Lohani	Red	Ritek Mehta	Red
IV	Nishtha Arya	Yellow	Kritika Bhatt	Blue
V	Anupriya	Blue	Priya Bharti	Green
V			Sumit Chauhan	Blue

Quiz Competition 20th October 2012

Class	First	House	Second	House
III-A	Taaksh Balutia	Blue	Harshit Sharma	Red
III-B	Kavya Pant	Blue	Varun Mehta	Red
IV	Kartikey Tiwari	Blue	Gunjan Jeena	Red
V	Ashutosh Tripathi	Blue	Arnav Arora	Red

Fancy Dress Competition 03rd November 2012

Class	First	House	Second	House
Nursery	Dishita Pandey	-	Sakshi Tiwari	-
Nursery			Saumya	-
LKG	Vanshika Tapariya	Yellow	Swayam Arora	Blue
UKG	Vasundhara Barola	Green	Ditya Manral	Red
UKG	Somiya Chandra	Yellow	Tarun S. Bisht	Green
UKG	Geetika Sharma	Red		

Dance Competition 10th November 2012

Class	First	House	Second	House
Nursery	Ishant Kumar	-	Tanmay Rao	-
LKG	Vanshika Taparia	Yellow	Laxmi Khati	Red
UKG	Nitesh Khati	Green	Geetika Sharma	Red
UKG	Md. Faiz	Red		

English Spelling Competition 10th November 2012

Class	First	House
I-A	Karan Negi	Blue
I-B	Adarsh Kumar	Blue
II	Huzaifa Suhail	Red
III-A	Priyanshu Arya	Blue
III-B	Maahi Rathour	Yellow
IV	Kartikey Tiwari	Blue
V	Ayush Gupta	Yellow

Hindi Spelling Competition 10th November 2012

Class	First	House
I-A	Upasana Negi	Yellow
I-B	Faizan Raza	Yellow
II	Kanushka Joshi	Green
III-A	Nidhi Bisht	Blue
III-B	Riya Bisht	Yellow
IV	Kartikey Tiwari	Blue
V	Ankita Jindal	Red

Recitation/Elocution Competition 03rd November 2012

Competition	First	Second
Recitation	III-A	III-B
Elocution	IV	

Maths Aptitude Test 07th November 2012

Class	First	House	Second	House
III-A	Ansh Rana	Blue	Taaksh Balutia	Blue
III-B	Priyanshu Bhatgara	Red	Ayush Chaniyal	Blue
IV	Kartikey Tiwari	Blue	Bhanu Pratap	Green
IV			Gunjan Jeena	Red
V	Ayush Gupta	Yellow	Ashutosh Tripathi	Blue
V			Kanika Tewari	Red

Fancy Dress Competition 22nd December 2012

Class	First	House	Second	House
I	Mitul Bhardwaj	Yellow	Sandhiya Joshi	Red
II	Harshpriya	Green	Kanishka Verma	Blue
II			Mayank Kandpal	Red
II			Kavita Nayal	Yellow
II			Ritesh Negi	Green
III	Mukund K. Giri	Blue	Sanjana Randhawa	Blue
III			Yogita Nayal	Green
IV	Nishkarsh Kandpal	Green	Zoya Afreen	Red
V	Bhumika Miyan	Blue	Priya Bharti	Green
V	Tanishkaa Kapoor	Blue	Yukta Arya	Green

Recitation Competition 28th Feb 2012

Class	First	House	Second	House
Nursery	Om Kumar	-	Shiya Rawat	-
Nursery			Priya Khati	-
Nursery			Md. Shujat Khan	-
LKG	Vanshika Taparia	Yellow	Dakalash Williyam	Blue
LKG	Ishanya Rawat	Green	Krishan Singh Negi	Green
LKG			Swayam Arora	Blue

Story Telling Competition 28th Feb 2012

Class	First	House	Second	House
UKG	Vansh Miyan	Yellow	Ditya Manral	Red

INTER HOUSE COMPETITIONS

House Board Decoration 21st April 2012

Position	House
First	Yellow House
Second	Green House
Third	Blue House
	Red House

House Board Decoration 21st April 2012

Position	Class	Theme
IX	II	CommerceIncredible India

English Paragraph Writing 28th April 2012

Position	Class	Name	House
I	VI	Rahul Tatrari	Red
II	VI	Sumit Kandpal	Green
II	VI	Aman Chaudhary	Yellow
I	VII	Divya Pathak	Blue
		Purna Bhaisora	Green
II	VII	Shubham Barolia	Blue
III	VII	Aditya Joshi	Red
I	VIII	Ayushi Balutia	Green
II	VIII	Nivedita Bisht	Green
II	VIII	Kartik Sharma	Green
III	VIII	Ritesh Singh	Red
III	VIII	Vineesh Tiwari	Blue
I	IX	Dewang Singh	Blue
II	IX	Nitika Mehtolia	Yellow
II	IX	Mariya Zafar	Red
III	IX	Priyanshi Pandey	Green
		Saksham Koul	Yellow
I	X	Prakriti Joshi	Red
II	X	Kanika Mehtolia	Yellow
II	X	Somyata Bisht	Red
III	X	Divya Jain	Yellow
III	X	Diksha Haryal	Green
III	X	Aadeesh Bhushan	Yellow
I	XI-Sci.	Manas Karki	Yellow
I	XI-Sci.	Gurleen Chaddha	Red
II	XI-Sci.	Anjali Tiwari	Red
II	XI-Sci.	I.Karishma	Yellow
II	XI-Sci.	Mini Saini	Red
III	XI-Sci.	Pooja Upreti	Blue
III	XI-Sci.	Rajat Gandhi	Green
I	XI Com.	Shruti Menon	Red
II	XI Com.	Bharti Arora	Yellow
III	XI Com.	Prachi Joshi	Green

Position	Class	Name	House
I	XII Sci.	Sarita Rathore	Yellow
I	XII Sci.	Deepshika	Green
II	XII Sci.	Gunjan Pandey	Blue
III	XII Sci.	Mohit Pandey	Green
I	XII Com	Gazal	Red
II	XII Com	Sana Khan	Red
II	XII Com	Anjali Arya	Green
III	XII Com	Praveen Sati	Blue

Hindi Essay Writing 07th July 2012

Position	Class	Name	House
I	VI	Rahul Tatrari	Red
II	VI	Rahul Pant	Blue
II	VI	Aman Chaudhary	Yellow
III	VI	Neha Gupta	Green
III	VI	Bhawneet Singh	Red
I	VII-A	Aditya Joshi	Red
II	VII-A	Gauri Singh	Green
III	VII-A	Purna Bhaisora	Red
I	VII-B	Pakhi Sharma	Blue
II	VII-B	Dheeraj Kurai	Red
III	VII-B	Maneesha Kandpal	Green
III	VII-B	Manas Joshi	Red
I	VIII	Nivedita Bisht	Green
II	VIII	Ayushi Balutia	Green
II	VIII	Vishal Goswami	Blue
III	VIII	Harshita Tiwari	Red
I	IX	Nikita Rana	Green
II	IX	Nitika Mahtolia	Yellow
III	IX	Shraddha Surya	Yellow
I	X	Himanshi Brijwasi	Red
I	X	Diksha Haryal	Green
II	X	Chetan Joshi	Blue
		D. Sai Prasanna	Green
		Garima Bisht	Green
III	X	Somyata Bisht	Red
III	X	Prakriti Joshi	Red
I	XI-Sci	Pramod Mishra	Red
I	XI-Sci	Mini Saini	Red
II	XI-Sci	Gurleen Kaur	Red
II	XI-Sci	Aayushi Bisht	Green
III	XI-Sci	Vasundhara Rawat	Red
III	XI-Sci	Sapna Bhandari	Blue
I	XI Com.	Bharti Arora	Yellow

Position	Class	Name	House
II	XI Com.	Manpreet Kaur	Blue
III	XI Com.	Prachi Joshi	Green
I	XII Sci.	Diwakar Joshi	Green
II	XII Sci.	Sarita Rathore	Green
III	XII Sci.	Pihoo Singh	Red
III	XII Sci.	Shubham Kumar	Green
I	XII-Com.	Gazal	Red
II	XII-Com.	Sana Salim	Red

House Board Decoration 07th July 2012

Position	House
I	Green
II	Yellow
III	Red
III	Blue

Inter-House Extempore Competition

21st July 2012

Junior Group

Position	Class	Name	House
I	VII-B	Pakhi Sharma	Blue
II	VIII	Ayushi Balutia	Green
III	VIII	Ashish Agrawal	Yellow
Consolation	VII-A	Sumit Dhyani	Blue

Inter-House Extempore Competition

21st July 2012

Senior Group

Position	Class	Name	House
I	X	Chetan Joshi	Blue
II	X	Himanshi Brijwasi	Red
III	X	Diksha Haryal	Green
Consolation	XII C	Sana Khan	Red

English Debate Competition

19th August 2012

Junior Group (VI-VIII)

Position	Class	Name	House
I	VII-B	Hemant Rautela	Red
I	VIII	Prachi Verma	Yellow
II	VIII	Nivedita Bisht	Green
III	VI	Rahul Tatrai	Red
III	VII	Gauri Rajput	Green

Senior Group (IX-XII)

Position	Class	Name	House
I	XI-A	Pawas Upreti	Yellow
II	X	Vidit Joshi	Red
III	X	Chetan Joshi	Blue
III	X	Divya Jain	Yellow
Consolation	X	Ashish Tripathi	Blue

Drawing/Poster Making Competition

Date - 25th Aug 2012

Position	Class	Name	House
I	VI	Muskan Sharma	Blue
I	VII-A	Geetika Sharma	Yellow
I	VII-B	Pakshi Sharma	Blue
I	VIII	Prachi Verma	Yellow

Poster Making Competition

Date - 25th Aug 2012

Position	Class	Name	House
I	IX	Kamal Pathak	Green
I	X	Diksha Haryal	Green
I	X	Kanika Mehtolia	Yellow
I	XI Com	Sujata Chaudhary	Blue
I	XI Sci	Somya Bhandari	Yellow
I	XII Sci	Harsh Aman Arya	Blue
I	XII Com	Praveen Sati	Blue

Singing Competition (Western Solo)

Date - 26th Oct 2012

Junior Group (VI-VIII)

Position	Class	Name	House
I	VI	Muskan Sharma	Blue
II	VI	Rahul Tatrari	Red
II	VII	Pakhi Sharma	Blue
III	VII	Lubna Khan	Green

Singing Competition (Western Solo)

Date - 26th Oct 2012

Senior Group (IX-XII)

Position	Class	Name	House
I	XI Com	Sanjoli Jain	Blue
II	X	Shivani Pathak	Yellow
II	X	Somyata Bisht	Red
III	IX	Mukul Mishra	Green

Staff List

Maths Aptitude Test Date - 03rd Nov 2012

Position	Class	Name	House
I	VI	Kuldeep Singh	Blue
I	VII-A	D Sravya	Yellow
I	VII-B	Tanmay Sharma	Red
I	VIII	Kamlesh Nagarkoti	Yellow
I	IX	Rahul Singh Rathore	Yellow
I	X	Divya Jain	Yellow
I	XI Sci.	Manoj Singh Bhauriyal	Yellow
I	XI Com.	Vikram Dewari	Yellow
I	XII Sci.	Pihoo Singh	Red
I	XII Com.	Praveen Sati	Blue

Volleyball Championship Date - 03rd Nov 2012 Senior Group

Position	Class	Name	House
I	XII Sci.	Pankaj Bisht	Blue
I	XII Sci.	Harsh Aman Arya	Blue
I	XII Sci.	Mayank Tewari	Blue
I	XII Com.	Kamal Bhoriyal	Blue
I	XII Com.	Praveen Sati	Blue
I	X	Akshay Kaushik	Blue
I	X	Pushraj Vishwakarma	Blue
I	IX	Mayank Joshi	Blue
I	IX	Shubham Kumar	Blue

Volleyball Championship Date - 03rd Nov 2012 Junior Group

Position	Class	Name	House
I	VI	Kaushlesh	Red
I	VI	Shivansh Dalakoti	Red
I	VII-A	Rahul Arya	Red
I	VII-A	Harshit Pant	Red
I	VII-B	Sankalp Kumar	Red
I	VIII	Udit Koranga	Red
I	VIII	Ritik Adhikari	Red
I	VIII	Ayudeesh Bhushan	Red
I	VIII	Pawas Karki	Red

House Board Decoration Date - 10 Nov 2012

Position	House
I	Green
I	Yellow
II	Blue
III	Red

CHAIRPERSON

Ms. Geetika Balutia

MANAGING DIRECTOR

Mr. Deepak Balutia

PRINCIPAL

Mr. H. K. Joshi

List of Staff Members

Mrs. Saroj Shipley	Ms. Era Sen
Mr. Devendra Latwal	Mrs. Priyanka Agarwal(Mittal)
Mr. Gaurav Joshi	Mr. Sanjay Sajwan
Mr. Nikhil Arya	Mr. Ganesh Joshi
Mrs Indira Joshi	Ms. Richa Sah
Mrs Sunita Miyan	Mrs. Meenakshi Koul
Mrs. Nisha Kandpal	Mrs. Pooja Rajwar
Ms. Priyanka Joshi	Mrs. Priti Mehra
Mrs Gayatri Balutia	Mrs. Kavita Bisht
Mrs Reeta Rathore	Ms. Pallavi Rawat
Ms. Sangeeta Kholia	Mr. Bhavishya Olson
Ms. Parul Sharma	Mrs. Savneet Kaur
Mrs. Neeta Joshi	Mr. Prem Goswami
Mrs. Bhawana Kiraula	Mrs. Sheetal Atul Grover
Mrs. Prema Pandey	Mrs. Pushpa Darmwal
Ms. Bhagyashree Jalal	Mr. Pankaj Singh Darmwal
Mrs. Madhumita Das	Mr. Pankaj Kumar Bhatt
Mrs. Himani Mer	Ms. Archana Bisht
Ms. Swati Gulati	

Administrative Staff List

Mr. M.C. Barshilia
Mr. P.C. Joshi
Ms. Vijaya Joshi
Ms. Anchal Arora

Supporting Staff List

Geeta Chauhan
Ganga Rana
Nandi
Babli

Drivers & Conductors List

Mr. Prem Ram
Mr. Dinesh Dhaundiyal (Deepu)
Mr. Rohit
Mr. Subhash
Mr. Amit kumar
Mr. Naveen Chandra
Mr. Trilok Ram
Mr. Ramesh
Mr. Anil Kumar

GLIMPSES

ANNUAL SPORTS DAY

(JUNIOR WING)



Amusement and gambol is a part of school curriculum. To inculcate the spirit of sportsmanship and teamwork in our students. Annual Sports Meet was organized from 28th Dec 2012 to 29th Dec 2012 for Junior Wing (Nur-V). Students actively participated in the function and feeling of excitement, passion and enjoyment was seen on the little faces of the Junior Wing.





ANNUAL SPORTS DAY (SENIOR WING)

Schooling is not only about bookish knowledge and syllabi but it is about learning, nurturing and polishing the generation next.

Sports activities makes the students realize their talent, potential and teach them the importance of team work. Annual Sports meet was held on 19 Feb., 2013 and 20th Feb., 2013 in F.T.I. ground, Haldwani to explore the hidden sports talent and give them field experience and fun for the year.



Sports activities are organized in school on regular basis so that students remain physically and mentally fit and learn the spirit of sportsmanship and team work.



INTER-SCHOOL BASKET BALL

CHAMPIONSHIP (2012)



Inter-school Basket Ball championship 2012 was held on 13th Dec 2012 to 15th Dec 2012 at Inspiration Sr. Sec. School. Our school hosted this event under the patronship of Public School Association.

16 schools participated in this 3 days event. Mr. Deepak Jyoti Ghildiyal (DIG) was the guest of honour and inaugurated the championship on the first day. Second day different matches were played among 16 schools in 4 pools.

