



Srijan

e-Magazine | 2020-21



INDIA TOP 10 GOVERNMENT DAY SCHOOLS			
RANK	SCHOOL NAME	RANK	SCHOOL NAME
1	Kendriya Vidyalaya, Pattom Thiruvananthapuram	6	Kendriya Vidyalaya No 2, Naval Base Cochin
2	Rajkiya Pratibha Vikas Vidyalaya Sector 10, Dwarka, New Delhi	6	Government Model Senior Sec. School Manimajra, Chandigarh
3	Kendriya Vidyalaya — IIT Madras Chennai	7	Rajkiya Pratibha Vikas Vidyalaya Sector 5, Dwarka, Delhi
3	GVHSS for Girls, Nadakkavu, Kozhikode	8	Rajkiya Pratibha Vikas Vidyalaya Yamuna Vihar, Delhi
4	Warli Seaface Mumbai Public English School	8	Govt Model Sr Sec School Chandigarh
4	Kendriya Vidyalaya — IIT Bombay Powai	9	Kendriya Vidyalaya, NA Bengaluru
5	Rajkiya Pratibha Vikas Vidyalaya Sector 11 Rohini, Delhi	10	Jadavpur Vidyapith, Kolkata
5	Odisha Adarsha Vidyalaya, Hatia village, Ganjam Dist		



Mr. O.P. Yadav
Lect. Maths



Mr. Rajeev Kr. Jha
Lect. Hindi

**2 TEACHERS RECEIVED
STATE AWARD**

**2nd POSITION
IN INDIA**



STUDENTS GOT REPUTED INSTITUTIONS



Aparna Raj



Aaditya
Yadav



Vandana Pal



Pooja



Sujata
Kumari



Ritik Ray



Pranjal Pant



Himanshu
Yadav

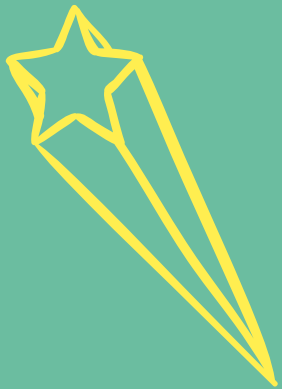
**RAJKIYA PRATIBHA VIKAS VIDYALAYA,
SECTOR-10, DWARKA, NEW DELHI-110075**



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- From Our Alumnae's Pen
- From our Students' Brush
- SMC Members
- Staff Members
- Follow COVID SOP



Words From DDE RPVV

My warm and heartiest greetings to all the teachers, staff, students and parents who are associated with RPVV Sec-10 Dwarka and contributing their best to the school. It is proud moment for all of us that the school is bringing out E-Magazine which will benefit the students as well as all connected with RPVV Sec-10 Dwarka.



The school e-magazine will help us to know in detail about the various events covered in school during an academic year. It's a compact collection giving us an insight into the working of the school.

It's a matter of great satisfaction for me that not only in the academics, the devoted team of RPVV Sec-10 Dwarka took up the challenges during Covid-19 pandemic and nurtured the upcoming generation to enhance and imbibe different life skills.

I congratulate all the members of RPVV Sec-10 Dwarka for the e-magazine 'SRIJAN' for commemorating and acknowledging the hard work and success of the staff, students and parents. My best wishes to all the teachers, staff, students and Head of School to accomplish and realize the joyful journey of learning.

A handwritten signature in blue ink, appearing to read 'Savita Drall'.

SAVITA DRALL

Dy. Director of Education (RPVV)

Words From HOS

Dear Students, Parents and Teachers

The world is changing faster than we had imagined. Opportunities generally come to us disguised as problems and roadblocks. The Corona pandemic has also taught us many things and our students have shown that they are very good learners by adapting to the change without wasting any time. This initiative of presenting Annual Magazine in Electronic format is one such initiative we have taken this year. The magazine not only showcases the creative talents, potential and energy of our students but also highlights their achievements and panorama of myriad activities the school held throughout the year. As you scan the pages, you will be enlightened to see the true credentials of the students and also feel proud to know the important milestones this school has achieved in the passing session



The editorial team of teachers and students have been tirelessly working on reading, selecting and proof-reading the numerous pages of written material submitted by the students and staff for the magazine and deserve my heartfelt thanks for doing such a huge work in such a little time. I congratulate the editorial team and contributors, for giving your best in these times and never for a moment losing hope in the collective vision of reaching to the best, attaining fullest potentials and a victory over this pandemic, a hope of shining a bit brighter in these dark times and laugh in the face of negativity and pessimism. This magazine is a proof of your idealism and the creative potential inherent in you. May this torch of optimism and creative force burn bright forever.

With the very best wishes.

Anil Kumar

HoS

Editor's Note

Dear Readers
My greetings to all,



School helps the students in the formation of a well-rounded personalities. School helps us in nurturing the talent we have and gives various platforms to showcase those abilities.

Annual School Magazine is one such platform through which the school shows the milestones it has crossed, glorious achievements of the students and creative potentials of the students. Keeping in view of Corona pandemic, this year, the school has decided to publish an Annual E-Magazine to showcase the achievements of school and demonstrate the creative abilities of students through their articles, drawings, poems and many more creative forms.

The school has earned the place of eminence and respect all over India only because of the efforts of the students and teachers alike. The entire editorial team sincerely recognize, applaud and thank all the students and teachers for sharing their ideas, imagination and artistic views with us as your valuable contributions have enriched the magazine. I sincerely appreciate the members of editorial team for putting in their best efforts and many sleepless nights, reading all the articles, poems and others, compiling them, proof-reading them and make this new initiative of presenting an E-Magazine to the students, a success. It is a collective effort which, I believe, would surely be liked by the readers.

I gladly present this first annual E- magazine in your mailbox.....

Ravi Shankar Ojha
Chief Editor

RPVV

Editorial Board

RPVV



PATRON
Mr. ANIL KUMAR
(HoS)



CHIEF EDITOR
Mr. RAVI SHAKAR OJHA



ASSOCIATE EDITOR ENGLISH
Ms. YOGESH YADAV



EDITOR HINDI
Ms. ARCHANA BHARDWAJ



ASSOCIATE EDITOR HINDI
Ms. VANDANA



TECHNICAL & CREATIVE HEAD
Mr. NITIN YADAV



EDITOR SANSKRIT
Mr. Hitesh Narayan Mudgal



STUDENT EDITOR
MANSI MAZUMDAR
(XI B)



STUDENT EDITOR
AAYUSH RAJ
(XI B)

FROM OUR SMC MEMBERS' PEN

RPVV Sec-10 has the legacy of delivering the most profound results in terms of highest QI among all state schools and a consistent 100% pass percentage in boards exam. But what fascinates me the most about the school is its focus on various other student development activities beyond just the academics such as Sports, yoga and many significant things such as sensitization of students on hygiene and sanitization issues, environment friendly drives such as in-house paper recycling etc. Preparing students for competitive exams to be faced after school is another futuristic task that the school actively undertakes as its responsibility to make the students prepared for the world. RPVV has not only equipped students with academic impetus but has also loaded them with human skills which makes them a co-creator of a healthy society that we long for. Being a proud member of RPVV sec-10 family for 4 years, I feel elated to see how RPVV has handled difficult COVID situation and has gone a long way to keep alive this festival of education upliftment that Delhi Govt. schools have witnessed.



~ Bhoopendra Singh, MLA Representative

SCHOOL

Have you ever imagined a world without schools ?

It will be just like a rainbow without colours , sky without stars , a garden without flowers. School is not just a place, it is a temple , as we say so. It is the temple where goddess Saraswati, the goddess of knowledge stays and where the meritorious work of spreading knowledge is constantly done. Children decide the future of any country. It is the school which provides children with knowledge and life lessons so that they can achieve their goals . Schools also play an important role in widening the outlook of students. Virtues such as perseverance , sincerity , truthfulness , tolerance , discipline and obedience are well learned in school through myriad activities. School is generally a valuable period of youth's life . In school , all the students study in a spirit of togetherness. It is the school that teaches a child to deal with many hurdles that can come along our way. The first lesson of unity , strength , leadership and hard work is taught here . The teachers and students both create a friendly and healthy environment. Not only this , but schools provide students a platform to encourage and polish their talents. The more availability of schools , in a particular country , the more developed it is. The schools have the power to change not just a country , but the whole world. I think , it is rightly said by Malala Yousafzai (a female education enthusiast), "A student , A teacher , A pen and A book hold the power to change the whole world."



~ Ms. Neeru Sharma

शिक्षा के क्षेत्र में विश्व विख्यात, भारत का नंबर वन, दिल्ली की शान तथा प्रत्येक वर्ष शिक्षा मंत्रालय की उम्मीदों पर खरा उतरने वाला "हमारा **RPVV** सेक्टर 10 द्वारका" । जहां प्रिंसिपल, अध्यापक, अध्यापिकाएं तथा पूरा स्टाफ 8 घंटे की ड्यूटी/ नौकरी नहीं बल्कि स्वेच्छा से 12 - 12 घंटे प्रतिदिन बच्चों तथा देश के उज्ज्वल भविष्य के लिए कर्तव्यनिष्ठा के भाव से मेहनत करते हैं । फलस्वरूप यहां एडमिशन पाना भगवान का वरदान समझा जाता है । जहां बच्चों को शिक्षित ही नहीं अपितु एक अच्छा इंसान भी बनाया जाता है । श्री गुरुनानक जी का आशीर्वाद सभी **RPVVIAN** के लिए फलित हो । "जाओ, पूरे विश्व में फैल जाओ"



~ **Mr. Anil Kumar**

विद्यालय बच्चों के चहुमुखी विकास का स्रोत है। इसमें हमारे **RPVV Sector 10 Dwarka** विद्यालय को सर्वोत्तम स्थान प्राप्त है जहां अध्यापक, प्रधानाचार्य और बच्चों के साथ-साथ सारा स्टाफ बड़ी ही निष्ठा के साथ अपना योगदान देते हैं । शिक्षा के माध्यम से अध्यापक बच्चों के भविष्य की नींव तैयार करते हैं । यहाँ एक स्वच्छ वातावरण के साथ-साथ अनुशासित माहौल भी है। बच्चों के अलग-अलग गुणों को पहचान कर और उन्हें उभारकर बच्चों के भविष्य की नयी दिशा तैयार की जाती है ताकि वह सकारात्मकता को अपने जीवन में अपनाकर एक उज्ज्वल और सफल व्यक्तित्व वाले नागरिक बन सके ।



~ **Ms. Kavita Gupta**

जीवन में समय का महत्व

समय एक चक्र के समान है । जो सदैव गतिशील रहता है। यह कभी अमीर- गरीब या ऊँच-नीच देखकर भेदभाव नहीं करता । समय सबके लिए समान गति से ही चलता है । समय का सदुपयोग करके व्यक्ति अपनी इच्छाओं को पूरा करने योग्य बनता है और इसका दुरुपयोग करके व्यक्ति आजीवन पछताता है । समय का सदुपयोग करना अनुशासन का एक अंग है । अनुशासित व्यक्ति सदैव समय का सही व समझदारी से उपयोग करता है । मेरे विचार से हर मनुष्य को समय पर काम करना चाहिए क्योंकि जो समय चला जाता है वह वापस नहीं आता है। विद्यार्थी किसी भी देश का भविष्य होते हैं । एक राष्ट्र की प्रगति का आधार उसके विद्यार्थी ही हैं इसलिए विद्यार्थी के जीवन में समय का अत्यधिक महत्व होता है । समय का सही रूप से उपयोग कर वह सफलता व उन्नति पा सकते हैं, इसलिए समय का सही प्रबंधन करना चाहिए और साथ ही उस पर अमल करना चाहिए ताकि हमें सफलता मिल सके । संस्कृत में एक श्लोक के माध्यम से विद्यार्थी के पाँच लक्षणों के बारे में बताया भी गया है ।



~ **Ms. Bindu**



RESULT
AT
A
GLANCE

CLASS XII RESULT

SESSION : 2019-2020

HUMANITIES STREAM			
RANK	NAME	MARKS(500)	%
I	NIKITA CHAUDHARY	486	97.2
I	RITU KUMARI	486	97.2
II	SHWETA	484	96.8
III	AYUSHI MEHRA	480	96



100 MARKS IN VARIOUS SUBJECTS

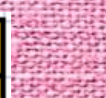
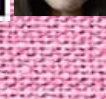
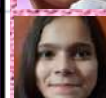
MATHS

MANOJ
VEDANSH SHUKLA

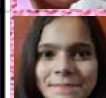


POLITICAL SCIENCE

NIKITA CHAUDHARY
RITU KUMARI
SHWETA
ABHISEKH PRAJAPATI
MURARI RANJAN



COMMERCE STREAM			
RANK	NAME	MARKS(500)	%
I	MANOJ	482	96.4
II	SHWETA MAURYA	481	96.2
II	KASHISH SHARMA	481	96.2
III	STUTI SHARMA	478	95.6



SCIENCE STREAM			
RANK	NAME	MARKS(500)	%
I	HARSHITA RAO	484	96.8
II	RISHANK	483	96.6
III	EKTA	480	96



STUDENTS
APPEARED - 137

PASS % - 100%

TEACHER-WISE RESULT CLASS-XII

XII -A 2019-2020 (Science Stream-Medical)								
Subject	Subject Teacher	Appeared	Passed	Distinction	A 1 Grade	90 % & Above	Highest	QI
English	R S OJHA	33	33	32	17	23	97	90.42
Maths	RAJESH YADAV	33	33	28	11	17	98	86.06
Physics	MANOJ SHARMA	33	33	32	18	20	95	89.62
Chemistry	P K JAIN	33	33	33	27	30	98	93.96
Biology	ANITA SINGH	33	33	32	21	28	98	92.64
Phy. Education	NAVEEN DESWAL	33	33	33	6	13	97	87.09





XII -B 2019-2020 (Science Stream-Non Medical)								
Subject	Subject Teacher	Appeared	Passed	Distinction	A 1 Grade	90 % & Above	Highest	QI
English	ASHOK YADAV	35	35	35	15	25	97	90.83
Maths	RAJESH YADAV	35	35	35	16	24	100	91.09
Physics	KUSUM NAGPAL	35	35	35	18	24	95	91.14
Chemistry	SEEMA BHARDWAJ	35	35	35	29	32	99	94.06
Economics	ASHOK ARORA	35	35	35	9	11	98	86.63
Phy. Education	SANJAY RAGHAV	35	35	34	4	10	98	86

XII -C 2019-2020 (Commerce Stream)								
Subject	Subject Teacher	Appeared	Passed	Distinction	A 1 Grade	90 % & Above	Highest	QI
English	GEETA KHATRI	34	34	34	13	24	95	90.02
Economics	NEETU CHAUDHARY	34	34	31	17	18	98	88.58
Maths	O P YADAV	34	34	31	14	21	99	88.64
B. Studies	MAHESH JAIN	34	34	34	16	27	97	91.11
Accountancy	SEEMA RANA	34	34	30	15	16	95	85.53
Phy. Education	SANJAY RAGHAV	34	34	33	6	12	99	86.29

XII -D 2019-2020 (Arts Stream)								
Subject	Subject Teacher	Appeared	Passed	Distinction	A 1 Grade	90 % & Above	Highest	QI
English	R S OJHA	35	35	33	14	18	95	88.48
Hindi	RAJIV JHA	35	35	34	32	25	98	91.11
Pol. Sc.	PREM KUMAR	35	35	34	29	29	100	93.65
Geography	NEERJA LAMBA	35	35	34	25	27	98	92.31
Economics	ASHOK ARORA	35	35	30	14	18	97	86.45
Phy. Education	NAVEEN DESWAL	35	35	31	13	19	98	86.8

CLASS X RESULT

SESSION : 2019-2020

RANK	NAME	MARKS(500)	%	
I	PARVEEN RAWAT	485	97	
II	LUCKY KUMAR	484	96.8	
III	MEHAK BHUSHAN	480	96	
III	DEEPAK GAUTAM	480	96	

QI

426.17

STUDENTS WHO SCORED 100 IN VARIOUS SUBJECTS

SUBJECT	NAME
MATHS	PARVEEN RAWAT, LUCKY KUMAR, BHAWNA, DEEPAK GAUTAM, ANANYA, DEEPAK & SHYAM KAUSHIK
SOCIAL SCIENCE	PARVEEN RAWAT, SNEHA & BHAWNA
SANSKRIT	BHAWNA, DEEPAK GAUTAM, SHIKHA, JATIN NEWAR, ABHINAV KR. JHA & SHIVAM RAI

NO. OF STUDENTS WHO SCORED 90% & ABOVE = 34

STUDENT APPEARED - 104 | PASS % - 100%

TEACHER-WISE RESULT CLASS-X

X -A 2019-2020								
Subject	Subject Teacher	Appeared	Passed	Distinction	A 1 Grade	90 % & Above	Highest	QUALITY INDEX
Hindi	Archana Bhardwaj	35	35	33	13	13	96	86.49
English	Rakhi Chauhan	35	35	26	8	9	96	82.58
Maths	Hariom Yadav	35	35	31	16	17	100	87.85
Science	Komal	35	35	27	17	11	96	81.8
Social Science	Aarti Sikka	35	35	33	16	23	99	90.25
Sanskrit	Hitesh Narayan	35	35	34	24	28	100	92.74

X -B 2019-2020								
Subject	Subject Teacher	Appeared	Passed	Distinction	A 1 Grade	90 % & Above	Highest	QUALITY INDEX
Hindi	Vandana Malik	35	35	31	9	9	95	84.6
English	Yogesh Yadav	35	35	29	6	8	96	84.08
Maths	Dinesh Kumar	35	35	30	19	19	99	87.45
Science	Rajeev Ranjan	35	35	25	13	3	96	77.08
Social Science	Shree Devi	35	35	33	14	25	96	90.45
Sanskrit	Divya Mishra	35	35	33	4	9	99	84.8

X -C 2019-2020								
Subject	Subject Teacher	Appeared	Passed	Distinction	A 1 Grade	90 % & Above	Highest	QUALITY INDEX
Hindi	Puja Chauhan	34	34	32	15	15	97	86.91
English	Anupama	34	34	27	8	11	95	83.03
Maths	Anju Kumari	34	34	25	18	18	100	84.71
Science	Rajiv Ranjan	34	34	22	11	7	97	77.71
Social Science	Sujata	34	34	34	21	27	100	93.5
Sanskrit	S K Panda	34	34	34	25	26	100	92.56

ACHIEVEMENTS

<div>  INDIA TOP 10 GOVERNMENT DAY SCHOOLS </div>			
RANK	SCHOOL NAME	RANK	SCHOOL NAME
1	Kendriya Vidyalaya, Pattom Thiruvananthapuram	6	Kendriya Vidyalaya No 2, Naval Base Cochin
2	Rajkiya Pratibha Vikas Vidyalaya Sector 10, Dwarka, New Delhi	6	Government Model Senior Sec. School Manimajra, Chandigarh
3	Kendriya Vidyalaya — IIT Madras Chennai	7	Rajkiya Pratibha Vikas Vidyalaya Sector 5, Dwarka, Delhi
3	GVHSS for Girls, Nadakkavu, Kozhikode	8	Rajkiya Pratibha Vikas Vidyalaya Yamuna Vihar, Delhi
4	Worli Seafac Mumbai Public English School	8	Govt Model Sr Sec School, Sector 16 Chandigarh
4	Kendriya Vidyalaya — IIT Bombay Powai	9	Kendriya Vidyalaya, NAL Campus Bengaluru
5	Rajkiya Pratibha Vikas Vidyalaya Sector 11 Rohini, Delhi	10	Jadavpur Vidyapith, Kolkata
5	Odisha Adarsha Vidyalaya, Hatiota village, Ganjam Dist		

**SECURING NO. 2
POSITION IN INDIA
UNDER
GOVERNMENT DAY
SCHOOLS CATEGORY**



**OUR EX-PRINCIPAL Dr. RAJPAL SINGH WITH C.M. SIR AND Dy. C.M. SIR OF DELHI
AFTER UNPRECEDENTED RESULT OF CLASS XII**

OUR STATE AWARDEES



Mr. Rajeesh Kr. Jha Lect. Hindi (Left) & Mr. O.P. Yadav Lect. Maths (Right) receiving State Award from Dy. Chief Minister Delhi Mr. Manish Sisodia alongside Director of Education Mr. Udit Prakash Rai

**MS. GEETA KHATRI (LECTURER ENGLISH)
JOINED SCERT AS ASSISTANT PROFESSOR
(TEACHING OF ENGLISH)**

**OUR STUDENTS FROM 2019-20 BATCH GOT ADMISSIONS
IN REPUTED INSTITUTES**



IN SRCC (SHRI RAM COLLEGE OF COMMERCE)



