



AIR FORCE SCHOOL GORAKHPUR



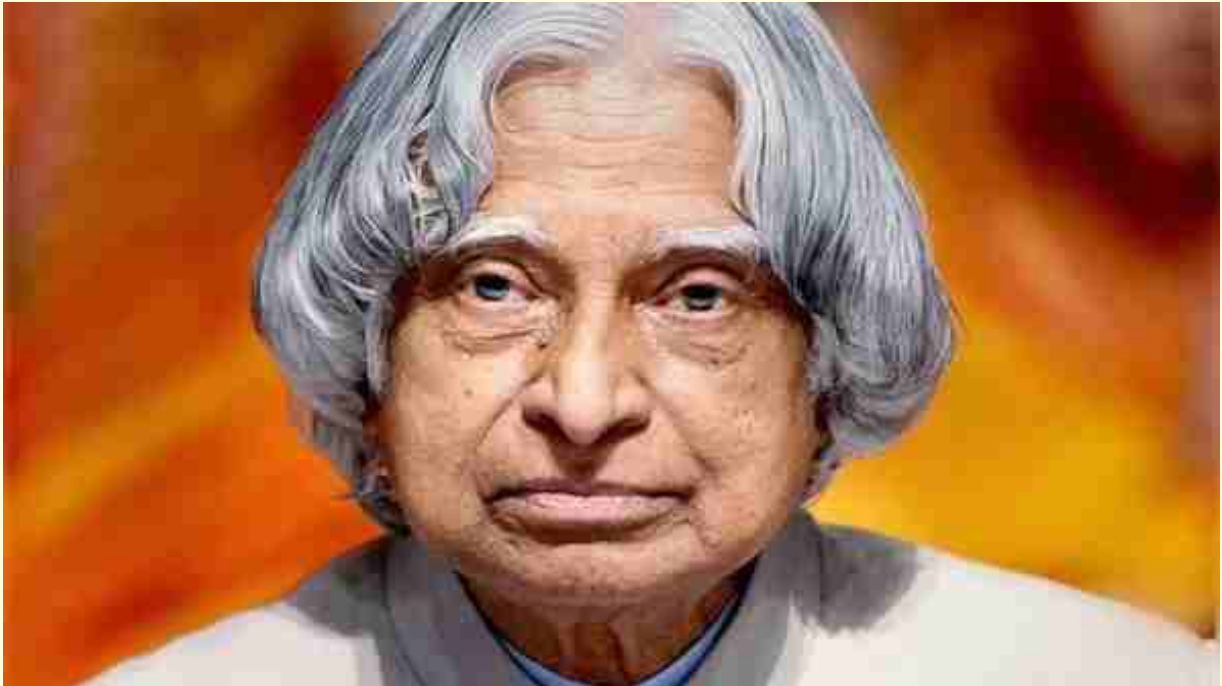
WHERE PASSION MEETS SUCCESS

AIR FORCE SCHOOL GORAKHPUR



SCHOOL MAGAZINE YEAR - 2024-25

**Former President of India
Late Dr. APJ Abdul Kalam
1931-2015**



*Difficulties in your life
Do not come to destroy you,
But to help you realise
Your hidden potential and power,
Let difficulties
Know that you too are difficult.*

AIR FORCE SCHOOL, GORAKHPUR

AIR FORCE SCHOOL

GORAKHPUR



Annual Magazine

2024-25

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Messages



Message from Chairman SMC

It gives me immense pleasure to pen down my thoughts for this edition of school's magazine 'Kshitij'. This publication is a reflection of the vibrant spirit, creativity, academic and sports achievements which define our school's community. In the era of transition of the education system from offline to online mode of imparting knowledge through cloud classrooms along with use of latest technological facilities like smart classes and ICT devices, it is indeed a challenge to keep the students motivated for higher order thinking and composed learning skills. I would like to extend my appreciation to the teachers and staff whose unwavering commitment shapes the minds and characters of the future leaders of our nation.

'KSHITIJ' is the school magazine through which, students showcase their talent and artistic skills. It is well said "The function of education is to teach one to think intensively and critically. Intelligence plus character that is the goal of true education". In AF School Gorakhpur the students are encouraged to discover their interests, talents, aptitudes and to learn from their opinions and their role in society.

I congratulate the editorial board for their tireless efforts in bringing out this publication. I also appreciate efforts made by students and staff who have contributed in the magazine through their articles, short stories and poems. I wish all the best to the entire team of AF School Gorakhpur for their future endeavors.

Jai Hind.

Air Cmde Prashant
Air Officer Commanding
Air Force Station Gorakhpur



Message From Chief Administrative Officer

It gives me immense pleasure to pen few words as prologue to 'KSHITIJ', school magazine of AF School Gorakhpur. I appreciate the editorial board for their efforts in bringing out this edition of KSHITIJ which is a compilation of articles, poems, short stories written by our extremely innovative and talented students. The remarkable progress of our school in recent years in the aspects of infrastructure and academics is commendable. This growth is a reflection of our collective vision, hard work and unwavering commitment towards achieving excellence in the field of school education. Achievements of students in curricular activities and academic excellence have been highlighted through this magazine. On the academic front, the management has taken significant steps to ensure that our students are not only prepared for exams but for life. We are also embracing technology in education through the integration of digital learning platforms and interactive tools, which have made the teaching learning process more engaging and effective. These developments are the stepping stones towards establishing a positive and conducive environment in the school. I am certain that with continued support from our management, parents and faculty, the students will strive to reach even greater heights as "Success is the sum of small efforts repeated day in and day out".

Jai Hind.

Gp Capt Arshi Siddiqui
Chief Administrative Officer
Air Force Station Gorakhpur



Message from Executive Director

It gives me immense pleasure to learn that another edition of Air Force School Magazine. Kshitij is all set for publication.

A meaningful education must encourage students to express themselves freely and to question all the accepted norms and beliefs. It must make them inquisitive and creative. It is evident from the text of magazine that the school provides an opportunity for thinking soul of budding scholars to blossom with the love of broadening their knowledge horizon. Through Kshitij their innovative aptitude has emerged.

I congratulate all the people involved in this effort and look forward to this edition to be a pride possession in the hand of all.

Sqn Idr Uday Kiran Kagita
Executive Director
Air Force School Gorakhpur



Message from Education Officer

It's a matter of pride and immense pleasure to get this opportunity through 'KSHITIJ', our very own school magazine as a means to express my thoughts. AF School Gorakhpur is one of the pioneer schools of Gorakhpur where discipline and team work are instilled within students not to succeed only in their exams but also to become true flag bearers of the nation. 'KSHITIJ' is the school magazine through which students expose their literacy and artistic skills.

It is well said, 'Good writing is clear thinking made visible'. I appreciate all the innovative young minds who took a step forward to express their thoughts and imaginations through poems, stories and articles. I also congratulate the teachers who have been grooming and motivating these learners towards developing new skills.

The achievements in sports and extracurricular activities of our students this year have been commendable. In the academic aspects, the school management has introduced new teaching methodologies that focus on concept clarity, critical thinking, and practical application. Regular workshops, guest lectures, and career guidance sessions have enriched the academic experience. Our students' performance in board exams and competitive tests continues to improve year after year, which is a testament to the dedication of our teachers and the hard work of our learners.

I advise all the students, 'You don't have to be perfect to be successful'. You need to be consistent, curious and courageous. Those who are adaptable, creative and driven will always find success. Be open to learning- not only from books but from people, from experiences and even from failures.

I extend my sincere thanks to all those who contributed in this edition of KSHITIJ for AY 2024-25. I congratulate the entire team of AF School Gorakhpur for their tireless efforts to release this publication after a long gap.

Jai Hind.

Flt Lt Yogita Sati
Education Officer
Air Force Station, Gorakhpur



Blessings from Principal

The growing serious concerns about the deteriorating mental health of humans alongside major scientific advancements and rapidly changing socio economic structure of the society is just not sufficient to understand or address the challenge of which what we are seeing appears to be the tip of the Iceberg. While the academicians, sociologists, counsellors, mind experts and medics are sincerely trying to figure out the root cause of this development, ours was a considered call to take a baby step towards strengthening children's mental faculty by encouraging them towards thoughtfulness concentration composure and creativity by restarting the publication of the school magazine KSHITIJ.

In addition to showcasing the participants' intellectual excellence, the magazine also would add additional value to the learning process. The efforts made by the students and staff towards providing their worthwhile inputs would have, in return, chiselled and strengthened their mental capabilities.

I am thankful to my team for making the publication possible despite their tight schedule during the school time and outside.

This Publication is just the beginning and it will be our sincere endeavor to bring out more value added publications in future.

Jai Hind.

Mrs. Seema Sahay
Principal

Air Force School, Gorakhpur



Achievement

BEST TEACHER AWARD AT AF HQ



**MS SUSHMA JAISWAL (HWT)
FOR SESSION 2022-23**

BEST TEACHER AWARD AT AF HQ



**MS SUSHMA JAISWAL (HWT)
FOR SESSION 2022-23**

BEST TEACHER AWARD AT AF CAC HQ



**MS SUSHMA JAISWAL (HWT)
FOR SESSION 2022-23**

PARIKSHA PE CHARCHA (QUIZ)



**STUDENT OF CLASS XI
SHRUTI GOT 1ST POSITION**

7TH OPEN TAEKWANDO CHAMPIONSHIP



WON 03 GOLD MEDALS

PARIKSHA PE CHARCHA (QUIZ)



PARIKSHA PE CHARCHA (QUIZ)



**STUDENT OF CLASS XI
AKSHAT GOT 2ND POSITION**

Today a reader. Tomorrow a leader. —Anonymous

Editorial Board



Name Left to Right

Dr Ashok Kumar, Dr. Sushma Jaiswal, Mrs. Anubhooti Srivastava,
Principal Mrs. Seema Sahay, Mrs. Aruna Tripathi, Mrs. Chhamta,
Mrs. Mamta Singh, Mr. Suhail Islam

Adya Jha, Saumya Jha, Shruti Thakur, Payal Kumari,
Sakshi Singh, Amanjeet Kaur, Sonam Singh, Ojasvi Shrinet,
Suryansh Raj Pandey, Rishikesh Kumar

Chronicles of The Editor

I feel exuberant to unveil Kshitij 2024-25, The official school magazine of Air force School Gorakhpur. It has been a tremendous honor and privilege to help capture and preserve the moments, achievements and memories that have defined our school. This magazine serves as an exemplification of the dedication, resilience and camaraderie of our entire community, and it is with great excitement that we share the stories with you. The creation of this magazine has been a collaborative effort, bringing together students, teachers and staff to showcase the vibrant tapestry of our school. I am incredibly grateful for their contribution, commitment and enthusiasm, which has breathed life into these pages.

Throughout Kshitij 2024-25, You will find the diverse array of articles and photographs that reflect the spirit of our school, From academic accomplishments and athletic victories to artistic triumphs and community service initiatives, These pages celebrate the many ways of our students have excelled and made a difference.

As you flip through these pages, I hope you will be reminded of the Joys, the challenges, and the shared experiences that have brought us closer as a community. This magazine is not just a collection of stories and images. It's a celebration of our collective journey and indelible marks we have left on each other's lives.

I like to express my deepest gratitude to everyone who has contributed to the success of Kshitij 2024-25. Your hard work, creativity and passion has made this publication a true reflection of the heart and soul of Air Force School, Gorakhpur.

Anubhooti Srivastava
PGT English

Aruna Tripathi
PGT Biology

House Report: **DHRUV HOUSE**

House In Charge : Mrs Aruna Tripathi

House Teachers : Ms Saloni Srivastava
Ms Pooja Kushwaha
Mr Ajit Yadav
Mr. Raj Chaubey

House Captain : Sakshi Singh, XI-B
Alok Singh, XI-C

House Sports Captain : Siddhi, IX-A
Arnav Dubey, IX-A

Red Symbolizes "PRIDE, DETERMINATION & VALOUR" as is evident in all the activities of house members.

Dhruv house performed exceptionally, in all the activities conducted in the school, and Secured the first position in overall.

We stood first in quiz competition, debate. declamation, soft Board decoration, Sanskrit antyakshari, Girls badminton, extempore, boys football (both senior and junior wing) Spell 'Bee' and second position in all other competitions.

We were never third or fourth. Overall it was an year of thrills and cheers and the students gave their full to beat and overcome all that stood in our way.

It was like:

We came, We saw, We conquered



House Report:
SAARANG HOUSE

House In Charge : Jalaj Srivastava

House teachers : Maninder Singh
Priya Pandey
Aditya Singh
Parmanand Mishra

House Captain : Satvik Gupta,
Ananya Pandey

Vice Captain : Akshita Pandey,
Yuvraj Tripathi

"Green" symbolizes nature, growth, renewal, life, harmony, often evoking feelings of freshness, peace, and stability.

Saarang house performed well in all the cocurricular activities and stood second in the annual CCA report. We performed exceptionally well in singing, debate, rangoli competition and calligraphy.

Slogan :

Think green,

Act green

Let's make a difference!



Fall seven times, stand up eight. —Japanese proverb

House Report: **CHETAK HOUSE**

House In Charge : Dr. Ashok Kumar
 House Teachers : Mr. Imtyaz Ahmad
 Mr. Vishal Pandey
 Mr. Chandra Mani Mishra
 Ms : Preeti Singh
 House Captain : Akshat Thakur, XI B
 Shruti Thakur, XIA
 House Vice Captain : Rudransh, IX C
 Nitya, IX B

"The journey of a thousand miles begins with a single step"

Blue House represents qualities like harmony, calmness and loyalty. It also symbolises intellectuals skills, focus on duty and deliberation.

Chetak stands as a symbol of courage and loyalty.

The students of blue House as are known for their sportive, intellectuals skills and stability. They are triumphant many co-curricular activities and sports. Their greatest asset is their confidence and determination.

Chetak house perform well in quiz competition, debate, soft board decoration, Girls badminton, Boys football (both junior and senior wings).

Blue House always participated with full spirit and enthusiasm in all activities held in school campus.



House Report: **CHEETAH HOUSE**

House In Charge : Shammem Begum
 House teachers : Raj Choubey
 Kiran jha
 Ajit pal
 House Captain : Shashwat Shukla XI C
 Aditi Singh XI B
 Vice Captain : Aditya Singh IX B
 Aastha IX A

The Yellow House, affectionately known as the Cheetahs, has consistently demonstrated exceptional spirit, teamwork, and determination throughout the academic year. The Cheetah symbol embodies the qualities of speed, agility, and resilience, reflecting the house's values of quick thinking, adaptability, and perseverance.

House Values and Symbolism:

Yellow Color: Representing optimism, happiness, and energy, the yellow color signifies the house's positive attitude and vibrant spirit.

Cheetah Symbol: Embodying speed, agility, and strength, the cheetah symbolizes the house's ability to adapt, overcome challenges, and strive for excellence.

Participation in Co-Curricular Activities:

The Yellow House actively participated in various co-curricular activities, showcasing its diverse talents and skills. From sports and games to cultural events and academic competitions, the Cheetahs demonstrated their versatility and enthusiasm.

House Award:

We are proud to announce that the Yellow House won the prestigious House Award for its outstanding performance and contributions to the school community. This achievement is a testament to the house's hard work, dedication, and teamwork.

Conclusion:

The Yellow House (Cheetahs) has set a high standard for excellence, demonstrating exceptional spirit, teamwork, and determination. We look forward to continued success and achievements from our talented Cheetahs.



The expert in anything was once a beginner. —Helen Hayes

MESSAGES BY ALUMNI



We were the first batch of our beloved Air force School. We were nurtured by the best teachers. Other than our course we were also taught the values of life. We were made technically and morally strong. I am a dentist, and have my clinic in Mohaddipur.

-Dr Rashmi Srivastava,
State Bank of India Mohaddipur



Life at AFS was an incredible journey. I spent seven amazing years there, filled with fun and learning. Some of my best memories are of extra free periods turning into game sessions and playing with friends during recess. I completed my intermediate in PCM in 2017 and then pursued a B.Tech in Computer Science from MMMUT (Batch of 2021). Now, I'm working as a Software Engineer at Schrödinger in Hyderabad, contributing to innovative technology in computational modeling.

-Ayush Nishad



I am deeply grateful to my school and teachers for shaping my journey and guiding me toward success. Their unwavering support, discipline, and values have played a crucial role in helping me achieve my goals. The knowledge and wisdom they imparted continue to inspire me in my duties as an officer. Thank you for being the foundation of my success and for believing in me.

-Vikas Rohilla
Lt Col in Indian Army
Batch: 2005 at Air Force School Gorakhpur



Consistency is the key to success. No matter how big your goal is, taking small, steady steps every day will lead you there. Stay committed, keep moving forward, and over time, you'll achieve more than you ever imagined.

-Abhinav Singh,
Senior Manager, Darwinbox

Robotics Engineer

I loved to be part of the school magazine. Thankyou for this lovely invitation from Air Force School Family.

Class 6 to Class 10, I spent here the most beautiful journey of school life. I still remember the many moments- specially prayers time, game periods. As a back bencher, I enjoyed sitting at the back with my friends. My favourite activity was to eat the food of lunchbox of my friends before lunch time. 10 years have passed but the bond of friendship remains the same.

I am still in touch with many teachers who have shaped my life- Shashi ma'am, Aruna ma'am, Pushpa ma'am, Rajni ma'am, Neeru ma'am, Kiranjha ma'am, Indu ma'am Pramod Sir, Muzeeb Sir, Srikant Sir, Anil Sir, Shailesh Sir....

A special thank you to Aruna ma'am, my science teacher who planted a seed inside me (science ka keeda) now grown as a tree (Among Top 3 Robotics Engineer in India for 2024).

My interest is in Space Robotics so got the project under ISRO during my college years (jo ki ek sapna tha) you guys are the future of India so be ready for holding & shaping the nation. If any help or guidance needed, I am always available for our school.

Thank you once again, Air Force School, for being the foundation of who I am today.



Shivam Singh

My View About School



Air Force School played a significant role in shaping my journey toward becoming who I am today. The school's environment encouraged discipline, teamwork, and a strong work ethic, which helped me build a solid foundation. My teachers, guided me with patience and dedication, helping me develop both knowledge and confidence. Their support and the values instilled at school stayed with me.

