



VISHAKHA



PODAR
INTERNATIONAL
SCHOOL
SAMASTIPUR

MESSAGE FROM CHAIRMAN



SINCERELY

DR. PAVAN PODAR

The Podar education network legacy is long and enduring for over nine decades, the Podar family has made education a mission and quality the fulcrum of their commitment.

Today, Podar international schools across the nation cater to the educational needs of over 1,55,000 learners annually. We have been entrusted with their future, their careers and their lives ahead. We need to nurture them as learners, inculcate values and arm them with the necessary skills that will help them make the nation proud.

The management of Podar international school brings together a great learning community. Our mission is to build independent, responsible, global citizens through a widely accepted curriculum and practices that are founded on learner-centric education. Therefore, each Podar school will impart world class education through the best use of modern resources , developing young minds to think, question and create.

Our network of schools aim to fuse the strong cultural fundamentals of Indian society with advanced learning tools acquired from the world over giving education an exciting and dynamic direction as we open doors to each new generation of students, expectation run high as we believe that each and every one of them will grow into the stars in our skies. Every day, every year we scale new heights, never standing still. We can never rest on the laurels of our past because excellence remains a never ending search.

BOARD OF TRUSTEES



Dr. Pavan Podar
Chairman, Podar Education Network



Dr. Gaurav Podar
Director, Podar Education Network



Mr. Harsh Podar
Director, Podar Education Network



A.N.K Sinha
Principal
PIS Samastipur

FROM PRINCIPAL'S DESK

We are living through challenging time. Covid – 19 has almost paralyzed normal schooling for 9 months. It has been the toughest of times in human memory and has taken a heavy toll upon all walks of life. Its impact on education sector can't be described in words.

The test of one's wisdom lies in how to turn a crisis into opportunity. At Podar we have striven to harness technology for education. The process of teaching-learning has been ceaseless. Virtual teaching has taken the place of classroom teaching. With the help of various platforms like Zoom, Google Meet and others we have been successfully imparting our students. It is not only teaching but we have also conducted regular Tests, Examinations, Events and Open House.

Our collective efforts have been unhampered education of our students. We have continued with our motto of activity based learning. All our efforts are the results of a continuous and collective contributions plus supports of teachers, students and parents- community.

We shall collectively overcome every challenge. Best wishes to our sent-up candidates.

Welcome to the second issue of our school magazine!

MESSAGE FROM GENERAL MANAGER



Mr. Subhash Singh is our general manager. He looks after the overall administration of PIS Bihar .He works as a support system and acts as channel between PIS and The headquarters. He leads a team of energetic staff working tirelessly to keep this institution fit for smart education hub.

He says -

“ I would like to congratulate Team Samastipur for having brought out the second edition of the school magazine. It is indeed heartening to note that the entire magazine has been designed and framed by the students and the teachers of editorial board.

I want to assure all the readers that our team will continue striving to improve the school infrastructure and facilities in order to provide a safe and healthy environment to all our young and talented students, staff members and visiting parents.”

EDITORIAL



Editor

Mrityunjay jha

Mrityunjay.jha@podar.org

Technology supplements education to a great extent and this has been tested like never before. Virtual teaching and learning has helped no end. Covid – 19 created a crisis of unprecedented magnitude from which we are yet to recover fully. The education sector has been the hardest hit.

At Podar virtual medium of imparting education has utilized to a satisfactory level. We do not accept defeat. Instead we strive and thrive.

After our inaugural issue this second issue is chiefly based upon our efforts made during the pandemic. We have modestly tried to highlight our journey of teaching – learning in times of challenges and adversities. I am hugely indebted to all my colleagues and students. Our honorable principal sir remains the ultimate source of inspiration for us all. And, a special thanks to Vishal sir whose designing of the magazine is always so inspiring . We work as a family.

Adversity teaches toughness and we have become stronger and stronger.

Yours valuable feedbacks/suggestions are always welcome.

A happy reading!

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**PODAR
JUMBO
KIDS**

From headmistress' desk



Rashmi Chandel

Headmistress

PJK

Podar Jumbo Kids Samastipur, the Kiducation Philosophy Early Childhood Center, is set up as a research hub in early childhood learning and represents a brand new era of early childhood education focusing on brain development, innovative teaching practices, parental involvement and developmentally appropriate curriculum. Over the years, teaching-learning projects conducted by Podar Jumbo Kids have gained international recognition at early childhood forums, benchmarked against best international practices.

Early childhood education at Podar Jumbo Kids is founded on extensive research and development and global early childhood approaches. We have adopted the EYFS–Early Years Foundation Stage Practice (UK) promoting inquiry and experimental constructive learning, aesthetic and creative development, outdoor learning experiences, science, information and communication technology in the learning and development of children from age 2 to 6 years.

Excellence in Early Childhood Education is the enduring educational philosophy that governs curriculum design and pedagogy at Podar Jumbo Kids. This philosophy is shared by all stakeholders; children, parents, educators and management. The Podar Jumbo Kids curriculum is designed to uphold the value and joy of childhood. We achieve this by investing our research efforts into our program to ensure every child is a happy child, every teacher a qualified teacher and every parent is an involved parent.

As we open our doors to each new generation of students, expectations run high as we believe that each and every one of them will grow into the stars in our skies. Everyday, every year we scale new heights, never standing still.

Even in this pandemic we have continued our efforts to provide activity based learning through online platforms. Learning is a continuous process and it must go on.



Number Magic : Students are learning basic steps of maths through various activities



Christmas celebrations : Students and teachers participating week long Christmas celebration



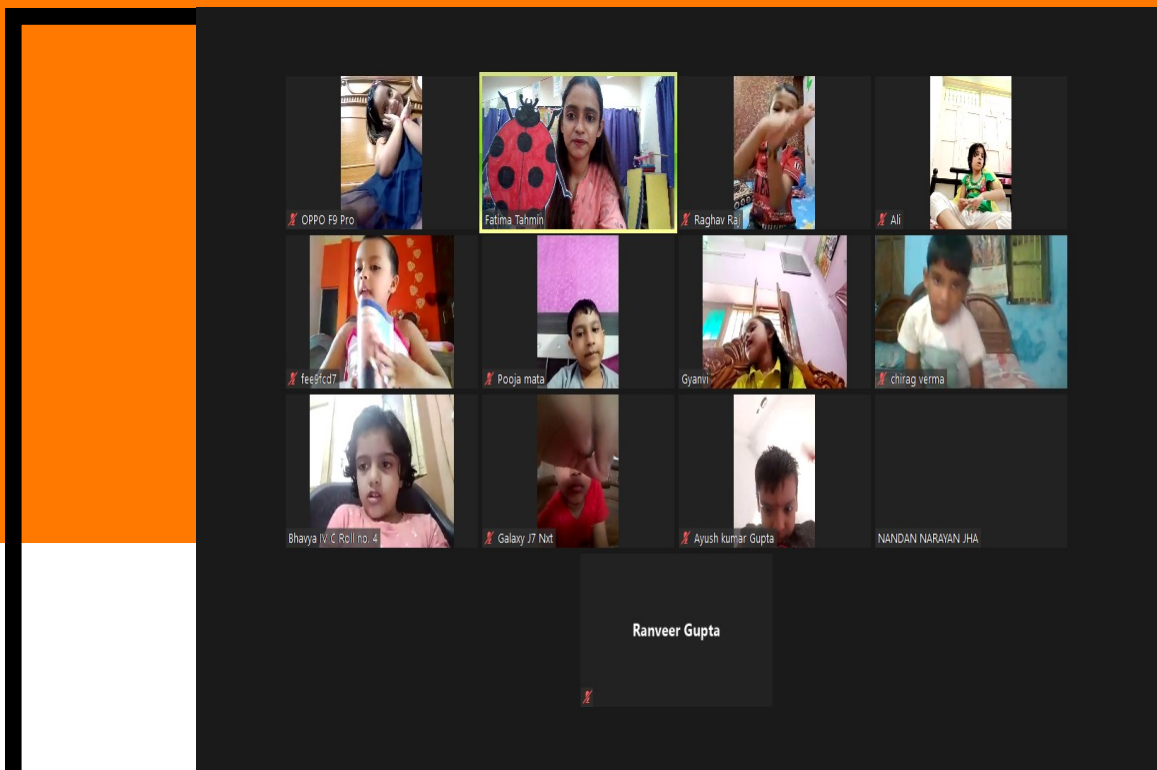
Our faculty members : Pooja Shree, Tahmin Fatima, Laxmi Kumari, Prerna Prasad :From left to right



Motor Skills Development activities



Group Activity for learning how to socialize, how to develop muscle control, how to follow directions etc.



Virtual Learning : The process of learning goes uninterrupted in these challenging times.

Sports day
Celebra-
tions



Water
play :
Nursery
kids enjoy-
ing water
play .



