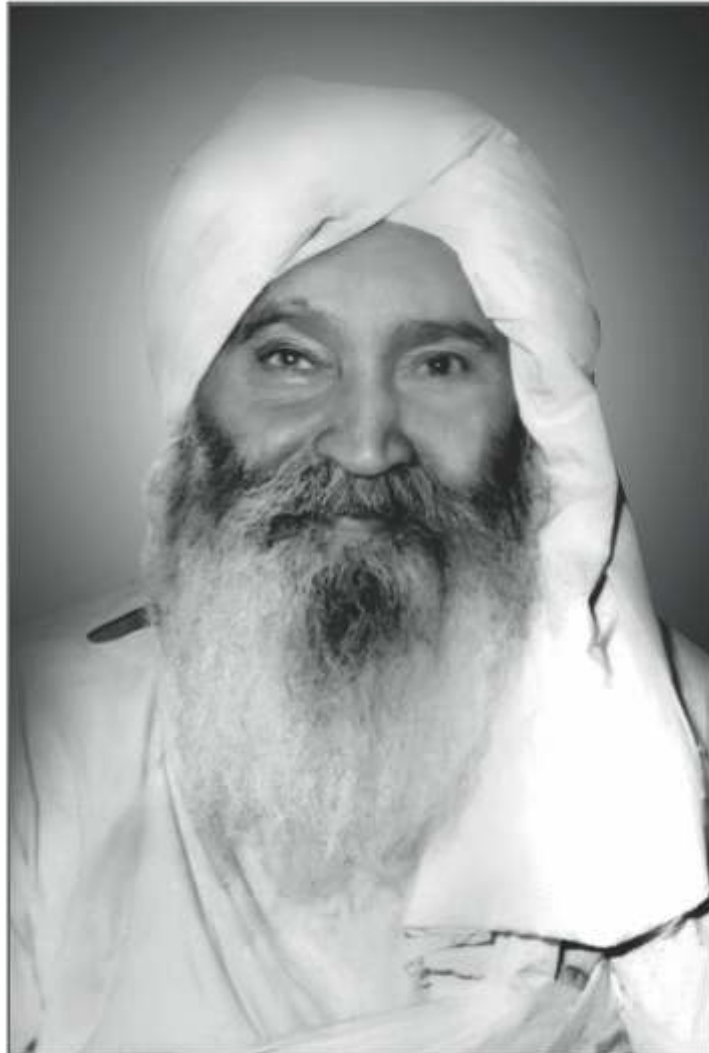




# NDS 2023 DEEKSHA YEARBOOK



*Immortal Sayings Of*  
**Sant Nikka Singh Ji Maharaj 'Virakat'**



Pujya Sant Nikka Singh 'Virakat' Ji Maharaj(1894 -1983 AD)

**It is He who fulfills all desires. He gives all comforts and pleasure. No one else can do that. He is the 'ONE'. He, who brings happiness to all, resides within everyone. Have faith in Him. Enjoy his mercies and blessings. Repose faith in Him. All your sublime cravings will be realized. He shall grant you absolute peace of mind.**

# दिव्य सन्देश

## परम पूज्य महंत राम सिंह जी महाराज

जहाँ कर्त्ताभाव आएगा, वहाँ संसार होगा, वहाँ भोगता भी खड़ा हो जाएगा। जहाँ अकर्त्ता भाव आ गया, प्रेम भाव आ गया, बलिहार हो गए, वहीं बात बन जाएगी। जीवन के अंदर परमात्मा के दर्शनों की तड़प हो बस। इतनी तड़प हो, इतनी एकाग्रता हो कि हमारी आँखें परमात्मा की राह देखती रहें। राह तो संसार के भी दिखाई देंगे, तभी एक जगह से दूसरी जगह जा पाएँगे, लेकिन वह बाहर—बाहर से होगा। अंदर से हर राह पर चलते हुए, हर काम को करते हुए, हर बात को कहते—सुनते हुए, हमें उस परमात्मा के दर्शनों की चाह हो। अंदर वह अवस्था



साचि नामि मेरा मनु लागा ।।

लोगन सिउ मेरा ठाठा बागा ।

(श्री गुरु ग्रंथ साहिब जी, अंग—384)

सत्य परमात्मा का सिमरन चले अंदर, खूब जाप हो, निरंतर जाप हो। जब निरंतर जाप हो तो जन्म—मरण, दुख—सुख के सब बंधन छूट जाते हैं परंतु हमारी तो निरंतर संसार की माया संबंधी बातें होती हैं। मायाविक बातें करने से, सुनने से संसार के सुख—दुख, आना—जाना बना रहेगा।



## *Deep Down from our Hearts...*

**We, the family of NDS, feel blessed that we are working under the divine aegis of the holy saints of the Nirmal Ashram. We are extremely grateful and thankful to His Holiness Mahant Ram Singh Ji Maharaj & Sant Jodh Singh Ji Maharaj for opening this institute, giving us a lifetime opportunity to work here, to thrive and strive for the flourishing of this institute as well as ours, where a positive ambience, pious aura is ever-present.**

**The invisible, invaluable canopy of grace, protection of the almighty and the great saints, has been and will always be responsible for the growth and excellence of the school.**

**We are all indebted to Maharaj ji for His Divine Care, Infinite Love and everything that He has bestowed on us.**

**Bowing Our Heads in Obeisance...**

***Thank you***

**NDS Family**



# Nirmal Ashram Deepmala Public School

## *School Management The Roots*



**H.H. Mahant Ram Singh Ji**  
Patron, President



**Sant Jodh Singh Ji**  
Secretary General

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**Dr. S.N. Suri**  
Chairman



**S. Gurbinder Singh**  
Director



**S. Kuldeep Singh Kalra**  
Director



**DR. K.L. Dang**  
Director

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Typography  
**Mr. Sandeep**  
**Mr. Maninder Singh Dhillon**

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**H.H. Mahant Ram Singh Ji Maharaj**

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*on behalf of*  
**Nirmal Ashram Deepmala Pagarani Public School**  
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*Chairman's Note*  
*Nirmal Ashram Group of Institutions*

**Dr. S.N. Suri**



I am happy to note that Nirmal Ashram Deepmala Pagarani Public School (NDS), Rishikesh, is bringing out its annual magazine 'Deeksha-2023' which is going to be released on December 20, 2023.

Annual magazine provides an opportunity to the students to showcase their latent literary talents and hone their creative thinking. It provides a platform to students to give expression to their ideas and share their views and experiences. Further, the students on the editorial team, in particular, get exposure to editing techniques, design layout and printing process.

As the annual magazine is meant to capture the academic achievements and co-curricular activities of NDS for the year, I am sure that 'Deeksha-2023' has met these objectives.

My sincere appreciation to the Principal and the Editorial Team of 'Deeksha-2023' for their insight and endeavour to put together the contents and bringing out the magazine in a time bound manner.

As the Year 2023 is coming to an end, I wish all our stakeholders a Happy, Productive and Eventful New Year. So as we are nearing to the end of the current academic year, my message to the students will be to take their studies seriously and make best use of the time left. To teachers, to pay extra attention to slow learners to help improve their performance. And to parents to engage proactively with their wards to ensure that they study regularly while at home, thereby supplementing the academic endeavours of the school.

**Director's Note**  
**Nirmal Ashram Group of Institutions**

# Dr. K.L. Dang



It gives me immense pleasure to learn that by the grace of Sant Nikka Singh Ji 'Virakat', with the blessings of H.H. Mahant Ram Singh Ji Maharaj, the missionary of humanity and under the dynamic directions of Sant Jodh Singh Ji Maharaj, NDS, which is widely known as a premier educational institution due to its value-based quality education, excellent infrastructure and a committed staff, is bringing out its Annual Magazine 'Deeksha' shortly.

A school magazine is a forum which portrays various educational, cultural, sports and other co-curricular activities of the school.

The magazine is also a mirror of the

educational standard of the students and the aesthetic values imbibed among them.

"By education, I mean an all-round drawing of the best in child and man in body, mind and spirit" - Mahatma Gandhi

A school magazine also provides an opportunity to bring out the latent talent of the students and even the teachers.

I extend my warm felicitations and good wishes to the Principal, the Editorial Board and the enthusiastic contributors who have helped the prestigious institution in this creative venture and do hope that others will not lag behind when they get a chance to do so.

*Director's Note*  
*Nirmal Ashram Group of Institutions*

## S. Gurbinder Singh Ji



भारत के ऋषियों, मुनियों, मनीषियों की तपस्थली ऋषिकेश नगरी में महान तपस्वी संतों, महंतों और वीतराग साधुओं के आशीर्वाद से निर्मल आश्रम के महंत राम सिंह जी महाराज एवं संत जोध सिंह जी महाराज द्वारा स्थापित एवं संचालित एन.डी.एस. विद्यालय न केवल उत्तराखंड अपितु उत्तर भारत के अग्रणी शिक्षण संस्थानों में है, जहां विद्यार्थियों का सर्वांगीण विकास हो रहा है और विद्यार्थी शिक्षा एवं खेल सहित प्रत्येक क्षेत्र में अपना परचम लहरा रहे हैं। 26 वर्षों का गौरवशाली इतिहास साक्षी है

कि जहां विद्यालय का व्यवस्थापक मंडल हर प्रकार से इसे ऊंचा उठाने में कोई कोर कसर नहीं छोड़ता वहीं अनुभवी और परिश्रमी शिक्षक शिक्षिकाओं के सतत प्रयासों द्वारा शिक्षार्थियों का भविष्य सजाया और संवारा जा रहा है, विद्यालय का अंग होने पर मैं गर्व का अनुभव करता हूं।

मैं सर्वशक्तिमान परमेश्वर से विद्यालय की उर्ध्वगामी प्रगति एवं छात्र छात्राओं के उज्ज्वल भविष्य की कामना करता हूं।



## **OM SATNAM**

With the blessings of H.H Mahant Ram Singh ji and Sant Jodh Singh ji, our school has successfully completed a year full of events and activities. There were many remarkable achievements as well as an unfortunate loss for the school brought by heavy rain in Uttarakhand. I start the annual report by paying sincere and heartfelt condolences to the father of Tejasvini Sharma, a brilliant student of class IX, whom we lost forever in the heavy downpour on August 13 this year. But this is the circle of life and one has to go through the ups and downs with eternal hope to come up through struggle.

The year 2023 started with board exam practicals for class XII and with the celebrations of the Republic Day with patriotic fervour. After the practical exams, the school bid a formal farewell to class XII students and H.H. Mahant Ram Singh ji Maharaj and Sant Jodh Singh ji Maharaj blessed the students with prasad. The board exam result brought joy and cheer in the school. 199 students appeared in class XII out of which 14 students secured 90% and above, 42 secured 80% and above, 67 secured 70% and above and 46 secured 60% and above. Vidhi Pokhriyal from commerce scored 97.4%

and stood I in the school. Sneha Sabarwal of commerce secured 96.4% to stand II and Meemansa Singh of Humanities secured the III position with 96.2%. Vidhi Pokhriyal scored 100 in Economics, Sneha Sabarwal scored 100 in Accounts, Meemansa Singh scored 100 in Painting and Priyanshu Negi scored 100 in Physical Education.

In class X, 207 students appeared in the board examination, 31 secured 90% and above, 46 secured 80% and above, 43 secured 70% and above and 42 secured 60% and above. Ritu Raturi and Sumit Rawat secured the first position with 97.8%, Sharan Sondhi stood II with 95.2% and Adarsh Negi, Ayush Kandwal, Ayushi stood III.

In Sports our boys added a feather on the cap of NDS. Adarsh Bhatt of class X secured 4th position in 10 metre pistol, in 32nd All India G.V. Mavlankar shooting championship, this year in March at Asansol, West Bengal. He also qualified for the Indian team trials based on his performance in 66th National shooting championship, held in Bhopal, Madhya Pradesh from 27th November to 7th December.

Our school students have shown remarkable

achievements at National level. Six students from our school represented Uttarakhand state in under U - 17 Football organised by the Indian Sports Association at Guru Gobind Singh College, Lucknow on 28th and 29th December, 2022 in which 22 states participated. They showed their mettle and won the championship trophy. These exceptional footballers were Ashish Rawat, Ashutosh Rawat, Sohith Semwal, Priyanshu Painuly, Ayush Guliyal and Vikas Singh. Three students of our school, Krishna Gusian, Aditya Rana, Ankit Gairola, of class X, also represented our state in U-17 Kabaddi National games held at the same venue, which is again another remarkable achievement.

Our school football team participated in the 5th U-18 boys Shri O.P Garg Memorial Soccer Tournament held at Shri Ram Centennial School, from 1st to 7th August 2023. It was for the second time that NDS reached the finals consecutively but this time we lifted the 'Runners-up Trophy'.

We are proud of Shaurya Pandey of class IX who won the gold medal in U-14 Doubles Badminton organized by Uttarakhand Sports State Games-2023 held at Kashipur Stadium from 1st -3rd September.

NDS girls volleyball team won the trophy in the Inter School Volleyball Tournament held between 26th to 29 September 2023, in Mount Litera Zee School, Dehradun. The girls team reached the semi-finals by defeating Him Jyoti School. In the final match our girls team defeated the Doon Heritage School and were declared as the champions of the tournament.

CBSE Sahodaya Inter School Football Tournament U-18 & U-15 (Boys) was held at NDS from 30th September to October 3rd, 2023. This prestigious tournament saw 28 teams from 15 schools competing in both categories. NDS displayed an exhilarating performance, securing victory in both the categories with scores 4-1 and 3-1. The best players of the tournament were Mas. Rishabh Negi (U-15) and Mas. Aalekh Rawat (U-18), both from NDS while Mas. Akshat Rajbhar (U-15) and Mas. Ashutosh Rawat (U-18) also from NDS, claimed the title of the Best Goalkeeper.

SFA (Sports for All) games was held in Dehradun, from 9th to 20th October, 2023 at Parade Ground and Maharana Pratap Sports College, Raipur in which our school bagged the Runners-Up Trophy in U-16 Boys Football Championship.

Four students from NDS participated in the CBSE cluster XIX North -Zone Taekwondo Championship 2023. Mas. Aryan Uniyal and Ms Vaishnavi Nautiyal won Bronze Medals in the U - 14 category.

Hindustan Scout and Guide Camp was organised in our school on 27th April in which classes 5th and 6th took part with full enthusiasm. The resource person taught our children about First Aid, emergency numbers of calling the ambulance, hospital and police and learnt to install a tent with the help of ropes and bed sheet.

Two of our teachers, Ms. Shveta Sachdeva and Mr. Pravesh Bahuguna were awarded with IC3 Empower leaders Certificate, a recognition of their successful completion of one year Flagship Program by IC3. They represented our school at the Annual IC3 conference and Expo held from August 22 to 25, 2023 at Hyderabad International Convention Centre. 426 high schools and 325 Universities from around 40 countries across the globe took part in the conference.

NDS organized a vibrant College and Career Fair on February 10, 2023, with 15 universities participating. Over 500 students from NDS, NGA, DSB, Foothills Academy and Doon International School, Rishikesh, engaged themselves with representatives from renowned universities worldwide.

Vansh Goyal and Vrinda Goyal of class IX, excelled in the "FOR NOT FOR International Debate Competition" by reaching the Quarter Final in the Senior Category. It was held at Vijaybhoomi University, Mumbai, on November 4 and 5, 2023. Their outstanding debating skills secured a well-deserved place among the top participants as only sixteen schools from all over India were finalized for the quarter finals.

17 of our school teachers underwent training as part of the capacity building program conducted by the CBSE. NDS has taken another giant leap towards modern education with the installation of state-of-the-art Smart Panels in the school. With these panels, our students will have access to a plethora of educational resources.

We at NDS are committed to the holistic development of the students. All the above enumerated achievements have been possible because of my team of teaching and administrative staff and my versatile, talented students who leave no stone unturned to reach the heights. Here, I would thank HH Mahant Ram Singh Ji and Sant Jodh Singh Ji in believing in me and the School Management for their complete cooperation in running the school.

I wish everyone a very Happy and Prosperous New year ahead.

**Jai Hind**

# Editorial Board



<b>Planning &amp; Execution</b>	:	Mrs. Lalitha Krishnaswamy (Principal)
<b>English Section</b>	:	Ms. Priya Chawla, Mrs. Ritu Minocha, Mrs. Alpa Sharma
<b>Student Editor</b>	:	Ms. Shreshtha Semwal, Ms. Ayushi
<b>Hindi Section</b>	:	Mrs. Niraja Trivedi, Mrs. Renu Ahuja, Mrs. Shalini Thapa
<b>Student Editor</b>	:	Ms. Bhumi Rawat, Ms. Garima Tiwari
<b>Punjabi Section</b>	:	Mrs. Kirandeep Kaur, Ms. Jatinder Sandhu
<b>Student Editor</b>	:	Mast. Gurman Singh, Ms. Harmanpreet Kaur
<b>Creativity Section</b>	:	Mrs. Ranjana Sharma
<b>Coordination</b>	:	Mr. Mukul Tayal, Mrs. Neeru Arora

## Editor's Reflection

### Priya Chawla



The school has lived its glorious 26 years and has many more to thrive. I have spent 18 years of my life here, like many students who have lived 12 years of their life at this beautiful place. Little did they realise or I, how time flies. A student spends all formative years of his life in school which is a second home for him/her, even if they are conscious of it or not. Spending six hours here every day, amounts for spending almost one-third of their life in school. So, this accounts for a lot of responsibility on the shoulders of the stake holders of education i.e. teachers, parents and students themselves.

As teachers and parents, one cannot deny the fact that students emulate us-our language as well as our behaviour. This puts another liability on our shoulders to be selective with our language while interacting with them. Words should be very carefully chosen and should empathise with the children, use of slangs or provocative language should be avoided as this will help the child to bring decency in his discourse and behaviour, which is a direst need of today's time as we all are witnessing a degeneration of values in the demeanour and deportment of the children.

Students also cannot escape from this responsibility and must check their communication standards, especially when the social sites- Whatsapp, Instagram, Facebook etc. have moulded their vocabulary to a great extent. 'Hinglish' (Writing Hindi words by applying English alphabets) is a new fashion which has resulted in disastrous consequences and has marred the beauty of both languages. The use of auto-correction, in the laptops and mobiles, for checking the spellings and grammatical errors has crippled today's generation and robbed them of their proficiency in language. To add another topping to it, we have the so called 'Artificial Intelligence or AI', our lovable and most loyal friend. Simply command your friend 'AI' with the instructions and within a flick of a second, he will procreate your article, poem or a report. How easy is to get the fame now and impress others with your writings?

But did we ever ponder over the catastrophic results of this technology? NO... In the long run, this has stolen our power of creativity, our mastery on the language



and harmed our modest communication skills, indirectly turning us into the slaves of technology. Let's introspect ourselves... How many of us are confident of producing an article, poem or participating in a group discussion in the International language- English or let's say our mother tongue- Hindi? I leave this answer to you... Though, indirectly, we all know that it's a hard situation we are dealing with.

But, I am also happy that many of our students have a flair for writing, which is evident from this edition of 'Deeksha'. As editors, we received a good response from the children offering us a huge variety of pieces of prose & poetry and it was a challenging task for us to select the best out of it as well as segregate the google material. I invite more children to come forward with their ideas for the next edition, be confident and just pour your heart out in your writings and very soon, you will see yourself as a famous columnist of the Annual Magazine.

I express my heartfelt gratitude to H.H. Mahant Ram Singh Ji and Sant Jodh Singh Ji and the school management for giving me this opportunity to be a part of the Editorial team. I also express my sincere thanks to our Principal, Mrs. Lalitha Krishnaswamy for her valuable guidance and to the editorial board for working day and night to bring out this Edition of Deeksha.

Do enjoy reading the content and feel proud to be a part of NDS as this records the gist and the ethos of the institution. Have a prosperous New Year ahead, full of flourishment and contentment in life. We also apologise for the shortcomings, if any and hope you will cherish our efforts...