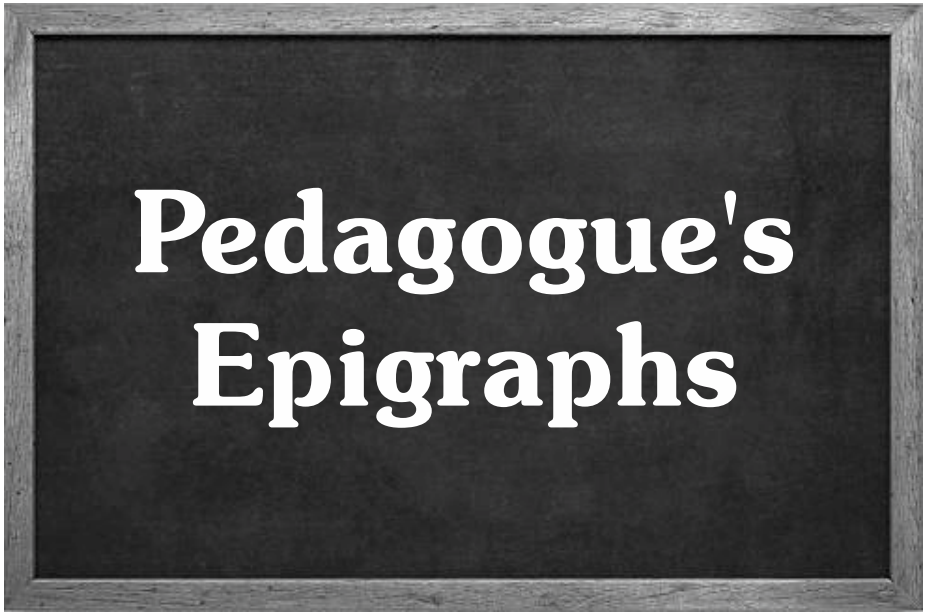
My Experience in School:

Studying from Class 1st to 12th, I had an incredible journey filled with learning, friendships, and personal growth. The school played a pivotal role in grooming me, instilling qualities of leadership, resilience, and teamwork. I was actively involved in extracurriculars, which not only helped build my confidence but also taught me valuable lessons in discipline and perseverance. The memories of classrooms, playgrounds, and the unwavering support of my teachers still stay with me. Looking back, I realize how those formative years laid the foundation for the person I am today.

Akshita Dhankhar

Passing Year: 2016

Flying Officer, Indian Air Force



Pedagogue's Epigraphs



It's Worth Expressing!

It is said, "Motivation doesn't last, so does bathing. That is why it is recommended everyday".

In this fast paced world, we are so much into the outwardly life and too busy to heal within, but it's never too late. We just need a push to rejuvenate our deep insight.

We often complain about various things that they aren't working anymore. The most common complaint is about not receiving the desired output despite putting efforts and children are more prone to fall under such disappointment, Right!

So this is for them:

Have you ever seen a plant which is watered once and stayed green forever? Or a mobile phone that is charged when purchased and the battery worked forever? It never happens. So, if plants need water, mobile phone needs to be charged and we need food on regular intervals then Why not our relations? Why do we expect so much on flashback grounds? Our plant of achievements which we have sown earlier need the food of some dedication and hard work to stay green, Otherwise.....? It isn't once for all always. This dose of dedication manure is required for regular success.

Similarly, this motivation and energy can be kept high on only with the support of our parents and loved ones. Spending quality time together, a little appreciation, a heartfelt thanks, a tight hug, a word of love will not only make them feel great but the value they show to their hard work rejuvenate it. The way

nature becomes fresher, greener and even more beautiful (although it ,already is) after a nice rain, similarly the occasional love shower adorns the dedication of the person with motivation that keeps their spirits high. It really is worth trying. People say that, "Love is to feel, not to be expressed". I object! That this is the most important factor for anyone to feel valuable. What's wrong in expressing? It is like, "What is the need of writing an exam and prove it to others, when I know that I know." But we do write. We show that we know. And even though we know, the word of appreciation, the honor we receive when we score brilliantly, makes us feel great. Everyone loves their parents, spouse, children, friends etc. It's no hidden secret, still you feel happy every time, they say they love you. Even when you know that they do. You are filled with gratitude when they do something for you even when you know it's their duty. These expressions are like magnetic charge of sensitivity that needs to be generated. It's ironical that we have plenty of money but we're short of words . Just think, what if you did not have the people you have? They are special, so make them feel special. You are blessed to have them. Everyone has a gem in their life's treasure box. Open yours and find the same. This is just a sincere effort. Perhaps it works like a magical potion. That uncovers the obvious insight like an epiphany. It does miracles.



Anubhooti Srivastava
PGT English



THE FUTURE OF WORK

Automation And Artificial Intelligence

The future of work is being shaped by two key technological forces: automation and artificial intelligence (AI). As industries around the world adopt these technologies, they are radically transforming workplaces, reshaping job roles, and even altering the very concept of work itself. In this article, we'll explore how automation and AI are influencing the future of work, the challenges they present, and the opportunities they create for both workers and businesses.

Understanding Automation and Artificial Intelligence

Automation refers to the use of technology to perform tasks that were traditionally done by humans. This can range from simple mechanical tasks in manufacturing to complex processes in data analysis and decision-making.

Artificial Intelligence (AI), on the other hand, involves creating systems that can perform tasks that would normally require human intelligence. These tasks include things like understanding natural language, recognizing images, making predictions, and even learning from data. AI is often seen as a critical component of automation, as it enables machines to adapt and make decisions based on new inputs.

The Current Landscape: Where We Stand

The rise of automation and AI is already having a significant impact on industries such as manufacturing, retail, healthcare, transportation, and finance. Some of the key developments include:

Opportunities Presented by Automation and AI

While the rapid adoption of automation and AI brings challenges, it also opens up a range of opportunities:

1. Increased Productivity and Efficiency: Automation enables companies to operate more efficiently by reducing human error and increasing speed. AI, with its ability to analyze vast amounts of data

quickly, can uncover insights that were previously difficult or impossible to detect.

2. New Job Roles: While some jobs will be displaced by automation, new job roles will be created, particularly in tech-driven industries. Jobs in AI development, data analysis, and robotics maintenance are just a few examples of areas where demand is expected to grow.

3. Improved Work-Life Balance: By automating repetitive and mundane tasks, employees can focus on higher-value, more creative, or intellectually stimulating work. This can lead to more fulfilling roles and a better work-life balance for many workers.

4. Economic Growth: The widespread adoption of AI and automation has the potential to drive economic growth by fostering innovation, enabling new products and services, and improving existing processes. The efficiency gains from automation could result in lower costs and higher profits for businesses.

Challenges of Automation and AI in the Workforce

While the benefits are clear, the widespread implementation of automation and AI also presents significant challenges are: **Job Displacement, Skills Gap, Economic Inequality, Ethical Considerations The Role of Governments, Businesses, Worker, Governments, Businesses, and Workers The Road Ahead: Embracing Change.**

Automation and AI have the power to make work more efficient, fulfilling, and dynamic. However, achieving this future will require thoughtful policies, continuous education, and a shared commitment to creating a future where technology works for people—not against them. As we move forward, the key will be balance: finding the right mix of human intelligence and technological innovation to ensure that the future of work benefits society as a whole.

Ajit Kumar Pal
TGT SST



Failure is the key to success

"Failure is not the opposite of success" It's a part of it. Every great athlete, scientist, and Leader has faced before they succeeded, Think about it. Messi missed penalties, Ronaldo lost finals, and every champion has tasted defeat. But did they stop? No! They used failure as fuel. When you fail don't see it as the end, see it as a lesson. Learn from it, improve and come back stronger. The only failure is giving up. Keep pushing, keep working. and one day, you'll look back and realize that every, failure was just another step toward success."

Ajay Kumar Singh (TGT)

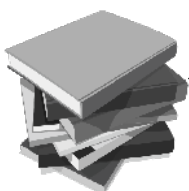
Life's A Mirror

There is a story of two dogs, who walk into the same room at different times. One comes out wagging his tail, while the other comes out growling. A woman watching this goes into the room to see what could possibly have made one dog so happy and the other so mad. To her surprise, she finds a room filled with mirrors. The happy dog found a thousand happy dogs looking back at himself, while the angry dog saw only angry dogs growling back at him. What you see in the world around you is a reflection of who you are.

Aruna Tripathi, PGT Biology

Open A Book

Open a book
And you will find,
People and place of every kind;
Open a book
And you can be,
Anything you want to be;
Open a book
And you can share,
Wondrous words you find in there
Open a book
And I will too,
You read to me,
And I'll read to you...



Ganga Bahadur
TGT (Librarian)

The Wonders of Geography

Mountains rise, so tall and grand,
Carved by time, by nature's hand.
Rivers dance and oceans roar,
Waves embrace the golden shore.
Forests deep and deserts wide,
Each with secrets tucked inside.
Rolling plains and valleys low,
Where gentle breezes softly blow.
The poles stand cold with ice so bright,
The equator bathes in endless light.
Seasons shift, the climates change,
Nature's patterns vast and strange.
Maps and globes, they help us see,
The beauty of this Earth so free.
A world of wonders, near and far,
Geography our guiding star!

Shashi Singh
TGT Social Science



Things everyone should know:

1. Blood Pressure	: 120/80
2. Pulse	: 70-100
3. Temperature	: 36.8-37
4. Breathing	: 12-16
5. Hemoglobin	: Male (13-18), Female (11.50-16)
6. Cholesterol	: 130-200
7. Potassium	: 3.50-5
8. Sodium	: 135-145
9. Triglyceride	: 220
10. The Amount of Blood in Body	: 5-6Ltr
11. Sugar	: Children (70-130) Adult (70-115)
12. Iron	: 8-15mg
13. White Blood Cells	: 4000-11000
14. Platelets	: 150,000-400,000
15. Red Blood Cells	: 4.60-6 million
16. Calcium	: 8.6-10.3 mg/in
17. Vitamin D 3	: 20-50 ng/ml
18. Vitamin B 12	: 200-900 pg/ml



Aruna Tripathi, PGT Biology



AaaH! My School Days

In the hallowed halls of learning's might,
Where laughter echoed, day and night,
I cherish memories of schooldays past,
A treasure trove that forever will last.

With friends who became family, we shared,
Jokes, secrets, dreams, and laughter unshared,
Together we explored, discovered, and grew,
In a world of wonder, our spirits anew.

Teachers guided us with patient care,
Inspiring minds, and nurturing flair,
Their wisdom, kindness, and gentle hand,
Helped shape our futures, in a distant land.

Studies, though challenging, were a delight,
As we delved into worlds, both old and bright,
From math's logical puzzles to literature's charm,
Each subject a doorway, to a new alarm.

The school bell's ring, a familiar sound,
Marked beginnings, endings, and moments unbound,
The playground's thrum, a kaleidoscope's spin,
A rainbow of memories, forever locked within.

Though schooldays fled, like autumn's leaves,
Their memories remain, a bittersweet reprieve,
A nostalgic ache, a longing to return,
To relive moments, forever etched and burned.

Yet, as I look back, I realize,
Those schooldays shaped me, with heart and eyes,
They taught me to dream, to strive, to explore,
And to cherish friendships, forever in store.

So here's to my schooldays, a tribute true,
A celebration of memories, old and new,
May they remain forever, a shining light,
Guiding me forward, through life's plodding night.



Aruna Tripathi
PGT Biology



Dr. Sushma Jaiswal
(HWT/Counsellor)

“Know Yourself”

The important object in life is to shrug off difficulties and mental dilemmas and keep moving forward towards the goal. “If you believe in what you are doing then let nothing hold you up in your work. Much of the best work of the world has been done against seeming impossibilities. The thing is to get the work done” The words of Dale Carnegie, so true and at the same time wonderfully aspiring makes you believe in yourself and to face life in all its magnanimity. How wonderful it is when you are living a fully conscious life that speaks of who you are and reflects fully the values and aspirations most important to you. You feel connected to those you love, engaged fully to life itself and living a life that is an expression of human warmth and beauty of the inner and outer self.

As it is rightly said, that our minds are like parachutes, they function only when they are opened. We should try to open our minds to new possibilities in our relentless endeavour to improve.

One should always remember that to make no mistakes is not within the power of human being, but from the errors and mistakes the wise will learn wisdom for the future. The happiest day will be when we accept ourselves and our past. We can't change our past and mistakes we had made but we can always change our attitude towards them. One should stop living his past failures instead see them as a learning experience and move on towards a step to success.

Most of the people's self worth is based upon how they are perceived by other people. Instead of how people perceive us, we should hold on to our own self esteem. The truth is that you are not going to rise over the level of your self esteem by pretending. So assess yourself, accept yourself and assert yourself.



AN ARTICLE ON
**Awareness of the Environment:
A Key to a Sustainable Future**

In today's rapidly changing world, the need for environmental awareness has never been more urgent. Our planet, rich in natural beauty and resources, is facing unprecedented challenges such as climate change, pollution, deforestation, and the loss of biodiversity. Environmental awareness is crucial for fostering a sustainable future for generations to come. It involves understanding the interconnection between human activities and the health of the planet, as well as the steps we can take to protect and preserve the environment.

What is Environmental Awareness?

Environmental awareness refers to the understanding of how human actions impact the natural world. It encompasses recognizing the importance of natural resources, ecosystems, and biodiversity and how they contribute to the balance of life on Earth. More importantly, it's about realizing the role we play in preserving or degrading these systems and what we can do to mitigate damage.

The increasing frequency of extreme weather events, rising temperatures, pollution levels, and the depletion of natural resources serve as stark reminders of the need to shift our behavior. Awareness is the first step in initiating the necessary changes to preserve the environment. Without this understanding, we cannot hope to address the larger environmental issues threatening the planet.

Why is Environmental Awareness Important?

1. Protects Ecosystems and Wildlife: Understanding environmental issues can lead to greater efforts to protect natural habitats and the wildlife that depend on them. Deforestation, habitat destruction,

and pollution are major threats to biodiversity. Through awareness, we can advocate for policies that protect endangered species and preserve critical ecosystems like forests, oceans, and wetlands.

2. Promotes Sustainable Resource Use: Awareness of the finite nature of resources like water, fossil fuels, and minerals encourages more sustainable consumption practices. Reducing waste, recycling, and using resources efficiently are all steps individuals and communities can take to decrease their ecological footprint.

3. Mitigates Climate Change: Climate change is perhaps the most pressing global environmental issue today. By understanding the causes and effects of climate change, individuals can make informed decisions about their energy use, transportation, and consumption patterns. Governments and businesses are also more likely to adopt green technologies and renewable energy solutions when there is public demand and awareness.

4. Encourages Environmental Stewardship: Environmental awareness leads to greater collective responsibility. When people understand the impact of their daily choices—such as using plastic, driving gas-powered cars, or wasting water—they are more likely to adopt sustainable alternatives like using reusable products, taking public transportation, or conserving water at home.

5. Informs Policy and Advocacy: A society that values environmental awareness is more likely to support policies that protect the planet. Public awareness campaigns, grassroots movements, and lobbying for stronger environmental laws can lead to meaningful changes at the local, national, and global levels.



How Can We Promote Environmental Awareness?

1. Education: The foundation of environmental awareness lies in education. Schools, universities, and community programs should teach the next generation about the importance of environmental stewardship. Curricula should include topics on climate change, biodiversity, conservation, and sustainable living. Additionally, organizations and governments can help fund environmental education campaigns to reach a broader audience.

2. Media and Social Platforms: Social media platforms, documentaries, and news outlets play a significant role in spreading information about the state of the environment. By sharing compelling stories and facts about environmental challenges, media outlets can inspire individuals to take action. Documentaries like ***Our Planet*** or ***Before the Flood*** have already reached millions and sparked conversations on the environment.

3. Community Initiatives: Local communities can raise awareness by organizing events like clean-up drives, tree planting, and workshops on sustainability. These hands-on initiatives not only help improve the environment but also help participants learn about environmental issues in a practical way.

4. Adopting Green Practices: Individuals can make a significant impact through their personal choices. Small actions such as reducing energy consumption, avoiding single-use plastics, supporting eco-friendly companies, and choosing renewable energy sources all contribute to a more sustainable future. Promoting these habits in everyday life can help spread awareness within families, schools, and workplaces.

5. Supporting Policy Change:

Citizens can advocate for stronger environmental regulations by contacting policymakers, supporting green political candidates, or participating in protests. Climate change and other environmental issues often require systemic change, which can only happen when there is widespread demand for it.

Conclusion:-

IF ENVIRONMENTAL POLLUTION:- HIGH.

INFRASTRUCTURAL DEVELOPMENT:- HIGH.

WE HAVE TO FOLLOW THE MID PATH.

I HAVE CREATED A GREAT MEANING OF SLOGAN.....

“CONSTRUCTION WITHOUT DESTRUCTION”

S.P. MALL

(AN ENVIRONMENTALIST & LEARNER)

Environmental awareness is a powerful tool in addressing the critical challenges our planet faces. By educating ourselves, spreading information, and making sustainable choices, we can reduce our impact on the Earth and promote a healthier, more sustainable future. Protecting the environment is not just the responsibility of governments or corporations; it's something each of us can contribute to. The more aware we are of the environmental challenges and our role in addressing them, the better equipped we will be to create lasting change for the well-being of the planet and all its inhabitants.

##ONE PERSON,

##ONE PLANET,

##ONE PLANT.



Shivendra Prakash Mall
PGT(POL.SCI.)



APAAR

ONE NATION. ONE STUDENT ID



शिक्षा मंत्रालय
MINISTRY OF
EDUCATION

सत्यमेव जयते

APAAR stands for **Automated Permanent Academic Account Registry**. It is a specialized identification system designed for all students in India. It is part of the 'One Nation, One Student ID' program launched by the Government of India, aligning with the new National Education Policy of 2020.

A PAAR Benefits-

APAAR ensures accountability and transparency in education by tracking student progress and streamlining academic records. It enhances efficiency, removes duplicity, minimizes fraud, and includes co-curricular achievements for holistic student development.

N eed of APAAR ID-

APAAR ID - a unique 12-digit code will help students to digitally store, manage, and access all their academic credits, including Score card, mark sheets, grade sheet, degrees, diplomas, certificates & co-curricular accomplishments. This ID functions as a permanent digital identity for the student in the education ecosystem.

F acilities mapped through APAAR-

Admissions, Scholarships, Concessions, Credit accumulation, Credit redemption, Credit accounting, Credit transfer from one institution to another institution, Internships, Certifications, Job applications, & verification of academic records.

U sefulness of APAAR

The APAAR ID is linked to Academic Bank of Credits (ABC) & DigiLocker, an online repository, where students securely access their essential documents like exam results & academic credentials and documents. It receives academic credits of students directly from institutions and awarding bodies through the National Academic Depository. Thus being a single source of truth, this streamlines authentication for transfers, entrance examinations, admissions or job applications, simplifying the verification of academic records.

