



# International Hindu School

Nagwa, Lanka-Varanasi

Affiliated To CBSE New Delhi



**ABHIVYAKTI**  
**EDITION 2021-22**

# Founder of School



Ex Manager-Late Sri Alok Mishr



FOUNDER-Late Sri Chandra Vadan Mishr



President- Dr. Suman Kumar Mishr

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## Message from President's Desk



The corridors of the International Hindu school ring with cheer and joy as they witness its silver jubilee celebrations. The children are so happy to come to school after a long gap.

We have a new young but experienced principal. He is going to expand the horizons of education at the school with new programs at all levels in the school I width and depth. You will see his impact by the smooth and well-organized functioning of the school.

Benares is known for its *musti*. It is going to be replaced with Benares *keChusti* in the campus.

You can hear the promise the school is making at its silver jubilee to every child, to work towards ensuring a future for them that is brilliant and bright.

माता शत्रुः पिता वैरी येन बालो न पाठितः !  
न शोभते सभामध्ये हंसमध्ये बको यथा !!

The parents who do not educate their children are like enemy. Illiterate person in the meeting of wise people cannot get respect. He is like a Heron amongst a group of swans.

It is the duty of parents to help in the education of the children. IHS parents are giving 100% backing to their children.

We are publishing Abhivakti magazine after a gap caused by the pandemic. It has very interesting articles by students and teachers. The magazine is full of wisdom and joy. It has articles in Hindi, Sanskrit and English. The editorial board has worked very hard to give it a new technological flavor.

This is a special issue worth saving for your lifetime.

**Enjoy it. The best wishes.**  
**Suman Kumar Mishr MD, FACE**  
**Lima Ohio USA.**





## Message from Vice President's Desk

In our world of hyper connectedness, people have between 500-600 social connections. 2% of the population has no close friends, 39% have 3-5 close friends and 27% have 10 or more friends, the average facebook user has about 155 friends, 2.6 billion people play video games. How many people use technology to communicate and to get their work done? The statistics go on and on, but not more than 10-20 years ago, it was a very different world. Our world is increasingly shaped by technology in every one of these ways but let's consider another fact: approximately 1 in 8 people are disabled! Over 1 billion people in the world have a disability. So what will happen to our world if we leave those 1 in 8 people behind? Would you like to live in a world where we exclude people, where only the fittest survive? This is exactly the question Satya Nadella asked when his son, Zain, was diagnosed with his disability. Zain's impact on his father led the leader of one of the most influential technology companies to alter the products it creates. He made it a priority at Microsoft to be inclusive, diverse and to build products that include the disabled. Technology and education should not exclude people, but instead, it should explicitly include people who are quiet or unable into the conversation. As you build your career and aspirations for the world, keep this story in mind of how 1 person with a disability was able to change the world for billions of people. Think about how you will change the world for the 1 or 2 people in your own life who otherwise cannot.

**Vice President**  
**Mr. Nagendra Vashist Mishr**



## FROM THE DESK OF MANAGER

The success of any educational institution is determined by the impact it creates in young minds. These are the minds that will one day grow to become the pioneers of this generation. To answer their questions of 'what', 'why', and 'how' is proof of the fact that learning is a lifelong process.

I am really pleased that International Hindu School has completed its 25th year and has achieved great success. The school's vision is to serve the ever-increasing glory of India and to spread the message of brotherhood and service to mankind. Let's join hands to celebrate the coming years with more success and take IHS to great heights.

**SANDHYA MISHRA**  
**MANAGER**

## FROM THE DESK OF ACADEMIC ADVISOR

It is a matter of great joy and happiness that the Silver Jubilee edition of the magazine of International Hindu School is ready to be placed in the hands of our readers. The magazine provides the students a great platform for the expression of their creativity, innovative ideas and talent. Our students have taken this opportunity to express their creative urges.

In this highly competitive world, the world which is full of restlessness, it is really a daunting task to settle for a peaceful life. Of course, in our country we have the distinction of having produced excellent doctors, engineers, civil servants, financial experts, and teachers and so on but that is not enough. What we need at this juncture is excellent human beings, people of values and character.

I would like to thank the Editor - in - chief, members of the Editorial Board for their timeless efforts in bringing out this magazine.

**JAYANTI SAMANT**  
**ACADEMIC ADVISOR**



## FROM THE DESK OF PRINCIPAL

I am immensely happy to inform that International Hindu School, Varanasi, is celebrating 25 years of its existence at the service of imparting value-based education. On this occasion I feel proud to be part of such a prestigious esteemed organization in the jubilee year 2022.

Here, I found a class called 'life' which teaches you how to sew basic things that you need in real life. My strong belief regarding schooling is 'Discipline is primary, learning is secondary and schooling means to educate not to literate'. And I am glad, that resonance occurred here.

I am happy that the magazine has shaped into a perfect combination of thoughts and activities with an objective of development of mind and heart. In this magazine, the views of the Teachers and students have been presented in a holistic manner.

I personally wish all the teachers and students associated with the magazine's successful publication, heartfelt congratulation for their commendable effort. I wish everyone a bright future.

**Principal  
Ponugoti Madhu Chowdary**





## MISSION OF OUR SCHOOL

**INTERNATIONAL HINDU SCHOOL  
MISSION  
TO**

**INSTILL THE LEADERSHIP, CREATIVITY AND  
COURAGE IN THE MINDS OF ITS GRADUATES  
AND TO GIVE THEM A DRIVE FOR A LIFE –  
LONG PURSUIT OF KNOWLEDGE. WE STRIVE TO  
CREATE INTERNATIONAL CITIZENS WHO  
FOLLOW INDIAN CORE VALUES WHILE  
MAINTAINING A STRONG CHARACTER.**





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**Educators don't just teach—they  
prepare us for the road ahead...**

Teachers are the most important members who give children a purpose, set them up for success as citizens of our world, and inspire in them a drive to do well and succeed in life. Let's have a look at the strong PLOT of IHS.







# My Journey In IHS

It is my belief – and I am sure you will agree – that God's grace and one's good fortune contribute a lot to success in life. I was lucky to be born in a family that held education in great importance. Following the tradition of higher education, allowed me to pursue a 30-year career teaching Chemistry in Kendriya Vidyalaya. Dr Suman K Mishr and my husband Dr H C Samant were friends. In 1996, Dr Mishr brought his father to consult my husband who was an ENT Surgeon. Dr Mishr's father blessed me and said, "bahu, my son Suman is starting a new school. I would love it if you helped make it a success". It wasn't until 2002 after the passing away of my husband and my retirement from Kendriya Vidyalaya that I again remembered that conversation. I felt drawn towards International Hindu School. The school had 150 enrolled students and for a while, the number even dropped to 100. At that moment, I felt determined that with the right vision, goals and a plan, we would make progress toward establishing the school as a premier institution. Having put in twenty years of work toward this goal, it gives me great pleasure to see how well the school is doing. For whatever I may have contributed to the school, I have also received a lot in return. I have learned a lot from the school and from Dr Suman Kumar Mishr. With his principles of "dream big, think high" and "good human beings excel with high-quality education", Dr. Mishr has been a constant motivating force for me through the years.



Working further for the development of the school as a temple of learning, my heart said to me that I had the pen in my hand and a chance to write a beautiful story for myself. We decided to set the following goals:

1. Prepare children for leadership
2. To teach them how to face challenges
3. Focus on developing character
4. Focus on being good human beings and true citizens of the world

We chose to use play groups as a medium of education to achieve these goals. Play groups form the foundation on which the superstructure of education and adulthood are built. The stronger the foundation, the better the child is equipped to grow and learn for the rest of his life. The idea of play groups has evolved alongside the transition of families from extended to nuclear in structure. Traditionally, children learnt their vocabulary and manners from their grandparents. Play groups have been formed in an informal approach so that children learn to interact with each other and with adults in

an environment that is not too structured but still teaches them important concepts like language, group dynamics, leaderships skills, eating and drinking, conflict resolution and time management. Other innovative activities started in the school were science labs and development of library and sports events. These were designed to promote higher level thinking over rote learning and channel healthy competitiveness in children's minds.



# My Journey In IHS

TO BE CONTINUE



Teachers, students and parents have all been encouraged to cooperate to form the three pillars of education in the school. These pillars provide strength to support the learning activities in the school. The school has also been involved in activities of social responsibility within the community to which it belongs. Growth in education and mindsets cannot occur in isolation from the community. It takes a village to raise a child. The International Hindu School village has grown to 1500 enrolled students and has taken stronger roots in the community. We have established well-equipped physics, chemistry and biology laboratories. Recognising the importance of English language in producing global citizens, we have also established an English club along with the science club. We also organise Bhasha Utsav, an activity that is unique to our school. To enable a well-rounded development of our students, we pay equal importance to sports and organise tournaments every Saturday and also human chess. The school organises expert talk series every month by eminent personalities from India, the USA, Australia, Canada and the UK.

- Rishi Prakash passed 12th from this school and currently working as chief Engineer Indian Railway.
- Abhishek Kumar who passed 12th from IHS and currently working as Business Technology Analyst at Deloitte USI
- Piyush Tripathi Who passed out 12th in 2015 from IHS and currently working as a manager in FrontRow which is e-learning brand and has travelled 5 countries across the world.

I believe that life is a continuous learning journey, so I try to learn and grow each day. We have adopted new education policy, have started life skill training, music, digital art, graphic designing, some prescription, gardening and entrepreneurship. We introduced these skills in early classes. We have also established learning exchange program with some schools in the US. The Geeta encourages us to live with purity, strength, discipline, honesty, kindness and integrity in order to find our purpose and to live it fully. We provide a copy of the book to all students at the time of admission. We have also joined an organisation, which is working on spreading the Moto to learn the detail. 55 countries and 40000 people across the world are working on this project.

I have no doubt that the school will continue to grow with the help of its roots and spread wider and stronger in society. I look forward to continue to work and learn with teachers and students, both old and new, in the years to come.

**JAYANTI SAMANT**  
**ACADEMIC ADVISOR**

## विद्यालय का रजत जयंती वर्ष

विश्व की प्राचीनतम एवं पवित्रतम नगरी काशी, देवाधिदेव महादेव शिव शम्भु की अविनाशी काशी, तुलसी की चौपाई काशी, कबीर की बानी काशी, रैदास की कठवत काशी, सर्व विद्या की राजधानी काशी, गंगा- जमुनी तहजीब काशी, गंगा- वरुणा असि की जलधाराएं काशी। ऐसे अद्वितीय धरा पर विराट मानस और विशालतम इच्छा शक्ति के परिणति रूप में वर्ष 1996 में इंटरनेशनल हिंदू स्कूल की स्थापना हुई। काशी शिक्षा, कला, साहित्य, और संस्कृति का पुरातन केंद्र है। जाहिर तौर पर पहले से संचालित संस्थान और उनकी अग्रणी स्थिति स्वांकुरित संस्थानों के लिए एक चुनौतीपूर्ण कार्य साबित होते हैं।



ऐसे में विद्यालय के संस्थापक डॉ सुमन कुमार मिश्र की दृढ़ इच्छाशक्ति, उनकी नित नई सोच और विराट व्यक्तित्व एवं अनुकरणीय लगन की वजह से चंद बच्चों और एक पुरानी इमारत से प्रारंभ विद्यालय का सफर आज अपने शानदार इमारत, हजारों छात्रों की तादाद, आधुनिक शिक्षा पद्धतियों एवं माध्यमों से लेस कुशल शिक्षण का शानदार लक्ष्य हासिल कर चुका है। छात्रों के सर्वांगीण विकास को शिक्षा का मूल मानते हुए निरंतर प्रगति के पथ पर अग्रसर इस विद्यालय की सोच का सबसे बेहतरीन पहलू यह है कि यह भारतीय मूल्यों से परिपूर्ण वैश्विक नागरिक ( GLOBAL CITIZEN WITH INDIAN CORE VALUES) तैयार करने को अपना उद्देश्य बनाया है।

वाराणसी का ही नहीं बल्कि देश का शायद यह इकलौता शिक्षण संस्थान है जो “भाषा उत्सव” मनाता है। भाषा उत्सव का आयोजन बेहद अनोखा और अलग तरह का कार्यक्रम है जिसमें शहर के हर विद्यालय के छात्रों को आमंत्रित किया जाता है। अधिकांश विद्यालय अपने छात्रों को विभिन्न कार्यक्रमों में प्रतिभाग करने के लिए अपने शिक्षकों संग इस अवसर पर यहां भेजते हैं। हिंदी, संस्कृत और अंग्रेजी के साथ नृत्य और संगीत की विभिन्न प्रतियोगिताओं में छात्र-छात्राओं की उम्दा प्रस्तुतियां विद्यालय परिसर को साहित्य और संस्कृति की धूरी सी बना देती है।

विद्यालय की दूसरी सबसे बेहतरीन कृति अगर शैक्षणिक कार्यों में बताई जाए तो वह है इस संस्थान का मैत्री भाव। यूं तो विद्यालय “बाल मैत्री दिवस” का आयोजन प्रत्येक वर्ष कराता है जिसमें भी अन्य विद्यालयों के बच्चे शिरकत करते हैं। “बाल मेला” एक अद्भुत आयोजन होता है। विद्यालय के मैत्री भाव के उत्कृष्टतम परिकल्पना को समझने के लिए जिक्र करते हुए भी अपार हर्ष होता है की काशी- वाराणसी ही नहीं ही अपितु यह संस्थान वैश्विक मैत्री भाव में विश्वास रखता है। विद्यालय के संस्थापक डॉ० सुमन कुमार मिश्र कुमार मिश्र की अगुवाई में अमेरिका के “लाइमा- वाराणसी सिस्टर सिटी” कार्यक्रम को पूरे शहर ने ही नहीं वरन देश ने सराहा। यह एक अनूठी पहल थी जिसमें लायमा के मेयर और कई बड़े ओहदेदार और वाराणसी के तत्कालीन मेयर डॉ० रामगोपाल मोहले के बीच एक अनुबंध बना।





## विद्यालय का रजत जयंती वर्ष

### शेष अंक



दुर्योग यह है कि काल के गाल में धकेलने को आतुर कोरोना की वजह से भले ही यह सारे कार्यक्रम पिछले दो वर्षों से संभव ना हो सके, लेकिन यही विद्यालय की आत्मा है। एक और कार्यक्रम जो इस संस्थान द्वारा प्रारंभ किया गया वह भी अनुकरणीय है। विद्यालय प्रबंधन द्वारा शहर के अधिकांश क्षेत्रों में हजारों वृक्षारोपण करा कर पर्यावरण संरक्षण का पाठ संकलित और सृजित किया गया। विद्यालय प्रत्येक वर्ष वार्षिक कैलेंडर प्रकाशित करता है, जिसमें जनकल्याण, जन सुविधाओं, नवीनतम सूचनाओं के संग बेहद रोचक, प्रासंगिक एवं उपयोगी जानकारी दी जाती है, और इसकी कई हजार प्रतियां निशुल्क जन सामान्य में वितरित की जाती है। विद्यालय के जनकल्याण एवं जनसंवेदना का ख्याल रखने की आतुरता को इतने से ही आंका जा सकता है की इस भयावह कोविड दौर में भी विद्यालय द्वारा विभिन्न विषयों पर विशेषज्ञों द्वारा **“पंडित चंद्र बदन मिश्र स्मृति व्याख्यान माला”** का आयोजन सतत क्रम में आज भी चल रहा है और पूरे शहर में चर्चित है।

शैक्षणिक संस्थान शिक्षा तो प्रदत्त कराती ही है लेकिन शिक्षा और शिक्षण कार्यक्रमों से इतर उनके सामाजिक कार्य ही उनकी असल पूंजी हैं जिसमें इंटरनेशनल हिंदू स्कूल अग्रणी है।

25 वर्षों को चंद्र पंक्तियों में संजोना दुरूह है। विद्यालय की नित नई सोच अपने संघर्षों और चुनौतियों से नित नए आयाम हासिल करती है। जिसमें विद्यालय प्रबंधन संग कुशल शिक्षकों, छात्रों एवं अभिभावकों की बेहद सराहनीय भूमिका रही है।

**संस्थान उच्चतम ख्याति अर्जित करे।**

**रजत जयंती वर्ष की अनेकानेक शुभकामनाएं एवं बधाइयां।**

**गणेश शंकर चतुर्वेदी**

**PGT ENGLISH**

# ‘संस्कृत’ एक आधारभूत शिला



संस्कृत अर्थात् हमारी सभी भारतीय भाषाओं की जननी, हम सभी के द्वारा सम्मान करने योग्य भाषा। परन्तु क्या आज वह उपेक्षित नहीं है? क्या उसकी रक्षा करना, उसको पुनः सम्माननीय स्थान दिलाना हमारा कर्त्तव्य नहीं है? क्या हम इतने स्वार्थी हो गए हैं कि धन के लालच में हम अपनी संस्कृति को, अपने संस्कारों को विस्मृत कर रहे हैं?

आज हमारी युवा पीढ़ी पाश्चात्य देशों की ओर, पाश्चात्य संस्कृति की ओर आकर्षित हो रही है। पाश्चात्य विचारों का अनुकरण कर रही है और अनुकरण करने वाला हमेशा पीछे ही तो होता है अतः हम भारतीयों को अपने पूर्वज्ञान का अध्ययन करके आगे जाना ही होगा। हमारा सम्पूर्ण ज्ञान और विज्ञान संस्कृत ग्रन्थों में निहित है। हमारा संस्कृत साहित्य अत्यन्त समृद्ध है। हमारे वेद, उपनिषद, पुराण, आरण्यक, ब्राह्मण, स्मृतिग्रन्थ, रामायण, महाभारत आदि सभी प्रमुख ग्रन्थ संस्कृत में ही लिखे गए हैं। परन्तु समस्या यह है कि हमारी नयी पीढ़ी संस्कृत पढ़ना ही नहीं चाहती। जब नयी पीढ़ी को संस्कृत का ज्ञान ही नहीं होगा तो हमारे प्राचीन ग्रन्थों में लिखे हुए अद्भुत ज्ञान को समझना भी असम्भव ही होगा। अपने ग्रन्थों में लिखे गए ज्ञान को समझकर उसका उपयोग करने के लिए संस्कृत पढ़ना आवश्यक है।

हमें अपने संस्कारों की रक्षा करना अत्यावश्यक है और हमारे सारे संस्कार संस्कृत ग्रन्थों में वर्णित हैं जिन्हें जानने के लिए संस्कृत पढ़ना आवश्यक है। किसी भी देश की संस्कृति उसकी भाषा में निहित होती है। ब्रिटिशों के द्वारा यह भ्रान्ति फैलायी गयी कि संस्कृत भाषा निर्जीव है, उनकी यह सोच थी कि भारतीय स्वाभिमानहीन एवं असंगठित हों अतः उनके अभिमान को नष्ट करना चाहिए जिसके लिए भाषा पर प्रहार करना आवश्यक है अतः उन्होंने हमारी सर्वाधिक समृद्ध एवं लोकप्रिय जनभाषा संस्कृत पर प्रहार करते हुए सभी संस्कृत विद्यालयों को बन्द करके आंग्ल विद्यालयों को आरम्भ किया। हमें अपने स्वाभिमान को वापस लाने के लिए संस्कृत पढ़ना आवश्यक है। संस्कृत कठिन है यह धारणा भी ब्रिटिशों के द्वारा लायी गयी। जिसके लिए उन्होंने व्याकरणानुवाद पद्धति को लाया। वस्तुतः पहले ग्रीक, लैटिन आदि भाषाएँ इसी पद्धति से पढ़ाई जाती थीं। यही पद्धति इस समय भारत में संस्कृत पढ़ाने के लिए उपयोग में लायी जाती है हमें अपने देश से ब्रिटिश मानसिकता को हटाने के लिए संस्कृत पढ़ना आवश्यक है। हमारी सम्पूर्ण पूजा पद्धति, मन्त्र, श्लोक संस्कृत में ही हैं और उनको आगे भी यथावत् चलाने के लिए संस्कृत पढ़ना आवश्यक है। विश्व के अनेक देशों ने इसके महत्त्व को समझकर वहाँ के विद्यालयों एवं विश्वविद्यालयों में संस्कृत शिक्षण अनिवार्य कर दिया है। क्या अभी भी हमें अपनी सुसावस्था को त्यागकर जागृतावस्था में नहीं आना चाहिए?