Virtual
Gandhi
jayanti cele-
bration



Under-
standing
my world :
(UMW)
Activity
Name - Pa-
per Lady
bug



Story telling session



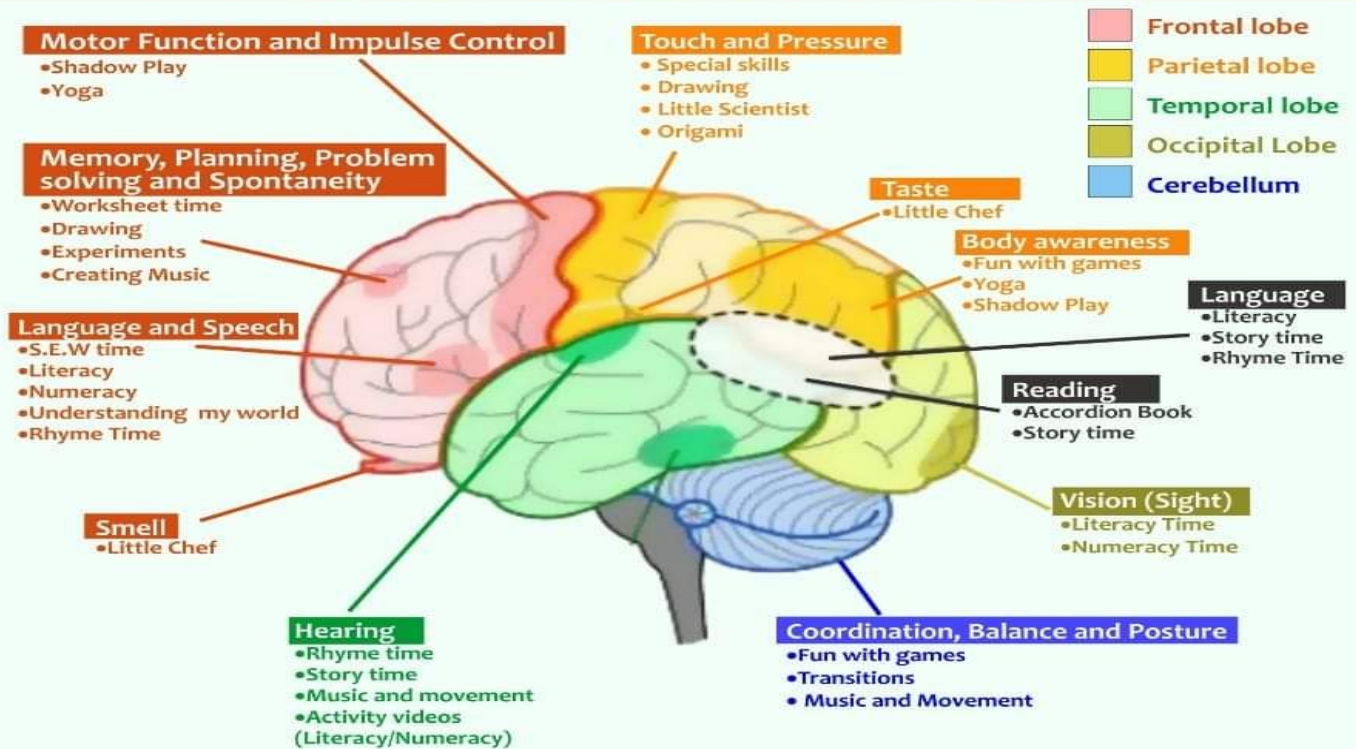
Learning writing skills





90 Percent of a Child's Brain Develops by Age 5.

At Podar Jumbo Kids we are ensuring that your child does not miss out on crucial brain stimulation. Our Home-School Play Learning is connected to your child's brain nurturing and stimulation.



The activities mentioned above and how and when they are conducted. Support and get involved in our Jumbo Home-School Play Learning connection to boost brain development.



Teacher Child Interaction

Greeting Ritual • S.E.W Time • Rhyme Time • Understanding my World • Literacy • Numeracy • Worksheet Time • Fun with Games • Story Time • Little Scientist

Parent Child Interaction

Literacy Activity Videos • Numeracy Activity Videos • Worksheet time • Parent Resource sheet with interactive games for children • Active Exploration (Traditional Games, Role play, Music and Movement, Shadow play and Origami)



Child Independent Activity

Yoga • Drawing • Little Chef • Creating Music • Special Skill

To know more about our Jumbo Home –School Play Learning connection visit our website www.jumbokids.com and connect to a centre near you.



This is the guiding principle behind our endeavor of imparting necessary skills to the kids. We always keep in mind the stage of mental development of a kid and try to mould it in the best possible way.

DEPARTMENT

OF ENGLISH

ANJALI SHARMA
ENGLISH TEACHER



Who am I??

A girl who is bold or the girl who frightened of the darkness,
A girl who loves to be happy but scared of her happiness.

A girl who always speaks or the one who needs silence,
A girl who cares for all but faces ignorance.

A girl with a smile on her face or tears in eyes,
A girl who hates sacrifice but always compromise.

A girl who self creates a new life or the one whose own life de-
mands a foundation,

A girl who is worshipped like a deity but is disgraced by the na-
tion.

A girl who has the powers, not having the authority,
A girl protecting like an umbrella but looking for her own security.

A girl who fulfills everyone's wishes or the one whose self desires
are on standby

A girl who wants to fly high but never received the sky.

Who am I??



Divya Thakur

English Teacher

WHY ENGLISH???

Being a part of the English department in the school, I had felt the importance of English communication in our day to day life. I had also observed how English is instigating us in one or another way to enhance our personality.

Having a good command of English helps us to have more opportunities in life, first of all our career. English also helps people from different languages to communicate as it stands as the only language that most people from different language understand.

The four language skills of listening, speaking, reading and writing are all interconnected. Each skill is necessary to become a well-rounded communicator, but the ability to speak skillfully provides the speaker with several distinct advantages.

English skills helps you get more respect.

It makes your travel easier.

Knowledge of English helps make friends.

It helps us innovate better.

English is one of the most dominating language of the world which is having its impact on every field of work. Undoubtedly, English play a very vital role in the world that it is inevitable for people to ignore it fully.

You should follow few tips to learn English quickly.

Read everything you can get your hands on. (Eg.- Newspaper, magazine, story-books etc..)

Note down new vocabulary and try to use it in your daily conversations.

Try to communicate in English regularly with your friends and teachers.

Hopefully reading this article will help you out to innovate or to unveil your hidden personality which will be refining you.

Best Wishes!!

The Disdain



Rupa Sharma
English Teacher

*The happiness of life emerges in a soul
Who is positive and intellectual in upbringing the mankind
From the depth of an awkward hole.
People often think,
It's wonderous to go ahead by making others down
But they forget,
No one can be treasured with someone's else fortune.
Why to waste the sumptuous moments of present by thinking
How bad others behaved.
Why not to inculcate a habit of understanding that it's not
yours
But theirs distress.
The capability and potential authenticity can never be taken
It's theirs misery who think you're granted
For whatever you have been given.
Be mature enough to understand,
The difference between your well wishers and followers.
Everytime it's not in compulsion,
That your followers are always your well wishers.
The process of life will be continued likewise
Don't disdain but show pathos towards others whole life.
Sing panegyrics and bless the mankind
With your positive vibes.
Never aloofer yourself from the ones who tries to find the best
in you
By showing their melancholy sides.
Have the zest in your life without any disdain,
Think always of the positive vibes
Which give you tranquility of mind and entertain.*

My Days in Podar



Ritama Bose
S.st Teacher

At the break of dawn a whisper I hear,
A shiver I feel when it comes too near.
The falling of leaves I see in the rain,
I miss my school with love and pain.

Gone are the days of fun for me,
The gates of School I miss to see.
The lane of memories takes me down,
Away from all in the meadows so brown.

I see my classroom calling me loud,
I see my teacher about whom I'm proud.
The balcony remains to shine like gold,
The memories of School can never grow old.

Like droplets of pain comes to my eye,
Like a broken winged bird who longs to fly.
I want my life to drive those ways,
I want to be back to my Podarite days.

My days in Podar were the days of bliss,
Passing out from it, each moment I miss.
But completed I feel as a human in whole,
Not only my studies, Podar enlightened my soul.



PIS EVENTS
Virtual Gandhi
Jayanti
Celebration

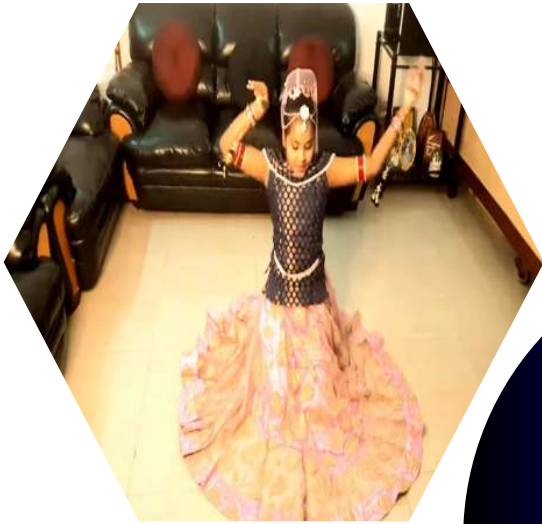




Sakshi Bhargav
Dance Teacher

“ To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking “

Agnes De Mille





Washishth kumar

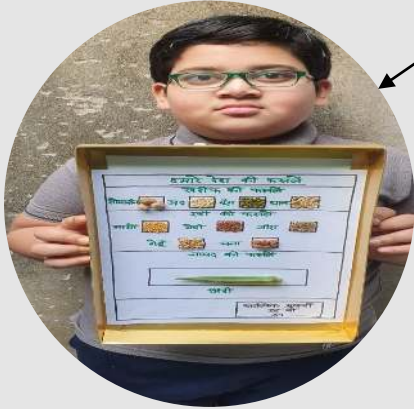
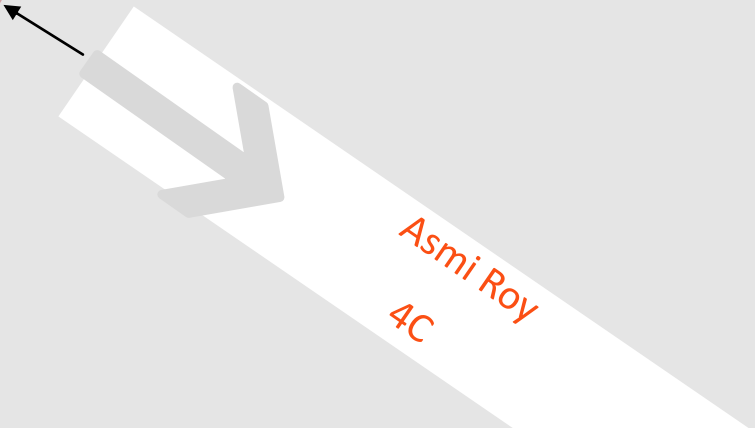
Art Teacher



