

केंद्रीय विद्यालय, वायु सेना स्थल, मेमौरा, लखनऊ
वातायन (2022-2023)





केंद्रीय विद्यालय, वायु सेना स्थल, मेमौरा, लखनऊ 226401 (उ.प्र.)

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विद्यालय पत्रिका : वातायन (2022-2023)

मुख्य संरक्षक

श्री डी के द्विवेदी

उपायुक्त, केंद्रीय विद्यालय संगठन (क्षेत्रीय कार्यालय), लखनऊ

उप संरक्षक

ग्रुप कैप्टन कमल चड्डा

अध्यक्ष विद्यालय प्रबंध समिति

उप संरक्षक

श्री विजय कुमार

सहायक आयुक्त, केंद्रीय विद्यालय संगठन
(क्षेत्रीय कार्यालय), लखनऊ

मार्गदर्शन एवं प्रेरणा

इन्दु पुरी

प्राचार्य

मुख्य संपादक

डॉ हिमांशु मिश्र, पी.जी.टी. (अंग्रेजी)

संपादक मंडल

श्री वेद प्रकाश पी.जी.टी. (हिन्दी)

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श्री संदीप सिंह, टी.जी.टी. (हिन्दी)

सुश्री पूजा त्रिपाठी, टी.जी.टी. (अंग्रेजी)

सुश्री शाजमा अंसारी, टी.जी.टी. (अंग्रेजी)

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आवरण, साज- एवं सॉफ्टवेयर कार्य सज्जा

डॉ हिमांशु मिश्र एवं श्री विशाल यादव



केन्द्रीय विद्यालय संगठन
Kendriya Vidyalaya Sangathan
क्षेत्रीय कार्यालय, लखनऊ
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पत्रांक-उपायुक्त/लखनऊ संभाग/2022-23 / 8174

दिनांक- 28.06.2023

संदेश

मुझे अत्यंत प्रसन्नता है कि केन्द्रीय विद्यालय, वायु सेना स्थल, मेमौरा, लखनऊ सत्र 2022-23 की विद्यालय पत्रिका का प्रकाशन करने जा रहा है।

विद्यालय पत्रिका विद्यार्थियों की सृजनात्मक शक्ति का वह दर्पण होती है जिसमें विद्यालय की अनेक गतिविधियों का प्रतिबिम्ब प्रदर्शित होता है। विद्यालय एवं विद्यार्थियों की उपलब्धियों तथा शिक्षकवृंद द्वारा विद्यार्थियों के सर्वांगीण विकास हेतु किए गए प्रयासों के परिणाम की झलक भी पत्रिका में प्राप्त होती है।

केन्द्रीय विद्यालय का उद्देश्य विद्यार्थियों की प्रतिभा, रूचि एवं उनकी मनोवृत्ति को ध्यान में रखकर उन्हें सर्वोत्तम शिक्षा प्रदान करते हुए उनका चहुमुखी विकास करना है। विद्यालय पत्रिका मौलिक दृष्टिकोण, नये-नये विचार एवं बुद्धिमत्ता को नये आयाम प्रदान करने का एक उत्तम मंच है।

इस अवसर पर मैं इससे जुड़े सभी विद्यार्थियों, शैक्षिक / शिक्षणेत्र कर्मचारियों एवं प्राचार्य को पत्रिका के प्रकाशन पर हार्दिक बधाई देता हूँ तथा आशा करता हूँ कि यह पत्रिका पाठकों को सुरुचिपूर्ण पाठन सामग्री प्रदान करेगी।

शुभकामनाओं सहित।


(देवेन्द्र कुमार द्विवेदी)
उपायुक्त

श्रीमती इन्दु पुरी
प्राचार्य
केन्द्रीय विद्यालय
वायु सेना स्थल, मेमौरा, लखनऊ



प्राचार्य की कलम से.....

प्रिय पाठकों!

विद्यालय पत्रिका वातायन के वर्तमान अंक (2022-23) को ई-पत्रिका के रूप में आपके समक्ष प्रस्तुत करते हुए मुझे प्रसन्नता एवं संतुष्टि की अनुभूति हो रही है।

हमारे विद्यालय में कक्षा 1 से 12 तक आपकी शैक्षणिक आवश्यकताओं को पूरा करने के लिए अच्छी तरह से योग्य, समर्पित शिक्षकों और अच्छी बुनियादी सुविधाओं की एक टीम है। हम व्यक्तित्व के सर्वांगीण विकास के लिए खेल के साथ-साथ पाठ्येतर गतिविधियों में भाग लेने के पर्याप्त अवसर भी प्रदान करते हैं। विद्यालय पिछले अनेक वर्षों से कई डॉक्टरों, इंजीनियरों, वैज्ञानिकों इत्यादि का उद्गम स्थल रहा है और आने वाली पीढ़ियों के लिए भी ऐसा ही रहेगा। मुझे आशा है कि आप यहां अपने समय का सर्वोत्तम उपयोग करेंगे और हर तरह से खुद को समृद्ध करेंगे। आपके हर प्रयास में आपको मेरा आशीर्वाद प्राप्त है। आपमें से हर एक पथप्रदर्शक बने और दूसरों के लिए अनुकरणीय उदाहरण प्रस्तुत करे, ऐसी ही कामना करती हूँ।

मैं युवा रचनाकारों की कृतियों में हुई किसी भी त्रुटि के लिए अपने विद्वान पाठकों से उदारता की कामना करता हूँ। आइए, हम उनकी रचनाओं के उज्ज्वल पक्ष की सराहना करें।

अंत में, मैं इस अवसर पर ग्रुप कैप्टन कमल चड्ढा, स्टेशन कमांडर वायु सेना स्थल मेमौरा, लखनऊ और पदेन अध्यक्ष-प्रबंध समिति को उनके समर्थन और मार्गदर्शन के लिए हार्दिक धन्यवाद देती हूँ। मैं, पूरे स्टाफ और छात्रों की ओर से, हमारे मुख्य संरक्षक और केंद्रीय विद्यालय संगठन लखनऊ संभाग के उपायुक्त महोदय श्री डी.के. द्विवेदी के प्रति सादर आभार व्यक्त करती हूँ। उप संरक्षक एवं सहायक आयुक्त श्री विजय कुमार के प्रति भी हार्दिक कृतज्ञता प्रकट करती हूँ। साथ ही, मैं प्रबंधन समिति के सभी प्रतिष्ठित सदस्यों, सम्मानित अभिभावकों और हमारे सभी सम्मानित हितधारकों को हार्दिक साधुवाद देती हूँ।

अनेक शुभकामनाओं के साथ,
इन्दु पुरी
प्राचार्य

संपादकीय

प्रिय पाठकों!

हमारे बीच हर कोई विशिष्ट और अद्वितीय है। प्रत्येक प्राणी कुछ हद तक निर्माता है; बड़ा या छोटा। रचनात्मकता ही जीवन है। हमारे युवा छात्र जीवंतता और सुगंधित विचारों से ओत-प्रोत हैं। यह हमारे आसपास की सभी अच्छी चीज़ों में हमारी आशा और विश्वास का प्रतीक है। उन्हें कुछ मार्गदर्शन, कुछ प्रेरणा और शब्दों में कुछ अभिव्यक्ति की आवश्यकता है जिससे वह वो कह सकें जो कहना चाहते हैं। आखिरकार हमारे भावों को सुगंधित पन्नों पर देखना कितना अद्भुत लगता है! किसी इनाम से कम नहीं।

हम वास्तव में शायद ही समझते हैं कि हम कौन हैं; विशेषकर हमारे अंदर का लेखक। भावनाओं, विचारों, विज्ञान, संस्कृति और दर्शन को प्रकट करने के लिए लेखन एक सार्थक माध्यम है। हमारे प्यारे बच्चों के योगदान और संपादकीय बोर्ड के सदस्यों के अथक सहयोग के बिना इस वार्षिक अंक का प्रारूप तैयार करना, संपादित करना और तैयार करना कोई आसान काम नहीं होता।