Third day semi final and finals were played. St. Theresa school girls team won the final match and Aryaman Birla School boys team won the final match. Guest of honour for the closing ceremony was Dr. Sadanand Datey, S.S.P., Nainital. Trophies, certificates and awards were distributed to the winning teams by the Chief Guest. It was a gala moment for the victorious teams. All participating teams were given certificates and coaches were presented mementoes.





CHRISTMAS Celebration

Christmas was celebrated with tiny toddlers by organizing a fancy dress for Nur to U.K.G on 22nd Dec 2012.

Classes I to V performed various group dance items on the occasion to bid farewell to 2012 and welcome 2013 with fervent spirit and fun.



DANCE Competition



Dance Competition was organized on 25th August, 2012 for the students of I-V (Junior Wing) to explore dancing talent and provide platform for our budding talents. Students enjoyed the event and winners were awarded medals and certificates.



DRAWING Competition



This was organized on 25th August for VI to X classes. This drawing competition was a step to bring together art, creativity and innovation among students. It provided them platform to express their creation with colours and brush in the best possible way.



ELOCUTION

Elocution was held on 3rd November 2012 for the classes I to V. This was an attempt to bring their speaking as well as thinking skill in combination with speech. These young minds got a golden chance to speak on various topics with confidence, courage and accuracy. Winners were presented medals and certificates on the occasion.



INTER-HOUSE EXTEMPORE Competition

Inter House extempore competition was organized for both middle and senior group. Various topics were given on the spot to children. 2 minutes time was provided to speaker to think and 3 minutes were provided to speaker to express his/her views. This function was organized to inculcate thinking and speaking skill in children for the better prospects of life.





FANCY DRESS

Young toddlers were attired in colourful dresses and spoke on the occasion. This competition inculcates in them observation as well as speaking skill. It was held on 3rd Nov., 2012.



HIMALAYA BACHAO

"Hindustan" Newspaper organized 'Himalaya Bachao' abhiyan in the school. Different schools from all over Haldwani participated in the function. Rallies were organized by schools with banners and slogans to make people aware the importance of plants and trees.

Dr. Indira Hirdyesh presided over the function. She encouraged the students for this noble cause and laid emphasis on children to plant trees and take care of surroundings for their prosperous future. Many veteran people spoke on the occasion.





INTRA Murals

Intra-House indoor games named as Ira Murals was organized on 14th July 2012 between four houses. The competition was inaugurated by our chairperson Dr. Geetika Balutia. She encouraged children for their sportsmanship and promised to provide these types of competition to enhance their sports talents.



JANAMASHTAMI



Janmastami was celebrated on 8th August, 2012. Students of classes Nur to UKG came in Lord Krishna and Goddess Radha's attire. Whole day was day of festivity for our toddlers in a colourful dress.





KHO-KHO Competition

In order to compete in the modern world physical fitness is equally important as books. Inter-house Kho-Kho competition was organized for classes I to V to provide them fun and frolic.



INVESTITURE Ceremony

Investiture Ceremony of the prefectorial board was held on 21st July 2012. On this occasion school cabenit was formed and they took the pledge of honour. The occasion was graced by the school chairperson Dr. Geetika Balutia. She congratulated the badge holders and encouraged them to shoulder their responsibilities with loyalty, truth, devotion and honour.

The Principal Mr. H.K. Joshi inspired the students and encouraged them to excel in their future and endeavours. It was a defining/thrilling moment for newly appointed Head Boy Diwakar Joshi and Head girl Pihoo Singh.





ONLINE Library

Online Library totally digital concept was inaugurated by distinguished guest Dr. Indira Hirdyesh (Cabinet Minister). She congratulated school authorities for providing library on their finger tips and encouraged students to read books instead of using computer for recreation. She was very happy to find that this is the first school in whole Uttarakhand to have digital library for students and staff. They can read books by sitting at home.



QUIZ Competition

Inter-House Quiz Competition was held on 20th October 2012 for classes III to V. There were many rounds like question round, visual round, rapid fire round and clipping round for the students. Students actively participated and winners were awarded with medals and certificates.



Recreational Activity Day (Juniors)

Various recreational activities like musical chair, games and races were organized on 16th July 2012 for classes I to V. It was organized to put them once again on the track after a gap of long summer vacations.



SAFAI Abhiyan

To inculcate the feeling of social service and cleanliness among the senior students 'Safai Abhiyan' was organized by the school. Chairperson Dr. Geetika Balutia, Principal Sir and teachers of Senior Wing accompanied the students in different areas of city. They taught people about the hygienic way to clean their environment and surrounding.

Students actively participated and took keen interest in cleaning the area with full zeal, enthusiasm and happiness.





SCIENCE Exhibition

Science Exhibition was organized on 11th August for classes XI and XII. Working as well as non-working models of science were displayed in the exhibition. It showed the scientific and innovative attitude of young scientists of the school.

Chairperson Dr. Geetika Balutia inaugurated the exhibition and congratulated the students for their hardwork, scientific attitude and dedication towards their studies.



VOLLEY BALL Championship

Inter-House Volley Ball Championship was organized in two phases for senior students and junior students on 1st to 3rd Nov 2012. Finals were held on 3rd Nov 2012 which was inaugurated by chairperson Dr. Geetika Balutia. Winners were awarded trophy and certificate.



YOGA and Meditation

Yoga and meditation classes are organized in regular basis by school for the betterment of physical as well as mental fitness of students.



FAREWELL Party



Farewell party of class XII 2012-2013 was celebrated on 21st February 2013. It was organized by Mrs Meenakshi Koul, Bhavishya Olson and students of class XI (Science and commerce) The chief guest of the function was chairperson Dr Geetika Balutia and Mr Deepak Balutia. Principal Mr H.K. Joshi, Mrs Gaytri Balutia and staff members also attended the function.

Many dance items and skits were performed by class XI students. Titles and gifts were given to the students of class XII. Class XII students also performed dance items. It was a moment of joy and sorrow for everyone. Students of class XII were very happy and expressed their thanks to class XI students for arranging a good function and making their day a memorable one.

Chairperson Dr Geetika Balutia with heavy heart wished them good luck for bright future and conveyed her best wishes for their approaching board exams. Principal Sir also expressed his good wishes for their bright and prosperous tomorrow.

It was a event of both happiness and joy for all. It ended with a vote of thanks from class XI students to everyone for making it a grand success by gracing the occasion with a very heavy heart class XII had did farewell.





OUR



KIDS

Our 20 students won Medals in International Olympiads of Science

S.No.	Name of the Student	Rank	Medals
1	Siddhartha Srivastava	I	Gold
2	Sankalp Kumar	I	Gold
3	Vineesh Tiwari	I	Gold
4	Nitika Mahtolia	I	Gold
5	Prakriti Joshi	I	Gold
6	Rahul Pant	III	Bronze
7	Manoj Danu	I	Gold
8	Tayyaba Haseen	II	Silver
9	Rahul Kandpal	III	Bronze
10	Gunjan Negi	I	Gold
11	Swapnil Kumar	II	Silver
12	D.Sravya	II	Silver
13	Ujwal Upreti	II	Silver
14	Pakhi Sharma	III	Bronze
15	Harshita Tewari	II	Silver
16	Priyanka Chaudhary	III	Bronze
17	Saksham Kaul	II	Silver
18	Raj Arora	III	Bronze
19	D.Sai Prasanna	III	Bronze
20	Divya Jain	II	Silver

Our 8 students won International Olympiads of Maths 1st Level

S.No.	Name of the Student	Rank
1	Varun Mehta	I
2	Ankit Jindal	III
3	Arnav Arora	I
4	Ashutosh Tripathi	II
5	Vipul Chauhan	I
6	Divya Jain	II
7	Ashish Tripathi	III
8	Ayushi Bisht	I

Our two students qualified level II-International Olympiad of Maths.

S.No.	Name of the Student	Class
1	Pihoo Singh	XII-Science
2	Ayushi Bisht	XI-Science

Our two students qualified All India Essay Writing Event-2012 organized by Sr. Ram Chandra Mission (SRCM) & United Nations Information Centre for India and Bhutan (UNIC)

S.No.	Name of the Student	Class
1	Ashish Tripathi	X
2	Prakriti Joshi	X

Our 12 Students won 3rd prize in Interstate singing competition named "Aanuvra Singing competition."

S.No.	Name of the Student	Class
1	Inpreet Kaur	X
2	Shiv Tanay Joshi	X

3	Himanshi Brijwasi	X
4	Shivani Pathak	X
5	Sachin Chauhan	X
6	Somyata Bisht	X
7	Kumud Pathak	X
8	Sheetal Chand	XI
9	Sheetal Tamta	X
10	Diksha Haryal	X
11	Somya Joshi	IX

Our 12 students won Runner-Up Trophy in Interschool Volly Ball Championship.

S.No.	Name of the Student	Classes
1	Pankaj Bisht	XII
2	Kamal Boiryal	XII
3	Mayank Tewari	XII
4	Tara Koranga	XII
5	Kamal Joshi	XII
6	Saurabh Tewari	XI
7	Mohit Palariya	X
8	Aadeesh Bhushan	X
9	Manoj Singh Boriyal	XI
10	Khim Singh Gariya	XI
11	Harsh Aman Arya	XII
12	Praveen Sati	XII

Our student won 3 Place in Interschool Table-Tennis Tournament.

S.No.	Name of the Student	Class
1	Ruchika Negi	XI

- **Our student Ayushii Balutia won Rising Player award in Interschool Basket Ball Championship.**
- **Our student Deepak Bisht won most Promising Player award in Interschool Basket Ball Championship.**

4th National Satpura Trekking Expedition '94 W.e.f. 19 Dec'94 To 30 Dec'94

A vivid memory

The National Satpura Trekking Expedition'94 was organized by YOUTH HOSTEL'S ASSOCIATION OF INDIA at PACHMARHI (M.P.) during Dec'94/Jan'95. This expedition was jointly conducted by MADHYA PRADESH STATE BRANCH AND NATIONAL OFFICE OF YHAI, NEW DELHI in collaboration with the Department of YOUTH AFFAIRS & SPORTS, GOVT. OF INDIA.

Man is a socially susceptible animal-intelligent, ambitious and with an insatiable inborn curiosity to explore the world around him with a view to attain even the unattainable. This quest never dies in him. It was perhaps because of this keen desire only we accepted the offer to join the above Expedition which was very rewarding and which unfolded a treasure house of nature's unmatched gifts with vestiges of earlier generations artifacts in the form of some rare shrines, cave and wall paintings, idols of Gods and Goddesses etc. This exposure also offered us ample opportunities to

know and learn about the rich culture, life style, cultural heritage of the rustic country folks who even today are snugly nestled amidst ideal pastoral surroundings-leading a life full of peace and unsullied by the on slaught of demonic industrialization and modernization.

I was lucky to escort a group of 09 (nine) Trekkers from class VIII, we left for Pachmarhi on 17 Dec 94 after completing the initial formalities.

We reached the base camp on 19 Dec'94. After formal welcome and introduction we were allotted Tent No. 3 and provided with two blankets each. The altitude is about 3455 feet still the place was pretty cold. We were also briefed about the routine which was strictly followed in all the camps throughout the expedition.

The routine was strictly followed in all the camps throughout the expedition.

On 20th Dec at 09:00 hrs we were taken on a trek of about 16Km for acclimatization to Reechgarh and Echo point through dense forests. Reechgarh is shaped like an eagle. Echo point is 3Km away from Reechgarh and it resounds with echo. In the process of acclimatization, on 21 Dec we were taken bee fall just 7Km away from the base camp. Having seen a number of falls earlier this one did not offer much attraction to me but the other participants were thrilled. On 22 Dec in the evening, we visited Black point (6Km to and fro) by the Director who gave us special instructions for the final Trekking Expedition. Two leaders were named : I was selected unanimously and the other one was nominated by the Director.

I was detailed Group Leader I and entrusted with almost all the attendant responsibilities. The group was named P-21 and was the largest with 38 (32 male + 06 female trekkers) participants drawn from U.P., M.P., Gujrat, Delhi, Maharashtra.

On 23rd, after the last minute instructions and mute obeisance to our campus Deity, Lord Gola Baba, we

left for Mahadeo, the first leg of our expedition only 9Km away. On our way to Mahadeo, we come across three beautiful points.

(I) PRIYADARSHANI POINT

(ii) HANDI KHOH

(iii) MAHADEO

Our camp was near a river. Leopard is the main animal. Our accommodation was in Tents.

On 24 DEC' 94 we left for the next halting camp NADIA via CHAURAGARH.

CHAURAGARH

After a short break we left for NADIA.

NADIA

Its name is after the famous Nandi of Lord Shiva.

25 DEC'94

We left for ALIMOD at 1010 Hrs. This part of the trek was the most difficult trek. We were provided with a guide. Very thick forest of Lentna bushes one cannot move alone on this path because of the fear of beer. Beer is the lover of lentana berries. We reached Alimod.

ALIMOD

It was the only halting camp which was in Distt. CHIDWARA, rest were in HOSANGABAD District. The main source of earning is the earning by selling firewood. Very rich in wildlife.

26 DEC'94

In the morning about 0800 hrs of this day we were taken to a cave known as JAMBOODEEP about 2Km away from the camp site. It is a very narrow tunnel, very dark inside and one time only one could go inside that too in crawling position with the help of a torch. It

is believed that sinner cannot come out of this cave. A beautiful but small waterfall is visible.

RORIGHAT

It is very rich in medicinal plants. After rainy season people come to collect Harra, Anwala and other medicinal fruits from different parts of the country (particularly M.P. state people-'Vadnath'). Forest guard (in local language called Nakeidar) is worshipped by villagers like anything. Villagers are uneducated. Their main source of income is sale through Mawa Leaf. Rori river is the source of water. The villagers are of caste "KORKU".

On 27 DEC'94

We Left for BORI. Bori is a beautiful place. It is on the banks of river Bori. There is a very beautiful forest guest house which was constructed

in the year 1939. From 1995 it has been declared as a TIGER PROJECT ZONE.

On 28 DEC'94

We Left for Kajari at about 0900 Hrs and reached there by 1600 hrs. At Bori we were not given any instructions to reach Kajari, though the trek was very simple but we lost the way, but with difficulty could trace out the way by seeing the footprints of previous days group. Here we were accommodated in a stable type of Dharamshala.

KAJARI

Here the people belong to Mumbasi Taknr caste. There is a very famous NAGDWARA Temple

29 DEC

This day our target was to reach NEEMGHAN (18Km from KAJARI) but we were told that a man eater had created terror there so we dropped the idea to go to Neemghan. Therefore that day was our last day of the trek. Everybody was cheerful and with great joy left for

the base camp at about 0914 hrs and reached Dhupgarh at 1310 hrs.

DHUPGARH

It is the highest point in the Satpura range. It commands a magnificent view of the surrounding ranges. There is a guest house and microwave telecommunication tower. People visit this place to see sunset. On the way to Dhupgarh we saw a temple of GANAPATI with "Shesnag" on his head. For the first time we saw GANAPATI with "NAG"- something unique.

In the evening at 1630 hrs with joy and gusto we reached safe and sound at the base camp. We greeted each other. Our hearts full of joy and happiness. The difficulties of the Expedition were forgotten at the moment of triumph.

30TH DEC

After breakfast we left the base camp and reached Pachmarhi.

On 2nd Jan'95 I reached home with a not forgettable memory of this trek (sweet and sour). I am thankful to my students who maintained a very high order of discipline and kept the schools name and fame high.

In a nutshell this trek (of Pachmarhi) is M.P.'s most verdant jewel, a place where nature has found exquisite expression in a myriad enchanting ways. Each dawn at this lovely hill resort girdled by the Satpura ranges, ushers in a day of tranquil beauty. The green-every shade of this, nature's own colour-is the trek's natural glory. Bridle paths lead into tranquil forest glades; groves of wild bamboo and Jamun, dense sal forests and delicate bamboo thickets, the fruit bearing mahua, aonla and gular trees all lead their distinctive colour tones.

H.K. JOSHI

LITERARY SECTION

HUMOUR IS A SAFE PAIN KILLER

"When we smile whole world smiles with us,
When we cry, we cry alone".