अन्त में स्पष्ट शब्दों में बताना चाहती हूँ कि संस्कृत विद्यार्थियों के लिए सम्पूर्ण अंक दिलाने वाला विषय है और इसलिए अपने अंकों के प्रतिशत को बढ़ाने के लिए भी संस्कृत पढ़ना आवश्यक है।

जयतु संस्कृतम् जयतु भारतम्

डा० रश्मिप्रभा कालविण्ट



## ज़रा ठहरिए.....



आज पैसे की अंधी दौड़ में हर व्यक्ति अधिक लाभ, अधिक से अधिक धन वैभव जुटाने में लगा है नतीजा यह है कि उसे धनबल तो प्राप्त हो जाता है किंतु फिर भी उसे शांति नहीं मिलती, संतोष नहीं मिलता कहा गया है **"जब आवे संतोष धन सब धन धूर समान"**। हमें अपने जीवन में एक बिंदु निर्धारित करना पड़ेगा जहां हमें संतोष प्राप्त हो। अधिक पाने की लालसा कभी समाप्त न होने वाली इच्छा है।

आज हम देख सकते हैं अधिकाधिक लोगों ने धनबल तो प्राप्त कर लिया है पर चरित्र बल नहीं है। चरित्र का अर्थ आचरण का चाल-चलन से है जिस व्यक्ति के व्यवहार में सत्य, न्याय, प्रेम, मानवता, करुणा, दया, अहिंसा, त्याग आदि गुण एकत्र हो जाते हैं वह चरित्रवान कहलाता है। धनवान व्यक्ति समाज में आपको मिल जाएंगे पर चरित्रवान विरले ही मिलेंगे। हर व्यक्ति एक दूसरे को छलने में लगा है, झूठ बोलने में लगा है, अपने आप को श्रेष्ठ साबित करने में लगा है जबकि असलियत यह है कि वह भीतर से कुछ और है और दिखावा कुछ और करता है। कथनी और करनी में भेद है-

**कथनी मीठी खांड सी , करनी विष की लोय।  
कथनी तज करनी करें, विष ते अमृत होय ।।**

यदि हम सिर्फ उपदेश देने की अपेक्षा सदगुणों को अपने जीवन में उतारे तो हमारा जीवन तथा संसार स्वर्ग बन जाएगा। चरित्र जन्मजात गुणों और आदत से डाले गए व्यवहार को मिलाकर बनता है इसका तरीका भी बहुत सरल है जैसे सदगुणों पर चलना और अवगुणों से बचना अर्थात् प्रेम, त्याग, करुणा तथा मानवता को अपनाएं और लोभ, मोह, निंदा, उग्रता, क्रोध तथा अहंकार को छोड़ें परंतु यह सरल सा मार्ग साधना के बिना बहुत कठिन हो जाता है। हम जैसा व्यवहार करते हैं वैसे ही आदत बन जाती है और वैसा ही हमारा चरित्र बन जाता है मनुष्य की सबसे बड़ी आवश्यकता शिक्षा के साथ-साथ चरित्र की है यही उसका सबसे बड़ा रक्षक है और वर्तमान समय की सबसे बड़ी मांग है।

**Head of Department (HINDI)  
Archana Mishra**



# Significance Of Spirituality In Our Life



• Spirituality does not mean any particular practice. It is a certain way of being. To get there, there are many things to do. This is like a garden in your house. If the soil, sunlight or stem of a plant is in a certain way, it won't yield flowers, you have to do something. You have to take care of those things. So, if you cultivate your body, mind, emotions and energies to a certain level of maturity, something else blossoms within you – that is what spirituality is.

Going to the ocean or to the mountain and seeking an experience may be beautiful, you must enjoy the world the way it is, but you must understand, the fish in the ocean doesn't think it's a spiritual experience, nor does the mountain goats think the mountain is a spiritual experience because they are there all the time. If you bring them to the city, they may think it's a spiritual experience. It is the breaking of the barrier within you – something broke within you. You were in a shell. This broke and became a bigger shell. What I'm saying is, if you get used to the bigger shell, it feels the same way as the previous one.

spirituality gives a sense of peace, wholeness and balance among the physical, emotional, social and spiritual aspects of our lives. However, for most people the path to such spirituality passes through struggles and suffering, and often includes experiences that are frightening and painful.

There are a number of different reasons why people may turn to spirituality, including but not limited to:

- To cope with feelings of stress, depression, and anxiety: Spiritual experiences can be helpful when coping with the stresses of life.
- To find purpose and meaning: Exploring spirituality can help people find answers to questions they have about philosophical questions such as "what is the meaning of life?" and "what purpose does my life serve?"
- To find a sense of community and support: Because spiritual traditions often involve organized religions or groups, becoming a part of such a group can serve as an important source of social support.
- To restore hope and optimism: Spirituality can help people develop a more hopeful outlook on life.

**Head of Department ENGLISH**  
**Umesh Kabir**

## Make Your Body Healthy And Brain Alert By Daily Physical Activity.

Regular physical activity participation provides immediate health benefits and increases immunity by positively effecting body composition, muscular system, cardiovascular system development and reducing the presence of coronary heart disease and lung disease. In recognition of these health benefits, physical activity guidelines for children and youth have been developed by the health education authority.

According to condition and situation the time of one hour daily physical activity per day of at least moderate intensity is recommended.

For example, brisk walking, jogging, slow running and skipping ropes.

A secondary recommendation is that children take part in activities that help develop and maintain muscular – skeletal health, on at least two occasions per week. This target may be addressed through weight bearing activities that focus on developing muscular strength, endurance and flexibility, and bone health.

Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture. Physical education teaches students the importance of physical health. We've often heard people stress the importance of physical education; how important it is really? As parents, we often place higher importance to grades and ranks however for your child to grow holistically it is important for you as a parent to teach them to have the right balance between academics and sports.

School physical education provides a context for regular and structured physical activity participation.

**(Head of Department: physical education)**  
**Mr. Sunil Yadav**



## Music : An Accustom

Music is the It is a piece of art expression of human emotion which goes through ear straight to heart and it is something which can not be understood mentally. one should connect himself so secretly to feel it in his entire body. Music gets its origin from “VEDAS” which is where it is known as ' Sangeet ' meaning pleasant singing " . Although 'Sangeet' has very vast meaning which include Vocal music as well as Dance & Instrumental but here we discuss mainly on Vocal music or “**Kanth Sangeet**”. In Hindu mythology, the **Swar** is “**Naad Brahma**”.



The entire world is originated from this ‘**Naad**’ and our anchorite used to say “**swar hi Ishwar hai**” !! The realization of swar is very difficult in one’s lifetime . The accustom of swar is biggest worship quoted in our shastras. Once Lord Narad Muni asked to Almighty shri Hari Vishnu that where is your abidance ?The answer given by Lord Vishnu express the importance of swar. He said,

नाहं वसामि वैकुण्ठे योगिनां हृदये न च ।  
मद्भक्ता यत्र गायन्ति तत्र तिष्ठामि नारद ॥

It means, O Narad ! I don’t live in Baikunth nor I live in yogies. It is the song of the devoties who totally admires myself in my residence. Swami Vivekanand also said that “**Music is the highest art and to these who understand is the highest Worship.**” The Importance of Music in human life is beyond words. For a while , just think if there were no music in the world, What would happened ? The Answer is that they will started killing to each other , they have no emotions for other people. They all will become emotionless. . It is piece of music which is heard , through which heart gets relaxed and south the soul .

The reverb of soul no music in this that people start " The reverb of swar of swar but he is immortal . last in this earth . It's life span is fill up to day of human hrough which heart gets relaxed and south the soul . The reverb of soul no music in this that people start " The reverb of swar is mmortal . It's life span is till last breath of life on earth. A musician can die by his body but he will always be alive by his music. A famous philosopher Bharatihari Said,

जयन्ति ते सुकृतिनो रससिद्धा : कविश्वरा : ।  
नास्ति तेषां यश : काये जरामरणजं भयम् ॥

Head Of Department: Music  
Nagendra Sharma



# Learn To Love Yourself Is A Process That Takes Dedication



Dedication is the answer to almost all problems in life. Dedication has many different meanings. But all of them indicate at a sole devotion to something in life. When you love something, you want to do anything for it under any condition and without any regret, this is called dedication.

## **IMPORTANCE OF DEDICATION:**

I think dedication is the ultimate key to get success in life. If you've understood what dedication is till now, it won't be hard for you to realize that it drives your most of the action. Dedication is an intensity of will power. You devote your mind and energy to make a good thing happen.

If you want to succeed in life, you have to understand the importance of dedication. Dedication is like a passion. You continue to work hard until you achieve a goal. Also, dedication is the commitment. This means you commit to yourself to make a dream come true, or do something very good for the society overall. Dedication keeps your energy intact.

## **Be Dedicated to Succeed:**

What I mean is that nobody achieves success without being dedicated. Dedication is the road to happiness. It helps you not to fear anything. If you are a student, your life aim is to read and get a good education so that you can compete. Dedication will help you stay consistent at your goal. If you've no dedication, you will give up on your goal too soon.

When you become dedicated, you promise yourself not to give up on your dream no matter what. It makes you determined and strong to chase your goal and hunt your dream. Dedication simplifies many things in life. It will keep you concentrated. Dedication will help you overcome many obstacles or bad things in life.

## **Conclusion:**

So, learn more about dedication and importance of dedication. It's simple. Dedication is a virtue. You just have to learn to be dedicated to be successful in life. Being dedicated is like being sincere and honest to a particular aim in life. Love your dream and passion to be dedicated. It will only make your life simple.

**Sunita Singh**  
**Co-ordinator (Primary Wing)**

# IS SKY THE LIMIT TO EARN MONEY.....?

HELLO students, Today, I want to take you for a tour of Monetary world.

Can you see the 'Air' with opened eyes? Answer is no. Likewise we cannot see the money flying in the sky with opened eyes. To catch the money flying in the sky, we need to understand the way how to catch it.

Yes, there are so many ways to earn money by doing some professional and non professional work. But what I am going to tell you is very much interesting. You know that generally a person has a limit number of hour in a day i.e. 24 hours out of which a person has economic hour 8-12 only. But do you know, who has no limit of working hour in a day? Yes! what you have read is correct. An **Entrepreneur** has no limit of number of hour, hands, eyes and brains. As the number of employees are his/her hands, eyes and brains and number of hour of each employee also.

An Entrepreneur is the person who identify the needs and wants of the society and develop ideas to satisfy them by designing, producing and offering them. It is not compulsory to invest large amount initially. It requires knowledge, skill and strong will power and moderate capital to start an enterprise.

The way to see the money flying in the sky is Entrepreneurship education which focuses on developing real-world skills that will help students to lead exceptional lives in a rapidly changing world.

Entrepreneurship education teaches students crucial life skills, such as:

How to collaborate and work with a team

How to speak in public and prepare an effective presentation

How to use social media as an advocacy tool

How to solve real, complex problems that don't have a definitive answer

How to use curiosity and creativity to find an innovative approach to difficult problems

Here are Five Benefits of Entrepreneurship Education for Students:

1. **PREPARE STUDENTS FOR AN UNCERTAIN FUTURE:** According to the World Economic Forum's [Future of Jobs survey](#), half of today's work activities could be automated by 2055, creating completely new roles, responsibilities, and challenges for the future workforce.

Entrepreneurship-focused programs teach students crucial life skills that will help them navigate this uncertain future.



# IS SKY THE LIMIT TO EARN MONEY.....?

## TO BE CONTINUED



2. **LEAVE ROOM FOR CREATIVITY AND COLLABORATION:** *Entrepreneurship education encourages creativity, innovation, and collaboration.*

*These attributes are highly valued by the top colleges in the world and will serve your child well beyond middle school and high school.*

4. **DEVELOPE GRIT:** *According to Duckworth, grit consists of passion and sustained persistence applied toward long-term achievement.*

*The demanding and uncertain entrepreneurship journey requires more passion and sustained persistence than most other activities.*

*This makes an entrepreneurship-focused program ideal for developing grit in your students.*

5. **MAKE THE WORLD A BETTER PLACE:** *By participating in entrepreneurship programs, students don't just become ready to create their own futures — they become ready to change the world.*

*At last, I just want to say that if you have good analytical skill to identify the needs and wants of society, having good knowledge of developing production cycle that will help you to come up in the market with your product by opening your enterprise. For example: Ola cabs, Oyo, Swiggy, Zomato, Uber, Restaurants, Manufacturing of new identified product, etc.*

**Head of Department: Commerce**  
**Sandeep Kumar Gupta**



# Aryan Invasion Theory

The renowned archaeologist Professor B. B. Lal asserts that there is no evidence for warfare or invasion, and that the theory of Aryan migration too is a myth. The Harappan civilization along the now-defunct Sarasvati river gradually deurbanized due to declining monsoons, rather than collapsing abruptly.

**What is the Aryan Invasion Theory?** This was first propounded when linguistic similarities between Sanskrit and the major European languages were discovered by European scholars Max Muller during the colonial era. The theory hypothesizes that during 2000BC Aryans from Europe invaded or migrated into the Asian subcontinent.

According to this model, the Indo-Aryans migrated into India rather than invaded it, which nevertheless had the same effect on the indigenous peoples: their subjugation and the imposition of Indo-Aryan religion (Hinduism) and culture. So far, it's been the bedrock upon which Indian history has been written. Its central thesis has three main components. India's original inhabitants were "dark-skinned" Dravidians, who built a peaceful, highly developed, urban civilization in western India and present-day Pakistan, referred to as the Harappan or Indus Valley Civilization.

India was invaded and conquered from the West by a nomadic people called the Indo-Aryans around 1500 BCE. Various different homelands were suggested for these 'Aryans' / Indo-Europeans: central Asia, Scandinavia, North Germany, Hungary and Ukraine. They destroyed the indigenous Dravidian civilization, subjugated the natives, and forced them to migrate to India's South.

The Indo-Aryans were white-skinned and spoke Vedic Sanskrit, and composed the Vedas, and imposed Indo-Aryan religion (Hinduism) and culture.

AIT has been countered in various ways:

The opposing view is that the Indo-Aryan people and their languages originated in the Indian subcontinent and that the Indus valley civilization (Sindhu-Sarasvati civilization) was the Vedic civilization, not a Dravidian civilization as claimed in the Aryan Invasion Theory.



# Aryan Invasion Theory to be continued

Critics of Aryan Invasion note that Sarasvati river is extensively mentioned in the Rig Veda, and is referred to as “greatest of rivers”. This falsifies the Aryan Invasion Theory account that the Rig Veda was composed after a purported Aryan invasion/migration circa 1,500 BCE, and indicates that it was composed closer to 5,000 BCE when the river was last in its prime.

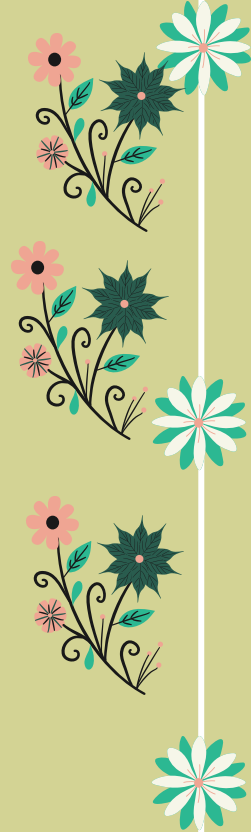
Professor Lal gives extensive archaeological evidence that many of the traditions and customs prevalent in the Sindhu-Sarasvati civilization continue to exist in modern India, like Yoga, use of sindur, namaste greeting etc. and thus it refutes the Aryan Invasion theory that the Sindhu-Sarasvati civilization was destroyed and supplanted with a “foreign” Hindu culture and civilization.

Some genetic studies have demonstrated the absence of any significant outside genetic influence in India for the past 10,000 – 15,000 years.

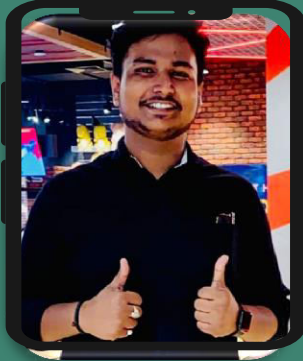
We have seen in recent times more reports in the news trying to settle the dispute of controversies regarding the Aryan Invasion Theory through modern gene forensic tools. Where one study concluded after studying DNA samples from a 4500 skeletal remains of a woman found in an Indian Valley Civilisation site at Rakhigarhi, Haryana, that there is no evidence of a large scale migration of any kind seen in Harappan civilisation. On contrary the report suggest it's more likely that the people from Harappan civilisation are ancestors to a majority of population of South Asia and probably the same people that developed the Vedic culture.

Another genomic sequencing study found after studying about 523 ancient samples with ages going back to about 8000 years that there is no genetic indication of Asian Steppe ancestors among samples from Harappan civilisation and most likely the the Steppe pastoralists migrated to India and South Asia after the decline of Harappan civilisation. This study also seems to suggest that indigenous population of the region migrated from north to south of the Indian peninsula nearly a century or more before Arabians and Asian Steppe populations arrived in India. The same study also concluded the mixed genetic history found in some samples are likely the result of the trade Harappan civilisation did with Mesopotamia, Egypt, across the Persian Gulf and across other regions of South Asia.

**Head of Department: Social Studies**  
**Mrs. Nirupama Mishra**



## Aluminises' Story of IHS who proved that they are straighten out the glory still.....



Hi, this is **Piyush Tripathi**. I passed out 12th in 2015 from IHS. Since then, I am learning and growing each decurrently am working as a **manager in Front Row which is e-learning brand**. I have been travelling Worldwide and covered around five countries. On The Other hand, I am also running an online global business. I believe that life is a continuous learning journey, so I try to learn and grow each day? Stand up for what you believe in. When you are in your rocking chair talking to your grandchildren many years from now, be sure you have a good story to tell."



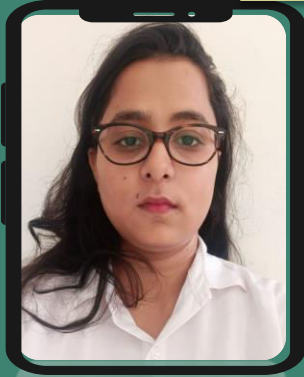
I am **Abhishek Kumar**. I passed out 12<sup>th</sup> in 2015 from International Hindu School. I have completed my B. Tech in Electronics & Communication Engineering from Indian Institute of Information Technology (IIIT), Ranchi and currently working as **(Business Technology Analyst at Deloitte USI**. Wherever I am today it's because of my school and for this I am thankful to all my teachers who had given me proper guidance for my future endeavours. I thought "For me, becoming successful isn't about arriving somewhere or achieving a certain aim but being a morally strong person.



My name is **Pranjal Singh**. I passed out Senior secondary in 2014 from international Hindu School. I did B.Tech in Computer science and secured first division with (77%). I had Worked in Tata Consultancy Services Ltd, Ahmadabad, Gujarat for 2.6 year as SAP BW Developer (Software Engineer). Recently I have been selected in Accenture as **Applications Development Analyst (Software developer)** with package of 8.5 LPA (joining in April 2022). According to me success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit.



## Aluminises' Story of IHS who proved that they are straighten out the glory still.....



My name is **Palak Singh**. I was the student of IHS during 2016 when I passed out class 12th after that I completed my degree of engineering from Jaypee university of engineering and technology in 2017-2021.

Currently I am **working as a software developer at Fusionstak LLC (US based start-up)**.

I always see life as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end." We will have to move continuously to grab the dream we are dreaming. So, dream once, awake forever to grab it.



Hey everyone. My name is **Gaurava Sharma**. I had passed Class X from international Hindu School and proceeded studies from other school because that time school was up to 10<sup>th</sup> classes only. Now I am **working as Solution Architect at Envestnet, WA, USA**. After completing my degree in B. Tech (CS).

whatever I had learnt and achieved there was long lasting. My teachers were like family where I had got such an environment that till now, I am attached with them through technological means. Thank you IHS for becoming the mentor for me.



Hello everyone. I am **Srijan Nagar**. I passed senior secondary form International Hindu School in the year 2010. After my schooling I pursued B. Tech Electrical Engineering from IIT Kharagpur. Now I am pursuing my career as **Co-Founder at FinBox**.

For me, life was not easy and comfortable. I learnt every day and followed the guidelines of my teachers throughout from school to university. I am thankful to my school I.H.S which has given me a pull to uplift further.

## Aluminises' Story of IHS who proved that they are straighten out the glory still.....





Hello everyone. I am Saurabh Sharma. I passed high school in 2002 from IHS and pursued my further studies from other school. Then I had completed MCA and MBA. Right now, I am **Working as Manager in Indian Overseas Bank, Samneghat, Varanasi.**

My mantra for life is "I want to be brave with my life. When we make the choice to dare greatly, we sign up to get our asses kicked. So be brave and dare to challenge the challenges in your life.



Hey everyone, I am **Sanchit Agrawal**. I passed class in the year 2016 from **IHS** and completed Higher education-B.com (H) from Calcutta University along with Chartered accountancy. Now I am **working as senior executive with EY (one of the big'4) in audit and assurance division, Kolkata.** I have also worked with – Bar clay's bank, UK as an Equity research analyst, Chennai.

I never give up trying to do what I really want to do. Where there is love and inspiration, I don't think you can go wrong. My school is my pride from where I have got support and love from teachers I needed.



25 years of Educational Excellency was  
not possible without strong infrastructure  
that we have nailed it.

A Sight inside the tranquility out of  
hum-drum outside.



# THE GLAM GLANCE





## THE GLAM GLANCE





## “Peace and serenity” The breath we take , The step we make

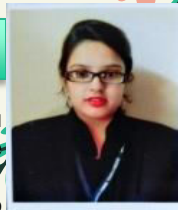
If I were the leader of my country, I would take all possible steps to bring about peace in the universe. We need to lean back to the preaching of our epics and verdicts of our ancestors. ' Ahimsa Parmo Dharma' is the guru mantra which can create the feeling of love in our hearts and can energize us to act for creating an atmosphere of peace in the universe. Just as natural air, water and food are essential to keep us alive , peace and cooperation are the values that bring us inner peace and harmony.

Lord Mahavira, Lord Buddha, Mahatma Gandhi and several others have created peace, unity and brotherhood among the people of the world without caring for the miseries they would have to face in achieving their target. Today's destructive attitude is a curse , a sin and the evil that needs to be curbed once and for all to maintain peace in the world.

Let us now resolve to build a world of faith and trust so nations can work in cooperation . This would ensure permanent peace in the world.