अंत में, मैं प्राचार्य श्रीमती इंदु पुरी को उनके अथक और कुशल प्रयासों के लिए धन्यवाद देता हूँ। मैं प्रखर विद्यार्थियों, विद्वान सहयोगियों, सम्मानित अभिभावक गण और संपादक मण्डल को हार्दिक धन्यवाद देता हूँ।

- डॉ.हिमांशु मिश्र
पीजीटी- अंग्रेजी

हिन्दी

**अनुभाग
७**

माँ

हजारों दुखड़े सहती है मां
फिर भी कुछ ना कहती है मां
हमारा बेटा फले और पूरे
यही तो मंत्र पढ़ती है मां

रश्मि कश्यप
पहली ब

निबंध

मेरी पालतू बिल्ली

मेरे पास एक पालतू बिल्ली है। उसका नाम सोनी है, वह 1 साल की है। वह सफेद रंग की है, वह बहुत प्यारी है। वह मेरे साथ खेलती है। उसे दूध और रोटी पसंद है। मैं अपनी बिल्ली से बहुत प्यार करता हूँ। बिल्ली एक वफादार जानवर है।

प्रज्वल दीप काम्बले
पहली ब

जन्मदिन

मम्मी तुम जाओ बाजार,
मुझको ला कर दो उपहार।
मेरे मित्र ने मुझे बुलाया,
उसका जन्मदिन है आया।
उसको अच्छे लगते खिलौने,
नन्ही गुड़िया गुड्डे बौने।
या तुम लाना छोटी कार,
मम्मी तुम जाओ बाजार।

दृष्टि
1 ब

झूठ बोलने का नतीजा

गोलू नाम का एक चरवाहा
झूठा नंबर 1!
जैसे ही वह जंगल जाता,
शेर शेर का शोर मचाता,
घबराकर जब लोग दौड़ते,
हंस-हंसकर वह ताली बजाता।
सचमुच में जब आया शेर,
किसी ने ना सुनी उसकी टेर,
शेर ने उसको धर दबोचा,
झूठ बोलने का नतीजा,
जल्दी ही सामने आया।

वान्या जांगीड
1 ब

मेरा स्कूल

कितना सुंदर है स्कूल,
इसमें रंग-बिरंगे फूल ।
फूल सुहाने सबको बातें,
उन्हें देखकर सब ललचाते ।
टीचर हमको पाठ पढाती,
नयी नयी बातें सिखलाती।
फूलों से गिनती करवाती
टाँफी देकर हमें खिलाती ।

दीक्षा चौहान
1 ब

मां

प्यारी जग से प्यारी मां
खुशियां देती सारी मां
चलना हमें सिखाती मां
मंजिल हमें दिखाती मां
सबसे मीठा बोल है मां
दुनिया में अनमोल है मां
खाना हमें खिलाती है मां
लोरी गाकर सुनाती है मां
प्यारी जग से प्यारी मां
खुशियां देती सारी मां

पलक गुप्ता
5A

20 रोचक तथ्य

- 1-जिस हाथ से आप लिखते हैं, उसकी उंगलियों के नाखून अधिक तेज़ी से बढ़ते हैं
- 2-एक सामान्य मनुष्य अपने पूरे जीवनकाल में औसतन दो लाख किलोमीटर तक चलता है.
- 3-70% लिवर, 80% इंटेस्टाइन और एक किडनी बगैर भी इंसान ज़िंदा रह सकता है
- 4-काम करते समय खुद से बातचीत करते रहने से ध्यान कम भटकता है.
- 5-फिलिपिंस में पाए जानेवाला बोया पक्षी प्रकाश में रहने का इतना शौकीन होता है कि अपने घोंसले के चारों ओर जुगनू भरकर लटका देता है.
- 6- धरती के गुरुत्वाकर्षण के कारण पर्वतों का पंद्रह हज़ार मीटर से ऊंचा होना संभव नहीं है.
- 7-रोम दुनिया का पहला शहर था, जिसकी आबादी ने सबसे पहले दस लाख का आंकड़ा पार किया था.
- 8-जो लोग बाएं तरफ़ करवट लेकर सोते हैं, उनके डरावने सपने देखने की संभावना, दाएं तरफ़ करवट लेकर सोनेवालों की तुलना में अधिक होती है.
- 9-आइसलैंड देश में पालतू कुत्ता रखना क़ानूनन जुर्म है.
- 10-एक औसतन पेंसिल लेड से अगर एक लाइन खींची जाए, तो वह 35 किलोमीटर लंबी होगी, जिससे 50,000 अंग्रेज़ी शब्द लिख सकते हैं
- 11-जब आप जन्म लेते हैं, तब आपके शरीर में 300 के करीब हड्डियां होती हैं, जो 18 साल की उम्र होते-होते जुड़कर 206 हो जाती है
- 12-ऑस्ट्रेलिया में हर साल सांपों से अधिक मधुमक्खियों द्वारा काटे जाने से लोगों की मृत्यु होती है.
- 13-फ़्रांस में 1386 ईसवी में लोगों द्वारा एक सुअर को एक बच्चे के क्रल्ल के दोष में फांसी दे दी गई थी.
- 14-आपके शरीर की करीब 25 प्रतिशत हड्डियां आपके पैरों में होती हैं.
- 15-दुनिया का सबसे ऊंचा क्रिकेट का मैदान हिमाचल प्रदेश के चैल नामक स्थान पर है. इसे समुद्री सतह से 2444 मीटर की ऊंचाई पर भूमि को समतल बनाकर साल 1893 में तैयार किया गया था.
- 16-ब्लू व्हेल एक सांस में करीब दो हज़ार गुब्बारों जितनी हवा खींचती व बाहर निकालती है.
- 17-मछलियों की याददाश्त केवल कुछ सेकंड्स की होती है.
- 18-हर साल चार लोग अपनी पैंट बदलते समय अपनी जान गंवा देते हैं.
- 19-ताश के पत्तों में जो राजा होते हैं, वे इतिहास के किसी न किसी राजा को दर्शाते हैं.
- 20-दो केलों में 90 मिनट तक हार्ड एक्सरसाइज़ करने के लिए ऊर्जा होती है. केले को खुशी देनेवाला फल भी कहते हैं.

अविनाश यादव

12 (B)

वृक्षारोपण का महत्व

वृक्षारोपण का शाब्दिक अर्थ है। वृक्ष लगाकर उन्हें उगाना इसका प्रयोजन करना है। प्रकृति के संतुलन को बनाए रखना। मानव के जीवन को सुखी, समृद्ध व संतुलित बनाए रखने के लिए वृक्षारोपण का अपना विशेष महत्व है। मानव सभ्यता का उदय तथा इसका आरंभिक आश्रय भी प्रकृति अर्थात् वन व्रक्ष ही रहे हैं। मानव को प्रारम्भ से प्रकृति द्वारा जो कुछ प्राप्त होता रहा है। उसे निरन्तर प्राप्त करते रहने के लिए वृक्षारोपण अती आवश्यक है।

