



NDS DEEKSHA

Yearbook 2025



Immortal Sayings of
Param Pujya Sant Nikka Singh 'Virakat' Ji Maharaj



Man goes astray and remains in wilderness for ages. It is God alone who, through His grace, brings man on the right path. Man can find God within himself and be one with Him only through His grace. Without His grace man can never find 'Truth' which is yet another name of God.

- Pearls of Truth



दिव्य संदेश

परम पूज्य
महंत राम सिंह जी महाराज

१ॐ मतिगुण प्रसादि ॥

परमात्मा कहता है, परमार्थ यानि ईश्वर का मार्ग कहता है कि तुम जो बने बैठे हो, वहाँ से नीचे तो आओ। अहंकार से, ईगो से जो बने बैठे हो, उसका फल तो तुमने देख लिया – सुख या दुख, कभी टेंशन, कभी रोते हो, कभी हँसते हो। अब थोड़ा नीचे आकर देखो, फिर ईश्वर जो तुम्हें देगा उसमें सुख ही सुख होगा, पोजीटिव ही होगा। कबीर सारी उम्र दुखी नहीं हुए, फरीद जी के साथ भी ऐसा ही हुआ, भक्त प्रहलाद (का जीवन)। कितने कष्ट दिए गए उन्हें। पर वो हर कष्ट को सहन करते गए। श्री गुरु अर्जन देव जी तप्त तवी पर बैठे हैं, पर कह क्या रहे हैं—

तेरा कीआ मीठा लागै ॥ (श्री गुरु ग्रंथ साहिब, अंग-394)
हे प्रभु! तू जो कर रहा है, मुझे अच्छा लग रहा है।

हरि नाम पदारथु नानक मांगै ॥ (श्री गुरु ग्रंथ साहिब, अंग-394)
हे प्रभु। मैं तेरे से तेरा नाम, तेरा सिमरन माँगता हूँ।

कबीर जी को भी अग्नि में फेंका गया, गंगा जी में गिराया गया, फिर भी वो राम-राम! कर रहा है। उन पर कोई असर नहीं हुआ, किसी किस्म का दुख नहीं हुआ, वो ऐसे सुख में चले गए, ऐसे आनंद में चले गए, कि विपरीत कुछ है ही नहीं, नीचे गिर ही नहीं रहे। गिरता इंसान वो है, जो ऊँचा उठता है। जो पहले ही कबूल कर लेता है कि हे ईश्वर ! मैं तो तेरा दास हूँ, मैं तो तेरा नौकर हूँ, तो उसे क्या गिराओगे? जो बनेगा, वही गिरेगा।

जब दिल से यह मान लिया कि हे ईश्वर, तू समुद्र है; मैं बुलबुला हूँ पानी का और तेरे आसरे हूँ। तेरे सहारे से जी रहा हूँ, तेरी याद से जी रहा हूँ। मेरे पास अपनी कोई ताकत नहीं, बुद्धि नहीं जीने की, चलने की, रहने की, तो सेवा सफल हो गई। अतः बनना नहीं है कुछ कि हम हैं।



Nirmal Ashram Deepmala Public School

The Pious, Immortal Roots of NDS



H.H. Mahant Ram Singh Ji
Patron, President



Sriman Sant Jodh Singh Ji
Secretary General

Thank You Maharaj ji...

Gratitude fills our heart whenever you are with us. We will forever be indebted to you for your divine guidance which transforms life and shapes destiny; for the timeless wisdom that always lights our path; and for that invisible, infinite protection that saves us from all negativity and mishappenings. Your unconditional love is our true source of inspiration.

Forever Bowing our Heads in Obeisance...

Nirmal Deepmala Family





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With the Blessings of
 H.H. Mahant Ram Singh Ji Maharaj

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सादर श्रद्धांजलि



जातस्य हि ध्रुवो मृत्युर्ध्रुवं मृतस्य च ।
तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि ॥

पैदा हुए की मृत्यु जरूर होगी और मरे हुए का जन्म जरूर होगा (इस जन्म— मरण के प्रवाह) का परिहार अर्थात् निवारण नहीं हो सकता। अतः इस विषय में तुम्हें शोक नहीं करना चाहिए।

यह सत्य है कि मृत्यु अटल है, इसका ज्ञान होने पर भी दुख के क्षण मानव मन को उद्वेलित अवश्य करते हैं।

राष्ट्रकवि मैथिलीशरण गुप्त ने भी कहा है —

'अनित्य देह के लिए अनादि जीव क्या डरे?'

वास्तव में शरीर मरता है लेकिन आत्मा नहीं। आत्मा तो अजर है, अमर है। समाज को अपने ज्ञान और श्रेष्ठ कार्यों से एक नवीन दिशा प्रदान करने वाले प्रबुद्धजन भले ही शारीरिक रूप से हमारे बीच उपस्थित न हों लेकिन वे अपने उच्च विचारों, आदर्शों और श्रेष्ठ कार्यों के माध्यम से सदैव विद्यमान रहते हैं। ऐसी ही पवित्र आत्माओं में से विद्यालय के भूतपूर्व चेयरमैन श्री वरयाम सिंह जी की धर्मपत्नी श्रीमती अमरजीत कौर 18 अक्टूबर, 2025 को इस नश्वर देह को त्याग कर परमपिता परमेश्वर के धाम को महाप्रयाण कर गईं। शिक्षा के क्षेत्र में अपना महत्वपूर्ण योगदान देकर आप निर्मल आश्रम की निस्वार्थ सेवा में लीन रहीं। इस पवित्र आत्मा को निर्मल दीपमाला परिवार सादर श्रद्धा सुमन अर्पित करता है और परमपिता परमात्मा से परिवार के सदस्यों को इस अपूरणीय क्षति को सहन करने की शक्ति देने हेतु प्रार्थना करता है।

'ओ३म् शांति'



CHAIRMAN'S NOTE

NIRMAL ASHRAM
GROUP OF INSTITUTIONS



DR. S. N. SURI

The Message Box

I am happy to note that Nirmal Ashram Deepmala Pagarani Public School (NDS), Rishikesh, is bringing out the annual edition of 'Deeksha-2025', being released on December 16, 2025.

Annual magazine provides a platform to the students to express their latent talents and share ideas, views and experiences. It also provides them an opportunity to showcase their literary talents and hone their creative thinking. The students on the editorial team, in particular, get exposure to editing techniques, design layout and printing methodology; which gives them a peek into the skills required for printing and publication career.

Besides, the Annual magazine of NDS is an importance 'Report Card' of the School as it showcases the year-round progress of the School in terms of academic achievements, attainments in sports and extra-curricular activities, expansion of infrastructure / learning resources, student progression, etc. I am sure that 'Deeksha - 2025' meets these objectives.

My sincere appreciation to the Principal NDS and the Editorial Team of 'Deeksha-2025' for their insight and endeavour to put together the contents and bringing out the magazine in a time bound manner.

As we are mid-way to the current academic session, I would like to convey a special message to Class X and XII students to take their studies seriously and prepare well for the board examinations; and to the teachers to complete the syllabus and pay special attention to slow learners, catch up with their studies; and a word of advice to the parents to develop a healthy bond with their wards, ensure that they study regularly while at home, and monitor their academic progress.

As the Year 2025 is coming to a close, I wish all stakeholders of NDS a Happy, Productive and Exciting New Year.



FROM THE DIRECTOR'S DESK

NIRMAL ASHRAM GROUP OF INSTITUTIONS



DR. K.L. DANG

“Education is not the learning of facts, but the training of the mind to think “

- Albert Einstein

No doubt, it is not the acquisition of facts and dates that matter, but the training of the mind to think intensively and critically. A well-trained mind becomes curious and never stops to ask questions. Instead of remembering answers, it solves problems.

The best gift we can give to our children is an education of the highest quality. In order to face the challenges of a competitive global environment, we must equip our students with 21st century skills like critical thinking, creativity, communication, problem-solving, decision making, adaptability, etc. We also must ensure that our pupils are educated on the importance of traditional values with a modern outlook and understanding.

It is indeed a pleasure to learn that under the patronage of H.H.Mahant Ram Singh Ji Maharaj and the valuable guidance of Sant Jodh Singh Ji Maharaj, Nimal Ashram Deepmala Pagarani Public School (NDS), Rishikesh, is bringing out the next edition of its Annual School Magazine 'Deeksha-2025'. It will no doubt be an interesting compilation, highlighting its various educational, cultural, sports and other co-curricular activities.

I express my heartfelt congratulations to the Management, Principal, Editorial Board, students and all those who have contributed to this magazine.

May the school reach new milestones in all its future endeavours!



S. GURBINDER SINGH

NDS की वार्षिकी 2025–26 हेतु हार्दिक बधाई एवं शुभकामनाएं !

“सा विद्या या विमुक्तये” अर्थात् विद्या वो है जो अविद्या का नाश कर दे और अज्ञान रूपी अंधकार से मुक्त कर ज्ञान के प्रकाश में ले जाए।

NDS में विद्यार्थियों को न केवल किताबी ज्ञान दिया जा रहा है अपितु उनके सर्वांगीण विकास हेतु सार्थक प्रयास भी निरंतर जारी है, इसी कारण प्रदेश में विद्या के धरातल पर विद्यालय धूमकेतु की तरह उभर कर सामने आया है और विद्यार्थी हर क्षेत्र में नाम रोशन कर नित्य नए आयामों को छू रहे हैं।

विद्यालय के शिक्षक शिक्षिकाएं प्रधानाचार्या जी के नेतृत्व में जी तोड़ मेहनत कर विद्यार्थियों के जीवन को ऐसी शकल दे रहे हैं जिससे वह आने वाले समय में कामयाबी की मंजिलें हासिल करें !

मैं विद्यालय के स्वर्णिम भविष्य की कामना करता हूँ और वाहेगुरु से अरदास करता हूँ कि यह सदैव चढ़ती कला में रहे।



DR. KULDEEP SINGH KALRA

As I reflect on the journey of NDS, I can't help but feel a wave of gratitude and joy. For over 28 years, our beloved Maharaj Ji has sparked a light that continues to guide our students on their unique paths of lifelong learning. It's a comforting thought that, with his blessings, this light remains as bright as ever!

I want to take a moment to recognize the incredible dedication of our teachers and school staff. Their hard work and commitment are the backbone of our mission, and they truly deserve our heartfelt appreciation. Likewise, I am deeply thankful for the trust and support we receive from our parents. Their involvement is invaluable and greatly enriches our community.

I am excited to announce the release of the latest edition of 'Deeksha,' our school magazine! I hope it resonates with our commitment to a learner-centric education and reflects the values we cherish as a community.

Warmest wishes to all of you!



Principal's PERSPECTIVE

MRS. LALITHA KRISHNASWAMY



"We want that education by which character is formed, strength of mind is increased."

Swami Vivekananda

Om Satnam

With deep reverence, I bow to our esteemed gurus, Mahant Ram Singh Ji and Sant Jodh Singh Ji, whose blessings illuminate the path of the entire NDS family. Their teachings of sewa, kindness and truthfulness strengthen our resolve

each year as we rededicate ourselves to nurturing children holistically.

The academic year has been a proud one for NDS. Our Class X and XII students secured outstanding scores of 98.8% and 98.6%, with a remarkable number achieving above 90%. Our children excelled in competitive arenas as well, clearing JEE Advanced and NEET, and securing admission into reputed IITs and government medical colleges. Our alumnus, Lt. Col. Parikshit Panwar, being awarded a gallantry honour by the Hon'ble President of India, added further glory.

This year, NDS students displayed extraordinary prowess in sports. From winning District-level Basketball titles to excelling in Football, Kabaddi, Rugby, Taekwondo, and Chess, our teams consistently secured top positions, including U-12 Football Champions, U-18 Girls Basketball Winners, multiple State Selections, and podium finishes in Sahodaya and District Championships. Their grit and sportsmanship embody the spirit of true champions.

In the cultural arena, our students shone equally bright-winning top prizes in music, dance, painting, poster-making, fashion designing, and the grand Janmashtami celebration at Madhuban and ISKCON. The stunning 21-ft human pyramid formed by our boys in the Matki Fod Competition remains a proud record.

It is with great honour that NDS has received the Best Holistic Education Award by 'Education Today' this year.

"Success belongs to those who believe in the beauty of their dreams."

With the blessings of our gurus, may our children continue to rise and shine.

Jai Hind



HEAD MISTRESS'S VIEW



NEERU ARORA

Dear Children

In today's world, English has become a bridge that connects people from different countries and culture. By learning 'English' at school level, you open the door to new ideas, vision and opportunities. Rich vocabulary helps you in sharing thoughts, asking questions without fear and participating in debates and discussions with pride. By reading books you learn new words, expressions and thoughts. Our school is committed to help each and every child develop confidence and become a curious reader. Use every chance you get in the morning assembly, classroom discussions, role play, projects and library periods to read a lot and speak a lot, don't be afraid of making mistakes, it carries you to the next step.

Listen carefully, speak politely, read regularly and you will see your confidence grow. Let us work together to make our school a place where every corridor echoes with good conversation and every classroom is filled with a joy of reading. May you always keep learning, keep reading and speaking with courage and confidence.

CO-ORDINATOR'S VIEW



MUKUL TAYAL

Dear Students

Senior school is one of the most defining phases of life. It's a time filled with new challenges, bigger dreams, and endless opportunities. Between assignments, exams and a busy schedule of co-curricular activities, it's natural to wonder how to manage it all?

The truth is, academics and co-curricular activities are not competing forces. They are two sides of the same coin, both essential for your growth. Academics sharpen your intellect and discipline your mind, while co-curricular activities awaken your creativity, build confidence, and teach lessons which no classroom ever could do. Imagine your school life as a beautifully composed song- academics give it rhythm; co-curriculars bring the melody.

Balancing both isn't about doing everything at once; it's about making thoughtful choices. Plan your time wisely. Focus when you study and give your best when you perform, play, or create. Each experience - a project, a match, a performance - adds to your strength, resilience and self-belief.

Remember, success is not defined by report cards alone. It is measured by how you think, how you act and how you grow through every opportunity. Give your best to every pursuit, learn from every experience and let your journey through school be a celebration of both discipline and dreams.

The Message Box



EDITORIAL BOARD



Planning & Execution	:	Mrs. Lalitha Krishnaswamy (Principal)
English Section	:	Ms. Priya Chawla, Mrs. Ritu Minocha, Mrs. Alpa Sharma
Student Editors	:	Ms. Akshita Bhatt, Ms. Shanvi Kothari
Hindi Section	:	Mrs. Niraja Trivedi, Mrs. Renu Ahuja, Mrs. Shalini Thapa
Student Editors	:	Ms. Sakshi Bhatt, Mast. Shivansh Tiwari
Punjabi Section	:	Mrs. Kirandeep Kaur, Ms. Jatinder Sandhu
Student Editor	:	Ms. Harmanpreet Kaur
Creativity Section	:	Mrs. Ranjana Sharma
Coordination	:	Mr. Mukul Tayal, Mrs. Neeru Arora
Typography	:	Mr. Sandeep, S. Maninder Dhillon



A Bird's Eye View of the SCHOOL EVENTS, PARTICIPATION AND ACHIEVEMENTS – 2025

Every Journey Begins with a Single Step – Join Us as We Explore the Incredible Milestones of our School Year. Open these Pages to Witness Stories of Determination and Success that Illuminate the Path of our Young Learners.

Month	Date	Nature	Event	Venue	Achievement
Jan	30	Under 18 Open	Cycle Rally, (Basantotsav)	Lions Club Rishikesh	Bhanu Payal XI D (First)
Feb	1	Inter School	Painting Competition (Basantostav)	Rotary Club, Rishikesh	Vartika Nathani VI D (Third) Ananya Negi VI B (Consolation) Apeksha Uniyal XI A (Consolation)
April	17	Inter School	Poster Making	Seema Dental College, Rishikesh	Akanshi Pundir XI B (Second) Diya Rawat X B (Second)
April	18 to 19	Inter School Sports Championship (Dehradun Sports Association)	U-12 Football (Boys) U-14 Football (Boys) U-17 Football (Boys)	Doon International Public School, Rishikesh	Championship Trophy Runner's-Up Trophy Runner's-Up Trophy
April	25 to 26	Inter School	Fashion Designing	The Oasis School, Dehradun	Third
May	14	CBSE Sahodaya Inter School	Chess Championship	Bhagirathi Public School, Haridwar	Runner's-Up Trophy
July	20	Inter School	Painting Competition on Janamasthmi	ISKCON Temple, Rishikesh	Yasavi Gusain III C (Second) Sarthak Bijalwan V E (Second) Deepika Bhatt VIII D (Second) Ananya Negi VII B (Third)



Aug	3	Inter School	Solo Singing Competition	ISCKON Temple, Rishikesh	Senior's Samar Tripathi VIII A (First) Aakriti Ghildiyal XII A (Second) Akshita Rana XI A (Third) Junior's Shreya Singh VII E (Second) Avant Kumar Singh IV B (Third)
Aug	3 to 4	Inter School	7th O.P. Garg Memorial Football Tournament U - 14 Boys	Shri Ram Centennial School, Dehradun	Runner's Up Trophy
Aug	14	Inter School	Group Singing Competition	Madhuban Ashram, Rishikesh	First (Junior & Senior Group)
		Inter School	Dance Competition		Mihika Kaushik II A (First)
Aug	16	Inter School	Solo Dance Competition	ISCKON Temple, Rishikesh	Dishi Rajput III D (First) Mihika Kaushik II A (Second) Agrima Raturi VII A (Second) Aahana V C (Third) Aadhya Gaur VIII C (First) Adhyay Raturi I B (First) Gursharan Sharma III B (Third) Excellence Award to School
			Fancy Dress		
Aug	23	CBSE Sahodaya Inter School	Poetry Recitation	Doon International Public School, Rishikesh	Uttkarsh Bhandari IX B (First)
Aug	30	Inter School	Matki Fod Competition	SBM Inter College, Rishikesh	First
Sept	6	Inter School	Poster Making Competition	Nirmal Eye Institute, Rishikesh	Deepika Bhatt VIII B (First)



Sept	13	Inter District	U - 14 Boys and Girls Basketball Tournament	Doon Public School, Bhaniyawala	Championship Trophy (Girls) II Runner up (Boys)
Oct	4	Inter School	Solo Singing Competition	Lions Club, Rishikesh	Avant Kumar Singh IV B (First)
Oct	6	Inter School	U - 15 Girls Rugby Tournament	NGA, Rishikesh	Runner's up Trophy
Oct	11	Inter School	U - 13 & U - 18 Boys and Girls Chess Tournament	NGA, Rishikesh	Runner's up Trophy
Oct	12	Inter School	Solo Dance Competition	Bharat Mandir School, Rishikesh	Dishi Rajput III D (First) Mihika Kaushik II A (Second)
Oct	13 to 15	CBSE Sahodaya Inter School	U - 18 Boys Football Tournament	NDS, Rishikesh	Championship Trophy
			U - 15 Boys Football Tournament	NDS, Rishikesh	Runner's Up Trophy
Oct	16	CBSE Sahodaya Inter School	U - 14 & U - 17 Boys & Girls Kabaddi Tournament	Holy Angel School, Dehradun	Runner's Up Trophy
Nov	7	CBSE Sahodaya Inter School	Group Dance Competition	A.N.D. School, Haripurkala	First
Nov	9	Open	Ganga Sustainability Run 4.0 (10 Km. Run)	From AIIMS Gate No. 01, to Parmarth Niketan, Rishikesh	Siddharth Pant XII B (First)
Nov	18 to 19	Inter-School Annual Athletic	U-14 and U-19 Boys/Girls	NDS, Rishikesh	Runner's Up Trophy
Nov	20	Open	Poster Making Competition by Ganga Pusthak Parikarma 3.0	NDS, Rishikesh	Navnika VIII A Avani Bijalwan VI B Deepika Bhatt VIII D Garvi I A Cash Prize – Rs 500/ each
Nov	26	Inter School	Painting Competition	THDC	Participation
Dec	6 to 7	District Level	25th Senior District Basketball Championship	OSN, Rishikesh	Championship Trophy
Dec	10	Inter School	Dress Designing	St. Mary Sr. Sec. Sch. Haridwar	First





Seminars and Workshops Attended by Our Students

Learning Never Exhausts the Mind

Date	Event/Topic	Venue	Resource Person	Attended By
21.04.2025	MUN	NDS	Ms. Aamber Fatima(IIMUN)	Class IX to XII
22.04.2025	Fashion Designing	NDS	Ms. Sulochana Sharma Mr. Ankur Kaushik Mr. Amit Dev, IIAD, New Delhi	Class XI & XII
25.04.2025	The Secret of Success	NDS	Dr. Deepak Gupta	Class IX and XI
10.07.2025	Liberal Studies	NDS	Mr. Rishabh, Flame University, Pune	XI & XII
29.07.2025	University Fair	DSB Int. Public School, Rishikesh		Class XII
06.09.2025	Documentary on Operation Sindoor Indian Army (HQ Raiwala)	NGA	Major. Mayank Sain	Class XI & XII
3.10.2025	Career Counselling Session on Entrepreneurship and Skill Development	NDS, Rishikesh	Ms. Daisy Sangla	Class XII
7 & 8.10.2025	NDS MUN 2.0	NDS, Rishikesh		Class VII - XII
8.10.2025	Career Counselling on Aeronautical Engineering	NDS, Rishikesh	Faculty from LPU, Phagwara (Punjab)	Class XI & XII Science Students
10 & 11.10.2025	Military History Seminar	Welham Boys School, Dehradun	Lt. Gen. Nirdhay Sharma, Admiral Arun Prakesh	10 Students from Class X, XI & XII
13.10.2025	Counselling Session by UPES	NDS, Rishikesh	Mr. Harish Pundeer	Class XI & XII
14.10.2025	Counselling Session by IHM, Dehradun	NDS, Rishikesh	Mr. Gaurav Trikha	Class XI & XII
30.10.2025	Psychometric Test	NDS, Rishikesh		Class XI & XII
08.12.2025	College & Career Fair	NDS, Rishikesh	Different Universities	Class XII



Celebrations in NDS – Events and Festivals

Step Inside the Pages to Witness the Ideas, Talents and Moments that Make Our School Uniquely Inspiring.

