



Rajkumar College, Raipur (C.G.) e-newsletter

स्वदेशे पूज्यते राजा विद्वान् सर्वत्र पूज्यते

*Fourth Edition - October 2020*

## Rajkumar College, Raipur(C.G.) e-newsletter

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Reflections

**“Strong people don't put others down. They lift them up.”**

# Perspective

A teacher affects eternity, he can never tell where his influence stops. It has been rightly said that what the teachers are, is more important than what they teach. Children, after all are not just adults in the making. They are people whose current needs must be addressed. The teacher plays a vital role in the development and growth of children. When students get a glimpse of what motivates their mentors, then they are able to understand teachers in a better way. This edition of newsletter does that by not only presenting the creative efforts of students, but also those who influence them inside and outside the classroom – their teachers.

**Shivendra N S Deo**

**Editor in-chief**



## From the Principal's Desk

### My dear students,

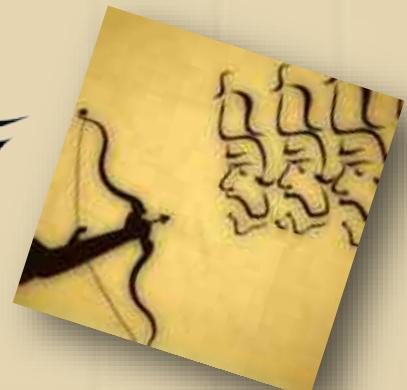
As predicted there are no indications of the intensity of this global pandemic reducing. I had already mentioned in the previous newsletters about these extended timelines on restrictions pertaining to opening of educational institutions. To tide over this, our faculty has been extremely proactive in foreseeing this delay by using the virtual platform as an alternate medium of academically engaging the students gainfully. Moreover, using the virtual platforms, your evaluations have also commenced and I assure you that even during these times of crises we will not let your studies suffer – ***No child will be left behind*** !

You must be looking forward to the forthcoming well deserved break of Dussehra and Diwali vacations ! You and your family members as well as our faculty deserves it! However, I would like to mention here that most of the faculty members would be sacrificing their holidays for advance preparations regarding your academic calendar of the Second Term. **In between these vacations we have planned a major extracurricular event by organising a virtual Rajkumar College Model United Nation Conference on 7<sup>th</sup>- 8<sup>th</sup> Nov 2020.** I would strongly recommend maximum participation as it will be extremely beneficial towards opening up your horizons towards global issues.

I sign off by wishing you and your family a very happy Dussehra and Diwali in advance.

Yours as ever

**Avinash Singh**  
**Principal**





## MISSING MY SCHOOL

When the pandemic corona started, all the schools and offices etc. got closed. Earlier, I was glad because my parents and cousins were together with me. Every morning, I attended online classes and found interesting ways of learning.

I later realized that this will continue for one year and started missing my school! Before the pandemic, in the school, the teacher interacted physically but in the online classes, the interaction is now

'virtual'. It's a 'new normal' for us and everyone.

The fun and enjoyment we used to have with our teachers, batchmates, friends in the school, is not even 1% there in the online classes. I'm missing each and everything, which I used to cherish during school! These are like the scolding of teachers and wardens, sports time, enjoyment during our recreation time, and fun

before sleeping at night!

There are many other things, which I miss a lot. In short, my school is the best and it was my second home, it "is" my second home and it will always be my second home forever and ever more! Are there any takers?



**Nandini Gupta, 6 F**

## My Future Plan

Being a student means having the desire to obtain something great. I, Indraksha Shrivastava, a student of class VI, know that the future ahead, has to be considered right now.

My future plan is to complete schooling by scoring good marks. Then, I want to complete my college education, by opting science as the main subject. I think the best way of planning for the 'future', is to make the most of the 'present'.

Indeed from the core of my heart, I wish to serve my motherland! My ambition in life is to become an Army Officer and serve my country.

My action-plan is still in this direction. I am confident that my hard work will

help me to achieve my future objectives positively.



**Indraksha Shrivastava, 6 F**



*"Losers focus on winners.  
Winners focus on winning!"*



## DEDICATED DOCTORS

On 1<sup>st</sup> July every year, India celebrates National Doctors' Day and honours all the doctors and nurses. A great doctor, Dr. Bidhan Chandra Roy was born on 1<sup>st</sup> July, 1882. In recognition of his work and contribution to individual lives and community, we celebrate his birthday as National Doctors' Day. In India, people say that though we have never seen God, but we can see God present in the form of doctors, who are our saviours!

Especially in the year 2020 as the world has been attacked by

a new corona virus, which has led to a pandemic. Seeing the way doctors are working to save the lives of people without caring for their own lives, has increased our respect and trust in them even more. Hospitals have become temples, where doctors are serving the patients as Gods. People strongly believe and trust doctors that they would help them in fighting even the deadliest of diseases and give them new

lives.

I salute all the doctors and nurses, who are fighting like brave soldiers and protecting the nation, in this time of corona crisis.

Thank you, Doctors! *Jai Hind! Jai Bharat! Vande Mataram!*



**Pragya Pradhan, 7 F**

## When are we going to be free from the present crisis?

This pandemic, Covid 19, is defining the global health crisis of our time and proving to be the greatest challenge we have ever faced since the World War II. But the pandemic is much more than just a health crisis; it is also an unprecedented socio-economic crisis, bringing stress to everyone in the country that it touches. It has a potential to create devastating social, economic and political effects, which will leave deep and long standing scars for years to come.

The current crisis has started, taking a toll on everything and everyone around. Right from youngsters to elders, everyone

is affected. It has been almost six months, since we've gone to school to attend classes. As the schools are closed, the children in the families are leading an unproductive life at home, as compared to the earlier times. Along with our academics, even our fun time is taking the hit, as children are not allowed to go out of their homes because they now belong to the 'high risk' age group. This crisis is affecting the business of every small shopkeeper, restaurant owner, hairdresser and many others.

In order to survive this pandemic, we must take a step back, stay at home and follow

the precautionary measures against this virus. As doctors are doing a great deed as frontline warriors to save lives, scientists all over the world are working very hard day and night, to create a vaccine. After all, there is no other way to put a stop to this present pandemic. Till then, we have to stay strong and think positive to evade this danger.



**Lyrick Matreja, 7 B**



## UNIQUE POTENTIAL

Well, it's said that child is the father of man. Every child has tremendous potential. What we need to do, is to provide that spark to ignite their minds.

Dr APJ Abdul Kalam, our former President of India, always had this view that children have tremendous potential. What we need is to motivate and channelize their resources by recognizing and utilizing their latent talent. Children have a powerhouse of potential. The recent

exercise of making the children write on a topic has brought forth many surprising discoveries!

We, as teachers or parents, should never underestimate the innate talent of these youths. They are the future citizens of the world and on their shoulders, will rest the burden of our future.

Therefore, as teachers, we should vow to nurture and utilize their expertise and recognize their real worth. It is my personal take that we

should never write off any child. Any child can surprise us with his or her potential! So let it be our mission to seek and to nurture the best in them, to release their unique potential.



**Sanjay Kumar Mishra,**  
**Department of English**

## Stability Vs Neutrality

As a part of common perception, it is accepted by the scholars of middle school that there is a vast alikeness between neutrality and stability to the extent that they are metonyms. But the matter of fact is that neither stability leads to neutrality nor does neutrality lead to stability, except for very few circumstances wherein we discover that an element is stable at its neutral state by happenstance. This is the case of noble gases only.

Neutrality comes from perfect balance of charges in a unit entity. If the negative and positive charges are exactly equal then the atom on a whole is neutral, exactly the same way the negative and positive integers of same magnitude cancel out and nullify each other. But this makes no contribution in the attainment of stability.

Stability is achieved only when it fits into a set of certain rules which is applied only to the negatively charged sub-atomic particles i.e. electrons. Protons play no role in contributing to the stability unless and until it is concerned with nuclear stability.

Octet rule is to be fully satisfied by the atom, which clearly states that it should have a set of eight electrons in its valence shell. An atom in its ground state is already neutral, but to attain stability it either shares its electrons, mutually or uni-directionally or, donates or accepts electrons which results in bonding.