मानव सभ्यता के उदय के आरंभिक समय में वह वनों में वृक्षों पर या उनसे ढकी कन्दराओं में ही रहा करता था। वह (मानव) वृक्षों से प्राप्त फल-फूल आदि खाकर या उसकी डालियों को हथियार के रूप में प्रयोग करके पशुओं को मारकर अपना पेट भरा करता था। वृक्षों की छाल की वस्त्रों के रूप में प्रयोग करता था। यहाँ तक कि ग्रन्थ आदि लिखने के लिए जिस सामग्री का प्रयोग किया जाता था। वे भोज-पत्र अर्थात् विशेष वृक्षों के पत्ते ही थे। वृक्ष वातावरण को शुद्ध व स्वच्छ बनाते हैं। इनकी जड़ें भूमि के कटाव को रोकती हैं। वृक्षों के पत्ते भूमि पर गिरकर सड़ जाते हैं। तथा ये मिट्टी में मिलकर खाद बन जाते हैं। और भूमि की उर्वरा शक्ति को बढ़ाते हैं। मानव सभ्यता के विकास के साथ जब मानव ने गुफाओं से बाहर निकलकर झोपड़ियों का निर्माण आरंभ किया तो उसमें भी वृक्षों की शाखाएं व पत्ते ही काम आने लगे, आज भी जब कुर्सी, मेज, सोफा, सेट, रेक, आदि का प्रयोग बढ़ता जा रहा है। यह भी मुख्यतः लकड़ी से ही बनाए जाते हैं। अनेक प्रकार के फल-फूल और औषधियाँ भी वृक्षों से ही प्राप्त होती हैं। वर्षा जिससे हमें जल व पेय जल प्राप्त होते हैं वह भी प्रायः वृक्षों के अधिक होने पर ही निर्भर करती है। इसके विपरीत यदि हम वृक्ष-शून्य की स्थिति की कल्पना करें तो उस स्थिति में मानव तो क्या समुची जीव सृष्टि की दशा ही बिगड़ जाएगी। इस स्थिति से बचने के लिए वृक्षारोपण करना अत्यंत आवश्यक है। आजकल नगरों तथा महानगरों में छोटे-बड़े उद्योग-धंधों की बाढ़ से आती जा रही है। इनसे धुआं, तरह-तरह के विषैली गैसों आदि निकलकर वायुमंडल में फैल कर हमारे पर्यावरण में भर जाती हैं। पेड़ पौधे इन विषैली गैसों को वायुमंडल में फैलने से रोक कर पर्यावरण को प्रदूषित होने से रोकते हैं। यदि हम चाहते हैं कि हमारी यह धरती प्रदूषण रहित रहे तथा इस पर निवास करने वाला मानव सुखी व स्वस्थ बना रहे तो हमें पेड़-पौधों की रक्षा तथा उनके नवरोपण की ओर ध्यान देना चाहिए।

आकर्षिका गुप्ता

कक्षा - 9वीं - अ

जीवन में खेलों का महत्व

मानव जीवन में अनेक प्रकार की परेशानियों और तनाव हैं लोग विभिन्न प्रकार की चिंताओं से घिरे रहते हैं खेलकूद हमें हमें इस परेशानियों तनाव एवं चिंताओं से मुक्त कर देती है। खेलकूद को जीवन का आवश्यक अंग मानने वाले जीवन में आने वाली समस्याओं का सामना करने में सक्षम होते हैं ।संत रामकृष्ण परमहंस का कथन है कि ईश्वर ने संसार की रचना खेलखेल में की है अर्थात् परमात्मा को खेल बहुत पसंद है तो फिर - दूर रहें खेल खेल कर ही लोग यह जान परमात्मा की कृति मनुष्य खेलों से क्यों सकते हैं कि जीवन एक खेल है ,जीवन को बहुत गंभीर और तनाव युक्त नहीं बनाना चाहिए ।सभी हंसतेहंसते- जिएँ तो संसार की बहुत सी परेशानियाँ मिट जाएं तथा जीवन में खेलकूद महत्वपूर्ण स्थान होना चाहिए खेलकूद सार्थक होते हैं यह शरीर के विभिन्न अंगों के उचित संचालन में मददगार होते हैं ।खेलने से शरीर का व्यायाम होता है तथा पसीने के रूप में शरीर में जमा जल बाहर निकल आता है ।खेलकूद शरीर और मन में ताजगी लाता है ,इनसे मांसपेशियां सुगठित होती जाती हैं ।आज हमारे व्यस्त जीवन के कारण खेल गतिविधियां दिनदिन समाप्त हो जा र-ब-ही हैं ।बच्चे अपने कोचिंग और स्कूलों युवा अपने कॉलेजों में और व्यक्ति अपने परिवार और पेशेवर जीवन में व्यस्त हैं ।वे शायद ही कभी खेल के लिए समय निकालते हैं ।खेल केवल शारीरिक रूप से हमें विकसित होने में मदद करते हैं बल्कि मानसिक और भावनात्मक विकास के लिए महत्वपूर्ण विभिन्न गुणों को भी सिखाते हैं खेलों से टीमवर्क और टीम का विकास होता है ।जो आज दुनिया में बहुत महत्वपूर्ण है ।वर्तमान में हो रहे परिवर्तन के कारण कई लोग खेल को समय की बर्बादी की तरह देखते हैं जो कि बिल्कुल गलत है लोगों को खेलों के महत्व के बारे में जागरूक करने के लिए सरकार और विभिन्न खेल संगठन कड़ी मेहनत कर रहे हैं खेलों को विकास की गतिविधियों के रूप में बढ़ावा देना भी हमारा कर्तव्य है ।सुस्ती को कम करने के लिए खेलों से में भाग लेना महत्वपूर्ण है खेल लगभग सभी बच्चों द्वारा पसंद किए जाते हैं लेकिन हमारा जीवन कुछ इस प्रकार का है कि व्यायाम या खेलकूद के लिए हम कम ही समय निकाल पाते हैं बच्चों और बड़ों के स्वास्थ्य के लिए व्यायाम एवं खेलकूद अत्यंत महत्वपूर्ण है।

अखंड प्रताप सिंह

9 A

संस्कृत

अनुभाग

महाभारतम्

इदं प्रायः सर्वे भारतीया विद्वासो मन्यते यत् महाभारतं प्राग् जयनाम्ना ततो भारतनाम्ना ततः परतञ्च महाभारतनाम्ना प्रसिद्धम् । नारायणं नमस्कृत्य नरञ्चैव नरोत्तमम् । दैवीं सरस्वतीञ्चैव ततो जयमुदीरयेत् । इति पदं महाभारतस्य जयषब्द व्यवहार्यतमाह । मौलिकं जयनाम्ना व्यवहृतञ्च माभारतरूपपरिमाणं स्वरूपतः ऐतिहासिककथाप्रधानञ्चावर्त्तत नोपदेशप्रधानम् । जय इति नामैव तस्य ग्रन्थस्य पाण्डवविजयबोधनाय निमित्तत्वमाह । अमुमेव जयनामानं ग्रन्थे व्यासो निजषिष्यं वैषम्पायनमध्यापयामासेति सा प्रथमावस्था महाभारतस्य ।

वैषम्पायनञ्च गुरोर्व्यासादधीते जये स्वरचितसंवादादिकं योजयित्वा नागयज्ञावसरे जनमेजयं श्रावयामासेति । तस्यामवस्थायां चतुर्विंशतिसहस्रपरिमाणतां गतं भारतसंज्ञया प्रथमानञ्चैवं जातम् । सेयं दिवतीयाऽवस्था ।

अथायमेव चतुर्विंशतिसहस्रीपरिमाणो भारतग्रन्थः षौनकाय सौतिना श्रावण काले तत्पृष्ठप्रतिवचनैः समुपबृंहितो भूत्वा लक्षश्लोकपरिमाणो महाभारतसंज्ञया प्रथितोऽभवत् । सेयं तृतीया पूर्णतावस्था । तृतीयावस्थायां व्यवहारविषयतां गतोऽयं ग्रन्थे महाभारतमिति तस्य संज्ञा सौतिकृता ।

आर्यभटः

पूर्वदिषायाम् उदेति सूर्यः पश्चिमदिषायां च अस्तं गच्छति इति दृष्यते हि लोके । परं न अनेन अवबोध्यमस्ति यत्सूर्यो गतिषील इति । सूर्योऽचलः पृथिवी च चला या स्वकीये अक्षे घूर्णति इति साम्प्रतं सुस्थापितः सिद्धान्तः । सिद्धान्तोऽयं प्राथ्यमेन येन प्रवर्तितः स आसीत् महान् गणितज्ञः ज्योतिर्विच्च आर्यभटः ।

४७६ ख्रिस्ताब्दे आर्यभटः जन्म लब्धवानिति तेनैव विरचिते आर्यभटीयम् इत्यस्मिन् ग्रन्थे उल्लिखितम् ग्रन्थोऽयम् तेन त्रयोविंशतितमे वयसि विरचितः । अनेन इदम् अनुमीयते यत् तस्य कर्मभूमिः पाटिलपुत्रमेव आसीत् ।