APARNA RAJ

AADITYA YADAV



**OUR STUDENTS FROM 2018-19 BATCH GOT ADMISSIONS
IN REPUTED INSTITUTES**



Vandana Pal
Lady Hardinge Medical
College and Hospital



Ritik Ray
Univeristy College of
Medical Sciences & GTB
Hospital



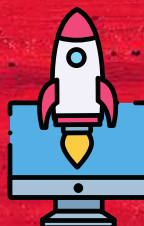
Pooja
Maulana Azad Medical
College



Pranjal Pant
Lady Hardinge Medical
College and Hospital



Sujata Kumari
NIT Tiruchirappalli
Stream - Computer
Science Engineering



Himanshu Yadav
IIT BHU Computer
Science



26 OUT OF 30 STUDENTS QUALIFIED NMMS EXAM-2019

S. No.	Name of Students	Class	Father's Name
1	Sujata Sharma	VIII A	Sanjeev Kumar
2	Nikki Kumar	VIII B	Pramod Bind
3	Deepak Singh	VIII A	Arjun Singh
4	Akansha	VIII B	Shiv Kumar
5	Ujjaini Ghosh	VIII B	Ram Chandra Ghosh
6	Akash kumar	VIII B	Arvind Kumar
7	Riya Das	VIII C	Kalipad
8	Saniya Sharma	VIII B	Ajit Kumar
9	Balram	VIII B	Harinaam Singh
10	Priya	VIII B	Amresh Bhardwaj
11	Ashish ranjan	VIII A	Rajnish Thakur
12	Rahul Gupta	VIII A	Ishwar Gupta
13	Sakshi Suman	VIII A	Prabhash Kumar
14	Aditya Jha	VIII A	Subhash Kumar Jha
15	Shriharsh	VIII A	Ashok Kumar
16	Priya Singh	VIII A	Vinod Singh
17	Manshi Kumari	VIII C	Basant Kr. Mishra
18	Neha Gupta	VIII A	Santosh Gupta
19	Priya	VIII A	Shailender
20	Diksha	VIII A	Amod Pandey
21	Shivani	VIII A	Brijesh Kr. Singh
22	Adhyan Shrivastava	VIII B	Gyan Prakash Shrivastava
23	tbassum Khatoon	VIII A	Yusuf Ansari
24	Ayush	VIII B	Shyam Sunder Pandit
25	Suryakesh Bharti	VIII A	Ramesh Ram
26	Krish Sah	VIII C	Manoj Sah

आरपीवीवी,द्वारका को राज्यस्तरीय एक्सीलेंस इन एजुकेशन अवार्ड

जागरण संवाददाता, पश्चिमी दिल्ली : द्वारका सेक्टर-10 स्थित राजकीय प्रतिभा विकास विद्यालय (आरपीवीवी) को उत्कृष्ट आरपीवीवी के लिए राज्यस्तरीय एक्सीलेंस इन एजुकेशन अवार्ड 2020 के लिए चिन्हित किया गया है। स्कूल के प्रमुख अनिल कुमार ने बताया कि यह सम्मान किसी गौरव से कम नहीं है और कई वर्षों से द्वारका सेक्टर-10 स्थित आरपीवीवी इस पुरस्कार को अपने नाम पर दर्ज कर रहा है। इसके कई प्रमुख कारण हैं। पहला यह है कि स्कूल में दाखिले के बाद अचानक विद्यार्थी को पढ़ाई में झोंकने के बजाय, अध्यापक विद्यार्थी के साथ आत्मीय संबंध स्थापित करते हैं, जिससे विद्यार्थी अध्यापक से कुछ भी कहने में संकोच महसूस न करें और कक्षा के हर क्रियाकलाप में हिस्सा लें। इससे बच्चे की शिक्षा खुलती है और जब उसे स्कूल में घर जैसा माहौल मिलता है तो उसका विश्वास बढ़ता है। धीरे-धीरे पढ़ाई की तरफ ध्यान केंद्रित किया जाता है। अध्यापकों की ओर से कक्षा के कमजोर विद्यार्थियों की सूची बनाई जाती है, ताकि उन पर विशेष ध्यान दिया जा सके। कक्षा में विषय विद्यार्थियों को ठीक से समझ आए, इसके लिए अध्यापकों ने विद्यार्थियों के लघु ग्रुप बनाए हैं, जो आपस में विचार-विमर्श करते हैं। व्यावहारिक ढंग से भी विद्यार्थियों को विषय की बारीकियों से अवगत किया जाता है। अनिल कुमार ने बताया कि लाकडाउन के दौरान कक्षाएं आनलाइन आयोजित की गईं, पर कई ऐसे असक्षम विद्यार्थी थे जिनके पास स्मार्ट फोन नहीं था। ऐसे विद्यार्थियों के लिए अध्यापकों ने सेकेंड हैंड फोन का बंदोबस्त किया और कुछ ने निजी संस्था की मदद से विद्यार्थियों को फोन उपलब्ध कराया। कई अध्यापक तो ऐसे तो जिन्होंने जरूरतमंद विद्यार्थियों के मोबाइल में इंटरनेट डाटा का भी समय-समय पर रिचार्ज कराया ताकि वे पढ़ाई से जुड़े रहें। अध्यापकों का यह कार्य काफी सराहनीय है। अब स्कूल खुल चुके हैं। ऐसे में अगले वर्ष की रणनीति उसी के अनुसार तैयार की जा रही है।

MEDIA RECOGNITION AFTER GETTING "EXCELLENCE IN EDUCATION" AWARD



OUR ALUMNA
CHANAL
WITH WRESTLER
NARSINGH
YADAV



NCC SCHOLARSHIP, 6K
each:
SATISH (X A), DEVANSH (X A),
SACHIN (X C)



MEDIA EXPOSURE



I am a student of the Science stream and topped my school with 97.2% marks. I owe this to the personal attention that my teachers gave me and all the students. My friends too have been of great help to me to clarify doubts at any time.

Nikita
Rajkiya Pratibha Vikas Vidyalaya

I scored 92% marks in Science stream. I am thankful to my teachers and parents. They all have been supportive of me and very encouraging. At home too I have always been motivated to pursue my interests.

Deepak Kumar
Adarsh World School

I scored 97.2% in these exams. Board exams are always stressful times and one always feels that more preparations could have been done. I was feeling the same uncertainty. But my parents and teachers gave me the confidence and I came out with really flying colours. I cannot thank them enough.

Ritu Kumari
RPVV, Sec- 10

संस्कृत

'सरकार ने एजुकेशन को महत्व दिया, उसी का नतीजा है ये रिजल्ट'

सरकारी स्कूलों के 12वीं के हाई स्कॉलर्स ने सख्ता किए अनुभव

विद्यार्थियों ने बतलवाया कि सरकारी स्कूलों में शिक्षा का स्तर उच्च है।

विद्यार्थियों ने बतलवाया कि सरकारी स्कूलों में शिक्षा का स्तर उच्च है।

महाराष्ट्र के राजकीय स्कूलों में 12वीं के हाई स्कॉलर्स ने सख्ता किए अनुभव। उन्होंने कहा कि सरकारी स्कूलों में शिक्षा का स्तर उच्च है।

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टॉपर्स बोले, अच्छे सरकारी स्कूलों ने दिलाई कामयाबी

केंद्रित शिक्षा, अनुभवी शिक्षक, और सरकारी स्कूलों में शिक्षा का स्तर उच्च है।

विद्यार्थी	परिणाम
डिपक कुमार	99.20%
निकिता	97.2%
रितु कुमारी	97.2%

विद्यार्थियों ने बतलवाया कि सरकारी स्कूलों में शिक्षा का स्तर उच्च है।

Glad we studied in govt schools, say XII toppers

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विद्यार्थी	परिणाम
Deepak Kumar	99.2%
Nikita	97.2%
Ritu Kumari	97.2%

विद्यार्थियों ने बतलवाया कि सरकारी स्कूलों में शिक्षा का स्तर उच्च है।

Glad we studied in Delhi government schools, say Class XII toppers

विद्यार्थियों ने बतलवाया कि सरकारी स्कूलों में शिक्षा का स्तर उच्च है।

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App by students – a hit with plasma donors

Engineering students Kaashika Prajaapat and Tanay Aggarwal have assisted in the development of COPAL-19 app

number of beds available in that hospital etc. When we launched it, a lot of people came to us to discuss what other problems could be solved through mobile apps. And one of the issues we found pertinent was the lack of routing between plasma donors and patients. We started working on a prototype. And Tushar, who is my senior at IIT-D, connected us with Dr. Abhinav Singh Verma from AIIMS who was also aiming at solving the same problem.

The developers are also in talks with the Karnataka government to further spread the word about the app.

In absence of a Covid-19 vaccine, the age-old plasma therapy is proving useful to reduce the viral load, making the app a crucial software. Dr Verma says, "We wanted plasma for one of our senior doctors who had tested positive for Covid-19, and it took a group of 50 doctors to arrange it. And yet, they managed to find only two donors. At that point I realised what a crisis it is."

Hence, these IITians acted quickly. "It took a week from ideation to prototyping. We worked day and night to get the permissions and to have a working prototype launched. It will now be made available pan India, on the playstore, within a week or two," says Prajaapat.

Talk about the response so far and Prajaapat adds, "Even though it's not a published app, people have already registered themselves as donors and have voluntarily come forward to save people who are infected and are in need of plasma."

OUR ALUMNUS TANAY AGGARWAL ASSISTED IN THE DEVELOPMENT OF COVID-19 APP

HIGHEST QI ACHIEVERS



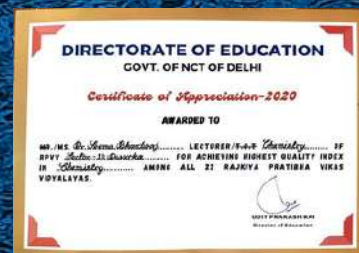
Mr. Hari Om Yadav
TGT (Maths)



Ms. Sujata
TGT (S. Sc.)



Dr. Seema Bhardwaj
Lect. (Chem.)



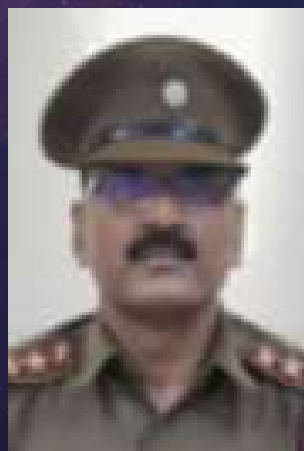
Contributors To DOE On-line Classes



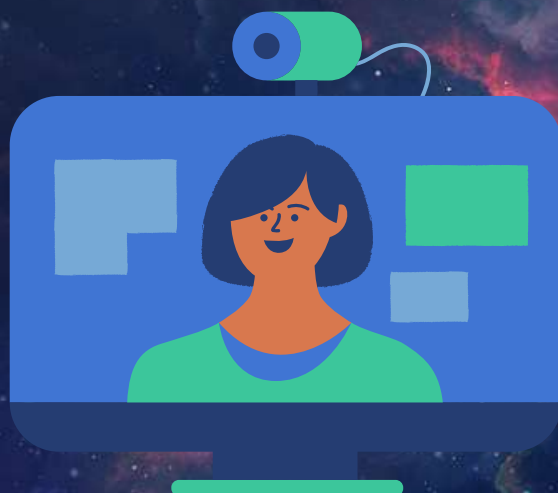
Dr. ANITA SINGH
Lect. Biology



Mr. MAHESH JAIN
Lect. Comm.



Mr. PREM KUMAR
Lect. Pol. Sc.



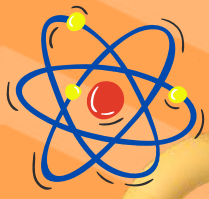
Ms. NEETU CHAUDHARY
Lect. Eco.



Dr. SEEMA BHARDWAJ
Lect. Chem.



Mr. MANOJ SHARMA
Lect. Physics



INSPIRE AWARD WINNERS



ANIKA JAIN
VIII B



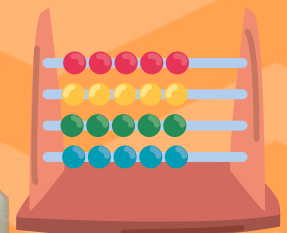
RAVI BHATTI
X B



AMAN
X C



MENTAL MATHS



ZONAL LEVEL PARTICIPATION



NAVTESH
VII B



LUVISH
VIII A



RAHUL GOEL
IX B

STATE LEVEL PARTICIPATION



PRIYANSHU
X B

REPORTS



ONLINE MAHATMA GANDHI QUIZ

On the occasion of 150th birth anniversary of Mahatma Gandhi an online quiz was organized on Diksha App by SCERT for the classes from sixth to twelfth from 2nd November to 1st November 2020. The main objectives of the quiz competition were to :

1. Make children aware about life works and ideals of Mahatma Gandhi
2. Promote understanding of his contributions in the freedom struggle of India
3. Encourage children appreciate the relevance of Gandhi ji's messages in the present times.

Students of RPVV Sector 10 Dwarka enthusiastically participated in the quiz and won certificates.

Mahatma Gandhi Online Photography Contest 2020

Department of School Education and Literacy, Ministry of Education organized an online photography contest for students from all school across the country at the end of the two year period of celebration of Gandhiji's 150th birth anniversary. Our two students, Manju Kumari (XI D) and Mayank (VII B) participated in the contest and received participation certificates.

Virtual Teacher's Day Celebration

"Great teachers have the ability to change lives for better."

All over India, Teacher's Day is celebrated on 5th September every year for showing due respect to all the teachers in the country. This marks the birth anniversary of our first vice president and the second president of India, Dr. Sarvepalli Radhakrishnan.

With lockdown restrictions and social distancing norms put in place, RPVV family celebrated Teacher's Day virtually. It was a great experience for all. There were noteworthy performances by the students in the form of dance, poetry and song especially created in honour of the teachers which had a mesmerizing appeal.

The children showed gratitude to the teachers, they described how teachers helped them to excel in academics. They made the teacher proud and their messages touched teacher's heart. It was a novice experience that taught us how a programme can be successfully compiled and completed in the situation of constant instability due to prevailing pandemic.





Independence Day Celebration

“For to be free is not only to cast off one’s chains, but to live in a way that respects and enhance the freedom of others.” ~ Nelson Mandela

We, at RPVV, believe that development and growth is facilitated by Freedom. Even in these unprecedented times of COVID-19 74th Independence Day was celebrated at Rajkiya Pratibha Vikas Vidyalaya. Our DDE Ms. Sarita ma’am along with our HOS Mr. Anil Kumar unfurled our tricolour. They saluted the flag and sang the National Anthem expressing the joy of our freedom.

EK BHARAT SHRESTHA BHARAT ACTIVITIES

As we are aware, “Ek Bharat Shrestha Bharat (EBSS)” programme aims to actively enhance interaction between the people of diverse culture living in different states and Union Territories in India and promote greater mutual understanding among them.

Under “Ek Bharat Shrestha Bharat (EBSB)” Abhinav Jha, student of class XI D got 1st position at Zonal and District level declamation competition.

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MAKING COMPETITION

LIBRARY ACTIVITIES – A REPORT (Conducted in the month of September, 2020)

In order to engross, innovate and ignite the reading habit in the budding minds of RPVV Sector-10 Dwarka, the school library organized various activities. All the students participated with great enthusiasm and perseverance; they functioned in their most creative and resourceful manner, keeping in view the availability of materials. The activities conducted were: bookmark making, book cover making, and book review writing. Classes VII and VIII created such beautiful bookmarks. Many of them made the bookmarks with the waste materials, so this activity can also be entitled as Best out of Waste Activity. Classes IX and X were inventive in their own way; they made some of the finest book covers just the way the original book covers look! Book reviews written by Classes XI and XII were too good and refined. This is one of the best activities which helped to ripen the reading custom in students to read worthy fictional and non-fictional books and other reading materials.



~ Ms. Renu, Librarian

Webinar on 'AWARENESS OF FUNDAMENTAL DUTIES'



A webinar on the topic of 'AWARENESS OF FUNDAMENTAL DUTIES' was organised by Southwest DLSA(District Legal Service Authority) legal literacy programmes for implementation of NALSA(National Legal Service Authority) plan of action. In the webinar Resource Person/Legal Aid Council addressed 59 students of humanities section of Rajkiya Pratibha Vikas Vidyalaya, Sector-10 along with two teachers Mr.Prem Kumar and Ms.Neetu Chaudhary. Ms.Arjana Jha, the Legal Aid Council, initiated the webinar with her concised speech over the fundamental rights given by the Indian Constitution to its citizens then she moved to the main topic that was fundamental duties and started to explain the significance of each and every fundamental duty, while explaining she also shared that before the year 2002 there were only ten fundamental duties however after the 86th amendment Act 2002 the number increased to eleven and a new fundamental duty which states, "it shall be duty of every citizen of India who is a parent or guardian, to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years." Came in effect from 1st April 2010. Although she explained the importance of all duties but she gave more emphasis on the sixth fundamental duty which states,"It shall be duty of every citizen of India to value and preserve the rich heritage of our composite culture." While explaining. Thereafter she read the preamble of Indian Constitution and everyone did same after her. The immense enthusiasm and Zeal in the students made the session interactive and amazing. At the end of the event Mr.Prem Kumar showed his gratitude towards the DLSA and Ms.Arjana Jha.

If we become aware of our duties and follow them strictly then rights of every citizen will be secured automatically. Thus making students aware of their fundamental duties which was the motive of webinar was a crucial step towards making them responsible citizens of the country.

~ Compiled by Abhinav Kr. Jha



CLIMATE ACTION PROJECT - A GLOBAL INITIATIVE

We are excited to share that this session, in the month of September, 40 students of class 9 and 11 joined a global project on climate action. It aims to study causes and effects, and try to solve climate issues and take action. In this way, it is an effort to bring a change in students' and societies' mindset. The Climate Action project is a student-centered project. It was a 6 weeks journey involving more than 2.5 million students across 135 countries. It is supported by governments in 15 countries. The project aims to lead to a change of behavior through education. It is in collaboration with WWF and NASA, and endorsed by Jane Goodall, U.N. Foundation, President Higgins, Kumi Naidoo, scientists and public figures. It was covered by media across 45 countries including BBC, CNN and National Geographic. During 6 weeks, students were to brainstorm, explore, create, discuss and share their findings online on climate. They were to explore climate problems and take actions at their end. Each week they created a video of their findings, achievements & actions to be published to the website. On seeing our work, our global peers sent us the requests to have an interaction with us. We talked to two schools from Brazil, two from Turkey, one from Argentina & another from Italy. During these interactions, we got an insight on their local problems concerning climate change & the actions they are taking to improve the situations. To show the solidarity, We obliged the request of Argentina by signing a petition of their climatic problem. In 5th week, We were to offer solutions & to make a project on it. For this we were assigned a global facilitator to get a feedback. We got the opportunity to interact with Hila Davis, a representative from Singapore. Our students made eco-friendly utility goods, artefacts ,eco bricks by stuffing plastic bottles by plastic wrappers. In this way, they supported Reduce and Reuse to generate least waste. They also made a questionnaire to conduct an intergenerational survey to know the effects of climate change over a long period of time. They also conducted an online nudge survey to awaken masses towards climate change. On November 5 2020, Global climate action day was observed by conducting an international webinar. It was an 8 hour lasting webinar with world-renowned speakers: Matt Larsen-Daw from WWF, Rick Davis from NASA, Jane Goodall, David Attenborough, President Santos, ministers, activists, climate experts to mention a few. Being a mentor, it was a wonderful experience to see our students working independently & collaboratively in full action. They got a worldwide appreciation for their mettle & efforts. They putted an untiring efforts in learning & showcasing their true concern towards climate. I congratulate my all students for successfully achieving the objectives of the project and committing to bring a change forever. I am thankful to Sh. Anil Kumar, Head of School for encouraging us to join this project. My colleagues Rajeev Ranjan, Kusumlata Nagpal, Dr. Anita Singh, Prem Kumar, Sujata Tanwer, Shree Devi for participating in meets and all other teachers for their support to make the project a success. The parents' have also played a significant role in supporting their wards to participate in all activities and interactions. Due to different time zones, we were to interact on odd hours that too sometimes stretched for more than two hours. For the sake of planet earth & lives , let's commit to bring a change first in our actions and then to inspire others too. We look forward to participate in this project next year also for more learning experiences.

~Ms. Neetu Chaudhary, Lect.(Economics)

WE NEVER MISS SCHOOL - 100%
ATTENDANCE



XII C - Naveen

XI B - Ashish, Bhavika Bhardwaj

XI D - Abhishek, Sneha rao

X B - Sneah, Ravi Kishan

X C - Anand Singh



IX A - Satish Pandey, Saloni

IX B - Priyanshu

IX C - Aniket Kumar, Sachin, Shweta Sharma, Kriti Kumari

VIII A - Rahul Gupta, Sneha

VIII B - Priya, Nikki Kumar, Suraj Gupta, Balram

VIII C - Harshit Kumar

VII A - Aniket Kumar, Gauri, Akshat Pandey, Sakshi Kumari

VII B - Ojasvi Jangid

VII C - Bharti kumari, Suraj Pandey

VI B - Rajini, Navtesh, Minakshi, Somiya, Prince, Khushi, Kajal



SPORTS ACHIEVEMENT

2019-2020

SCHOOL NATIONAL



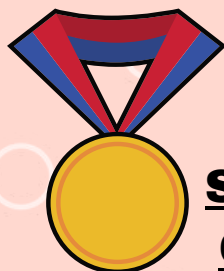
S.No.	Name of students	Class	Father's Name	Event	Position
1	Suraj	IX C	Kari Sahani	Basketball	3rd
2	Lokesh	IX C	Kulbir Singh	Basketball	3rd
3	Sohail	XI D	Md. Mastan	Basketball	3rd



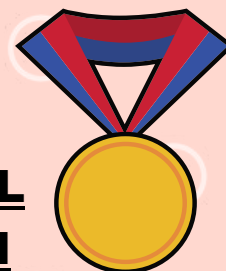
OPEN SCHOOL NATIONAL



S. No.	Name of Students	Class	Father's Name	Event	Position
1	Suraj	IX C	Kari Sahani	Basketball	1st
2	Lokesh	IX C	Kulbir Singh	Basketball	1st
3	Sohail	XI D	Md. Mastan	Basketball	1st



SUB JR. SCHOOL NATIONAL BASEBALL CHAMPIONSHIP IN MADHYA PRADESH



S. No.	Name of students	Class	Father's Name	Position
1	Surjan	VI A	Kaptan	Participation
2	Sumit Maurya	IX B	Ravinder Maurya	Participation



JUNIOR SCHOOL NATIONAL DROP RO-BALL

S. No.	Name of students	Class	Father's Name	Position
1	Sohail	XI D	Md. Mastan	2nd

The background is a solid light yellow color. Scattered across the surface are several yellow daisy-like flowers with green centers. The flowers are positioned around the central text, with some partially overlapping the letters.

