

केन्द्रीय विद्यालय भा. नौ. पो. मंडोवी गोवा

Kendriya Vidyalaya INS Mandovi , Goa



विद्यालय पत्रिका 2018-19



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Deputy Commissioner, KVS , RO, Mumbai

Mrs. Shruti Bhargava

Assistant Commissioner, KVS , RO, Mumbai

Mr. G. A. Narsimham

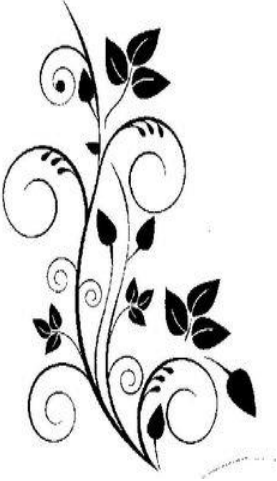
Assistant Commissioner, KVS , RO, Mumbai

Mrs. Nafisa Kanchwala

Assistant Commissioner, KVS , RO, Mumbai

Mr. S.P . Patil

Assistant Commissioner, KVS , RO, Mumbai



VISIONARY

Mr. Ravi Pratap Singh

Principal

Members

English Section

Mrs. M. Shanthi, PGT (English)

Hindi Section

Ms. Anuradha Yadav, PGT (Hindi)

Sanskrit Section

Mrs. Pratibha Choubey , TGT (Sanskrit)

Primary Section

Mrs. Silvina Moniz , I/C HM

Student Editors

Master Isaac Fernandes , XI A

Miss Vasuda Shyamsundar, X A





Principal's Message

Mr. Ravi Pratap Singh
Principal

“The true sign of intelligence is not knowledge but imagination. Albert Einstein”

Today, the role of a school is not only to impart knowledge that encompasses the prescribed syllabi of the institution but also that of the world beyond the classroom. I have been greatly fascinated by the work of a sculptor. Through his chiseled touch, the cold and unpolished stone becomes a living mould. The more the marble is carved and shaped, the more the statue is so Gened into life by sheer passion, dedication and vision of the artist. Likewise, an angel in each child is sincerely sought at KV INS Mandovi and every possible endeavor is undertaken to hone it by attaching the wings of opportunity through the tools of education. Eventually, a successful flight of dreams full of conviction is observed to happen!

Belonging to a nation of intellectually empowered youth gives us an opportunity to un- leash the power within the students by enabling our young ones to connect with knowledge and capitalizing on the opportunities coming their way!

I hope this effort of bringing out the school magazine will serve as a stepping stone to the many milestones we have to cover in pursuit of excellence.

“Your positive action combined with positive thinking results in success.” – Shiv Khera

With Best Wishes

Principal

FROM THE EDITOR'S DESK



Mrs. M. Shanthi
PGT (English)

Dear young readers!

We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.” Julia Cameron

We are happy to bring out the e magazine,” ANTHESIS “,for the year 2019-20 with the enthusiastic write ups of our budding writers. We hope our readers will appreciate the efforts of our children who have given shape to their imagination.

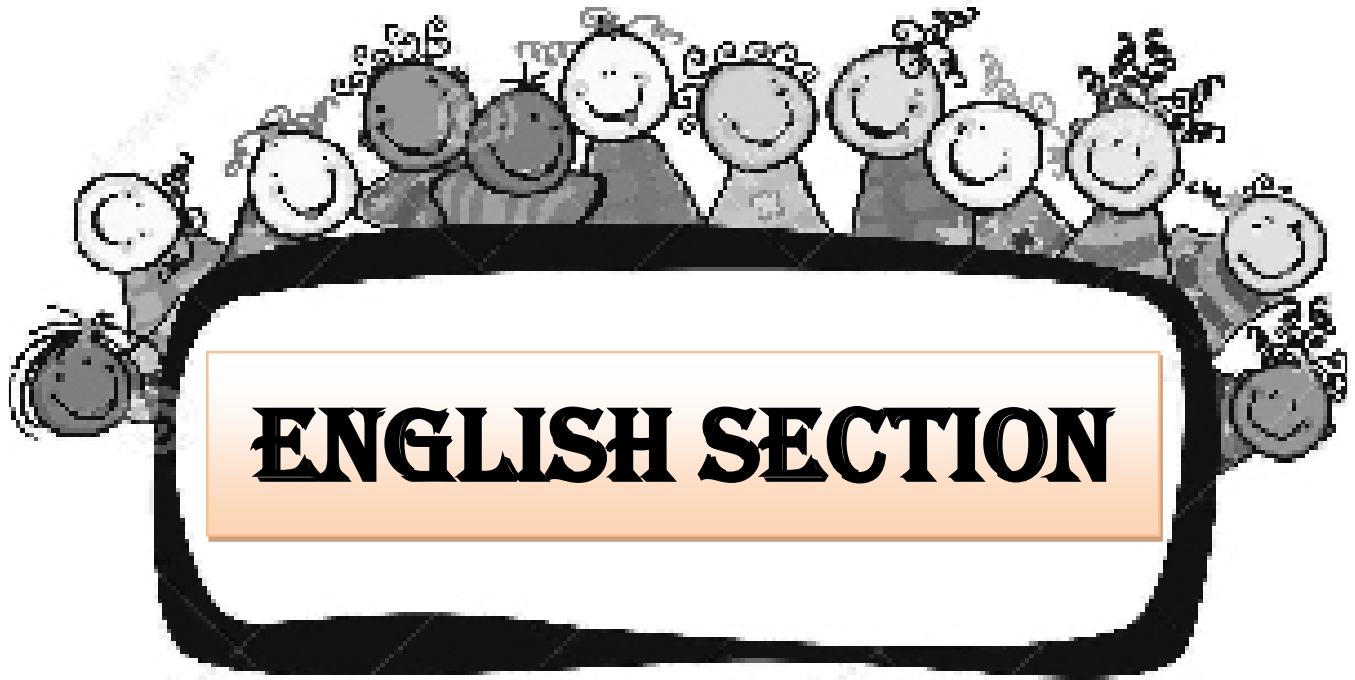
Creativity is one of the superpowers that can help you become the best version of yourself and make the world a better place. The great thing is that everyone has the power to be creative in their own way. But it can take also take some work. As Mary Lou Cook said, “Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.”

I am thankful to all my colleagues who have taken immense pains to bring out the best out of our young writers. . It is a fine thing to have ability but the ability to discover ability in others is the true test. I am really thankful to our respected Principal for entrusting us with the responsibility of editing

I hope you ‘ll enjoy writing creatively, exploring new avenues and find the joy in creating your own literature.

Wishing you all good luck!!!

Mrs. M. Shanthi
PGT (English)



CHANGES I NEED IN MY INDIA



Nandini S. Rangnekar
IX A

How do we describe India, we only say it is a vast, diverse region with various cultures and tradition? But according to my views, India is not at all a perfect country. It is lacking many components that are required for it to become an elite country. First-and-foremost is the women safety i.e. We Should ensure the safety of women that go for late night parties and while travelling alone. You all must be in acquaintance with the Nirbhaya tragedy. The women safety can be ensured by providing a member to them when travelling alone in a Taxi, by educating them about all the anti-social elements of the country, by adding martial arts to the curriculum during their young age. Next comes the cow vigilantism. As we know the ban on beef was initiated to stop the illegal beef trafficking/ trading but instead this initiative has resulted in controversies and terrorism against those who eat beef. This can only be reduced by withdrawing the ban on beef because the people have a right to life and can eat according to their need and likes. The next element is Racism. A discriminatory act against those of dark race that is very wrong as we cannot decide anyone's background on the basis of their race. These cases can be reduced / evaded by initiating an act stating equal rights for the students / people arriving from southern part of the world. Another issue is corruption that is accumulation of money by neglecting the mandatory pay of taxes and exchange of bribes. To tackle this our government (present ruling) has initiated demonetization and GST which has resulted to be two of the most positive moves initiated by the government. Next is cleanliness; this has turned out to be one of the most hazardous threats towards nature. And I have to admit our country is very dirty but to tackle this problem the government in 2014 has initiated a move called the 'Swacch Bharat Abhiyan' majorly initiated to promote cleanliness

“ Women Empowerment ”

Women Empowerment is one of the most challenging and debated social issues not only in India but also in most of the countries in the world. Women Empowerment mainly aims to bring gender based equality in the society by giving all rights to women. Women in the modern day are not restricting themselves inside four walls of a house but she is equally strong and skilled like a man to perform all types of responsibilities in family, society and professional life. Women empowerment is empowering women with all their rights by the way women can take decisions on their own. Women empowerment is becoming a more relevant issue to discuss and work on because in the total population of the world women population is almost half. Among the women population 80% to 85% women are unemployed because of the inequality in the society. Most of the society's women are not allowed to go out for engaging in any employment.

This inequality has resulted in poverty of many families as man earns and uses his earnings in fulfilling his personal habits. If women are allowed to work, they can better care the families and children. Women have all the skills and are competitive enough to work equally with men. Women are more dedicated and can be team players. There are number of examples I can quote of women achievers in the modern era in several areas. Women should be treated equally with men and she has all the rights to take decision in her life.

Prabhjot Singh
IX B



MY BUDDY

I wonder about you through all day and night remembering our friendship bond.

You come in my dream and scream all day “come buddy come let’s enjoy the day”.

Every year on friendship day you tie a friendship band to hold our friendship bond.

You are my friend you are my buddy; I hope our friendship bond carries throughout our life.

Whenever I fail in life or am sad and cry you are the one who encourages me not to cry but always say “try-try but don’t cry” and bring a smile on my face.

In the end I would like to say “thanks buddy thanks” for all the help and support in all ways.

HAPPINESS IS ...TALKING TO YOUR BEST FRIEND FOR HOURS

(-Dedicated to my best buddy ShivaniDham- purkar.)



SUDANNAIK GAONKAR
IXB



LIFE AFTER DEATH IS BETTER THAN LIFE

What is life? Life is something that a person wants to live to its full potentials. People want to be rich. They want to have a marvellous car, an enormous bungalow, etc. etc. etc... So much a person wants from his life. People have started to live a life of machines and they only want to earn money. Because of their demands, they don't get time to live. Just want to earn. What are they doing after earning so much but not living and also not happy. If a person wants to live a happy life with his family, then he would just die of poverty. People have made this world a hell. No one can be out of all this, or else, they can't live.

Even the hell is better than the world.

There is surely a life after death and there should be, because people haven't yet lived well and now they are over. God has surely made a 'heaven'. According to me, people can't die until they have lived. Death is something which people think to be the end of that person, but no. I believe there's a better life after death.

After death, a person reaches a place which is far beyond amazing. It's a place which is not like this polluted and complicated world. People can live happily. They are not in rush of money and technology. They just have to enjoy 'life after death to its full extent'. It might be a life which is better than our life.



Kanishk
XII A

CAT

I went to the pet shop to bring a rat,
But on the way saw a little cat.
I went back home and wanted to keep it as a pet.
But remembered that I wanted the grasses to be cut.
As soon as I came back, I searched for the little cat.
When I saw at the bottom of the sofa it was fighting with a rat.
When I thought of keeping it a name, but what?
Suddenly a name came in my mind 'spotty'
I play with my cat spotty day and night
I don't bother whether it is mewling or quiet...!



Alfiya Nadaf
IX B

CONTINENTAL DRIFT

The Earth's crust is not a single continuous layer. It is made up of a number of gigantic pieces like a huge jigsaw puzzle. Each piece is called a crystal plate. Currents of molten rock rise up through the mantle like boiling water in a saucer pan.

These form convection cells that drive the movement of the plates so that they are continuously moving away or towards each other. Geologically, the most important things happen at the plate boundaries, including most of the earthquakes, volcanoes, igneous rocks, major metamorphism, and maintain building processes.

There are 10 crystal plates: -

- 1) Pacific
- 2) Antarctic
- 3) Indian
- 4) African
- 5) South American
- 6) Nazca
- 7) North American
- 8) Eurasian
- 9) Cocos
- 10) Australian



Janhavi Vivek Walke
X B



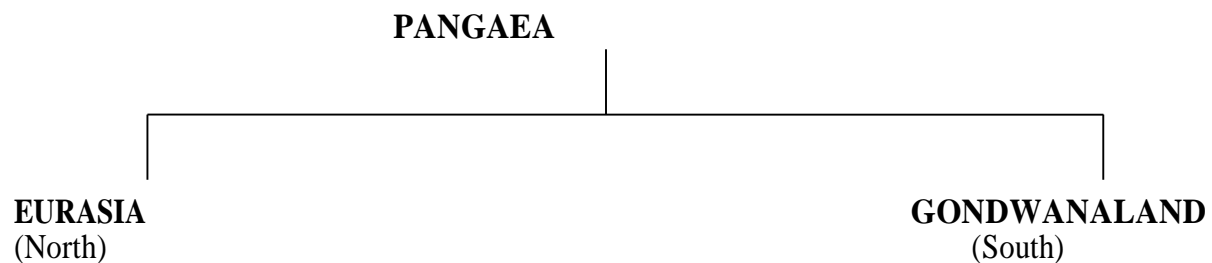
Before



After

THE GIANT JIGSAW PUZZLE

Alexander Wegener (1880-1930), a German meteorologist and geologist, was the first person to propose the theory of continental drift. In his book, Origin of Continents and Oceans, he calculated that 200 million years ago the continents were originally joined together, forming a large supercontinent. He named this supercontinent Pangaea, meaning “All-Earth”. Pangaea split into plates to form Eurasia in the north and Gondwana land in the south.



