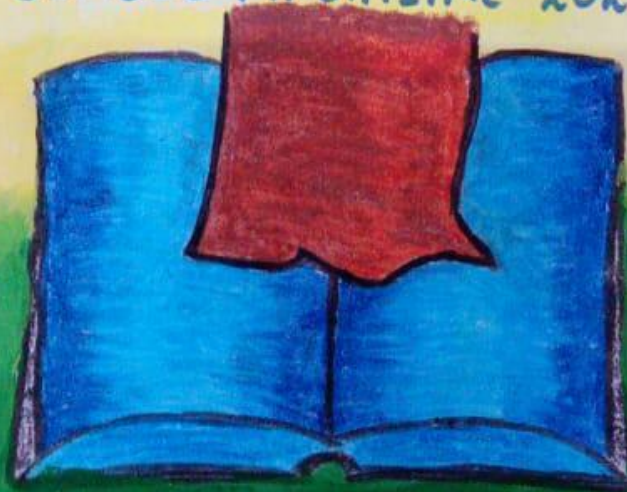




केन्द्रीय विद्यालय संगठन



KENDRIYA VIDYALAYA NO.1 CHM CANTT  
SCHOOL MAGAZINE 2020-21





# SCHOOL MAGZINE

2020 - 2021

# हिंदी खण्ड



संपादकीय

हम पंछी उन्मुक्त गगन के पिंजरबद्ध ना रह पाएंगे

कनक तीलियों से टकराकर पुलकित पंख टूट जाएंगे

प्यारे विद्यार्थियों व साथियों! आज हम सब कोरोना महामारी के कारण लॉकडाउन रूपी पिंजरे में कैद होकर रह गए हैं इस महामारी ने सभी को अपने घरों में रहने के लिए विवश कर दिया है और सरकारी नियमों का पालन करने के लिए भी हम सब प्रतिबद्ध हैं और हो भी क्यों ना ? यह सब हमारी सुरक्षा के लिए ही तो किया गया है लेकिन फिर भी कभी-कभी मन में एक हिलोर सा उठता है कि हम पुनः खुले आसमान के नीचे कब विचरण करेंगे, अपनी कल्पना की शक्ति को घोड़े बनाकर कब दौड़ाएंगे, भावनाओं के पंख फैलाकर खुले आसमान की सैर कब करेंगे? परेशान ना होइए इसका रास्ता भी है हमारे पास। बिना बाहर निकले खुले आसमान की सैर करने का, अपनी भावनाओं को दूसरों तक पहुंचाने का, रंग बिरंगी दुनिया को कैनवस पर उतारने का। यह रास्ता प्रशस्त करने जा रही है हमारे विद्यालय की

ई पत्रिका। यह एक ऐसा प्लेटफार्म है जहां से हम घर बैठे अपनी प्रतिभा को निखार कर दूसरों तक पहुँचा सकते हैं ,अपने साहित्य सृजन कर अंदर की घुटन से मुक्ति पा सकते हैं ,अपनी कल्पना से उन्मुक्त गगन के पंछी की तरह उड़ान भर सकते हैं विगत स्मृतियों को साकार कर पृष्ठ पर उतार सकते हैं तो आइए प्यारे विद्यार्थियों व साथियों हमारी यह पत्रिका आप सब के छोटे-छोटे प्रयासों से, उमड़ती भावनाओं से ,हंसी की फुहारों से ,चित्रकारों की चित्रकारी से ऐसी उड़ान भरना चाहती है जिसमें एक बार पुनः हम सब दूर होकर भी एकता के सूत्र में बंध जाएंगे।आशा है आप इस कार्य में अपना पूर्ण सहयोग देंगे।

मीनू बाला

स्नातकोत्तर शि. हिन्दी

Pratibha Vishwakarma  
12A



हर शाम कुछ सिखाती है!  
मैं बेंचू अपनी शामें,  
ताकि लिख सकूं एक अच्छा सवेरा  
अभी तो समय मेरा नहीं  
पर आने वाला दौर हो बस मेरा।

जब थक जाऊं, तो  
थोड़ा ठहर जाऊं  
पर हार कर रूकू न  
टूट कर किस्मत के आगे  
मैं फिर कभी झुकू न

हर सुबह सूरज निकलने के लिए,  
हर शाम वह पहले ढलता है  
कुछ देर वह भी रुकता है, ठहराता है  
फिर अगली सुबह,  
नये उल्लास और विश्वास के साथ निकलता है।

गुजरते शाम से, ढलते सूरज से,  
सीख ले जिंदगी का एक नया सबक,  
लाख चाहें जितनी बार नीचे जाए  
उठ कर, संभलकर हर बार फिर वह उपर आए।  
हर शाम कुछ सिखाती है!

-प्रतिभा विश्वकर्मा  
-बारहवीं 'अ'



### खेल कूद का महत्व

खेल कूद खेल कूद हमारे जीवन के लिए बहुत महत्वपूर्ण , ण है जीवन का एक हिस्सा है यह हमारे , अगर यह ना हो तो जीवन का कोई अर्थ नहीं क्योंकि अगर कोई व्यक्ति खेलकूद एक्सरसाइज नहीं करता तो वह शारीरिक रूप और मानसिक रूप का रोगी बन सकता है इसीलिए खेलकूद हमारे जीवन में बहुत महत्वपूर्ण है जैसे कि खाने के लिए खाना और पहनने के लिए कपड़ा जरूरी है वैसे ही स्वास्थ्य के लिए खेलकूद जरूरी है खेलकूद एक्सरसाइज तथा योगा करने से हम रोग मुक्त जीवन जी सकते हैं तथा डिप्रेशन जैसी बहुत बड़ी बीमारी से भी दूर रह सकते हैं खेलकूद करने से हम - शारीरिक रूप और मानसिक रूप से मजबूत बनते हैं जिसके कारण हम समाज में अपनी एक अच्छी छवि पेश कर सकते हैं और इस क्रोना महामारी के समय हमारा स्वस्थ रहना बहुत जरूरी है इसलिए , हमें एक्सरसाइज योगा करते रहना चाहिए ताकि हम इस महामारी से लड़ सके और अपने और अपने परिवार को इस महामारी से दूर रख सके यही नहीं और हम बड़ी से बड़ी बीमारी को भी अपने परिवार और अपने से दूर रख सके इसलिए एक्सरसाइज योगा करना बहुत जरूरी है

यश कुमार बिहानी

कक्षा - 12 ब



भारत इंडिया हो गया

अंग्रेज चले गए, पर अंग्रेजी का भूत सवार हो गया

ना जाने, भारतवासियों को, यह आज क्या हो गया

माता-पिता ना जाने कहां गए, उनकी जगह मॉम-डैड हो गए

चाचा-चाची, बुआ-फूफा सब बैन हो गए  
आजकल तो, सारे अंकल-आंटी के फैन हो गए

भारत में मित्र फ्रेंड हो गए

पतिदेव बेचारे हस्बैंड हो गए

माता जी को, प्रणाम हेलो मदर हो गया

बस दोस्तों अब तो छोटे-बड़े भाई भी हेलो ब्रदर हो गए

अखबार भी मीडिया हो गया  
आज अपना भारत भी इंडिया हो गया

शिवम कुमार तिवारी  
12वीं विज्ञान



मेरे प्यारे पापा

खयालों में भी मेरा हीं खयाल रखते है,  
मेरे , हर दर्द का अपनी बाँहो में इलाज रखते है ,  
खरोंच मेरी एक , उन्हें कई राते जगा जाती .....

