

Gyanshikhar

“गुरुर्ब्रह्मा गुरुर्विष्णुः, गुरुर्देवो महेश्वरः।
गुरुः साक्षात् परब्रह्म तस्मै श्री गुरवे नमः॥”



“सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु मा कश्चिद्-दुःख भाग्भवेत्॥”

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन्
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि

ज्ञानदीप परिवार की ओर से सेना के वीर जवानों को

श्रद्धांजली



ओ३म शांति: शांति: शांति:

In our hearts forever....



Yugansh Garg XI-B

(25.10.1998 - 22.11.2015)

From Gyandeeep Family

Message



It gives me immense pleasure that Gyandeep Vidya Bhawan Sr. Sec. School, Yamuna Vihar is bringing out the GYANSHIKHAR. This is a commendable effort to nurture the latent talents of the potential writers and the young awakened minds. The school has won acclaim with remarkable achievements and has shown with qualitative progress in different fields. It is well equipped with all modern facilities required to chisel a child into a multifaced personality. Education is not complete without the intellectual, emotional, aesthetic, moral and social developments of the child. In this school we motivate the students to soar higher towards excellence in all spheres. They strive ahead to set new trends and be worthy citizens.

I am glad that school has grown in all aspects and has maintained the standard in accordance to the school's motto 'EXCELLENCE IN EDUCATION' I congratulate the Management, all the members of the Editorial Board, teachers and students contributing in making the Magazine a success.

Mr. T.R. Garg
The Founder of Gyandeep Education Society
&
Gyandeep Vidya Bhawan Group of Schools

Message

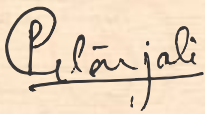


Message

My heart swells with pride whenever I see this great institution, whenever I behold the beaming faces of the young achievers, whenever I see the results of students, displaying the dedication of teachers, the efforts of students the guidance of the Principal Mrs. Beena Bhardwaj, whenever I see the proud smiles of satisfaction faith. This feeling is indesirable beyond words.

Over the years of is has produced a large number of very able students and the whole credit for this definitely goes to the Mr. T.R. Garg, Mr. Pavananjay Garg, Principal Mrs. Beena Bhardwaj and Vice Principal Ms. Seema Gupta.

I extend my warm felicitations to the students, Teachers & the Principal. I am confident that they will continue to strive for excellence.

A handwritten signature in black ink that reads 'Patanjali'.

Dr. P.C. Patanjali

Ex-Vice Chancellor

V.B.S. Purvanchal University, Jaunpur &

Bhagalpur University, Bihar

Message



दिल्ली प्रौद्योगिक विश्वविद्यालय
DELHI TECHNOLOGICAL UNIVERSITY
(Formerly Delhi College of Engineering)

DTU
Delhi Technological
UNIVERSITY

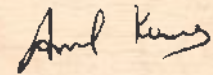


Anil Kumar
Deputy Registrar

It gives me immense pleasure to know that the Gyandeeep Vidya Bhawan Senior School, Yamuna Vihar, Delhi is bringing out its 28th souvenir of the school. At the outset, I am very delighted to record my felicitations to the Gyandeeep Education Society with profound greetings and wishes. The School should continue to provide the best education with latest innovations but not limited to bookish knowledge but also with good ethics.

I am sure that this souvenir helps to record the journey of the school and provides an opportunity to the students showcase their talent and explore their creative potential.

I extend my warm greetings to the teachers, students and other stakeholders and wish the souvenir all success.



(ANIL KUMAR)

Delhi
February 22, 2019

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Message



ज्ञान-विज्ञान विमुक्तये

डॉ. जी. एस. चौहान
संयुक्त सचिव

Dr. G.S. Chauhan
Joint Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

35, फिरोज़शाह रोड़, नई दिल्ली-110001

35, Ferozeshah Zafar Marg, New Delhi-110001

Phone : 011-23604695

e-mail : chauhan.ugc@nic.in | chauhanugc@gmail.com

Date : 22.02.2019



I am happy to know that Gyandeep Vidya Bhawan Senior Secondary School, Yamuna Vihar, Delhi, is going to publish its 28th souvenir. The school is one of pioneer educational institutes of Delhi which established in the year 1990. I hope that this school will flourish in Academic excellence and produce good citizen of India. It is a matter of pride for the students as well as teachers faculty of the school that they are working hard day and night to make this event successful. I congratulate to the school authorities, and its office bearers as well the Principal of the School Smt. Beena Bhardwaj under whom dynamic leadership the school is leading in Academic arena of Delhi and its surroundings.

I extend my warm greetings to the teachers, students wish the souvenir all success.


22/02/19
Dr. G.S. Chauhan

Message



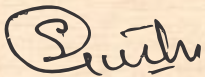
I am delighted to know that GYANDEEP VIDYA BHAWAN, Yamuna Vihar is releasing its magazine for the year 2018-19.

The narration of active participation, securing of commendable position by the students in various competitions will surely enthuse the readers.

I extend my best wishes to the school management, staff and students on the occasion of the release of yet another edition of its school magazine '**GYANSHIKHAR**'

Once again, I wish the school great success in all its ventures.

May it continue shining bright in the field of education.



Mr. I.D. Gupta

Patron

Message

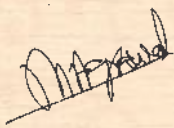


It is a great pleasure to know that `GYANDEEP VIDYA BHAWAN SR. SEC. SCHOOL, Yamuna Vihar is bringing out another issue of its annual magazine, GYANSHIKHAR

The creative writing section, plethora of activities conducted and above all the quality of the school results speak volumes about the holistic education being imparted by the school. Indeed GYANDEEP VIDYA BHAWAN has emerged as a pioneer in the field of education and other co-curricular activities.

I am sure the school will remain committed to the cause of excellence.

My best wishes to the school, its management, staff and students as they continue with their great task of shaping future generations.

A handwritten signature in black ink, appearing to read 'Dr. Manju Aggarwal'.

Dr. Manju Aggarwal

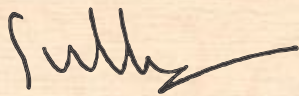
Patron

Message



As part of the management, I take pride in the achievements of the school. I would like to honour the work our teachers do. They must be saluted for the hard work and applauded for their commitment to our children. I felicitate the students, their parents and the staff and wish them greater success in the years ahead. It is expected that the magazine will not only be the mirror of the progress and activities of the school but it will also reflect the contribution of the teachers for all round development of their students. It is my earnest desire that the students of this school should be physically, mentally and spiritually sound human beings.

I am thankful to our management, staff, students and parents to fulfill these goals.

A handwritten signature in black ink, which appears to read 'S.N. Sharma'.

S.N. Sharma

President

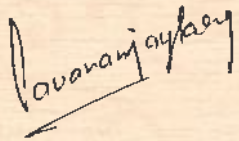
Message



With the grace of the Almighty, we witnessed a long period of success of Gyandeeep Vidya Bhawan. The joy and intense delight of seeing our confident students etching their winning steps at the academic, sports and co-curricular front was in itself milestones achieved in our pursuit towards excellence in the way of life.

I take this opportunity to express my gratitude to the staff, students and their parents for their unflinching support and co-operation in the joint venture of seeing our children soar high and achieve glory and honour.

All in all, you sure will have a taste of this glory through the pages of our school magazine, a fruit of hard labour and patience of the student editorial board and the teacher incharge. I congratulate each one of them for their valuable contribution.

A handwritten signature in black ink, reading 'Pavananjay Garg'.

Mr. Pavananjay Garg

Manager

Message

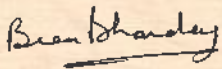


I am pleased to share that Gyandeeep Vidya Bhawan Sr. Sec. School, Yamuna Vihar is publishing its magazine 'GYAN SHIKHAR'. It reflects the sincere efforts of the staff and students, resulting in the rainbow of success.

'A journey of a thousand leagues begin with a single step.' and the first step into this journey was taken in 1990 with the establishment of this exemplary institute. 'Gyandeeep Vidya Bhawan' since then we are giving excellent results in C.B.S.E. The school achieved exemplary honours in academic and extra curricular activities not only at school but at zonal, district and even state level too, creating new milestones for itself. It is indeed a matter of pride that this school is continuing in its efforts to achieve excellence in all spheres of education.

I am whole heartedly thankful to the worthy members of management for their guidance and the co-operative staff for their sincere efforts for this upliftment of the school.

I wish this institution to reach the pinnacle of success and pursue the path of glory in future.



Mrs. Beena Bhardwaj

Principal

Message



Progress is the activity of today and the assurance of tomorrow.

I hope Gyandeeepians, in their march of progress, have tried to express themselves in various ways or put their skills, ideas, feelings, imaginations etc.

Perfection is attained by slow progress; it requires the hand of time.

I hope this pace of progress and perfection will be further accelerated and the aspirations of the young generation will be fulfilled to their fullest. I pray to god for his blessings to all of us.

A message to Gyandeeepians.
Keep your eyes on a distant Star
Even if it seems much too far
Step by step, day by day
You can go all the way.
With faith, courage and good cheer
The goal comes nearer, nearer and nearer.



Ms. Seema Gupta

Vice Principal

Editorial



Chief Editor

Co-Editors



Mr. Praveen Kr. Gupta



Ms. Prathibha Kaushik

It is truly a matter of great pleasure that our school has completed twenty eight glorious years of its existence.

All these years our dear gyandeepians have proved to be epitomes of success and dynamism, pioneers of innovatives missions and ventures and ambassadors of culture, peace and brilliance on the global scenario. They have excelled on the field, in sports and co-curricular activities and earned coveted places for themselves. Being duty conscious and environmental friendly, they have always been an integral part of the eco-system, and have lent a helping hand in its constructive growth. We nurture them with utmost care, concern and fondness.

However, our efforts cannot bear fruits without the foresighted and able guidance of the management, who envisage and envision the brightest future for the children and provide a variety of suitable platforms & facilities for the all round development of their personalities.

Their endeavour always remains to help children excel everywhere.

Through this issue of GYANSHIKHAR we bring to you the entire `GYANDEEP` family a sense of the excitement that we feel and want to share.

We appreciate Mr. Hemant Gupta (Printers) & Achintya Kumar (Graphic Designer) for their hard work and co-operative behaviour thanks for your such co-operation with our school.

Co-Editors



Ms. Soni



Ms. Manju Tripathi

Our Mentor's Academic Staff



Ministerial Staff



Supporting Staff

Wall of Fame



*Always character & confidence
Builds character & confidence
Changes our lives forever
Diligent & dedicated
Encourages creativity
Friendly & forever in our hearts
Good listener & giving
Helpful & hard-working
Inspires dreams & instills a love of learning
Joyful
Kind
Loyal & Leigh Tiger Pride
Mentor & motivating
Numerous hours spent working
Opens our minds
Patient & magnificent
Reliable
Supportive
Touches our heart & truly amazing
Understanding & uplifting
Very important to us all
We would be lost without you
Excellent organization
Your smile reaches for and near
Zero doubts that you are perfect leader*

*She is the woman of substance
Mrs. Beena Bhardwaj
Principal*



OUTSTANDING STUDENTS 2017-18

1st Position



Palak Sharma
97.8% Nur-A



Divya Karnani
78.5% Nur B



Preksha Bansal
99.7 KG A



Yug Rathi
100% KG B



Tuba
98.7% I A



Amrit Maurya
98.3% I B



Keshav Kumar
98.4% II A



Piyush Bhatt
97.8% I B



Ayati Parashar
96.5% III A



Vaibhav
95.08% III B



Kanishk Ahuja
94.83% IV A



Prachi Jain
94.66% IV B



Arpit Kaushik
91.4% V A



Yashi Jain
89.91% V B



Kushal Arora
96.8% VI A



Tejas Bhadoria
97.75 VI B



Mayank Budhiraja
95% VI B



Titiksha
96.91% VII B



Kanak Jain
96.1% VIII A



Md. Kalam
95.02% VIII B



Unnati Jain
92% IX B



Harshit Goyal
95.5% IX B



Saransh Khandelwal
91.4% X A



Surbhi Kundu
96% X B



Komal
86.33% XI A



Akash Gupta
93.6% XIIA (Comm.)



Gautam Kumar
86.4 XII B (Arts)

OUTSTANDING STUDENTS 2017-18

2nd Position



Ilisha Joshi
97.7% Nur A



Mahreen
97% Nur-B



Khanak Bhatt
99.4% KG A



Harshit Chaudhary
99.8% KG B



Mridul Kumar Dev
94.83 I A



Bhavya
97.6% I B



Geetika Tomar
96.75% II A



Garima Nailwal
97% II B



Chaitanya Sharma
96% III A



Shubh Bhardwaj
93.3% III B



Ishita Gupta
91.16 IV A



Divya Shukla
92.58% IV B



Navya Jain
91% V A



Siya Saini
89.25% V B



Vansh Sharma
94.9% VI A



Radhika Goyal
97.41% VI B



Anshika Nigam
93.75 VII A



Yashika Sachdeva
94.16 VII B



Poorvi Jain
93.3% VIII A



Nandini Jha
95% VIII B



Samiksha Bansal
91.4 IX A



Anshum Singhal
93.91 IX B



Dipesh Sharma
88.4% X A



Sandhya
92% X B



Purnima Saini
85% XI A (Comm.)



Aditya Goyal
91.2% XII A



Parul Sharma
86% XII B

OUTSTANDING STUDENTS 2017-18

3rd Position



Ridhima
97.7% Nur. A



Rabia Parveen
96.5% Nur B



Sarvika Rai
98.9 KG A



Sangini Singh
99.7 KG B



Atharv Jindal
94.75% I A



Avani Bhadoriya
96.7% I B



Prateek Sharma
96.66% II A



Pragya Dixit
95.9% II B



Lavisha Pal
93.25 III A



Kanak Thakur
92.91% III B



Jai Shukla
89.91 IV A



Vishu Taya
92.4 IV B



Ritesh Singh Jethuri
88.8% V A



Piyush Saini
88.58% V B



Akshat Maurya
91.7 VI A



Suhani Sharma
92% VI B



Gitanshi Gupta
92.5% VII A



Dishika
90% VII B



Tanisha Singhal
91.2% VIII A



Dhruva
94.4% VIII B



Dhruv Bhardwaj
89.2% IX A



Ankit Singh
92.58 IX B



Surbhi Sharma
84.2 X A



Shipra Jain
84.8 X B



Nishita
77.41% XI A (Comm.)



Kunal Bhardwaj
89% XII A (Comm.)



Annie Rizvi
85% XII B (Arts)



CULTURAL ACTIVITIES



Tiny-Tots Creativity



Fun, Frolic



Activities



ECO CLUB



Various Competitions



**GYANDEEP VIDYA BHAWAN
SENIOR SECONDARY SCHOOL
YAMUNA VIHAR, DELHI
ART & CRAFT EXHIBITION**



ART, CRAFT & SCIENCE EXHIBITION

YUG BANDS



JAZZ BANDS



SCHOOL BAND



PREFECTS

OUR RESPONSIBLE

Guardians of Discipline

(2018-19)



Dhananjay Kapoor
Head Boy

Purnima Saini
Head Girl



Vaibhan Jain
Captain

Harshit Goyal
Vice Captain



Jupiter House



Priyank Goyal
Captain

Devanshi
Vice Captain



Mars House



Shivam Dhama
Captain

Jiya Jain
Vice Captain



Saturn House



Aman Pandey
Captain

Ritika Verma
Vice Captain



Venus House

THUS SPOKE THE ALUMNI

MEMORIES TO CHERISH



Best part of life is school life, and Gyandeeep is the best place to bloom my personality!

Vaijyanti Sharma
MBBS, Bishkek



Gyandeeep school is really nice because this school and the teachers gave me a bright future and blessings of the lovable whom I really love and miss my memories which are connected to that school and teachers specially Urmil Mam, Ushma Mam, Beena Mam, Seema Mam, they are just like a family. Sometimes their scolding and their love which I can't never forget because today what I am it's my teachers, my parents and my school because I completed my credit goes schooling and passed out in 2008.

Thanks mam for your kindness, support and love

Ankur Mishra
Advocate



I studied in Gyandeeep Vidya Bhawan for 4 years. And these 4 years were just fantastic. The school has a perfect balance between curricular and co-curricular activities. The best teachers who always taught us in the best possible way. They not only taught us the subjects that they were supposed to, but also the small secrets for life and they not only helped me improve my intellectual skills but my overall personality. I learnt a lot from Gyandeeep. Thanks to my lovely teachers & school.

Dr. Nishansh Singh
MBBS
Santosh Medical College and Hospitals.



Gyandeeep is the place where I built myself in a motivating environment, with helpful teachers and a lot of good friends and memories!

