

REWA
2017-18



VIVEKANAND VIDYA VIHAR
MARAL SAROVAR

Vivekanand Vidya Vihar, Maral Sarovar



Academic Staff 2017-18



Message MARAL OVERSEAS LIMITED

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'There is only one purpose in Life-Education. Otherwise what is the use of Man and Woman, Land and Wealth?'

Swami Vivekananda

Education leads to the attainment of a child's full potential. Our endeavor should be to equip our students with life-skills to face challenges of the real world - be it rationalizing, analyzing, planning, organizing, decision making, team-building or communicating effectively.

There has been unprecedented explosion of information in the digital age. This has led to quest for more knowledge. It is in this light, that our school must become a platform to impart information for proper understanding of concepts, problem solving techniques and critical thinking.

Our focus is to develop our students into global citizens, with very high values, and should have the tolerance & respect for others and appreciation of diverse cultures and religions. They should be self-motivated, independent thinking and confident decision makers to take up a leadership roles in their future lives.

Education is a process of exposure, exploration, experiment and experience. Our aim is to develop young minds by spreading knowledge and dispelling the darkness within.

The present age is undergoing a metamorphosis in values and in mindsets. Gone are the days of stereotyped notions and values. The child of today is busy in exploring and would rather experience than follow blindly. We are proud of having educated thousands of young boys and girls and given them courage to live up to their ideals and pursue their dreams.

I convey my sincere felicitation to the School Management Committee, the Principal, teachers and staff members for their efforts in shaping the young minds and developing them to be leaders of tomorrow.

Wish you all the best!



Shekhar Agarwal
Managing Director
Maral Overseas Ltd.



Proud to be Indian
Privileged to be Global

REWA
2017-18

Chairman's Message



“Success comes to those who strive hard and retains with those who don’t rest on the laurels of the past.”

A school magazine is the best tool to unfold imaginations and creations of the students, teachers and highlights the achievements and milestones covered by the institution. Nowadays, schools are not only meant to gain the educational qualifications rather, these are the best expressive forum to attain the goals of excellence.

Empowerment of students for their all round development through academics is our major goal. In order to attain our goal, we have been focusing on academics as well as on infrastructures that provides the well equipped platform to go ahead in the right direction. In case of infrastructure, we have rendered outmost facilities like extension of school building, well equipped playground, national level of basketball ground, 24 hours supply of R.O. water system, air conditioned computer lab and staff room, surveillance through CCTV camera for ensuring safety of the children. Further, the school is fully compliant with the CBSE rules and regulations.

‘Excellence and values’ are our guiding principles which reflect the panorama of our institutional progress. We have realized that the future is abstract and unknown but the youth in our hands are real and can be nurtured and cultured. We wish to provide our students holistic learning experiences for life.

It was a delight to see that this year also our School replicated excellent results, 100% results in Class 12 and Class 10 which once again confirms the breadth of opportunity on offer at Vivekanand Vidya Vihar. Congratulations to all the students on this exceptional success. We are committed to provide each student with the best educational opportunities that transform into the highest academic and social achievement.

We fortunately have well committed and supportive management, dedicated teachers, caring and cooperative parents, which blend harmoniously to create child centric school which I am sure will enable our pupils to think, create and unfold the magic of ecstatic imaginations. I personally congratulate to the principal, teaching, non – teaching staff and students for their optimistic efforts in the making of REWA 2017-18.



Suresh Maheshwari
Chairman - SMC &
President of Maral Overseas Ltd.

Principal's Message



“Education is not preparation of life; Education is life itself”.

The first school of a child where he learns is his home. Parents are the first and continuing educators of their children. The joy of education is not just information but transformation of an individual, world has revolutionize almost every aspect of our education. The dynamism of education is such that it has taken LEAP from SLATE to TABLET in just 10 years. Challenges are many as 21st century learning demands much more than just classroom teaching. Since last 24 years, our prime purpose is to awaken the true potentials of our students and to convert it into their even best performance.

To attain our exclusive purpose we are constantly exploring, experimenting, experiencing, exceeding, expanding and ultimately excelling.

Excellence in education and all round development is the driving philosophy behind the success story of Vivekanand Vidya Vihar. It is an approach that

besides being spiritual and value based ensures an effective teaching learning process leading to holistic development of the child. With every passing year Vivekanand Vidya Vihar has achieved many laurels with its innovative approach.

To maintain quality and proficiency of academics the school has synchronized the ratio between teacher and student so to facilitate their personal and individual interaction on day to day basis.

I am looking forward with greater vision and greater sense of direction to establish even higher benchmark in time to come for vivekanand vidya vihar. Our zeal and zest are pushing towards new horizon of possibilities.

My sincere thanks to the editorial board students & teachers for their incredible efforts for the publication of “REWA”.

Best wishes to all the read

 **Sandeep Panat**
Principal

Out Going Batch



Class - XII (Science)



Class - XII (Commerce)



Editorial Board

Climate Change : Global Crisis

In present day, the greatest problem of the world is global crisis, which involve problems like : Environmental pollution, global warming, natural calamities like : Earthquake, cyclones, famines, epidemics, etc.

Environment Safety and make it green is the urgent need of today. We need to maintain its naturality more than the Speed we have destroyed it. Misbalancing the natural cycle of the environment is leading towards the destruction of life from this planet.

Fundamentally, if you look at where the environment issues are coming from, its all because of humans and our impact on other life forms such as plants and animals. There are several species of birds and animals that have been exterminated or endangered as a result of humans killing them or destroying their habitat.

I believe that, "Saving one animal won't change the world, but it will change the world for that one animal".

Deforestation should be stopped and forestation or forestry should be developed, because human had destroyed about 50% of original forest covered.

Climate change is happening, humans are causing it and I think this is perhaps the most serious environmental issues faced by all of us, Recent example : "Heavy rains, Snowfall trigger flood like situation in jammu and Kashmir".

I believe global warming and climate change are real threats to our planet and the truth is, as most of us know, that global warming is real and humans are major contributors, mainly because we wastefully burn fossil fuels.

Inequalities among rich people and poor people is also a factor causing global crisis, because there are 90% people having only 10% of money and there are 10% people who have 90% of money. Only poor people suffer from this because they live in unhygienic condition, drink low quality of water and even they

are not able to have their basic needs. and if you refuse to listen to the cry of the poor, your own cry for help will not be heard. I think no one has ever become poor by giving.

"We can't help everyone,
But everyone can help someone"

if we're destroying our trees and destroying our environment and hurting animals and hurting one another and all that stuff, there's got to be a very powerful energy to fight that, I think

We need more love in the world, we need more kindness, more compassion, more joy, more laughter. I definitely want to contribute to that and I also want you to contribute, as there are two kinds of people in this world "Givers and takers" the takers may eat better, but the givers sleep better.

there are many ways by which we can reduce pollution. By reducing the amount we buy, reusing and repairing items wherever possible and recycling as much as we can will all help to reduce the amount of waste dumped in the environment

"if we are going to improve the quality of the environment, then the only way forward is to get everybody involved."

I firmly believe the environmental issues cannot be addressed without extensive public participation, so "be a part of the solution not the part of pollution." At least do not ruin the life of those tree, depending on whom we live, lets prove that we are humans.

You wouldn't think you could kill an ocean, would you? But well do it one day. that's how negligent we are. Each and Every one of us can make changes in the way we live our lives and become part of the solution

Name :- Anchal Jaswan

Class :- X

Panel :- 5

(Seeds of Exhibition)

Student's Council



Post	Boy	Girl
Head Boy/Girl	Prajwal Mishra	Muskan Solanki
Sports Captain	Pushpendra Singh	Tisha Patidar
Discipline In-charge	Amin Khan	Ayushi Patidar
Cultural In-charge	Pavitra Sharma	Samidha Mishra
Assembly In-charge	Akshat Joshi	Surabhi Gangrade
School Prefect	Manindar Pal Singh	-

House Captain

Post	Bhabha House		Raman House		Vikram House	
	Boy	Girl	Boy	Girl	Boy	Girl
Head Boy/Girl	Sudeep Singh	Pooja Rathore	Ajay Bist	Sunidhi Chouhan	Hritik Jain	Krishna Yadav
Sports Captain	Abhay Patidar	Neena Patidar	Raghwan Patidar	Payal Jamra	Balwant Chouhan	Rupali Das
Discipline In-charge	Ashutosh Kanungo	Akansha Patidar	Janak Gupta	Muskan Gupta	Luptesh Verma	Megha Yadav
Cultural In-charge	Ankit Patidar	Shreya Soni	Sourabh Tomar	Shubhangi Sharma	Abhishek Rathod	Nandini Dave
Assembly In-charge	Ankit Mishra	Bhumika Sisodiya	Krati Rathore	Diksha Goyal	-	Yashika Lakhotiya Aditi Soni

Toppers 2017 - 10 C.G.P.A.

Class Ist A



Aradhya Gupta
10 CGPA



Deepak Malik
10 CGPA



Drona Jha
10 CGPA



Drona Jha
10 CGPA



Ishita Das
10 CGPA



Jagriti Patel
10 CGPA



Kyara Gupta
10 CGPA



Yashika Patidar
10 CGPA



Manisha Shekhawat
10 CGPA

Class IInd A



Manisha Shekhawat
10 CGPA



Aakash Sharma
10 CGPA



Ishan Rathod
10 CGPA



Kanav Gupta
10 CGPA



Kavya Nair
10 CGPA



Sanat Ku. Bhanja
10 CGPA



Tanishka Saraf
10 CGPA



Vidharvata Saraf
10 CGPA



Tapanwinee Choudhary
10 CGPA

Toppers 2017 - 10 C.G.P.A.

Class IIInd B



Narayan Shahoo
10 CGPA



Nikita Gupta
10 CGPA



Nilesh Yadav
10 CGPA



Aayush Raj Thakur
10 CGPA



Chayan Goyal
10 CGPA



Kalpesh Khairnar
10 CGPA



Vedika Jain
10 CGPA

Class IIInd



Pratha Singh
10 CGPA



Kartik Goyal
10 CGPA



Ridhima Singh
10 CGPA



Harsh Tiwari
10 CGPA



Purvi Lakhota
10 CGPA

Class IV



Sukrut Mahajan
10 CGPA



Samridhi Rana
10 CGPA



Kartik Gupta
10 CGPA



Aadish Jain
10 CGPA

Toppers 2017 - 10 C.G.P.A.
Class Vth A



Arayanshi Barwey
10 CGPA



Piyush Solanki
10 CGPA



Prakhar Gupta
10 CGPA



Radhika Patel
10 CGPA



Shaily Patidar
10 CGPA



Shruti Singh
10 CGPA



Siddhi Barde
10 CGPA



Subhshree Kar
10 CGPA



Sujal Doshi
10 CGPA

Class Vth B *Class VIth A*



Athrava Singh Patel
10 CGPA



Harsh Tiwari
10 CGPA



Nihal Singh
10 CGPA



Anurag Gupta
10 CGPA



Pratham Jain
10 CGPA



Shruti Patidar
10 CGPA



Sushree Simran Ranbir
10 CGPA



Ankita Gupta
10 CGPA

Toppers 2017 - 10 C.G.P.A.

Class VIth B



Khushi Pathak
10 CGPA



Paragi Gawshinde
10 CGPA



Raina Kushwah
10 CGPA



Vedika Patil
10 CGPA

Class VIIth A



Aliya Gupta
10 CGPA



Anubhav Paswan
10 CGPA



Nehal Fating
10 CGPA



Pratham Singh
10 CGPA



Pratyaksh Mishra
10 CGPA



Utkarsh Singh
10 CGPA

Class VIIth B



Rohit Sisodiya
10 CGPA



Rohit Solanki
10 CGPA



Sukrati Panat
10 CGPA



Tanisha Rathore
10 CGPA



Rakshit Sharma
10 CGPA

Toppers 2017 - 10 C.G.P.A.

Class VIIIth



Diksha Goyal
10 CGPA



Divya Tiwari
10 CGPA



Nandini Chouhan
10 CGPA



Neha Chouhan
10 CGPA



Vidhi Vajpai
10 CGPA



Yashika Lakhota
10 CGPA

Class X



Bhumika Sisodiya
10 CGPA



Daksh Kushwah
10 CGPA



Narayan Sharma
10 CGPA



Prakhar Surana
10 CGPA



Shreya Soni
10 CGPA



Yash Yadav
10 CGPA

Toppers 2017

Class Xth Science



Prajwal Mishra
94.6 %



Samidha Mishra
88%



Sourabh Tanwar
88.4%



Surabhi Gangrade
88.4 %

Class Xth Commerce



Amin Khan
75.2 %



Kashish Gupta
79%



Krishna Yadav
77.9%



Shubham Solanki
74.3 %



Vinit Kumar Shah
79.2%

Class XIIth Science



Nimisha
90.80%



Prashant
90.40%



Shriya
90.20 %



Sanyog
88.80 %



.Jaya
88.60 %



Rani
88.20 %



Pradhyaman
88.00 %



Devesh
87.80 %



Pankaj
87.80 %



Garima
87.40 %



VIVEKANAND VIDYA VIHAR

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REWA
2017-18

Patron

Mr. Shekhar Agrawal

(Managing Director)

Inspiration

Mr. Suresh Maheshwari

(Chairman - SMC & President - MOL)

Strength

Mr. Sandeep Panat

Principal

Editorial Board

English

Mr. Bhupendrasing Pawar

Mr. Prashant Bhadane



Hindi

Mr. R.K. Sharma

Mrs. Kiran Mishra

Mrs. Meenakshi Panat

Mrs. Sonal Soniya

Student Editors

Miss. Stuti Pandit

Miss. Bhumika Sisodiya

Miss. Hetal Parmar

Mast. Abhinav Singh

Mast. Ankit Mishra

Editorial

**"Talk to yourself once in a day
Otherwise, you may miss meeting
an excellent person in this world".**



We are pleased to present to you the issue of 'REWA' the school magazine of Vivekanand Vidya Vihar School. Here, we have tried to put an exhilarating flashback of the past events and achievements during the session 2017-18. Firstly, I would like to render the gratefulness and gratitude to the principal, management, school management committee and to each and everyone who shared their even single word contribution in the making of 'REWA'.

The prominent objective behind it is to recognize and appreciate the fine blend of sensibilities in a child and thus this magazine is to be viewed as a launch pad for the children's creative urges to blossom naturally.

I find writing as the most valuable literary expression. It provides a great platform to vent out student's passion for writing and encourage their original thinking & innovative ideas. Students have been trying to put amazing pieces of writing displaying their extra – ordinary thinking & writing skill. I was extremely surprised at the exultant approbation of the students towards their spontaneous involvement in it. It shows the creative access of the students in the emerging competitive era against the conventional methodologies of education.

I am very thankful to all the blooming writers who have responded to my call and penned their ideas for the magazine. We welcome comments and suggestions which will enable us to undertake further revision and refinement.

Finally, from the entire team of "REWA" I wish you all the readers a happy reading.

Wish you Happy New Year
WITH BEST COMPLIMENTS



Bhupendrasing Pawar

P.G.T. English

Annual Vista of Activities

April

Summer Camp :-

"The biggest adventure you can take is to live the life of your dreams"

Summer camp, a supervised program for student conducted during summer months for the student of all zones. The aspirations of this camp were educational, athletic & cultural development of individual & allow children to learn proficiency in a safe and nurturing environment.



June

World Yoga Day :-

"Yoga means addition- addition of energy, strength & beauty to body, mind & soul." International Day of Yoga, or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. On 21st of June our school celebrated World Yoga Day. The original context of this day was spiritual development practices to train the body & mind. The purpose of Yoga was to cultivate discernment, awareness, self – regulation & higher consciousness in the individual.



August

Seeds of Hope :-

Seeds of Hope, an exhibition organised by "Soka Gakkai International" in collaboration with the "Earth Charter" to create awareness about environment among people. The function was presided by the chief guest Mr. Rishikesh T Krishnan, director of IIM Indore. There were about 24 panels, each construing environmental consequences. It was visited by the most of the parents, teachers and students of the vicinity. It stresses interconnectedness with the rest of the community of



life and the need to broaden our sphere of compassion & concern for the environment.

Janmashtami :-

The birthday of Lord Krishna was celebrated with great feeling of zest and spirituality. Students participated in the most enthusiastic event of 'Matki Phod' and enjoyed it a lot. Enjoyment was at its peak. Various cultural programs like music and dance were performed on the stage. The main attraction was the 'Radha-Krishna race'. The decorated flutes, crowns, matkis and other adornments of Lord Krishna were exhibited in the assembly ground.



September



Teachers' Day:-

" A teacher nourishes the soul of a child for lifetime."

The whole school family celebrated this day with great zeal and affection .The Students also acted as teachers to get a fair idea of responsibilities so efficiently handled by teachers . The teachers were esteemed by gifts and greetings by the students. The teachers on this day remained nostalgic about their school days. The students also put up several fun-filled activities for the teachers.



October

Swachhta Abhiyan :-

"Cleanliness is the only solution to stay away of diseases."

Swachhta Abhiyan was organised on the occasion of Gandhi Jayanti. The students participated in this cleanliness drive with enthusiasm. After cleaning the school campus, the students then organised clean-up drive along the banks of Narmada river, Khalghat and gave their contribution to the Swachhta Abhiyan. Students of the school felt indefatigable participating in such a widespread welfare program that is initiated by our Prime Minister.



November

Interschool Volleyball Competition :-

"Don't fire your opponents up. If they're down, don't tick them off. Let them stay down."

Vivekanand Vidya Vihar organised interschool volleyball competition under the banner of Nimar Sahodaya School Complex. It was the vigorous and robustious event of sports activity in which nearby 13 CBSE schools participated under the senior category of boys and girls respectively. The matches of event were played for two days and the final matches were played on the last day.



December

Trip to Kalakund :

"Nature is not a place to visit, it is a home."

"Where fingertips are taught to see," NatureCamp is an academic camp that emphasizes hands-on, field-based, experiential learning. Campers learn in a variety of settings, including classrooms both inside and out. An educational-cum-adventurous excursion was organised by the school for the students of classes 7th to 12th to participate in various adventurous sports such as rappelling, rock climbing, trekking, valley crossing and got a closer experience with the beautiful mother nature at Kalakund, near Indore.



(22 Dec. 2017)



Annual Fete



"Without the element of enjoyment, it is not worth trying to excel at anything."

Interschool Classical Dance Competition was organised under the aegis of Nimar Sahodaya School Complex comprising the event of annual fete 2017. Almost 9 CBSE schools of the vicinity participated in this competition. The function was presided by the chief guest of the programme Mr. S.C. Maheshwari, President, MOL and special guest Mrs. Nirmala Maheshwari along with revered dignitaries. It was full of enthusiasm and entertainment. Several stalls were put up by respective classes with many exciting and amazing games and rewards. Parents and children enjoyed the event thoroughly. The carnival started with enjoyment and ended with lots of happiness.