## सम्पादक की कलम से... नीरजा त्रिवेदी



‘सा विद्या या विमुक्तये’ इस ध्येय वाक्य पर चलते हुए हमारे विद्यालय ने इस वर्ष अपनी स्थापना के छब्बीस वर्ष पूरे कर लिए। रजत जयंती के रूप में आत्मावलोकन करके हम दुगने उत्साह से आगे की यात्रा पर चल पड़े हैं। हमारे विद्यार्थी ही हमारी पूंजी हैं। हमारा संकल्प और प्रयास है कि विद्यालय नित नई प्रतिभाओं को जन्म देता रहे, तराशता रहे। योग्यता और सफलता हमारे पर्याय बनें। उपलब्धियां अंतरिक्ष चूमें और साथ ही हमारे मन और बुद्धि शुभ संकल्प हों, निर्मल हों। चित्त की निर्मलता और विनम्रता आजीवन उनका आभूषण बना रहे।

आज हमारा विद्यालय प्रगति के जिस मुकाम पर पहुंच चुका है, वह हमारे महान संतों की साधना और आशीर्वाद का अत्यंत मंगलमय मूर्तिमान रूप है। परम श्रद्धेय महंत श्री राम सिंह जी महाराज की अविरल कृपा दृष्टि एवं वात्सल्य, परम पूज्य संत श्री जोध सिंह जी महाराज के ऊर्जस्वित संरक्षण से विद्यालय की कीर्ति पताका देवभूमि के शिखर पर सुशोभित हो रही है।

विद्यालय के चेयरमैन सम्माननीय डॉ. एस.एन. सूरी जी के कुशल निर्देशन, प्रधानाचार्या आदरणीया श्रीमती ललिता कृष्णास्वामी जी की लगन, निष्ठा एवं नेतृत्व-कुशलता, संपूर्ण शिक्षक वृन्द के स्नेहपूर्ण सहयोग एवं अथक परिश्रम से हमारा विद्यालय एक प्रतिष्ठित शिक्षण संस्थान के रूप में नित्य निरंतर प्रगति पथ पर अग्रसर है।



भारत अपनी उपलब्धियों के बल पर विश्व पटल पर अपनी पहचान बना रहा है। हमारे विद्यार्थीगण भी अपने अथक परिश्रम से अपनी नवीन प्रतिभा का उन्मेष करते हुए ऊर्जा, उल्लास और आत्मविश्वास से आप्लावित होकर भारत की उस पहचान में योगदान देने के लिए आतुर हैं और विद्यालय परिवार के परिश्रम एवं प्रेरणा से आज के तेजी से बदलते, चुनौती भरे विश्व में स्वयं को स्थापित करने के लिए तैयार हो रहे हैं।

विद्यालय की वार्षिक पत्रिका ‘दीक्षा’ का यह अंक आपके हाथों में सौंपते हुए मैं यह विश्वास व्यक्त करती हूं कि हमारे विद्यार्थी गण हमारे महान विभूतिस्वरूप महंत श्री राम सिंह जी महाराज और संत श्री जोध सिंह जी महाराज, जिनका संरक्षण पाकर हम परम सौभाग्यशाली हैं, के कृपा प्रसाद से अपना सर्वांगीण विकास करते हुए, आध्यात्मिकता के बीज भी विरासत में प्राप्त करेंगे और जगतगुरु भारत के नायक बनेंगे।

नववर्ष की मंगलकामनाएं...

## ਸੰਪਾਦਕ ਦੀ ਕਲਮ ਤੋਂ ਕਿਰਨਦੀਪ ਕੌਰ



ਪਿਆਰੇ ਸਾਥੀਓ,

ਸਾਹਿਤ ਅਤੇ ਕਲਪਨਾਵਾਂ ਦਾ ਸੰਬੰਧ ਬਹੁਤ ਡੂੰਘਾ ਹੁੰਦਾ ਹੈ। ਕਿਸੇ ਵੀ ਵਿਰਸੇ ਦੀ ਅਸਲੀ ਵਿਰਾਸਤ ਉਸਦਾ ਸਾਹਿਤ ਹੁੰਦਾ ਹੈ, ਜਿਸ ਵਿੱਚ ਉਸਦੇ ਸਮਾਜ ਦਾ ਪਰਛਾਵਾਂ ਨਜ਼ਰ ਆਉਂਦਾ ਹੈ। ਉਸੇ ਤਰ੍ਹਾਂ ਕਿਸੇ ਵਿੱਦਿਅਕ ਅਦਾਰੇ ਦਾ ਸ਼ੀਸ਼ਾ ਉਸਦੀ 'ਸਕੂਲ ਪੱਤ੍ਰਿਕਾ' ਹੁੰਦੀ ਹੈ। ਬੀਤਿਆ ਸਮਾਂ ਵਾਪਸ ਨਹੀਂ ਆਉਂਦਾ, ਇਸ ਲਈ ਆਪਣੇ ਨਿਰਮਲ ਪ੍ਰੀਵਾਰ ਦੇ ਛੋਟੇ-ਛੋਟੇ ਸੁਕੁਮਾਰਾਂ ਦੇ ਯਾਦਗਾਰੀ ਪਲਾਂ ਨੂੰ ਸਹੇਜਣ ਦਾ ਯਤਨ, ਅਸੀਂ ਸਕੂਲ ਪੱਤ੍ਰਿਕਾ ਵਿੱਚ ਕੀਤਾ ਹੈ। ਨਿਰਮਲ ਦੀਪ ਸਕੂਲ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਦੇ ਚੰਗੇ ਭਾਗ ਹਨ ਕਿ ਅਸੀਂ ਨਿਰਮਲੇ ਮਹਾਂਪੁਰਖਾਂ ਸ਼੍ਰੀਮਾਨ ਮਹੰਤ ਰਾਮ ਸਿੰਘ ਜੀ ਅਤੇ ਸੰਤ ਜੋਧ ਸਿੰਘ ਜੀ ਦੀ ਸਰਪ੍ਰਸਤੀ ਹੇਠ ਆਪਣੇ ਵਿਅਕਤੀਤਵ ਦਾ ਨਿਰਮਾਣ ਕਰ ਰਹੇ ਹਾਂ। ਵਿਚਾਰਾਂ ਦੇ ਵਗਦੇ ਪ੍ਰਵਾਹਾਂ ਨੂੰ ਸ਼ਬਦਾਂ ਦੇ ਕਲਾਵੇ ਵਿੱਚ ਲੈਣਾ ਕਠਿਨ ਕਾਰਜ ਹੈ। ਪਰ ਫਿਰ ਵੀ ਸਾਹਿਤ ਦੇ ਵੱਖ-ਵੱਖ ਰੂਪਾਂ ਨੂੰ ਬੰਨ੍ਹ ਮਾਰ ਕੇ, ਇੱਕ



ਸਾਹਿਤਕ ਦਰਿਆ ਦੇ ਰੂਪ ਵਿੱਚ ਸਕੂਲ ਦੀ ਮੈਗਜ਼ੀਨ ਦੀਕਸ਼ਾ ਵਿੱਚ ਪੇਸ਼ ਕਰਨ ਦਾ ਉਪਰਾਲਾ ਸਕੂਲ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਕੀਤਾ ਹੈ। ਇਸ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਵਿਚਾਰਾਂ ਦੀ ਮੌਲਿਕਤਾ ਅਤੇ ਰਚਨਾਤਮਕਤਾ ਝਲਕਦੀ ਹੈ। ਆਸ ਹੈ ਕਿ ਨੰਨ੍ਹੇ ਸਾਹਿਤਕਾਰਾਂ ਦੀਆਂ ਨਿੱਕੀਆਂ ਕਲਮਾਂ ਦੀਆਂ ਕੋਮਲ ਰਚਨਾਵਾਂ ਤੁਹਾਨੂੰ ਜ਼ਰੂਰ ਪਸੰਦ ਆਉਣਗੀਆਂ।

ਗਲਤੀਆਂ ਲਈ ਖਿਮਾ ਦੇ ਜਾਚਕ ਹਾਂ।



# Senior Coordinator's View

## Mukul Tayal

Choosing a career is the most important aspect in the student's life. Small children take their schooling lightly as they are not aware of the outer world and their target is to go to the next class with flying colours, but this pressure of excelling in studies increases as the child reaches the higher standards. It is in class XI, when the child realizes the need of career options as at this time he/she has to choose a stream of his/her choice and unfortunately they do not have sufficient time to wait and think. It is at this time when they realize the importance of their previous class studies as they need good percentage for choosing the stream, which has already been demarcated by the schools based on their previous year's performance. This is where the child suffers, sometimes. Many times the children do not get the stream required for their dream career but rather they have to satisfy themselves with whatever stream the school offers them.

It is at this point where the role of parents and teachers becomes crucial. The child should be given proper guidance by both of them to choose the right goal. And this preparation should begin right from class IX. A student should assess his/her aptitude and caliber and for this one must think of one's personal interest and the subject one feels is easy for him/her to learn and understand. There should not be any pressurization by the parents or one should not fall for peer pressure for the selection of the subjects.

Once the student has chosen a stream, he does not have any choice left to move back on the same road. If a student opts for a stream by succumbing to peer or parental pressure, he fails to excel in it and barely manages to get average or passing marks in the class aggregate. This ruins his hopes of entering his dream college. Many students often change their stream when they fail to crack the competitive exams and adjust themselves to the institutes they get admitted into. This is very common especially in the Medical or



Non-medical stream where students often end up making their career in humanities. At this juncture, the entire time spent on studies in the previous classes goes in vain and moreover it's quite disheartening to change over the career option. So, let's think judiciously and very wisely aim our goal and diligently work for it.

Another common myth which the society nurtures is that the above average students opt Science stream, the average ones go for Commerce and the weaker ones are left with no choice but to adjust themselves with Humanities. Let's shun this misconception also as it's been observed in the recent years that all CBSE toppers many times are from Humanities. And this stream too offers great variety and high ranking jobs.

What we need is to change our mind set, think seriously on our aptitudes and interest, choose a stream and a career after carefully analyzing the potential and aspirations, most importantly, not to fall for any peer or parental pressure. Once we are fixed with this, let's work in one direction and fulfill our aim.

Hope that many of you will ponder on this and be wise in your decisions...

Here, I would also like to express my thankfulness to H.H. Maharaj Ji and the school management and our principal Madam for giving me the opportunity to work here at this responsible post and for believing in me.

## Head Mistress's View

### Neeru Arora



Schools are holy places where we teachers transform raw clay to cultured and civilized human being. NDS stands as an example of such a school where literary activities, sports events, cultural practices, workshops for children and value- based academics follow one after the other with consistent regularity. We welcomed more than 250 nirmalites into Nirmal family this year under the spiritual blessings of Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj .Glowing faces of new buddies generated positive energy in school environment. Teachers and students exchanged introductory smiles acknowledging new rules and regulation and looking forward in their journey of becoming 'A GOOD HUMAN BEING'.

The effect of COVID 19 can still be sensed in today's scenario whenever we talk about academics and moral values. How did the children at an early age become so insensitive and crass? Where did the parents and teachers go wrong? These questions need to be answered and analysed. We can't sit with folded hands, participating in just unfruitful debates and discussions.

The buzzword for 2023 is a four-letter word that everyone should swear by is the "SELF". Teachers and parents should have prime focus on self-study, self-care, self-discipline, self-admiral and many more of 'SELF'. Today's generation love to follow others blindly. A little kid of 4 years knows about his/ her classmate's expensive pencil box, demanding the same from his parents and then by evening, a simple demand turns into a black day for them. How to teach a simple lesson of self-control, self-discipline, and self-kindness, self-compassion to a young boy or girl? The true lesson begins at home, for example, to facilitate a child's development and ability to cope with the difficult situation, it is important to introduce self-control strategies through play and interactive activities by parents and teachers together. Several games and activities can be acknowledged to help children practice self-control techniques in schools and by God's grace, we foster such practices here in NDS.

Self-control is a multi-step process that can go through several cycles. The famous Stanford Marshmallow Experiment, in which the researcher left a child in a room with a Marshmallow and with a condition that if he / she is able to resist the temptation of not eating it, the reward will be doubled. Although, this experiment on delayed gratification was first conducted in 1972, it has been replicated again and again over the time to compare with the present generation and the result is that the children of today prefer to eat the marshmallow instantly (immediate gratification). This proved that values like patience and will power is somewhat lacking in today's generation. According to my opinion there are some points for caretaker and parents to provide consistency in a child's environment to support self-control strategies.

- 1) Providing a soothing area (in school and home) where children can calm down and focus.
- 2) Help children to understand the impact of their small decisions like purchasing stationery of their choice, participation in class activities etc.
- 3) Give children opportunities to learn about self-control through play way activities by providing them fun games and helpful worksheets.
- 4) Positive behaviour of parents and teachers at home and school.

There are many more steps which we can devise ourselves for self-control.

My messages is simple- Be the kite that soars high while its string remains firmly rooted in values which are integrated in our growth.

## *From the diary of the School Captain (Boy)*

### *My Journey At NDS- The Decade of Learning and Thriving*

My journey at NDS began 10 years back when I was just 7 years old. I was told that this institution would shape my life in various dimensions. As I reflect on those formative years, I am filled with nostalgia and gratitude.

When I first entered the campus, the thing that initially caught my attention was the play-ground. At that time, I didn't even know that it is going to be the place where I will find my mentors, the sports teachers who taught me teamwork, leadership, resilience and sportsmanship.

In the classes, I met my teachers who were having an unwavering commitment towards our growth. They weren't just educators they were the guides who nurtured our potential, instilled discipline in us and helped us in shaping our character. I will be forever grateful to them.

As the years rolled by, I witnessed my own grooming both physically and mentally. The school transformed us into disciplined students. Beyond the exterior changes lay deeper transformation, the forging of values like integrity, honour and duty.

The environment in my school is incredibly supportive. I always like living in a close-knit family, where everyone played a role in nurturing and guiding me. The teachers generously cared about our growth. The seniors, too extended their hands sharing their experiences and wisdom. Together, they provided me with everything I needed to thrive, academically and personally. The school is more than an institution, it was a place where I felt homely & safe.

There are many important lessons which I learnt in my school life. The first & foremost is that failure is not an end, it's merely a stepping stone towards growth & success. When faced with obstacles, channel your inner determination. Embrace the perseverance for it's through hard work that we forge our path.



Another lesson that I learnt is to stay grounded yet ambitious. Cultivate your core qualities while embracing progress and above all, never lose hope because success awaits those who persistently strive for it.

I also experienced that friendship can be liberating and can help us grow as an individual as friends provide emotional support, guidance and sense of belongingness & being loved in the world. This is a testament to the power of true friendship. When we have friends who are there for us through thick and thin, we feel more confident and capable of facing life challenges.

Last but not the least, I remember, I started my journey as a mediocre but here I have ended my school life as a School Captain, which is a dream come true for me. But remember not everyone is born with inner excellence. What truly matters is our unwavering commitment to hard work and firm determination to achieve our goals.

With this, I would like to extend my heartfelt thanks to Maharaj Ji, my teachers, my fellow students & my parents in helping me nurture my nature & character to the level which I have reached today. Thank you everyone for your wishes & blessings.

**Akshat Singh Pundir**

## *From the diary of the School Captain (Girl)*

As I sit here reflecting on my years at school, I am filled with gratitude for the incredible journey I've undertaken. I'm thrilled to share the valuable lessons I've learned from my inspiring teachers and the empowering environment that has shaped me into the person I am today. Joining a new school in the middle of the year can be quite daunting, especially when you don't know anyone. However, my experience as a transfer student proved to be a remarkable journey filled with warmth, support, and personal growth. In this article, I will share the story of how I found my place in a new environment and eventually achieved my childhood dream of becoming the head girl.

I still remember the day I walked into my new classroom in July 2017, filled with uncertainty and nervousness. However, my worries quickly disappeared as I was welcomed wholeheartedly by my class teacher and classmates. They made me feel a part of the class from the very beginning. My teacher introduced me to the class, and I was paired with a friendly girl who became my seat partner. Through her companionship and the kindness of my classmates, I immediately started feeling comfortable and part of a supportive community.

The support I received from my teachers was truly remarkable. Despite joining in the mid-term, they guided me through the pending work, making sure that I caught up with the rest of the students. Their guidance and encouragement played a vital role in helping me to adjust to the new academic environment. Moreover, they motivated me to participate in co-curricular activities such as debates and recitations, which further boosted my confidence and expanded my horizons.

From a young age, I had always been fascinated by the senior students who held leadership positions, such as the head girl and head boy. It became my childhood dream to become one of them. Little did I know, that this dream would become a reality. When the opportunity arose, I decided to take a leap of faith and put myself forward as a candidate for the post of the School Captain. The day I was selected as the school captain, it was a moment of indescribable happiness. It was the culmination of hard work, determination, and the belief that dreams can come true.

This year, we went on a trip to Karnal, a town known for its historical significance and vibrant culture. The



trip was an incredible experience that brought us closer as friends and created lasting memories. Our teachers ensured that we were safe, comfortable, and taken care of, throughout the journey.

During the trip, we had the opportunity to visit historical sites, museums and participate in various cultural activities. We learned about the rich history of Karnal and immersed ourselves in the local traditions. The newfound knowledge and experiences broadened our horizons and deepened our appreciation for different cultures.

Being in our last year of school, this trip held a special significance for all of us. It was a time to cherish the friendship we had built over the years and create memories that would last a lifetime. Whether it was sharing laughter over meals, exploring new places together, or simply spending quality time in each other's company, the trip was a beautiful testament to the bond we shared as a class.

My journey as a transfer student and eventually the Head Girl taught me valuable lessons. I learned the importance of embracing change, as it opened doors to new opportunities and experiences. It showed me the power of a supportive community, as classmates and teachers played an instrumental role in my adaptation and success. Additionally, achieving my childhood dream taught me the significance of perseverance and daring to chase after what I truly desire.