**Sushmita Walter,**  
**Department of Chemistry**



## AUTOBIOGRAPHY OF A MOBILE PHONE!

First of all, let me introduce myself. I am a mobile phone and people also know me as a cell phone. I am very happy today, as I am able to write an autobiography of myself. I am one of the very delicate phones; Tring! Tring is my sound and you can hear me everywhere! Life is now incomplete, without me. After all, I am a mobile phone! Nowadays, we, the mobile phones are very important.

I was born in 1973 and my weight was two kilogrammes, with the 1<sup>st</sup> Generation. I was launched by the company Motorola and I was demonstrated by John F. Mitchell. A very important thing

was that my original purpose was to create communication between people. But nowadays I have many functions inside me like games, e-mails, internet and messages etc.

When I was sold, the owner kept me as a baby inside his pocket. Mobile developers keep upgrading me day by day and they also change my looks, features, name and they call me a 'smart phone'. A very good feature, I possess, is that I can capture the moments of your happiness through my camera option so much so that I have made some

cameramen jobless!

In the present pandemic situation, students use me as an important study aid. And the latest thing inside me is the "Video Call" feature. My best friend is a Computer, while people call me as a mini computer! Therefore, the demand for my sale has increased over the years and is increasing every day! Nowadays, people use me like oxygen, though I am also very harmful for them but unintentionally, only if I am not used thoughtfully!

**Varad Raj Agrawal, 8 E**



## BEING STRONG IS THE ONLY MANTRA

Do you know how many people have had their vision, idea and huge career moves, that they were about to make but they allowed the word "NO," to stop them? When you make a decision to do what you want to do in your life, just do it then. "Don't stop! You don't know how strong you are, until being strong is your only choice," said by Bob Marley and is so true about life! You don't know how strong you are, until you know that you have something so great inside you, something so big inside you and

something so strong inside you, that it is beyond imagination!! But know this, "Only those who can see the invisible can do the impossible!" Most of the people go on "holding back" in their lives. If you get into the habit of just being a mediocre, it will become a part of your consciousness. If you get in the habit of giving less than what you have within you to give, it

**"Surround yourself with those on the same mission as you."**



will begin to reflect itself in your personality. Learn the lesson and see what a difference it makes to your life!



**Apurva Chandravanshi, 11 E**



## THE ROLE OF COMPUTERS

In today's world, most of the work is done with the help of computers. The interface between the computer and man is mainly in the form of UI, which stands for 'User Interface'. The way a computer has become an important part of our lives, we fail to acknowledge its humble beginning way back in 1930's, that was in the form of blueprints and plans of the first Analytical Engine, which went on to become the basic element of the present-day computer! The significance of computers in the world can be judged from the fact that the 'United States of America', which is considered to be one of the largest and fastest growing economies of the world, attributes a major part of its growth and success to early and massive computerization.

An English mathematician, inventor and philosopher called

Charles Babbage, was the pioneer in developing an arrangement, which formed the base for the development of the computers in the form that we now know. Babbage actually proposed a difference engine, which had 10-toothed metal wheels, mounted in columns, on which numbers were represented in the decimal system! In this context, Babbage actually arranged to exhibit a small working model in 1822. Unfortunately, he never completed the full-scale machine that he had designed but succeeded in developing several fragments of his project. The largest fragment, which is one-ninth of the complete calculator, is still on display in the London Science Museum. Babbage used it to perform serious computational work and used it for calculating various

mathematical tables. In 1990, scientists could build another difference engine and named it as Babbage's difference engine number 2 and it is also on display at the London Science Museum. In this way, the painstaking work of Charles Babbage, paved the way for the giant leap towards progress in all the spheres of life that the whole world has witnessed thanks to the Computers. The world in return, expressed gratitude towards this great personality by referring to him as 'The Father of the Computer'. It all began with his Analytical Engine!

It is hard to believe that from those early times of calculating machines, we have managed to reach the time where computers have become an indispensable part of our lives and will remain so till automatons take over us!

**Hrishabh Thakur, 8 A**



## It's Better to Hold a Sword Than a Chain!

Be not scared of those, who you think,  
are the controllers,  
Do not think yourself as a  
mediocre.  
It's been like this, for a long time.  
And yes, it is a crime, if you destroy what  
is divine.  
Would you give up everything that you  
deserve?  
Just because, you think it's better to stay  
preserved?  
You really think it's better to hide, than to  
fight?  
Have you come this far,

Only to drive someone else's car?  
If your fortune doesn't support you,  
Are you not even going to try?  
And make it finally work for you?  
You still haven't missed the train,  
Only if you choose to hold a sword than a chain!

**Akanksha Debi ,12 D**





## Corona, thou art the toughest of teachers!

Before you arrived, we lived complacently in our worlds, each spinning his/her dreams of a tomorrow, which shall be in sync with our dreams. You arrived and had your own way, making us pause and reflect on the plausibility, longevity, validity and even the utility of our dreams!

Before your arrival, we felt we could not live a single day without venturing out of our homes, not only for our necessities and accessories, but for the sheer joy of watching things of the world outside our homes. You came and locked us within the confines of our thresholds. It was then we learnt that our home is a world in itself and people in our homes, the loveliest people to be with!

Corona, it was you who turned our extraverted vision to introvert. And lo and behold! What a wonderful inner world awaited us, when we turned inwards! A treasure house of happiness and an unfathomable peace was ours for the taking. A deeper probe into the treasure house of our minds allowed us access to the most awesome and extraordinary person we had ever met! Yes, it was our own self seen in a new and grander light. We rushed to the mirror to confirm whether whom we met was our very self and to our great amazement, we saw no one else but our own image. Can there be

a greater blessing than this?!? Corona, you drove us against the wall towards isolation, which felt akin to imprisonment but the fear of non-existence in this marvellous world was anyhow more alarming than feeling being 'caged' for a while. You tried your best to add to our miseries by consuming our fellow -beings one by one, but our 'never say die' attitude and spirit of service dwarfed the gigantic expanse of yours, that you were so very proud of!

We were forced by you to be economical in our habits. With the disruption of the seemingly never ending cycle of production and consumption, we ultimately realised that as human beings, our needs are in reality very, very few and these needs, can be fulfilled without harming our environment.

*"Corona, you made us halt in our mad pursuit of power and self, for you made the mighty bow down, proving what a great leveller death is!"*

You prevented us from using motor vehicles, which made our earth greener, our streams clearer and our skies bluer than ever! You spread your fatal wings and fluttered over almost every nation of the world with each passing day, but unknowingly you brought humanity together! We came

closer as people of the world for we now knew what it meant to suffer together! This common suffering prompted us to fight together towards inventing a remedy against your 'red tooth and claws'.

Through you, we learnt that the human fighting spirit is unconquerable. You showed us the difference between 'living' and merely 'existing'. You are a tyrant, it's true, but we are Human Beings with an invincible spirit dwelling within us, which never says die! Thou art tough but we are tougher!



**Dr. Sanjogita Tiwari,  
Department of English**

*Reflections*

**"Self investment is  
the best investment."**



## GREEN MUSINGS!

What's the conundrum? None at all but the tech savvy aficionados are finding that the very gadgets which till now had made netizens record everything at the touch of a button at their fingertips, now are faced with the crux to go on making numerous PowerPoint presentations. The teachers were eating, sleeping, living, thinking, breathing, dreaming and making PowerPoint presentations with a hitherto untapped flair. The teaching fraternity of our school was staring down the barrel of online classes! To use the oft repeated phrase "nothing endures but change", the teachers scaled the hurdle with a flair, which had many bite their nails, hold their breath and voila! The first PowerPoint was ready on the assembly line! It is as the phrase goes 'been there, done that'. We were on cloud nine!

The teachers had been teaching to enthuse the students to motivate them to strive harder. Now they themselves were being tested to apply the same. Tables do turn after all and in what way! Of course, there were endless brainstorming sessions with everyone running helter skelter with their mobiles, earphones, checking their data pack and 'troubleshooting' became like a quick sharp draw read in the western novels and at the end everyone was a winner! Unbelievable, but True! Though there was no Russian roulette being doled out neither was anyone outgunned, yet all the teachers were winners.