BEAUTIFUL MULTI- LINGUAL WORDS



ENGLISH CONTENT

FROM OUR TEACHERS' PEN

A TEACHER CAN BE A REASON TO BRING HAPPINESS IN MANY LIVES

As Educators, we always acknowledge and emphasize on IQ of our students. We hardly pay any attention towards other types of intelligence. Education should be free from outside imposition of discipline. It must awaken the dormant intelligence of individuals. There are four types of intelligence- intelligent quotient (IQ), emotional quotient (EQ), social quotient (SQ) and adversity quotient (AQ). An individual having good EQ maintains peace and harmony in life with others, respects boundaries, is humble and considerate. People with better SQ remain bonded with people for longer period of time and have a vast network of friends. It is found that successful people have better EQ and SQ than IQ. Studies show that these people were also having good AQ. Life is not smooth all the time, we all go through rough patches in life but how many of us come out of it without losing peace of mind matters. This measures our AQ. It is commonly known as science of resilience. It is one of the indicators of a person's success in life and predicts attitude, mental stress, perservance, learning and response to change in environment. Developing AQ is a four step process--(1) See it- acknowledge that change is needed,(2) Own it - take ownership of the situation,(3) Solve it - develop your action plan and (4) Do it - execute the change. Some people are born with the ability to overcome setbacks with ease while there are some people who seem to least understand and accept when sudden problems arise. They tend to give up without realizing their potential. The more resilient you are the more effectively you respond to life's difficulties and more fulfilling life becomes. When life progresses through the light of one's own intelligence, there is no possibility of any chaos. As a teacher we can be a reason to bring happiness in many lives.

~ Mr. Manoj Sharma ,Lecturer (Physics)



HAPPINESS AND LOCKDOWN

Greetings to all the readers.

I hope all my students and respected parents are safe and sound at your homes. I am feeling proud to be part of DOE and so I thought to share the same with you all. Our Govt came up with Happiness Curriculum two years back with designed activities for the whole week. Term 'Mindfulness' was very new for all of us but today, at the time of pandemic COVID-19 it is playing an important role in creating a positive atmosphere in families and helping us to spend this quality time together with each other. Talking to some of the students made this belief more strong that yes mindfulness brings in loads of positivity (need of the hour) for us. They shared they can't go out to play, or to movies, or for shopping or even to the park because of lockdown. This results in situations full of frustration and anxiety among family members. But while doing scheduled happiness activities that they received on their phones refreshed their minds and created healthy environment. This helped students and their families to spend entire lockdown period with ease and even helping them to know their hidden talents about which they hardly knew before- making something useful out of waste material, writing songs, drawing creatively(related to Corona) and many more. At the end I really hope you all must be practicing mindfulness, or spending some time with yourself to enhance your concentration power and to introduce yourself to new you.

~ Ms. ANUPAMA (Happiness coordinator/ TGT Eng.)



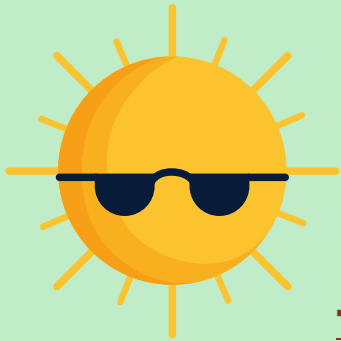
A PIECE OF INFORMATION & ADVICE

As the world faces the Coronavirus (COVID-19) pandemic, it is important to embrace healthy habits to help maintain your overall well being. We know what Social Distancing is, but how do we differentiate b/w Quarantine and Isolation. Quarantine separates and restricts the movement of people who may have been exposed to a virus to see if they become sick. Isolation prevents the spreads of an infectious disease by separating people who are sick from those who are not. Stress and anxiety are becoming part of our life. So, to keep yourself delighted and in high spirits you can try some of these suggestions:

- Ø Maintain a routine.
 - Ø Do not forget to do mindfulness daily.
 - Ø Invest your time in fruitful learning and doing something creative.
 - Ø Keep your diet simple and healthy.
 - Ø Feeling stressed is normal these days, so don't judge yourself.
 - Ø Read good books, visualize pleasant memories.
 - Ø Talk to your friends and loved one's who make you feel better.
- I wish good health for you and your family. Stay home, stay safe.



~ Ms. RAKHI CHAUHAN, TGT(English)



Through The Memories Of My Summer

**The sweet-sticky morning floor embroidered with watermelon seeds
Tasting like shades of mango, complains about my heavy needs,
I demonstrate to the floor, about relationship with bright saccharine
As I prostrate naked, on the cold, white marble under the sunshine.**

**The searing-scorching afternoon revolved around Naani's artistic drinks
With a thousand flavours of lemonade topped with ice, filled up to the brinks,
Cross-legged, I would sit in her feet untying my hair arrayed
As she'd gradually unwrap another tale alive, wrapping my braid.**

**Seven and a half girls and two boys ran after each other every evening
Filling the air with usual bubbles of giggles of no logical meaning,
It would end in catching up with the bells of the smiling ice cream vendor
Freezing orange ice candies sticking to the tongues so so tender.**

**The cloudless sunny skies couldn't really stop me from dreaming big.
Especially not about the shapes of non-exiting rhombus-berry and square-figs.**

~ Dr. ANITA SINGH, LECTURER (Biology)

PREPARE FOR SUCCESS BY DESIGNING PERSONALIZED LESSON PLAN ON CANVA



When it comes to teaching, it can be difficult to stay organized throughout the week. Before you know it, lesson planning can take hours and start eating into your own personal time. Weekly lesson plans aren't 'one size fits all,' so the key to organisation is using a template that works for you and your students. With Canva, you can do just that. Regardless of what kinds of lessons you're teaching or how old your students are, you can create a design that matches your schedule, lesson structure, themes and needs. In no time at all, you'll have a lesson plan that not only gets you through a busy week of teaching, but also helps you reach your objectives. Follow the link or scan QR code for designing your customized lesson plan.

<https://www.canva.com/templates/search/lesson-plans/>

~ Mr. Nitin Yadav, TGT (Computer Sc.)

How Do I Manage Time For Everything?

Priyanka came to me and said "Madam, I no longer want to be a leader. I always feel burdened with various tasks and my studies are getting hampered too. Please relieve me from the post of leadership". I said, "Alright, if you feel so burdened then from now onwards, you are relieved of your duties as a leader." At that time, being a teacher, I could think of no other option but to take this step, I was worried about her studies too. I later introspected and felt that a little guidance would have helped her find her true leadership qualities. Next day, I called her up and asked her to observe her activities every day for a fortnight and to note all of them in her small notebook. After a fortnight, she came to me with her notebook. I didn't read what she had written, I just asked her to share her observations about her daily activities and whatever she did. She replied, "Madam I have observed that I have no fix time for any task. I complete the tasks as per my mood and liking. Most of the times I am confused about what to do first and which task to complete afterwards, sometimes I leave one thing in the middle and start attending to something altogether different which seems important at that time. I am always in a hurry to complete the tasks as nothing gets done in time. This may be due to the fact that at the back of my mind I feel sorry for not giving time to my studies and it makes me tensed too much". I listened to her attentively and when she had said everything, with a smile I asked, "What do you do first thing when you reach playground after a long time?" Her eyes twinkled and with excitement visible in her eyes, she quickly replied, "OH, I run and run a lot, I run with my friends as I love running the most". She happily continued, "Ma'am, I like many games, I play each one of them one by one. I start with the my most loved game, Hide and Seek, after that I play on swings, I play other games also in the remaining time and after that I return home." "Very nice!", I said. "You enjoy playing and you get fixed time to play everyday too. Why don't you try completing your tasks one by one as per the time available just like you do when you play?" She was looking at me attentively, I continued, "What you do while playing, given the short period of time available, is that you prioritize. You choose the game that gives you utmost happiness, first and then you move on to the next, depending upon availability of time. Now what you can do is- you can prioritize again but this time include all the tasks you have to finish in a day. Make a mental list of the things you need to complete on a particular day, if possible, note them down too and give a rough time limit for everything starting with the level of importance you have given them. Try to follow this plan for a week or two. Practice this for a little longer, soon you will grow used it. You can also write down the timings for each task and you can use timer too." She was excited about this new plan of completing her tasks and said, "I will try this, madam". After two weeks she came back to me with a broad smile on her face and said confidently, "Madam, I am enjoying this part. Things are clearer in my mind now and I also get time for studies as I now begin my day with the most important task which is studying and also revising all that I had done the day before, and continue with other important tasks one by one." I was glad to see that broad smile on her face which also exuded confidence this time. I said, "Priyanka, this is just the first step towards imbibing time management skill in yourself, which forms very important aspect of each one of our lives, and for you it is better to learn it while you are still studying. Time management is one of those magical things which helps leads us all toward the path to success. You just need to practice this skill of time management from now onwards in every aspect of life and you will find that everything will fall into place itself effortlessly." She thanked me and I gave her a thumbs up! Later she said that now she was ready to take the responsibilities of leadership again. And I did the same.

~ Ms. Shree Devi (TGT S.Sc.)



WORKSHEETS ON CANVA



Worksheets have been used in teaching practices for a long time. In this challenging phase, worksheets have even become a driving force of curriculum. Many studies suggest that well-designed worksheets have had positive impacts on students' learning achievement.

Worksheets can be used by teachers to understand students' previous knowledge, outcome of learning, and the process of learning; at the same time, they can be used to enable students to monitor the progress of their own learning. With Canva, we can make creative and impactful worksheets. These worksheet templates are free to use and customizable for various subjects and grade levels. To access follow the link or scan QR Code:

<https://www.canva.com/worksheets/templates/>

~ Mr. Nitin Yadav, TGT (Comp.Sc.)

CLIMATE ACTION: AN URGENT CALL

This year, Delhi recorded coldest October in 58 years. NASA founded 2010-19 as the hottest decade ever. At least 207 disasters were recorded globally in the first 6 months of 2020. This is above the average of 2000-2019 average of 185 disasters. India is one of the most affected countries due to these weather related disasters. All the above facts in news draw attention of everyone. I began to ponder that whether these shifts in weather patterns & natural disasters alarming us about climate change? Why is this happening? If it continues, what may be the long term impacts? This all led me to watch a pop-up video on climate change. I liked & commented on that video & in few months I got an e-mail offering an opportunity to join a project on climate action. I decided to join, as it was giving a great opportunity to learn not only to me but also for our students. It was about finding the reason Sustainable Development Goal 13 Climate action. Sustainable Development Goals established by Global the United Nations in 2015. The official wording is to "Take urgent action to combat climate: The change and its impacts". The Climate Action Project was launched in 2017 for the first time. It runs for 6 weeks in the month of October. The project is free, student-centered and aims to lead to a change. It aims to change students' behavior and societies' mindset concerning climate change and environmental threats through education. It is in collaboration with WWF and NASA, and endorsed by Jane Goodall, U.N. foundation, President Higgins, Kumi Naidoo, scientists and many public figures. During 6 weeks, students brainstorm, explore, create, discuss and share their findings online. They try to solve problems and take action. Each week students create a video of their findings to be published to the website of climate action project. This way students are able to learn from their peers globally and discover that climate change may appear very differently in other parts of the world. It is based on at that some topics - like climate change - there are better ways to learn than by memorizing and assessing definitions. By shifting to other learning approaches like collaborative learning, learning by doing, playful learning, learning from experts, etc. It tries to target skills which become increasingly important like Collaboration, Creativity Empathy, Critical thinking & problem solving. It brought all nations to a common cause to fight climate change and adapt to its effects. Our team feels fortunate to join this project for learning about climate change so intensely. We would like to share the knowledge and our experiences in the coming issues of this newsletter.

~ Ms Neetu Chaudhary, PGT (Economics) and all Students of Climate Action Project Team

Learning: A Forever Endeavor

“Given a rich environment, learning becomes like the air. It’s in and around us. “

Delhi government in collaboration with Embassy of United States of America, Regional English Language Office (RELO), organised a training programme for the teachers of Government schools, providing them an opportunity to enhance and enrich their skills of involving, guiding and mentoring students for better learning experience. During the training programme, all the teachers came together to share their thoughts, experiences and ideas about enriching the learning experience of the children in the classroom. The two-month long training was divided into 8 weeks, with each week having a different theme, by the help of which the interaction, interest and involvement of the children can be increased and better managed in classroom. Different themes which the teachers discussed during these two months were:

- 1. Responding**
- 2. Scaffolding**
- 3. Managing large classes**
- 4. Critical Thinking**
- 5. Music**
- 6. Story Telling**
- 7. Drama | 8. Games**

Although all the above-mentioned activities/techniques are consciously/sub-consciously being used by the teachers in their classrooms in different ways, making learning an enriching and interesting experience for the students, but during the training we got the opportunity to explore each specific method in its totality and all dimensions through discussion and activities. We learnt a lot during the training from the real-life classroom activities and experiences of all our fellow teachers. It was a thoroughly enriching sharing which is the need of the hour.

~ Ms. Rakhi Chauhan, TGT (English)

Do we really need to fear exams?

Hey Ayush! How are you? Vibhu talked excitedly over the phone to his best friend. Ayush answered with equal excitement, “Hey Vibhu, how are you, dude? I am absolutely fine. “You will be fine for sure as you are well prepared for the exam time. What about other students like me, who simply start studying just a week before the exam? I wonder why exams were created in the very first place! Ayush said with sadness in his voice. “ Aah, there you are, you have given the solution to your problem yourself!”Ayush said thoughtfully over the phone. “But how?” Vibhu sounded equally perplexed upon hearing Ayush’s words. “Imagine a situation when there were no exams at all”. What will you do then, will you stop reading and writing or studying mathematics and science or social science? “Not exactly”, said Vibhu “ I agree I would like to spend most of my time playing PubG or playing cricket with my friends but there will certainly be a time when I would like to study also, solve math’s problems, understand science and read social sciences and other subjects as well as try to relate the concepts with my surroundings. Because I have observed this about myself that I do get bored of doing one thing for a long period of time. If there were no exams at all then also I would have studied. I see your point now. Because of exam tag, we tend to stress ourselves unnecessarily; it is simply a way to make ourselves aware about how much we have understood and how much we still need to understand. Now onwards I will start taking exams not as exams but a simple way of knowing how much I have understood about my surroundings. “Exactly, I have also understood one important point. We should not study for getting marks, we should study to enrich our knowledge” said Ayush. “You are right, friend. You have changed my perspective towards exams. Now, I no longer fear exams, thank you so much”. With this Vibhu happily ended the call.

~ Ms. Shree Devi, (TGT, S.Sc.)

ARE YOU READY FOR THE SCHOOL AFTER LOCKDOWN???

The year 2020 will be mostly remembered for the unfortunate spread of a disease which infected many people around the world. Our country was no exception and the continuous spread of COVID-19 lead us to have situations like 'Lockdown' to prevent the escalation. In a Lockdown, the movement of the residents of the area or state affected by the disease is restricted. Places of public gathering and usage of public means of transportation are closed. People are encouraged to stay indoors which results in minimal social-interactions. This reduces the risk of infection and contamination thereby breaking the chain. After three months and four phases of Lockdown, finally, our country began the process of returning back to our normal lives slowly and steadily. Unlock-1 is the first step in that process. The Lockdown is slowly but surely ending. However, this does not mean that we have eradicated the disease completely. The Unlocking phase comes with an intention to encourage people to live their lives as normally as possible yet with an awareness of COVID-19. In many areas, offices and work areas have been reopened. After a while, educational institutions like schools and colleges will also open. It is an inevitable fact. There will be many students who might be skeptical about the reopening. Various thoughts will be flitting within their young minds. Though they might be excited to meet their friends and classmates in person, somewhere in the back of the mind they may have a slight fear of this disease and getting infected. COVID-19 won't disappear with a snap of a finger but at the same time, it isn't a disease that cannot be prevented. With the maintenance of good hygiene, social distancing and building our immune system stronger one can easily come out as a winner.

Here is a list of few things which we should follow:-

- 1) Simple Yoga/ Exercise in the morning. Take out at least 10 minutes for your exercises.
- 2) Eat balanced meals that are packed with vitamins, minerals, protein, antioxidants that promote good health.
- 3) Eat more whole plant food i.e. vegetables, fruits, nuts, seeds and legumes especially germinated sprouts.
- 4) Eat more fermented food. Eg.idli, dosa, dhokla, fermented chapatis etc.
- 5) Cook food with immune-boosting spices like Black Pepper, Cinnamon, Haldi, Coriander, Jeera, Garlic, Ginger etc.
- 6) Use these 5 ayurvedic herbs in your diet, that helps in maintaining a good immune system - Ashwagandha, Tulsi, Amla, Neem and Turmeric.
- 7) Eat every 2-3 hours during the day. (Less Quantity, More Frequently)
- 8) Always eat healthy food according to your activity level.
- 9) Drink plenty of water throughout the day.
- 10) Manage your stress levels by mindfulness or Pranayam.
- 11) Sleep and Immunity of the body are interlinked with each other. So make sure to get enough sleep.
- 12) Take steps to avoid infection, such as washing your hands frequently and cooking your meals thoroughly.

So, when the schools reopen after the lockdown, children can easily attend them keeping these few rules in mind. Inculcating the abovesaid points as their habits will result in having a healthy lifestyle which will not only help in protecting from COVID-19 but many other diseases in future as well.

Remember, **HEALTHY HABITS** can only reduce **RESTRICTIONS**.

INTRODUCTION OF SCHOOL UNIFORM

The concept of school uniform is prevalent in many countries of the world. Gender specific code has been set in different parts to set pupil stand apart from the rest. The idea of uniform is very primitive in its approach, but the real origin is yet not discovered. There is no text available in the world that can deal with starting of uniform system.

What is uniform? I dig into this question deeply to find out that any clothing can only be considered a uniform when it serves as a group emblem. Generally, it reflects the relative position of an individual in an institution and hence suppresses individuality. Usually, we use uniform and dress code interchangeably, but there is a striking difference between the two as a dress code is much less restrictive and focusses on promoting modesty and discouraging anti-social fashion statement.

Legend has it that the idea of uniform was initiated in London in 1552 but there is no comprehensive written record available to back this belief. As a matter of fact, the use of some form of uniform system was mentioned in 1222. It was a conservative uniform introduced and provided for poor children.

Many countries extensively practise the system of uniform in schools. In the recent times the craze to introduce uniform in schools and other institution has increased. There are many countries like the United States of America is also shifting from casual dress code to uniform. This is done with a motive to ensure behavioural changes and school discipline.

There is a popular belief that wearing uniforms lead to decreased behaviour problems such as absence and irregularity. It also reduces the suspension rate, it propagates positive attributes in an individual, such as increased self-esteem, reinforces the feeling of oneness among students and most important, it bridges the gap between students coming from different social and economic backgrounds. It also helps resist peer pressure to buy trendy clothing as it reduces the gap between the ones who can afford better clothing and the ones who cannot. It also reinforces school pride and increases commitment to learning, etc.

On the other hand, there are persistent concerns about the suppression of individuality. Students are found making minor alterations to express their individuality which is generally suppressed in uniform. It also leads to constant supervision and lack of privacy from the obligatory nature of uniform. Of course, the concern of the cost of uniform cannot be overlooked, it is an increased unfair additional expense for parents.

Undoubtedly, the uniform system has manifold advantages. It has been utilised to encourage uniformity and develop pride amongst children. Lately, it has sparked a controversy as the mandatory nature of school uniform is generally imposed on the ones who cannot afford uniforms. Also, uniform has become a mark of class and status for many. Finally, let the society decide whether the uniform is useful or not.

~ Ms. Neelam Shukla, TGT (Social Sc.)

Inclusive Classroom: Meeting The Diversity Through Differentiated Instructions

Inclusion is one of the important goals of the existing society; an inclusive society provides equal opportunities and barrier free environment to all its members. Our education system should be accessible to all, regardless of dissimilarities among us. The present scenario of education system focuses on the inclusive and child centered education. In this approach the differentiated instructions is the most important pillar. The reason can be stated that all children are different in their interests, attitudes, believes and other psychological attributes. Howard Gardner, stated that “the biggest mistake of past centuries in teaching has been to treat all children as if they were variants of the same individual and thus to feel justified in teaching them all the same subjects in the same way”. A differentiated instruction is the teaching approach in which the teaching instructions are given according to the need of the child, keeping in mind his strengths and weaknesses. Differentiated instructions are one of the ways to achieve inclusion, wherein the teaching strategies are planned individually. It incorporates many effective methods and strategies as well as includes many aspects of critical thinking, research, interdisciplinary instructions, and constructivism. Differentiated instructions are based upon the unique needs of an individual. It creates and promotes the environment in which individual differences are accepted and valued. Our education system should be developed in such a way, that it will be able to include everyone; the education will be accessible to all children, the acceptance of all, regardless of their differences. It leads to such a platform where all people are treated equally, individual differences are valued and students have the best possible learning opportunities.



Happiness Depends Upon Ourselves



Greetings to all!!

