

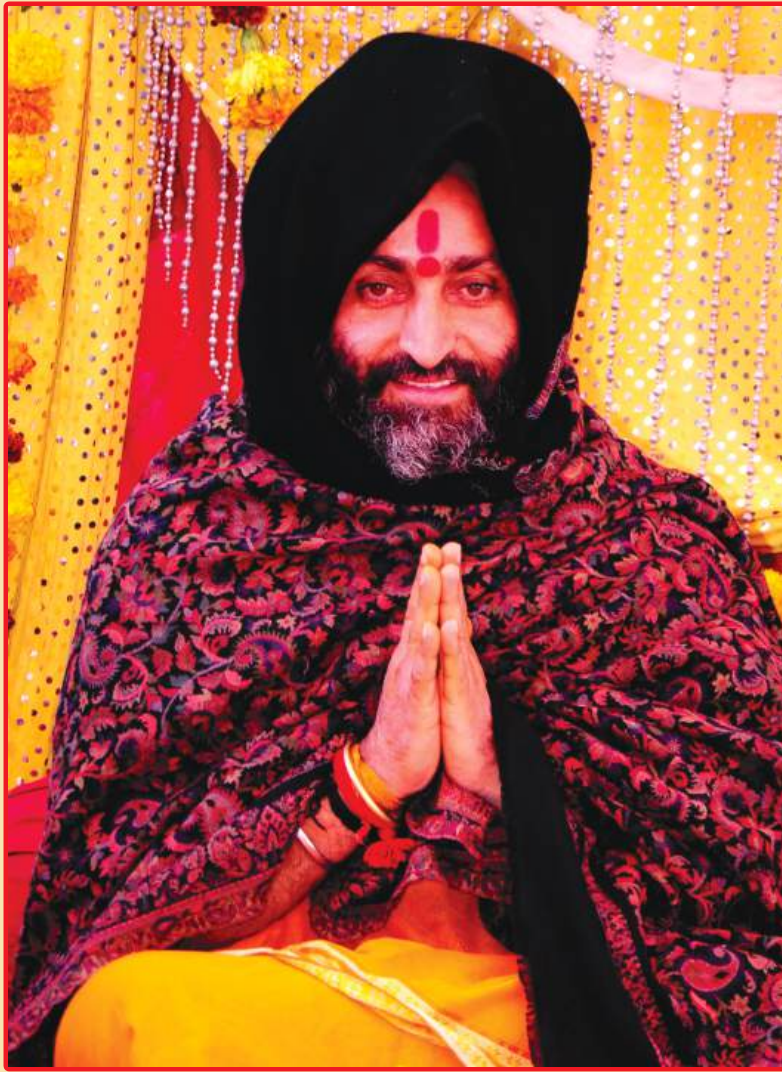
UTHAAN 2025

Sant Bal Yogeshwar Bhartiya Vidya Mandir Senior Secondary School, Dadwara



Run By:
Bhartiya Shiksha Samiti
Jammu Kashmir





आशीष

‘प्रत्येक छात्र के मस्तिष्क में यह बात अच्छी तरह बैठा देनी होगी कि मैं अपने राष्ट्र की सेवा करूँगा राष्ट्र में ज्ञान-विज्ञान की विविध धाराओं को पुष्ट करूँगा। आधुनिक जगत में प्रगति के जो-जो मार्ग दिखाई दे रहे हैं, उन सबका गहरा अध्ययन कर आगे बढ़ूँगा। अपने स्वार्थ के लेशमात्र विचार नहीं करूँगा। प्रत्येक छात्र में ऐसी निश्चयात्मक बुद्धि-निर्माण करने के लिए इस विद्यालय की आवश्यकता है। समाज का एक प्रतिनिधि होने के नाते समाज रूपी भगवान से मैं कामना करता हूँ कि राष्ट्र, धर्म, संस्कृति आदि के श्रेष्ठ संस्कार सम्पूर्ण समाज में जागृ करने के लिए विद्यालय सब प्रकार से उत्कर्ष शील हो।’

-परम पूजनीय सन्त श्री बालक योगेश्वर दास जी महाराज



Dear Readers,

It gives me immense pleasure to present before you the 7th edition of our school magazine **Uthaan**. The word **Uthaan** means "rise" or "upliftment," and through this magazine, we aim to reflect the spirit of growth, learning, and excellence that defines our school.

Each year, **Uthaan** becomes a mirror to the creativity, talent, and intellectual spark of our students. It provides a platform for young minds to express their thoughts, emotions, and opinions through the power of words, art, and innovation. Whether it is a poem brimming with imagination, a story that touches hearts, an article that provokes thought, or a painting that speaks louder than words—each contribution in this edition is a testament to the untapped potential within every child.

This magazine is not just a collection of pages, but a celebration of ideas, effort, and dreams. It encourages students to believe in themselves, to rise above challenges, and to contribute meaningfully to society. It also captures the achievements, activities, and milestones that our school community has proudly crossed during the academic year.

I extend my heartfelt gratitude to our Principal for constant motivation, to our teachers for their guidance, and to the editorial team for their dedication and teamwork. Most importantly, I congratulate all the contributors who have made **Uthaan** a vibrant and inspiring publication.

As you turn these pages, I invite you to explore, to reflect, and to rise—with **Uthaan**

‘शिक्षा वह ज्योति है जो अज्ञानता के अंधकार को मिटाकर उन्नति की ओर ले जाती है।’

"Education is the light that dispels the darkness of ignorance and leads toward progress."

Manju Sharma
(Chief Editor)

EDITORIAL BOARD

*"Fostering imagination and expression,
Our magazine reflects the voice of young minds,
Celebrating ideas, achievements, and aspirations that inspire growth."*



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(Principal)

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(Chief Editor)

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MESSAGE

I am delighted to know that *Sant Bal Yogeshwar Bhartiya Vidya Mandir, Dadwara* is publishing its 6th edition of its annual school magazine "*Uthaan*".

Such endeavors are a reflection of the talent, creativity, and discipline nurtured by the institution. A magazine is not only a record of achievements, but also a platform for young students to express their ideas, imagination, and vision for the future.

The values of dedication, perseverance, and service instilled by the school will go a long way in shaping responsible and confident citizens of tomorrow.

I extend my warm greetings and best wishes to the Principal, faculty, and students for their sincere efforts. May this magazine inspire the young minds to aim higher and achieve excellence in every sphere of life.

(Sunil Kumar Sharma)



अभिषेक शर्मा, आई.ए.एस
Abhishek Sharma, IAS

Deputy Commissioner/
District Magistrate
Rajouri - 185131

D.O. No. DCR/2025-26/PS/559

Date: 15.09.2025



संदेश

प्रिय छात्र-छात्राओं एवं अध्यापकगण,

मुझे यह कहते हुए अत्यंत हर्ष हो रहा है कि हमारे वार्षिक विद्यालय पत्रिका "उत्थान" का छठा संस्करण, संत बाल योगेश्वर भारतीय विद्या मंदिर (सीनियर सेकेंडरी स्कूल), ददवाड़ा से प्रकाशित किया गया है।

इस जीवंत पत्रिका को सफलतापूर्वक प्रकाशित करने में योगदान देने वाले सभी को मैं हृदय से बधाई देता हूँ। यह पत्रिका हमारे विद्यालय परिवार की उपलब्धियों, रचनात्मकता और उत्साह का सुंदर प्रतिबिंब प्रस्तुत करती है। इसमें हमारे विद्यार्थियों और शिक्षकों की अद्भुत प्रतिभा और समर्पण को दर्शाया गया है।

पत्रिका के पन्नों को पढ़ते समय मैं आप सभी से आग्रह करता हूँ कि विविध कहानियों, कलाकृतियों और विचारों की सराहना करें, जो हमारी सामूहिक ऊर्जा और प्रतिबद्धता को अभिव्यक्त करते हैं। मैं आप सभी के उज्ज्वल भविष्य की मंगलकामना करता हूँ।

ईश्वर करे कि "उत्थान" आपको बड़े सपने देखने, साहसिक कदम उठाने और हर मार्ग पर उत्कृष्टता प्राप्त करने की प्रेरणा देता रहे।

सप्रेम शुभकामनाएँ,

अभिषेक शर्मा, आई.ए.एस

Deputy Commissioner, Office, Rajouri - 185131
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महाराष्ट्र एज्युकेशन सोसायटी

मुख्य कार्यालय : 'मएसो भवन', १२१४-१२१५, सदाशिव पेठ, पुणे - ४११०३०, महाराष्ट्र, भारत । फोन : +९१-०२०-४१०३८१०० | info@mespune.in | https://mespune.in



संदेश

1860 से कार्यरत महाराष्ट्र एज्युकेशन सोसायटी भारतीय शिक्षा और राष्ट्रीय अभिमान इन दो विचारोंसे प्रेरीत अपना कार्य कर रही है। इन्ही विचारोंसे जुडी हुई संस्था 'विद्याभारती' इनके द्वारा संचालित जम्मू में दद्वारा स्थित संत बाल योगेश्वर भारतीय विद्यामंदिर है। इन के साथ संस्था 2016 से जुडकर विभिन्न विषयोंपर काम कर रही है। इस संगठन के विद्यारूपी वातावरण में आप सभी विद्यार्थी जुडे हुओ हो।

संत बाल योगेश्वर भारतीय विद्यामंदिर द्वारा प्रकाशित 'उत्थान' अंक की छठी संस्करण (7th-Edition) के लिये महाराष्ट्र एज्युकेशन सोसायटी कि ओरसे हार्दिक बधाई !

संत बाल योगेश्वर भारतीय विद्यामंदिर निरंतर सफलता के मार्ग पर अग्रसर रहा है। इस विद्यालय के विद्यार्थी पढ़ाई के साथ-साथ कला, विज्ञान, खेल और कौशल विकास के विभिन्न क्षेत्रों में भी प्रशंसनीय प्रदर्शन कर रहे हैं।

'उत्थान' अंक का लेखन छात्रोंकी सृजनात्मकता और सकारात्मक सोच को बढ़ावा देगा और उनकी प्रतिभा उजागर करने में मदद करेगा।

विद्यालय के प्रधानाचार्य, शिक्षक, उत्थान अंक के संपादकीय समूह और आप सभी विद्यार्थियों को सुनहरे भविष्य के लिये महाराष्ट्र एज्युकेशन सोसायटी की ओर से शुभ कामनाएँ ।

श्री. बाबासाहेब शिंदे
अध्यक्ष, नियामक मंडल,
महाराष्ट्र एज्युकेशन सोसायटी, पुणे



विद्या भारती अखिल भारतीय शिक्षा संस्थान VIDYA BHARATI AKHIL BHARATIYA SHIKSHA SANSTHAN

प्रज्ञा सदन, सरस्वती बाल मन्दिर परिसर, रिंग रोड नेहरू नगर, नई दिल्ली-110 065
Pragya Sadan, G.L.T. Saraswati Bal Mandir, Ring Road, Nehru Nagar, New Delhi-110 065

पत्र क्रमांक : वि.भा./178/2025-26 अश्विन कृष्ण द्वितीया, वि.सं. २०८२ दिनांक : 09 सितम्बर, 2025



संदेश

विद्यालय द्वारा प्रकाशित छत्थानष्ठ पत्रिका आप सभी के सामूहिक परिश्रम, सृजनशीलता और उत्कृष्ट कार्यों का दर्पण है। यह पत्रिका न केवल विद्यार्थियों की प्रतिभा अनुशासन और रचनात्मकता को अभिव्यक्त करती है, बल्कि आचार्यों के मार्गदर्शन एवं विद्यालय परिवार के सामूहिक प्रयास का सुन्दर प्रमाण भी है।

आप सभी का यह निरन्तर प्रयास प्रशंसनीय है कि शिक्षा केवल ज्ञानार्जन तक सीमित न रहकर जीवन मूल्यों, संस्कारों और समाजोपयोगी दृष्टि से भी जुड़ सके। इस पत्रिका में संकलित विचार और गतिविधियाँ निश्चित ही पाठकों को प्रेरणा प्रदान करेंगी।

राष्ट्रीय शिक्षा नीति के आलोक में विद्यालय जिस प्रकार विद्यार्थियों में नवाचार, कौशल, नैतिकता एवं राष्ट्रीयता का समन्वय कर रहा है, वह सराहनीय है। यह सतत् विकास की ओर अग्रसर एक सशक्त कदम है।

मेरी शुभकामनाएँ हैं कि यह पत्रिका सभी हितधारकों लिए प्रेरणादायी सिद्ध हो और विद्यालय परिवार इसी प्रकार शिक्षा, संस्कार और राष्ट्रनिर्माण के क्षेत्र में नए आयाम स्थापित करता रहे।

शुभकामनाओं सहित

आपका

देशराज शर्मा
महामंत्री



विद्या भारती उत्तर क्षेत्र

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दूरभाष 01744-259941, मो 8307124803 E-mail : vbukkr@yahoo.co.in



संदेश

अत्यन्त हर्ष का विषय है कि संत बाल योगेश्वर भारतीय विद्या मंदिर, डडवारा, जम्मू-कश्मीर विद्यालय छात्रों के व्यक्तित्व विकास एवं मौलिक अभिव्यक्तिपरक क्षमताओं के विकास को मूर्तरूप प्रदान करने के उद्देश्य से वार्षिक पत्रिका "उत्थान" को प्रकाशित करने जा रहा है।

वर्तमान में विद्यार्थियों में अपने श्रेष्ठ सामाजिक, सांस्कृतिक व आध्यात्मिक मूल्यों के प्रति सच्ची लगन एवं जागरूकता उत्पन्न करना अति आवश्यक है।

विद्यालय की वार्षिक पत्रिका भारतीय जीवन-मूल्य लक्ष्यानुरूप विद्यार्थियों को हिन्दुत्व-निष्ठ एवं राष्ट्रभक्ति से ओत-प्रोत करने में सहायक होगी एवं अभिभावकों, आचार्यों तथा छात्रों का ज्ञान-वर्धन करेगी। इसके साथ ही पत्रिका वर्तमान समस्याएं और उनसे निदान पाने के उपायों पर भी प्रकाश डालेगी, ऐसा मेरा विश्वास है।

इस पुनीत कार्य के लिए मैं विद्या भारती उत्तर क्षेत्र की ओर से हार्दिक शुभकामनाएं प्रेषित करता हूँ।

(सुखराज सेठिया)

अध्यक्ष

विद्या भारती उत्तर क्षेत्र



भारतीय शिक्षा समिति जम्मू कश्मीर

(Regd.No 206-CSA of 2022 Dated 10-08-2022)

समबद्ध : विद्या भारती अखिल भारतीय शिक्षा संस्थान, नई दिल्ली
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पत्रांक BSSJK/2025

दिनांक: 13.09.2025



संदेश

मुझे यह जानकर अत्यंत प्रसन्नता हुई कि संत बाल योगेश्वर भारतीय विद्या मन्दिर, वरिष्ठ माध्यमिक विद्यालय डडवाड़ा की वार्षिक पत्रिका "उत्थान" का सातवां अंक प्रकाशित किया जा रहा है।

हमारे राष्ट्र की यह विशेषता रही है कि यहाँ समय-समय पर ऋषि, तपस्वी, साधु संत, दार्शनिक जन्म लेते रहे हैं। वह निस्वार्थ भाव से एक साधक की भांति अपना जीवन कार्य पूरा करते हैं। ऐसे ही एक साधक द्वारा देश के जनमानस को अपनी संस्कृति, आध्यात्म एवं परंपरा से जोड़ने का अत्यंत महत्वपूर्ण कार्य प्रारंभ हुआ "शिशु मंदिर" अर्थात् विद्या भारती की स्थापना से। इस वट वृक्ष की एक शाखा के रूप में है अपना यह विद्यालय।

विद्यालय की पत्रिका विद्यालय द्वारा किए गए सभी कार्य एवं कार्यक्रमों का प्रतिबिंब होती है। विद्यालय के विकास की दृष्टि से भी महत्वपूर्ण भूमिका निभाती है पत्रिका। इस पत्रिका के प्रकाशन हेतु परिश्रम करने वाले सभी जन को बधाई एवं शुभकामनाएं।

जयपाल कुमार

पुरुषोत्तम कुमार दधीचि
प्रांत अध्यक्ष

भारतीय शिक्षा समिति जम्मू कश्मीर व लददाख



सीएसआर-भारतीय समवेत औषध संस्थान
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MESSAGE

A school magazine holds a special place in the academic journey of every learner. It encourages students to reflect, express themselves, and dream. By participating in such platforms, students not only discover their talents but also gain the confidence to share their ideas with a wider audience.

It is heartening to know that Sant Bal Yogeshwar Bhartiya Vidya Mandir Senior Secondary School, Dadwara, Phinter (Billawar), under the aegis of Bhartiya Shiksha Samiti J&K, is bringing out the 7th edition of its annual magazine "UTHAAN". This publication represents much more than a collection of writings. It symbolizes the school's dedication to nurturing curiosity, creativity, and intellectual growth among its students. I am confident that this edition of "UTHAAN" will continue to uphold the high standards the school has set over the years. Its quality, thoughtful content, and appealing presentation will surely make it an inspiring read for students, teachers, and parents alike.

My heartfelt appreciation goes out to the management, the dedicated faculty members, and the entire staff, whose consistent guidance and hard work make initiatives like this possible. Their efforts shape not just the minds but also the character of every student who walks through the school's doors.

I extend my warmest wishes to all the students. May they continue to explore their potential, pursue excellence, and move confidently toward a bright and fulfilling future. I hope "UTHAAN" encourages them to rise higher, think deeper, and express themselves with pride and clarity.

Asha Chaubey

(Asha Chaubey)



From Principal's desk

*"Success comes to those,
Who work hard and stays with those,
Who don't rest on the laurels of the past."*

Education is not merely acquirement of facts but also of values which help us improve the different facets of mankind. It ensures that we leave the world a far better place than we found it. A pivotal role of education lies in shaping the personality of a child into a healthy mind and happy soul, who is not only equipped with 21st century skills and aptitude required for academic excellence but helping him face the challenges of life in a balanced and harmonious way. Therefore, the system of education should work as a catalyst in making each child a balanced human being having his core strengths embedded in the learning experiences.

In SANT BAL YOGESHWAR BHARTIYA VIDYA MANDIR DADWARA SCHOOL, we enterprise to map academic excellence with a good human value system, which in myriad ways is ingrained in the culture of the school. To achieve this, we strongly feel that a paradigm shift in the minds of all stake holders should take place so that when the school becomes the hub to initiate and formalize education it has its tenets enshrined in a good value system; the extension of which is thereby taken home where it is further strengthened. And our commitment to such education will always persist in all our endeavors.

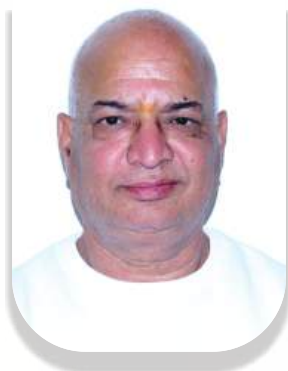
In this pursuit of excellence, I appreciate our parent fraternity for supporting the school in every aspect. I also laud the relentless efforts of our teachers for giving their best in bringing out the best in each child. But I would exhort the students to be always modest, humble and disciplined, while being ready to expand the horizons of their knowledge and skills by dreaming big and working hard.

Each issue of our school magazine is a milestone that marks our growth, unfolds our imaginations, and gives life to our thoughts and aspirations. It unleashes a wide spectrum of creative skills ranging from writing to editing and even in designing the magazine. I congratulate the entire editorial team for their hard work and dedication in making this dream come true.

Teamwork is the hallmark of Sant Bal yogeshwar bhartiya vidya mandir dadwara. I am very sure through collaborative effort we can achieve more to benefit our students who are the future leaders of tomorrow.

With sincere and warm regard

Savita sharma
Principal



20 वर्ष की गौरवशाली यात्रा: 2005 से 2025 तक

बीस वर्ष किसी भी संस्थान के लिए एक महत्वपूर्ण उपलब्धि होती है, और संत बल योगेश्वर भारतीय विद्या मंदिर, डडवाड़ा के लिए यह दो दशक विकास, समर्पण और सामूहिक विश्वास का प्रमाण हैं।

विनम्र आरंभ (2005-2009)

विद्यालय ने वर्ष 2005 में नवरात्रों के प्रथम दिवस को प्री-प्राइमरी कक्षाओं के साथ अपनी विनम्र यात्रा की शुरुआत की। यह आरंभ फितर (बिलावर) में रामलीला क्लब की इमारत में प्रांत प्रचारक स्वर्गीय श्री राकेश जी के कर-कमलों से हुआ।

संत बल योगेश्वर जी महाराज की दिव्य कृपा और स्थानीय समुदाय के सहयोग से विद्यालय मार्च 2007 तक वहीं संचालित रहा। इसके बाद विद्यालय को ग्राम डडवाड़ा के एक निजी भवन में स्थानांतरित किया गया।

संत बाल योगेश्वर जी महाराज के आशीर्वाद और ग्रामवासियों द्वारा दान में मिली भूमि पर 24 अक्टूबर 2007 को विद्यालय भवन की आधारशिला रखी गई। योजनाबद्ध कार्यवाहियों और समर्पित प्रयासों के साथ नई इमारत का निर्माण पूरा हुआ, जिसका विधिवत उद्घाटन 2 दिसंबर 2009 को श्री हेम चंदर जी, क्षेत्रीय संगठन मंत्री,

विद्या भारती उत्तर क्षेत्र, के कर-कमलों द्वारा किया गया निरंतर प्रगति और शैक्षणिक विकास (2009-2025)

ईश्वर की कृपा से यह विद्यालय इस दूरस्थ क्षेत्र का पहला ब्रैम् से संबद्ध सेकेंडरी स्कूल बना। विद्यालय की यात्रा में एक महत्वपूर्ण उपलब्धि ब्रैम् संबद्धता प्राप्त करना रही, जिसका औपचारिक उद्घाटन 18 जुलाई 2015 को जम्मू-कश्मीर के तत्कालीन उपमुख्यमंत्री डॉ. निर्मल कुमार सिंह जी ने किया।

इसके बाद 8 अगस्त 2022 को विद्यालय को सीनियर सेकेंडरी स्तर तक उन्नत कर दिया गया, जिसका औपचारिक उद्घाटन श्री देश राज शर्मा, महासचिव, विद्या भारती उत्तर क्षेत्र, द्वारा किया गया।

आज विद्यालय दो भवनों में संचालित है, जिनमें लगभग 6000 पुस्तकों से युक्त भव्य पुस्तकालय है।

नए भवन खंड, हवादार कक्षाएँ, सुसज्जित विज्ञान प्रयोगशालाएँ-भौतिकी, रसायन और जीव विज्ञान-कंप्यूटर लैब, अटल टिकरिंग लैब (ATL), गणित प्रयोगशाला, भाषा लैब, 12 स्मार्ट कक्षाएँ, तथा बहुउद्देश्यीय सभा कक्ष जैसी आधुनिक सुविधाएँ जोड़ी गई हैं, ताकि विद्यार्थियों

को समग्र शिक्षण अनुभव मिल सके।

शिक्षकों ने अपनी शिक्षण क्षमता बढ़ाने हेतु विभिन्न प्रशिक्षण कार्यक्रमों में भाग लिया, जिससे नवीनतम शिक्षण विधियाँ प्रत्येक कक्षा तक पहुँच सकीं।

गौरवशाली उपलब्धियाँ

विद्यालय अभिभावकों और विद्यार्थियों के सपनों को साकार करने में निरंतर अग्रसर है। हमारे विद्यार्थी प्रतिवर्ष शैक्षणिक तथा सह-शैक्षणिक गतिविधियों में श्रेष्ठ प्रदर्शन कर रहे हैं।

चिकित्सा क्षेत्र:

अब तक विद्यालय के अनेक पूर्व छात्रों ने छम्पू परीक्षा उत्तीर्ण की है और वे विभिन्न मेडिकल कॉलेजों में डटठै कर रहे हैं।

शैक्षणिक प्रतिस्पर्धा:

हमारे विद्यार्थियों ने प्रांत स्तरीय गणितखरविज्ञान मेला 2025 में-

- ❖ 21 स्वर्ण पदक
- ❖ 10 रजत पदक
- ❖ 1 कांस्य पदक

जीतकर विद्यालय का नाम ऊँचा किया।

खेलकूद:

प्रांत स्तरीय खेलकूद प्रतियोगिता 2025 में विद्यार्थियों ने खर

- ❖ 5 स्वर्ण पदक,
- ❖ 3 रजत पदक,
- ❖ 1 कांस्य पदक

हासिल किए।

कृतज्ञता और संकल्प

आज जब विद्यालय अपनी स्थापना के 20 वर्ष पूर्ण कर रहा है, यह कठिन परिश्रम, सामुदायिक सहयोग और अटूट विश्वास का प्रतीक बनकर खड़ा है।

एक छोटे से प्रारंभ से एक प्रतिष्ठित शिक्षण संस्थान तक की यह यात्रा खर

अभिभावकों, शिक्षकों, ग्रामीणों एवं शुभचिंतकों के निरंतर सहयोग से ही संभव हो पाई है।

कृतज्ञता से भरे हृदय और नए संकल्प के साथ विद्यालय आने वाले वर्षों में भी निरंतर विकास और सेवा की राह पर अग्रसर रहेगा-

और ऐसे जिम्मेदार, नैतिक और आत्मविश्वासी नागरिकों को तैयार करता रहेगा जो जीवन के सभी क्षेत्रों में चमकें और सच्चे राष्ट्रभक्त बनें।

वर्तमान में विद्यालय के दोनों भवन-केशव भवन एवं माधव भवनखरमें लिफ्ट स्थापना का कार्य प्रगति पर है, जिससे विद्यालय की सुविधाओं में और वृद्धि होगी।

चंद्र भूषण गुप्ता

अध्यक्ष,

विद्यालय प्रबंधन समिति



डिजिटल शिक्षा

डिजिटल शिक्षा: शिक्षा का नया स्वरूप

वर्तमान समय में तकनीक ने हमारे जीवन के हर क्षेत्र को प्रभावित किया है, और शिक्षा भी इससे अछूती नहीं रही। जिस तरह से मोबाइल, कंप्यूटर और इंटरनेट हमारे दैनिक जीवन का अभिन्न हिस्सा बन चुके हैं, उसी तरह अब शिक्षा भी डिजिटल माध्यमों से जुड़ चुकी है। यह बदलाव केवल आधुनिकता का प्रतीक नहीं, बल्कि जरूरत बन गया है - और इसी जरूरत ने जन्म दिया है डिजिटल शिक्षा को।

डिजिटल शिक्षा क्या है?