In October 2012, the death of well known comedian Shri Jaspal Bhatti, an Electrical Engineer by profession and an artist died a sudden death in a road accident. His death made crores of his fans and admirers shocked. He gave birth to "Reality Laughter" shows. An American philosopher George Santayana says, "There is no cure for birth and death, save to enjoy the interval." Oxford Dictionary defines humour as quality of being amusing. The new Websiters Dictionary defines humour as that quality of speech, writing or action which tends to excite laughter, the capacity for perceiving, amusement.

Our present life style is a crucible of pain, anger, jealousy, hatred and tension. To balance it we have a very easy and best way to enjoy the life and overcome the tension without spending even a single penny by adopting humour and laughter in a positive manner in our daily life style. It is an admitted fact that absence of humour turns the life a dull one. Smile costs nothing but a smiling face gives hope of a life to even a dying person. When a teacher enters a class room with smiling face it rejuvenates the young minds and ignites their energy.

Smile and laughter can help us to cover the ugly face of life, tolerate the pressure and tension of modern stressful life. The ability to laugh relieves a person from stresses and strains and makes him perfect to see the brighter side of the life. Humour and smile helps to keep one's temper cool and under control. It is true that the moody and solemn people get upset and disturbed on petty issues, while people filled with wit and humour face the situations with grace and smile.

The first step to learn the art of laughter is to laugh at yourself which results in vanishing the bloated ego, the real cause of many humour ailments. Smile and laughter binds us emotionally together. The latest research in medical science also proved that smile, laughter and humour are mood elevators and are powerful instruments to combat anxiety and depression. Doctors believe that patients have better and speedy chance of recovery if initiated with humours therapy.

In today's busy life reality shows like 'Comedy Circus', 'FIR', "Tarak Mehta ka Ulta Chasmah" etc. are liked by every young and old. These shows have high T.R.P because people watch T.V to release tension. Bollywood also has played its vital role by making several films based on comedy. Shakespeare, the father of English Literature has also written four comedies which proves even he felt the need of laughter in those days.

"Keep Smiling to Glorify Your and Others Lives"

Written by
Meenakshi Koul
PGT English



TEACHER AS A FACILITATOR

In the twenty-first century, the role of a teacher still remains in a pivotal position. However, the form is changing from a class-room dominated one to a facilitator.

In ancient times, when gurukulas existed, the guru was responsible for providing formal education as well as for moulding the character of the pupil. For the students, it was acquisition of knowledge along with the ethics of how to use it. Thus character building was an essential part of the educative process.

But over the years, time and techniques have changed. The growth of population has increased the demand of education at all levels, as a result of which the quality of education and individual attention to the pupil have suffered a serious set-back. For the teacher, it is lecturing or mass instruction minus character moulding. Consumerism, Globalisation and information technology have had significant influence on the individual values. The information and technology revolution-internet, T.V. etc. have resulted in an abundant and easy availability of knowledge without a moral fibre. Indeed science without responsibility is like a sword without sheath.

Now-a-days more emphasis is laid on group discussion and interview. These two bring out the real potential of the students. Mere bookish knowledge is of no use.

Today's teacher is facing these challenges. Firstly the teachers' role should be to focus on cultivating moral values. The inculcation of values and ethics is the most important component of good education. To help a student face the everchanging challenges of the modern world, a teacher should assume the role of a facilitator. The present day teacher should keep pace with the modern technologies and constantly evolve the teaching-learning process. She should act more as a facilitator than a dictator of notes or a traditionalist only with chalk and talk method.

Mrs. Bhavana Kiraula

SIX STEPS TO SMARTER STUDYING

How did you learn to ride your bike?? Someone probably gave you a few lessons and you practiced a lot. You can learn how to study in much the same way. No one is born knowledgeable how to study? You need to learn few study skills and then practice them.

Here are six steps for smarter studying-

- (i) Pay attention in class - Here is a riddle for you. Did you know that before you even begin studying you have already started? Then? Here's what we mean, when you pay attention in class and take good notes, you are starting the process of learning and studying.
- (ii) Good Notes - Start by writing own facts that your teacher mentions or writes on board during class. It is also a good idea to keep your notes and papers organized according to subjects. It makes your chapter or topic more easier and you will get an idea in which form you can get questions in examination.
- (iii) Plan Ahead and you will be glad you did - Waiting until Thursday night to study for Friday test will make it a homework night that's not fun. It also makes it hard to do your best. So plan in advance for your test so that you can prove your worth in the best possible way.
- (iv) Break it up - When there is a lot to study it is better to break things in chunks. If we have test of one long chapter instead of doing it altogether, try to break them down into 4-5 topics and work on 1 or two topics each night. Don't worry if you can't remember everything on first try, do it again, that's where practice comes in. More days you spend reviewing something the more likely it is to stick in your brain.
- (v) Loosen the confusion - You can't study effectively if you don't understand material. Never hesitate to ask your teacher for help if you are confused about something otherwise small confusion will become a big problem for you tomorrow.
- (vi) Sleep tight - If the test is tomorrow and you have followed your study plan but suddenly you can't remember anything, not even $2 + 2$! Don't, panic your brain needs time to digest all information you have given it. Try to have a sound sleep and you will be surprised that best thing has happened to you in the morning.

Bhagyashree Jalal

GOLDEN WORDS OF LIFE

- GOOD PEOPLE will be remembered as a blessing.
- HATRED stirs up trouble, but LOVE overlooks all offences.
- Sensible people keep quiet about what they know; but stupid people advertise their ignorance.
- Hot tempers cause arguments, but patience brings peace.
- Listen to your FATHER, without him you would not exist. When your MOTHER is old, show her your appreciation.
- Correction and discipline are good for children. If a child has his own ways; he will make his mother ashamed.
- Discipline your son and you can always be proud of him. He will never give you reason to be ashamed.
- Notice the Good man, observe the righteous man, a peaceful man has descendants.
- There is more happiness in giving than receiving.
- If GOD is for us, who can be against us.
- Let other people praise you, never do it yourself.

Mrs. Saroj Shipley
(CO-ORDINATOR)

MAN IS SAVED NOT BY FAITH BUT BY WORK

Faith or religion is important for belief, good conduct and discipline. But it cannot replace hard work. It is true that faith makes a person spiritually strong. A spiritually strong person can be powerful in every other respect if he so wishes. A real man with a strong faith considers work as worship. The holy "Gita" lays stress on work or duty. Work and faith are necessary to take away the evil, to lift off the bondage and illusion.

Faith gives adequate strength to do hard work. Faith can dispel the darkness of weakness whether physical or mental. But unless people work, they cannot achieve anything. Mere faith will not result in work. Like in the Gita, Lord Krishna says, "look at me, Arjuna! If I stop from work for one moment, the whole universe will decay. I have nothing to gain from work. I am the one lord, but why do I work? Because I love the world! This should be the lesson not only for Arjuna, but for all of us. We must love work and do it. Our faith will support us and will give strength to our work.

Life is very short. In a lifetime there are so many work to be accomplished. We must try to accomplish as many work as possible. It is really foolish to look for a harvest where the seeds has not been sown. So faith is necessary but hard work is the only way out.

Mrs. Sunita Miyan

TUITIONS SHOULD BE BANNED

The coaching centres like tuitions should be banned, as they are taking away children from regular studies. Tuitions have become fashion and trend for students and business for every teacher. Because of tuitions the students do not attend their school regularly and move around. This is just a wastage of time and money. The tutors give advertisements in magazines and newspapers and make promises to student that after taking experience in their coaching, student will get 100% marks in exams and some teachers who do not have knowledge of particular subject also teach that subject and make profit. Even the junior students of class I-V prefer tuitions because their parents do not have much time to take care of their children and teaches them for 1-3 hours at home. Students do not prefer self-study at home and totally depend on tuitions. The coaching centres in village areas to guide students are good but the coaching classes now-a-days do not guide the students but they play with the future of students. Teachers do not take classes sincerely in school but they take coaching classes and make promises to the students of getting good marks in exams. Tuitions should be banned so that the teacher teaches sincerely in school and the middle class people also get good knowledge without going for tuitions.

Deepika Joshi
Class-VIth

MERGING PATHS OF SCIENCE AND RELIGION

A close association exists between science and religion. Every religious belief is strongly supported with a scientific fact. The paths of science and religion are merged with each other. If younger generation is told about scientific facts lying behind religious beliefs, they can follow them logically. Some beliefs supported by science are enlisted below :

1. The morning and evening prayers, keertans, mantras produce good response in the brain cells by producing curative hormones.
2. The blessings of elders provide psychologically positive results.
3. The soorya namaskar gives smooth exercise for all the movable skeletal joints in the body.
4. It is advisable to chant a mantra before stepping down from bed in the morning. The logic behind this act is that the body is horizontal for the whole night while sleeping and it is going to become vertical suddenly, when we get up. In the vertical position of body, the force exerted by heart for pumping blood is more, so, the change in position of body from horizontal to vertical level should be slow. This decreases the risk of heart attack.
5. Before eating the food, a short prayer is a part of Hindu aacharan. This prayer is done while looking at the food, leading to increase in flow of saliva in the mouth. This liquid activates the generation of digestive enzymes. So, food is digested properly.
6. Fasting, another aspect of religion, leads to cleaning of the intestine. Some fasts involve change in food substances intake, leads to getting variety of micro-nutrients from different types of food resources.
7. Waking up early in the morning is advised as brain is perfectly active during that time.
8. Taking a bath early in the morning prevents us from various skin diseases, as all the decomposed products, salts, urea etc. present on the skin are washed off.
9. Using sandal wood paste in the forehead gives the chance of absorbing the medicinal components in the chandan through the most sensitive part of the body.
10. Pradakshina of trees is considered auspicious. The science behind this ritual is that the air produced by trees goes to the lungs and clean air enters in our body.
11. In rural areas, cow dung is pasted outside the house. The cow dung is rich in minerals and antibiotics. It prevents various diseases and viruses from attacking people in the house.
12. Drinking cow urine is prescribed by some doctors. It balances bile and mucous of our body. It also keeps our heart healthy.
13. When we visit a temple, the priest give us basil (tulsi) water to consume. Many flavonoids are present in basil which help to protect cells and chromosomes from damage. It also strengthens our immune system and prevents H1N1 disease.
14. The tilak or kumkum is applied on the spot between the eyebrows. This is because a nerve connecting to the brain is present in this region. This increases our memory power.
15. Wearing ear rings keep our nerves activated. As we have nerve branches from whole of the body at tip of ears. Wearing ornaments also provide some acupressure to our body.

Based upon above listed facts, it can be rightly said that science and religion are complementary to each other. So, we should never feel ashamed of following any ritual.

Mrs. Sheetal Grover
PGT-Biology

THE KEY TO SUCCESS

On asking to a group of youngsters about the key to success, the answer was "MONEY". But according to me the most valuable thing in life are knowledge and hard work. Knowledge wins for us the respect of others, and hard work wins for us the goal of life. Thus a hard working person of knowledge enjoys not only success but also respect in life. Some people think that success can be achieved by money, luck or contacts. Automatically if we are hard-working all of these will come to us. There has been no great man in the world who have become great overnight. "All progress in the world has been the fruit of labour. Men and nations can scale the height of success only through hard work."

Prakriti Joshi, Class-Xth
Member (Cultural Club)



IT'S WONDERFUL

A group of students were asked to list what they thought were the seven wonders of the world. Though there were some disagreements, the following received the most votes : Great Pyramids, Taj Mahal, Grand Canyon, Panama Canal, Empire State Building, St. Peters Basilica and Great wall of china. While gathering votes the teacher noticed that one student had not finished her selection yet, so she asked the girl if she was having trouble with her list. The girl replied "Yes, a little. I couldn't quite make up my mind because there are so many. The teacher said, "Well, tell us what you have, and may be we can help you." The girl hesitated, then read, I think the seven wonders of the world are to see, hear, touch, taste, feel, laugh and to love. The room was so quiet that you could hear a pin drop. The things we overlook as simple and that we take for granted are truly wonderful! The most precious things in life cannot be built by hand or brought by man. They are truly a gift from God.

Somyata Bisht
Class-Xth
Member (Cultural Club)

"IDLE HANDS ARE"

"Idle hands are the devil tools" says that people are more likely to get into trouble when they feel bored and have nothing to do.

My mother taught me that children should always be kept busy. Devil is the bad angel who fights against god by getting people to do bad things.

Idle hands are the hands of a person who is not doing anything. When you are not busy it is very likely that you may end up doing things which you may regret.

It makes me nervous to see the people sitting idle.

God has made us to be occupied with work throughout the day.

Sachin Chauhan
Class-Xth

LOSERS LET THINGS HAPPEN.

**They are merely creatures of circumstances
Winners make things happen, they are
Creators of circumstances**

Nobody is a loser or a winner, But their work abilities make them so. Why there is expectation with a winner and acceptance with a loser, because winner is the one who tries the best everytime and losers are the one who only knows to adopt the variations in life but not actually knowing the reasons. 'Once a winner, always a winner' this means that the right way towards success have number of hurdles that only a winner deals with after failures. In such a changed world, brain is the most common body part found, even a small ant has a brain. But humans only know how to utilize the brain. Winners are born out of failures. Its not necessary that a winner will never lose, or a loser will never win. Losers don't have that much courage like winners that is why a loser gives up after losing. Being a student, sometimes we are better and sometime the others are better. But we should have the strength to not give up but by taking it as a competition where one or the other wins. After failures, we think that everything is over and nothing can happen now but it's the time to know that failures are a part of life, only after failing we win. In my opinion our youth of India gets spoiled day by day and after losing something they commit suicide. They should know that losing is not the end, we just need courage not to give up and find ways towards success. I would like to end up by the words

**"Winners never quit and
Quitters never win"**

So never quit, Enlighten the lamp of hope in your soul and be grateful for the failures by taking them as betterment for self.

**Nivedita Bisht
Class-VIIIth**

A SIMPLE QUESTION?

Quick tip - Not all fast food is junk food; but all junk food.....

FAST FOOD - If your day begins like this, wake up/get off your bed/run comb across your head/drink a cup & found you are late/grab your bag and make to school....." Then you definitely know what fast food is. It is not that fast food is necessarily harmful. Fast food is just the food that can be made in few minutes. This short span of time is mostly spent in hurry to office or school. Sandwiches, salads, eggs, milk all can be prepared in very short span of time and are very easily available. This kind of food is nutritious and very healthy.

JUNK FOOD - How can you not order extra cheese with pizza? Or big fries with burger? And of course there has to be cola to make the final nail. If this is what you do regularly your future may not be good. It is true that pizzas taste good and cola gives you a kick but do you think they are healthy? They have a low nutrient content and a high amount of sodium and fat. Eating junk food gives various diseases as a free item. Blood pressure, cholesterol and even a heart attack because of obesity are a gift of these.

Not eating pizzas & burgers & eating ghee-dipped paranthas everyday can lead to same result. If you love and can't resist eating them then you must workout a lot to be fit. Join gym or simply play an outdoor game and also reduce in taking them.

So avoid these food or reduce its quantity and if your life needs hurry then switch to healthy fast food. So be healthy. Think salad.

**Divya Jain
Class Xth**

SWEET ARE THE USES OF ADVERSITY

Among the sweet fruits of life no one likes the bitter fruit of adversity. It is unwelcomed as an unwanted guest. It could chance upon us in any form of diseases, loss, accident or sorrow. During these periods of stress we lose the will/hope to fight back and make good our losses. And also we curse the fate and the God Almighty. We forget that after the fateful day, our sufferings ought to take a back seat to the process of recovery. We fail to realize the good that has come out of the adversity because we insist upon seeing only one side of the picture. We become blind to the other point of view.

We complain and even doubt the existence of the merciful God. We, in our ignorance feel that God is unjust and cruel. However if we think and observe calmly, we will be able to observe the light at the end of the seemingly dark tunnel. These sentiments can be expressed in the following lines-

Judge not the lord by feeble sense
But trust him for his grace,
Behind a frowning providence,
He hides a smiling face,
His purposes will ripen fast,
Unfolding every hour,
The bud may have a bitter taste
But sweet will be the flower.

We will thus come to the conclusion that adversity is in fact a blessing in disguise.

