

KENDRIYA VIDYALAYA
GERUKAMUKH NHPG



SRIJAN
2022-2023

SMART
DESIGN
EDUCATION
SCIENCE ART
LEARNING
SCHOOL
IDEAS
ENGLISH
STUDY
UNIT



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MESSAGE FROM HONOURABLE DEPUTY COMMISSIONER, KVS RO GUWAHATI



"It is by a constant inner growth that one can find a constant newness and unfailing interest in life. There is no other satisfying way."

- Sri Aurobindo

The entire purpose of education is not to restrict itself to imparting bookish knowledge only but to inculcate humanitarian values like wisdom, compassion, courage, humility, integrity and reliability in a student.

"Success comes to those who work hard and stay with those who don't rest on the laurels of the past." The school magazine is a platform for the students and teachers to express their creative pursuit which develops in them originality of thought and perception in two different languages (English & Hindi).

The wings of aspirations need winds of reason and logic coupled with the rays of knowledge and information. Every dream is worth seeing and has the aura of being actualized. Now it is the time to rise to the occasion and prove to be the assets for the nation. Cherish your dreams and come up to the expectations of all those concerned. Nothing can stop a sincere effort from creating a milestone.

My best wishes are with the stakeholders, my beloved students as well as the educators who leave no stone unturned to realize the dream of astounding success. Heartiest congratulations to everyone.

**(VARUN MITRA)
DEPUTY COMMISSIONER
KVS RO GUWAHATI**

MESSAGE FROM HONOURABLE ASSISTANT COMMISSIONER, KVS RO GUWAHATI



It gives me immense pleasure to witness the publication of the e-magazine of Kendriya Vidyalaya NHPC Gerukamukh. I would like to extend my heartfelt congratulations to the Principal, staff and students who contributed their valuable insights and diligently worked to publish this magazine. It is wonderful to see especially young minds making use of their artistic thoughts and creating something beautiful out of it. Keep participating in the activities. In the words of the great philosopher Aristotle, “Educating the mind without educating the heart is no education at all.” These words are the founding stones of our principles and values. With the intent to enrich a generation, we have stepped into the 21st century. The ever-increasing demands of the society, the paucity of time and the degrading cultural practices are hurdles indeed but they can be overcome with perseverance and dedication. I wish you all the best and happiness in your future endeavors which, I am sure, will continue with the same enthusiasm and zeal

(VENKTESWAR PRASAD B)
ASSISTANT COMMISSIONER
KVS RO GUWAHATI

MESSAGE FROM THE HONOURABLE CHAIRMAN OF
VIDYALAYA COMMITTEE



It is an immense pleasure to express my gratitude that the Kendriya Vidyalaya, NHPC, Gerukamukh has published a magazine as Vidyalaya Magazine with activities undertaken by staff and students. The Vidyalaya have expertise, excellent students and have been rendering their services in various fields of the nation.

It is indeed appreciable and I wish all the best and quite memorable for publishing the magazine.

With Best Wishes

Sh. VIPIN GUPTA,
Executive Director, SLHEP

Principal's Message



This Vidyalaya has been putting all the efforts to provide the best to our students in the fields of academics, games and sports, Scouts & Guide Activities and various competitions and examinations. The enthusiastic young writers and artists would be an asset to the nation in future. Publication of Vidyalaya Patrika is an exercise that provides the students and staff a rich educational experience, especially their aesthetic sense. Our Vidyalaya Patrika is a medium to express the talents groomed at Kendriya Vidyalaya NHPC Gerukamukh for the holistic growth of the students. It finds space for glimpse of the student's significant creativity inside and out- side of the classroom.

I thank from the core of my heart to the Deputy Commissioner, KVS Guwahati Region, Guwahati and Hon'ble Chairman, VMC for their valuable guidance and support.

I appreciate and extend my congratulations to the editorial board for their commendable efforts in bringing out the Vidyalaya Patrika in present shape. I would like to extend my best wishes to all the students who exhibited their talent in the field of letters through this Vidyalaya Patrika.

I wish everyone a happy reading.

-Manish Tilak
Principal, KV NHPC GERUKAMUKH

Editorial

Dear Readers,

To me, the greatest pleasure of writing is not what it's about, but the inner music the words made

Truman Capote

In agreement with the above quote, I find writing as the most valuable literary expression. The inculcation of the passion for creative thinking and writing amongst the students is one of the major objectives set by the Vidyalaya. This Patrika has been a step towards it and it has served as a great platform to vent out students' passion for writing and encourage original thinking within them.

Our student authors have put across some amazing pieces of writing displaying their creative thinking and writing skills. The works included in this edition are extremely simple but will surely provide an opportunity to peep into a child's thought process and his/her axiomatic creative thinking.

The publication of the Vidyalaya Patrika included a lot of planning compounded with teamwork. It is a matter of pleasure that all the blooming writers responded to my call and penned their ideas for the magazine.

Finally, from the entire team of Patrika, I wish all the readers a happy reading.

EDITORS:

AMRESH KR. SINGH
TGT-English

SUBHJEET RAJ-X

KANAD RATNA-X

Editorial Board



STUDENTS' MESSAGE

Exultation courses through my nerves with the anticipation of publication of this magazine. *Srijan* is the quintessential viable result of the endeavor put by the naïve, yet, omnificent students and euphoric teachers endowed with immense alacrity. I am unequivocally appreciative of everyone who put a helping hand for the successful publishing of *Srijan*.

Since its very inception, KENDRIYA VIDYALA NHPC GERUKAMUKH has been

an epitome of knowledge which proved to be an indispensable factor towards the comprehensive development of the students and enabling them to touch the unparalleled success out of altruism. Here at our Vidyalaya, everyone works toward unveiling the obnubilate talents of the teachers and students combined henceforth resulting in the publication of this exquisite magazine. This magazine is not just solely consolidation of pages, rather, it is a concoction of intangible creations evolving in their aesthetic mind, albeit, molded in the form of ineffable words with infused bliss by the effervescent students and teachers of our Vidyalaya.

I bestow my heartfelt gratitude for the publication of *Srijan*.

–Subhjeet Raj
Class: X

Kendriya Vidyalaya NHPC, Gerukamukh has completed 17 years of unparalleled contributions towards holistic education, producing talented citizens, who have excelled in their respective fields. India's future is shaped by them. The atmosphere of the school is electrified with knowledge, buzzing with competitive spirit. Yet, the comfort that the school staff offers is rivaled only by one's own home.

Various Social awareness campaigns have been organised in the school campus along with a multitude of competitions for harnessing the talents of the students, and assisting them to touch greater heights of glory.

This magazine is an effort to exhume the latent talents of the tiny tots. This will invigorate the young minds to make their pens revolutionary and minds intellectual.

Thangjam Gagarin
Class-X

It warms the core of my heart to present this current edition of Vidyalaya E-magazine for the session 2021-22.

The Vidyalaya e-magazine highlights the aspirations and the achievements of the students in different scholastic activities and play an active role in all round development of the Vidyalaya.

It is also a wonderful initiative for budding writers to express and pursue the cause of writing energetically and enthusiastically which is a prerequisite to good and wholesome education.

I really appreciate the contribution of all students. Efforts of teachers and staff members are also commendable in bringing out this magazine successfully.

I convey my heartiest congratulations and best wishes for successfully releasing Vidyalaya e- magazine by Kendriya Vidyalaya NHPC Gerukamukh.

JYOTSANA
Class- XI








KENDRIYA VIDYALAYA, NHPC GERUKAMUKH

VMC MEMBERS LIST



S. No.	Member	Incumbent
1	Chairman	Sh. Vipin Gupta, ED, SLHEP Gerukamukh.
2	Nominee of the Chairman	Sh. Naveen Jain, GM-HR, SLHEP Gerukamukh.
3&4	Two Eminent Educationists	Sh. L.M. Gothpur Principal, VKV Dhemaji Sh. Sanjeev Kumar Kar, Principal, VKV Dollungmukh.
5	An Eminent Person in the Field of Culture	Sh. Priya Ram Datta, Rtr. Headmaster, BC High School, Dhemaji. (Resident-Gogamukh)
6&7	Two Parents of the Children studying in the KV to be Nominated by the Chairman	Sh. K Shrinivas Smt. Pushplata
8	An Eminent Medical Doctor of the area	Dr. Bikash Jyoti Nath, MO, SLHEP Gerukamukh.
9	A representative of SC/ST/Minority Community	Sh. S.P. Mazumdar, SLHEP Gerukamukh.
10	A teacher representative	Sh.R.R. Meshram, PGT-CS, KV NHPC Gerukamukh.
11	Member Secretary	Sh. Manish Tilak, Principal, KV NHPC Gerukamukh.
12	Co-opted member	Sh. Manoj Kumar, SM, SLHEP Gerukamukh.
13	Chairman of C.G.E.W.C.C.	Sh. Ishiyaq Alam, DC, CISF Unit, Gerukamukh
14	A technical member from construction background	Sh. P.P. Khalko, SM-Civil Infra, SLHEP Gerukamukh.

KENDRIYA VIDYALAYA, NHPC GERUKAMUKH STAFF LIST

S.No	Name	Designation	Photos
1	Mr. Manish Tilak	Principal	
2	Mr. Rupendra Ramcharan Meshram	PGT-Computer Science	
3	Mr. Arik Poddar	PGT-English	
4	Mr. Sukhen Kr. Pathak	PGT- Hindi	
5	Mr. Devendar Swami	PGT-Biology	
6	Ms. Aparadhita Gogoi	PGT-Chemistry	
7	Mr. Debajit Saikia	PGT-Physics	



8	Ms. Joyshree Das	PGT-Mathematics	
9	Mr. Rajesh Kumar Dwivedi	TGT-Work Experience	
10	Mr. Vikash Ranjan	TGT-Library	
11	Mr. Amresh Kumar Singh	TGT-English	
12	Mr. Abhishek Yadav	TGT-Art Education	
13	Mr. Yogesh Kumar Kaushik	TGT-Mathematics	
14	Mr. Govind Kumar Meghwal	TGT-Social Studies	

15	Mr. Shivram Dariya	TGT-Sanskrit	
16	Ms. Purbali Sarkar	TGT-Physical & Health Education	
17	Mr. Naveen Kumar Girho	Primary Teacher	
18	Mrs. Monika	Primary Teacher	
19	Ms. Komal Arora	Primary Teacher	
20	Mr. Harihar Gopal Upadhyay	Primary Teacher	
21	Mr. Ajay Kumar	Primary Teacher-Music	

22	Mr. Babu Lal Meena	Primary Teacher	
23	Mr. Prakhar Chauhan	Primary Teacher	
24	Ms. Ratna Debnath	Primary Teacher	
25	Mr. Anurag Raj	SSA	
26	Mr. Sonu Kumar Verma	JSA	
27	Mr. Emil Kujur	Sub Staff	

KENDRIYA VIDYALAYA NHPC GERUKAMUKH

ACADEMICS ACHIEVEMENT (2020-21)

<u>sno</u>	<u>class</u>	<u>No of students appeared</u>	<u>passed</u>	<u>%</u>	<u>Highest Score</u>	<u>Name</u>	
1	X	44	44	100	96.4%	Mast. Shreyas Sharma	
2	XII	14	14	100	95.2%	Mast. Anubhab Dutta	

KVS TOURNAMENTS (KALA UTSAV 2021)