डिजिटल शिक्षा का अर्थ है टेक्नोलॉजी के माध्यम से पढ़ाई करना। इसमें स्मार्ट फोन, लैपटॉप, टैबलेट और इंटरनेट की सहायता से ई-लर्निंग, ऑनलाइन क्लासेस, एजुकेशनल ऐप्स, ई-बुक्स, वीडियो लेक्चर और डिजिटल कंटेंट का उपयोग किया जाता है। आज कल शिक्षक वर्चुअल क्लास रूम के माध्यम से विद्यार्थियों से जुड़ते हैं और ज्ञान का आदान-प्रदान करते हैं।

डिजिटल शिक्षा के लाभ :-

1. **सुलभ और सुविधा-जनक:** डिजिटल शिक्षा ने दूर-दराज के क्षेत्रों में रहने वाले छात्रों को भी गुणवत्तापूर्ण शिक्षा से जोड़ा है। अब विद्यार्थी घर बैठे देश और दुनिया के किसी भी अच्छे शिक्षक से पढ़ सकते हैं।
2. **समय और संसाधनों की बचत:** स्कूल आने-जाने

में लगने वाला समय बचता है, जिससे विद्यार्थी अति रिक्त गतिविधियों पर ध्यान दे सकते हैं। साथ ही नोटबुक और किताबों की जगह डिजिटल नोट्स और वीडियो का उपयोग होता है।

3. **रुचि कर और इंटरैक्टिव शिक्षा:** एनिमेशन, गेमबेस्ड-लर्निंग, क्विज और ग्राफिक्स के जरिए पढ़ाई को रोचक और समझने योग्य बनाया जा रहा है। इससे छात्रों की जिज्ञासा और सीखने की इच्छा बढ़ती है।

4. **व्यक्तिगत सीखने का अवसर:** हर छात्र की सीखने की गति अलग होती है। डिजिटल शिक्षा छात्रों को अपनी गति से पढ़ने, दोहराने और समझने का अवसर देती है।

निष्कर्ष :-

डिजिटल शिक्षा ने यह साबित कर दिया है कि सीखना अब केवल कक्षा की चार दीवारों तक सीमित नहीं रहा। यह शिक्षा के क्षेत्र में एक क्रांतिकारी परिवर्तन है, जिसने सीखने की प्रक्रिया को अधिक लचीला, सुलभ और प्रभावी बना दिया है। हमें चाहिए कि हम इसकी सकारात्मक संभावनाओं को अपनाएँ और इसकी चुनौतियों से निपटने के लिए निरंतर प्रयास करें। तभी हम एक सशक्त, शिक्षित और डिजिटल भारत का सपना साकार कर सकेंगे।

धन्यवाद।

उषा राजपूत
आचार्या



बदलते युग में बच्चों का भावनात्मक विकास

आज का युग तीव्र परिवर्तनों से परिपूर्ण है। बच्चों की दुनिया अब केवल खेल-कूद और पुस्तकों तक सीमित नहीं रह गई है, अपितु वे अल्पायु में ही सामाजिक, मानसिक एवं भावनात्मक दबावों का अनुभव करने लगे हैं। मोबाइल, इंटरनेट, प्रतिस्पर्धा और अपेक्षाएँ ये सब बच्चों के कोमल हृदय पर गहरा प्रभाव डालते हैं।

भावनात्मक विकास का तात्पर्य है कि बालक अपने अंतःकरण के भावों को पहचान सके, उन्हें सहज रूप से व्यक्त कर सके तथा दूसरों की भावनाओं को भी समझ सके। आज के बच्चे अधिक संवेदनशील होते हैं और कभी-कभी तुच्छ कारणों से भी आहत हो जाते हैं। ऐसे में उन्हें दोष देने के स्थान पर समझने और सहानुभूति देने की आवश्यकता है।

बालकों के आचरण में चिड़चिड़ापन, मौन धारण करना अथवा अप्रत्याशित क्रोध उनके अंतर्मन की स्थिति का द्योतक है। यह उनकी त्रुटि नहीं, बल्कि उनके भीतर चल रहे भावनात्मक द्वंद्व का संकेत है। उन्हें उचित वातावरण, स्नेहिल अपनापन और धैर्यपूर्ण मार्गदर्शन चाहिए।

परिवार तथा समाज का दायित्व है कि वे बच्चों के साथ खुला संवाद स्थापित करें। उनकी भावनाओं की उपेक्षा



करने के बजाय उन्हें सहृदयता से सुनना और समझना आवश्यक है। जब बालक आत्मविश्वास के साथ अपने विचार प्रकट करने लगता है, तब उसका आत्मबल दृढ़ होता है और वह जीवन की चुनौतियों का सामना अधिक समर्थता से कर पाता है।

निस्संदेह, बच्चों का भविष्य तभी उज्ज्वल होगा जब हम उनके मनोभावों को उतना ही महत्व देंगे जितना उनकी शिक्षा को देते हैं। भावनात्मक रूप से सशक्त बालक ही सच्चे अर्थों में प्रगति के पथ पर अग्रसर हो सकता है।

रश्मि राजवाल
आचार्या



विद्यालय जीवन की मधुर स्मृतिया

एक हिंदी अध्यापिका की कलम से

विद्यालय जीवन हर इंसान के जीवन का सबसे सुंदर और अविस्मरणीय काल होता है। यह जीवन केवल पढ़ाई-लिखाई तक सीमित नहीं रहता, बल्कि यहाँ मित्रता, अनुशासन, खेल-कूद, शिक्षकों का स्नेह और अनेक अनुभव हमें मिलते हैं।

जब हम कक्षा-कक्ष में बैठकर ध्यान से पढ़ते हैं, प्रार्थना सभा में एक स्वर से गाना गाते हैं, खेल के मैदान में पसीना बहाते हैं या वार्षिकोत्सव की तैयारियों में व्यस्त रहते हैं। ये सभी पल जीवनभर याद रहते हैं। विद्यालय हमें केवल ज्ञान ही नहीं देता, बल्कि आत्मविश्वास, सहयोग, ईमानदारी और जिम्मेदारी जैसे गुण भी सिखाता है।

“विद्यालय वह स्थान है जहाँ ज्ञान के साथ-साथ जीवन जीने की कला सीखी जाती है।”

विद्यालय की घंटी की मधुर ध्वनि, साथियों की हँसी-ठिठोली, शिक्षकों की प्रेरणादायी बातें और वार्षिक भ्रमण की यादें हमारे हृदय को सदैव आनंदित करती हैं। यही वे क्षण हैं जो बड़े होने पर भी हमें बचपन की पवित्रता और सादगी का एहसास कराते हैं।

“दोस्तों के संग बिताए गए विद्यालय के पल ही जीवन की सबसे बड़ी पूँजी हैं।”

विद्यालयी जीवन की स्मृतियाँ अक्सर हमें आगे बढ़ने की प्रेरणा देती हैं। जब कठिनाई का सामना होता है, तो इन्हीं दिनों की सीख हमें साहस प्रदान करती है। इसलिए कहा जाता है कि विद्यालय जीवन वास्तव में जीवन की नींव है।

“विद्यालय जीवन की यादें भले ही बीते दिनों की हों, पर दिल में हमेशा जीवित रहती हैं।”

प्रिय विद्यार्थियों, आप इस अमूल्य समय का पूरा आनंद लीजिए। यह पल दोबारा लौटकर नहीं आएँगे, परंतु इनकी यादें हमेशा आपके साथ रहेंगी और जीवन के हर पड़ाव पर आपको संबल प्रदान करेंगी।

विद्यालय की गलियाँ प्यारी,
हँसी-खुशी की हैं फूलवारी।
मित्रों संग बिताए पल,
जीवनभर रहते हैं सफल।

शिक्षक का स्नेह, अनुशासन की राह,
सीख मिली जो बनती है ताकत अथाह।
ये दिन न लौटें, पर याद रहेंगे,
सपनों को सजाएँगे, राह दिखाएँगे।

शिवालिका देवी
आचार्या



पिता और बेटी: एक अटूट और अनमोल रिश्ता

हर रिश्ते की अपनी एक खूबसूरती होती है, लेकिन पिता और बेटी का रिश्ता कुछ खास और अनमोल होता है। यह रिश्ता स्नेह, विश्वास, और बिना शर्त प्यार की एक मजबूत डोर से बंधा होता है। जहाँ एक तरफ माँ अपनी ममता से बच्चों को सींचती है, वहीं पिता एक मजबूत सहारे की तरह अपनी बेटी के पीछे खड़े होकर उसे दुनिया का सामना करने का हौसला देते हैं।

एक बेटी के लिए, पिता उसका पहला सुपरहीरो और सबसे भरोसेमंद दोस्त होता है। बचपन में जब वह नन्ही उँगलियों से अपने पिता का हाथ थामकर चलती है, तो उसे दुनिया का सबसे सुरक्षित एहसास होता है। पिता अपनी बेटी के हर छोटे-बड़े सपने को पूरा करने के लिए जी-जान लगा देते हैं। वे उसे सिखाते हैं कि दुनिया में हर चुनौती का डटकर सामना कैसे करना है और हार मानने की बजाय, मजबूत होकर आगे कैसे बढ़ना है।

यह रिश्ता सिर्फ प्यार और देखभाल का नहीं, बल्कि विश्वास और आजादी का भी होता है। एक पिता अपनी बेटी को यह सिखाता है कि उसे अपने निर्णय खुद लेने चाहिए और अपनी पसंद-नापसंद को खुलकर व्यक्त करना चाहिए। वे अपनी बेटियों को आत्मविश्वासी और आत्मनिर्भर बनाने में महत्वपूर्ण भूमिका निभाते हैं। पिता का प्रोत्साहन और समर्थन ही बेटियों को हर क्षेत्र में सफलता हासिल करने का हौसला देता है।

जैसे-जैसे बेटी बड़ी होती है, यह रिश्ता और भी गहरा



होता जाता है। वह अपने पिता से सलाह लेती है, अपने दिल की बातें साझा करती है, और वे उसके सबसे अच्छे मार्गदर्शक बन जाते हैं। पिता के साथ बिताए गए पल, उनकी डाँट और उनका प्यार, जीवन भर की अनमोल यादें बन जाते हैं।

आज की दुनिया में, जहाँ बेटियाँ हर क्षेत्र में अपनी पहचान बना रही हैं, उनके पीछे उनके पिता का सशक्त समर्थन है। यह रिश्ता हमें बताता है कि पिता न केवल परिवार के मुखिया होते हैं, बल्कि वे बेटियों के सपनों को भी पंख देते हैं।

आइए, हम सब इस खूबसूरत रिश्ते का सम्मान करें और उन सभी पिताओं को सलाम करें जो अपनी बेटियों के लिए सब कुछ न्योछावर कर देते हैं।

शबनम
आचार्या



पञ्च परिवर्तन

भारत में देश की संस्कृति की रक्षा करना एक सबसे महत्वपूर्ण विषय के रूप में उभरा है। वैसे तो समझ में सकारात्मक परिवर्तन के लिए पिछले कई वर्षों से निरंतर कार्य चल रहा है। भारतीय समाज में सकारात्मक परिवर्तन को गति देने एवं समाज में अनुशासन व देशभक्ति के भाव को बढ़ाने के उद्देश्य से राष्ट्रीय स्वयंसेवक संघ ने भी समाज में पञ्च परिवर्तन का आह्वान किया है ताकि अनुशासन एवं देशभक्ति से ओत-प्रोत युवा वर्ग अनुशासित होकर अपने देश को आगे बढ़ाने की दिशा में कार्य करे। इस पञ्च परिवर्तन में पांच आयाम शामिल किए गए हैं। वह पांच विषय इस प्रकार हैं -

1. सामाजिक समरसता - दुर्भाग्य से हमारे ही समाज के कुछ वर्गों को अछूत मानकर शिक्षा, सुविधाओं और सम्मान से वंचित रखा गया। यह सरासर अमानवीय और अन्यायपूर्ण है। इस अन्याय को दूर कर सबको साथ लेकर आगे बढ़ाने के प्रयास सामाजिक समरसता के माध्यम से शुरू हुए हैं। मंदिर, पानी, शमशान के संबंध में कहीं भेदभाव बाकी है तो वह शीघ्र ही समाप्त होने चाहिए। हम लोग अपने परिवार सहित त्योहारों के समय वंचित बंधुओं के घर जाएं और उनके साथ चाय पान करें साथ ही हम उन बंधुओं को सपरिवार अपने परिवार में बुलाकर सम्मान

प्रदान करें। कुल मिलाकर समस्त समाज एक दूसरे के त्योहारों में शामिल हो ताकि आपस में भाईचारा बढे एवं देश में सामाजिक समरसता अर्थात सद्भाव स्थापित हो सके।

2. पर्यावरण - हमारी सृष्टि सभी प्राणियों की मां है। सृष्टि के साथ संबंधों का आचरण अपने घर से पानी बचाकर, प्लास्टिक हटाकर वह घर आंगन में तथा आसपास हरियाली बढ़कर हो सकता है। अपने घरों में जल का कोई अपव्यय नहीं हो रहा है एवं अपने परिवार में हरियाली की चिंता की जा रही है। अपने घर में रिश्तेदारी में मित्रों के यहां सिंगल यूज प्लास्टिक का उपयोग न करने का आग्रह किया जा रहा है आदि बातों पर ध्यान देकर देश में पर्यावरण को सुधारा जा सकता है।

3. कुटुंब प्रबोधन - भारतीय संस्कृति और परंपरा में कुटुंब का विशेष महत्व है। भारतीय आध्यात्मिक दृष्टि से यह कुटुंब यानी में से हम की यात्रा का पहला कदम है। अभी शहरीकरण और जीवन की आपाधापी बढ़ने के कारण कुटुंब छोटे हुए हैं इसलिए परिवार के सब लोगों ने सप्ताह में एक बार साथ बैठना, निश्चित समय पर घर पर रहना, श्रद्धा अनुसार भजन करना, घर में बनाया हुआ भोजन करना और इसके बाद तीन-चार घंटा गपशप करना

इसमें हम कौन हैं, हमारे पूर्वज कौन थे, हमारी कुल रीति क्या है अपने घर की रीति क्या है क्या अच्छा है क्या गलत है आज के समय में क्या-क्या आवश्यक है इसके आधार पर अपने घर में सबने सहमति बनाकर उतनी बातों को लागू करना।

4. स्व का बोध अर्थात् स्वदेशी - स्वदेशी के आचरण से स्व निर्भरता व स्वावलंबन बढ़ता है ,फिजूल खर्ची बंद होनी

चाहिए। देश का रोजगार बढे देश का पैसा देश में ही काम आए इस बात का ध्यान देश के समस्त नागरिकों को रखना चाहिए।इसीलिए कहा जाता है कि घर से ही प्रारंभ होना चाहिए समस्त नागरिकों के घर में स्वदेशी उत्पाद ही उपयोग होने चाहिए।

5. नागरिक कर्तव्य- देश में संविधान, कानून व्यवस्था व नागरिकता के नियमों का भरपूर पालन होना चाहिए तथा समाज में परस्पर सद्भाव और सहयोग की प्रवृत्ति सर्वत्र व्याप्त होनी चाहिए। इन्हें हमारे नागरिक कर्तव्यों के रूप में देखा जाना चाहिए। समाज में व्याप्त कुरीतियों के उन्मूलन हेतु हम सबको मिलकर प्रयास करने होंगे। विशेष रूप से युवाओं में नशाबंदी समाप्त करने के लिए मृत्यु भोज रोकने के लिए तथा विभिन्न समाजों में व्याप्त दहेज की कूप्रथा समाप्त करने के गंभीर प्रयास हम समस्त नागरिकों को मिलकर ही करने होंगे।



अतः पञ्च परिवर्तन उभरते भारत की चुनौतियों का समाधान करने में समर्थ है। इस प्रकार पञ्च परिवर्तन आज समग्र समाज की आवश्यकता है इसे व्यापक समाज तक ले जाने की आवश्यकता है। यह केवल चिंतन और अकादमिक बहस का विषय नहीं है बल्कि कार्यवाही और व्यवहार का विषय है। इस हेतु सभी मतभेद बुलाकर सभी को एक साथ आकर काम करना होगा इसके लिए सज्जन शक्ति की सक्रियता और सहयोग आवश्यक है अपनी पवित्र मातृ भूमि को पुनः विश्व गुरु बनाने हेतु आज पुरुषार्थ करने का समय है।

आइये। इस अमृत काल में सभी मिलकर अपने भगीरथ प्रयास से भारत माता को परम वैभव तक पहुंचाएं।

भारत माता की जय

रजनी गुप्ता

शिशु वाटिका संकुल प्रमुख



उपविषय: कृष्णस्वरूप

बिन देखे छवि कृष्ण की,
मैं कैसे रूप बनाऊं
कैसे करलूं कल्पना,
कैसे रूप सजाऊं,

मोर मुकुट तन श्याम,
बांसुरी हॉट लगाएं,
मुख पर नैना कमल के,
मोहक छवि बनाएं,

कल्पना से परे है,
अद्भुत उनका रूप
जैसी जिसकी भावना,
वैसा धरे स्वरूप,

कलाकार बिन प्रेरणा,
व्यर्थ हीन हो जाए,
कृष्ण जग केसा रहैं,
जोहर जन राह दिखाएं

रिया शर्मा
कक्षा नवमी



एकवसवा

आओ, पूछे एक सवाल !
मेरे सिर में कितने बाल?
कितने इस गगन में तारे?
बतलाओ या कह दो हारे।

नदियाँ क्यों बहती दिन-रात?
चिड़ियाँ क्या करती है बात?
क्यों कुत्ता बिल्ली पर धाए?
बिल्ली क्यों चूहे को खाए?

फूल कहाँ से पाते खग?
रहते क्यों न जीव दूय बसंग?
मादल क्यों बरसातू, पाही?
लड़के क्यों करते शैतानी

नानी की क्यों सिकुड़ी खाल?
अबी, नए साकरो सवाल यह
सब ईश्वर की माया, है,
इसको कौन जान पाया है

मेधावी शर्मा
कक्षा छठी



अनुशासन का महत्व

अनुशासन, अर्थात् नियमों का पालन करना और समय का सही उपयोग करना, किसी भी व्यक्ति के जीवन में सफलता की कुंजी है। जब कोई व्यक्ति अपने कार्यों में अनुशासन बनाए रखता है, तो वह न केवल अपने लक्ष्य को प्राप्त करता है, बल्कि एक आदर्श जीवन भी जीता है।

अनुशासन व्यक्ति को समय का सदुपयोग करना सिखाता है और उसे जीवन में आगे बढ़ने का मार्ग दिखाता है। यह आत्म-नियंत्रण, निरंतरता और दृढ़ता का विकास करता है, जो किसी भी क्षेत्र में सफलता के लिए आवश्यक गुण हैं।

जो व्यक्ति अनुशासन में रहता है, उसका व्यक्तित्व निखरता है और वह समाज में एक सकारात्मक छवि स्थापित करता है। इसके विपरीत, अनुशासन हीन जीवन अव्यवस्थित और असफलताओं से भरा होता है।

इसलिए, हमें चाहिए कि हम जीवन के हर क्षेत्र में अनुशासन को अपनाएँ चाहे वह पढ़ाई हो, कार्यस्थल हो या व्यक्तिगत जीवन। अनुशासन से ही हम अपने सपनों को साकार कर सकते हैं और एक सफल एवं संतुलित जीवन जी सकते हैं।

अखिलेश्वर
कक्षा सातवीं

शिक्षा

शिक्षाका अर्थ है ज्ञान प्राप्त करना और इसका महत्व जीवन के हर पहलू में है। यह न केवल ज्ञान और जानकारी प्रदान करती है, बल्कि व्यक्ति को बेहतर इंसान बनने, सामाजिक रूप से जागरूक होने और अपने लक्ष्यों को प्राप्त करने में भी मदद करती है। शिक्षा के बिना, व्यक्ति सीमित रहता है और समाज में पूर्ण रूप से योगदान करने में सक्षम नहीं हो पाता है।

शिक्षा का महत्व:

शिक्षा, ज्ञान और कौशल का एक ऐसा भंडार है जो व्यक्ति को जीवन के हर क्षेत्र में सफलता प्राप्त करने में सहायता करता है। यह एक ऐसा उपकरण है जिसके माध्यम से व्यक्ति न केवल अपने व्यक्तिगत जीवन को बेहतर बनाता है, बल्कि समाज और राष्ट्र के विकास में भी महत्वपूर्ण भूमिका निभाता है। शिक्षा का महत्व केवल किताबी ज्ञान तक सीमित नहीं है, बल्कि यह व्यक्ति के चरित्र निर्माण, नैतिक मूल्यों, और सामाजिक जिम्मेदारी की भावना को भी विकसित करती है।

पलक ठाकुर
कक्षा आठवीं



परीक्षा का तनाव

परीक्षा का तनाव छात्रों के बीच एक आम समस्या है, जो चिंता, डर और दबाव की भावनाओं से जुड़ी होती है। यह तनाव छात्रों को पढ़ाई में ध्यान केंद्रित करने, प्रदर्शन करने और यहां तक कि सामान्य रूप से कार्य करने में भी मुश्किल बना सकता है। परीक्षा के तनाव को कम करने के लिए, छात्र विभिन्न रणनीतियों का उपयोग कर सकते हैं, जैसे कि समय प्रबंधन, सकारात्मक सोच, और स्वस्थ जीवन शैली कि परीक्षा का तनाव छात्रों के लिए एक भारी बोझ हो सकता है, लेकिन कुछ तरीके हैं जिनसे इसे कम किया जा सकता है।

परीक्षा का तनाव क्या है?

परीक्षा का तनाव एक ऐसी स्थिति है जिसमें छात्र परीक्षा के दौरान या उससे पहले अत्यधिक चिंता, डर, या दबाव महसूस करते हैं। यह तनाव शारीरिक और भावनात्मक दोनों तरह के लक्षण पैदा कर सकता है, जैसे कि तेज दिल की धड़कन, पेट दर्द, सोने में कठिनाई, और ध्यान केंद्रित करने में परेशानी। कि यह तनाव छात्रों को अपने प्रदर्शन पर नकारात्मक रूप से प्रभावित कर सकता है।

परीक्षा के तनाव के कारण:

अध्ययन का दबाव:

परीक्षा के लिए बहुत अधिक अध्ययन करने का दबाव, या परीक्षा में असफल होने का डर परीक्षा के तनाव का एक प्रमुख कारण हो सकता है। कि छात्रों को यह समझना चाहिए कि एक निश्चित स्तर का तनाव एक प्रेरणा हो

सकता है, लेकिन बहुत अधिक तनाव हानिकारक हो सकता है।

समय की कमी:

परीक्षा की तैयारी के लिए समय कम होना, या समय प्रबंधन की कमी भी तनाव का कारण बन सकती है।

सामाजिक दबाव:

माता-पिता, शिक्षक, या दोस्तों से अपेक्षाएं भी तनाव का कारण बन सकती हैं।

निजी समस्याएं:

व्यक्तिगत समस्याएं, जैसे कि परिवार में समस्याएं या दोस्तों के साथ झगड़े, भी तनाव के स्तर को बढ़ा सकते हैं। परीक्षा के तनाव को कम करने के तरीके:

योजना बनाएं और समय का प्रबंधन करें:

एक अध्ययन योजना बनाएं और समय का प्रभावी ढंग से उपयोग करें। नियमित ब्रेक लें और अपनी दिनचर्या में आराम और मनोरंजन को शामिल करें।

सकारात्मक सोच:

सकारात्मक दृष्टिकोण रखें और अपने आप पर विश्वास करें। कि नकारात्मक विचारों से बचें और खुद को प्रेरित करें।

स्वस्थ जीवन शैली:

पर्याप्त नींद लें, स्वस्थ भोजन करें और नियमित रूप से व्यायाम करें।

सहायता लें:

यदि आवश्यक हो, तो माता-पिता, शिक्षक, या मानसिक स्वास्थ्य पेशेवर से सहायता लें। कि परिवार और दोस्त भी तनाव को कम करने में महत्वपूर्ण भूमिका निभा सकते हैं।

आरामदायक गतिविधियाँ:

कुछ आरामदायक गतिविधियाँ करें, जैसे कि ध्यान, योग, या संगीत सुनना। कि कैफीन, निकोटीन, और अल्कोहल जैसे पदार्थों से दूर रहें।

परीक्षा के दिन:

परीक्षा के दिन शांत रहें और घबराहट से बचें। NIOS suggests कि प्रश्नों को ध्यान से पढ़ें और एक रणनीति के साथ उत्तर दें।

परीक्षा का तनाव एक वास्तविक समस्या है, लेकिन इसे प्रभावी ढंग से प्रबंधित किया जा सकता है।

मिकुल सिंह
कक्षा पंचवीं



कावड़ यात्रा: आस्था और भक्ति की एक पवित्र यात्रा

कावड़ यात्रा एक धार्मिक यात्रा है जो विशेष रूप से भगवान शिव के भक्तों द्वारा सावन मास में की जाती है। यह यात्रा उत्तर भारत के कई राज्यों जैसे उत्तर प्रदेश, उत्तराखंड, बिहार, झारखंड, राजस्थान और हरियाणा में बहुत प्रसिद्ध है।

क्या है कावड़ यात्रा?

