

Your Own Boutique School

OYSTER

2022-2023



BEST FRIEND



Chief Patron's Message



Swaroopchand Jain

Chief Patron

Awareness is the Key to Freedom and Success

Dear students,

The almighty creator of this universe has shaped us to control the events, processes and conditions of the world around us. We all have been blessed with an innate intellectual ability to create a wonderful environment around us so as to generate a humane ambience to live in. We have developed suitable curricula & pedagogy to; "educate" our younger generation.

Education is holistic and complete in every respect only when you have acquired all the 'tools' required for success, achievements and progress. These tools are earned, developed and polished for ready use while you are at home, in school and in the society you live in. These are the 'Life Skills' you need in order to enable yourself to lead a comfortable, prosperous and a successful life, as you grow. The life skill of "BEING AWARE" of everything going on

around us and being able to evaluate its need in life in the future would render us successful in all walks of life and we would be free from failures, drawbacks and errors.

In history-Arjun, Karna and Eklavya excelled in learning to become the BEST by the strength of their determination to excel, along with the complete awareness of their surroundings, the Guru's teachings and the knowledge of the pros and cons of their learning. The learning outcomes were EXEMPLARY.

An alert, aware and a clear understanding of every event happening in the classrooms, laboratories, libraries, games-fields, on the stage or even around us in nature, will pave our path towards success. Keep this in mind and you will have in your hands the key to your future.

This is the mantra to freedom and success in life!!!

God bless you and long live KVA!

Chairman's Message



Sanjay Jain

Chairman

The idea of Kaanger valley academy began on the basic premise of creating something different and unique for our beloved city of Raipur and Chattisgarh. The concept of 'Boutique schooling' where quality becomes the single most uncompromising factor in all spheres of the learning ambience was just what we were looking for. We at KVA are a boutique school. Our classrooms with fewer children have a superior teacher- student ratio for a more fulfilling learning experience. Focused attention on individuals and humanising the subjects we teach with cohesive transactions makes learning sustainable and futuristic for students. Each of our students participates in IEC, sports, meditation, arts, dance, pottery, field trips,

exhibitions, community service, animals rights, joy of giving, MUN, confetti , Hurrah etc We provide home like pure vegetarian food with care for nutrition and taste. All this is possible because we are a boutique school with limited number of students. Over the years I can proudly say that our whole team is in sync with the idea of uniqueness and everyone works tirelessly to achieve that excellence in whatever we do. I am proud to be heading such a set of committed individuals who have a collective dream for the future of our children, city, state and nation. We are all proud to be part of KVA which is not just about schooling but Education for life. I wish each one of us the very best, God bless

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From The Editor...



Shivani Sondh, Chief Editor

Aristotle said, " Educating the mind without educating the heart is no education at all."

"Write it....Weave it....Shoot it....Publish it.....Sauté itJust CREATE.....CREATE with all your heart and soul...Good....Better...Best...Never let it rest... 'til your good is better and your better is best."

It gives us immense delight and jouissance to finally present the much-coveted edition of our much-appreciated school magazine, 'Oyster', an exhilarating flashback of invigorating events and laudable achievements in the academic year 2022-23.

'Oyster' truly espouses the school spirit which is built up within the school through collective actions, corroborated achievements, towering thoughts and soaring aspirations, ultimately resulting in spurring higher growth and enterprise in our students through myriad activities and events organised throughout the year ranging from inter school and inter house competitions, special assemblies, excursions to seminars, field trips and workshops.....and the thrill goes on. It is a compilation of the immensely untiring effort put forward by the KVAites.

We are sure that the sweet reminiscences of all the dedication, determination and diligence exhibited by our students will replenish the hearts of our readers with pride. We also hope this magazine will enjoy your critical acclaim and prove itself to play a vital role in the overall development of children.

We are creating a future full of optimism and enthusiasm, where every endeavour will succeed, and ineptitude and disillusionment will be something of the past. We invite all the readers to read and immerse themselves in the unfolding art and be exulted.

The world is your oyster. It's never too late to be....who you might have been. Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.

We wish you all a Happy Reading.

The Editorial Team



Satarupa Manna



Dr. D B Tripathi



Heera Lal Sahu



Dr. Laxmikant Panda

Annual Report



CONFETTI 2022

Warm Greetings !!!

It's a true honour and pleasure for me to greet you all and thank you all for joining us in the 16th Annual Day Celebration of Kaanger Valley Academy.

After a hiatus of two long years due to the pandemic, the school organised its signature event- Confetti with all its elemental hues.

Over the years, as KVA expanded its base in transforming students into eager advocates of learning, I would like to share with you the ethos behind certain changes we enforced in the recent past.

Our focus is now on the relevance and authenticity of content in the context of helping children to be integrated individuals in this fragmented world.

Humanising the subject we teach through concept plans, we try to enhance the quality of learning experience for both, the teacher & the taught.

An indigenously developed Portfolio Management System guides us to craft roadmaps for individual growth of the students with deeper involvement of parents, whenever needed.

As a result, the questions and concerns of parents are

resolved much faster than the unusual time taken in a larger school setting.

Going beyond the emotional bonding that exists between teacher and students, we focus on fostering a community spirit to create avenues for a life long partnership.

I'm sure, this sort of proactive quality assurance parents seek for the development of their wards in schools. We did revisit, retrospect & reconstruct; rather altered our mission and vision and came up with a trail-blazing concept of Boutique Schooling, the first of its kind in our country.

We know for sure, what it takes to reorganise the social framework necessary for sustainable learning to happen in school scenario.

Certainly it is a tall order, but the only way available to make education worthwhile.

Following our vision earnestly, we introduced during the current session a unique curriculum for the children upto class V. In a short span of time it has shown evidences of creating an educational ecosystem that promotes independent thinking among the learners. Classrooms referred as Think Rooms in this landscape go beyond achieving pedagogical efficiency to awaken the Human Potential in every child.

It fills my heart with immense pride to present you with our achievements of the current year:

To begin with, Master Devyansh Goulechha of CI X, Sambhav Singh Rajput, Mahek Agrawal, and Darpita Sharma of CI XII from Science, Commerce, and Humanities streams respectively kept KVA's flag soaring high among CBSE toppers. It's a matter of immense pride that Sambhav Singh Rajput cleared NEET and Abhimanyu Dev Upadhyay cleared JEE Advance who is currently at IIT Kharagpur.

Vamika Jain and Vanshika Saraowgi of Class IX were among the shortlisted entries in the INSEF Regional Fair for their Multi Utility Generator Project. Akshat Chaurpagar of CI VIII was applauded for his innovative project on Fire Fighting in the CBSE Regional Science Exhibition and will represent KVA at the National level soon.

This year in our flagship Inter-School competition, the Jitendra Jain Memorial Debate & Case Study Contest, scholar Shreshtha Swami of the host team, bagged the most coveted trophy for the Best Debater.

Aiming at a comprehensive growth of students we create a plethora of opportunities for children to showcase their flair for sports. Under the guidance of our mentors, Anjal Zanwar of class X has amassed 1 gold, 2 silver & 3 bronze medals in various State and National level Rifle Shooting Competitions. Ishita Singh of the same class has to her credit 4 gold, 8 silver, and 6 bronze medals in different National and International level Karate championships. Making a mark in the swimming contests, Vedha Rao Shinde of class V secured 1st position in the CBSE Zonal level swimming competition. Rohil Singhal of class XI bagged a gold medal in the U-19 category in an Inter-School Tennis tournament conducted by UNICEF. Our girls' athletic team bagged the second position in Aarohan, a prestigious Inter School Sports Competition with 15 medals in various track & field events. Their team was awarded runner-up trophy in the basketball tournament as well.

Friends, the best is yet to come!

Master Pratik Agrawal of 2013 Class X batch made us feel proud becoming the 1st KVAite to succeed in UPSC Exam. I express my good wishes & heart felt congratulations to all our shining stars.

For the purpose of blending content with values of life we celebrate Joy of Giving Week annually in the honour of our support staff for their relentless services. Animal right week was observed with loads of zeal and zest in collaboration with the Forest Department of Chhattisgarh which created scope for a rewarding experience at the end. Girls of the Middle & Secondary Section had a life-changing experience on their outbound trip to Kechela, operating under the aegis of the Auro-Mira Service Society. The purpose was not only to get students familiar with the lives of tribals but also to sensitise them about the restrictive societal discrepancies.

Staying committed toward finding career paths for children we organised seminars on Artificial Intelligence and Machine Learning for science scholars and on Entrepreneurship & Business Administration for students in the Commerce and Humanities streams.

Another Diagnostic Test based workshop was conducted by experts for the girls in the school hostel to promote a safe & inclusive space for dialogues on mental health.

Finally, reflecting back on the distance covered so far, I reassure all concerned that we will continue helping our students learn and grow with the necessary scaffolding and guidance of ever supportive parents, encouraging teachers and above all, the upright and virtuous Board of Governors of KVA.

To bring my report to a close, I take this opportunity to extend my heartfelt gratitude to each one of you and our Chief Guest Mr Sandeep Chaudhary and Mrs Neetu Chaudhary in particular for being our companions in this journey.

Thanks a lot.....God Bless!!!

From Principal's Desk



Mr. Abijit Das

Principal

The year was challenging in true terms with all hurdles seemingly higher than before for the learners as well as the mentors. I am proud to hereby go on records to say that team KVA; all inclusive, performed wonderfully well in tackling and overcoming all hindrances in their way. The students were able to minimize their learning gaps of the pandemic times with the help of their subject faculty. The learners improved upon their habits of writing which they had lost touch of during the lockdown. They started being less aggressive and impulsive in peer group interactions. The stress and traumas of the recent past were pushed to the background and the brighter reality of the more collaborative and interactive learning conditions around at school, groomed them back to normalcy. New bench marks set up by the mentors, handholding extended by them and the patient and sensitive handling enhanced the learning outcome levels inspite of the drawbacks.

The present generation of learners seems to have developed the ability to take drastic changes in life in a rather confident manner which pleased and surprised us all rather pleasantly. My team of teachers and the support staff led by the academic leads, coordinators and other administrative staff have risen to the occasion and met the

challenges head on. They were all able to deliver without major slips, be it the academic curriculum, co-curricular events, JJMD Inter School English Debate, Hurrah, Confetti and all. Salutations to team KVA we planned & executed many modified practices such as – Detailed Result Analysis with post pandemic rubrics; Restructured Internal Assessment Benchmarking in view of the learning gaps; revisiting the CBSE Blue Print for returning to normalcy.

I must thank the supportive parents and alumni who stood by us through the testing times. Their cooperation has always been a shot in the arm for us, whenever it came to catching up with the times or overcoming hitches together. We would request for an increased participation in the PTM & Orientation sessions organised from time to time, for sparing a little more of precious time to enable us to deliver even better. In fact all feedback received throughout the year has been a great help for further improvement.

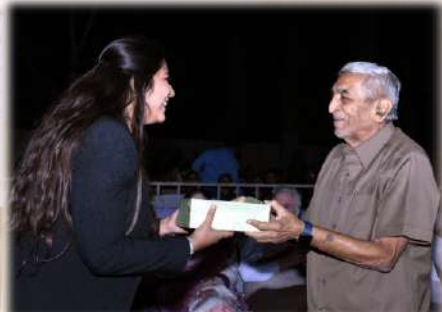
Above all the year 2022-23 has been a roller coaster ride with many ups and down which the student experienced remarkably well, the mentors swam against the current to stand on more stable grounds and KVA stood out- hale and hearty!

Long Live KVA!



Hurrah







CONFETTI





REFLECTIONS



Ved Manthan # 2050

Naisha Parekh, XII Science

The KVA family homed in on the thought process of, "going back to the roots," compatible to the momentous, "Azadi ka Amrit Mahotsav," celebrations nationwide; leading to, "Vasudhaivam Kutumbakam," mode. We decided to showcase, "Bharat" heading towards 2050, with the "Vedas" as our source of inspiration, knowledge and information. A lot of brain storming among the teachers and the taught generated the name – "Ved Manthan # 2050." The Confetti at KVA has always been based on a solemn & thoughtful theme, demanding some serious original research and churning amongst the faculty and also the students. The "Hurrah" presentation for the Pre-primary and the Primary sections; presented – "Abhyuday- Bharat Ek Sadi," picturing the evolution of India from 1947 to 2047, complimenting the same theme. Building upon that, we depicted the Vedic-wisdom led changes expected in our nation to make us the "Vishwa Guru" by 2050, in the Confetti!!

The Vedas were referred to as the source of our ancient knowledge in the Sciences, Astrology, Astro-Physics, Medicine, Education and Social Values. The teachers looked for data, referred relevant books, searched in the net for bits and pieces of information to help in framing our scripts and presentations for the theme. The words of Maharishi Ved Vyas, his shlokas and numerous extracts from the Vedas, works of the sages as recorded and saved in our scriptures were seen and borrowed to authenticate and add veracity to our scripts.

The path of change for our nation was then subdivided into three sub-themes, namely- Education; Society and Culture; Science and Technology. The plays were meant to portray the present day scenario and the projection of the future in sync with the ultimate knowledge imparted by the Vedic Literature.

The presentations and the dramatisation, though a challenge, were scripted in-house and executed well in the end. The grand show was initiated with the chanting of the Sanskrit shlokas in the presence of Maharishi Ved Vyas and his creations as in the Rig, Sama, Yajur and Atharva Vedas,

handing over the torch of enlightenment to his disciples. The knowledge and wisdom is thereby spread all over the country.

The overall impact of the western social value systems and education vis-a-vis our ancient educational approach and value system were showcased side by side in the Educational sub-theme. A group of Veda –enlightened disciples of Maharishi Ved Vyas guided the society and saw the country through the trying years, enacted by our compering team. The next episode staged was the transition in the social fabric of the country and its culture because of the western influence. The positive changes suggested were again based on the ancient oriental wisdom shared in the Vedas. The values system corrections were also indicative of proposing a joint family system alongside a global outlook.

The penultimate drama envisioned the struggle of the eastern scientific treasure trove as against the western scientific research. A young talented, hard working Indian scientist is able to crack the mysteries of nuclear missile technology with the help of Vedic calculations clubbed with the modern methods. The western team's high handed handling empowers him with the burning desire to prove them wrong. He proved himself & his oriental knowledge as sounder, safer and promoting the spirit of saving life on this planet. He joins hand with like-minded team of scientists in India and eventually develops the anti-missile technology to counter the destructive nuclear missile technology. ISRO is shown promoting the thinking of protecting mankind and the Earth as against the weapons of mass destruction & nuclear proliferation.

Our students and teachers grew wiser, more confident of our age-old teachings from our scriptures and are now looking forward to emerge as true, holistic, global-citizens of tomorrow. Ved Manthan # 2050 showed and did justice to the theme & the thought process. The songs and dances woven into the pleasant mesh of the plays made it more musical, colourful and vibrant to the audience and the performers.

Newsroom Confessions

Kartika Dinesh and Pranati Chavali, XII Science

My friend and I got the opportunity to take an exclusive interview with the reputed journalist of "News 24," Mr. Sandeep Chaudhary, when he was here as the Chief guest at our Confetti 2022. It was an enthralling experience to be his interviewer and understand his views and outlooks on various issues.

The following are excerpts from our interview with him:

Que: Do you think media censorship amputates democracy?

Ans: No. There is no censorship on the news channels. Specific guidelines are laid down that we have to abide by. As far as censorship is concerned, it is for social media platforms where everyone has a medium to put forth their views without credibility.

Que: What are the key points to remember while mediating a debate?

Ans: The mediator must maintain neutrality. The mediator must refrain from taking sides for it to be a fair debate rather than a narrative.

Que: With opinions popping in our heads, how can the mediator maintain neutrality?

Ans: I'm not saying I would maintain a neutral stand if someone had an opinion entirely contrary to my beliefs. While I have strong views on certain issues and how they should be dealt with, I try to provide a healthy platform for people to discuss and put forth their views without it turning into an argument.

Que: According to you, what are the prerequisites for anyone who wishes to pursue a career in Journalism?

Ans: The person should be well-read, inquisitive, and aware of his surroundings.

Que: What are the challenges faced by most journalists in our country today?

Ans: A journalist doesn't face any challenges until he stops working as one.

Que: It is often disheartening for youngsters to face failures after they've set their minds on something. How do you suggest one should tackle such circumstances?

Ans: To answer this question, I would like to discuss Maslow's hierarchy of needs. The theory of motivation states that five categories of human needs dictate an individual's behaviour. Those needs are physiological, safety, love and belonging, esteem, and self-actualisation. When a person starts checking these needs off, there are no longer failures but opportunities.

Que: How can ordinary citizens recognise and tackle fake news?

Ans: They can't. People who are vigilant and would cross-check before accepting all information as it is being presented will be able to combat fake news.



CHRYSLIS

The pace of life is changing faster at an unprecedented rate, and the need to transform the child under our care in school into independent thinkers can't be avoided any further.

We must redesign our prospectus towards making the students creative by connecting them with the natural way of learning, experimenting with it in real life, and showing them ways to foster healthy relationships with man and material in day-to-day utility. To propel our drive towards impactful learning, we embraced a well-designed curriculum by 'Chrysalis' for children in classes Nursery to V during the current academic session, which provides -

- Ample opportunity to think and write.
- Independent thinking
- Cooperative learning
- Enjoyable homework
- Involves children in research work through activities and projects
- Accounts for four DOMAINS OF Human Potential
- Cognitive
- Emotional
- Social
- Meta Cognitive
- Develop four facets of thinking-
- Creative i.e. Look Beyond
- Critical i.e. Look Deep
- Societal i.e. Look Around
- Reflective i.e. Look Within
- Provision of assessment 'as learning' where the child assesses his own work.
- Blended teaching

We experienced during this session that students have started imagining and correlating the lessons with their actual life and embraced their knowledge which stays with them longer than the tyranny of rote learning. The curriculum allows students to express what they understood or missed, giving the teacher an opportunity to decide on further appropriate action plan to bridge the gap. This practice is helping us to achieve positive behavioural changes in students inside and outside the class. As the program moves on, we are sure it will harness goodness to flower in students, which we always consider the universal goal of education.

Rashmi Ahmed, Academic Lead (Primary)



Election Fever

Rayan Chandrashekhar, V

In one of our English classes, we were enjoying reading a science fiction story. When we were discussing the questions, there was a question in which we had to explain the term 'smart refrigerator'. Everyone was so confused why we had to justify such a random topic; it turned out that the author had briefly described the smart refrigerator with so much interest and in such an engaging way that Chrysalis knew we would listen to that.

Now I will tell you about the projects. Each chapter has one

project that explicitly needs the knowledge gained in the entire chapter and some general knowledge. So in Social Studies, a chapter called 'Who Governs' was there. We learnt about when and how elections are conducted in India. The project was to create a mock election resembling real life! We had to follow the exact steps of an actual life election and all the rules. It was so fun doing this with my classmates; it was simply amazing! So this is my experience with Chrysalis activities and projects.

Transforming Classroom

Nishka Maskara, III A

I like Chrysalis books because the readers are very colourful and picture oriented. It is based on students 'thinking ability and imagination. I love the "PEP" activity. The stickers provided help to keep us motivated and do our best. It gives us so much practice in the concept. I like the key words and facts provided in the book. I love to solve all the exercises given in the book by myself. The books are very creative.



Literary Delight

Eshan Ahmed, V

Generally, I find English classes boring. Still, the Studio and the Companion activities made the English classes very interesting. Now I enjoy English classes. These activities energise me. I want to share the experience of one exciting action in the chapter 'A Tiger's Plea', in which we had to

make an acrostic poem, and I learned to make creative sentences and poems. Making an acrostic poem was fun. The impact of such fun activities is visible. Learners, like me, enjoy the thoughtful challenge that each lesson provides as we are compelled to look beyond, question & contribute.

Revamping Elementary English

Ruby Samant, Teacher

After Covid-19 wreaked havoc, schools opened worldwide in 2022. Just at this time, our school decided to bring in a new curriculum named 'Chrysalis' targeting the elementary level.

In the English language, Chrysalis allows students to think freely and dig deep. It allows them to read and reflect. It gives them ample opportunities for expression. Children are

allowed to respond freely without being judged. Their learning is consolidated through various activities given in the book that promotes long-term understanding. Project time provides hands-on application of concepts and we are already seeing an impact of this on the children. It's fun to learn with Chrysalis! Both learning and teaching have become a joyful experience with Chrysalis.

Chrysalis Tales

Karen Symss, Teacher

I feel excited and happy to share my experience of teaching mathematics the Chrysalis way.

To be honest, initially, I was not convinced with the content that the curriculum was offering. I was feeling it was not as per the standard that the previous curriculum was offering. But it's been ten months now, and I can confidently say that I was mistaken, the content that the curriculum is offering is sufficient and is age specific.

The key features that have impressed me are:

1. Activity-based learning, every concept has an activity, and every unit has a project based on the concept.
2. There is something for each one present in the class.
3. The language and the way the concepts are served before the children are such, that the child understands the concept effortlessly.
4. Both the books studio and companion justify their names.

In the studio, the students are busy doing some productive work. And the companion, just like a friend, strengthens the concept learned in the studio.

5. Students understand the concepts and answer the questions linked to the concept.

I would like to quote an example here.

The topic was consecutive numbers.

The meaning of consecutive numbers was taught then an interesting question was waiting for the students to be answered, which would help to strengthen the meaning of the word consecutive in their minds forever.

The question was how you would feel if it would rain for five consecutive days. The students expressed themselves in different ways. Few responses that I would like to share are :

The students have seen how the concept of consecutive numbers can even be used in their normal daily conversation.

I would like to quote another fun-filled activity where the children are actually figuring out the factors of a given number but with a twist.

In the activity, the students had to decode a hidden message; they were so eager to decode the message that they were working so quickly to get to the message.

The concepts of percentage, fractions, decimals, and factors are explained beautifully.

Overall, it has been a pleasant experience.



IEC: Interactive Enrichment Class

Asha Pillai, Senior Coordinator

Interactive Enrichment classes are organised to supplement and enhance a student's regular curriculum.

They typically focus on imbibing skills pertaining to a specific subject such as Mathematics, Science, and Language. These classes are often taught by the same subject expert teachers. In this class, the scholar is given the opportunity to complete assignments of the day to attempt questions related to High order thinking. Lessons are planned through activities, discussions and solving worksheets. The goal of Interactive Enrichment classes is to provide students with the opportunity to learn and explore topics in an informative and engaging way while helping

to build critical thinking and problem-solving skills. We conduct classes on an everyday basis to bridge the gap in academics.

New Admission seekers usually ask, "Is it beneficial for the students? Will it be a substitute for coaching?"

My answer would be "Yes". I wish to highlight the real benefits of IEC, which include the following-

- Building Self Confidence
- Enhancing Creativity
- Critical Thinking
- Improvement in Academics

LEAD: Leveraging Education for Authentic Development

Jasmine Kaur Bhalla, VI

In our lead classes, we have learned about a variety of topics. These helped us to enrich ourselves in different ways. We have learnt about major countries, their capitals, artificial intelligence, polar regions, different types of political systems, brilliant minds of the world etc. We also came to know about current affairs. This class was a

wonderful experience as it took us from the complexities of the conventional syllabus to the free sky of vast knowledge. We love the debates, discussions, and interactions held in our classes. I look forward to continue learning through our lead classes in the upcoming sessions also.



A Caring Endeavour

Rumki Mukherjee, School Counsellor

Listening is often the only thing needed to help someone." A listening ear, a caring gesture, and a trustworthy person who is present without being judgemental towards the views, thoughts and opinions shared by someone is the "COUNSELLOR".

A counselling session is sometimes chit-chatting between two individuals, where nothing much is being discussed, which may not bring much material gain or laurels in front of society but can get contentment and happiness.

While dealing with different individuals, a counsellor has to live the life of the person who is trusting and opening up to many things which they may not even want to discuss. These individuals generally belong to the adolescent group who are coping with many issues other than their studies and objectives in life.

The main area of concern for them is generally the "pressure" given or taken by them as "peer pressure", pressure from parents, teachers, relatives etc.

It is very easy that it is okay if someone is neglected or ignored by mass because of their appearance, physique, or financial status. Suppose it is observed that these factors are not in the hands of an adolescent of 12 to 18 years. But it is observed that not having a friend in the classroom or rejection from someone close can brutally affect a personality.

Here, the work of the counsellor begins. The counsellor

assures that they are there with the person when the others are not paying attention towards the issues which are very important for the adolescent but 'petty', 'silly' or 'unnecessary' for most adults.

The counsellor understands that everyone is different, so two individuals must be treated differently for the same issue. The position of the counsellor is basically like a bridge between the students and the teachers or authorities who need to rectify and clarify each other's thoughts through proper communication. As we know, there are three types of counselling- Psychodynamic, humanistic and behavioural which helps to support the person in a state of confusion or illusion.

The main motive of a counsellor is to nurture the Wounded Heart to get a healthy and happy individual, which will lead to a happier society.

School is the best place to introduce a counsellor because most individuals face issues they often cannot understand and overcome them. They try shortcuts. The counsellor helps such students to understand themselves, their abilities, and their traits and qualities, which generally hide due to social pressure. After combating such situations firmly and emotionally, the students gather themselves and prepare to face the world confidently and wisely.

It is rightly quoted, "Emotional well-being is just as important to us as breathing is."



Creating Connections and Enriching Lives

Sarita Nayak, Vice Principal

A student from class 7 comes running to a teacher with a prize in his hand and a smile on his face. The reason behind this dazzling smile is that the kid won a Solo Singing Competition organised by his Housing Society the previous night. Another child, looking blue, is sitting with a teacher; the latter is trying her level best to console him.

Mentoring is the name often given to this extraordinary relationship between two human beings, and it has neither fixed school timing nor a defined curriculum. This relationship takes time to build, but the foundation is laid with the Portfolio of the ward. A Portfolio can be understood as a document encompassing almost all aspects of a student's life. The Portfolio grows through a series of Portfolio meetings involving the child, their parents, and all his various subject teachers. It's an effort to get to know the child in and out. Mentoring then evolves organically from the Portfolio and becomes a continuous process that adds depth to the teacher-student relationship. It is not easy to establish that one-to-one relationship with a child, to be a

member of their more prominent family; it takes time and needs passion and patience. If you know a lot about each of your students, they stop being another face in the crowd and become individuals with different life stories and circumstances, hence needing specialised care and methods.

We at Kaanger Valley persistently work on leaving an indelible cast in each child's heart to get ourselves assembled in their lives. Home away from home - is not a myth; this is what we believe in and are striving to achieve it. It's been a year since we started with specialised Mentoring, and what have we achieved? Well, I must admit that we have earned rich, beautiful relationships with our mentees, with a blend of trust, emotions, and a sense of accomplishment. As the days go by, and as we add pages to our Portfolios and conversations to our Mentoring, this program continues to add value and humanity to teachers' and student's life.



Expertise Quantum Leap

Vanita Gaulechha, Teacher

"Learning skills are the gateway to enter into a world of creativity, imagination, fun and learning".

We at Kaanger Valley Academy through our "Skill Enhancement Classes" aim to strike a balance between academic and creative quest of the learners. Students are given a platform to unleash their passion and natural creative talents with a desire to encourage diversified development in them. Through a plethora of hobbies which are guitar, artificial intelligence, data science, sculpture, carpentry, handicraft etc. Every student is motivated to be a

part of a group based on his/ her liking. Through these multifarious activities we intend to inculcate confidence, coordination, cooperation, time management, teamwork etc. along with the social and technical skills. In fact, these classes help them break out of their shells and open up doors to interactions with other children who share the same interests. It helps them to express their own personalities and for them to learn new skills that will benefit them for the rest of their life.