A PAAR benefits for students-

1. Unified Academic Identity: A single platform to consolidate and showcase academic records
2. Student ID Proof: It's an identity proof, which may have many other possible benefits as envisaged by schools, state government colleges & universities.
3. Seamless Academic Mobility: Facilitating smooth transitions between educational levels
4. Lifelong Academic Identity: Facilitate skilling reskilling upskilling from early school education to higher education and beyond during employment
5. Student Lifecycle Monitoring: Students can effortlessly monitor their academic journey, enabling personalized study plans and real-time performance analytics
6. Skill Gap Analysis: The system aids in skill gap analysis and provides industry-relevant content for upskilling programs
7. Streamlining Student Academic Records: Simplifying academic record-keeping for students



By Suhel Islam
TGT (Comp. Sc.)

Never let the fear of striking out stop you from playing the game -Babe Ruth



Unlocking Success: The Power of a Growth Mindset

Why do some students thrive in the face of challenges while others give up at the first sign of difficulty? The secret lies in how they perceive their abilities. Some believe that intelligence and talent are fixed traits, while others understand that skills and knowledge grow with effort, persistence, and learning.

Those who embrace challenges and see failures as stepping stones to success develop a growth-oriented mindset. This approach transforms obstacles into opportunities and setbacks into lessons, leading to remarkable achievements.

Failure is Not the End-It's the Beginning

One of the greatest basketball players of all time, Michael Jordan, wasn't always considered a star. In high school, he was cut from the basketball team because his coach didn't think he was good enough. Instead of giving up, he trained relentlessly, using the rejection as fuel to improve. Years later, he dominated the sport and became a global icon. His story proves that failure is not the end but an opportunity to grow and excel.

For students, this means that a poor test score, a missed goal in a match, or a failed experiment in the science lab is not a sign of incapability. Instead, it is a signal to try harder, practice more, and keep pushing forward.

Effort Outweighs Talent

Many believe that success is only for the naturally gifted, but effort plays a far greater role. J.K. Rowling, the author of Harry Potter, faced multiple rejections from publishers before her book was accepted. She was struggling financially and raising a child alone, but she kept improving her writing instead of giving up. Today, her books are loved by millions worldwide.

The lesson? Hard work, perseverance, and constant learning matter more than being "born smart." Whether it's academics, sports, music, or any other passion, consistent effort leads to excellence.

Embrace Challenges Instead of Avoiding Them

It's easy to stick to subjects or activities we are naturally good at, but true growth happens when we step outside our comfort zone. Many students shy away from complex math problems, difficult science concepts, or public speaking because they fear failure. However, the only way to improve is to embrace these challenges and keep trying.

Every time you attempt something difficult, your brain forms new connections, making you smarter and more capable. The more challenges you take on, the more confident and skilled you become.

Learning from Others' Success

Instead of feeling discouraged by someone else's achievements, use them as inspiration. If a friend excels in a subject you find difficult, observe their study methods, ask for help, and adopt their learning habits. Success is not about competing against others—it's about improving yourself every day.

Final Thoughts: Keep Growing!

Your abilities are not fixed; they grow with effort, curiosity, and perseverance. Every mistake, every challenge, and every setback is an opportunity to become better. So, whether you're struggling with a subject, a sport, or an art form, remember: you are capable of improving, and success is within reach—one step at a time.

Prabha Singh



Believe In Yourself

You can achieve it if you believe in yourself! This saying holds true in all walks of life. If we make realistic goals and strive towards it then success is no more a dream. Some achieve success without much effort and a few others with relentless effort. Life is challenging with lots of ups and downs, so we need not run away from the battlefield but stay on till the war is over. Every lesson of life makes us a stronger person.

There is a popular verse in the Bhagavad Gita which states as, "You have a right to perform your prescribed duties, but you are not entitled to the fruit of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction."

The fact is when we are unconcerned about the results, we focus better on our efforts and the outcome turns out to be much better than expected.

Why is that we don't believe in ourselves, as soon as things get tough in our life, we start doubting ourselves. We start thinking that we are not going to make it, stressing and worrying imagining things that may go wrong in the future.

We need to understand the human mind is the most powerful tool we own and we need to learn how to take control of the directions of a mind and emotions. Your mind can help you to tackle with the greatest challenges of your life.

Do you think Serena Williams would be the greatest female tennis player in the history without a belief? Not a chance. These great athletes, these great human beings, these great players, these great scientists are great because they believe in themselves. They believe when no one else does. Change the belief that there is not a way and push yourself and find your own path, your own answers, your own way.

The greatest achievement did not come from someone who saw that it was impossible but still believe they can change something impossible. So, believe in yourself and do the thing which you think would be impossible. Always remember you can do anything impossible in this world by just believing in yourself.

If you believe in yourself, World will believe in you.

Ms Saloni Srivastava (PGT Chemistry)

Roman Numerals Symbol

We all know roman numerals symbol and its value which is given below

I, V, X, L, C, D, M

I = 1

V = 5

X = 10

L = 50

C = 100

D = 500

M = 1000

An easy way to remember is Mnemonics for Roman Numerals:

"I Value Xylophones Like Cows Do Milk."

I = 1

Value = 5 (V)

Xylophones = 10 (X)

Like = 50 (L)

Cows = 100 (C)

Do = 500 (D)

Milk = 1000 (M)

Sangita Thakur

IUPAC NOMENCLATURE

Chemistry thrived so fine, so good,
Until these arrived, that nomenclature,
Organic compounds and hydrocarbons,
Substances obtained from living creatures.

Life was going on a pace so nice,
Questions regarding name the following and define,
But everything staggered down the wrong lane,
When we encountered Alkyne, Alkene, Alkane.

Single, Double and Triple, were no longer digits,
For bonds they started forming,
All bases are not alkalis, but all alkalis are bases,
As they have property of water dissolving.

Ketone, Alcohol and Aldehyde were functional groups,
Scaring students' troop of troops,
Ions and radicals were concepts entirely different,
Brisk effervescence was exothermic, a reaction to prevent.

Chemistry was no longer about elements,
As black deposits of carbon covered our minds,
But saturated solution of every concentrated problem,
Would surely make us able to find.

Deepti Tripathi, (PRT)



TIMELESS BOND: Celebrating the Student- Teacher Relationship

As Headmistress, I extend a warm welcome to all the students and wish you a successful and rewarding academic year, emphasizing the importance of hard work, perseverance and embracing opportunities for growth and learning.

Dear Students,

As we begin this new academic year, I want to express my sincere excitement and anticipation for the journey ahead. Your potential is limitless and I am confident that with hard work, dedication and a positive attitude, you can achieve great things.

1. Embrace Learning: Learning is a life long journey and I encourage you to approach each subject with curiosity and a thirst for knowledge.
2. Be Proactive & Support each other: Don't be afraid to ask questions, participate in class and seek out opportunities to learn outside the classroom. Remember that you are part of a community and it is important to support and encourage each other.
3. Strive for Excellence: Set high goals for your selves and work hard to achieve them.
4. Remember your values: People of fine character live by their values. They are honest and committed to truthfulness, in thought, word and deed.
5. Focus on the journey: focus on the journey, not on the destination. Joy is found not in finishing an activity but in doing it.
6. Positive Mindset: We can win every bet, with a positive mindset and approach.
7. Be a good human being: We strive to develop in each child the desire and discipline to grow in wisdom, to enhance wellbeing and to embrace diversity.
8. Be the best version of yourself: Encourage yourself to learn from your failures. Stretch the extents of your creativity and blossom into the best version of yourselves.

I am here to support you at every step of the way. Please don't hesitate to reach out to me or any of your teachers for help or guidance. Let us make this a year of growth, learning and success for all of us.



Sincerely

Binu Dwivedi, Headmistress

The Impact of Inflation on Everyday Life

Inflation is a term we often hear in the news, but what does it really mean for our daily lives? Simply put, inflation refers to the general increase in prices of goods and services over time. While a moderate level of inflation is normal in a growing economy, when inflation rises too quickly, it can have significant effects on our everyday experiences.

One of the most noticeable impacts of inflation is on our purchasing power. As prices rise, the same amount of money buys fewer goods and services. For example, if the price of groceries increases, families may find themselves spending more for the same items they used to buy. This can lead to difficult choices, such as cutting back on non-essential purchases or looking for cheaper alternatives.

Inflation also affects savings and investments. When inflation rates exceed the interest rates on savings accounts, the real value of money saved diminishes. This means that if you save \$100 today, it may not have the same purchasing power in a few years. As a result, people may seek alternative investment options that can outpace inflation, such as stocks or real estate.

Additionally, inflation can impact wages. While many employers try to adjust salaries to keep up with rising costs, not all workers receive raises that match inflation rates. This discrepancy can lead to decreased morale and financial stress for employees who struggle to make ends meet.

Ajit Kumar Pal, TGT SST

How Physicists See Other Field

Biology	: Squishy Physics
Chemistry	: Impure physics
Computer Science	: Virtual physics
Counselling with Empathy	: Physics of Immediacy
Mathematics	: Physics without units
Psychology	: People Physics
Social Science	: Social physics

Imtiaz Ahmed, PGT Physics



Maths in Real Life

1. Mathematics in Medicine and Healthcare

"Math Heals: Numbers Save Lives!"

"Equations That Cure, Numbers
That Secure!"

Mathematics plays a crucial role in medicine and healthcare, helping doctors, researchers, and healthcare professionals diagnose diseases, develop treatments, and manage hospital operations. From medical imaging to drug dosage calculations, mathematical formulas and statistics are the backbone of modern healthcare.

A. Medical Imaging and Scans

Mathematics is widely used in medical imaging technologies like MRI, CT scans, and X-rays. These imaging techniques use complex mathematical algorithms to convert raw data into detailed images of the human body, helping doctors diagnose conditions such as tumors, fractures, and organ damage.

B. Drug Dosage and Pharmacology

Doctors and pharmacists use mathematical formulas to calculate the correct drug dosages for patients based on weight, age, and medical conditions. The formula for dosage calculation is:

$$D = \frac{(\text{Dose per kg}) \times (\text{Patient's weight})}{\text{Concentration}}$$

This ensures that patients receive the right amount of medication without overdose or underdose.

2. The Mathematics of Shopping Discounts

Slogan: "Smart Shopping Starts with Smart Math!"

Have you ever walked into a store and seen a big sale sign that says "50% off + 20% off"? It might seem like you're getting 70% off, but that's not how discounts work! Understanding how percentages work can help you make smarter shopping choices.

How It Works

When a store applies multiple discounts, they are applied sequentially, not added together. For example, if a jacket costs Rs. 100 and there's a 50% off sale, the price becomes Rs. 50. If an additional 20% off is applied, it means 20% of Rs. 50, which is Rs. 10. So, the final price is Rs. 40—not Rs.30 as some might think.

Rohit Tripathi (TGT, Maths)

The Intersection of Art and Science

Art and science may seem like two distinct fields, but they share a fascinating and dynamic relationship that has shaped human understanding and creativity for centuries. At their core, both disciplines seek to explore and interpret the world around us, albeit through different lenses.

One of the most evident connections between art and science is in the realm of visual representation. Scientific illustrations, for instance, play a crucial role in communicating complex biological, geological, and astronomical concepts. Artists like Ernst Haeckel, known for his stunning depictions of marine life, have not only captured the beauty of nature but also contributed to scientific education and research. These illustrations help make intricate details accessible to a broader audience, bridging the gap between scientific knowledge and public understanding.

Moreover, the principles of mathematics and geometry are foundational to many artistic techniques. Artists such as Leonardo da Vinci utilized mathematical ratios to achieve balance and harmony in their compositions. The golden ratio, a mathematical concept, can be found in works like the "Mona Lisa," demonstrating how art can embody scientific principles.

In contemporary times, the fusion of art and science has led to innovative fields such as bioart, where living organisms are used as artistic mediums. Artists experiment with genetics and biotechnology to create thought-provoking pieces that challenge our perceptions of life and ethics.

Furthermore, art can enhance scientific communication by making data more engaging and relatable. Infographics, for example, combine artistic design with statistical information to present complex data in a visually appealing manner.

In conclusion, the intersection of art and science enriches both fields, fostering creativity and innovation. By embracing their interconnectedness, we can gain deeper insights into the world and inspire future generations to explore the limitless possibilities that arise when art meets science.

Raj Chaubey, TGT (DRAWING)

Is AI a Friend or a Foe?

Artificial Intelligence (AI) is revolutionizing the world at an incredible pace, impacting nearly every aspect of our lives. From smartphones to self-driving cars, AI is making our lives easier. But is AI a friend that helps humanity, or a foe that threatens our future?

AI as a Friend

AI has brought numerous benefits to society. It enhances education by providing personalized learning, assists doctors in diagnosing diseases, and makes daily tasks more convenient with smart assistants like Siri and Alexa. AI also helps in tackling global challenges such as climate change by analyzing vast amounts of data to find solutions.

In schools, AI-powered tools help students learn at their own pace and assist teachers in grading assignments. AI chatbots provide quick answers, making learning more interactive and engaging. AI is also used in industries to automate repetitive tasks, increasing efficiency and reducing human effort.

AI as a Foe

Despite its advantages, AI also poses risks. One major concern is job loss, as machines replace human workers in various fields. While automation increases productivity, it can lead to unemployment for those whose jobs become redundant.

Another concern is the ethical use of AI. AI-powered systems can sometimes be biased, leading to unfair decisions in hiring, policing, and financial services. Moreover, AI can be misused for cybercrime, deepfake videos, and surveillance, raising privacy issues.

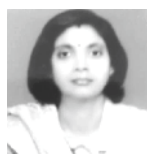
Many fear that AI might become too powerful, surpassing human intelligence. If not controlled, AI could pose serious threats, including security risks and ethical dilemmas in decision-making.

The Balance: Responsible AI Development

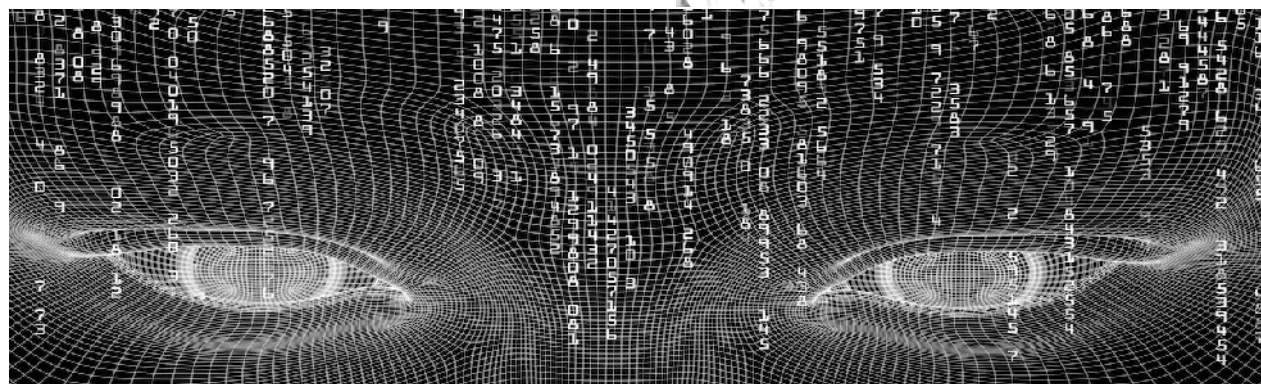
AI is neither entirely a friend nor a foe—it depends on how we use it. Responsible AI development, guided by ethical principles, can ensure AI remains beneficial to society. Governments, companies, and individuals must work together to set regulations that prevent AI misuse while encouraging innovation.

As students, we must learn about AI and its impact, using it wisely to enhance our learning while being aware of its challenges. If we approach AI responsibly, it can be one of humanity's greatest allies rather than a threat.

So, is AI a friend or a foe? The answer lies in our hands. Let us use AI as a tool for progress and ensure it serves humanity positively.



Ms Chhamta (PRT)



The reading of all good books is like conversation with the finest of the past centuries —Rene Descartes



Failures That Led to be Success

Failure is often seen as the end of the road, but for many, it becomes the stepping stone to greatness. Some of the most successful individuals in history faced failures before achieving success. Their stories remind us that setbacks are not permanent; they are lessons that shape our future.

1. Thomas Edison - The Light of Persistence

Thomas Edison, the inventor of the light bulb, failed thousands of times before he finally succeeded. When asked about his failures, he famously said, "I have not failed. I've just found 10,000 ways that won't work." His perseverance and refusal to give up changed the world, proving that failure is just a part of the journey to success.

2. J.K. Rowling - From Rejection to Worldwide Fame

Before becoming one of the best-selling authors in history, J.K. Rowling faced multiple rejections from publishers for Harry Potter and the Sorcerer's Stone. She was struggling financially and living through difficult times, but she never stopped believing in her story. Today, her books have inspired millions, proving that persistence pays off.

3. Michael Jordan - Rejected but Not Defeated

Michael Jordan, one of the greatest basketball players of all time, was cut from his high school basketball team. Instead of giving up, he worked harder, practicing day and night. His dedication turned him into a global sports legend, teaching us that failure should never define our future.

4. Albert Einstein - A Slow Start to Geniused

Albert Einstein was considered a slow learner in his childhood. He didn't speak fluently until the age of four, and his teachers

thought he wouldn't amount to much. However, he went on to become one of the most brilliant scientists in history, proving that early struggles do not determine one's true potential.

5. A Student's Journey - From Failing Grades to Academic Success

Many students face academic failures, but those who learn from their mistakes and work harder often achieve great things. One such example is a student who struggled with mathematics and initially failed exams. However, through persistence, hard work, and guidance from teachers, they only improved but also excelled, eventually becoming a top-ranking student.

Lessons from Failure

These stories teach us that failure is not the opposite of success; it is a part of it. Every failure brings us closer to learning something new. So, whether you are a student struggling with a subject or someone facing challenges in life, remember: failure is temporary, but the lessons you learn from it can last a lifetime.

Keep trying, keep learning, and one day, you will turn your failures into success!

