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Ganga International School

AKASHGANGA

The Milky Way

"If the Milky Way were not within me, how should I have seen it or known it?" - Khalil Gibran

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Our Monthly Newsletter

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EDITORIAL TEAM

Chief Patron:

Charu Kapoor

Principal

Editors:

Nalini Sharma

Poonam Singh

Student Editors:

Vani Agrawal XII S2/10998

Prakhar Gupta XI S3/4413

Chief Reporters:

Harshit Kejriwal XII C2/11261

Kenet Paul XII C2/11156

Reporters:

Academics

Anshita Agrawal XII C2/11235

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Hostels

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From the Editorial Desk.....

September is the month dedicated to Lord Krishna! The exciting celebration of Janamashthami, His birthday day! This thrilling celebration renews not only our faith in the triumph of Good over evil, it sends ripples of joy as you envision the life of Lord Krishna, who enthralled the people of Gokul, as a child. The naughty pranks of li'l Kanha endeared him to every heart. The very same Krishna bravely Killed the Kalia the monster snake and rid the earth of the cruel Kansa. Later in the battle of Mahabharata, he became the charioteer of Arjun and edified him about being dedicated to his duties, rising above its outcome. He is the greatest teacher of all times, who taught the importance of selfless Karma for attaining Peace, in the Geeta.

Our students proudly presented a grand skit in the stupendous celebration of Janmashthami, and mesmerized the audience with their performance.

The GIS students had a winning streak at the Zonal cultural and science competitions, with their earnest practice and preparation. We are proud of all of you.

Once again we bring you the magic from the pens of our little scribes and artists

This issue of Akashganga brings you the steps to 'Feel Great about Yourself' in the guidance column. The gamut of emotions presented by our young contributor's creativity is bound to amaze you as you read the poems: 'Mother, the Indian Army, Farewell'. There is a special maiden venture of our budding poet Nandini which will delight you and the vibrant strokes from the young artists are bound to thrill you with their aesthetics. Keep contributing!

Happy Reading...

Hiran Kudna, Rohtak Road, New Delhi 110041

Web: www.gangainternationalschool.com

Tel.: 2835-1045, 2835-1123, 2835-3651

Fax: 011-2835-1046

Email: info@gangainternationalschool.com

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From the Principal's Desk

Dear Readers,

It's a privilege to be a part of our students' lives, helping them shape up their destiny to claim a brilliant future for themselves and for our nation. What a pleasure to see you all, grooming yourselves for your future responsibilities with dignity and dedication, justifying our faith that you are our brave hearts, who would lead the country towards greatness, and it's my endeavor to prepare you for the work already cut out for you of building a brighter and happier nation.

The society today seems to no longer cherish our glorious legacy of Panchsheel, Peace and Non-violence. The selfless spirit of our leaders like Mahatma Gandhi, Sardar Patel and Dr. Rajendra Prasad are lost in oblivions of dusty museums and nondescript memorials and statues, our politicians rummage them out to use them during election battles.

The only hope India has today, is the hope she has pinned on her young generation, which is already justifying her hopes by making India shine, within the country and across the globe! Our youngsters are fulfilling the dreams, dreamt by our Nation Builders, redeeming their pledge, very substantially, and giving an expression to the wise and noble spirit of our nation.

In every field from science and technology, space and agriculture from sports to entertainment the surge of pride for our nation carouses through our veins, the ecstasy being the fortunate inheritors of this grand legacy called India. This was dazzlingly displayed during the Asian Games 2018, by our young sports persons, winning medals and glory for the nation.

We have to realize how important are the teacher's in shaping up the young generation. Our educational institutes and teachers have an enormous responsibility towards in creating a better tomorrow. It is imminent that we lead the young generation with our own examples and be their role models to enable them to lead India on the path of a glorious future. Any compromise in self-righteousness on our part will demoralize the youngsters. The onus of grooming the young leaders lies with us. With the cherished values of Peace and Tolerance, India is poised wingspread to be the global leader, with better prestige and more prominent role at the international platform.

We need to ensure that we engage in our work with sincerity and efficiency, in the true spirit; we need to take pride in our work and not consider it to be a burden. We must work sincerely whether or not we are being supervised, only then can we contribute towards a better society with our thoughts, words and action. Not only this but also whether we correct the others when they seem to be going contrary to the high ideals of our great nation.

Let's make schools a haven of happiness and learning for children and empower our teachers to innovate and experiment to bring out the best in our children.

Best Wishes

C. Kapoor



Success stories that inspire....



ALFRED PRASAD



There are many Chefs who are well-known and famous for their work & achievements but some of them only become eligible for international awards, accolades & recognition. One of the highly prestigious award in the culinary field is the Michelin Star, which is awarded to very few restaurants & Chefs worldwide. Michelin Star Chef is a chef who can make exceptional dishes and is an absolute gastronomic wonder. Today we feel incredibly proud to present one such great Chef.

Meet Alfred Prasad, the youngest Indian chef to have a Michelin Star. He made us all proud by becoming a Michelin Star Chef at the age of 29 in Year 2002.

Alfred is from Wardha(India) and had graduated from Indian Institute of Hotel Management, Chennai. After that he was one of the few lucky ones to be handpicked for an advanced training at ITC Maurya, New Delhi including their restaurants Dum Pukht and Bukhara, which are one of the best restaurants in India. As a pioneer in his field, he headed the kitchen of well-known Dakshin restaurant at ITC Park Sheraton, Chennai.

In year 1999, Alfred moved to London and joined the Tamarind of Mayfair(London) as Sous Chef and pretty soon, within a year became the Executive Chef. Then came the best moment of his life when this young & talented Chef earned the honour of being the Youngest Indian Chef to receive a Michelin Star, cementing his feet firmly in the culinary world.

Alfred moved up to become the Director Cuisine and Executive Chef of the Tamarind Collection and during his 14 long years with them he designed the best of menus for them and created a distinct identity for all of their restaurants, Tamarind of Mayfair, Zaika of Kensington, Imli Street & Tamarind of London. Alfred has also been associated with MCC Lords (home of cricket) and offered them upscale authentic Indian cuisine in their hospitality boxes. Alfred is at the moment working on his own restaurant project and is also engaged in writing his first book. Alfred's strength is to bring forward the traditional Indian cuisine and giving it a modern touch, perfectly balancing the creativity & authenticity of the dishes. He truly believes in maintaining & preserving the flavours of all the ingredients and he is a master of preparing & presenting every creation of his as a completely delightful experience, enabling people to pamper their

taste buds with his mouth watering dishes.

Alfred has earned many accolades for his cooking passion and revolutionary cooking skills, he has also earned many great testimonials from BBC Good Food, Ritz-Carlton Bahrain, Aditya resorts Sri Lanka and from Celebrity Chefs like Gordon Ramsay etc.

This incredibly talented Master Chef runs master-classes regularly in London at Divertimenti Cookery School and School of Wok. He is often a part of the food festivals across the globe and is an integral part of the Taste of London festivals for more than 12 years now.

Alfred being a true humanitarian is highly passionate about food waste & food poverty and is an ambassador for Food Cycle and Action Against Hunger program.

When we talk about Alfred then we cannot miss mentioning Taste of London festival. He has been with this festival since it began in 2003 and at the moment considered as one of the worlds best culinary festivals. In year 2013 the Taste of London celebrated its 10th birthday and Alfred along with Chefs Michael Roux Jr. and Chef Gary Rhodes was one of the chef ambassadors and founding fathers. He showcases his talent and cooking skills and loves to interact with his peer chefs in an informal & relaxed environment during such festivals. While visiting London, enjoying Chef Alfred Prasad's delicious dishes is a must to plan out. Alfred has collaborated with Cobra beer after receiving an invite from them to train and offer his expertise to all curry houses across UK, to enable them to compete with the changing food & market trends.

Great British Chefs, which is a prestigious Chefs portal and are highly selective in extending their invitations to their portal, invited Alfred to be a part of the hundred Foot journey film immersive experience along with Chef Pascal Aussignac. Alfred presented his vast experiences in early 2015 via Great British Chefs, Everyman Cinema and Celebrity Cruises. The same year Alfred also presented an elaborate 6-course meal inspired by wonderful spices to celebrate the Spices Festival at Kew Gardens, UK.