Bhabha House

The session 2017-18 was full of achievements and accomplishments for our house. The performance of our house in different activities was satisfactory. With our dedication and devotion we have profusely hoisted our flag over there. We set our best efforts to maintain our pinnacle position among our competitors. We excelled in co-curricular activities under the able stewardship of the following members :-

House Master :- Mr. Lokesh Patidar

House Members :- Mrs. Nisha Rathore, Mrs. Meenakshi Panat, Mrs. Sheetal Jain, Mrs. Pravati Parida, Mr. Bhupendra Singh Pawar, Mr. Jitendra Yadav and Mr. Prashant Bhadane.

House Captians :- Sudeep Singh (Boys)
Pooja Rathore (Girls)

Competition	Level	Student	Class	Position
Hindi Debate	Junior	Pratyaksh Mishra Sukrati Panat	8 th 8 th	Second First
	Senior	Nandini Sharma Tisha Patni	9 th 10 th	Second Second
English Extempore	Sub Junior	Reva Gupta	5 th	Third
	Junior	Sukrati Panat	8 th	Second
Mehendi Competition	Sub Junior	Mahenoor Khan	5 th	First
	Junior	Aditi Rathore	6 th	Second
	Senior	Pooja Rathore	12 th	Second
Solo Dance	Sub Junior	Yashraj Tiwari	5 th	Third
	Junior	Sukrati Panat	8 th	First
	Senior	Shreya Soni	11 th	Second
Hindi Extempore	Sub Junior	Yashraj Tiwari	5 th	First
	Senior	Tisha Patni Muskan Solanki	10 th 12 th	First Second

The circumstances seemed to be difficult at the beginning but as we broke in with full commitment we outshined ourselves. We struggled and proved our potential. All these achievements would be impossible without our committed and proficient student members. I am very grateful for the kind of support and co-operation we got from our member teachers and also would like to thank the fellow students for their outstanding performance throughout the session.

Mr. Lokesh Patidar
House Master

Vikram House

The new academic year 2017-18 brought with new hopes, challenges, joy and definitely new obligations and responsibilities. Although success was not achieved in every field, Vikram House never believed in surrendering before difficulties.

House Master :- Mr. Anadi Joshi

House Members :- Mrs. Antimbala Gangrade, Mrs. Sandhya Shukla, Mrs. Harshika Upadhyay, Mrs. Chhaya Chhavi Jha, Mrs. Monika Pandey

House Captains :- Hritik Jain (Boys)
Krishna Yadav (Girls)

Competition	Level	Student	Class	Position
Hindi Debate	Junior	Shaily Patidar Aryanshi Barve	6 th 6 th	Third Third
	Senior	Divya Tiwari Ritika Prasad	9 th 10 th	Third Second
English Extempore	Sub Junior	Khanak Gupta	5 th	First
	Senioe	Ritika Prasad	10 th	Third
Mehendi Competition	Sub Junior	Vedant Hangare Shailey Patidar	5 th	Second
	Junior	Ankita Gupta	6 th	Third
	Senior	Muskan Patil Shivangi Rathore	12 th 12 th	First Third
Solo Dance	Sub junior	Khanak Gupta	5 th	Second
	Junior	Sanjeevani Dhere	8 th	Second
	Senior	Prachita Gawshinde	11 th	First
Hindi Extempore	Sub junior	Khanak Gupta	5 th	Second
	Senior	Aryanshi Barve	6 th	Third

I, being the in charge of the house, imparted motivation in our students to aim high. We got a stunning beginning but the competition scenario became demanding later on. Our students excelled in such a stiff competition. The session was a memorable one for us. At last, I would like to extend my thanks to our house members and the students for their collaborations to the house.

Mr. Anadi Joshi
House Master

Raman House

Raman house faced very tough challenges against the assiduous efforts of the rest of the houses in the session 2017-18. As we know that no pain-no gain, it is the absolute truth but Raman House stood as a better competitor. All the students of Raman House showed their competency and tried to prove their caliber. I am very thankful to the teacher members of the house for their inspiration & motivation.

House Master :- Mr. Kumar Gorav Dubey

House Members :- Mrs. Kiran Mishra , Miss N.K Saini, Mrs. Sonali Fating , Mrs. Neelam Sharma, Mr. Akshay Jain, Mr. Ashish Masnekar, Miss Neha Sharma

House Captains :- Ajay Bisht (Boys)
Sunidhi Chouhan (Girls)

Competition	Level	Student	Class	Position
Hindi Debate	Junior	Aliya Gupta Paragi Gawshinde	8 th 7 th	First Second
	Senior	Diksha Goyal Anchal Paswan	9 th 10 th	First First
English Extempore	Sub Junior	Sukrat Mahajan Kartik Goyal	5 th 6 th	Second Third
	Junior	Aliya Gupta	8 th	First
	Senior	Diksha Goyal Anchal Paswan	9 th 10 th	First Second
Mehendi Competition	Sub Junior	Kartik Goyal	5 th	Third
	Junior	Ishika Chouhan	8 th	First
Solo Dance	Sub Junior	Pratha Singh	4 th	First
	Junior	Paragi Gawshinde	7 th	Third
	Senior	Shubhangi Sharma	11	Third
Hindi Extempore	Sub Junior	Samraddhi Rana	5 th	Second
	Junior	Shruti Singh	6 th	First
	Senior	Himanshi Patel	9 th	Third

Being the in charge of Raman House, I render my appreciation and gratitude towards all the members associated with the house to put in heart and soul in participating in the competition. We are very confident that this year we would excel among our competitors and all the credit for this goes to our extremely talented student. We really strived hard to achieve success in the competitions. Besides all the difficulties, this year was really admirable and heart- wrenching. I am very grateful to all the member teachers and students for their achievements.

Mr. Kumar Gorav Dubey
House Master

Report On Workshops

CBSE Workshop : The school always felt to march ahead in sharpening the skills & teaching techniques of the faculties that enables the enrichment and growth of the institution. Dr. Ira Bafna engaged the workshop on the topic “Classroom Management & Success Mantra” on 9th June 2017. She taught the new concepts of educational pedagogy and child centric methodologies. It was really outstanding event in which several tasks were given to do as the part of the games. It seemed to be very relevant & fruitful workshop for the teachers that will be very helpful for them to implement in their respective classes during teaching-learning process.



AIL Workshop : Art integrated learning workshop was conducted by the LNJ Group at New Delhi on 25 to 27 Aug 2017. Mr. Ashok Arora engaged the workshop as mentor and guided the teachers on the various teaching techniques. Seven teachers from vivekanand Vidya Vihar attended the workshop at New Delhi. In order to carry out the notion of optimism & motivation, the movie “Yeh Sambhav Hai” was displayed and teachers got encouraged throughout the session. It was the facilitative workshop that seemed to be utilitarian that can integrate several teaching techniques as unique and really assistive in many directions. Teachers rendered their feedback positively and showed the feeling of contentment.



Vocal Workshop : *“Rhythm and Harmony find their way into the inward places of the soul”. The spellbinding vocal workshop was engaged by the renowned artist Pandit Bhuvnesh Komkali on 15 – 17th November 2017 under the aegis of SPIC MACAY. Artists shared their experiences with the students and taught musical variations in their 3 days workshop. Batches of 25 students attended the workshop simultaneously following the school schedule. It was memorable event to each & everyone. The programme was mesmerizing and concluded with the presence of renowned dignitaries.*



CBSE Workshop : *Mrs. Kanchan Sood, very genius and extra ordinary personality engaged the workshop on 15th December 2017 on the topic “Class Room Management and Stress Free Environment”. She organized several educational activities & games in which teachers showed their enthusiastic participation and tried to assimilate the new concepts of pedagogy. Teachers realized the value of stress free environment and learn the innovative methods of educational panorama.*





Subject - Wise Workshops : Nimar Sahodaya School complex is the forum consisting more than 50 schools in the vicinity always feel being privileged by organizing the subject wise workshop in its respective CBSE schools every year. Teachers of Vivekanand Vidya Vihar attended the subject wise workshop at the different places and keep themselves updated with new modern concepts of teaching – learning process. The details of the workshop attended by the teachers are as follow:

- i) Hindi Workshop was organized at the Foodie restaurant Dhamnod on 28 oct 2017. Mrs. Minakshi Panat, Mrs. Kiran Mishra attended the workshop from Vivekanand Vidya Vihar school.
- ii) Gautam International School, Dhar organized the workshop on the topic “Class Room Management” on 3 – 4 November 2017. Mr. Anadi Joshi, Mrs. Nisha Rathore, Mr. Ashish Masnekar and Jitendra Yadav attended the workshop from Vivekanand Vidya Vihar school.
- iii) Gyan Ganga International school organized the seminar on 16 December 2017 on the topic “Remolded structures of CBSE exam”. Mr. Akshay Jain attended the seminar on the behalf Vivekanand Vidya Vihar school.
- iv) Mr. Anshul Atre (PGT) attended the workshop at Raddison Hotel, Indore that was organized by Smart Class Pvt. Ltd on 11-12-2017.

'The Fox And The Stork'



A Fox wanted to tease a Stork. He invited the Stork to meals. The Stork accepted. The Fox prepared a soup and served the soup in a big flat plate. He said, "Let's start our meals", and began lapping. He looked at the Stork and asked, "Isn't the soup delicious? You like it, don't you?"

The Stork could only smell the flavour. She wasn't able to drink the soup with her long beak from the flat plate. She understood that the fox was teasing her. She looked helplessly while the Fox was just enjoying himself.

After they had finished, the Stork invited the Fox. The Fox said, "I would come". So, a few days later, the Stork prepared soup and, now, she served in a long jug with a narrow mouth.

Now, the Fox could not drink from the jug. But the Stork drank comfortably and said, "What a nice soup! I prepared this especially for you. Please don't feel shy. Have as much as you want".

The Fox now felt he was paying for his mischief.

Moral:- Tit for tat.

Shruti Patidar

VI - B

'I Miss You Daddy...'

'I Miss You Daddy...'

Dear Father in Heaven,
Is my Daddy there with you?
Will you tell him that I love him,
And I really miss him, too ?
I know how much he suffered,
His last days here with me.
I'd never want him back again,
If that's how it's meant to be.
But if you would please grant me,
An answer to my prayer.
Would you let me keep the memories,
Of all the good times that we shared?
The times he'd say he loves me,
With the twinkle in his eye.
And how he'd always hug me,
Before I said good-bye.
And one more thing Dear Father,
I want to thank you God from the heart,
For giving me a Daddy,
Though now we are apart.
'I LOVE YOU DAD'

Deepak Jadhav
XII - A



'10 Life Philosophies for Peace Of Mind'

Life is full of stress and it can be hard to achieve peace of mind. Many people don't even remember the last time they felt at peace.

Here are 10 quotes that can be adopted as life philosophies.

- "Happiness is a choice!"
- "Be yourself, everyone else is already taken."
- "This too shall pass."
- "Live life with no guilt, guilt is to the spirit, what pain is to the body."
- "Don't worry."
- Worrying won't stop the Bad stuff from happening, it just stops you from enjoying the Good."
- "Forgive others, not because they deserve forgiveness, but because deserve peace."
- "Stop letting fear rule your life."
- "Value your time."
- Time is free, but it's priceless, you can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back."
- "Set goals. Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goal."
- "Be grateful It is not joy that makes us grateful, it is gratitude that makes us joyful."

Kartik Goyal
IV



'Greeting Seasons'



Summer, summer, summer's here!
I love it in the hot!
Goodbye, cold wet winter days,
Do I miss you? I do not!
Summer, summer, summer's here!
Not a single drop of rain.
Sweating, sweating all the day,
It's horrid-such a pain!
Rain, rain, rainy days,
Monsoon showers are great!
Kick off your shoes, come play outside,
Homework will have to wait!
Rain, rain go away!
This is not much fun.
Clouds, clouds every day,
Not a single ray of sun.
Now that winter's here it's cool!
Wearing woollen coats and socks.
Wrapping up to go to schools,
Winter really rocks!
Brr, brr, I hate the cold,
Roll on summertime.
I really miss those long hot days,
And that lovely warm sunshine.
Summer, summer, summer's here!
I love it in the hot!
Goodbye, cold wet winter days,
Do I miss you? I do not!

Radhika Patidar
VI - B

Friendship



Accepts you as you are
 Believes in "you"
 Calls you just to say "hi"
 Doesn't give up on you
 Envision the whole of you
 Forgive your mistake
 Gives unconditionally
 Helps you
 Invites you over
 Just "be" with you
 Keep you close at heart
 Loves you for who you are
 Makes a difference in your life
 Never judge
 Offer support
 Picks you up
 Quiets your fears
 Raises your fears
 Says nice things about you
 Tells you the truth when you need it
 Understands you
 Values you
 Walks beside you
 Explains thing you don't understand
 Yells when you won't listen
 Zaps you back to reality

Neena Patidar
XII - A

Quotes

1. Don't share your top secrets with any one because if you yourself can't keep it , don't expect somebody else to keep it.
2. Happiness is like a butterfly ,you run after it and it keeps flying away, if you stand still, it come and sits on your shoulder.
3. If you want something which you never had before do something which you never did before.
4. A broken trust can be described as a melted chocolate no matter how hard you freeze it, it will never return to its true shape.
5. See the clock only when you have no work don't see the clock when you are working, clock is lock for success.

Akanksha Patidar
XII - A

Dance

Dance is an important facet of learning. It is an art which relaxes our body, mind and soul. It gives a sense of satisfaction and eternal bliss. The acronym of dance can be expressed as

D - Discipline

A - Attitude

N - New

C – Confidence

E – Expression

The two most important things without which dance is incomplete are expression and the posture.

Prachita Gavshinde
XII - A



Brain Game

- 1) What occurs once in every minute, twice in every moment, but never in a thousand year?
- 2) When you have three, you have three. When you have two , you have two but when you have one , you have one .
- 3) 1 is 3
3 is 5
5 is 4
4 is 4
What is 7?
- 4) Where can you find august before July ?
- 5) Some months have 31 days; how many have 28?
- 6) What's then answer when you divide 30 by $\frac{1}{2}$ and add 10?
- 7) We see it once in a year, twice in a week, and never in a day. What is it?

ANSWERS

- 1) The letter "M" 2) Choices 3) 7 is 5
- 4) In the dictionary 5) They all do 6) 70
- 7) The letter "E"

Saloni Patidar
XII A

Way of life

Journey is tough and full of falls,
but courage will sail us all.
Everyday, we take an oath,
we will continue our growth.
Life may try to take a test,
we will move on and never rest.
To face life with all our might,
we pledge to take the path right.

Garima Patidar
XI A

Mother

A WONDERFUL GIFT OF GOD
Mother my mother
She is so sweet and gentle
When I go to sleep
She gives me a goodnight kiss.
She speaks very softly
When I am afraid
She gives me confidence
She is like a lamp in my life,
which is shinning every time.
Without her, I am nothing in this world.
She teaches me to do everything
So, I don't want to lose my mother
Mother, my mother!
I love you so much
As you care I too care for you very much!

Bhumika Sissoiya
XI A



Information About 26 January



- 26 Jan 1534 – Babar died.
- 26 Jan 1554 – Birth of Jahangir.
- 26 Jan 1792 – War between Tipu Sultan and Britishers.
- 26 Jan 1876 – First rail from Kolkata to Mumbai.
- 26 Jan 1926 – Pt. Nehru asked British government to give freedom to India.
- 26 Jan 1930 – Indian took pledge to attain independence.
- 26 Jan 1950 – Our country became republic.
- 26 Jan 1969 – Rajdhani Express was flagged off.
- 26 Jan 2001 – Earthquake in Gujarat.

Abhishek singh
X - A

Oh! Examination

Oh! Its examination, must study with
concentration,
English with its composition, Hindi with its
recitation,
Maths with calculation, biology with its mal-
nutrition,
Physics with its observation, Chemistry with
its long reaction,
And not a single moment for relaxation, oh! Its
examination

Ashutosh Kanungo
XI - A

Blessing

God please give me your Grace,
So that I can work with full pace.
God never make me selfish & greedy,
So that I can always help a needy.
Help me to respect everyone,
So that I can have my enemy as none.
God never make me lazy,
So give me hard work which should make me busy.
God, I must bow before my elder,
Which should make me feel gladder.
God please make me pure & humble,
So that I never feel any trouble.
God I should never try to cheat other,
& treat everyone in this world as my brother.
Help me to save my mother EARTH & nature,
For that I should love every creature.
I should always be eager to learn,
So that I can make my life full of fun.
Please God give me your blessings for everything,
So I could never do a wrong thing.

Atharva Bajaj
XI -A



Why is Physical Activity Important

Regular Physical activity can produce long term health benefits. People of all age, shape, size, and abilities can be benefited. The physical activity is directly proportional to health benefits. Physical activities can help us in the ways listed below :

- ✎ Increase chances of living longer.
- ✎ Feel good factor .
- ✎ Decrease chances of becoming depressed .
- ✎ Sound sleep at night .
- ✎ Ease of movement .
- ✎ Stronger muscles and bones .
- ✎ Stay healthy with proper bodyweight .
- ✎ Self enjoyment and fun

When you are not physically active ,you are like to : -

- ✎ Get heart diseases .
- ✎ Have high blood pressure .
- ✎ Have high blood cholesterol .
- ✎ Suffer a stroke .

Some type of physical activities which are specially beneficial

- ✎ Aerobic activities make breathing easy and heart beat faster . Aerobic activity can be moderate or vigorous in intensity . Vigorous activities take more effort than moderate ones . While doing moderate activities you can only say few words while exercising , without stopping to catch your breath .
- ✎ Muscle strengthening activities make muscles stronger . These include activities like push ups and lifting free weight .

Bone strengthening activities make bones stronger . Bone strengthening activities like



jumping are especially beneficial for children and adolescents . These activities promote bone growth and strength .

Physical education plays a vital role in the development and growth of a person .

According to recent medical studies , physical well being of a person is directly related to his or her performance whether in class or in the office .

Abhinav Singh
XI - A

'Never Lose Hope..'

Once upon a time, a middle aged man lost his job and was looking for a job to support his living. In newspaper he found that a job of 'Office Boy' is available. He needed a job badly, so, he applied for the post of 'Office Boy' at a very big firm. Next day, he was called for the interview. Manager interviewed him and gave him a test. Man cleared the test.

Manager said, "You are hired. Now give me your email address, so that I can send you further details and your joining letter."

Man replied, "Sir, I don't have a computer and neither do I have any email address."

Manager replied, "What..? In present time, if you don't have an email ID that means you don't exist and that means you can't get this job. I'm sorry but you are not hired."

Man left. He didn't know what to do as he had only Rs 200 left in his pocket and no job. He had no hope of getting any other job soon. He didn't know what to do. He didn't want to go home without any job. He thought for a while... Then he decided to go to supermarket and buy 10 kg veggies with that money and then went door to door to sell those veggies. Till evening, he was able to sell off all those veggies and even double up his money.

This made him realise that he can survive by this and started to go to supermarket everyday, early in the morning and buy fresh veggies and then whole day he would sell them going door to door and by evening he would sell all those veggies, he brought in the morning.

He worked very hard, everyday and with his determination and persistence. Just in 5 years, he became a well established businessman. Now, he had his own fleet of delivery vehicles and became one of the biggest food chain retailers in the US market.

One day, he decided to have life insurance for his family and himself. He called an insurance

consultant. After all discussions, consultant asked him about his email address.

