



D.A.V SR SECONDARY SCHOOL

Mogappair, Chennai-37



PRAGATI 2020

THE TEN PRINCIPLES OF ARYA SAMAJ















1. God is the Primary cause of all true knowledge and of everything known by its means.
2. God is all Truth, all Knowledge, all Beatitude, Incorporeal, Almighty, Just, Merciful, Unbegotten, Infinite, Unchangeable, Incomparable, beginning less, the Support and the Lord of all, all-pervading, Omniscient, imperishable, Immortal, Exempt from fear, Eternal, Holy and the cause of the Universe. To God alone, worship is due.
3. The Vedas are the scriptures of true knowledge and it is the paramount duty of every Arya to read or hear them read; to teach and preach them to others.
4. One should always be ready to accept truth and renounce untruth.
5. All actions ought to be done conformably to virtue i.e after a thorough consideration of right and wrong.
6. The primary object of the Samaj is to do good to the world by improving the physical, spiritual and social conditions of mankind.
7. All ought to be treated with love, justice and due regard to their merits.
8. Ignorance ought to be dispelled and knowledge diffused.
9. None ought to be contented with his own good alone; but everyone ought to regard his prosperity as included in that of others.
10. In matters which affect the general social well – being of the Samaj, one ought to discard all differences and not allow his individuality to interfere; but in strictly personal matters every one may act with freedom.

FOUNDER OF ARYA SAMAJ



MAHARISHI SWAMI DAYANAND SARASWATI

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FROM THE PRINCIPAL'S DESK

The year 2020 has been the most challenging period for mankind.

Covid-19 has brought about drastic changes across the world, forcing the majority of people to adopt a new way of life both physically and mentally.

The last 10 months have been unprecedented at DAV, much like in most parts of the world. While we all had our own struggles, the sense of community that emerged here will remain a memory to cherish.

During this period, we have worked incessantly in coordination with the Head Office. This has helped us stay relevant with our work in handling COVID-19 situation.

However, this has also meant for our people to go out of their way to contribute for the school functioning.

To be able to do this in a pandemic requires coordination beyond the spaces of school. Our teachers and students adapted very quickly to the online mode of academic transaction.

Our IT support built online processes for the school quickly.

The Administration and Purchase teams followed up the procurement of resources.

The housekeeping worked every single day with limited staff to provide neat environment for everyone. The security handled the parents / guests efficiently. The list can go on.

Probably what will remain on my mind is the sense of oneness that the crisis has taught many of us.

For DAV, it was a humble reminder that it is all the people here who make who we are.

Thank you

Ms RADHA SUBRAMANIAN

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ANNUAL REPORT [2019 – 2020]

D.A.V. SR SECONDARY SCHOOL, CHENNAI- 37

Namaste.

With legitimate pride, I present before you a brief report of the achievements and activities of the school in both scholastic and co-scholastic areas for the academic year 2019-2020.

THERE IS NOTHING LIKE A DREAM TO CREATE THE FUTURE.

School is the ideal place to discover and nurture the special talent students possess. Each one of the students is a repository of talents and at the school, they have an atmosphere that is not just conducive for the development of talent but also has a magical soil which makes their talent shoot up like Jack's beanstalk. Year after year, we have been committed to the overall development of the students and it is well-reflected in the Board results.

ACADEMIC ACHIEVEMENTS

AISSCE 2019 - 2020

In **Science** stream, **N DEEPTHI PRIYADHARSHINI** stood first with **491/500** followed by **T NANDIKAA** with **490 / 500** and **E HARSHINI** with **487 / 500**.

A total of 80 students appeared for the exam in the Science group and everybody secured above 75%

No. of Centums:

Biology - 2

Maths - 3

In **Commerce**, **SHAGUFTA NAZ S** stood first with **487/500**, followed by **T S PADMASINI** with **484/ 500** and **M MADHUMITHAA** with **482 / 500**.

A total of 75 students appeared for the exam, out of which 74 students scored 75% and above. Only one student scored below 75%.

SUBJECT AVERAGES [in %]

Science Stream

English	93.5	Mathematics	88.8
Physics	93.4	Chemistry	90.4
Biology	94.2	Computer Science	95.9

Commerce Stream

English	92.2	Accountancy	82.6
Mathematics	88.4	Economics	85.9
Business Studies	91.1	Marketing	95.7

Our average aggregate in the **Science** stream was **92%** and in the **Commerce** stream, **88.9%**.

CONGRATULATIONS TO OUR NEET TOPPERS!

Our students have performed exceptionally well in the NEET exam. Here is the list of the toppers:

1. Varsha S	672/750
2. Rithika. G S	603/750
3. Deepthi Priyadharshini N	597/750
4. Harshini E	593/750
5. Manasi S	569/750
6. Tanayasri S	564/750
7. Pooja K B	563/750

Charulatha, Shruthi S, Sai Harini N.S. and Dharshini.S scored above 500 out of 750.

PLACEMENT DETAILS:

Our meritorious students have secured admission into various prestigious institutions.

MBBS	-15
IIT	-01
National Institute of Fashion Technology	-01
National Institute of Technology	-02
Law	-04
Engineering	-36
Pursuing CA	-06
CMA	-02
LLB	-03
BSc	-05

Other students have joined premier courses in the city's best colleges.

One Student is pursuing Architecture in Pennsylvania State University, USA.

AISSE 2019-2020

In Class X, **L R DIVYAA** stood First with the score of **487/500**, closely followed by **POLAMRAJU SAI MANOJNA** with **486/500** and **D SANSHITHA** with **485/500**.

No. of Centums –

Maths : 18

Sanskrit : 3

Subject Average

English	-90.4	Hindi	-87.8
Mathematics	-92.5	Sanskrit	-94.5
Basic Math	-77.8	Tamil	-89.8

Science -81.7

Social Science -82.7

The euphoric year began with Lower Kindergarten parading into our school on 6th June 2019, while the rest of the school started on 10th June 2019.

To acquaint students with the electoral process of free and fair elections, and ethical voting, mock-elections were held in the school on 18th June 2019 through Ballot Voting System, in two phases. The new office-bearers were officially sworn in at the **Investiture Ceremony** on 24th June 2019.

The Common Inaugural Havan was performed on 24th June 2019 at the ITC Auditorium. Our first Parent-Teachers Meet for class X and XII students was held on the same day. Strategies to bring out the best in every student and the role of stake-holders to attain phenomenal success, were discussed in detail.

Live Telecast of the Launch of **FIT India Movement** by our Prime Minister Shri Narendra Modi was viewed on 28th July 2019 by the students of Classes VIII and IX. The Fitness pledge was administered by the Principal.

Fruit Salad and Vegetable **Salad days** were observed on 26th July 2019 and 30th August 2019, respectively.

Health week for UKG was observed from 22nd July 2019 to 26th July 2019.

The 26th **Annual Athletic Meet** of DAV Group of Schools, Mogappair was held at the Nehru Stadium on 30th July 2019.

Social Awareness Programme on 'Safe Touch' was conducted for the students of the Primary Classes on 3rd August, 2019.

Independence Day was celebrated on 15th August 2019. The Indian Tricolour was unfurled by Lt. Col. Prem Anand K, CVRDE, Avadi. A colourful cultural show was presented jointly by the three D.A.V. Schools at Mogappair.

Janmashtami was celebrated on 26th August 2019 with devotion and enthusiasm by our Nursery Department. It was a time for group singing and dancing. Convenor Shri. Lalit Nangiaji, Shri. Yogesh Kaliaji, our Financial Controller, attended the function.

The 26th Annual Day was celebrated with much fanfare and glitz on 28th September 2019. The Chief Guest Smt. Supriya Chandran released our School Magazine 'Pragati' and awarded the prize winners. This was followed by a cultural extravaganza, a short film made by students tracing our journey since the inception of our school, presenting a fleeting glimpse of our legacy. The entire **show was streamed live for the first time**.

Alumni Batches of 1999, 2004, 2009, and 2019 were invited.

Eye camp for students of Class VIII was organized on 10th October 2019.

An awareness programme on Cyber Safe Day was organized on 18th October 2019 by KMG Services for the students of IV to IX.

Dhaan Utsav, a week-long joy-of-giving programme was organized from 14th October 2019 to 19th October 2019, to inculcate the habit of giving and sharing. People from voluntary services and parents who helped to regulate traffic everyday near school were felicitated for their services. Donations were made to Goshalas and Corporation Schools.

On 19th October 2019, world-renowned Animal Rescue specialist of Blue Cross India gave a presentation on the need to protect the animal species and urged everybody to be compassionate towards them.

Chennai Corporation officials visited our school campus on 21st October 2019 and addressed the students to create awareness about Dengue and the perils of water-logging. Children also took a pledge to keep their surroundings clean.

Rastriya Ekta Divas was observed on 31st October 2019 to maintain the Nation's Unity and to acknowledge Sardar Vallabhbhai Patel's efforts in uniting the nation. Children of all classes took the National Unity Day pledge.

A **presentation** on PCOD (Polycystic Ovarian Disorder) was given by Swetha Pragadeesh (alumnus 2017 – 2018) on 8th November 2019 for students of classes X, XI and XII.

Children's Day was celebrated with its usual splendour on 14th November 2019. Children were entertained by teachers with a Cultural Programme. Children took a pledge to ban the use of plastics.

A **Career Guidance** Programme for classes IX to XII on Humanities and Social Science was organized on 15th November 2019 by our alumni, Shalini Shivakumar and Gomathi. Students also attended career=counselling sessions on opportunities in the Defence Services and in Design Technology.

Students participated in **Gita Chanting competition** organized by Chinmaya Vidyalaya on 24th November 2019. Over 300 students participated from our school and won many I and II prizes in various categories.

An **awareness programme** on Blood donation was organized on 26th November 2019. A pledge was taken by all students to follow their duties as good citizens.

As part of the **Health Club Activities**, Mr. Rajappan delivered a guest Lecture on 28th November 2019.

An **entrepreneur workshop** that aimed at educating life skills and skills related to finance and basics of problem-solving was organized by IIT Madras in October 2019 for the students of class IX–XII. Headed by Mr. Solomon, the workshop taught students to face the real-world situation. It was followed by a one-day trip to IIT Madras on 27th December 2019 where the students met many budding entrepreneurs.

In the **Vedic Chanting competition** conducted by the Arya Samaj, Chennai, on 4th January 2020, more than 55 students participated, and our school won the Overall Rolling Shield.

Pongal was celebrated on 13th January 2020 in our school campus. The Primary children entertained the audience with a variety programme, which included folk song (VilluPattu), talk shows and folk dances.

Republic Day was celebrated on 26th January 2020 at the ITC auditorium. The Guest of Honour, Captain Sonam Niroula unfurled the National flag and addressed the gathering.

The Pulwama Tragedy Day was observed on 14th February 2020. A two-minute silence was observed in memory of the 40 CRPF Jawans who died in line of duty when their convoy of vehicles was attacked in the Pulwama district of Jammu and Kashmir.

Nursery Sports Day was organized on 19th February 2020 in our school. The spirit of friendly competition came alive, as children participated in a wide range of sports events. LKG students took part in a March Past while the UKG students participated in the drill.

Field Trips and Tours - There is nothing more exhilarating for most students than hearing about the field trips which provide a learning experience outside the classroom to the students. Class XII visited an RO plant of IRCTC at Pallur, Class X visited Farm Guru at Red Hills.

Long tour to Coorg and Madurai was organized for students of Classes XI and IX. Other classes visited Museums and Organic Farms as part of our field trips.

Sector School Activities - Communication and Arithmetic skill-development classes are conducted by our Class XI C students for the children of Corporation Sector 4 Schools. This is the fourth consecutive year that this project has been undertaken successfully.

SB Educational Trust Andhra Pradesh conducted 5th **Sanskrit Olympiad** for classes VI – X. Five of our students won the State Topper Prize in various categories.

SPORTS ACHIEVEMENTS:

1. Disha Sharma X A and K. Akshita – VIII B won prizes in State Level and Junior Nationals and also won prizes in Cluster South Zone and Cluster Nationals in Aquatic Championship.

2. Akshita – VIII B won prizes in State Level and Junior Nationals and also won prizes in Cluster South Zone and participated in Cluster Nationals Aquatic Championship.
3. Divya Ramesh V A won a prize in the State Level Tennis Tournament. Vikrithi IIC, K. Aashita II C and A. Akshara Shrilekha won prizes in State Level swimming meet
4. M. Sharavathi VIII B won a prize in West Chennai Sahodaya Cluster Chess Tournament and Inter DAV Chess Tournament.
5. Meenakshi Palaniappan VIII C won a prize in the Inter School Tournament conducted by DAV group of schools.
6. Sruthika K.V. X C won a prize in the State Level Yoga Competition and in the Inter DAV Yoga Competition.
7. Badminton: Our School team won runner–up position in the West Chennai Sahodaya Cluster Badminton tournament.
8. K. Aashita II C, P S Nakshatra IX B won prizes in the State Level Karate Championship.
9. N. S. Kalaiarasi VII C received the WORLD RECORD ACHIEVERS’ AWARD from among 82 participants who participated in the event conducted from 5 pm on 29th November 2019 to 5 pm on 30th November 2019 – a 24 hour non–stop relay demonstration organised by Cholan Book of World Records.
10. Our School Athletic team won many prizes in the Open State Level and District Level Athletic meet.
11. Mahalakshmi X A won prize in the State Level Sepak Takraw Championship.

I take this opportunity to thank all the parents whose understanding, confidence and co-operation have been the reasons for our success and excellence in academics, sports and cultural activities. Together, we have been producing phenomenal results year after year.

All this would have been impossible without the able guidance and motivation of our management. My heartfelt gratitude goes to our Secretary, Sri Vikas Aryaji for his guidance and support. I am immensely grateful to the lifeline of this institution -my wonderful team members. Their zeal and enthusiasm for the cause of quality education is admirable and I sincerely appreciate them.

With these words in mind and God, the almighty by our side, we hope for the best in the forthcoming years. We pray that He continues to shower all His blessings in the years to come, for greater victories.

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SECRETARY'S INDEPENDENCE DAY SPEECH

Namaste and warm greetings of the 74th Independence Day to each and every member of my D.A.V. family—students, parents, teachers, non-teaching staff --to all my countrymen! Independence Day is a red-lettered day in our calendar and we have been celebrating it with the customary zeal & enthusiasm, pomp & gaiety. This year is no different yet, there is so much of difference. The emotions, the feelings, the patriotic fervour remains the same but, the mode of expression has changed. We have gone ‘digital’ & ‘virtual’ as pay our rich tribute to our motherland.

And at this unprecedented moment, the opening lines of Charles Dickens’s magnum opus, *A Tale of Two Cities* ring in my mind-----” It was the best of times, it was the worst of times; it was the season of light, it was the season of darkness; it was the spring of hope, it was the winter of despair”. Yes, my children the story, as you all know, was written on the backdrop of the French Revolution. While there was bloodbath, it was the time when the seeds of Democracy were being implanted. Almost two & a half centuries later, far away from France, in world’s largest democracy India, as we celebrate our Independence Day ----I cannot help but marvel at the beauty of those prophetic words. So befitting to the present scenario.....

Today, staring as we are at this unprecedented year of COVID19 pandemic – amidst all the uncertainty, we have so much to be grateful about. I come to you not to talk of fear and anxiety, but of hope and positivity. We are facing colossal challenges in this challenging time. Still, there is hope amidst chaos, promise amidst problems. Not only are the living Gods – our doctors, but people from every walk of life trying to help those in distress. Our social media is replete with this human saga that brings tear to our eyes. Indeed, this brave India in its concerted battle against the deadly pandemic has impressed the world. With legitimate pride, we can definitely pat our back & congratulate ourselves for handling the CORONA crisis in a very effective manner. While, the so called rich, medically advanced nations are unable to restrict and resist the onslaught; we, the second most populous country of the world with a population of 130 crores have reasons to rejoice. A commendable feat indeed! I know ‘we have miles to go before we sleep’ but, why fear? We, the Indians are firm and resolute & victory will be ours.

On this auspicious day as we remember with gratitude all the countless freedom fighters and revolutionaries, who sacrificed their lives on the altar of Mother India to clinch Freedom for all of us. The freedom that came 'at the stroke of midnight' also ensued along with it the pain and sufferings of millions due to Partition. But our forefathers did not despair. They had the onerous task of rebuilding India and thanks to their tireless efforts, hard work and pursuit for excellence that you and I had the luxury of being born in a reasonably stable and affluent India. So, my dear children, every generation had to pass the litmus test to prove their mettle. Today, OUR GENERATION has to prove that indeed, we are the worthy successors of our illustrious forefathers. The credentials of the past, achievements of the present and above all, the fond hope of a confident future combined with the magnificence of the 21st century----makes us resolute. YES, WE CAN—YES, WE WILL!

Meanwhile, taking advantage of the situation, the hydra-headed dragon was not only trying to stealthily usurp our picturesque Ladakh, but also to ruin our economy. And we have given a befitting reply to China. India is not going to allow anybody to meddle with her sovereignty. Through mounting economic pressure, China has been cut down to size. This bold and beautiful India is here to stay and inching towards the status of Super-Power.

Our Honourable Prime Minister, Shri Narendra Modiji has given us the clarion call of Atmanirbhar Bharat- Self-reliant India and yes, together, hand-in-hand we are going to take our beloved motherland to the zenith of success and pinnacle of glory.

We know, soon, we have to hand over the mantle to you, my children, our successors. In this ever-changing world, remember, there are 3 mantras for success: Enquiry, Introspection & Expression. Keeping line with this great expectation, Ministry of Human Development (MHD) has formulated the New Education Policy that is going to definitely revamp & revitalize the Education sector. It's going to transform you all into independent thinkers with integrated personalities as truly world class citizens.

Right now, as I speak to you – from Kashmir to Kanyakumari, from the deserts of Kach to the jungles of Kohima, India celebrates its National Festival, the Independence Day-children, my fervent appeal to all of you is BE PROUD TO BE AN INDIAN. You will

surely possess wisdom as well as knowledge, kindness as well as compassion, but above everything else, please strive towards the common goal of peace, unity and progress of this country, cherish and safeguard our unity. With those words, I wrap my speech.

JAI HIND!

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MASTER BUILDERS

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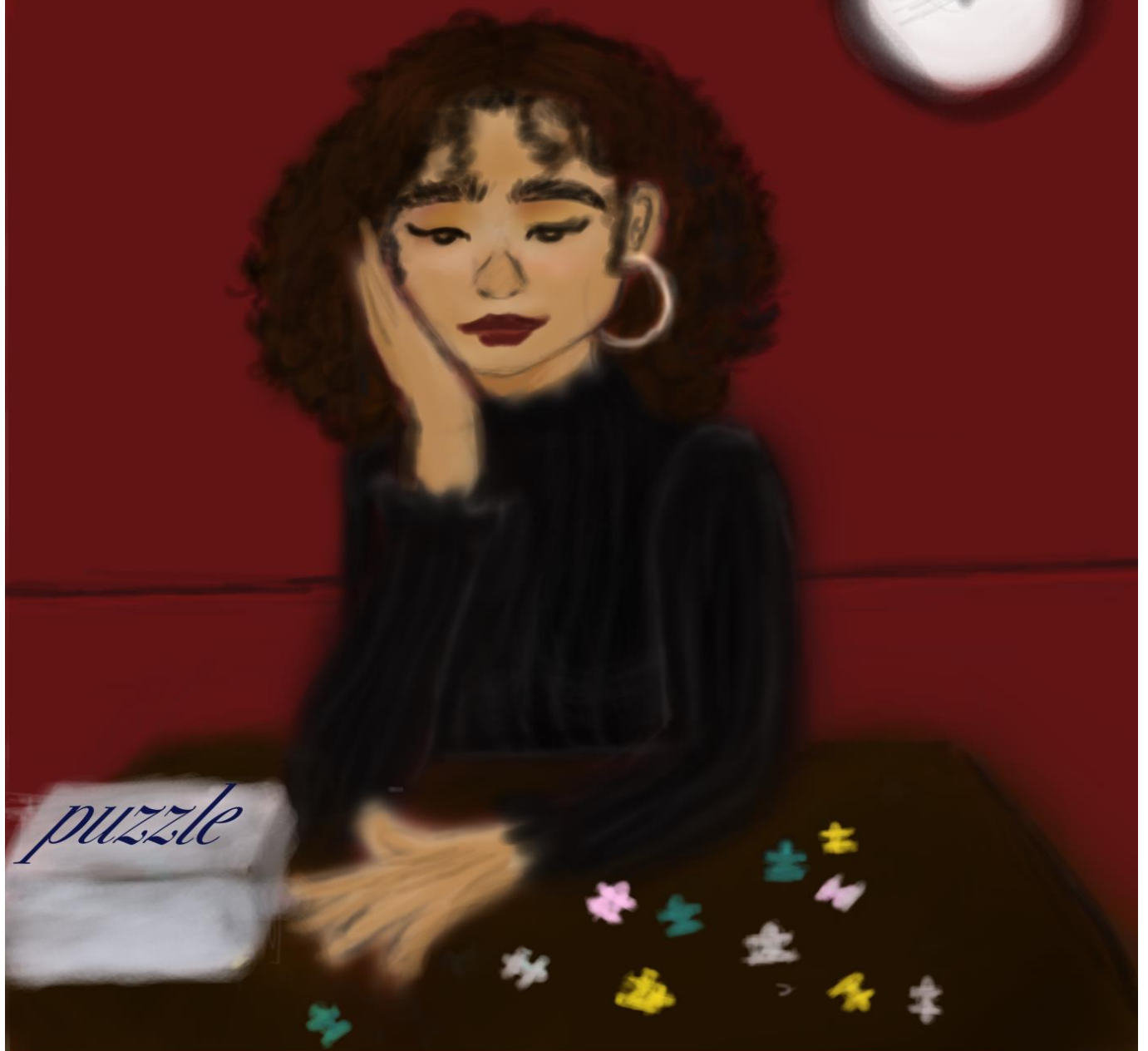
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3	Ms. S.SAVITRI	B.Sc.,PGDSM

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3	Mr. SARAVANAN A
4	Ms. RAJESWARI S
5	Ms. VARALAKSHMI A
6	Mr. MUTHUKUMAR A
7	Ms. PARVATHI P
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12	Ms. RADHA G
13	Ms. AZHAGU V
14	Ms. KALAISELVI C V
15	Ms. SENNAMMAL G
16	Mr. GOPILAL SHARMA
17	Mr.MA SHANKAR

*Just because it is taking time,
does not mean it is not up your
ALLEY*



Digi-art by Sushmita

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We acknowledge with pride the hard work and dedication of our Toppers and quote here, the words that inspired them.

AISSCE -2020
SCHOOL TOPPERS - SCIENCE



N. DEEPTHI PRIYADHARSHINI

I

491/500

Topper in English – 99%

“Dream it. Believe it. Build it.”



T. NANDIKAA

II

490/500

Centum in Mathematics

**Topper in Chemistry - 99%
& Computer Science - 99%**

*“If you want something you’ve never had,
Be ready to do something you’ve never done.”*



E. HARSHINI

III

487/500

Centum in Biology

*“Graduation is an exciting time. It is both an end and a
beginning. It is the warm memories of the past and the
big dreams of the future.”*

SUBJECT TOPPERS – SCIENCE STREAM



M. AKSHAYA
English -99%



M. CHARULATHA
English -99%



S. SUBHIKSHA
English – 99%



M.V. CHARUMATHI
Physics -99%



K. AVANTHIKA
Physics – 99%



B. VIDHYASHRI
Chemistry – 99%



J. HARSHINI
Centum in Mathematics



K. POOJAA
Centum in Mathematics



V. KEERTHI
Centum in Biology

SCHOOL TOPPERS - COMMERCE STREAM



SHAGUFTHA NAZ S

I

487/500

**Topper in Business Studies -98%
& Marketing -99%**

*Shaguftha says, "Dear Alma Mater,
Thank you for the endless support and guidance. Lots to say but at a loss of words,
You were indeed my second home."*



T.S. PADMASINI

II

484/500

**Topper in Economics– 99%
& Accountancy–98%**

*"Success doesn't come from what you do occasionally,
It comes from what you do consistently."*



M. MADHUMITHAA

III

482/500

Topper in Business Studies-98%

*"Don't look for luck. Instead build
yourself meticulously and make
yourself deserving. Luck has
no option but to stay by your side."*

SUBJECT TOPPERS - COMMERCE STREAM



SW. RITHIKA VARUNI
Marketing & English -99%



B. AKSHAYA
Marketing-99%



VAISHNAVI SUNDAR
Marketing -99%



S. VARSHINI
Marketing -99%



U. AVANTIKA
Marketing -99%



MITTIE JAIN
Marketing-99%



DEEPTHI SWAMINATHAN
Marketing-99%



ANJANA NARAYAN
Marketing -99%



S. RASHANYA
Marketing -99%



EESHA GOYAL
Marketing – 99%



M.H. SANCHANA
Business Studies – 98%
Marketing-99%

AISSE -2020

SCHOOL TOPPERS



L. R. DIVYAA

I

487/500

Topper in English- 98%

Centum in Sanskrit

*"Say not, 'Tis hard', in weak, desponding hour,
For strenuous effort gives prevailing power".*

- Thirukkural verse 611



POLAMRAJU SAI MANOJNA

II

486/500

Centum in Sanskrit

*"You can't go back and change the beginning,
But you can start where you are and change
The ending"- C. S. Lewis*



D. SANSHITHA

III

485/500

Topper in English- 98%

*"It takes thousand strokes to turn a distorted
painting into a masterpiece, likewise it takes
relentless hard work to reach perfection."*

SUBJECT TOPPERS
CENTUM SCORERS IN MATHEMATICS



SOHINI CHAKRABORTY



V. MADHUMITHA



ANANYA NAYAK



DIYA MALHOTRA



R. MADHUPREETHA



D. PRERNA SINGH



I. PRIYADARSHINI



R. ARTHI



A. SABRINA



K. AKSHAYA



KIRTHI VEERAKUMAR



D. MEGHNA



M. PARKAVI



S. PARVATHY



G. SANDHIYA



G. SHREEKALA

TOPPERS IN OTHER SUBJECTS



DISHA SHARMA
English- 98%



B. THEJESSWINI
Hindi- 97%



V. ARPITA JAIN
Centum in Sanskrit & Maths



V. SNEHA
Tamil-98%
Centum in Maths

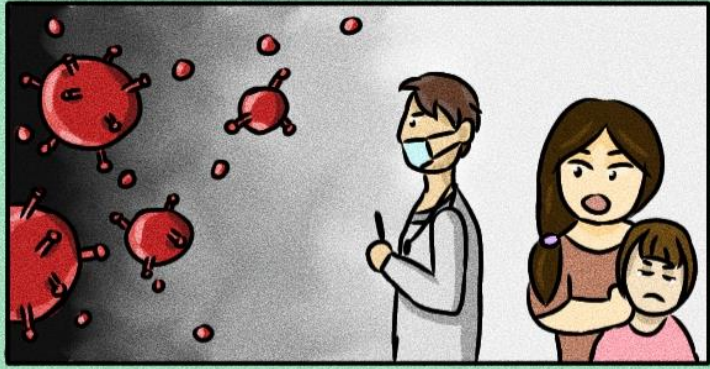


V. ROSHINI
Social Science-98%



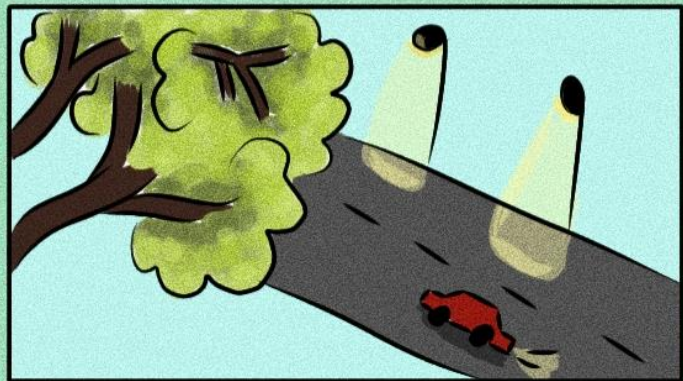
A. KAVIYA
Science-99%
Social Science- 98%

we fall.
we break.
we fail ,



BUT THEN ,

we rise.
we heal.
we overcome.



Digi-art by Lavanya

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THRIVING IN THE TURMOIL

2020

It was meant to be a year of success in literature and arts.

The year began with jokes about 20/20 vision and aspirations. The seemingly smooth first two months, with only looming shadows of danger and threats of war, were easily the better parts of the year. With the third month, came fear in the form of a virus that caused everything to shut down. On the 17th of March, government orders were issued to close all schools, colleges and offices for a period of two weeks, in response to the rise in the number of cases of Covid-19.

This period was a time of such fear and anxiety, that no one had ever experienced earlier. The world was in panic. The period was also filled with hope and all the artists and the dreamers took it upon themselves to create wonderful art.

Just less than a couple weeks later, new ways to continue with life were found and used. School took on a new form; the internet stood in as a substitute to keep education going. The Internet is a cloud of wonders. The world can never be brought to a standstill for long: the perseverance of the collective mind is too great to be kept idle. Things became operational again.

The citizens of the world slowly learnt that they needed not only to survive the year, but also to thrive in it, braving everything it threw at them and making the best of it. The year was filled with fight, love and hope.

2020: the year of the unexpected.

TESTIMONIALS OF THE TIMES

“From excitement to exasperation, we've somehow managed to get through this year. As a 2020 graduate, initially I was troubled and anxious as to how I'd start new, start fresh. Every now and then I just want to wake up, braid my hair, get my lunch, go to school and see those happy faces. If at all I were given a chance to go back in time, I'd go back to that beautiful time back in school pack those dear memories in a bag and keep them safe, secure.

On the contrary, I had worked on my skills and had learnt new ones. I also started a business venture. I'm learning every day, learning a little more than yesterday.

If there's something that I had to emphasize on, it would be; to make memories, to live every moment to its fullest and to do everything you dream of doing.”

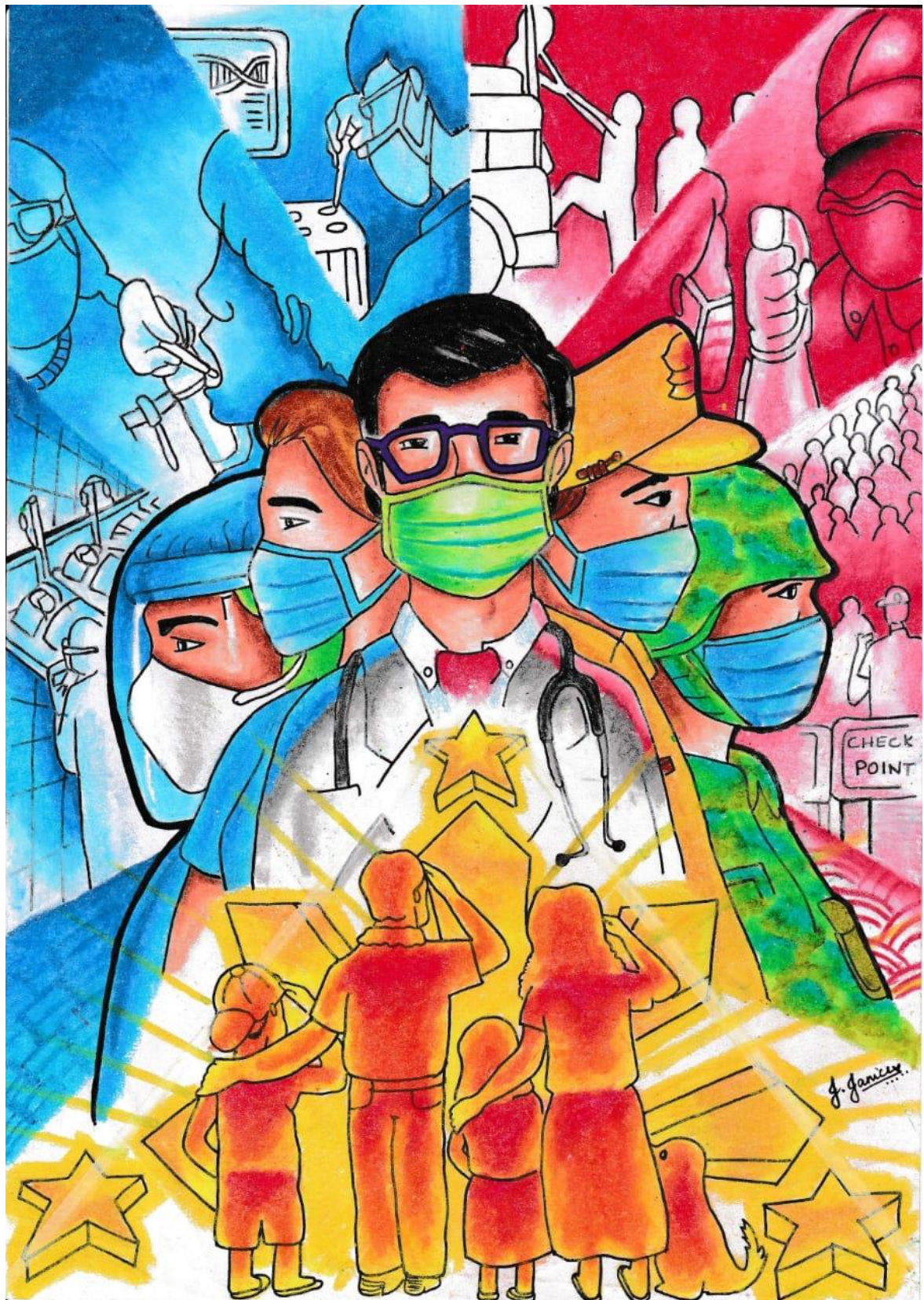
Eesha Goyal
(A proud DAV-ian)

The Covid-19 pandemic has literally changed our lifestyle and the entire world. However, it has made us realize how we had taken everything in our lives for granted.

It also has enabled us to see a new version of ourselves which we would not have if not for this pandemic. We have learned to face the situation in a more optimistic way.

Even though, the beginning of the pandemic was filled with anxiety and frustration due to the uncertainty of the circumstances, we were granted some family time and time to pursue things we love like cooking, painting, dancing etc. It is during these times that we have understood the importance of self-reliance and mental health. Talking to our friends through devices never feels the same as meeting them in person every day at school. We don't know when things will get back to normal but are hoping they do, very soon.

Tharunika P. R



J. JANICE VINOLIA XI A

Hope is seeing light in spite of being

SURROUNDED



BY

DARKNESS

Digi-art by Sushmita

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ENGLISH SECTION



2020: BATTLE FOR TOMORROW

It was the beginning of 2020

Joyous speculations abound.

But after March 16th

The light of the torch became dim

They announced the lockdown.

A little virus slowly took the crown.

People were jobless

And slowly became hopeless.

In cities and towns,

Many were depressed and felt alone.

But some were STRONG and hoped the cyclone would end.

Masks worn and social distancing practised to defend,

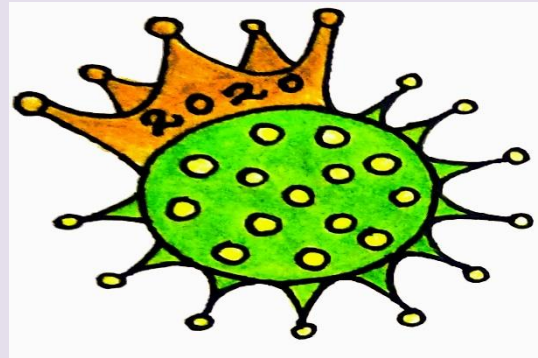
Front-line soldiers sacrificed a lot for the world.

Slowly places opened again,

People became complacent

It is November, we are still struggling

BUT, we are resilient.....



Prishaa Vimalnath [VI A]

QUARANTINES: TECHTIMES

These days, I feel like a very hi-fi programmer whenever I sit with my laptop during class. My sister, though majoring in computer science, often asks me how to do simple things such as deleting a page, how to edit etc... Making me feel like a computer wizard.

Especially during the lockdown time with the classes, project submissions etc. being done online, I have developed my skills tremendously. Though lockdown restrictions have been imposed, it does not actually feel as if we are alone. Thanks to the technology.

I am constantly in touch with my friends and family through various apps such as WhatsApp, Skype, Hangouts, Google meet etc. I even got to play online quizzes with my best friends. Earlier, entertainment meant going and playing in the park from dusk till dawn and later being forced to return home, afraid of my mother locking me outside. However, these days the definition of entertainment has completely changed. For us, entertainment now means playing online games and watching movies.

One good thing about this pandemic is that the old people have also become tech savvy. Earlier they used to stay away from technology, as they did not know how to operate them. However, the times have changed so much that old people sit with their grandchildren and play xbox with them. I myself was surprised when my grandma video-called me through WhatsApp. I even taught my dad to add animations to a PowerPoint presentation. Also, I taught my mother how to do online clothes and grocery shopping.

However, I still miss going to school. A few of my friends miss the free-for all buffet during lunch break. I miss the physical education periods, as that is the only class for which everybody gets ready on time. I miss playing kho-kho with my friends in every single physical education period. Some of us even miss the teachers scolding us. I hope the situation improves soon and everything returns to normalcy.

P.S. Ananya [VIII C]

GLOBAL WARMING

On Earth, human activities are changing the natural greenhouse. Over the last century, the burning of fossil fuels like coal and oil has increased the concentration of atmospheric carbon dioxide (CO₂). This happens because the coal or oil burning process combines carbon with oxygen in the air to make CO₂. Thus leading to global warming.

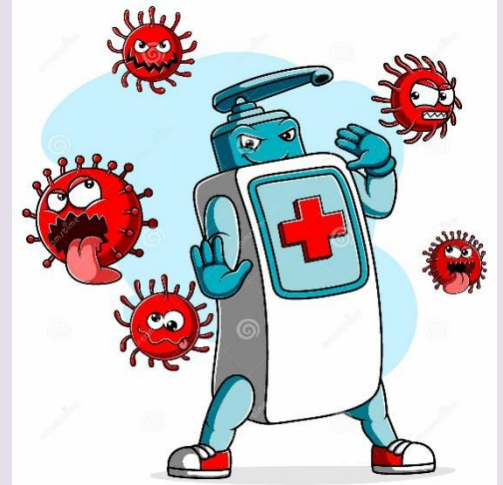


The Arctic and Antarctic regions may melt due to global warming. Oceans which constitute most of the world heat up. When the ocean heats up, more water evaporates into clouds resulting in more energy-intensive storms. Due to global warming the climatic conditions get changed. All these changes may lead to bigger problems on our planet. We need to take precautions for the betterment of our earth. Our steps to reduce global warming will change the earth in future!

S. Soundaram [VII C]

A VERY PECULIAR YEAR

The year 2020 has made everyone worry and fear,
The effects it has caused are so severe.
Students attend online schools which had never been before,
Sitting at home has made one lazy to the core.
Everybody wants this pandemic to end soon,
Due to it, children are not playing even during monsoon.
Many people have lost their jobs and have no tasks,
We are not able to go out without our masks.
We may not have our summer vacation,
But soon we will get our vaccination.
We need to be good citizens and think wiser,
And remember to often use hand sanitizer.



Thenmalar. R [VIII B]

TIME

Time is graceful,
Time gives us opportunity and
A chance to change our lives,
Brings a new ray of light into our hearts.
Never miss time,
Time can change your present.
Time is our life, life is time.
Listen to your heart every minute.
Time is precious.



Niharika. P [VII C]

CHILD LABOUR AND ITS MISERIES

“The Brilliant use sharpener to make the pencil keen”

One day I saw something very overwhelming. Children walking barefoot on burning hot soil, carrying loads of stones for construction of the building near my house. It is a shame that child labour is still in practice in India.

Child Labour means employment of the children below the age of 14 years old, in industries. Although, child labour is illegal, children are still working in industries. Child labour deprives children of their childhood, and is harmful to their physical and mental development. Every child is the future of the country. Healthy children are the future and power of any country. Thus child labour is damaging, spoiling the future of a nation.

The main reason behind child labour is poverty, therefore to stop child labour, poverty must be controlled and awareness must be spread. It is not only the responsibility of the government. It involves the parents, owners and other social organizations. It is an issue for everyone to solve. In short, poverty, lack of education and the growth of the informal economy are considered to be the key causes of child labour in India. So, I would like to say -

“Do save them, they will save your future.

Let them study and they will make the nation their buddy.

Save their future, they will save the nation

By doing this, our country becomes a developed nation.”

Yashitha. B [VIII B]

IMPORTANCE OF HEALTHY FOOD AND EXERCISE

Many of us have forgotten to exercise during the lockdown period and due to that, we all look a little fatter than what we were before the lockdown. Exercising has a great impact on our lives. It reduces the risk of obesity. Apart from being extremely fat, obesity also makes us prone to various diseases such as heart attacks, diabetes etc. Exercising also helps us feel light and healthy. There are many types of exercises you can do at home like Yoga, Aerobics or you can just walk around your home for twenty minutes.



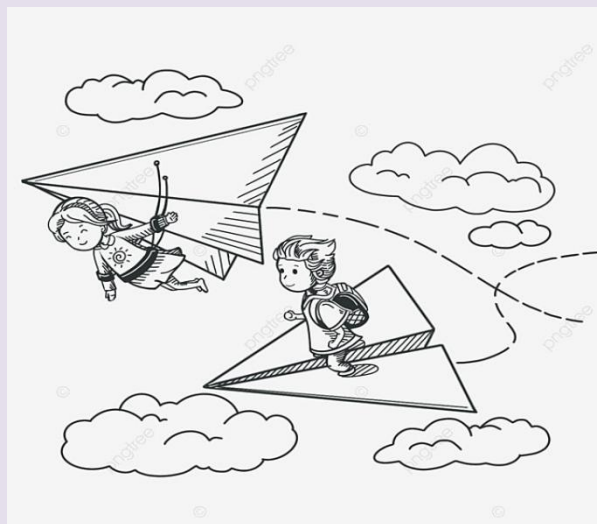
The next aspect is healthy food. The best food to eat during this time is home-cooked food. We should not eat too much because we are restricted indoors. We should eat lots of immunity-rich food such as spinach, gooseberry etc.

In conclusion, if we follow some of these practices, there is a lower risk of contracting illness. Let's stay at home and be safe so that we can end this pandemic soon.

Kanishka Lakshmi [VII C]

ANNE AND I

Once there was a girl in the 1940's,
Who could see nothing but an apple tree?
And then there was a girl in the 2020's,
Who could see nothing but a mango tree?
Out of their tiny windows they looked
To see the fruits grow,
And the days go by.
Sometimes they would fear and shed a tear,
Their freedom couldn't stop there!
The Teens dreamt to soar the sky,
And catch the dreams they had laid by.
They just couldn't give their hopes a "Good bye"
Because somewhere in us, Anne and I felt,
The world was waiting for us to come by.



*Anne i. e Anne Frank

S. Kavya Harshitha [VIII A]

HOPE

Hunger in the streets
A poor man's dream
A child's suffering
A World torn by war.

Peace as scarce as gold
The many faces of men

Some, known to none.

Why does man put himself through so much suffering?

Greed, suffering, pain

Why, Why?

For his clingstone a fragile thread

That fragile thread called Hope

Hope that makes men fly

Hope that makes him believe that,

That the day is worth fighting for

Hope, Hope...



N.P. Yashica [VII B]

THE FUTURE

Will I become a doctor?

Or will I become a cop?

Will I become a teacher?

Or will I become an engineer?

Alas, that depends on how hard I work.

Will I become an astronaut?

Or will I become a sailor?

Will I become an officer?

Or will I become a soldier?

Alas, that depends on how hard I study.

Will I become an author?

Or will I become a shopkeeper?

Will I become a vet?

Alas, that depends on how I show kindness

And love to everyone.



R. Lekyasree Devi [VI B]

FOUND MY TALENT

This year has been an unforgettable one. Everyone has gone through a lot, both good and bad. I think COVID -19 is a punishment from Mother Earth because we have been cutting trees, polluting the water, air and land, and much more.

We got very easily bored in the early days of the lock down, but I found a way to keep myself occupied. I watched hundreds of videos on YouTube such as challenges, arts and crafts, informative videos and many others. I had the idea of starting a YouTube channel, but I thought that would never happen because I knew nothing about it. So, I put that thought aside and went to school... Oh sorry, I joined the class on my tablet. But the thought came back to my mind....and I decided to give it a try. I asked my sister and my friends for some ideas, and researched on how to create a YouTube Channel. Then at last it was time to ask my parents for permission. I asked them, and they said, "OKAY!" It was the happiest moment in my life! And I worked so hard to create a channel called The Box Artist and also started uploading videos on Arts and Crafts. My goal was 50 subscribers, and I reached it! I currently have 55 subscribers.

I have heard that "Hard work beats talent, if talent doesn't work hard.", but I didn't believe it earlier. Now, I have learnt a lesson and also found My Talent!

R. Kathyayini [VII A]

GIRLS' EDUCATION

Girls are very important in this world. All the girls have the right to education. Some people think that girls are sent to the earth just to cook, clean and take care of children. Education of girls is very important for the development of our country.

It is rightly said that when you educate a man, you educate one person but if you educate a woman, you educate a whole family. A woman is the first teacher of her children and she gets her first lesson in her mother's lap. Women should be given equal opportunities to get education on par with men. Some of the factors that are responsible for this disparity are poverty, child marriage, child labour, etc. The improvement of any country depends on the education of girls. Therefore, the education of girls is a necessity.



Veda Sai [VIII C]

MUSIC

A very small word, but has a lot more within. “Music gives soul to the universe, wings to the mind, flight to the imagination and life to everything.” Music is an important part of different moments in our life. It spreads happiness in our lives. Music gives us peace.