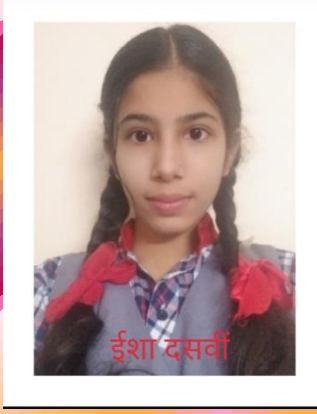
पापा भी ना

दिल अपने पास और धड़कने.....

मेरे होंठो की मुस्कान में रखते है ॥

प्रिया कुमारी 'X'आ





बेटी

जब-जब जन्म लेती है बेटी,  
खुशियाँ साथ लाती है बेटी।

ईश्वर की सौगात ही बेटी,  
सुबह की पहली किरण है बेटी।  
तारे की शीतल छाया है बेटी,  
आँगन की चिड़िया है बेटी।

त्याग और समवर्ण सिखाती है बेटी ,  
नय नय रिश्ते बनाती है बेटी

जिस ऽ घर जाय, उजाला लाती है बेटी,  
बार बार याद आती हैं बेटी।

बेटी की कीमत उनसे पुछो,  
जिनके पास नहीं है बेटी

(कुमारी ईशा) 'दसवीं 'अ'



जिंदगी

चलो हंसने की कोई , हम वजह ढूंढते हैं ,

जिधर ना हो कोई गम , वो जगह ढूंढते हैं।

बहुत उड़ लिया ऊंचे आसमानों में यारों,

चलो जमीं पर ही कहीं, हम सतह ढूंढते हैं।

छूटा संग कितनों का जिंदगी इस जंग में,

चलो उनके दिलों की , हम गिरह ढूंढते हैं।

बहुत वक्त गुज़रा भटकते हुए अंधेरों में ,

चलो अंधेरी रात की, हम सुबह ढूंढते हैं।

~ टविकल् दसवी 'अ ~



एक कविता माँ के लिये

घुटनों पर रेंगते - रेंगते ,  
कब पैरो पर खड़ा हुआ ,  
तेरी ममता की छाँव मे ,  
ना जाने कब बड़ा हुआ ....

काला टिका दूध मलाई ,  
आज भी सब कुछ वैसा है ,  
मैं ही मैं हूँ हर जगह ,  
माँ प्यार ये तेरा कैसा है !!

सीधा-साधा , भोला-भाला ,  
मैं ही सबसे अच्छा हूँ ,  
कितना भी हो जाऊँ बड़ा ,  
"माँ" मैं आज भी तेरा बच्चा हूँ ।

प्रिया कुमारी 'X'A



प्यारी माँ

प्यारी जग से न्यारी माँ

खुशियाँ देती सारी माँ ॥

चलना हमे सिखाती माँ

मंजिल हमे दिखती माँ ॥

सबसे मीठा बोल है माँ

दुनिया मे अनमोल है माँ ॥

खाना हमे खिलाती है माँ

लोरी गाकर सुलाती है माँ ॥

प्यारी जग से न्यारी माँ

खुशियाँ देती सारी माँ ॥

प्रिया कुमारी X'A'



ना जाने हम कब बड़े हो गए ?  
स्कूल के दिन ना जाने कहां खो गए?  
दोस्तों की बातें जब भी याद आती है आंखों में नमी छा जाती है  
वह दोस्तों की गपशप वह दोस्तों से लड़ना  
टीचर के डांटने पर छुप-छुप के हंसना हर राह में दोस्तों का साथ निभाना सही और गलत की पहचान  
कराना वह अपना लंच छुपाकर खाना  
दोस्तों का लंच झट से चैट कर जाना वह दोस्तों के बीमार होने पर उसको देखने जाना  
वह उसका छूटा हुआ होमवर्क खुद करके टीचर को दिखाना  
कभी-कभी बहाना बनाकर स्कूल ना जाना  
और स्कूल जाते ही छुट्टी होने की राह देखना  
कोई शरारत कर के मासूम सा चेहरा बनाना  
सबसे छुपकर कक्षा में उत्पात मचाना कभी-कभी किसी दोस्तों को मिलकर सताना  
अपने दोस्तों के लिए कुछ भी करने को तैयार हो जाना  
दोस्तों के साथ हर दिन स्कूल आना जाना  
कभी कभी घर देर पहुंचने पर मां की डांट खाना  
वह स्कूल के पल लौट कर नहीं आएंगे हम इनको याद करके ही खुश हो जाएंगे

प्रियंका  
कक्षा : बारहवीं ' ब '



कुछ पल की बातें,  
कैसे दोस्ती में बदल गई पता नहीं चला।

कुछ हंसाने कुछ तराने याद आते हैं,  
तेरे साथ बिताए हुए सारे पल याद आते।

ए दोस्त में जब तेरे साथ होता था,  
तो पता नहीं कब सुबह से शाम हो जाती थी।

अब हर पल ऐसा लगता है ए दोस्त,  
जैसे समय रुक सा गया है।

राह में चलते चलते मंजिलें तो मिल गई,  
लेकिन तेरी दोस्ती छूट गई।

बचपन में देखे गए ख्वाब सब पूरे हो गए,  
लेकिन तेरे बिना सब अधूरे से लगते हैं।

ए मेरे दोस्त एक बार फिर लोट आ,  
फिर से वो बचपन के पल जीते हैं।

अभिषेक

कक्षा 12 b



मिलकर कोरोना को हराना है,  
घर से हमें कहीं बाहर नहीं जाना है,  
हाथ किसी से नहीं मिलाना है,  
चेहरे पर हाथ नहीं लगाना है,  
मास्क लगाकर ही बाहर जाना है,  
बार बार अच्छे से हाथ धोने हैं,  
सैनिटाइज करके देश को स्वच्छ बनाना है,  
बचाव ही इलाज है यही समझाना है,  
कोरोनावायर एस नहीं घबराना है,  
सावधानी रखकर कोरोना को मिटाना है,  
देश में ही सभी को यह कदम उठाना है।

- नताशा रावत  
XII (B)



बचपन

एक बचपन का जमाना था,  
जिस में खुशियों का खजाना था  
चाहत चांद को पाने की थी,  
पर दिल तितली का दिवाना था..  
खबर ना थी कुछ सुबह की,  
ना शाम का ठिकाना था..  
थक कर आना स्कूल से,  
पर खेलने भी जाना था..  
मां की कहानी थी,  
परियों का फसाना था..  
बारिश में कागज की नाव थी,  
हर मौसम सुहाना था ..  
रौने की वजह न थी,  
ना हंसने का बहाना था..  
क्यों हो गए हम इतने बड़े,  
इससे अच्छा तो वह बचपन का जमाना था,  
वह बचपन का जमाना था..