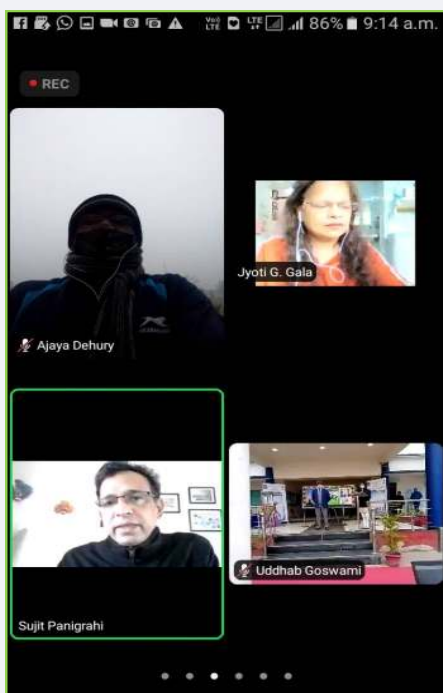
Virtual
Art
Exhibition



Students displaying their understanding of the pattern of crops in India via Zoom



FIT INDIA SCHOOL WEEK 2020



✝ CHRISTMAS CELEBRATION ✝

Christmas celebration was done virtually in order to promote the spirit of Christmas and spread the message of love, peace and kindness



हिंदी का अस्तित्व



इंद्रेश कुमार

यादव

हिंदी विभाग

जब हमारा देश आजाद हुआ उस समय देश भाषा के आधार पर छोटे-बड़े टुकड़ों में बंटा हुआ था। हर एक प्रांत अपनी भाषा की श्रेष्ठता को लेकर संघर्षशील था। ऐसे में देश को भाषाई आधार पर एकता के सूत्र में बांधना मुश्किल लग रहा था किंतु भारतीय संविधान निर्मात्री सभा ने 14 सितंबर सन 1949 को हिंदी भाषा को राजभाषा का दर्जा प्रदान किया। उस समय भारतीय संविधान निर्मात्री सभा को हिंदी ही एक ऐसी भाषा लग रही थी जो संपूर्ण भारत को एकता के सूत्र में बांध सकती थी। इसके साथ ही भारतीय संविधान निर्मात्री सभा ने यह शर्त भी रखी कि जब तक हर प्रांत हिंदी भाषा को अच्छी तरह से सीख नहीं लेता तब तक अंग्रेजी भाषा इसके सहायक भाषा के रूप में प्रयुक्त होगी। यही सहायक भाषा अंग्रेजी आज हमारे समक्ष हिंदी के अस्तित्व पर एक प्रश्न-चिह्न बनकर खड़ी हो गई है। कहने को तो हमारी राजभाषा हिंदी है किंतु हम हिंदी से ज्यादा अंग्रेजी को महत्व देते हैं। ऐसे में राजभाषा हिंदी अपने अस्तित्व की तलाश कर रही है। आज के इस भौतिकयुग में अंग्रेजी के प्रचार-प्रसार ने हिंदी के अधिकार को मानो छीन ही लिया है। हिंदी के इस तिरस्कार के लिए उत्तरदायी कोई और नहीं बल्कि हम और आप हैं।

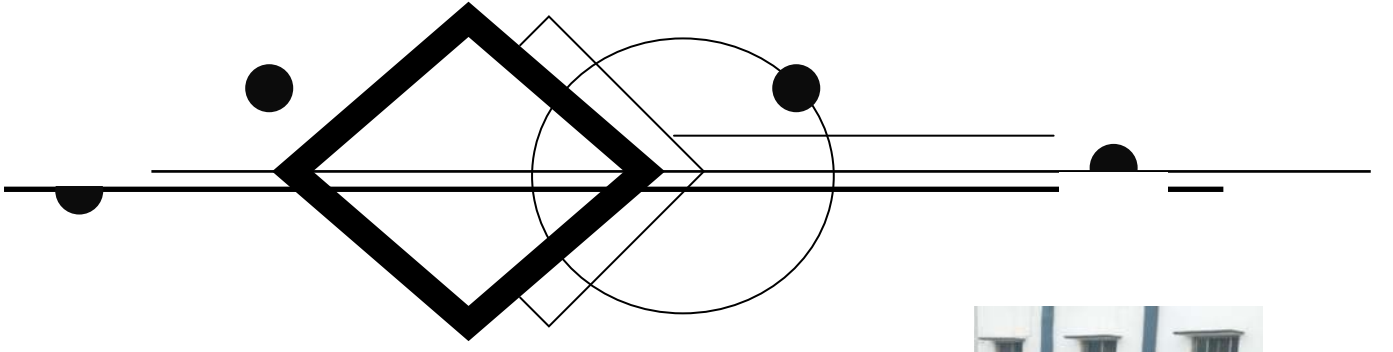
आज की युवा पीढ़ी जिसके हाथों में भविष्य संभालने की जिम्मेदारी है। वह खुद हिंदी के महत्व को नकारता जा रहा है। आज की युवा पीढ़ी अंग्रेजी की तरफ आकर्षित हो रही है तथा उन्हें हिंदी में बात करना तो जैसे अपने स्टेटस को कम करने जैसा लगता है। इसके बावजूद भी हम कहते हैं कि हिंदी हमारी मातृभाषा है। आज हम अपने दैनिक जीवन में हिंदी से ज्यादा अंग्रेजी के शब्दों का उपयोग करते हैं। यह कहां तक उचित है ?

क्या इस तरह से हम हिंदी को उस का सम्मान और उसकी खोई हुई अस्मिता को वापस दिलाना चाहते हैं ? जी नहीं, हमें दृढ़ संकल्प होकर आत्मा से इसे अपनाना होगा और इसके विकास के लिए हर संभव प्रयास करना होगा। तब जाकर कहीं हिंदी को उसका खोया हुआ सम्मान मिल पाएगा। अपनी भाषा की उन्नति पर हिंदी के प्रसिद्ध लेखक भारतेन्दु हरिश्चंद्र जी ने भी लिखा है-

निज भाषा उन्नति अहै, सब उन्नति को मूल।

बिन निज भाषा ज्ञान के, मिटत न हिय के शूल ॥

अर्थात् अपनी मातृभाषा की उन्नति के बिना किसी भी समाज की तरक्की संभव नहीं है और अपनी भाषा के ज्ञान के बिना मन की पीड़ा को दूर करना भी मुश्किल है। तो आइए हम सभी मिलकर विचार करें कि हम अपनी मातृभाषा हिंदी का विकास किस प्रकार करें व इसके अस्तित्व पर लगे प्रश्न-चिह्न को कैसे हटाएं ?



नारी शक्ति



नीतू श्री
हिंदी शिक्षिका

बंद करो ये अत्याचार।
बंद करो ये अत्याचार
कब तक करोगे यह नरसंहार
नहीं चलेगा नहीं चलेगा तुम्हारा यह झूठा व्यापार।
हम अबला हैं यह मत समझना।
प्रथम स्थान हमारा है।
राजनीति के पद पर भी कभी बैठी वह नारी
अबला है।
दहेज बलात्कार भ्रूण हत्या न जाने कितने बैरी
तूने हमारे पैरों में डाला है।
इंसान होकर भी इंसानियत का फर्ज नहीं पाला है।
सोच बदल विश्वास रख
औरत का है कर्जदार तू।
छीन अगर जिंदगी ली तो
हो जाएगा कंगाल तू।
युग बदलेगा रीति बदलेगी।
जब तुमको एहसास होगा।
हमारे जन्म और त्याग पर
एक दिन तुमको भी विश्वास होगा।



सोनाली सिंह

हिंदी शिक्षिका

नारी एक अस्तित्व

नफरत की इस दुनिया में,
अपनों को बदलते देखा है।

वसंत के मौसम में भी

बारिश को बरसते देखा है।

तूफान के डर से घर में छुपे थे।

पर चंद्र लफ्जों की गलीज से,

आंगन को बिखरते देखा है।

रिश्तों की डोर को कुछ यूँ भी बिखरते देखा है।

नफरत की दुनिया में अपनों को बदलते देखा।

आत्मसम्मान उस नारी का हर बार टूटते देखा है।

पिता की मर्यादा और पति के बंधन में घुट-घुट कर जीते
देखा है।

तुम नारी हो साड़ी में रहो,

पति के सरनेम से ही तुम्हारा अस्तित्व है।

चार दीवारों में एक खूबसूरत सपने को,

मुस्कराहट के अंदर हर बार टूटते देखा है।

यह वही भारत है, जनाब

जहां नारी को ही अग्निपरीक्षा हर बार देते देखा है।

अरे जाओ समाज के ठेकेदारों मर्द की मर्यादा को भी हमने
हर बार टटोलकर देखा है।

जिस नारी के अस्तित्व को तुमने तोड़ा,

एक वक्त वह भी आते देखा है।

अपनी मर्दानगी को भूल तुम्हें उसी के घुटनों में गिरते
देखा है।

Where Do I stand ?