Studies show that listening to music can benefit overall well-being, help regulate emotions and create happiness and relaxation in everyday life. William Shakespeare once said, “If music is the food of love, play on; give me excess of it, that surfeiting, the appetite may sicken and so die”. So, music helps us in connecting souls or to our real self.



Music can also be called the essence of life. Everything with rhythm or the beat in it is music. Our breathing has a beat or rhythm, so we can say that there is music in everyone and everything. Music has the ability to convey or show you all sorts of emotions. Music is also a very powerful means to connect with God.

The advantages of listening to music are:

Improves mood, Reduces stress, Lessens anxiety, and Improves memory. Eases pain, Provides comfort, Improves cognition. We can conclude that music is the purest form of worship.

Nayana Priya. S [VIII C]

NATURE

Nature Oh! Godmother nature!

You are a beautiful teacher!

Who has multiple features?

Given birth to many creatures

Which we forget to nurture.

Wherever there are trees

We enjoy the lovely breeze.

Nowadays we have started to sneeze,



As their count has started to decrease.

Oh mankind! Stop deforestation!

To save God's creation.

It's high time we find a solution

And stop threatening nature's regeneration.

Why deplete ozone?

And enter the danger zone

When it is always known,

More the greens are grown

Safer the layer ozone.



Miruna[VIII B]

TECHNOLOGY TO OUR RESCUE

I interpret "TECHNOLOGY" as a combination of "Technique" and "Knowledge". In today's world, there is no progress without technology. Technology has changed our lives to a great level. No matter which part of the world you are, you can instantly communicate with a person. I remember my mother saying that in those days it was difficult to contact a person who lived abroad. The only way they could be contacted was through ISD (International Subscriber Dialling) which was very expensive. But nowadays, WhatsApp, Botim, Gmail etc, help us to contact a person and have a live conversation with him, which is also cost effective.

Students have the ability to access various e-books, not only relating to studies but also for improving their knowledge in any field at the click of the button. In recent times, due to the Covid-19 pandemic, the entire world was shut down with no access to the outside world. Technology has kept young students occupied with various online classes like knitting, crafts, arts etc. In the current pandemic situation, virtual classes through MS Teams, Zoom and Google Meet etc have made our studies easy.

E-commerce has brought a great profit in export and import, leading to growth in our country's economy. The entrepreneurs were able to spread their wings over-seas. Various services like aadhaar, postal services, voting etc are done in the comfort of our homes. Nowadays, reservation for railways, airways and roadways is possible through online ticket booking. Technology has not only made our lives simple and smart, but has also served as an anchor.

Thaneesha Sai K [VI B]

MY IMAGINARY WORLD

One day I dreamt that I was in my imaginary world

The world was colourful

When I looked up

There were pink clouds

Which looked and smelled like cotton candy.

I looked down,

There was a road made of gummies and chocolates.

I was so happy.

I walked and walked and walked;

I saw a lot of unicorns

I spoke with the unicorns

I danced and sang with them

I finally came home and was so tired.

I opened the refrigerator

And I saw plates full of candies and gummies

I ate them, then I lay down on my bed.

I slept comfortably

But then my mother woke me up

And I was back to this world



I told myself that I really wished to go back

And went to attend my classes.

Varsha. J [VI B]

TAPPING TALENTS IN TESTING TIMES

Time is a matter of chance and luck. It will not always favour us. Fortune and fate ultimately depend on our actions. True hard work and sincerity will not fail to get noticed, though it may seem so at times. But, we must always work hard with hope, even in the darkest times of life, as one day it will lead us to the light.

Our actions matter, and are much more valuable in difficult times than in easier times. Difficult times also trigger hidden talents and can help us face any kind of situation bravely in future. Hard times in life are common and they test us. Presently, numerous people are facing hardships and misery due to the pandemic and have even lost their livelihoods. But these situations force us to take action to mend it and automatically bring out our talents. Talent is within every one of us and finds expression in toilsome times filled with obstacles and hindrances.

We must always remember that life is a bed of thorns and roses. We face both the good and the bad. Here's an important motto 'cheer more than you fear'. Facing formidable challenges in our lives tests our talents and abilities and will help in backing us up. Incredible feats and success in life never depend on time because, for an achiever, it is not the time that matters.

Neha Sundar [VIII B]

TECHNOLOGY AS OUR SAVIOUR

During these difficult times, thankfully, technology was a savior as people were able to do many things virtually during the nationwide lockdown to contain the spread of the highly contagious Novel Coronavirus, COVID-19. During this time, novel ways of doing the things we love, have emerged through the use of technology, and people have quickly adapted themselves to this new way of living.

The Covid-19 pandemic has greatly affected various aspects of normal life, including going to office and school. As a result, schools have been forced to forego traditional classes and shift to online classes instead. Currently, conducting online classes is the only way to keep imparting knowledge. Online education enables the teacher and the student to set their own learning pace which adds flexibility. As a result, using an online educational

platform allows for a better balance of work and studies. With gyms and fitness centers closed, many people are unable to maintain their usual level of fitness. This has caused a rise of at-home workouts, with people turning to online classes to keep fit. As people were fearful of venturing out during the spread of the highly infectious COVID-19, online grocers have seen a massive growth, owing to an increase in consumers. Families, especially with infants and the elderly, prefer to stay indoors and place orders online, which has resulted in the massive surge in terms of the number of new users.

Technology has brought some drawbacks with it too. Therefore, while technology has proved to be a savior at a time when the outside world is locked, one must tread with utmost care, especially when it comes to young children. A good routine to the day, physical exercise and parental involvement is most important for young children. Distancing from social media is vital to avoid misinformation and panic. There are potential benefits and risks to deploying technology in learning environments.

There is evidence that technology can amplify effective teaching and learning when in the hands of good teachers. The best we can do today is understand how technology can be a valuable tool for educators who teach by capitalizing on the benefits, while remaining fully mindful of the risks.

K. Harrilakshmi [VIII B]

PETS, THE IDEAL COMPANION, NO MATTER WHEN

There are tons of reasons why being a ‘dog- person’ is better than being a ‘people-person’. If you are a pet parent, you know that all the reasons given below are true about your companionship with your four-legged best friend. If you aren’t a pet parent, consider this list of reasons for why you should adopt one!

Dogs are good for your health.

Dogs don’t judge or criticize you.

Dogs can always make you laugh.

Dogs are loyal.



Chandhini [VII A]

PRECIOUS LIFE

Life is short for tears
Life is short for sadness
Life is too short for fear
Life is too short for anger
You can be the sunshine in your life.
It is your life, it is in your hands
You can smile in your future
You can frown in your future
The world is full of dangers and surprises
You live your life
Don't let someone else live your life
Life is a precious gift
Use it carefully.

Varsha. J [VI B]

RISING WOMEN

Oh! How I see you blossoming daily
Soft and sweet as honey
The glowing stars wonder
At your radiance.
The amused waves break
At your thoughts,
Your sparkling smile
Shall bring joy.
Thou make the sun
Doubt its power.



Man is puzzled to know
That you are his equal.
You are a wonder woman!
You fascinate the world
Like the rising sun!
Keep rising, woman.



P. Samiksha [VIII A]

OUR BEAUTIFUL WORLD

Corona-covid-19
What is it? Why? When?
It is a question to ask, but to whom?
Who will answer?
Do we get an answer?
Do we accept the answer?
Does it sound crazy? Yes, it does!
The answer is already with us.
Does it sound crazy again?
It is not. It is the truth.



Yes, we cut the trees, and then we destroyed the forest
We avoided the bicycle, we stopped walking, and we stopped using public transport.
We polluted the rivers and ponds, we forgot jute bags, and we finally destroyed nature.
So it is nature's turn to retaliate and we received the virus as an answer.
I know it is an unacceptable answer but there is no other way than to accept the punishment.
Do we realize now that we have to learn to live with nature?

Nature has gifted us with so many things.

Shall we stop cutting down trees and forests? Shall we save ponds and save water? Shall we plant trees?

Our beautiful world is sinking. I am taking an oath this minute to educate and develop a healthy world and lead a happy life. Will you?

S. Shruthi [VII A]

THE EVER-FAITHFUL DOG

Shruthi had a pet dog named Tim. She never took care of him properly, though Tim loved her and wanted to play with her always. Tim ran to her as soon as she came from school, but he was pushed away. She didn't like Tim, because he was big and brown in color, whereas her friends had small furry cats and dogs. Tim would become sad, but he still tried befriending her. Things were all fine, when one day, the news channels started focusing on the biggest and the most important news. A new virus, named Covid, had started spreading and had come to India. The country was completely under lockdown i.e.,

shops, schools and all other public areas were shut and people could not step out.



Shruthi started getting bored, but still she refused to play with Tim. One day, Shruti's family tested positive for Covid. They had to be quarantined in a hospital away from home. They had to isolate themselves from Tim for almost two weeks. They could not take Tim along. Due to the confusion and tension, Tim was given to their neighbour. A week passed

and Shruti now realized the value of Tim and could not stay away from him. Tim had actually kept Shruthi engaged, but she had not realized his importance. She was ashamed of what she had done before. Her quarantine period was now over, and she was eager to meet Tim. She returned home with excitement and ran to meet Tim. But she didn't hear good news. The neighbor was very unhappy. Shruthi saw that he was hesitating to say something. But finally, he said, "Very sorry Shruthi!" "Your dog missed you very badly and didn't touch the meal that was given to him. He died of hunger and sorrow." Shruti was shocked and her eyes were filled with tears. She could not utter a single word.

Prakrithi. A [VIII B]

WOMEN IN THE WORLD

Few decades ago, women were discriminated against by men and had no rights. Men thought that women were incapable of making choices. Child marriages, dowry etc were very common. But when World War II started, men were busy fighting and women were forced to do their jobs. Women started organising and managing their work and showed others how capable they were. People then realised all the unfair stereotypes they made. This led to the Women's Rights Movement and they got their right to vote in 1947. The rights given to women during the 70's include the right to live free from violence, slavery and discrimination and to have education, to own properties, to vote and to earn a fair and equal wage.

The global role of women is that of caretakers, entrepreneurs, farmers, educators, etc. Women, notably mothers, play the largest role in decision making in family affairs. Over the years, women's economic status has improved a lot. Women are now considered equal to men. They work the same jobs as men and also participate in the Indian military and air force and also the navy. Women have truly changed the world.

P. Sasi Chetana [VII B]

WE GAIN SOME, WE LOSE SOME

Our Missile Man, in his book, dreamt of India as a strong Nation, a super power and a developed one in 2020.

Did any of us ever imagine that our own homes would become our class rooms? Would we have ever imagined that the classic black board would be replaced by a small white screen? We are learning our day-to-day lessons through a virtual medium.

So, what we gained out of this is a peek into what the future educational system might look like. Besides, it is easier to learn our daily lessons in a well- adapted and a comfortable environment.

But the COVID 19 pandemic has brought with it some losses too. No school meant no friends. A day well spent with our closest friends is a memory never to be forgotten. Holidays are times for celebration, visiting our grandparents, having friends come over for a small lunch, movie nights with families and a long vacation to the hills. But this predicament made even stepping out of the house a fantasy.

I loved visiting my grandmother in Kerala - a magnificent land, otherwise known as 'God's own country', delicious food, the greenery, all so serene and wonderful. The days would start with the scents of bliss filling the air.

But surprisingly there were advantages of staying home too. I indulged in several new things, I tried painting the walls of my house, which I feel turned out very well. Mastering Arabic mehndi was also a part of my quarantine planner. Well the fun part was making some tea in the evenings and dosas for dinner. Well it wasn't a very good experience at first and things turned out a little messy. But now, after a few attempts and the constant help from my mother, I have definitely improved. And Oh! Yes, lighting the gas stove at first was a nightmare, I couldn't keep my hands still, but again thanks to my mother, it went quite smoothly.

I have made use of this time to play as well. Badminton has helped me become more active and helped me maintain my health. Every day has wonderful aspects to it. Learning something new and experimenting on it has become an integral part of this lockdown. I might have missed all those days that I had back in school, but the silver lining has been that I have had time for things which I otherwise might have not tried. Let's be positive – fortunate are we to be safe with our family and knowing that all my teachers and classmates are also safe.

Mandhira [IX C]

THE NEW NORMAL: QUARANTINES

It feels like only yesterday, the streets were noisy with the laughter of people, numerous conversations, the continuous honking of vehicles; but now, unusually staying inside for days and weeks, without human interaction as before, has left some of us feeling lonesome.

If it were those usual days with strenuous routines that left us worn out, we would've loved to take time off to be alone or surrounded by our loved ones. Surprisingly this lockdown had us begging to go back to our normal lives. Enclosed within walls, some of us, instead of being grateful for the time we got to spend with our loved ones, feel extremely desperate to go out. This lockdown has had a great impact in our lives, in changing our perspective on freedom.

This is the 'The New Normal' as absurd as it may sound. Let's hope we can get back to our usual routine even though they were tiring and strenuous. Finding contentment in inconvenience has always been a way of life. Let us not forget to take care of ourselves even after that.

Aditi. K [X C]



THE NEW ERA

Cold, metallic fingers was all she felt first, pressing on her forehead, triggering her flight or fight instinct. Blinking her drooping eyelids open, she fought the urge to find a cold dark place to crawl into, as her eyes were assaulted by the blinding light. As her eyes adjusted and she could finally take in her surroundings, all she felt was a cold, growing disbelief. Having been chronologically frozen at the age of 15 in 2020, the barren red soil and the blazing white sun felt foreign. Even more uncanny, was the fact that there appeared to be no living form in sight - just a vast expanse of red plain.

This was what she had feared, even in 2020. Trees had been slowly disappearing and more animals had made the jump to the endangered list, eventually becoming extinct altogether. The idea of climate change and its consequences had been recognised, but it had been seen as a catastrophe that would strike much too far in the future to be of any importance, and simply dismissed.

Maybe the era of her birth had been the beginning of the end. Most children were given electronic devices to entertain themselves and they never had an authentic childhood experience, never really being able to play in the mud or fall over and learn that they had to get back up by themselves. She had always considered herself fairly lucky, being able to grow up as a wild child on an isolated farm. The fairytale would grind to a halt every evening when she would hear the swish of the axes hacking at the trees. She would consistently pick a favourite tree and invariably all that would be left of it in a couple of weeks would be a pile of logs. In the end, she had settled on a single four-leaf clover seeking comfort in the fact that it would never be cut down.

But that was before she found out she had a terminal illness, Creutzfeldt-Jakob disease, before she found out that she was to be chronologically frozen, in the hope that there would be a cure in the future. She felt those hyperborean fingers on her temples again and she jolted awake, only to see an expressionless robot staring right back at her. “Does the chip feel comfortable?” asked a monotonous voice which seemed to echo inside her brain. “Chip?” The robot seemed to indicate a small, slightly scary looking contraption. Apprehensively, moving towards it, she placed her fingers on the device and it was as if she were sucked into a vortex. She somehow knew everything that had happened since she was frozen. If only these machines had existed during her school life! The chip that had been implanted in her head had the ability to take her consciousness anywhere on Earth. It also had the ability to remove other beings from the scene to avoid “unnecessary interaction”. The chip would be activated if she concentrated on doing so. There were no living beings apart from humans and even though technology would allow the genetic re-creation of all creatures, they needed at least one specimen, irrespective of whether it was plant or animal, to be able to recreate that certain ingredient which separates the living

from the non-living. Without a second glance towards the strange room filled with what looked like torture instruments, she located the door and headed out. Outside was a living nightmare, people seemed to have lost use of their legs and were simply lolling about in wheelchairs with the same backdrop that she had previously been exposed to. Observing a dog passing by her legs, she bent down to pet it but her hand went straight through it. With growing distress, she noticed the scene around her was the one she had grown up in; only it was grossly distorted. Wandering around in a sort of blind daze, she stumbled over a familiar rock, landing with her nose almost touching the ground. Her eyes in direct sight of a small green plant. A four-leaf clover.

Shriya Sridhar [X C]

APPEARANCES CAN BE DECEPTIVE

That day, I had been in my native place, a small pocket near the town of Tiruttani to celebrate our family function. I know very little about the place though I have been there every year. I informed my mother that I wanted to go to the village fair. She told me not to go until the evening when she could accompany me. But I could not be stopped.

So to put her fears to rest, I told my mother that I would be at my friend's house for the day and slipped out of the house. Even though I did not know the route, I was confident that I could enquire about the route. Taking directions from various friendly village folk, I meandered into many small alleys and a maze of streets in every nook and cranny of the village.

Suddenly a hand grabbed my forearm from behind. My heart began to beat like that of an Olympian. When I turned back, a chill went down my wimpy spine. The stranger was truly scary! He had stitches running down his distorted face and he was built like a small hill.

There was no escaping his iron grip. Without a word, he started taking me into a new maze of roads and streets. I never bothered protesting because my mind was doing something else - trying to remember the steps of self defence that I had not bothered to learn when taught. Finally, when some techniques I had picked up re-surfaced and I dared to look him in the eye, I was standing in front of my house. All my fear about the man drained right off. He left my hand and a very soft smile played on his lips.

That smile said everything about him. Without a word he turned on, his heels and got lost in the maze of streets. That day I learnt that one should not judge a book by its cover.

H. Pranathee [IX B]

HOPE – THE ESSENCE OF LIFE



Hope is the essence of life. Life is a long movie directed by ourselves but with no retakes possible. So, it is impossible to determine the climax and to predict instances of happiness and sadness. But there is one element that drives us way past the ideas of disappointment and sorrow. And this element is what we call hope. Hope makes us dream and the addition of another factor namely hard work, is what makes us help achieve this dream. In other words, hope is the foundation stone for a monument built on courage, confidence, obstacles and dreams.

Hope is a belief. It's cultivated within us and this belief is built on our willingness to work and change. Let's not worry about the fact that today is bad. Hope makes us believe that tomorrow will be better than this. If you believe and expect to have something good happen in the future, that is hope. A true hopeful belief is unbreakable. If you have the aspiration to achieve something, hope and sheer determination with a mix of hard work is all that is necessary.

“Hope is being able to see that there is light despite all of the Darkness”

D. Kanishka Rane [IX B]

MAN'S BEST FRIEND

We all need companionship to make us feel better in times of despair. Some people find it best when they are in the company of a pet. They believe that pets are their ideal companies. Pets might not respond, but their presence can make us feel euphoric.

The company of an inseparable pet is priceless. It comforts us just like any other human companion. The relationship that a person has with a pet is complex. Though the pet doesn't talk, the communication between the owners and their pets is similar to between two best friends. Pets understand their owners and that special bond is very unique.

Pets, by nature provide us with lots of positive energy and that is therapeutic. Pets can be very friendly and their love is what most people crave. The little acts of play help the humans get relief from stress and anxiety. If we show the same empathy and compassion to everyone, then the world would be a much happier place. Animals don't have any obligations; they are free from the clutches of hatred and they express love more beautifully than any human being.

But owning a pet is no piece of cake. Pets require constant care too. Friendly scrimmages and a few minutes of playtime are enough to make them shower their love on you. Whether it's a familiar stray or a thoroughbred animal, a few minutes with them will be beneficial to both. They require good food and regular health check-ups too. Pets were worshipped in ancient Egypt and cows are believed to be sacred in India. This shows that the company of animals has been cherished since ancient times. Whatever be it, pets are the closest friends to many people.

G. Adlin [IX C]

TAPPING TALENTS IN TESTING TIMES

The first few days of the lockdown seemed very enjoyable, but as the days went by, not only me and my family but most of the people started feeling anxious, restless and most importantly, bored.

After a few days, I saw my friends, relatives and people I know, posting pictures of themselves, experimenting with their new skills and their family time. Most of the pictures I saw were of people cooking different dishes. So, I thought, "Why not try cooking?". I didn't know a single thing about cooking, before the lockdown. Now I wouldn't say I am a Masterchef either. In fact, I am miles and miles far away from that. But I have escalated from not knowing a single thing to, "Eh, I know something". I first started with the trending, 'Dalgona coffee', the most trending dish during the lockdown. There were two reasons behind that. One, it required three very simple ingredients that are readily available in everyone's homes and two, the coffee itself looked aesthetically pleasing. It goes without saying, "We eat with our eyes first". My coffee wasn't the best but c'mon it was my first attempt! After my not-so-good first attempt, I slowly started with baking cakes. Again, my cakes weren't the best but it gave me a sense of satisfaction that I made them. One skill which I acquired during the lockdown was to speak with a British accent. After watching a British film, I fell in love with the accent. I saw many videos on how to sound British. I still don't sound British but I am still trying. Pushing ourselves out of our comfort zones is actually a good thing. Trying new things, not only helps us to vanquish our fears but also allows us to expand our minds and learn-both about new things and about ourselves as well.

Rithanya [IX- B]

HOPE AS A BEACON OF LIGHT DURING DARK TIMES

Hope, this small four-letter word has innumerable meanings in our lives. Hope is believing in something; at the same time, it can also stand for our desire for a particular thing to

happen. If we have hope, we gain an enormous amount of confidence which automatically gives us the will power to work hard to reach success.

“Hope is seeing light in spite of being surrounded by darkness”. This quote by Desmond Tutu may look like a very simple one, but in reality, is very deep in its meaning. Sometimes when the whole world tells us to give up, the hope that we have, creates miracles. Hope is the only thing which makes us live through difficult times. When we share our hope with others, it creates an even more cheerful world. So, never give up, keep your hopes up, you will definitely win the world.

Niranjana Karthikeyan [IX C]

UNLOCKING ART AMIDST THE LOCKDOWN

I was hoping to finish my exams by March & come April, and had made big plans for vacation 2020. But then everything changed. Courtesy, the corona pandemic. School closed early March with no exams. The PM announced a lockdown which kept extending indefinitely. We could not go out, play or even shop in our choicest malls. All we could do was to sit at home and wait for the good news of a vaccine, which never came.

People lost their jobs, economies failed like never before and there was negativity all around. With nothing to do, I found myself stressed! After days of boredom, idleness and stress, I finally picked up a paint brush wondering whether I could paint a bit! I had done a course in an art school a couple of years back and then had lost touch. It suddenly struck me that my instructors had always said that I was one of the few good creative kids in class. I never gave much importance then, more so because I had a lot of schoolwork to be done and got drowned in the world of math and science. So I thought here goes! With no studies or play, this was the time to apply a wee bit paint on a canvas or two. Opening my painting kit, I was surprised to find that all the paint had dried up. It had indeed been a while since I painted. So I got a brand new painting kit, an easel and a canvas and started. After a while, I realised that I had quite a skill with the brush. That led me to paint more. The pandemic helped me discover my hidden talent. As I continued painting, I also realised that it helped me focus on the brighter side of life and it made me ponder about new things that could be done even in the midst of turbulent times.

Just like I discovered painting, anyone for that matter can discover their own hidden talents which could be anything - dance, music, theatre, cooking and the list could be never ending. These trying times are definitely the perfect opportunity to unlock our hidden talents and tread new paths. Art definitely served me as an anchor during these demanding times!

G. Adithi [IX B]

EXPRESSION THROUGH ART

All of us have individual talents and artistic abilities through which we express ourselves in unique ways. They might help us get through tough times and act as an anchor, helping us keep our emotions in check and giving us mental peace.

Practice of art forms is therapeutic, as it is so instrumental in self-expression. An art form reflects a person's inner self. What we feel is what we create. It helps us sketch our inner emotions and sentiments, and it isn't only about expression of feelings but also about enhancing your self - esteem. It might not be very easy to find out the activity that helps and suits you the best; there are several options. Art is a path out for the emotions caged within you. People having experienced trauma, stress, anxiety and depression have been able to feel better through one form of art or the other. Now there might be questions if expression through art is as helpful as it is made out to be. Expression through art is a self-created version of therapy; it boosts your self - confidence, helps you discover feelings lurking in your subconscious mind and is a major form of stress-relief. Studies also show that creating art stimulates the release of Dopamine. This chemical is released when we do something pleasurable, and it basically makes us feel happier. Increased levels of this feel-good neurotransmitter can be very helpful if you are battling anxiety or depression. Art is an inseparable part of our lives, be it music, dance, poetry or painting. Nothing can limit art as it is created only by our own imagination and our imagination has no limits. Mankind is not new to art, several depictions of dance forms and paintings inscribed on rocks have been unearthed. During this process of self – expression, a journey of self – discovery will help you cut through emotional roadblocks and makes it easier to communicate with others.

Samridhhi Middha [IX C]

RELATIONSHIPS - A NEW PERSPECTIVE

We are introduced to various relationships from the moment we are born. As an infant, we treasure our relationship with our mother and father, as a child we start understanding our relationships with our siblings, grandparents, other family members and teachers, as a teenager we eventually start growing fond of our friends. Due to our busy lives, the quality- time spent with the family has been reduced, but the pandemic situation has improved the bonding and made us realise the value and importance of our relationships. We have learnt that involvement of our loved one's in our lives makes a huge difference and vice versa. We have started sharing the household work and have taken responsibilities. Happy relationships make us more productive. We have to cherish.

Premika [X C]

ONE TRUE FRIEND

As I stop to count my blessings,
There is one thing which is true,
I'll always be so grateful,
For the friend I found in you!
Grateful for the special times,
We've shared throughout the years,
Times that brought us closer,
Through our laughter and our tears.
Immensely happy to have someone,
As kind and funny as you,
To share my finest moments with,
And share my worries too.
And when I look back in life,
My boons I was counting,
Is that I was really lucky,
In finding a friend who was true, faithful and loving!



K. Sruthy [IX B]

HOW CRICKET IS DOMINATING OTHER SPORTS

Cricket was first introduced to India by the British. The British officials enjoyed playing this game in the hot afternoons during the holidays. And slowly the indigenous population of the country caught up to the sport. Cricket might not be the most popular game in the world, but it certainly is the most popular one in India.

Hockey might be the national game of Bharath but it occupies a lower position in the popularity card. On the other hand, cricket has become a craze among the Indian population. People have connected with this sport and it has become a face of this country. But this game isn't merely a sport, it has become a field for business. Companies

promoting the various teams have gained huge profits because of the popularity associated with cricket.

Cricket gets remarkable attention among the people of India. The excitement associated with this game is humongous. Each game draws thousands of spectators and it's not just the live audiences, people across the country sit glued to their television screens when the season begins. There is a certain factor to this sport that makes it this popular. And I believe a part of the reason is the players. Indian cricket players have huge fan bases.

But there have been recent instances where people are becoming increasingly interested in other sorts of games too. Our recent victories in the field of badminton have turned some attention towards it too. The upcoming Tokyo Olympics might have India interested in several other games as well. We need to correct our present sports policies to improve the popularity of other games.

Siva Manjari [IX B]

GIRL IS A BOON NOT A BANE

“Educate a boy and you educate an individual,

Educate a girl and you educate a community”

- African proverb

Education of a child starts from the Mother who is the first teacher. During the ancient times, the girls and boys were educated equally. Along with Lava-Kush, Aathreyi also studied. Gargi and Maithreyi, Arundhati were great philosophers and renowned expounders of the Vedas. But later, girl's education was restricted only to the Royal families and the families of the Ministers. They learnt about various topics from scriptures to martial arts. For instance, Kaikeyi saved Emperor Dasharatha by placing her finger instead of a nail in the wheel during a war. Kaikeyi was also an excellent archer. The daughters of farmers, artisans and other people were deprived of education.

In the present day scenario, girls are provided with all kinds of education and they have proven their worth in every field. But there are some girls who either quit or do not even attend school due to lack of money or the means. Educating girls saves lives and builds stronger families and communities. A girl who is educated is an inspiration for other family members. It also increases our country's economic growth.

That's why it is said in Manusmriti –

“Yatra naaryastu poojyante ramante tatra Devataah.

Yatra itaastu na poojyante sarvaastatraaphalaah kriyaah.”

Where women are honoured, divinity blossoms. Where they are not honoured, all the work becomes unsuccessful. So let us join together for “Beti bachao, Beti padhao” – Save the girl child and educate the girl child.

AnanyaShree. M [X C]

RIBO-NUCLEIC ACID CAME TO BE READ!

Long, Long ago when the pandemic spread,

“Ribo- Nucleic acid” came to be read!

Which neither fought with arms nor with tanks,

But was invisible, deadly and was first in its rank.

It could neither be defeated nor killed but, yes!

Could be prevented,

But why had it spread?

It neither had a nose nor eyes - then why?

But, yes! It took many lives

Want to hear more? Then listen,

When T.V. was switched on, it was the “Frontline”,

When newspaper was opened, it was the “headline”,

All around, there was suffering

Within doors, all were quarantined.

Sounds came from around, not of birds, not of vendors, not of children but of “Sirens”.

Yes, the ambulances!

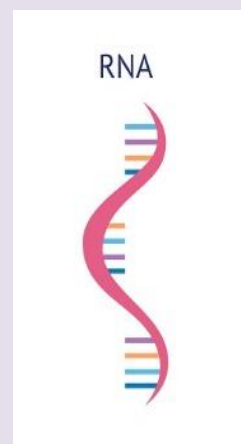
Spread was more, but fear became less,

Yes! Ribo-Nucleic acid came to be read!

Thinking this is the end?

No it isn't.

Factories, Colleges, Schools were gone....



Laptops, phones, i-pads were on!
The conventional, traditional couldn't survive,
Digital, visuals were seen live!
The sky and the ocean were blue before and then!
But, yes! It had a slight difference!
We saw the relief and bounds of joy,
Not of human beings, but of the herds which we had never ever seen!
Yes, this was the truth which was hidden so deep.
Oops! It's too late,
It's time to sleep my dear,
But don't you worry, let me complete my age old story
Moving on
To the cities, countries and continents it spread,
The "Ribo-Nucleic Acid", continued to be read.
Do remember,
After every night of lost dreams and hopes,
there is always sunshine!
After the rain of tears, there is a silver line
After every pandemic, remains a star's shine!
Yes, came together families & friends!
Lived their life happy & content!
Yes,
Saw the truth hidden so deep,
The truth of harmony, kindness and peace
Yes "Corona Virus" was released!

Muskan Bedi [XII A]

THE ROOM WITH NO WALLS

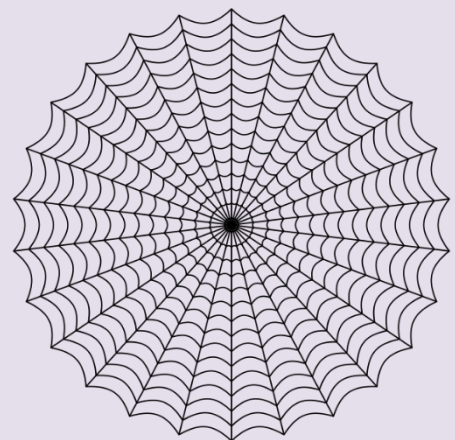
I sit, upright, in this room with four walls,
Eyes shuttering, squinting at the same pale walls,
A lone window, pale curtains, a lone door, a spiteful mirror,
An overflowing bookshelf, sticky notes papering the walls
Unchanged over the months,
The only sanctuary, against the silent invasion.



The occasional chirp of a bird, the sound of the rain,
Voices of teachers, a jarring alarm
A rude honk, ringing laughter
Remind me that I am in a box-shaped cage,
In this room with four walls.



A spider in the corner leers at me;
Spinning its web with unimaginable patience.
I keep watch on its growth, on the beautiful web it has built,
Paying no heed to the threat outside,
In this room with four walls.



These same four walls bind the same me,
The same grey-eyed girl, the same calculating spider,
United in our isolation, in this cage.
I write, he spins webs, as the months pass by.
What has changed in these four walls, you ask?
A few more inches of dust, a few more books,

A more intricate web, pyjamas faded with overuse.

A wee bit of change, but all still the same.

One day, my friend's home, is struck down,
Forced to find a new home, to build a new web,
Outside these four walls.

But, when I peer out through the pale curtains,
There he is, safe and whole,
Outside these four walls.

I ponder, how did he escape?

Is this not a room with four walls?

I vow that one day, I too will escape.

It finally dawns on me, that,

This is a room with no walls, not four.

The only walls, the only barriers, are the ones I have built.

Has this not been a place of boundless discovery?

A place of warmth, comfort, tears and joy?

I break down these four walls,

With words of hope and self-assurance.

The walls of my cage crumble at my touch,

Wither away and lie decrepit in my midst.

The sunlight now streams in, through pale curtains.

I am free, never to be locked up again,

In my room, with no walls.

I peer out once again, through the windows,

Of the room with no walls,



And there perches my friend, my spider,
On the windowsill,
Outside the room, with no walls.
With fond eyes, I say, to the most unexpected prince of all,
Thank you.

Pooja PremNath [XII B]

IS IT EASY TO FORGET?

Is it easy to forget?
The first-time holding a pencil
And trying to trace the alphabet in those
Picture-clad walls of the school room.
Is it easy to forget?
The little chiding of the teacher
For not completing the homework and
Returning home with watered down eyes.

Is it easy to forget?
The first fight ever was for
A yummy lunch at school;
And being proud of silly wins.
Is it easy to forget?
The lie which got you trending
School bag with wheels for the classes
Yeah, got that one too!

What makes these memories beautiful?
Why do they bring
The crinkles near your eyes



When you smile, thinking of them?

Amidst all the uncertainties of life, you smile

Because you have the most valuable gift of God

And what's that?

Your Beautiful memories.

S.K. Kaavya Sree [XII B]

QUARANTINES

The chirping birds on the trees

Glittering stars in the sky

Flickering hopes in hearts

Recurring talks with our families

Triggering thoughts on pollution control

Entertaining stories of each family

Staggering economy of the globe

Discovering the best of the past

Everything seems to be lost and found,

Were these really lost or just hidden somewhere?

Who hid it? Is it

The trees that we cut or

The smoke that we produce or

The bright lights that we use or

The busy schedule of people or

The growing technology?

Will these be lost again?

I wish I had an answer to this....



Srika Raja [XI A]

THE HALT

“Take a break”

She said, “From your routine life

And the damages you cause.”

Never did he know

That her fury would destroy him;

Physically and mentally

For all the deeds he had done.

Her wrath brought his world

To a complete stand still.

“You deserve this,”

She thought to herself.

“Please save me,”

He cried helplessly.

“Give me a second chance,”

Said he, desperately.

“I shall forgive you,”

She said, graciously.

All that she wanted of him

Was mere cognizance.

Now did he see?

How his world was built

With benign people around

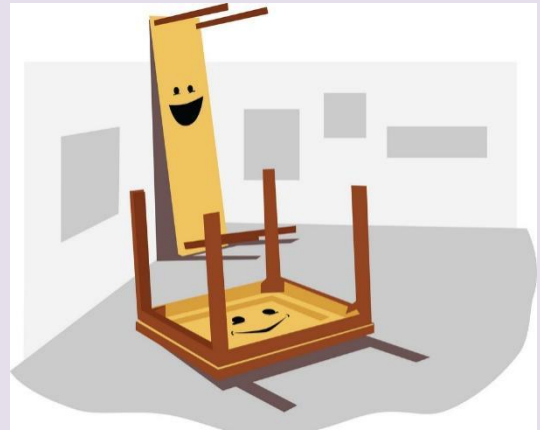
For whom he never had time?

Now did he see?

How ungrateful he was



For the things he had in life
And for everything beyond?
Now did he see?
How self-obsessed he was,
Running behind money
Forgetting the havoc, he caused?
“The tables can turn”,
She uttered
And suppressed her rage
For, she was his mother.
“Sorry” he said, remorsefully
And thanked her
For if she hadn’t stopped him
He would’ve been the cause of his death.



U.M. Madhumita [XII B]

GIRL IN THE WORLD

“She wasn’t looking for a knight
She was looking for a sword.”

-Atticus



Even after centuries of battles against suppression, oppression and subjugation, women all over the world still suffer unjust treatment in one form or the other. Disguised as social norms, baseless restrictions are placed upon young girls, deeply influencing their mindset, molding them into artefacts of nothing more than visual appeal. Mere spectators in the movie that is their own life.

Why is it that they try to fit into the ideals of the society? Who sets the measure of their worth? The answer is simple and so obvious, that it's laughable; most are incapable of spotting it.

One cannot open the lock with the wrong key. And the same key cannot open two different locks. Every individual is different and unique - a theory proved even on a microscopic level by the just and fair judge of all, Science. Each and every human's DNA is unique to them. This fact was brought to light by the key contributions of a woman! None other than Rosalind Franklin, is credited with aiding the discovery of DNA's structure.

Rosalind Franklin lived in the 1900's. Ada Lovelace, recognized as the first ever computer programmer, lived in the 1800's. Amelia Earhart was the first female aviator, in times when women wearing pants was considered blasphemous. One can delve further back into history to find more powerful women such as Cleopatra, Joan of Arc and many more. These are the women who instead of looking for a knight in shining armor, picked up the swords and fought to create a better world for the many young girls to come. Many women are still fighting. If they could do it, why not the young girls of today? Instead of being forced into the mould society creates for them, they should be allowed to paint their own canvases in whatever shade they want and dutifully fulfill their part in the betterment of society. It should be understood that superficial beauty is not the measure of any human's worth.

Beauty lies in the fortune girls create and salvage for themselves and the girls to come. A girl is neither just a face nor just a body, but a powerful force that wields a sword and fights for her own place in the world.

Ananya Cherian [XII A]

WHEN A GIRL WAS BORN

A girl was born,

There was much mourning

Was it because she wasn't a male?

Her hands wiped off many sorrows

She nurtured many heroes;

Still she wasn't accepted as one in the clan,

Was it because she wasn't a man?



All through her life, she faced many darts,
Ouch! She was hurt
Oh! It seems that she has a heart!
It was wounded with many a barb - and yes,
It was because she was a girl.

V. Sneha [XI B]

EXPECTED THE UNEXPECTED

This year has been a rollercoaster ride right from the beginning. From failed New Year resolutions to going through tough times on our own, the year has gotten something or the other out of each one of us.

I, as a person who loves being at home, personally liked the idea of a lockdown at first. You get to stay at home, watch television or read a book for however long you want to, have endless conversations with your friends...what's not to like? But things do not turn out the way we want them to. Like one of my teachers once told me, "Expect the unexpected."

While I suspect that that line was meant for question papers, it does apply in real life situations too. Life during the lockdown was not what I expected it to be. Being at home gave my parents full access to see what I was doing all the time. My parents had to work from home and I, being an elder sister, had to be my mom's assistant.

Once school started with online classes, things became very hectic and we missed our school and friends. Many unexpected changes happened over the quarantine. Some were good, some were not. The good ones included gaining two new, great, friends and getting to spend more time with my family. As a child of two working parents, I've never actually been able to have my own family together for any meal, be it breakfast, lunch or dinner. So, the quarantine was great for my family; I got the privilege to eat all three meals with everyone. It was a change I welcomed.

But not all things were great. Some things changed for the worse, like losing some of my friends. Somewhere along the way everyone grew up and got busy with studies. It became very hard to keep in touch with close friends. It was an unexpected change – one that wasn't easy to get adapted to. This situation, like everything else, had a silver lining too. Since I have had the same friends for the last three years, I gave up making new friends for a while. But now, since I lost a few friends, I tried and reached out to other people new

people. I got a new perspective on how a friendship should be, and what being there for someone' really means. So yes, every cloud does have a silver lining.

Changes happen all the time. It would've happened to you too. But that's life. Changes in life are the reason we grow and learn. They cannot be prevented. We only have to believe that everything happens for a reason, a good reason. So, if something is changed in your life, do not fear it. Embrace it.

B. Divya Darshini [XI A]

THINGS THAT CHANGED AND THAT DIDN'T

COVID-19 has brought the world to its knees. The whole world is in a complete lockdown. But as they say challenges create opportunities, COVID-19 may have turned our lives upside down but it has certainly provided an opportunity for all of us to rise to the occasion during these testing times. It's definitely changing our behaviour, our culture, and our economy. Due to this pandemic, a 'NEW NORMAL' has been established which means there has been a drastic change in the lifestyle.

Firstly, Covid has given a huge lift to online learning both in the metros and non-metros. Educational institutions, business organisations have taken online education to a new level by offering classes and courses in an innovative way to keep learners hooked. This has further improved the technological knowledge of the people. Work from home has let people spend more time with their families and the commute time has shrunk. Digital life has become a detox. In media and advertising agencies, there has been a significant jump in online news consumption across the world, communication apps are being embraced by even the cynics and binge-watching has become the new stress-buster.

Secondly, we have become more hygiene conscious. Yes, you heard it right. People have started taking personal hygiene more seriously. The ritual of washing hands, sanitizing things before use, which started as a compulsion, is becoming a habit. Earlier, we would associate masks with doctors, but now they are the new normal. From DIY masks for daily wear, to fancy masks for weddings, we have seen it all. It is like our accessories have now been replaced by masks! Lock-downs, quarantines and border closures in the wake of the pandemic have led to reduction in air pollution through decreased travel and production. These positive environmental effects are most likely temporary, but may serve as an example that changes our way of life. It can have prompt positive effects on the environment. Thus, acknowledging that COVID-19 is first and foremost a global disaster, the pandemic may inspire future behavioural changes with positive environmental effects.

During the pre-corona days, greetings were in the form of handshakes, high fives, and hugs. Now, with the coronavirus, people are either switching to verbal greetings, the traditional Namaste, or finding other innovative ways to greet people without any physical

contact. We're bringing back the traditional practices like washing hands and legs before entering homes. From grabbing a coffee while on your way to work and dining out, we've now turned our home into a restaurant and cafe. From Dalgona coffee to pizzas, pasta, cakes, ice creams, and other dishes, everyone has begun experimenting with food. We're the chefs, the servers, and the customers as well! This has improved the health of all the people. Weddings used to be very luxurious and lots of food was wasted and lots of money was spent. Earlier, weddings were restricted to a small crowd of our near and dear ones. This has again been brought back into practice.

The pandemic has brought back many good things for humanity - eating homemade food, the traditional Namaste. Work from home, which, was never an option for people working in the government sector except for those in the IT has now become an option for all types of workers, irrespective of the nature of job. This has removed the stress caused due to commute and traffic before Covid-19. Thus the old traditions which have come back into practice have given us hope for building up a better world.

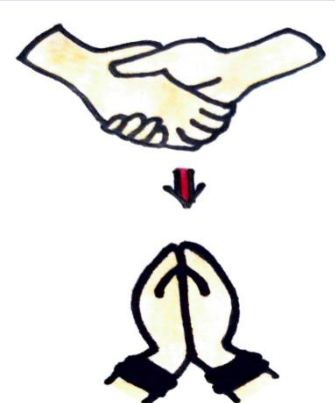
LAKSHANA. V [XII A]

ACCEPTANCE

Acceptance in human psychology is a person's assent to the reality of a situation, recognizing a process or condition (often a negative or uncomfortable situation) without attempting to change it or protesting the value of acceptance – how to accept yourself, others and reality the way they are. What is acceptance? It is the opposite of denial, of non-acceptance. It allows us to accept reality, our own and others' emotions as they are, rather than being frustrated that the world around us doesn't always meet our expectations.

All spiritual masters insist on the value of acceptance. They tell us to accept all that life gives us. To accept its joys with its pain and its ugliness with its beauty. We, however, practise selective acceptance. Even those who thank God when good things happen to them, get upset when calculations and expectations go awry. We tend to judge every situation and experience it as good or bad, happy or unhappy.

Acceptance, in my opinion, is the key to convert momentary happiness to enduring happiness. It helps you move from feeling happy to actually being happy.



“The truth is: Belonging starts with self-acceptance. Your level of belonging, in fact, can never be greater than your level of self-acceptance, because believing that you’re enough is what gives you the courage to be authentic, vulnerable and imperfect.” — Brené Brown

Perna Singh. D [XI A]

RISE AGAIN

Pfft!

Came the last puff of smoke

Fire almost out

The great dragon inside of me

Stood up no more – showing defeat.

The lone wolf howled

A melancholy sound

The lion last roared

Strong no more.

“What,” I wept as I looked

At the phoenix,

“Will we do?” lost, put-out and hopeless

“Just you wait,” she said,

“We will rise from the ashes again”

She Told stories of women and men,

Young and old

‘Til she filled my heart with hope

And into the forest I go,

To lose my mind

And find my soul

Trees whisper encouragement



Birds chirp words of wisdom

A distant roar -

‘Tiger’, I whisper,

More in awe than fear.

The majestic beast slips through the undergrowth

Just visible from the corner of my eye

A statue of silent support

I approach the monolith,

Fear gnawing at my insides

When my phoenix says,

‘You, of all people should not be afraid.

Go forth. Seek. Achieve.’

A defiant yell

The clash of steel and stone

I turn, manacles on the floor

A burst of light

And the dragon in me roared

A resounding howl

A victorious roar

I have found my soul.



P.S. Manojna [XI A]

THE NEW BEGINNING

Hope is a powerful force, especially in difficult times. Today, the world is facing the coronavirus crisis, a pandemic that has changed the lives of millions of people. In these times, hope can be a powerful source of reassurance. Many who are locked up at home, others who are working to prevent the spread of the virus, also need reassurance and the hope that “we shall overcome this”.

Desmond Tutu once stated that hope is being able to see that there is light despite all the darkness. Hope is sometimes the only thing that keeps us going. Many of us would not even be able to live a peaceful life without hope deep inside the heart, especially during this time. Life is unpredictable, hard and quite tough at times. Things go out of hand and beyond our control but we must never lose hope and must keep fighting with the inner faith even during the most critical times. Hope is the origin of optimism. For instance, the news about a 99-year woman tested positive, who survived the deadly covid-19 virus is a ray of hope for the elderly. It gives us a positive mind set. It generates an aura, which protects us from the negative vibes. Let us not worry about the fact that today is bad; hope reassures that tomorrow will be better.