कावड़ एक लकड़ी का डंडा होता है जिस के दोनों सिरों पर पानी के छोटे-छोटे बर्तन (कलश) बांधे जाते हैं। ये बर्तन पवित्र गंगा जल से भरे होते हैं। भक्त इस जल को अपने गाँव या शहर के शिव मंदिर में ले जाकर शिवलिंग पर चढ़ाते हैं।

यात्रा की विशेषताएं:

गंगा जल लाना: भक्त हरिद्वार, गौमुख या गंगोत्री जैसे तीर्थ स्थलों से गंगा जल भरते हैं।

नंगे पाँव यात्रा: अधिकतर कावड़िए नंगे पाँव चलते हैं, जिससे उनका त्याग और भक्ति प्रकट होती है।

शिव के नाम का जाप: पूरी यात्रा के दौरान 'बोल बम', 'हर हर महादेव' जैसे जय कारे लगते रहते हैं।

नियम और संयम: कावड़ यात्रा से पहले और उसके दौरान भक्त मांसाहार, नशा और गलत व्यवहार से दूर रहते हैं।

हरमनय खजुरिया
सातवीं



अबेकस गणित - तीक्ष्ण मस्तिष्क का प्राचीन साध

अबेकस क्या है?

अबेकस गणित सीखने के सबसे पुराने साधनों में से एक है। यह एक लकड़ी का फ्रेम होता है, जिसमें छड़ियाँ और मोतियाँ (बीड्स) लगी होती हैं। इन मोतियों को हिलाकर संख्याओं को दर्शाया जाता है। इसकी मदद से हम जोड़, घटाव, गुणा और भाग जैसे बुनियादी गणितीय क्रियाएँ तेजी और आसानी से कर सकते हैं।

मानसिक गणना की शक्ति

अबेकस गणित का सबसे बड़ा लाभ मानसिक गणना कौशल का विकास है। नियमित अभ्यास से विद्यार्थी मन में मोतियों की कल्पना कर सकते हैं और अबेकस को छुए बिना ही प्रश्न हल कर सकते हैं। इससे स्मरण शक्ति तेज होती है, ध्यान केंद्रित होता है और संख्याओं को संभालने का आत्मविश्वास बढ़ता है।

मस्तिष्क शक्ति में वृद्धि

अबेकस सीखना समग्र मस्तिष्क विकास को भी प्रोत्साहित करता है। जब विद्यार्थी कल्पना और गणना करते हैं तो मस्तिष्क के दोनों हिस्से सक्रिय होते हैं। इससे रचनात्मकता, समस्या-समाधान की क्षमता और तार्किक सोच विकसित होती है। अबेकस सीखने वाले विद्यार्थी गणित में अधिक तेज और सटीक हो जाते हैं।

आधुनिक दुनिया में अबेकस

आज भले ही हमारे पास कैलकुलेटर और कंप्यूटर हों,

लेकिन अबेकस का महत्व अभी भी बहुत है। यह गणित को रोचक, मनोरंजक और बच्चों के लिए आसान बनाता है। यह प्राचीन साधन सिद्ध करता है कि गणित न केवल सरल और मजेदार हो सकता है, बल्कि यह मस्तिष्क को और भी तीक्ष्ण बनाता है।

क्या आप जानते हैं?

अबेकस का प्रयोग सबसे पहले लगभग 2,500 वर्ष पूर्व प्राचीन चीन में हुआ था।

एक प्रशिक्षित अबेकस उपयोगकर्ता कुछ मामलों में कैलकुलेटर से भी तेज गणना कर सकता है।

अबेकस का अभ्यास मस्तिष्क के दोनों हिस्सों को सक्रिय करता है, जबकि सामान्य गणित सीखना ऐसा नहीं करता।

जापान में अबेकस को सोरबान कहते हैं और आज भी बच्चे इसे स्कूलों में प्रयोग करते हैं।



संजीत
कक्षा दसवीं



मेरी माँ

मेरी माँ ने मेरे जीवन के,
लक्ष्य खुद से जोड़े,
मुझे पालने को उसने
अपने कई सपने छोड़े।

कई बार बादलों को छूकर,
उसी ने बरसाया मेरे लिए पानी,
हाँ, मेरी माँ के आँचल में लिखी है
मेरे जीवन की कहानी।



कविश बिलोरिया
कक्षा - प्रथम



सपनों की उड़ान

बंद आँखों से ना सही, खुली आँखों से ही सही,
देखा है मैंने भी एक सपना,
उड़ान भरने का मेरी ख्वाहिशों के साथ।
हाँ, यह है मेरी सपनों की उड़ान!
जहाँ मेरी उत्सुकता, मेरी सीखने की इच्छा,
मुझे ले आई है इस उन्मुक्त गगन में।
जहाँ मैं और मेरे सपने,
खुशी से हिचकोले खा रहे हैं।
नजर रखे हुए अपनी तैयारियों पर,
आगे बढ़ने की संभावनाओं और पहरेदारियों पर।
अब जब कदम आगे बढ़ा ही दिया है तो,
रुकने का तो सवाल ही पैदा नहीं होता।
चाहे आए कितनी भी मुश्किलें,
पीछे मुड़ने का तो ख्याल ही पैदान ही होता।



पूर्व छात्र दैविक वर्मा
कक्षा: चौथी



खुश रहना: जीवन जीने की सबसे सुंदर कला

मुस्कान वो दीपक है, जो अंधेरे में भी उजाला कर देती है।

एक बार एक व्यक्ति ने संत से पूछा - “गुरुदेव, मैं कब खुश रह पाऊँगा? मेरा घर बन जाए, नौकरी लग जाए और सारे सपने पूरे हो जाएँ, तभी शायद मैं मुस्कुरा पाऊँ।” संत मुस्कुराए और बोले - “बेटा, खुश रहना किसी मंजिल का नाम नहीं है। यह तो यात्रा है, जिसे हर दिन जीना पड़ता है। अगर तुम आज मुस्कुराना नहीं सीखते, तो कल भी मुस्कुराना कठिन ही लगेगा।”

यह छोटी-सी घटना हमें सिखाती है कि खुश रहना किसी भविष्य की शर्त पर टालने वाली चीज नहीं, बल्कि हर दिन का अभ्यास है। जीवन एक यात्रा है जिसमें सुख और दुख दोनों साथ-साथ चलते हैं। हर किसी की चाह होती है कि उसका जीवन खुशियों से भरा हो, लेकिन हकीकत यह है कि ज्यादातर लोग छोटी-छोटी बातों को लेकर तनाव में रहते हैं। असली बुद्धिमानी यही है कि हम मुश्किलों के बीच भी जीना सीखें और हर परिस्थिति में अपने भीतर की शांति को बनाए रखें। यही तो है - खुश रहने की कला।

वर्तमान में जीने का महत्व - अक्सर लोग अपनी खुशी को टालते रहते हैं - “जब मैं नौकरी पा लूँगा तब खुश रहूँगा, जब मेरी सारी समस्याएँ खत्म होंगी तब मैं

मुस्कुराऊँगा।” लेकिन सच्चाई यह है कि समस्याएँ जीवन का हिस्सा हैं, वे कभी पूरी तरह से खत्म नहीं होंगी। इसलिए हमें वर्तमान में जीना सीखना होगा। जब हम वर्तमान पल में छोटी-छोटी बातों का आनंद लेना शुरू कर देते हैं ख जैसे चाय की प्याली, बारिश की बूँदें, दोस्तों के साथ हँसी-मजाक, तब हमें समझ आता है कि खुशी बाहर नहीं, बल्कि हमारे भीतर ही है।

“खुशी कोई मंजिल नहीं, बल्कि हर पल की यात्रा है।”

तुलना से दूर रहना - आज की दुनिया में सोशल मीडिया ने तुलना की आदत और बढ़ा दी है। लोग दूसरों की तस्वीरें देखकर सोचते हैं कि उनका जीवन कितना अच्छा है, और अपनी जिंदगी को अधूरी मान लेते हैं। लेकिन सच्चाई यह है कि हर किसी की जिंदगी में संघर्ष है, बस हर कोई उसे दिखाता नहीं। जब हम दूसरों से तुलना करना छोड़कर अपने छोटे-छोटे प्रयासों की सराहना करना सीख लेते हैं, तब मन हल्का होता है और हम सच्चे अर्थों में संतोष का अनुभव करते हैं।

आभार व्यक्त करना - खुश रहने का एक सरल लेकिन प्रभावी तरीका है ख कृतज्ञता। हर सुबह यह सोचना कि

हमारे पास क्या-क्या अच्छा है, हमें गहरी शांति देता है। हमारे पास परिवार है, दोस्त हैं, स्वास्थ्य है ख़ ये सब अपने आप में बहुत बड़ी नेमतें हैं। जब हम इनका मूल्य समझने लगते हैं, तब हम शिकायत करने के बजाय आभारी बनते हैं, और यही आभार हमें असली खुशी देता है।

“जो अपने पास की चीजों की कद्र करता है, वही सबसे धनी और सबसे खुश इंसान होता है।”

रिश्तों की अहमियत - खुश रहने का एक और बड़ा राज है ख़ अपने रिश्तों को समय देना। जीवन में दौलत और शोहरत से ज्यादा मायने रखते हैं सच्चे रिश्ते। परिवार के साथ खाना खाना, दोस्तों के साथ हँसना-बतियाना, किसी जरूरतमंद की मदद करना ख़ ये सब वो पल हैं जो हमें भीतर से हल्का और संतुष्ट बनाते हैं।

खुद के लिए समय - हम अक्सर अपने काम, पढ़ाई और जिम्मेदारियों में इतने उलझ जाते हैं कि खुद को भूल जाते हैं। लेकिन खुश रहने के लिए यह जरूरी है कि हम हर दिन थोड़ा-सा समय अपने लिए निकालें। चाहे वह किताब पढ़ना हो, संगीत सुनना हो, टहलना हो या सिर्फ कुछ देर चुपचाप बैठकर सोचने का समय ख़ ये पल हमें भीतर से ताजगी देते हैं।

“खुश इंसान वही है जो अपने लिए भी जीना जानता है।”

निष्कर्ष - अंत में यही कहा जा सकता है कि खुश रहना किसी बड़े राज की तरह छुपा हुआ नहीं है, बल्कि यह हमारी रोजमर्रा की आदतों और सोच में छिपा है।

खुश रहना: जीवन जीने की सबसे सुंदर कला



मुस्कुराना, सकारात्मक रहना, आभार व्यक्त करना और वर्तमान में जीना ख़ यही वे छोटे-छोटे कदम हैं जो हमें असली खुशी तक पहुँचाते हैं।

“खुश रहना सबसे बड़ी उपलब्धि है, क्योंकि जब हम खुश होते हैं तो न सिर्फ खुद खिलते हैं, बल्कि अपने आस-पास के लोगों को भी रोशनी देते हैं।”

चैतन्या महाजन
पूर्व छात्रा



सैनिक

देवस्य, जनानां सुखाय, सुखस्य त्यागं कुरु,
एतादृशं साहसं केवलं सैनिके एव भवति।

सामान्यजनानाम् स्वकीयः दैनन्दिनकार्यक्रमः भवति। वयं व्यायामेन एव अस्माकं दिवसस्य आरम्भं कुर्मः किन्तु सेना स्वनियमानां नियमानाञ्च विषये अतीव कठोरः अस्ति।

सैनिकाः देशस्य सच्चिदानन्द नायकाः सन्ति। ते अस्माकं देशस्य गौरवम्। ते स्वदेशस्य देशवासिनां च कृते बलिदानं कर्तुं सर्वदा सज्जाः सन्ति। सैनिकानां कारणात् सम्भवति यत् वयं स्वदेशे सुखदं शान्तं च जीवनं शक्नुमः।

अनुशासनं, साहसं, संकल्पः, मानसिकः स्थिरता, दृढ शरीरः, देशजनप्रेमभावना एते सर्वे गुणाः, सैनिकेषु सन्ति। ते अतीव अनुशासिताः सन्ति। तेषां जीवने बहुकष्टानि सन्ति। एतानि कष्टानि ते स्मितहासेन सम्मुखीभवन्ति। तेषां जीवनस्य प्रत्येकं सुखं त्यक्तव्यम् अस्ति। तथा च तेषां कृते सर्वाधिकं कष्टं यत् तेषां परिवारात् दूरं स्थातव्यम्।

अस्माकं देशस्य सैनिकाः बहु वारं स्वस्य योग्यतासिद्धं कृत्वा स्वस्य युद्धकौशल्यं दर्शितवन्तः।

सैनिकस्य जीवनं यज्ञस्य जीवनम् अस्ति। एषः भवतः देशस्य प्रति प्रेम अस्ति। यत् ते स्वपरिवारं त्यक्त्वा देशसेवायै गच्छन्ति। सैनिकस्य जीवनं बहु कठिनम् अस्ति। संघर्षस्य गौरवस्य च समन्वयः भवति। एकताः देशाय युद्धं कुर्वन्तः देशाय आत्मत्यागस्य अपि गर्वं कुर्वन्ति।

सैनिकः भवितुं कठिन तपः कर्तव्यम्। सैनिक जीवनस्य उद्देश्यं देशहितान् अधिकं किमपि नास्ति। सत्यं यत् ते धनं प्राप्य अपि कतिपये जनाः एव सैनिकाः भवितुम् इच्छन्ति यतो हि एतदर्थं साहसेन सह देशस्य कृते मृत्योः भावः भवितुम् अर्हन्ति। लघु त्रुटिः अपि देशस्य महतीम् क्षतिम् जनयितुम् शक्नोति। कदाचित् एतत् एव कारणं तेषां एतावता अनुशासित्वस्य कारणं भवति। सदा संकटः भवति, तथापि कटिवद्धाः भवन्ति।

अस्माभिः सैनिकानाम् आदरः सर्वदा कर्तव्यः सैनिकानाम् योगदानं सर्वदा स्मर्तव्यं, तेषां कारणात् एवं वयं शान्तिं पूर्वकं जीवामः। वयं सर्वे सैनिकेभ्यः प्रेरणाम् आदाय, देशस्य प्रगतेः दिशि स्वीकार्यं स्थापयितव्यम्। सैनिकाः अस्माकं देशस्य गौरवम् अस्ति।

डॉ. सन्दीपिका भरान
संस्कृत आचार्या





विद्यालयस्य महत्त्वम्

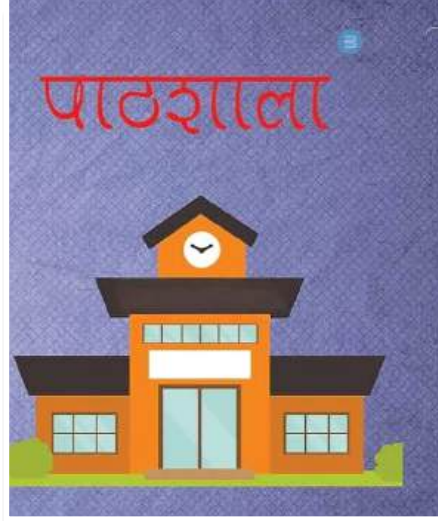
विद्यालयः बालकानां जीवनस्य महत्त्वपूर्णं स्थानं अस्ति। एषः शिक्षायाः प्रथमं केन्द्रं भवति। विद्यालये एव बालकाः अनुशासनं, समयपालनं,

संस्कारं च जानन्ति। शिक्षकाः छात्रेभ्यः न केवलं विषयं ज्ञानं ददति, अपितु जीवनं विधिं अपि शिक्षयन्ति।

विद्यालये विविधाः क्रियाः अपि भवन्ति - यथा पाठशालायाः प्रतियोगिताः, नाट्यशिक्षणम्, सङ्गीतम्, क्रीडाः च। एतेन छात्राः आत्मविश्वासं प्राप्तवन्तः भवन्ति।

आधुनिके युगे अपि विद्यालयस्य भूमिका अधिकं वर्धिता अस्ति। इदानीं विद्यालयाः केवलं शिक्षा दानं कुर्वन्ति, किन्तु विद्यार्थिनां सर्वाङ्गीणं विकासाय यत्नं कुर्वन्ति।

अतः विद्यालयः न केवलं अध्ययनस्य स्थलम्, अपितु जीवनस्य निर्माणं कक्ष्या अपि अस्ति। विद्यालये प्राप्तं शिक्षणं जीवनस्य पथं प्रकाशयति।



ब्रमी सुपोलिया
संस्कृत आचार्या

संस्कृताध्ययनस्य लाभा

संस्कृतभाषा भारतस्य प्राचीनतमं समृद्धं च सांस्कृतिकं वैदिकं च वैभवं वहति। एषा भाषा न केवलं देवभाषा इति ख्यातम्, अपितु वैज्ञानिकदृष्ट्या अपि अतीव समीचीना अस्ति। संस्कृताध्ययनस्य अनेकानि लाभाः सन्ति, ये मानवजीवनस्य सर्वेषु पक्षेषु उपयोगिनः भवन्ति।

प्रथमं, संस्कृताध्ययनेन मनः प्रशस्तं भवति। अस्य भाषायाः व्याकरणं यथासम्भवम् अतीव विशुद्धम् अस्ति। पाणिनिमुनिना रचितं अष्टाध्यायीनाम् व्याकरणं विश्लेषणात्मकं चिन्तनं वर्धयति। तेन छात्राणां बुद्धिक्षमता, स्मरणशक्ति, तर्कशक्ति च विकासं यान्ति।

द्वितीयं, संस्कृतं अध्ययनात् भारतस्य प्राचीनं ज्ञानं, साहित्यं, शास्त्राणि च अधिगन्तुं शक्यते। आयुर्वेदः, ज्योतिषः, योगः, न्यायः, वेदान्तः, इत्यादयः प्राचीनशास्त्रविचाराः संस्कृते एव लिखिताः सन्ति। एतेषां मूलग्रन्थानां अध्ययनं केवलं संस्कृतज्ञानतः एव सम्भवः।

अक्षरा
कक्षा नवमी



“यदि मानवः अमरः स्यात्?” (What if Humans Become Immortal)

मानवः सदा दीर्घजीवनं प्रार्थयति। प्राचीनकालात् यावत्, ऋषयः, मुनयः, राजानः च अमरत्वं प्राप्नुयाम इति तपः कुर्वन्ति स्म। अमरजीवनस्य विचारः अद्भुतः प्रतीतिः, कारणं – प्रत्येकः जनः मृत्युं भयभीतः। विज्ञानस्य प्रगत्या नूतनाः औषधयः, प्रौद्योगिकी च विकसिताः। कृत्रिमअङ्गानि, जीनपरिवर्तनं, कृत्रिमबुद्धिः – एते सर्वे मानवाय दीर्घजीवनं दातुम् प्रयत्नं कुर्वन्ति।

यदि कदाचित् विज्ञानः मानवस्य मृत्युम् अपास्य, अमरत्वं दास्यति, तर्हि मानवस्य जीवनम् कथं भविष्यति? प्रथमदृष्ट्या, अमरजीवनं स्वप्नवत् सुखदं दृश्यते। रोगः न भविष्यति, वृद्धावस्था न आगमिष्यति, प्रत्येकः जनः अनन्तं कालं जीवेत्, इच्छितं कार्यं कुर्वन्। किन्तु एषः केवलं एकः पक्षः अस्ति।

यदा मृत्यु न स्यात्, तदा पृथिव्या जनसंख्या अनन्तं वर्धेत्। अन्नं, जलं, ऊर्जा, भूमिः ख्र एते सर्वे सीमिताः। तेषां अभावः संघर्षं, युद्धं च उत्पादयेत्। अमरत्वेन समाजस्य संतुलनं भङ्गः स्यात्। वृद्धजनाः सदा जीविष्यन्ति, नवपीढिः अवसरं न प्राप्नुयात्।

अपरः विचारः – जीवनस्य मूल्यं। यत् जीवनं अस्मान् प्रयत्नं कर्तुं प्रेरयति, तस्य कारणं मृत्यु एव। अस्माकं समयः सीमितः इति ज्ञानं अस्मान् प्रत्येकं क्षणं उपभोगं कर्तुं, स्वप्नं साधयितुं प्रेरयति। यदि समयस्य सीमा न स्यात्, तर्हि मानवः आलस्येन जीवनं व्यर्थं करिष्यति।

जीवनस्य रोमांचः, तात्कालिकता, प्रयत्नः च लुप्येत।

मृत्युः यद्यपि दुःखकरः, किन्तु सः जीवनस्य पूर्णता दत्ते। मृत्यु अस्मान् स्मारयति – जीवनं मूल्यवानम्। अमरजीवनं तु, यद्यपि रोगरहितं, भयवर्जितं च, अंततः अर्थहीनम् भविष्यति।

निष्कर्षः

अमरत्वं स्वप्नवत् सुन्दरं दृश्यते, किन्तु यथार्थं तस्य परिणामाः भयानकाः। सीमितं जीवनं एव सुंदरम्, कारणं ख्र तस्मिन् समयस्य, क्षणस्य, प्रेमस्य च मूल्यं अस्ति। मृत्यु केवलं अंतः न, अपि तु नूतनारम्भः। यदि मानवः अमरः स्यात्, तर्हि सः जीवनस्य सारं न हासयेत्, किन्तु सम्भाव्यं दुःखं च अनुभवेत्।

सुगंधा शर्मा
कक्षा-दसवीं



रामायण

रामस्य अयनं (चरितं) रामायणम् । रामायणम् आदिकाव्यं सर्वेषां काव्यानां जीवातुभूतं च भवति । रामायणं महाभारतवत् कश्चित् इतिहासग्रन्थः भवति । संस्कृतसाहित्ये रामायणवत् प्रसिद्धः लोकप्रियः च अन्यः ग्रन्थः नास्तीति वक्तुं शक्यते । नीतिदृष्ट्या काव्यात्मकदृष्ट्या लोकोपकारकदृष्ट्या च रामायणस्य महत्त्वं वर्धते । पितृपुत्रधर्मस्य पतिपत्नीधर्मस्य भ्रातृधर्मस्य तथा अन्यकौटुम्बिकधर्मस्य च आदर्शभूतः अयं ग्रन्थः॥ आदिकाव्यस्य रामायणस्य कर्ता श्रीमद्वाल्मीकिः । युध्दमात्र श्रीवाल्मीकिः पूर्वं कश्चित् तस्करः आसीत् रत्नाकरः इति नाम्ना । सप्तर्षीणां दर्शनानन्तरं राममन्त्रजपपूर्वकतपसा रत्नाकरः वाल्मीकिः संजातः । रामायणे न केवलं वर्णितम् अपि च सकलालङ्काराणां प्रकृतिसौन्दर्यस्य च धर्मस्य च सरलसंस्कृतभाषापठनार्थम् अत्यन्तओपयिगि साधनं च भवत्येतत् ॥ वर्णना दृश्यते ।

रामायणम् आदिकव्यम् इति प्रसिद्धम् । इतिहासग्रन्थः इत्यपि भाव्यते एतत् । एतस्य ग्रन्थस्य रचयिता वाल्मीकिः । किरातकुले उत्पन्नः सः नारदस्य उपदेशात् तपः अकरोत् । तस्य शरीरम् आवृत्य वाल्मीकिः उत्पन्नः । ततः सः बहिः आगतः इत्यतः तस्य नाम 'वाल्मीकिः' इति काचित् कथा श्रूयते ।

दिविका ठाकुर
कक्षा दसवीं



भारतीयचित्रकला: इतिहासः च विकास

भारतीयचित्रकला प्राचीनकाले धार्मिकं सांस्कृतिकं च अभिव्यक्तिं सूचयन्ती कला आसीत् । भीमबेटका गुफायां चित्रितानि चित्राणि प्राचीनतमं उदाहरणं दत्तानि । बौद्धधर्मस्य प्रसारेण अजंता, एलोरा इत्यादिगुफायां चित्रितानि चित्राणि भारतीयकला-इतिहासे स्वर्णयुगं प्रतिष्ठितानि ।

गुप्तकालस्य समृद्धिं चित्रकलायाम् अतीव महत्वपूर्णं आसीत् । कान्तारचित्राणि, रागमालाचित्राणि च राजपुतचित्रकला-शैलीयोः प्रमुखानि उदाहरणानि । मुगलकाले अकबरस्य दरबारस्य संरक्षणे मुगलचित्रकला विकसीतवती ।

आधुनिककाले भारतीयचित्रकला पश्चिमीयप्रभावानुसारं स्वदेशीयतत्त्वैः मिश्रितं नूतनं रूपं प्राप्तवती । बंगालविद्यालये अभिनिर्दनाथ ठाकुरस्य नेतृत्वे भारतीयचित्रकला नूतनं मार्गं प्राप्तवती । मधुबनी, वारली, कलिघाट्, पाटचित्रे इत्यादयः लोकचित्रकला-शैलियाँ सांस्कृतिकविषयाणि चित्रितवती ।

वर्तमानकाले भारतीयचित्रकला वैश्विकमंचे स्वप्रतिष्ठां प्राप्तवती । लोककलाकाराणां श्रमेण एते शैलियाँ जीविताः च निरंतरं विकसीताः च सन्ति । भारतीयचित्रकला कला-रूपेणैव, सांस्कृतिकधरोहेण च महत्वपूर्णं स्थानं धारयति ।

यशवनी महाजन
कक्षा दसवीं



“धर्मस्य स्वरूप”

धर्मस्य स्वरूपम्

भारतीयदर्शने धर्मः अतीव महत्वपूर्णः तत्त्वम् अस्ति। धर्मः इत्यस्य मूलं “धृ” धातोः निष्पन्नं ख धारयति इति धर्मः इति। यः सम्पूर्णं सृष्टिं स्थिरतया धारयति, स धर्मः कथ्यते। धर्मः केवलं पूजा वा कर्मकाण्डः न, अपि तु एकं जीवनपद्धतिः अस्ति।

मनुस्मृतौ धर्मस्य दश लक्षणानि उल्लिखितानि सन्ति-

“धृतिः क्षमा दमोऽस्तेयं शौचमिन्द्रियनिग्रहः।
धीर्विद्या सत्यं अक्रोधो धर्म दशकमुच्यते॥”

एते गुणाः सर्वे मानवजीवनस्य शुद्धिः व स्थैर्यं प्रकटयन्ति।

धर्मस्य प्रकाराः अपि विभिन्नाः सन्ति-

- (1) सामान्यधर्मः ख यथा सत्यं, अहिंसा, क्षमा।
- (2) विशेषधर्मः ख वर्ण, आश्रम, देश, कालानुसारं।
- (3) आपद्धर्मः ख विषमकाले पालनयोग्यः धर्मः।