Celebrating 76th Republic Day



by Ms. Aradhya Bhatt of class VI which resonated deeply within every heart.

The tableau procession was a visual treat, showcasing the creativity and dedication of the students. Each of the four houses presented their tableaux based on the allotted themes of Space, Technology, Agriculture & Sports. The houses aesthetically exhibited the advancements & achievements of our country in the above-mentioned fields, whether it is A.I or space satellites or modernized agriculture or India winning the World Chess Championship. The vibrant and artistic display was a testament to the students' hard work and enthusiasm. The patriotic dance performance demonstrating unity in diversity in the Indian culture was a spectacular display of talent and energy. The rhythmic movements and synchronized steps, accompanied by patriotic music, filled the atmosphere with excitement and pride.

Celebrating 26th January at our school was a vibrant and memorable event, filled with patriotic fervor and joy. The day began with the grand arrival of our esteemed Chief Guest, Dr. Sanjeev Chopra, an eminent historian, academician and a writer, along with His Holiness Mahant Ram Singh Ji Maharaj & Sant Jodh Singh Ji Maharaj. They were warmly greeted with beautiful bouquets, symbolizing our respect and gratitude. The flag hoisting ceremony was a moment of immense pride. As the tricolor unfurled, the entire school stood in unison, singing the national anthem with profound emotions.

To mark a holy beginning, the school choir sang a melodious shabad, setting a serene and spiritual tone for the day. Ms. Harmanpreet Kaur of class XI delivered an inspiring speech on the significance of 26th January, followed by a heartfelt patriotic poem

The most awaited moment of the day was the prize distribution ceremony. The Girls' Volleyball team was honored with certificates and gifts by the honorable Chief Guest for their exceptional performance in winning four Inter-School Championships in the current year. The announcement of the Best of the Best Awards of the year was met with cheers and applause. Sarthak Kukreti of class XII B was awarded as the Best All-Rounder (Boy), and Ritu Raturi was certified as the Best All-Rounder (Girl). In all, 15 students were honored with trophies in the Best of Best category.



The atmosphere was charged with a nail-biting excitement as the cock house of the year was about to be announced. Nachiketa House emerged victorious, bagging the maximum number of trophies among all the houses.

In his address, the Chief Guest praised the students for their exemplary performance and encouraged them to continue striving for excellence. The guests were then bestowed with a 'siropa' and memento as a token of gratitude. The celebration concluded on a sweet note with the distribution of sweets to all the children. With hearts full of joy and pride, the students were sent home, carrying with them the memories of a truly remarkable day.

Om Semwal
 XI B
 (Session 2024-25)



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Fare-Thee -Well

Our school farewell on February 3, 2025 was a memorable event, attended by all Class XII students. The ceremony began with a prayer, followed by a beautiful shabad by the school choir, seeking Maharaj Ji's blessings. Both the Head Girl and the Head Boy delivered heartwarming speeches, expressing gratitude and nostalgia. Volunteers also shared their emotional experiences, cherishing memories of their time spent at school. The event was a poignant tribute to the student's journey, marking the end of an era and the beginning of a new chapter in their lives, with the profound blessings of H.H. Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj and best wishes from the school community.

Aakriti Ghildiyal
XI A
(Session2024-25)

मोनाल का रोमांचक प्रदर्शन

38 वें राष्ट्रीय खेलों के प्रचार-प्रसार हेतु एन.डी.एस. के विशाल प्रांगण में खेल के प्रतीक चिह्न मोनाल 'मौली' का रोमांचक प्रदर्शन 17 जनवरी, 2025 को एन.डी.एस. के विशाल प्रांगण में 28 जनवरी, 2025 से 14 फरवरी, 2025 तक चलने वाले 38 वें राष्ट्रीय खेलों के प्रचार-प्रसार हेतु शुभंकर मोनाल पक्षी 'मौली' का आगमन हुआ। जिसने प्रतीक स्वरूप विभिन्न खेलों का प्रदर्शन कर बच्चों का मनोरंजन किया। बच्चों ने भी पूर्ण उत्साह व जोश के साथ मोनाल पक्षी का करतल ध्वनि से स्वागत किया तथा बढ़-चढ़कर मोनाल 'मौली' की टीम का

उत्साहवर्धन किया।

हमारे उत्तराखंड को इन राष्ट्रीय खेलों के आयोजन का सौभाग्य प्रथम बार प्राप्त हुआ है। राष्ट्रीय खेलों के प्रतीकात्मक चरित्र शुभंकर के रूप में राज्य पक्षी मोनाल राज्य की पहचान के रूप में अपनी आभा बिखेर रहा है। इसका उद्देश्य खेलों की भावना, मूल्यों और मेजबान राज्य की सांस्कृतिक विशेषताओं को दर्शाना है। यह शुभंकर खेलों के प्रचार, दर्शकों के मध्य उत्साह और आकर्षण बढ़ाने में महत्वपूर्ण भूमिका निभा रहा है। विलुप्त होती इस प्रजाति के संरक्षण हेतु जनता को जागरूक किया जा रहा है तथा साथ ही विश्व पटल पर उत्तराखंड के प्रकृति-प्रेम का उत्कृष्ट संदेशवाहक बन रहा है।

इस अवसर पर विद्यालय के विद्यार्थियों के साथ विद्यालय के चेयरमैन डॉ० एस.एन.सूरी, विद्यालय की प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी, प्रशासनिक विभाग, खेल विभाग और समस्त शिक्षक गण उपस्थित थे।





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The Investiture Ceremony

“A leader is the one who knows the way, goes the way, and shows the way.”

On April 30, 2025, the Investiture ceremony was held in the school. The event marked a significant day in the school's calendar, highlighting the spirit of leadership and responsibility among students. The event commenced with the welcome of H.H Mahant Ram Singh Maharaj Ji, Sant Jodh Singh Maharaj Ji and hon'ble Chief Guest Brig. S.V. Sarma, followed by the presentation of bouquet to the dignitaries, and the lighting of the ceremonial lamp. The spiritual ambience was enriched by soulful Gurbani Shabad sung by the school choir. The highlight of the ceremony was the Investiture Parade, followed by the Oath-Taking Ceremony, wherein the appointees pledged to uphold the values and responsibilities. Badges were then presented to the newly appointed leaders, recognizing their leadership roles. The guests were honored with the Siropa, mementos and gifts. The program concluded with the National Anthem and prasad distribution.

Ankita Rana
XII B



Celebrating the Spirit of Freedom



The morning of August 15, 2025 unfolded with a sense of pride and reverence as our school gathered to celebrate the 79th Independence Day of our nation. The celebration began in the school ground with the flag hoisting ceremony, where His Holiness Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj along with our Chief Guest Smt. Vijay Laxmi Panwar and respected Principal Madam, unfurled the national flag. As the flag

soared high in the sky, the environment echoed with the National Anthem, and our hearts swelled with unshakeable pride on being Indians.

From the school ground, the program gracefully shifted to the auditorium. The cultural celebration began with a divine shabad, followed by a bold and powerful presentation of a poem by Saanvi of grade VI. The junior choir then lifted the spirits with their song, “Desh ke har vyakti me abhiman hona chahiye, nit vande matram ka gaan hona chahiye,” reminding everyone of the pride and unity that bind us together. Thereafter, the dance performance on the theme “Main Naye Bharat ka Chehra hu, Main Naye Bharat ki Nayi Udaan hu” and a powerful speech by Akanshi Pundir of grade XI further fueled the patriotism in the air. Our Principal Madam's address was both inspiring and thought-provoking. The event concluded with the distribution of Prasad by Maharaj Ji.

Akshita Bhatt, XI E

Celebrations in NDS – Events and Festivals

शिक्षक दिवस



**‘शिक्षक ही हैं जीवन का आधार,
उनसे ही सजे भविष्य का द्वार’**

स्वतंत्र भारत के द्वितीय राष्ट्रपति, महान दार्शनिक और आदर्श अध्यापक डॉ० सर्वपल्ली राधाकृष्णन की जयंती के उपलक्ष्य में शिक्षकों के प्रति सम्मान प्रकट करने के लिए 5 सितंबर का दिन शिक्षक दिवस के रूप में मनाया जाता है।

एन.डी.एस. के सुसज्जित प्रांगण में यह दिन विशेष उत्साह एवं गरिमापूर्ण ढंग से मनाया गया। कार्यक्रम का शुभारंभ विशेष प्रार्थना सभा से हुआ जहाँ छात्रों ने शिक्षकों के समर्पण एवं कड़ी मेहनत के लिए उनका आभार व्यक्त किया।



सांस्कृतिक कार्यक्रम की प्रस्तुति में विद्यार्थियों ने नृत्य, गीत एवं लघु नाटिका के माध्यम से शिक्षकों के प्रति श्रद्धा एवं विश्वास प्रकट किया। विद्यालय के चेयरमैन डॉ० एस.एन.सूरी ने अपने प्रेरणादायी भाषण में बताया कि शिक्षक दिवस का उत्सव उन शिक्षकों के प्रति सम्मान है जो भविष्य को आकार देने में अपनी महत्वपूर्ण भूमिका निभाते हैं।

इस अवसर पर निर्मल आश्रम के संस्थापक महंत राम सिंह जी महाराज एवं व्यवस्थापक संत जोध सिंह जी महाराज ने शिक्षा के प्रचार-प्रसार में जुटे निर्मल आश्रम के विभिन्न शिक्षण संस्थानों से आए शिक्षकों को उपहार और प्रसाद देकर सम्मानित किया।

शिवांश तिवारी
बारहवीं ‘बी’

Annual Athletic Meet



A Vibrant Display of Agility, Flexibility, Strength and Co-ordination.

The Inter House Athletic Meet this year blossomed into a two-day celebration of energy, teamwork and youthful spirit. From the very first moment, when the March Past unfolded with perfect coordination, the entire atmosphere came alive with cheers and anticipation. The event was inaugurated by Mr. Naresh Singh Nayal, the esteemed coach of the Indian Women Blind Football Team, who inspired the students with encouraging words about perseverance and power of discipline in sports.

The track events turned the field into a thrilling arena of speed and endurance. From the fast-paced 100m, 200m and 400m sprints to the long-distance test of



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stamina such as the 800m and 1500m, every race kept the audience at the edge of their seats. The excitement continued with relay races, mixed relay, and an energetic cycling race, each showcasing coordination, strategy and sheer determination.

The field events added another layer of thrill to the meet. Students displayed remarkable strength in shot put and discus throw, precision in javelin, and incredible agility in long jump, high jump and triple jump. Every attempt—every leap, every throw reflected hours of hard work and the unwavering desire to excel.

In between events, the crowd was treated to graceful yoga performances and powerful taekwondo demonstrations. These added a beautiful blend of balance, discipline and martial artistry reminding everyone that true athleticism is as much about inner strength as physical activity.

As the events progressed, a few athletes stood out with exceptional performances throughout the meet. They were honoured with the Best Athletic Awards:

Rishabh and Ankita from group A, Abhinav and Geetika from group B, Anmol and Kashish from group C. The overall championship saw a spirited battle between the houses, but in the end, it was Nachiketa house that lifted the coveted Athletic Trophy, celebrating their victory with pride and joy. The meet drew to a close in the presence of Col. Anil Gurung (Retd) as the hon'ble Chief Guest on the second day, who applauded the participants and encouraged the students to continue nurturing their talents.

Long after the tracks have fallen silent, the memories of cheers, victories and heartfelt efforts will continue to inspire every student who witnessed this vibrant celebration of sports.

Srishti Bhadri, XII B
School Sports Captain



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Inter School Athletic Meet

The NDS campus burst to life as twelve premier schools united for an adrenaline-charged Inter-School Athletic Meet which welcomed the athletes both in U-14 and U-19 categories. Championing the day, Chief Guest Ravinder Singh Rautela, SI Uttarakhand Police, inspired young athletes with words that matched their energy. Fierce contests unfolded in 200m, 400m, 800m, shot put, high jump, long jump, and dramatic relay races. Yet, the ultimate test was the gruelling 1500m where NDS heroes Siddharth Pant and Bhanu Payal seized gold and silver, showing true resilience. Cheers echoed as DSB school team claimed the overall Champion's trophy, NDS took the runner's-up spot, and the Horizon School rounded out the standings. The spirit and intensity left every spectator awestruck and eager for the next spectacle.

Ojas Varshney
XII D

बाल दिवस

14 नवंबर, 2025 को निर्मल दीप विद्यालय में पं० जवाहरलाल नेहरू के जन्मदिवस के उपलक्ष्य में 'बाल-दिवस' बड़े उत्साह और हर्षोल्लास के साथ मनाया गया। कार्यक्रम का शुभारंभ शिक्षकों द्वारा संचालित एक विशेष प्रार्थना सभा से हुआ। विद्यालय की प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी एवं शिक्षकगणों ने पं० जवाहरलाल नेहरू के चित्र पर माल्यार्पण कर उन्हें श्रद्धांजलि दी। प्रधानाचार्या ने महान नेता, विचारक, दूरदर्शी और सच्चे राजनेता पर प्रेरणादायी भाषण दिया। शिक्षकों ने मंच संभालते हुए बच्चों के लिए मनमोहक सांस्कृतिक कार्यक्रम प्रस्तुत किये। जिनमें कई रोचक, मनोरंजक और ज्ञानवर्धक प्रस्तुतियाँ शामिल थीं। हास्य से भरपूर खबरों की प्रस्तुति ने सभी को लोट-पोट कर करतल-ध्वनि करने को विवश कर दिया।

अंत में प्रधानाचार्या ने बच्चों को पुनः बाल-दिवस की हार्दिक शुभकामनाएँ दीं।

अवनि तोमर
दसवीं 'सी'





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NDS MUN 2.0

A Celebration of Dialogue, Diplomacy and Dedication

The NDS Model United Nations 2.0, held on 7th and 8th October, was a remarkable success that brought together seven vibrant committees - UNCSW, UNHRC, Influencer Summit, Indo-Pak Special Summit, IPL Auction, Lok Sabha, and the International Press. The two-day conference was filled with intense debates, creative ideas, and collaborative decision-making.

Each committee explored unique global and national agendas. From discussing digital authoritarianism in UNHRC and women's domestic rights in UNCSW, to debating accountability of influencers and peace between India and Pakistan, delegates showcased exemplary diplomacy and communication skills. The Lok Sabha recreated a realistic parliamentary session, while the IPL Auction Committee combined sports and strategy in a lively simulation.

The International Press Committee, combination of Journalism and Photography, documented every moment through articles, interviews and visuals that beautifully captured the event's essence.

The success of NDS MUN 2.0 was made possible under the guidance of Principal Mrs. Lalita Krishnaswamy, Senior Coordinator Mr. Mukul Tayal, and Convener Ms. Garima Pandey. Special appreciation goes to the core team -Secretary General Daksh Khatri, Head of Delegate Affairs Tanya Prajapati, and Head of Organizing Committee Mannat Khurana - along with all Executive Board members, OC members, and volunteers, whose collective efforts turned NDS MUN 2.0 into an unforgettable experience of leadership, diplomacy, and learning.

Kanika Kuliyal
X C



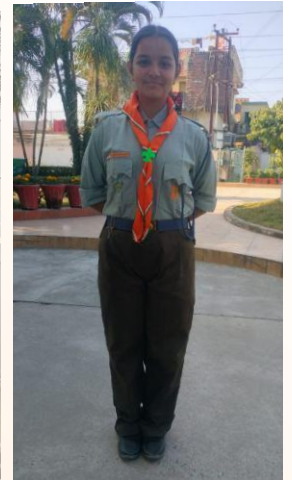
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तीन दिवसीय स्काउट गाइड शिविर का सफल आयोजन तनिष्का को चुना गया विशिष्ट कैडेट



दिनांक 22.11.2025 से 24.11.2025 तक तीन दिवसीय स्काउट गाइड प्रशिक्षण शिविर का आयोजन निर्मल दीपमाला विद्यालय में किया गया, जिसका विधिवत शुभारंभ विद्यालय की प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी द्वारा ध्वजारोहण करके किया गया। शिविर का मुख्य उद्देश्य विद्यार्थियों में चरित्र-निर्माण, आत्मनिर्भरता, मानसिक और नैतिक विकास को बढ़ावा देना, साथ ही उनमें सामाजिक उत्तरदायित्व और सामूहिक भावना जाग्रत करना था। शिविर में छात्रों को कैंप लगाना, गाँठें बाँधना तथा मार्च पास्ट करना सिखाया गया। कार्यक्रम के समापन पर विद्यार्थियों ने रंग-बिरंगी पोशाकें पहनकर विभिन्न राज्यों को प्रतिबिंबित करते हुए कैंप निर्माण के माध्यम से वहाँ की संस्कृति एवं खान-पान का परिचय दिया। परम पूजनीय महंत राम सिंह जी महाराज एवं संत जोध सिंह जी महाराज के आशीर्वाद से इस कैंप में शामिल 522 प्रतिभागियों में से आठवीं 'डी' की छात्रा तनिष्का थपलियाल को ऋषिकेश क्षेत्र के प्रतिनिधि गाइड के रूप में चुना गया। स्काउट्स एवं गाइड्स की स्थापना के 97वें स्थापना दिवस के शुभ अवसर पर चयनित स्काउट और गाइड कैडेटों को उत्तराखंड के माननीय राज्यपाल लेफ्टिनेंट जनरल गुरमीत सिंह जी से मिलने व उनके साथ राजभवन में जलपान में शामिल होने का भी सौभाग्य मिला।

श्रीमती तनुजा जोशी





Junior Wing Activities

Activities at the Foundational and Preparatory Stage

Every day is a new discovery where learning begins with laughter, creativity blooms with colours and values grows with joy.

Bal Vatika Early Learning Centre

Bindi Pasting Activity

April 12, 2025 (LKG to II)

Helps children explore patterns and colours



Welcome Activity

April 17, 2025 (Nursery)

Hand impressions - Small hands do big things

Learning through Nature's Classroom

April 17, 2025 (Nursery to II)

Helps children to observe, learn and connect with environment



Refreshing Sips, Healthy Tips

April 21, 2025 (LKG to II)

Beat the summer heat with Lemon Water

Catch, Throw & Grow

April 25, 2025 (Nursery)

Scrunching paper and turning them into paper balls, helps children in stimulating their gross motor skills and hand-eye coordination



Junior Wing Activities

Little Artists Painting with Veggies

April 26, 2025 (LKG & UKG)



Healthy Bites, Happy Smiles

April 26, 2025 (LKG & UKG)

Creates awareness about healthy eating habits (Salad Party)

Magic Show

May 2, 2025 (I to VI)

Magic is not only about tricks, it is about spreading joy and happiness among people



Thumb Printing

May 3, 2025 (Nursery to II)

My finger print leaves an imprint that is unique

Little Helpers, Big Hearts (Celebrating Helper's Day)

May 16, 2025 (Nursery)

Learning, laughter and pride in helping others to grow goes together





Junior Wing Activities

Sow Today, Sustain Tomorrow
(Celebrating Harela)
July 11, 2025 (Nursery to II)



A Bond of Love, Care & Protection
August 7, 2025 (Nursery to II)
Raksha Bandhan

Creative and Educational Exhibition

October 17, 2025 (Nursery to II)
Theme - Reduce, Reuse and Recycle





Sports– Get Set, Go

Champions Keep Playing Until they Get it Right The Moments of Pride

Bhanu Payal - The Great Rider



Bhanu Payal, of XI-D participated in the Cycle Rally organized by the Lions Club, Rishikesh, "Divine" on January 30, 2025 as a part of Basantotsav, and secured the first position after battling with about 250 competitors from 30 different schools by giving a spectacular lead of 1.5 kilometers.