Chef Alfred Prasad's exceptional talent, un paralleled passion and energy, his incredible desire to do wonders with his cooking skills & creativity and above all his love for cooking makes him so special, he is a great inspiration to so many upcoming chefs who want to do something great in the culinary world as well. Cheers Chef Alfred Prasad!

The School Headlines

PATRIOTIC SONG COMPETITION

Music is beneficial for children as it not only develops their aesthetic sense, but is also the key to creativity so a 'Patriotic Song Competition' was organized on 8th August 2018 in kindergarten.

The tiny tots were looking amazing in their costumes & performed with full enthusiasm. The students prepared well for the competition and a wide range of patriotic songs were presented.

Each child had worked hard to comprehend the lyrics and sing the songs with conviction. Their songs invoked a strong sense of patriotism in each one who listened.

Each class showed their mastery over voice modulation, rhythm and other important aspects of singing. All the classes were eager to emerge as victorious, but it was LKG B and UKG C which bagged the first position among all five classes.



FRUIT AND VEGETABLE MARKET

To practice practical maths literacy skills in the real-life, a 'Fruit and vegetable market' was conducted on 2nd August 2018 in Nursery classes.

It was a colorful day for Kindergarten as children were dressed up as Green Grocers and brought a variety of fruits, vegetables and fake currency with them.

The event was organized to educate and create awareness on the importance of maths literacy skills.

The Children decorated their class with variety of fruits and vegetables and enjoyed this activity thoroughly.



The School Headlines

HINDI NATYA PRATIYOGITA OF CLASSES I- V HELD ON SEPTEMBER 13, 2018

Fast foods are becoming popular because of easy availability, better taste and reasonable price. But junk foods lack nutrients.

Moreover, it leads to many health problems. To make children aware that what we eat affects our growth, health, behavior and mind, Primary Department organized **Hindi natya pratiyogita** with the theme: **aj ki dincharya mein fast food**, which clearly depicted the ill-effects of the junk food on our health. Skits were applauded and appreciated by one and all. The competition was house-wise and the result was as under:

Position	House
I	ALAKNANDA HOUSE
II	BHAGIRATHI HOUSE
III	GANGOTRI HOUSE



RESULT OF FANCY DRESS COMPETITION HELD ON AUGUST 30, 2018 OF CLASSES I-III

Children enjoy dressing up in costumes and engaging in dramatic roleplaying. Play is the work of the child, and children benefit cognitively, physically, socially, and emotionally through dress-up play. Fancy Dress Competition was organized by Primary Department for Classes I - III. The themes were People who help us, Super Heroes and Freedom Fighters. The result was as under:

Position	Name	Class	House
THEME: PEOPLE WHO HELP US			
I	Samriddhi	IA	Alaknanda
II	Piyush	IB	Mandakini
III	Nischay	IA	Alaknanda
	Dhruvika	IB	Alaknanda

THEME: SUPERHEROES			
I	Mayank	II A	Gangotri
II	Aarush	II B	Mandakini
III	Arjun	II B	Bhagirathi

THEME: FREEDOM FIGHTERS			
I	Prashant	III B	Bhagirathi
II	Rupanshi	III B	Gangotri
III	Jayant	III C	Alaknanda





The School Headlines

FÉLICITATIONS TO OUR WINNERS!!

GIS has always ensured that co-curricular activities are an integral part of the overall growth and progress of the students. Keeping this in view, “Culture par concours” was organised by Rachna Sagar Publications on 14th July 18, National Day of France in our school. On 14th September 18, Prize distribution ceremony was conducted in the school & Senior coordinator Ms. Prerana Chauhan graced the occasion with her benign presence.

Each participant was given a certificate and the winners were rewarded with prizes by our Sr. Coordinator, Mr Sapan Sahini & Mr Rajender of Rachna Sagar Publications.

The result was as follows:

Positions

I	Rattanaporn Prongpimai	IX-B
	Hiba Khan	IX-B
II	Dev Yadav	VI-B
	Tanika Sehrawat	IX-A
III	Kashish Dalal	VI-C
	Divya Singh Rathore	VIII-C



KNOWLEDGE BYTES

India's Gold Medalist in Asian Games

Rank	Participating Country	Gold	Silver	Bronze	Total
1	China	132	92	65	289
2	Japan	75	56	74	205
3	Republic of Korea	49	58	70	177
4	Indonesia	31	24	43	98
5	Uzbekistan	21	24	25	70
6	IR Iran	20	20	22	62
7	Chinese Taipei	17	19	31	67
8	 India	15	24	30	69
9	Kazakhstan	15	17	44	76
10	DPR Korea	12	12	13	37
11	Bahrain	12	7	7	26
12	Thailand	11	16	46	73
13	Hong Kong	8	18	20	46
14	Malaysia	7	13	16	36
15	Qatar	6	4	3	13
16	Mongolia	5	9	11	25
17	Vietnam	4	16	18	38
18	Singapore	4	4	14	22
19	Philippines	4	2	15	21
20	United Arab Emirates	3	6	5	14
21	Kuwait	3	1	2	6
22	Kyrgyzstan	2	6	12	20
23	Jordan	2	1	9	12
24	Cambodia	2	0	1	3
25	Kingdom of Saudi Arabia	1	2	3	6
26	Macau	1	2	2	5
27	Iraq	1	2	0	3
28	Korea	1	1	2	4
28	Lebanon	1	1	2	4
30	Tajikistan	0	4	3	7
31	Lao PDR	0	2	3	5
32	Turkmenistan	0	1	2	3
33	Nepal	0	1	0	1
34	Pakistan	0	0	4	4
35	Afghanistan	0	0	2	2
35	Myanmar	0	0	2	2
37	Syria	0	0	1	1





GUIDANCE AND COUNSELLING

FEEL GREAT ABOUT YOURSELF

Every human being is born with the privilege to feel great as God has created man in his own image. Even then the harshness of the world the stress of achievement does not let us feel great. What we believe is what we get. Here's the inspiration by people skilled in making you feel great about yourself.

"There is no trap so deadly as the trap you set for yourself," said American novelist Raymond Chandler. In other words, as another saying goes, we can be our own worst enemy. For many of us our inner critic is especially cruel. It clings to every mistake, misstep and imperfection (Which is infinite, because, well, we're human!). For many of us feeling great about ourselves doesn't come naturally or often. While a roaring inner critic and a shaky sense of self take time to improve, you can learn to feel great about yourself, one step at a time. Here are six expert insights to start the process.

Honour Your Individuality Your life is truly unique, said Deborah Serani, Psy.D, a clinical psychologist and author of the book *Living with Depression*. "Though you have strengths and weaknesses, your life story is unlike anyone else's." The same is true for our voices. As life coach Rachel W. Cole writes in her piece, "Your voice is like your thumbprint. It has a uniqueness that no one can match and it has the power to carry healing, change, and beauty into a world that needs them." Remember that.

Curb Comparison Making Comparing yourself to others is a surefire way to sink your self-esteem and self-confidence. Serani cited Theodore Roosevelt's powerful quote: "Comparison is the thief of joy." In other words, she said, "When you measure, analyze or contrast your life to someone else's, you rob yourself of the experience of your own personal happiness." You also lose sight of your own needs, goals and wishes. "When you look beyond the boundaries of your own reach, you lose your sight as well as your grasp."

Be Kind to Yourself "Train your brain to be your greatest cheerleader, most compassionate friend and most loving parent rather than your worst critic," said Joyce Marter, LCPC, a therapist and owner of the counseling practice Urban Balance in the Chicago area. In fact, any time your inner critic starts snarling, ask yourself: "What would I say to my best friend if they were struggling with the same thing?" "What would I suggest they do?" "Would I judge them this harshly?" Often, we're much more patient, understanding and flexible with others than we ever are with ourselves. But "Remember that we are all human and nobody is perfect." Marter suggested "keeping a running

gratitude list thanking yourself for all you do that promotes wellness in your life and the lives of others."