आर्यभटस्य योगदानं गणितज्योतिषां सम्बद्धं अर्तते । यत्र संखानाम् आकलनं महत्त्वम् आदधाति । आर्यभटः फलितज्योतिषश्त्रे न विष्वसिति स्म । गणितीयपद्धत्या कृतम् आधृत्य एव तेन प्रतिपादितं यद् ग्रहणे राहु केतुनामकौ दानवौ नास्ति कारणम् ।

वस्तुतः भारतीयाः गणितपरम्परायाः अथ च विज्ञानपरम्परायाः असौ एकः षिखरपुरुषः आसीत् ।

माही

अष्टमी अ थ

लालनगीतम्

उदिते सूर्ये धरिणी विहसति ।

पक्षी कूजति कमलं विकसति ॥

नदति मन्दिरे उर्च्यैढक्का ।

सरितः सलिले सेलति नौका ॥

पुष्पे पुष्पे नानारङ्गाः ।

तेषु डयन्ते चित्र पतङ्गाः ॥

वृक्षे वृक्षे नूतनपत्रम् ।

विविधैवर्णैर्विभाति चित्रम् ॥

धेनुः प्रातर्यच्छति दुग्धम् ।

षुद्धं स्वच्छं मधुरं स्निग्धम् ।

गहने विपिने व्याघ्रो गर्जति ।

उच्चैस्तत्र च सिंह नर्दति ।

हरिणोऽयं खादति नवघासम् ।

सर्वत्र च पश्यति सविलासम् ।

उष्ट्रः तुङ्गः मन्दं गच्छति ।

पृष्ठे प्रचुरं भारं निवहति ॥

घोटकराजः क्षिप्रं धावति ।

धावनसमये किमपि न खदति ।

पष्यत भल्लुकमिमं करालम् ।

नृत्यति थथथै कुरु करालम् ॥

अनुराग पाण्डेय

सतमी ब

रामायणम्

संस्कृतसाहित्ये छन्दोबद्ध- कवितायाः प्रादुर्भावः वाल्मीकितः एव जातः। अतएव महर्षिः वाल्मीकिकृतः रामायणम् 'आदिकाव्यम्' कथ्यते। महर्षिं वाल्मीकिं कया प्रेरण्या रामायणम् अलिखत्। इत्यस्मिन् विषये प्रसिद्धाऽस्ति घटनैका यदा महर्षिं स्नानाय सरसि गतवान् आसीत् तदा कस्यचित् व्याधस्य शरैर्विद्धं क्रौञ्चद्वन्द्वयोः एकं मृतं विलोक्य विलपन्ती क्रौञ्चीम् अपश्यत्। करुण्या विह्वलस्य वाल्मीकिः मुखारविन्दात् शोकतरंगिणी वाणी श्लोकरूपेणैव निःसृतवती।

मा निषाद प्रतिष्ठां त्वमगमः षाष्वतीः समः।

यत्क्रौञ्चमिथुनादमेकमवधीः काममोहितम्।।

महर्षेः मुखनिर्गलितं करुणामयं चेदं पद्यं भारतीय काव्यस्य आदिकविता जाता। परमकल्याणमयी वाणी श्रुत्वा स्वयं ब्रह्मा समुपस्थितवान् वाल्मीकिं रामायणं रचयितुं च अकथयत्। अनया प्रेरण्या एव महर्षिः रामायणम् अरचयत्। सर्वप्रथमं च लौकिक छन्दो निबद्धस्य रामायणस्य रचना जाता। अतएव रामायणम् 'आदिकाव्यम्' वाल्मीकिष्व 'आदिकविः' इत्युच्यते।

आराध्या सचान

षष्ठी अ

सावित्री बाई फुले

जनवरी मासस्य तृतीये दिवसे १८३१ तमे वर्षे ख्रिस्ताब्दे महाराष्ट्रस्य नायगाँव नाम्नि स्थाने सावित्री अजायत। तस्याः माता लक्ष्मीबाई पिता च खण्डोजी इति अभिहितौ । नववर्षदेषीया सा ज्योतिबा-फुले-महोदयेन परिणीता ।सोऽपि तदानीं त्रयोदशवर्ष कल्पः एव आसीत् । यतोहि सः स्त्रीशिक्षायाः प्रबलः समर्थकः आसीत् । अतःसावित्र्याः मनसि स्थिता अध्ययवाभिलाषाः उत्साहं प्राप्तवती । इतः परं सा सागह,आडल भाषायाः अपि अध्ययनं कृतवती ।

१८४८ तमे ख्रिस्ताब्दे पुणेनगरे सावित्री ज्योतिबामहोयेन सह कन्यानां कृते प्रदेशस्य प्रथमं विद्यालयम् आरभत । तदानीं सा केवलं सप्तदशवर्षीया आसीत् ।१८५१ तमे ख्रिस्ताब्दे अस्पृश्यत्वात् तिरस्कृतस्य समुदायस्य बालिकानां कृते पृथकतया तया अपरः विद्यालयः प्रारब्धः ।

सामाजिककुरीतीनां सावित्री मुखरं विरोधं अकरोत् । विधवानां शिरोमुण्डस्य निराकरणाय सा साक्षम् नापितैः मिलिता । फलतः केचन नापिताः अस्या रुढौ सहभागिताम् अत्यजन् । तया मनुष्याणं समानतायाः स्वतन्त्रतायाञ्च पक्षः सर्वदा सर्वथा समर्थितः ।

महारोगप्रसारकाले सेवारता सा स्वयम् असाध्यरोगेण प्राप्ता १८६७ तमे दिवङ्गता ।

नीतिनवनीतम्

अयं निजः परोवेति गणना लघुचेतसाम् ।

उदारचरितानां वसुधैव कुटुम्बकम् ॥

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।

चत्वारि तस्य वर्धन्ते आयुर्विद्या यषोबलम् ॥

यं मातापितरौ क्लेषं सहेते सम्भवे नृणाम् ।

न तस्य निष्कृतिः षक्या कर्तुं वर्षषतैरपि ॥

तयोर्नित्यं प्रियं कुर्यादाचार्यस्य च सर्वदा ।

तेष्वेव त्रिषु तुष्टेषु तपः सर्वं समाप्यते ॥

सर्वं परवषं दुःखं सर्वमात्मवषं सुखम् ।

एतद्विद्यात्समासेन लक्षणं सुखदुःखयोः ॥

यत्कर्म कुर्वतोऽस्य स्यात्परितोषोऽन्तरात्मनः ।

तत्प्रयत्नेन कुर्वीत विपरीतं तु वर्जयेत् ॥

दृष्टिपूतं न्यसेत्पादं वस्त्रपूतंजलं पिबेत् ।

सत्यपूतां वचेद्वाच मनः पूतंसमाचरेत् ॥

सृष्टि सिंह

अष्टमी ब

सदाचारः

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।

नास्त्युद्यमसमो बन्धुः न कृत्वा यं नावसीदति ॥

ष्वः कार्यमद्य कुर्वीत पूर्वाहणे चापराहिष्कम् ।

नहि प्रतीक्षते मृत्युः कृतमस्य न वा कृतम् ॥

सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् ।

प्रियं च नानृतं ब्रूयात् एष धर्मैः सनातनः ॥

सर्वदा व्यवहारे स्यात् औदार्यं सत्यता तथा ।

ऋजुता मृदुता चापि कौटिल्यं न कदाचन ॥

श्रेष्ठं गुरुं चापि मातरं पितरं तथा ।

मनसा वाचा कर्मणा सेवेत सततं सदा ॥

मित्रेण कलहं कृत्वा न कदापि सुखी जनः

इति ज्ञात्वा प्रयासेन तदेव परिवर्जयेत् ॥

परिधि सिंह

सप्तमी अ

अंग्रेजी

**अनुभाग
७**

Essay

Climate change & Pollution

Climate change refers to the change in the environmental conditions of the earth. This happens due to many internal and external factors. The climatic change has become a global concern over the last few decades. Besides, these climatic changes affect life on the earth in various ways. These climatic changes are having various impacts on the ecosystem and ecology. Due to these changes, a number of species of plants and animals have gone extinct.