Man replied, "I don't have an email address."

Consultant was surprised and said, "You don't have an email address and yet you succeeded to build an empire. Can you imagine, what you could have alone and what you could be if you had an email address."

Man thought for a moment and replied, "An office boy..!!"

Moral : If we seek for something and don't get it, we should not lose hope.. we don't know what destiny had in store of us.

"Never lose hope and keep trying."

Samidha Mishra

XII - A

SOME PECULIAR HEIGHTS

HEIGHT OF HEIGHTS

Amitabh Bacchchan standing on the Mount Everest.

HEIGHT OF SELFISHNESS

My parents did not invite me to their wedding.

HEIGHT OF COINCIDENCE

My mother and father were married on the same day, same time and even at same place.

HEIGHT OF WORRY

A pimple on dimple on the right cheek of an out.

HEIGHT OF PHILOSOPHY

A blind man, wearing sunglasses , searching for a black cat in a dark room which is not there.

Heena Patidar

XII A

'Place Of Women In Indian Society'

A woman is an architect of society. Her strength in totality contributes in the making of an ideal family, ideal society and an ideal state.

Many women all over the world have proved themselves as dynamic, vibrant, sincere and perfect in many fields. Their efforts and role in shaping a nation's development have proved that women are in no way inferior to men.

Women such as Indira Gandhi, Vijay Luxmi Pandit, Kiran Bedi shaped their own destiny as well as their country's destiny in such an efficient manner that made the whole society proud of them.

Mary Kom, Sania Mirza, Saina Nehwal, Sumitra Mahazan, have made their presence strongly felt in their respective fields. Recently, India had its first-three women air force pilot of the country, which is another milestone achieved by the women. They are actively participating in the personal and professional sphere. Role of women in modern India can be called as phenomenal.

Arundhati Bhattacharya, Kiran Mazumdar Shaw, Nisaba Godrej are some of the women who are contributing in their unique way in economic journey of India as CEOs or heads of various organisations and financial institutions.

The modern women are inclined towards the social issues and trying hard to improve the social status of women at large. Increased awareness and education have inspired women to come out of the four walls of the home.

Swami Vivekanand has rightly quoted "There is no chance for the welfare of world unless the condition of women is improved. It is not possible for a bird to fly on only one wing".

Ankit Mishra
XI - A

"Indian Army"



I signed a contract with the state
to use my body as they will.
My mind they did manipulate.
In the name of freedom, I would kill.
I never questioned right or wrong.
Obeyed all orders without thought.
I strove to be Army strong.
My loyalty and heart were bought.
The flag I served flew overhead.
My uniform bespoke my pride.
A true soldier born and bred,
I marched on while others died.
As time went on, before my eyes,
I saw a different point of view.
I prayed to God my soul baptize,
wash clean my sins, be born a new.
I threw down my master's glove.
I left the life of blood and sword.
My orders still come from above,
but now I serve the Lord.

Jatin Yadav
XII - A

Controlling Temper

once there was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence.

The first day the boy had driven 37 nails, into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily, gradually dwindled down. He discovered it was easier to hold his temper than to drive those nail into the fence. Finally, the day come when the boy didn't lose his temper at all. He told his father about it and the father suggested the boy that now pulls out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said "You have done well my son. But look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one."

MORAL - You can put a knife in a man and draw it out. It won't matter how many time you said I'm sorry, the wound is still there. Make sure you control your temper, the next time, you are tempted to say something you will regret later.

Geetika Sharma
XI Science



'Fight Against Corruption..'

...In truth many actions proved erroneous.
the falsity scores many, while truth scores a zero.
some things start nice and then end failneous.

let the free criminals pay all their rightly dues.
now it is our turn to make a wrong a right.
even those holding power, don't let them abuse.
never allow truth to take away your sight.

be a rebel and tell the world all that is wrong.
even if you're mean, persuade that you are right.
research to find the truth and you will become strong.
change their brainwashed minds so all may shed some light.

What am I to do with a shattered glass?
Step on the pieces and hope I bleed?
Pick it up and prick my fingers?
Or sweep it up, learning nothing from my mistake?

What am I to do, now?
The pieces cut through my shields,
into my soul.
The red-glass pierced my mind
sliced my heart.

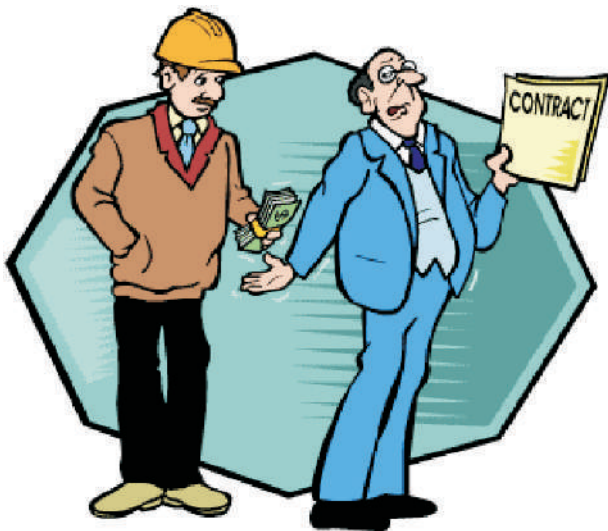
What am I to do now,
when all I have is a fading vision?
An empty pen?
And nothing to fill it with
except the red life
draining out under me?

Milind Mandloi
XI A

"Corruption"

When we think of some political tension,
At first, the cause which comes in our mind is
Corruption!
Indeed, this epidemical curse is spreading in the
political arena,
Huh! They tried a lot to remove it, but lost their
stamina.
They take millions from the government to help
the poor,
But swallow it all themselves...
And who's going to take care of the posted letter,
If the postman himself, is one of the corruption's
slaves!!!
Many have tried to throw out Corruption,
But, my god! It's so powerful,
That whoever volunteered,
Was also dragged in this vicious circle.
But who cares...the politician?
Never friends, He only is the inventor...
Of this game, which he plays,
With the most ill-fated poor.

Dipanshu Badole
XI A



The Art of Learning



The art of learning,
Starts every morning.
You will love the fun of subjects,
Where each one is different from the next.
Maths is easy,
But the calculations make everyone busy.
The chemistry & history,
Where everything remains a mystery.
The concept of physics,
Are like English lyrics.
The list of botanists is very large,
Who collect sample of plant in a barge.
You have to remember a no of logy,
If you want to study zoology.
You can only understand computer,
When you have a good tutor.
If you want to excel,
You cannot afford to miss physical.
So take interest in every subject,
They will make you the best

Vaishnavi Nargave
XI - A

Indian Weavers

Weavers, wearing at break of day
Why do you weave a garment so gay?
Blue as the wing of a halcyon wild
We weave the robes of a new born child.

Weaver , weaving at fall of night
Why do you weave a garment so bright ?
Like the plumes of a peacock, purple and green
We weave the marriage veils of queen.

Weavers, weaving solemn and still
What do you weave in the moonlight chill?
White as a feather and white as a cloud
We weave a dead man's funeral shroud.

Pooja Bamniya
XI - A

The Quotes

"There are two ways of spreading light, to be the candle, or the mirror that reflects it."

"Hate, it has caused a lot of problems in this world but has not solved yet."

"The only place where your dreams become impossible that is in your own thinking."

"We don't see things as they are, we see them as we are."

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

Esha Choubey
XI - A



Literacy v/s Education

India is among one of the major countries that is recognized as a knowledge and education hub. It has got a talent pool in different pools including medicine, management, technology and others. Many big companies prefer to hire the human resources from India as it has got a higher number of management graduates passing every year. However, the one question that strikes here is literacy another name of education? If the country has high literacy levels, does it mean country has highly educated people? Let us analysis the fight literacy v/s education

Literacy and education are termed as same thing but the literacy has got indirect relation with education. Literacy is about acquiring the skills and learning, while education is about applying these skills and learning for benefit of other people. Society or country. Literacy mainly revolves around acquiring the ability to read and write whereas education is about overall development of a person making it a complete human who not only read or write but also has the ability to think in broader terms and analysis the things rationally. Every literate person cannot be called an educated person. Education is a much broader concept than literacy. Literacy cannot make a person wise but education makes a person wiser and provides with the understanding of distinguishing between right and wrong. The learning received while becoming a literate can be forgotten but education lives when even the learning is forgotten. Literacy might make people feel superior to others, but only educated people are superior who know how to respect elders and pay due importance to their colleagues work. The people who can read and write, but use abusive and fowl language are literate but definitely not educated. Literate people working at higher positions and misusing their positions and degrading others are the biggest example of uneducated people.

Harshit Patidar

IX - A

'The Tree Of Money'

There lived a poor wood-cutter in a small town called Mirapur. He was very hardworking and kind.

One day he was coming back from the jungle after cutting of wood. On his way, he saw an old fellow lying down on the ground. He immediately ran towards him to help. The old man was shivering with cold. He had fever and feeling weak. The wood-cutter united his bundle of wood and lit few of them near the old man. The old man was delighted to see his kindness. The wood-cutter helped the old man to walk to his hut at the jungle. When the wood-cutter was leaving, the old man gave him a finger-ring. It was a magical ring. He told the wood-cutter that if he would wear the ring and chant one mantra, a money tree grow in front of him. He then told him the 'mantra'.

Wood-cutter was very happy. He returned home with the ring. To test it, he wore it and chanted the mantra. Immediately a small money tree grew right in front of him. The branches of this tree were full of money. Wood-cutter plucked few of these and removed the ring. The tree disappeared.

While the wood-cutter was testing the ring, one of his neighbours saw him. He decided to steal the ring. That night when everyone was asleep he stole the ring. He was very excited. He wanted to try it. So, he wore the ring and waited the tree to grow up. He didn't know a mantra was chanted to grow a tree. After waiting for a long time, he got angry and threw the ring. The ring was reached to the wood-cutter and he understood that his neighbor stole the ring.



Akshara Goyal
VI B

Motivational Tips for Students

Students who are thrilled to do their homework every single day are rare... if there are any. Everyone needs a motivational push now and then, and you will be surprised what inspiration can do with your opinion about “pointless” homework assignments.

Even if you don’t see the point in doing homework, you still see a point in getting good grades, so read these tips and learn how to become a more motivated student.

Change your perspective

You cannot form a foundation for your future knowledge and skills without doing homework, no matter how pointless it seems. Even topics that don’t awaken a single spark of interest are important for your general knowledge and development as a person.

If you don’t like algebra, you may understand its importance when you realize that it’s the foundation for economics, business, science, and many other fields of study. When it comes to English homework, you need to understand that paper writing is an essential skill to gain if you want to be a successful student at college and university.

Become an “expert” in one area

There isn’t a student who absolutely loves all subjects. All you need to do is focus a bit more on the area you love and get some serious attitude about it. Maybe you can start a blog associated to the area you love and become a self-appointed expert in it. Research deeper, become more involved and enjoy your devotion to the things that interest you.

However, this shouldn’t drive you away from all other homework you get; in fact, it should help you become more tolerant of the topics that don’t interest you that much. Think of the less favored topics as “supporting bricks” for your career path.

Don’t be afraid of competition

You don’t have to tame your competitive spirit. In fact, it can help you be a more diligent student and have fun while doing homework and making better achievements than anyone else in class.

Being competitive doesn’t mean that you have to become the classmate no one likes. You can team up with one or two friends and inspire each other to do better in all subjects. Healthy competition can be a very inspiring motivation, if you know how to approach it.

A prize can be motivating

If a big science project is giving you trouble and you can’t even get motivated enough to start it, you should make a plan and divide the entire process into few smaller steps. Take each step and turn it into a goal, having the big picture in front of you at all times.

Make sure to set deadlines for each step and reward yourself with small treats or breaks after every achievement. When you focus on the prize, you will be motivated to do everything right.

Get support to get motivated

If you are not getting enough encouragement from your family or friends, that shouldn’t discourage you because it doesn’t mean that no one cares.

Your teacher, for example, surely cares whether or not you do your homework and study well.

Teachers are always there to support their students, because their success as educators depends on the achievements of the class.

If you feel like you don't get enough support in your home or from your friends, you can join an education forum and find the motivation you need. Many people will cheer for you if you are brave enough to cheer for yourself.

Conclusion : Motivation is crucial for your academic success

This is common for all students: they don't see how the knowledge they gain in the classroom is implementable in the real world, so they see homework as a pointless task with a single aim to cause them stress, consume their free time and exercise their brain cells. If that's your attitude towards homework, it is completely wrong!

All you need is a different perspective on your studies and you will understand how important they are. When you learn how to motivate yourself, the homework will immediately become important and meaningful in your eyes.

Yashdeep Pataliya

XII - B

The Perfect Palace

Thousands of years ago, there lived a King. His people loved him since he looked after their needs well. At the end of every month, he would invite some noble men of his Kingdom to analyze his work and advised him.

The King built many things. Every year he would rebuild his palace and every time it looked better than before. "Marvelous! Unmatched!!" the couriers would praise and the King would feel elated.

One day the King thought, "This year, I will build the perfect palace, with all comforts. It should be praised not only within my kingdom, but also by the people of the neighboring states."

The next day, the King worked out a perfect design for his perfect palace. After finalizing it, he handed it over to the builders and masons. In about a month, the perfect palace of the King's dream was ready. The King invited noblemen of

his kingdom, as well as the neighboring states, to get their opinions about the palace.

"Unbelievable! Indeed, it is a perfect palace," cheered the noblemen in unison. But a saint standing in the corner was silent.

The King wondered why the saint was silent, when everyone was praising his palace. He walked up to the saint and said, "Please tell, O Saint, why you are silent. Is not my palace perfect?"

The Saint replied in a calm voice, "Dear King! Your palace is strong and will last forever. It is beautiful but not perfect, since the people living in it are mortals. They are not permanent. Your palace will live forever but not the people in it. That is why I am silent. Man is born with empty hands and so does he die."

The King thanked the saint for his wise words and never tried to build a perfect palace again.

Noman Khan

XI - A

How to be happy – Don't Worry, Be Happy

Is your life passing you by? Are you so focused on your dreams that you are forgetting to enjoy every day to the fullest and be happy with where you are and what you have now? If you are anything like most people that have a burning desire and vision to achieve something, you could be falling into the trap of being so focused on it that you neglect to enjoy each and every moment on your journey to attaining your goals.

I can liken it to the tourist who remarked that the country he was visiting had very nice scenery if only the mountains were not blocking the view. He did not see that the mountains were themselves part of the beautiful scenery.

So it goes that we often focus so much on our dreams and that ideal life we want to live next year or five years from now that we forget about today. Today is part of the process of getting there and today should be enjoyed as much as when 'that time' comes. After all, the pleasure of taking a journey is not in arriving at the final destination, but in enjoying everything along the way.

Have you ever had the impatient feeling that you are not getting to where you want to get quickly enough and therefore find yourself not fully appreciating the here and now? It's as though something is holding back your happiness until you get what you desire. The only problem in this scenario is that, in the mean time, you are unhappy and life is passing you by.

I have good news and bad news for you. The bad news is that that huge house you desire, the car that costs as much as the house, the huge flat screen television and all those wonderful things you are planning to get once you are successful will never make you happy. In fact, I know quite a few rich people that are more miserable than you could imagine. They have worked hard all their lives and have every material thing they could ever want, but there is still a lack and dissatisfaction within them that echoes with emptiness.

The good news is that, as Abraham Lincoln stated, "People are just about as happy as they make up their minds to be." You therefore have the power to decide to be happy no matter where you are in your life. Do not ever make the mistake of thinking you will be happy when you achieve this and that in the future. If you are miserable now, you will be miserable when you get there unless you change your mind set. Happiness is a state of mind that has little to do with material or social success. "Anyone who desires it, who wills it, and who learns and applies the right formula may become a happy person." That is the advice from the "father of positive thinking", Norman Vincent Peale.

There is simplicity in such a statement that makes most people fail to appreciate its significance and truth. We want some complicated formula to a lot of our problems when the answers are with us all the time. The answer to the riddle of how to be happy is simply that you make the decision to be happy. That is as plain and simple as I can make it.

Always remember that there will always be things that go wrong at times and things that upset you or try to frustrate you. But the secret is to decide that no matter what goes wrong and no matter how rough things get, you will not let it get you down. There is one thing that is always in your control. That is you. You decide how you react to any situation.

Norman Peale goes on to say that most people, as much as perhaps four out of five, manufacture their own unhappiness. They do so by thinking unhappy thoughts and having the wrong attitudes towards life.

Resentment, ill-will, hate, fear and worry are identified as some of the ingredients of the unhappiness-producing process.

No amount of material wealth and success can help an individual that has unhappiness-producing habits to be happy. The result is always frustration and disappointment as the realization sinks into such an individual, after years of seeking happiness through material gain, that it cannot be achieved that way. Some have paid a heavy price in broken family relationships whilst pursuing this mirage. They have had the ability to be happy all along. They just didn't know it.

It is important to have a dream and to pursue it with everything you have, but you need to know why you are pursuing it. Being happy should not feature as a reason for pursuing that dream. It is not the answer to your happiness: you are.

The process of being happy is simply to replace the unhappiness-producing habits with happiness-producing habits. Changing your thinking and attitude is always the first step. You must drive off the thoughts that lead to discouragement, fear, depression, worry and hate and replace with positive thoughts. For instance, instead of dreading going to work everyday decide that you will enjoy your work today and imagine yourself actually doing so when you start the day. If you expect the best you often get the best. You should learn to appreciate what you have and where you are at every stage of the journey to achieving your dreams. Remember that your life will not start when you achieve what you want to achieve, your life is right here and now. The present is all you have.

Frederick Keonig said: "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." You are all you can be. Go on and be it

Muskan Solanki
XII - A

Life of Solders

For all the free people that still protest,
You're welcome
We protect you and you are protected by the best,
Your voice is strong and loud,

We are the ones who fight and die.
We might not be able to save the world.

Yash Patidar
XI - B

But who will fight for you?
No one standing in your crowd.
We are your father, brothers & sons,
Wearing the hooks and caring the guns,

We are the ones that leave all we own,
To make sure that future is carved in stones.



Meet Sonam Wangchuk, the real life Phunsukh Wangdu of 3 Idiots

For a man who's just won the prestigious Rolex Award for Enterprise, Sonam Wangchuk comes across as very affable, humble even. His lithe frame betrays the years that he has put in engineering an educational and cultural movement in the remote 'Land of high passes' that is Ladakh. This movement has instigated an alternate, pragmatic approach towards education, leading to a massive drop in failure rates of school students. Concurrently, it has also led to the invention of Ice Stupas – "tall towers or little mountains" of ice, which can potentially help resolve the water scarcity problem in the cold desert region.

Wangchuk first came into the spotlight in 2009, when his story inspired Aamir Khan's character of Phunsukh Wangdu in the film 3 Idiots. But there's more to this engineer-turned-educationist than what celluloid could've done justice to. Born and brought up in a tiny village of five households about 70 kms from Leh, Wangchuk spent the first nine years of his life learning in what he calls "a holistic, harmonious way". "There weren't any schools in my village, so I learnt to read and write from my mother. I played in the fields, sowing seeds, working with animals, jumping in the river, climbing trees," he says. "My early skills were so developed by these experiences that when I finally joined school at nine, I got promoted twice in a year!"