**TGT English**  
**Priya Jain**

## Are You comparing yourself to others ?



I think we can probably all agree that your life might be different if you decided to **stop comparing yourself to others**. People often compare themselves to others to determine how well they are doing in life.

While in some circumstances it can be motivating and inspiring to compare yourself to others, but in most circumstances it is negative and can lead to:

**A feeling of defeat**, like when you feel that you aren't as good as someone else.

**Unhappiness**, in that the process of comparing yourself to others is never ending.

**A waste of time**. If you spend all of your time comparing yourself to others, you will never have enough time to do what you really want.

**Here is how you can stop comparing yourself to others.**

**Understand why comparing yourself to others can hold you back.**

You should think about why you feel the need to compare yourself to others, and think of how that may be impacting you. By realizing these things, you'll be able to move forward and stop wasting your time with comparisons.

**Be happy for others**. Instead of feeling jealous or like it's a competition between you and whoever you are comparing yourself to, you should just be happy for the success of others.

**Be motivated, not competitive**. Instead of feeling jealous or competitive when comparing yourself to someone else, you should instead turn that emotion into inspiration and/or motivation.**Be confident**. By being confident with yourself, you will learn how to stop comparing yourself to others because you'll already believe in yourself.

**Payal Piplani (PRT)**





# Literary pursuits



**I am Special so are you !**

Imagine just how boring life would be If Mother Nature believed in  
**UNIFORMITY!**

All living beings the same in colour and shape A watermelon and ape!  
A leopard and a bear!! A watermelon and a pear!!! The leaves on every tree...  
The fish in every sea... And hey, maybe  
**EVEN YOU... AND ME!!!!**

Eeeeeeks!!! Wouldn't life be a shame If everything looked...felt...smelt...Exactly...  
the **SAME!!**

Thank God, we all have our own shapes and sizes With different looks,  
Talents, surprises each with a special strength or a weakness,  
guess that's what gives us our **UNIQUENESS!**

I've got friends who are fat and friends who are tall,  
Friends who are skinny and some who are **SMALL**,  
Friends who wear glasses or use a wheelchair And those with braces or funny  
**THINGS IN THEIR HAIR!!!**

Some who are brainy, ahead of the rest Scoring superbly in every test,  
Some are winners in other ways In music...dancing...painting...or on sports days.  
Then, there are others who might not win any prizes But watch out,  
they too are full of surprises That's because each of us is one of a kind Specially  
created..**SPECIALLY DESIGNED...**

We each have a purpose, each have a role Each with a dream, each with a goal We  
each are different, special... rare Each an answer to a special prayer... love who you  
are, in life have an aim be happy to be special not boringly same Be who you  
are...Do what you do

We each have a purpose, each have a role Each with a dream, each  
with a goal We each are different, special... rare Each an  
answer to a special prayer... love who you are, in life have an  
aim be happy to be special not boringly same Be who you  
are...Do what you do

**WE ARE ALL REALLY SPECIAL...  
COZ I AM I. AND YOU ARE YOU!!!!**

**By- Sejal Jaiswal  
Class- 9th 'D'**

**I love My School**

I love my school,  
It is beautiful, it is fine.  
It is yours and it is mine.  
There are books and Six  
days are full of gain.  
Friends are jolly, good and neat.  
Teachers able, wise and sweet.  
Our principal is great and kind.  
She has care and love in mind.  
My dear school, a treasure chest.  
It is cool and the best.  
My friends and elders, I give call.  
My School is the best, best among all.

**By- Shahista Nisha  
Class- 9th 'C'**

## "Teenagers of Today"

All the people have to go through their teenage. Some of you have already passed this age, so many are on the way, and some others still dream about the time when he/she will, finally grow up! Nowadays, teenagers have changed in comparison with the teens in the past from head to toe, everything about a teenager is unique. The way they dress is different.

The way they act is different. Even the way they speak is different. Teenagers are known to be moody, insecure, argumentative, impulsive, impressionable, reckless and rebellious. For teens in today's world cell phone, internet, music, movie and television are very important. An aspect worth mentioning is communication like Facebook, Instagram, Twitter has become an essential feature of teen 'social lives. Their lives aren't completed without accessing these social networks in a day. Teenagers today prefer making friendship in cyber world than in the reality. Do you know that teenagers nowadays succumb to various influences??

One of the influences are friends. Most teenagers spend most of the time with friends than staying at home. Mostly on weekends, they gather around food stalls to talk about the event which happened over the week. They even hang out with friends at night. The trend of fantasizing unrealistic ambition of being celebrities or influential figures is popular among teenagers. There is no doubt that the existence of multimedia plays a part in encouraging teens to set foot into the entertainment world, even where their potential or talents have not been lifted to the standard in acting and singing.

**By- Shubhi Upadhyay**  
**Class- 9 'B'**



## "Yesterday, today and tomorrow"

Yesterday calls me from behind,  
Today tells me to work for it.  
Tomorrow fetches me to look my way,  
And I am confused as to what to say.  
Yesterday needs progressive work,  
Today needs hard work,  
Tomorrow needs aim, to put my name.  
I cannot understand, what is right,  
To settle down the fight, Yesterday,  
Today and tomorrow,  
Has created confusion and sorrow.  
But I have a conclusion,  
To remove my sorrow and confusion,  
That is to forget my yesterday,  
And carry out my work today,  
Thus, my tomorrow will be bright,  
That's the only way to stop this fight.



**By- Mrityunjay Singh**  
**Class- 7 'A'**

# "When you write about your best experiences, you live them once again"

**Through this article I want to share my experience of being in a pandemic.**

So, at very first it all started when the first outbreak started in Wuhan, Hubei, China around November 2019 since then it started spreading in China very rapidly and became a pandemic. Soon we started hearing about a virus outbreak in China called CORONA virus or COVID-19 but we didn't care much as there were no cases of this virus in India but around the month of January 2020 the first case of the virus was registered in India but still the citizens were carefree, so were we. Gradually as time passed by, the number of cases started increasing and the death rate increased as well.

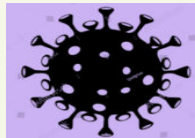
By the time of May there was lockdown almost everywhere. Everyone was extremely scared at that time and it was said to be the peak of COVID-19 in India. A few things were extremely new to us like WFH (work from home) and online education. The fact which amazes me is that even if there was such a hazardous situation around but our education was not a bit disturbed as we had online classes on daily basis and it was a very new experience for me but it made me closer to the technology and according to me E-learning was fun and enjoyable because our school had organized activity classes for students as well so, it was a combination of academic knowledge and extra-curricular activities.

Although I missed going to school and meeting my friends, teachers it was an unforgettable memory. I got to spend a lot of time with my family as I was at home the whole time. I learned some new skills as well, such as cooking and I even learned a new language (Korean). It gave me a new confidence to say that I'm a bilingual (although I'm still in the learning process). As of now things have got better and the schools are opened as well and we are able to attain education in a better way

In conclusion WHATEVER HAPPENED OVER THE PAST YEAR, I AM THANKFUL FOR WHERE IT BROUGHT ME BECAUSE I BELIEVE WHERE I AM IS WHERE I WAS MEANT TO BE.

With these words I'd like to bring this article to an end. I'm grateful that you stayed with me till the very end thank you and have a nice day ahead.

**By- Aditi Singh**  
**Class- 8th 'C'**



## "Value Of Education"

Reading, writing, and understanding things are the first values that we receive from education. The more education we get, the more technology and knowledge will we spread. If education is centred on action and is centred on values and integrities, strengthened by moral principles, then our generation will gradually grow up as rational beings. Any natural or human - made disaster can never harm the value of education.

**By- Yuvraj Singh**  
**Class- 8th 'B'**

## " Education Never Ends"

Time by time  
The second ends and  
second by second the minute ends  
and, Minute by minute the hour ends  
and, Hour by hour the day ends and,  
Day by day the month ends and,  
Month by month the year ends and,  
Year by year the whole life ends,  
But education never ends.



**By- Shahista Nisha**  
**Class- 9th 'C'**

## "Hello Nature "Are you the Best Teacher!""

It explains the generous spirit of Nature not only nurtures all forms of life, but is also ever ready to guide, teach and embrace those willing to prosper in life. Nature is the best gift of God to man. It teaches us all the life transforming lessons, such as to be kind to needy ones, patience, hard work, self-reliance and many more. Everything which is present in nature teaches us very great lessons. For instance, a hibiscus flower comes to life the whole day it dances and plays with the wind. But in the evening, it starts dying. It teaches us that however short life may be, live it to your fullest. Similarly, the trees teach us to provide cover to the weak and tired. The sun gives lesson to burn itself and gives light to the world. The river teaches us to move continuously towards our goal by crushing all the obstacles. Hence, it is well said that 'Nature is the best teacher' for everything and anything we want to learn.

**By- Gopi Singh**  
**Class- 7th 'A'**



# "Love For Stories"

## "Night Full of troubles"

One night, my parents had gone for a party and I was alone at home. I decided to call up my friends and enjoy myself as I was alone and nobody was there to give me company. I called up my friends and asked them to come over. My friends came to my house and we played carom for a long time. After my friends had gone to their own homes, suddenly the lights went off and a night full of troubles started. When the lights went off, I was a bit frightened. Suddenly somebody knocked on the door, I gathered my courage and opened the door but to my surprise, nobody was there near the door. Now I was even more frightened than before, I took a candle and searched for the matchbox to light the candle. Just then, I saw two persons walking behind the window. When I looked through the window, I was assured that the two persons were thieves and they were planning to rob my house. I was a bit frightened and started thinking for an idea to stop the thieves from entering my house and make them run from my house.

I got an idea how to make the thieves run away from my house. I tied a wire to the door, which I had connected to the electric point and when the thieves came in contact with the door, they got an electric shock. Then I put two buckets full of paint above the door. As the thieves opened the door, the paint which was there in the buckets fell on them. After that, when the thieves went near my almirah where my mother's jewellery was kept, I took a packet of marble and threw it on the floor. The thieves stepped on the marbles and slipped on the floor. I played many tricks to make them run away from my house and all my tricks succeeded. After the thieves had gone, the light came back. The thieves had run away from my house and their plan to loot the house had failed. After that, I felt relaxed. I made a glass of orange juice and watched television with relief. When my parents returned, they saw me fast asleep.

**By- Kanchan Mishra**  
**Class- 9th 'D'**



# "Love For Stories"

## "Dreaming of Iceland"

One day I was reading a book and suddenly I found myself in Iceland. There were dwarfs all around me. When I asked them why the whole place was decorated, the dwarfs told me that it was their young prince's 25th birthday and that is why everyone was so happy. They also invited me to come to the party and enjoy. I was greeted very warmly by the dwarfs. After having delicious cake and dinner, I went inside the huge mansion. It was filled with toys and games, markets and gardens. The thing which I enjoyed most was ice skating and magic show. I gave sweets and chocolates to the young prince as a birthday gift. He was very pleased to eat such things for the first time. As a return gift, he gave me few soft toys and ice lollies which were special kinds of sweets.

The most remarkable thing about the people of Iceland was their kind and generous attitude. I enjoyed a lot in Iceland. Suddenly I felt a jerk. I opened my eyes and saw my mother standing in front of me. I realized that I had been dreaming.

**By- Manasvi Pandey**  
**Class- 7th 'A'**

## "Picnic"

Sumit, his cousin, Rahul and many of their friends decided to go for a picnic. Sumit's uncle had a jeep. They made extensive preparations for the picnic. Food, sweets, fruits etc were packed and loaded in the jeep. They also carried along with them drinking water and a music system. Sumit thought, " Why don't Rahul and I go to the High Point Mountain for trekking? ". " Do you know trekking? ", he asked Sumit curiously. " Yes," said Sumit. " All right. But be careful, the rains would have made the slopes a bit slippery. " Uncle cautioned and gave them the permission to go. Sumit and Rahul put the rest of the things in the jeep. They collected their trekking shoes, rope, stick, hand gloves, knife, bag etc and left early in the morning. There was no sun due to an overcast of heavy clouds. Slight drizzling made their trekking very pleasurable. The slippery slope was making them tread very slowly and cautiously. It was an enjoyable and adventurous time they had. Sumit still remembers it.

**By- Adya Pandey**  
**Class- 7th 'A'**





# "Peeping into Poetry world"

## "Look Ahead"



Look ahead, do not look back!  
Except to gather the lessons our past gives,  
As lessons for our future;  
If we fall, we should get up,  
and do not feel discouraged.  
There are those who have set examples,  
We should follow them,  
And keep on going towards one goal.  
We should move with the strength,  
That the Almighty gave us,  
swiftly or slowly, it does not matter.  
We should always look ahead,  
For our aim is not to reach quickly,  
but follow the right path,  
And reach there timely.

**By-Shreya Singh**  
**Class- 9th 'D'**

## "My Dream"

Once I had a wonderful dream,  
In which I ate a plate full of cream.  
All the cats, running in the house for milk,  
Slipping on the roads made of smooth  
silk,  
Baker was ready to sell honey,  
And wanted to make some money,  
The flowers ready to bloom,  
There was not a soul filled with gloom.  
The ringing of the alarm bell woke me up,  
I wondered what was blowing up.  
I rubbed my eyes, just to see,  
My mother trying to wake up me.

**By- Shereen Gupta**  
**Class- 9th 'C'**



# "Peeping into Poetry world"

## "Colours"

We see orange,  
We see brown.  
We see leaves,  
On the ground.  
We see yellow,  
We see red.  
We see leaves  
Above the head



## "Peace in the world "



A tear on the little girl's cheek.  
Dead bodies lying all around,  
The sky shattered by vulture's sound.  
Gunshots piercing the air.

No one to love, no one to care.  
Is this the price we have to pay?  
For being born in this world today?

A Youngman lies dead on the street His mother cries,  
For him to speak. Many people are passing by,  
But no one turns to hear her cry.

She screams, "My son was killed by his best friend.

Does this happen when you trust a man?

"Where is friendship, where is love?

What has happened to the pure white dove?

Does peace really matter today?

If violence is everywhere, then how to start?

Bringing people together who drifted apart  
And to create relations which will forever last.

Bridge the difference, do away with hate.

Let's bring about peace, before it is too late.  
Let us join hands together and save our earth,  
Realizing peace and unity's real worth



By- Raj Gupta  
Class- 9th 'D'

# "Peeping into Poetry world"

## "My Country My Pride "

The national bird  
Peacocks dance with their wings spread,  
When the clouds are overcast.  
He danced with hustle and bustle,  
Used to amuse the hearts of all of us.  
It lives in the forest, eats insects.  
The crown on the head is pleasing,  
It is called the national bird.

**By-Parth Kumar**  
**Class- 9th 'D'**



## "India Is Our Country "

India is our country'  
one country,  
one country our slogan,  
we are the youth of India,  
India is our country.  
In its creation, we worked hard,  
wrote the story of sacrifices,  
on this earth, unmatched here,  
women have never been  
behind men in the history of it,  
many lovely stories kept burning in  
it,  
the sparks of life are a country,  
One family is our slogan.

**By- Pari Sinha**  
**Class- 9th 'C'**





# "Peeping into Poetry world"



## "DREAMS"

Dreams are important for all ages. Dreams encompass goals and more

\*\*\*They give your life purpose, direction, and meaning.

\*\*\*They shape your life choices, help you build toward the future, and give you a sense of control and hope.

\*\*\*Dreams are patterns of sensory information that occur when the brain is in a resting state – as in asleep.

\* It is generally assumed that dreams only occur during rapid eye movement (REM) sleep – "this is when the brain appears to be in an active state" but the individual is asleep and in a state of paralysis.

\*\*\*Dreams may seem so intriguing in part because they're not fully understood.

\*\*\*But certain dreams show up so often across generations and cultures that many people believe these common themes suggest that dreams do, in fact, have significance. ☺ ☐ ☺ ☐

**By- SHRISTI**  
**Class- 9th 'D'**



## "The English Class "

As soon as the morning bell goes  
All of us make a great uproar;  
And then there is absolute silence  
As we look towards the door.  
Everyone looks with lingering eyes,  
As enters our teacher with a smile:  
Do you know who it is?  
My English teacher with her file.

We have a glorious time,  
With amazing poems and plays;  
Reading interesting stories.  
Of old and forgotten days

**By- Ananya Maurya**  
**Class- 8th 'B'**



# "Let's talk"

## "My India My Prestige"

India is a unique country all over the world, with different cultures, clothes, food, festivals. No other country has such type of diversity as India has. One of the most known ancient epic Rigveda which originated in India is the oldest known epic not only in India but all over the world. All over the world there is not a single country except India who calls it country as mother. But India is the only country who calls its country as mother i-e "Bharat Mata" and this is a matter of great pride for each and every Indian. India is a country whose structure is such that it is a boon for it. Also, it has the most unique structure because it has Himalayan Mountain in North east. In south east and south west it is bounded by Bay of Bengal, Arabian Sea, and Indian Ocean So because of this the enemies of India can attack here only from North west. It is tagged as the "Mother of Democracy" because it has the greatest democracy in the world.

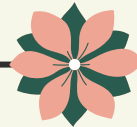
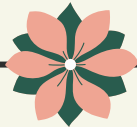
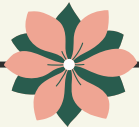
When we talk about Science of Astronomy the first name comes to our mind is of Aryabhata who is from India. So, this is our good fortune that India is our Motherland and we should be proud of being an Indian.

**Manshi Verma**  
**Class - 9th B**

## "My Experience at Bhasha Utsav"

Bhasha Utsav is an Interschool level literary and cultural festival organized by International Hindu School, Varanasi. Students from various schools of Varanasi come here to show their talents. In the year 2018, we had teams for cultural song of regions participating at Bhasha Utsav. The competitions held included music, dance, speech, Drama, nukaad natak, project work and other exciting competitions. Our branch won several prizes. The children who came from various schools were so friendly with us that we did not want to leave each other, and wanted to remain together even after the competitions were over and that is how it made my school unique in every sense.

**By- Ayushi Chatterjee**  
**Class- 9th 'B'**



# "Let's talk"

## "Pleasure of Reading "

As we need food for the body, so we need studies for the mind. The habit of reading books increases our vocabulary. The joy we get from reading books is both recreating and ennobling. Books contain the most precious treasure. They contain the wealth of knowledge and experience. They deal with various subjects such as science, philosophy, politics, sports, literature and so on. We have grown in wisdom and experience by the study of books. Books are the best companions and sincere friends. We must avoid books which may poison our mind. Reading good books is a great blessing.

**By- Priyanshu Patel**  
**Class- 9<sup>th</sup> 'D'**



## "Benefits of Walking"

Person who walks at least 2 hours per week has nearly 40% reduction in death from internal causes. Walking daily prevents fat deposition and maintains normal blood circulation. Those who think that they have no time for exercise will soon find time for illness.

### **Benefits of walking: -**

- Improves mood
- Relieves back pain reduce chance of hip fracture
- Lowers the risk of blood clot.
- Keeps joints lubricated
- Lowers risk of heart attack.
- Strengthens our muscles
- Reduces load on feet and other joints.

**By- Rishi Yadav**  
**Class- 9<sup>th</sup> 'D'**





# "Let's talk About"

## "Our Burning Globe"

Global warming is the long-term heating of Earth's climate system observed since the pre-industrial period (between 1850 and 1900) due to human activities, primarily fossil fuel burning, which increases heat-trapping greenhouse gas levels in Earth's atmosphere.

Climate change refers to long-term shifts in temperatures and weather patterns. These shifts may be natural, but since the 1800s, human activities have been the main driver of climate change, primarily due to the burning of fossil fuels (like coal, oil, and gas), which produces heat-trapping gases.

### CAUSES

- Greenhouse Gases Are the main Reasons for Global Warming. ...
- Variations in the Sun's Intensity. ...
- Industrial Activity. ...
- Agricultural Activity. ...
- Deforestation.

### PREVENTION

- Reduce, Reuse, Recycle. ...
- Reduce Waste. ...
- Upcycle your Furniture. ...
- Recycle your Clothes. ...
- Bring your own Shopping Bags.
- Replace Regular Incandescent Light E
- Buy Energy-Efficient Appliances.
- Turn Off the Lights.

By- Shreya Mishra  
Class- 9 'D'



# "World in 2030"

Life in 2030 will be vastly different due to changing demographics as well. >The world population is expected to reach 8.5 billion people by 2030. ... The fastestgrowing demographic will be the elderly: 65+ people will hit one billion by 2030. > We will need to figure out ways of how to accommodate 100+ people at work. >By 2030, India might lead the world in every category, a former top America's 2 diplomat has said asserting that the two largest democracies of the world can do much together.

## Trends in 2030

Your brain is the user interface. >Sounds like me. >Any flavour you want. >Digital aroma. >Total touch. >Merged reality. Verified as real. >Post -privacy consumers.

## 3 Possible inventions in 2030

AI-enabled Human Robots and Reincarnation or Rebirth of People. >Superhuman Clothing. >Entire Dependency on Renewable Energy. >Hyperloop. >Space Vacations. >Drone Solutions.

## Technologies in 2030

In the year 2030, technology will dominate the workplace with artificial intelligence and smart assistants being commonplace, while the use of augmented and virtual reality continues to increase. > Everything will be 'smart' – connected and data-driven. ... Technology will help us make organizations more personable.

## What will happen in 2030?

As of 2030, more than two-thirds of the world's population will be living in cities, a 55% increase over today. The world of 2030 will be radically different from the one most of us were born into, and the global pandemic will only speed up this timeline. ... Many of the changes involve population trends.