Harshita Tiwari
Class-VIIIth



SELF-DISCIPLINE

Self discipline is not what you do to yourself,
It is what you do yourself
Self discipline is not what you do with efficiency
It is a friend to managing stress diligently
Self discipline is not rigid
It is the greatest asset for effective planning
Self discipline is not bondage from freedom
It is the liberation of freedom

Somyata Bisht, Class-Xth
Member (Cultural Club)

IS THIS MY COUNTRY?

Is this my country full of miseries
Where girls cannot move in the dusk or dawn

Is this my country where acid is thrown
On the faces that bloom

Can I call this my country where girls are killed
before birth

They are accepted with loads of money or
Burnt alive due to evil called dowry.

Is this my country where doctors take money
To kill girl in the womb of mother
Who taught them to walk and bloom

Can I call this my country where girls are raped
In the moving buses in big cities and towns.

Meenakshi Koul
PGT English

GOOD HABITS

All men have habits. There are good and bad habits. Habits are the acts that men indulge to satisfy their needs. Their habits are developed or learnt from different sources. Drinking water, taking breakfast, lunch & dinner and sleeping are habits based on instinct. The needs of society developed some good habits in men. Man is a social animal and he cannot live in isolation. Respecting elders, wishing 'Good Morning', 'Good Evening' and 'Good Night' are good habits. Serving the cause of poor & needy are respecting the social values like observing queue are good habits. As men live in groups, their groups influence some habits like sorrow, peace and happiness. Education is based on the principle of habit formation i.e. speaking, reading, writing. Similarly education helps in the development of good habits like punctuality, attention, concentration, co-operation, discipline etc.

Good habits lead to good manners and good manners give us good environment which leads to a happy and peaceful life.

Namrata Mehta
Class-VIIIth

THE CRAZY WORLD OF COMPUTERS

OUR AIM FOR NATION

Let us stand as one in the crowd
To make our country proud

Let us all unite
To make everyone delight

Let us walk hand-in-hand
To show everyone where we stand

Let us eradicate social evils
To produce smart work pills.

Let us proud to be an Indian
To make a strong union

Let us start a revolution
To eradicate evils like corruption and drug-addiction

Let us start with an aim
To use power of brain

Let us everyone try
No-one like Damini should cry...

Ganesh Joshi
PGT Mathematics

A computer was something like TV
From a Science fiction show of note
A window was something you hated to clean
And RAM was the cousin of got

Meg was the name of my girlfriend
And gig was a job for the nights
Now they all mean different things
And that really megabytes.

An application was for employment
A program was a TV show
A cursor used profanity
A keyboard was a piano

Memory was something you lost with age
A CD was a bank account
Log on was adding wood to the fire
Hard drive was a long trip on the road

Cut you did with a pocket knife
Paste you did with glue
A web was a spider's home
And a virus was the flu

I guess I'll stick to my pad & paper
And the memory in my head
I hear nobody's been killed in a computer crash
But when it happens they'll wish they were dead.

Akshita Kashyap
Class-IXth

CRIME AGAINST WOMEN

Sexual violence against women and girls in public spaces is largely unrecognized and ignored by Law. But I feel we cannot ignore this as a parent or teacher. We have to make our daughters very strong and bold to face the world. We cannot tell our girls to remain in the four walls of home because they are girls. We as a parent and as a teacher need to tell them how to face the situation. How to be physically strong and fit and pay more attention on their diet. They should always carry mobiles that have number of police station on the top list. They should make distance from boys because in this modern and changing world even friends whom we trust the most also sometimes break our trust and girls become victims of their own friends.

Mothers should share their 'daughters' problems instead of scolding them explain them how to deal with boys and men. How to behave with bad boys. They should not encourage boys to touch them even in friendship. They should complain to authorities of the school or parents if any problem arises. Keeping quiet is not a solution of any problem. They should be told to avoid deserted areas in darkness. They should be told lovingly not to trust on everyone either in school or in job. Our love, sympathy and confidence in our child can make them more confident and bold. Our little efforts can change their lives from hell to heaven.

The tragic death of 23 year old Paramedical student at Delhi moved the entire nation to tears. There is anger everywhere and public pressure on the police and judiciary. But this is not the first time a girl has been raped. Shockingly in India, a girl is raped every 20 minutes. New Delhi is not just the national capital but also the rape capital of India. Last year a total of 23,582 rape cases were reported in India out of which 453 were reported in Delhi alone. Not a single state is without this crime.

Today's youth who feel taking alcohol is cool thing. Watching adult movies is normal thing. Chatting on mobile is a routine with youth. Internet browsing and Facebook has also led to a lot of crimes against women. Lots of girls are befriended by unknown people through Face book/internet chatting. Lots of instances have been reported where girls were ditched by these so called internet friends. We are trying to be westernized in everything but this westernization is taking us away from our Indian roots which is truthfulness, respect to elders and politeness. We feel pain only when our own relative is affected with crime but little do we realize if our children become victims then what we will we do?

We should give moral values to our children. Tell them why we worship Goddess Durga. Respect women yourselves then only tomorrow our children will respect them. Stop domestic violence. We are Indians so it is our prime duty to save our culture and nation. Why should we blame Police or Judiciary? Why not to try to safeguard our children by giving them good values. Teach them what our religious books teach. No religion teaches anyone to be violent and rape girls and kids. So it is our prime duty to save our nation by little efforts if we want to have safe future for our children.

Meenakshi Koul
PGT English

WAR AGAINST CORRUPTION

Why is it everytime,
5 more for a single lime
When I saw children on street,
Trapped in the sun's heat
It is time to realize,
Why is everyday growing price?
What is the reason for India's poverty?
Why are good persons under custody
It is not the time to cry
To uproot corruption we should try.....

Vidit Joshi
Class-Xth



FEMINITY- A BOON OR A CURSE

The killing of unborn girl child,
The going of lakh with a bride

Either 1 or 2 females in rural school,
Is this attitude said to be cool?

Do they born with the toughest curse?
Without a single money in the purse.

Continuous incidents of increasing rapes
The countrymen are putting honour at stakes

Will there be more Nehwals!
But will she survive with these jackals.

Will these mental strata's
Will give rise to more sunitas.

We all should do nevertheless
That no-one on femality should cry?

Vidit Joshi
Class-Xth

STORY OF A GIRL CHILD

A girl child is like a sparrow,
She comes and goes.
But till the time she remains,
She never expresses her woes.

The first step she takes,
the kiddish demands she makes
are soon lost in worries.

And in her mind she has got lots of queries.

In her life she wants to fly,

But she never knew this would be lie.

She has to step back and accept the situation,

The whole world cries in union,

But we the new generation are here to make a change,
We girls will reach the peak and shine at a higher range

Uttam Roop
Class-VIth

JUST BECAUSE I AM A GIRL

I could have died on this Earth,
For the country of my birth.

I could have been a part of the fight,
With the people who want equality and right.

I could have been a great politician,

To serve the people and the nation

I would have been a super woman,

With golden crown and gold rings.

I could have been a great preacher,

To make the human a great creature

I could have learned all the arts,

To serve the nation of which we are a part.

I could have done all this and more,

But society did not allow me to move out-door,

I was ignored and disappeared

Just because I was born a girl!

Gayatri Joshi
Class-VIIIth

GLOBAL WARMING

The world today is in danger

We are forgotten and things are stranger

There is lots of destruction everywhere

Only a few are there to conserve here or there

Fossil fuels are burnt in abundance

Which produce carbondioxide in tons.

That the atmosphere it heats

And that heat nobody can beat

It causes storms and cyclones

Floods, earthquakes and tornadoes

Which cause a lot of destruction

To humans, animals and construction

The gases from automobiles

in the air it piles

Warming the earth

And taking away its mirth

So it is good advice

To use less and comprise

With the left over fossil fuels

Or we would ride camels and mules

Ayushii Balutia
Class-VIIIth

CRY ON THE FIRST MIDNIGHT



HER LIFE IN A CELL

How tough its for me to survive on this earth
You made me dependent right from my birth
Why don't I enjoy rights such as you
Why I dance on your finger and live under your shoe

Why beyond your ideology I don't have any life
Why like an apple I lay before your knife
You made me to end, from where you started.
Why couldn't I search freedom which you from me parted.

My life as housemaid, my life is with art
My life was dashed when I tried to go apart
Burnt for you in Sati converted into ashes
Survived as a widow when you had the crashes.

Alone in isolation, alone in ordeal
You can't describe my grief until you would feel
But now old are my hands strong are the sticks
Apple such as wood metal are the figs

Now I count my days and count my breath
Love for you I leave and leave my wrath
Angels have come on their palanquine I dwell
But I describe my days as life in a cell

Imran Ali
Class-XIth

Our education system is parallel to a bond
making us a frog, living in its pond
studies, percentage, future and job
"I want good regards, I want to Top."
Away from imagination away from thinking
"I have topped but what am I lacking."
I have burnt the idea, burnt midnight oil
Some ashes in ocean, some deep in soil.
Hands to write brain to learn
Computer for leisure video game for fun
Hands of robot, mind is digitalized
Childhood in grave, heart is computerized.
What a predicted life passing day by day
Our wishes are similar as needle in hay
away from ideology, with dead imagination
You made us machine but almighty's creation
We have lost the love lost the art
Gift, freedom to mind, freedom to our heart
don't make me clever don't make me smart
"I beg you freedom to have a new start"

Imran Ali
Class-XIth

CRAZY SUBJECTS

Accountancy is full of Equations,
Business is full of theory,
Economics is full of Economic Development,
Physical is full of fun,
Many secrets science keeps
But often I see people sleep.
Maths actually makes us mad,
When we are unable to subtract or add.
Winter, summer, spring or autumn
I don't know why Hindi is at the bottom.
Chocolate, ice-cream, lollipop
English is at the top
Lastly I would like to protest,
East or west G.K. is the best.
But that's why because
we don't have a test.....

Saurabh Tewari
Class-XI Com

THE HOMEWORK LOAD

Not long ago the homework load
 Did Helen little harm
 She walked to school with one notebook
 Ticked in her little arm
 Homework increased until the girl
 Had no choice but to pack
 Binders and texts into a sack
 She strapped onto her back
 When her spine curved, and her back crooked
 Her shoulders apt to sag
 So Helen took to pulling backs
 In a wheeled luggage bag
 As Helen grew, homework did too
 And fourth grade marked the start
 Of pushing Homework to and fro,
 In a large shopping cart
 Soon tractors, towed her homework load
 Still Helen found no luck
 Now forklifts hauled her homework home
 And next a pick-up truck
 But still the work load grew and grew
 And the truck overran
 Sixth grade saw Helen driving home
 In a U-Hall moving van
 Helen's homework load reached its height
 When school closed in the fall
 For teachers assigned so much work,
 Kids couldn't move at all.

Mariya Zafar
 Class-IXth

WISDOM

Smooth roads never make
 a good driver,
 Problem free life never
 makes a strong person.
 So never ask life "WHY ME"?
 Instead challenge it & Say
 "TRY ME"

Priyanka Chaudhary
 Class-VIIIth

TEENAGER'S ASPIRATION

Oh! I just want to fly high
 Up in the open sky,
 In the blue vast sky
 Where no boundaries lie
 I want to float in water deep
 Alone where shallow water sleeps,
 In the world of my own
 Except me only joy creeps
 I want to sit across the river bank
 Where everything seems to be blank,
 Where no one comes & plays a prank
 I want to cross that bond
 Where everything comes to an end
 Just want to lie on that platform
 Where peace stands with welcoming hands.

Today is first day of your life
 Yesterday is now a dream &
 Tomorrow is a vision
 So make every yesterday a dream
 Of happiness &
 Every tomorrow a vision of hope

Shivani Pathak
 Class-Xth

MR. ZERO

Dear and respected Mr. Zero
 You are the greatest Hero
 In Mathematics and Arithmetic
 You play your part fantastic
 You are the greatest puzzle
 When I subtract you from my number
 You are as cool as cucumber
 No loss, no gain, all my efforts in vain,
 Add you to last
 The number increases very fast,
 If you are multiplied with the largest
 The result is smallest,
 People think
 You are valueless and lowest
 That is why,
 Students are sad
 to get you in their test.

Priyanka Khatri
 Class-XIth

TAKE THE POWER

This life is yours,
take the power of freedom
to choose what you want
to do and to do it well.

Take the power to love,
what you want in life,
Love it honestly
Dedicate yourself for it

Take the power to control,
your own life of joy
No one else can do
This is for you!
You Deserve The Best

Prakriti Joshi
Class-Xth
Member (Cultural Club)

COLOUR OF GOD AND LOVE

God gave us love
And we gave it
One colour pink
It is the colour of life
It is the colour of love

In the cuddle of a mother
In hug of a friend
In the love of a sister
In the love of a mother
It is always there

Feet of a new born baby
Lips of that sweet little angel
Born with the pink
And she grows with the pink

Sachin Chauhan
Class-Xth

OUR INDIA

Bombay for beauty
Delhi for majesty
Madras for cooking
Kashmir for looking

Kerala for dance,
Mysore for fans
Punjab for fitting
Madras for writing

Himachal for pines
M.P. for mines
Rajasthan for sand
U.P. for band

Uttarakhand for forest
Nainital for tourist
Visakapatnam for water
Gujarat for potters

"This is what the India is
the beautiful place to live in"

Prachi Verma
Class-VIIIth

DREAMS

When the stars appear
And the sun goes off
In that beautiful sight
We start dreaming at night

Dreams are like a singer
Who is not able to sing
Dreams are like an interesting book
Having no pages in it.

Dreams are like a drama
Having no characters in it
Dreams are like a hope
which has no scope.

Made by
Lubna Khan
Class-VIIIth

GREAT INDIA, LOVELY INDIA

Our country is great,
All over the world.
Democracy is great,
All over the world.

Great Indians, Great India
Lovely Indians, Lovely India
We respect republic of India.
We respect constitution of India.

Great Indians, Great India
Lovely Indians, Lovely India
From Kashmir to Kanyakumari
United we are, united is India
No one can challenge us,
We are great citizens of India
Great Indians, Great India
Lovely Indians, Lovely India

Our country has great past
Great culture, Great Heritage
Great leaders, Great Followers
Great teachers, Great Pupils.

Land of Rama & Krishna
Land of Buddha & Nanaka
Land of Gandhi & Nehru
Land of Netaji & Kalam

Azad we are, independent we are
Brave we are, wise we are
We are flagging our tricolor,
globally
Showing our intellect
globally
Let us do more
to strengthen our India

Great Indians, Great India
Lovely Indians, Lovely India

Jai Hind, Jai Bharat

Diya Pathak
Class-VIth



MISTAKE

When a barber makes a new mistake
It's a new style
When an actor makes a mistake
It's a sensation
When a cook makes a mistake
It's a new taste
When a student makes a mistake
It's a nothing but a trend

Prachi Verma
Class-VIIIth

GOOD DEEDS OF LIFE

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

Akshita Kashyap
Class-IXth



EASY VS. DIFFICULT

Easy is to get place in someone's address book,
 Difficult is to get place in someone's heart.
 Easy is to talk without thinking
 Difficult is to refrain the tongue
 Easy is to judge the mistakes of others
 Difficult is to recognize your own
 Easy is to set rules
 Difficult is to follow them
 Easy is to live for oneself
 Difficult is to live for others
 Easy is to read this POEM
 Difficult is to follow IT.

Nitika Mahtolia
 Class-IXth

MY FAMILY

My family is small,
 I love them all.
 My father is tall,
 with a head smooth like a ball
 I have a sister,
 who speaks like a minister.
 My mother is very good,
 She cooks lovely food.
 My grandparents are old,
 But precious like gold.

Ishant Shukla
 Class-VIth

MY LIFE

Birth is like a dot,
 Life is like a line,
 Love is like a triangle,
 But friendship is like a circle
 Because circle doesn't have an end.