Hope helps us to deal with the sufferings of the present. True hope or belief is unbreakable. It gives us the courage and determination to overcome any difficulty. Everything in this world is backed by hope. Progress is slow, the wait is long, but this too shall pass.

Don't lose hope when the sun goes down, the stars come out.

A.Jeevika [XI A]

COPING DURING QUARANTINE

The outbreak of coronavirus has created a global crisis that has had a deep impact on the way we see our world and our daily lives. Dealing with the challenges caused by the pandemic has taken a toll on people across the world. The pandemic is far more than a health crisis. It is affecting societies and economies at their core.

Taking care of our mental and emotional health is important for our overall well-being, no matter what situation we find ourselves in. It feels strangely comforting and at the same time disturbing, to have time for ourselves and our families and yet do little these days. Staying at home, it has been easy to fall into a lazy routine or lose hope of ever being able to leave our homes. I believe I have a good routine to keep my mind and body in check during quarantine.



We have been taking extra effort to keep ourselves and the people around us safe by following certain safety measures - staying hydrated, consuming healthy food, following social distancing norms, using masks and sanitizers. Our experiences will depend on our relationship with our families and friends, hence keeping in touch with them through social media, calls and text messages.

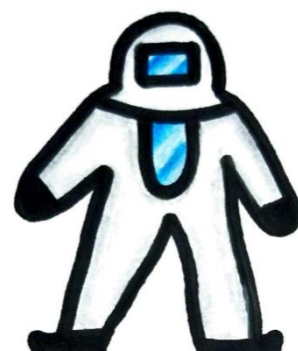
Stuck at home during the coronavirus pandemic, with movie theatres closed and no restaurants to dine in, we have been spending most of our time online. Since we are advised not to gather at crowded places and not to use public transport, the internet and digital media have been the only source of entertainment and information. Educational institutions are concerned about the influence of the pandemic on the future of students. Teachers are taking extra effort to make sure that the students' academic year is not affected, by conducting online classes.

Life is unpredictable. This year has been the most unexpected. Lockdown or quarantine is not the solution; it is just giving us time to prepare to deal with the pandemic. This is going to be the new normal and people need to adapt themselves to this condition.

S. Bharghavi [XII C]

NAVIGATING THE NEW NORMAL

What Maya Angelou once said, "If you don't like something, change it? If you can't change it, change your attitude towards it" is the thought which is the need of the hour. We all have heard of the number of cases surging, right from when WHO declared COVID-19 as a pandemic on March 11th, 2020, until today.



While we are very unsure of what the future holds in store for us, it is very important, now more than ever, to stay in the present and appreciate and be grateful for what we have and how blessed and privileged we have been.

When our Prime Minister announced a nationwide intense lockdown on 24th March 2020, we were all caught off guard. Through the many lockdowns, behind our safe walls away from the world, along with the nerves, we were all also feeling extremely fortunate to have been given a break from the daily hustle-bustle. All of us found different things that brought some sort of comfort to our ever wavering minds. A lot of us rediscovered our long-lost hobbies. We all made more time than ever for our families and reconnected with long-lost friends.

While masks and PPE kits have made it very clear that they are going to be our companions for some time now, in the new normal, one another thing which is necessary is our will to face anything. We have all been through a very hard time this year, but a

thought which will help us through it is that there is light at the end of every tunnel. Like Steve Maraboli said, “Life doesn’t get easier or more forgiving, we get stronger and resilient”. We are all in this together.

Harshita Anand [XI B]

THE INVISIBLE HAND

Environment is the invisible hand that shapes human behaviour. We tend to believe that our habits are a product of our motivation, talent, and effort. Certainly, these qualities matter. But the surprising thing is, especially over a long time period, our personal characteristics tend to get overpowered by our environment. If we want to maximize the odds of success, then we need to operate in an environment that accelerates our results rather than hinders them.

There are many ways to design an environment that promotes success. First, automate good decisions. Second, get in the flow. Third, subtract the negative influences.

We are quick to blame our environment when things don’t go the way we want. If you lose a job, it's because of economic fallouts. If you're late to work, it's because traffic is insane. When we win, however, we ignore the environment completely. If you land a job, it's because you are talented and likeable. If you're early for a meeting, it's because you are organized and prompt.

It is important to remember that the environment drives our good behaviour as well as our bad ones. People who seem to stick to good habits with ease are often benefited from such an environment. Meanwhile, people who struggle to succeed can be fighting an uphill battle against their environment. What often looks like a lack of willpower is actually the result of a poor environment.

Life is a game and if you want better results over a sustained period of time, the best approach is to play the game in an environment that favours you.

Manasa [XII C]

A NEW BEGINNING

It was a time
No less bitter
No less sour
With sorrow and fear
Frightening, one and all.
The toll rises,
Patients short of doctors and beds
You can't help, but cry
Not a soul to console,
Not a shoulder to lean on.

There he lay on his bed
All weak, put-out but hopeful
With a wish to spend
His time with his dear ones.

I hear a melodious note
The wind chimes welcoming the new breeze,
For, the past is gone
With the rise of dawn

The little finch set free from its cage,
Marks the beginning of a new age.

It is a time
Less bitter
Less sour
With no sorrow nor fear
Frightening, one and all.



C. PadmaPriya [XI A]

FORGING FORWARD

The corona virus has infected over millions of people across the globe, causing a worldwide shutdown of markets, industries, workplaces etc. The pandemic not only caused loss of jobs for many but also the loss of dear ones. These are the testing times when we tend to lose hope and give up. But we need to remember that sometimes it is the greatest pains that give us the greatest strengths.

“Move on”, they say. The two simple words touch different levels of human emotion for different people. While for a few people it is about facing the next day, for others it is about reconciliation and acceptance. A fog of despair and grief has clouded our minds, making it difficult for us to adapt to the present situation and live with a fresher perspective. It is during these grim times that the exalting spirit of humans comes as a surprise to us. Many people have taken this time as an opportunity to pamper their craftsmanship and creativity. Many have unearthed their painting skills, rekindled their culinary skills, taken their time for self-improvement etc. One can call this to be a blessing in disguise when we got a sabbatical from our ever busy lives. This unprecedented situation which has taken a toll on mental health, has also helped to improve relationships.

As the saying goes ‘Every dark cloud has a silver lining’, this lockdown has helped in restoration of nature and has decreased pollution levels tremendously. The spotting of birds that are on the brink of extinction, in local areas and the profound increase in wildlife, is testimony to this. These give us a new hope and reason to move on and live with optimism. Our new normal is online classes, stepping out with masks, social distancing, usage of sanitizer profusely, online shopping, video chats with friends etc. Technology has helped us to get through with this with minimal contact with outsiders. We are all desperate to go outside, to meet our friends, to eat scrumptious restaurant food. But our desperation is just superficial when we compare it to the worry and trouble we need to go through, if we get infected. So let us all bridle our superficial desires; it’s not for long until everything is going to be back to normal.

Remember every cold and cruel winter is followed by a pleasant and refreshing spring. The sun is going to rise and the clouds of depression shall soon pass. Time has the power to heal everything and the dawn of happiness will soon arrive. Until then we need to get accustomed to the new normal and forge forward. Always remember, whatever happens ‘Life goes on, let’s live on’.

Sanshitha. D [XI B]

HOPE

Sometimes it's common an opinion
At others it turns out to be dominion,
That it takes insurmountable strength to reach the threshold
Which many refuse and fail to withhold.
But never occurs a thought that it is only with great difficulty
And not to forget extreme perplexity
That some face post eventide
And gear themselves, for the ride.
Encompassed by a bundle of murkiness and caliginosity
It is rather, a bitter fact that we fade into obscurity
Tardily pacing towards the witching hour
We begin to lose fear and hope though seemingly sour.
Perfectly sure that it is way past midnight
We find ourselves in the twilight
Of hope, of luck and a land of no return
Paving way for destiny to take its turn
Distinguished we become, when we reach that pinnacle - The Hope



Sreevardhini. TK [XII B]

I WISH

Sometimes I wish,
Instead of working non-stop, why don't we just give our lives a pause?
And enjoy the little things that we used to do as kids?
The rain, the dew drops, the rainbows,
And just peacefully staring out of our windows,
The morning breeze so chilly,



And laughing at things so silly.

Why couldn't we have some time?

To look around and just hear the winds chime?

Diya Malhotra [XI C]

IS CHANGE A CHALLENGE?

It has been rightly said- “Change is the nature of life, but challenge is the future of life. So, challenge the changes. Never shun the challenges”. The challenges or the changes due to the pandemic are recurrent cause for concern, some of which have added to the prevailing problems. From education to the economy of the country, the impact is enormous. Although man always paves his way through the toughest of times with his intelligence and valour, not everyone is capable of everything. When technology has influenced education in remarkable ways, there are people who have no access to technology. When luxuries are enjoyed by people without having to step out, tireless daily wage labourers work hard to make ends meet. A change need not be a challenge for all!

It can be accepted that the changes happening now do not affect everyone in a massive and concerning manner, but they do have a modest impact on everyone. The fear of falling prey to the disease prevails in each one. The lockdown has made people realise the importance of relationships, the laughter at school or college or their workplace, the comfort of friends and relatives in times of crisis.

Everyone encountered new challenges. No one imagined that a six-year-old, who loved to relish life and enjoy the beauty of every new thing around, would be made to sit at one place and stare at a screen and be expected to learn new things out of it. Neither did anyone imagine that the gossip and laughter, a teenager enjoyed at school and at college, would be replaced by text messages and video calls. Celebrating any joy without having loved ones by the side is a kind of challenge too. Staying trapped within the walls of a room all day in order to achieve goals is a challenge faced by the majority. Just like changes, challenges are inevitable too. Every challenge brings out the best in us. This period is a test for our tolerance, willpower and determination to make the best out of any situation and we should ensure we pass this test with flying colours.

Samana Seshu [XII B]

PETS - THE IDEAL COMPANIONS

There's nothing like the unconditional love of a pet. The bonding between humans and animals doesn't stop with cats and dogs. It can be with any type of animal. Dogs love their human companions more than they love themselves. They are very loyal and stay

with us in our hard times and not only show their affection, but also help to overcome stress and vanquish loneliness. They warm our hearts by their presence and their eyes have the power to speak.

Most psychologists suggest their patients adopt a pet as they can certainly help one to see the bright side of situations. They advocate adopting pets, saying that pets love us forever.

Animals do not hold grudges and do not complain about any misery. My Labrador is an exceptional dog. She made me realize the truest meaning of unconditional love. When I needed the most support, I found her paw. She loves attention and likes to play tug-of-war with anything she can get into her mouth. I am very thankful to her because she completes my family. Her belly is my favourite place to rest. No matter what, my love towards her never decreases.

Children growing up with pets are very sociable. Pets help us to build a healthy spirit and also add to our physical and mental health. Owning pets like fish and birds improves our thinking ability. Pets teach us many values that a human should inherit. Pets can understand human's behaviour and emotions and add real joy to our lives.

Mohandas Karamchand Gandhi, the father of our nation has written about the importance of human-animal bonding in his autobiography. Pets come into our lives to teach love. They enliven our lives and thus become man's best friends.

G.R. Reshma [XI A]

RELATIONSHIPS: A NEW PERSPECTIVE

Family isn't defined only by last names or by blood, it is also defined by love and through commitment. It means being there when they need you the most. It means choosing to love each other and never giving up on each other.

What happens when you are forced to look at the same set of people for six whole months? Do you get to know them like you have never before? Or would you rather notice their flaws and irregularities like you never did before?

During the lockdown, my relationship with my family and friends has undergone momentous changes. For instance, my sister with whom I thought my relationship would always be nothing deeper (than that with a person whom I shared my parents with), has evolved into something that surpasses almost every relationship that I hold close to my heart. She's become more than a sister to me, she's become a parent, the most loyal friend, a punching bag and more than anything, a shoulder to lean on.

During this lockdown, the people who I thought would be there forever with me have drifted apart, our relationships are now estranged, while new, exquisite and extremely

unexpected relationships have bloomed, our affability scaling new heights. The constants in the equation of my life-my parents - have stood with me through my toughest times.

“Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with everything they have.”

This is one line I have etched in my memory. When someone loves you even after your trampoline-like mood swings, hours of ignorance, numerous texts left unread, and suffers all your tantrums, just cherish that relationship, hold them close and never let them get out of your life. And the people who top that list are definitely your parents.

And guess what, there's always one person who loves you no matter what- that is you. Yes, no one can ever love you more than yourself. Self-love is the best love. Self-love isn't about always feeling good- it's about knowing that you are worthy even when you don't feel it.



One should seek to be whole, not perfect.

In this lockdown, I have learnt that blood is definitely thicker than water, and that one should necessarily preserve one's relationship with one's family. One should respect and value one's true friends.

I have learnt that things do not always turn out the way you planned, or the way you think they should. There are things that go wrong that don't always get fixed or get back together the way they were before. And I have learnt that you can get through bad times and keep looking for better times, as long as you have people who love you.

During tough times like this pandemic, all we have is hope and our relationships that make our minds immune to depression and negativity.

Abhinaya. V [X1 A]

‘ART’ - THE ANCHOR OF LIFE

The first thing that comes to our mind when we hear the word “ART”, is a painting or a drawing on paper. But it is more than just a piece of canvas. Visual arts, literature, sculptures, architecture and performing arts are all various art forms. Since time immemorial, art has been a part of our lives, without us being aware of it.

The influence of these art-forms on human life cannot be ignored. “The art of a people is a true mirror to their minds,” said Jawaharlal Nehru. It has become a platform to express our emotions and feelings and is a forum for many people who find it difficult to mingle and

interact with the outside world. It helps lift our mood and has also been scientifically found to enhance cognitive development in children, helping them learn easily. These artforms make life more joyful and colourful. It is something that comes from our heart and soul, and can not be forced upon us. While performing or creating something, the joy and contentment that we get after we achieve success in it, is priceless. Performing arts also plays a major part in the character development of children from a young age. These artforms help us fight depression and stress and can also influence the decisions we take in life. Art helps us express our hidden talents and also brings about a sense of pride, courage, perseverance and confidence in us. It also helps us be more disciplined. It helps us see things in a different light and opens up new perspectives of life.

Hence, it is an inevitable fact that art has been the anchor of life to people during all trials and tribulations. Let us embrace it and follow our passion, no matter what!

M. Inba [XI B]

REBUILDING RELATIONSHIPS DURING QUARANTINE

Time is known to bring about change in our relationships as in science and the way of life. Friends, family and we ourselves oscillate with time, like a smooth wave which brings seashells [us] to the shore and takes them back into the deep ocean. To maintain a healthy relationship with others, we must maintain a healthy relationship with ourselves, and to do so, we must hold on tight to little things that make us smile a little brighter every day.

It is a well-known fact that time is the greatest healer. Taking time for ourselves by the colourful garden that brings tranquillity, walking one's dog as the morning breeze greets them, updating ourselves with the warm crispness of the morning newspaper, these are the times when we get to pause from everything and live in the moment through the routine that we build for ourselves. Our routine is what we find comfort in, it is a gift to know what we're to do next, while navigating the unknown, it is the draft we write for our own story. When the world as we know changes, so does our routine. In Spite of such a change, this pandemic has proved that change is nothing but another chapter in our story. Dancing our heart out in our room, trying new coffee variants, cooking grandma's recipes, styling ourselves, are the various ways in which people keep themselves together to remain steady even when the ground beneath your feet shifts. The path to survival includes these small things that act as medicines for the time capsule that we are living in. We have the ability to step out from the comfort of our normalcy and survive any change.

WhatsApp pings replacing alarms, weekly video calls, emails, etc have helped us maintain our relationships but it is important to know that technology shouldn't be our only armour shielding our relationships. Reading the same books together, growing the same plant,

sharing our daily happenings, painting, are a few ways in which people build more relationships, which is more effective as no internet connection can replace the strongest of them all, the human connection with each other.

R. Nanthitha [XI B]

A LITTLE HOPE GOES A LONG WAY

“Grandma, can you read me my favourite bedtime story? The one about the people fighting against a virus?” little Arya asked. “Okay, so in 2020, a wicked monster called the coronavirus took over the whole world. Everyone was made to stay at home for 10 months!” I said. Arya looked at me with his eyes wide open and said “10 months??” as if he was hearing the story for the first time.

“Yeah, everyone had to stay at home to win. So that's what they did to save the day!” I said as I thought about how difficult a time it actually had been.

“Grandma! How did the humans win by staying at home? Didn't they get bored?” he asked with great curiosity. “Well Arya, it wasn't easy. But everyone stuck together till the end. While the scientists worked so hard to find a cure and doctors worked to save people, the normal people had to stay home to be safe. They got closer to their families, learnt new skills and even became better people.”

“But grandma,” Arya asked, looking confused, “Who was the hero?”

“Hope.” I said. “People stayed hopeful through it all and that's what made them win!” I said with a smile.

“A little hope goes a long way” we both exclaimed.

Rakshana. V [XI B]

LIFE IS ALL ABOUT HOW WE SEE IT

In today's competitive world, each one is in a mad race to achieve a good name, fame and money. Each person wants to outsmart others, but what one fails to understand is that everyone is unique and has a different path to tread. We always fear what the society will think of us. So, we start adjusting to society's expectations and often end up losing ourselves in the journey called 'LIFE'. Thomas Alva Edison's teacher told him that he was “too stupid to learn anything”. But he went on to invent the first incandescent light bulb.

Thus, life is not about what we see; it's about how we see it. We should learn from our experiences and the challenges we face. Making oneself see things differently is not so easy. As Dr. A.P.J. Abdul Kalam said, "Problems are common, but attitude makes the difference". "A pessimist complains about the wind; the optimist expects it to change; but a leader adjusts the sails". "Don't be like the birds which find shelter during the rain. Be an eagle that avoids the rain by flying above the clouds".

Let us not crib about our problems; instead view every problem as a challenge to be solved. We are not only born to explore this world, but also ourselves. Let us improve our good qualities, let go off the negative thoughts, see things with a different perspective and design our own portrait of life.

S. SARIKA and S.M. SUCHITRA [XII C]

HOW I FOUND ME!

Billboard winners, No.1 on Billboard Artist 100 chart, the UN speakers, BTS (Bangtan Sonyeondan)! Whenever I feel low, I know I can rejoice, listening to their songs! People get peace through various sources, but for me, it's by listening to their music. Sometimes, I wonder if their journey was always bright, contemplating their popularity. But I think of their initial struggles, when they had to request people to attend their concerts for free.

Of course, it wasn't easy! But, thanks to the band members who stood by each other, worked hard, and all those who never stopped believing in them, they were successful in their efforts to spread humanity and positivity.

After all the hard work, and their "Love Myself" campaign which emphasizes that true love begins by loving oneself they got a chance to speak at UNICEF.

Their lines in the first UNICEF speech, "Maybe I made a mistake yesterday, but yesterday's me is still me. I am who I am today, with all my faults. Tomorrow I might be a tiny bit wiser, and that's me, too. I have come to love myself for who I was, who I am, and who I hope to become", inspired me and left an impact, which made me love and believe in myself.

Their music always motivates me, LIFE GOES ON, LET'S LIVE ON! -BTS

Shourya Dubey [XI B]

ART AND QUARANTINE

The forced isolation and social distancing rendered many people confined within their homes. As a result, their connection with the outside world was severed and they were coerced to spend their valuable time indoors. While science has been saving the world

from falling into the jaws of the fatal virus, art helps us to motivate ourselves and cope up with the monotonous period of lockdown. Art in its various forms like dance, music, reading, painting, cooking, and so on, has lent its hands in healing people psychologically. During dire circumstances, a momentous joy comes to people through art.

During the lockdown, many tried their hands on cooking and baking, which not only relaxed their minds but also helped them discover their latent skills. This was the time when numerous painting and sketching pages came up on social media. Both artists and non-artists relieved their frustration through a splash of beautiful colours which represented their thoughts and emotions. Book reading, one of the most common hobbies, has largely contributed to knowledge enrichment and relaxation. Reading story books, newspapers, journals on a daily basis aids us in thinking logically and viewing everything in a new perspective. Snuggling up with a good book can transport us to the world of fantasy, away from immediate worries and thus reducing stress. Reading the stories of people who lived in different and difficult times makes it easier for us to understand and relate to them, especially with the COVID 19 survivors and the success stories of those working hard during the pandemic.

Dance and music invariably heal one's mind. Dance and music therapies are quite famous in the fields of psychology and psychotherapy globally. Dancing brings out one's inner feelings and emotions in the form of various movements that integrates our thoughts and actions and promotes overall well-being. Music helps resolve several problems that we face in our daily life. It changes the way of thinking and enables us to pour the innermost thoughts and emotions and speak our hearts out.

All forms of art in some way or the other aid us in spending the lockdown time creatively. We need not be masters in the art forms in order to indulge in them. We simply need to enjoy them and be interested, so as to get the maximum benefit out of them.

V. Maathini [XII A]

WE GAIN SOME, WE LOSE SOME

“Loss and gain are life's way of keeping us in check and
Making sure we have a heart of gratitude”

- Iyabo Ojikutu

Loss and gain are a part of life. Through each loss and gain we learn something. These become the stepping stones of success. This pandemic has changed the life of many. Covid-19 is almost like a transformation of the era. It has changed the lives of many people and has made them realize many new things

Though the pandemic is a trauma in our life, we have learnt a lot. The pandemic has reduced air pollution to a great extent. During normal times, we hardly find time to spend together. But this pandemic has given a quality family time which we should cherish. This lockdown has helped many people follow their passions and has enhanced their skills. This has been a time when all of us have taken traditional immune-boosters to fight the deadly disease. This lockdown period has made many people work on their physical fitness. People have started consuming home-made food. "Our world was created with a sense of order.



For every loss, there is a gain." Sometimes we are so blinded by the loss that we don't see the gain, don't recognize the gift..." The novel pandemic has given people hardships and loss. Many workers have lost their jobs. Though people are ready to work, they don't have job opportunities. Many people have lost their lives without having enough money for medications. The country's GDP has also declined because of this pandemic. But, the NEW NORMAL has begun, let's be confident and look forward for the good days which are fast approaching!!

Santhana Rajalakshmi. S [XI A]

THANK YOU TEACHERS!

In these uncertain times

Few things give hope

Was it the continuous monotony of unchanged day?

Or the vibrant splash of living a different way?

Six months sped through

There were things which were persistent through and through

And to those who managed it

We say, "Thank you!"

Childish whispers of ghosts in bathrooms

Shadow monsters of the unknown

A gentle caress for the trying soul

You helped our way through



It was going to be the grand ending.

The year of summit of fourteen years gone undone

But yet you persisted.

Exchanging the black board for the white screens

Knowledge and growth still seeping through

And for this we say,

“Thank you!”

Thank you for these six months

Thank you for the fourteen years

Thank you for all the growth

Thank you for the world you opened to us

Thank you for the mind you made ours

Thank you for being all you are

Thank you.

J. Sudiksha Smriti [XII B]

I AM MISSING MY SCHOOL

I am missing my School and I miss seeing my teachers and friends in person. I want to see my teachers because they teach me good behaviour and habits along with studies.

I love my friends a lot because I play, share lunch and have fun with them. Though I like online classes, I miss school very much and I wish I could go.

But even if school opens, I must be very careful and take care of my health. I should wear a mask always, keep a safe distance from everyone and wash my hands regularly with soap.

I pray to God every day to protect me, my family, my teachers and my friends and keep us safe. I dream of a corona-free and mask-free world for all of us!!!!

We are little children,

We want to play and run.

I want to see my teachers,

Because they love and take care of us.

I want to see my friends,

Because we share, laugh and our fun never ends.

I miss my school a lot,

And I pray for everyone's safety.



I DREAM OF A CORONA-FREE WORLD FOR ALL OF US!!!!

Smrithi. R [I C]

PROTECT YOURSELF

Precautions against the corona virus

- Clean your hands often.
- Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible. Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- If you have fever, cough and difficulty in breathing, seek medical attention. Stay home if you feel unwell.

P. Athulya [IV A]

CAN'T REFUSE LOSE OR GAIN

We gain- that does not remain,

We lose- that our hearts refuse.

We gain and lose again and again,

We worry about the loss, in pain.

We gain and we rejoice,

But after sometime we realise,



That lose and gain come alternately.

I am at loss now missing my school,

Very soon, I will get good news!

Tania Vasantha Sree [V B]

BEING A MOM

Being a mom is very difficult. A mother loves her children deeply. She also understands her children better than anyone else. She cheers them up when they are sad, and will not let them lose hope. If anything happens – good or bad, she is the first person to embrace them.

Mothers have the most difficult job in the world – providing unconditional love and support to their family. Besides this, certain mothers go to work to provide for their family. This is a heavy burden on her health and well-being. On certain days, she might tend to scold you out of frustration, but always remember, she loves you and has your best interests in mind.

S. Harshitha [IV A]

BOB IS LOST

Once there was a boy. His name was Don. He had a dog named Bob. Don was very fond of Bob. Don said, “Come, Bob, let’s go for a walk. It is very hot. We will go to the pond.” Don and Bob began to walk. The pond was a long way off. It was inside a forest. Suddenly, Bob saw a fox coming. He ran after the fox. “Stop! Bob stop!” shouted Don. But Bob did not stop. Don ran after Bob, but he could not catch him. “Oh, Bob is gone!” cried Don. He sat on a log and sobbed. “Bob’s gone, and I’m lost. What will I do?” He cried. Then he saw Bob coming back. Don hugged Bob and cried in joy. “I’m still lost, but I have you,” he said. But Bob knew the way, and he led Don home!

Joseline Andrea. V [II A]

BURST YOUR EGO NOT CRACKERS

Let’s celebrate this Diwali without crackers. Crackers are of no use; they are just environment abuse. Also expensive crackers are a waste of money. Let’s not spend money to satisfy our egos. People have started to lavishly spend on firecrackers as status symbols to show off their wealth and status. We are forgetting that Diwali is a festival of light, and not fireworks. So, let us celebrate this Diwali and maximize our happiness with earthen lamps.

Go green and stay safe this Diwali...

Nandhika Narayan [V B]

DREAM

I dream that I fly,
To a place where one can see
Wonders by and by.
Where the rivers are chocolaty,
Mountains are made of ice cream and cake.
Where there are farms of chocolate chip cookies.
Huts are made of gingerbread,
Roofs are made of wafers,
Dolls are made of marshmallows.
Where humans and animals make merry
And dolls are made of marshmallows.
Then I suddenly came awake!!



S. Sindhuja [V C]

MY BIRTHDAY TIME IN CORONA

July 10th is my birthday. In July, there was a complete lockdown. Nobody was able to go to work. I thought that this year's birthday would be a bit boring as no friends were going to come to my birthday party. If there was no corona and no lockdown, I would have given a party to my friends. But it was not so. My mom and dad gave me a surprise. They organised a party at home for me! My mom learnt how to make cake in the lockdown and is a good baker now. We formed teams. My grandpa and I were a team and my sister and grandma were a team. We played games together. My mom baked an amazing cake for my birthday. It was an excellent party even without friends. I loved this Corona birthday of mine.

P.H. Kavin Nila [IV A]

WORD PUZZLE

							4			
	1		2		3				5	
6										

CLUES

- * The whole world was pushed into [1] in early 2020.
- *If you are tested [2] for the virus you have to be in [5].
- *Without wearing a proper [3] do not step out of the house.
- *Use [4] to clean your hands regularly.
- *Let us all try to eradicate [6] soon

ANSWERS
[1] LOCKDOWN
[2] POSITIVE
[3] MASK
[4] SANITIZER
[5] QUARANTINE
[6] CORONAVIRUS

Lenora Martin [IV A]

MY SISTER

My Sister's name is Shyamala. She is five years younger to me and she is studying in LKG. I like my sister very much. She is my best friend. She loves to eat sweets. Shlikes to read books, listen to stories and paint. I love playing with her. She is very naughty and we have small fights while playing. But she always supports me when my parents scold me. I love being in the company of my sister always. She is a very caring

Nirmala Vaidyalingam [IV B]

MY PET DOG

It was a warm summer evening. A street dog was wandering in the town of Manali. A small boy named Rahul was going to the market which was in the heart of the town. When he reached the market, he saw a small dog. It was very cute and it was trying to pull a torn ball lying on the street. Rahul was pleased by the funny activities of the dog. So, he carried it in the brown bag he had brought and went back home. He placed the dog in his garden. When his mother came to water the plants, she saw the dog. So, she called Rahul and said, "Why did you carry this dog home?" Rahul said, "Mom, I have brought the dog because it is cute. Mom! Please can we keep the dog with us?" She replied, "Oh sure! We can keep the dog with us, but you should train him." "Yes Mom!" Rahul answered. He named the dog Buddy and from then onwards, it became his own pet. They had memorable times together – jogging together, playing with a ball and exploring the lake nearby.

Y. Antonella Cheryl [IV C]

AS YOU SOW SO YOU REAP

Once upon a time there was a girl named Madhu. She lived in a village. Early one morning, her mother sent her to get some milk from the cow shed. She took some straw to feed the cow.

When she was on her way, she met an old man. He called her and said, "Young girl, where are you going?" She said, "I am going to the nearby cow shed to get some milk". "I am going there too, but I can't walk as I am very tired," he said. "How can I help you?" she said. "Can you take this cup and get me some milk too?" he said. She agreed happily and took the cup to get some milk for him. On her way, she met another girl. That girl was of her age and was looking very tired. She was carrying a large bundle of straw. The girl said, "Where are you going?" Madhu told the girl that she was going to the nearby cow shed to get some milk. The girl said, "Can you give this straw to the cow shed owner and collect the money for this straw?" She agreed happily and took the straw.

After a few minutes, she met a young man. He also asked to take his cup and get some milk for him because he had a lot of work to do. She agreed and took the cup.

When she reached the cow shed, she first fed the cow with the straw and got the milk for the old man, the young man and herself. Then she gave the straw and collected the money in return. When she was on her way back home, she gave a cup of milk to the young man, then she gave the money to the girl and at last she gave a cup of milk to the old man. Soon she became good friends with all of them.

One day, there was a big celebration, and a grand feast was to be arranged in her house and three litres of milk was needed and decorations had to be done. The young man helped her arrange the feast. The girl took care of the decorations and the milk was brought by the old man.

The people who had come for celebration were stunned by the awesome decorations and everyone enjoyed the delicious milk and the grand feast. Madhu realized that the celebration wouldn't have been so wonderful without her friends.

MORAL OF THE STORY: WHAT WE GIVE OTHERS REACHES US BACK.

N. Riya Laxmi [IV B]

THE TIGER AND THE PAYASAM

Once there lived three sisters. Nina was the eldest of them. The second sister was Mina and the youngest of them was Rani. They lived in a forest. They worked hard in the fields which were far away from their home. One day, as they were working, Rani felt thirsty. So Nina told Mina, "I will bring some water from the nearby pond. You take care of Rani." Mina said, "No, you wait here. I will bring water from the pond." So Nina gave Mina a pot to bring water.

Mina reached the pond and filled the pot with water. When she was about to leave, a tiger came roaring at her. The tiger said, "I haven't eaten anything for many days. So let me have a feast." Mina trembled with fear and said, "Please don't eat me. Instead, come to my house in the evening. I will give you payasam to eat." The tiger let Mina go. Mina forgot about her promise. In the evening, they made payasam and all of them drank it. At last nothing was left. Mina then remembered the tiger. She told Nina about the tiger and her promise. Mina and Nina quickly went inside the kitchen. They made a payasam with raw rice and milk. They added leaves, pebbles and salt to it. They all hid behind the house. When the tiger came, he saw that there was no one in the house. He went to the table and saw a pot full of payasam. He drank it immediately. "Ouch!" he shrieked. All his teeth had fallen. He ran away and never came back to the house.

Shubhashree Parida [V C]

MY STAY IN THE USA

I went to the USA with my parents when I was two years old, in 2013. I travelled by an aeroplane. I stayed in Connecticut for one year.

During my stay, I went to New York by train. I visited the Empire State Building and the Statue of Liberty. I also went to the Light House beach which is a beautiful place with a park to play in. We took a lot of photos there on the beach and enjoyed ourselves.

In the autumn season, I saw the colour change of leaves to orange, yellow and red. Then winter came and it was very cold. I had to wear thermal wear and jerkins when going outside. I saw the snow there and enjoyed playing with snow.

We visited our cousin's home during the spring season. There were different colourful flowers that I saw during spring. Finally, came summer and we went to Niagara Falls. I enjoyed seeing the waterfalls and also went to the aquarium. It was so beautiful. I still preserve those photos.

My stay in the USA was a memorable one and I am excited to see myself as a kid when I see the photos and videos even now.

Nirmala Vaidyalingam [IV B]

THE FAIRY AND THE GOBLIN

Once upon a time in a village called Fairyville, there lived a sweet little fairy called Bella. Once when Bella was having lunch, a goblin appeared. Bella was astonished and terrified. "Hey goblin! What do you want?" said Bella. The goblin said, "I am hungry and I want to eat you." Bella said, "Fine, but we will have a race first." "That's fine," said the goblin lazily. Bella said, "If I win the race, you goblins should not dare to look at Fairyville and if you win, you can eat me." "I agree," said the goblin.

The next day they had the race. "One, Two and Three..." The race began. The goblin was running but Bella was flying. Then the goblin poured water on Bella's wings. Poor Bella collapsed. The goblin laughed and said, "Catch me if you can." But Bella was clever. She climbed a tree and the sun's heat started to dry Bella's wings. Bella started to fly again. The goblin was shocked. Bella won the race. Thereafter no goblin tried to peep into the fairy village.

Moral - Be brave and clever

Sanjana Sridhar [IV B]

THE MAGIC COOKBOOK

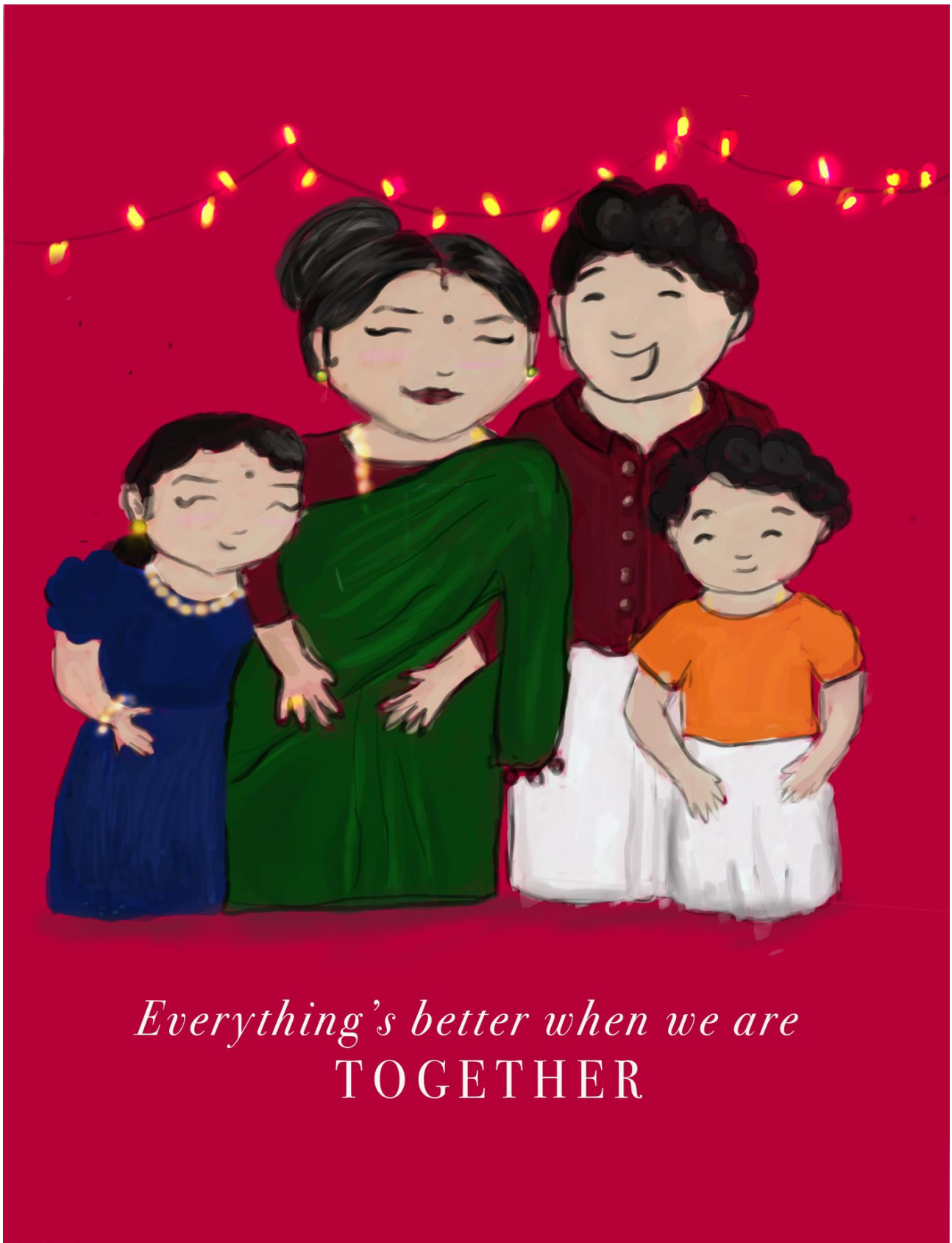
It was the middle of the Coronavirus lock down. My sister Akshara and I love to bake. One fine morning the two of us were making a chocolate cake with my mother. Akshara brought the mixing bowls and I helped her put the ingredients and mix the batter. Meanwhile, my little sister Aadhira was playing with a ball. Suddenly she threw the ball at the batter and the batter spilled. We got angry and started chasing her. Aadhira hid in the attic. When she came out, we saw a cookbook in her hand: "A magical cookbook!"

"We have never cooked these recipes before," said Akshara. We were so surprised to see some mystery codes and spells in the cookbook. The first thing we wanted to do was to find a way to get rid of the bad virus and free ourselves from the lockdown. While we were turning the pages we could see a recipe for a potion with a mystery code "SMS", we wondered what it could be.

With a little help from our parents, Akshara and I, along with my little sister Aadhira cooked the healthy magic potion. Also, we solved the mystery code," S-Sanitizer M-Mask S-Social Distance"

Last but certainly not the least, our magical potion along with the mystery code helped to kick the Coronavirus. Hurray! It's back to school time, can't wait...

Adhithi Sivakumar [III B]



Everything's better when we are
TOGETHER

Digi-art by Sushmita

[Click here ...Index page](#)

1.விதை

ஒரு அழகான கிராமத்தில் ஒரு அழகிய அணில் வாழ்ந்து வந்தது .அந்த அணில் ஒரு நாள் மரத்தினடியில் விளையாடிக் கொண்டிருந்தபோது, ஒரு விதை கிடைத்தது. அந்த விதை அழகான நிறத்திலும், வடிவத்திலும் இருந்தது. அணிலுக்கு அந்த விதை மிகவும் பிடித்திருந்தது. எனவே அதை பத்திரமாக பாதுகாத்து வந்தது. அந்த விதையை எப்போதும் கையிலேயே வைத்திருக்கும்.

பின்னொருநாள் அந்த அணில் உணவு தேடி ஒரு வீட்டிற்குச் சென்றபோது அங்கே அந்த விதையை தவறவிட்டது. சிறிது நேரம் கழித்து விதையைக் காணோம் என்று உணர்ந்தது. பின்னர் எல்லா இடங்களிலும் தேடியது ஆனால் விதை கிடைக்கவில்லை.

அந்த வீட்டில் இருந்தவர்கள் அந்த விதையை எடுத்து மண்ணில் புதைத்து வைத்தார்கள். ஏற்கனவே அந்த வீட்டில் ஏராளமான செடி கொடிகள் வளர்ந்து இருந்தன. ஆனால், அந்த விதை முளைக்கவே இல்லை.ஒரு பெளர்ணமி அன்று அந்த விதை திடீரென்று முளைக்க ஆரம்பித்தது. ஆனால் அது வளரவில்லை. ஆச்சரியமாக அடுத்த பெளர்ணமியன்று மறுபடியும் வளர்ந்தது.

அப்போதுதான் அவர்கள் உணர்ந்தார்கள் அது பவுர்ணமி அன்று மட்டும் வளரும் அற்புதச் செடி என்று. அப்பொழுதுதான் கொரோனா என்ற வைரஸ் பரவ தொடங்கியிருந்தது. செடி வளர்ந்த வீட்டில் உள்ள ஒருவருக்கு கொரோனா பாதிப்பு ஏற்பட்டது. கசாயம் தயாரிப்பதற்காக இலைகள் பறிக்கப்பட்டபோது தவறுதலாகப் பெளர்ணமி செடியின் இலைகளும் பறிக்கப்பட்டன. அந்த கசாயத்தைப் பருகியதால் அவர் விரைவில் குணமானார். அவர்கள் வீட்டிற்கு வந்த மருத்துவர் அந்த அற்புத செடியைப் பார்த்தார், இது ஒரு அபூர்வ மூலிகைச் செடி என்றும் இதுதான் கொரோனாவைக் குணப்படுத்தி இருக்கும் என்றும் கூறினார். பின்னர், அனைவருக்கும் அந்த இலையின் மூலம் கசாயம் தயாரிக்கப்பட்டு வழங்கப்பட்டது. இதன் மூலம் அனைவருக்கும் கொரோனா வராமல் தடுக்கப்பட்டது. அந்த நோய்க்கிருமி வந்த சுவடு தெரியாமல் ஓடிவிட்டது. இவற்றைக் கவனித்துக் கொண்டிருந்த அணிலுக்கு, அந்த விதையை நாம் கையிலேயே வைத்துக் கொண்டிருப்பின் இத்தனை நன்மை ஏற்பட்டிருக்குமா.? அழகாக உள்ளது என்பதற்காக மட்டும் மற்றவர்களுக்கு உபயோகப்படக் கூடிய பொருட்களை நமக்கு உபயோகம் இல்லாவிட்டாலும் வைத்துக் கொள்வது தவறு என்று புரிந்தது.

நீதி - நமக்குப் பயன்படாது மற்றவர்களுக்குப் பயன்படும் பொருளை நாம் வைத்திருக்கக்கூடாது.
அரிய மூலிகைச் செடிகளை நாம் பாதுகாக்க வேண்டும். பாதுகாக்காததின் விளைவு இன்று துன்பப்படுகிறோம்.

மோ சுந்தர உமையா
மூன்றாம் வகுப்பு- அ பிரிவு

2. அன்றைய விளையாட்டு

இன்றைய பாடம்

பல்லாங்குழி - இருக்கும் இடத்தில் எடுத்து இல்லாத இடத்தில் கொடுக்கும் குணம் வளர....

பரமபதம் - ஏற்றம்,இறக்கம் இரண்டும் இருப்தே வாழ்க்கை என்பதை உணர்த்த....

தாயம் - வெட்டி வெளியே எறிந்தாலும் மீண்டும் முயன்று முன்னேற....

நொண்டி - சமமாக இல்லாதபோதும் சாதிக்கத் தூண்டும் சக்தியைப் பெற...

கண்ணாமூச்சி - ஒளிந்து இருப்பவர்களைக் கண்டுபிடிப்பதற்கான பொறுமையையும்,தானே ஒளிந்து மகிழ்ந்து இருக்கும் பொருமையையும் பெற....

செ.மஹதி
மூன்றாம் வகுப்பு- அ பிரிவு

3.சிலவற்றைப் பெற்றோம் சிலவற்றை இழந்தோம்

கொரோனா,

இச்சொல் போன வருடம் வரை தெரியவில்லை
அச்சொல்லின் பயம் அடுத்தவருடம் வரை
தெளிவதற்கில்லை
அவரவர் குடும்பத்துடன் நேரம் செலவிட
நாட்கள் கிடைத்தன
தம் வேலையை இழக்கும் நாட்களும் கிடைத்தன
குழந்தைகளின் வகுப்புகள் வீட்டிலேயே நடைபெற்றது
ஆனால் ஆசிரியர்களின் நேரடி அரவணைப்பு
விடைபெற்றது
பெரியவர்களின் கூட்டு விளையாட்டு கிடைத்தது
நண்பர்களின் கூட்டு விளையாட்டு மறந்தது.
பாரம்பரிய விளையாட்டுகள் தெரியவந்தது
மைதான விளையாட்டுகள் மறைந்து வந்தது
நம் உயிரினும் மேலான சில உறவுகளை இழந்தோம்
இயற்கை நாம் இல்லாமல் தன்னையே
தூய்மைப்படுத்திக் கொண்டது
சுகாதாரத்தின் மதிப்பு அனைவருக்கும் தெரியவந்தது

இலக்கிய கிரிராஜ்
மூன்றாம் வகுப்பு "ஆ" பிரிவு

4.கொரோனா எழுதிய கடிதம்

அனுப்புனர்

கொரோனா வைரஸ் தமிழ் நாடு,
இந்தியா.

பெறுநர்

வுஹான்,
சீனா.