Farheen Beg
Year of Passing 2010-11

Farheen Beg
MBBS ISM Bishkek



Gyandeeep Vidya Bhawan, A school which has given me a good educational environment through its highly qualified teachers.

I am thankful to my school for giving me strong educational base at a competitive level as result of which I get success in my career that's why I have so much affection to my school. Finally, I wish to say school toh sabhi hain par yeh ek vidya kaa bhawan hai.

With regards

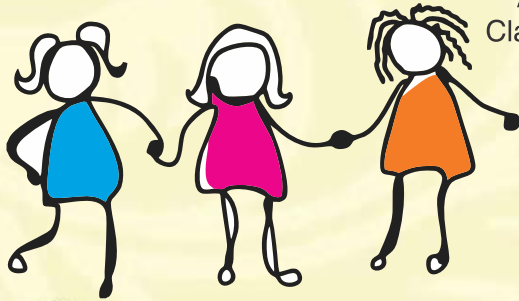
Hitesh Jain
Member of Lions Club

Girls

Beauty of universe are girls,
 Precious gift of God are girls,
 No one knows girls importance,
 Frighten girls by threat or violence,
 I am proud to be born as a girl
 Blessings of God are girls
 Girls are like bangles,
 Chink with happiness,
 Smile innocently and pranky,
 Bashful and modest are girls
 Girls are helpful not burden,
 Girls make the home heaven,
 Those are unblessed who do not have a girl,
 The way of divine's happiness are girls.



Alvina
Class I-A



Trees : Precious Gift of Nature

Trees are the kindest things I know,
 They do no harm, they simply grow,
 And spread a shade for sleepy cows,
 And gather birds among their boughs,
 They give us fruits in leaves above,
 And wood to make our houses,
 And leaves to burn on Halloween,
 And in spring new buds of green,
 They are first when the day's begun,
 To touch the beams of morning sun,
 They are the last to hold the light
 When evening catches into night,



Rehan Malik
Class IV

Time is Precious



Don't waste your precious time
 Sure you will become a person prime.
 Spend not your time in gossiping
 Never be fond of useless strolling
 Flowing water never rolls back
 Passing time, you have to check.
 In all activities, be punctual
 If you want to be intellectual

Parth Tyagi
Class KG - A

EVERY BODY HAS A NAME

Everybody has a name
 Some are different
 Some are same
 Some are short
 Some are long
 All are right
 None are wrong
 I like my name
 It's special to me
 It's exactly who
 I want to be



Akshat Sharma
Class V-A

INDIA

India is a land of wonders
Its glory makes people ponder
The Himalayas are like a crown,
And due to these our neighbours frown.



The Himalayas are full of snow
Polluting them is a big no-no
The Himalayas are the abode of Shiv
Where many saints and hermits live

The Indian ocean washes its feet
This is the place where three oceans meet,
The Krishna and the Kaveri,
Are in the south
And useful deltas are formed in their mouth.

The Ganga and the Yamuna feed every land
while the kutchch and Rajasthan
Are full of sand,
India has so many states,
Which makes it really great

People follow different religions,
But their hearts have no division
The famous monuments in the north are
Taj Mahal and Qutub Minar
While in the south
It has beautiful Charminar

Kushal Arora
Class VI A



Riddles - Brain Teasures

1. What is always coming but never arrives?
2. What is at the end of rainbow?
3. Take off my skin - I won't cry, but you will! What am I?
4. Which word in the dictionary is spelled incorrectly?
5. There was a green house. Inside the green house there was a white house. Inside the white house there was a red house. Inside the red house there were lots of babies. What is it?
6. It has a head and a tail but it is not snake because it has no body? What is it?
7. What is greater than god, more evil than devil, the poor have it, the rich need it, and if you eat it, you 'll die?
8. Imagine you are in a dark room. How do you get out in one second??
9. Which weight more - 1 Kg potato or 1 Kg cotton?

Answer 1. Tomorrow, 2. The alphabet W, 3. Onion, 4. Incorrectly, 5. Watermelon, 6. Coin, 7. Nothing, 8. Stop Imagening, 9. Both weigh equal.

Unnati Jain
Class X A

THREE GOOD FACTS

1. Positive thinkers have a solution
For every problem.
Negative thinkers have a problem for
every solution.

STAY POSITIVE

2. Memories are Endless
Friendship is Eternal
3. Every little smile can touch somebody's Heart
No one is born happy
But all of us are born with the ability to create
happiness.

BE HAPPY



Anshika Nigam
Class VIIIA

I'M GLAD TO BE ME



I look in the mirror
 And what do I see
 I See the 'me'
 No one else can be
 I am precious
 I am glad to be 'me'
 My hair, My face
 My personality
 My size, My shape
 The colour of my skin
 All make up me
 Outside and in.

Ilisha Joshi
 Class KG-A

Mother



Dear Mom
 and Dad



Sometimes I hate why you don't understand what I want.
 Sometimes I hate why you don't buy the things I want.
 Sometimes I hate why you always give the same speech
 over and over again
 Sometimes I hate why you just want the things work like
 you plan.
 Sometimes I hate why only both of you can make me feel
 so safe and sound.
 Sometimes I hate why I cannot make you feel proud of
 me.
 Sometimes I hate why I cannot be like what you wish.
 But after all, I am just feeling grateful to have the most
 amazing parents in the world.
 I love you, Mom, Dad, more than you have ever
 imagined.

Sony Khan
 Class X-A

Mother Mother Mother
 You are greater than all other
 You are stronger than a soldier
 You are prettier than an angel
 You are sweeter than a chocolate
 You do all complicated things by yourself
 But you don't say any word to us.
 You take care of all family and your job
 But think it no burden or sound a job.
 Now I am away from you
 And I am missing you like crazy,
 Without you, all the things are freaky
 How you do all such things?
 From where have you got such feelings?
 Mother Mother Mother
 You are greater than all other



Himanshu Sodhi
 Class XI-B

We are Teachers



There was a time when a teacher was considered to be a Guru. His respect in society was supreme. The students worshipped the teachers and sought blessings every single morning. Today it is a pity that parents discuss their children's teachers with them indiscreetly which takes away the necessary awe and respect of the previous era.

Teaching is more of a passion than a qualification. Above all every teacher must love his/her profession as well as the children. For a teacher, communication skills are as important as his/her subject knowledge. You could be a doctorate but if you cannot deliver in the classroom then the students lose out on their interest as well as on their love for learning. Other than possessing good communication skills, it is essential for a teacher to be child centric and have the ability to ADAPT, EVOLVE and CHANGE to cater the needs of the child in terms of 21st century education to enable the child reach his/her highest potential.

Dr. A.P.J Abdul Kalam remarked - If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They are the father, the mother and the teacher.

In Mahatma Gandhis words. ``By education, I mean an all-round drawing of the best in child.

All the best of my fellow teachers for the future lies in their hands.

Praveen Kumar Gupta
PGT - English

My India

My Pride

My Country,
My Pride,
Love - tradition both,
Forever tied
By hundred years of struggle,
This country has got its name,
It deserves the pride
That its countrymen claim
The Gods were born here
Played in its fields
They killed the demons here,
darkness who did yield
with Delhi
At its heart
And a billion
As its part
This sub - continent,
Has everything you can dream of
A guest is a god here,
Welcome, to the place
to the place of joy's ride
Welcome to my country
my pride
Jai Hind!

Dhairya Dundela
VIII-A



Sweat, Tears And Glory



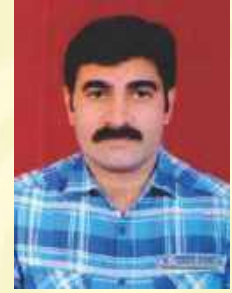
Most of us love watching sports, many of us love playing sports and sometimes the sight of a sports ground is enough to make us energetic. But how many of us realize what happens in the life of a sportsperson?

One thing we must remember is the regularity with which sportspersons approach their profession Sport may be a part time for us, but for sports persons, it is their means of livelihood.

Accordingly, training schedule and practice sessions can be quite demanding. Look at it this way, you love your PT period, of course but if you played from 5AM to 6PM every day of the week, week after week, would you feel tired or happy? More tired than happy, certainly. That's how a sportsperson feels. Not to forget the fact that a sportsperson spends much time away from family and friends. So next time when you would watch any sport don't think about sports person's sweat Just think about his eternal pain or grief.

Sarita Sharma
T.G.T.

Some Great Thoughts



1. Everyone thinks of changing the world, but no one thinks of changing himself.
2. Never explain yourself. Your friends don't need it and your enemies won't believe it.
3. The true measure of a man is how he treats someone who can do him absolutely no good.
4. Being sad with the right people is better than being happy with the wrong ones.
5. If your problem has a solution then, why worry about it? If your problem doesn't have solution then---why worry about it?
6. Sometimes the people who hurt us the most are people who were hurt more than us.
7. Never tell your problems to anyone 20% don't care and the other 80% are glad you have them.
8. Winning doesn't always mean being first, winning means you are doing better than you have done before.
9. If we can not love the person whom we see, how can we love God, whom we can not see.
10. Three sentences for getting success
Know more than other.
Work more than other.
Expect, less than other.
11. Don't compare yourself with anyone of this world. If you do so you are insulting yourself.
12. Believing everybody is dangerous, but believing nobody is more dangerous.
13. Someone is sitting in the shade today because, someone planted a tree long time ago.
14. The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach.



**VERY
GOOD
THOUGHTS
FOR
STUDENTS**

Mr. S.P. Tyagi
P.G.T. Mathematics



RIDDLES

- Q.1 What word begins and ends with an E only has one letter?
- Q.2 What has to be broken before it can be used?
- Q.3 It belongs to you, but other people use it more than you do. What is it?
- Q.4. I am first on earth, and second in heaven. I appear twice a week, though you can see me once in a year?
- Q.5 Many have heard me, but no one has seen me, and I will not speak back until spoken to.
- Q.6. You serve me but you can't eat me?
- Q.7. What has a face and two hands but no arms or legs?
- Q.8. What has a neck and no head?
- Q.9. What gets wetter as it dries?
- Q.10. Everyone has it one and no one can lose it, what is it?



Kunal
Class IX A

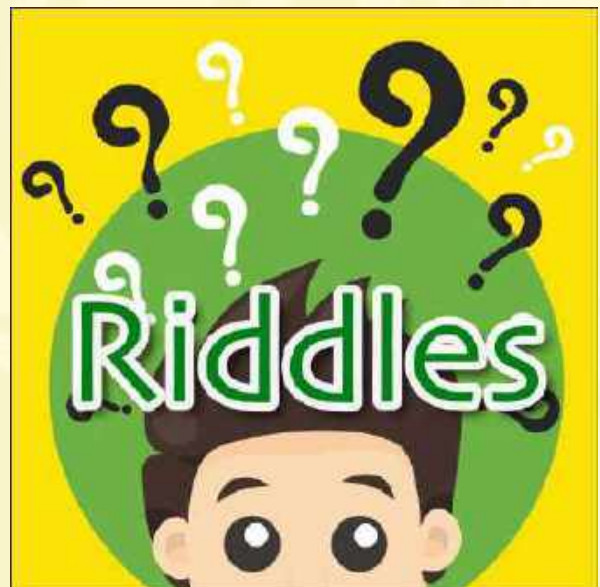


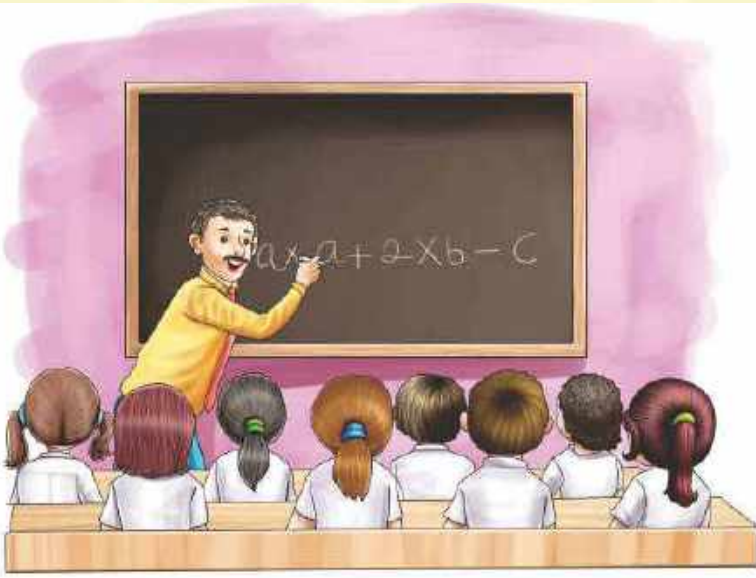
*I am a Soldier
My heart is in the land
I fight for life and freedom,
as I walk upon the sand
I do not walk unworthy
I will not stand alone
The angles travel with me,
I fight for land and home
I am a Soldier
A daddy and a friend
A comrade and a brother,
A warrior to the end
I do not walk unknowing,
The risk upon the way
For God Travels with me
Each and Every day*

Sadanand Jha
Class IX A

Ans.

1. Envelope 2. An egg. 3. Your name 4. Letter E.
5. An echo 6. A tennis ball. 7. A clock 8. A bottle
9. A towel. 10. A shadow.





IMPORTANCE OF TEACHER



The first thing that explains the importance of a teacher is that they help in building a human character. We admit that a child's upbringing is hugely influenced by his/her parents, but a teacher also has a great role in a child's personality development. A teacher being very experienced 'Educationist' understands a student's psychology better. They have expertise in teaching technology. Apart from that, they also have a better understanding of the common problems students generally face. This is why teachers are also found to be great counsellors. A teacher is not only an instructor. He/she is also considered an excellent guide or motivator.

Kritika
Class VIII A

Mother



Silence sewn on her lips
Tears glistening in her eyes
Showering love on all the world
Thy name is mother
Her fragrance felt in every heart.
Her grace lighting up every home
Soft and delicate for her child
Thy name is mother.
Enchanting the world with her tender calm
Healing all pain with her loving touch
Thou art nature's rarest gift
Thy name is MOTHER.



Mridul Bhardwaj
Class IV-B

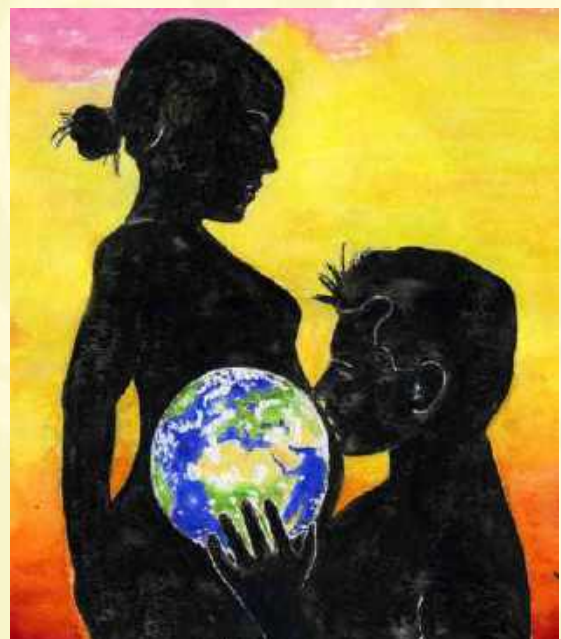
Voice of Mother Earth

Once I was green
 Once I was blue
 but now my children
 What happened to you?
 Why don't you hear my voice?
 While I scream among the shrill noise
 You have made me dark
 Full of plastic timber & Iron parts
 Once I was full of flowers & trees
 wide forests & blue seas
 But now, only water pollution
 and I am facing huge destruction.



When you humans visit anywhere
 Throwing garbage here & there
 Chirping of small birds is lost
 they are found dead at the sea coast
 Poisonous gases lead to acid rain
 that acid damages my brain
 CO2 is increasing global warming
 Please make me again charming
 Please plant more and more trees
 remove pollution from my seas,
 Make me again beautiful & charming
 Stop pollution stop global warming

Mohd. Quais Raja
 Class VII-B



POLLUTION

One, two, three
 Make this year pollution free
 two, three, four
 Vehicles on the road should not be more
 four, five, six
 Let smoke with air not mix
 Five, Six, Seven
 Let's make this Earth a Heaven
 Six, Seven, Eight
 Let's kill this pollution straight
 Seven, Eight, Nine
 This earth is mine
 Eight, Nine, Ten
 We all should be eco friendly men.