Matki Fod Competition



NDS boys celebrating their victory in the Matki Fod competition organised by SBM Inter College, Rishikesh on August 31, 2025 where the boys formed a 21 ft. tall pyramid.

Inter School Chess Tournament

On the occasion of National Chess Day, an Interschool Chess Tournament was held on 11th October 2025 at NGA, Rishikesh. A total of 24 schools participated in the two categories - U-18 and U-13. From our school, Suryansh Rawat secured the first position and Saksham Bhatt bagged the second prize. With a total of 25.5 points, our school team comprising of Suryansh Rawat, Saksham Bhatt, Arshit Ramola, Abhinav Rana in U-18 and Chaitanya, Ashadhya Belwal in the U-13 category won the second position showcasing talent, teamwork and strategic excellence.



Siddharth Pant is Rocking on the Track



Siddharth Pant, of class XII, recently participated in the Ganga Sustainability Run 4.0, a 10 km marathon held on November 9, 2025, dedicated to the cleanliness of Maa Ganga and secured the first position.

During the race, he faced several challenges-fatigue, breathlessness and moments where the mind tried to give up - but overcoming these difficulties taught him that a runner's true strength lies in persistence and self-belief. Following this achievement, he also secured first position in both the 800 mts

and 1500 mts races in our school's 27th Annual Athletic Meet on 12th and 13th November 2025. In recognition of his performance and dedication, our respected principal Madam awarded him a cash prize of rupees 5000, which further encouraged him to keep striving for excellence. Subsequently, he also bagged a gold medal in 1500 mts in Inter School Athletic Meet, held in our school on November 19, 2025. This journey has strengthened his belief that with determination, purpose, and a positive mindset, every challenge can be turned into a victory.



Sports- Get Set, Go

Under-14 Sub-District & Senior District *Basketball Championship*

The air was filled with excitement and energy on September 13, 2025 when the U-14 Basketball Championship was held at Doon Public School, Bhaniyawala. The tournament brought together eight dynamic teams - NDS Girls, DPS Girls, DPS Boys, DSB Girls, DSB Boys and others - all competing with passion, skill and determination to claim the Championship title.

Our NDS Girl's basketball team entered the court with confidence, courage and unshakable spirit. Their first match was against DPS, where our girls delivered an exceptional performance. Their efforts paid off with a resounding victory, setting the tone for the rest of the tournament. In their second encounter with the DSB Girls, the team faced a narrow defeat. However, showing great resilience and spirit, our girls made a stunning comeback in the final match, defeating DSB with a spectacular score of 16-5, and proudly lifting the District Championship Trophy.

To add another feather in the NDS cap, our senior Basketball Girl's team was also declared as the champions in 25th Senior District Basketball Championship held at OSN, Rishikesh on December 6 & 7, 2025. These Basketball players showcased exceptional skills, teamwork and sportsmanship and clinched the victory by becoming District Dehradun Champions.



Inter School CBSE Sahodaya *Football Tournament*



Our school once again hosted the CBSE Sahodaya Football Tournament from October 13 to 15, 2025. A total of 16 teams from the U-18 category and 14 teams in the U-15 category from the Dehradun region took part in it. After winning four matches in a row, our U-18 team secured the Championship trophy by defeating the Horizon school and in U-15 category, DSB International Pub. School stood victorious with NDS claiming the Runner's-up trophy.

These glorious victories is a true reflection of the teams hard work, discipline and unity, strengthened by the divine blessings of Maharaj Ji, whose grace always continues to inspire every member of NDS family.

Gaurangi Raturi, IX D



Rising to a Global Stage

Akshay Kumar Singh, our Alumnus and the School Senior PTI, has made everyone proud by becoming a distinguished International Blind Football Referee.

Creativity

“Creativity is Intelligence having Fun”

- Albert Einstein

From curious minds to creative hearts, these children portray the spirit that touches the soul through rhythm and melody.



Avant Singh, 1st in Solo Singing



Senior Choir, 1st in Madhuban Ashram



CBSE Sahodaya Group Dance - 1st



Dishi - 1st, Mihika - 2nd Solo Dance at SBM



NDS lifting Excellence Award Trophy at ISCKON



Creativity

Painting is Poetry that is Seen Rather than Felt



Janvi Joshi (VIII)



Omisha Singh (XII)



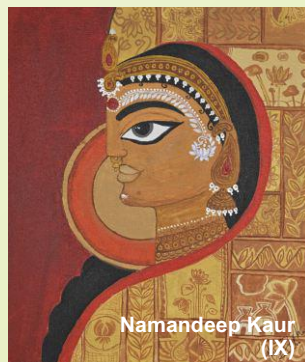
Deepika Bhatt (VIII)



Pariniti Juyal (VIII)



Nikita Rawat (XII)



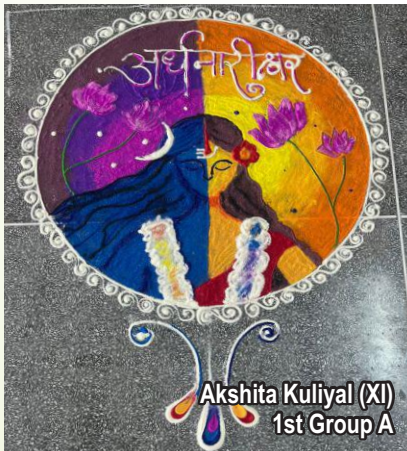
Namandeep Kaur (IX)



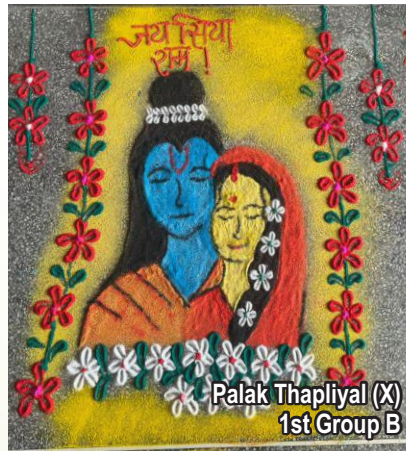
Swarit Rana (X)

Creativity

Rangoli Colours Bring Joy to the Soul



Akshita Kuliyal (XI)
1st Group A



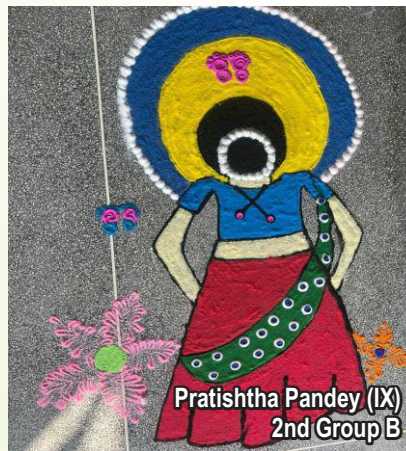
Palak Thapliyal (X)
1st Group B



Aadhya Gaur (VIII)
1st, Group C



Muskan Rana (XII)
2nd Group A



Pratishtha Pandey (IX)
2nd Group B



Priya (VIII)
2nd Group C



Name - Nandini
Class - IX
House - B.K.Laxmi



Name - Shreya
Class - B.C.
House - Arshika



Name - Anika
Class - IX
House - Ekshita



Name - Anika
Class - IX
House - Ekshita

The Beauty of Mehndi is Timeless



Name - Anika
Class - IX
House - Ekshita



Name - Anika
Class - IX
House - Ekshita



Trips and Excursions

Travelling is the Most Powerful Way of Self-Healing especially in the Lap of Nature.



Class VII Visit to Malsi Deer Park, Dehradun on February 9, 2025

Class VIII Visit to Science City, Dehradun on February 12, 2025



These short trips were both educational and enjoyable. It provided a perfect blend of entertainment. It was also a valuable opportunity to spark curiosity, promote scientific thinking and love for nature.

It's Better to See Something then Hear About it Thousand Times



Class II Visit to the Railway Station and Hanuman Temple on April 17, 2025

Class III Visit to the Local Fire Station on April 22, 2025



Trips and Excursions

Trip to Karnal - A Journey of Spiritual Discovery

With the divine blessings of His Holiness Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj the students of class XII embarked on a three-day educational and spiritual trip to Karnal and nearby sacred places from April 12 to April 14, 2025. Accompanied by our respected teachers- Mr. Akshay Kumar Singh, Mr. Ravindra Uniyal, Mrs. Jyoti Negi, and Mrs. Asha Rawat, we set off on this journey filled with excitement, devotion and a deep sense of gratitude.

The unforgettable journey began early on April 12 at 6:00 am. After a cheerful breakfast, we reached Chhattbir Zoo in Chandigarh, where we enjoyed a fascinating wildlife safari. Watching animals like lions, white tigers and deer in their natural surroundings was both thrilling and educational. The air was filled with laughter, curiosity, and the joy of discovery. By evening, we arrived at Nirmal Dham, Karnal, where we were welcomed warmly by the devotees. The serene environment and divine aura instantly filled us with peace and comfort.

The next morning began with seeking blessings from Maharaj Ji at Nirmal Kutia. His words on kindness, discipline, and humility inspired us deeply. We also visited the Gaushala where we witnessed the compassionate care of cows and learnt about the noble initiative of providing free education to the

underprivileged children. These experiences taught us the true meaning of sewa and humanity.

Next day, we travelled to Kurukshetra, where our first stop was Science and Panorama Centre, which beautifully depicted the great Mahabharata scenes through detailed exhibits, models, and light shows. We then visited the Brahma Sarovar, one of the largest and most revered holy water tanks in Asia. Standing by its calm water at sunset was a moment of pure serenity, many of us experience a quiet moment there, feeling deeply connected to our spiritual roots.

On the final day, we visited the Gurudwara, Poanta Sahib, nestled amidst the Shivalik hills. The soulful Shabad Kirtan and the divine atmosphere again filled our hearts with tranquility which left us deeply connected with a rich legacy.

Indeed, we carried with us not just memories, but lessons of love, faith and unity. With this we departed for our home. The trip was a perfect blend of learning, spirituality and togetherness, leaving an everlasting imprint on our hearts.

It was truly a memorable time.

Apeksha Uniyal
Ananya Dhyani
Daksh Khatri
XII



Trips and Excursions

‘पिकनिक का आनंद’

‘उत्सव प्रिया: खलु मानवा:’

सभी मनुष्य उत्सव प्रिय होते हैं। मनोरंजन हमारे जीवन की नीरसता व एकरसता को समाप्त कर हमारे अंदर नवीन ऊर्जा व स्फूर्ति का संचार करते हैं। मनोरंजन के विविध रूप हैं। जिनमें पिकनिक का अपना विशेष स्थान है।

सभी अनमने मन से सुंदर पलों को संजोए घर वापसी के लिए भारी कदमों से बसों में बैठे। यह ऐसा अनुभव था जिसमें मस्तिष्क तनाव मुक्त हो गया था और शरीर थकान के बावजूद भी नई ऊर्जा, स्फूर्ति और उत्साह से भर उठा था।

श्रीमती रेणु आहुजा

16 जुलाई, 2025 को शिक्षकों के मनोरंजन के लिए विद्यालय की प्रधानाचार्या द्वारा पिकनिक का आयोजन किया गया। ऋषिकेश विद्यालय परिसर से प्रातः 8:00 बजे सभी शिक्षकों ने देहरादून के लिए प्रस्थान किया। भरपूर मनोरंजन, मस्ती और संगीत का आनंद लेते हुए सफर अत्यंत आनंददायी बन गया। ऐसा लगा कि पलक झपकते ही देहरादून ‘आनंद वन’ में पहुँच गए। आनंद वन वास्तव में अपने नाम को सार्थक करता है। प्रकृति की गोद में जिस आनंद की अनुभूति हुई उसे शब्दों में व्यक्त करना संभव नहीं। पेड़-पौधों की हरियाली और पक्षियों की चहचहाहटों ने मन को असीम शांति से भर दिया। ‘वी वन प्राइड’ होटल में लजीज व्यंजनों का सभी ने भरपूर आनंद लिया। ‘माल ऑफ देहरादून’ की सैर, खरीददारी और वहाँ सूक्ष्म जलपान के बिना पिकनिक का मजा अधूरा था। इसलिए सभी ने इन सब का आनंद उठाया। तब तक सूर्य भी अस्ताचल की ओर कदम बढ़ा चुका था। घर वापस लौटने का समय भी हो गया था।



Boarder's visiting the Queen of Hills - Mussoorie on November 29 & 30, 2025 cherishing and rejuvenating themselves in the lap of fresh green mountains.





House Standings

Co-Curricular Activities at a Glance – 2025-2026

	Activities	D	E	A	N
Literary Activities	Seniors				
	English Recitation	3	1	4	2
	English Extempore	4	1	2	3
	Hindi Recitation	4	3	1	2
	Hindi Debate	4	2	1	3
	Juniors				
	Hindi Recitation	7	5	3	1
English Recitation	7	5	1	3	
Academics	7	3	1	5	
Games & Sports	Cricket (Sub Jr. Boys)	3	5	1	7
	Cricket (Jr. Boys)	3	7	1	5
	Cricket (Sr. Boys)	5	7	1	3
	Indoor Games	5	1	3	7
	Basketball (Jr. Boys & Girls)	5	7	3	1
	Basketball (Jr. Boys & Girls)	7	5	7	7
	Badminton (Sub Jr. Boys & Girls)	7	3	7	5
	Badminton (Jr. Boys & Girls)	3	7	5	5
	Badminton (Sr. Boys & Girls)	7	7	5	3
	Football (Sub Jr. Boys)	3	1	5	7
	Football (Jr. Boys)	5	3	1	7
	Football (Sr. Boys)	1	5	3	7
	Volleyball (Boys)	3	7	5	1
	Volleyball (Girls)	5	3	1	7
	Athletics	5	1	3	7
	Kabaddi (Boys)	5	1	7	3
	Kabaddi (Girls)	3	1	7	5
	Tug of War (Boys)	7	5	1	3
	Tug of War (Girls)	5	1	7	3
	March Past	3	5	7	1
Art & Craft	Poster Making on Harela	7	3	1	5
	Mehndi Competition	5	7	1	3
	Poster Making Competition	5	7	3	1
	Best Out of Waste	7	3	1	5
	Rangoli	3	5	1	7
Total	153	127	100	134	



S.No.	Discipline	Winner
1	Academics	Dhruv
2	Literary	Dhruv
3	Athletics	Nachiketa
4	Art & Craft	Dhruv
5	March Past	Abhimanyu
6	Indoor Games	Nachiketa
7	Cricket	Eklavya
8	Football	Nachiketa
9	Volley Ball	Eklavya
10	Badminton	Dhruv, Eklavya, Abhimanyu
11	Kabaddi	Abhimanyu
12	Basketball	Dhruv, Eklavya
13	Tug of War	Dhruv

Cock House: Dhruv



Luminaries of NDS

Best of Best (2025-26)

1	Best All Rounder	BOY Girl	Om Semwal Ankita Rana	XII B XII B
2	Best Artist (Sr.)		Omisha Singh	XII D
3	Best Artist (Jr.)		Vanshika Ramola	VI C
4	Best Orator (Group A)		Om Semwal	XII B
5	Best Orator (Group B)		Prakriti	X A
6	Best Orator (Group C)		Arohi Rana	VII A
7	Best Singer & Instrumentalist		Niharika Barthwal Ipshita	XI D XI B
8	Best Dancer (Sr.)		Aadya Soni	X B
9	Best Dancer (Jr.)		Astha Khatri	VI C
10	Best Sportsman		Rishabh Negi	XII A
11	Best Sportswoman		Riya	XII C
12	Best Progressive Student		Anshuman Rayal	XI D

Subject Wise Highest Percentage - Class XII (2024-2025)

S.No.	Subject	%	Name
1	English	98	Ritu Raturi
2	Physics	95	Sumit Rawat
3	Chemistry	94	Samarth Garg
4	Maths	99	Abhishek Negi
5	Biology	99	Rudraksh Verma
6	Accounts	95	Anushka Chamoli, Ayush Painuli
7	B. Studies	100	Shreya Bhatt
8	Economics	96	Sharan Sondhi
9	History	96	Hardik Kartikey Pandey
10	P. Science	99	Prachi
11	Geography	100	Prachi, Hardik Kartikey Pandey
12	Computer	98	Ayush Kandwal
13	Phy. Education	98	Bhavya Hurriya
14	Painting	100	Anushka Chamoli, Jiya, Anshika Dhandariya
15	Music	98	Kirat Kaur, Aditya Chauhan, Vaibhav
16	Hindi	98	Samarth Garg
17	Yoga	100	Prachi, Arpit Rawat

Board Result 2024-2025

CLASS - X

S.No.	Name	%
1	MANSHIKHA GUPTA	98.6
2	NAMAN BHATT	98.2
3	AKANSHI PUNDIR	98

CLASS - XII (SCIENCE)

1	SAMARTH GARG	95.4
2	AYUSH KANDWAL	94.6
3	BHAVYA HURRIYA	94.2
4	VIDHI GUSAIN	94.2

CLASS - XII (COMMERCE)

1	ANUSHKA CHAMOLI	94.2
2	SHARAN SONDHI	93.8
3	AYUSH PAINULI	92

CLASS - XII (HUMANITIES)

1	PRACHI	98
2	HARDIK KARTIKEY PANDEY	96.6
3	SANAMDEEP SINGH	94.2





Luminaries of NDS

Subject Wise Highest Percentage- Class X (2024-2025)

S.No.	Subject	%	Name
1	English	98	Akanshi Pundir, Akshita Bhatt
2	Maths	99	Vaishnavi Nautiyal, Aditya Sajwan, Sameer Rawat
3	Hindi	99	Manshikha Gupta
4	Social Science	100	Naman Bhatt
5	Science	98	Naman Bhatt, Manshikha Gupta, Akanshi Pundir, Shanvi Kothari, Purna Rawat
6	Artificial Intelligence	100	Naman Bhatt, Manshikha Gupta, Akanshi Pundir, Purna Rawat, Akshita Bhatt

List of Scholars 2024-2025

S. No.	Name	CLASS	%	RANK
1	Adira	Nursery	99.27	
2	Aayansh Chamoli	L.K.G. A	100	
3	Aditi Desai	L.K.G. A	100	
4	Ayansh Sharma	L.K.G. A	100	
5	Devesh Singh Rana	L.K.G. A	100	
6	Pratibha	L.K.G. A	100	
7	Sanvi Danbral	L.K.G. A	100	
8	Taksh Singh Kandari	L.K.G. A	100	
9	Vanshpreet Kaur	L.K.G. A	100	
10	Aashvi Semwal	L.K.G. B	100	
11	Aayansh Riyal	L.K.G. B	100	
12	Advik Kalura	L.K.G. B	100	
13	Aviral Semwal	L.K.G. B	100	
14	Sharan Sondhi	L.K.G. B	100	
15	Prajali Vishwakarma	L.K.G. B	100	
16	Seerat Sharma	L.K.G. B	100	
17	Shlok Panwar	L.K.G. B	100	
18	Soumya Gupta	L.K.G. B	100	
19	Swastik Bhandari	U.K.G. A	100	
20	Kabir Ansari	I D	99.79	
21	Priyanshi Rana	II B	99.07	
22	Atharv Tayal	III B	98.11	
23	Aahana Vishwakarma	IV C	97.65	
24	Avi Rawat	V B	98.57	
25	Agrima Raturi	VI C	96.66	
26	Janvi Joshi	VII C	97.68	
27	Navya Singh	VIII C	97.6	
28	Tanishka Negi	IX A	93.3	
29	Kartik Bhatt (Science)	XI A	88.47	
30	Anadhi Joshi (Commerce)	XI D	89.13	
31	Sakshi Bhatt (Humanities)	XI E	88.08	



English Section

Editor's *Reflection*



Priya Chawla

I, once again heartily welcome you all to the edition of Deeksha – 2025, which gives a vibrant space to the creativity and voices of our students. This magazine is a celebration of imagination, hard work, achievements and diverse talents showcased within these pages. It is a treasure trove of joy and inspiration, so step into a world where every page tells a story of passion and growth of the school and its children.