Afterwards, while pursuing his mechanical engineering, he began teaching children to earn an income. "That is when I realized how deplorable the state of education was in the region," the 50-year-old says. According to statistics from the Himalayan Institute of Alternatives (HIAL), an alternative university for mountain development that Wangchuk is setting up, 95 per cent students failed their board exams in 1996. Over the next two decades, this number has steadily decreased to 25 per cent this year – courtesy the alternative learning practices and other innovative measures that Wangchuk helped develop.

"But then we wanted to take care of the ones who still failed, give them a new chance, re-launch them," he says. Which is what the Students' Educational and Cultural Movement of Ladakh (SECMOL) achieves through its school in Phey, around 12 kms from Leh. Home to 70-100 students, all of who failed their 10th boards, this school "has the distinction of taking failures from the system" and "making living there a learning experience in itself". Wangchuk says that the students run the school themselves, "like a little country with its own elected government". "They learn by doing – they farm, keep animals, make food products and engage in solving real life problems that they face in these harsh climatic conditions."

It is while trying to solve one such real life problem, of acute water scarcity in the region, that Wangchuk came up with the idea of 'Ice Stupas'. "There have been others before who'd worked in this field; a very senior engineer had come up with the idea of artificial horizontal ice fields. But it had problems, such as premature melting," he says. To address these problems, Wangchuk built vertical ice towers instead, and all through a simple method.

"A pipe brings water from the upstream to the downstream. When you do that, the built-up of pressure in the pipe is used to run a fountain that sprays water in the air," he explains. When the water is sprayed in the -20 degree temperatures of the Ladakhi winter, it cools and freezes as it falls. And slowly, naturally takes the shape of a giant conical structure. "The idea is to freeze the water in the winter and use it in late spring. The conical tower shape ensures that the surface exposed to the sun is minimal, so premature melting is avoided."

It is for this simple yet genius invention that Wangchuk was bestowed with the Rolex Award for Enterprise last month. He now plans to use the Rs 1 crore prize money as seed fund for his dream project – the Himalayan Institute of Alternatives. The institute aims to “create a sustainable ecosystem of constant innovation”, wherein youth from different Himalayan countries will come together to research the issues faced by mountain people – in education, culture and environment. And formulate ways to solve those issues through out-of-the-box ideas and practical application of knowledge. “The world needs real-world universities, ‘doer’ universities. We’re going to set up one model of it in Ladakh. And if it is successful, we hope it’ll have a ripple effect from New Delhi to New York,” Wangchuk enthusiastically signs off.

Pavitra Sharma
XII -A

Aryabhata

Nearly five hundred years after the birth of Christ ritual was held near khagola, the famous astronomical observatory at the University of Nalanda near Kusumapura (Patna), to mark the “birth” of a treatise that was to lay the foundation of a new school of thought in astronomy.

When the bell at the university tolled at 12 noon on March 21,499 A.D., a chorus of Vedic chants filled the air. And priest, after prayers before a heaven, led a 23-years-old astronomer to a platform .Silence prevailed as the astronomer sprinkled holy water on the parchment and pen laying on the desk placed on the platform. Chanting holy verses, he gazed at the sun overhead and prostrated himself in obeisance before sitting at the desk. Taking the pen, he wrote the first letter of the treatise while the priests' chanted slokas and the large crowd of learned men showered flowers on him.

The young astronomer was Aryabhata and the treatise was Aryabhatiya. Born in 476 in Kerala, Aryabhata had come to complete his studies at University of Nalanda, which was then a great center of learning. When it treatise was recognized as a masterpiece, the then Gupta ruler Buddhagupta, made him head of university.

Aryabhata was the first to deduce that the earth is round and then it rotates on its own axis,

creating day and night. He declared that the moon is dark and shines and only because of sunlight. Solar and Lunar eclipses, he believed, occurred not because Rahu gobbled the sun and the moon, as Hindu mythology claimed, but because of the shadows cast by the earth and the moon.

He, however, believed in the geocentric concept of the universe that the earth is the center of the universe .To explain the “erratic” movements of some planets, he, like the Greek king Ptolemy, made use of the “epicycles”. In mathematics Aryabhata's contributions are equally valuable. He gave the value of π (pi) as 3.1416 claiming, for the first time, that it was an approximation.

Yesh Patidar
IX - B



"Mind Your Own Business"

Are you spending all your time in other people's business? Is your energy and effort spent minding other people's concerns? I am not referring here to gossiping, rumor mongering or any such vice. I am referring to the thing that makes thousands of people in this country get up early in the morning, leave their families and their homes and make a mad dash through crazy traffic like it's the end of the world. That thing is work. More specifically, it is employment. Whether in the formal or informal sector it is the dominant activity in many of our lives throughout the world. It is a necessary evil for most of us because deep down we would rather not be working for anyone else, but somehow we accept that it is the only way to get by.

Once the paycheck arrives at the end of the month we feel relieved, though only for a little while, that we have our needs met. By the 10th of the month the waiting starts all over again. We have to endure the rest of the month until the next paycheck.

That is a reality for a lot of people, not only in Zambia, but throughout the world. We have become slaves to our salaries. "Making a living" is killing us. It should be making our lives better. When you go to work every day, whose purpose are you fulfilling? It is the purpose of the company or organization you are working for. You are employed to help your organization achieve its objectives. If someone else took over your position they would still do the same things you do in order to achieve the organization's objectives.

If you are working for an individual the same reasoning applies. You are working to fulfill the purpose given to you by that individual. In both cases you are minding someone else's business. However the situation gets more complex: many of us have been led into the belief that the organization's purpose is our own purpose. We whole-heartedly take up the cause of the organization as our own. Our thoughts and ideals slowly but surely come to be replaced by those of our workplace. We become the perfect employees.

What's wrong with that? Everything. You are not what you do. Your work is not who you are. Unfortunately, our education system hasn't helped in this regard. It has trained us to become what we study. If you study law you become a lawyer, studying auto mechanics makes you a mechanic and studying cooking makes you a cook.

"The mistake in becoming what you study is that too many people forget to mind their own business. They spend their lives minding someone else's business and making that person rich." Those are the wise words of Robert Kiyosaki, author of Rich Dad Poor Dad.

When you mind someone else's business they may be achieving their objectives, but you are definitely not. It doesn't matter how big your salary is. The fact is your boss or the owner of the business will always make more money than you. Why not mind your own business and make your own fortune?

Don't get me wrong. There is a lot of value in working for someone else: if you know why you are working there. It should not be, as most of us think, simply to be able to get a salary. Neither should it be

your sole purpose in life. Working for someone else should fulfill three main objectives:

Firstly, it should be a way of learning and getting more knowledge and skills. People that work simply for the purpose of getting paid are often not the most productive people. It is those that realize the value that working is adding to their knowledge and skills as individuals that always perform better and that are always ready for the next challenge.

Such people know that what they will get from their job will ultimately help them to mind their own business by equipping them with what they need mentally to be able to fulfill their own purpose. Secondly, working should be a means of being able to meet your basic needs whilst you work on your real purpose. Everything worthwhile takes time to build and become self sustaining and profitable. During this building phase you obviously need something to help you along

Thirdly, it should be a way of raising the finances needed to be able to mind your own business. Your salary is not meant to be spent as soon as it is received. Robert Kiyosaki says “the poor and middle class work for money. The rich have money work of them.” Some of the money you earn should be utilized in helping you to become financially independent. It should be invested. That may be in the form of having a business, buying stock or shares or anything else, so long as your money is growing. Your money should be put to work for you.

Unfortunately, the more we earn the more we spend on luxury items. Everyone wants an expensive car and a humongous house. That’s good. Just make sure that you get those things after you have built up a good financial base. Would a smaller house and a cheaper car not do in the meantime? Of course it would. Maybe you can invest the rest of the money into something that will yield far greater benefits in the long run.

The employee mentality is what keeps most of us slaves to the economy and other people. We need to stop minding other people’s business and start minding our own. At the very least we should do both. But do both well.

Paul the apostle said “that you study to be quiet, and to do your own business, and to work with your own hands, as we commanded you... that you may have lack of nothing.” This statement was made close to two thousand years ago. Are we so slow to learn that up to this time we don’t understand its message? As a dreamer, you need to understand its significance and mind your own business. Never lose track of your vision for your life. Do not ever get so busy making a living that you forget to live your life. You are all you can be. Go on and be it!



Akshat Joshi
XII - A

Wangari Maathai

Wangari Maathai was the founder of the Green Belt Movement and the 2004 Nobel Peace Prize Laureate. She authored four books: *The Green Belt Movement*; *Unbowed: A Memoir*; *The Challenge for Africa*; and *Replenishing the Earth*. As well as having been featured in a number of books, she and the Green Belt Movement were the subject of a documentary film, *Taking Root: the Vision of Wangari Maathai*.

Wangari Muta Maathai was born in Nyeri, a rural area of Kenya (Africa), in 1940. She obtained a degree in Biological Sciences from Mount St. Scholastica College in Atchison, Kansas (1964), a Master of Science degree from the University of Pittsburgh (1966), and pursued doctoral studies in Germany and the University of Nairobi, before obtaining a Ph.D. (1971) from the University of Nairobi, where she also taught veterinary anatomy. The first woman in East and Central Africa to earn a doctorate degree, Professor Maathai became chair of the Department of Veterinary Anatomy and an associate professor in 1976 and 1977 respectively. In both cases, she was the first woman to attain those positions in the region.

Professor Maathai was active in the National Council of Women of Kenya (1976–1987) and was its chairman (1981–1987). In 1976, while she was serving in the National Council of Women, Professor Maathai introduced the idea of community-based tree planting. She continued to develop this idea into a broad-based grassroots organisation, the Green Belt Movement (GBM), whose main focus is poverty reduction and environmental conservation through tree planting.

Professor Maathai was internationally acknowledged for her struggle for democracy, human rights, and environmental conservation, and served on the board of many organisations. She addressed the UN on a number of occasions and spoke on behalf of women at special sessions of the General Assembly during the five-year review of the Earth Summit. She served on the Commission for Global Governance and the Commission on the Future.

Professor Maathai represented the Tetu constituency in Kenya's parliament (2002–2007), and served as Assistant Minister for Environment and Natural Resources in Kenya's ninth parliament (2003–2007). In 2005, she was appointed Goodwill Ambassador to the Congo Basin Forest Ecosystem by the eleven Heads of State in the Congo region. The following year, 2006, she founded the Nobel Women's Initiative with her sister laureates Jody Williams, Shirin Ebadi, Rigoberta Menchú Tum, Betty Williams, and Mairead Corrigan. In 2007, Professor Maathai was invited to be co-chair of the Congo Basin Fund, an initiative by the British and the Norwegian governments to help protect the Congo forests.

In recognition of her deep commitment to the environment, the United Nations (UN) Secretary-General named Professor Maathai a UN Messenger of Peace in December 2009, with a focus on the environment and climate change. In 2010 she was appointed to the Millennium Development Goals Advocacy Group: a panel of political leaders, business people and activists established with the aim to galvanise worldwide support for the achievement of the Millennium Development Goals (MDGs). Also in 2010, Professor Maathai became a trustee of the Karura Forest Environmental Education Trust, established to safeguard the public land for whose protection she had fought for almost twenty years. That same year, in partnership with the University of Nairobi, she founded the Wangari Maathai Institute for Peace and Environmental Studies (WMI). The WMI will bring together academic research—e.g. in land use, forestry, agriculture, resource-based conflicts, and peace studies—with the Green Belt Movement approach and

Wangari Maathai
1940 – 2011
Nobel Peace Prize
Laureate of 2004



members of the organisation.

Professor Maathai died on 25 September 2011 at the age of 71 after a battle with ovarian cancer. Memorial ceremonies were held in Kenya, New York, San Francisco, and London.

Prajawal Mishra
XII - A

Books

There are many different kinds of books published in as many languages as do exist around the world. Books are published in different sizes. They may be in small pocket size, or demy size, or then in large formats. Books may also be illustrated to make them colourful and interesting. Books are printed in small font or larger font for easy reading. Children's books are usually printed in very large font. Books are printed in Braille too for the visually challenged.

There are also coffee table books that are well-illustrated. These books are called so because they can be placed on coffee tables and can be browsed through leisurely over a cup of coffee.

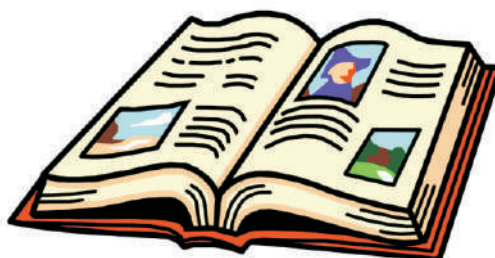
Books are sold in book shops where many hundreds of books are displayed. They may be new or old titles. Bestselling titles are often displayed in shop windows.

Books are also available to read and refer to in libraries. There are libraries in educational institutions for the use of their own students. Many organizations also have their own libraries for their members and employees. There are public libraries too where the facility is available either to anyone of the public or registered members. Books may be issued from libraries for a particular period of time for use and returned.

Today, books are available on the internet too, and can be read on the computer or the kindle. This has increased the access to books in a big way. There are rare and old books too that are hard to find. There are collectors of such old books. Available copies of such books are preserved. Today, books are preserved digitally. India has a large collection of books that can be accessed through online digital libraries.

Books are treasure troves of knowledge. They educate and enlighten readers. Books are also read for pleasure and fun. There are many different genres of books. There are two categories to which books may belong – fiction and non-fiction. People read books according to their need, requirement or preference. Books are our real friends, and time spent on reading is time well spent.

Vaibhav Agrawal
XI - B



Cleanliness

Cleanliness means keeping ourselves neat and clean by avoiding dirt. It is the best practice to keep everything clean. According to the type of things, we can divide cleanliness into various types such as cleaning of clothes, cleaning of streets, cleaning of surroundings, cleaning of houses, cleaning of person, personal cleanliness, etc. In order to maintain our personal cleanliness, we need to practice cleanliness very carefully and make it a most important habit. It is very necessary to maintain the cleanliness of surrounding together with our personal cleanliness. We should understand the importance of cleanliness and do practice of cleaning ourselves and surrounding areas.

We should follow as well as teach kids of home to practice teeth cleaning, hand washing, bathing, and other cleaning habits. People who are used to of keeping themselves dirty, they also keep their surrounding areas and environment dirty and filthy. That's why they always suffer weakness, weak health, infections, various types of diseases, etc. So, it is very clear that we should keep ourselves and environment clean in order to be healthy, happy and free of diseases.

maintenance of cleanliness in the environment and stop throwing garbage anywhere especially in the populated areas. We should keep our body, mind, homes, streets, schools, offices, etc areas very clean in order to keep us healthy and happy. Kids at home and students in the schools and colleges need to get educated about the importance of cleanliness at national and international level.

If we talk about our health (physical, mental, social and psychological), we notice that how important the personal cleanliness and cleaning of environment is necessary for us. The whole environment is our home which we need to keep clean in order to be healthy forever. Some people understand the importance of cleanliness very well

and follow all the cleanliness habits; however some of us throw wastes and dirty things on road which gets spoiled and make them ill. If a clean environment can keep our mind and body healthy; in the same way, a dirty environment puts bad effect on our body and mind. Many people suffer infectious diseases because of infectious agents in the dirty environment. Disease causing agents become very active in the dirty and filthy environment and can cause diarrhea, cholera, hepatitis, flu, etc.

People become victim of various diseases in the hospitals because of practice of unsterilized techniques by the doctors and other paramedical staffs. Some doctors do not care about cleanliness in the hospitals because of their money earning habits and spread various fatal diseases among patients and their attendants. We need to raise our hands together for the maintenance of cleanliness in the environment and stop throwing garbage anywhere especially in the populated areas. We should keep our body, mind, homes, streets, schools, offices, etc areas very clean in order to keep us healthy and happy. Kids at home and students in the schools and colleges need to get educated about the importance of cleanliness at national and international level.

Akshay Patidar

XI - A



Health & Fitness

Health is a dynamic process. It keeps on changing as we change our lifestyle, our eating habits, our sleeping routine, our thoughts, etc. Each day we should work towards maximizing our level of health and wellness to lead long, full, and healthy lives. Our defined aim should be planning our day in a manner that maintains balance of our physical and mental usage. We can make a huge difference in our lives by staying fit and healthy.

Among the most crucial reasons for decline in health today is the lack of proper amount of vitamins and minerals. Improper intake of vegetables, fruits and dairy products leads to absence of minerals and vitamins in our body. Lack of minerals and vitamins lead to all kinds of diseases as nutrients are essentially required to build and repair the blood, tissues, muscles and bones.

Good health not only means a state of absence of diseases in the body but a complete physical, mental, social as well as spiritual wellbeing of an individual.

Being healthy means having a healthy brain, flexible movements of body, more energetic,

1. As your age advances, control your eating and exercise more. In children, the requirement of sleep is high, around 12-14 hours and a normal adult requires 7-8 hours of sound sleep daily.

Maintaining healthy and fit regime requires simple efforts, a few of which are listed below:

2. Regular routine of exercise is highly beneficial for our health; it helps us in controlling weight, helps in boosting the immune system, and directly increases our stamina and energy levels. Basic metabolic rate increases if a person exercises. Though these days sparing time for exercise has happy moods, peace and patience, etc. Fitness does not only mean your physical wellbeing, it is a combination of physical and mental health of a

person.

Stress, anxiety, mood fluctuations also represent unhealthy traits of a person. Health refers to the physical, emotional and psychological well-being of a person.

Every generation should take care of their health and fitness. Since childhood, it is easy to focus on this aspect of life as dietary habits of childhood are difficult to change afterwards. For this we should refrain from overfeeding the children. Some important tips of good eating habits that one should follow are:

1. Making breakfast the heaviest and dinner the lightest meal of the day.
2. Eat your salad before you eat the meal.
3. Don't starve yourself and overeat subsequently.
4. Fast food and canned food are costly both for your pocket and your heart.
5. Yellow, orange and green vegetables and fruits add life to your heart.
6. mental factors that disturb health. Yoga and meditation increase energy, give freshness and infuse confidence in a person.
7. Health and fitness is determined by what we eat, how we live our lives, our choice of leisure pursuits and what we do to keep ourselves physically fit. Keeping fit is about how we choose to live our lives as individuals and the levels of fitness we aspire to. Maintain your health and fitness to keep your body look and feel good, but also maintain a level of physical fitness which will enable you to manage and enjoy your daily lifestyle.



Darshan Jain
XI - B

Farmar's Condition in India

The farmers are just another name for austerity and hard work. Ours is an agricultural based country where almost 70 per cent of the population still depends on agriculture. That is why you can find green farms spread over all across the country. In any weather, be it sweltering sun or freezing winters, the farmers in this country can be seen working in their fields round-the-clock. The entire life of the farmers is spent in cultivating their fields. Without any complain they remain engaged in their work. Farming is not at all an easy task, as it includes working in the fields round-the-clock, crop cultivation and planting, besides crop care, harvesting the crops and then selling the produced crops in the market.