Be Kind To Others "Seize every opportunity you can to demonstrate kindness to others [and] then see yourself through their eyes," Marter said. This kindness can take any shape: empathizing with another person, giving a compliment, giving a gift, donating your time or money to charity and even extending a simple gesture, such as opening the door for a stranger. "These acts of kindness bring us out of our own heads -- blessing us with greater perspective -- and warm the heart and soul," Marter said. Integrity means having "an alignment between what you feel inside and how you represent yourself to others," according to Ashley Eder, LPC, a psychotherapist in Boulder, Colo. It means that your beliefs, intentions and actions are in harmony. "Integrity is an antidote to shame, the driving force behind self-hatred." The key, said Eder, is to get clear on how you feel and then act in a direct and non-aggressive way to convey those feelings. For instance, an acquaintance asks you to take care of their dog while they're away. But you don't have the time or energy, or you just don't want to. "Getting clear means taking the time to let your 'no, not this time' come up to the surface so that you know what you want," Eder said. Instead of ignoring the request or telling the person how you much you don't like dogs, "acting directly and non-aggressively means saying to your friend, 'I'm sorry, but I'm not able to watch your dog for you' even though you know your friend may be disappointed." *Focus on Your Soul, Not Your Shape or Status*. When your self-worth is tied to external markers like your looks, the car you drive and how much money you have in the bank, feeling great about yourself is temporary. It's as fleeting as a feeling, a whim. It's like a butterfly. You're forever trying to catch it. And if you do, it only slips through your fingers. That's why Marter stressed the importance of "connecting with your essence and higher power on a daily basis." As Geneen Roth writes in her book *Women, Food and God*

"It's never been true, not anywhere at any time, that the value of a soul, of a human spirit, is dependent on a number on the scale." The same can easily be said about money and material things. Marter suggested these activities for connecting to your higher power: prayer meditation, mindfulness techniques "or whatever works for you." These tips help you feel great about yourself in the moment and over time. And when you're not sure what to do or what will help, start with kindness. Ask yourself, "What's the kindest thing I can do for myself or say to myself right now?" You'll rarely go wrong.

OUR LIFE, OUR RESPONSIBILITY

मिनी हिन्दुस्तान

एक दिन शाम को जब संकेत स्कूल से लौटा तो बड़ा खुश था। आज उसका अर्धवार्षिक परीक्षा-फल मिला था। पूरी कक्षा में प्रथम आया था वह। मारे खुशी के वह फूला न समा रहा था। उसने अपना परीक्षा फल अपनी माँ को दिखाते हुए कहा, “पूरी कक्षा में प्रथम आया हूँ। मास्टर साहब कह रहे थे कि मेहनत से पढ़ते रहो तो बोर्ड की परीक्षा में भी प्रथम आओगे।” संकेत की पढ़ाई का सिलसिला जोरों से चल रहा था। उसकी कक्षा के तीन छात्र जसविन्दर, उस्मान और डगलस भी पढ़ने में किसी से कम न थे। संकेत की इन तीनों से खूब पटती थी।

एक दिन खाने की छुट्टी में संकेत और उसके तीनों साथी खाना खा ही रहे थे कि तभी घंटी बज गई। पांचवां घंटा शुरू होने जा रहा था। चारों छात्र स्कूल की पानी की टंकी पर पानी पीने दौड़ पड़े। मास्टर साहब हाजिरी लेने कक्षा की ओर जा रहे थे। प्रधानाचार्य मिस मैसी राउंड पर थीं। बड़े तेज स्वभाव की अनुशासनप्रिय महिला थीं। छात्र-छात्राएँ सब उनसे डरते थे। उन्हें आता हुआ देखकर चारों साथी टंकी से कूदकर कक्षा की ओर भागे, परन्तु दुर्भाग्य से संकेत का पांव फिसल गया। वह गिर पड़ा। साथियों ने उसे उठाया तो उसका पैर उठा ही नहीं। असहनीय दर्द से वह तड़प उठा। तभी मिस मैसी वहाँ आ पहुँचीं। वह संकेत को लेकर स्कूल की गाड़ी से अस्पताल पहुँचीं। डॉ. नन्दू ने देखा की पैर की हड्डी टूटी है। उन्होंने हड्डी जोड़कर उस पर प्लास्टर चढ़ा दिया और उसे दो महीने तक आराम करने की सलाह देकर छुट्टी कर दी। मिस मैसी गाड़ी से संकेत को उसके घर छोड़ने गईं।

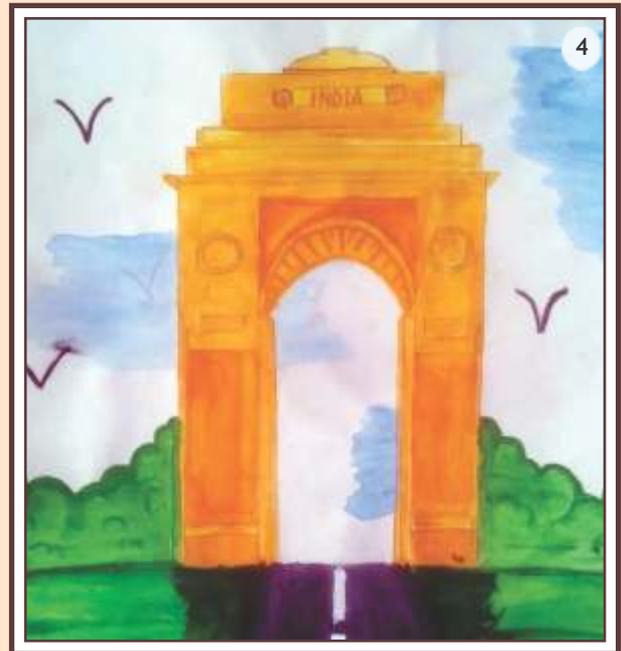
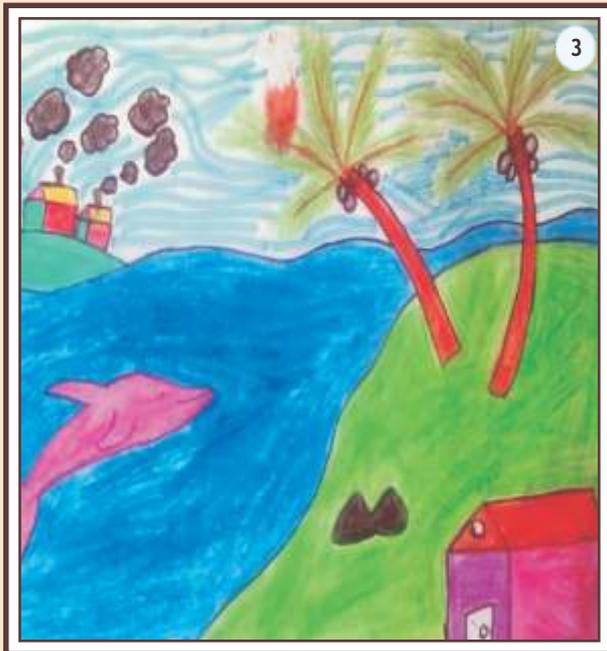
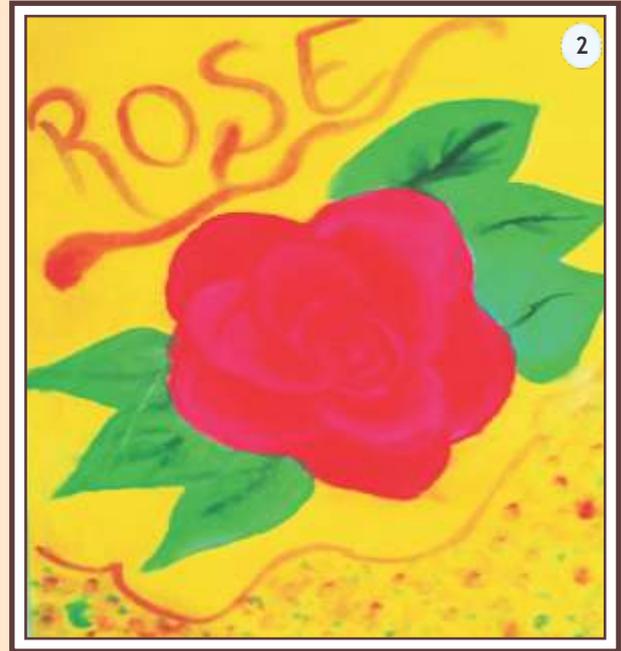
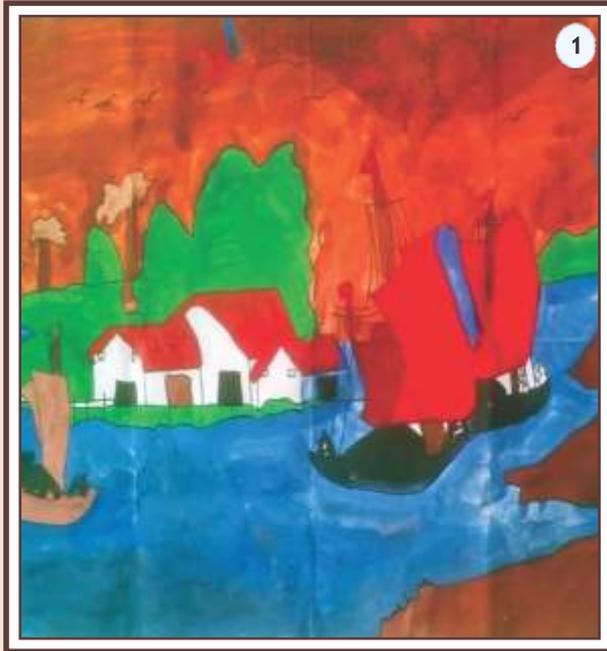
संकेत की मम्मी उसे देखकर घबराहट में रोने लगीं, पर मिस मैसी के धीरज बंधाने पर सामान्य हो गईं। अनुशासन के विषय में छात्र-छात्राओं के लिए वह जितनी कठोर व रोबदार थीं, हृदय से उतनी ही सरल और दयालु भी थीं। संकेत के पिताजी को भी कम दुख न हुआ। संकेत भी दुखी होकर बिस्तर पर पड़े-पड़े कह रहा था, “पिताजी, अब मैं परीक्षा में प्रथम कैसे आ सकूंगा?” संकेत के माता-पिता उसे धैर्य बंधाते। उसकी प्रधानाचार्या मिस मैसी भी स्कूल के बाद शाम को दस मिनट को ही सही, उससे मिलने व उसे हिम्मत बंधाने जरूर आती थीं। परन्तु संकेत दो महीने तक स्कूल नहीं जा सकता था। उसकी पढ़ाई का नुकसान तो हो ही रहा था। उसे यह शंका भी हो रही थी कि अब जसविन्दर, उस्मान और डगलस मेहनत करके पहला स्थान मार ले जाएंगे।

