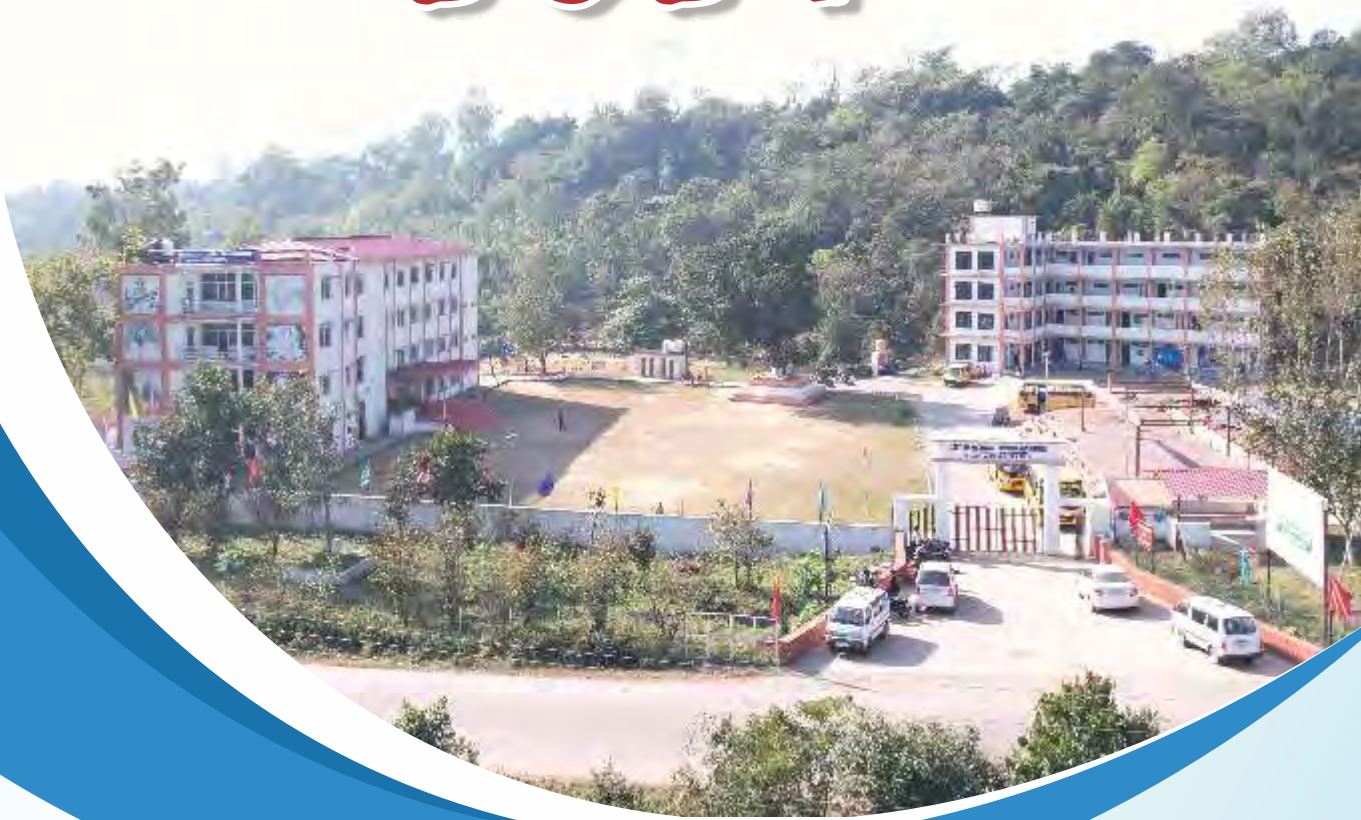


UTTHAN 2024



SANT BAL YOGESHWAR BHARTIYA VIDYA MANDIR SENIOR SECONDARY SCHOOL, DADWARA



Run By :
Bhartiya Shiksha Samiti
Jammu Kashmir





आशीष

“जीवन में जब तक सद्गुरुदेव का अवतरण नहीं होता तब तक काया की क्रियायें केवल बाह्य संसार की अठखेलियों तक ही सीमित रहती हैं। ज्यों ही गुरुसत्ता का संरक्षण प्राप्त होता है त्यों ही अनन्त आकाश में उडान की संभावनायें विकसित होने लगती हैं। हमारे वक्षस्थल में स्थित पावनपुरी में परमात्मा का प्रकाश फैलाने वाले मार्गदर्शक के संकेत, सूत्र संवाद और प्रत्यक्ष दिशा-निर्देशों का अनुशरण ही भवसागर से पार लगाने का मूलमंत्र है। इस मंत्र को पकड़ते ही सांसारिक कर्मों की परिणति परमार्थ की दिशा में बढ़ने लगती हैं, विलासता के उपकरणों का बाहुल्य साधना पथ में सहगामी होने लगता है और प्रारम्भ हो जाती है सुख से आनन्द की और बढ़ने वाली यात्रा।”

-परम पूजनीय सन्त श्री बालक योगेश्वर दास जी महाराज



Dear Reader,

Warm Greetings to each one of you !!!

It gives me immense pleasure in bringing out the 6th volume of "UTHAAN "successfully.

Very few have fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a child.

The effort of every educator should be to unlock that treasure and Sant Bal Yogeshwar Bhartiya Vidya Mandir Senior Secondary School is an excellent example where everyone strives indefatigably for this.

A school magazine is itself an institution which prepares its contributors to actively participate in whatever is going on around them, which effects their lives They learn to express themselves confidently as their expression is given rightful exposure. A school magazine is also a mirror of a school. It depicts the activities done and achievements earned by a school.

I'm thankful to all my colleagues and editorial board for their constant help and guidelines.

Enjoy the experience and don't forget to give us your feedback. We would always cherish your valuable comments and suggestions.

Happy reading.....

GIVE WINGS to your dream, It's time to FLY...!!!!

Smt. Manju Sharma
Chief Editor

EDITORIAL BOARD

*“Unleashing creativity and talent,
Our magazine celebrates individuality,
Showcasing achievements and inspiring dreams,
Empowering students to make their mark.”*



*Smt. Savita Sharma
(Principal)*

*Miss. Shakti Devi
(Vice Principal)*

*Smt. Manju Sharma
(Chief Editor)*

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Mathematics Section: Sh. Bikram Singh



शुभकामना संदेश

विद्यालय पत्रिका एक ऐसा मंच है, जिसके माध्यम से विद्यालय अपनी उपलब्धियाँ दर्शाता है। ऊंची उड़ान भरने वालों को परिश्रम के साथ-साथ निपुणता, ज्ञान, विज्ञान आदि को भी प्रकट करता है। ऐसी पत्रिकाएं आचार्य एवं छात्र, छात्राओं को तर्कसंगत रूप में उनकी भावनाओं को व्यक्त कहने के लिए तथा आगे बढ़ने का सुअवसर प्राप्त करती है। उन्हें उनके मूल विचारों, व्यवहारिक ज्ञान, रचनात्मक कौशल तथा बौद्धिक विशेषताओं को विकसित करने में सहायक रहती है। परिवार व समाज में अपनी सन्तान के विकास के प्रति आश्वस्त करती है तथा सन्तान के प्रति माँ बाप में कर्तव्य बोध पैदा करती है।

“उत्थान” पत्रिका सन्त बाल योगेश्वर भारतीय विद्या मंदिर उच्च माध्यमिक विद्यालय डडवाड़ा (फिन्तर) समाज, गाँव, देश में यह सन्देश प्रसारित कर रहा है कि विद्यालय केवल शैक्षिक उत्थान ही नहीं बल्कि शारीरिक, मानसिक, बौद्धिक एवं अध्यात्मिकता की ओर अग्रसर हो। कहावत है कि इन्सान खाली हाथ आया था, खाली हाथ जायेगा। क्या लेकर आया था, क्या लेकर जायेगा? संस्कार युक्त शिक्षा कहती है तू सत्व कर्म लेकर आया, सत्कर्म लेकर जायेगा। सतकर्म ही सच और झूठ, अच्छे और सच्चे का फैसला करेगा। विद्यालय के प्रशंसनीय विकास का श्रेय प्रबंधन समिति, आचार्या व समाज के सजनन लोगो को जाता है।

विद्यालय परिवार के प्रत्येक प्राणी के लिए निरोग, प्रसन्न, सक्रिय, आत्मीयता से भरपूर जीवन की मंगल कामना करता हूँ तथा सभी को बहुत- बहुत शुभकामनाएं।

देश प्रथम, देश अन्त तक देश सदैव जीवन “जय हिन्द, जय भारत”

इंद्रेश कुमार

इंद्रेश कुमार
(वरिष्ठ प्रचारक राष्ट्रीय स्वयंसेवक संघ)

डॉ. जितेन्द्र सिंह

राज्य मंत्री (स्वतंत्र प्रभार),
विज्ञान और प्रौद्योगिकी मंत्रालय,
पृथ्वी विज्ञान मंत्रालय,
राज्य मंत्री प्रधान मंत्री कार्यालय,
कार्मिक, लोक शिकायत तथा पेंशन मंत्रालय,
परमाणु उर्जा विभाग तथा अंतरिक्ष विभाग,
भारत सरकार



DR. JITENDRA SINGH

Minister of State (Independent Charge),
Ministry of Science & Technology,
Ministry of Earth Sciences,
Minister of State, Prime Minister's Office,
Ministry of Personnel, Public Grievances and Pensions,
Department of Atomic Energy & Department of Space,
Government of India



MESSAGE

I am glad to learn that "Sant Bal Yogeshwar Bhartiya Vidya Mandir, Dadwara" is going to publish the 6th edition of the School Magazine 'Uthaaan'.

The school is progressing well to attain success in every field, be it academics, sports, cultural activities, skill development or creative grooming of the students, as per the principles of "Bharatiya Shiksha Samiti, Jammu & Kashmir".

The school magazine serves as a platform to depict the innovative and creative skills of students. I hope this magazine will succeed in serving this purpose.

I wish all success to the Principal and the school staff for their endeavour.

(Dr. Jitendra Singh)

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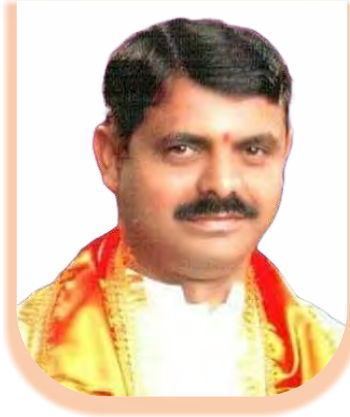
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Satish Kumar Sharma
Member of Legislative Assembly
64-Billawar, Jammu & Kashmir (UT)



सतीश कुमार शर्मा
विधायक
64-बिलावर, जम्मू और कश्मीर (यूटी)



शुभकामना संदेश

“नमस्कार छात्रों, शिक्षकों और अभिभावकों,

मैं सतीश शर्मा एमएलए बिलावर, आपके स्कूल मैगजीन के माध्यम से आप सभी से जुड़ने का अवसर प्राप्त करता हूँ। मैं आपके उज्ज्वल भविष्य की कामना करता हूँ और आपको शिक्षा के क्षेत्र में उत्कृष्टता प्राप्त करने के लिए प्रेरित करता हूँ।

शिक्षा हमारे जीवन का आधार है, और मैं आपको इसके महत्व को समझने और इसके लिए प्रयास करने के लिए प्रोत्साहित करता हूँ। उत्थान पत्रिका के सीमा अंक के प्रकाशन के अवसर पर, मैं विद्यालय परिवार, अभिभावकों और इससे जुड़े सभी लोगों को हार्दिक शुभकामनाएँ देता हूँ। यह एक महत्वपूर्ण उपलब्धि है जो आपके परिश्रम और समर्पण का परिणाम है। आपकी पत्रिका ने शिक्षा, संस्कृति और समाज में महत्वपूर्ण योगदान दिया है, और यह सीमा अंक इसकी एक और महत्वपूर्ण कड़ी है। मैं आपको इस उपलब्धि के लिए बधाई देता हूँ और आगे भी आपकी पत्रिका की सफलता की कामना करता हूँ। उत्थान पत्रिका की टीम को विशेष रूप से धन्यवाद, जिन्होंने इस पत्रिका को संभव बनाने में अपना योगदान दिया है। आपका काम वास्तव में प्रेरणादायक है और समाज में सकारात्मक परिवर्तन लाने में मदद कर रहा है।

आपके उज्ज्वल भविष्य की कामना करता हूँ।

सतीश कुमार शर्मा
(विधायक बिलावर)



Rahul Yadav, IAS

**Mission Director
HADP/JKCIP
Special Secretary to the Govt,
Agriculture Production Department,
UT of Jammu & Kashmir**



MESSAGE

Dear Students and Faculty,

It gives me immense pleasure to learn that Sant Bal Yogeshwar Bhartiya Vidya Mandir (Senior Secondary School) Dadwara is publishing 6th edition of its Annual School Magazine, “Uthaan”. I want to extend my heartfelt best wishes to each of you. This publication not only captures achievements and creativity but also serves as a reminder of the potential that lies within every student.

As you read through these pages, I encourage you to embrace the stories, art, and ideas that reflect our vibrant community. Each contribution is a testament to hard work, passion, and the unique talents that make your school special.

Best of luck to all of you in your future endeavours! May this magazine inspire you to pursue your dreams, take bold steps, and continue to shine brightly in all that you do.

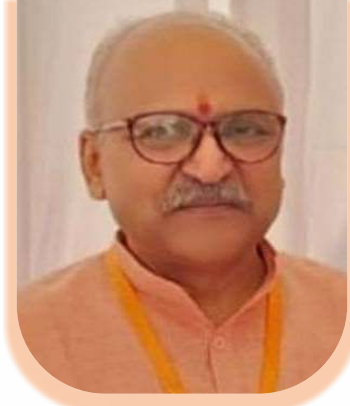
Warm wishes,

(Rahul Yadav)



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



* शुभकामना *

वार्षिक पत्रिका का प्रकाशन विद्यालय की एक महत्वपूर्ण गतिविधि है जो अध्ययन-अध्यापन करने वाले प्रत्येक व्यक्ति को न केवल विचारों की अभिव्यक्ति का अवसर प्रदान करती है अपितु विचार अभिव्यक्ति के प्रति विद्यार्थियों को प्रेरित भी करती है। किसी भी संस्थान की वार्षिक पत्रिका उसका दर्पण होती है जो वर्षभर संचालित गतिविधियों को पत्रिका के माध्यम से उद्घाटित करते हुए विद्यालय के स्तर को प्रतिबिम्बित करती है। संत बाल योगेश्वर भारतीय विद्या मन्दिर, डडवारा द्वारा प्रकाशित होने वाली वार्षिक पत्रिका “उत्थान” लेखन के समस्त स्तम्भों को स्पर्श करते हुए अपने पाठकों को विद्या भारती के परिप्रेक्ष्य में एक प्रेरणास्पद सन्देश प्रदान करेगी, इस आशा-अपेक्षा के साथ सम्पादक मण्डल एवं समस्त कार्यकर्ता बन्धु-भगिनियों को अनेकानेक शुभकामनाएँ एवं सादर साधुवाद।

शुभाकांक्षी.....

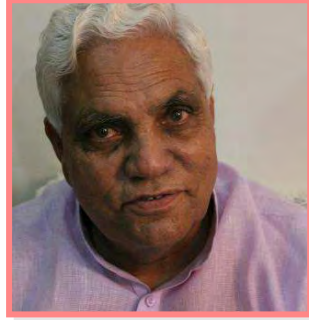
अवनीश भटनागर
महामंत्री



विद्या भारती उत्तर क्षेत्र

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शुभकामना संदेश

“विद्या भारती अखिल भारतीय शिक्षा संस्थान” जोकि विश्व का सबसे बड़ा गैर सरकारी सहायता प्राप्त शैक्षिक संगठन है। उसकी प्रान्तीय समिति द्वारा संचालित संत बाल योगेश्वर भारतीय विद्या मन्दिर, डडवाड़ा विद्यालय पत्रिका “उत्थान” का चतुर्थ संस्करण प्रकाशित करने जा रहा है। इस विद्यालय द्वारा पूर्व में प्रकाशित पत्रिकाएँ विद्यालय के भैया/बहिनों के विकास में सहायक रही। यह संस्करण भी विद्या भारती के लक्ष्य अनुरूप सामग्री लिए होगा, जिससे हम देश में राष्ट्र समर्पित पीढ़ी का निर्माण कर सकेंगे। इस विद्यालय के संचालकों एवं प्रधानाचार्य को मैं शुभकामनाएँ देता हूँ और आशा करता हूँ कि यह विद्यालय शिक्षा क्षेत्र में अपनी भूमिका को निभाता रहेगा।

(सुरेन्द्र कुमार अत्री)

उपाध्यक्ष

विद्या भारती उत्तर क्षेत्र



FROM THE PRINCIPAL'S DESK

Life is a journey and it is all about learning. From the first tread into Grade Nursery at Sant Bal Yogeshwar Bhartiya Vidya Mandir Dadwara till the intermediate studies is indeed a preparation for a child to combat the challenges that the gigantic real world would pose. We try to mould the character and mental attitude of our children, instil basic principles of life in them and nurture their individual capabilities to the fullest.

Sant Bal Yogeshwar Bhartiya Vidya Mandir Dadwara bestows holistic education, immense learning experiences and other academic quests through the most innovative and progressive ways. The students of our school are making their mark not only in academics but also in the field of sports, music, fine arts etc. Our endeavour is to maintain a perfect harmony between the school curriculum and the extra-curricular activities.

We aim at making our students capable enough to be self-directed and self-managed individuals who can confront the challenges of life without wavering. Our children are not only taught to fly high in the open sky of tremendous opportunities but also to stay attached to their roots. Our school has now earned a brand name for itself, which is known far and wide for its quality education and grooming of young minds.

Our school imparts value and skill based education bringing out the best in every child. We focus primarily on preparing our students to be worthy citizens, refined in heart and mind and skilled enough to achieve paramount goals. Our earnest effort is to provide a conducive learning environment to each and every student so that when they go out of the portals, they brim with confidence and emerge as the leaders of tomorrow.