Hoping that everyone is safe and sound amid the ongoing pandemic. Through this platform I would like to thank the DOE to make happiness curriculum a success during lockdown period. Year 2020, was a period of struggle for all of us, but mindfulness, happiness activities and the stories of fresh perspective and a new day reached every student's home on regular basis. Also, I would like to thank parents who really participated in happiness activities and helping their wards to become more focused. Students have become more reflective and more insightful in understanding home dynamics. Last but not the least our happiness teachers also undergone a training in the presence of mentor teacher, and happiness coordinator based on the principle of 'happiness triad' proposed by philosopher A. Nagraj which considers three components of happiness- momentary happiness, deeper happiness and sustainable happiness. We expect to help the students to cope up with stress and learn for life, not for just a rank. This resonates the spirit of Mahatma Gandhi's quote "Literary education is of no value, if it is not able to build up a sound character".



**~ Ms. Anupama
Happiness Coordinator**

FROM OUR STUDENTS' PEN

SPEAK YOURSELF LOVE YOURSELF

SPEAK YOURSELF-
IF YOU WANT TO BE RELAXED
IF YOU WANT A FUTURE WITHOUT REGRETS
DON'T BE SO COY
SENSE THE MOMENT OF JOY
NEVER BE STRESSFUL
JUST SPEAK..
BECAUSE ONCE YOU SPEAK YOURSELF
YOU REALISE YOURSELF WHO YOU ARE
YOU REALISE YOUR COMPETENCY
MAYBE YOU MADE A MISTAKE YESTERDAY
BUT YESTERDAY'S YOU
IS STILL YOU....
YOU ARE WHO YOU ARE TODAY
WITH ALL YOUR FAULTS.
TOMORROW YOU MIGHT BE ABIT WISER
BUT THAT WILL STILL BE YOU
THOSE FALLS AND MISTAKES ARE, WHO YOU ARE
MAKING YOU THE BRIGHTEST STAR
IN THE CONSTELLATION OF YOUR LIFE.
YOU HAVE TO LOVE YOURSELF
FOR WHO YOU WERE, WHO YOU ARE AND
WHO YOU HOPE TO BECOME
NOW I URGE YOU TO SPEAK YOURSELF
NO MATTER WHO YOU ARE, WHERE YOU ARE FROM YOUR
SKIN COLOUR, GENDER IDENTITY
FIND YOUR NAME, FIND YOUR VOICE
BY SPEAKING YOURSELF
~SAKSHI JOSHI, XII D

QUARANTINE TIME

Now a days you know quarantine
For everyone, it's like fine.
No one wants this
But they have to do this.
It's like a burden
But not following this
Is like a self murder.

It makes people bore
But it helps them to score
It looks scary
But it creates quarry.

People think it's waste of time
That's why they roam like a silly slime.
Until they become Corona positive.
Corona is not simple flue
So don't give him a clue.

Please don't make yourself silly slime
And spend time with your loved ones
and make him smile.

~ SHREYA CHAURASIYA, X C



SCHOOLS POST LOCKDOWN

India announced a countrywide lockdown on March 25 in response to the global outbreak of novel corona virus. This paused the outside routine works from offices to schools. Everything was halted and disturbed. New ways were founded to continue the works, such as the motto of "work from home" and opting of digital platforms for school studies. A vast majority of students have accessed the online teaching from their schools.

After almost two months of lockdown, India is uneasily but coming back to life with the unlock 1.0. Though the times under the shadow of COVID -19 affected every work to some extent, even the studies but reopening of places doesn't mean we're safe or it's over. Instead, it says we need to be more careful now. For reopening of schools, there's no other ways than alternative day sessions of different classes and reduced syllabus. Although it'll be unlocked soon but guidelines need to be followed by each individual precisely. Social distancing, however, needs to be enforced, must also wear masks and dine separately in schools. Well this period with the baggage of difficulties must be teaching us something or the other. We just need to be hopeful and this too shall pass!

~ MANSI MAZUMDAR, X B (2019)

REACH YOUR PINNACLE

Step You Begin
Like an acaulous tree
Today, you're free.
Away from all responsibilities,
Check out your worth
Dress up your abilities.
Accommodate with your surround
Suitable for your abound.
Listen more talk less
Be pleased, away from mess.
Few words means a lot
Start planning for your plot.
"Career", isn't about all your future,
You should add morals to your nature.
Speak up gently,
Listen more carefully.
Make yourself strong
To fight for your own.
Accelerate your importance
Reach your pinnacle
Above all's acceptance.
~ PRACHI NEGI, X C

Monsoon : An awesome Season

Monsoon or rainy season comes at the end of the summer . It begins in June & goes till September. It brings relief to men ,animals ,birds, plants & trees. After the hot time, everybody welcomes rain. The sky looks cloudy. At times it rains heavily for days together. Rivers & ponds filled with water. Floods at times cause a lot of damage . This weather is helpful to agriculture. The country sides looks green in this period . The farmers begins cultivation. Many types of fruits, vegetables & flowers are readily available. "Rain gives crop which gives life". In this period poor people suffer much. Ganesh Puja , Raksha Bandhan ,Rath Yatra fall in this time . The rainy weather is conductive to us.

~ Lalit Sharma, XII D

TRAPPED INSIDE

Trapped outside or inside,
Confined to the boundaries of war,
Or to the captivity of soul,
Conscience still abhors,
Mind deliberately indulge in fear,
Fear of opinions,
Given by millions,
Leading to incarnation of billions,
It's genocide and not a suicide,
One step forward, hundred followers
Seems the strength outside is vigorous,
But we need to be vigilant,
For a future full of aspirations and glee,
All it requires is relentless effort,
Made by you and me,
Garnished well with blooming credence,
As words may stammer,
But confidence speaks aloud.
~ TANYA SINGH

Dear Diary

Sometimes I really wonder why people associate lockdown with sad emoticon. Even when our news letter theme was given to us it contained that emoji. Yes! Even I hated lockdown and you know what, for no reason! It was for no reason and I figured it out when one day I paused and introspected. This lockdown gave me time to experience most of those things which I used to read in books. This time I 'felt' that how humans are ignoring everything around them ,whether it be cold morning breeze or it be peaceful long conversations with family members , 'EVERYTHING' for which they should be grateful to. We are inclining towards awful activities and in my opinion i don't blame human beings for this .It is because I don't feel humans have done anything extraordinary to their basic nature (basic nature here means that natural attitude without any conditioning with knowledge or anything) .No doubt, all humans love to be attractive , all humans love to be special , all humans love to live like a king ,no worries at all ,but the only fault in our stars is that we never resisted this inclination even after having such extraordinary powers , we never pond. So , in a nutshell what this lockdown has made me learn is that , we as conscious beings must learn to live in present . At the end, I would like to emphasize that the ultimate goal of life is not knowing the facts about life but to experience each element .And a major thing, practice yoga ! It's just awesome.

~ Kamakshi, XII C

All About Monsoon

Sufferer of scorching heat in May and June
Its mid July and here comes the Monsoon.
Heavy wind blows with the dawn,
Clouds in sky look very grown.
Standing on rooftop with warm tea in hand,
Finding loneliness in both sky and land.
I woke up before the sun today ,
Clouds moving fast , i wanted them to stay.
There comes a flock of pigeons flying very high ,
Cannot find any eagles , may be they are morning shy.
With the last sip of tea , rain started to pour ,
It turned wild so fast, sounded like waves on shore.
The sky got grey and birds flew away,
Raindrops falling as if they are astray.
Enjoying the scene around , i heard sky growl
Standing in the rain making me think of cheesy noodle bowl.
I turn the music on , Bohemian rhapsody!
thunderbolt in black sky , what a beautiful tragedy.
All the potted plants appeared to be dancing
Not to mention but aloeveras are romancing.
As i walked a li'l towards the Creeper on the side
Saw how leaves help the little bugs to hide.
Saw the brave soldier ants walking in a line ,
I looked around me , everything got a shine.
Rain slowed down and i was fully soaked ,
Sun tried resurfacing, but clouds got the way blocked.
Everything i saw through raindrops was extraordinary and it
turned off too soon,
I hope to witness this again because , its all about monsoon.
~Himanshi, XII D

Monsoon : An awesome Season

The Earth has music for those who listen, the most of it is best experienced during the season of joy and respite which is called as the monsoon season. Beautiful skies, melodious winds, showers of hope and thundering of clouds are herald of the season. Rivers coming back to life, gushing through hills and vallies, awaited monsoon delicacies, bloosm of flowers and greeneries all over is the best thing to experience during this time. Watching insects slithering and every living being experiencing a new spirit of life. The whole atmosphere becomes out of common due to the marvels of nature and posing a power to heal even the deal souls. It drives people out of their wretchedness and gloom. It's a respite to a farmer whose livelihood depends on the season. Welcoming the rain and celebrating it with fairs and festivals ranging from onam in South to teej in North. Nature has much to offer us. Although these transitions are not so long yet are more than enough to bring ecstasy and gratification in one's life. We all should cherish these fleeting moments of beauty from the core to know the nature at its best.
~ Mansi Mazumdar, XI B

Lockdown Days: My Learning Experience

The first few days of a lockdown had been enjoyable. But as days went by, we all were in a different degree of anxiety, restlessness and despair. At present we are seeing a state of lockdown unfolded all over the world. These are the days of living life which we are not familiar with. We keep thinking "Will our family be safe? What will happen if I fall sick? But we should have to think we are not alone. We must enjoy doing things. We have plenty of time for- cooking dishes of our choice, more time to spend with our parents, watching movies and reading books. It is normal to feel angry, fearful and sad as we have lost the social connection with our friends, teachers and relatives. Lockdown has taught us to remember that we are not only ones who are facing this problem. I feel that staying at home is important to control the spread of the disease. How we react during emergency is subjective and it is essential to follow the orders and regulations made by the government. In fact it's quality time for me to read a book that I wanted to read for a long time , I have a time to draw so many pictures and another important thing is that I get chance to pursue my hobby of cooking and my family members like the dishes I prepare. Let us learn the new normal so that we can walk out of the lockdown as persons with new experiences and challenges.

~ Tannu Kumari, XII D

School Post Lockdown

A thought struck my mind, That every remote have a button named rewind.
Nothing can be stopped forever, As the humans, are smart and clever
Covid-19, Quarantine, and lockdown, Definitely irritates and make us yawn.
I thought of the image, When we'll be, using the school's rampage.
Everyone'll now get the concept of distance, And why the subject physics is so immense.
Not losing the ID card would be a task, As everyone, would be covered by a mask.
No one would come without a pen, As that guy, would never lend again
Vans would be avoided, As they, are always quite crowded.
Sharing food would be a crime, Both in the class and the lunch time.
Maybe only half of one section, Would, sit in the class, as the correction.
The distance wouldn't be small, Then the one we maintain in the exam hall
Physical education would be a proud, And it's obvious that games wouldn't be allowed.
Teachers who would like, Must be provided with a mic.
It would feel unique, Having only one holiday in a whole week.
Teachers would have to work hard, As the students would be away, at least a yard.
I hope that both teachers and student, Are excited to feel the school's scent.

~ Jatin Newar, XI B

Monsoon : An awesome Season

Oh, I love these showers,
Specially in the midnight hours.
Pouring down in the rain,
Filling water in the lane.
I make a cup of tea,
And watching the trees.
Yesterday, the water turned into syrup,
I feel nice and warm.
In it we go out to play,
Splashing splashing all the way.
Until the sun rays ,
spoils our day.
Monsoon is a blessing in disguise,
It's hard to describe emotions in our life.
I find rainfall at night,
Stirs feeling of love and ecstasy,
Oh, I love the showers,
It's the monsoon season.

~ Kanak Jodan, VII C

THE FREEDOM

Gushing rivers measuring the land
Swiftly, winds waving
Beautiful sky sings the valor
Wadding the buds with fervor
People who lived and died
For the only aim in mind
My gratitude for them
Who held dignity and pride high
Birds preconize the same message
Of integrity and harmony
Remember the Braves and their
bravery
This day bringing the new life
This day, that time
When they all were together
That time, now our day
We too have to fight the same way.

~ Mansi Mazumdar, XI B

Those Days.....

I had never thought that I would ever experience something like lockdown in my life. This lockdown affected my life in a big way. The most important thing is I am not able to go to school and meet my friends and teachers. But thanks to online classes, we meet every day virtually. The fun, the pranks, everything was on a pause. I miss the playground, the garden, the assembly and the classes. Those metro rides with my friends and cycling to school, everything is in a standstill. During this lockdown, I have realized the importance of my friends and teachers in my life. I want to experience the excitement for physical education and the once in a while PTM where we would get a chance to meet everyone's parents. I have realized the worth of these people in my life. Now our friendships are getting stronger, we are virtually connected the whole day. We are helping each other. Our teachers have not let us feel that we are not in school. I hope this lockdown ends soon and I can meet my friends again.

~ Devika Ajit, IX B

"Dear lockdown! I had only read about you in the books"

No doubt, 2020 is a year of unhappiness as we all have been suffering from Corona pandemic till today. I was quite excited last year for having my three month holidays after my 10th board exam. I had made so many plans for this vacation, but damn! Those three months have gone and I am still locked in my house. To be honest this made me vexed that I had lost my holidays for which I had been waiting for a long time and yes this lockdown is the strangest experience of my life till now. But but this lockdown has become a conduit of learning for me. I faced the fact that death is the biggest fear of a person. Sometimes I peep down from my balcony and the view literally bewilders me!. Those streets which were once overcrowded are entirely vacant today. kinda dead! Without lives. And the most weird feeling is I am missing my school, those rushy mornings, the lethargic evenings, those mild rebukes for incomplete homework and really there came a time when I wanted to get rid off it but now those are the major missing. Genuinely, rather than getting depressed for the misfortune due to epidemic, I realised that life itself is the most important thing; it never stops. I wish this hard time may end soon and we all will live our lives as before! But right now we must have to keep our lives safe following all precautions religiously and truly our lives are diamonds. "NO PRESSURE, NO DIAMONDS". Just say; you're well and all is well with you, and God shall hear your words and make them true. We will surely change this tragedy to a triumph!!..

~ Anushka Singh, XI C

MENTAL HEALTH

Every 'NEW YEAR' brings new memories, new accomplishment but the past 7 months have witnessed the catastrophes across the world which are hard to express in words. During this hard time, entity which has been majorly affected is health whether it is physical health or mental health. However, all health care centers are providing treatment to the patients of COVID-19, to their best. But one of the severe health issues that remained unattended is 'MENTAL HEALTH'. This is particularly affecting the children. By the end of March schools closures were impacting more than 70% of country's student population and are still affecting more than 40%. These closures limit children's opportunities for important social interactions, which can harm their mental health. In particular, home confinement, fear of infections, family stress and financial loss may have negative effects on the mental health of parents as well as of students. Parents have an important role to play in safeguarding children's mental health. We can also find an increase in emotional problems. It includes anxiety related problems. We all know panic leads to bad behavior and psychopathic disorders. Mostly in poorer families and single parent families, it is necessary to give parent's warmth to children. This pandemic has greater negative impact on those who have less resource available to them. This point needs extra psychological and financial support for these families. Government and other organization will need to take this into account and by targeting their support packages. Rumors and speculation can fuel anxiety. It is important to have access to good quality of information. Make relationship of child-parent stronger. Build the right foundations to safeguard the mental health of children. Create a new daily routine for exercises; be in touch with more and more people. Better to close with those who matters you the most. Try reading new books and relaxation techniques.

"STAY CALM, KEEP STRESS AWAY"

~ Pratibha, XI A

TEACHER'S ROLE IN SHAPING STUDENT'S FUTURE

Teachers help a lot in shaping the future of the student. A committed teacher can, handhold and develop the student. She/he can build confidence and assist in choice making. She/he can bring in clarity in matching student's needs and capability. That is, if a student needs something in which he/she lacks capability, teacher can help build. If the student has some capability but not developing, the teacher can sensitize the student and help student leverage his/her capabilities. Teacher can also help student pace the development and help reducing anxiety when the development takes time and student is not patient enough. The teacher plays a very crucial role in shaping a students career. Firstly, she /he helps a student in clearing his/her study related doubts being a facilitator. Secondly the teacher explains the field where the student is good at or interested and provides proper guidance accordingly. Thirdly, in the case of average or below average students the teacher's role and responsibilities are significant. If some talented students only get good career or become successful, then it can't define the teacher as great. But if a teacher strives to make those low achievers find their own path, then that's what which make a teacher great. They explore the field where the students are good at, provide opportunities to make them competent in their respective fields. They inspire and motivate students to take risks and to create their own path and provide mental support when the students feel low.

~ Samiksha Mishra, XI D

"Teacher". WHAT IS A TEACHER?

In simple words, A teacher is a person who helps to learn or helps students to acquire knowledge, competence or virtue.

Teachers are role Models...

A "role model" is a person who inspires and encourage us to strive for greatness live to our fullest potential and see the best in ourselves. A role model is someone we admire and someone aspire to be like. A role model can be anybody: a parent, a sibling, a friend but some of our most influential and life changing role models are TEACHERS.

Teacher's appreciation....

Teachers' play a major role in students' lives that goes far beyond teaching how to read write and solve problems. Their works make a great difference that extends beyond the walls of classrooms. Since children spend most of their in school, great teachers become like a second parent or mentor. They are there to help them with issues that are not related to academics and influence the child views the world and themselves.

My teacher My Support.

Teachers are our support system. They encourage us, inspire us and enrich us to be better in every way possible. They are founts of experience. They have already been where their students are going, undergone what they will go through and are in a position to pass along lessons, not only regarding subject matter, but lessons on life.

TEACHERS AND SOCIETY.

Teachers hold the key to secure the future. They are invisible hands that mould and shape society. They are pillars of the nation-building process because they help to influence the next generation to become responsible and productive member of our community.

"Teaching is the one profession that creates all other professions."

~ Ritu Bisht, XI B

Teachers Act For The Future

Today, parents start thinking about the future,

Even before their children, fully nurtured.

They think, insurance and schemes are Important for the children's future endeavor.

They are not wrong saying this, And spending thousand dollars in their fees.

A child's future is valuable, To keep life secure and stable.

Many people in his life, Contribute in his future, Including his parents and wife.

Teacher is a great help, like a toffee when child Yelp.

Teacher, shows the way, Teaches the child also the art to say.

Teachers let the student's brain flourish, And teach them to enjoy number of wishes.

Teachers make them inquisitive, And teach them, the difference between, Positive and negative.

Teachers clear the doubt, And give a reasoned scolding, Whenever they shout.

Teachers polish the students' talent, And take out every child's 100 percent.

Children learn everything, they want in future, From their teachers,

Therefore, teachers are on The top of all the fantastic creatures.

~ Jatin Newar, XI B

BEING THE MONITOR OF MY CLASS

Every year the class monitor is appointed during the first week of school reopening. It is a post of utmost responsibility. The class monitor assists the class teacher in administrative activities like taking attendance, ensuring all the students have received the distributed worksheets and helping the students communicate with the class teacher. The day our teacher was to announce the monitor I was looking at my classmates and was curious to know who is going to be our class monitor. But to my surprise, in the first period our teacher announced my name to be the class monitor until new one was appointed. I was extremely happy furthermore a bit tensed about my studies but I took a deep breath and thanked the teacher. That day I realized it was now necessary for me to ensure that I behave responsibly at all times and also study well. While representing my class and I had to ensure I wouldn't let them down. I promised myself that I would do my best to do my duties earnestly. I shared the news with my parents and they were proud of me that made me immensely happy. The next day I ensured that I would be always down to earth and humble. My teacher was happy the way I was assisting him. It was a great start to the year. The motivational talks of the teachers helped me to do my duties to my best. I never felt over burdened by the duties, enjoyed fulfilling them to the best of my ability. Being the class monitor instilled me with various important life skills such as being sincere, honest, responsible and diligent. It also inculcated leadership qualities in me. I knew I had the ability to work diligently and positively with minimal stress. It also taught me time management. It was one of the best experiences of my life.

~ Bhavika Bhardwaj, XII B

WORLD STUDENTS' DAY

The world celebrates Dr A.P.J. Abdul Kalam's birth anniversary as students 'day. In honour of the man who always wished to be remembered as a teacher and who had made himself approachable to more than 18 million youngsters over the last 15 years of his life, United Nations recognized Dr. APJ Abdul Kalam's 79th birthday as the World Students' Day, in the year 2010 to felicitate the contributions and works of Dr. Kalam in Space Research as well as to inspire the youths. Dr. Kalam, the humble man who believed youth to be one of modern India's greatest strengths, has won the hearts of millions of children as well as grownups alike. He had encouraged and inspired anyone who interacted with him to dream big and work hard. That is the same reason why India's Missile Man and former President was seen as a role model by many people across the world. This year's theme is 'learning for people, planet, prosperity and peace which simply means when we empower people, we protect the planet which in turn create prosperity and foster peace globally. "Everyone is a student of life as we all keep learning something or the other throughout our lives." ~ APJ Abdul Kalam Dr. Kalam wanted us to have aims not only for ourselves but a goal that is bound to make a difference and youth being the most capable of doing this. The future of a country depends upon the quality of its youth. Hence, we, the readers, are responsible for developing a better future and life. We all as a part of the nation are required to teach the people who want to learn regardless of the age, take actions against the wrong, contribute towards the good and aware everyone of their duties. These are some of the ways in which we are able to make an impact, be more united and uphold the ethics. Pledging is not enough to take up the duties, what we need to do is to start right now with baby steps at least to voice our courage. Dr. Kalam had lit up the fire, now it's our role to hold the flambeau of his dream firm and pass it on to generations.