Kartik Singh
 Class II- B

The Brave Soldier

Out of the ash and smoke he rises
 His head turned up towards the stars
 The night air feels cool on his weary body
 Only dirt and soot to cover his scars



To many have fallen by his sword
 homeless soulless and uncrowned
 He spends a day amidst shells and bullets
 Then vanishes into the night without a sound

Deepanshu Bhati
 Class X-A

SPORTS – A WAY OF LIFE

Play is a joyful spontaneous, creative activity in which man finds its fullest expression. Largely non competitive in nature and developmental in function, play shapes human personality during formative years. The Sport is `Carrying away from the work. The major aim of sports is recreational, however, having become highly competitive sports today are seen in a much broader perspective than ever before. Sports, in fact, is an attitude of mind. For most people, sports is recreational, for others it is competition - the means to excel and achieve high standards in performance. Organized sports of today are refined and well defined activities bound by rules and regulations so that there is constant effort for bettering of standard and perfection in performance of skills.

There has been a strong tradition of indigenous and traditional games in practically all parts of the country through ages. Some of the traditional sports and games have their origin in India. However, in the modern context, in so far as competitive sports are concerned, the Indian track record has not been very impressive. The poor performance of the Indian Contingent in successive International tournaments has been cause of concern for long.

Sport brings national integration as victory at International level brings glory and pride to every citizen. Gone were the days, when sports is not a way of life, a career in Itself, today it is the biggest industry and a consumer in itself. It's a distinguished career today, the material prosperity and fame of the players is known to all of us.

Apart from the fact that the achievement in competitive sports lends prestige to the nation, there are other Spin-off in the form of healthy and motivated youth, which in turn leads to higher productivity and a more positive and integrated personality. Therefore, I urge to all of you to take sports a little more seriously and make yourself healthy and wise.

`` Cheerfully winning and gracefully losing. For success is never ending and failure is never final.``



Mr. Vikas Dixit.
P.E.T.

NOMOPHOBIA



Mobile technology has become an integral part of our lives. We use our phones to connect, stay informed, take photos & videos, organise our schedule, get directions, research etc. They have become near necessities that we can't seem to function without them. For some, the dependence can become so deep that they find themselves suffering from nomophobia, the fear of most of not having or not being able to use a mobile phone.

The nomophobia, "no mobile phone phobia", is believed to have been coined in 2008 by British researcher referring to the anxiety suffered by people who have no access to mobile devices. In the study commissioned by the UK Post Office, it was found that nomophobia affected up to 53% of mobile phone users. In just 4 years UK based mobile security service provider Securix reported that the number rose to 66%. Nomophobia is a rapidly growing phenomenon with more people getting hooked on their devices.

Nomophobia is an addiction, similar to video games etc, the fear is a part of the addiction. The fear of remaining out of touch with technology.

So, what are some of the tell-tale signs that one may be having an unhealthy attachment to mobile phones:

- (i) Feeling anxious when separated from the phone.
- (ii) Constantly checking the phone for messages.
- (iii) Difficulty in focusing on conversations or work.
- (iv) Panic over lost signal.
- (v) Using your phone in inappropriate places.

If you can relate to most of the above listed, then you should probably find ways to kick your mobile phone habits. You can possibly make a conscious effort to put the phone down.

Ms. Shivani Sharma
TGT



JOKES



If a BARBER makes a mistake
It is a new style
If a POLITICIAN makes a mistake
It's a new law
If a SCIENTIST makes a mistake
It's a new invention
If a TAILOR makes a mistake
It's a new fashion
If a TEACHER makes a mistake
It's a new theory
If a STUDENT makes a mistake
It's a mistake

Naman Sharma
Class IX A

Small Kids, Big Problem



Utsav is popularly addressed as 'Motu' by his friends Tanya cannot skip with her friends because of her weight, Today, more and more youngsters are falling prey to obesity, the problem of being overweight. A recent survey pointed, out that 26 per cent of those examined were overweight and 4.2 per cent plain obese. Death rate among youngsters has gone up on account of non-communicable disease like heart problems caused by obesity. It is indeed ironic that while on the one hand we are struggling to fight the problem of undernourished children, we have on the other hand the problem of excessive nutrition.

Plumpness is generally attributed to hormonal problems, but that is only in case of 6 percent cases. It is the lifestyle and the environment one grows up in that matter more. After school, kids used to play out in the field, but today they go either for the TV remote control, or their computer games. The junk food culture, especially in the homes of working parents, only adds to their problem.

This problem needs to be tackled in childhood, because health experts caution that obesity can lead to a host of many deadly diseases like diabetes and high blood pressure. Parents should regulate the food habits of their children while schools need to encourage active involvement of children in outdoor activities and modify their canteen menu. If Gen X (generation next) does not get back into action now, obesity will be declared an epidemic in India too as in the U.S.

Jay Saini
Class X-A

Virtue of Mahatma Gandhi



M = Man of high value
A = Admired by one and all
H = Humbly served the poor
A = Active, that ways his life
T = Truth was in his blood
M = Made India Independent
A = Avoided personal comfort
G = Genius in all respect
A = Ahimsa was his practice
N = Noble were his thought
D = Devoted for his Nation
H = Honest was his best policy
I = Indian he was in all respect

Naitri
Class VII-B





Best Friend

You came into my life as an unwelcome face.
Not ever knowing our friendship, I would one day embrace.
As I wonder through my thoughts and memories of you,
It brings may big smiles and laughter so true,

I love the special bond that we beautifully share,
I love the way you show you really care,
Our friendship means the absolute world to me,
I only hope this is something I can make you see

Thank you for opening your mind and your soul,
I will do all I can to help your hearts little holes.
Remember, your secrets are forever safe with me,
I will keep them under the tightest lock and key.

Always remember . . . If you're ever in need,
I will try to be, the Best friend I can possibly be

Thank you for trusting me right from the start
You truly have got a wonderful heart
I am now so happy I felt that embrace
for now I see the beauty of my best friends face....

Shreya
Class X B



Love is the best antidepressant - but many of our ideas about it are wrong. The less love you have, the more depressed you are likely to feel.



Love is as critical for your mind and body as oxygen.

It's not negotiable. The more connected you are, the healthier you will be both physically and emotionally. The less connected you are, the more you are at risk.

It is also true that the less love you have, more depression you are likely to experience in your life. Love is probably the best antidepressant there is because of the most common sources of depression is feeling unloved. Most depressed people don't love themselves and they do not feel loved by others. They also are very self focussed, making them less attractive to others and depriving them of opportunities to learn the skills of love.

There is a mythology in our culture that love just happens. As a result, the depressed often sit around passively waiting for someone to love them. But love doesn't work that way. To get love and keep love you have to go out and be active and learn a variety of specific skills.

SHIVAM DHAMA
Class XI A

FORGIVENESS IS GREATER THAN REVENGE



Always we forget that forgiveness is greater than revenge. People make mistakes.

We are allowed to make mistakes. But the actions we take while in a rage will haunt us forever.

Pause and ponder. Think before you act. Be patient, forgive and forget. Love one and all.

If you judge people, you have no time to love them.

Gitanjali Gupta
L.D.C.

My Mother

You are the sunlight in my day
 You are the moon light I see far away
 You are the tree of my shadow
 You are the word inside my song
 You are my love, my life, my mom
 You are the one who cares for me a lot
 You are the eyes that help me see
 You are the one who knows me best
 You are the one who has helped me first
 You are the one who hear my heart and soul
 You never let me down.



Mummy, there is no one quite like you.

You held my hand as I walked
 You met my teacher as I stared at the floor
 You spoke with wisdom and of thing you know
 You love to hear me say, ``Mommy, you told me so
 You love the lord with all you heart;
 You are kind and pretty and smart
 If could be anyone, I would pick you
 Because,
 Momy, the world would be better with two of you
 And with each day that passes, I love you more thank you

Sushant
Class XI-B

PUNISHMENT: A NECESSARY EVIL



We, as teachers after consider punishment as a mean of bringing discipline in the students. Teachers especially school teachers consider punishment as a necessary evil & without which it is difficult to control students. But as someone said, it is the positivity which should be a part & parcel of every individual growing up. So, if we can see the same old punishment in a new light by giving them a new meaning then may be a positive change towards betterment can be felt.

Stand up on the bench - Take a holistic view, look at the big pictures.

Stand with hands up - Aim high, reach higher

Stand facing the wall - Introspection

Stand outside the class - Learn through observation, take a world view.

Knees down - Humility

Clean the black board - Forget & forgive, start with a fresh state.

Finger on your lips - Boastless

Hold your ears - Listen more

Perspective Matters



Ms. Kusum Lata
Receptionist

IMPORTANCE OF

GREEN BUILDINGS IN INDIA

Are you aware that your office or residential building could be harming the environment? Is it possible that your building is spewing harmful pollutants without you realizing it? We are well aware about various environmental issues such as global warming, water and air pollution and the measures that need to be taken to prevent them. If we switch to sustainable architecture and green buildings in India, not just for nature's sake, but for ourselves, we could not only save the environment but also reduce our total ownership costs. The building construction industry produces the second largest amount of demolition waste and greenhouse gases (35-40%). The major consumption of energy in buildings is during construction and later is lighting or air-conditioning systems. While, various amenities like lighting, air conditioning, water heating provide comfort to building occupants, but also consume enormous amount of energy and add to pollution. Further, occupant activities generate large amount of solid and water waste as well.

Sustainable architecture is the type of architecture that seeks to minimize the harmful impact that buildings have on the environment. Such sustainably built green buildings are environmentally responsible and resource-efficient, right from location selection to the demolition after its lifecycle ends. A green building uses less energy, water and other natural resources creates less waste and green house gases and is healthy for people living or working inside

as compared to a regular structure. Building green is not about a little more efficiency. It is about creating buildings that optimize on the use of local materials, local ecology and most importantly they are built to reduce power, water and material requirements. Thus, if these things



are kept in mind, then we will realize that our traditional architecture was in fact, very green. According to TERI estimates, if all buildings in Indian urban areas were made to adopt green building concepts, India could save more than 8,400 megawatts of power, which is enough to light 550,000 homes a year. There are five fundamental principles of Green Building:

1. Sustainable Site Design

Create minimum urban sprawl and prevent needless destruction of valuable land, habitat and open space.

Encourage higher density urban development as a means to preserve valuable green space

Preserve key environmental assets through careful examination of each site.

2. Water Quality & Conservation

Preserve the existing natural water cycle and design the site so that they closely emulate the site's natural hydrological systems

Emphasis on retention of storm water and on-site infiltration as well as ground water recharging

Minimize the inefficient use to potable water on

the site while maximizing the recycling and reuse of water, including rainwater harvesting, storm water, and gray water.

3. Energy & Environment

Minimize adverse impact on the environment through optimized building sitting & design, material selection, and aggressive use of energy conservation measures.

Maximize the use of renewable energy and other low impact energy sources

Building performance should exceed minimum International Energy Code (IEC) compliance level by 30-40%.

4. Indoor Environmental Quality

Provide a healthy, comfortable and productive indoor environment for building occupants

Utilize the best possible conditions in terms of

indoor air quality, ventilation and thermal comfort, access to natural ventilation and day lighting.

5. Materials and Resources

Minimize the use of non-renewable construction materials through efficient engineering and construction, and effective recycling of construction debris.

Maximize the use of recycled materials, modern energy efficient engineered materials, and resource efficient composite type structural systems as well as sustainably managed, biomass materials.

Sufficient technical background and an understanding of green building practices are needed for implementing these fundamental principles, so that a building can be considered a truly "green building"

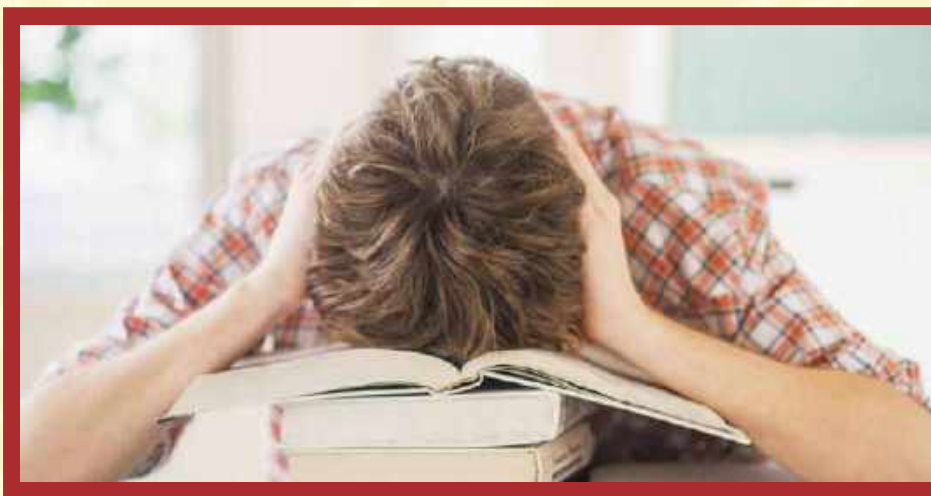
Rajesh Babu
P.G.T. Physics

Teens and Stress

Are you also feeling stressed? Then you need not worry as you are not alone. A 2013 survey by the APA found that stress is extremely common among teenagers - especially during the school years. The mind and the body are closely connected, and stress can affect the body from head to toe. Common symptoms include feeling nervous or anxious, feeling tired or neglecting responsibilities, having negative thoughts and changes in sleeping habits.

In the wake of this widespread problem, activities like yoga and meditations come into the picture. Studies have put forth the fact that meditation is actually very helpful in relieving people from stress. It enables a student to have time with himself and to be himself. Thus meditation and yoga are one of those solutions to this problem of stress which hardly fail. Apart from these, two proper routine with adequate time for sleep, meals and physical activities is strictly advised for a stress free life. On an average a sleep of 7-8 hours with a balanced diet and some time for physical activity is required 15-20 minutes morning walk also proves to be very useful. Everyone is affected by stress at one time or another and having some amount of stress actually enhances the quality of our work. But when stress becomes distress then with the right tools, you have to learn to manage stress before it takes a toll on your health. Thus, a good management of daily stress can lead to a positive outlook on your life and well being.

Babita Aggarwal
PRT



GST - A GOOD STEP FOR INDIAN ECONOMY



Goods and Services Tax (GST) is an indirect tax (or consumption tax) levied in India on the supply of goods and services. GST is levied at every step in the production process, but is meant to be refunded to all parties in the various stages of production other than the final consumer.

Goods and Services are divided into five tax slabs for collection of tax 0%, 5%, 12%, 18%, and 28%. However, petroleum products, alcoholic drinks, electricity, are not taxed under GST and instead are taxed separately by the individual state governments, as per the previous tax regime. There is a special rate of 0.25% on rough precious and semi-precious stones and 3% on gold. In addition a cess of 22% or other rates on top of 28% GST applies on few items like soft drinks, luxury cars and tobacco products.

Pre-GST, the statutory tax rate for most goods was about 26.5%, Post - GST, most goods are expected to be in the 18% tax range.

The tax came into effect from July 2017 through the implementation of one hundred and First Amendment of the constitution of India by the Indian Government. The tax replaced existing multiple cascading taxes levied by the central and state governments.

The tax rates, rules and regulations are governed by the GST Council which consists of the finance ministers of centre and all the states. GST is meant to replace a flow of Indirect taxes with a unified tax and is therefore expected to reshape the country's 2.4 trillion dollar economy, but not without criticism. Trucks travel time in inter-state movement dropped by 20% because of no interstate check posts.

VIVEK GOEL
PGT Commerce

IMPORTANCE OF SILENCE

We need to find God, and He cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass-grows in silence; see the stars, the moon and the sun, how they move in silence being a teacher we need silence to be able to touch souls, and to create human capitals.

Prema Roka
Computer Teacher



Motivational Quotes

1. It always seems impossible until it's done.
2. Life is 10% what happens to you and 90% how you react to it.
3. With the new day comes new strength and new thought.
4. It does not matter how slowly you go as long as you do not stop.
5. Things that we learn our own, can't be taught by others.
6. People who keep persevering never fail.



Kanishk Ahuja
Class V A

Changes

Changes are the rules of nature
that nobody can break
sperm change into creature
water drops change into lake



Good changes into bad
bright comes to fade
happy changes into sad
queen can come to maid

Changes are not always negative
sometimes also be wonderful
dumb can comes to genius
useless can come to useful

Changes are essential for us
without them we can not survive
we have to face changes
Until we are alive

Changes are the rules of nature
that nobody can break.....

Abhay Kashyap
Class IX-A

My Hero

My hero, my hero doesn't have any special powers,
Because my hero doesn't fight,
my hero doesn't have any wings,
because my hero doesn't fly.
my hero doesn't have any special costumes.
because my hero doesn't possess special features
my hero is different than any kind of super creatures

my hero is just an ordinary human being
my hero makes me smart
my hero changes my future
my hero makes me know something
because my hero is my TEACHERS
May God bless all my teachers.