**Vastavikta Pant**

## ‘स्नेहपूर्ण श्रद्धांजलि’



**वासांसिजीर्णानि यथाविहाय  
नवीनानि गृह्णातिनरोऽपराणि ।  
तथा शरीराणिविहाय जीर्णान्य-  
न्यानि संयाति नवानि देही । ।**

**“ जिस प्रकार मनुष्य पुराने वस्त्रों को त्यागकर नये वस्त्र धारण करता है,  
उसी प्रकार आत्मा पुराने शरीरों को त्यागकर  
नवीन भौतिक शरीर धारण करती है। ”**

जन्म और मृत्यु जीवन का शाश्वत सत्य है। महान कार्य करने के लिए लंबी आयु की आवश्यकता नहीं होती है। इस धरती पर आई अनेक आत्माएं अल्प समय में ही प्रभावशाली कार्य करके अपनी प्रतिभा से अमिट छाप छोड़ जाती हैं। फिर भी किसी की भी असमय मृत्यु हम सभी को उद्वेलित कर देती है। विशेष रूप से जब कोई नन्ही कली जो पुष्प रूप में विकसित हुए बिना ही संसार को अलविदा कह जाए तो निश्चित रूप से यह क्षति न केवल परिवार के लिए अपितु समाज के लिए भी अपूरणीय क्षति होती है।

वर्षा की भीषण आपदा ने इस वर्ष हमारे विद्यालय की नवीं कक्षा की छात्रा तेजस्विनी शर्मा को हम सभी से हमेशा के लिए दूर कर दिया। विलक्षण प्रतिभा, सौम्य व्यक्तित्व, शांत स्वभाव और अपने नाम के अनुरूप ही तेज बनकर संसार रूपी गगन मंडल में चमकने वाली तेजस्विनी 13 अगस्त, 2023 मध्यरात्रि को असमय ही अस्त हो गई।

परमात्मा ने इस आत्मा को अपने धाम वापस बुलाकर हम सभी को गहन शोक में निमग्न कर दिया। इस भीषण आपदा ने उसकी माता जी और अनुज को भी अपने में समाहित करके ईश्वर के पास भेज दिया।

तेजस्विनी की पवित्र आत्मा को संपूर्ण निर्मल दीप परिवार स्नेहपूर्ण श्रद्धांजलि अर्पित करता है। परमपिता से सादर विनती है कि उसके पिताजी को पूरे परिवार को खो देने की इस अपूरणीय क्षति को सहन करने की शक्ति दें।

### ओम शांति

*A Bird's Eye View of the School Events, Participation and Achievements*  
*Something Beautiful is on the Horizon*

S.NO	MONTH	DATE	NATURE	EVENT	PLACE	ACHIEVEMENT
1	A P R I L	20.04.2023	Inter School	English Debate Competition	The Horizon School, Dehradun	Ms. Sudiksha Mall VIIIIC First
2		24.04.2023	Sahodaya Group Rishikesh Inter School	English Essay Writing Competition,	DSB International Public School, Rishikesh	Ms. Ayushi XIA Second
3		24.04.2023	Sahodaya Group Rishikesh Inter School	Slogan Writing Competition.	Happy Home Montessori School, Rishikesh	Participation
4		21 to 27.04.2023	Inter School	Fifth S.P Sinha Football Memorial Tournament	IPSRajawala, Selaqui	Participation
5		21 to 28.04.2023	Inter School	U-14 Football Tournament	DPS,Selaqui	Reached quarter final
6		27.04.2023	Sahodaya Group Rishikesh Inter School	Nukkad Natak	NDS Rishikesh	Host and Participation
7		28.04.2023	Sahodaya Group Rishikesh Inter School	Role Play	Foothills Academy Rishikesh	Third Position
8		28.04.2023	Inter School	English Recitation	DSB International Public School, Rishikesh	Participation
9		28 and 29.04.2023	Inter School	Tug of War	Holy Angel School, Lal Tappad, Dehradun	Participation
10		28.04.2023	Inter School	Junk Box-On the spot Competition (Best out of Waste)	St. Mary School, Haridwar	Second Prize Ms. Siya Jethuri Ms. Suhani Khatri Ms. Nikita Rawat Ms. Sanvi Royal
11	M A Y	19.05.2023	Inter School	Devotional Kirtan Program	Sant Nikka Singh Public School, Model Town Karnal	Participation
12		28.05.2023	Inter School	Poster Making Competition (G-20 Anti-Corruption)	PSBBank, Rishikesh	First Prize Akshita Bhatt IX Akriti Bisht XII Second Prize Akanshi Pundir IX Taniya XII Third Prize Siya Jethuri X Anushka Chamoli XI

S.NO	MONTH	DATE	NATURE	EVENT	PLACE	ACHIEVEMENT
13	JUNE	05 to 09.06.2023	Inter School	Summer Camp	BMLMunjal University Rewari, Haryana	Baseketball Piyush XII-FirstPrize Table Tennis Second Prize-Tanmay Chachra XII Badminton First Prize- Niharika and Khushi-XII Best Dancer Award IshanviSaini-XII Best Dance Performance IshanviSaini -XII
14		22 to 24.07.2023	Inter School	Subroto Cup U-17 (Boys)	Amenity Public School, Rudrapur	Participation
15	AUGUST	1 to 05.08.2023	Inter School	District Football Association (U- 13)	Carbery Memorial School, Dehradun	Runner's Up
16		1 to 07.08.2023	Inter School	O.P Garg Memorial Soccer Tournament, Dehradun (U-18)	Shri Ram Centennial School, Dehradun	Runner's Up Trophy Priyanshu Painuly-XI Awarded as the Best Player
17		10 to 12.08.2023	Inter School	Eleventh Bro Keogh Memorial U-15 Football Tournament	St Joseph School, Dehradun	Reached Quarter Finals
18		29.08.2023	Inter School	Chess Championship	Nirmal Ashram Gyan Daan Academy, Rishikesh	Sixth Position Ayush Nath -X Seventh Position Sarthak Kukreti, Anushka Kashyap, Kartikey Ranger and Siddharth Shridhar-XI Eighth Position Mukul Royal-IX
19	SEPTEMBER	1 to 03.09.2023	Inter District	Uttarakhand State Sports Games	Kashipur Stadium, Kashipur	Gold medal in Badminton by Shaurya Pandey-IX, NDSU-18 boys Basketball team participation
20		07.09.2023	Inter School	Janmashtami Cultural Contest	Organizer ISKCON	Second Prize Mihika-UKG Third Prize Swastik LKG (Fancy
21		9 to 16.09.2023	Zonal	32nd All India G.V. Mavlankar Shooting Championship	Ansansol, West Bengal	Adarsh Bhatt, IX - IV position in Ten Metre Pistol
22		26 to 29.09.2023	Inter School	Volleyball Competition Girls/Boys	Mount Litera Zee School, Dehradun	Championship Trophy (Girls team)

S.NO	MONTH	DATE	NATURE	EVENT	PLACE	ACHIEVEMENT	
23	OCTOBER	30.09.2023 to 03.10.2023	Sahodaya CBSE Inter School	Football Tournament	Nirmal Ashram Deepmala Public School, Rishikesh	Championship Trophy both U-15 and U-18	
24		09 to 20.10.2023	SFA Championship, Uttarakhand chapter-2	U-16 Boys Football championship	Maharana Pratap Sports College, Dehradun	Runner's up trophy	
25		19 to 22.10.2023	CBSE Cluster XIX North Zone	Taekwondo Championship	K.P International School, Meerut	Bronze Medal Aryan Uniyal-VIII And Vaishnavi Nautiyal-IX	
26		27.10.2023	Inter School	English Debate Competition	OSN, Rishikesh	Participation	
27		27.10.2023	Inter School	Art and Design, Poster Making Competition	Hotel Royal, Vrindaban, Haridwar	Participation	
28		31.10.2023	Inter School	Science Exhibition	DSB International P. School Rishikesh	Participation	
29		NOVEMBER	02 to 04.11.2023	Inter School	Volleyball Tournament	OSN Rishikesh	Championship Trophy
30			03 to 06.11.2023	Inter School	International Debate Competition FNF	Vijaybhoomi University, Mumbai	Reached Quarter Finals Vrinda Goyal and Vansh Goyal-XI
31	04.11.2023		Inter School	Science Championship 2.0	Shivalik Engineering College Dehradun	Participation	
32	09.11.2023		Inter School	Debate Competition	Heritage School, Dehradun	Participation	
33	17 to 22.11.2023		Inter School	U-14 Shri Rohtash Memorial Football Tournament	Heritage School, Dehradun	Reached Semi final	
34	24 to 25.11.2023		Inter School	U-18 Basketball Championship Boys/Girls	Nirmal Ashram Deepmala Public School, Rishikesh	Championship Trophy both Boys and Girls	
35	27.11.2022 to 7.12.2023		Zonal	66th National Shooting Championship	Bhopal, Madhya Pradesh	Adarsh Bhatt, IX - VII position in Ten Metre Pistol, qualified for Nationals	
36	DECEMBER		09.12.2023	Inter-District	Khel Mahakumbh Karate Championship	Parade Ground Dehradun	Rudraksh Tripathi, IX - Gold Medal in KATA and +76 kg. Kumite Fight

## निर्मल आश्रम दीपमाला पब्लिक स्कूल का रजत जयंती समारोह

उत्तराखंड की पावन भूमि पर विद्याध्ययन के क्षेत्र में अग्रणी निर्मल आश्रम दीपमाला पब्लिक स्कूल ने शिक्षा के क्षेत्र में अपने गौरवमय पच्चीस वर्ष पूरे करने के उपलक्ष्य में रजत जयंती समारोह हर्षोल्लास से मनाया। विद्यालय के संस्थापक महंत श्री राम सिंह जी महाराज एवं व्यवस्थापक संत श्री जोध सिंह जी महाराज के पावन सानिध्य एवं आशीर्वाद की छत्रछाया में विद्यालय के



सुसज्जित प्रांगण में उत्तराखंड के राज्यपाल महामहिम लेफ्टिनेंट जनरल गुरमीत सिंह जी की मुख्य अतिथि के रूप में उपस्थिति ने कार्यक्रम को गरिमामय बनाया। महामहिम ने विद्यालय के सुसज्जित प्रांगण में प्रवेश कर बच्चों द्वारा बनाई गई विभिन्न कलाकृतियों का अवलोकन किया। मंचासीन होने पर राष्ट्रगान के बाद मुख्य अतिथि ने दीप प्रज्वलित कर कार्यक्रम का विधिवत शुभारंभ किया। विद्यालय की प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी ने

मुख्य अतिथि, विशिष्ट अतिथि श्री दलजीत सिंह गुलाटी तथा उपस्थित अन्य गणमान्य अतिथियों श्री गजेंद्र सिंह गुलाटी, श्री सी.एम. कोचर, श्री गुरदीप सिंह, श्री हरेंद्रजीत सिंह गुलाटी, श्री गुरदीप अरोड़ा, श्री एन.एस. बिंद्रा, महंत ज्ञानदेव जी, महंत तेजा सिंह जी, महंत प्यारा सिंह जी, श्री गुरविंदर सिंह जी, श्री कुलदीप सिंह कालरा, पूर्व प्रधानाचार्य श्री शिव सहगल, श्री राजीव सिंह रोतेला, डॉ. सुनीता शर्मा, श्रीमती अमृतपाल डंग, श्रीमती अनीता रतूड़ी तथा समारोह में उपस्थित अन्य अतिथियों एवं अभिभावकों का हार्दिक अभिनंदन किया।

सांस्कृतिक कार्यक्रमों की श्रृंखला में शब्द की प्रस्तुति के उपरांत विभिन्न राज्यों के मनमोहक संगीत पर नृत्य करते विद्यार्थियों ने तथा पंजाब का जीवंत लोकनृत्य भांगड़ा ने जहां दर्शकों का भरपूर मनोरंजन किया वहीं नमामि गंगे प्रोजेक्ट एवं प्लास्टिक के कम से कम प्रयोग तथा अधिक से अधिक वृक्षारोपण हेतु जनजागृति का आह्वान करती हुई और पर्यावरण संरक्षण का संदेश देती हुई संगीतमय नाटिका की प्रस्तुति ने सभी को उनके कर्तव्य की याद दिला दी।

परम श्रद्धेय महंत श्री रामसिंह जी महाराज ने मुख्य अतिथि जी को आदर व सम्मान का प्रतीक सिरोंपा एवं विद्यालय का स्मृति चिह्न भेंट किया। इसके पश्चात पच्चीस वर्षों की सतत उपलब्धियों के दस्तावेज के रूप में स्कूल की पत्रिका 'दीक्षा-रजतप्रभा' का विमोचन महामहिम मुख्य अतिथि के करकमलों से हुआ।

विद्यालय के पच्चीस वर्षों के गौरवमय इतिहास के सतत साक्षी रहने हेतु श्रीमती रंजना शर्मा, श्रीमती नीरजा त्रिवेदी, श्री मनोहर सिंह रावत, श्रीमती नीरू अरोड़ा, श्रीमती संध्या थापा, श्री जसपाल बिष्ट, श्री बाबू सिंह, श्री दिनेश सिंह, श्रीमती भगवती देवी, श्रीमती सीमा तथा सतत सहयोग के लिए प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी, श्री शम्मी पैन्थूली, श्री मुकुल तायल, श्री हरमनप्रीत सिंह एवं श्री तरनजीत सिंह को माननीय मुख्य अतिथि जी द्वारा सम्मानित किया गया।

शैक्षिक सत्र 2021-22 में दसवीं कक्षा में अग्रिम प्रताप सिंह, दीक्षा सकलानी, अविका से मवाल तथा बारहवीं कक्षा में इशिका गोस्वामी, सोनल नेगी, श्रेया रावत तथा आयुषी को बोर्ड परीक्षाओं में उत्कृष्ट प्रदर्शन के लिए पुरस्कृत किया गया।

महामहिम राज्यपाल जी ने अपने ओजस्वी वक्तव्य से सभी को मंत्रमुग्ध कर दिया। उन्होंने कार्यक्रम की सराहना करते हुए कहा कि निर्मल संस्थाओं के समदर्शी रूप, यहां की कार्यशैली तथा समाज सेवा का भाव अनुकरणीय है। यहां से शिक्षा ग्रहण करके वर्तमान में विभिन्न प्रमुख क्षेत्रों में कार्यरत नेहा मनादुली, गुंजन थपलियाल, वर्तिका जोशी और गौरांगी चावला ने छात्रावस्था की मधुर स्मृतियों के झरोखे से अविस्मरणीय पलों को साझा करते हुए आज के कार्यक्रम के साक्षी बनने पर स्वयं को गौरवान्वित अनुभव किया तथा देश विदेश में कार्यरत विद्यार्थियों में विजयपाल सिंह रावत, ऋचा सहगल, सूरज राना ने 'वीडियोमैसेज' के माध्यम से अपने अनुभवों को साझा किया तथा विद्यालय के आदर्श 'सा विद्या या विमुक्तये' को लक्ष्य प्राप्ति में सहायक बताते हुए स्वयं को राष्ट्र हित हेतु समर्पित होने का संदेश दिया।

विभिन्न विद्यालयों से पधारे प्रधानाचार्य, विद्यालय के भूतपूर्व विद्यार्थी, निर्मल आश्रम, निर्मल ज्ञानदान एकेडमी, निर्मल अस्पताल, निर्मल आई इंस्टीट्यूट से पधारे अनेक गणमान्य जन तथा अभिभावक रजत-जयंती समारोह के साक्षी बने।

विद्यालय के चेयरमैन डॉ. एस.एन. सूरी ने मुख्य अतिथि, उपस्थित गणमान्य अतिथियों एवं अभिभावकों का उनकी गरिमामयी उपस्थिति के लिए धन्यवाद ज्ञापित किया। कार्यक्रम का समापन राष्ट्रगान से हुआ। कार्यक्रम का संचालन श्रीमती नीरजा त्रिवेदी और श्रीमती मनीषा मंजुल ने संयुक्त रूप से किया।

श्रीमती दीपा पांडेय



# REPUBLIC DAY Celebration 2023

*Freedom in the mind, strength in the words, pureness in our blood, pride in our souls, zeal in our hearts. Let's salute our Motherland on this Republic Day...*

Our school celebrated our 74th Republic Day with great zeal & patriotic fervour. The program began with unfurling the tricolor by Mr. S.N Suri, the Chairman and Mrs. Lalitha Krishnaswamy, Principal followed by the National Anthem. On this great and momentous day, whole NDS staff and children gathered to celebrate unity, discipline and spirit of togetherness. In its true spirit, the programme began with an electrifying march past. The students of all the four houses displayed the beautiful portrayal of discipline, unity, determination and dedication as a team. After the march past, 'Saraswati Vandana' was performed by our senior girls, as it is believed that 'Maa Saraswati' removes all obstacles from our lives. A beautiful patriotic song 'Badhe Chalo' was presented by the elementary school students. Master Harshit Baluni of class XI recited a Hindi poem to motivate everyone. After that Miss Vastavikta Pant again of class XI, elucidated on the spirit of Republic through her captivating speech. Master Shivam Bhatt of class VI also presented a Hindi poem full of enthusiasm. This beautiful program ended with the speech of our respected Principal madam commemorating the role of our freedom fighters during independence struggle and urged that it is the duty of the present generation to maintain our freedom.

This was followed by the prize distribution ceremony where trophies were awarded to various houses in different fields like academics, sports, march past etc. 'Dhruv' was declared as the 'Cock House'. The event concluded with the distribution of memento and siropa by honorable Sant Jodh Singh Ji Maharaj. Everyone received the sweets and the day ended with a feeling of patriotism and enthusiasm.

**Mrs. Amardeep Kaur**



## Bidding Adieu to Class XII

On the memorable morning of February 11, 2023, a heartfelt farewell party was organized to bid adieu to the graduating class XII students, and the event was graced with the blessings of Mahant Ram Singh ji Maharaj and Sant Jodh Singh ji Maharaj. The school's activity hall buzzed with a mix of emotions as students gathered to celebrate the culmination of their academic journey. Maharaj Ji, with his divine presence, bestowed blessings upon each student, presenting them the mementos as tokens of goodwill and encouragement for their future endeavours. The atmosphere was charged with a sense of reverence and gratitude.

Thereafter, our chairman, Dr. S.N. Suri delivered a heart touching speech, sharing words of wisdom, encouragement and reflecting on the growth and achievements of the departing students. His words resonated with the collective experiences shared during their academic tenure, creating a reflective and sentimental ambience.

To further commemorate the occasion, a sumptuous



lunch was organized, allowing the students to enjoy a delightful feast in the company of their peers and mentors. We all wish these students good luck for their future endeavours and they will always be greatly missed by each and everyone of us.

Let's remember

*"Every new beginning comes from some other beginning's end."*

**Akriti Bisht**  
XII-E





## Investiture Ceremony

*“Leadership is not about power. But about empowering others.”*

On the 13th of May, 2023, with the blessing of His Holiness Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj, the investiture ceremony was convened within our esteemed educational institution. This occasion saw the distinguished presence of our esteemed principal and revered faculty members.

The event commenced with a spirited morning assembly, brimming with enthusiasm. Following this, the names of the appointed students for various school and house positions were formally announced. In a ceremony that exuded decorum, our honorable principal madam bestowed badges upon the deserving students, extending heartfelt congratulations.

Subsequently, the school principal, in her address, shared words of motivation and inspiration with the

school community. She encouraged the students to embrace their roles with a sense of duty, and to act as beacons of inspiration for their juniors.

Concluding the proceedings, a solemn oath was administered, binding the newly appointed members to fidelity in their responsibilities and the embodiment of exemplary leadership. The atmosphere resonated with encouragement, as the teacher's approving smiles and student's enthusiastic applause merged in harmony.

With the resonating notes of the national anthem, elegantly performed by the school choir, the event drew close, leaving an indelible sense of pride and inspiration in everyone.

**Shreshtha Semwal**  
XI-B





## Saluting the Spirit of Freedom

The 75th Independence Day was an occasion of immense pride and significance at Nirmal Ashram Deepmala Public School on August 15, 2023. The day unfolded with a sense of anticipation as the entire school community gathered to commemorate the historic moment. The day began with the solemn and dignified unfurling of the national flag, a task carried out with grace and honour by our esteemed principal, Mrs. Lalitha Krishnaswamy. The unfurling of the tricolor was accompanied by the resonant strains of the National Anthem, echoing through the air and instilling a deep sense of patriotism among all present. What made this Independence Day celebration particularly memorable were the inspirational words shared by Mrs. Krishnaswamy. As the flag fluttered in the breeze, she called upon the school community to come together, emphasizing the importance of unity in the pursuit of a beautiful and harmonious nation. Her words resonated with a call to action against corruption, urging everyone to be active participants in upholding the values that the tricolor represents. The concluding chant of "Vande Matram" further heightened the emotional connect, symbolizing reverence and love for the motherland.

*Today we come together,  
Be the cause for the unity,  
Make it beautiful day another...  
Fight against corruption,  
Spurl the flag of On Nation.*

**Parth Bhatt  
XII-A**



# Celebrating Teacher's Day

*A tribute to the educators who shape our future*

Teacher's Day, a revered occasion observed on the 5th of September each year to commemorate the birth anniversary of the esteemed Dr. Sarvepalli Radhakrishnan, unfolded as a truly memorable event for the dedicated educators of our school. Dr. Radhakrishnan, a renowned, exceptional teacher of his time, exemplified the values and dedication that educators bring to the noble profession of teaching. To honour this occasion, our school's teachers were given a unique opportunity with the blessings of Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj to embark on a short trip from the picturesque surroundings of Rishikesh to the historic town of Karnal. The journey, spanning approximately for five hours, commenced in the morning, creating an atmosphere of excitement and anticipation among the group. Upon reaching Karnal, the teachers were greeted with the divine blessings of Maharaj Ji, an experience that added a spiritual dimension to the celebration. In a gesture of appreciation, the teachers

were presented with a gift, symbolizing gratitude and recognition of their tireless efforts in shaping the minds and future of the students. The camaraderie among the teachers grew stronger throughout the day, fostering a sense of unity and shared purpose.

As the evening descended, the teachers returned to Rishikesh, carrying with them the warm memories of the day spent in the company of their colleagues, under the divine blessings of Maharaj Ji.

**Mrs. Ritu Minocha**



# Annual Athletic Meet



The Annual Athletic Meet of our school commenced with a grand opening ceremony on November 6, 2023. The atmosphere was charged with excitement as participants and spectators gathered to celebrate the spirit of sportsmanship. Mr. Pankaj Dimri, an esteemed international athlete and a sub-Inspector graced the occasion as the hon'ble Chief Guest. Our Principal madam Mrs. Lalitha Krishnaswamy welcomed the chief guest by presenting the bouquet. The presence of the chief guest added prestige to the event, inspiring our students to strive for excellence in the field of athletics.

The meet commenced with the parade of all four houses followed by the lighting of the torch. The atmosphere was charged with excitement as participants geared up for the competitions. The

students were divided in different groups-Group-A comprised of classes X to XII, Group-B for classes VIII and IX and group-C for classes VI and VII. A variety of track and field events were organized. On November 6, the starting event was 200m race for Group- A girls and boys, followed by numerous track events.