The Big Impact of a Small Hobby

It was my first Saturday at school. My teachers told me that my activity was sculpture. It was held outside, on the school ground. It was the most peaceful time at the school, near nature.

At first, we all faced some issues, like our murals would be infested with bugs or crack due to the heat. But we overcame them through practice and our teacher's encyclopedic knowledge.

Initially, I thought I could not make a decent sculpture. But under Uttam sir's guidance, I learnt new techniques, which helped me to learn a new skill. I was able to hone my skills and forge the next Michelangelo in me.

Our sculptures were displayed at the Confetti, and it was an honour to show what everyone has toiled for.

Skill learning is one of my favourite hobbies, and these Saturday activities can be taken up as leisurely hobbies that make us more creative, empathetic, happier, and calmer. Sculpture has now become a hobby that taught, guided, helped and enriched me, and now I feel like a sculptor

Sandeepan Chakraborty, VII A

Data Science: An Amalgamation of Coding and Statistics

Shourya Jindal, VIII B



Data science is a deep study of massive data, which involves extracting meaningful insights from raw data. We learned more about data and how to organise it in data science classes. There are different methods to collect the data, like pie charts, histograms, double bar graphs and other types of data, like qualitative and quantitative.

We learnt to organise data in different Microsoft applications like MS Excel, MS PowerPoint, and MS Word. In MS Word, we learned how to deal with symbols and equations. In MS PowerPoint, we learnt how to make PowerPoint presentations using bar graphs, histograms, and double bar graphs; in MS Excel, we learnt about different formulas like sum, average, percentage, subtraction, product, Macro, conditional formatting, and Wrap text.

Data science has different scopes ranging from data scientists to database administration. These classes taught us more about data and how to deal with data, which was very new to us.

Calli-Craze

Arnav Tikaria, VII B

I joined Calligraphy classes in April, conducted as a Saturday activity in school. Two of my friends also joined this activity. The classes were held in my classroom and Ruby ma'am was our calligraphy teacher.

We started with some strokes and the first letter we learnt was 'L' and we ended with the letter 'R'. It helped me to make greeting cards and gifts. After the Gothic font ended, we began with a new font known as Uncials. Sometimes Rakhi ma'am also visits the class to guide us, and she fixes

all our mistakes.

In a world that's more about typing and texts than pen and paper, calligraphy became a relic, yet magical. It helped me to remain focused and made me calmer and more meditative.

Calligraphy has helped me to find a new hobby and skill. My experience with Calligraphy classes, so far, has been fantastic!!!

Strumming to Success

Siddhi Sharma, VII B

I never knew that learning an instrument could be such a beautiful experience. The simple act of interaction with the students and letting them guess the song on the guitar is quite effective and fun. Missing even one class would be a huge loss because the real experience of learning a particular topic and playing it together plays a huge role in learning guitar. Our teacher is strict as well as fun. He doesn't mind a few jokes as long as we are putting in all the effort.

We are currently learning to read musical notes and it looks

hard in the starting but slowly gets easier. Although guitar is not easy to play, with time, practice and improvement of skills we shall positively be able to play the instrument and play our favourite songs. If we had to make a list of all the benefits of playing the guitar, they would be endless. Learning guitar is not only beneficial for our extracurricular development but can be a source of relaxation and entertainment too.

It is rightly said that one needs to practice a lot to master any instrument. I honestly express my gratitude towards my sir.

Machines with Brains

Arthav Bajpai, VI

It was a wonderful experience to be a part of the Artificial Intelligence class at KVA. I learned different things related to AI, tutored by Diwakar Sir. I knew that Artificial Intelligence (AI) is widely recognised as the power that will fuel the future global digital economy. AI has gained geo-strategic importance in the past few years, and many countries are striving hard to stay ahead with their policy initiatives to get their country ready.

After completing the course, AI is an opportunity and solution provider for a nation's inclusive economic growth and social development. During AI classes, I understood the mechanism of intelligent machines, so I am writing a small book on AI. The AI classes were very informative, and activities were designed to learn through problem-solving, creative thinking, and critically analysing the given data. Now my course is completed. However, I want to continue it whenever I get a chance.



The Art of Wood

Naitik Agrawal, VIII A

This year I took carpentry as a school activity. When I attended the first acting class, I found it very interesting and knowledgeable. I came to know a lot about it. I learned about various equipment used, like a hammer, saw, chisel, etc. Under supervision, I learned many carpentry techniques and methods for making different objects. I knew the proper process of hammering, cutting and joining things. My friends and I made wooden articles like Pen holders, Corner racks, Photo frames, Showpieces, and many more. We also exhibited and sold these products at our annual function. We were appreciated by parents, teachers, and our chief guest too.

I found carpentry a fascinating and valuable skill. It also develops qualities in us, like concentration, good observation, hard work, and precision. This activity helps me in creating a lot of my creativity. I thank my school for allowing us to learn such excellent and valuable skills.



Evolution of Love

Shreshtha Swami, XII Humanities

While walking down the staircase
I overheard a brawl
A heated one.
I no longer see the twosome grinning at each other.
Years went by and the bride finally became an unknown
known lady.
The bloke started complaining about skin hunger to her.
The teenager no longer liked his dearest song.
The love birds no more held each other's hands.
The girl didn't clasp him today. Like she habitually did.
The guy ordered just one hot coffee after ages.
She didn't wear his gifted locket anymore.

The tree didn't cast a shadow over the helpless man.
That big day became just the day for the two of them.
I cannot see the acceptance of hers in his eyes. I never did.
She didn't joyfully gasp seeing him get down on his one
knee.
His dimples faded away over time.
The house wasn't tidy as it used to be.
The number of martyrs immensely multiplied.
The siblings don't play with the ball together.
The utensils craved some attention.
Is it the presence of love, or the new way of expressing it? I
question every day.

Unleashing Creativity

Karen Symss, Teacher



Creativity is the act of turning new and imaginative ideas into reality. It's the process of bringing something new into being.

Students at KVA are pros at showcasing their creativity in the best possible way, you name it, and our students have added some or the other artistic touch to it, be it mask making, pottery, origami, needle, thread, etc.

Fine motor development is one of the most important skills developed through art and craft activities. During art and craft lessons, the child's small muscles in the fingers, hands, and wrists are exercised and strengthened, helping to make learning to write easier. Their concentration and focus also get enhanced. Their imagination runs wild while creating something new and artistic, which makes the child imaginative and creative.

Art and craft activities give kids a sense of achievement and allow them to take pride in their work which builds confidence in them. Making art is a great, safe way to discover that it's ok to make mistakes and that getting things wrong can lead you to a whole new idea. Kids get to

try new things and develop their "[self-regulation skills](#)" (e.g. when waiting for paint or glue to dry). This helps them develop patience in them, which is a much-needed quality in children these days. It also helps in spending quality time with our little ones, as a result, helps build relationships with our dear ones.

Besides art and craft, our students participate in many beautiful presentations and showcase their creativity. They enjoy reciting self-composed Hindi English poems/stories and also take part in putting their views forward through Hindi English declamations. These activities help the students build confidence and improve their communication skills. I take pride in saying that students at KVA do not have any stage fear, thanks to all the exposure they get at KVA.

Let us all allow ourselves to make mistakes and come up with something new; how about following the footsteps of our little ones and getting creative and artistic?

As famously opined by James Joyce, "Mistakes are the portals of discovery" let us start taking pride in our flaws.

Hidden Brilliance

We, the children of class III B, had a needle and thread work activity on Saturday. I had fun doing needle and thread work. I made handkerchiefs and table mats with cross stitch, chain stitch, and running stitch. I have taught cross stitch to my friends when they were struggling. I have learnt to needle the thread, put a knot, cross stitch, and chain stitch. We have to be very careful while handling needles as it can hurt who sits beside us.

Vandya Pratibha Ranganath, III A

Every Saturday, activity classes are held in our school. We had to choose from activities such as art & craft, fireless cooking, and calligraphy. We chose calligraphy because it was new to us.

Ma'am told us that it's an art of beautiful writing and she asked us to buy a special flat tip pen used only for calligraphy. Initially, we faced challenges in writing with the pen, either it would leak or just wouldn't write. It wasn't easy writing with the calligraphy pens, but slowly we got used to them. Now, we can write smoothly and beautifully with these pens.

We started calligraphy with some vertical and horizontal strokes, and a simple calligraphic font style, then we graduated to Uncials script. We enjoy and look forward to all our calligraphy classes.

Navya Yadav and Nishi Agrawal, V

I love pottery class. I love making small bowls and plates during pottery class. I also like to make different objects out of clay. I never miss any pottery class. It makes me happy and thrilled at the same time. Pottery helps me to improve my concentration and makes me refresh and energetic. We make small diyas, bowls, small glasses, and plates in pottery class. I just love to do pottery.

Poorvi Pushthi, I

On Saturday activity, we practised the folk dance of Goa. I enjoyed this class because the song was awesome and energetic. Our teacher taught us very well and the steps were also simple and easy to do that everyone could do. Also, we came to know about the Goa folk dance. It was an enriching experience to learn this kind of dance form.

Akshita Kachhwaha, II

Every week on Saturdays, we made many origami articles like flowers, rangoli, paper boxes, lanterns, bookmarks, etc. I enjoyed making lanterns and boxes by folding paper. Our teacher Ms. Divya Aggarwal ma'am helped us with this craft activity. We used our creative skills and tried different ways to improve our articles. I wait for my skill enrichment class, as it's full of fun and I enjoy it.

Praneet Agrawal, II

Fireless cooking is cooking that does not need fire. It's not always necessary that food cooked on fire is always yummy. We the children of class 3 A had Fireless cooking as our Saturday activity in Term I. We loved this period. We were always curious to know what we were going to make during that week. In Fireless cooking, we made different varieties of food like Coconut Ladoo, Corn Chaat, Oreo Shake, Fruit Salad, Bhel Chaat, Sprout Chaat, Tiranga Sandwich etc.

At times we didn't like the ingredients put in the item being prepared like onion or tomato, it tasted awesome at the end though.

Once, our teacher Ms. Nidhi Sharma ma'am got her finger cut while opening the milkmaid can and it was bleeding a lot. Some of us also tried these items at home whenever hungry or mum was busy with work. Finally, I would like to say it was a great learning experience for girls as well as for boys as they too should know how to cook.

Ashna Sachdev, III A

I like Saturday activities as we learn to make new things. Andrea ma'am taught us to make roses with cloth, and wall hanging using ice cream sticks. We also made lanterns using a basket, we made planters, and candle stands using plastic spoons. We also made bracelets using beads. This was my favorite activity. We also made greeting cards using paint, decorated diya, and mud coasters. We also learned to do quilling. We enjoy Saturday activities a lot and we wait for Saturday to come to learn something new.

Veda Rao Shinde, V



My experience of fireless cooking is both fun and learning in school. Every Saturday, I practise cooking without fire in which my teacher explains different recipes that can be prepared without fire. Now you may think why without fire? My teacher says that I am not a grown-up and therefore can't handle any mishap due to fire. So, to avoid that I can prepare many dishes on my own. Isn't it interesting? Another thing, sometimes in the absence of my parents or elder ones I can fill up my tummy with nutritious dishes. I really enjoy cooking many dishes like Russian salad, nachos chaat, coconut laddoo, vegetable sandwich, fruit salad, oreo milk shake, and many more.

At the beginning of the session, my teacher explained how to peel, cut, and chop vegetables and fruits. She also gave a demo or two for different recipes that I understood the way to prepare dishes. She made such delicious mouth-watering dishes that I started eating

tomatoes that I literally didn't like from my childhood. She made different groups of children in this activity and distributed the ingredients then asked groupwise to peel, cut, chop, mix, and garnish. Sometimes all the groups made tasty dishes other times salty so that's how I learned to prepare many dishes of food WITHOUT FIRE.

Let me tell you an interesting thing, my classmates and I put up a stall of fireless cooking for our annual function. We sold papdi chaat, vegetable sandwich and nachos chaat. Believe me!!! We all together earned good money. My parents were very happy to see me selling the items at the stall. Our work was appreciated by many people. That day I felt confident that I can cook wonderful dishes on my own and make my parents proud. I want to thank my teacher a lot for making me skilled in cooking.

Shashwat Kashyap, V

Feathered Friends: A Schoolyard Safari

Sivananda Arpit Panda, V

Bird watching is an art of Science. As an activity, it was held in our school at the beginning of the session last year. We explored our school campus and learned about the different bird varieties that day.

Our teachers divided us into five groups, and in each group, there were two experts to guide us. On that day, we saw many different birds in different places. First, at the reception area, we saw a bird named "Collared Dove", then while moving towards the Cricket ground, we saw different birds like "Brown Thrush", "Yellow Wattled Lapwing", and "Laughing Dove". We found some beautiful butterflies, like the "Common Tiger" and "Common Castor", inside the school premises. While moving towards the Tennis court, we saw some more birds like "Paddyfield Pipit", "Cattle Egret", "Sparrow", and "Black Drongo".

Finally, we saw some beautiful birds, like "White Breasted Kingfisher" and "Red Vented Bulbul" on the terrace of our school. I was amazed to see these many species of birds on our school campus. Afterwards, we returned to our class and had an excellent bird-watching discussion.



Animals Rights Week

Prachi Ganguly, Teacher

We celebrated this week to inform our children about the importance of animals and their rights through different activities. Children made "Sakora" for birds. They did an activity named "Rescue the Animals" where they rescued the animals from the web. They coloured different pictures related to "Care for Animals". Through these activities our children got to know how birds and animals are essential for our environment.

Nest Making

Shashwat Kashyap, V

Keeping up with our tradition of being more sensitive towards animals, Kaanger Valley Academy celebrated Animals Rights week. The nest-making activity was one of them.

Sticking coconut shells and some wooden sticks together, we made nests for the birds in our school. Some experts and our Principal Sir helped us in this process. We had lots of fun and became more excited towards the end of it.

We were so proud that we provided homes to birds, and finally, I thanked the experts, our Principal Sir and our teachers for making this activity successful.



A Walk in the Woods

Anjal Zanwar, X C



"I am going for a walk," I told my mother. "Be back home soon," she replied. And I was off for a walk in the woods. The tiny little forest was a few minutes from my house, which I had walked through every day for the past three years. I knew how to travel through them by heart. As soon as I entered Quietly Green, the name I gave to the woods because of how quiet it could get, I was greeted by the familiar dried-up Oak tree. Quite ironic; the first thing you see in a place called Quietly Green is a brown, dried-up tree. Heading onward, I noticed that the trees had shed their leaves. I purposely stomped on them to hear the satisfying crunching sound. There were many birds in the trees, but fewer than usual. During spring and summer, there would be around twice the number of birds on these trees. The chirping of the birds felt quite blissful.

Further, up ahead was the pond. It could be used as a decently sized pool. And it seemed extra full today. I wanted to jump in but didn't because I did not want to catch a cold. However, I could see many birds sitting around it. There were two paths I could take, to the left of the pond or the right. I went towards the right since it was a shorter way. The makeshift swing, which I had made by hanging a truck tyre from a branch with a rope, also had some birds sitting on it. I did not disturb them and walked on. The big apple tree up ahead seemed to be full of movement. It was pretty noisy and chaotic. Birds were flying in and out. The chirping and calls of different birds could be heard. I quickened my pace; I did not want to deal with the noise. I tried to get

away from it.

As I walked on, the noise slowly died, and it became quiet. But then, it became too soft. I wanted to escape the noise, but I wouldn't say I liked this. A little bit of chirping would have been nice. Well, I slowed down and just walked on. Slowly the live trees gave way to the dead ones, and I saw the cause of the silence. The ravens showed themselves again, but this was their first appearance this year. Every year, around this time, they would show themselves, stay for a couple of months and then go away as if nothing happened. The sun had set, but dusk had not approached. It was still the time of twilight, so I could still see and navigate to the exit. But it was getting dark quickly. And I could feel the empty eyes of the raven staring at me. It felt like they were staring right at my soul. I quickened my pace again, but not so much that it would alarm them. Then, I heard a 'caw', and the ravens were flying everywhere. A lot of rustling and fluttering noises were made. Many feathers were shed. But none of the ravens swoops down at me. I was unharmed and exited the woods safely. I was safe, and all I needed to do was go back home.





A Dark Hallway

Shambhavi Mukherjee, X C

"Mom, are you done yet?" Flora practically yelled from downstairs, getting impatient and annoyed.

"Calm down, child, your mom had much work." chuckled Fred, her father. "I know you're excited and have been waiting forever." Footsteps were heard, and down came Emilie, her mother putting on her earrings.

"Now that we're all here"

"Let's go! Flora exclaimed, interrupting Fred and ran out to the car, followed by her giggling parents. They had rented a castle to stay in for the summer vacation.

On the way, Flora kept talking about all she'd do there, living like a princess.

When they arrived, they were welcomed by the caretaker of the castle. Once they got settled, Flora went to explore the place. The sparkle in her eyes kept increasing as she passed by the luxurious rooms, the oversized kitchen, the elegant portraits, and the beautiful lawn. Everything about the castle amazed her; as she continued to explore, she came across a dark hallway. She took a few steps towards it and was suddenly pulled out by a caretaker.

"Don't go in there. It's haunted!"

"Haunted?" Flora asked, confused. "Yes, screams, hushes, footsteps, and laughter are heard at night, and there is always a mess in the morning. We tried to come and see what happened several times, only to find no one." The caretaker explained. Flora looked at her, confused. "It's almost 8 pm, dinner will be ready soon, and I'd advise you to stay away from this part at night." Saying this, the caretaker escorted the confused girl to the dining room.

Throughout supper Flora's mind continued to drift back to the dark hallway, due to which she couldn't sleep, so she decided to go and see the place. Upon arriving, she could hear the sounds the caretaker told. Tip-toeing in, with her heart hammering in her chest, she could see some people standing like statues. Flora's eyes fell on a switch board, and she quickly turned the switch on. As light filled the room, she found the children of a few caretakers. "Please don't tell mom! A child exclaimed, "This time and place is the best to play hide and seek."

Flora looked at each one in amusement before dissolving into fits of laughter, joined by the children later.

Gothan Jaunt

Sandeepan Chakraborty, VII A

To get a glimpse of rural life and understand the means of earning livelihood of rural people we arrived at the school; our minds were bursting with exhilaration. We had breakfast early and we lined up outside the school building. As soon as we boarded the bus, I started wondering about our educational trip to Gothan, Vancharoda. What would be there? Who would be there? I had a book to read and so I finished it as we reached there.

Our teachers guided us through the premises. It was a trip for classes VI, VII, and VIII. We explored the settlement and were told about how manure was prepared through vermicompost. We also got to learn about hay and water pumping systems. We talked to different people there, who were engaged in activities like composting, poultry, farming, crafts making, etc. We also got a chance to interact

with the Sarpanch of the village who shared about the development activities and achievements of that self-sufficient village. Then, we saw the solar panel and got information about that also. Later, we went to Prathmik Shaala and participated with the school children there in their cultural performance. At last, we gave everyone a strong message of Beti Bachao, Beti Padhao through our Nukkad Natak.

Mostly nowadays, we students don't like to attend school trips but I don't agree. I believe that the trips should be attended to visualize what we study and to also explore places that we might not visit, if not for the school.

To conclude, I liked my experience at Gothan and would look forward to more educational trips from our school.

How WW-III Might Look Like

Aarush Kumar Sharma, VI

After Russia's invasion of Ukraine was complete, Russia wanted to invade Poland. But there was one problem, Poland was in NATO, The North Atlantic Treaty Organisation. It had a policy that if one country were under threat from another foreign power, all the countries in NATO would, in turn, declare war on Russia. But surprisingly! Instead of Poland, Russia invaded Sweden and Finland. It was an easy victory for Russia as it annexed Finland and 80% of Sweden, puppeting the rest. NATO, seeing Russia get a good grip over Europe, was not pleased. Now it was just a waiting game. When Russia invaded a NATO country, all of the countries in NATO declared war against Russia, and that day came when Russia decided to invade Poland. The whole of NATO declared war on Russia, and Russia's best allies, China, Iran, and North Korea, came to Russia's defence. India was hesitant to join due to NAM, but when reminded of the Soviet Union's help in 1971, it decided to join anyway. The joining of Iran led to the consolidation of Saudi Arabia on the side of NATO, and the merger of North Korea led to the unification of South Korea and Japan on the side of NATO. Iran made quick work of Saudi Arabia and the Chinese. Any North Korean troops could capitulate to South

Korea and Japan. Russia's push into eastern Europe was pretty successful, and as Indian troops arrived, Europe fell in only a few months.

Now the immediate plan to invade the USA was being made. The Indian navy made two landings on the East coast and one landing on the West. China destroyed the USA with a barrage of ballistic missiles. After about a year, Washington fell galloped by the surrender of NATO. In the peace Treaty, Russia annexed a big chunk of Eastern Europe and the Koreas United. Iran has also annexed Saudi Arabia. Now there were only three superpowers, Russia, India, and China.



Yarn Odyssey

Arisha Siddiqui, XI Science

Industrial mill visit is one of the most important elements of professional education. We, the scholars of the class XI Science stream got an opportunity to visit SBT SPINTEX PVT. LTD, a cotton factory, as a part of our annual educational trip. It not only educated the upcoming generation of professionals but also expanded our frontiers of knowledge.

It was an informative, intriguing, and successful visit as we gathered tons of information about manufacturing yarn and the paraphernalia involved. We were briefed and guided by the Chief Managing Director of the factory, Mr Rahul Jain. Firstly, we saw how the raw fibre opens in the blow room and undergoes the process of carding, which ensures that debris is removed while aligning the threads to make them easier to spin. Carding is the heart of spinning. The minute impurities like small seed particles and immature fibres are removed in this process, the straightening and aligning of fibres are done. After that, it is made into a sliver (a bundle of fibres). The chip then goes through the draw frame, speed frame and ring frame; to impart strength to the thread. All yarns made by the ring frame are wound in cones; by the auto-corner machine. Yarn is practically a linear assemblage of fibres twisted together. At last, the yarns are doubled and then turned. This is called the TWO-FOR-ONE(TFO) process. Finally, we visited a lab where all the products were tested for quality and any potential defects. Yarn properties are parameters to describe the yarn, such as fineness or titer, elongation, hairiness, tenacity, twist, and volume. We saw many types of equipment and machinery, such as- a Tenso strength tester, micro twist tester, moisture tester, etc.

It was a sight that filled me with awe and reverence for the hardworking workers of the factory. Their consistent and dedicated efforts were evident in the amount and superb quality of the yarn they had processed. The process demands extreme perseverance, patience, and persistence; this was my take-home message. I would like to quote-

Success is no accident. It is hard work and love of what you are doing or learning to do."

— Pele, Brazilian soccer player.

In this way our visit culminated, making the day knowledgeable and enlightening.



Bye Bye Pesky Fly

Avani Mittal, VIII B

Once, a young boy was very short-tempered and became angry in no time.

One day, his father gifted him a hammer and some nails and said, "Whenever you get angry, hammer a nail into your room wall."

The boy used up the nails in a few days. Then his father said, "Now, if you control your anger at any time, remove a nail from the wall, and when all the nails are removed, I will give you a present."

The boy started controlling his anger and removed all the nails from the wall in a few weeks. The day he pulled the last pin, his father said, "You have done a good job, but can you see the holes in the wall? This wall is never going to be the same again. Likewise, you'll leave a scar when you say mean things in anger."

Moral: Anger is like a knife- when you use it, the wounds will heal, but the scars remain

India Unveiled

Akshat Chaurpagar, VIII B

One of the oldest civilisations in the world, India is a patchwork of multicultural experiences. With a rich heritage and innumerable attractions, the country is among the most popular tourist destinations in the world. It is the second most populated country in the world, with over 1.4 billion people. The festivals of India make people united and equal. It has been known for its massive production of spices since ancient times. India is home to the finest architectural heritage, spectacular landscapes, and the largest tiger reserve. The name "India" originated from Sindhu (Indus river). India was called "The Golden Bird" for many centuries because of its massive economic status. But in the 18th century, European trading companies came to India to trade spices. They gradually established control over the Indian trade. First of all, they found a variety of concessions from local courts. Afterwards, they got

successful in achieving monopoly rights to trade. The English East India Company was the most dominating among all other European companies. The Britishers then started to make the kings fight among themselves and took over the country's administration. Slowly India got under the rule of the Britishers. The Britishers did all they could to dominate India. Many brave people stood out and opposed this rule. They were called freedom fighters. During the 20th century, India gained independence after innumerable sacrifices of the rebels. India is now the largest democratic country. India is at the top of the world in almost every field. One example can be; ISRO (Indian Space Research Organisation)'s Mars Orbiter Mission (MOM), also called Mangalyaan reached Mars' orbit on the first attempt, which is a world record



Incredible India

Eshaan Chandrawanshi, VIII B

India, rich in culture and diverse, is a secular country. Christopher Columbus founded it. India is also known to be the most invaded country. In the past, India was wealthy and prosperous; hence it was called 'The Golden Bird' due to which many Empires invaded India, such as the Mughals, the Delhi sultan etc., but the Empire which ruled in India for a very long period is the British Empire, it ruled in India for about 200 years! And finally, in 1947, India gained independence, which was done by many freedom fighters who sacrificed themselves for independence. Some of them are Mahatma Gandhi, Subhash Chandra Bose etc. Some freedom fighters, such as 'Jhansi Ki Rani' or the Queen of Jhansi, fought for India in the past but failed to gain Independence.

Before Independence, many hierarchies existed, such as the caste system. People were divided into castes, such as

Brahmins, Kshatriyas etc., and the Shudras were the lowest. These Shudras were treated as if they were animals (untouchables). Due to this, these castes were meant to do some basic and dirty jobs such as toilet cleaning, waste removal, etc. They were poorly discriminated against. Even children of the Shudra caste weren't meant to study and worship! This made many people angry, and one of them was "Dr B.R.Ambedkar". He was a Shudra and wanted to bring a wave of change by changing the constitution. So, Dr B.R. Ambedkar worked hard, and at last, he was the person who formed the constitution. After independence, India became democratic and elected Jawaharlal Nehru as the first Prime Minister. India is a developing nation that is very diverse and rich in culture. We can see people of any caste living in unity, which makes INDIA INCREDIBLE.



Maths Marvels: Inspiring Learning

Ved Prakash Bajpai, HOD, Mathematics Department

A maths exhibition is a wonderful tool that engages students in learning new facts. It develops in them the curiosity to learn more which otherwise is not developed by listening to boring lectures. It provides a platform to use knowledge and bring the best invention. It also allows us to work together in groups and learn from each other. It further allows one to develop social and moral skills and make a team player. One such exhibition was held in our school in which 55 models were presented by the students from standard III to XIII in front of judges who came from NIT Raipur. While working on various models we come very close to our teachers who help us to participate in the learning process more effectively. Above all, there is a very high chance of appreciation from people who see the models and teachers, which inspires us to think and work with enthusiasm and self-confidence. Some of the models which were presented include Pascals Triangle, Tower of Hanoi, Permutation and Combination, etc. It was such an amazing experience we had and we also enjoyed learning through the exhibition. We put effort and made models which helped us to learn a lot about the topic we did not hear about earlier. Also while giving the presentation, we became more familiar with public speaking, which

removed our stage fear and also built self-confidence. It was the first time we participated as exhibitors for the maths exhibition and we were honoured to have this opportunity to organise a virtual model in front of judges who came from NIT Raipur to judge our model. Setting up a virtual maths model was sheer hard work. This experience was different for us from what we are familiar with. It helped us develop a more scientific attitude toward the problems and challenges we face. By showcasing our models to others, we get acknowledgment which further boosts our confidence level and it makes us creative, future-ready, and of course learners for life. In this mathematics exhibition, Anya and Yashvi Batavia of Group III secured first position when presented on the topic 'Angles', and from Group IV Tiya Bais and Deepika Dewangan stood first when presented on the topic 'Fibonacci Numbers and Golden Ratio'. In the end, we just wish and hope that every school should include mathematics exhibitions as a part of the maths curriculum. Such exhibitions should be made compulsory for more and more improvement in self-confidence, interest, and understanding of mathematics among students.