Anjali
Class IX-B

Common Sense



In a big garden in Allahabad some boys were playing with a bat and an old tennis ball. One of the boy hit the ball with all his strength. The ball flew up into the air and fell into the hollow of an old broken tree stump. All boys ran to take out the ball, but the bottom of the dried tree trunk was low and they could not reach down to pick up the ball.

Some passers by too tried to put their hand into the hollow of the stump, but they could not reach the ball. All the boys started blaming the boy who had hit the ball, and he started crying. Just then a smart boy came and saw what had happened. He asked one of the boys to get water from the gardener. When the bucket of water was bought, he proured the water into hollow of the trunk. The water rose up and the ball floated to the surface. "Hurray!" the boys shouted in delight. They thanked the smart young boy who had helped them.

Do you know who this smart lad was? He was Pandit Jawaharlal Nehru, the first Prime Minister of India, What he practised was common sense which comes handy in times of need and urgency. Taking immediate action intelligently can prevent many accidents and even save lives. Hence, we should try to develop this quality also known as the presence of mind.

Satvik Chaudhary
Class V-B

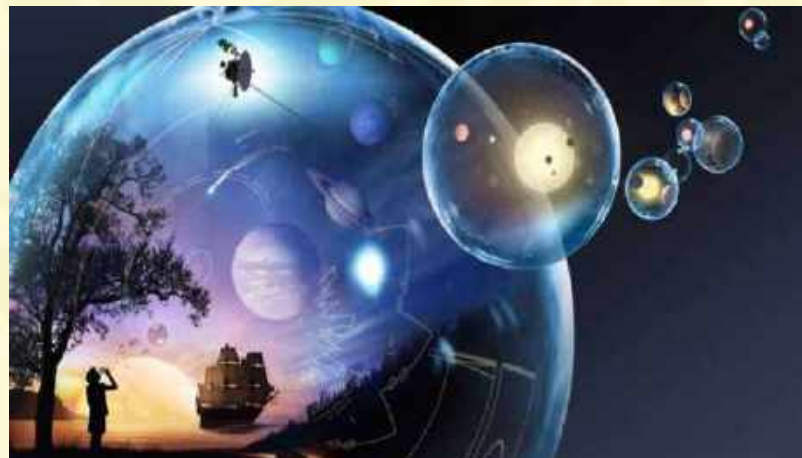


Science of Living is Key to Holistic Development

As we are progressing day by day and science is reaching new height, somehow we have lost our natural ancient way of being happy and healthy. For being well developed and happy and healthy and perfectly synchronized with the fast speed of scientific revolution and technologies, We have to build a society where each and every person can contribute his/her maximum capabilities.

Holistic science can be a mile stone in this area. It is a philosophy of education based on the premise that each person finds identity, meaning and purpose in life through connections to the community, to the natural world and to humanitarian values. Education with a holistic perspective is concerned with the development of every person's intellectual, emotional, social, physical, creative and spiritual potentials. It seeks to engage students in teaching/learning process and encourages personal and collective responsibility.

Mrs. Rekha Gaur
P.G.T. Chemistry





PUNCTUALITY

Punctuality means being on time for every activity or completing a given task in time. There is an old saying that "Time and tide wait for none". It means that everything should be done in time, as an opportunity may not come again. Punctuality is the secret of success in life. The renowned and successful men in the world are known to be punctual. They know the value of time and they utilise it in a proper way. The habit of punctuality should be acquired over a period of time. Youth is the time of one's life to acquire the valuable habits. Once the habit is acquired, it hardly goes away. A punctual person is called for and respected by all. The habit of punctuality adds much importance to one's personalities. It leads to self discipline, to self respect, self time management and self assessment. Punctual people set a different challenge for themselves of being a better, kinder human being. They are not only intelligent but objective to others also. Everyone like to be in touch with a punctual person.

Punctuality is the root that provides route of success. By proper utilisation of the time in hand, one is able to achieve his goal in life.

Pooja Walia
P.R.T.



DREAMS

THE WAY OF LIFE

According to human psychology when a human being doesn't achieve his objectives, he tries to make up the short fall in his ambition by resorting to fantasy in the form of day dreams while fast asleep. Dreaming therefore is a state of mind where a person gets the highest level of satisfaction.



Dream is a land of imagination, a land to which one can give one's own magical dimensions. One feels more comfortable in this magical land than reality because things on this land takes place as per one's own wishes. Dreams often are so strong that they most of the time stand to defy the truth, as he feels suffocated by facts. Dream is also a land of fulfillment, a land where one sees all wishes getting fulfilled. Dreams have rays of hope and happiness. Our dreams make us forget the realities of the harsh world and drift as into the world of fantasy and fantasy alone.

Dream high, Dream Big, Dream large. But don't dream always. Dreams should result in actions. Dreams that stimulate no action are useless and defeat the very purpose of dreaming. Dreaming is imagining, keeping in mind the ambit of reality. At no cost should one ignore the facts and our dreams should have a flavour of reality. Dreams that are not action oriented yield nothing and are mere wastage of time. Therefore our dreams should not waste our present but plan our future.

Are dreams a step away from ground realities? Yes, they are, but only a step. The distance can be easily covered, only what is needed is a strong determination has to pay a fair price to see. One's dream come true. One must also learn to acknowledge failure because most dreams are never realized. But still we humans ignore the darker shades and continue to dream, we dream as far as we can. Therefore, one should remember that dreams are not destination but avenues that one has to walk alone. So walk as far as you dream and dream will come true. Yes they will.

Chhavi Mittal
Class VI A



India is a land of varied cultures Indian Music has a rich tradition & continuity for more than 5000 yrs.

It has various forms like classical music, folk music, filmi music, rock Indian Music, Rabindra Sangeet, Nazrul Geeti, Bhajan, Gazal etc. But the root of Indian

Music is classical music. It has two forms.

1. Hindustani Classical Music (North Indian Music)

2. Carnatic Classical Music (South Indian Music)

Hindustani Classical Music is basically found in northern, eastern & central regions of India. Carnatic Classical Music is found predominantly in peninsular regions of India. Hindustani Classical Music contains semi-classical music too. - Thumri, tappa, dadra, kajari, etc. belong to this form.

The basic concept of Hindustani or Indian Classical Music includes:-

7 Swaras - Sa, Re Ga Ma Pa Dha Ni

Full names of swaras - Sa - Shadaz, Re - Rishabh, Ga - Gandhar, Ma - Madhyam, Pa - Pancham, Dha - Dhaivat, Ni - Nishad.

5 Vikrit Swaras - Re Ga Dha Ni Ma

3 Saptaks - Mandra, Madhya, Taar.

22 Shruits, 10 Thats, Raga, Tala (Rhythmic patterns) etc.

The tradition of Hindustani Music dates back to Vedic times where the hymns in the Sama Veda, an

ancient religious text, were sung as Sama Gana & not chanted.

MUSIC THERAPY is a listening therapy program using specially filtered classical music to improve ear and brain function. A link is established between the sounds we hear and our functioning in speech, learning energy and stress. The classical music that one listens transforms the improvement of the ear-function and also recharges the cortex of the brain. The music should be listened to at least 30 minutes a day for six to eight weeks preferably without break in the listening sessions. The response of the ear, brain & nervous system is to shut down in varying degrees to the onslaught stress, strain, anxiety, depressive state of mind, restlessness all pervade our system & pulls down the existing energies. MUSIC THERAPY is non invasive, non pharmaceutical & completely safe. There are no negative side-effects.

Music therapy is purely based on classical music which brought out on traditional musical instruments and also by vocally which will not disturb the balance and equilibrium of our mind, and is very effective for healing ailments like blood pressure, nervous disorder, body pain, migraine, stress, anger, depression, heart ailments, sleeplessness, personality development, weight loss, diabetes, children, teenagers, legal fraternity, sports persons, senior citizens, etc.

That's how music helps us in our daily life.

By Mridula Poddar Samanta

Music Teacher



In the Words of



It is amazing but true that the only people who, say really mean, insulting and wounding things to us are our near and dear ones. The secret of happiness perhaps lies in Benjamin Franklin's words: "I will speak ill of no man and speak all the good I know of everybody."

Controlling speech is a difficult task, but even so, one must use words that do not cause annoyance, and are truthful and beneficial to others. It is not always possible to have a conversation that is full of meaning and is delightful at the same time, but one must consciously try to be pleasant and truthful.

A wound heals, a forest cut down by an axe grows back, but a heart reprimanded by ill spoken words never recovers. Fools injure the wise by false reproaches and harsh words. A person who utters harsh words commits a sin, person who listens to such words remain unaffected.

THE BHAGAVAD GITA says that hypocrisy, arrogance, self-conceit, anger, rudeness and ignorance are the characteristics of the one is endowed with devilish nature (verse 16:4) on the other hand, words flowing spontaneously from the heart are bereft of hatred. It is therefore advised that a person should have the qualities of perseverance, tranquility and self control.

A person should not humiliate or insult others and should avoid harsh and agitating words.

Love begets love, and hatred generates hatred. So, if you have concern for the well being of others you should never utter bitter words.

Anmol Bagga
T.G.T.

Power of Prayer

Prayer is an inward quest, an intense desire for God's grace. Prayer opens the door of our heart to let in Go and let out self, to let in love and let out hate, to let in faith and let out fear, to let in humanity and let out arrogance. Prayer is not beginning or bargaining. By praying not to get more, we discover a way to serve, a purpose for



which to live. Prayer helps us to know ourselves, to find ourselves. In prayer we expose our weakness to ourselves and to god, seeking his agree to attune our lives to his goodness, to his love, to his justice, and to his kindness. Prayer does not change God, it changes us. It deepens insight, expands consciousness, works as a heating force. It transforms personality. Prayer brings God into our relationship with our fellowmen. We gain an awareness of the needs of others and a wiser knowledge of how to respond. `Prayes is invoking god in our heart and thanking him for his many blessings In prayer we surrender ourselves to God. The grace of prayer is available wherever necessary, wherever we may be, prayer is to become like a window through which the light of God Shines, Prayer leads to quiet meditation about God which ultimately results in the sacred purifying silence when our whole being is surrounded by him. May we be blessed with the art and the grace of true prayer.

Mrs. Seema Sharma
P.R.T.



NEVER QUIT



Does it seem like despite your best efforts things never work out as you planned? Are you in despair because just when it seems you are making progress something goes wrong? At such times it is easy to feel defeated and to give up, but what can you do to stay on top of things?

It is a fact of life that despite all your best efforts at planning, Strategizing and being careful not to make mistakes. Some things will go wrong sometimes. One of my favorite poems; Don't Quit' ``When things go wrong, as they sometimes will when the road you are trudging seems all up hill... Rest if you must, but don't you quit.''

Things will go wrong at times, but you determine what happen after a setback. There are in essence two basic mindsets when it comes to deal with setbacks. One is the mindset of a pessimist and the other is one of an optimist. The first is that the optimist will see a setback as being temporary, whereas the pessimist will view it as permanent. ``The saying goes ``never make a permanent decision based on temporary circumstance. The pessimist will do just that rather than recognizing the problem as being confined in time and able to be resolved they see it as insurmountable and lasting. The optimist will see the event as being limited in time with little or no real impact on the future.

The second difference is how the pessimist and the optimist will view a setback in terms of scope and effect. The pessimist tends to regard a bad event or outcome as being pervasive and affecting everything around them. Just because they made a loss on one business they will feel that their entire business is not working and a bad investment, when the truth is that only one deal went wrong. The optimist is able to isolate a bad event and its effects and to treat it as just a bad event that does not affect everything else in their life.

Conclusion

``Success is failure turned inside out, The silver tint of the clouds of doubt, And you can never tell how close you are, It may be near when it seems so far, So stick to the fight when you are hardest hit. It is when things seems worst.

That you must not quit.

You are all can be go on and be it

Madhuri
TGT English

Games - A part of Education



Education means full development of the human personality and attainment of full stature. Education cannot ignore the physical side of man. Man has been blessed with a beautiful body. Games are a means of keeping the body healthy and fit. Games are also a source of recreation of pastime. The essence of recreation is that it should refresh both the body and the mind. Games teach team spirit, mutual cooperation, They teach the value of unity or united efforts.

Thus games are very useful as a diversion for the mind and make us fit.



Jasvir Sharma
P.E.T.

WHAT IS A TEACHER?

A teacher is a noble friend
 She gives us knowledge of modern trends
 The Changes that are taking place
 A teacher is said to be a philosopher
 Who preaches the truth of nature
 So that we may bloom and flourish
 Where she takes the chances to nourish

A teacher is a true guide
 Who makes the life a jolly ride
 Through ups and downs of life today
 Makes us toil with gay
 Thus from the inner care of my heart
 I pray to almighty to shower his blessings
 All glory, comfort, calm and health
 To my teachers who are the nation's wealth



Dhawal Uppal
 Class VIII B

Mother's Love

Mother, Mother is not simply a name,
 She is a creator of child's every frame.
 For every child mother's touch is divine,
 She makes her child glow and shine
 Every mother possesses lots of emotions,
 which help children to get promotion,
 For a child mother is a wheel of life,
 Which always makes him to stay alive,
 She is a great saviour of humanity
 that is, my mother is must to divinity
 Mother is incarnation of love and affection.
 In every field of child's life,
 She bestows her perfection.

I Love My Mother



Garima
 Class VII B

**My
 School
 bag**



I have a school bag which is very spacious. The bag is pink in color and is big enough to hold all my books. The Barbie picture at the front of the bag makes it very beautiful and is very colorful too. It has four pockets. I keep my books and notebooks in it. In one of the sub pockets is where Mom keeps my snack box and water bottle. During the rainy season, I could keep my umbrella in any of the side pockets.

This time I got it and I will take good care of my bag, so that I could use it another year too. The bag is very convenient and I like it very much.

Harsita Matpal
 Class KG A



A Daughter

A daughter is a wonderful blessing
A treasure from above
She's laughter, warmth & special charm,
She's thoughtfulness and love.

A daughter brings a special joy,
That comes from deep inside
and as she grows to adulthood,
She fills your heart with pride

With every year that passes,
She's more special than before.
Through every stage, through every age,
You love her even more.

No words can describe the warm memories,
The pride and gratitude too,
That comes from having a daughter,
To love and to cherish.....just like you!

EDUCATION IN INDIA



Education in India is provided by the public sector as well as the private sector, with controls and funding coming from three levels; central, state and local. Under various articles of Indian Constitution, free and compulsory education is provided as a fundamental right to children between the age group of 6 and 14 yrs. The ratio of public school to private school in India is 7:5. India has made progress in terms of increasing the primary education attendance rate and expanding literacy to approximately three quarters of the population in the 7-10 age group, by 2011. India's improved education system is often cited as one of the main contributors to its economic development. Much of the progress, especially in higher education and scientific research, has been credited to various public institutions. While enrollments in higher education has increased steadily over the post decade, reaching a gross Enrollment Ratio of 24% in 2013, there still remains a significant distance to catch up with tertiary education enrollment levels of developed nations, a challenge, that will be necessary to overcome in order to continue to reach a demographic dividend from India's comparatively young population.

Ronak Sadh
Class VI A



Suhani
Class VII B

A Little Fish



One little fish
Swam in the dish,
He blew bubbles
And made a wish,
All he wanted
was another fish.
to swim with him.
In his little dish
Another fish came one day.
To blow bubble while he played.
Two little fish
Blowing bubbles
In the dish
Swimming around
Singing plish, plish, plish.

Mehar Bhardwaj
Class IV B



TEACHER

School is my temple
Teachers are my god.
Study is my aim, Shubh is my name
Teacher are the candles. Who give us light
They make the children bright.
By working day and night.
Teachers do not fight, They teach us to be wise.
Enable us to choose right.
Teacher are the candles who give us light.
By working day and night to make our future bright.
They are guide.
If we follow them our future will be bright.



Shubh Goyal
Class V A

School Rules



Come to school just in time
Go to prayers in a line
Don't throw paper on the ground
Give the teacher what is found
Come to school neat and clean
Do your home work every day
In your class you must not play
When you go out of your class
Don't forget to keep your pass
You must follow every rule
If you want to be
HAPPY IN SCHOOL.

Diya Biswas
Class IV B

The Power of Mother's Love

Mother's love shapes cultures and individuals. While most mothers know that their love and emotions are vital to their children's well being, children never feel as if they need to earn their mother's love. This will leave a void in their heart all of their life. A mother's love needs to be given unconditionally to establish trust and a firm foundation of emotional intimacy in a child's life. No one can underestimate the value of home and the power of mother's love. The profession of motherhood is all about influence. Mother is the most lovable and adorable person. No love can exceed or even match the love of a mother for her child. She is the best trainer and guide of her child, no less than God, always the first person whom we think of in our happy and not so happy times. All the great men have reached to such points only because of the support and devotion of their mothers who always stood by them and motivated to perform ahead of the field. Every mother should be given due respect and must be admired for all the things she does and sacrifices she makes for her children. So, we must try our utmost to never let her down and be the cause of her grief.