Smt. Savita Sharma
(Principal)



नारी शिक्षा का महत्त्व

अस्माकं समाजः न केवल पुरुषाणां, किन्तु नारीणामपि अस्ति। अतः सुसंस्कृते समाजे पुरुषाणां शिक्षा आवश्यकी अस्ति तथा स्त्रीणामपि। स्त्रीणाम् समाजे स्थान समानरूपेणास्ति। समाजस्थस्य द्वे चक्रे स्तः। यथा एकेन चक्रेण रथस्य गतिः असंभवा, तथा जीवनस्य गति नारिणा विना असंभवा। अशिक्षिता नारी संसाररथ कथं चालयति। अतः स्त्रीशिक्षा अतीवावश्यकी।

प्राचीनकालेऽपि स्त्रीशिक्षा अनिवार्या आसीत्। वैदिककाले नार्यः अधिकशिक्षिताः आसन्। गार्गी मैत्रेयी आद्याः विदुष्यः वेदशास्त्रार्थनिपुणाः आसन्। कालिदासस्य पत्नी विद्योत्तमा महती विदुषी आसीत्। आधुनिककाले स्त्रियः शिक्षणमनिवार्यम्। यदि माता सुशिक्षिता भवेत् तर्हि सा स्वपुत्राणां पालनं शिक्षणं च सुचारुरूपेण कर्तुं शक्नोति। यदि सा अशिक्षिता, तर्हि तस्याः सन्तानमपि विद्याहीना, संस्कारहीना-च भविष्यति। शिक्षिता नारी अधिकयोग्यता गृहकार्यसंचालने समर्था भवति।

अद्य एकमपि क्षेत्रं नास्ति, यत्र नार्याः प्रभावं नास्ति। विद्यालयेषु, महाविद्यालयेषु, कार्यालयेषु, सर्वत्र नार्यः कार्यरताः सन्ति। किंबहुना अनेकाः नार्यः संसदसदस्याः सन्ति। नगरपालिकासु, विधानसभासु, लोकसभासु अपि सदस्याः सन्ति, ताः सुचारुरूपेण कार्यं कुर्वन्ति च। श्रीमती इन्दिरागाँधी महोदया अस्माकं देशस्य प्रधानमन्त्रिपदम् अलंकृता।



कुलस्य तथा समाजस्य उन्नत्यर्थं स्त्रीशिक्षा अनिवार्या खलु। यतः शिक्षिता नारी न केवलं स्वजीवनं सफलीकरोति, किन्तु सा परिवारस्य राष्ट्रस्यापि अभ्युदयं करोति। सुशिक्षिता नारी सर्वत्र पूज्यते। उचितमिदं कथितं

“यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः।
यत्रैताः न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः॥”

डॉ. सन्दीपका भरान
आचार्या



गीता श्लोक

1. नैनं छिद्रन्ति शस्त्राणि नैनं दहति पावकः।

न चौरं क्लेदयन्त्यापो न शोषयति मारुतः॥

(द्वितीय अध्याय, श्लोक 23)

अर्थ:- आत्मा को न शस्त्र काट सकते हैं, न आग उसे जला सकती है। न पानी उसे भिगो सकता है, न हवा उसे सुखा सकती है।

2. कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥

(द्वितीय अध्याय, श्लोक 47)

अर्थ:- कर्म पर ही तुम्हारा अधिकार है, लेकिन कर्म के फलों में कभी नहीं। इसलिए कर्म करो, फल की चिन्ता मत करो।

3. ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते।

सङ्गात्संजायते कामः कामात्क्रोधोऽभिजायते॥

(द्वितीय अध्याय, श्लोक 62)

अर्थ:- विषयों वस्तुओं के बारे में सोचते रहने से मनुष्य को उनसे आसक्ति हो जाती है। इससे उनमें इच्छा पैदा होती है और इच्छा में विघ्न आने से क्रोध की उत्पत्ति होती है।



आराध्या वर्मा
कक्षा: सातवीं



प्रातः स्मरण

कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती ।
 कर मूले तु गोविन्दः प्रभाते करदर्शनम् ॥१॥

समुद्रवसने देवि ! पर्वतस्तनमंडले ।
 विष्णुपत्नि! नमस्तुभ्यं पादस्पर्शं क्षमस्वे ॥२॥

ब्रह्मा मुरारिस्त्रिपुरान्तकारी
 भानुः शशी भूमिसुतो बुधश्च ।
 गुरुश्च शुक्रः शनिराहुकेतवः
 कुर्वन्तु सर्वे मम सुप्रभातम् ॥३॥

सनत्कुमारः सनकः सनन्दनः
 सनातनोऽप्यासुरिपिङ्गलौ च ।
 सप्त स्वराः सप्त रसातलानि
 कुर्वन्तु सर्वे मम सुप्रभातम् ॥५॥

सप्तार्णवाः सप्त कुलाचलाश्च
 सप्तर्षयो द्वीपवनानि सप्त ।
 भूरादिकृत्वा भुवनानि सप्त
 कुर्वन्तु सर्वे मम सुप्रभातम् ॥६॥

पृथ्वी सगन्धा सरसास्तथापः
 स्पर्शी च वायुर्ज्वलितं च तेजः ।
 नभः सशब्दं महता सहैव
 कुर्वन्तु सर्वे मम सुप्रभातम् ॥७॥



हर्षिल कुमार अत्रि
 कक्षा: पांचवीं



एकात्मता स्त्रोत्र

ॐ सच्चिदानन्दरूपाय नमोऽस्तु परमात्मने
ज्योतिर्मयस्वरूपाय विश्वमाङ्गल्यमूर्तये ॥१॥

प्रकृतिः पञ्चभूतानि ग्रहा लोकाः स्वरास्तथा
दिशः कालश्च सर्वेषां सदा कुर्वन्तु मङ्गलम् ॥ २॥

रत्नाकराधौतपदां हिमालयकिरीटिनीम्
ब्रह्मराजर्षिरत्नाढ्यां वन्दे भारतमातरम् ॥३॥

महेन्द्रो मलयः सह्यो देवतात्मा हिमालयः
ध्येयो रैवतको विन्ध्यो गिरिश्चारावलिस्तथा ॥४॥

गङ्गा सरस्वती सिन्धुर्ब्रह्मपुत्रश्च गण्डकी
कावेरी यमुना रेवा कृष्णा गोदा महानदी ॥५॥

अयोध्या मथुरा माया काशीकाञ्ची अवन्तिका
वैशाली द्वारिका ध्येया पुरी तक्षशिला गया ॥६॥

प्रयागः पाटलीपुत्रं विजयानगरं महत्
इन्द्रप्रस्थं सोमनाथः तथौमृतसरः प्रियम् ॥७॥

चतुर्वेदाः पुराणानि सर्वोपनिषदस्तथा
रामायणं भारतं च गीता सद्दर्शनानि च ॥८॥

जैनागमास्त्रिपिटकाः गुरुग्रन्थः सतां गिरः
एषः ज्ञाननिधिः श्रेष्ठः श्रद्धेयो हृदि सर्वदा ॥९॥

॥ भारत माता की जय ॥



नित्या डोगरा
कक्षा : 11वीं



मातृभाषा - व्यक्ति और समाज का भूषण

शब्द की अपनी शक्ति और संस्कृति होती है। शब्द अपनी आभा से दैदीप्यमान होते हैं। शब्दों के प्रयोग में हम सावधान रहें, भाषा की शुचिता बनी रहे। इसलिए गुरुकुलों और पाठशालाओं में विद्यार्थियों को श्लोक, सुभाषित, मंत्र, प्रेरक गीत आदि का अभ्यास कराया जाता था। यह प्रायः संस्कृत या अपनी मातृभाषा में होते थे। इस अभ्यास के कारण उनके भावी जीवन में अच्छे शब्द स्वाभाविक संचरित होते रहते थे। पारिवारिक संस्कार भी इसे पोषित करते हैं।

संस्कृत में विद्यार्थी शब्द की व्युत्पत्ति, उसके धातु रूप आदि का अभ्यास करते हैं। इस कारण उसे शब्द प्रयोग का उचित ज्ञान होता है। अभ्यास की यह परंपरा चल रही है। परन्तु कम हो गई है। भाषा तो निरंतर अभ्यास की वस्तु है। उस अभ्यास से जो निरंतर आगे बढ़ेगा, उसकी भाषा में उतना ही निखार आता जाएगा। भाषा सबको जड़ों और संस्कृति से जोड़ती है। शब्द उसका सिंचन करते हैं, और आनंदरूपी सुमधुर पुष्प उसमें से विकसित होते हैं। भाषा सब कुछ देने का सामर्थ्य रखती है। गिरे हुए को ऊँचा उठा सकती है, भटके को मार्ग दिखा सकती है, चिंता का हरण और जिज्ञासाओं का समाधान कर सकती है। मनुष्य के कल्याण के लिए सत्संग को सर्वोपरि बताया गया है। सत्संग का माध्यम भी तो भाषा ही है। सर्वांगीण उन्नयन का प्रथम चरण भाषा का अभ्यास है। इसलिए गुरुजनों ने उच्चारित करवाया "सत्य वदं, धर्म चर। स्वाध्यायान्मा प्रमदः।"

हमारे शिक्षक तंत्र में ऐसा कुचक्र चला कि प्रारंभिक शिक्षा मातृभाषा की जगह विदेशी भाषा अंग्रेजी में दी जाने लगी। छोटे बच्चों को पोइम (Poem) रटाने लगे। जिस समाज में उसे रहना था, उठना-बैठना था, बोलना-चलना व्यवहार करना था, उसी की भाषा से उसे दूर कर दिया गया। न उसे लोकोक्ति का पर्याप्त ज्ञान रहा न मुहावरों का परिणाम यह हुआ कि न वह अपनी भाषा में पारंगत हो सका, न विदेशी भाषा में। इस खिचड़ी भाषा या भाषा के घोलमेल ने कई बार अर्थ का अनर्थ किया।

इस विषय में हम निरंतर समझौते करते चले गए। न माया मिली, न राम। क्या हमें पीड़ा नहीं होती? तब बच्चा हमसे पूछता है- सड़सठ मतलब क्या होता है, और हम कालर ऊँची कर उसे कहते हैं सड़सठ मतलब सिक्स्टी सेवन (67)। पाव भर सब्जी या दूध का मतलब वे जानते नहीं। पढ़ाई क्या सिर्फ

अच्छे जॉब और पैकेज के लिए ही बची है? हमारा तो एक सीधा सा सूत्र है, ” जो जड़ से कटा, वो मन से हटा ”। हमारे पढ़े लिखे बच्चे अपनी परंपरागत बोलियों से भी कटने लगे। बोलियों को पिछड़ा व गंवार समझा जाने लगा। न जाने कितनी बोलियां लुप्त हो गई, और कितनी लुप्त होने की कगार पर है। इन बोलियों में निहित पूर्वजों की अकूत ज्ञान संपदा से भी हम हाथ धो बैठे हैं। हर चीज की तलाश गूगल में करने की प्रवृत्ति ने हमारा कितना नुकसान किया है ? फिर गूगल का अनुवाद। भगवान बचाये।

भाषा को छीछालेदर करने में कुछ मीडिया समूहों ने कोई कमी नहीं छोड़ी। अंग्रेजी समाचार पत्र शायद ही किसी हिंदी शब्द का प्रयोग करते हैं परन्तु हिन्दी के अनेक समाचार पत्रों पर धड़ल्ले से अंग्रेजी शब्दों के प्रयोग में लगे हैं। एक बहुत बड़े पाठक समूह के कारण दंभी हो चुका समाचार पत्र तो विरोध और आलोचनाओं के उपरांत भी अपनी इस मक्कारी पर कायम है। कुछ लोग हिंदी लचीली है। ऐसा मानकर अंग्रेजी शब्दों के घालमेल को जायज ठहराने का अनावश्यक प्रयास करते हैं।

भाषा व्यक्ति का भी भूषण है, और समाज का भी। लोकतंत्र के चारों स्तंभ उसी समाज के लिए बने हैं। सब इस बात के लिए प्रयत्नशील रहे कि भाषा की शुचिता और आचरण की मर्यादा बनी रहे भारतीय समाज इस बात के लिए भी आशान्वित है कि माननीय न्यायालयों में निर्णय उस भाषा में लिखे जाएंगे जो समाज व राष्ट्र की अपनी भाषा है। जिसमें अपनी माटी और सांस्कृतिक परंपराओं की सुगंध व्याप्त हो।

भाषा और बोलियों का संरक्षण हमारी संचेतना का अंग होना चाहिए। अपने वाली पीढ़ियों के लिए हम अनेकों भाषाओं और बोलियों की समृद्ध विरासत सहेजें, संपादित करें, और संप्रेषित करें-यही वर्तमान समय की आवश्यकता है।

भारतीय सनातन संस्कृति के पोषण को ध्यान में रखते हुए ही राष्ट्रीय शिक्षा नीति 2020 में प्राथमिक शिक्षा मातृभाषा। स्थानीय भाषा में तथा इसके बाद भी शिक्षा यथासंभव मातृभाषा में हो, इसका प्रावधान किया गया है।

आओ आज संकल्प लें कि हम सब राष्ट्रीय शिक्षा नीति के प्रावधानों को जन सामान्य तक पहुँचाकर उसके क्रियान्वयन में अपनी महती भूमिका का निर्वहन करेंगे।

भारत माता की जय
हिन्दी हमारे राष्ट्र की अभिव्यक्ति का सरलतम स्रोत है
राष्ट्रकवि सुमित्रानंदन पंत”

श्री चंद्र भूषण गुप्ता
विद्यालय अध्यक्ष



बेटियाँ

चाँदनी की किरण सी, चमकती आँखें उनकी,
सपनों की रंगीनी में बसी, यह जिन्दगी उनकी ।

प्यारी सी हँसी में बसी, गुनगुनाती पंक्तियाँ,
माँ की बाहों में छुपी, अनमोल तोहफे की तरह।

सपनों को सजाने वाली, हिम्मत की तस्वीर,
हर दर्द और खुशी में, उनकी सूरत चिरप्यारी ।

पंखों से रंगीन ,सपनों की आकाशगंगा,
हर सुबह की पहली किरण, हर शाम की धूप संग ।

सपनों की रेशमी चादर, हर ख्वाब को संजोए,
बेटियाँ है परिवार की, चिरंतन संजीवनी व्रज ।

उनके बिना अधूरी सी, दुनिया की हर कहानी,
बेटियाँ हैं जिन्दगी की, अमूल्य और प्यारी निशानी।



श्री भरत भूषण
अभिभावक भागेश भूषण
कक्षा : नवमीं



योग: जीवन की एक नई दिशा

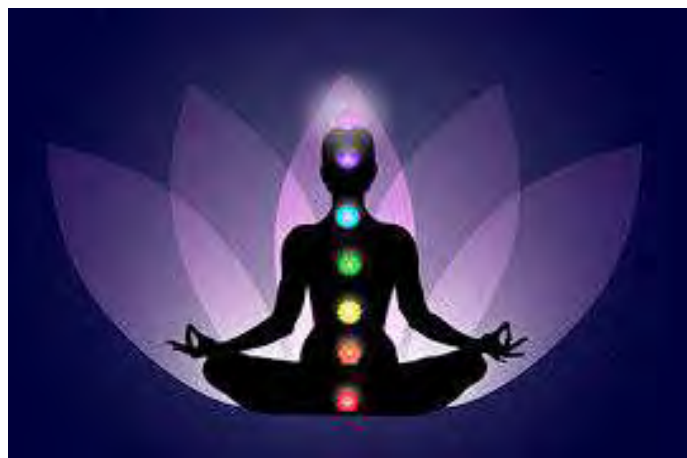
योग एक प्राचीन भारतीय दर्शन है जो शरीर, मन और आत्मा के बीच संतुलन बनाने में मदद करता है। यह शारीरिक स्वास्थ्य, मानसिक तनाव कम करने, आत्मविश्वास बढ़ाने और आध्यात्मिक जागरूकता बढ़ाने में मदद करता है। योग एक पूर्ण जीवनशैली है जो हमें अपने जीवन को अधिक संतुलित, स्वस्थ और खुशहाल बनाने में मदद करती है। यह हमें आत्म-ज्ञान, स्वास्थ्य और तंदुरुस्ती, मानसिक शांति और आध्यात्मिक जागरूकता प्राप्त करने में मदद करता है।

योग के फायदे:

1. शारीरिक स्वास्थ्य में सुधार
2. मानसिक तनाव कम करना
3. आत्मविश्वास बढ़ाना
4. एकाग्रता और स्मृति में सुधार
5. आध्यात्मिक जागरूकता बढ़ाना

योग के प्रकार:

1. हठ योग
2. विनियोग
3. आस्ट्रेलियाई योग
4. कुंडलिनी योग
5. भक्ति योग



योग के मुद्राएं और प्राणायाम:

विभिन्न मुद्राएं और प्राणायाम जो योग में उपयोग किए जाते हैं, जैसे कि ताड़ासन, वृक्षासन, भस्त्रिका प्राणायाम, कपालभाति प्राणायाम आदि।

योग के नियम:

1. शुद्धि (स्वच्छता)
2. संतोष (संतुष्टि)
3. तपस (आत्म-निरीक्षण)
4. स्वाध्याय (आत्म-ज्ञान)
5. ईश्वर प्रणिधान (ईश्वर के प्रति समर्पण)

निष्कर्ष:

योग एक ऐसी प्रक्रिया है जो हमें अपने जीवन को अधिक संतुलित, स्वस्थ और खुशहाल बनाने में मदद करती है। यह हमें आत्म-ज्ञान, स्वास्थ्य और तंदुरुस्ती, मानसिक शांति और आध्यात्मिक जागरूकता प्राप्त करने में मदद करता है।

कृतिका ठाकुर
कक्षा: 11वीं



योग: जीवन की एक नई दिशा

शिक्षा हमारे जीवन में बहुत ही महत्वपूर्ण भूमिका निभाती है। शिक्षा के बिना हमारे जीवन में अधंकार है। शिक्षा वह ज्योति है, जो हमारे जीवन में ज्ञान का प्रकाश भर देती है। यह हमें अच्छे-बुरे, सही-गलत का ज्ञान कराती है। एक शिक्षित समाज ही एक शिक्षित और विकसित देश का निर्माता है। शिक्षा का हर क्षेत्र में अहम योगदान होता है। चाहे वो घर, दफ्तर, अस्पताल, यात्रा या शिक्षा कारोबार ही क्यों न हो। शिक्षा न केवल हमारे अर्थिक स्थिति को सुधारती है, बल्कि हमारे मानसिक, समाजिक पारिवारिक और व्यक्तिगत जीवन में भी सुधार लेकर आती है।

“शिक्षा नहीं बताती कि हमें क्या सोचना है,
बल्कि यह सिखाती है कि कैसे सोचना है।”

“शिक्षा वह संस्कार है जो हमें अपने
कर्तव्यों को समझने में मदद करता है।”

हर्मन्या खजुरिया
कक्षा : षष्ठी



समय का महत्त्व: जीवन का सबसे बड़ा धन

1. समय जीवन का सबसे कीमती और अनमोल धन है, जिसका सही उपयोग करना सफलता की कुंजी है।
2. समय हर एक मनुष्य को अपने जीवन में आगे बढ़ने के लिए प्रेरित करता है और नई ऊंचाइयों को छूने का अवसर प्रदान करता है।
3. जो व्यक्ति समय का सही तरीके से उपयोग करता है, वह अपने जीवन में सफलता की कहानी लिखता है और अपने लक्ष्यों को प्राप्त करता है।
4. समय की बर्बादी जीवन को निरर्थक और असफल बना देती है, इसलिए समय का सही उपयोग करना अत्यंत आवश्यक है।
5. समय की सबसे बड़ी विशेषता यह है कि इसे कभी वापस नहीं पाया जा सकता, इसलिए इसका सही उपयोग करना हमारी प्राथमिकता होनी चाहिए।

समय का महत्त्व समझने के लिए कुछ महत्वपूर्ण बातें:

- ❖ समय को सही तरीके से उपयोग करने से सफलता प्राप्त होती है।
- ❖ समय की बर्बादी जीवन को निरर्थक बना देती है।
- ❖ समय को वापस नहीं पाया जा सकता, इसलिए इसका सही उपयोग करना आवश्यक है।
- ❖ समय का सही उपयोग करने से जीवन में संतुष्टि और खुशी प्राप्त होती है।

निष्कर्ष:

समय जीवन का सबसे बड़ा धन है, जिसका सही उपयोग करना सफलता की कुंजी है। **समय की बर्बादी जीवन को निरर्थक बना देती है**, इसलिए समय का सही उपयोग करना हमारी प्राथमिकता होनी चाहिए।

आदिवेत
कक्षा: दूसरी



शिक्षा का महत्व: जीवन की आधारशिला

1. शिक्षा हमारे जीवन में एक आवश्यक और महत्वपूर्ण भूमिका निभाती है, जो हमें सफलता की ओर ले जाती है।
2. शिक्षा के बिना जीवन में आगे बढ़ना और सफल होना लगभग असंभव है, क्योंकि शिक्षा ही हमें ज्ञान और कौशल प्रदान करती है।
3. शिक्षा एक शक्तिशाली हथियार है जो संसार को बदल सकता है, और हमारे भविष्य को आकार देने में मदद करता है।
4. शिक्षा हमारे आत्मविश्वास को बढ़ाती है, और हमें अपने लक्ष्यों को प्राप्त करने के लिए प्रेरित करती है।
5. शिक्षा हमें सही और गलत के बीच का अंतर समझने में मदद करती है, और हमें नैतिक मूल्यों को अपनाने के लिए प्रोत्साहित करती है।

शिक्षा के महत्व को समझने के लिए कुछ महत्वपूर्ण बातें:

- ❖ शिक्षा जीवन की आधारशिला है।
- ❖ शिक्षा सफलता की कुंजी है।
- ❖ शिक्षा आत्मविश्वास बढ़ाती है।
- ❖ शिक्षा समाज में फैली बुराइयों को दूर करती है।
- ❖ शिक्षा देश के विकास और समृद्धि में मदद करती है।

निष्कर्ष:

शिक्षा हमारे जीवन में एक आवश्यक और महत्वपूर्ण भूमिका निभाती है, जो हमें सफलता की ओर ले जाती है। शिक्षा हमें आत्मविश्वास, ज्ञान, और कौशल प्रदान करती है, और हमें देश के एक बेहतर नागरिक बनाने में मदद करती है।

ममता देवी
आचार्या



भारत में बेटियों की सुरक्षा: एक चुनौती

क्यों आज भी सुरक्षित नहीं हैं बेटियाँ?

हर बेटे के मन में यह सवाल है कि क्या हम आजाद वतन में रहते हैं? क्या हम सुरक्षित हैं? बेटे बचाओ, बेटे पढ़ाओ के नारे के बावजूद, बेटियों के साथ बलात्कार, उत्पीड़न और अपराध बढ़ रहे हैं।

समाज में बेटियों की स्थिति:

- ❖ माँ दुर्गा, काली, सरस्वती की पूजा होती है, लेकिन बेटियों को सम्मान नहीं मिलता।
- ❖ बेटियों को खेल का समान समझा जाता है।
- ❖ उम्र, पढ़ाई, भूषा, पेशा कोई भी नहीं देखता।
- ❖ बेटियों को आत्मरक्षा के लिए प्रशिक्षित नहीं किया जाता।

जिम्मेवार कौन?