Further splitting over millions of years formed the continents as we know them today.



Janhavi Vivek Walke
X B

Rain

It's the season of rain.
the drop of the rain comes
down from heaven with a smile on its face.
It's the season of rain....
Trees, shrubs and plants
and specially the crops are happy to see the rain.
It's the season of rain...
umbrellas get open in only one season that is rain, rain and rain.
It's the season of rain...
children can't play in the rain but they enjoy the drops of rain.
It's the season of rain...



Bhumikaa U Arambolkar
IX A

Rain

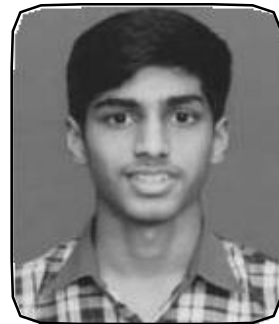
On those rainy days When
the sky grows dark
I can feel the storm Inside me
Clouding my thoughts
Weighing down my heart
I find solace in the
Grey clouds that move
Easily through the sky.
They will carry me
To their clearing where
rays of sunshine still shine.

Milind Chopra
XII B

MESSAGE TO YOUR FUTURE SELF

I Wonder!
How my future self would be?
Would it be like a bird in the cage?
Or would it be free.
Would it be like a dying fish,
Which gets trapped in the net & loses everything.
Or would it be like an eagle,
Flying high, pursuing its dreams.
I don't know how my future would be,
But it should be what it wants to be.

It shouldn't be influenced by others
And only focus on what matters.
It should stand as strong as a storm,
Fly as high as the cold breezing winds,
It should be courageous and honest
And as lovely as the music of guitar strings.
I don't know how my future self would be
But I want it to be happy and free.



Vedant Naik
XII A

QUIZ!



Sarthak Ramraj
VIII A

- 1) What is the study of plant life known as?
- 2) What is a dog's most powerful sense?
- 3) What is an anemometer used to measure?
- 4) Which state has the largest numbers of tiger reserves in India?
- 5) Which country consumes the most energy in the world?
- 6) Which animal is called the 'ship of the desert'?

Answers:- (1) Botany (2) Smell (3) wind speed (4) Madhya Pradesh (5) China (6) Camel

1. What is the temperature at which Fahrenheit and Celsius scales show the same numeric value?
2. Who was the first woman to use the term 'radioactivity'?
3. Which country has eleven official languages and is called 'the rainbow nation'?
4. Which Indian was nominated for the Noble Peace prize in 1937, 1938, 1939, 1947 and 1948 but was never awarded the prize?
5. The words 'Satyameva Jayate' on the national emblem of India are taken from which Upanishad?



Answers:- 1) 40 degrees (2) Marie Curie (3) South Africa (4) M K Gandhi (5) Mundaka Upanishad



Que 1:- The spherical shape of a drop is due to?

Ans :- Surface tension

Que 2. Who is the present RBI Governor?

Ans :- Urjit Patel

Que 3. Solid Carbon dioxide is known as?

. Ans :- Dry ice

. Que 4. what is the capital of Venezuela?

Ans :- Karakkas



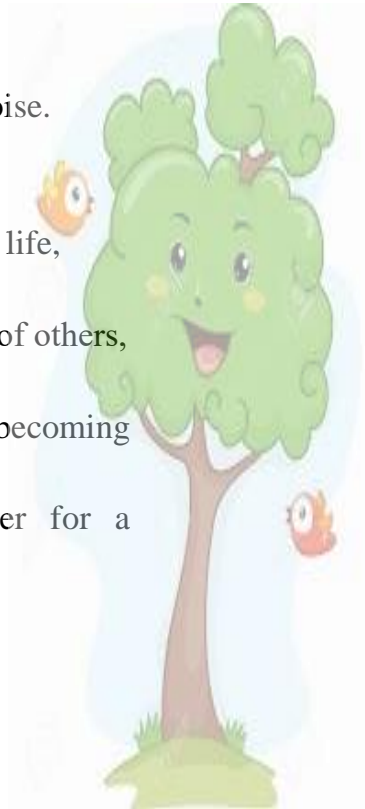
M.P. Ashish Bhat
IX B



Life is full of joy and sorrow,
Enjoy it freely or in a deep burrow
It's yours, you have to live it,
Don't lose it by falling in apart.
Look at the dance of the peacock in rain
Look at the caged birds in pain.
Listen to the lion roar,
Or a song of condor.
Speak like cuckoo's sweet voice,
So that everyone listens small noise.
Search for the end of the sea,
Or in a forest tree.
So try to enjoy every moment of life,
Do not try to disturb a hive.
Don't become selfish or jealous of others,
Treat the nature as your mother.
You will see your life becoming
worthwhile,
When you walk along a river for a
mile.....



Shriya N Sawant



The huge mango tree
It looks like a giant
Who has been set free

I saw the butterflies
They were so pretty
I saw the garden
And its beauty.

I heard the chirping
Of birds , dogs barking
And the buzzing of bees.

Through this walk
I discovered something
And that is the
Beauty of nature



Sarthak Ramraje
VIII A



I love my school,
It is near a pool,
Which keeps me cool,
And makes my mind peaceful,
I follow its rule
Learn my lessons faithfully
And talk to my teachers respectfully
Because, "I Love my school".



Tanishq Singh
VIII A

Flowers

Flowers, Flowers, Flowers,
Blooming in the garden,
Yellow, Blue & white,
I like the red rose,
Because it looks so bright.

Flowers, Flowers, Flowers,
Blooming in the garden,
Red, Orange & white,
I like the blue one,
Because it looks so bright



By :- Shirish Potdar
VIII A

The Desert Area

The sky was cloudless and clear, I looked at it in fear.
The ground was completely dried, And I could get fried.
Cold was the night, Without one light, Not even the moon,
I knew I would see it no soon. I wish I could louse
On my couch Right inside my house.



THE FAIR

I went to a fair,
Which was full of pairs.
I did not know which side to look,
Although I was reading a book.
They sold a lot of things,
Even swords and crowns for kings.
As I aimlessly walked,
My parents talked.
As I reached the end of my book, I saw a hook.
That hung in the corner, and said- "please exit from here,
your honor".



THE LIGHT

The echo of space,
A shadow game we play, The symbols are many,
With meaning unknown.
Surrounding of faces
Hidden from sith, Until we discover light,
Breaking the code invisible,
As we hear the meaning,
Of life, death &
The impossible road.



The coolers of the city

When summer's in the city,
And brick's a blaze of heat,
The ice-cream man with his little cart
Goes trundling down the street

Beneath his round umbrella,
Oh, what a joyful sight,
To see him fill the cone with mounds
Of cooling brown and white.

Vanilla, chocolate, strawberry,
Or chilly things to drink,
From bottles full of frosty-fizz,
Green, orange, white or pink

His cart might be a flower bed,
Of roses and sweet peas,
The way the children cluster round
As thick as honeybees.



Apurva Raj
XII A

Dream to be a singer

I dreamed day and night, I dreamed
To be a singer,
Dreams were many but & but.....
The unique was the one I choose,
Although it wasn't in my nature
To be a part of a gang.....
Slowly, slowly when the time passed,
The nights were going and the days were coming,
I thought of I can do this it's too late,
But he says, time doesn't matter
in every hope and faith....
There are ways; there are paths, although it's not a
failure...
Dreams, dreams & dreams
I always dreamed to be a singer; I felt music is the
only way,
Which can express anything, whether love, despair
or Anger. I will not lose hope
Travel, travel along the good ways,
A singe is a heaven of feelings...
I thought of, I cannot do this it's too late,
But he says time doesn't matter



SAISH NAIK
XII B

“A GLIMPSE OF PERFIDY ”

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पत्रिका

- By Osaid Baig , X A

Story

“Hi I am back” dad said as he came from office. “how was office”, mom asked.” “Verma had given me so much work at office, I am so tired”, my dad replied.

I came up to my dad and started “hello daddy, I have something to ask”. “What is it “my dad asked with a sigh. I asked “Is it OK if I go for a party for tonight?”. My dad asked “what time is it?”. “Around 11'o clock, It's barely even late.” I replied. My mom said worriedly “It's very late and not even safe to go” but I was adamant. I assured them to trust me and promised to be extremely cautious. My dad said to me “we trust you but it's you friends who we don't trust”, “They are not exactly the best influence you know”, my mom added. I was furious I screamed “they are good, what you even know about them, how you can be so judgmental so quick”. “You are not going anywhere, that's the end of the story” my mom said sternly. “Ok fine, you guys don't let me don't anything”.

I went up to my room and messaged my friend “bro did they allow you?”. “No, but I will handle it”, was the calm reply. “They never allow me for anything”, I said to myself angrily I thought of a plan.

Around 10:30 pm I checked if my parents were asleep. Sure they were. I went up to my room got ready and slowly took the car keys off the stand and sneaked out of my house. I called up 4 of my friends who lived nearby, Gauresh, Alisha and Girik. They came below my apartment joyous to see me. “Hey dude what's-up”, Gauresh called. I excitedly showed them the car keys of my dad's car. Girik was driving and we were discussing about the party and Alisha suggested “shouldn't we record a video as this is our first trip alone”, “Yea”, I said. I took my phone and fixed it at one corner of the dashboard. “Isn't any one hungry?”, Alisha asked again. I asked Girik to stop near

a store to bring some snacks. They were all ready and told me to get a bottle of coke, some chips and other snacks. “Don't forget Lays”, Gauresh reminded. I got out of the car excited for the party. Girik and Alisha till then encouraged Gauresh to go for a short drive near the seaside and back as it was close.in about 5 mins we heard police sirens. Girik suddenly cried out “Oh no we have cops behind us, Girik you don't even have a license”. Alisha shouted “Girik quickly take a turn”. They drove fast and took sharp turns and finally lost the police. As Girik turned back to see if they lost the police. Gauresh shouted “Look out!”. Girik slammed the brakes but it was too late. There was a loud ‘Bamm’ as they had hit a person crossing the road. All three of them rushed out of the car to see the person. There was no pulse, the guy was dead. They picked him up and hid the dead body behind some bushes. “What are we gonna do now”, Alisha asked. They all thought for a moment and decided to pretend all cool in front of me. I was waiting for them at the grocery store wondering

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where they had gone. Girik turned up all cool and asked “Did you get all the stuff”. “Yea”, I replied. I asked them “guys why all of you acting are so weird and quiet, is something wrong?”, as I suspected that something was not right. “No, nothing dude we are just worried that will we reach on time”, they replied coolly. I joked with them rest assured all over the way.

The next day, Gauresh saw the newspaper and called up Girik. ”Dude have you seen the newspaper, there’s the last night incident printed”, Gauresh said anxiously. “Yea I know, but here is only 1 way we can get out of this mess, meet me under my building in 15 mins with Alisha and I’ll explain it to you”.

They met in the selected venue. “See its all Zaid’s fault” Girik said. “We could have easily taken a cab instead..... now there is only one way out”. “What is it?” Alisha asked. “We have to pin this up all on Zaid, there is no other option”. “What kind of a friend are you?”, Alisha said sternly. “I am that kind of friend whose trying to keep you guys out of the jail”, Girik shouted. “I think he is right”, Gauresh supported him.

The next day at 9 in the morning, the bell of my house rang. My dad opened the door, “Is this Zaid’s house?” 2 police officials inquired. “Yes” my dad replied. “Please call him”, they ordered. “Yes sure, Zaid!” my dad called. “What is it regarding?”, my dad asked them. “Sorry we can’t reveal any information because this is an ongoing investigation”. They replied. “Zaid you have to come with us”, one of them said and pulled me. “Heeeey what do you think you are doing?”, my dad asked. “We have to take him sir”, He said. “-But for what”, my dad questioned “Hello!”. “Sir this is an ongoing investigation, you have to wait outside the police station for more information”, said the official. “Okay, Shruti I am coming back, don’t worry nothing important I’ll just be back”, my dad called at my mom.

I was really scared, waiting anxiously for someone to talk to me, tell me what is going on.

Suddenly the door opened, and a senior official entered. ”Sir, Sir”, I pleaded. “I am senior inspector Roy, Aditya Roy”, He said in a James Bond accent (although not totally resembling). “sir what is this all about?”, I asked him timidly. ”I heard you went to a party 2 days back”, he said. “Yes I went by taxi”, I lied. “Taxi or your dad’s car?” was the question he asked. “Yeah, no it was my dad’s car but still” I stammered. “Yeah and who was driving it?” he asked.