Aman Chaudhary
 Class-VIth

POLES APART

When we are in class, we are students,
 When they are in class, they are teachers.
 When we gathered to discuss, it is gossip,
 When they gathered to discuss, it is meeting.
 When we are found in library, it is bunking,
 When they are found in library, it is research work.
 When we do something wrong, we are idiots,
 When they do something wrong, they are human being.
 When we do not do our work we are lazy,
 When they do not do their work they are busy.
 When we think in class, we are day dreamers
 When they think in class, they are philosophers.
 When we crack jokes in class we are buffoon,
 When they crack jokes in class,
 They have a good sense of humor.

Nitika Mahtolia
 Class-IXth

SELF-DISCIPLINE

Self discipline is not what you do to yourself,
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 Self discipline is not rigid
 It is the greatest asset for effective planning
 Self discipline is not bondage from freedom
 It is the liberation of freedom

Somyata Bisht
 Class-Xth
 Member (Cultural Club)

FRIENDS

A good friend is one who,
Cares for us,
Who helps us in good as well as bad times,
They never leave us alone,
Our every difficulty they are already known,
They never have any greed,
In spite are always there when we need
They can't see us cry
Rather support us urn to have a higher fly
A good friend is like a shadow,
Which does exactly we do
And know our feelings well too.
We can't find a good friend in anyone,
It's not possible that our good friend
is our true friend,
Because good friends can be many
but a true friend is one.

Diksha Haryal
Class-Xth

LIFE IN ACCOUNTANCY

What comes I debited
What goes I credited
Birth is my opening stock
Ideas are my assets
Views are my liabilities
Happiness is my profit and
Sorrow is my loss
Duties are my Outstanding expenses
And working is my Prepaid expenses
Bad things I always Depreciate
And Good things I always Appreciate
Friendship is my hidden Adjustment
My character is my Capital
Knowledge is my Investment
And my aim is to tally the Balance Sheet
In the end, Death is my Closing Stock

Priyanka Khatri
Class-XIth

DID YOU KNOW?

In 1997, the United Nations named Winnie the Pooh as the world's Ambassador of Friendship. Winnie the Pooh was created by British author A.A. Milne in 1924, and brought to the screen by Walt Disney in 1956. These classic children's stories relate the adventure of a young boy, Christopher Robin, and his assortment of animal friends, including a bear named Winnie the Pooh.

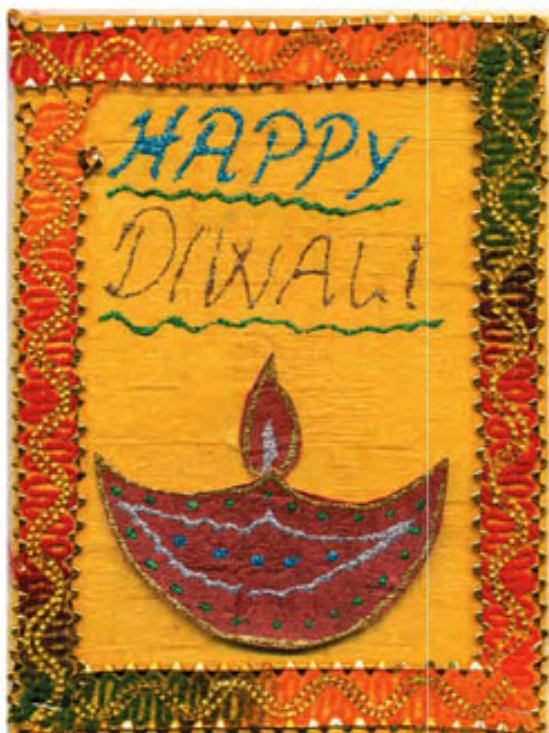
Madhumita Das
TGT English

ADS IN OUR DAILY LIFE

Trin, Trin! Wake up with quartz alarm. Wear Relaxo Hawai Chappal and go to bathroom. Brush your teeth with Pepsodent 2 in 1 spread over Oral-B indicator, take a hot bath from the Bajaj Geyser with freshness soap Liril and wash your hair with Head & Shoulders shampoo to make it silky, shiny and dandruff free. Then wipe with Bombay dyeing towels. Dust your body with Premium with Irain and apply some Fair & Lovely cream and Ponds powder. Pour some Vatika hair oil, don't forget the Lily comb. Now put on your well pressed and ironed uniform made of your mother washed with Surf-Excel with active oxygen in Whirlpool washing machine, How about Rich cafe and Britannia cakes? Have some coconut cookies with Kissan Jam. Don't forget a spoonful of Dabur Chawanprash. You are a well uniformed student now, fir and ready for the day. Forget not to pack your lunch in Milton tiffins and set off to school in TATA Bus not before you have polished your shoes with Cherry Blossom. Now sit on the chairs made up of Kitply and write notes with Reynolds Trimagic 0.5mm. Tired! Refresh yourself with chilled water from Cello Water Bottles and Raffles Chips and Marie Biscuits. Perhaps it is time to go home but how can you know without consulting your Titan Wrist Watch? Oh yes! It is time to go home. Switch on the Usha Fan with your left hand, holding a glass full of Rasna in right hand. It is wonderful to read Education today in this way, feel like listening to music? Insert the Tips C.D. in DVD system. Feeling hungry! Have lunch prepared in Hawkins Pressure Cooker. It would be delicious, isn't it? It is time to go for tuition so drink a glass of milk with Horlicks. You don't like sleeping? Return home sit on Kurl-on and switch on the T.V. and see the latest cartoon Doremon. It's very late. Roll-on Kurl-on covered with DCM sheets. Just one thing more, play your All-out Mosquito destroyer. Good night & Sleep well.

Ishika Bhatt
Class-VIth





KNOW YOUR BIRTHDAY!

1st Step : On your calculator, enter the number of the month in which you were born.

2nd Step : Multiply by 5.

3rd Step : Add 6.

4th Step : Multiply the sum by 4.

5th Step : Add 9.

6th Step : Multiply the sum by 5.

7th Step : Add the number of the day you were born.

8th Step : Subtract 165.

The calculator will show the month and date of your birth.

Madhumita Das
TGT English

TYPES OF SPECIES IN A CLASS

There are various species formed in the form of ecosystem we commonly call a classroom.

They can be [in the memory of the great Karl Von Linne] classified accordingly.

1. **BOOKWORM (BOOKISUS PUPILUS)**

Commonly found in the library, class-room, labs (even in play-periods).

Identification : Generally a stocky individual growth stunted due to weight of the brain, back drooped by the load of books and nose permanently deformed due to spectacles. A book will invariably be found in the appendages- a clear identifier.

2. **THE CLASS RAMBO (PHYSIQUOLISRAMBOMESIS)**

General Information : He is the strength of the class, supports the weight of mischief on his strong, board shoulders.

Habitat : Generally found in the corridors, avoid classrooms, favours playgrounds, toilets etc.

3. **THE WORRICANE (STUDENT WEAKNESS)**

Identification : Appears to be shaking with fear, nails have been chewed down to the skin, ditto with the lips, legs in a 'V', want to study but fear it. Nobody knows what is the correct life history of this species, much research has to be done.

4. **THE PERFECT STUDENT (SPECIES UNKNOWN)**

This is an individual which can't be assigned to any of the above categories. He/she is a perfect hybrid of the above species-read when there is need, plays when the time is right, is not a bully, but is strong enough to defend fellows and self from bullies. Often has pangs of nervousness but also the confidence to ward them off. A great achievement of nature's genetic engineering skills!

Sheetal Chand
Class-XIth

A PENCIL.....CAN IT MAKE YOU A BETTER PERSON?

Once a pencil maker said to the pencil, "There are five things you need to know before I send you out into world. Always remember them and you will become the best pencil you can ever be."

1. You will be able to do many great things, but only if you allow yourself to be held in someone's hand.
2. You will experience a painful sharpening from time to time, but this is required to keep you ahead and perfect in your work.
3. You have the ability to correct any mistake ever made.
4. The most important part of you will be the things inside you.
5. No matter what the conditions may be, you must continue to write. You must always leave an indelible mark, no matter how difficult things get.

The pencil obeyed, promised to remember, and went into a box fully understanding its master's purpose.

Now replace the pencil with yourself, always remember these five aspects and never forgot to apply them and you will become the best person you can ever be.

Ayush Kumar

Class-IXth

JOKES

- 1) Athlete : How high is my temperature, doctor?
Doctor : A hundred and one
Athlete : And what's the world record?
Doctor : ?!?!
- 2) A girl to the teacher : He's been sitting there all day, doing nothing but wasting his time.
Teacher : How do you know?
Girl : I've been watching him.
- 3) Dad writes on his son's facebook wall "Dear son, how are you?" All are fine here. We miss you a lot. Please turn off the computer and come for dinner.

EXAM HALL JOKE

Sir : If any doubt ask me

Student : Sir, in question paper question is there but in answer paper no answer is there.

TEACHER STUDENT EXAM-SHOP

Ben got 100 out of 100 in the exam.

So the teacher gave him a gift and said,

I hope you will do the same in the next exam

Ben : Thank you Sir. I hope you will also print the question paper from my uncle's printing shop next time.

Mariya Zafar

Class-IXth

KEEP OUR CITY CLEAN

Do you regret when you see people spitting out paan at a public place or urinating, or casually chucking a paper cup on the pavement or throwing rubbish out of their car windows? Is this the city you would love to live in? Do you sometimes glare at them, yell at them and tell the person with you how DISGUSTING you find such habits.

Do you think it is enough? In fact you are not doing anything. You are not interested in it. If you will not take the initiative then how will you keep your city clean? There is a philosophy "talk less do more", to keep our city clean we should take some steps.

First of all citizens should take the responsibility of keeping the city clean. We can put bins on the roadside at regular intervals so that people can throw the garbage in the bins instead of throwing them on the roadside. We should make toilets on the roadside. A fine system should be implemented and people who are found throwing litter around should be fined immediately. Also at regular intervals we should have signals of "KEEP THE CITY CLEAN." Strict action should be taken against people disobeying the rules. In every residential area and market place there should be a committee to control all this.

The Municipal Corporation should do regular cleaning of the city. Each one of us should be responsible for keeping the city clean.

Let us all take an oath today, to keep our city clean, ensuring that any person disobeying should be penalized.

Priyanshi Pande

Class-IXth

QUOTATIONS

- 1) We have a beautiful mother
Her green lap immense
Her brown embrace eternal
Her blue body everything
We know.

By : Alice Walker

- 2) The Earth does not argue,
Is not pathetic, has no arrangements
Does not scream, haste, persuade, threaten
Makes no descriptions, has no conceivable failures
Closes nothing, shuts nothing, refuses nothing.

By : Walt Whitman

- 3) Education makes people easy to lead, but
difficult to drive; easy to govern, but
impossible to enslave.

By : Lord Brougham

- 4) In education there should be no class distinction.

By : Confucious

Collected by : D.Sravva
Class-VIth



THOUGHTS

1. Hard work is the best investment and key to success.
2. Avoid alcohol, tobacco and Narcotic drugs, their use is an open invitation to misery and death.
3. Save petrol and other fuels; remember these are irreversible sources of energy.
4. Have faith in Almighty; remember the whole life-cycle is controlled by him in a way best for the mankind as a whole.
5. Avoid copying the west; remember Indian culture is the oldest and richest of all.
6. Concentrate on your studies; this opportunity never comes back.
7. The ultimate aim is global brotherhood.
8. Tomorrow never comes back what we can do now remains here.

Pakhi Sharma
Class-VIth

SOME MOST AMAZING FACTS

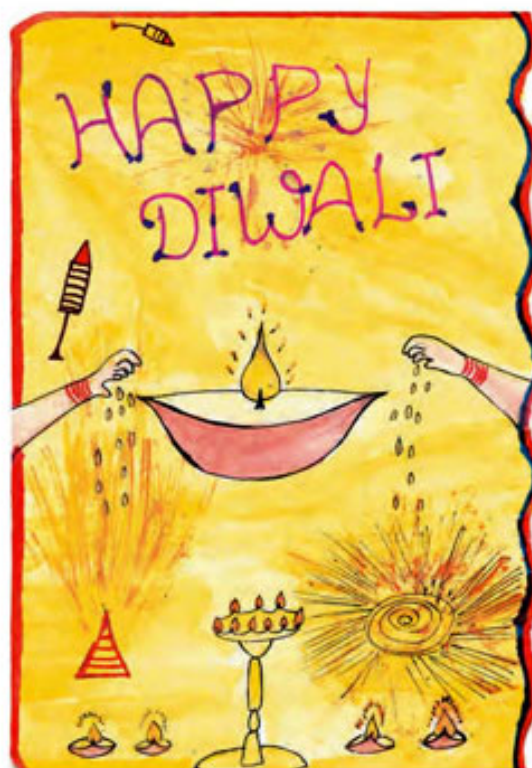
- (1) An average strawberry has about 200 seeds and it is the only fruit that bears its seeds outside.
- (2) An apple has 25% air, that is why it floats on water.
- (3) Study of flags is called Verillology.
- (4) What comes after a million, billion and trillion? A quadrillion, quintillion, sextillion, septillion, octillion, nonillion, decillion and undecillion.
- (5) An average person has over 1460 dreams a year.
- (6) The velocipede was the original name of bicycle.
- (7) The first decorated Christmas tree was in Lga, Latinia in 1510.
- (8) The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.

Richa Sah
PRT

CRICKET IN EXAMINATION

Examination Hall	-	Cricket Field
Examinee	-	Batsman
Examiner	-	Umpire
Principal	-	Leg Umpire
Marksheet	-	Score Board
Done 5 marks question	-	Hit a six
Done 3 marks question	-	Hit a four
Done no question	-	Out for Duck
Pen	-	Bat
Question paper	-	Ball
Answer Sheet	-	Pitch
Caught cheating	-	Run out
First in class	-	Man of the Match
Failed in Exam	-	Lost the Series!

Sidharth Srivastava
Class-VIth



RECIPE FOR BETTER INDIA

INGREDIENTS:

Love - 1kg
Faith - 100kg
Unity - 4 teaspoons
Modern ideas - 1 kg fresh and refined
States - 28
Union territories - 07
People fewer the better

Apparatus required:

Earth's most beautiful country India - million of people.

PROCEDURE:

1. Send messengers namely Mother Teresa, Nelson Mandela to sow seeds of love.
2. When the fruits have ripened, the crop is ready to be harvested.
3. Grind the fruits and seeds of love from a "Love flour".
4. Chop the states and mix them with union territories.
5. Keep the mixture in an ovenproof dish and then mix the love flour, unity, sacrifice and modern ideas with the mixture.
6. Cook in country bowl on 'High' for 10 min.
7. Serve hot in order to win the hearts of all.

PRECAUTIONS:

Protect it from the bacteria of jealousy by a thick layer of unity.

Note : Remember that the ingredients should be in right proportion, if you want your dish to be ionic and mouth-watering. Now enjoy your dish.

Kanika Mahtolia
Class-Xth

INCREDIBLY INCARNATED INDIA

Our mother India is giving its children a protective shelter in a gigantic miraculous green saree of equality & peace. She is just like a mother nourishing her child without any expectations. In contrary to this, man is just a small selfish child of this immense nature who can surely not do the welfare of it but will finish it. Mother India is so generous that instead of being unjust she is satisfying the needs of every class and religion. Why cant we being human do that? If we cant do any welfare for India, then who has given us the right to harness it? In ancient times our mother earth used to hover her golden wings of prosperity and harmony in the sky as a free bird. Every corner of India contained people with golden hair and a culture so rich and diverse in its nature that people of every religion and caste lived in a society full of respect and care. As the time passed by, caste distinctions arose, women were illiterate, British empire came, Indian society disunited, thoughts of the people got misled, people were jobless, Indian society lacked quality and today where the man and the women are supposed to be equal, equality is still very distant. Women are still treated as objects of fun and desire. Child marriages and female infanticide are still prone to many areas. In today's world India is termed as a wealthy nation. We are launching missiles, submarines, satellites etc. where are we actually lacking? Why are we not able to respect the women? Why are we so selfish and judgemental? Why every corner of India is now full of thieves, robbers and evil? Every corner of India is crying for mercy. Who will sacrifice to bring the change? Where are the bricks of the premises?