- | | |
|---------|------------------|
| ❖ समाज | ❖ परिवार |
| ❖ सरकार | ❖ शिक्षा प्रणाली |

समाधान:

1. बेटों को उचित व्यवहार सिखाना।
2. बेटियों को आत्मरक्षा के लिए प्रशिक्षित करना।
3. समाज में जागरूकता बढ़ाना।
4. कड़े कानून बनाना और उनका पालन करना।
5. परिवार में बेटियों को सम्मान और समर्थन देना।

निष्कर्ष:

भारत में बेटियों की सुरक्षा एक चुनौती है। हमें अपने समाज, परिवार और सरकार को बदलने की जरूरत है ताकि बेटियों को सुरक्षित और सम्मानित जीवन मिल सके।



कशीश अदोत्रा
पूर्व छात्र



शिव स्वरूप

ऐसे भोलेनाथ है
चंद्रमा ललाट पर भूतों के नाथ है ।
फिर भी भूतों का तमस नहीं वे आज के यथार्थ है
स्वार्थ से परे है जो।
परमार्थ से भरे हैं जो।
मेरे आराध्य के आराध्य है ।
ऐसे भोलेनाथ है।
युद्ध विकराल हो या, शत्रु ही विशाल हो,
बाल उसका न बांका हो जिसकी रक्षा करते भोलेनाथ हो ।
मनमोहन चरित्र वेशभूषा विचित्र है जिसका कोई धरा पर नहीं उसके महादेव ही मित्र हैं ।
वैष्णवों में श्रेष्ठ है, संतो के संत हैं
स्वरूप कैसे जाने उसका जिसका आदि न अंत है ।
हमें भी विजिया चाहिए क्योंकि शिव ने थी भांग पी,
पिया तो हलाहल भी था विष की क्यों ना मांग की ।
रहते शमशान में है बैठे ध्यान में है मृत्यु का तांडव भी है शिव की मुस्कान में ।
जो इस संपूर्ण विश्व में हर प्राणी के साथ हैं ऐसे मेरे भोलेनाथ हैं।

रिया शर्मा
कक्षा : आठवीं



जगन्नाथ धाम

दोस्तों क्या आप जानते हैं कि हमारे देश में एक ऐसी जगह है जहाँ विज्ञान नाम का शब्द भी काम नहीं करता, जहाँ कोई ध्वनि ऊर्जा काम नहीं करती, जहाँ हवा भी उल्टी दिशा में बहती है। जहाँ सत्रह बार राजा महाराजाओं ने हमले करवाए लेकिन फिर भी यह जगह आज भी बिल्कुल सही सलामत है। जहाँ इंदिरा गाँधी जी को प्रवेश करने से मना कर दिया था!

मैं बात कर रही हूँ हमारे देश के प्यारे जगन्नाथ मंदिर की। हिन्दू धर्म के चार पवित्र धामों में से एक है यह मंदिर। इस मंदिर के कुछ ऐसे रहस्य हैं जिन्हें आज तक कोई नहीं सुलझा पाया है। जैसा की हम सभी जानते हैं कि कोई भी झण्डा हो हवा की दिशा में ही लहराता है लेकिन जगन्नाथ मंदिर के ऊपर जो झण्डा है वह हवा की उल्टी दिशा में लहराता है। जगन्नाथ मंदिर के जो चक्र हैं उसे किसी भी दिशा से देख लो आपकी तरफ ही दिखाई देगा। मंदिर को इस तरह बनाया गया है कि इसकी परछाई भी नहीं बनती और तो और आज तक हमारे जगन्नाथ पर कोई भी पक्षी आकर नहीं बैठा है। यहाँ का प्रसाद कभी भी व्यर्थ नहीं जाता। कितने भी लोग क्यों न आ जाएँ, प्रसाद कभी भी कम नहीं पड़ता।

कहा जाता है जब श्री कृष्ण को एक शिकारी ने हिरण समझ कर उनपर तीर चलाया, तभी श्रीकृष्ण ने अपने शरीर को त्याग दिया, उनका शरीर तो नष्ट हो गया पर उनका दिल आज भी जगन्नाथ मंदिर में एक मूर्ति के अंदर रखा गया है। हर बारह साल में उस मूर्ति को बदला जाता है और उस दिन ओडिशा की सरकार बिजली बंद कर देती है ताकि कोई इसे देख न पाए। इस मंदिर के अन्दर प्रवेश वही कर सकता है जो सनातनी हिन्दु हैं। यहाँ पर इंदिरा गाँधी को भी अंदर नहीं जाने दिया गया था क्योंकि वो हिन्दु नहीं हैं, उन्होंने दूसरे धर्म में शादी की थी।

मुझे गर्व है कि मैंने भारत जैसे महान देश में जन्म लिया, जहाँ इस तरह के बहुत से प्राचीन मंदिर हैं।

माही बिलावरिया
कक्षा : आठवीं



श्रीमद् भगवत् गीता का महत्व

श्रीमद् भगवत् गीता को पढ़ना हमारे जीवन के बारे में सच्चाई से परिचित कराता है और अंधविश्वास से मुक्ति पाने में हमारी मदद करता है। भगवद् गीता, या गीता, कुरुक्षेत्र युद्ध की शुरुआत से पहले भगवान कृष्ण और अर्जुन के बीच होने वाला प्रवचन है। भगवान कृष्ण की शिक्षाओं ने जीवन के बारे में अर्जुन के दृष्टिकोण और उनके जीवन पथ को बदलने में मदद की।

जबकि गीता कई सदियों पुरानी है, इसके हर शब्द में निहित तर्क और ज्ञान इसे एक कालातीत मार्गदर्शक बनाते हैं। भगवद् गीता के चिरस्थायी मार्गदर्शक सिद्धांतों को समझने से हमें रोजमर्रा की जिंदगी में कैसे और क्यों की गहरी अंतर्दृष्टि प्राप्त करने में मदद मिल सकती है। तो, भगवद् गीता पढ़ने के कई फायदे हैं।

हमें छात्रों को भगवद् गीता के महत्व से भी अवगत कराना चाहिए। क्योंकि यह आत्म-जांच की आदत को प्रोत्साहित कर सकता है और जीवन के लिए व्यावहारिक दृष्टिकोण अपनाने की दिशा में उनका मार्गदर्शन कर सकता है।

दैनिक जीवन में श्रीमद् भगवद् गीता का महत्व

- ❖ भगवद् गीता हमें हमारी समृद्ध संस्कृति और परंपरा से परिचित कराती है।
- ❖ श्रीमद् भगवत् गीता के श्लोकों का जिक्र करने से हमें रोजमर्रा की जिंदगी की विभिन्न समस्याओं का समाधान खोजने में मदद मिल सकती है।
- ❖ भगवद् गीता को पढ़ना हमें जीवन के बारे में सच्चाई से परिचित कराता है और अंधविश्वास और झूठी मान्यताओं से मुक्ति पाने में हमारी मदद करता है।
- ❖ गीता से प्राप्त ज्ञान हमारे संदेहों को दूर करता है और हमारे आत्मविश्वास का निर्माण करता है।
- ❖ गीता की शिक्षाएं हमें बताती हैं कि हम कार्य करने से पहले अच्छी तरह सोच लें।

पल्लवी महाजन
कक्षा : बारहवीं



भारतीय संस्कृति का अनोखा स्वरूप

स्वभाव की गंभीरता, मन की समता, संस्कृति के अंतिम पाठों में से एक है और यह समस्त विश्व को वश में करने वाली शक्ति में पूर्ण विश्वास से उत्पन्न होती है।

अगर भारत के संदर्भ में बात की जाए तो भारत एक विविध संस्कृति वाला देश है, एक तथ्य कि यहाँ यह बात इसके लोगों, संस्कृति और मौसम में भी प्रमुखता से दिखाई देती है। हिमालय की अनश्वर बर्फ से लेकर दक्षिण के दूर दराज में खेतों तक, पश्चिम के रेगिस्तान से पूर्व के नम डेल्टा तक, सूखी गर्मी से लेकर पहाड़ियों की तराई के मध्य पठार की ठंडक तक, भारतीय जीवनशैलियाँ इसके भूगोल की भव्यता स्पष्ट रूप से दर्शाती है। एक भारतीय के परिधान, योजना और आदतें इसके उद्भव के स्थान के अनुसार अलग-अलग होते हैं।

भारतीय संस्कृति अपनी विशाल भौगोलिक स्थिति के समान अलग-अलग है। यहाँ के लोग अलग-अलग भाषाएँ बोलते हैं, अलग-अलग तरह के कपड़े पहनते हैं, भिन्न-भिन्न धर्मों का पालन करते हैं, अलग-अलग भोजन करते हैं किंतु उनका स्वभाव एक जैसा होता है। चाहे कोई खुशी का अवसर हो या कोई दुख का क्षण, लोग पूरे दिल से इसमें भाग लेते हैं, एक साथ खुशी या दर्द का अनुभव करते हैं। एक त्यौहार या एक आयोजन किसी घर या परिवार के लिये सीमित नहीं है। पूरा समुदाय या आस-पड़ोस एक अवसर पर खुशियाँ मनाने में शामिल होता है, इसी प्रकार एक भारतीय विवाह मेल-जोल का आयोजन है, जिसमें न केवल वर और वधु बल्कि दो परिवारों का भी संगम होता है। चाहे उनकी संस्कृति या फिर धर्म का मामला क्यों न हो। इसी प्रकार दुख में भी पड़ोसी और मित्र उस दर्द को कम करने में एक महत्वपूर्ण भूमिका निभाते हैं।

भारतीय संस्कृति के बारे में पं. मदनमोहन मालवीय का कहना है कि “भारतीय सभ्यता और संस्कृति की विशालता और उसकी महत्ता तो संपूर्ण मानव के साथ तादात्म्य संबंध स्थापित करने अर्थात् ‘वसुधैव कुटुंबकम्’ की पवित्र भावना में निहित है।

भारत का इतिहास और संस्कृति गतिशील है और यह मानव सभ्यता की शुरूआत तक जाती है। यह सिंधु घाटी की रहस्यमयी संस्कृति से शुरू होती है और भारत के दक्षिणी इलाकों में किसान समुदाय तक जाती है। भारत के इतिहास में भारत के आस-पास स्थित अनेक संस्कृतियों से लोगों का निरंतर समेकन

होता रहा है। उपलब्ध साक्ष्यों के अनुसार लोहे, तांबे और अन्य धातुओं के उपयोग काफी शुरूआती समय में भी भारतीय उप-महाद्वीप में प्रचलित थे, जो दुनिया के इस हिस्से द्वारा की गई प्रगति का संकेत है। चौथी सहस्राब्दि बी.सी. के अंत तक भारत एक अत्यंत विकसित सभ्यता के क्षेत्र के रूप में उभर चुका था।

संस्कृति के शब्दिक अर्थ की बात की जाए तो संस्कृति किसी भी देश, जाति और समुदाय की आत्मा होती है। संस्कृति से ही देश, जाति या समुदाय के उन समस्त संस्कारों का बोध होता है जिनके सहारे वह अपने आदर्शों, जीवन मूल्यों आदि का निर्धारण करता है। अतः संस्कृति का साधारण अर्थ होता है— संस्कार, सुधार, परिवार, शुद्धि, सजावट आदि। वर्तमान समय में सभ्यता और संस्कृति को एक-दूसरे का पर्याय माना जाने लगा है लेकिन वास्तव में संस्कृति और सभ्यता अलग-अलग होती हैं। सभ्यता में मनुष्य के राजनीतिक, प्रशासनिक, आर्थिक, प्रौद्योगिकीय व दृश्य कला रूपों का प्रदर्शन होता है जो जीवन को सुखमय बनाने में महत्वपूर्ण भूमिका निभाते हैं जबकि संस्कृति में कला, विज्ञान, संगीत, नृत्य और मानव जीवन की उच्चतम उपलब्धियाँ सम्मिलित हैं।

भारतीय संस्कृति विश्व की प्राचीनतम संस्कृतियों में से एक है। यह माना जाता है कि भारतीय संस्कृति यूनान, रोम, मिस्र, सुमेर और चीन की संस्कृतियों के समान ही प्राचीन है। भारत विश्व की सबसे पुरानी सभ्यताओं में से एक है जिसमें बहुरंगी विविधता और समृद्ध सांस्कृतिक विरासत है। इसके साथ ही यह अपने-आप को बदलते समय के ढालती भी आई है।

यूनान-ओ-मिस्र-ओ-रोमां, सब गिर गए जहाँ से अब तक मगर है बाकी नाम-ओ-निशाँ हमारा,

**कुछ बात है कि हस्ती मिटती नहीं हमारी,
सदियों रहा है दुश्मन दौर-ए-जहाँ हमारा।**

जब से मानव का जीवन अस्तित्व में है तब से वह निरंतर उन मूल्यों की तरफ अग्रसर है, जिनको प्राप्त कर लेने पर उसका जीवन व्यवस्थित होने के साथ-साथ 'आत्मिक सौंदर्य' से भी परिचित हो सके। उसकी यह प्रवृत्ति वास्वत में संस्कृति की ओर ही इशारा करती है। भारतीय संस्कृति समस्त मानव जाति का कल्याण चाहती है। भारतीय संस्कृति में प्राचीन गौरवशाली मान्यताओं एवं परंपराओं के साथ ही नवीनता का समावेश भी दिखाई देता है। भारतीय संस्कृति विभिन्न सांस्कृतिक धाराओं का महासंगम है, जिसमें सनातन संस्कृति से लेकर आदिवासी, तिब्बत, मंगोल, द्रविड़, हड़प्पाई और यूरोपीय धाराएँ समाहित हैं। ये धाराएँ भारतीय संस्कृति को इंद्रधनुषीय संस्कृति या गंगा-जमुनी तहजीब में परिवर्तित करती हैं।

अगर भारतीय संस्कृति के समन्वित रूप पर विचार करें तो इसमें विभिन्न विशेषताएँ देखने को मिलती हैं। भारतीय संस्कृति में 'अध्यात्म एवं भौतिकता' में समन्वय नजर आता है। भारतीय संस्कृति में प्राचीनकाल में मनुष्य के चार पुरुषार्थों धर्म, अर्थ, काम, मोह एवं चार आश्रमों— ब्रह्मचर्य, गृहस्थ, वानप्रस्थ एवं संन्यास का उल्लेख है, जो आध्यात्मिकता एवं भौतिक पक्ष में समन्वय लाने का प्रयास है। उल्लेखनीय है कि भारतीय संस्कृति ने अनेक जातियों के श्रेष्ठ विचारों को अपने में समेट लिया है। भारतीय संस्कृति में यहां के मूल निवासियों के समन्वय की प्रक्रिया के साथ ही बाहर से आने वाले शक, हूण, यूनानी एवं कुषाण भी यहां की संस्कृति में घुल-मिल गए हैं। अरबों, तुर्कों और मुगलों के माध्यम से यहाँ इस्लामी संस्कृति का आगमन हुआ। इसके बावजूद भारतीय संस्कृति ने अपना पृथक अस्तित्व बनाए रखा और नवागत संस्कृतियों की अच्छी बातों को उदारतापूर्वक ग्रहण किया। आज हम भाषा, खानपान,

पहनावे, कला, संगीत आदि हर तरह से गंगा-जमुनी तहजीब या यूँ कहें कि वैश्विक संस्कृति के नमूने हैं। कौन कहेगा कि सलवार-सूट ईरानी पहनावा है या हलवा, कबाब, परांठे, 'शुद्ध भारतीय व्यंजन नहीं हैं।

इस बिंदु पर विचार करना जरूरी है कि हड़प्पाकालीन सभ्यता की परंपराएँ एवं प्रथाएँ आज भी भारतीय संस्कृति में देखने को मिल जाती हैं, यथा-मातृदेवी की उपासना, पशुपतिनाथ की उपासना, यांग-आसन की परंपरा इत्यादि। इसके अलावा भारतीय संस्कृति में 'प्रकृति मानव सहसंबंध' पर बल दिया गया है। हमारी संस्कृति मानव, प्रकृति और पर्यावरण के अटूट एवं साहचर्य संबंधों को लेकर चलती है। भारतीय उपनिषदों में 'ईशावास्यइंद सर्वम' अर्थात् जगत् के कण-कण में ईश्वर की व्याप्तता को स्वीकार किया गया है।

यहाँ के विभिन्न विचारकों एवं महापुरुषों ने भारतीय संस्कृति को समन्वित रूप प्रदान करने वाले विचार प्रस्तुत किये हैं। फिर चाहे बुद्ध, तुलसीदास हो या गांधी जी, इन सभी को भारतीय संस्कृति के नायक के रूप में प्रस्तुत किया गया है तथा ये सभी चरित्र भारतीय संस्कृति को समन्वित स्वरूप देते हैं। भारत की विभिन्न कलाओं, जैसे- मूर्तिकला, नृत्यकला, चित्रकला, लोकसंस्कृति इत्यादि में भारतीय संस्कृति के समन्वित स्वरूप को देखा जा सकता है। विभिन्न धर्म, पंथों एवं वर्गों के लोगों का नेतृत्व इन कलाओं में दृष्टिगोचर होता है, जैसे- मध्यकाल में इंडो-इस्लामिक स्थापत्य कला और आधुनिक काल में विक्टोरियन शैली। भारतीय संस्कृति का समन्वित रूप केवल भौगोलिक-राजनीतिक सीमाओं में ही नहीं है बल्कि उसके बाहर भी है। भारत के अंदर बौद्ध, जैन, हिंदू, सिख, मुस्लिम, ईसाई आदि धर्मों के लोग एवं उनके पूज्य-स्थल हैं, जो 'शांतिपूर्ण' सहअस्तित्व को दर्शाते हैं।

विदित हो कि संस्कृति का स्वरूप 'साहित्य' में सबसे अधिक समर्थयपूर्ण तरीके से अभिव्यंजित होता है। संस्कृति साहित्य का प्राण है। साहित्य की विभिन्न विधाओं में संस्कृति के प्रभाव को देखा जा सकता है। यहाँ की संस्कृति के आधारभूत मूल्य दया, करुणा, प्रेम, शांति, सहिष्णुता, लचीलापन, क्षमाशीलता इत्यादि को भारतीय साहित्य में समुचित तरीके से अभिव्यक्ति दी गई है। भारतीय संस्कृति का यह समन्वित रूप संस्कृति भाषा के माध्यम से रामायण, महाभारत, गीता, कालिदास-भवभूति-भास के काव्यों और नाटकों, के माध्यम से बार-बार व्यक्त हुआ है। तमिल का संगम साहित्य, तेलुगु का अवधान साहित्य, हिंदी का भक्ति साहित्य, मराठी को पोवाड़ा, बंगला का मंगल नीति आदि भारतीय उद्यान के अनमोल फूल हैं।

इनकी संयुक्त माला निश्चय ही 'समेकित भारतीय संस्कृति' का प्रतिनिधित्व करती है। तुलसीदास मध्यकाल में भारतीय संस्कृति के समन्वय के सबसे बड़े कवि के रूप में नजर आते हैं।

**“स्वपच सबर खस जमन जड़, पाँवर कोल किरात
रामु कहत पावन परम, होत भुवन विख्यात॥”**

भारतीयों ने गणित व खगोल विज्ञान पर प्रामाणिक व आधारभूत खोज की। शून्य का आविष्कार, पाई का शुद्धतम मान, सौरमंडल पर सटीक विवरण आदि का आधार भारत में ही तैयार हुआ। आज आवश्यकता है कि हम अतीत की सांस्कृतिक धरोहर को सहेजें और सवारें तथा उसकी मजबूत आधारशिला पर खड़े होकर नए मूल्यों व नई संस्कृति को निर्मित एवं विकसित करें।

**यशवनी महाजन
कक्षा : नवमीं**



भारत देश

ईश्वर द्वारा रचि गई भूमी, कहलाए साक्षात देव भूमी,
वन, वृक्ष और अनूठे जीव, संस्कृति ही यहाँ की नींव,
इसके निवासियों के भिन्न भिन्न वेश हैं,
यह और कोई नहीं, यह मेरा भारत देश है।

