

Ganga International School

AKASHGANGA

The Milky Way

AKASHGANGA...

A GALAXY OF BRILLIANT MINDS, ON A TRAIL BLAZING SUCCESS

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EDITORIAL DESK

DEAR READERS,

Hope you had a wonderful celebration of Diwali, without contributing to the choking pollution of the environment, which has left Delhi breathless. It's high time, all of us realized that we must give up the environmentally harmful activities. The current scenario should be taken as the warning bell, and we should make concerted effort to save environment. October seems to be full of festivities giving you a great time. You must have enjoyed Dussehra, by creating effigies of Ravan, Kumbhkaran and Meghnath, they have become eternal symbols of evil, warning the generations, that good always overcomes evil. Ravan was one of the greatest scholars of his time, was so rich that his kingdom Lanka was plated with gold, he was also the most ardent devotee of God Shiva but one fault of being egoistic annihilated all his virtues. It is a lesson for us to be humble and be grateful for our blessings. Then there was Diwali, marking Shri Rama's return to Ayodhya, His brother, Bharat, didn't accept to be the king, during Shri Rama's exile but awaited his return by keeping Shri Rama's, Charanpadukas, His wooden sandals on the throne of Ayodha, as a symbol of Shri Ram's rule, setting the finest example of love and loyalty. The literature and culture and ethics of a place set the highest standards of moral conduct and behavior, to guide the people. You are the custodians of our culture and heritage, once their values are imbibed in you, you can bring about a change in the society make the world a better place. It's is our cherished goal to make your voice heard and Akashganga has unflinchingly provided that platform where your creativity is given free play. This has been tremendously effective in shaping up the budding poets, artists and authors, as is evident by the depth of emotions and meticulous expression in the poems. Keep writing, our geniuses, to strengthen your skills and enrich your intellect, to shape up a better world.



PRINCIPAL'S DESK

DEAR READERS,

It seems that the much awaited 'Festival of Lights' had sensed our eagerness and hastened its arrival! We all enjoyed our vacation immersed in overwhelming enthusiasm, decorating the houses, buying gifts, receiving guests and visiting relatives and friends, right into the wee hours of night, without leaving any place in our lives for the word 'tired', because all this didn't seem like work. The reason is, no matter how tired we may be, the fact that we are passionately interested in the celebration makes this time stand out because of its zest, achievement and satisfaction and makes us rise above ourselves. The whole month has been full of festivities for all of us. The nine days of Navratri or Durga Puja, devoted to Maa Durga, the Adishakti, the symbol of the feminine power. The culmination of Navratri is Vijay Dashmi, or Dussehra. The burning of effigies of Ravan, Kumbhakaran and Meghnath, has been conveying the power of good over evil, as Shri Ram defeated the demons. I find it very impressive that Shri Ram valued, the erudition of Ravana and asked Lakshman to seek his wisdom. That's the quality we need to imbibe, to have a respect for the good qualities of even our enemies, and learn from them. Eid Ul Milad the celebration of the birthday of Prophet Mohammad, brought lights and sweets. The Chatt Pooja was another celebration, which was observed with fasting and feasting. It is a celebration of the Sun, the source of life. We also had the joy of Prakash Utsav, the celebration of the birthday of Shri Guru Nanak Dev ji, the founder of Sikhism. I never stop being grateful to be a part of Indian Culture which is so lively and diverse. We all need to spread joy and brotherhood to strengthen the social fabric of our Nation. I am sure that you celebrated all the festivals with friends and relatives. You all need to carry forward the rich heritage of our incredible nation, as you have the power to change the society through love and compassion, which is the takeaway from all these festivals.

The legend of Shri Ram makes us realize that human will has the miraculous power to win against all odds, thus Shri Ram slayed the Asuras and defeated Ravan, and brought back Sita ji. Even we can do it, once we set the intent and back it up with efforts. We can defeat present day monsters of pollution, corruption and poverty. Let's use this, to root out the senseless exploitation of the resources, selfishness, bigotry and lethargy to rise above them all. Attack evil for a reason bigger than your own victory; choose a goal higher than your personal gains. Those things that bring a deep sense of personal satisfaction come from accomplishing something positive for an altruistic reason, or for some cause that transcends us! Pitch in your bit to slay the giants of poverty and illiteracy armed with courage, confidence and will power, and, you will be able to overcome the hydra headed giants, with the inherent power of being Human. You are our hope for a brighter future.