Mrs. Preamsheela Mishra
(PRT)





मधुर सीख

बेटे कंधे पर आके खड़े हो गए,
बोले पापा हम आपसे बड़े हो गए
हाथ पकड़े रहना अपने हाथ बड़े हुए हैं
इन हाथों में प्रगति के भाव तेरे जड़े हुए हैं
मत होना भ्रमित तू अभी बड़ा हो गया,
अरे! ये कंधे हैं जहाँ तू खड़ा हो गया
मैं भी पापा के कंधे पर खड़ा बड़ा हुआ,
आज भी है हाथ मेरे कंधे पर उनका पड़ा हुआ
तू चाहे जो पाना जीवन का संगीत,
अनुभव करता राग बजाता अपना गीत
वैभव है श्रेष्ठ तुझी से लगता मीत,
नित नेह दिखाता बतलाता अपना अनुभव
प्यारे न्यारे स्नेह तगा लगते अभिराम,
उज्ज्वल जीवन पाकर तेरा ले लूँगा विराम
बचपन है तेरा कब तू अभी बड़ा हो गया,
मधुर भाव जगे हैं बेटा मेरे कंधे पर खड़ा हो गया
ऐसे ही सरल भाव से बेटे बड़े हो गए,
माँ बाप की जिम्मेदारियों से परे हो गए
शहर हो या धूप अब तेरी जिम्मेदारी,
उद्देश्य कर जाना पूर्ण हो ऐसी तैयारी
प्यारा जीवन तेरा हो, हो हमारा आराम
बेटे मत करना ऐसा की हो जाओ बदनाम
मधुर सीख जीवन में रखना, जो भी जिम्मेदारी है
बेटे कंधे पर आकर खड़े हो गए,
बोले पापा हम आपसे बड़े हो गए।

- चन्द्रमणि मिश्र (TGT, Hindi)

बेटी अनोखी होती है

भगवान की अनोखी भेंट हैं बेटियाँ ये लाती हैं
घर में खुशियाँ बेटियाँ होती हैं भगवान का
अनोखा वरदान, इनसे बढ़ती है घर की शान,
इतिहास में बेटियों ने भी हुक्म जमाया था,
झांसी की रानी बनकर इन्होंने तलवार उठाया था,
रजिया सुल्तान ने हिन्दुस्तान को चलाया था,
इंदिरा गांधी ने पूरे देश को आगे बढ़ाया था,
मीराबाई ने भी वक्त पे जहर का प्याला पिया था,
ऐसे न जाने कितनी औरतों ने देश के लिए
कुछ-न-कुछ किया था,
आज भी बेटियों ने अपना हक पाया है.
कभी डॉक्टर, इंजीनियर बनकर देश को दिखाया है,
सानिया मिर्जा खेलकूद में शान बढ़ाई है, तो
ऐश्वर्या बच्चन ने विश्व सुन्दरी का दर्जा पाया है,
बेटियों से ही घर की दीवारें बोलती हैं,
बेवकूफ होते हैं वो लोग जो बेटियों को
बेटे से कम समझते हैं।

- ममता सिंह (PRT)

मेरी संवेदना

चेतना जाग उठी संवेदना की तलाश में
नर आया सृष्टि में संवेदना की आश में
आलोचना के भँवर में खो चुकी संवेदना
परंपरा तोड़ दी, खो गई सद्भावना
प्रयत्न छोड़ दी, खा गई आलोचना
आधार हिल गया शांति की कब सम्भावना
आलोचना के भँवर में फँस गई संवेदना
चिड़चिड़ापन छा गया रिश्तों के बाज़ार में
अब नहीं कोई यहाँ अपना इस संसार में
वातावरण भयभीत छा गया इस बाज़ार में
संवेदना खोजती खुद संवेदना के संसार में
रहस्य खो गया राह की रेत में
सहम गई संवेदना संशय के संसार में
वसुधा सो गई अब संवेदनहीन परिवार में
परिवार खो गया निज मोह माया के विवाद में
मैं स्वयं के अस्तित्व में खो गया हूँ
अब संवेदना के रास्ते में ही सो गया हूँ
झुंझला उठा सोचकर क्यों रास्ते में ही खो गया हूँ
सोगया सोचकर सकल चन्द्र पुरुषार्थ कोसता हूँ
जाग उठी मेरी संवेदना अन्य के कष्ट को देखकर
खोजती खुद की खबर भविष्य की सम्भावना
संवेदना जाग उठी मेरी जबर सद्भावना
मेरी संवेदना पा गई स्वयं की संवेदना
मेरी सद्भावना पा गई स्वयं की सद्भावना
मेरी संवेदना पा गई स्वयं की सद्भावना

- चन्द्रमणि मिश्र (TGT, Hindi)

सपनों की उड़ान

रुके नहीं जो राह में, वो आगे बढ़ते जाते हैं,
जो अंधेरों से न डरे, वे दीप जलाते जाते हैं।
गिरना, उठना, फिर चलना-यही नियम है जीवन का,
जो ठहर गए डर के आगे, वे नाम नहीं बनाते हैं।
कदम-कदम पर ठोकर मिलती, पर मन को गिरने मत देना,
संघर्षों की आग में तपकर, खुद को सोना बना लेना।
पंख नहीं तो हौसला रखो, उड़ान वहीं मिल जाएगी,
जो खुद पर रखे भरोसा, दुनिया उसे अपनाएगी।
सपने देखो, कोशिश करो, हार से कभी ना घबराना,
कोई भी मंज़िल मुश्किल नहीं, बस खुद को आगे बढ़ाना।
राह में कांटे मिलेंगे, पर फूल वहीं खिलते हैं,
जो सूरज की ओर बढ़ते हैं, अधियारे वहीं सिमटते हैं।

तो उठो, जागो, सीखो, आगे कदम बढ़ाना है,
सपनों को सच करने का, एक नया दौर लाना है।

-प्रभा सिंह



हम बच्चे नवभारत की पहचान गढ़ेंगे

हम बच्चे नवभारत की पहचान गढ़ेंगे ।
आन-बान, सम्मान और बलिदान गढ़ेंगे ।।
निज गौरव गाथाओं का अभिमान गढ़ेंगे-
आन-बान, सम्मान और बलिदान गढ़ेंगे ।

आविष्कार के परचम को चहुँदिस लहराएँगे,
तकनीकी की दुनिया में हम जाल बिहाएँगे,
उद्योगों की दीर्घ श्रृंखला-सी बन जाएगी,
नित विकास का कमल-पुष्प हर ओर खिलाएँगे
मिलकर हम नित-नव इक अनुसंधान गढ़ेंगे,
आन-बान, सम्मान.....

चाँद-सितारों से आगे बढ़कर दिखलाएँगे
बाधाएँ आएँगी तो लड़कर दिखलाएँगे
दुख की रात कटेगी, सुख का सूरज निकलेगा
आसमान से आगे भी उड़कर दिखलाएँगे,
याद करे दुनिया ऐसा दिनमान गढ़ेंगे,
आन-बान, सम्मान.....



मिट ना पाए हम ऐसा इतिहास बनाएँगे,
जन-जन की आँखों में एक विश्वास जगाएँगे,
भ्रष्टाचार के विटप काटकर, इस समाज से हम
संकल्पों का एक नया फिर बाग लगाएँगे
नफ़रत, द्वेष, क्लेश का हम अवसान गढ़ेंगे,
आन-बान, सम्मान.....

हर मानव के मन में, ज्ञान प्रकाश जगाएँगे
शिक्षा ही जीवन है यह संदेश पठाएँगे,
संप्रदाय व क्षेत्रवाद की जड़े काटकर हम
विश्व-शांति का दीपक जग में पुनः जलाएँगे
जाति-पाँति से परे 'परम' इंसान गढ़ेंगे
आन-बान.....
हम बच्चे.....
आन-बान.....

परमानन्द मिश्र, टीजीटी

शिक्षक

हर बच्चों को जो पढ़ाता,
लेकिन अपना नाम ना बताता ।
होती उसकी इतनी बस अभिलाषा,
मेरा बच्चा पढ़कर जाए इसरो या नासा ।
जब कलम पकड़ना नहीं था आता,
तब वो हाथ पकड़कर पढ़ना सिखाता ।
शायद! वो तबसे ही लगा बैठे थे आशा
कि मेरा बच्चा जाए इसरो या नासा ।
परम्परा से जुड़ी है उनकी केवल यह परिभाषा,
शाश्वत कृष्ण, जिसमें नहीं है कोई क्षोभ वो
शिक्षक कहलाता ।

जब बच्चे ऊँचे पद को जाते,
शिक्षक सिर्फ दिखते मुस्कराते ।
अभी भी उसके अंदर नहीं झलकता कोई लोभ,
शायद इसीलिए तो सिर्फ वो ही शिक्षक कहलाते ।

कई बच्चों को वर्ग में पढ़ाता,
सभी पर सदा एक ही नजर दौड़ाता ।
चाहे बच्चा हो राजा या रंक का बेटा,
किसी को कभी ना दिखाता छोटा ।
हर बच्चे को एक ही पाठ पढ़ाता,
मानवता को ही बस एकमात्र धर्म बताता,
बस इसीलिए सिर्फ वो ही शिक्षक कहलाता ।

- प्रेमशीला मिश्रा (PRT)

तब

एक तौलिया से पूरा घर नहाता था ।
दूध का नम्बर बारी-बारी आता था ।
छोटा माँ के पास सो कर इठलाता था ।
पिताजी से मार का डर सबको सताता था ।
बुआ के आने से माहौल शान्त हो जाता था ।
पूड़ी खीर से पूरा घर रविवार मनाता था ।
बड़े भाई के कपड़े छोटे होने का इन्तजार रहता था ।
स्कूल में बड़े की ताकत से छोटा रोब जमाता था ।
बहन-भाई के प्यार का सबसे बड़ा नाता था ।
धन का महत्व कभी सोच भी न पाता था ।
बड़े का बस्ता किताबें साईकिल कपड़े खिलोने पेन्सिल
स्लेट स्टाईल चप्पल सब से मेरा नाता था ।
मामा-मामी नाना-नानी पर हक जताता था ।
एक छोटी से सन्दुक को अपनी जान से ज्यादा
प्यारी तिजोरी बताता था ।

अब

तौलिया अलग हुआ, दूध अधिक हुआ,
माँ तरसने लगी, पिता जी डरने लगे,
बुआ से कट गये, खीर की जगह
पिज्जा, बर्गर, मोमो आ गये,
कपड़े भी व्यक्तिगत हो गये, भाईयो से दूर हो गये,



- ममता सिंह (PRT)



शतरंज से सीख

समय ऐसा बदल रहा है, जीवन जैसे शतरंज का खेल हो। लेकिन हमारे जीवन में और शतरंज में कई समानताएं भी हैं-जिस प्रकार शतरंज में चली गई चाल आपकी आने वाली जीत और हार तय करती है ठीक उसी तरह आज लिया गया आपका निर्णय- आपका कल और आपका भविष्य निर्धारित करता है। लेकिन सिर्फ इतना ही नहीं शतरंज से आप बहुत कुछ सीख सकते हो ज्यादा बेहतर बना सकते हो। तो आज हम जानेगें पांच ऐसी बातें जो आप शतरंज से सीखकर अपनी जिंदगी को और भी बेहतर बना सकते हैं-

1- चाल वापस भी लेनी पड़ती है :

अपनी जिंदगी में भी सफल होने के लिए हमेशा आगे बढ़ते रहना जरूरी नहीं है। परिस्थितियों के अनुसार अपने कदम वापस ले लेना चाहिए फिर दोबारा सोच समझकर सही समय पर दृढ़ता से सही कदम बढ़ाने चाहिए। जीत हासिल करने के लिए हमेशा आगे बढ़ते रहना जरूरी नहीं है क्योंकि कभी कभी ऐसा समय आता है जब हमें अपने कदम पीछे खींचने पड़ते हैं। लेकिन इसमें कोई शर्मिंदगी की बात नहीं है आपका ध्यान केवल आपके लक्ष्य पर होना चाहिए। अब उसके लिए अगर आपको कदम पीछे खींचने पड़े कुछ समय के लिए खुद को रोकना भी पड़े तो ये आपको करना चाहिए क्योंकि एक असली विजेता सिर्फ ये नहीं जानता कि कब आगे बढ़ना है बल्कि भाई ये भी बहुत अच्छे से जानता है कि उसे कब पीछे हटना है और फिर सही समय आने पर पूरी तरह के साथ फिर से अपने लक्ष्य की तरफ बढ़ना है।

2- केवल बड़े मोहरें ही नहीं जिताते :

जैसे शतरंज में प्यादे छोड़े हाथी और राजा रानी सभी में अगर ठीक से तालमेल नहीं बैठ गया जाए तो खेल हार सकते हैं। कहने का अर्थ यह है कि जीवन में कभी भी किसी को छोटा मत समझना क्योंकि जो काम सुई कर सकती है वह तलवार नहीं कर सकती। हर चीज और हर इंसान का अपना एक महत्व होता है आपको सब को इज्जत देनी सीखनी पड़ेगी क्योंकि आप नहीं जानते आपको कब किससे क्या काम पड़ जाएगा और ऐसा करने के लिए आपको अपने अहंकार को किनारे रखना होगा तभी आप हर छोटे और बड़े इंसान से समान व्यवहार कर पाएंगे क्योंकि दोस्तों ऐसा संभव ही नहीं है कि आप ही सब कुछ जानते हो हर सवाल का जवाब आपके पास हो ऐसे में आपको किसी ना किसी की मदद की जरूरत जरूर पड़ेगी जिससे आपकी समस्या का हल पता हो जिसे आपके सवालियों के जवाब पता हो।

3- धैर्य रखना :

ये सबको मालूम है की अगर इंसान के अंदर सब्र की ताकत है तो वे कमजोर रणनीति के साथ भी मजबूत इंसान को पीछे छोड़ सकता है। सब की ताकत से आप बुरे से बुरे समय से निकल सकते हो शतरंज के खेल से हमें ये सीखने को मिलता है की आप चाहे कितनी ही अच्छी रणनीति बनाएं लेकिन अगर धीरज के साथ नहीं खेलेंगे तो जितना आपके लिए असंभव हो जाएगा और ये चीज हमारे जीवन पर भी लागू धैर्य रखना केवल काम करते समय ही जरूरी नहीं है बल्कि बोलते समय भी बहुत जरूरी है। पहले धैर्य रखकर सामने वाले की बात को सुनें फिर बहुत सोच समझकर कुछ बोले। धैर्य रखकर चीजों को समझो और धैर्य रखकर ही अपना अगला कदम चुनौती जैसे इस खेल में हर चाल से खेल बदल जाता है उसी प्रकार असल जिंदगी भी ऐसे ही बदलती है आपके हर कदम आपकी जिंदगी की दिशा तय होती है तो आपको सब के साथ असल जिंदगी में अपने लक्ष्य के लिए सही कदम बढ़ाने है।

4- सब कुछ अपने अनुसार नहीं होता है :

इस खेल में और हमारी जिंदगी में सब कुछ हमारे अनुसार नहीं होता। सामने वाले की चाल के अनुसार अपनी चाल बदलनी पड़ती है। अगर पहली चाल आपने चली हो तो फिर आपके हाथ में कुछ नहीं रहता है फिर सामने वाले के पास चली जाती है अपनी जिंदगी में भी हम चाहे कितनी योजनाएं बना लें लेकिन जरूरी नहीं कि हर बार अपने फेवर में ही नतीजा आए अगर कुछ अपने अनुसार नहीं भी हो तो भी हमें हार नहीं माननी चाहिए ऐसे में जरूरत के हिसाब से रणनीति बदलकर दोबारा कदम बढ़ाने की जरूरत होती है

5- गलती सुधारने का मौका :

गलत चाल से खेल में नुकसान होता है लेकिन अगर समय रहते सही चाल चली जाए तो सुधारने का मौका भी मिलता है। अपने जीवन में भी हम बहुत सारी गलतियाँ कर बैठते हैं और असफल भी हो जाते हैं लेकिन अपने अगले सही कदमों से स्थिति को संभाल कर दोबारा जीतने के लिए खड़े हो सकते हैं और शतरंज आप को दोबारा खड़ा होना ही सिखाता है। दोस्तों खेल शतरंज का हो या जिंदगी का संभलकर खेलना बड़ा जरूरी है क्योंकि जीतना तो हर कोई चाहता है आप किसी से जीतना चाहते हो तो कोई आपसे जीतना चाहता है लेकिन आखिर में जीत तो उसको मिलती है जो अपने ज्ञान दिमाग और शारीरिक क्षमता तीनों का सही से इस्तेमाल करता है।



राम कृष्ण मिश्रा

पी.जी.टी. - फिजिकल एजुकेशन



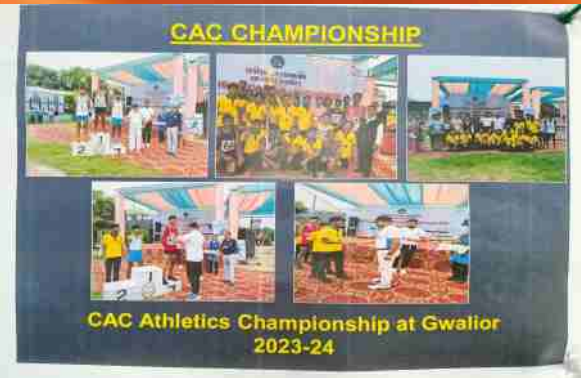
Sports Activity



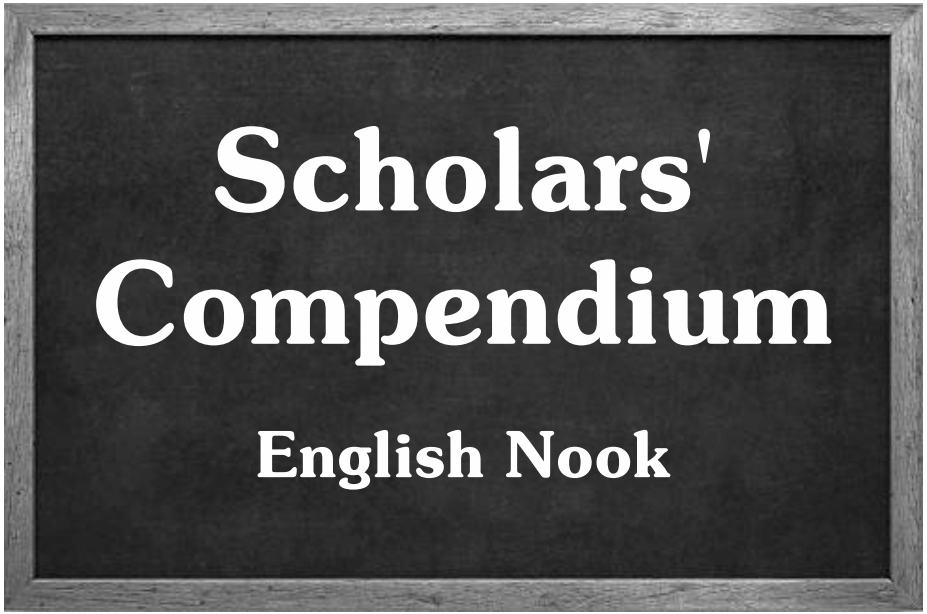
All that glitters is not gold. -William Shakespeare



Sports Activity



If at first you don't succeed, try, try again. -W. E. Hickson



Scholars' Compendium

English Nook



Our Precious Earth

Our Earth is calling, Can you hear?
The air is polluted, the water is unclear
Forests are fading, Oceans cry,
It's time to act before they die.
Plant a tree, save a drop,
Reduce the waste, let pollution stop.
Walk or cycle, do your part,
A cleaner world is a brand-new start!

Thoughtful

"Small acts, Big change"

How Small changes-like carrying reusable bottles, using less paper or planting saplings can have a huge positive impact on the environment.