It is a high time for our growth to wake up and to enlighten every soul with a lamp of hope and to make the mother India proud by giving her what she deserves actually. Let us take a pledge to make India socially, economically, religiously and culturally valuable and a place to live with peace, harmony and fraternity! Because we are the future of India!

Nivedita Bisht

Class-VIII

CLASSROOM FACES

1. Attentive faces - These are the cream of the class. They are attentive with beaming eyes, full of confidence and intelligence. They take in whatever significant flows out from the lips of the teachers and enters into their notebooks. They never jumble in the answers to the questions put by the teachers.
2. Semi-Attentive faces - These are the bulk of the class, hearing the teacher with drifting attention. They are half awake and half asleep, their minds are ever on the move. Their answers are casual. Hitting and missing is the usual thing with them.
3. Anti-Attentive faces - These reduce the attention level of others. As for hearing and seeing they do not care. They are the determined souls and to them classroom is a place to love boll, the black-board is a blind spot on the walls and the teachers are no more than newsreaders.
4. Blank faces - These are not rare in the class. They are like blank cartridges and never hit the right answers. They come to the class to make noise but they go out of the class as blank as they come in.
5. Pretending faces - They are the most amusing faces in the class. They run a show of following the teachers with expressive gestures, such as nodding and simpering and attitudinizing. But the teacher knows fully well the real faces behind the mask.
6. Sleeping faces - They hope to remain unobserved while they sit with their eyes shut. They occasionally let their heads fall forward in drowsiness to the amusement of the whole class.

Ayush Kumar

Class-IXth

FOLLOW THE ALPHABETS

- A** - Always speak the truth
- B** - Be punctual to your duties
- C** - Cut your coat according to your cloth
- D** - Do not find fault with others
- E** - Example is better than concept
- F** - Friendship is a sheltering tree
- G** - God helps those who help themselves
- H** - Haste makes waste
- I** - Idleness is the necessity of evil thoughts
- J** - Join the company of good people
- K** - Kindness is the greatest virtue of man
- L** - Let bygones be bygones
- M** - Man is mortal
- N** - No knowledge without college
- O** - One who digs pits for others falls first into it
- P** - Poverty is a curse
- Q** - Question your faults
- R** - Revenge is a wild justice
- S** - Slow and steady wins the race
- T** - Time once gone never returns
- U** - Unity is strength
- V** - Virtue is its own reward
- W** - Work is worship
- X** - X-mas reminds us of the teachings of Christ
- Y** - Yield to reason and nothing else
- Z** - Zealously work for progress and prosperity of motherland.

Pankaj Singh Darmwal
P.G.T.(Accountancy & Business Studies)

LIFE'S ECONOMICS

My parents are my opening stock
What comes in debit.
What goes out credit.

My birth is my production
Soul is my resources
Heart is my flow,
My problems are my scarcity
My ideas are my profit
Sorrow is my loss,

Duties are my privatization
Good working is my globalization,
Friendship is my liberalization
Character is my capital,
Patience is my interest.

Knowledge is my environment
Good things I always appreciate,
Bad things I always depreciate
My mind is my market.

My thinking is my demand
Behavior is my supply,
Goal is my closing stock
My death is my consumption.

Kanika Mahtolia
Class-Xth

THINK POSITIVE!

Say to yourself every morning :

- Today is going to be a great day.
- I can handle more than I think I can!
- Things don't get better by worrying about them!
- I can be satisfied if I try to do my best!
- I am going to make someone happy today.
- It's not good to be down!
- Life is great, make the most of it!

Be an optimist

Vaishali Shrivastava
Class-VIth



हिन्दी विभाग

16 दिसम्बर 2012 की अदृश्यपूर्व रात

एक दामिनी.....
(जो जिजीविषा से संतुष्ट है)
को
कुछ अधर्मी
अकथनीय, अकल्पनीय
अभिप्सा लिए
अर्द्धरात्रि में, विचरण करते हुए
अनिमेष, अमानुशिक कार्य करते हैं
वे घृणास्पद दुरभिसन्धि वाले हैं
निन्दनीय कार्य वाले हैं
आलोच्य पाने वाले हैं
निर्मम हत्यारे हैं।

एक दामिनी.....
आत्मविश्वास से लबरेज दामिनी,
रक्तसंजित दामिनी,
निर्मय दामिनी,
स्वयं को बचाने का प्रयास करती है
परंतु
जिन्दगी उसका साथ न देती है
उसकी चित्कार,
उन दुश्कर, विकृत अधर्मियों को
न सुनाई पड़ती है,
न दिखाई पड़ती है।

एक दामिनी.....
प्रतिभा से सम्पन्न दामिनी,
नवोदित दामिनी,
स्त्रियों की पहचान दामिनी,
मजदूती का पैगाम दामिनी
अंत में,
जीवन से हारी दामिनी
जीवन से हारी दामिनी।

श्रीमती प्रीति मेहरा

स्त्री के ऊपर अत्याचार

स्त्री के अनेक रूप,
जिन्हें गए हम भूल
कष्टों को हरने वाली,
सबको सदैव खुश करने वाली।

स्त्री के ऊपर हो रहे हैं अत्याचार,
जिन्हें हम हैं प्रत्यक्ष प्रमाण,
दूर खड़े होकर हम सब इन अत्याचारों को देखते,
परंतु किसी से कुछ न कहते।

लानत है उन लोगों पर,
जिन्हें घमंड है अपनी ताकत पर,
आज अपने को सब शेर कहते,
स्त्री पर अत्याचार होता देख, बन जाते हैं गीदड़ के जैसे।

मेरे मुताबिक स्त्री मर्दों से महान,
निराक्रोश उठाती सबके लिए आवाज,
स्त्री के ऊपर हो रहे हैं अत्याचार, अत्याचार,
आओ मिलकर उठाओ इसके खिलाफ आवाज।।

मयंक जोशी
कक्षा - 9

लड़कियों का सम्मान

लड़का लड़की एक सम्मान।
उनको दो आदर सम्मान।।
लड़की पहुँची आसमान।
कल्पना चावला था उसका नाम।।
भारत की थी पहली शान
गलती से चली गयी थी उसकी जान।।
लड़की को दो विद्या दान।
उसे छूना है आसमान।।
छोटी होगी तो बहन सम्मान।
बड़ी हो तो माँ सम्मान।।
विदेशी होगी तो मेहमान
पूरा करने दो अरमान
लड़का लड़की एक सम्मान
उनको दो आदर सम्मान।।

इशान्त शुक्ला,
कक्षा - 6

बेटियाँ

देवी माता का अवतार होती हैं बेटियाँ,
ममता का भंडार होती हैं बेटियाँ,
सम्पूर्ण जगत का आधार होती हैं बेटियाँ,
पिता के स्नेह की भागीदार होती हैं बेटियाँ।।

पर इन गुणों का महत्व क्यों नहीं समझा जाता है
क्यों बेटियों को जन्म से पहले ही दफनाया जाता है
क्यों बेटी-बेटे में भेद किया जाता है,
बेटी को बेटे के समान अधिकार क्यों नहीं दिया जाता है।

जन्म से ही खुशियाँ लाती है बेटी,
पर खुशियाँ बँटता है बेटा,
अंतिम साँस तक साथ देती है बेटी,
पर अंतिम संस्कार करता है बेटा,

पराया धन समझा जाता है बेटियों को,
बचपन से ही दुत्कारा जाता है बेटियों को,
अधिकारों से वंचित रखा जाता है बेटियों को,
अत्याचारों से घेरा जाता है बेटियों को।

सब कुछ सहना पर उफ न करना,
यही सीख देती है बेटी,
एक घर की ही नहीं वंश
दो कुलों की लाज होती है बेटी,
यही विनती है मेरी आपसे
ना कोई भेद-भाव करना है,
बेटी को पराया धन न समझकर
देवी समान पूजना है।

इसी परम सत्य को अपनाना है,
बेटी को उसका हक दिलवाना है,
मेरी इन अभिलाषाओं को
इस पत्रिका के माध्यम से
जन-जन तक पहुँचाना है।

श्रीमती प्रेमा पाण्डे
हिन्दी शिक्षिका



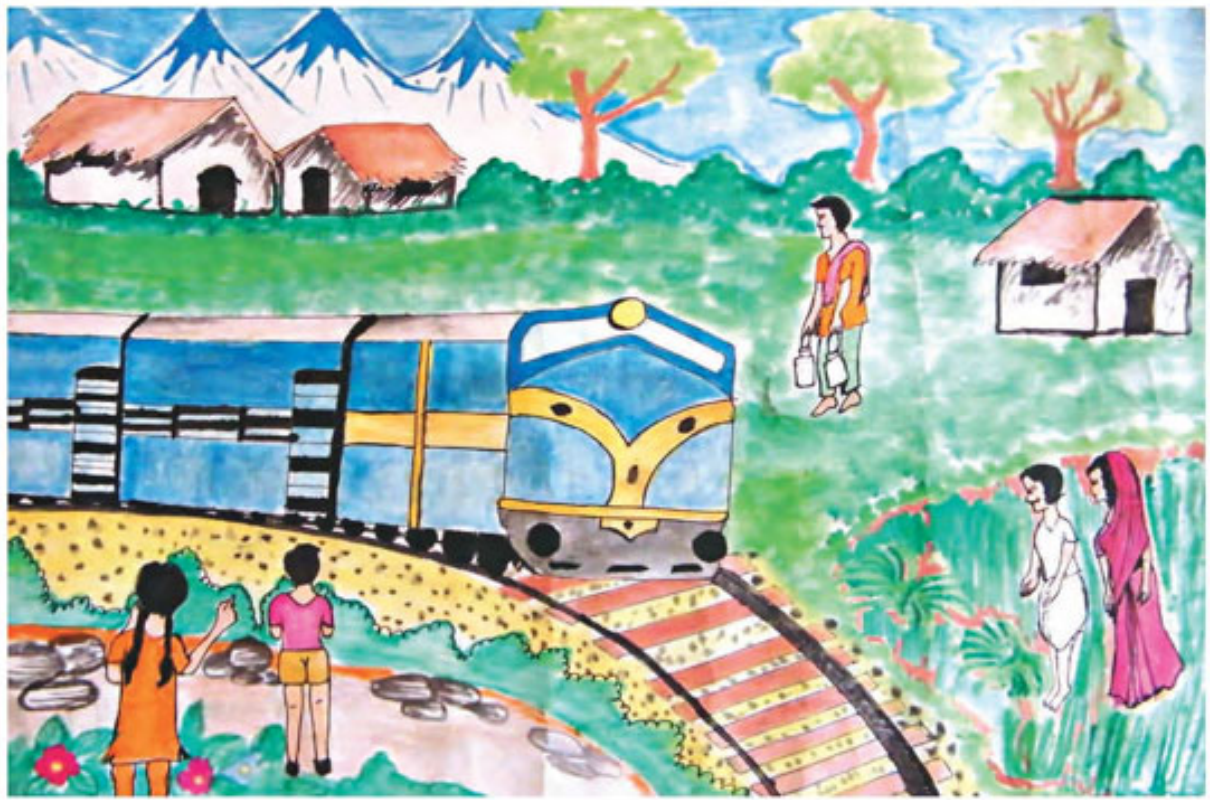
पानी एक भीषण समस्या

हमारी जनसंख्या बढ़ रही है,
पानी की कमी खल रही है।
पानी को तुम बचाओ,
सबके जीवन को खुशहाल बनाओ।।

आने वाली पीढ़ी खराब,
पानी की वजह से एक-दूसरे को लगाएँगे आग।
इसलिए पानी बचाओ,
आने वाली पीढ़ी का जीवन सुरक्षित बनाओ।।

आओ मिलकर करें सब एक काम,
पानी का करें बचाव।
पानी आने वाले समय की एक भीषण समस्या,
इसका निकालें चलो एक निधान।।

मयंक जोशी
कक्षा - 9



उम्मीद

ये न सोचो कि मंज़िल आसान है,
हर कदम पर देना एक इम्तिहान है,
उम्मीद का दामन थाम कर सदा,
अभी बहुत दूर खड़ा आसमान है,
कठिन चुनौतियाँ हैं जीवन पथ पर,
चलना है तुम्हें लम्बी डगर पर,
रखो हौसला और कभी न हारो हिम्मत,
तो सारी दुनिया है तुम्हारे कदमों पर,
काम करो कुछ ऐसा जो इतिहास बन जाए,
बोलो तो कुछ ऐसा लाखों असहायों का
हौसला बन जाए।

आयुश कुमार
कक्षा - 9

“स्कूल जाना है जरूरी”

स्कूल जाना है जरूरी,
पढ़ना है हमें बढ़ना है।
कुछ करना है इस दुनिया के लिए,
मगर दुनिया तो है महान लोगों से भरी,
आगे उनसे जाना है कुछ करके उन्हें दिखाना है,
सफलता के लिए पढ़ना है जरूरी,
स्कूल जाना है जरूरी॥

गौरी सिंह
कक्षा - 7

माँ

जिसने दिखाया यह संसार
जिसके रहेंगे हम जीवन भर कर्जदार
उस माँ को प्रणाम बार-बार, हजार बार
जिसका कभी प्यार कम न होने वाला है
जिस समाज की है वह जन्मदाता
वह ही उसे समझ न पाता
बार-बार करता उसे मर्मसार
क्या यही है उसकी किंमत??
क्या यही है उसके प्रति हमारा प्यार????

हिमानी ब्रिजवासी
कक्षा - 10

माता-पिता

कौंटों पर चलके जो चलना सिखाएँ,
नींदे वार के हमारे सपने सजाएँ,
नींद भरी आँखों से वो पहले हमें सुलाएँ,
हँस कर जो हर दुःख सह जाएँ,

दिन कहे जो सब कुछ समझ जाएँ,
दिन रात मेहनत करके जो हमें पढ़ाएँ,
सही गलत की जो पहचान कराएँ,
सही राह पर जो हमारे कदमों को चलाएँ,

दूसरों को जो मान देना सिखाएँ,
नाम अपना देकर जो पहचान बनाएँ,
कौंचे पर बिठाकर जो हमें दुनिया दिखाएँ,
थाम कर उँगली जो हींसला बढ़ाएँ,

हर बुरी नजर से जो हमको बचाएँ,
हर भूल को हमारी, हँस कर भुलाएँ,
कभी भी जो न रुठें हमसे,
पल-पल जो हम पर कुरबान जाएँ,

विधाता का ही दूसरा रूप है जो
दुनिया में केवल 'माता-पिता' हैं वो।।

स्वाति गुलाटी
शिक्षिका

'राजनीति'

राजनीति जैसे कीचड़ में कमल का फूल।
कभी बहस करती अहम मुद्दों पर,
कभी-कभी कर देती भूल।
जनता माँगे जब जवाब, परिस्थितियों में प्रतिकूल।
कुरसी छूट जाने के डर से, अक्ल हो जाती है भूल।
नेता अनेक, राजनीति एक
नेता अनेक, सांसद एक।।
राजनीति जैसे कीचड़ में कमल का फूल
नेता आते, नेता जाते, करके वायदे जाते हैं भूल।
जनता बेचारी देख रही राह परिस्थितियों में प्रतिकूल,
महंगाई के दौर में नेता करके झूठे वायदे
पैसा खूब लुटाये।
जैसे हो चुनाव घोशणा नेता जी घर-घर जाए।
राजनीति जैसे कीचड़ में कमल का फूल
कभी बहस करती अहम मुद्दों पर
कभी हर पल कुरसी की आड़ में करती है ये भूल।

कनिका महतोलिया
कक्षा - 10

परीक्षा की रात और यह नींदउफ

अंधेरी रात में,
पुस्तक ले हाथ में,
पढ़ने की ताक में,
बैठी थी मैं,

सिर पर था इम्तिहान,
टूट रहा था, मुझ पर आसमान,
आफत में थी, मेरी जान।

क्या पढ़ूँ की सोच में,
मीज उड़ाई सारे साल,
अब दुरा था मेरा हाल,

सिर पर चढ़ रहा था दुखार,
झूब रहा था पूरा साल,
दिल कहता था बार-बार
हे भगवान, अब की बार कर दो बेड़ा पार,