<u>NAME</u>	<u>CLASS</u>	<u>ACHIEVEMENT</u>
BIKI BORAH	X	Second position

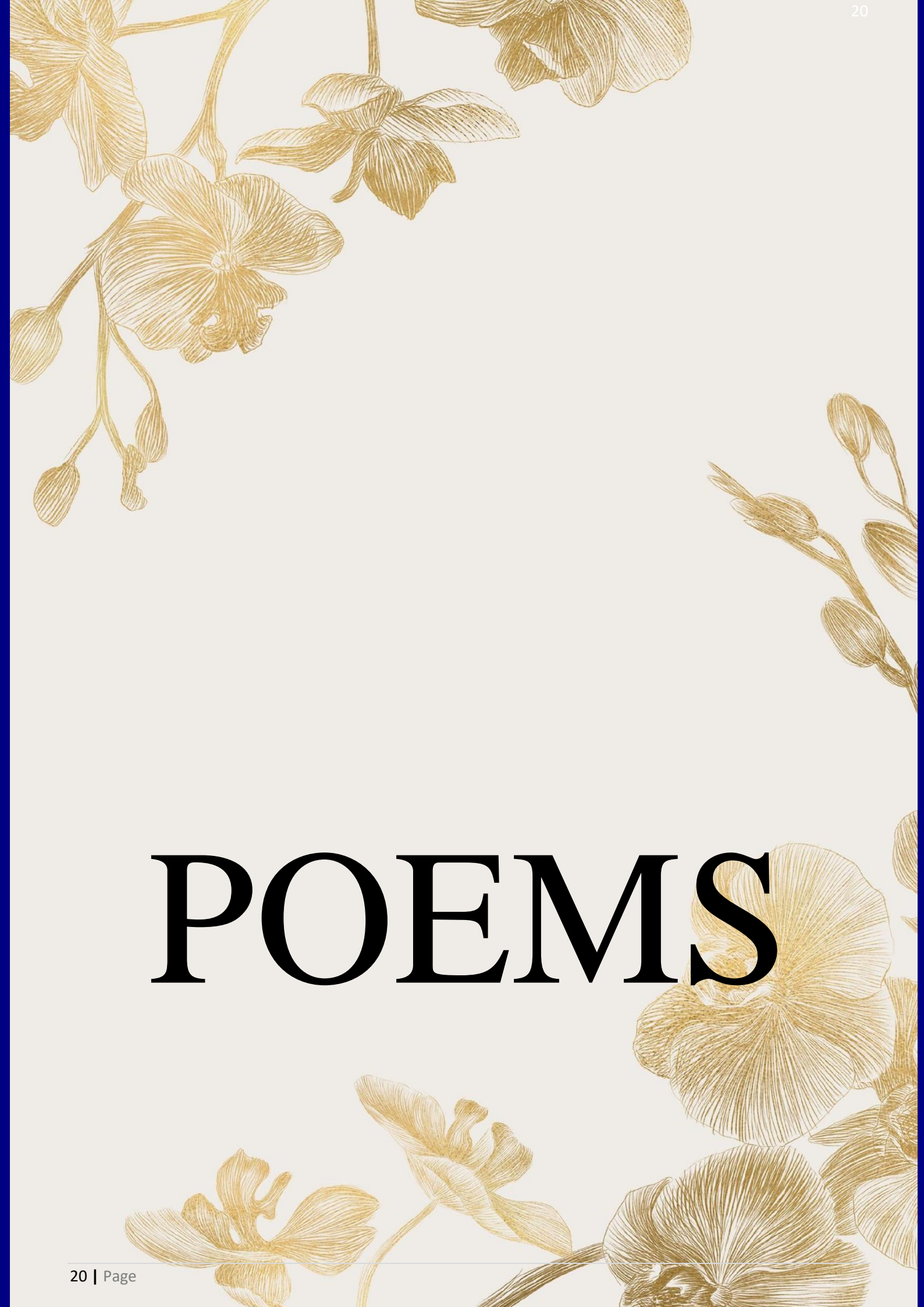
NCSC 2021 ACHIEVER

<u>NAME</u>	<u>CLASS</u>	<u>ACHIEVEMENT</u>
SUBHJEET RAJ	X	QUALIFIED FOR NATIONAL LEVEL



STUDENTS' CORNER

POEMS



THE LITERARY RAIN

The oblivious sagacious universe,
 Eavesdropped Exquisite Euphoric Beats,
 of his rather nebulous heart,
 Mollified Melancholic Eeyorish Clouds,
 Bestowed lugubrious tears aloof,
 Proliferating the spate of ephemeral emotions,
 cascading as a crux,
 in his credulous crestfallen heart....

-Subhjeet Raj
 Class: X

Your Best

If you always try your best,
 Then you'll never have to wonder,
 About what you could have done
 If you'd summoned all your thunder.
 And if your best,
 Was not as good
 As you hoped it would be,
 You still could say,
 I gave today,
 All that I had in me...

-Drishiti Deukota
 Class: X

Life

Life is an unknown road,
Carry the load without fear
God is always there,
Follow the path of light
Do for the right
Turn back for the wrong,
Walk on the right side
With all the might
Step on the path of truth
Just take the right move.
Life is like a piano
What you get out of it
Depends on how you play it.
Do not be afraid of dark nights
It is followed by a bright morning,
At the end all we have is now.

-Liril Kena

Class: X

Know This

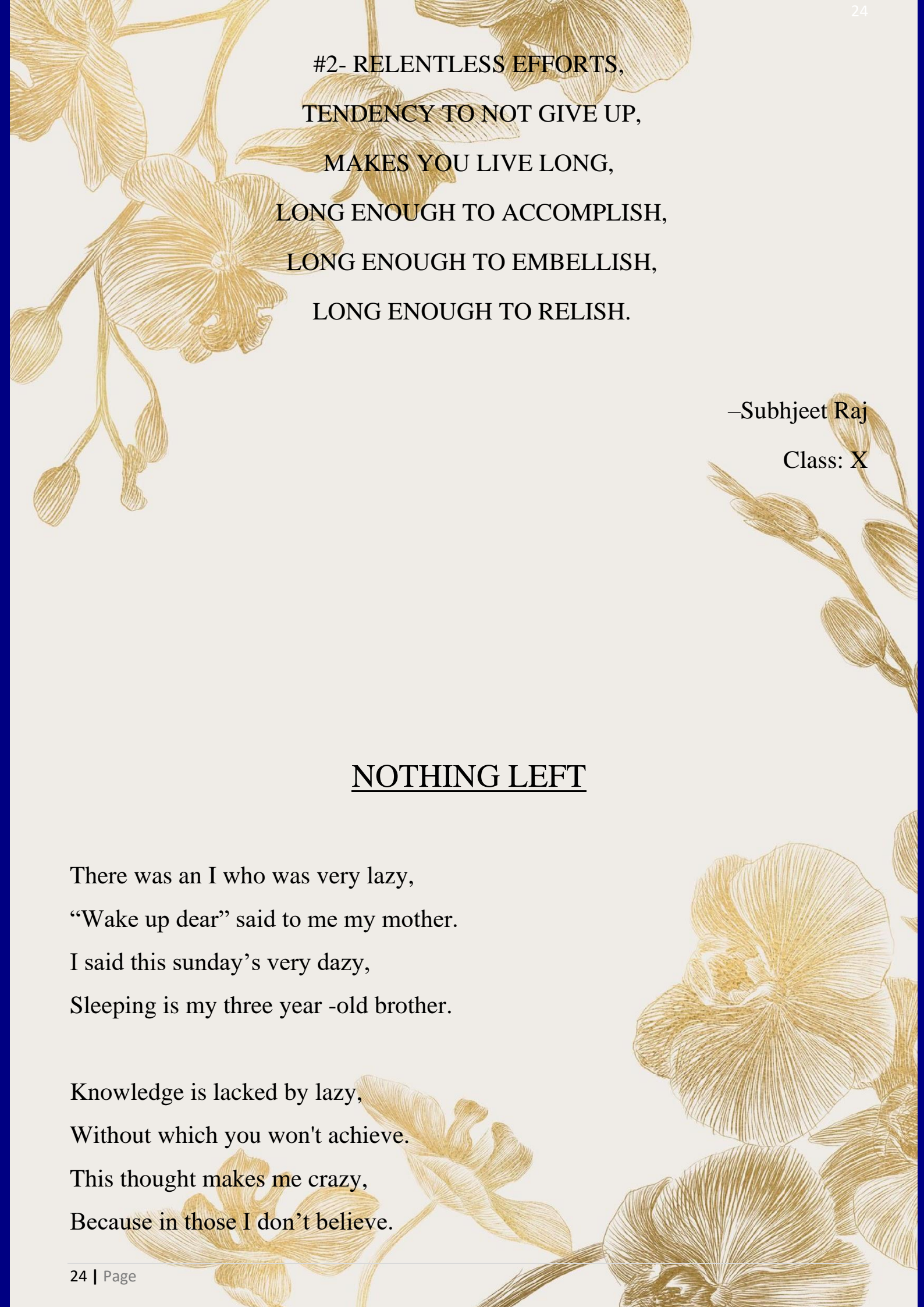
There's a fear
lurking deep within,
That you can lose
your will to try.
that in time
you will give in,
that one day
that flame will die.
But with every time you fail, you fall,
You crawl, you fake your strength,
And hope is frail know this:
you will not break.

-Rashmi Poudel
Class :X

Aesthetic Short Poems

#1–Belligerent Blemish Besmirched Benevolent Boy

As if it jeopardized all his joy,
Proliferating aggression became his nemesis
Implicating him into his detrimental crisis.



#2- RELENTLESS EFFORTS,
TENDENCY TO NOT GIVE UP,
MAKES YOU LIVE LONG,
LONG ENOUGH TO ACCOMPLISH,
LONG ENOUGH TO EMBELLISH,
LONG ENOUGH TO RELISH.

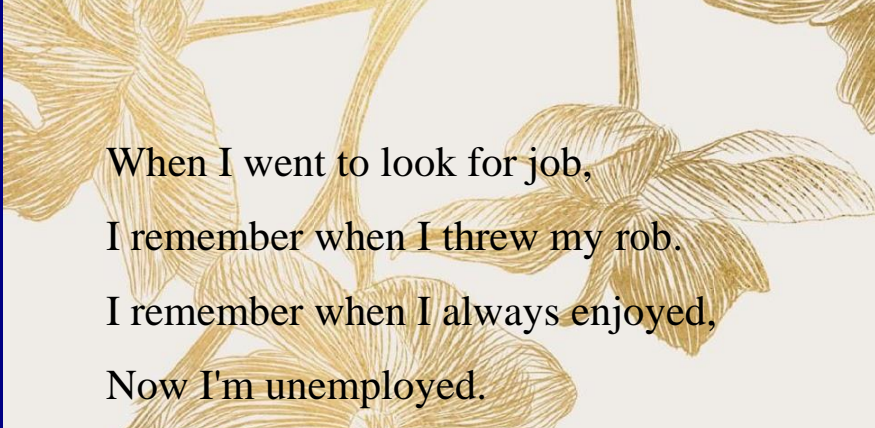
–Subhjeet Raj

Class: X

NOTHING LEFT

There was an I who was very lazy,
“Wake up dear” said to me my mother.
I said this Sunday’s very dazy,
Sleeping is my three year -old brother.

Knowledge is lacked by lazy,
Without which you won't achieve.
This thought makes me crazy,
Because in those I don't believe.



When I went to look for job,
I remember when I threw my rob.
I remember when I always enjoyed,
Now I'm unemployed.

There was no one to be friend,
With whom I could engage.
Bought this to me,
The lack of wealth, I tend.

To give me peace, there remained none,
To provide some joy, none remained there.
Lacking them I forgot all my fun,
I wonder, is this really fair?

-RISHIT CHAURASIA

Class: VIII

POEM

How a vase can become precious
When one forgets the flower.
Is the food delicious When it tastes sour
and can a award be prestigious
if its size is greater
Is the face furious
When it's longer.

-AANYA GUPTA

Class: VII

Miracle Mother

She is an auspicious gift,
She cares, loves, serves
She is a miracle on the earth
Gives direction from curves
And leads us for bright future
She is like a twinkling star,
Who glows and shines?
By rendering her service
Shows her love and affection
Serves with great passion
I don't have words to say
The words for her are endless...

-Jyotsana

River's Kindness...

A river flows through,
Mountains, plains and towns.
Sometimes straight,
Sometimes going round.
Its water is enjoyed by everyone,
Be it a king for a clown.
Bringing happiness to thirsty,
And smiles to faces that frown.
Never stopping,
The river ends in a sea.
Giving happiness to civilization,
And sets everything free.
Not charging anything from anybody,
Unlike we humans,
Who gives happiness?
And in return, charge money.

-Sansthita Hazra
Class: IX

LIE TO ME TODAY

I want everyone to lie to

Me today

I want everyone to lie to

Me today

Tell me everything's fine

Even if it's a hurricane

Outside!

I want everyone to lie to

Me today

Tell me that people never die

Even at this moment

hundreds died !

I want everyone to lie to

Me today

Tell me life is about living

Even if we die for money everyday!

Tell me everything I want to hear today!

Tell me life is very easy

Lie to me today,

Even our life is full of hurdles!

-Lipi Das

Class: XI

THE SKY

The magic sky

Turns once day ,

Turns once night .

The deep blue sky

How wonderful and high

The bright golden sun ,

The fluffy floating clouds ,

The seven colours rainbow ,

Together , Makes a pleasant weather .

The dark black sky

How wonderful and high

The twinkling diamond star ,

The glowing silver moon ,

Gives , Such a glorious boon .

Sometimes , The sky looks so peaceful ,

Sometimes , The sky looks so beautiful ,

Sometimes , The sky looks scary ,

What are those miracles mysteries

–Diplip pegu

Class: 11

DON'T

Don't stand obscure,
When things go south,
Head to rather,
The south west Madagascar
Don't be cynosure,
When things go north,
Follow the Stella Polaris,
The true pole star
Don't indulge in lore,
When things go east,
Head to rather,
The middle east Egypt
Don't cry no more,
When things go west,
Follow the Cosmic laws,
The over pitched clause.

-SUBHJEET RAJ

CLASS:X

NO FRIENDS NO ENEMIES

When I was a rolling stone,
All relations were at my phone.
I had gathered no moss,
But my success wasn't gross.

When I stood in the market,
Nowhere I got attention.
In winter wearing a jacket,
After retired, I got some pension.

At the end of my life,
I gained no friends.
I still live without wife,
WhatsApp no one sends.

Some tend to destroy me,
I also wish the same.
I wish to finish thee,
They seem a video game.

All that made me sad,
My expectations are now inverse.
No friends seems bad,
Enemies seem worse.

-Rishit Chaurasia

Class: VIII

LIFE

Life! O Life!
How can I describe you?
Brightness or darkness?
Sadness or bliss?
Slavery or freedom?
Gain or sacrifice?
I try to find you
In events and instances,
Before every demise.
Are you the devil's rage?
Or the worry in a beggar's face?
The guidance of my father
Or the hidden smile of my mother?
For time and time to come,
I will be searching for you.
From the break of dawn to twilights,
Even when dreams catch my eyes.
In the deserted night,
The moon will witness my fight.