## Humanity in 2030

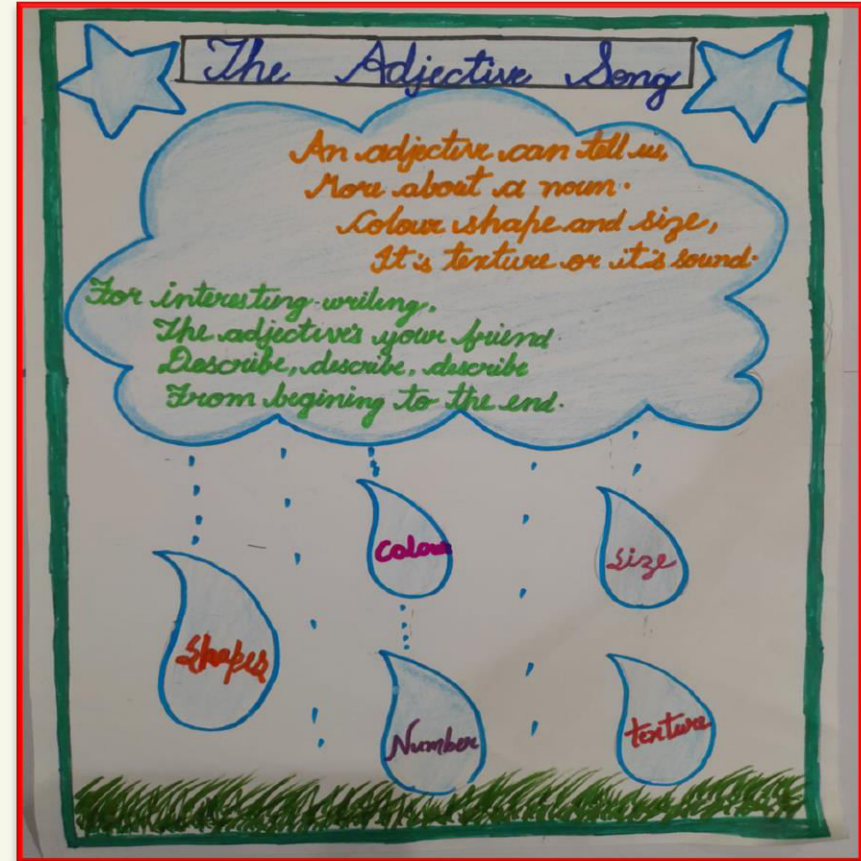
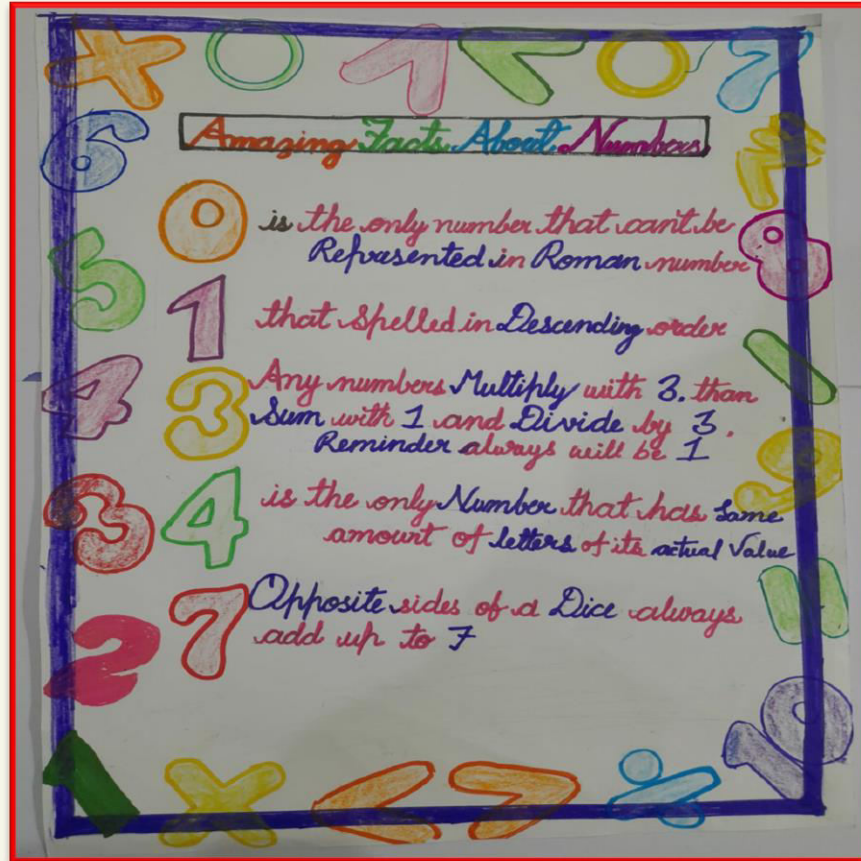
Our bodies will be augmented >Our thought processes will be faster and more transferable >Gamification and behavioural science will increase human productivity >We will be more empathetic >We will see the emergence of extreme personalization and customisation >Conversations focused on our societal values will gain a great deal of attention  
Business practices will shift significantly .

By- Arpit Pandey

Class- 8<sup>th</sup> 'B'



# "Creative Tiny tots"





# आओ चलें हिन्दी साहित्य की दुनिया में ।

हम भी कुछ बुने अपनी कलम से ।



# साहित्य और समाज



साहित्य वह है, जिसमें हित की भावना निहित है, साहित्य मानव के सामाजिक संबंधों को दृढ़ बनाता है, क्योंकि साहित्य में संपूर्ण मानव-जाति का हित निहित रहता है। साहित्य द्वारा साहित्यकार अपने भावों और विचारों को समाज में प्रसारित करता है, इसी कारण से उसमें सामाजिक जीवन स्वयं मुखरित हो जाता है।

साहित्य और समाज का संबंध अन्योन्याश्रित है। साहित्य समाज का प्रतिबिम्ब है, साहित्य का सृजन जनजीवन के धरातल पर ही होता है। समाज की समस्त शोभा, उसकी श्री संपन्नता और मान मर्यादा साहित्य पर अवलंबित है। मानव जीवन और समाज दोनों ही एक दूसरे की पूरक हैं। आदिकाल के ग्रंथों व उपनिषदों से लेकर वर्तमान साहित्य ने मनुष्य जीवन को सदैव ही प्रभावित किया है। दूसरे शब्दों में किसी भी काल के साहित्य के अध्ययन से हम तत्कालीन मानव जीवन के रहन-सहन व अन्य गतिविधियों का सहज ही अध्ययन कर सकते हैं या उसके विषय में पूर्ण जानकारी प्राप्त कर सकते हैं।

साहित्यकार वास्तव में समाज की व्यवस्था, वातावरण, धर्म-कर्म, रीति रिवाज तथा लोकाचार से ही अपने काव्य कथा के उपकरण चुनता है और उनका प्रतिपादन अपने आदर्शों तथा तत्कालीन समाज अन्य आदर्शों की स्थापना की अनुरूप ही करता है। जिस सामाजिक वातावरण में उसका जन्म होता है उसी में उसकी शारीरिक बौद्धिक और मानसिक विकास होता है। यह कहना सर्वथा अविवेकपूर्ण व भ्रामक है कि साहित्यकार समाज से पूर्णता निरपेक्ष या तटस्थ होकर साहित्य का सृजन करता है। वाल्मीकि, कबीर, सूर, तुलसी, भारतेन्दु, मुंशी प्रेमचंद्र आदि का साहित्य इस बात का सर्वाधिक सशक्त साक्ष्य व प्रमाण है कि उनकी रचनाओं में लिए गए पात्र की सार्थकता का तत्कालीन समाज से घनिष्ठता का सूचक है।

सामाजिक व्यवस्था के बदलने पर साहित्यकार की रचना में भी परिलक्षित होता है। अतः बिना समाज के साहित्य की रचना होगी ही नहीं इसलिए समाज साहित्य का दर्पण कहा जाता है। साहित्य जनमानस को सकारात्मक सोच एवं लोक कल्याण के कार्यों के लिए प्रेरणा देने का कार्य करता है। साहित्य के विकास की कहानी मानव के विकास की गाथा है। इसलिए यह अति आवश्यक है कि साहित्य लेखन निरंतर जारी रखना चाहिए। अन्यथा समाज का विकास अवरुद्ध हो जाएगा। साहित्यकार को साहित्य सृजन के लिए परोक्ष रूप से प्रेरित एवं उत्साहित करता है।

डॉ० शैलेश सिंह यादव  
टी० जी० टी० (हिंदी)



# योग साधना एवं स्वास्थ्य



स्वास्थ्य मनुष्य का सबसे बड़ा खजाना कहा जाता है। जिसका स्वास्थ्य अच्छा है उससे यह उम्मीद की जाती है की वह इसका पूरा ख्याल रखे ताकि यह खजाना उसके हाथों से ही न निकल जाये।

मनुष्य की शारीरिक, मानसिक, अध्यात्मिक, बौद्धिक तथा सामाजिक सुखी अवस्था को स्वास्थ्य कहते हैं। आयुर्वेद प्रवर्तक महर्षि सुश्रुत के अनुसार स्वस्थ व्यक्ति उसे कहते हैं जिसके दोष अग्नि, व्यापार, धातुएं, मलादि समावस्था में हो तथा जो आध्यात्मिक, ऐन्द्रियक तथा मानसिक रूप से प्रसन्न हो। शुद्ध निर्विकार, निरोग और स्वस्थ शरीर के बिना योग साधना कठिन है। सम्पूर्ण स्वास्थ्य की प्राप्ति के लिये शरीर शोधन तथा शरीर के विकारों से निवृत्ति के कुछ निम्न साधन हैं।

हठयोग

प्राकृतिक चिकित्सा

सात्विक औषधियाँ

**हठयोग:-** हठयोग की निम्न क्रियाओं द्वारा शरीर शोधन किया जाता है धौति, वस्ति, नेति, नौली, त्राटक और कपालभाति।

**1. धौती:-** धौति निम्न प्रकार की होती है

**वमन धौती:-** खाली पेट लवण-मिश्रित गुनगुना पानी पीने के पश्चात् वमन की तरह निकाल दिया जाता है इसे कुजल क्रिया भी कहते हैं।

**वस्त धौती:-** धौति लगभग चार अंगुल चौड़ी लगभग पन्द्रह हाथ लंबी बारीक मलमल के कपड़े की होती है। पानी अथवा दूध में भिगाकर धौति के एक सिरे को अंगुली से हलक में ले जाकर निगलते हैं। इसके पश्चात् नौली चालन करके धौति तथा पिये हुए पानी को वमन के सदृश निकाल देते हैं।

**2. वस्ति:-** वस्ति मूलाधार के समीप है। इसको साफ करने की क्रिया को वस्ति कर्म कहते हैं। एक चिकनी नली को गुदा में ले जाकर नौलि-कर्म की सहायता से गुदामार्ग द्वारा वस्ति में जल चढ़ाया और निकाला जाता है। सामान्यतया यह एक कठिन क्रिया है इसके स्थान पर एनिमा से काम लिया जा सकता है। इससे आँतों का मूल जल के साथ मिलकर पतला हो जाता है और शीघ्रता पूर्वक बाहर निकल आता है।

**3. सूत नेति:-** सूत नेति कर्म के लिये महीन सूत के दस-पन्द्रह तार से बटी हुई एक डोरी की आवश्यकता होती है, जिसका एक किनारा नोकदार होता है। नेति को पानी में भिगोकर उसके नोकदार सिरे को एक हाथ से नासिका द्वारा गले में ले जाकर दूसरे हाथ से पकड़ा जाता है। तत्पश्चात् एक दो बार अन्दर-बाहर चलाकर मुख से निकाल दिया जाता है। इस क्रिया से मस्तिष्क तथा गले की सफाई होती है तथा नाक, कान, आँख, दाँत के दर्द दूर होते हैं और नेत्र की ज्योति बढ़ती है।



# योग साधना एवं स्वास्थ्य

**4. जलनेति:-**क्रम से दोनों नासिका छिदो से जल को पीते हुए मुँह से अथवा दूसरे नासिका पुट से निकालनेकी क्रिया जलनेति कहलाती है।

**5. नौली:-** यह क्रिया हठयोग की क्रियाओं में सबसे उत्तम मानी गई है। इससे मन्दाग्नि, आमवात, पेट का कड़ापन, पेचिश, संग्रहणी आदि पेट के विभिन्न रोग दूर होते हैं।

**6. त्राटक:-** सुखासन में बैठकर धातु या पत्थर की बनी हुई किसी छोटी चीज अथवा कागज पर कालाबिन्दु बनाकर बिना पलक झपकाये देखते रहना त्राटक है।

**7. कपालभाति:-** अत्यन्त शीघ्रता से क्रमशः रेचक, पूरक प्राणायाम को कपालभाति कहते हैं। इससे मस्तिष्क और अमाशय की शुद्धि होकर पाचन शक्ति प्रदीप्त होती है तथा कफजनित रोग दूर होते हैं। श्वास रोग तथा क्षय रोग के लिए भी लाभदायक है।

## प्राकृतिक चिकित्सा

प्राकृतिक नियमों द्वारा शरीर शोधन अर्थात् बिना औषध रोग दूर करने के उपाय को ही प्राकृतिक चिकित्सा कहते हैं।

प्राकृतिक जीवन, सादा प्राकृतिक खान पान शरीर की सफाई, सर्दी-गर्मी सहन करने का अभ्यास।।

सभी कार्यों के लिये निश्चित समय निर्धारित होना। प्रातः और सावकाल तीन से पाँच किलोमीटर खुली हवा में भ्रमण।

भूख से कम और चबा-चबा कर खाना सप्ताह में एक बार उपवास आदि साधारण स्वास्थ्य के नियमों का पालन।

प्रातः और सायंकाल निश्चित समय पर योगिक व्यायाम।

## सारांश

यह कहा जा सकता है कि वर्तमान समय में योग और स्वास्थ्य एक सिक्के के दो पहलू हैं शारीरिक मानसिक तथा बौद्धिक पहलुओं को एकीकरण एवं समायोजन है इस प्रकार अध्ययन द्वारा यह निष्कर्ष निकलता है कि योग द्वारा व्यक्ति अपने शरीर एवं मन को पूर्णतः सक्षम एवं स्वस्थ बनाकर एक खुशहाल जीवनयापन कर सकते हैं

**डॉ. रजनीश कुमार**  
**शारीरिक शिक्षा पी० जी० टी०**

# गुरु की महत्ता

गुरुर्ब्रह्मा ,गुरुर्विष्णु ,गुरुर्देवो महेश्वराय।  
गुरुर्साक्षात् परब्रह्म तस्मै श्री गुरुवे नमः ।।

## गुरु द्वारा ब्रह्मज्ञान -

ब्रह्म-विषयक ज्ञान अति सूक्ष्म है। शंकाये पैदा होती है और उनको दूर करने के लिए एवं मार्ग दिखाने के लिए ब्रह्मज्ञानी गुरु की आवश्यकता रहती है। सत्य के सच्चे खोजी को सहायभूत होने के लिए गुरु अत्यन्त महत्वपूर्ण भूमिका निभाते हैं।

गुरु शिष्य को प्रेमपूर्ण एवं विवेकपूर्ण निगरानी में रखते हैं तथा विकास के विभिन्न स्तर में उसे आगे बढ़ाते हैं।

गुरु सदैव शिष्य के अज्ञान का नाश करने तथा उपनिषदों का ज्ञान देने में संलग्न रहते हैं।

शिष्य कितना भी विद्वान हो फिर भी गुरु की सहायता के बिना विषय में गहनता प्राप्त करना असम्भव है।

शिष्य कितना भी कमजोर हो गुरु के प्रभाव से कठिन से कठिन परीक्षा में सफलता प्राप्त कर सकता है। अतः अपने गुरु की इच्छा की शरण में जाओ उनको आत्म समर्पण करो तभी आपका उद्धार होगा।

## गुरु ही ईश्वर -

गुरु ईश्वर का एक रूप होते हैं।

योग्य शिष्यों को ही यशस्वी गुरु प्राप्त होते हैं।

गुरु अपने शिष्य को अपने जैसा बनाते हैं। अतः वे पारस से भी महान है

विद्यासागर को पार करने के लिये गुरु जैसी कोई नौका नहीं है।

गुरु दृष्टि, स्पर्श, विचार या शब्द द्वारा शिष्य का परिवर्तन कर सकते हैं।

गुरु शिष्य के लिए 'इलेक्ट्रानिक लिफ्ट' है वे आपको पूर्णता के शिखर पर पहुँचायेंगे। अतः गुरु इस दुनिया में ईश्वर के सच्चे प्रतिनिधि हैं।

## पूजा तिथि

टी० जी० टी० (हिंदी)

## जय माँ जन्मस्थली

आया प्यारा पावन स्वतंत्रता दिवस आया ।  
ढेरों खुशियों की सौगात साथ में लाया ॥  
सुबह सवेरे ओजस्वी स्वर में प्रभातफेरी लाया ।  
फिर विद्यालय प्रांगण में जाकर हम सबने झंडा फहराया ॥  
गाँधीजी द्वारा गाँधी जी के आदर्शों का आचरण करना  
सिखलाया ।  
अन्त में हम सबने मिलकर राष्ट्र के प्रति कृतज्ञता का  
हार्दिक आभार जताया ॥  
आया प्यारा पावन स्वतंत्रता दिवस आया ।  
भारत माता की जय !!

**विमल लक्ष्मी द्रविड़**  
कक्षा- 9 'B'



## भारत देश हमारा है

एक देश है , एक देश है  
एक हमारा नारा , हम भारत के नौजवान हैं  
भारत देश हमारा है ।  
इसकी रचना में हमने , मेहनत की जी तोड़,  
इस धरती पर बलिदानों की कथा लिखी  
बेजोड़  
यहाँ कभी पुरुषों से पीछे नहीं रही हैं नारियाँ  
भारत के इतिहास में लिख गई , प्यारी कई  
कहानियाँ  
इसमें जलती रहीं सदा ही , जीवन की  
चिन्कारियाँ,  
एक देश है , एक परिवार हैं  
यही हमारा नारा है ॥

**इशिता वर्मा**  
कक्षा- 9 'D'

## भविष्य

माना बच्चे देश का भविष्य है,  
मगर ये परमाणु बम विनाश करते अवश्य हैं ।  
हम सब चाहें अमन व शान्ति,  
कोई अब न लाओ विनाश की क्रान्ति ।  
माना आज हर देश में अधिकाधिक है आबादी,  
मगर ये परमाणु बम भी तो करते हैं बरबादी ।  
परमाणु हथियार होने से सब समझते हैं वह,  
सुरक्षित हैं आज,  
मगर कल की सोचो,  
विश्व को शान्ति दो,  
यह है हमारी आवाज ।  
आज बच्चे हैं प्रभु का रूप व उसकी देन,  
परन्तु अगर उन्हें शान्ति न मिले तो वह भी बनेंगे लादेन ।  
क्यों आप लोग हमारा भविष्य करते अन्धकार हैं,  
क्यों आप लोग हमको डराते बार - बार हैं ।  
आप हमको न डरा कर दें हिम्मत,  
हमारी किस्मत को हमसे न दूर कीजिये ।  
हमारी किस्मत को हमसे न दूर कीजिये,  
विनाश का डर दिखाकर,  
अशान्ति को न मजबूर कीजिये ।  
बस हमको शान्ति का नूर दीजिये,  
बस हमको शान्ति का नूर दीजिये ।

शालिनी सिंह  
कक्षा - 9 'D'



## मंजिल

माना आँखों में चुभते हैं टूटे हुए सपने,  
क्या हुआ जो छोड़ गए अपने,  
हर कोई करता है हम पर उपहास,  
तो क्या हम छोड़ दें जीने की आस,  
माना आँखों में पानी है,  
यह जिंदगी तो आनी जानी है,  
पर तू क्यों रोता है.  
रोशनी नहीं है तो दिया जला ले,  
पर किसी तरह अपना काम चला ले,  
माना कांटों से भरा रास्ता है,  
और मंजिल भी दूर है,  
पर हम इतने काबिल हैं कि हमसे मंजिल दूर नहीं,  
पाकर मंजिल का साथ करा दे सबको यह एहसास ।।

शाहिस्ता निशा  
कक्षा- 9 'स'



## शिक्षा का उजियारा

शिक्षा एक दिया है ।  
चारों ओर प्रकाश किया है ॥  
विकास की राह दिया है ।  
अंधकार को दूर किया है ॥  
सुख दुख का क्या मजा है ।  
बालक राष्ट्र शब्द बना है ॥  
मानव जीवन तक सजा है ।  
जब शिक्षा का संख बजा है ॥

शाश्वत सिंह  
कक्षा 9 'C'



## ओस की बूंदें

मैं बूंद हूँ एक ओस की,  
एक रात है मेरा जीवन,  
सूरज की किरणों के आगे  
उजड़ जाता मेरा उपवन  
आती-जाती दो श्वास में  
समय समाया बस जितना  
मेरा परिचय बस उतना  
मैं कापती लौ दीपक की  
दीया भरोसा जिंदगानी को ।

मैं गुबार हूँ हवा का,  
मैं बुलबुला पानी का,  
मैं मरुस्थल की उमड़ी नदी,  
जिसे रेत पी जाती है,  
मैं हूँ झोंका हवा का,  
जिससे जिंदगी जी जाती है,  
पलक झपकने में ही होता  
बस अंतर जितना है,  
मेरा परिचय बस इतना है ।

अर्पिता राय  
कक्षा - 11 'बी'