“It was my friend Girik who was driving”, I replied. “Girik, you know I spoke to your friends Girik, Gauresh and Alisha a while ago and you know what they told me?, hear it”.

“This all started when Zaid told us that he didn’t have permission and that he was going to sneak out and give us a surprise”, it was Girik’s voice. “When he got there he showed us his dad’s car keys and said it take it out for a spin, then we used the car to get to the party, since it was his car he did not let any of us drive it. On the way we stopped at a store to get a drink” Girik continued. “all of a sudden a police car showed behind us, since we were under age Zaid got really scared and he panicked and sped the car and all we heard were the sirens then he took really quick turns we all turned back to see if the cops were still following us and so did Zaid and all of a sudden Girik screamed look out and Zaid quickly jammed the brakes but it was too late we hit a man crossing the road and it was quite hard and he fell a few feet away from the car as the car came to a jamming halt, we found the man dead and saw Zaid hide the body in the bushes”, Alisha and Gauresh lied too.

“WHAT?, this is not even right, what are they trying to show me as man?”, I said to myself. My dad was worriedly waiting for me outside the police station and screamed at me as I came out.

“How dare you go out like this, especially when we told you not to”, he shouted as we came home. “But dad...” I said. “Don’t, jus, just go to your room”, he said. “what happened?”, my mom asked. “That child yeah, my god the things what I have heard, he took our car and hit somebody”. Meanwhile I thought of any small even the most minor evidences of my innocence, then it hit me, the video which we recorded that day, yeah I had it saved. Thank god.....

I showed the footage of the night to inspector Roy which showed Girik Gauresh and Alisha talking about the dead man and Girik driving the car. They were all arrested for the “Hit and Run” case and for “blaming an innocent for an uncommitted crime”.

The next day,

“Hey buddy” my dad came to me, “last few days huh?” he said, “yea” I replied “it was awful, extremely unimagivable”, he said. “Yea I know” I replied back. “But remember I told you this would happen?”, he said. I nodded my head. “You know? Life throws obstacles so that you can learn the art of overcoming it, but nobody actually ever said about the cost of overcoming it, like usually yay, I overcame a challenge is how everybody takes it but in this case..... if you find the right friend who has the perfect influence on you then they are like family because friends come and go but family sticks together, if you ever have a problem in life just talk to me about it I’ll always be there for you, I love you son ”

The Photographer



There was a girl named Kaira . She was a traveller and a photographer. During one of her trip to Maldives she met a beautiful lady who was also going for a vacation to Maldives . As the lady was alone she asked if she can accompany her for the trip . She agreed to her .

When they reached to Maldives they decided to take the same taxi. As they both had just one day to explore the place they decided to explore it together .As they reached a beautiful place the lady wanted to click some pictures at that place so she asked Kaira if she could click some pictures of her as she had the camera with her . Actually the lady didn't expect Kaira to click a good picture . But to her surprise the pictures clicked by Kaira were amazing . As the lady was about to ask her if she was a photographer, Kaira ran to the airport as it was time for her flight.

After one month Kaira received a letter from a famous studio , they had selected the pictures clicked by her to portray in an exhibition . But she had never sent any pictures to any studio. She went to the office of the studio and ask the manager who had given the pictures to them. The manger gave her a letter it was written - “ hi ! I am Aarushi . The lady you met during your trip to Maldives , remember ? Actually I am photographer too , I saw the pictures you had clicked they were too good , so I thought that your pictures had to be shown to the whole world . Your talent has to be in front of whole world . I wish you also had wished same . ”

Kaira was very happy . She was really thankful to Aarushi . This changed her life and she became a famous photographer .

Srushti
X A

Essay :- Being Digital

In today's world we all want to get updated to every new stuff happening in this world. In other words if I say then we all want to get digitalized. Especially if I talk about our country India then here there is extreme poverty and extreme richness also but between this rich and a poor person there is one similarity. You know what don't worry I'll tell you what it is a smartphone every person in India whether it be Mukesh Ambani or a road side beggar everyone in India are united by a small device and that is the smartphone.

Today if you're going to a place you have never been to before and suppose you don't know the way so naturally you go and ask someone on the way for the directions but you know what today if you ask anyone their answer will be "kya bhenji humse kyun pooch rahe ho google babu hain na." See this is how this country is becoming. God knows tomorrow what will be the state of this country.

Suppose you travel in a local train especially in Mumbai there will be hundreds of passengers on it but none of them will even turn and look at each other everyone's heads will be in their phones. Especially today's youths I doubt whether they even understand what it is day or night yes! Because whether it is day or night they are always on their phones. Even if an explosion happens in front of them I doubt they'll even care.

Today a 1yr old kid and an 80 yr old grandmother both don't eat food without watching a YouTube video. Today there is Whatsapp Facebook Instagram and many other apps but most of the people in this world are just misusing it. There are many ways to make proper use of these social media sites but today everyone only wants to show off. Like if one goes to the mall he/she will write "in the mall #mallislove #mallislife etc. etc.... . And not only that today's relationships if someone is dating someone 100 people know in every post there will be #hubby #wiffey and if someone breaks up than they will write #sadlife #breakupvibes etc etc..

Today this world is getting more digital and only becoming lazy if someone is hungry then "let's do swiggy". I don't know what this world will turn to be probably a place of lazy heads . Everything has its own goods and bads and so are we supposed to look at everything in a proper way. A way in which it will do good to us.

By :- Sandra George, X B

The Best Kept Secret

A potential book review

“Moments after a movie based on the Secret was released, stories of miracles began to flood in; people healing from chronic depression; people walking for first time after an accident; people winning lotteries of million dollars.

They all had been given a glimpse of a Great Secret- the Secret to life.

This secret is not new. It has been used by the greatest people in history: Plato, Newton, Shakespeare, Lincoln, Einstein, Beethoven.”

Do you know that you can get anything you want? From a *chana* to your dream house. The Secret can give you unimaginable powers.

Don't believe it? I myself have used the Secret and it WORKS.

The Secret is a 232 page self help book written by Rhonda Byrne. It is based upon the law of attraction, which claims that thoughts can change a person's life directly. The book explains how to use the Secret and manifest whatever you want. Believe me, when you will apply the Secret your life will change for sure. The Secret will make you so powerful that you will scream, “I am inevitable”.

So, what are you waiting for? OK, OK I get it. I still didn't reveal what exactly is secret and how to use it. Guess what? No spoilers. I highly recommend you to stop whatever you are doing right now and buy the Secret before it goes out of stock. I promise that it will change your life.

By :- Akshat Mishra
IX -A



CURIOSITY

There was once a curious little boy,
He had a lot of questions,
To know everything,
Was one of his most important missions.

He asked one noon
“Why is ash grey?”
“I don’t know.”
Is all his peers could say?

“Where did we come from?”
“Where are we going?”
These are some things
He thought he should be knowing.

This young lad,
Realized to his dismay,
To all his questions
They didn’t have an answer at bay

He asked his frustrated brother once
“Why is the sky blue?”
Yelling at him, his brother said
“I have no clue!!”

He won’t ask questions, he decided;
But again, he realized
That without asking questions
He would be as good as a boat capsized.

By :- M P Ashish Bhat
IX B

FRONT BENCHERS

The front benchers are the students
Who think they are the smartest;
If you ask them to race
They obviously won’t be the fastest.

But when you ask about math,
They are as fast as a dart.
If you ask about science,
They’ll give you enough info to make a chart.

When the front benchers make noise
The teachers ask for rotation
“OK ma’am” they say
With hesitation.

To get back to the front bench
They say they have myopia;
But when their bench mates steal things
They say “I can still see ya.”



By :- M P Ashish Bhat
IX B

QUEEN

The empire is burning in front
Enemies colouring the roads red
Ah! Is that our end?
King already laid low in death

Only a helpless queen is left
A few hundred guards in palace
Enemies in thousands making mess
Queen stood up ready to fight

She wanted to defend with her might
New sword arose in the battlefield
And what a luster it had indestructible
Fortune again rose up with queen
Within a minute she had killed thirteen
Like a lamp in the dark
She showed everyone a new path
But her pride wasn't enough
Troops were gathering up
Her sword started to shiver
Even the soul was tired, dear

When she was subdued
Came swords to stab her
For queen now end came
Pure blood flow out of her vain
Queen was gone and so the kingdom
But even the enemies praised her wisdom
She is gone but her memory is alive
There are some to know her might
Others just no and deny

By:- Abhinav Singh
XI A

Students of Kendriya Vidyalaya

We are petals of
A flower called K.V
We spread our fragrance
All over the world.

We are the colours
Of a rainbow called K.V.
We add many new,
Colours to this world.

We are the honeybees
Of a beehive called K.V
We collect honey of knowledge
And share it together.

We are ships sailing
On a sea called K.V
Our destination are different
Are taught to walk , run and fly in the sky.
By our most wonderful teachers.

Help the weak if you are strong
Love the old if you are young
Own a fault if you are wrong.

By :- Shahil Ali Gazi
X B

What makes a Dad ?

God took the strength of a mountain ,
The majesty of a tree,
The warmth of a sun,
The calm of a quiet sea,
The generous soul of a nature,
The comforting arm of a night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then god combined these qualities,

when there was nothing more to add
he knew his masterpiece was complete,

..... and so he called it DAD.

By :- Ria Kamble
X A

Handicapped

They think I am weak
Not strong enough
They think I am paralyzed
Couldn't stand up
They think I am broken
Couldn't raise my voice
They think I am blind, can't find my way
They think I am deaf, couldn't hear them say
It may be true but not this way, I will do my best
in every way
I am handicapped that what you are saying
And treat me as a separate being
You think I can't do anything
Just wait and see I know you are my zing.
I am equally talented like other human being
I can paint, sculpt and do many thing
I not only want to achieve success.
But to be a person who is good and bold.
Then I can face them and say
'I not only achieved success but also achieved
my goals''.

By :- Nikhil
X A

The True Meaning of Life

The years have been passed by,
In the blink of an eye,
Moments of sadness,
And joy have been flown by.

People I loved,
Have come and have gone,
But the world never stopped,
And we all carried on.

Life wasn't easy,
And the struggles were there,
Filled with the times that it mattered,
Times I just didn't care.

I stood on my own,
And I still found my way,
Through nights filled with tears,
And the dawn of new days.

And now with old age,
It's become very clear,
Things once I found were important,
were not why I was here.

And how many things,
That I managed to buy,
Were not what made me ,
Full better inside.

And the worries & fears,
That ploughed me each day,
In the end of it all,
Would just fade away.

But how much I reached out,
To others when needed,
Would be the true measure,
Of how I succeeded.

And how much I shared,
Of my soul and my heart,
Would ultimately be,
What set me apart .

And what's really important,
Is my opinion of me,
And whether or not,
I'm the best I can be.

And much more kindness,
And love I can show,
Before the lord tells me,
It's my time to go.

By : - Ayan Khan
X B

By- Rahul R Kulkarni
XI A Science

Hi Friends!!

I'm very sure that many of you all are studying for long hours every day, only to get discouraged on your bad performance in our PT's, hence having a bad time.

If you're a student like me, you probably feel like this isn't enough. I know...

I have so many assignments to do, projects to work on, and tests to study for.

Plus, you have other activities and commitments. And I'm sure you want to have a social life, too.

Wouldn't it be nice if you could study smarter (not harder), get good grades, and lead a balanced life? Of course it would. That's why I wrote this article.

The main aim of education isn't to get straight A's. But learning how to learn is a vital life skill. So let's get started. Here are 5 scientific ways to learn faster.

-1

Review often

Develop a study timetable to review your notes each day after class. You will minimize your study session when it comes to preparing for exams. This will also prevent you from cramming and trying to learn all the things you have days before the exam. Reviewing often helps you to be prepared for any test. You also help your brain to store new information in long-term memory. Those who cram for exam usually forget the information they study because it was stored in short term memory.

-2

Don't multitask.

The data is conclusive: Multitasking makes you less productive, more distracted, and dumber. The studies also show that people who claim to be good at multitasking aren't actually better at it than the average person. Active students focus on just one thing at a time. So don't try to study while also intermittently replying to messages, watching TV etc.

Here are some suggestions to improve your concentration:

Put your phone away, or turn it to airplane mode
Log out of all instant messaging programs



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- Turn off the Internet access on your computer
- Close all of your Internet browser windows that aren't related to the assignment you're working on
- Clear the clutter from your study area

-3:- Use different materials

Do not rely on notes from the lecture or from your book. Use other materials apart from your notes. You will get a thorough understanding of the topic when you use more than one source. You can also learn concepts that may be missing from your notes. It allows you to prepare for the examinations thoroughly. The library contains information on most of the topics that are taught in schools. Make sure you take a trip to the library. (I recommend you all to visit the Goa State Central Library at Patto)

-4 :- Take breaks

Breaks are important during study session because it helps you to retain information better. Studying for a long period will make you feel overwhelmed and your brain will explode. Well not literally, but feeding the brain too much information will cause congestion. Give your brain time to absorb new materials. You can study for thirty minutes and then take a break for 10 minutes. Resume and repeat until your study session is over. You can do something enjoyable during the break or just Chillax! Some people like to listen to soothing music or talk to a friend. It all depends on you.