I also extend my profound gratitude to Param Pujya H.H. Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj for their countless blessings, unwavering support and trust bestowed on me to shoulder this responsibility. I also express my sincere thanks to the school management, Chairman sir and Principal madam for their constant encouragement. And a lot of accolades for the contributors and my editorial team for working step by step with me to bring this collection to life which commemorates the dreams, challenges and triumphs of many.

I wish you all a very happy reading time and a prosperous New Year ahead. I also apologise for the shortcomings, if any.

Student's Column

Sweet Memoirs By Class XII

Always Thankful, Incredibly Grateful, Unbelievably Blessed

Let's dive into a pool of class XII journey in NDS, who have shared their vivid experiences; their stories of trials and errors; and the lessons learned and the values nurtured. With their school life coming to a close, they indeed deserve this space...





Sweet Memoirs By Class XII

*Always Thankful, Incredibly Grateful,
Unbelievably Blessed*

My Journey of Becoming the School Captain

When I first walked into NDS as a third grader, I was just seven years old, curious, hopeful, and quietly inspired by the stories my sisters had shared. Both alumni of this school, they spoke of a place filled with warmth, spirit, and opportunity. I arrived with high expectations, and over time, NDS lived up to every one of them. Making friends didn't come easily at first. I often found myself on the sidelines, watching others connect. But the kindness of my teachers many of whom already knew me through my sisters, helped me feel seen and supported. Their encouragement gave me the confidence to step forward, and slowly, I began to find my place among my peers. It was in those early moments that I learned the value of patience, empathy, and quiet resilience.

I found my rhythm in the school's vibrant co-curricular life. Whether it was storytelling, recitation, or choir practice, these spaces became my home. I still remember limping around with a fractured foot in third grade, yet never missing a chance to be part of the action. That year, our choir earned second place at the Vasant Utsav Competition which marked the beginning of my musical journey at NDS, and in my final year, it came full circle when we secured first place at the Madhuban Ashram singing competition, my last music event as a student. This experience taught me that success is not always measured by accolades, but by the memories we create and the bonds we build along the way. I channelled my energy into every opportunity that came my way, whether it was a school play, a music competition, or a sports event. Each experience added a new layer to my understanding of responsibility and teamwork.

The pandemic years were challenging for all of us. Remote learning felt distant, but I stayed connected through dance, poster-making, and essay competitions. These small acts helped me hold on to the spirit of NDS, even when the classrooms were empty. Yet, through it all, I learned to adapt, to stay hopeful, and to keep the flame of creativity alive. And

when we finally returned, the joy of coming back, being surrounded by mentors and friends was indescribable.

Senior school brought new challenges and deeper friendships. NDS became more than just a school it became a second home. I tried to give back in every way I could: through music events, organizing celebrations, chairing MUN committees, and playing Inter-House Cricket. Each experience taught me something new not just about leadership, but about humility, teamwork, and trust. One of the most meaningful recognitions I received was the Best Orator award thrice over the years. But more than the certificates, it was the belief my teachers had in me that mattered most.

This year's student council selection was intense. Many of us were interviewed, each hoping to serve. I remember the nervous silence as names were announced. When mine was called as the new School Captain, I felt a quiet wave of joy not because I had achieved something, but because I could now give back to the place that had given me so much. It was a moment of quiet fulfilment, a dream realized not through ambition alone, but through years of learning, growing, and believing. Every day has been a reminder that leadership is not about standing out, but about standing with. Whether it was helping juniors navigate their first events or working with peers to solve everyday challenges, I learned that true leadership lies in the small, consistent acts of care and responsibility.

As I prepare to step into the next chapter of life, I carry with me the values, friendships and memories that NDS has gifted me. I'm deeply grateful to my teachers, peers, and everyone who shaped this journey. And for that, I will always be thankful.

**Om Semwal
XII B**



My Journey as a Student to the School Captain

As you may have heard in most people's life, the beginning is full of hesitation - but with time, they grow stronger. However, my story is a little different.

My story began as I entered NDS as a LKG student in 2012. Since childhood, I was always a bright one - good not only in academics but in sports and other activities too. I used to believe that life will always be smooth and rewarding.

And then came 2020 - the year the world changed because of COVID. Schools closed, classrooms turned into online sessions, and suddenly everything felt different. Gradually, I noticed a change in myself; I wasn't the same hardworking girl I used to be. That period was a real downfall for me, but it was also the moment that marked the beginning of my true journey.

One day I decided to rebuild my disciplined self again. It wasn't easy but every small effort made me stronger and more confident. And then something beautiful happened-I was chosen as the School Captain; it felt that life had come full circle. Standing in front of my teachers, students and my beloved friends in the School Auditorium wearing the badge, I couldn't help

but think of a younger version of me who once had a dream of becoming the School Captain which may have remained a dream if I would not have changed myself at the right time. Through this journey, I realised that being a School Captain was not what I once thought it was. I used to believe it meant being the perfect one- giving orders, telling everyone what to do and always staying in front but slowly life taught me. I began to see that real leadership is not about standing above people - it's about standing with them. I learned that being a school Captain means being a person others can count on. It meant lifting someone's spirit, creating an environment where juniors feel safe, seniors feel respected and everyone feels included.

That's when it truly hit me that a School Captain isn't defined by badge or a title, rather the post is defined by kindness, support and courage to care. Today I am proud of the person I've become-not because I was always perfect, but because I learned how to stand up after falling; those 14 years will always remain alive in the great depth of my heart.

Ankita Rana
XII B

Change is Crucial

The story begins when I was in Class X, I was not a good student at that time. I was a troublemaker in the class. I often annoyed other students and was a constant problem maker. Bunking classes was common for me. It felt like everything was falling apart for me at that time. But at the end of Class X, I scored very low marks in the board exams. So, when I reached out to choose a subject in Class XI, our principal madam almost decided not to take me in the school for being weak in studies.

I still remember the disappointing eyes of my parents. They didn't say anything to me, but I understood everything; that this is not a child my parents dreamed of. And this was the turning point for me. I decided to completely change myself in Class XI, I wanted to prove wrong and challenge those people who once questioned my ability. I worked hard in class XI and secured good marks, and then by the time I reached class XII our principal madam who once doubted my ability finally saw the change in me and chose me to become vice-captain of the school. Well, change is

crucial in life and I learnt that sometimes, the greatest failures, simply lead to the beginning of the most significant turning points in life.

Apart from this, there are other lessons also which I learnt in NDS. One of them is that making a mistake is quiet normal for everyone but one should have the courage to accept it and I learned that courage in class XI and reformed myself. There is another value which I have started to appreciate, which is that everyone wants to befriend with a good person, but no one thinks of becoming a good man. We need to apply this on ourselves. Before wanting to change the world, we should change ourselves first.

With this, I would express heartfelt gratitude to all my teachers, who always supported me, my friends who made life cheerful in school and whom I could rely on, and my principal madam, who recognised my potential & encouraged me always.

Saurabh Rana
XII D
Vice-Captain



Bidding Goodbye is Tough...

Words are less to describe the amount of love I want to pour in these memories. I joined NDS in my class IX but here I am recording my last few months of good bye to this wonderful building, these adorable classrooms which I once felt were like a cell of jail. Funny, isn't it?

Anyway, I wholeheartedly want to thank my teachers who taught me, understood me, loved me, never let me knew how foolishly I acted sometimes....

I, especially want to thank Sunil sir, my class teacher who stayed by our side all the time making the hardest equations, transactions of accountancy as smooth as butter, then our sweet snow-white madam, I once remember her as "Oh... that teacher who always wear white clothes". Yes, our Priya madam, sweet, lovely, strict, friendly and everything. Our beautiful Shristi madam - economics well, I don't like it that much but her teaching makes it easier, yet interesting. Minakshi

madam the subject as well as the teacher I like her so much, then our sports teachers, well they really treated me not just as a student but a friend, like their daughter, supported me whenever I needed jokes, studies, events and everything - Our daring Akshay sir, strict yet soft V.K sir and playful Gaurav sir

And how can I forget our yoga masters Manish sir and Durgesh Sir, each moment with them within these walls, felt like a sweetest dream which I wish, may never end and yes now I am in love with these walls which I once was afraid of. I will miss the time with my chatterboxes, my loving friends who loved me and simply loved me. Thank you for everything, to everyone - my friends, my teachers and juniors for giving me these beautiful memories.

Akshita Dabral
XII D
School Vice-Captain

From Masks to Memories-My NDS Journey

It's strange how some journeys begin quietly but leave an echo that lasts forever.

I still remember my very first day at NDS. It was during Class 8, barely fifteen days before the half-yearly exams. The world was wrapped in masks, sanitizer bottles, and distance. I was the new kid who didn't know anyone, joining a class where friendships had already formed.

I won't lie - I was nervous. The fear of being left out, the awkward silence during attendance, the confusion of online classes and half-filled notebooks - it was all a blur. But amidst that uncertainty, one person became my anchor-Neelam Rana Madam, my class teacher, my biology mentor, and the first person who made me feel that I truly belonged here. Her warmth, her patience, and her faith in me turned hesitation into confidence.

And then, like every good story, a friend entered - Khushi Suriyal. The first friend who helped me with everything, from lost notes to missed homework, who

made me laugh when I barely knew anyone. From that day till now, she's been my constant companion. Slowly, the school that once felt new started to feel like home.

Then came Class 9, the top-floor era - the hottest classroom and endless laughter echoing through the hallways. That year was special for so many reasons, but mainly because I was finally living school life. We had new teachers, new chaos, and unforgettable memories. The highlight, without a doubt, was being part of the two grand Annual Functions, especially the Silver Jubilee celebration of NDS. We spent countless hours rehearsing, skipping classes, running through corridors in half costumes, and staying after school to perfect a single dance step; the excitement, the backstage madness, the pride of performing on that big stage - those are the memories that define what school truly means.

Class 10 was when everything got serious. But that year, I was blessed with the best teachers anyone could ask for -Priya Madam for English, Akansha





Madam for SST, Neelam Madam, Rajni Madam, and Garima Madam for Science, and Mizi Sir for Maths. Each one of them taught me more than subjects - they taught me discipline, belief, and persistence. Because of their support, I was able to score above 90% in my boards - something I'll always be proud of.

Class 11 came like a gust of wind - fast, challenging, and full of growth. My dream of joining the school leadership finally came true when I was appointed House Captain of Dhruv House. Standing on the podium, holding that badge, I felt a sense of pride that words can't describe.

But what truly defined my 11th and 12th wasn't just leadership - it was a vision. Organizing conferences, training juniors, managing teams, and watching others grow into confident speakers. Those moments made me realize what passion and perseverance can create. Balancing academics, responsibilities, and the MUN club wasn't easy, but it was worth every bit. When I became the School Literary Captain in Class 12, it felt like everything had come full circle - from the scared new boy in Class 8 to the confident leader

standing on that same platform.

And yes - the stage will forever be my favorite place in this school. From hosting assemblies, functions, debates and ceremonies, to spending countless hours preparing for events - that stage became my second home.

Now, as I write this, I can feel that familiar lump in my throat. It's hard to describe how it feels to say goodbye to a place that gave me everything.

Leaving NDS brings tears, but also pride.

Every journey must end, and so does this one. But for me, this isn't goodbye – it's the beginning of a new story, written on the foundation the school that gave me courage, knowledge, and heart.

Forever proud to be a Nirmalite. Forever grateful to call NDS my home...

Daksh Khatri,
XII A
School Literary Captain

My Memories in NDS

“Every journey begins with a single step, but it is passion and perseverance that turn that step into a story worth remembering.”

It has been nine years since I first walked through the gates of NDS, and sometimes it still feels unbelievable that a place which has shaped so much of me can also be called 'home'. I came to this school in class IV in the year 2017, and what began as a tentative, curious step has grown into a journey filled with lessons, laughter and countless memories.

On my very first day, I remember feeling tiny amid the towering buildings and wide playgrounds. The corridors seemed long and daunting, but my classroom was warm and bright - colourful paints on the wall and a kind teacher who welcomed me with a gentle smile. Slowly, the fear eased; the playground became a place of laughter, the classroom a place of discovery, and the school a place where dreams found small beginnings. Those early years taught me many things. Books opened whole new world for me and pushed me towards storytelling, recitation and debates. At the same time, sports brought balance - I

fell in love especially with basketball, where teamwork, practice and grit became daily lessons. Playing games kept me energetic and grounded; the court taught me to focus under pressure and to celebrate both victories and lessons learned.

Our annual functions were bright highlights: days of rehearsals, the thrill of costume and choreography and the night of performance when my heart would race but my feet would find the rhythm. I took part in dance performances that helped me transform stage fright into stage confidence and taught me how powerful a single applause can feel. There were setbacks too - moments of self-doubt, tough critique and the challenge of balancing studies with co-curricular passions. But each difficulty nudged me forward. Encouraged by teachers and cheered on by friends, I began to step up - organising literary events, contributing to the school magazine. Little by little those small efforts grew into larger responsibilities. I



was finally chosen as the School Literary Captain, it was the culmination of these nine meaningful years, a role that asked me to lead with humility, creativity and service.

Looking back, I feel grateful - for the mentors who believed in me, for the teammates who pushed me in the court and for the audiences who clapped for my dances. The journey from that timid class IV newcomer in 2017 to the person I am today, has been a mosaic of experiences that shaped my character and lit up my dreams. I move forward remembering

every lesson and carrying a promise to inspire others, just as I was inspired.

Now I would like to end with this beautiful quote by Eleanor Roosevelt

“The future belongs to those who believe in the beauty of their dreams.”

Priyanshi Bhandari
XII B
School Literary Captain

Lessons Beyond Classrooms

I joined my school in 2010, as a little girl in LKG - tiny, shy, and full of dreams. Looking back, my journey wasn't always easy. In the formative years, I was often teased by my classmates. As the time rolled on, it somehow grew worse. I never really understood why. Maybe I was different, maybe too quiet, or maybe just too kind in a world that didn't always value kindness.

Despite everything, I never changed who I was. I stayed respectful and gentle with everyone - seniors, juniors and teachers alike. Even towards those who hurt me, I always tried to help and care. I believed in being good, no matter what. I had always wished for an elder brother-someone who would scold me lovingly, guide me, pamper me, listen to me and protect me. I still remember watching my classmates being visited by their elder siblings during recess and thinking, “I wish someone like that would come for me too.” That wish unexpectedly came true on 14th September 2021-a day I will never forget. I was in class 8 at that time and some students were selected for the district matches at Bhaniyawala. Among them was a senior - Amar bhaiya, who was in class 11. The moment I first saw him, I noticed his tired eyes and thought he must've fought with someone at home. I was a little scared that he might be angry or rude. But when I finally gathered the courage to ask his name, he replied so softly and politely that it instantly changed my impression.

That day, he guided and encouraged me throughout the event, especially during my chess match. I don't know when or how, but slowly he became my elder brother I had always wished for. By 2022, our bond

had grown really strong. When his 12th grade was about to end, I often felt emotional thinking about how school would be without him. Every memory we shared - the recess breaks, the small talks, and especially the last day we met at school, still lives in my heart. Thankfully, we're still in touch, even today we fight, argue, tease each other, but also care deeply, just like real siblings do. I only wish that our bond stays this pure forever, untouched by the world's negativity.

Later, in class 11, life surprised me again. I met a girl who was completely opposite to me - I'm quite an extrovert and she's an introvert - but somehow, we became best friends. Now, we are a beautiful group of six friends - Aditi, Bhumi, Bandhana, Aditi Uniyal, Lavannya, and Kanchan and I'm genuinely grateful to each of them.

And yes, among my classmates, I will always remember Daksh Khatri for teasing me and fighting with me, Shivang Raturi for being caring and understanding and friends who only come to me when they need my help - but I still cherish all these countless moments in class that made me smile and I'll always carry these memories with me.

These are the little pieces of my school life-the laughter, the pain, the bonds, and the lessons. They've made me who I am today. And no matter where life takes me next, a part of my heart will always belong to this place.

Aditi
XII A



MUN Changed Me

Imagine a girl sitting at the back just in the hope of getting noticed and within a few days, leading her class and herself forward.

I was in class 9th, may be just because I was getting a chance of being out of the class or maybe just because my teachers encouraged me for being a part of the MUN in other school as the only student participant from our school. Though I learnt a lot of things, those two days of MUN changed my whole point of view towards my life.

How MUN changed me was not just from being an introvert to an extrovert but it was also about changing my perspective towards various things. What I used to believe was that a good leader is an impressive public speaker and has every leadership quality possible but what I learnt and what I gained from my experience was that a good leader is not just a human with good public speaking or leadership skills but he or she is a human with the humblest behaviour and very polite nature.

Looking back, when I see that 9th grader in me somewhere sitting at the back, I feel blessed to have

those teachers who encouraged me to take part, my friends who supported me to go there and my parents who agreed on that last moment permission.

The journey of being a delegate to a Campus Ambassador, to being appointed as a Chairperson and now being the Head of Delegate Affairs of my school's MUN Club was not easy. It was filled with hardships and left me overwhelmed most of the time, but it was joyful and fascinating at the same time.

If the world would give me another chance to live that moment again in my life, I would not dare to think for another second to say yes for it. MUN was never a competition, rather it is a place to prove myself a better leader or better than my fellow delegates. In my words, MUN is a platform for building a future. It's a place to learn more and more. It's another Universe having no boundaries for exploration.

Remember, no one is born as a leader but they can be one.

Tanya Prajapati
XII-E

The Little Moments That Make School life Special

It all started with a ringing bell, a chalkboard full of lessons, and a bunch of faces that slowly turned into family. It's been 14 years in the school, a journey with laughter, dreams, and countless memories. Those years weren't just time; they were the most precious part of my story. Back then, we thought school was just about studying and passing exams but now when I look back, I realise it was never just about that. It was about the people, the laughter, the mistakes, and the memories that make everything worth remembering.

Every classroom had its own story- from the front benches with perfect notes, to the last benches with endless jokes. Each corner of the school holds a piece of growing up years. I still remember the morning, when we'd run to the class before the bell rang, panting but happy to make it in time. The excitement

of a free period, the fun during annual functions and even the last-minute exam panic- they all have a special place in my heart. We used to share tiffin, whisper during lectures and laugh at jokes that made no sense, but somehow those were the moments that made everything feel right.

There were days when we got scoldings, punishments or even feel embarrassed in the class. At that time, it felt bad but now those moments make us smile. The truth is, every scoldings, every laugh, every tear and every achievement shaped us into a better human being and how can we forget the teachers- the one's who taught us lessons from books and also lesson of life. Some of them made us believe in ourselves when we doubted our abilities, and some became our biggest inspiration without even realizing it.



As we move closer to the end of school life, everything suddenly feels precious. The same morning bell that was once annoying now sounds like a melody we will miss forever. The uniforms we wore daily without thinking will soon become symbols of all the best years of our life. Even the blackboards once filled with equations and dates, now look like some memory board of childhood.

One day when we'll look back on all those years, will remember not the marks we scored, but the friends

we made, the laughter and gossips we shared and the moments that made us feel alive because school is never just a place to learn, it is a place to grow, to dream, to fall and to start again.

And maybe that's why, no matter where life takes us, a part of this will always stay behind. And one day, we will realise that the real magic of school was hidden in its simplest moments.

Akansha Rawat
XII C

"The School That Shaped My Soul"

*"The bell may stop ringing,
but the echoes never fade."*

When I was a child, my only aim was to win,
To collect trophies, to wear that proud grin.
But through my school life, I came to see,
Winning isn't everything—it's just one key.

I learnt the real value of living each day,
In laughter, in learning, in finding my way.
The path of happiness and moments of tears,
Both shaped the person I am through the years.

I found peace in mornings, calm and new,
In classrooms filled with dreams that grew.
The sound of bells, the chatter, the race,
Each memory etched - a warm embrace.

Friends who stood by when I fell behind,
Teachers who lit the lamp of my mind.
Lessons not just from books or art,
But from kindness, courage and an open heart.