Science Showcase: From Lab to Limelight

Shailaja Dinesh, HOD, Science Department



An important foundation for critical thinking and problem-solving skills is laid during the course of school education. Nurturing students' curiosity and encouraging them to be inquirers and innovators is the vision of the Science department. In this direction, our school organised the Annual Science Exhibition with the main theme: Science, Society, and Environment. The sub-theme included: Agriculture and food security, Energy resources and conservation, Health, Environmental issues and concerns, Disaster management and Robotics.

The Scientific principles underlying various phenomena were investigated enthusiastically both by students and teachers and showcased during the Annual Science Exhibition.

Students used the Science labs to find answers to the scientific queries that probed their minds. Each discipline of Science witnessed its passionate explorers. They were

exposed to the process of thinking, researching, failing at times but learning and bouncing back with double the zeal. Their final presentation during the Science exhibition showcased a blend of scientific temperament and teamwork. The artwork around the Science exhibition included the charts displaying how scientific ideas were expressed with great precision and elegance even in our Vedas and the rangoli decoration at the reception, by our talented students, unveiled the integration of Art and Science.

It is very encouraging to recall that the following models that were displayed during the Science exhibition went on further to give more exposure to our students and also to bring accolades to the school:

'Fuel from plastic waste' by Ayushmaan Yadav and Siddharth Rampuria got selected for the Zonal round for the Macmillan Budding Scientist award held at the IIT, Bombay campus.

'The Multi Utility electricity generator' by Vamika Jain and Vanshika Saraowgi got selected for INSEF 2022 Science fair-Raipur and the 'Fire-fighting robot' by Akshat Chaurpagar got selected for the National level of CBSE Science exhibition held at Gurugram.

For me, it was learning all the way; be it on an interpersonal level, decision making or problem solving.

The Science department demonstrated great teamwork in various group activities and competitions including the Science exhibition.





In today's era, education is not only confined to reading and writing. It is now allied to the holistic development of children. This is the reason Kaanger Valley Academy is leaving no stone unturned to help students to experiment with their knowledge and is providing us with different opportunities to showcase our skills at various regional and national platforms.

Have you ever heard of a cycle that would help us generate electricity up to 24 volts without using any natural resources? Is it possible to do so? Yes, my friends and I made it possible and named it as a "Multi-Utility Electricity Generator" which is thematically based on technological innovation for ecosystem and health. This cycle would keep us healthy and improve the environment as it causes no pollution and would also help us generate electricity.

As we all know, cycling is good for our health, and it is pretty challenging to produce electricity on a large scale. We looked into both of the cases, and we bought a solution to this by making a model which mainly costs us 250 to 300 rupees. We would be able to get 9- 24 volts of electricity, which also depends on the speed of the cycle.

So how? What is the mechanism behind this?

We have put two dynamos of 1000 which supply DC (Direct Current) to the battery, and then there is a diode so that the battery's power doesn't go back to the motor. The motor charges and stores energy in 12-volt DC batteries, and then through the DC wire, it goes to the inverter. Then, the inverter converts DC power to AC (Alternating Current) to a potential of 220 volts. The equipment we usually use runs out of AC power of 100W.

We presented this model, participated in the Science Exhibition Competition held in our school, and bagged the second position. It was a significant achievement for us. Although we were the runners-up, it was an indescribable moment. Then we took part in many note-worthy competitions like, National Children Science Congress, CBSE Science Exhibition, INSEF Science Fair, and Ramanujan Amrit Bharat Ganit Yantra.

At that moment, we felt very proud to present our school in every other competition.

With this, I conclude that these cycles will benefit not only the habitat but its inhabitants as well.

Floating from Trash to Treasure

“Science begins with wonder, scientific temperament and rational thinking”

I have been fascinated by science and technology since my childhood days. Inspired, encouraged and motivated by the teachers and my parents, I participated in the Science Exhibition with great enthusiasm and excitement. My model was a Cartesian Diver. I made my model from trash. The things required to make my model were a Plastic cold drink bottle, syringe, nut bolts to increase the weight of the needle and water. My model was based on the principle of floatation and Pascal's law. The working of a submarine is based on my model.

As a science enthusiast, I had put much time, effort, and thought into my project. The result of my brain storming was in the form of my project. I realised such participation leads to both development and utilisation of problem-solving skills. Another important skill that scholars utilise while preparing a project is organisation. We need support and advice from teachers and parents, but this is an opportunity to plan, prepare, and organise a project from start to finish.

Omkaar Satapathy, VII B

There are no dreams too large, no innovation unimaginable and no frontiers beyond the reach of the students. This realisation dawned upon us after participating in our Annual Science Exhibition. Here we experienced new things and also performed experiments and played quizzes. We learned the science behind everything - nutrition, fibre, physical and chemical changes, plants, animals, organ systems, almost everything! In this year's Science Exhibition, we immensely enjoyed preparing the write-ups, charts, models, presentations etc.

We secured the third position in the exhibition, and the topic of our model was “Nutrition In Plants”. We were delighted with our presentation as the judges liked it. When the Principal sir gave us the certificates, he told us to start preparing for the next year so that we could bag the first position.

His words and the result of our hard work gave us more confidence, and we decided to do even better next year and try to win first place! Such events not only inculcate a scientific attitude and research-mindedness but also enhance students' interest in science and technology.

Diksha Sherawat and Toral Athwani, VII A



Badhte Kadam: An Old Age Home

Eshan Ahmed, V

I was in class one day, it was Hindi period, and Karen ma'am was taking substitution. She suddenly told us that we were going on a social trip the next day. We all were so excited that we started shouting happily in the class. I felt a little nervous initially because I was going to meet some new people, and I wondered whether my parents would also have to go to the assisted living facilities, also commonly known as old age homes, to stay! I was scared by this thought!

Ma'am decided to organise some activities there. She asked who had which talent, and I opted to play Vande Mataram on the keyboard. She also told us to make several cards. I made 'Thank You' cards for them.

We took all the materials and the greeting cards, sat on the bus and went to an Assisted Living Facility home. All the time, we were asking whether we had arrived or not. At last, when we reached, we started getting ready for the program. The name of the Assisted Living Facility, or old age

home, was Badhte Kadam. Then, we started doing all the things that we planned to do. When all things ended, we all started dancing with the older adults. We gave greeting cards and took blessings from them. We got some Poha to eat and returned to the school. While returning to school, I played some songs on my Piano.

When we arrived at our school, we had our lunch and started studying and exchanging our thoughts about the old age home with our friends.

The next day, I asked my parents whether they would go to the old age home or not. They told me they would not go to the old age home because we all are like a bond of three.

When I think about the people that live in the old age home, I believe that their kids leave them in the old age home without any feeling. I felt that there are orphanages also in the city, so why can't we club the orphanages and the old age homes? The older adults and the children will get love, care, and blessings if we club both



Farmyard Frolics

Prachi Ganguly, Teacher

One of the most renowned countries in the world for agriculture is "India". Chhattisgarh has often been dubbed the "Rice Bowl" of Central India, with the main crop being paddy. Apart from paddy, cereals like maize, kodo-kutki and other small millets, pulses like tur and kulthi and oilseeds like Groundnut, Soybean, Niger and Sunflower are also grown.

So, focusing on our state's clasp towards agriculture and farming, the management of Kaanger Valley Academy contemplated & decided to educate children, which resulted in the "Farm Visit". Children came across so many sensory opportunities at the farm. Few are named for the texture of the plants, the dryness of the hay, the wet grass & the smooth vegetables in the farmer's basket. The farm visit

also offered a variety of tangible experiences to children, from taking care of livestock to planting crops. The children took a meaningful tour. The farm's sights, sounds & smells were all new and gave them the freedom to explore more. Sharing conversation in a warm and nourishing environment helped all children to build stronger relationships with those around them and developed healthier food habits or choices.

Children not only came to know where their food comes from but now have a greater appreciation for food. They also got educated towards weather awareness and mother nature.

At last, the kids witnessed how handwork results in sweet rewards.

Cookie Wonderland: My Whimsical Adventure

Ishkriti Singh, III A

We, the students of class III, went to the parle factory on the 10th of October 2022 as a part of our educational trip during school hours with the teachers. When we reached the parle factory, the staff took us to the hall to show a movie about Parle products. Through the film, we came to know how it got its name, i.e. 'Parle-G' here, 'G' means 'Genius'. Then we

went to see the machines and saw the process of biscuit making. I gave my handmade drawing of the Parle girl to the factory manager. They gave us Parle chocolates. We also learned that Parle Company makes 125 products other than Parle –G biscuits. We enjoyed ourselves a lot in the Parle –G factory and clicked many photos also.

Trailblazing Sisterhood

Lavanya Agrawal, IX C

Forest trek is hard but makes life better
With my girls, it's never rough or bitter,
Nature beautifully explains the way of life,
But forever journey of sisterhood is the truth of life,
Hearing nature shows the reason for living
Hearing my friends is the reason why I'm still living,
The sounds of birds are the only way to forget many

problems,
But the long laugh and talks with my friends is the only
solution to any problem,
'For friendship is a treasure beyond compare,
A love that will always be there, And though the forests
of kechla may be grands, Sisterhood and friendship
forever stand.

Industrial Immersion

Rounak Agrawal, XII Commerce

In October, scholars of class XII Science, Commerce and Humanities visited Shri Bajrang Power & Ispat Ltd. We were accompanied by our teachers Ms Anju Agrawal, Mr Himanshu Satapathy, Mr Imran Khan & Mr Avnish Bhabhra. It was an enriching experience for us as we learnt about the processes involved in the manufacturing of utilities of our day to day life. An engineer was assigned with the group who explained everything on the site in a language palatable to the students. We were divided into two groups to enable them to cover the interactions during the presentation of the manufacturing process. We donned the helmets for safety reasons & saw the processing of machines, the manpower used, the conversion of HR (HOT ROLLED COILS & SHEETS) into ERW Pipes, Power Plant and

all other things made of iron.

We also saw the residential area of staff members and got a closer view and exposure of how it feels to live and work in a manufacturing unit. We all were served snacks during our visit. We received wonderful hospitality from the team. I hope every school takes their children to educational tours as they give us information regarding many areas and help us bond with each other. It was altogether a brilliant experience for the students of KVA.

Tiny Devotees

Prachi Ganguly, Teacher

India has been a centre of religion for ages. People of different faiths and beliefs live here. They have other religious places. Children of Pre-Primary got an opportunity to visit "Kevalyadham" and "Gurudwara". Our tiny tots visited the main temple of "Kevalyadham" and sang the bhajan. In "Gurudwara", children saw no statue, but they worshipped "Guru Granth Sahib". So, it was altogether a new experience for them.

What Chetan Bhagat Says...

Sneh Dhingani, IX A

Chetan Bhagat is one of the well-known authors in India. He had written books like Five Point Someone, 400 Days, A Girl in the Room 105 and many more.

A few students of Kaanger Valley Academy went to 'A Talk Show with Chetan Bhagat' held in the Deendayal auditorium of Raipur. We were lucky enough to meet him in person.

In the show Chetan Bhagat talked about the qualities because of which students can be successful. He talked about the importance of focusing on one goal, he gave his own example that in spite of being an IITian and even after working in a big firm as an investment banker, he earned plenty of money with which he could live his life peacefully but, he wanted to pursue his dream of being an author. He told the students that the social status of a person matters a lot.

The main takeaway for me from this event is that we should always be focused towards our goal, be determined to achieve what we want, maintain our social status and should work incessantly so that we become successful like him.

The Way We Sprout

Rudraneel Kundu, IX C

Students enter life without opinion without any prejudice or hatred, they neither like nor do they dislike. Nevertheless,

Socialization begins its campaign of deformation and demands a certain conformity of hateful insanity under the banner of learning

A certain sameness

A certain brainless continuation

They indulge them in an incoherent contest of fame to later unearth it was fruitless. Students, zestful and intricate as they come, tangled within the impediments of life as they slowly crawl out of the cradle called school

May they perceive the connotation of life

Just hope for the best!

Gunjan Rahangdale, IX C

I woke up today
Not with the sounds of chirping birds
Not with a happy smile or a feeling of fun
But with the sound full of bullets emerging out from a gun.

I knew who they were
I knew what they wanted
I went to my mother and the terror on her face held me
haunted.
She held me tight into her arms
Protected me from all the other harms
'Everything will be fine', she said
Whatever was left at home, she cooked it and fed.

For some work, my father and sister went outside
I never knew that was the last day, they would ever stay by
my side.
Oh mother! Stop crying
It's almost a month, please stop sighing.
If you remain like this, you'll get ill
Then who will encourage me to take a chill.

Here maa, have some food
Doctor uncle has said
You have to get well soon!
I hear everyone's cry but secretly I too yelp.
Oh god please do something; I really want your help!

You know diary, today, a famous footballer of our country
left us all
His game was amazing and true was his love for football.
Many civilians are emigrating
And the terrorists here are celebrating!
Many of my friends have left already
Our country's existence is becoming unsteady.

You know diary, a lot has changed
But my hate for these anarchists will remain unchanged.
Peace...as we all say, is it so difficult to find?
Why can't these people then search for it in their mind?

Every time I miss my father, which is nothing new
I close my eyes and I hear him
Saying- Dear, I am always with you!

When I enter my room, I get reminded of my sister
My sister, whose feet had never had any blisters.
Such was the pain of losing her for my mother
And such was the pain of losing her for her little brother.

How hard I cried that day
This is known only by me
All the dreams that I have ever had
My happy family is all what I see.
I miss them so badly,
This only I know
They were clearly innocent
They Preferred peace and had no foe.

I know mother that it's indeed a very tough time
A time where everything is legal, even a crime!
Grandma says, that soon a messiah will come
And eradicate all the terrorists
Mother, if our life is a story then our bravery and courage
should be its gist.
Oh god, I do believe you exist
And no matter what people say, my trust in you still
persists.
So please start hoping for the best
I know god will do something for the rest.

I have seen my family fall apart
They must have left me for now
But will always stay alive in my heart.
For now, I need to manage everything
And I won't let my mother lose hope
I know these terrorists will soon have to lope.
And that's the reason why I tell everyone, just hope for the
best
Cause secretly I know that our army will indeed do
something for the rest.

This poem is dedicated to all innocent people and children
who recently lost their lives due to the Russia-Ukraine war
or terrorist activities. Despite being faultless they suffered.
This self-composed poetry talks about a little boy who
notices everything that happens around him and writes it
in his diary at the end of the day.

Losing My Childhood

Pranati Chavali, XII Science

I was watching the 'Harry Potter 20th Anniversary' online on my laptop the other day, during my Dusshera vacations. I knew that I had watched this a couple of times before, but something drew me to it time and again. After all, Harry Potter (both books and movies) was a huge part of my teenage years. I grew up with the stories, with the actors on screen, and with my fantasies of how it would have been if I was a Slytherin at Hogwarts instead of a Muggle, stuck in real life.

But this time around, I noticed that around the ending of the filmed anniversary, everything was about saying goodbye, parting ways and looking back at an entire era that each of the actors had contributed to. Needless to say, that brought tears to my eyes.

Somewhere, somehow, it had hit me while watching that I myself was going to turn eighteen in 2023. There wasn't much of my 'minor' time left and I was just a smidge away from a life of work, hardships, taxes and responsibilities. I was no longer 'young'. I was no longer 'little'. The word 'small' or 'kid' would not apply to me anymore. I had unwittingly wasted several years since I was born. Not to mention that I consider thirty-year-olds as 'old people', so it was quite a shock.

That day, sitting in front of the screen, alone, I mourned my lost childhood.

I was scared. I was terrified. Where seventeen-year-olds usually find excitement and restlessness to become an adult, I found horror. I had not properly lived my childhood. I had grumbled, I had fought with my sister. I had resented my parents too many times to count, and I had felt my world revolve around my academics. I had to grow up at the age of thirteen and face my reality when I was diagnosed with diabetes; I had to grow up again at age fifteen when I had to get a brain tumour removed. Yet, I missed those days- the days when my only jobs were to eat, sleep and study; my only worry was whether my mum found out that I had snatched a bit more of her excellent chocolate that rivalled any company's in the world.

It struck me that so much of my life resembled Harry's. He too, was forced to grow up at a tender age and face hardships and challenges. No one ever fully understood him

while he was in school. They always expected great things from him as 'The Chosen One', much like society built unbearably heavy expectations for me. Both of us felt like we were letting others down if we did something of our own accord. Both of us wanted to be selfish. Both of us wanted freedom, or at least a break, from our lives. He didn't want to be Harry Potter. I didn't want to be me.

However, neither of us would want to change a moment from our younger years, were we given the chance to relive it all over again.

Many memories of my childhood are blurry, all melted into one single haze, but I know that no matter what, I want it all back. If only I got a chance to revisit everything, I would have made sure that I was fully in the moment of every day of my childhood, no matter how good or bad they were. I had always laughed in the face of adults when they told me that we spend the best time of our lives as children; I am repenting now. I don't have many memories to hold onto. That is something I will always sorely regret.

But you, dear reader.

If you are still young, then let me tell you, kid-to-kid. You still have time. You will laugh in the coming years. You will cry more often than not. You will be angry at the world and feel so alone that you might consider burning it at one point. You will adore the secrets you keep. You will want to be trusted. You will want to have friends. You will want to be extraordinarily ordinary. You might have huge successes; you might be caught in accidents. Life might play games on you.

But cherish those moments. Because when you grow up, you'll realise too late that you should have.



Psychological Poise: Breaking the Shackles

Daksha Chatterjee, IX C

Mental health is one of the most common topics and issues we struggle with daily. Today, mental health has come far from where it used to be, with lesser-known mental health illnesses such as schizophrenia, ADHD being recognised and more common mental health issues such as depression and anxiety being heard and understood by professionals.

While there is still a long way to go in terms of knowledge regarding mental health, the more we look at the past we as humans share regarding this topic, the more we sigh of relief, realising how much we humans have developed in this area. In the past, not only was mental health a practically unknown area of the medical field, but if you happened to have any mental illness, not only would you have to be stereotyped constantly by people who had no idea what it was like to suffer from that illness, there was no "cure" for your suffering. As the years progressed, a surgery

known as the lobotomy emerged, which became the supposed "cure" for any and every mental illness and "rebellious behaviour".

The lobotomy became a tremendously joint surgery, which had even been performed on John F. Kennedy's sister by her father because of her "rebellious behaviour", which only led to her being "brain dead". The surgery had no ethical planning; surgeons would poke a hole through one's brain, hoping that it hit the gland from where the illness started. This was done as, at that time, we only knew that the brain controlled almost every bodily function. The only reason this surgery ever gained any popularity was because of the overflowing number of patients in mental health asylums, and its popularity did not decline either as after the surgery, most patients would be deemed cured, but the only thing that this surgery fixed was the patients expressing their problems. Most patients, after the lobotomy, suffer degradation of personality, brain trauma, and severe shock from the surgery. Still, this horrific surgery without any base was not the only thing mental health patients suffered from. There was also a form of therapy introduced which would induce dementia in the patient as a way to treat schizophrenia. In this disease, you regularly have hallucinations and cannot differentiate between them and reality.

If you look at mental health now, you realise how far we as a society have progressed in addressing mental health as a part of the medical field; However, we see a stigma around mental health today as well, and it is most definitely easier to express your mental health concerns in today's world. A world where you can go to psychologists and psychiatrists to get the proper treatment that helps you rather than a painful and traumatic surgery that only leads you to suffer from possible PTSD and be rendered brain-dead. We, as humans, now have enough knowledge not to neglect serious diseases. The only way we can continue to gain understanding and apply it is by removing the stigma around mental health and making help for mental health more accessible.



The last year of my school!

Seriously!!! As this realisation slowly dawns upon me, I remember looking at the senior most batch of the school, awestruck as they carried books as heavy as lead and having conversations far from my comprehension. But as I am in their shoes now, I don't feel much has changed in me. Though my grade 3 teachers and health assessment results would strongly disagree, I am still me. I still feel apprehensive on Monday mornings, trying to check and recheck my school bag if I have everything I will need for the day. There is still a rush of delight when we have an unexpected free period and I still feel reassured when I see the same familiar faces, I have seen for the past 6 years every single day. My journey was, to say the least, a culmination of totally unexpected events that helped me grow and learn beyond my wildest dreams. In my last year in this school, as I fondly look back, I realize that public speaking has been a huge part of my journey. And I feel immensely grateful to my school for giving me ample opportunities to hone my skills. I have always found solace in public speaking and I can support my claim because I have participated in every single event, I was allowed to partake in. I have enjoyed every aspect of its preparation too. From coming across an interesting topic to researching and perfecting my content for days, to resolutely practicing and re-practicing till the point where I am certain why I have included a given line in my speech. I sincerely admit to having forcefully made people listen to me and coaxed out critical reviews before performing. I have practiced to a point where I was able to confidently stand on the podium without having to act on my urge to run away. And yet somehow before every one of my performances I was never the spitting image of calm. I was jittery and nervous despite all the hard work and time my dedicated teachers and parents had put in. I used to pace up and down in the little alley/room backstage, trying to give myself pep talks and divert myself from having negative thoughts. But when I sat on the stage, with an anxious face, and feet tapping on the ground like every other participant sitting in a semi-circle formation across me, I always felt elated. I knew the next four minutes that I would be given to

perform would fully be mine and having that kind of monopoly over time humbled me at most. When it used to be my chance to speak, despite my alarmingly high heart rate and fumbling hands as I precariously adjusted the mic, the thrill I felt was unmatched by any rides the amusement parks could give me. I used to take a deep breath and scan through the audience, trying to find familiar and friendly faces, acknowledging their presence as it finally settled in me, it was "time"! Eventually, as my thoughts and mouth moved in perfect synchrony, I used to turn my gaze towards the tall green trees that used to be straight in my line of sight. Now as I look back, I realize that I have given debates in every kind of weather. At times when the 4 pm sunlight used to enter filtering through the canopy or during light rains when the trees swayed and even in front of a flat-screen where I had to confirm thrice if I was audible before I could start. While each one of my performances left me with a different experience and learning, the one thing common in each one of them was the feeling of fulfillment and satisfaction after every speech. As soon as I used to say thank you and turn on my heel, I couldn't help but let out a relieved sigh before going back to being anxious all over again about the result. I have made countless beautiful memories while preparing and performing. I have learned a lot and that's how I am aware of the fact that I still have a lot more to learn. But if I were to pinpoint one thing I love about public speaking, it would be the freedom with which I could deliver my point of view in front of an audience and modulate it in a way that would be convincing enough to make an indelible impact.



Blooming Under Constraints

Satarupa Manna, Teacher

Diverse paths converge, and in one room, they meet,
United by a goal, they battle, they compete,
With different backgrounds, they strive and strain,
But in their struggles, something is gained.

Their souls alight, they bloom under constraints,
Their colours are shining, in the darkness, so quaint.
Through hardship and pain, they persevere,
And with each obstacle, they conquer fear.

As a teacher, it's important to acknowledge their work,
To praise and encourage, and never to shirk,
For their efforts are vital, their contributions profound,
And with them, the school would be as sound.

So let us walk together towards the common goal,
Of bettering the students, enriching their souls,
With mutual respect and a shared sense of purpose,
We can achieve greatness, and our efforts will surface.
For the blooms that we tend will one day become,
A garden of beauty, under the shining sun,
A testament to our collective power and might,

Blooming under constraints until all is right.
We must foster a culture of collaboration and respect,
Where every teacher's opinion is heard with effect,
Sharing ideas and insights, working side by side,
We can create a learning environment that cannot be denied.

From planning lessons to assessing progress,
We can collaborate and achieve nothing less,
Then a comprehensive approach to teaching and learning,
Where every student is engaged and their minds are churning.

Let us never forget the power of teamwork,
And the potential that we have to make students beam,
With a quality education that is second to none,
We can help them bloom and shine like the sun.

And a testament to our collective power and might,
I repeat.....Blooming under constraints, oh, what a magnificent sight!



Technology and Nature are at Loggerheads

Shreshtha Swami, XII Humanities

We human beings are scared species doing whatever we can in order to protect ourselves from each other and during this entire vicious procedure, NATURE has always been the victim.

Welcome to the world of mankind, I suppose.

Since the very beginning, we individuals have the tendency to desperately reach to the strata of being called a developed nation and a perfectionist. And this has made us realise one definite fact, that technology has always been the by-product of the expense of nature.

1.4 million Americans fall sick due to the presence of carbon dioxide in the atmosphere and on the other hand, airline technology produces approx. 2.5% of CO₂ in the air. Let us not neglect the atrocious level of soil pollution caused by techno trash these days and above all 1st August 2022 was the date when the world hit Earth's overshoot day. The list is sadly never ending and right in front of your eyes.

Technology has provided us with a number of boons regardless to mention but it has snatched away that one particular gift that nature has gifted us with... And that is A HEALTHY LIFE!!!.

A few days prior I came across news that stated televisions produce nitrogen trifluoride which is 1700 times more potent and harmful than carbon dioxide. But of course, as the demands of sets have rapidly increased these days, the annual production has tripled.

JUSTIFIED ISN'T IT?

Now before my worthy opponents perceive that my idea is to convince the audience to stop using gadgets or use hands instead of washing machines, NO. That's not what I'm mentioning. All I'm saying is; if in an economy the production of knives is up to 2% make sure bandages are produced up to 3% minimum. In a more elaborated manner. Why are technologies that practice sustainable development so highly limited in number? A huge question mark still prevails. Mohen jo Daro has a well-arranged civil socio-economic and cultural system. As well as it was marvelously crafted. I ponder quotidian, how the people of 2500 BC could create such an exemplary work because they believed more in techniques rather than technology.

I understand that technology is the symbol of modernisation and evolution but to all those people who are thinking that without tech large settlements are impossible to create due to which sabotaging nature is highly recommended then, NO. The creation of Harappan civilization and Ahichchhatra which is the oldest pyramid in India proves this ideology to be VAGUE AND FALLACIOUS.

To deduce my entire point; Human creativity is a process of pulling out balls from a giant urn. The ball represents technological advancement. An unwitnessed black ball is still there that has the potential to eradicate its very own creator. Thus, we humans were never wise enough to make our tech policies, we were just LUCKY.



Technology and Nature are Diametrically Opposing to Each Other

Palak Sharma, IX A

Albert Einstein once said and I quote, 'Any fool can know, but the point is to understand.' We know, for instance, that this planet has survived billions of years through extraordinary changes. But do we truly understand the strategies nature has employed to renew, regenerate, adjust, sustain, and advance?

The natural world is full of astounding feats. Kingfisher birds dive into the water without making a splash. Termites build vast self-cooling structures in intensely hot environments. We've known these things for centuries but increasingly modern innovation, that is technology, is looking to these 'tricks' of nature for inspiration and insight. Faster, more fuel-efficient trains are modelled on the kingfisher's aerodynamics. New air conditioning systems use up to 90 percent less energy for ventilation because they emulate the science of termite mounds. Such biomimicry shows how technology and nature can go hand in hand.