एक दिन ये तीनों साथी अपने मित्र संकेत से मिलने घर आए। संकेत उनसे मिलकर रो पड़ा। पढ़ाई की चिंता उसे निरंतर खाए जा रही थी। जसविन्दर बोला, “क्यों घबराता है संकेत? गणित में मुझसे अच्छा विद्यार्थी कक्षा में कोई है ही नहीं। तुम्हारा गणित का काम मैं पूरा कर दूंगा। वाहे गुरु पर भरोसा रखो!” उस्मान भी हिम्मत बंधाते हुए बोला, “खुदा पर भरोसा रखो संकेत! विज्ञान का काम मैं पूरा करा दूंगा।; तभी डगलस बोला, “और रही बात अंग्रेजी की, तो अंग्रेजी में पूरी कक्षा मेरा लोहा मानती है। अंग्रेजी का काम मैं पूरा करा दूंगा। यीशु पर भरोसा करो! हम चर्च में प्रार्थना करेंगे कि परमेश्वर तुम्हें चंगा करे और पढ़ाई में प्रथम स्थान दिलाए।” तीनों

मित्रों द्वारा हिम्मत बंधने से उसकी जान में जान आई। अब संकेत के ये तीनों मित्र प्रतिदिन उसके घर आकर पढ़ाई में सहायता करने लगे। मिस मैसी ने भी जसविन्दर, उस्मान और डगलस को प्रेरित किया कि वे संकेत की सहायता करें। धीरे-धीरे बिस्तर पर पड़े रहने के मुसीबत भरे ये दो महीने बीत गए। संकेत के पैर का प्लास्टर कट चुका था। परीक्षा में केवल दस दिन रह गए थे। उस्मान, जसविन्दर और डगलस ने संकेत के साथ मिल-बैठकर सामूहिक पढ़ाई का कार्यक्रम बना लिया। संकेत भी अकेले में बैठकर सोचता कि उसके ये तीनों मित्र कितने निःस्वार्थ और परोपकारी हैं। यदि ये चाहते तो मेहनत करके स्वयं प्रथम आ सकते थे, परन्तु उन्होंने अपनी चिन्ता न करके मेरा साथ दिया। सचमुच ऐसे मित्र धन्य हैं! निश्चित तिथि से परीक्षाएं प्रारंभ हो गईं। अपने मित्रों की सहायत के कारण उसे कोई दिक्कत न हुई। उसके सभी प्रश्न-पत्र अच्छे होते गए। परीक्षा समाप्त होने पर चारों साथी हर वर्ष की भांति गेद-बल्ला लेकर क्रिकेट का अभ्यास करने में जुट गए। अच्छी-अच्छी देशभक्ति की फिल्में देखीं और घूमने-फिरने का आनंद लिया।

आखिर परीक्षा-परिणाम वाला दिन भी आ गया। शहर के सारे बच्चे अखबार की प्रतीक्षा में थे। इंतज़ार करने का भी अपना अलग ही मजा होता है। खैर, अखबार आया, परिणाम देखा गया। संकेत अपना और साथियों का परीक्षाफल देखा। वे सब प्रथम श्रेणी की सूची में थे। तभी संकेत के पिताजी ने हाथ से अखबार छीन लिया। उन्होंने एक ही नजर में संकेत का रोल नंबर देख लिया और खुश होते हुए बोले, “अरे संकेत, तुमने तो कमाल कर दिखाया! तुम्हारा नाम तो विशेष योग्यता सूची में भी है।” संकेत बोला, “पिताजी, ये सब कमाल तो मेरे दोस्तों का हैं, जिन्होंने बीमारी की हालत में मेरी सहायता की।” तब तक उस्मान, जसविन्दर और डगलस भी उसे बधाई देने आ पहुँचे। संकेत ने उन सबको गले से लगा लिया और उन्हें बढ़िया आइसक्रीम खिलाई। स्कूल खुलने पर जब संकेत को अंक-पत्र मिला तो उसे ज्ञात हुआ कि वह जिले में भी प्रथम आया है। मिस मैसी ने उसे प्रशंसा भरे शब्दों के साथ बधाई दी। संकेत को लगा कि उसके पिताजी की बात भी सच्ची निकली। विद्यालय के वार्षिक समारोह में शिक्षा मंत्री मुख्य अतिथि थे। सांस्कृतिक कार्यक्रम के पश्चात् पुरस्कार वितरण संपन्न होना था। मिस मैसी ने अपने भाषण में बताया कि किस प्रकार उस्मान, जसविन्दर और डगलस के सहयोग से संकेत न केवल जिले में प्रथम आया, अपितु विशेष योग्यता की सूची में भी उसे स्थान मिला। शिक्षा मंत्री ने संकेत को पुरस्कृत करने के उपरांत अपने भाषण में कहा, “निश्चय ही हमारे देश में हिन्दू, मुसलमान, सिक्ख और ईसाई आपस में भाई-भाई की तरह रहते हैं। जिस देश में संकेत, उस्मान, जसविन्दर और डगलस जैसे बच्चे एक दूसरे के सुख-दुख में सहभागी हैं, उस देश की राष्ट्रीय एकता को कोई खतरा नहीं हो सकता और मुझे तो यहाँ इन बच्चों के रूप में एक मिनी हिन्दुस्तान के दर्शन हुए हैं, जिसकी एकता की नींव गहरी-बहुत गहरी..... और बहुत मजबूत है। मैं ऐसे बच्चों का अभिनंदन करता हूँ।” सभा-मण्डप में तालियां गूँज उठीं। मिस मैसी ने चारों बच्चों को गले से लगा लिया। शायद यह उनकी भी सबसे बड़ी सफलता थी।