“Children are the anchors of a mother's life.”



Mrs. Neena
T.G.T.

Negative Effects of Mobile Phones on Students



Is your teen insisting for a mobile phone on his birthday? Or are you considering of giving a mobile phone to your teen for security purposes? That's a sound decision, but have you ever thought about the adverse effects of mobile phones on teenagers and young people? If no, then please read the post on what effect does cell phone

use have on teenagers carefully.

Seeing teens standing together, but totally ignoring each other is a common sight these days. According to a survey conducted by the Pew Research Centre, 78% teens aged between 12 and 17 have mobile phones. And they are not just using it to call their parents. One in four

teens have access to the internet, far more than adults. So is cell phone really a good thing for teens? What are the negative effects of cell phones on teenagers?

Harmful Effects of Mobile Phones on Teenagers:

There is no doubt that the phone is a very useful tool and today, mobile phones are a major part of society. It eases communication with colleagues, friends and relatives. But every technology that provides such benefits comes with a consequent price. The impact of mobile phones on youth and society is astronomical. It is this area that requires attention, when you are giving your teen a cell phone. Here's how cell phones affect teenagers.



communication can increase anxiety in teens. Texting is instantly gratifying, but it also products anxiety. The instant reply by the friend can bring joy and elation. But in case of delayed response or no response, this same pleasure turns into disappointment.

6. Risk of Cancer

Research shows that electromagnetic radiation emitted by mobile phones get absorbed in the tissues when we hold the phone for longer times. The nervous systems of teens are still developing and have a greater risk of developing brain cancer from cell phones than adults.

Cell phone Safety for Teens:

Cell phones are not going anywhere, at least no anytime

soon. So you need to teach your teens about mobile phone safety and to use it responsibly. They also need to have agreed boundaries for mobile phone usage. Here are some ways to avoid negative effects of cellphones on teenagers.

Negotiate with your teen what should be the acceptable amount of time and money spent on cell phones.

Tell him/her to curb his/her impulse of replying to the text.

Turning off the cell phone while driving is the best option.

Turning off the cellphone before going off to sleep will help maintain a regular sleep schedule.

Teach your teen that short to moderate conversations on cellphones can reduce the possibility of cancer. Limit the conversation to not more than 20 minutes a day.

Opt for a monthly plan that gives a structure for how many call minutes and text messages are available. If you are paying the bill, then you can also have access to the mobile phone records, which will help you track how often your teen calls and sends messages and to what numbers.

To conclude, it is great to be a part of the growing technological world, and everyone should enjoy its benefits, including the teens, but in moderation.

Urmil Saini
PGT Pol. Science

1. Teen Tendonitis (TTT)

What is the impact of mobile phones on young people's social life? Teenagers are totally addicted to texting. Excess messaging can lead to Teen Tendonitis (TTT). It can cause pain in the hands, back and neck due to poor posture. It can also lead to impaired vision and even arthritis down the line.

2. Stress

Having a cell phone will tempt your teen to spend all day talking or texting, instead of doing anything productive. Studies have proven that teens who spend too much of their time with their cell phones are more prone to stress and fatigue. It can also lead to psychological disorders in some cases.

3. Sleep Loss

Most of the teens keep their cell phones nearby while sleeping to respond to texts and calls. They feel pressurised to remain reachable around the clock. It leads to sleep interruption and disruption. Teens also become irritable when they are sleep deprived.

4. Accidents

Teens are more likely to respond to calls, text while driving, and riding than adults. They talk and text on the phone without realizing that it can cost their lives. Even the surveys have proven that traffic crashes are the leading cause of death in teens.

5. Increases Anxiety

Relying on texting as a primary mode of

Perfect Teacher



A Teacher is
 Someone who is wise.....
 Who cares about the students and wears no disguise.
 But is honest and open and shares from the heart.
 No just lessons from books, but life where you are.
 A teacher takes time to help and tutor
 With English or math or on a computer
 It's who's patient, even in stress
 Who never gives less than the very best!
 Not that I was the perfect student,
 But you were the perfect teacher for me!

Yamini
PRT

SPARE TEARS, SPREAD SMILES



Smile is like a sim card, whenever you use it, a beautiful day is activated and being happy always encourages us and brings optimism in us. But in today's busy life, people have forgotten to smile. If we ourselves live freely, happily then the world around us also seems to be happy. To be optimistic is not so

difficult, but to make others happy and to encourage them is very hard. Well, nowadays, no one cares for others. They feel that if they are happy, caring for others, become too much of a hassle. God has not provided sufficient amount of tears in our eyes. If we get upset on small things and cry, then there would be scarcity of tears in our eyes. Well, God has placed no such restriction on smiles.

Smile, be happy and do not hurt anyone by your deeds or words.

Mrs. Meenakshi Sharma
PRT





Kids with Special Needs



Isn't every Kid Special?

We think so. But what do we mean when we say "Kids with special needs"? This means any kid who might need extra help because of a medical, emotional, or learning problem. These kids have special needs because they might need medicine,

therapy, or extra help in school, other kids don't typically need or only need once in a while.

Life can be extra challenging for a kid with special needs. It might be harder to do everyday like learning to read or if a person has physical handicaps, just getting around school or the mall. The good news is the parents, doctors, nurses, therapists, teachers and others can help. The goal is to help kids be as independent as possible.

Being friendly to kids with special needs is one of the best ways to be helpful. As you get to know them they may help you understand what it's like to be in their shoes. And you'll be helping fill a very special need, one that everybody has the need for good friends.

Muskan Saini
Special Educator

"Life"



Stand where you are,
Use what you have
Do what you can
And you might succeed again
Life makes us happy,
Life makes us sad,
It depends on us,
How we react
It may have ups & downs,
Leading & winning is the
matter of crowns.
Setting goals gives us strength,
Achieving it gives us length.
Never aspire to be like the other,
You are the one
Who is quite special

Monika Chauhan
PRT



INTERESTING FACTS ABOUT THE HUMAN BODY



1. The brain is more active at night than during the day.
2. The nail of the middle finger grows faster than the other fingernails.
3. The life span of a human hair is 3 to 7 years on average.
4. Women's heart beats faster than men's.
5. Women burn more fat more slowly than men, by a rate of about 150 calories a day.
6. A man has approximately 6.8 litres of blood in the body while women have approximately 5 litres.
7. During your life time, you will produce enough saliva to fill two swimming pools.
8. Babies are always born with blue eyes. The melanin in their eyes needs time to fully deposited or to be darkened by ultraviolet light to reveal the baby's true eye colour.
9. Everyone has unique smell, unique fingerprint and unique tongue print except for identical twins.
10. By age 60, most people will have lost half their taste buds.
11. The strongest muscle in the body is tongue.
12. We are about 1 cm taller in the mornings than the evenings.
13. The hands and feet contain half of the total bones in human body.
14. Human sheds and regrew outer skin every 27 days.
15. 300 millions cells die in the human body every minute and every day and an adult produces 300 billions new cells.
16. About 32 million bacteria call every inch of your skin home, but they are mostly harmless and some of them are even helpful.
17. The colder the room you sleep, the higher the are

- that you would get a night mare.
18. Human are the only species that produce emotional tears.
 19. All babies are colour blind at birth, they see only black and white.
 20. The only part of your body is cornea that has no blood supply in the eye. It gets its oxygen directly from air.
 21. Your skeleton keeps renewing itself every 10 years which means that you get a new skeleton every ten years.
 22. 80% of the brain is water.
 23. Facial hair grows faster than the any other hair in the body.
 24. Every day the average person loses 60-100 strand of hair.
 25. The largest internal organ is small intestine.
 26. You get a new stomach lining every 3 to 4 days.
 27. Women's heart beats faster than men's.
 28. Your left lung is smaller than right lung to make room for your heart.
 29. Feet have 5,00,000 sweat glands and can produce more than a pint of sweat a day.
 30. One out of every 2,000 new born infants has a tooth when they are born.
 31. After eating too much, your hearing is less sharp.
 32. Your tongue can remember 50,000 different scents.
 33. Your eyes are always the same size from birth but your nose and ears never stops growing.
 34. Monday is the day of the week when the risk of heart attack is greatest.
 35. Our 90% of diseases are caused by stress.
 36. You use 200 muscles to take one step.
 37. Tooth is the only part of the body that can't repair itself.
 38. Your body has enough iron in it to make a nail 3 inches long.
 39. Your body gives off enough heat in 30 minutes to bring half a gallon of water to boil.
 40. Human lips have a reddish colour because of the greatest concentration of tiny capillaries just below the skin.
 41. The width of your armspan stretched out is the length of your whole body.
 42. Right handed people live on average 9 years than the left handed people do.
 43. A baby's head is one quarter of its total length, but by the age of 25 will only be one eighth of its total length.
 44. Messages from the human brain travel along nerves at up to 200 miles an hour (322 km/h)
 45. A human little finger contributes over 50% of the hand's strength.
 46. Bone is five time stronger than a steel bar of the same width, but it is brittle and can fracture on impact.
 47. A human sneeze can travel about 100 mph or more
 48. The human brain uses just as much power a 10 watt bulb.
 49. A person takes about 23,040 breathes a day.

Lata Walia
PRT



God is Supreme



I asked for strength
and God gave me difficulties to make me strong.

I asked for wisdom
and God gave me problems to solve.

I asked for prosperity
and God gave me brawn and brain to work hard.

I asked for courage
and God gave me dangers to overcome.

I asked for love
and God gave me troubled people to help.

I asked for favours
and God gave me opportunities.

I received nothing I wanted.
He gave me what I needed.

Mrs. Rekha Tomar
P.R.T.

How should We treat our elders?



When we refer to a person as elder or elderly, we usually have in mind a person who is past his/her prime. Calling them old might sound a little harsh. So, we call them elderly or senior citizens. Refer to them by whatever word we may, the fact of the matter is we place them on the other side of the spectrum called life. We no longer think of them in terms of being a contributory factor of life. We often sideline them and try to put them in an unproductive mould. No one likes to be called old. Elderly people can be given some vocational training. Adult education is a step in this direction. In short, these people who are considered a liability can be turned into asset. There is no denying that the senior citizens deserve better treatment, greater care from the society to making of which they have contributed a lot during their heyday. Just because they are in their twilight years, we cannot leave them to fend for themselves.

Rakshita
PGT Economics

BE A WINNER

The WINNER is always A PART OF THE ANSWER
The LOSER is always A PART OF THE PROBLEM

The WINNER always HAS A PROGRAMME
The LOSER always HAS AN EXCUSE

The WINNER says, ``LET ME DO IT FOR YOU.''
The LOSER says, ``THAT IS NOT MY JOB.''

The WINNER sees an ANSWER FOR EVERY PROBLEM
The LOSER sees a PROBLEM FOR EVERY ANSWER

The WINNER says, ``IT MAY BE DIFFICULT BUT IT IS POSSIBLE.''
The LOSER says, ``IT MAY BE POSSIBLE BUT IT IS DIFFICULT.''



Rishabh Bansal
Class Vth A





LAB & LIBRARY





SOCIAL WELFARE ACTIVITIES



स्वावलंबन



अपने कार्य को अपने आप करना स्वावलंबन कहलाता है। बच्चा जब से होश संभालता है, अपने निजी कार्य स्वयं करने लगता है। इसी प्रकार यदि मनुष्य जीवन की किसी भी स्थिति में अपना कार्य स्वयं करे, तो वह स्वावलंबी कहलाता है। स्वावलंबी होना नागरिकता का महान गुण है। कहते हैं कि एक दिन प्रसिद्ध विद्वान ईश्वर चंद्र विद्यासागर रेलवे स्टेशन के बाहर खड़े थे। तभी भीतर से एक व्यक्ति हाथ में एक छोटा बक्सा लिए उनके पास आया। उन्हें साधारण वेश में देखकर भूल से कुली समझ बैठे और बोला, “मेरा सामान ले चलोगे?” ईश्वर चन्द्र बिना कुछ बोले उसका सामान उठाकर चल दिए। गंतव्य पर पहुंचकर जब वह उन्हें मजदूरी देने लगा तो वे बोले, “मजदूरी नहीं चाहिए। तुम अपना काम स्वयं नहीं कर सकते, इसलिए मैंने तुम्हारी सहायता कर दी है।” व्यक्ति लज्जित हुआ। जब उसे यह पता चला कि उनका कुली बंगाल का प्रसिद्ध विद्वान है तो वह उनके पैरों में गिर पड़ा। अपना कार्य आप करने की सौगंध ली। तात्पर्य यह है कि कोई कितना भी बड़ा अधिकारी, साहूकार या धनवान क्यों न हो उसे स्वावलंबी बनना चाहिए। स्वावलंबन सभी के लिए अनिवार्य है।

भारत के स्वर्गीय प्रधानमंत्री श्री लाल बहादुर शास्त्री का नाम सभी जानते हैं जिन्होंने सन् 1965 में भारत-पाकिस्तान युद्ध में देश का नेतृत्व किया था। देश को विजयी बनाया था और जनता को ‘जय जवान जय किसान’ जैसे प्रेरणावर्द्धक शब्द दिये थे। वे बड़े निर्धन परिवार से संबंधित थे। नदी पार स्कूल जाने के लिए नौका वाले को पैसे भी नहीं दे सकते थे, किंतु उनमें आलस्य नहीं था। अतः प्रतिदिन तैरकर नदी पार करते थे। उन्होंने निराशा को कभी मन में नहीं आने दिया था। इसी स्वावलंबन का परिणाम था कि वे प्रधानमंत्री बने। इसीलिए सभी को बाल्यावस्था से ही स्वावलंबी बनना चाहिए क्योंकि डॉक्टर बनकर यदि आप रोगी की आंशिक देखभाल करे, इंजीनियर बनकर दूसरो पर हुक्म चलाएँ या व्यापारी बनकर अपना हिसाब-किताब स्वयं न देखे, तो व्यवसाय तो डूबेगा ही, आपको भी डूबना होगा। दूसरों से कार्य लेते समय भी स्वयं सक्रिय रहना सफलता की प्रथम सीढ़ी है।

श्रीमती सोनी
टी.जी.टी.

राखी की रीत निभाने



माना कि बदल गई दिशाएं
माना उलझ गई जिंदगी
भूल गए तुम बचपन अपना
मैं भी वह गुड़िया ना रही।
ग्यारह महीने भैया
चिट्ठी की है बाट तकी
अब तो राखी आ गई भैया
अब बस और इंतजार नहीं
एक बार अपनी लाडो को
दिल में तुम महसूस करना
जो दिख जाए मेरी छवि तो
राखी बंधवाने आ जाना
मां बापू ने किया पराया
जग की रीत निभाने को
राखी की भी रीत निभाने
अब के बरस तो आ जाना।



अमन सैफी
कक्षा 4 बी



प्यासी चींटी धीरे-धीरे झरने पर थी आई,
झुककर पानी पीने बैठी लुढ़की और घबराई।
गिरते-गिरते चींटी चीखीं जल्दी मुझे बचाओ,
तेर नहीं सकती पानी में जल्दी मुझे उठाओ।
पेड़ पर बैठे एक कबूतर ने सुन ली करुण पुकार,
कैसे इसे बचाऊँ मैं, वह सोच रहा था बार-बार।
पत्ता पेड़ से उसने तोड़ा चोंच में लिया दाब,
फेंका इतनी जोर से जा पहुँचा चींटी के पास।
चींटी पत्ते पर चढ़ बैठी, थी अब भी परेशान
चोंच में दबा ले आया कबूतर जिंदा उसकी जान।
चींटी ने आंखे झपकाई, बोली - धन्यवाद,
प्राण बचाए तुमने मेरे सदा रखूँगी याद।
कुछ दिन बीते एक शिकारी उसी जगह पर आया,
उठा बंदूक निशाना साधा कबूतर नजर जब आया।
चींटी देख रही थी सब कुछ, न थी वह घबराई,
धीरे-धीरे चलती-चलती उसके पाँव पर आई
काटा इतनी जोर से उसने, शिकारी था घबराया,
छूटी गोली निशाना चूका, कबूतर हाथ न आया।
उड़कर पत्तों में छिप बैठा था, यह मन में आया,
चींटी की बुद्धि ने ही है आज मुझे बचाया।
शाम हुई चींटी को ढूँढा यह कह कर उसे बुलाया,
चींटी रानी, धन्यवाद कहने आज यहां मैं आया।
मैं जिंदा हूँ तेरे कारण, तभी काम हूँ आई,
भला करोगे, होगा भला सुनो कबूतर भाई।



सातविक
कक्षा 5 बी

तू युद्ध कर



माना हालात प्रतिकूल है, रास्तों पर बिछे शूल है
रिश्तों पे जम गई धूल है
पर तू अपना अवरोध न बन
तू उठ. . .खुद अपनी राह बना
माना सूरज अंधेरे में खो गया है।
पर रात अभी हुई नहीं यह तो प्रभात की बेला है
तेरे संग है उम्मीदें किसने कहा तू अकेला है।
तू खुद अपना विहान बन, तू खुद अपना विधान बन
सत्य की जीत ही तेरा लक्ष्य हो
अपने मन का धीरज तू कभी न खो
रण छोड़ने वाले होते हैं कायर
तू तो परमवीर है, तू युद्ध कर।

कशिशा कौशिक

कक्षा 10 ए

बेटी



जब-जब जन्म लेती है बेटी,
खुशियाँ साथ लाती है बेटी
ईश्वर की सौगात है बेटी,
सुबह की पहली किरण है बेटी।
तारों की शीतल छाया है बेटी,
आंगन की चिड़िया है बेटी।
त्याग और आदर्श सिखाती है बेटी,
नए-नए रिश्ते बनाती है बेटी।
जिस घर जाए उजाला लाती है बेटी,
बार-बार याद आती है बेटी।
बेटी की कीमत उनसे पूछो,
जिनके पास नहीं है बेटी।

तितिक्षा नैथानी

कक्षा 8 बी

शिक्षा



बहुत जरूरी होती शिक्षा
सारे अवगुण धोती शिक्षा
चाहे जितना पढ़ ले हम
पर कभी न पूर्ण होती शिक्षा।
शिक्षा पाकर ही बनते हैं,
डॉक्टर, अफसर, शिक्षक।
वैज्ञानिक, मंत्री, व्यापारी।
और सीमाओं के रक्षक।
कर्तव्यों का बोध कराती
अधिकारों का ज्ञान दिलाती।
शिक्षा से मिल सकता है,
सर्वोपरि सम्मान।
बुद्धिमान को बुद्धि देती,
अज्ञानों को ज्ञान
शिक्षा से ही बन सकता है,
भारत देश महान।

वैष्णवी छिमवाल

कक्षा 9 ए



काश!