Teachers heard plaintive from the members of their family that they were virtually into PowerPoint presentations and might even be dreaming about them! Well, this was new age jargon WFH – Work From Home with Wifi or data pack in the As You Like It mould. The die had been cast and even a Merlin could not break the spell. However, the teaching fraternity not to be outdone surmounted the challenge with aplomb because we always teach that 'learning' is the 'process' and the 'process' is more important

than the result. However, 'means' must not necessarily justify the 'ends'. Integrity, Commitment and Being Truthful are the time tested topazes, which come to the fore when we shift gears for success!

The school campus was an ideal source of motivation as the green sentinels came up with different hues of green, difficult to describe and vying for attention with the likes of the Siris, Neem, Pipal, Bargad, Bakul, Teak, Karanj, Ber, Bael, Guler, Reetha and more swayed in the rain soaked atmosphere. As I walked around the cricket field, I came across a pair of Golden Orioles, whistling their high pitched melodious real time tweets and the prodigious Indian Roller (Neelkanth) could be seen as it went about and heard its inimitable staccato. I was even lucky to spot a bevy of scaly breasted Munias and had to refer to a birding contact to identify them. And all of this took place in the confines of our campus! Sitting in the veranda, as I made yet another presentation on the exploits of Baji Rao I, an all time swiftest cavalry charger, I was distracted by a pair of strange looking birds. The Indian Grey Hornbills, who till some time back were migratory, have made us proud by becoming the residents of the campus and are followed everywhere by their juvenile! We are blessed to have the spotted owlets, who reside in the hollows of old Siris trees, and we have to ensure that these rugged trees are a part of the living heritage, should not be felled, at any cost. There happens to be a Mulberry Tree on the campus, which is still remembered by the students of the 60's. No wonder they are dubbed as green sentinels! But I have saved the best catch for the last – the Jungle Owlet has graced our campus since the month of May, when I heard its call for the first time. The help of



the birdwatcher friend again came in handy, who was thrilled to hear the recorded audio of the Jungle Owlet. However, the birds probably a pair are both human shy and camera shy too what with everyone fancying themselves as a photographer with a full range of mobile cameras that the real camera has become redundant!

While we were all busy in our day to day life, the legend Pandit Jasraj passed away. Readers must listen to his rendition of 'Mero Allah Meharbani'

which will help us present times to be anchored in reality rather than the virtual world as, Nida Fazli penned, which Jagjit Singh sang '*soch samajh walon ko thodi nadaani de maula, chidiyon ko daane, bacchon ko gud dhaani de maula.*' Let's be wise or be otherwise!!



**Samarendra Nath Shah Deo,**

**Department of History**

## THE ART OF CO EXISTENCE

Covid 19 pandemic has locked us in our homes. This has changed our life as well as the nature.

Nature was suffering from the deeds of humankind, mainly due to pollution. The beauty of the earth was totally distorted by over consumption of various natural resources. If one looks toward nature, we will see that it is properly balanced. Everything is perfect in its own place. It is we, human beings with our urge to progress, have spoilt the balance of the nature. This pandemic is a lesson taught by the nature that if we are not conscious, a day will come when human beings will become endangered!

The day has come to make us realize and understand that this pandemic is the 'curtain raiser' to all the other mishaps that are about to come. Today if we see

the environment around us, it is clean and green. Rajkumar College is the lungs of Raipur and this pandemic has made the place the purest. This year we had many visitors. The fabulous migratory birds like varieties of finch, ducks, hornbills, bird of paradise etc. Many different species of flowers have made the campus colourful. The trees have added different shades of green to the enchanted beauty. This beauty has given a ray of hope that everything will be fine and we will be back to our normal life with some rules and precautions.



It is my appeal to all my students to maintain this beauty of our environment even after the hard days of the present pandemic. We can easily do this by being a bit conscious while using the facilities provided by the environment.

Let us all take the oath "*Non Nascor Mihi Solum*" which means 'Live not for self alone'! So 'Live and let live' should be our motto.



**Dr. Mitun Sirkar,**  
**Department of Biology**



Ananya Agrawal, 6 E



Reet Goyal, 7 E





## From Cocoon to a Butterfly!

Do butterflies remember the time when they were inside a cocoon? Do they remember the struggle, while coming out of it? I guess, no. They don't. We people are so much like those butterflies that cannot see how truly beautiful they are! Just like those butterflies, we do want to fly high but don't want to stop, never want to struggle for it and in this process, we miss out on the things that are necessary in life.

Looking at my own picture, I realise that whatever I am today is all because of the superwoman in my life! This lockdown has reminded me of my journey from a cocoon to a butterfly!

I did not want to go far from everyone to a boarding house. But then my grandmother told me a story about a man, who had found the cocoon of a butterfly somewhere .

He observed that one day, a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further. He took a pair of scissors and snipped off the remaining bit of the cocoon in order to help the little butterfly.

The butterfly then emerged easily. But it had a swollen body and small, shrivelled wings which restricted its flight. What the man, in his kindness and haste, did not understand was that restricting the cocoon and stopping the struggle required by the butterfly to get through the tiny opening was life's way of forcing fluid from the body of the butterfly into its wings so that it

would be ready for flight once it achieved its freedom from the cocoon.

Similarly, struggles are exactly what we need in our lives. These are the processes of life, things we all go through. The struggles are a part of our journey and are preparing us for what awaits. They are preparing us to fly!

Even if I fall now, I always remember the first day of my boarding school, a seven year old unaware about the hurdles ahead and suddenly all my failures, all my problems start to feel negligible.

*Anusha Sinha, 12 C*



*Reflections*

**“Every champion was once a contender that didn’t give up.”**



## An Amazing Experience

Life is full of amazing experiences; it just depends on the way one chooses to look at them. For instance, when the global pandemic hit the human race hard, all life forms came to a standstill across the world, making us realise the importance of not taking for granted things like our planet, our nature and our environment. Although the pandemic is deadly for the human race, it has restored the ecological balance of the planet. Nature looks beautiful with clearer skies, clearer water bodies and lesser pollution, to mention but a few of its benefits. During the lockdown, I had enough time to spend amid the beauty of Mother Nature. The experience was surreal as spending time in the lap of nature helped me in coming to terms with reality and see how beautiful the planet actually is! I visited *Kheoni Wildlife Sanctuary*, in Madhya Pradesh, with my siblings. The flora and fauna of the place was simply breathtaking!

We stayed there at the forest

rest house. The staff welcomed us with fresh fruits and refreshing beverages, followed by a piping hot lunch. After that, we went for a walk at the backyard and to my surprise I saw a three month old baby deer, which was named 'Pinky,' by the forest officials. They told us that she was rescued from the deep jungle lying by her dead mother's side! Now she'd become so comfortable with humans that leaving her back in the wild jungle, could be dangerous for her.

In the evening we went out for a Safari. A police officer accompanied us and educated us about *Kheoni*'s nature and wildlife. He told us that there are more than 150 bird species as well as other animals such as sloth bears, tigers, deer, fishes etc. Then they took us to the mountain top, from where we could see the jungle and the serene sunset. The view was mesmerising indeed!

The next morning as we

were packing to leave, I realised that I had forgotten to bring my toothbrush, so the staff there, gave me a stick to brush my teeth with and they called it 'Datoon' and told me that it's a natural brush! And then we left that place thanking everyone around.

I think everyone should take some amount of time out of their busy lives every now and then and surrender themselves to Mother Nature around them and appreciate her brilliant beauty. It's truly an experience, which is not only revitalising and energising, but also good for the soul, mind and body in every way.



**Abhyuday Singh, 9 F**



## Has Covid-19 made us think what to eat?

**“I know what I should eat for a good health,”** should be our motto in life to stay healthy!

Whenever we hear about healthy food habits, we often give such statements. Knowing what is good for health is the first step, but not the only step towards our health. In the present-day scenario, we see a number of people losing their lives all over the world because of the Covid-19 pandemic and certainly, it is not good news!