मानसी

12- ब.





बस एक कदम और इस बार किनारा होगा  
बस एक नजर और इस बार इशारा होगा  
मुंबई के बीच उस बदली के पीछे कोई तो किरण होगी  
इस अंधकार से लड़ने को कोई तो किरण होगी  
बस एक पहार और इस बार उजाला होगा  
बस एक कदम और इस बार किनारा होगा  
जो लक्ष्य को भेद दे वो कहीं तो तीर होगा  
इस तपती भूमी में कहीं तो नीर होगा  
बस एक प्रयास और अब लक्ष हमारा होगा  
बस एक कदम और अब किनारा होगा  
जो मंजिल तक पहुंचे वह कोई तो राह होगी  
अपने मन को टटोलें कोई तो चाहोगी  
जो मंजिल तक पहुंचे वह कदम हमारा होगा  
बस एक कदम और इस बार किनारा होगा  
बस एक नजर और इस बार इशारा होगा

जितेंद्र सिंह 12वीं 'ब'



माँ

"बेटा! कॉलेज जाने से पहले खाना जरूर खा कर जाना,रोज खाना बीच में छोड़ कर चली जाती हो , सारा दिन कैसे निकालोगी? वहां कुछ भी खाने को टंग का नहीं मिलता,अपनी सेहत का खयाल रखा करो,यह सेहत ही तुम्हारे आगे काम आएगी।" हर रोज की तरह मां की हिदायत जो वह मुझे कॉलेज जाने से पहले देती थी और मैं उसे अनसुना कर कॉलेज की तरफ भाग निकलती ,कॉलेज जाकर जब भूख के मारे जान निकलती तो बैग में कुछ खाने को टटोलती, एकाएक पैकड रोटी का रैप हाथ लगता जो माँ हर बार की तरह चोरी से बैग में डाल दिया करती थी।

आज मां को इस दुनिया से गए पूरे 8 साल हो गए हैं। सुबह से ही मन बहुत उदास है मां की बातें ...याद करते सारा दिन कैसे गुजरा पता ही नहीं चला ,कुछ बनाने को मन नहीं किया, ना ही कुछ खाने को..।मां की तस्वीर देखते हुए मैंने उनसे कहा, "मां.. अब तुम बिन ..कोई नहीं पूछता-बेटी !खाना खाया कि नहीं...?" तुम मुझे छोड़कर इतनी जल्दी क्यों चली गई? , अब भूख लगने पर कौन.. मुझे खाना खिलाएगा?मन फफक फफक कर रोने लगा। आंसुओं की झड़ी ऐसी बही कि मां की तस्वीर आंखों से धुंधला कर ओझल... होने लगी।

'टिंग- टोंग टिंग -टोंग 'अचानक डोर बेल से मेरी यादों का टांका टूटा। जैसे- तैसे अपने आप को संभालते हुए मैंने दरवाजा खोला तो देखा ..सामने पड़ोस वाली आंटी हाथ में प्लेट लिए खड़ी थी ,मुस्कराते हुए बोली , "बेटी!आज मैंने सांभर- डोसा बनाया है ,खाकर बताओ तो कैसा बना है ?मेरी बेटी कुछ दिन के लिए टूर पर गई है आज उसका जन्मदिन है मुझे उसकी बहुत याद आ रही थी ..सोचा क्यों ना तुमसे उसकी फेवरेट डिश शेयर करूं?" मेरा ध्यान एकाएक मां की तस्वीर पर गया जो मुस्करा कर मुझसे कुछ... कह रही थी।

मीनू बाला

स्नातकोत्तर शिक्षिका हिंदी



तुझे सम्भलना होगा  
जब चला है राही काँटों पर तो  
खुद ही तुझे सम्भलना होगा  
जब ठान लिया है मन में तो  
खुद ही तुम्हें बदलना होगा।  
ना दिया है साथ किसी ने तेरा  
और ना ही देगा कोई कभी  
जब जाना ही है मंज़िल तक तो  
अकेला ही तुझे चलना होगा।  
जब चला है राही काँटों पर तो  
खुद ही तुझे सम्भलना होगा।

तेरे हँसने पर दुनिया हँसेगी  
पर तेरे रोने पर ना रोयेगी  
जब रोने में कोई साथ नहीं है  
खुद ही तुम्हें हँसना होगा।

जब चला है राही काँटों पर तो  
खुद ही तुम्हें सम्भलना होगा  
खुद ही तुम्हें सम्भलना होगा।।

नीलम  
प्र • स्ना • अंग्रेज़ी



# **ENGLISH CORNER**



Once again we are glad to be back with the new edition of Vidyalaya E- Patrika 2020. Vidyalaya Patrika is an amazing portal to express our views, aspirations, zeal and creative talents. Our creative aspirations are the expression of values we cherish most, be it friendship, love and regard for elders and younger people around us. Nowadays world is full of uncertainties for teachers and parents because they are not the only ones who are imparting values to the new generation but our children and students are randomly picking up values from cheap sources and internet with a click of button we have to censor them to a certain extent

so that we (teachers and parents) can impart a life sustaining education without which it is not possible to lead a congenial life. Education is not about bookish knowledge but it should also be about practical or skill development that makes a person to stand up on his toes, a fundamental foundation for any country state or nation .Education which draws a thick line between right and wrong, a ladder that takes us to the height where we belong. . 'Brain controls the body and a strong body is result of strong brain training' which is the need of hour. Kendriya Vidyalaya Sangathan across the country endeavours to provide conducive environment for brain training. We here at KV No 1 Chandimandir are making every possible effort and endeavour to achieve this target with our dynamic Principal at the helm of all affairs. Aristotle once said that 'Educating the mind without educating the heart is no Education at all'. We are lucky in this respect as the articles and poems which are presented in this magazine are very sensitive and reflection of the compassion and kindness in hearts of our students. We owe special gratitude to Principal Mr. R .C Sharma whose dynamic and ever inspiring persona is behind the progress of KV NO.1 Chandimandir. I take this opportunity to thank students and teachers who contributed towards the making of this magazine.