5:- Focus on the process, not the outcome.

Successful students concentrate on learning the information, not on trying to get a certain grade. Stanford psychologist Carol Dweck's research shows that these students

Focus on effort, not the end result

Focus on the process, not on achievement

Believe they can improve – even in their weak subjects – as long as they put in the time and hard work

Define success as pushing themselves to learn something new, not as getting straight A's

Wrapping it up!

Studying smart helps you to retain a large amount of information and learn information quickly. You should try to understand every concept you are trying to learn. Use different materials and notes to get a thorough understanding. Study sessions should include break so your brain can recharge from the pressure. Easier said than done but do not wait until you have exams to start studying.

Importance of Discipline

Discipline is not only necessary but also vital for any civilized society. As a matter of fact, discipline and Nature are synonymous with each other and whenever anything happens, which defies or interrupts the usual in Nature, it becomes a calamity, and similarly life without discipline can become chaotic.

The term 'discipline' means any training intended to develop moral character or produce a particular pattern of behavior accepted by afferent institutions and society.

Discipline is a way of life. It is vital in shaping one's personality. According to one school of thought, there are here forms of discipline i.e. expressionistic, impressionistic and self-discipline.

If-discipline is usually considered to be the best form of discipline here in the term 'discipline' instead of standing as a rigid code of conduct strictly adhered to, denotes a process of normal growth and learning, of ways to monitor oneself.

Self discipline is directly related to the concept of freedom and motivation. If a child is motivated and given the freedom to choose, discipline becomes a natural way of life.

In modern times, discipline is misunderstood and misinterpreted by some students as rigid and fixed set of rules enforced by others and to be followed without any questions being asked.

They feel it is encroachment of their freedom and rights. Discipline is not a term which is limited to institutions like schools and colleges only. Neither is it a weapon or tool in the hands of adults to control the younger generation or in other words seeking unquestionable compliance.

Discipline is neither suppression nor a means to assert one's authority rather it is intrinsic motivation in a person to control oneself, one's emotion, and desires and live in a uniform and orderly manner.

That everything in this universe has to follow certain rules, the Sun rises in the East' and sets in the West, come what may, the cycle of seasons also follows a pattern, Night follows, dusk which follows day and dawn, thus, we humans are also governed by rules and following the same is another term for discipline.

In schools, discipline can be exercised through the medium of morning assembly, time table, uniform, break, activities, various competitions and talk shows. An example of discipline is also the happening of activities in the school premises in a particular order, right from promptness in reaching the school, wearing the prescribed uniform, abiding by the school rules, attending classes etc.

When one learns to conform to a particular set of rules he understands the importance and need to follow a particular pattern in life and how veering away from them can make life difficult and confusing, All successful people understand the importance of discipline in their lives and enjoy the fruits of success. An in disciplined person is prone to temptations and can easily fall prey to a lifestyle which could lead to his failure and doom. Discipline, thus! is inevitable as it gives direction to live life in a harmonious, and orderly way.

By :- Varsha Malik, TGT (Sc.)

BLACK HOLES ARE points in space that are so dense they create deep gravity sinks. Beyond a certain region, not even light can escape the powerful tug of a black hole's gravity. And anything that ventures too close—be it star, planet, or spacecraft—will be stretched and compressed in a theoretical process aptly known as spaghettification.

There are four types of black holes: stellar, intermediate, supermassive, and miniature. The most commonly known way a black hole forms is by stellar death. As stars reach the ends of their lives, most will inflate, lose mass, and then cool to form white dwarfs. But the largest of these fiery bodies, those at least 10 to 20 times as massive as our own sun, are destined to become either super-dense neutron stars or so-called stellar-mass black holes. Thousands of these stellar-mass black holes may lurk within our own Milky Way galaxy.

One black hole is not like the others.

Supermassive black holes, predicted by Einstein's general theory of relativity, can have masses equal to billions of suns; these cosmic monsters likely hide at the centers of most galaxies. The Milky Way hosts its own supermassive black hole at its center known as Sagittarius A* (pronounced “ay star”) that is more than four million times as massive as our sun.

The tiniest members of the black hole family are, so far, theoretical. These small vortices of darkness may have swirled to life soon after the universe formed with the big bang, some 13.7 billion years ago, and then quickly evaporated. Astronomers also suspect that a class of objects called intermediate-mass black holes exist in the universe, although evidence for them is so far debatable.



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No matter their starting size, black holes can grow throughout their lives, slurping gas and dust from any objects that creep too close. Anything that passes the event horizon, the point at which escape becomes impossible, is in theory destined for spaghettification thanks to a sharp increase in the strength of gravity as you fall into the black hole.

Because black holes swallow all light, astronomers can't spot them directly like they do the many glittery cosmic objects in the sky. But there are a few keys that reveal a black hole's presence.

For one, a black hole's intense gravity tugs on any surrounding objects. Astronomers use these erratic movements to infer the presence of the invisible monster that lurks nearby. Or objects can orbit a black hole, and astronomers can look for stars that seem to orbit nothing to detect a likely candidate. That's how astronomers eventually identified Sagittarius A* as a black hole in the early 2000s.

Black holes are also messy eaters, which often betrays their locations. As they sip on surrounding stars, their massive gravitational and magnetic forces superheat the infalling gas and dust, causing it to emit radiation. Some of this glowing matter envelops the black hole in a whirling region called an accretion disk. Even the matter that starts falling into a black hole isn't necessarily there to stay. Black holes can sometimes eject infalling stardust in mighty radiation-laden burps.

Maya Wei-Haas

Shared by Varsha Malik

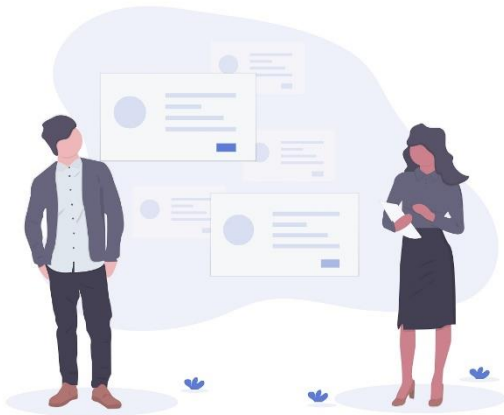
True Techie Stories

Making Our World Faster, Secure and More Compatible.

And Yours Too...

Hello World! And a Big HI to all of you reading this. We are thrilled to bring you some extremely cool news. Windows 10 OS has come out just a few years ago, We've thought, why not upgrade those computers lying there in school?

"Windows 10 is definitely safer and faster than any other version of windows till today, it surely provides the user an experience they'll love"



Me, along with my techie-friend, Aryan, started our work on 23rd of June. We just couldn't wait to get them updated. Each computer took around 40 minutes to install updates. But we could get all those computers; 12 of them, updated and running with the smoothest performance by 26th of June!

But why stop at that? We further increased their performance and stability by customizing ram usage by various apps, increased it's compatibility by installing important "Productivity Apps" for windows and scanned for any viruses and dealt with them.

It was an amazing day, seeing all those updated computers with their screens shining bright. Our Computer Sirs loved it too!

If you want to see those fully upgraded computers, don't forget to visit our computer lab real soon ☺

Isaac Fernandes

(XI A Science)

Facts for You

1. There is a punctuation mark used to signify irony or sarcasm that looks like a backwards question mark ?
2. The only letters that don't appear on the periodic table are J & Q.
3. The Ethiopian calendar is 7.5 years behind the Gregorian calendar due to the fact that it has 13 months.
4. Birds are the closest living relatives of crocodilians, as well as the descendants of extinct dinosaurs with feathers. This makes them the only surviving dinosaurs.
5. Pteronophobia is the fear of being tickled by feathers.
6. 29th May is officially "Put a Pillow on Your Fridge Day".
7. Cherophobia is an irrational fear of fun or happiness.
8. A sheep, a duck and a rooster were the first passengers in a hot air balloon.
9. In Uganda, around 48% of the population is under 15 years of age.
10. Honeybees can recognize human faces.
11. Los Angeles's full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula."
12. It snowed in the Sahara Desert for 30 minutes on the 18th February 1979.
13. An apple, potato, and onion all taste the same if you eat them with your nose plugged.
14. There is a sea slug that is part by animal and part by plant.
15. Scotland has 421 words for "snow".

And More

1. The first person to look into space with telescope was Galileo, nearly 400 year's ago
2. Our bone marrow produces 260 billion red blood cells (RBCs) and 135 billion white blood cells (WBCs) per day.
3. With 37 teeth in the mouth, Vijay Kumar V.A from India has the most teeth in the world.
4. Space is flexible. It's been expanding at a measurable rate since the beginning of time.
5. There are approximately 300 million alveoli that make up the human lung.
6. India is the world's oldest and largest civilization- The Indus valley civilization.
7. In 1895, Konstantin Tsiolkovsky, an early Russian rocket scientist, was the first to propose the concept of space elevators, a type of space transportation system.
8. The second largest pool of engineers and scientists is from India.
9. Skin is the largest organ of the human body.
10. The first Earthling in space was Laika, a dog that was launched into space on the Soviet ship Sputni 2 in 1957.
11. Chess was invented in India.
12. The Barbados Thread snake is the world's smallest snake
13. The first American in space was Alan Shepard, who was launched into space aboard Mercury 3 on May 5, 1961. Good craft did not enter orbit, but it flew to a height of 116 miles and travelled 303 miles before safely parachuting into the Atlantic Ocean.
14. Rafflesia Arnoldii is the largest flower in the world.
15. Apart from the U.S and Japan, only India has built a super computer indigenously.
16. Most of the atoms in our bodies were created in stars through fusion.
17. In sea horse, the male gives birth to young one.
18. The decimal system and place value system we developed in India around 100 B.C
19. The first woman in space was Valentina Tereshkova, a Soviet cosmonaut who flew aboard the Vostok 6 on June 16, 1963.
20. In the August of 1982, the highest bridge in the world- The Baily Bridge was built by Indian Army.

By :- Muskaan Khan, XI A (Science)

VALUES IN GAMES AND SPORTS

INTRODUCTION

Physical Education brings about social development among the children when they engage in playing, irrespective of their caste, colour or creed, languages or clime. Players cross off such inhuman and unnatural social barriers and present a sense of national as well as international integration. This helps in removing or modifying their individual eccentricities and angularities and they get fundamentally humanized.

AIM

The aim of Physical Education is to equip the student with all the physical, mental, spiritual and social know how so that they can stand erect and face and accept all challenges of this fast changing modern world like a man and quail not.

The main aims are :-

- A. Clear thinking .
- B. Vocational training.
- C. Values based conduct.
- D. To create specific interest.
- E. Training for democratic leadership.
- F. Controlled channeling of instinct.
- G. Scientific knowledge and attitude.
- H. Human sympathy and excellence.



By :- Harish Bahoria
TGT (P & HE)

NEED TO PLAY

We can observe the following facts that highlights the need of play In the life of an individual especially a student-

1. Play promotes natural growth and development of a child.
2. Play provides opportunity for self expression.
3. Playing is a natural way of education.
4. Play is useful way of expression of instinctive energy of a child.
5. Play is preparation for life work; play instills the habits of application and perseverance.

6. Play promotes the demonstration of abstract thinking and qualities.
7. Play leads to creativity.
8. Play teaches moral values by practices like discipline, co-operation, fair play, justice, human sympathy etc... social virtues are inculcated by playing.
9. Those who are rejected or dejected elsewhere can find solace or even compensation in play.

METHOD OF CREATING INTEREST FOR VALUE EDUCATION

Some suggestions for the creation of interest among the children are given here for the guidance of teachers: -

1. Stories- rhyme, songs, dramatic performance should be used to create interest.
2. Curriculum should be devised and revised according to the age and stage of growth.
3. Variety in methods, keep the students taking active part in their lesson.
4. Periodic tests and competitions keep the interest of the student alive.
5. Progress and achievement charts display is also helpful in sustaining interest.
6. Group discussion, outing, visits, and seminar add to the knowledge of children and thus interest is maintained.

INTERACTION OF THE INDIVIDUAL AND THE GROUP:

If the child is protected and not allowed to mix up with his playmates and kept away from the interaction of the group he/she may suffer from inferiority complex, fear facing the world and become too timid.

Games teach socialization not fondling segregation. Mix with other and shed fear,

Be bold and social and succeed in all your pursuits through taking part in games and sports which are the surest way to become tolerant, co-operative, disciplined human and above all happy and healthy both mentally and physically.