Cause to worry

Even after working so hard in their farms, if the farmers of some parts of the country are compelled to commit suicide, it is a serious concern, which we should immediately pay attention to. We all know that India was earlier known as the golden bird, there was no dearth of food and money in the country, and the farmers were overall happy. That is also the reason why India has been known as an agriculture-based

farmers from Maharashtra and Andhra Pradesh, including other states in the country were found doing suicides.

The most critical aspect of all this was that apart from small farmers, medium and large farmers had also committed suicide. According to the statistics, in the year 2009, total 17,368 farmers committed suicide and on an average the annual rate of farmers committing suicide is being recorded as 10,000 per annum currently.

The solution

In India, most of the farmers are poor and they do not have their own lands. They cultivate the lands of the landlords and moreover, also borrow money from them for seeds, fertilizer and other farming-related needs. Before they could repay their earlier debt, they start taking loan for the second harvest from them and in the meantime they have to face natural calamity such as floods and droughts as well. Even most of the time their crops get destroyed by worms and insects and this way they fail to repay their loans and hence commit suicide.

Conclusion: The issue of farmers committing suicide has now become a national problem. If this situation is not controlled early, it will get out of the hand. For the farmers it is urgently required to offer them high support prices as well as crop insurance. High support price for their crops is also required besides making available easy credit for themselves. These are the only ways through which the situation of farmers can be improved and they may be prevented from committing suicide.

nation. But the things have completely changed now. The situation of the farmers has become so bad that they are forced to commit suicides. Surely this is a terrible scenario and a truth which we cannot ignore as it calls for an immediate attention.

The history

In India, the problems of farmers came to light in 1990 when the period of liberalization started. An important English-language newspaper, The Hindu started publishing reports of farmers committing suicides in its newspaper in that year. The initial reports came from Maharashtra where in Vidarbha region; a cotton farmer had committed suicide. Thereafter, the newspaper also published similar reports of farmers' suicides coming from Andhra Pradesh.

Reading these report, initially the people thought it was the problem of Vidarbha and its surrounding areas only and only the local government of that particular area was required to pay attention to the situation. However, when the emerging figures were monitored carefully, the situation was found to be worst. The horrible fact which came to light was that along with the farmers of Vidarbha, the

In other words, the farmers in India commit suicide after getting upset by economic exploitation at the hands of the landlords and the moneylenders. It has also been seen at times that the farmers also commit suicide after they receive excessive yields in their fields. It is since the excessive yields result into the fall of minimum support price up to the extent that it becomes far below than the total amount invested by them and hence they fail to repay their debt.

The government can implement a range of welfare schemes for the farmers, besides agricultural development plans to prevent the farmers from committing suicides. Moreover, it can also implement crop insurance schemes for the farmers, besides helping them by offering farming loans on minimal interest rates through cooperative banks. It can also provide them high-quality seeds, fertilizers and other agricultural equipments on minimal cost. Moreover, the government can also provide land to the landless farmers. Through these measures it can easily prevent the situations which compel the farmers to commit suicide.

Pankaj Magar
IX - A

Moral Values

Moral values are the principles and ethics that help us live a righteous life. When we follow moral values we live a life of virtue. We can have peace of mind when we are virtuous because we do not fear punishment and retribution for having done wrongful acts or evil deeds.

Honesty and truthfulness are important moral values

Honesty and truthfulness are two important moral values. When we are honest and live by truth we can live a life of peace. We are also at peace with everyone around us. We need to have courage and boldness in order to be honest and truthful. Sometimes it is easy to say a lie and get away from punishment but it pricks our conscience and we suffer from guilt. Guilt is much more hurtful than if we have to suffer for saying the truth. Truth is bitter is a common saying. That is why it requires courage to say the bitter truth. The truth may hurt someone but we may have to say it in order to uphold the truth. This is true within our own selves too. We have to accept the truth whatever it may be in our own selves, whether it is pleasant or not. Only then we can work to correct ourselves and better ourselves. We cannot wish away the truth whether it is outside of way

towards our family, society, nation and the world of which we are a part of or within us. Just as it requires courage to say the truth, it also requires fearlessness to not speak a lie. It may be convenient to say a lie, but it is always good to say the truth however difficult it may be.

Contentment and honesty also help us not steal what belongs to another. If we are content with what we have we will be honest and not seek another's possessions. Stealing another's possessions is the result of being covetous. We should therefore avoid being covetous. If we steal others' belongings, others may rob us of our belongings.

Showing respect, being just, and discharging duties are moral values

We should respect others and talk politely with them. If we belittle others or speak and act in a way that shows disrespect of others or treat others in a dishonorable way, it is indicative of having poor morals.

We should be loyal and faithful; when we are just we are being honest, truthful and fair. It is also important that we do our duty in the best possible

Aditya Patel
IX - B

Natural Calamities

Natural calamities are occurrences that take place as natural disturbances, resulting in widespread destruction of lives and properties. Thousands of people in India are killed every year due to natural calamities such as floods, earthquakes, heavy rains, cloud bursts, lightning, landslides, and other natural disasters. Later, thousands of people die from diseases caused by natural disasters. Despite widespread destruction caused by these occurrences, the country does not have an effective disaster management system in place.

Earthquakes, landslides, droughts, floods, tsunamis and cyclones are major examples of natural calamities. In terms of earthquakes, Himalayan, sub-Himalayan regions, Kutch and the Andaman and Nicobar Islands are the seismically vulnerable regions in India.

Types of Disasters and their spread in India

Earthquake is caused by the increase in internal pressure between the tectonic plates – huge rock pieces within the earth's crust – which causes them to break apart. The earth starts shaking and if earthquake's seismic intensity is high it leads to collapse of buildings, houses, bridges etc, leading to loss of lives and properties. In addition to and Cauvery river valleys comprise most flood prone areas.

Typhoons occur due to earthquake (tsunami) in the oceans. Cyclones come due to temperature and pressure variations in the ocean. In the Bay of Bengal and the Arabian Sea, 5 to 6 tropical cyclones take place every year. West Bengal, Orissa, Andhra Pradesh, Tamil Nadu parallel to the east coast in the Bay of Bengal, and Gujarat and Maharashtra parallel to the west coast in the Arabian Sea states are the areas with high potential for cyclones and tsunamis. Wildfire or forest fire occurs in rain forests or in the forests of trees with tall leafs. It often takes place in the forests of conifer and evergreen trees and those with big leaves in warm and dry areas. Wildfire is dangerous for environment, agricultural land, animals and insects.

Conclusion

Over-exploitation of natural resources has led to environmental imbalance which also contributes to increasing instance of natural disasters. Due to the result of unscrupulous exploitation of nature, sometimes we have floods in some parts of the simple and mild earthquakes, severe earthquakes have occurred in different parts of the country such as Uttarkashi (1991), Latur (1993) and Jabalpur (1997). Landslide occurs due to sliding of rocks caused by gravity, friction, earthquakes, rains and man-made acts.

Draught is caused by the fall of lower volumes of rain. It is mainly of three types – of meteorology, hydrology and agriculture-related. The 16 percent area in the country is drought prone. Severe drought occurred in the country in 1941, 1951, 1979, 1982 and 1987. North-western part of the country is highly drought-prone region.

Floods come due to more rain in a short time, low pressure areas and low exit-flow. India is the second highly affected country where floods are common in the rainy season. Nearly every year, terrible floods occur leading to occurrences such as loss of life, damage to property, and human health problems. National Flood Commission has determined 40 million hectares of land as the flood-prone area in the country. Ganga, Brahmaputra, Narmada, Tapi, Godavari, Krishna country while some are afflicted with drought. There is undue exploitation of water resources due to increasing urbanization and industrialization. It has led to contamination of water and decrease in ground water levels. In the wake of increasing concretisation, we do not have adequate groundwater recharge. In cities, there is massive accumulation of wastes, which is being dumped on the spot without treatment. These are only few instances of man's greed that is playing havoc with nature's balance. We need to embrace development, which is in harmony with Nature. Otherwise, by ignoring Nature, we will only be scripting our own destruction.

Hritik Jain

XII -A

Unemployment

Unemployment is an issue of concern in countries around the globe. Unemployment refers to people not being gainfully employed. In other words, they do not engage in productive activity that helps them earn their livelihood. Employment does not refer to staying active but instead to be employed gainfully. When people are gainfully employed they also take active part in the growth, development and progress of the nation in the positive and desirable direction ensuring prosperity and peace of the citizens at large.

Unemployment leads to many social ills

Unemployment is a social ill that leads to many other social ills. Where unemployment rates are high, there is a greater incidence of activities that disturb and disrupt society. The incidence of murders and rapes increases when there is a high level of unemployment. Similarly, robberies and burglaries are the outcome of high unemployment rates. Addiction to alcohol and drugs also go up, that lead to many other issues that destroy peace and well-being in society. When unemployment is high, people find some means or the other, which may be unlawful or illicit, to be able to get the resources to satisfy their basic necessities.

need to be made available to the youth. The education system too needs to be revamped so that the educated youth and others are skilled to take up jobs and find a source of livelihood.

Unemployment leads to beggary

Unemployment also increases the level of beggary in the country. When people are

unemployed, they resort to beggary so that they can at least feed and clothe themselves. The number of homeless, who live out on the streets, whether the climate is cold or hot, also increases when people do not have the resources to find a roof above their heads.

The unemployed also become victims of ill-health

When people are unemployed they become lazy. Laziness is the root of many health conditions, both physical and mental. That an idle mind is a devil's workshop is a well-known saying. There is an increase in the number of persons needing psychiatric assistance when there is a high level of unemployment. People suffer from depression when they are unemployed. There is a high percentage of suicides too in society when people are unemployed. When the needs and wants of life are not met, and there seems to be no possibility of finding a livelihood, people are drawn to end their lives. The government of the country needs to come up with ways to solve unemployment.

Chinay Jain

XII - B









Sa Re Ga ma

Glimpses of Annual Function



Fun Fair & Inter School Dance Competition





Sa Re Ga ma

Glimpses of Annual

Art and Craft



**Rewa 2017-18**

चुटकुले

- ◆ पप्पू क्लास में हँस रहा था।
छगन (पप्पू से) चुप कर !
पप्पू – क्यों ? तू कौन है ?
छगन – मैं मॉनीटर हूँ
पप्पू – मैं सीपीयू हूँ
अब बोल ?
- ◆ मरीज – डॉक्टर साहब, जब
मैं चाय पीता हूँ, मेरी आँख में
बहुत दर्द होता है।
डॉक्टर – कल से चाय पीते
समय कप में से चम्मच
निकाल लेना
- ◆ मोहन (सोहन से) – यार उत्तर पुस्तिकाओं
पर क्या लिखूँ ?
सोहन – यही कि इस शीट पर लिखे गए सभी
जवाब काल्पनिक हैं, इनका किसी भी
किताब से कोई संबंध नहीं है

प्रसून पाण्डे
7 ब

पहेलियाँ

- ◆ बीमार नहीं रहती, फिर भी खाती है गोली, बच्चे, बूढ़े सब
दूर जाते हैं सुनकर इसकी बोली।
- ◆ ऐसा कौन सा फल है जो कच्चे में मीठा लगता है और पकने
के बाद खट्टा या कड़वा लगता है।
- ◆ दूध का पोता, दही का बच्चा, लोग उसे पीते हैं कच्चा।
- ◆ लाल है पर टमाटर नहीं, बहादुर है पर सैनिक नहीं शास्त्री है
पर पंडित नहीं, जो बताये वो मूर्ख नहीं।

उत्तर – बंदूक, अनन्नास, लस्सी, लाल बहादुर शास्त्री

रेवा श्री गुप्ता

5

हंसी का कोना

- ◆ टीचर – (बच्चे से) – रितेश इस हफ्ते तुम चार बार
अपने दादा के मरने की छुट्टी ले चुके हो। अब किस बात
की छुट्टी चाहिए ?
- ◆ रितेश – सर, मेरी दादी की शादी है।
- ◆ पापा – बेवकूफ कैसी माचिस लाया है, एक भी तीली
नहीं जल रही है।
- ◆ बेटा – क्या बात कर रहे हो पापा, सारी तीलियाँ
जलाकर चैक करके लाया हूँ।
- ◆ बेटा – पापा, बाहर कुछ लोग स्वीमिंग पूल के लिए चंदा
माँगने आए हैं। कोई बात नहीं बेटा एक लोटा पानी दे दो
- ◆ दीपू के पापा न्यूज सुन रहे थे। दीपू भी वहीं बैठा था।
- ◆ न्यूज रीडर – भारी वर्षा के कारण ट्रेन देरी से चल रही है
। दीपू तुरंत बोला – पापा, तो फिर वर्षा को ट्रेन से
उतार क्यों नहीं देते।

अंकित रघुवंशी
10 अ

“नन्हे कदम”

अब मैं हो गयी पाँच साल, की मुझको तो अब पढ़ना है।

नन्हे नन्हे कदम बढ़ाकर मुझको आगे बढ़ना है,

कॉम्पिटिशन का है जमाना, मुझको पर नहीं डरना है।

बनूँ इंजीनियर या डॉक्टर, मुझको ही तय करना है,

रखकर अपने कदम जमीन पर, आसमान में उड़ना है।

पापा मम्मी की हूँ प्यारी अच्छी बिटिया बनना है।

भूमि पांडे

चुटकुले



- ◆ अप्पू। (पिताजी से) अगर मैं परीक्षा में प्रथम क्षेत्री में पास हुआ तो आप क्या करोगे ?
- ◆ पिताजी – मैं खुशी के मारे पागल हो जाऊँगा।
- ◆ अप्पू – बस मैं इसी के डर से अनुत्तीर्ण हो गया हूँ।
- ◆ भिखारी ने एक लड़के से कहा – बेटा एक पैसे का सवाल है।
- ◆ लड़के ने कहा – बाबा मैं सवाल के मामले में बहुत कमजोर हूँ।
- ◆ पिकी – पिताजी आप तो डाक्टर हैं, फिर हमारा इलाज क्यों नहीं करते ?
- ◆ पिताजी – क्योंकि मैं अपनी फीस नहीं ले सकता।
- ◆ अध्यापक (शिष्य से) – खजूर के पेड़ कहाँ पाए जाते हैं ?
- ◆ शिष्य – अध्यापक जी डालडा घी के डिब्बे पर।
- ◆ न्यायाधीश। (मोहन से) तुम ऐसा काम क्यों करते हो कि तुम्हें अदालत में आना पड़ता है। मोहन (न्यायाधीश से) मैं तो कभी कभी आता हूँ आप तो रोज आते हो।
- ◆ शाला में शिक्षक जी अप्पू का नाश्ता खा गए। उससे बोले – घर जाकर बोलोगे तो नहीं कि मैं तुम्हारा नाश्ता खा गया।
- ◆ अप्पू – (मासूम आवाज में) जी नहीं, कह दूँगा कि कुत्ता खा गया।

यश पाटीदार
10 ब

पहेलियाँ

- ◆ बुढ़िया – बूढ़े मुझे लगाते, सदा जवानों को मैं भाती। कभी-कभी किशोरों के भी, पढ़ने के काम मैं आती।
- ◆ जल में रहते मैं नहीं थकता, धरती पर भी मैं चल सकता। बोलो तो क्या मेरा नाम, पीठ है मेरी लौह समान।
- ◆ सदा द्वार पर रहकर मैं, सुरक्षा घर की करता हूँ। बिन आँखों के सदा देखता, नहीं किसी से डरता हूँ।
- ◆ नील गगन की हूँ मैं रानी, दुश्मन मेरा सदा है पानी। आग में डालो जल जाऊँगी, वर्षा आई गल जाऊँगी।
- ◆ आसमान से धीरे-धीरे, सदा रात को आती। सुबह-सुबह मैं मोती बनकर, तिनकों पर सो जाती।

उत्तर: ऐनक, कछुआ, ताला, पतंग, ओस

छवी जैन
10 अ

स्वच्छ भारत

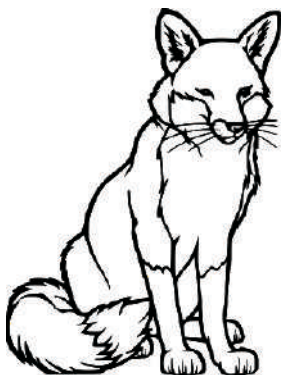
हम हैं स्वच्छ भारत की संतान,
नहीं बनाएंगे – भारत को कूड़ेदान।
यही है हमारा मान और सम्मान,
रखेंगे साफ हमारा भारत महान,
इतनी सी बात हवाओं को बताए रखना,
रोशनी होगी चिरागों को जलाए रखना,
घर हो या बाहर हर जगह को साफ रखेंगे,
बस यही बात सब को बताए रखना,
और ऐसे ही दिल में तिरंगा लहराए रखना,
क्योंकि हम हैं स्वच्छ भारत की संतान,
नहीं बनाएंगे – भारत को कूड़ेदान।



ईशान राठौड़
3 अ

लोमड़ी की होशियारी

एक समय की बात है। एक शेर काफी समय से भूखा था। बड़ी देर बाद उसने एक जानवर का पीछा किया लेकिन। अफसोस वो भी उसके हाथों से निकल गया। शेर अब बहुत थक चुका था। कोई शिकार ना मिलने के कारण वह बहुत निराश होकर जंगल की ओर चल पड़ा। रास्ते में उसने एक गुफा देखी। शेर आराम करने के लिए गुफा के अंदर गया। उसने सोचा शायद कोई जानवर अंदर हो तो उसे अपना शिकार बना लेगा। अंदर जाने पर शेर ने देखा कि गुफा तो खाली थी। वो अंदर रुक गया। और बड़ी बेसबरी से किसी जानवर के आने का इंतज़ार करने लगा। वो गुफा एक लोमड़ी की थी। जो बाहर गयी थी। अब लोमड़ी सोच में पड़ गयी। अरे बाप रे अगर मैं अंदर गई। तो वो मुझे मार डालेगा। लेकिन लोमड़ी भी बड़ी होशियार थी। उसने गुफा की ओर देखकर बड़ी जोर से आवाज़ दी। गुफा ओ गुफा ! गुफा की तरफ से कोई जवाब नहीं आया। ओ गुफा कुछ तो बोलो। गुफा फिर भी खामोश रही। अरे गुफा आज मुझसे बात क्यों नहीं करती ? क्या हुआ गुफा की ओर से कुछ जवाब नहीं मिला। देखो अगर तुम मुझ से बात नहीं करोगी तो मैं वापस चली जाऊँगी। मूर्ख शेर ने सोचा शायद ये गुफा हमेशा लोमड़ी के साथ बातें करती है। चलो मैं ही उसकी जगह पर जवाब देता हूँ। फिर अंदर आएगी और मुझे पेट भर के खाना मिलेगा शेर ने आवाज़ दी मेरी प्यारी लोमड़ी ये तो मज़ाक था। अंदर कोई नहीं है। आराम से अंदर आ जाओ। लोमड़ी समझ गयी कि यह मुझे। मूर्ख समझ रहा है। क्या मैं पागल हूँ, जो अंदर आकर तुम्हारा भोजन बन जाऊँ। मैं तो चली तुम भी चले जाओ। मैं तुम्हारे हाथ नहीं आने वाली। यह कहकर लोमड़ी वहाँ से चली गयी और मूर्ख शेर हाथ मलता रह गया।