साम, ऋग, अथर्व और यजुर्वेद, महान हमारे वेद हैं,
सभी के हृदय में स्वयं बसते ब्रह्मा देव हैं,
विज्ञान के क्षेत्र में उभर रहा सदियों से,
कृषि में योगदान भी अखंड है,
संस्कार ही यहाँ का उपदेश है,
यह और कोई नहीं, यह मेरा भारत देश है।

आर्यभट्ट के द्वारा खोजा गया शून्य,
धनवंत्री ने आयुर्वेदिक ज्ञान दिया बहुमूल्य,
सुश्रुत ने शल्य चिकित्सा का ज्ञान दिया,
वारहमिहीर ने त्रिकोणमिति सिद्ध किया,
पूरे विश्व में सर्वगुण संपन्न देश है,
यह और कोई नहीं, यह मेरा भारत देश है।

भारतीय सेना है विश्व की तीसरी सबसे विशाल,
सैनिकों की जाँबाजी को दुनिया करे सलाम,
हिमालय पर्वत की चोटी से, हिंद महासागर की गहराइयों तक,
माँ भारती की रक्षा के खातिर लड़ेंगे अंतिम स्वास तक,
इससे अब्बल नहीं कोई प्रदेश है,
यह और कोई नहीं, यह मेरा भारत देश है।

दैविक वर्मा
कक्षा : तीसरी



मेरे पापा मेरी शान

“माँ की ममता को तो, सब ने स्वीकारा है!
पर पिता की परवरिश को, कब किसने ललकारा है!!
मुश्किलों की घड़ियों में अक्सर, मेरे साथ खड़े थे!
मेरी गलतियाँ थी फिर भी, मेरी खातिर लड़े थे वो!!
कमियों की अहसास, मुझको कभी तो हो ना पायी!
कपकपा कर सोते थे वो, मेरे ऊपर थी रजाई!!
माँ की गोद की गर्माहट, के बराबर उनकी थपकी!!
कंधे उनका बिस्तर मेरी, आंखें हल्की सी हो झपकी!!
उनके हौसलों ने कभी न, आंखें नम होने दी है!
जितने भी मेरी जरूरत, सबको तो पूरी किया है!!
उनकी लड़ में जो पाया, थोड़ा कड़वापन सही!
मेरी खातिर मुझे डांटा, था वही बचपन सही!!
जिंदगी की दौड़ में अब, अपने पैरों पर खड़े
उनके जज्बों की बदौलत, मुश्किलों से हम लड़े!!
सर पर उनका सैया जब तक, चिंता ना डर है कोई!!
उनके कंधों की बदौलत बढ़ रही है जिन्दगी!!
मेरे पापा मेरी शान।”

दृष्टि ठाकुर
कक्षा- छठी बी



भारत की संस्कृति

पवित्र मंदिरों के पुनरुद्धार, पुनर्स्थापन और नवीनीकरण के माध्यम से भारतीय संस्कृति का पुनरुद्धार किसी राष्ट्र की ताकत और पहचान को आकार देने में सर्वोपरि महत्व रखता है। किसी समाज की सांस्कृतिक विरासत उसके मूल्यों, परंपराओं और साझा अनुभवों की परिणति है, जो एकता और उद्देश्य की भावना को बढ़ावा देती है। भारत की एकता इसकी संस्कृति में गहराई से निहित है, जो 5000 से अधिक वर्षों से विकसित हुई है और भौगोलिक और राजनीतिक सीमाओं से परे एक एकीकृत शक्ति के रूप में कार्य करती है। भारतीय संस्कृति का केंद्र हिंदू धर्म है, जो सिर्फ एक धर्म नहीं बल्कि एक व्यापक जीवन शैली है। भारतीय संस्कृति का लोकाचार हिंदू धर्म के सिद्धांतों और इसके सह-अस्तित्व और वसुधैव कुटुंबकम के मूल दर्शन के साथ जुड़ा हुआ है। हिंदू धर्म ने वह आधार प्रदान किया है जिस पर समय के साथ विभिन्न उप-संस्कृतियाँ उभरीं और विकसित हुईं, जिन्होंने भारतीय सांस्कृतिक विरासत की समृद्ध छवि में योगदान दिया। पूरे इतिहास में, भारत की संस्कृति को आक्रमणकारियों और उपनिवेशवादियों से चुनौतियों का सामना करना पड़ा है, जिनका उद्देश्य इसके सांस्कृतिक ताने-बाने को खत्म करना है। इस्लामी आक्रमणकारियों ने मंदिरों को निशाना बनाया, जो न केवल पूजा के स्थान थे, बल्कि शिक्षा, कला, नृत्य, संगीत और संस्कृति के केंद्र भी थे। इन चुनौतियों के बावजूद, भारत का सांस्कृतिक लचीलापन समय की कसौटी पर खरा उतरा है। ये मंदिर कला, शिक्षा, आध्यात्मिकता और संस्कृति के केंद्र रहे हैं, जो भारत के समृद्ध इतिहास के सार का प्रतीक हैं। मध्ययुगीन काल के दौरान, भारतीय संस्कृति को आदि शंकराचार्य द्वारा पुनर्जीवित किया गया था, जिन्होंने बद्रीनाथ, रामेश्वरम, द्वारका और पुरी नामक चार धामों का अभिषेक किया था; भारत के चारों कोनों में देश की सांस्कृतिक एकता और अखंडता अंतर्निहित है। हाल के दिनों में, प्रधान मंत्री नरेंद्र मोदी के नेतृत्व में सांस्कृतिक जागृति द्वारा संचालित, इन मंदिरों को पुनर्जीवित और पुनर्स्थापित करने के लिए एक ठोस प्रयास किया गया है। पीएम मोदी की पहल भारत की सांस्कृतिक विरासत को फिर से जीवंत करने की गहरी प्रतिबद्धता को दर्शाती है। अयोध्या में राम मंदिर का निर्माण और काशी विश्वनाथ कॉरिडोर, उज्जैन में महाकाल, केदारनाथ सौंदर्यीकरण और ऐसी कई परियोजनाएँ इन प्रयासों का उदाहरण हैं। ये परियोजनाएँ धार्मिक महत्व से परे हैं; वे सांस्कृतिक राष्ट्रवाद और गौरव के पुनरुत्थान का प्रतीक हैं।

सुगंधा शर्मा
कक्षा - नवमी



हमारी संस्कृति

हमारी संस्कृति हमारे ऋषि मुनि
हमारे ऋषि संस्कृति पावन, करें ऋषियों को आओ नमन ।

जिनसे सीखा जीवन जीना, संस्कारों का पाया धन ॥
तपके बल पर ऋषि अगस्त्य ने, पर्वत विंध्य झुकाया ।
कोई असंभव काम ना जग में, सागर पी दिखलाया ।
मिली दक्षिण को सूर्य किरण ।
करें ऋषियों को आओ नमन ॥

विश्वामित्र ने राम लखन को, शास्त्र ज्ञान सिखलाया ।
जिसके कारण मानवता का मार्ग दिखलाया ।
असुर मारे जाकर बन - वन ।
करें ऋषियों को आओ नमन ॥

सांदीपनि ने कृष्ण सुदामा, दोनों साथ पढ़ाए ।
पढ़ना सबके लिए जरूरी, यह सब को समझाएं ।
धनी हो या चाहे निर्धन ।
करें ऋषियों को आओ नमन ॥

ऋषियों की गाथाएं अनेक हैं, आओ बड़ों से जानें ।
अपना जीवन श्रेष्ठ बनाएं ऋषियों की संतानें। रहे यह गौरव सदा स्मरण ।
करें ऋषियों को आओ नमन ॥

उज्ज्वल गोर
कक्षा : तीसरी



पर्यावरण / प्रकृति

एक बात सुनोगे, क्या
तुम सब मेरे साथ एक सफर पर चलोगे
आँखें बंद करना
और जो मैं बोलूँगी बस उसे महसूस करना
वो साफ नदियाँ, शीतल जल
खुला आसमान
प्रकृति का दामन
कितना प्यारा था वो मेरा वतन,
सब खुशी से खेलते झूमते थे
प्रकृति को अपनी माँ समझ के इसे साफ रखते थे,
मगर अब
कहाँ गया वो प्यारा भारत जिसके
गीत सुहाने थे,
कहाँ गए वो संकल्प सारे, जो लोगों ने ठाने थे।
नदियाँ गंदी हो रही हैं,
पेड़ों को काटा जा रहा है।
कूड़ेदान है जगह जगह, फिर भी कूड़े को फैलाया जा रहा है।
प्रदूषित होता जा रहा है वातावरण
पशु-पक्षियों का बसेरा अब मिटता जा रहा है
किसी को भी नहीं पड़ी है प्रकृति की।
लालच में देखो इंसान कितना गिरता जा रहा है
हे इंसान, तू क्यों यह खिलवाड़ कर रहा है ?
खुद ही अपने हाथों से तू अपनी मौत को तैयार कर रहा है।

यह आखिर कब तक चलेगा,
कब तक तू अपने घर को नष्ट करता रहेगा ।
अब तो खुद की आँखें खोल ले
अब भी वातावरण को बचाया जा सकता है ।
हाँ, सच बोलूँ तो अब भी कदम बढ़ाया जा सकता है
कहते हैं ना कि बूंद-बूंद से घड़ा भरता है
तो आओ सब मिलके आगे आते हैं
कोई दबाव नहीं है यह,
मगर अपना कर्तव्य समझ के इसे निभाते हैं।
मुश्किल नहीं है यह,
खुद ही की जान को बचाना है
आने वाली पीढ़ी को साफ नदियाँ,
खुला आसमान
धुएं से मुक्त पर्यावरण
और हरा-भरा जहां थामना है ।
एक बात सुनोगे,
क्या तुम मेरे साथ एक सफर में चलोगे
आँखें इस बार खुली रखना
जो बोलूँगी उसे बस महसूस करना
वो साफ नदियाँ
शीतल जल
खुला आसमान, हरा-भरा जहां
हम फिर खुशी से हसेंगे, खेलेंगे।
मैं तो संकल्प ले रही हूँ
आप भी ले लेना
कि प्रकृति को अपनी माँ समझ के इसे साफ रखेंगे।

श्रीमती उषा
आचार्या



जब बेटियाँ

पलकों को बंद करके,
नन्ही परी सो जाती है।
जाने दूर सपनों में,
कही खो जाती है॥
ठक ठक भरती कदम,
होले-होले उठाती है।
अपने आप में खोई,
गुड़ियों से बतलाती है॥
मुड़कर देखती है,
बड़ी मासूमियत से कभी।
छोटी सी तितली,
टूटे दांत दिखाती है॥
बड़ी प्यारी हैं बातें उसकी,
तोतली जबान भाती है।
किसी वीणा सी बजती है,
जब वो खिलखिलाती है॥

गुस्सा उसका तीखा है,
मिजाज थोड़ा फीका है।
ओढ़ती है माँ की चुनरी,
और माथे पर टीका है॥
जिद उसकी हठीली है,
लड़की छैलछबीली है।
नाजुक सा पंख है वो,
गुड़ियाँ रंग रंगीली है॥
छुपना छुपाना उसका,
मन मन मुस्काना उसका।
अचानक घबराना उसका,
आखें फिर दिखाना उसका॥
वो एक दीयाबाती है जिससे,
जिन्दगी जगमगाती है।
मेरी रूह चैन पाती है,
जब बेटि गले लग जाती है॥

श्रीमती शबनम
आचार्या



शिशु वाटिका

बाल विकास की भारतीय अवधारणा:

किसी भी देश की शिक्षा के सार्थक परिणाम तभी प्राप्त हो सकते हैं जब शिक्षा उस देश के जीवन दर्शन पर आधारित हो, और तभी पीढ़ियों का चरित्र उस देश की संस्कृति के सर्वाधिक अनुकूल बनाया जा सकेगा।

भारतीय जीवन दर्शन और शिक्षा:

भारतीय दर्शन मानव विकास की प्रक्रिया की तरह ही निरंतर प्रकृति का है। वर्तमान परिदृश्य में शिक्षा वर्ग के अनुसार विखंडित हो गई है, आदर्श रूप से यह बाल शिक्षा, प्राथमिक शिक्षा, माध्यमिक शिक्षा और उच्च शिक्षा की तरह नहीं होनी चाहिए। यह सुसंगत और निरंतर होनी चाहिए। बाल शिक्षा समग्र शिक्षा का आधार है क्योंकि यह पूरे जीवन चलती रहती है।

शिक्षाविदों ने आयु के अनुसार श्रेणियों को विभाजित किया है, जैसे:

- ❖ गर्भाधान से पहले 5 वर्ष तक अर्थात बाल शिक्षा जो मुख्य रूप से घर पर की जाती है और माता-पिता द्वारा प्रेरित की जाती है।
- ❖ 16 वर्ष की आयु के दौरान विकास अर्थात प्राथमिक एवं माध्यमिक शिक्षा स्कूल-केन्द्रित होती है तथा प्रेरणा स्रोत शिक्षक होते हैं।
- ❖ 16 वर्ष की आयु के बाद से जीवनपर्यन्त विकास अर्थात उच्च अध्ययन एवं स्व-अध्ययन।

आचार्य चाणक्य निम्नलिखित सिद्धांत देते हैं:

लालयेत् पंचवर्षाणि, दशवर्षानि ताद्येत ।
प्राप्तेषु षोडसे वर्षे, पुत्रं मित्रं समाचरेत् ॥

विद्या भारती ने इसी भारतीय दर्शन पर आधारित बाल शिक्षा की रूपरेखा तैयार की है, जो व्यक्ति के व्यक्तित्व के समग्र विकास का आधार है।

विद्या भारती की बाल शिक्षा की अवधारणा:

विद्या भारती 1980 से शिशु वाटिका के क्षेत्र में एक स्वतंत्र इकाई के रूप में कार्य कर रही है तथा इसने उपरोक्त वर्णित भारतीय चिंतन प्रक्रिया के आधार पर अपनी नीति तैयार की है, जिसमें निम्नलिखित शामिल हैं:

नव विवाहित दम्पति की शिक्षा (गर्भाधान से 3 महीने पूर्व) – लक्ष्मी-नारायण अभ्यास गर्भवती माता की



शिक्षा (9 माह)–जगदाहत्री अभ्यासक्रम जन्म से लेकर एक वर्ष के बच्चे तक माँ की शिक्षा – क्षीरदावस्था (जब बच्चा माँ के स्तनपान पर हो)

एक वर्ष से 3 वर्ष के बच्चे तक माँ की शिक्षा: खीरादान्नदावस्था (जब बच्चा भोजन के साथ-साथ माँ का स्तनपान भी शुरू करता है)।

3 वर्ष से 5 वर्ष तक के बच्चे के लिए माँ की शिक्षा:

अन्नदावस्था (जब बच्चा भोजन ग्रहण करता है और ज्ञानेन्द्रियों के माध्यम से सीखना शुरू करता है)। छोटी आयु में बच्चों की ज्ञानेन्द्रियाँ सबसे अधिक सक्रिय होती हैं। ऐसे में इस प्रकार की गतिविधियाँ उसे अपने हाथों से काम करने की पर्याप्त स्वतंत्रता प्रदान करती हैं, ताकि वह अपनी ज्ञानेन्द्रियों के माध्यम से प्रत्यक्ष अनुभव प्राप्त कर सके। विद्या भारती ने उनके लिए एक विशेष पाठ्यक्रम तैयार किया है, जो न केवल बच्चों के लिए बल्कि उनके माता-पिता, शिक्षकों और पूरे समाज के लिए भी है।



श्रीमती बेबी रानी
शिशु वाटिका प्रमुख



योग एक खेल के रूप में

योग धर्म नहीं विज्ञान है।

इसमें शरीर, मन, आत्मा को जोड़ने का विधान है।

योग हमारे पूर्वजों द्वारा पूरे विश्व को दिया गया वह उपहार है जो न केवल शारीरिक स्वास्थ्य को बढ़ाता है, अपितु मानसिक एवं आध्यात्मिक स्वास्थ्य को भी बल प्रदान करता है। योग हमारी एक सांस्कृतिक धरोहर है। हमारे प्रधानमंत्री श्री नरेन्द्र मोदी जी ने अन्तर्राष्ट्रीय योग दिवस के माध्यम से पूरे विश्व को योग से परिचित करवाया और पूरे विश्व को एक सूत्र में पिरोने का प्रयास किया।

योग से मिलने वाले लाभ और इसकी बढ़ती लोकप्रियता और पूरे विश्व में इसकी स्वीकार्यता के फलस्वरूप योग को अभी एक खेल के रूप में भी मान्यता मिल गई है।

खेल मंत्रालय ने दिसम्बर 2020 में योग को प्रतियोगी खेल के रूप में मान्यता प्रदान की। अब 2026 में जापान में होने वाले एशियाई खेलों में भी योग को शामिल किया जाएगा। आने वाले समय में ओलंपिक्स में भी योग को एक खेल के रूप में सम्मिलित किया जाएगा। योगासन भारत प्रतिवर्ष राष्ट्रीय स्तर पर योग प्रतिस्पर्धाएं करवाता है, जिसमें प्रत्येक राज्य के खिलाड़ी बढ़-चढ़ कर भाग लेते हैं। सन्त बाल योगेश्वर भारतीय विद्या मन्दिर डडवाड़ा की छात्राएं सानवी महाजन एवं संस्कृति ठाकुर ने इस वर्ष में पंजाब में हुई राष्ट्रीय योगासन प्रतिस्पर्धा में जम्मू-कश्मीर यू-टी- का प्रतिनिधित्व करके अपने गाँव एवं अपने विद्यालय का नाम रोशन किया।

योग को खेल के रूप में अपनाने से दुगुना लाभ प्राप्त हो सकता है। एक तो योग से शारीरिक, मानसिक एवं आध्यात्मिक स्वास्थ्य प्राप्त होता है दूसरा खेल भावना आने से खेल भावना के गुणों जैसे ईमानदारी, दयालुता, जिम्मेदारी, सम्मान, सहानुभूति एवं प्रतिस्पर्धा का विकास होता है।

वैसे तो अन्तर्राष्ट्रीय योग दिवस के माध्यम से पूरा विश्व योग से परिचित है और अब योग एक खेल के रूप में आने से हर एक व्यक्ति योग को अच्छे से समझ पाएगा और इसे बड़ी सहजता से स्वीकार लेगा।

विशेषकर बच्चों को बढ़-चढ़ कर योगासन खेलों में भाग लेना चाहिए और अपने शारीरिक और मानसिक स्वास्थ्य के साथ-साथ अपने भीतर खेल भावना को और मजबूत बनाना चाहिए

रोग मुक्त जीवन जीने की हो चाहत
नियमित योग करने की डालें आदत ।

सानवी महाजन
कक्षा : सातवीं



DIGITAL AWARENESS: EMPOWERING SAFE AND RESPONSIBLE ONLINE BEHAVIOR

In today's digital age, the internet has become an integral part of our daily lives. From social media to online banking, we rely on the internet for various purposes. However, with the increasing use of digital technology, there is a growing need for digital awareness.

What is Digital Awareness?

Digital awareness refers to the knowledge and understanding of the digital world, including its benefits, risks, and best practices. It involves being aware of the potential dangers and consequences of online activities.

Digital awareness is crucial for several reasons:

1. **Cyber Security:** The internet is a breeding ground for cyber threats, such as hacking, phishing, and malware. Digital awareness helps individuals protect themselves from these threats.
2. **Online Safety:** The internet can be a safe space if used responsibly. Digital awareness promotes safe online behavior, such as avoiding online harassment, cyberbullying, and explicit content.
3. **Digital Literacy:** Digital awareness helps individuals develop essential digital skills, such as online navigation, critical thinking, and problem-solving.
4. **Responsible Online Behavior:** Digital awareness encourages individuals to use the internet responsibly, respecting others' online presence, and avoiding online etiquette breaches.

Digital awareness is essential in today's digital landscape. By promoting digital awareness, we can empower individuals to use the internet safely, responsibly and effectively.

Smt. Renu Sharma
(PRT English)



PARENTING

Parenting refers to the process of promoting and supporting the physical, emotional, social, and cognitive development of a child from infancy to adulthood. It involves providing a nurturing environment, guidance, and support to help children develop into capable, confident, and responsible individuals.