SPOTLIGHT ON ART



Krishna
V B/8422



Sagar
VIII A/11153



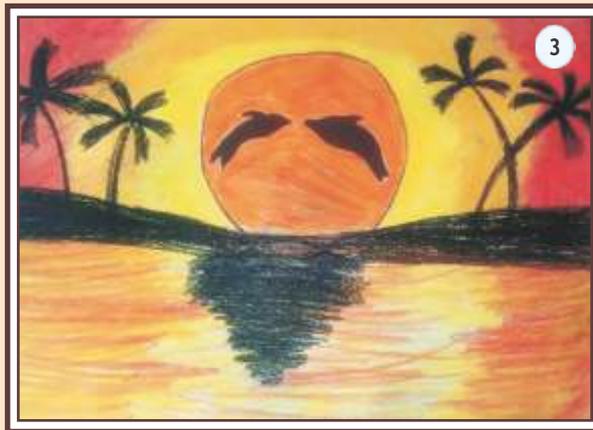
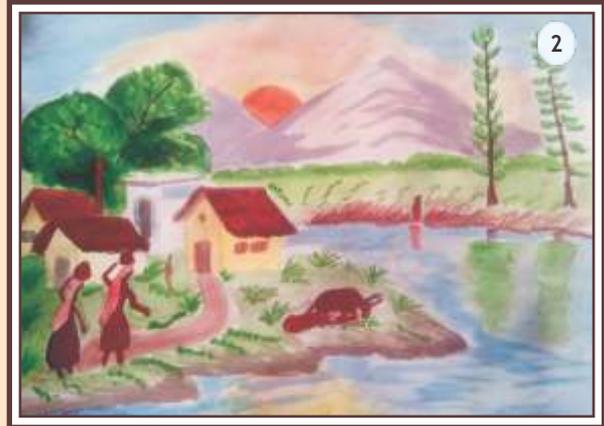
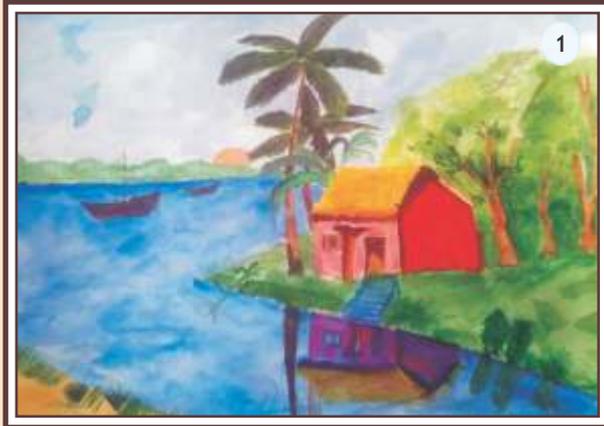
Ansh
V B/8223



Rajneel
VI C/8554



SPOTLIGHT ON ART



Kushal Sasmal
VIII A/6209



Nitin Chahal
VIII A/6222



Krishna
V B/8422



Suruchi
VI C/8185



Eyaz Khan
VI B/11333

EXPRESSIONS

FAREWELL

I have got my leave.
Bid me fare well, my brothers!
I bow to you all and take my departure.
Here I give back the key of my door
and I give up all claims to my house.
I only ask for last kind words from you.
We were neighbors for long,
But I received more than I could give.
Now the day has dawned
And the lamp that lit my dark corner is out.
A summons has come and I am ready for my journey.



Contributed
Dhiman Majumdar
XI A2/6230

FRIENDS

Art thou aboard on this stormy night?
On thy journey of love my friend?
The sky groans like one in despair.
I have no sleep tonight.
Ever and again
I open my door and look out on
The darkness, my friends!
I can see nothing before me.
I wonder where thy path lies!
By what dim shore of the ink-black river,
By what far edge of the frowning forest,
Through what mazy depth of
gloom art thou threading
Thy course to come to me, my friend?



Contributed
Gaurang Gautam
IX A2/6334

TREE

I think that I shall never see
A Poem lovely as a tree.
A tree whose hungry mouth is prest
Against the earth's sweet flowing,
A tree that look at god all day
And lifts here leafy arms to pay;
A tree that may in summer wear
A nest of robins in her pair;
Upon whose bosom snow has lain;
Who intimately lives with rain?
Poem are made by fools like me,
But only god can make a tree.

MY MOTHER

I love so much my mother,
She's always in my heart.
Even though we argue,
We will never be apart.
She can tell when I have problems
She knows when I am down.
She's always there to cheer me up,
And take away my frowns
At times when I get mad at her
It's hard to stay that way.
Only because she makes me laugh
Every passing day.
I love my mother with all my heart,
But this she does not know
Sometimes I want to tell her,
But I'm afraid to let it show.



Himanshi Drall
IX A3/5745

YOU NEVER SAID GOODBYE

You never said I'm leaving,
You never said goodbye
You were gone before I knew it,
And only God knew why.
A million times I needed you,
A million times I cried.
If love alone could have save you,
You never would have died.
In life I loved you dearly,
In death I love you still.
In my heart you hold a place,
That no one could ever fill.
It broke my heart to lose you,
But you didn't go alone.
For part of we went with you,
The day God took you home.



Deepanshu
IX A3/10349

THE INDIAN ARMY

First of all,
A salute to them all,
For protecting us
and standing tall.
Fighting, giving, victory calls.
Bravo! Let them not fall
Because of them,
there is harmony
Not expecting more money.
Serving in the army is a dream of mine,
I hope in future, I will shine!



Saksham
IX A3/5689

The expert in anything was once a beginner

EXPRESSIONS

A TEACHER

A teacher is,
The one who has the magic.
To change lives
With just the
Right mixture of chalk & duster
Thank you teacher
For teaching from heart.
A teacher is,
A guide, a mentor
Of attaining for betterment
In all the walk of life.
Teacher you give wings to our wishes
& imagination.
A teacher is
One who keeps weave
A bright future for the students.
With patience, guidance,
love & affection
Teacher you are really a treasure
A teacher is
The One who not only explains?
But also inculcates the motivation
Required to make a student's life
Happy & Successful
Teacher you touch our lives forever

HEALTH IS WEALTH

Health is our most precious wealth, I hope you agree, No doubt, health is the sweetest fruit of our life's tree. Money is certainly important, and so is social prestige. But it is a good health that is the source of a constant bliss.
You may have the money to tour the world. But can't if your health does not permit.
You can buy all the food of the world, but your bad health will not let you eat.
You might have huge honor in the city, with everybody bowing before you. But you will fail to enjoy it, if you regularly develop health problems new.
In this way the bad health will always play a serious bar In the way of your enjoying what you have, wealth house or car.
On the other hand the good health is a source of constant happiness.
That will automatically turn your life into one of charm, pleasure and grace.
Take good care of your health, and develop a body that is sound and strong.
And ensure a life that is happy and charming besides being long.



Vedika
IX A3/9941

INDIA: A DISEASE FREE NATION ...

A disease free nation is the home to healthy personalities and Healthy citizens are the greatest asset any country can have. India is the home to many densely populated areas where proper health care facilities are not available. The constitution of India makes health in India the responsibility of the state government, rather than the central federal government Diseases such as dengue fever, hepatitis, tuberculosis, malaria and pneumonia continue to plague in India due to increased resistance to drugs. HIV/AIDS in India is ranked third highest among countries with HIV-infected patients. The biggest reason behind all these problem is uncleanliness, the state of being dirty. Throwing garbage, and relieving yourself in open make the surroundings dirty and foul smelling. The world now is not just content with curing diseases but there is more emphasis on well ness and preventive healthcare. The best way to ensure healthcare is cleanliness. If we resolve to be clean, If we resolve not to litter or spread dirt, we can save more lives than a doctor does. Cleanliness is the way ahead to make India disease free So, let's take a pledge to make our India clean because cleanliness is he only medicine to all disease...



Koushiki
IX A2/9226

THE PROUD ROSE

Once upon a time there was a rose who was very proud of her beautiful looks. Her only disappointment was the She grew next to an ugly cactus. Every day the rose would insult the cactus on his look while the cactus stayed quiet. All the other plants in the garden tried to make the rose see sense, but she was too swayed by her own good looks.