மதிப்பிற்குரிய ஐயா,

பொருள்- இந்திய நாட்டை விட்டு வெளியேற

நான் மார்ச் மாதம் 2020 இந்தியாவில் உள்ள தமிழ்நாட்டிற்கு வந்தேன். இங்கு வந்து மக்களைத் தாக்கலாம் என்று மிக ஆவலுடன் வந்தேன். ஆனால், இங்கு மக்களோ மிக எச்சரிக்கையுடன் முகத்தில் கவசம் அணிந்து, சமூக இடைவெளி விட்டு வெளியே செல்கின்றனர். மேலும் கபசுர குடிநீர், நிலவேம்புக் குடிநீர் பருகிக்கொண்டும் இருக்கின்றனர். இதற்குத் தமிழ்நாடு அரசும் மக்களுக்கு விழிப்புணர்ச்சி ஏற்படுத்தும் வகையில் பல தகவல்களைக் கூறுகின்றனது. மேலும் மருத்துவமனைகளில் மருத்துவர்கள், செவிலியர்கள் இரவு பகலாக வைத்தியம் செய்து நான் பரவாமல் தடுக்கின்றனர். ஊர் முழுவதும் தெருக்களில் எல்லாம் கிருமி நாசினியைத் தெளித்து என்னை விரட்டுகின்றனர். என்னால் இங்கு இருக்க முடியவில்லை. சீக்கிரம் நம் நாட்டிற்கே வருகிறேன்.

இப்படிக்கு
தங்கள் அன்புள்ள
கொரோனா வைரஸ்

B.நேஹா
நான்காம் வகுப்பு இ பிரிவு

5.கோடை விடுமுறை

இந்த வருடம் கோடை விடுமுறை ஆரம்பிப்பதற்கு முன்னால் கோவிட்-19 கிருமி பரவ ஆரம்பித்து விட்டபடியால் எப்போதும் போல் கோடை விடுமுறைக்கு நான் நீண்ட நாட்கள் கழித்து என் பாட்டி வீட்டிற்குக் குடும்பத்துடன் சென்றேன் .

நான் சுமார் மூன்று வார காலம் என் பாட்டி வீட்டில் மிகவும் மகிழ்ச்சியாக இருந்தேன். நான் என் குடும்பத்துடனும் உறவினர்களுடனும் விளையாடி மகிழ்ந்தேன் . அங்கு என் பாட்டி புராண கதைகளை எனக்குக் கூறினார்கள் . நான் அங்கு சிறு சிறு சமையல் கலைகளையும் தெரிந்துக்கொண்டேன் . எனக்கு சில பழங்கால விளையாட்டுகளாகிய பல்லாங்குழி , தாயம் போன்ற விளையாட்டுகளை என் பாட்டி கற்றுக்கொடுத்தார்கள் . நேரம் மிகவும் பயனுள்ளதாகவும் வேகமாகவும் சென்றது . மூன்று வாரகாலம் மூன்று நொடிகளில் முடிந்ததுபோல் இருந்தது . நாட்கள் வேகமாகவும் விரைவாகவும் சென்றதால் மூன்று வாரகாலம் முடிந்தவுடம் மிகவும் வருத்தத்துடன் வீடு திரும்பினேன் .

இது என்னால் மறக்கமுடியாத கோடை விடுமுறைகளில் ஒன்றாக அமைந்தது .

மோ.வ.நிவாசினி

நான்காம் வகுப்பு ஆ பிரிவு

6.நம்பிக்கை

வெற்றிக்கான சிறந்த ஆயுதம்
நம்பிக்கை!

உன்னால் முடியும் என்று சொல்வதே
நம்பிக்கை!

எப்போதும் ஜெயிக்கும்
தன்னம்பிக்கை!

பயத்தை விட வலிமையானது
நம்பிக்கை!

நம்பிக்கை இழந்து விடாதீர்கள்!

நம்பிக்கை நம்மை உயர்த்தும்!

ச. பவ்யா

ஐந்தாம் வகுப்பு "அ " பிரிவு

7.கொரோனா கால மனநிலை

இந்த கொரோனா காலகட்டத்தில் நம்முடைய அனைவரின் மனநிலையும் மிகவும் போராட்டமாக உள்ளது. எதை செய்வது எதை செய்யக்கூடாது என்ற குழப்பமான மனநிலையிலேயே நாம் பயணிக்க வேண்டி இருக்கிறது. எந்த பொருளோ, இடமோ அல்லது உயிருள்ளவற்றையோ எதையும் தொடுவதற்கு அச்சமான மனநிலை தொடருகிறது. அனைத்து சொந்தங்களையும், உற்றார் உறவினர்களையும் சந்திக்க முடியாமல் தவிக்கும் மனநிலையில் நாம் அனைவரும் தள்ளப்பட்டுள்ளோம். நாம் அனைவரும் இந்த கொரோனா காலகட்டத்தில் சில நல்ல ஒழுக்கங்களையும், சுத்தமான சூழலையும், தனிமனித இடைவெளியும் கடைபிடிக்க வேண்டும். இது ஒரு அசாதாரண சூழல், இந்த சவாலான நேரம் முடியும் வரை இதை நாம் எதிர்கொள்ள வேண்டும். கடவுள் நம்பிக்கை இருந்தால், பிரார்த்தனை செய்யுங்கள். யோகா மற்றும் தியானம் செய்யுங்கள். வாசிப்பது, ஓவியம் தீட்டுவது, இசை போன்றவற்றில் கவனத்தைச் செலுத்துங்கள். உங்கள் கவனத்தை திசை திருப்பி, உற்சாகமூட்டும் செயலில்

ஈடுபடுங்கள். மனஉறுதியோடு செயல்பட்டால் எந்தவித மனநிலையையும் நாம் மாற்றிவிடலாம்.

ச. பவ்யா
ஐந்தாம் வகுப்பு "அ" பிரிவு

8.தாய்

தன் கருவறையில் என்னைச் சுமந்தவள்!
தனது இரத்தத்தை எனக்குப் பகிர்ந்து கொடுத்தவள்!
என்னைத் தனது கண்ணாகப் பார்த்துக் கொண்டவள்!
உணவையும் பாசத்தையும் ஊட்டி வளர்த்தவள்!
எனது வெற்றியைத் தன் வெற்றியாக நினைப்பவள்!
எனக்காக தன் வாழ்க்கையில் துன்பங்களைத் தாங்கிக் கொள்பவள்.
ஆம்!!! அவளே என் தாய்.

ஸ்ரீ.ஷ்ருதி
ஏழாம் வகுப்பு அ-பிரிவு

9. பொங்கல் பண்டிகை...!

பொங்கலோ பொங்கல் என
பொங்கட்டும் - நல்லொழுக்கம்
பரவட்டும் அன்பெங்கும் நிறையட்டும்
சாதனைகள்.
ஒளிரட்டும் உழவர் வாழ்வு
தங்கட்டும் அமைதிதானே...

S. நந்தினி
ஒன்பதாம் வகுப்பு ஆ-பிரிவு

10.பெண் ஒரு இயந்திரம்

வளர்த்த தாய்க்கு இயந்திரம்
மணந்தபின் கணவனுக்கு இயந்திரம்
தாயானபின் பிள்ளைக்கு இயந்திரம்
முதிர்ந்தபின் அவளுக்கு அவளே இயந்திரம்
சப்தமில்லா உன் கண்ணீர்த் துளிகள்
எதை சாதித்து விடப் போகின்றன
உன் தலையணையில் பட்டு
ஈர மாவதைத் தவிர!
ஒரு முறை அழுதுவிடு
மறுமுறை அதனை மறந்துவிடு
நீ கண்ணீர் சிந்தி வருந்தினால்

அதில் உன் பலவீனம்தான் தெரியும்!

மழை நீரினால் மண்ணிற்குப் பயன்

ஆனால்

உன் கண்ணீர்த் துளிகளினால்

யாருக்கு என்ன பயன்!

சே. ஜோஷித்தா

ஆறாம் வகுப்பு ஆ பிரிவு

11. தீமையிலும் நன்மை

குறிப்புச் சட்டகம்

முன்னுரை

கொரோனாவால் ஏற்பட்ட நன்மைகள்

முடிவுரை

முன்னுரை

“ கொரோனா வைரஸ்’ என்பது மனிதர்களுக்கு நோய்களை ஏற்படுத்தும் கிருமி ஆகும். இது தொற்று நோயைப் பரப்பும் கிருமி. கொரோனா வைரஸ் காரணமாக அரசாங்கம் ஊரடங்கு அறிவித்தது. இந்த ஊரடங்கு காலத்தில் நான் நிறைய அனுபவங்களைப் பெற்றேன். இது குறித்த விவரங்களை இக்கட்டுரையில் பார்ப்போம்.

கொரோனாவால் ஏற்பட்ட நன்மைகள் :

கொரோனா வைரஸ் ஆபத்தானது, என்றாலும் இந்த ஊரடங்கு காலத்தில் அது ஏற்படுத்திய நன்மைகளை நான் உணர்ந்தேன். எனது உறவினர்கள் காணொலி அழைப்புகள் மூலம் எங்களுடன் நிறைய நேரம் செலவிட்டனர். என் தந்தை என்னுடன் விளையாடினார், எங்களுடன் நிறைய நேரம் செலவிட்டார். கொரோனா வைரஸ் காரணமாகக் காற்று மாசுபாடு குறைவாக உள்ளது. எங்கள் ஆசிரியர்கள் இணையவழி வகுப்புகள் மூலம் எங்களுக்குக் கற்பித்தனர். இணையவழி வகுப்புகளில் அவர்கள் புதுமையான கற்பித்தல் முறையைத் தெளிவாகப் புரிந்து கொள்ளும் படி கற்பித்தனர். நாங்கள் வீட்டில் ஆரோக்கியமான உணவுகளையும் சாப்பிட்டோம், எனவே, உணவுகளுக்குச் செல்வதைத் தவிர்த்தோம். இந்த ஊரடங்கில் நாங்கள் நிறைய தாவரங்களை நட்டோம். நாங்கள் பாதுகாப்பாகவும் ஆரோக்கியமாகவும் இருக்கிறோம், பொதுவாக நாங்கள் எங்கள் வீட்டை ஒரு முறை மட்டுமே சுத்தம் செய்வோம், ஆனால் இப்போதெல்லாம் நாங்கள் எங்கள் வீட்டை இரண்டு முதல் மூன்று முறை சுத்தம் செய்கிறோம். இப்போதெல்லாம் விலங்குகள் மனித இடையூறு இல்லாமல் சுதந்திரமாகச் சுற்றி வருகின்றன.

முடிவுரை :

இந்த கொரோனாவின் காரணமாக பல நல்ல விஷயங்கள் நடந்தன, அது நமக்கு ஒரு பாடம் கற்பித்தது.

வீட்டிலேயே இருக்கவும்! கவனமாக இருக்கவும் !

ஸ்ரீநிதி

ஆறாம் வகுப்பு அ பிரிவு

12.முயற்சி திருவினையாக்கும்

முன்னுரை:-

'முயற்சி உடையார் இகழ்ச்சி அடையார்'. 'முயற்சி திருவினை ஆக்கும்,' முயன்றால் முடியாதது இல்லை ' என்பன முயற்சியின் பெருமைகளையும் பயன்களையும் எடுத்துரைக்கும் தொடர்களாகும். மனிதன் தன் வாழ்வுத் தொடக்கத்திலிருந்து இன்று நாகரிகத்தின் உச்சிக்குச் சென்று கொண்டிருப்பது வரை முயற்சியாலேயாகும். முயன்றால் முடியாதது ஒன்றுமில்லை.' நம்மால் இது நிச்சயம் முடியாது' என்று எண்ணும் கடினமான காரியங்களைக்கூடத் திரும்பத் திரும்ப விடாமுயற்சியுடன் செய்தால் கட்டாயம் வெற்றி அடைய முடியும். அது நமக்கு மேலும் நம்பிக்கையை ஊட்டும்.

ரால்ப் எம்ர்சன், "எந்தச் செயலைச் செய்வதற்கு விடாமுயற்சி எடுக்கிறோமோ அதனைச் சாதிக்க முடிகிறது; சாதிக்கிறபோது அந்தச் செயல் ஒன்றும் எளிமையாகி விடவில்லை; நமது முயற்சி அதனைச் செய்து முடிக்க எளிதாக்குகிறது" என்கிறார். எந்தக் காரியமுமே ஆரம்பிக்கும்போது மலைப்பாகத்தான் தோன்றும். குழந்தைகள் கூட நடக்க ஆரம்பிப்பதற்கு முன்னால் விழுந்து எழுந்துதான் நடை பயிலுகின்றன. கீழே விழுகிறோமே என்று அவர்கள் முயற்சிக்காமல் விடுவதில்லை. விடாமுயற்சி மட்டும் இல்லாவிட்டால் பல சாதனைகள் நிகழ்ந்திருக்க மாட்டா. தாமஸ் ஆல்வா எடிசன் "ஒரு தோல்வி ஏற்பட்டால் மேலே முயற்சி செய்யாமல் இருப்பதுதான் நமது பலவீனம்.மீண்டுமொருமுறை முயற்சி செய்து பார்ப்போமே எனும் எண்ணம்தான் வெற்றியை நிச்சயமாக்குகிறது" என்கிறார்.

புத்தகங்களைத் தொடர்ந்து படித்து வந்தால் பல அறிஞர்களின் பொக்கிஷங்களை நம்மால் அறிய முடியும். நாம் எல்லாம் படித்து முடித்துவிட்டோம் என்று எண்ணுவது தவறு. கற்றது கை மண்ணளவுதான் என்று புத்தகச் சுரங்கங்களைத் தோண்டத் தோண்டப் புரியும். ஒவ்வொரு சாதனையாளரும் ஆரம்பத்தில் எவ்வளவு சோதனைகளைச் சந்தித்திருக்கிறார்கள்! அரசியல், ஆராய்ச்சி, இலக்கியம், இசை என்று எந்தத் துறையிலும் சரித்திரப் புகழ் பெறுவதற்கு முன்னால் எத்தனை முறை தோல்வியைத் தழுவியிருக்கிறார்கள் என்பதும் தெரியும்.

1936ல் தியோடர் சேயஸ் கீசல் எனும் நாவலாசிரியர் ஐரோப்பாவிற்குக் கப்பலில் பயணித்துக் கொண்டிருந்தார். அப்போது கப்பல் எஞ்சின் சத்தம் அவரை ஒரு பாடலை எழுதத் தூண்டியது. அதை அடிப்படையாக வைத்து ஒரு நாவலை எழுதினார். அந்த நாவல் பதிப்பாளர்களால் 27 முறை ஏற்றுக்கொள்ளாமல் திருப்பி அனுப்பப்பட்டது. பலர் இரண்டு மூன்று முறை தோல்வி கிடைத்தபின் இனிமேல் ஒன்றும் செய்ய முடியாது என்று விட்டு விடுவார்கள். ஆனால் 27 முறை தோல்விக்குப் பிறகு அவரது நண்பர் ஒருவர் அவருக்காக அந்த நாவலைப் புத்தகமாக வெளியிட்டார்; வெற்றியும் அடைந்தார். டாக்டர் சேயஸ் 1991ம் ஆண்டு இறந்தார். அதற்குள் அவரது புத்தகம் 200 மில்லியன் பிரதிகள் 15 மொழிகளில் விற்பிறந்தன. அவரது இறப்பிற்குப் பிறகு மேலும் 22 மில்லியன் பிரதிகள் விற்பன.

ஹாரிபாட்டரை உருவாக்கிய ஜே.கே.ரௌலிங்கைப் பற்றி தெரியாதவர்கள் யாரும் இருக்க முடியாது. மணமுறிவானதால் நிலைகுலைந்திருந்த பெண்மணி. கீசலைப்போலவே இவருக்கும் குழந்தைகளுக்கான புத்தகம் எழுதவேண்டும் என்ற எண்ணம் ஏற்பட்டது. அவருக்கு ஒரு பெண் குழந்தை இருந்தது. போதுமான பண வசதியில்லாததால் கிடைக்கும் நன்கொடைகள் மூலமே வாழ்க்கை நடத்தி வந்தார். ஆனாலும் தான் எழுதவேண்டும் என்ற முயற்சியைக் கைவிடாமல் தொடர்ந்தார். கொஞ்சம் கொஞ்சமாகத் தனது ஹாரிபாட்டர் கதையைப் பல வருடங்கள் தொடர்ந்து எழுதினார். அவருக்குத் தான் எழுதும் கதை மற்றவர்களுக்குப் பிடிக்குமா என்று சந்தேகம்! யாராவது பிரசுரிக்க மாட்டார்களா? என்ற ஆர்வம் மட்டும் இருந்தது. , "நான் குழந்தையாக இருந்தபோது எனக்கு என்ன படிக்கப் பிடிக்குமோ அதைத்தான் நான் எழுதினேன்" என்று அவர் கூறுகிறார்.

2004ம் ஆண்டுக்குள் நூற்றுக்கணக்கான கோடி டாலர்கள் அவருக்குக் கிடைத்தது. லட்சக்கணக்கானோர் அவரது புத்தகங்களை வரிசையில் காத்து நின்று வாங்கினார்கள். அவரது விடாத முயற்சி அவருக்கு அலாவுதீனின் அற்புத விளக்காக இருந்தது. அவரது

விடாமுயற்சிக்கு முன்னால் ஹாரிபாட்டரின் மந்திர வித்தைகள் கூட ஒன்றுமே இல்லை எனலாம்!

தோல்விகள் கதவை மூடும்போது தொடர்ந்து விடாமுயற்சியுடன் கதவுகளைத் தட்டித் திறப்பதுதான் வெற்றிக்கான சாவி. "வெற்றி பெறுவதற்குத் தேவையானது முடிவில்லா விடாமுயற்சியும், அதீதமான நம்பிக்கையும்தான்! விடாமுயற்சி கொண்டவன், 'நான் சமுத்திரத்தையும் உட்கொள்வேன்', 'என் சங்கல்ப சக்தியால் மலைகளும் நொறுங்கி விழுந்துவிடும்' என்று சொல்வான். அது போன்ற சக்தியைக் கொண்டிரு, அது போன்ற மன உறுதியைக் கொண்டிரு; நன்றாக உழைத்திரு, உனது குறிக்கோளை நிச்சயம் நீ அடைவாய்".

ஓரிரு முறை தோல்வியைச் சந்தித்துவிட்டால் பின் துவண்டுவிடாதே! தோல்வி நிரந்தரம் அல்ல, தோல்வியுற்றால் அதில் உள்ள தவறை ஒத்துக்கொண்டு அதிலிருந்து மீண்டு முன்னேறு...! ஆனால் ஒருபோதும் முயற்சி செய்ய மறக்காதே..." இதனை மறவாமல் இருந்தாலே வெற்றி நம் காலடியில் சரணடையும்." என்கிறார் விவேகானந்தர்

நம் நாட்டின் நோபல் பரிசாளர் தாகூரின் ஆரம்ப காலத்துக் கவிதைகளை வங்கமொழி அறிஞர்கள் பிழைதிருத்தத்திற்கு எடுத்துக் கொடுப்பார்கள். அவ்வளவு அவமானப்பட்டவர்தான் தாகூர். அவரது மேதாவிலாசத்தை விடவும் அவரது விடாமுயற்சியே அவருக்கு நோபல் பரிசைக் கொண்டுவந்து கொடுத்தது. வள்ளுவரும் ,
"முயற்சி திருவினை ஆக்கும்; முயற்றின்மை
இன்மை புகுத்தி விடும்" என்று கூறுகிறார்.

முடிவுரை:-

நமக்கு வெற்றிகள் வந்து சேர்வதற்கென்று தனியாக நேரம் எதுவும் இல்லை. விடாமுயற்சியோடு செயல்படுகின்றவர்களிடத்தில் எந்த நேரத்திலும் வெற்றிகள் வந்து சேரும். சிகரங்கள் காத்திருக்கின்றன - சிகரங்களை எட்ட நீங்கள் தயாராகுங்கள்.

"முயற்சி திருவினையாக்கும்; முயற்றின்மை
இன்மை புகுத்திவிடும் ."

B .யாஷிதா
எட்டாம் வகுப்பு ஆ பிரிவு

13. தீண்டாமை

தீண்டாமை என்ற வார்த்தையே ஒழிய வேண்டும் என்று பல சான்றோர்கள் குரல் கொடுத்த நாடு நம் இந்தியா.இன்று நம் வீட்டிலேயே அனைவரும் தனித் தனியே, ஏன்? என்னவாயிற்று? ஏன் தள்ளிப் போக வேண்டும்? சமூக இடைவெளியா? அப்படி என்றால் என்ன? ஆஹா! என்னே ஒரு விந்தையான உலகம். இயற்கை என்னவோ அதன் வேலையைச் செய்கிறது.ஆனால் மனிதன் மாறுகிறான்.அவனுடைய ஆசைகள் அவனை மாற வைக்கிறது. எல்லாவற்றிற்கும் ஆசை,பேராசைப்படுகிறான். விளைவு, பூகம்பம், சுனாமி, பெருமழை,வெள்ளம்,காட்டுத்தீ,புயல்,இன்று கொரோனா. இயற்கை சீற்றத்தின் விளைவுகள் ஒன்றுமே பெரியதாக இருக்கும். அன்றே சொல்லிச் சென்றனர் பெரியோர்,அவர்கள் சொல்லைக் கேளாது செயல்பட்டதால் இன்று பயந்து நடுங்கி வீட்டிற்குள் முடங்கி உள்ளோம். இனியாவது நம் பாரம்பரியத்தைக் காப்பாற்றி அதைப் பின்பற்றி வாழ்வோமாக!

ஸ்ரீ.ஷ்ருதி

ஏழாம் வகுப்பு அ பிரிவு

14. புதிர் விளையாட்டு

கட்டத்தில் மறைந்திருக்கும் காய்,கனிகளைக் கண்டுபிடி

ஆ	ர	ம்	ப	ம்	மா	அ
ப்	ப	லா	க்	ப்	ம்	ர
பி	மா	ங்	கா	ய்	ப	ம்
ள்	த	க்	கா	ளி	ழ	ய்
வா	ழை	ப்	ப	ழ	ம்	உ

விடைகள்

ஆப்பிள்,பலா,தக்காளி,மாங்காய்,மாம்பழம்,வாழை, வாழைப்பழம்

ஸ்ரீ. ஷ்ருதி

ஏழாம் வகுப்பு அ-பிரிவு

15.மாற்றமே ஏற்றம்

மாற்றம் ஒன்றே மாற்றம் இல்லாதது என்பது உண்மை.

உலகம் தோன்றியது முதலே மாற்றங்கள் ஏற்பட்டுக் கொண்டிருக்கின்றன .

மாற்றத்திற்கு ஏற்றவாறு நமது வாழ்க்கை முறையை மாற்றி அமைத்து வாழ்ந்து கொண்டு இருக்கிறோம் .

நாமாகவே உருவாக்கிக் கொள்ளும் மாற்றங்கள், இயற்கையும் சூழ்நிலைகளும் ஏற்படுத்திக் கொண்ட மாற்றங்கள் , அதில் ஆக்கத்திற்கான மாற்றங்களும் உண்டு ,அழிவிற்கான மாற்றங்களும் உண்டு .

மாற்றங்கள் ஏமாற்றினாலும் தாங்கிக் கொள்கிறோம். தற்பொழுது கண்களுக்குப் புலப்படாத கொரோனா எனும் வைரஸ் இந்த பரந்த உலகத்தையே ஆட்டிப் படைத்துக் கொண்டிருக்கிறது.

அதனை ஒழிக்க மருந்து கண்டுபிடிக்கப்படாத நிலையில் உயிர் வாழ்ந்து கொண்டிருக்கிறோம்.

உயிர்க்கொல்லி என அஞ்சப்பட்ட வைரஸ் கண்டு முதலில் பயந்தோம், பதுங்கினோம், ஆனால் இப்பொழுது அதனை வெல்வதற்கு ஆராய்ச்சி செய்து வரும் நிலையில் நமது வாழ்க்கை சீரிய முறையில் மாற்றி அமைத்துள்ளோம். கல்விக்கூடங்கள், அலுவலகங்கள் பொழுதுபோக்கு மையங்கள் மூடப்பட்டு இருந்தாலும் இல்லத்தில் இருந்தே திறமையாக பணி புரிந்து வருகிறோம். ஆயிரம் கைகள் மறைத்து நின்றாலும் ஆதவன் மறைவதில்லை என்பது போல் எத்தனை இடர்கள் வரினும் நாம் பீடு நடை போடுவோம். உடலால் பிரிந்திருந்தாலும் உள்ளத்தினால் இணைத்துள்ளோம் .

இந்த வாழ்வின் மாற்றத்தை அனுசரிப்போம், அனுபவிப்போம். இவை அனைத்தும் தாற்காலிகமே .ஊக்கத்துடன் உழைத்தால் மாற்றமே மணம் வீசும் மலர் மாலை ஆகும் .ஆயிரம் கொரோனா வந்தாலும் அஞ்ச மாட்டோம் என உறுதி ஏற்போம் .

மாற்றத்தைப் போற்றுவோம் ; ஏற்றத்தை எட்டிப் பிடிப்போம்.

கோ வா ஹன்சினி
ஒன்பதாம் வகுப்பு அ-பிரிவு

16.பெண்களைப் போற்றுவோம்!

ஆண்டவன் கை வண்ணத்தில்

அவதரித்த அதிசயங்களே!

ஆராதிக்கும் போது

அன்பின் வடிவங்களே!

போராடும் போது

பொங்கிடும்

எரிமலைகளே!

தாய்மையின் போது

தலை வணங்கும் தேவதைகளே!

பூமிக்கு நிகராகப்

போற்றிடும் பொறுமைகளே!!

வல்லரசின் உயர்பதவிகளையும்

வகிக்கின்ற திறமைகளே!

ஒவ்வொரு ஆணின் வெற்றிக்கு உதவும்

உற்ற நல் துணைவிகளே!

பாரதியார் பார்க்க நினைத்த

புதுமைப் பெண்களே!

ஆற்றலிலும் அறிவிலும்

அன்பிலும் சிறந்து

ஆற்றிடுகின்றீர்

அரும்பணிகளை

ஆணுக்கும் மேலாக

அகிலத்தில் இன்று!

போற்றுகின்றோம் பெண்களே!

பூமியில் உங்கள் வளர்ச்சிகளைக் கண்டு!

சூ.திக்ஷிதா

ஒன்பதாம் வகுப்பு -அ பிரிவு

17.கற்றுக் கொண்ட பாடம்

“முற்பகல் செய்யின் பிற்பகல் விளையும்” இந்தப் பழமொழிக்கேற்ப .மனிதர்கள் இயற்கையை அழித்து பல விலங்குகளைக் கொன்று வனப்பகுதிகளை அழித்தனர். இப்போது கொரோனா வைரஸ் காலத்தை அனுபவித்து வருகின்றனர்.

: ஊரடங்கு தொடங்கியபோது , ஓய்வெடுக்க சில விடுமுறைகள் கிடைத்ததில் மக்கள் மிகவும் மகிழ்ச்சி அடைந்தோம் தாமதமாக எழுந்து, ஒரு நல்ல காலை உணவை உட்கொண்டு தொலைக்காட்சியைப் பார்த்தோம். சில நாட்களுக்குப் பிறகு வீட்டில் இருப்பது சலிப்பாக இருக்கிறது என நினைத்து, அவர்வர் தங்கள் குடும்பத்தினருடனும் நண்பர்களுடனும் நேரத்தைச் செலவிடத் தொடங்கினோம்; செல்லப்பிராணிகளுடன் நேரத்தைச் செலவிட்டோம்; திறமைகளை வெளிப்படுத்தத் தொடங்கினோம்;வீடுகளில் மட்டுமல்ல, சமுதாயத்திலும் நிறைய மாற்றங்கள். ஊரடங்கின் காரணமாக மனிதர்கள் தங்கள் வீடுகளை விட்டு வெளியே வர அனுமதிக்கப்படவில்லை, ஆனால், விலங்குகளுக்கு அத்தகைய கட்டுப்பாடுகள் இல்லை. அவை எந்த மனித இடையூறும் இல்லாமல் சுதந்தரமாகச் சுற்றித் திரிந்தன; இயற்கை அதன் அழகை மீண்டும் அடைந்துள்ளது; மாசு குறைந்துள்ளது.

மருத்துவர்கள், காவலர்கள், தூய்மைப் பணியாளர்கள் , விஞ்ஞானிகள் மற்றும் ஆராய்ச்சியாளர்கள் உண்மையான கதாநாயகர்கள் ஆயினர். .. இதிலிருந்து நாம் பல விஷயங்களைக் கற்றுக்கொண்டோம், சுற்றுச்சூழலை மாசுபடுத்தக் கூடாது என்பதைக் கற்றுக்கொண்டோம்.

மு.சிவானி

ஒன்பதாம் வகுப்பு ஆ பிரிவு

18.அவள்

அவளது வயிற்றில் என்னைச் சுமந்தாள்....
பத்து மாதம் ஆகிவிட்டது.,
ஒரு குழந்தை உலகத்தைப் பார்த்தது....
என்னை அவளது மார்பில் சுமந்தாள்...
சில வருடங்கள் ஆன பின்...
இன்னும் சுமக்கிறாள்.... எங்கே?
அவள் தன் இதயத்தில்....
இனியும் சுமப்பாள் என்றும் சுமப்பாள்
அவனே என் அன்புத் தாய்

கி. வருணிகா
பதினோராம் வகுப்பு அ பிரிவு

19. உயிர்க்கொல்லி தொற்று - பாதகங்களும் சாதகங்களும்

2020 புத்தாண்டு பிறந்த போது இவ்வுலக மக்கள் வழக்கமான புதிய உற்சாகத்தோடு, இனிய ஆண்டாக இருக்க வேண்டி ஆண்டவனைப் பிராத்தித்து மனதார வரவேற்றனர். ஆனால் இந்த மகிழ்ச்சி முதல் இரு மாதங்களுக்குப் பிறகு நீடிக்கவில்லை. ஏனெனில் கொரோனா எனும் கொடிய உயிர்க்கொல்லி தொற்று இவ்வுலகம் எங்கும் காற்றைவிட மிக வேகமாக பரவி மக்களை துன்புறுத்தியதோடு மட்டுமின்றி அவர்களின் உயிரையும் பறிக்க ஆரம்பித்தது. இதற்கான மருத்துவத் தீர்வின்றி உலக நாடுகள் விழிப்பிதுங்கி நின்றன; உலகமே மயான பூமி ஆகிவிடுமோ என்று அஞ்சின. இத்தகைய கொடூரமான பாதகங்கள் இடையே பல சாதகங்களும் நடைபெற்று வருகின்றன.

அவை:

தூய்மையைக் கடைப்பிடித்தல்:

ஒவ்வொருவரும் சுத்தமாக இருக்க வேண்டி அடிக்கடி தங்கள் கைகள் மற்றும் கால்களை கழுவுதல்,வெளியே செல்லும்போது முகக் கவசம் அணிதல் ஆகியவற்றைப் பழகிக் கொண்டுள்ளனர்.

செலவினங்களைக் குறைத்தல்:

நோய்ச்சத்தாலும்,அரசு அறிவித்த ஊரடங்கினாலும் வெளி நடமாட்டம் குறைந்தது.இதனால் போக்குவரத்து,பொழுதுபோக்கு மற்றும் வெளியே உணவருந்தும் செலவுகள் மட்டுப்பட்டன.

ஆரோக்கியமான உணவு உண்ணுதல்:

தரமற்ற வெளி உணவுகளை உண்ணாமல் சிறந்த தரமான வீட்டு உணவு உண்பதன் மூலம் உடல் நலம் பெற்றது.

இனிய குடும்பக் கொண்டாட்டம்:

போதுமான நேரம் கிடைப்பதால் அனைவரும் குடும்பத்தினருடன் மகிழ்ச்சியாக; இனிமையாகப் பொழுதைக்கழிக்கின்றனர். குழந்தைகளுடன் விளையாடுவதால் மன அழுத்தமும் குறைந்து மனமும் லேசாகிறது.

தனித்திறமைகள் வெளிப்படுதல்:

நேரத்தைப் பயன்படுத்தி ஒவ்வொருவரும் தமது தனித்திறமைகளை வெளிப்படுத்துகின்றனர். இதனால் அவர்தம் ஆற்றலும் வெளிப்படுகிறது.

நீர் தூய்மை அடைதல் மற்றும் மாசு குறைதல்:

மக்கள் நடமாட்டம் மற்றும் பற்பல போக்குவரத்து குறைந்ததால் சுற்றுப்புற மாசு அளவு குறைவதோடு நீர்,கழிவுகள் இன்றி தூய்மையாகவும்,தெளிவாகவும் உள்ளது. இறுதியாக இந்த கொரோனா என்னும் உயிர்க்கொல்லித் தொற்று மக்களுக்கு கிடைத்த கொடிய சாபம் மட்டுமில்லாமல் இனிய வரமும் ஆகும்.

ரித்தன்யா
ஒன்பதாம் வகுப்பு ஆ பிரிவு

20.முன்னேற்றம்

உலகமே பின்னேற்றம் சந்திக்கும் இக்காலத்தில்,

முன்னேற்றம் என்ற சொல் உண்டாக்குவது வெறுப்பு .

பின்மாற்ற காலத்திலும் மாற்றம் செய்யத் துணிந்து,

முன்னேற்றம் அடைவதே சிறப்பு.

இந்தக்காலம் நீர்த்திவலையாக இருந்தாலும்,

அதையே ஒரு சவாலாக்கி நாம் முன்னேறுவதே சிறப்பு.

பின்னேற்றம் தான் முன்னேற்றம் அடைய ,

கொடுக்கிறது ஒரு நம்பிக்கை நெருப்பு.

அந்நெருப்பைக் கட்டிக்காத்தால் வரும் முன்னேற்றக் களிப்பு

அதனால் பெறுவோம் வியக்கதக்க சிறப்பு.

மா.ஜெசிகா ஜுடித்

ஒன்பதாம் வகுப்பு அ பிரிவு

21.மூளைக்கு வேலை

கீழே கொடுக்கப்பட்டுள்ள ஒவ்வொரு குறிப்புக்கான விடை இரண்டு எழுத்துகளைக் கொண்டது. அந்த விடைகளின் முதல் எழுத்துகளை மட்டும் சேர்த்தால், மகாபாரதத்தில் இடம்பெற்ற இருவரது பெயர் கிடைக்கும்.

1. தந்திரத்துக்கு உதாரணமாகச் சொல்லப்படும் விலங்கு-
2. நிறை-எதிர்ச்சொல்-
3. பூட்டு-ஆங்கிலத்தில்-
4. ஒப்புக்கொள்ளும் வார்த்தை-
5. பாரதியார் காளியிடம் இந்த அளவு நிலத்தை தான் கேட்டார்-
6. தவளை குடும்பத்தைச் சேர்ந்த உயிரினம்-
7. _____ குட வா.

விடைகள்

1.நரி. 2.குறை. 3.லாக். 4.சரி. 5.காணி. 6.தேரை. 7.வாகை.

சி.கு.ஹரிப்ரியா

ஒன்பதாம் வகுப்பு அ-பிரிவு

22.மாற்றம் என்பது மானிடத் தத்துவம்.

மாற்றங்களை வரவேற்போம்!

குருகுலக்கல்வி, திண்ணைப்பள்ளி, வகுப்பறைக்கல்வி..... இப்பொழுது இணைய வழிக்கல்வி! ஆஹா! கல்வியில் எவ்வளவு மாற்றங்கள்!

இணையவழிக் கல்வி தீருண்மி (கரோனா) காரணமாக எதிர்பாராமல் ஏற்பட்ட மாற்றம். இணைய வழியில் நடைபெறும் கல்வியே இணையவழிக் கல்வி.

உலகம் முழுவதும் இந்த தீருண்மி (கரோனா) காரணமாக பொதுமுடக்கம் நடைமுறைப்படுத்தப்பட்டது. அப்பப்பா..... எவ்வளவு துன்பங்கள்? மனித வாழ்வையே புரட்டிப் போட்ட மாற்றம்.

கல்வி நிறுவனங்கள் தற்காலிகமாக மூடப்பட்டன. மாணவர்களின் கல்வி நிலை என்ன? அனைவர் மனதிலும் கேள்வி எழுந்தது..... ஆனால் இந்த தீருண்மியால் மாணவர்களின் கல்வி எந்த வகையிலும் பாதிக்காமல் வரப்பிரசாதமாக அமைந்தது இணைய வழிக்கல்வி. இணைய வழியால் ஆசிரியர்கள் பல்வேறு உத்திகளைப் பயன்படுத்திப் பாடங்களைக் கற்பிக்கிறார்கள்.

பல்வேறு இடையூறுகளுக்கு இடையிலும் மாணவர்களின் சந்தேகங்களை நீக்கி அவர்களின் கற்றல் சிறப்பிக்கப் பாடுபடும் ஆசிரியர்களின் பணி போற்றுவதற்குரிய பணியாகும்.

மாணவர்களின் கல்வி பாதிக்காமல் வீட்டில் இருந்தபடியே தரமான கல்வி இணைய வழியில் கிடைப்பதுடன் தீருண்மி பரவலும் கட்டுப்படுத்தப்பட்டு நமக்கு பாதுகாப்பும் கிடைக்கிறது.

குழந்தைகளைக் காலையில் பள்ளிக்கு அனுப்ப பெற்றோர்கள் படும் சிரமம் அப்பப்பா..... காலையில் எழுந்து அவசர அவசரமாக பள்ளிக்குக் கிளம்ப வேண்டும் என்ற பதற்றம் இல்லாததால் குழந்தைகள் மற்றும் பெற்றோர்களின் மன அழுத்தம் குறைகிறது. பரபரப்பின்றி பாடங்களை நன்கு கவனிக்க முடிகிறது. காலையில் சிற்றுண்டி சாப்பிட்டும், சாப்பிடாமலும்

பரபரப்புடன் பள்ளிக்குக் கிளம்பும் நிலை மாறி பரபரப்பின்றி காலை சிற்றுண்டியைச் சாப்பிட முடிகிறது. நேரம் விரயம் இல்லாததால் பாடங்களை முறைப்படுத்திப் படிக்க முடிகிறது.

கரும்பலகையில் இருந்து புதிய தொழில்நுட்பத்திற்கு ஆசிரியர்களின் வழிகாட்டுதலின் படி பிபிடிக்கு(PPT) மாறுவதால் பாடங்கள் சார்ந்த படங்களை உடனுக்குடன் பார்ப்பதால் படிப்பின் மீது மிகுந்த ஆர்வம் ஏற்படுகிறது.

நம் முன்னோர்களின் அறிவுப்பூர்வமான வாழ்க்கை முறைகள், பலவிதமான வரலாறுகள் , பல்வேறு செய்திகளை வாய்மொழியாகவே பாடங்கள் மூலமாக அறிவதை விட ஒளிப்படக்காட்சி மூலம் தெளிவாகக் கற்பதால் நம் மனதில் அனுபவ அறிவாக என்றும் அழியாமல் பதிவாகிறது.

இவை அனைத்தும் தீநுண்மி செய்த காலமாற்றத்தால் இணைய வழிக் கல்வியால் ஏற்பட்ட புரட்சி ஆகும். எனவே பொது முடக்கம் காலத்தில் ஏற்பட்டுள்ள இந்த மாற்றங்களை நாம் வரவேற்போம்! அத்துடன் மாணவர்கள் உடல் நலம் மற்றும் மனநலம் பேண முயற்சிகள் மேற்கொள்வோம்!

மாற்றம் என்பது மானிடத் தத்துவம்!
மாறும் உலகின் மகத்துவம் அறிவோம்!

அ.பா.வைசாலி

பத்தாம் வகுப்பு ஆ பிரிவு

23.கொரோனாவினால் ஏற்பட்ட நன்மைகள்

கடந்த மார்ச் மாதத்தில் இருந்து உலகை ஆட்டிப் படைக்கும் 'கொரோனா' தொற்று மனித இனத்திற்கு மிகப் பெரிய சவாலை ஏற்படுத்தி இருக்கிறது. கண்ணுக்குத் தெரியாத இந்த எதிரியிடம், உலக மக்கள் அனைவரும் போராடி வருகிறோம். கிட்டத்தட்ட கடந்த எட்டு மாதங்களாக இயல்பு வாழ்க்கை முடங்கி விட்டது. உலகம் எங்கும் இலட்சக்கணக்கான மக்கள் இறந்துபோயினர். ஆனாலும் இந்த கொரோனா காலகட்டத்தில் நமக்கு பலவித நன்மைகள் ஏற்பட்டிருக்கிறது.

உலகம் எங்கும் தமிழரின் வணக்கம் சொல்லும் பழக்கம் தொற்றிக்கொண்டது. மக்கள் மிகச் சுத்தமாக இருக்கும் வழக்கத்தைப் பின்பற்றத் தொடங்கிவிட்டனர். கடந்த ஆறு மாதங்களாக வாகனப் போக்குவரத்து, தொழிற்சாலைகள் முடங்கியதால், காற்றில் மாசு குறையத் தொடங்கியுள்ளது. இயற்கை வளங்கள் காக்கப்பட்டு, பருவ மழை அதிகமாகப் பெய்திருக்கிறது. மருத்துவர்கள், காவல் துறை, நகராட்சி ஊழியர்கள், செவிலியர்கள் ஆகியோரின் கடின உழைப்பு பெரும்பான்மையான மக்களைக் காப்பாற்றி உள்ளது..

இந்தியப் பொருளாதாரமும், உலகப் பொருளாதாரமும் இந்தக் காலகட்டத்தில் கடும் வீழ்ச்சியைச் சந்தித்தாலும் மீண்டும் உத்வேகத்துடன் மீண்டு வருகிறது. சீனாவிலிருந்துப் பரப்பப்பட்டது என்பதால் இந்திய அரசாங்கம் சீன இறக்குமதிக்குத் தடை விதித்து 'மேக் இன் இந்தியா' திட்டத்தை முன்னிலைப்படுத்தியது. சிறிய தொழிற்சாலைகள் உற்பத்தியைப் பெருக்க அரசாங்கம் உதவி புரிகிறது.

மாணவர்களாகிய நாங்கள் பள்ளி சென்று ஆசிரியர், நண்பர்களைப் பார்க்க முடியா விட்டாலும் இணைய தளவகுப்பு மூலமாகக் கற்கும் திறன் அதிகரித்துள்ளது. மிகுந்த நேரம் இருப்பதால் யோகா, பாடல்கள், ஓவியம் ஆகியவற்றைக் கற்க அதிக நேரம் கிடைக்கிறது.

பெற்றோருடன் உரையாட அதிக நேரம் கிடைத்துள்ளது மனதிற்கு மிகுந்த மகிழ்ச்சியாக உள்ளது. அம்மாவிடம் சமையல் கற்றுக் கொள்ளவும், இறைவன் பாடல்களைக் கற்றுக் கொள்ளவும் நேரம் கிடைத்திருக்கிறது.எந்தப்பிரச்னை வந்தாலும் அதை எதிர் கொள்ள நம் எல்லோரிடமும் மன உறுதி வந்துள்ளது.

H. ஜனனி

ஏழாம் வகுப்பு இ பிரிவு

24.கொடியக் கொடூரக் கொரோனா

ஈடு இணையில்லா எதிரியாய்
கண்டறியா புதிராய்
கண்டம் விட்டு கண்டம் தாவும் கதிராய்
தாயை மறந்த எமக்குப் பேயாய் இருக்கிறாய்
எங்களை வருத்தி எடுக்கிறாய்
எங்கள் நாட்டைப் பிரிந்து
சத்தான உணவை மறந்து
பழமையான பண்பாட்டைத் துறந்து
பிற நாடுகளுக்குச் சலாம் போட்ட எங்களைச்
சாட்டையால் அடித்து பாடம் புகட்டினாய்
பலரைப் பாடாய்ப் படுத்தினாய்
பூர்வீக வைத்தியமே
அபூர்வ மிக்க சத்தியமே
என்று மனதில் இறங்கும் படிச் சொன்னாய்
பாகுபாடின்றிப் பல உயிர்களைத் திண்ணாய்
வாட்ஸ் ஆப்பில் மூளையையும்
ஃபேஸ்புக்கில் மனதையும் பறிகொடுத்துக்
கைப்பேசியில் சிறைபட்டிருந்த எமக்கு விடுதலை கொடுத்தாய்
உறவுகளின் மேன்மையை உலகுக்குக் காட்டினாய்
தாயோடு வாதாடி
குழந்தையாய் விளையாட வைத்தாய்
குடும்பத்தோடு பேச வைத்தாய்
சுற்றமும் நட்பும் சூழவைத்தாய்
மறக்கப்பட்ட பண்பாட்டை மீட்டுத் தந்தாய்
புறக்கணிக்கப்பட்ட பாரம்பரிய உணவுகளைக் காட்டிக் கொடுத்தாய்
இவை அனைத்தையும் செய்த கொரோனாவே
நீ படைக்கப்பட்டது எம்மை அழிப்பதற்கா?
நிச்சயம் இல்லை எம் வாழ்க்கை முறையைச் சீரமைப்பதற்கே!

ஆ. சு பூசிகலட்சுமி
ஒன்பதாம் வகுப்பு அ-பிரிவு

25.எழுச்சியின் வெளிச்சம்

நவீன நூற்றாண்டில்

நாளை எனும் எதிர்பார்ப்பில்

நாளெல்லாம் கரைந்து

உன் நிஜம் எனும் வாழ்வில் முடங்கியிருக்கும் பதிற்பருவமே...

நீ இந்நாள் வரை பார்வையில் பதுமைகளாய் பதுங்கியிருந்தது போதும்..

சாதி மத பெயரைக் கூறி

ஈனச் செயல்களைச் செய்யும் மனிதர்கள் மத்தியில் மானுடம் தேடும் புதுயுகம் உன் நாசியின் சுவாசமாகட்டும்..

நீ சிறகு முளைத்த பின்பும்

கூண்டுக் கிளியின் யவனத்தை யாசிக்காதே..

உன் இருவிழி வெளிச்சங்கள்

எரிமலை உமிழ்வின் திரியாகட்டும்.