## वातावरण

निकलो न बाहर आहत होता है मन  
वातावरण संक्रमित है हतप्रभ है जन-जन  
देश में विदेश में  
भय का आतंक का माहौल  
भयावह मानवता का क्रन्दन  
किस तरह चले थे असहाय अशक्त तन  
"वुहान" का असुर' ड्रेगन "का दैत्य  
करवाता विभत्स आतंकित है मृत्यु दर्शन,  
हैं सभी भ्रमित प्रिन्स चार्ल्स हो या हो जानसन  
सबका एक ही मन्त्र है एक ही दर्शन  
"घर में रहें, निकले न बाहर"  
बाहर है अक्रान्ता कोरोना का भीमकाय विभत्स  
नर्तन,  
घर में रहे - सुरक्षित रहें यही है मूलमन्त्र  
यही है शोष्ठव जीवन  
निकलो न बाहर आहत होता है मन ।

कल्यायनी सिंह  
कक्षा - 10 'D'



## शत शत नमन तुझे

हे जननी,  
शत शत नमन तुझे,  
नव जीवन देने वाली,  
आंचल में दूध पिलाने वाली,  
ममता का, दर्पण  
शत शत नमन तुझे।।  
थपकी दे सुलाने वाली,  
अंको में उठाने वाली,  
करुणा का, अर्पण  
शत शत नमन तुझे।।

हर उपकार को करने वाली,  
प्रति उपकार ना लेने वाली  
वसुधा का उत्कर्षण  
शत शत नमन तुझे।।  
यह दुनिया तेरी आभारी,  
जग में तुम सबसे न्यारी,  
लक्ष्मी का, आकर्षण  
शत शत नमन तुझे।।

**नैन्सी शर्मा**  
कक्षा - 7 'B'

## गायत्री मंत्र की महिमा मंडन

ओऽम- जो सर्व रक्षक परमपिता की परमात्मा है।  
भूः - जो सर्व जगह से जीवन आधार एवं स्वयं भू है।  
भुवः - जो दुखों से रहित है, कल्याणकारी एवं सत्य स्वरूप है।  
स्वः - जो सर्व व्यापक होकर सब को धारण करता है।  
तत् - उस कल्याणकारी परमात्मा स्वरूप को।  
सवित - जो सर्व जगत का उत्पादन एवं ऐश्वर्य का दाता है।  
वरेण्यम - जो करने योग्य श्रेष्ठ है।  
भर्गो - जो विशुद्ध विज्ञान स्वरूप पवित्र करता ब्रह्मा स्वरूप तेज हो।  
देवस्य - जो देव के वरने योग्य जिसकी प्राप्ति की हम कामना करते हैं।  
धीमहिः - जिसे सभी धारण करें, सभी प्रयोजन के लिए।  
धीयो - जो हमारी बुद्धि यों के लिए।  
योनः - जो सविता देव, परमात्मा हमारी।  
प्रचोदयात् - शुभ कार्यों में प्रेरित करें।

गायत्री मंत्र भारतीय संस्कृति का सनातन एवं अनादि मंत्र है।  
इस मंत्र की 24 अक्षरों में 24 ऋषि यों एवं 24 देवताओं की शक्तियां समाहित की गई है। इस मंत्र के उच्चारण से संपूर्ण शरीर में ऑक्सीजन का संचार बढ़ जाता है।

**डॉ० शैलेश सिंह यादव**  
टी० जी० टी० ( हिंदी)



# प्रयाण गीत

असीम शौर्य शक्ति सिंधु आन बान के लिए  
असख्य सिंह नेत्र ज्वाल राष्ट्र शान के लिए  
विवाह हेतु मृत्यु से संपूर्त वीर साहसी  
दहाड़ते चलें प्रचण्ड पुष्ट-बाहु राजसी

प्रवीर वीर धीर आज शत्रु आँत खींचने  
बहा लहू स्वदेश पे पवित्र भूमि सींचने  
लिए त्रिशूल सत्य का बड़े चलें मजे हुए  
समस्त अंग जंग अस्त्र-शस्त्र से सजे हुए

विरक्त छोड़ तात मात धातु बाल जाल को  
चले समर्थ नाथने प्रचण्ड काल - व्याल को  
चले हितार्थ देश के जवान जोश से भरे  
कि रौंदते पहाड़ को विराट शत्रु भी डरे

तपो पवित्र अग्नि-सी ललाट रक्त रोलियाँ  
अधर्म के विरुद्ध झेलने असख्य गोलियाँ  
समस्त फ़ौज को लिये हिमाद्रि तुंग पे अड़े  
समग्र युद्ध घोष में प्रवीर वीर हैं खड़े

विनाश हेतु शत्रु के अशेष रक्त तोलते  
प्रभात पुण्य द्वार से प्रयाण गीत बोलते  
खड़े अमर्त्य वीर पुत्र शस्त्र को सँभाल के  
वसन्त की सुगंध में विमुक्त - कण्ठ ढाल के

अदम्य जोश रोष युक्त वीर शीश वारने  
चढ़ा लहू सगर्व स्नेह सिन्धु को पखारने  
कुपथ्य शत्रु नाश को मनुष्य धर्म वाहिनी  
महाप्रयाण के लिए चली सहस्र गामिनी

**एस0 एन0 सिंह उर्फ नाथ सोनांचली  
पी0जी0टी0 गणित**



## स्वतन्त्रता की जंग

जब रखा पैर अंग्रेजो ने भारत की सुनहरी धरती पर  
मानों मंडराने लगे काले बुरे बादल हम हिन्दुस्तानियों पर  
आये थे खरीदने मसाले और कपड़े  
लुट कर ले गये सारी दौलत खुशियों और  
चैन हमारा ।  
सब जगह फैल रही बर्बादी  
जब अंग्रेजों ने किया हम मासूमों पर अत्याचार  
हर जगह मच रही हाहाकारी ।  
फिर इस आग में जन्में क  
और कहा बस बहुत हुआ  
बहुत कर ली तुमने हुकूमत  
और बहुत फैला ली मारामारी की बीमारी ।  
हमारा देश वापस दो .  
हमारा हक हमको वापस दो  
और फिर शुरू हुई जंग  
जंग जिसमें बहुतों ने लुटा दी अपनी जानें और बहुतों  
की बही खून की नदियाँ  
आज भी याद आती है उनकी कुर्बानियाँ ।  
अंग्रेजों के अत्याचार ने सबको बनाया इतना कठोर  
अब कोई नहीं डरता या सींचने में अपने जीवन की डोर

क्रांतिकारी जैसे भगत सिंह सुभाष चन्द्र बोस गांधी जी व  
चाचा नेहरू ने मचाया ऐसा तहलका  
कि बज गये अंग्रेजों के बारह  
न फिक्र थी इनको अपनी जान की  
और न ही अपने परिवार की ।  
अगर थी तो इस भारत परिवार की  
थी तो वो भी देश की उस मिट्टी की  
जिसके ये बने थे  
उस भारत माँ की जिसके ये बच्चे थे ।  
आखिर इन वीरों के आगे अंग्रेजो ने अपनी हार को माना ।  
और भारत देश से जाना ज्यादा बेहतर और सुरक्षित माना ।  
और हमने पाया वो दिन पन्द्रह अगस्त का  
जब अंग्रेजो का शासन खत्म था ।  
आया दिन स्वतंत्रता का  
आया दिन हर्षोल्लास का  
आया दिन जश्न का जिम का ।  
आया दिन स्वतंत्रता का

शिरीन गुप्ता  
कक्षा- 9 'C'



## कोरोना मुक्त भारत

हम महावीर, स्वावलंबी हैं, हम महाविजय पाएंगे,  
इस पवित्र धरती को हम कोरोना मुक्त बनाएंगे।  
हमारे भारतवर्ष को कोरोना ना कर पाएगा,  
हम सब भारतवासी मिलकर कोरोना को हराएंगे।  
प्यारे मोदी जी का कहना हम सब मिलकर मानेंगे,  
तभी दूर दूर जाकर हम भारत का ध्वज फहराएंगे।  
संपूर्ण बंदी का पालन कर हम सब का साथ निभाएंगे,  
सामाजिक दूरी में रहकर हम सब का हाथ बटाएंगे।  
दिन में सात-आठ बार साबुन से हाथ धोएंगे  
और इस कोरोना को हम सुख से दूर भगाएंगे।  
हम किसी कोरोना मरीज के संपर्क में नहीं आएंगे,  
तभी जाकर हम कोरोना को फैलने से रोक पाएंगे।  
स्वच्छता पर हम सब अपना ध्यान केंद्रित कर डालेंगे,  
अपने प्यारे हिंदुस्तान से हम इसे मार भगाएंगे।  
मास्क, सैनिटाइजर का अगर हम प्रयोग ना कर पाएंगे,  
तो कैसे हम कोरोना को खुद से दूर भगाएंगे।  
डॉक्टर, नर्स, पुलिस का आभार जताएंगे,  
ना कि बार-बार हम उनको चोट पहुंचाएंगे।  
यदि हम सारे नियमों का पालन करते जाएंगे,  
इसी चीनी विषाणु का हम जड़ से खात्मा कर पाएंगे।  
हम महावीर, स्वावलंबी हैं, हम महाविजय पाएंगे।।

श्रेया मिश्रा  
कक्षा - 9<sup>th</sup> 'D'



## भ्रष्ट नेता

चुनाव से पहले भी बहुत कुछ कहते हैं,  
अपने शासन में यह कुछ नहीं करते हैं।  
चुनाव से पहले करते सबका अभिनंदन,  
चुनाव के बाद बन जाते हैं यशोदा नंदन।  
अपने शासन में खाते हैं खूब दूध-मलाई,  
पहले कहते थे जीत गए तो बांटेंगे कपड़े और मिठाई।  
बोले थे कि हम देंगे 24 घंटे बिजली और पर्याप्त खाद,  
जीत के बाद खुद लेते हैं घी और पनीर का स्वाद।

चुनाव से पहले देंगे सब को इनाम,  
बाद में बढ़ा देंगे हर चीजों के दाम।  
करते हैं यह खूब घोटाले,  
अपनी ही हर बात को टाले,  
जनता को खाने के पड़ जाते हैं लाले।  
मूर्तियां बनवाने में खर्च करेंगे 100 करोड़,  
प्रदेश की उन्नति के लिए नहीं दे सकते एक करोड़।  
भगवान! समाज को ऐसे भ्रष्ट नेताओं से बचाइए,  
कुछ ईमानदार नेताओं को धरती पर लाइए।



शाहिस्ता निशा  
कक्षा - 9<sup>th</sup> 'C'



## बचपन के दिन

भले ही लड़ लेना झगड़ लेना  
मिट जाना-पीट देना  
मगर बोलचाल बंद मत करना ।  
क्योंकि बोलचाल के बंद होते ही  
सुलह के सारे दरवाजे बंद हो जाते हैं ।  
गुस्सा बुरा नहीं है, गुस्से के बाद आदमी जो बैर पा लेता है,  
वह बुरा है, गुस्सा तो बच्चे भी करते हैं मगर बच्चे बैर नहीं  
पालते ।  
वह इधर लड़ते झगड़ते हैं और उधर अगले ही क्षण फिर  
एक हो जाते हैं ।  
कितना अच्छा रहे कि हर कोई बच्चा ही रहे ॥

सौमिल गुप्ता  
कक्षा- 10 'D'



## हम बदले तो जग बदले

एक बार मैं जरूरी काम कर रही थी तभी मेरा छोटा भाई आकर मुझे परेशान करने लगा जैसे वह हमेशा करता था। मैं उससे पढ़ने को कहती तो कहता "पढ़ते-पढ़ते थक गया हूँ अब मुझे खेलना है।" मेरे पास वर्ल्ड मैप के कुछ टुकड़े थे। मैंने उसे जोड़ने को दे दिए और कहा अब तो मन लगेगा अब जाओ। वह उसे जोड़ने चला गया मैंने सोचा उसे जोड़ते जोड़ते कम से कम 1 या आधे घंटे तो लग ही जाएंगे तब तक मैं अपना काम निपटा लूंगी। पर इसका उल्टा हुआ वह 5 मिनट में ही उन्हें जोड़ लाया। मैंने उससे पूछा यह कैसे हुआ तो बोला "यह तो बहुत आसान है इन सभी दुकानों के पीछे इंसान के शरीर के एक-एक टुकड़े बने हुए थे जिसको जोड़ने से, ये मैप जुड़ गया।" मैंने सोचा अगर इंसान अच्छा हो जाएगा तो दुनिया तो जरूर अच्छी हो जाएगी। उसने बातों ही बातों में मुझे कितनी अच्छी बात बता दी। अगर हमें इस दुनिया को बदलना है, और इसे अच्छा बनाना है तो "पहले हमें खुद को बदलना होगा। और उन में पहले व्यक्ति आप खुद हैं।"  
"खुद को बदलना होगा और उनमें पहले है आप, खुद"।

विद्या दुबे  
कक्षा -7 'B'

## तेरा अस्तित्व

मन तो बहुत अशांत है,  
पर शांत सी वो हो गई ।  
फैली जहां में आग है,  
है आग की चिंगारी वह,  
बुझा रहे चिंगारी को सब,  
नहीं आप पर किसी की नजर ।

बहला दिया, फुसला दिया,  
चिल्ला कर उसे दबा दिया ।  
कुछ भी कहा, कुछ भी किया  
सब ने उसे सजा दिया।  
क्यों बोलती है, कुछ भी हुआ,  
जब कोई सुन ही ना रहा।  
वह मुक और लाचार,  
स्तब्ध सी बस रह गई।

है ध्यान सभी को कर्तव्य उसके,  
अधिकार कुछ भी ना रहा।  
मीली सात्वना हर मोड़ पर,  
सम्मान से वंचित रहा।  
दिखी कमियां सबको,  
मगर ना समझा, ना सराहा उसे  
ना उम्मीद रही,  
ना अस्तित्व वहां।

जिस बाग को समझा जहाँ,  
थी फूल जिस डाली की ।  
अब पेड़ भी वह ना रहा।  
क्यों बिखेरते हो अब उसे,  
अवशेष भर जब रह गई।  
मन तो बहुत अशांत है,  
पर शांत सी वो हो गई ।

**अंकित वर्मा**  
**कक्षा – 8 'B'**



## माँ

बिना कुछ बोले सब समझ लेती है, वह है माँ,  
आसूँ गिरने से पहले आँचल बिछा लेती है, वह है माँ,  
हमारे हर दर्द का मलहम बन जाती है, वह है माँ,  
जो हर एक शरारत पर पापा के मार की याद दिलाती है, वह है माँ,  
फिर खुद ही उस मार से हमें बचा लेती है, वह है माँ,  
स्वयं को भूखा रहकर हमारा पेट भरती है, वह है माँ,  
जो अपनी जरूरत छोड़ सबकी जरूरत पूरा करती है, वह है माँ,  
जिसके जीवन में एक दिन की भी छूटी ना हो, वह है माँ,  
जिसके नाम से ही चेहरे पर मुस्कान आती है, वह है माँ,  
इस संसार की जिसके बिना कल्पना भी ना हो, वह है माँ।।

**चौधरी सृजल सिंह,**  
**कक्षा - 9<sup>th</sup>**







## गणित की महिमा

गणित बिना न सूझे कुछ भी,  
गणित से बढ़ता मान,  
बिना गणित सब शून्य है,  
गणित के संग पहचान।।

ये जीवन भी तो है गणित एक,  
हर पल सुलझाना पड़ता है,  
समझ आ जाए जब ये गणित,  
फिर जीना आसां लगता है।।

गणित न हो तो न पता चले,  
राह टेढ़ी है या नेक,  
सम और विषम का अंतर जान,  
सुलझ जाए समस्या हर एक।।

बिना जोड़े कुछ फल नहीं मिलता,  
ना केवल घटाने को रखो थाम,  
गुणा भाग भी जीवन में सबको,  
सिखलाते नित नए नए काम।।

पूर्ण अपूर्ण का ज्ञान कराकर,  
आवश्यकता सब पूरी कर जाता,  
केवल है गणित जो सबको,  
हर दिन नया रंग दिखलाता।।

छोटे बड़े का मतलब समझाकर,  
संस्कारों की लाज बचाए,  
गणित ही है दुनिया में जिस बिना,  
इक पग भी आगे धरा ना जाए।।

गणित न हो तो जीवन नहीं,  
न ही जीवन का नाम,  
गणित बढ़ाता दुनिया में,  
भारत माता की शान।।

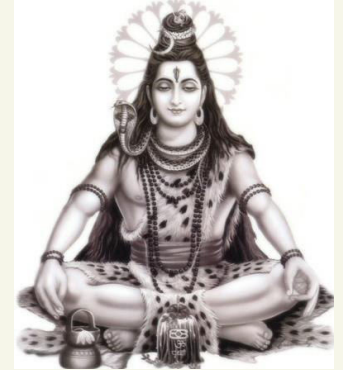
**श्रुति चौरसिया,  
कक्षा - 9th 'B'**

## काशी की माया

गंगा का घाट मंदिरों की शान,  
गलियों का रस बस्तियों की कशमकश,  
मैं हूँ अनोखी न्यारी काशी।।  
समाहित हो विश्वनाथ में,  
काल भैरव संकटमोचन की शान में,  
दुर्गाकुंड अन्नपूर्णा मानस मंगला,  
यही है मेरी माया,  
मैं हूँ अलबेली अद्भुत काशी।।

बनारसी पान चाट हॉट,  
यही है यहां की ठाठ,  
यहां की गलियां व्यस्त हैं,  
सब अपने जीवन में मगन मस्त हैं।।  
गंगा का स्वर रसन,  
घाटों का दिव्य दर्शन,  
मंदिरों में पूजन,  
यही है मेरी परंपरा संस्कृति,  
जिसमें मैं हूँ सबसे अनोखी,  
मैं हूँ प्यारी न्यारी काशी।।

**अंकिता द्विवेदी  
कक्षा - (9 बी)**





## नूतन वर्ष अभिनंदन

काया को निरोगी बनाये,  
नये संक्रामक रोगों से बचाये,  
मानसिक शक्ति ज्ञान में उर्बरा बढ़ाये,  
नूतन वर्ष अभिनंदन॥  
आओ मिलकर नये संकल्प,  
नये ऊर्जा को,  
नया रूप दें,  
वर्ष दिन पल गुजरेंगे ही ।  
पर नया एहसास जरूरी है॥

नित नये आयाम, क्षण प्रति क्षण,  
नये अहसास,  
कलुष भेद को मिटाये॥  
अंतर तम को ज्योतिर्मय बनाये,  
सांस प्रति सांस में समाये,  
नित नये पुलकित एहसास,  
आदमी को आदमी बनाये॥  
नये संकल्प को दोहराए,  
अपने संकल्प को कर्मठ बनाये,  
आपसी प्रेम का प्रकाश फैलाये,  
बाधा को दूर भगाये॥



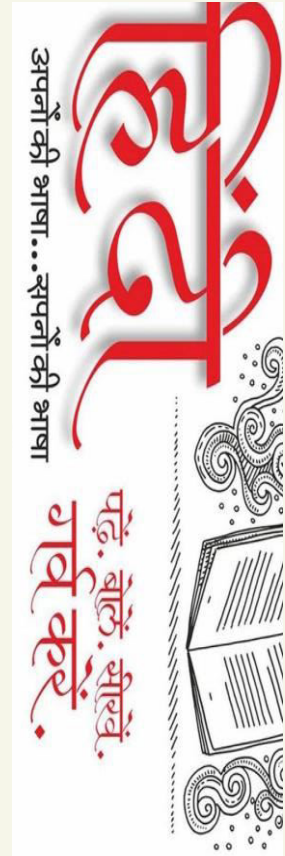
शालिनी सिंह  
कक्षा - 9 'D'

काया को निरोगी बनाये,  
नये संक्रामक रोगों से बचाये,  
मानसिक शक्ति ज्ञान में उर्बरा बढ़ाये,  
नूतन वर्ष अभिनंदन॥  
आओ मिलकर नये संकल्प,  
नये ऊर्जा को,  
नया रूप दें,  
वर्ष दिन पल गुजरेंगे ही ।  
पर नया एहसास जरूरी है॥

## भारत की शोभा हिन्दी से

भारत की शोभा  
हिन्दी से जब छोटे थे तब हिन्दी बोले  
बड़े हुए तब छोड़ चले।  
जब गोदी से उठ खड़े हुए  
माँ से अपना मुँख मोड़ चले ॥  
प्यासे की प्यास न बुझती है  
चम्मच का पानी पीने से  
जिसको हिन्दी से प्यार नहीं  
मर जाना अच्छा जीने से ।  
जायसी प्रेम की यह पीरा  
वाणी है सन्त कबीर की।  
यह सुर तुलसी की वाटिका  
प्रेम दीवानी मीरा की ॥  
भूषण केशव मतीराम धनानंद से है  
हिन्दी भाषा चमक रही।  
देवी प्रसाद पन्त निराला की कलियाँ है  
बगिया में महक रही ॥  
हम एक साथ मिल गायेंगे  
भारत की शोभा हिन्दी है।

अदिति सिंह  
कक्षा - 8 'C'



## उड़ जाऊ उन्मुक्त गगन में



मैंने सोचा कि चढ़ जाऊं गगन पर  
क्षितिज के सहारे।  
चलने लगा सोच कर यह,  
क्षितिज होगा किनारे  
चलते चलते शाम हुई,  
शाम से फिर रात।  
फिर भी न पैर रूका,  
न ही रूकी बात।