Field events were organized on November 7, like shot put, long jump, high jump, triple jump, discuss and javelin throw. The participants exhibited remarkable skill and determination, captivating the audience with their performances. Each event showcased the dedication and months of training put in by the athletes. The spirit of sportsmanship was evident throughout the meet. Participants displayed camaraderie, encouraging each other irrespective of the outcomes. The emphasis on fair play, a respect for

opponents reflected the school's commitment to holistic development.

The chief guest of the closing ceremony, on November 8, 2023 was Mr. Pritam Bind, an International Athlete, whose event is steeple chase (3000mtr). Our Principal Madam & staff welcomed the chief guest by presenting him a bouquet. Among the track events, the 1500m & 100m race was the first event for group-A Boys and 200m race for group-B Boys and Girls. A variety of relay races were also conducted. The meet culminated with the prize distribution ceremony, recognizing the outstanding achievements of the participants.



Trophies and medals were awarded to winners in various categories, acknowledging their hard work and dedication. This not only boosted the morale of the winners but also motivated others to strive for excellence.

The Best Athlete Trophy from Group-A Boys and Girls were secured by Mas. Aashish Rawat, XII-A and Ms. Prachi Barthwal, XI-B, from group-B the Best Athlete trophy was bagged by Mas. Tanmay Rayal and Ms. Jahanvi of class IX. Mas. Abhinav Sahay and Ms. Shristi won the Best Athlete Trophy from Group-C. Dhruv House won the Athletic's trophy by securing 299 points.

Over all, the Annual Athletic Meet was a great success, bringing together the school's community in a celebration of Athleticism, team work and sportsmanship. The presence of Mr. Pritam Bind added prestige to the event, motivating our students to pursue excellence in both sports and life. At last, His Holiness Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj blessed the chief guest and other dignitaries with siropa and momento and also felicitated the PTI's and the officials and other staff members with the parshad.

The program concluded with the vote of thanks by the school Chairman Mr. S.N. Suri followed by the National Anthem.

**Mr. Gaurav Tripathi**

# Kindergarten Activities

## Lemon Day

*“It’s summertime, keep calm  
Drink lemonade and enjoy”*

Lemon water activity was celebrated in primary wing in classes LKG to I, under the guidance of their class teachers on 15th April, 2023 to inculcate the habit of drinking lemon water during summers.

Children were taught three important steps for preparing it, that is cutting, squeezing and stirring.

The main motive of this activity was to aware tiny tots about drinking homemade drinks and not to use chemical-based drinks. It also gave the message of ‘Learning by Doing’.

**Ms. Laxmi Rawat**



## Raksha Bandhan

*A beautiful bond of love,  
trust and responsibility...*

Raksha Bandhan is a special occasion to celebrate the eternal and auspicious bond between a brother and a sister. The students of classes LKG to III celebrated this festival with great zeal on 30th August, 2023. The students dressed in traditional attires where girls wore salwar suits and boys clad in kurta pyjamas enthusiastically participated in tying Rakhi. Various colouring activities were also conducted on this day. The tiny tots also tied rakhi to Mrs. Renu Suri, the Chairperson of Advisory Committee and our Headmistress Mrs. Neeru Arora where they got gifts as well as learnt the value of love, care &

togetherness. The vibrant, colourful attire and innocent smiles brightened the ambience and lifted the spirit. We are all thankful to honorable Maharaj ji and Principal madam for giving us such a platform where we can forward our traditional culture to the next generation.

**Mrs. Charu Sharma**



# हरेला पर्व

प्रकृति द्वारा प्रदत्त प्राणवायु हमारे जीवन चक्र को प्रत्यक्ष और अप्रत्यक्ष रूप से संचालित करने में हमारी मदद करती है। हरेला पर्व में हम एक छोटा सा पौधा लगाकर प्रकृति की रक्षा और पूजा करते हुए उसका आभार प्रकट करते हैं।

२१ जुलाई दिन शनिवार को निर्मल दीप विद्यालय में प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी एवं प्रधानाध्यापिका श्रीमती नीरू अरोड़ा की अध्यक्षता में हरेला पर्व का आयोजन किया गया जिसमें विद्यालय की कक्षा एल.के.जी. से छठी कक्षा तक के विद्यार्थियों और शिक्षकों ने बढ़-चढ़ कर हिस्सा



लिया। कार्यक्रम का प्रारंभ एल.के.जी. से द्वितीय कक्षा तक के बच्चों द्वारा वृक्षारोपण के कार्यक्रम से किया गया जिसमें बच्चों द्वारा लाए गए छोटे-छोटे गमलों में माली की सहायता से मिट्टी भरी गई और फिर खुदाई करते हुए उसमें बीजारोपण किया गया। तत्पश्चात उसमें पानी डालते हुए प्रतिदिन उनकी देखरेख की गई। कुछ समय बाद उसमें छोटे-छोटे पौधे निकल आए जिन्हें देख कर बच्चे अत्यंत खुश हुए और इस तरह उन्होंने देखा और सीखा कि किस तरह एक बीज से पौधा बनता है। चौथी कक्षा के बच्चों ने अपने हाथों से क्राउन, सैशे व

हैंडबैंड बनाकर अपनी कला का प्रदर्शन किया।

पांचवीं और छठी के बच्चों के लिए पोस्टर प्रतियोगिता व पर्यावरण संरक्षण को लेकर "वेस्ट आउट ऑफ बेस्ट" और इकोफ्रेंडली विषय पर भी प्रतियोगिता रखी गई थी। बेस्ट ऑफ वेस्ट के अंतर्गत पांचवीं कक्षा के बच्चों ने बेकार वस्तुओं का उपयोग करके नवीन वस्तुओं का निर्माण किया तथा छठी कक्षा के बच्चों ने इकोफ्रेंडली विषय के तहत इकोफ्रेंडली बाथरूम इकोफ्रेंडली किचन तथा इकोफ्रेंडली बालकनी का प्रतिरूप बना कर अपनी

कला का सर्वोत्तम प्रदर्शन किया। इसके द्वारा उन्होंने हम सभी को पर्यावरण संरक्षण का

संदेश भी दिया।

अंत में विद्यालय की प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी एवं श्रीमती रेणु सूरी द्वारा सभी प्रतियोगियों को उनके शानदार प्रदर्शन के लिए व पर्यावरण के प्रति जागरूक करने के लिए पुरस्कृत किया गया।

श्रीमती तनुजा जोशी

# Janamashtami

*The Spectacle of Krishna's Birth*



Janamashtami is the festival that radiates the divine energy of Lord Krishna's birth and life. It is a journey into the world of devotion, unity and spiritual awakening.

To seek the blessings of Lord Krishna, Janamashtami was celebrated in the Elementary wing on September 2, 2023 with joy and excitement. At the beginning of celebration, the students of class LKG to III were clad in different characters related to lord Krishna's life and narrated the monologues as well as acted beautifully in the fancy dress show. Students of class II visited Principal's office for Janmashtami celebration with poems, monologues and enjoyed the photo session with her.

A special morning assembly was organized by class IV to V, with an idol of Lord Krishna placed in a decorated cradle. A beautiful group song on Krishna was also presented by the choir. A spectacular dance was performed by Agrima of class V and Aahna of class III, a melodious bhajan was presented by Samar Tripathi of class VI that lent a spiritual fervour to the entire occasion. A GK quiz based on Lord Krishna's life was also conducted.

The program was concluded by the thoughtful message by our Principal madam Mrs. Lalitha Krishnaswamy. The celebration was truly entertaining and educating. The purpose of this vibrant celebration was to inculcate the moral & spiritual values among the students.

**Mrs. Sujata Dasgupta**



# JADAUI PITARA



# Pandora's Box

A Capacity Building Program on JADAUI PITARA was held from February 27, to March 3, 2023 by the Central Institute of Education and Technology (CIET) and National Council for Education Research and Training (NCERT), Government of India. Our teachers from class LKG to II participated in this workshop (online) with great zeal and endeavour. It is designed to strengthen conceptual understanding amongst learners of 3 to 8 years of age. The National Curriculum Framework for the Foundational Stage (NCF-FS) 2022 describes how children at this age learnt best through play-way activities. After attending the five-day workshop, our teachers prepared all teaching aids related to their teaching subjects and exhibited it on Parents Teacher Meet on September 30, 2023. It is a grand leap towards enriching environment and making it more child-centric, lively and joyful for the young generation as envisioned in the new National Education Policy NEP-2023.

Mrs. Renu Sangtani



# *His Holiness Maharaj Ji in NDS*



# A Library of Reports

*Let us Communicate to you the Hard Work and Grit of our Students that makes them the Champions.*



**“Coming together is beginning, keeping together is process, working together is success.”**

The academic year 2023-24 brought new hopes, new aspirations, new commitments and many more victories to follow. Keeping our motto "Never give up" in mind, we started the academic session with the selection of School and House Appointments and we are proud to have the School Head Boy Mas. Akshat Pundir and School Sports Captain Ms. Shriya Panchpuri from Dhruv house, who were the most deserving candidates for the post, indeed.

The Literary activities began with Extempore, Hindi Recitation and English Debate Competition and under the able guidance and motivation of our hardworking

house tutors Ms. Ranjit Kaur and Ms. Nisha Nawani, our students bagged first position in Hindi Recitation and English Debate and second position in English Extempore. In the junior group, under the guidance of our Junior house in charge Mrs. Alpa Sharma, Dhruv house bagged first position both in Hindi and English Recitation.

In the field of sports, Dhruv house bagged many laurels. We won the Football, Kabaddi and Cricket Trophy. Our house girls also performed very well in all the Sports Events. Dhruvians were really wonderful in Art & Craft and also secured first position in Mehandi competition.

Another great event was our Athletic Meet '23. Dhruvians performed exceptionally in the Annual Sports Meet and made the house proud by winning the Championship Trophy which was a dream come true for our house. Ms. Prachi Barthwal (Group A) and Ms. Srishti (Group B) won Individual Championship Trophies. Mas. Akshat Pundir, Ms. Jahnvi, Mas. Vinayak, Ms. Anushka and Ms. Diya also showed tremendous effort and a great performance by winning many medals.

All the achievements would have never come to fruition without the unconditional support of our House In-charge Mrs. Alpa Sharma, Assistant House Preceptor Mr. Manohar S. Rawat and House Patron Ms. Karuna Kukreti. All the senior and junior house tutors showed invaluable support and proactively kept the discipline part in check. Here, I must also appreciate the continuous support of our house appointments who have worked tirelessly to keep our house in remarkable positions in literary and sports events.

To summarize, I would like to mention that I am highly indebted to our School

Management and our respected Principal Mrs. Lalitha Krishnaswamy, I also extend my gratitude to the Senior Coordinator Mr. Mukul Tayal, Headmistress Mrs. Neeru Arora and all the administrative staff members, who stood by our side and helped us from time to time.

I count myself extremely lucky for serving in this institution and having the blessing of His Holiness Maharaj Ji which gives me the courage and strength to conquer any potholes in everyday life.

**Mrs. Rajni Rajpal**

- House Preceptor : Mrs. Rajni Rajpal
- Asst. House Preceptor : Mr. M.S. Rawat
- House Patron : Ms. Ranjit Kaur
- House Incharge : Mrs. Alpa Sharma
- House Tutors : Mrs. Karuna Kukreti
- : Ms. Chetna Narang
- : Mrs. Meenakshi Shukla
- : Mrs. Bhavana Bhatt
- : Mrs. Nisha Nawani
- : Mr. Ravindra Uniyal
- : Mrs. Arti Prajapati
- : Mrs. Ruchika Makhija
- : Mrs. Shashi Dangwal
- : Ms. Jatinder Sandhu
- : Mrs. Ashima Ghai
- : Mrs. Mamta Pandey
- : Mrs. Anju Sethi
- : Mrs. Jaspreet Kaur
- : Mr. Atul Nautiyal

### HOUSE APPOINTMENTS

- House Captain (Boy) : Mast. Harshit Tyagi
- House Captain (Girl) : Ms. Aakhya Rawat
- Sports Captain (Boy) : Mast. Rishabh Bisht
- Sports Captain (Girl) : Ms. Bhumi Rawat
- House Prefect (Boy) : Mast. Ankit Chuhan
- House Prefect (Girl) : Ms. Khushi





# Eklavya House

*Through Courage to Victory*

We believe that students can succeed through unique qualities if their energies are channelized in the right direction and at appropriate time. Our house motto also emphasizes the same "Through courage to Victory".

The session 2023-24 began with the co-curricular activities of the school that were well planned and executed to give the students an experience and exposure beyond the boundaries of a classroom or curriculum. We are proud of our Eklavyans for bagging one of the top school positions as for the school Vice-Captain (Girl) Ravneet Kaur is from Eklavya house.

As every year, the Inter House Literary activities were the first ones to start with. This year also our students performed their best. Next in Inter House Volleyball (girls) we secured the

first position. Moreover, in the Inter House Badminton, both in boys in girls, we secured the first position, here our students showed a remarkable performance. In the Inter House Painting Competition also, our Eklavyans secured first position. Indeed, our students have showcased their exceptional creative skills.

Whatever position we may have achieved whether first or last, we Eklavyans toiled hard and enthusiastically faced all challenges. Hard work and sincerity paid off in the Inter House Athletic Meet by our students like Alekh Rawat, Priyanshu, Shreya and Kritika, who bagged many medals to their credit.

In the Elementary School, Eklavyans strived hard to accomplish the role of getting good scores in all the activities. They left a proud mark everywhere. The map of co-curricular activities is dotted with their achievements. My message to all Eklavyans is "Success is peace of mind in knowing you did your best". So, do not let yourself worry, when you are giving your best.

Before I end, I extend my heartfelt thanks to His Holiness Maharaj Ji, our respected Principal Mrs. Lalitha Krishnaswamy, Senior Coordinator Mr. Mukul Tayal, House InCharge Mrs. Deepti Chaudhary and all my house tutors for their help, unconditional support and valuable guidance

Looking forward for yet another promising

**"There are no secrets to success.  
It's the result of preparation, hard work and learning from failure."**

year and a very bright future of the house to scale new heights with a new zeal and enthusiasm...

**Mrs. Meenakshi Shridhar**

House Preceptor	:	Mrs. Meenakshi Shridhar
Asst. House Preceptor:		Mrs. Niraja Trivedi
House Patron	:	S. Taranjeet Singh
House Incharge	:	Mrs. Deepti Chaudhary
House Tutors	:	Mrs. Kamlesh Rana
	:	Mrs. Asha Rawat
	:	Mrs. Mosmi Singh
	:	Ms. Shveta Sachdeva
	:	Mrs. Garima Arora
	:	Mrs. Neelam Rana
	:	Mr. Peyush Sharma
	:	Mr. Ashok Kumar
	:	Mrs. Surbhi Sharma
	:	Mrs. Charu Sharma
	:	Mrs. Sujata Das Gupta
	:	Mrs. Mukta Bakshi
	:	Mrs. Archana Panwar
	:	Ms. Priti Bisht
	:	Mrs. Jyoti Bhadri
	:	Mrs. Namrata Bisht

## HOUSE APPOINTMENTS

House Captain (Boy)	:	Mast. Priyanshu Aswal
House Captain (Girl)	:	Ms. Tanya
House Sports Captain (Boy)	:	Mast. Priyanshu Rana
House Sports Captain (Girl)	:	Ms. Shreya Bhatt
House Prefect (Boy)	:	Mast. Shivraj
House Prefect (Girl)	:	Ms. Monika Gairola



# Abhimanyu House

*Strive Against Opposition*

Abhimanyu house began the academic year with the dream of winning in every field. With endurance, dedication and perseverance, the house showcased its calibre and one of our students Akshita Bhatt of IX A won first position in English Debate as the Best Orator. Not only this, the house also outshone in many activities and various sports events, by winning the trophy in Football and Basketball.

We left no stone unturned and worked hard with sincerity and commitment. The children participated with full zeal and sportsman spirit and gave their best. Though we had to face some failures in between but we always kept our spirits intact and learnt from our mistakes.

Abhimanyu house has always been in high spirits, ignited in both track and field events. The collective efforts of the entire house propelled us to the pinnacle of excellence in the March past. Our children showcased unparalleled discipline, precision and unity earning the honour of securing first position in it, since the last two years.

Our star players, Mas. Ashish Rawat of XII A and Ms. Janhavi of IX B were awarded with the title of the Best Athlete. Their determination and unmatched spirit not only earned them a well-deserved trophy but also served as an inspiration for the entire house. Mas. Anuj Kuliya, also gave his best efforts in bringing glory to our house.

Every member of Abhimanyu house is very precious and without their support it would not have been possible to put up a good show. My House tutors and In-charges always stood like strong pillars and provided great support and strength to all the students to participate in the events.

As the House Preceptor, I would like to thank all my House tutors and In-charges and also my sincere thanks go to our respected Principal madam Mrs. Lalitha Krishnaswamy, without whose support this whole exercise would not have been possible.

In the end, I would like express my deep gratitude to H.H. Mahant Ram Singh Ji

**“Talent wins games but teamwork and intelligence wins championship.”**

Maharaj ji and Sant Jodh Singh Ji Maharaj for their blessings and guidance.

**Mr. Sunil Kumar**

House Preceptor	: Mr. Sunil Kumar
Asst. House Preceptor	: Mrs. Rajni Damir
House Patron	: Ms. Priya Chawla
House Incharge	: Mrs. Sandhya Thapa
House Tutors	: Mrs. Reena Singh
	: Mrs. Renu Hasani
	: Mr. Mizi Minocha
	: Mrs. Manju Sharma
	: Mrs. Garima Pandey
	: Mr. Rajeev Naithani
	: Mrs. Kirandeep Kaur
	: Mrs. Anjali Gupta
	: Mrs. Kamlesh Singhal
	: Mrs. Tanuja Joshi
	: Mrs. Dolly Mishra
	: Mrs. Reena Rallan
	: Mrs. Amardeep Kaur
	: Mrs. Arti Bamrara
	: Mrs. Sangeeta Karnwal

## HOUSE APPOINTMENTS

House Captain (Boy)	: Mast. Agrim Pratap Singh
House Captain (Girl)	: Ms. Anshika Raturi
House Sports Captain (Boy)	: Mast. Devansh Bhardwaj
House Sports Captain (Girl)	: Ms. Ravleen Kaur
House Prefect (Boy)	: Mast. Akshat Panwar
House Prefect (Girl)	: Ms. Mishti Kaparwan





# Nachiketa House

*Seek to Excel*

School is an institution that helps to nurture and develop the talents, intellect, skills, creativity, sportsmanship etc., among students. Last year, the school celebrated its Silver Jubilee and is holding a myriad of activities that have been held and are still continuing. Various Inter House Competitions were held to mark the occasion. The competitions were a fusion of talent, imagination, creativity and alertness.

In the academic session 2023-24, there was a series of events like Debate, Extempore, Essay writing, Recitation, Mehendi, Sports etc. in which the students participated with full vigour and enthusiasm.

Nachiketans under the guidance of the House In-charges, tutors and appointments participated in the events and tried their level best to succeed. It is very good to see the house standing first in the Inter House Indoor Games, Kabaddi (Girls) and Basketball (Boys). We bagged second position in the Inter House Hindi Recitation, Mehendi, Painting Competition, Athletics and Marchpast. Mas. Tanmay Rayal of Group B and Mas. Abhinav Sahay of Group C were the proud winners of the individual trophy in Athletics.

The house always tries to do its best with sincerity and honesty under the kind blessing of His Holiness Maharaj ji. We are always thankful to our Principal, Mrs. Lalitha Krishnaswamy for always motivating us and guiding us in the right direction. I also extend my gratitude to our senior Coordinator Mr. Mukul Tayal, Head Mistress Mrs. Neeru Arora for their support. I also want to give my special thanks to my co-In charge Mrs. Shalini Thapa and my house tutors for their kind support.

I pray to God and hope that the house will keep on moving ahead always and will continuously work hard to reach the top.