Best Wishes



Swati Joshi



1 Success is a ladder you cannot climb with your hands in your pockets.

Contributed by: Parth 11-H1

Success stories that inspire....

GLOBAL
IDOL

SUCCESS STORY : RISHI SUNAK PRIME MINISTER OF THE UNITED KINGDOM



At the age of 42, Sunak is the youngest person to take the post of UK's Prime Minister in more than 200 years. Rishi Sunak, the first Non-White and first Hindu to become the Britain's Prime Minister is an Oxford University and Stanford graduate. Sunak hails from humble roots. but before going to pursue his degree from the big varsities, the 42-year-old Conservatives leader worked as waiter in a celebrated local Indian restaurant. "What it has taught me is- having a job, whatever it be, is important," Sunak told podcaster Harry Stebbings. The eatery is situated on the waterfront in Southampton, Hampshire and the owner is a family friend of the Sunaks, a report by Dailymail UK said. Kuti Miah said that Sunak was "a people person" who loved "talking to customers". She went on to say that he was an "expert" at calculating bills of customers. Sunak began his political journey in 2015 after winning a safe Tory seat of Richmond in Yorkshire. He started with junior roles in the Treasury. He took oath as MP on the Bhagavad Gita in the Parliament. In February 2020, he was suddenly elevated to the post of Chancellor of Exchequer when Sajid Javid, his former head, resigned. The post is most crucial in the UK Cabinet. As Chancellor of the Exchequer under Boris Johnson's leadership, he lit Diwali diyas at his residence on Downing Street. Rishi Sunak has become the first Indian-origin Prime Minister of the United Kingdom. Rishi Sunak was born on 12 May 1980, in Southampton, Hampshire, South East England to Indian parents Yashvir and Usha Sunak who were born in Kenya and Tanzania respectively. His father was a general practitioner while his mother was a pharmacist who ran a local pharmacy. Sunak's grandparents were born in Punjab Province, British India, and emigrated to the UK in the 1960s from East Africa. Sunak is the eldest of three

siblings. His brother Sanjay is a psychologist and his sister Rakhi works as the Head of Humanitarian, Peacebuilding, UN Funds and Programmes at the Foreign, Commonwealth and Development Office. He is an alumnus of Winchester College, Lincoln College, Oxford and Stanford University. He Graduated In Politics and Economics From Lincoln College, Oxford and obtained an MBA from Stanford University, where he was a Fulbright Scholar. He undertook an internship at Conservative Campaign Headquarters during his time at the university. From 2001 to 2004, he worked as an analyst at Goldman Sachs, an investment bank. He left the job to join The Children's Investment Fund Management (TCI) and became a partner in September 2006. He joined another hedge fund firm Theleme Partners in 2009. He also served as the director of investment firm Catamaran Ventures, owned by his father-in-law and businessman N. R. Narayana Murthy. Rishi Sunak tied the knot with Akshata Murthy in August 2009. The couple has two daughters. His wife is the daughter of Indian billionaire N.R. Narayana Murthy and Sudha Murthy, and serves as the director at Catamaran Ventures. She also runs her own fashion label and is among the wealthiest women in Britain. Now Rishi Sunak is said to be the richest man in the House of Commons. His net worth is whopping £730 million. As per some reports, Sunak's wife, Akshata is even wealthier than Queen Elizabeth II's. The bulk of Sunak and his wife's wealth is believed to come from Murthy's £690-million stake in Infosys.

Rishi Sunak starts his journey to save the British economy, with his famous quote, ***"We rise to challenges, we will meet them, we are well prepared for them, we will get through them, and we'll emerge on the other side stronger."***

You have to be at your strongest, when you feel your weakest.

Contributed by: Mayank 11-H1

THE SCHOOL HEADLINES

DUSSEHRA CELEBRATION



India is known as the land of festivals and celebrations. Dussehra is one of them which is unique in its perceptions and significance.

Festivals are the periods of celebration and bring peace and joy. They are an expressive way to celebrate our glorious heritage, culture and tradition.

To enhance the importance of festivals among the students, Ganga International School, Hiran Kudna, celebrated Dussehra on 5th October with great mirth and merry making. The students very enthusiastically



Learning is not a spectator sport.

Contributed by: Aryan 9-A



participated in various cultural activities on this day. The students kept the audience spell bound with their remarkable performance of 'Ram Stuti', a tableau based on the 'Coronation of Lord Rama' after 14 years of exile. The Boarders showcased Dandiya, a very popular folk dance of Gujarat.