Adhiraj, I-B

Mahakumbh

The Mahakumbh Mela is a huge festival in India that happens every 144 year. It's like a joint party where people come from all over the world to bath in the holy river, the Ganga, It's a very special time for people who believe in Hinduism, and it is full of colours, music and fun.

People believe that bathing in the Ganga washes away their sins and bring them good luck.

Shivi Singh, II-A

Fighter Pilot- Avani Chaturvedi

Avani was born on 27 October in 1993. Her father, Dinkar Chaturvedi, is a superintending engineer in water Resource Department of Madhya Pradesh government and her mother is a home maker.

Awards and recognition:-

In 2018, she was honored with the doctorate degree from Banasthali Vidyapeeth. It was in October 2015 that the Indian Government decided to open the fighter stream for women. Chaturvedi's achievement has put India on the list of the Countries, such as Britain, the United states, Israel, and Pakistan, where women are allowed to fly fighter Jets.

Tejas Mishra, II-B

God "Give Me Courage"

God give me courage,
To do what is right.
Courage to speak,
Courage to fight.

For honesty and goodness,
Justice and truth.
Courage to choose,
The good in my youth.

Courage to choose
the right when I am young.



How to Control Pollution and Conserve Our Resources

Pollution is one of the biggest challenges our planet is facing today. It affects air, water and land, leading to environmental degradation and health issues. At the same time, natural resources such as water, forests and fossil fuels are being depleted at an alarming rate. Taking steps to reduce pollution and conserve resources is essential for a sustainable future.

Ways to Control "Pollution"-

1. Reduce, Reuse, Recycle: Recycling waste materials like waste paper, plastic and metal reduces landfill waste and minimises environmental impact. We can also reuse household items to reduce waste.

2. Limit use of plastic : Single use plastic Contribute significantly to pollution. Using biodegradable alternatives, such as Cloth bags and metal straws, can help control plastic waste.

3. Adopt clean energy sources: Using renewable energy like "solar, wind and hydro power reduces dependence on fossil fuel's, decreasing pollution and greenhouse gas emissions.

4. Control Industrial waste: Proper disposal and treatment of Industrial waste prevents harmful chemicals from polluting the environment. Industries should adopt eco-friendly production methods.

5. Reduce Vehicle Emissions: Car pooling using public transport or choosing electric and hybrid vehicle can significantly check air pollution. Walking or cycling short distances is also a great alternative.

6. Encourage "Green Spaces" :- Planting trees and maintaining green areas in cities help absorb carbon dioxide, reduce heat and improve air quality.

Ways to Conserve "Natural Resources":

1. Save water: Turning off taps when not in use, fixing leaks, and using water efficient appliances can conserve water. Rainwater harvesting is also a great way to store and use water effectively.

2. Protect Forests: Planting trees and preventing deforestation helps maintain ecological balance. Sustainable logging practices and afforestation programs can help restore green covers.

3. Use Energy wisely: Switching off lights and appliances when not needed, conserving electricity. Using energy-efficient LED and solar panels further helps reduce energy consumption.

4. Sustainable Agriculture: Using organic farming practices, reducing pesticide use and practicing crop rotation help preserve soil and water quality while ensuring long-term food production.

5. Supporting Conservation efforts: Participating in environmental campaigns, spreading awareness and supporting policies that promotes conservation make a significant difference.

6. Promote Eco Friendly Products: - Choosing biodegradable and eco-friendly products reduces environmental harms. Supporting brands that follows sustainable production methods encourages greener practices.

Conclusion:

Controlling pollution and conserving resources is a collective responsibility. Governments, Businesses and Individuals must work together to adopt sustainable practices. Simple steps, such as reducing waste, saving energy, saving water, and protecting our nature, can lead to significant positive changes by making eco-conscious choices in our daily lives, we can ensure a cleaner and greener planet for future generations.

"The Earth does not belong to us; we belong to Earth: Let's protect it by Controlling pollution and conserving resources for our future generations."

Anweshaa, IV-B



The Power of Kindness: Small Acts, Big Impact

Have you ever smiled at someone and noticed their face light up? Or helped a friend pick up their books when they dropped them? These small acts of kindness can make a big difference! Kindness is something that everyone can practice, no matter how young or old. In fact, it is one of the simplest ways to make the world a better place.

Why is Kindness Important?

1. Makes Others Happy

When we show kindness to others, we make them feel good. A kind word or gesture can brighten someone's day and make them feel special.

2. Creates Friendships

Kindness helps build strong friendships. When we are kind to our friends, they feel loved and appreciated, which strengthens the bond between us.

3. Makes Us Feel Good

Helping others also makes us feel good about ourselves. When we do something nice for someone, we feel proud and happy, knowing we've made a positive difference.

4. Spreads Positivity

Kindness is contagious! When you are kind to someone, they are more likely to be kind to others. A simple smile or compliment

can start a chain of kindness that spreads to many people.

How Can We Practice Kindness?

- **Help Others:** Whether it's helping a classmate with homework, holding the door for someone, or sharing your toys, small acts of kindness make a big difference.

- **Listen to Others:** Sometimes, just listening to someone who needs to talk is the kindest thing you can do. Be a good listener and offer support when needed.

- **Compliment People:** A simple compliment, like telling someone they did a great job or that you like their shirt, can make them feel happy.

- **Share with Others:** Sharing your things, whether it's a toy, snack, or even your time, shows kindness and helps build stronger relationships.

Why Should We Be Kind Every Day?

Kindness isn't just for special occasions—it should be something we practice every day! Every time we do something kind, we create a positive atmosphere around us. By being kind, we encourage others to do the same, making our school, homes etc.

—Shreya Pal, 7-A



The illiterate of the future will not be the person who cannot read. It will be the person who does not know how to learn - Alvin Toffler



Nature

Nature is the most beautiful thing that god has given us. They give us everything that we need :- spices, medicines, fruits, paper etc:-

What is Nature?

Nature is a complex and multifaceted concept that has been debated and explored by philosopher, scientists and many other thinkers across various disciplines.

Water

Our country is blessed with numerous rivers, streams and lakes. Have you ever noticed plastic bags and wrappers floating on the surface of water? We pollute freshwater sources by throwing trash in them. Waste from homes and industries pollute our water sources when it is dumped into them. Polluted water is not fit for consumption by living beings. As fresh water in many parts of India. At some places, people have to walk long distances to fetch drinking water. Everyone does not have the same kind of access to water. It is important for us to conserve water and use it judiciously. We must also prevent it from being polluted so that water remains fit for consumption by all living beings.

Energy from the Sun

We use heat and light from the Sun for various purposes. What are some of the activities for which we need heat and light?

Sunlight helps plants prepare food. The Sun also provides all the living beings on Earth with heat and light. It is their main source of energy.

Forests

Forests are a natural home for many for many wild animals, including birds and insects. Forests provide food and shelter to them. In nature, every animal depends on their other life forms for survival. The diversity of life forms ensures food for every living being. However, over the years, the forest cover has been decreasing, mainly due to human activities like large scale cutting of trees. It takes many years to grow a new forest or restore lost forests. Therefore, we must preserve and use forests responsibly so that they get enough time to regenerate.

Minerals

Natural gas is used for cooking and generating electricity. Nowadays, it is also used in the form of CNG as a fuel for vehicles. It is a cleaner fuel than petrol or diesel. Coal is mainly used for the production of electricity.

Fossil fuels are found in limited quantities. Hence we will soon run out of fossil fuels if we continue to use them in the manner that we currently do.

"Earth provides enough to satisfy every man's need but not for every man's greed."

Anshika, V-A

FRIENDS

- F Forgive you
- R Respect you
- I Involve you
- E Encourage you
- N Need you
- D Deserve you
- S Support you



Ayusshka Srivastava, III-A

Life Lessons.

Everyone wants to become a doctor, engineer or scientist in their life, But no one knows how to become a human being.

It has been told in 'Bhagvad Geeta' through the medium of a flower that :-

See the flower, how generously it distributes perfume & honey it gives freely to all its love. when its work is done, it falls away quietly, Try to be like the flower unassuming despite all its qualities!

Mangalam Tathastu, X-B



Nobody or Somebody

Standing in a desert,
In the middle of nowhere,
Searching for my best friends,
Who have left me somewhere.

When I see right back at the time,
I regret, that I was never fine.
Standing alone, like a clown,
I wish I could be like them,
And I should have never been like I am.

Like a failed child,
I have lost my pride.
I always got the chance to be like them,
But I always choose the way I am.
I wish I could go back in time
and say everybody,

That I am somebody.
But sometimes I feel like I am really a
nobody for everybody.

Wish I could know someday,
That if I am a nobody or somebody.
- Amba Singh XII-A

Choose Your Path

They dressed me up in borrowed dreams,
Stitched tight with rules & old routines.
"You'll be a doctor," they all said.
but music danced inside my head.

They paved my road, they drew the lines,
ignoring all the quiet signs.
A painter's soul, a poet's heart-
Yet torn from both, I played the part

But hollow steps bring heavy cost,
a life unlived, a passion is lost.
So hear me now, before its late-
Choose your path, don't bow to fate.

Prakriti Pragya, XII-A

The happiest days of our life?

School days should be a happy time in
a young person's life. What can make people
lives a misery during this time, then?

In my opinion there is one word which
answers this question - *Bullying*

Unfortunately, bullying is quite
common in schools. It can affect students at
any age, both boys and girls. What can people
do to stop this problem?

Personally, i think teachers need to be
aware that bullying maybe happening in their
classrooms and be very strict when they have
a case of bullying. As for students, if they find
out a classmate is being bullied, they should
support them as much as possible and let a
teacher know.

Bullying can be a nightmare but there
are things we can do to prevent it. Hopefully,
one day all students will be able to go to school
without the fear of being bullied.

Thank you

NishthaTripathi, XI-B

DANGER OF DEFORESTATION

It is a matter of great concern that we
are unaware of consequences of non-stop
felling of trees and removal of greenery
around us. In our greed to construct building
we are doing irreparable damage to our
environments. first of all deforestation leads to
global warming with all its dangerous results.
The climatic changes are going to have far
reaching consequences for human race as a
whole. The low lying areas are endangered of
being flooded or they may simply vanish in
the raising sea waters. Deserts will bloom and
the fertile lands will become deserts.
Secondary with the cutting and burning of
forest trees the land is becoming deserts-like.

Unable to sustain agriculture for
several years. Thirdly the habitats of animals
and birds get destroyed. Many species of
animals and birds have already gone extinct
and some are on the verge of extinction.
Therefore the need of the hour is to put saving
trees on the top of our list of priorities, we must
save our environment if we wish to survive as
a race.

Kshitij Singh, VIA

"A person who never made a mistake never tried anything new." - Albert Einstein



A day in the life of a student

Morning: The Rush Begins

The alarm rings, signaling the start of a brand new day. Some students wake up immediately, while others hit the snooze button a few times. After a quick morning routine it's time to head to school.

School Hours: Learning & fun

The school day begins with the first period. Students try their best to stay attentive, take notes & participate in discussions. Teachers explain concepts, assign homework & sometimes surprise the class with pop quizzes! The morning classes fly by & soon it's time for a school break.

Lunch Break: A moment to Recharge

The lunch bell rings & students rush outside. Laughter fills the air as they share stories, relax & enjoy their meals. It's a much needed break to recharge for the second half of the school day.

Afternoon: The Final Stretch

Post-lunch classes can be challenging

as students fight off drowsiness, but engaging lessons & interactive activities help keep them focused. As the final bell approaches, students prepare for upcoming homework and projects.

Evening: Homework & Relaxation

Once home, students take a short break maybe scrolling through social media or simply unwinding. Then comes the homework grind: solving maths problems, writing essays & preparing for tests. After finishing schoolwork, it's finally time to relax. Dinner with family, a bit of gaming or reading, and a final check of messages before heading to bed. A good sleep is essential to recharge for another busy day ahead!

At last, a Student's day is filled with learning, challenges fun & growth. Balancing academics, extracurriculars & personal time can be demanding, but with good time management & a positive attitude, every day becomes an opportunity to learn & improve.

Shruti, XI-A

Failure-Life's Greatest Teacher

The sweetest victory is the one that's most difficult. The one that requires you to reach down deep inside, to fight with everything you've got, to be willing to leave everything out there on the battlefield-without knowing, until that do-or-die moment, if your heroic effort will be enough.

Society doesn't reward defeat, and you won't find many failures documented in history books. The exceptions are those failures that later become stepping stones to success. We're so focused on not failing that we don't aim for success, settling instead for a life of mediocrity.

Failure and defeat are life's greatest teachers. Sadly, most people and particularly

conservative corporate cultures, don't want to go there. They ignore the Power of Taking Risks, Making Mistakes and Thinking Big. "Instead they choose to play it safe, to fly below the radar, repeating the same safe choices over and over again.

But if you become complacent and don't take risks, someone will notice what you are doing and improve upon your efforts over time and put you out of work. You've got to keep finding better ways to run your life, or someone will take what you've accomplished, improve upon it, and be very pleased with the results. Keep moving forward and learn from your failures.



The 5G Scam

Out of the numerous/various mental processes of negative kinds, the most harmful for the teenagers are the 5G.

5G : The Five Socially Corrupting Applications of Mind

- Greed – The desire for more than what is necessary, leading to dissatisfaction and entitlement.
- Glamour – Superficial attraction to appearances, trends, and digital validation rather than deeper values.
- Glory – Seeking fame and recognition at any cost, often leading to self-worth being tied to external validation.
- Gimmick – The tendency to adopt fake personas, misleading tactics, or shortcuts for instant success rather than genuine effort.
- Grudge – The increasing tendency to compare, envy, and hold resentment against others due to social media-driven competition.

I have termed this as 5G SCAM to keep the explanation and understanding contemporary. The elaborated form of 5G

SCAM is:

GREED GLAMOUR GLORY GIMMICK GRUDGE : SOCIALLY CORRUPTING APPLICATIONS OF MIND.

This 5G SCAM represents the modern mental traps that can significantly shape teenage behavior and mindset in a negative way. The constant exposure to materialism, superficiality, and external validation often leads to a lack of self-worth, increased anxiety, and unrealistic life expectations. As teenagers get caught in the cycle of comparison, competition, and artificial success, their genuine personality and potential may take a backseat. Therefore, it is crucial to cultivate self-awareness, contentment, and real-world values that emphasize hard work, personal growth, and meaningful human connections over fleeting digital validation. Only by consciously breaking free from these mental traps can teenagers develop into well-rounded, confident, and emotionally resilient individuals.

Akshat Thakur, XI-B

To all the mothers of the world. 100 times.....

For every struggle.

For every tear,

for every sweat of your hard work,

I learned something that otherwise I

would not know,

That every kiss,

That every hug.

That every piece of joy you gave me,

Was 100 times more beautiful.

Than anything else you could have
given me

**Unnati Dwivedi, V-A
with love to to my Mother**

My Little Sister

My sister can be annoying, everything

I do she wants to do it too.

It's hard to have a little sister who
wants to be like you.

She follows me around the house
and wants to play pretend.

"I am too big for that, "I say,
but I'll always be your friend.

"Go away and play, "I have
important things to do.

Then before I knew it, my
little sister grew.

I remember so many great times we
shared and wish that we had more.

Creating wonderful memories that will
withstand time, that what friends are for.

Aranya Dwivedi, VII-A

Cyber Safety and Security

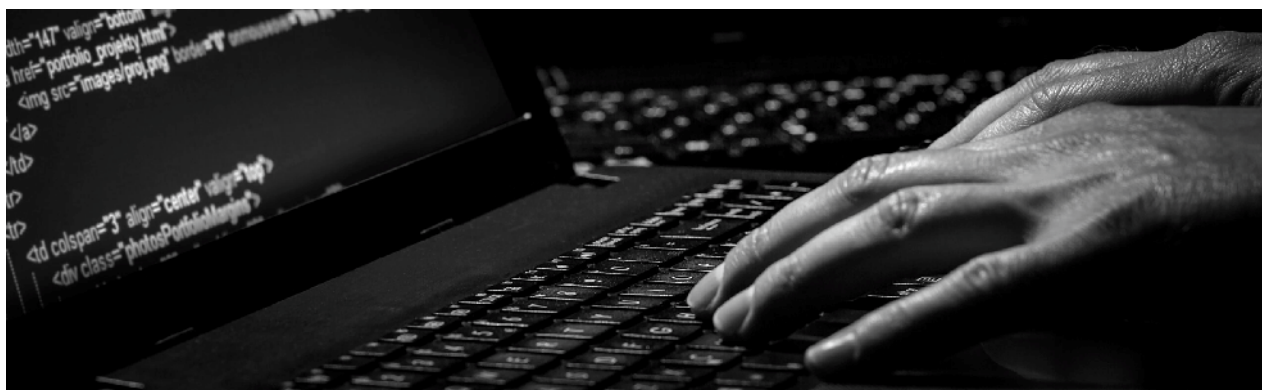
We see news stories about the impact of technology on our everyday lives all the time these days. The internet is an amazing place for students. It's a world of information, connection, and endless learning opportunities. But just like the real world, there are things to be aware of online to stay safe. Check out the following tips for cyber safety.

- Get the latest anti-virus and firewall software:
Download updates regularly to make sure you're protected against any new online threats.
- Update your internet browser:
The latest versions have built-in protection against fake websites and viruses.
- Create a strong and easy-to-remember password:
Passwords that combine letters and numbers are generally harder to guess.
- Secure your online presence just like you secure yourself : If you have not selected the right settings on your social media accounts, then photos and videos posted can be viewed, downloaded and used by others without your knowledge.
- Select the right privacy settings and content sharing filters on social media so that you are sharing your information, photos and videos only with your trusted ones.
- Be selective about accepting friend request of strangers on social media.
- Learn how to block someone who is making you uncomfortable.
- Learn how to remove someone from your friends list.
- Remember to logout from social media websites after use.
- Secure your phone with password.
- If you notice your fake account has been created, you can immediately inform social media service provider so that the account can be blocked.
- Be mindful of your appearance on video chat & video calls.
Your video chats on social media sites can be recorded by the person on the other side. Be careful while accepting chat requests from strangers.
- Protect yourself from Cyber stalking :
Cyber stalkers show advances on a person repeatedly despite clear indication of disinterest by such person. They use internet, email, social media or any other form of electronic communication for stalking.

To report online scams in India, you can use the **National Cyber Crime Reporting Portal** <https://cybercrime.gov.in/or> call the National Cybercrime Helpline at 1930. You can also report suspected fraud communication through Sanchar Saathi.

Be safe, Browse safe!

Nishtha Tripathi – XI-B



The mind is not a vessel to be filled but a fire to be ignited -Plutarch

Science Is Elegant

Science possesses an inherent elegance, characterized by simplicity, symmetry, and the profound ability to reveal the universe's underlying order. This aesthetic dimension not only enhances our appreciation of scientific endeavours but also drives the pursuit of knowledge.