1. **Encourage Curiosity and Learning:** Foster a love of learning by exposing your child to a variety of activities and subjects. Encourage them to ask questions and seek answers, and show enthusiasm for their interests.
2. **Provide Positive Reinforcement:** Celebrate your child's achievements, big and small, with praise and encouragement. Focus on their efforts and improvements rather than just outcomes.
3. **Set Realistic Goals and Expectations:** Help your child to set achievable goals and break tasks into manageable steps. Ensure that expectations are aligned with their age and abilities to avoid unnecessary stress.
4. **Model Resilience and Problem-Solving:** Demonstrate how to handle setbacks and challenges with a positive attitude. Involve your child in problem-solving processes to develop their critical thinking skills.
5. **Promote Healthy Self-Esteem:** Support your child's self-worth by providing unconditional love and validation. Encourage them to take on new challenges and reassure them that mistakes are a natural part of learning.
6. **Create a Supportive Environment:** Provide a stable and nurturing home environment where your child feels safe and valued. Ensure they have access to resources, such as books and extracurricular activities, that

support their interests.

7. **Encourage Independence and Responsibility:** Allow your child to make age-appropriate decisions and take responsibility for their actions. Encourage them to manage their own tasks and set their own goals.
8. **Communicate Openly and Listen Actively:** Maintain open lines of communication and listen to your child's thoughts and feelings. Offer guidance and support while respecting their perspectives and opinions.
9. **Spend Quality Time Together:** Engage in activities that strengthen your bond and create lasting memories. Prioritize family time and be present in your child's life, showing interest in their daily experiences.
10. **Promote a Healthy Lifestyle:** Encourage regular physical activity, a balanced diet, and adequate sleep. Teach your child about the importance of self-care and a healthy lifestyle.

By implementing these tips, you can help your child build confidence, resilience, and a love for learning, setting them on a path to success and well-being.



Sh. Vijay Kumar
Father of Ujwal Gour
Class : 3rd



GOD'S GARDEN

God looked around his garden,
And found an empty place,

He then looked down upon the earth,
And saw your tired face.

He put his arms around you,
And lifted you to rest,

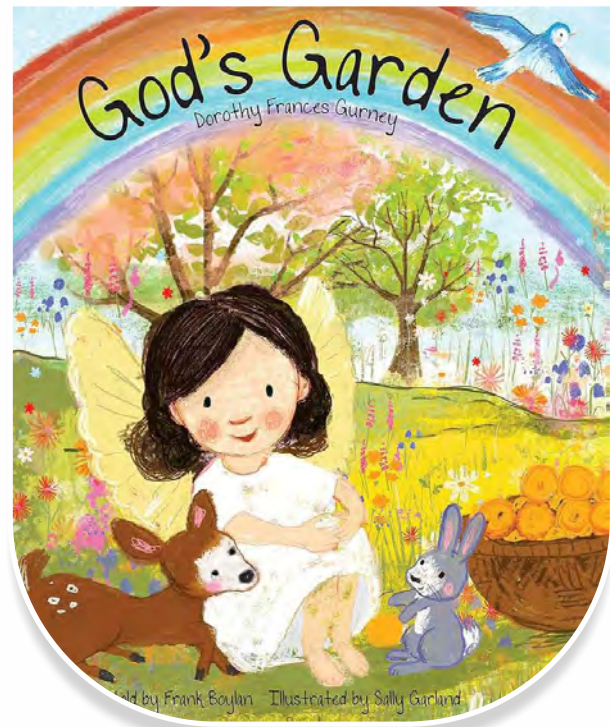
God's Garden must be beautiful,
He always takes the best.

He saw the road was getting rough,
And the hill's were hard to climb,

So he closed your weary eyelids,
And whispered "Peace be thine",

It broke our hearts to lose you,
But you didn't go alone,

For part of us went with you,
The day God called you home.



Smt. Sushma Kumari
(Mother of Zerna Verma)
Class : 12th



SAY 'NO' TO PACKED FOOD IN SCHOOL PREMISES

Every mother's wish is to make his/her child healthy, and to get healthy, food and food components are the main ingredients. In today's era, easy availability of packed food i.e. biscuits, candies, chocolates etc. makes very much difficult to replace them with homemade food specially for children.

Our tiny little flowers/children have little tummy which get easily filled and they prefer packed food instead home cooked food but if we parents/teachers teach them that packed food is not healthy and is not allowed in school premises they will have no other option.

As children spend half of their day in school therefore packed food should be totally banned in school so that half of their days should be spent with healthy food. Moreover, value of homemade food and harmful impacts of packed food on body should also be taught by the school teachers to the children.

I hope publishing my thoughts in annual magazine will make a impact on teachers as well as parents of other students and will help in improving health of little children. It will also help in keeping school premises and environment clean.



Smt. Shivani Sharma
(Mother of Shivansh Sharma)
Class : Nursery



THE FUTURE OF GENETIC ENGINEERING

The future of genetic engineering is likely to be shaped by continued scientific innovation, regulatory frameworks, and societal attitudes toward these transformative technologies.

The future of genetic engineering holds immense potential across various fields, including medicine, agriculture, and environmental conservation. Here are some key areas where advancements are expected:

MEDICINE:

Gene Therapy: Enhanced methods for correcting genetic disorders by repairing or replacing faulty genes.

Personalized Medicine: Tailoring medical treatments to individual genetic profiles, improving efficacy and reducing side effects.

AGRICULTURE:

Crop Improvement: Developing genetically modified crops with higher yields, improved nutritional content, and resistance to pests, diseases, and environmental stresses.

Sustainable Farming: Engineering crops that require less water, fertilizer, and pesticides, promoting more sustainable agricultural practices.

ENVIRONMENTAL CONSERVATION:

Biodiversity: Using genetic engineering to help endangered species by enhancing their ability to survive and reproduce.

Bioremediation: Engineering microorganisms to break down pollutants and clean up environmental contaminants.

Smt. Pallvi Sharma
(PGT Biology)



MAJOR DHYAN CHAND

Major Dhyan Chand, widely regarded as one of the greatest hockey players in history, was born on August 29, 1905, in Allahabad (now Prayagraj), India. Known as "The Wizard" for his incredible control and skill with the hockey stick, Dhyan Chand played a pivotal role in making India a dominant force in international hockey during the early 20th century.

He led India to three Olympic gold medals in 1928 (Amsterdam), 1932 (Los Angeles), and 1936 (Berlin). His extraordinary performances on the field captivated audiences worldwide, including Adolf Hitler, who reportedly offered him a position in the German army after witnessing his brilliance in the 1936 Olympics. However, Dhyan Chand remained loyal to India and its sporting ambitions.



Throughout his career, Dhyan Chand scored over 400 goals in international matches, a feat that remains unparalleled. His sportsmanship, tactical intelligence, and unmatched skill made him a national hero. The Indian government honors his legacy with the "Major Dhyan Chand Khel Ratna Award," the highest sporting honor in India.

His birthday, August 29, is celebrated as National Sports Day in India, marking his everlasting contribution to Indian sports and inspiring generations of athletes across the world.

Sh. Moninder Singh
(PET Teacher)



RESPECT

Respect is a positive feeling of esteem for someone or something, it is an expression of admiration regard or esteem. Respect can be gained through the act of courtesy and civilly

Why Respect is important?

Respect is an important virtue, because it is the foundation of a healthy society, friendship and relationships

It's not a good thing to overdo respect. Respect is a good thing, it's important to treat others with respect, and to expect that they will treat you with the same. However, it's also important to know what respect is and isn't

To be respected you must earn it

To be respected you must earn it. Respect is a two-way street and the most important part of earning respect is giving it first. Just as you wouldn't expect someone to respect you if you don't respect them back.

Respect must come from you and not be forced

Respect is important in all aspects of life. Respect comes from within you and must be earned. You must respect yourself, others, your environment and community.

Respect is good but not always deserved

Respect is a good thing but it does not always mean that someone deserves it. You can respect someone and still disagree with them or even dislike them. Respect is not something you give.

It's not about how nice a person is to your face, it's about how they treat others behind their backs.

**Miss Tania Bandhral
(NTT)**



UNLEASHING INNOVATION: THE ATL STORY

“Empowering India's Youth to Become the Next Generation of Innovators”

In a world where technology is rapidly changing, India needs innovators who can solve real-world problems. The Atal Tinkering Lab (ATL) initiative, launched by NITI Aayog, is revolutionizing STEM education in India. This story explores ATL's journey, impact, and the innovators it's creating.

The Beginning

In 2015, NITI Aayog launched ATL to foster a culture of innovation and entrepreneurship among India's youth. With over 8,000 labs established across India, ATL has become a beacon of innovation.

The ATL Model

1. Tinkering Spaces State-of-the-art labs equipped with advanced tools and equipment.
2. Trained mentors guide students in project-based learning.
3. Collaboration Industry partnerships provide real-world applications.

Success Stories

1. Robotics: Students developed robots to aid people with disabilities.
2. Environmental Solutions: Innovations to reduce waste and conserve water.
3. Healthcare Low-cost.
4. Medical devices to improve healthcare accessibility.

Impact

1. Developing 21st-century skills; Critical thinking, problem-solving, and collaboration.

2. Encouraging entrepreneurship; Students become job creators, not just job seekers.
3. Enhancing employability; Practical experience makes students more employable.

Challenges and Future Directions

1. Scaling up: Expanding ATLs to more schools and rural areas.
2. Sustainability: Ensuring long-term funding and support.
3. Industry partnerships: Collaborating with industries to provide real-world applications.

ATL is unleashing innovation in India's youth, empowering them to become the next generation of innovators. With its unique model and success stories, ATL is shaping the future of India's workforce and driving economic growth.





PHYSICAL ACTIVITY

Physical activity plays a crucial role in maintaining and enhancing overall health and well-being. Engaging in regular physical exercise benefits the body in numerous ways, positively affecting not only physical health but also mental and emotional well-being. The importance of physical activity can be understood from several key perspectives: health, mental well-being, social interaction, and long-term benefits.

PHYSICAL HEALTH BENEFITS

One of the most immediate and widely recognized advantages of physical activity is its impact on physical health. Regular exercise strengthens the cardiovascular system, improves blood circulation, and helps to maintain a healthy weight. It also lowers the risk of chronic diseases such as heart disease, stroke, diabetes, and certain types of cancer. Furthermore, physical activity boosts the immune system, making the body more resilient to infections and illnesses.

Exercise enhances muscle strength, flexibility, and endurance. Activities such as walking, running, swimming, or resistance training promote bone density, reducing the risk of osteoporosis and fractures, especially as people age. By maintaining mobility and balance, physical activity prevents falls and injuries, particularly in older adults.

MENTAL HEALTH AND EMOTIONAL WELL-BEING

The benefits of physical activity extend beyond physical health, significantly impacting mental well-being. Exercise stimulates the production of endorphins—chemicals in the brain that act as natural mood elevators. This helps to reduce stress, anxiety, and symptoms of depression. Regular physical activity has been shown to improve sleep patterns and boost self-esteem, as

individuals feel more energetic and capable throughout the day.

Physical activity also enhances cognitive function, improving memory, focus, and overall brain health. Studies have suggested that exercise can reduce the risk of cognitive decline and conditions such as Alzheimer's disease. The mental clarity that often follows physical exertion allows individuals to approach challenges with a more positive outlook and a sharper mind.

SOCIAL AND EMOTIONAL CONNECTIONS

Physical activities, especially group exercises or sports, provide an excellent opportunity for social interaction and the development of social skills. Participating in team sports, group fitness classes, or even casual walks with friends fosters a sense of community and belonging. Socializing while being active can alleviate feelings of isolation and loneliness, which are common in today's fast-paced world.

Moreover, physical activities help individuals develop discipline, time management, and perseverance, which can have a positive ripple effect in other areas of life. Whether it's achieving a personal fitness goal or collaborating with others in a team sport, these experiences build resilience and confidence.

LONG-TERM BENEFITS AND PREVENTION

Perhaps one of the most compelling reasons to engage in regular physical activity is its long-term benefits. Exercise is a key component of a healthy lifestyle that promotes quality of life. By staying active, individuals not only improve their current health but also invest in their future well-being. Regular exercise helps maintain mental agility and physical independence as people age, reducing the burden of healthcare costs associated with ability and chronic diseases.

In conclusion, physical activity is essential for a healthy, balanced life. Its benefits span physical health, mental well-being, and social interaction, making it a fundamental aspect of holistic wellness. Whether through structured exercise routines or simple daily activities, making physical activity a regular part of life can lead to long-lasting improvements in health, happiness, and overall quality of life.

Sh. Darshan Kumar
(PET Teacher)



COMPUTER SCIENCE

Computer science is more than just coding; it's a transformative field that shapes our digital world. At its core, computer science involves understanding algorithms, data structures, and programming languages, which are essential for developing software and applications.

In recent years, the field has seen ground breaking innovations. Artificial intelligence (AI) and machine learning are now pivotal, enabling advancements from smart assistants to sophisticated data analysis. Cloud computing has revolutionized how we store and access information, making it more scalable and efficient.

The impact on education is profound. Computer science education encourages problem-solving, logical thinking, and creativity, preparing students for a variety of careers. Tools like coding platforms and educational games make learning interactive and engaging, while real-world projects foster practical skills.

As we delve into the future, computer science promises even more advancements, from quantum computing to enhanced cybersecurity. Understanding its fundamentals not only prepares students for technological careers but also equips them to navigate and innovate in an increasingly digital world.

Miss Kanika Malgotra
(PRT Computer)



PERSONAL DEVELOPMENT AND SELF IMPROVEMENT

In today's fast paced and competitive world, personal development and self improvement have become essential for the individuals seeking to thrive and reach their full potential. The journey of personal development not only empowers us to enhance our skills and capabilities but also allows us to cultivate a positive mindset, build meaningful relationships, and lead a more fulfilling life.

Understanding : Personal development encompasses a range of activities, techniques, and mindset shifts aimed at enhancing one's skills.

THE BENEFITS OF PERSONAL DEVELOPMENT

Self awareness: Personal development helps individuals understand their values, beliefs, and motivations.

Skill Enhancement: Engaging in personal development allows individuals to develop their skills and improve existing ones.

Improved Relationships: Personal development emphasises effective communication, empathy and emotional intelligence.

Resilience and Adaptability: Through personal development, individuals learn to embrace change, overcome challenges and bounce back from setbacks.

STRATEGIES FOR PERSONAL DEVELOPMENT

- ❖ Goal Setting
- ❖ Continuous learning
- ❖ Self - Reflection and Journaling
- ❖ Embracing challenges

Personal development and self-improvement are lifelong journeys that empowers individuals to unlock their full-potentials, achieve personal fulfilment.

Smt. Sureshta Devi
(NTT)



UNVEILING THE ESSENCE OF AYURVEDA

The word “Ayurveda” is derived from Sanskrit, where “Ayur” means life, and “Veda” means knowledge. This ancient science focuses on achieving balance and harmony in the body, mind, and spirit to promote overall well-being.

DEFINITION OF AYURVEDA

The science that talks about the beneficial and harmful life, the happy and the miserable life, and the span of each type of life is called Ayurveda.

Ayurveda has a spiritual origin. It evolved from the meditation experiences of the ancient sages. Therefore, it is not only a body of knowledge but a treasure of wisdom. The primary aim of Ayurveda is to assist living beings to achieve the final aim of life – salvation.

MASTER OF AYURVEDA

Charak is known as the father of Ayurveda. He wrote a book named Charak Samhita which is well-followed by many Ayurvedic doctors practicing natural forms of medicine. Charak Samhita enlists different diseases with a description of treatment through ayurvedic medicines.

The science of Ayurveda originated 5000 years ago. It is an ancient and traditional Vedic culture with scientific principles. Since then, Ayurveda has evolved as the best natural science with holistic healing through clinically proven results and scientific evidence.

CONCLUSION

De-stressed mind and detoxed body helps in achieving holistic wellness together which is the real essence of Ayurveda. Very true! Isn't it?.

Smt. Monika Thakur
(TGT Science)



BEAUTIFUL MIND, BETTER THAN A FAIR COMPLEXION

Someone has very rightly said 'Beauty is not about having a pretty face'. It is about having a pretty mind, a pretty heart and most importantly a beautiful soul. However, there are still many people who look this moral and run after appearance rather than personality.

In India, people are so obsessed with fair complexion that they rejected the girl for marriage just because of her dark complexion. When we read matrimonial advertisements, it is really sad to see that everyone wants a fair complexion bride. For job, ads, everyone demands fair skin people. High sale of all fairness creams is also an indication of people's obsession with fair complexion. It is totally in contrast to people of western countries where they are crazy about getting tanned skin. Also, they pay a good amount to get tanned skin.

It is high time that we need to understand that we are all supposed to be different. Our brown skin has its own beauty and it perfectly suits us. What matters we have a beautiful heart under the skin. We need to focus on being good human beings only that will take us somewhere in life. Not to forget, beauty is only skin deep. It is something that will stay only for a short period of time. Whereas, a positive character is eternal.

So, instead of giving preference to a fair complexion, one must look at the inner beauty which provides us perceptual experience, pleasure and satisfaction inspiring us to perform good deeds. Our real progress will occur when we get rid of such racist mindset within the general masses of our society.

**Smt. Rekha Tarogia
(NTT)**



THE SCIENCE BEHIND CLIMATE CHANGE

INTRODUCTION

Climate change refers to significant and lasting changes in the Earth's climate, particularly an increase in average global temperatures. This phenomenon is largely driven by human activities, particularly the burning of fossil fuels like coal, oil, and gas, which release greenhouse gases into the atmosphere.

1. THE GREENHOUSE EFFECT:

- ❖ The Earth's atmosphere contains gases like carbon dioxide (CO₂), methane (CH₄), and water vapour, which trap heat from the sun. This is known as the greenhouse effect, and it's essential for keeping our planet warm enough to support life.
- ❖ However, human activities, especially burning fossil fuels, have increased the concentration of these greenhouse gases, trapping more heat and causing the planet's temperature to rise.

2. HUMAN ACTIVITIES:

- ❖ The main contributors to climate change are industrial activities, deforestation, and agriculture. Factories, vehicles, and power plants emit large amounts of CO₂, while deforestation reduces the number of trees that can absorb CO₂.
- ❖ Additionally, livestock farming produces significant amount of methane, another potent greenhouse gas.

3. IMPACTS OF CLIMATE CHANGE:

- ❖ Rising Temperatures: Global temperatures have been steadily increasing, leading to more frequent and intense heatwaves.

- ❖ **Melting Ice and Rising Sea Levels:** The warming climate is causing polar ice to melt, leading to rising sea levels, which threaten coastal communities.
- ❖ **Extreme Weather Events:** Climate change is associated with more severe weather patterns, including stronger storms, heavier rainfall, and longer droughts.
- ❖ **Ecosystem Disruption:** Many species are struggling to adapt to the rapid changes in temperature and weather, leading to shifts in ecosystems and loss of biodiversity.

CONCLUSION:

Climate change is a critical issue that affects the entire planet. It's essential to take action by reducing our carbon footprint—through energy conservation, using renewable energy, and protecting forests—to slow down the effects of climate change. Everyone has a role to play in mitigating this global challenge.



Vaanya Gupta
(Ex Student)



DON'T BE BEAUTIFUL

They keep saying that
beautiful is something a girl needs to be,

But Honestly?
Forget that, Don't be beautiful.

Be angry,
Be intelligent,

Be witty,
Be interesting,

Be funny,
Be talented,

Be crazy, there are an eternity of
other things to be other than beautiful.

And what is beautiful anyway
But a set of letters strung together to make a word?

Be your own definition of amazing always.
That is so much more important than anything beautiful, ever.

Ragya Verma
(Ex Student)



SEVEN

If I met my seven year old self Today,
What would I tell her,
What would I say?

Would I warn her of the future,
of the things yet to come?

Or would I leave her be naive,
To keep having fun?

Because my seven year old self,
Believed the world would a perfect place,
Would she recognise herself ,
When she looked into my face?

Even though I've learnt so much more,
And ten years have passed since then,
I would give up everything I have,
To view life through her eyes again.

Zerna Verma
(Vice Prime Minister Bal Bharti)
Class : 12th



TERRORISM IN INDIA & SUCCESSFUL COUNTER-TERRORISM STRATEGIES

A Spotlight on Terrorism in India

Easy access to sophisticated weapons and disruptive advances in technology, especially the cyber world masks the identity of the terrorists, facilitates real time secure communications and the flow of funds and provides access to an infinite resource of DIY kits on issues ranging from making bombs to executing beheadings.

The primary causes of terrorism and insurgency in India are based on political, religious, ethnic, ideological, identity driven, linguistic or socio-economic grievances.

Terrorism in India, can be broadly categorised in three distinct parts:

- Cross border terrorism in J&K.
- Terrorism in the hinterland.
- Extreme violence and terrorism as an integral part of the ongoing insurgencies.