The principal Ms. Swati Joshi highlighted the importance of this day as a symbolic significance of the victory of good over evil. She also stressed that our mind has two sides and it's very essential to have a stronghold on our mind to lead a righteous and virtuous life. A student must be humble and respectful to gain all the knowledge from his mentor.

At last after performing the religious rituals the effigy of Ravan was burnt to mark the victory of good over evil.

Thus, the celebration not only enriched their learning but also made it memorable for the Gisians to be cherished for ever.



Don't be afraid to give up the good to go for the great.

Contributed by: Jayant 9-A

DIWALI CELEBRATION

JOYOUS CELEBRATION OF DEEPWALI AT GANGA INTERNATIONAL SCHOOL

An aesthetically decorated ambience, the festive spirit of the staff members and the presence of the dynamic Chairman Mr. Bharat Gupta, the Director Dr. Ashok Kaul, and the visionary leader - Principal Ms. Swati Joshi, all added up to a memorable celebration of Deepawali, on 22nd October 2022. The stunningly decked up staff eagerly looked forward to meet their supportive Senior Mentors, who were welcomed with the presentation of saplings, a symbol of GIS' commitment to creating a better environment. The Senior Mentors lighted the ceremonial lamp, to dispel the darkness of ignorance and negativity. This was followed by the invocation of God through classical dance. The lady teachers delivered an impeccable dance performance. Then the Chairman inspired the staff members with his enlightening speech, " Learning remove the darkness of ignorance, Experiential Learning should be implemented for effective learning."

The staff Secretary Mr. Ujjwal Singh presented the tokens of regards to the Mentors on behalf of the Staff. The staff members received the Diwali gifts from the Director and the Principal. The versatile teachers presented a highly impressive cultural programme, including, the solo song, a tickling skit and a dance mash up,



Black colour is sentimentally considered bad, but every black board brightens a student's life.

Contributed by: Vanshika Phalswal 9-A

showcasing their talent. Many entertaining fun games were played, which highlighted their joy. The Director, Col. Kaul delivered an impressive speech, highlighting, "the need to be patient with our responses, citing the Founder Chairman, Dr. Sushil Gupta to as the perfect example of having patience in responses. The Principal, Ms. Joshi wished everyone on the occasion and emphasized, "the need of cleanliness in every aspects of our lives as a part of Deepawali rituals." The joy and camaraderie at the celebration made it memorable.

FLORAL ART

Light the Lamp of Wisdom, Dispel the Darkness of Ignorance. Celebrations enhance the beauty of our existence and ignite a sense of togetherness. To inculcate the same values, Middle Section organised a number of activities. The day started with special assembly followed by various programmes. A Powerpoint presentation was shared to motivate students to go for "Green Diwali", along with taking the pledge. Adding more to it, 'Floral Art' activity was organised where the students made sparkling, colourfull rangolies. The students decorated their classes by making diyas, wall-hangings and lanterns. The upcoming festivity was welcomed with warmth and gaiety.



DIYA DECORATION COMPETITION

In order to bring out the creative talents of students and celebrate the Festival of Lights in its true spirit, the Diya Decoration Competition for Pre-Primary students was held on 19th October 2022. Students participated enthusiastically in the competition. They displayed their creativity by beautifully decorating earthen Diyas with beautiful colours. It was a great experience for all our students.



Every bad situation has a lesson to learn from.

Contributed by: Shivanshu 9-A

MEETING THE PARENTS OUR PARTNERS IN PROGRESS

The meeting with the worthy parents are very special for us. On PTM, the students and teachers put up an exciting exhibition for the parents. The best projects and home work were put on display. Various departments put up interesting activities and educational games, which were highly appreciated. The students presented the stars of GIS alumni-Ishant Sharma, Tarannum Handa, Rakshit Rishi. The parents were thrilled to visit the exhibition.



Dream is not which you see while sleeping, it is something that does not let you sleep.

Contributed by: Harsh 9-A

PUPPET MAKING ACTIVITY

"Puppet- Making Activity" was organised for the students of Pre-Primary on the eve of Dussehra. The students participated in this activity with great enthusiasm, and showed their excellent creativity by making different kinds of Puppets, related to Dussehra, such as Lord Ram, Veer Hanuman, and Ravan.