Oppose that technology and nature are opposite and cannot coexist but Technology is coexisting with nature. It has always been, be it the first protohuman who used a stick to dig up roots to eat, sharpened the end to make a spear, and chipped flint to make a knife. Or be it us, now, who are inventing new technologies to save our mother

nature such as wastewater treatment, elimination of industrial emissions, waste to energy, generation of energy from waves, e-vehicles, solar energy, and whatnot these technologies are not only making our lives easier but also aren't harming nature in any way.

In December 2019, India built 33,700 km of the road using plastic waste, which means every 1km of road used 1 million plastic bags.

Mankind is nothing, if not adaptable. No matter how big a problem we encounter we always find a way to teach ourselves out of it.

Technology has greatly improved human knowledge of nature and allowed for better living within nature. As technology continues to advance so will our knowledge of nature and our ability to coexist.

Some may say that technology is destroying nature, well I would like to ask them how they even imagine the vaccines for the deadliest diseases like covid-19 to be invented without technology.

Technology has helped us simplify our lives, it has made the world a smaller place and solved the most complicated problems for us.

At last, I quote, 'Technology is the only way we can save this planet.'



Invisible Splendour

Shreya Agrawal, X C

Some flowers bloom at night when everyone is asleep
Can't see them, can't feel them nor the presence of their
glee

Shining and gleaming in the dark with no sign of a human
or a spark They simply shine on their own having only a gut
feeling. As a guardian angel of the sown

They write their own fate
They weep tears of ink
They do more than their best
but are still left, unappreciated unseen

They may look quiet even boring sometimes but it is
indeed very true
when they mention in those stories "It is ordinary to love
the beautiful but beautiful to love the ordinary "

Maybe they just have a world of their own brewing ideas
they could frame
Trying to think how to present their price of mind but are
scared the world of the world definitely shame

The gems that shine the most in the day have once lost
their spark
but the pearls that stay covered in the broad daylight
illuminate the most in the dark

Out of all choices the world puts forth they decide to
choose themselves it's not that they are narcissists
It's the littlest that satisfies them

Something someone or someplace no matter the age no
matter the race it is The quality that defines them
it's the immense calmness written on their face

People may tag them as a loner, they might but no one
knows the power of a star
When it's still behind clouds at night
so do not underestimate them

Necessary Evils

Pranati Chavali, XII Science

Are you a sibling? Well, you would know
Know you're one if you share a bond
Bond of trust and a bond of blood
Blood you draw with a sibling around.

One moment you want to hug them
Serve them your love with a cup of tea
Another, you just want to bash their skull
And revel in their defeat for your trophy!

If you have a sister, you'll know what it's like
To gaze at the devil, just minus the horns
But then you'll want to play with her hair
And keep her away from a life of thorns.

If a brother's in the house, then do beware
He is a master digger of your secrets
But then he'll grow into a man reliable
Willing to take for you knives and bullets.

And then there are twins! A special set, yes
Born for each other as true soulmates
Cause havoc together, spread love together
Yet more unlike than normal duplicates.

Brothers! Sisters! Siblings! Darlings!
They fill the universe to its brim
Whether or not a boon or a bane
The details of which we still need to skim.

But if pondered, we would come to see
Our siblings are a necessary evil
Can't live with them, can't live without
Yes, quite the picture we have on the easel!

Are you a sibling? Well, you should know
Know you're one if you are so fond
Fond of that bond for the rest of your life
Life that is dull without them around.

Reading Habits

Rupa Makhija, Academic Lead (Primary)

A book is a gift you can open again and again.

-Garrison Keillor

Reading is one of the most important habits one needs to develop in life. It is rightly quoted that books are your best companions. Good books can inform you, enlighten you and lead you in the right direction. There is no better companion than a good book. Books give you a whole new experience. Reading is the kind of exercise that keeps your mind active and healthy. It is important to develop the habit of reading not only for knowledge but also for personal growth and development. It develops positive thinking and gives you a better perspective on life. Developing reading habits from an early age leads to an enduring love for books. Here are a few steps to encourage this life-changing habit in a child.

Fix time to read: whether it could be before sleep, in the evening, or after coming from school, reading time for the child should be fixed; in this way, we are training his mind to adapt reading as a daily habit.

Read using expressions: Reading done using expressions adds more interest to the story and also adds visual depth. Changing voices according to the storyline adds emotion

and imagination.

Interest of child: If a child likes creativity, buy him fiction, if he likes sports then biographies of sports people can be bought, with this every child should be made to read motivational books in areas where he is facing challenges.

Reward the child: A parent can keep the weekly or monthly target for a child. If he achieves his reading target, a gift could be bought for him.

Encourage your child to share his ability: The child can become a speaker and explain to the audience (it could be family members) his reading. This will improve his communication skill and confidence in public speaking.

Write a Review: The parent can ask the child to write a review of the book in this way the parent can assess the development and suggest ways to improve his understanding.

These steps when followed regularly will bring a vast impact on a child's overall personality and we know how much happiness it will bring to the parent in return.



Multiplying ones always gives you palindromic numbers.

If you multiply $111,111,111 \times 111,111,111$, you get 12,345,678,987,654,321 - a palindrome number that reads the same forwards or backwards. And that works. back down to 11×11 (121) or just 1×1 (1).

The universe needs to be bigger for Googolplex.

A googolplex is 10 to the power of a googol or 10 to the power of 10 to, the power of 100. Our known universe doesn't have enough space to write that out on paper. If you try to do that sum on a computer, you'll never get the answer because it will need more memory.

The answer is always 6174.

Starting with any four-digit number (that has at least two different digits), follow.

The following steps:

- Arrange the digits of the four-digit number in descending/ascending order to make the largest and smallest numbers possible.
- Subtract the smaller number from the larger one.
- Take the answer and repeat the process.
- Eventually, you'll end up at 6174 or 'Kaprekar's Constant'. It is remarkable that it never takes more than seven stages to get there.

Example - Picking a number at random, let's try 4551, for instance.

Stage 1: $5541 - 1455 = 4086$

Stage 2: $8640 - 0468 = 8172$

Stage 3: $8721 - 1278 = 7443$

Stage 4: $7443 - 3447 = 3996$

Stage 5: $9963 - 3699 = 6264$

Stage 6: $6642 - 2466 = 4176$

Stage 7: $7641 - 1467 = 6174$

1, 2, 3, 4, 5, 6, 7, 8, 9 make 100

But not with those comma placements. There are at least three different ways to use the numbers 1-9 in that order without multiplying or dividing to reach 100:

Route 1: $123 + 4 - 5 + 67 - 89 = 100.$

Route 2: $123 - 4 - 5 - 6 - 7 + 8 - 9 = 100.$

Route 3: $1 + 23 - 4 + 5 + 6 + 78 - 9 = 100.$

Bet you can find Route 4...

Pi and pizzas are linked.

You multiply Pi multiplied by the radius squared to find the area and multiply the area by height to find the volume, which means the importance of a pizza that has a nominal the radius of (z) and size (a) will, of course, be $\pi \times z \times z \times a$

And strangely, if you enter Pi to two decimal places (3.14) in your calculator and look at it in the mirror; you'll see it spells 'pie'.

Aarohan

Annupriya Bhagat, XII Science

My friends from classes IX, X, XI, and XII and I had gone to N.H. Goel World School, Raipur for participating in the Inter School Sports Tournament. It was the first time I had gone to any Inter School Competition. All my friends and I feel glad we participated in an Inter School Competition. We bagged 2nd position in a Basketball competition in the U-19 category. Some of my friends bagged 1st position in the 100m race and 200m race, and I got 2nd position in the RELAY RACE. We had a great experience in N.H. GOEL World School, we all enjoyed it a lot. For this competition, we practised a lot and learned leadership qualities, unity, and teamwork. Our coaches worked hard for us and

organised a ten-day training camp to train us in the morning and evening, and they were always with us and were very supportive throughout the competition.

And we met the Chief Guest, an Olympian, Mr. Shivpal Singh, Javelin Thrower, and a gold medalist in the Commonwealth Games. We clicked pictures with the Chief Guest—the principal of N.H. Goel World School appreciated our performance. We brought medals to each competition. Rakhi ma'am and Principal Sir gave us a party to celebrate our victory. And my friends also appreciated our team.

UNICEF Tennis Triumph

Rohil Singhal, XI Commerce



Tennis is all about energy, enthusiasm, and mental stability. The seven days tournament, organised by UNICEF, was held in KVA; many schools of Raipur participated, with their incredible teams. I thank our ED, Mr. K Mohanty Sir, for giving me this golden opportunity to represent my school with my team.

As the tournament started, I wasn't confident enough. The first match played by our team didn't go well, and the result of the 2nd match was also the same. By the end of the 3rd match, we were out of the U-17 category, which was very demotivating for my team and me. But I didn't lose hope.

The next day, the matches for the U-19 category started. I was ready for my match and stepped into court with all my confidence. My first match was with KPS, and my opponent was an excellent player with a sporty spirit. But I didn't lose hope and won the game. After playing a certain number of matches, I reached the finals.

Then comes the day – FINALS! It was a massive day for me. I was standing at the court with a racket in my hand, highly tense, with unstable confidence, watching the spectators and my opponent, who was a fantastic player. As soon as the match started, I served the ball, and the crowd cheered for me, which gave me a significant boost, and with all my energy, enthusiasm, and confidence, I won the match.

The tournament taught me many things like sportsmanship, confidence, and moral values, which will take me far ahead and help me achieve my goals.

Cheering to Winning

S.Tarun Sai, X B

Sports occupy a vital role in our lives. It keeps us fit and healthy and makes us active. They also develop leadership skills and equip one with the ability to set goals and build character. Participating in sports can lead to higher self-esteem and better social interaction. It also helps the students to have a positive outlook on life.

I still remember the sports day! I participated in a 100 m race. Hello, I am S. Tarun Sai, Class X captain of Sapphire house. Everyone from the sapphire house shouted and cheered my name, which lifted my spirit and motivated me to win the race. During the inter-house competition, the

coordination between the teammates led us to win events like Kabaddi, Kho-Kho etc. Sometimes being on the losing side and being defeated by the opponents makes you realise to accept the defeats, learn from mistakes made during the match and help you improve your skills.

The prize distribution moment was great when I received the trophy and certificate from a respected IPS officer. I felt privileged to be awarded the "BEST ATHLETE AWARD" among the best competitors. I received appreciation from my friends, my teachers, classmates and housemates.

Unarmed Martial Arts

Navya Yadav, V

I am a student of class V studying at Kaanger Valley Academy. Today, I will tell you about my journey of learning self-defence – Karate and winning the 1st prize in the Inter House Karate Competition.

Karate classes are held every Thursday at my school. I had the Karate competition on 24 November 2022. Our sir told us about some self-defence tricks. In the Inter House Karate Competition, my opponent with whom I was fighting was my class friend, and she was from Emerald House, and I

was representing Citrine House. We both are very good friends. My opponent was excellent, and her name was Shambhavi Gour. She lost by 1 point, and I won, thus securing first place. I was so ecstatic to win. I had to show it to my family; they were so proud of me, and I was thrilled. This was an excellent experience because I learned many things, and Karate helped me build my confidence and strength to fight over my fears.





Pathway to a Healthier Me

Arnav Choudhury, VI

In Term-1, class VI students had a health assessment in which our trainers and coaches measured our weight, height, flexibility, strength, etc., through a weight machine, height measuring tape, and exercises like push-ups, sit-ups, and balls throw tests and by running tests.

In my health assessment, I found out I am a little overweight and unfit in the exercise tests, but I didn't lose my heart. I worked a lot with the help of my sports coaches and trainers. After some time, I was fit in everything but stil

over weight. After that, my heart was broken, but my sports teacher encouraged me and helped me by fixing my diet and workout timings. After some months, I was fit. Today is 14 January 2023, and now, I am fit. Now my weight is 41kgs, and I feel fit and healthy. Health Assessment helped me get back on track, and I saw a significant difference in the span of the terms on my health and physical fitness.

Fit and Fab

Kanak Kumar Dhote, IX C

Health is a state of complete physical, mental and social well-being. It is not merely the absence of disease or infirmity as defined by WHO (World Health Organization) 1948. Thus, being healthy means feeling good physically, mentally and socially. Assessments which mean to judge the importance of worth. It is necessary for every child. In

which we get to know the flexibility of our body and stamina. And we also get to know how much time we require to do a particular task.

At Kaanger Valley Academy, our school conducts Health assessments for all students. The tasks given to children first measure height and weight to check their body

composition. Secondly, the test of balancing the body, third sit- up the particular time is given, we have to do as many reps as possible—modified Push-ups for girls to measure upper body strength. The fourth task is throwing a medicine ball, shuttle runs to check agility, and the last is a 200m sprint to match the speed. In Health Assessment, my

experience was good, and I got to know my flexibility, weight, and height to concentrate on my body and health and helped me work on areas so that my fitness can be improved. I haven't seen such a test in any school where the students' fitness has gotten attention along with the Academics.

Nature and Technology are Polar Opposites

Samriddhi Rampuria, X C

A wise man once said "the Earth has music for those who listen" - (William Shakespeare), but how can we all blindly ignore the screams of nature and the risks of our future? Nature and technology are not only opposing each other but technology is severely harming nature. We all might think technology has brought us closer but we cannot ignore the environmental cost of technology. When analysing the environmental cost of technology, it is essential to consider what materials went into making them in the first place and where those materials were procured from. On average, around 35 different materials are used in smartphones. This is just one example of everyday technology. When you begin to think about where all these different materials were procured from, you begin to see the scale of the problems. Plastic is the second most-used material. And as you all are aware, plastic is derived from fossil fuels. Production requires high-emission techniques and poses a range of severe threats to our environment. Iron, aluminum, and copper are the next most important materials. These things have to be mined. Mining is responsible for deforestation, landscape degradation, water pollution, and the release of vast quantities of carbon dioxide and carbon monoxide into the air. The environmental impact of technology does not end with the raw materials and where they have come from. Transportation of these products worldwide also contributes to carbon emissions and air pollution. My fellow debaters think electrical vehicles can reduce air pollution but huge servers and data banks that enable these technologies to work also use vast quantities of

energy each year. And much of that does not come from renewable energy sources. These products also pose a problem at the end of their useful lives. Globally, we are throwing away \$62.5 bn of electronic waste every year. Only around 1/5 of e-waste generated globally is currently formally recycled and the rest are dumped in wastelands or are lying here and there destroying our environment. Finally I would like to say that "The system of nature of which man is a part tends to be self-balancing, self-adjusting and self-cleansing. This is not the with technology."



Mindfulness

Rashmi Sinha, Teacher

Nowadays we hear a lot about the word 'MINDFULNESS', but what exactly does it mean?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, without becoming anxious and judgmental about our thoughts and feelings.

Master of Mindfulness, Jon Kabat Zinn, who has done a lot to make mindfulness popular, says mindfulness is: 'Paying attention, on purpose, in the present moment, and without judging.' So we are consciously deciding what to pay attention to, we are not worrying about the past or planning for the future and we are not trying to control or stop our thoughts or feelings, we are just noticing them, being witness to them (in hindi it is called Sakshi bhav)

What are the benefits of mindfulness?

Research shows that being mindful allows us to enhance our awareness and creativity, it reduces stress and depression. It can help us to concentrate, have a better memory and to think more clearly. It can help people to manage pain better and to improve their sleep. It can also help to strengthen our relationships among others through enhanced emotional regulation and self control ability. And it can even help you lose weight because you will be mindful about your cravings and can control your habit of eating Junk food.

Different ways to practice mindfulness in our daily life.

Everyone can practice mindfulness. From young children to the elderly, everyone can experience the benefits of it. Try some of these mindfulness exercises.

Mindful breathing - This activity is great for bringing the mind back to the importance of our breath. As it turns out when we're stressed we take shallow breaths. On the other hand, deeper "belly breaths" focus our attention and calm

us. Sitting or standing, breathe deeply and slowly for around five minutes.

Mindful Eating - You can practice this simple mindfulness activity, when eating, Mindful eating is maintaining an in-the-moment awareness of the food and drink you put into your body. It involves observing how the food makes you feel and the signals your body sends about taste, satisfaction, and fullness.

Mindful walking - This is the practice of becoming aware of your surroundings and sounds and how your body and mind feel while moving through the environment. Take a stroll through a quiet woodland area or large fields and allow the mind to focus on the present. It gives you the chance to embrace the moment in all its glory.

Mindfulness has always been an essential aspect of the physical practice of yoga. In mindful yoga the main focus is on mind-body awareness, as opposed to alignment and exact physical posture. The point is to cultivate mindfulness, using asana as the vehicle in which to do so.

Body scan - The body scan is a mindfulness practice which involves scanning your body for pain, tension, or anything out of the ordinary or normal. It can help you feel more connected to your physical and emotional self. The goal is to train the mind to be more open and aware of sensory experiences and ultimately, more accepting.

With time and practice, the body scan will build your ability to focus and be fully present in your life.

Daily gratitude - Gratitude allows us to shift our focus from what we lack to what we have, and it helps us to appreciate the present moment. It is an emotion that involves being thankful and appreciative of the good things in life.



Li'l Champs @ Play

MD. Imran Khan, Sports Coordinator

Sports is a foundation of positive values. It's also a powerful tool that breaks down all the barriers and helps children feel good about themselves both physically and mentally. Sport is quite beneficial for children because by playing sports children develop physical skills, exercise, make new friends, have fun, learn to be a team member, improve gross motor skills, improve self-esteem, etc.

Children of Pre-Primary had their "Annual Sports Day". They played fun games like

1. Love Your Nature : This game was for Nursery kids. In this game children were standing at middle of the circle and when said "WATER" had to run and touch the picture of water and in this way the game had to go on. Through this game children tried to identify 'FIRE', 'MOUNTAIN' and 'WATER'.

2. Crawling inside the hoop : This game was played by KG1 children. In this game children were divided into two teams and each team had to crawl through the hoops and hold the hoop one by one.

3. Circuit Training : This fun game was for KG II children. In this game hurdles were put on the ground and they had to run through those hurdles and complete the lap one by one. Other games were 'sorting the ball according to colour', 'Run with ball and complete the lap' etc. Our little players played all the games with enthusiasm as it was a presentation, all got the prizes. So, children and parents were very happy.



अभिसार



केचला का सफर...

पलक गोयल, IX B

2 अक्टूबर 2022, दिन रविवार को शैक्षणिक भ्रमण हेतु केचला की ओर प्रस्थान किए। जो कि उड़ीसा और छत्तीसगढ़ की सीमा में स्थित है। इस यात्रा में लगभग 30 छात्राएँ एवं शिक्षकगण शामिल हुए। प्रातः लगभग 7:30 बजे भ्रमण के लिए हम सभी रवाना हुए। हमने 12 घंटे बस से यात्रा की, पर सबसे बड़ी बात यह है कि हमारे पास फोन होते हुए भी नेटवर्क नहीं था जिसके वजह से हम किसी से फोन पर बातचीत या फोन नहीं चला पा रहे थे। रात्रि 8:00 बजे केचला पहुँचे। हम जहाँ एक आश्रम में ठहरे थे, वहाँ हमने छोटे-मोटे काम किए जैसे कि साफ-सफाई, पेड़-पौधों की देखरेख, खाना बनाने में मदद करना इत्यादि। हमने वहाँ सत्संग से लेकर हवन के कार्यक्रम में सक्रिय भाग लिए। जिसमें बहुत आनंद आया। हमें अच्छे शिक्षकों की संगति में

बहुत कुछ सीखने को मिला। केचला के अद्भुत सौंदर्य को देखकर हम सभी आश्चर्यचकित थे। उस आश्रम के सारे बच्चे एवं शिक्षक बिना किसी भेदभाव के सारे काम स्वयं करते हैं, जो कि प्रेरणादायक है। ये सभी अच्छे संस्कारों का ही परिणाम है जो कि उनके शिक्षकों द्वारा दी जाती है। हम सभी वहाँ की कला, संस्कृति से परिचित हुए। हमारी यात्रा के सभी दिन केचला के मनोरम स्थल में आनंदपूर्वक बीता। किंतु वह आखिरी दिन आ ही गया जब हमें वापस आना था। शुरुवात में मेरा जाने का मन नहीं था, पर जब हम वहाँ पहुँची तो वहाँ से आने का मन नहीं हो रहा था। मन कर रहा था कि मैं वहीं रुक जाऊँ। हम 6 अक्टूबर 2022 को वापस आ गए। यह यात्रा अविस्मरणीय रही है।

मेशा मूल्यांकन

आरोमा राज दिव्या, X C

एक छोटे से कस्बे में दो अच्छे मित्र थे। एक का नाम विनोद और दूसरे का नाम रोशन था। रोशन को शुरुआत से ही पढ़ाई में बहुत रुचि थी। वह परीक्षा परिणाम को बहुत ही महत्व देता था। उसे लगता था कि परीक्षा परिणाम से ही हम आगे कुछ कर सकते हैं। विनोद जिसे पढ़ाई करना अच्छा नहीं लगता था पर वह पास ज़रूर हो जाता था। उन दोनों की दोस्ती बहुत ही गहरी थी, वे दोनों ही अपने-अपने काम में अच्छे थे। विनोद का ध्यान हमेशा टूटी-फूटी चीजों को एक नई चीज़ बनाने में रहता था। उसे लगता था कि पढ़ाई ही एकमात्र साधन नहीं है जिससे हमारी ज़िंदगी चल सके। उसे लगता था कि अगर हमारे पास कुछ करने की इच्छा हो और उसे करने का जुनून हो तो हम कुछ भी कर सकते हैं। वे दोनों ही कक्षा 12वीं में थे जिसका परिणाम आने पर रोशन ने कक्षा में अव्वल स्थान प्राप्त किया पर विनोद केवल पास हुआ था। रोशन ने आगे पढ़ाई करके डिग्री प्राप्त की, लेकिन विनोद ने 12वीं के बाद से पढ़ाई छोड़ दी। दो साल बाद जब रोशन को कारखाने में काम करने का ऑफर आया जहाँ प्रतिभावान व्यक्ति की ज़रूरत थी तब, रोशन को लगा कि उसे अपने साथ विनोद को भी ले जाना चाहिए। जब दोनों ने अपनी अपनी प्रस्तुति

दी, तो अधिकारी को विनोद की प्रस्तुति पसंद आई क्योंकि विनोद ने सारी चीज़ें अपनी बुद्धि से किया था और रोशन ने पढ़ाई से ही सब किया था। अधिकारियों को कोई ऐसा चाहिए था जो लोगों को अपनी बुद्धि से प्रभावित कर सके जिसके कारण उसने विनोद को चुना और रोशन को विनोद के अधीन काम करने को कहा गया। उन दोनों में गहरी दोस्ती थी दोनों एक दूसरे के काम से बहुत खुश थे। इस कहानी से यह शिक्षा मिलती है कि कुछ बड़ा करने के लिए पढ़ाई ही एकमात्र साधन नहीं है बल्कि, हम अपनी बुद्धि से कुछ नया भी कर सकते हैं।



हम सुधरेंगे, जग सुधरेगा

यशस्वी ओरके, X A

लोग एक दूसरे को देख कर ही सब कुछ सीखते हैं। जब कोई कुछ गलत काम कर रहा है, तो उससे सही राह पर लाना चाहिए। जब हम कुछ अच्छा काम करेंगे तभी लोग सीखेंगे। अभी के बच्चे पढ़ाई में ध्यान न देकर मोबाइल में ज्यादा ध्यान देते हैं। स्वच्छता भी बहुत जरूरी है, जिसको लोग नज़र अंदाज़ कर देते हैं। रास्ते में कचरा ही कचरा फेंक देते हैं अथवा गुटखा खाकर थूक देते हैं। इन सब चीजों को छोड़कर लोगों को स्वच्छता की राह अपनाना चाहिए। पेड़ लगाना चाहिए। जितनी ज़्यादा पेड़-पौधे होंगे उतना अच्छा पर्यावरण होगा। अगर हम पेड़ काटने

लगे तो हमें ही साँस लेने में तकलीफ़ होगी। अगर ऐसा ही चलता रहा तो आने वाली पीढ़ी पर बहुत बुरा असर पड़ सकता है। ऐसा हो रहा है तो हमें रोकने की कोशिश करनी चाहिए। हमें पहले खुद को बदलना होगा तभी हम लोगों को ऐसा करने से रोक पाएँगे। जग को सुधारने के लिए हम सबको मिलकर कोशिश करनी होगी। जिन लोगों के पास कुछ काम नहीं है या रास्ते भटक गए हैं उन्हें सही राह पर लाना होगा। खुद की मिसाल पेश करनी होगी। स्वयं को सुधार कर ही दूसरों को सुधारें, तभी जग सुधरेगा।

छत्तीसगढ़ के स्वतंत्रता संग्राम सेनानी स्वर्गीय

-श्री बृजलाल शर्मा

-डॉ. निरुपमा गौराहा, शिक्षिका

छत्तीसगढ़ में सहकारिता के जनक कहे जाने वालों में श्री बृजलाल शर्मा जी का नाम अग्रणी एवं स्मरणीय है। श्री बृजलाल शर्मा जी का जन्म 28 फरवरी 1929 को ग्राम कुकेरा में हुआ। रायपुर—बिलासपुर राज्य मार्ग में स्थित ग्राम देवरी से 4 किलोमीटर दूरी पर बसा ग्राम कुकेरा एवं रायपुर शहर इनकी कर्म स्थली है। इनके पिता श्री आशारामजी ने बृजलाल शर्मा जी को मात्र 5 वर्ष की उम्र में रायपुर में निवासरत अपने छोटे भाई श्री रूद्र दत्त जी के यहाँ शिक्षा प्राप्त करने के लिए भेज दिया था। कक्षा आठवीं (सन 1942) में पहुँचने के दौरान 9 अगस्त 1942 को स्वतंत्रता का आंदोलन शुरू हो गया था, क्योंकि इनके शिक्षक श्री रघुनंदन लाल पांडे (स्व. सं. से. डॉ. महादेव पांडे के पिता) राष्ट्रीय विचारधारा के थे। उनसे प्रभावित होकर स्वतंत्रता आंदोलन में हिस्सा लेने लगे तथा गाँधीजी के विचारधारा से प्रभावित होकर सन् 1942 में से ही उन्होंने खादी वस्त्र धारण कर लिया। आंदोलनकारियों में नाम आने की वजह से बृजलाल शर्मा जी के नाम से वारंट भी जारी हुआ। इसके चलते उन्हें 13 महीने भूमिगत होना पड़ा। इसी दौरान ठाकुर प्यारेलाल जी से संपर्क हुआ। स्वर्गीय मोतीलाल त्रिपाठी, सालिकराम शुक्ला व दिव्यशंकर दीक्षित

के साथ 'जैतू साव मठ' में हरिजन प्रवेश हेतु उन्होंने सत्याग्रह आंदोलन में भी हिस्सा लिया।

रामप्रकाश में विभिन्न कार्यों के दौरान एवं गाँव के उत्थान हेतु उसी समय विकास खंडों की स्थापना पूरे देश में हुई जिसमें धरसीवा विकासखंड के अंतर्गत शासन की योजना में उन्होंने अग्रणी भूमिका निभाई।

मार्केटिंग सोसायटी के अध्यक्ष पद पर चुने गए। साथ ही कांग्रेस कमेटी के सदस्य भी बने। कांग्रेस के कार्य के दौरान इन्हें शासन द्वारा ब्लाक का प्रतिनिधि भी नियुक्त किया गया। सन 1960—84 तक 24 वर्ष विभिन्न रूढ़िवादी संस्थाओं में जिम्मेदारी के पद पर रहकर सहकारिता के क्षेत्र में उनके द्वारा अदभूत कार्य किए गए। विभिन्न सामाजिक योगदान के तौर पर निर्धन कन्या विवाह, निर्धन कन्या के शिक्षा एवं अंतिम संस्कार हेतु सहयोग करने में भी इनका योगदान अथक, अपूर्व रहा।

मानवीय जिम्मेदारियों के प्रति गहरी निष्ठा होने के कारण उन्होंने अपना पूरा जीवन समाज तथा लोगों के सुख—दुख में व्यतीत किया। उनका जीवन आदर्शों से भरा एवं अनुकरणीय है ऐसे महान स्वतंत्रता संग्राम सेनानी को हमारा शत—शत नमन है।

प्रकृति सेवा स्वयं सेवा

ज्योति लक्ष्मी टेकाम, X C

हम यदि प्रकृति की देखभाल कर रहे हैं, तो इसका मतलब हम खुद की भी देखभाल कर रहे हैं । हम अपने पर्यावरण को स्वच्छ साफ सुथरा रखेंगे तभी हमारा स्वास्थ्य सही रहेगा । आज लोग जगह-जगह पर कूड़ा फेंक देते हैं । हर जगह कचरा ही कचरा रहता है। हम इंसान वस्तुओं के उपयोग होने के बाद उसको कहीं भी फेंक देते हैं जिसका हमारे जीवन पर बहुत गहरा प्रभाव पड़ रहा है ।

बड़े-बड़े कारखानों से निकलने वाली जहरीली चीजें नदियों में बहा दिये जाते हैं । नदी के उसी पानी से किसान खेती करता है, लोग घरों में पानी जमा करके रखते हैं जिससे कि आसपास बीमारी फैलने की संभावना रहती है ।

हम चाहें तो अपने पर्यावरण को साफ सुथरा रख सकते हैं । कूड़े — कचरे को हमें कूड़ेदान में डालना चाहिए । घरों में पानी को जमा नहीं रखना चाहिए । इन सबसे ज्यादा जरूरी यह है कि हमें चीजों के इस्तेमाल करने के बाद सड़क या नालियों में न फेंके । इन्हें कूड़ेदान में फेंकना चाहिए । इस तरह से हम अपनी प्रकृति को सेवा प्रदान कर सकते हैं । हम सिर्फ कचरे को सही जगह पर रखें तो आसपास साफ रहेगा । आज लोग पेड़ों को काट रहे हैं इससे प्रकृति को नुकसान हो रहा है, हमें पेड़ों को काटने के बजाय वृक्षारोपण करना चाहिए, क्योंकि पेड़ जीवों के लिए बहुत महत्वपूर्ण हैं ।



बुराइयों से परे...