Apurva
IX A3/5693

One summer, the well present in the garden grew dry and there was no water for the plants. The rose began to wilt. She saw a sparrow dip her beak into the cactus for some water. Through ashamed, she asked the cactus if she too could have some water. The kind cactus readily agreed and they both got through the tough summer as friends.

Moral : Never Judge someone by the way they look.

EXPRESSIONS

An inter-house competition 'Spin a Story' was organised on Students of classes XI and XII participated in the event. Students were provided with a sentence on the spot, "Once Sarang was going for his tuition he found a wallet on the road..." you will be amazed by the stories spun by the students around it.

The competition aimed at encouraging and expanding the innovative and creative thinking so that our budding authors continue writing stories and express their ideas. All the students felt well appreciated and encouraged to continue writing stories and express their creative thoughts.

THE CONFIDENTIAL FILE

Once Sarang was going for his tuition he found a wallet on the road. He picked it up and looked around. There was not a single soul to be found on the road. He opened the wallet and looked for any ID in it but the only thing he found in that wallet was a flash drive. Sarang had thought of returning the wallet to its owner but the absence of ID had made it difficult for him. Thinking what to do, he went to his tuition.

DCP Malhotra was madly searching his clothes and cupboard. He had been doing it for last one hour and his wife sitting on the couch, looking at him with a puzzled expression. "I kept it in the pocket only. It has to be there." He yelled. His wife was still clueless. She sat there only and sighed. "Arjun, can we sleep now?" She said with a tiring voice. DCP Malhotra stood there for a moment and nodded. As his wife switched off the lights, he lied on the bed, murmuring to himself.

Sarang came back home from his tuition and took out his laptop. He took out the flash drive from his pocket and plugged it in. A window popped on the screen with a folder named 'CONFIDENTIAL'. He opened it and there was a video of men selling girls to foreigners. He was shocked. Next morning, he got up at 6 am. His mother was shocked to see him up so early. Sarang hurriedly went to the Police Station and explained everything. The inspector called his senior officer. Within 10 minutes, an officer entered the police station and he went straight to Sarang and hugged him. The officer was none other than DCP Malhotra. He had dropped the wallet accidentally on the road and was searching for it madly the whole night. He thanked Sarang and praised him for his good work. Next day, he newspaper read, "Human Traffickers caught by the police."

Moral : Good work never goes wasted.



Vani Agarwal
XII S2/10998
FIRST PRIZE

AN EVENING JOG

Once Sarang was going for his tuition, he found a wallet on the road. Sarang bent down, placing his knee on the stone pavement. He picked up the abandoned wallet. 'Peculiar.' he muttered softly under his raspy breath. Sweat trickled down his bandanna and onto his left cheek. The wallet was unearthly heavy. As compared to its size and shape, it seemed a perfectly normal wallet that had been lost by its owner, who obviously is searching frantically for it somewhere. But in reality, it weighed perhaps a pound or two. If Sarang wouldn't have been running and working out these days, he surely would have pulled a muscle trying to get the wallet off the ground.

Sarang knew about mercury, a small amount of it weighs a lot, so he deduced that this wallet must be made out of something similar. Did I tell you that it was a metallic wallet? The kind you see in television marketing. Yes. Those ones. "Well, they say appearances can be deceiving," Sarang remarked, speaking loudly into the evening night. A sea breeze played with his air. Till that time, the sound of trees resulting, the wind blowing, and Sarang breathing huffing and puffing his chest for air where the only noises around. Occasionally, sea waves would splash against the pier, which was at some distance to his right. Gulls cried overhead. Returning to their homes.

A loud whirring mechanical noise emanated from the wallet. Startled, Sarang dropped it on the stone below. It fixed itself on the ground, the wallet, and then came out a ray of light, or we can call it a beam, if you are really considerate of terminologies, so bright that Sarang was nearly blinded for a jiffy. The wallet was fixed on the ground like it had a magnet inside straight into the sky. It was a signal. A beacon. The ground began to shake, and it was unclear whether the sea did too. But in to time it was clear that the ground shook because of the shaking of the sea. A humongous ship emerged from the ocean, and the wallet, and Sarang were both pulled into an open hatch, like air rushes into a vacuum chamber.

Sarang is currently the Ambassador of Relations between Xenopus- F32 species and humans.



Prakhar
XI S3/4413
SECOND PRIZE



LET'S GET QUIZZICAL - 31

- Which of the following countries has agreed to accept the payment of export of oil and petroleum products to India, in rupee terms instead of dollar or any other currency?
(A) Kuwait (B) UAE (C) Iran (D) Iraq (E) Libya
- As per the newspaper reports Government of India has finally agreed to purchase advanced MRMRs for its naval forces. What are these MRMRs?
(A) Aircrafts (B) Warships (C) Submarines
(D) Radar Systems (E) Rocket Launcher
- Which of the following agencies/organizations decided to cancel 122 Licenses of 2G Spectrum issued by the Government of India to various companies and asked the Government to do the process afresh?
(A) Comptroller and auditor general of India
(B) Supreme court of India
(C) Telecom regulatory authority of India
(D) Confederation of Indian Industry
(E) Reserve bank of India
- The Paithan (Jayakwadi) Hydro-electric project, completed with the help of Japan, is on the river?
A. Ganga B. Cauvery C. Narmada D. Godavari
- Which of the following factors are responsible for the rapid growth of sugar production in south India as compared to north India?
I. Higher per acre field of sugarcane
II. Higher sucrose content of sugarcane
III. Lower labour cost IV. Longer crushing period
(A) I and II (B) I, II and III
(C) I, III and IV (D) I, II and IV
- Who among the following is not a recipient of Bharat Ratna?
A. Vinobha Bhave B. Sardar Vallabhbhai Patel
C. Lal Bahadur Shastri D. Dr.S. Radhakrishnan
- Gundecha brothers are well known exponents of which among the following styles of Hindustani Classical Music ?
[A] Khayal [B] Tharana [C] Dhrupad [D] Thumri
- Who inaugurated Defence & Homeland Security Expo and Conference?
A. Shri Rajesh sharma B. Shri Arun Jaitley
C. Shri Mohan Kumar D. Shri Rajnath Singh
- ISRO plans to set up its First Overseas Ground Station at
(A) North Pole (B) North America
(C) South Pole (D) Greenland
- Based on the recommendation of CM K Chandrasekhar Rao and his Cabinet, the first state assembly of Telangana has been dissolved _____ months before the term of the House expires.
(A) Ten (B) Nine (C) Eight (D) Seven
- India's first bullet train is likely to start running between Mumbai and _____ by the end of 2022.
A. New Delhi B. Kolkata
C. Lucknow D. Ahmedabad
- PV Sindhu won India's first Asian Games silver medal in badminton, after loss to.
A. Nozomi Okuhara B. Chen Yufei
C. Tai Tzu-ying D. Akane Yamaguchi
- U.S. President Donald Trump announced a new trade agreement with Mexico, which will replace the North American Free Trade Agreement (NAFTA). NAFTA is signed by U.S., Mexico and
(A) Russia (B) Canada (C) Bahamas (D) Cuba
- Government approves commercial flying of remotely piloted aircraft or drones in India from
A. December 1 B. October 2
C. November 14 D. September 30
- Which of the following digiLocker system did CBSE launch to the students of flood-hit Kerala?
(A) Block Chain Technology (B) eMudhra Maha Sevai
(C) eMaha Parinam (D) Parinam Manjusha
- Which country won first Ever Title At FIFA U-20 Women's World Cup France 2018?
(A) Japan (B) Pakistan (C) India (D) Indonesia
- Who became the first Indian javelin-thrower to win an Asian Games gold medal as he shattered his own national record by clearing a distance of 88.06m in Jakarta?
(A) Seema Poonia (B) Shivpal Singh
(C) Neeraj Chopra (D) Annu Rani
- Who is the author of 'Atal Ji Ne Kaha' book?
(A) Shri Brijendra Rehi (B) Shri Vikram Seth
(C) Shri Kiran desai (D) Shri Arundhati Roy
- India's first Biofuel-Powered Flight Lands in-----?
(A) New Delhi (B) Chennai
(C) Hyderabad (D) Mumbai
- Former Australian captain Mark Taylor has had several nicknames over his playing career. Which of the following was NOT one of them?
(A) Tubby (B) Stodge
(C) Helium Bat (D) Stumpy

EXPRESSIONS

पेड़-पौधों में होती है जान

पेड़-पौधों में भी होती है जान,
क्या रखते हो तुम उनको ध्यान?
देते हैं हमको हर सम्मान,
क्या लौटा पाएँगे उनसे लिया ये दान?
पहुँचाते हैं हम उनको हमेशा नुकसान,
उनके हैं हम पर कितने सारे अहसान।।
करते हैं हम अपने आप से वादा,
ध्यान रखेंगे उनका सबसे ज्यादा।।
पेड़-पौधों में भी होती है जान,
क्या रखते हो तुम उनको ध्यान?