On the other hand, I see people have become more aware about healthy eating habits. Now, we have realized the importance of fresh, hygienic and home-cooked food. We acknowledge the fact that what we consume in our diet is the foremost priority in our life. Now, if we understand the chemistry of our body and food then we know what is good for our health. Our body is made up of four main biochemical compounds – carbohydrates, proteins, lipids and nucleic acids. They have different structures and functions. These make the cells and tissues of our body. So, whatever we eat affects these biochemicals.

Let me give one example to make it clear. When we drink water, which is made up of hydrogen and oxygen, it gets absorbed by our body and becomes a part of these biomolecules. This is how the chemistry of our body changes.

Our life depends on these biochemical reactions, which are constantly happening inside each cell of our body. In this world of consumerism, we have a large variety of choices for packaged, instant, and fast foods, which are easily available, but this is the time, when we need to inculcate habits of the right choice of food.

That is why, I feel, that Covid-19 has made us think, rather, it has taught us what to eat and what not to eat in order to stay healthy.



**Poonam Kansliwal,  
Department of Chemistry**

*Reflections*

**“So much of our happiness  
depends on how we choose to  
look at the world.”**



## THERE IS ALWAYS A WAY

There was a time when things like talking to distant people, sending them messages across the oceans and seeing them on screen come alive, were impossible even to dream of. But now, all these things are not just possible but also indispensable parts of our lives. There are still many things that seem impossible to mankind now but with strong determination and hard work, one can make them possible.

Let me have the pleasure of citing the incident of successful launching of Mars – Mangalyaan Mission by ISRO, in its first attempt, to bring to the notice of all the readers, that the above-mentioned axiom has been tested and proved to be true.

It was the year 2013. Every country was betting to launch a satellite to Mars, including the team of scientists at ISRO before 2014 or else, they had to wait for the next four years. All other countries unanimously thought that India would fail as our previous mission had failed and ISRO didn't have powerful rockets but PSLV, which could carry their satellite till the exosphere of the earth. It didn't have the capacity to store the powerful satellite that could reach Mars.

They needed to reduce both fuel consumption as well as weight of the satellite. So, they came up with an idea to fire the satellite's engine for some time and then switch it off alternately, until they exit the gravitational field of the earth. A mixture of plastic and aluminum was used to make the satellite with an

antenna made up of a special cloth, which could rebuild itself, if damaged.

Surprisingly, the budget of this mission was lower than that of any Hollywood movie. The mission was named Mars Orbiter Mission (MOM). Finally, ISRO launched MOM on 5<sup>th</sup> November, 2013 from Satish Dhawan Space Centre, Sriharikota. It worked exactly as planned. MOM reached Mars on 24<sup>th</sup> September, 2014 and India became the first country to reach Mars, in its maiden attempt.

Thus, it is rightly said, "Where there is a will, there is way." Indian scientists had the will and they found the way to reach their targets.



**M. Samarth Sharma, 9 B**

Reflections

**"Promise yourself , no  
matter how hard it gets, you  
will never give up on your  
dreams."**



## Is it necessary to write notes in class 10?

Notes are the things for future ease but difficult to make. Students are taught to make notes from their early years of schooling. From first, taking teacher's notes to developing by themselves, it has always been an integral part of a child's overall studies. However, writing notes in class X is not necessary for multiple reasons.

As of now, class X is a board class, where the students have to prepare for the whole syllabus and also keep updated their practical notebooks, complete assignments, projects and most importantly, prepare from the previous years' papers. These things require a lot of time and effort. One will have to compromise in all the

abovementioned things, if he makes "writing notes" as his preferred work above these.

A student without notes but a higher degree of knowledge, always has a greater scope of good scores than one having up-to-date notes but empty brain! Moreover, board examinations mainly consist of conceptual questions, which cannot be found in the normal exercises but practical work and other tools are much more helpful, to solve these kinds of problems.

Making notes is a very lengthy process. This time can be utilised in sports and extracurricular activities, which is generally ignored by

students of class X due to their extremely busy schedule. Other activities are equally important for a student's mental and physical development.

Notes are very significant in the early years because they are the only medium of studies in the earlier classes. The students with a habit of writing from that time find it easy in higher classes. They learn what they write; this is why teachers and parents always put emphasis on making notes, though in class X, it's quite different. Here, brains must have cognitive thinking and analytical capabilities rather than being dependent on rote learning!



**Rishita Nahar, 10 C**

**Reflections**

### THINK DIFFERENT!

**"Your thoughts determine your mindset. Your mindset determines your habits. Your habits determine your actions. Your actions determine your life. Thus, to change your life, start with your thoughts. Change your thoughts to what you want to achieve."**



**Pawani Bansal, 8 B**

**Ayusi Sethia, 7 E**



## FLIGHTS OF FANTASY, ON WINGS!

Humans are believers of hope. When the world is at its darkest, people always hope that sooner or later, dawn will break. But with hope, comes expectation, and sometimes, we expect a miracle to suddenly solve all our troubles. Many people spend their time, waiting for their luck to blossom and a sudden opportunity to arise, for their "wings" to unfurl, so that they can fly. We are not birds, and certainly not angels! But that doesn't entail that we should stop dreaming about our flights to fantasy! And to be on wings!!

If we are to fly, we can't expect our "wings" to just unfurl one day, to carry us to our destination. It takes time. There are no substitutes for diligence and tenacity. We need to build our own wings of flight, bit by bit. It's going to be

our hard work, which will work as the feathers. We should focus on building up our skills and developing our personality, instead of waiting around lazily for the opportune moment, which might never come!

It is said that ability is of little account, without opportunity. But we might never be able to make use of the said opportunity, when it arises, if we don't acquire the skills required for it. We are not born with "wings" nor will they appear one day, but we have to painstakingly create them, in order to fly.

To conclude, I would like to quote a line from a wonderful and didactic poem of H.W. Longfellow, "The Ladder of St. Augustine."

**"The heights by great men  
reached and kept  
Were not attained by sudden  
flight,  
But they, while their  
companions slept,  
Were toiling upward in the  
night."**



**Smiti Gupta, 11 D**

*Reflections*

**"Ambition is the first step  
towards success.  
Action is the second."**



## Recess in school: The most enjoyable time

School days are the most enjoyable times of our life. Those include many aspects such as bunking classes, punishment given by our teachers for not completing our work, fear of exams and the most enjoyable time, the recess!

Recess is a time when the students and the teachers get a small break from their respective duties. Some students are like prisoners coming out from prisons with joyful faces roaming around the playground. Some of them get mad with joy, when the recess bell rings as if they were facing a boring lecture! In our short recess, we roam around the school or share our snacks with our friends.

After our recess, the classes begin and go on till 1:15 pm, when we have to sit continuously for three periods at a stretch. After that, it is lunch break for about half

an hour. It is my favourite time in school as its timing is equal to one period. Some students are so sincere that apart from having lunch and play, they complete their homework. But many of them don't like to stay in their classrooms in breaks also. I usually like to roam around the school ground with my friends, after having lunch. The number of students in the Senior Section is quite high. So, we can imagine how fast the cooks of our school mess have to cook the food for us by making large amount of rice, curry and rotis. In the school ground, some students run after each other and sometimes the one, who is standing beside a pole, gets hurt due to the children who push each other, while running!

After the break gets over, some students'

faces automatically change to boring faces and for some sincere students, it changes to seriousness towards their studies. After the school gets over, I usually think of recess, which is my most enjoyable time in my school as well as in my life so far!



**Krishnapriya Surendran,  
10 D**

*Reflections*

**"You are not rich until  
you have something that  
money can't buy."**



Pradeep Nayan Jain, 8 D



Niyati Agrawal, 8 B





## ■ LEARNERS' INTERFACE – MICROSOFT TEAMS!

MS TEAMS is a communication and collaboration platform, which provides a simple and easy to use app that allows us to chat with our Team globally via text, have a voice conversation or a video meeting. It is available in both Android and iOS and also for desktop application. Microsoft Teams is of course a Team! And it's a Team that stands for working together in proper coordination. We all are worthy and capable teachers, to work together for the betterment of our society.