चलते चलते पहुंच गया मैं,  
एक नदी के किनारे।  
पार नदी के देखा, भईया क्षितिज है हमारे!  
तैर कर नदी पार की मैंने,  
झटपट लगा मैं चलने।  
बहुत चलाया, बहुत थकाया,  
अब वो है बगल में।



चलते-चलते मिली पहाड़ी,  
उस पर लगा मैं चढ़ने।  
चढ़कर मैंने पाया क्षितिज को,  
यहां वहां जगह में।  
करने लगा तब मैं पछतावा,  
अपनी इस अकल पे।  
पाने चला था ऐसी चीज को,  
जो थी हि ना, इस जगत में।



आनंद त्रिपाठी  
कक्षा - 9 'A'

## कलम या तलवार

दों में से क्या तुम्हें चाहिए कलम या कि तलवार  
मन में ऊँचे भाव कि, तन में शक्ति विजय अपार ॥  
अंध कक्ष में बैठ रचोगे ऊँचे मीठे गान  
या तलवार पकड़ जीतोगे बाहर का मैदान ॥  
कलम देश की बड़ी शक्ति है भाव जगाने वाली  
दिल की नहीं दिमागों में भी आग लगाने वाली ॥  
पैदा करती कलम विचारों के जलते अंगारे  
और प्रज्वलित प्राण देश क्या कभी मरेगा ॥  
मारे एक भेद है और वहाँ निर्भय होते नर - नारी  
कलम उगलती आग, जहाँ अक्षर बनते चिंगारी ॥  
जहाँ मनुष्यों के भीतर हरदम जलते हैं शोले  
बादल में बिजली होती, होते दिमाग में गोले ॥  
जहाँ पालते लोग लुहू में हालाहल की धार  
क्या चिंता यदि वहाँ हाथ में नहीं हुई तलवार ॥

शिवांगी उपाध्याय  
कक्षा - 6 'B'



## शिक्षा का बाजारीकरण



शिक्षा तथा शिक्षक दो ऐसे शब्द जो कि अपनी पवित्रता तथा महानता को आज लगभग खो से दिए हैं। आज दोनों ही बिकने तथा मोलभाव वाली वस्तु हो गए हैं। प्राचीन काल में लोग शिक्षा को बहुत ही पवित्र तथा अनमोल वस्तु मानते थे। लोग उस समय शिक्षा ग्रहण करने के लिए ऋषियों के आश्रम में जाकर रहते थे, परिश्रम करते थे तथा शिक्षा ग्रहण करते थे। उस समय शिष्य अपने गुरु को भगवान से भी बड़ा मानते थे, उनकी पूजा करते थे तथा सदा इस बात का ध्यान रखते थे कि मुझसे कोई गलती न हो जाए, जिससे कि गुरुजी नाराज हो जाए। इधर, गुरुजी भी अपने शिष्यों को शिक्षा देकर खुद को गौरवान्वित महसूस करते थे।

लेकिन आज न शिक्षा का कोई मान मर्यादा, (महत्व रह गया है) न ही शिक्षक का "जिसके पास पैसा है उसके पास शिक्षा है" अर्थात् केवल पैसे वाले लोग ही अच्छी शिक्षा तथा डिग्रीयाँ प्राप्त कर सकते हैं। यह कथन आज चहुँओर परिलक्षित हो रहा है। आज शिक्षा धनोपार्जन का साधन बन गया है, रोजी-रोटी का जरिया बन गया है। जो लोग कहीं नौकरी नहीं कर पाते या नौकरी पेशा लोग भी एक कोचिंग सेंटर खोलकर बैठे हैं, भले ही वे खुद कुछ न जानते हों। यदि ऐसे जगहों पर छात्र, शिक्षा ग्रहण करेंगे तो उन छात्रों तथा इस देश के भविष्य का क्या हाल होगा, ये तो खुद वे भी नहीं बता सकते। भले हों, वे बड़ी-बड़ी घोषणाएँ क्यों न कर दें। आज के युग में कोचिंग तथा खासकर प्राइवेट सेक्टर के स्कूल तो किराना दुकान सरीखा लगते हैं, स्कूल वाले ऑफर निकालते हैं कि एक ही अभिभावक के तीन बच्चों पर एक का फीस माफ, दो पर एक का आधा इत्यादि। आज जहाँ नजर दौड़ाइये वहाँ किसी न किसी स्कूल या कोचिंग संस्थानों के बोर्ड दिखलाई पड़ेंगे। इस समय तो हालात यह हैं कि हर मुहल्ले में एक स्कूल तथा हर गली में एक कोचिंग संस्थान चल रहे हैं। भले ही उनमें पढ़ने वाले छात्र न के बराबर हों। शि

क्षा के इस बाजारीकरण में अच्छी प्रतिभाएँ दब जाती हैं, क्योंकि पढ़ने के लिए उनके पास धन नहीं है, बिचारे वे टैलेंटेड होने के बावजूद भी पिछड़ जाते हैं। आज के युग के अनुसार शिक्षा का बाजारीकरण सही है, लेकिन इतना भी अति नहीं होना चाहिए। इस पवित्र क्षेत्र में भी भ्रष्टाचार न अपनी स्थायी जगह बना ली है। आजकल डिग्रीयाँ सर्रास बिक रही हैं। हमारे माननीय बड़े गर्व के साथ अदालत में अपने बड़े-बड़े घोटाले स्वीकार कर रहे हैं। वे लोग जिनके पास प्रतिभा है, धन की कमी की वजह से निचले स्तर पर जबकि वे लोग जिनके पास कुछ भी योग्यता नहीं है या न के बराबर है, धन के बल पर बड़े-बड़े पदों पर तैनात हैं। हम लोगों को अब नींद से जग जाना चाहिए क्योंकि यदि हम आज भी कोई उचित उपाय न निकालें तो भविष्य में यह हमारे देश के लिए बड़ा खतरा बन सकता है। निष्कर्ष आज के समय के अनुसार शिक्षा का व्यवसायीकरण उचित है लेकिन फिर भी इसकी कोई सीमा होनी चाहिए।

**प्रियांशु सिंह**  
**कक्षा-9 'D'**

## विद्यार्थी जीवन में नैतिक मूल्यों का महत्व

नैतिक मूल्य दया, उदारता, ईमानदारी, दया, निष्ठा, राजनीति, दृढ़ता, आत्म नियंत्रण और सम्मान जैसे अच्छे मूल्य हैं। जिन व्यक्तियों के पास ये गुण होते हैं, उन्हें समाज के लिए एक संपत्ति माना जाता है। वे न केवल एक अनुशासित जीवन जीते हैं, बल्कि अपने आस-पास के लोगों में भी सर्वश्रेष्ठ लाने में मदद करते हैं। काम के प्रति उनका समर्पण, आत्म नियंत्रण की भावना और मदद करने की प्रकृति को सभी ने सराहा है।

हर माता-पिता चाहते हैं कि उनका बच्चा एक अच्छा नैतिक चरित्र धारण करे। भारत में कई परिवार विशेष रूप से सख्त हैं जब नैतिक मूल्यों की बात आती है। वे इसके महत्व पर जोर देते हैं और अपने बच्चों को कम उम्र से ही विकसित करने में मदद करने की कोशिश करते हैं। हालाँकि, समय के साथ समाज में नैतिक मूल्य कम होते जा रहे हैं।

नैतिक मूल्यों की बात करते समय विचारों के दो स्कूल होते हैं। एक के अनुसार, एक व्यक्ति को अपनी खुशी की कीमत पर भी अच्छे नैतिक मूल्यों को धारण करना चाहिए। दूसरी ओर एक के अनुसार एक व्यक्ति को स्वयं के साथ बहुत सख्त नहीं होना चाहिए और अगर वे तनाव का कारण बन जाते हैं तो नैतिक मूल्यों को कुछ हद तक बदल दिया जा सकता है। बच्चों का बालमन सरलता से मूल्यों को जान तो लेता है परंतु परिस्थितिनुसार उसे व्यवस्थित नहीं कर पाते। अतः छोटी छोटी कथाओं एवं कहानियों के माध्यम से उन्हें सरलीकरण के माध्यम से चित्तावृत कराया जाता है। छोटे बच्चों के मानस पटल पर अधिक प्रभाव उनके अभिभावक और अध्यापकों का रहता है। बालक अनुकरण के माध्यम अधिक सीखते हैं। केवल भाषण मात्र से केवल कोरा कागज़ साबित होता है। यदि बच्चों के मन में नैतिक मूल्यों की अवहेलना आरंभ हो जाती है तो वह कितने भी ज्ञानी ना बन जाए उन्हें एक आदर्श नागरिक बनाना कठिन कार्य होगा।

**करत- करत अभ्यास के जड़मत होत सुजान।  
रसरी आवत जात ते सिल पर परत निसान।।**

बाल साहित्य की उपयोगिता तभी है जब बच्चों को वह अपने जीवन में चरितार्थ कर प्रस्तुत की जाए। जब बच्चे उन मूल्यों को अपने जीवन में प्रयोग कर सकें। क्योंकि भवन का निर्माण सरल होता है परंतु चरित्र का निर्माण सबसे कठिन कार्य होता है। चरित्र की उच्चता के कारण ही संसार में महापुरुषों को चिरकाल तक नमन किया जाता है।

**सुनीता यादव  
प्राथमिक विभाग**

## दौलत से बड़ी शिक्षा

शिक्षा वह दौलत है जो खर्च करने से बढ़ती है। कोई भी इंसान इस शिक्षा के बगैर अधूरा रहता है। शिक्षा दुनिया की सबसे कीमती दौलत है क्योंकि हम पैसों के बदौलत कितनों को तो खरीद सकते हैं पर शिक्षा जैसे दौलत को कभी नहीं खरीद सकते हैं। शिक्षा एक ऐसी दौलत है जिसको कोई चुरा नहीं सकता तथा यह खर्च करने पर बढ़ता ही जाता है। इसके बगैर इंसान की जिंदगी में अंधेरा रहता है। यह इंसान को अंधेरे की ओर से रोशनी की तरफ ले जाता है। यह चांद की तरह होता है जो सभी जगह रोशनी फैलाता है। शिक्षा के बिना किसी भी व्यक्ति को सम्मान नहीं मिल सकता है। किसी भी देश की उन्नति तभी हो सकती है जब उस देश के लोग शिक्षित हो। शिक्षा सब रत्नों का खान है।

शिक्षा बिना सुना संसार,  
शिक्षा से बनता इंसान।  
शिक्षा नहीं तो नहीं जहान,  
शिक्षा पर सब कुछ कुर्बान।  
शिक्षा बिन सम्मान नहीं,  
शिक्षा से ही शान है  
शिक्षा अजब महान है



शिला यादव  
कक्षा – 10 'D'

## मेरे विद्यालय की 25वीं वर्षगांठ

मेरे विद्यालय की 25 वीं वर्षगांठ इंटरनेशनल हिंदू स्कूल नगवाँ वाराणसी में स्थित है। यह विद्यालय 1996 में डॉक्टर सुमन कुमार मिश्र जी द्वारा स्थापित हुआ। आज इसके 25 वर्ष पूरे हो गए हैं परंतु इसकी शिक्षा की गुणवत्ता में निरंतर विकास हो रहा है जिसका परिणाम हमें आज 25 वर्षों बाद भी देखने को मिल रहा है। कुशल ब्रबंधन की क्षत्रछाया में अनुभवी शिक्षक समुदाय एवं प्रधानाचार्य द्वारा समय-समय पर इस विद्यालय के संपूर्ण विकाश में अपना योगदान दिया है। इस विद्यालय की जो खास बात है वह है अनुशासन जो हमें अच्छे विद्यार्थी के साथ साथ एक शिष्ट व्यक्ति की राह दिखाती है। इस विद्यालय के शिक्षकों व कर्मचारियों को देखकर एक उत्साह आ जाता है। यह शिक्षक कर्मठ तहे दिल से विद्यार्थियों पर पूरी नजर रखते हुए कार्य करते हैं। मेरा अनुभव यह है कि जब मैं विद्यालय से जुड़ा तो विद्यालय परिवार का पूरा सहयोग मिला। यहां पढ़ाई के साथ - साथ खेलकूद अनुच्छेद लेखन अन्य प्रतियोगिताएं समय - समय पर आयोजित होती रहती हैं। यहां शिक्षक बच्चों की कल्पना इच्छुकता तथा स्कूली शिक्षा से हटकर ज्ञान को बढ़ावा देते हैं। मेरा पसंदीदा विषय गणित तथा विज्ञान है। जिसके लिए यहां कई सुशिक्षित शिक्षक हैं। " खतरनाक महामारी के बावजूद यह कहां रुकने वाले थे विद्यालय कक्षा बंद हुई तो मोबाइल को ब्लैकबोर्ड बना दिया " \* निष्कर्षतः मैं यही कहूंगा बिना गुरु नहीं होता जीवन साकार शिक्षा से बड़ा नहीं होता कोई वरदान गुरु का आशीर्वाद मिले इससे बड़ा है कहां सम्मान। \* ॥ मेरे विद्यालय के 25 वीं वर्षगांठ की हार्दिक शुभकामनाएं ॥



# “संस्कृतं” ..... भाषाणां जननी

संस्कृतस्य काश्चन कृतय





## विद्यायाः महत्त्वम्



विद्या इति शब्दस्य उत्पत्तिः 'विद्-ज्ञाने' इति धातोः भवति। अस्माकं साहित्ये विद्यायाः महती महिमा श्रूयते। विद्या एव मनुष्यस्य पार्श्वे एतादृशं तत्त्वं विद्यते येन तस्मिन् वैशिष्ट्यं सम्पद्यते। स च पशुभिः भिन्नः पृथगेव दृश्यते। यदा शिशुः जायते तदा सः पशुतुल्यः एव भवति, किन्तु पश्चात् विद्याम् अधीत्य तस्य द्वितीयं जन्म जायते। तदा सः अधिकतरं शोभते। येषां पार्श्वे विद्या न भवति ते वस्त्राभूषणालङ्कृतापि सभामध्ये मूर्खता कारणात् न शोभन्ते। अत एवोच्यते 'स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते'।

अस्मिन् संसारे मनुष्यः विद्ययैव सभ्यं वाग्व्यवहारं जानीत वाक्चातुर्येण सः किमपि कर्तुं समर्थो भवति। विद्यया मनुष्य संसारस्य वास्तविकं तत्त्वं जानाति। महान्ति कष्टानि च हसन्नेव सहते। विद्यैवस्माकं मित्रम्। वयं कुत्रापि स्याम अन्यः कश्चिदस्मान् न जानीयात्, परन्तु स्वविद्ययास्माकं कालं गच्छति। अस्माकं विद्यया प्रभाविताश्चान्येऽप्यस्माकं मित्राणि भवन्ति। विद्या मनुष्ये धैर्यं सञ्चारयति, सा तस्य हृदये अहिंसास्तेयत्यागादिभावान् जनयति। येन सः स्वार्थं त्यक्त्वा जनहितमपि वितनोति। विद्यावन्त एव जनाः नेतारो भवन्ति, अन्येभ्यः साधु मार्गं प्रदर्शयन्ति। भर्तृहरिणा एकस्मिन् पद्ये विद्यायाः व्यापकं महत्त्वमेवं वर्च्यते-

विद्या नाम नरस्य रूपमधिकं प्रच्छन्नगुप्तं धनं,  
विद्या भोगकरी यशस्सुखकरी विद्यागुरूणां गुरूः।  
विद्या बन्धुजनो विदेशगमने विद्या परा देवता,  
विद्या राजसु पूज्यते न हि धनं विद्या विहीनः पशुः॥

अतः यदि मनुष्यः समाजोत्कर्षं आत्मोत्कर्षं च वाञ्छति, तदा तेन विद्योपार्जनमवश्यमेव कर्तव्यम्। विद्ययैव शान्तिपूर्वकं-सम्मानपूर्वकं च जीवितुं शक्नोति जनः।

निर्देश शर्मा  
टी० जी० टी० संस्कृत



## अनुशासनम्

अस्माकं जीवने अनुशासनस्य अतिमहत्त्वम् अस्ति। 'अनुशासन' इति पदं अनु उपसर्गपूर्वकं शासन इति पदेन निर्मितम् अस्ति। अस्य अर्थम् अस्ति शासनस्य अनुसरणम्। अतः नियमानां पालनं, नियन्त्रणं, स्वीकरणं वा अनुशासनम् इति कथ्यते। प्रातः शीघ्रं जागरणं, नित्यं व्यायामः, नियमेन स्वकार्यस्य पूर्णता, कार्यं प्रति पूर्णसमर्पणम् इति अनुशासित-जीवनस्य अङ्गानि सन्ति।

प्रकृत्याः सृष्टेः वा मूलेऽपि अनुशासनं दृश्यते। प्रकृत्याः नियमाः शाश्वताः ध्रुवाः च सन्ति। पृथिवी, सूर्यः, चन्द्रः, ग्रहाः, नक्षत्राः आदयः सर्वे अनुशासने बद्धाः सन्ति। यथा शरीरस्य आरोग्याय सन्तुलितं भोजनम् अपेक्षते तथैव राष्ट्रस्य समाजस्य च उत्थानाय अनुशासनम् अपेक्षते। छात्राणां कृते अनुशासनस्य बहुमहत्त्वम् अस्ति। यदि छात्राः ध्यानेन पठन्ति, अनुशासनस्य पालनं कुर्वन्ति तर्हि जीवनस्य प्रत्येकस्मिन् क्षेत्रे निश्चयेन साफल्यं प्राप्नुवन्ति।

खुशी दूबे  
कक्षा - 9 'B'



## इदं भारतम्

इदं भारतम् इदं भारतम् ।  
वसुधायाः सुहृद भारतम् ।  
इदं भारतम् इदं भारतम् ॥  
ब्रह्मदेवस्य कृतिः भारतम् ।  
अतिपुरातनी संस्कृतिः भारतम् ॥  
शिवस्य शक्तिः इति भारतम् ।  
विष्णोः भक्तिः इति भारतम् ॥  
या कौटिल्यस्य जन्मस्थली इति ।  
भुवि प्रथमं शिक्षाविद भारतम् ।  
इदं भारतम् इदं भारतम् ॥

गिरिराजस्य गृहं भारतम् ।  
देवतानाम् प्रियं भारतम् ॥  
रामस्य धनुः इति भारतम् ।  
कृष्णस्य धनुः इति भारतम् ॥  
या पृथ्वीराजस्य जन्मभूमिः इति ।  
सर्वशक्ति संभृतम् भारतम् ।  
इदं भारतम् इदं भारतम् ॥

अभिनव त्रिपाठी  
कक्षा - 12<sup>th</sup> 'E'



# हे जननि

हे जननि! त्वं संसारस्य अनुपमः उपहारः  
न त्वया सदृशः कस्यापि स्नेहः।  
करुणा-ममतायाः च त्वं मूर्तिः  
न कोऽपि कर्तुं शक्नोति तव क्षतिपूर्तिः।

तव चरणयोः मम जीवनम् अस्ति  
माता इति शब्दस्य महिमा अपरम्पारः।  
न त्वया सदृशः कोऽपि अन्यः  
हे अम्ब ! त्वं संसारस्य अनुपमः उपहारः॥  
नाम -- अभिषेक शर्मा  
कक्षा -- दशमी 'आ'



## संस्कृतस्य पठनं किमर्थम् आवश्यकम्

संस्कृतभाषासंसारस्य प्राचीनतमा भाषा अस्ति। एषा भारतस्य सर्वासां भाषाणां जननी अस्ति। अस्माकं सर्वेऽपि वेदाः, उपनिषदः, पुराणाः, स्मृतिग्रन्थाः आदयः संस्कृतेन एव लिखिताः सन्ति। ये नूतनाः आविष्काराः वैदेशिकैः कृताः तेषां वर्णनं पूर्वमेव अस्माकं ग्रन्थेषु कृतम् अस्ति। अस्माकं राष्ट्रस्य उन्नत्यै, संस्कृतेः रक्षणाय, संस्काराणां ज्ञानाय संस्कृतस्य पठनम् अत्यावश्यकं वर्तते।

विदेशेषु अपि जनाः संस्कृतस्य महत्त्वं ज्ञात्वा अध्ययनार्थं भारतं प्रति आगच्छन्तः सन्ति।  
जयतु संस्कृतम्, जयतु भारतम्

नाम -- प्रेमा ओझा  
कक्षा -- 10

## मम विद्यालयस्य पञ्चविंशतिः वर्षाणि

इदं ज्ञात्वा मम अत्यन्त-प्रसन्नतायाः अनुभूतिः अभवत् यत् मम विद्यालयस्य पञ्चविंशतिः वर्षाणि पूर्णानि जातानि। अतः अस्मिन् अवसरे अहं काञ्चन शब्दान् लिखामि। अस्माकं विद्यालयः वाराणस्याः प्रसिद्धेषु विद्यालयेषु एकः अस्ति। अत्र ज्ञानस्य एवम् अध्ययनस्य गङ्गा निरन्तरं वहति। अस्माकं विद्यालयस्य कणे-कणे संस्काराः एवं संस्कृतिः अस्ति। एतत् अस्माकं सौभाग्यम् अस्ति यत् वयम् इण्टरनेशनल-हिन्दू-विद्यालयस्य छात्राः स्मः। अस्माकं विद्यालयः स्वलक्ष्यानुगुणम् अत्याधुनिकविद्यालयस्य रूपे विकसितः अभवत्। अद्य अस्माकं विद्यालयः वर्तमान-परिस्थितेः अनुगुणं आधुनिकरीत्या शिक्षणं दातुं सिद्धः अस्ति। अहं सौभाग्यशालिनी अस्मि यत् अत्र शिक्षाप्राप्तेः अवसरं लब्धवती।