~ Mansi Mazumdar, XI B

IMPORTANCE OF PEACE AND NON-VIOLENCE

"Non-violence- means avoiding not only external physical violence but also internal violence of spirit. You not only to refuse a man, but you refuse to hate him.- DR. MARTIN LUTHER KING, JR." Nonviolence is both a principle and a practice. The principle of nonviolence affirms the active use of non- coercive and non-aggressive means to create a most peaceful context. Non violence should be described as a state of mind and how one thinks. In practice, nonviolence involves actively peaceful behavior in the midst of conflicts. It also means awareness of our inner violence and eliminating it's negative effects upon our own intensions. Peace is a state of tranquility, quiet, harmony, absence of violence for instance and a state free from civil disturbance while non violence is a philosophy that rejects the use of violence. If the world were to see nonviolence as everyday life then maybe they would practice it and create a better society. Nonviolence is a way of life and one can only benefit from living it. According to me, the definition of nonviolence is keeping, aggressions, jealousy, greed, and anything affiliated with violence out of your life. All the choices you make your life violent or nonviolent. Nonviolence is a lifestyle choice. Once society understands that that nonviolence should just be used in movements and standing up for what they believe in then many problems would not only be solves, but prevented.

~ Ritu, XI B

Violent Aren't The People, Violent Are The Actions

Violent aren't the people, violent are the actions but the question that attracts our attention is "Does this lie in domain of nature or behavior?". Is this a real challenge or are we challenging it? These questions struck in my mind and weren't taking off until I met a satisfactory answer. Once I came across a vagrant, he had put on some filthy clothes, seemed to have been used for a century over and again without even a single wash. But that's not the thing that grabbed my consciousness; rather it was the bread that he snatched from a lad of two or three! It had me in dismay...To my amazement I saw the same person or with the same appearance on the roadside, sharing his part of meal with two of the boys standing by his side much younger than me. I had an emotional outburst at the moment. That day gave me all my answers with the prerequisite satisfaction. Violent aren't the people, violent are the actions and that too for a reason. The domain of reasons may differ. It might be poverty, hunger, unemployment, disrespect or the fact that they have been disintegrated from the society's prosperous part as and when they are born even without their consent. The disenchanting thing is that the range is same for all or the end is always disastrous. Yes! It's not the nature but behaviour that can be changed. Not everything is meant to work out with everybody. Needn't yoga provide solace to all, needn't music be an ultimate solution to all your problems, needn't practice always lead to perfection, needn't love return with love, needn't dark be your forever companion. So, we all need to do self introspection along with evaluation of available alternatives of doing things and our ultimate decisions.

~ Tanya Singh, XII C

Importance Of Moral Values And Ethics

Moral values and ethics play a very important role in a person's life. Although it is said that moral values and ethics are complementary to each other but in their literal meaning they are different from each other. Moral values refer to the person's character in his personal and social relationship whereas ethics are a set of rules and regulations set by a person to live his life respectfully and with full of dignity. If a person has strong values and ethics he always indulges in good deeds and knows it very well but a person with weak values and ethics always indulges in bad work. Thus bad deeds lead to the crime and sometimes more serious than that. Once a person does a wrong deed then he will not hesitate to do it again and again in order to adapt and adjust in the society. Now-a-days, atmosphere of society is deteriorating day by day because of people having low moral values and ethics. Because of this the crime rate is increasing day by day. More and more people are indulging in wrong deeds such as robbery, chain snatching, terrorism and also in many heinous crimes such as rape, acid attacks, murder and many more. We need to make a society with people having strong values and ethics. If he has good values and ethics then he can persist in the society for a long time with full of dignity and self respect. We need to inculcate these values and ethics in our children so that they can become a man of principles and role models to the next generation. This will necessarily help to make a society free from fear of any crime and people living in the society can also lead to happy life.

~ Khushi Jain, XII B

Festival And Its Importance In Our Life

Festivals play an important role in every one's life. During festival all the family members meet at a place and celebrate the festival together. Nowadays in our busy life festivals are the only days for meeting the family members, spending time with them. Festivals give us a distraction from our day today exhausting routine of life and give us inspiration to remember the important things and moments in life. All different religious festivals bring the same message of love, tolerance and understanding. On these occasions we express our gratitude to God for the special things or events that originate on a particular festival. Festivals bring happiness to our lives and strengthen our sense of community.

~ Nancy, VII C

Festival And Its Importance In Our Life

Festivals are like a glue in our life that keeps us attached to people in society. When we are together as a family, friends and society, it creates a sense of unity. It is the most powerful weapon to find a way to deal with any obstacles in life. When the family is connected to celebrate festival that time is the most precious and joyful time. That's why I think festivals are important in our life. God also feels happy when his kids are together. There are some more things because of which I think festival is important in our life. Festivals connect us across the world with nature and culture. In India Navratri, Diwali, Holi Lohri, Pongal etc have religious importance. The second thing I think is festival has a great importance in our life as it spreads brotherhood and faith. I think this is because God creates a positive attitude in our behaviour towards other people and positive behaviour towards everyone irrespective of caste religion colour and occupation and sense of respect for everyone. It spreads brotherhood love and faith in the society. So we must celebrate festivals because the society, brotherhood and faith are dependent on how much we care about each other. The third thing why festivals are important is festivals speed up the economic development. I say this because on festivals people buy more goods and services because they get discounts on luxurious items and very attractive schemes on products and services from sellers. Government and private employees get special bonuses and holidays to celebrate festivals with family. Festivals bring festivity, joy and glory around the world. All religions have their own methods and festivals. That's why I would like to emphasize that festivals in a society act like a glue and it is very important to celebrate festivals.

~ Ankita Chatterjee, VII C

REAL HAPPINESS

Man appears on this Earth not of his own accord, he has to live somehow, but he can make this living delectable or miserable according to his own whims and ways. It is, indeed, pathetic that many people just drag their lives. They never try to realize that "Our life is what we make it". By managing it properly we can not only make our tenure on this Earth longer but also quintessential. First of all, we must have positive and optimistic outlook towards our surroundings. We should not always grump over things and must try to be happy and satisfied, but most important is to understand what real happiness is? Happiness is a relative term. We cannot give an absolute answer if somebody asks: "what is happiness?" a child possessing of nothing and not caring to possess anything is happy. A billionaire may not be happy. Money and luxuries do not necessarily bring happiness. This, however, does not mean that we do not need money. Money is essential for existence and a decent living. The absence of it can obstruct the smooth flow of life and cause us tension, worry and lack of happiness. A holy man who does not work with his own hands may still be happy because of his spiritual way of life and his freedom from burden of life in a family, but he has to depend on the doles and donations or alms of others and to some extent, at least, his happiness gets curtailed. Hence, work is essential to make life worth living and provide us real happiness. One must, however, live within one's means and not make running after money the be-all and end-all of life. One must find joy and contentment in work which should lie on one's taste. This alone can give true happiness to us.


~ Kamakshi, XII C

NATIONAL POLLUTION CONTROL DAY ON 2nd DECEMBER

The National Pollution control day is observed on 2nd December in India. The objective behind the observance of this day is to become aware of the daily acts that we can try to do to reduce pollution. It is also observed in the memory of the people who lost their lives in Bhopal Gas Calamity in 1984. Many innocent individuals lost their lives in the night of 2nd December 1984. This tragedy is one of the most horrific industrial pollution disasters. The aim behind the celebration of National Pollution Control Day is to control pollution and prevent Industrial Disaster. The global count of death caused due to air pollution is 7 million per year. I am also advising you that please help to reduce Air, Water, Noise and Dust pollution in our Ecosystem. It will help us to make earth better to live.

~ Kanak Jadon, VII C

Festival And Their Importance



Music is blooming,
Peoples are dancing.
I smell good food ,
Hunger looming.
Everyone grooving,
Winning and grinding.
From the way I dance,

It shows that I am having time of
my own life.

Night time ,home time,
Tired I drag my feet .

Till next time,

Until we meet on next feast .

We can enjoy and celebrate like this
Only on the festival time.

~ Alena, VIII A

MATHEMATICS DAY

On 26th February 2012, Indian government, under guidance of former Prime minister Dr. Manmohan Singh, declared 22nd December to be National Mathematics Day, in the memory of Indian mathematician SRINIVASA RAMANUJAN. It was on this day in 1887, the Indian mathematical genius Srinivasa Ramanujan was born. Though he had almost no formal training in pure mathematics, he made substantial contributions to mathematics, at age of 15 Srinivasa Ramanujan obtained a mathematics book containing thousands of theorems, which he verified and from which he developed his own ideas. In 1903 he briefly attended the University of Madras. In 1914 he went to England to study at Trinity College, Cambridge. In 1920 he died at age 32, generally unknown to the world at large but recognised by mathematicians as a phenomenal genius. He is majorly known for his work with infinity, based on these facts a movie was also directed, which was later titled "The man who knew infinity". His genius is reflected in one of his quotes saying "No, it is a very interesting number, it is the smallest number expressible as a sum of two cubes in two different ways." One of his another quotes reflects how he integrated mathematics and spirituality "An equation means nothing to me unless it expresses a thought of God."

We will always remember such gems of ours.

~ Kamakshi, XII C

HOW DOES THE ROLE OF A MALE AND FEMALE DIFFER IN YOUR CULTURE?

Gender based perceptions and discrimination are deeply embedded in human minds. These deep-rooted cultural appropriations are particularly acquired during the earliest years of human life. Human culture is the collective programming of the mind that distinguishes the members of one group or category of people from others and based on that gender roles are set. How gender roles are defined in national culture is one of the most important questions that boggles the minds of feminists over a long period of time.

Gender roles are associated with a certain position within a household that frames different patterns of decision processes, for instance decisions regarding education etc. Women often have lower bargaining positions within the household for several reasons. One major aspect is that women have fewer opportunities in the labour market which is true in developing countries. It is worthy to note that girls are associated with additional costs such as the bride's dowry. These additional charges associated with women lead to different expectations and different behaviour shown within the household towards boys and girls. They are seen as financial burden which reflects on their unequal treatment which also affects their personalities to a large extent. With greater access to education and basic amenities women are taking up employment in diverse fields and have developed financial independence. This has increased their importance in the modern labour market. Concerning this change modern economies are also turning women friendly. Even though women are expected to be treated equally, there is still a gap between several aspects of daily life and economic issues. Even in developed countries, women still face a gender wage gap and receive less income for the same employment.

The common perception of women being a mother and giving birth adds to many prejudices and stereotypes against women. Another prejudice about women is that they are considered less skilled in mathematics and decision-making. Nudging, media, social expectations frame our culture and is still an influence factor that promotes inequality between men and women in modern labour markets. Therefore, women should not doubt men only for the predominant inequality, but also reflect own behaviour which is shaped by culture and role models. A transition towards equal treatment and payment is a long path where a cultural change is a pre-necessity.

~ Ankit Class- X C

IF I RULED THE WORLD

What would I do if I ruled the world? This question has me left open eyes for many nights. I feel that if I ruled the world, there would be no armed conflicts, no starvation, no racism, no discrimination, and more importantly no poverty in the world. I would work with all my might to overcome these challenges we face in the world today, and if I ruled the world, even for just one day, the world would be a totally different place.

I would work to ensure equality, liberty, freedom, and fraternity will prevail. If I ruled the world, there would be an absolute rule of law. I would work to provide basic amenities to the people who do not have access to clean drinking water, sanitation, means of basic hygiene. I have always dreamt about a world where there will be no discrimination based on race, religion, or gender, etc. I would ensure that diversity is celebrated and not wrecked. I would also encourage realistic education for the entire population.

The last, and the most vital, I would also ensure health care and education free and accessible to all. If I ruled the world, I would ensure that no one dies in absence of lack of healthcare facilities. I would ensure that medicines are affordable.

Remember, we all have the potential to make little changes that impact others more than you could ever imagine. In the end, remember to live your life by the famous words of Mahatma Gandhi: "Be the change you wish to see in the world".

~ Priyanshi Pal, X C

HOW TO MEMORISE FASTER

There are times when we struggle with keeping huge amounts of data in our mind. Our brain is like computer ram that deletes everything unnecessary. To ensure maximum try these steps now, and you will find remembering things a lot easier, and you will memorize more than a lot of other people!

Prepare: to ensure optimum memory utilisation chose your environment wisely. A place away from distractions, learning can thrive better in such an environment. Scientific studies prove that taking liquids during learning process one performs better. Example taking green tea is a good memory booster.

Record What You are Memorizing: Listening something in our own voice also help us promote learning. If you are trying to memorize a speech, record yourself reading the speech aloud and listen to yourself speaking.

Write Everything Down: written practice is one of the best methods to ensure greater learning outcome. Before you start trying to recall everything from memory, write and rewrite the information. This will help you become more familiar with what you are trying to memorize.

Prepare Notes: make your own notes and write them down in a notebook. Scientific studies have proven that we learn faster if it is written in our handwriting as it makes a connection with the written material.

Apply Repetition to Cumulative Memorization: to enhance learning, continuous repetition of text multiple times helps to recall faster. This will keep everything within your short-term memory from fading. Do not move on to another section until you have memorized that one completely.

Teach It to Someone: knowledge is the only thing that increases when you share it. Studies have shown that teaching information to someone is a guaranteed way to remember that information as it requires you to retrieve the information from your own memory. You can lecture the knowledge to someone sitting right in front of you or the mirror if you cannot convince anyone to sit through it.

Listen to the Recordings Continuously: While doing unrelated tasks like walking etc, go over the information again by listening to your recordings.

Take a Break: Finally, let your mind breathe. Go for a short time without thinking about what you just learned and come back to it later. Better yet, get out and take a walk while you're on your break in order to absorb the benefits of being in nature.

Final Thoughts: Whether you are learning how to memorize a speech, learn a new language, or cramming for tomorrow's exam, memory serves us in nearly every area of our lives. Once you learn how to memorize information faster and more efficiently, you will put yourself ahead of the pack of those who are still struggling to remember and recall necessary bits of information. Get started today!

NEWS TO FOLLOW

We live in the world where knowledge is power, and information is necessary. Now this power and necessity to be accumulated wisely to use it for our benefit. It is important to be an informed citizen. But if we have no strategy to use the news, we end up being used. We need to know ways to follow the news to our advantage. Let us talk about what kind of news is more important for the human capital in making:

1. **Utility news:** it means focusing on the news that has great utility for your present as well as future. I advise to follow financial news because it not just tells you about the economic condition of the country and the world, but also deal with the prospects the global economy will yield. They tell us about the kind of business and job opportunities are opening in our country and elsewhere. This is extremely important for the future entrepreneurs.
2. **National Political News:** It is important to know the political scenario of our country. As a future citizen we need to be aware about the current events happening across the country. This undoubtedly affects our present as well as future. Many of us are looking for careers in the fields associated with teaching, art, literature, finance, etc. These are to a great extent linked to the political scenario of our country. Until you develop a comprehensive understanding about the political scenario you can surely not use it for you advantage.
3. **Columns/Editorials:** Columns and editorials often help us understand comprehensively about a topic and we also get to learn about diverse opinions circulating in the around a topic. On the one hand columns are personal opinions about whatever topic the columnist writes about, on the other hand editorials consist of the collective opinion of the newspaper's editorial board. One can use them to develop their own perspective and rather than just being part of a mindless herd.
4. **Choose your news-** it is becoming progressively important to resist passively consuming news. In other words, limit the amount of news you consume. Choose which channels you will take your news from and by channels I am not just talking about TV channels but choose the medium of information wisely.

~ Sanyam, X C

SOCIAL NETWORKING

Social media has come a long way from being an entertainment channel to a fully integrated part of nearly every aspect of our daily life. Facebook, Twitter, Instagram has become a major platform for public debates where people share their opinion. There is a massive size of population that depends on social networking for its daily news feeds and due to this it is changing the socio- political scenario of the world.

Social media is like a power which enables people to ask questions and provides a platform where people can share diverse views. But lately people turned sceptical about the role it plays in influencing the result of elections across the globe. In fact, there is an addictive quality to social media, and that is a big issue.

Of course, many have begun to believe that the biggest challenge around the impact of social media may be the way it is changing society. The obvious manipulation and undermining accountability of social media promoted fake news that spreads like a wildfire. Generally, people tend to believe what they see on social platforms which spread false information.

The technology with which we keep in touch may change, may evolve, in the future and will continue to change our socio- political scenarios.

~ Sachin, X C

THE WEIRDEST THING I HAVE FOUND ON GOOGLE ABOUT NOBEL PRIZE

While surfing the net I found multiple weird facts about the Nobel Peace Prize and thought about sharing them with you all.

In 1935, in an unprecedented move of the event the Norwegian delegate proposed Adolf Hitler's name for the Nobel Peace Prize which caused massive controversy.

I also read about Carl von Ossietzky who was offered the Nobel Peace Prize as he exposed the German re- armament programme and was convicted by the Nazi regime. On this move a few members of the Nobel committee resigned from the committee reactively as they were against award being proposed for a criminal. Ossietzky received the award while his stay in the concentration camp via a letter. This infuriated Hitler, who barred any German for receiving Nobel Peace Prize in the future.

The most atrocious is that Mahatma Gandhi was never awarded the Nobel Peace Prize. Mahatma Gandhi was nominated for the Nobel Peace Prize five times between 1937- 1948 but never received any. The year he was assassinated, he received a nomination for the award, but he was assassinated two days before the award committee made clear decision on the laureate. The Nobel committee decided against awarding prize, saying the laureate could only be awarded posthumously if he/she died after the committee's decision had been made. The committee made no award, stating there was no suitable living candidate in that year. Though years later the Nobel committee declared that it regrets the omission of the Mahatma's name from the list of Nobel laureate. Secretary of Norwegian Nobel Committee in 2006 said that the greatest omission in our 106 years of history is undoubtedly Mahatma Gandhi.

What an irony the murderer of peace and humanity was nominated for the peace prize. The one who tried to prevent a mad man destroy humanity was condemned and the biggest epitome of peace and harmony was not even considered for the Nobel Peace Prize. Indeed, we live in a weird world. Alas Gandhi could do without the Nobel Peace Prize but, whether the Nobel committee can do without Gandhi is the question.

~ Ayush Solanki, X C

DOES SOCIETY NEED TO BE MORE MATERIALISTIC?

Materialism is an ideology that believes in possession of huge amount of cash and other materialist worldly clutter. People who are highly materialist believe in owning and buying things is necessary to achieve important goals in life such as happiness, success, and desirability.

Many studies have proven that materialism is a part of human evolution. We have inherited the tendencies to cope up with the neighboring society to feel safe and secure. There is a popular belief that materialist people tend to care less about the environment and other people. By purchasing aspiring brands, people are seeking meaning in life and price tags help them satisfy their urge to fit into that part of the society.

It is not possible to eradicate something that we inherit through the process of evolution, but certainly it can be put to some kind of use for the society. Hoarders can be rewarded or reinforced to help for a social cause like helping needy, donation etc. A perfect example can be NGOs working for the welfare of people. They help in the distribution of products like blankets, children's clothing, sleeping bags, sanitary pads etc.

Materialism undoubtedly has an ugly face, but it is here to stay. Rather than focusing efforts to diminish it, individual consumers, businesses, and policymakers should focus on using it for promoting collective interests that benefit wider society.

~ Sneha, IX C

MASTERPIECES SHOWING DIVERSITY IN INDIAN ARCHITECTURE

One of the oldest civilizations of the world a land full of diversity, love, and magnificent aura. I am proud that I hail from a land with massive diversity. We are all aware of this massive diversity, but sometimes tend to forget to celebrate it. India possesses the most diverse cultural history and inhabited by multiple races, religions, and languages are a goldmine for the study of architectural evolution throughout history. Each transition or inclusion of a new culture has created an impact on Indian architecture and art. Let us learn about the greatest architectural pieces that hail from India.

Ajanta-Ellora Caves: India is truly incredible. Here we find the amazing example of finest rock cut caves that were built during the 2nd century B.C to 6th century A.D. Built out of volcanic rock formations, containing the remnants of Buddhist, Hindu, and Jain temples. These walls are equipped with engravings illustrating the life of Lord Buddha. Ellora is famous for world's largest monolithic excavation leading to the discovery of the great Kailasa temple.

Taj Mahal, Agra: Taj Mahal is undoubtedly one of the most impressive pieces of architecture not only in India but all around the world. Symbol of love of a king to his wife. But this is more than that. It is a marvel of architecturally splendid. Beautiful Petra- dura white marble, beautiful minarets signify the architectural geniuses of the time. Located in Agra, Uttar Pradesh attracts millions of tourists every year. **Amber Fort, Rajasthan:** Rajasthan is famous for its architectural genius and Amber Fort is one of the finest hill forts in there. A specimen of Hindu architecture in a Rajputana style reminds us about co-existence with nature and beauty. It is made of red-sandstone and marble.

Sun Temple, Konark: Lying on the coast of Bay of Bengal, it is considered one of the best examples of Dravidian Architecture. It is considered as one of the largest temples in India. Built in the 13th century, it has a form of a giant chariot with twelve intricately crafted wheels led by seven horses. A true marvel that shows the advanced craftsmanship as well as love and devotion of that era for art.

Sanchi Stupa, Madhya Pradesh: Built in the 3rd century B.C., an outstanding specimen of Buddhist art & architecture, it is one of the prominent monuments of ancient India. A stupa is generally a hemispherical dome structure containing relics of Lord Buddha. In this stupa, Lord Buddha has been represented by footprints, thrones, wheels, etc. and all of them are beautifully ornamented.