Now as I stand near the end of this lane,
A smile on my lips, eyes wet like rain—
For the fear of losing these days so bright,
Still glows softly in the heart's quiet night.

School taught me that life's true win,
Isn't about medals, but peace within.
And though this chapter comes to an end,
Its echoes will stay—like a lifelong friend.

Mushkan
XII A

A Silent Scream

A silent scream, a hidden pain,
A cruel tradition, a senseless chain.
A girl's young life, cut, short and cold,
A future stolen, a story untold.
Why must her body be mutilated?
Her spirit broken, her dignity violated?
A barbaric practice, a cruel decree,
A stain on humanity, for all to see.
Let's raise our voices let's make a stand,
Against this horror, throughout the land.
For every girl, her right to be free,
From this cruel custom, wild and carefree.
Let's unite as one, a global force,
To end this practice, of course.
And let the girls of every nation,
Live a life of hope and liberation.

Mannat Khurana
XII C

Bunking Class

We planned it smooth, we planned it fast,
A secret escape from the boring class.
With bags in hand and hearts so free,
The world outside was calling me!
The wind was wild, the sun was neat,
Adventure waited down the street!
We ran from lectures, skipped the bell,
Made memories we'll never tell.
Laughter louder than any pass,
Oh, the thrill of bunking class!
Though grades may frown and teachers glare,
Those carefree days- beyond compare!

Aaditya Singh
XII C



My Second Home

I still remember the day I first walked through these gates –
 A small nervous kid in grade three,
 Clutching my bag a little too tightly,
 Wondering if I would ever fit in.

Everything felt new - the faces, the classrooms, the smell of chalk and freshly polished floors,
 I didn't know then that this place would one day mean the world to me.
 At first, I stayed quiet, unsure of where I belonged.
 The lessons felt long, the teachers so serious,
 And I would whisper to myself "WILL I EVER FEEL AT HOME HERE?"
 But time has a way of working magic -

A smile from a classmate, a shared laugh, a teacher who noticed my efforts behind the silence
 And slowly, the school stopped feeling strange - it became my Second Home.
 These walls have seen every version of me,
 The shy one who hesitated to speak,
 The curious one asking too many questions
 And the dreamer who believed everything is possible.
 The school helped me grow through every stumble,
 Every success and every quiet moment of learning who I am.
 I remember sneaking bites of lunch in the middle of periods,
 Trying not to get caught and sharing smiles under the desk
 As if it were the most important secrets of the world.
 Those tiny moments -

The giggles, the whispers, the smell of food mixing with laughter-
 Became the heartbeat of our days.
 And the teachers - Oh, the same teachers we were once so scared of?
 The ones whose footsteps down the hall made us sit straight,
 Whose stern look could silence a room.
 Somewhere along the way, they became our mentors,
 Our biggest supporters, people we could laugh with, talk to and trust.
 We build bonds stronger than we ever imagined
 And behind every strict word, we began to see the care and love they always had for us.
 I have learned more here than what books could teach,
 I have learned kindness, courage, and the strength to lead.
 I have learned mistakes don't define us - they shape us
 And that success is not measured by marks
 But by the moments that make us better.
 Now, as I stand on the edge of GOOD BYE,
 The thought of leaving feels heavier than I expected.
 So yes, it hurts to let go...

Sometimes I catch myself holding back tears,
 When I think of walking out of these gates one last time.
 But more than sadness, I feel gratitude
 For the memories, lessons, people and the version of me this place helped create.
 And no matter where I go from here –
 I know, I will always carry the sweet memories in my heart,
 Because this place - these walls, people and the time spent here
 Will always be MY SECOND HOME!

**Harmanpreet Kaur
 XII B**



The Bunk that Backfired

We are three best friends - Vivek, Adarsh and Ishmeet studying in class 12. One fine day, we decided to bunk our English class. Everything was going great until we found out that madam had sent our school bags straight to the principal's office!

What followed was pure chaos - phone calls at home, serious warnings and a lot of scolding. Adarsh got a lecture from his mom, Ishmeet's dad was all red with anger, and Vivek had to face his mom right in front of the principal madam. In the end, we all learned one thing the hard way,

bunking class in school might seem fun or exciting at the moment, but it often leads to missing important lessons, falling behind in studies and losing teacher's trust.

Attending classes regularly builds responsibility, knowledge and character. It's better to find a healthy way to manage boredom or stress rather than avoiding school work. In the end, discipline and consistency always pay off more than temporary fun.

**Adarsh, Ishmeet, Vivek
XII E**

The Fallen Crown

I was always the crown of my family,
I was the good girl.
Did what elders said.
Never argued, never said no,
never dreamed too loud.
The first time I made tea,
they smiled, proud -
not because it was sweet,
but because girls should learn.
I didn't like the sound,
but I smiled,
swallowing the quiet I wanted to keep.
When I wanted to go out
for a party with friends,
they said no -
not because it was unsafe,
but because good girls don't stay out late.
So, I stayed home,
watching the night pass by my window.
When I graduated
and started to dream of work,
they told me to marry -
"Who will want you later?"
My dreams sat quietly in my hands,
and I said yes,
like a good girl does.
Years went by like melting ice,
and the day came again.
I was trembling like a little bird
in front of a snake.
His palm found my silence,



echoing through the room,
and still burning my cheek.
He said I was useless -
mistook my care for something cheap.
Everyone told me,
"It's the tale of every house.
Embrace it,
like a good wife who keeps peace."
But peace never came.
Only silence,
and bruises I hid under sleeves.
Finally, I found my voice,
stood on my feet, and poured out my heart.
They told me not to argue,
not to shame the family.
But this time, I covered my ears.
I fought for myself and took flight from the cage -
but I didn't freeze this time.
I walked away,
leaving the perfect Cinderella behind.
Now I am all alone, silent -
but this silence feels spacious.
I breathe without apology,
walk without permission,
live without fear of what they'll say.
I'm no longer the crown of my family.
I'm no longer a good girl.
I am finally free,
and that is good enough for me.

**Niharika Kala
XII B**



Beyond Grades: Redefine a student

Can marks on a sheet of paper truly decide a student's worth? Let's be honest in the world we are residing today; it might make us feel that marks are everything. But they can never decide a student's potential, character and creativity. The society has made education focus on scoring grades but that is not all.

The society overemphasizes marks. Let alone society, our own parents, too follow this race. No one knows about the student's mental health and anxious nights and the fear of failure. But education should spread curiosity and not fear. The worth of a student is in creativity, curiosity, kindness, empathy and perseverance.

Albert Einstein, APJ Abdul Kalam - were they always good students? Even great minds like Albert and Abdul proved that grades can never decide one's potential. Parents should be child's safe haven but what happens when the child fears them because of a report card? Parents should appreciate effort and new ideas, instead of fear. Grades may open the doors, but they never decide what kind of a person walks through them.

Anaya Gupta
VIII D

The Silent Guardians

In the holy city of Rishikesh, where the Ganga flows pure and the Himalayas whisper ancient tales, there's a quiet hero that stands tall-trees! Today, when India faces rising heatwaves, air pollution, and water shortages, planting and protecting trees is no longer a choice - it's a necessity.

Our cities are getting hotter each year. According to scientists, temperatures in India are rising faster than ever. But there's hope. A single tree can cool the air by up to 10 degrees. Imagine a whole forest! Trees don't just give us shade - they give us oxygen, protect soil, attract rain, and provide homes to countless creatures. As students, we may be young, but we are powerful. Planting one tree today is planting a better tomorrow. Let us be the generation that acts, not just reacts.

As Mahatma Gandhi once said, "The future depends on what you do today." Let's be the silent guardians of nature, just like the trees. Let's plant hope, one sapling at a time.

Savin Chawla
IV B

If Misogyny is okay, then so is Misandry

For centuries, society has tolerated misogyny - the hatred, disrespect and mistreatment of women. Women were told what to wear, how to behave, when to speak, and when to stay silent. Their rights were denied, their voices ignored, and their dreams crushed. Yet, people acted as if it was "normal". If this injustice against women was ever considered acceptable, then why shouldn't misandry - the dislike or anger towards men be treated the same.

If men could call women weak for years, then why can't women now blame men for their dominance? If men could laugh at women's pain for generations, then why can't women express their anger now? Misandry, in this sense, becomes not just hatred - it becomes a reaction, a mirror held up to society to show how unfair things have been.

When women are constantly judged and controlled, misandry is simply a way of saying, "We've had enough." In reality, it is not about hating men, but about rejecting the power, the imbalance and the dominance that men created. If misogyny could exist openly without shame, then misandry deserves the same tolerance - at least until equality truly exists.

But the real lesson here is this - Neither should be accepted in society. Equality means ending both and respecting each other's space, potential and needs.

Agamya Negi
VIIC

Women's Power

God made you bold and soft alike,
a silent strength that powers light.
Though gifted much, you bear the loss,
a rock that anchors every cross.

You handle all, yet no one can see,
the weight of your day's duty.
So raise your voice, let others know:
you are not poor, but help us grow.

Avni
VI B



Mobile Vs Mind

In today's world, the mobile phone has become a family member. It eats with us, sleeps with us, travels with us, and even goes to school with us. Sometimes secretly in our pockets! Some students treat their mobile like a newborn baby-always in their hands, always charged, always protected. But when it's time to charge their brain with studies, suddenly the battery becomes low!

The biggest mystery is this: -

When we open a book, our eyes feel sleepy. But when we open the mobile, our eyes shine brighter than a tube-light! Parents say "study for one hour" and students reply, "Okay" But the mobile says, "Just 5 minutes, check Instagram messages", and students say, "Yes, my lord!" This is how the mobile becomes the boss, and the mind becomes the servant. Mobile is not bad. It gives knowledge, news, music, maps, and even funny memes. It can remind us of homework...although it usually helps us forget

homework! The real problem starts when the mobile steals time. Forty minutes **PUBG**, thirty minutes **Instagram**, twenty minutes **YouTube**...and when it's time to study, the brain says, "**System Crashed**". And

the funniest thing is during exams, students don't pray to God, but to Google and ChatGPT! But inside the examination hall, even the smartest phone becomes silent and useless, while the mind has to answer everything alone.

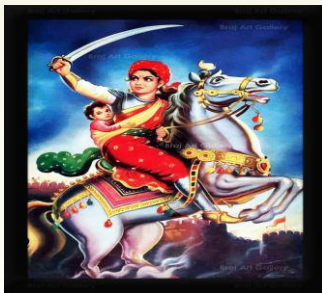
So, the rule is simple: -

Charge your phone, but also charge your brain. Scroll the screen, but also open the books. Use mobile as a tool, not as a teacher. Because in real life, marks, knowledge and confidence will help you more than likes, comments and followers.

Pariniti Juyal
VIII C



The Flame of Jhansi



When tyrants rose and chains were near,
A queen arose, untouched by fear.
With sword in hand and eyes that shone,
She vowed-"My Jhansi is my own."
Against the storm of foreign might,
She blazed; a beacon in the night.
Her steed surged forth through smoke and flame,
The world still whispers Lakshmibai's name.
No crown could tempt, no plea could bend,
Her love for freedom knew no end.
From palace walls to battle ground,
Her courage was the nation's sound.
Though fate would still her mortal breath,
Her spirit mocked the face of death.
For in each heart where freedom burns,
The Queen of Jhansi still returns.

Shanvi Kothari
XI B

What if Teachers Could Read Minds?

Imagine sitting in class, pretending to focus on algebra, when suddenly your teacher says, "No, you can't go to the canteen after this period!"- even though you only thought about it! Welcome to a world where teachers can read minds. Just imagine when every secret daydream, every lame excuse "Oh! I forgot to bring my homework...", Every wish - "When this period would end?"- All thoughts instantly exposed... Isn't it all scary?

But on the bright side, teachers would finally know when we're genuinely confused, nervous or trying our best. They would understand when we are sad or when a topic feels too tough. May be, classes would become happier and grades would become better.

Still, imagine the chaos - no one could secretly eat chips on the last bench or silently pray for the bell to ring!

So, maybe it's a good thing that teachers can't read minds. Some thoughts are better left inside our hearts - safe, funny and totally ours!

Mannat Anand
VIII C



The Death of a Moment or the fear of its Power?

The word feminism wasn't born out of convenience, it was born out of pain, rebellion and necessity. From its roots in 19th century France, to the voice of Mary Wollstonecraft, the Bronte sisters and the countless women who fought centuries of silence, it began as a cry for something painfully simple - to exist with dignity.

Yet today, the very word that once sparked revolutions now makes people shift uncomfortably in their seats. Women distance themselves from it saying, "I believe in equality, not feminism" as if the two were not of the same blood. Why? Because world around them feels comfortable enough. They can drive, study, vote, speak and mistake privilege for progress. But comfort is a local luxury, not a global truth.

While one woman rolls her eyes at the word "feminist", an Afghan girl buries her books to avoid being punished for learning. While a corporate influencer mocks "modern feminism", a girl in rural Africa walks miles for clean water instead of walking to a classroom.

Yes, there are misuses. There are people who twist

laws meant for justice, and stories that shake public trust, but it's ironic how society will amplify those exceptions while normalising rape, domestic violence and pay gaps as background noise.

The word feminism became uncomfortable, not because it lost its meaning, but because it still threatens comfort, the comfort of men who never had to justify their freedom and a woman who fear being labelled "too much". Yet every time we shy away from that word, we betray the women who still have no choice, but to fight.

Feminism isn't about hating men. It's about not settling for a world that still excuses their violence, privilege, and silence.

Gloria Steinem once said, "The truth will set you free, but first, it will challenge your comfort". And maybe that's exactly why feminism still matters, because freedom was never meant to be comfortable, and truth was never meant to please.

Akshita Bhatt
XI E

Artificial Intelligence - A friend or an Enemy?

Artificial Intelligence, or AI, is now used by many people in their day-to-day lives. It helps in writing, searching, planning and finishing work faster. Even though I also started using ChatGPT and Gemini a lot to get instant answers of my questions. It felt very easy, but later my parents explained its side effects to me. They told me that too much use of Artificial Intelligence can stop people from using their own intelligence.

Psychologists say that when people depend on AI for simple things, their natural thinking becomes weaker. Instead of solving problems on their own, they just ask AI for instant and quick answers. This habit is also affecting the Gen Alpha. Children get used to quick results and quick entertainment. It even leads to rotting of the brain, where the brain becomes lazy, and it becomes hard to focus on studies or real tasks. Psychologists also say that brain rot's addiction can disrupt memory consolidation and retrieval

processes. Memory consolidation is the process of stabilizing memories and transforming short term memories into long term ones, while retrieval is the process of accessing stored information.

AI is not harmful, but using it all the time can reduce creativity and mental growth. So, it is better to use our own intelligence instead of the "artificial intelligence". It can turn to be harmful because of its excessive use. We should never underestimate books and our own mind for AI.

Because the one who created this is also a human. A creative human who didn't have AI, but his own knowledge, skills, creativity and education. The future with AI is so exciting, but also a little uncertain. Now, only time can show us how much it truly changes us.

Ananya Pant
VIII D



Breaking the Chains: Death of Caste system & Birth of New India

In the shadows of high walls and louder temples, the poison of caste system runs deeper than the Ganga itself dividing, degrading and destroying the soul of India. While the world races ahead, we remain enchained by an ancient tyranny of discrimination that tears apart our nation from within, mocking our constitution and humanity. The Indian Caste System is a cruel, archaic cancer that strangulates freedom & love, particularly when it comes to marriage. Forcing people into caste-based endogamy is nothing short of social terrorism - a violent, ugly obsession with "purity" that destroys lives and families. The blood spilled over forbidden love speaks volumes about the true face of the caste system-a savage violent dictatorship over the most intimate human right. The caste system in India has become a tool for political exploitation, a system designed to divide and rule the masses. People living in the largest democracy of the world still look at the caste of the contender before voting for him/her rather than looking at the social work he/she has done for the



people of the constituency.

"A guillotine for talented people"- the reservation system that beheads talent and merit. It is a brutal caste racket where lazy elites enjoy quotas, while hardworking and talented youth gets trampled and shoved aside. The third largest economy and the country with the largest youth population chooses its leader on the basis of the rank of their caste in the

marginalized community list. Not on the basis of merit, competence and capability.

"A Viksit Bharat" means an India with no caste or religious divisions and no linguistic chauvinism, a country where dignity, equality and freedom are not only slogans but also a

lived reality. The time for gentle world and half-hearted reforms is over. India can no longer live in shackled chains of caste, religion and linguistic divisions. Tear apart the manusmriti of oppression, crush vote bank mafias and build a fearless united India.

Rudraksh Tripathi

XI B

Exploring Unhindered

No maps, no rules, no tethered lines,
I walk where sunlight dares to shine.
No walls of past, no chains of pride,
Just truth and silence by my side.
Through doubts that tried to hold me still,
I found my voice, my boundless will.
The world unfolds - wide, untamed, clear,
Each step I take dissolves the fear.
The trees stand tall, in silent grace,
Their roots deep set, their leaves embrace.
They bend but break not, proud and kind,
A mirror to my searching mind.
Each mountain peak, each drifting cloud,
Unveils the truth- serene, unbowed.
That dignity is nature's way,
To simply love, not strive, not sway.
The earth reminds me: life is astride,
Through storm and bloom, with souls as guide.
Exploring unhindered - I reclaim,
My peace, my purpose and my inner flame.

Akanshi Pundir, XI B

If Time Travel Could Happen

If time travel could happen, I would love to be the first person to try it. Imagine stepping into a shining time machine with buttons and glowing lights. First, I would go back to the past to see how people lived without electricity or technology. I would meet great leaders and my ideal scientist, Albert Einstein, to learn from their wisdom. Then I would travel in the future, where I could see flying cars, robots helping people, and cities floating in the sky. It would be amazing to see how science and technology will shape our lives. Time travel would be full of excitement, mystery and lessons. If it ever becomes possible, it will truly be the greatest discovery in human history.