***"There are no limits to what you can accomplish except the limits you place on your own thinking".***

**Mrs. Ritu Minocha**

**"Perfection is not attainable, but if we chase perfection, we can catch excellence."**

House Preceptor	:	Mrs. Ritu Minocha
Asst. House Preceptor:	:	Mrs. Ranjana Sharma
House Patron	:	Mrs. Renu Ahuja
House Incharge	:	Mrs. Shalini Thapa
House Tutors	:	Mr. Suryash Kumar
	:	Mrs. Deepa Pandey
	:	Mrs. Shailja Jain
	:	Ms. Ruchi Maithani
	:	Mrs. Akansha Baluni
	:	Ms. Srishti G. Kalra
	:	Mr. Pravesh Bahuguna
	:	Mr. Manish Uniyal
	:	Mrs. Pooja Badola
	:	Mrs. Tanuja Rajhar
	:	Mrs. Sarita Goyal
	:	Mrs. Priyanka Rawat
	:	Mrs. Anju Gupta
	:	Mrs. Vinita Sharma
	:	Mrs. Shweta Raturi
	:	Mrs. Harjeet Kaur

## HOUSE APPOINTMENTS

House Captain (Boy)	:	Mast. Yash Bisht
House Captain (Girl)	:	Ms. Akriti Bisht
House Sports Captain (Boy)	:	Mast. Rishab Mehra
House Sports Captain (Girl)	:	Ms. Aditi Kumai
House Prefect (Boy)	:	Mast. Abhishek Panwar
House Prefect (Girl)	:	Ms. Vaibhavi Jugran



# House Standings

## Co-Curricular Activities at a Glance – 2023-2024

Activities		D	E	A	N
Literary Activities	Srs.				
	English Debate	4	2	3	1
	English Extempore	3	2	4	1
	Hindi Recitation	4	1	2	3
	Jrs.				
	Hindi Recitation	7	3	5	1
	English Recitation	7	1	3	5
Academics	7	1	3	5	
Games & Sports	Indoor Games	2	5	2	7
	Badminton Jr. (Boys)	7	3	5	1
	Badminton Sr. (Boys)	1	7	3	5
	Badminton Jr. (Girls)	3	7	5	1
	Badminton Sr. (Girls)	1	7	3	5
	Kabaddi (Boys)	7	1	5	3
	Kabaddi (Girls)	3	5	1	7
	Football (Sub Jr. Boys)	7	5	3	1
	Football (Jr. Boys)	1	5	7	3
	Football (Sr. Boys)	7	1	5	3
	Basketball (Boys)	1	3	5	7
	Basketball (Girls)	5	1	7	3
	Volleyball (Boys)	3	5	7	1
	Volleyball (Girls)	5	7	1	3
	Athletics	7	3	1	5
	March Past	3	1	7	5
	Cricket (Sub Jr. Boys)	7	3	1	5
	Cricket (Jr. Boys)	1	3	7	5
	Cricket (Sr.) (Boys)	7	1	5	3
	Art & Craft	Mehandi Competition	7	3	1
Painting Competition		3	7	1	5
Total		120	93	102	99

## Torch Bearers

S.NO	DISCIPLINE	WINNER	S.NO	DISCIPLINE	WINNER
1	Academics	Dhruv	7	Cricket	Dhruv
2	Literary	Dhruv	8	Football	Dhruv /Abhimanyu
3	Athletics	Dhruv	8	Volley Ball	Eklavya
4	Art & Craft	Dhruv /Eklavya/Nachiketa	9	Basketball	Abhimanyu
5	March Past	Abhimanyu	10	Badminton	Eklavya
6	Indoor Games	Nachiketa	11	Kabbadi	Dhruv /Nachiketa

**Cock House : Dhruv**

## National Games FOOTBALL AND KABADDI

“Education is not merely about acquiring knowledge but also about nurturing skills, talent and passions that extend beyond academics.”

Our school is immensely proud to have a cohort of students who have demonstrated exceptional capabilities and dedication, resulting in their remarkable achievements at National level.

The Indian Sports National Games 2022 were organized by the Indian Sports Association at Guru Gobind Singh College, Lucknow on 28th and 29th December, 2022 in which 22 states participated. Here, our school football players (U-17 category) set a bench mark for others to follow.

In this gala event, in U-17 Football boys, 6 students from our school (N.D.S) and one from our sisterly concern Nirmal Ashram Gyan Daan Academy (N.G.A) represented Uttarakhand state. They showed their mettle and won the Championship Trophy.

These exceptional footballers were Mas. Ashish Rawat, Mas. Ashutosh Rawat, Mas. Sohit Semwal from class XI and Mas. Priyanshu Painuly, Mas. Ayush Guliyal and Mas. Vikas Singh from class X and Ayush, XI from NGA.

The Uttarakhand State team defeated Delhi by 4-0 and brought laurels to the state, their school and parents. The National Football team where almost 50% of the players constituted from NDS is a true testament of excellence of our students.

Hats off to those players as well as their coaches who through their leadership, transformed a group of individuals into a cohesive, determined and victorious team.

Not only this, 3 students of our school also represented our state in U-17 Kabaddi-National games held at the same venue, which is again another remarkable fleet for these students- Mas. Krishna Gusian, Mas. Aditya Rana, Mas. Ankit Gairola of class X.

These students are the pride of N.D.S. They are not only the future winners but are also the embodiments of the values and aspirations, our school stands for.

**Ayushi, XI-A**



## Soccer Tournament

With the divine blessings of H.H. Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj, we are thrilled to announce the extraordinary achievements of our young talents at the 5th U-18 boys Shri O.P Garg Memorial Soccer Tournament held at Shri Ram Centennial School, from 1st August to 7th August 2023.

It was an exhilarating performance by NDS, as it is for the second time that NDS reached the finals consecutively but this time we lifted the 'Runners- up Trophy'. The NDS team won the matches against the following schools - Welham Boys, Doon Valley, Asian School, St. Joseph Academy, Dehradun and the final match was a tie with the Indian Public School with a score of 3-3 but the IPS won the penalty kick. Also, Master Priyanshu Painuly was bestowed with the Best Player award of the tournament.



Mr. Vinod Kumar

## Inter District Badminton Tournament

In the session 2023-24, NDS achieved different milestones and among them is the gold medal in Badminton also. This was organized by Uttarakhand Sports State Games-2023 held at Kashipur Stadium from 1st -3rd September. In this, from our school, in U-14 boys Doubles category, Mas. Shaurya Pandey of class IX won a Gold Medal and added another feather in the cap of NDS. We are extremely proud of him.



Mr. Akshay Kumar Singh

## Inter School Volleyball Tournament

The Inter School Volleyball competition was held between 26 to 29 September 2023, in Mount Litera Zee School, Dehradun. The first match was between NDS and the host team (Mount Litera Zee School) in the girls category. In the boy's category, the first match was between GRD school and NDS. Both the teams won the matches by 22-22 sets. The next match was played by the girls team between NDS and Saigracian School and the boys team battled with the Cambridge school in which the boys team unfortunately lost the match. The boys' team was eliminated though they won the third match with the Heritage School.



The Girls team reached the semi-finals and won the match against Him Jyoti School. Finally, our Girls team reached the finals and after defeating the Doon Heritage School, they won the Gold Trophy and were declared as the Champions of the Tournament.

The team has also added one more achievement to their credit. On November 2 to 4, 2023, they participated in the Inter School Volleyball Tournament at OSN, Rishikesh and won the Championship Trophy. Ms. Riya of class X was felicitated with the 'Best Player' award.

Samridhi Badoni  
XI-E

## CBSE Sahodaya Inter-school Football Tournament, 2023

With the divine blessings of H.H Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj, we proudly present the remarkable achievements of our young talents at the CBSE Sahodaya Inter School Football Tournament U-18 & U-15 (Boys) held at Nirmal Ashram Deepmala Public School from September 30 to October 3, 2023. This prestigious tournament saw 28 teams from 15 schools competing in both categories.

The final program commenced with a warm welcome to the Chief guest, Dr. S.C Negi, an international and all India university level football player. The school choir sang a melodious shabad, and the chief guest inaugurated the match with the kickoff, which paved the way to an exciting display of talent from all four finalist teams.

In a thrilling knockout competition, NDS and Red Fort International Public School clashed in U-15 finals,

while NDS and the Horizon School battled for the U-18 title. NDS displayed an exhilarating performance, securing victory in both the categories with scores 4-1 and 3-1

The best players of the tournament were Mas. Rishabh Negi (U-15) and Mas. Aalekh Rawat (U-18), both from NDS while Mas. Akshat Rajbhar (U-15) and Mas. Ashutosh Rawat (U-18) also from NDS, claimed the title of the Best Goalkeeper.

The journey was marked by brave and brilliant performances leaving a lasting impact on all spectators. We extend our heartfelt gratitude to the coaches, teachers and supporters who guided and encouraged our young stars throughout this remarkable journey.

**Shreshtha Semwal**  
XI-B



# North -Zone Taekwondo Championship 2023

“Taekwondo is not about kicking and punching,  
it's about the positive impact you can have on yourself and others.”

CBSE cluster XIX North -Zone Taekwondo Championship 2023 was held at K.P International School, Meerut from 19th October to 22nd October 2023. In this tournament, 1250 participants from 210 schools from the North Zone, India participated. Four students from NDS also participated in the event in different age/weight categories. Mas. Aryan Uniyal of class VIII played in U- 14 below 33 kg weight category. Mas. Aryan Uniyal played hard and won five fights and entered the semi-finals but unfortunately lost and bagged the Bronze medals. Ms. Vaishnavi Nautiyal of class IX also won a Bronze in U- 14 below 47 kgs category. Also, our two other students Mas. Arnab Singh class VI and Ms. Avni Negi class XII, though could not win but they presented a great show and earned accolades. We are indeed proud of all of them.

Sarthak Kukreti  
XI





# Basketball Tournament

The triumphant "CAGERS" of Nirmal Ashram Deepmala Public School's basketball team secured another coveted champions trophy for their collection during the 21st Sub-District Rishikesh U-18 Basketball Tournament- Boys & Girls. The thrilling tournament unfolded at Nirmal Ashram Deepmala Public School on November 24 and 25, 2023.

Day-1 witnessed gripping matches, including NDS v/s DSB in the Girls category, where NDS emerged victorious with an 18-12 score, and DSB v/s RED Fort in the Boys Category, where DSB triumphed with a 16-2 score. Day-2 featured the climactic final matches, with NDS competing against DSB in both boys and girls categories. In the Boys Match, NDS claimed the first prize with a victorious score of 16-7,

while in the Girls Match, NDS secured the top spot with 1-0, determined through a free throw tie-breaker. NDS proudly clinched the Championship trophy in both boys and girls categories, outshining the participation of eight schools. As a remarkable achievement, the players selected during this championship will have the honour of representing the District team at the upcoming State Championship in Haridwar, scheduled to take place at Jawahar Lal Nehru Yuva Kendra from November 28 to 30, 2023.

*"Talents wins Games but Teamwork and Intelligence Wins Championships. "*

**Mr. Akshay Kumar Singh**



## Our Proud School Sports Team Captains



**Vinayak Panwar**  
U-13 Football



**Vinayak Panwar**  
U-14 Football



**Akshat Rajbhar**  
Jr. Football



**Ashutosh Rawat**  
Sr. Football



**Harshit Tyagi**  
Cricket



**Akshat Panwar**  
Basketball



**Mayank Joshi**  
Volleyball



**Riya**  
Volleyball



**Samridhi Jain**  
Volleyball

## NDS - From Smart to Smartest



Today NDS has taken another giant leap towards modern education with the installation of state-of-the-art Smart Panels in the school. The day became indeed memorable as these cutting-edge panels were inaugurated by H.H. Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj. Developed by Senses, these smart panels are not only connected to the internet but are also set to revolutionize the way our students learn.

The event saw the gracious presence of Chairman Dr. S.N. Suri, Director S. Gurbinder Singh, Mrs. Renu Suri, Manager Mr. Harmanpreet Singh, dedicated Sevadars of the Ashram and our teaching and non-teaching staff. Mahant Ram Singh Ji Maharaj emphasized the pivotal role these smart panels will play in advancing modern education. With these panels, our students will have access to a plethora of educational resources, enriching their learning experience.

Sant Jodh Singh Ji expressed his enthusiasm, highlighting how the introduction of smart panels will ignite a newfound passion for learning among the students. This stride taken by Nirmal Ashram Deepmala Public School promised to provide its students with a unique avenue for acquiring knowledge.

Dr. S.N. Suri, our chairman, reaffirmed our

commitment to delivering top-notch education through these smart panels. Their integration into our teaching methodologies is set to enhance the learning journey, empowering students to reach for the stars.

**Here's how our students will benefit from these smart panels:**

**Access to Abundance:** Our students will have an array of educational materials at their fingertips, including textbooks, videos, and interactive games, facilitating a deeper understanding of various subjects.

**Engaging Classes:** Teachers will harness the power of smart panels to make classes more captivating. By doing so, we aim to fuel student's interest in learning and encourage active participation.

**Personalized Learning:** Smart panels allow student's to learn at their own pace, addressing their individual strengths and weaknesses. This tailored approach is set to drive remarkable progress.

The introduction of smart panels marks a momentous opportunity for the students of Nirmal Ashram Deepmala Public School. We are confident that this innovative step will usher in a new era of education, enabling our students to attain excellence and realize their dreams.

**Mr. Taranjeet Singh**



## Inter School Role Play

*"Opportunities don't happen, you create them."*

An Inter School Role Play Competition was organised on 28th April, 2023 by Sahodaya Group of Schools, Rishikesh in Foothills Academy Rishikesh on the theme 'Anti-Corruption'. Our classic students also took the challenge and presented a thought provoking play on the theme Anti- Corruption. True to the theme, the vivacious students set the floor on fire with their energetic performances, which was a reflection of their passion and hard work. Presentation of all the students was marvellous. Our school

(NDS) got the third position and proved its place among the Sahodaya Group of Schools, Rishikesh.

The judges congratulated the winners and appreciated the performance of all the winners and also encouraged them to participate more in such competitions to enhance their talents.

***"If Corruption had already taken root, then good seeds must be preserved."***

**Mrs. Deepti Chaudhary**

## अंतर्विद्यालयीय नुककड़ नाटक प्रतियोगिता

G20 शिखर सम्मेलन, 2023 के तत्वावधान में 'भ्रष्टाचार मुक्त विश्व' विषय पर सी.बी.एस.ई. सहोदया ग्रुप द्वारा नुककड़ नाटक प्रतियोगिता का आयोजन निर्मल आश्रम दीपमाला पब्लिक स्कूल में 27 अप्रैल, 2023 को किया गया। सहोदया ग्रुप से जुड़े ऋषिकेश क्षेत्र के 12 विद्यालयों द्वारा इस प्रतियोगिता में बढ़-चढ़ कर भाग लिया गया तथा अपनी-अपनी अनोखी प्रस्तुतियों के माध्यम से भ्रष्टाचार के विरुद्ध जनजागृति का आह्वान किया गया।

प्रतियोगिता का आरंभ मुख्य अतिथि डॉक्टर संजीव चेतन, (जो फाइन आर्ट्स एवं चित्रकला में उत्तराखंड स्टेट अवार्ड से सम्मानित हैं) विद्यालय के चेयरमैन डॉक्टर एस.एन. सूरी, श्रीमती रेनु सूरी एवं प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी सहित अन्य गणमान्य अतिथियों की उपस्थिति में दीप प्रज्वलित कर किया गया। निर्णायक मंडल में श्री ऋषि भट्ट, श्रीमती कृष्णा विश्वास तथा श्रीमती बबिता चेतन शामिल थे। निर्णायक मंडल के परिचय के उपरांत प्रतियोगिता के नियमों से अवगत करवाया गया। प्रतिभागी टीमों द्वारा समाज में

व्याप्त ज्वलंत समस्या भ्रष्टाचार के संदर्भ में प्रभावशाली प्रस्तुतियाँ दी गईं। विभिन्न विद्यालयों से आई टीमों के प्रतिभागियों ने अपने अभिनय कौशल से सभा में उपस्थित लोगों की भावनाओं को झकझोर दिया। निर्मल आश्रम दीपमाला पब्लिक स्कूल ने भी बेहतर प्रदर्शन किया लेकिन मेजबान स्कूल होने के कारण प्रतियोगिता की दौड़ से बाहर था। प्रथम पुरस्कार निर्मल ज्ञानदान एकेडमी, द्वितीय पुरस्कार डी.एस.बी. इंटरनेशनल स्कूल तथा तृतीय पुरस्कार दून इंटरनेशनल स्कूल के नाम रहा। विजयी टीमों को विद्यालय के चेयरमैन डॉ. एस.एन. सूरी एवं प्रधानाचार्या श्रीमती ललिता कृष्णास्वामी ने पुरस्कृत किया। मुख्य अतिथि डॉ. संजीव चेतन एवं निर्णायक मंडली के सभी सदस्यों को विद्यालय के चेयरमैन एवं प्रधानाचार्या ने आदर व सम्मान का प्रतीक सिरोंपा, विद्यालय का स्मृतिचिह्न एवं स्नेह और प्रेम का प्रतीक उपहार भेंट किया।

मुख्य अतिथि ने अपने ओजस्वी वक्तव्य एवं आशीर्वचनों से सभा को अभिभूत किया और विद्यार्थियों का मार्गदर्शन किया। विद्यालय की प्रधानाचार्या ने सभी आगंतुकों का आभार ज्ञापित किया।

कार्यक्रम के अंत में संत श्री जोध सिंह जी महाराज ने समस्त अतिथियों एवं विद्यार्थियों को प्रसाद वितरित किया।

**सुश्री रंजीत कौर**



# Hindustan Scout and Guide Camp (Praveshka)

Date : 27 April, 2023 to 29th April, 2023

Venue : School Campus

## Resource Team

State Organization Commissioner:

Shri Himanshu Saxena

Assistant State Organization

Commissioner:

Ms. Alka Mishra

## Resource Person

Mr. Abhishek Verma

Ms. Aditi

**AIM-**This camp is all about building confidence and self-esteem, imbibing important life and leadership skills, team building, education and fun!!

**Purpose-** To contribute to the education of young people through a value system, based on the scout/guide promise and law, to build a better world, where people will be self-fulfilled as individuals and play constructive role in society.

## Day 1

Nirmalites of class VI welcomed their resource person with a smile, Mr. Abhishek Verma and Ms. Aditi. They won our children's confidence by teaching them different kinds of clap-Normal clap, Welcome clap, Rocket clap and some fun games. They taught about the march past rules and regulation including saluting the flag, Stand at Ease and Attention Postures. Holding the stretcher with two bamboo sticks and one bed sheet was also demonstrated for the patient, in an emergency. Children also came to know about aim, purpose and previous history of Scout and Guide's. Hindustan Scouts Association came in existence by Shri Ram Bajpai under the patronage of the first patron Pandit Madan Mohan Malaviya in India. It was introduced by Robert Stephenson Smyth Baden Powell on 22nd Feb, 1857.

## Day 2

The Resource person taught our children about First Aid, especially if someone is injured on the head, arm or other parts of the body. They taught them doctor's knot, to carry an injured person, if the ambulance is not available and other information. Children also came to know about emergency numbers of calling the Ambulance, Hospital and Police. Mr. Abhishek formed six teams and one leader of 20 boys (Scout) and Ms. Aditi assisted him with four teams of 20 girls (Guide) and one leader. They gave instructions for the following day to the children.

## Day 3

On this day, the students learnt installation of tent with the help of ropes, bed sheet and stones. They decorated it with balloons, paper ribbons and other materials. They had their lunch with great enjoyment in tents. Then instructors taught our children tips of drilling method, of saluting and many more things related to camp. They also praised/judged the team that had installed the best tent. There was environment of enjoyment everywhere, Children were awarded with certificates and the leaders were acknowledged with medals.

Scout Guide Programs provided young children with a range of benefits, including personal growth, leadership development, community source, outdoor education and cultural exchange.

I express my heartfelt gratitude to Mahant Ram Singh Ji and Sant Jodh Singh Ji for providing Nirmalites a knowledgeable platform under the guidance of Chairman Mr. S.N. Suri and Principal Mrs. Lalitha Krishnaswamy

**Jai Hind**

**Mrs. Neeru Arora**



# Igniting Brilliance and Fostering Triumph: BML-Munjal University's Summer Sojourn

Summer camp is a trend in foreign as well as in India and we thank our school for giving us this life time opportunity.