अद्यतनयुगे अपि धर्मस्य आवश्यकता नितान्तं वर्तते। धर्म एव समाजे नैतिकता, संयमः, सहिष्णुता च स्थापयति। धर्मे निष्ठा यदि भवति, तर्हि जीवनं सौम्यं, शान्तं, सुव्यवस्थितं च भवति।

निष्कर्षतः धर्मः केवलं ग्रन्थेषु न, अपि तु जीवनस्य प्रत्यक्षे व्यवहारे प्रकटः भवितव्यः। धर्मस्य पालनं आत्मोत्कर्षं च समाजोत्कर्षं च साधयति।

तमन्ना देवी
कक्षा दसवीं



धर्मः च संस्कृति

धर्मः मानवजीवनस्य मूलभूतः आधारः अस्ति। धर्मस्य उद्देश्यं केवलं पूजापाठं न, अपितु सत्यं, अहिंसा, दया, शीलता च प्रचारयति। विविधेषु देशेषु विभिन्नाः धर्माः दृश्यन्ते, किन्तु सर्वेषां मूलं एकमेव ख सत्कर्मणाम् आचरणं।

संस्कृति अपि राष्ट्रस्य आत्मा भवति। सा च भाषा, साहित्यं, कला, रीति-रीवाजाः, आचारः, उत्सवाः च समावेशयति। भारतदेशे पुरातनात् संस्कृतिः अस्ति या सहस्रवर्षेभ्यः अपि पुरा अस्ति। संस्कृतिभिः एव राष्ट्रस्य विकासः सम्भवति।

धर्मः च संस्कृति च परस्परं सम्बद्धे स्तः। यत्र धर्मः, तत्र संस्कृति, यत्र संस्कृति, तत्र धर्मः। उभयं मानवजीवनं सन्तुलितं, सुसंस्कृतं च कुर्वन्ति।

अस्माभिः अपि स्वधर्मं, स्वसंस्कृतिं च रक्षितुं, संरक्षितुं च आवश्यकम् बाल्ये एव संस्कृतिम् अधीयमानः बालकः उत्तमः नागरिकः भवति।

नेहा देवी
कक्षा दसवीं



हिन्दुधर्मे संस्कृतभाषायाः महत्त्वम्

संस्कृतभाषा भारते प्राचीनतम्, विशुद्धा च भाषा अस्ति। एषा भाषा हिन्दुधर्मस्य मूलाधारभूता अस्ति। हिन्दुधर्मे वेदाः, उपनिषदः, पुराणानि, रामायणम्, महाभारतम् इत्यादीनि सर्वे अपि ग्रन्थाः संस्कृतभाषायामेव लिखिताः सन्ति।

संस्कृतं न केवलं एकं भाषायाः रूपं, अपि तु आध्यात्मिकजीवितस्य मूलं च अस्ति। हिन्दुधर्मस्य मन्त्राः, स्तोत्राणि, पूजाविधयः, यज्ञविधानानि च संस्कृतेनैव प्रचलन्ति। “ॐ”, “शान्तिः”, “नमः”, इत्यादीनि शब्दाः धर्मे विशेषं स्थानं धारयन्ति।



संस्कृतस्य व्याकरणं पाणिनिना रचितं, यत् अतीव सूक्ष्मं, वैज्ञानिकं च अस्ति। अतः एषा भाषा मन्त्राणां उच्चारणे विशेषं प्रभावं जनयति। मन्त्राणां स्वरः, छन्दः, उच्चारणं च यथाविधि कृतं चेत्, तस्य आध्यात्मिकः लाभः बहुलः भवति।

इंशुल शर्मा
कक्षा नवमी

परिश्रमः एव सफलता-सूत्रम्

सफलता मानवजीवने महत्त्वपूर्णं स्थानं धारयति। सफलतां प्राप्तुं कोऽपि मार्गः नास्ति येन श्रमं विना लक्ष्यं सुलभं भवेत्। अतः एव परिश्रमः सफलता-सूत्रं इति कथ्यते।



यः मनुष्यः नित्यं परिश्रमेण कार्यं करोति, सः निश्चितं सफलतां लभते। उदाहरणरूपेण पश्यामः - महात्मा गान्धिः, अब्दुल कलाम्, चाणक्यः च। एते सर्वे अपि स्वजीवने महान् परिश्रमं कृत्वा महान् सिद्धिं प्राप्तवन्तः।

कर्मणि अस्माकं श्रद्धा, नियमिता चेष्टा च आवश्यके। यदि मनुष्यः केवलं स्वप्नं पश्यति परं तस्य पूर्तये परिश्रमं न करोति, तर्हि सः कदापि सफलः न भवेत्।

परिश्रमेण एव बुद्धिः विकसितव्या, आत्मविश्वासः जायते च। आत्मबलं चोत्कर्षं ददाति। यः आलस्यं त्यक्त्वा सततं कर्मसु लीनः भवति, तस्य जीवनं सफलं भवति।

अतः वयं सर्वे अपि ज्ञातव्यं यत् - ‘परिश्रमः एव सफलता-सूत्रम्।’

सानिया शर्मा
कक्षा नवमी



Indian Knowledge System - Science behind our Rituals

The Indian Knowledge System (IKS) is an ancient tradition that encompasses various aspects of life, including spirituality, philosophy, and science.

One of the most fascinating aspects of IKS is the science behind our daily rituals and practices.

In this article, we will explore the connection between IKS and science, focusing on the pooja materials and rituals that are an integral part of our daily lives.

The Power of Pooja Materials

Pooja materials like guggul, kesar, chandan, ashwagandha, dhoop, ud, and gomay (cow dung cake) are not just mere objects; they hold spiritual significance and are believed to connect us with the divine. Let's take a closer look at the science behind these materials:

Guggul (*Commiphora mukul*): Guggul is known for its antiseptic and anti-inflammatory properties. When burned, it releases negative ions, purifying the air and reducing bacteria.

Kesar (*Saffron*): Kesar is known for its calming and soothing properties. The aroma of

kesar can uplift mood and reduce stress.

Chandan (*Sandalwood*): Chandan has a calming effect on the mind and body. The fragrance of chandan is believed to purify the air and reduce stress.

Ashwagandha (*Withania somnifera*): Ashwagandha is known for its adaptogenic properties, helping the body adapt to stress.

Dhoop (*Incense Sticks*): Dhoop is made from natural ingredients like sandalwood, guggul, and essential oils. When burned, it releases a fragrant smoke that purifies the air, reduces stress, and promotes relaxation.

Ud (*Oud/Agarwood*): Ud is a fragrant wood that is highly valued for its unique aroma.

When burned, it releases a soothing and calming fragrance that promotes spiritual growth and relaxation.

Gomay (*Cow Dung Cake*): Gomay is a natural and eco-friendly fuel source that is

commonly used in rural India. When burned, it releases a gentle heat that purifies the air and promotes a sense of calmness.

The Science behind Aarti

Aarti, the ritual of circulating light, is an integral part of our daily pooja. The combination of oil, diya, and kapoor in Aarti has a profound impact on our surroundings and our inner selves.

Oil: Oil represents the removal of darkness and ignorance, bringing light to our lives.

Diya (Earthen Lamp): The diya symbolizes the light within us, guiding us towards knowledge and wisdom.

***Kapoor (Camphor):** Kapoor signifies the destruction of evil and the triumph of good.

Panchamrit: The Five Nectars

Panchamrit is a sacred mixture of five ingredients that is commonly used in Hindu rituals and ceremonies. The five ingredients are:

Milk (*Dugdha*): Represents purity and nourishment

Curd: Represents prosperity and fertility

Honey (*Madhu*): Represents sweetness and healing

Sugar (*Sarkara*): Represents bliss and happiness

Ghee (*Clarified Butter*): Represents purity and spiritual growth

Panchamrit has several benefits when consumed, including promoting digestive health, boosting the immune system, and providing a natural energy boost.

The Importance of Naivedya to God

Naivedya is the offering of food to God, which is an essential part of Hindu rituals. The science behind naivedya is that it involves the transfer of energy and intentions to the food, which is then consumed by the devotees, promoting spiritual growth and purification.



The Significance of Pooja Materials in Hindu Worship

In Hindu worship, various materials are used to create a sacred and divine atmosphere. Each material has its own significance and is believed to possess spiritual and symbolic meanings.

Here's a brief overview of the importance of coconut, turmeric, kumkum, nagvel leaves, mango leaves, flowers, and water in pooja:

Coconut (*Nariyal*): The coconut represents the human ego and the breaking of it symbolizes the destruction of the ego, leading to spiritual growth and self-realization.

Turmeric (*Haldi*): Turmeric is considered auspicious and is used to purify and protect. It is also believed to have medicinal properties and is used in Ayurvedic medicine.

Kumkum: Kumkum is a symbol of prosperity, good fortune, and marital bliss. It is also believed to have antiseptic properties and is used to ward off evil spirits.

Nagvel Leaves (*Betel Leaves*): Nagvel leaves are considered sacred and are used to offer prayers to the gods. They are also believed to have medicinal properties and are used in Ayurvedic medicine.

Mango Leaves (*Aam Leaves*): Mango leaves are considered auspicious and are used to create a sacred atmosphere. They are also believed to have medicinal properties and are used in Ayurvedic medicine.

Flowers: Flowers are used to offer prayers to the gods and are believed to symbolize love, devotion, and gratitude. Different flowers have flowers and are used for various purposes in worship.

Water (*Jal*): Water is considered sacred and is used to purify and cleanse the soul. It is also used to offer prayers to the gods and to symbolize spiritual growth and renewal.

The Connection to PanchMaha Bhoota

The pooja materials and rituals are connected to the five elements (Panch MahaBhuta) - Earth, Water, Fire, Air, and Ether. This

connection helps us understand the balance of nature and our place in the universe.

Earth: Guggul, chandan, and gomay are connected to the earth element, representing stability and grounding.

Water: Kesar is connected to the water element, representing fluidity and adaptability.

Fire: The diya and kapoor are connected to the fire element, representing transformation and purification.

Air: Ashwagandha, dhoop, and ud are connected to the air element, representing movement and change.

Ether/Space: The sound of the bell and the chanting of mantras are connected to the ether element, representing the universe and the divine.

Conclusion

The Indian Knowledge System and the science behind our rituals are fascinating topics that can help us understand the world and ourselves better.

By exploring the connection between IKS and science, we can deepen our appreciation for our ancient traditions and practices.

We hope this article has inspired you to learn more about the science behind our rituals and to incorporate these practices into your daily life.

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Attitude of Gratitude

Gratitude is one of the simplest yet most powerful emotions a person can practice. An attitude of gratitude means developing the habit of appreciating life, people, and opportunities—whether big or small. It is not about ignoring difficulties, but about focusing on the blessings that surround us even during challenges.

The Power of Gratitude

Psychologists and spiritual teachers alike emphasize that gratitude shifts our mindset. When we are thankful for what we have, our perspective changes from scarcity to abundance. Instead of worrying about what is missing, we start cherishing what is present. This positive outlook improves mental health, reduces stress, and strengthens relationships.

Gratitude in Daily Life

Gratitude is not confined to grand achievements. It can be expressed in everyday moments—like being thankful for good health, a kind word from a friend, food on the table, or even the beauty of nature. Small acts such as keeping a gratitude journal, saying "thank you" sincerely, or silently acknowledging life's gifts can nurture this attitude.

Gratitude and Relationships

When people express genuine appreciation, it fosters stronger bonds. A simple note of thanks or acknowledging someone's effort can inspire kindness and create a cycle of positivity. Families, workplaces, and communities thrive when gratitude becomes a habit.

Overcoming Challenges with Gratitude

Life is not always smooth. In difficult times, gratitude acts like a guiding light. Being thankful even for struggles helps us grow, teaching patience, resilience, and empathy. Gratitude does not erase pain, but it gives us the strength to face it with hope.

Conclusion

An attitude of gratitude is more than good manners—it is a way of living. By choosing to see life as a gift, we open the door to happiness, peace, and deeper connections with others. In every situation, there is something to be grateful for; we just need to pause, notice, and appreciate.

Neeraj Sharma
TGT Social Science



Our Responsibility Towards Nature

Nature is the greatest gift to humankind. From the air we breathe, the water we drink, to the food we eat—everything comes from our environment. Sadly, pollution, deforestation, and careless human activities are damaging our Earth every day.

As students and teachers, we can make a big difference with small actions. Planting more trees, reducing plastic use, saving electricity, and avoiding wastage of water are simple habits that protect our planet. Even keeping our classrooms and school surroundings clean is a great step towards a greener future.

The Earth does not belong to us alone—it is also home to countless animals, birds, and plants. By taking care of nature today, we ensure a healthy tomorrow for ourselves and for generations to come.

Let us pledge to be true guardians of our environment. Remember, a cleaner and greener Earth begins with us!

Sarika Gupta
TGT Science



Mental Health Matters – Even If You Can't See It

In today's busy and competitive world, we often talk about physical health — but we rarely talk about mental health. If someone has a fever, we tell them to rest. But if someone feels anxious, stressed, or sad, we often say, "It's nothing, just be strong."

But mental health is just as real and important as physical health. Students feel exam pressure, adults face job stress, and even teenagers go through loneliness, social anxiety, and comparison — especially due to social media.

Just because we can't "see" a person's pain doesn't mean they aren't hurting. A smile can sometimes hide a lot. That's why we must learn to be kind — to others and to ourselves.

Taking care of your mind is not a weakness — it's strength. Talking to a friend, taking a break, going for a walk, or asking for help when needed is braveness not a weakness.

Moral: It's okay to not be okay. Mental health is not a luxury, it's a necessity — treat it with the same care and respect as physical health.

Manju Gupta
PRT Teacher



The Counsellor Compass

Counsellor plays a vital role in helping people understand and manage their emotions, thoughts, and challenges in life. As a counsellor myself, I've seen how just having someone to listen without judgment can make a world of difference. I remember one client who felt completely lost after failing an exam; through our sessions, she regained her confidence and found a new direction. Counselling isn't about giving advice, but about guiding someone to find their own strength.



सलाह देना नहीं, समझना जरूरी है।
“काउंसलिंग एक दर्पण है, जिसमें व्यक्ति खुद को पहचानता है।”

As my own experience of Counselling Sessions :(Different age groups)

- 1. Opening Up:** I create a safe space where youth feel heard—like the student who relieved her exam anxiety simply by sharing her worries.

2. **Navigating Puberty:** I guide adolescents through mood swings and body changes, helping a teen accept her natural growth instead of fearing it.
3. **Resolving Conflicts:** I mediate girls' friendship disputes, teaching honest communication and empathy, as when a group of friends learned to rebuild trust.
4. **Handling Peer Pressure:** Guide youth to make independent, healthy choices despite social pressure.
5. **Family Issues:** Support teens in coping with misunderstandings or communication gaps at home.

6. **Digital Well-being:** Address anxiety or insecurity caused by social media and screen overuse.
7. **Career Doubts:** Listen to students confused about career paths and help them explore their strengths after a fallout.

Conclusion

"Counselling empowers individuals to navigate challenges, heal, and grow—making every step of their journey meaningful and transformative."

Smt. Monika Thakur
TGT Science



Reading Books

Reading is a very good habit that one needs to develop in life. Good books can inform you, enlighten you and lead you in the right direction. There is no better companion than a good book. Reading is important because it is good for your overall well-being. Once you start reading, you experience a whole new world. When you start loving the habit of reading you eventually get addicted to it. Reading develops language skills and vocabulary. It is also a way to relax and reduce stress and important to read a good book at least for a few minutes each day to stretch the brain muscles for healthy functioning. Books are known to be your best friend for a reason. We must all read on a daily basis for at least 30 minutes to enjoy the sweet fruits of reading. It is a great pleasure to sit in a quiet place and enjoy reading. Reading a good book is the most enjoyable experience one can have.

Renu Sharma
PRT Teacher



Role of Discipline in Student Life

Discipline plays a crucial role in shaping a student's life. It is the foundation of success, growth, and character development. Here's how discipline impacts student life:

1. Helps in Time Management

Discipline teaches students how to manage their time effectively. With a structured routine, they can balance academics, extracurriculars, and personal time.

2. Improves Focus and Concentration

A disciplined mind is less distracted. Students who follow a disciplined lifestyle are more focused on their studies and goals.

3. Builds Strong Work Habits

Discipline instills consistency and dedication. Students learn to complete their assignments on time, prepare for exams regularly, and take responsibility for their actions.

4. Boosts Academic Performance

When students follow a regular study routine and avoid procrastination, their academic performance improves significantly.

5. Encourages Respect and Good Behavior

Discipline helps students to respect rules, teachers, and peers. It promotes a positive

attitude and respectful behavior in classrooms and society.

6. Prepares for the Future

A disciplined student today becomes a responsible adult tomorrow. It prepares them for the challenges of professional and personal life.

7. Reduces Stress and Anxiety

With clear routines and priorities, disciplined students face less stress and feel more in control of their tasks.

Conclusion

In student life, discipline is not just about obeying rules—it's about self-control, commitment, and a mindset that leads to long-term success. Students who practice discipline are more likely to achieve their goals and lead meaningful lives.

Mittu Sharma
PRT Teacher



Medicinal Plants in Billawar

Billawar, a beautiful town located in the Kathua district of Jammu and Kashmir, is known not only for its cultural heritage and natural beauty but also for its rich biodiversity. Surrounded by hills, forests, and fertile valleys, the region is home to a variety of medicinal plants that have been used in traditional healthcare systems for generations. Many of these plants are still part of local household remedies and Ayurvedic practices.

Importance of Medicinal Plants

Medicinal plants are considered the backbone of traditional medicine in rural and hilly areas. In Billawar, where access to modern healthcare is sometimes limited in remote villages, people often rely on these plants for the treatment of common ailments like cough, fever, digestive problems, wounds, and skin diseases.

Common Medicinal Plants Found in Billawar

1. Amla (*Phyllanthus emblica*)

Locally grown in orchards and wild areas. Rich in Vitamin C, boosts immunity, improves digestion and is used in hair care.

2. Neem (*Azadirachta indica*)

Found in village surroundings. Acts as a natural purifier, used for skin infections, fever, and dental care.

3. Tulsi (*Ocimum sanctum*)

A sacred and common household plant. Known for its role in treating cold, cough, and respiratory problems.

4. Aloe Vera (*Aloe barbadensis*)

Cultivated in home gardens. Used for skin burns, wounds, and digestive health.

5. Harad (*Terminalia chebula*)

Found in forest areas. Known as the “king of medicines” in Ayurveda, effective for digestion and immunity.

6. Ashwagandha (*Withania somnifera*)

Grows in dry areas of Billawar region. Used as a rejuvenator, stress reliever, and energy booster.

7. Brahmi (*Bacopa monnieri*)

Found near water streams. Improves memory, concentration, and reduces anxiety.

8. Wild Turmeric (*Curcuma aromatica*)

Grown naturally in forest patches. Used for

skin health, wound healing, and as an anti-inflammatory agent.

Traditional Knowledge and Conservation

Local communities in Billawar have preserved traditional knowledge about these plants through oral traditions. However, due to deforestation, overgrazing, modernization, many medicinal species are under threat. Conservation through community awareness, cultivation of medicinal plants in herbal gardens, and promotion of eco-tourism can help protect this heritage.

Conclusion

Billawar's rich treasure of medicinal plants is a blend of nature and tradition. These plants are not only vital for the health and well-being of local communities but also hold potential for research and sustainable development. Protecting this green wealth will ensure that future generations continue to benefit from the healing power of nature.

Pallvi Sharma
PGT Biology



Nature is the Best Teacher

Nature is a great and world's best teacher. As we learn many things from nature. Nature teaches us how to be calm, patience, kind and many more. The best lesson we learn from nature is to be the giver rather than the receiver.

Nature gives us many things like sunshine, rain, food, water, seasons, flowers, and many other things without expecting anything in return. Nature includes sun, moon, trees, rain, oceans, field, mountains and many other things. Each thing teaches us each lesson as sun teaches us how to shine in our life and moon teaches us how to be calm and shine even in darkness, and trees teach us how to share our shelter to others and food to others, and river teaches us how to move forward in our life even when we facing challenges.

Nature gives all its resources which are important to humans. It is the best and great teacher for each and everyone who wishes to learn from nature.

Sapana Sharma
PRT Teacher



10 Tips to Improve Your Pronunciation

1. **Use Mirror Practice:** Stand in front of a mirror while speaking English. Watch how your lips and tongue move. This helps you become more aware of how sounds are formed.
2. **Focus on Word Stress:** Learn which syllables are stressed in words. Proper stress makes your speech clearer and more natural to native speakers.
3. **Shadow Reading:** Listen to a native speaker and read the same text aloud at the same time. Try to match their pronunciation, tone, and rhythm.
4. **Learn Connected Speech:** Practice how native speakers connect words. For example, “want to” often sounds like “wanna.” This helps you sound more fluent.
5. **Watch with Subtitles First – Then Without:** Use English subtitles to follow along while listening. Then watch again without them to train your ears to hear natural pronunciation.
6. **Practice Minimal Pairs:** Work on similar-sounding words like “bit” and “beat.” These pairs help you notice and produce small differences in sounds.
7. **Use Pronunciation Dictionaries:** Online dictionaries like Cambridge and Merriam-Webster offer audio of native pronunciation. Use them to hear and repeat the correct sounds.
8. **Sing Along with Songs:** Choose songs with clear lyrics and sing along. This helps improve rhythm, intonation, and how you pronounce words naturally.
9. **Ask for Feedback:** Let a teacher or language expert listen to your pronunciation. They can point out mistakes and give helpful improvement tips.
10. **Celebrate Small Wins:** Be proud of your progress! Even small improvements—like pronouncing one difficult word right—are steps toward fluency.

Bharti Sharma
PRT Teacher



The Magic of Chemistry in Everyday Life

Chemistry is often seen as a subject of formulas, reactions, and lab experiments. But beyond the classroom, chemistry is the magic that surrounds us — in the food we eat, the air we breathe, and even the emotions we feel. As a teacher, I believe it's important for students to see chemistry not just as a subject to study, but as a key to understanding the world around them.

Every morning, when you brush your teeth, you're using fluoride compounds that help prevent cavities. When you cook an egg, you witness protein denaturation, a chemical change. Even the rusting of iron or the bubbling of soda is chemistry in action. These everyday phenomena are just small glimpses into a vast world of molecular interactions.

Chemistry also plays a critical role in solving global challenges. From developing life-saving medicines to creating clean energy solutions, chemists are at the forefront of innovation. In fact, the COVID-19 vaccine was a triumph of chemistry, showcasing how the science we

learn in school can one day change the world.

To my dear students: be curious. Ask questions. Do not fear the complexities of chemical reactions — instead, explore them with wonder. Every drop of water, every breath of air, every bite of food — all are filled with stories waiting to be discovered through chemistry.



Let's celebrate this beautiful science and carry its light into our future discoveries.

Sh. Vijay Kumar
(PGT Chemistry)



STEM Education and Its Role in Enhancing Problem-Solving Skills: Government Initiatives in India

In the rapidly evolving world of the 21st century, the ability to think critically, innovate, and solve problems has become as essential as literacy itself. STEM education—focusing on Science, Technology, Engineering, and Mathematics—has emerged as a powerful approach to prepare students for this reality. Unlike traditional rote learning, STEM encourages inquiry, experimentation, and the practical application of knowledge to real-world situations. Through hands-on projects, teamwork, and open-ended challenges, students not only learn concepts but also learn how to think, question, and create solutions.

One of the greatest strengths of STEM education lies in its interdisciplinary approach. When students design a robot, build a circuit, or analyze environmental data, they combine scientific reasoning with engineering design and mathematical precision. This integration builds analytical thinking and logical reasoning, helping them develop a mindset oriented toward finding practical solutions. For instance, while programming a simple robot, students learn not only coding

but also patience, persistence, and iterative problem-solving—skills that remain valuable in every career.

Moreover, STEM education nurtures creativity and curiosity. It transforms students from passive recipients of information into active problem solvers who explore possibilities, test hypotheses, and learn from failure. These experiences boost their confidence and resilience, essential qualities for innovation and leadership in the future workforce. STEM also promotes collaboration and communication, as students often work in teams to brainstorm and implement ideas—mirroring real-world professional environments.

Recognizing the potential of STEM to empower youth and strengthen the nation's innovation capacity, the Government of India has launched several forward-looking initiatives. One of the most impactful is the Atal Innovation Mission (AIM) under NITI Aayog, which introduced Atal Tinkering Labs (ATLs) across thousands of schools. These labs

provide students with access to tools such as 3D printers, robotics kits, sensors, and microcontrollers, encouraging them to experiment and invent. Through ATL projects, students tackle real-life community problems, from renewable energy solutions to health-tech innovations, fostering both social awareness and technical creativity.

In addition, the National Education Policy (NEP) 2020 emphasizes experiential and multidisciplinary learning. It integrates coding, design thinking, and computational skills into school curricula from an early stage. The Department of Science and Technology (DST) and Ministry of Education also support programs like INSPIRE Awards-MANAK, which reward young innovators for original ideas and prototypes. Further, initiatives such as Vigyan Jyoti and Vidya Pravesh aim to make STEM inclusive by encouraging participation from girls and underrepresented groups.

Through these combined efforts, India is

nurturing a generation of thinkers and innovators capable of addressing local and global challenges. STEM education is not merely a subject stream—it is a transformative learning movement that equips students with the tools to understand, analyze, and solve the complex problems of tomorrow. By fostering curiosity, creativity, and critical thinking, STEM lays the foundation for a future driven by innovation, sustainability, and intelligent solutions.

Our school actively promotes STEM education by integrating hands-on learning and innovation into everyday teaching. Through the establishment of an Atal Tinkering Lab, students explore robotics, electronics, and coding to solve real-world problems creatively. Teachers guide them in project-based learning, encouraging teamwork and critical thinking. Regular innovation challenges, exhibitions, and workshops help students apply scientific concepts practically. Collaboration with local industries and STEM mentors further enhances exposure and skill development. By fostering curiosity, experimentation, and innovation, our school ensures that every student develops confidence, problem-solving ability, and a forward-thinking mindset essential for the future.