**Tanvi Joshi
VIII C**



हिंदी विभाग

संपादकीय



दीक्षा का यह अंक एक बार पुनः हमारी आपके साथ अपनी सहयात्रा के एक महत्वपूर्ण पड़ाव पर है। हर नया अंक उन नई चुनौतियों और संभावनाओं की ओर इशारा करता है जो हमारे सामने हैं। चुनौतियां ही हमें नई संभावनाओं को खोजने में मदद करती हैं। नई तकनीकें, ज्ञान के नए क्षेत्र और सीखने के नए तरीके हर दिन हमारे जीवन का हिस्सा बन रहे हैं और यह परिवर्तन ही प्रगति का वाहक है। अनेकानेक परिवर्तनों के साथ जो स्थिर है वह है हमारी शैक्षणिक उत्कृष्टता जो हमारे विद्यालय का मूलाधार है।

पूर्व वर्षों की भांति इस वर्ष भी हमारे विद्यार्थियों ने निरंतर शानदार प्रदर्शन करते हुए विद्यालय को इस क्षेत्र का ही नहीं, पूरे उत्तराखंड का सिरमौर बनाए रखा है। हमारे विद्यालय की विशिष्ट पहचान इस बात से है कि हम इन उपलब्धियों का उत्सव मनाने के साथ-साथ इन उपलब्धियों के गहरे अर्थ पर चिंतन, मनन करते हैं और उसी का परिणाम है कि शिक्षा के साथ-साथ अनुशासन और बौद्धिक जिज्ञासा के संस्कार देना भी हमारी प्राथमिकता में आता है। साथ ही यह प्रयास भी निरन्तर चलते रहते हैं कि शिक्षण,

प्रशिक्षण, तकनीक आदि के क्षेत्र में होने वाले नित नवीन परिवर्तनों को स्वीकार करते हुए हम उनके साथ चल सकें। हमारी प्रगति का रास्ता भी तो इन चुनौतियों के बीच से होकर जाता है।

हमारे विद्यार्थी जहां अपने परिश्रम, लगन और अनुशासन से नित नवीन कीर्तिमान बना रहे हैं, वहीं इसे संभव बनाने की शिक्षकों द्वारा प्रतिबद्धता, और अथक परिश्रम के साथ अपने आचरण से बच्चों को संस्कारित करने की साधना की जा रही है। अभिभावकों का योगदान भी इस सहयात्रा को आगे बढ़ाने में समान रूप से महत्वपूर्ण है।

इन सब उपलब्धियों के पीछे प्रेरणा और ऊर्जा देने वाली विभूतियां हैं हमारे संतजन जिनकी अशेष कृपा और आशीष का प्रतिफल है हमारा विद्यालय। परम श्रद्धेय महंत श्री राम सिंह जी महाराज की आध्यात्मिक ऊंचाई हिमालय जैसी है, उनके निर्मल हृदय से दैवी करुणा की पयस्विनी प्रवाहित होती है। उनकी करुणा के छलकते जलबिंदुओं से आज न केवल हमारा विद्यालय बल्कि अन्य तमाम संस्थाएं पोषित, पल्लवित हो रही हैं। जनकल्याण के तमाम प्रकल्पों का संचालन करते हुए वह अपना वरद हस्त हम सब पर बनाए रहते हैं, यह उनकी महती कृपा है।

परम पूज्य संत श्री जोध सिंह जी महाराज की अद्भुत दूरदर्शिता, अथक परिश्रम और कुशल मार्गदर्शन की वजह से हमें प्रेरणा, आत्मविश्वास और हर चुनौती का सामना करने की शक्ति एवं संबल प्राप्त होता है। आप विद्यालय परिवार की ऊर्जा के स्रोत हैं। उनके जैसे तेजस्वी, स्वप्नदृष्टा, कल्याणकामी संत का संरक्षण मिलना हमारे लिए सौभाग्य की बात है।

विद्यालय के चेयरमैन डॉ० एस.एन.सूरी जी के नवीन एवं उपयोगी विचार हमारी शैक्षणिक प्रगति की गुणवत्ता को सुनिश्चित करते हैं। प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी अपनी प्रखर बुद्धि, प्रभावी नेतृत्वक्षमता, स्नेह और संवेदनशीलता के साथ पूरे विद्यालय परिवार को एकजुट रखते हुए हमारे संतजनों के सपनों को साकार कर रही हैं।

दीक्षा आपके हाथों में है.... इसमें आपको हमारे विद्यालय की सामूहिक प्रतिभा की झलक मिलेगी। इसका आनन्द लें।

नए वर्ष की शुभकामनाओं सहित,

नीरजा त्रिवेदी





परिस्थितियाँ भी हम पर हावी नहीं हो पातीं | अंतर्मन कभी संघर्षों, चुनौतियों, समस्याओं के समक्ष भयभीत नहीं होता | किसी कार्य में यदि असफलता मिल भी जाए तो सकारात्मक व्यक्ति के लिए यह असफलता भी एक ऐसी सीढ़ी बन जाती है जो उसे और अधिक साहस और ऊर्जा से भर देती है | सकारात्मकता की स्थिति में व्यक्ति, मार्ग की प्रत्येक अड़चनों, बाधाओं को अपनी शक्ति-सामर्थ्य और सफलता की प्राप्ति का माध्यम बना लेता है | चुनौतियों से वह कभी डरता नहीं, वरन मजबूती से उनका सामना करता है | ऐसे में उसके व्यक्तित्व की सारी खूबियाँ धीरे-धीरे प्रकट होने लगती हैं |

मनुष्य के जीवन की सच्चाई यह है कि इसमें हमेशा, हर कदम पर चुनौतियाँ खड़ी मिलती हैं। चुनौतियाँ कभी हमारे सामने होती हैं तो कभी हम उनके सामने। अंतर मात्र इस बात का है कि कब हम सकारात्मक होते हैं और कब नकारात्मक। जीवन विद्या के मर्मज्ञों का अनुभव है कि हम जब सकारात्मक होते हैं तो हमारी ऊर्जा के समस्त आंतरिक स्रोतों में स्वतः स्पंदन आरंभ हो जाता है और धीरे-धीरे सारे ऊर्जा केंद्र जाग्रत होने लगते हैं व उनमें अंतर्निहित शक्तियों का ऊर्ध्वगमन होने लगता है।

जीवन की सकारात्मकता थोड़े समय में ही हमारे भीतर स्फूर्ति और ताजगी का एहसास कराने लगती है। हमारा मनोबल-आत्मबल-संकल्पबल बढ़ने लगता है। ऐसी स्थिति में हम एक वीर योद्धा की भाँति चुनौतियों का सामना कर पाते हैं और उन पर विजय प्राप्त करना ही एकमात्र उद्देश्य हो जाता है। इसमें विजय सुनिश्चित होती है क्योंकि इस तरह की सफलता के बीज हमारी सकारात्मकता से उत्पन्न होते हैं।

हमारी सकारात्मकता अथवा नकारात्मकता में ही सफलता और असफलता के बीज मौजूद होते हैं। सकारात्मकता हमारी सफलता को सुनिश्चित करती है और नकारात्मकता हमारी असफलता को सुनिश्चित कर देती है।

सकारात्मकता की सबसे बड़ी खूबी यही है कि कठिन से कठिन

परिस्थितियाँ भी हम पर हावी नहीं हो पातीं। अंतर्मन कभी संघर्षों, चुनौतियों, समस्याओं के समक्ष भयभीत नहीं होता। किसी कार्य में यदि असफलता मिल भी जाए तो सकारात्मक व्यक्ति के लिए यह असफलता भी एक ऐसी सीढ़ी बन जाती है जो उसे और अधिक साहस और ऊर्जा से भर देती है। सकारात्मकता की स्थिति में व्यक्ति, मार्ग की प्रत्येक अड़चनों, बाधाओं को अपनी शक्ति-सामर्थ्य और सफलता की प्राप्ति का माध्यम बना लेता है। चुनौतियों से वह कभी डरता नहीं, वरन मजबूती से उनका सामना करता है। ऐसे में उसके व्यक्तित्व की सारी खूबियाँ धीरे-धीरे प्रकट होने लगती हैं।

सकारात्मकता का होना एक अच्छे एवं आदर्श व्यक्तित्व की विशेषता है, परंतु यह कोई जादुई या चमत्कारिक क्षमता नहीं है कि इसके होने से जीवन में परेशानियों, कठिनाइयों, संघर्षों का आना बंद हो जाएगा और सारी परिस्थितियाँ एवं लोग हमारे अनुकूल हो जाएँगे। ऐसा कदापि नहीं होता। परेशानियाँ, चुनौतियाँ, संघर्ष सब कुछ जीवन के उतार-चढ़ाव के रूप में आते रहेंगे। बस, सकारात्मक बने रहने से यह होगा कि ये सब हमारी क्षमताओं और सामर्थ्य को बढ़ाने वाले अवसरों में परिवर्तित होते जाएँगे और जीवन निरंतर प्रखरता, उत्कृष्टता और सार्थकता की दिशा में आगे बढ़ता जाएगा।

**अस्मित मेहर
बारहवीं 'डी'**

एक राजा ने दरबार में तीन प्रश्न पूछे—“भगवान कहाँ रहते हैं? क्या खाते हैं? क्या करते हैं?” कोई उनका उत्तर न दे सका। मंत्री जवाब देना चाहता था, पर उन्हें कुछ सूझ नहीं रहा था। घर लौटते हुए रास्ते में एक ज्ञानी बालक मिला। उसने उनकी चिंता का कारण पूछा।

एक राजा ने दरबार में तीन प्रश्न पूछे—“भगवान कहाँ रहते हैं? क्या खाते हैं? क्या करते हैं?” कोई उनका उत्तर न दे सका। मंत्री जवाब देना चाहता था, पर उन्हें कुछ सूझ नहीं रहा था। घर लौटते हुए रास्ते में एक ज्ञानी बालक मिला। उसने उनकी चिंता का कारण पूछा।

मंत्री द्वारा सारी बातें बताने के बाद बालक ने उनकी मदद करने का वादा किया। मंत्री उसे दरबार में ले गए और राजा को बताया कि उनके प्रश्नों के उत्तर यह बालक देगा। राजा ने आश्चर्य से उसे देखा।

बालक ने कहा— मैं आपका अतिथि हूँ। पहले आप मुझको कुछ खिलाइए-पिलाइए। राजा के आदेश पर बालक को एक कटोरे में दूध दिया गया। बालक देर तक कटोरे में उँगली घुमाता रहा। राजा ने पूछा— यह क्या कर रहे हो? बालक बोला— मैं इसमें से मक्खन निकाल रहा हूँ। राजा ने हँसकर कहा— दूध में उँगली घुमाने से मक्खन नहीं निकलता। इसके लिए दूध को गरम करके जमाना, फिर मथना पड़ता है। बालक ने तपाक से कहा— मक्खन

की भाँति ही भगवान जगत् में हैं। तप, ध्यान और चिंतन से उनका साक्षात्कार संभव है।

राजा ने पूछा— अब बताओ, भगवान खाते क्या हैं? बालक बोला— महाराज! आपके पहले और अब के आचरण में कितना अंतर है। कहाँ गया आपका अहंकार? आपके अहंकार को भगवान ने खा लिया।

राजा ने पूछा— भगवान करते क्या हैं? बालक ने पूछा— यह आप गुरु बनकर पूछ रहे हैं या शिष्य बनकर? राजा ने कहा— जो ज्ञान देता है, वह गुरु है। बालक ने कहा— मगर आपने गुरु को नीचे खड़ा कर रखा है। यह सुनकर राजा नीचे उतर गया और उसने बालक को सिंहासन पर बिठा दिया। बालक ने कहा— भगवान यही करते हैं। जब चाहें, किसी को सिंहासन पर बिठा देते हैं और जब चाहें, किसी को उतार देते हैं। राजा ने प्रसन्न होकर बालक को ढेरों उपहार दिए।

**अनिरुद्ध मैथानी
दसवीं 'सी'**



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संतोष अनुपम संपदा है। मनुष्य के असंतोष के कई कारण होते हैं। यह जीवन में मानसिक व्यग्रता लाकर बौद्धिक क्षमता को विक्षुब्ध कर देता है। इसके परिणामस्वरूप निराशा, उदासीनता, तनाव, द्वेष और मानसिक पीड़ा के साथ हम ऐसे दब जाते हैं कि हम कोई भी कार्य करने की अपनी क्षमता को खो देते हैं। एक प्रसिद्ध मुहावरा है 'संतोषी सदा सुखी' अर्थात् जो संतुष्ट है, वह सुखी है। संतोष मानव जीवन का श्रृंगार है। कहते हैं कि जो चेहरे से चमके वह संतुष्ट है, किंतु दुर्भाग्यवश संसार में कुछ ही लोग ऐसे हैं, जिन्होंने संतुष्टि से उत्पन्न मीठे फल का स्वाद चखा हो। हमारा जीवन और अधिक, और अधिक करते-करते गुजर जाता है और अंततः असंतुष्ट होकर ही मृत्यु को प्राप्त करते हैं। नया जन्म प्राप्त करते ही हम वही दौड़-भाग फिर से शुरू कर देते हैं। यह सिलसिला जन्म-जन्मांतर से तब तक चलता रहता है, जब तक कि हम संतोष और संतुष्टता का गुण धारण नहीं करते। जो सदा संतुष्ट रहता है, वह सदा प्रसन्न रहता है। विशेषज्ञों के अध्ययन के अनुसार संतोष तीन – प्रकार का होता है। पहला ईश्वर से संतुष्ट अर्थात् जितना जैसा और जब भी ईश्वर ने दिया, उसमें संतुष्ट रहना। दूसरा अपने आप से संतुष्ट अर्थात् अपने आप को अपने गुण-अवगुण के साथ स्वीकार करना और तीसरा, सर्वसंबंध और संपर्क से संतुष्ट अर्थात् हर आत्मा को उनके गुण-अवगुण के साथ स्वीकार करते हुए प्रत्येक के अंदर

किस्सी-न-किस्सी सकारात्मकता के भाव को खोजना।

असंतुष्ट लोगों के अंदर हवा में महल बनाने की आदत होती है। जबकि हकीकत में ऐसे लोग जीवन में कभी भी कुछ नहीं कर पाते हैं। क्योंकि वे पूरी तरह से इस बात को समझ ही नहीं पाते हैं कि जीवन में दोनों सिरों को मिलाने के लिए कड़ी मेहनत और मशक्कत अनिवार्य है। अतः यह कहना उचित ही होगा कि केवल सही समझ के साथ ही सही मंजिल तक पहुँचा जा सकता है। हवा में बनाए हुए महल पल भर में अदृश्य हो जाते हैं, इसलिए हमें यह समझना चाहिए कि जैसे भोजन शरीर को संभालता है, उसी प्रकार मन भी खुशी में उपस्थित होता है। खुशी जैसी कोई उत्तम खुराक नहीं। जो संतुष्ट हैं, वे ही सदा खुश हैं। हमें भी संतोषरूपी धन को छोड़कर अन्य प्रकार के धन को हासिल करने के पीछे अपना अमूल्य समयरूपी धन बरबाद नहीं करना चाहिए, क्योंकि संतोष के बराबर कोई खुशी नहीं है। संतोष के समकक्ष कुछ भी नहीं है अगर हम संतुष्ट हो जाएँ तो हमारे सारे कष्ट स्वतः समाप्त हो जाएँगे।

असंतुष्ट रहना ही सभी समस्याओं की जड़ है, इसी से कष्ट आता है। संतोष जीवन का सार है। जीवन की गति-प्रगति संतोष के पहिये से होती है। अतः हमें सदा संतुष्ट ही रहने का प्रयास करना चाहिए।

नमन भट्ट
ग्यारहवीं 'ए'

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- कबाड़ी की दुकान पर एक संगीतकार ने अपना वायलिन दिखाते हुए पूछा— क्या दोगे?
कबाड़ी — इस टूटे-फूटे वायलिन का तो पचास रुपये दूँगा।
संगीतकार— बस पचास रुपये? इसे बजाना बंद करने के लिए सौ रुपये तो मेरे पड़ोसी दे रहे थे।
- भिखारी (वकील साहब से) — बाबू कुछ पैसे दे दो।
वकील साहब — अरे भाई, मोटे तगड़े हो, कुछ काम क्यों नहीं करते?
भिखारी — मैंने पैसे माँगे हैं, सलाह नहीं।
- टीचर — एक महान वैज्ञानिक का नाम बताओ
पप्पू — आलिया भट्ट
टीचर (डंडा निकालते हुए)— इतने दिनों में यही सीखा है।
दूसरा — सर ये तोतला है, यह बोल रहा है—आर्य भट्ट।
- टीचर — आमंत्रण और निमंत्रण में अंतर बताओ?
गोलू — जो आम के पेड़ के नीचे की जाये वह आमंत्रण और जो नीम के नीचे की जाये वह निमंत्रण।
- एक व्यक्ति सड़क पर जा रहा था। अचानक फिसल कर वह कीचड़ में गिर गया।
उसी वक्त बिजली चमकी तो वह बोला— हे भगवान, एक तो पहले कीचड़ में गिरा दिया और अब फोटो भी खींच रहे हो।
ब्रह्मजोत सिंह
दसवीं 'ए'

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एक धनी व्यक्ति एक मंदिर में पहुँचा और वहाँ बैठे संत से कहने लगा— "महाराज ! यह बताएँ कि आज मैं भगवान को क्या चढ़ाऊँ ? मेरे पास अपार वैभव है, आप जो आदेश करें, वहीं मैं भगवान को अर्पित कर दूँ।" संत हँसे और बोले— "मूर्ख ! तुझे यह वैभव दिखाई पड़ता है, इसलिए सोचता है कि भगवान को भी यह वैभव लगेगा। जिन्होंने सारी सृष्टि बनाई, क्या वे तेरे हीरे-जवाहरातों के भूखे होंगे। उनके लिए यह मिट्टी ढेले के समान हैं। उन्हें कुछ चढ़ाना है तो भावनाएँ चढ़ा, समाज को उनका रूप मानकर उसकी सेवा कर, यही असली पूजा है।" धनी व्यक्ति की आँखें खुल गईं।

सम्यक गैरोला
नवीं 'सी'





; qk ' kDr

हम राष्ट्र के युवा हैं – भरी हमारे हाथों में वह स्याही।
लिख सकते हैं हम तकदीर राष्ट्र की – संकल्पित, मनचाही।

जब भी सृजन हुआ है नया – हमीं ने उसकी नींव भरी है।
कोई भी अधगिरी दीवार– हमारी ठोकर से बिखरी है।
जब-जब बढ़ी जहाँ दुष्टता – मचा दी हमने वहाँ तबाही।

परिवर्तन भी बड़े-बड़े– वैचारिक जग में हैं हम लाए।
बदले शासनतंत्र – संस्कृति के भी शुभ संस्कार कराए।
धर्मों का श्रृंगार किया – हर परिवर्तन की स्थिति अपनाई।

लेते जाओ नाम हमीं – मनु, परशुराम, लक्ष्मण व भरत हैं।
कृष्ण-कन्हैया भी अर्जुन भी – ग्वाले गौ चारण में रत हैं।
पड़ी जरूरत तो ले आए गंगा-बन हिमगिरि के राही।

आज लिया संकल्प – भारतीय संस्कृति की जग में गंध भरेंगे।
उसके लिए प्रशिक्षित पहले – भारत का हर व्यक्ति करेंगे
रहा 'जगद्गुरु' कभी देश यह – लाएँगे सम्मान वैसा ही।

**नेहा रतूड़ी
ग्यारहवीं 'ए'**



हँसगुल्ले



- मरीज – डॉक्टर साहब, मैं हर बात तुरंत भूल जाता हूँ
कोई दवाई दीजिए।
डॉक्टर – एक काम करो पहले आप मुझे फीस दे दो।
कहीं तुम दवाई लेने के बाद मेरी फीस भी भूल गए तो।
- किरायेदार-भाई साहब आपने कैसा मकान मुझे किराये
पर दिया है? मकान में तो चूहे ही चूहे दौड़ते रहते हैं।
मालिक – तो क्या इतने कम किराए में घोड़ों की रेस
देखना चाहते हो।
- एक निहायत काले आदमी ने एक काला सूट सिलवाया
जब उसने पहली बार वह सूट पहना तो अपने दोस्त से
पूछा कैसा लग रहा है मेरा नया सूट? दोस्त बोला – लग
तो बढ़िया रहा है लेकिन यह पता नहीं चल पा रहा कि
सूट कहाँ खत्म हुआ और तुम कहाँ से शुरू हुए हो।
- डॉक्टर – मैं आपको काफी दवाइयाँ दे चुका हूँ, लेकिन
असर नहीं हुआ, अब मैं दवा बदल कर देखता हूँ।
रोगी – नहीं डॉक्टर साहब, अब मैं डॉक्टर बदलने की
सोच रहा हूँ।

**साक्षी पेटवाल
नवीं 'ई'**

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मनुष्य को परमात्मा ने बुद्धि नामक एक अतुलनीय शक्ति प्रदान की है। इसी के आधार पर मनुष्य सृष्टि की अप्रतिम कृति है। इतना ही नहीं, मनुष्य ने बुद्धि-बल पर संसार को सुंदर-से-सुंदर बनाया है। बिना किसी के बताए उसने सृष्टि के गोपनीय रहस्यों को बुद्धि के बल पर खोज निकाला है। जीवन में न जाने कितनी सुख-सुविधाओं का समावेश किया है। बुद्धि ने मानव को केवल भौतिक विभूतियों तक ही ले जाकर नहीं छोड़ दिया, बल्कि उसने उसे आत्मा-परमात्मा, पुरुष और प्रकृति के रहस्यों तक भी पहुँचा दिया है।

निस्संदेह आज के युग के बुद्धिमान मनुष्य की यह दुर्दशा विचारणीय है। अब प्रश्न यह है कि आज के इस बुद्धि-विकास के युग में इन विकृतियों का कारण क्या है और क्या है इनके समाधान का उपाय? अब वह समय आ गया है, जबकि मनुष्य को रुककर सोचना, विचार करना है, अन्यथा बुद्धिवाद से हाँका हुआ संसार शीघ्र ही अपना विनाश कर लेगा।

एक बुद्धिवादी कितना ही शास्त्रज्ञ, विशेषज्ञ, दार्शनिक, वैज्ञानिक, तत्त्ववेत्ता आदि क्यों न हो, बुद्धि का अहंकार उसके हृदय में शांति को ठहरने नहीं देता है। वह दूसरों को ज्ञान देता हुआ भी स्वयं आत्मिक शांति के लिए तड़पता ही रहता है। बुद्धि की तीव्रता पैनी छुरी की तरह रह-रहकर किसी दूसरे को अथवा स्वयं उसको



दिन-रात काटती ही रहती है।

मानव की अनियंत्रित बुद्धि की शक्ति मनुष्य जाति की बहुत बड़ी शत्रु है। अतएव बुद्धि के विकास के साथ-साथ उसका नियंत्रण भी आवश्यक है। किसी शक्तिशाली का नियंत्रण तो उससे अधिक शक्ति से ही हो सकता है। तब भला समग्र सृष्टि को अपनी मुट्ठी में करने वाली शक्ति बुद्धि का नियंत्रण करने के लिए कौन-सी दूसरी शक्ति मनुष्य के पास हो सकती है।