During organized games and sports the individuals and groups come in contact with other individuals and groups who come from different places. Such individuals have their own background of experience. Their way of living, walking, talking, eating etc... differs.

By living together there is an exchange of ideas, habits etc. the behavior of each individual and group is considerably influenced and thus modified.

Physical activity done in a group is highly enjoyable because it strengthens the instinct of gregariousness. Thus we can see that Physical Education is a bigger and larger force in the socializing process. It can help to promote world peace by instilling the spirit of fair play and sportsmanship in every child, developing healthy mind and body, by specializing the individual for group living, by bring about, social equality, by establishing democratic way of living and by promoting faith in the dignity of man.

TO INCULCATE VALUES AND DEVELOPMENT OF DIFFERENT TRAITS

The most important thing about the development of values is that one teaches what one is, and not what one preaches. The simple thing is that the teacher who will teach the social qualities and values must possess them. The pupil will accept them to the extent to which the teacher follows them practically.

Unity is necessary if civilization is to survive and the key to social unity is co-operation and understanding. Co-operation means uniting the activities of two or more to achieve some desirable goals. Play activities abound in opportunities for teaching and learning co-operations. In playing with others we learn co-operation. It develops favourable social traits, attitude, values and characteristics. The foundations of co-operations are few – sympathy, friendliness, fellow feeling, willingness, trust in others, co-ordination, confidence and assurance. Co-operations is even necessary for fighting the nature adversities and other danger of life. **Team play is impossible without co-operation.** Physical education is not merely an exercise done in isolation but it is a social experience to the performer. The students act and interact with one another. They learn and teach in same breath. In the process of give and take, learning follows automatically. Everyone learns directly or indirectly.

The values of play as a social trait are-

1. It develops independence.
2. It develops social poise and spontaneity.
3. It releases tension.
4. It forms the basis for friendship, popularity and leadership.

Thus Physical Education and individual learns not only the Physical qualities but also social qualities like honesty, sympathy, love, affection, regard, courtesy and sportsmanship.

Desirable social value is generally learning more by imitation and not by long discourses and preaching.

Only those who possess values can transmit it. Every child must get an opportunity to develop his personality through social experience. The program of Physical education must then be based upon such principles that cater to the social development of all children.

There is a proper place given to camping in Physical Education. Camps generally provide opportunities to children to learn what they would not learn in domestic settings like- dignity of labour, self-cooking , catering to one's personal needs through personal efforts , co-operation etc...

Through games and sports students learn very many values and develop ample qualities like-

1. Learn to play in groups and develop self-control under emotional stress.
2. Learn the spirit of give and take.
3. Improvement in body coordination and ultimately leads to develops sense of balance.
4. Develop the respect for other people property.
5. Learn to sacrifices self, for others benefit.
6. Develop the sense of usefulness.
7. Learn to adjust with others.
8. Develop sense of humour and social etiquette.
9. Develop interest in accomplishment.
10. Learn to be follower as well as leader.

Educational institutions are shouldering the responsibility of educating the children in the ways of society. Education includes learning of social values by the children. It is obvious that it is the responsibility of all in the society and not merely of the school alone. The home, school, political and social organization, neighbour, clubs etc.. All have the same responsibility of teaching good values and social skill to the children.

The important thing in the sports is not to win but to participate. The important thing in life is not triumph but to struggle. The essential things are not to have conquered but to have fought well. So Physical Education must have to bear its humanizing influence whatever the result- victory or defeat.

Physical Education in India formulates such programme of activities which synchronize with our great educational and social values, civilization, cultural and social diversity with regard to colour, caste, creed, languages, dress etc. Sports and games play a very important role in the bringing about Unity and Amity through Olympics, Asian games, and various many other sport events and sports festivals.

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Annual Sports Day 2019



Republic Day 2019



Republic Day



Spic Macay 2019



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Welcome of Class 1 Students



Primary Students Council



Cluster Level Basket Ball



Cluster Level Cricket



Regional Chess Sports Meet



Yoga Day

FUN WITH LANGUAGE

Can A Word Be Its Own Opposite?

Yes! They are called Contronyms—words that are their own antonyms, depending on usage.

Here are a few examples

1. Dust : can mean ‘to add fine particles’ or ‘to remove fine particles’.
 2. Left :- can mean both ‘remaining’ and ‘departed’.
 3. Off :- can mean both ‘activated’ and ‘deactivated’.
Eg:- “Set off” - Activated
“ Switch off - Deactivated
 4. Oversight :-means both ‘watchful care’ and ‘an inadvertent error’.
 5. Screen : can mean both ‘to show’ and ‘to hide’.
 - 6.Sanction:- can mean both ‘a penalty for disobeying a law’ and ‘official permission or approval for an action.
- Isn't it funny? Let's learn the nuances and add variety to our language.



T. Pranav
Class :- IX B

WANT TO BE A GREAT COMMUNICATOR?

Knowing how to communicate effectively is the key to success. Whether you're giving a presentation at work or just having a chat with a friend, knowing how to articulate your ideas—and listen to those of others—is crucial. But though we spend much of our time each day talking to each other, that doesn't mean we're all great communicators. Communicating effectively can be surprisingly challenging. So whether you struggle to get your points across or just want to brush up on a few pointers, here are some ways to be a better communicator.

1. LEARN TO LISTEN.

Active listening is the basis of all good communication: If you aren't paying attention to what others are saying, there's no way you'll be able to respond effectively. Focus on what your conversation partner is saying, and if necessary, repeat it mentally to make sure you understand the points they're making.

2. PAY ATTENTION TO BODY LANGUAGE.

Pay attention to your conversation partner's body language: Are they fidgeting or standing still? Yawning or smiling? Pay attention to your own body language as well—if your words exude confidence, but your body language expresses nervousness, your conversation partner will pick up on that. It's important both to read others' body language, and to pay attention to your own stance.

3. USE ACTION VERBS AND CONFIDENT LANGUAGE.

Even if you're not feeling confident, you can still sound confident. One good trick is avoiding filler words like “um” and “uh” by slowing down your speech a bit. Another is using strong action verbs—use your resume for fodder and stick to descriptive verbs like “evaluate,” “manage,” and “advise.”

4. ASK QUESTIONS.

Ask clarifying questions: It'll ensure you understand what your conversation partner is saying, and show that you're paying attention.

5. BE PREPARED AND KNOW WHAT YOU'RE TALKING ABOUT.

Knowing your subject matter will put you at ease and make it easier to communicate your ideas to others. If you're preparing for a job interview, make sure you are familiar with the position and the company; if you're giving a presentation, know your stuff!

6.RELAX.

Though it's important to be self-aware during an important or stressful conversation, ultimately one of the most effective communication strategies is just relaxing, and acting like you would normally—while, of course, remaining professional.

FOOD FOR THOUGHT

“Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles begins with a single step.”



**Mrs. M. Shanthi
PGT (English)**



विद्यालय
पत्रिका



हिन्दी श्लोक सूक्ति

- १) आलसी को विद्या कहाँ अनपढ़ को धन कहाँ निर्धन को मित्र कहाँ और अमित्र को सुख कहाँ।
- २) जैसे एक पहिये से रथ नहीं चल सकता है उसी प्रकार बिना पुरुषार्थ के भाग्य सिद्ध नहीं हो सकता है।
- ३) ज्ञान यात्रा में पत्नी घर में, औषधि रोगी का तथा धर्म मृतक का (सबसे बड़ा) मित्र होता है।



“उच्चतम शिक्षा वो है जो हमें सिर्फ जानकारी ही नहीं देती
बल्कि हमारे जीवन को समस्त अस्तित्व के साथ
सद्भाव में लाती है।”

– रविन्द्रनाथ टैगोर



प्यारी बेटी

बेटी हूँ, प्यारी हूँ,
पापा की दुलारी हूँ,
बड़े भैया की छुटकी हूँ,
माँ की चंचल चुटकी हूँ,
उठके सुबह जब शोर मचाऊँ,
भैया की प्यारी डाँट मैं खाऊँ,
जोर से मेरी चोटी खींचें,
सारी कहकर ७ आँखें भी नीचें,
खेलूँ रोज सहेलियों के संग,
मिलकर करें खूब हुड़दंग,
थककर जब मैं घर आती हूँ
पापा संग रोटी खाती हूँ,
सबके साथ मैं बतियाती हूँ,
आँख मूँद कर सो जाती हूँ।

कुदरत

हर शख्स हर बाहर में परेशान सा है
इन मकानों में उसका मुकाम कौन सा है।

ये रास्ते जो इस शहर से दूर ले जाते हैं
वो भी तो उसे किसी और शहर में छोड़ जाते हैं।

पूछते है ये पंछी किसी ये घर फरिश्ते की तरह
इस जमीन पर कुदरत का निशान कौन सा है।

वो तो शुक्र है इतनी ऊँचाई एक इन्सान के हाथ नहीं पहुँचते हैं।
वरना खुदा भी पूछता मेरा आसमान कौन सा है।

मैंने तो बनाई थी ये दुनिया पानी, मिट्टी, पत्थर और छाओं से
ये कचरा, कारखानों और काले घुएँ का कब्रिस्तान कौन सा है।

ठाकुर अपनी खिड़की में बैठा-बैठा अक्सर ये सोचता है
इन मकानों के बीच बचा ये अकेला पेड़ कौन सा है।

- वैदही एस. हरमलकर,

10-B

बेटी

अगर बेटा वारिस है
तो बेटी पारस है
अगर बेटा वंश है
तो बेटी अंश है
अगर बेटा आन है
तो बेटी शान है
अगर बेटा तन है
तो बेटी मन है
अगर बेटा संस्कार है
तो बेटी संस्कृति है
अगर बेटा देव है
तो बेटी दुआ है
अगर बेटा गीत है
तो बेटी संगीत है
अगर बेटा भाग्य है
तो बेटी विधाता है
यह बेटी माँ भी है
बहन भी है, पत्नी भी।



– तनवी
सांतवी 'ब'

देश हमारा

भारत देश हमारा है
सब देशों से न्यारा है



शीश उठाये खड़ा हिमालय
करता इसकी रखवाली है,
गंगा-यमुना की धाराएँ
फैलाती हरियाली है।

कल-कल बहते सुंदर झरने
मीठे-गीत सुनाते हैं।
झम-झम बरस-बरसकर बादल
धरती की प्यास बुझाते हैं।

शीतल मंद पवन के झोके
खेतों को लहराते हैं,
भाँति-भाँति के सुंदर पक्षी
मीठी तान सुनाते हैं।

– सानिया शेक
नवी 'ब'

माँ

एक कविता हर माँ के नाम

घुटनों से रेंगते-रेंगते,
कब पैरों पर खड़ा हुआ,
तेरी ममता की छाँव में,
जाने कब बड़ा हुआ,
काला टीका दूध मलाई,
आज भी सब कुछ वैसा है।



मैं ही मैं हूँ हर जगह,
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।

- रितिका यादव,
दसवीं अ

माँ तू कितनी अच्छी है
मेरा सब कुछ करती है
भूख मुझे जब लगती है
खाना मुझे खिलाती है
जब मैं गन्दी होती हूँ
रोज मुझे नहलाती है
जब मैं रोने लगती हूँ
चुप तू मुझे कराती है
माँ मेरे मित्रों में सबसे
पहले तू ही आती है।



- सलोनी टागोर
VIII A

“अपनी पहली सफलता के बाद विश्राम मत करो
क्योंकि अगर आप दूसरी बार में असफल हो गए
तो बहुत से होठ यह कहने के इंतजार में होंगे
कि आपकी पहली सफलता केवल एक तुक्का थी।”

- ए पी जे अब्दुल कलाम



तितली

तितली रानी, तितली रानी
कहाँ किधर तुम जाती हो ?
झिलमिल - झिलमिल पंख फैलाकर
सबका मन बहलाती हो,
तितली रानी, तितली रानी
परी देश तुम जाती हो ।
हँसती परियों संग खिल-खिल कर
क्या तुम रास रचाती हो ?