Thikse Monastery, Ladakh: This Buddhist monastery lies in the lap of Indus valley. Blessed by nature, it is built on a hill. It is the biggest monastery in Ladakh region. One can also find some rare and precious stupas, statues, thangkas, wall paintings and swords in the monastery. Architecturally, the most amazing features are the use of vernacular techniques in every element of buildings, whether it be walls, columns or roofs thus proving to be a great source of knowledge.

Make sure you keep these amazing places in your bucket list.

~ Anuj, X C

HOW HAVE MEMES SHAPED OUR CULTURE?

We see many things have evolved with the times. Music has gone from records to CDs and now almost entirely, digital. Sending an informal letter is like a fraction of seconds. As technology evolved and new things came into existence, so did memes. Memes can help release stress through laughter, connect people with similar opinions or illuminate a subject that may be sensitive or controversial. An Internet meme is a unique form of media that is spreading quickly via social media. Memes are interesting or amusing pictures, videos, or GIFs that frequently evolve. A meme is usually a culture inside joke that is easily noticeable among mass audiences. The very purpose of a meme is to play with the initial context of the image and the context in which it is used. Since today's memes are based on social media, they are also a good way to gain influence online. Creating and posting popular memes is a way for people to get more followers, and of course, these social connections can be leveraged in both positive and negative ways. Millennials spend most of their time on smartphones and computers and they use social media platforms like Instagram. Now a day's meme is used as a medium of news. Memes are also affecting the way we react to an event, so they also help frame public opinion. Indeed, memes are fun to look at but sometimes meme community gets very toxic and harass or bully many people, which can be a reason for depression, and we cannot imagine how much they go through that is why we should not promote any memes with toxic content. But most of the time our ideas are not the product of rigorous scientific experimentation or philosophical thinking. Acquiring idea from another person is more like catching a cold. In simple words, our brain is host and our ideas is viruses and through memes our ideas spread amazingly fast and keep evolving like viruses. Human society and culture are constantly evolving with the spread of ideas, messages, and information through memes. Of course, viruses can be quite detrimental to their hosts, and so can memes. Memes do not replicate for our benefit; they replicate for their own benefit.

~ Sanyam, X C

UNSUNG HEROES

I vividly remembered the day when we all were cheering and clapping for the ones who are keeping our society safe during COVID -19 pandemic. We recognised how these people put themselves in danger and try to keep the rest of us safe. There is no doubt that healthcare workers deserve a huge acknowledgment and encouragement from our side, but my concern is not the healthcare workers here rather I am talking about the people engaged in the sanitation and waste management work. We need to extend our gratitude and support for those who are working to keep society get going and safe. It is the most important activity that needs 24/7 services. These workers continuously work in extremely dangerous conditions. During the pandemic, we needed their services even more to reduce the risk of the spread of diseases. Most of us do not care or do not know about the number of extra hours they put in without being paid for them. They saw their monthly income dwindled due to shortage of money circulating in the economy. Despite them being more susceptible to contracting the virus they were not provided with regular supply of appropriate protective equipments. Many of them come in constant contact with exposed surfaces that may be infected like while cleaning toilets or sorting waste etc. Sadly, COVID-19 pandemic threatened the safety and security of the sanitation and waste management workers. Lakhs of them are deployed in the quarantine centres and hospitals. Reading about the sanitation worker gave me insight to the kind of fear he faces. "Serving amidst a pandemic without proper safety gear is a threat to life, but I can't tolerate my family starving," he said. "Of course, I do fear death, but I hate hunger the most."

I am trying to determine that people get to know about the significant role played by the people working in the sanitation and waste management. We need to put an end to the stereotypes, prejudice, and derogatory approach they encounter daily. They deserve our utmost respect for the kind of work they perform for the society. Indeed, the COVID-19 pandemic has helped bring the problems faced by these workers in the forefront. We should put their situation in the public eye and work to further building the recognition and support they deserve.

~ Sachin, X C

सृजन
की
कला

संपादकीय

वर्ष 2020 की यह पत्रिका इस पहल के लिए अविस्मरणीय रहेगी कि सृजनशीलता और सूचना प्रौद्योगिकी के मणिकांचन योग से राजकीय प्रतिभा विकास विद्यालय, सैक्टर 10, द्वारका की वार्षिक पत्रिका 'सृजन' प्रकाशित होने जा रही है। पत्रिका में नवोदित बाल रचनाकारों की रचनाएं सम्मिलित हैं जो उनकी सृजनात्मकता व प्रतिभा का प्रतीक है। आशा है ये रचनाएं आपको पसंद आएंगी। प्राचार्य जी की अनुप्रेरणा व बाल संपादकों की उत्साहपूर्ण भागीदारी से ही पत्रिका साकार हुई है। अध्यापकों का योगदान भी सराहनीय है। यह पत्रिका विद्यालय की सर्वतोन्मुखी उद्यमशीलता का दर्पण है और व्यक्तित्व को संवारने का साधन भी है।

श्रीमती अर्चना भारद्वाज
टी.जी.टी.(हिंदी)

योग और संगीत का ,
कुछ ऐसा नाता है।
करता है जो योग वह,
स्वर लहरी तर जाता है।
कठिन आसन कर वह,
स्टैमिना बढ़ाता है।
घंटों रियाज करने को ,
तभी बैठ पाता है।
प्राणायाम करके वो,
आन्तरिक ऊर्जा बढ़ाता है।
स्वर- आलाप -तान से,
श्रोताओं को चकित कर जाता है।
स्वर लय ताल में सामन्जस्य ही,
यौगिक ध्यान कहलाता है।
अनवरत अभ्यास से,
सांगीतिक योग हो जाता है।
ऐसा सुन्दर योग स्वयं को,
आत्म सन्तोष दिलाता है।
खुद प्रसन्न होता गायक,
सबको प्रसन्न कर जाता है।

बारिश की वो पहली बूँद जब धरती पर गिरती है तो धिती में पहला अंकुर फूटता है। तपती धरती की प्यास बुझाने सावन झूम कर आता है और धरती को हरी-भरी कर देता है। सावन में घिरते बादलों को देख कर मन में जीवन के प्रति नई उमंगें और आशाएँ अंगड़ाइयाँ लेने लगती हैं। पानी से भरे काले-काले बादल जब घिर आते हैं तो बच्चे खूब नाचते-कूदते हैं, किलकारियाँ मारते हैं, इधर उधर दौड़ते और गाते हैं। बादलों को देखकर मोर नाचने लगते हैं। पशु-पक्षी भी आनंद मनाते हैं। वर्षा ऋतु का समय आषाढ़ मास से अश्विन मास तक माना जाता है जिस कारण इसे चौमासा भी कहते हैं। पावस ऋतु के सुहावने मौसम में स्त्रियों का प्रसिद्ध 'तीज' का त्यौहार आता है। इस त्यौहार के आने पर बागों में बड़े-बड़े पेड़ों पर झूले डाले जाते हैं। इन झूलों पर स्त्रियाँ झूल कर तथा मल्हार व गीत गाकर सावन का स्वागत करती हैं। किसानों के लिए बारिश का विशेष महत्व होता है। किसान को अन्नदाता माना जाता है क्योंकि वह अपनी मेहनत से प्रत्येक व्यक्ति के मुँह तक निवाला पहुँचाता है। इस कार्य में बारिश उसकी परम मित्र होती है। किंतु वर्तमान समय में प्रकृति के साथ किए गए खिलवाड़ की वजह से यही बारिश कई बार जीवन देने की बजाय जीवन लेने का भी कार्य करती है। हमें पर्यावरण में बढ़ते असंतुलन पर काबू पाना होगा तभी हम प्रत्येक मौसम का भरपूर आनंद उठा पाएंगे।

~ श्रीमती वंदना, टी. जी. टी (हिंदी)

~जया पंत (संगीत अध्यपिका)

'योग अपनाएँ, तनाव को दूर भगाएँ'

हम विभिन्न परिस्थितियों में तरह-तरह के संवेगों का अनुभव करते हैं जो खुशी, संतुष्टि, दुःख, क्रोध, निराशा आदि के रूप में हो सकते हैं। ये सकारात्मक भी हो सकते हैं और नकारात्मक भी। कई बार नकारात्मक संवेग और उन्हें व्यक्त करने के नकारात्मक तरीके तनाव के कारण होते हैं। तनाव के प्रबंधन में जीवन-शैली एक महत्वपूर्ण भूमिका अदा करती है। एक स्वस्थ जीवन-शैली तनाव कम करके व्यक्ति के स्वास्थ्य में संवर्धन करती है। कोविड 19 महामारी के कारण आप सभी तनाव में होंगे, विद्यालय कब खुलेंगे, हम किस तरह विद्यालय में जा पाएँगे। रोज़ की उबाऊ जीवन-शैली से निश्चय ही सभी परेशान हो चुके होंगे। ऑनलाइन कक्षाओं का दबाव, समय पर गृहकार्य करने का दबाव आदि से सभी बेचैन एवं चिंतित हो जाते हैं। छोटी-छोटी बातें याद नहीं रहती, जिससे क्रोध उत्पन्न होता है। तनाव हमारे अनुभव करने, सोचने एवं कार्य करने की क्षमता पर विपरीत प्रभाव डालता है, इसलिए इस तनाव पर नियंत्रण करना आवश्यक है। तनाव को खत्म करने का एकमात्र तरीका योग को ही माना जाता है। इसके लिए हमें अपनी जीवन-शैली में सुधार लाना होगा। सुबह उठकर नियम से सूर्यनमस्कार आसन, प्राणायाम क्रिया आदि का अभ्यास करना चाहिए। इसके साथ-साथ सूक्ष्म क्रियाओं जैसे-गर्दन, कमर, कंधे व घुटने की क्रियाओं का नित्यप्रति अभ्यास करें। इसके पश्चात् आसनों जैसे-ताड़ासन, वृक्षासन, पादहस्तासन, उष्टासन, त्रिकोणासन, भुजंगासन आदि करें। इनके बाद शवासन अवश्य करें। तत्पश्चात् कपालभाति क्रिया एवं प्राणायाम-अनुलोम-ववलोम एवं भ्रामरी का अभ्यास करें। इससे आपका शरीर थकथि रहेगा और रोगों से लड़ने की क्षमता का विकास होगा। अंत में ध्यान का अभ्यास अवश्य करें। ध्यान के अभ्यास से नकारात्मक संवेगों जैसे-डर, क्रोध, तनाव, चिंता आदि पर नियंत्रण होता है और सकारात्मक संवेगों का विकास होता है। प्रतिदिन योगाभ्यास करने से आपका मन शांत रहेगा, एकाग्रता व स्मरण शक्ति बढ़ेगी तभी हम अपने जीवन की परिस्थितियों में संतुलित रह सकेंगे। स्वस्थ रहें, सुरक्षित रहें।

~ Mrs. Madhu Goswami, TGT(Yoga)



देशभक्ति शब्द बोलते ही हमारा ध्यान हमारी सीमाओं पर तैनात सिपाहियों की तरफ जाता है। क्या अपनी देशभक्ति दिखाने का एक ही रास्ता है? क्या हम सीमा पर दुश्मन को परास्त करके ही अपनी देशभक्ति की भावना को प्रकट कर सकते हैं? क्या कोई अन्य कार्य नहीं है, जिससे हमारी देशभक्ति नज़र आए? जो भी कार्य हमें दया जाए, अगर हम उसे पूर्ण मनोयोग एवं ईमानदारी से करें तो भी हम देशभक्ति प्रकट कर सकते हैं। हम चाहे विद्यार्थी हों, अध्यापक हों या चिकित्सक, यदि हम अपने कर्तव्यों का उचित निर्वाह कर रहे हैं तो वह भी देशभक्ति ही है। मुझे याद है, एक अत्यंत अनुभवी महिला ने मुझसे किसी घटना के समय कहा था कि “आरती तुम्हारी सारी धर्मनिरपेक्षता टुकड़े-टुकड़े हो कर बाहर आ जाएगी।” उस दिन मैं बहुत देर तक उन बातों पर विचार करती रही कि क्या इसको देशभक्ति कहते हैं? जब हम अपने विचारों और भावों से समाज में गलत धारणाएँ विकसित करते हैं, तो उसे भी तो हम देशभक्ति नहीं कह सकते। देशभक्ति न तो किसी व्यक्ति विशेष और न ही किसी भावना विशेष से सम्बन्ध रखती है। देशभक्ति, आपके प्रत्येक कर्तव्य के निर्वाह में, आपके द्वारा प्रकट किए गए हर विचार में, अपनी सेना के प्रति सम्मान में, क्रांतिकारियों के प्रति आभार में, आपके अच्छे विचारों के प्रवाह में नज़र आती है।

~ Mrs. Arti Sikka, TGT(S.Sc.)

दो पंखे

हमारे पुराने घर में दो पंखे हुआ करते थे, जिनमें से केवल एक ही पंखा अधिक उपयोग होता था, शायद ये उन दिनों में हमारी मुप्लिसी के कारण पर हम तो आज भी यही मानते हैं के वो हमारे आपसी प्रेम के कारण होता था कि हम सब एक ही कमरे में बैठते थे। पूरा परिवार उसी एक कमरे में उसी एक पंखे के नीचे बैठकर एक साथ खाना खाता था, दूरदर्शन पर सब एक साथ बैठकर चित्रहार देखा करते थे और गर्मियों में उसी एक पंखे को कोसा करते थे के यह पंखा सही से हवा नहीं कर रहा या की ये पंखा बहुत धीमें धीमें चल रहा है, दूसरे कमरे में बंद पड़े उस दूसरे पंखे पर किसी का मानो ध्यान ही नहीं जाता था। पहला पंखा पूरा दिन चलता, पर पूरा परिवार उसी पंखे में मीन मेख निकालता था। आज दफ्तर से घर पहुंचा तो मन उदास था, आज अफसर से डांट जो पड़ी थी, पर घरवाले तुरंत भाँप गए के आज कुछ तो गड़बड़ है, थोड़ा सा पूछने पर मेरे अंदर का गुबार फट पड़ा। पिताजी बड़े संयम के साथ सब कुछ सुन रहे थे, थोड़ी देर बाद बोले पुराने घर का वो पंखा याद है, मैं भी सोच में पड़ गया कि उस पंखे से आज का क्या लेना देना, पर ऐसे ही कह दिया हूँ याद है थोड़ा थोड़ा, पिताजी आगे बोले के वही पंखा बनो, काम करोगे तो गलतियाँ भी होंगी और सुनना भी पड़ेगा, तुम बस अपना काम करो। तुमसे लोगों को अपेक्षाएं ज्यादा हैं, इसलिए तुम्हें ज्यादा करना भी पड़ेगा, अब उस धूल लगे पंखे को कौन चलाने का जोखिम उठाएगा। उनका ये कहना मानो मेरी सारी थकान एक क्षण में दूर कर गया मन का सारा क्रोध अब शांत हो चुका था। माँ की गोद में सिर रखकर उस पंखे को देखते देखते न जाने मैं कब सो गया।

~ शोभित पॉल, (TGT, N.Sc.)

मॉनसून

ठंडी हवा चली और काले बादल छाए,
कुदरत भी अपना अलग अलग रूप दिखाए
काले बादल फैलके सूरज की धूप छिपाए,
बच्चों और बड़ों के चेहरे प खुशी लाए
हाँ बंजर ज़मीन पर ये पानी भर लाए,
गड़ गड़ गड़ गड़ बादल गड़गड़ाए
छम छम छम छम बूंदें गिरती जाए,
छप छप छप छप बच्चे छपछपाए
किसानों के चेहरे पे बड़ी खुशी आई,
बच्चों ने भी कागज़ की नाव है बनाई
बारिश में घूमके किसानों ने गम है मिटायें,
दुःख के पल में बारिश ही काम आए
ऐसा कौन है जो इस टाइम पकोड़े ना बनाए,
पकोड़े के साथ चाय है तो बड़ा मज़ा आए।

~ Karan, XII D

प्यारा प्यारा मेरा देश

प्यारा प्यारा मेरा देश,
दुनिया जिस पर गर्व करें।
नया सितारा मेरा देश,
चाँदी सोना मेरा देश,
सफल सलोना मेरा देश
सुरल जैसा आलोकित।
सूख का कोना मेरा देश,
फूलों वाला मेरा देश,
झूलो वाला मेरा देश,
गांगा यमुना की माला का,
फूलों वाला मेरा देश।
आगे जाए मेरा देश
नित नए मुस्काए मेरा देश,
इतिहासो में बढ़ चढ़ कर,
नाम लिखाए मेरा देश।

~ Pradeep Kumar, XII D

आत्म निर्भर भारत

ए भारत, तुझको आत्मनिर्भर होना है
ए भारत, तुझको आत्मनिर्भर होना है
धरती यह फिर से उगलेगी सोना खेतों को
अब उर्वर होना है दूध की नदियाँ बहती थी
जिसमें क्षीर का उसे अब सागर होना है
ए भारत, तुझको आत्मनिर्भर होना है
शिक्षित हो हर बच्चा-बच्चा
विकास का मार्ग प्रशस्त करने को कुटीर
उद्योग घर-घर होना है
सोने की चिड़िया मात्र नहीं है बनना सोने
का अंबर तुझको होना है
ए भारत तुझको आत्मनिर्भर होना है
ए भारत तुझको आत्मनिर्भर होना है
देश हित में यह कदम उठाना है, भारत को
आत्मनिर्भर बनाना है,
होगा संपूर्ण विश्व में भारत का सम्मान
और मिलेगी उसे एक अलग पहचान

~ Khushi Rana, X B

धर्म की विजय

जब संकट छाया था विकराल
छा गया मेघ बन महाकाल
वो थी विपदा की घोर घड़ी
जब डूबी थी कान्हा नगरी
था इन्द्र देव का कोप बढ़ा
वो था घमंड में चूर खड़ा
अंबर गर्जन से डोल रहा था
त्राहि त्राहि! मानव बोल रहा था
अंबर में चमकी थी दामिनी
भयावह बन गई थी यामिनी
थी वर्षा बनकर आई प्रलय
हर और छाया था मौत का भय

सुन व्यथित हृदय की तब पुकार
व देख सुरपति के शीश चढ़ा अभिमान
प्रभु ने मन में ही इंद्र को समझाया
इस सब का परिणाम बतलाया
जो भी अभिमान में आता है
नाश निश्चित ही उसका हो जाता है

समझाने पर भी इन्द्र को हुई न कोइ ग्लानि
तब इन्द्र का दर्प चूर करने की माधव ने मन में ठानी
प्रणाम किया गिरी गोवर्धन को, आगे कदम बढ़ाया
और छोटी सी ऊंगली पर कान्हा ने उसे उठाया
जय मोहन, जय बंसीधर, जय माधव, कृष्ण मुरारी
धरती का कण कण बोल उठा, जय हो गोवर्धन गिरिधारी।

यह देख इन्द्र ने अपना तब प्रकोप बढ़ाया
निश्चित हुए ब्रज के लोगों को तब थोड़ा और डराया
सही के आगे गलत जगत में कब तक टिक पाता है
दुष्कर पथ पर चलकर के भी धर्म जीत ही जाता है
रुक गई वृष्टि, छट गए मेघ, आ गया गगन में सुर्य महान
कृष्ण के सम्मुख टिक ना पाया, सुरपति का अभिमान
क्षमा मांग इन्द्र ने तब अपना शीश झुकाया
ब्रज के अंबर पर फिर से खुशियों का बादल छाया।

~ Sachin, X C

मेरा हिन्दुस्तान

शेष हो जब तक शिराओं में लहू की एक बूंद भी
जब तलक चले सांसे और मेरे तन में प्राण हो
तब तलक मेरे हृदय में एक ही अरमान हो
समृद्ध थे समृद्ध हैं समृद्धि ही पहचान हो
सूर्य सम वर्चस्व वाला मेरा हिंदुस्तान हो

माँ भारती के पाद-पंकज में पड़ी थी जब बेड़ियां
इसकी आज़ादी के खातिर रक्त भी अर्पित किया
अस्थियों की बांसुरी पर तान छेड़ी सांसों की
शीश पर बांधा कफन खुद प्राण भी हंसकर दिया
इसका ध्वज अंबर को चूमे और यह बलवान हो
सूर्य सम वर्चस्व वाला मेरा हिंदुस्तान हो

प्राण निज कर में सजाए सरहदों पर हैं जो खड़े
पर्वतों पर घाटियों में दूर अपने परिजनों से
हो सदा सम्मान उनका वो रहे खुशहाल हरदम
वो जो सैनिक करते हैं रक्षा वतन की अड़चनों से
हो वतन जब तक हमारा उनका भी गुणगान हो
सूर्य सम वर्चस्व वाला मेरा हिंदुस्तान हो

गर्व से मस्तक उठाए भाल पर दमके हिमालय
और चरणों को पखारे नित महासागर खुशी से
खुद में पावनता समेटे बहती हो गंगा की धारा
और आएँ खुशबूएँ चंदन की हरदम ही ज़मीं से
सर्वदा मेरे देश की माटी का गौरव गान हो
सूर्य सम वर्चस्व वाला मेरा हिंदुस्तान हो

कर्तव्य पथ पर अग्रसर हों सब, रहे संकल्प दृढ़
और हृदय में देश सेवा का सदा ही भाव हो
देशवासी एक हों और धर्म केवल देश हो
कुछ कर दिखाने की लगन और थोड़ा सा ठहराव हो
समृद्ध थे समृद्ध हैं समृद्धि ही पहचान हो
सूर्य सम वर्चस्व वाला मेरा हिंदुस्तान हो