The climate started changing a long time ago due to human activities but we came to know about it in the last century. During the last century, we started noticing the climatic change and its effect on human life. We started researching on climate change and came to know that the earth temperature is rising due to a phenomenon called the greenhouse effect. The warming up of earth surface causes many ozone depletion, affect our agriculture, water supply, transportation, and several other problems.

Although there are hundreds of reasons for the climatic change we are only going to discuss the natural and manmade (human) reasons.

These climatic changes have a negative impact on the environment. The ocean level is rising, glaciers are melting, CO₂ in the air is increasing, forest and wildlife are declining, and water life is also getting disturbed due to climatic changes. Apart from that, it is calculated that if this change keeps on going then many species of plants and animals will get extinct. And there will be a heavy loss to the environment.

Aditya Singh
10A

Man: The Maker of His Destiny

Never say any man is hopeless,

Because he only represents a character,

A bundle of habits, which can be checked by new and better ones.

Character is repeated habits and repeated habits alone can reform character.

The human brain has tremendous energy and gigantic will power.

We can overcome the difficulty by constant practice.

We must learn that nothing can happen to us, unless we make ourselves susceptible to it.

The road to the good is the roughest and steepest in the universe.

It is a wonder that so many succeed, and wonder that so many fall.

Character has to be established through a thousand stumbles.

Every good thought that we send to the world without thinking of any return will be stored up there and break and make us purer and purer, until we become the purest of mortals.

-REEMA MONDAL
X 'A'

The Lonely Road

*I was walking up the stairs
Looking down I realized
The smiles on the faces
Were fading away and their faces
Were turning pale .
As I continued to walking up
I doubted every step I took
If it's good or bad,
But I continued to scale up the
Stairs not looking down .
Now I realized as you do something,
So magnificent that can't be ignored
People will appreciate you for
Few moments,
After that you will get to know the truth .
*POV: Success is the lonely road
*Conclusion : Time doesn't change people,
time reveals the real face of people .*

*By :- ARPITA DIXIT
10th B*

THE PEN I HOLD

*Hugging my soft pillow
As I gather my lost shattered thoughts
I reach to my pen
My best friend...My old fellow.*

*How much I turn to you my pen?
Cause you are the only one
Who knows me deep from within
You're always there for me
Through thick & thin!
And when I was only ten
You were patient with my silly childish dreams
Like dreaming of being a princess in a legend!
Or becoming a beautiful queen!
And when I turned 16
Still I'm holding on to you
I'm still so keen
For you're the true friend I've ever seen!
You're always there
When all other people just don't care
And all my special thoughts
With me you share.*

*I turn to you,
When I'm so weak
For you're the only one who understands me,
When I really feel like I can't speak.*

*You're the only one
Who could read my speechless mind,
I turn to you
When the entire world is against me,
You put my feelings into words
As you know what I exactly feel.*

*You help me to be what I long for
You always encourage me
And never told me 'YOU CAN'T'.*

‘BEFRIENDING SADNESS’

Ride the sadness and know a few more things about your being. The first thing is: whatsoever the case, accept it and let it come, let it come, let it come in front of you. In fact, the best way to deal with it is to follow the maxim “do not repress”, rather “befriend it”. Are you feeling sad? Yes. Then, befriend it. Have compassion for it. Sadness also has a being. Allow it, embrace it, and hold hands with it. Be in love with it. Sadness is beautiful! Nothing is wrong with it. What is wrong in being sad? In fact, sadness only gives you the depth of compassion. Laughter is shallow; happiness is skin deep. Sadness goes to the very bones, to the marrow. Nothing goes as deep as sadness.

So, don’t be worried. Remain with it, and sadness will take you to your innermost core. You can ride on it and you will be able to know a few new things about yourself that you had never known before. Those things can be revealed only in a sad state, they can never be revealed in a happy state. A man who has never been sad, cannot really be happy. It is impossible for him to be happy. His happiness will be just a forced gesture-empty and impotent. Watch people’s laughter and you will immediately see which laughter comes from the heart. When the laughter is from the heart, you can immediately feel a different vibe-an overflowing. The man who cannot laugh deeply is the man who has repressed sadness. He cannot go deep because he is afraid of sadness. Even if he goes deep into his laughter, there is a fear that sadness may surface, may bubble up. He must be always on guard.

So please, whatsoever is the situation, start allowing it. If you are sad, then you are sad and there is no denying it. Live this sadness, and if you can live this sadness, a different quality of happiness will arise in you: it will not be a repression of sadness, it will be beyond sadness. A person, who can be patiently sad, will suddenly find that one morning happiness is arising in his heart from some unknown source.

The only problem with sadness, desperation, anger, hopelessness, anxiety, anguish is that you want to get rid of those feelings and emotions. That is the only barrier. You will have to live with those emotions. You cannot just escape. These emotions are the very situation in which life must integrate to the soul and grow. These emotions are the challenges of life. Accept these emotions; consider sadness as blessings in disguise. You will then befriend sadness and live a happy life with an understanding about your being.

(Taken from ‘The art of Dying’, Osho)

Name: PRIYANKA DHAMI,
Class: IX-A

Solar energy

The vital role in which the sun plays in life on Earth has been celebrated since ancient times. Egyptians in Africa were the first people known to use solar energy on a large scale to heat their homes, designating them in a way that could store up the sun's heat during the day and release it at night. Fast forward to today, societies around the world have developed innovative technologies that allow us to turn the sun's energy into electricity that powers heating and cooling systems, transportation, lighting, and ventilation, just to name a few.

This energy source is growing fast: between 2010 and 2019, solar rose from 0.06% to 1.11% of the global energy mix. In 2020, it recorded a record growth of 22% as installations experienced a boom. Among the countries that have poured the most money into solar energy are China – by far the largest investor, the United States, Japan, Australia, and India. The latter aims to be a global leader in solar energy, with Prime Minister Narendra Modi committing to increase energy from renewable sources up to 50% by the end of 2030. In Europe, Spain is one of the first countries to deploy large-scale solar photovoltaic and the largest producer of solar-powered electricity on the continent.

FACT ABOUT SOLAR ENERGY

Even though Solar energy does not as much as coal or other fissile fuel but there is a limit to the direct pollution in it many harsh chemicals are use to make photovoltaic cells and some photovoltaic cells are made of heavy metals and their residence pollution do not dispose of there remains properly which cause a lots of pollution. But this pollution is much less than the rest of the energy sources. Thus it can be said solar energy is not 100% pollution free.

Sindhuja Singh
Class 9th B

SPORTS

Sports are very essential for human life which keep them fit and fine and physical strength. It has great important in each stage of life. It also improve the personality of people. Sport keep are all organs alert and a heart becomes stronger by regular playing some kind of sports. Sport has always given priority from old age and nowadays it has become more fascinating. Due to the physical activity blood pressure also remain clean. Sugar level also reduce and cholesterol comes down by sport activity. Different people have different interest in sport but the action in the same in all sport. Sport are becoming big channels to make more capital/money j by j and the number of people is also increasing by playing sport even at a young age you can also be better and free from some diseases. Sport involve physical activity to the body. Due to this physical activity blood vessel remain clean. Sports reduce the amount of cholesterol and fat in the body. This happen because of the increasing of flexibility of the walls of the blood vessels. Reflexibility increase due to physical excretion which is the result of sport. For the Modi sugar level in blood also gets down thank you support. The sugar certain down not accumulate in the blood due to physical activity. A person experience a good quality of breathing because of sports. Sports strength the lungs of the body spot certainly escalate the lungs capacity and efficiency of the body hence, more oxygen enters the body which is extremely beneficial for the more they are fever change of developing lungs diseases due to sports. Appropriate body weight is easy to maintain because of sport. A sport playing person probably does not suffer from obesity or underweight problems. Sports certainly help the body remain fit and slim sport also improve the quality of bones a person who plays sport will have stronger bones even in old ages.