India's richly diverse society provides a fertile ground for terrorism to thrive in many areas:

- ❖ Politics of communalism and criminalisation
- ❖ fanatic religious movements and irresponsible statements by political and religious leaders
- ❖ human rights excesses
- ❖ marginalised minority communities
- ❖ high levels of youth unemployment
- ❖ poverty

India has experienced almost all forms of terrorist attacks:

- ❖ hijacking and blowing up of aircrafts
- ❖ sabotaging railway tracks
- ❖ kidnapping hostages for meeting political demands
- ❖ suicide attacks
- ❖ the assassination of two of its Prime Ministers

The history of terrorism in India

India's tryst with terrorism and violent extremism can be traced back partly to the religion based partition in 1947, which ripped the sub-continent into two nations: India and Pakistan.

Following the partition, after a brief period of neutrality, the Maharaja of Jammu and Kashmir (J&K), Hari Singh formally acceded to India; however, this act of accession has not, and continues not to be recognised by Pakistan which lays claims to the Muslim majority region.

Further, India views Pakistan as perpetuating the on-going cross border conflict and for sponsoring militant activity in a bid to destabilise the state of J&K and other parts of the country.

In addition, considering the number of on going insurgencies in India, terrorism and violent extremism is also a manifestation of:

- ❖ Politico-religious violence
- ❖ Ethnic-sub regional nationalism
- ❖ Socio-economic conditions
- ❖ Politics of identity

The relationship between terrorism and insurgency

What were the causes that led to the genesis of terrorism and its drivers in India? While seeking answers to this question, we will also dwell upon the terrorist-initiated incidents and terrorists groups operating in India.

We will explore the complementary relationship between terrorism and insurgency, analyse various forms in which terrorism morphs and finally, establish the contours of successful counterterrorism strategies.

The primary causes of terrorism and insurgency in India are based on political, religious, ethnic, ideological, identity driven, linguistic or socio-economic grievances.

Akariti Sharma
(Speaker of Bal Bharti)
Class: 12th



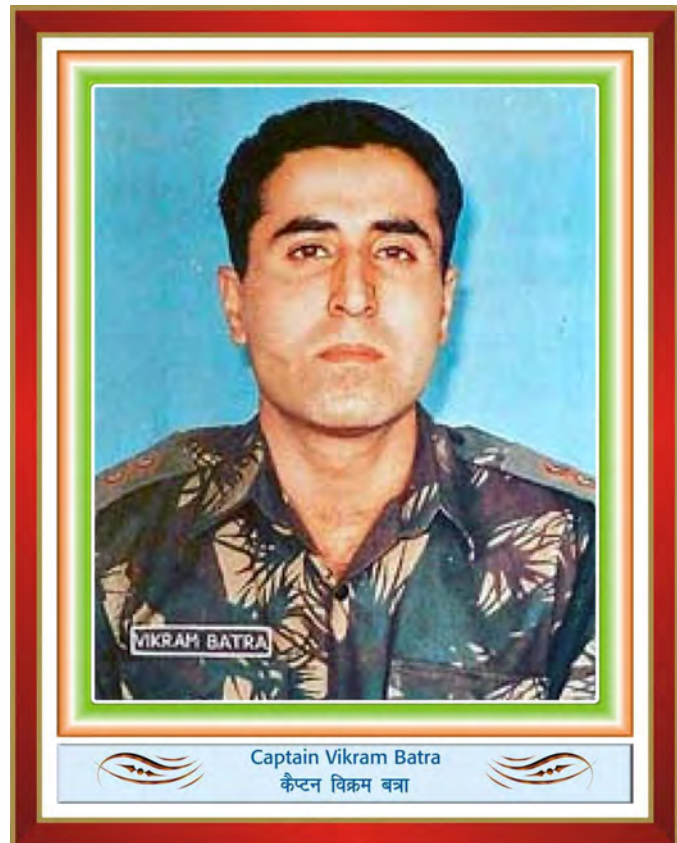
SHERSHAAH: "THE HERO OF "KARGIL"

Captain Vikram Batra, born on September 9, 1974, in Palampur, Himachal Pradesh, was a man of extraordinary valor and patriotism. From an early age, Batra exhibited a keen interest in the military, inspired by his surroundings in a region rich with tales of valor. His childhood dreams were shaped by a desire to serve his country, which eventually led him to join the Indian Army.

Batra completed his early education in Palampur and later pursued his graduation from DAV College, Chandigarh. He was an outstanding student and an all-rounder who excelled in academics and sports. His charisma, leadership

qualities, and determination were evident even during his college days. However, the turning point in his life came when he decided to join the Indian Military Academy (IMA) in Dehradun, where he underwent rigorous training and emerged as a commissioned officer in the Indian Army in December 1997.

Captain Batra was commissioned into the 13th Battalion, Jammu & Kashmir Rifles. His first major assignment came during the Kargil War in 1999, a conflict



that would not only test his mettle but also etch his name in the annals of Indian military history. The Kargil War was fought between India and Pakistan in the treacherous mountains of Jammu and Kashmir. Pakistani forces had occupied strategic heights along the Line of Control, and it was up to brave soldiers like Batra to reclaim these positions.

Captain Vikram Batra was assigned the mission to capture Point 5140, a critical peak that was occupied by Pakistani forces. His code name during the operation was "Sher Shah," a testament to his bravery and fierce fighting spirit. On June 20, 1999, despite facing intense enemy fire and adverse weather conditions, Batra and his team launched a daring assault on Point 5140. His leadership, coupled with his unwavering courage, inspired his men to push forward against overwhelming odds. In the heat of battle, Batra's voice echoed over the radio with the victorious message, "Yeh Dil Maange More," signaling the successful capture of the peak.

However, Captain Batra's heroics did not end there. Shortly after the capture of Point 5140, he volunteered for another mission to recapture Point 4875, a strategic peak located at an altitude of 16,000 feet. This mission was even more dangerous, with the enemy occupying well-entrenched positions. On the night of July 7, 1999, Batra led his men in a fierce battle. Despite suffering multiple injuries, he continued to fight, displaying unparalleled bravery. In a selfless act, he saved the life of a fellow soldier but was fatally wounded in the process. Captain Batra made the ultimate sacrifice for his country, falling at the young age of 24.

For his exceptional valor and leadership, Captain Vikram Batra was posthumously awarded the Param Vir Chakra, India's highest military honor. His legacy lives on as a symbol of courage, selflessness, and patriotism. The story of Captain Vikram Batra is a reminder of the extraordinary bravery of the soldiers who protect the nation, often at the cost of their own lives. His life and sacrifice continue to inspire generations of Indians, embodying the spirit of "Service Before Self."

At last I'm gonna say - "यह दिल मांगे मोर"

Capt. Vikram Batra (13 JAK RIF) - Param Veer Chakra

Keshav Pathak
(Superintendent of Bal Bharti)
Class: 11th



REVOLUTIONIZING MANUFACTURING: THE POWER OF 3D PRINTING

Three-dimensional (3D) printing is a revolutionary technology that's transforming the manufacturing landscape. This innovative process creates physical objects from digital designs by layering materials like plastics, metals, and ceramics. Unlike traditional manufacturing methods, 3D printing enables rapid prototyping, increased complexity, and reduced material waste.

Applications for 3D printing are vast, ranging from aerospace and automotive to healthcare and consumer products. Companies like Boeing and Airbus use 3D printing for aircraft parts, while medical professionals create customized prosthetics and implants. Even fashion designers are embracing 3D printing for bespoke accessories and shoes.

The benefits of 3D printing are numerous:

- ❖ **Faster production:** Rapid proto typing and production reduce development time.
- ❖ **Increased customization:** Complex designs and tailored products become feasible.
- ❖ **Reduced waste:** Additive manufacturing minimizes material waste.
- ❖ **Cost-effective:** Lower production costs and reduced tooling expenses.

As 3D printing technology advances, we can expect even more ground breaking applications. With its potential to transform industries and improve lives, 3D printing is undoubtedly a technology to watch.

Kritika Gour
Class : 9th



IMPORTANCE OF EDUCATION

Education is the most important part of human life. Education gives meaning to our life as it enables the growth and development of our mind and intellect. An educated society is an enlightened and empowered one. Such society can make well-informed choices in its social, political and economic strength and political freedom. In the absence of education society remains backward. Education must be given top priority by every country. All children and youth of country must have access to education. Through universal access to education, society can make progress swiftly and peacefully. One who is educated possesses the knowledge and awareness to live life meaningfully in harmony with each other humans and the world around. Education plays role in the mental and intellectual advancement of individuals, it also helps in the physical, emotional and spiritual growth of the persons. Study and learning transforms the life of a

person. Education is a backbone of a socially, economically and politically just and strong society. This helps in the emancipation of women and socially backward communities

"A man without education is like a building without foundation"



Himanshi Rathore
Class : 9th



POSITIVE PARENTING

Children are the vital assets of our society. The parents and teachers play a challenging role in shaping up the life of a child. Parents play a key role in raising responsible children who enjoy their duties and responsibilities. Such children eventually emerge as doers, creators and great team players. Positive parenting is a concept which focuses on developing a strong and deep relationship between parents and child. This concept is based on communication and mutual respect.

Following are few tips for positive parenting: -

1. Always be role model to your child.
2. Do not force the child to live up to your expectations.
3. Let your personal problems with anyone never affect your child's relationship with them.
4. Accept that every child is different.
5. Let the child learn to be a part of nature.

Positive Parenting



Satyam Sharma
Class : 7th



WOMEN'S SAFETY

Women safety in India is widely discussed everywhere nowadays. It has now become a major issue. The crime rate is on the spike. Women are neither safe outside nor at home. Women travellers from other countries are also in a dubious state while thinking about coming to India.

However, this fear cannot keep them away from any kind of social activity. There are laws but there should be proper safety measures which we have to follow strictly to protect the women from violence.

Women's safety in this country is a major concern and therefore should be talked about as much as possible. She is strong, she is a mother, she is a sister, a grandmother, a wife. She plays many roles and yet, she is not safe. She lives in terror and fear. She is scared to go from her house to a shop nearby at night. Women's safety is a big concern that must be addressed in a country like ours. India is definitely not the safest country for our women. For a country that has been known for worshiping gods like The Durga, The Laxmi and The Kali, we clearly need to start worrying about the issue of unsafe women in our country.

Women of all ages are currently facing some sort of crime against their rights and are suffering in the worst ways. The more we keep letting things like these happen, the more they will continue to grow. We need to make sure that the safety of the women in our country is something that we talk about all the time. It is only possible when we plan on making the most regular everyday activities for the women's safety in our country, then we shall be able to call ourselves a successful nation.

Dori Rajput
Class : 11th



BEFRIEND YOURSELF

Maybe you are busy in making someone as your best friend and in proving yourself as some ones best friend...but do you know that you can be best friend of yourself.....???

In the bustling journey of life, we often find ourselves entangled in the expectations and opinions of others, leaving little room for self-discovery. Befriending yourself is not merely an act of self-care; it is an empowering voyage into the essence of who you truly are. Imagine yourself as your own best friend, someone who listens without judgment, celebrates your achievements, and gently guides you through challenges. This inner friendship fosters a profound sense of self-acceptance and resilience, enabling you to navigate life's complexities with confidence and grace. By cultivating this deep, supportive relationship with yourself, you unlock the potential to embrace your uniqueness and creating a ripple effect of genuine self-love and understanding.

***You are the universe, expressed in human form,
A tiny piece of something immense.....***

***Your thoughts are like stars shining bright,
Your emotions are like oceans, deep and wide.***

***Your soul is a mystery, hard to define,
Your heart is a wonder, full of love and shine.***

***You are the infinite, Condensed into finite space,
A paradox of existence, A miracle in human face.***

**Harshita Gupta
Class : 11th**



VAISHNO DEVI

Mata Vaishno Devi Temple situated in the Trikuta hills in Katra , Jammu and Kashmir, is one of the most visited Hindu pilgrimage sites in India . Devotees from all over the world come to visit this temple and take the blessings of Mata Vaishno Devi. It is also considered as one of the most important Shaktipeeth, as it believed that the skull of Goddess Sati fell here .

A pilgrimage to Shri Mata Vaishno Devi Ji is considered as one of the holiest pilgrimage for Hindus. This temple is popular worldwide as it is believed that " Moonh Maangi Muradein Poori Karne Wali Mata", the deity here, fulfills whatever her believers wish for . This holy cave is located at an altitude of 5, 200 feet and the pilgrims have to undertake a trek of almost 12 Km starting from Katra. Upon reaching the Bhawan, pilgrims are blessed with the darshan of the goddess inside the Sanctum Sanctorum, ie. the Holy Cave. In this cave, the goddess is in the shape of three natural rock formations, also known as "Pindies". It is important to note here that there also no statues or idols inside the cave.



Akshara Sharma
Class : 8th



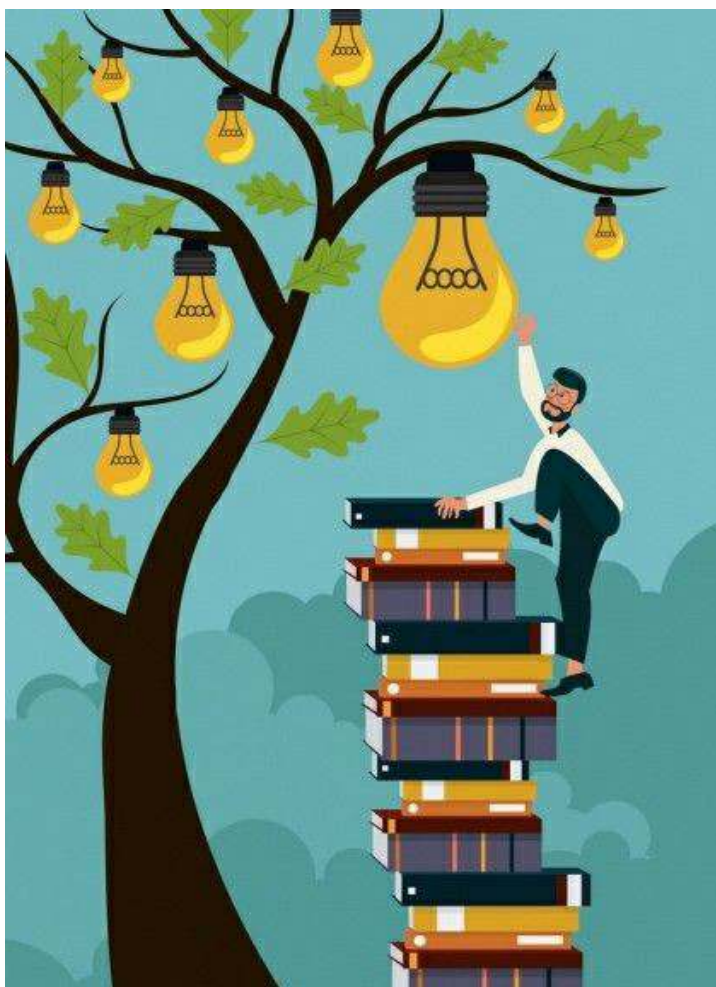
HISTORY OF EDUCATION

Education can be thought of as the transmission of the values and accumulated knowledge of a society. In this sense, it is equivalent to what social scientists term socialization or enculturation. Children—whether conceived among New Guinea tribespeople, the Renaissance Florentines, or the middle classes of Manhattan—are born without culture. Education is designed to guide them in learning a culture, moulding their behaviour in the ways of adulthood, and directing them towards their eventual role in society. In the most primitive cultures, there is often little formal learning—little of what one would ordinarily call school or classes or teachers. Instead, the entire environment and all activities are frequently viewed as school and classes, and many or all adults act as teachers. As societies grow more complex, however, the quantity of knowledge to be passed on from one generation to the next becomes more than any one person can know, and, hence, there must evolve more selective and efficient means of cultural transmission. This outcome is formal education—the school and the specialist called the teacher.

As society becomes ever more complex and schools become ever more institutionalized, educational experience becomes less directly related to daily life, less a matter of showing and learning in the context of the work a day world, and more abstracted from practice, more a matter of distilling, telling, and learning things out of context. This concentration of learning in a formal atmosphere allows children to learn far more of their culture than they are able to do by merely observing and imitating. As society gradually attaches more and more importance to education, it also tries to formulate the overall objectives, content, organization, and strategies of education. Literature becomes laden with advice on the rearing of the younger generation. In short, they develop

philosophies and theories of education.

This article discusses the history of education, tracing the evolution of the formal teaching of knowledge and skills from prehistoric and ancient times to the present, and considering the various philosophies that have inspired the resulting systems. Other aspects of education are treated in a number of articles. For a treatment of education as a discipline, including educational organization, teaching methods, and the functions and training of teachers, see teaching; pedagogy; and teacher education. For a description of education in various specialized fields, see historiography; legal education; medical education; science, history.



EDUCATION: YOUR DOOR TO THE FUTURE



For an examination of some of the more important aids in education and the dissemination of knowledge, see dictionary; encyclopaedia; library; museum; printing; publishing, history. Some restrictions on educational freedom are discussed in censorship. For an analysis of pupil attributes, see intelligence, human learning theory; psychological testing.

Aditi Rajput
Class : 8th



JAMMU AND KASHMIR

Jammu and Kashmir (J&K) is a union territory in northern India, nestled in the Himalayas. It is known for its breath taking natural beauty, diverse culture, and rich history.

Here are some key facts about Jammu and Kashmir:

1. **Location:** J&K is situated in the northernmost part of India, bordering Pakistan, China, and the Indian states of Himachal Pradesh and Punjab.
2. **Geography:** The region is divided into three main areas: Jammu, Kashmir Valley, and Ladakh. Its features are snow-capped mountains, lush valleys, and picturesque lakes.
3. **Climate:** J&K has a varied climate, ranging from subtropical in Jammu to alpine in Ladakh and temperate in the Kashmir Valley.
4. **Culture:** The region has a unique cultural heritage, with influences from Hinduism, Islam, Buddhism, and Sikhism.
5. **History:** J&K has a rich history, dating back to the ancient Silk Road. It has been ruled by various dynasties, including the Mughals, Sikhs, and Dogras.
7. **Economy:** J&K's economy is primarily driven by agriculture, horticulture, and tourism.
8. **Current status:** J&K was reorganized as a union territory in 2019, with two divisions: Jammu and Kashmir, and Ladakh.

Overall, Jammu and Kashmir is a unique and captivating region, offering a blend of natural beauty, cultural richness, and historical significance.

Suhani Verma
Class : 9th



TEACHER - A REAL STAR

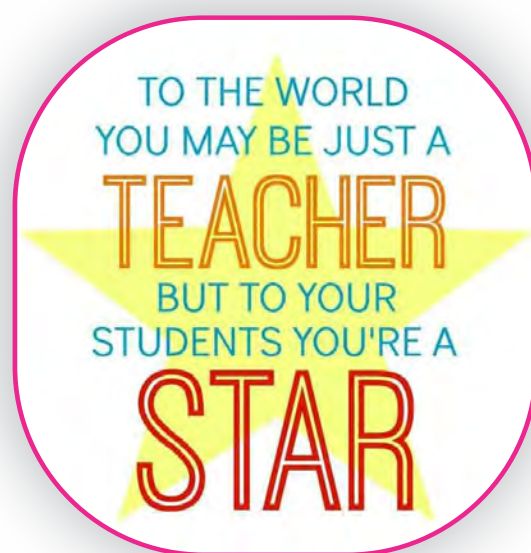
A teacher is a guiding light in the life of a student, illuminating the path of knowledge, wisdom, and success. Like a star, a teacher shines bright, inspiring and motivating students to reach their full potential.

With patience, compassion, and dedication, a teacher nurtures young minds, fostering a love for learning that lasts a lifetime. They have confidence, creativity, and critical thinking skills, empowering students to navigate life's challenges.

A teacher's impact extends beyond the classroom, shaping the character, values, and beliefs of their students. They inspire curiosity, creativity, and innovation, helping students become active contributors to society.

Like a star, a teacher's influence is far-reaching, touching the lives of countless students, colleagues, and communities. They leave an indelible mark on the world, making it a brighter, wiser, and more compassionate place.

In conclusion, a teacher is indeed a real star, shining bright with the power to transform lives, ignite passions, and illuminate the future. Let us cherish, respect, and celebrate these celestial beings who make a difference in our lives every day.



Akshra Verma
Class: 8th



"MY SCHOOL, MY PRIDE "

My School My Pride !
Where we had a wonderful school ride!!

We read , we write
And make our future bright!!

We learn to respect....!
Not to neglect...!!

We learn to accept....
Not to expect.....

We laugh, we cry
We play, we study
With our best buddy.....!!

Respect elders, obey parents
Become sincere and punctual
Is the habit we learn.....