साक्षी प्रिया

कक्षा – 11th (मानविकी)

## मार्गशीर्ष-शुक्ल-दशम्यां तिथौ सोमवासरे आदरणीय-प्रधानमन्त्रीमहोदयेन

श्रीकाशीविश्वनाथधामस्य उद्घाटनं कृतम्। श्रीकाशीविश्वनाथमन्दिरं परितः विशालं भव्यं आकर्षकं च निर्माणम् अभवत्। इदानीं सर्वेषां कृते विश्वनाथमन्दिरे दर्शनं सुलभं जातम् अस्ति। पूर्वं वीथिकासु गत्वा जनसम्मर्दे दर्शनं बहु कष्टकरं भवति स्म। परन्तु इदानीं सर्वं सुलभं जातम्। एतेन काश्याः अपि जीर्णोद्धारः जातः। पर्यटकानां कृते अपि आकर्षणस्य कारणः एषः धामः। इदानीं या व्यवस्था अस्ति तया जनाः गङ्गानद्यां स्नानं कृत्वा शीघ्रमेव मन्दिरे दर्शनं गङ्गाजलेन अभिषेकं च कर्तुं समर्थाः सन्ति। एतेन पर्यटनव्यवसायः अपि वर्धितः। जनवरी मासस्य प्रथमे दिनाङ्के पञ्च लक्ष जनाः अत्र आगतवन्तः। पर्यटनदृष्ट्या एतत् कार्यं लाभप्रदम् अस्ति। जयतु भारतम्।

नाम -- अभिनव त्रिपाठी  
कक्षा -- द्वादशी मानविकी



## ऑनलाइन कक्षा

आधुनिकयुगे वयं डिजीभारतम् इति दिशि गच्छन्तः स्मः।डिजिटलीकरणं जीवनस्य प्रत्येकं पक्षं प्रभावयति।एतेन संसारस्य स्वरूपमेव परिवर्तितम्।शिक्षायाः स्वरूपमपि परिवर्तितम्।प्राचीनकाले ज्ञानस्य आदानं प्रदानञ्च मौखिकम् आसीत् । अनन्तरं ताडपत्रेषु भोजपत्रेषु च लेखनकार्यं आरब्धम्।अद्यत्वे छात्राः डिजिटलमाध्यमेन पठन्ति।ते अन्तर्जालमाध्यमेन सजीवकक्षायां पठन्ति।अद्य एतादृश्यः कक्षाः समयस्य आवश्यकता अस्ति।अधुना कोरोनासङ्क्रमणकाले अन्तर्जालीय कक्षाः विना विद्यार्जनं सम्भवं नास्ति।एतेन माध्यमेन छात्राः गृहे स्थित्वा एव विद्याध्ययनं कुर्वन्ति। इदानीं कठिने समये एतदेव एकं योग्यं साधनम्।

नाम-- रिया सिंह  
कक्षा -- दशमी अ



## स्वस्थशरीरं

एतत् कथ्यते यत् शरीरमाद्यं खलु धर्मसाधनम्।स्वस्थशरीरे एव धर्माचरणं कर्तुं प्रभवति नरः।स्वस्थशरीरं कस्मात् प्राप्यते ? उत्तमस्य स्वास्थ्यस्य अनेकानि ससाधनानि सन्ति।तेषु 'व्यायाम' इति महत्त्वपूर्णं साधनम्।यदि मनुष्यः दीर्घायुः इच्छति तर्हि तेन नियमितः व्यायामः करणीयः।स्वास्थ्यरक्षायै व्यायामः अतीव आवश्यकः वर्तते। नियमितेन व्यायामेनैव शरीरः नीरोगः जायते।व्यायामस्य अनेके लाभाः सन्ति।अनेन बलं वर्धते, शरीरस्य सर्वेषाम् अङ्गानां विकासो भवति तथा शरीरे रुधिरसञ्चारः सम्यक् भवति।प्रातःकाले वायुः प्रदूषणरहितं भवति अतः प्रतिदिनं व्यायामेन शुद्धवायुः लभते।प्रातःकाले वातावरणमपि उत्साहवर्धकं भवति अतः व्यायामः प्रातःकाले एव करणीयः।यथासम्भवं व्यायामः उद्याने, क्रीडाक्षेत्रे वा करणीयः।नियमितव्यायामेन शरीरे रोगाः आक्रमणं न कुर्वन्ति।यथा व्यायामः आवश्यकः तथैव उचितम् आहारसेवनमपि आवश्यकम्।व्यायामेन क्षुधावर्धनमपि भवति।स्वस्थशरीरस्य द्वे प्रमुखे साधने स्तः उचितः व्यायामः श्रेष्ठं भोजनञ्च।स्वस्थशरीरजनः कार्यकुशलः भवति। रुग्णः जनः किमपि कार्यं कर्तुं असमर्थः। स्वस्थे शरीरे स्वस्थः आत्मा निवसति इति मन्यते।आरोग्यशालिनं जीवनम् अत्यावश्यकं भवति।

नाम-- साक्षी कुमारी  
कक्षा -- एकादश मानविकी



शासनमनु अनुशासनम् अर्थात् शासनेन निर्मितानि नियमनि पालयन्तः लोकाः अनुशासिताः कथ्यते । अनुशासनभावे समाजे उच्छृंखलता आगच्छति । सर्वे स्वैराचरं कुर्वन्तः न कथमपि आत्मोन्नतिम् देशोन्नतिञ्च कर्तुम् समर्थाः । पारिवारिकी व्यवस्था नक्ष्यति । विद्यार्थिनः उद्वण्डाः भविष्यन्ति, वणिजः, अधिकं लाभमेष्यन्ति अतएवानुशासनम् देशस्य समाजस्य, मनुष्याणां छात्राणाञ्च कृते परमावश्यकमस्ति । अस्माकं व्यवहारेषु अपि अनुशासनम् दृश्यते । छात्राणाम् कृते विद्यालय एवानुशासनशिक्षा-केन्द्रमस्ति । अस्मिन्नेव काले छात्राणाम् मनःसु यः प्रभावः सम्पद्यते सः स्थायी भवति । बाल्ये अनुशासनहीनाः जनाः प्राप्ते वयसि अनुशासिता भविष्यन्तीतिदुराशामात्रम् ।

**प्रदीप्त शाही**  
**कक्षा ८ 'अ'**



भागीरथी उत्तराञ्चले हिमालये गङ्गोत्रीहिमसंहतेः उद्भूय देवप्रयागं प्रति अलकनन्दाम् संयाति । देवप्रयागात् एव सा गङ्गा इति कथ्यते । प्रयागे यमुना गङ्गया संयाति । ततः सा उत्तरभारते सृत्वा वङ्गोपसागरं प्राप्नोति । तस्य वितरकनद्यः हग्व्हीपद्मादयः । वङ्गोपसागरस्य समीपे सुन्दरवनम् अस्ति । तत् व्याघ्राणां प्रमुखं निवासस्थलम् अस्ति ।

**नाम - अंकित वर्मा**  
**कक्षा - 8**



## मकरसंक्रांति

भारत एक ऐसा देश है जिसे त्योहारों और उत्सवों की भूमि माना जाता है। हिंदू धर्म में प्रमुखता से मनाए जाने वाले त्योहारों में से एक त्योहार मकर-संक्रांति भी है जिसे हिन्दू धर्म के लोग बड़े ही धूमधाम से मनाते हैं आमतौर पर यह त्योहार हर साल १४ जनवरी को मनाते हैं। कुछ ही ऐसे वर्ष आते हैं जिसमें १५ जनवरी को मनाया जाता है।

मकरसंक्रांति में मकर का शाब्दिक अर्थ मकर राशि से है और संक्रांति का शाब्दिक अर्थ संक्रमण से है। पौष मास में जब सूर्य धनु राशि को छोड़कर मकर राशि में प्रवेश करता है तब संक्रांति मनाते हैं। मकर संक्रांति के शुभ अवसर पर हम सब पतंगबाजी भी करते हैं और इस दिन आसमान में पक्षी कम और पतंगें ज्यादा दिखती हैं। धन्यवाद

**नाम - अंकित वर्मा**  
**कक्षा - 8**





# सुवचनानि



## श्लोक 1

गुणा गुणज्ञेषु गुणा भवन्ति, ते निर्गुणं प्राप्य भवन्ति दोषाः।  
सुखादुतोयाः प्रभवन्ति नद्यः, समुद्रमासाद्य भवन्त्यपेयाः॥

### अर्थ

गुणवान् व्यक्तियों में गुण, गुण ही होते हैं। वे गुण गुणहीन व्यक्तियों को प्राप्त करके दोष बन जाते हैं। जिस प्रकार नदियां स्वादिष्ट जल से युक्त निकलती हैं, परंतु समुद्र में पहुंचकर वे पीने योग्य नहीं होती हैं।

## श्लोक 2

संस्कृत श्लोक "विहाय पौरुषं यो हि दैवमेवावलम्बते,  
प्रासादसिंहवत्तस्य मूर्ध्नि तिष्ठन्ति वायसाः

### अर्थ

जो व्यक्ति पुरुषार्थ (कर्मों में निष्ठा) को छोड़कर भाग्य का सहारा लेते हैं अर्थात् अपने सभी कार्यों को भाग्य के सहारे छोड़ देते हैं, वे महल के दरवाजे पर बने शेर की तरह होते हैं, जिनके सिर पर कौवे बैठते हैं।

## श्लोक 3

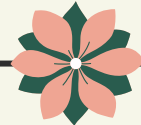
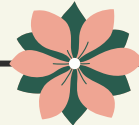
चिन्तनीया हि विपदां आदावेव प्रतिक्रियाः।  
न कूपखन्नं युक्तं प्रदीप्ते वह्निना गृहे॥

### अर्थ

निश्चय ही विपत्तियों के शुरुआत में ही उनका समाधान खोज लेना चाहिए। क्योंकि आग से घर जलने पर कभी भी कुआं खोदना उचित नहीं है अर्थात् आग लगने पर कुआं नहीं खोदा जाता।

अमिराग कुमार सिंह

कक्षा- 8 अ



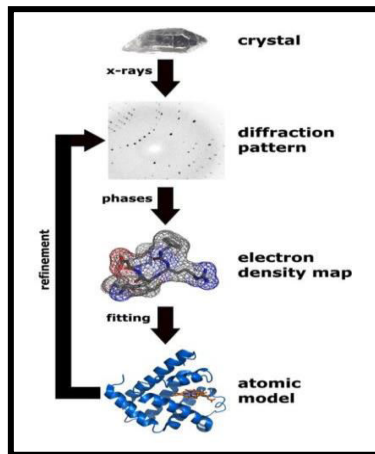
# TALK SERIES

## "Insights in 3D Visualizing Model and its Application towards Science"

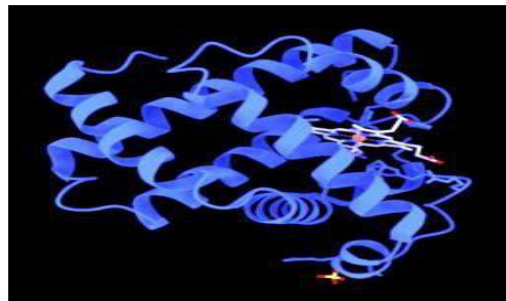
After the early discovery of the diffraction of X-rays by crystals, Max Theodor Felix von Laue a German physicist has received the first Nobel Prize in 1914. In 1937 Laue has proved that the X-ray crystallography technique has the power to observe the structure of any materials ten thousand faster beyond that given us by the microscope. After that, X-ray diffraction was considered analogous to a microscope with an atomic-level resolution which shows the atoms and their electron distribution.

In addition to his contributions in X-ray crystallography, it has paid special attention to the scientific community to understand the crystal structure of various kinds of molecules. The discovery of crystal structure by X-rays Crystallography has opened wide and various applications in the area of chemical, biochemical, physical, material, and mineralogical sciences, and therefore these methods could be applied to the study of the properties of all materials, inorganic, organic, or biological. Due to this significant contribution to a variety of applications of diffraction studies of crystals, many Nobel Prizes have been awarded for such studies. To perform single-crystal X-ray crystallography three basic steps are required which have been shown by a flow chart. The first step is to obtain an adequate single crystal; the second step is to place a single crystal in wavelength of monochromatic X-rays and the last third is the refined model of the atomic arrangement and so-called crystal structure.

Inspired from the above discovery in X-rays crystallography, in 1962, Max F. Perutz and John C. Kendrew studies the structure of globular proteins and were jointly awarded Nobel Prize in Chemistry. He has proved that Myoglobin is a globular protein and has a three-dimensional structure and it was determined by X-rays Crystallography. Instead of being one of the most studied proteins in biology, its physiological function is not yet established conclusively.



The image shows the structure of oxygen bounded Myoglobin, the iron atom of the heme prosthetic group. The oxygen atoms are shown in green, the iron atom is colored in red, and the heme group is colored in blue.



**Pooja Sharma And  
Manoj Dubey**

**PGT Chemistry**

Expert talk Series 2021

INTERNATIONAL HINDU SCHOOL, Nagwa, Lanka, Varanasi

### "VISUALIZING THE BUILDING BLOCKS OF LIFE IN 3D"

#### Objective of the talk

- Appreciate the importance of structural biology in life sciences and medicine
- Know the various techniques used to determine atomic structures of molecules
- Understand resolution and what it means in the context of macromolecular structures
- An outline of the role of structural biology in drug design



**Dr. Suman Kumar Mishra**  
(Lima, Ohio, USA)  
Director,  
International Hindu School

**Dr. Vidya Chandran Darbari**  
Lecturer in Structural Biology  
School of Biological and Chemical Sciences  
Queen Mary University of London



Watch on 15 May 2021 on facebook page ( [facebook.com/ihsvns](https://facebook.com/ihsvns)) and on zoom at 6 PM

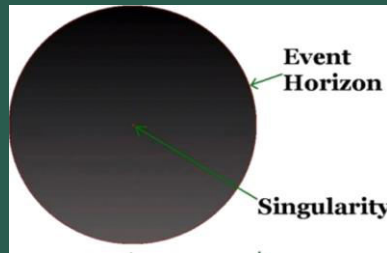
# BLACK HOLE

Black hole! It is such a monster of universe which saves many mysteries within it. Let us have a short look on some of its mysteries. Prof. John Michell was the first to share his ideas (in 1783) regarding a black hole. He was a teacher in Cambridge University. A Black Hole is an object of universe whose gravitational field is sufficiently strong so as even light can not cross it. It swallows in all the things within its range of gravitational field. Time gets slower near it and within its rings there is no existence of time.

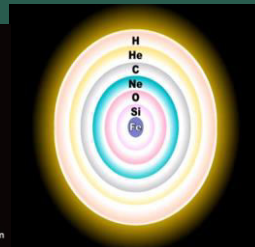
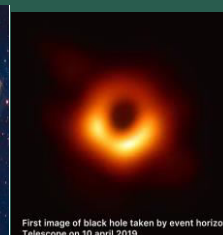
Let us know how such an interesting object gets created within the large span of space. A black hole is an object with a very high density and mass. Often massive stars become a black hole so let us first understand how a star is formed in space. Actually stars are born by the clouds of dust and gases present in a galaxy. These clouds of dusts and gases in the universe are called NEBULA. Largest amount of hydrogen gas exists there in a nebula and almost 25% helium also along with least quantity of some other heavy elements exist. On increasing the density of gases in nebula, the cloud starts contracting because of its own gravitational force of attraction. As a result the temperature rises at such a large scale that its hydrogen nuclei start colliding with each other forming helium nuclei and because of their high speed & contraction they collectively form almost a spherical shape. Thus a star is born but this complete process takes billions of years. The radiation produced by this thermo nuclear fusion balances the gravitational force of attraction.

Now in the core of a star; hydrogen fuses to form helium, helium fuses to form carbon and this process continues until iron is formed which is a heavy element. Core fails to fuse the iron nuclei further and in such a way the fusion process stops in stars due to which the outwards radiation pressure and gravity of stars become unbalanced. Now the core starts contracting because of its own strong gravity. This contraction takes place in much less time as a result the star explodes because of sudden collapse of enormous amount of gasses. This explosion is called SUPERNOVA explosion which emits extreme amount of energy. And after this explosion a monster with extreme gravity is formed as a residue called BLACK HOLE. \*Currently, the known largest super massive black hole is S5 0014 + 81 (40 billion times massive of our sun). It is 236.7 billion kilometres in diameter. \*First known black hole was Cygnus X1. It was known in 1972.

**Prashant Shukla & Abhimanyu Rai**  
PGT Physics



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Chandra Vadan Mishra  
Nobel Prize Lecture Series 2020 #5  
INTERNATIONAL HINDU SCHOOL, Nagwa, Lanka, Varanasi

#2 The 2020 Nobel Prize in Physics has been awarded jointly to Roger Penrose, Andrea M. Ghez and Reinhard Genzel discovering black hole formation and supermassive compact object in the centre of our galaxy

**Black hole formation**

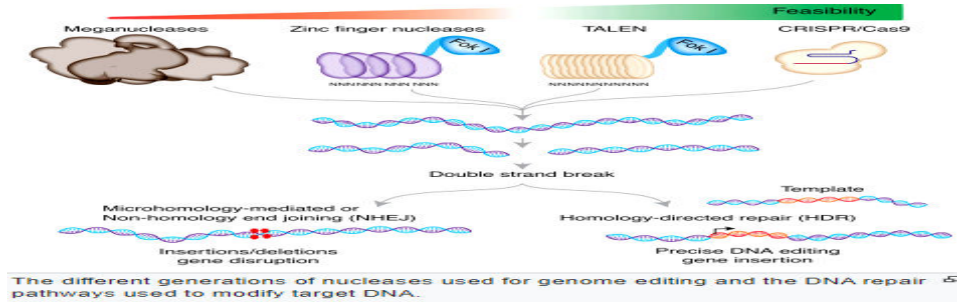
Dr. Suman Kumar Mishra  
(Lima, Ohio, USA)  
Director,  
International Hindu School

Professor R.P. Malik  
Department of Physics  
Institute of Sciences  
BHU, Varanasi

Watch on 15 Nov 2020 on facebook page ( facebook.com/ihsvns) and on zoom at 5PM

# GENOM EDITING

Genome editing is a genetic engineering technique in molecular biology by which the genomes of living organisms may be modified. It is based on a simplified version of the bacterial CRISPR-Cas9 antiviral defence system. By delivering the Cas9 nuclease complexed with a synthetic guide RNA (gRNA) into a cell, the cell's genome can be cut at a desired location, allowing existing genes to be removed and/or new ones added in vivo (in living organisms). The technique is considered highly significant in biotechnology and medicine as it allows for the genomes to be edited in vivo with extremely high precision, cheaply, and with ease. It can be used in the creation of new medicines, agricultural products, and genetically modified organisms, or as a means of controlling pathogens and pests. It also has possibilities in the



Treatment of inherited genetic diseases as well as diseases arising from somatic mutations such as cancer. However, its use in human germline genetic modification is highly controversial. The development of the technique earned Jennifer Doudna and Emmanuelle Charpentier the Nobel Prize in Chemistry in 2020. Working like genetic scissors, the Cas9 nuclease opens both strands of the targeted sequence of DNA to introduce the modification by one of two methods. Knock-in mutations, facilitated via homology directed repair (HDR), is the traditional pathway of targeted genomic editing approaches. This allows for the introduction of targeted DNA damage and repair. HDR employs the use of similar DNA sequences to drive the repair of the break via the incorporation of exogenous DNA to function as the repair template. This method relies on the periodic and isolated occurrence of DNA damage at the target site in order for the repair to commence. Knock-out mutations caused by CRISPR-Cas9 result in the repair of the double-stranded break by means of non-homologous end joining (NHEJ). NHEJ can often result in random deletions or insertions at the repair site, which may disrupt or alter gene functionality. Therefore, genomic engineering by CRISPR-Cas9 gives researchers the ability to generate targeted random gene disruption. Because of this, the precision of genome editing is a great concern. Genomic editing leads to irreversible changes to the genome.