Life O life...
How can I describe you?
Are you boundless or confirmed?

-Thangjam Gagarin

Class: X

DO IT NOW

If you have hard work to do,

Do it now.

Today the sky is clear and blue,

Yesterday the clouds had been on you,

Tomorrow is not for you,

Do it now.

If you've a smile to show,

Show it now.

If u want to make something,

Make it now.

Make heart happy and roses grow,

Let the friends around you show

The love you have for them, before they go,

Show it now.

-Thangjam Gagarin

Class: X

HOME

A home is a place where
You feel secure and happy
you can be alone
you can keep all your things
you can bring up a family
you can invite friends relatives
you can make a noise if you want to
you can do whatever you like
you are at peace
you can look after your parents
you receive and give love

-Aditya Kumar Gupta

Class:X

God

God, make my life a little flower,
That will give joy to all.
Content to bloom in invite bower,
Although the place seems to be small.
God, make my life a little song,
That comfort when I am sad.
As well as help other to be strong,
And make the singer glad.

God, make my life a little staff,
Where on the weak may rest.

Kajal Kumari Sahani

Class: VIII

OH! LEAFY FLY

Greyed with the conversance of charlatans,
Smothered with the acquaintance of callousness,
Endured the bereavement of bequeathed ness,
Incipiently impounds the heart within the chest,
Optates for the mind of obliterate,
yet,
It sways a paranoiac wave within the heart.
however,
One shouldn't capitulate,
For all these torments would sublimate,
Once you start embracing the river,
flowing within your soul called life.

-Subhjeet Raj

Class: X

कविताएँ

आत्मनिर्भर भारत

हम सबका है एक ही सपना
बने आत्मनिर्भर भारत हमारा
उद्यम कुशलता की सीढ़ी चढ़
नित नए आयाम है गढ़ना
हम सबका है अपना

अंतरिक्ष की अनंत ऊंचाई
ISRO के प्रयास से पाई
विश्व भर में नाम कमाया
बनाकर कोरोना की दवाई
मंगल, चन्द्र उपग्रह प्रक्षेपण
कर आकाश की ओर है उड़ना
हम सबका है अपना

बहुत हुआ दूसरों पर निर्भर
अपना भी अभिमान है
बनाए और अपनाए स्वदेशी
यही राष्ट्रीय सम्मान है
Make in India के नारे को
हम सबको साकार है करना
हम सबका है अपना

आत्मनिर्भर बनने की खातिर
शिक्षा में नवाचार किए
नई राष्ट्रीय शिक्षा नीति बनाकर
अवसर अन्वेषण के दिए
कार्यकुशलता की कसौटी को
हर पैमाने पर है कसना
हम सबका है अपना

अगर सपने को हकीकत में है बदलना
हम बच्चों की ही होगी रचना
अपनी शिक्षा का ख्याल है रखना
तथ्यों को तुम कभी ना रटना
गणना के तथ्यों को समझकर
शिक्षा का विकास है करना
पूरा करेंगे हम यह सपना
बनेगा आत्मनिर्भर भारत हमारा
जय हिन्द जय भारत

-निशिका तिलक

कक्षा: ७

प्रकृति

प्रकृति जो -
हमें पाल- पोषकर कर बड़ा करती है
अगर प्रकृति हमें खाना न देती
तो हम इस धरती पर जीवित नहीं होते ।

प्रकृति जो -
हमें रहने के लिए जगह देती है
अगर प्रकृति हमें मिट्टी, पत्थर, पानी आदि न देती
तो हमारा घर इस दुनिया में नहीं होता ।

प्रकृति जो -
हमें पहनने के लिए कपड़ा देती है
अगर प्रकृति भेड़ों को जन्म न देती
तो हमें इतना सुन्दर कपड़ा पहनने को नहीं मिलता ।

अगर प्रकृति
हमें पेड़-पौधे नहीं देते
हमें कागज-किताब नहीं मिलता
हम कभी शिक्षित नहीं बन पाते ।

- मृदुस्मिता कलिता

कक्षा:VIII

समय का महत्व

टिक – टिक – टिक कह
चल पड़ी है यह घड़ी
न करती परवाह किसी की
बिन रूके चली जा रही ।

समय का मील जो जाने
उसे न परवाह घड़ी को इस टिक – टिक से ।
जो न जान इस मील की
रहता है डर इसके हर चाल से ।

सही राह दिखाती
अंधकार को दूर कर हर जगह से
आलसियों को मार भगाती
दिशाहीन को दिशा दर्शाती ।
घड़ी न करती परवाह किसी की
बस गई से चल पड़ती
समय के भूले भटके का
मार्गदर्शिका बन दिशा है दर्शाती ।
टिक – टिक – टिक कह
चल पड़ी यह घड़ी
न करती परवाह किसी की
बिन रूके चली जा रही ।

-थान्जम गागरिन
कक्षा:10

अब हमारा एक ही सपना आत्मनिर्भर हो भारत अपना

नया जमाना लाँगे भारत को हर क्षेत्र में आत्मनिर्भर बनाँगे
प्रत्येक क्षेत्र में स्वयं पर निर्भर होना, तात्पर्य यही है आत्मनिर्भरता का
प्रमुख उद्देश्य है, स्वयं निर्माण करें हर वस्तु का
आयत कम, निर्यात अधिक करें हर वस्तु का
बहिष्कार करें विदेशी उत्पादों का , निर्माण करें स्वदेशी उत्पादों का
देश का मान बढ़ाँगे, नया जमाना लाँगे, भारत को हर ...
स्वयं होकर आत्मनिर्भर भारत को भी बनाना है आत्मनिर्भर
प्रधानमंत्री जी की पहल से शुरू हुआ आत्मनिर्भर भारत अभियान , निर्मल भारत
अभियान
हम सबको मिलकर इसे पूरा करने में है जुटना
लघु उद्योगों को दिलाकर प्रोत्साहन
भारत को बनाना है शक्तिसंपन्न

नया जमाना ...

आपरेशन शक्ति को पूरा किया अटल जी ने
चौंका सारा विश्व देख सफल परमाणु परिक्षण पोकरण में
स्वयं अपनी सैटेलाईट बनाकर हो रहा है भारत आत्मनिर्भर अंतरिक्ष में
स्वप्न देखा जो पूर्वजों ने आत्मनिर्भरता का
स्वदेशी वस्तुएं बनाकर सफल करेंगे सपने को
मजबूती देंगे अपनी अर्थव्यवस्था को
स्वदेशी अस्त्र-शास्त्रों को बनाकर सुरक्षा भी देंगे अपनी भारत माता को

नया ज़माना...

उद्योग रोजगार बढ़ाएँगे आर्थिक समानता लायेंगे

वापस राम राज्य लायेंगे

जन-जन में आत्मनिर्भरता फैलाएँगे

खिलौनों से लेकर अस्त्र-शास्त्रों तक स्वदेश में बनाएँगे

भारत का मान और शान बढ़ाएँगे, भारत को हर क्षेत्र में आत्मनिर्भर बनाएँगे

जय हिन्द! जय भारत

- ज्योत्सना

कक्षा:११

मेजर ध्यानचंद

खिलाड़ी ऐसा सातक हो,

हॉकी का प्रतीक हो।

भारत का अभिमान हो,

हॉकी खिलाड़ी ध्यान हो।

आवाज जिस्की दहर हो,

तोड़ा घमंडी पहाड़ हो।

दिखाई एडॉल्फ को शान हो,

हॉकी खिलाड़ी ध्यान हो।

जादू जिस्की लकड़ी हो,

गेंद जिसमे जकरी हो।

विचार जिस्का महान हो,
हॉकी खिलाड़ी ध्यान हो।

-ऋषित चौरसिया

कक्षा:८

काबिलियत

खुद की काबिलियत पर भरोसा रख जो गलती आज की है उससे सीख
मत मांग किसी के आगे अपनी सफलता के लिए भीख
तू जलता हुआ रेगिस्तान है तेरे अंदर कुछ करने की ठान है तू तक मत तुझे
करना कुछ महान है
तू अपने घर वालों की आस है
उनकी उम्मीदों की सांस है इनको यूं ही नहीं जाया करना है तुझे अपनी
सफलता के लिए लड़ना है!!

-शुभजीत राज

कक्षा:१०

STORIES



THE BEST SEED

There once was a farmer who grew the most excellent wheat.
Every season he won the award for the best wheat in his county.

A wise woman came to him to ask him about his success.
He told her that the key was sharing his best seed with his neighbors so
they could plant the seed as well.

The wise woman asked, "How can you share your best wheat seed with
your neighbors when they compete with you every year?"

"That's simple," the farmer replied.

"The wind spreads the pollen from everyone's wheat and carries it from
field to field.

"If my neighbors grew inferior wheat, cross-pollination would degrade
everyone's wheat, including mine.

"If I'm to grow the best wheat, I must help my neighbors grow the best
wheat as well." And the woman praised him for his wisdom.

-Kanad Ratna
Class: X

Story of Two Brothers

Once upon a time, 2 brothers namely Mantu and Minesh lived.

Mantu was not a good boy, he'd bit other boys, but his brother Minesh kept thinking about space.

Minesh was excited because his teacher would tell about space the next day, but his brother Mantu was not interested in studies. When Minesh was going to school, he saw a spaceship, he went near the spaceship, and he noticed an alien. The alien asked to help him, Minesh brought the alien to his house and gave him some water and food.

Alien introduced himself as Alexa from planet Mars and ask Minesh what his name was?

“My name is Minesh”, he said.

Then Mantu came home and asked about the Alien.

Mantu: What is this?

Minesh: Alien, its name is Alexa

Mantu: I will give this alien to government or police, and everyone would respect me at school.

Minesh: Mantu

Mantu: Yes

Minesh: Are you thinking about giving Alexa to the government?

Mantu: No, I am not.

Minesh: Ok, go and have your dinner.

When Alexa slept, Mantu carried it to the police station. Minesh saw Mantu.

Minesh: Stop Mantu!

Mantu escaped

Minesh: Stop Mantu stop!

He gave Alexa to police.

He told the police, “This is alien.”

At last, Mantu gave the box where Alexa was sleeping, but when police opened the box there was no alien and police punished Mantu.

Alexa had returned to his planet Mars early that morning.



-JB PHILLBERT

CLASS:VI

One Good Turn Deserves Another

Trent and Michael were two friends. They loved to play football. They grew up and played for their state. They both were great players.

One day while they were getting ready to go home, their coach came. He said them, "I know, you both are great players but I decide to cut off both of you." They became very upset and angry at coach. Then Trent told, "We play football to inspire people. Why are you doing this?" Their coach said angrily "People like you can't inspire people" and the coach left.

They were thinking what to do next?

Michael said "I don't know anything except football." Trent also told "I have nothing to know alternatives" and he left immediately.

After arriving home, Trent's parent excitedly asked him, "How was your day, Trent?" Trent replied in weeping voice, "Stupid coach cuts off me from the team and he also told that people like me cannot inspire people." After hearing this, his parents tried to console and motivate him not to be hopeless. Trent started weeping and went to his room. After getting cut off, he became depressed and demotivated. To forget this thing, he started drinking alcohol regularly and so his parents became worried about his future.

After few months, one day he was drinking alcohol. One friend came to him and said "Do you know Trent; your friend Michael has died in a car accident?"

"What?", Trent asked surprisedly.

"Yes, I am sorry. It is true", replied his friend.

Trent shocked and he started crying and felt bad for Michael as he couldn't contact him for last few months. Hearing this news and Trent's crying, his parents came hurry and asked him "What happened, Trent?" Trent repeated the incident of Michael to his parents. After that, he promised that he would never drink and would make himself one in all. He would inspire people, not with football, with another way. Then he looked for new path of inspiring people. He began making inspirational videos and

posting them in YouTube and Facebook. He starts getting lots of viewers started to like his posts.

Thus, he started to tell stories about his great turn in life and his friend Michael to small crowd. One day the small crowd was changed into a big crowd. He became famous all around the world. He built his life as he wanted before.

Five years later, one day he was going to the auditorium for his speech. On the way he met his coach and told him, "You told me that people like me could not inspire people."

"I was wrong, and I am sorry for that", replied his coach, "and if you don't mind, you may come and inspire my players too." Trent politely told "Yes, I will obviously do so. By the way, why are you here?"

"I am here to hear you speak. But how did you achieve your goal?", questioned his coach.

"I believe myself and started doing what I wanted to do. So, you see that if one door is closes, another will open. Thus, finally I achieved my goal through my best efforts."

Moral: If one door gets closed, another will get open.

-Sayantan Koley

CLASS: IX

HAPPINESS

Once a troubled and exasperated person came to a guru and said -

He: Guruji, I am very upset with my life. In my life there is nothing but troubles and stress. Please show me the right path.

The Guru filled water in a glass and put a handful of salt in it. Then the Guru asked that person to drink the water in the glass. That person did the same.

Guru: How does this water taste?

He: It tastes very bad.

The Guru then took the person to a nearby pond. He put a handful of salt in that pond too, then told that person to drink the water of that pond and tell how it is. The man drank the water of the pond and said,

He: Guruji, it is very sweet.

Guru: Son, life's sorrows are also like this handful of salt. The amount of sorrows in life remains the same - neither more nor less. But it depends on us how we taste miseries. It is up to us whether we limit our thinking and knowledge like a glass and drink saline water everyday or drink sweet water like the water of this pond.