*"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but a lack of will."*

Mrs Shashi Bala

PGT English



### THE UNTOLD ENEMY!!

The world is getting wounded,  
And every life is counted,  
But we must be bold ,  
Against the enemy untold,  
With the time on the clock ticking,  
How we're going to save the living?  
Symptoms like fever making us weak,  
Doctor's help we need to seek,  
Started in China, now, the world is sick,  
Let us unite and find some cure, quick,  
Doctors, Nurses, Police, essential services, paramedical,  
Are all willing to give their life for this brutal pandemic,  
If have to go out, think twice,  
Wear your mask , be wise ,  
After coming home, sanitize ,  
And wash your hands thrice,  
COVID-19 is the name,  
It is playing hide-and-seek game!!

Khushi Arora  
IX B.

## My Father

When I started my journey to  
Achieve, I have fallen  
But there is someone to hold ,  
That is my father  
Who gave me strength and courage  
To face the obstacles,  
He made me bold to express  
My views  
He is the one who encourage  
Me  
He made me stand boldly in  
Front of adversities  
I LOVE YOU FATHER

## Poly Bags greatest Environmental Hazard

Poly bags were hailed as a wonder. They are light, cheap, non-tearing and water proof. They freed us from carrying cloth, jute or nylon bags. But poly bags have caused immense harm to the environment. Millions and millions of poly bags, with a use –life ranging from a few minutes to be few hours, are thrown away to log drains and choke soil. They cause food contamination and animal deaths, pollution during manufacture and disposal of poly bags are added attributes.

Over the last twenty years or so the environment has been systematically degraded with non-biodegradable poly bags, being non-porous, they obstruct free flow of water and air. Thus they choke the soil and suffocate plant roots. Toxic chemical additives reach into soil and the quality of soil is degraded and plants cannot be grown.

Being light, polybags settle in drain and cause backflow and water logging. Polybags induced water logging has been known to trigger off landslides in the mountains. Poly bags don't spare even animals. Cows and dogs die due to consumption of plastic bags. Even humans are not spared when toxic material from the plastic bags reach onto the food materials being carried in them.

By-G.Neha IX-A



## FRIENDSHIP

Friendship is one of the greatest bonds anyone can ever wish for. Lucky are those who have friends they can trust. Friendship is a devoted relationship between two individuals. They both feel immense care and love for each other. Usually, a friendship is shared by two people who have similar interests and feelings.

You meet many along the way of life but only some stay with you forever. Those are your real friends who stay by your side through thick and thin. Friendship is the most beautiful gift you can present to anyone. It is one which stays with a person forever.

### True Friendship

A person is acquainted with many persons in their life. However, the closest ones become our friends. You may have a large friend circle in school or college, but you know you can only count on one or two people with whom you share true friendship. Most importantly, true friendship stands for a relationship free of any judgments. In a true friendship, a person can be themselves completely without the fear of being judged. It makes you feel loved and accepted. This kind of freedom is what every human strives to have in their lives.

There are essentially two types of friends, one is good friends the other are true friends or best friends. They're the one with whom we have a special bond of love and affection. In other words, having a true friend makes our lives easier and full of happiness."

Abhishek XII B





Rashi IX B

ITs CORONA BEWARE

To all those people who move here and there,  
It's corona beware.  
I miss those days when I go to school,  
We all are suffering just because of some fool.  
No hugs, no handshakes,  
We can't eat chips , cold drink , as well as cakes.  
Police are getting stricter, standing on the road side ,  
Still because of some people many people died .  
To all those people who move here and there,  
It's corona beware.

I miss those days when we all play together,  
We are Hindu or Sikh nothing matters.  
We all are left with sanitizers and soaps,  
But still we should fight and never lose our hope.  
While sitting at home we can perform many tasks,  
But if it's necessary go out with the mask.  
To all those people who move here and there,  
Its corona please beware.

This time is also precious, with just our family,  
It's really better than sociability.  
I thank all the doctors and the nurses,  
All the temples, mosques are closed along with the churches.  
The newspapers we read, the news we hear.  
They all are the sources that tells us , happiness fled like a bird,  
Those birthday parties, those full night dramas,

All is just because of our karmas.

To all those people who move here and there  
Its corona friends please beware.  
I thank the police and the soldiers,  
As they are the only ones, holding our earth .  
To all the foolish who still goes out for no reason.  
Please do understand its corona season.  
Just hope for the best.  
Stay at home and take some rest.  
At the end I thank our honourable Prime Minister and all his efforts.  
The way he had won the hearts by his words.  
To all the people who move here and there,  
Its Corona, guys please beware!!!.

Rashi IX B



### FROM BOARD TO 'BORED'

"If this is the story of your life in the summer vacations than read on some interesting ways to make this time more fruitful".

It's been three month since the board exams of tenth and twelfth are over. And it's 'that' time of year again when there's always a tomorrow to do anything. When there is always time and never a hurry to finish homework's. Never have to-a time when you can just be yourself. So here we have it an ocean of time. Now you have two options....to ride the waves of this ocean, to swim with the current and discover the magic of its depths or to let it take control of you and sink. What I mean is that three months of holiday presents one with a wide array of opportunities to take something quickly and make use of or to just let the pass.

For me( and I'm sure majority would agree) one of the most important function of summer holidays is to put up one's feet and give the grey cells some rest.. One look at nature will tell you that the essence of being alive is also to just relax. However, here comes really a tricky pair- three months spent doing nothing can be a really bad idea...because doing nothing itself can get tiresome. Not to mention the fact that soon.

You start resembling like a vegetable. So what should one do?

For me summer holidays are the perfect time to all those things you have been putting off because you kept telling yourself "abhi nahin, there's too much work...this can wait...bad me kar looga.." the summer holidays are the 'baad' me time that you have been waiting for. So don't wait any more, make that book of lyrics that you have been planning to write, cleanup your computer hard drive and read that book that you've been dying to read write the short story that's been brewing (im) patiently in your head, give your friends that birthday present that you have been promising to gift her since on her last birthday. In short just Do it. Summer holes are also the perfect time to contact people you haven't been able to call/mail/meet for a long time for some reason or other. So mail your friends who has left town and an update him/her on your life, go spent night at your grandparents place, or simply call sometimes.