Naman Goswami
Atl Teacher





Why Zero is the Most Powerful Number

Zero may look like nothing, but it is one of the most powerful numbers in mathematics. Without zero, our entire number system would collapse! It represents “nothing,” yet it plays a key role in everything.

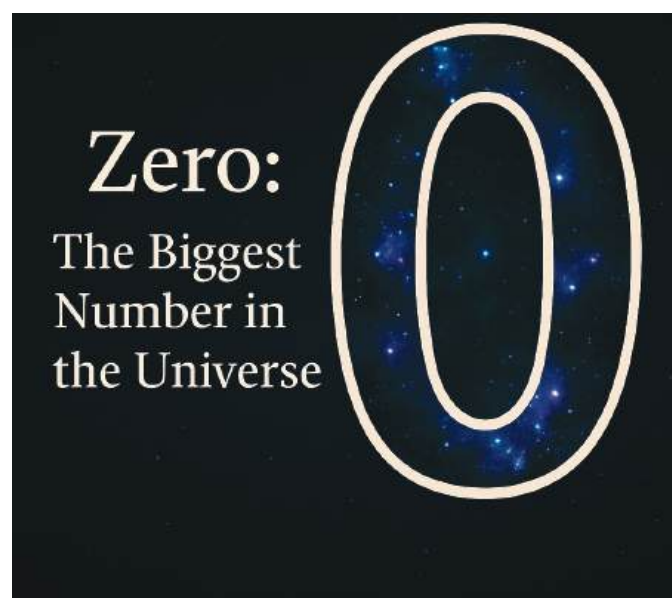
The story of zero is fascinating. Ancient civilizations like the Babylonians and Mayans used symbols for zero, but it was Indian mathematician Aryabhata and later Brahmagupta who gave zero its true meaning as a number. From India, zero traveled to the Arab world and then to Europe, changing mathematics forever.

Why is zero so important?

Firstly, it acts as a placeholder in our decimal system. Imagine writing 105 without zero—it would just be 15! Secondly, zero makes calculations easier. It also marks the starting point on the number line, sitting between positive and negative numbers.

Zero is not only powerful in mathematics but also in science and technology. Computers run on binary code—just zeros and ones! Without zero, modern technology, coding, and the digital world would not exist.

What's more, zero is full of mystery. You can add or subtract zero without changing a number, but dividing by zero is impossible—it leads to infinity!



So, next time you see zero, remember—it may look like nothing, but it means everything. Zero truly proves that “sometimes, nothing is the most powerful thing in the world.”

Diksha Rani
PRT Teacher



Mindfulness in Education: Focus, Calm, and Learning

Mindfulness is increasingly recognized as a valuable tool in educational settings, benefiting students, teachers and school culture as a whole. When introduced into classrooms, mindfulness practices can enhance focus, reduce stress, and promote emotional well-being - all of which contribute to a more effective and compassionate learning environment.

What is Mindfulness?

Mindfulness is the practice of paying attention to the present moment with openness, curiosity, and without judgment. It often involves techniques like breathing exercises, meditation, and mindful movement to help individuals become more aware of their thoughts, emotions, and surroundings.

Benefits of Mindfulness in Education

1. Improved Focus and Attention

Mindfulness enhances students' ability to concentrate.

Regular practice strengthens the brain's executive functions (planning, organization, impulse control).

Helps reduce distractions and increases the capacity to stay on task.

2. Emotional Regulation and Calm

Students learn to observe emotions without reacting impulsively.

Helps reduce anxiety, stress, and aggression in school settings.

Encourages a calmer response to challenges and conflict.

3. Social and Emotional Learning (SEL)

Builds empathy and compassion.

Strengthens relationships between students and teachers.

Supports classroom community and collaboration.

4. Academic Performance

With improved attention and reduced anxiety, students are more able to absorb and retain information.

Studies show correlations between mindfulness practices and improved test scores and grades.

5. Teacher Well-being

Mindfulness helps educators manage stress and avoid burnout.

Leads to more reflective, patient, and compassionate teaching.

Mindfulness Techniques in the Classroom

Mindful Breathing: One to five minutes of focusing on the breath.

Body Scan: A guided practice that brings awareness to different parts of the body.

Gratitude Journaling: Encouraging students to reflect on positive aspects of their lives.

Mindful Listening: Focusing on a single sound or the words of a peer without interrupting.

Movement and Yoga: Mindful stretching or movement to release tension and re-engage attention.

Implementing Mindfulness in Schools

Start Small: Begin with a short daily practice (e.g., 2 minutes of breathing).

Model It: Teachers and staff practicing mindfulness set a powerful example.

Professional Development: Trained the educators to use and teach mindfulness effectively.

Curriculum Integration: Embed mindfulness into subjects like health, PE, or even literature.

Create Mindful Spaces: Designate quiet areas in classrooms for reflection and calm.

Challenges and Considerations

Cultural Sensitivity: Ensure mindfulness practices are inclusive and secular.

Consistency: Long-term benefits require sustained and regular practice.

Buy-in from Stakeholders: Educate parents, teachers, and administrators about the evidence-based benefits.



Conclusion

Mindfulness in education isn't just a trend — it's a transformative approach to helping students and educators thrive. By fostering focus, emotional calm, and a deeper connection to self and others, mindfulness lays a strong foundation for both personal well-being and academic success.

Srishta
NTT Teacher



Confidence: Unlocking Your Potential

Confidence is the foundation of success, enabling individuals to take risks, overcome challenges, and achieve their goals. It's the spark that ignites passion, creativity, and determination.

Benefits of Confidence

1. **Empowerment:** Confidence gives you the courage to take control of your life and make decisions.
2. **Resilience:** Confident individuals bounce back from setbacks and failures.
3. **Improve Performance:** Confidence enhances your abilities, leading to better outcomes.

Building Confidence

1. **Positive Self-Talk:** Focus on your strengths and accomplishments.
2. **Step Out of Your Comfort Zone:** Take risks and challenge yourself.
3. **Learn from Failures:** Use failures as opportunities for growth.



Conclusion

Confidence is a skill that can be developed, by believing in yourself and your abilities, you can unlock your potential and achieve greatness. So, stand tall, be proud, and let your confidence shine!

Simran Khajuria

Class 7th



The Last Chapter

Class 12th — the final and most unforgettable chapter of our school journey. A year full of last-minute panics, endless memories, and moments that made us laugh, cry, and grow together. We stepped into this chapter like warriors... armed with pens, half-prepared notes, and way too much caffeine.

Every morning began with the assembly — a test of how long we could stand still without losing focus. We'd line up half asleep, eyes barely open, until the booming voice of PT Sir cut through the sleepy air: ***"Back straight! Stop talking! No fidgeting!"***

No microphone needed — his voice had Bluetooth range! His whistle was louder than any alarm clock, and his sharp gaze caught every little distraction. He marched with pride and kept us on our toes, making sure discipline was non-negotiable — even when all we wanted was to sneak a nap. Those mornings, chaotic as they were, became part of our story. Somewhere between the anthem and announcements, we found moments of calm — memories that still echo in our hearts:

**"The bell rings loud, we line up slow,
some half awake, some ready to go."**

**PT Sir's voice, a mighty roar,
one glance from him — no slouching
anymore!**

**Behind the shouts, a caring guide,
who kept us safe and full of pride?**

**Loud but loving, firm and fair,
a hero whose absence we'll deeply bear."**

Then came the real challenge — the classrooms. Each subject came with its own mood, a unique story, and a special way of making us feel alive. If these subjects could speak, maybe this is what they'd say — straight from the student's mind:

Math:

"We're hunting for X, but it's always hiding,
Numbers and formulas leave us sliding.
We swear we'll solve you one day, for sure,
But right now, our brains are a little unsure!"

Physics:

"We talk about forces, light, and speed,
but mostly, we struggle to stay awake, indeed.
Why objects fall? We often ask,
because we were dreaming, not doing the task!"

Chemistry:

"Bubbling beakers and smells so strange,

sometimes our experiments cause a range!
We laugh, we spill, sometimes we panic,
but learning with fun makes it less panic."

Biology:

"From cells to systems, we try to keep track,
Drawing diagrams that look like abstract art —
no lack!

We dreamt of being doctors, full of pride,
now we just hope to pass, side by side."

English:

"Poems, essays, grammar rules galore,
Late-night writing, who could ask for more?
We guess, we copy, we sometimes rhyme,
and hope for good marks every time."

Physical Education:

"Run, jump, stretch — or so we Say,
But when PT Sir calls, we sometimes Stray.
Warm-up or not, we try to hide,
But he spots us with his eagle-eyed stride!"

Computer Science:

"Typing code with hopes held high,
Till errors make us want to cry.
We debug, retry, and sometimes win,
When the screen says 'Success' — let the joy
begin!"

And then, there were our true partners in



crime — our friends. The ones who saved us
when we forgot homework, passed secret
notes under the teacher's nose, and filled our
notebooks with doodles, jokes, and the real
lessons of life.

"Niche dekh, mam dekh rahi hain!"

"Hans mat, mam se daant pdegi."

"Yrr, bhookh lagi hai."

"Snack break kab hai?"

**"Aaj toh homework nahi kiya, par kal kar
lenge, chill!"**

While teachers lectured on formulas and
theories, we were busy creating our own
secret world — full of whispers, giggles, and
the kind of friendship only school days can
give.

**So here's to our last chapter — messy,
beautiful, and unforgettable.**

Because this wasn't just school. It was home. It
was the place where we discovered ourselves
— through laughter, mistakes, friendships,
and endless dreams whispered under the
classroom desks. The late nights spent
cramming, the nervousness before exams, the
warmth of friends beside us — these moments
made us who we are. As we close this chapter, a
wave of emotions hits us — excitement for
what's next, but a deep ache for the days we'll
never get back. We will carry these memories
in our hearts forever, knowing that this last
chapter was not just an ending, but the
beginning of everything to come.

Chatanya Thakur

Supintendent of Bal Bharti

Class 12th



Sky Shield of India: The S-400's Silent Roar in Operation Sindoor

Origin of the S-400

India's S-400 air defence system is named "Sudarshan Chakra" after Lord Vishnu's mythological weapon, symbolising swift and precise destruction. The S-400 Triumph, known by NATO as SA-21 Growler, is a highly advanced long-range surface-to-air missile (SAM) system developed by Almaz Central Design Bureau in Russia for the Russian Armed Forces. It was introduced in 2007 and is an upgrade of the older S-300 series.

India signed a deal with Russia in 2018 to procure five S-400 systems under a contract worth over \$5.4 billion. The induction of the system into the Indian Air Force began in late 2021.

India's Deployment Strategy

India has strategically deployed the S-400 units in Punjab (near the Pakistan border) and eastern sector (facing China) to provide 360° air defence coverage. It acts as a deterrent against both Pakistani and Chinese air threats.

S-400 and Operation Sindoor

Operation Sindoor was a classified strategic

air defence operation (name assumed to be symbolic – Sindoor means 'vermilion', associated with protection in Indian culture). Though details remain confidential, reports suggest that S-400 played a crucial behind-the-scenes role in its success, particularly in deterrence and surveillance.

How S-400 Contributed to Operation Sindoor:

- 1. Airspace dominance:** The S-400 created an air defence umbrella that prevented enemy aircraft from breaching Indian airspace.
- 2. Early warning and target tracking:** Its radar system gave IAF real-time data on any airborne threat.
- 3. Deterrence:** Knowing S-400 was active, adversaries avoided escalating to aerial confrontation.
- 4. Strategic advantage:** Allowed Indian forces to conduct operations with aerial confidence, knowing that air threats were neutralized or discouraged.

Strategic Impact of the S-400 on Pakistan's Aerial Posture:

- 1. Airspace Deterrence:** The S-400's 400 km range forced Pakistani jets to stay far from the border, fearing instant interception.
- 2. Post-Balakot Shield:** After the Balakot strikes, S-400 gave India a secure air defence layer, discouraging any retaliation.
- 3. Outclassed Radars:** Pakistan's radar systems couldn't counter the S-400's advanced surveillance and stealth-tracking tech.
- 4. No-Fly Zone Effect:** S-400 deployment silently created zones where Pakistani aircraft couldn't risk flying.
- 5. Psychological Domination:** In Operation Sindoor, S-400's presence alone kept enemy jets grounded — fear did the fighting.



“When the skies roar silent, it's the S-400 watching — unseen, unfired, yet undefeated.”

Jai Hind Jai Bharat...

Nitin Spolia
Senior Superintendent of Bal Bharti
Class 12th



If School Desks Could Talk – Stories from the Top Floor

You know, sometimes I sit in my 11th class and stare at my desk. It's full of scratches, pen marks, and weird carvings. Some students have even written "I was here" like it's a historic monument! And then I think – what if our school desks could talk? Oh man, the things they would say!

"Good morning, sleepy heads!" I can almost hear my desk saying as soon as we enter the classroom in the morning. "Here we go again, another day of elbows pressing on my face and bags dumped on my back. Can't you treat me like a gentleman for once?"

The desks of our 11th class are on the topmost floor of the senior building, which means they get the best view of the playground. I'm sure they gossip with each other when we're not around. I can imagine one desk saying, "Hey, look at those kids down there! Running like they have no homework in life." Another desk replies, "Lucky them. I'm stuck here, listening to these humans complain about tests all day."

Morning Classes- The Battle of Sleep

The first period starts and we all look half-asleep. Some of us practically hide our faces on

the desk as if we want to become one with it. If the desks could talk, they'd probably laugh and say, "Oh, look! It's the great art of pretending to listen while secretly sleeping. Oscar awards should be given to these students."

The Artists of the Batch

Some of my classmates, of course, are born artists ; one is beside me. No, not on paper – but on desks! You'll find a picture library here or rough page or a story page and desks complaining, "Oh great, another story written on me. Do I look like a diary?" Then there are students who use correction pens to draw flowers, stars, and what not. I can imagine a desk groaning, "Wow, masterpiece! Maybe next time paint the Mona Lisa on me!"

Lunch Break – The Best Time

The desks must be the happiest during the lunch break because they finally get to rest. No notebooks, no elbows, no frustrated tapping of pens. But then, some students spill chutney or ketchup on them. I can almost hear the desk screaming, "Seriously? I am not a dining table! Someone help! Please."

If School Desks Could Speak



Afternoon Classes – The 'I'm Done' Mood

After lunch, the real drama begins. Students look like they've just run a marathon. We sit, staring at the blackboard with zero energy. If the desks could talk, they'd tease us: "What happened to you guys? You were laughing like maniacs 20 minutes ago during lunch. Now you look like ghosts. Need a pillow? I've got space for your head!"

Sometimes, when the teacher asks a question,

we try to slide lower and lower, hiding behind the desk, praying we don't get called. I can imagine the desk saying, "here, teacher! He's hiding behind me again! You can't escape like that, buddy."

Finally, the last bell rings. We jump out of our seats, happy as if we won the lottery. The desks must be sighing in relief: "Thank goodness! No more math scribbles or pen tapping. See you tomorrow, humans. And please, for once, don't forget your water bottles on me."

If I Could Talk to My Desk

If my desk could talk to me directly, I think it would say, "Bro, I have seen generations of students. I've heard secret gossip, seen tears before exams, and even felt your panic situation during surprise tests. I'm the silent witness to all your school madness." And honestly, I'd reply, "Yeah, you deserve a medal for surviving us!"

Our desks have their own life, you know. They might look dull and scratched, but they hold the memories of everyone who has sat there – the funny moments, the boredom, and even the panic during tests. If only they could talk, I'm sure they'd have more stories to tell than our whole school combined.

Harman Thakur
Class 11th



The Teen Mind: Power, Pressure, and Potential

How Teens Think, Evolve, and Feel

Being a teenager is not just a phase — it's a transformation. Your body is growing, your emotions are intense, and your brain is changing more than at any other point in life (except when you were a baby). It's confusing some times, but also full of opportunities. Let's explore the power, pressure, and potential of the teen mind — and why it matters.

Power: More Than Meets the Eye

Your brain during the teen years is a powerhouse. It's developing the ability to think deeply, solve problems creatively, and imagine possibilities adults might not even consider.

You learn faster. Teen brains are full of fresh neural connections, which makes this the perfect time to explore new skills, ideas, and hobbies.

You think independently. Questioning rules, challenging norms, and forming your own opinions are part of becoming your own person.

You feel deeply. Intense emotions aren't a flaw — they're part of how your brain processes

life. Passion, empathy, and excitement are signs of your growing self-awareness.

Teen power isn't just about energy. It's about your growing ability to understand the world — and change it.

Pressure: The Silent Struggle

With all this brainpower comes serious pressure. School, social media, friendships, family, future plans — it can feel like everything is happening at once.

Social pressure is real. Your brain is wired to care more about what others think during your teen years. That's why peer approval and online likes feel so important.

Stress builds up fast. Balancing studies, expectations, and emotions can be exhausting. And because your decision-making center is still developing, it can be harder to handle it all calmly.

Mistakes feel bigger. Teens are often expected to act like adults but still treated like kids

Thank you

Himani
Class 9th



Overcoming procrastination

Procrastination is the act of delaying tasks, which is common among many people. This practice appears harmless at first but can have serious consequences in the long run. This can have a negative impact on people's productivity, mental health and personal success. People often procrastinate due to fear of failure, perfectionism, a lack of motivation or distractions from daily life. As a result, pending tasks are left until the last minute, leading to rushed work and poor performance.

One of the major consequences of procrastinating is decreased productivity. Moreover, the stress of incomplete tasks causes anxiety, reducing one's capacity to focus and be productive. Procrastination has a negative impact on an individual's mental health. The guilt and fear that comes with delaying important tasks can contribute to low self-esteem.



In short, procrastination is a common behaviour that may hinder our success. Individuals can improve their time management, minimise stress, and achieve their goals more effectively.

Riya Dutt Sharma
Class 9th



How Music Is the Way to Happiness

Have you ever noticed how a simple tune can change your mood? How a cheerful song can make your feet tap, or how a soft melody can calm your heart? That is the magic of music. Music is not just a sound we hear—it is a feeling, a language of emotions, and often, a beautiful way to happiness.

Music has a special power. It doesn't matter what language a song is in or where it comes from—it reaches straight to our hearts. When we're happy, music adds joy. When we're sad, it understands us. When we're stressed, it helps us relax. That is why people say, "Where words fail, music speaks."

But happiness through music doesn't only come from listening. It becomes even deeper when we play music ourselves. Playing instruments like the guitar or harmonium can bring immense joy and satisfaction.

Guitar: The String of Emotions

The guitar is one of the most loved instruments across the world. With just a few chords, a person can create beautiful tunes. Playing the guitar gives you a sense of rhythm and peace. It's like having a best friend who listens and speaks through sound. When you

strum a guitar, you don't just create music—you express your inner self. It can cheer you up when you're low, or add excitement to a quiet evening. Learning the guitar also builds patience, confidence, and creativity—things that make us happier in everyday life.

Harmonium: The Soul of Melody

The harmonium, often found in Indian music and devotional songs, brings a feeling of calmness and joy. Its soothing sound connects us to tradition and peace. Playing the harmonium is like meditating—it makes us forget stress and brings focus to the mind. Whether you sing along or play solo, the harmonium helps you slow down and enjoy the moment. It's not loud or flashy—it's gentle, deep, and full of emotion.

Both the guitar and harmonium are very different, but they share one thing: they create a space where the mind can rest and the heart can smile. That's what happiness is—a moment of true peace, joy, and connection with ourselves.

Kridhi Thakur
Class 9th



Mother

A mother is so important because she's the one who loves us before we even take our first breath. She's the safest place we run to when the world feels too big. Her hugs feel like home, her words calm our fear, and her sacrifices often go unnoticed but never unfelt. Mother's aren't perfect, but their love is powerful. It shapes who we are and who we become. They

teach us kindness, resilience,

and what it means to be love unconditionally. A

mother's presence

create Memory, her

absence leaves a

void, her love stays

with us forever. She

gave me Life, she

taught me, dressed

me, fought for me,

help me, shouted at me,

but most importantly she loved me unconditionally. There are not enough words to describe how important my mother is for me.



Anshika Sambyal

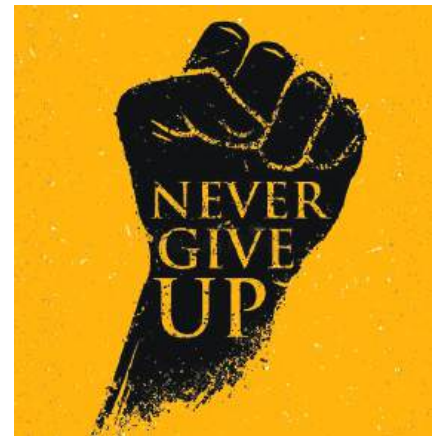
Class 9th



Never Give Up

If You keep on going and don't want to stop,
You can keep on going and make it to the top.
So don't give up and keep on going.

Life is a stage
and all artists
are performing
their role with
their own taste,
so don't give up
and give your
best, then your
entire journey
will pass while
in rest.



Life is full of worries, some are big, some are small, but if u keep on going, you will overcome from them all.

So make ur mind set and try to give the best,

Try not to stop because, slow and steady will make you at the top.

Aakarshika Sharma

Class 6th



Importance of Education

Education is very important in our life. It helps us learn new things and become better people. Through education, we gain knowledge about the world around us. We learn how to read, write, and solve problems. It also teaches us good manners and how to behave with others. Schools, teachers, and books help us get a good education. Teachers guide us and explain lessons so we can understand them easily. Education is not only about books. It also helps us grow in sports, music, art, and many other activities.

With a good education, we can get good jobs in the future and take care of our families. It also helps us make the right decisions in life. Educated people can help their country become better by working hard and helping others.

Every child has the right to go to school and learn. We should never stop learning because learning makes us smart and confident. We should respect our teachers and work hard in our studies.

In conclusion, education is the key to a bright future. It helps us become successful, kind, and responsible people.

Ananya Thakur
Class 6th



Birds I See Around Me

I see many birds near my home. I see sparrows, pigeons, crows, and parrots.

Sparrows are small and sweet. Crows are black and loud.

Parrots are green and can talk. Pigeons sit on the roof and look calm.

Birds fly free in the sky. I love to hear them sing.

Sometimes I feed them grains. They make me happy.

Birds are my little friends with wings.

I feel very happy when I see them.



Reyansh Thakur
Class Ist



The Importance of Parents in a Child's Life

Parents are indispensable figures in a child's life, playing a crucial role in their physical, emotional, and intellectual development. Their influence extends far beyond providing basic needs, shaping a child's values, character, and future. Their love, guidance, and support create a foundation for a child's well-being and future success.

Here's why parents are so important:

Foundation of Values and Morals:

Parents are the first teachers of a child, instilling values like honesty, respect, empathy, and responsibility. They guide children in making ethical decisions and becoming compassionate individuals.

Emotional Security and Support:

Parents provide unconditional love, care, and a sense of security, which are vital for a child's emotional well-being. This support helps children in building confidence and navigate life's challenges.

Shaping Personality and Character:

Through their actions and teachings, parents significantly influence a child's personality and character. They develop model positive

behaviors and help children in improving essential life skills.

Encouraging Education and Learning:

Parents encourage curiosity, motivate children to learn, and support their educational journey. They play a crucial role in shaping a child's intellectual development and academic success.

Providing Guidance and Wisdom:

Parents share their experiences, pass on cultural traditions, and offer valuable life lessons. Their guidance helps children in making informed decisions and navigating life's complexities.

In essence, parents are the bedrock of a child's life, providing them with the tools and support they need to thrive. Their influence is profound and lasting, shaping the individuals that children want to become.



Samridhi Gupta
Class 9th



HISTORY OF INDIA

India's history is incredibly rich and spans millennia, marked by diverse cultures, powerful empires, and significant philosophical and scientific advancements. It begins with early human settlements and the flourishing of the Indus Valley Civilization around 2500-1900 BC, one of the world's earliest urban cultures, known for its well-planned cities like Mohenjo-Daro and Harappa.

Following its decline, the Vedic Age (1500-500 BCE) emerged, characterized by the Indo-Aryan migrations and the composition of the Vedas, the foundational texts of Hinduism. This period saw the development of a complex social structure and the rise of early kingdoms. By 600 BCE, powerful states known as Mahajanapadas formed, leading to the rise of new religions like Jainism and Buddhism.

The Mauryan Empire (322-185 BC), founded by Chandragupta Maurya, unified a large part of the subcontinent, reaching its zenith under Emperor Ashoka, who embraced Buddhism and promoted its spread. After the Mauryas, various regional powers and dynasties, including the Satavahanas and Kushans, held sway.

The Gupta Empire (320-550 CE) is often referred to as India's "Golden Age," witnessing remarkable achievements in art, science, mathematics (including the invention of the decimal system and the concept of zero), and literature. Subsequent centuries saw the rise of powerful regional kingdoms like the Cholas in the South and the Rajputs in the North.

Medieval India saw the arrival of Islamic rulers, beginning with the Delhi Sultanate in the 12th century, which eventually led to the establishment of the magnificent Mughal Empire (1526-1857). The Mughals brought a new era of architecture, administration, and cultural synthesis.

In the 17th century, European trading companies, particularly the British East India Company, gradually gained political and economic control. After the Rebellion of 1857, direct British rule, known as the British Raj, was established. The struggle for independence intensified in the 20th century under leaders like Mahatma Gandhi, culminating in India's independence in 1947 and its partition into India and Pakistan. Since then, India has emerged as a sovereign, democratic republic.

Amit kantyal
Class 7th



Jagannath Puri Temple

Lord Shri Jagannath Temple Which is dedicated to Lord Jagannath (Shri Krishna). It is located in the coastal city of Puri in India State of Odisha. The word Jagannath means lord of the world. It is believed that this temple was built in the 12th century by king Anantavarman Chadoganga Dev of the Eastern Ganga Dynasty. Lord Jagannath is seated in this temple with his brother Balram and Sister Subhadra. The surprising thing about this temple is that the flag on the top of the temple always flutters against the wind.

Many interesting facts are associated with this temple. It is believed that we can see the Sudarshan Chakra installed on the top of the temple; also, where it is said that no bird or plane can fly from above this temple. It is said that the Prasad made for the devotees in this temple never falls short. The main attraction of this temple is The Annual Rathayatra of three main deities of the Temple Lord Jagannath, Lord Balbhadr and Goddess Subhadra taken out with a grand procession. Every year lakhs of people come to visit Jagannath temple and receive the blessings of Lord Jagannath.