पलक साहू
5

संगत का अभाव

एक अत्यंत विद्वान व सदाचारी व्यक्ति था, परंतु उसका पुत्र विपरीत स्वभाव का था। गलत मित्रों की संगत होने से वह बिगड़ गया था। पिता ने पुत्र को कुसंग से दूर होने को कहा, पर अनेक बार समझाने का भी कोई लाभ न हुआ। एक दिन पिता ने पुत्र को समझाने के लिए एक मुक्ति सोची उन्होंने पुत्र को बुलाया और उसे एक हाथ में कोयला और दूसरे हाथ में चंदन लाने के लिए कहा। वह लेकर आया तो पिता ने उन दोनों वस्तुओं को यथा स्थान रख आने को कहा। जब पुत्र उन दोनों को वापस रख आया तो पिता ने पुत्र से उसके दोनों हाथों को देखने को कहा। उसने देखा कि उसके एक हाथ में कालिख लगी है तो दूसरे से सुगंध आ रही है।

पिता ने पुत्र को समझाते हुए कहा – “बेटा ! सज्जनों का संग चंदन के जैसा होता है। उन का साथ छोड़ देने पर भी अच्छे विचारों की सुगंध बनी रहती है और दुर्जनों का संग कोयले जैसा होता है, उनका साथ छूटने पर भी उनके आचरण की कालिमा हमारे जीवन को दुष्प्रभावित किए बगैर नहीं रहती। इसलिए हमें जीवन में सदैव चंदन जैसे संस्कारी का साथ स्वीकारना चाहिए और दुर्जनों से दूर रहना चाहिए।

पुत्र को पिता की बात समझ में आ गई और उसने कुसंग का त्याग कर दिया।

सत्यम मण्डलोई
10 ब

“माँ”

जीवन की रीजन है माँ,
साँसों की ऑक्सीजन है माँ,
जाने कितने मर्जों की दवा है माँ,
तपती धूप में ठंडी हवा है माँ,
जीवन का सबसे बड़ा उपहार है माँ,
प्रभु का हम पर बड़ा उपकार है माँ,
भगवान की एक सूरत है माँ,
जीती जागती प्रभु की मूरत है माँ,
हर रिश्तों में सबसे खूबसूरत है माँ,

शिवाली गुप्ता
3 अ

मैं और मेरी जिंदगी

लौट जाता हूँ वापस घर की तरफ हर रोज थका हारा
आज तक समझा नहीं आया
कि काम करने के लिए जीता हूँ
या जीने के लिए काम करता हूँ
बचपन में सबका बार-बार पूछा गया सवाल
बड़े होकर क्या बनना है ?
जवाब अब मिला
फिर से बच्चा बनना है
थक गया हूँ तेरी नौकरी से ए जिंदगी
मुनासिब होगा मेरा हिसाब कर दें
दोस्तों से बिछड़ कर ये हकीकत खुली
बेशक कमीने थे
पर रौनक उन्हीं से थी
भरी जेब से दुनिया की पहचान करवाई
और खाली जेब से अपनों की !!!
जब लगे पैसे कमाने तो समझ आया
कि शौक तो माँ बाप के पैसों से पूरे होते थे
अपने पैसों से तो बस जरूरतें ही पूरी हो पाती
हँसने का दिल ना हो तो भी हँसना पड़ता है
कोई जब पूछे कैसे हो ???
मजे में हूँ कहना पड़ता है
ये जिंदगी का ड्रामा है दोस्तो
यहाँ हर एक को नाटक करना पड़ता है
माचिस की जरूरत यहाँ नहीं पड़ती
यहाँ तो आदमी आदमी से जलता है
दुनिया के साइन्टिस्ट ढूँढ़ रहे हैं
कि मरीज में जिंदगी है या नहीं
पर आदमी यह नहीं ढूँढ़ रहा
कि जिंदगी में है खुशी या नहीं
नींद और मौत में क्या फर्क है ?
किसी ने क्या खूबसूरत जवाब दिया है
नींद आधी मौत है
और मौत मुकम्मल नींद है
सुबह होती है, शाम होती है
उम्र यूँ ही तमाम होती है
कोई रो कर दिल बहलाता है

और कोई हँस कर दर्द छुपाता है
क्या करामात है कुदरत की
जिंदा इंसान पानी में डूबता है
और मुर्दा तैर कर दिखाता है
बस ये कन्डक्टर सी हो गई है जिंदगी
सफर भी रोज का है
और जाना भी कहीं नहीं
हर सवाल का जवाब मैं ढूँढ़ता रहा
और अपने कमरे में जाते ही जवाब ही जवाब मिल गये

कार्तिके सिंह

11 अ

मन मे मीनवो

छत ने कहा ऊँची सोच रखो
पंखे ने कहा ठंडे से रहो
घड़ी ने कहा हर मिनट कीमती है
शीशे ने कहा कुछ करने से पहले
अपने अन्दर झाँक लो
खिड़की ने कहा दुनिया को देख लो
कैलेण्डर ने कहा अप टू-डेट रहो
और दरवाजे ने कहा
अपनी मंजिल को पाने के लिए पूरा जोर लगाओ..
लकीरें भी बड़ी अजीब होती है
माथे पर खिंच जाये तो किस्मत बना देती है
जमीन पे खिंच जाये तो सरहद बना देती है
खाल पे खिंच जाये तो खून ही निकाल देती है
और रिश्ते पे खिंच जाये तो दीवार बना देती है
एक रुपया एक लाख नहीं होता
मगर फिर भी एक रुपया एक लाख से निकल जाये
तो वह लाख भी नहीं रहत
हम आप लाखों दोस्तों में से एक वो ही रुपया है
संभाल के रखियेगा
बाकी सब झूठ हवस और फरेब है

टिशा पाटनी

10

जीवन का नजरिया

अगर कोई इंसान बहुत हँसता है, तो अंदर से वो बहुत अकेला है। अगर कोई इंसान बहुत सोता है तो अंदर से वो उदास है। अगर कोई इंसान खुदको बहुत मजबूत दिखाता है और रोता नहीं तो वो अंदर से बहुत कमजोर है। अगर कोई इंसान जरासी बात पर रो देता है तो वो बहुत मासूम है और नाजुक दिल का है। लोगों को समझने की कोशिश कीजिए। जिन्दगी किसी का इंतजार नहीं करती, लोगों को अहसास कराइए कि वो आपके लिए कितने खास हैं। अगर जिन्दगी में कुछ पाना हो तो तरीके बदलो इरादे नहीं। जब सड़क पर बरात नाच रही हो तो हॉर्न मार मार कर परेशान न हों गाड़ी से उतर कर थोड़ा नाच लें। मन शांत होगा टाइम तो उतना ही लगना है। इस कलयुग में रुपया चाहे कितना भी गिर जाए इतना कभी नहीं गिर पाएगा जितना रुपये के लिए इंसान गिर चुका है।

रास्ते में अगर मंदिर दिखे तो प्रार्थना नहीं करो तो चलेगा पर रास्ते में एंबुलेंस मिले तो प्रार्थना जरूर करना शायद कोई जिन्दगी बच जाए, जिसके पास उम्मीद है, लाख बार हार कर भी नहीं हार सकता। बादाम खाने से उतनी अकल नहीं आती जितनी धोखा खाने से आती है। एक बहुत अच्छी बात जो जिंदगी भर याद रखिये आपका खुश रहना ही आपका बुरा चाहने वालों के लिए सबसे बड़ी सजा है। खूबसूरत लोग हमेशा अच्छे नहीं होते, अच्छे लोग हमेशा खूबसूरत होते हैं। और हां बेहतरीन इंसान अपनी मीठी जुबान से ही जाना जाता है। वरना अच्छी बातें तो दीवारों पर भी लिखी होती हैं। दुनिया में कोई भी काम इम्पॉसिबल नहीं है। बस हौसला और मेहनत की जरूरत है। खेल ताश का हो या जिंदगी का अपना इक्का तभी दिखाना जब सामने वाला बादशाह निकाले। चार लाइन दोस्तों के नाम काश कोई मिलने की वजह हो जाए साथ जितना भी बिताया वो पल मिल जाए चलो अपनी अपनी आँखें बंद कर लें। क्या पता ख्वाबों में गुजरा हुआ पल मिल जाए, जिंदगी पल-पल ढलती है जैसे रेत मुट्ठी से फिसलती है। शिकवे कितने भी हों हर पल फिर हँसते रहे क्योंकि ये जिन्दगी जैसी भी है, बस एक बार मिलती है। प्रेम चाहिए तो समर्पण करना होगा, विश्वास चाहिये तो निष्ठा खर्च करनी होगी, साथ चाहिये तो समय खर्च करना होगा किसने कहा रिश्ते मुफ्त में मिलते हैं। मुफ्त में तो हवा नहीं मिलती, एक एक सांस भी तब आती है जब एक सांस छोड़ी जाती है।

आकांशा माहिले

9 अ

द्रवतंगता दिवम्

देह दीप में इच्छाओं के स्वर्णिम पंख जलाकर
लाए जो आजादी अपना नामो-निशान मिटाकर
आज तिरंगे की छाया में उनके गीत सुनाना
लाए जो आजादी अपने घर के दीप बुझाकर
आज तिरंगा मुक्त गगन में उनके हित लहराना,
उनको भूल न जाना, उनको भूल न जाना।

छोटे-छोटे हाथ जोड़कर, छोटा शीश झुकाती हूँ
छोटे मुँह से भारत माता तेरा गान गाती हूँ।
जब तुम पर संकट आएगा मैं आगे बढ़ जाऊँगी
छोटे हाथों से मां मैं विजय माला पहनाऊँगी ॥

जागो हिंद के वासियो
धरती के कण-कण में,
शहीदों का खून समाया है
गंगा की लहरों में पसीना इनका समाया है।
हिमालय की चोटी देती है गवाही
कैसा देश हमारा है।

कमल के बदले बंदूक है हाथों में
दहशत भरी नजरे हैं हाथ में
देश माँगता है बलिदान तुम्हारा
खाओ कसम देश की
आसमां तक पहुँचाएंगे
चमकेगा हमारा सितारा
अमर रहे भारत देश हमारा।

हजारों बलिदान दीये
तब आजादी को पाया है।
गहरे धावों को भारत
लगातार सहता आया है
प्रहारों पर प्रहार हुए,
फिर भी उभरता आया है।

अत्याचार, आतंकवाद को
अब हम न सह पाएँगे
मिटाएँगे इसको जड़ से
धरती को स्वर्ग बनाएँगे।
हम अपनी आजादी को व्यर्थ नहीं गवाएँगे

अर्पिता अग्रवाल

9 ब

दर्द निवारक एक्युपंचर

हाल ही में ताईवान के वैज्ञानिकों ने बताया है, कि एक्युपंचर दिमाग के उन भागों को सक्रिय बनाता है जो दर्द नियंत्रण का काम करते हैं।

ताईपे के जेन जेन सेह और उनके कॉलेज के लोगों ने मिलकर पोजीट्रान एमीशन टोमोग्राफी (पी.ई.टी.) से एक्युपंचर के दौरान दिमाग में रक्त के बहाव का अध्ययन किया। उन्होंने दस ऐसे लोगों को चुना जिन्हें तर्जनी उँगली और अँगूठे के बीच एक्युपंचर उपचार दिया जा रहा है। उन्होंने पाया कि जब सुई को त्वचा के भीतर दो मि.मी. तक चुभाकर उसे घुमाया गया। तब व्यक्ति को कोई अनुभूति नहीं हुई। तीन मि.मी. तक चुभाकर उसे घुमाते हुए आगे बढ़ने पर उन्हें पीड़ा और सुन्नता का अहसास हुआ। यह सामान्यतः एक्युपंचर चिकित्सा की विशेषता है।

इसी अंतिम स्थिति में दिमाग में हाई पोथेलेमस और मध्य दिमाग में एकवेडकटल ग्रेमेटर में रक्त प्रवाह बढ़ा हुआ देखा गया यानि एक्युपंचर की स्थिति में ये अंग सक्रिय हो जाते हैं। ये अंग दर्द नियंत्रण का काम करते हैं।

पिछले कुछ वर्षों से भारत में भी एक्युपंचर चिकित्सा का प्रयोग रहा है। मूलतः यह चिकित्सा दर्द से निजात पाने बीमारियों के इलाज और स्वास्थ्य सुधार का प्राचीन चीनी तरीका है। जिस प्रकार भारतीय चिकित्सा में बीमारियों और अस्वस्थता का मूल, त्रिदोष को माना गया है, उसी प्रकार चीनी लोग मानते हैं कि दो बल 'यिन और यंग' मानव शरीर ही नहीं बल्कि सारे ब्रह्माण्ड में काम करते हैं और इन्हीं दो बलों का असंतुलन सारे रोगों की जड़ है। चीनी चिकित्सा का मूल उद्देश्य इन बलों को चलाने वाली शक्ति के कार्य में व्यवधान उत्पन्न होता है और अस्वस्थता की स्थिति बनती है। यह शक्ति हमारे शरीर में बारह रास्तों जैसे गुर्दा, हृदय तथा शरीर के क्रियात्मक तंत्र से प्रवाहित होती है। एक्युपंचर चिकित्सा में इन बारह रास्तों और कुछ अन्य विशेष स्थानों पर स्थित सैकड़ों बिंदुओं में से किन्हीं निश्चित बिंदुओं पर सुइयाँ चुभाई जाती हैं। ये सुइयाँ बहुत नुकीली होती हैं। इन्हीं में त्वचा के भीतर 3 से 20 मि.मी. तक गहराई में चुभाकर धुमाया जाता है। पहले माना जाता था कि एक्युपंचर चिकित्सा से शरीर में दर्द निवारक पदार्थ बनने लगते हैं। और दर्द होने पर जो संकेत दिमाग तक पहुँचते हैं जिनसे दर्द का आभास होता है, उन्हें एक्युपंचर द्वारा दिमाग तक पहुँचने ही नहीं दिया जाता।

इन दोनों ही तर्कों के पक्ष में कोई प्रमाण उपलब्ध

नहीं थे। अतः ऐसी धारणा भी बनी थी कि शायद एक्युपंचर का असर मैनोवैज्ञानिक ही ज्यादा होता है। मगर ताईवान में हुए ताजा शोध ने दिखाया है कि एक्युपंचर वास्तव में तंत्रिका तंत्र पर क्रिया करता है तथा दर्द नियंत्रण की बिन्दुओं पर प्रभाव डालता है। अभी कई और प्रयोगों से इसकी पुष्टि होना जरूरी है।

अंतिमबाला गंगराड़े
प्री.प्रा. शिक्षिका

आज का भारत

देश मेरा था सोने की चिड़िया
फेंक के साड़ी उतार के चूड़ियाँ
अब यहाँ डोले पश्चिमी गुड़िया
सोना ले गये बेदर्द फिरंगी
राये चिड़िया, देख पेड़ों की तंगी
इतिहास था जिसकी महान गाथा
आज वहाँ समाज बना दोरंगी
उनके ही तन के दो हिस्से

भारत-पाक

तैयार खड़े लड़ने को परमाणु जंग
कहीं खो गए महान नेता
देश अब झेले चालें बेढंगी
उग्रवाद घपलों से हुई हालत बदरंगी
इंतजार, है उस खुश नुमा पल का
जब संतो की पावन धरती पर
खिलेगा कोई नेक फरिश्ता, बरसाने को मेघ सतरंगी



पंकज मगर
9 अ

परीक्षा का भय

अगर करोगे रोज़ पढ़ाई,
परीक्षा का भय नहीं रहेगा,
अच्छे अंक सदा लाओगे
सबका प्यार-दुलार मिलेगा।

जीवन परीक्षा में भी तब,
सदा सफलता तुम पाओगे,
घर-परिवार और समाज में
सचमुच अच्छे समझे जाओगे।

रोज़ पढ़ाई जो न करते
परीक्षा उसे सताती है।
भयावह रूप दिखा अपना,
नींद हराम कर जाती है।

अच्छे अंक नहीं आते जब
मन दुःख से भर जाता है
सबकी नजरों से गिरकर
लज्जित होना पड़ता है।

जीवन परीक्षा में भी तब,
सदा विफलता मिलती है,
बोझिल सा लगता जीवन,
सब कुछ नीरस दिखता है।

इन बातों पर गौर करो,
जीवन इनसे सुखद बनेगा
अगर करोगे रोज़ पढ़ाई
परीक्षा का भय नहीं रहेगा।

दिव्या तिवारी
9 ब

जीवन सफल बनाना है तो

जीवन सफल बनाना है तो,
कठिन परिश्रम करना सीखो।
महापुरुषों के चरणों के लिये,
ध्यान लगाकर पढ़ना सीखो॥

यह जीवन काँटों का पथ है,
कठिनाइयों से भरी डगर है।
साहस की मशाल लिए तुम,
ऊँचाइयों पर चढ़ना सीखो॥

जो भी अपने पूजनीय हैं,
उनका आदर करना सीखो
जीनव जीना एक कला है,
सबका प्यारा बनना सीखो॥

राहुल पाटीदार
10 अ

आज के बच्चे

आज के बच्चे हैं बड़े नटखट,
दिन भर खाते हैं गोली चटपट
आज के बच्चे हैं बड़े शरारती,
खुद को समझते हैं पढ़ाई में महारथी
दिन भर खाते गुटका और पान
माता-पिता का नहीं रखते मान।
आज के बच्चे हैं बड़े नादान,
समझते हैं मिल गया उन्हें विद्या का मान।
आज के बच्चों को अब है सुधारना।
माता-पिता का ध्यान है रखना।
अब से उनको अच्छे काम है करना,
माता-पिता का नाम रोशन है करना।

अमन पाटीदार
10 अ

असफलता

असफलता से तुम कभी न डरो
बार-बार तुम कोशिश करो
मेहनत तुम खूब करो
कठिन परिश्रम से न डरो
सच्चाई का तुम दो साथ
मंजिल होगी तुम्हारे हाथ

धीरेन्द्र राठौड़
10 अ

कुछ करके दिखाओ

कुछ करके दिखाओ, कुछ करके दिखाओ
ये जीवन मिला है, इसमें नए सपने सजाओ।
हम आए हैं यहाँ, न अपनी मर्जी से,
फिर कैसे चले जाएँ, खुद की खुदगर्जी से?
बहुत कुछ है देने को, इस समाज को,
बहुत कुछ है लेने को, इस समाज से।
इस मनुष्य योनि में अपनी पहचान बनाओ,
जो भी मिला है, उसे औरों के संग बाँटने जाओ
आज जो मेहनत करेगा, वो कल मीठा फल चखेगा,
जो लड़खड़ा गया पहले कदम पर, वो उम्र भर फिर न चल सकेगा
बहुत से विद्यार्थी हार जाते हैं, चलकर कुछ कदम
टूट जाते हैं वो अक्सर, कहते हैं हममें नहीं है दम।
हौसले अपने हों बुलंद, तो हार भी जीत है,
जज्बा है कुछ करने का, तो हर घड़ी प्रीत है।
रोज इन शब्दों को सुनकर, मन अब भरने सा लगा है
कुछ करके दिखाओ ऐसे कटाक्षों से ये जिस्म भी अब डरने लाग है
करके हम भी दिखाएँगे, इस युग में चमत्कार।
मन कहता "कुछ करके दिखाओ" नहीं हैं हम इतने बेकार