वेदिका हरबंश, IX C

अक्सर लोग आलोचना और बुराई दोनों का अर्थ एक समान समझते हैं। आलोचना समग्र मूल्यांकन होता है तो वहीं बुराई व्यक्तिगत स्वार्थ पर आधारित होता है। हमें यानी प्रत्येक व्यक्ति को कभी भी किसी की भी बुराई नहीं करनी चाहिए। भविष्य किसी को नहीं पता होता है। क्या पता हम जिस चीज़ की या जिसकी बुराई कर रहे हैं, उन्हीं की तरह बन जाएँ। यह बात सच है कि किसी भी चीज़ को हमें छोटा नहीं समझना चाहिए। अर्थात् हम सब एक ही मिट्टी के बने हैं। हम सब को बनाने वाला एक ही ईश्वर है बुराई किसी भी व्यक्ति में पहले से नहीं होती वरन् इंसानों की ईर्ष्या भाव उन्हें ऐसा बना देती है। हमेशा दूसरों का प्रोत्साहन करना चाहिए ताकि वह अच्छा कर सकें। बुराइयों से परे होकर ही हम कुछ नया कर सकते हैं। अक्सर ऐसे लोग आज कामयाबी की ऊँचाई छू रहे हैं। इस दुनिया में अधिकतर ऐसे ही लोग हैं, जो दूसरों के मामले में ज्यादा राय देते हैं। जबकि उन्हें अपने खुद के बारे में पता नहीं होता है।

अगर आपमें कुछ ऐसा है, जो सराहनीय है तो उसे आपको दिखाने की जरूरत नहीं होती। वह अपने आप, आपके व्यवहार से पता चल जाता है।

दूसरों की बुराई करके, उनके प्रति उपेक्षा का भाव प्रकट

करके हमें कुछ नहीं मिलने वाला, बल्कि उनकी अच्छी चीज़ें (ज्ञान) उनसे प्राप्त कर सकते हैं।

“जाति न पूछो साधू की, पूछ लीजिए ज्ञान।

मोल करो तलवार का, पड़ा रहने दो म्यान।”

बुराई करके हमें कुछ प्राप्त नहीं होने वाला। इसलिए यह सब छोड़कर हमें अपने बारे में सोचना चाहिए कि हम कैसे हैं और कैसे अपने आप को और सुधार सकते हैं।

किसी की बुराई करके हम अपना कीमती समय व्यर्थ गवातें हैं। यह सब छोड़कर हमें कड़ा परिश्रम करना चाहिए। ताकि हम अपना जीवन सफल बना सके अच्छा बना सके।

अक्सर लोग दूसरों को बताते फिरते हैं कि हमें यह करना चाहिए, यह नहीं करना चाहिए। यह सब बोलने से पहले वह अपने आपको नहीं झाँकते कि वह सब क्या कर रहे हैं। इसीलिए दूसरों को ज्ञान देने से पहले या उनके बारे में बुराई करने से पहले हमें हमारे दिमाग में भरी बुराई को मिटाना चाहिए। तभी हम अपने जीवन में कुछ अच्छा कर पाएँगे। यह तो हम सब ने कभी सोचा नहीं था। हम सब में एक समान गुण होता है और वह है, इंसानियत का गुण। जिससे हमें कभी नहीं भूलना चाहिए।



फेसबुक—ज़ाल या जंज़ाल

मेनका सोनवानी, X A

फेसबुक की सूचना कभी सही, कभी गलत हो सकती है। फेसबुक में कई हजारों लाखों व्यक्ति जुड़े होते हैं। अगर कोई कुछ गलत सूचना दे और हम उसे सच मानने लगें या उस जाल में फँसने लगें तो वह हमारे लिए जंज़ाल बन जाएगा। अगर कोई अपराधी कोई गलत सूचना फेसबुक में अपलोड कर देते हैं तो हमारे लिए यह बहुत बड़ी मुसीबत बन सकती है। फेसबुक में अगर गलती से गलत वेबसाइट में चले गए तो खतरनाक साबित हो सकता है। फेसबुक में सही सूचना आती है, हम उसका इस्तेमाल करके कुछ सही काम कर सकते हैं। जैसे— अगर किसी की मदद करने की सूचना आ जाए तो हमें वह सूचना शेयर करके जिसके पास वह सूचना पहुँचने चाहिए उसके पास पहुँचा सकते हैं। फेसबुक में सूचना इसलिए डालते हैं कि अगर कोई बड़ा आदमी जैसे रिश्तखोर, भ्रष्ट पुलिस, नेता, जैसे अन्य

बेईमान लोग कोई गलत काम करते हैं, बात नहीं सुनते, बदतमीज़ी करते हैं अथवा जनता की मदद नहीं करते हैं, ऐसे लोगों के खिलाफ़ फेसबुक का इस्तेमाल करके पूरे दुनिया के सामने पोल खोल सकते हैं। ताकि लोग सच्चाई को जान सकें। फेसबुक चलाना कोई गलत चीज़ नहीं है, पर इसमें गलत सूचना देना, गलत देखना और गलत सीखना यह गलत बात है। माता—पिता को अपने बच्चों को फेसबुक चलाने की अनुमति नहीं देना चाहिए। अपने बच्चों के ऊपर ध्यान रखना चाहिए। फेसबुक चलाते समय कोई सूचना आए तो, उसको शेयर करने से पहले सही—गलत का पता लगाकर ही दूसरों को साझा करें। फेसबुक का उपयोग संभल कर करें। इसका प्रयोग करते समय सावधान रहें, सतर्क रहें।



जीत की खुशी

प्रीति मंडावी, IX A

हमें जब भी खुशी मिलती है, किसी भी काम से तो हम कठिनाइयों को भूल जाते हैं। पर जब वह खुशी हमारी कड़ी मेहनत से मिली हुई होती है, तब वह तो हमारी जीत की खुशी कहलाती है। जीवन में कई कठिनाइयाँ एवं बाधाएँ आती हैं, जिनसे हमें डट कर लड़ना होता है। साहसी मनुष्य की तरह सामना करते हैं तो जीत की खुशी अलग ही होती है। हमारे जीवन में कई उतार-चढ़ाव आते हैं अर्थात् कई दुख और सुख के समय आते हैं। हमें हमेशा उन परिस्थितियों को देखकर मुकर नहीं जाना चाहिए। वह कायरता कहलाती है। हमें एक वीर की तरह हर परिस्थितियों का सामना करना चाहिए, जैसे एक वीर अपने देश की रक्षा के लिए तत्पर रहता है। वह ठंडी – गर्मी या दुश्मनों को देखकर भागता नहीं है। जब हम मुश्किलों का सामना कर अपनी विजय को प्राप्त करते हैं, तब वही हमारी सच्ची जीत की खुशी कहलाती है। हमारे जीवन में कई ऐसे मोड़ आते हैं जिसमें हम हार जाते हैं, पर लगातार प्रयास के बाद हमें इसमें कामयाबी भी मिलती है इसीलिए हमें अपनी एक हार से थक कर बैठ नहीं जाना चाहिए। हमें सदैव अपने जीवन में खुश रहना चाहिए। हम जो चाहते हैं वह हमें कई बार नहीं मिलता पर जो तुम्हारा है वह तुमसे कोई और छिन भी नहीं सकता। हम दूसरों के सामने खुश होने का नाटक कर सकते हैं, पर जीत की खुशी हमें अपनी कड़ी मेहनत और काफी समय के बाद मिली होती है, तो हमें उस खुशी के लिए कोई नाटक की जरूरत नहीं होती है। हमें हमारी जीत की खुशी अवश्य मिलेगी अगर हम अपने लक्ष्य को प्राप्त करें। इसमें सफल हो जाएँ तो वह खुशी हमसे कोई छिन भी नहीं सकता है।

हरिवंश राय बच्चन जी लिखते हैं –

“लहरों से डर कर नौका पार नहीं होती,
कोशिश करने वालों की कभी हार नहीं होती।”

इसमें उन्होंने बताना चाहा है कि डरने से तुम अपने लक्ष्य तक नहीं पहुँच पाओगे। कोशिश करते रहो, तुम्हारी हार कभी नहीं होगी, तुम्हें तुम्हारा लक्ष्य अवश्य प्राप्त होगा।

मेहनत का परिणाम

श्रेयस त्रिपाठी, VII B

बहुत से लोग हैं जो काम तो करते हैं, लेकिन कुछ समय के बाद सोचते हैं कि चलो बाकी का काम बाद में कर लेंगे। यह सच है कि कल या बाद वाला कार्य कभी नहीं होता। परिश्रम करने से कभी नहीं भागना चाहिए और न ही उसे कल पर छोड़ना चाहिए। हम जितने अधिक श्रम करेंगे, उतने अधिक मजबूत होंगे। परिश्रम का फल सदा मीठा ही होता है, आइये इसे हम कहानी के माध्यम से समझते हैं। एक गाँव में एक लकड़हारा रहता था। जिसका नाम सुरेश बाबू था। उसका एक बेटा भी था। जिसका नाम हरि था। और हरि की माँ का नाम दीपिका था, लेकिन सड़क हादसे में उसका निधन हो गया था। एक दिन जब हरि अपने मित्रों के साथ खेल रहा था तब वह देखता है कि दो बच्चे कोई यंत्र लेकर बैठे हैं। हरि दोनों बच्चों के पास गया और पूछा यह क्या चीज है? उन दोनों बच्चों ने कहा यह तुम्हारे समझ के बाहर है और इसे मोबाइल कहते हैं। यह सुनकर हरि को बहुत बुरा लगा। कुछ समय बाद हरि अपने पिताजी के पास जाकर कहता है – पिताजी, क्या आप मुझे मोबाइल दिला सकते हैं? हरि के पिताजी ने कहा – बेटे, मेरे पास अभी इतना रुपया नहीं है कि मैं तुम्हारे लिए मोबाइल ले सकूँ। मुझे माफ कर दो बेटा। अंततः हरि ने सोच लिया कि वह पढ़ाई में कठोर मेहनत करेगा। और ऐसा किया भी। उनके पिताजी की असमर्थता और आँसुओं को वह भूला नहीं था। पढ़ाई में वह आगे बढ़ता गया। दोगुने जोश व लगन के साथ मेहनत की और कुछ साल बाद वह बहुत बड़ा आदमी बन गया। अब उसके पास महँगा फ़ोन है, बड़ा-सा घर और बड़ी-सी गाड़ी है। किसी भी चीज़ की कमी नहीं है। उनके बचपन के दोनों साथी, आज उनके अधीन काम करते हैं। इसलिए कहते हैं मेहनत का फल मीठा होता है।

श्री स्वरूपचंद जी जैन के सुखद अनुभव

वामिका जैन, IX C

मैं आपको मेरे नाना श्री स्वरूपचंद जी जैन का आज़ादी के आंदोलन का अनुभव बताने जा रही हूँ। मेरे नाना जी रायपुर शहर के पहले मेयर एवं 10 साल तक विधायक थे। वे अभी 80 साल के हैं मैं जब उनके पास बैठी और पूछा कि आपको आज़ादी के समय के बारे में क्या याद है? तो उन्होंने सबसे पहले यह बताया कि आज़ादी के एक साल के अंदर हर जगह जय स्तंभ बनाए गए। फिर उन्होंने बताया कि वे उस समय महासमुंद में रहते थे और हमारे परिवार ने वहाँ एक एकड़ जमीन खरीदकर कांग्रेस भवन बनवाया था। वह हमारे परिवार के तरफ से कांग्रेस को भेंट थी। उनके दादाजी श्री नेमीचंद जी श्री श्री माल एक स्वतंत्रता सेनानी थे। उस समय वह जेल में भी गए थे, जब सारे सेनानियों को जेल में डाला जा रहा था। नाना जी 1952 तक महासमुंद में रहे और पढ़ें। उसके बाद उन्हें ज्यादा याद नहीं पर इतना जरूर याद है कि हर साल 15 अगस्त और 26 जनवरी को परिवार व दादा जी की तरफ से महासमुंद के हर विद्यालय के बच्चों को बूंदी और सेव के पैकेट दिए जाते थे। उन्होंने

यह भी बताया कि हमारे परिवार के सब लोग कांग्रेस से थे। इसके बाद उन्होंने मुझे एक कहानी सुनाई। आजादी के समय में महासमुंद में एक यति जी रहते थे उनका नाम यति रतनलाल था। वह हमेशा स्वतंत्रता संग्राम में भाग लेते थे, इसलिए कई बार जेल भी गए। वह बहुत ही सक्रिय तथा अग्रणी थे। जब देश आजाद हुआ तो 26 जनवरी 1950 में भारत का संविधान लागू हुआ और उसके बाद पहला लोक सभा चुनाव हुआ। इसमें महासमुंद से लोकसभा के लिए कांग्रेसी श्री यति जी को टिकट मिली। दिल्ली से उन्हें संदेश आया कि वह चुनाव लड़ें पर उन्होंने यह कहते हुए मना किया कि वे साधु हैं, देश को आजाद कराना तो उनका दायित्व था पर राजनीति में प्रवेश करने की कोई इच्छा नहीं थी। यह कह कर उन्होंने चुनाव नहीं लड़ा। यह कहानी सुनकर मुझे बहुत अच्छा लगा एवं एक अच्छी सीख मिली। उसके बाद नाना जी ने मुझे अपने राजनैतिक जीवन के बारे में बताया। इस तरह हमने घंटों तक बातें की। मुझे उनसे हर दिन बहुत कुछ सीखने को मिलता है, वे मेरे आदर्श हैं।



मेरिडियन प्वाइंट

मीनाक्षी शर्मा, शिक्षिका

पिछले कुछ वर्ष पहले मैं एक सेमिनार के सिलसिले में बेंगलुरु में थी। उस सेमिनार के दौरान मैंने एक बिल्कुल नया अनुभव प्राप्त किया कि वहाँ के शिक्षकों के द्वारा स्कूल के बच्चों को EFT तकनीकी के बारे में एवं उसके फायदे की जानकारी दी जा रही थी।

मैंने भी EFT की सारी जानकारी लेने की इच्छा जताई तथा बड़े ही ध्यान से इस महत्वपूर्ण तकनीक के विभिन्न पहलुओं को आत्मसात करने एवं समझने में जुट गई।

आज आप सभी के समक्ष EFT के महत्व एवं किस प्रकार से इस क्रिया को किया जाता है के बारे में आप सभी को जानकारी देना चाहूँगी।

सबसे पहले मैं आप सभी को यह बताना चाहूँगी कि आज हम सभी की जिंदगी में अनेक प्रकार के दबाव होते हैं और इन सब के बीच में हमें काम करना होता है।

ऐसे समय में ईएफटी की विधि बहुत ही कारगर एवं लाभदायक साबित होगी।

EFT tapping तकनीक से हम हमारे शरीर के मेरिडियन पॉइंट्स में tapping करते हैं जो कि हमारे शरीर की ऊर्जा बिंदु होती है। ऊर्जा बिंदुओं पर टैपिंग करते ही ब्लॉकेज दूर हो जाती है और हमारे पूरे शरीर में ऊर्जा का प्रवाह सही रूप से होना शुरू हो जाता है। कोई भी मानसिक तनाव हो, मन परेशान हो, शरीर में ऊर्जा की खपत हो, किसी भी तरह की दर्द या फिर परेशानी के लिए आप यह टैपिंग तकनीक का प्रयोग कर सकते हैं। शरीर के ऊर्जा को सही दिशा देने के लिए। Tapping करने के साथ-साथ हम लोग कुछ affirmation का प्रयोग भी करते हैं।

EFT tapping points

पहली चीज़ जो आपको जानने की ज़रूरत है, वे नौ बिंदु (meridian points) हैं, जिनका उपयोग हम पहले tapping करने में करते हैं।

1. कराटे चॉप प्वाइंट
2. सिर के ऊपर
3. आँखों के ऊपर जहाँ से भौंह शुरू होती है
4. आँखों के किनारे
5. आँखों के नीचे
6. नाक के नीचे

7. ठोड़ी

8. हंसली

9. बाँह के नीचे

EFT tapping तकनीक में हम अपने समस्या को खुद से कहते हैं, यानी अपने अवचेतन मन को यह संदेश देते हैं, कि मुझे क्या समस्या है, और फिर खुदको प्यार के भाव से स्वीकार करते हैं। और शरीर के उन 9 हिस्सों में थप थपाते हैं।

जैसे ही हम ऐसा करते हैं, हमारे शरीर के उन मेरिडियन प्वाइंट से निकले ऊर्जा हमारे शरीर को एक्टिव कर देता है और फ़ौरन रिजल्ट मिलता है।

अंत में आप सभी को मैं यह अनुरोध करना चाहूँगी, कि यदि हम सभी इस पद्धति का उपयोग स्वयं अपने ऊपर, अपने परिवार के सदस्यों पर एवं अपने छात्रों पर करेंगे, तो निश्चित रूप से उन सब में एक नई ऊर्जा का संचार होते हम सब देखेंगे। यह बच्चों में भी एक नया कॉन्फिडेंस डिवेलप करने में बहुत कारगर साबित होगा। अतः मैं चाहूँगी कि हम सभी EFT tapping को अपने नियमित दिनचर्या में शामिल करने का हर संभव प्रयास करें।



सुबह का समय, एक सुकून भरी नींद से उठी। कपड़े बदले नहीं कि माँ का चिल्लाना शुरू हो गया— “बेटा सब्जी खत्म हो गई है, जरा पास के मार्केट से ले आना।” लो सुबह तो बर्बाद हो गई। इतनी ठंड में बाहर दो-दो किलोमीटर चलना, सब्जी लाना, ओ हो ! माँ तुम खुद क्यों नहीं ले आती ? मैंने कहा। एक नंबर के आलसी हो तुम, माँ की थोड़ी भी मदद नहीं कर सकती, माँ ने कहा। दिन-रात तुम्हारे लिए मेहनत करो और मिलता क्या है ? कुछ नहीं। अब तो सब्जी लानी ही थी। कपड़े बदलकर मैं सब्जी लेने गई। इतनी भीड़ रहती है कि रास्ते भर गाड़ियाँ चलती रहती है। सब्जियाँ लेकर मैं घर को लौट रही थी कि एक बुजुर्ग महिला बहुत सारा सामान लिए सड़क के किनारे खड़ी थी। इंतजार कर रही थी कि कब यह गाड़ियाँ रुके, कब सड़क पार हो और वह घर पहुँचे। ऐसा देखकर मुझे बिल्कुल अच्छा नहीं लगा। मैंने उनके हाथ का सारा सामान पकड़ा और उन्हें सड़क पार करवाया। उनके चेहरे की मुस्कुराहट मुझे आज तक याद है। उन्होंने कहा था धन्यवाद बेटी ! बहुत-बहुत धन्यवाद ! तुम्हारे माता कितनी सौभाग्यशाली होगी कि उन्हें तुम्हारी जैसी पुत्री मिली। कहते-कहते उनकी आँख से आँसू टपकने लगे। मैंने उन्हें पास के बेंच पर बैठाया और पानी पिलाया। उन्होंने फिर से

बोलना शुरू किया— मेरी दो संतानें हैं रिकी और महेश। दोनों अब बहुत बड़े हो गए हैं। अपने पैरों पर खड़े हो गए हैं। किंतु अपनी माता का त्याग कर दिया है। अब सारा काम मुझे अकेले ही करना पड़ता है। अब तो शरीर में जान भी नहीं बची है। फिर रोजी-रोटी के लिए करना ही पड़ता है। तुम्हारी माँ बहुत सौभाग्यशाली होगी, तुम्हें देखकर लगता है कि तुम अपनी माता की कितनी सहायता करती होगी। उनके ये कुछ वाक्य मेरे कान में हमेशा गूँजते हैं। तब मुझे एहसास हुआ कि मैंने आज तक माँ के साथ कितनी बदतमीजी की है। उनके कुछ कहने पर उन्हें कितना गंदा सुनाया है। तब उन्होंने आगे कहा कि बेटा मेरे बच्चों ने तो मेरा त्याग कर दिया पर तुम अपनी माता की हमेशा सहायता करना। उन्हें कभी अकेला मत छोड़ना। अच्छा ! अब मैं चलती हूँ, घर में बहुत काम है। मुझे रास्ते पर लगा कि मैंने बहुत बड़ी गलती की है। मैं तुरंत घर पहुँच कर माँ को गले लगाया और माफी माँगी। प्रिय मित्रों ! जो भी यह पढ़ रहा है हमेशा याद रखना माता-पिता से कभी भी दुर्व्यवहार मत करना। वह भी इंसान हैं, और उन्हें भी हमारी तरह सुकून भरी जिंदगी पसंद आती है। माता-पिता से बढ़कर कोई नहीं।



कांगेर वैली एकेडमी में ‘16 वाँ वार्षिकोत्सव’ का भव्य आयोजन..

हीरालाल साहू, विभागाध्यक्ष, हिन्दी विभाग

कांगेर वैली एकेडमी विद्यार्थियों के सर्वांगीण विकास के लिए प्रतिबद्ध तथा समर्पित है। इसके 25 एकड़ से अधिक के विशाल परिसर में हर वर्ष अनेक उत्सव मनाए जाते हैं, किंतु इन सबमें ‘वार्षिकोत्सव’ सबसे महत्त्वपूर्ण होता है। इससे विद्यार्थियों में उत्तरदायित्व और सहयोग की भावना जागृत होती है। संगठन शक्ति का उदय होता है, अध्यापकों और विद्यार्थियों के बीच अच्छे संबंध स्थापित होते हैं। इसके साथ-साथ समाज और विद्यालय का संपर्क भी बढ़ता है।

दिनांक— 20 व 21 दिसंबर, 2022 को विद्यालय प्रांगण में दो दिन तक ‘16वाँ वार्षिक उत्सव’ बड़े जोर-शोर से मनाया गया। इस अवसर पर विद्यालय के संरक्षक श्री स्वरूपचंद जी जैन (भूतपूर्व महापौर, रायपुर), मार्गदर्शक श्री रतनलाल जी जैन, अध्यक्ष श्री संजय जैन, सचिव श्रीमती राखी जैन, सुश्री रिया जैन, श्री अजय जैन, श्रीमती संगीता जैन एवं श्रीमती शमी श्रीश्रीमल (केवीए समिति सदस्य), श्री शैलेन्द्र जैन, निदेशक श्री के. मोहंती एवं सभी छात्र-शिक्षकगण उपस्थित थे। कार्यक्रम का प्रथम दिवस ‘हुरा’ तथा दूसरा दिवस ‘कांफेटी’ था। यह विद्यालय के छात्रों तथा कर्मचारियों के द्वारा अथक परिश्रम के साथ, उत्साह पूर्वक सुनियोजित 16 वाँ वार्षिक कार्यक्रम था, जो कि दो वर्ष के अंतराल के बाद हुआ। इसलिए इस संध्या बेला के कार्यक्रम को लेकर सभी काफी उत्साहित थे।

वार्षिकोत्सव की तैयारी बीस दिन पहले ही प्रारंभ हो गई थी। स्कूल में हलचल बढ़ गई। क्या अध्यापक, क्या विद्यार्थी सभी किसी-न-किसी काम में लग गए थे। पूरे विद्यालय की अच्छी तरह सजावट की गई। विद्यालय प्रांगण को रंगीन झंडों और मुख्य द्वार को रंगोली तथा फूलों से सजाया गया। स्टेज को रंगीन लाइट और फूलों से आकर्षक बनाया गया। अतिथियों के लिए मेज़ और कुर्सियाँ लगाई गईं। स्टेज पर एक ओर बड़ी मेज़ पर विद्यार्थियों को वितरित किये जाने वाले पुरस्कार रखे थे, तो वहीं दूसरी ओर सरस्वती देवी की प्रतिमा तथा दीपदान रखा गया था।

20 दिसंबर, 2022 को संध्या बेला में ‘हुरा’ उत्सव का आगाज़ हुआ। इस उत्सव के लिए सुश्री अमृता जैन

(IRS, उपायुक्त, जीएसटी महानिदेशक, गुरुग्राम) को मुख्य अतिथि के रूप में आमंत्रित किया गया था।

इस वार्षिकोत्सव का शीर्षक ‘अभ्युदय—भारत: एक सदी’ था। जिसे तीन दृश्य—पहला (1947 से 1980 तक), दूसरा (1980 से 2022 तक) और तीसरा (2022 से 2047 तक) में विभाजित कर आज़ादी से लेकर 2047 तक की यात्रा पर प्रकाश डाला गया।

नन्हे-मुन्ने बच्चों की मनोहारी प्रस्तुति को देखने के लिए पंडाल बच्चों और अभिभावकों से खचाखच भरा हुआ था। शहर के गणमान्य नागरिकों की काफी संख्या थी। द्वार पर मुख्य अतिथि तथा विशिष्ट अतिथि पधार चुके थे। विद्यालय के प्रधानाचार्य व अन्य वरिष्ठ अध्यापकों ने आगे बढ़कर उन सबका स्वागत किया। सर्वप्रथम मुख्य अतिथि ने ‘शिल्पकला प्रदर्शनी’ का अवलोकन किया जिसमें छात्रों ने सुंदर एवं आकर्षक निमंत्रण पत्र, रंगीन मटके, टोकरी, पेन स्टैंड, चूड़ी स्टैंड इत्यादि तैयार किये थे। तत्पश्चात्, दीप प्रज्ज्वलित कर कार्यक्रम का शुभारंभ किया। प्राचार्य श्री अभिजीत दास के द्वारा मुख्य अतिथि को पुष्पगुच्छ भेंटकर स्वागत भाषण में उनका परिचय दिया गया।