## संस्कृत भाषा का महत्व

संस्कृत यह शब्द संस्कार तथा संस्कृति को उद्बोधित करता है। संस्कृत मात्र भाषा नहीं अपितु भारतीय ज्ञान परम्परा का अद्भुत स्रोत है। यह किसी जाति, धर्म, सम्प्रदाय की नहीं बल्कि ज्ञान-विज्ञान की भाषा है। संस्कृत में सारगर्भित तत्त्व हैं जो सूक्ष्म से सूक्ष्म और स्थूल से स्थूल विषय को सरलता से प्रस्तुत कर सकता है। यथा - गागर में सागर। यह मात्र आजीविका साधन नहीं अपितु अन्नमयकोष के साथ चिदानन्दमय कोष के विषय में भी बतलाती है। संस्कृत 'उदारचरितानां तु वसुधैव कुटुम्बकम्' जैसे संस्कारों को प्रदान करती है। संस्कृत का साहित्य, वाङ्मय, चिन्तन की धारा, ज्ञान की परम्परा तथा भाव अद्भुत और अकल्पनीय है। इस भाषा में सभी विधाएँ निहित हैं जैसे - प्रबन्धन, राजनीति, आयुर्वेद, कला, विज्ञान आदि। नवीन शिक्षा पद्धति में सरल मानव संस्कृत को निर्देशित किया गया है अर्थात् सरल से सरल तरीके से इसे विद्यार्थियों तक पहुँचाने का उपक्रम। किसी भी भाषा को सीखने के लिए चार मुख्य धाराएँ हैं - श्रवण-> भाषण-> पठन-> लेखन। यही चार धाराएँ संस्कृत के पुनरुद्धार के लिए भी आवश्यक हैं।

Rashmi Prabha Kalwint (PGT Sanskrit)

### How literature changes Human life

Literature grows out of life, reacts upon life and fed by life. Generally we can say that everything in print is literature. But this would be a very vague description of literature. Broadly speaking, "literature" is used to describe anything from creative writing to more technical or scientific works, but the term is most commonly used to refer to works of the creative imagination, including works of drama, essays, fiction and nonfiction. Any work of art in which the emotional content predominates is literature. Literature is the expression of written words. Literature is distinct from all other arts. It has no medium of its own. Many mixed forms of literature exist in it. Despite the definitions given above, I feel that literature is beyond these definitions, it is more than what we see and perceive. Its boundaries cross our lives, our traditions, culture, social relations, national unity and a lot more. It serves as a reflection of reality, a product of art, and window to an ideology, everything that happens within a society can be written, recorded in, and learned from the piece of literature. Whether it be poetry or prose, literature provides insight, knowledge, or wisdom, and emotion towards the person who partakes it entirely.

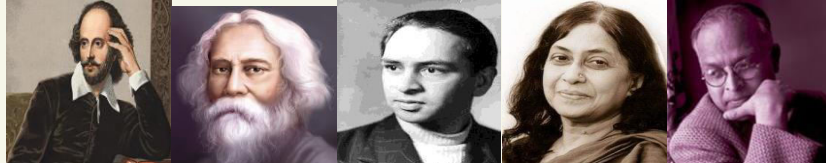
**Expert talk Series 2021**  
**INTERNATIONAL HINDU SCHOOL**  
Nagwa, Lanka, Varanasi  
**"Why should everybody learn SANSKRIT  
and how to simplify sanskrit curriculam  
according to new education policy  
2020"**  
**SATURDAY 26 JUNE 2021 | Time : 5 PM**  
**ON ZOOM**  
MEETING ID: 89140993014 | PASSCODE: Mvy8pb  
You can also watch on Facebook page [www.facebook.com/ihsvns](http://www.facebook.com/ihsvns)  
**Objective of talk**  
• Why is it important that everybody should learn Sanskrit ?  
• How to make Sanskrit curriculum easier in the school system  
**Moderator**  
  
**Dr. Suman Kumar Mishra**  
Endocrinologist (Lima, Ohio, USA)  
Director,  
International Hindu School  
**Speaker**  
  
**Dr. Gopabandhu Mishra**  
Vice Chancellor  
Shree Somnath Sanskrit University  
Veraval (Gujarat)

**Chandra Vadan Mishra**  
**Nobel Prize Lecture Series 2020 #5**  
**INTERNATIONAL HINDU SCHOOL, Nagwa, Lanka, Varanasi**  
**#3 The 2020 Nobel Prize in Literature**  
has been awarded to **Louise Gluck**  
"for her unmistakable poetic voice  
that with austere beauty makes  
individual existence universal."  
**How Literature  
changes our Lives ?**  
**Dr. Suman Kumar Mishra**  
(Lima, Ohio, USA)  
Director,  
International Hindu School  
**Professor Vanashree**  
Department of English  
Faculty of Arts  
BHU, Varanasi  
Watch on 12 Dec 2020 on facebook page ( [facebook.com/ihsvns](http://facebook.com/ihsvns)) and on zoom at 5PM



## How literature changes Human life

To be continued



Our life is manifested in the form of literature. It is an embodiment of words based on human tragedies, desires, and feelings. It cultivates wonders, inspires a generation and feeds information. Even though it is dynamic, endless, multi-dimensional, literature contributes significant purpose to world we live in. The world today is ever-changing. Never before has life been so chaotic and challenging for all. Life before literature was practical and predictable, but in present day, literature has expanded into countless libraries and into minds of many as the gateway for comprehension and curiosity of the human mind and the world around them. Literature is of great importance and is studied upon as it provides the ability to connect human relationships, and define what is right and what is wrong.

Literature is the foundation of life. It places an emphasis on many topics from human tragedies to tales of ever popular search for love. While it is physically written in words, these words come alive in the imagination of the mind, and its ability to comprehend the complexity or simplicity of the text. Literature enables the people to see through the lenses of others, and sometimes even inanimate objects; therefore it becomes a looking glass into the world as others view. This can be proven through public school systems, where the books that are emphasized the most tend to have a moral-teaching purpose behind the story. Progressively, as people grow older, they explore other genres of books, ones that propel them towards curiosity of the subject, and the overall book. Reading and being given the keys to the literature world prepares individuals from an early to discover the true importance of literature: being able to comprehend and understand situations from different perspectives.

Literature teaches us how to live. Through literature reader visits different places, experiences events, meets people, listens to them, feels their joys and sorrows. It takes years to acquire so much wisdom that a single book of literary merit instills in a reader. Literature mirrors the society and its mannerisms. Because of Charles Dickens we can experience the „Hard Time“ of the Victorian England without going through a detailed historical study. The fact based education system, the fractured human relationships, the Smokey polluted towns, the ill effects of industrial revolution, the misery of labourers, the mercenary instincts of men and the flawed legal system of the land can be judged and perceived through literature. The study and practice of literature is cumulative, building a culture“ identity over time. From the philosophy and epic poetry of ancient Greece sprang the canon of western literature. Each successive period of history produced distinct literary works reflective of the spirit of the times but also containing elements of preceding epochs. Medieval literature incorporates the tenets of Christianity, whereas literature of Renaissance and Enlightenment responded to advance in art and science.



## Children: The asset and the future

Children are like blank canvases that have the capacity to grow naturally and constructively. At the individual, social, national, international levels we have to effort for appropriate development for our future generation. The upbringing of children is our responsibility not only teachers but parents and society have equally responsible for the development of a child. Children are assets and future of our society so it is very important for us to give them wings for flying and help them to become a happy fully functioning person and live his or their life with happiness and full enthusiasm it's our responsibility.

Our education system provides a base for child development, some qualities like self-confidence, independence, courage, self-discipline, time management, respect for values, ability to accept and compromise, Spirituality, Resilience, play a vital role in child development and it is important to develop these qualities in our children. Resilience means dealing effectively with difficult situations so the quality of resilience is important for dealing with real-life issues. Moral values, life skills, and helping nature is also important qualities that should have in our children. The early few years of life are crucial periods for children development, so inbuilt these qualities in children in the early stage are very important. In the 21st-century Stress and technology, addiction is two major concerns in children. Resilience, time management, self-discipline, respect for values, spirituality, these quality help children to deal with stress, anxiety, these qualities significantly decrease the chances of mental problems in the future. Situations are not our hands but how to face them; it is depending on us, so prepare our children for future-ready. And it is very important to develop these qualities in children in an age-appropriate way. Safe and trust full environment helps the foundation of future relationships.

Early childhood is the age for recognition of rules and discipline. The age of 16 to 18 years made outlines for future planning. At this age, you have to be a role model for children because they observe you and are influenced by you, give them responsibility make a beautiful bond with them. Excessive use of technology is also a measure concern nowadays. You cannot completely remove technology from your children's lives, but yes, you should have to teach your child limited use of them, Also aware children of the harmful or adverse effects of excessive use of technology. Use of technology not only for entertainment but for improving knowledge.

Our Indian society is enriched with cultural, moral, social, and spiritual values, believe in your culture and try to transmit these values to your next future generation.

**#8 Expert talk Series 2021**

**INTERNATIONAL HINDU SCHOOL, VARANASI**  
is going to organize webinar on

**"How to raise a child : A psychiatrist view"**



**SATURDAY 13th NOVEMBER 2021 | Time - 12:30 PM**

**ON ZOOM**

MEETING ID: 87095373805 | PASSCODE: 654918  
You can also watch on Facebook page [www.facebook.com/ihsvns](https://www.facebook.com/ihsvns)

**Objective of the talk**

• "Building the Personality : Preparing the child for the Big World"

|  |  |
|--|--|
| <b>Moderator</b>   | <b>Speaker</b>   |
| <br><b>Dr. Suman Kumar Mishra</b><br>Endocrinologist (Liver, Ohio, USA)<br>President,<br>International Hindu School | <br><b>Dr. Shalpa Chaturvedi</b><br>MBBS, FRANZCP<br>Consultant Psychiatrist<br>Sydney, Australia |

**Ekta Srivastava**  
**PGT PHYCOLOGY**

**Chandra Vadan Mishra Nobel Prize Lecture  
Series – 2020: Hepatitis C  
Chief speaker :Dr. Sunit Kumar Singh**

IHS organized Nobel prize lecture series last year and invited eminent experts of their fields to interact with students and parents. IHS provided a wonderful opportunity to the students to interact with Dr. Sunit Kumar Singh (Associate Professor, Molecular Immunology), IMS, BHU, Varanasi who gave an insight to our students on "Hepatitis C - Signs and Symptoms".

The 2020 Nobel Prize in Medicine has been awarded jointly to Harvey J. Alter, Michael Houghton and Charles M. Rice for the discovery of Hepatitis C virus.

Dr. Singh spoke at length about Hepatitis C virus and educated students and the general public about practical implications of the Nobel Prize in medicine.

A summarized version of the entire talk is written below:

In the ground breaking discovery, the trio explained a major source of blood borne hepatitis that could not be explained by the hepatitis A and hepatitis - B virus. The word hepatitis is made up of two words : Hepatos meaning liver and its meaning inflammation. The word Hepatitis describes liver inflammation.

It was clear to all that Hepatitis -A was caused as a result of contaminated food and water. Hepatitis-B occurred due to the contaminated blood transfusion from an infected person. It occurred to the team of doctors that most cases of post transfusion Hepatitis could not be linked to Type 'A' or Type B virus. They tested an infected Chimpanzee with a high viral load and screened the samples from it Type A as well as Type B virus. They were successful in isolating the genome of the Hepatitis C virus. In 1990, the group published an article naming the Hepatitis C (virus HCV). It was found to be an RNA virus related to the flaviviridae family. About 71 million people worldwide live with a chronic infection of the Hepatitis C virus. The transmission of the virus occurs through use of infected syringes or reused needles, infected blood transfusion and sexual practices that lead to exposure to blood. HCV can also be passed from an infected mother to her baby.

#### Symptoms of HCV-

Incubation period ranges from 2 weeks to 6 months. 80 percent of the people do not exhibit any symptom. Symptomatic people show fever, fatigue, decreased appetite, nausea, vomiting, abdominal pain, dark urine, pale faces, joint pain, weight loss, brain fog, abrupt changes in mood including periods of anxiety and depression.

**Chandra Vadan Mishra Nobel Prize Lecture  
Series – 2020: Hepatitis C  
Chief speaker :Dr. Sunit Kumar Singh**

Testing/Diagnosis of HCV-

HCV infections are asymptomatic. HCV infection is diagnosed in 2 steps -

Testing for anti-HCV antibodies with a serological test identifies people who have been infected with the virus. A positive test for anti HCV -antibodies is followed by a nucleic acid test for HCV ribonucleic acid(RNA), which is needed to confirm chronic infection.

If the positive HCV is confirmed, the degree of liver damage shall be determined for proper management and treatment of HCV.

Treatment - Treatment with the genotypic direct acting antivirals( DAA) for persons over the age of 12 years. DAAs can cure most persons with HCV infection and treatment duration is short depending on presence or absence of cirrhosis.

Significance of Nobel Prize winning discovery of HCV to common people -

Applauding the noted discovery of HCV, the Nobel prize Committee quoted "made possible blood tests and new medicines that have saved millions of lives".

This discovery will allow the rapid development of antiviral drugs for Hepatitis C. Highly sensitive blood tests are now available to test the virus. This has resulted in the elimination of post transfusion Hepatitis in many parts of the world, greatly improving global health.

Conclusion -

Outstanding achievement of discovering HCV by Alter, Houghton and Rice have paved the way for treatment of HCV. Findings, Validated tests that identify HCV carriers and allow the elimination of contaminated blood and blood products. The remaining impediment according to WHO global Hepatitis Reports -2017) is the lack of broad screening campaigns and the high cost of the most effective treatment .The pioneering work has raised the hopes of complete eradication of Hepatitis- C in the near future .

**Submitted by -  
Oshine Agarwal  
PGT(Biology**

Chandra Vadan Mishra Nobel Prize Lecture Series 2020 #5  
INTERNATIONAL HINDU SCHOOL, Nagwa, Lanka, Varanasi

#1 The 2020 Nobel Prize in Physiology or Medicine has been awarded jointly to **Harvey J Alter, Michael Houghton and Charles M Rice** discovering "Hepatitis C" virus which causes hepatitis C infection- a disease that causes inflammation and infection of the liver.

**Hepatitis C - sign and symptoms and more**

Dr. Suman Kumar Mishra MD  
Fellow of American college of Endocrinologists  
(Lima, Ohio, USA)

Dr. Sunit K. Singh  
Professor (Molecular Immunology)  
Molecular Biology Unit, Faculty of Medicine  
IMS, BHU, Varanasi

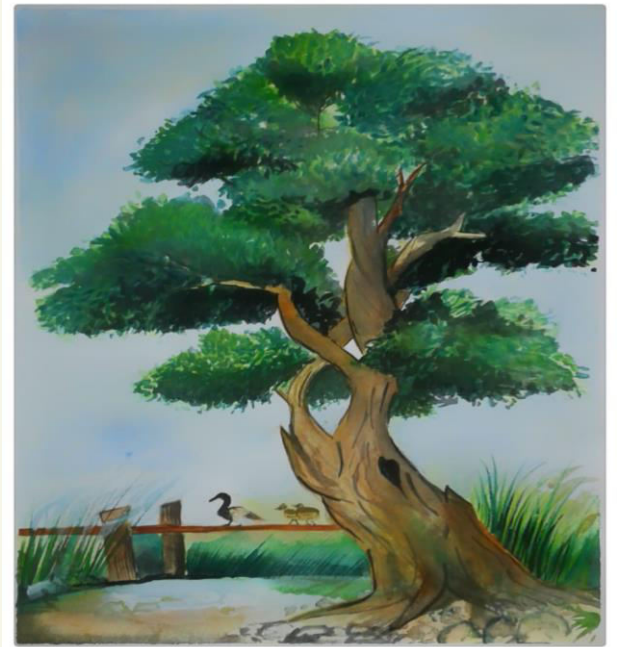
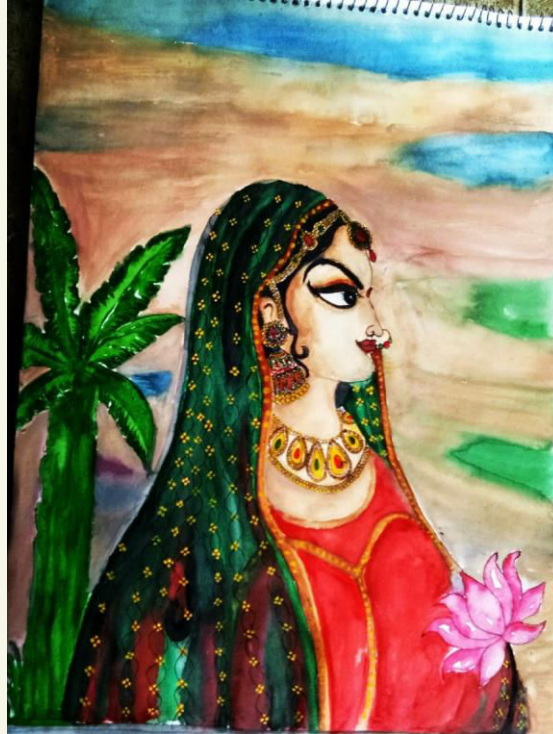
31st Oct on facebook page ( facebook.com/ihsvns) and on zoom at 5PM





Land Of Life Is a Waste-land Without Art

## A GLANCE AT OUR ART DEPARTMENT



Land Of Life Is a Waste-land Without Art

## A GLANCE AT OUR ART DEPARTMENT





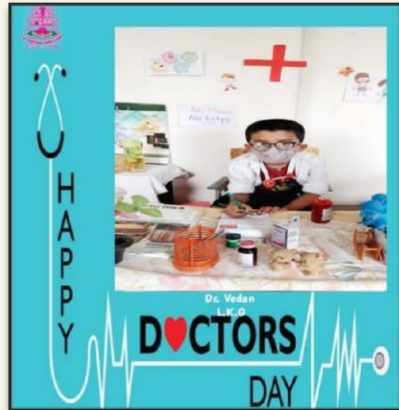
# PROUD MOMENT FOR I.H.S

Riya Singh of class XII Bio Secures multiple prizes in weight lifting (69 kg) on state level under the guidance of coach of International Hindu School Mr. Sunil Yadav (H.O.D Physical Education)



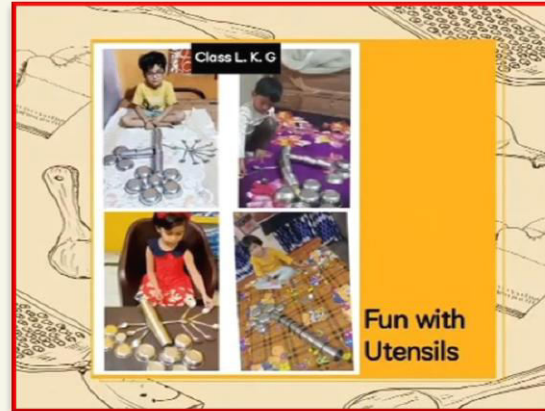
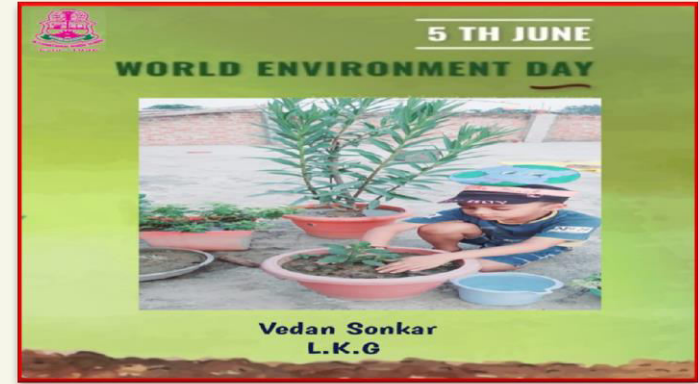
CHAMPIONS

# ONLINE CELEBRATION AT IHS





# LITTLE ARTISTS



# EDITORS SPEAK

I, Sai Bhatt , A student of prestigious International Hindu School. I am very grateful to have an opportunity as an editor of the magazine. I express my special thanks to our respected director sir, principal sir and all the teachers who gave us freedom to write what we think. Thought fullness is a gift I will always treasure .This school magazine contains many interesting topics such as nationalism, art and craft , poems, healthy life and many more which enhances the pathway of literature and writing and give a move to endeavour the poetic, descriptive and musical taste to one's thought process as it's well said that "Poetry give music and rhythm to your ideas "

At the initial stage, everyone's dream is to become true through this effort of School magazine which explores the way and gives opportunity to the students to represent their thoughts and ideas and diversify them at their best possible way. An editor goes through the editorial process. In this pace I have learned many challenges which strengthen my way to accomplish my responsibilities through my experiences and capability that how far I could do this editorial work successfully and in a more better way. It encourages me to see different aspects of life to think out of the box and learn from the support of my well beings and teachers Priya Ma'am, Geetanjali ma'am and other teachers too.

As we are going through bad face of covid-19 and everything is going online, gaining the opportunity to show creativity which gives us feel to be really in seventh heaven.

I would like to thanks the management team who supported us because without their support our new magazine edition wouldn't be completed. We learnt how to work together and how to manage workload pressure and share our ideas in the upcoming amazing magazine 2022 -2023. **Best wishes.**



**Sai Bhatt**  
**Class- XI D**

# EDITORS SPEAK

**Hello everyone!**

I am glad that I was able to join this magazine editorial group filled with brilliant people. Here I have to express my views on importance of school magazine. The school magazine is a historical document of the growth of the school. It informs the future generation of students about the traditions built up of their school. This valuable publication is the opportunity that students require to show their creative talents.

Along with academic studies, students are encouraged in games and athletics, art and craft, science clubs, dramatics and various other activities. These make the years in school interesting and worth remembering. But intellectual activities like debates, elocution and essay-writing competitions are rarely found. Writing does not come from experience alone. It also requires a lot of reading. The literary and intellectual abilities of the student compile him to read books on a variety of subjects. Such students are quick to realize the value of their time and learning.

They do not waste their efforts in futile activities. Not all students can be good writers but those who have the ability to form opinions can develop their power of expression by writing for their school magazine.

The school magazine is the window to the activities of the school. Proper initiative by the teachers can help in improving the views and expressions of the students which in turn will raise the standard of the magazine.

Even the parents can take an active part in the affairs of the school. Inter-class and inter- school competitions can provide a good practice for student publications. Unfortunately only a few schools continue to bring out their school journals. Every school must consider the importance of the school magazine for the benefit of its students.



**Best wishes from editor.....**

**Nitya Jaiswal  
XI E**