உன் இருவிழி வெளிச்சங்கள்

எரிமலை உமிழ்வின் திரியாகட்டும்

ஒன்றை மட்டும் மறவாதிரு

உலகம் உன் எதிரில்

உன்னால் முடியாதது ஒன்றுமில்லை.

விடியலில் வெளிச்சம் பிறக்கட்டும்

வீதியெல்லாம் ஒளியைப்பெறட்டும்

மடையர் இனமொழிந்து

மண்ணில் புதுமை பெறட்டும்..

விரிந்து பரந்த

இவ்விலைமதிப்பற்ற வாழ்வில்

வீழ்ச்சியில் எழுச்சி காணும்

விந்தையாவும் உன்

விழியோரங்களில் வழிந்தோடும் வெளிச்சம் என்பதை மறவாதே!.

ஷெர்லின் மரகதம் நே

பதினோராம் வகுப்பு -அ பிரிவு

26. என்னவளுக்காக!

கிரீடம் அணிந்திடாத மகாராணியே...

சிம்மாசனத்தில்அமர்ந்திடாத எங்கள் குடும்பத்தலைவியே...

பட்டங்கள் பெற்றிடாத ஆசானே...

எங்கள் வலி தீர்க்கும் அரியவகை மருந்தே...

ஏற்றிய தீபம் போல் எப்பொழுதும் புன்னகையுடன் ஒளிரும் எங்கள் வீட்டின் குத்துவிளக்கே...

உனக்கு நன்றி சொல்ல எனக்கு இந்த ஓர் ஜென்மம் போதாதம்மா!

இருள்வானில், ஒளிவீசும் முழு நிலாப் போல், உன் முகம் என்றும் மலர்ந்திருக்க வேண்டும் என்ற ஆசையுடன்...

உன் அன்பு மகள்!

ந. திவ்ய தர்ஷினி

பனிரெண்டாம் வகுப்பு இ பிரிவு

27. சிந்திப்பீர்! செயல்படுவீர்!

கொரோனா ஒரு கொடூரமான நோய் என விமர்சிப்பவர்களுக்கு இடையில் அது உலகத்தைச் சுத்திகரிக்க வந்த சூத்திரதாரி என்பேன் .வெளியே சென்றால் முகக் கவசம் அணிய வேண்டிய கட்டாயம் ,கை கால் கழுவி வந்தால் தான் வீட்டிற்குள் நுழைய முடியும் என்ற நிர்ப்பந்தம் .வெளியில் செல்லும் பொழுது சமூக இடைவெளியைக் கடைபிடிக்க வேண்டிய கட்டாயச் சூழல். இவை அனைத்தும் நல்ல பழக்க வழக்கங்களே! இதனை நல்ல விதத்தில் சொன்னால் புரியாத பலருக்கு என்று கொரோனா என்னும் கொடுநோய் புரியவைத்தது அவர்களுக்கு. ஒரு நோயின் மிரட்டலில் இவற்றைப் பின்பற்றும் நாம் எப்பொழுதும் சுத்தத்தை நம்மிலும் நம்மைச் சுற்றிலும் பின்பற்றுவோமேயா நால் என்றும் எந் நோய்க்கும் இடம் கொடமாட்டோம்!

என்றென்றும் அன்புடன்

சங்கீதா

ஓவிய ஆசிரியர்



MORAL INSTRUCTION SECTION



Show Good Character

RESPONSIBILITY

Honesty

Forgiveness

Kindness

COMMITMENT

Respect

Dependability

Patience

Compassion

Determination

CHLOE AND THE WOMEN

Once upon a time, there lived a girl named Chloe. She was poor but kind, pretty and always humble to others. Chloe was always dreaming of opening a cake shop, but she didn't have enough money to start one.

One day when Chloe was walking by the stream, she heard a woman crying under a tree. She went near the woman and asked her what the problem was. The woman said crying "I was lost when I came here to drink some water. I have not eaten anything for two days. I am very hungry." When Chloe heard this, she gave the woman some bread to eat and said, "I will help you to find your house". They set off.

They searched and searched and finally at evening, deep in the forest they found the woman's house. The woman thanked Chloe so much and gave her plenty of gold. The woman said to Chloe "I am a rich woman, but I have short term memory loss. So, I forget things".

After Chloe went to her house, she thought "Now I have enough money to start a cake shop". So, the next week Chloe started a cake shop and named it "Chloe's Cakes". The customers who came to her shop loved her cakes. Soon everyone in the town loved it as well and started buying them. She became rich and lived happily, but she never forgot the woman who helped her.

Moral: Always be kind to others.

K. Kavinaya [V B]

GUNA - GOOD QUALITIES

Guna is a concept which can be translated as "Quality, Peculiarity and Attribute". There are three gunas that have always been and continue to be present in all things and beings in this world. Those three gunas are called:

Sattva means Positivity

Rajas means Passion

Tamas means Negativity

All these are present in all of us, only the proportion is different. The inner play of these gunas defines the character of someone or something and determines the progress of life. In short, Guna means personality, innate nature and psychological attributes of an individual. As a school going child, we need to have some good qualities which includes:

Discipline

Building relationships

Asking relevant questions

Sense of respect
Taking responsibility
Working hard
Punctuality
Self confidence
Attentive to teachers
Positive attitude
Setting up aim in life
A good listener
Good manners
Speaking the truth
Not stealing
Eating healthy vegetarian food
Greeting Elders
Saying Sorry / Thank you whenever appropriate
No harm to other living beings
Compassion and love



If we follow the above good qualities, we will also be called a “GEM!”

G. Jaanu [IV C]

HEAL THE WORLD

I have always had a question ringing in my mind: how will the Earth look in 50 decades? Scientists have a good idea of how the Earth will look like in 50 decades: It will look absolutely devastating. Why? Simply because we are digging our own graves. You may ask me, “Me? What did I do?” But just pause and look into the mirror.

We use a car for walking distances, then how do we prevent global warming?

We thoughtlessly waste useful paper thinking that it might be useless to us, how can we get oxygen for our last breath?

We pollute various water bodies with plastic, then how can we quench our thirst?

But it is not too late to turn the tables.

We get true happiness from seeing lion cubs playing in TV shows, not by killing them for leather.

We get true happiness from seeing flamingos migrate, not by caging them.

We get true happiness from playing hide and seek in the park, not by felling the trees.

This is the right time to secure the hinges of the door to making the world a better place to live in, because God created humans not to destroy nature, but to embrace it.
And let's start not tomorrow but today.
Not later but now.

K. Karnikha [V B]

KNOWLEDGE

The most powerful thing in the world is knowledge because it can create and destroy life on earth. You should have the ability to use your knowledge to help others. Every educated person is not knowledgeable, but every knowledgeable person is educated. This statement may sound weird but it's true. Knowledge brings happiness and prosperity to the nation. Knowledge opens the door of success for everyone.

Proverb: "A wise man gains power, a man of knowledge maintains power"

S.Vidushi Aprameya [IV C]

HOPE – THE LIGHT OF LIFE

Rupa and her parents lived in a small house in the city. Her father had a dress shop. Due to the Corona pandemic, his shop had to be shut down and they faced financial problems. One day Rupa asked her father "Dad, do we have enough money to pay for my college entry fees? Her father replied, "Yes daughter, I have saved some money for it." Then Rupa went to water her plants.

While she was watering them, she saw her neighbour Leela sitting on the stairs of her home and crying. Rupa and Leela were very good friends. So she asked Leela "Why are you crying dear? What happened? "Oh Rupa didi, after my father died, my mother was working very hard to make ends meet. She lost her job due to this pandemic and we are struggling to have a single meal. But now, I have to pay my school fee. If I don't pay on time, my school will send me out. I have lost all hope didi "she sobbed. Rupa felt very sorry for her and silently went into her room.

After some time, she went to her father and told him "Dad, can I ask you something? Her father said "What is it my child? Can we pay Leela's fee with the money you saved for me? she asked. Her father got very angry. "Rupa! What are you saying!" he asked. Rupa said "Dad, you have always told me that hope is the light that makes us go through the toughest of times. I want to shine the light of hope in Leela's life." Her father thought for a while and said "Ok my child, I will surely do what you wished for."

The next day, Rupa's father took Leela, went to her school and paid her fee. "Thank you so much uncle! Thank you! Leela said with a bright smile on her face. Rupa's father then went to see Rupa. "I am so proud of you, Rupa," he said "Thank you, dad, I am so happy to see

the smile on Leela's face, "Rupa said. Just then her father's phone rang. It was from Rupa's school.

He attended the phone, listened for some time and said "Thank you! Thank you so much! What is it dad? What is it? Rupa asked with excitement. "Well, your teacher called and told me that as you had scored very well in your board exams, they gave you a full scholarship and that you need not pay for your college." Rupa was so happy she jumped with joy and she knew she had done the right thing.

N. Sherin Kalpana [V B]

GOODWILL TOWARDS OTHERS

Once, there lived a man named Joshua, with his family. He always worked very hard in his office. One day, Joshua's head officer told him that there was a meeting the next day in his office at 2 p.m, and he also told him to take over the meeting and do the presentation. Joshua's officemate was very jealous of him as he was really talented. He didn't want Joshua to do his presentation well. Joshua stayed up at night doing his presentation. He created the presentation and saved it in his pen drive and was ready for the next day's presentation.

The following day, Joshua came to the office with his pen drive. Without Joshua's knowledge, his officemate stole the pen drive. The clock struck two and that's when Joshua realized that his pen drive had gone missing. The head officer called him in and he went into the meeting room. There were many businessmen present in the room. Joshua was very scared. He stood still and quiet. The Head Officer got very angry and scolded, "Joshua, you are unfit to work in this office, get out of this office, you are not a member of this office from now onwards!"

Joshua was very unhappy. A number one businessman was also sitting in the meeting room. He came out of the room and followed Joshua because he wanted to know why Joshua didn't do his presentation. Meanwhile, Joshua thought of an idea as he wanted to know who stole his pen drive. So he went to the CCTV Camera Room. Joshua saw the CCTV Footage and came to know that his officemate stole his pen drive. The business man saw all this and came to know that this was not Joshua's mistake. Joshua was about to tell his head officer that his officemate stole his pen drive, but he stopped. The business man was wondering why Joshua stopped. That's when Joshua said, "If I tell my head officer that my office mate stole my pen drive, he would give me a job in the office, but he will take off the job of my officemate, then what will my officemate do? How will he feed himself and his family? No, I will not tell this incident to my head officer". The businessman who heard this, understood Joshua's goodwill and gave Joshua a higher post in the number one company.

MORAL - Think well and do well to others.

R. Elridaa [IV A]

TEACHERS

"GURUR BRAHMA GURUR VISHNU GURUR DEVO MAHESHWARAHA GURU
SAAKSHAAT PARABRAHMA TASMAI SRI GURAVE NAMAHA"

The meaning of the shloka above is:

Guru Brahma -Guru is Brahma, who is the Lord of Creation. Guru Vishnu- means Guru is Vishnu, Guru Devo Maheshwara- means Guru is the Maheshwara, Guru Sakshat Parabrahma - means Parbrahma. The supreme God or Almighty. Tasmai shri gurave namaha- we bow to these Gurus.

Teachers and parents are the main reason for a person's bright future. Teachers are our second parents. They lead us from darkness to light. They guide us towards the right path. They are guides through which students get knowledge. They take more efforts for our (the students) sake. They are never selfish. They care for students and make sure all the students are equally treated by him/her.

It is only because of the selfless service of teachers towards the student community, we are able to achieve the dreams of Swami Vivekananda and our respected former President Dr.A.P.J.Abdul Kalam in framing a strong youngster driven country.

S. Prasidha [VI C]

YOGA

What is Yoga? Why do we need it? Just look at the position in which you are standing or sitting and reading this article. Think for a minute. Is this the normal posture for which our body was designed for?

With the advancement of science & technology, to make our lives easier we have forgotten what is needed for us and we are trying to find alternatives to fix our body unknowingly so we don't have to be reminded of its slowing incapability. We can't stand for even ten minutes without shuffling our body weight between our legs. We can't sit properly in a chair without the back support. We don't know what actual breathing is also. We only shallow breathe.

And the only answer to this is Yoga. It teaches us how to balance our body weight on our head, hands and legs by making use of all muscle groups in our body. It improves flexibility and perfects our posture. It relaxes our body, helps towards complete breathing and in turn boosts the immune system. The movements or poses in Yoga are called Asanas. There are various Yoga forms to suit everyone and it doesn't need much space or equipment to start doing it. All you need is a mat and you can start off wherever you are. For the adventurous

people there is even Aerial yoga. Focus to synchronize your breathing with the movement while doing yoga. You live in the present letting go of worries of the past or the future while doing yoga.

There are different types of Pranayama. But all have one basic norm. The breathing should be slow and breathe out duration should be equal to or more than breathe in duration for every breath we take. Yoga trainers are introducing this in their training regimen to improve lung capacity and help athletes perform better. Yoga is often followed by “Shavasana” and then “Pranayama”. Let’s make yoga part of our life and we will begin to harvest the benefits with our dedication and consistency.

KR. Srinidhi Rajamane [IX B]

SMILE

A smile looks very beautiful on everybody’s face. It makes you look and feel very happy. When you smile, it also makes other people happy. You should smile all the time. When you walk on the road you can greet people with a smile to make them feel nice and warm. It tells them to have a good day. A smile spreads from one person to another very fast. A smile can turn into a giggle and a giggle can turn into a laugh. When you are sad or upset you should smile even though it is difficult. It will brighten your mood. When a friend or a family member is sad or upset we should smile and also make them smile. A smile makes bad moods and unhappiness run away. Remember, a smile is a frown spun upside- down.

S.Vismita [V B]

COVID - 19 SEASON

In the Covid -19 situation I saw many people who did not think about their own lives, doctors, health care workers, police etc. They work day and night. It is not for their convenience that they work but for the people who live on earth. They save the people’s life and their family. It is their commitment and dedication that keeps them going even during these uncertain times. They did not think of their family and they came to help us and protect us. Thank you doctors, health care workers, volunteers and police etc.

B. Neha [IV C]

FEAR

Fear is within everyone. It differs from person to person. Some have the fear of heights while some have the fear of darkness. Some might have the fear of insects. We should be a fearless person. We should be afraid of doing something wrong like stealing or cheating. Many students have the fear of exams. Why should there be fear of exams if we have sincerely prepared for it? A person who follows the right path will not have fear. Let’s all be without fear!

Samhita. G [V B]

HOW TO MAKE THE WORLD A BETTER PLACE

The world which was once filled with beautiful greenery, clean air and water is now replaced by wars, hatred, poverty and pollution. I strongly believe that by educating people and spreading love, we can make a difference.

Malala Yousafzai, the Nobel laureate said “One Child, one teacher, one book and one pen can change the world.” Education is vital as it is the only path to a brighter future. “Education is the most powerful weapon which you can use to change the world,” said Nelson Mandela. If we give books in the hands of the youth, they will not touch the guns. With quality education, they will have a better future. The chances of war will be less and there will be peace on earth. Education will help people to understand the importance of “Reduce, Recycle and Reuse.”

Love is the most powerful force that unites nature, wildlife and human beings. If God created everyone equally, who are we to label them? We have to look past race, gender, colour, status, religion and treat everyone equally. With educated minds and hearts filled with love for one another, let us all join hands to make this world a better place.

N. Sherin Kalpana [V B]

HOW TO MAKE THE WORLD A BETTER PLACE TO LIVE?

We live in a world, where everything is automated and we all depend on technology and machines for our day-to-day activities. Though this has helped to improve the lifestyle of human beings, it definitely has some negative side too. The environment we live in now has changed completely and if this continues, soon our planet will come under unfit place for living beings. It is our responsibility to make sure that the earth which has given us lots of resources should be protected.

First and foremost, to be done is to stop pollution as much as possible. If the pollution goes down, the environment can retain its nature and this will lead to a healthy ozone layer in the atmosphere. Don't litter and try to make the place around us clean. When we keep our surroundings clean and tidy, the place becomes more lovable and pleasant. If we notice, most of the developed countries have strict rules to keep the country clean. We have to conserve water and avoid plastics. Go green and recycling should be followed.

Use less paper. Papers are made from trees. When we use fewer papers, we can conserve forest, which in turn makes the earth more fertile and becomes shelters to many animals. If a country has a good habitat for its animal life it brings a balance to the food chain itself and that helps the world to be a much better place than it is now. We as human beings have to be more responsible. Being generous, donating to charities, helping others like offering service to elders and those in need are a few nice gestures which should be taught in young age.

When the youngsters in a society follow all these, the whole generation improves as a whole which in turn makes our earth a better place to live in.

Deepshika Suyambunathan [V B]

INSPIRATION

I have always loved learning and performing dance since a young age. Never cared how it looked and just did it for my pleasure. My mother had engaged me into dance classes by observing my interest in it. I enjoyed them and looked forward to the classes' everyday, even though they were painful. I faced them as challenges and tried to overcome the obstacles as everyone does. And so I thought that I was a very good dancer and very narcissistic about myself. A few years passed, one fine day, I had gone to a dance recital and saw a performance during the Margazhi time .I thought it would be like any other performance but after it was over it struck me that the dancer was nothing like I had ever seen before. Each and every movement she made, made me realise that I was nothing compared to her. Since then, I have been learning everything possible from every person and open for people to correct so that I can be my best version!

Aarti Pai. P [IX C]

KINDNESS TOWARDS ANIMALS

We all love animals but it is quite displeasing when we think about their safety. Many people say only stray animals are harmed. Is that true? Absolutely No. There are many wild animals which are harmed by human beings. Do you know why human beings kill them? It will be a great shock if I share a few.

Everyone likes peacock because of its beautiful feathers but people kill peacock not only for its feathers but also to prepare oil. Tiger is our national animal but many hunters hunt them for their skin which is used for decorative purposes. Hunters hunt elephants for their tusks and lions for their teeth and claws.

In order to protect our wild animals, the government of India declared hunting and poaching as illegal in the year 1972. We have many organisations like PETA and Blue cross to protect our animals. No matter whether it is a street dog or our national animal we must adopt and protect our animals. We the future citizens of India must join our hands and protect our animals.

M. Navya [IV C]

GOD

Have faith and trust God because he created you and he knows what is good for you. He will guide you in the right way, where you need to be, with the people you need to be and he would show people in your life to teach you lessons.

Never forget that the Lord is with you
Keep believing that you can pull through
Trust in yourself that you can do anything
Even if you feel like fainting
All it takes is one push
And you'll get there in rush
Whatever waves that come your way
You'll make it another way.
Tell anyone close to you,
"Hey, you can do it too!"

D.K. Tharunya Shree [V B]

PEACE IN PLEDGE

I pledge to use my words to speak in a kind way.
I pledge to help others as I go throughout my day.
I pledge to care for our earth with my healing heart & hands.
I pledge to respect people and each and every land.
I pledge to join together as we unite the big and small.
I pledge to do my part to create peace for one and all.

K.S. SHIVANI [VI A]

PRAYER

Prayer is essential for understanding God and for perceiving his existence through our body, mind and intellect. Praying to God at short and regular intervals makes it easier to establish communion with God. We can attain peace of mind after praying. When under mental stress, remembrance of God through prayers relieves the stress and we are reminded of chanting God's name too. Praying also increases the energy of the soul and boosts confidence. As a result, the task or a competition achieves excellence and success.

People approach the divine through prayer. Due to rigour and focus that prayer requires, the mind slowly learns to screen out distractions and become focused. Cultivating the prayer habit gradually and progressively deepens our levels of attention and awareness True prayers

cover a wider universal canvas. Prayer is powerful and it is good for your mind. If you pray immediately after you wake up, you will feel fresh. If you regularly and sincerely pray, definitely God will bless you. So let us inculcate the habit of praying and achieve success in life!

Sala [VI C]

SLOKAS AND THEIR MEANINGS

“Om Bhur Bhuvah Swah Tat Savitur Varenyam Bhargo Devasya Dheemahi Dhiyo Yo Nah
Prachodayaat”

Meaning:

Oh God! Source of Life, Remover of Sorrow, Giver of Happiness, we meditate upon you, who created this universe and is the source of all knowledge and bliss. We pray that you guide our intellect in the right path.

“Om Shanno Devirabhishtaya Aapo Bhawantu Peetaye Shanyorabhi Sravantu Nah”

Meaning:

Oh Omnipresent God! Giver of Light! Kindly bestow prosperity and bliss upon us. Our heartfelt desire is to remain happy. May your kindness fill our environment with happiness and peace!

“Om Namah Shambhavaaya Cha Mayobhavaaya Cha Namah Shankaraaya Cha Mayas
Karaaya Cha Namah Shivaya Cha Shiva Taraaya Cha”

Meaning:

God is the source of all bliss and prosperity. He alone enriches us physically and spiritually. We humbly bow to him.

“Om Asato Maa Sadgamaya Tamaso Maa Jyotir-Gamaya Mrtyor-Maa Amrtam Gamaya Om
Shaantih Shaantih Shaantih”

Meaning:

Om leads us from unreality to reality. Om leads us from the darkness to the light. Om leads us from the fear of death to the knowledge of immortality.

J. Vijeta [VI C]



R. ARCHITHA IX C

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A dense, colorful collage of Hindi characters and symbols. The characters are scattered across the entire frame in various colors (red, blue, green, yellow, orange, and grey) and orientations. Some characters are clearly legible, while others are partially obscured or faded. The overall effect is a vibrant, abstract representation of the Hindi alphabet and its components.

आशा-मानव अस्तित्व का ईंधन

आशा, क्या है आशा? क्या यह विश्वास के समान है? हमें आशा की आवश्यकता क्यों है? आशा वह छोटी सी आवाज है जो 'शायद' कहती है जब पूरी दुनिया 'नहीं' चिल्लाती है। आशा तब होता है जब कुछ खो जाता है लेकिन आपको लगता है कि यह फिरसे पाया जा सकता है। आशा ही हमें जीवित रहने और आगे बढ़ने की शक्ति देती है। आशा ही वो है जो हमें अंधेरे के दौरान ताकत देता है। बिना आशा के कुछ भी नहीं किया जा सकता है।

क्या विश्वास आशा के समान है? नहीं! विश्वास किसी पर यकीन करने या किसी ऐसी चीज पर भरोसा करना है जो प्रमाण पर आधारित न हो। दूसरी ओर आशा एक आशावादी रवैया है जो उमीद और मंशा पर आधारित है। विश्वास बताता है कि हम जो भी उम्मीद कर रहे हैं वह वर्तमान में मौजूद है जबकि आशा बताता है कि जो भी हम चाहते हैं वह भविष्य में कभी सच हो सकता है। लेकिन आशा और विश्वास संबंधित हैं। जहां आशा है, वहां विश्वास है। विश्वास आशा पर आधारित है और आशा हमेशा पहले आती है।

आशा मानव अस्तित्व का ईंधन है। आशा हमारे घावों पर मरहम लगता है। हम सभी जीवन में कठिनाइयों का सामना करते हैं और नीचे गिरते हैं, लेकिन आशा ही हमें फिरसे उठने और सही रास्ते में आगे बढ़ने में मदद करती है। आशा हमें 'हां' कहने की प्रेरणा देती है जब कोई हमें पूछता है कि क्या हमें आगे बढ़ने की शक्ति है या नहीं। आशा हमें अंधेरे से भरे सुरंगों के अंत के प्रकाश को देखने में मदद करती है और सभी नकारात्मक विचारों का मुकाबला कराता है। यह हमें याद दिलाता है कि बुरी चीज़ें लंबे समय तक नहीं टिकती।

चैत्रा.बी [X C]

उज्ज्वल भविष्य की आशा

आशा सकारात्मकता का सबसे मजबूत रूप है। आशा सकारात्मक परिणाम है जो हम अनिश्चित परिस्थितियों में उम्मीद करते हैं। यह हमें मुश्किल समय में भी आगे बढ़ने की ताकत देती है। यह महान विश्वास और अपेक्षाएँ ही सफलता की कुंजी है। भविष्य के लिए आशा रखने से हमें मानसिक शक्ति मिलती है। आशा हमें आत्मविश्वास देती है और यह निर्धारित करने में महत्वपूर्ण भूमिका निभाती है कि हम खुद को कैसे देखते हैं। हम जिस चीज़ या परिणाम की आशा करते हैं, वह हमें भविष्य के लिए इंतज़ार करने का एक कारण देती है। आशा सूरज की तरह है जो रातों के अंधेरे को दूर भगाती है। हम जो आशा करते हैं वो सच नहीं हो सकता है लेकिन यह हमारे डर को दूर भागने की ताकत रखता है। यही कारण है कि हमें हार नहीं माननी चाहिए और उज्ज्वल भविष्य की उम्मीद करनी चाहिए।

के.अनिष्ठा [X C]

प्रकृति की आशा

पर्वत कहता शीश उठाकर,
तुम भी ऊँचा बन जाओ।
सागर कहता है लहराकर,
मन में गहराई लाओ।
समझ रहे हो क्या कहती है,
उठ-उठ गिर-गिर तरल तरंग।
भर लो, भर लो अपने दिल में,
मीठी मीठी मृदुल उमंग।
पृथ्वी कहती धैर्य ना तोड़ो,
कितना भी हो सिर पर भार।
नभ कहता है फैलो इतना,
ढकलो तुम सारा संसार।

मेघा काबरा [IX B]

आशा ही जीवन का आधार

आशा (उम्मीद) एक ऐसा शब्द है जिस पर सारी दुनिया टिकी हुई है। यह

केवल एक शब्द ही नहीं बल्कि हम सभी के लिए यह जीने का एक मक़सद है। इसके बिना जिंदगी में कुछ भी मुमकिन नहीं है।

हम लोग जिंदगी में बहुत से काम करते हैं, ये सारे काम कहा जाता है कि हम उम्मीद होने की वजह से ही करते हैं – उम्मीद कुछ अच्छा करने की, उम्मीद कुछ बड़ा करने की, उम्मीद कुछ हासिल करने की तथा उम्मीद सफल होने की।

हाँ यह एक ऐसा शब्द है जिससे पूरी दुनिया चलती है। और जिस किसी ने भी इसका साथ छोड़ दिया वह कभी सफल नहीं हो पाया है। हम कोई भी कार्य करते हैं तो वह हमारी उम्मीद के साथ ही पूरी होगी, हाँ हमें सफलता अवश्य मिलेगी।

इसलिए हम सभी को इस ब्रह्मांड रूपी शब्द उम्मीद को हमेशा साथ लेकर चलना चाहिए।

वाणी सिंह [IX B]

आशा

होती है यह बहुत ज़रूरी,
मुश्किल समय में सहारा देती
इसे खोने पर होता पछतावा,

ऐसी गज़ब सी चीज़ है आशा।
सहायता करती, हमें समझाती,
कि सब ठीक हो जाएगा
कभी पीड़ित ना होने देती,
यही तो है आशा।

मेरे पास है, आपके पास है,
सब को इसकी ज़रूरत है,
हिम्मत रखना, डटे रहना
आशा को कभी खोने मत देना,
सब ठीक हो जाएगा, पहले जैसे,
हम सब ज़रूर मिलेंगे फिरसे।

समृद्धि मिढ़ा [IX C]

जिंदगी की आशा

आशाओं के पंख लगाकर ,
हम उड़ते जाते हैं।
जीवन के इस आसमान में,
इंद्रधनुष बनाते जाते हैं।

जिंदगी के इस सफ़र में,
चलो हम आगे बढ़ें।
आशाओं के दीपक जलाकर,
मिलकर अंधेरा दूर करें।

जब घेर ले तुम्हें चारों तरफ से निराशा,
खुद पर विश्वास करना और खुद से आशा।
जिंदगी है दो दिन का तमाशा,
जिंदा वही है जिसके पास है आशा।

ईशा कपूर [X B]

कामयाबी का महान रहस्य- आशा

आशा मनुष्य का शुभ संकल्प है। जैसे समस्त संसार को सूर्य अपनी उर्जा से मनुष्य के भीतर शक्ति का संचार करता है, वैसे ही आशा मनुष्य में शक्ति का संचार करती है। मनुष्य को सफलता और लक्ष्य, आशा से ही प्राप्त होता है। मनुष्य के लिए निराशा से बढ़कर दूसरा कोई पाप नहीं है। हर मनुष्य को संसार में आने के उद्देश्य को हासिल करने के लिए सबसे पहले आशावादिता का सहारा लेना चाहिए। अध्यापिका दिन-रात छात्रों को पूरी लगन एवं मेहनत से पढ़ाते हैं, माता-पिता मेहनत करके अपने बच्चों को शिक्षा दिलाते हैं और उनके हर सपनों को पूरा करने की कोशिश करते हैं, इसी आशा से कि उनका बच्चा या छात्र भविष्य में अच्छा आदमी बने और देश का नाम रोशन करें। किसान दिन-रात खेती करते हैं, इस आशा से कि दुनिया के सभी लोगों की भूख मिट जाए। आशाओं के सहारे मनुष्य बड़ी-बड़ी मुसीबतों को हंसते-हंसते जीत लेता है। आशावादी व्यक्ति हिम्मत और हौसले के दम पर एक ना एक दिन मुश्किलों को पार कर ही लेता है। आशावादी व्यक्ति अपना नसीब का फैसला खुद करते हैं। आशा, सुखमय, जीवन का सबसे बड़ा आधार है। अतः कितना भी बुरा वक्त हो, हमें आशा नहीं छोड़ना चाहिए और हिम्मत से काम लेना चाहिए। साथ ही हमें अच्छे होने की आशा के साथ आगे बढ़ना चाहिए।

“वक्त चाहे कितना भी कठिन हो बस प्रेम और आशा को हमेशा जिंदा रखें ”

सहाना चक्रवर्ती [VIII C]

आशा या उम्मीद

आशा का दूसरा नाम है उम्मीद। उम्मीद की बुनियाद से ही जिंदगी टिकी हुई है। उम्मीद से इंसान कुछ भी कर सकता है। बड़े से बड़ा पहाड़ तोड़ सकता है। आशा से ही हमें आनंद, आत्मविश्वास, प्रोत्साहन और प्रेरणा मिलती है जिससे हम जिंदगी का सफर तय कर सकते हैं। आशा से ही जिंदगी कायम है। आशा जब दृढ़ निश्चय में परिवर्तित हो जाती है तो इंसान सफलता का शिखर छूता है।

अक्षया [VIII B]

आशा का मार्ग

हमें जीवन में किसी भी कीमत पर आशा नहीं खोनी चाहिए । आशा सभी प्रकार के कष्टों और दुर्भाग्य का उपाय है। यह एक संभावना है जो व्यक्ति को जीवन में कठिनाइयों को दूर करने के लिए प्रेरित करती है। चीजें हमारे हाथ से बाहर और हमारी सीमा से परे हैं। आशावान व्यक्ति हमेशा सकारात्मक रहता है। जब हम पर्याप्त उम्मीद रखते हैं तो हम आश्चर्यजनक चीजें कर सकते हैं। हमें जीवन में आगे बढ़ने के लिए आशा का मार्ग चुनना चाहिए । हमारा स्वतंत्रता संग्राम बहुत कठिन था, लेकिन आशा थी कि हम इसे सफल बनाएंगे । इसलिए जब तक हम लक्ष्य तक नहीं पहुँचते, तब तक हमें आशा नहीं छोड़नी चाहिए।

सारिका.र [VIII B]

आशा की राह

सोचा नहीं था कि ऐसा दिन आएगा ,

जब लोगो को घर में

कैद कर दिया जाएगा ।

इस स्थिति में कोई

कुछ कर न सकेगा ;

बिना आशा और यकीन के

कुछ हो नहीं पाएगा ।

दूरियों को कम करना ,

सिर्फ आशा से संभव होगा

तो आइए चले करे हम यकीन

की वापस वो दिन आएगा

जहाँ सब था हसीन ।

बिपाशा.वी [IX B]

आशा - जीवन का सार

आशा ही जीवन का सार है। यह एक सकारात्मक शक्ति देती है। हम में से कोई भी बिना कोई आशा के शांति से जीवन नहीं बिता सकता है। हमें अपने भविष्य में सच्ची और अच्छी सोच रखनी चाहिए । आशा हमारे जीवन को बेहतर बनाने की संभावनाओं को मजबूत बनाता है। आशा आपके हर नयी शुरुआत मे साथ देती है। वह हमें बताती है कि कल इससे बेहतर होगा। चीजें कई बार हमारे समझ से बाहर हो जाती हैं तब आशा ही हमें इस हिम्मत को बनाए रखने में मदद करती है। आशा व्यक्ति को कामयाबी की ओर ले जाती है। जो लोग उम्मीद कभी नहीं छोड़ते वे वास्तव में इसे जीवन के अंत तक बनाए रखते हैं। जीवन का चक्र चलता है इसलिए हमे आशा का चक्र भी जीवन के साथ चलाए रखना चाहिए। यही कारण है कि आशा हमेशा जीवन का सार है।

प्रेक्षा.एस [IX B]

बच्चों का क्वारंटाइम

लॉकडाउन या क्वारंटाइन अब काहे को रोना है

अब तो जी भर कर सोना है

लॉकडाउन में बस खाते जाना है

खुद बाहर नहीं किन्तु पेट को बाहर लाना है

घर पर और बाहर भी मास्क लगाना है

खुद तथा ओरो को भी बचाना है।

बच्चों को स्कूल नहीं जाना है

घर पर पूरा दिन आतंक मचना है।

हर दिन नेट का डाटा उडाना है

और पूरा दिन आराम फर्माना है।

कोरोना से बचाव में लॉकडाउन का निर्णय आया है

बच्चों ने गोल-गोल रोट्टी और नए नए व्यंजनों का ऑर्डर फरमाया है।

क्योंकि इस बार ऐसा महीना आ है

जिसमें रविवार भी अपना अस्तित्व नहीं बचा पाया है।

अलंकृता [X B]

संगरोध

जैसा कि हम सभी जानते हैं कि महामारी के चुनौतीपूर्ण समय में, हम संगरोध में रहने के अधीन हैं। संगरोध ने हमें बाहरी दुनिया से अलग कर दिया है। बच्चे स्कूल नहीं जा पा रहे हैं ना ही अपनी दोस्तों के साथ आनंद ले पा रहे हैं। एक ओर, इस संगरोध ने हमें अप्रिय समय दिया है तो दूसरी ओर इससे हम कई तरीकों से लाभान्वित भी हुए हैं। हम अपनी प्रतिभा को विकसित करने और कुछ नया सीखने के लिए इस गुणवत्ता समय का उपयोग कर रहे हैं। वयस्क, जो सुधार तकनीक से अनभिज्ञ हैं, वे इससे परिचित हो रहे हैं। हमारा राष्ट्र प्रौद्योगिकी में सुधार कर रहा है क्योंकि पूरी स्कूली शिक्षा प्रणाली इस पर निर्भर है। संगरोध उन माताओं और पिताओं के लिए एक फायदा है जो अपने बच्चों के साथ कभी समय नहीं बिताते हैं। परिवार के सदस्यों को एक दूसरे को समझने तथा रिश्तों को मजबूत बनाने का अवसर भी मिल रहा है। समाज स्वच्छता का महत्व सीख रहा है। लोगों ने घर का स्वस्थ भोजन खाना शुरू कर दिया है। इस तरह के नकारात्मक समय के दौरान, हमें एक सुरक्षित और सुखी जीवन जीने के लिए अपने स्वयं के सकारात्मक तरीके खोजने होंगे।

लक्ष्मिता.के [VIII B]

लॉकडाउन की सीख

लॉकडाउन की सीख

आओ सुनो मेरे देश के वासी

ऋषि मुनि जिसे कहते है- सोने की चिड़िया,

वह देश हमारा भारत ही है।

यह धरती है, जहाँ त्रेता युग में,

रामायण का ग्रंथ लिखा,

द्वापर युग में कृष्ण जिये,

और धर्म- अधर्म का युद्ध हुआ।

ये कोरोना जो आया है,

हम सब को यह सिखलाया है,

‘स्वच्छता से कभी न करना बैर तुम’

सभी ने यह दोहराया है।

इस लॉकडाउन ने सिखलाया है ,

कम सुविधाओं में जीना है,

‘स्वच्छता से कभी न करना बैर तुम’

सभी ने यह दोहराया है।

गरिमा पंसारी [VIII C]

लॉकडाउन की सीख

लॉकडाउन की सीख

आओ सुनो मेरे देश के वासी

ऋषि मुनि जिसे कहते है- सोने की चिड़िया,

वह देश हमारा भारत ही है।

यह धरती है, जहाँ त्रेता युग में,

रामायण का ग्रंथ लिखा,
द्वापर युग में कृष्ण जिये,
और धर्म- अधर्म का युद्ध हुआ। ये कोरोना जो आया है,
हम सब को यह सिखलाया है,
'स्वच्छता से कभी न करना बैर तुम'
सभी ने यह दोहराया है।
इस लॉकडाउन ने सिखलाया है ,
कम सुविधाओं में जीना है,
'स्वच्छता से कभी न करना बैर तुम'
सभी ने यह दोहराया है।

गरिमा पंसारी [VIII C]

आओ बदले संगरोध की दुनिया

हम सभी मानते हैं कि कोविड जैसे कठिन समय केवल भगवान द्वारा परखा जा सकता है। इसी के वजह से हमें कई नुकसान झेलने पड़ रहे हैं। जैसे पैसों की कमी , लोगों की भूख में वृद्धि और कई लोगों के हाथों से तो नौकरियाँ छिन चुकी है। इस संगरोध के दौरान काफी कुछ हुआ। इसको बदलने के लिए हम कुछ अच्छे कार्य कर सकते है जैसे- गरीबों के लिए भोजन देने का अभियान शुरू कर सकते हैं और कुछ चीजें भी दान कर सकते हैं। हमारे छोटे-छोटे कदम आगे जा के बहुत महत्वपूर्ण साबित हो सकते हैं। मैं इस विषय की लेखिका चाहती हूँ कि मेरे सभी साथी अपने घरों में सुरक्षित रहे और कृपया डॉक्टर द्वारा दिए गए चरणों का पालन करें साथ ही सामाजिक दूरी बनाएँ रखें।

निहारिका [VI C]

कोरोना

वो भी क्या था दिन सुहाना
पर आज कल आ गया कोरोना
जिस से है जान को खतरा
इसलिए घर पर ही रहना

सुनो सुनो, सुनो सुनो

आप सब सुनो

आप सब सुनो

हाथ धोकर मास्क पहनकर

दूरी रखकर दूर रखो कोरोना को

शरीर का रखना बड़ा ख्याल

कोरोना से न पूछो सवाल

अक्षरा अनिल पिशरथ [IV B]

क्वैरंटाइन

चलो घर को घर बनाते हैं,

अपना बिस्तर खुद बनाते हैं,

चलो पुराने कपडे निकालते है,

पुरानी किताबो को सजाते है,

वह पुराना आलबम से धूल हटाते है,

आज मम्मी को किचन में हाथ बटाते है,

दादी के साथ मिलकर अचार बनाते है,

पुराने किस्सो को फिर दोहराते है,

दादा के साथ खेल-कूद करते है,

चलो अपने घर को बनाते है।

यह बुरा वक्त है टल जाए गा,

चलो अपने घर को बनाते हैं।

नीतीशा गुप्ता [III B]

दोस्ती का रिश्ता

कभी आपको अच्छाई सिखाएँगी।

कभी आपको प्यार से मनाएँगी, तो

कभी आपको डाटके समझाएँगी।

कभी आपको माँ की तरह प्यार करेगी,

कभी पापा की तरह चीजें दिलाएँगी।

कभी आपको भाई की तरह संभालेगी,

कभी आपको बहन की तरह सताएगी।

अच्छे समय में आपका साथ देगी,

जन्मदिन पर तोफें लाएगी।

बुरे समय में आपके दरवाजे पे मिलेगी,

हमे रोते देख, बहुत हँसाएगी।

बाहर जाने के हर प्लेन

को तबाह कर देंगे ,

पर हर चीज़ को मस्ती

में लेना भी यही सिखाएँगे।

कभी हम हस्ते है,

अजीब है यह दोस्ती का रिश्ता ।

कभी आपको बुराई से बचाएँगी, तो

सोच के कि हम कब रोए थे।

तो कभी हम रोते है,

सोच कर कि हम कब हँसे थे।

दोस्ती से ही तो आशा की बहार आई है,

उसी ने तो मस्ती करवाई है।

दोस्ती ने ही तो सच बोलना सिखाया है,
उसी ने तो अस्ली दोस्ती का मतलब
बताया है।

बहुत साल निकल जाते है,
सोच के कि वो कहाँ होंगे ।
यह सोच हो काफी है,
क्योंकि इस ही सोच को ,
दोस्ती कहते हैं ।

अजीब है यह दोस्ती का रिश्ता
बहुत अजीब है यह दोस्ती का रिश्ता ।

भूमि खन्ना [IX C]

पापा और मेरा रिश्

जन्म लिया जब इस धरा पर
आँखों में थे आँसु उनके
गोदी में मुझे उठाकर बोले
“मेरी रानी जीले खुलके”

जब जब रात डराती मुझको
चीख-चीख मैं चिल्लाती थी
छोड़-छाड़ कर खुद की चिंता
लोरी उनकी मुझे सुलाती थी

धीरे-धीरे बड़ी हुई मैं
बड़े हुए मेरे अरमान

कदम मेरे दहलीज़ पार कर

कसके पकड़े उनके हाथ

पापा मेरे बड़े बहादुर

पर डरते जब भी मैं बिमार

मेरे हर उपलब्धि के पीछे

गूँजती उनकी आवाज़

इस रिश्ते में है विश्वास

इस रिश्ते का नीव है प्यार

बेटी मैं उनकी बड़ी हुई तो

उनका बचपन आया पार।

निरंजना कार्तिकियन [IX C]

अनोखी दोस्ती

चाहे कैसा भी समय हो पालतू जानवर हमारे आदर्श साथी होते हैं। इस दुनिया में लाखों लोग अपने पालतू जानवरों से प्यार करते हैं। वे उनके साथ खेलते और बातें भी करते हैं। जानवरों के साथ समय बिताने से मनुष्य और जानवरों के बीच लगाव बढ़ता है। लगाव बढ़ने से मनुष्य के तनाव कम हो जाते हैं। पालतू जानवर प्यार प्रदान करते हैं। हमारी बातें भी सुनते हैं। हम अपने पालतू जानवर का पूरा विश्वास कर सकते हैं। पालतू जानवर उन लोगों के साथी हैं जो अकेले रहते हैं। मनुष्य और जानवरों के बीच दोस्ती अधिक विश्वसनीय और स्थाई है। पालतू जानवर प्यार और दोस्ती के लिए बेहतर प्रतिक्रिया देते हैं। मनुष्य के साथ दूसरे मनुष्य की दोस्ती लंबे समय तक नहीं टिक पाती है लेकिन मनुष्य और पशुओं की

दोस्ती सालों के बाद भी आसानी से टूटती नहीं है।

वैष्णवी मनोज [X C]

मेरी माँ

मेरी माँ है सबसे प्यारी मुझको कहती राज दुलारी ।

तरह-तरह के पकवान बनाती, मेरे मन को बहलाती ।

नींद मुझे जब ना आए तो परियों की वह कहानी सुनाती।

रोज सुबह उठकर वह मुझको अच्छी अच्छी बात सिखाती।

त्याग परिश्रम बुद्धिमान का परिचय मुझसे कराती।

कोरोना काल में संयम से रहना सिखाती।

सबसे पहले खुद मास्क पहनती और मुझे भी पहनाती।

दो गज़ दूरी है जरूरी का पाठ हमें सिखाती।

मैं भी माँ की तरह बनूंगी, उनके सिखाए राह पर चलूंगी।

शाम्भवी दूबे [III C]

सच्चा दोस्त

दो लोगों या कई लोगों के बीच दोस्ती का बहुत ही खास सम्बंध है। लेकिन कुछ लोगों के साथ दोस्ती लंबे समय तक नहीं चलती है। कुछ लोगों के लिए दोस्ती एक अनमोल हीरे की तरह है और कुछ लोगों के लिए यह एक कूड़े की तरह होती है जैसे इस्तेमाल करके फेंक दी जाती है। दोस्ती के बिना व्यक्ति का जीवन अधूरा है। दोस्ती का रिश्ता सबसे अच्छा रिश्ता है। हमेशा कुछ ऐसी चीज़ें होती हैं जिसे हम अपने दोस्तों के साथ करना या कहना चाहते हैं। सच्चे दोस्त वहीं होते हैं जो सिर्फ अच्छे समय में ही नहीं बल्कि बुरे समय में भी आपका साथ दें। ऐसे दोस्ती के रिश्ते को कभी न छोड़ें जो आपकी हर परिस्थिति में आपकी मदद करें। एक सच्चा दोस्त वही है जो आपकी खामोशी को शब्दों से बहतर समझ ले।

निहारिका [VII C]

नानी – एक अनोखा रिश्ता

एक नानी ही तो है,

जो आपका दिन भर

बात करने का इंतजार करती है।

एक नानी ही तो है,

जो अपना सारा काम छोड़कर

आपके पास आ जाती है।

एक नानी ही तो है,

जो आपके पसंदीदा खाने को

खुद प्यार से खिलाती है।

एक नानी ही तो है,
जो आपके हर सुख-दुख में
शामिल हो जाती है।

एक नानी ही तो है,
जो रोज़ रात आपको
कहानियाँ सुनाके सुलाती है।

एक नानी ही तो है,
जो आपको हर छोटी बात पे
प्यार से गले लगा लेती है।

एक नानी ही तो है,
जो बिना डांटे, सब कुछ
झटपट समझा देती है।

और एक दिन, वही नानी
है से थे में बदल जाती है
मगर, दिल मे बस जाती है।

अगर आज नानी होती,
तो इस परिस्थिति में भी,
मुझे बहुत हँसाती, और
कभी भी हाथ नहीं छोड़ती।

पशु-पक्षी-हमारे आदर्श साथी

हमारी इस खूबसूरत पृथ्वी पर मनुष्यों के अलावा और भी दूसरे अनेक प्रकार के जीव-जंतु एवं पशु-पक्षी रहते हैं। प्रकृति ने हम सब को एक दूसरे से भिन्न बनाया है, पर है तो हम प्रकृति की ही संतान। हम सब को आपस में मिल झुल कर रहना चाहिए। इसी में हम सब की भलाई है और जीवन भी।

वर्ष २०२० के तालाबंदी और क्वॉरंटीन ने हमें पशु पक्षियों और पालतू जानवरों के महत्व की सीख दी। अकेलेपन के इस दौर में बस वही है जो हमारी आशा की किरण है; हमारा सहारा है। चाहे हम एक-दूसरे की भाषा ना समझे, परंतु प्रेम की भाषा तो हर कोई समझ सकता है। प्रेम एक अद्भुत चीज़ है जो सभी को जोड़ सकती है। जब घर से बाहर जाने की इजाज़त नहीं थी तब कई लोगों के लिए जीना मुश्किल हो गया था। घर की दीवारें और बंद बंद कमरे देख, सिर घूम जाता था। हमारे पालतू जानवरों ने ही हमें उस गहरी उदासी से बाहर निकाला, हमें फिर से जीना सिखाया। उन्हें देखते ही मुख पर हँसी आ जाती है।

हमारे पालतू पशु-पक्षी सदैव हमसे प्रेम करते हैं। चाहे कुछ भी हो जाए वे हमारा साथ कभी नहीं छोड़ते हैं, कठिन से कठिन परिस्थितियों में भी हमारा साथ देते हैं। इसलिए हमारा भी यह कर्तव्य बनता है कि हम भी उन्हें उतना ही प्रेम करें, उनकी रक्षा करें और उनकी देखभाल करें। ये पशु-पक्षी ही हमारे आदर्श साथी हैं।

विदुषी पंसारी [X C]

मेरा प्यारा डोगी , पार्थ

तुम मेरे खास दोस्त हो । जब तुम मुझे पकड़ने के लिए भागते हो, तब तुम्हारे रुई जैसे कोमल बाल हवा में उड़ते हैं। तुम बहुत नटखट हो, खूब शरारतें करते हो मगर तुम्हारे मासूम चेहरे को देखकर मैं तुम्हें कभी भी डाँट नहीं पाती हूँ। हर शाम गेंद लेकर आते हो और तब तक स्थान से हिलते नहीं, जब तक मैं तुम्हारे साथ खेलती नहीं । तुम्हारे साथ खेलते ही मैं अपने सारे तनाव भूल जाती हूँ। मुझे देखते ही तुम अपनी पूँछ हिलाते हो, और मुझे प्यार से चाटते हो। जब मैं दुखी होती हूँ, तो तुम से बेहतर मुझे और कोई मना नहीं पाता है। तुम ही मेरे सच्चे मित्र हो। इस क्वारेन्टाइन में मुझे इस बात की अधिक खुशी है कि मैं तुम्हारे साथ वक्त गुज़ार सकी।

जयश्री [VIII C]

पालतू जानवरों की सुंदर दुनिया

इस दुनिया में जानवर ही हैं जो बिना किसी शर्त के प्यार कर सकते हैं। जानवर हमारी तरह समझदार नहीं होते । वे बोल नहीं सकते, हमारी तरह सोच नहीं सकते लेकिन वे हमारी खुशी और उदासी को महसूस कर सकते हैं। अगर उन्हें महसूस होता है कि हम उदास हैं तो वे तुरंत हमें खुश करने की कोशिश में लग जाते हैं। जानवरों ने हमेशा इंसानों का साथ दिया है चाहे कोई भी कठिन समय हो। इस सर्वव्यापी महामारी में भी लोगों के तनाव को कम करने में पालतू जानवरों का बहुत बड़ा हाथ है। पालतू जानवरों के साथ समय बिताने से हमारा मन बिल्कुल शांत हो जाता है। इन जानवरों से हमें बहुत

कुछ सीखने को मिलता है। वे जलन, गुस्सा, पाप, लड़ाई आदि का साथ नहीं देते। वे सिर्फ प्यार करना जानते हैं। अगर हम भी उनकी तरह जीने की कोशिश में लग जाएँ, तो यह दुनिया कितनी सुंदर बन जाएगी!