The above list up thing you can do is by no mean exhausting. It is only indicative. All you need to do is figure out what you love and you will find some way to do it or even,

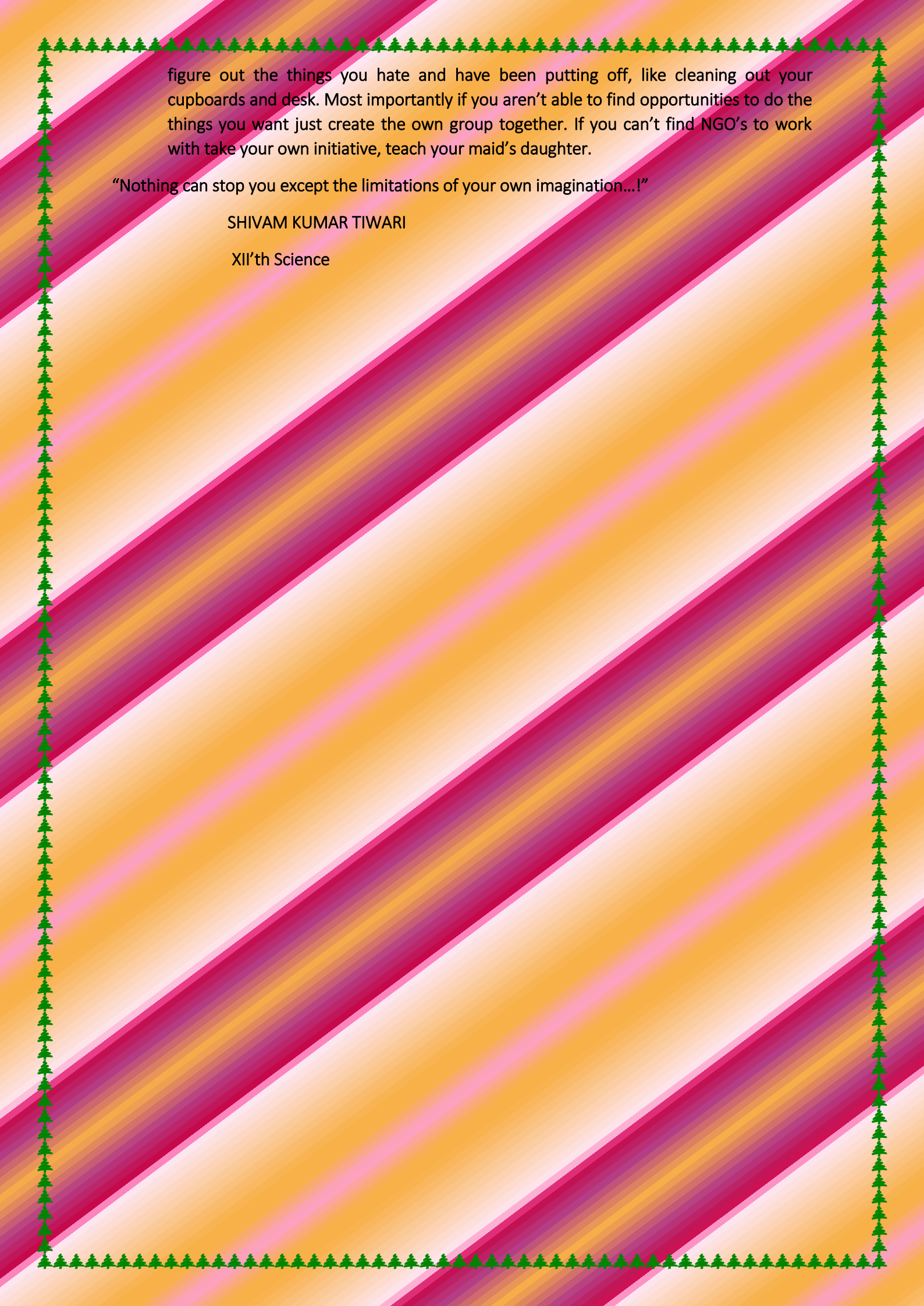


figure out the things you hate and have been putting off, like cleaning out your cupboards and desk. Most importantly if you aren't able to find opportunities to do the things you want just create the own group together. If you can't find NGO's to work with take your own initiative, teach your maid's daughter.

“Nothing can stop you except the limitations of your own imagination...!”

SHIVAM KUMAR TIWARI

XII'th Science



### MY GRANDPA

Oh! My sweet grandpa  
Where are you ?  
You are so loving  
You are so caring  
I really miss you  
Oh! My sweet grandpa  
Where are you?  
You are so far away from me  
Tears fill my eyes every day  
You keep talking to me in my dreams  
You keep joking to me in my dreams .  
Oh !my sweet grandpa  
Where are you ?

Garima  
12 (A)



## How LOCKDOWN is a Boon to the ENVIRONMENT

Coronavirus (Covid-19) has in every term triggered a major global reset — economically, politically, socially, environmentally and scientifically. It has changed the way we work, play, learn and what not! Many of you think that lockdown is bane to us there are no trains, no flights, minimal on road traffic and few functioning industries. But it is also boon to environment as, for the first time in years; the Himalayan range is visible from a distance. Waterways polluted by industrial waste, like the Yamuna River in the capital city, is now flowing unimpeded.

Some others benefits of lockdown are:-

### Treat for Bird Watchers

Alike animals, birds which are mostly found near forests, green landscapes and water bodies are frequently seen in the city areas. In Mumbai, peacocks (national bird) were seen perching on top of parked cars flaunting their spectacular beauty. This year a huge number of flamingos have arrived (25% more than last year) in Navi Mumbai travelling from Gujarat, Rajasthan, and some even from Iran and Afghanistan.

### Affect on WILDLIFE

The Covid-19 lockdown which has been extended to May 3, 2020, has brought upon some unprecedented changes on Earth. We enter Earth Day 2020 with a much cleaner environment, a healing Ozone layer, and a rise in the number of animals foraging into 'human spaces'. But is this overall a boon for the environment or are there negative aspects we are not noticing? April 22, 2020 marks the 50th Earth Day which was launched in 1970 as 20 million American took to the streets to protest environmental ignorance and demand a new way of living on the planet. Due to the Covid-19 lockdown, wild animals are able to explore areas of their habitat that humans have encroached and taken over while domestic animals that are dependent on people suffer shortage of food supply.

Sahil Rana(XII-A)



We may be young or old,  
But we must be bold,  
Against the enemy untold,  
We can't go to malls,  
Nor can we go to waterfalls,  
Because this virus is a-scaring,  
Sending our spines into a shivering.  
If you have to go out, think twice,  
Wear your mask be wise.  
After coming home, sanitise  
And wash your hands thrice.  
COVID-19 is the name,  
IT is playing a hide-and-seek game.  
By following the rules, we can ensure endgame.

**Name-Ekampreet Singh**  
**Class-8th B**



Topic: KNOW MORE ABOUT PLANTS




and ANIMALS







( ) PLANTS



:-




1.) 21,000 ft is the altitude of the highest living flowering plant, Ranunculus lobatus (scientific name) , which is found in the Himalayan mountain range.



2.) It takes the slowest flowering  plant 150 years, Puya raimondii (scientific name) , to flower. It is found high up in the Andes mountain range of Bolivia and Peru.




3.) The height of the tallest flowering  plant is 93 metre that is 305 feet is the Australian Majestic Mountain Ash tree .


4.) The size of the largest floating leaves  is 2 metre that is 6.5 feet which belong to the Amazon water lily  and are able to support the weight of a child .




5.) The world's  tallest flower is the the *Amorphophallus titanum*(scientific name)  , which Rises to 3mts that is 10 feet . It smells routing meat that attract the tiny bees  that pollinate it , it is short lived and rarely seen.