A hallmark of scientific elegance is simplicity. The principle of parsimony, often encapsulated in Occam's Razor, suggests that the simplest explanation, requiring the fewest assumptions, is preferable. This approach leads to theories that are both efficient and broadly applicable. For instance, Isaac Newton's law of universal gravitation succinctly describes the attraction between masses with a simple equation, yet it explains a vast array of phenomena, from the fall of an apple to the orbits of planets.

Symmetry is another aspect of scientific elegance. In physics, symmetrical laws often indicate fundamental truths about the universe. James Clerk Maxwell's equations, which unify electricity and magnetism, exhibit symmetrical beauty that has been pivotal in advancing electromagnetic theory. This symmetry not only provides aesthetic pleasure but also suggests a deeper coherence in natural laws.

Mathematics, the language of science, is replete with elegant structures and patterns. Mathematicians often describe proofs or theorems as "beautiful" when they are

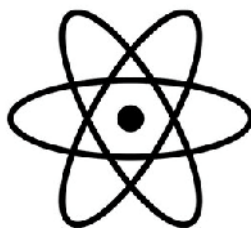
unexpectedly simple and effective. For example, Euler's identity, $e^{i\pi} + 1 = 0$ links five fundamental mathematical constants in a surprisingly simple yet profound relationship. Such instances exemplify how elegance in mathematics can lead to deeper understanding and appreciation.

Elegant scientific theories often reveal connections between seemingly disparate phenomena. The double helix structure of DNA, discovered by James Watson and Francis Crick, is a prime example. Its elegant design not only explains how genetic information is stored but also how it replicates, providing profound insights into the mechanisms of life.

The pursuit of elegance has historically motivated scientific discovery. Albert Einstein's theory of general relativity was driven by a desire for mathematical beauty and simplicity, leading to a deeper understanding of gravity. This intrinsic appreciation for elegance continues to inspire scientists to seek harmonious and aesthetically pleasing explanations for complex phenomena.

In conclusion, the elegance of science lies in its capacity to uncover the simple, symmetrical, and beautiful principles that govern the natural world. This aesthetic dimension not only enriches our understanding but also fuels the passion for exploration and discovery.

Abhay Kumar, 12th 'B'





The World of Art

Art has existed ever since the existence of humanity. Art is the manifestation of human creativity and imagination created to express emotions and ideas. Art is present in vivid forms around us. Music, painting, poetry, literature, dance are the various forms of art.

The nature around us is itself no less than art- perhaps the most supreme form of art and the source of all forms of art practiced by us. Just like 'life' art has different definitions and examples. Art is different for every individual and its beauty lies in its imperfections. Art does not revolve around perfection. But one thing that is central to all art forms is human creativity and expression.

Art is an innovative way to view the world. It has the power to motivate, strengthen and inspire. Without realising, in our daily lives, we are influenced by different forms of art. Auditory art like music, songs and poetry help us relax, brighten up and change mood after an exhausting day. Many of us make paintings and drawings to express our ideas and relax ourselves. For many dance is the way to feel cheerful and energized.

A recent example, when the world realised the importance of art was during the

A crow was sitting on a tree, doing nothing all day. A small rabbit saw the crow, and asked him, "Can I also sit like you and do nothing all day long?" The crow answered: "Sure, why not."

So, the rabbit sat on the ground below the crow, and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.

Moral of the story:

To be sitting and doing nothing, you must be sitting very, very high up.

Nirpam Singh, II B

Covid-19 pandemic. During the tough times music, painting, songs, dance, T.V. shows and cinema kept us entertained. Without art life is dull. Art is what adds colours and happiness to this beautiful life.

Art is specifically beneficial for students. Art helps in boosting creativity, enhancing critical thinking, developing fine motor skills, fostering emotional intelligence, improving academic performance and overall well being. It is an exercise for both the creator and those who consume it.

All in all, given the countless benefits and beauty of art, each one of us must include art in our lives in some form or the other and learn to appreciate the art around us. One must realize, "Life is art. Art is life. The two can't be separated."

Adya Jha, XII B

The Last Exam

The air is heavy, the room is tight.
Pens are racing, faces are whiter.
The clock ticks loud, our heart beat fast,
At last, our final test has passed!

Some are smiling, some are sad.
Some are wishing they had read.
Oh, this exam, so big, so tough.
Haven't we studied more than enough?

But what if there were no tests at all?
No fear of failing, no stress at all.
A world of learning, free and bright,
Where knowledge shines like light.

No late-night reading, no sighs, no tear
Just happy learning, through the years.
Uh, what a dream, what a delight.
A world without exams in my sight!

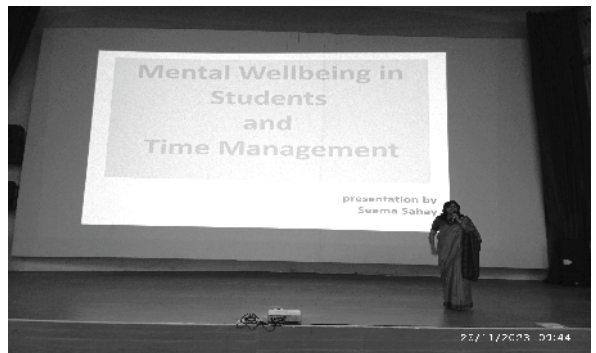
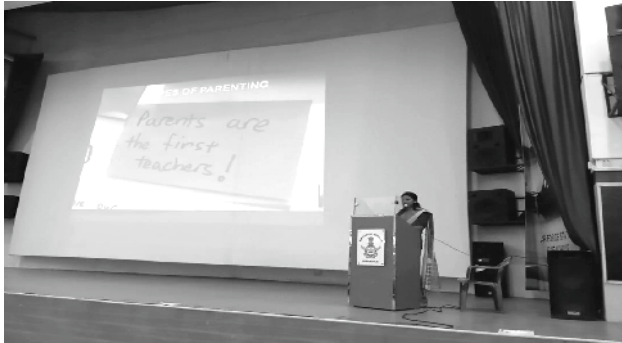
Sanskriti Pragya, X-B

Plethora of Activities



Knowledge is Power. -Sir Francis Bacon

Plethora of Activities



Life is like riding a bicycle. To keep your balance, you must keep moving. - Albert Einstein

Plethora of Activities

ART & CRAFT COMPETITION



AIR FORCE SCHOOL CHESS CAMP



CHESS CHAMPIONSHIP



OPEN FIDE RATING CHESS-CHAMPIONSHIP HELD IN NEPAL

CHESS CHAMPIONSHIP NEPAL



STUDENT OF CLASS IX VINAYAK GOT 2ND POSITION

AIR FORCE SCHOOL CHESS CAMP



CPR DRILL



EARTH DAY CELEBRATION



EYE CAMP CONDUCTED BY 12 AFH





Plethora of Activities

FIRE DRILL



INDEPENDENCE DAY RALLY



CHILDREN'S DAY CELEBRATION



HISTORICAL VISIT
SHAHEED SMARAK CHAURI CHAURA



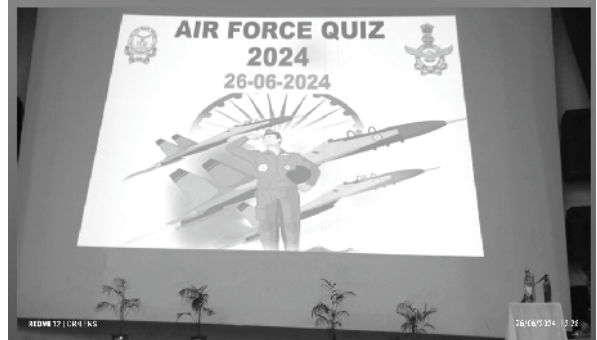
CHILDREN'S DAY CELEBRATION



CHILDREN'S DAY CELEBRATION



QUIZ COMPETITION



That's one small step for a man, a giant leap for mankind. -Neil Armstrong

Plethora of Activities

QUIZ COMPETITION



QUIZ COMPETITION AT GWALIOR



**RIYA RANI SELECTED FOR
NATIONALS**

VISIT TO NATIONAL BAL BHAWAN



TEAM - I (07 - 13 APR 24)

EXCURSION TO KUSHINAGAR



**VISIT BY STUDENTS OF CLASS IX
ON 23 SEP 24**

VISIT TO NATIONAL BAL BHAWAN



TEAM -II (21 - 27 APR 24)

FOOTPRINT FILM WORKSHOP



22 APR 24 - 27 APR 24

AIR FORCE SCHOOLS ATHLETICS CHAMPIONSHIP (21-24 SEP 24)



PARTICIPATED IN KALAIKUNDA

BEST TEACHER AWARD



**MRS SUSHMA JAISWAL (HWT)
FOR SESSION 2022-23**



Plethora of Activities

CELEBRATION OF BIRTH ANNIVERSARY OF AIR MARSHAL ARJAN SINGH



15 APR 24

GRAND OPENING OF NURSERY SESSION (2024-25)



FIRE DRILL



SPACE DAY PAINTING COMPETITION



CHILDREN'S DAY CELEBRATION



TREE PLANTATION



PAINTING COMPETITION VEER GATHA



MOTIVATIONAL TALK ON PROJECT VEERGATHA ON 05 NOV 24



CONDUCTED BY MAJ PRATHMESH JOSHI SM

The cure for boredom is curiosity. There is no cure for curiosity. -Dorothy Parker

“हिन्दी
विद्यार्थी-विचार
वीथिका”



आजादी से अनजान आजाद लोग !

एक बच्चा जब देखता है घर से बाहर निकलकर,
यह बात समझ न आती उसे उस पल वह सोचता,
क्या इस देश के लोग बिमार हैं,
या फिर आजादी की परिभाषा से अनजान हैं।

जिस देश में अमीर खिलता चला जा रहा,
जहां लोगो ने कई किस्ते नहीं भर पाई है,
जिस देश में गरीब पिसता चला जा रहा,
उस देश में क्या किसी ने कोई सवाल उठाएं है?

बात करते हैं लड़कियों के स्वाभिमान पर,
जिस देश में लड़कियां देश की शान है,
वहां लाखों खबरें लड़कियों के अभिमान पर,
क्या आज भी हमारा देश महान है?

जहां आंदोलन हर दूसरे दिन की बात हो,
जहां लोग शांति से सो नहीं सकते,
फिर भी किसी मिडिया का न साथ हो,
वहां के लोग अनजान हो नहीं सकते हैं।

अनन्य सोनकर, 11-ए

भारतीय वायु सेना

1. भारतीय वायु सेना दिवस 8 अक्टूबर को मनाया जाता है।
2. भारतीय वायु सेना, सेना का बहुत महत्वपूर्ण अंग है।
3. यह दिन भारतीय वायुसेना को सम्मान करता है।
4. भारतीय वायु सेना दुनिया की चौथी सबसे बड़ी वायु सेना है।
5. भारत के राष्ट्रपति को भारतीय वायु सेना का सर्वोच्च कमांडर का पद प्राप्त है।

आदित्य पाण्डेय, 4-बी

नव किरण

मीठे राग और स्वर में कुछ पक्षी कुछ कह जाते हैं
रवि की किरण देखते ही वे हमको सदा जगाते हैं
रवि बिखेर देता है किरणों अधियारे पर छाने को
देख इन्हें खुल जाते पंकज हर दिक् को महकने को

इसी दृश्य को देख जीव सब मौन, मग्न हो गाते हैं
सुग्गा, मैना, मोर, सभी खग, खुश होकर चिल्लाते हैं
रवि-संचारित नव किरणों को पत्ते जब पा जाते हैं
अन्य तत्त्व भी एकत्रित कर भोजन भोग बनाते हैं

किसी दिशा में जाते हैं खग लौट कहीं से आते हैं।
नए किरण से खिले नए फल, फूल हृदय को भाते हैं।।

-अनुभव मिश्र, सातवीं-अ

विश्वास हमें देना

इतना विश्वास हमें देना दाता
गलत मंजील की ओर जा न पाए,
अपने जीवन में इतना उपकार करे, कि
दुखियों के जीवन चाँद-तारे भर जाएं।।

इतना गर्व रहे हम पर,
बुद्धि विवेक छोड़ के जा न पाएँ,
इस दुनिया में रहे चाहे न रहे
सबके दिलों में अपने लिए
एक प्यार छोड़ जाएँ।।

प्रेम रहे हमे सबसे
ईश्या का कोई भाव तो रह न जाए।
हम इतने कामयाब हो कि
सबके दिल में हमारे लिए प्यार रहे।।
धन्यवाद हो उस दाता का
जो हमे इस धरती पर भेजा है,
व्यर्थ न जाने देंगे यह जीवन,
सबके लिए खुशियों का इतिहास रच जाएँ।।

सौम्या राय

मन के सच्चे बच्चे

मन के सच्चे बच्चे हम
झूठ से कोसों दूर रहें
दिल में बस प्यार बसाएँ,
सत्य की राह पर चलते जाएँ।
ना नफरत का रंग चढ़े
ना कोई छलावा हो।
हर चेहरे पर हसीं खिले,
हर दिल में उजियारा हो।

मदद करें जो दुख में हो,
अपनापन हर दिल में हो।
छोटा बड़ा न कोई लगे
सबसे मधुर रिश्ता हो।

मन के सच्चे, निर्मल हम,
फूलों जैसे महके हरदम,
ऐसा जीवन जीना है,
जग में रोशन हो जाए हम।

अरार्तिका पाण्डेय, 2-बी



जीवन रहस्य

जीवन संघर्ष है	-	इससे मोर्चा लीजिए।
जीवन चुनौती है	-	इसका सामना कीजिए।
जीवन यात्रा है	-	इसके मंजिल तक पहुँचिए।
जीवन अवसर है	-	इसका लाभ उठाइए।
जीवन वादा है	-	इसको निभाइए।
जीवन सौन्दर्य है	-	इसकी प्रशंसा कीजिए।
जीवन प्रेम है	-	इसका आनन्द लीजिए।
जीवन लक्ष्य है	-	इसे प्राप्त कीजिए।
जीवन उपहार है	-	इसे स्वीकार कीजिए।
जीवन कर्तव्य है	-	इसे पूरा कीजिए।
जीवन खेल है	-	इसे खेलिए।
जीवन रहस्य है	-	इसको समझिए।
जीवन गीत है	-	इसको गाइए।
जीवन आत्मा है	-	इसको पहचानिए।

बस एक कदम और

बस एक कदम और दस बार किनारा होगा
 बस एक नज़र और इस बार इशारा होगा।
 अम्बर के नीचे उस बदली के पीछे कोई तो किरण होगी
 इस अन्धकार से लड़ने को कोई तो किरण होगी।
 बस एक पहर और इस बार उजाला होगा
 जो लक्ष्य को भेदे वो कहीं तो तीर होगा
 इस तपती भूमि में कहीं तो नीर होगा।
 बस एक प्रयास और लक्ष्य हमारा होगा।
 बस एक कदम और इस बार किनारा होगा।
 जो मंजिल तक पहुँचे वो कोई तो राह होगी
 अपने मन को टटोलो कोई तो चाह होगी।
 जो मंजिल तक पहुँचे वह कदम हमारा होगा
 बस एक कदम और इस बार किनारा होगा।
 बस एक नज़र और इस बार इशारा होगा.....

सपने सब साकार करें हम

सपने सब साकार करें हम।
 कभी परिश्रम से न डरें हम।
 आलस त्यागे ध्यान धरें हम।
 पढ़-लिखकर विद्वान बनें हम।
 खेलें कूदें और बड़े हम।
 व्यर्थ एक भी पल न करें हम।
 प्रातः जल्दी उठ जाना है,
 अपने विद्यालय जाना है।
 शिक्षक को अपना मानना है,
 उनकी बातें अपनाना हैं।
 ज्ञान की बातें गुरु सिखाते,
 काम की बातें हमें बताते।
 अच्छे अंक वही हैं पाते,
 गुरु की शिक्षा जो हैं अपनाते
 अभी उम्र में बेशक कच्चे,
 पढ़-लिखकर हम बनेंगे अच्छे,
 मन के अच्छे दिल से सच्चे,
 दृढ़ निश्चय हम बनेंगे अच्छे।

हर्ष गुप्ता, 2-बी

स्कूल की पत्रिका

आ गई है स्कूल की पत्रिका
 छा गई है स्कूल की पत्रिका
 बच्चों के दिल में समा गई पत्रिका
 हर जगह वह तो छा गई पत्रिका
 मेरा फोटो आया है
 स्कूल की मैगजीन में छाया है
 दिल में खुशियां लाया है
 दोस्तों को भाया है
 मेरे लेखन का सुधार होता
 जीवन का सुधार होता
 आ गई है स्कूल की पत्रिका
 छा गई है स्कूल की पत्रिका

शिरिषा दूबे, II- अ

अंतिम रण

धरती बस दिखती समतल है
 भीतर से अग्नि है, जल है
 पाताल के ऊपर भूतल है
 इस युग का मानव चंचल है
 बस द्वेष रंगों में बहता है
 वह इसको ही सुख कहता है

खग उड़े चलो नभ को घेरे
 तुम समाचार-साधन मेरे
 हर ओर अँधेरा छाया है
 यह क्षण भर की ही माया है
 रवि मिटा नहीं, है अस्त हुआ
 नव युग निर्माण में व्यस्त हुआ

पर यह इतना आसान नहीं
 जीवन सुख का जलपान नहीं
 हर रिश्ता-नाता छूट गया
 मानव-मानव से रूठ गया
 निज को ही उत्तम मान रहा
 धर्मादि निरर्थक जान रहा

पर रवि का उदय पुनः होगा
 फिर मानव पहले-सा होगा।
 धर्मादि-गुणों को मानेगा
 सबको अपनों-सा जानेगा।।

इस युग का अंतिम रण हो,

सब पापी मारे जायेंगे
 सुरजन को सज्जन भायेंगे।
 खग पुनः गगन को घेरेंगे
 फिर समाचार वे फेरेंगे।।

-वैभव मिश्र, 10वीं-अ



अचार की शीशी

कहते हैं कि आचार की शीशी और जिंदगी अगर ज्यादा टाइट हो जाए - तो उस वक्त दूसरे की मदद मांग लेनी चाहिए। नहीं, ये बड़े बुजुर्ग नहीं - मेरे खुद के अनुभव की कहानी है। मेरे किचन का हर वो डब्बा - अचार की वो खुशबू वाली बोतल, पापड़ का वो डब्बा और शाम की चाय के साथ वाली भुजिया का पैकेट - सब दिन पर दिन टाइट से लग गए हैं!