दोस्ती

सबसे अच्छे दोस्त
सबसे प्यारे दोस्त
हर मुश्किल में सहारा देने वाले दोस्त

दोस्त ना हो तो दुःख होता है
दोस्त हो तो खुशी मिलती है

दोस्त है जिंदगी के रंग
दोस्त के बिना जिंदगी बेरंग

दोस्त है दुःख सुख के साथी
हम है दिया तो दोस्त हमारी बाती



- साक्षी ऋद्धा
6 'A'

गणेशचतुर्थी

गणेशचतुर्थी एक हिन्दू पर्व, त्योहार है। यह त्योहार श्रवण या भाद्रपद मास में हर साल मनाया जाता है। यह त्योहार विघ्नहर्ता के जन्मदिन के रूप में मनाया जाता है। इस त्योहार पर गोवा, कर्नाटक और महाराष्ट्र राज्य के घरों में सुखकर्ता की मूर्तियाँ लाई जाती है। तीनों राज्यों में यह त्योहार बड़ी धूम-धाम से मनाया जाता है, तीनों राज्य के घरों में दुःखहर्ता की मूर्तियाँ लाई जाता है, हर एक के घर में गणपति की मूर्ति कई दिन तक रखी जाती है। गणेश शंकर और पार्वती के पुत्र है इसलिए गणेशचतुर्थी के दिनों में शंकर और पार्वती की पूजा होती है। लोग ऐसा मानते है कि गणेशजीकी मूर्तियाँ घर में लाने से उनके घर में सुख, शान्ति, समृद्धि और लक्ष्मी का प्रवेश होता है। कई बार ऐसा प्रसंग आता है जब कई परिवार गणेशचतुर्थी का त्योहार एक साथ एक मूर्ति के साथ मनाते है ऐसे प्रसंग को सार्वजनिक गणपति के नाम से जाना जाता है। दोनों की पूजा के बाद गणेश जी के विसर्जन की बारी आती है जब गणेश जी की मूर्ति को पास की नदी, या किसी पानी के स्रोत में बहा दिया जाता है। यह करते समय भक्त गणेश जी की लीलाएं गाते चलें जाते है। अकसर मूर्तियां पी. ओ. पी. से बनाई जाती है जो जलजीवों के लिए हानिकारक हो सकता है क्योंकि पी. ओ. पी. पानी में बहुत धीमी गति से घुलता है और घुलते समय पानी में कर सारे रसायन भी छोड़ता है। इस सब को रोकने के लिए आज कल की मूर्तियाँ मिट्टी से बनाई जाती है जो जलजीवों के लिए हानिकारक नहीं है और जो बड़ी तेज गति से घुलती है। गणेशचतुर्थी का त्योहार ११ वें दिन अनन्त चतुर्दशी पर खत्म होता है।



• नंदिनी स. रांगणेकर
जर्नी' अ



पर्यावरण की पुकार

काटने से पहले शाखाएं और पेड़ सोचना जरूर
इस पर बसेरा होगा किसी परिंदे का
बडी मेहनत से संजोया आशियाना अपना
रोयेगा, कोसेगा, सोच यह काम है किसी दरिद्रे का
आज तो कर देगा अनसुनी उसकी कराहें
रंग लाएगी एक दिन उसकी बददुआएं
न होना हैरान परेशान
महरूम जब रिमझिम से हो जाये
दबाके पर्यावरण की आहें
कल पायेगा तु ही सजाएं
जिनकें दम पर कायम सासें तेरी
कहां से लाएगा वह संजीवनी हवाएं?
देख प्रदूषण का कहर
कुदरत इन्सान रे घबराएं
रफता-रफता दूर होती जाए
न सुधारी जो अपनी खताएँ
कैसे पायेगा कुदरत से वफाएँ

– रजनी विजय सिंघला

आँखों में क्या है

माँ की आँखों में – ममता
पिता की आँखों में – कर्तव्य
गुरु की आँखों में – शिक्षा
बहू की आँखों में – स्नेह
भाई की आँखों में – प्यार
अमीर की आँखों में – अहंकार
सज्जन की आँखों में – नम्रता
मित्र की आँखों में – सहयोग
दुश्मन की आँखों में – प्रतिशोध
विद्वान की आँखों में – जिज्ञासा
गरीब की आँखों में – आशा
ईश्वर की आँखों में – दया
वैज्ञानिक की आँखों में – खोज
डॉक्टर की आँखों में – परोपकार
जज की आँखों में – न्याय
खिलाड़ी की आँखों में – जीत
उद्यमी की आँखों में – योजना
कवि की आँखों में – कल्पना
सैनिक की आँखों में – बलिदान
चोर की आँखों में – अवसर



आँखें

– तनिष्का सिंह
टसवी 'ब'

साक्षरता

आओ साक्षर देश बनाएं
शिक्षा को घर-घर पहुंचाएं।
कहना तो है बहुत आसान
लेकिन मुश्किल है ये काम।
लड़कियों को न पढ़ाना
क्यों नहीं आगे बढ़ाना।
क्या वो है इंसान नहीं
या है उनका मान नहीं।
जब जन्म दिया है तुमने ही
तो आज पराई वो क्यों हुई।
कर्तव्य अपना आज निभाओ
नई दिशा में कदम बढ़ाओ
बेटा हो या बेटी हो
सबको शिक्षा का मार्ग दिखाओ।
एक कुल का नाम रोशन करता है बेटा
तो दो कुलों का भविष्य संजोती है बेटियाँ।
फिर क्यों कहते है लोग
कि आखिर पराई ही तो होती है बेटियाँ।
क्यो सोच यहीं अटकी रही
कि नारी शिक्षा बर्बादी है।
चाहे कितना भी पढ़ालो
आखिर तो करनी शादी है।
शर्म आती है मुझे
दुर्दशा ये क्या हुई।
भविष्य की संयोजिका
अंधेरे में क्यों खो गई।
आज लिंगानुपात है

भारी चिंता ढा रहा
क्या इस सामाजिक चिंता का
न है कोई समाधान यहाँ।
तभी तो कह रही हूँ मैं
नारी को पढ़लो आज
बाद में पछतावा होगा
बचालो आज अपनी लाज।
नारी होगी यदि साक्षर
समझेगी वो हर अक्षर
नियोजित रखेगी परिवार
स्वास्थ्य से परिपूर्ण घरबार।
वो भी कमाकर लाएगी
अन्नपूर्णा वो कहलाएगी
सबके दिलों पर छाएगी
तब सृष्टि साक्षर बन जाएगी।
आ गया है वक्त जागो
शिक्षा का तुम दीप जलादो।
देश का भविष्य है
अब तुम्हारे हाथ में
वक्त अभी गुज़रा नहीं
ले लो उन्हें भी साथ में।
मैरी कॉम की तरह
वो भी जग में नाम कमाएगी
फिर देश की नियति भी
एक नया रंग लाएगी।।
एक नया रंग लाएगी।।

– मनीषा जैन
पी. आर. टी.

अनमोल वचन

१. मानव कितने भी प्रयत्न कर ले
अंधेरे में छाया, बुढ़ापे में काया
और अंत समय में माया
किसी का साथ नहीं देती।
२. लोहा नरम होकर औजार बन जाता है।
सोना नरम होकर जेवर बन जाता है।
मिट्टी नरम होकर खेत बन जाती है।
ठीक इसी तरह इंसान भी नरम हो
जाएंगे तो, लोगों के दिलों में अपनी
जगह बना लेता है।
३. 'समय', 'सत्ता' और 'शरीर', 'संपत्ति'
चाहे साथ दे ना दे लेकिन 'स्वभाव',
'समझदारी' और 'सच्चे सम्बन्ध' हमेशा
साथ देते हैं।
४. प्रेम से भरी हुई 'आँखें'
श्रद्धा से झुका हुआ 'सिर'
सहयोग करते हुए 'हाथ'
सन्मार्ग पर चलते हुए 'पाँव'
और सत्य से जुड़ी हुई 'जीभ'
ईश्वर को बहुत पसंद है।
५. कर्म करो तो 'फल' मिलता है
आज नहीं तो 'कल' मिलता है
जितना गहरा अधिक हो कुआँ
उतना मीठा जल मिलता है
जीवन के हर कठिन प्रश्न का
जीवन से ही हल मिलता है।
६. रिश्ते चाहे कितने ही बुरे हों, उन्हें कभी तोड़ना नहीं
क्योंकि, पानी चाहे कितना भी गंदा क्यों न हो।
यद्यपि वो (पानी) प्यास नहीं बुझा सकता
किन्तु आग तो अवश्य बुझा सकता है....

- प्रतिभा चौबे

“जिंदगी मान जा”

आहिस्ता चल जिंदगी, अभी
कई कर्ज चुकाना बाकी है
कुछ दर्द मिटाना बाकी है
कुछ फर्ज निभाना बाकी है

रफ्तार में तेरे चलने से
कुछ रूठ गए कुछ छूट गए
रूठों को मनाना बाकी है
रोतों को हँसाना बाकी है

कुछ रिश्ते बनकर टूट गए
कुछ जुड़ते - जुड़ते छूट गए
उन टूटे - छूटे रिश्तों के
जखमों को मिटाना बाकी है

कुछ हसरतें अभी अधूरी है
कुछ और भी काम जरूरी है
जीवन की उलझी पहेली को
पूरा सुलझाना बाकी है

जब साँसों को थम जाना है
फिर क्या खोना क्या पाना है
पर मन के जिद्दी बच्चे को
यह बात बताना बाकी है

आहिस्ता चल जिंदगी अभी
कई कर्ज चुकाना बाकी है।

- प्रतिभा चौबे
(टी. जी. टी.)

विद्यालय पत्रिका



SrNo	Bottom Line	Games	SrNo	Middle Line	Games	SrNo	Top Line
1	SIYA CHODANKAR	CHESS	11	MITHIKA KARAPURKAR		22	Mr. HARISH B AHORIA
2	NAJIDA SHEIKH	TT	12	MALAIKA LOBO	BADMINTON	23	Mr. RAVI PRATAP SINGH
3	SOUMYA DESHPANDE	BADMINTON	13	ATMAJA SHETTI	ROPE SKIPP		
4	PARVATHI NAIR	ROPE SKIPP	14	FAIZAN SAYED	CRICKET		
5	OJAS KARAPURKAR	SWIMMING	15	HARISH G. NAGARI	TABLE TENIS		
6	VANSH BHANDARI	SWIMMING	16	SWAYAM CHODANKAR	TABLE TENIS		
7	AYUSH NAIK	CHESS	17	MALLESH	SAILING		
8	SACHIN	SAILING	18	AKASH	SAILING		
9	VISHWANATH	SAILING	19	KARTIK	SAILING		
10	SANTOSH	SAILING	20	VAMSHI	SAILING		
			21	MITHIKA KARAPURKAR	SWIMMING		

RESULTS

CBSE Result 2018-20 (Class XII)

TOTAL APPEARED	43
TOTAL PASSED	43
PASS %	100%
PI	67.99
XII SCIENCE	
TOTAL APPEARED	27
TOTAL PASSED	27
PASS %	100%
XII COMMERCE	
TOTAL APPEARED	16
TOTAL PASSED	16
PASS %	100%

SCIENCE TOPPERS

SR.NO	NAME OF THE STUDENT	TOTAL MARKS	PERCENTAGE
1	AVEDIKA ARUDRA	569	94.83
2	K R. MANIKANDAN	562	93.67
3	DEEPSEE SALGAONKAR	517	86.17

COMMERCE TOPPERS

SR.NO	NAME OF THE STUDENT	TOTAL MARKS	PERCENTAGE
1	ARCHIT PAREEK	568	94.67
2	NEIL SEBASTIAN	536	89.33
3	TANMAY SHORODKAR	519	86.05

CBSE Result 2018-20 (Class X)

TOTAL APPEARED	70
TOTAL PASSED	70
PASS %	100 %
PI	68
Compartment	0

CLASS X TOPPERS

SR.NO	NAME OF THE STUDENT	TOTAL MARKS	PERCENTAGE
1	DEYAZAD	483	97
2	R HARIHARAN	482	96
3	AYUSH PATHAK	480	96

SUBJECT TOPPERS

SR.NO	SUBJECT	NAME OF THE STUDENT	MARKS
1	HINDI	SRINIWAS PASTE	99
2	SCIENCE	SRINIWAS PASTE	99
3	SOCIAL STUDIES	DEYAZAD	99
4	ENGLISH	M R HARIHARAN	97
		AYUSH KR. SANIKA	
5	MATHS	SANJYOT SIGNAPURKAR	96



विद्यालय
पत्रिका



सूक्तयः ।

१. दुर्लभः सः गुरु लोके
शिष्यचित्तापेहाशकः ।
२. आज्ञा गुरुणाम् हि अविचारणीया ।
३. आचारः परमो धर्मः ।
४. एको धर्मः परं श्रेयः ।
५. धर्मो रक्षति रक्षितः ।
६. स्वधर्मे निधनं श्रेयः परधर्मः भयावहः ।
७. विनम्रः सदा वर्धते ।



तनिष्क सिंह

VIII - A

अमृत संस्कृतम्

विश्वस्य उपलब्धासु भाषासु संस्कृतभाषा प्राचीनतमा
भाषास्ति ।

भाषेयं अनेकाषां भाषाणां जननी मता ।

प्राचीनयोः ज्ञानविज्ञानयोः निधीः अस्यां सुरक्षितः ।

संस्कृतस्य महत्त्वविषये केनापि कथितम् - 'भारतस्य
प्रतिष्ठे द्वे संस्कृतं संस्कृतिस्तथा' ।