Aradhya Gupta
Class 7th



Student's Life and Teachers

*Student's life is full of fun,
Learning things under the sun.
We read and write and sometimes play,
We grow wiser every day.
Teachers are our guiding light,
They help us learn what's wrong and right.
They teach us math, they teach us art,
And shape our minds and every heart.
With books and chalk, they light the way,
They work so hard every day.
We say "Thank you" with a smile,
For walking with us every mile.
Student life with teachers near,
Is full of joy, love, and cheer.
Let's study well and do our best,
And make them proud like all the rest!*

Reyansh Chalotra
Class 4th



The Stag and his Horns

The story of a stag and his horns is a classic short story that depicts how one should not be proud of his possessions. One should also determine the value of what he has and appreciate life. The appreciation of things we have makes us stronger and better. Let us find out how the stag got into trouble and how he escaped.

There was a beautiful forest and a clean lake in the middle. Animals used to come to this lake to quench their thirst. It was a common place where hunters also gathered to catch animals or kill them.

A stag arrived at the lake. The water was clean and calm. When he was about to drink water, he saw his pair of antlers. He was so proud and happy that he had such a beautiful set of horns. When he approached the water further, he saw his thin legs.

Stag Admiring His Horns

He was not happy with his ugly legs. They were skinny, and he considered them disgraceful. He thought about how his antlers could be so beautiful and his legs ugly. He despised the legs. He ignored his legs with pride and kept drinking water peacefully.

The Hunters Arrived

The hunters knew that this lake was a great place to find animals. They knew that they could score big if they reached the right time.

They moved closer to the lake with their dogs to track down animals. Suddenly, the stag heard the dogs barking and the hunters whispering. Sensing danger, the stag bounced from the water and started running to a safer place.

It created a splashing sound in the lake, and the dogs heard the stag running away. The hunters understood that their dogs had traced something. They unleashed the dogs to run after the stag.

An Unfortunate Event

The stag was at his best speed when his beautiful antlers caught in the lower branches of a tree. He was stuck and could not even move a step further. He started struggling. The more he struggled, the more he got stuck in the branches.

He could hear the dogs coming closer every second. His heart started beating faster with fear, but his legs did not give up.



In The Stag and His Horns Picture Story, his legs pulled and pulled. The strength of his legs set the antlers free from the branches, and the stag started running for his life.

The dogs could not even glimpse the stag as his legs were superfast.

Stag Running with His Fast Feet

Moral of the Story

According to this story, the stag was ungrateful and despised his legs. He considered his antlers as a crown. He was not thankful for

what he had. Eventually, it was his legs that brought him out of that dangerous situation. This story teaches us to be grateful for what we have.

The story also explains all that glitters is not always gold. Something that may look priceless may make you proud but can also land you in trouble. Hence, you should be happy with what you have and appreciate life.

Dhruv Sharma

Class 7th B



The Concept and Need of Education

Before diving into this huge collab of words in the form of an article about the need of education, let us first know what does education actually mean?

Now whoever is reading this article may think, 'What can a class 11th grader teach us about education?'

But I am writing this specifically to share my views on education.

Let me begin this by articulating a fact: Our general perception of education is, to get good marks, score high, get a rank and move forward. And so was mine.

While studying Mathematics, Science, Social Science or any other subject, we just directly stick into formulas, theory and sometimes practical. We may feel that, we have studied everything, but sometimes our knowledge and imagination in every area is specific.

For instance, in Geography, we may study all the stuff about Big Bang theory, we may know that all the celestial bodies of the universe were formed due to some variations in the density of matter, that allowed the accumulation of more and more matter in the

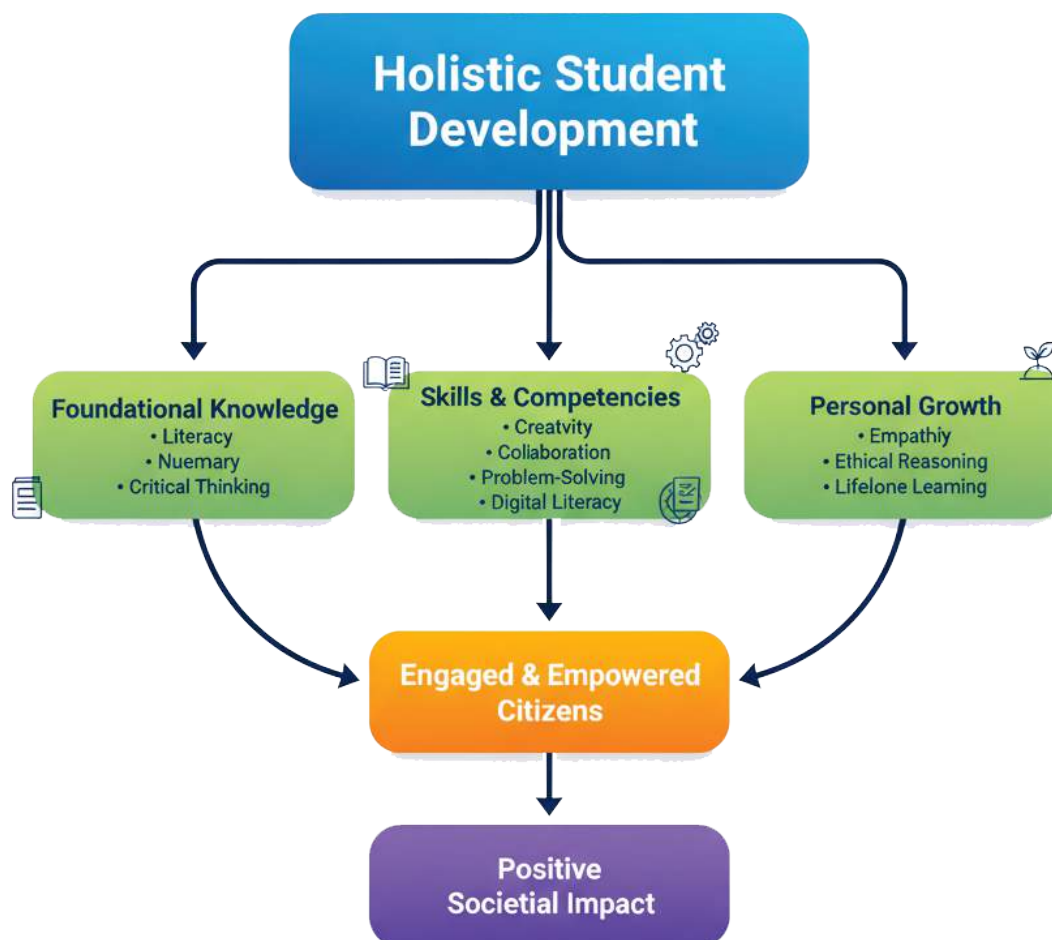
areas of higher density. In exams when these kinds of questions are asked, it is possible that we know the answer, we can write it down, and get good marks. But, only a few of us will ask, "Why do matter accumulate only in the areas of higher density?" Isn't it true. Somehow our Education System is also responsible for that. We all know that education is the process of learning and acquiring knowledge, skills, values and beliefs through various means but it is so true that our education system indulges us to a kind of rat race which is quite long.

We usually learn some standardized concepts without essentially knowing some basic concepts behind them. This may help us to score good but we eventually lose our imagination and researching power. Our country literally needs to have a proper system of primary education.

No doubt our country is having many prestigious institutions like IISc Bangalore, IITs, NITs and so on but still we lack in primary education which forms the basis of the whole nation's intellect.

It is a famous saying on internet

GOOD EDUCATION



“Indian Education System is job oriented, but American Education System is business or research oriented.”

We can't completely deny it. India is the youngest country in the world having more than 65% of her total population below the age of 35. All this youth potential should be used in the betterment and service of our nation. It cannot be denied that Indians are highly intelligent and hardworking as well. That's why we can see that most of the CEOs of different companies today are Indians. We need to understand that our energy should be used in the field of our own as well as national

interests, instead of getting wasted in blind rat race which is useless.

No doubt, our government is taking many possible actions to change school curricula and avoid rote learning. But every new change requires some time.

Thus, we, as the responsible citizens of the country, should cooperate with our government and try to do our best to once again give back to our country the glory which she ever had.

Arya Sharma
Class 11th



The Stream They Called “Easy”

After completing class X, students face a crucial decision: choosing stream that will shape their academic and profession future. To truly understand the complexities of stream selection, let me pull back the curtain on my own rather unconventional, story.

When my CBSE class X result proudly flaunted a 94.2% the air instantly crackled with expectation. The predictable chorus began: “Science”! “Commerce”! What's your plan for the future?" It felt less like a choice and more like a pre-ordained destiny. But my internal compass was spinning wildly. I'd incessantly badger myself: “Yaar, what do I pick? Science? Commerce ? Or... the road less traveled, Humanities?” After a long self discussion it's a tug-of-war between Science and Humanities. And honestly, while Science had its predictable doctor-nurse trajectory, my soul felt utterly uninspired by it. In the quiet chambers of my heart, it was Humanities that truly resonated.

Then came the “well-meaning” inquisitions, delivered with an almost diagnostic intensity: “Beta, aur batao kya le rahe ho 10th ke baad? Science hi le rahi hogi? -My reply was “Humanities”!! Then they said, But beta,

padhne mein toh ache the aap, toh Humanities – or as you might call it, 'Arts' – kyun choose kiya?” - iske aage koi scope nhi hain?? -ye stream wo rakhte hain jinko aage padna nhi hota, nalayak log rakhte hain ye stream??

But I refused to let their worn-out assumptions map out my destiny. Yes, I had conquered Science and Math, but my decision was fueled by an undeniable passion. To my upcoming juniors:. Always Remember it's a life mantra, not just a line:

“भेड़ चाल में मत चलो, जो तुम्हें पसंद है तुम वो चीज करो!”

Because honestly, far too many bright minds stumble into the wrong stream, paralyzed by the fear of being different: *“Ki mere dost ne ye stream li hai toh mein bhi ye hi leta/letihu!!*

And let's shatter this absurd myth of academic hierarchy once and for all. This deeply ingrained, almost comical notion that Science is for the intellectual elite, Commerce for the average Joe, and Arts/Humanities... well, that's supposedly reserved for the “weak” or “less ambitious

Now, to those who believe Humanities is just for “weak students” or a “timepass” subject,



allow me to introduce you to reality - While you're busy memorizing formulas, we're dissecting philosophies, unraveling the complexities of human behavior, and meticulously shaping narratives that literally define cultures - You think Humanities is "easy"? Try constructing an analysis so profound it makes someone question their deepest convictions, or deconstructing intricate socio-economic theories to truly understand the messy, beautiful reality of the world, not just some sterile lab. Honestly, if all you see are "limited options" in a stream then perhaps the 'limited' part isn't the stream's fault, but rather, the narrowness of your own vision.

Humanities is NOT for weak students! Look around, the narrative is shifting. The idea that Humanities is for "weak" students is outdated. It's a demanding field that cultivates critical

thinking, analysis, and creativity, leading to diverse and successful careers in law, journalism, civil services, and more.

Some might still be scratching their heads, whispering their doubts about my chosen path. But let me be clear: I'm not here to offer explanations today. I'm here to prove it. Just wait and watch! With every ounce of hard work and unwavering determination, I am not just confident – I am absolutely certain I will not only achieve remarkable success but also fundamentally transform the outdated perception of Humanities, ensuring it receives the profound respect and recognition it truly deserves.

"The Future Belongs To Those Who Believe In The Beauty Of Their Dreams"

Shaguan Mahajan

Vandana Incharge of Bal Bharti
Class 11th



Cyber Security

Cyber Security – A Shield in the Digital World

We live in a digital age where everything is just a click away—studying, shopping, chatting, banking, and even entertainment. While the internet has made our lives easier, it has also opened the door to cyber threats. This is why cyber security is more important than ever.

Cyber security means protecting our digital devices and data from unauthorized access, theft, and damage. Just like we lock our homes and classrooms, we need to lock our online presence too.

Why is Cyber Security Important?

Every time we use apps, websites, or Wi-Fi, we leave behind digital footprints.

Hackers can misuse our data, steal money, or even harm our reputation.

Even schools and government websites are targeted by cybercriminals.

How Can We Stay Safe Online?

1. Use strong passwords with a mix of letters, numbers, and symbols.
2. Never share personal info like addresses or passwords with strangers.



3. Avoid clicking on unknown links or downloading from untrusted sources.
4. Enable two-factor authentication for better security.
5. Report cyberbullying or threats to a trusted adult or authority.

Cyber Safety Starts with Us

As students, we must be responsible digital citizens. Learning cyber safety now will help us in the future. Just like wearing a helmet protects us while riding a bike, using cyber safety tools protects us in the online world.

Let's spread awareness and help make the internet a safe and secure space for everyone.

Jivitesh Langeh

Class: 10th



The Peepal Tree

The peepal tree scientifically known as *figus religiosa*, is a large, deciduous tree native to the Indian subcontinent and southeast Asia. It is revered in Hinduism, Buddhism and Jainism and is known by various names including Bodhi tree, sacred fig or Ashwattha tree. The peepal tree is characterized by its heart shaped leaves with distinctive drip tips and is known for its longevity, with some trees living for centuries.



Religious and cultural significance: The peepal tree holds immense religious and cultural importance in various traditions. It is considered sacred in Hinduism, Buddhism and Jainism. In Buddhism, it is particularly known as the Bodhi tree, under which Siddhartha Gautama attained enlightenment. In Hinduism, it is associated with deities like Brahma, Vishnu and Shiva and is often planted near temples.

Medicinal properties: Various parts of the tree, including the bark, leaves and latex are

used in traditional medicine for treating a range of ailments. The bark is known for its astringent and antibacterial properties, while the leaves are used for wound healing and skin conditions.

Cultivation: Peepal trees are often planted in villages, along avenues and near temples. They are relatively easy to cultivate and can be grown in various climates.

Oxygen production: The peepal tree is known for its ability to produce oxygen, even at night, making it a valuable contributor to air quality.

Suhani Verma
Class 10th



How is artificial intelligence changing our lives-

1. What is Artificial Intelligence?

Artificial Intelligence is the ability of machines to perform tasks that normally requires human intelligence — such as learning, problem-solving, language understanding, and decision-making. AI systems learn from data and improve over time, making them useful in almost every field.

2. AI at Home-

AI is already a part of our everyday life — often without we realizing it. Voice assistants like Siri, Alexa, and Google Assistant help us set reminders, play music, and answer questions. Smart home devices adjust lighting, temperature, and even lock doors with voice commands or automatically. Streaming platforms like Netflix and Spotify use AI to recommend shows or songs based on our tastes.

3. AI in Education-

AI is transforming how we learn. Intelligent tutoring systems can identify a student's strengths and weaknesses and offer personalized lessons. Language learning apps use AI to help with pronunciation and grammar. Even grading is becoming

automated, saving teachers time and improving feedback for students.

4. AI in Healthcare-

In healthcare, AI helps doctors diagnose diseases earlier and more accurately. For example, AI can analyze medical images to detect signs of cancer or eye disease. Virtual assistants can remind patients to take medicine or schedule appointments. In some hospitals, AI-powered robots assist in surgeries with high precision.

5. AI at Work-

Many industries are using AI to increase efficiency. In offices, AI tools help automate repetitive tasks like data entry, customer service, and scheduling. In manufacturing, robots powered by AI are improving speed and safety. While there are concerns about AI replacing jobs, it is also creating new ones — especially in fields like data science, robotics, and cybersecurity.

6. Risks and Responsibilities-

As powerful as AI is, it comes with risks. Data privacy is a major concern, as AI systems often collect and analyze personal information.

There are also ethical questions: Can AI be biased? Should it be used in decision-making for things like hiring or law enforcement?

That's why it's important to use AI responsibly — with fairness, transparency, and care.

A Changing World-

Artificial Intelligence is not just a trend — it's a

revolution. It is changing the way we live, learn, work, and interact with the world. Whether we realize it or not, AI is shaping our future, and understanding it is the first step to using it wisely.

Nipeksha Singh

Class 10th



Environment conservation

Environment conservation is the practice of protecting the natural world to ensure a healthy planet for current and future generations. It involves the responsible management of natural resources such as air, water, soil, forests, and wildlife. Rapid industrialization, pollution, deforestation, and overpopulation have led to the degradation of our environment, causing climate change, loss of biodiversity, and natural disasters.

To conserve the environment, people must adopt sustainable practices like reducing plastic use, conserving water, planting trees, recycling waste, and using renewable energy sources. Governments and organizations also play a vital role by enforcing environmental laws, promoting green technologies, and raising awareness.

Every small step counts. By making environmentally conscious choices in our daily lives, we contribute to the global effort of preserving the Earth. Environmental conservation is not just a responsibility—it is a necessity for survival. Protecting nature ensures clean air to breathe, safe water to drink, and a balanced ecosystem for all living beings. Together, we can create a greener and healthier planet.

Bhagesh bhushan

Class 10th



The Silent Heroes Among Us

Not all heroes wear capes.

Some wear school uniforms, some wear aprons, some wear dusty old shoes — and most of them walk right past us without ever asking for attention.

They are the silent heroes among us.

The Ones We Often Ignore

The school sweeper who arrives before the bell rings, cleaning up the mess we leave behind. The bus driver who safely takes hundreds of students to school every single day. The peon who runs up and down the stairs a hundred times, never complaining. They don't appear in our textbooks or on award lists — but they are the real backbone of our daily life.

The Silent Sacrifices at Home

Our parents — silently skipping their wishes so we can fulfill ours. They never boast. They never expect thanks. They just do it — again and again — because love doesn't need an audience.

Teachers Beyond the Syllabus

Some teachers stay back after school to help a struggling student. Some believe in us more

than we believe in ourselves. They don't always get applause — but they continue shaping futures, one student at a time.

The Friend Who Stays Quiet

Even among us, there are heroes. The friend who notices you're sad even when you smile. The student who stands up to a bully. The one who shares their lunch, even when they're hungry too.

They don't do it for fame — they do it because kindness speaks louder than words.

A Thought to Carry

In a world full of selfies and spotlight, being silent isn't weakness — it's strength.

These heroes don't ask for recognition, but they deserve our respect.

Maybe next time, we'll look around — and say a simple “thank you” to the ones who are always there, quietly making life better.

Because sometimes, the greatest acts of courage are done with no audience...

Just a big heart.

Mannat Thakur
Class 10th



Believe in Yourself, Begin with One Small Step

“The journey of a thousand miles begins with a single step.”

Every great achievement in the world begins with a simple, often unnoticed decision: the decision to start. Not with certainty, not with applause, but with a quiet belief that says, “Maybe I can.” Greatness isn’t something you’re born with—it’s something you grow into, one small step at a time. And that journey always begins with believing in yourself.

In today’s world, we often feel pressure to be perfect from the start. We compare ourselves with others, thinking success must be instant, bold, and flawless. But the truth is, most powerful journeys begin humbly—with a small effort, a brave thought, or a silent promise to keep going even when no one is watching. Whether it’s studying one more page, standing up after a failure, or trying again after a mistake—every little effort matters more than we think.

You don’t need to have all the answers or be the best on day one. What truly matters is the courage to begin, and the belief that you are capable. Even the greatest minds and heroes we admire started just like us—unsure, afraid,

and full of doubts. What set them apart was not talent alone, but the strength to try, and the determination to keep going.

Believing in yourself is not arrogance—it’s quiet strength. It’s the voice inside that says, “I am enough, and I can become more.” That voice may not always be loud, but it is powerful. It pushes you forward when the path is unclear. It lifts you up when no one else does. And with every small step you take, that belief grows stronger.

You might stumble. You might even fall. But each time you rise again, you prove to yourself that you are not giving up. And that alone is the beginning of greatness. Remember, your journey doesn’t need to be perfect—it just needs to begin.

So take that first step, however small it may seem. Trust yourself. Keep walking. Because when you believe in yourself, and take one small step forward, you set something extraordinary into motion—your own story of success.

Anirudh Vaid
Class 10th



How To Donate

Our Ancestors have thought us in the vedas

- * Whenever you want to give something to somebody, give the best in you , never the second best.
- * Donate with kind words.
- * Donate with happiness.
- * Donate with sincerity.
- * Donate only to needy.
- * Donate without expectations because it's not a gift it's a duty.
- * Donate with your family's consent.
- * Donate to other people without making your dependents helpless.
- * Donate without caring for caste, creed and religion.
- * Donate so that the reciever prospers

Vishav Myan
Class 5th



Fire

*Born of breath, it dances bright,
A whisper first, then roaring might.
It wears a flickered spark, ash, and dark,
A shroud of destruction, loud and stark.*

*It licks the wood, untamed and free,
With tongues of flame, a paradox to see.
It warms the soul, yet burns the skin,
A dual nature that lies within.*

*It lights the forge, the holy hearth,
And melts the metal, a transformative birth.
It courses through towns and molten streams,
A funeral pyre's fire, a final dream.*

*Watch it closely, this golden thief,
For in its fleeting core, a soul of flame
breathes.*

*Lasting both life and eternal fire,
A paradox that never tires.*

Aditya Verma
Class 9th



Bravest Of The Brave

*Maj. Mohit Sharma Ashok Chakra (P), SM
5TH MADRAS REGIMENT (1999)
1 PARA SF (2003)*

Major Mohit Sharma was born on 13th January 1978 in Rohtak district of Haryana. He was the second child of his parents Shri Rajendra Prasad Sharma and Smt Sushila Sharma. Major Mohit Sharma was fondly called 'CHINTU' by his family members and 'MIKE' by his course mates and colleagues. He was very good at playing guitar, mouth organ and synthesizer, in fact, any new instrument he came across, he took it as a challenge to get the mastery of and made sure he could play it to perfection. He never hesitated to give live performances and enthralled his listeners with his beautiful voice, singing Hemant Kumar's songs as well as playing them on his mouth organ.

Maj Mohit started his education from ManavSthali School, South Extension Delhi, after which he took admission in Holy Angels' School, Sahibabad for a year and from where he took admission in DPS Ghaziabad in the year 1988 and passed out from the school in the year 1995. He got good percentage in class XII and his parents got him admitted to Shri

Sant Gajanan Maharaj College of Engineering, Shegaon, Maharashtra. Despite taking admission in an engineering college he had a passion to join the forces and for which he was determined and left engineering to join the prestigious NDA in the year 1995.

During his NDA tenure, where he was a member of the India Squadron, he excelled in various fields and emerged as one of the best cadets. He was a champion Horse Rider, trained under the able guidance of Col. Bhawani Singh, with his favorite horse named "Indira". He was a Boxing champion in the featherweight category as well as one of the best swimmers. He continued his hunger for excellence into the IMA, where he was awarded an appointment of the rank of BCA (battalion cadet adjutant) and was among the chosen ones to get an opportunity to meet Shri K.R Narayanan then the President of India at Rashtrapati Bhawan.

He passed out from IMA on 11th December 1999 and got commissioned in 5 Madras. His

first posting was at Hyderabad from where he went on to serve the country with 38 RR (Rashtriya Rifles) in Kashmir as the part of counter-insurgency operation where he received his first medal for Gallantry COASM (Chief of Army Staff Commendation Medal) in the year 2002. From the very beginning, he wanted to be a para-commando and joined 1 Para (SF) -the elite force of the Indian Army in June 2003. After that, he served in Kashmir with 1 Para (SF) where he was awarded Sena Medal (Gallantry) in the year 2004. He also served as an instructor at the Commando Wing Belgaum for 2 years from January 2005 to December 2006.

KUPWARA OPERATION: 21st March 2009

During 2009, Major Mohit Sharma's unit was deployed in Kupwara district of J & K and was engaged in operations against the terrorists on a frequent basis. Based on the information received from the intelligence about the infiltration attempt by some terrorists in Kupwara district, the security forces decided to launch a search and destroy operation on 21 Mar 2009. Major Mohit Sharma was tasked to lead the Bravo Assault Team against the infiltrating terrorists in dense Haphruda Forest. Maj Mohit Sharma along with his commandos reached the suspected area as planned and soon made contact with the infiltrators. On observing suspicious movement, he alerted his scouts but the terrorists fired at the troops from three directions indiscriminately. In the heavy exchange of fire, four commandos got wounded and with complete disregard to his

personal safety, Maj Mohit Sharma crawled and recovered two soldiers to safety.

Unnerved Major Mohit Sharma continuing the operation threw grenades and managed to kill two terrorists. However during the exchange of fire Maj Mohit got hit in the chest. Despite seriously wounded he kept directing his commandos, to foil the attempt of the terrorists to escape. In the ensuing battle he realized further danger to his comrades, and in a rare display of raw courage and determination charged at the terrorists, killing two of them in the close combat. Later he succumbed to his injuries and attained martyrdom fighting for his motherland in the finest traditions of Indian Army. Besides Maj Mohit Sharma, four other soldiers laid down their lives during the operation on 21 Mar which included Hav. Sanjay Singh, Hav. Anil Kumar, Ptr Shabir Ahmad Malik and Ptr Nater Singh. Maj Mohit Sharma was given the nation's highest peace time gallantry award, **"Ashok Chakra"** for his act of conspicuous gallantry, unyielding fighting spirit and supreme sacrifice.

*"दुनिया में मिल जाएंगे तुम्हें आशिक बहुत
पर वतन से हसीन सनम नहीं होता
हीरो में सिमटकर सोने से लिपट कर तो मरते हैं कई
पर तिरंगे सा खूबसूरत कफ़न नहीं होता"*

Keshav Pathak
President of Bal Bharti
Class 12th



When the Last-Benchers Took the Lead

There's a myth in every classroom — that the front benchers are the scholars, the toppers, the teachers' favourites. And the last benchers? Well... they're the legends. Masters of doodling, professional paper plane pilots, and unmatched in the ancient art of hiding when questions are asked. They are known for their unmatched talent of disappearing during oral tests and appearing magically during lunch breaks. But sometimes, legends do more than just entertain — they lead.