SCHOOL PICNIC

The most awaited day of the year was the school picnic to Vishargarh Farms, Gurugram for the students of LKG to Grade II. Students enjoyed camel cart, bullock cart and tractor rides. After a tiring and fun packed morning we all headed for lunch where we all relished different items of food. Magic show, puppet show, folk dance were among the many activities enjoyed by the students. Indeed, it was a great day for all the students and teachers, as it strengthened the bond between the students and their teachers. It was a sound and safe return trip by evening.

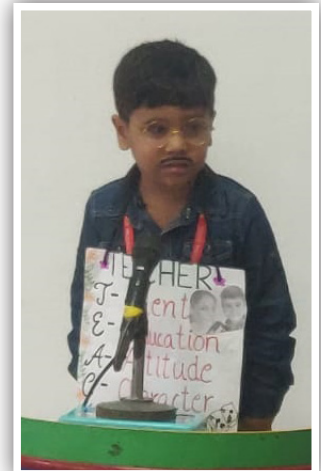


No one can make you feel inferior without your consent.

Contributed by: Naman 9-A

MEET THE HELPERS

Community Helper Day was organised for the Pre-Primary students. They were dressed up policeman, doctor, soldier, farmer and teacher. They presented their views happily and told that they were proud to be dressed as community helpers and loved their job.



INTER-GANGA ENGLISH DECLAMATION

Ganga International School Hiran Kudna, hosted the first Inter-Ganga English Declamation Competition for the budding orators of classes IV & V. It aimed on creating game changers for saving environment. The event was aptly themed- 'Perfect Anti-dote for Exhaustion- Nature' for class V and 'GenNext: Guardians of the Endangered Species' . Students from all the branches of GIS mesmerized the audience with their confidence and Elocution. The presence of the dynamic Director Col. Ashok Kaul and the ever encouraging Principal Ms. Swati Joshi inspired the students to deliver their best.



Try not to become a man of success, rather become a man of value.

Contributed by: Laksh 9-A

MENTAL HEALTH

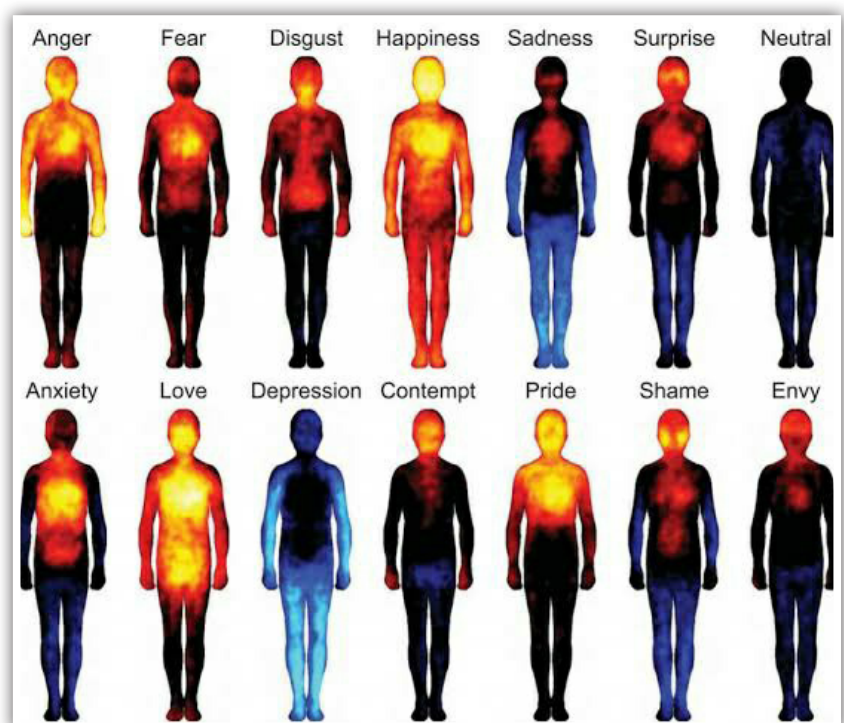


When we close our eyes, we cannot see the world, but that doesn't mean that the world has disappeared. Similarly, denying our emotions doesn't make our emotions disappear. Rather, they lurk in the darkness of our shadows, like forgotten ghosts waiting for their stories to be heard.

From numerous conversations with students on campus, it appears that we all have a different understanding of what emotions really are. Which makes sense because, unlike other things, emotions cannot be quantified. We often confuse emotions with our emotional reactions, but before we give our emotions a name (i.e., feeling), before we react out of them (emotional reactions), we first feel them in some part of our body. So what emotions essentially are, are physical sensations. They reside in our bodies, not in our thoughts or behaviours.