Que: How can you always remain happy?

Ans: A handful of salt can make a glass of fresh water salty, but if the same handful of salt is put in a pond or lake, it won't matter. Similarly, if the level of positive energy within us is high, then small troubles and problems will not affect us.

-Subhjeet Raj

Class: X

कहानियाँ

खुश रहने का राज

एक समय की बात है। एक गाँव में एक ऋषि रहते थे। लोग उनके पास अपनी कठिनाइयाँ लेकर आते थे। एक बार एक व्यक्ति उस गाँव में ऋषि से एक प्रश्न पूछने आया। उसने ऋषि से पूछा कि, “गुरुदेव, मैं जानना चाहता हूँ कि हमेशा खुश रहने का राज क्या है?” ऋषि ने उससे कहा कि तुम मेरे साथ जंगल में चलो, मैं तुम्हें खुश रखने का राज बताता हूँ। ऐसा कहकर ऋषि और वह व्यक्ति को कहा कि इसे पकड़ो और चलो। ऋषि ने उसे एक पत्थर पूरे यात्रा के दौरान उठाने के लिए कहा, तो उनके कहे अनुसार उसने एक यादृच्छिक पत्थर को उठाया और वह ऋषि के साथ-साथ जंगल की तरह चलने लगा। कुछ समय के बाद उस व्यक्ति के हाथ में दर्द होने लगा लेकिन वह चुप रहा और चलता रहा। लेकिन जब चलते हुए बहुत समय बीत गया और व्यक्ति से दर्द नहीं सहा गया तो उसने ऋषि से कहा कि उसे दर्द हो रहा है। तो ऋषि ने कहा कि इस पत्थर को नीचे रख दो। पत्थर को नीचे रखने पर उस व्यक्ति को बड़ी राहत महसूस हुई।

तभी ऋषि ने कहा यही है खुश रहने का राज है। व्यक्ति ने कहा, “गुरुदेव! मैं समझा नहीं।” तो ऋषि ने कहा जिस तरह इस पत्थर को एक मिनट तक हाथ में रखने पर थोड़ा सा दर्द होता है और अगर इसे घंटे भर रखोगे तो ज्यादा दर्द होगा। उसी तरह दुःख के बोझ को जितने ज्यादा समय तक उठाये रहेंगे उतने ही ज्यादा दुःख और निराशा होगी। यह हम पर निर्भर करता है कि यदि हम सुखी रहना चाहते हैं तो यह दुःख का पत्थर हमें शीघ्र ही नीचे रखना चाहिए।

-थान्जम गागरिन

कक्षा : x

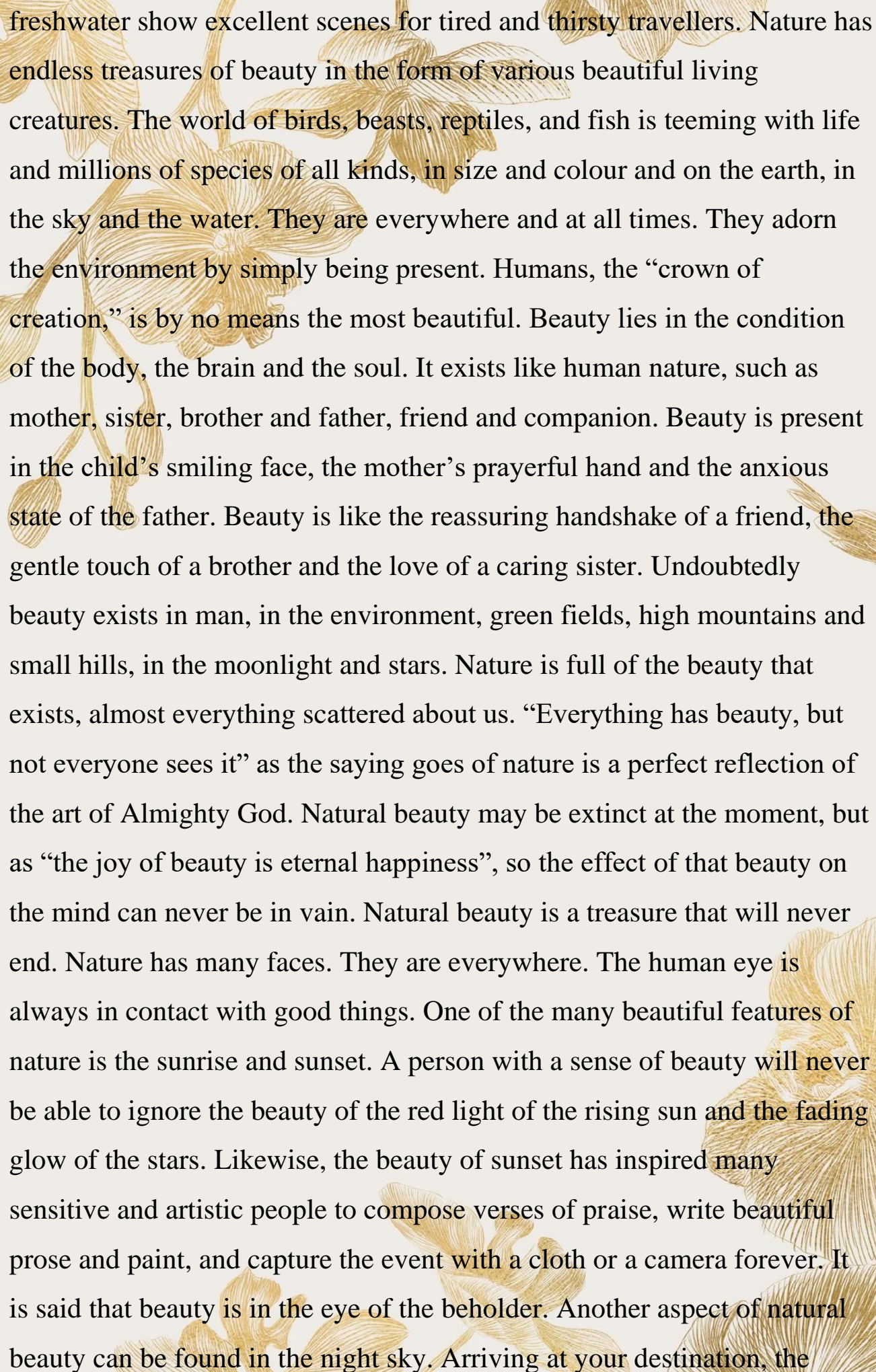
ARTICLES





BEAUTY OF NATURE

the end of the universe. Spring is the most beautiful of the seasons and is undoubtedly the queen of the seasons. During this period, the earth was filled with lush vegetation, colours, and aromas. Spring is a time of beauty and love, hope and happiness, life and happiness. Forests, lush plains, fields, and meadows prowl the lush vegetation to attract attention. Spring has endless and countless charms and beauty. Autumn has its golden, brown and mature colours. A life that started in the spring matures in the fall. This is a time for maturity and maturity. Summer is a season that helps the ripening process. It has its charms and beauty in the form of the most delicious fruits and vegetables. Cold winters, snow and fog have other advantages. It is a season of white, grey and black. Snow and ice have a fantastic effect on the human mind and are not as appealing as the dark clouds and the wind. On the other hand, nature has the beauty of the refreshing sky, the snow-capped mountains, and the deep green valleys. On the other hand, it has the mysteries and incomparable beauty of the deep blue sea. Nature preserves the beauty of the desolate desert and empty sand during the oasis. Its long-date trees that grow in the spring of



freshwater show excellent scenes for tired and thirsty travellers. Nature has endless treasures of beauty in the form of various beautiful living creatures. The world of birds, beasts, reptiles, and fish is teeming with life and millions of species of all kinds, in size and colour and on the earth, in the sky and the water. They are everywhere and at all times. They adorn the environment by simply being present. Humans, the “crown of creation,” is by no means the most beautiful. Beauty lies in the condition of the body, the brain and the soul. It exists like human nature, such as mother, sister, brother and father, friend and companion. Beauty is present in the child’s smiling face, the mother’s prayerful hand and the anxious state of the father. Beauty is like the reassuring handshake of a friend, the gentle touch of a brother and the love of a caring sister. Undoubtedly beauty exists in man, in the environment, green fields, high mountains and small hills, in the moonlight and stars. Nature is full of the beauty that exists, almost everything scattered about us. “Everything has beauty, but not everyone sees it” as the saying goes of nature is a perfect reflection of the art of Almighty God. Natural beauty may be extinct at the moment, but as “the joy of beauty is eternal happiness”, so the effect of that beauty on the mind can never be in vain. Natural beauty is a treasure that will never end. Nature has many faces. They are everywhere. The human eye is always in contact with good things. One of the many beautiful features of nature is the sunrise and sunset. A person with a sense of beauty will never be able to ignore the beauty of the red light of the rising sun and the fading glow of the stars. Likewise, the beauty of sunset has inspired many sensitive and artistic people to compose verses of praise, write beautiful prose and paint, and capture the event with a cloth or a camera forever. It is said that beauty is in the eye of the beholder. Another aspect of natural beauty can be found in the night sky. Arriving at your destination, the

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glowing stars and the glowing moon of the moon have nothing in common. Under the influence of the moonlight, this world also becomes a beautiful world and a dream world. The changing seasons have their beauty that has fascinated the human mind for centuries and will continue to impress until .

-Varsha Singh

Class: IX

Bank Account

Imagine there is a bank, which credits your account each morning with Rs.86,400, carries over no balance from day by day, allows you to keep no cash balance from day to day, allows you to keep no cash balance and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every penny of course.

We, everyone has such a bank. Its name is "TIME". Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "Tomorrow".

Therefore, there is never not enough time or too much time. Time management is decided by us alone and nobody else. It is never the case of us not having enough time to do things, but the cause of whether we want to do it.

-Subhjeet Raj

CLASS:X

INDIA – A MESSENGER OF PEACE

Our beloved immortal souls of the past are the true lovers of peace, harmony & tranquillity. India is an inheritance of it. India believes in peace and avoid wars. Wars destroy peace. Peace as redefined in 21st Century is free from chaotic situation and unwanted conflicts and undesirable wars. War begets peace. India is a peace-loving country in Asia and the world at large. People of Asia are original inhabitants of peace and fraternity which forms modern democracy concrete and solid. India is a peace-loving territory in the world that was found in 6th century B.C. Gautama Buddha, Mahavira and Adi Shankaracharya have promoted these democratic concept 'Peace' in India. Peace is the pillar of the country.

Pandit Jawaharlal Nehru the former prime minister of India redefined the word 'Peace' in terms of "Panchasila Canon". Lal Bahadur Shastri, have considerably sink into the same in a better form of expression i.e.,

‘Love’, Following Buddha, Mahatma Gandhi and others introduced a new name for the old concept i.e., ‘Ahimsa’ or ‘Non-Violence’. The motto of the above statesmen is to maintain peace, avoid wars and summarized the life with a slogan, ‘Be Good and Do Good with Peace’.

Thus, Sanatan Dharma, which is known as Hindu Dharma rests upon Peace. Peace awakens human heart and provides environment to live healthy and happily with neighbours. This message is also propagated by our National flag in the Symbol of ‘Ashoka Chakra’ a symbol of peace. This is India’s greatest message to the world.

-THANGJAM GAGARIN

Class: X

Technological Development in India

बालस्य मूलम विज्ञानम्

Strength is the core of science. This quote on the logo of DRDO tell us that science is not just limited to our text books; If today we are free then we are so because of the science and technology soldiers. But science is also not just limited to freedom we also encounter science in our daily life. Science cannot be invented; it needs to be discovered. Many people have discovered many things and also many countries have done so. India is also not left behind in this case. For the last few decades India has been the second largest importer in the world after Saudi Arabia. But now India has also started exporting military equipments. Science is the root of technology. And technology plays an important role in our daily life. Many things like toothpaste which you use daily were invented in Egypt. But

many other things like toilets and shampoos were invented in India and also very advanced things such as USB and WiFi were also invented in India. Many things which you use daily but never think about who actually invented them were actually invented in India. For example, zero, rulers, toilets etc. And the world of today has many unnoticed things which were actually invented in India. There are also many obstacles which India has faced in the field of science.

In Indian science, over here started from the independence of our nation, Vikram Sarabhai and Homi Jahangir Bhabha play an important role in the defence technology of India. In 1962 Prime minister Jawaharlal Nehru established INCOSPAR (later to be known by the name of ISRO) and ordered Vikram Sarabhai and Homi J Bhabha to do whatever they wanted to do in the field of science without worrying about the budget. Vikram Sarabhi and Homi J. Bhabha started working on space technology and atomic energy respectively. Homi J. Bhabha was strictly against using nuclear energy for the production of weapons. Both of them were assassinated when they were at the peak of making India a superpower nation in the early 1960's. Most of the nations and people in this world point fingers to USA for planning their assassination.

The different advancements made by the people of India in the field of science and technology are given below: -

Everyday Life-The world's oldest toilets were found in the Indus Valley civilization about 3000 years ago. The rulers or scales which we use today were invented by ancient Harrapans. The one unit of this ruler was about.6 inches. The Harrapans had technologies high enough to find the 5000th of this unit. In the 18th century Britain took the Idea of Champi from India and transformed it to Shampoo.