NAME – Anshika Yadav

CLASS – 8B

Unveiling the Student Symphony

*Books, deadlines, sleepless nights,
Student life's a thrilling ride.
Lectures, notes, exams to face,
Learning's challenges we embrace.*

*Campus buzz, events galore,
Laughter, tears, and so much more.
Balancing work with moments of fun,
A tapestry of experiences, second to none.*

*Late-night chats, heartfelt talks,
Discovering ourselves as we walk.
Growing, evolving, finding our way,
In the realm of student life, day by day.*

*Memories made, forever treasured,
Lessons learned, forever measured.
Student life, a fleeting phase,
But its impact stays, throughout our days.*

BY AKSHAT TIWARI

Importance of sports

Sports is such an activity that it can be taken up by anyone at any age and any point in life. Adults children and elders everyone alike can take part in sports many regard sports as a mere co curricular or extracurricular activity in schools .however, in reality sports play an equally important role as does education in a person's life. To achieve overall and all round development in life one should be well versed in both sports and culture while training sharpens mind the sports sharpen the body and fitness. Thus both are essential there are numerous advantages of involving oneself in sports. First and foremost as known by all and very definitively competitions increase the physical fitness of an individual. Additionally sports also contribute to building stable mental as well as physical health. Moreover, sports also eliminates the risk of a person having diseases or facing any bodily interruptions. Competitions increase immunity and increase people's stamina. Sports also influence the life expectancy of people increasing the potential years to live of an average human individual. All of us are associated with games somehow ore the other in our lives. While at schools and as kids, we were exposed to sports in various forms, however since many situations and institutions do not make it obligatory to pursue sports in higher academics some of us are dissociated from its practice. However a lot of people take up games further on their own accord. Some people even decide on pursuing a career in the field. A lot of people take up games in different kinds of sporting activities. There are many outdoor sports like football , cricket, badminton, football, hockey, volleyball, etc. Indoors sports such are various board games, table tennis, chess etc. Are also popular one can choose from large variety . While outdoor sports contribute heavily in the building the physical of one's being indoor games have more psychological impact however none of the activities can be categorized in a hard and fast way. Every sporting activity can be physical and mentally. Sports also builds several characteristics and personality traits in a person .Sports instills a sense of confidence and enthusiasm in an individual attitude . People who are involved in regular sports practices show qualities of leadership, teamwork and excellence in their personalities and behaviour. Sports makes one competitive however in a healthy manner . It also helps us to deal with failure and enables us to work hard in achieving our respective goals. These are all just a few good qualities that sports brings us into our lives. There Are many other attributes that games have. Hence, we should all engage actively and more frequently in sports and other physical activities. It instills discipline in us, makes us active, energetic and increases our mental, emotional and physical state.

Name - Tharun K

Class - 7th A

BEST REPLACEMENTS

Create healthy habits, not restrictions. A small change can make a big difference. So, don't be afraid to take a stand .

Replace cold drinks with water.

Replace Netflix with podcasts.

Replace overthinking with action.

Replace influencers with creators.

Replace toxic friends with mentors.

Replace complaining with gratitude.

Replace wasting money with investing.

Replace sleeping in with early mornings.

- Alankrit Sachan (6A)

Sports

Sports are very essential for physical and mental well-being of an individual. It is a great way for a person to get active and focused in life. In modern age, sports and games are a profession now. The players of various countries participate in sports in world competition and if they win, they earn medal for their country. Sports are suitable for every age group but most crucial for the children when their skills surface with sports and there comes a sense of discipline, team-spirit and confidence. Some of most popular kinds of sports include football, cricket, hockey, volleyball, handball etc. All of us irrespective of our ages should take part in sports.

Shiva Gupta

6 'A'

Science

Introduction

Studying the natural world through the various levels of experimentation and observation is called Science. It is a vast field with many branches including physics, chemistry, biology, geology, and astronomy. Science is about understanding how the world works and how humans interact with it. It is a way of understanding the universe, from the smallest molecule to the largest galaxy.

History

Science has been around since ancient times, but its modern form has been around since the 17th century. During this time, scientists began to use the scientific method to study the world around them. This method includes forming hypotheses and testing them through observation and experimentation. This approach allowed scientists to understand the physical laws that govern the universe.

Applications

Today, science has many applications in both the physical and social world. In the physical world, science has enabled us to develop technologies that have changed our lives. From the invention of the airplane to the internet, science has allowed us to explore and understand the world in ways that were not possible before. In the social world, science has enabled us to understand the behavior of individuals and groups. This understanding has allowed us to create better policies and regulations to improve the lives of people around the world.

Modern Science

In modern science, the scientific method is used to study the natural world. The scientific method is an organized way of gathering information and making observations about the natural world. It involves forming hypotheses, testing them, and forming conclusions based on the results. Modern science is used to study a wide range of topics, from the behavior of animals to the formation of stars.

Conclusion

Science is a powerful tool that has enabled us to understand the physical and social world around us. It has enabled us to develop technologies that have changed our lives and has allowed us to create better policies and regulations to improve the lives of people around the world. Science is a field that will continue to develop and evolve as we continue to explore and understand the world around us.

SHAGUN SINGH

Art and Culture

Introduction

Art is the expression of one's views and feelings, which may take many forms like dance, music, painting, literature, or theatre. By seeing the art of a particular country, we can easily understand its inherent culture. Thus, it is right to say that art and culture play a great role in the growth of a country. When people share common beliefs, attitudes and values, it becomes the culture of that nation, which artists try to capture and manifest through their art.

India is a country that is rich in culture and art. With many communities coexisting with each other, one can witness diverse cultures, languages and beliefs in the country. The essay on Indian art and culture will be useful for students to familiarize themselves with the distinct features of India's unique culture and art.

India's Art and Culture

Just like there are many beautiful flowers in different shapes and colours in a garden, India also have such variety in art and culture. Although people in India follow different cultures, all of them live together in harmony, and this is what sets India apart from other countries. Each state in the country has a distinct culture or tradition, which is passed down to them by their ancestors. We will go through the diversity of India through this art and culture essay.

Indian culture is rooted in the religion the country follows. While Hinduism and Buddhism are ancient beliefs, which still has a strong presence, Christianity and Islam are the most recent ones. Besides, the language also varies from state to state. Though Hindi is considered the national

Importance of Art and Culture

Art and culture is the identity of a nation, which helps us to better understand the world around us. As it brings people together, it offers us the opportunity to learn from each other and understand how there is unity even in diversity. Moreover, art and culture have the upper hand in building the country as they preserve our heritage and creativity. Indian art and culture are what keep us binding together, and we are proud of our culture having unity in diversity.

CHARU SINGH
12 B

Mental ability

Mental ability is manifested through intelligent behaviour of an individual. The individual with normal intellectual ability will have the capacities as observing, understanding, learning, thinking, remembering and dealing with situations effectively.

Accurate perception of a situation requires good attention and observation. Thinking in a right direction is the characteristic of intelligence. A person who has good mental ability only can deal effectively with a situation through a purposeful behaviour.

The definitions given by different psychologists emphasize the following features of mental ability:

- a. Intelligence is an innate ability
- b. Intelligence is influenced by both heredity and environment.
- c. It includes the capacity to think rationally.
- d. It helps to adapt to a situation quickly and correctly.
- e. It includes higher mental processes like reasoning, problem solving and creative thinking.
- f. The capacity to observe the inner relationships among different situations and stimuli
- g. It also helps to understand the absurdities in situations and to avoid them tactfully.

JANAWI SINGH
12 A

Carrier

Career is a very important thing in one's life. Whatever career path you choose to follow, it will impact your life greatly. Your career will define your status in a society in addition to your lifestyle. In other words, your career will determine your social circle and relationships.

Therefore, it is extremely important to choose the correct career path. From a very young age, we aspire to be something or the other. While someone aims to be a doctor, some wish to become a painter. Our career choices depend on a lot of things. Thus, it is important to consider all factors before choosing a career path.

How to Choose your Career?

You must consider a number of factors before deciding on your career. Each factor plays a significant role in your choice. Firstly, always assess yourself thoroughly. You must understand your area of interest to choose a career. For instance, someone who dances well can surely become a doctor, but his interest will always be in dance. Thus, ensure that you have the caliber to perform well in the field you choose. This will come from your area of interest itself.