नेहा चौहन
9 ब

जय सरदार

पाटीदार के घर पैदा हुए
भारत माता के काम आए
आजादी के दीवाने
काँप उठते थे अंग्रेज
सुनकर जिनकी हुँकार और ललकार
जय सरदार! जय सरदार!
तुम थे देश के सरदार
बड़े ही असरदार
शेर का कलेजा रखे
सच बोलने का साहस रखें
घर की बात घर में रखें
अन्याय के खिलाफ लड़े
कहा उन्होंने ये ही हर बार
जय सरदार! जय सरदार!
सबसे न्यारे हमारे सरदार
भारत माता की आँखों के तारे सरदार
आपको शत्-शत् नमन बारम्बार
जय सरदार! जय सरदार

जयराज राठौड़
10 अ

अनुशासन

अनुशासन देश को, बनाता महान।
अनुशासन के बल पर, चलता जहान।।
अनुशासन के पालनसे, होगा कल्याण।
अनुशासन ही देश का, होता है प्राण।।
जो न माने अनुशासन, वह बैरी के समान
अनुशासन देश को, बनाता है महान।।

सुमित शर्मा
10 अ

हिन्दी माथे की बिंदी

संस्कृत की लाड़ली बेटी है ये हिन्दी
बहनों के साथ लेकर चलती है ये हिन्दी।

सुंदर है, मनोरम है, मीठी है, सरल है,
ओजस्वनी है और अनूठी है ये हिन्दी।

पढ़ने व पढ़ाने में सहज है, ये सुगम है,
साहित्य का असीम सागर है ये हिन्दी।

तुलसी कबीर, मीरा ने इसमें ही लिखा है,
कवि सूर के सागर की गागर है ये हिन्दी।

वागेश्वरी की माथे पर वरदहस्त है,
निश्चय ही वंदनीय मां-सम है ये हिंदी।

अंग्रेजी से भी इसका कोई बैर नहीं है
उसको भी अपने पन से लुभाती है ये हिन्दी

यूं तो देश में कई भाषाएँ और हैं पर
राष्ट्र के माथे की बिंदी है ये हिन्दी।

अंकित रघुवंशी
10 अ

जिन्दगी

सपने दिखाती है जिन्दगी,
सपनों से जगाती भी है जिन्दगी।
रिश्ते बनाती है जिन्दगी,
तन्हाइयाँ-भी लाती है जिन्दगी।।
खुशियों से सराबोर जिन्दगी।।
गमों का आधार जिन्दगी,
बहुत कुछ पाया है जिन्दगी से,
कुछ खोया भी है, जिन्दगी में
कभी सोचता हूँ क्या मिला जिन्दगी से
फिर लगा, जिन्दगी मिल गई और क्या चाहिए।

शुभम रघुवंशी
10 अ

हिन्दुस्तान में हिन्दी

हिन्दुस्तान में हिन्दी का, हो गया क्या हाल,
हिन्दी मास मनाएँ हम, बिन चूके हर साल।
हिन्दी का स्मरण हो, वर्ष में बस एक बार,
बाकी पूरे वर्ष भर, हिन्दी भरती आह।
अंग्रेजी का हो गया, ऐसा भूत-सवार,
सन्डे-सन्डे सब रटें, भूल गए रविवार।
अब गाँधीजी मर गए, जिंदा हो गए डेड,
आत्मीयता भी हो गई, अंग्रेजी में कैद
जो बोले हिन्दी यहाँ, उसको समझें हीन,
अंग्रेजी के सामने हिन्दी की तौहीन।
माना अच्छी बात है, हर भाषा का ज्ञान,
फिर भी, कहाँ तक उचित है, हिन्दी की तौहीन।
हिन्दी तो बनकर रहे हर भाषा का ताज,
हमने इसे कर दिया, परिचय का मोहताज।
क्यों, यह हिन्दी दिवस है, क्यों यह हिन्दी मास।
क्या हिन्दी का रहेगा, बस इतना सा इतिहास

वत्सल उपाध्याय
10 ब

भ्रष्टाचार

एक-दो एक दो,
भ्रष्टाचार को फेंक दो।
जब से आया ये दुनियाँ में भ्रष्टाचार
तब से लोग कर रहे हैं खूब दुराचार।
इसकी छाया बन रही है सर्वव्यापी
पर वरमाला के प्रति यह है पापी।
है नेता भ्रष्टाचारी तो है दुनियाँ दुराचारी
है भगवान। पकड़ो बैया और पार करो नैया।
लोगो भ्रष्टाचार को मारो ऐसे गोले
ताकि हर बच्चा सिर्फ यही बोले कि
एक-दो, एक दो,
भ्रष्टाचार को फेंक दो।

रविन्द्र माहिले
10 अ

होगा अंत-अतंक का

दूध पिलाते ये नागों को,
भारत पर चढ़ जाने को।
आतंकी पैदा करते थे,
दहशत को फैलाने को।

पाकिस्तान तेरी करनी का
फल बच्चों ने भोगा है।
दोहरे चेहरे वाले जालिम,
उतरा तेरा चोगा है।

इसी बेल को पाल पोस कर,
तूने कितना बड़ा किया।
हर आतंकी को अपनाया,
अपना अड्डा खड़ा किया।

आज तुझे ही डस डाला
तेरे ही पाले साँपों ने।
पैरों तले कुचल डाला
तेरे आतंकी बापों ने।

देख जरा उस पीड़ा को,
जो हर हृदय में उठती है।
सूँघ जरा उस बदबू को,
जो मरे शवों से उठती है।

यूँ ही लोग मरे थे जब,
तुमने मुम्बई दहलाया था।
गोली की आवाजों से जब,
अक्षर धाम गुंजाया था।

संसद पर हमला हो या,
कई बारों के बम के विस्फोट।
अफ़ज़ल गुरु कसाब भेजकर,
कितनी गहरी दी है चोट।

फिर भी तेरे दुःख में जालिम,
तेरे साथ खड़े हैं हम।
आतंकवाद से लड़ जाने को,
खुलकर आज अड़े हैं हम।

बात समझ आ पाई हो तो,
अब ये दहशत बंद करो।।
भाड़े के आतंकी रोको,
अब ये दहशत बंद करो।

वरना एक दिन तुम डूबोगे,
सारे मारे जाओगे।
अपनी करनी के कारण तुम,
जीवन भर पछताओगे।।।

दीक्षा गोयल
9 ब

मेरी प्रिय पुस्तक

पुस्तक का मनुष्य के जीवन में विशेष महत्व होता है।
ये उसकी सच्ची साथी व मित्र होती है। उसके अच्छे व बुरे
समय में उसका साथ देती है। उसकी प्रत्येक समस्या का
निवारण इनकी सहायता से किया जा सकता है। परन्तु हमें
अच्छी पुस्तकों का ही अध्ययन करना चाहिए। मन को
स्वस्थ व प्रसन्न रखने के लिए अच्छी पुस्तकों का अध्ययन
आवश्यक है। अच्छी पुस्तकों के ज्ञान से मानव की मानसिक
व बौद्धिक शक्तियों का विकास होता है। मैंने भी अपने ज्ञान
में वृद्धि करने व अपनी ज्ञान-पिपासा को शांत करने के लिए
अनेकों पुस्तकों का अध्ययन किया है परन्तु उन सबमें से मुझे
तुलसीकृत राम चरित मानस अर्थात् रामायण ने मुझे अधिक
प्रभावित किया है। यह ही मेरी प्रिय पुस्तक है।

मेरी प्रिय पुस्तक राम चरित मानस में वे गुण
विद्यमान हैं।

जो एक श्रेष्ठ पुस्तक में होने चाहिए। इस महाकाव्य
के नायक श्रीराम मर्यादा पुरुषोत्तम हैं। ये जीवन के सभी
क्षेत्रों में त्याग, दया, परोपकार, शौर्य, धैर्य, सहानुभूति,
जनरक्षक कृपा लु आदि अनेक गुणों के परिचायक हैं। इसमें
मर्यादा पुरुषोत्तम श्रीराम की जीवनगाथा काव्यरूप में वर्जित
की गई है। इसकी रचना का शुभारम्भ 1631 की मार्ग शीर्घ
की शुक्ला पंचमी को रविवार के दिन मानी जाती है तथा
इसका रचना स्थान अयोध्या व काशी है। इसकी भाषा
अवधी है। यह एक महाकाव्य है जिसमें दोहे और चौपाई छंदों
का प्रयोग किया गया है। इसमें श्रीराम का वर्णन एक
आज्ञाकारी पुत्र, आदर्श भ्राता, आदर्श पति, आदर्श मित्र व
असदृश राजा के रूप में किया गया है। यह पुस्तक अत्यन्त
लोकप्रिय है। इसमें मानव जीवन की सभी समस्याओं का
समाधान किया गया है। इस पुस्तक में निहित इन सभी गुणों
ने मुझे इस पुस्तक को नियमित पाठक बना दिया है। आज मैं
ही नहीं बल्कि सारा संसार इसका प्रशंसक (उपासक) है।

ज्योति पटेल

10 ब

बदलाव

एक लड़का सुबह सुबह दौड़ने जाया करता था। आते-जाते वो एक बूढ़ी महिला को देखता था। बूढ़ी महिला तालाब के किनारे छोटे-छोटे कछुओं की पीठ को साफ किया करती थी। एक दिन उसने इसके पीछे का कारण जानने की सोची।

वो लड़का महिला के पास गया और उनका अभिवादन कर बोला नमस्ते आंटी ! मैं आपको हमेशा इन कछुओं की पीठ को साफ करते हुए देखता हूँ आप ऐसा किस वजह से करती हो ? "महिला ने उस मासूम से लड़के को देखा और लड़के को जवाब दिया। मैं हर रविवार यहाँ आती हूँ और इन छोटे-छोटे कछुओं की पीठ को साफ करते हुए सुख शांति का अनुभव लेती हूँ। "क्योंकि इनकी पीठ पर जो कवच होता है उस पर कचरा जमा हो जाने की वजह से इनकी गर्मी पैदा करने की क्षमता कम हो जाती है इसलिए ये कछुए तैरने में मुश्किल का सामना करते हैं। कुछ समय बाद तक अगर ऐसा ही रहे तो ये कवच भी कमजोर हो जाते हैं इसलिए कवच को साफ करती हूँ। यह सुनकर लड़का हैरान रह गया। उसने फिर एक सवाल किया और बोला बेशक आप अच्छा काम कर रही हैं पर सोचिये इन जैसे कितने कछुए हैं जो इनसे भी बुरी हालत में हैं जबकि आप सभी के लिए ये नहीं कर सकती क्योंकि आपके अकेले के बदलने से तो कोई बड़ा बदलाव नहीं आएगा। महिला ने मुस्कराकर कहा— "भले ही मेरे इस कर्म से दुनिया में कोई बड़ा बदलाव नहीं आयेगा लेकिन सोचो इस एक कछुए की जिन्दगी में तो बदलाव आयेगा ही। तो क्यों न हम छोटे बदलाव से ही शुरुआत करें।

ऑचल पासवान
10 ब

दरवाजे का नीम

मेरे दरवाजे का नीम
जैसे सबकी लिए हकीम,
देता सबको शुद्ध हवा
और बाँटता मुफ्त दवा।
कैसी भी होगी बीमारी,
सब में होता यह गुणकारी
नहीं जानता इसको कौन ?
इसकी बनती है दातौन।
छाल, पत्तियाँ, फल या फूल
चर्म रोग करता निर्मूल
देती है इसकी छाया आराम
लकड़ी भी आती है काम।

शुभम रघुवंशी
10 अ

चिन्तया नश्यते ज्ञानं

ज्ञान का नाश करने वाला कोई है, तो उसका नाम चिन्ता है। आपसे अशुभ हो जाए वो इतना घातक नहीं जितना घातक उसकी चिन्ता है। जो आत्महत्या करता है, वह बहुत पहले से सोचना प्रारम्भ करता है। बार-बार उसके मस्तिष्क में वही चलता है। जैसा होने वाला होता है, वैसी सोच प्रारम्भ हो जाती है। जिनके अन्दर किंचित भी अशुभ सोच चल रही हो, वे शीघ्र ऊँकार की ध्वनि करे, प्रभु का नाम ले, अपने सोच को बदले तुरंत चिन्ता का हास होगा। जैसे आपको सामग्री रखनी है तो पहले बर्तन को स्वच्छ करते होगा। क्योंकि पात्र स्वच्छ नहीं होगा तो वस्तु खराब हो जायेगी। ऐसे ही किसी को ज्ञानार्जन करना है तो सबसे पहले चिन्ता की गंदगी को मस्तिष्क से बाहर करो। चिन्तातुर विद्यार्थी ज्ञानार्जन नहीं कर सकता है। गाय से दूध निकालना चाहते हो तो गाय को पीटो मत, गाय को तंग मत करो। पहले गाय को खिलाओ गाय को सहलाओ क्योंकि गाय जितनी खुश होगी उतना दूध देगी। यदि आप गाय को खुश नहीं कर सके, तो वह पर्याप्त दूध नहीं देगी। ऐसे-ही निज को ज्ञान से भरना चाहते हो तो सर्वप्रथम अपने आपको खुश करना सीखो। अपने आपको चिन्तामुक्त करो। चिन्ता मुक्त हो जाओगे तभी तुम अध्ययन कर पाओगे। चिन्ता में लिप्त व्यक्ति पृष्ठ के पृष्ठ पढ़ ले, कुछ भी समझ में नहीं आता है क्योंकि चित्त चिन्ता में डूबा है। कितने ही पढ़े-लिखे लोग चिन्ता में पड़कर अपने को भी भूल गए। कितने ही उच्च शिक्षा प्राप्त सड़क पर पागलों की तरह भटकते मिल जायेंगे। कारण क्या है ? एक मात्र चिन्ता। कितनी दुख देने वाली है चिन्ता सबसे पहले चिन्तित पुरुष के पवित्र ज्ञान को पकड़ती है। जिनके चेहरे चमकते थे, कण्ठ में सरस्वती का वास था उसमें चिन्ता का अंगारा गिर गया तो उसके ज्ञान तंतुओं को जला दिया। ज्ञान तंतुओं की रक्षा करनी है, तो चिन्तारूपी अंगारों से अपनी रक्षा करना। क्या आपने घास-पत्तों की पर्णकुटी देखी है। वह गर्मी में शीतल एवं ठण्डी में उष्ण रहती है। पत्तों की कुटिया बहुत सुन्दर दिखती है। कितनी ही सुन्दर, सुख देने वाली पर्णकुटी हो, लेकिन उस पर्णकुटी का सुखद जीवन कब तक ? जब तक किसी अभागे ने अंगारा नहीं रखा। यदि पर्णकुटी के ऊपर किसी अज्ञानी ने अंगारा रख दिया, तो वह पर्णकुटी कितने समय तक सुरक्षित रहेगी ?

चिन्ता नाशे शक्ति को, चिन्ता नाशे ज्ञान।
चिन्ता नाशे बुद्धि को, करे रोग का दान।।

चाहत जैन
12 ब

चिकित्सा है संगीत

चिकित्सा है संगीत—कहने तात्पर्य यह है कि संगीत का मानव जीवन को सरस बनाने में बड़ा महत्वपूर्ण स्थान है। यह मात्र मनोरंजन नहीं है और यदि उसे भावनाओं और प्रेरणाओं से अनुप्राणित किया जा सके तो उसका परिणाम न केवल गाने सुनने वालों के ऊपर हो सकता है बल्कि उसका परिणाम वातावरण को कोमल, भावनाओं को झंकृत, तरंगित करने और उसके देवत्व को उदय करने में गायन—वादन में महत्वपूर्ण भूमिका निभाते हैं। संगीत शरीर, मन और आत्मा को बलवान बनाने एवं निरोगता, प्रदान करने वाले तत्व संयुक्त मात्रा में विद्यमान हैं। इसी कारण इसे आज संपूर्ण चिकित्सा पद्धति के रूप में मान्यता मिली है विदेशों में कई ऐसी संस्थाएँ हैं। जो संगीत के माध्यम से रोगियों का उपचार किया जाता है। विश्व भर में फैली संगीत चिकित्सा की इन शाखाओं का संचालन न्यूयार्क में बने एक आश्रम से होता है। यह संगीत चिकित्सा का शोध केन्द्र भी है। जहाँ पर भिन्न प्रकार की धुनों का विभिन्न व्याधियों (बिमारीयों) पर प्रयोग कर चिकित्सा की जाती है।

मानसिक व शारीरिक रोगों का सफलता पूर्वक संगीत से उपचार किया जाता है। मनुष्य की वृत्तियों पर संगीत की शक्ति अलौकिक रूप से कार्य कर रही है तब लोगों ने जाना कि भारतीय मनीषियों द्वारा प्रतिपादित यह तथ्य सत्य है क्योंकि संगीत में समस्त प्राणी समुदाय को प्रभावित करने की असीम अद्भुत शक्ति विराजमान है।

श्रीमती मनीषा बजाज
संगीत शिक्षिका

सदाचार और लोकप्रियता

जीवन में वास्तविक सफलता और लोकप्रियता पाने के लिये आवश्यक है गुण, कर्म, स्वभाव और श्रेष्ठता। जो गुणी है, उसका आदर क्या धनवान और क्या निर्धन दोनों ही करते हैं।

जो सदाचारी हैं, धैर्यवान हैं, उसका आचरण ही उनको लोकप्रिय बना देगा। आत्मनः प्रतिकूलानि परेषां न समाचरेत्। जो बात जो व्यवहार स्वयं अपने आप को नहीं भाता, प्रतिकूल लगता है। उस प्रकार का व्यवहार हम दूसरों से ना करें। हम बदलेगें तो युग बदलेगा। यदि आप बदलाव चाहते हैं तो पहले स्वयं को बदल दें।

स्वामी विवेकानंद ने भी कहा है कि ``बनो और बनाओ`` अर्थात् स्वयं बना हुआ, बदला हुआ, सुधरा हुआ व्यक्ति ही दूसरों को बना सकता है, दूसरों के लिये प्रेरणा का स्रोत बन सकता है।

यदि हमारे जीवन में संयम, सदाचार, पवित्रता नहीं है तो हमारी अध्यात्मिक प्रगति संभव ही नहीं है। प्योर हार्ट कैन सी द गॉड। अर्थात् जिसका हृदय पवित्र है वही ईश्वर को देख सकते हैं। स्वामी विवेकानंद ने भी हमारे आत्म स्वरूप को ललकारते हुए कहा है – तुम क्यों रोते हो ? सब शक्ति तो तुम्ही में है। अपने ऐश्वर्यमय स्वरूप को विकसित करो ये तीनों लोक तुम्हारे पैरों के नीचे हैं। दूसरी कोई शक्ति नहीं। प्रबल शक्ति आत्मा की है। वे कहते हैं कि डरो मत तुम्हारा नाश नहीं होगा, क्योंकि आत्मा अजर—अमर अविनाशी है। यही हमारी सच्ची लोकप्रियता का आधार है।