Maths and Computer-Today our life without computers can't be imagined. The credit for the discovery of computers is usually given to Charles Babbage. But the actual credit must go to two Indian mathematicians and philosophers named Brahmagupta and Aryabhata. As you know computers work on the base 2 or the binary system which uses only 0's and 1's. Brahmagupta is said to have discovered 0 but was not able to explain the mathematical usage and Importance of 0(at that time and even today in Hindi known as shunya). Aryabhata later told us the uses of 0.

अनेक संशयोच्छेदे परोक्षार्थस्य दर्शनम्।

सर्वस्य लोचनं शास्त्रं यस्य नस्त्यंध एव साह ।

It blasts many doubts and foresees what's not obvious, science is like an eye for everyone. One who hasn't got it is like a blind.

-Rishit Chaurasia

Class: VIII

Boori Boot

On the occasion, young girls wear headgears made of canes and bamboo bead necklaces, brass chains and heavy bracelets, and perform a traditional dance with song and gaiety. Later kids also join in the traditional dances “from a long time nyishi community is celebrating this festival “boori boot”. This festival is celebrated particularly in two districts of Arunachal i.e., upper subansiri and lower subansiri, “said nito, a participant

By celebrating such kind of festival gives us the feeling of unity and it also helps in spreading the message of brotherhood. It is not only boori boot but any kind of festival in Arunachal like nyokum, solung, or mopin are all connected to nature, “said ninong ering, MP, Arunachal Pradesh. Another aspect of the festival is that people apply 'etting' or flour on their face and body

On this occasion, youngsters, old, kids, and everyone celebrate boori boot with zeal. It is not only for a single person or community but it is celebrated for the happiness as a whole. Around four to five thousand people participate in this festival, “said a local woman. Nyishi community is mostly inhabited in

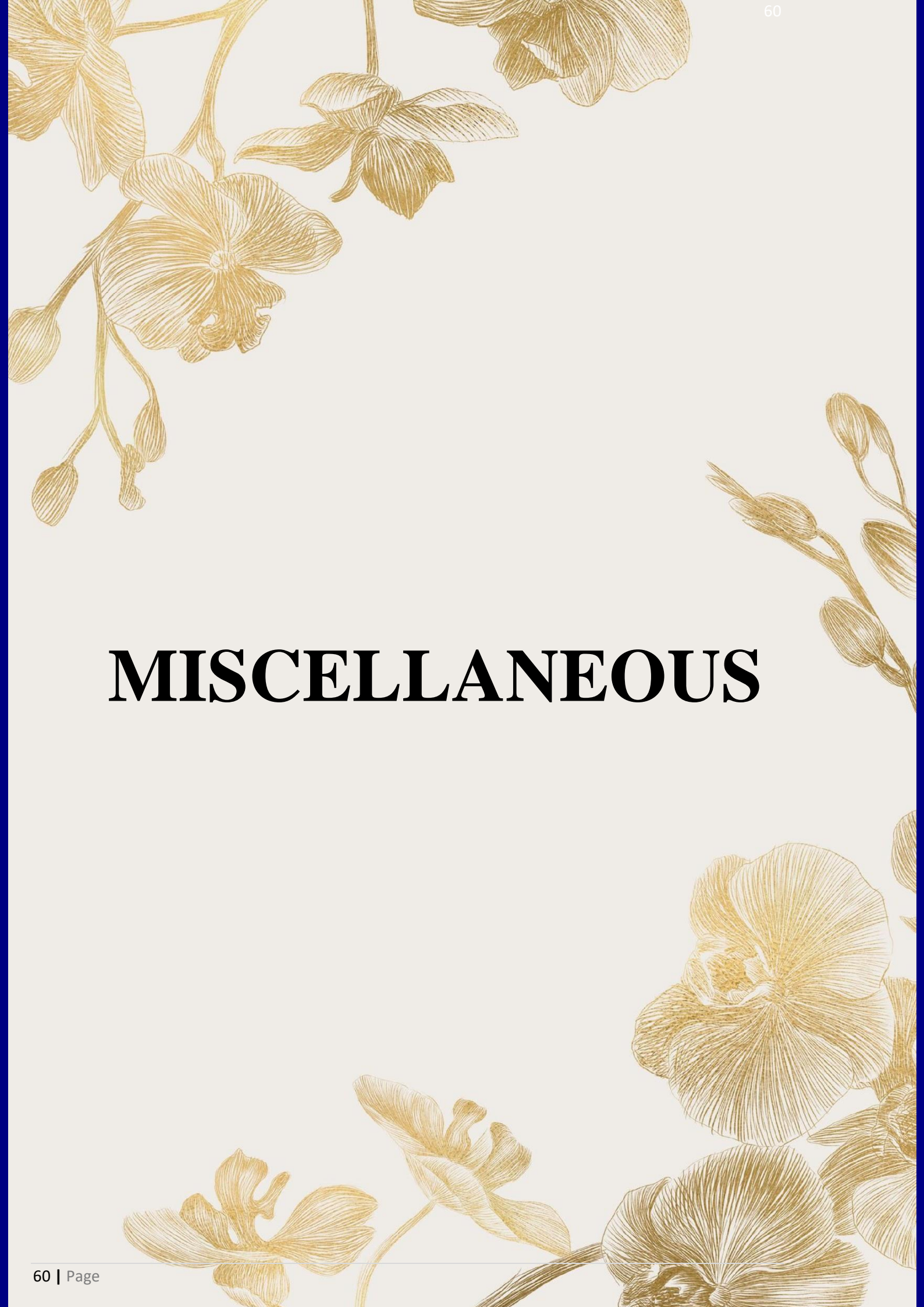
subansiri, kurung kumey, papum pare, kameng district of Arunachal Pradesh.

Such festivals not only help in preserving their rich culture but also provide a chance to the young generation to find out more about their culture.

-Annu Binni

CLASS: VIII

MISCELLANEOUS





Thoughts

1. Always be you.
2. Try and fail but never fail to try.
3. Never stop learning because life never stops teaching.
4. Your smile is the best weapon to kill your haters.
5. Focus on where you want to go. Not on what you fear.

-Mehek Sahoo

Class – VII

FACTS

1. The fastest gusts of wind ever recorded on earth was 235 miles per hour.
2. Whale songs can be used to map out the ocean floor.
3. Dentistry is the oldest profession in the world.
4. The entire world's population could fit inside Los Angeles.
5. The world's quietest room is located at Microsoft's headquarters in Washington state.
6. The longest place name on the planet is 85 letters long.
7. The bumblebee bat is the world's smallest mammal.
8. The Philippines consists of 7641 islands.
9. 20% of the oxygen you breathe is used by your brain.
10. Snails take the longest naps with some lasting as three years.

Mehek Sahoo

Class – VII

निबंध

सबको प्रिय है सम्मान

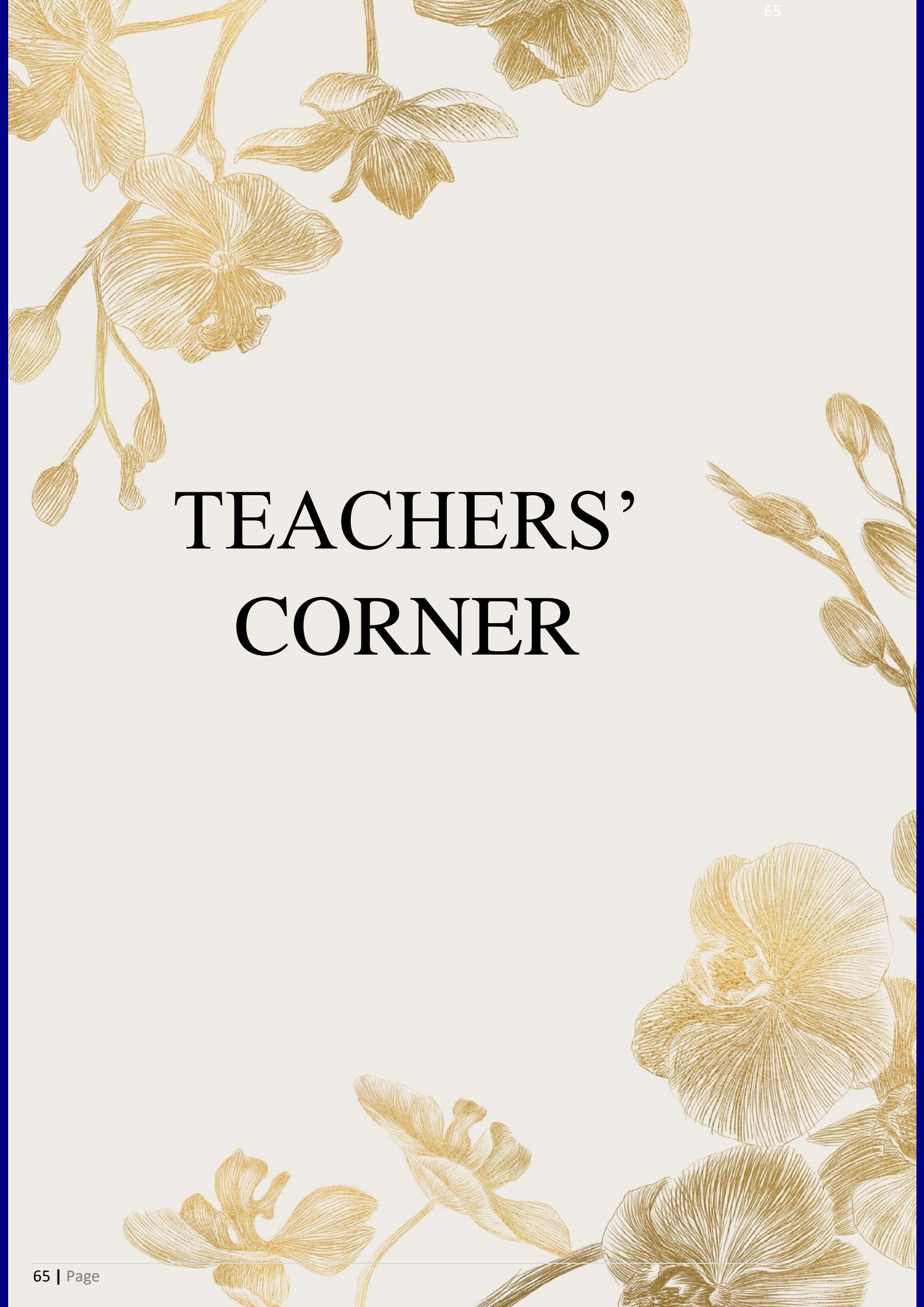
यह जितना सही है उतना यह भी स्वाभाविक है कि आप अपना आचरण दूसरों के प्रति भी सकारात्मक रखें। सामान्य सी बात है कि इज्जत दोगे तो इज्जत मिलेगी। हमेशा याद रखें कि भले आप सत्ताहीन हों, संपन्न हो, उँचे पद पर हो, लेकिन सबसे पहले आप मनुष्य है और मनुष्य होने के नाते आपका एक दूसरे को सम्मान देना अनिवार्य बनता है। संसार में बच्चे की प्रथम औपचारिक पाठशाला घर है अतः बच्चे में अच्छे संस्कार एवं आदर्श स्थापित करने का उत्तर दायित्व सबसे पहले मातापिता का होता है उसे इस तरह से उसे प्रोत्साहित करिए ताकि वह बिना झिझक के आगे बढ़ सके।

आपने भी कभी यह लिखा जरूर पढ़ा होगा कि दूसरों के साथ वैसा व्यवहार न करो जैसा तुम अपने साथ नहीं चाहते, कहने को यह बात बड़ी लगती है, लेकिन यह पूरी जीवनशैली को प्रभावित करने वाली है, यह बहुत जरूरी है कि आप समाज में मान – सम्मान पाए कोई आपको नीची निगाहों से न देखें।

-थांगजाम गागारिन

कक्षा : X

TEACHERS' CORNER



Unheard

Try and you will succeed. Practice is the only way to achieve success. But what if, the success is not in sight? What if, you know, that you will not be successful in a certain endeavour... Would you participate with the same zeal? Great American literary artist, Harper Lee wrote in her famous novel, *How to Kill a Mockingbird*: "It's when you know you're licked before you begin, but you begin anyway and see it through no matter what." Indeed, a great life lesson, which truly resonates with our daily life.

At the time, when Tokyo Olympic is the talk of the town, let me bring up an incident of Olympic 1992, which was hosted in Barcelona. In the arena, the 400-metre race of male participants was about to begin. Among the contestants was Derek Redmond, one of the strongest contenders to clinch the gold medal. With the sound of the gunfire, they began their race to glory, with Derek at lead and all went as expected till 150 metres. Suddenly Derek held the back of his leg and was almost rolling on the ground in pain. His Hamstring (one of the strongest muscles necessary for running) snapped. Medical personnel rushed to help him, but to their wonder, Derek didn't stop. Withstanding the great pain, he started limping and jumping forward. Meanwhile his contestants were at a great lead, and there was no chance that he would be able to finish the race, let alone win. More officials came running, one with a stretcher. By the sight of the stretcher, Derek became more enraged, and started limping more vigorously. His suffering was unimaginable and tears were flowing uncontrollably from his eyes, but it was as if he was running away from the stretcher.