मनुष्य की वह दूसरी शक्ति है— श्रद्धा, जिससे बुद्धि जैसी उच्छृंखल शक्ति पर अंकुश लगाया जा सकता है, उसका



नियंत्रण-नियमन किया जा सकता है। बुद्धिबल को ध्वंस की ओर जाने से रोककर सृजन के मार्ग पर अग्रसर किया जा सकता है। विशुद्ध बुद्धिवादी के पास स्नेह, सौजन्य, सौहार्द, सहानुभूति, भ्रातृत्वभाव जैसी कोमलताएँ कतई नहीं होतीं।

इन मानवीय गुणों की जननी श्रद्धा ही है। श्रद्धालु अंतःकरण वाला मनुष्य सेवा-सहयोग, क्षमा-दया, परोपकार तथा परमार्थ में विश्वास करता है, न्याय और नियमन उसकी विशेषताएँ हैं।

यदि आज की चमत्कारिणी बुद्धि का ठीक दिशा में उपयोग करना है, संसार से दुःख-दर्द को दूर करना है, अपनी धरती माता को स्वर्ग बनाना है, मानव सभ्यता की रक्षा के साथ-साथ उसका विकास करना है तो अंतःकरण में श्रद्धा की प्रतिस्थापना करनी होगी।

श्रद्धा ही एक ऐसा प्रकाश है, जो मनुष्य को अनंत अंधकार में खोने से बचाए रखता है। श्रद्धावान को जहाँ अपने प्रति स्नेह रहता है, वहाँ दूसरों के प्रति भी। आज बुद्धि के अतिरेक के युग में इसी श्रद्धा नामक मानव मूल्य का अभाव हो गया है।

जिस दिन मनुष्य में श्रद्धा के भाव की बहुलता हो जाएगी, बुद्धिवादिता का नियमन होगा, तब आज के ध्वंससूचक बौद्धिक चमत्कार सृजन संबंधी वरदान सहजता से बन जाएंगे। अतः हमें बुद्धिमान के साथ-ही-साथ श्रद्धावान बनने का भी प्रयास करना चाहिए।

हिमांशु नौटियाल
बारहवीं 'ए'

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निराशा जीवन का एक ऐसा सत्य है, जिससे इंसान जीवन में यदा-कदा रुबरु होता रहता है। निराशा के कुछ झोंके परिस्थितिजन्य होते हैं, जिनसे व्यक्ति परिस्थिति के हटते ही उबर जाता है, लेकिन निराशा के कुछ दौर मनःस्थितिजन्य होते हैं, जिनसे उबरने में समय लगता है, लेकिन जो भी हो निराशा का अंधकार भरा दौर जीवन को नरक बना देता है। जीवन का सुख-चैन, उत्साह-उमंग सब जैसे छिन जाते हैं और व्यक्ति एक दिशाहीन अंधेरी सुरंग में घुट-घुटकर जीने के लिए अभिशप्त हो जाता है।

निराशा में व्यक्ति अपने कर्तव्यों को भूल बैठता है व इनके प्रति सजग नहीं रह पाता। उसका जीवन लक्ष्यविहीन, दिशाविहीन हो जाता है। उसकी गतिशीलता कुटित हो जाती है और वह भाग्यवादी बन जाता है। पुरुषार्थ से अधिक भाग्य पर विश्वास करने लगता है। सोचता है कि जो भाग्य में लिखा होगा, वही तो होगा। इस तरह श्रम से अधिक भाग्य की अदृश्य शक्ति को अपना प्रेरक मान बैठता है। पुरुषार्थ के बल पर अपने भाग्य-निर्माण की बात को भूलकर वह एक हताश, निराश व उदासीन जीवन जीता है।

इस तरह निराशा सबसे भयंकर बीमारी है। यह जिसको आक्रांत कर देती है, उसके जीवन को नष्ट-भ्रष्ट कर देती है और इसका कारण व्यक्ति स्वयं ही होता है। भ्रामक धारणा के आधार पर गलत निर्णयों के कारण वह अपने ही हाथों से अपने पैरों पर

कुल्हाड़ी मारता है। हर भूल के साथ निराशा का कुहासा और गहराता जाता है और निराशा एक ऐसा भँवर साबित होती है, जो अंततः जीवन की नैया को ही डुबो देती है।

ईश्वर पर विश्वास का अभाव भी निराशा का कारण बनता है। निराश व्यक्ति ईश्वर पर विश्वास नहीं कर पाता, इसलिए नास्तिक बन जाता है। अपने पूर्ण प्रयास के बाद भी सफलता के मिलने या किसी अप्रत्याशित विपत्ति का पहाड़ गिरने पर नास्तिक व्यक्ति ईश्वर की न्याय-व्यवस्था व उसके कर्मफल विधान को समझ नहीं पाता, उस पर विश्वास नहीं कर पाता। इस तरह ईश्वर से भिन्नता निराशा का कारण बनती है।

कुल मिलाकर निराशा जीवन का बड़ा अवरोध, उलझन व समस्या है, एक अभिशाप है, जो हमारे पुरुषार्थ को पंगु बना देती है। एक तरह का पाप है, अपराध है, जो व्यक्ति के आत्मिक उत्कर्ष व भौतिक प्रगति को निष्फल बना देती है व उसके प्रयत्न में जड़ता की जंग लगा देती है।

अतः प्रगति के इस भयानक दुश्मन को दूर करने के लिए हमें सदैव प्रयत्नशील रहना चाहिए क्योंकि जीवन एक साहसपूर्ण अभियान है, जिसमें आगे बढ़ने के लिए हृदय में उत्साह का बल और प्रयास में निरंतरता का होना अभीष्ट रहता है।

व्यक्ति किस प्रकार उत्साही बने, उसमें सदैव आशा का संचार होता रहे, यह एक महत्वपूर्ण प्रश्न है। इसके लिए सबसे पहले अपना यथार्थ मूल्यांकन अभीष्ट है, फिर छोटे-छोटे कदम उठाए जाएँ, इसके साथ छोटी-छोटी सफलताएँ विश्वास को पुष्ट करती जाएँगी। अपने पुरुषार्थ के साथ ईश्वर के विधान पर पूरा विश्वास करें, जिसमें कहीं भी अन्याय जैसी कोई बात नहीं। इसमें देर हो सकती है, पर अंधे नहीं। इस तरह अपना श्रेष्ठतम प्रयास पुरुषार्थ करते रहें शेष ईश्वर पर छोड़ दें। जो भी होगा, वह श्रेष्ठतम ही होगा, इसके प्रति आश्वस्त रहें।

साक्षी भट्ट
बारहवीं 'ई'

बाल उपवन

प्यारी माँ

तू है तो पंख हैं,
तू है तो हैं हवाएँ।
तू है तो उड़ान है,
तू है तो हैं दुआएँ।
तेरे होने से हौसला है,
तू है तो जिंदगी आसान है।
बंजर जमीन पर जैसे घर है तू
है खूबसूरत ये जहाँ, यहाँ अगर है तू।
तेरे होने से है ये जमीन, ये आसमान,
में हूँ खुशानसीब कि तू है करीब और है यहाँ।



यथार्थ
पाँचवीं 'ए'

समय

समय का जो रखता ध्यान, जग में बनता महान।
समय को जो खोता है, बाद में वह रोता है।
समय कभी नहीं रुकता है, चलता है, बस चलता है।
सफल वही यहां रहता है, समय के साथ जो चलता है।

योगिता
चौथी 'सी'

मेरा सपना

नन्हें-नन्हें कदमों से, चलूं मैं आगे बढ़ती जाऊँ।
सपनों को सच करने की, राह नई मैं खुद बनाऊँ।
मेहनत मेरी ताकत हो, सच्चाई मेरा मान हो।
देश का नाम रोशन करना, बस यही मेरा अरमान हो।

इशिका रतूड़ी
चौथी 'बी'

शिक्षक



आप देते हैं हमें शिक्षा,
फिर लेते हैं हमारी परीक्षा।
गलती करें तो हमें समझाते,
हम रोएं तो हमें हंसाते।
माता ने दिया है जीवनदान,
आप बनाते हैं इसे महान।
ज्ञान का दीप जलाकर
हमारा भविष्य चमकाते हैं।
विद्या का दान हमें देकर,
जीने का ढंग सिखाते हैं।
इसीलिए मैं कहता हूँ,
हमारे शिक्षक महान।
जीवन में कुछ पाना है तो
शिक्षक का करो सम्मान,
शीश झुकाकर, आदर से
बच्चों उन्हें करो प्रणाम।

दिव्यांशी रावत
पांचवीं 'ए'

बचपन

हंसना, खेलना, रूठना, मनाना
लड़ना-झगड़ना फिर गले लग जाना
रखो तुम सहेजे वह मासूमियत का खजाना,
बहुत खूबसूरत है बचपन सुहाना।
दोस्तों का साथ, स्कूल का जमाना,
शिक्षकों के शब्द, ज्ञान का खजाना
माता-पिता के आशीष से जीवन सजाना
बहुत खूबसूरत है बचपन सुहाना।
बचपन की यादें हैं जीवन की पूंजी
उठो और बढ़ो अपने जीवन में आगे,
मगर तुम न भूलो भोली-सी बातें
बहुत खूबसूरत है बचपन सुहाना।



प्रांजल बहुगुणा
पांचवीं 'ए'

बारह महीने

जनवरी जब आएगी,
नया साल ये लाएगी।
फरवरी जब आएगी
ढेरों फूल खिलाएगी।
मार्च में परीक्षा होगी,
अप्रैल में नई कक्षा होगी।
मई में खूब पढ़ाई होगी,
अपनी बहुत बढ़ाई होगी।
छुट्टी लेकर आएगा जून,
घूमेंगे हम देहरादून।
फिर जुलाई आएगी,
टीचर जी हमें बुलाएंगी।
प्यारा अगस्त आएगा,
राष्ट्र का झंडा फहराएगा।
सितंबर में हम सब मिलकर
शिक्षक दिवस मनाएंगे।
अक्टूबर में गांधी-शास्त्री की
पावन जयंती मनाएंगे।
नवंबर में सारे बच्चे
बाल दिवस मनाएंगे।
फिर दिसंबर आएगा
और साल खत्म हो जाएगा।

पार्थ पैन्थूली
चौथी 'बी'



नई राह

गांव के बुजुर्ग रामदीन को खांसी-बुखार ने जकड़ लिया था। बेटे ने कहा, 'बाबा, चलो डॉक्टर के पास चलें।' रामदीन बोले, 'बेटा, हमें तो अपने वैद्य जी की जड़ी-बूटी ही ठीक कर देती है। अस्पताल की दवाओं में तो बस केमिकल ही होता है।' बेटा समझाता रहा, 'बाबा, जमाना बदल गया है। अब हर बीमारी का टेस्ट होता है, सही इलाज होता है। डॉक्टर ने कहा है कि यह सिर्फ बुखार नहीं, वायरल इंफेक्शन है। अगर समय पर दवा न ली तो फेफड़ों तक बात पहुंच सकती है।' बहुत मान-मनौव्वल के बाद रामदीन अस्पताल गए। डॉक्टर ने जांच की, दवाइयां दीं और कुछ ही दिनों में उनकी तबीयत ठीक हो गई। रामदीन मुस्कुराए, 'बेटा, अब समझ में आया—परंपरा अपनी जगह है, पर समय के साथ चलना जरूरी है।'

दृष्टि व्यास
छठी 'बी'

पंच तत्वों का रिश्ता

चंदा को हम मामा कहते, सूरज को प्यारे काका।
धरती हमारी मां बन जाती, जल है हमारा पिता।
हवा हमें लोरी सुनाती, अग्नि देती ताप।
रिश्तों के ताने-बाने से, हम बंध जाते अपने आप।

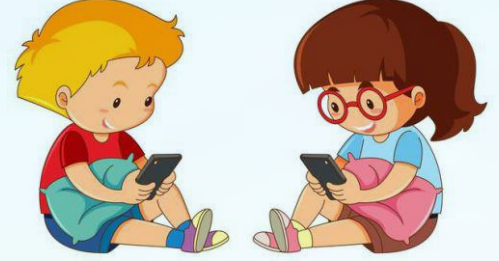
तेजस्व तायल
सातवीं 'ए'

अपना भारत

हम अपनी इन नन्हीं आँखों में
कल के नवभारत के सपने सजाते हैं।
है पहचान हमारी वेद ऋचाओं से
आओ ये सब को याद दिलाते हैं।
परंपरा वसुधैव कुटुंबकम की
हम सब मिलकर आगे बढ़ाते हैं।
सब भेदभाव मिटाकर भारत को अखंड बनाते हैं।
चाहे हो खेल-कूद, शिक्षा, उद्योग
भारतवासी हर क्षेत्र में जाने जाते हैं।
इस बात को मान रही पूरी दुनिया
सब भारत को विश्व गुरु बतलाते हैं।
हरा, श्वेत और केसरिया रंग से
हम अपनी संस्कृति की पहचान बताते हैं।
धरती से अंबर तक अपनी पताका लहराते हैं।
उन्नत हो हर दिन भारत अपना
हम उस पथ पर चलते जाते हैं।
भारत का भविष्य है हमसे
आओ भारत का मान बढ़ाते हैं।

अक्ष गौतम
सातवीं—'ई'

मेरा साथी मोबाइल



जीवन को यह आसान बनाता,
आज के युग का साथी कहलाता।
जब कभी हम जाएँ अटक,
तुरंत समस्या का हल करवाता।
ज्ञान-विज्ञान की जानकारी यह देता,
देश-विदेश की सैर करवाता।
हो जाओ तुम कभी उदास,
तो चेहरे पर हँसी यह लाता।
गलत संगत में फँस जाओ तो,
राह भी यह भटकाता।
सँभल कर प्रयोग करो तो,
आपका भविष्य भी यह बनाता।
अच्छी-बुरी सीख दे जाता,
वर्षों के बिछड़ों को मिलवाता।
सुख-दुख में काम यह आता,
साथी मेरा मोबाइल कहलाता।

दिव्यम सिलसवाल
नवीं 'ई'



मेरा प्यारा स्कूल

मेरा स्कूल सबसे प्यारा,
ज्ञान का सागर, सुंदर न्यारा।
टीचर सिखाएँ सच्चाई की बात,
यहीं से होती जीवन की शुरुआत।

सानवी व्यास
पांचवीं 'सी'

ਪੰਜਾਬੀ ਵਿਭਾਗ

ਸੰਪਾਦਕੀ

ਸੱਚੀ ਖੁਸ਼ੀ ਮਨ ਦੀ ਉਹ ਅਵਸਥਾ ਹੈ ਜਿਸ ਵਿੱਚ ਮਨੁੱਖ ਨੂੰ ਮਨ ਦੀ ਸ਼ਾਂਤੀ ਆਪਣੇ ਕੰਮਾਂ ਨੂੰ ਸਬਰ ਅਤੇ ਨੇਕੀ ਨਾਲ ਪੂਰਾ ਕਰਨ ਵਿੱਚ ਮਿਲਦੀ ਹੈ। ਜਦੋਂ ਅਸੀਂ ਨਿਮਰਤਾ ਨਾਲ ਹਰ ਹਾਲਤ ਨੂੰ ਕਬੂਲ ਕਰਦੇ ਹਾਂ ਤਾਂ ਖੁਸ਼ੀ ਸਾਡੇ ਅੰਦਰੋਂ ਉੱਗਦੀ ਹੈ। ਇਕ ਵਿਦਿਆਰਥੀ ਨੂੰ ਜੀਵਨ ਦੀ ਸਭ ਤੋਂ ਵੱਧ ਖੁਸ਼ੀ ਸਕੂਲ ਵਿੱਚ ਮਿਲਦੀ ਹੈ, ਜਿੱਥੇ ਉਹ ਆਪਣੇ ਸਾਥੀਆਂ ਨਾਲ ਆਪਣੇ ਮਨ ਦੇ ਵਲਵਲੇ ਸਾਂਝੇ ਕਰਦਾ ਹੈ।

ਸਕੂਲੀ ਜੀਵਨ ਹਰ ਬੱਚੇ ਦੇ ਵਿਕਾਸ ਦਾ ਸਭ ਤੋਂ ਸੁੰਦਰ ਅਧਿਆਇ ਹੁੰਦਾ ਹੈ। ਇਹ ਉਹ ਮੰਚ ਹੈ ਜਿੱਥੇ ਬੱਚੇ ਆਪਣੇ ਵਿਚਾਰਾਂ, ਕਲਪਨਾਵਾਂ ਅਤੇ ਪ੍ਰੀਤਭਾ ਨੂੰ ਪ੍ਰਗਟ ਕਰਦੇ ਹਨ। ਸਾਡੇ ਸਕੂਲ ਦਾ ਇਹ ਸਾਲਾਨਾ ਰਸਾਲਾ 'ਦੀਕਸ਼ਾ' ਇੱਕ ਕੋਸ਼ਿਸ਼ ਹੈ ਬੱਚਿਆਂ ਦੀ ਰਚਨਾਤਮਕਤਾ ਨੂੰ ਮੰਚ ਪ੍ਰਦਾਨ ਕਰਨ ਦੀ।

ਇਸ ਰਸਾਲੇ ਵਿੱਚ ਬੱਚਿਆਂ ਦੀਆਂ ਕਵਿਤਾਵਾਂ, ਲੇਖਾਂ, ਕਹਾਣੀਆਂ ਅਤੇ ਵਿਚਾਰਾਂ ਰਾਹੀਂ ਉਨ੍ਹਾਂ ਦੇ ਅੰਦਰ ਦੀ ਮਾਸੂਮ ਸੋਚ, ਉਤਸ਼ਾਹ ਅਤੇ ਜੀਵਨ ਪ੍ਰੇਮ ਦੀ ਝਲਕ ਦਿਖਾਈ ਦਿੰਦੀ ਹੈ। ਹਰੇਕ ਰਚਨਾ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦੀ ਕਲਪਨਾ ਦੀ ਉਡਾਰੀ ਅਤੇ ਭਾਵਨਾ ਦੀ ਮਿਠਾਸ ਮਹਿਸੂਸ ਹੁੰਦੀ ਹੈ।

ਆਓ, ਇਨ੍ਹਾਂ ਮਾਸੂਮ ਕਲਮਾਂ ਦੇ ਰਾਹੀਂ ਬਚਪਨ ਦੀ ਉਸ ਪਵਿੱਤਰ ਦੁਨੀਆਂ ਵਿੱਚ ਝਾਤ ਮਾਰੀਏ ਜਿੱਥੇ ਹਰ ਸ਼ਬਦ ਇੱਕ ਖਿੜ ਰਹੀ ਮੁਸਕਾਨ ਹੈ ਅਤੇ ਹਰੇਕ ਵਿਚਾਰ ਇੱਕ ਚਮਕਦਾ ਤਾਰਾ।

ਅੰਤ ਵਿੱਚ ਮੈਂ, ਸ਼੍ਰੀਮਾਨ ਮਹੰਤ ਰਾਮ ਸਿੰਘ ਜੀ ਮਹਾਰਾਜ ਅਤੇ ਸੰਤ ਬਾਬਾ ਜੋਧ ਸਿੰਘ ਜੀ ਦੀਆਂ ਅਸੀਸਾਂ ਅਤੇ ਪ੍ਰੇਰਨਾ ਲਈ ਹਿਰਦੇ ਤੋਂ ਨਮਨ ਕਰਦੀ ਹਾਂ ਜਿੰਨ੍ਹਾਂ ਦੇ ਮਾਰਗਦਰਸ਼ਨ ਨਾਲ ਇਸ ਰਸਾਲੇ ਦੀ ਰਚਨਾ ਸੰਭਵ ਹੋ ਸਕੀ ਹੈ।