In every school year, comes a big moment — be it a science exhibition, a group project, or an inter-house competition. All eyes naturally go to the toppers, those with neat handwriting and homework done since the day it was given. But in the back row, someone suddenly whispers, “Bhai, is baarkuchkarte hain. Full solid idea hai mere paas.” The others laugh... and then listen. And just like that, history begins.

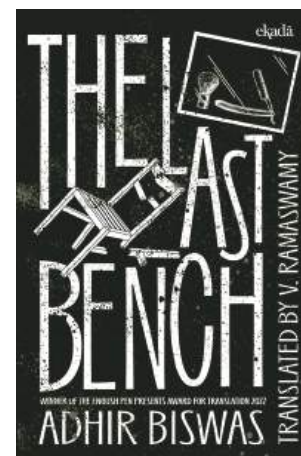
Last-benchers may not have attendance records to be proud of, but what they have is pure creativity. One knows how to arrange all materials from the lab without getting caught, one knows how to design posters that actually

look cool, and another knows how to present like a total boss. Add a little chaos, a pinch of panic, and somehow — a masterpiece is created.

The teacher who once said, “*Tumse na ho payega,*” now smiles and says, “Well done, team.”

The class is shocked, claps echo, and for once, the last row feels like the front.

The truth is, brilliance doesn't depend on where you sit — it depends on when you decide to stand out. So never underestimate the ones at the back. They may be silent today, but tomorrow, they might just steal the spotlight.



Jayant Gupta

Vice –President of Bal Bharti

Class 12th



The Noise Inside My Head

Sometimes, the loudest noise we hear is the one inside our own head. For teenagers, overthinking can be felt like being trapped in thoughts that never rest.

We laugh with our friends, post happy selfies, and go to school like everything's fine — but inside, our minds never stop racing.

“Did I say the wrong thing?”

“Why haven't they replied yet?”

“What if I mess up?”

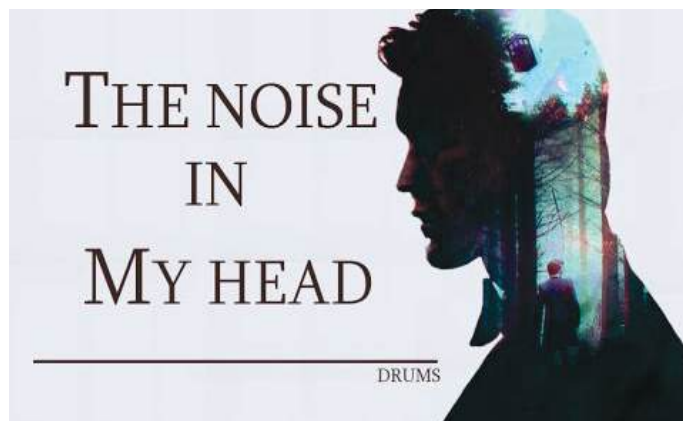
That's how overthinking begins — with a simple doubt that grows louder and heavier. It's like having 100 tabs open in your brain and forgetting which one is playing the music.

Many of us think we're alone in this — but we're not. Overthinking is common during teenage years, especially when we're learning who we are and where we belong. The pressure to be perfect, liked, or successful only makes it worse.

But here's something no one tells us:

Your thoughts are not facts.

Not every “what if” deserves your energy.



Sometimes, peace begins with simply saying — “I don't need to solve everything right now.”

We don't have to fight our thoughts — we can learn to sit with them. Whether it's writing, walking, praying, or talking to someone we trust — small steps help quiet the noise.

So, to anyone who feels stuck inside their own mind —

You're not “too much.” You're just feeling deeply in a loud world.

And that's okay.

“You don't have to control your thoughts. You just have to stop letting them control you.”

Mridul Mahajan

Co-Discipline Incharge of Bal Bharti

Class 11th



Silent Struggles Behind a Student's Smile

"Sometimes the loudest battles are fought in silence, and the brightest smiles hide the deepest storms."

Every morning, a student walks into school with a smile. Teachers see the uniform neat and tidy, friends notice the laughter in the corridors, and parents believe everything is fine. But behind that smile often lies a story no one sees—the story of silent struggles.

From the outside, student life may look simple—attend classes, complete homework, prepare for exams. But deep within, there is a constant conflict: the pressure of expectations, the fear of failure, the desire to chase dreams, and the struggle to balance it all.

I still remember one evening when I came home completely exhausted. All I wanted was to pick up my phone and scroll YouTube shorts, a wave of guilt washed over me. Thoughts like, "I should be studying..." filled my mind. That small moment of peace turned into another silent struggle between what I wanted and what was expected of me.

What makes these struggles harder is the silence. Many students don't share their

battles, thinking no one will understand. But the truth is, almost every student feels the same weight. Some worry about grades, some about their future, some about making their parents proud, and some about simply finding their own voice in this noisy world.

Yet, within these silent struggles lies strength. Every time a student chooses to stand up again after failing a test, every time they push themselves to study despite exhaustion, every time they keep smiling when they feel like giving up—that is courage.

Dear readers, if you are a student, remember this: your silent struggles are not signs of weakness, but proof of your determination. And if you are a teacher, a parent, or a friend reading this, take a moment to look beyond the smile of a student—you might see a story waiting for understanding and encouragement.

"Behind every struggle there is a victory waiting to shine"

Nitya Rajput

Discipline Incharge and Student Editor of
Bal Bharti,
Class 12th



Lifestyle of today's generation

The lifestyle of today's generation has become worst when it is compared to the lifestyle of people many years back. Children of today are inclining towards mobile, laptops and other digital things. They do not want to go out and play physical games which could help them to maintain their physical fitness. Also, the inclination towards junk foods has become large.

These junk foods are good in taste but at the same time, they are very injurious for the health. These foods are rich in cholesterol and fat which are harmful to the body. The peer pressure also plays an important role to pull a child in harm's way. The children of today's generation should avoid this lifestyle and should learn how to live a good life.

Today's generation is extremely complicated. People have to work really hard and fight cut throat competition in order to escape unemployment.

The style of living is also not simple as it used to be before. Earlier joint families used to exist within the earning of a single earning member. Health facilities have improved in the current generation.



Nowadays, there is a high rate of population and everyone is trying to live up to the expectations of a particular workforce.

However there are so many sections of society who are jobless due to a combination of factors, including technological advancements, economic fluctuations like recessions, a lack of adequate education and training, and discrimination. Unemployment has significant societal impacts, such as reduced consumer spending, lower tax revenues, diminished living standards, increased stress, and potentially social unrest, making it a critical economic and social challenge.

Anamika Sharma

Activity Incharge of Bal Bharti
Class 12th



Self Awareness

Self-Awareness: The Key to Unlocking Your True Potential

In a world that is constantly changing, one of the most powerful tools a person can develop is self-awareness. It is more than just knowing your likes and dislikes — it is the ability to understand your thoughts, emotions, strengths, and weaknesses, and use that knowledge to grow into the best version of yourself.

For students, self-awareness acts like an internal compass. It helps you navigate stress, make thoughtful decisions, and reflect before reacting. Whether you're facing exam pressure, struggling with self-doubt, or trying to improve friendships, self-awareness gives you the clarity and confidence to act wisely.

It also improves emotional intelligence — the ability to understand both yourself and others. When you are self-aware, you communicate more clearly, listen more deeply, and respond with empathy. These are skills that not only make you a better student, but also a better friend, leader, and human being.

Here's what self-awareness can help you achieve:

- ❖ Take responsibility for your actions without blaming others
- ❖ Learn from your mistakes instead of hiding them
- ❖ Recognise your values and make choices that match them
- ❖ Resist peer pressure by staying true to yourself
- ❖ Set personal goals that reflect your real interests and strengths

Even a few minutes of honest reflection each day can make a meaningful difference. Over time, it helps you turn mistakes into lessons, confusion into clarity, and dreams into achievable goals.

As we move forward in 2025, let's not just chase success — let's also seek understanding. Because when you know who you are, you'll know exactly where you're meant to go.

Akshiv Thakur
Class 10th



The Lost Heritage of Jammu and Kashmir

Jammu and Kashmir is a home to some of the most remarkable treasures of ancient India. But sadly, much of this heritage has been lost with time, destruction and neglect. Some of them are:

Martand Sun Temple

The Martand sun Temple, built by **King Lalitaditya** in the 8th Century, was once a grand centre of worship dedicated to the sun God. It is located in Mattan in the Anantnag district of the Kashmir Valley of Jammu. Surya is also known by the Sanskrit - Language synonym **Martand**. The Martand Sun Temple is also known as Pandou Laiden. The Martand Sun Temple in Kashmir was destroyed by Sikandar Shah Miri, also known as Sikandar Butshikan in the 15th Century. He was the sixth sultan of Kashmir's Shah Mir dynasty, ruling from 1389 to 1413. Sikandar is known for his religious intolerance and efforts to forcibly convert the people, which included the destruction of numerous Hindu temples. But, it is not all destroyed by the Sikandar. But some destroyed by the potential role of natural factor like earthquakes in further damaging the temple ruins over time.

Sharda Peeth

The Sharda Peeth, one of the holiest centres of learning ancient India: stood as a beacon of knowledge and culture. Unlike Martand, it was not destroyed by force; it was lost to our negligence. It is located in the Neelum Valley of Pakistan-administered Kashmir. It's been reported that Pakistan has constructed a coffee house on the premises of the Sharda Peeth. But this construction has been reported to involve damaging the temple walls and has drawn criticism especially as it was reportedly undertaken despite a Pakistan Supreme Court order to protect the site.

These two monuments tell a painful truth - that heritage can be destroyed in a single act of violence or slowly exiled by indifference. Protecting what remains is not just about saving stones and walls, but about keeping alive the soul of our history.

Dheeshwari Upadhyay
Class-9th.



The Importance of Teamwork

Teamwork means working with others to reach a common goal. It plays a big role in many parts of life, like school, work, sports, and even at home. When people work together, they can use each other's strengths to get things done more quickly and easily. One person might be good at planning, while another is better at doing the task. By combining their efforts, they can achieve more than they could alone. Teamwork also helps solve problems faster, since everyone can share ideas and think of better ways to do things.

Working in a team also builds trust and stronger relationships. When people support and respect one another, it creates a positive environment where everyone feels valued. Good communication is an important part of teamwork. Talking openly and clearly helps avoid mistakes and keeps everyone focused on the same goal. It's also important for each person to take responsibility for their part and not leave the work to others. A good leader can help the team stay organized and make sure everyone is included.



In real life, we see teamwork everywhere. In sports, teams need to work together to win games. In school, group projects help students learn how to share tasks and ideas. At work, companies rely on teamwork between departments to be successful. Whether the job is big or small, teamwork helps people to reach goals faster and often makes the experience more enjoyable. When people work together with respect and care, they can do great things.

Himanshu Pathania
Class 9th



Unlocking the Magic of Numbers: Fun Puzzles from Vedic Maths

Mathematics is often seen as a challenging subject by many students, but it doesn't always have to be that way! There's an ancient Indian system called Vedic Maths that makes calculations faster, simpler, and more fun. With just a few clever tricks, you can solve problems that seem difficult at first glance — in no time! To give you a glimpse of how exciting numbers can be, here are some interesting puzzles based on Vedic Maths methods that you can try at home or with friends.

- ❖ **Puzzle 1 – Multiplication by 11**
Multiply 34×11 without using a calculator!
How to solve it:
Take the first digit (3),
Add the two digits ($3 + 4 = 7$),
And take the last digit (4).
So, $34 \times 11 = 374$!
It's that simple!
- ❖ **Puzzle 2 – Squaring Numbers Ending in 5**
Find the square of 75 quickly!
How to solve it:
Take the first digit (7),
Multiply it by the next higher number ($7 \times 8 = 56$),
Append 25 at the end $\rightarrow 5625$.
So, $75^2 = 5625$!

- ❖ **Puzzle 3 – Multiplication Using Complements**
Calculate 98×97 mentally!
How to solve it:
Find how much each number is less than 100:
 $98 \rightarrow 2$ less, $97 \rightarrow 3$ less.
Subtract crosswise: $98 - 3 = 95$
Multiply the differences: $2 \times 3 = 6 \rightarrow 06$
So, $98 \times 97 = 9506$!
- ❖ **Puzzle 4 – Division by 9**
What's the remainder when 12345 is divided by 9?
How to solve it:
Add the digits: $1 + 2 + 3 + 4 + 5 = 15$
Add again: $1 + 5 = 6$
The remainder is 6!
- ❖ **Puzzle 5 – Finding Cube Roots**
Find the cube root of 27,000 easily!
How to solve it:
Split into two groups: 27 and 1000
Cube root of 27 is 3
Cube root of 1000 is 10
So, the cube root is 30!

Avani Sharma
Class 7th



The silent strength of a single child

"They may be single by birth, but their hearts love a hundred times stronger."

A Different Kind of Childhood

A single child is often seen as the centre of attention—the pride and priority of their family. From the outside, their lives looks perfect: love, comfort, and care. But deep within, their lives have something more i.e. understanding.

Growing up alone, in a world that constantly revolves around them, they quietly wish for someone who understands them as deeply as they try to understand others.

Independent, Strong, Misunderstood

Single children grow up independent and strong-headed. They solve problems alone, trust their instincts, and take responsibility for their own choices. Their confidence is often mistaken for arrogance, their silence for attitude.

But behind that exterior, there lies a heart that is soft, loyal, and deeply loving.

Storms They Carry Silently

What many fail to see is the storm inside them. With no sibling to lean on, they face every battle alone—every fear, every failure, every

silent breakdown. They keep smiling, offer help to others, and remain the strong ones—because they know too well how painful it is to fight in silence. There is no one to say, "It's okay, I'm here." And so, they become their own protector, own motivator, and own healer.

Strength Shaped by Solitude

Their stubbornness comes from strength, not ego. Their sensitivity hides behind courage. Their loneliness becomes their greatest teacher. They don't break easily—not because they are unbreakable, but because they know how precious the pieces are. Life teaches them to trust themselves, take risks, step into uncertainty, fall and rise again—not because someone pushed them, but because they learned to push themselves.

What They Long For

A single child's hidden struggle is their longing for someone who understands them truly - someone who matches their madness, balances their calm, and sees the softness behind their strength. In a world full of relationships, they crave a bond that is deep,



constant, uncomplicated, and comforting—a connection that fills the silent spaces they never show.

When They Love, They Love Deeply

They don't attach easily. But when they do, they love with loyalty, purity, and an unshakable spirit. Their understanding is deep. Their affection is sincere. Their love is rare and powerful.

Carrying the Weight of Expectations

A single child carries dreams, expectations, and responsibilities with grace and maturity.

They grow up strong not because they want to but because they must.

They become their parents' pride, strength, and support system, often long before their time.

A Quiet, Unseen Courage

"They may walk alone, but within them lives a storm of strength, love, and endless understanding.

In their solitude, they find both peace and power—a quiet courage the world rarely sees."

Harshita Gupta

Cabinet Speaker of Bal Bharti

Class 12th



Failing Forward: The Power of Learning from Mistakes

Failure - a word that often scares us, yet it is one of the most powerful teachers in life. Every successful person, from scientists to athletes, has faced failure at some point. What sets them apart is not that they never fell, but that they chose to rise again - stronger, wiser, and more determined.

We live in a world that celebrates success but rarely talks about the countless attempts behind it. Thomas Edison, for example, failed over a thousand times before inventing the light bulb. When asked about his failures, he said, "I have not failed. I've just found 1,000 ways that won't work." This mindset — to see mistakes as stepping stones rather than setbacks - is what it means to "fail forward."

In school and in life, we often fear making mistakes because we worry about what others will think. But every error we make teaches us something valuable - how to think differently, how to plan better, and most importantly, how to keep going. Failure builds resilience,

creativity, and courage - qualities that no textbook can teach.

So, the next time you stumble, don't give up. Reflect on what went wrong, adjust your path, and try again. Remember, failure isn't the opposite of success; it's a vital part of it. Each



time we fail forward, we move one step closer to our goals.

In the end, success doesn't belong to those who never fail - it belongs to those who never quit.

Saksham Thakur
Student Editor



Do Grades Really Define Intelligence?

Grades have been an integral part of education for centuries. They are seen as a universal measure of a student's ability, knowledge, and academic performance. But the big question is: Do grades really define intelligence? The answer is not as simple as it seems. To understand this, we need to explore what grades represent, what intelligence truly means, and how the two connect - or don't connect.

What Are Grades?

Grades are scores or letters given to students based on their performance in tests, assignments, and exams. They are often considered an indicator of how well a student has understood the subject matter. For example, if someone scores 95% in Mathematics, we assume that the person is excellent in logical thinking. Similarly, if someone scores less in English, we conclude that the person is weak in language skills.

But is this assumption correct? Grades measure performance, not potential. They show how well a student prepared for a specific test at a specific time, under specific conditions. They do not measure creativity,

emotional intelligence, or problem-solving skills in real-life situations.

What Is Intelligence?

Intelligence is a broad and complex concept. Psychologists describe it as the ability to learn, understand, and apply knowledge to adapt to new situations and solve problems. Howard Gardner, a famous psychologist, introduced the theory of Multiple Intelligences, which suggests that intelligence is not limited to academics. He identified eight types of intelligence, such as:

Linguistic Intelligence – Good with words and languages.

Logical-Mathematical Intelligence – Strong in reasoning and numbers.

Musical Intelligence – Ability to understand and create music.

Bodily-Kinesthetic Intelligence – Good at sports, dance, and physical activities.

Spatial Intelligence – Ability to visualize and understand space and art.

Interpersonal Intelligence – Strong communication and social skills.

Intrapersonal Intelligence – Deep understanding of oneself.

Naturalistic Intelligence – Sensitivity towards nature and environment.

Now, ask yourself: Does your report card measure all these intelligences? No. It mostly focuses on academic skills like math and language. That means a student who excels in music or art may not score top grades, but that does not make them less intelligent.

The Problem with Grades

Grades often create a false sense of success and failure. If you get an A+, society considers you smart. If you get a C, people might label you as “average” or “weak.” This thinking is not only wrong but harmful.

Many great personalities were not top scorers in school:

Albert Einstein – *Struggled in traditional education and was considered a slow learner.*

Thomas Edison – *Was called “dull” by teachers, yet invented the light bulb.*

Walt Disney – *Dropped out of school and later created one of the biggest entertainment empires.*

Clearly, grades do not define your future or your intelligence.

What Do Grades Actually Measure?

Grades usually measure:

- 1. Memory** – How well you remember facts and formulas.
- 2. Presentation** – How neatly and correctly you write answers.

3. Time Management – How fast you can complete the paper in limited time.

While these are important skills, they do not measure creativity, problem-solving, emotional resilience, or leadership. In real life, these qualities matter more than memorizing textbook content.

Why Society Gives So Much Importance to Grades

The reason grades are valued is because they provide a simple, standardized way to compare students. Colleges and companies find it easier to look at marks rather than understand each student's unique abilities. However, this system is flawed because it ignores individual strengths.

The Role of Skills in Today's World

In the 21st century, success depends on skills more than grades. Skills like critical thinking, communication, adaptability, and creativity are highly valued. A student with average marks but excellent leadership and problem-solving skills can achieve more than a topper who only knows how to score well in exams.

How Students Should See Grades

Grades are important, but they should not become your identity. Here's how you should view them:

Grades show your academic progress, not your worth.

They can open doors to opportunities, but they do not guarantee success.

Low grades do not mean low intelligence - they simply show that you need a different approach to learning.



How Can We Reduce the Pressure of Grades?

1. Focus on Learning, Not Just Scoring

Understand concepts deeply instead of memorizing answers.

2. Develop Multiple Skills

Explore hobbies, sports, arts, and communication skills.

3. Don't Compare Yourself

Everyone has different strengths—some are good in science, others in music or leadership.

4. Parents and Teachers Should Encourage Talents

Appreciating creativity and problem-solving skills builds confidence.

Conclusion

So, do grades really define intelligence? Absolutely not. They only show how well you performed in an academic setting at a given time. Intelligence is much broader - it includes creativity, emotional strength, adaptability, and life skills. Grades can help you in the short term, but in the long run, skills, attitude, and determination matter more than numbers on a report card.

If you ever feel low because of your grades, remember this: “Your exam results do not measure your worth. You are capable of things beyond a paper test.”

Akariti Sharma
Former Student



Operation Sindoor

Operation Sindoor was a military operation conducted by the Indian Armed Forces in response to a terrorist attack in Pahalgam on April 21, 2025, where 26 people were killed.

The operation targeted terrorist infrastructure in Pakistan and PoK (Pakistan Occupied Kashmir).

It involved precision strikes on terrorist camps and infrastructure, including those involved in planning and abetting attacks against India.

The operation aimed to eliminate terrorists responsible for the Pahalgam attack and demonstrate India's resolve to retaliate against cross-border terrorism.

Symbolism of the Name Sindoor

Sindoor in Indian culture symbolizes sacrifice, protection, honour—especially associated

with married women—and the blood of martyrs.

Naming the operation Sindoor represents the blood spilled by Indian soldiers and civilians due to terrorism—and India's resolve to avenge every drop.

Drone Warfare

Drone Warfare, characterized by the use of Unmanned Aerial Vehicles (UAVs), has emerged as a revolutionary feature.

India intercepted Pakistan's attempted drone intrusion, involving 300 to 400 larger drones across 36 localities, revealing the scale of this technological threat.

The use of Sky Striker Kamikaze drones allowed India to conduct precision strikes with minimal human risk.

Execution

Highly trained units from Indian Army Special Forces, NSG, and intelligence agencies took part.

Precision strikes, both aerial and surgical, were carried out.

Operation ensured zero civilian casualties.



India's Message to Terror Sponsors

- ❖ Terrorism will be met with military retaliation.
- ❖ The Indian Army will cross the LoC if required, in self-defence.
- ❖ International opinion will not stop India from defending its people and sovereignty.

Global Reaction

- ❖ Many nations supported India's right to self-defence.
- ❖ UN and other global bodies were informed about the operation.

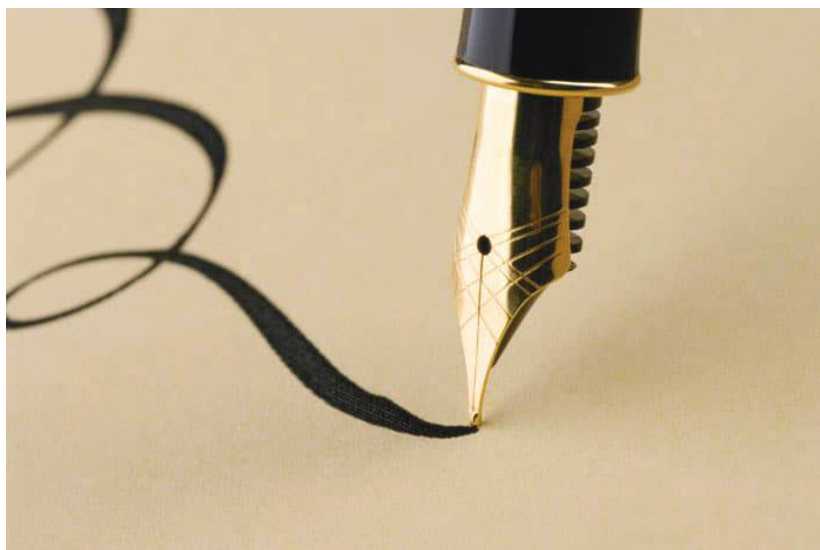
Thakur Vishabjeet Singh
Former student



Ink on Paper

A thought begins, a spark is born,
Words arranged to tell a story from
the heart.
With every stroke, ideas start to share,
To teach the truth and show the world
with care.

Through the eyes of curiosity, we see,
A crafted piece that speaks to you and
me.
It draws, it guides, and lights the way,
A strong and clear voice that lasts
beyond the day.



Zerna Verma
Former Student



The importance of Health

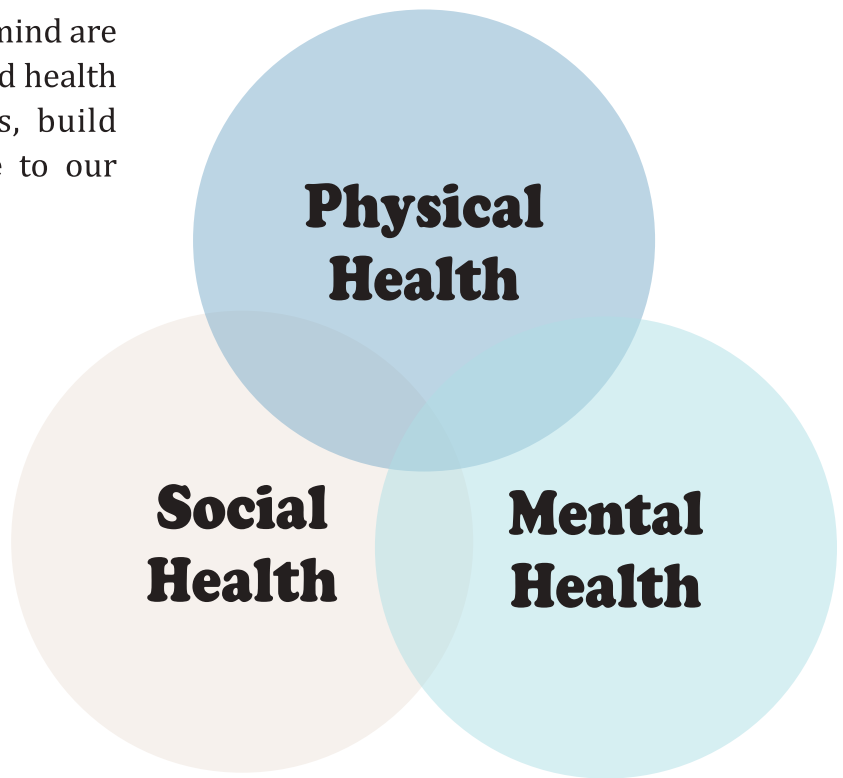
Health is wealth! A healthy body and mind are essential for living a fulfilling life. Good health enables us to pursue our passions, build strong relationships, and contribute to our communities.

Physical Health

1. **Nutrition:** Eating a balanced diet rich in fruits, vegetables, and whole grains.
2. **Exercise:** Engaging in regular physical activity, such as walking, running, or yoga.
3. **Sleep:** Getting enough restful sleep to recharge and repair.