Suddenly, another commotion ensued, as one of the spectators from the arena came running to Derek. The security tried to stop him, but then decided against it as they considered the father might help Derek understand. But to the astonishment of everyone, Derek's father went to him, wrapped Derek's hand around his shoulder to give him support and both raced towards the finish line. The father stopped only a few metres away from the finish line and Derek crossed over the finish line to complete an unimaginable and inhuman feat. He received a full standing ovation from the crowd present, a rare sight even for the winners.

The primary question that the media had for him was: “Why?” They were unable to understand what could be gained from this suffering when he knew he wouldn’t win. ‘Peace’, he said, ‘we do not come here only for the money or the glory’. This is the culmination of the year or decade long practice, and no matter what is the outcome, it is important to finish. Olympics’ motto, “Faster,

Higher, Stronger, Together” never resonated more truly. Just like Derek, every day we compete with our own self to become a little closer to our goal than we were yesterday.

The story could’ve ended here but there is little more to tell. After numerous medical processes and eleventh surgery, Derek’s doctor recommended that he wouldn’t be able to participate in competitive sport anymore. Derek obeyed and left his career in running, only to participate in Basketball. He even secured his position in the national team. He also played Rugby in the Final division. So, once again, it is necessarily see it through, because only you can decide when you are lost as the only competition worth having is with yourself.

-Arik

PGT-ENGLISH

Amazing facts about Human Body

- *The human body contains nearly 100 trillion cells.*
- *Despite accounting for 2% of our body mass, the brain uses 20% of our oxygen and blood supply.*
- *Our Heart beats about 100,000 times a day.*
- *We can produce enough saliva to fill two bathtubs a year.*
- *Our fingernails grow faster than your toenails.*
- *If all the blood vessels in the human body were laid end to end, they would encircle the Earth four times.*

- *In camera terms, the human eye is about 576 megapixels.*
- *The cornea is the only part of a human body that has no blood supply; it gets oxygen directly through the air.*
- *An average sized man eats about 33 tons of food in his/her life time which is about the weight of six elephants.*

-Devendra Swami
PGT Biology

मासूमियत

परीक्षा का समय चल रहा था | सब बच्चों अपनी पूरी तैयारी के साथ परीक्षा में शामिल हुए | गुरुजी ने प्रश्न पत्र वितरित किया | बच्चों को अपना कार्य करने के लिए बोला गया | इतने में ही एक बच्चा खड़ा हुआ और बोला

Sir क्या हमें प्रश्न भी साथ में लिखना होगा |

गुरुजी - हाँ, बेटा आप लिख दीजिये |

ठीक है Sir. बच्चा बोलते हुए अपने उत्तर देने लग गया |

इतने में ही दूसरा बच्चा –

Sir हमें पेन से लिखना है या पेंसिल से

गुरुजी – बेटा पेन से |

Ok, sir.

इतने में ही sir! हमें जो भाग अ और ब के बीच में समय दिया गया है, उसमें क्या करना है |

गुरुजी- गुस्साते हुए ! मैंने प्रश्न-पत्र आपको करने के लिए दिया है | प्रश्न करने के लिए नहीं |

प्रश्न ऐसे पूछे जा रहे थे जैसे महाभारत युद्ध में अर्जुन तीरों की बौछार कर रहा हो |

गुरुजी का चेहरा देख सब शांत |

फिर अगले ही पल एक बच्ची खड़ी हुई और बोली |

Sir! हमें रिजल्ट कब मिलेगा।

गुरूजी गुस्से से बच्ची की तरफ देखा। जैसे ही नजर बच्ची के चेहरे पर पड़ी, बच्ची का गहराई से भरा और मासूमियत वाला चेहरा सामने आया। मानो लग रहा हो बस यही प्रश्न का उत्तर सब कुछ है। इतनी गहराई तो शायद KBC में पांच करोड़ के लिए भी नहीं देखी।

बस फिर क्या था? गुरूजी मुस्कुराए और सब बोले, बेटा पांच दिन बाद।

OK sir, इसी जवाब के साथ फिर से अपने कम पर लग गयी।

फिर क्या था? वहीं प्रश्नों का खजाना खुलता गया और गुरूजी एक-एक करके प्रश्नों के जवाब देते गये।

गोविंद कुमार मेघवाल

-टीजीटी सामाजिक विज्ञान

“जैसी संगत वैसी रंगत: -- कहानी एक बाज़ की --”

जंगल में एक बहुत बड़ा पेड़ था। उस पेड़ पर एक बाज ने घोसला बना रखा था। उसी पेड़ के नीचे एक जंगली मुर्गी ने अंडे देकर रखे थे। लेकिन एक दिन उस बाज का एक अंडा उस मुर्गी के अंडे के साथ मिल गया। समय आने पर अंडा फूटा तो बाज का बच्चा अंडे से बाहर निकला।

निकलने के बाद वह यह सोचकर बड़ा हुआ की वह एक मुर्गी है। वह उन्ही कामों को करता जो मुर्गी करती थी। वह जमीन खोदकर अनाज के दाने खोजता और मुर्गी की तरह कुरकुराता। वह कुछ फिट से अधिक उड़ान नहीं भर सकता था क्योंकि मुर्गी भी ऐसा ही करती थी।

एक दिन, उसने एक बाज को आकाश में बड़ी शान से उड़ते देखा। उसने मुर्गी से पूछा, “उस सुंदर चिड़िया का नाम क्या है?”

जैसी संगत

वैसी रंगत

— कहानी एक बाज की —

मुर्गी ने जवाब दिया, “वह एक बाज है। वह एक शानदार चिड़िया है, लेकिन तुम उसकी तरह उड़ान नहीं भर सकते क्योंकि तुम तो मुर्गी हो।”

बाज के बच्चे ने बिना सोचे मुर्गी की बात को मान लिया। वह मुर्गी की ज़िंदगी ही जीता रहा। सोचने की क्षमता न होने के कारण वह अपनी विरासत को खो बैठा।

-- कहानी की सीख --

लोगों की नकारात्मक बातों पर ध्यान मत दो। आप एक बाज का बच्चा होते हुए भी खुद को मुर्गी समझने की भूल मत करो। वही करो जो आपका दिल कहे।

**-प्रखर चौहान
प्राथमिक शिक्षक**

हमारा शरीर और भोजन

आपने यह कहावत जरूर सुनी होगी- 'शरीर माध्यम खलु धर्म साधनम्'

हमारा शरीर ही किसी ध्येय को धारण करने का सर्वश्रेष्ठ माध्यम है /

'स्वास्थ्य मेव जयते'

स्वस्थ व्यक्ति ही विजय प्राप्त करेगा/

हमारा शरीर दुनिया के सबसे बेहतरीन इंजीनियर यानी 'मदर नेचर' द्वारा बनाया गया है इसमें सुधार की कोई गुंजाइश नहीं है, अलावा इसके यह खुद ब खुद अपनी मरम्मत करने में सक्षम है। ऐसा कोई दूसरा इंजीनियर है, जिसकी बनाई मशीन भला खुद अपनी मरम्मत कर सकती हो?

मैं, आप ;हम सभी सतत अपने शरीर पर अत्याचार करते हैं। हमारे शरीर को इसका कितना खामियाजा भुगतना पड़ता है इसका हमें अंदाजा नहीं। इसे मैं आपको एक उदाहरण के जरिए समझाता हूं-

हममें से ज्यादातर लोगों ने एक मोटरसाइकिल या कार अवश्य रखी होगी मैं आपसे कहूँ कि एक बार पेट्रोल-डीजल की बजाय मिट्टी का तेल भरकर चलाएं तो आपको मेरी अक्ल पर तरस आएगा ,आप यही कहेंगे कि डीजल पेट्रोल ही इसका असली इंधन है मिट्टी का तेल नहीं।

इतना जानने के बाद भी हम आप क्या करते हैं अपने शरीर को एक ऐसा कूड़ेदान बना दिया है, जिसमें हम तरह तरह का जंक ,फूड के नाम पर डालते रहते हैं यह जंग फूड हमारे शरीर को ठीक उसी तरह नुकसान पहुंचाता है जैसे कि मिट्टी का तेल आपकी गाड़ी को। इसी तरह यदि हम अपने शरीर में भी सही भोजन का प्रयोग नहीं करेंगे तो बीमारियों का सामना करना पड़ जाता है।

जैसा कि हम सभी जानते हैं 150 साल पहले रेल ,बस और कार आदि का आविष्कार नहीं हुआ था प्रत्येक गांव अपने आप में आत्मनिर्भर था अलग-अलग योग्यता वाले लोग रहते थे जैसे मोची, दर्जी, लोहार ,वैद्य।

समाज में सबका अपना अलग-अलग अहम स्थान होता था बीमार होने पर लोग गांव के वैद्य के पास पहुंच जाते थे लेकिन यातायात का विकास होने से लोग एक जगह से दूसरी जगह जाने लगे और डॉक्टरों की मांग बढ़ गई, किसी स्पेशलिस्ट डॉक्टर से सलाह लेकर आप अंग्रेजी के कुछ नए शब्द सीख तो जरूर जाएंगे लेकिन आपकी बीमारी का इलाज हो ही जाएगा यह आवश्यक नहीं है डॉक्टर आपको कई तरह के टेस्ट कराने की सलाह देंगे आपको रंग-बिरंगी गोलियां खाने के लिए देंगे, कुल मिलाकर आपकी जेब जरूर

हल्की हो जाएगी बीमारी शायद नहीं।

प्रकृति ने हमें बनाया हरियाली और ऑक्सीजन से भरपूर जंगलों में रहने के लिए कच्चा खाना खाने के लिए! यदि आप डिस्कवरी चैनल देखते हैं तो आपके ध्यान में यह बात जरूर जरूर आई होगी कि पालतू जानवरों को छोड़कर अन्य कोई भी जानवर पका खाना नहीं खाता। पके आहार का सेवन शरीर को प्रदूषित करने की दिशा में पहला कदम है हालांकि इससे बचने का कोई रास्ता भी नहीं है हमारी आजकल की खानपान की आदतें भी हम सभी को बहुत प्रभावित करती हैं ,कोशिकाओं के निर्माण के लिए लगातार ऊर्जा एवं अन्य पोषक तत्वों की जरूरत पड़ती है, और इसकी सप्लाई भोजन में मौजूद पोषक तत्वों के सही पाचन से ही संभव है ।

यदि पाचन की गड़बड़ी के चलते कोशिकाओं के पुनर्निर्माण के लिए जरूरी तत्व की सप्लाई उचित मात्रा में ना हो तो हम कुपोषण के शिकार हो जाते हैं तथा हमारे शरीर के उत्सर्जन तंत्र में आंतो, किडनी, त्वचा के छिद्रों, लीवर और फेफड़ों का सही से फंक्शन ना कर पाने की वजह से भी शरीर में टॉक्सिन की मात्रा बढ़ने लगती है । विजातीय तत्व दूसरे नर्वस सिस्टम को नुकसान पहुंचा सकते हैं इस कारण सभी की मरम्मत क्षमता कमजोर हो जाती है और हमारी त्वचा का रंग फीका होने लगता है थकान जैसी समस्याओं का सामना करना पड़ सकता है ।आपने महसूस किया होगा एक नवजात बच्चे के शरीर से एक अलग ही मनभावन सुगंध आती है जब तक बच्चा मां के दूध पर निर्भर रहता है यह गंध बरकरार रहती है, दूसरी तरफ जब वह बाजार के दूध पर आश्रित हो जाता है तथा पका खाना खाने लगता है तब उसके शरीर से आने वाली गंध बदलने लगती है उसके यूरिन और स्टूल से बदबू आने लगती है। इसी तरह मांसाहारी प्राणियों चीता तेंदुआ आदि के शरीर से असहनीय तेज गंध आती है जबकि शाकाहारी प्राणियों जैसे गाय और भैंस के शरीर की गंध इतनी तेज नहीं होती है यदि आप चिड़ियाघर जाएं तो आपको इस सच्चाई का अनुभव स्वयं ही हो जाएगा।

माना जाता है कि भोजन पकाने की शुरुआत जंगल में आग लगाने की वजह से हुई, आदिमानव ने इस पके भोजन का स्वाद लिया इसके बाद उन्होंने मांस को भूनकर खाना शुरु कर दिया, आप एक गाजर ले और अच्छी तरह से चबाकर खा ले अगली बार कोई तला भुना भोजन लें। आप खुद अनुभव करेंगे कि तले भोजन की अपेक्षा कच्ची गाजर बड़ी आसानी से पच गई।

आज हमारे भोजन में प्राकृतिक रूप से उगाई गई अल्कलाइन हरी सब्जियां न के बराबर रह गई हैं और पका, तला भुना, एसिडिक खाना दिन प्रतिदिन बढ़ता ही जा रहा है।