When intense emotions are buried alive, they never really leave us, but contaminate the way we interact with the world. They often manifest in symptoms such as dysregulated sleep and appetite, unexplained body aches, poor boundaries in relationships, unhealthy communication styles, mental rigidity (where we refuse to acknowledge the views or feelings of others), procrastination, irritability, hostility, people-pleasing, endless loop of toxic relationships, loneliness, self-harm, social withdrawal, trust issues, inability to get out of an uncomfortable "comfort zone" - the list goes on.

But why are we so dysfunctional in dealing with emotions? Well, it's because we're uncertain of what lies on the other side, probably because it hasn't been modelled for us. For most of us grew up in families where conflicts weren't handled tactfully, where one's tears embarrassed others, where one's pain or jealousy hurt someone who didn't deserve it, where materialism was used as a strategy to cope with low self-esteem, where even our favourite movie characters became raging bulls post rejection and could never be found without a glassful. So we began to perceive emotions as an obstacle rather than a guiding voice. It's safe to say that we grew up in a society that modelled for us a very poor emotional quotient (EQ).



Success is getting what you want, happiness is wanting what you get.

Contributed by: Garvit Sehrawat 9-A

And instead of being curious about where "problematic" behaviours come from, they're surrounded by a lot of judgement. We're often told to get rid of certain behaviours, but rarely are we encouraged to explore their roots. However, an interesting fact about emotions is that understanding our emotions can help us recognise them in others as well, which can improve the way we interact with everyone we meet. As the saying goes, we can only meet others as deeply as we've met ourselves.

Another thing I hear students say ever-so-frequently is how thinking about emotions is a futile activity because it doesn't change anything but makes them overly sensitive, dramatic, weak, and illogical. I felt the need to address many components that are wonderfully expressed in this one statement.

First of all, we don't "think" our emotions, they must be "felt". Knowing something intellectually is very different than feeling it in our bones. For it's self-realisation that gives us a clear understanding of where we're coming from. The by-product of this understanding is self-compassion, and that's where the change lies!

So, instead of suppressing emotions altogether, let's build tolerance for them. Because we are not afraid of our emotions, but of the reactions and dysfunctionality they trigger. Therefore, finding ways to manage our reactions is a step in the right direction. Here's how we can manage our emotional reactions:

Step 1: De-shame your emotional reactions.

The shame-based labels like "crazy," "drama," "cry baby," etc. are proof that vulnerability is the true definition of courage, because believe it or not, there's absolutely no courage required in flexing emotional numbness.

Step 2: Create a gap between emotion and reaction.

The time delay in your reaction can be used to build tolerance for that emotion.

Step 3: Connect with your bodily sensations in this gap.

Where do you feel the emotion in your body? Is it the stiffness in your muscles? Is it the sinking feeling in your chest? Try to sit with it for some time.

Step 4: Try to soothe the tension in your body.

Step 5: Trace the source of your intense emotion.

Step 6: Work on managing your emotional reactions on good days, instead of waiting for another triggering event.

I look forward to growing with you and continuing conversations on the journey of our emotional awareness.

Mental Health and Wellness Quiz

Things to remember before you start the quiz:

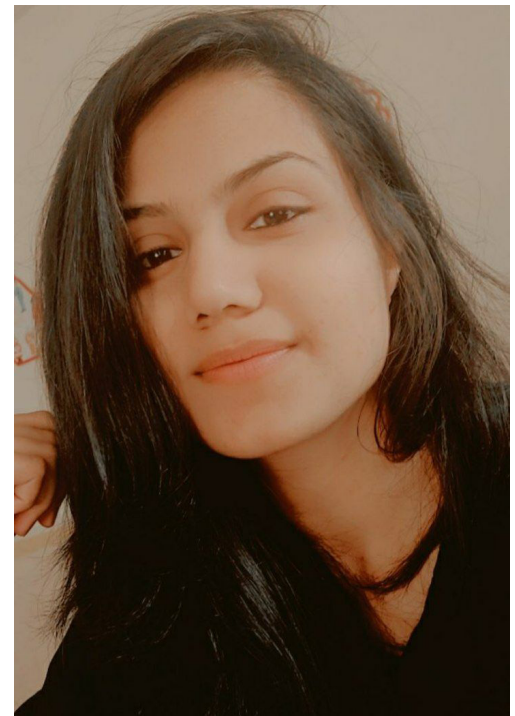
I) Please consider your thoughts, feelings and actions in the last 8 weeks.