Undoubtedly, technology cannot replace teachers but this pandemic has adversely affected the education arena, which made the schools to embrace and streamline the roots of education through online teaching and learning. Our life was confined to 'CHALK AND DUSTER' with all the dust around us! But now we have the confidence to adapt this new technical tool of learning.

From scribbling with a chalk, to handling the class with the cursor of the mouse, we have come a long way. Today, MS TEAMS has proved to be much beneficial for the students, who are the biggest asset of our society, in the field of Academics, Music, Art, Sports, Yoga and many other co-curricular activities of Rajkumar

College, Raipur, at the highest level.

MS TEAMS has bridged the gap between students and teachers. Specially, our talented and deserving teachers are trying their level best to fit themselves in this platform. MS Teams has become a tool which has conceptualized the term education. Education is no more confined. It has broadened its domain where there is no room of monologue but a two way interaction between a teacher and his/her students. It made people to have more exposure to the depth of science in the plethora of the digitalized society. Observation of every student counts. Fascinating videos and colourful presentations no more deflect the attention of the students, rather they themselves engage in studying the subjects in a deeper and interesting manner. Students are in proper connection with the school and teachers. Parents are very content for their children. Children are constructively involved, which has made parents satisfied and content for their children, who are undoubtedly the assets of our society. Coming down to the standard of content for the students, which we the teachers are responsible to deliver, has to be

extremely clear and concise. As we all know, that dragging the interest of students towards the subject content in the form of Presentations or videos is the toughest task. It has to be interactive and simple in language. Life is full of complexities. We believe in transforming the toughest concepts and in making them as simple as possible, for the children to inculcate them.

Working continuously with MS Teams has increased the knowledge and confidence of the teachers. Now our teachers can adapt to any technology for providing their services to the society.

We, the members of the computer department, are very thankful to the School Authorities for introducing such an efficient, secure and reliable MS TEAMS platform, for accelerating the education system. It has indeed worked wonders!



**Meenakshi Pradhan & Shahina Anjum**

**Department of Computer Science**



## WHAT HAPPENS WHEN WE EXERCISE

Have you ever wondered what happens to your body when you start exercising and the changes to your physique, muscles, the mind and heart? I am trying to explain why exercise is so good for us. It is one of the core habits practised by the most successful people. Have you ever wondered why exercises are known as keystone habits? Habit, that is practiced, developed and applied influences and changes every aspect of our lives. Exercising is a keystone habit, which is why anyone looking to develop self-discipline regularly goes to the gym or does some form of exercise to keep oneself fit and fine.

So we all know about the physical benefits of exercise. It is to look better, lose weight, become lean, gain muscle and generally to become fit. These changes are easily noticeable by the naked eye! However, the benefits of exercising on most people who exercise are observed that they are happier, more motivated and less depressed! This is why exercise has been described as the 'miracle drug' and has been recommended as treatment for depression, insomnia, memory loss, Alzheimer's and Parkinson's disease, among others! The reason for this is that our body naturally produces hormones while exercising. These hormones are Serotonin, Endorphins and Protein, better known as Brain-Derived Neurotropic Factor (BDNF). Each of these hormones in its own way, reduces stress level, enhances someone's mood, aids in better sleep, improves learning and also leads to increase in confidence.

When you start exercising, especially for the first time or after a long break, you feel

more alert and energised because ramping up your heart rate, means a boost in overall flow of blood and release of oxygen to the brain! This releases a special 'brain cell' chemical called 'Dopamine' which is responsible for motivation! If you ever feel tired, lazy and don't feel like doing anything, it is because you are experiencing a Dopamine deficit! Dopamine is responsible for motivation, attention and is also responsible for the feeling of satisfaction! If you are experiencing a Dopamine deficit, you can find it hard to get things done, because you are not getting enough 'fulfillments' to justify doing them. But whenever you exercise, you directly increase the amount of dopamine in your blood and instead of feeling tired, you feel motivated and energized to do your work with zeal and enthusiasm.

Effects of physical exercise may not be observed in a few weeks of working out. When we continue the exercise for longer period of time, biological changes take place, whether you see them or not.

A few weeks after starting a cardio routine, you will notice that you have increased energy level, due to a rise in Metabolism and Mitochondria. The biggest misconception about exercise is that exercise causes weight loss! Exercise doesn't cause weight loss. It causes muscle gain and since muscles have Mitochondria and mitochondria burn energy. Mitochondria are the part of cells that convert carbs, fats and proteins into fuels that our muscles use to do their job, like flex and contract. Mitochondrion is also known as the 'Power House' of a cell.

Exercise programme often sees a 50% dropout rate, within the first 6 months. But after that, more people stick with it. After 6-8 weeks, researches have shown that people can increase their Mitochondria by up to 50% and they will feel the change in their level of fitness!



After a month or so, muscles start growing and become stronger and these changes are visible.

You feel the strength in your muscles, when you work out. Metabolism is even higher as it starts burning the fat cells to fulfill the demand of higher calories. According to the US National Science of Medicine, if you can keep exercising after a period of 6 months, mainly concentrating on cardio, you can expect 20% increase in your overall VO2 Max! VO2 Max is often used as a fitness indicator and refers to the rate; a body can transport oxygen to muscles, for fuel. So a higher VO2 Max means, one should be able to run faster and longer, in a shorter time span. That means one can run about 20% further in the same amount of time! You must be reminded about Usain Bolt, the world record holder in sprinting!

Regular exercise increases the size of heart and eventually when exercising, heart rate increases and pumps more blood in the process. After about 6 months of regular working out, the physical effects of exercise are easily visible. Some of the physical effects which might not be visible include the increasing blood supply to our brain. Increased supply of blood, leads to 'better focus' when doing any activity. Furthermore, exercising promotes the development of new brain cells, which improves learning and memory! If we are exercising regularly, more capillaries grow in the muscles that we have been working. This is one reason why activity starts to feel easier over the time and we feel more comfortable.

Exercises help to release Endorphin hormone, to counter any 'stress' you might be feeling! Endorphins are famously known as "feel good hormones"! Release of Endorphin and Dopamine hormone keeps us supercharged and energizes us to take on the day well. Another positive effect of exercising on the brain is that one gets 'better sleep' and reduces 'insomnia'! Our body is operated on a biological Clock, called 'circadian rhythm' and since insomnia is caused by skewed circadian rhythm, exercise can help to fix our Biological Clock, resulting in better sleep. It can also save money by cutting down on trips to the hospital every now and then and also on money spent in buying a prescription of drugs. After one year of regular exercise, bones will be denser, which reduces the risk of Osteoporosis. One will also be at lower risk of developing Arthritis, Type 2 Diabetes, Dementia and certain type of cancers! So exercising is clearly good for our physical and mental health and exercising for just three hours in a week adds more days to your life. So are you convinced about 'What' happens, when you do exercise! 'Learn and be wise'. Similarly do your exercise regularly and remain fit.