देशभक्ति गीत के साथ प्रथम दृश्य (1947 से 1980 तक) आरंभ हुआ। आकर्षक अंग्रेज़ी नाटक प्रस्तुत की गई। जिसमें बच्चों ने तात्कालिक परिवेश में व्याप्त अंधविश्वास तथा अशिक्षा इत्यादि परिस्थितियों से संघर्ष करके बदलाव लाने की एक सुंदर झाँकी प्रस्तुत की। साथ ही एक नए शिक्षा प्रणाली जिसमें डिजिटल शिक्षा, जीवन कौशल और आत्म जागरूकता के सभी तत्वों को मानव विकास से जोड़ा गया। इसमें कक्षा—पहली से दूसरी तक के छात्रों ने बड़े जोश के साथ भाग लिया। इस दृश्य के अंत में मनोहर कठपुतली नृत्य के.जी.—II के छात्रों द्वारा प्रस्तुत की गई।

उत्सव के इस श्रृंखला में दूसरा दृश्य (1980 से 2022 तक) शुरू हुई। जिसमें कक्षा’ पहली व दूसरी के विद्यार्थियों ने हिंदी नाटक प्रस्तुत की। इस नाटक के माध्यम से समाज व संस्कृति, विज्ञान, चिकित्सा तथा कृषि में बदलाव के साथ विकास की झांकियों को प्रस्तुत किया। इस दृश्य के अंत में बच्चों ने असम के प्रसिद्ध ‘बिहू नृत्य’

प्रस्तुतकर संध्या बेला में सुंदर छटा बिखेर दी। इसी क्रम में तीसरा दृश्य (2022 से 2047 तक) नाटक के साथ प्रारंभ हुआ। इस नाटक का प्रमुख संदेश आधुनिक गुरुकुल, खुशहाल किसान तथा स्वस्थ जीवन की ओर अग्रसर भारत रहा। तदुपरांत नर्सरी के छात्रों ने 'योगनृत्य' प्रस्तुत कर 'स्वस्थ' रहने का संदेश दिया।

कार्यक्रम के दौरान प्रतिभावान विद्यार्थियों को मुख्य अतिथि द्वारा पुरस्कृत किया गया। प्री-प्राइमरी स्तर पर शर्मिष्ठा बघेल को तथा प्राइमरी स्तर पर शिवानंद अर्पित पंडा को 'वर्ष का सर्वश्रेष्ठ छात्र' पुरस्कार दिया गया। मुख्य अतिथि महोदया ने अपनी उद्बोधन में कार्यक्रम की भूरी-भूरी प्रशंसा की। इसके साथ ही 'शिल्प प्रदर्शनी' के बारे में कहा कि— इससे बच्चों का रचनात्मक कौशल तथा बौद्धिक विकास होता है। उन्होंने छात्रों की लगन, जिम्मेदारी तथा अनुशासन की भी प्रशंसा की। साथ ही बच्चों की कलात्मक प्रतिभा को बढ़ावा देने के लिए विद्यालय की प्रशंसा भी की।

अंतिम शृंखला में भूतपूर्व छात्रों का (प्रथम तीन समूह 2009-10, 2010-11 तथा 2011-12) बड़े गर्म जोश के साथ स्वागत किया गया तथा उन्हें 'स्मृति चिन्ह' प्रदान किया गया। इसके साथ ही विद्यालय के संरक्षक श्री स्वरूपचंद जी जैन और श्री रतनलाल जी जैन के द्वारा मुख्य अतिथि को 'स्मृति चिन्ह' देकर सम्मानित किया गया। इस तरह 'हुरा' उत्सव में 100वाँ स्वतंत्रता दिवस तक उन्नत, खुशहाल तथा आत्मनिर्भर भारत की परिकल्पना की गई। निश्चित तौर पर सभी के लिए यह पल अविस्मरणीय रहा। विद्यार्थियों की भाव-भंगिमा तथा अभिव्यक्ति, मनोरंजन के साथ-साथ शिक्षाप्रद भी रही। ऐसा कार्यक्रम विद्यार्थियों की सर्वांगीण विकास में मददगार होता है, इसलिए प्रतिवर्ष ऐसे कार्यक्रम की अपेक्षा बनी रहेगी।

अंत में धन्यवाद ज्ञापन श्रीमती रश्मि अहमद के द्वारा किया गया। उन्होंने इस कार्य को सफल बनाने के लिए प्राचार्य, शिक्षकगण, विद्यार्थियों, प्रबंधन समिति, अभिभावकों तथा अन्य सभी का आभार व्यक्त किया। इस तरह राष्ट्रगान के साथ कार्यक्रम का समापन हुआ।

अब बारी है वार्षिक उत्सव के दूसरे दिवस की। जिसे हम 'कांफेटी' कहते हैं। दिनांक 21 दिसंबर, 2022 को भी कांग्रेस वैली एकेडमी के वातावरण में उल्लास और उत्साह का संचार जारी रहा। संध्या बेला में 'कांफेटी'

अर्थात् सांस्कृतिक कार्यक्रम 'हर्षोल्लास' के साथ मनाया गया।

इस कार्यक्रम का मुख्य विषय 'वेद मंथन #2050' था। जिसे तीन उप विषयों में प्रथम-शिक्षा, दूसरा-समाज व संस्कृति तथा तीसरा-विज्ञान एवं तकनीकी में विभाजित किया गया था। आज भी छात्रों द्वारा निर्मित विभिन्न प्रकार की कलाकृतियाँ, शिल्प, रेखाचित्र, पेंटिंग और कोलाज वर्क इत्यादि का प्रदर्शनी लगाया गया था। ताकि बच्चों की रचनात्मक व समृद्ध बोध को बढ़ावा दिया जा सके। इस दिन सभागृह बच्चों और अभिभावकों से पूरा भरा हुआ था। प्रथम दिवस की अपेक्षा आज लोग अधिक संख्या में पधारे हुए थे। इस कार्यक्रम में श्री संदीप चौधरी (उद्घोषक एवं पत्रकार-NEWS 24) बतौर मुख्य अतिथि के रूप में शामिल हुए। उनके साथ उनकी पत्नी श्रीमती नीतू चौधरी व पुत्र अंश चौधरी भी थे। मुख्य अतिथि महोदय जैसे ही मुख्य द्वार पर पहुँचे, वहाँ उपस्थित 'स्वागत टीम' ने उनका 'अतिथि देवो भव' की परंपरा में स्वागत किया। सर्वप्रथम मुख्य अतिथि ने 'शिल्पकला प्रदर्शनी' का अवलोकन किया तथा दीप प्रज्ज्वलित कर मंगलाचरण के साथ कार्यक्रम का शुभारंभ किया।

अध्यक्ष श्री संजय जैन ने अध्यक्षीय भाषण में अतिथियों का स्वागतकर मुख्य अतिथि का परिचय दिया। उन्होंने बच्चों को सलाह दी कि— समाज में हो रहे बदलाव के प्रति सजग रहें, ताकि खुद को सकारात्मक रूप से ढाल सकें और नए युग का साहस के साथ सामना कर सकें। कार्यक्रम की रूप रेखा पर भी प्रकाश डाला। इसके साथ ही संरक्षक श्री स्वरूपचंद जी जैन ने एक 'बुटिक स्कूल' की विस्तृत जानकारी दी जो कि संपूर्ण भारत में नया एवं अनोखा हैं। उन्होंने कहा कि— यह शैक्षणिक गुणवत्ता, शिक्षक-छात्र में गहरे संबंध तथा उन्नत जीवन की ओर प्रेरित करता है। साथ ही निदेशक श्री के. मोहंती ने विद्यालय के उपलब्धियों की वार्षिक रिपोर्ट प्रस्तुत की तथा विद्यालय की होने वाली प्रगति की ओर अभिभावकों का ध्यान आकर्षित किया।

कार्यक्रम, मंत्र उच्चारण तथा ऊँ गीत की धून पर नाचते हुए बच्चों के साथ प्रारंभ हुआ। इसके प्रथम भाग-शिक्षा में गुरुकुल शिक्षा प्रणाली के महत्त्व का सम्मान करने के लिए अंग्रेजी नाटक प्रस्तुत की गई। इसमें कौशल-शिक्षा तथा वेदों पर आधारित शिक्षा पर बल दिया

गया। फिर, छात्रों के द्वारा रोमांचित करने वाली 'रोबोटिक नृत्य' प्रस्तुत की गई। तत्पश्चात् दूसरा भाग समाज व संस्कृति में— हिंदी नाटक की मनोहर झाँकी पेश की गई। यह नाटक वेद दुनिया की रीति—नीति व ज्ञान को वर्तमान समाज में प्रासांगिक बनने के उद्देश्य से प्रस्तुत की गई।

इस नाटक में आधुनिक तकनीकी का सही उपयोग तथा संयुक्त परिवार पर विशेष बल दिया। इस भाग के अंत में 'बॉउल नृत्य' की आकर्षक प्रस्तुति थी। अंतिम भाग में विज्ञान व तकनीकी पर आधारित अंग्रेजी नाटक प्रस्तुत की गई। इस नाटक के प्रमुख पात्र ऋषि उन्नादि के द्वारा "वसुधैव कुटुंबकम्" के साथ जड़ों की ओर व वेदों की ओर लौटने की शिक्षा दी गई। इस तरह एक—एक करके सांस्कृतिक कार्यक्रम प्रस्तुत किए गए। जिसमें संदेश भरा नाटक, मनोहर गीत तथा आकर्षक नृत्य की प्रस्तुति हुई।

इस कार्यक्रम के द्वारा इस बात पर जोर दिया गया कि हमारे देशवासियों ने शुरू में महान 'वेदों' की सराहना नहीं की और यह मान लिया कि आधुनिक खोज, आविष्कार, सिद्धांत और अवधारणाएँ वेदों से परे हैं। किंतु आधुनिक वैज्ञानिकों ने वैज्ञानिक, आध्यात्मिक, मनोवैज्ञानिक और व्यवहारिक ज्ञान के लिए वेदों का ही अध्ययन, मंथन किया। इसके साथ ही भारतीय दर्शन द्वारा शांति के वास्तविक अर्थ को चित्रित किया और सिखाया गया कि पूरी दुनिया एक परिवार के बदले पूरी मानवता एक परिवार है। सच तो यह है कि वेद संपूर्ण मानवजाति के लिए 'प्रकाशस्तंभ' है।

इस कार्यक्रम के अंतिम कड़ी में सभी अतिथियों ने छात्रों का उत्साहवर्धन किया और कार्यक्रम की प्रशंसा की। मुख्य अतिथि ने सभा को संबोधित करते हुए कहा कि— वे मंच पर छात्रों के स्वागत, आत्मविश्वास तथा अनुशासन से चकित थे। महोदय को विशेष रूप से नाटक के 'उन्नादि ऋषि' का अभिनय तथा 'बिहू नृत्य' बहुत पसंद आया। उन्होंने इस रोमांचक समारोह के लिए छात्रों, कर्मचारियों की सराहना की और माता—पिता व संस्थान को शुभकामनाएं भी दी।

कार्यक्रम के दौरान सभी प्रतिभावान विद्यार्थियों को ट्रॉफी, मैडल तथा प्रमाण पत्र देकर पुरस्कृत किया गया। उच्च कक्षा स्तर पर अंजल गगन जंवर को 'वर्ष का सर्वश्रेष्ठ छात्र' पुरस्कार दिया गया। सीबीएसई टॉपर देव्यांश

गोलेछा (कक्षा—10वीं) को 'हीरामनी जैन मेमोरियल ट्रॉफी' तथा संभव सिंह राजपूत (कक्षा—12वीं) को 'ललिता जैन मेमोरियल ट्रॉफी' प्रदान की गयी एवं 'सिट्रिन समूह' को पूरे वर्ष भर सर्वोत्तम कार्य एवं सहभागिता के लिए रत्नो के रत्न (Gem of Gems) ट्रॉफी दिया गया। इसके साथ ही विद्यालय के संरक्षक श्री स्वरूपचंद जी जैन के द्वारा श्री कैलाश शादाब (नाट्य निर्देशक) को शॉल और श्रीफल देकर आभार व्यक्त किया गया एवं श्री रतनलाल जी जैन के द्वारा मुख्य अतिथि महोदय को 'स्मृति चिन्ह' देकर सम्मानित किया गया।

कार्यक्रम की समाप्ति राष्ट्रगान से हुई। उससे पहले विद्यालय के प्राचार्य श्री अभिजीत दास ने सभी का प्रत्यक्ष—अप्रत्यक्ष सहयोग तथा गरिमामय उपस्थिति के लिए धन्यवाद किया। इस प्रकार यह कार्यक्रम हर्षोल्लास के साथ संपन्न हुआ। यह सच है कि इस वार्षिकोत्सव की मधुर यादें सभी के हृदयों में पूरे वर्ष बनी रहेगी।



शिक्षा

वैष्णवी गोयल, X C

माँ से हुई शुरु शिक्षा,
बचपन से संस्कार बनी ।
पिता की सिखाई शिक्षा,
जीवन का आधार बनी ।

पहला कदम जब रखा विद्यालय में,
शिक्षा ज्ञान का दीप बनी ।
जब दूजा कदम रखा दुनिया में,
शिक्षा मेरा विश्वास बनी ।

शिक्षा ही वह मंत्र है मेरा,
जिसने जीवन को सँवारा ।
शिक्षा ही है, स्वाँस मेरी
जिससे सीखा ज्ञान सारा ।

शिक्षा है अधिकार सभी का,
लेकर इसको बाँटो सभी को ।
आओ पढ़ें और पढ़ाएँ,
शिक्षा को हम मिल फैलाएँ ।

अगर मैं पक्षी होती !...

नोशी रहांगडाल, VII A

अगर मैं पक्षी होती,
घोसला बना कर सोती ।
चहक-चहक जल्दी उठती,
मज़ा आता, बहुत उड़ती ।
उड़-उड़कर बादल छू आती,
चुपके से दाना लाती ।
शिकारियों को मज़ा चखाती,
सबके घर को घोसलों से सजाती ।
नीलकंठ को दोस्त बनाती,
अगर मैं पक्षी होती ।

दादी की सीख

मृदु सारदा, KG-I

दादी लाती छः-छः आम,
हमें खिलाती मीठे आम ।
भैया ने दो आम चुराए,
दादी को भी नहीं बताएँ ।
आम चुराना ठीक नहीं,
झूठ बोलना ठीक नहीं ।
मेहनत से जो करता काम,
जग में होता उसका नाम ।

शिक्षक

अरव अग्रवाल, VII A

शिक्षक वह है जो सही राह पर चलना सिखाते हैं,
वे पाठ अच्छी तरह समझाते हैं,
वे हमें सही-गलत बतलाते हैं ।
जीने की राह दिखाते हैं ।

सभी शिक्षक हमें अनुशासन तथा
कठिनाई का सामना करना सिखाते हैं,
वे हमें सही-गलत बतलाते हैं ।
जीने की राह दिखाते हैं ।

शिक्षक बहुत मेहनत करते हैं,
ताकि हम अच्छी तरह पाठ समझ सकें ।
और बड़े होकर कुछ बन सकें,
जीवन में कुछ कर सकें ।

उनके अलग-अलग होते हैं रूप,
कुछ शिक्षक हमें कक्षा में पढ़ाते हैं ।
कुछ हमें मैदान में खेल सिखाते हैं,
तो कुछ, अनुभव से जीवन के पाठ पढ़ाते हैं ।

वे हमें सही-गलत बतलाते हैं ।
जीने की राह दिखाते हैं ।

उम्मीद

समृद्धि रामपुरिया, X C

उम्मीद शब्द का मतलब पूरी दुनिया समझती है,
तो कुछ लोग इसे अपनाने से कतराते हैं।
कुछ लोग इसे अपने मुश्किल वक्त का सहारा बना
लेते हैं,
और मंज़िल को पा लेते हैं।

‘उम्मीद’ जो इंसान अपने दिल में थामे,
उसका बुरा वक्त टल जाता है।
उसका हर मुश्किल आसान हो जाती है,
नया सूरज निकल आता है।

हममें से जिसने, इसे नहीं अपनाया,
या जो इसे अपनाने से कतराया।
उनका वक्त बस थम जाता है,
और राह कठिन हो जाता है।

उम्मीद, विद्यार्थी से लेकर एक शिक्षक तक
एक औरत से लेकर एक आदमी तक।
जवान से लेकर बूढ़े तक
आशा की प्रबल किरण हैं।

उम्मीद किसी का लिबास नहीं देखती
न देखती है धन और मकान।
वह बस देखती है,
एक साफ दिल इंसान।

नज़रिया

जागृति सिदार, XII D

आखिर दोस्त तो दोस्त होता है,
हर बार दोस्ती में दरार डालने की
कोशिश किया जाता है,
तुम लड़की हो, वह लड़का है,
यह बात अलग से बताया जाता है।

सुना है दोस्ती में भेदभाव
नहीं किया जाता
अमीरी-ग़रीबी जिसे कभी छू भी नहीं पाता
फिर हमेशा इस रिश्ते में
लिंग क्यों जोड़ा जाता है?
आखिर दोस्त तो दोस्त होता है।
हम लड़कियों को चार दिवारी में
बंद किया जाता है।
“लड़कों से दूर रहो”
यह ज्ञान दिया जाता है,
तो क्यों हमें अनजान व्यक्ति
के हाथ सौंप दिया जाता है?
पर जब बात आए लड़की और
लड़के की दोस्ती की तो,
क्यों इसे शक के नज़र से
देखा जाता है ?



केचला

रामशंकर साहू, शिक्षक

उड़ीसा की सुंदर वादियों में
एक गाँव है बसा, प्रकृति की गोद में
जिसका नाम है, 'केचला'
भौगोलिक स्थिति है निचला
कोलाब नदी के किनारे
प्राकृतिक सौंदर्य है न्यारे
वहाँ बसा है केचला गाँव प्यारे
जहाँ गाँधी जयंती के दिन हम पधारे
यात्रा के लिए बस थी कांकेर रोड वेज
आदेश्वर स्कूल में दोपहर का भोज
दस घंटे बस की यात्रा
सवा घंटे नाव का सफर
फिर पहुँचे हम पहाड़ी के ऊपर
वहाँ मिला स्कूल एक सुपर
यहाँ की संस्कृति थी सबसे ऊपर
यहाँ एक नहीं, भाषा है चार
हवन में अद्भुत है, मंत्रोचार
बच्चों को विद्यालय से बहुत है प्यार
उससे भी ज्यादा शिक्षक से है प्यार
उनका कुशल है व्यवहार
भोजन में स्वादिष्ट है अचार
खुद ही झाड़ू पोछा करते
खुद ही सब्जी काटते
खुद भी भोजन करते
औरों को भी भोजन परोसते
फिर शुरू होती उनकी कक्षा
जहाँ है उनका प्रदर्शन अच्छा
ये एक नहीं हर कौशल में दक्ष
देखा है हमने प्रत्यक्ष
सुबह की ट्रेकिंग, दोपहर की रेप्लिंग
शाम की बोटिंग, रात की इटिंग
बच्चों ने सफर में देखे थे ख़ाब
यह सभी थे लाजवाब।



कलम का सिपाही

हीरालाल साहू, शिक्षक

मैं लिखूँगा, सिपाही हूँ कलम का
लिखना मेरा धर्म है, मैं लिखूँगा.....।
मैं लिखूँगा घट-पनघट की बूंदों पर
मैं लिखूँगा सर-सराती हवाओं पर
मैं लिखूँगा बरगद और पीपल पर
मैं लिखूँगा, सिपाही हूँ कलम का
लिखना मेरा धर्म है, मैं लिखूँगा.....।
मैं लिखूँगा माँ की ममता पर
मैं लिखूँगा पिता के मज़बूत कंधों पर
मैं लिखूँगा पुत्र के ज़िम्मेदारियों पर
मैं लिखूँगा, सिपाही हूँ कलम का
लिखना मेरा धर्म है, मैं लिखूँगा.....।
मैं लिखूँगा रसना के मर्यादाओं पर
मैं लिखूँगा रोटी, कपड़ा और मकानों पर
मैं लिखूँगा राष्ट्र की अखण्डता पर
मैं लिखूँगा, सिपाही हूँ कलम का
लिखना मेरा धर्म है, मैं लिखूँगा.....।
मैं लिखूँगा क्षतिग्रस्त मानवता पर
मैं लिखूँगा सत्ता लोलुपता इंसानों पर।
मैं लिखूँगा नारी उत्थान की जटिलताओं पर
मैं लिखूँगा, सिपाही हूँ कलम का
लिखना मेरा धर्म है, मैं लिखूँगा.....।

मेरे पापा

सानिया कोसरिया, XI C

दूसरों को खुश करते—करते
अपनी खुशी भूल जाते हो पापा
यूँ ही कब तक दूसरों की खुशी में
अपनी खुशी मनाओगे पापा
इस छोटी सी दुनिया में आप भी
हँसना सीखो न पापा
यूँ ही बेवजह नाराज़ न रहो पापा
अपने कंधे पर बिठाकर पूरी
दुनिया दिखाए हो पापा
इसका कर्ज हमें चुकाना पड़ेगा पापा
आप यूँ ही मुस्कुराते रहना न पापा
हमेशा साया बनके चलना न पापा
इस दुनिया से बड़ा आपका साया है पापा
कोई चोट लगे मुझे तो
डर जाते हो पापा
फिर मुझसे दूर होकर
कहीं कोने में रोते हो पापा
दूसरों को खुश करते—करते
अपनी खुशी भूल जाते हो पापा
मुझे कोई दुःख न हो करके
खुद दुःख सहते हो पापा
अपना खुशी नहीं पर मेरी
खुशी चाहते हो पापा
अब बारी मेरी है पापा
आपकी खुशी पूरी करने की
अपने लिए तो नहीं पर
मेरे लिए करते हो पापा
मुझे एक बेटे का दर्जा दिए हो पापा
अब आपको राजा बनने का समय आ गया है पापा
कभी किसी के लिए प्यार कम
नहीं किए हो पापा
बेटा—बेटी सब को एक समान मानते हो पापा
आपकी मुस्कान सुकून—सा लगता है पापा
बस आप मुस्कुराते रहो और मैं बस
देखती रहूँ पापा

हमेशा सबका भला चाहते हो पापा
रोते तो बहुत हो पर दिखाते नहीं हो पापा
अगर मैं खाना न खाऊँ तो
अपने हाथ से खिलाते हो पापा
खुद खुश नहीं पर
मुझे खुश रखते हो पापा
इस नन्हीं सी ऊँगली को पकड़कर
चलना सिखाए हो पापा
मेरे गुमसुम से चेहरे पर
मुस्कान लाते हो पापा
अगर मैं रूढ़ूँ तो
तोहफे देकर मनाते हो पापा
आपकी चरणों में जन्नत है पापा
मुझे किसी चीज़ की कमी नहीं होने देते हो पापा
मेरी हर कमी को पूरी करते हो पापा
मेरी हर ज़िद को हँस कर सह लेते हो पापा
दुनिया में आप मेरे लिए खास हो पापा
कोई साथ दे या न दे
पर आप साथ देना न पापा



पी. एस. अक्षज, III A

माँ की ममता माँ का प्यार,
झूठा है सारा संसार।
गोद उठाती लोरी गाती,
पहले खाना हमें खिलाती।
करती पल—पल हमें दुलार,
माँ की ममता माँ का प्यार।

कौन है जग में माँ के जैसा,
सोना, चाँदी, रुपया, पैसा।
उसके आगे सब बेकार,
बंगला, गाड़ी और संसार।
माँ की ममता माँ का प्यार,
झूठा है सारा संसार।

मेरा प्यारा स्कूल

अर्णव चौधरी, VI

माँ हर रोज़ हमें जगाती,
स्कूल भेजते ज़बरदस्ती।
जब कहूँ मम्मी नहीं जाना,
तो कसके तमाचा हमें लगाती।

ज्यों-त्यों जब हम स्कूल आते,
रोते-गाते स्कूल आते।
उपमा या सेवई मिले तो ऊँ-ऊँ-ऐं-ऐं!
और अगर समोसा मिले तो ओए-ओए-होए-होए!

फिर स्कूल होता चालू,
'एस.एस.टी' हो तो हाय! बहुत लिखना पड़ेगा।
'साईंस' हो तो वाह भाई वाह! मज़ा आएगा,
'आध्यात्मिक विज्ञान' हो तो
अह! 10 मिनट होगा लगाना ध्यान।
अब अंग्रेजी का क्या कहना जनाब,
लगता है कि कब खत्म होगा, अब बहुत हँस लिया।

फिर गणित आ जाता,
जिसमें सब ऊपर से जाता।।
फिर बारी आती हिंदी की,
जब मैं पढ़ूँ तो बस पढ़ते ही रहूँ,
कहानी सुनूँ और सुनाऊँ।
फिर आता संगीत, जो गाते बजाते कट जाता।
फिर आता संस्कृत, जिसमें बहुत मज़ा आता।
'कंप्यूटर' जब आता, बिना पता चले निपट जाता।
ऐसा नहीं 'एक्टिविटी' में मजा आता, मैं बस पक जाता।
जब कभी होता सब्सीट्यूशन,
फिर नहीं होता कोई टेंशन।

फिर आती परीक्षा, जिसमें सर खपता,
ज्यों-त्यों बस पास हो जाता।
ऐसा नहीं कुछ होता नहीं अच्छा,
एक घंटा खेल भी है, बच्चा।

अरे यार एक चीज़ तो मैं गया भूल,
परीक्षा के बाद है पी.टी.एम. का रूल
अरे भाई पता है न..

'पी.टी.एम.' मतलब!
पिटवाएगी टीचर मम्मी से!!!
अरे भाई जैसा भी है
है तो हमारा ही स्कूल
इसी से है जीवन का मूल।



हिंदी

नीलम द्विवेदी, शिक्षिका

जो सात स्वरों में सजती है वो हिंदी है,
जो भारत के माथे की बिंदी है वो हिंदी है।
तत्सम—तद्भव शब्दों से जो पूर्ण अलंकृत है,
संस्कृत की जो पहली बेटा है वो हिंदी है।
जो भजनों में, गीतों में, छंदों में ढल जाती है,
जो उर्दू संग गज़लों में भी मुस्काये वो हिंदी है।
जो हर ध्वनि, लिपि से शोभित है वो हिंदी है,
जो देवनागरी से अवतरित भाषा है वो हिंदी है।
राष्ट्रभाषा बनकर जो प्रेम लुटाये वो हिंदी है,
जो जन—जन को प्रेम भाव सिखाये वो हिंदी है।

संस्कृत का महत्व

संदीपन चक्रवर्ती, VII A

जिस भाषा में लिखे गए ग्रंथ,
उसी भाषा का लिया गया है पंथ।

इस भाषा का क्या महत्व है बताओ ?
जगत की सारी भाषाओं में,
पहली और अनोखी है समझाओ।

इस भाषा का क्या महत्व है बताओ ?
वेद, पुराण और रामायण
इस भाषा में लिखी है समझाओ।

इस भाषा का क्या महत्व है बताओ ?
यह भाषा है अनोखी,
इस भाषा को ही सीख के हम,
बचा पाएँगे संस्कृति,

जिस भाषा से ब्रह्मांड चला,
उसको सीखने की है यह कला,

भूमे: गरीयसी माता, स्वर्गात् उच्चतरः पिता ।
जननी जन्मभूमिश्च, स्वर्गादपि गरीयसी ।।

माँ

रीतिका गुप्ता, VII A

मेरी माँ, प्यारी माँ।
दुनिया माँ को माँ कहे,
मैं माँ को भगवान कहूँ।

जिसने दिया जन्म मुझे,
गोद में खिला कर बड़ा किया।
उँगली पकड़कर चलना सिखाया,
मैंने उसके लिए क्या किया....?