Rahul came running from school and sat in the drawing room. He kept his treasures aside and without refreshing himself went straight to his grandma. As usual grandma was calm and composed. She could notice something unusual about Rahul and asked what was the matter with him. Rahul had many questions to ask that jumbled up in his mind which made him rather more confused.

Rahul: Grandma, I came across a bald, young man who was clad in saffron. His extraordinary dressing grabbed my attention and gave birth to many questions in my mind. Why was he dressed so?

Grandma: Yeah! He is a Buddhist man who symbolises peace and morality. He lives his life to pass on the message of Simplicity and Non-Violence which is unfortunately missing in the youth like you today.

Rahul was unsure about the new word he learnt which was “Morality.”

He asked his grandma about the same to which a beautiful explanation came across.

Grandma: Moral is such a value of life which cannot be bought or sold. Neither, it can't be replaced with any other modern equipment of today. Though morality claims to be the life-line of a society but unfortunately it seems to

It's such a pleasure and pride to have India becoming an economic and technological giant but what we miss to see are the values which basically strengthens the roots of humanity. The education of today focuses more on the materialistic knowledge rather than on the ethics which should have been the core of every wisdom. It's a shame as a nation to have the country reaching the outer space but food fails to reach every Indian home. It's a failure as an individual to have the information about the entire community by staying socially connected but ignorant of the family ties which seems to rot day by day. With a blend of misunderstandings and confusion it's an obvious question that keeps on rising in the human minds of "Where Do We Stand!"

Rahul paid full attention to every word uttered by his grandma and the last line truly touched his heart. He though still had many doubts unclear but still the sky seemed to be clearer



AJAYA KUMAR

DEHURY

Teacher and Mentor

DEPARTMENT OF PHYSICAL EDUCATION

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

Benefits of regular physical activity

If you are regularly physically active, you may:-

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis

A number of studies have found that exercise helps in depression. There are many views as to how exercise helps people with depression:-

Exercise may block negative thoughts or distract you from daily worries.

Exercising with others provides an opportunity for increased social contact.

Increased fitness may lift your mood and improve your sleep patterns.



Vijay Kumar
Sports teacher

“Sports should be appreciated by all the ages in order to gain fitness, as life without sports is a body without soul.”

DEPARTMENT OF MATHEMATICS



Ranglal Pradhan
Mathematics Teacher

“Mathematics expresses values that reflect the cosmos, including orderliness, balance, harmony, logic and abstract beauty.”

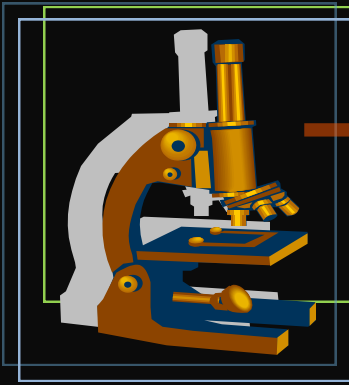
Deepak Chopra.

Mathematics is not only an academic discipline it is also a broad system that governs our lives. The world around us expresses itself through shapes and patterns. To study mathematics is to appreciate the arrangement of patterns around us:

At Podar we don't let mathematics be all about steps, formulas and scoring marks in exams. Instead we make it a fun learning activity. Through various activities we stimulate our students to develop the spirit of enquiry, logical thinking and imaginative prowess - things that are at the core of teaching mathematics.

I, in capacity of a mathematics teacher, always strive to make this subject more interesting to my students. Keeping in mind our motto (More Than Grades) I promote the understanding of how to assimilate the textbook learning to life.

A happy reading !



DEPARTMENT OF SCIENCE



Rajesh Ranjan
Science Teacher

COVID-19, where CO stands for Corona, VI stands for virus, D stands for Disease and 19 belongs to year 2019 when it came into existence. Scientifically, COVID-19 exists in the form of single stranded RNA associated with nucleoprotein within a capsid consist of matrix protein.

Society serves a major role in controlling up the Pandemic. We must be aware of ourselves as well as society together in terms of precautionary and preventive measures. Precautionary measures are to keep a well sanitized mask approved with WHO guidelines and a good quality pocket hand sanitizer, another measure is to maintain and follow the social distancing of at least two metres. Keep your mask tied properly over nose and mouth collectively. Our life is a beautiful gift by almighty to cherish its best.

Enjoy and cherish by your side and lets others too enjoy safely.

Happy moment!

Science is the poetry of reality



Dr. Sangeeta
Kumari
Science
TEACHER

Science holds our lives together. It is valued by society because the application of scientific knowledge helps to satisfy many basic human needs and improves living standards.

Science helps children to develop their senses through that they can develop key life skills, including ability to communicate, remain organised and focused.

There are two ways of forming an opinion. One is the scientific method, the other is scholastic.

I depend on world of science to provide my students guidance to explore and understand important concepts in science. Labs are great place for students which help them enhance their learning by understanding the theoretical concepts of science which are taught in classroom.

In our country the covid-19 outbreak has been declared a pandemic in all its states and union territories. It led to some major changes in teaching learning process. During pandemic situation mobile computing technology and augmented reality technology are essential tools for education. Smart learning, blended learning and digital libraries are adopted to provide assistance to the curriculum of education that will help students connect with the world and understand issues that our world faces.

Online classes are not only tough for kids they are equally difficult for teachers. But we all are changing fast and adapting to the new challenge. I am glad more and more people are recognizing what teachers do in terms of instruction and learning.

I am among those who think that Science has great beauty.

Let's become Social

Social studies is a discipline that includes humanities such as geography, history, and political science. Why is social studies important? Let's explore why.

“The primary purpose of social studies is to help young people make informed and reasoned decisions for the public good as citizens of a culturally diverse, democratic society in an interdependent world.”

Social studies can also be referred to as social sciences. It's a field which deals with human behavior, relationships, resources, and institutions. Social studies connects students with the real world. In today's interconnected world, students must be prepared to interact with people of all cultures and communities, and social studies prepares them for this.

How can we expect young people to contribute positively to society, engage in discourse, and thrive in a democratic society if they are not exposed to the topics and aspects of history and life that made society the way it is? Students need an understanding of history, political science, culture, and all humanities to be able to understand why it is important to be a good citizen.

From social studies classes, students learn about government, political ideas, country economy and resources, and more. Students gain political skills by analyzing and evaluating existing systems and imagining the future of the place in which they live.



RONIKA THAKUR

Social Science
Teacher



Murari Kumar

Music Teacher

प्यार से भी प्यारा "भारत" बनाएं

आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
"बापू" और "नेताजी" के सपनों को साकार बनाएं
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
बहुत रोया और रुलाया हमने, अब मिलकर सबको हंसाए
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
हमारी स्वतंत्रता की खातिर हुए शहीद वीर भगत,
चंद्रशेखर, राजगुरु, सुखदेव के सपनों को साकार बनाएं
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
बहुत हुआ आपस में खून- खराबा, बंद हो हर इक अत्याचार
हर इक जरूरतमंदों की मदद को बढ़ाएं हम अपने हाथ
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
बेटी बचाओ, बेटी पढ़ाओ, हर घर में हो नारी सम्मान
दहेज जैसे अभिशाप से मुक्त हो हर एक प्यारा परिवार
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
देश में फैले भ्रम, धर्म, जाति और भ्रष्टाचार के जाल को आओ
मिटायें,
सबसे मिलकर सबमें हम सिर्फ प्यार ही प्यार बढ़ाएं
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
करें हम सदा सम्मान "जय जवान" "जय किसान" "जय
विज्ञान
"जय माता-पिता," "जय पूज्य गुरुवर" "जय हर संकट घड़ी
के मित्रवर"
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं
हो शिक्षित "हम" और शिक्षा का प्रसार बढ़ाएं
हम अपने वातावरण को स्वच्छ और स्वस्थ बनाएं
आओ मिलकर प्यार से भी प्यारा "भारत" बनाएं