जैसे लगता है अभी कुछ ही दिनों पहले की बात है जब स्कूल में पढ़ते हुए सोचते थे कि कब ये पढ़ाई खत्म होगी, कब बचपन से छुटकारा पाकर हम इस शहर से निकलेंगे और अपनी एक दूसरी दुनिया बसाएंगे जहां सुकून होगा, आजादी होगी। रोज यही लगता था, सितारों के आगे जहां और भी है - देखने को मंजर जरा और भी हैं।

फिर एक दिन वो समय भी आया जब बोरिया बिस्तार में अट्टेचियों, खाकरे नमकीन बंधे विलायत में सितारे दूँद निकले! नौकरी के बहाने, बड़ी आसानी से अपनों को पीछे छोड़ के निकले! आसुओं में गम के साथ खुशी भी थी - नई दुनिया, बड़ा शहर, अव्वल नौकरी!, घर पे भी सब खुश थे पर सबसे ज्यादा खुश माँ थी। सारी तैयारियां, सारा पेपरवर्क - सब कम्प्लीट था, अपने बैग में माँ का अचार, पापड़ और नमकीन भी था। हम अपने कपड़े, सामान के ढेर में अपने जज्बात छुपाए - और माँ, माँ अपनी आँखों में जैसे मानो, कन्यादान की विदाई की नमी झलकाए!

कल जैसी लगने वाली याद को, दो साल होंगे इस बात को और आज बताते वक्त ऐसा महसूस हुआ जैसे सब मेरी आँखों के सामने चल रहा, हर एक जज्बात अब गहरायी के साथ महसूस हो रहे। वो कहते हैं कि वक्त के साथ दर्द कम होता है, पर ये एक दर्द है जो गहरा होता रहता है ये वो जज्बात है जो आप खुद महसूस करते रहना चाहते हैं क्योंकि आपके पास लेके देके यही एक आखिरी मुलाकात की याद है जो आपको घर के करीब रखती है।

बहुत सारी चीजों की कमी है, पर सबसे ज्यादा याद माँ की आती है। उनके एहसास, उनके स्पर्श की। माँ मुझे रोज कॉल करती है और वही मानक भारतीय माता-पिता एसओपी वाले सवाल - खाना खाया या नहीं,खाया तो क्या खाया (और फालो-अप प्रश्न में थोड़ा दबाव रखा गया, जैसा मानो उन्हें पता है कि बिस्तर से उठ के रोज खाना बनाने में मुझे अफसोस ही नहीं होगा)। माँ को सब कुछ पता रहता है, जैसे सीसीटीवी कैमरा लगा रखी हो उन्होंने! (हल्की मुस्कान)।

यहां सारा काम हमें खुद करना होता है - घर साफ करना, खाना बनाना, बर्तन धोना साथ-साथ नौकरी पाना और पूरा घर खुद संभालना, ऐसा लगने लगा है कि मेरी माँ का कुछ अंश मुझ में

आया है, कैसे वो दिन भर कुछ ना कुछ काम करती रहती थी, हम फरमाइश करते थे खाने की और वो लाके थाली में झट से परोसती थी, मैं कहती थी कि दिन भर क्या करती रहती थी, ये कौन सा काम है जो खत्म नहीं होता, वो कहती थी कि घर में बहुत से काम होते हैं बस खाना बनाना ही एक काम नहीं होता। रविवर के दिन जब मैं सारे काम लेकर बैठी हूँ और दोपहर के दो बज जाते हैं तब मुझे अपने अंदर वो एहसास होता है जो माँ जिया करती है।

मैं कहना चाहती हूँ माँ तुमसे कि तुम बहुत काम करती हो सबका ख्याल बहुत रखती हो, अपने लिए समय कहाँ है तुम्हारे पास, क्योंकि सारा वक्त तो तुम हम पे बरबाद किया करती हो

मैं कहना चाहती हूँ कि तुम सवाल भी बहुत करती हो (कुछ अतिरिक्त हंसी) सवालों की आड़ में मेरा ख्याल भी बहुत अच्छा लगता है मैं कुछ झुंझला के कह दूँ तो बर्दाश्त किया करती हो माँ तुम मुझे प्यार बहुत करती हो

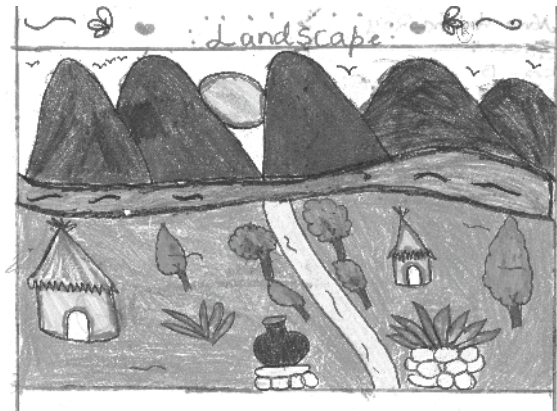
कि माँ मुझ पे तुम ऐतबार बहुत करती हो सारे जहां से मेरे लिए लड़ती हो कैसे मेरे घर देर से आने पे मेरा इंतज़ार करती हो और झगड़ के अगर सो जाउ तो मेरे सिरहाने आके मुझे दुलार किया करती हो

कैसे मुझे संभाल के अपने गोद में बिठाया करती थी, कैसे आँचल से मेरा मुँह ढका करती थी, कैसे तेरे आँचल की खुशबू माई अब भी दूँढा करती हूँ तेरे साये को अब मैं तरस जाती हूँ

कैसे मुझे तुम दिन में दो-तीन बार कॉल किया करती हो, मेरे घर देर आने पे मुझसे सवाल किया करती हो, मुझे कैसा लगता है अब अंदर कुछ खाली खाली क्या माँ तुम दिन भर मेरे ख्याल किया करती हो..... माँ तुम मुझे प्यार बहुत करती हो।



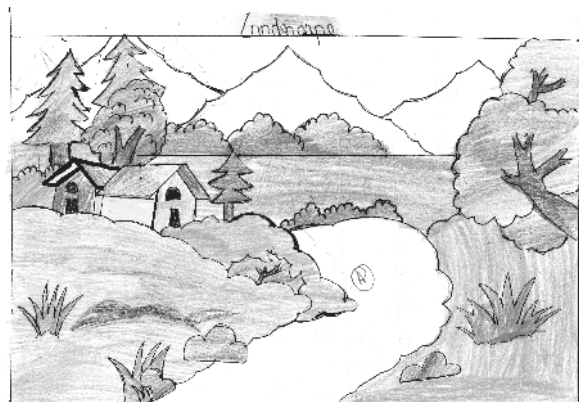
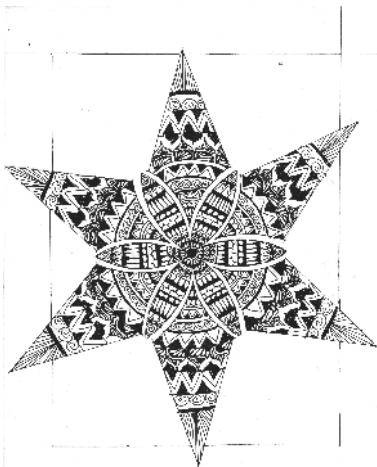
प्रीति त्रिपाठी



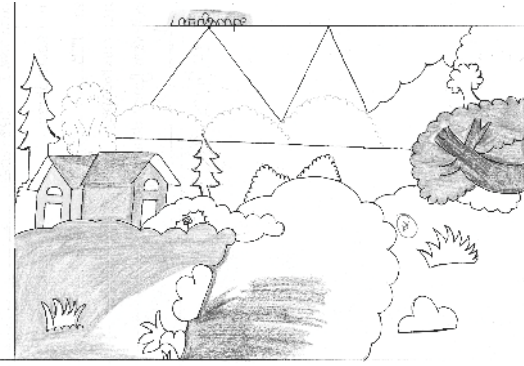
Shirisha Dubey
II-A



Ayushka
Srivastava
III - A



If you really want to do something, you will find a way. If you don't, you'll find an excuse. - Jim Rohn, philosopher



Made By, Nandini Sharma, V B



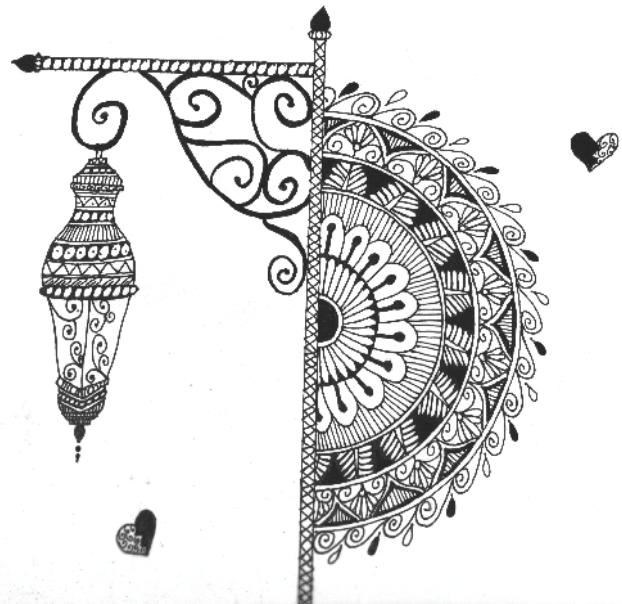
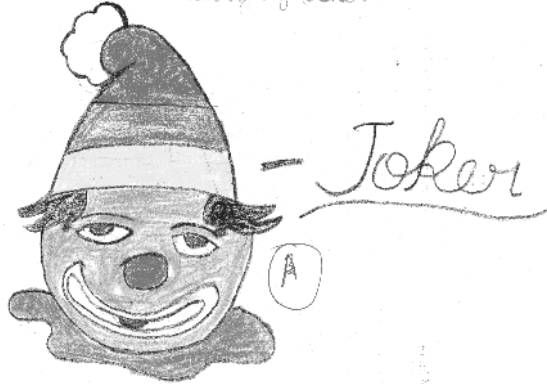
SHE deserves a LIFE far from SAVAGERY.



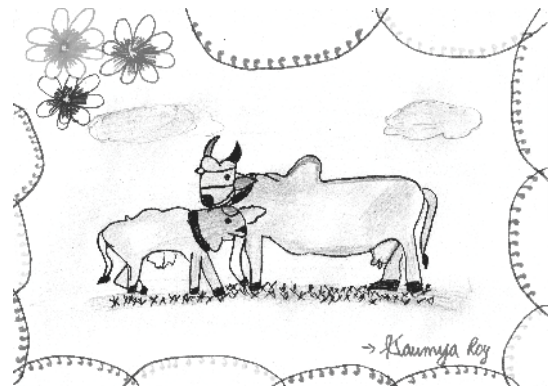
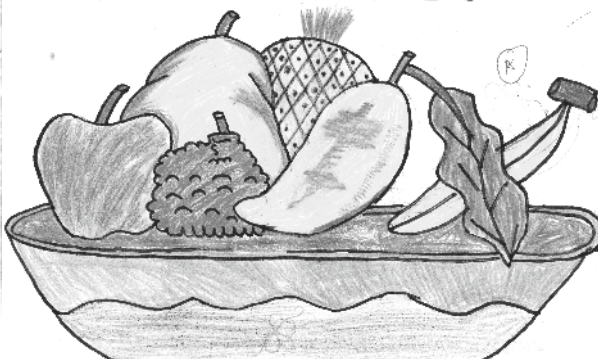
Practice isn't the thing you do once you're good. It's the thing you do that makes you good. - Malcolm Gladwell



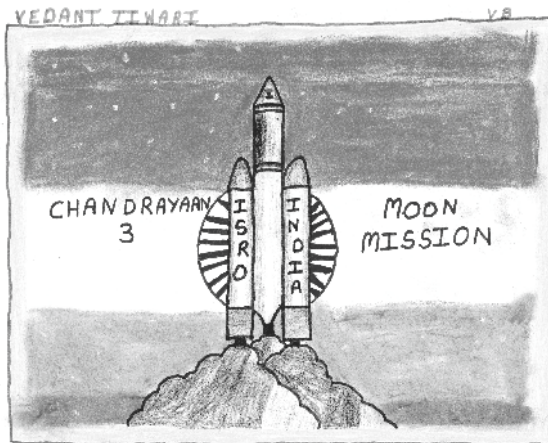
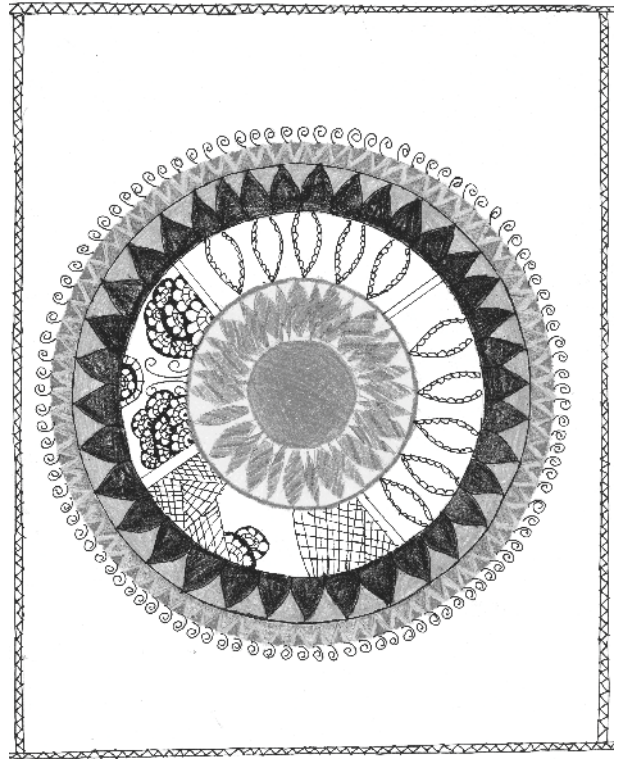
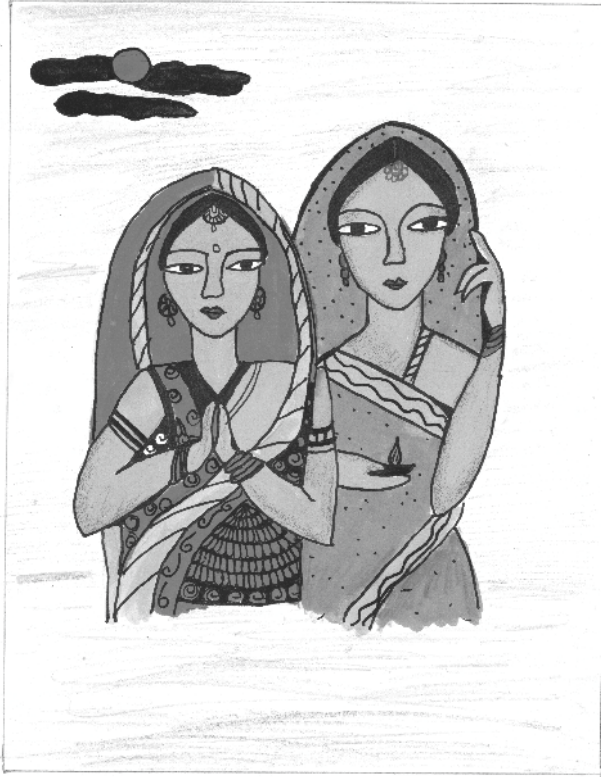
2010-2011 Drawing of Joker



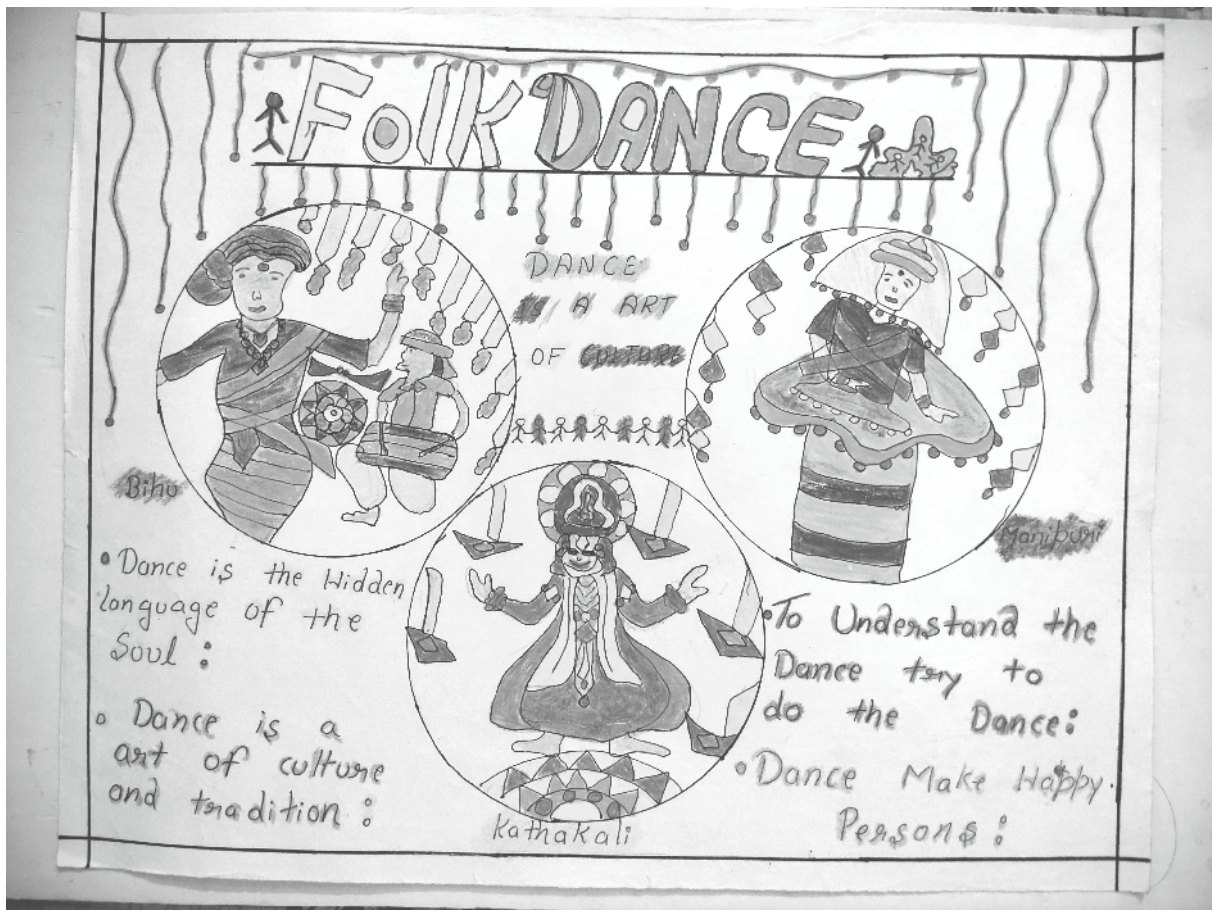
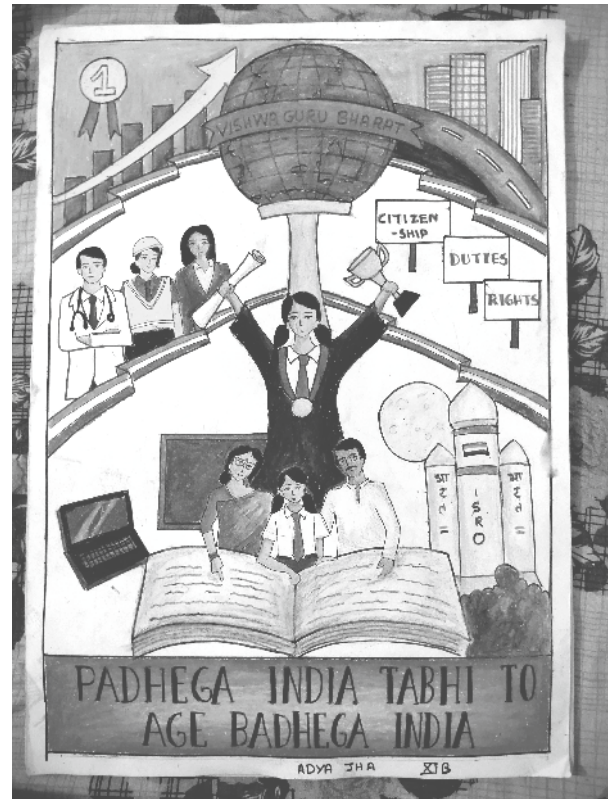
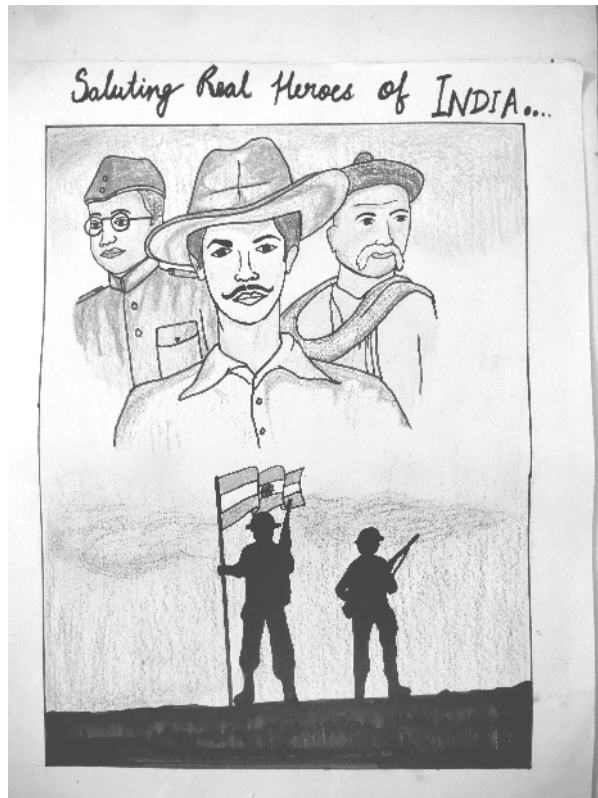
Fruit Basket