ਕਿਰਨਦੀਪ ਕੌਰ

ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਨੁਸ਼ਾਸਨ

ਅਨੁਸ਼ਾਸਨ ਦਾ ਹਰ ਵਿਅਕਤੀ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਖਾਸ ਮਹੱਤਵ ਹੁੰਦਾ ਹੈ। ਅਨੁਸ਼ਾਸਨ ਸ਼ਬਦ ਅੰਗਰੇਜ਼ੀ ਦੇ ਸ਼ਬਦ 'ਡਿਸਿਪਲਨ' ਦਾ ਸਮਾਨਾਰਥੀ ਹੈ, ਜਿਸ ਦਾ ਅਰਥ ਹੈ ਆਪਣੇ ਆਪ ਨੂੰ ਕੁੱਝ ਨਿਯਮਾਂ ਵਿੱਚ ਰੱਖ ਕੇ ਕੰਮ ਕਰਨਾ। ਇਕ ਵਿਦਿਆਰਥੀ ਦੇ ਜੀਵਨ ਵਿੱਚ ਵੀ ਅਨੁਸ਼ਾਸਨ ਤੋਂ ਬਿਨਾਂ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤੀ ਦੀ ਉਮੀਦ ਰੱਖਣਾ ਬੇਕਾਰ ਹੈ। ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਵਿੱਚ ਅਨੁਸ਼ਾਸਨ ਤੋਂ ਭਾਵ ਹੈ ਸਕੂਲ ਦੁਆਰਾ ਬਣਾਏ ਗਏ ਨਿਯਮਾਂ ਦੇ ਹੇਠ ਰਹਿ ਕੇ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਨਾ। ਸਾਰੀਆਂ ਕੁਦਰਤੀ ਸ਼ਕਤੀਆਂ ਵੀ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਹੀ ਬੱਝੀਆਂ ਹੁੰਦੀਆਂ ਹਨ ਜਿਵੇਂ ਸੂਰਜ ਸਮੇਂ ਸਿਰ ਚੜ੍ਹਦਾ ਹੈ ਅਤੇ ਸਮੇਂ ਸਿਰ ਹੀ ਡੁੱਬਦਾ ਹੈ। ਇੱਕ ਅਨੁਸ਼ਾਸਨਹੀਨ ਵਿਅਕਤੀ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਕਦੇ ਸਫਲਤਾ ਨਹੀਂ ਪਾ ਸਕਦਾ। ਇਸ ਲਈ ਜੀਵਨ ਦੇ ਹਰ ਇੱਕ ਰਾਹ ਵਿੱਚ ਸਾਡਾ ਅਨੁਸ਼ਾਸਿਤ ਹੋਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਵਿਦਿਆਰਥੀ ਉਦੋਂ

ਹੀ ਇੱਕ ਸਫਲ ਤੇ ਯੋਗ ਇਨਸਾਨ ਬਣ ਕੇ ਉਭਰਦਾ ਹੈ ਜਦ ਉਹ ਆਪਣੀ ਸਿੱਖਿਆ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਰਹਿ ਕੇ ਪ੍ਰਾਪਤ ਕਰਦਾ ਹੈ। ਵਿਦਿਆਰਥੀ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਅਨੁਸ਼ਾਸਨ ਦਾ ਬਹੁਤ ਮਹੱਤਵ ਹੁੰਦਾ ਹੈ। ਅਨੁਸ਼ਾਸਨ ਨਾਲ ਵਿਦਿਆਰਥੀ ਸਮੇਂ ਦਾ ਪਾਬੰਦ ਬਣਦਾ ਹੈ ਅਤੇ ਆਪਣੇ ਕੰਮ ਨਿਯਮਿਤ ਤੌਰ ਤੇ ਕਰਦਾ ਹੈ। ਜਿਸ ਵਿਦਿਆਰਥੀ ਵਿੱਚ ਅਨੁਸ਼ਾਸਨ ਹੁੰਦਾ ਹੈ, ਉਹ ਅਧਿਆਪਕਾਂ ਦੀ ਗੱਲ ਮੰਨਦਾ ਹੈ ਤੇ ਸਭ ਦੀ ਇੱਜ਼ਤ ਕਰਦਾ ਹੈ। ਅਨੁਸ਼ਾਸਿਤ ਵਿਦਿਆਰਥੀ ਹੀ ਪੜ੍ਹਾਈ ਵਿੱਚ ਚੰਗੇ ਨਤੀਜੇ ਪ੍ਰਾਪਤ ਕਰਕੇ ਜੀਵਨ ਵਿੱਚ ਸਫਲ ਹੋ ਜਾਂਦੇ ਹਨ। ਬਿਨਾਂ ਅਨੁਸ਼ਾਸਨ ਦੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਕੀਮਤੀ ਸਮਾਂ ਖਰਾਬ ਕਰ ਲੈਂਦੇ ਹਨ। ਇਸ ਲਈ ਹਰ ਵਿਦਿਆਰਥੀ ਨੂੰ ਅਨੁਸ਼ਾਸਨ ਵਿੱਚ ਰਹਿੰਦੇ ਹੋਏ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਅੱਗੇ ਵੱਧਣਾ ਚਾਹੀਦਾ ਹੈ।

ਅਰਚਿਤ ਡੰਗ
ਜਮਾਤ ਅੱਠਵੀਂ



ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ - ਹਿੰਦ ਦੀ ਚਾਦਰ

ਦਸਮੇਸ਼ ਗੁਰਾਂ ਦੇ ਪਿਤਾ ਪਿਆਰੇ,
ਧਰਮ ਲਈ, ਜਿਨ੍ਹਾਂ ਜੀਵਨ ਵਾਰੇ।
ਲੱਭੇ ਗੁਰੂ ਬਕਾਲੇ ਜਾ ਕੇ,
ਸ਼ਹੀਦ ਹੋਏ ਵਿੱਚ ਦਿੱਲੀ ਆ ਕੇ।

ਬੀਰਤਾ ਦੀ ਜੇ ਰੀਤ ਚਲਾਈ,
ਪੁੱਤ-ਪੋਤਿਆਂ ਨੇ ਤੇੜ ਚੜ੍ਹਾਈ।
ਸਿੱਖ ਜਿਨ੍ਹਾਂ ਦੇ ਕਰਮਾਂ ਵਾਲੇ,
ਧਰਮ ਦੀ ਜਿਨ੍ਹਾਂ ਲਾਜ ਰਖਾਈ।

ਸ਼ਹੀਦੀ ਦੀ ਸੁਗੰਧ ਨਿਰਾਲੀ,
ਦੁਸ਼ਮਨ ਦੀ ਵੀ ਟੁੱਟੀ ਕਾਲੀ।
ਸੱਚ ਦਾ ਰਾਹ ਸਦਾ ਦਰਸਾਇਆ,
'ਹਿੰਦ ਦੀ ਚਾਦਰ' ਗੁਰੂ ਕਹਾਇਆ।



ਧਰਮ ਦੀ ਢਾਲ, ਸੱਚ ਦਾ ਨੂਰ,
ਵੈਰਾਗ ਦੀ ਮੂਰਤ, ਬਾਣੀ ਦਾ ਸਰੂਰ।
ਮਾਨਵਤਾ ਲਈ ਵਾਰਿਆ ਜੀਵਨ,
ਇੱਕ ਨਾਲ ਇੱਕ ਹੋਏ ਹਜ਼ੂਰ।

ਜਸਰੀਤ ਕੋਰ
ਜਮਾਤ -ਸੱਤਵੀਂ

ਹਾਸਾ ਜੰਕਸ਼ਨ



- ਮੈਨੂੰ ਤਾਂ 'ਰੈਪੀ ਦਸਹਿਰੇ' ਦੀਆਂ ਐਨੀਆਂ ਵਧਾਈਆਂ ਮਿਲੀਆਂ ਨੇ ਜਿਵੇਂ ਰਾਵਣ ਨੂੰ ਮੈਂ ਹੀ ਮਾਰਿਆ ਹੋਵੇ।
- ਤੁਹਾਡੀ ਨਜ਼ਰ 'ਚ ਭਾਵੇਂ ਮੈਂ ਛੋਟੀ ਹਾਂ ਪਰ jio ਵਾਲੇ ਮੈਨੂੰ ਅੱਜ ਵੀ ਮੈਡਮ ਕਹਿੰਦੇ ਨੇ।
- ਜੇ ਚੰਦ ਨੂੰ ਪਤਾ ਲੱਗ ਜੇ ਕਿ ਉਸ ਦਾ ਮੁਕਾਬਲਾ ਕਿਹੋ ਜਿਹੀਆਂ ਸ਼ਕਲਾਂ ਨਾਲ ਹੋ ਰਿਹਾ ਹੈ ਤਾਂ ਉਹ ਆਕਾਸ਼ ਤੋਂ ਛਾਲ ਮਾਰ ਕੇ ਮਰ ਜਾਵੇ।
- ਮੇਰੇ ਨਾਲ ਬਹਿਸ ਮਤਲਬ ਕੰਮ ਕਰ ਰਹੀ ਜ਼ਿੰਦਗੀ ਤਹਿਸ - ਨਹਿਸ।
- ਕੁੜੀਆਂ ਨੂੰ ਆਪਣੀਆਂ ਅੱਖਾਂ 'ਤੇ ਜ਼ਰਾ ਵੀ ਭਰੋਸਾ ਨਹੀਂ, ਦੋ ਘੰਟੇ ਸ਼ੀਸ਼ੇ ਅੱਗੇ ਖੜ੍ਹ ਤਿਆਰ ਹੋ ਕੇ ਪੁੱਛਣਗੀਆਂ- "ਮੈਂ ਕਿਹੋ ਜਿਹੀ ਲੱਗ ਰਹੀ ਹਾਂ"?

ਅਰਮਨਜੋਤ ਸਿੰਘ
ਜਮਾਤ - ਛੇਵੀਂ

ਟਾਲ-ਮਟੋਲ

ਬਹੁਤ ਲੋਕ ਆਪਣਾ ਕੰਮ ਸਮੇਂ 'ਤੇ ਨਹੀਂ ਕਰਦੇ ਅਤੇ ਕਹਿੰਦੇ ਹਨ "ਕੱਲ੍ਹ ਕਰਾਂਗਾ" ਇਹੀ ਆਦਤ ਟਾਲ-ਮਟੋਲ ਕਹਾਉਂਦੀ ਹੈ।

ਪਰ ਇਹ ਇੱਕ ਖ਼ਰਾਬ ਆਦਤ ਹੈ ਜੋ ਵਿਅਕਤੀ ਦੀ ਸਫਲਤਾ ਵਿੱਚ ਰੁਕਾਵਟ ਬਣਦੀ ਹੈ।

ਜੇ ਇਨਸਾਨ ਹਰ ਕੰਮ ਸਮੇਂ 'ਤੇ ਕਰਦਾ ਹੈ, ਉਹ ਹਮੇਸ਼ਾ ਅੱਗੇ ਵਧਦਾ ਹੋਇਆ ਸਫਲਤਾ ਪ੍ਰਾਪਤ ਕਰਦਾ ਹੈ।

ਸਮੇਂ ਸਿਰ ਕੰਮ ਕਰਨ ਨਾਲ ਨਾ ਸਿਰਫ ਸਮੇਂ ਦੀ ਬਚਤ ਹੁੰਦੀ ਹੈ ਸਗੋਂ ਉਸ ਵਿਅਕਤੀ ਦਾ ਆਤਮ ਵਿਸ਼ਵਾਸ ਅਤੇ ਅਨੁਸ਼ਾਸਨ ਵੀ ਵਧਦਾ ਹੈ।

ਸਮਾਂ ਸਭ ਤੋਂ ਕੀਮਤੀ ਚੀਜ਼ ਹੈ, ਇਸ ਨੂੰ ਵਿਅਰਥ ਨਾ ਗਵਾਓ।

ਟਾਲ-ਮਟੋਲ ਛੱਡ ਕੇ ਹਰ ਕੰਮ ਦੀ ਯੋਜਨਾ ਬਣਾਉਣਾ, ਸਮੇਂ ਦੀ ਕਦਰ ਕਰਨਾ ਅਤੇ ਮਨ ਲਗਾ ਕੇ ਮਿਹਨਤ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਜੇ ਵਿਅਕਤੀ ਟਾਲ-ਮਟੋਲ ਛੱਡ ਦਿੰਦਾ ਹੈ, ਉਸਦੀ ਜ਼ਿੰਦਗੀ ਸੁਧਰ ਜਾਂਦੀ ਹੈ ਤੇ ਉਹ ਆਪਣੀ ਮੰਜ਼ਿਲ ਹਾਸਲ ਕਰ ਲੈਂਦਾ ਹੈ।

ਮਾਇਰਾ ਇਸਪਲਾਨੀ
ਜਮਾਤ - ਛੇਵੀਂ

ਬਾਬਾ ਬੁੱਢਾ ਜੀ — ਸੇਵਾ, ਨਿਮਰਤਾ ਤੇ ਭਗਤੀ ਦਾ ਪ੍ਰਤੀਕ

ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਸਿੱਖ ਇਤਿਹਾਸ ਦੀਆਂ ਮਹਾਨ ਸ਼ਖਸੀਅਤਾਂ ਵਿੱਚੋਂ ਇੱਕ ਹਨ। ਉਨ੍ਹਾਂ ਦਾ ਜਨਮ 1506 ਈਸਵੀ ਵਿੱਚ ਪਿੰਡ ਕੱਥੂ ਨੰਗਲ (ਜ਼ਿਲ੍ਹਾ ਅੰਮ੍ਰਿਤਸਰ) ਵਿੱਚ ਹੋਇਆ। ਮਾਤਾ ਗੌਰਾਂ ਅਤੇ ਪਿਤਾ ਸੁੱਖਾ ਦੇ ਭਜਨੀਕ ਸੁਭਾਅ ਨੇ ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਦੇ ਅੰਦਰ ਬਚਪਨ ਤੋਂ ਹੀ ਭਗਤੀ, ਸਾਦਗੀ ਅਤੇ ਪਰਮਾਰਥ ਦੇ ਸੁਗੰਧ ਭਰੇ ਸੰਸਕਾਰ ਵਸਾ ਦਿੱਤੇ।

ਬਚਪਨ ਵਿੱਚ ਉਨ੍ਹਾਂ ਦਾ ਨਾਮ ਬੂੜਾ ਸੀ, ਪਰ ਜਦੋਂ ਉਨ੍ਹਾਂ ਦਾ ਮਿਲਾਪ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨਾਲ ਹੋਇਆ, ਤਾਂ ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਉਨ੍ਹਾਂ ਦੀ ਸਿਆਣਪ ਦੇਖ ਕੇ ਕਿਹਾ — “ਇਹ ਤਾਂ ਬੁੱਢਿਆਂ ਵਾਲੀਆਂ ਗੱਲਾਂ ਕਰਦਾ ਹੈ।” ਉਸੇ ਦਿਨ ਤੋਂ ਉਹ ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਦੇ ਨਾਮ ਨਾਲ ਮਸ਼ਹੂਰ ਹੋਏ।

ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਨੇ ਪਹਿਲੇ ਛੇ ਗੁਰੂ ਸਾਹਿਬਾਨਾਂ ਦੇ ਗੁਰੂਤਾਰੱਦੀ ਦੇ ਤਿਲਕ ਦੀ ਸੇਵਾ ਵੀ ਨਿਭਾਈ। 1604 ਈਸਵੀ ਵਿੱਚ ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਪਹਿਲੇ ਪ੍ਰਕਾਸ਼ ਸਮੇਂ, ਉਨ੍ਹਾਂ ਨੂੰ ਪਹਿਲੇ ਗ੍ਰੰਥੀ ਦੇ ਸਨਮਾਨ ਨਾਲ ਨਿਵਾਜਿਆ ਗਿਆ।

ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਨੇ, ਮਾਤਾ ਗੰਗਾ ਜੀ ਨੂੰ ਅਸੀਸ ਦੇ ਕੇ ਇੱਕ ਤੇਜੱਸਵੀ ਪੁੱਤਰ ਦੀ ਦਾਤ ਬਖਸ਼ੀ ਜੋ ਸ੍ਰੀ ਗੁਰੂ ਹਰਿਗੋਬਿੰਦ ਸਾਹਿਬ ਜੀ ਦੇ ਰੂਪ ਵਿੱਚ ਛੇਵੇਂ ਗੁਰੂ ਬਣੇ ਤੇ ਸਿੱਖ ਧਰਮ ਨੂੰ ਮੀਰੀ-



ਪੀਰੀ ਦੀ ਸਿੱਖਿਆ ਦਿੱਤੀ।

ਅੰਤ 1631 ਈ: ਨੂੰ “ਜੋਤੀ ਜੋਤਿ ਰਲੀ ਸੰਪੂਰਨੁ ਥੀਆ ਰਾਮ” ਅਨੁਸਾਰ ਬਾਬਾ ਜੀ 125 ਵਰ੍ਹਿਆਂ ਦੀ ਲੰਮੀ ਸਾਰਥਕ ਅਤੇ ਮਿਸਾਲੀ ਜ਼ਿੰਦਗੀ ਜਿਉਣ ਉਪਰੰਤ ਅਕਾਲੀ ਜੋਤਿ ਵਿੱਚ ਲੀਨ ਹੋ ਗਏ। ਬਾਬਾ ਜੀ ਦਾ ਦੇਹ ਸੰਸਕਾਰ ਗੁਰੂ ਸਾਹਿਬ ਜੀ ਨੇ ਆਪਣੇ ਕਰ-ਕਮਲਾਂ ਦੇ ਨਾਲ ਕੀਤਾ। ਸਚਮੁੱਚ ਹੀ ਬਾਬਾ ਬੁੱਢਾ ਜੀ ਦੀ ਸਬਰ, ਸੰਤੋਖ, ਸੰਜਮ ਅਤੇ ਸਿਆਣਪ ਭਰਪੂਰ ਜੀਵਨ ਸਾਰੇ ਸੰਸਾਰ ਲਈ ਇਕ ਚਾਨਣ ਮੁਨਾਰਾ ਬਣ ਗਿਆ ਹੈ।

**ਹਰਮਨਪ੍ਰੀਤ ਕੌਰ
ਜਮਾਤ ਬਾਰਵੀਂ**

ਬਦਲੀ ਦੁਨੀਆਂ

ਬਦਲੇ ਦੁਨੀਆਂ ਦੇ ਢੰਗ ਮਿੱਤਰਾ,
ਹੁਣ ਨਾ ਉਹ ਸੰਸਾਰ ਰਿਹਾ ।
ਰਿਸ਼ਤੇ ਨਾਤੇ ਨਾਮ ਹੀ ਰਹਿ ਗਏ ।
ਦਿਲਾਂ ਵਿੱਚ ਨਾ ਪਿਆਰ ਰਿਹਾ ।
ਮਨ - ਮੰਦਿਰ ਸਭ ਖੋਟੇ ਹੋ ਗਏ,
ਨਾ ਕੋਈ ਸੱਚਾ ਦਿਲਦਾਰ ਰਿਹਾ ।
ਜ਼ਿੰਦਗੀ ਦਾ ਨਾ ਕੋਈ ਭਰੋਸਾ ਐਥੇ,
ਪੈਸੇ ਲਈ ਬੰਦਾ, ਬੰਦੇ ਨੂੰ ਮਾਰ ਰਿਹਾ।

ਪੈ ਗਈਆਂ ਵੰਡੀਆਂ, ਸਾਂਝਾ ਨਾ ਕੋਈ ਪਰਿਵਾਰ ਰਿਹਾ ।
ਵਾਹ ਮੇਰੇ ਮਾਲਕਾ ! ਇਹ ਜਾ ਕਿੱਧਰ ਨੂੰ ਸੰਸਾਰ ਰਿਹਾ ।

**ਮਾਇਰਾ ਇਸਪਲਾਨੀ
ਜਮਾਤ ਛੇਵੀਂ**

ਖਤਮ ਕਰਦੀ ਹੈ-

- ਮੁਆਫ਼ੀ - ਗਲਤੀ ਨੂੰ
- ਦੁੱਖ - ਜ਼ਿੰਦਗੀ ਨੂੰ
- ਗੁੱਸਾ - ਰਿਸ਼ਤੇ ਨੂੰ
- ਝੂਠ - ਭਰੋਸੇ ਨੂੰ
- ਸਾਥ - ਰਾਮ ਨੂੰ
- ਪੋਖਾ - ਸਾਂਝ ਅਤੇ ਪਿਆਰ ਨੂੰ

**ਮਾਨਿਆ ਗੁੰਬਰ
ਜਮਾਤ ਛੇਵੀਂ**

From Curiosity to Creativity



*Let's Awake the
Inner Scientist
in
Every Child*



**A glimpse of the Science Exhibits displayed
in the school on December 12 & 13, 2025**

NDS believes that leadership is the ability to help people see their untapped potential & unlock it. So, here we train our future leaders to shoulder responsibility and undertake challenges with determination & courage.



Our School Cabinet 2025-26 gracefully posing with their Badges & Sashes of esteemed positions with integrity

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