SCIENCE FACULTY



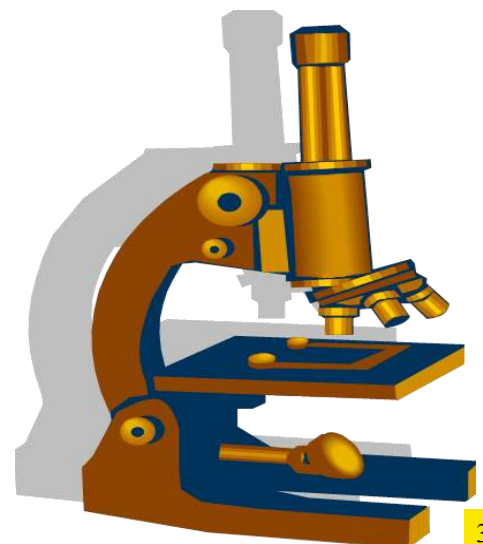
Rajesh
Ranjan



Sangeeta
Kumari



Kosaloy
Chakraborty



Mathematics Faculty



Chandan kumar Choudhary

Somnath Sahoo



Ranglal Pradhan



Saurabh Suman



Social
science
faculty

Ajaya Dehury



Uddhab Goswami



Ronika Thakur



Ritama Bose



Hindi Faculty

Nitu shree



Indresh yadav



Sonali Kumari



Pallavi Jha





English Faculty



Rupa Sharma



Usha Kumari



Divya Thakur



Anjali Sharma



Mrityunjay Jha



COMPUTER FACULTY

Sakshi Bhargav



Vishal Gupta

EVS FACULTY



Kumari Vibha



Sapna Kumari



Avinash Kumar Ranjan

SPORTS FACULTY



Niranjan Sharma



Vijay Kumar



Ruchika Kumari

FACULTY OF ARTS



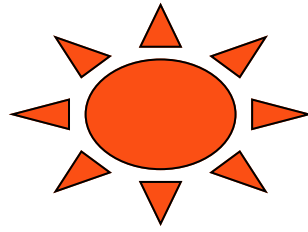
Murari Kumar
Music Teacher



Washishth Kumar
Art & Craft Teacher

MOTHER

TEACHERS



Kumari
MadhuLata



Sonali
Kumari



Kripa
Banka



Richa
Rani



Priyanka
Jaiswal



Swati
Kumari



OTHER STAFFs



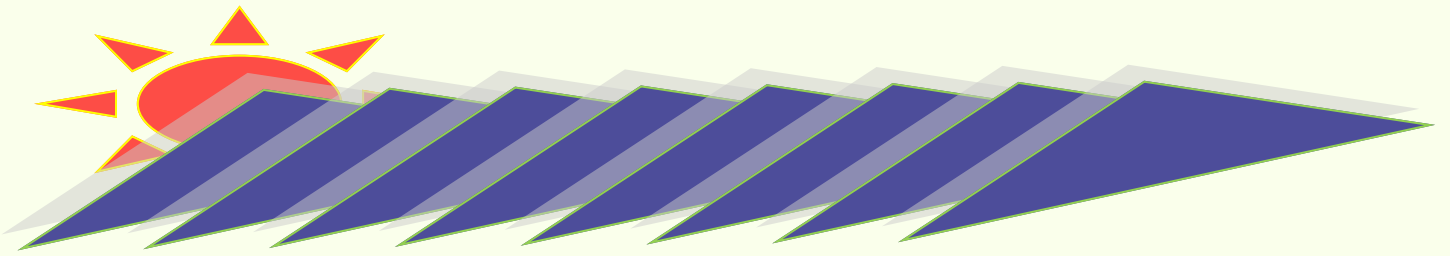
Rima Sharma
Nurse



Joyti Singh
Float teacher



Akanksha Kumari
Counsellor



BEAUTIFUL WORDS



Isha Sinha

9A



A friend is someone who knows the songs in your heart.

And can sing
It back to you
When you have forgotten the words.
I don't need words to express,
I don't need tears to shed,
I don't need to ask for a smile
Or a hand to hold me,
All I need is to be your friend always.
Friends are like stars
You can't always see them
But you know they are always with you
7 colours make a rainbow
7 chords make music
7 days make a week
7 continents make a world
And 7 beautiful letters make us "FRIENDS"

A rabbit in an aeroplane is flying through school,
A monkey is dancing on a top a stool.
Cows have a party, fun is on,
Then comes the lion saying, "I am the don."
Auditorium is packed with gaze of raccoons.
In blue tuxedos with tie and balloons.
Parrots are teaching in almost all the class,
A deck of cardinals bang on every pane of glass.
A hundred gorillas are painting the wall,
And a court of kangaroos hop in the halls.
Horses in field are having a race,
And weaver birds show off their linens and lace.
Ducks dance during the day as fun is on in school,
A donkey working with a set of tools.
Hippo do cartwheels and bears fly
And foxes and skunks bake a ginger
While they are having fun, I say you, bye- bye.



Shashank

Kaundilya 6b



FUN IS ON

Home

Home is a place where we sleep, eat and live;
Home is a place where our souls get relief.
Neither hotel nor we want restaurant;
For us, our home is the best.
Good or bad that doesn't matter,
The feelings that we have only matter.
The best thing about a home are our family members.
Either they include the guests or the staff members.
Home is a place where we sleep, eat and live
Home is a place where our souls get relief.



Shishir Rai

9B

The Best Friend

The best of friends,
Will always share,
Your secret dreams,
Because they care.
The best of friends ,
Worth more than gold,
Give all the love,
A heart can hold.



Akanksha Ishwar

8B

बिटिया की हुंकार

भ्रूण हत्या पाप है,
पर इसमें बेटियों का कहां हाथ है।
पलती है वह मां की कोख में,
पर अक्सर प्रवेश नहीं कर पाती वह जीवन के झरोख में।
चाहती है वह छूना अपने गंतव्य को,
पर पूरा कहां करने देते हैं लोग उसे अपने कर्तव्य को।
आती है बाधाएं बहुत उसके रास्ते में,
लेती है उन्हें वह आसान और सस्ते में।
थकना नहीं जानते उसके नन्हें हाथ,
आखिर देनी पड़ती है पूरी कायनात को उसका साथ।
लाती है जब मेहनत उसकी रंग,
बदल जाती है दुनिया की ओछी सोच और ढंग।
छू लेती है जब उसकी मेहनत उसके लक्ष्य को,
साबित करती है वह गलत अपने विरुद्ध साक्ष्य को।
और जब सुनाती है वह अपनी पहली उड़ान की गाथा,
याद आता है समाज को गीता और पुराण की कथा।
बेटियां भी बेटों से कम नहीं होती,

उन को जन्म देने में भी उनकी मां की खुशी कम नहीं होती।

है यह समय बदलने का दुनिया की कुरीतियों को,

छोटी मानसिकता और ओछी नीतियों को।

हैं बेटियां एक वरदान,

नहीं देना चाहिए उन्हें अपनी आशाओं का बलिदान।

है कर्तव्य हमारा बचाना बेटियों को,

यह संदेश पहुंचाना है जन-जन में और विदेशियों को।

तकनीकी युग में उसने सब को ललकारा है,

उनकी विशेषताओं को सभी ने स्वीकारा है।

जन्मी है इस मिट्टी में अनेक वीरांगनाएं,

गूंजी है किलकारी और कल्लोल से उनकी अंगनाएं।

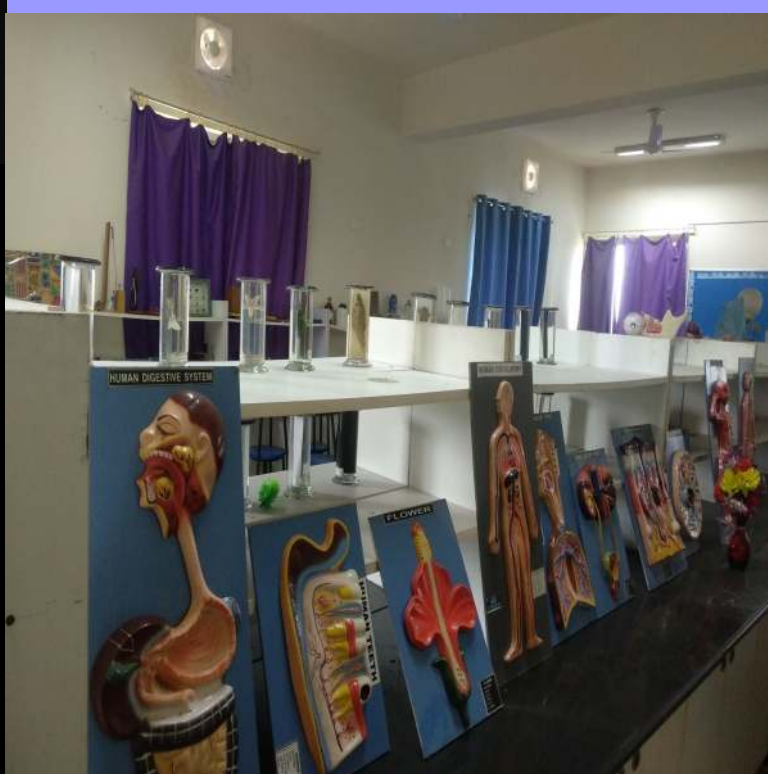
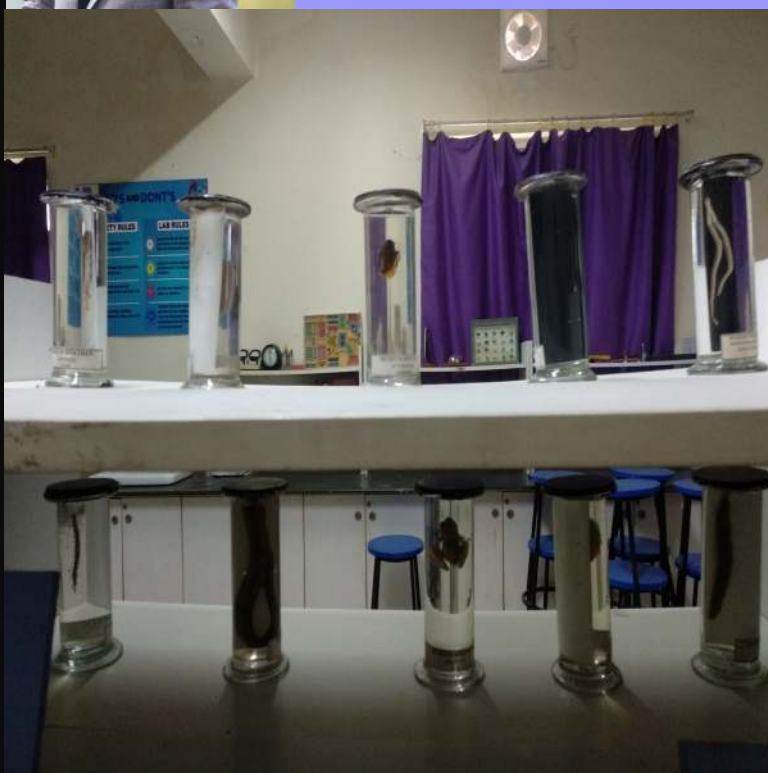


माही राज

कक्षा – 9



Saurabh Suman
Science Teacher



SCIENCE

LAB

I believe that everyone, every-teacher has tough classes but it's a part of journey. We provide our children a new environment of science that is only possible by practical or lab activities.