6.) The heaviest cultivated fruit  is the Pumpkin. It can reach astonishingly 600 kg that is 1,322 lb the same as the combined weight of 8 adult men  .


7.) The world's  smallest seed bearing plant  , the watermeal, is 0.1 cm wide. It produces fruit that are tinier than salt grains. The biggest seed is produced by the Coco de mer, or double coconut palm . It weighs 20kg and grows in the Seychelles island  in the Indian ocean.

8.) The weight of the heaviest tree, the giant Sequoia  , which grows in California USA is 2,500 tonnes.


9.) The size of the world's  largest leaf  is 24 m that is 79 ft, which are found on the African Raffia palm.

10.) The size of the Dwarf willow , the world's smallest tree  which grows in Arctic Tundra region is 5 cm.

(  ) ANIMALS  :-


1.) The length of the smallest reptile  is 1.6 centimeter the Dwarf gecko of the Dominican Republic.

2.) The height of the tallest mammal is 5.5m- the Giraffe 



3.) One of the slowest land molluscs is the garden snail  , which travels at 0.05kph. That means it covers the distance of 1 km every 20 hours.

4.) The length of the Whale shark  is 13 meter, the world's biggest fish  .

5.) The length of Paedocypris progenetica, the world's smallest fish  is 7.9 mm. It lives in Pete's cramps on the Indonesian island  of Sumatra.

6.) 110 kph (68mph) is the speed of Sailfin  .

7.) 20,000 km is the distance the Great White Shark migrates on its return trip between South Africa and Australia.

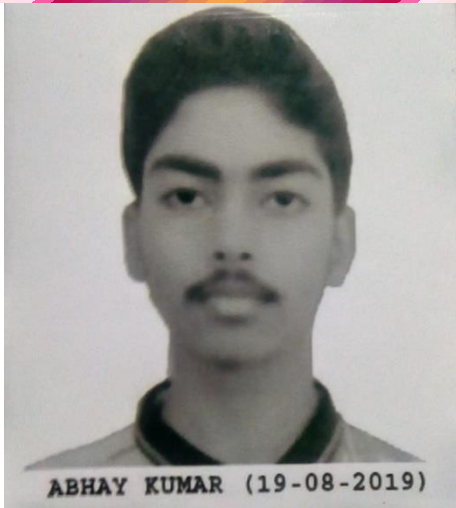
8.) The longest living fish  is 140 years old - the Rougheye Rockfish  .

9.) The length of the longest snake  is 10 meter ,the Reticulated python ,found in the Southeast Asia.

10.) The weight of the biggest land carnivore is 600 kg, the  Polar bear  .

11.) The weight of an African elephant  is 12 tonnes, the biggest land mammal.

By : - R.Haripriya  
12 A



### ME AND MY BRO

Me and my bro  
Usually fight  
But when I 'am wrong  
He makes me right

He is like thread  
And I 'am the kite  
When I fly in wrong Way  
He pulls me tight

Me and my bro  
Are such good friends  
Some things he borrows  
Some things he lends

But when he denies to help  
I get angry and sad as well  
Afterwards I realise the reason  
Behind whatever he tells

Me and my bro  
Are such brothers  
When we get bore  
Make jokes on each other

Thank to the god  
For giving me such bro  
Who tells me where to stop  
and where to go.

-ABHAY KUMAR 10th A

A RAINDROP RACE\*

There's a race

On my face

So let's see

Who will be

The first drop

To drop

From my lip

To my chin

From chin

To my toes

Who will win ?

Goodness Knows !!



\*~Palak Chaudhary X "A"\*

\*EDUCATION\*

Use your brain

Education is main

You are not vain

You can't get anything without pain

Don't take too much strain

No pain no gain

You have to shine

Palak Chaudhary X "A"\*



### **COVID-19 # STRESS AND ANXIETY # YOGA**

The restricted travel, panic over the risk of infection, continuous flow of negative news and scarcity of day to day material and resources due to the corona pandemic are adding on to growing anxiety . Being confined to our homes can be mentally challenging .Besides staying connected to family and friends and maintaining a healthy lifestyle there is also one other thing that can help keep anxiety mental health in check-YOGA. Yoga Is the greatest tool as the stretching poses such as Trikonasana, Ardha kati chakrasana and Veerbadrasna help to reduce tension in muscles and joints and this in can turn help relax the sympathetic system. There are many yoga poses which are excellent for managing blood pressure thereby reducing anxiety symptoms. Yoga along with breathing and meditation can be considered as an all round exercise which will take care of our body, mind and soul. Yog Nidra is the most beneficial during this time . 20 minutes of Yog Nidra everyday can immensely help in overcoming stress and anxiety.

Riddhima Das

IX B



# TEACHER CORNER

## LEND A HELPING HAND



While I was sitting in my AC room and enjoying reading a book of one of my favourite authors, Dada J.P. Vaswani, my washerwoman Sheela entered into my room and sat on the floor. She came to our place to collect the clothes for ironing. My brother's wife (Bhabhi) gave her two bundles of clothes. She kept on sitting and did not get up. After waiting for 5-6 minutes, I asked her if she had some other work also as she used to discuss the problems of her school going children with me. She just smiled and replied, "Nahi Didiji", "Yahan acha lug raha hai, thandak hai na." I looked at her with surprise because as far as I know she was living in a servant quarter of my uncle's big house, which is not less than any posh bungalow. I asked her, "Don't you have fan in your room?" She replied, "Fan to hai didi, but the owner of the house before opening his eyes early in the morning switches off the main switch of our room. He only provides this facility during the night and so we have to spend the whole day facing intense heat." I was shocked because I know uncle is the President of the Temple Committee of our sector and used to give many talks on charity. I got quite disturbed to see the double standards of people.

A few days ago one of my childhood friends Anurag visited my place. We were enjoying our evening tea in the lawn of my house. Seeing the old gardener doing work in the lawn of my house my friend pointed, "Poonam, you have kept this gardener for the sake of keeping a gardener as he is not looking as efficient as he should be because of his age. I think this is the time you must replace him with some young and energetic person." My courtesy not to argue with the guest kept me mum. These two episodes forced me to think : Are riches for showing off or merry making and not helping the less fortunate? Should they not bring happiness to others who are less fortunate with their small caring gestures ? Don't their aged and ailing servants need their attention, sympathy and above all affection in the hour of their need ?

I always want to remind myself one of the following lines of my favourite childhood poem.

"Do something for somebody somewhere,  
While jogging along life's road,  
Help someone to carry his burden,  
And lighter will grow your load."