II) Choose the response that you relate with the most.

III) There are no right or wrong answers to the questions.

1. I have little interest or pleasure in doing things.

- Not at all
- Several days
- More than half of the days
- Nearly every day



Mansi Joshi
School Counselor

If you want to shine like the Sun, first burn like the Sun.

Contributed by: Jitesh 9-A

2. I feel down, depressed, or hopeless.

- Not at all
- Several days
- More than half of the days
- Nearly every day

3. I have trouble falling or staying asleep, or sleeping too much.

- Not at all
- Several days
- More than half of the days
- Nearly every day

4. I feel tired or have little energy to function.

- Not at all
- Several days
- More than half of the days
- Nearly every day

5. Poor appetite or overeating.

- Not at all
- Several days
- More than half of the days
- Nearly every day

6. I feel bad about myself - or that I am a failure or have let myself or my family down.

- Not at all
- Several days
- More than half of the days
- Nearly every day

7. I have trouble concentrating on things, such as reading the newspaper or watching television.

- Not at all
- Several days
- More than half of the days
- Nearly every day

8. I move or speak so slowly that other people point it out.

- Not at all
- Several days
- More than half of the days

● Nearly every day

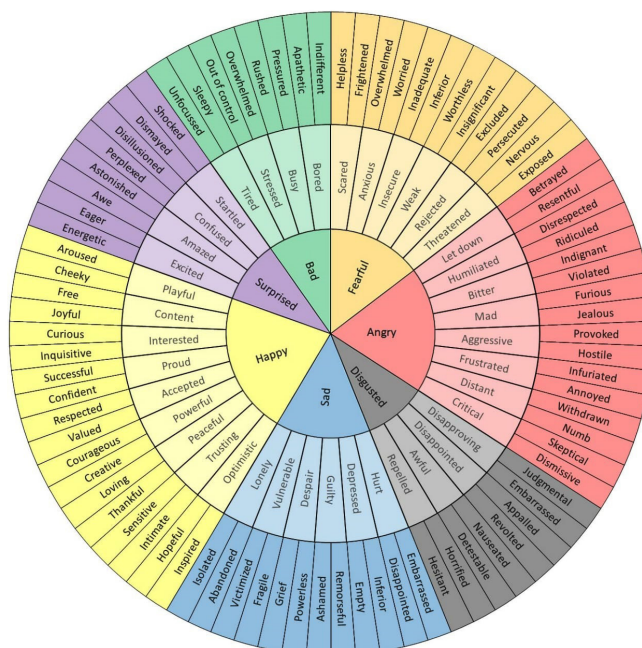
9. I have thoughts that I would be better off dead, or of hurting myself.

- Not at all
- Several days
- More than half of the days
- Nearly every day

10. If you've had any days with issues above, how difficult have these problems made it for you at home, hostel, school, or with other people?

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

If 4 or more responses are with a higher frequency, seek support or speak with a trusted person who is equipped to hold space for you. Keep in mind that help is available and you are not alone



Never stop learning because life never stops teaching.

Contributed by: Rohan 9-A



**Ganga International
School, Hiran Kudna**
New Delhi



THE NORTH INDIA'S SCHOOL MERIT AWARDS 2022



Rank 1st

Most Effective Blended Learning Model in New Delhi,

GIS Shines Once Again

Adding another star to the glittering on going achievements, Ganga International School has been awarded and ranked No. 1 in India for "The Most Effective Blended Learning Model" in New Delhi, in the CBSE Category by the jury panel for 'The North India's School Merit Awards Survey'. The School Principal, Ms Swati Joshi received the most honoured award conducted by 'EDUCATION TODAY' Magazine on 11th October, 2022 at Hotel Radisson Blu, New Delhi.

God may take something important from you, but will surely give you something extraordinary.