स्कूल से आने तक,
मेरा इंतज़ार किया।
फिर मनपसंद खाना,
अपने हाथों से खिलाया।

हर बात पर, साथ दिया।
डिसाइड नहीं.....गाइड किया।

जब मैं रोती हूँ,
चुप मुझे कराती है।
सब कुछ समझ कर,
धीरज मुझे बँधाती है।

परीक्षा में कम नंबर आने पर,
बस एक बात समझाती है।
डरना नहीं, बस लड़ना है।
मेहनत करना सिखाती है।

माँ से रिश्ता ऐसा बनाया जाए,
जिसको निगाहों पर रखा जाए।
अगर वह उदास हो,
तो मेरी भी आँसू छलक जाए।

उसके रहते जीवन में,
कोई गुम न होता।
दुनिया साथ दे न दे,
पर माँ का प्यार,
कभी कम न होता।

तेरे पैरों की जन्मत माँ मुझे चाहिए,
उम्र भर सर पर साया तेरा चाहिए।
प्यारी माँ मुझे तेरी दुआ चाहिए,
तेरे आँचल की ठंडी हवा चाहिए।
मेरी माँ, प्यारी माँ।

समय का सन्देश

डॉ. लक्ष्मीकांत पण्डा, शिक्षक

देखो ! समय ने सन्देश लाया है।
उसने साफ-साफ लिख दिया है
कि सभ्यता के स्वर्णपात्र रिक्त हो चुके हैं।
पूर्वजों के पुण्य सो गये हैं गहन कन्दरा में।
आदमकद पत्थरों की बस्तियाँ उगने लगी हैं।
चेहरे स्थायी रूप से मुखौटों में बदल गये हैं।
कितने कृतघ्न हो चुके हैं हम।
देवताओं की साक्ष्य में
पुरखों ने सौंपा था यह स्वर्णपात्र,,,,,
इसमें भरे थे अमरता के बुद्बुदाते मन्त्र,
मनुष्य से देवता होने की सारी विधियाँ,
हृदय को पोषाण होने से बचाने का ताबीज,
पत्थर को पिघलाने का अबूझ टोटका,
आँखों से होने वाले संवादों के सटीक अर्थ,
वेदना को बिना भाषा के
व्यक्त करते चेहरे की आत्मकथा,
पूर्वजों के पुण्य से अभिमन्त्रित,
कुछ दिव्य बीज।
जो जरूरी थे हमारे लिए,,,,,
हमारी पीढ़ियों के लिए।
उस स्वर्णपात्र में
कुछ सिद्ध दुर्लभ जड़ी बूटियाँ भी थीं।
जानते हो ?
समय ने हमारी कृतघ्नता को पाप लिखा है।
लिखा है मोटे अक्षरों में
कि हमने स्वर्णपात्र के लिए पात्रता खो दी है।
हमने अपनी पवित्रता को नकारकर
आडम्बर को अभिषिक्त किया है।
मनुष्य से देवता होने के सभी राज
जो पूर्वजों ने भोजपत्र पर उकेर कर
हमें सौंपे थे जतन से,
हमने बहा दिये पहाड़ी नदी में बरसों पहले ,
और रच दिये तिलिस्म....।
जहाँ कैद हो गये हैं सावन और वसन्त।
अभिशाप्त दिशाएँ

टूटे तारों को समेट कर सो गये हैं।
आकृतियाँ डरावनी हो चली हैं,
मनुष्य के देवता होने की सम्भावना खतरे में हैं।
स्वर्णपात्र भरने का पुण्य हम लुटा बैठे हैं।
समय हमारी कृतघ्नता का
उपसंहार लिख दे उसके पहले,
इस रिक्त स्वर्णपात्र को भरने के लिए,,,,,
पूर्वजों के सोये पुण्य को जगाना होगा,
बस्तियों के पूरा पथराने से पहले,,,,,
मनुष्य से देवता होने की
पुरानी विधियाँ खोजनी ही होगी।
पलटने होंगे वैदिक ऋचाओं के पन्ने।
आज के लिए....।
आने वाले कल के लिए.....।
आधुनिकता की कसौटी पर लिखने होंगे शिलालेख।
दायित्व है यह मनुज का।
इसके अतिरिक्त मनुष्यत्व के लिए दूसरा विकल्प नहीं।



ईश्वरः

तेजस त्रिपाठी, VIII A

एकस्मिन् वने एकः ऋषिः आसीत्। तस्य बहवः शिष्याः आसन्। तेषु गुरुः अत्यन्तम् अस्निह्यत्। एकदा सः गुरुः शिष्यान् एवं उपादिशत् यत भो! प्रियच्छात्राः सर्वदा सत्त्वगुणः, समभावः च अस्माकं मङ्गलाय कल्पते। पश्यन्तु रावणः रामाय अक्रुध्यत्, शूर्पणखा सीतायै असूयत, दुर्योधनः पाण्डुवाय अद्रुह्यत्।

अतः एव अन्ते एते सर्वे अपि विनष्टाः अभवन्। सर्वेषु प्राणिषु देवः अस्ति। अतः सर्वेषु आदरः प्रदर्शनीयः। देवात् विना अस्माकं रक्षकः कः अस्ति? सः एव अस्माकं रक्षकः। अतः देवे विश्वासं कुर्मः। तस्मात् वयं सर्वदा कार्यस्य आरम्भे, पठनस्य आरम्भे च कृष्णाय नमः इति ध्यानं कृत्वा आरभामहे इति। गुरोः अयम् उपदेशः सर्वेभ्यः छात्रेभ्यः अरोचत। एकदा गुरुकुलात् बहिः महान कोलाहलः आसीत्। तं द्रष्टुं छात्राः गुरुकुलात् बहिः अगच्छन्। तदा कश्चन हस्तिपकः सर्वे धावन्तु महोन्मत्तः गजः वेगेन आगच्छति। गजात् प्राणरक्षणं कर्तुं सर्वे अपि धावन्तुः, इति अवदत्। तत् श्रुत्वा सर्वे गजात् भीत्या स्व स्व गृहम् अगच्छन्।

छात्राः अपि गुरुकुलम् अगच्छन्। परन्तु तेषु एकः छात्रः अचिन्तयत् सर्वेषु प्राणिषु देवः अस्ति। अतः सर्वेषु आदरः समभावः च प्रदर्शनीयः। देवात् विना अस्माकं रक्षकः कः अस्ति? अतः देवे विश्वसिमः इति गुरोः वचनं स्मृत्वा, गजः अपि भगवत्स्वरूपः, तस्मात् किमर्थं गजात् भीतिः? इति चिन्तयन् तत्र एव मार्गं अतिष्ठत्। तदा गजः स्वस्य शुण्डया तं शिष्यं वक्षस्थले गृहीत्वा दूरे अक्षिपत्। सः एकस्य वृक्षस्य उपरि अपतत् तस्य शरीरे व्रणः च अभवत्। ततः अन्ये छात्राः तं गुरुकुलम् अनयन्।

ततः गुरुः तम अपृच्छत् वत्स! गजं दृष्ट्वा अपि किमर्थं तत्रैव अतिष्ठः? इति। शिष्यः अवदत् आचार्य! सर्वे अपि प्राणिनः भगवत्स्वरूपाः इति भवान् एव अवदत् किल? अतः किमर्थं गजात् भीतिः इति मत्वा तत्र तत्र एव अतिष्ठम् इति। तदा गुरुः एवं वा? तर्हि हस्तिपकः अपि भगवत्स्वरूपः किल? भवता किमर्थं तस्य वचनं न लक्षितम्? अरे बालक! यथा सत्त्वभावः समभावः च आवश्यकः तथा विवेकः अपि। अतः इतः परं विवेकिना भाव्यम् इति उपादिशत्।



प्रहेलिका:

श्रेयस त्रिपाठी, VII B

बुद्धि की तार्किक क्षमता के लिए प्राचीन काल से ही प्रहेलिकाओं का प्रयोग होता रहा है। भारतीय संस्कृत साहित्य में प्रहेलिका का प्रयोग हमें इंगित करता है कि इसका प्रयोग बुद्धि परीक्षण के लिए विद्वानों द्वारा यथा सम्भव किया है। प्रहेलिका के माध्यम से संस्कृत की विशिष्टता का ज्ञान होता है। प्रहेलिका का सामान्य अर्थ है— किसी वाक्य का विशेष अर्थ। प्रहेलिकाएँ वाक्य रूप में, भ्रामक रूप में, प्रश्न रूप में, किसी वस्तु के गुण को प्रकट करने के रूप में हो सकती हैं। इसका प्रयोग मनोरंजन दृष्टि से ही नहीं होता है अपितु ज्ञान—तर्क—चिन्तन आदि की क्षमता बढ़ाने के लिए भी तथा जनाने के लिए भी होता है। जैसे—

वृक्षाग्रवासी न च पक्षिराजः,
त्रिनेत्रधारी न च शूलपाणिः ।
त्वग्वस्त्रधारी न च सिद्ध योगी,
जलं च विभ्रन् घटो न मेघः ॥

वृक्ष पर रहने वाला है परन्तु पक्षियों का राजा गरुड़ नहीं, तीन आँखों वाला परन्तु त्रिशूल धारी शिव नहीं, छाल रूपी वस्त्र धारी परन्तु तपस्वी साधक नहीं, जल धारण करने वाला है परन्तु घड़ा व बादल नहीं।

नारियल

मेघश्यामोऽस्मि नो कृष्णो, महाकायो न पर्वतः।
बलिष्ठोऽस्मि न भीमोऽस्मि,
कोऽस्म्यहं नासिकाकरः ॥

मैं काला हूँ, पर कृष्ण नहीं, पर्वत जैसा शरीर वाला हूँ पर पर्वत नहीं, बलवान हूँ पर भीम नहीं हूँ, लम्बे मेरे कान व नाक। चाल—चलन में मस्त जवान, बूझें मुझको बुद्धिमान।

हाथी

सीमन्तिनीषु का शान्ता ?
राजा कोऽभूत् गुणोत्तमः ?
विद्वभिः का सदा वन्द्या ?
अत्रैवोक्तं न बुध्यते ॥

नारियों में कौन (सबसे अधिक) शान्त स्वभाव वाली है ?

कौन—सा राजा गुणों में उत्तम हुआ ? विद्वानों के द्वारा कौन हमेशा वन्दना करने योग्य है ? विद्या। यहीं कही गई (यह बात) है (फिर भी मनुष्यों के द्वारा) नहीं जानी जा रही है अर्थात् पता नहीं चल रहा है। इस श्लोक की प्रत्येक पंक्ति का पहला अक्षर और अंतिम अक्षर ही उत्तर है।

सीता, राम, विद्या

कस्तूरी जायते कस्मात् ?
को हन्ति करिणां कुलम् ?
किं कुर्यात्कातरो युद्धे ?
मृगात्सिंहः पलायते ॥

कस्तूरी किससे उत्पन्न होती है?
हाथी के झुंड को कौन मारता है?
युद्ध में कायर मनुष्य क्या करता है?
हिरन से सिंह भागता है।
पहले तीन प्रश्नों का उत्तर चौथे और अंतिम चरण में है।
किन्तु अंतिम चरण का मजेदार अर्थ निकलता है।
हिरन से डरकर सिंह भागता है। पहले तीन के उत्तर ऐसे होंगे।
मृगात् सिंह पलायनम्



शुभाषितानि

विद्या नेताम, VIII A

कलहान्तानि हर्म्याणि,
कुवाक्यान्तानि च सौहृदम् ।
कुराजान्तानि राष्ट्राणि,
कुकर्मान्तानि यशो नृणाम् ॥

झगड़ों से परिवार टूट जाते हैं, गलत शब्द के प्रयोग करने से दोस्ती टूट जाती है। बुरे शासकों के कारण राष्ट्र का नाश होता है। कुकर्मों के कारण मनुष्य का यश नष्ट हो जाता है।

गुणी गुणं वेत्ति न वेत्ति निर्गुणो,
बली बलं वेत्ति न वेत्ति निर्बलः।
पिको वसन्तस्य गुणं न वायसः,
करी च सिंहस्य बलं न मूषकः॥

गुणी पुरुष ही दूसरे के गुण पहचानता है, गुणहीन पुरुष नहीं। बलवान पुरुष ही दूसरे का बल जानता है, बलहीन नहीं। वसन्त ऋतु आए तो उसे कोयल पहचानती है, कौआ नहीं। शेर के बल को हाथी पहचानता है, चूहा नहीं जानता है।

वृत्तं यत्नेन संरक्षयेद् वित्तमेति च याति च ।
अक्षीणो वित्ततः क्षीणो वृत्ततस्तु हतो हतः॥

विदुरनीति में कहा गया है कि आचरण की मनुष्य को प्रयत्न पूर्वक रक्षा करनी चाहिए, वित्त तो आता जाता रहता है। धनसे क्षीण मनुष्य वस्तुतः क्षीण नहीं, बल्कि चरित्र से हीन मनुष्य ही हीन माना जाता है।

यस्यास्ति वित्तं स नरः कुलीनः,
स पण्डितः स श्रुतवान् गुणज्ञः।
स एव वक्ता स च दर्शनीयः,
सर्वे गुणाः कांचनमाश्रयन्ते॥

जिसके पास धन है, वही कुलीन कहलाता है। वही पण्डित, बहुश्रुत, गुणों की पहचान रखनेवाला, वक्ता तथा दर्शनीय समझा जाता है, अर्थात् सभी गुण धन का आश्रय लेते हैं।



विमानयानं रचयाम!

यश्वी बटाविया, VI A

राघव! माधव! सीते! ललिते!

विमानयानं रचयाम।

नीले गगने विपुले विमले

वायुविहारं करवाम।

उन्नतवृक्षं तुंगं भवन्

क्रान्त्वाकाशं खलु याम।

कृत्वा हिमवन्तं सोपान

चन्द्रिलोकं प्रविशाम।

शुक्रश्चन्द्रः सूर्यो गुरुरिति

ग्रहान् हि सर्वान् गणयाम्

विविधाः सुन्दरताराश्चित्वा

मौक्तिकहारं रचयाम।

अम्बुदमालाम् अम्बरभूषाम्

आदायैव हि प्रतियाम।

दुःखित-पीडित-कृषिकजनानां

गृहेषु हर्षं जनयाम।

भारतजनताऽहम्

नेहा अग्रवाल, VIII A

अभिमानधना विनयोपेता, शालीना भारतजनताऽहम् ।

कुलिशादपि कठिना कुसुमादपि,

सुकुमारा भारतजनताऽहम् ।।

निवसामि समस्ते संसारे, मन्ये च कुटुम्बं वसुन्धराम् ।

प्रेयः श्रेयः च चिनोम्युभयं, सुविवेका भारतजनताऽहम् ।।

विज्ञानधनाऽहं ज्ञानधना, साहित्यकला-संगीतपरा ।

अध्यात्मसुधातटिनी-स्नानैः, परिपूता भारतजनताऽहम् ।।

मम गीतैर्मुग्धं समं जगत्, मम नृत्यैर्मुग्धं समं जगत् ।

मम काव्यैर्मुग्धं समं जगत्, रसभरिता भारतजनताऽहम् ।।

उत्सवप्रियाऽहं श्रमप्रिया, पदयात्रा-देशाटन-प्रिया ।

लोकक्रीडासक्ता वर्धेऽतिथिदेवा, भारतजनताऽहम् ।।

मैत्री मे सहजा प्रकृतिरस्ति, नो दुर्बलतायाः पर्यायः ।

मित्रस्य चक्षुषा संसारं, पश्यन्ती भारतजनताऽहम् ।।

विश्वस्मिन् जगति गताऽहमस्मि,

विश्वस्मिन् जगति सदा दृश्ये ।

विश्वस्मिन् जगति करोमि कर्म,

कर्मण्या भारतजनताऽहम् ।।

कर्मवीराः

उन्नति अग्रवाल, VIA

सूर्यस्तपतु मेघाः वा वर्षन्तु विपुलम जलम् ।

कृषिका कृषिको नित्यं शीतकालेऽपि कर्मठौ ।।

ग्रीष्मे शरीरं सस्वेदं शीते कम्पमयं सदा ।

हलेन च कुदालेन तौ तु क्षेत्राणि कर्षतः ।।

पादयोर्न पदत्राणे शरीरे वसनानि नो ।

निर्धनं जीवनं कष्टं सुखं दूरे हि तिष्ठाति ।।

गृहं जीर्णं न वर्षासु वृष्टिं वारयितुं क्षमम् ।

तथापि कर्मवीरत्वं कृषिकाणां न नश्यति ।।

तयोः श्रमेण श्रेत्राणि सस्यपूर्णानि सर्वदा ।

धरित्री सरसा जाता या शुष्का कण्टकावृता ।।

शाकमन्नं फलं दुग्धं दत्वा सर्वेभ्य एव तौ ।

क्षुधा-तृषाकुलौ नित्यं विचित्रौ जन-पालकौ ।।

नवनीतम्

अक्षरा खंडेलवाल, VIII A

अभिवादनशीलस्य, नित्यं वृद्धोपसेविनः ।

चत्वारि तस्य, वर्धन्ते आयुर्विद्या यशो बलम् ।।

भावार्थ— अभिवादनशील (प्रणाम करने की आदत वाले)

तथा प्रतिदिन वृद्धों की सेवा करने वाले व्यक्ति की आयु, विद्या, यश और बल ये चारों चीजें बढ़ती हैं ।

यं मातापितरौ क्लेशं सहेते सम्भवे नृणाम् ।

न तस्य निष्कृतिः शक्या कर्तुं वर्षशतैरपि ।।

भावार्थ— मनुष्यों (बच्चों) की उत्पत्ति तथा पालन-पोषण

करने में माता-पिता जिस कष्ट को सहते हैं, उसका

बदला चुकाने में बच्चा सौ वर्षों में भी

समर्थ नहीं हो सकता है ।

तयोर्नित्यं प्रियं कुर्यादाचार्यस्य च सर्वदा ।

तेष्वेव त्रिषु तुष्टेषु तपः सर्व समाप्यते ।।

भावार्थ— उन दोनों (माता और पिता) का और आचार्य

को सदा प्रतिदिन (सन्तानों द्वारा) सेवा करना चाहिए ।

उन तीनों के ही सन्तुष्ट होने पर सारे तप समाप्त

(सार्थक) हो जाते हैं ।

सर्व परवशं दुःखं सर्वमात्मवशं सुखम् ।

एतद्विद्यात्समासेन लक्षणं सुखदुःखयोः ।।

भावार्थ— दूसरों के वश में सारा दुःख होता है और

अपने वश में सब कुछ सुख होता है । इसे ही संक्षेप से

सुख और दुःख का लक्षण जानना चाहिए ।

यत्कर्म कुर्वतोस्य स्यात्परितोषोन्तरात्मनः ।

तत्प्रयत्नेन कुर्वीत विपरीतं तु वर्जयेत् ।।

भावार्थ—जिस काम को करते हुए इस (अपनी) आत्मा

का सन्तोष हो, उस काम को प्रयत्नपूर्वक करना

चाहिए । उससे विपरीत को छोड़ देना चाहिए ।

दृष्टिपूतं न्यसेत्पादं वस्त्रपूतं जलं पिबेत् ।

सत्यपूता वदेद्वाचं मनः पूतं समाचरेत् ।।

भावार्थ—आँख से पवित्र करके (अच्छी तरह देख-भाल

करके) पैर रखना चाहिए, कपड़े से छानकर (शुद्ध

करके) जल पीना चाहिए । सत्य से पवित्र करके (सत्य

से युक्त करके) वाणी बोलनी चाहिए और मन से पवित्र

करके (सोच-विचार करके) आचरण-व्यवहार करना

चाहिए ।

संस्कृत दिवस

मानसी अग्रवाल, VIII A

प्रतिवर्ष श्रावणी पूर्णिमा के पावन अवसर को संस्कृत दिवस के रूप में मनाया जाता है। श्रावणी पूर्णिमा अर्थात् रक्षा बन्धन ऋषियों के स्मरण तथा पूजा और समर्पण का पर्व माना जाता है। वैदिक साहित्य में इसे श्रावणी कहा जाता था। इसी दिन गुरुकुलों में वेदाध्ययन कराने से पहले यज्ञोपवीत धारण कराया जाता है। इस संस्कार को उपनयन अथवा उपाकर्म संस्कार कहते हैं। इस दिन पुराना यज्ञोपवीत भी बदला जाता है। ब्राह्मण यजमानों पर रक्षासूत्र भी बाँधते हैं। ऋषि ही संस्कृत साहित्य के आदि स्रोत हैं, इसलिए श्रावणी पूर्णिमा को ऋषि पर्व और संस्कृत दिवस के रूप में मनाया जाता है। राज्य तथा जिला स्तरों पर संस्कृत दिवस आयोजित किए जाते हैं। इस अवसर पर संस्कृत कवि सम्मेलन, लेखक गोष्ठी, छात्रों की भाषण तथा श्लोकोच्चारण प्रतियोगिता आदि का आयोजन किया जाता है, जिसके माध्यम से संस्कृत के विद्यार्थियों, कवियों तथा लेखकों को उचित मंच प्राप्त होता है।

सन् 1969 में भारत सरकार के शिक्षा मंत्रालय के आदेश से केन्द्रीय तथा राज्य स्तर पर संस्कृत दिवस मनाने का निर्देश जारी किया गया था। तब से संपूर्ण भारत में संस्कृत दिवस श्रावणी पूर्णिमा के दिन मनाया जाता है। इस दिन को इसीलिए चुना गया था कि इसी दिन प्राचीन भारत

में शिक्षण सत्र शुरू होता था। इसी दिन वेद पाठ का आरंभ होता था तथा इसी दिन छात्र शास्त्रों के अध्ययन का प्रारंभ किया करते थे। पौष माह की पूर्णिमा से श्रावण माह की पूर्णिमा तक अध्ययन बन्द हो जाता था। प्राचीन काल में फिर से श्रावण पूर्णिमा से पौष पूर्णिमा तक अध्ययन चलता था, वर्तमान में भी गुरुकुलों में श्रावण पूर्णिमा से वेदाध्ययन प्रारम्भ किया जाता है। इसीलिए इस दिन को संस्कृत दिवस के रूप से मनाया जाता है। आजकल देश में ही नहीं, विदेश में भी संस्कृत उत्सव बड़े उत्साह के साथ मनाया जाता है। इसमें केन्द्र तथा राज्य सरकारों का भी योगदान उल्लेखनीय है। जिस सप्ताह संस्कृत दिवस आता है, वह सप्ताह कुछ वर्षों से संस्कृत सप्ताह के रूप में मनाया जाता है। देश के समस्त विद्यालयों में इसको बड़े धूमधाम से मनाया जाता है। उत्तराखण्ड में संस्कृत आधिकारिक द्वितीय राजभाषा घोषित होने से संस्कृत सप्ताह में प्रतिदिन संस्कृत भाषा में अलग अलग कार्यक्रम व प्रतियोगिताएँ होती हैं। संस्कृत के छात्र-छात्राओं द्वारा ग्रामों अथवा शहरों में झांकियाँ निकाली जाती हैं। संस्कृत दिवस एवं संस्कृत सप्ताह मनाने का मूल उद्देश्य संस्कृत भाषा का प्रचार प्रसार करना।



आधुनिक विश्व में संस्कृत

डॉ. दादू भाई त्रिपाठी

जानकारी हासिल करना मनुष्य का जन्म से ही स्वभाव रहा है। यही कारण है कि आज हमारे सामने इतने आविष्कार हो चुके हैं कि हमारा जीवन बहुत सरलता से निकल रहा है। लेकिन किसी भी कार्य के लिए सबसे ज्यादा ज़रूरी चीज़ होती है, भाषा।

बिना भाषा के हमारा कोई भी किया कार्य हम दूसरे को नहीं बता सकते। आज दुनिया भर में लगभग 6900 भाषाओं का प्रयोग किया जाता है। लेकिन क्या आपने कभी सोचा है कि इन भाषाओं की जननी कौन है? नहीं, कोई बात नहीं आज हम आपको दुनिया की सबसे पुरानी भाषा के बारे में विस्तृत जानकारी देने जा रहे हैं। दुनिया की सबसे पुरानी भाषा है :- संस्कृत भाषा। आइये जानते हैं संस्कृत भाषा का महत्व।

संस्कृत भारत की एक शास्त्रीय भाषा है। इसे देववाणी अथवा सुरभारती भी कहा जाता है। इस भाषा के वर्ण (अक्षर) ऋषि मुनियों द्वारा गहरे ध्यान के बाद इस दुनिया को प्राप्त हुए। यह दुनिया की सबसे पुरानी उल्लिखित भाषाओं में से एक है। संस्कृत में हिन्दू धर्म से सम्बंधित लगभग सभी धर्मग्रन्थ लिखे गये हैं। बौद्ध धर्म विशेषकर महायान तथा जैन धर्म के भी कई महत्वपूर्ण ग्रन्थ संस्कृत में लिखे गये हैं। आज भी हिन्दू धर्म के अधिकतर यज्ञ और पूजा संस्कृत में होते ही हैं, सहैव विज्ञान के समस्त सूत्र संस्कृत भाषा और वेदों में निहित हैं—

संस्कृत को विश्व की अन्य भाषाओं की जननी माना जाता है। दुनिया भर में सिर्फ संस्कृत ही एक ऐसी भाषा है जो पूरी तरह सटीक है। इसका कारण है इसकी सर्वाधिक शुद्धता। कम्प्यूटर सॉफ्टवेयर के लिए भी संस्कृत को ही सबसे उपयुक्त भाषा माना जाता है, फोर्ब्स पत्रिका जुलाई 1987 की एक रिपोर्ट में उल्लिखित है। लेकिन फिर भी इसे कंप्यूटर के लिए प्रयोग नहीं किया जाता।

इतना ही नहीं देश और दुनिया की तरक्की और सभ्याचरण में संस्कृत भाषा का महत्व महत्वपूर्ण योगदान है। आज के समय में संस्कृत की हालत बहुत चिन्तनीय है। लेकिन आज हम कुछ ऐसा बताने जा रहे हैं जिस से हर भारतीय का सीना गर्व से फूल जाएगा। आइये जानते हैं संस्कृत के बारे में कुछ रोचक बातें—