**Y. Upadhyay ,  
Department of Sports**



## मूलमंत्र

मंजिल को मन में ठानो,  
बाधाओं को तिनके समान जानो,  
इस मूलमंत्र से जीवन का शंखनाद करो,  
सफलतापूर्वक बैतरणी पार करो।  
आज जीवन के इस पड़ाव पर,  
पीछे पलट के जब मैंने देखा, तो  
विद्यार्थी जीवन की झलक ही दिखलाई दी,  
आँखे मेरी जाने क्यों भर आई।  
आज जैसा भी मेरा जीवन है,  
दिखे इसमें विद्यार्थी जीवन की परछाई॥



अनामय अग्रवाल  
6वीं स

## बचपन की यादें

बचपन, हर इंसान के लिए जीवन का सबसे सुखद और महत्वपूर्ण हिस्सा होता है। बचपन का अर्थ है – मासूमियत से भरा, जीवन। यदि हम बचपन को परिभाषित करना शुरू करते हैं तो शब्द कम पड़ जाएँगे। न कोई जिम्मेदारी, न काम का बोझ, हँसना-खेलना; रूठना – मनाना, दौड़ना-गिरना, मौज-मस्ती करते कब दिन से रात हो जाती पता ही नहीं चलता। वर्षा में दोस्तों के साथ कागज की नाव बनाकर पानी में छोड़ना, गड़दों में भरे पानी में छपाक-छपाक करना, पेड़ों की झुकी डालियों में बैठकर झूलना, माँ

की गोद में और पिताजी के कन्धों में बैठकर मेले की सैर करना... ऐसे ही मस्ती भरे दिन थे।

फिर धीरे-धीरे घर की दुनिया से बाहर कदम रखना। विद्यालय में दाखिला के साथ बाहर की दुनिया में पहला कदम रखना। विद्यालय जाकर अपने शिक्षकों से मिलना, नए-नये दोस्त बनाना। शिक्षक से रोज नई-नई कहानी-गीत सुनना। टीचर जब कोई शिकायत लिखने के लिए डायरी मँगाती, तो बहुत खुश होना कि आज टीचर ने सबके बीच में से मुझे अपने पास बुलाया। घर आकर माँ को खुश होकर बताना। माँ जब डायरी खोलती तो उसमें लिखा होता आज कौपी नहीं लाई या आज रुमाल नहीं लाई। पर माँ मेरे चेहरे की खुशी देखकर कुछ नहीं बोल पाती। चुपचाप जाकर अगले दिन का बैग जमा देती। दौड़ प्रतियोगिता में दौड़ते समय कभी

ऐसा बहुत दिन बाद हुआ था, बाबा के संग बाज़ार गया था। फल सब्जी का भाव था दूना, मंदिर का आँगन था सूना। मास्क से सभी मुँह को छुपाए, कर रहे थे बचने का उपाय। न ही प्रदूषण, ना ही शोर, साफ-सफाई थी चहुँ ओर। दो गज़ की थी सबमें दूरी, सतर्कता थी बहुत ज़रूरी। सबको समझनी है ये बात, अपनी सुरक्षा अपने-हाथ। हर आदमी थोड़ा पिछड़ गया, व्यापार भी थोड़ा बिगड़ गया। भारत की खुशबू फिर महकेगी, सोने की चिड़िया फिर चहकेगी।



नीहित बंसल  
7 वीं द

जूते निकल जाते तो घर आकर जूते की लेस को कसकर बाँधना। यदि कोई पूछता क्या कर रहे हो तो ये बताना कि अगले साल के लिए लेस कसकर बाँध रही हूँ। ऐसे ही छोटी-छोटी खुशियाँ, कभी परी लोक की कल्पना तो कभी बाजार की सैर करना...। सच में बचपन जीवन का सबसे अनोखा पल जो मासूमियत भरी यादें से लेकर धीरे-धीरे जिम्मेदारियों का सबक सिखाता हुआ हमें बारहवीं कक्षा तक ले आया।



आदिती जाधवानी  
12वीं अ



## मेरी पहली ऑनलाइन परीक्षा

शिक्षा हमारे जीवन का महत्वपूर्ण हिस्सा है। वर्तमान परिवेश में कोविड-19 के कारण हमारे जीवन में कई बदलाव आए हैं, जिनमें से एक ऑनलाइन शिक्षा भी है। हम इस महामारी के कारण विद्यालय नहीं जा पा रहे हैं। ऑनलाइन कक्षाओं में ही हम अपने शिक्षक-शिक्षिकाओं को देख और सुन पा रहे हैं। हम सभी विद्यार्थी स्कूल तो मिस कर रहे हैं पर शिक्षा के इस नए प्लेटफ़ॉर्म पर बहुत कुछ नया भी सीख रहे हैं। प्रत्येक कक्षा में विद्यार्थी ने कितना सीखा है इसके मूल्यांकन के लिए परीक्षा का आयोजित की जाती है। पहली परीक्षा के पहले ही, हमें टीचर्स ने

ये सिखा दिया कि हमें अपनी परीक्षा के प्रश्न पत्र को किस प्रकार अपने कंप्यूटर पर देखना है और दिए गए समय में कैसे उत्तर देने हैं। पिछले कुछ दिनों में हमारी कई ऑनलाइन परीक्षाएँ हुई हैं। सभी परीक्षाओं में प्रत्येक प्रश्न के 4-4 विकल्प थे, जिनमें से सही उत्तर चुनकर हमें अपने उत्तर को दर्ज करना था। यूँ तो सभी प्रश्न-पत्र सरल थे परन्तु कुछ घुमावदार प्रश्नों के उत्तर लिखने के लिए हमें दिमागी कसरत करनी पड़ी। समय-सीमा के भीतर उत्तर न दे सकने के कारण, मेरी एक सहेली के उत्तर सबमिट ही

नहीं हुए। इन परीक्षाओं ने हमें ये समझा दिया है कि अब हमें अपने सभी पाठ विस्तार से पढ़ने होंगे। पहले आतंरिक जाँच परीक्षा के ठीक पहले ली गई, इन ऑनलाइन परीक्षाओं से, अब सभी विद्यार्थियों को सतर्क हो जाना चाहिए। ज्यादा एकाग्र होकर अब हमें उत्तर देने होंगे और साथ ही समय सीमा का भी ध्यान रखना होगा। सबसे ज्यादा महत्वपूर्ण अब यह हो गया है कि अब हमें आतंरिक परीक्षा पाठ्यक्रम की तैयारी भी समय से पहले कर लेनी चाहिए।

इशिका तलरेजा, 7वीं ब



## मैं और मेरा गाँव

जब हम लम्बे समय के लिए शहर के जीवन से थक जाते हैं तो ऐसा लगता है कि कहीं शांत वातावरण में जाकर रहें और ऐसी ही शांत और सुखद जगह है - हमारा गाँव। हम हमेशा अपनी छुट्टियों के दौरान गाँव जाने की योजना बनाते हैं। मेरा गाँव उड़ीसा में है यह बहुत ही सुन्दर गाँव है।

अपने रिश्तेदारों



के साथ रहना

बहुत ही सुखद

अनुभव है। यहाँ

बहुत हरियाली है। यहाँ के मंदिर छोटे और बहुत ही सुन्दर हैं। महिलाएँ फूल

इकट्ठा करके भगवान को चढ़ाती हैं। मछुआरे मछली पकड़ने के लिए नदी में जाते हैं। मुझे भी मछली पकड़ना



और नौका विहार बहुत पसंद है। मुझे पगड़ंडियों में

चलना अच्छा लगता है। यहाँ बाजार में छोटी-छोटी दुकानें और फेरी वाले सामान बेचते हैं। जहाँ

बिस्कुट, टॉफ़ी, खिलौने, कपड़े, मिठाइयाँ, फल, सब्जी बिकती हैं। फुरसत में बच्चे गिल्ली-डंडा, आँख - मिचौली, पिटू, अक्कड़-बक्कड़ बम्बे

बोल, क्रिकेट भी खेलते हैं। क्रिकेट में स्टंप बाँस के बने होते हैं।

गाँव में फूलों की विविधता, फलों से लदी डालियाँ, कल-कल बहती नदियाँ, पक्षियों की चहचाहट, लोगों की सादगी और प्रेम ये सभी मुझे गाँव जाने के लिए उत्साहित करते हैं। मुझे वहाँ का प्रदूषण मुक्त वातावरण और हरियाली बहुत पसंद है।



जसवसी राजनंदिनी देवी, 6वीं फ



## जीवन के मायने

जीवन आखिर है क्या ? अकसर हम सोचते हैं कि क्या हम जिंदगी जीने का सही अर्थ जानते हैं ? क्या हमें जिंदगी का महत्व ज्ञात है ? इन प्रश्नों ने मुझे बेचैन कर दिया । इसलिए इसका उत्तर जानने के लिए मैं पूरे मन से जुट गई । मैंने अपने जिंदगी जीने के तरीके और दूसरे व्यक्तियों का बहुत ध्यानपूर्वक अध्ययन किया । अंततः मैं इस निष्कर्ष पर पहुँची कि हम जिंदगी जीने का सही अर्थ नहीं जानते हैं । अगर हम सभी कुछ क्षणों के लिए अपने अन्दर झाँकें, तो पाएँगे कि हम अपनी खुशियाँ भौतिक वादी वस्तुओं में ढँढ़ा ज्यादा पसंद करते हैं । घर में कोई उत्सव हो या कोई खुशी का