In this scientific world, we provide our students different articles that excite them about science and hence we always try to turn the science class into live-science so that we maximize the use of laboratory. Keeping in mind that practical knowledge is the best knowledge we always have focused and enhanced the lab activity. We have also done so far some practicals like Electro-plating of iron with copper, examining the refraction through glass-slab etc . So join our network and enhance the skills of your child.

LIBRARY



We have a sophisticated library endowed with hundreds of books useful for the development of our children as well as our teachers. It has well planned sitting arrangement for students to explore the joy of reading. Our aim is to enhance their exposure to the things that go around us. Reading makes a person smart. It is well said that readers are leaders.

Supriya Kumari

“I have always imagined that paradise will be a kind of library”
Jorge Borges



COMPUTER LAB

Computer literacy is the fulcrum of modern education. At podar we have an ultra sophisticated computer lab equipped with 75 PCs, projectors, 3D printer etc. Computer as a subject is given priority from grade 1. We believe that information technology is an integral part of shaping one's personality. - Vishal Gupta ICT Teacher



ADMIN DEPARTMENT



Shashikant
Shekhar

Admin
Officer



Ashish
Kumar
Verma

Transport
Supervisor



Pankaj
Kumar
Jha

Accountant



Kiran
Mahato

Front
Desk
Executive



Ashish Verma

Transport

Supervisor



TRANSPORT FACILITY



We have a fleet of 18 buses plying for PIS students covering an area of 30 Km. Each bus is GPS enabled, has two lady attendants and is under CCTV surveillance. We are fully committed towards child - safety. Speed limit device is fitted with each of the buses so that it can't cross 40 KMPH. The transport in-charge monitors the entire system of transportation.

PARENTS' COLUMN

YOGA IS A JOURNEY TO CHILDHOOD

A newborn baby is the best yogi. It often goes to different postures of Yoga spontaneously. Their hands are always in some mudras. Most of the time, they are in sleep-meditation; in the language of Yoga, we call it Yoga-Nidra. These activities of a child are not limited to any caste, creed, or religion but omnipresent. It indicates that Yoga is natural and universal.

The children have many specialties. In general, their body systems, e.g., digestive, respiratory, glandular, nervous, and circulatory systems, are well balanced, and hence they possess good health—a promise which Yoga offers to its practitioner.

They are innocent, and hence their mind does not retain the stresses of the worldly tantrum. Similarly, Yoga helps in regaining the innocence of a child with the intelligence of an adult.

They possess loving and friendly nature and don't discriminate among people – an expression of Universal love and brotherhood, which is the cardinal principle of Yoga.

The giggles and jiggles of children are reflections of their joyful and playful nature. This they can be in because their mind remains in the present moment and forget and forgive the incidences and individuals. This is a mental state which comes when your mind is not pendulating between the remorse of the past and expectations of the future and can be achieved through meditation.

They learn fast because they are sympathetically curious about the materials and individuals of the world and able to establish bondage with them, a state far beyond the adult's self-centered approach. This outcome is inbuilt in Yoga as it teaches that the whole world is the expression of the same omnipotent consciousness.

As we grow older, we unlearn many of these qualities and abilities in the rat-race of worldly achievements. However, all of us keep a desire somewhere in the corner of mind to regain childhood.

Yoga offers protocols to retain and regain the beauty of childhood. Don't get afraid that by practicing Yoga, you will become an ascetic. However, there is a good possibility that you will become a perfect bhogi who will enjoy and achieve better than the average person in this world.



Dr. Rajeev Kumar
Associate Professor, Dr. Rajendra Prasad Central Agricultural University
Pusa, Samastipur, Bihar 848125

PARENTS' COLUMN

IMPORTANCE OF GOOD HEALTH



Dr. Soumendu
Mukherjee

Health is defined as the sound state of body and mind. Health is the prime source of happiness and comfort.

Good health is the key to success. It is something which is neither bought nor sold but maintained.

Someone has said that there are four layers of energies which give us good health, they are physical energy, mental energy, emotional energy and spiritual energy.

Health is very important aspect of life. The physical and mental well - being of a person plays an important role. The absence of disease in life makes man able to achieve desired aims and objectives.

One can work effectively when he enjoys good health. An unhealthy person can't enjoy life, can't go out and can't embrace the beauty of nature fully. Those who are healthy can work better and can excel in life. One who doesn't have good health, he owns nothing

How to Stay Healthy

To maintain good health one must go to bed early and wake up early. As it is said early to bed and early to rise makes a man healthy, wealthy and wise. One who aspires to be healthy must adopt this law.

Regular exercise also helps maintain good health. Exercise keeps body fit and makes man active and energetic. Jogging and walking are good forms of exercise.

One must eat balanced diet, hygienic food and keep oneself neat and clean. Cleanliness is the sign of good health. To enjoy a healthy life we must reduce the level of consumption of fast foods because fast foods are not good for health. Eat green leafy vegetables and fresh fruits to keep yourself healthy.

OUR SENT-UP CANDIDATES

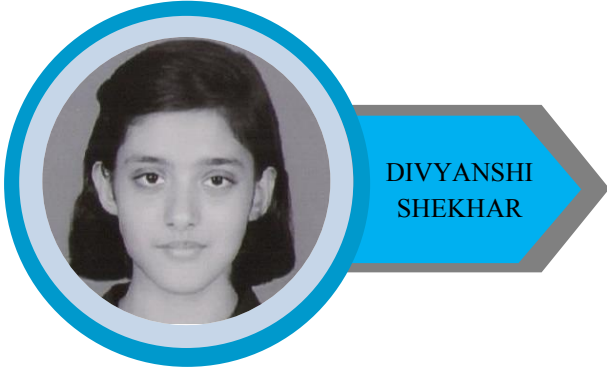
We are very happy to report that our first batch of secondary students is appearing for the Board Exam 2021. We wish them good luck and repose faith in them that they will achieve their desired goals in life.