किरण मिश्रा
हिन्दी/संस्कृत शिक्षिका

कोई नहीं माता-पिता जैसा

माँ घर का गौरव तो पिता घर का अस्तित्व होते हैं। माँ के पास अश्रुधारा तो पिता के पास संयम होता है। दोनों समय का भोजन माँ बनाती है तो जीवन भर की भोजन व्यवस्था करने वाले पिता को हम सहज ही भूल जाते हैं। कभी लगी जो ठोकर या चोट तो ``ओ माँ`` मुँह से निकलता है। लेकिन रास्ता पार करते कोई ट्रक पास आकर ब्रेक लगाये तो ``बाप रे`` यही मुँह से निकलता है। क्योंकि छोटे-छोटे संकटों के लिए माँ है पर बड़े संकट आने पर पिता ही याद आते हैं। पिता एक बट वृक्ष हैं जिसकी शीतल छाँव में सम्पूर्ण परिवार सुख से रहता है। पिता वो है जो आपको गिरने से पहले थाम लेता है, लेकिन आपको ऊपर उठाने की बजाय आपके कपड़े झाड़ता है और आपको को फिर से कोशिश करने के लिए कहता है।

रुलाना हर किसी को आता है हँसाना भी हर किसी को आता है। रुला के जो मना ले वो ``पापा`` हैं। और जो रुला के खुद भी रो पड़े वही ``माँ`` है। जिनके पास पिता हैं, उन्हें उनकी कदर नहीं जिन्हें पिता की कदर है, उनके पास पिता नहीं। पिता की अहमीयत क्या है यह बात किसी अनाथ से पूछो तो पता चलेगा। पेड़ तो अपना फल खा नहीं सकते इसलिए हमें देते हैं पर कोई अपना पेट खाली रखकर भी मेरा पेट भरे जा रहा था, वो थे पापा..... सपने तो मेरे थे पर उन्हें पूरा करने का रास्ता कोई और बताए जा रहा था, वो थे पापा।

जब मम्मी डाँट रही थी तो कोई चुपके से हंसा रहा था, वो थे पापा।

दीपक जाधव

12 अ

विवेकानंद के प्राण प्रशंग

सच बोलो

स्वामी विवेकानंद प्रारंभ से ही एक मेधावी छात्र थे और सभी उनके व्यक्ति और वाणी से प्रभावित रहते थे। जब वह साथी छात्रों को कुछ बताते तो सब मंत्रमुग्ध हो उन्हें सुनते।

एक दिन इंटरवल के दौरान वो कक्षा में कुछ मित्रों को कहानी सुना रहे थे, सभी उनकी बातें सुनने में इतने मग्न थे कि उन्हें पता नहीं चला कि कब मास्टरजी कक्षा में आए और पढ़ाना शुरू कर दिया।

मास्टर जी ने अभी पढ़ाना शुरू ही किया था कि उन्हें कुछ फुस फुसाहट सुनाई दी। कौन बात कर रहा है? उन्होंने तेज आवाज में पूछा। सभी बैठे छात्रों ने इशारा कर दिया। यह जानकर मास्टर जी क्रोधित हो गए, उन्होंने तुरंत उन छात्रों को बुलाया और पाठ से संबंधित एक प्रश्न पूछने लगे। जब कोई भी उत्तर न दे सका, तब अंत में मास्टर जी ने स्वामी जी से वही प्रश्न किया। स्वामीजी ने आसानी से उत्तर दिया।

यह देख उन्हें यकीन हो गया कि स्वामी जी पाठ पर ध्यान दे रहे थे। और बाकी छात्र बातचीत में लगे हुए थे। फिर क्या था उन्होंने स्वामी जी को छोड़ सभी को बेंच पर खड़ा कर दिया। सभी छात्र एक-एक बार बेंच पर खड़े होने लगे, स्वामीजी ने भी यही किया। तब मास्टरजी बोले नरेन्द्र तुम बैठ जाओ।

नहीं सर मुझे भी खड़ा होना होगा क्योंकि वह मैं ही था जो इन छात्रों से बात कर रहा था। स्वामीजी ने आग्रह किया और बताया कि सजा का असल हकदार वही है। इस तरह उन्होंने मिसाल रखी कि हर हाल में सच के साथ बने रहना चाहिए।

डरो मत

एक बार बनारस से स्वामीजी दुर्गा मंदिर के पास से निकल रहे थे कि तभी वहाँ मौजूद बहुत सारे बंदरों ने उन्हें घेर लिया। वे उनके नजदीक आने लगे और डराने लगे। स्वामीजी भयभीत हो गए और खुद को बचाने के लिए दौड़कर भागने लगे, पर बन्दर तो मानो पीछे ही पड़ गए और वे उन्हें दौड़ाने लगे। पास खड़ा एक वृद्ध संन्यासी यह सब देख रहा था उसने स्वामी जी रोका और बोला, रुको। उनका सामना करो। स्वामीजी तुरन्त पलटे और बंदरों की तरफ बढ़ने लगे, ऐसा करते ही सभी बन्दर भाग गए। इस घटना से स्वामीजी को एक गंभीर सीख मिली और कई सालों बाद उन्होंने एक संबोधन में कहा भी 'यदि तुम कभी किसी चीज से भयभीत हो तो उससे भागो मत, पलटो और सामना करो।

लक्ष्य पर ध्यान

स्वामी विवेकानंद अमेरिका में भ्रमण कर रहे थे। एक जगह से गुजरते हुए उन्होंने पुल पर खड़े कुछ लड़कों को नदी में तैर रहे छिलकों पर बन्दूक से निशाना लगाते देखा। किसी भी लड़के का एक भी निशाना सही नहीं लग रहा था। तब उन्होंने एक लड़के से बन्दूक ली और खुद निशाना लगाने लगे। उन्होंने पहला निशाना लगाया और वो बिलकुल सही लगा। फिर एक के बाद एक उन्होंने कुल 12 निशाने लगाए और सभी बिलकुल सटीक लगे। यह देख लड़के दंग रह गए और उनसे पूछा, भला आप ये कैसे कर लेते हैं? स्वामी जी बोले तुम जो भी कर रहे हो अपना पूरा दिमाग उसी एक काम में लगाओ। अगर तुम निशाना लगा रहे हो तो तुम्हारा पूरा ध्यान सिर्फ अपने लक्ष्य पर होना चाहिए। तब चूकोगे नहीं।

विनित शाह

12 ब

जीवन

बुरा वक्त सब का आता है कोई निखर जाता है तो कोई बिखर जाता है।

भगवान के भरोसे मत बैठो क्या पता

भगवान आप के भरोसे बैठे हों।

काम करो ऐसे की पहचान बन जाए,

चलें ऐसे कि निशान बन जाए,

अरे! जिंदगी तो हर कोई काट लेता है दोस्तो

अगर दम हो तो जियो ऐसे कि मिसाल बन जाए।

भरोसा खुद पे रखो तो ताकत बन जाती है

दूसरों पे रखो तो कमजोरी बन जाती है।

वक्त से लड़ कर अपना नसीब बदल दे,

इंसान वो है जो अपनी तकदीर बदल दे,

कल क्या होगा उसकी न सोचो,

जीत और हार अपनी सोच पर निर्भर करती है,

अगर मान लो तो हार है और ठान लो तो जीत है।

नंदिनी शर्मा

9 ब

मंजिल सामने है-पीछे नहीं

जीवन के दो पहलू हैं- सफलता और असफलता। जो लोग सफल हो जाते हैं वे एक विजेता की भाँति अकड़ कर चलते हैं उनकी गर्दन ऊँची तथा सीना चौड़ा होता है। बात करते समय वह बार-बार अपनी मूँछों को ताव देते रहते हैं। उनका चेहरा फूल की भाँति खिला रहता है। इसके विपरीत लोग असफल हो जाते हैं, उनके पास निराशा और उदासी के सिवा कुछ नहीं होता। हारे हुए जुआरी की भाँति वे एक कोने में दुबक कर बैठे रहते हैं। कुछ भी करने का उनका मन नहीं करता। ऐसा क्यों हार और जीत तो जीवन में होती रहती है। सदा न तो कोई जीत सका है, नहीं कोई सदा हारता रहा है, न सदा हारेगा। हर हार के पश्चात जीत की आशा रखकर ही आप जीवन में आगे बढ़ सकते हैं। इतिहास में ऐसे बहुत से लोग आते हैं, जो पहले खूब हारते रहे, मगर उन्होंने अपनी हिम्मत नहीं हारी न ही साहस का दामन छोड़ा, हर हार के पश्चात उन्होंने यही कहा यह हमारी अंतिम हार नहीं है। समय आएगा हम जीतेंगे, हार तो हमें प्रेरित कर रही है। आगे बढ़ने के लिए रास्ता बना रही। जीत का लक्ष्य सामने रखकर ही लोग आगे बढ़ते हैं। यदि आप सोने से पहले केन्द्रीय प्रसारण संस्थान यानी मन के इन कोष्ठों को यह संवाद प्रसारित करें कि मुझे प्रातः चार बजे उठना है और इस विश्वास के साथ सो जाएँ तो आप ठीक चार बजे अपने आप जाग जाएँगे इसके विपरीत यदि आपके मन में यह शंका हो कि पता नहीं सुबह समय पर मेरी आँख खुलेगी या नहीं, तो फिर समझ लो कि आपकी आँख नहीं खुलेगी। यही अंतर होता है संदेह और दृढ़ विश्वास में, जैसी आपकी भावना होगी, वैसे ही आपका मन काम करेगा। यदि आप अपनी इच्छाओं की पूर्ति चाहते हैं, तो पहले अपने मन में विश्वास पैदा कीजिए। किसी भी फसल को पैदा करने से पूर्व उसके लिए बीज डालना बहुत जरूरी है। ठीक इसी तरह से सफलता प्राप्त करने के लिये, उसका बीज तो बोना पड़ेगा। बोलने वालों को बोलने दो। देखने वालों को देखने दो। जलने वालों को जलने दो। बस अपने मन में आत्मविश्वास की यह भावना पैदा कर लो कि हमने जो चाहा है, वह पाकर ही रहेंगे, उसके लिए भले ही कितना परिश्रम करना पड़े? सफल वही होते हैं जो प्रयत्न करते हैं। दुनिया कभी अपने आप नहीं बदलती, दुनिया को तो बदलना पड़ता है। आप दुनिया को बदलने का प्रयत्न करेंगे

तो सब होगा, इस संसार में कुछ भी असंभव नहीं है। जरा सोचें कि जिस आदमी ने सबसे पहले चाँद सितारों तक पहुँचने की आशा की थी, उसकी कल्पना का लोगों ने कितना मजाक उड़ाया होगा, लेकिन वह आदमी तो अपनी धुन में लगा रहा, उसके मन में आत्मविश्वास की भावना थी कि वह जो चाहता है, उसे पाकर रहेगा। आशाओं के फूल तभी खिलेंगे जब आपके मन में आत्मविश्वास की ज्योति जलेगी।

अविनाश भदौरिया

6 ब

शिक्षा

अंधकार को दूर कर जो प्रकाश फैला दे
बुझी हुई आशा में विश्वास जगा दे
जब लगे नामुमकिन कोई भी चीज
उसे मुमकिन बनाने की राह जो दिखा दे वो है शिक्षा
हो जो कोई असभ्य उसे सम्यता का पाठ पढ़ा दे
अज्ञानी के मन में जो ज्ञान का दीप जला दे
दर्द की दवा जो बता दे वह है शिक्षा
वस्तु की सही उपयोगिता जो समझाए
दुर्गम मार्ग को सरल जो बनाए
चकाचाँध और वास्तविकता में अन्तर जो दिखाए
जो न होगा शिक्षित समाज हमारा
मुश्किल हो जाएगा सबका गुजारा
इंसानियत और पशुता के बीच का अन्तर है शिक्षा
शान्ति, सुकून और खुशियों का जन्तर है शिक्षा
भेदभाव, छुआछूत और अंधविश्वास दूर भगाने का
मन्तर है शिक्षा, जहाँ भी जली शिक्षा की चिंगारी
नकारात्मकता वहाँ से हारी
जिस समाज में हो शिक्षित सभी नर-नारी
सफलता समृद्धि खुद बने उनके पुजारी
इसलिए आओ शिक्षा का महत्व समझें हम
आओ पूरे मानव समाज को शिक्षित करें हम

अनिमेष चौहान

10

आवश्यक हैं खेल

“पढ़ोगे लिखोगे बनोगे नवाब खेलोगे कूदोगे हो आगे खराब” यह कहावत आज निराधार हो गई है। माता-पिता आज जान गए हैं कि बच्चों के मानसिक विकास के साथ शारीरिक विकास भी होना चाहिए।

व्यक्ति का सम्पूर्ण जीवन तन और मन रूप गाड़ी से चलता है। व्यायाम खेल शारीरिक विकास करते हैं तथा शिक्षा चिन्तन-मनन से व्यक्ति का मानसिक विकास होता है। खेल के अनेक रूप हैं - कुछ खेल बच्चों के लिए होते हैं। कुछ खेलों को खेलने के लिए विशाल मैदानों की आवश्यकता नहीं होती।

लेकिन उन में मनोरंजन और बौद्धिक विकास अवश्य होते हैं, जैसे : कैरम बोर्ड, शतरंज साँप-सीढ़ी, लुडो, ताश आदि। 'स्वस्थ शरीर में स्वस्थ मस्तिष्क का विकास होता है। जो बच्चे केवल पढ़ना ही पसन्द करते हैं खेलना नहीं चाहते वे चिढ़चिढ़े आलसी या डरपोक हो जाते हैं, यहाँ तक कि अपनी रक्षा करने में असमर्थ रहते हैं।

जो पढ़ने के साथ-साथ खेलों में भी भाग लेते हैं वे चुस्त और आलस्य रहित होते हैं। उनकी हड्डियाँ मजबूत और चेहरा कान्तिमय हो जाता है, पाचन-शक्ति ठीक रहती है नेत्रों की ज्योति बढ़ जाती है, शरीर वज्र की तरह हो जाता है। छात्र जीवन में केवल खेलने या पढ़ते ही नहीं रहना चाहिए अपितु उद्देश्य होना चाहिए खेलने के समय खेलना और पढ़ने के समय पढ़ना " **Work While your Work Play While You Play**"

मनुष्य को जो पाठ शिक्षा नहीं सिखा पाती वह खेल का मैदान सिखा देता है। जैसे-खेल खेलते समय अनुशासन में रहना, नेता की आज्ञा का पालन करना, खेल में जीत के समय उत्साह, हारने पर सहिष्णुता तथा विरोधी के प्रति प्रतिरोध का भाव न रखना, अपनी असफलता का पता लगाने पर जीतने के लिए पुनः प्रयत्न करना आदि सिखाता है।

बच्चों की किशोरावस्था से ही उनकी रुचि के खेल खेलने देने चाहिए। उन्हें संघर्ष के लिए तैयार करना चाहिए। जिससे भविष्य में उन्हें खेलों में विजय और यश मिले, विश्व रिकॉर्ड बनाकर अपना और देश का गौरव बढ़ाएँ। नेपोलियन को हराने वाले सेनापति नेलसन ने कहा था कि मेरी विजय का समस्त श्रेय किशोरावस्था के खेल के मैदान को है।

" Waterloo Was Won in the Fields Of Eton "

स्कूल और कॉलेजों के खेलों में नाम कमाकर ही राष्ट्रीय और अन्तर्राष्ट्रीय खेलों में छात्र पहुँच पाता है। ऊषा ने आठवीं कक्षा से दौड़ना प्रारम्भ किया था और अन्तर्राष्ट्रीय खेलों में देश का और अपना गौरव बढ़ाया। गाँव और शहरों के खेलों में भी अन्तर है।

गाँव के बच्चे गुल्ली डण्डा, कबड्डी जैसे खेल पसन्द करते हैं, वहीं शहरों में क्रिकेट बैडमिन्टन, टेबल टेनिस जैसे खेल लोकप्रिय हैं। बढ़ती हुई आबादी के साथ खेल के मैदान

कम होते जा रहे हैं। गाँवों की खाली जगह खेती में और शहरों की खाली जगह ऊँची-ऊँची इमारतें बनाने में चली जाती हैं।

बड़ी-बड़ी कम्पनियाँ अन्तर्राष्ट्रीय ख्याति प्राप्त खिलाड़ियों को अपनी कम्पनियों में कर्मचारियों के रूप में नियुक्त कर उन्हें खेलने की पूर्ण सुविधाएँ प्रदान करती हैं। खिलाड़ी के लिए खेल का मैदान बड़ा और वातावरण हवादार होना चाहिए। उसे हरी सब्जियों, दूध, फल आदि का सेवन करना चाहिए, स्वच्छ जल और स्वच्छ वातावरण में रहना चाहिए।

भारत सरकार खेल में प्रसिद्धि पाने वाले खिलाड़ी को 'अर्जुन पुरस्कार' और उसके गुरु को 'द्रोणाचार्य पुरस्कार' से सम्मानित करती है। यह शरीर ईश्वर की देन है। इसे स्वस्थ रखना हमारा कर्तव्य है। इसकी सुरक्षा के लिए खेल, व्यायाम और शिक्षा आवश्यक है। स्वस्थ व्यक्ति ही इस संसार के सुखों का उपभोग करता हुआ आत्मविश्वासी और प्रसन्न रहता है।

यश शर्मा
10

अमूल्य है क्षण

समय की बरबादी का अर्थ है- अपने जीवन को बरबाद करना। जीवन के जो क्षण मनुष्य आलस्य अथवा उन्माद में खो देता है, वे फिर कभी लौटकर वापस नहीं आते। जीवन के प्याले से क्षणों की जितने बूँदें गिर जाती हैं, प्याला उतना ही खाली हो जाता है। प्याले की वह रिक्तता फिर किसी भी प्रकार भरी नहीं जा सकती। मनुष्य, जीवन के जितने क्षणों को बरबाद कर देता है, उतने क्षणों में वह जितना काम कर सकता था, उसकी कमी फिर वह किसी प्रकार भी पूरी नहीं कर सकता।

जीवन का हर क्षण एक उज्ज्वल भविष्य की संभावना लेकर आता है। हर घड़ी एक महान मोड़ का समय हो सकती है। मनुष्य यह निश्चयपूर्वक नहीं कह सकता कि जिस समय, जिस क्षण और जिस पल को वह ही समय उसके भाग्योदय का समय नहीं है। क्या पता जिस क्षण को हम व्यर्थ समझकर बरबाद कर रहे हैं, वह ही हमारे लिए अपनी झोली में सुंदर सौभाग्य की सफलता लाया हो।

समय की चूक पश्चात्ताप की हूक बन जाती है। जीवन में कुछ करने की इच्छा रखने वालों को चाहिए कि वे अपने किसी भी ऐसे कर्तव्य को भूलकर भी कल पर न डालें, जो आज किया जाना चाहिए। आज के काम के लिए आज का ही दिन निश्चित है और कल के काम के लिए कल का दिन निर्धारित है।

खुशबू जैन
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