बदल सकते हम जिंदगी

जब बचपन था, तो जवानी एक सपना थी,
जब जवान हुए, बचपन एक जमाना हुआ।
जब घर में रहते थे, तो आज़ादी अच्छी लगती थी,
आज आज़ादी है, फिर भी घर जाने की जल्दी है।
कभी होटल में जाना, पिज्जा-बर्गर खाना पसंद था।
आज घर पर आना और माँ के हाथ का खाना पसंद है।

स्कूल में जिनके साथ झगड़ते थे,

आज उनको ही इंटरनेट पर तलाशते हैं।

खुशी किसमें होती है, यह पता अब चला है
बचपन क्या था, इसका अहसास अब हुआ है।

उम्र छोटी थी पर सपने बड़े देखा करते थे।
ये दुनिया प्यारी न थी, हम तो खिलौने पर मरते थे।

जब देखा मैंने वो बचपन का खजाना,
किताब, कलम और स्याही, न फिर रोके रूकी आंखें
झट से भर आईं।

काश! बदल सकते हम जिंदगी के कुछ साल।

काश! जी सकते हम जिंदगी फिर एक बार।



अनन्या मलिक

कक्षा 8 बी



तीन अनमोल रिश्ते

1. रिश्ते और विश्वास दोनों ही मित्र हैं।
रिश्ते रखो या न रखो पर. . .
विश्वास जरूर रखना! जहाँ विश्वास होता है,
वहाँ रिश्ते अपने आप ही बन जाते हैं।
2. जिन्दगी हमेशा एक अच्छा मौका देती है,
सरल शब्दों में उसे “आज” कहते हैं
3. जिस दिन आपने अपनी जिन्दगी
को खुलकर जी लिया,
वही दिन आपका है, बाकि तो
सिर्फ कैलेंडर की तारीखें हैं।



अंशिका निगम
कक्षा आठवीं अ

बादल

कहाँ-कहाँ से चलते बादल,
कहाँ-कहाँ तक आते बादल
कितना पानी अपने भीतर,
लिए-लिए आ जाते बादल।
हिन्द महासागर से चलकर,
अरब महासागर की दिशा से आकर।
बंगाल की खाड़ी को छू कर,
पूरा भारत लांघ आते बादल।
गर्मी से छुटकारा दिलाते बादल।
धरती की प्यास बुझाते बादल
वर्षा की बूंदों के रूप में,
अमृतकण बरसाते बादल।



एंजेल
नर्सरी ए

व्यायाम का महत्व

मानव शरीर एक मशीन की तरह है। जिस तरह एक मशीन को काम में न लाने पर वह ठप पड़ जाती है, उसी तरह यदि शरीर का भी उचित संचालन न किया जाए तो उसमें कई तरह के विकार आने लगते हैं। व्यायाम शरीर के संचालन का एक अच्छा तरीका है। यह शरीर को उचित दशा में रखने में मदद करता है। व्यायाम के लिए अनेक प्रकार की विधियाँ काम में लाई जाती हैं। कुछ लोग दौड़ लगाते हैं तो कुछ दंड-बैठक करते हैं। बच्चे खेल-कूद कर अपना व्यायाम करते हैं। बुजुर्ग सुबह-शाम तेज़ चाल से टहलकर अपना व्यायाम करते हैं। साईकिल चलाना, तैरना, बाग-बगीचों में जाकर उछल-कूद करना आदि व्यायाम की अन्य विधियाँ हैं। नवयुवकों में व्यायामशालाओं में जाकर व्यायाम करने की प्रवृत्ति पाई जाती है। व्यायाम चाहे किसी भी प्रकार का हो, इससे हमें बहुत लाभ होता है। शरीर में ताज़गी आती है तथा यह सुगठित बन जाता है। प्रत्येक व्यक्ति को कुछ न कुछ व्यायाम अवश्य करना चाहिए



करिश्मा तंवर
पी.आर.टी.



काबू में रखे

- काबू में रखे - प्रार्थना के वक्त अपने दिल को,
 काबू में रखे - खाना खाते समय पेट को
 काबू में रखे - महफिल में जाएँ तो जबान को
 काबू में रखे - पराया धन देखे तो लालच को
 भूल जाएं - अपनी नेकियों को
 भूल जाएं - दूसरों की गलतियों को
 भूल जाएं - अतीत के कड़वे संस्मरणों को
 छोड़ दें - दूसरों को नीचा दिखाना,
 छोड़ दें - दूसरों की सफलता से जलना,
 छोड़ दें - दूसरों के धन की चाह रखना
 छोड़ दें - दूसरों की चुगली करना
 छोड़ दें - दूसरों की सफलता पर दुखी होना।

सुविचार

1. ताकत की जरूरत तभी होती है जब कुछ बुरा करना हो।
वरना दुनिया में सब कुछ पाने के लिए प्रेम ही काफी है।
2. कभी ना भूले हमारी उपलब्धियों में दूसरों का भी योगदान होता है।
क्योंकि - भले ही समन्दर में पानी अपार है पर सच तो यही है कि वो नदियों का उधार होता है।
3. जरूरी नहीं कि मिठाई खिलाकर ही दूसरों को मुँह मीठा करें।
आप मीठा बोलकर भी लोगों को खुशियाँ दे सकते हो।

प्रणव शर्मा
कक्षा 6 ए

माँ



गिनती नहीं आती मेरीं माँ का यारों,
 मैं एक रोटी मांगता हूँ वो हमेशा दो ही लेकर आती है।
 जन्नत का हर लम्हा. . . दीदार किया था
 गोद में उठाकर जब माँ ने प्यार किया था
 सब कह रहे है, आज माँ का दिन है
 वो कौन सा दिन है जो माँ के बिन है
 सन्नाटा छा गया बँटवारे के किस्से में,
 जब माँ ने पूछा, “मैं हूँ किसके हिस्से में?” . . .
 ...घर की इस बार मुकम्मल तलाशी लूंगा
 पता नहीं गम छुपाकर हमारे माँ-बाप कहाँ रखते है. . .।
 एक अच्छी माँ हर किसी के पास होती है
 लेकिन. . . एक अच्छी औलाद हर माँ के पास नहीं होती।
 जब-जब कागज़ पर लिखा मैंने
 ‘माँ का नाम कलम अदब से बोल उठी,
 हो गये चारों धाम।
 माँ से छोटा कोई शब्द हो तो बताओ
 उससे बड़ा भी कोई हो तो बताओ
 मौत के लिए बहुत रास्ते है
 पर जन्म लेने के लिए केवल माँ।
 माँ के लिए क्या लिखूँ माँ ने खुद मुझे लिखा है।
 दवा असर न करे तो नजर उतारती है
 माँ है जनाब वो कहाँ हार मानती है।
 माँ आखिर माँ होती है।



आफिया
कक्षा 9 बी

जीवन का सफर

प्रत्येक पंक्ति गहराई से पढ़े

गरीब दूर चलता है....खाना खाने के लिए।

अमीर मीलों चलता है....खाना पचाने के लिए।

किसी के पास खाने के लिए....एक वक्त की रोटी नहीं है।

किसी के पास खाने के लिए....वक्त नहीं है।

कोई लाचार है....इसलिए बीमार है।

कोई बीमार है....इसलिए लाचार है।

कोई अपनो के लिए....रोटी छोड़ देता है।

कोई रोटी के लिए....अपनों को छोड़ देता है।

ये दुनिया भी कितनी निराली है। कभी वक्त मिले तो सोचना।

कभी छोटी सी चोट लगने पर रोते थे....आज दिल टूट जाने पर भी संभल जाते हैं।

पहले हम दोस्तों के साथ रहते थे....आज दोस्तों की यादों में रहते हैं।

पहले लड़ना मनाना रोज का काम था....आज एक बार लड़ते हैं, तो रिश्ते खो जाते हैं।

सच में जिन्दगी ने बहुत कुछ सिखा दिया, जाने कब हमको इतना बड़ा बना दिया।



रब्बानी

कक्षा 7-ए

हम सब कहते

हम सब कहते

नहीं सूर्य से कहता कोई

धूप यहां पर मत फैलाओ

कोई नहीं चांद से कहता

उठा चांदनी को ले जाओ।

कोई नहीं हवा से कहता

खबरदार जो अंदर आई।

बादल से कहता कब कोई

क्यों जलधार यहां बरसाई?

फिर क्यों हमसे भैया कहते

यहाँ न आओ, भागो जाओ,

अम्मा कहती हैं, घर-भर में

खेल खिलौने मत फैलाओ

पापा कहते बाहर खेलो,

खबरदार जो अंदर आए,

हम पर ही सबका वश चलता

जो चाहे वह डांट पिलाए।



अमन गुप्ता

कक्षा 5अ

पिता

माँ घर का गौरव तो पिता से घर का अस्तित्व होता है।

माँ के पास अश्रुधारा तो पिता के पास संयम होता है।

दोनों समय का भोजन माँ बनाती है तो जीवन भर

भोजन की व्यवस्था करने वाले पिता को सहज ही भूल जाते हैं

कभी ठोकर या चोट लगने पर ओ माँ ही मुँह से निकलता है

लेकिन रास्ता पार करते समय कोई ट्रक पास

आकर ब्रेक लगाये तो बाप रे यहीं मुँह से निकलता है,

क्योंकि छोटे छोटे संकटों के लिए माँ है पर

बड़े संकट आने पर पिता ही याद आते हैं

पिता एक वट वृक्ष है

जिसकी शीतल छाँव में सम्पूर्ण परिवार सुख से रहता है।

आदित्य गौर

कक्षा नौवीं ए



‘आंशुओं की कीमत’

जिन्दगी में अशकों का अहसान बड़ा होता है।
दिल में हर एक इन्सां के अरमान बड़ा होता है।
अरमान टूट जाते हैं, तो अशक काम आते हैं।
ये दोस्त नहीं है बेवफा, जो छोड़ कर चले जाते हैं।

अशकों की क्या तारीफ करूं ये हमदर्दी की छाया हैं
दुख मिलें कभी या मिले खुशी, ये खुद ही दौड़े आते हैं।
इस बेवफाई के आलम में, लोग वफा से धोखा खाते हैं।
मैं करता हूँ शुक्रिया इनका, ये हर पल साथ निभाते हैं।

अशकों की दुनिया अजब है, अंदाज है इनका निराला।
सुख दुख में ये सम कर देते, भर देते नैनों का प्याला।
दूरी नहीं बनाते दिल से, बीच अखियन में रहते हैं।
ये दोस्त नहीं है बेवफा, जो छोड़ कर चले जाते हैं।

बनाया अशकों को बहुत कुछ सोच कर भगवान ने
कैसे रह पाएगा इन्सां, सुख दुख भरे संसार में
रूप अपना दे दिया, कुछ चंद बूंदों को तभी
आ गए साकार होकर, अशकों के इजहार में
दिल में प्यार भरा हो जिनके, साथ उन्हीं के रहते हैं।
ये दोस्त नहीं है बेवफा, जो छोड़ कर चले जाते हैं।

मेरी तो इन दोस्तों से, दोस्ती इतनी घनी है
आएँ ना कुछ देर तो, महसूस हो जाती कमी है
मेरी इबादत की जीती जागती तस्वीर है।
बह रही है अशक बन के, दिल में जो भी पीड़ है

कितना भी हो मैल दिल में, इक पल में धो जाते हैं
ये दोस्त नहीं है बेवफा, जो छोड़ कर चले जाते हैं।



नीतू शर्मा
पुस्तकालय अध्यक्ष

अंग्रेजी का टर

मेरा प्यारा स्कूल

अंग्रेजी का देखो कमाल
जगह-जगह 'टर' का इस्तेमाल
श्रीमान को मिस्टर, बहन को सिस्टर
मंत्री होते हैं मिनिस्टर, निर्देशक होता है डायरेक्टर
निरीक्षक होता है इंस्पेक्टर, खेती के लिए ट्रैक्टर।
ठंडा करता है रेफ्रिजरेटर, गर्मी देता सबको हीटर,
नापने के मीटर, चलती है मोटर,
रहने के लिए क्वाटर, पहनने के लिए स्वेटर।
अध्यापक है मास्टर, चिकित्सक है डॉक्टर,
पत्र को लैटर, काटता है कटर,
पानी है वाटर, मक्खन है बटर।
रंग भरता है पेन्टर, बढ़ई होता है कारपेंटर,
मारने वाला हंटर, हिसाब लगाये कैलकुलेटर।
यह सब लिखने के लिए होता है रजिस्टर।
देखो यह झोल-झाल जगह-जगह टर का इस्तेमाल।



ईशु मलिक
कक्षा 5 बी



स्कूल बहुत हैं दिल्ली में, ज्ञानदीप जैसा नहीं
परीक्षा परिणाम आता है, पर मेरे स्कूल जैसा नहीं
अगर पहुँचना है सफलता के मोड़ पर
पहुँचिए इस छोर पर बाकी स्कूल छोड़ कर।
गतिविधियाँ भी है इसमें नाना प्रकार,
बन गई जो हमारे गले का हार।
पढ़ाई में स्कूल किसी से कम नहीं,
यहाँ पढ़कर मुझे कोई गम नहीं।
शिक्षक की मेहनत भी बड़ी निराली
लगती हर कक्षा फूलों से भरी डाली
जिसका हो इतना सुन्दर आधार
करे माता-पिता का सपना साकार।
अनुशासन सबको लगता है अच्छा
श्रेष्ठ हैं मेरे स्कूल का बच्चा बच्चा।
जहाँ मुस्कुराती हैं कलियाँ।
और हंसते हैं फूल।
जहाँ मिटता है अंधेरा
और उड़ जाती अज्ञान की धूल।
जहाँ देखे पनपते हैं सुनहरे उसूल।
जहाँ से न उठाए कोई कांटा बबूल।
जहाँ भेदभाव जाता है भूल
जहाँ वातावरण ऐसा मिलता अनुकूल।
वह कोई और जगह नहीं
वह है मेरा प्यार ज्ञानदीप स्कूल।



कृतिका जोशी
कक्षा 6 बी

बुझो तो जाने

1ण रंग है मेरा काला
उजाले में दिखाई देती हूँ
अंधेरे में छिप जाती हूँ।



2. ना मुझे इंजन की जरूरत
ना मुझे पेट्रोल की जरूरत
जल्दी जल्दी पैर चलाओ
मंजिल अपनी पहुंच जाओ।