अस्याः वाङ्मयं वेदैः पुराणैः, नीतिशास्त्रैः

चिकित्साशास्त्रादिभिश्च समृद्धमास्ति ।

कालिदासादीनां विश्वकवीनां काव्यसौन्दर्यम्

अनुपमम् ।

कौटिल्यरचितम् अर्थशास्त्रं जगति प्रसिद्धमस्ति ।

गणितशास्त्रे शून्यस्य प्रतिदानं सर्वप्रथमम्

आर्यभटः अकरोत् ।

चिकित्साशास्त्रे चरकसुश्रुतयोः योगदानं विश्वप्रसिद्धम् ।

संस्कृते विद्यमानाः सूक्तयः अभ्युदयाय प्रेरयन्ति,

यथा-सत्यमेव जयते, वसुधैव कुटुम्बकम्,

विद्ययाऽमृतमश्नुते, योगः कर्मसु कौशलम् इत्यादयः ।

सर्वभू तेषु आत्मवत् व्यवहारं कर्तुं संस्कृतभाषा सम्यक्

शिक्षयति ।

संस्कृतग्रन्थेषु मानवजीवनाय विविधाः विषयाः

समाविष्टाः सन्ति

अतः अस्माभिः संस्कृतम् अवश्यमेव पठनीयम् ।

उक्तश्च - अमृतं संस्कृतं मित्र ।

सरसं सरलं वचः ।

भाषासु महनीयं यद्

ज्ञानविज्ञानपोषकम् ॥



उमा नाईक

IX - A

संगठन सूक्त

ओऽम् संगच्छ्वं संवदध्वं, संवो मनांति जानताम् ।
देवा भागं यथा पूर्वे, संजानाना उपासते ॥
समानी व आकृतिः समाना हृदयानिवः
समानमस्तु वो मनो यथा वः सुसहासति ॥
ॐ सह नानवतु सह नौ भनक्तु सह वीर्यं करवाव है ।
तेजस्विनावधीतमस्तु, मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥



- वेदांत अंगारे
VIII - A

चंद्रलोकः

राघव । माधव । सीते । ललिते ।
विमानयान् रचयाम ।
नीले गगने विपुले विमले
वायुविहारं करवाम ॥१॥

उन्नतवृक्षं तुडं भवनं
क्रान्त्वाकाशं खलु याम ।
कृत्वा हिमवन्तं सोपानं
चन्द्रिरलोकं प्रविशाम ॥२॥

शुक्रश्चन्द्रः सूर्यो गुरुरिति
ग्रहान हि सर्वान् गणयाम् ।
विविधाः सुन्दरताराश्चित्वा
मौक्तिकहारं रचयाम ॥३॥

अम्बुदमालाम् अम्बरभूषाम्
आदायैव हि प्रतियाम ।
दुःखित-पीडित-कृषिकजनानां
गृहेषु हर्षं जनयाम ॥४॥



- महिका र. हरमलकर
IX A

सूक्तयः

1. क्रोधः खलो बोधस्य सुमहान् अवरोधः ।
क्रोध बोध का बडा भारी अवरोध है ।
2. संता संगः सर्वमपि अमंगल हरति ।
सज्जनों का साथ समस्त अमंगल को हर लेता है ।
3. भोजने आज्यं परमं राज्यम् ।
भोजन में ओज्य बहुत बडा राज्य है ।
4. प्रीतेः विचित्रा रीतयो भवान्ति ।
प्रीतिः की विचित्र रीतियाँ होती हैं ।



- तनिष्का सिंह
X - B

हास्य व्यंगः अद्भुत स्वप्न ?

राजीवस्य अद्भुतं स्वपनम्
सिंहो वदति म्याऊं - म्याऊं
हस्ती धावति यथा चित्रकः
सर्पः वदति भौं-भौं भाऊं ।
भल्लूकः दुर्बलः तथा यत् ।
यथा चमरपुच्छा संजातः ।
मूषकभीत । धावति मार्जारी ।
शशक धावति शृंगयुतः



सिद्धि
VIII - B

संस्कृत श्लोक

श्लोक १ : अलसस्य कुतो विद्या, अविद्यस्य कुतो धनम् ।

अधनस्य कुतो मित्रम्, अमित्रस्य कुतः सुखम् ॥

अर्थात् : आलसी को विद्या कहाँ अनपढ,

मूर्ख को धन कहाँ, निर्धन को मित्र कहाँ और अमित्र को सुख कहाँ?

श्लोक २ : आलस्यं हि मनुष्याणां शरीरस्यो महान रिपुः ।

नास्त्युधमसमो बन्धुः कृत्वा यं नावसीति ॥

अर्थात् : मनुष्यों के शरीर में रहने वाला आलस्य ही (उनका) सबसे बड़ा शत्रु होता है ।

परिश्रमा जैसा दूसरा (हमारा) अन्य मित्र नहीं होता क्योंकि परिश्रम करनेवाला कभी दुखी नहीं होता ॥

श्लोक ३ : यथा ह्येकेन चक्रेण न रथस्य गतिर्भवेत् ।

एवं परुषकारेण विना दैवं न सिद्ध्यति

अर्थात् : जैसे एक पहिये ये रथ नहीं चल सकता है । उसी प्रकार बिना पुरुषार्थ के भाग्य सिद्ध नहीं हो सकता है ॥

साहील अली गाड़ी

X - B

प्रार्थना

‘वैष्णवजन तो तेने कहिये’
गाकर पीडा भोगी।

‘ईश्वर - अल्ला तेरे नाम’
भजकर हुआ वियोगी ।

कुछ कहते, ‘भारत की आत्मा’
कुछ कहते हैं सन्त।

बापू से बन गया महात्मा
साबरमती का सन्त।

सत्य-अहिंसा की मूरत वह,
चरखा - खादी वाला।

आजादी के रंग जिंसने,
जग को ही रंग डाला।
महात्मा गांधी

नैव क्लिष्टा न च कठिना

सुरस सुबोधा, विश्व मनोजा
ललिता हृद्या, रमणीया ।
अमृत वाणि, संस्कृत भाषा
नैव क्लिष्टा न च कठिना ॥

कवि कोकिला वाल्मीकि विरचिता
रामायण रमणीय कथा ।
अतीव सरला मधुर मञ्जुला
नैव क्लिष्टा न च कठिना ॥

व्यास विरचिता गणेश लिखिता
महाभारते पुण्य कथा ।
कौरव पाण्डव सगर मथिता
नैव क्लिष्टा न च कठिना ॥

कुरुक्षेत्र समराङ्गगता
विश्ववान्दता भगवद्गीता ।
अमृतमधुरा कर्मदीपिका
नैव क्लिष्टा न च कठिना ॥

कविकुलगुरुनवरसोन्मेषजा
ऋतु-रघु-कुमारकविता ।
विक्रम-शाकुन्तल-मालविका
नैव क्लिष्टा न च कठिना ॥

संस्कृत श्लोक और उनके अर्थ

श्लोकः

चल चल पुरतो निधेहि चरणम् ।
सदैव पुरतो निधेहि चरणम् ॥
अर्थ - चलो, चलो । आगे कदम रखो ।
सदा ही आगे कदम रखो ।

श्लोकः

गुणा गुणज्ञेष, गुणा भवन्ति
ते निर्गुणं प्राप्य भवन्ति दोषाः ।
अर्थ-गुण गुणवान् व्यक्तियों में गुण होते हैं किंतु
गुणहीन व्यक्ति को पाकर वे गुण दोष बन जाते हैं ।

श्लोकः

जहीहि भीतिं भज भज शक्तिम् ।
विद्येहि राष्ट्रे तथाऽनुरक्तिम् ॥
अर्थ-डर को छोड़ दो और ताकत को याद करो ।
उसी प्रकार अपने देश से प्रेम करो ।

श्लोकः

अशोकवनिकायां तु तस्यां वानरपुंगवः ।
स- ददर्शाविदूरस्यं चैत्यप्रसादमूर्जितम् ॥
अर्थ - हनुमान ने उस अशोकवनिकामें पास में ही स्थित
एक ऊँचा गोलाकार मन्दिर देखा जिसमें सीता थी ।



- डेबोरा फर्नेन्डिस,
X - A

सदाचारः

यस्मिन् देशे य आचारः पारम्पर्यक्रमागतः ।
वर्णानां सान्तरालानां सदाचार उच्यते ॥१॥

श्वः कार्यमद्य कुर्वीत ह्रवाद्धि चापराद्धिकम् ।
नहि प्रतीक्षते मृत्युः कृतमस्य न वा कृतम् ॥२॥

सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् ।
प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः ॥३॥

सर्वदा व्यवहारे स्यात् औदार्यं सत्यता तथा ।
ऋजुता मृदुता चापि कौटिल्यं न कदाचन ॥४॥

श्रेष्ठं जनं गुरुं चापि मातरं पितरं तथा ।
मनसा कर्मणा वाचा सेवेत सतत् सदा ॥५॥

मित्रेण कलहं कृत्वा न कदापि सुखी जनः ।
इति ज्ञात्वा प्रयासेन तदेव परिवर्जयेत् ॥६॥

प्रकृतिः

प्रकृतिः माना सर्वेषाम्
बहुमाम् अपि कन्तानाम्
बहुनाम् अस्ति वृक्षाणाम्
पुष्पाणाम् चापि मानेयम् ।
भ्रमराणां, पशूनां
पक्षिणां च मानासि
जनेभ्यः जीवनं सदा
ददामि प्रकृतिः माना ॥
अस्ति सा तु मनाहरी
मातृणाम् अपि मानासि
प्रकृतिः माना सर्वेषाम्
नमस्तु ते मात्रे प्रकृत्यै ॥



- सानिया शेक
IX - A

स्वतंत्रता दिवसः

अद्य स्वतंत्रता - दिवसः ।
अस्माकं विद्यालयस्य प्राचार्यः
ध्वजारोहणं करिष्यति ।
छात्राश्च सांस्कृतिक कार्यक्रमान् प्रस्तोष्यान्ति ।
अन्ते च मोदकानि मिलिष्यान्ति ।
शुचे । जानासि त्वम्? अस्माकं ध्वजः कीदृशः?
अस्माकं देशस्य ध्वजः त्रिवर्णः इति ।
रूचे । अयं त्रिवर्णः कथम् ।
अस्मिन् ध्वजे प्रयः वर्णाः सान्ति, अतः त्रिवर्णः ।
किं त्वम् एतेषां वर्णानां नामानि जानासि?
अरे । केशरवर्णः श्वेतः, हरितः, च एते प्रयः वर्णाः ।
अस्माकं ध्वजे एते प्रयः वर्णाः किं सूचयान्ति?
शृणु, केशरवर्णः शौर्यस्य, श्वेतः सत्यस्य, हरितश्च
समृद्धेः
सूचकाः सन्ति ।
किम् एतेषां वर्णानाम् अन्यदपि महत्त्वम्?
आम् । कशं न? ध्वजस्य उपरि स्थितः केशरवर्णः
त्यागस्य उत्साहस्य च सूचकः ।
मध्ये स्थितः श्वेतवर्णः सात्विकतायाः शुचितायाः च
द्योतकः ।
अधः स्थितः हरितवर्णः वसुन्धरायाः सुषमायाः
उर्वरतायाश्च धोतकः ।
शुचे । ध्वजस्य मध्ये एकं नीलवर्मं चक्रं वर्तते?
आम् आम् । इदम् अशोकचक्रं कथ्यते ।

एतत् प्रगतेः न्यायस्य च प्रवर्तकम् ।
सारनाथे अस्ति । तस्मात् एव एतत् गृहीतम् ।
आस्मिन् चक्रे चतुर्विंशतिः अशः सन्ति ।
भारतस्य संविधानसभायां २२ जुलाई १९४७ तमे वर्षे
समग्रतया अस्य ध्वजस्य स्वीकरणं जातम्?
अस्माकं त्रिवर्णः : ध्वजः स्वाधीनतयाः राष्ट्रगौरवस्य च
प्रतीकः ।
अत् एवं स्वतंत्रतादिवसे गणतन्त्रदिवसे च अस्य
ध्वजस्य उत्तोलनम् समारोहपूर्वकं भवति ।
जयतु त्रिवर्णः ध्वजः जयतु भारतम् ।



- आर्या मिश्रा,
IX - A

सुभाषितम्

१. यथा दृश्येन ह्यय चक्रेण न रथस्य गतिर्भवेत् ।

एवं परुषकारेण विना दैव न सिद्ध्यति ।

जैसे एक पहिए से रथ नहीं चल सकता है उसी प्रकार बिना पुरुषार्थ के भाग्य सिद्ध नहीं हो सकता ।

२. आलस्यं हि मनुष्याणां शरीस्यो महान रिपुः ।

नास्त्युद्यमसमो बन्धु कृत्वा यं नावसीदति ॥

मनुष्यो के शरीर में रहनेवाला आलस्य ही सबसे बडा शत्रु होता है । परिश्रम जैसा दूसरा कोई अन्य मित्र नहीं होता क्योकि परिश्रम करने वाला कभी दुखी नहीं होता ।

३. पुस्तकस्या तु या विद्या, परहस्तगतं च धनम् ।

कार्यकाले समुत्तपन्ने न सा विद्या न तद् धनम् ॥

पुस्तक में रखी विद्या तथा दूसरे के हाथ में गया धन - ये दोनों चीजे ही जरूरत के समय हमारे किसी भी काम नहीं आया करते ।

४. अष्टादश पुराणेषु व्यासस्य वचनद्वयम् ।

परोपकारः पुण्याय पापाय परपीडनम् ॥

महर्षि वेदव्यास जी ने अठारह पुराणों में दो विशिष्ट बाते कहीं है ।

पहली-परोपकार करना पुण्य होता है और दूसरी-पाप का अर्थ होता है दूसरो को दुःख देना ।

- साची चोडणकर,

X - B

“लोग तुम्हारी स्तुति करे
या निन्दा, लक्ष्मी तुम्हारे
ऊपर कृपालु हो या न हो,
तुम्हारा देहान्त आज हो
या एक युग में, तुम
न्यापथ से कभी
भ्रष्ट न हो उठो, जागो
और तब तक रुको नहीं
जब तक मंजिल प्राप्त
न हो जाये.”