Mental Health

1. **Stress Management:** Finding healthy ways to cope with stress, such as meditation or deep breathing.
2. **Social Connections:** Building and maintaining strong relationships with loved ones.
3. **Self-Care:** Prioritizing activities that bring joy and relaxation.



Conclusion

Taking care of our health is a lifelong journey. By making informed choices and prioritizing our well-being, we can live healthier, happier lives. Let's make health a priority!

Rekha sharma
Parent of Simran Khajuria



Smile Bright: The Importance of Dental Health

"Take care of your teeth, they will take care of you"

Our teeth help us chew food, speak clearly, and of course, smile with confidence. Poor oral hygiene can lead to problems like cavities, gum disease, bad breath, and even tooth loss. Worse, untreated dental problems can affect our ability to eat and concentrate in class.

Simple Steps to Keep Your Teeth Healthy

1. **Brush Twice a Day:** Use a fluoride toothpaste and a soft-bristled brush. Brush gently in circular motions for at least two minutes.
2. **Floss Daily:** Flossing helps remove food particles and plaque between teeth where your brush can't reach.
3. **Eat Tooth-Friendly Foods:** Limit sugary snacks and drinks. Crunchy fruits and vegetables like apples and carrots help clean teeth naturally.
4. **Visit the Dentist Regularly:** Get a checkup every 6 months, even if your teeth feel fine. Prevention is better than cure.

Did you know that tooth enamel is the hardest substance in the human body? But once it's damaged, it doesn't grow back—so it's important to protect it!



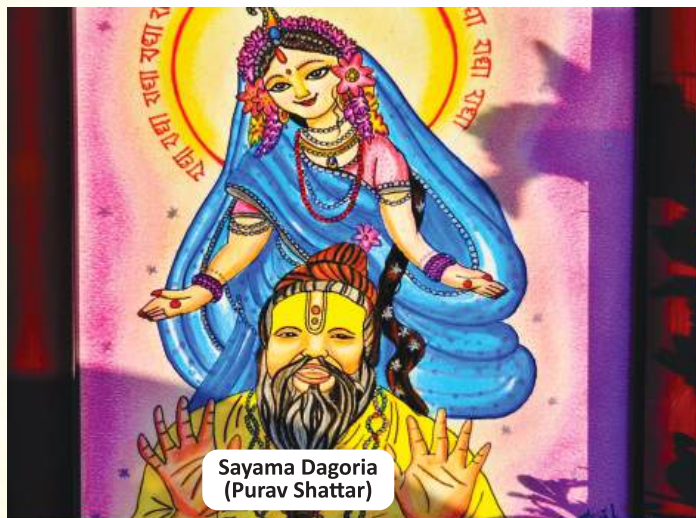
A Word to Remember

Your smile is one of your best features. Taking care of your teeth now will ensure that you can smile brightly for years to come. Dental care isn't just for adults—good habits should start early and last a lifetime.

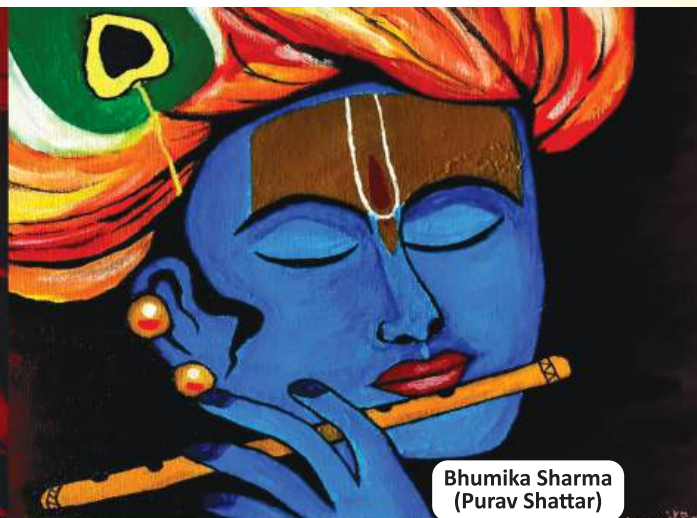
Stay healthy, stay smiling!

Mr. Ranbir Singh (Dent. tech.)
Father of Angel Rajput (1st-A)

ART GALLERY



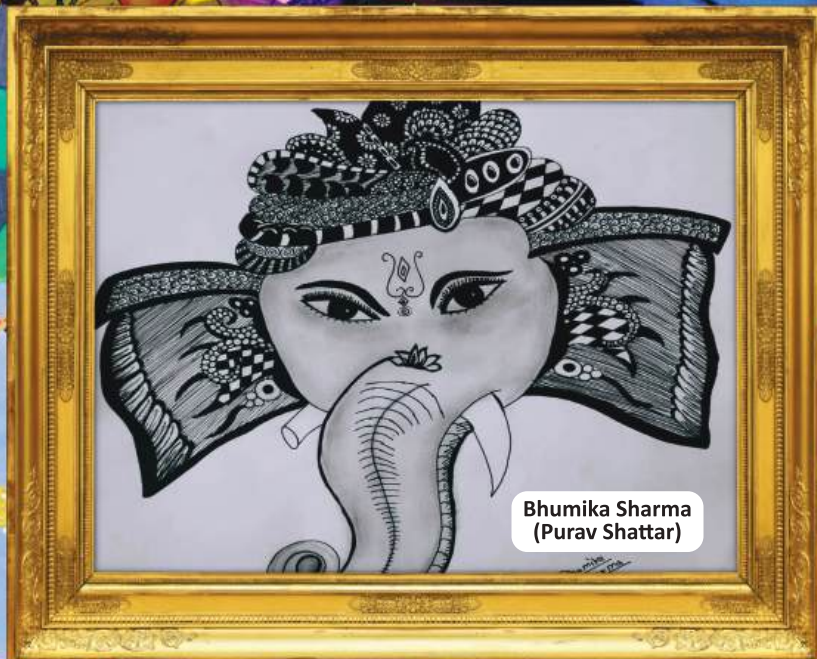
Sayama Dagoria
(Purav Shattar)



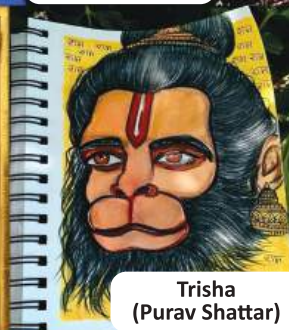
Bhumika Sharma
(Purav Shattar)



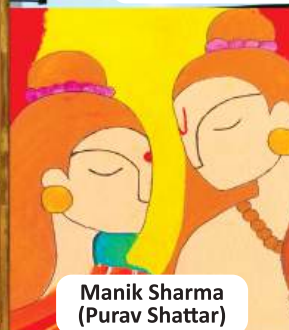
Manik Sharma
(Purav Shattar)



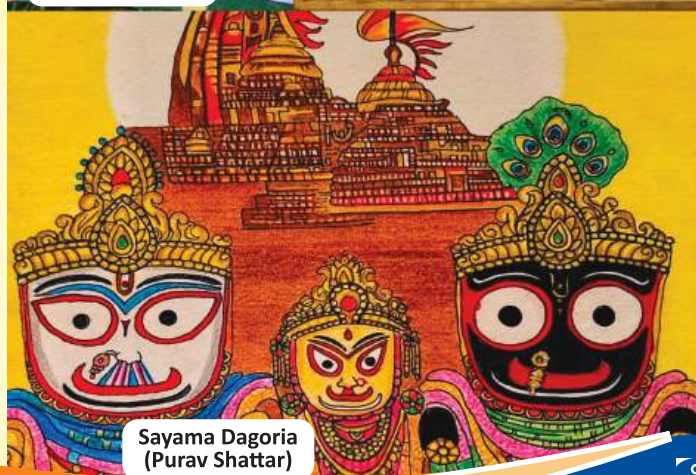
Bhumika Sharma
(Purav Shattar)



Trisha
(Purav Shattar)



Manik Sharma
(Purav Shattar)



Sayama Dagoria
(Purav Shattar)



Trisha
(Purav Shattar)

ART GALLERY



Harshita
(UKG)



Anaya Rajput
(Ukg)



Shivaay
(UKG)



Mahir Mansotra
(UKG)



Avyakt



Hrish Thakur
(UKG)



Tvisha Thakur
(LKG)

“LEARNING IS NOT THE PRODUCT OF TEACHING, LEARNING IS THE PRODUCT OF THE ACTIVITY OF LEARNERS”

A Glimpse of enrichment programs that were held in the premises of Sant Bal Yogeshwar Bhartiya Vidya Mandir Senior Secondary School, Dadwara that develop Morals, Ethics and Spirituality.

ANNUAL DAY

Sant Bal Yogeshwar Bhartiya Vidya Mandir Senior Secondary School, Dadwara celebrated its 19th Annual Day Function on 3rd December, 2024. The function began with a Hawan and Flag Hosting, after that, the program was started by welcoming the guests. Hon'bl Sh. Satish Sharma, Member of legislative Assembly, Billawar Constituency was the chief guest of the function. The main speaker of the function was Sh. Purushottam Dadichhi, President Vidya Bharti Jammu Kashmir and Ladakh, Sh. Vinay Khosla ji, Additional Deputy Commissioner, Billawar Sh. Vikram Singh, District Development Council, Billawar, Sh. Narayan Dutt Tripathi, District Development Council, Nagrota, Sh. Hari Singh Lalotra ji, District RSS Head, Sh. Charan Das Gupta ji, Executive Member of Bhartiya Shiksha Samiti and all members of Bhartiya Shiksha Samiti Jammu Kashmir graced the occasion. Also, Sh. Chander Bushan Gupta, President of School and all other members of School management Committee, Parent association and Matri Bharti were also present. The Principal of the school, Smt. Savita Sharma presented the Annual Report in front of all, followed by the cultural activities performed by the school students. Soon after, the teachers and students were also felicitated by the Chief Guest, School Management Committee and the Principal for their hard work. The award for the Best teachers was presented to Smt. Kiran Bala, Best non teaching staff to Sh. Sardar Singh. Toppers of the school we are also awarded by the school who did their best in different fields.

The 6th edition of the school magazine UTTHAN 2024 was also inaugurated. The event concluded with the blessings from Sant Balak Yogeshwar Dass ji Maharaj and a vote of thanks by the school management committee, followed by the rendition of Vande Mataram.



NATIONAL MATHEMATICS DAY



On 21st December, 2024 National Mathematics Day was celebrated at Sant Bol Yogeshwar Bhartiya Vidya Mandir Senior Secondary School, Dadwara. Various activities were conducted such as Rangoli Making Competition, Drawing Competition, Reciting Poems, Solving Puzzles, and Practicing Multiplication Tables. The students enthusiastically participated in all the activities and learned numerous things about mathematics and its application in their daily lives. The event was graced by Sh. Chander Bhushan Gupta, President School Management Committee, Sh. Charan Das Shastri, Treasurer

School Management Committee, Sh. Angrez Singh, Secretary School Management Committee and Smt. Savita Sharma, the School Principal. At the end, the students were awarded prizes based on their performance in the activities.

VIDYA ARAMBH SANSKAR

Vidya Arambh Sanskar is celebrated on the occasion of Basant Panchami every year. The day was celebrated on 3rd February 2025. The little beginners, along with their parents participated in worshipping Goddess Saraswati to mark new beginning towards learning. They followed this by writing Om and Swastik with the help of a peacock feather pen.



Samarpan was also given by the parents, teachers, and members of the School Management Committee. The event was graced by Sh. Chander Bhushan Gupta, President School Management Committee, Sh. Khajan Chand, Member of School Management Committee, Smt. Savita Sharma, the School Principal and Ms. Shakti Devi, the School Vice Principal and all the School Teachers. Every year Samarpan amount is sent to Vidya Bharti for spreading the light of education in those areas which are still deprived of it, along with imparting moral values.

MATRI PITRI PUJAN

Every year, on 14th February 2025, Matri Pitri Pujan is celebrated with great zeal in our school. The Chief guest of the day was Naib Tehsildar Sh. Ajay Jamwal, Sh. Chander Bhushan Gupta ji, President of the School Management Committee, Sh. Charan Dass Shastri, Treasurer of School Management Committee were also present on the occasion. The program began with lighting the lamp and worshipping Maa Saraswati. After that, the students presented cultural items related to the program which pleased everyone who were present there. The worshipping ceremony began and students worshiped their parents and teachers. Naib Tehsildar Sh. Ajay Jamwal threw light on this special day and motivated the students to obey their parents. He said that parents are our world and without them, nothing is possible. Akshara Verma, student of class 8th also expressed her views on this auspicious day, followed by melodious song dedicated to parents by Neha Devi, student of class 9th. The event conducted with many marvellous cultural programmes dedicated a melodious song to parents followed by many marvellous cultural programs filled with devotion and respect. Soon after, the Pujan ceremony took place where all the students worshiped their parents and took blessings from them. Lastly, the vote of thanks was presented by Sh. Chander Bhushan Gupta President of the School Management Committee.



36th UT Level Khel Kud

Bharatiya Shiksha Samiti Jammu, Kashmir & Ladakh organised its 36th UT Level Khel Kud 2025 at Sant Bal Yogeshwar Bhartiya Vidya Mandir Senior Secondary School, Dadwara (Billawar) from 1st to 2nd August 2025.

The programme was inaugurated on 1st August by Shri Malkhan Singh, Sports Coordinator Vidya Bharati Uttar Kshettar, in the august presence of Shri Vikram Singh (DDC Billawar), Shri Sameer Krishan Sapru (Office Incharge, BSS Jammu, Kashmir & Ladakh), Shri Ramesh Singh Jasrotia (Seh-Mantri, BSS Jammu, Kashmir & Ladakh), Shri Kuldeep Raj (Sports Coordinator BSS Jammu, Kashmir & Ladakh), School Management President Shri Chander Bhushan Gupta, Treasurer Shri C. D. Shastri, Principal Smt. Savita Sharma, judges and student participants from 14 schools. The ceremony began with lamp lighting and invocation, followed by the formal declaration of the 36th Khel Kud. The Chief Guest inspired the young players with his address, after which the sports oath was administered.

The closing ceremony was held on the evening of 2nd August, with Shri Satish Kumar Sharma (MLA Billawar) as the Chief Guest, accompanied by Shri Naresh Kumar Sharma (General Secretary, BSS Jammu, Kashmir & Ladakh), Shri Purushottam Dadhichi (President, BSS Jammu, Kashmir & Ladakh), Shri Ramesh Singh Jasrotia (Seh-Mantri, BSS Jammu, Kashmir & Ladakh), Shri Kuldeep Raj (Sports Coordinator BSS Jammu, Kashmir & Ladakh), and members of the school management committee. The winning teams were felicitated with medals and certificates. The dignitaries appreciated the sportsmanship, discipline and enthusiasm of the participants and encouraged them to continue striving for excellence. The Chief Guest officially declared the meet closed, and the event concluded with the national song "Vande Mataram."



EKATMATA DIWAS

Ekatmata Diwas was celebrated on 5 August 2025 in the school. The day began with the unfurling of the national flag in the premises. Thereafter, Saraswati Vandana was performed by students. The pledge for National Integration was taken by the students and staff members. The students also unfurled the National Flag at their homes with parents..

Student of Bharat Scout and Guide shared their views and gave a message of unitedness to everyone. Additionally, all the students also sang the National Anthem Jana Gana Mana.



INDEPENDENCE DAY

Independence Day was celebrated on 15 August, 2025 with great gaiety. The main Chief Guest of the day was Sh. Pawan Sharma ji, Retired Captian, Vishwa Hindu Parishad Vibhag Mantri and district head of Vishwa Hindu Parishad, Sh. Sunil Chalotra, Training Coordinator of Bhartiya Shiksha Samiti Jammu Kashmir Sh. Chander Bhushan Gupta President of the School Management Committee, Sh. Angrej Singh Secretary of the School Management Committee, Sh. Charan Das Shastri Treasurer of the School Management Committee, Smt. Savita Sharma School Principal, teachers, and students were present. The Chief Guest unfurled the national flag and everyone who was present there chanted the National Anthem Jana Gana Mana. The students of Bharat Scout and Guide and NCC Cadets also showed their presence at Government higher Secondary School Billawar and performed cultural programs and March past. Lastly, the vote of thanks was given by Chander Bhushan Gupta President School Management Committee and the day was concluded with Vande Matram.



RAKSHA BANDHAN

“We wish you eternal happiness this Raksha Bandhan, As you surrender your lives for the protection of your countrymen”

Raksha Bandhan or Rakhi is a special occasion to celebrate the virtuous bond between brother and sister which is one of the deepest and noblest of all human emotions. The beautiful festival was celebrated on 9th August 2025. To celebrate this festival, Rakhi making competition was organized in the school. Students made beautiful Rakhis using different articles like thread, wool and beads and they also tied Rakhi on the wrists of their brothers. Girls of class 9th and 11th along with the teachers went to 5th Gorkha Rifles Camp Rampur and tied Rakhi on the wrists of the soldiers who were far away from their families on the occasion of Raksha Bandhan for the safety of our Nation.



SHRI KRISHNA JANMASHTAMI

The festival of Shri Krishna Janmashtami was celebrated with devotion and cultural spirit on 16th August 2025. To mark the occasion, a special online activity was organised in which students participated from their homes.

Children dressed up as Radha and Krishna and sent their photographs to the school, showcasing their creativity, innocence and festive enthusiasm. The students beautifully posed with flutes, peacock feathers, matkis and traditional attire, turning the celebration into a colourful display of devotion and joy. All the photographs were compiled and presented as a digital gallery, allowing everyone to witness the charm of little Govindas and Gopis.

The school appreciated the active involvement of parents and students for keeping cultural values alive even beyond the school campus. The celebration aimed to inspire children with the teachings of Lord Krishna—love, truth, duty, and righteousness.

The programme concluded with the message of celebrating festivals with purity, devotion and respect for Indian traditions.



SEWA DIWAS

On 17 September, 2025 Sewa Diwas was organized on the occasion of Vishwakarma Day in the school. Sh.Charan Das Gupta Executive Member of Bhartiya Shiksha Samiti Jammu and Kashmir, Sh. Chander Bhushan Gupta President School Management Committee, Sh. Charan Das Gupta Treasurer School Management Committee, Smt. Savita Sharma Principal and Non-teaching staff of were present. The day started with lighting a lamp in front of Maa Saraswati. After that, the non-teaching staff shared their experiences. Lastly, all the non-teaching staff were presented with gifts and the day ended with Vande Mataram.



22nd UT LEVEL SCIENCE, MATHEMATICS & COMPUTER FAIR 2025

Bharatiya Shiksha Samiti Jammu & Kashmir organised its 22nd UT level Science, Mathematics and Computer Fair 2025 at Sant Bal Yogeshwar Bhartiya Vidya Mandir Senior Secondary School, Dadwara (Billawar) from 12th to 13th October 2025.

The programme was inaugurated by Dr. K. S. Chandrashekar, Vice-Chancellor, Cluster University Jammu in the noble presence of Dr. Asha Chaubey, Senior Principal Scientist, CSIR-IIIM Jammu, and Shri Gurudev Kumar, JKAS, Joint Director School Education Jammu. The key note address was delivered by Shri Balkishan, Seh-Sangathan Mantri, Vidya Bharati Uttar Kshettar. Other dignitaries present included Dr. Naresh Sharma (General Secretary, BSS J&K & Ladakh), Shri Vijay Kumar Sharma (Vice President & Science Incharge, BSS J&K & Ladakh), Shri Sunil Kumar Chalotra (Training Coordinator BSS J&K & Ladakh), Shri Pradeep Singh Kumar (Science Coordinator BSS J&K & Ladakh & Principal, Ramban School), Shri Naresh Kumar (Vedic Maths Coordinator BSS J&K & Ladakh & Principal, Reasi School), Smt. Pooja Dubey (Computer Coordinator BSS J&K & Ladakh), Shri Kashinath (Co-Coordinator, Vedic Maths & Principal, Palmar School), along with scientists from CSIR-IIIM and teachers from nearby institutions.

A total of 230 students from 11 schools across seven clusters participated.

The programme concluded on 13th October 2025 in the presence of Shri Vikram Singh (DDC Billawar) as Chief Guest and Shri Narayan Dutt Tripathi (DDC Nagrota) as Special Guest, along with provincial coordinators and school management members. Students were awarded medals and certificates for their outstanding performance, and meritorious Class 10 & 12 achievers of session 2024-25 were also felicitated. The event ended with the national song "Vande Mataram."



DIWALI

The school celebrated Diwali with colourful decorations, class-wise diya and rangoli competitions, and a Ramayana presentation by Shishu Vatika. Students shared festival messages, and staff distributed festive gifts. As part of the Diwali Seva Activity, teachers visited nearby slums to distribute essentials and spread awareness. An Alumni Diwali Meet was also held, reviving memories and formally constituting the Alumni Association.





विद्या भारती

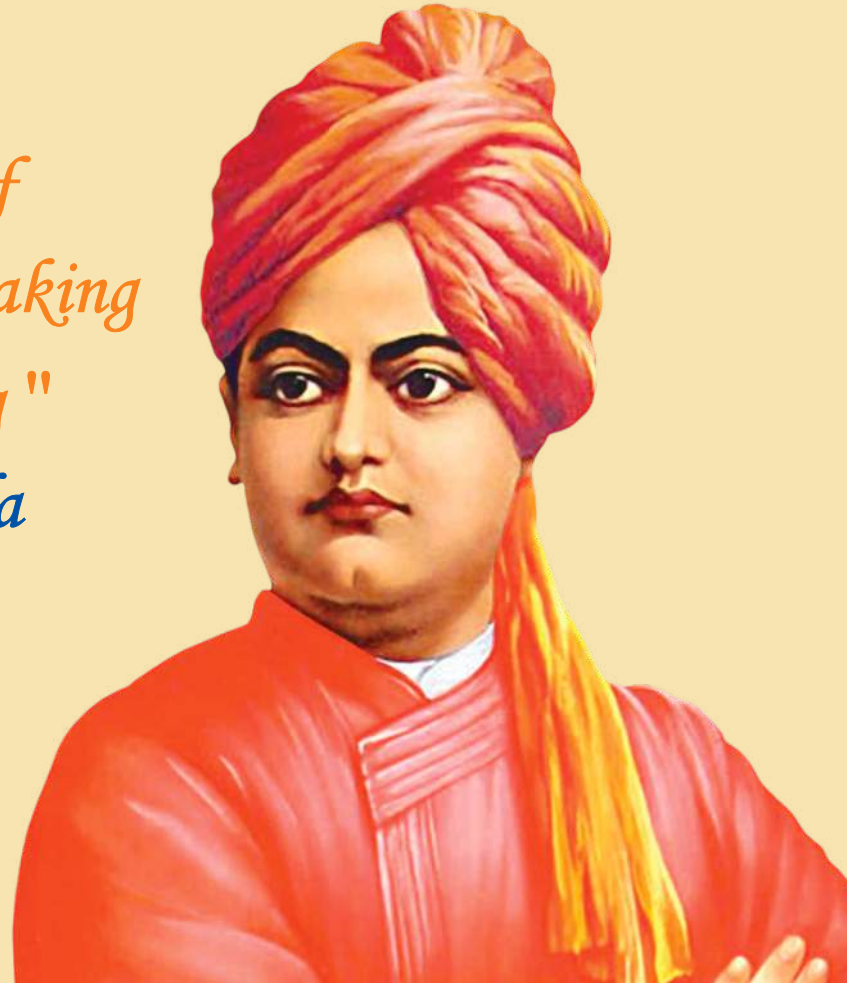


अखिल भारतीय शिक्षा संस्थान

हमारा लक्ष्य

हमारा लक्ष्य इस प्रकार की राष्ट्रीय शिक्षा प्रणाली का विकास करना है जिसके द्वारा हिन्दुत्वनिष्ठ एवं राष्ट्रभक्ति से ओतप्रोत तथा शारीरिक, प्राणिक, मानसिक, बौद्धिक एवं आध्यात्मिक दृष्टि से पूर्ण विकसित युवा पीढ़ी का निर्माण हो, जो जीवन की वर्तमान चुनौतियों का सामना सफलतापूर्वक कर सके और जिसका जीवन नगरों, ग्रामों, वनों, गिरिकन्दराओं एवं चुनौतीपूर्ण क्षेत्रों में निवास करने वाले वंचित और अभावग्रस्त अपने बांधवों को सामाजिक कुरीतियों एवं अन्याय से मुक्त कराकर राष्ट्रजीवन को सुसंस्कृत, समरस तथा सुसम्पन्न बनाते हुए 'वसुधैवकुटुम्बकम्' के भाव से प्रेरित होकर विश्वकल्याण के लिये समर्पित हो।

*"The end and aim of
all education is man - making
and character making"*
Swami Vivekananda



Pride and Glory of Sant Bal Yogeshwar Bhartiya Vidya Mandir, Dadwara



SANT BAL YOGESHWAR BHARTIYA VIDYA MANDIR SENIOR
SECONDARY SCHOOL, DADWARA (BILLAWAR)
CBSE AFFILIATION NO. 730071



100 % CBSE CLASS 12TH RESULT (2024-25)

SBYBVM PROVED THAT "EXCELLENCE IS OUR SPECIALITY"



Akariti Sharma
86%



Ayushi Rajput
82.2 %



Palak Pathak
82 %



Zerna Verma
81.6%



Tarun Sihotra
85%



Hitesh Chambyal
81.6%



100 % CBSE CLASS 10TH RESULT (2024-25)



Raghavi Thakur
95.2%



Disha Thakur
94.6%



Rydhm Rajput
94.4%



Shaguan Mahajan
94.2%



Deewakar Singh
94.2%



Aditya Bhuran
93.8%



Pardium Singh
93.6%



Sarika Malgotra
93.2%



Chetan Singh
93%



Tanmay Sharma
92.8%



Harman Thakur
92.4%



Vanshika Thakur
92%



Bhaskar Mansotra
90.6%

**Sant Bal Yogeshwar Bhartiya Vidya Mandir
Senior Secondary School, Dadwara**

Dadwara - Billawar, District Kathua-184203

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