In the heart of Haryana, when the sun casts its golden glow, a tale of inspiration unfolds at BML Munjal University. From 5th to 9th June, 2023, the campus bore witness to an extraordinary event that resonated with the spirit of learning fellowship and unbridled achievement.



Emanating from different corners of India, 40 schools converged under the banner of curiosity and exploration. Seasoned professors orchestrated an intellectual symphony, where vibrant workshops turned the campus into a hub of innovation. Artificial intelligence, liberal studies, legal acumen, robotics- these were not just subjects, but gateways to a world of boundless possibilities. As the sun set, it left behind a sky painted with a treasure trove of knowledge and ignited imaginations.



In the midst of this academic odyssey, a cultural evening emerged like stars in the night sky. Ishanvi Saini, a luminary in her own right, surprised us with a spellbinding dance that melded tradition with contemporary style. Her performance not only earned applause but etched a memory that would be whispered through the corridors for years to come.

But the brilliance did not confine itself to the cerebral realm. A battleground of sportsmanship and agility took shape and the students of our school carried their names in the annals of triumph. Niharika Makheeja and Khushi Gupta commanded the badminton court

seizing the first position in the women's category. Piyush Sharma displayed his prowess both in badminton court as well as in the basketball arena, becoming an embodiment of sheer determination and skill. The crescendo of victory echoed further as Tanmay Chachra clinched the second position in the table tennis, his swift movements is a testimony to his dedication.

"The Stellar", a team that radiated brilliance like distant stars, comprised the illustrious quartet of Siddhant Verma, Khushi Gupta, Piyush Sharma and Niharika Makheeja. These four torchbearers carried the school's legacy, displayed not just mastery but the unyielding spirit that defines champions. Thus, they were awarded as the winning team in the felicitation ceremony.

Beyond the knowledge acquired and trophies won, the BML Munjal University Summer Camp encapsulated the essence of holistic education. It wasn't merely a campus, it was a canvas where young minds painted connections. The vibrant friendship among students was a testament to the universal enthusiasm.

As the camp concluded and the students dispersed, they carried with them the seeds of ambition, the fragrance of friendship and the echoes of accomplishment.

**Niharika Makheeja**  
XII-D

## SCIENCE EXHIBITION

Science championship 2.0 was held on 4th November 2023 at Shivalik Engineering Collage, Dehradun .The event started at 8:30 am and it lasted till evening. The theme of the exhibition was " Beyond Earth (Innovation in Space technology) "

Our school also participated in this event. Mas. Adarsh Negi, Mas. Abhinav Baluni and Mas. Shubham Negi from class XI participated with their exhibit on "Sapiens beyond Earth". The basic idea was to

colonise human life to other habitable zones present in our universe. A total of 230 schools participated in this event. Our school also competed well in this and we were ranked among the best top 10 schools in India. The experience that we all gained from this event was priceless and it further encouraged us to do more.

**Adarsh Negi**  
**XI-A**



## Eye Donation: An Act Of Generosity

Our eyes, often referred to as the windows to the soul, are an essential part of our lives enabling us to experience the beauty of the world around us. However, there are countless individuals who are deprived of this precious gift. The act of donating one's eyes is an act of unparalleled compassion and generosity.

Recognizing the importance of this cause, Nirmal Ashram Eye Institute organized a comprehensive program in our school with the blessing of Mahant Ram Singh ji and Sant Jodh Singh Ji Maharaj, to raise awareness about eye donation within our school community & beyond. The Director of Nirmal Ashram Group of Institute's S.Gurbinder Singh delivered an insightful and compelling speech on the significance of eye donation.

He began his informative lecture by giving a brief overview of the importance of vision in our daily lives. He mentioned about the Eye Donation Fortnight which was held from August 25 to September 9, 2023 this year & is in custom since past 38 years. He shared some eye donation statistics, highlighting the vast gap between the demand for corneas and the available supply. Real

life examples were shared by him to illustrate the positive impact of eye donation on both the donors and recipients. He elucidated the non- invasive process of eye donation and dispelled myths and misconception about it.

The children voluntarily asked their queries regarding the cornea and whether a person with long or short sightedness can donate their eyes. S. Gurbinder Singh explained that anyone with a cataract or an operated eye can also donate their eyes. One donor can gift vision to two corneal blind persons.

Later he was joined by Mr. Atam Prakash from NEI who stated the precautions that needs to be taken to donate the eyes after the death of a person, which included informing the eye bank immediately, switching off the fans and closing the eyes to keep cornea moist and healthy. At the end S.Gurbinder Singh ended his speech with a beautiful song. He passionately encouraged the students to become advocates for eye donation and spread awareness about this vital cause.

**Deeksha & Akansha**  
**XII-B**



## Debating Dynamos Shine

Two of our brilliant students, Vrinda Goyal & Vansh Goyal from class XI, have made us incredibly proud by securing a spot in the prestigious International Debate Competition FNF, 2023.

This competition was organized by Vijaybhoomi University, Mumbai and witnessed spirited debates in the initial online rounds, with around 90 teams from India and neighbouring countries. Our students showcased their exceptional debating skills, impressing both fellow participants and judges with their clarity, persuasiveness, and the ability to defend their ideas.

Out of the 90 participating teams, only 16 were selected for the in-person rounds at the university campus, demonstrating the high level of competition and the remarkable quality of participants. Both Vansh Goyal & Vrinda Goyal excelled for the "FOR NOT FOR International Debate Competition" by reaching the Quarter Finals in the Senior Category.

This was a testament to their skills and offered a valuable learning experience.

**Mr. Pravesh Bahuguna**



## Community Work

### Ahimsa for Animals...

About 2 years ago, I joined the group of my seniors named "Ahimsa for Animals". The name itself suggests that we tend to spread a message of non-violence for animals and promote love and harmony among all creatures.

We engage ourselves in the ground work that includes various services like feeding stray animals in our locality, every weekend. We call it our feed walk and while we are in the feeding campaign, we also engage in services starting right from giving first aid to the injured to burying the dead animals who lay abandoned in the streets. By spreading awareness for adopting these stray animals, which is the need of the hour, we have tried to make their lives better.

With the rising accidents of animals, we have constructed an animal shelter in 'Prateet Nagar, Raiwala'. The funds for this were collected from the teachers as well as senior students of NDS.

The only difference between an animal and a human is that humans have brain which makes them more



complex whereas animals have hearts which makes them innocent and yet loveable. We humans have always been so selfish that whoever satisfies our needs, we tend to use them till the point they become useless for us & then we leave them deserted, resigned to their own fate. What we intend to change is this mentality of the people & make a better world for the stray creatures of God.

The volunteers from NDS, who have joined this community 'Ahimsa For Animals' are Ms. Khushi Gupta-XII, Ms. Vishakha Gairola-XI, Ms. Mannat Khurana, Mas. Krishna Dargan, Ms. Aditi from class X and Ms. Ishika & Ms. Gayatri from class VII. Believe me, the satisfaction that we received after helping an animal, is beyond words. We take it as a blessing.

**Vishakha Gairola**

**XI-A**

## Workshops and Seminars Attended by our students

# Seminar and Workshops Career Counselling - The Need of the Hour

Date	Event Topic	Venue	Resource Person	Attended By
10.02.2023	College and Career Fair	NDS	Representatives from renowned universities	500 students from NDS, NGA, DSB, Foothills Academy and Doon International School, Rishikesh
11.04.2023	Life Vitae Session	NDS	Mr. Saurabh Sharma	Class XI & XII
08.05.2023	Merchant Navy	NDS	Mr. Ojas Chamoli (Alumnus)	Class XI & XII
11.05.2023	Career Counselling & Specialization	NDS	Dr. Rahul Kumar Ms. Pooja Khanna Mr. Harish Pundir	Class XII
29 & 30.07.2023	MUN (Model United Nation Conference)	DSB International P. School, Rishikesh	Ms. Ritika Chandani	Mrs. Akansha Baluni Class XII (20Students)
26.09.2023	Design Thinking Workshop	NDS	Dr. K.J. George BML Munjal University, Gurugram	Class XI & XII
05 & 06.10.2023	Military History Seminar	Wehlam Boy's Dehradun	Lt Gen. Gurmit Singh (Retd.)- Governor, Uttarakhand Lt Gen. Kaiwalya Trivikram Parnaik (Retd)- Governor, Arunachal Pradesh and Others	Mr. Pravesh Bahuguna  +13 Students of XI & XII
21.10.2023	Preparation for CUET	NDS	Mr. Aradhya Maithani (Alumnus)	Class XII
18.11.2023	CBSE Skill Expo and National Guidance Festival – 2023	Delhi Public School, Haridwar	Mr. R.P. Singh Joint Secretary, CBSE, Delhi. Mr. Gopal Dutt, Deputy Secretary CBSE, Dehradun and others	Ms. Shveta Sachdeva, Ms. Neha Bhalla & 5 Students of Class XI

## NDS Hosts Successful College and Career Fair

NDS organized a vibrant College and Career Fair on February 10, 2023, with 15 universities participating in it. Over 500 students from NDS, NGA, DSB, Foothills Academy and Doon International School, Rishikesh, engaged themselves with representatives from renowned universities worldwide. Discussions encompassed entrance exams, courses, fee structures SFA and scholarships, fostering valuable insights.

### Annual IC3 Conference & Expo-2023

With the blessings of H.H.Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj, a team of four members, Mr.Pravesh Bahuguna, Ms. Shveta Sachdeva, both Career Counselors, NDS, Ms. Suneeta Sharma ,Principal NGA and Mr. Mukesh Sethi PGT, Commerce, got the profound privilege to represent our schools at the Annual IC3 Conference and Expo held from August 22 to 25,2023 at Hyderabad International Convention Centre. This conference was one of the largest global conference for career and college counselling, with over 3000 delegates and featured 426 high schools and 325 Universities from around 40 countries across the globe, with the aim to bring together high schools and higher education Institutions from India and abroad for a collaborative dialogue on issues that prompt solutions in career and college counselling practices. This conference was focused on enhancing knowledge, skill development & empowering the worldwide counselling community for the changing landscape of education system. These three days were full of quality conversations, networking, insightful learning from the key stakeholders, meeting with peers and associates from different regions of the world, and all dedicated to helping young people across the globe find career paths through education that will lead to a fulfilled, happy and productive life. The goal of the IC3

movement is to Sensitize, Elevate & Develop(SED) Career and College Counselling and empower every school to run a robust, fully functioning Career and College Counseling department, so that we collaborate for a better outcome which is encouraging and helpful to broaden the mindset for college and career practices in the school which inturn will help the young people to navigate smoothly through the transition process from high school to the college/universities. The conference journey at Hyderabad kick started with pre conference session on 22nd August at Oakridge International School Bachupally, Hyderabad. The keynote speakers of this conference were Dr. Caroline Ann, Ms. Priya Gupta, Ms.Ketevan Maghlakelidze & Ms.Saumya Tripathi. Interaction with these counselling experts was a great way to enhance knowledge, understanding and skill development in the fast growing landscape of higher education. On 23rd August, after a warm welcome by the profound team of IC3 leaders at HICC we headed for the opening plenary and keynote address by Mr. Krish Ashok. Thereafter was a series of seminars and workshops by the eminent leading speakers around the globe on the current issues and practices in the higher education sector.

Parallel to this, there were university exhibits in the Expo area. The day also included some remarkable events such as Scholars reception, Alumni Reunion(Hosted by Consortium for Global Universities),Presidential forum, Convocation Ceremony in which Ms.Shveta Sachdeva and Mr. Parvesh Bahuguna were awarded with IC3 Empower leaders Certificate, a recognition of their successful completion of one year Flagship Program by IC3 Institute. This accomplishment signifies our school's commitment to guiding individuals on their journey of self discovery and achievement.



Last day of conference i.e. 24th August was packed with informative and interactive discussion panels conducted by the dynamic counselling leaders on the topics such as growing and managing counselling team, finding purpose and direction through counselling, taking counselling as a shared responsibility, elaborating on scholarship policies (from Govt. and Non Govt. organisations) for higher studies, implementing these practices in the schools, skill based learning & holistic development of students etc. It was followed by the CBSE Sahodaya Principals' Meet with Dr. Sanyam Bhardwaj (Exam Controller CBSE).

During the high schools exhibits, we were extremely proud to represent our Schools (NDS & NGA) at the

global platform. The day ended with the closing plenary by the keynote speaker Dr. Anil Srinivasan & annual IC3 awards. This Conference and Expo was a great platform to share ideas, build meaningful connections and showcase the incredible work done by our educational institutions and their commitment to excellence in education.

We extend our heartfelt gratitude to H.H Maharaj Ji, School management and Principal Mrs. Lalitha Krishnaswamy for their unwavering support and guidance in making this enriching experience possible. It was indeed a transformative experience, to reimagine the world, a world where there is counselling in every school.

**Ms. Shveta Sachdeva**

### Seminar and Workshops attended by our stakeholders to keep themselves updated with the current patterns and reformation in education

S.No	Date	Capacity Building Program (Topic)	Teacher's Name
1	07.01.2023	Gender Sensitivity in Schools	Ms. Priti Bisht Ms. Shilpi
2	30.01.2023	Experiential Learning	Mr. Ashok Kumar Nautiyal Mrs. Deepti Chaudhary
3	09.02.2023	Program on NEP 2020	Ms. Priya Chawla Mrs. Kirandeep Kaur
4	13.02.2023	Regional Forum By IC3	Ms. Shveta Sachdeva Mr. Pravesh Bahuguna
5	30.05.2023	Seminar on RTE by Dr. Geeta Khanna, President SCPCR	School Staff
6	17 and 18.08.2023	Mathematics Skills	Mr. M.S Rawat Mr. Rajeev Naithani
7	25.08.2023	CBSE Workshop on Art Integration and Learning	Ms. Arti Bamrara Ms. Priti Bisht Ms. Garima Arora Ms. Bhawna Bhatt
8	22 and 25.08.2023	IC3 Career & Counselling Program	Ms. Shveta Sachdeva Mr. Pravesh Bahuguna
9	06.09.2023	CBSE Workshop on Financial Literacy	NDS / Foothills Teachers
10	19 and 20.09.2023	Program on Adolescence	Ms. Shailja Jain Mr. Peyush Sharma
11	25 to 29.09.2023	IC3 Career & Counselling Program	Mrs. Neha Bhalla
12	17 and 18.10.2023	Music Workshop	Mr. Malay Banerjee and 50 students
13	06.12.2023	Visit by Class XII Students for Career Counselling in SRHU, Jollygrant, Dehradun	Mrs. Ritu Minocha Mrs. Asha Rawat Mr. Sunil Sharma Mr. M.S. Rawat Mr. Gaurav Tripathi

# TRIPS AND EXCURSIONS

*Let's explore and revitalize ourselves.*

## NATURE WALK

**“There is no Wi-Fi in the forest but I promise, you will find a better connection.”**

On 12th April 2023, Elementary school organized a ‘Nature Walk’ for LKG to First. Students of LKG and UKG walked like stars in their colored caps & goggles, along with their class teacher to become more familiar with their school garden, tuck shop and bakery.

Class first students visited NEI and NGA along with their respective class teachers. After a journey of singing rhymes, we reached NEI with our Headmistress Mrs. Neeru Arora. We were welcomed with a refreshing drink and smile. Mr. Atam Prakash and other members of NEI escorted us and we visited the NEI & NGA campus which hosted the A-Class infrastructure.

Lush greenery of NGA and NEI, lively statues of deer and elephants enhanced the whole beauty. Children clicked the photographs to make this moment memorable. After this, we went to the Nirmal Auditorium to watch a kid’s movie. Children were very excited and enjoyed the entire trip. The day ended with the parshad, which was a blessing by Maharajji. The satisfying faces of the innocent students was the proof that it was truly a fruitful trip.

Children learnt a beautiful message of selfless service to others & being thankful to God for the divine gift of eyes. They also learned that they are fortunate to study in such an institution where the divine blessing of Maharajji are always present.

**Mrs. Geeta Narwani**



# A VISIT TO A RAILWAY STATION

“It’s better to see something than to hear about it a thousand times.”



Imagine how would you feel if there are no trips to have fun with your friends from school. Spending the whole year in academics will no doubt make the school life boring.

Therefore, to make student’s life delightful as well as to acquire new knowledge and experience, our school organized an excursion on 13th April, 2023 for the students of class III. Students were accompanied with their class teachers. The trip commenced with students bowing their heads at the Neem Karoli Hanuman Temple to seek God’s blessing for a magnificent year ahead. Later, they explored the Yog Nagri railway station, where they got the opportunity to see and experience all the things which they have read in their books. They learnt about the train time table, got the opportunity to have a word of guidance from the railway police, saw the ticket counter, luggage room, enjoyed a small train ride, rejoiced the greenery near the station as well as sitting in the lap of the statue of lord Shiva. Altogether, it was great time for these children which enhanced their experience of the rail as well the local railway station.

Eventually, they came back with sweet memories for the whole life.

**Ms. Preeti Bisht**



# Exploring Karnal

## A MEMORABLE JOURNEY

With the divine blessings of Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj, forty students from class XII had the pleasure of embarking on a captivating trip to Karnal, a city known for its historical significance and vibrant culture. Karnal offered a unique blend of tradition and modernity that made our visit truly memorable.

The trip was meticulously planned with the five teachers who accompanied us namely Ms. Priya Chawla, Ms. Shveta Sachdeva, Ms. Reena Singh, Mr. Ashok Nautiyal and Mr. Manish



Uniyal. They all ensured the safety and well-being of the children throughout the journey.

Upon arriving in Karnal, we were greeted by its warm and welcoming atmosphere. We first went to Nirmal Kutiya to pay obeisance at the Nanak Darbar. There we all had the local cuisine in langar and went to have a peaceful sleep at night at Nirmal Dham, which was to be our abode for the next five days.

On the second day, we all woke up with enthusiasm and went to Nirmal Kutiya again to have the blessings of Maharaj ji. Thereafter we intently listened to all the unheard stories about the place from our teachers and were amazed to hear the facts and significance of that place. Following this, we explored the historical landmarks in the vicinity. In the first place, we went to the land of Mahabharata 'Kuruksheetra' where we visited the Krishna - Museum, offering a glance into the life of Kanha ji. Afterwards we went to a Science Panorama showcasing scientific exploration and experiments. After spending a couple of hours there, we proceeded to the Brahma Sarovar, a serene and picturesque location, providing a relaxing setting for students to unwind and enjoy nature, fostering a sense



of camaraderie among peers . In between, we had a relishing meal at a hotel and enjoyed a 'foodie' time with each other.

On the third day, we attended the Barsi function of Param Pujya Sant Nikka Singh Ji 'Virakat' and were amazed to see the crowd of devotees flocking the religious place. We all also, for the first time had a chance to interact with both Mahant Ram Singh Ji Maharaj and Sant Jodh Singh Ji Maharaj and felt their spiritual aura and blessings every time.

In the evening, we visited the Atal Park at Karnal which is spread across 55 acres and is a local picnic spot and we felt rejuvenated there. Then, we reached the Ashram Gaushala and were amazed to see that it was completely modernized, based on German technology

and was very well organized and clean. We felt, it was a comfortable home for the cows where they lived in a warm atmosphere.

On the fourth day, we witnessed the 'Guru Puja' at the Nirmal Kutiya which was again a divine experience for us. Late at noon, we went to the National Dairy Research Institute (NDRI), which allowed us to learn about advancements in dairy technology and research, promoting scientific curiosity.

On the last day of our tour, we visited Chhatbir Zoological Park at Zirakpur near Chandigarh, where we saw numerous varieties of animals and biodiversity and had a refreshing time in the lap of nature.

It was a delightful journey filled with historical explorations, cultural experiences and culinary delights. The trip proved to be an enriching and educational experience. As we bid farewell to Karnal, we carried with us not just memories but also a deeper appreciation for the rich heritage and warm hospitality the city had offered.

We express our heartfelt gratitude to Maharaj Ji and Principal Madam for organising this memorable trip for us. We are also thankful to our teachers for bestowing love and care on us.