कुदरत ने पेड़-पौधों, पशुओं समेत हम सभी को कुछ इस तरह का बनाया कि हमारा विकास एक निर्धारित समय में निर्धारित गति से हो। हम सभी को अपनी दिनचर्या प्रकृति के अनुसार निर्धारित करनी होगी जिससे हम स्वास्थ्य लाभ को प्राप्त कर सकेंगे हमें प्रतिदिन अपने भोजन में कम से कम 50% भोजन प्राकृतिक रूप अथवा सब्जियों फलों के जूस के रूप में लेना चाहिए जिससे हमारे बॉडी का पीएच बैलेंस रहें हमारी बॉडी अल्कलाइन रहे क्योंकि अल्कलाइन शरीर में किसी बीमारी के होने की संभावना कम होती है साथ ही हमें शाम का भोजन सूर्यास्त के 1 घंटे बाद तक कर लेना चाहिए इससे हमारे पाचन तंत्र पर अधिक भार नहीं पड़ेगा और वह मजबूती से काम करेगा। प्रतिदिन सुबह भ्रमण अथवा योगा करना भी हमारे शरीर के लिए अति लाभकारी है। इन दो तीन नियमों को धारण करके हम शरीर की 90 फ्रीसदी बीमारियां घर बैठे ही ठीक कर सकते हैं।

स्वास्थ्य शरीर से स्वस्थ मन का निर्माण होता है स्वस्थ मन से स्वस्थ समाज का और स्वस्थ समाज से ही स्वस्थ विश्व की रचना होती है अतः हमें अपने स्वास्थ्य पर विशेष ध्यान देना चाहिए।

**-अभिषेक यादव
टीजीटी कला**

जीवन और इंद्रधनुष

पल दर पल,
यह वक्त बदलता है,
मौसम भी अपना,
रुख बदलता है,
कभी मायूसी तो,
कभी मुस्कान आती है,
ऋतुएं
देखते-देखते बादल बदल,
जाते हैं।
कभी सर्दी, कभी गर्मी
तो कभी बरसात रहती है,
हवा इनका बह- बहकर,
हमें पैगाम देती है।
गर्मी स्वेद बिंदु,
ललाट पर छोड़ जाती है,
सर्दी रह- रहकर
कंप कपाती है,
और आलम बरसात का,
कुछ निराला बन जाता है,
देखें आकर आसमां में,
इंद्रधनुष कोई मतवाला,
बन जाता है।
ये सतरंगी इंद्रधनुष,
कहता है,

जीवन में भी संगम,
सुख- दुःख का होता है
दुख के बादल भी,
जीवन से छंट जाते हैं।
आकर बादल सुख के,
फिर वही सतरंगी,
इंद्रधनुष बनाते हैं।

-हरिहर गोपाल उपाध्याय

- पीआरटी

कॉलेज के रोजाना दिन

रोज की तरह घर से कॉलेज को निकल जाना,
वह क्लास में अक्सर लेट आना,
हर रोज नए नए बहाने बनाना,
क्लास में घुसते ही दोस्तों को देख मुस्कुराना,
पास बैठे दोस्त को बातों में उलझा कर उसकी अटेंडेंस ना लगाना,
3rd लेक्चर लेने के बाद ग्राउंड में भाग जाना,
फिर 4th लेक्चर में मैम का बाहर से हमको बुलवाना,
लंच में फिर बाहर निकल जाना,
कुछ दोस्तों को घर जाने से रोकना,
फिर मिलकर एक दूसरे की बेइज्जती करना,
दोस्तों के टिफिन और चाय समोसे खाना,
लंच पीरियड खत्म होने के बाद PT सर का क्लास में चलो बोलना,
कॉलेज के बाहर गाने वाले ऑटो का इंतजार करना,
ऑटो ना आने तक मौज-मस्ती गप्पे लड़ाना,

वह ऑटो में नाचते गाते हुए घर जाना,
धीरे-धीरे यूं वक्त का गुजर जाना,
मांगते हैं दिल से सब यही दुआ की,
ऐ हसीन लम्हे ! तू बस यही ठहर जाना,
बहुत मिस करूंगा अपने कॉलेज का जमाना,
बहुत मिस करूंगा अपने कॉलेज का जमाना.....

-योगेश कुमार कौशिक
टीजीटी-गणित

ढोलक के थाप पर जीवन के गीत

ढोलक के थाप पर जीवन के गीत,
झूम ले रे मितवा छेड़ के संगीत ।

कहां से आया है तू कहां है जाना
क्या पाया है तूने और क्या है पाना ।

जीवन के रस रसीले; सुख -दुख के रंग,
छोड़ न दामन मेरे; रहेंगे हम संग-संग।

उम्मीदों में भारी होते रहे हमारे कदम,

न कर अपनी आंखों को गम से नम ।

जीवन के रंग हजार और तेरा मेरा प्यार,
आओ कुछ सपने बुने और करें साकार ।

वक्त के रेत पर नाच रहा है नन्हा अकेला,
आओ साथ साथ घुम आएं जीवन का मेला ।

-अमरेश कुमार सिंह
टीजीटी अंग्रेजी

बचपन

बचपन जो बच्चों वाला हो
बचपन वह जो मस्ती वाला हो
माँ की डांट हो जिसमे
पिता की दुलार हो जिसमे
बचपन का जमाना था
जिसमे खिलोनौ का खजाना था
चाहत दादी के घर जाने की थी
पर मन चंदा मामा को पाने का था
हर खेल में रूठना – मनाना था
हर किस्सा निभाना था
आसूं ही जुबाँ थी
मुस्कराहट का न कोई बहाना था
क्यों हो गये हम बड़े
इससे अच्छा तो बचपन का जमाना था

-बाबू लाल मीना
प्राथमिक शिक्षक

मेरी कक्षा के बच्चे

एक अध्यापक जिसका नाम नवीन
और उसकी कक्षा के बच्चे थे जो कि मन के बहुत ही सच्चे थे,
थोड़े चंचल थे थोड़े नादान थे
क्योंकि वह दुनिया से अनजान थे !
जब भी वह शरारत करते बारिश की तरह बरसते
जब भी वह पढ़ते तारों की तरह चमकते
सूरज चंदा सा मुख इनका, भोली भाली सूरत
जैसे परम पिता परमात्मा की यही हो असली मूरत
बच्चों तुम राष्ट्र की नींव हो इसका तुम सम्मान करो
पढ़ो लिखो खूब खाओ समय न तुम बर्बाद करो
आज तुम्हें कुछ कर दिखलाना है
भारत का झण्डा विश्व मे फहरना है !
मैं तुम्हारा अध्यापक नवीन आशा करता हूँ
कि जब मैं हो जाऊँ प्राचीन तुम मुझे याद रखना
तुम ऐसा कुछ करना !
विश्व के हर कोने में तुम काम करना
और अपने नवीन अध्यापक का ऊंचा नाम करना
और मेरी दी हुई शिक्षा का सम्मान करना
जिससे मैं भी इस बात पर अभिमान करूँ
तुम सबका दिल से सम्मान करूँ !
मैं आशा करता हूँ मेरी वाणी में ज़ोर बचे न बचे
तुम्हारी वाणी से शोर दुनिया में मचे
अब मैं तुमसे इजाजत चाहता हूँ
राष्ट्र की तुमसे हिफाजत चाहता हूँ !

कविता

हताश हो न निराश हो, मंजिल पाने की प्यास हो,
तू रुक नहीं सकता है, मन में सागर जैसी आस हो ।

लाख मुसीबतें हों राहों में पर तुझको है चलना,
जब तक मिले न मंजिल यूं ही मचलते है रहना ।

यूं ही कोई मुकाम बनता नहीं है जीवन में कभी
पाएगा मंजिल, जितना जलाता जो खुद को अभी ।

जब सांस उखड़ने लगे घबराकर मुसीबतों से जीवन में,
झांकना खुद के अंदर और बढ़ चलना एक उम्मीद ले ।

हर नया सवेरा पूरी रात जागता है उजालों के लिए,
तुम भी खुद को जगाओ, और जलने दो अपने दीए ।

हां मेरे दोस्त, तुम यह बिल्कुल कर सकते हो,
छू सकते हो तारों को, दूर दिखाई देते है जो ।

शिवराम दरिया
टीजीटी-संस्कृत

पुस्तकालय

पुस्तकालय की बात है न्यारी,
किताबें मिलती है यहाँ प्यारी-प्यारी।
ज्ञान विज्ञान की हो या देश विदेश की,

सूचनाएँ मिलती है यहाँ हर वेश की।

यहाँ मिलती है ज्ञान की खान,
जिसका करते हैं हम रसपान।
यहाँ दोहे भी मिलते हैं मिलती है संतों की वाणी,
पढ़ने से लाभ ही होता है ना होती कोई हानि।

कुछ पुस्तकें होती है हल्की कुछ होती है भारी,
देती है हमें दुनिया भर की जानकारी।
जीवन में नया करने का यहाँ बनता ख्वाब है,
यह हमें देती सबसे अच्छा दोस्त किताब है।

पुस्तकालय होती बहुत महान है,
अच्छे इंसान बनाने में ही इसकी शान है।
क्या बीता? क्या होता है? रखती सब हिसाब है,
यह वो समुद्र है जिसमें भरा ज्ञानमय आब है।

पुस्तकों से प्यार करना सिखाती है,
जिज्ञासु को मंजिल पर पहुँचाती है।
ज्ञान पाने का अवसर लाती है,
सफल बनने की राह दिखलाती है।

-विकास रंजन
पुस्तकालयाध्यक्ष
के. वि. गेरुकामुख

Beauty

Beauty that graces her and lures them all,
Dews lurk lustfully and make a dying fall.

It's really a treasure-trove for a man of festive,
She enjoys this and embraces those who are amative.

Her beauty echoes in the hearts of the nature,
People praise her beauty but they're amateur.

But I know her beauty will fade out one day,
And will be left alone in the dark not to get a ray.

Then she will think of her treasure what she stored in,
She will also look into the mirror but it's not clean.

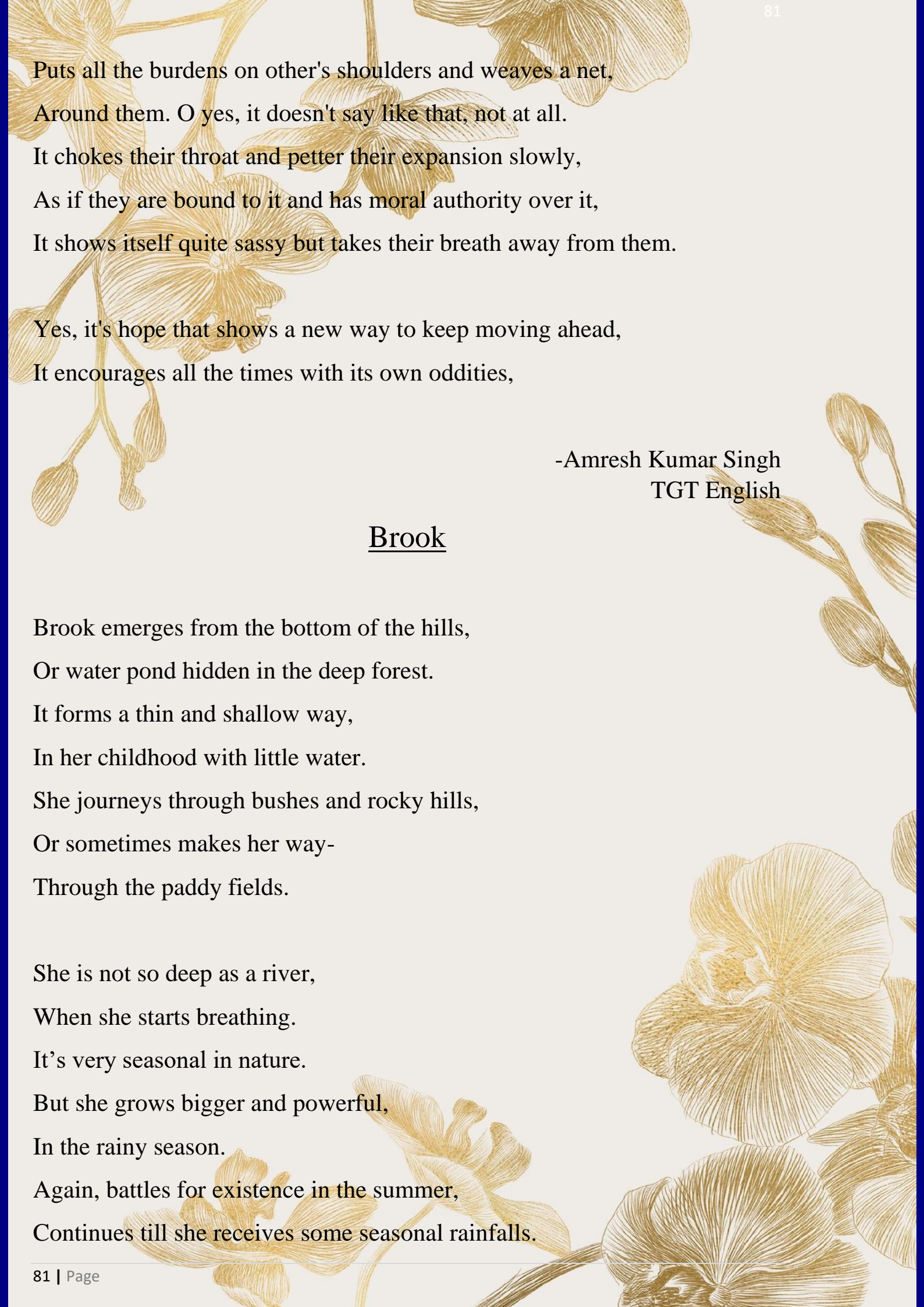
One day a balladeer will pass by her with eternal song,
Will join his company unconditionally to play life's gong.

Once beautiful iridescence will disappear in the infinite dark,
I know she will find that kept all long her life spark.