3. मुर्गी अंडा देती है और गाय दूध देती है।
पर ऐसा कौन है जो अंडा और दूध दोनों देता है।

1. उ. परछाई 2. साईकिल 3. दुकानदार
हर्ष कुमार
कक्षा 6 बी

कौन क्या है

ताला - बिना वेतन का चौकीदार
मुर्गा - गांव की अलार्म घड़ी
झगड़ा - वकील का कमाऊ बेटा
चॉक - अध्यापक की तलवार
चश्मा - जादू की आँख
बेंत - अपराधी का भय
पश्चाताप - अपराध धोने का साबुन
स्वप्न - मन में किसी कामना की तस्वीर
चिंता - बूढ़ा होने की अद्भुत दवा
पढ़ाई - पिटाई का कारण।



वंश शर्मा
कक्षा 7 ए

बेटी एक वरदान

त्याग की सूरत है 'बेटी',
ममता की मूरत है 'बेटी'



संस्कारों की जान है 'बेटी',
हर घर की तो शान है 'बेटी'

खुशियों का संसार है 'बेटी'
प्रेम का आधार है 'बेटी'

ममता का सम्मान है 'बेटी'
माता-पिता का मान है 'बेटी'

सृष्टि है, शक्ति है 'बेटी'
दृष्टि है, भक्ति है 'बेटी'

श्रद्धा है विश्वास है 'बेटी'
जीवन का अहसास है 'बेटी'



अनुषा
कक्षा 6 बी

ज्ञान का रिश्ता



ज्ञान का धन ही सबसे बड़ा है, जिसको कोई न लूटे।

ज्ञान का रिश्ता, सच्चा रिश्ता बाकी रिश्ते झूठे।”

सत्य कथन है कि सबसे बड़ा धन विद्यारूपी धन है जिसको कोई चुरा नहीं सकता, न कोई उसका बँटवारा कर सकता है और न ही कोई उसे छीन सकता है। ज्ञान का धन एक ऐसा धन है जो जितना खर्च करो उतना बढ़ता है और संचय करने से नष्ट हो जाता है – ज्ञान का दान देने वाला गुरु भगवान के समान होता है। गुरु और शिष्य का रिश्ता अत्यंत पवित्र और सच्चा रिश्ता है। किसी भी व्यक्ति की प्रगति और उन्नति में उसके शिक्षक का ही योगदान होता है। जो शिक्षार्थी अपने गुरु का सम्मान करते हैं, उनकी आज्ञा का पालन करते हैं, वे अपने जीवन में अवश्य ही सफलता प्राप्त करते हैं। आज के समाज में भटकते हुए युवा वर्ग के असंतोष का कारण-जीवन मूल्यों की कमी है, संस्कारों का अभाव है और अनुशासनहीनता है। शिशु की सबसे प्रथम पाठशाला उसका अपना घर है और उसकी जननी उसकी प्रथम गुरु है। यदि शिशु अपनी प्रथम पाठशाला में अच्छी शिक्षा, अच्छे संस्कार और अच्छे आचार – विचारों का पाठ पढ़ता है तो ये अच्छाईयाँ जीवन भर उसके अन्दर आत्मतत्त्व के रूप में विद्यमान रहकर सदा उसका मार्गदर्शन करती हैं। ऐसे बच्चे अच्छी संतान, उत्तम छात्र तथा देश के उत्तम नागरिक बनकर सम्मान प्राप्त करते हैं। अतः जीवन में सुखी जीवन, स्वस्थ शरीर, दीर्घायु, सम्मान और उच्च पदवी प्राप्त करने के लिए अपने ज्ञान-दाता का सम्मान करें, ज्ञान अर्जित करें, संस्कारों और जीवन मूल्यों को महत्व दें।

श्रीमती रीतू चौधरी

टी.जी.टी.

अच्छी सोच



सुनना – सुनने की आदत डालो क्योंकि ताने मारने वालों की कमी नहीं।

मुस्कुराना – मुस्कुराने की आदत डालो क्योंकि रुलाने वालों की कमी नहीं।

ऊपर उठना – ऊपर उठने की आदत डालो क्योंकि टांग खींचने वालों की कमी नहीं।

सच्चा व्यक्ति – सच्चा व्यक्ति ना तो नास्तिक होता है ना आस्तिक होता है।

सच्चा व्यक्ति हर समय वास्तविक होता है।

छोटी छोटी बातें – छोटी छोटी बातें दिल में रखने से बड़े-बड़े रिश्ते कमजोर हो जाते हैं।

कभी पीठ पीछे – कभी पीठ पीछे आपकी बात चले तो घबराना मत।

बातें तो उन्हीं की होती हैं जिनमें कोई बात होती है।

निंदा – निंदा उसी की होती है जो 'जिंदा' है मरने के बाद तो सिर्फ 'तारीफ' होती है।

सृष्टि सैनी

कक्षा 7 बी

तिरंगा जानता सब है!



जुबां से कुछ न बोले पर तिरंगा जानता सब है
मुझे सम्मान देने को सजाया तीन रंगों में
मगर अपमान भी तुमने किया भरपूर दंगों में,
अहिंसा की दुहाई से तुम हिंसा पर उतर आए,
जिन्हें मैंने नकारा तुम वो सारे काम कर आए।
किसी ने बात कब मानी वो मस्जिद और शिवालय की,
मुसीबत कौन समझे उनके भीतर रहने वालों की,
तुमने अंधियारे बोए थे, जरूरत थी उजाले की,
उजाले पाने की खातिर वो मुट्ठी बांधता कब है।
जुबां से कुछ न बोले पर तिरंगा जानता सब है।

मैं इस धरती की धड़कन हूँ, मैं मस्तक हूँ हिमालय का।
मैं हूँ मीनार मस्जिद की, मैं गुम्बद हूँ शिवालय का।
मेरा बर्ताव मत बदलो मैं आजादी की आदत हूँ।
मैं हूँ अरमान वीरों का. शहीदों की शहादत हूँ।
इन्हीं राहों में मैं बरसों चैन से सो नहीं पाया।
थी जिनसे दूरियां लेकिन, मैं इनको खो नहीं पाया।
न जाने क्यों अभी तक मैं, सभी का हो नहीं पाया।
सब है मेरे और मैं सबका मेरा दिल जानता सब है।
जुबां से कुछ न बोले पर तिरंगा जानता सब है।

लक्ष्य पाल
कक्षा 6 बी

अनमोल वचन

सबको गिला है, बहुत कम मिला है,
जरा सोचिए, . .
जितना आपको मिला है, उतना कितनों को मिला है।
जिदंगी कांटो का सफर है,
हौंसला इसकी पहचान है,
रास्ते पर तो सभी चलते है,
पर जो रास्ता बनाए,
वही इंसान है!
अगर जीवन में कुछ पाना है,
तो अपने तरीके बदलो इरादे नहीं।



अंशुम सिंघल
कक्षा 10 बी

फूल

काँटो में देखो महकते है फूल
मंदिरों में चढ़ते हैं फूल।
मालाओं में सजते हैं फूल
स्वागत में भी जंचते है फूल।
फूल खुशियों की मुस्कान है,
फूल हमारी बगिया की पहचान है
हर मौसम में खिलते है फूल,
तितलियों की प्यास है फूल।
भवरो की आस है फूल।
आओ मिलकर कसम ये खाएँ
करेंगे फूलों की हिफाजत हम
बेकार में इन्हें न तोड़ेंगे हम।



याशिका सचदेवा
कक्षा 8 ब

शासक

आज बताता है हर भारतवासी
देश की जनता को आम
कह-कह यह देशवासी
हो रहे अपने ही गुलाम



जनता ने सोच-समझ निकाल समय
पहनाया जिनको ताज है
सोच रहे जनता का भविष्य
हो चुका उनका मोहताज है।

सोच बदलनी होगी यह
क्योंकि जनता का ही है राज
शासक असली जनता ही यह
उनका अपना ही है उनका भविष्य, उनका आज।

रही बात सरकार की तो
यह है केवल प्रतिनिधि सबकी
अगर करें ये कुछ अनुचित तो
शक्ति दिखला दें चुनाव विधि की।

हर्षित गोयल
कक्षा 10 बी

परीक्षा की तैयारी



छोड़कर बच्चों बातें सारी
करो परीक्षा की तैयारी।
खेलकूद अब बन्द करो।
अच्छे अंक लाने का प्रयत्न करो।
टी.वी. फिल्म देखना छोड़ो
बस पढ़ने से नाता जोड़ो
मेहनत करने वालो के आगे
दुनिया सदा ही हारी है।
पढ़ लिखकर विद्वान बनकर

अपने श्रम से बना सकोगे सुन्दर जीवन की फुलवारी
छोड़कर बच्चों बातें सारी, करो परीक्षा की तैयारी।

प्रज्ञा
कक्षा 5ए

सारा भारत वर्ष तुम्हारा

सारा भारत वर्ष तुम्हारा
टुकड़े नहीं करो रे माँ के, कब होता माँ का बँटवारा।
बँटवारे की बात करे जो, कहो उसे माँ का हत्यारा।
काली रात अमावस बनकर
प्याले में विष घोल रही
भीतर-बाहर सुलग रहे सब
मानो धरती डोल रही
सबके घर में आग लगी हैं
कौन किसी का रखवाला
बारूदी माहौल बना है
हर मानव का दिल काला

प्रेम प्यार ओर शुभ कर्मों का, मिलकर आज लगाओ नारा
बँटवारे की बात करे जो, कहो उसे माँ का हत्यारा।
विश्व शांति की बातें हमनें
सदा करी हैं, सदा करेंगे।
प्यार किया है हर मानव को
हर प्राणी की पीर हरेगे
सभी धर्म ग्रन्थों की वाणी
सभी के दिल में प्यार जगाती
कब भड़काती आग दिलों में
बोलो कब नफरत सिखलाती
हिंसा-द्वेष मिटाओ मिलकर, तब होगा उत्थान तुम्हारा
बँटवारे की बात करे जो, कहो उसे माँ का हत्यारा



वेदांत गर्ग
कक्षा 3ए

भ्रूण हत्या

(कोख में बेटी)



प्रथम मास जब लगा गर्भ, माँ बनने का अहसास हुआ।
सोचा गूँजेगी किलकारी, सब घर में उल्लास हुआ।
मातम सा छा गया, पता चला जब कन्या है।
दादा कहते पोता ही चाहिए, सबकी यही तमन्ना है।

बेटी जान दुखी सब होते, क्या मैं इतनी बदकिस्मत हूँ।
मुझको भी अधिकार जन्म का, मैं भी घर की इज्जत हूँ।
माँ! क्या तू भी यही चाहती है, मैं इस दुनिया में ना आऊँ?
आँख खोलने से पहले ही टुकड़े-2 हो जाऊँ?

सोचा है वो लोभी डॉक्टर, मेरे टुकड़े-2 कर डालेगा।
टुकड़े कर वो बेरहम कसाई, मुझे कचरे में भर डालेगा।
मेरे मरते ही सारे घर वाले खुशी मनाएंगे।
मेरे तन के टुकड़े कुत्ते नोच-नोच के खाएंगे।

बेटे की चाहत में दुनिया, भाँति-भाँति ललचाती है।
बेटा क्या छाती पर धरदे, बेटी क्या ले जाती है?
मैं भी भगत सिंह, शेखर, नेहरू सा बेटा जन सकती हूँ।
चावला, सानिया, टेरेसा बन, नाम अमर कर सकती हूँ।

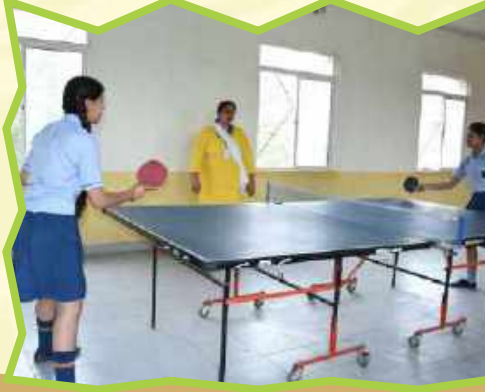
बेटी है आंगन की तुलसी, सारा जमाना कहता है।
ममता, करुणा और दया का दिल में सागर बहता है।
माँ तेरे जन्म पर, तेरी माँ ने जो ऐसा सोचा होता।
तो आज मेरी हत्या करने का ऐसा मौका न होता।

एक नारी भी नारी का, ये दर्द समझ ना पाई है।
गलती तो माँ बाप की फिर मासूम सजा क्यों पाई है।
मैं कली हूँ, तेरी बगिया की, मुझको आंगन महकाने दो।
रहम करो मुझे मत मारो, मुझे इस दुनिया में आने दो।

इस तरह बेटा बेटी में कब तक भेद बनाओगे?
भेदभाव की बीमारी से किस दिन मुक्ति दिलाओगे?
प्रभु, अगर यही हाल रहा तो, बेटी जन्म ना पाएगी।
ना कोई फिर सास बनेगी, ना कोई दुल्हन आएगी।

शिवांगी
पी.आर.टी.

ANNUAL SPORTS



ANNUAL SPORTS



Annual Sports Day



Annual Day Prize Distribution



मम देशः भारतम्



अहं भारत देशे वसामि। भारतं विशालः देशः अस्ति। अस्मिन् देशे अनेके धर्मावलम्बिनः जनाः निवसन्ति। तेषाम् जनानां संस्कृतिः गंगा-यमुनेन मिश्रिता अस्ति। भारत देशे गंगा-यमुना-नर्मदा-कावेरी सतलुजादयः नद्यः प्रवहन्ति। भारते षट् ऋतवः भवन्ति। ऋतवः भारतस्य प्रकृति सौन्दर्ये वृद्धिं कुर्वन्ति। भारतीयाः परस्पर प्रेयणा वसन्ति व्यवहरन्ति च।

भारतः पर्वाणाम् देशः। अत्र समये-समये अनेकानि पर्वाणि समायोज्यन्ते। अस्माकं देशः पुरा परतन्त्रः आसीत् अगस्तमासस्य पंचदश तारिकायां सप्तचत्वारिंशत् उत्तर एकोनविंशतिः ख्रिष्टाब्दे अयं देशः स्वतंत्रतां अलभत्। अयं देशः महापुरुषाणां वीरपुरुषाणाम् च जन्मभूमिः कार्यभूमि च अस्ति।

भारतस्य आदर्शाः च सर्वे विदेशीयै अनुकरणीयाः सन्ति। उक्तञ्च मनुना यथा-

एतत् देश प्रसूतस्य सकाशाद् ग्रजभनः।

स्व एव चरित्रशिक्षेन् पृथिव्याः सर्वमानवाः।

मंजू त्रिपाठी
टी.जी.टी.



संस्कृत-प्रार्थना

लोकहितं मम करणीयम्



दायित्वा मे हि परमात्मन् सुदानं देहि विद्यायाः
दायित्वा आत्मनि प्रगुणाः विशुद्धिनाथ में कार्यम्
मदीयं ध्यानमागच्छ प्रभो नेत्रे द्वये तिष्ठ
तमो नय चित्तमागत्य परा ज्योतिः शुभा देया
प्रवाहा ज्ञानगंगा च हृदि त्व स्नेहासिन्धुं च
परस्पमेकभावने प्रभो। वसनं च शिक्षाय माम्।
स्वधर्मः चास्तु सेवैव स्वकर्माप्ययस्तु सेवैव।
स्वसत्यं चास्तु सेवैव अहं सेवि च कर्तव्यः
भवेन्नः जीवनं देशाय मरणं चास्तु देशाय
स्वप्राणान् देशरक्षायै प्रदातुं शिक्षाय भगवन्।
दायित्वा मे हि परमात्मन् सुदानं देहि विद्यायाः
दायित्वा आत्मनि प्रगुणाः विशुद्धिनाथ! मे कार्यम्।



लोकहितं मम करणीयम्
मनसा सततं स्मरणीयम्
वचसा सततं वदनीयम्
लोकहितं मम करणीयम्
न भोगभवने रमणीयम्
न च सुखशयने शयनीयम्।
अहर्निशं जागरणीयम्
लोकहितं मम् करणीयम्।।

न जातु दुःखं गणनीयम्
न च निजसौख्य मननीयम्
कार्यक्षेत्रे त्वरणीयम्
लोकहितं मम् करणीयम्

गहनारण्ये घनान्धकारे
बन्धुजना ये स्थिता गहवरे।
तत्र मया सन्चरणीयम्
लोकहितं मम् करणीयम्

अनन्या मलिक
आठवीं ब

लक्षिता
सप्तमी ब

श्लोकः

दुर्जनः स्वस्वभावेन परकार्ये विनश्यति।

नोदर तृप्तिमायाती मूषकः वस्त्रभक्षकः॥

अर्थः- दुष्ट व्यक्ति का स्वभाव ही दूसरे के कार्य बिगाड़ने का होता है।

वस्त्रों को काटने वाला चूहा पेट भरने के लिए कपड़े नहीं काटता।

व्यायामात् लभते स्वास्थ्य दीर्घायुष्यं बलं सुखं।

आरोग्यं परं भाग्य स्वास्थ्य सर्वार्थसाधनम्॥

अर्थः- व्यायाम से स्वास्थ्य लम्बी आयु, बल और सुख की प्राप्ति होती है।

निरोगी होना परम भाग्य है और स्वास्थ्य से अन्य सभी कार्य सिद्ध होते हैं।



याशिका सचदेवा
आठवीं ब

अमृत वचनानि

1. महाशत्रु कः?
आलस्यः, निद्रा, जड़ता।
2. परमबन्धु कः?
उधमः, उत्साहः, अध्यवसयायः।
3. धर्मः कः?
त्यागः, संयम, सत्यम्।
4. महामृत्यु की दृशः?
आत्म विस्मृति।
5. महाबलम् किम्?
आत्मविश्वासः आत्मनिर्भरता।
6. महापुण्यम् किम्?
बीसत्वम्, पुरुषत्वम्, परोपकारः।
7. महाशक्तिः का?
धैर्य, स्थैर्यम् सहिष्णुता



उज्ज्वल पराशर
आठवीं अ

अद्भुत स्वप्न?