And that is why we call
"My School, My Pride"

Avantika
Class : 8th



ABOUT KEDARNATH

Kedarnath temple is a Hindu temple one of the twelve jyotirlinga of Shiva. The temple is located on the Garhwal Himalayan range near the Mandakini River. One of the most interesting features of the Kedarnath temple is its unique lingam. Devotees believe that lord Shiva himself worship here. Unlike other lingams that are made of stone or metals, people believe it to be a natural rock formation in the shape of lingam. Lord Shiva, who was being pursued by the Pandavas, took the form of a bull and disappeared into the ground at Kedarnath. The temple is believed to be built on the spot where lord Shiva disappeared, and the lingam inside the temple is said to have been formed naturally by the elements of earth, air, water and fire. The town is flanked by snow capped peaks, most prominently the kedarnath mountain.



Drishti
Class : 9th



GIRL EDUCATION

If we look at the demographics, India is one of the most populated countries. However, the rate of girl education is quite low in the country. It is quite troubling to see the figures in a country where women are given the status of goddesses. The figures have significantly improved to an extent but there's still a long way to go.

Women were not allowed to even step out of their houses in ancient India, but now time is changing. Along with changing times, people's thinking is also changing. They wish to educate their girls and see them succeed in life. However, this is not the case in rural India which makes for more than 60% of the population. We need to identify the factors responsible for such low rates of girl education to find some solutions.

In rural areas, there aren't many schools. This creates a distance problem as they are located far from the villages. In some areas, Students have to walk for three to four hours to reach their school. This is where the safety of the girls gets compromised so parents don't see it fit to send them off so far.



Riya Dutt Sharma
Class : 8th



THE POWER OF POSITIVITY

In an increasingly Complex world, the concept of positivity has emerged as a powerful force capable of transforming lives and entire cultures. From enhancing individual well-being to fostering cohesive communities, positivity is more than just an optimistic outlook. It is a critical component of personal and collective success

UNDERSTANDING POSITIVITY

Positivity refers to the practice of focusing on favourable aspects of situations and maintaining a hopeful attitude despite challenges. It encompasses a range of attitude and behaviours, including gratitude, resilience and constructive thinking. Scientific research has consistently shown that positivity is associated with a variety of benefits both psychological and physiological.

Positivity is more than just a mindset ; it's transformative force that can profoundly impact on life imprint. Embracing positivity involves focusing on the favourable aspect of situations and maintaining optimistic outlook, even in challenging times. This approach not only enhances mental Well Being by reducing stress and boosting resilience but also contributes to better physical health such as stronger immune system and increased energy levels. In the workplace, positivity foster greater job satisfaction and teamwork leading to improved performance and a more harmonious environment. Cultivation positivity through practice like gratitude and meaningfulness

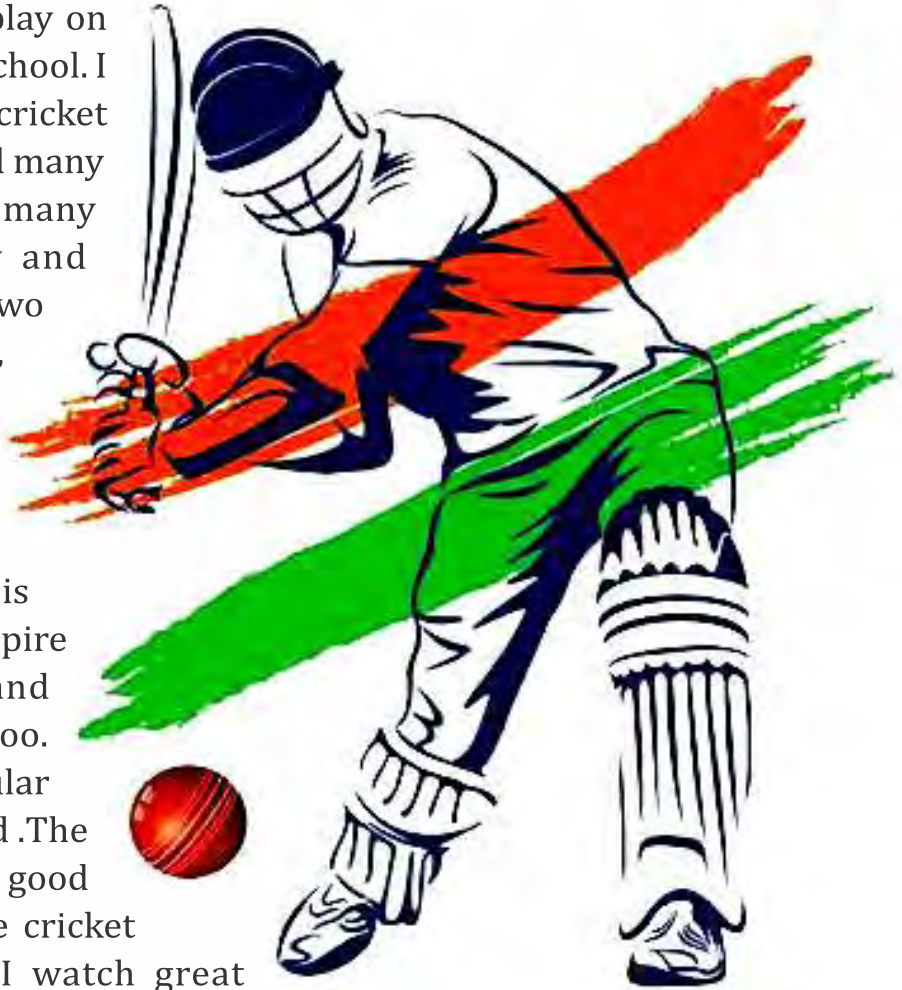
Positivity is a powerful force than can transforms life and shape our experiences. Embracing positive mindset allows us to navigate challenges with resilience and hope. It fosters a sense of well-being and opens door to new opportunities.

Himanaya Sharma
Class : 8th



MY FAVOURITE GAME

My favourite game is Cricket. My friend and I play on the playground near our school. I am the vice captain of my cricket team. Our team has played many matches. We have won many matches. I love to play and watch this game a lot. Two teams play cricket match, 11 players make one team. There is a toss. The match begins. One team bats and the other fields. The captain of each team is leader. The decision of Empire is final. I like batting and bowling. I like fielding too. Cricket is the most popular outdoor game in the world .The game of Cricket gives me good exercise. The game of the cricket keeps us fit and alert. I watch great matches. Really, I like this game very much.



Arun Sharma
Class : 6th



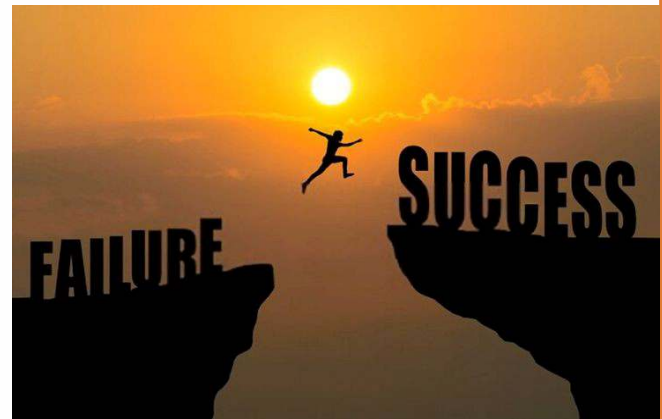
SUCCESS

Read but write more
Talk but think more
Play but study more
I promise you will Succeed for sure.

Eat but chew more
Weep but laugh more
Sleep but study more
I promise you will Succeed for sure.

Punish but pardon more
Spend but save more
Consume but produce more
I promise you will Succeed for sure.

Hate but love more
Order but obey more
Quarrel but compromise more
I promise you will Succeed for sure.



Swarit Mahajan
Class : 6th



THE QUARREL

The quarrelled with my brother
I don't know what about,
One thing led to another
And some how we fell out.
The start of it was slight,
The end of it was strong,
He said that he was right,
I knew he was wrong!
We hated one another.
The afternoon turned black.
Then suddenly my brother
Thumped me on the back,
And said, "Oh, come along!
We can't go on all night
I was in the wrong."
So he was in the right.



Mrinalini Sharma
Class : 6th



SPORTS

Sports refer to a physical activity that is done in order to compete against other teams, players or individuals. Sports are divided into two categories, individual sports and team sports. In individual sports, the athletes compete against each other. Individual examples include tennis and golf. Team examples include football, basketball and hockey.

What is the purpose of sports?

Sports are important for many reasons. It is a great way to stay fit and healthy, it allows you to learn team work skills, it helps you become a leader and it also teaches you about being a good sportsman.

Why sports are important in our life?

- ❖ Sports are a great way to stay in shape, meet new people and have fun.
- ❖ Sports teach us many life lessons. It teaches us to work hard, never give up and to be fair.
- ❖ Sports also teaches us about competition and how to loose as well as how to win.
- ❖ Sports teaches us about teamwork. We learn that we cannot do it all by ourselves, but it takes a group effort for any team or player to win.

Sports teaches us about discipline, perseverance and dedication. Sports also builds self-esteem by making the individual feel good about their accomplishments. Sports also provide lessons of teamwork, loyalty and fair play. These are all important lessons that can be learned through participation in sports.

Arnam Singh
Class : 6th



TIME

- 1 Time is slow- When you wait
- 2 Time is fast- When you're late
- 3 Time is short- When you're happy
- 4 Time is endless- When you're in pain
- 5 Time is currency- Be careful How

Never forget two people in this world.

- 1 The person who lost everything just to make you win. (Father)
- 2 The person who was with you in every pain. (Mother)



Akhileshwar
Class : 6th



MY SCHOOL

My school is my pride.
My heart is discomfort with out view.
Bunch of trees around you .
Colours of flowers make you new.

My school is a knowledge garden.
Its study is joy, but not burden.
No race, no case, but knowledge is gained.
In gaining knowledge, no one is refrained.

My school is for learning and to get education.
Which truly gives me a good foundation
Moment in my school is inspiration.
No doubt, my school is the school of distinction.

School is full of legends, and guiding leaders.
I mean to say they are my teachers.
They produce tomorrow's leaders.
Therefore, I call them leaders of leaders.

It is the Ocean of knowledge.
I love the feeling proud to be amenity, always be
I am the fruit, and you are my tree
Teaching of you unforgettable to me.
In thousands of difficulties, you are my booster.



*"Learning is the key
to unlock the golden door
of freedom"*

**Maaghi Mahajan
Class : 6th**



THE MISSILE MAN OF BHARAT - DR.A.P.J. ABDUL KALAM

Abdul kalam was born on 15 October, 1931 in a poor Tamil Muslim family. Dr.kalam was born and raised in Rameshwaram ,Tamil Nadu.He distributed newspaper to support his family. Kalam was an average student in school but was marked as a sincere and hardworking student who had a strong passion towards learning, especially mathematics. He worked as a scientist with DRDO (Defence Research and Development Organization) and ISRO (Indian space Research organization) His major contribution in the field of nuclear missiles made him popular and earned him the title 'Missile Man of India '.He served as the president of India from 2002 to 2007. Kalam was awarded the Padma Bhushan in 1981, the Padma Vibhushan in 1991 and the Bharat Ratna in 1997 by the Government of India. He authored many influential and inspiration books such as India 2020,Wings Of Fire, Mission India, Ignited Minds etc.



"You have to dream before your dreams can come true."

Garima Devi
Class : 7th



IMPORTANCE OF EXAMINATION

Students generally fear to take up an examination. They regard it as a great evil. As the examination days draw near, students become greatly nervous. They keep bending over their books, all the time night and day, they keep them busy with their books. Still they do not get satisfaction. On the examination days, they read almost the whole night. They seem to be passing their time in constant fear and anxiety.

It is commonly believed that examinations are the true test of merit. Only the deserving students pass the examination. All the rest fail. But the facts are not so. Examination is not the true test of merit. It is often seen that those, who do not deserve to pass, get through while those who deserve to pass, get failed. The reason is that many students use unfair means and manage to pass the examination.

UNLOCKING SUCCESS

THE IMPORTANCE OF EXAMINATION IN EDUCATION



Bhanvee Sharma
Class: 7th



ROLE OF A TEACHERS IN STUDENT 'S LIFE

A Teacher is such an important creature in the life of a student who through his knowledge, patience and love give a strong shape to a Student 's whole life. A teacher shares academic knowledge, ethical values and moral value.

QUALITIES OF A GOOD TEACHER

Some Qualities of a good teacher include skills in communication, listening, collaboration, adaptability and patience. Other characteristics of effective teaching include an engaging classroom presence, value in real world learning, exchange of best practice and a lifelong love of learning.

ROLE OF A TEACHER IN STUDENT 'S LIFE

A teacher 's role in a student 's life is important and complex. Broadly speaking, the function of teachers is to help students learn by imparting knowledge to them and by setting up a situation in which students can learn effectively. But teacher fix a complex set of role, which varies from one society to another and from one educational level to another.

CONCLUSION

The teacher 's profession is considered as the best and ideal profession in the world as they provide selfless duty to shape someone 's life. Their committed work cannot be compared to anything. Teachers are those who always take care of their all students

"It is teacher who take us out of darkness to lead in the light of knowledge."

Nitya Dogra
Class : 7th



HUMAN HEALTHCARE: AN OVERVIEW

Human healthcare encompasses a broad spectrum of services designed to maintain and improve individual and community health. It involves various fields, including preventive care, diagnosis, treatment, and rehabilitation, all aimed at enhancing the quality of life.

1. PREVENTIVE CARE

Preventive care focuses on avoiding diseases before they occur. This includes routine check-ups, vaccinations, screenings, and lifestyle counselling. Early detection of potential health issues can significantly reduce the risk of serious conditions, making preventive care a cornerstone of effective healthcare systems.

2. DIAGNOSIS AND TREATMENT

When health issues arise, accurate diagnosis is crucial. Healthcare providers utilize medical history, physical examinations, and diagnostic tests (such as blood tests and imaging) to identify conditions. Treatment options vary widely, from medications and therapies to surgical interventions. The goal is to alleviate symptoms, cure illnesses, or manage chronic conditions effectively.

3. REHABILITATION SERVICES

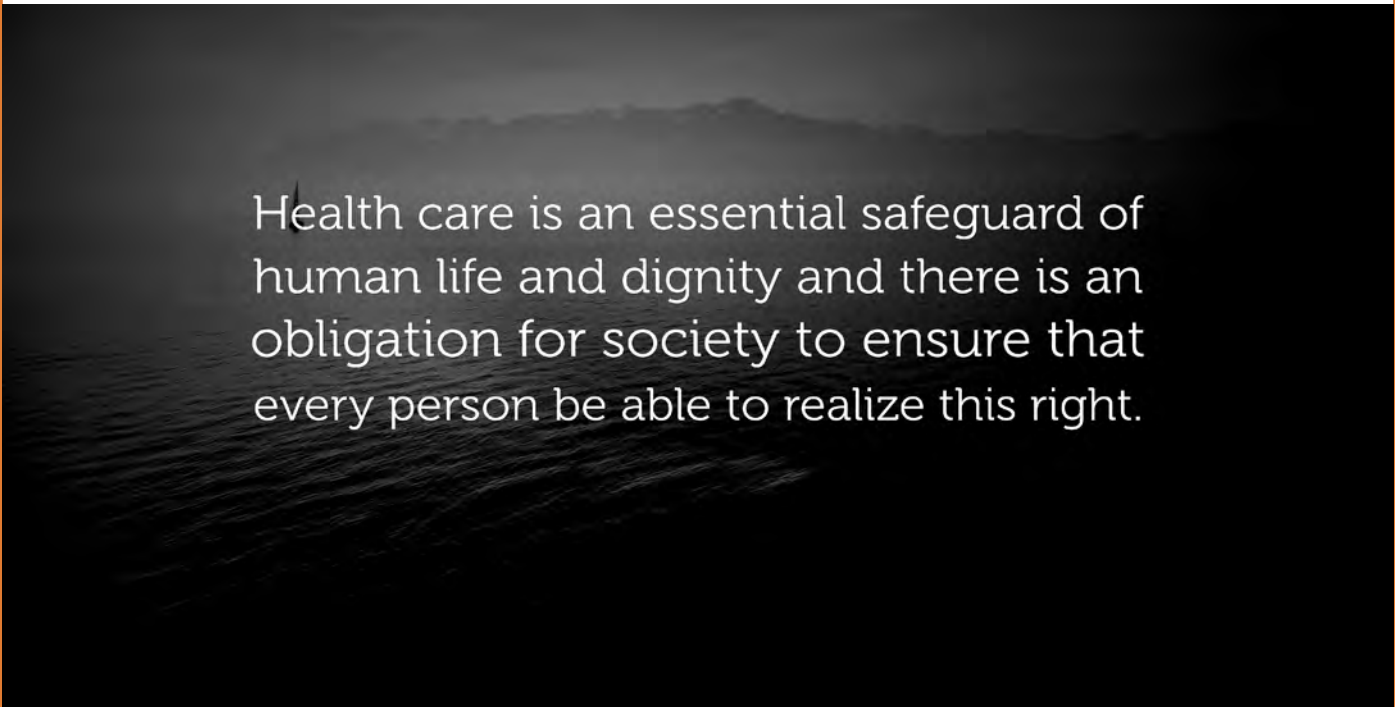
Rehabilitation is essential for patients recovering from illness, injury, or surgery. It includes physical therapy, occupational therapy, and speech therapy, aiming to restore functionality and improve quality of life. Comprehensive rehabilitation programs address both physical and psychological needs.

4. **MENTAL HEALTH**

Mental health is an integral component of overall health. Access to mental health services, including counselling and medication management, is crucial in addressing issues like depression, anxiety, and substance abuse. The stigma surrounding mental health has decreased, leading to greater awareness and acceptance of mental health care.

5. **HEALTHCARE SYSTEMS**

Healthcare delivery varies globally, influenced by factors like culture, economy, and government policy. Systems can be broadly categorized into public, private, or mixed models.



Health care is an essential safeguard of human life and dignity and there is an obligation for society to ensure that every person be able to realize this right.

Human healthcare encompasses physical, mental, and holistic well-being. A balanced diet, regular exercise, and adequate sleep are essential for physical health. Mental well-being requires effective stress management, emotional regulation, and social connections. Preventive care, including vaccinations and screenings, helps detect health issues early. Holistic health involves nurturing spiritual growth, self-care, and relaxation techniques. By adopting a comprehensive approach to healthcare, individuals can promote overall health, well-being, and quality of life. Regular check-ups and health monitoring are also crucial.

Simran
Class: 6th



THE STRUGGLES OF THE ALL-ROUNDER

Every school has one student who seems to excel in everything. Whether it's academics, sports, or any school event, they're always shining and standing out. They're admired by everyone and seem unstoppable. But what happens when this star starts to fade, and the once energetic student becomes quiet and distant?

This change is often hard to notice. The student who used to be full of life and talent now seems different. They're quieter, more reserved, and less involved in activities.

So, what causes this shift? Is it the pressure to be perfect, the expectations of others, or something more personal? The world that once felt exciting now seems overwhelming. The cheers that used to motivate them now feel distant. The smile they wear might be fake, hiding their true feelings and struggles. In today's competitive world, there's a lot of pressure to be perfect. Students are expected to be top achievers in every area. This pressure can make them feel isolated when they can't meet these high standards.

But this doesn't have to be the end of their story. Just like heroes who face challenges before making a comeback, these students will find their strength again. The smile they show now doesn't reflect their true potential. They will rise again, rediscover their passions, and show their true abilities.

It's important to notice when students are struggling. The student who was once a star might be quietly facing difficulties. To every student feeling this way: your story isn't over. Remember that the greatest comebacks come from the toughest challenges. The world will be ready to celebrate your success when you're ready to shine again.