ADYA
ANANYA



ANUSHKA
SHARMA



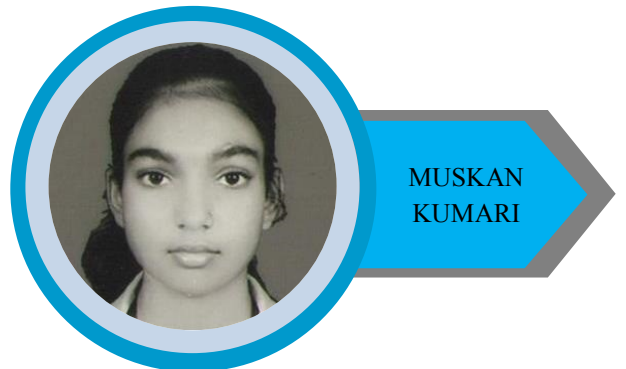
DIVYANSHI
SHEKHAR



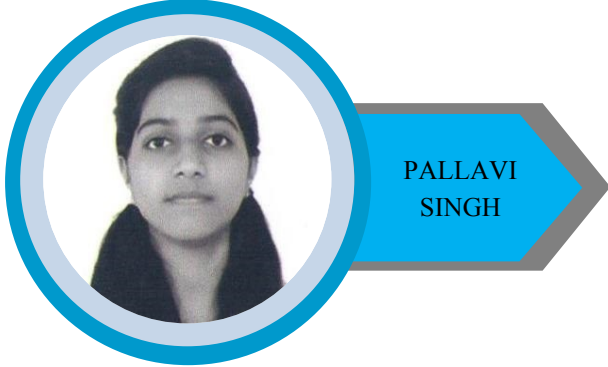
EKTA
JHA



KATYAYNI
TRIPATHI



MUSKAN
KUMARI



PALLAVI
SINGH



PRATIBHA
SINGH



PRITY
KUMARI



SEJAL



SHIVANI
KUMAARI



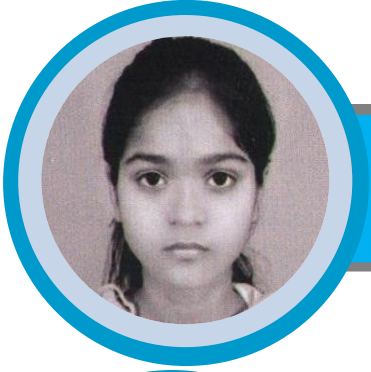
SUMAN
KUMARI



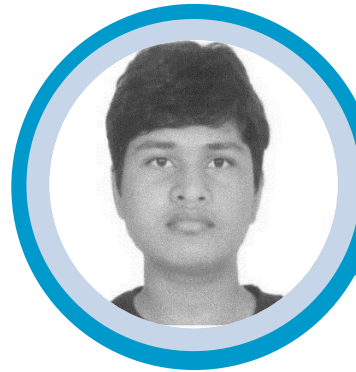
SUPRIYA
BHARTI



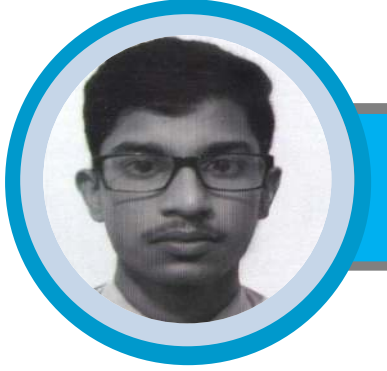
SWATI
RAJ



TANISHA



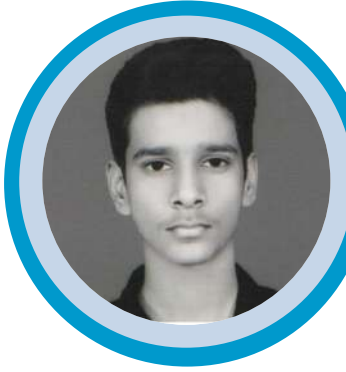
ABHISHWET
SHARMA



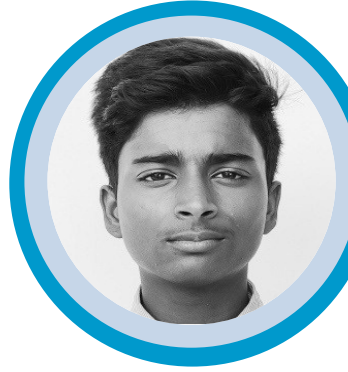
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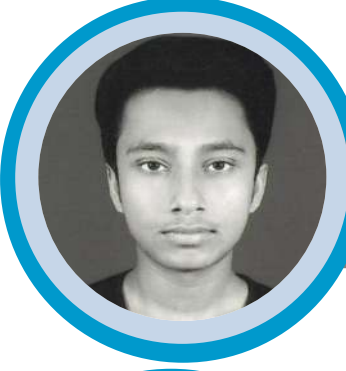
AFFAN
NADEEM
KHAN



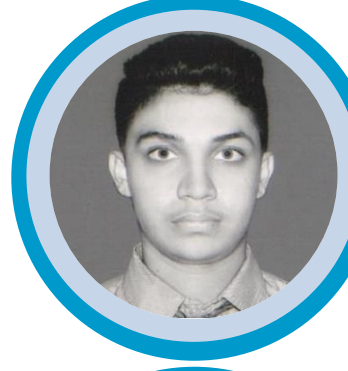
ANIRUDH
SINGH



AYUSH
RAJ



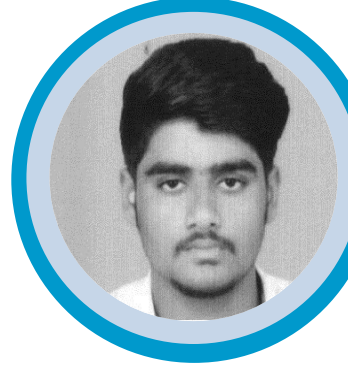
HARSH



KAUSH-
TUBH
MANI



KESHAV
KUMAR



MD
HARISH
AAMAN



PUSHKAR
KUMAR



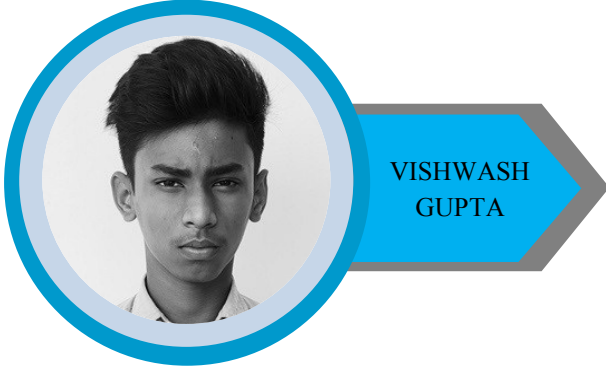
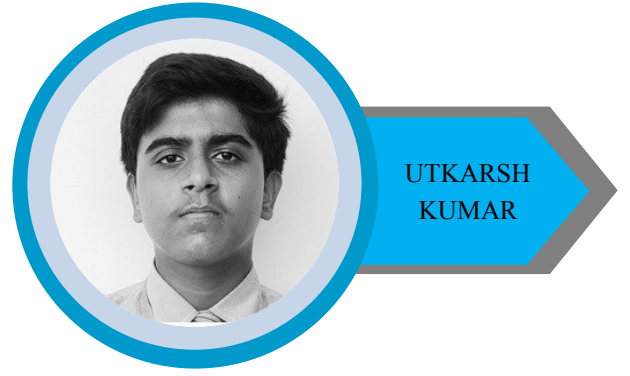
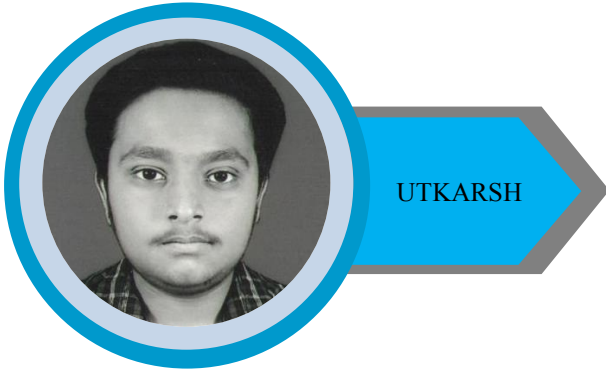
RAHUL
RAJ



SHASHANK
SHANKAR



SHIVANSH
KUMAR



BEST OF LUCK



COUNCIL MEMBERS



AFFAN NADEEN KHAN
HEAD BOY



KATYAYNI TRIPATHI
HEAD GIRL



KAUSHTUBH MANI
SPORTS - SECRETARY



EKTA JHA
CULTURAL SECRETARY

HOUSE CAPTAINS

CAPTAIN

VICE CAPTAIN



PARENTS' TESTIMONIALS

I am quite impressed with the interactions of PIS teachers and students during online classes. Even during this pandemic PIS has maintained the standard of teaching. I thank the management and teachers for motivating the students for learning.

Dr. Ravish Chandra



A good school plays a huge role in guaranteeing a childhood. I am happy for my selection of school for my daughters. I am very satisfied with Podar family not only in studies but in co-curricular activities also they are promoting each and every child.

Mrs. Shalini Shrivastava



YEAR END CELEBRATION

2



0



2



0



आज चलो तुम झूम उठो

बारिश की उन बूंदों जैसी
आज चलो तुम झूम उठो
कोयल की उस बोली जैसी
हर दिशा में गूंज उठो

कदम बढ़ाओ ऐसे कि तुम
हर किसी की जान बनो
आसमान में छाओ ऐसे
देश की पहचान बनो

चलो सैर पर उस दुनिया की
जहां कोई काम न छोटा है
सभी मोहरे हैं एक पर एक
यहां कोई सिक्का ना खोटा है
साबित करो अपने हुनर को
अपने माता-पिता की शान बनो
इस विशाल आसमान में
अपने सपनों की उड़ान भरें



दिव्यांशी शेखर
कक्षा - 10

क्या स्कूली बस्ता बच्चों पर बोझ है?