Rajkumari Amrit Kaur was the daughter of Raja Haman Singh, one of the ruling house of Kapurthala. She studied in Great Britain and had the training and charm of a real princess. Yet her conscience was directing her to lead a life of service to her countrymen. She chose to be a nurse and happily did the menial work of looking after the sick and the dying. She became a follower of Mahatma Gandhi. She was much influenced by Gandhiji's simple life and service to the poor. Later when the new Government was formed, it was on Bapu's recommendation that she became the first Health Minister of India. A sense of duty towards needy people pleases God. He certainly rewards those who are dutiful. There are unfortunate persons around us-the blind, the deaf, the lame, the poor, the sick and the



suffering. Little acts of kindness are needed for them. Let us be willing and thoughtful. Lead a blind old man across a road. Give a helping hand to a lame person trying to board a bus, bring medicine for the sick, offer your seat to the old and the handicapped in trains and buses, give respect to the aged, help your friends in their studies and buy books for poor friends. Help all who need your help because service to fellow beings is service to God. Have special prayers to God for those who are hungry, thirsty and sick and for whom nobody cares.

Remember the words of Swami Vivekananda, "There is no higher virtue than charity. Give the last bit of bread you have, even if you are starving. To give happiness to others is a great act of charity and every charitable act is a stepping stone towards heaven." Even though you may have earned a million rupees, your day is incomplete unless you have done something for someone who will never be able to repay you.

Remember the saying of Dada J.P. Vaswani, "The day on which we have not done something for somebody is a wasted day. Let the words, "Can I do something for you?" be on our lips as often as possible".

**Miss Poonam Kohli, PRT**

K.V.S. National Incentive Awardee (2007)

National Awardee (2009)

## Digital Citizens- Responsible Netizens



Shamsheer Singh  
PGT Geography

The internet has intruded globally into everything than we have never ever imagined. The Internet has become a sensation nowadays. The Internet has flipped around our reality and it is an advancement of modern technology that has swept the world off its feet with its vast usage. Today Internet, computers, smart phones and other communication technology devices have become an integral part of our life. There are hardly people who do not rely on the internet in their daily life. It is something that humans cannot function without anymore. We use the internet for almost every little and a big task now. The Internet has basically made our lives easier and convenient. It is used in all spheres of life now, whether we are using debit card, credit card, using a mail, doing online shopping, using social media like face book, whats app twitter, instagramm etc. Now we can communicate with our loved ones oceans away.

Everything is instant now, the moment anything takes place anywhere in the world, we get to know about it with the help of technology. In present scenario, digits are very important in our life, they are playing a very crucial role in every one's life. Time and cost doesn't matters in the world of communication, in a fraction of seconds one can connect with others located in every corner of the world. Use of virtual class room/online teaching has itself is a testimony of use of technology in this prevailing havoc. All are doing their respective business through the use of internet, especially in this prevailing Covid 19 Corona. All teachers are connected with their students with the help of this internet and how we are going to use this technology will be a crucial factor in passage of time. Use of internet requires a well defined digital behavior and unfortunately our adolescence children are not aware of this digital behavior. A simple post or share can create chaos in the society and can disintegrate the soft fabric of the society. Digital reputation matters a lot in this digital world. Digital reputation is defined by our behaviours in the online environment and by the content that we post or share about our self and about others. Shared images, tagged photos, blog posts and social networking interactions will all shape how we are perceived by others online and offline, now and in the future. But most of us are unaware of cyber safety and security essential to safeguard ourselves. Our young generation is getting exposure to contemporary space at very early age.

Tiny adolescence population is more vulnerable to the cyber space with very limited understanding of cyber threats such as child pornography, cyber grooming, online job fraud, online sextortion, vishing, sexting, smishing, sim swapping, debit credit card fraud, phishing, spamming, ransomware, cyber squatting, espionage, pharming etc.

Our children are in experimental group and they want to experience new technologies and latest gadgets, so they are more prone towards numerous cyber crimes "According to Indian Computer Emergency Response Team (CERT-In) over 53000 cases of cyber security incidents reported in India". Unfortunately most of the countries of the world are not fully

equipped with full proof mechanism to deal with these cyber threats especially in third world countries like India.

Following are the some basic guidelines and tips students can follow to become good netizens and can develop some basic netiquettes-

- Always read message before clicking Yes.
- Don't accept friend requests from unknown people on social media.
- Don't; share your personal information such as Date of birth, address, contact number on social media or other online platforms.
- Never install any unnecessary application or software from unknown sources.
- As good netizen be mindful of your digital reputation - think twice before you Post/share something embarrassing, mean comments, harmful or inappropriate, hurtful messages/videos online.
- Fake news or hoax messages are spread like a wild fire on social media. It may create law and order problem in the country.
- Always try to limit your identity as possible as you can.
- If you feel hurt from any post in social media from a stranger or from friend don, respond aggressively.
- Be cautious when your char partner gives you exaggerated compliments regarding your physical appearance in just a short span of your acquaintance.
- Never turn your webcam or camera while your chat partner does not connect to the webcam.
- Do not go to meet a person alone whom you met online. Always take a friend or elder person with you.
- In many online games you are asked to buy/points/coins reward etc, which can be used improve the performance. You may be asked to share credit card/debit card details for the payment. Some online games can capture your credit card debit card details and misuse them.
- Adhere to copyright restrictions when downloading material from the Internet, including software, games, movies, or music.
- Some time many adults or cyber criminals also play children online games and pretend to be a child.
- Don't compromises with good antivirus on your system or on smart phone and regularly update the antivirus and the application.
- Use a strong and unique password with combinations of numbers, uppercase and lowercase letter and special characters for each account(s). Be watchful and develop a habit to change the passwords at regular intervals.
- Check to see if the web address begins with https:// whenever you sign in online.
- If you receive any text message, email about winning a lottery or any offer, please don't respond them.
- In case of any trouble talk to your parents, your elders or contact police helpline No.100 or National Cyber Crime Helpline Number - 155260





## Every Cloud Has a Silver Lining

The proverb conveys the message that one has to stay positive at all times and never lose hope at any cost.

Yes, the COVID-19 pandemic has changed our lives in many ways. We are forced to stay at home and keep social distance. There is no doubt that this crisis is devastating and we all are hoping for a swift resolution to the problem.

We are facing many challenges. This virus has infected our education also. We cannot go to school, cannot sit our exams and we cannot take part in many of the activities related to our education. Children are spending most of their time with gadgets. There are many health effects of screen-time on children and adults too. Depression, anxiety, anger and behavioural changes are very common these days.

But dear friends, in such testing times, when we are staying in our homes, there are many who are at the frontlines; battling it out and risking their lives to ensure that we all can stay safe and win this battle.

So during this tough time, all we can do is keep our CALM. There is an old saying, "When the going gets tough, the tough gets going." It is the time we rise up and fight the COVID-19 pandemic with a unified front. It's the time when we can maintain a healthy lifestyle, we can spend time with our family chatting and playing, we can learn new things. So we should always remain positive and think that this time will also pass and never forget that Every Cloud Has a Silver Lining.

NEELAM

TGT ENGLISH

## A Very Special Bank Account

Imagine you had a bank account that deposited \$86,400 each morning. The account carries over no balance from day to day, allow you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every dollar each day!