राजावस्य अद्भुत स्वप्नम्
सिंहो वदति म्याऊँ-म्याऊँ
हसति धावति यथा चित्रकः
सर्पः वदति भौ-भौ भाऊँ।
भल्लुकः दुर्बलः तथा यत्।
यथा चमरपुच्छा संजातः।
मूषकभीता धावति मार्जारी।
शशकः धावति शृंगयुक्तः।



हर्षित पांडे
आठवीं ब

आभाणकाः

1. उपायेन हि यच्छक्यं न तच्छक्यं पराक्रमैः।
2. साहित्य - संगीत - कला - विहीनः साक्षात् पशुः।
3. हितं मनोहारि च दुर्लभः वचः।
4. आर्जवं हि कुटिलेषु न नीतिः।
5. मितं च सारं च वाचो हि वग्मिता।
6. सदाभिमानैकधना हि मानिनः।
7. दूरतः पर्वताः रम्याः।
8. आचारः परमो धर्मः।
9. मूर्खजनैः सह मित्रता नोचिता।
10. क्लेशः फलेन हि पुनर्नवतां विधत्ते।



छवि मित्तल
कक्षा 6अ

सुभाषितानि

1. श्रोत्रं श्रुतेनैव न कुण्डलेन, दानेन पाणिनं तु कंकणेन।
विभाति काय करूणापराणात् परोपकारेण न चन्दनेन॥
2. शवोऽपि हि जीवन्ति, केवलं स्वोदरम्भरा।
तस्यैव जीवितं श्लाध्यम्, स परार्थे हि जीवति॥
3. वृतं यत्रेन संरक्षेत, वित्तमेति च याति च।
अक्षीणाः वित्ततः क्षीणा वृत्ततस्तु हतो हतः॥
4. दुश्चरित्रं सदा लोके, निन्दितः गर्हितः भवेत्।
सच्चरित्रं तु संसारे, रामवत् परिपूज्यते।
5. यं कष्टं मातापितरौ सहेते सम्भवे नृणाम्।
न तस्य निष्कृतिः शक्या कर्तुं वर्षशतैरपि॥
6. षड् दोषाः पुरुषेहि, हातव्याः भूतिमिच्छता।
निद्रा, तन्द्रा, भयं, क्रोधः, आलस्यं, दीर्घसूत्रता॥
7. उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः।
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः॥



अर्पित कौशिक
कक्षा 6अ

अध्यापिका महोदया

अध्यापिका महोदया स्नेहेन अस्मान् पाठयिष्यति।
शुभांका यदा प्राप्स्यामः प्रसन्ना तदा सा भविष्यति॥
रोचते अध्यापिका अस्मभ्यम तस्याः प्रिया सर्वे वयम्।
चन्द्रः इव अध्यापिका अस्माकम, तारकाः इव सर्वे वयम्॥



अमूल्य वचन

1. जिज्ञासा साहस्य एकं निर्मल रूपं अस्ति।
अर्थः जिज्ञासा बहादुरी का एक निर्मल रूप है।
2. अचेतन नाम गुणं न कीक्षते।
अर्थः जड़ वस्तु गुण को नहीं देखा करती।
3. वीराः एवं क्षमां कर्तुम जानन्ति।
अर्थः केवल बहादुर ही क्षमा करना चाहते हैं।

राधिका गोयल
कक्षा 7ब

नीति वचन

1. सहसा विद्धीत न क्रियाम्।
अर्थः जन्दी में कोई काम न करें।
2. असद्भावात् भीतिः श्रेयस्करा।
अर्थः बुराई से डरना अच्छा है।
3. सज्जनैः सह संगति करणीया।
अर्थः सज्जनों की संगति अच्छी है।
4. सदा सत्यम् वद।
अर्थः सदा सच बोलो।
5. यस्मिन् कस्मिश्चिद् विश्वासं न कुरु।
अर्थः जिस किसी पर भी विश्वास न करो।



वंश शर्मा
कक्षा 7अ

सफलतायाः मूलम्

एकं गुरुकुलम् आसीत्। तत्र अनेके छात्राः पठन्ति स्म। तेषु छात्रेषु एकः बोपदेवः अपि आसीत्। बोपदेवः पठने कुशलः नासीत्। सर्वे छात्राः तमुपहसन्ति स्म। सः दुःखित अभवत् अचिन्यत् च - “अहं पठने असमर्थः। अन्ये छात्राः मामुपहसन्ति। ममाचार्यः अपि अप्रसन्नः अस्ति। अतः अहं गुरुकालात् गमिष्याति, गृहे च कृषिकार्यमेव करिष्यामि।”

सः गुरुकालात् अचलत्। मार्गे बोपदेवः एकं कूपमपश्यत् महिलाः कूपात् घटेषु जलं नयन्ति स्म। सः कूपस्य समीपे शिलासु घटान् अपश्यत्। यत्र यत्र घटाः स्थापिताः आसन्, तत्र तत्र शिलासु गर्तानि अभवन्। बोपदेवः तानि गर्तानि अपश्यत्, एकां ललनां च अवदत् - “महोदये, घटनामधः गर्तानि कथमभवन्?”

साऽवदत् - “पुत्र, वयं प्रतिदिनं घटान् शिलासु स्थापयामः। घटानां पुनः पुनः स्थापनेन शिलासु गर्तानि अभवन्॥”

तदा बोपदेवः अचिन्तयत् - “यदि कोमलाः घटाः कठोरासु शिलासु गर्तानां करणे समर्थाः, तर्हि किं पुनः पुनः अभ्यासेन अहम् विद्यायां कुशलं न भविष्यामि?”

सः पुनः गुरुकुलमागच्छत्। सः अभ्यासेन विद्यायां कुशलः महापण्डितः च अभवत्। अतः सत्यमेतत् - परिश्रमः अभ्यासः च सफलतायाः मूलम्।



कनिष्का शर्मा
कक्षा 7अ



विश्लेषणम् 'संस्कृतम्'

स अ म् स् क् ऋ त् अ म्

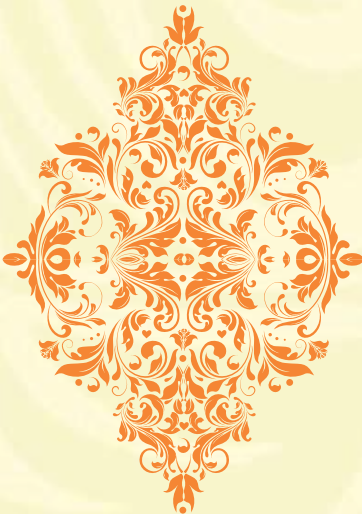
स् - संस्कार अ - अनन्तः म् - माधुर्यम्

स् - सौजन्यम् क् - कला ऋ - ऋतम्

त् - तारतम्यम् अ - अमृतम् म् - मुक्तिः

संस्कृत अनन्त अमृत माधुर्य से युक्त सच्चा संस्कार हम सब में भरती है जिससे कलात्मक ढंग से तारतम्य के साथ सांसारिक जीवन को जीते हुए त्रिविध ताप से हम सभी मुक्त होते हैं।

मंजू त्रिपाठी



नमामः ईश्वरं हि तम्

1. माता, पिता च यः भ्राता, रक्षकः पालकः तथा।
सुखं यच्छति यः नित्यम्, नमामः ईश्वरं हि तम्
2. सज्जनानां स यः बन्धुः, असहायानां सहायकः॥
दुष्टानां च यः शास्ता, नमामः ईश्वरं हि तम्॥
3. सूर्यः यस्य प्रकाशेन, दीव्यति गगने सदा।
नशयन्त्यन्धकारं च, नमामः ईश्वरं हि तम्॥
4. वायुं जलं फलं खाद्यम्, सर्वं नः यः प्रयच्छति।
बुद्धिं करोति सद्बुद्धिम्, नमामः ईश्वरं हि तम्॥
5. यच्छ बुद्धिं बलं यच्छ, सौभाग्यं यच्छ हे प्रभो।
विद्यां च नम्रता यच्छ, एषानः प्रार्थना विभो!



तुषार त्यागी
कक्षा 8बी

एहि एहि वीर रे

एहि एहि वीर रे
वीरतां विधेहि रे
भारतस्य रक्षणाय
जीवनं प्रदेहि रे॥

त्वं हि मार्गदर्शकः

त्वं हि देशरक्षकः

त्व हि शत्रुनाशकः

कालनागतक्षकः॥

साहसी सदा भवेः

वीरतां सदा भजेः

भारतीयसंस्कृति

मानसे सदा धरेः॥

पदं पदं मिलच्चलेत्

सोत्सहं मनो भवेत्

भारतस्य गौरवाय

सर्वदा जयो भवेत्॥



सिद्धि
सातवीं ब

Festivals



Achievements at Zonal Level

Co-Curricular Activities 2018-19

S.No.	Name	Class	Event	Position
1.	Ananya Malik	VII B	Paper Mache	I
2.	Gouransh	VIII A	Collage making	I
3.	Tejas Bhadoria	VII B	Drawing	I
4.	Krishna Gupta	VIII A	Collage making	I
5.	Ujjawal Parashar	VIII A	Hindi Extempore	I
6.	Tushar Tyagi	VIII B	Hindi Debate	I
7.	Tejas Bhadoria	VII B	Hindi Debate	I
8.	Harsh Kashyap	X B	Solo Classical Dance	I
9.	Shubham Singh	XI A	Essay Writing (Eng.)	I
10.	Jasmeeek Singh	X A	Solo Classical Music	I
11.	Jitender Singh	IX A	Clay Modeling	I
12.	Dhruv Bhardwaj	X A	English Poem Rect	II
13.	Gitanshi Gupta	VIII A	English Poem Recitat.	II
14.	Harshit Goyal	X B	Eng. Declamation	II
15.	Jannat	VIII A	Hindi Extempore	II
16.	Harshit Gupta	X B	Eng. Extempore	II
17.	Jannat	VIII A	English Debate	II
18.	Gitanshi Gupta`	VIII A	English Debate	II
19.	Ankit Singh	X B	Mono Acting	II
20.	Ankit Singh	X B	Hindi Debate	II
21.	Ritesh Singh Jethuri	VI A	Solo Vocal Music	II
22.	Anshum Singhal	X B	Hindi Debate	II
23.	Jitender Singh	IX A	Drawing	III
24.	Chhavi Mittal	VI A	Solo Vocal Music	III
25.	Himanshu Bhatt	VIII A	English Debate	III
26.	Mayank Budhiraja	VIII A	English Debate	III
27.	Tejas Bhadoria	VII B	English Extempore	III
28.	Tejas Bhadoria	VII B	Essay Writing (Eng.)	III
29.	Tanmay Negi	VI A	Painting	III

Achievements at District Level

Co-Curricular Activities 2018-19

S. No.	Name	Class	Event	Position
1.	Jannat	VIII A	Hindi Extempore	II
2.	Ujjawal Parashar	VIII A	Hindi Extempore	II
3.	Harsh Kashyap	X B	Solo Dance	II
4.	Krishna Gupta	VIII A	Collage Making	II
5.	Gauransh	VIII A	Collage Making	II
6.	Ananya Malik	VIII B	Paper Mache	II
7.	Harshit Goyal	X B	English Extempore	III
8.	Ritesh Singh Jethuri	VI A	Solo Vocal Music	III
9.	Gitanshi Gupta	VIII A	English Poem Recitation	III

Out Standing Performance in Sports

At Zonal Level 2018-19

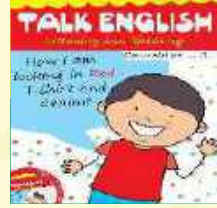
S.No.	Even	Position	Category
1.	Table Tennis	I	Junior Girls
2.	Chess	I	Senior girls
3.	Table Tennis	II	Sub-junior girls
4.	Chess	III	Junior girls
5.	Throw ball	III	Sub jr. boys
6.	Throw ball	III	Junior boys
7.	Kho-kho	III	Sub junior
8.	Table Tennis	III	Junior boys
9.	Basket ball	III	Junior boys



Class I-V



Class I-VIII



Class I-VIII



Class I-VIII



Class A,B,C I-VIII



Class I-VIII



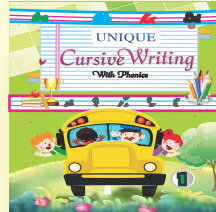
Class I-VIII



Class I-V



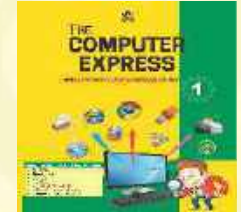
Class I-V



Class I-V



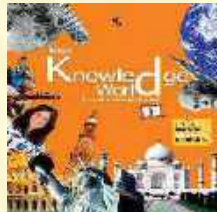
Class I-VIII



Class I-VIII



Class I-VIII



Class I-VIII



Class 0-III



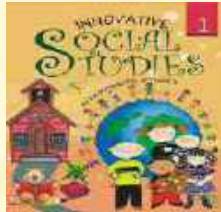
Class IX-X (A)



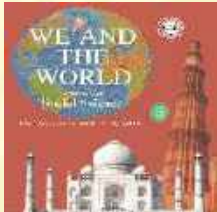
Class IX-X (B)



Class I-VIII



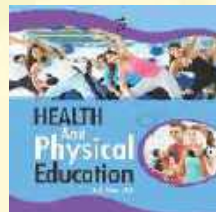
Class I-V



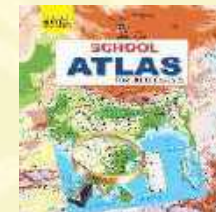
Class VI-VIII



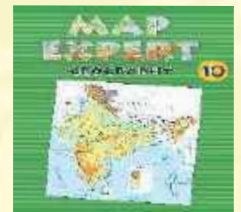
Class 0-III



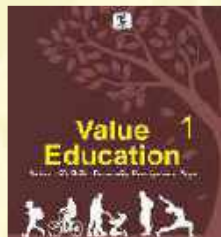
Class XI-XII



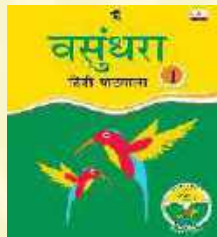
Class V-VIII



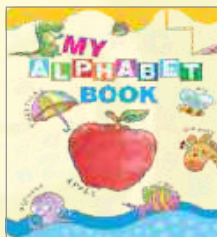
Class VI-X



Value Education 1



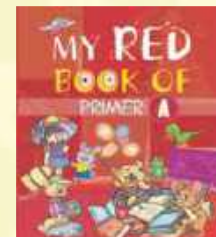
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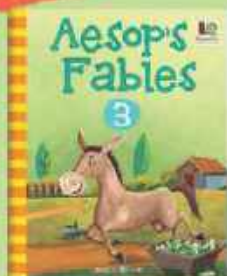
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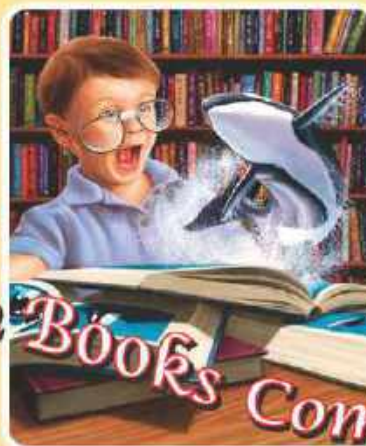
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