जे. वर्षा [X C]

हम खेलना जारी रखेंगे!

कोविड १९ के कारण, बच्चे घर पर बैठे हैं और बाहर जाकर खेलने में असमर्थ हैं। वे फुटबॉल, टेनिस, हॉकी जैसे खेल नहीं खेल सकते हैं। लेकिन हम घर पर बैठ कर कई तरह के बोर्ड गेम्स खेल सकते हैं। पुराने ज़माने में हमारे दादा-दादी कई दिलचस्प खेल खेलते थे जिनकी जानकारी हम उनसे ले सकते हैं। वे अक्सर अपने खेलों में आस पास की चीज़ों का इस्तेमाल करते थे जैसे पत्थर की मदद से चैपर, लंगड़ी, गुट्टे, पल्लांगुली, कंचा जैसे आदि खेल खेलते थे। आजकल सांप-सीडी, लूडो, चैस जैसे खेल आसानी से उपलब्ध हैं जिन्हें हम अपने परिवार के साथ खेल सकते हैं। हम कलम, कार्डबोर्ड, और कागज़ के उपयोग से अपने खुद के बोर्ड गेम भी बना सकते हैं। हम कभी भी अपने भाई-बहनो या दादा-दादी के साथ खेलने के लिए इतना समय नहीं निकाल पाते हैं। हमें अब एक बढ़िया मौका मिला है। इसलिए परिवार के सदस्यों के साथ विभिन्न प्रकार के खेल खेलने में समय बिताइए। अंत में, घर पर रहकर भी बहुत खेल खेले जा सकते हैं, इसके महत्व को समझिये और खेलना जारी रखिए।

प्रकृति.ए [VIII B]

खेलना नहीं होगा बंद!

जब से कोविड-१९ शुरू हुआ है, हम घर पर ही बैठे हुए हैं। हमारी बाहरी दुनिया से सभी सम्बंध कट गए हैं परंतु उसका यह मतलब नहीं है कि हम खेलना बंद कर देंगे। हमें प्रतिदिन खेलना चाहिए। खेलने से हमारी कसरत होती है। आज के ज़माने में इतने सारे खेल हैं तो हम इन्हें खेलना क्यों बंद कर दें? खेल दो प्रकार के होते हैं- घर पर बैठ के खेले जाने वाले खेल जैसे ताश, कैरम, चैस आदि या फिर बाहर खेले जाने वाले जैसे बैडमिंटन, लुका-छिप्पी, हॉकी आदि। आज आधुनिकरण के दौर में, हम पर मोबाइल फ़ोन का ऐसा जुनून चढ़ा है कि हम खेल कूद भी ऑनलाइन ही कर लेते हैं। ये सेहत के लिए अत्यंत हानिकारक है और मानसिक विकास के लिए बाधा बनता है। इस तालाबंदी ने मुझे ये ज़रूर समझा दिया है कि जो खुशी और मज़ा परिवार के साथ अंतराक्षरी और लूडो खेलने में आता है वो आनंद फ़ोन के बटन दबाने से नहीं मिलता। यह खेल मनोरंजन के साधन से हमें बहुत कुछ सीखा देते हैं जैसे जीवन में हार-जीत तो होती रहती है पर हमें हार कभी नहीं माननी चाहिए और कठिन परिश्रम करना चाहिए।

माही गुप्ता [VII C]

हमारे बचाव के लिए प्रौद्योगिकी

हमारे दिन-प्रतिदिन के जीवन में प्रौद्योगिकी बहुत उपयोगी और महत्वपूर्ण है। इससे संचार बहुत आसान बन गया है। तकनीक के बिना अब हमारे जीवन की कल्पना करना कठिन है। हर दिन नयी तकनीकें आ रही हैं जो मानव जीवन को आसान बना रही हैं। अब इस वर्ष, हम बिना प्रौद्योगिकी के, ऑनलाइन

कक्षाओं में भाग नहीं ले पाएँगे। आज इस प्रौद्योगिकी के कारण , हम बच्चों अपनी शिक्षा को व्यर्थ होने से बचा सके और उन्नत भी कर सके। लोग ऑनलाइन खरीदारी कर रहे हैं जो बहुत आसान प्रक्रिया है। हवाई जहाज़, ट्रेन, बसों के टिकटों की बुकिंग भी आज ऑनलाइन की जाती है। संक्षिप्त में, आज प्रद्योगिकी के कारण ही हम ऊँचाई की चरम सीमा पर हैं।

वेदा साई [VIII C]

शिक्षको का युग

सतर्क हो गया पूरा देश,
भारतवासी हो गए सजग,
मन में हुई हल- चल,
जब देश में हुआ तालाबंदी का असर।

बच्चे, बूढ़े और जवान
सब हो गये तैयार,
महामारी से छुटकारा पाना था,
पूरे राष्ट्र का एकमात्र गान।

विद्यालय भी हो गए बंद,
अध्यापिकाएँ और छात्र थे त्रस्त।
परंतु विकास होना अनिवार्य था,
इसलिए शुरू हुआ एक नया क्रम।

ना मुमकिन को मुमकिन करना,
यही उनका उद्देश्य था।
दृढ़ विश्वास और संकल्प ही,
इसी मेहनत की कुंजी थी।

समझाये , सिखाये , बिलकुल ना घबराये,
अलग होकर भी, कक्षा प्रभाव में पढ़ाये ,

यही बने हमारे मिसाल,
और करें नये युग की शुरुआत।
नए युग की सुबह हुई है,
आज के बच्चों का भविष्य बना है,
ये सब उन्हीं गुरुओं का किया हुआ है,
जिनसे खून का नहीं सुकून का रिश्ता है

हम छात्र हैं उनके आभारी,
उनसे हमें मिली है शक्ति,
वही हमारे प्रेरक है,
जिनकी करते हैं हम भक्ति।

आधुनीकरण से नहीं डरे,
बल्कि इसके समर्थक थे ,
हर मुश्किल को पार करी,
एकदम एक चलपुर्जे की तरह।

इस नए युग के हैं ये मालिक,
जिनके सामने हम सर झुकाये,
सलाम करते है उनको हम,
जिन्होंने इस संसार को जीना सिखाया

भाविका राठी [IX B]

हे मनुष्य! कुछ सीखो प्रकृति से

प्रकृति का करो सम्मान,

यह है हम सब की जान ।

हे मानव! भले ही तुम नियमों को तोड़ो,

प्रकृति कभी अपने नियम नहीं तोड़ेगी ।

प्रकृति हमें देती है सब कुछ,

हम भी तो सीखे देना कुछ ।

सूरज हमें रोशनी देता,

हवा नया जीवन देती ।

भूख मिटाने के लिए

धरती माँ हमें अन्न देती है ।

प्रकृति देती इतना सारा

बदले में देते हम क्या है?

सोच के देखो हे मनुष्य!

तेरी इंसानियत कहाँ है?

जो पेड़ छाया देते,

उनको तू काट रहा है ।

जो नदियाँ तेरी प्यास बुझाती,

उनके रास्ते तू बदल रहा है।

जो प्रकृति तुझे इतना देती,

उसका सब कुछ तू छीन रहा है।

जो प्रकृति तुझे इतना देती,

उसका सब कुछ तू छीन रहा है ।

अब भी वक्त है, समझ लो मनुष्य,

प्रकृति से है तेरा अस्तित्व ।

मिरूणा [VIII B]

फिर मौज मनाना

बारी-बारी ऋतुएँ आती,
अपनी छटा यहाँ दिखलाती।
फल-फूलों से भरे बगीचे,
चिड़िया मीठे गीत सुनाती।
देश मेरा यह सबसे न्यारा,
कितना सुंदर कितना प्यारा।
लेकिन कोरोना के बादल छाए
सब हो गए पराए।
परंतु मित्रों धीरज न खोओ,
और कुछ दिन घर में रहों।
सारे काले बादल हट जाएँगे,
फिर हम मौज मनाएँगे।

रेखा श्री आर [V B]

नव युवती

पहले, महिलाओं को शक्तिहीन जीव के रूप से देखा जाता था। लेकिन अब लड़कियाँ विभिन्न क्षेत्रों में उन्नति पा रही हैं। आज कल लड़कियाँ सफल पायलेट, डॉक्टर, अंतरिक्ष यात्री, कलाकार, आदि बन गई हैं। उन्होंने पुरुषों को चुनौती दी और सफल हुई हैं। पी वी सिंधु, मैरी कॉम, मिथालि राज जैसे महान महिलाएँ आज परिश्रम करके पूरे दुनिया में अपना नाम रोशन कर रही हैं। अपने लक्ष्य को प्राप्त करने के लिए, उनके पास दृढ़ संकल्प, ध्यान और बहादुरी थी। हर लड़की अपने लक्ष्य को प्राप्त करने की क्षमता रखती हैं। यह तब ही संभव है अगर वह बहादुर, निर्धारित, और शांत हो। अरुणिमा सिंहा एक विकलांग महिला थी जो एवरेस्ट पर्वत पर चढ़ी थी। अगर वह डर गयी होती तो यह संभव नहीं हो पाता। हमें महान महिलाओं से प्रेरित होना चाहिए। उनकी तरह, हमारे पास भी दृढ़ संकल्प होना चाहिए और लक्ष्य को प्राप्त करना चाहिए। और जैसा हम सब जानते हैं, “छोटे-छोटे कदम बढ़ाकर ही व्यक्ति अपनी मंजिल पा सकता है”।

प्रकृति.ए [VIII B]

कोरोना

जा जा करोना ।
मुझे स्कूल जाना है।
मैदान में खेलना है।
अध्यापको से पढ़ना है।
दोस्तों से मिलना है।
अन्युवल डे मनाना है।
मास्क नहीं पहनना है।
जा जा करोना।

एम. अश्मिता [IV C]

परिक्षण समय में प्रतिभा को दोहन

बंद हूँ मैं घर पे
और मन अशांत है,
हर ओर सन्नाटा है
पर फिर भी दिल मे आस है।

बालकनी और खिड़की मेरे नये मित्र,
आसमान में बादल लगे जैसे चलचित्र,
तभी अजीब सी फ़िक्र हुई
बीमार ना पड़े अपना कोई
हे प्रभु सुनना तुम पुकार मोहि।

मूंदी आँखों से मैंने महसूस की आहट जबकि आस पास थी पक्षियों की चहचहाट
फिर माँ गले लगाकर बोली:

बेटी, आसमान देखो

हवा और सपनों में खोओ,

समय की घड़ी को प्रभु ने हैं रोका,

जिंदगी को जीने का अद्वितीय मौका॥

वो काली यमुना आज फिर जीने लगी,

वो हिमालय शहरों से भी दिखने लगे,

आसमान में नीलिमा आयी,

परिवार जनों को समीप लायी,

मोबाइल अब दूर रहने लगे,

पोष्ट भोजन ग्रहण करने लगे,

आयुर्वेद होम्यो और यूनानी

अब है हर घर की कहानी।

एक नया युग, एक नया संसार

एक स्वच्छ प्रकृति का अवतार

बंद हो बेटी तुम घर पर

किन्तु एक नयी राह पर

है प्रकृति अग्रसर ॥

मिश्रा पन्नू माटा [IV B]

प्रकृति

ठरी हरी खेतों में

बरस रहे है बूंदें

खुशी खुशी से आया सावन

भर गया मेरा आँगन

ऐसा लग रहा है जैसे

मन की कलियाँ खिल गयीं वैसे

ऐसा की आया बसंत

लेके फूलों का जश्र

धूप से प्यासी मेरे तन को

बूंदों ने ली ऐसी अँगड़ाई

कूद पड़ा मेरा तनमन

लगता है मैं हूँ एक दामन

यह संसार है कितना सुन्दर

लेकिन लोग नहीं उतने अकलमंद

यही है एक निवेदन

न करो प्रकृति को शोषण

वर्शना [VI A]

प्रौद्योगिकी के युग की शुरुआत

कोरोनावायरस महामारी शुरू होने से पहले, हमने केवल कुछ उद्देश्यों के लिए प्रौद्योगिकी का उपयोग किया, जैसे कि दूर के स्थानों पर रहने वाले लोगों के साथ संचार के साधन और टिकट बुक करना, नेट ब्राउज़ करना, ऑनलाइन गेम खेलना, घरेलू कार्यों के लिए, या सोशल मीडिया, मनोरंजन और खेल के लिए, आदि। लेकिन अब, जब हम सब कोविड -19 के प्रसार को रोकने के लिए अपने घरों के अंदर बंद हैं, और स्कूल, कॉलेज और कार्यालय भी बंद हैं, तो प्रौद्योगिकी ने हमारे जीवन में एक नई भूमिका निभाई है। यह अब छात्रों के लिए "ऑनलाइन कक्षाओं", ई-पुस्तकों और अन्य शिक्षण अनुप्रयोगों के माध्यम से, स्कूल बंद होने के बावजूद भी अपनी शिक्षा जारी रखने के लिए एक साधन का भूमिका निभाता है। यह कामकाजी लोगों को अपना काम जारी रखने के लिए एक माध्यम है, लेकिन अपने घरों के आराम और सुरक्षा से। हर किसी के जीवन के इस कठिन चरण में, प्रौद्योगिकी ने हमें अपने सभी दोस्तों और रिश्तेदारों से जुड़ने में मदद की है, भले ही वे हमारे घरों के पास या दूर के स्थानों पर रहें। यहां तक कि प्रमुख कार्यक्रम, जैसे दो देशों के राष्ट्रपतियों या राज्यों के प्रमुखों की बैठक, महत्वपूर्ण इंटरव्यू, अदालतों में निर्णय लेना, आदि, सुरक्षा चिंताओं के कारण ऑनलाइन किए जा रहे हैं। हम सभी जानते थे कि प्रौद्योगिकी किसी दिन सभी घरों में एक साधारण चीज़ हो जाएगी, जिस पर हम इंसान हमारे सभी जरूरतों के लिए निर्भर करेंगे, लेकिन मुझे यकीन है कि हममें से किसी ने भी यह नहीं सोचा था कि यह इतने जल्द ही होगा। प्रौद्योगिकी तेजी से विकसित हो रहा है। हम एक नए युग की सुबह में हैं। लेकिन क्या हमारे सभी जरूरतों के लिए प्रौद्योगिकी पर निर्भर करना दुनिया की बेहतरी के लिए बदलाव है ?

यह एक ऐसी चीज़ है जिसके बारे में हम सभी को सोचना चाहिए।

वर्षिता . पी [IX B]

कुछ बातें याद आती हैं

स्कूल जाने में जो मज़े थे, अब क्वारंटीन में याद आ रहे हैं। मुझे अपने दोस्तों एवं अध्यापिकाओं की याद आती है, लेकिन इस लॉकडाउन ने तो जीने का तरीका ही बदल दिया। पहले लगता था कि पाठ उबाऊ है, अब महसूस हो रहा है कि वे तो सिर्फ, छोटी छोटी कहानियों से भी बढ़कर हैं। परीक्षाएँ केवल याद करने के लिए नहीं होती हैं, वे तो हमारे जीवन को आकार देती हैं साथ में कई अच्छे गुणों को विकसित करने में भी मदद करती हैं। स्कूल की वर्दी को, रोज़ पहनने पर शिकायत करती थी परंतु अब, उसी को पहनने के लिए तरसती हूँ। स्कूल के दिन लघु होते हैं, उनका आनंद लो। घर बैठकर मुझे समझ आया कि हम कुछ पाते हैं तो कुछ खो देते हैं।

एच. केशिका [IX C]

आया बसंत

आया बसंत हँसता गाता,
रंग -बिरंगी फूल खिलाता.
झूम रही है हर डाली डाली,
कूक रही कोयल मतवाली.
गुन गुन गुन गुन भंवरा गाता,
तितली रानी से बतियाता.
खुश हो बच्चे पतंग उड़ाते,
वो -काटा का शोर मचाते.
सर्दी कहती अब है जाना,
मौसम लगता बहुत सुहाना.
आया बसंत हँसता गाता,
मस्ती की गागर छलकाता.

अनुष्का रानडे [XI C]

हम कुछ हासिल करते हैं, तो हम कुछ खो देते हैं।

हम कुछ हासिल करते हैं, तो हम कुछ खो देते हैं, यह एक प्रतिष्ठित कथन है। परंतु यह बात बिल्कुल सच है। हमारा जीवन भी ऐसे ही चलता है। हमें अपने जीवन में कुछ हासिल करने के लिए कुछ खोना पड़ता है। हम हमारे जीवन में कुछ खोये बिना, कुछ भी चीज़ को हासिल नहीं कर सकते। लेकिन याद रखना, हमें कभी भी उन खोए हुए चीज़ों को लेकर रोना नहीं है। वे हमेशा हमारी यादों में रहेंगे। हमारा वर्तमान जीवन इसका एक उदाहरण है। हमने हमारी आज़ादी से बाहर घूमने का अधिकार खो दिया परंतु इसकी वजह से, अन्य पशु पक्षियों को स्वतंत्र से बाहर घूमने का अवसर मिला है। पृथ्वी को सभी तरह की प्रदूषण से चंगा करने का अवसर मिला है। जब कभी भी हम कोई भी चीज़ को खो देते हैं, हमें हमेशा उसके बारे में एक सकारात्मक कारण रखना चाहिए। कुछ खोना हमेशा नकारात्मक नहीं होता। शायद उस चीज़ को खोने, का कोई मतलब था, शायद वो चीज़ का खोना, हमारे खुद के अच्छाई के लिए था। जिंदगी ऐसे ही चलता है।

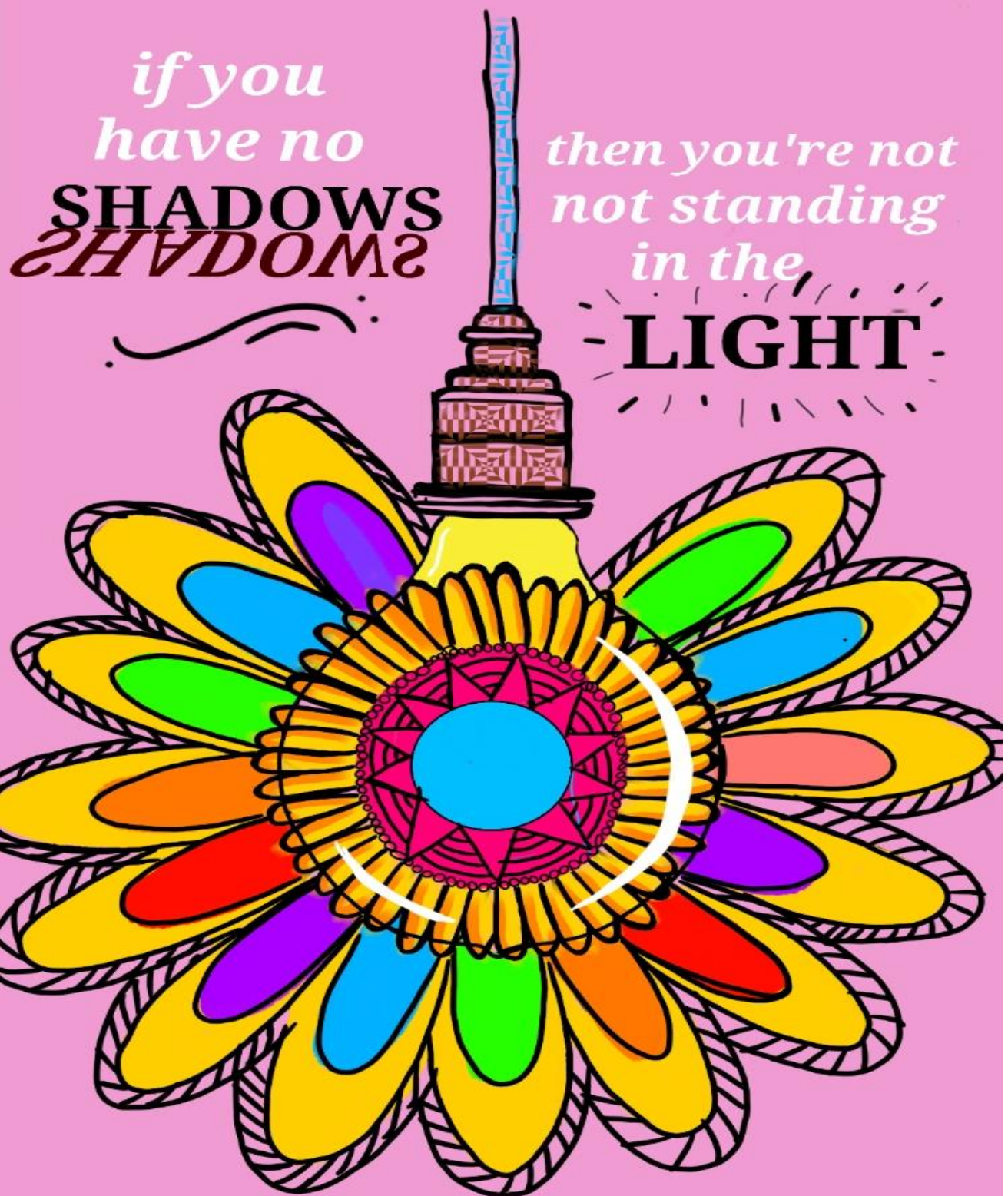
शर्मिला [X C]

करोना क्या कहता है?

करोना वायरस की बीमारी,
रखनी होगी सावधानी।
सोशल डिस्टेंसिंग रखें,
हाथ बार-बार धोए
और जब भी बाहर जाएँ,
तो मास्क पहनना ना भूलें।
करोना से डरना नहीं है,

लेकिन लड़ना है और
हमें ऑनलाइन क्लास में,
ध्यान लगाकर पढ़ना है।
घर बैठ कर करें पढ़ाई,
शिक्षकों की बात मानें।
रोज़ करें ईश्वर से प्रार्थना,
दे दें हमको सुख और शान्ति।

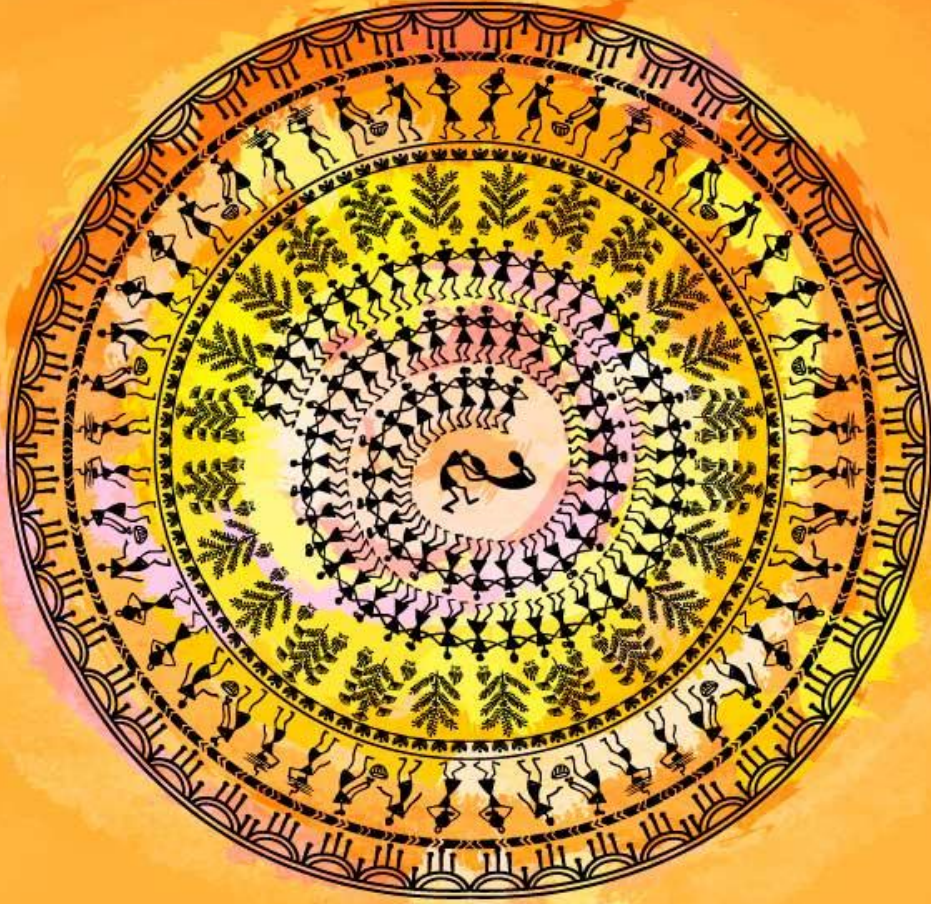
नन्दिका नरायण [V B]



Digi-art by Balasubhiksha

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SANSKRIT SECTION



लोकाः समस्ताः सुखिनो भवन्तु ।

lokāḥ

samastāḥ

sukhino

bhavantu

Let the entire world be happy.

Mangal Mantra

सारा संसार सुखी रहे ।

आशा एव गरीयस

“आशा नाम मनुष्याणां काचिदाश्चर्यं शृङ्खला ।

बद्धा यया प्रधावन्ति मुक्ताः तिष्ठन्ति पङ्गुवत् ॥”

एकदा द्वौ मण्डूकौ पाकशालायाम् इतस्ततः कूर्दन्ति स्म । तदा तौ तत्र स्थिते दुग्धपात्रे अपतताम् । मण्डूकौ पात्रात् बहिः आगन्तुं बहु प्रयत्नम् अकुरुताम् परं पुनः पुनः असफलौ एव अभवताम् । एकः मण्डूकः अवदत् – घटात् बहिः गमनम् असम्भवम् एव, अतः प्रयत्नम् एव न करवाव” इति । परं द्वितीयः मण्डूकः अवदत् – ‘आवां स्व-आशां न त्यजाव” इति । प्रथमः मण्डूकः पुनः पुनः कूर्दनेन क्लान्तः अभवत्, अतः सः आशां त्यक्त्वा घटे अपतत् । द्वितीयः तु यद्यपि क्लान्तः तथापि स्वाशां नात्यजत् । पुनः पुनः कूर्दनेन तत्र स्थितं दुग्धं नवनीतम् इव परिवर्तितम् । तदा सः द्वितीयः मण्डूकः नवनीतस्योपरि आरुह्य घटात् बहिः आगच्छत् स्वप्राणरक्षाम् अपि अकरोत् । अतः उच्यते – उद्यमेन सिध्यन्ति कार्याणि । तदपि न – “आशा सर्वमपि साधयति । आशा अन्धकारेऽपि प्रकाशं दर्शयति । आशा सत्कर्मकरणाय प्रेरयति ।”

यदि ईश्वरे आशा स्यात् तर्हि जीवनमपि सफलं भवेत् । आशा महत्वपूर्णा यतः सा इन्द्रियनिग्रहं कारयित्वा स्वलक्ष्यं साधयितुं सहायिका अस्ति । आशा प्रत्येकस्य मनुष्यस्य महान् आनन्दः वर्तते, सा एव चिन्तायाः भेषजमपि चास्ति । अस्मिन् परिवर्तिनि संसारे आशायाः आवश्यकता वर्तते । तदपि अस्मिन्विषाणुः काले आशा अत्यावश्यकी, आत्मविश्वासः च आवश्यकः एव । सर्वेषां स्व-स्वविषये विजयस्य रहस्यम् आशा एव । यथा सूर्यः जगते प्रकाशं दास्यति तथा आशा प्रत्येकस्मै बलं ददाति । आशां विना किमपि कार्यम् असाध्यम् । उदाहरणम् :- मंसूर अलि खान् एकः प्रसिद्धः क्रिकेट् क्रीडकः अस्ति । यदा सः कार यानेन इङ्ग्लैण्ड् गच्छन् आसीत् तदा एकस्यां दुर्घटनायां सः नेत्रहीनः अभवत् । तथापि सः स्वाशां न अत्यजत्, क्रिकेट् अपि नात्यजत् । ततः सः

भारतस्य क्रिकेट् टीम् कृते अधिनायकः अभवत् । अतः उच्यते –

“गिरिर्महान् गिरेरब्धिर्महानब्धेर्नभो महत् ।

नभसोऽपि महद् ब्रह्म ततोऽप्याशा गरीयसि ॥”

आशा जीवनस्य सारः अस्ति । अस्मिन् संसारे आशा सर्वेषामपि साधनेषु सहायिका भवति । आशा एव अस्माकं साधारण जीवनमपि श्रेष्ठं भावीजीवनस्य आधारो भूत्वा सर्वान् प्रेरयति । आशा न तु कष्ट समये शक्तिदायिका अपितु भविष्यस्य तीव्रसाधिका वर्तते एव ।

आशा – जीवनस्य दिक्दर्शिका

आशा – उद्यमस्य प्रथमसोपाना

आशा – विश्वासस्य अन्यरूपिका

आशा – भविष्यस्य आधारभूता

आशा – लक्ष्यस्य कर्मसाधिका

अतः वदेम यत् भावीजीवनाय आशांसिनः जनाः बहुविधपथ्या जीवनं विश्वासेन यापनीयम् । यदा विश्वासः तदा सफलतायै अपि आशा भवेत् । यदि विमानेन गच्छामः तदा सम्यक्तया चिन्तितं स्थानं प्राप्स्यामः इति आशा भवेत्, शयनार्थं गच्छामः तदा अग्रिमेदिने नवदिनस्य स्वागताय आशां कुर्याम । अत उक्तम् यत् जीवनमेव आशांसि वर्तते । आशासे यत् वयं सर्वेऽपि मिलित्वा अस्य राष्ट्रस्य नवयुग निर्माणं कुर्याम इति ईश्वरं प्रार्थयेम ।

“आशा एव गरीयसि”

अष्टमी कक्ष्या छात्राः

[CLASS VIII]

विश्वेषु कन्या

उक्तम् यत् – “स्त्रीरत्नसमं रत्नं नास्त्येव” अद्यतनकाले अधिकाः महिलाः स्वतन्त्रेण सन्ति । ताः सर्वाः स्वयमेव निर्णयमपि स्वीकुर्वन्ति । सार्वकारिक कार्यालयेषु अपि महिलानां स्थानप्रशंसनीयम् एव । अतः वदेम स्त्रियः तु पुरुषसमानाः इति । प्रागिव ताः पुरुषेषु नादीनाः ताः सर्वेषु क्षेत्रेषु यदि वा खेलाः, नैपुण्यम्, अध्ययनम् इति सर्वत्र सफलाः सन्ति । यथा –

“या गार्गी श्रुतचिन्तने नृपनये पाञ्चालिका विक्रमे,

लक्ष्मीः शत्रुविदारणे गगनं विज्ञानाङ्गणे कल्पना ।

इन्द्रोद्योगपथे च खेलजगति ख्याताभितः साइना,

सेयं स्त्री सकलासु दिक्षु सबला सर्वैः सदोत्साह्यताम् ॥”

आर्थिकस्थाने अपि महिलानां महत्वपूर्णं स्थानं विद्यते । महिलाः एव शिशूनाम् एवं ज्येष्ठानां प्रारम्भिक पोषकाः सन्ति । शक्तिशाली नारीशक्ति समाजस्यनिर्माणं करोति । भारतस्य

श्वस्तन-प्राधान्य-नागरिकाः रूपेण नार्यः एव भविष्यन्ति इत्यत्र न कोपि सन्देहः । अतः वक्तुं शक्यते यत् ताः समाजस्य कुशलाः वास्तुकाराः इति । एतदपि उक्तम् –

दशपुत्रसमा कन्या दशपुत्रान्प्रवर्धयन् ।

यत्फलं लभते मर्त्यस्तल्लभ्यं कन्ययैकया ॥

महिलाः एव परिवारस्य कशेरुः / रीढकः वर्तन्ते । महिलाः सर्वेषां जीवने आनन्दम् आनयन्ति । शिक्षणे अपि अद्यत्वे महिलानाम् एव अधिकं प्रतिशतम्वर्तते । एवमपि वदन्ति यत् -- यदि वयम् एकस्मै बालाय विद्यां दद्मः तर्हि तत्र एकस्य मनुष्यस्य एव विद्या भवेत् । परं शिक्षिता नारी न केवलं स्वजीवनम् अपितु परिवारस्य, समाजस्य, स्वकुलस्य उत्थत्यर्थं प्रयत्नं करोति । अतः स्त्रियः सर्वैः सादरं सम्माननीयाः । उक्तम् च -

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः ।

यत्रैताः न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः ॥

नारीं विना नराः अपूर्णाः एव । यस्मिन् गृहे नार्यः न सन्ति तद् गृहमपि अपूर्णम् । नार्यः तु त्यागस्य मूर्तिनः एव । आभारते नार्यः विना एकमपि क्षेत्रं नास्त्येव । महिलासु मानसिक शक्तिः अधिका एव । ताः स्वयं दुःखं सहते परं सर्वदा सर्वेभ्यो सुखं ददति । ताः निस्स्वार्थस्वरूपिण्यः सन्ति । नार्यः एव राष्ट्रस्य अक्षिणी वर्तन्ते । मनुस्मृतेः पङ्क्तिरस्ति –

“आत्मा वै जायते पुत्रः पुत्रेण दुहिता समा”

अतः सर्वैः पुत्रीणाम् स्वागताय सन्नद्धाः भवितव्याः । बालिकानां जन्म उत्सवमिव आचरेम । अन्तर्राष्ट्रीय “महिला दिनम्” अक्टूबर एकादश दिनाङ्के आचर्यते । परं अस्माकं भारते नित्यम् निरन्तरं प्रतिक्षणमपि नार्यः सादरं सर्वैः दृश्यन्ते इति संशयेन विना सगर्वं वक्तुं शक्नुमः । तथैव अस्माकं भारते प्रकृतयः गावः सर्वेऽपि मातृरूपेण पूज्यन्ते । न केवलम् एतदेव अपितु “मातृभूमिः, मातृभाषा, इति अधुना यावत् वदन्तः स्मः । यतोहि –

“माता हस्तस्पृशोऽहि मातृणामजलस्य जलाञ्जलिः”

अतः सर्वाः बालिकाः, स्त्रियः, महिलाः च सगर्वं वदेम यत् –

“बाला अहं नवयुग जनिता

नारी अस्मि नाहमबला ।

महिला अहं नैव दुर्बला

आदिशक्ति अहमम्बिका ॥”

अष्टमी कक्ष्या छात्राः

[CLASS VIII]

मातृदेवो भव

भूप्रदक्षिण षट्केन काशीयात्रायुतेन च ।

सेतुस्नानशतैर्यश्च तद्फलं मातृवन्दने ॥

अस्मिन् संसारे माता एव परम देवता अस्ति । कापि मातुः स्थानं ग्रहीतुं न शक्नुवन्ति । “जननी जन्मभूमिश्च स्वर्गादपि गरीयसी” इति श्रीरामेण उक्तम् । वेदेषु ग्रन्थेषु अपि मातुः माहात्म्यं वर्णितम् अस्ति । “मातापितागुरुर्देवः” अस्मिन् अपि मात्रे एव प्रथमं स्थानं दत्तम् अस्ति । सन्तति पालने माता अनेकानि कष्टानि सहते । स्वयं दुःखं सहते परं परिवारजनेभ्यः सर्वं सुखं यच्छति । माता अतीव पुत्रवत्सला । सा एव प्रत्येकस्य प्रथमः गुरुः वर्तते । महाभारते महर्षिणा व्यासेन उक्तं यत् – “नास्ति मातृसमो गुरुः” इति । स्नेहपरायणा, साधुस्वभावा सा माता देवस्वरूपिणी एव । स्वमातृ-भक्त्या श्रवणकुमारः अमरः जातः । भगवतः शङ्कराचार्यस्य मातृभक्तिः सर्वविदिता एव । अस्य मातृभक्तिः अलौकिकी । प्रेरणादायकः स्वामी विवेकानन्दः अपि पूर्वं स्वमातुः प्रेरणया एवं भगवद्गीतायाः उपदेशानुसारं नरेन्द्रः सः विवेकानन्दः अभवत् । छत्रपति शिवाजी अपि स्वमातुः इच्छानुसारं ध्वजस्य आरोहणं कृत्वा विश्वप्रसिद्धः अभवत् । चाणक्येन उक्तं यत् – “गुरूणां माता गरीयसी” इति माता तु कल्पवृक्षो भूत्वा सर्वान् पालयति, पोषयति च । मात्रा समा प्रियतमा, श्रेष्ठतमा, ज्येष्ठतमा कोपि भवितुं नार्हति । अतः वेदेऽपि उक्तं – “माता च मेच्छदयत” इति । गुरुः शङ्कराचार्येण उक्तं यत् – “कुपुत्रो जायेत क्वचिदपि कुमाता न भवति” इति ।

सा सहजरूपा, पुत्रेषु आशुप्रसन्नमना, स्वसमस्तं सुखं संत्यजन् शिशूनां कृते कल्याणकारिणी भवति ‘माता’ इति अयं शब्दः अलौकिकः यस्य स्मरणेन मनः स्फुरति, प्रति रोमं हर्षति, अद्भुता अवर्णनीया अनुभूतिः माता भवति । अमोघमन्त्रं माता, यस्य उच्चारणेन सकलकायक्लेशाश्च हरन्ति । मातुः ममता महिमा च शरीरे अनुपस्थाप्यः एव भवति तदनुभवगतं आह्लादकं च यथा देवस्य अनुभूतिः भवति, न तु दर्शनम् । अतः एव उक्तम् – “मातृ देवो भव” । सा माता तु करुणायाः, ममतायाः च मूर्तिः, न कोपि कर्तुं शक्नोति तस्याः क्षतिं पूर्तिः । “हे अम्मा! तव चरणयोः मम जीवनम् । सेवायां तव निरतो स्याम् आजीवनम्”

दशमी कक्ष्या छात्राः

[CLASS X]

समययापन-विवेकः

कालो अश्वो वहति सप्तरश्मिः ।

“समयः” एकस्मिन् दिने चतुर्विंशति होराः न्यूनातिन्यूनं नात्यधिकम् । किन्तु कार्याणां कुशलप्रबन्धनेन समयस्य सदुपयोगं कर्तुं शक्यते । यदा एकेन गुरुणा समययापन-विवेकः पाठितः यत् –सः गुरुः एतं प्रति उपदिशन् आसीत् तदा घटः, मृत्तिकाः, शर्करा, लवणम्, शिलाखण्डः, सिकताः, गुडम्, इत्यादीनि वस्तूनि प्रयुज्य छात्रान् अवबोधयति स्म यत् – भो छात्राः ! यदि घटे प्राक् सिकतादि वस्तूनि पूरयित्वा शिलाखण्डान् स्थापयितुं यतामः तर्हि प्रायः न सम्भवति । किन्तु पूर्वं स्थूलशिलाखण्डान् घटे प्रस्थाप्य तदुपरि शर्करा मृत्तिकादीनि अणुतुल्यानि सहजतया घटे पूरयितुं शक्यते । अनेन प्रकारेण सा उपदिशति यत् अस्मिन् घटमय जीवनेऽपि प्रधानकार्याणि प्राक् सम्पादयेत् ततः लघुकार्यकरणे अल्पश्रमः अधिक सन्तुष्टिः लभते । समयस्य समुचिते समये उपयोगः एव समयस्य सदुपयोगः कथ्यते । मानव व्यक्तित्वं भिन्न-भिन्न विशेषताभिः युक्तम् अस्ति । प्रकृत्या सम्प्राप्त गुणानाम् शिक्षा अभ्यासकौशलेन कर्तुं शक्यते । यदि समयः धनसमानं तर्हि तस्य व्ययीकरणं कुशलतया भवितव्यम् । महापुरुषाणां जीवनं पश्यामः तर्हि ते जनाः समयपरिपालने नैपुण्याः आसन् सदा नूतन-कौशलाभ्यासेन स्वज्ञानं वर्धयन्ति स्म । स्वव्यवहारं च परिष्कुर्वन्ति स्म । यतोहि केनापि उक्तम् – “कालो दुरतिक्रमः” ।

संसारे बहूनि बहुमूल्यानि सन्ति परं तेषु बहुमूल्यम् वस्तु समयः एव वर्तते । यतः अन्यानि विनष्टानि अपि पुनः लब्धुं शक्यन्ते परं व्यतीतः समयः केनापि उपायेन पुनः लब्धुं न शक्यते । समयस्य प्रवाहः केनापि न वार्यते । अतः उक्तं यत् –

“गतः कालः न पुनरुपैति”

मनुष्यः जीवने अज्ञः भवति । सम्पूर्णं जीवने स्वात्मानम् विवेकिनं कर्तुं यतते किन्तु समयः सीमितः भवति । सर्वेषां समक्षं जटिलः अयं प्रश्नः समुपस्थितः यत् कथं समयस्य सदुपयोगः करणीयः इति । केचन जनाः आदिवसं व्यस्ताः भवन्ति किन्तु कालपरिपूर्णे असफलाः जायन्ते, केचन समयपालन – नैपुण्यं सम्यक् जानन्ति ते सफलतां शीघ्रं च आरोहन्ति । यथा अब्दुलकलाम् महोदयः स्वकुशलसमय – प्रबन्धनेन आदर्शः जातः । व्यस्तः तथापि सितार इति वाद्य – कलानिपुणः, महादेवीवर्मा साहित्यक्षेत्रे व्यस्ता तथापि स्वगृहस्य पुरतः पुष्पवाटिकासु रुचिं प्रददाति स्म । केनापि उक्तं यत् – “काव्यशास्त्रं विनोदेन कालो गच्छति