**Abhishek Panwar, Deeksha and Akansha, XII**



# Creativity

*Sometimes, Pictures speak more than words.  
It elevates our thinking and appeals to our soul.*

## Mehandi Competition



Srishti Rajput XI-C



Shiksha Rana VII-E



Ayushi XI-A



Shreya Bhatt XI-D



Namandeep Kaur VII-D



Arushi Jethuri VII-B



Nikita Rawat X-D



Aditi X-A

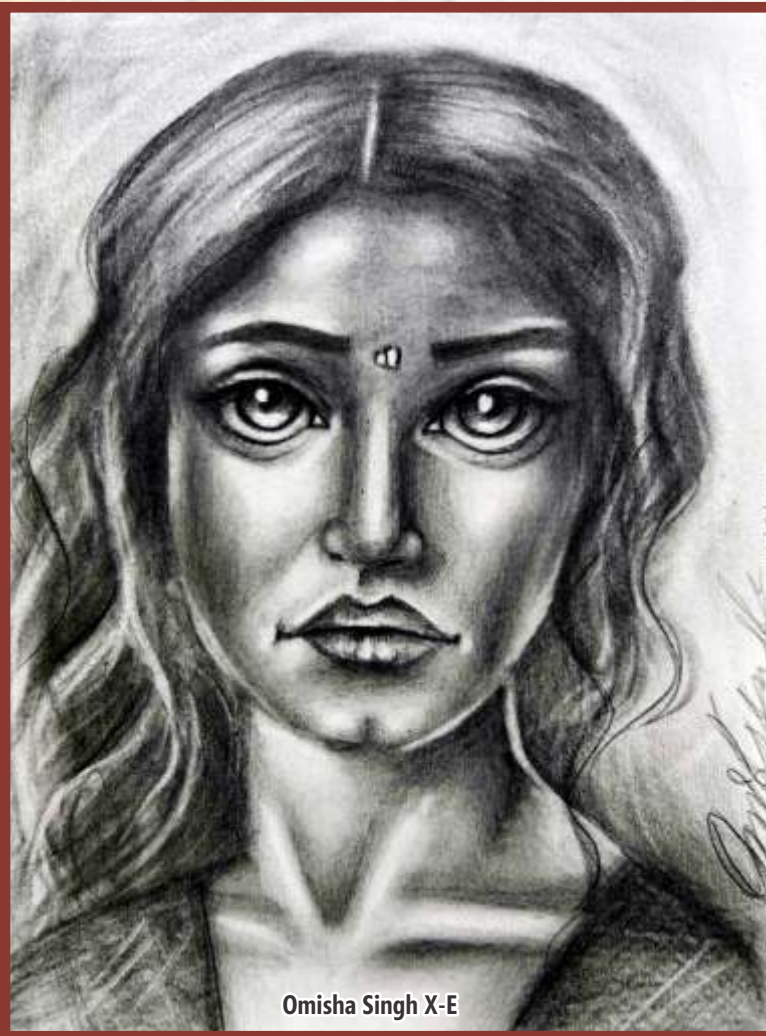


Ankita Rana X-C



Siya Jethuri X-B

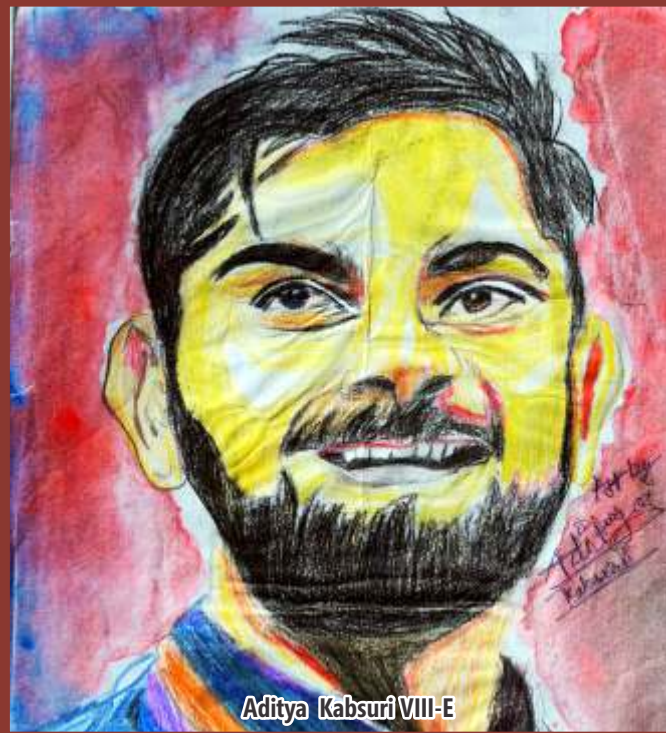




Omisha Singh X-E



Omisha Singh X-E



Aditya Kabsuri VIII-E



Saachee XII-D



Saanvi VII-E



Avika Bhatt VIII-B



Avika Bhatt VIII-B



Avika Semwal XII-B



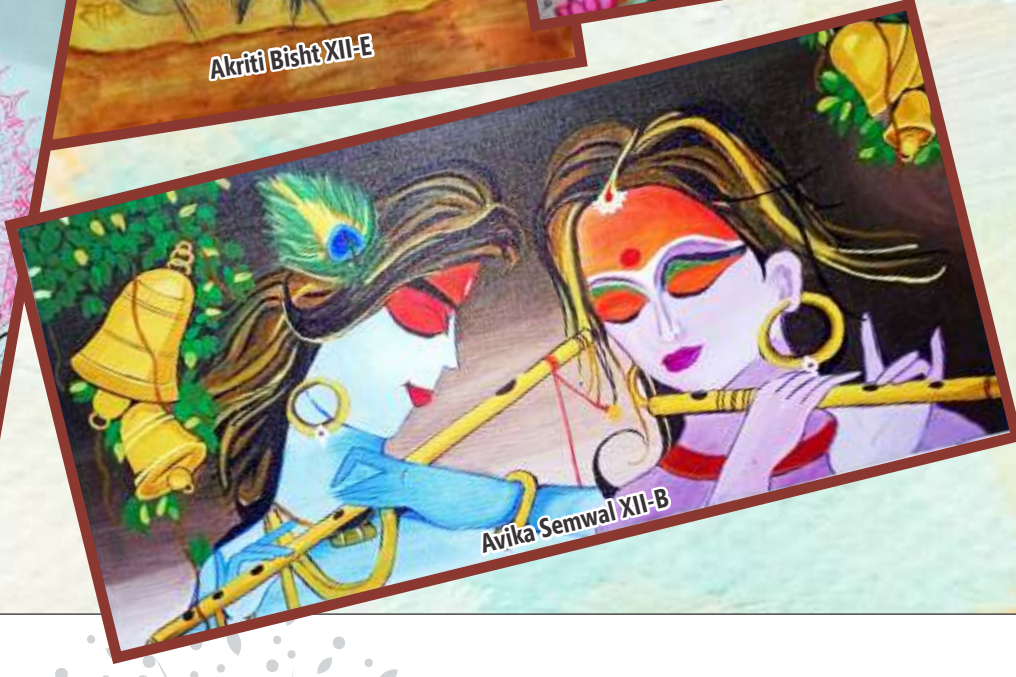
Akriti Bisht XII-E



Akshita Bhatt IX-A



Akriti Bisht XII-E



Avika Semwal XII-B

# Memories Heartwarming and Unforgettable

## Senior Teaching Staff with Principal



- Sitting (L to R)** : Mrs. Renu Ahuja, Mr. Malay Kumar Banerjee, Mr. Suryash Kumar, Mr. M.S. Rawat, Mrs. Ranjana Shamra, Mr. Mukul Tayal, Mrs. Lalitha Krishnaswamy (Principal), Mrs. Niraja Trivedi, Mrs. Deepa Pandey, Mrs. Rajni Damir, Mrs. Reena Singh, Ms. Priya Chawla
- I Row (L to R)** : Mr. Sunil Sharma, Mrs. Asha Rawat, Mrs. Manju Sharma, Mrs. Nisha Narwani , Ms. Shevta Sachdeva, Mrs. Shailja Jain, Mrs. Rajni Rajpal, S. Taranjeet Singh, Mrs. Ritu Minocha, Ms. Ranjit Kaur, Mrs. Mosmi Singh, Mrs. Meenakshi Shridhar, Mrs. Kamlesh Rana, Mrs. Bhavna Bhatt, Mrs. Neha Bhalla
- II Row (L to R)** : Mrs. Akansha Baluni, Ms. Chetna Narang, Mrs. Karuna Kukreti, Mrs. Meenakshi Shukla, Mrs. Renu Hasani, Mr. Rajeev Naithani, Mr. Ashok Nautiyal, Mrs. Jyoti Negi, Mrs. Srishti Kalra, Mrs. Garima Arora, Mrs. Arti, Mrs. Neelam Rana
- III Row (L to R)** : Mr. Manish Uniyal, Mr. Durgesh Kapruwan, Mr. Ravindra Uniyal, Mr. Pravesh Bahuguna, Mr. Gaurav Tripathi, Mr. Mithlesh Kumar, Mr. Akshay Kumar Singh, Mr. Vinod Kumar

## Junior Teaching Staff with Principal



- Sitting (L to R)** : Mrs. Sujata Das Gupta, Mrs. Tanuja Rajbhar, Mrs. Anju Sethi, Mrs. Dipati Chaudhary, Mrs. Shalini Thapa, Mrs. Sandhya Thapa, Mrs. Lalitha Krishnaswamy (Principal), Mrs. Neeru Arora, Mrs. Kirandeep Kaur, Mrs. Renu Sangtani, Mrs. Alpa Sharma, Mrs. Surbhi Sharma, Mrs. Mukta Bakshi
- I Row (L to R)** : Mrs. Charu Sharma, Mrs. Jyoti Badri, Mrs. Jaspreet Kaur, Ms. Nancy Bhatnagar, Mrs. Ruchika Makhija, Mrs. Sangeeta Karnwal, Ms. Nirmla Rawat, Mrs. Archana Panwar, Mrs. Dolly Mishra, Mrs. Tanuja Joshi, Mrs. Pooja Badola, Mrs. Sarita Goyal, Mrs. Shashi Dangwal, Mrs. Mamta Pandey, Mrs. Geeta Narwani, Ms. Kulwant Kaur
- II Row (L to R)** : Mrs. Vinita Sharma, Mrs. Namrata Bisht, Mrs. Priyanka Rawat, Mrs. Shweta Raturi, Mrs. Arti Bamrara, Mrs. Reema Rallan, Mrs. Kamlesh Singhal, Mrs. Anju Gupta, Ms. Jatinder Sandhu, Mrs. Laxmi Rawat, Mrs. Jaspreet Kaur, Mrs. Suman Chauhan, Ms. Priti Bisht
- III Row (L to R)** : Mrs. Ashima Ghai, Mrs. Sarika Tandon, Mrs. Amardeep Kaur, Mr. Atul Nautiyal, Mrs. Harjeet Kaur, Mrs. Ruchi Maithani, Mrs. Saloni Chawla, Ms. Kanan Sadana, Mrs. Pooja Thapliyal



**LKG-A**



**LKG-B**



**UKG-A**



**UKG-B**



I-A



I-B



I-C



I-D



II-A



II-B



II-C



II-D



III-A



III-B



III-C



III-D



III-E



IV-A



IV-B



IV-C



IV-D



IV-E



V-A



V-B



V-C



V-D



V-E



VI-A



**VI-B**



**VI-C**



VI-D



VI-E



**VII-A**



**VII-B**



VII-C



VII-D



**VII-E**



**VIII-A**



VIII-B



VIII-C



VIII-D



VIII-E



IX-A



IX-B



**IX-C**



**IX-D**



**IX-E**



**X-A**



**X-B**



**X-C**



**X-D**



**X-E**



**XI-A**



**XI-B**



**XI-C**



**XI-D**



**XI-E**



**XII-A**



**XII-B**



**XII-C**



**XII-D**

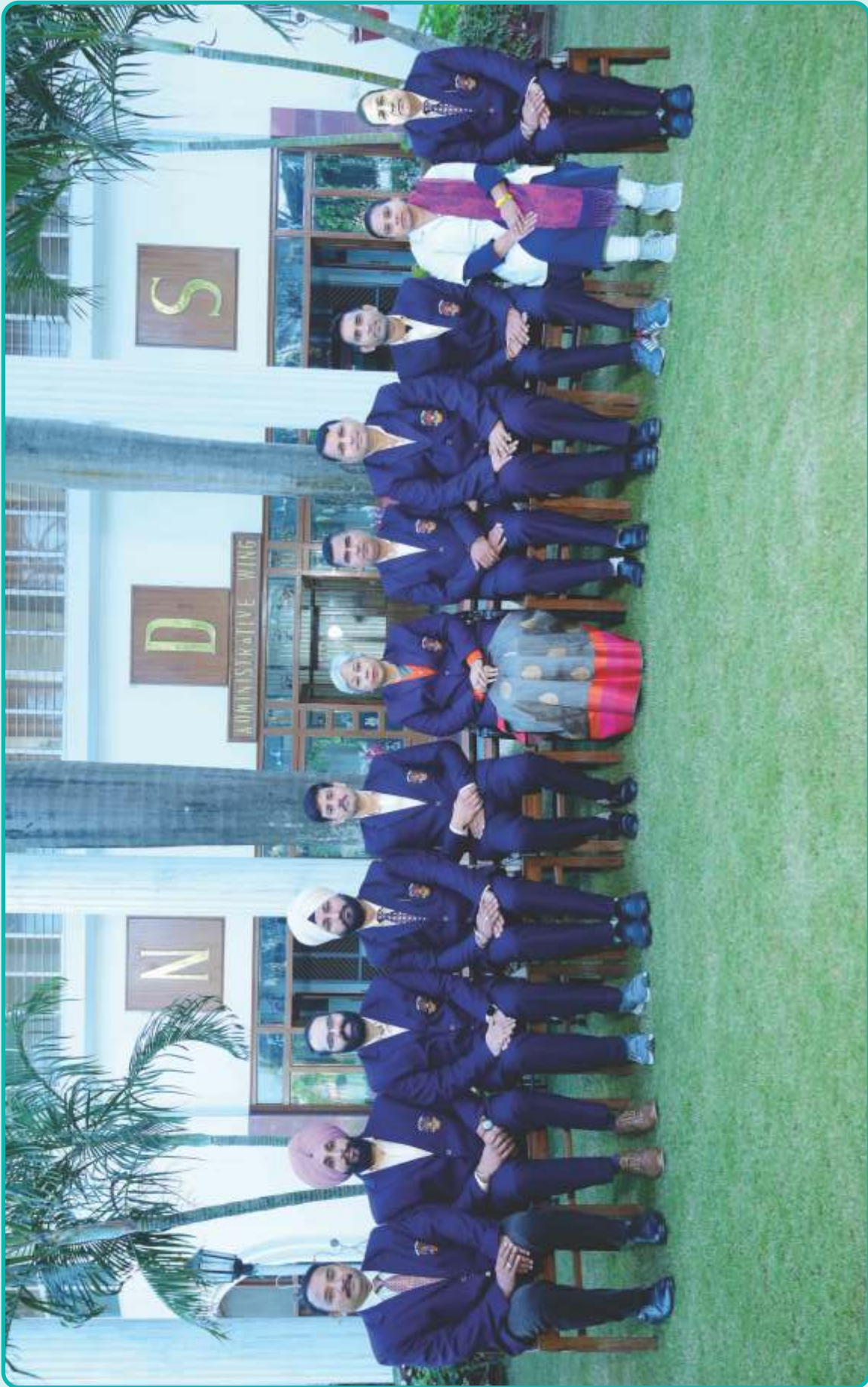


**XII-E**

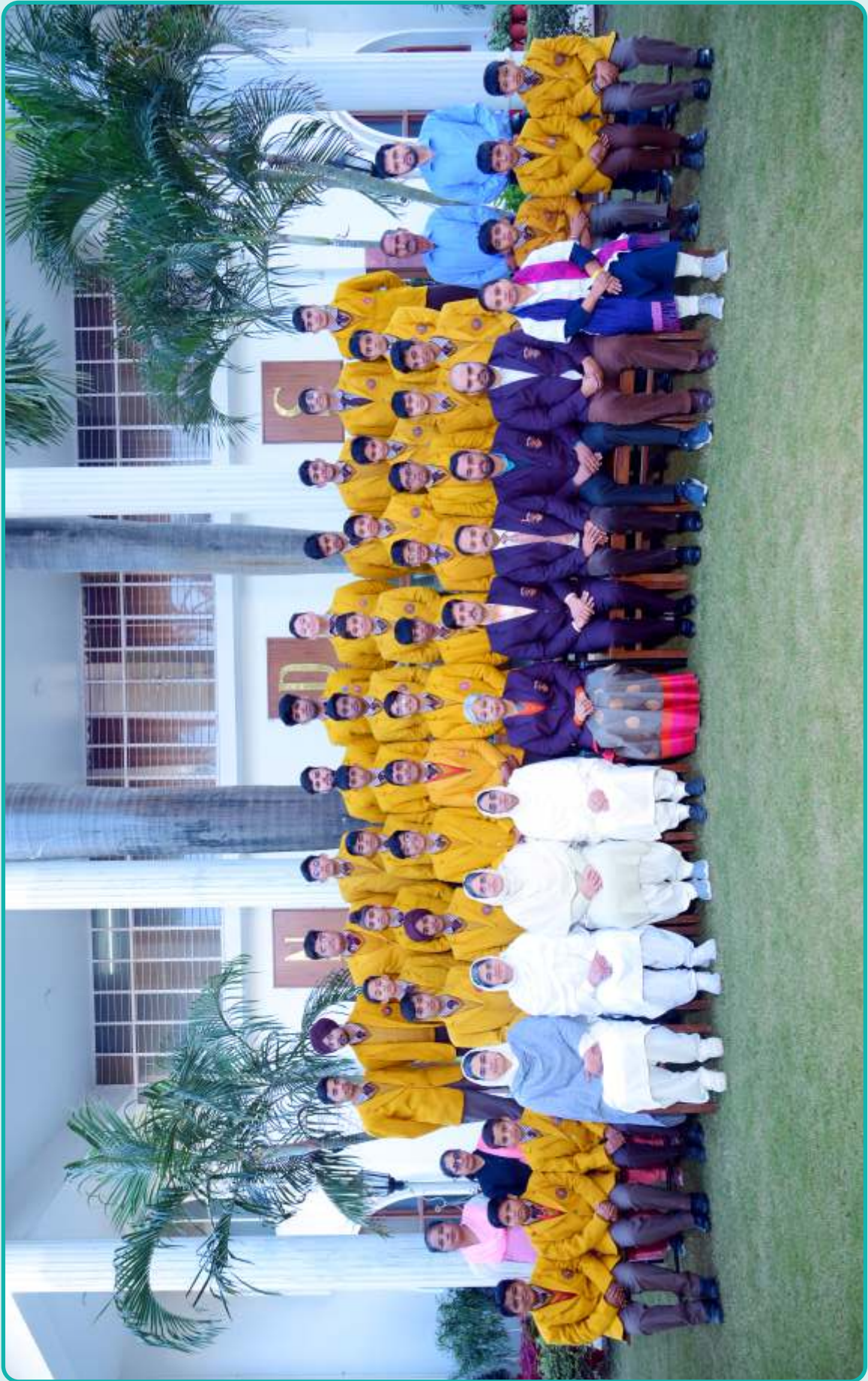
## Administrative & Support Staff with the Principal



## Administrative with the Principal



## Boarders & Staff with Principal



# Shining Stars of NDS

## BEST OF BEST (2023-24)

1	Best All Rounders	Boy	Parth Bhatt	XII A
		Girl	Aakhya Rawat	XII A
2	Best Artist (Jr.)		Deepika Bhatt	VI D
3	Best Artist (Sr.)		Akriti Bisht	XII E
4	Best Orator (Group A)		Ankit Chauhan	XII D
5	Best Orator (Group B)		Akshita Bhatt	IX A
6	Best Orator (Group C)		Samyak Gairola	VII D
7	Best Singer		Saumya Mishra	XII B
			Misthi Kaparwan	XII E
8	Best Instrumentalist		Diksha Saklani	XII B
9	Best Dancer		Khushi Gupta	XII A
			Niharika Makheeja	XII D
10	Best Actor	English Play	Piyush Sharma	XII A
		Hindi Play	Sharan Sondhi	XI D
11	Best Sportsman		Akshat Singh Pundir	XII A
12	Best Sportswoman		Prachi Bartwal	XI B