Contributed by: Venus Deep 9-A



**Ganga International
School, Hiran Kudna**
New Delhi



**INDIA'S MOST TRUSTED
EDUCATION AWARDS 2022**



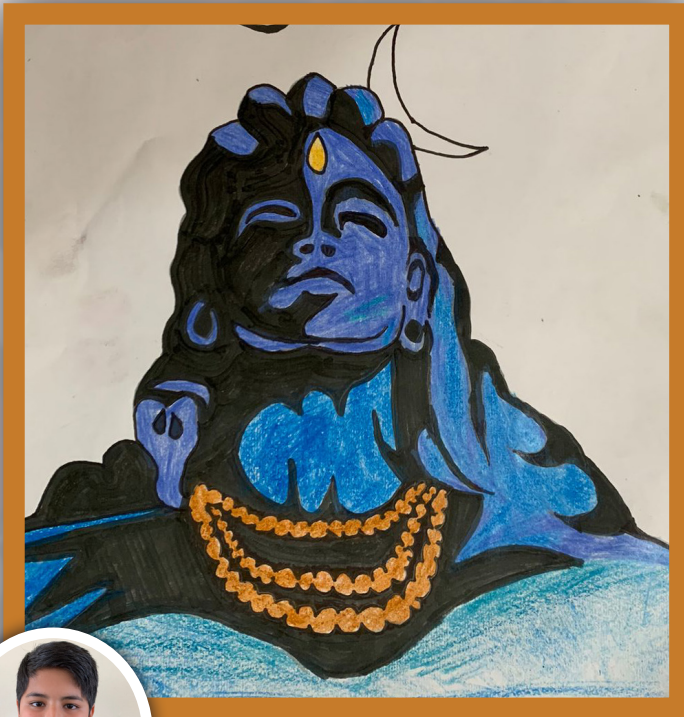
INDIA'S MOST TRUSTED EDUCATION AWARD 2022



Change the world with your smile, don't let the world change your smile.

Contributed by: Tanishka Bhardwaj 9-A

SPOTLIGHT ON ART



NAKUL 7-B



LAKSHAY SONI 11-H1



YASHMIT 8-A



TEJAL SHARMA 8-A

A small step by man can be huge leap for mankind.

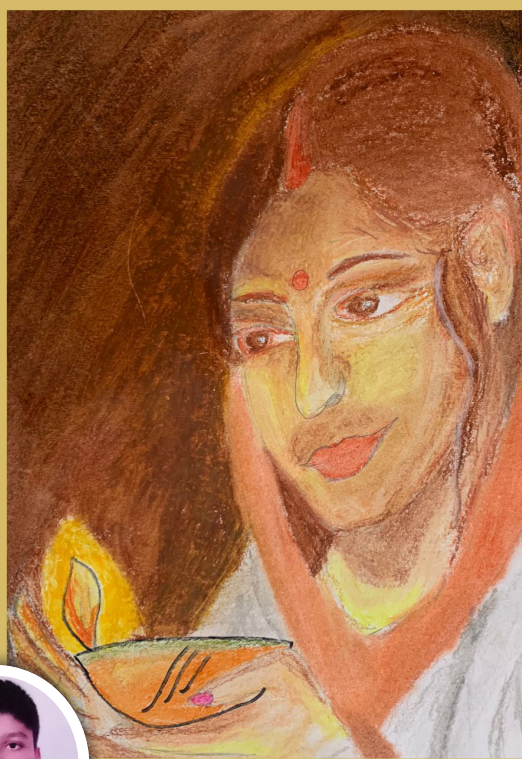
Contributed by: Tanishka Rohilla 9-A



ADITYA GUPTA 6-B



SATYASHREE XI-S2



ISHANK DRALL 9-C



SHIVANI 7-B

Silence is the true friend which never betrays.

Contributed by: Ansh Dahiya 9-A

KINDNESS

Have kindness in your heart,
Really it's not that hard.
Kindness can be a simple act,
And make someone's day, that's a fact.
Kindness is like a warm hug.
It touches your heart.
Kindness is like lemon pie with a sweet
tart
Kindness can blossom like the prettiest
flower
Kindness is a true gift, the need of the hour
In the storm that is our busy lines,
Kindness is the light,
be kind to people in life, because if you are ,
you yourself are a star.



HARSHITA
CHAKMA
8 B

RING IN THE NEW

December is fading away,
There's a New Year coming in your way.
All the frustration are drowned,
With the cold air around.
Let's brush away the old heartaches
And learn from our mistakes.
Do you remember the things that
made you laugh
And cry like a calf?
Never forget the luck you had the whole
year,
Even if not, Don't worry! There's more to
come this New Year.
Let's leave the old and embrace the new,
And may God's love always stays with you.