चिंतन

चेहरे पर मुस्कान रखें
सदा अपनी पहचान रखें।
खता बख्शा दें हर किसी की,
इन्सानियत की शान रखें।
मंजिल को अपनी पाने का
दिल में हरदम अरमान रखें।
सोने की चमक पर न जाए।
'पाक' अपना ईमान रखें।
ईश्वर बदलता है मौसम
सब्र और इत्मीनान रखें।
बोझ जितना हो सके हम
साथ उतना ही सामान रखें।
बुराई की बाढ़ से बचे हम
अच्छाई की एक मचान रखें।
हम सब साथ-साथ चलें
और इस वतन की आनबान रखें।

विज्ञान

विज्ञान वह जो बनाता जीवन,
विज्ञान वह जो संवारता जीवन,
विज्ञान वह जो सिखाता जीवन,
तो समझो इसकी महत्ता और पहचानो इसे।
मैं मुखर्ष था जो पहचान न सका इसे
तुम तो इसे समझो जिसने भी है इसको समझा
हमेशा सफलता पाई। अगर तुमने इसे पहचाना
तो पूरी दुनिया को पहचाना
बड़े-बड़े वैज्ञानिकों ने इसे पहचाना
और दुनिया में पहचान बनाई।



नंदिनी
VII A/8180

कविता

श्रवण वाचन, पढ़न, लेखन के माध्यम से,
हिन्दी भाषा को पहचानों तुम,
वर्णों से शब्द, शब्दों से वाक्य,
वाक्यों को कहना जानो तुम।
मन के सुंदर भावों को,
प्रकट किया है कवियों ने।
अपनी कविताएँ लिख-लिखकर
अलंकृत किया कविताओं को
हिन्दी भाषा ऐसी निराली?
जिसने भी इसको जाना।
नए-नए शब्दों और वाक्यों से
इसकी महत्ता को पहचाना।



पीयूष
IX B/10799

दोस्त

दोस्त हमारे कितने प्यारे,
वह सारे हैं सबसे न्यारे।।
खेलते हैं वह हमारे साथ,
देर होती तो पड़ती उन सबको डांट।।
उनके लिए,
डांट से पहले, खुशियाँ मेरी,
जैसे मैं हूँ बहन चचेरी।।
नाचते गाते हैं हम साथ,
नाचते, गाते हो जाती है रात।
दोस्त हमारे कितने प्यारे,
वह सारे हैं सबसे न्यारे।।



नंदिनी
VII A/8180

भारत देश

भारत है एक देश महान,
दुनिया करती इसका सम्मान।
इसकी ऊँची है पहचान,
कुछ नेता इसके बेईमान।
ताजमहल, कुतुब मिनार,
ये सब है इसकी शान।
इसका सच्चा है ईमान,
जिसका सब करते सम्मान।
सबकी जान हिन्दुस्तान,
सबसे प्यारा हिन्दुस्तान।



सनी
VIII D/10749

EXPRESSIONS

प्रकृति

हरी-हरी खेतों में
बरस रही हैं बूंदें
खुशी-खुशी से आया सावन
भर गया मेरा आँगन।
ऐसा लग रहा है जैसे
मन की कालियाँ खिल गयी जैसे
ऐसा कि आया बसंत
लेकर फूलों का जश्न।
धूप से प्यारी मेरे तन को
बूंदों ने दी ऐसी अँगड़ाई
कूद पड़ा मेरा तनमन
लगता है मैं हूँ एक दामन।
यह संसार है कितना सुंदर
लेकिन लोग नहीं उतने अकलमंद
यही है एक निवेदन
न करो प्रकृति का शोषण।।

मेरी दादी

मेरी दादी सबसे प्यारी
हम सबकी करती है वो सेवा
बचपन में वो कहानी सुना के।
सुलाती थी प्यार से वो मुझको।
एक समय की बात थी।
बहुत बीमार वो हो गई।
कहानी सुनाना बंद कर दिया।
तब से नींद न आती मुझको
मेरी दादी सबसे प्यारी।

पापा

पापा हमारे कितने अच्छे,
हम हैं उनके प्यारे बच्चे।।
सिखाते बातें अच्छी हमको,
भगाते हमारे सारे गम को।।
पालते-पोस्ते, सुबह और शाम,
हम करते रहते उनको परेशान।।
पापा को अच्छा लगता स्वीजरलैंड,
जब गुस्सा होते बजता है हमारा बैंड ।।
पापा हमारे कितने अच्छे,
हम हैं उनके प्यारे बच्चे।।



सोनल
VIII-B/7721



ईशान
VIII D/11364



नंदिनी
VII A/8180

प्रकृति

हरी-भरी प्रकृति हमारी
हरे-भरे खेत यहाँ
इसकी सुंदरता से मंत्रमुग्ध
सारा देश और जहाँ
आयुर्वेद का प्रारंभ इसी से
मनुष्य का शुभारंभ इसी से
करो न तुम इसका अपमान
जन-जीवन का इसी से निर्माण
इसकी सुंदरता की खातिर
अब कुछ कर जाना है।
नए-नए तरीको से
इसकी संपदा को बचाना है।



एकता
VIII-B/11230

शिक्षा

शिक्षा के हम पार्थी है,
पढ़ना हमारा काम है।
दुनिया में कुछ करना है,
हमको आगे बढ़ना है।
क्यों हम समय बेकार करें
चलो अब कुछ नाम करें।
माता-पिता ने हमें पढ़ाया,
हम पर कितना धन लगाया।
चलो अब उनको फल दें
शिक्षा पर हम बल दें।



हेमन्त
VIII D/6860

शिक्षा

शिक्षा, शिक्षा, शिक्षा,
अध्यापक हमको देते शिक्षा
माता-पिता दिलवाते शिक्षा
शिक्षा से है जीवन बनता
बुद्धिमान व्यक्ति का कारण शिक्षा
अमीरी, गरीबी का कारण शिक्षा
जीवन का मतलब है शिक्षा
शिक्षा, शिक्षा, शिक्षा
अध्यापक हमको देते शिक्षा।



हिमान्सु
VIII D/6861

खेद है कि अगस्त 2018 की आकाशगंगा पत्रिका में नंदिनी VII A/8180 द्वारा लिखित कविताएं किसी अन्य नाम से प्रकाशित हो गईं वे रचनाएँ क्षमायाचनाएँ सहित पुनः प्रकाशित की जा रही हैं।
—सम्पादक

EXPRESSIONS

विद्यालय

में जाता हूँ विद्यालय रोज,
वहाँ करके आता हूँ मौज।
हम वहाँ जाके करते हैं मस्ती,
वहाँ आती है बड़ी-बड़ी हस्ती।
वहाँ मिलते हैं दोस्त अच्छे-अच्छे,
जो सही में है बहुत सच्चे।
मेरा विद्यालय है सबसे महान,
जहाँ जाकर मिलता है सबको सम्मान।



VIII D/7490

समय के साथ सब बदलता है

‘कहा जाता है कि जिंदगी मोहताज नहीं मंजिलों की
वक्त हर मंजिल दिखा देता है,
मरता नहीं कोई किसी से जुदा होकर