पल मनाना हो तो बाहरी धूमधाम, दिखावा, धन का अति व्यय करना ही हमारी खुशियों का पैमाना बन जाता है । हम लोगों से दूरभाष एवं इंटरनेट जैसे द्रुतगामी और दूरसंचार के माध्यम द्वारा बहुत करीब तो आ गए हैं । हम घंटों बैठकर बातें करते हैं पर क्या हम मन के भावों की गहराई को पढ़ पाते हैं; जीवन की इस आपाधापी में हम चेहरे पर हँसी के मुखोंटे में गहरे दुःख को पढ़ पाते हैं ? बेबस-मूक प्राणियों की कराह को महसूस कर पाते हैं ? कभी दो पल रुककर सोचा है लोभवश प्रकृति का अंधाधूंध दोहन का क्या दंड मिलेगा ?

हमें भौतिक साधनों का उपयोग आवश्यकतानुसार ही करना चाहिए । हमें ये समझना आवश्यक है कि हमारे जीवन की खुशी इन भौतिक और नश्वर वस्तुओं के संग्रह में नहीं बल्कि इंसानों के बीच खुशिया बांटने और इस संसार को सुन्दर बनाने में छुपी है । जीवन की इस सच्चाई को समझकर ही हम जीवन को सुखी बना सकते हैं ।



राधा खंकरिपाल,  
हिंदी विभाग

## विद्यार्थी -विद्यालय की शान

तुम बिन सूनी स्कूल की बगियाँ  
तुम हो उसकी खिलती कलियाँ  
तितलियों से मंडराते, भैरों से  
गुनगुनाते  
अपनी प्यारी शरारतों से सबका मन  
बहलाते ।  
वो आपस में लड़ना-झगड़ना  
फिर सब भूल मिल जाना  
शिक्षक के आते ही, शिकायतों का  
अम्बार  
वो भोली शरारतें और आपस में  
तकरार ।  
घंटी बजते ही स्कूल सर पर उठाना  
एक दूसरे से आगे निकलने की होड़  
लग जाना

थोड़ा सताना, फिर संभल जाना, फिर मैम-मैम कह प्यार जताना ।  
तुम्हारी मुस्कान से विद्यालय है  
मुस्कराता  
तुम्हारी हँसी से वह है खिलखिलाता ।  
आज ढूँढ़ता है तुम सबको, मिलने की  
आस में खुद को बहलाता ।  
खेल का मैदान तुम्हें बुला रहा है,  
वॉटर फ़िल्टर भी उदास है  
प्रार्थना सभा की खोई कतारें  
घंटी की आवाज़ भी कहीं गुम है ।  
तुम बिन सूनी सारी इमारतें  
कक्षा सूनी, सूनी बैचें  
सूना है हर कौना कोना  
सभी चीज़ अपनी जगह पर

बस बच्चों, खल रहा तुम्हारा यहाँ न  
होना ।  
हर शिक्षक के तुम हो अभिमान,  
तुम सब से बढ़ती हमारी शान ।  
तुम्हारे बिना ये विद्यालय सुनसान,  
इस विद्यालय के तुम सब हो प्राण ।



परमजीत कौर [डिंपल],  
हिंदी विभाग



**Swati Modak,  
Department of Hindi**



**Chandni Sharma,  
Department of Chemistry**



## अपने प्रिय अभिनेता से एक मुलाकात ....

हर मंजिल की एक पहचान होती है और हर सफर की एक कहानी! हर साल की तरह इस साल भी हम गर्मी की छुट्टियों में कहीं धूमने जाने वाले थे। मेरे दादाजी ने तथ्य किया कि इस साल हम कश्मीर जाएँगे। मैं बहुत खुश था क्योंकि कश्मीर को 'धरती का स्वर्ग' कहा जाता है। मेरे पिताजी ने कहा कि कश्मीर जाने के लिए हमें अलग-अलग वाहनों की जरूरत पड़ेगी जो कि एक थका देने वाला सफर होगा। मेरे दादाजी ने कहा कि सफर की कठिनाई मंजिल की खूबसूरती बयां करती है। मेरे पिताजी उत्साहित हो गए। इस उत्सुकता में समय कैसे व्यतीत हुआ, पता ही नहीं चला और हम कश्मीर के लिए रवाना हो गए। हमें कश्मीर पहुंचने में 2 दिन लगे। वहाँ पहुंचते ही हम सब यहाँ की खूबसूरती को देखकर एक क्षण के

लिए दंग रह गए। बर्फले पहाड़, शांत वातावरण और खूबसूरत नज़ारे यहाँ की खूबसूरती में चार चाँद लगा देते हैं। सुबसु पहले हम गुरेज घाटी गए। वहाँ पहुंचते ही मेरी खूबसूरती दुगुनी हो गई क्योंकि वहाँ पर मेरे प्रिय अभिनेता रणवीर सिंह की फिल्म की शॉटिंग चल रही थी। मैं भागकर उनके पास गया लेकिन उनके अंगरक्षकों ने मुझे रोक लिया। उन्होंने मुझे देखा और अपने पास आने की अनुमति दी। मैंने उनकी आज्ञा से उनके साथ फोटो ली और उनके हस्ताक्षर भी लिए। फिर उन्होंने मुझसे पूछा कि बड़े होकर क्या बनना चाहते हो? मैंने उनसे कहा कि मुझे आप जैसा बनना है। उन्होंने मुझसे कहा कि मंजिल को हासिल करने के लिए कठिन परिश्रम करना पड़ता है। फिर हम

वहाँ से चल पड़े। उनकी सीख मैंने गाठ बांध ली और यह निर्णय लिया कि मैं सदा परिश्रम करूँगा और अपनी मंजिल को हासिल करूँगा।



ऋषि वत्स, 8 वीं द

## स्वप्न में समुद्री यात्रा .....

एक बार मुझे एक ऐसा स्वप्न आया जिसे याद करके मैं कह उठता हूँ - "कोशिश करने वालों की हार नहीं होती। यह कोई ऐसा-वैसा सपना न था बुल्कि कई मुश्किलों से भरा एक रोमाचक स्वप्न था। इस स्वप्न में मैं एक साधारण मुसाफिर था, जो काम की तलाश में समुद्री जहाज द्वारा अमेरिका से भारत का लंबा सफर तय कर रहा था। जिसमें कई विदेशी भारत में अपना व्यवसाय आगे बढ़ाने के लिए जा रहे थे। यह यात्रा 22 दिनों की थी। हम सफर के अंतिम पड़ाव पर पहुंचने ही वाले थे तभी समुद्र में एक तेज तूफान उठा। जिसके कारण हमारे जहाज का भारत से संपर्क टूट गया और तेज तूफान ने जहाज की दिशा भटका

दी। कुछ ही पल में दिशाहीन जहाज एक बड़ी चट्टान से टकरा गया। जहाज में एक बड़ा छेद हो जाने से पानी तेज़ी से जहाज में भरने लगा। डर से सब तरफ चीख पूकार और अफरा-तफरी मच गई। यात्री अपनी जान बचाने के लिए जहाज की ऊपरी मंजिल से आपातकालीन नाव में बैठने लगे। कुछ ही देर में सारी नावें भर गईं। मैंने देखा कि जहाज समुद्र में डूबने लगा है। मैंने एक लकड़ी का मोटा टुकड़ा उठाया और उसे पकड़कर समुद्र में कूद गया। मैंने हार न मानी और और बहादुरी से आगे बढ़ता गया। अगले दिन तूफान थमा और मैं तट की ओर बढ़ने लगा। तेज़ कड़कती धूप में गला सुख रहा था चारों और जल हीं जल पर उसे पी न सका और भूख प्यास से हलकान। हर

पल को जीवन का आखिरी क्षण मानकर मैं आगे बढ़ता गया। चार दिन बाद मुझे एक किनारा दिखा। तट पर पहुंचने पर मुझे पता चला कि यहाँ मेरे सफर की मंजिल भारत देश है। सपना टूटते ही मैं सोचने लगा! कैसा रोंगटे खड़ा करने वाला रोमाचक सपना?