1. मात्र 3,000 वर्ष पूर्व तक भारत में संस्कृत बोली जाती थी तभी तो ईसा से 500 वर्ष पूर्व पाणिनि ने दुनिया का पहला व्याकरण ग्रंथ लिखा था, जो संस्कृत का था। इसका नाम अष्टाध्यायी है।
2. संस्कृत विश्व की सबसे पुरानी पुस्तक ऋग्वेद की भाषा है। इसलिये इसे विश्व की प्रथम भाषा मानने में कहीं किसी संशय की संभावना नहीं है।
3. इसकी सुस्पष्ट व्याकरण और वर्णमाला की वैज्ञानिकता के कारण सर्वश्रेष्ठता भी स्वयं सिद्ध है।
4. संस्कृत ही एक मात्र साधन है जो क्रमशः अंगुलियों एवं जीभ को लचीला बनाते हैं।
5. कहा जाता है कि अरबी भाषा को कंठ से और अंग्रेजी को केवल होंठों से ही बोला जाता है किंतु संस्कृत में वर्णमाला को स्वरों की आवाज के आधार पर कवर्ग, चवर्ग, टवर्ग, तवर्ग, पवर्ग, अंतःस्थ और ऊष्म वर्गों में बाँटा गया है।
6. संस्कृत अध्ययन करने वाले छात्रों को गणित विज्ञान एवं अन्य भाषाएँ ग्रहण करने में सहायता मिलती है।
7. संस्कृत केवल एक मात्र भाषा नहीं है अपितु संस्कृत एक विचार है, संस्कृत एक संस्कृति है, एक संस्कार है। संस्कृत में विश्व का कल्याण है, शांति है, सहयोग है, वसुधैव कुटुम्बकम् की भावना है।
8. नासा का कहना है की 6—जी और 7—जी **generation super computers** संस्कृत भाषा पर आधारित होंगे।
9. संस्कृत विद्वानों के अनुसार सौर परिवार के प्रमुख सूर्य के एक ओर से 9 रश्मियाँ (Beams of light) निकलती हैं और ये चारों ओर से अलग-अलग निकलती हैं। इस तरह कुल 36 रश्मियाँ हो गईं। इन 36 रश्मियों के ध्वनियों पर संस्कृत के 36 स्वर बने।
10. संस्कृत उत्तराखंड की आधिकारिक राज्य भाषा है।

11. अरब आक्रमण से पहले संस्कृत भारत की राष्ट्रभाषा थी।
12. कर्नाटक के (Mattur) गाँव में आज भी लोग संस्कृत में ही बोलते हैं।
13. जर्मनी के 14 विश्वविद्यालय लोगों की भारी मांग पर संस्कृत (Sanskrit) की शिक्षा उपलब्ध करवा रहे हैं लेकिन आपूर्ति से ज्यादा मांग होने के कारन वहाँ की सरकार संस्कृत सीखने वालों को उचित शिक्षण व्यवस्था नहीं दे पा रही है।
14. हिन्दू युनिवर्सिटी के अनुसार संस्कृत में बात करने वाला मनुष्य बीपी, मधुमेह, कोलेस्ट्रॉल आदि रोग से मुक्त हो जाएगा।
15. संस्कृत में बात करने से मानव शरीर का तंत्रिका तंत्र सक्रिय रहता है। जिससे कि व्यक्ति का शरीर सकारात्मक आवेश के साथ सक्रिय हो जाता है।
16. यूनेस्को (UNESCO) ने भी मानवता की अमूर्त सांस्कृतिक विरासत की अपनी सूची में संस्कृत वैदिक जाप को जोड़ने का निर्णय लिया गया है। यूनेस्को (UNESCO) ने माना है कि संस्कृत भाषा में वैदिक जप मानव मन, शरीर और आत्मा पर गहरा प्रभाव पड़ता है।
17. शोध से पाया गया है कि संस्कृत (Sanskrit) पढ़ने से स्मरण शक्ति, याददाश्त बढ़ती है।
18. संस्कृत वाक्यों में शब्दों की किसी भी क्रम में रखा जा सकता है। इससे अर्थ का अनर्थ होने की बहुत कम या कोई भी सम्भावना नहीं होती। ऐसा इसलिए होता है क्योंकि सभी शब्द विभक्ति और वचन के अनुसार होते हैं।
जैसे— (1) अहं गृहं गच्छामि।
(2) गृहं गच्छामि अहम्।
(3) गच्छामि गृहं अहम्।

तीनों ही ठीक हैं। तीनों वाक्यों के अर्थ में कोई अन्तर नहीं है। नासा के वैज्ञानिकों के अनुसार जब वो अंतरिक्ष ट्रैवलर्स को मैसेज भेजते थे तो उनके वाक्य उलटे हो जाते थे। इस वजह से मैसेज का अर्थ ही बदल जाता था। उन्होंने कई भाषाओं का प्रयोग किया लेकिन हर बार यही समस्या आई। आखिर में उन्होंने संस्कृत में मैसेज भेजा क्योंकि संस्कृत के वाक्य उलटे हो जाने पर भी अपना अर्थ नहीं बदलते हैं। जैसा के ऊपर बताया गया है। संस्कृत भाषा में किसी भी शब्द के समानार्थी शब्दों की संख्या सर्वाधिक है—जैसे हाथी शब्द के लिए संस्कृत में 900 से अधिक समानार्थी शब्द हैं। विश्व का समस्त दृश्यमान जगत का यत्किंचित ज्ञान है, वह सब कुछ संस्कृत में निहित है—धर्मग्रन्थ वेद, उपनिषद, आगम, भागवद्गीता भाषा, व्याकरण अष्टाध्यायी, गणपाठ, पदपाठ, वार्तिक, महाभाष्य, वाक्यपदीय फिट.सूत्र सामान्य नियम एवं धार्मिक नियम धर्मसूत्र, धर्मशास्त्र मनुस्मृति, राजनीति, समाजशास्त्र, अर्थशास्त्र कालगणना, गणित, तर्क कल्प, ज्योतिष, गणितशास्त्र, शुल्बसूत्र, सिद्धान्त, आर्यभटीय, दशगीतिकासूत्र, सिद्धान्तशिरोमणि, गणितसारसङ्ग्रह, बीजगणितम्, आयुर्विज्ञान आयुर्वेद, स्वास्थ्य आयुर्वेद, सुश्रुतसंहिता, चरकसंहिता, महाकाव्य रामायण, महाभारत, मन्दिरमूर्तिकला बृहत्संहिता, आहत्य कह सकते हैं कि विश्व का समस्त ज्ञान प्रपंच, तथा जो कुछ भी शोध होगा वह संस्कृत से इतर नहीं अपितु पूर्वकृत शोध और गवेषणा का मात्र नव संस्करण होगा।

कुशलः वृद्धः

जिया मेमन, VIII B

एकः वृद्धः आसीत्। सः क्षुधितः अभवत्। समीपे एकः आम्रवृक्षः वृक्षस्य उपरि वानराः आसन्। वृद्धः एकम् उपायम् अकरोत्।
आसीत्। वृद्धः आम्रवृक्षस्य समीपम् अगच्छत्। वृक्षे बहूनि सः पाषाणखण्डान् स्वीकृत्य अक्षिपत्। वानराः कुपिताः
फलानि अपश्यत्। सः अचिन्तयत् अहं वृद्धः। मम शरीरे अभवन्। ते फलानि अक्षिपन्। वृद्धः तानि फलानि स्वीकृत्य
शक्तिः नास्ति। वृक्षः उन्नत अस्ति। कथम् उपरि गच्छामि। सन्तोषेण अखादत्।
कथं फलं प्राप्नोमि।

वेदेषु नारीणां महत्त्वम्

रुद्राक्ष सोनी, VIII A

यत्र नार्यस्तु पूज्यन्ते, रमन्ते तत्र देवताः।

यत्रैताः न पूज्यन्ते, सर्वास्तत्राफलाः क्रियाः।।

जहाँ नारियों का सम्मान होता है, वहाँ देवता निवास करते हैं। जहाँ नारियों का सम्मान नहीं होता वहाँ की गई सभी क्रियाएँ निष्फल हो जाती हैं।

या गार्गी श्रुतचिन्तने नृपनये पांचालिका विक्रमे,
लक्ष्मीः शत्रुविदारणे च गगने विज्ञाऽजिरे कल्पना।

इन्द्रोद्योगपथे च खेलजगति ख्याताभितः साङ्ना
सा स्त्री सकलासु दिक्षु सबला सर्वैः सदोत्साह्यताम्।

जिस तरह से गार्गी शास्त्रों के ज्ञान के चिन्तन और राजा जनक को प्रभावित करने में, द्रौपदी पराक्रम में, लक्ष्मीबाई शत्रुओं का नाश करने में, कल्पना चावला विज्ञान के विशाल आकाश रूपी आँगन में, इन्द्रा नूई उद्योग मार्ग में, साङ्ना खेल जगत् में प्रसिद्धि पाई। उसी तरह से सभी स्त्रियाँ सभी दिशाओं में सबल हों, सबके द्वारा सदा उत्साहित की जाएँ।



मम विद्यालयः

कर्तव्य अग्रवाल, VI A

कांगेर वैली मम विद्यालयस्य नाम अस्ति। मम विद्यालयः कांगेर वैली न केवलं रायपुरस्य अपितु संपूर्ण छत्तीसगढ़स्य श्रेष्ठः विद्यालयः अस्ति। अत्र विनम्राः छात्र-छात्राः सन्ति। ते छात्राः विविधाः शिक्षाः संस्कारान् विद्यालये प्राप्नुवन्ति। तथा च उत्तमाः शिक्षकाः, शिक्षिकाः च सन्ति, ये अस्मान् पाठयन्ति प्रेरयन्ति च। मम विद्यालये सङ्गणकयन्त्र-प्रयोगशाला अस्ति। प्रयोगशालायां बहूनि सङ्गणकयन्त्राणि सन्ति। अत्र विज्ञानस्य, गणितस्य, भाषायाः अनेकाः प्रयोगशालाः सन्ति। विद्यालयद्वारा अस्माकं कृते उत्तमभोजनस्य व्यवस्था परिकल्पिता वर्तते। अस्माकं विद्यालये क्रीडायाः कृतेऽपि श्रेष्ठा व्यवस्था अस्ति।

त्रिवर्णः ध्वजः

आयुषी गुप्ता, VII A

कः एतादृशः भारतीयः यः अस्य ध्वजस्य विषये न जानाति ? अस्माकं देशस्य ध्वजः त्रिवर्णः इति। अस्मिन् ध्वजे त्रयः वर्णाः सन्ति, अतः त्रिवर्णः। केशरवर्णः, श्वेतः, हरितः च एते त्रयः वर्णाः। केशरवर्णः शौर्यस्य, श्वेतः शान्तेः, हरितश्च समृद्धेः सूचकाः सन्ति। स्वयं च अयं ध्वजः अनेकत्वे एकत्वस्य द्योतकः। तथा एतासां पट्टिकानाम् अन्यदपिमहत्त्वम्। ध्वजस्य उपरि स्थिता केशर पट्टिका अग्निशिखा इव ऊर्जस्वितायाः उत्साहस्य च सूचिका। मध्ये स्थिता श्वेतपट्टिका सात्विकतायाः निर्मलतायाः च द्योतिका। अधः स्थिता हरितपट्टिका समग्र प्रगतिश्च संकेतिका। ध्वजस्य मध्ये स्थितस्य चक्रस्य विशेष महत्त्वम् अस्ति। इदम् अशोकचक्रं सत्यस्य, धर्मस्य अहिंसायाश्च द्योतकम्।

स्मृतिशौभम्

अनुष्ठा अग्रवाल, VIII B

आनन्दगंगा वहतीव यत्र, सौन्दर्यसिप्रा सरतीव यत्र ।

बन्धुत्वसिन्धुश्चलतीव यत्र,
संस्कारशुद्धोऽस्ति स वो विभागः ।।
विलोक्य विद्यां प्रति कर्मनिष्ठां,
चेष्टां च सर्वा निजनेत्रकान्त्या ।
जातं हि चित्तं सुखमण्डितं मे,
विद्या यतो मे जननीव जीर्णा ।।

सुभ्रा सुचित्रा सरला सुभद्रा, विभागदायित्वनगाधिरूढा ।
बन्धुत्वविद्या विषये प्रवीणा, तां भारतीं स्नेहवतीं स्मरामि ।।
या माधवी माधवभावसिक्ता, सदानुरक्ताऽध्ययनेऽतिशान्ता ।
विद्योतते या प्रतिभेव साक्षात्, तां भारतीं स्नेहवतीं
स्मरामि ।।

विद्याधनम्

नोशी राहौगडाले, VII A

1. न चौरहार्यं न च राजहार्यं न भ्रातृभाज्यं न च
भारकारि ।
व्यये कृते वर्धत एव नित्यं, विद्याधनं सर्वधनप्रधानम् ।
2. विद्या नाम नरस्य रूपमधिकं प्रच्छन्नगुप्तं धनम् ।
विद्या भोगकरी यशः सुखकरी विद्या गुरुणां गुरुः ।
विद्या बन्धुजनो विदेशगमने विद्या परा देवता
विद्या राजसुपूज्यतेन हि धनं विद्या-विहीनः पशुः ।
3. केयूराः न विभूषयन्ति पुरुषं हारा न चन्द्रोज्ज्वला
न स्नानं न विलेपनं न कुसुमं नालङ्कृता मूर्धजाः ।
वाण्येका समलङ्करोति पुरुषं या संस्कृता धार्यते
क्षीयन्तेऽखिलभूषणानि सततं वाग्भूषणं भूषणम् ।
4. विद्या नाम नरस्य कीर्तिरतुला भाग्यक्षये चाश्रयः
धेनुः कामदुधा रतिश्च विरहे नेत्रं तृतीयं च सा
सत्कारायतनं कुलस्य महिमा रत्नैर्विना भूषणम्
तस्मादन्यमुपेक्ष्य सर्वविषयं विद्याधिकारं कुरु ।।

दानस्य फलम्

अनिकेत सिंह, IX C

दानेन एव मनुष्यः श्रेष्ठः भवति । एतेन एव मानवः कल्याणं
लभते । दानेन पापस्य परिहारः भवति इति काचिद् उक्तिः
अस्ति । एतस्य दानस्य आशयः अस्ति यत् यस्य समीपे यद्
नास्ति सः अन्यस्माद् दानं दातुः हस्तात् तत् स्वीकर्तुम्
अर्हति । एतेन कारणेन तस्य आवश्यकतायाः पूर्णता भवेत्
इति । दानेषु एनेके प्रकाराः सन्ति । ज्योतिषशास्त्रे केन केन
दानेन कः कः लाभः भवति इति निर्दिष्टः अस्ति, तद् विषये
किञ्चिद् विवरणम् अत्र प्रस्तूयते—

01 अन्नदानेन—	दारिद्र्यनिवारणम्
02 वस्तुदानेन—	आयुःप्राप्तिः
03 मधुदानेन—	पुत्रप्राप्तिः
04 दीपदानेन—	नेत्रज्योतिप्राप्तिः
05 गोदानेन—	सन्तोषप्राप्तिः
06 नारिकेलदानेन—	अभीष्टफलप्राप्तिः
07 आमलकदानेन—	अभीष्टकार्यसिद्धिः
08 भूमिदानेन—	ईश्वरसिद्धिः
09 तण्डुलदानेन—	पापपरिहारः
10 घृतदानेन—	रोगपरिहारः
11 दुग्धदानेन—	दुःखपरिहारः
12 दधिदानेन—	इन्द्रियवृद्धिः
13 फलदानेन—	बुद्धिविकासः
14 स्वर्णदानेन—	कुटुम्बदोषनिवारणम्
15 रजतदानेन—	मानसिकदोषनिवारणम्
16 ग्रन्थदानेन—	पुण्यप्राप्तिः
17 विद्यादानेन—	कुलोद्धारः

चतुर्काकः

अर्णव चौधरी, VIA

एकः काकः आकाशे डयमानः आसीत् । तृषार्तः सः जलस्य
अन्वेषणं करोति । तदा सः घटे अल्पं जलं पश्यति । सः
उपलान् आनीय घटे पातयति । जलं घटे उपरि
आगच्छति । काकः सानन्दं जलं पीत्वा तृप्यति । अतः
उपायेन सर्वाणि अपि कार्याणि सिध्यन्ति ।

अमृतं संस्कृतम्

अरव अग्रवाल, VII A

विश्वस्य सर्वासु भाषासु संस्कृतभाषा प्राचीनतमा भाषास्ति । भाषेयं बह्वीनां भाषाणां जननी मता । अस्यामेव भाषायां ज्ञानविज्ञानयोः निधिः सुरक्षितोऽस्ति । यथोक्तम् 'भारतस्य प्रतिष्ठे द्वे संस्कृतं संस्कृतिस्तथा' । अस्याः भाषायाः वैज्ञानिकतां विचार्य एव सगणकविशेषज्ञाः कथयन्ति यत् संस्कृतमेव सङ्गणकस्य कृते सर्वोत्तमा भाषा विद्यते । अस्याः वाङ्मयं वेदैः पुराणैः, नीतिशास्त्रैः चिकित्साशास्त्रादिभिश्च समृद्धमस्ति । कालिदाससदृशानां विश्वकवीनां काव्यसौन्दर्यम् अनुपमम् । चाणक्यरचितम् अर्थशास्त्रं जगति प्रसिद्धमस्ति । गणितशास्त्रे शून्यस्य प्रतिपादनं सर्वप्रथमं भास्कराचार्यः सिद्धान्तशिरोमणी अकरोत् । चिकित्साशास्त्रे चरकसुश्रुतयोः योगदानं विश्वप्रसिद्धम् । संस्कृते यानि

अन्यानि शास्त्राणि विद्यन्ते तेषु खगोलविज्ञानं, वास्तुशास्त्रं, रसायनशास्त्रं, ज्योतिषशास्त्रं, विमानशास्त्रं च उल्लेखनीयम् । संस्कृतस्य इदं वैशिष्ट्यं वर्तते यद् अस्याः वाङ्मये विद्यमानाः सूक्तयः अभ्युदयाय प्रेरयन्ति । वरिष्ठान् कनिष्ठान् च प्रति अस्माभिः कथं व्यवहर्तव्यम् इत्यस्य व्यावहारिक ज्ञानं संस्कृतमेव ददाति । भारतसर्वकारस्य विभिन्नेषु विभागेषु संस्कृतस्य सूक्तयः ध्येयवाक्यरूपेण स्वीकृताः सन्ति । भारतसर्वकारस्य राजचिह्नं प्रयुक्तां सूक्तिं 'सत्यमेव जयते' सर्वे जानन्ति । एवमेव राष्ट्रिय-पैक्षिक-अनुसन्धानप्रशिक्षणपरिषदः ध्येयवाक्यं 'विद्ययाऽमृतमश्नुते' वर्तते ।



वैदिकतन्त्रों का मूल स्वरूप

नेहा पटेल, IX C

अथर्ववेद संहिता हिंदू धर्म के पवित्र वेदों में से चौथा है। इस वेद को ब्रह्म वेद भी कहते हैं। इसमें देवताओं की स्तुति के साथ चिकित्सा, विज्ञान और दर्शन के भी मंत्र हैं। अथर्ववेद संहिता के बारे में कहा गया है कि जिस राजा के राज्य में अथर्ववेद जानने वाला विद्वान्, शांति स्थापना के कर्म में निरंतर रहता है, वह राज्य निरंतर उन्नति करता जाता है।

अथर्ववेद गृहस्थ आश्रम के अंदर पति-पत्नी के कर्तव्य तथा विवाह के नियमों, मान-मर्यादाओं का उत्तम विवेचन करता है। अथर्ववेद को कभी-कभी “जादुई सूत्रों का वेद” कहा जाता है। अन्य तीन वेदों के पदानुक्रमिक धर्म के विपरीत अथर्ववेद को एक लोकप्रिय धर्म का प्रतिनिधित्व करने के लिए कहा जाता है। जिसमें जादू के सूत्र शामिल हैं।

व्याकरण

शांभवी मुखर्जी, X C

व्याकरण वह शास्त्र है जिसके द्वारा किसी भी भाषा के शब्दों और वाक्यों के शुद्ध स्वरूप एवं शुद्ध प्रयोगों का विशद ज्ञान कराया जाता है। कोई भी मनुष्य शुद्ध भाषा का पूर्ण ज्ञान व्याकरण के बिना प्राप्त नहीं कर सकता। व्याकरण शास्त्र का वृहद् इतिहास है, किंतु महामुनि पाणिनि और उनके द्वारा प्रणीत अष्टाध्यायी ही इस का केंद्र बिंदु है। पाणिनि ने

अष्टाध्यायी में 3995 सूत्र की रचना कर भाषा के नियमों को व्यवस्थित किया। जिसमें पदों की रचना, पदों की प्रकृति, प्रत्यय, विभाग आदि प्रमुख तत्व हैं। इन नियमों की पूर्ति के लिए धातु पाठ, गण पाठ भी पाणिनि ने बनाये। बाद में महामुनि पतंजलि ने महाभाष्य की रचना कर सरल व्याकरण को पूर्णता प्रदान की।

वैदिकोपासना

वामिका जैन, IX C

सामवेद—यह उपासना का वेद है, इसमें 1905 मंत्र हैं। साम का अर्थ रूपांतरण संगीत, शौम्यता और उपासना इस वेद में ऋग्वेद की रचनाओं का संगीत में रूप है सामवेद। गीतात्मक यानी गीत के रूप में है। इस वेद को संगीत

शास्त्र का मूल माना जाता है। 1905 मंत्रों के इस वेद में 15 मंत्रों को छोड़कर शेष मंत्र ऋग्वेद के लिए हैं। इसमें सविता, अग्नि और इंद्र देवताओं के बारे में वर्णन मिलता है। मुख्य रूप से 3 शाखाएँ हैं और 15 ऋचाएँ हैं।

अथर्ववेद

दीपिका देवांगन, IX C

हिंदू धर्म के पवित्र वेदों में से चौथे वेद को अथर्ववेद कहा जाता है। इसे ब्रह्मा वेद भी कहते हैं। इसमें देवताओं की स्तुति के साथ चिकित्सा विज्ञान, धनुर्वेद, योग दर्शन के भी

मंत्र हैं। इसमें 6000 मंत्र हैं। भूगोल, खगोल, वनस्पति विद्या, आयुर्वेद, अर्थशास्त्र और राजनीति आदि विषयों का निरूपण है।

सामवेदः

टिया बैस, IX C

चार वेदों में से एक वेद है "सामवेद"।
साम का शाब्दिक अर्थ है —वह गीत जिसके द्वारा परमात्मा को पाया जाता है।
सामवेद के दो भाग हैं —1. पूर्वार्चिक (650 मंत्र)
2. उत्तरार्चिक (1225 मंत्र)
सामवेद में कुल मंत्र संख्या 1875 है।
सामवेद में ऋग्वेद से 1504 मंत्र लिए गए हैं।
सामवेद के 104 मंत्र ही अपने हैं।
सामगान के चार प्रकार हैं।

- 1) ग्रामगान — गाँव/ सार्वजनिक स्थानों पर
- 2) आरण्यगान —वन और पवित्र स्थान
- 3) अहगान — सार्वजनिक धार्मिक स्थलों पर
- 4) ऊहगान — रहस्यात्मक होने के कारण वन ,पवित्र स्थलों पर

महत्वपूर्ण:—

सामवेद में कुल 144000 अक्षर हैं।
सामवेद के 450 मंत्रों का गान नहीं हो सकता है।
सामवेद के गायन करने वालों को संभाग कहते हैं।
सामवेद में सात स्वर, 3 ग्राम, 21 मूर्छनाएँ, 49 तानों का वर्णन है।

सात स्वर (क्रम से) मध्यम, गांधार ,ऋषभ ,शडज,
निषाद, धैवत, पंचम

3 समूह निम्न है:—

1. मंद
2. मध्य
3. तीव्र

मातुलचन्द्र!

अर्थव बाजपेयी, VIA

कुत आगच्छसि मातुलचन्द्र!

कुत्र गमिष्यसि मातुलचन्द्र!

अतिशयविस्तृतनीलाकाशः

नैव दृश्यते क्वचिदवकाशः।

कथं प्रयास्यसि मातुलचन्द्र!

कुत आगच्छसि मातुलचन्द्र!

कथमायासि न भो! मम गेहम्

मातुल! किरसि कथं न स्नेहम्

कदाऽऽगमिष्यसि मातुलचन्द्र!

कुत आगच्छसि मातुलचन्द्र!

धवलं तव चन्द्रिकावितानम्

तारकखचितं सितपरिधानम्

मह्यं दास्यसि मातुलचन्द्र!

कुत आगच्छसि मातुलचन्द्र!

त्वरितमेहि मां श्रावय गीतिम्

प्रिय मातुल! वर्धय मे प्रीतिम्

किन्नायास्यसि मातुलचन्द्र!

कुत आगच्छसि मातुलचन्द्र!





Home away from Home



Ambassadors of KVA.... Batch 2022-23



Ambassadors of KVA.... Batch 2022-23



VISITORS at KVA

BONGISWA KOTTA RAMUSHWANA (Danville, Pretoria West, South Africa) - Story Teller. – Very impressed by the school premises, the staff, the wonderful learners and the amazingly warm owners of the school. I had an amazingly engaging session with the students. Would love to come back again and again.



SUNIL JAIN, IAS- Secretary School Education & Director of Public Instructions- Delighted to be present on the occasion of the Azadi Ka Amrit Mahotsav celebrations. The ambience of, "Development with the Environment," is a unique example evident everywhere in the campus. Praiseworthy educational atmosphere too seems to be existent. The staff is aware and self motivated. An exemplary unit on the whole. Congratulations !



NIHARIKA BARIK SINGH- IAS, Secretary, Health, Govt. of Chhattisgarh. It was a wonderful experience to be back in school. Heartening to note that the school is imparting knowledge & thoughts relevant for nation building. A very inspiring & thought provoking cultural presentation.



AMRUT DESHMUKH, MUMBAI

Story Teller & Book Reading Motivator.- My mission never got such an enthusiastic response like I got in this school. I declare my mission accomplished! Kids here are in safe hands under the shelter of this academy.



DR. PREMSAY SINGH, Minister for Education, Govt. of CG – Visited and went around KVA. Saw the arrangements, facilities, management, the staff and the loving students. Understood the academic as well as the sports needs are being taken care of wonderfully well. I am personally very impressed by the set up.



MAYANK GURJAR, IPS- CSP, Azad Chowk

Really liked the Day Boarding concept of the school. The infrastructure & facilities are good. The concept of the games period as the compulsory last activity of the day sound amazing. My best wishes to the Management & the Staff for the great work they have started. Hope the school and students reach great



PANKAJ RAJPUT, IFS, DFO, Mahasamund

A beautiful campus, close to nature, allowing kids to explore their multi dimensional creative faculties. Teachers seem as smart as the kids, allowing mutual learning and growth. It was a fun interacting with the kids and the faculty, alike.



AMRITA JAIN, IRS.- Deputy Commissioner, Directorate General of GST Intelligence, Gurgaon Zonal Unit.- Thanks to KVA for inviting me to the "Hurrah", it was a wonderful event and I loved the enthusiasm & confidence of the young students. KVA is an experience every student is lucky to have



RATNA SINGH, IPS, CSP, Azad Chowk

A beautifully designed campus. The faculty & the school administration is really thoughtful to have kept the students strength, limited. Personalised attention needed by the young learners is available. Thanks to the KVA Family for inviting me.



SANDEEP CHAUDHARY - TV Anchor, Journalist, News 24 Channel

"It was one of the best days of my life,"- with a little modification of the famous song is how I would describe my day today at KVA – a vibrant, vivacious institute built with sweat and blood by my dear friend Sanjay & his better half Rakhi. With an emphasis plus, rooting for our 'roots' & simultaneously preparing them for a post-modern world- a perfect "Kadam Taal" is discernible. Hope they continue on the hard path they have chosen for themselves, 'Bon Voyage.'





KAANGER VALLEY ACADEMY

CBSE Affiliation No. 3330069

Behind R.S.U. Gym., Ravishankar Shukla University, Raipur - 492 010 (C.G.)

Tel.: 0771-2262478-87 **Mob.:** 97709 12148, 97709 12137

E-mail: info@kva.edu.in **Website:** www.kva.edu.in

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Your Own Boutique School