- स्वामी विवेकानंद

लघुकथा:

बुद्धिमान काकः

एकः काकः अस्ति । काकस्य पिपासा अस्ति । काकः
अत्र पश्यति, जलं नास्ति । काकः तत्र पश्यति ।
जलं नास्ति । सः सर्वत्र पश्यति । कुत्रापि जलं नास्ति ।
काकः वनं गच्छति । तदा सः एकं धटं पश्यति ।
घटे किञ्चित् जलम् अस्ति । काकः
चिन्तराति - “कथम् अहं जलं पिवामि?” काकः
एकम् उपायं करोति । काकः
शिलाखण्डं स्वीकरोति, घटे स्थापयति ।
जलम् उपरि आगच्छति । काकः
पुनः पुनः शिलाखण्डं स्थापयति ।
जलम् उपरि उपरि आगच्छति । काकः
जलं पिषति । सन्तोषेण गच्छति ।

- रिशॉन,
XII - A

सुवचनं

१) यथा चतुर्भिः कनकं परीक्ष्यते निघर्षणच्छेदन
तापताडनैः । तथा चतुर्भिः पुरुषः परीक्ष्यते
त्यागनै शीलेन गुणेन कर्मणा ॥

२) जो ना दृष्यति न द्वेषति न शोचति न
काङ्क्षति । शुभाशुभपरित्यागी भक्तिमानयः
स में प्रियः ॥

३) सत्य - सत्यमेवेश्वरो लोके सत्ये धर्मः सदाश्रितः ।
सत्यमूलनि सर्वणि सत्यात्रासित परं पदम् ॥

४) पश्चाग्नो मनुष्येण परिचर्याः प्रयत्नतः ।
पिता माताग्नि्यात्मा च गुरश्च भरतर्षभः ॥

- आयुष,

VIII - B

श्लोका :

यो न हृष्यति न द्वेष्टि न शोचति न काङ्क्षति ।

शुभाशुभपरित्यागी भक्तिमान्यः स मे प्रियः ॥२॥

अर्थ - जो न कभी हर्षित होता है, न द्वेष करता है, न शोक करता है,

न कामना करता है तथा जो शुभ और अशुभ सम्पूर्ण कर्मों का त्यागी है वह भक्तियुक्त पुरुष मुझको प्रिय है ।

न हि काश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत ।

कार्यकृते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः ॥३.५॥

अर्थ - निःसंदेह कोई भी मनुष्य किसी भी काल में क्षणमात्र भी बिना

कर्म किये नहीं रहता क्योंकि सारा मनुष्य समुदाय प्रकृति

जनित गुणों द्वारा परवश हुआ कर्म करने के लिए बाध्य किया जाता है ।

यधदाचरति श्रेष्ठस्तत्तदेवेतरो जनः । स

यत्प्रमार्गं कुरुते लोकस्तदनुवर्तते ॥३.२॥

अर्थ - श्रेष्ठ पुरुष जो-जो आचरण करता है, अन्य पुरुष भी वैसा-वैसा ही आचरण करते हैं । वह जो कुछ

प्रमाण कर देता है, समस्त मनुष्य - समुदाय उसी के अनुसार बरतने लग जाता है ।

कस्माच्च ते न नमेरन्महात्मन् गरीयसे ब्राह्मणोऽप्यादिकर्त्रे ।

अनन्त देवेश जगन्निवास त्वमक्षरं सदसत्त्वरं यत् ॥११.३७॥

अर्थ : हे, महात्मन् । ब्रह्मा केभी आदिकर्ता और सबसे बड़े आपके लिए वे कैसे नमस्कार न करें क्योंकि हे अंत

हे देवेश । हैं जगन्निवास । जो सत् असत् और उनसे परे अक्षर अर्थात् सच्चिदानन्दधन ब्रह्म हैं, वह आप ही हैं ।



- नंदिनी सं. रांगणेकर

IX - A

‘ईशवन्दना’

मम मातृभूमिः

“जननी जन्म भूमिश्च स्वर्गादपि गरीयसी” ।
मातृभूमि जन्मतः आरक्ष्य मृत्युपर्यन्तम्
अस्माकं रक्षणं पोषणं च करोतिः ।
‘माता भूमिः पुत्रोऽहं पृथिव्याः’ इति
वेदवाक्यम् अस्ति । मातृभूमि सर्वैः
नरैः वन्दनीया भवति ।
येन-केन-प्रकारेण मातृभूमेः रक्षणं
करणीयत् ।

– सानिया भाटी
VIII - B

गणेश श्लोकः

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभः ।
निर्विघ्न कुरु मे देव सर्वकार्येषु सर्वदा ॥

शिव स्तुतिः

आथिक भुवनम यस्य वाचिक शंख वाङ्गमयम् ।
आहाय चंद्र नारादि त्वं नुमः सात्विङ्ग शिवमः ॥

गणेश स्तुतिः

शुकलाम बरदम विशनुम राशीवर्णः चतुर्भुज ।
प्रसन्न वदनं ध्यायेत स्वर विगनोप शंतये ॥

सरस्वती स्तुतिः

सरस्वती नमस्तुस्यं वरदे काम रूपीनि विद्यारम्य
करिष्यामि सिद्धिर्भवतु मे सदा ॥

कृष्णा स्तुतिः

कृष्णाय वासुदेवा हरये प्रस्मामने ।
प्रणते क्लेश नाशाय गोविंदाय नमो नमः ॥

– सौजन्या
VIII - B

सर्वे पाठकाः

सस्नेह नमो नमः

“भाषास मुख्या मधुरा, ब्या गीर्वाणभारती” “संस्कृतं नाम दैवीवाक् वागुत्सृष्टा स्वयम्भुजा” इति विदुषाम् उद्गारः । देवमुखोद्गतत्वात् अस्याः भाषाया दैवीवाक् इति विशिष्टं नाम।

वेदोपनिषद्पुराणामृतैः परिपूतम् अस्याः वचनवैभवम् । जगते संस्कारस्य उद्बोधयिता भूत्वा अस्माकं देशः संस्कृतम् अपि उपादिशत् इति महदिदं गौरवास्पदम्। सम्प्रति वर्तमानकाले विदेशीयाः अपि इमां देववाचम अध्येतम ईहन्ते तर्हि अस्यां भूमौ, अस्याः समुदायः समभवत्, तद्देशस्य प्रजा वयमेव नाभिलषामः तर्हि कीदृशम् इदं विडम्बनम्।

यद्यपि, केन्द्रीय विद्यालयेषु अस्याः संस्थाया आरम्भदिनादारभ्य संस्कृतं विभिन्न कक्ष्यासु पाठ्यते। तथापि उपर्युक्तान् एतान् सर्वान् अपि मनसि विगण्य भारतसर्वकारेण प्रगतवर्षद्वयात् संस्कृतस्य पठनपाठनार्थं अध्यापकच्छात्रेष्वपि उत्साहं संवर्धयितुं बहवः उपक्रमाः समादृताः वर्तन्ते। अयम प्रथम प्रयासः। अस्येव भवद्भिः सर्वे ग्राह्याः इति सम्प्रार्थ्य विरम्यते।

सर्वे सप्रश्रयं धन्यवादान् समर्पयामः ।

CREATIVE CORNER



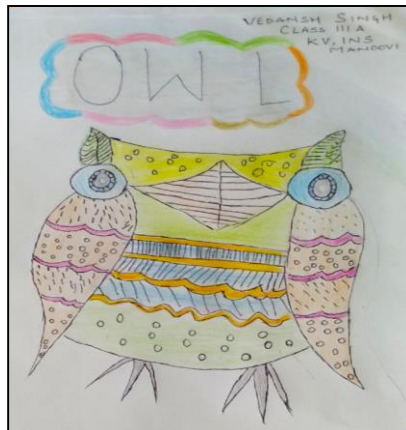
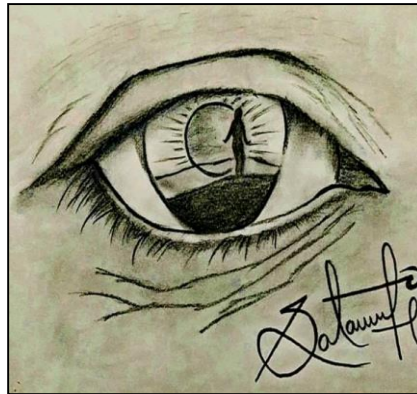
Swara Assotikar
Class III A



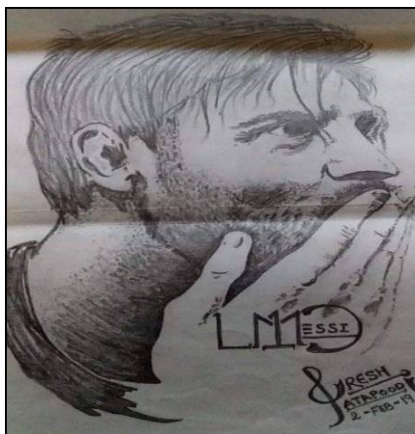
Swara Assotikar
Class III A



Swara Assotikar
Class III A



Vedansh Singh
Class III A



Suresh Tatapodi
Class XI A



Manisha Jain

Kendriya Vidyalaya INS Mandovi- Staff List

Sr. No.	Name of the Employee	Designation
1	MR. RAVI PRATAP SINGH	PRINCIPAL
2	Mr. DEEP PRAKASH CHOUDHARY	PGT (C.S)
3	Mrs. M SHANTHI	PGT (ENGLISH)
4	Mr. ANIL KUMAR	PGT (MATHS)
5	Ms. ANURADHA YADAV	PGT (HINDI)
6	Ms. SANYA SACHDEVA	PGT (ECO)
7	MRS. VANDANA	PGT (COMM)
8	MRS. SANGEETA	PGT (CHEM.)
9	MS. NEHA SHARMA	PGT (PHY)
10	Mr. HARISH BAHORIA	TGT (P&HE)
11	Mr. BARUN CHANDRA PATHAK	T.G.T (W.E.T)
12	Mrs. MINU KUMARI	TGT (ENGLISH)
13	Mr. MANGAT SINGH CHARAK	LIBRARIAN
14	Mrs. SOMJIT KAUR	TGT (MATHS)
15	Ms. SAVITA SAROHA	TGT (ART)
16	Mr. TARUN PRAKASH	TGT (HINDI)
17	Mr. RAGHUVeer KAROLIA	TGT (HINDI)
18	Mr. BUNTY	TGT (S.ST)
19	Ms. DIVYA VYAS	TGT (BIO)
20	Mrs. AMBIKA	TGT (ENG)
21	Mr. MANOJ PAREEK	TGT (SKT)
22	Mr. AMIT KUMAR	TGT (MATHS)
23	Ms. EKTA YADAV	TGT (S.ST)
24	Mrs. SILVINA MONIZ	P.R.T
25	Mrs. SHILPY SEHGAL	P.R.T (MUSIC)
26	Ms. PRIYANKA JUNEJA	PRT
27	Ms. DEEPA RANI	PRT
28	Ms. MANISHA JAIN	PRT
29	Mr. DEEPAK	PRT
30	Ms. DOLLY	PRT
31	Mrs. CHETNA CHHIKARA	PRT
32	Mrs. RUBINA SHEIKH	PRT
33	Mrs. CHANDRA PRABHA	PRT
34	Ms. KHUSHBOO	PRT
35	Mr. RAMAN	JSA
36	Mr. GURUDAS M.REDKAR	SUB STAFF
37	Mr. HANUMANTH C K	SUB STAFF
38	Mr. ULHAS TARI	SUB STAFF
39	Mr. SANDEEP GAONKAR	SUB STAFF
40	Mr. MAHADEV.D	SUB STAFF
41	Mr. SHASHIKANT.P	SUB STAFF