After that, you look for the opportunities available as per your area of interest. Now that you are aware of what you like and dislike, you can easily look for occupations matching your passion. Make a list of the occupations you can get into following your interests. Furthermore, shorten the list you have prepared. You must do so as per what suits you best. Consult with your seniors and parents to make informed decisions.

Most importantly, acquire the skills for the career option you are interested in. Ensure you earn the qualifications and degrees for it. Try taking training programs to enhance your skills. This will give you an upper hand in knowing whether you are correct in choosing the specific career plan. Furthermore, create an impressive resume which can help you get the right opportunities.

UDAY PRATAP SINGH

12 B

TECHNOLOGY IN EDUCATION

The word technology is now not only a way towards advanced scientific developments; it is also a mandatory need when it comes to sustainable development. The use of technology in education is a major call of the hour. By using several technological supporting systems like e-notebooks, e-books etc a world full of Technology have become an everyday need in the twenty-first century. With the increasing spread of digitalization around information can be compressed into a single platform.

The use of interactive classroom boards, the use of chalk and duster are also decreasing. Also, the teachers can access the internet anytime between the lectures for reference and better understanding of the students. There are a huge number of ways in which study related games and power point presentations help the teachers build student involvement through several technological means.

Technology also helps students to remain inter connected all the time. In this way they can solve and discuss their problems whenever they wish to. The teachers too can help them out always.

The use of technology also helps in the decreased use of paper. By doing so not only are trees saved but we walk towards a greener environment altogether. It is important to spread information about saving nature to all parts of the world and technology is the best way to do it.

ANGEL
8 A

20 WORLD'S BEST MEDICINES

“The greatest medicine of all is to teach how not to need it”

Medicine is not only bound in bottles, tablets or vaccines. Let us understand 20 world's best medicines.

1. Detoxification is a medicine.
2. Quitting junk food is a medicine.
3. Exercise is a medicine.
4. Fasting is a medicine.
5. Nature is a medicine.
6. Laughter is a medicine.
7. Vegetables & fruits are medicines.
8. Sleep is a medicine.
9. Sunlight is a medicine.
10. Gratitude & love is a medicine.
11. Friends are medicine.
12. Meditation is a medicine.
13. Being fearless is a medicine.
14. Positive attitude is a medicine.
15. Unconditional love towards all living being is a medicine.
16. Listening is a medicine.
17. Speaking up & sharing are medicine.
18. Accepting is a medicine
19. Confidence is a medicine.
20. Staying in the 'PRESENT MOMENT' is the 'BEST MEDICINE'.

- BY: ARADHYA SACHAN

CLASS: 6A



KV AFS MEMAURA, LUCKNOW



EK BHARAT SHRESTH BHARAT

एक भारत श्रेष्ठ भारत

2022-23

E-NEWSLETTER



मुख्य संरक्षक: श्री. डी. के. द्विवेदी



संरक्षक: श्रीमती. प्रीति सक्सेना

"लखनऊ संभाग"



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**MRS. INDU PURI
PRINCIPAL**



**MS. RASHMI SIDDHARTH
PGT HISTORY (COORDINATOR)**

FROM THE DESK OF PRINCIPAL.....

THE FANTASTIC FEATURE OF KVS WHICH MAKES IT STAND ON THE TOP OF INDIAN EDUCATION SYSTEM IS THE PLETHORA OF LEARNING EXPOSURES PROVIDED TO STUDENTS BY NUMEROUS WAYS. "EK BHARAT SHRESHTHA BHARAT" PROGRAMME IS ONE OF THEM. IT IS AN INNOVATIVE MEASURE TO CELEBRATE UNITY IN DIVERSITY OF OUR NATION AND MAINTAIN AND STRENGTHEN THE FABRIC OF TRADITIONALLY EXISTING BONDS BETWEEN THE PEOPLE OF OUR COUNTRY. STUDENTS OF KENDRIYA VIDYALAYA AS MEMAURA AND FACILITATORS WORKED WITH GREAT DEDICATION TO MAKE IT A SUCCESS IN OUR SCHOOL. I AM VERY GLAD TO PRESENT THE EK BHARAT SHRESHTHA BHARAT E-NEWSLETTER OF KENDRIYA VIDYALAYA AFS MEMAURA. THIS NEWSLETTER GIVES A GLIMPSE OF THE TALENT OF OUR STUDENTS AND GUIDANCE OF TEACHERS. I THANK ALL THE STUDENTS FOR THEIR ENTHUSIASTIC PARTICIPATION IN VARIOUS CULTURAL AND LITERARY ACTIVITIES BEING CONDUCTED IN THE VIDYALAYA AND CONGRATULATE THE ENTIRE TEAM OF TEACHERS FOR SUCCESSFULLY ACHIEVING THE OBJECTIVES OF EBSB.

**Wish You Happy Learning
Jai Hind Jai Bharat**

MEMBERS -

- 1-MRS.SK VERMA (PGT ECONOMICS)**
- 2-MS.ANJANA MATHUR (PGT COMM.)**
- 3-MR.NKS PAL (PGT-GEOGRAPHY)**
- 4- MRS.RENU PRAJAPATI (PGT SOCIOLOGY)**
- 5-MR.KRISHNA KUMAR (TGT S.ST.)**
- 6- MS.ANAMKIA GUPTA (PRT MUSIC)**
- 7- MS. MANISHA (PRT)**

APRIL - 2022



Activity

Sankalp by all students for one language on each working day.

June - 2022



ACTIVITY
SHOWING ON POPULAR FILMS IN THE
LANGUAGE OF PAIRED STATE .

July - 2022

Proverbs In Khasi Language

English Proverbs ~ The law favors the poor while the rich favors law

Khasi Proverbs ~ Ka ain do thon do in duk in duk reuwhobh in thon do in

English Proverbs ~ Do not climb the child's chair

Khasi Proverbs ~ Wat jrew dieng sohmyakem

English Proverbs ~ Do not act like the phlang phlang girl

Khasi Proverbs ~ Wat dang phlang phlang lam eih

English Proverbs ~ Do not be like the neck - looking

Khasi Proverbs ~ Wat dang jwit thapuli kyih maustang

English Proverbs ~ Greening of the swamp

Khasi Proverbs ~ Ia thie lung ka dieng dyngshang

Bhasha Sangam Activity

Name - Ankit prajapati
class- 9B

school name -
kendriya vidyalaya
AFS memaura

Activity name - Talking hour
Economy of meghalaya

Meghalaya is predominantly an agricultural state. It has a rich and diverse culture. The state is known for its beautiful landscapes, including the Shillong Plateau and the Garo, Jaintia, and Khasi hills. The state's economy is primarily based on agriculture, with tea being the major crop. Other important crops include rice, maize, and horticultural products. The state also has a growing tourism industry, attracting visitors from all over the world. The government has implemented various policies to promote economic growth and development in the state.

केन्द्रीय विद्यालय वाराणसी संकाय के अंतर्गत, संस्कृत भाषा के अन्तर्गत आयोजित 'भाषा संगम' कार्यक्रम का शुभारंभ 29-07-2022

**Ek Bharat Shreshtha
Bharat
Khasi proverbs**

Name - Muskan Yadav
Guidance - Ms Puja
Tripathi

Khasi Proverbs

In A Gentle Way,
You Can Shake The
World.

Ha Ka Rukom Ka Bi
Jach, Pa Len Ben
Pakhien Ya Ka Pihien

THE FUTURE DEPENDS
ON WHAT YOU DO TODAY

LA KA LAHPI KA SHONN
HA KAEJ KABA PA LEN
MANTA KA SHAN.

ACTIVITY

**WRITING OF 100 SENTENCE LEARNT IN THE
LANGUAGE OF PAIRED STATE .**

September - 2022



**ACTIVITY
VIDEO CONFERENCING ACTIVITY WITH
KV NEHU SHILLONG.**

OCTOBER - 2022

MADE BY AKASHJEET

NAME : AKASHJEET
CLASS 8TH A
PROJECT : EBSB



The block features a portrait of Akashjeet on the left and two pieces of his artwork on the right. One artwork shows a silhouette of a person against a colorful background, and the other shows a silhouette of a person against a green and orange background.