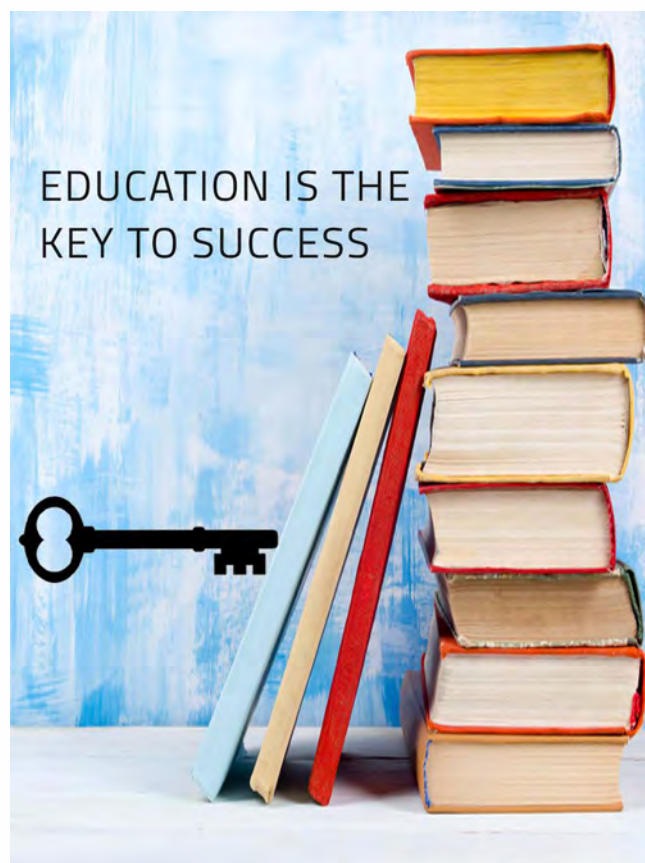
Manvi Thakur
(Activity Incharge of Bal Bharti)
Class: 10th



ABOUT EDUCATION

“EDUCATION IS LIKE A KEY THAT CAN OPEN DOORS TO BETTER FUTURE”

- ❖ Education has a very important role in our life.
- ❖ Education is the word that teaches a person to live life.
- ❖ Education is the basic of human life.
- ❖ Education should be equally for both men and women because both together make a healthy and educated society.
- ❖ It improves our knowledge, skills and develops the overall personality and attitude.
- ❖ It brings a great change in our life.
- ❖ It makes our life prosperous and meaningful.
- ❖ It is the foundation of human development.
- ❖ It prepares us to face the world.
- ❖ It is said that education is the third eye of human beings.
- ❖ Education teaches us to be polite.
- ❖ When you are educated you know ,when to speak and when to remain silent.



Aarshita Gupta
Class: 4th



RELEVANCE OF BHAGAVAD GITA'S TEACHINGS IN TODAY'S WORLD

The Bhagavad Gita, a spiritual and philosophical classic, offers teachings that are profoundly relevant in today's fast-paced and often tumultuous world. Despite being composed thousands of years ago, the Gita addresses timeless human concerns—duty, ethics, leadership, and inner peace—making its wisdom applicable to contemporary life.

One of the Gita's central teachings is the concept of **Dharma**, or righteous duty. In a world increasingly dominated by self-interest and materialism, the Gita urges individuals to perform their duties with integrity and a sense of responsibility towards society. This principle is particularly relevant today, as it encourages people to contribute positively to their communities and workplaces, fostering a sense of collective well-being.

Another significant teaching is the idea of **Detachment** from the results of one's actions. In today's highly competitive environment, where success and failure are often measured by external achievements, the Gita's advice to focus on the effort rather than the outcome can help reduce stress and anxiety.

The Gita also emphasizes the importance of **Self-control** and **Self-knowledge**. In an age where distractions abound and instant gratification is the norm, the teachings on meditation and mindfulness from the Gita can guide individuals toward greater self-awareness and inner peace.

In summary, the Bhagavad Gita's teachings offer a profound blueprint for living a purposeful and fulfilling life. Whether in the context of personal challenges or broader societal issues, the Gita provides timeless wisdom that continues to resonate in the modern world, guiding individuals toward a path of righteousness, balance, and inner peace.

Jayant Gupta
Class : 12th



PHYSICAL SCIENCE

Physical science is a vast and fascinating field that encompasses various branches, including physics, chemistry, astronomy, geology, and meteorology. These disciplines collectively explore the natural world, focusing on non-living systems and phenomena that govern our universe.

Key concepts in physical science include:

- ❖ Energy and matter
- ❖ Electromagnetism
- ❖ Atomic and molecular structure
- ❖ Motion and forces
- ❖ Chemical reactions

Physical science also encompasses specialized disciplines like:

- ❖ Materials science
- ❖ Nanotechnology
- ❖ Biophysics
- ❖ Geophysics
- ❖ Environmental science

These fields have numerous real-world applications, such as:

- ❖ Energy production and storage
- ❖ Transportation and aerospace engineering
- ❖ Medical imaging and diagnostics
- ❖ Environmental monitoring and conservation
- ❖ Space exploration and astronomy

By studying physical science, we gain a deeper understanding of the universe, from the smallest subatomic particles to the vast expanse of cosmic space. This knowledge empowers us to develop innovative solutions, address complex challenges, and transform our daily lives.

Mannat Sharma
Class : 9th



STUDENTS' EXAMINATION ANXIETY

As examinations draw near, students often view them as a daunting and intimidating experience. Many regard exams as a great evil, triggering immense nervousness and anxiety. In an attempt to prepare, students obsessively study day and night, yet still feel unprepared.

The pressure to perform well leads to:

- ❖ Sleepless nights
- ❖ Constant fear and anxiety
- ❖ Loss of confidence

The common perception is that examinations are the ultimate measure of a student's merit, with only the deserving passing. However, reality paints a different picture.

Contrary to popular belief, examinations are not always an accurate indicator of a student's abilities. Unfortunately:

- ❖ Undeserving students often pass through unfair means
- ❖ Deserving students may fail despite their hard work

This disparity raises questions about the effectiveness and fairness of the examination system.

Possible Solutions:

- ❖ Implementing more holistic assessment methods.
- ❖ Encouraging critical thinking and creativity.
- ❖ Providing resources for students to manage exam stress.
- ❖ Promoting academic integrity and fairness.

Ridham Sharma
Class : 7th



HOPE

Hope is the thing with feathers,
That Perches in the Soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard,
And sore must be the storm,
That could a bash the little bird,
That kept so many warm.

I've heard it in the coolest lands,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.



Priya Bharti
Class : 8th



THE POWER OF PERSPECTIVE

It's not what you have,
But how you use it.
Nothing in life is inherently good or bad,
It's your perspective that makes it so.

Don't blame your traits or circumstances,
Take control, turn them around,
Make them work in your favor.

Choose positivity, focus on solutions,
Not problems or limitations.

Believe in yourself, your strengths,
And your ability to overcome.

Every challenge is an opportunity,
To grow, to learn, to rise above.

Your mindset is your greatest power,
Use it wisely, achieve greatness.

Inspire others with your resilience,
And determination to succeed.

Amit Kantyal
Class: 6th



A SPECIAL TEACHER

You teach us with a caring heart,
Helping us learn, right from the start.

Your kindness and patience shine so bright,
Making our classroom a happy sight.

You show us how to read, write and share,
And make learning fun, beyond compare.

You guide us through math and science too,
Helping us discover, all we can do.

With every question, you lend a hand,
Encouraging us, to understand.

You make us feel proud of what we do,
And help us grow, in all we pursue.

Thank you, dear teacher, for all you do,
For helping us learn, and grow.
We appreciate you, more than words can say,
You're the best teacher, every single day.

Priyanshi Mahajan
Class: 5th



INTERNET ADDICTION IN CHILDREN

Internet addiction among children is a growing concern in today's digital world. With the easy accessibility of the internet and the increasing dependence on technology, children are spending more and more time online. While the internet has its benefits, excessive use can lead to various negative consequences that are very harmful for children. In this blog, we will discuss Children's Internet addiction, highlighting the reasons behind it, its impact, and ways to prevent it.

What is children's Internet Addiction?

Children's Internet Addiction refers to the excessive and uncontrolled use of the Internet by children, leading to negative consequences in their daily lives. It can manifest in various forms including excessive use of social media, online gaming, or constantly being online for entertainment or communication purposes. Children who are addicted to the internet may prioritize online activities over other responsibilities.

Children's Internet Addiction

Causes:

1. Curiosity and Exploration
2. Social Interaction and Connection
3. Stress Escape and Relief
4. Lack of Self-Regulation and Impulse Control
5. Easy Access to Devices and Internet
6. Parental Neglect or Lack of Supervision
7. Peer Influence and Social Pressure
8. Aggressive Marketing and Advertising

Effects:

1. Sleep Disturbances and Fatigue
2. Physical Health Issues (Eye Strain, Obesity)
3. Social Isolation and Decreased Empathy
4. Decreased Attention Span and Academic Performance
5. Online Safety Threats (Cyberbullying, Predators)
6. Mental Health Concerns (Anxiety, Depression)
7. Decreased Physical Activity and Outdoor Play
8. Negative Impact on Family Relationships

Prevention Strategies:

1. Set Clear Rules and Limits on Internet Use
2. Monitor Internet Activity and Usage
3. Encourage Physical Activity and Outdoor Play
4. Foster Open Communication and Emotional Connection
5. Model Healthy Internet Behaviour as Parents
6. Educate Children about Online Safety and Digital Citizenship
7. Implement Internet Filtering and Blocking Software
8. Create Screen-Free Zones and Times



Dheeshwari Upadhyay
Class: 8th



WOMEN EMPOWERMENT

There is no force more powerful than a woman determined to rise. Women empowerment is one of the most crucial and essential thing that everyone should support. It is when women are given the favour and right to make decisions for themselves. Women have been subjected to injustice for decades. They have been treated as non-existent for decades, with others always making decisions for them.

This is one of the biggest reasons for women's empowerment. It is one of the essential things that are the need of the hour. Women were made aware of their rights. Along with these rights, women were taught how to be self-sufficient in all aspects of their lives. They should taught how to create a space for themselves where they can grow and become the people they want to be.

Men always have all the rights; however, women didn't have any of these rights, not even a small right like voting. Things changed when women realized that they too need equal rights. A big problem that men think that the role of women is limited to work for them. They don't let these women to go outside, and these women had no freedom. The need for women empowerment is one of the most significant needs of the hour. There are many ways in which women can be empowered. People should be united together to make the reality of women empowerment.

One of the significant steps towards women empowerment would be educating women. Education should be provided and encouraged so that more women can be literate. The education that they receive is going to help them pursue what they want.

Rydhm Rajput
(Co-Activity Incharge of Bal Bharti)
Class: 10th



STUDENT LEADERSHIP: EMPOWERING TOMORROW'S CAPTAINS

“Leadership is not about titles, positions, or flowcharts. It is about one life influencing another.”

Student life is a transformative journey, shaping individuals into future leaders. Effective leadership and captainship play crucial roles in this development. In this article, we'll delve into the significance of student leadership, its benefits, and inspiring examples.

WHY STUDENT LEADERSHIP MATTERS:

1. Develops critical thinking and problem-solving skills
2. Enhances communication and teamwork abilities
3. Fosters emotional intelligence and empathy
4. Encourages accountability and responsibility
5. Prepares students for future leadership roles

STUDENT LEADERSHIP ROLES:

1. Class representatives
2. Club presidents
3. Sports team captains
4. Debate team leaders
5. Student council members

CHALLENGES AND OPPORTUNITIES:

1. Balancing academics and leadership responsibilities
2. Managing conflicts and disagreements
3. Building diverse and inclusive teams
4. Embracing failure as a learning experience
5. Seeking mentorship and guidance

DEVELOPING STUDENT LEADERSHIP SKILLS:

1. Leadership workshops and training programs
2. Mentorship initiatives
3. Student organization involvement
4. Community service projects
5. Peer feedback and evaluation

CONCLUSION:

Student leadership and captainship are essential for personal growth, academic success, and future accomplishments. By empowering students with leadership skills, we shape tomorrow's leaders, equipped to tackle global challenges.

Encourage students to take on leadership roles, provide resources and support, and foster a culture of collaboration and innovation.



"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

Dixit Sharma
Prime Minister of Bal Bharti
Class: 12th



EDUCATION IN THE AGE OF ARTIFICIAL INTELLIGENCE:

The integration of technology in education is not a novel concept. As early as 1965, innovations like “teaching machines” sparked discussions on how technology could enhance learning. Sundar Pichai (CEO of Google) recently said, “AI is one of the most important things humanity is working on. It’s more profound than, I don’t know, electricity or fire.” Artificial intelligence (AI) has taken center stage today, promising unprecedented possibilities. However, this integration, especially accelerated by the COVID-19 pandemic, brings both potential benefits and challenges.

Generative AI tools, such as ChatGPT, are transforming education by offering tailored support to diverse student populations, including those with disabilities and those living in remote areas. According to a recent survey, **51% of educators believe that AI can significantly improve educational outcomes**, highlighting optimism about AI's role.

For instance, AI-powered platforms like Knewton provide personalized learning experiences by adapting content based on individual student performance. Similarly, Socratic by Google uses AI to help students with homework by providing step-by-step explanations and resources tailored to their questions.

A report from Forbes indicates that 60% of educators plan to incorporate AI tools into their teaching strategies, suggesting a growing acceptance of AI.

So, How AI Can Be Used in Education?

AI can be utilized in various ways to enhance the educational experience:

1. **Personalized Learning:** Tools like Dream Box and Smart Sparrow adapt instructional content to meet students' individual needs, helping them learn at their own pace.

2. **Tutoring and Support:** Platforms like Khan Academy and Duolingo use AI to offer personalized tutoring and practice in various subjects
3. **Assessment and Feedback:** AI tools can analyze student performance and provide instant feedback. For example, Gradescope uses AI to streamline the grading process, allowing educators to assess assignments more efficiently.
4. **Administrative Support:** AI can assist in managing administrative tasks, freeing up educators to focus on teaching. Tools like ChatGPT can help draft emails, create lesson plans, or answer common student inquiries.
5. **Language Learning:** AI-driven apps like Rosetta Stone and Babbel offer language-learning experiences that adapt to the user's proficiency level and learning style.

CHALLENGES AND RISKS

Despite the optimism surrounding AI, significant concerns need addressing:

1. **Bias and Discrimination:** AI systems trained on historical datasets may perpetuate biases. Reports suggest that over 80% of educators worry about potential AI application biases.
2. **Teacher Roles:** While AI can ease the administrative burdens on teachers, there are fears that it could mechanize teaching. As educators adapt to working with automated technologies, they may find their roles becoming overly focused on managing AI rather than fostering critical thinking and creativity.
3. **Content Accuracy:** AI tools can generate misleading or inaccurate information. Studies show that nearly 70% of teachers express concerns about the reliability of AI-generated content, emphasizing rigorous fact-checking.
4. **Financial Dependency:** The financial implications of adopting AI tools can strain school budgets. As noted, schools are expected to pay for AI services, which could lead to increased costs for students and parents and potential inequities in access.

In light of these challenges, organizations like UNESCO are advocating for urgent regulations to ensure that AI's role in education remains human-centered. The International Conference on Artificial Intelligence (AI) and Education took place

in Beijing in 2019, gathering around 500 international representatives, including government ministers, to discuss the integration of AI in education. Participants reaffirmed their commitment to the 2030 Agenda for Sustainable Development, specifically Sustainable Development Goal (SDG) 4, focusing on inclusive, equitable, and quality education.

THE RECOMMENDATIONS MADE WERE:

- ❖ **Independent Evaluations:** Schools should implement assessments of AI tools to ensure their effectiveness and safety.
- ❖ **Educational Technology Certification:** Programs should be established to certify AI tools that demonstrate clear educational benefits while ensuring strong protections for students.
- ❖ **Minimum Age Limits:** Setting age restrictions for AI use in classrooms to protect younger students from potential harm.
- ❖ **Teacher Training:** Providing comprehensive training for educators on the ethical use of AI tools and data privacy.

As the education sector navigates the complexities of integrating AI, it is crucial to balance innovation with caution. As Marshall McLuhan wisely noted, "We shape our tools, and in turn, our tools shape us." Rather than dismissing or becoming overly reliant on AI, we should focus on molding it to enhance education and create a brighter future. By actively guiding its development and use, we can ensure that AI serves as a powerful ally in our educational journey.



Smt. Versha Nyayadhish
(Co-ordinator MES Pune)



THE POWER OF VEDIC MATHEMATICS: UNLOCKING MENTAL CALCULATION

Vedic mathematics, an ancient Indian system of calculation, has gained popularity globally for its simplicity, elegance, and effectiveness. This article explores the history, principles, and benefits of Vedic mathematics.

HISTORY

Vedic mathematics originated from the ancient Indian Vedic texts, specifically the Atharva Veda and the Sulba Sutras. The system was rediscovered in the 20th century by Swami Bharati Krishna Tirtha, a Hindu monk and mathematician.

PRINCIPLES:

Vedic mathematics is based on 16 Sutras (aphorisms) that provide a framework for mental calculation.

These Sutras include:

1. **Ekadhikena Purvena:** “By one more than the previous”
2. **Nikhilam Sutra:** “All from 9 and last from 10”
3. **Urdhva-Tiryagbhyam:** “Vertically and crosswise”

BENEFITS:

Vedic mathematics offers numerous benefits:

1. **Improved mental calculation:** Enhances cognitive abilities and mental math skills.
2. **Increased speed:** Faster calculations reduce time and effort.
3. **Accuracy:** Reduces errors and improves precision.
4. **Simplified calculations:** Complex problems become manageable.

Vedic mathematics is a powerful tool for mental calculation, offering simplicity, speed, and accuracy. Its principles and applications make it a resource for students, professionals, and enthusiasts alike.

Smt. Aruna Gupta
TGT-Mathematics



HOW MATHEMATICS IS USEFUL IN OUR DAILY LIFE

Mathematics, the language of numbers, is an indispensable part of our daily existence. Its presence permeates every aspect of our lives, from the intricacies of physics and chemistry to the mundane tasks of shopping and finance. Whether we realize it or not, mathematics plays a vital role in shaping our decisions, making our lives more efficient, and streamlined.

THE UNSEEN PRESENCE OF MATHEMATICS:

From the moment we wake up, mathematics influences our daily routines. Setting alarms and scheduling appointments rely on mathematical concepts of time and timing. Measuring ingredients for cooking involves mathematical calculations of proportions and quantities. Even simple tasks like dialing phone numbers or sending messages rely on mathematical patterns.

MATHEMATICS IN DAILY TRANSACTIONS:

Shopping, for instance, is a math-intensive activity. Estimating time spent shopping involves mathematical calculations. Weighing vegetables requires understanding units of measurement. Counting cash and calculating change involve basic arithmetic operations.

THE POWER OF MATHEMATICS:

Mathematics empowers us to make informed, calculated decisions. It enables us to optimize resources and manage finances effectively. By analyzing data, identifying patterns, and predicting outcomes, mathematics becomes an indispensable tool in our daily lives.

Sh. Bikram Singh
PGT-Mathematics



॥ हमारा लक्ष्य ॥



इस प्रकार की राष्ट्रीय शिक्षा-प्रणाली का विकास करना है जिसके द्वारा ऐसी युवा-पीढ़ी का निर्माण हो सके जो हिन्दुत्वनिष्ठ एवं राष्ट्रभक्ति से ओत-प्रोत हो, शारीरिक, प्राणिक, मानसिक, बौद्धिक एवं आध्यात्मिक दृष्टि से पूर्ण विकसित हो तथा जो जीवन की वर्तमान चुनौतियों का सामना सफलतापूर्वक कर सके और उसका जीवन ग्रामों, वनों, गिरिकन्दराओं एवं झुग्गी-झोपड़ियों में निवास करने वाले दीन-दुःखी अभावग्रस्त अपने बान्धवों को सामाजिक कुरीतियों, शोषण एवं अन्याय से मुक्त कराकर राष्ट्र जीवन को समरस, सुसम्पन्न एवं सुसंस्कृत बनाने के लिए समर्पित हो।

*We want such education
by which character is formed,
strength of mind is increased,
the intellect is expanded,
and by which
one can stand on
one's own feet.*

-Swami Vivekananda





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



100 % CBSE CLASS 12TH RESULT(2023-24)

SBYBVM PROVED THAT "EXCELLENCE IS OUR SPECIALITY"

STREAM MEDICAL (TOP 5)



Varun Sihotra
93%



Raashi
87%



Sayam Dagoria
82.4%



Khushboo
81.6%



Mridul Goswami
80.6%

100 % Result

90-100: 01

80-90: 05

70-80: 15

60-70: 10

50-60: 01

STREAM NON MEDICAL (TOP 5)



Kapish Pathania
83%



Shubam Sharma
75.8%



Piyush Kerni
74.8 %



Priyanjli
72.6%



Daljeet Singh
70.4%

TOP 10 STUDENTS OF CLASS 10TH



Aditya Rometra & Saksham Thakur
95.6%



Dikshit Singh Bhadwal
95.4%



Achyut Mahajan
95.2%



Dhanesh Singh
94.4%



Kritika Thakur
93.8%



Banchhi Prachika
90.4%



Harshita Gupta
89.2%



Vansh Khajuria & Maniya Sharma
88.4%



Keshav Pathak
87.6%



Chatanya Thakur
87.4%

100% Result: 90-100: 07, 80-90: 17 , 70-80: 16 , 60-70:14, 50-60: 02



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