धीमताम्”।बुद्धिमन्तः काव्य शास्त्रादिषु स्वात्मानं नियोजयन्ति । समययापनविवेकः इति प्रसिद्धिम् आवहन्ति ।सर्वेपि तथैव प्रत्येकं कार्यम् अस्माकं कौशलं प्रकटयितुं दत्तम् अवकाशमिति विचिन्त्य सपदि समापयन्ति यतः –

आदानस्य प्रदानस्य कर्तव्यस्य च कर्मणः ।

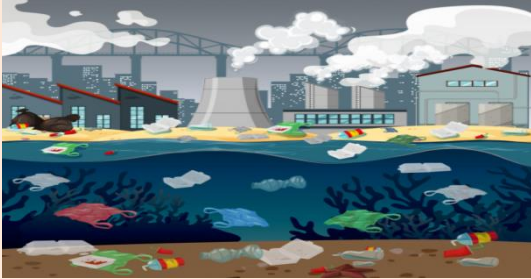
क्षिप्रमक्रियमाणस्य कालः पिबति तद्रसम् ॥

तदपि अस्मिन् संसारे अस्मिन् पण्डमिक् समये विशेषरूपेण अस्माभिः समयस्य ध्यानं दातव्यं येन राष्ट्रस्य उन्नतिः स्यात् । सन्मार्गे, सज्जनसङ्गत्या, देशहिताय, राष्ट्रोन्नत्यर्थं, अपि समयः देयः । वयम् आजीवनं श्रीकृष्णस्य मार्गे चलन्तः, स्वामी विवेकानन्दस्य एवं स्वामी दयानन्दस्य धार्मिक विचारान् अनुसरन्तः, डा. अब्दुल्कलाम् महाभागस्य चिन्तनम् अनुसरन्तः जीवामः । कानिचन समयस्य सदुपयोग सूत्राणि – 1. समयस्य सीमानं ध्याने निधाय कार्यं कुर्यात् । 2. वार्तालापे स्पष्टता तथा संवादे कुशलता स्यात् । 3. स्पष्ट संवादार्थं स्पष्टविचारो भवेत् । 4. योजनानुकूलं कार्यं विदध्यात् । सर्वाणि कार्याणि समयानुसारं भवेयुः ।

आत्रेयी मित्रा [VIII C]

श्वेता नाग्राजन् [VIII C]

प्रकृतिः रक्षति रक्षितः



जलंपुर इति एकं नगरम् आसीत् । नगरे महती नदी आसीत् । नगरस्य जनेभ्यः जलम् अयच्छत् । परं जनाः मलिनानि अक्षिपन् । एवं यन्त्रागाराणां मलिन-जलेन नदी प्रदूषिता । दुःखितां नदीं दृष्ट्वा देवः नद्यै 'नीरजः' नाम बालस्य रूपम् अयच्छत् ।



तस्मिन् एव नगरे विकासः नाम अन्यः बालः वसति स्म । तस्य पितरौ अपि नद्यामेव मलिनानि क्षिपन्तः आसन् । तस्य पिता नगरस्य नायकः आसीत् । यदा विकासः क्रीडितुम् अगच्छत् तदा तत्र सः नद्याः आगतं बालं नीरजम् अपश्यत् । सः नीरजः रुदन् आसीत् । विकासः तम् नीरजम् आहूय तेन सह अक्रीडत् । किञ्चित् कालानन्तरं द्वे अपि मित्रे अभवताम् ।



एकदा एषः नीरजः तु पुनः रोदितुम् आरब्धः । विकासः नीरजं स्वगृहम् आनयत् । गृहम् आगत्य तस्य रोदनस्य कारणम् अपृच्छत्, तदा सः अवदत् - "अहं सर्वेभ्यः जनेभ्यः जलं दास्यामि परं जनाः मलिनानि क्षिपन्तः मां प्रदूषयन्ति इति ।

" तच्छ्रुत्वा विकासस्य पिता - "कः एवं करोति स्म?" इति तम् अपृच्छत् । तदा सः नीरजः - " नगरेषु सर्वे अपि एवं भवतः कुटुम्ब-जनाः अपि मां प्रदूषयन्ति" इति अवदत् । सर्वे अपि विकासस्य परिवारजनाः चकिताः भ्रमिताः च । अन्ते नीरजः सम्पूर्णं वृत्तान्तम् अवदत् यत् - अहम् एव तत्रत्या नदी अस्मि। अहं भगवता एव एतद् बालरूपं प्राप्तवान् अस्मि । प्रदूषणस्य कारणं स्वयमेव ज्ञातुं देवेन एतद्रूपं दत्तम् अस्ति । भवतः पुत्रः विकासः तु माम् अतोषयत् इति । तस्य वचनं श्रुत्वा विकासस्य पिता बहु लज्जितः दुःखितः च अभवत् ।



सपदि सम्पूर्ण-नगरस्य स्वच्छतायै कांश्चन उपायान् दत्वा आदेशम् अपि अकरोत् नगरस्य नद्याः च स्वच्छतां परिपालयितुम् आदिशत् । ततः पुनः सा नदी स्वच्छा अभवत् । तेन सन्तुष्टः बालः पुनः नद्याम् एव अन्तर्हितः अभवत् ।

नीतिः -- यदि प्रकृत्यै नेत्रे मुखं च स्युः तर्हि मनुष्याणां गतिः का भवेत् । अतः एव प्रकृतिः अस्माभिः रक्षणीया। पर्यावरणस्य रक्षणमेव करणीयम् न तु प्रदूषणम् यथा - धर्मोरक्षतिरक्षितः , तथैव प्रकृतिःरक्षतिरक्षितः ।

करुणा एव गरीयसी

वस्त्राणाम् एकः आपणः अस्ति। तत्र द्वे बाल -कर्मकर्यौ स्तः। तयोः एकस्य नाम काव्या अन्यस्य प्रिया च। आपणस्य स्वामिनी तयोरेकस्यै अधिक-लाभांशम् दातुम् ऐच्छत्। अतः सा द्वे अपि आहूय अहं युवयोः एकस्याः वेतनम् अधिकं करिष्यामि एवं एकस्यै अधिक-लाभांशं दास्यामि, "तदपि द्वयोः कार्यशैलीं दृष्ट्वा यदि अहं तृप्ता भवामि तर्हि दास्यामि इत्यवदत्। तृच्छुत्वा द्वे अपि सन्तुष्टे आस्ताम्। तदा काव्या अवदत् "पश्यतु प्रिये अहमेव प्राप्स्यामि। अतः अधिक-कामना मास्तु " इति। प्रिया तु किमपि नावदत्, हसन्ती चागच्छत्। एकस्मिन् दिने एका वृद्धा महिला आपणम् आगच्छत्। सा वृद्धा द्रष्टुं दरिद्रा आसीत्। सा प्रियाम् अपृच्छत्-" पुत्रि! अत्र किं नूतनवस्त्राणि प्राप्नोमि ? प्रिया अपि नूतनाम् बहुमुल्यां शाटिकां प्रदर्श्य अवदत् - "मातः ! एषा सुन्दरी अस्ति। एतं क्रीणातु इति। तद्दृष्ट्वा काव्या कोपेन अवदत्- "किं करोषि ? सा द्रष्टुम् एव दरिद्रा अस्ति, सा अवश्यं न क्रीणाति इत्युक्त्वा वस्त्रमपि न अदर्शयत्।

प्रिया तु- किमर्थं क्रुध्यसि? त्वं न जानासि यदि सा वृद्धा धनिका अथवा दरिद्रा इति। यद्यपि सा दरिद्रा तथापि एवं कठोरेण न वदतु इति। एवम् उक्त्वा प्रिया वृद्धायाः समीपं गत्वा अहम् अन्यां शाटिकां दर्शयामि इत्यवदत्। परन्तु सा वृद्धा - "अहं वस्त्रं न क्रेष्यामि। परं तुभ्यं किमपि ददामि इत्युक्त्वा सा प्रियायै बहूनि धनानि अयच्छत्। आपणस्य स्वामिनी एव वेषं धृत्वा क्रेता

इव आगतवती। तत्र आपणे प्रियायाः कारुण्य स्वभावं एवं तस्याः कार्यशैलीं दृष्ट्वा सन्तुष्टा सा अधिक-लाभांशं प्रियायै अयच्छत्।

प्रियवाक्य प्रदानेन सर्वे तुष्यन्ति जन्तवः।

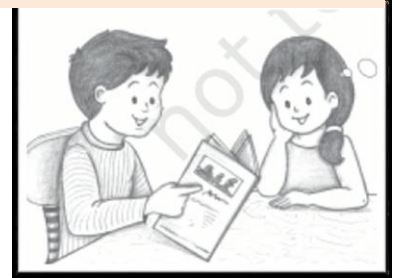
तस्मात् तदेव वक्तव्यं वचने का दरिद्रता॥

अरे काव्ये ! सदा प्रियं वदतु। सर्वान् अपि आनन्दयतु -इति। तत् श्रुत्वा काव्या लज्जया किमपि न अवदत्। सा तद् दिनात् आरभ्य सर्वैः सह प्रियेन वदति स्म।"

षण्मती [VIII B]

अहो ! मनोहरं मे स्मरामि

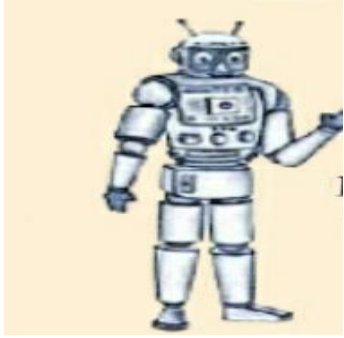
२१५५ तमे वर्षे सप्तदश वर्षीया माया नाम बालिका, दैनन्दिनी लिखन्ती आसीत्। "अद्य" मम मित्रम् अर्जुनः एकं पुस्तकं लब्धवान्। तत् पुरातन-पुस्तकम् आसीत्। माया अर्जुनः च तत् विचित्रं पुस्तकं इति अचिन्तयताम्। तत्र पाठाः कथाः च सङ्गृहीताः आसन्। माया तत् पुस्तकं



प्रति अपृच्छत्। तदा अर्जुनः “विद्यालयः” इत्यवदत्। माया विद्यालयात् पराङ्मुखी आसीत्। सा विद्यालयं गन्तुम् एव नैच्छत्। अतः सा अमुखी भूत्वा अतिष्ठत्। प्रत्यहं यान्त्रिक-शिक्षिकाः परीक्षाः अयच्छन् अतः तस्यै द्वेषः एव आगतः। तदर्थं सा अर्जुनम् अपृच्छत् – “किमर्थं जनाः विद्यालयम् एव इच्छन्ति, विद्यालयं प्रति पुस्तकानि अपि अलिखन्” इति।

अर्जुनः प्रत्यवोचत् – अस्मिन् पुस्तके पुरातन-कालस्य विद्यालयं प्रति लिखितं वर्णितं चास्ति। बहुकालात् पूर्वम् अनेके छात्राः ज्ञानार्थं बहुदूरे स्थितं विद्यालयम् अगच्छन्। विद्यालयगमनं तस्मिन् काले एका यात्रा इव आसीत्। ते सर्वे अपि पाठान् कथाः च मिलित्वा अपठन्। सर्वेषां कृते मनुष्यः एव शिक्षकः आसीत्। तेषां शिक्षक-शिक्षिकाः तान् सर्वमपि अपाठयन्। ततः सायङ्काले सर्वे अपि मिलित्वा क्रीडाङ्गणे अक्रीडन्। ते छात्राः तेषां भोजनं, चिन्तनं, गृहकार्यम् सर्वमपि परस्परं विभज्य कार्यं कृतवन्तः। ते सर्वे अपि मित्राणि आसन्। तेषां मित्रत्वं तु.....

यदा ते द्वे पठन्त्यौ आस्ताम् तदा सहसा मायायाः माता ताम् आह्वयत्।



सा अपि गत्वा सङ्गणकस्य पुरतः उपाविशत्। सङ्गणकस्य अन्तर्गता आसीत्।

सा पूर्वोक्ता यान्त्रिक अध्यापिका अवदत् - हे छात्र! अद्य-समयोजयत-१/२, १/४ च.....।



अधुना माया पुरातन विद्यालयं प्रति चिन्तयन्ती आसीत्। यत्र तस्याः पितामहौ, मातामहौ च पठन्तौ, क्रीडन्तौ चास्ताम्। ते सर्वे शैशवे परस्परं मिलित्वा भावयन्तः आनन्दं अनुभूतवन्तः स्युः। आम् “तत्कालीन-शिक्षाः तु आनन्द-अनुभूति-दायिकाः एव”, किन्तु तानि विद्यालयस्य दिनानि अहो ! मनोहरं मे स्मरामि सर्वम्।

लया श्रीनिधि [X C]

प्रविधेरवलम्बनम्

अद्य सम्पूर्णयुगं यान्त्रिकयुगम् अभवत्। डिजिटल् इन्डिया अभवत्। यत्र कुत्रापि पश्यामः सर्वत्रापि, सर्वमपि यान्त्रिकरूपम् एव दृश्यते। प्राचीनकाले अस्माकं ज्ञानस्य आदानं – प्रदानं मौखिकम् आसीत्। छात्राः गुरोः वचनानि श्रुत्वा श्रवणमात्रेण सर्वं गृहीतवन्तः। वृक्षस्य अधः स्थित्वा प्रकृत्या सहितं गूढं ज्ञानं प्राप्तवन्तः। अतः एव तेषां प्रकृतौ तावती रुचिः मर्यादा आसीत्।

| परम् अद्यत्वे सर्वमपि यन्त्र-तन्त्र द्वारा कृतम् अस्ति इति कारणात् जनाः प्रकृत्याः महत्त्वं मुख्यत्वं च न जानन्ति एव । एवं आरम्भे शिक्षा मौखिकम् आसीत् ततः लेखनकार्यम् आरब्धम् तदर्थं लेखन्याः कर्गदस्य आविष्कारः अभवत् । ततः अस्मिन् परिवर्तिनि संसारे दृङ्गणयन्त्रस्य आविष्कारः अभवत् लिखिता-सामग्री दृङ्गणे सती बहुकाल-पर्यन्तं सुरक्षिता अतिष्ठत् । वैज्ञानिक-प्रविधिः तु अग्रे गता । अद्यतन काले सर्वाणि कार्याणि अपि सङ्गणक नामकेन यन्त्रेण साधितानि भवन्ति । अस्माकं जीवनं सरलं कर्तुं विना कष्टं कार्याणि कर्तुम् अधुना बहुविधाः अनुप्रयोगाः आरब्धाः । तथैव मुद्राहीनाय विनिमयाः अपि अस्मभ्यं सहायकाः सन्ति । यथा- यदि यत्रकुत्रापि यात्रा करणीया भवेत् तर्हि रेल् यात्रापत्रस्य, वायुयानपत्रस्य अनिवार्यता अद्य नास्ति एव । सर्वमपि चलदूरभाषायन्त्रे सुरक्षितानि भवन्ति । एवमेव प्रौद्योगिकी स्व-स्व दैनन्दिन कार्याणि सुलभतया कर्तुम् उपयोगाय वर्तते । तदपि न यदा सर्वकारेण घोषितम् यत् कोरोना विषाणु-विस्तरण कारणात् सर्वैः गृहे एव भवितव्यम् इति तदा सर्वेषां मनसि भीतिः उत्पादिता । प्रत्येकः मनुष्यः अपि स्व-स्वकार्यसमापन-विषये बहुचिन्तायुक्तः अभवत् । छात्राः स्वाध्ययन-विषये, शिक्षकाः स्वाध्यापनविषये, गृहिण्यः तु स्वगृहनिर्वहण - विषये इति । अस्मिन् भयङ्करे समये प्रौद्योगिकी एव सर्वेषामपि आश्रयः वर्तते । सर्वेपि मनुष्याः अस्यामेव आश्रिताः सन्ति । अत एव गृहे एव स्थित्वा अनुप्रयोगाणाम् उपयोगेन सर्वकार्यमपि असाधयन् । इदं तन्त्रशास्त्रम् कार्यक्षमतां वर्धयति । जीवनं सुलभं सौख्यं च करोति । छात्राः अपि इयं प्रौद्योगिकीम् उपयुज्य सरलतया स्वाध्ययनम् कुर्वन्ति । तेषां पठनमपि न विरमति । यद्यपि अस्मिन् विषाणु- समये छात्राः विद्यालयं गन्तुम् अशक्ताः तथापि अन्तर्जाल- द्वारा सर्वमपि ज्ञानं गृहे एव भूत्वा शिक्षकेभ्यः प्राप्नुवन्ति । एतस्य उपयोगता अस्मिन् समये अनिवार्यरूपेण अस्ति इति कारणात् सङ्गणक प्रयोगः एव अजानन्तः जनाः अपि सङ्गणकस्य प्रयोगं ज्ञातवन्तः सन्ति । एवम् एषा ज्ञानवर्धनाय उपयोगी अभवत् । वयसि ज्येष्ठाः वृद्धाः तु बहिर्गमनात् वार्यन्ते तदा तु इयं प्रौद्योगिकी बहु उपयोगाय अस्ति यथा अत्यावश्यक- वस्तूनि अपि साक्षात् गृहं प्रति आगन्तुमपि अनुप्रयोगाः वर्तन्ते । यत् सङ्गणकं, करदूरभाषा इति सर्वाणि यन्त्रयुक्तानि पूर्वं निषिद्धानि अधुना तानि एव आश्रयानि सन्ति इति न कोपि सन्देहः । बालादारभ्य वृद्धपर्यन्तं सर्वेपि सयन्त्रम् एव जीवन्ति । एवम् इयं प्रौद्योगिकी इदं यन्त्रं तु सर्वेभ्यः जीवने शस्त्रम् इव अभवत् इति वदेम ।

दशमी कक्ष्या छात्राः
[CLASS X]

नारीशक्तिः

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः।
यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफलाः क्रियाः ॥

संसारस्य द्वे चक्रे स्तः। नरः च नारी च। उभयोः अपि समानं महत्त्वम्। नारीं विना नरः संसारं चालयितुं न समर्थः। नरं विना नारी अपूर्णा तथा नारीं विना नरोऽपि अपूर्णः। यस्मिन् देशे नारीणां सम्मानं भवति, सः देशः उन्नतिं गच्छति। यत्र तासां आदरः क्रियते तत्र सुखं, शान्तिश्च भवति। यस्मिन् गृहे नारी न भवति, तद्गृहं निजगृहमिव न भासते। नारी एव स्वकष्टान् विस्मृत्य सर्वेषां सुखाय अहर्निशं प्रयतते। नारी त्यागस्य मूर्तिः अस्ति।

स्त्रीशिक्षा :-

प्राचीनकाले स्त्रीशिक्षा अनिवार्या । वैदिककाले नार्यः अधिकशिक्षिताः आसन् । मैत्रेयी, गार्गी आद्यः वेदनिपुणाः आसन् । कालिदासस्य पत्नी विद्योत्तमा महती विदुषी आसीत् । एवमेव अद्यतनकालेपि नार्यः बहुविधक्षेत्रेषु शिक्षिताः सन्ति एव ।

शिक्षिता नारी अधिकयोग्या गृहकार्यसञ्चालने समर्था भवति । अद्यत्वे अनेकाः नार्यः संसद-सदस्याः सन्ति । ताः सुचारुरूपेण कार्यं कुर्वन्ति । यथा – श्रीमति इन्दिरागान्धि महाभागया अस्माकं देशस्य प्रधानमन्त्रिपदम् अलङ्कृतम् । स्मृति रानी महोदया अपि वस्त्र-मन्त्रिपदम् अलङ्कुर्वती अस्ति । एवमेव सुष्मा स्वराज् विदेशमन्त्री पदवीम् अलङ्कृतवती, अतः नारीणां शिक्षा अनिवार्या । सर्वेभ्यो शिक्षित-नारीभ्यो नमः । नारीणां गुणाः अवर्णनीयाः ।

शौर्यम् तेजो धृतिर्दाक्ष्यं युद्धे चापलायनम् ।

दानमीश्वरभावश्च क्षात्रम् कर्म स्वभावजम् ॥

अस्मिन् श्लोके श्रीकृष्णः वदति यत् -- शौर्यम्, तेजः, धृतिः, दाक्ष्यम्, दानम्, ईश्वरभावः इति सर्वे गुणाः स्वभावेन क्षत्रियेषु वर्तन्ते इति । परं एते गुणाः न केवलं क्षत्रिय पुरुषेषु वर्तन्ते स्म बहवः नारीणाम् अपि स्वभावः एवमेव आसीत् ।

शौर्यम्:-

कुइली एका निर्भीका स्त्री एवं त्यागस्वरूपिणी आसीत् । सा वेलुनाचियार् सेनायां सेनानायिका आसीत् । यद्यपि एषा साधारण परिवारे जाता तथापि एतस्यां तावती वीरता आसीत् यत् एषा राजसभायां प्रमुखं स्थानं प्राप्तवती । यावत् महारानी वेलु नाचियार् महोदयायै मुख्यत्वं दत्तम् तथैव एतस्यै कुइल्यै अपि दत्तम् अस्ति । आङ्ग्लेय-विरुद्धं नवगङ्गां पुनः प्राप्त्यर्थं तेषां शस्त्रभण्डारम् अग्रये आहुतिः दातव्या इति विषयः आगतः । तदा एषा स्वयं अग्नेः आहुतिं

कृत्वा,आत्मत्यागं कृत्वा स्वदेशं रक्षितवती, आङ्गलेयान् च दुत्कृतवती। अतः वन्देम सदा वीरस्वरूपिणीं कुइलीम् ।

तेजः-

डा.सीमा राव् भारतस्य एका श्रेष्ठा निर्भीका महायोद्धा अस्ति । सा सेनायां सैनिकस्य एवम् अन्य कमाण्डो कृते करात्ते, नियुद्ध इति सर्वमपि पाठयन्ती अस्ति यत् तेभ्यः युद्ध समये उपयोगाय भवेत् अपितु तेभ्यः मानसिक वीरताम् अपि आनयेत् ।

दानम् / त्यागः-

सावित्रीबाई फुले यदा सप्तदशवर्षीया आसीत् तद एव कन्यानां कृते प्रथमं विद्यालयम् आरभत । ततः अस्पृश्यत्वात् तिरस्कृतस्य समुदायस्य बालिकानां कृते पृथक्तया अपरः विद्यालयः प्रारब्धः । तदपि न यदा नीचवर्गीयाः जलोद्धरणात् निवारिताः तदा सावित्री एतत् अपमानं सोढुं नाशक्नोत् । अस्मात् जलग्रहणे नास्ति जातिबन्धनम् इति सा गृहे एव तडागं निर्मीय यथेष्टं स्वीकर्तुम् अवदत् । तया मनुष्याणां समानतायाः स्वतन्त्रतायाः च पक्षः सर्वदा सर्वथा समर्थितः । दुर्भिक्षकाले

प्लेगकाले अपि सा पीडितजनानां अश्रान्तम् अविरतं सेवाम् अकरोत् ।

धृतिः-

किरन् बेदी महती धीरा महिला अस्ति । सा एव प्रथमा महिला या आरक्षणक्षेत्रे नियुक्ता । सा समाजसेविका अप्यस्ति । युवावस्थायां सा टेन्नीस् क्रीडायां राष्ट्रीयअन्तःराष्ट्रीय स्तरे प्रथमं स्थानं प्राप्तवती । एषा समाजसुधारिका, क्रीडा टेन्नीस् कुशलिनी, सेवानिवृत्तिः आरक्षिका, श्रेष्ठा राजनीतिज्ञा च अस्ति । सा पञ्चत्रिंशत् वर्षाणि यावत् अस्मिन् क्षेत्रे कार्यम् अकरोत् । सा पुदुच्चेर्याः राज्यपालिका अपि अस्ति ।

युद्धे अपलायनम् :-

रानी लक्ष्मी बाई झांसी राज्यस्य महारानी इति प्रथिता । तस्याः बाल्य नाम मणिकर्णिका आसीत् । एषा विश्व-प्रसिद्धा, वीरांगणानां श्रेष्ठत्वेन ख्यातिम् अवाप्ता । भारतस्य स्वतन्त्रतासु एतस्याः दायित्वं बहुमूल्यम् आसीत् । एषा आङ्गलेयं प्रति कृतं युद्धं सम्मुखी कृतवती । आङ्गलेयाः एतां दृष्ट्वा भयेन पलायनं कृतवन्तः । तावती वीराङ्गना आसीत् झांसी रानी लक्ष्मीबाई । नमामो वयम् एतां वीराङ्गनाम् ।

एवम् अस्माकं भारते अधिकाधिक-महिलाः

राष्ट्राय राष्ट्रहिताय स्वजीवनं त्यागं कृतवत्यः । भारताय बहूनि सेवाकार्याणि अपि अकुर्वन् ।
अतः तासाम् गुणान् उपदेशान् अनुसृत्य सदा भारतीय महिलानाम् आदरं कुर्मः इति प्रतिज्ञां
स्वीकुर्मः ।

श्रीनिधि राजामणिः के आर् [IX B]

श्रुतिः के [IX B]

गायत्री. एस् [IX C]

प्रथिता मे कीर्तिः विश्वेऽस्मिन्

"अन्नमयं हि सौम्य मनः"

"अद्यते अस्मै इति अन्नम्"

अहं अवन्तिका अस्मि । अहं बाल्यात् एव भोजनप्रिया । यत् किमपि अस्ति तदहं खादितुम्
इच्छामि । अहं विविधानि भोजनानि कर्तुमपि आरब्धवती । आरम्भे तु अहं साधारण
भोज्यविषयान् एव कुर्वती आसम् । तदनन्तरं यदा अहं मया कृतं भोज्यम् स्वादिष्टम् अस्ति
इति सर्वेषां वचनैः ज्ञातवती तदा अन्यानि क्लिष्टानि भोज्यानि अपि कर्तुं प्रयत्नम् अकरवम् ।
एवमहं सप्तवर्षेभ्यः मम मातुः साहाय्यम् स्वीकुर्वती पाकस्य अभ्यासं अकरवम् । यदा
विषाणुः कारणात् सर्वैः गृहे एव भवितव्यम् इति एकः आग्रहः आगतः, तदा अहं एतं समयं
सम्यक्तया उपयोगं कृतवती । अस्मिन् बहिर्निषिद्ध-काले मम कृते यथेष्टः समयः अलभत
अतः अहं मम इष्टविषयं स्वीकृत्य प्रदर्शनम् अकरवम् तेन सर्वे अपि मम प्रतिभां जानन्तु
इति चिन्तितवती । ब्लाग् -इन्स्टायाम् कार्यं आरब्धवती । बहुवुध भोज्यानि कृत्वा तस्मिन्
अप्रेषयम् । तद्दृष्ट्वा बहु जनाः मां प्रशंसितवन्तः । तदा एव अहं स्वप्रतिभां ज्ञातवती ।
भोज्यविधि - प्रेषणम् इत्येव न अपि तु जनेभ्यः आर्डर् स्वीकृत्य बहूनि भोज्य व्यञ्जनानि
कृत्वा विक्रेतुमपि आरब्धवती । ततः मम मनः अपि सन्तुष्टः । मया दत्तं भोजनं ते सर्वेपि
भक्षयित्वा बहु सन्तुष्टाः, मां च श्लाघितवन्तः ।

"लाभानां श्रेयः आरोग्यम्"

इति वचनानुसारं यदा अहं भोजनं करोमि तदा सर्वदा सकारात्मक चिन्तनेन एव कर्तुं प्रयत्नं
करोमि । यतः - "तन्मना भोजनगतः चित्तः", मम श्लाघनस्य एतदपि एकं कारणम् इत्यपि
वदेयम् । एवं अहं सर्वत्र प्रसिद्धः अभवम् । एतत् कालमपि उत्तम रीत्या उपयोगम् अकुर्वन् इति
सर्वं वदामि । पठनं, गृहकार्यम् इति सर्वमपि न अत्यजम् । पठनस्यानन्तरं मिलिते समये अहं
जिह्वासक्त-स्वादुंकारभोजनम् अकरवम् । एवं पाककला-कौशलेन प्रथिता मे कीर्तिः
विश्वेऽस्मिन् इति वक्तुं शक्यते ।

"यदन्नं भक्षयेन्नित्यं जायते तादृशी प्रजा"

के. अवन्तिका [IX C]

प्रियपात्रः सदा आदर्शसहचरः

भगवद्गीतायां श्रीकृष्णेन उक्तं यत् –

विद्याविनयसम्पन्ने ब्राह्मणो गवि हस्तिनि ।

शुनि चैव श्वपाके च पण्डिताः समदर्शिनः ॥

अस्मिन् जगति अनेके पशुजातयः सन्ति । केचन विशालाः केचन लघवः सन्ति। प्रियपशवः तु असाधारणाः एवं आकर्षणाः पशवः सन्ति । प्रियपशवः अस्मान् इच्छन्ति, अस्माभिः सह वसति । पशवः तु सुन्दराः एवं निस्वार्थिनः भवन्ति । बहवः प्रियपशवः तु अस्माकं जीवने आनन्दं सन्तोषम् च वर्धयन्ति । तैः प्रत्येकस्मिन् गृहे आनन्दं वर्धते इति न कोपि सन्देहः । अतः एव बहवः जनाः शुनकः, शुकः, बिडालः, शशकः इति बहून् पशून् स्वीकृत्य स्व-स्व गृहे पालयन्ति । तत्रापि शुनकाः मार्जाराः च बहूनां गृहे पाल्यन्ते । ते पशवः गृहे भूत्वा सर्वेषां मित्राणि भवन्ति, गृहस्य रक्षां कुर्वन्ति । यदा वयं तान् पालयामः तदा वयं भयस्य एवम् असहायस्य भावम् न अनुभवामः । एतेषां सङ्गात् मनसि स्थितं विषादम् अपि दूरं भवति । अतः ते प्रियपशवः सदैव निपुण-सहचारिणः एव । तमिल् कवि भारतिः अपि चटकानां कृते धान्यानि दत्वा तान् सन्तोषयति स्वयमपि आनन्दम् अनुभवति । एवं सर्वेऽपि स्वजीवने एकैकं पशुं पक्षिणं वा गृहे परिपाल्य चिन्ताविमुक्तं जीवनं प्राप्नुयुः इति अस्माकं प्रार्थना । पशुभ्यः अपि मनुष्यः ज्ञानम् अर्जयति यथोक्तं केनापि – शुकवत् भाषणं कुर्यात् बकवत् ध्यानमाचरेत् । अजवच्चर्वणम् कुर्यात् गजवत्स्नानमाचरेत् । श्वानस्तु गृहपरिरक्षणे शुकस्तु वचपरिपालने अतः पशून् पालयेम , परिपालयेम तथा प्रेममयं जगत् संरचयेम ।

एस् ओविया [IX B]

लोके अस्माकं लाभहानिम् जानीयात्

अस्माकं जीवने बहवः वृत्तान्ताः सन्ति यान् वयं नावगच्छामः । कदाचित् यादृच्छिकाः सम्भवाः अपि भवन्ति । अस्मासु बहवः जनाः स्वमित्रस्य अथवा बन्धोः हानिम् अनुभवन्ति येन ते दुःखिताः अपि भवन्ति । यदा वयं जीवनस्य सौन्दर्यस्य एव अपेक्षां कुर्मः तदा वयं दुःखिताः एव भवामः । यदि ईश्वरेच्छा अस्ति यत् अस्माभिः अधिकाः लाभाः जीवने प्राप्तव्याः तर्हि अस्माभिः तदर्थं निश्चिताः हानयः अपि स्वीकरणीयाः, अनुभूतव्याः एव । लाभः हानिः तु जीवनस्य द्वौ भागौ स्तः । तौ समानौ एव, तयोः तुलना एव कर्तुं न शक्यते । यः पूर्वस्मिन् दिने पराजितः हानिं च

लब्धवान् सः एव अन्येद्युः जयम् लाभं च प्राप्स्यति । यावत् अस्माभिः एतत् तत्त्वं ज्ञायते तावत् पर्यन्तं वयं सदा सर्वदा स्वजीवने विजयमेव प्राप्नुमः ।

श्रीकृष्णः अपि उक्तवान् यत् –

“सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ ।

ततो युद्धाय युज्यस्व नैवं पाप अवाप्स्यसि ॥”

अतः सर्वेऽपि सुखदुःखं समानं मत्वा एव जीवेम । यद्यपि सर्वे जानन्ति, तथापि विजयं प्राप्तुम् एव वाञ्छन्ति, तत् तु अस्मान् हानिं प्रति नयति । ततः सर्वे दुःखम् अनुभवन्ति, परम् आत्मा तु जय – पराजय, उचित – अनुचित, सुख – दुःख, इति एतयोः भेदात् परे सर्वे तिष्ठति । लाभः – हानिः अनयोः द्वयोः भेदः कः ? अत्र केनापि कविना उक्तम् –

सर्वं परवशं दुःखं सर्वमात्मवशं सुखम् ।

एतद् विद्यात् समासेन लक्षणं सुखदुःखयोः ॥

जितः मनुष्यः वदेत् यत् अहमेतत् कर्तुं शक्तः, अहमेतत् बहुधा अभ्यासम् अकरवम् इति । परन्तु पराजितः नरः तु “कथं मया एते कर्तुं शक्यते? अहमेतत् कर्तुं सिद्धः नास्मि” इत्येव वदेत् । एकं विषयम् अस्माभिः ज्ञातव्यं यत् यद्यपि पराजिता वयं तथापि उद्यमेन स्वकार्यं स्वाशां साधयितुं यतामहे । अतः अधुना किमर्थं प्रतीक्षा करणीया ? स्व – स्व स्वप्नान् साधयितुं आजीवनं प्रयत्नं कुर्मः । उपनिषदि अपि उक्तं यत् –

“उत्तिष्ठत जाग्रत । प्राप्यवरात्रिबोधत ।”

पी. अस्मिता [X C]

सञ्जराम नवयुगम्

संसारे सर्वत्र जनाः नानारोगैः आक्रान्ताः सन्ति, विशेषतया ‘कोरोना’ इति विषाणुना बाधिताः किं कर्तव्यविमूढाः च तिष्ठन्ति । अस्य कारणं किं भवेत् ? इति वयं पश्यामः चेत् “स्वधर्मे निधनं श्रेयः परधर्मो भयावहः” इत्युक्तिं विस्मृत्य भारतीयाः वयं स्व-स्व-कर्तव्यं त्यक्त्वा पाश्चात्यधर्मान् अनुसृत्य त्रासमयं जीवनं यापयामः ।

“गतानुगतिको लोको न लोकः पारमार्थिकः”

इत्युक्तिवत् सर्वे अन्यान् अनुसरन्ति, किम् उचितम्, किम् अनुचितम् इति स्वयं न विश्लेषयन्ति । अस्माकं भारतीया-संस्कृतिः, सैद्धान्तिकी, वैज्ञानिकी च अस्ति । पाश्चात्य-

संस्कृत्याः आकर्षणेन वयं स्व-संस्कृतिं विस्मृतवन्तः । अस्माकं पूर्वजाः कथं भोजनं स्वीकुर्वन्तः आसन् ? ते धरायाम् उपविश्य कदलीपत्रे उत भूर्जपत्रे भोजनम् अकुर्वन् । ते चमस-छुरिकाभिः भोजनं न स्वीकुर्वन्ति स्म । यदा अङ्गुलीनां सहायतया स्वहस्तेन भोजनं कुर्मः तदा अङ्गुलीनाम् अग्रे स्थिताः नराः जठरस्य पाचनग्रन्थिं प्रति सन्देशं प्रेरयन्ति, अनेन जीर्णग्रन्थ्यां रसम् उत्पाद्य भुक्तस्य आहारस्य जीर्णक्रिया सम्यक् भवति । पूर्वं जनाः बहिर्गत्वा गृहं प्रत्यागच्छन्ति स्म तदा ते हस्तपादादिकं प्रक्षाल्य एव गृहस्य अन्तः प्रविशन्ति स्म । अद्यत्वे एवं न अनुसरामः । एतदेव नवीनरोगाणाम् आह्वानम् भवति । पुरा प्रायशः सर्वेषु गृहेषु तुलसीपादपाः दृश्यन्ते स्म । तुलसीपत्राणां सेवनेन वात-पित्त-कफादि अनेके रोगाः दूरीभवन्ति । अद्यत्वे कृत्रिमपादपान् (प्लास्टिक् पादपान्) एव गृहे स्थापयन्ति । अस्माकं मनोवृत्तिः एवं भवति यत् अस्माकं हितैषिणः हितं वदन्ति चेत् वयं न अङ्गीकुर्मः परन्तु पाश्चात्याः वदन्ति तत् अचिरं पालयामः । अत्र एव अस्माकं मौढ्यं तिष्ठति । यदि वयं अस्माकं भारतीय-संस्कृतिं पालयामः तर्हि भावीभारतस्य पुनरुज्जीवनं नवयुगस्य निर्माणं च कर्तुं शक्नुमः ।

जयतु संस्कृतिः ! जयतु संस्कृतम् ! जयतु भारतम् !

अनन्यश्री. एम् [X C]

स्वामीविवेकानन्दस्य जीवनात् प्रेरिताः अंशाः



आधुनिक-भारतस्य निर्माणकर्तृषु युगपुरुषस्य विवेकानन्दस्य नाम सर्वोपरि अस्ति । सः न केवलं भारते अपि तु संपूर्णविश्वस्मिन् आध्यात्मलोकं विकीर्णयति स्म ।

यदि सन्ति गुणाः पुंसां विकसन्त्येव ते स्वयम् ।

न हि कस्तूरिकामोदः शपथेन विभाव्यते ॥

यथा कस्तूरीमृगस्य कस्तूरिका गन्धं न केनापि अवरोद्धुं शक्यते तथा सज्जनानां गुणाः स्वयमेव सर्वत्र प्रसरन्ति । एवमेव स्वामी विवेकानन्दः सर्वत्र प्रचलितः अभवत् । एतस्य महापुरुषस्य जन्म १८६३ तमे वर्षे जनवरीमासस्य १२ दिनाङ्के कोलकत्ता नगरे अभवत् । एतस्य पिता विश्वनाथदत्तः, माता च भुवनेश्वरी देवी आसीत् । एतस्य बाल्य-नाम नरेन्द्रनाथः आसीत् । एषः बाल्यादेव अतिमेधावी, परोपकारी च आसीत् । आध्यात्म-विषये तस्य महती रुचिः आसीत् । नरेन्द्रनाथस्य मनोधैर्यम् अत्यधिकम् आसीत् । यदि सन्यासिनः गृहम् आगच्छन्ति स्म तदा सः तेभ्यः वस्त्रादिकानि यच्छति स्म । सर्पस्य पुरतः तस्य मनोधैर्यम् प्रशंसनीयम्, आहतस्य

ब्रिटिश- नाविकस्य रक्षणम् तस्य उपचारः भेदभावं विना संकटग्रस्तजनेषु करुणाभावः, गृहं त्यक्त्वा सरलजीवनम् यापयित्वा उत्तमगुरोः अन्वेषणम्, एवं सर्वत्र तस्य धैर्यं, लक्ष्यम् च बाल्यादेव सुदृढम् आसीत्। नरेन्द्रनाथः तस्य गुरोः श्रीरामकृष्ण-परमहंसस्य निर्देशानुसारं धर्मप्रचारकर्मणि निरतः आसीत्। सर्वत्र स्वदेशे-विदेशे च भरतीय-संस्कृतेः मूलसिद्धान्तान्, गीतामृतं च अनेकानेक प्रवचनमाध्यमेन सर्वेषां मार्गदर्शनं चकार। अतएव उक्तम् –

यस्तु सञ्चरते देशान्, यस्तु सेवेत पण्डितान्।

तस्य विस्तारिता बुद्धिः तैलबिन्दुरिवाम्भसि ॥

स्वामी विवेकानन्दस्य विचारसारः सदा मम मनसि तिष्ठति। ते के इति वयम् इदानीम् पश्यामः। यदि वयम् ईश्वरम् आत्मनि अथवा अन्येषु जीवेषु न पश्यामः तर्हि वयम् ईश्वरं कुत्रापि प्राप्तुं न शक्नुमः। यथा गीतायाम् उक्तम्, “ उद्धरेदात्मनात्मानं नात्मानम् अवसादयेत्” तद्वत् स्वामी विवेकानन्देन उक्तम् – स्वविकासं स्वयमेव कुर्यात्। कोऽपि अस्मान् शिक्षयितुम् आध्यात्मिकान् कर्तुं वा न शक्नोति। जीवने अस्माकं कार्येषु स्थित-त्रुटयः दोषाश्च अस्माकं यथार्थ-शिक्षकाः भवन्ति। ये जनाः कार्येषु त्रुटिं विधास्यन्ति, ते एव स्वजीवने सत्यस्य मार्गं अन्विष्यन्ति। उक्तिरस्ति यत् उत्तमचरित्रस्य निर्माणं सहस्र-पादाघातैः भवति। यया शिक्षया अस्माकं जीवनस्य मानवतायाः चरित्रस्य च निर्माणं भवति, यया च विचाराणां समन्वयं कर्तुं शक्नुमः सा एव वास्तविकी शिक्षा अस्ति। उत्तिष्ठत, जाग्रत, प्राप्य वरान्निबोधत। ईदृशाः विचाराः कान् न प्रेरयन्ति? अवश्यम्, सर्वे एव एतान् श्रुत्वा प्रेरिताः स्युः। गीतायां उक्तं –

यद्यदाचरति श्रेष्ठः तत्तदेवेतरो जनः।

स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥

श्रीरामकृष्णपरमहंस-स्वामीविवेकानन्दादि श्रेष्ठपुरुषाः यं मार्गम् अनुसृतवन्तः तथैव वयमपि सन्मार्गम् अनुसृत्य संसारे आदर्शाः भवेम।

अनन्यश्री. एम् [X C]

दानवीरः

दानेन भूतानि वशीभवन्ति दानेन वैराण्यपि यान्ति नाशम्।

परोऽपि बन्धुत्वमुपैति दानैः दानं हि सर्व-व्यसनानि हन्ति ॥

राजा शिविः पाटलिपुत्र-नगरे प्रतिवसति स्म। एकदा राजा यागम् अकुर्वन्। दक्षिणा प्रदान-समये एकः कपोतः आर्तस्वरेण राजानम् आह्वयत्।

राजा शिविः - भोः कपोत! केन पीडितः?