फिर न होगी कभी ऐसी भूल,
पढ़ूँगी मन लगाकर पूरा साल,

गीता, बाइबिल हो या कुरान,
सबसे पहले अक्षर ज्ञान,
अगर करनी आशाएँ पूरी
तो पढ़ना लिखना है जरूरी।।

गायत्री जोशी

"पढ़ो लिखो साक्षर बनो"

पढ़ो लिखो साक्षर बनो
किसी से तुम पीछे मत रहो।
यही जीवन का अर्थ,
इसे मत जाने दो तुम व्यर्थ।
दिना पढ़े कुछ भी नहीं,
जहाँ है ज्ञान सब कुछ वहीं।
पढ़के कुछ ऐसा काम करो,
संसार में अपना नाम करो।
सफल जीवन का है यह अर्थ,
इसे मत जाने दो तुम व्यर्थ।

उमेश चन्द दानी

माँ का प्यार

बहुत समय पहले की बात है एक गाँव में एक लड़की रहती थी। उसका नाम दिशा था। वह अपने दादा-दादी के संग रहती थी। वह अपने घर की सबसे लाडली बेटा थी। जब दिशा डेढ़ साल की थी, तभी उसकी माँ का देहांत हो गया था। माँ के स्वर्गवास होने के बाद दिशा के दादा-दादी ने ही उसे पाल पोस कर बड़ा किया। आज दिशा बारह साल की हो गई है। दिशा को यह बात पता नहीं थी कि उसकी माँ मर चुकी है। उसे कभी अपनी माँ की याद नहीं आती थी। क्योंकि दिशा अपनी दादी को ही अपनी माँ मानती थी। लेकिन जब वह 12 साल की हुई तो वह सोचती थी कि, वह अपनी दादी को माँ क्यों मानती है। उसने अपनी दादी से कई बार पूछा पर दादी हमेशा उसकी बात टाल देती थी। एक दिन दिशा ने फिर से वही बात वापस पूछी तो उसकी दादी ने उसे बता ही दिया कि उसकी माँ मर चुकी है। तो जब उसे यह बात पता चली तो उसे दुःख तो हुआ पर उसके बिल्कुल आसूँ नहीं आए और उसने अपनी माँ की याद में एक डायरी भी बनाई। डायरी में उसने माँ के लिए शायरियाँ लिखी उनमें से एक शायरी यह भी है—यादें अगर रेत होती, तो कितना अच्छा होता, मुट्ठी से निकल जाती, मैं पैरों से कुचल देती। उस गाँव के कई लोग उससे पूछते थे कि, “तुझे अपनी माँ की याद नहीं आती।” तो दिशा कहती थी कि जो माँ मेरे पास है ही नहीं उसे याद करने का क्या फायदा, याद करने से वह वापस तो नहीं आ सकती। कुछ दिनों बाद दिशा फिर से हँसी—खुशी जीवन बिताने लगी। आज भारत में ही नहीं इस पूरी धरती में ऐसे बच्चे भी होंगे जो अपनी माँ के बिना तड़प रहे होंगे। उन बच्चों से मैं यही चाहूँगी कि अपने आप को कभी यह महसूस मत होने देना कि तुम्हारी माँ तुम्हारे पास नहीं है। अपने बच्चों के लिए उनकी माँ कभी नहीं मरती हर कदम पर अपने बच्चों का साथ देती है। “मरकर भी साथ छूटे ना कभी तेरा, यह कसम ले लूँ, हर खुशी दे के माँ, गम ले लूँ।”

अश्विनि गोस्वामी

कक्षा — 7

मैं उत्तराखण्ड : बारह साल का होकर भी खास न कर सका

मेरे लिए बड़े गर्व का विषय है। आज मेरा जन्मदिन है। मैं हूँ आपका उत्तराखण्ड। हाँ आज नौ नवंबर है। इस बार मेरा जन्मदिन धूमधाम से मनेगा। हर वर्ष की भांति इस वर्ष भी कई घाघणाएँ होंगी। लोगों को नए-नए सपने दिखाए जाएंगे, पर आज मैं अपने जन्म के 12 वर्षों बाद भी कुछ खास न कर सका। बेरोजगारों का यहां तांता लगा है। ऊपर से सरकार सरकारी कर्मचारियों की नियुक्ति की आबादी को और अधिक बढ़ाने में लगी है। 12 वर्षों बाद भी मुझे कोई उन्नति महसूस नहीं हो रही। मेरा समय-समय पर दोबारा नामकरण भी कर दिया जाता है। कभी उत्तरांचल तो कभी उत्तराखण्ड। मैं देवभूमि के नाम से भी जाना जाता हूँ। लेकिन मेरे नाम के देवभूमि में कई अपराध कई चोरी की वारदातें होती हैं। कहीं डकैती होती है तो कहीं अपहरण की घटनाएं हो रही हैं। कहीं किसी को मारे जाने की सूचनाएं मिल रही हैं। हम एक दूसरे से आगे निकलने की होड़ में एक दूसरे से लड़ रहे हैं। मेरे यहां सभी सामाजिक जिम्मेदारियों से मुंह मोड़ रहे हैं। मेरे अंदर रोजगार की अपार संभावनाएं हैं। मैं उत्तराखण्ड देश के 28 राज्यों में चमकीले तारे के रूप में देखा जाता हूँ। आज सभी अस्त्रहारा बच्चे, बूढ़े, माताएं, बहनें मन ही मन संकल्प लेकर एक मोमबत्ती मेरे शहीद वीरों के नाम पर जलाएं, जिन्होंने मेरे अस्तित्व के लिए प्राण न्यौछावर किए।

प्रमोद मिश्रा

शरद ऋतु

सवेरे-सवेरे वह ठिठुरते हुए हाथ,
जब लिये चलते हैं कई उम्मीदें साथ
कड़कड़ाती ठंड जब तन को छू जाती है
तब शरद ऋतु आती है।
बिस्तर त्यागने को जब नहीं होते हैं तैयार,
जब अच्छा लगता है रजाई का भार।
सबको भांति है उसकी धूप,
ऐसा होता है शरद ऋतु का रूप।
जब ओस गिरती है भूमि पर,
जब बिस्तर ही लगता है सबसे अच्छा घर।
जब कोहरे का होता है सांझ से नाता,
जब मूंगफली का स्वाद है सभी को भाता।
जब गेंदा, गुलदायरी जैसे फूल खिल जाते हैं,
जो प्रकृति का सौंदर्य बढ़ाते हैं।
जब शरीर के अंग ढक जाते हैं,
जब हिमकण जीवन का हिस्सा बन जाते हैं।
जब कार्य टल कर आगे बढ़ जाते हैं।
जब आलस की तरफ सब मुड़ जाते हैं।
पर बढ़ने वाले बढ़ते हैं, बढ़ते ही जाते हैं।
यह मेरे शब्द हैं जो शरद ऋतु की महत्ता बताते हैं।

विदित जोशी

कक्षा — 10

आधुनिक छात्र की विषय परिभाषायें

‘गणित’

गणित विषय ने कर दिया मुझे बहुत हैरान
गुणा-भाग कर-कर के निकल जाते प्राण
देख सामने जटिल सवाल सब हो जाता बेहाल
गणित विषय है बड़ा कठिन, पचास में से नंबर तीन
‘अंग्रेजी’

अंग्रेज बले गये पर अंग्रेजी नहीं गई
अरे विदेशी भाषा हो सकती है अपनी कहीं
हिज्जे रट-रट कर हाल हुए बेहाल
पता नहीं किस तरह बच पाएगा साल

‘हिन्दी’

मात्राओं की गलती पर मिलते नम्बर कम
सूर, कबीर मर कर भी दे गए हमको गम
कितना भी पढ़ लो लगता है थोड़ा
हाय हिन्दी तूने भी मेरा दिल है तोड़ा

‘विज्ञान’

विज्ञान के ज्ञान की कोई थाह नहीं
पास होने की दिखती कोई राह नहीं
हे अध्यापको हो जाओ मेहरबान
नम्बर के रूप में दो दया का दान

‘इतिहास’

कितनी भी कोशिश करो नहीं होती है याद
गड़े मुद्दों की भला मैं कैसे सुनूँ फरियाद
कितने वंश आए-गए कितनी हुई लड़ाई
रटते-रटते देखो गले मुसीबत आई।

‘भूगोल’

कितने सारे पर्वत हैं कितनी सारी नदियाँ
देश-विदेश की न मालूम कितनी राजधानियाँ
मौसम जलवायु की मार बहुत दुखदाई
न जाने किस्तने ऐसी आफत गले लगाई

ईशिका मह

कदा-7



“प्रणम्य स्त्री”

पुरुषों का अलंकार है एक स्त्री,
अमृत की रसधार है एक स्त्री।
घरती का अर्द्ध भाग है एक स्त्री,
किसी की भगिनी, तो किसी की माँ है एक स्त्री।
तुझे कोटि-कोटि प्रणाम है स्त्री ।।

चन्द्रमा सी शीतल है एक स्त्री,
तो कभी कालिका के समान है एक स्त्री।
तरंगिणी सी बंचल है एक स्त्री,
तो कभी समुद्र सी शांत है एक स्त्री,
तुझे कोटि-कोटि प्रणाम है स्त्री ।।

आत्मविश्वास से पूर्ण है एक स्त्री,
मजबूती का पैगाम है एक स्त्री।
इसे कमजोर कभी ना समझना,
क्योंकि, अग्रणी, मर्मज्ञ है एक स्त्री ।।
तुझे कोटि-कोटि प्रणाम है स्त्री ।।

प्रतिभावन, सर्वगुणसम्पन्न है एक स्त्री,
पूर्व समय में अग्रजो से लड़ी थी एक स्त्री।
वर्तमान समाज में उच्च पद पर, विराजमान है एक स्त्री,
तात्पर्य यह है कि प्रत्येक समय से
जीतती आ रही है एक स्त्री।
तुझे कोटि-कोटि प्रणाम है स्त्री ।।

उपरोक्त सभी विशेषताएं लिए,
आज अकेले खड़ी है, एक स्त्री।
पुरुष प्रधान समाज में,
अपने अधिकार के लिए लड़ी है एक स्त्री।

तुझे कोटि-कोटि प्रणाम है स्त्री ।।
तुझे कोटि-कोटि प्रणाम है स्त्री ।।

श्रीमती प्रीति मेहरा
शिक्षिका

“पैसा रे पैसा”

हाय रे पैसा तू कितना महान,
पाना चाहता तुझे हर कोई इन्सान।
तेरे लिए मानव ने मौं बाबा को छोड़ा,
अपनों से ही नाता तोड़ा।
तुझे ही मानव पूजे सुदह शाम,
हाय रे पैसा तू कितना महान।।
पैसा पैसा करता फिरता,
मानव देश विदेश तमाम।
पैसे से इज्जत बनती,
और बढ़ता मान सम्मान।
हाय रे पैसा तू कितना महान,
पैसे की तो शान निराली।
पैसे की भूख मिटाने को मानव ने काटी हरियाली,
पाना चाहता तुझे हर कोई इन्सान।
हाय रे पैसा तू कितना महान,
फँसा दिया कूड़ा और कचरा।
शुद्ध वायु, जल पर खतरा,
चारों ओर मचा है हाहाकार।
तुझ से ही आती सुख-समृद्धि तमाम,
हाय रे पैसा तू कितना महान।।

धीरज चन्द कुणार्ड
कक्षा — 7

प्रेरणा भरा दर्पण

कुछ बातें दिल को यूँ छू गईं।
मानो भविष्य का दर्पण दिखा गईं।
एक प्रकाश उम्मीद का जल गया,
उलझनों का भवंडर कहीं खो गया।।

सामने राहें साफ हो गईं,
सखी की सलाह काम कर गईं।
हौसलों का पहाड़ खड़ा हो गया,
आत्मविश्वास उसका अटल हो गया।।

विपदाओं को कम करने अपने परिजनों की
वो खड़ी हुई सीना तान के
मानो दुख का बादल कहीं छुप गया
और खुशी आई यूँ भाग के, मनमोहक चरण पे।

मन बाँवला हो गया,
कित्ती पर विश्वास करने को दिल मान गया।
कटु वचन कोमल पुष्प की तरह महकने लगे,
भविष्य मनमोहकता, उज्ज्वलता से चमक गया।

आयूषी, गुरलीन व सपना
कक्षा — 9

मैं और मेरी कलम

मेरी समझ में नहीं आता कि इन निराधार शब्दों का संयोजन कैसे करूं। भाषा को जानने के बावजूद कैसे कह दूँ कि लिखना नहीं आता। अजीब सी कशमकश में हूँ—

मैं और मेरी कलम।

मेरे एक प्रिय मित्र ने मुझसे पूछा विज्ञान विषय से पढ़कर आगे क्या करोगे मैंने यूँ ही कह दिया रिसर्च (शोध) करूँगा, हालांकि मेरे जवाब पर उसने आश्चर्य प्रकट नहीं किया किन्तु हँसने लगा। जब मैंने पूछा भाई रिसर्च करना बुरी बात है क्या जवाब में कहने लगा — बुरी बात नहीं है, किन्तु सोच रहा हूँ कि तुम क्या खोजोगे

मैं उसके कहे शब्दों को भूल गया था पर आज जब लिखने लगा हूँ, तो याद ताजा हो गयी है। बिल्कुल वही स्थिति आ गई—

..... मैं क्या लिखूँ.....?

न मेरे पास लेखन के लिए उम्दा संस्मरण है, न ही उच्च चिन्तन के लिए मस्तिष्क। इसके जरिये (लेखन) अमरत्व की कल्पना तो बिल्कुल नहीं सोचता हूँ। खुशी मिले तो कलम उठाओ, दुःख मिले तो कलम का सहारा, सोच ही तो है, फिर यह जरूरी तो नहीं कि हर सोच सच्चाई की कसौटी पर खरी उतरे। प्रश्न मुझे अपने आप से है, मेरी कलम से है, कि मेरी इस कलम को भी तो आराम मिलना चाहिये, या नहीं। सदियों से घिसती चली आ रही है। बड़े-बड़े ग्रंथ, उपन्यास, कहानी, जीवनी एवं इतिहास आदि इस कलम ने ही लिखे हैं। क्या इसे थकान महसूस नहीं होती होगी सम्भवतः होती होगी, पर आखिर कौन सम्मति है कलम की भावनाओं को, कौन उसकी पीड़ा, सिसकियों को सुन और देख पाता होगा।

मेरे प्रश्नों का दायरा विस्तृत होता जाता है, जवाब सूझता ही नहीं और यह सम्भव भी नहीं कि हर सवाल जवाब की प्रतीक्षा करे।

सम्भवतः मैक्सिम की कलम थकी तो मां के वात्सल्य ने उसे आराम कर दिया। प्रेम चन्द्र की कलम ने पूस की रात की कड़कड़ाती ठंड में कभी गबन करवाया तो कभी गोदान। रूशदी की कलम ने भी अपनी कौम की सच्चाई का पर्दाफाश किया, तो मौत का फतवा सुनना पड़ा। अब आप ही बताइये मैं क्या करूँ क्या मैं अपनी कलम थका नहीं रहा। मेरी कलम कदाचित् मुझसे खुश नहीं हो सकती, मैं आतंकित हूँ, कलम द्वारा लिखी गयी उस इबादत के लिये, जो अश्लील व भडकाऊ होगी, जो साम्प्रदायिकता व सामंत-वाद को बढ़ावा देती होगी, जो हमारी भावात्मक एकता व अखण्डता पर कुठाराघात करती होगी, जो मंदिर-मस्जिद व सत्ता के नाम पर धर्म की त्रिजारात करती होगी। जो नारी जाति को कल भी और आज भी दमित मानती होगी। जो सृजनशीलता को छोड़ अकर्मण्यता सिखाती होगी।

किन्तु ऐ कलम मैं तेरा शुभचिन्तक हूँ, तू पवित्र होकर भी बदनाम क्यों होती है, तू उस गंदे कागज पर क्यों चलती है, जिससे इंसान-इंसान में फूट पड़ती है। या तो तू उन नापाक हाथों में मत जा या फिर लिखना छोड़ दे। अगर लिखना ही है तो कुछ ऐसा लिख, कि हम हिन्दू-मुस्लिम, सिक्ख या ईसाई होने से पहले इंसान बनें बस।