MASK MAKING AND PAINTING

NAME : N.SUBHIKSHA
CLASS 8TH A
PROJECT : EBSB



The block shows N.Subhiksha on the right holding a colorful mask she has made. On the left is a drawing of a person wearing a similar mask.

SKETCH PAINTING ON MEGHALAYA

NAME : AKASHI SINGH
CLASS 8TH B
PROJECT : EBSB



The block displays a black and white sketch painting of a woman's face, likely representing a traditional Meghalaya woman, with intricate details in her hair and jewelry.

ACTIVITY EXHIBITION ON ART ,SCRIPTURES ON PAIRED STATE



" NATIONAL UNITY DAY CELEBRATION "

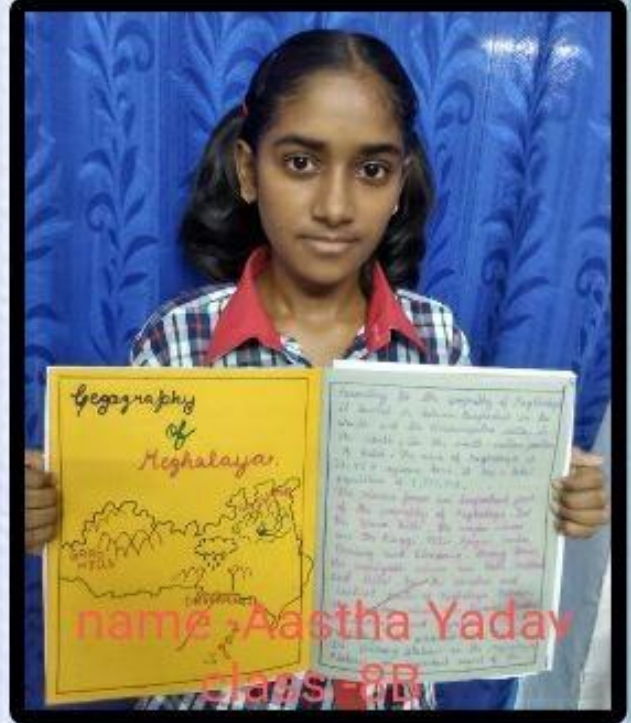
November - 2022



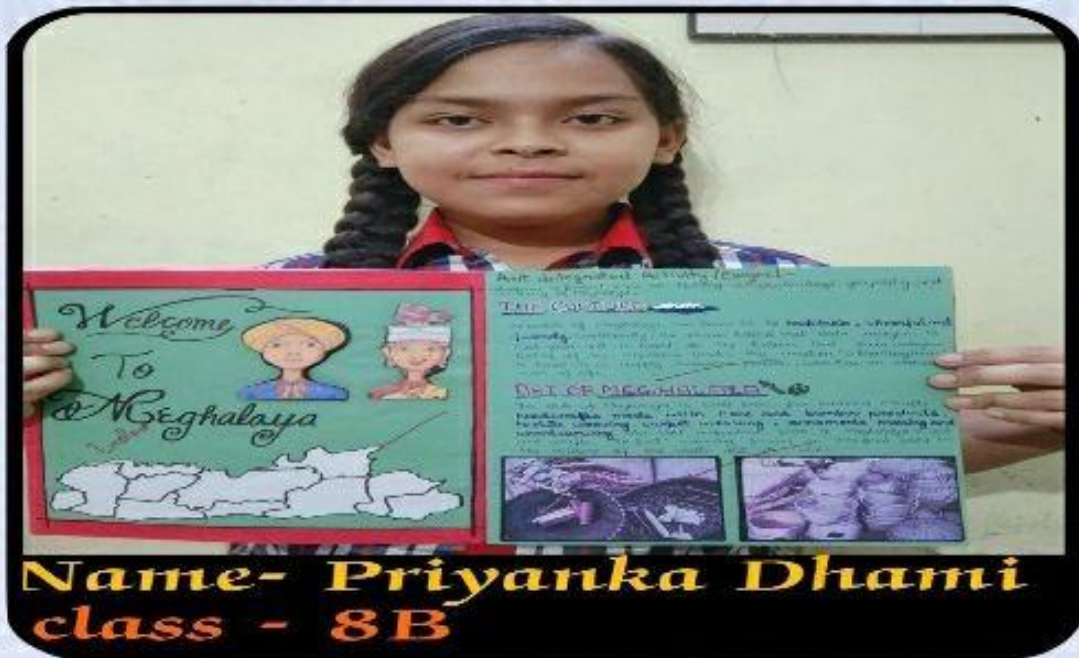
Activity
Speech /Debate/Quiz on Constitution Day.

December - 2022

Name- aaradhya Chandra
Class- 8B



name, Aastha Yadav
class - 8B



Name- Priyanka Dhami
class - 8B

ACTIVITY

SCRAP BOOK WORK ON PAIRED STATE.

January - 2023



Activities
Har Ghar Tiranga Program
Fancy Dress competition
Statehood day celebration of paired state.



KENDRIYA VIDYALAYA AFS MEMAURA LUCKNOW



LUCKNOW REGION

“ THANK YOU ”



MEGHALAYA

केन्द्रीय विद्यालय वायु सेना स्थल मेमौरा लखनऊ

स्टाफ-सूची ;2022.2023

S.No.	Name of the employee	Designation of the Employee
1	SMT. INDU PURI	PRINCIPAL
2	SMT. SHAILENDRA KUMARI VERMA	PGT(ECO)
3	Dr.(MR.) HIMANSHU MISHRA	PGT(ENG)
4	MS. RASHMI SIDDARTH	PGT(HISTORY)
5	MR. NEERAD KUMAR TRIPATHI	PGT(MATHS)
6	MISS. ANJANA MATHUR	PGT(COMMERCE)
7	SMT. ANVITA BAJPAI	PGT(PHYSICS)
8	MR. VISHAL YADAV	PGT(COM.SC.)
9	MR. VED PRAKASH	PGT(HINDI)
10	MR. NEERAJ KUMAR SINGH PAL	PGT(GEO)
11	Dr.(SMT) MADHVI PATHAK	PGT(BIO)
12	SMT. SACHI SACHAN	TGT(BIO)
13	MR. HARKESH GUPTA	TGT(HINDI)
14	MR. SANDEEP SINGH	TGT(HINDI)
15	SMT. RASHMI SINGH	TGT(MATHS)
16	MR. MAN SINGH KUSHWAHA	TGT(SOST)
17	MR. SUBHASH CHANDRA	TGT(SANSKRIT)
18	MS. PUJA TRIPATHI	TGT(ENGLISH)
19	MS. SHAZMA ANSARI	TGT(ENGLISH)
20	MR. AMIT KUMAR DWIVEDI	TGT(MATHS)
21	MR. GAURAV KUMAR SINGH	LIBRARIAN
22	MR. PRABHAT SRIVASTAVA	TGT(W.E)
23	MR. SANDEEP SHARMA	TGT(P&HE)
24	MR. SIVENDRA KUMAR DWIVEDI	TGT(A.E)
25	MS. ANAMIKA GUPTA	PRT (MUSIC)
26	MR. SURESH CHANDRA SACHAN	PRT
27	SMT. VANDANA KUMAR NIRMAL YADAV	PRT
28	SMT. RAMA TIWARI	PRT
29	MR. SAURABH PANDEY	PRT
30	MS. SADHANA KHARWAR	PRT
31	MR. ABHISHEK CHAUDHARY	PRT
32	SMT. PRIYA	PRT
33	SMT. ARADHANA YADAV	PRT
34	MS. RUCHI SINGH	PRT
35	MS. MANISHA	PRT
36	MR. ASHISH KUMAR	SSA
37	MR. DESHRAJ BEPLAWAT	JSA
38	MR. VIJAY KUMAR AGNIHOTRI	SUB-STAFF
39	SMT. PRABHAWATI	SUB-STAFF
40	MR. SURESH KUMAR	SUB-STAFF
41	SMT. MAHESHWARI	SUB-STAFF

केन्द्रीय विद्यालय वायु सेना स्थल मेमौरा परिवार : मधुर स्मृतियाँ



धन्यवाद