SHRESHTA
XII-S1

LIFE

Life is beautiful but not always easy, it has problems, too, and the challenge lies in facing them with courage, letting the beauty of life act like a balm, which makes the pain bearable, during trying times, by providing hope, happiness, sorrow, victory, defeat, day-night are the two sides of the me coin. similarly life is full of moments of joy, pleasure, success and comfort punctuated by misery, defeat, failures and problems. there is no human being on earth, strong, powerful, wise and rich, who has not experienced, struggle, suffering or failure. no doubt, life is beautiful and every moment-a celebration of being alive, but one should be always ready to face adversity and challenges. a person who has not encountered difficulties in life can never achieve success. Difficulties test the courage, patience, perseverance and true the character of a human being. Adversity and hardships make a person strong and ready to face the challenges of life with equanimity. there is no doubt that there can be no gain without pain. it is only when one toils.



Jamyang Singye
11-H2

Thinking yourself the supreme in ego is the biggest myth and mistake of your life.

Contributed by: Anurag Rana 9-A

माँ का गुस्सा

सबसे मिठी गोली,
दीपक राग भी बन जाती है,
माँ झ्रौस की वो बूँद है,
जो झाग भी बन जाती है,
माँ ही ठंडी छाँव है,
झ्रौर माँ ही चिलचिलाती धूप है,
देवी माँ के रूप में से, ही
काली भी एक रूप है
बन गई तूफान देखो,
आज ये मध्यम हवा, बच्चों को भी देनी
पड़ती है कभी कभी कड़वी दवा,
पीछे नहीं हटती जब
सही बात ये ठान जाती है,
माँ झ्रौस की वो बूँद है,
जो झाग भी बन जाती है



हर्षिता शर्मा
कक्षा-आठवीं.बी



रूपांशी
कक्षा- सातवीं बी

आया दशहरे का त्यौहार

आया दशहरे का त्यौहार,
संग लाया अपने ये मेलों की बहार,
झ्रूले लग गए, घोड़े सज गए,
सज गए देखो पूरी बाजार।
चारों तरफ है चाट पकौड़ी,
मिठाइयों की तो लग गयी है बौछार,
बच्चे-बूढ़े चले हैं सज के,
सब पर छाया है देखो आजब खुमार।
खिलौने झ्रौर गुब्बारों में है बसा,
सारे बच्चों का प्यार,
मेले पर इन खुशियों का इनको,
रहता है हर वर्ष ही जोरों से झ्रुंतजार।
चमक-चाँदनी है चारों झ्रोर,
जैसे आयी हो कोई बहार,
अपने रंग में रंगा हुआ है,
ये दशहरे का त्यौहार।



नीतिन
दसवीं अ



विदेश भोज दुखी है माँ

विदेश भोज बच्चों को, सेहत गिरी-सी जा रही।
माँ जागती है रात दिन, है नींद टलती जा रही।।
है रंग फीका हो चला, है साँस रुकती जा रही।
वजन हुआ है आधा अब, वो मरती खपती जा रही।।
ये नौकरी पहाड़-सी, होने लगी अश्री बुरी।
गलत हुए जो काम तो, वो डाँट खाती जा रही।।
उधेड़कर स्वेटर वही, है बार-बार बुन रही।
दिमाग हो रहा है गुम, वो लड़खड़ाती जा रही।।
है रक्तचाप बढ़ रहा, रिपोर्ट आ रही बुरी।
अश्री उठी अश्री गिरी, वो रोज मरती जा रही।।
माँ कर रही हुआ यही, बालक सदा सुखी रहें।
लिखें पढ़ें बड़े बनें, आशीष देती जा रही।।
जिऊँ मरूँ भले ही मैं, न बाल उनका बाँका हो।
गुहार मन में ले यही, माँ तीर्थ पर भी जा रही।।
है रोम-रोम गा रहा, विदेश में सुखी रहें।
आपुंगे लौट पढ़ यहाँ, ये सोच जीती जा रही।।
आशा यही बचा रही, धीरज उसे जिला रहा।

है दुःख में साथी सब ही, है
साँस चलती जा रही।।
क्यों याद रखते हैं नहीं ये
बच्चे माँ के त्याग को।
सड़क गली में गाय-सी ये
किसकी मम्मी जा रही।।
आजब हाल है, यहाँ माँ के
स्वभाव का।
है खुद दुखी तो क्या हुआ,
वो सुख बुटाती जा रही।।

भविष्य की चिंता किए बिना, अपने आज के कर्मों को पूरा करें। क्योंकि हमारा भविष्य, हमारे आज के कर्मों पर ही निर्भर होता है।

Contributed by: Chander Prakash



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