कपोतः - राजन्! रक्ष, रक्ष एकः कपोतः माम् अनुधावति अन्यथा मरणं मे ध्रुवम् ।

राजा - मम शरणे न कोपि कष्टं सहते, इदं मे वचनम्।

गरुडः - राजन् ! कपोतं मम कृते यच्छ ।

राजा - कपोतं विहाय अन्यत् किमपि याचस्व।

गरुडः - तर्हि कपोत-परिमाणं तव मांसं यच्छ ।

राजा - एकत्र तुलायां कपोतः अपरत्र स्वशरीरस्य मांसं कर्तयित्वा अस्थापयत् किन्तु तत् अपर्याप्तं इति दृष्ट्वा स्वात्मानं तुलायाम् उपावेशयत् ।

(एतादृशं दानवीरत्वं दृष्ट्वा कपोतगरुडरूपधारिणौ देवौ प्रसन्नौ भूत्वा स्वयथार्थ स्वरूपम् अदर्शयताम्)

इन्द्राग्री - राजन् ! धन्योऽसि, इह लोके तव गाथा आचन्द्रतारकौ इव तिष्ठति । भवान् दाने, त्यागे, उपकारे च आदर्शभूतः । समस्तदेवगणः त्वत्पुरतः नतमस्तको भवति । विजयोस्तु ते ।

राजा - धन्योस्मि ।

अतः केनापि उक्तं परोपकारस्य महत्त्वम् -

पिबन्ति नद्यः स्वयमेव नाम्भः, स्वयं न खादन्ति फलानि वृक्षाः ।

नादन्ति सस्यं खलु वारिवाहाः परोपकाराय सतां विभूतयः ॥

के. अवन्तिका [IX C]

महाभारते - भोजनविधयः

“प्राणिभिः शारीरिक- मानसिक स्वास्थ्यार्थं भोजनं स्वीक्रियते, धार्मिक-दृष्ट्या भोजनं शुद्धं पवित्रं च भवेत्।” इति छान्दोग्य उपनिषदि उक्तम् अर्थात् - यथा वयं भोजनं कुर्मः तदनु अस्माकं मानसिकविकासो जायते। शुद्धं पवित्रं भोजनं ईश्वरोपासनायाः अङ्गं भवति।

अपवित्रम् अखाद्यं च भोजनं सेवनीयं न भवति। तदर्थमेव अस्माकं शास्त्रेषु नैवेद्य-परम्परा विद्यते। भोजनात्प्राक् अग्नौ आहुतिं प्रदाय भोक्तव्यम् इति। महाभारते विद्यमान-गीतायां सप्तदश-अध्याये भोजन-प्रकाराः सविस्तरं समुल्लिख्यन्ते। भगवान् श्रीकृष्णः भोजनं त्रिधा विभागं करोति।

सात्विकं भोजनम्

“आयुः सत्वबलारोग्यसुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिराः हृद्या आहाराः सात्विक प्रियाः ॥”

सात्विक भोजनेषु घृतं शाकानि, फलानि, इत्यादयः आगच्छन्ति। आम् स्वास्थ्यस्य सम्पूर्ण-परिकल्पनासु आहाराः महत्वपूर्णाः भवन्ति। महान् आचार्यः कश्यपः अवदत् -
- आहारो महाभैषजम् उच्यते।

आहारः परमौषधं पृष्ठं केनापि - कोऽरुक्? अत्र समाधानम् धीयते-
हितभुक्,मितभुक्,ऋतभुक् । अर्थः - यो हितं शरीराय भुङ्क्ते। मितं च भुङ्क्ते
साधु-आचरणैः अर्जितं च भुङ्क्ते सः नीरोगी भवति । तत् भोजनं च सात्विकं
कथ्यते।

राजसिकं भोजनम्

“कटुम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।
आहाराः राजसस्येष्टा दुःखःशोकामयप्रदाः ॥”

कटु-अम्ल-लवनयुक्तम् ,अत्युष्णम्, तीक्ष्णम्, रूक्षम् भोजनं दुःखस्य
कारणम्,चिन्तावर्धकम्, रोगानां जनकं भवति तथा
राजसिकं भोजनं च कथ्यते ।अद्यतनकाले अनेकानेक-
रोगानां आविर्भावः ईदृश -भोजनग्रहणेनैव भवन्ति।



तामसिकं भोजनम्

“यातयामं गतरसं पूर्तिं पर्युषितं च यत्।
उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥”

अपक्वम्, रसरहितम्, दुर्गन्धयुक्तम् उच्छिष्टं तथा अपवित्रं च भोजनं तामसिकं कथ्यते।
ये जनाः तमोगुणयुक्ताः ते ईदृशं भोजनं इच्छन्ति। तामसिक भोजनेन मनुष्याः
क्रोधस्वभावयुक्ताः आलस्य-गुणान्विताः भवन्ति।

भोजने ध्यातव्याः विषयाः

आयुर्वेदानुसारेण यो भुङ्क्ते तस्य कर्तव्यं भवति यत् सः व्यायामम् अवश्यं कुर्यात्
१. नात्यश्रतः न च एकान्तम् अनश्रतः अर्थात् अत्यधिकं नैव भुञ्जीत, न च भोजनं
त्यजेत् । २. कथं तर्हि भोक्तव्यम् ? प्रश्ने कृते गीतायां समाधानं लभते एवं -
युक्ताहार विहारः भवेत् अर्थात् यथायोग्यः आहारः विहारः च विधेयः।
समयानुसारं उचितं स्वल्पं च अन्नं शरीरवर्धनाय स्वास्थ्यर्थं च स्वीकुर्यात् । उपयुक्तं
भोजनप्रकाराः महाभारतस्य गीतायां च उपदिष्टाः भगवता श्रीकृष्णेन ।

भोजने नियमाः

उचितसमये समुचितं भोजनम् अत्यन्तं महत्वपूर्णम् भवति । नात्याधिकं नात्यल्पं च भुञ्जीत । भोजनात् प्राक् मुख-हस्तपादप्रक्षालनं कुर्यात् । भोजनं पूर्वं -दक्षिण दिक्षु संमुखीभूय उपविशेत् । भोजनसमये मौनम् आवहेत् । भोजनप्रदेशः शुद्धं मनोह्लादकं च भवेत् । यतोहि शरीर स्वास्थ्यर्थं, पुष्ट्यर्थं पर्याप्तऊर्जा, ऊष्मा च आवश्यकी । चतुर्दिक्षु आकाशे व्याप्त-विद्युत्तरङ्गैः भोक्ता पोषणं प्राप्तुं शक्यते ।

अन्नं परमैश्वर्यम्:

महाभारत-युद्धे अनेक-लक्ष-सैनिकानां कृते भोजनव्यवस्थायाः समस्या समुपस्थिता, तदा उडुपीनरेशः भोजनस्य प्रबन्धं स्वहस्ते स्वीकृतवान् । अत्र रोचक कथा प्रसिद्धा अस्ति । यत् श्रीकृष्णः प्रतिदिनं संगणय्य भूचणकम् खादति स्म तद्दृष्ट्वा उडुपीनरेशः श्री कृष्णस्य मनोगतम् अवगतवान् । यदि कृष्णः दशचणकान् खादति स्म तर्हि तद्दिने दशलक्षसैनिकाः युद्धे वीरगतिं प्राप्स्यन्ति इति । अनेन परिगणय्य नात्याधिकं नातिन्यूनं च पाके सुलभता भवति स्म अनेन वयम् अवश्यं जानीयाम यत् -- "अन्नं न निन्द्यात् तद् व्रतम्" ।

अनुशासनपर्वणि भोजनसम्बन्ध महत्वपूर्ण नियमाः

गृहे पक्वम् अन्नं अग्निदेवाय, पितृभ्यः समर्प्य ततः प्रसादमिव पारिवारिक सदस्याः भुञ्जीरन् । भोज्य वस्तूनि न लङ्घयेत् । उच्छिष्टं नैव खादेत् । उच्छिष्टम् कस्यचित् न दद्यात् । सत्कर्मभिः अर्जितम् अन्नं गृह्णीयात् । गृहे निर्मितं प्रथमं ग्रासं गोः कृते, अन्तिमं ग्रासं शुनकाय प्रदद्यात् । केशाः, कीटकाः भोजने आपतन्ति चेत् नैव गृह्णीयात् ।

टी.सात्विका [X B]

एस्. लक्ष्या [IX B]

सुवचनम् – सज्जीवनम्

सुभाषितम् इत्यस्य अर्थः अस्ति सुष्ठु भाषितम् । सु अर्थात् सुन्दरः, मधुरः तथा भाषितम् शब्दस्य अर्थः अस्ति वचनम् । अतः सुभाषितम् इत्यर्थे सुवचनम् इति । संस्कृतसाहित्ये सार्वभौमिकं सत्यं प्रकाशयितुम् अर्थगाम्भीर्य-युक्तां पद्यमयीं प्रेरणात्मिकाम् रचनां सुभाषितमिति कथ्यते । जीवने वयं करणीयानि-अकरणीयानि च कार्याणि

सुभाषितमाध्यमेन जानीयाम । बहवः महापुरुषाः अपि एतानि अनुसृत्य चिरस्मरणीयाः
अभवन् । यथा –

**आत्मार्थं जीवलोकेस्मिन् को न जीवति मानवः ।
परं परोपकारार्थं यो जीवति स जीवति ॥”**

सर्वे मनुष्याः आत्मार्थं सदा जीवन्ति एव । परन्तु ये जनाः अन्येषां हितेभ्यः जीवन्ति तेषां
जीवनमेव यथार्थ-जीवनं भवति । स्वामि विवेकानन्दस्य सम्पूर्णं जीवनं परोपकाराय आसीत् ।
परोपकारार्थम् इदं शरीरम् इत्येव स्मरन् विवेकानन्दस्य उपदेशान् अनुसरन्तः जीवेम ।

**उद्यमेन हि जीवन्ति कार्याणि न मनोरथैः ।
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥**

अस्माकं सर्वाणि कार्याणि प्रयत्नेन एव सिध्यन्ति, केवलं इच्छा एव अस्ति चेत् अपर्याप्तम् अस्ति
। अर्जुनस्य दृष्टान्तम् एकम् उपस्थाप्यते । अर्जुनः सतत-प्रयासेन एव अन्धकारे धनुरभ्यासं
कृत्वा धनुर्धारी अभवत् । एवमेव सुधाचन्द्रः नाट्ये प्रसिद्धा, यद्यपि एकस्मिन् अपघाते तस्याः
एकं पादं नष्टं तथापि सा कृत्रिम पादं संस्थाप्य नाट्यकलायाः निरन्तरम् अभ्यासं कृत्वा
जीवनम् अजयत् ।

अवक्रता यथा चित्ते तथा वाचि भवेद् यदि ।

तदेवाहुः महात्मानः समत्वमिति तथ्यतः ॥

अस्माकं मनः, वचः, कर्म च समानं भवेत् । यदि सर्वे यथा वदन्ति तथैव कुर्वन्ति चेत् तदेव
समानत्वम् इति महात्मानः वदन्ति । डा. अब्दुल्कलाम् महाभागः अपि एतदेव जीवने
अनुसृतवान् । सर्वानपि समानतया द्रष्टव्यम् इत्येव तस्य चिन्तनम् आसीत्, तदेव सर्वत्र
वदन्नासीत् । परं एकस्मिन् कार्यक्रमे सः साधारणम् चर्मकारम्, लघु-भोजनालयस्य स्वामिनं
च आह्वयत् । एतेन ज्ञायते यत् सः यथा वदति तथैव जीवति स्म ।

नमः सर्वेभ्यो महापुरुषेभ्यः ।

ह. प्रणति [IX B]

अपरीक्ष्य न कर्तव्यम्

कस्मिंश्चिद् नगरे एकः ब्राह्मणः वसति स्म । सः
स्वभार्यया पुत्रेण सह वसति स्म । सः ब्राह्मणः तस्य
पत्न्यौ पुत्रे च बहु स्निह्यति । एकदा सः ब्राह्मणः
एकम् आहतं लघु-नकुलं मार्गस्य समीपं पश्यति । सः



नकुलः पीडाग्रस्तः, दयालुः ब्राह्मणः तं नकुलं गृहं आनयति। ब्राह्मणः तस्य भार्या वदति यत्-“सःनकुलः तस्य पुत्रस्य मित्रं भवति”इति। ब्राह्मण्याःतस्मिन् नकुले विश्वासो नासीत्।सः ब्राह्मणः सदा ब्राह्मणीम् उपादिशत् “कदापि अपरीक्ष्य कर्म न कर्तव्यम्”।

सः नकुलं भोजनम् जलं च अयच्छत्। ततः नकुलः समीचीनोऽभवत्। कालक्रमेण पुत्रनकुलयोः मध्ये मैत्री अभवत्। एकदा ब्राह्मणी स्वपुत्रं दोलने शाययित्वा जलं आनेतुम् अगच्छत्। गमनात् पूर्वं ब्राह्मणं अवदत् - “नाथ! अहं जलं आनेतुं गच्छामि। त्वं पुत्रं रक्ष”। तदा ब्राह्मणःअवदत् - “चिन्ता मास्तु”।



तस्यां गतायां सति ब्राह्मणोऽपि गृहं त्यक्त्वा भिक्षार्थं बहिरगच्छत्। तदा एकः कृष्णसर्पः पुत्रं प्रति आगच्छत्। नकुलः सर्पं दृष्ट्वा तस्योपरि उत्पत्य कृष्णसर्पेण सह युद्धम् अकरोत्। द्वयोः मध्ये भयङ्कर-युद्धम् अभवत्। अन्ते नकुलः तं सर्पम् अमारयत्। यदा सा ब्राह्मणी गृहं प्रत्यागच्छत् तदा सः नकुलः प्रसन्नः अभवत्। ब्राह्मणस्य भार्या नकुलस्य मुखं परितः रक्तं अपश्यत्। ब्राह्मणी तं रुधिरेण लिप्तं दृष्ट्वा शङ्किता अभवत्- “अवश्यमनेन मम पुत्रो भक्षितः”।



एवं विचिन्त्य कोपात् तस्योपरि जलकुम्भमक्षिपत्। पुत्रं प्रति अन्तः अधावत्। तत्र सा स्वपुत्रं तथैव सुप्तम् अपश्यत्। समीपे मृतं कृष्णसर्पं दृष्ट्वा ब्राह्मणी शोकाकुला अभवत्।सा ज्ञातवती यत् - “सः नकुलःकृष्णसर्पम् एव अमारयत्। सर्पः शिशुं

मारयति इति विचिन्त्य सः नकुलः सर्पं मारितवान् । हा हन्त! कीदृशम् अकार्यम् आचरितं मया। सा रुदन्ती नकुलस्य समीपं गत्वा अपश्यत्। यदा सा घटम् उन्नीता तदा मृतं नकुलमेव अपश्यत्। तदैव ब्राह्मणोऽपि भिक्षां



गृहीत्वा प्रत्यागच्छत्। सः तस्य भार्यायः रोदनम् अपश्यत्। तदा सः ब्राह्मणः
ब्राह्मणीम् आह्वयत् यत् - "त्वं विचिन्त्य अकरोः वा? यदि त्वम् अचिन्तयिष्यः तर्हि
नकुलं न अमारयिष्यः। एवं तौ विलापं अकुरुताम्। साध्विदमुच्यते -

**सुविचार्य विधातव्यं कार्यं कल्याणकाङ्क्षिणा।
यः करोत्यविचार्यैतत् स विषीदति मानवः॥**

श्रीनिधि राजामणिः के आर् [IX B]

कृष्णार्पणम्

शशीव नेत्रे तव श्वेतमण्डलम्
मधुपेवास्ति तत्र कृष्णमण्डलम् ।
बिम्बादरं तव मुक्तेव दन्ताः
चन्दनेव गन्धं मदयुक्तन्तव ॥
अङ्गरूपं तव विद्यते कृष्णवर्णम्
शतकोटिमन्मथोपम सुन्दरं त्वम् ।
पर्वतनासम् तव पङ्कजहस्तम्
भासते पङ्कजपल्लव हृदयं तव ॥
नौकेव सीदति हृदयं मम
कामये उषितुं हृदये तव ।
भवेज्जीवनं ससुखं सदा मम
अर्पयेम यदि सम्पूर्णं शरणे तव ॥
त्वमेव इच्छा द्वेषं त्वमेव
सुखञ्च दुःखञ्च सर्वं त्वमेव
जीवनाधारो जीवनोद्धारकस्त्वम्
अत एव वदानि सर्वं कृष्णार्पणम् ॥

सर्वप्रियं सङ्गणकम्

अन्तर्जालयुक्तं यन्त्रम् जालक्रिया अन्वितं यन्त्रम्
वैज्ञानिक माहात्म्यकं यन्त्रं सर्वप्रियं सङ्गणकं यन्त्रम् ॥
आखु - सान्द्रमुद्रिका युक्तम् प्रक्षेपक संस्थापकं यन्त्रं ।

अक्षरफलके नुदकं प्राप्तम् सर्वप्रियं सङ्गणकं यन्त्रम् ॥
 आभारतं प्रदर्शकं यन्त्रं आजीवनं सन्मित्रकं यन्त्रम् ।
 आश्चर्यकर्म साधकं यन्त्रं सर्वप्रियं सङ्गणकम् यन्त्रम् ॥
 सद्विषयं संप्रेषकं यन्त्रं सच्चित्रं सङ्कलनकं यन्त्रम् ।
 सन्तोषं सञ्जनयकं यन्त्रम् सर्वप्रियं सङ्गणकं यन्त्रम् ॥
 दूरस्थमपि द्रष्टुं शक्यम् सर्वैः सह सम्भाषणं शक्यम् ।
 श्रेष्ठ विषय प्रज्ञानं शक्यम् सङ्गणकेन तु सर्वं शक्यम् ॥

संगणकं विज्ञानस्य अत्यधिकं विकसितं पलम् अस्ति मुद्रण-संचार-सैन्य-
 चिकित्साक्षेत्रेषु अस्य व्यापक प्रभावः अस्ति । अस्य असाधारण-
 गणशक्तिः, स्मरणशक्तिः च भवति । अनायासं, अनवरतं च कर्म करोति
 । संगणकम् एकम् अद्भुतम् आविष्कारं वर्तते । जगरूकः भूत्वा अस्य प्रयोगो विधेयः
 ।

के . हरिलक्ष्मी [VIII B]

भाति मे भारतम्

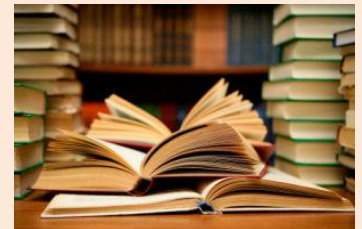
भारतम् अद्वितीयम् अलौकिकम् । अत्रत्य प्राचीन परम्परा संस्कृतिः सभ्यता च विश्वप्रसिद्धा ।
 ऐतिहासिक स्थाने काव्यद्वयम् अतिविशिष्ट सम्बन्धे उत्तिष्ठन्ति । एकं रामायणम्, अपरं
 महाभारतम् । महाभारतस्य प्राक् अभिधानं जयः आसीत् । ततः परं महाभारतम् अभवत् ।

“धर्मे चार्थे च कामे च मोक्षे च भरतेषभ ।

यदिहास्ति तदन्यत्र यत्रेहास्ति न तत्कचित् ॥”

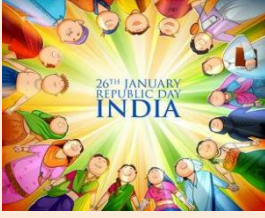
भारतम् अनन्यं यत्र अनेकभाषाभेदः, संस्कृतिः, सभ्यता-वैविध्यं संपन्नत्वं सम्यक् परिदृश्यते ।
 जनाः एकसूत्रे गुथित – विविध – वर्णपुष्पाणां – माला इव शोभन्ते । “भिन्नत्वे एकत्वम्” इति
 भारतं यत्र जनाः भ्रातृभावेन व्यवहरन्ति । अहं भारतीया इति गौरवम् अनुभवामि । भारतं
 विविधसाम्प्रदायानां जनकः । मूल्यानां नीतिव्यवहाराणां च भारतम् आध्यात्मिक केन्द्रम् ।
 मन्त्रोच्चारणं वैदिक – यज्ञादयः मुक्तिमार्गम् उपदिशन्ति ।

भाषा एवं साहित्य



भारते लोकस्मिन् अनुपमम् । यत्र भाषा वैविध्यसंपदा संदृश्यते । लोके भारतीय साहित्यं, प्राचीनं सुसम्पन्नम्, च साहित्यं वर्तते । सर्वाधिक रूपेण समाज सङ्गृहीतभाषाः यथा हिन्दी, तेलुगु, संस्कृतम्, इत्यादयः भारतीय साहित्यम् अतिबृहत् वर्तते । तत्र वेदाः, स्मृतिग्रन्थाः, महाकाव्यद्वयम् च शास्त्रेषु समधिगच्छन्ति ।

भारतस्य स्मारकाः



भारतम् अति सुन्दरः देशः, विश्वेस्मिन् विविधवर्णयुक्त सांस्कृतिक कला सम्पदा अभियुक्तः इति प्रसिद्धः । प्राचीन भारतीय ऐतिहासिक चारित्रिक निर्माणम् अत्रत्य शासकानां गौरवं बुद्धिनैपुणं च वर्णयति । केचन शासक संरक्षित प्रसिद्धस्मारकाः यथा लालकिल(उत्तरम्), सूर्य – मन्दिरम् कोनार्क देशे (पूर्वम्), चार्मिनार् (दक्षिणम्), च चतुर्दिक्षु प्रसिद्धाः सन्ति ।

भिन्नत्वे – एकत्वम्

भारतीय नागरिकस्य सरलता शालीनता एकत्वम् अभिवर्धयति । विविधासु एकता राष्ट्र – शक्तिवर्धिका । विविधतासु एकता भारतस्य शक्तिः वर्तते । अनुपमं भारतस्य वैविध्यं विशालदेशः जनसंख्याघनत्वे प्रसिद्धः । शारीरिक सौष्ट्वे भिन्नता, सांस्कृतिकः आहार-विहार विचारादिषु भिन्नता तथापि राष्ट्रस्य एकता अवर्णनीया । भिन्न-भिन्न भाषान्वितं भारतं साम्प्रदायिक भेदेन युक्तम् अपि लोके एकतासूत्रम् उद्घोषयति । अतः वक्तुं शक्यते –

“भारतं लघुविश्वम्” इति । वन्दे भारतमातरम् ॥

एस्. गायत्री [IX C]

मम अनुभवः

यतो हस्तः ततो दृष्टिः , यतो दृष्टिः ततो मनः।

यतो मनः ततो भावः यतो भावः ततो रसः ।।

नृत्यम् आनन्ददायकं, चिन्तानिवारकं च भवति । नृत्यं जीवनकलाम् पाठयति । नित्यनियमितनृत्यअभ्यासः सुन्दर-सुव्यवस्थितम् शरीरं रचयति , शरीरस्य अङ्गेषु नमनीयताम् आपादयति नृत्यं मानवीय-अभिव्यक्तीनां रसमयप्रदर्शनं वर्तते । नाट्यं सार्वभौमिकं मानवजीवनेन आविर्भूतं वर्तते। अहम् आरती पाइ बहिर्गमन-निषिद्ध-कालेस्मिन् अधिकाधिकं नृत्यस्य अभ्यासम् अकरवम् । नृत्यम् मह्यम् आत्मिक-

संतृप्तिं प्रददाति । आन्तरिक-भावानाम् अभिव्यक्तेः साधकम् वर्तते । मयि स्थितां, नृत्यं प्रति प्रीतिं दृष्ट्वा मम अध्यापिका प्रतियोगितासु भागग्रहणं कर्तुं मां प्रेरितवती । नृत्य-प्रतियोगितासु भागग्रहण-समये मयि स्थिता धैर्य-स्थैर्य-शान्तिगुणाश्च अवर्धन्त । मम जीवने नृत्यं मनोरञ्जनम् आसीत् किन्तु अधुना नृत्यम् एव मम जीवनम् अभवत् । इदानीं मया उच्यते यत् - उपलब्धौ यत्नः क्रियताम् । मम श्रमः सफलीभूतः, परिणामस्वरूपं प्रथमपुरस्कारं ५०००/- रूप्यकाणि प्राप्तवती । अहं अचिन्तयं यत् नृत्यम् शारीरिक-सौष्ठव-संवर्धनप्रक्रिया किन्तु निरन्तर-अभ्यासेन अवगतवती यत् नृत्यम् आन्तरिक-आनन्दानुभूतिः तथा आत्मनः भोजनं च वर्तते । न केवलं नृत्यम् अपितु गीताध्ययनम् अपि अकरवम् । ततः यत् अवगतं मया अत्र उपस्थापयामि - गीता सत्यपरिपालने प्रेरणाम् प्रददाति, स्व-उत्तरदायित्व-निर्वहने सहायतां करोति । जीवने व्यवस्थित-भोजन-क्रियाकलापासु मार्गदर्शनं करोति । अन्यच्च जीवने सात्विकतां, शक्तिं, अनुशासनम्, सत्यवादितां, दयागुणत्वं, च संवर्धयन् आनन्देन कालं यापयेत् । इति मम लघु-अनुभवः ससाधुवादं भवताम् ।

पी. आरती

पाइ [IX C]

अहं क ?

यः घटं करोति ?
यः भवनं रचयति ?
यः शिल्पं निर्माति ?
यः चित्रं रचयति ?
यः देशं रक्षति ?
यः चिकित्सां करोति ?

सः - कुलालः
सः - लोपकारः
सः -- शिल्पी
सः -- चित्रकारः
सः -- सैनिकः
सः -- वैद्यः

के. हरिलक्ष्मी [VIII B]

आशायाम् आश्रयते जीवनम्

कश्मिंश्चिद् नगरे पूजा वणी च द्वे मित्रे एकस्मिन् गृहे अवसताम् । तत्र अन्योपि रामः नाम मानवः अवसत् । एते दरिद्रे चित्रकार्ये आस्ताम् । यदा एताभ्यां चित्राणि न रच्यन्ते तदा ते धनं न प्राप्नुतः । अतः तस्मिन् समये रामः स्वचित्राणि दत्त्वा तयोः साहाय्यम् अकरोत् । एवं दत्त्वा सः

अकथयत् – “एतानि चित्राणि स्वीकृत्य वित्तम् अर्जयतम् । मम जीवनं तु उत्तमं कार्यं कर्तुम् एव” इति । ते अपि अतीव आनन्देन तानि चित्राणि अनयताम् ।

ततः तानि चित्राणि विक्रयणं कृत्वा धनम् अर्जितवत्यौ । बहुमासानन्तरं एतयोः पूजायाः स्वास्थ्यं कठिनावस्थायां जातम् । एकस्मिन् प्रातः यदा वाणी पूजायाः स्वास्थ्यं विषये अपृच्छत् तदा सा मन्दम् अवदत् यत् – एकविंशतिः, विंशतिः, नवदश,..... इति । आम्, कति दिनानि सा जीवति इति दिनानां गणनां कुर्वती आसीत् । परं पूजा एतच्छ्रुत्वा अनिच्छां नाटयति, सा पूजायै स्वास्थ्यं भोजनम् आनीय दत्तवती तदा सा नाङ्गीकरोत् । केषुचन दिनेषु पूजा अतीव अस्वस्था अभवत् । तद् दृष्ट्वा वाणी बहु चिन्तामग्ना अभवत् । अतः सा एकां चिकित्सिकाम् आहूतवती ।

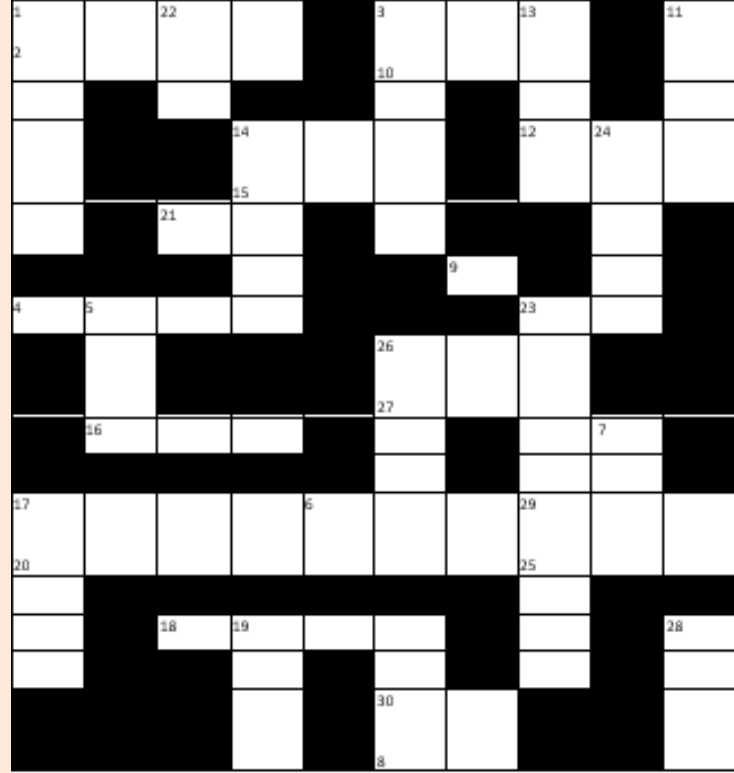
सा वैद्या गृहमागत्य पूजायाः आरोग्यं परिशील्य अवदत् यत् “पूजायाः आरोग्यम् सम्यक् नास्ति । परं यदि सा जीवितुम् इच्छति चेदेव एतेषाम् औषधीनां फलमपि दृश्यते । किन्तु एषा अधुना जीवने इच्छां न नाटयति अतः पूजा अन्तिम परिस्थितौ अस्ति” इति । तदनन्तरं वैद्यायाः वचनेन चिन्तायुक्ता वाणी “मया अधुना किं करणीयम्” इति अपृच्छत् । तदा सा पूजायाः आशानुसारं सर्वं कुरु, ताम् सन्तोषयतु इत्यवदत् ।

तथैव वाणी अपि पूजायाः इच्छानुसारं भोजनं, वस्त्राणि च ददाति स्म । परं पूजा किमपि अस्वीकृत्य सदा वातायनमेव पश्यन्ती आसीत् । यदा वाणी तस्य कारणम् अपृच्छत् तदा सा एकां लतां दर्शयित्वा यावती दिनानि एतस्यां पत्राणि भवन्ति तवती दिनानि एव ममापि जीवनं भविष्यति । यदा अस्यां लतायाम् अन्तिमं पत्रं पतति तदा मम अपि मरणं भवेत् इति । तस्याः वचनेन सा ज्ञातवती पूजा तस्यां लतायामेव स्वजीनस्य आशां स्थापिता अस्ति । झटिति सा उपायमकरोत्, मित्रस्य रामस्य साहाय्येन तद् समापितवती अपि । तस्मिन् रात्रौ महती वृष्टिः अपि आसीत् । अन्येद्युः वाणी अल्पाहारार्थं कर्तुं यदा पूजाम् आह्वयत् तदा तां वातायनस्य जवनिकाम् उद्घाटयितुम् अवदत् । यतः पूर्वस्मिन् दिने तस्यां लतायां द्वे पत्रे एव आस्ताम् अतः पूजा तद् द्रष्टुं इष्टवती । तथैव वाणी भयेन जवनिकां समुद्घाट्य दर्शितवती तदा पूजया दृष्टं यत् तत्र द्वे पल्लवे आस्ताम्, तदपि नूतनं हरितवर्णं आस्ताम् । तद् दृष्ट्वा अतिव सन्तुष्टा सा पूजा अवदत् – “एते किमर्थं नापतताम् इति न जानामि परं मम जीवनम् अस्मिन् पत्रे एव आश्रयति” इति । एवमेव अस्माकं जीवनम् स्वस्य आशायाम् आश्रयते एव इति वाणी पूजाम् अवदत् । वाण्याः वाण्या सन्तुष्टा पूजा तदारभ्य सर्वं कार्यं आनन्देन कर्तुमारब्धा । तस्याः मनसि अपि जीवितुम् इच्छा आगता ।

आम्, यथा वृक्षाणां पत्राणि पल्लवानि पतन्ति, ते वृक्षाः नवपल्लवाय प्रतिक्षां कुर्वन्ति तथैव वयमपि दुरवस्थाम् विस्मृत्य नवीन सानन्द जीवनाय प्रतिक्षां कुर्मः, प्राप्तुं आशां च कुर्मः यतः आशायाम् आश्रयते सर्वेषां जीवनम् ।

नन्दना. एन् [X C]

शब्दप्रहेलिका



- 1) कः वेदाः ब्रंहात् अचोरयत्?
- 4) त्रयाणां कवीणां समाहारः?
- 6) ध्वनि, रवम्
- 8) आयुधम्; ब्रंह _____ , नाग _____ ।
- 10) शिवधनुर्नाम् किम्?
- 12) महाविष्णोः स्त्रीरूपम् किम्?
- 15) इन्द्रस्य रथचारकः कः?
- 16) काण्डवने कः सर्पः मृत्यति?

- 17) एतत् मणी श्री वेङ्कटेश्वरस्वामेऽस्ति।
18) पौण्ड्रं दध्मौ महाशङ्खं भीमकर्मा _____ ।
21) सूर्यः - समानार्थः?
25) सुधर्मा, विश्वस्य वृत्तान्तम् - एते संस्कृत _____ स्तः ।
27) वीनवादिनी का?



- 1) क्षीर - सागरमर्जने उद्भवितविशः
3) कं पशुं धृष्ट्वा इन्द्रः तस्य अहङ्कारम् अत्यजत्? (ब्रह्म - वैवर्तपुराण)
5) कौन्तेयः कुन्त्याः पुत्रः आसीत्, तथैव वैनतेयः कस्याः पुत्रः?
7) शिवस्य आयुधं, विनायकस्य मारणास्त्रं
11) शान्ता श्रीरामस्य _____ अस्ति ।
13) गणेशस्य प्रियभोज्यपदार्थं
14) कः शिवलिङ्गं आलिङ्ग्य मरणोपरि विजयं प्राप्तवान्?
19) रामस्य धनुर्नाम किम्?
20) विष्णोः गधा
23) वृश्केतोः जननी, कर्णस्य भार्या
24) कः भूदेव्याः अपहरणम् अकुर्वत्?
26) दक्षप्रजापतेः कुमारी?
28) श्वेताम्बर्याः सङ्गीत वाध्यम्
29) शिवस्य अन्यत् नाम किं?
32) महिशा _____, बका _____, रावणा _____ ।
9) संसारे प्रथमः ध्वनि

पी.एस्. मनोज्ञा [XI]
पी.एस्. अनन्या [VIII]



-G.V.Hansini IX A

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PHOTOGRAPH SECTION



Practise like you have never won, perform like you have never lost.

ANNUAL DAY CELEBRATIONS







DAAN UTSAV

No act of kindness, no matter how small, is ever wasted.



FESTIVALS AND CELEBRATIONS

Celebrations infuse life with passion and purpose. Live a life of celebration.

KID'S CARNIVAL



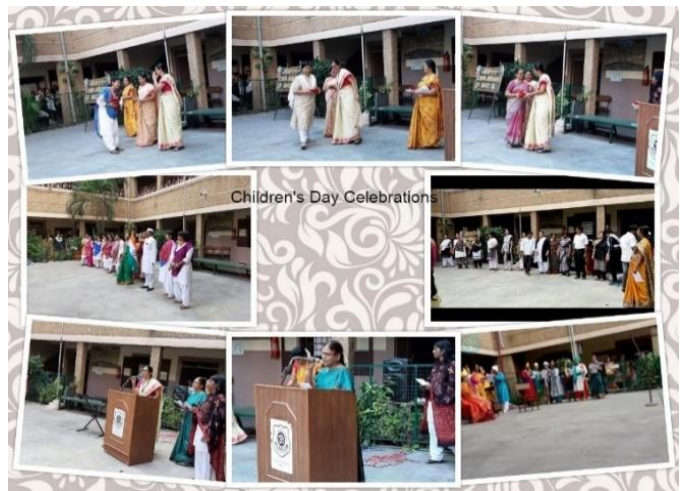
FRUIT – SALAD DAY



JANMASHTAMI



CHILDREN'S DAY



CONSTITUTION DAY



PONGAL





REPUBLIC DAY



CLEANLINESS DAY



NURSERY SPORTS

Sports not only build better athletes but also better people.



FIELD TRIPS

We travel not to escape life, but for life not to escape us.



WORKSHOPS AND GUEST LECTURES

You can't stop the waves, but you can learn to surf.



PROUD OF OUR GUINNESS CHAMPION

Excellence is not an exception; it is a prevailing attitude.



GARIMA PANSARI

Class VIII

Two Guinness World Records in Gymnastics

Most forward walk-overs (30 seconds & 1 min)

IT'S ALL ABOUT PERSISTENCE

CBSE NATIONAL SWIMMING CHAMPION 2019-2020



DISHA SHARMA



III PLACE
IN
50m-BUTTERFLY IN UNDER 17 GIRLS CATEGORY

*Be loyal to your
own piece of mind*



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ART & CRAFT SECTION



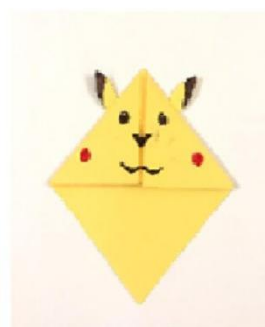
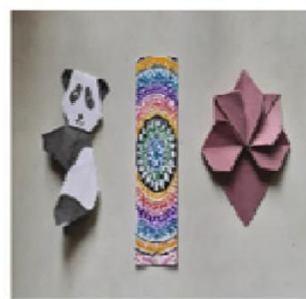
APRON

"AN APRON FOR THE MASTERCHEF"



BOOK MARKER

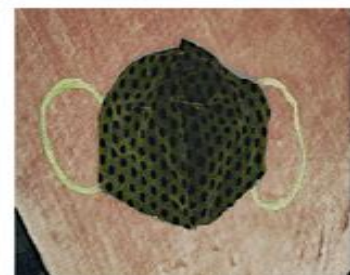
"A TOOL TO SAVE THE SPINE"





MASKS

“WEAR A MASK, BE A RESPONSIBLE CITIZEN”



POP – UP CARDS



S Rethi shakanni
IX-A



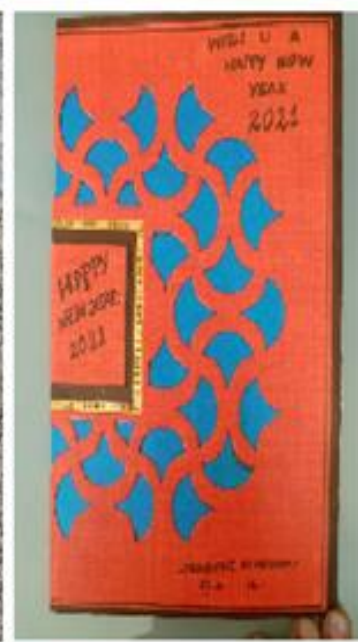
Pop up card M SIVANI 9C



MUSKAN BEDI
XII-A
12126



MUSKAN BEDI
XII-A
12126



Krithiga R

XII 'B'



LSRU B
KC

AS 3-D AS A PAPER CAN GET!!

POUCH PAINTING
"PERSONALIZE YOUR ACCESSORIES"



LAKSHITHA VIII B LAKSHITHA VIII B



LAKSHITHA VIII B Lakshitha K VIII B



SHIRT PAINTING

WEAR YOUR DISTINCTIVE STYLE



TOWEL HOLDER

MUNDANE TO FLAMBOYANT



SAND PAPER ART
HARDWARE TO ART WARE



TRAY PAINTING
AMAZE YOUR GUESTS!





COFFEE PAINTING

AROMA OF ART



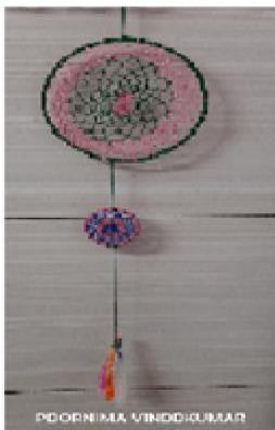
FOIL PAINTING

DON'T LET ANYTHING GO TO WASTE



DREAM CATCHER

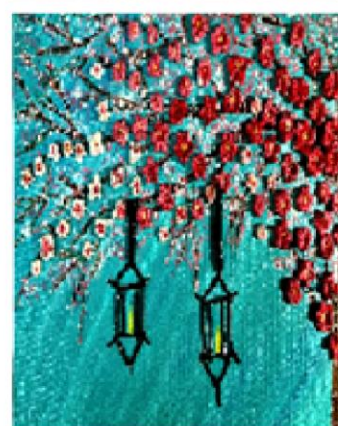
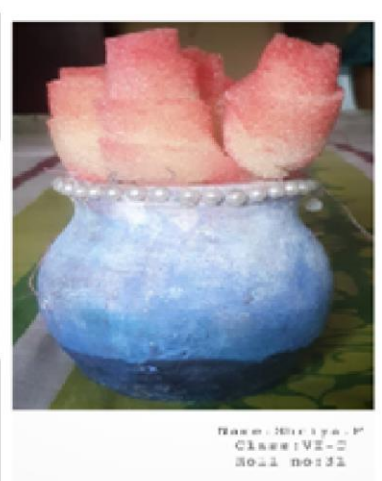
SWEET DREAMS



BEST OUT OF WASTE



AN ARTIST HAS A DIFFERENT POINT OF VIEW





Name: Aarti Pai,P
Class: IX-C
Roll no. : 22



Name: M. KIRTHIKA
Class: 9C
Roll No.: 11



NAME: M. KIRTHIKA
Class: 9C
Roll No.: 11



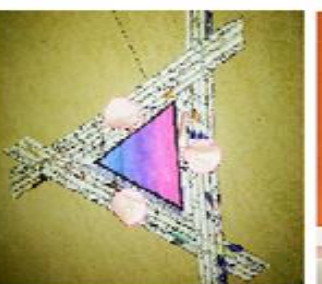
P.Aarti Pai IX-c



SHARMLE
IX-A



Stone Art

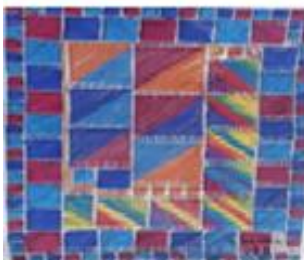


S Rethi shakanni
IX-A

STICKER BEADS



TABLE MAT



LET CRAFTS EMPHASISE YOUR SCRUMPTIOUS EXPERIENCE

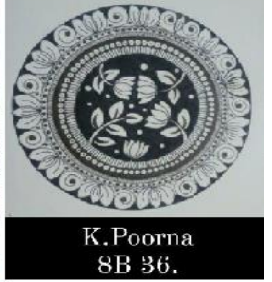
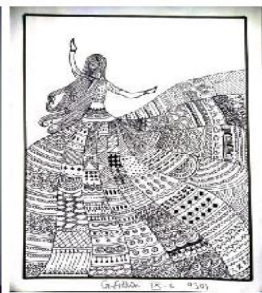
EMBROIDERY

KNOTS AND NEEDLES



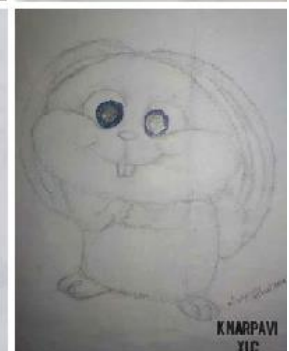
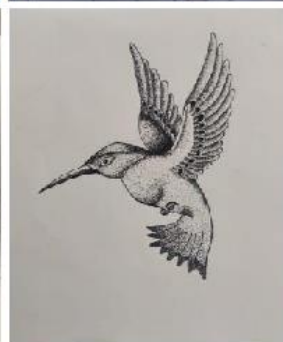
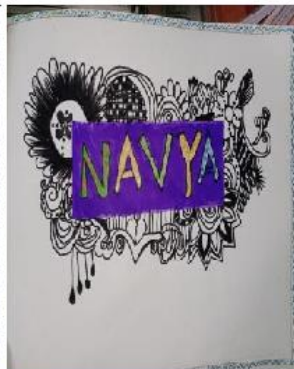
"ART IS A LINE AROUND YOUR THOUGHTS"

-GUSTAV KLIMT



"THERE IS NO MUST IN ART BECAUSE ART IS FREE"

-WASSILY KANDINSKY



If you think it is so simple, do it yourself

APRON-MAKING

MAKE IDEAS HAPPEN



WEAR A MASK

DESIGN A PATTERN



"A TRUE ARTIST IS NOT WHO IS INSPIRED, BUT WHO INSPIRES OTHERS."

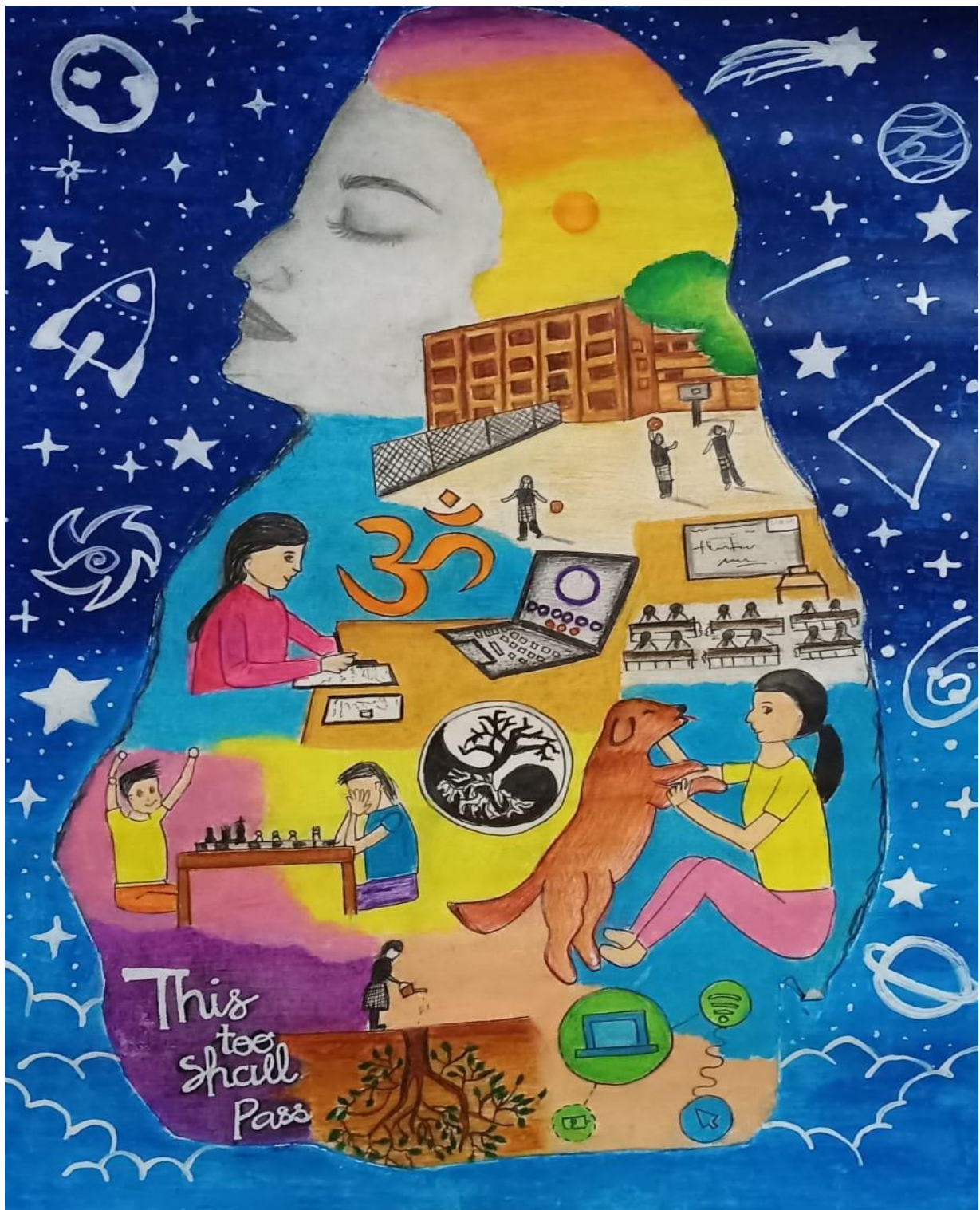
-ALBERT CAMUS

TO CREATIVITY AND BEYOND.....

THINK OUT OF THE BOX



Team work – the journey is the reward



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