We all have such a bank. Its name is “**Time**”. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever time you have failed to use wisely. It carries over no balance from day to day. It allows no overdraft so you can’t borrow against yourself or use more time than you have. Each day, the account starts fresh. Each night, it destroys an unused time. If you fail to use the day’s deposits, it’s your loss and you can’t appeal to get it back.

There is never any borrowing time. You can’t take a loan out on your time or against someone else’s. The time you have is the time you have and that is that. Time management is yours to decide how you spend the time, just as with money you decide how you spend the money. It is never the case of us not having enough time to do things, but the case of whether we want to do them and where they fall in our priorities.

You must live in the present on today’s deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today.

**Moral of the story:** - Never give up and always believe in yourself in spite of rejection.

**From:-**

Rameshwari  
Librarian

KV No.1 Chandimandir Cantt.



## Man in present Scenario (Hope amidst Hopelessness)

What shall I do, when hope diminishes?  
And sorrow overshadows  
When people undermine and underrate me

What shall I do?

Where will the hope spring from,  
Who will be the Samaritan of good faith?  
Where shall I go, when hope diminishes?  
And faith shatters

The void within widens and await for you (God)  
To come and rescue!  
No spring of thought enlighten me  
No cause remove my distress

Faith in '**HIM**'  
Will lead the world to '**HIM**'  
Where you will be rescued from pain and suffering  
Every individual connected with 'You'  
Is ray of hope which 'You' are looking for  
'You' and only you is the Samaritan of faith  
Cherish yourself and redeem yourself  
World is but one canvas different colours and different hues  
Painted By omnipresent '**Painter**'

Have belief in '**HIS**' Powers  
He who painted the world with '**His**' own hands  
Will not destroy the remarkable painting  
But is adding more colours  
Making the lines bolder

So that we are able to understand  
His scheme of thought  
So that we cherish even more  
The world we have  
So that we cherish even more  
The world we have

**Shashi Bala**  
PGT English

A decorative border of small green pine trees runs along the top, bottom, and sides of the page. The background features diagonal stripes in shades of yellow, orange, and pink.

# PRIMARY CORNER



## HOW MY LIFE CHANGED IN COVID-19

My life has changed very much in this pandemic. In school I spent most of time with my classmate. When I went to school, my schedule was really full but now my schedule is organize to self-isolation rules. In online studies sometimes I cannot understand what teacher is saying because of some internet problem. Earlier I thought that technology is only for entertainment and playing but now I understood that we can also use it for studies. Lockdown change my perception very much. This lockdown disturbed my studies I do not understand what to study and what to do. I also enjoyed this lockdown with my family we play games and we also made different types of dishes. My mother is a teacher and she did not get time to make different dishes but in this lockdown we tried to made different dishes. But in this time I also realized that this is the best time in which we can improve our skills and quality. We can overcome our minor infractions. I know everyone is missing his or her teacher and school but now we should get up of this and start working hard. One day each one of us will meet each other and all of us will enjoy together but till then we have to fight this virus.

**Name – Daivya**

**Class – 5<sup>th</sup> A**

THANK YOU

**CORONA WARRIORS**

Thank you for saving our lifes

Thank you Doctors, Nurses,

Government, Police and Cleaner

You think for us and our family

But

You never think about you and your

family

You do your work properly

Thank you for saving our lifes

Corona warriors

You're the god

Because you are saving our lifes

You work whole day

And

We rest whole day

Thank you for saving our lifes

Name-Daivya

**I want to be a Tree**

I looked at a beautiful tree,

I know he grew with me .

When I was small he was smaller,

But now he is really taller.

But I want to be really tall ,

Not like a giant,

or not like an ant.

I want to be a tree ,

even though he is not free .

They give a shade,

Which never fades.

They give us wood ,

Which is brown and good.

He can go to mall ,

But his seeds came to my hall .

Grow up many trees ,

So that he can care you for free.

I like to be a tree ,

even though he is not free.

*Written by - Tanushka*

*Class- V. A*

# CORONA

**Coronavirus, the worst disease,  
Hide in your homes , if you please.  
A disease killing lives,  
And spreading negative vibes,  
Symptoms like fever making us weak,  
Doctor's help ,we need to seek  
Started in china, now, the World is sick,  
Let us unite and find a cure, quick.  
You will get headache and a cold.  
Following up,then comes cough,  
Getting rid of, is now quite tough.  
You will get problems of respiration,  
Now ,we all need prevention,  
Muscle pain can come too.  
Let us build immunity, me and you.  
Wash your hands with some soap,  
We'll fight the virus, that's the hope...**

**BY- Akshita**

**Class-5A**

***FULL FORM OF MOTHER...***

***M:- is for the million things she gave me.***

***O:-means only that she is growing old.***

***T:-is for the tears she shed to save me.***

***H:-is for her heart of purest gold;***

***E:-is for her eyes, with love-light shining.***

***R:-means right and right she always be.***

***Mother means world for me..***

◦●●◎❁THANK YOU❁◎●●◦

**BY:-MANAV SHARMA**

**IIIB**

"कोरोना"

मिलकर कोरोना को हराना है,

घर से हमें कहीं नहीं जाना है,

हाथ किसी से नहीं मिलना है,

चहरे से हाथ नहीं लगाना है,

बार-बार अच्छे से हाथ धोने जाना है,

सेनेटाइज करके देश को स्वच्छ बनाना है,

बचाव ही इलाज है यह समझाना है,

कोरोना से हमको नहीं घबराना है,

सावधानी रखकर कोरोना को मिटाना है,

देशहित में सभी को यह कदम उठाना है।

*- adeep Yadav*

*"Good Manners"*

*Get up early*

*And brush your teeth;*

*Seek bath shower*

*Sit underneath.*

*Look at your hands*

*And at your feet;*

*Cut your nails well*

*To keep them neat.*

*Wear your uniform*

*Have breakfast;*

*Go to school first*

*Don't be the last.*

*Be happy at school  
Learn and play;  
Complete your home-work  
Everyday.*

*Obey your Ma'am  
Don't tell a lie;  
Stand up to answer  
Never be shy.*

*If you follow these  
As a rule;  
You'll be the best boy  
Of the school.*

*-Adeep Yadav*

# ART CORNER



ARPIT GAUR X



MONISHA VIII



RAJNANDINI X



MEETIKA X



SAKSHI VIII



GUDIA VIII



MUSKAN IX



BHUMIKA VI



PRIYA X



MOHIT VIII



ANSHUMAN IX



SHALEKH VI



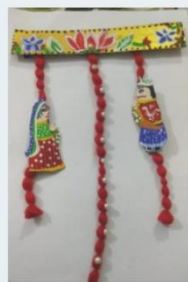
ANMOL IX



SANDIKSHA IX



MANSI XII



RIYA MALIK IX



RINSIT XB



ADITI VI



KHUSHI IX



PALAK X



MADHU IX



KUNAL VIII



TANYA VIII