प्रमोद मिश्रा
कक्षा — 11

हेल्दी कॉम्पीटीशन

एक कक्षा में 20 विद्यार्थी पढ़ते थे। एक बार उन सभी को एक पाठ याद करने को दिया गया। उन्हें सिर्फ और सिर्फ एकांत में पढ़ते रहने का आदेश दिया गया, ताकि बिना किसी बाधा के वो पाठ याद कर लें। दूसरे दिन जब कक्षा में सभी बच्चे इकट्ठा हुए, तो उनसे पाठ सुनाया गया। पाँच बच्चों ने कुछ खास नहीं सुनाया। तीन ने आधा सुनाया, जबकि दो बच्चों ने लगभग पूरा पाठ सुना दिया। ऐसा क्यों हुआ, आप सोच रहे होंगे कि दोनों बच्चे दिमाग के तेज होंगे या सिर्फ उन्हीं दोनों ने पढ़ाई की होगी या पाठ कठिन होगा। लेकिन ऐसा कुछ भी नहीं है। दरअसल बात यह थी कि दोनों एक ही मुहल्ले में आसने-सामने रहते थे। हुआ यह कि जब एक बच्चा रात में पढ़ने के लिए बैठा, तो दूसरे ने उसे देखकर सोचा कि “यह तो पाठ याद कर लेगा और कल कक्षा में सुना देगा। क्यों न मैं भी याद कर लूँ।” जब दूसरे ने देखा कि पहला वाला इतनी रात को पढ़ रहा है, तो उसने भी पूरा पाठ याद करने की ठान ली। अब पहले वाले को और जोश आया और उसने खूब पढ़कर दूसरे से आगे निकलने का निश्चय कर लिया।

बहरहाल तथ्य यह है कि दोनों बच्चों ने इस वजह से इतनी मेहनत नहीं की कि उन्हें ऐसा करने के लिए कहा गया था या इसमें उन्हें अपना भविष्य नजर आ रहा था, बल्कि उनकी इच्छा एक-दूसरे से प्रतियोगिता के कारण जागी और आपस की इसी स्पर्ध प्रतियोगिता (हेल्दी कॉम्पीटीशन) के चलते उन्होंने लक्ष्य हासिल कर लिया।

यह एक अचानक पैदा हुआ प्रतियोगी माहौल था लेकिन आज जीवन के हर क्षेत्र, जैसे व्यापार, शिक्षा, खेल, संगीत, नृत्य आदि में प्रतियोगी माहौल का सामना करना होता है। शिक्षा में तो ऐसा माहौल अत्यंत महत्वपूर्ण भूमिका निभाता है। प्रतियोगिता का माहौल न केवल अपने अन्दर के व्यक्तित्व को पहचानकर अपना सर्वश्रेष्ठ देने के लिए प्रेरित करता है, बल्कि यह पर्याप्त रूप में दिशा-निर्देशन का भी काम करता है।

असल में प्रतियोगिता ही व्यक्ति के अन्दर के जोश और प्रतिभा को खींचकर बाहर लाने के लिए जरूरी आयाम बनाती है। एकांत में अपने को सर्वश्रेष्ठ मानकर चलने वाला व्यक्ति जब प्रतियोगिता के क्षेत्र में कदम रखता है, तो उसकी अपनी हदो, गुणवत्ताओं और काबिलियत का पता चलता है।

मनुष्य के अन्दर असीम संभावनाएं विद्यमान हैं, लेकिन अकर्मण्यता की स्थिति में ये बाहर नहीं आ पाती। अतः इनका दोहन करने के लिए प्रतियोगी माहौल आवश्यक है।

श्रीमती प्रीति मेहरा

“हाँ आखिर एक नारी ही”

जब वह भोली थी, छोटी थी, चंचल थी,
सबकी आँखों का तारा थी,
दुख क्या है जान न पायी,
सुख को भी पहचान न पायी,
मासूमियत के पालने में ऐसी झूली,
मालूम न हुआ कब सो गई,
वह बड़ी हुई कुछ लोग मिले
कुछ अपने, कुछ बेगाने से,
बेगानों से झूठा प्यार मिला,
अपनों से दर्द उधार मिला,
फिर दर्द के छाँव में ऐसी बैठी,
मालूम न चला कब शाम हुई,
फिर पराये घर से दर्द की गठरी बाँचे,
गम यात्रा को निकल पड़ी,
जहाँ आँसुओं के सागर और सिसकियाँ मिली,
पहले खुलकर रोई वह,
फिर धुप-धुप रोना सीख लिया,
पहले दिखते थे नीर धार,
फिर उनको पीना सीख लिया,
एक दिन जब उसने खुलकर रोना चाहा,
मालूम न चला कब आँसू सूख गये,
वह मौन हो गयी,
उसे धुप-धुप देख मैंने पूछा
क्या गम है तुझे मुझे बतला,
सोच रही थी पहले किस गम की कथा सुनाऊँ,
फिर हँस दी..... हँसती चली गयी,
इतना हँसी कि फिर मौन हो गयी।

श्रीमती रीता राठौर
शिक्षिका



एहसास

काश! मैं शब्दों के तीर चला पाता।
वह बेवजह मुझे सता न पाता
जिस कदर मुझे गलती का एहसास हो आता
उसको भी मैं गलती का एहसास करा पाता।।

काश मैं

निपुण वो शब्दों के तीर चलाने में
निश्छल हृदय को ठेस पहुँचाने में
किरी दिल को वो दुःखा न पाता।।

काश मैं

मैं उसके दिल का मैं हटा पाता
होते उद्गार हर उर में
उसको यह अहसास करा पाता।।

काश मैं

नादानी जब वो करता
उसको यह एहसास कराता
वाणी पर कसे नियंत्रण
पाठ उसको यही पढ़ाता।।

काश मैं

अंजली मट्ट

कक्षा — 10

घूसखोरी

एक दिन मैं गयी एक सरकारी दफ्तर
देखा वहाँ बैठे थे कई सारे अफसर।

मैंने पूछा चपरासी से कहीं बैठे हैं वरिष्ठ अधिकारी
वह बोला बिना लाल पत्ती के नहीं चलेगा कर्मचारी।
मेरी बात समझ ना आई, आगे चली मैं कदम बढ़ाई।

मैं पहुँची क्लर्क के पास बोली पास करा दो फाइल,
बोला बिना हरी पत्ती के आगे नहीं चलेगी फाइल।
घूम-फिर मैं पहुँची वरिष्ठ अधिकारी के पास,
बोला समझ ना आई क्लर्क, चपरासी की बात।

रोककर थोड़े देर सोच, समझ आई सब बात।
बिना फाइल पास कराये, निकली अपने बाट।
बिना घूसखोरी नहीं चलेगी आम आदमी की बात,
समझ गयी यह बात मैं सच्चाई के साथ।।

शिवानी पाठक

कक्षा — 10

राज्जी कहानी

यह कई साल पुरानी कथा नहीं जो दोहराई जाए,
यह कोई नई कहानी भी नहीं जो बताई जाए,
यह सिर्फ औरतों के अपमान की दास्तां है,
जो हर युग में एक ही परम्परा के तौर पर मनाई जाती है.....

जब एक लड़की का जन्म होता है,
शायद हर मौँ-बाप के मुँह में आसुओं का कहर होता है,
यह कहना भी मेरा सही नहीं है,
क्योंकि हर मौँ-बाप की सोच का नजरिया एक नहीं होता है.....

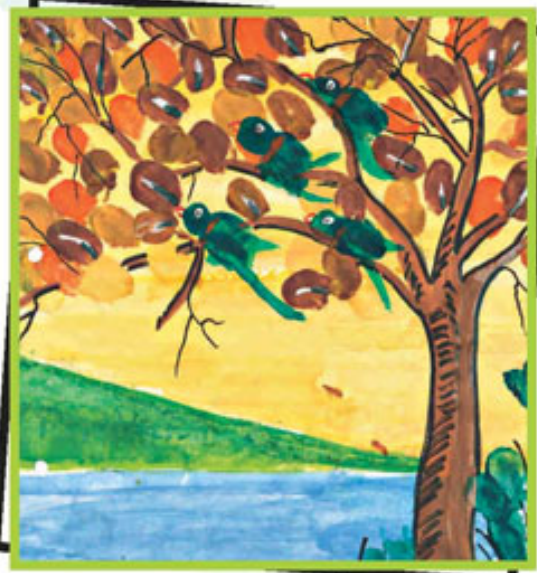
उसको सहने पड़ते हैं हजारों दुःख,
हर कदम, हर मोड़ पर देनी पड़ती है न जाने कितनी परीक्षा,
कितने तरीकों की प्रथाओं से करवाया जाता है उसका गठबंधन,
जो जीवन भर आजादी से रोक, देता है उसे सिर्फ बंधन,
कभी उसे परिवार ने धुतकारा,
तो कभी समाज ने नकारा।।
बचपन में तो वह है पढ़ाई से अनजान,
बिना पढ़े इस जग में उसकी नहीं है कोई पहचान।

कुछ लोगों ने तो उसे सारापित समझा,
वो तो है हर पापों से दूर कराने वाली स्वयं माता की मूर्ति,
सहनशीलता की आदत है कुछ ऐसी,
पहाड़ों के दुखों को भी सहने की जैसी।

यह कई साल पुरानी कथा नहीं जो दोहराई जाए,
यह कोई नई कहानी भी नहीं जो बताई जाए।।

शुभांगी पाण्डे

कक्षा — 10



ईश्वर पर विश्वास

एक बार स्वामी विवेकानन्द जी अमेरिका में निर्भयता पर व्याख्यान दे रहे थे। कुछ युवकों ने उनके विचार सुने। तो सोचने लगे—इस प्रकार निर्भयता पर बोलने वाले तो बहुत हैं। क्यों न इनकी परीक्षा ली जाए और समाज के सामने इनकी सत्यता को रखा जाए। कि ये मात्र शब्द ही दे सकते हैं। यही सोचकर उन्होंने स्वामी जी को अपनी संस्था में प्रवचन देने के लिए आमंत्रित किया। स्वामी विवेकानन्द जी ने सहर्ष स्वीकार कर लिया। निर्धारित समय व स्थान पर प्रवचन आरंभ हुए। इस बार स्वामी जी का विषय रहा — ईश्वर पर विश्वास। वे बार-बार कह रहे थे कि जो व्यक्ति ईश्वर पर विश्वास करता है वह हर परिस्थिति व खतरे में भी निडर रहता है, तभी अचानक गोलियाँ चलनी आरंभ हो गई। सारी सभा में भगदड़ मच गई। लोग बाहर की ओर भागने लगे। कुछ चिल्लाने लगे, कुछ बेहोश हो गए।

परंतु पूरी सभा में एक व्यक्ति दृढ़तापूर्वक पर्वत के समान अडिग खड़ा रहा। वे थे—स्वामी विवेकानन्द। कई गोलियाँ उनके बहुत पास से निकलीं। परंतु वे निश्चल खड़े रहे। कुछ समय बाद सब शांत हो गया। स्वामी विवेकानन्द ने जहाँ प्रवचन रोके थे वही से पुनः बोलना शुरू किया। उनकी वाणी सुनकर, लोग फिर से सभा में आने लगे। कुछ ही समय में पूरा हॉल दोबारा भर गया। स्वामी जी ने जब प्रवचन समाप्त किए तो वे सभी युवक उनके पास आए और क्षमा मांगते हुए कहने लगे—‘आपकी परीक्षा लेने के लिए हमने ही गोलियाँ चलाई थीं। परंतु हम जान गए। आप निडरता के आदर्श हैं। हमें बताइए स्वामी जी आप इतना धैर्य, संयम कैसे रख पाए।’ स्वामी विवेकानन्द जी मुस्कुराते हुए बोले—‘क्योंकि मैं जानता था कि जो गोली ईश्वर ने मेरे लिए नहीं बनाई, वह मुझे नहीं लगेगी और जो गोली ईश्वर ने मेरे लिए बनाई है वह मुझे लगेगी ही लगेगी। वह तो अनेक सुरक्षा आवरणों को चीर कर भी मुझे लग जाएगी। यदि ईश्वर ने ही मेरा काल निश्चित किया है तो उससे घबराना या डर कर भागना कैसा इसलिए ईश्वर पर अडिग विश्वास रखो। धैर्य व संयम अपने आप आएगा।’

प्रमोद मिश्रा
कक्षा — 11

बहुत आगे जाना होगा

मानव—
न तुम्हें मार्ग देखना है,
न मोड़ देखना है,
न भीड़ देखनी है,
देखना है तो बस,
अपना लक्ष्य केवल लक्ष्य।
मार्ग में तुम्हें
फूल भी मिलेंगे
पहाड़ भी मिलेंगे
और हो सकता है
कि विभिन्न आकर्षणों में तुम
अपना लक्ष्य भी भूल जाओ।
परन्तु मन की ललक
तुम्हें नहीं रुकने देगी।
बाधाओं से लड़ने की प्रेरणा देगी।
और विजयी होकर तुम
दीन दुखियों की मदद करके
मानवता की, प्रेम की
एक नयी निशानी छोड़ दोगे।
बस यही है तुम्हारा लक्ष्य
इसी को देखते हुये
तुम्हें जीवन पथ पर बढ़ना होगा,
बहुत आगे जाना होगा।।

श्रीमती निशा काण्डपाल
हिन्दी शिक्षिका

“मैं भी कुछ हूँ”

पर्वत मैं नहीं
जो प्रहर-प्रहरी तुम्हारी बन सकूँ
नदी मैं नहीं
जो नित कल-कल बहकर
सिंचित कर पिपासा तुम्हारी
शान्त करूँ
मैं वो धरती भी नहीं
चुप निश्चल, अडिग
खड़ी रहकर भार तुम्हारा ढो सकूँ
अग्नि भी नहीं मैं तिल-तिल
जलाकर स्वाहा हो समर्पित हो सकूँ
आकाश वो शान्त नहीं मैं
जो ऋतु वर्षा आने पर
घरणी घरा को तर कर सकूँ
वह मन्द-मन्द वायु नहीं
जो निराकार हो कर भी जो
आकार स्वरूप का मान दे सकूँ
परन्तु,
आकार स्वरूप मैं, जल, अग्नि, धरती,
वायु, आकाश अशित, मृत्यु काल से बैधी
एक मन प्राण लिए हुए हूँ मैं भी
शायद, शायद
कभी कुछ कर सकूँ किसी की कुछ बन सकूँ।

इन्दरा जोशी
पी.आर.टी.

Group Photographs

Nursery



LKG



UKG



I-A



I-B



II



III-A



III-B



IV



V



VI



VII-A



VII-B



VIII



IX



X



XI - COM



XI- SCI



XII



CULTURAL CLUB



OFFICE STAFF



SCHOOL CABINET



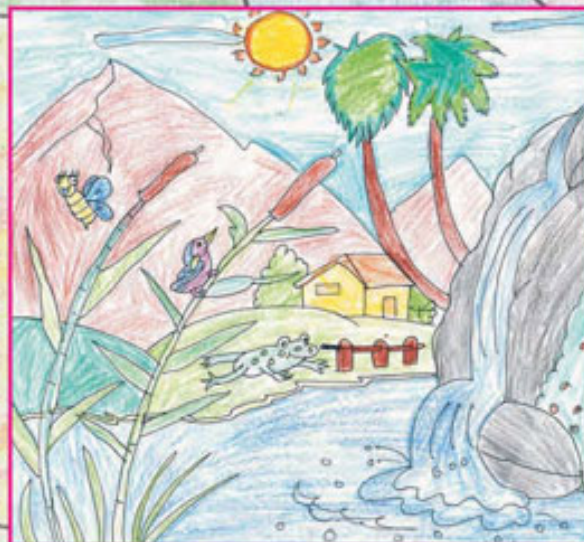
SCHOOL ACADEMIC STAFF



SUPPORTING STAFF



KIDS CORNER





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