~ Abhinav Kr. Jha, XI D

साक्षरता हर नर का अधिकार

अलंकरण करती आत्मा का बुद्धि का करती विस्तार |
साक्षरता सक्षम बनाती, हर नर का ये अधिकार |
जन्म सार्थक कब हुआ है ज्ञान के वरदान के बिन,
लक्ष्य तक पहुंचा मनुज कब साधना संधान के बिन;
कब हृदय की कालिमा दिनकर की किरणों से मिटी है,
मन हुआ है कब प्रकाशित वास्तविक सदज्ञान के बिन |
नभ तलक ले जाती ये, है उत्थान का आधार |
साक्षरता सक्षम बनाती, हर नर का ये अधिकार |
है कहानक खुद ही हर व्यक्ति स्वयं अपनी कथा का,
है नहीं आसान चुनना मार्ग हर दम सफलता का;
लक्ष्य तक चलना उसे है संग ना साथी कोई भी,
संग है विद्या ही केवल पथ दिखाती जो प्रभाका |
स्वार्थी जग में ये खोले सफलता के सब द्वार |
साक्षरता सक्षम बनाती, हर नर का ये अधिकार |
मान और सम्मान के बिन है नहीं कुछ भी ये जीवन,
बिन कमाए है नहीं मिलता यहां भर पेट भोजन;
वो जिंदगी क्या जिंदगी रसहीन है जो काठसी
देती है क्षमता यही उत्सव बने जिस से हरेक क्षण |
नतमस्तक सम्मुख इसके हो जाता सारा संसार |
साक्षरता सक्षम बनाती, हर नर का ये अधिकार |

~ अभिनव कुमार झा, XI D

अहिंसा से नाता जोड़ो

आज चारों ओर बस अँधेरा नज़र आता है,
मानव बुद्धि पर काल का डेरा नज़र आता है |
सब भूल चुके अपनी सभ्यता-संस्कृति को,
भूले अशोका, लुंबिनी, हर्ष और विक्रमादित्य को |
इन्हें कोई सिखाए जो गाँधी जी ने कहा है,
पर कैसे? बुद्धि प्रांगण में तो गोडसे पल रहा है |
बचपन से ही हरिचन्द्र की कहानी पढ़ी थी,
प्यार, प्रेम और बलिदान की सीख मिली थी |
पर फिर न जाने ये हिंसा की कहानी,
किसने लिखी? किसने सुनाई अपनी जुबानी |
चारों तरफ फैली चीख-पुकार, मार-काट,
वेदों पुराणों ने तो न सिखाई थी ऐसी बात |
चलो भूलें इस हिंसा की कहानी को,
सीखें अहिंसा और प्रेम की वाणी को |
तभी आएगा विश्व में एक नया सवेरा,
खिल जाएगा चेहरा तेरा-मेरा |

~ कामाक्षी, 12 स

त्यौहार : भारत की विरासत

त्यौहार मतलब हर्ष और उमंग का आगमन | त्यौहारों के आते ही पूरे घर तथा शहर का माहौल खुशनुमा हो जाता है। चारों ओर शोरगुल और मस्ती छा जाती है। इनके आगमन से हमारी नीरस जिंदगी में रस की अनुभूति होती है। त्यौहारों का एक खास महत्व यह भी है कि ये हमें अपने सगे-सम्बंधियों से जोड़ने का काम करते हैं। हमारे भारत देश को त्यौहारों का देश भी कहा जाता है क्योंकि यहाँ हर महीने कोई न कोई त्यौहार ज़रूर आता है। त्यौहार हमें प्रेम व भाईचारे का सन्देश भी देते हैं। हमारे देश में इतनी विभिन्नताएँ होते हुए भी लोग सभी त्यौहारों को मिल-जुल कर मनाते हैं, जो हमें अनेकता में एकता का सन्देश देते हैं। हमारे देश में कई तरह के पर्व मनाए जाते हैं। कुछ ऐसे पर्व हैं जो किसी धर्म व जाति से जुड़े हैं। इन त्यौहारों के आते ही सभी प्रफुल्लित हो जाते हैं। कुछ पर्व ऐसे भी हैं जो किसी विशेष जाति, धर्म व मज़हब से रिश्ता नहीं रखते। इन त्यौहारों को देश का हर नागरिक बड़े धूम-धाम से मनाता है। ये पर्व हमारे तन-मन को जोश से भर देते हैं और हमारे मन में देशप्रेम की भावना को प्रज्वलित करते हैं।

~ अंकित कुमार (दसवीं 'स')

2020 : कुछ सबक

वर्ष 2020 ख़त्म हो गया है तथा लोगों ने नए वर्ष का स्वागत भी कर लिया है। ऐसा पहली बार हुआ है जब लोगों ने नए वर्ष के आने से ज़्यादा वर्ष 2020 के बीत जाने की ख़ुशी मनाई क्योंकि वर्ष 2020 का अनुभव वैश्विक रूप से बहुत ही बुरा साबित हुआ है। कोरोना महामारी के कारण पूरे विश्व में जहाँ लाखों लोगों की जान चली गई, वहीं वैश्विक अर्थव्यवस्था भी बुरी तरह से प्रभावित हुई और लाखों लोग बेरोज़गार हो गए। गत वर्ष से हमें बहुत से सबक मिले हैं। ऐसा बिलकुल भी नहीं है कि वर्ष 2020 हमें सिर्फ बुरी याद ही देकर गया है, इसने हमें बहुत कुछ सिखाया भी है जिसे हमें अपने जीवन में उतारना चाहिए।

- स्वास्थ्य के प्रति जागरूक रहना -- वर्ष 2020 का सबसे बड़ा सबक यह मिला कि खुदको सेहतमंद कैसे रखना है। दिनचर्या में पौष्टिक भोजन, योग व प्राणायाम के महत्व से लोग परिचित हुए हैं।
- पर्यावरण व प्रकृति के साथ जीना—अब मनुष्य प्रकृति के ज़्यादा करीब आ गए हैं। उन्होंने पर्यावरण के संतुलन की आवश्यकता को समझा है। लोगों ने यह भी महसूस किया कि जब लॉकडाउन लगा तो हवा कितनी शुद्ध हो गयी थी। हिमालय की बर्फीली पहाड़ियाँ पंजाब से भी दिखाई देने लगी थीं।
- सीमित संसाधनों में जीना -- वर्ष 2020 में लोगों को यह सबक मिला कि कम से कम चीज़ों में कैसे जीवन का गुज़ारा किया जा सकता है। लोग एक दूसरे की मदद के लिए भी आगे आए।
- परिवार का महत्व - जीवन की सबसे बड़ी सीख तो हमें यह मिली है कि हम परिवार के लिए और परिवार हमारे लिए कितना महत्वपूर्ण है। पिछले वर्ष लोगों ने ज़्यादातर समय अपने परिवार के साथ बिताया है, चाहे यह उनके लिए मजबूरी ही रही हो लेकिन परिवार के सभी सदस्य एक दूसरे की अहमियत को जान गए। परिवार की ख़ुशी ही सबसे बड़ी ख़ुशी होती है। परिवार के साथ बिताए ये पल सभी को याद रहेंगे। हमें वर्ष 2020 से मिले सबक को हमेशा याद रखना है तथा इस वर्ष हमें प्रभु से प्रार्थना करनी है कि वर्ष 2021 अच्छे से बीते और हम पहले की तरह ही अपने विद्यालय में जाकर विद्याध्ययन कर सकें।

~ खुशी मल्होत्रा (आठवीं 'स')

गृह विज्ञान एक कला



गृह विज्ञान एक कला,
इससे होता सबका भला।
इससे मिलता हमें इतना ज्ञान की,
जीवन हो जाता खुशी का भंडार।
खाना पकाओ अच्छा-अच्छा,
कभी न खाओ कच्चा-कच्चा।
सभी फल धो कर खाओ,
अपने जीवन को तुम स्वस्थ बनाओ।
साफ-सुथरे कपड़े पहनना,
कीटाणुओं से तुम दूर रहना।
गृह विज्ञान से होगा ज्ञान,
इसलिए इस पर लगाओ ध्यान।



गृह विज्ञान को तुम अपने जीवन में अपनाओ,
जिंदगी भर तुम खुशियां पाओ।
जंक फूड को दूर भगाओ,
हरी सब्जी को अपनाओ।
गृह विज्ञान पर लगाओ ध्यान,
घर में चिकित्सा करके बनो महान।
मिलावट को तुम मारो गोली,
घर पर बनाओ स्वादिष्ट दिवाली और होली।
पिज़्ज़ा,बर्गर दूर भगाओ,
करेला,पालक को अपनाओ।
इसमें छिपा जिंदगी का सार,
इससे सीखो बार-बार।
फिर से देती हूँ एक सलाह,
गृह विज्ञान एक कला,
इससे होता सबका भला।



~ मान्यता (आठवीं 'ब')



संस्कृत

खंड

संस्कृत दिवस

भाषासु मुख्या मधुरा
दिव्या गीर्वाण भारती
तस्यां हि काव्यं मधुरम्
तस्मादपि सुभाषितम् ॥

अर्थात् भाषाओं में सबसे मधुर दिव्य , देववाणी , संस्कृत भाषा है और उसमें भी काव्य मधुर है , काव्यों में भी सुभाषित श्लोक ।

विश्व संस्कृत दिवस श्रावण मास की पूर्णिमा को मनाया जाता है। रक्षाबंधन का पवित्र पर्व भी इसी दिन होने के कारण इसकी महत्ता और बढ़ जाती है । इसी दिन आदिकवि महर्षि वाल्मीकि ने रामायण की रचना की थी । संस्कृत दिवस मात्र एक दिन नहीं अपितु पूरे सप्ताह संस्कृत सप्ताह के रूप में मनाया जाता है। सम्पूर्ण विश्व में हर्षोल्लास के साथ मनाया जाता है । सभी विद्यालयों , महाविद्यालयों शिक्षण संस्थानों सर्वत्र संस्कृत के प्रचार-प्रसार के लिए सांस्कृतिक कार्यक्रम आयोजित होते हैं या यूँ कह लीजिए कि समस्त वातावरण ही संस्कृत मय हो जाता है पूर्ण रूप से परिष्कृत संस्कृत भाषा सभी भाषाओं की जननी है देववाणी , अमृतवाणी, आराध्य एवं तर्कपूर्ण हमारी भाषा विश्व की सभी भाषाओं का उद्गम स्रोत है । इसमें एक तरफ वेद , पुराण , उपनिषद् , रामायण-महाभारत की अविरल धारा है तो दूसरी तरफ मनुस्मृति चाणक्यनीति, विदुर नीति , नीति शतक, हितोपदेश, पंचतंत्र की प्ररणाप्रद प्रसंगों से परिपूर्ण है । पाणिनी की अष्टाध्यायी , आयुर्वेद , धनुर्वेद ज्योतिष , अंतरिक्ष विज्ञान , रसायन विज्ञान साहित्य , संगीत सभी क्षेत्रों में अक्षुण्ण योगदान है । विश्व के सभी वैज्ञानिकों ने स्वीकारा है कि कम्प्यूटर के लिए संस्कृत से अधिक सटीक एवं वैज्ञानिक भाषा और कोई नहीं हो सकती । रूस और जर्मन जैसे देशों ने तो स्कूली शिक्षा में बच्चों के लिए संस्कृत भाषा को अनिवार्य कर दिया है ।

नासा के वैज्ञानिकों ने २० वर्ष के अनुसंधान के उपरान्त संस्कृत को **storage of data** और **Artificial intelligence** के लिए सर्वाधिक उचित घोषित कर दिया । उन्होंने अंतरिक्ष में सभी भाषाओं में संदेश (**msg**) भेजे परन्तु वहां वे उल्टे दिखते थे लेकिन संस्कृत में ऐसा नहीं हुआ।

वर्तमान विश्व के कठिन परिस्थिति कोरोनावायरस के काल में महर्षि पतंजलि के योगसूत्र को हम कैसे भूल सकते हैं , जिसे विश्व में सर्वत्र स्वीकारा है और विशाल जनसंख्या वाला अपना देश योग प्राणायाम एवं आयुर्वेद से ७० प्रतिशत से अधिक लोग स्वस्थ होकर संतुलन बनाए रखा है ।

हमारे देश के युवा पीढ़ी में शुचि संस्कार में परिष्कार करने हेतु संस्कृत का स्थान सर्वविदित ही है । संस्कृत के क्षेत्र में आज सबसे अधिक कार्य यदि कहीं हो रहा है तो वो है पतंजलि योगपीठ हरिद्वार में एवं गुरु बाबा रामदेवजी के कर-कमलों से जहां न केवल योग , प्रणायाम अपितु , व्याकरण , दर्शन , आध्यात्मिकता , आयुर्वेद प्राकृतिक चिकित्सा संगीत कला साहित्य संस्कृति सबकी शिक्षा एक साथ सभी आधुनिक उपकरण एवं योग्य शिक्षकों द्वारा दी जाती है । भारतीय उनके योगदान को जो कोरोनावायरस के काल में दिया है उसे भूल नहीं सकते । संस्कृत विश्वविद्यालय , विद्यापीठ , राष्ट्रीय संस्कृत संस्थान , एवं विभिन्न गुरुकुलों , संस्कृत भारती जैसे संस्थान का योगदान अक्षुण्ण है ।

परन्तु दूसरी तरफ समृद्धशाली संस्कृत वांग्मय एक संतान से उपेक्षित बूढ़ी मां की तरह एक कोने में अपमानित हो रही है वर्तमान काल में ये बहुत दुःख की बात है , इसकी अनिवार्यता स्कूलों से समाप्त हो गयी है । मैं तो अनुरोध करूंगी अपने साथीभाई बहनों से कि वे अपने बच्चों को ऐच्छिक विषय के रूप में जरूर पढ़ाएं । मैं अपने विद्यार्थियों से अपेक्षा करती हूं कि खूब मन लगाकर पढ़ें और संस्कारी बनें जीवन में ऐसा कुछ करें जिससे हमारा देश संस्कृत एवं संस्कृति गौरवान्वित हो । मैं अपने आप को बहुत ही गर्व महसूस करती हूं कि मैं एक संस्कृत अध्यापक हूं और सागर के एक बूंद के समान संस्कृति एवं संस्कृत की सेवा में जीवनपर्यंत प्रयासरत रहूंगी ।

जयतु संस्कृतं जयतु भारतम्

~ Mrs. Divya Mishra, TGT (Sanskrit)

VEDIC NUMERICAL CODE FOR VALUE OF PI

गोपीभाग्यमधुव्रातःशृंगशोदधिसंधिगः ।
खलजीवितखातावगलहालारसंधरः ॥

The above shloka has actually 3 meanings

1. In favor of Lord Shiva
2. In favor of Lord Krishna
3. The value of Pi up to 32 decimals.

For decoding this shloka we need to understand katapyadi system for equivalence of numbers and Sanskrit syllables. Shloka for katapyadi system is following-

नज्ञावचश्चशून्यानि संख्याः कटपयादयः ।
मिश्रेतूपान्त्यहल्संख्या नच चिन्त्योहलस्वरः ॥

Meaning: न, ज तथा अ शून्य को निरूपित करते हैं। (स्वरो का मान शून्य है) शेष नौ अंक क, ट, प और य से आरम्भ होने वाले व्यंजन वर्णों द्वारा निरूपित होते हैं। किसी संयुक्त व्यंजन में केवल बाद वाला व्यंजन ही लिया जायेगा। बिना स्वर का व्यंजन छोड़ दिया जायेगा।

So, numeric value of syllables are following:-

Following above rule of numbers and syllables, decoding the given shloka gives value of pi upto 32 digits.

गोपीभाग्यमधुव्रातःशृंगशोदधिसंधिगः ।
खलजीवितखातावगलहालारसंधरः ॥

1	2	3	4	5	6	7	8	9	0
क	ख	ग	घ	ङ	च	छ	ज	झ	ञ
ट	ठ	ड	ढ	ण	त	थ	द	ध	न
प	फ	ब	भ	म	-	-	-	-	-
य	र	ल	व	श	ष	स	ह	-	-

gopeebhaagyamaDhuvraathaHshruMgashodhaDhisaMDhigaH
khalajeevithakhaathaavagalahaalaarasaMDharaH

ga-3, pa-1, bha-4, ya -1, ma-5, Dhu-9, ra-2, tha-6, shru-5, ga-3, sho-5, dha-8, Dhi -9, sa-7, Dha- 9, ga-3, kha-2, la-3, jee-8, vi-4, tha-6, kha-2, tha-6, va-4, ga-3, la-3, ha-8, la-3, ra-2, sa-7, Dha-9, ra-2

3.1415926535897932384626433832792...

There were many inventions in the field of science and technology in ancient India, we just have to shift through the sands of time to find them.

~ Mr. Hitesh Narayan Mudgal, TGT (Sanskrit)

सूक्तयः

1. अप्रियस्य च पथ्यस्यवक्ता श्रोताच दुर्लभः (वाल्मीकि रामायण 6.16.21)
अर्थ- अप्रिय किंतु परिणाम में हितकर हो ऐसी बात कहने और सुनने वाले दुर्लभ होते हैं।

2. 'अतिथिदेवो भव' (तैत्तिरीयोपनिषद् 1/11/12)
अर्थ- अतिथि देव स्वरूप होता है।

3. 'अर्थोहि कन्यापरकीय एव।' (अभि.शाकुन्तलम्)
अर्थ- कन्या वस्तुतः पराई वस्तु है।

4. 'अहिंसापरमो धर्मः।' (महाभारत-अनुशासनपर्व)
अर्थ- अहिंसा परम धर्म है।

5. 'अहोदुरंता बलवद्विरोधिता।' (किरातार्जुनीयम् 1/23)
अर्थ- बलवान् के साथ किया गया वैर-विरोध होना अनिष्ट अंत है।

6. 'आचारपरमो धर्मः।' (मनुस्मृति 01/108)
अर्थ- आचार ही परम धर्म है।

7. असतोमा सद्गमयतमसो माज्योतिर्गमय। (बृहदारण्यक-1.3.28)
अर्थ- मुझे असत् से सत् की ओर ले जायें, अंधकार से प्रकाश की ओर ले जायें।

8. "ईशावास्यमिदं सर्वं" (ईशावास्योपनिषद्-मंत्र 1)
अर्थ- संपूर्ण जगत् के कण-कण में ईश्वर व्याप्त है।

9. उत्तिष्ठ जाग्रत प्राप्यवरात्रिबोधत (कठोपनिषद्)
अर्थ- हे मनुष्य! उठो, जागो और श्रेष्ठ महापुरुषों को पाकर उनके द्वारा परब्रह्म परमेश्वर को जान लो।

10. किमिवहि मधुराणां मण्डनं नाकृतीनाम् (अभिज्ञानशाकुन्तलम् 1/20)
अर्थ- सुन्दर आकृतियों के लिए क्या वस्तु अलंकार नहीं होती है।

संकलित द्वारा ~ स्नेहा, नवमी स

पर्यावरणम्

अस्मान् परितः यानि पञ्चमहाभूतानि सन्ति तेषां समवायः एव परिसरः अथवा पर्यावरणम् इति पदेन व्यवह्रीयते । इत्युक्ते मनुष्यो यत्र निवसति, यत् खादति, यत् वस्त्रं धारयति, यज्जलं पिबति यस्य पवनस्य सेवनं करोति, तत्सर्वं पर्यावरणम् इति शब्देनाभिधीयते। अधुना पर्यावरणस्य समस्या न केवलं भारतस्य अपितु समस्तविश्वस्य समस्या वर्तते। यज्जलं यश्च वायुः अद्य उपलभ्यते, तत्सर्वं मलिनं दूषितं च दृश्यते अथवा भारतस्य राजधानी अस्ति। पर्यावरणम् पश्यतु। भारतस्य राज्येषु अन्यतमम् अस्ति । पर्यावरणम् भारतदेशस्य राजधानी विश्वस्य अतिविशालासु नगरीषु अन्यतमा इति गण्यते । पर्यावरणम् एषा भारतस्य तृतीया बृहती नगरी वर्तते । इत्यपि विश्रुता इयं नगरी पाचीनकाले हस्तिनापुरमिति ख्याता आसीत् । इन्द्रसभायामपि सभाजितानां भरतकुलोत्पन्नानां महीपालानां राजधानी अद्यतनीया एव । पर्यावरणम् मुगलवंशीयानां चक्रवर्तिनां तथा आङ्गलानामपि अधिकारिणां केन्द्रभूमिभूत्वा अधुनापि भारतीयगणराज्यस्य राजधानीपदमलङ्करोति ।

~ प्राची, दशमी स

संस्कृतभाषायाः महत्त्वम्

सम्यक् परिष्कृतं शुद्धमर्थाद् दोषरहितं व्याकरणेन संस्कारितं वा यत्तदेव संस्कृतम्। एवञ्च सम्-
उपसर्गपूर्वकात् कृधातोर्निष्पन्नोऽयं शब्द संस्कृतभाषेति नाम्ना सम्बोध्यते। सैव देवभाषा गीर्वाणवाणी,
देववाणी, अमरवाणी, गीर्वागित्यादिभिर्नामभिः कथ्यते। इयमेव भाषा सर्वासां भारतीयभाषाणां जननी,
भारतीयसंस्कृतेः प्राणस्वरूपा, भारतीयधर्मदर्शनादिकानां प्रसारिका, सर्वास्वपि विश्वभाषासु प्राचीनतमा
सर्वमान्या च मन्यते। अस्माकं समस्तमपि प्राचीनं साहित्यं संस्कृतभाषायामेव रचितमस्ति, समस्तमपि
वैदिक साहित्यं रामायणं महाभारतं पुराणानि दर्शनग्रन्थाः स्मृतिग्रन्थाः काव्यानि नाटकानि गद्य-नीति-
आख्यानग्रन्थाश्च अस्यामेव भाषायां लिखिताः प्राप्यन्ते। गणितं, ज्योतिषं, काव्यशास्त्रमायुर्वेदः,
अर्थशास्त्रं राजनीतिशास्त्रं छन्दःशास्त्रं ज्ञान-विज्ञानं तत्त्वज्ञानमस्यामेव संस्कृतभाषायां समुपलभ्यते।
अनेन संस्कृतभाषायाः विपुलं गौरवं स्वमेव सिध्यति।