आयुष गर्ग, 9 वीं अ



## गोविन्द की चतुराई

नहा गोविन्द अपनी दादी के साथ एक सुन्दर गाँव में रहता था। गाँव में सभी जगह साफ-सफाई रखी जाती थी। एक दिन गाँव में एक मेला लगा था और सभी गाँववासी मेले का आनंद उठा रहे थे।

गोविन्द कल ही मेला धूमकर आया था। आज वह अपने दोस्तों के साथ खेल रहा था। तभी उसने देखा कि कुछ सरकारी अधिकारी आये हुए हैं जो कि सफाई निरीक्षक हैं। यह सुनकर गोविन्द और उसके दोस्त परेशान हो गए कि अब क्या होगा?

तभी गोविन्द को अपनी दादी द्वारा सुनाई गई गणेश जी की कहानी याद आ गई जिसमें मैं वे अपनी होशियारी से अपने माता-पिता की परिक्रमा करके कार्तिकीय से जीत गए थे। और वहीं कार्तिकीय पूरी पृथ्वी की परिक्रमा करके भी हार गए थे। गोविन्द ने सोचा

कि अधिकारियों को पूरा गाँव दिखाने में कई दिन लग जाएँगे। गोविन्द ने अधिकारियों से कहा - आइए, आप सभी को ऐसे स्थान पर ले चलते हैं जहाँ पूरा गाँव इकट्ठा हुआ है। आप वहाँ देख लीजिये कि गाँववासी कैसे स्वच्छ भारत के सन्देश का पालन करते हैं। साथ ही आप मेले का आनंद भी उठा लेंगे। अधिकारी सोचने लगे - अच्छा। अबसर मिल गया कि एक स्थान पर ही गाँव वासियों की सजगता की पोल खुल जाएगी कि लोग स्वच्छता के प्रति जागरूक भी हैं या नहीं; या फिर लोग केवल मेले का आनंद उठा रहे हैं। वहाँ पहुँचकर अधिकारियों ने देखा - "गाँववासी साफ सुधरे वस्तु पहने हुए हैं।

मिलजुलकर समारोह में काम कर रहे हैं। प्लास्टिक बैग प्रतिबंधित है; जगह जगह कचरा पात्र रखे गए हैं। कचरा संग्रहण के लिए वाहन भी रखे गए हैं। पानी - बिजली की उचित व्यवस्था की गई है। जूठे दोने - पत्तल डस्टबिन में डाल रहे हैं। चारों तरफ पेड़ - पौधे स्थल की शोभा बढ़ा रहे थे लोग बिना धक्का - मुक्की के मेले का आनंद उठा रहे हैं। यह सब देखकर सफाई अधिकारी प्रसन्न हो गये और उन्हें समझ में आ गया कि गाँव वाले सफाई का महत्व समझते हैं। उनको इसके लिए स्वच्छता प्रमाण पत्र भी मिला। सभी लोग बहुत खुश हुए और गोविन्द को भी खूब शाबाशी मिली।

शौर्य शुक्ला, ९वीं ब



सुविचार

“आप अपना भविष्य नहीं बदल सकते, लेकिन अपनी आदतें बदल सकते हैं और निश्चित रूप से आपकी आदतें आपका भविष्य बदल देंगी।”

- डॉ. ए. पी.जे. अब्दुल कलाम



## आइस्क्रीम से मोमबत्ती का सफर

आइस्क्रीम को हिंदी में कहते हैं - “दुग्ध शर्करा युक्त घन गोल गटू”। कुछ लोगों का विश्वास होता है कि जीवन आइस्क्रीम के समान होता है। उनके जीवन की फिलॉसफी होती है कि जीवन आइस्क्रीम के समान है। पिघलने से पहले मौज कर लो, पिघलने से पहले मस्ती कर लो। ये लोग स्वार्थ का जीवन जीते हैं, मतलब बस मैं और मेरा के अलावा इन्हें कुछ भी दिखाई, सुनाई नहीं देता है। किसी न किसी प्रकार से अपने जीवन में भोग करो, मौज करो, मस्ती करो और खुद सुखी रहो, खुश रहो।

अब आप यदि पढ़ते, लिखते, सुनते और समझते हैं तो आपने बड़े-बड़ों के मुख से यह निश्चित ही पढ़ा होगा या सुना होगा कि जीवन मोमबत्ती के समान होना चाहिए। जिस प्रकार आइस्क्रीम पिघलती है ठीक उसी प्रकार मोमबत्ती भी पिघलती है। यहाँ प्रश्न उठता है कि मोमबत्ती का सिद्धांत क्या है?

मोमबत्ती का सिद्धांत है – पिघलने से पहले दूसरों के जीवन को प्रकाशित करना।

मित्रों, आइस्क्रीम भी पिघलती है और मोमबत्ती भी पिघलती है लेकिन

मोमबत्ती पिघलते-पिघलते दूसरों के जीवन को प्रकाशित करती है। दूसरों के जीवन का कल्याण करती है और इसलिए हमारे जीवन की यात्रा भी आइस्क्रीम से मोमबत्ती तक की यात्रा है। इस संसार में कई मोमबत्तियाँ हुई हैं, जिन्होंने निःस्वार्थ भावना से दूसरों की सेवा की है। जिन्होंने अपनी मौज, अपनी मस्ती, अपने सुख का कभी विचार नहीं किया। हममें से बहुत से लोग ऐसे हैं जो मोमबत्ती नहीं बन सकते पर इसका यह मतलब नहीं कि हम आइस्क्रीम बने रहें? हमें आइस्क्रीम नहीं बने रहना चाहिए। हमें आइस्क्रीम से धीरे-धीरे मोमबत्ती की ओर प्रगति करना चाहिए।

निश्चित रूप से जब हम दूसरों की सहायता करते हैं.....

दूसरों के जीवन में प्रकाश लाने का प्रयास करते हैं.....

दूसरों के जीवन में कुछ योगदान करते हैं.....

दूसरों की सेवा करते हैं..... तो

इस सेवा से, इस सहायता से, इस

योगदान से, हमारे हृदय को, हमारी आत्मा को संतोष मिलता है। आनंद प्राप्त होता है।

स्वामी गौर गोपाल दासजी महाराज कहते हैं कि यदि जीवन में सच्चे सुख का अनुभव करना चाहते हो तो भले ही छोटी मात्रा में क्यों न हो परन्तु निःस्वार्थ सेवा करने का प्रयत्न करिए। कहा भी गया है – अष्टादश पुराणेषु व्यासस्य वचनद्वयम्।

परोपकाराय पुण्याय पापाय

परपीडनम्॥

अर्थात् दूसरों की भलाई पुण्य है और दूसरों को दुःख देना पाप है। इसलिए मित्रों आइये हम भी आइस्क्रीम से मोमबत्ती के सफर की ओर चलते हुए अपने जीवन को सार्थक बनाएँ॥



रंजन मोड़क,  
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**Science**

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# 7 RULES OF LIFE

## 1. LET IT GO

Never ruin a good day by thinking about a bad yesterday.

## 2. IGNORE THEM

Don't listen to other people.

Live a life that is empowering you.

## 3. GIVE IT TIME

Time heals everything.

## 4. DON'T COMPARE

The only person you should try to beat is the person you were yesterday.

## 5. STAY CALM

It's okay not to have everything figured out. Know that in time you will get there.

## 6. IT'S NOT ON YOU

Only you are in charge of your happiness.

## 7. SMILE

Life is short. Enjoy it while you have it.

**Editorial Board** : Published by: Lt. Col. Avinash Singh (Veteran), Principal

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