वक्त सबको जीना सिखा देता है।’ अर्थात् वक्त के साथ सब बदलता रहता है। वक्त हमेशा गतिशील रहता है। इसलिए हमें भी वक्त के साथ-साथ स्वयं को भी बदलते रहना चाहिए। यदि हम समय के साथ स्वयं को नहीं बदलेंगे तो हम उस ठहरे हुए पानी की तरह हो जाएंगे जो स्वच्छ होने के बाद भी एक दिन इतना गंदला हो जाता है कि सब उससे घृणा करने लगते हैं। यदि हम बहती नदी की तरह अपने व्यवहार एवं कार्यों को रखेंगे तो हम कभी भी मात नहीं खाएंगे। यदि कभी मात खा भी ली तो वह अधिक दुखदायी नहीं होगा। समय के साथ हम उसे भूल जाएंगे। यह बात केवल हमारे व्यक्तिगत जीवन पर नहीं बल्कि शिक्षा, सामाजिक जीवन आदि सभी क्षेत्रों पर लागू होती है। यदि हम शिक्षा के क्षेत्र में निरंतर स्वयं को ज्ञान को बढ़ाते न रहें तो हम पुराने एवं समय के अनुरूप नहीं माने जाएंगे तथा दूसरों की नजर में पिछड़े साबित हो जाएंगे। इसी तरह यदि हम सामाजिक जीवन में सबके साथ नहीं चलेंगे तो सब हमें छोड़कर आगे बढ़ जाएंगे और हम अकेलेपन के शिकार हो जाते हैं जो बहुत दुखदायी होता है। इसलिए कहा जा सकता है कि समय के साथ सब बदलता है और हमें भी बदलना होगा अन्यथा हम अकेले छूट जाएंगे।

अनन्या
VIII B/11499

स्वयं में बदलाव से जग बदलेगा

हिन्दी में एक प्रसिद्ध कहावत है— ‘जो तू औरों की तरफ करता है अंगुस्ताई, देख तीन झुकी है है तेरी तरफ।’ अर्थात् यदि तुम किसी पर आरोप लगाते हैं या किसी में कमी ढूँढते हैं तो उससे पहले हमें स्वयं को जाँच परख लेना चाहिए कि कहीं वह कमी मेरे में तो नहीं है? अन्यथा हम ही दोषी बन जाएंगे। अपने मित्र, परिवार एवं समाज में जिन चीजों को हम नहीं देखना चाहते और उन्हें बदलना चाहते हैं उसके लिए पहले हमें खुद को बदलना चाहिए अर्थात् अपने अंदर से उन कमियों को हटाना होगा तभी हम सफल हो पाएंगे, क्योंकि बूँद-बूँद से घड़ा भरता है। यदि हम स्वयं को अच्छा बना लेते हैं तो हम अपनी आधी जीत तय कर लेते हैं। यदि हम ऐसा नहीं करते तो हम सर्वगुण सम्पन्न होने पर भी निर्गुण ही कहलाएँगे क्योंकि हम दूसरों पर अपनी छाप छोड़ने में सक्षम नहीं हो पाएंगे। इसके विपरीत हम अपनी कमियों को सुधार अपने को दूसरों से भिन्न साबित कर सकते हैं और प्रकृति का नियम है कि हर भिन्न या अनोखी चीज को तवज्जों देकर पूजा जाता है। उसे आदर्श बनाया जाता है। इसीलिए कहा जाता है कि ‘जग बदलना है तो खुद को बदलो। खुद बदलोगे तो जग भी अपने आप बदल जाएगा। इतिहास वक्त जरूर लगेगा पर शुरू में नकारे जाने वाले बाद में पूजे भी गए हैं और पूजे जा रहे हैं।’

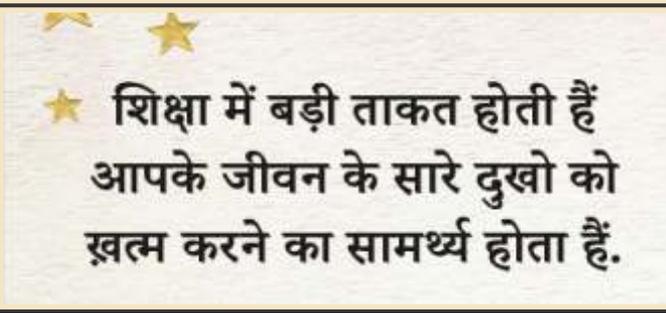
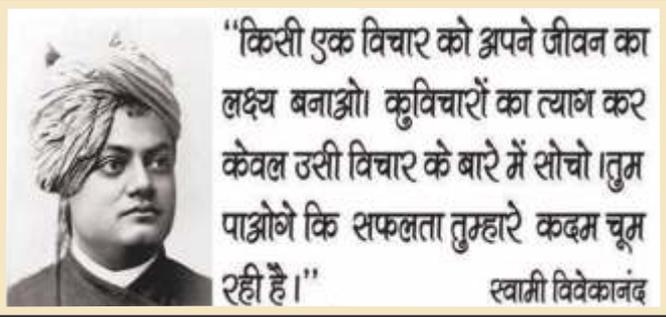
रुद्र
VIII B/11388

देश की खातिर

आओ सब मिलकर हाथ बढ़ाएँ
फैले अधियारे को दूर भगाए,
अंतरमन को टटोल कर
आज नया प्रकाश फैलाए।
भ्रमित हुए लोग यहाँ
लक्ष्य और मंजिल है कहाँ
नवउत्थान की प्रेरणा देकर
सबको नई राह दिखाएँ।
बाधाओं को तोड़ो तुम
सबसे नाता जोड़ो तुम
किंचित भी भयभीत न होना
देश की मिट्टी ही है सोना।

सोनुराज
VIII B/11525

EXPRESSIONS



LET'S GET QUIZZICAL-31 (Answers)

- Ans 1. (C) Iran
Ans.2. (A) Aircrafts
Ans.3. (B) Supreme court of India
Ans.4. (D) Godavari
Ans 5. (D) I, II and IV
Ans.6.. (B) Sardar Vallabhbhai Patel
Ans.7. (C) Dhrupad
Ans.8. (D) Shri Rajanath Singh
Ans.9. (B) North America
Ans 10. (B) Nine
Ans. 11 (D) Ahmedabad
Ans. 12. (C) Tai Tzu-Ying.
Ans. 13 (B) Canada
Ans. 14 (A) December 1
Ans. 15 (D) Parinam Manjusha.
Ans. 16. (A) Japan
Ans17. (C) Neeraj Chopra
Ans 18 (A) Shri Brijendra Rehi
Ans 19. (A) New Delhi
Ans 20. (D) Stumpy

माँ

तेरे हर आँचल में मेरा बसेरा था।
पर इंतजार मेरा कर रह कल का सवेरा था।
दूर खुद से भेज दिया कि
कल को कुछ बन जाऊँगी,
सौ बार तो सोचा होगा कि
क्या तेरे बिन रह पाऊँगी।
सहम न जाना कभी—कही तू ठहर न जाना
कभी—कही तू यही रीत है सिखलाई।
उसूलो के बिना जीत नहीं है,
यही बात है बतलाई
जीत कि इस पर्ची पर तो बस तेरे नाम लिख सकती हूँ।
तेरे बिन राहों पर माँ, दूबारा भी गिर सकती हूँ।
हाथ थाम लेना मेरा बस माँ, सबसे आगे बढ़ जाऊँगी,
तेरी एक मुस्कान के लिए, सारे जग से लड़ जाऊँगी।



हेतल जैन
IX A2/11526

बेचारे लड़के

पैदा हुआ मैं लड़का तो क्या क्या सुना दिया,
उम्मीद का थैला मुझे सबने थमा दिया।
रखते नज़र है सब काम पर मेरे हर घड़ी,
मैं खेलने गया तो आवारा बता दिया।
घर बैठने का मौका कहाँ मिलता है मुझे
घर रुक जाऊँ जरा तो निकम्मा बुला दिया।
कुछ बात जब बहन से मैं करने ज़रा लगा।
सामान लाने को पर्चा थमा दिया।
खाने गया आइस्क्रीम बाजार में कभी,
कुछ और काम साथ में माँ ने सुझा दिया।
पापा ने साइकिल पर मुझ जब देख लिया।
राशन खरीद कर साइकिल पर लदा दिया।
खुलकर कहाँ रोया जाता है मर्द से कभी,
धोखा मामला किसी से सहन कर देखो।
बेरोजगार लड़की की हों जाती गुज़र,
बेरोजगार लड़का नकारा बता दिया।
है नाम खानदान का लड़को से धर चला,
कोल्हु के बैल सा हाल बना दिया।



शिवम् सिंह
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