~ गौरव, दशमी स

वैदिक ज्ञान सङ्ग्रह

॥उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत॥

क्षुरस्य धारा निशिता दुरत्यया दुर्ग पथस्तत्कवयो वदन्ति॥14॥ -कठोपनिषद् (कृष्ण यजुर्वेद)

अर्थ : (हे मनुष्यों) उठो, जागो (सचेत हो जाओ)। श्रेष्ठ (ज्ञानी) पुरुषों को प्राप्त (उनके पास जा) करके ज्ञान प्राप्त करो।
त्रिकालदर्शी (ज्ञानी पुरुष) उस पथ (तत्त्वज्ञान के मार्ग) को छुरे की तीक्ष्ण (लांघने में कठिन) धारा के (के सदृश) दुर्गम
(घोर कठिन) कहते हैं।

॥ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मा मृतं गमय॥

अर्थात् : हे ईश्वर (हमको) असत्य से सत्य की ओर ले चलो। अंधकार से प्रकाश की ओर ले चलो। मृत्यु से अमरता की ओर
ले चलो।

उक्त प्रार्थना करते रहने से व्यक्ति के जीवन से अंधकार मिट जाता है। अर्थात् नकारात्मक विचार हटकर सकारात्मक
विचारों का जन्म होता है।

॥ ॐ सह नावतु। सह नौ भुनक्तु। सह वीर्यं करवावहे। तेजस्विनावधीतमस्तु मा विद्विषावहे॥19॥ (कठोपनिषद् -कृष्ण
यजुर्वेद)

अर्थात् : परमेश्वर हम शिष्य और आचार्य दोनों की साथ-साथ रक्षा करें, हम दोनों को साथ-साथ विद्या के फल का भोग
कराए, हम दोनों एकसाथ मिलकर विद्या प्राप्ति का सामर्थ्य प्राप्त करें, हम दोनों का पढ़ा हुआ तेजस्वी हो, हम दोनों
परस्पर द्वेष न करें।

उक्त तरह की भावना रखने वाले का मन निर्मल रहता है। निर्मल मन से निर्मल भविष्य का उदय होता है।

॥ मा भ्राता भ्रातरं द्विक्षन्, मा स्वसारमुत स्वसा। सम्यञ्चः सव्रता भूत्वा वाचं वदत भद्रया॥2॥ (अथर्ववेद 3.30.3)

अर्थात् : भाई, भाई से द्वेष न करें, बहन, बहन से द्वेष न करें, समान गति से एक-दूसरे का आदर- सम्मान करते हुए
परस्पर मिल-जुलकर कर्मों को करने वाले होकर अथवा एकमत से प्रत्येक कार्य करने वाले होकर भद्रभाव से परिपूर्ण
होकर संभाषण करें।

उक्त तरह की भावना रखने से कभी गृहकलह नहीं होता और संयुक्त परिवार में रहकर व्यक्ति शांतिमय जीवन जी कर
सर्वांगिण उन्नति करता रहता।

संकलित द्वारा ~ कृष्ण, नवमी स

गीताज्ञान

शक्नोतीहैव यः सोढुं प्राक्शरीरविमोक्षणात् । कामक्रोधोद्धवं वेगं स युक्तः स सुखी नरः ॥5.23॥

जो साधक इस मनुष्य शरीर में, शरीर का नाश होने से पहले-पहले ही काम-क्रोध से उत्पन्न होने वाले वेग को सहन करने में समर्थ हो जाता है, वही पुरुष योगी है और वही सुखी है ।

चिन्तया जायते दुःखं नान्यथेति निश्चयी । तया हीनः सुखी शान्तः सर्वत्र गलितस्पृहः ॥

चिन्ता से ही दुःख उत्पन्न होते हैं किसी अन्य कारण से नहीं, ऐसा निश्चित रूप से जानने वाला, चिन्ता से रहित होकर सुखी, शांत और सभी इच्छाओं से मुक्त हो जाता है ।

कर्मन्द्रियाणि संयम्य य आस्ते मनसा स्मरन् । इन्द्रियार्थान्विमूढात्मा मिथ्याचारः स उच्यते ॥3.6॥

जो मूढ़ बुद्धि मनुष्य समस्त इन्द्रियों को हठपूर्वक ऊपर से रोककर मन से उन इन्द्रियों के विषयों का चिन्तन करता रहता है, वह मिथ्याचारी अर्थात् दम्भी कहा जाता है ।

न हि कश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत् । कार्यते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः ॥3.5॥

निःसंदेह कोई भी मनुष्य किसी भी काल में क्षणमात्र भी बिना कर्म किए नहीं रहता क्योंकि सारा मनुष्य समुदाय प्रकृति जनित गुणों द्वारा परवश हुआ कर्म करने के लिए बाध्य किया जाता है ।

संकलित द्वारा ~ सचिन, दशमी स

भारतीयोत्सवाः

भारतदेशः उत्सवप्रियः देशः । विभिन्नभाषा, संस्कृतिः एवञ्च परंपरावशादत्र बहवः उत्सवाः सन्ति । इदं सत्यं यत् उत्सवानां कारणादत्र नैकाः जनावकाशाः सर्वकारेण घोष्यन्ते, अन्यस्मिन् देशे इयं परम्परा न दृश्यते । परमेते उत्सवाः केवलं अवकाशदृष्ट्या एव न दर्शनीयाः । एतस्य मूले "एकस्योत्सवः सर्वेषां कृते उत्सवः भवेत्" एतादृशी भावना वर्तते । एते उत्सवाः न केवलं हर्षोल्लासयोः विषयः अपितु सर्वान् भारतीयान् बध्नन्त्यपि । सर्वे भारतीयाः सर्वान् उत्सवान्प्रति श्रद्धोत्साहञ्च प्रदर्शयन्ति, इयं भारतीयानां प्रमुखविषेशता वर्तते । उत्सवानां मूले नैतिकसन्देशः अपि भवति यत् जनान् सत्यमार्गानुसरणाय प्रेरयति । होलीदिपावलीदक्रिसमसादयः उत्सवाः किमर्थं मानयन्ते, इदं तु सर्वे जानन्त्येव, अतः वयमिदं वक्तुं शक्नुमः यत् उत्सवाः जनेषु सौहार्दस्य, सहिष्णुतायाः, नैतिकतायाः सञ्चारकाः तथा च भारतीयसंस्कृतेः पोषकाः वाहकाः अपि सन्ति ।

~वाणी, दशमी अ

देशस्थितविभिन्नसंगठनसंस्थाभिश्च स्वीकृतानि संस्कृतध्येयवाक्यानि -

भारतसर्वकारः- सत्यमेवजयते
उच्चातमन्यायालयः- यतोधर्मस्ततो जयः
श्रममन्त्रालयः- श्रमएवजयते
लोकसभा - धर्मचक्रप्रवर्तनाय

नौसेना - शं नो वरुणः
वायुसेना - नभः स्पृशं दीप्तम्
थलसेना - सेवा अस्माकं धर्मः
भारतीयतटरक्षकः - वयं रक्षामः

दूरदर्शन- सत्यंशिवंसुन्दरं
आकाशवाणी - बहुजनहिताय बहुजनसुखाय
भारतीयडाकः - अहर्निशं सेवामहे

~ संकलित द्वारा
सतीश पांडेय, दशमी अ



**FROM OUR
TOPPERS'
PEN**



**Nikita
Chaudhary
486/500
HUMANITIES**

A school is not just a building made of cement and bricks but is actually the second home of a student . It's a place where children grow into matured individuals and are guided to tread on the right path . Joining RPVV sector 10 has indeed impacted my life in a positive manner . RPVV is just like a family where you get pampered and scolded by the teachers . This school provides an environment where you can explore new dimensions of your personality as well as your hidden talents . The teachers here treat you like their own children and make you the best version of yourself .They not only teach the syllabus part but also teach you the art of living life to the fullest and tackling the problems of life with a wide smile . This school has a perfect mixture of scholastic and non - Scholastic activities which further enhances the overall development of a child. I would like to reiterate that RPVV is the perfect place to learn and explore . Students of this school feel a great sense of pride when they say "they are the products of RPVV Sector -10 Dwarka".

Education is the only Key to success and to have many opportunities in our life. We are nothing without knowledge. Education is what separates us from others. The school is our first learning place. It is a building which has four walls with tomorrow inside. I feel blessed to be a part of one of the most prestigious and esteemed Schools of the country "RPVV Sec10 Dwarka". This school has completely transformed my life. RPVV sec.10 Dwarka was my second home where I spent most of my time. It helped me in exploring myself and to have best ever memories and wonderful life lessons. Not only me, RPVV helps each student to have a pocket full of confidence. RPVV gives every student a platform to do better in life. Here students come with a great spark and zeal because they know that something exciting is awaiting for them in the school. The teachers not only teach us the lessons of book , but they also teach us lessons to face each difficulty with smile, to sustain ourselves in hard times and to present one's work in a pleasant manner and many more. I am thankful to my hardworking teachers who have always motivated and guided me throughout the year. The teachers helped me to identify and choose the path I like and can excel in it. I feel greatly honoured and happy to study in such a great institution. At the same time I want to say "My friends! we should always try our best to maximize our learning and understanding in this wonderful school. The time always flies, let's do our best. Let's work hard and succeed in life. Because in our success, there lies the success of our school.



**Ritu Kumari
486/500
HUMANITIES**



FROM OUR ALUMNAE'S PEN

I joined this school in class 6th and spend 6 years of my school under the guidance of the then Principal Dr.T P Singh sir and the great teachers. In six years their guidance has brought in visible changes in my studies and in my overall personality. Thanks to Education Department of Delhi government and our school for introducing Dakshina Foundation which provided us an opportunity to achieve our goal. My special thanks to Rajeev Ranjan sir, our class teacher who recognized my potential initially and made me realize my goal. Till 10th he was with me and he helped me a lot. This school gave me a path to realize my dreams. There was a scholarship exam after 12th and I went to DAKSHANA FOUNDATION. I think it was also because of our school which is so reputed, so they chose us. That foundation was second step towards my success. I also want to thank DAKSHANA for everything that dakshana had done for me. Getting admission in Lady Harding's college Delhi to do MBBS will help me not only to realize my dream but also to give back to the society helping people with sincerity.

~ Vandana (2018-19)

"The path from dreams to success does exist. May you have vision to find it, the courage to get on to it, and the perseverance to follow it." -

by KaplapanaChawla

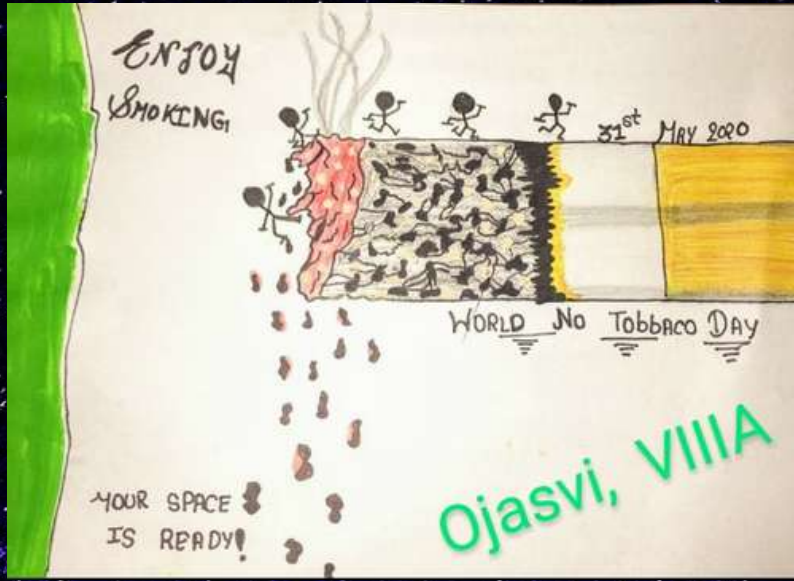
It was the journey of four years, from class 9 to 12 in RPVV. I think there should be a surrounding that motivates you to dream big and pursue it. And for me this surrounding was given by my school. The way teachers focus on each and every child made me to realize my potential. And that exposure made me smarter in every field. I got selected as Dakshana scholar after 12 through school and spent a year for NEET preparation. During my preparation I realized that always praise the place where you are and the people surround you. I feel fortunate that firstly I m an RPVVian and secondly a dakshana scholar. These two institutions shape talent as a potter shapes the clay. And this can not be possible without dedicating teaching faculty. I want to thank every member of RPVV family for providing me such a wonderful platform and helping me to reach towards the next step of my dream. And for my juniors, I would like to say never be a spoon feeder, always do experiments with yourselves and try to face hard situations, you will definitely overcome them.

~ Pooja Prabhakar (2018-19)



FROM OUR STUDENTS' BRUSH





Ojasvi, VIII A



Rakesh Chaupal, XII D



Himanshi, XII D



Himanshi, XII D



Jayanti, IX B



Komal Maurya, IX A



Antra, IX B



Sudhanshu, XII D



Anushka Singh, X B



Mansi Mazumdar, XI B



Tanya Grover, XII C



Pradeep Kr, XIII D



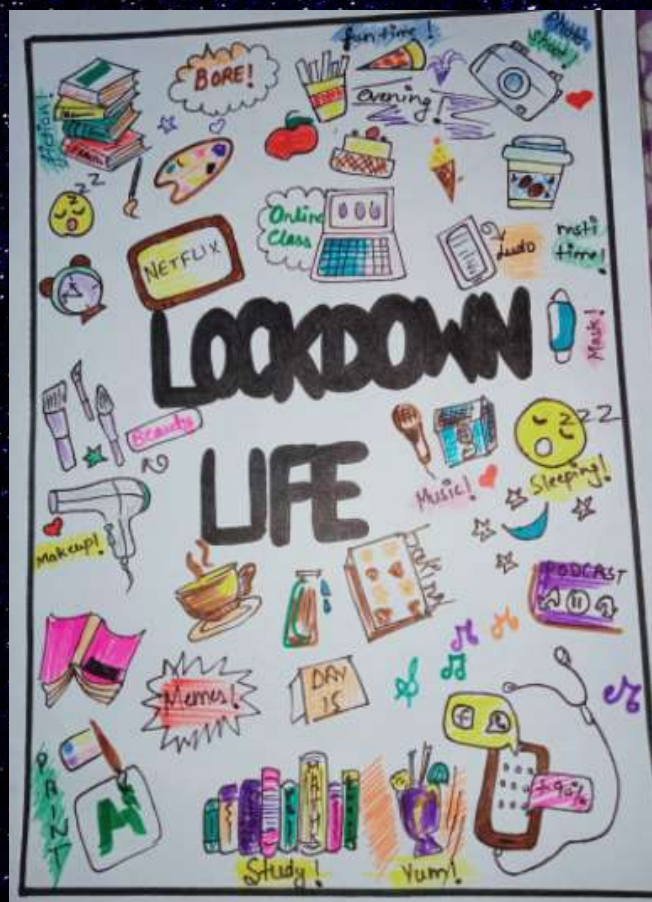
Khushi Rajhans, XI A



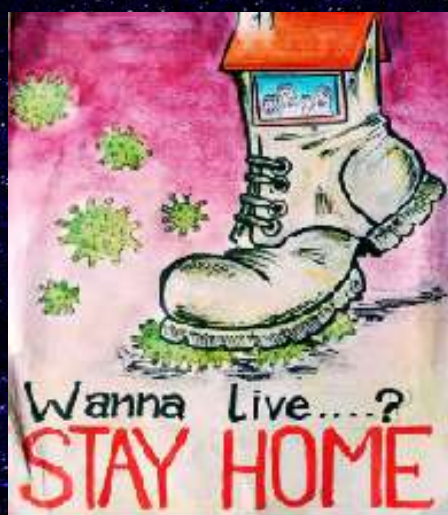
Priya, XI A



Mini Sharma, X B



Rashi Agarwal, X B





Rinki, VIII A



Bhumika, VII A



Bhavna Joshi, XI-A



Jyoti Yadav, VII C



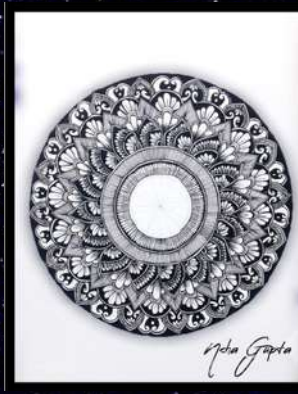
Priya, XI A



Jyoti Yadav, VII C



Jyoti Yadav, VII C



Neha Gupta, IX A



Ayush Jha



Jyoti Yadav, VII C



Jyoti Yadav, VII C



Ayush Jha



Priya Kumari, IX A



Archana Meena, XI A



Bhawna Joshi, XI A



Jyoti Yadav, VII C



Kanak Jadon, VII C



Kanak Jadon, VII C



Bhawana Joshi, XI A



Jyoti Yadav, VII C



Jyoti Yadav, VII C



Suhani, VII B



Tannu, VIII A



Corona Awareness Campaign



Diwali Posters



Boby, X B



Janki, VIII A



Tannu, VIII A



Janki Pandey, VIII A



Rohini, XI D



Janki, VIII A



Kritika Kumari, XI D

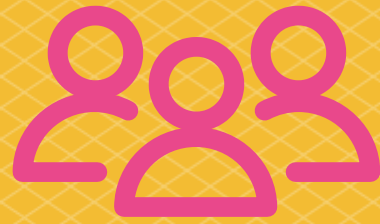


Kanak Jadon, VII C

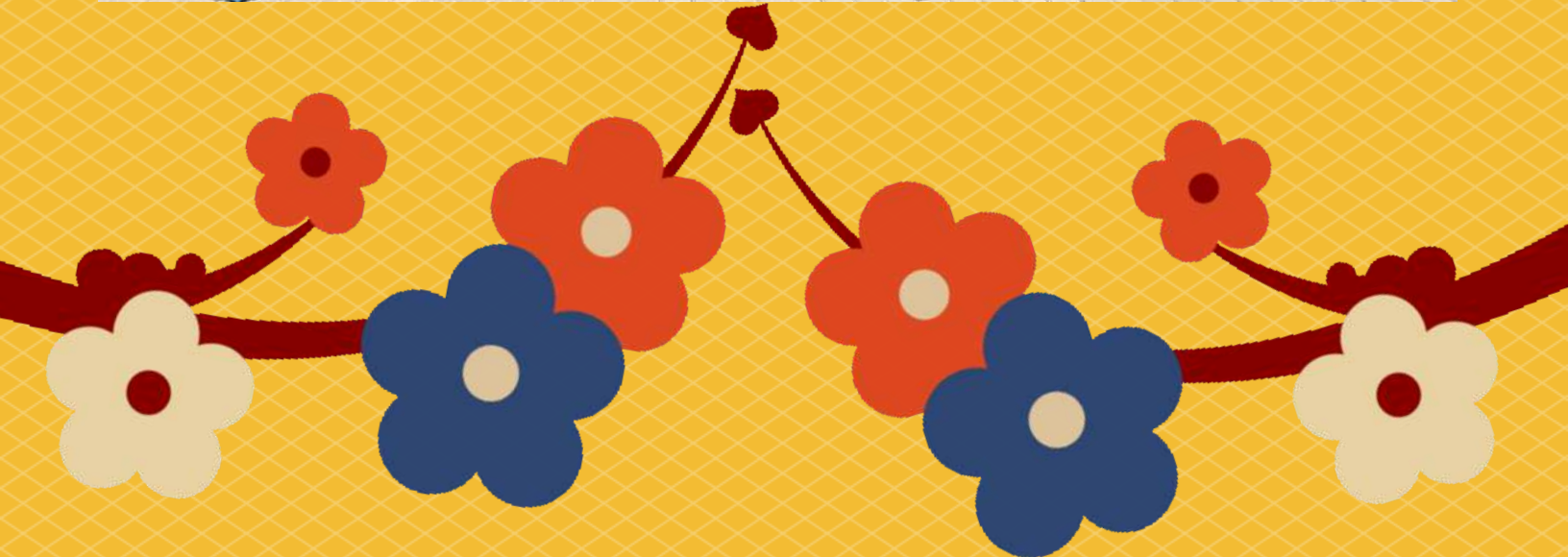


SMC MEMBERS





OUR STRENGTH

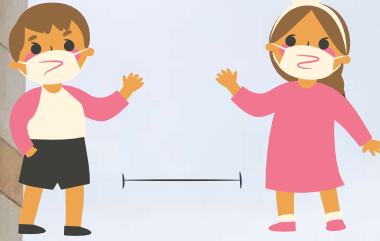




GO CORONA

FOLLOW COVID SOP

SOCIAL DISTANCING

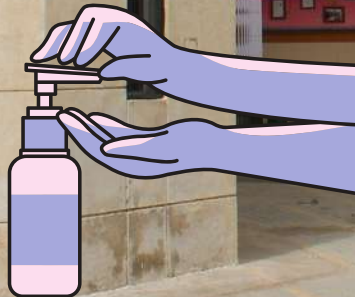


MASK



RPVV SEC-10, DWARKA

SANITIZE



NEXT SESSINON WITH NEW MEMORIES