शीर्षक "क्या स्कूली बस्ता बच्चों पर बोझ है" एक प्रश्न भी है जिसका उत्तर है- हां आजकल स्कूली बस्ता बच्चों पर बोझ है। वर्तमान समय में विद्यार्थी पर बस्ते का बोझ बढ़ता ही जा रहा है। आजकल तो ऐसा होता है कि बच्चे की उम्र है पांच साल और पीठ पर बस्ते का वजन है पांच किलो का। स्कूली बस्ते का वजन बच्चों के वजन से ज्यादा होता है। कुछ बच्चों के बस्ते तो उनसे बड़े होते हैं। बस्तों के बोझ तले बचपन दबता चला जा रहा है। बच्चे बस्ते का बोझ उठाकर ही इतने थक जाते हैं कि उनमें पढ़ाई करने की शक्ति ही नहीं बचती। इन सभी परेशानियों को ध्यान में रखते हुए राष्ट्रीय शैक्षिक एवं अनुसंधान परीक्षण परिषद ने कई बार अपनी चिंता प्रकट की है, पर उनकी कथनी और करनी में जमीन- आसमान का फर्क होता है। निजी पुस्तकों की बात तो छोड़िए अब तो एन.सी.ई.आर.टी की भी पुस्तकों की संख्या हर वर्ष बढ़ जाती है। पहले जहां तीन-चार विषयों की एक किताब होती थी, अब वही एक विषय की तीन चार किताबें हैं। हर साल एक- दो नया पाठ पुस्तकों में जुड़ जाता है जिससे पुस्तक हर साल मोटी -पर -मोटी होती जाती है और बच्चों के बस्तों का बोझ बढ़ता जाता है।

केंद्र सरकार ने बस्तों का बोझ कम करने के लिए कुछ फैसले लिए हैं जो कि काफी सराहनीय है। मंत्रालय ने पहली से दसवीं कक्षा तक के बच्चों के बस्तों का वजन तय कर दिया है। स्कूल प्रशासन को भी कुछ कदम उठाने चाहिए। विद्यालयों में ई-बुक का इस्तेमाल होना चाहिए। कक्षा में दो- दो विद्यार्थियों का समूह बनाने चाहिए ताकि हर एक विद्यार्थी को सिर्फ आधी पुस्तक ही लानी पड़े।

अगर बच्चों पर बस्ते का बोझ कम करना है तो सभी को समग्र रूप से सोचना होगा। अगर बच्चों का बचपन बचाना है तो यह सभी उपाय अपनाने होंगे।



श्रेया

कक्षा - 10

परीक्षा पर चर्चा

परीक्षा यह एक शब्द ही नहीं बल्कि मानसिकता बन गई है ,एक ऐसी मानसिकता जो डर तथा तनाव का आभास करती है। आज के समाज में हम परीक्षा के माध्यम से अपनी योग्यता को परखने का प्रयास नहीं करते हैं बल्कि परीक्षा के द्वारा सिर्फ और सिर्फ अंक अर्जित करने का प्रयत्न करते हैं।

किसी भी देश की परीक्षा प्रणाली उस देश के विकास में बड़ी भूमिका निभाती है। हमारे देश में हम परीक्षा के माध्यम से बड़े-बड़े विद्वान तो पैदा कर रहे हैं किंतु उनकी विद्या का सही उपयोग नहीं हो पा रहा है क्योंकि वे एक अच्छे नागरिक नहीं बन पा रहे हैं।

हमारे देश में होने वाले परीक्षाओं में ज्यादातर किताबी ज्ञान का परीक्षण किया जाता है। परंतु हम इस बात पर ध्यान नहीं देते हैं कि क्या वह व्यक्ति उस ज्ञान का प्रयोग अपने जीवन में सही रूप से कर पा रहा है या नहीं ।

यह बड़ी विडंबना है कि बड़े बड़े ज्ञाता जिन्होंने उच्च स्तर की परीक्षा उत्तीर्ण कि हुई है वे भी नहीं जानते कि उन्हें अपने ज्ञान का प्रयोग कब और कहां करना चाहिए।

उन्होंने किताबों में जरूर पढ़ा है कि रास्ते पर नहीं थूकना चाहिए लेकिन फिर भी वह ऐसा करके अपनी परीक्षा की डिग्रियों पर प्रश्न चिन्ह लगा देते हैं। यदि हम बड़े-बड़े विद्वान पैदा करने से ज्यादा ध्यान एक अच्छे नागरिक का निर्माण करने में देंगे तो हमारे देश की दशा और दिशा दोनों बदल जाएगी।

परीक्षा प्रणाली को सही रूप देने के लिए उसमें अधिक से अधिक जीवन संबंधी प्रश्नों का होना जरूरी है। परीक्षाओं में प्रमुख रूप से किताबी ज्ञान को जीवन से जोड़ने का प्रयत्न करना चाहिए। हमें परीक्षाओं के प्रश्नों के माध्यम से पूछना चाहिए कि परीक्षार्थी अपने जीवन के जटिल से जटिल परिस्थितियों का कैसे सामना करते हैं परीक्षा में यदि किताबी प्रश्न से ज्यादा जीवन संबंधी प्रश्न होंगे तो इससे परीक्षा का भय भी कम होगा और उसका स्तर भी उच्च उठेगा। इस प्रयास से हम परीक्षा की एक नई परिभाषा लिखने में सफल होंगे।

यदि हम परीक्षा के माध्यम से अच्छे व्यक्ति तथा जिम्मेदार नागरिक का निर्माण करने में सफल हो गए तो हम देश के अधिकतर समस्याओं को बड़ी आसानी से हल कर लेंगे इस नई परीक्षा प्रणाली देश में हो रहे विकास दर को भी बढ़ा देगी।



आदित्य आनंद झा
कक्षा 10



विद्यालय एक तपोस्थली

इंसान की पहली टीचर मां होती है, जो बच्चों को उंगली पकड़कर उसे चलना सिखाती है। मां ही बच्चे को बोलना सिखाती है। मां ही बच्चे को लिखना सिखाती है। एक मां ही होती है जो अपने बच्चे को बुनियादी तालीम प्रदान करती है। फिर जब यही बच्चा बड़ा हो जाता है तो उसे अग्रिम शिक्षा प्रदान करने के लिए विद्यालय भेजा जाता है। एक विद्यार्थी के लिए विद्यालय ऐसी जगह है जहां पर वह अपना भविष्य या तो बना सकता है या फिर बिगाड़ सकता है। विद्यालय एक तरह का तपो स्थल है जहां कुछ प्राप्त करने के लिए कठोर परिश्रम करना पड़ता है। लगन से कठोर परिश्रम करें तो अपना भविष्य बना सकते हैं वरना दूसरों के भरोसे अपनी जिंदगी गुजारनी पड़ेगी। विद्यालय एक ऐसा स्थान होता है जहां पर एक विद्यार्थी या एक इंसान के जीवन के हर क्षेत्र में विकास होता है। मैं क्या हूँ या मेरी क्षमता क्या है? यह जानने का मौका हमें विद्यालय में मिलता है।

जैसे-जैसे कक्षा में आगे बढ़ते हैं वैसे वैसे कठिनाइयां और दबाव बढ़ते जाते हैं। जिस तरह से हम छोटी कक्षा जैसे कक्षा 1-2 में पढ़ाई करते हैं, वैसे पढ़ाई हम उच्च कक्षा जैसे कक्षा 9 -10 में नहीं कर सकते। कक्षा में आगे बढ़ने के साथ-साथ हमें पढ़ाई लिखाई करने के तरीके भी बदलने पड़ते हैं। अगर हम ऐसा ना करें तो हमारे लिए बड़ी परेशानी खड़ी हो जाएगी। विद्यालय की पढ़ाई में अगर हम नियमित ना रहे तो पढ़ाई करने का कोई मतलब ही नहीं रहेगा। क्योंकि अगर हम कुछ पुस्तकों को बहुत दिनों से नहीं पढ़ते हैं तो यह इंसानी फितरत है कि हम उसे भूल जाते हैं। और सच बात तो यह है कि यह काम इतना भी आसान नहीं है मगर जिसके दिल और दिमाग में अपने लक्ष्य को प्राप्त करने का जुनून सवार हो तो उसके सामने बड़ी से बड़ी परेशानियां छोटी पड़ जाती हैं।

विद्यालय इंसान के जीवन का वह भाग होता है जिसमें उसे लगभग सारे सुख छोड़ने पड़ते हैं। ना देर तक सोना ना देर तक खाना ना ज्यादा समय तक खेलकूद करना ना घूमना टहलना सिर्फ अपने लक्ष्य को प्राप्त करने के लिए दिन रात मेहनत करना पड़ता है। परेशानी तो तब बढ़ जाती है जब परीक्षा का समय आता है। जब दिन रात एक विद्यार्थी के मन में यही चलता रहता है कि अच्छा प्रदर्शन करना है। कोई यह डर से सोचता है तो कोई अपने मन से। डर से वह सोचते हैं जिन पर किसी का दबाव हो और मन से वह सोचते हैं जो वाकई कुछ करना चाहते हैं। अंत में मैं बस यह कहना चाहता हूँ सफलता चलकर नहीं आती हमें उस तक पहुंचना पड़ता है ठीक उसी तरह जिस तरह भगवान ने हर पक्षी के लिए भोजन तो दिया है पर उसके घोंसले में नहीं।



अफ़फ़ान नदीम खान

कक्षा II - 10

भारत देश महान में...

तिरंगे की शान में
भारत देश महान में
सैकड़ों सैनिक मारे गए
देशभक्ति के मान में
शहीद वह कहला गए
ऑपरेशन कारगिल सफल हुआ
भारत देश महान में ।

संग पर्वत के है ऊंचाई
कारगिल में हुई थी लड़ाई
जब दुश्मन ने आंख दिखाई
मेरी फौज ने की थी चढ़ाई
सर्दी सी ठंड में कांपे थे
फिर भी ना पीछे भागे थे
उनकी शतरंज की बाजी विफल हुई
भारत देश महान में ।

मिला था एक परिणाम
जो था भारत देश के नाम
नजारा एकता का दिया दिखाई
न हिंदू - मुस्लिम सिख ईसाई
एक हुए हिंद के इंसान
देशभक्ति में थे सब भाई -भाई
था ऑपरेशन का नाम विजय
सब बोलो भारत की जय
कारगिल युद्ध में सफल हुए ,
भारत देश महान में ।



कात्यायनी त्रिपाठी



Portrait of
S.Radhakrishnan
By - Washishth Kumar

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house, Shambhupati, Tajpur Rd,
Samastipur, Bihar 848101
M.No. 089280 78976

<https://www.podareducation.org/school/samastipur>



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