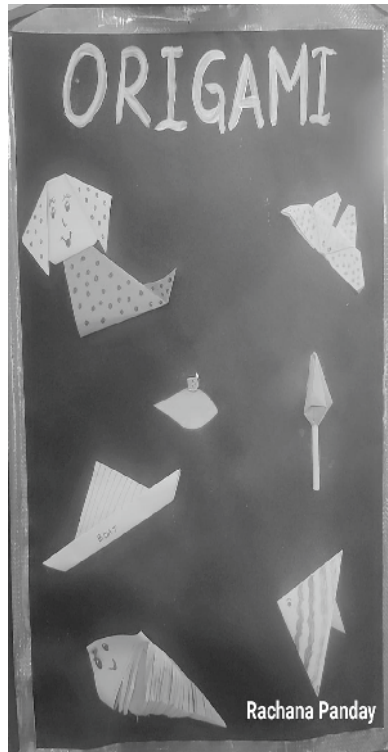
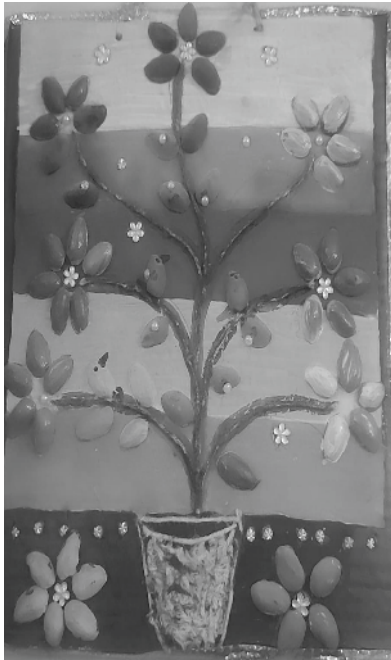
You can only become truly accomplished at something you love. - Maya Angelou



Start where you are. Use what you have. Do what you can. - Arthur Ashe

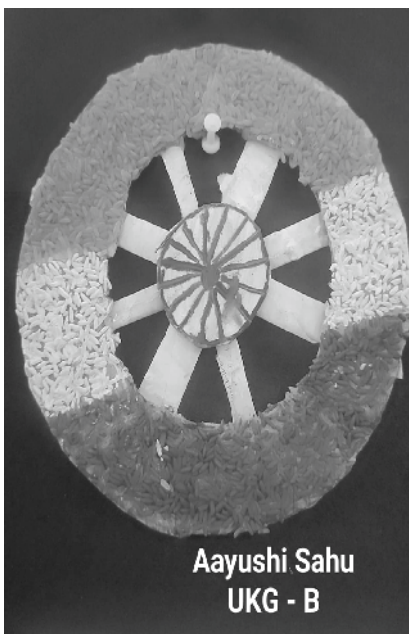


The biggest adventure you can take is to live the life of your dreams. - Oprah Winfrey

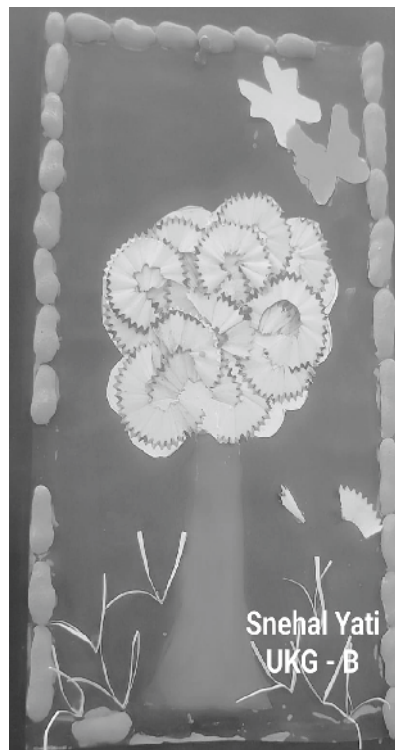


Avyansh Sharma
UKG - B

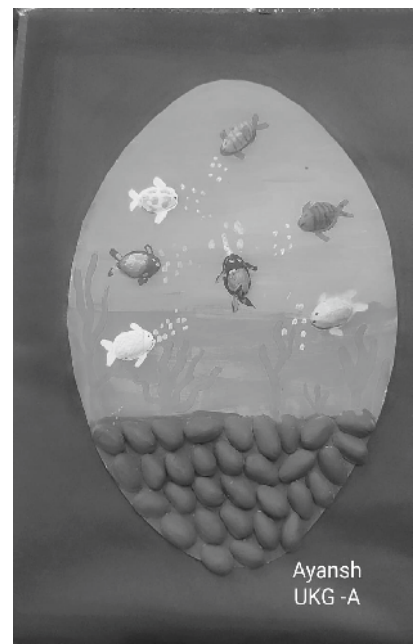
Rachana Panday



Aayushi Sahu
UKG - B

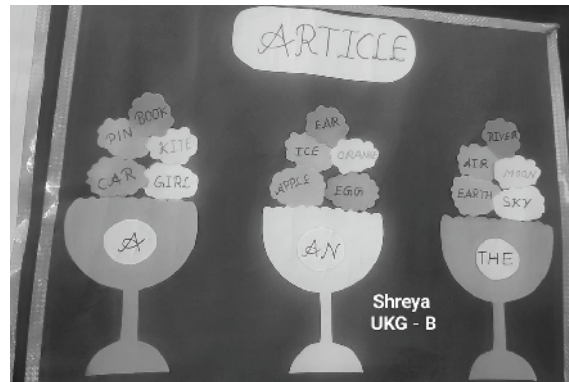
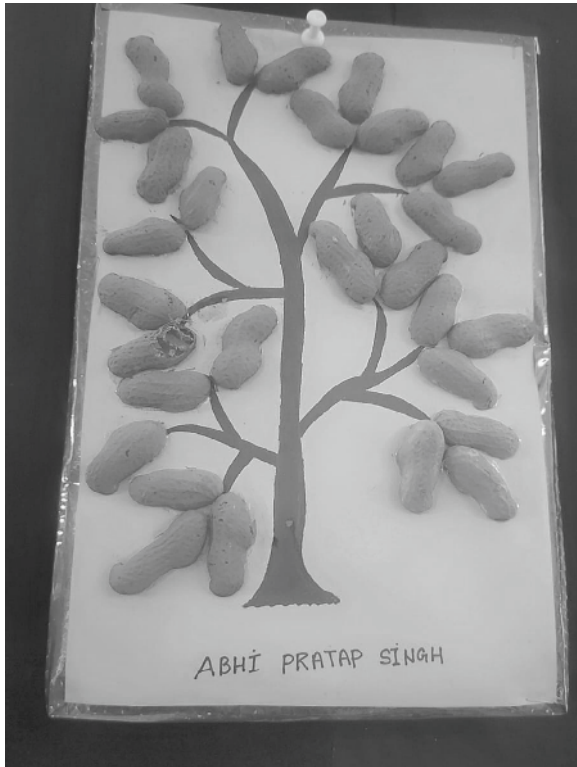


Snehal Yati
UKG - B

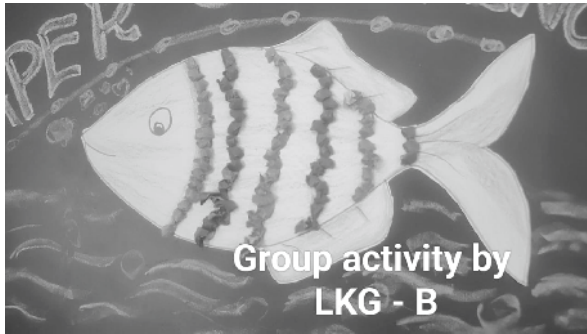


Ayansh
UKG - A

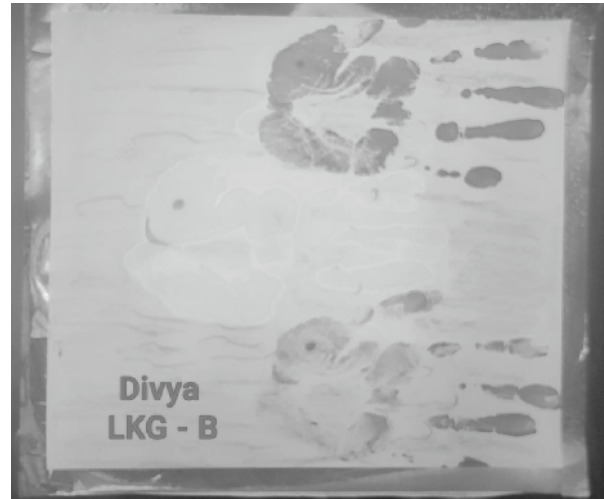
Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. - Thomas A. Edison



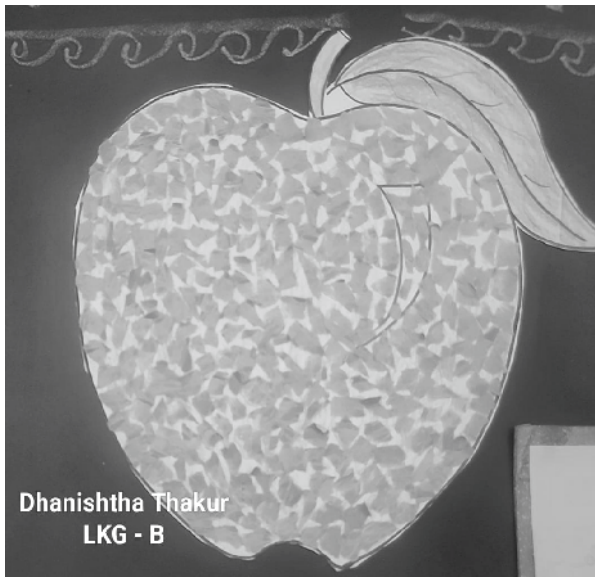
The only person who is educated is the one who has learned how to learn ...and change.



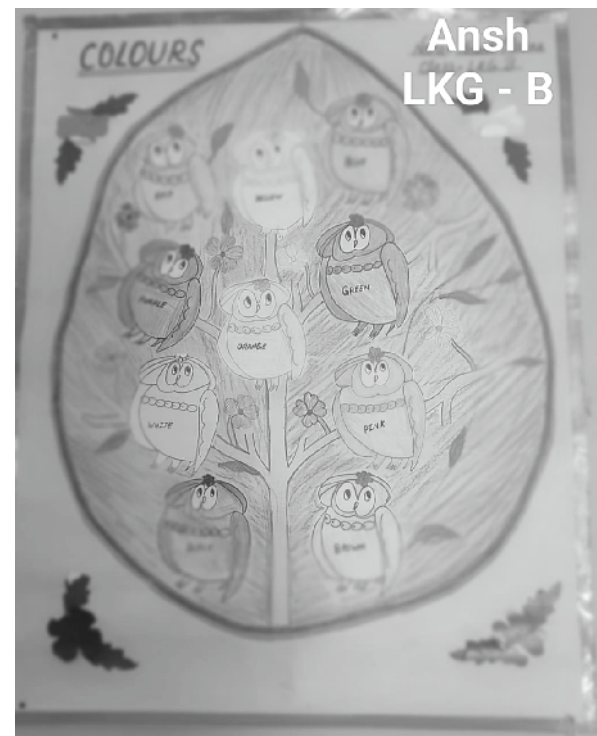
Group activity by
LKG - B



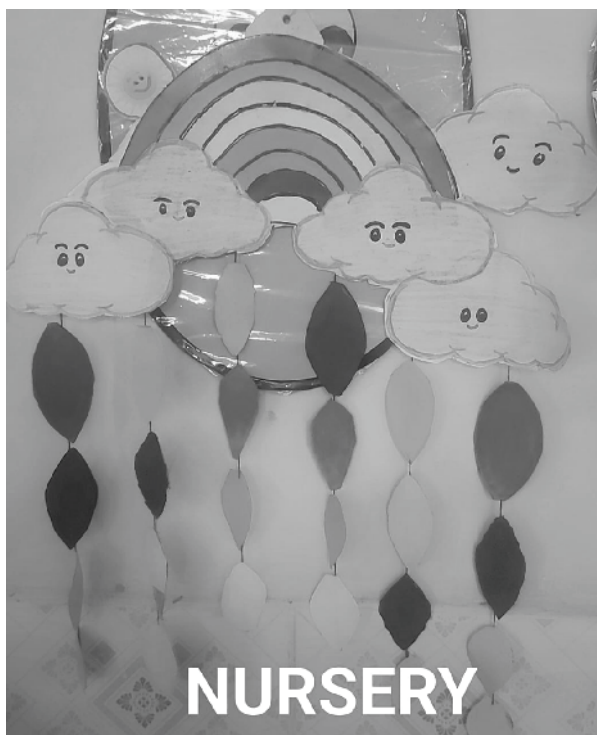
Divya
LKG - B



Dhanishtha Thakur
LKG - B



Ansh
LKG - B



NURSERY



KARTIK MADDHESH
LKG - A
AIR FORCE SCHOOL
GORAKHPUR



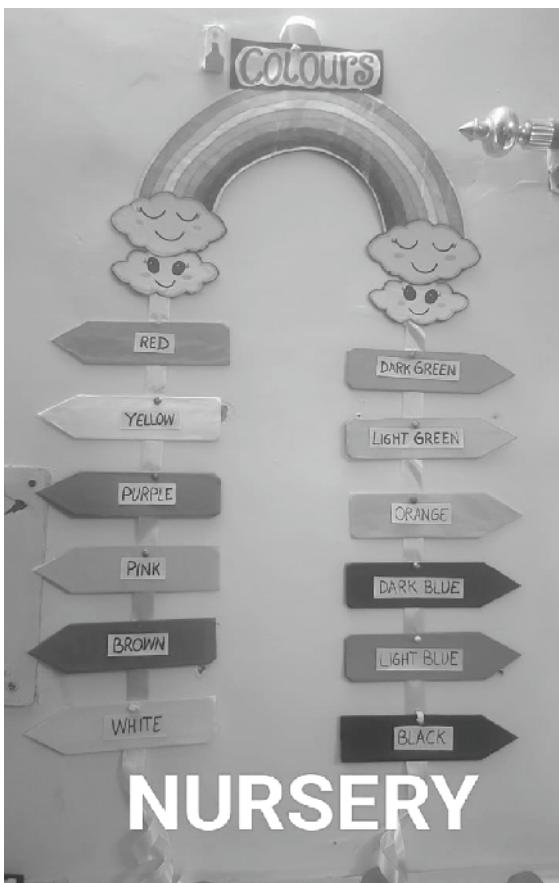
Alita
UKG - B



KG Wing Staff



Bhavana choudhary
UKG - A



NURSERY



Avishi Yadav
UKG - B



Annual Function



He who opens a school door, closes a prison. —Victor Hugo



Annual Function



The mind is not a vessel to be filled but a fire to be ignited. —Plutarch



Annual Function



The beautiful thing about learning is that no one can take it away from you. —B.B. King



Annual Function



CCA



Reading is to the mind what exercise is to the body. —Joseph Addison



Class Grouping



Once you learn to read, you will be forever free. —Frederick Douglass



Class Grouping



Today a reader, tomorrow a leader. —Margaret Fuller



Class Grouping



The reading of all good books is like conversation with the finest of the past centuries. —Rene Descartes



Class Grouping



Reading is essential for those who seek to rise above the ordinary. —Jim Rohn

Class Grouping



Our Guiding Lights



RGT & TGT



PRT



NTT

Our Support System



Adminstrative Staff



Multi Tasking Staff