-Amresh Kumar Singh
TGT English

Hope

Hope is a bindweed that crawls on someone's body gradually,



Puts all the burdens on other's shoulders and weaves a net,
Around them. O yes, it doesn't say like that, not at all.
It chokes their throat and petter their expansion slowly,
As if they are bound to it and has moral authority over it,
It shows itself quite sassy but takes their breath away from them.

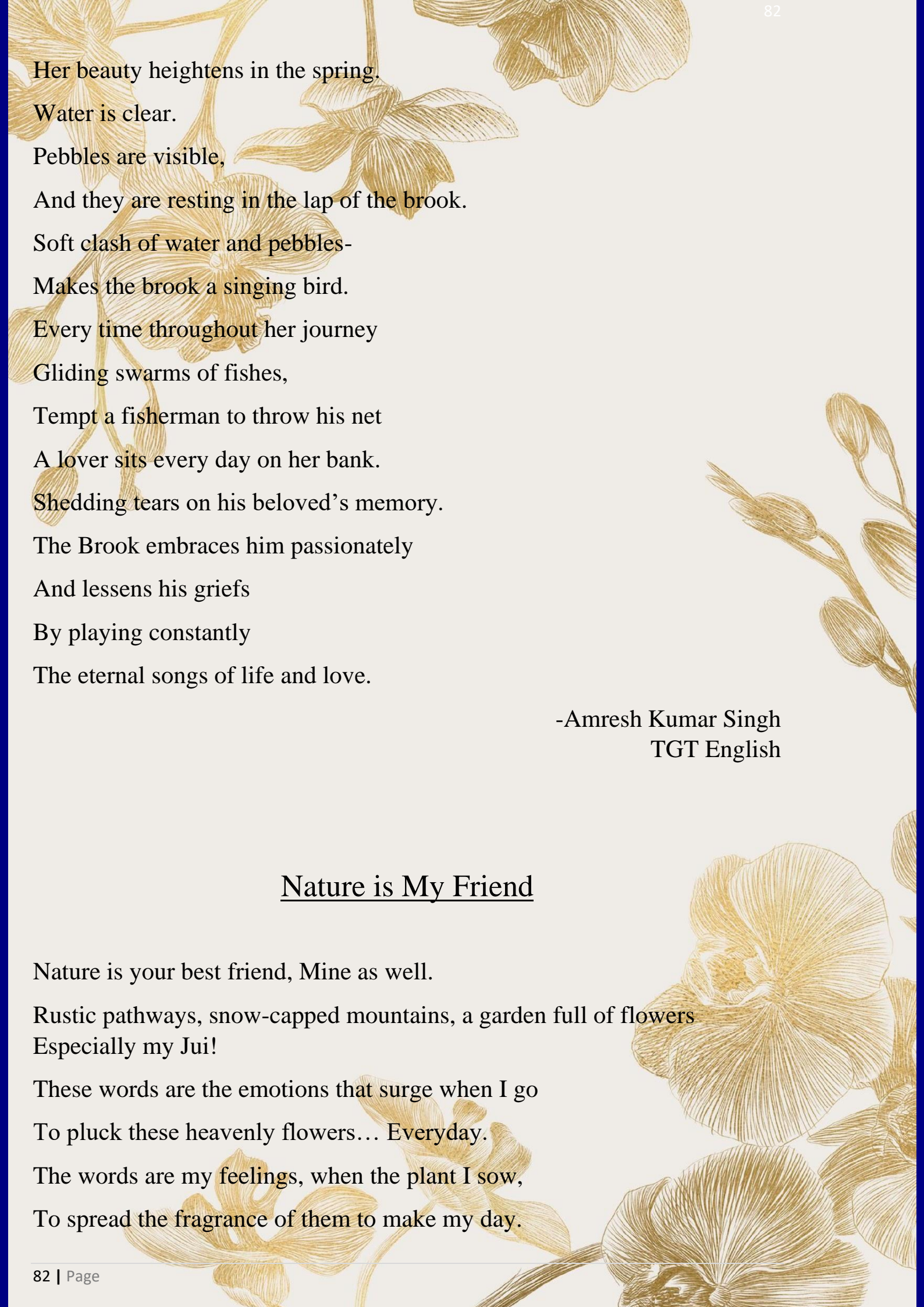
Yes, it's hope that shows a new way to keep moving ahead,
It encourages all the times with its own oddities,

-Amresh Kumar Singh
TGT English

Brook

Brook emerges from the bottom of the hills,
Or water pond hidden in the deep forest.
It forms a thin and shallow way,
In her childhood with little water.
She journeys through bushes and rocky hills,
Or sometimes makes her way-
Through the paddy fields.

She is not so deep as a river,
When she starts breathing.
It's very seasonal in nature.
But she grows bigger and powerful,
In the rainy season.
Again, battles for existence in the summer,
Continues till she receives some seasonal rainfalls.



Her beauty heightens in the spring.
Water is clear.
Pebbles are visible,
And they are resting in the lap of the brook.
Soft clash of water and pebbles-
Makes the brook a singing bird.
Every time throughout her journey
Gliding swarms of fishes,
Tempt a fisherman to throw his net
A lover sits every day on her bank.
Shedding tears on his beloved's memory.
The Brook embraces him passionately
And lessens his griefs
By playing constantly
The eternal songs of life and love.

-Amresh Kumar Singh
TGT English

Nature is My Friend

Nature is your best friend, Mine as well.
Rustic pathways, snow-capped mountains, a garden full of flowers
Especially my Jui!
These words are the emotions that surge when I go
To pluck these heavenly flowers... Everyday.
The words are my feelings, when the plant I sow,
To spread the fragrance of them to make my day.

Flowers of the garden sway, take my ty.
ensions awa

-Rupendra R. Meshram
PGT Computer Science

TRAVELLER AND THE JOURNEY

O young traveller,
Whence you came?
Under the groove roots,
You who are watching
The enervated passersby,
With eyes of impuissance.

.....

O young traveller,
Down to the mountain hills,
Call your soulmate,
Set out the journey,
And see the life flickering,
And, ere, the light disappears,
Follow the eternal path

-Amresh Kumar Singh
TGT-English

Value Of Time

To realise the value of one year
Ask the students who have failed the exam.

To realise the value of one month

Ask the mother who has given birth to Premature baby.

To realise the value of one week

Ask the editor of weekly news

To realise the value of one day

Ask the lover waiting to meet their beloved.

To realise the value of one minute

Ask the man who has missed the train.

To realise the value of one second

Ask the man who survived Accident.

To realise the value of one Millisecond

Ask the Athlete who has won the silver Medal in the Olympics.

Value your time Before it's too late.

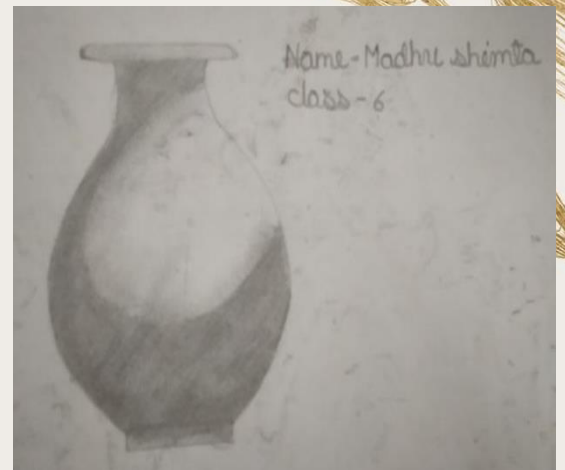
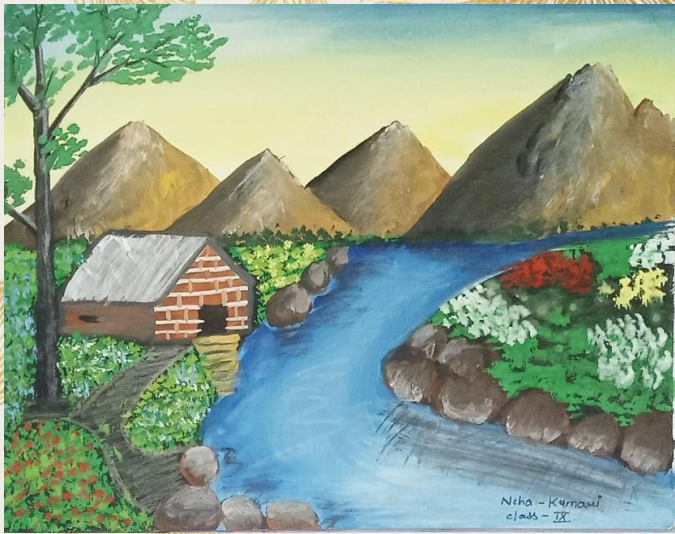
Ratna Debnath

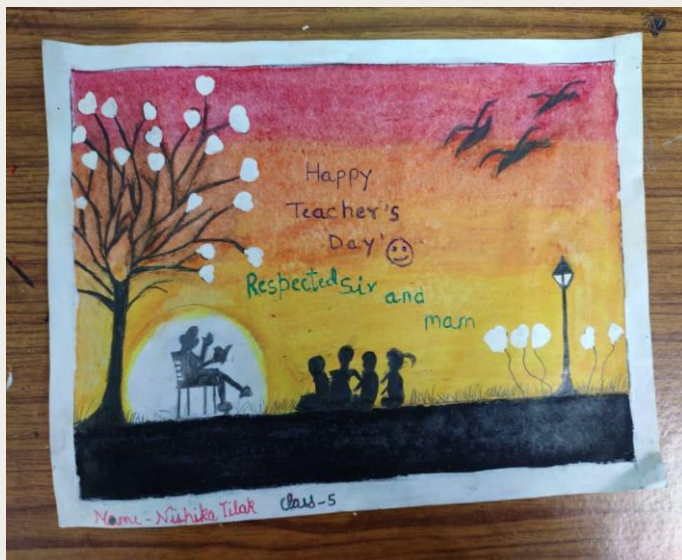
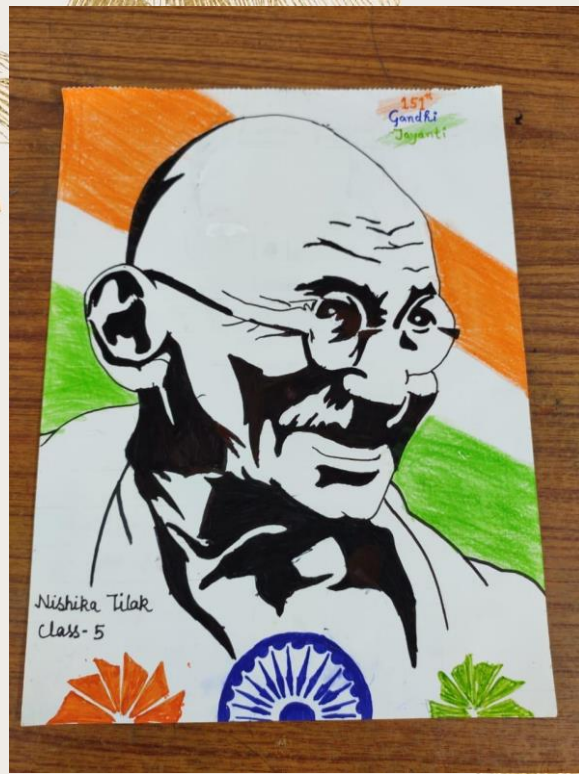
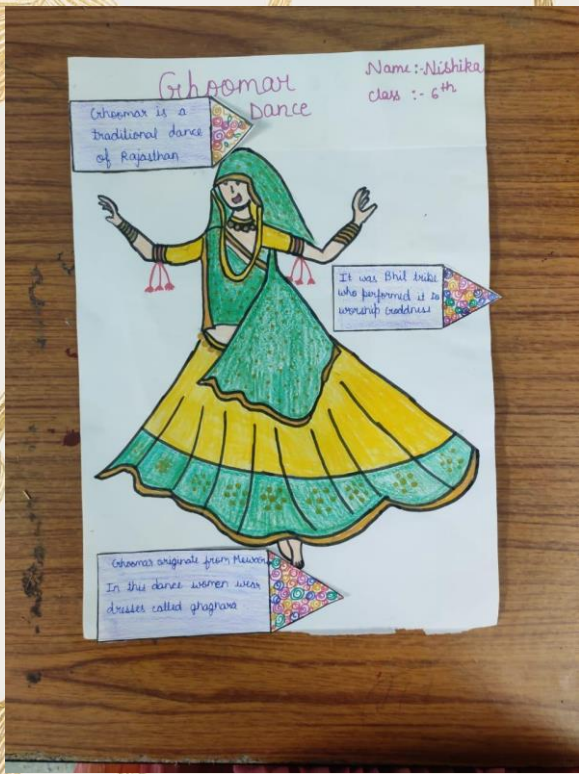
PRT



ACTIVITIES

Glimpses of art activity







JYOTSANA X



JYOTSANA X



JYOTSANA X



JYOTSANA X



NATIONAL YOUTH PARLIAMENT SCHEME



HAR GHAR TIRANGA



91

INVESTITURE CEREMONY



HINDI PAKHWADA



INDEPENDENCE DAY



NATIONAL UNITY DAY



NATIONAL SPORTS DAY



ANNUAL DAY





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