## ACHIEVEMENT AWARD

### ALUMNI

1.	Kanishk Rayal (NEET, State Rank III, Govt. Seat)
2.	Aarav Agarwal (NEET, Govt. Seat)
3.	Rudra Shukla (NEET, State Rank 44, Govt. Seat)
4.	Ashi Gupta (IIT, Delhi)



## BOARD RESULT (2022-23)

### Class X

1	Ritu Raturi	98.8%
2	Sumit Rawat	97.8%
3	Adarsh Negi	96.6%
4	Shiksha Saklani	96.6%

### Class XII

#### SCIENCE

1	Yatin Dwivedi	95.8%
2	Priyanshi Negi	95.02%
3	Anushka Dhyani	93.6%
4	Suhana	93.6%

#### HUMANITIES

1	Meemansa Singh	96.2%
2	Chandrika Pandey	94.6%
3	Aarchi Kotiyal	90%

#### COMMERCE

1	Vidhi Pokhriyal	97.4%
2	Sneha Sabarwal	96.4%
3	Shiksha Bohara	92.8%

## SUBJECT WISE HIGHEST PERCENTAGE

### XII 2022-23

S.NO.	SUBJECT	%	NAME
1	ENGLISH	97	Meemansa Singh, Chandrika Pandey
2	PHYSICS	95	Anushka Dhyani
3	CHEMISTRY	98	Anushka Dhyani
4	MATHS	96	Sneha Sabarwal
5	BIOLOGY	95	Priyanshi Negi, Anushka Dhyani
6	ACCOUNTS	100	Sneha Sabarwal
7	B. STUDIES	98	Vidhi Pokhriyal
8	ECONOMICS	100	Vidhi Pokhriyal
9	HISTORY	95	Arundhati Lakhera
10	P. SCIENCE	96	Meemansa Singh
11	GEOGRAPHY	96	Chandrika Pandey
12	COMPUTER	94	Vijay Pratap
13	P. EDUCATION	100	Priyanshi Negi
14	PAINTING	100	Meemansa Singh
15	MUSIC	99	Anushka Chauhan
16	HINDI	95	Aarchi Kotiyal, Gauri Agarwal



## SUBJECT WISE HIGHEST PERCENTAGE

### X 2022-23

S.NO.	SUBJECT	%	NAME
1	ENGLISH	98	Sumit Rawat
2	HINDI	99	Ritu Raturi, Ayush Kandwal
3	MATHS	100	Ritu Raturi, Sumit Rawat, Ayush Kandwal, Sobin Singh Kalura
4	SCIENCE	99	Sumit Rawat
5	SOCIAL SCIENCE	98	Ritu Raturi, Ayushi, Anshul Nautiyal, Saadhik Rai
6	COMPUTER	100	Shikha Saklani

## OUTSTANDING PERFORMANCE (EXCELLENCE AWARD IN BOARD EXAMINATION 2022-23)

### Class X

No.	Name	Subject	Marks	Teacher
1.	Ritu Raturi	Maths	100	Mr. Mizi Minocha
2.	Sumit Rawat	Maths	100	Mr. Mizi Minocha
3.	Ayush Kandwal	Maths	100	Mr. Mizi Minocha
4.	Sobin Singh Kalura	Maths	100	Mr. Suryash Sharma
5.	Shikha Saklani	Computer	100	Mr. Taranjeet Singh

### Class XII

No.	Name	Subject	Marks	Teacher
1.	Priyanshi Negi	Physical Edu.	100	Mr. Akshay Kumar Singh
2.	Meemansa Singh	Painting	100	Ms. Ranjana Sharma
3.	Sneha Sabarwal	Accounts	100	Mr. Sunil Sharma
4.	Vidhi Pokhriyal	Economics	100	Ms. Srishti G. Kalra

### LIST OF SCHOLARS (2022-23)

STD	NAME	%	Position
LKG A	Prayank Jaishali	100	I
LKG A	Adhyant Negi	100	I
LKG B	Abhinav Negi	100	I
UKG B	Abhinav Surira	99.9	I
UKG A	Ayush Pundir	99.8	II
UKG B	Adya Rana	99.2	III
IC	Dakshit Dhanik	99.4	I
IC	Vaani	99.2	II
IC	Niharika Dhanik	99.0	III
II D	Asmi Sharma	98.9	I
II B	Omar Khan	98.2	II
II D	Mahesh Raturi	98.1	III
III E	Vanshika Ramola	97.2	I
III D	Shourya Bhandari	96.9	II
III A	Devansh Petwal	96.8	III
IV A	Chaitanya Singh	96.4	I
IV A	Harkirat Sharma	95.7	II
IV B	Agamyia Negi	95.7	II
VC	Janvi Joshi	98.7	I
VB	Abhinav Rana	97.5	II
VE	Anushree Rajput	96.9	III
VID	Kamini Bahukhandi	99.8	I
VIC	Navya Singh	98.7	II
VID	Medha Saklani	98.6	III

### LIST OF SCHOLARS 2022-23

#### Class VII

Divyanshu Khatri	98.6%	I
Kanika Gautam	96.9%	II
Tanya Bamrara	96.7%	III

#### Class VIII

Naman Bhatt	98.2%	I
Manshikha Gupta	97.7%	II
Akankshi Pundir	97.7%	II

#### Class IX

Shourya Uniyal	93.7%	I
Kartik Bhatt	92.3%	II
Rakshit Chamoli	91.7%	III

#### Class XI

##### SCIENCE

Vardan Gupta	82.0%	I
Aakhya Rawat	81.6%	II
Taksh Vats	80.8%	III

##### COMMERCE

Ankit Singh Chauhan	82.2%	I
Ayush Uppal	79.3%	II
Priyanshu Aswal	78.5%	III

##### HUMANITIES

Akriti Bisht	84.1%	I
Avni Negi	82.8%	II
Misthi Kaparwan	81.3%	III

*“Talent knows no bounds.  
Let’s share with you the creative  
thoughtful words that pictures  
the minds of our students.”*

## My School



## The Whispers of the Wind

In hushed voices it whispered  
As it, blew by...  
Flowing through all the secrets,  
Beneath the Earth and above the sky.

It laid cold, and raised warm,  
It carried away, every scream,  
With the flow of the storm.  
It calmed every breath,  
Just like the melodies of a favorite song.

It's calm like death and fierce like life,  
It hushes your soul, and every particle inside.  
It loves and loathe at the same time,  
In the form of breeze and hurricanes,  
Happening beneath the same sky.

The whispers of the wind,  
Consist of every soul within.  
They hold every memory, every sight of the past,  
They hush them away, from your every part.

Talk to the wind, wild and free,  
For a moment, letting go of every worry.  
For then, you might find your heart and soul within,  
And learn to be yourself from ‘The Whispers Of  
The Wind’.

**Shreshtha Semwal**  
XI-B

My School, My Pride.  
Where we have a wonderful ride.  
Where we read, we write  
And makes our future bright.  
We laugh, we cry, we play, we study  
With our best buddy.  
Obey the parents, elders, respect  
teachers  
Become sincere & refrain from  
cheaters.  
And that is why I call...  
My School, My Pride  
Where we have a wonderful ride.

**Arpit Payal**  
VI-B

## Paint Your Life

Life is like a piece of art,  
It requires lot of heart.  
Choose your paint and your brush,  
Take your time, avoid the rush.

Before you paint, choose your theme,  
Don’t be afraid to follow your dream.  
It’s alright to make a mistake,  
Your painting is real, it is not fake.

Look at your painting, don’t cry,  
Begin again, try & try.  
Your painting is never fully complete,  
Enjoy the process, make sure it’s sweet.

**Muskan**  
X-B

# Gratitude Unveiled

## My Twelve Year Journey in NDS

My heartfelt journey through the 12 years of school has been nothing short of magic. I cherish each and every moment of it. From the very beginning, when I joined NDS in class first, I recount timidly venturing into this world of knowledge and discovery. Little did I know that this journey would be filled with moments of profound learning and fond memories.

My teachers hold a special place in my heart. They are a guiding light who showed me my untapped potential and nurtured it with care. Every teacher I encountered along this journey played a vital role in molding me into the person that I am today. Each one with their unique teaching style and dedication, contributed to my growth.

In class V, I was bestowed with the responsibility of being a House Perfect. This role taught me the true meaning of responsibility and leadership. It was here that I learned to be accountable not just to myself but to my peers and teachers.

However, if there's one chapter of my school life that shines the brightest, it's class X. Those were the golden days where I walked hard, enjoyed the most and pushed myself to get out of my fears and weaknesses. The unforgettable year where our whole class was 'United'.

I remember the special days, where I discovered my passion for the stage. Annual functions became my Canvas that I painted with my dance performances.



The lead roles in several dances year after year were moments of triumph and self-discovery, moments that will forever be etched in my memory.

As the years passed, I grew not only academically but also personally. Confidence bloomed in me, as I found my voice on the stage and spoke from my heart. It's a transformation, I owe to my school and the incredible teachers who believed in me.

In the pinnacle of my school journey, in class XII, I was appointed as the School Literary Captain. This was a testament to the faith my teachers had in me and a reminder of the responsibility I carried on my shoulders.

To all my teachers, from the bottom of my heart, Thank you. Thank you for your patience, your guidance and your unwavering support. You have not only imparted knowledge but also instilled in me a love for learning. This journey has been a beautiful one and it is all because of you all.

NDS for me is not a school, it's an emotion that is perennial and is evergreen.

**Niharika Makheeja**  
XII-D



# Compassion

Hey, Hey a time will lay,  
When we co-operate,  
Everything will be okay.

From the peak of mountain  
To the depth of the ocean,  
Comes utter unity and devotion.

If we face challenges all together  
Achievements will be on its way,  
Everything will be okay.

No demoralization, no hopelessness  
Not even discouragement  
Can find a way.

Hey, Hey a time will lay,  
When we overcome fear  
Everything will be okay.

**Ipshita  
IX-A**



# Today

Today...  
The sun shines bright  
Darkness is out of sight  
Everything is just so right

Today...  
No goals scare me  
I'm a freebee  
Like the waves of a sea

Today...  
I'm over my fate  
Happiness is my trait  
With nothing to hate

Today...  
Is just as beautiful  
For me to be grateful  
For this life so wonderful.

**Akshita  
IX-B**



# Incredible India

Rajasthan for history  
Maharashtra for victory  
Punjab for fighting  
Bengal for writing  
Sikkim for duty  
Kashmir for beauty  
Karnataka for silk  
Haryana for milk  
Gujrat for peace  
Assam for tea-leaves  
Kerela for brain  
Uttar Pradesh for sugarcane  
Himachal for apples  
Orissa for temples  
Such is our India  
Diverse in every criteria.

**Daksh Khatri  
X-B**



# Lessons from NATURE

We wait for monsoons anxiously but have we ever noticed this year's monsoon? Have we ever been worried by the form of nature-destructive, dominating and unpredictable? Well one must think about that. Day to day threats to the environment, threatens our well-being and development. Clearing the forests to establish societies, for manufacturing papers, damaging the mountains by dynamite to extend the railway tracks etc., these are the causes to deform nature. Some may term it as development but we can't deny that these steps have only disturbed our seasons cycle. It also has an adverse impact on

the financial resources of the country. Many people have even lost their dear ones and properties due to the severe consequences like heavy rainfall or drought. Blasting of the mountains makes them weaker and weaker and with time, heavy rainfall gives birth to landslides. The human behaviour enhances nature's destructive powers. Nature becomes a dumb observer of the calamities. We can say that it follows a 'Tit for Tat' policy or the phrase 'As you sow, so shall you reap', suits here. Think ....

**Anushka  
XI-A**

# Dear Teacher World to Me



You stood by my side when the skies were grey  
 You never failed to brighten up my day  
 You became my guiding light and showed me the way.  
 You healed my wounds but I never said 'Thank you'  
 For helping me throughout.  
 I stumbled and jumped.  
 But you helped me reach the ninth cloud.  
 Your teachings were impeccable  
 and they made me invincible.  
 You scolded me, you moulded me  
 I was an ore, you polished me into gold.  
 You took me from the worst to the best.  
 And today I say with glee  
 Oh, my teacher, you mean the world to me!

Daksh Khatri  
X-B

# Chai Garam

May it be the frost covered valleys of Kashmir or the sub scorched deserts of Rajasthan, one beverage is a must in all Indian households, CHAI. I would like to call the Chai the most important beverage of India. You boil water, add sugar & milk, add chai-patti and you have one of the most refreshing liquids ever. Take a sip and you are delighted to your inner core.

Everyone drinks Chai. In India, Chai is more than a cup of tea. Chai is seen as a symbol of hospitality; it is seen as a symbol of identity for Indians.

The story of a king in ancient India who developed Chai to remain alert during long court hours is an example of Chai being steeped in legends. Another such theory proposed by historians is that King Ashoka too had made it a part of his various peace treaties and court culture, a habit that eventually percolated down to common people.



***"If you are cold, tea will warm you. If you are too heated, it will cool you. If you are depressed, it will cheer you. If you are excited, it will calm you."***

-William Ewart Gladstone

Harmanpreet Kaur  
X-A



## Rani Lakshmi Bai

She was born to rule, born to be a queen,  
That's why at a young age, she started to fulfill her dream.  
By getting trained for fighting and riding,  
We know she was born to change the writings.

Her friends were swords, knives, axe and spear,  
Since her school, she was friends with Nana dear.  
When the throne shook and tension spread among the royal kings,  
Civilians knew, a new youthful soul was here to sing.

No one guessed whether she was Durga or Lakshmi,  
Her favorite hobby was to ambush prey and break the vanity.  
With valour in a grand festival, she got married in Jhansi,  
That was as Chitra met Arjun and Shiv got her beloved Bhawani.

For a long time, the royal place was shining with celebration,  
But as days passed, the dark clouds of misfortune covered the nation.  
The queen got widowed and her faith was unkind.  
The royal king had no children when he died.

The British governor become very happy at the moment,  
And thought the time was right to usurp the kingdom.  
This would turn Rani into a maidservant,  
She was lost and sick of the current situation.

The fire of revolt started, it came out like a burning sun,  
The freedom sparked in the soul of people.  
Laxmi Bai standing boldly among men drew her sword,  
The beating of the drum started in the heaven.

Rani was all alone while enemies attacked her from all sides,  
She fought like a lioness, from all the uprights.  
She was martyred in the battlefield,  
Light of her divine soul met with the divine light of heaven,

She was a divine spirit, who personified freedom  
All Indians will remember her as an inspiration  
She was divine, magnificent and full of motivation.

Akansha Uniyal  
XII-B

## In The Land of Learning

Enlightment's sacred grounds,  
Where knowledge's power resounds,  
India's education system, profound,  
A treasure throne yet to be unbound.

From ancient times, a legacy divine,  
That has stood the test of time,  
Guru's wisdom, the eternal lifeline,  
Nurturing intellect, a paradigm.

Diverse realms of deep insight,  
Where science and arts ignite,  
A symphony orchestrated right,  
Indian education, shining bright.

With Vedas as foundation strong,  
Mathematics, triumphs belong,  
The world astounded for so long,  
A testament to the system's song.

Formal schools, ancient as the sun,  
Moulding tradition with the modern,  
Guiding youth, battles bravely won,  
Transforming dreams into devotion.

Motivating minds to question and seek,  
Critical thinking, the cornerstone we seek,  
Not only for knowledge, but to critique,  
A journey vast, where minds are sleek.

Seeds of ambition, carefully sown,  
Creating thinkers that the world own,  
A beacon, where excellence is known  
India's education, respect has grown.

So, let's embrace this sacred space,  
Nurture potential, at a faster pace,  
With heart filled with pride and grace,  
India's education, a triumph to embrace.

Shristi Vyas  
XI-A

## Beauty Standards



This pain has no single name  
Is it really my strong melanin to blame  
I look up in the mirror, insecurities is all I perceive  
Look she is so brown, what an ugly is all I receive.

They look at me with some kind of pity  
As it's some shame being dark deity  
I feel like a stranger living under my own dusky skin.  
Dragged and pushed in an unfair combat  
Where being light hued is only win.

Get skin lighting treatment, swallow some pills  
They make it look as if it's my fault...  
Did I choose this skin tone on my own will?  
Apply some cosmetics, rub that cream  
All these comments make me vomit  
I just want to scream

Why I'm compelled to change my genetics  
The only thing desired is  
Change in Society's Perspective.

**Akriti Ramola**  
XI-A



## My Mother

My mother kept a garden  
A garden of the heart  
She planted all the good things  
That gave my life its start.

She turned me into the sunshine  
And encouraged me to dream.  
Fostering and nurturing  
The seeds of self-esteem.

Her constant good example  
Always taught me right and wrong  
Markers of my pathway  
That will last a life time long.

I am my mother's garden  
I am her legacy  
And I hope today she feels the love  
Reflected back from me.

**Aadya Soni**  
VIII-B

## Cravings of the heart

The sun and splendor's embrace took flight,  
After the darkest, star-studded night.  
They all stood, with courage shielding their hearts,  
On the height of Kargil, ready to rip their opponents  
apart.  
Among them stood a man fearless and bold,  
With valour and honour, his destiny, he controlled.

Dusk descended, as the sun dipped low,  
Yet, in a distance, a storm did blow.  
In the heart of battle, a warrior of might,  
Amidst midnight's veil, he gleamed, burning bright.  
This heart desires more, was his rallying cry,  
With every bit of his, he reached for the sky.

The bullet pierced his heart and soul,  
Yet, gallant he stood, strong and bold,

Through wounds and scars, till they bled  
He battled, until the last of his breath.  
A fearless captain, with strength in his veins,  
To defend his land, he went insane.

With love and pride,  
we'll remember a soldier so bold,  
In the tapestry of time, his legend will unfold.  
A son of India, valour's own debut,  
Captain Vikram Singh Batra, we bow down to you.  
In pages of history, your name will endure,  
With every part of the words, 'This Heart Craves for  
More'.

**Shreshtha Semwal**  
XI-B

# A Tale of Resistance- Tribal Uprising

In shadows of ancient forest,  
There stood tall tribal hearts aflame,  
Answering freedom's call

Amidst the wilderness, a struggle took its form  
A tale of resistance, against oppressor's storm.  
In the heart of nature, where silence speaks loud  
Tribal souls rose, beneath the monsoon cloud.

Their lands, their homes, by the colonizers seized  
But their spirits unbroken, their courage not appeased.  
Through hardship and sacrifice they paved the way,  
For a nation to be free, in the light of a new day.

Tribal uprising, an integral part of our story  
In the saga of freedom, they shine with glory.  
Their legacy lives on a reminder profound,  
That freedom is worth fighting on sacred ground.



In the annals of history, their role is clear  
Tribal uprising, a symbol of courage sincere.

**Deeksha Saklani**  
XII B

# School Memories: Timeless Friendship



In halls of learning, friendships forged,  
A tapestry of memories, our school life gorge.  
The echoing laughter, the bells sweet chime,  
In those hallowed halls, a magical time.

The teacher's wisdom, like a guiding light,  
In the classroom's warmth, we took flight.  
From tests and projects, to games at break,  
In school, cherished moments we'd make.

The school yard's secrets, the shared dreams,  
In our youthful days, life vibrant streams.  
With every class and each passing year,  
Our school life memories forever dear.

Though time has passed and paths have diverged,  
Those school days in our hearts are preserved.  
The laughter, the tears, the lesson we learned,  
In our school life memories, our love is earned.

**Deeksha Saklani**  
XII-B

# My School Life

In the halls, where friendship blooms so bright,  
Our school life's journey takes its flight.  
With books and laughter, we learn and play,  
Creating memories that will never fade away.

Teacher's wisdom, are guiding light,  
Ignites our minds, ignites our sight.  
Lessons learnt, both big and small,  
In our school life, we treasure them all.

From classrooms to the playground's cheer,  
We face each challenge, without fear.  
In the pages of this magazine, we confide,  
Our school life's tale, with joy and pride.

So, here's to the days, so vivid and grand,  
In our school life, where we all stand.  
For the memories we've made, forever they'll shine,  
In the pages of time, for all of time.

**Yashank Gairola**  
XII D



## Whispers of Knowledge

In the hush of the classroom's embrace,  
Where pens dance and mind finds grace.  
Words like petals, a literary bouquet,  
Blooming thoughts in the light of day.

Pages turn with a soft, rhythmic hum,  
A library of dreams, each word a drum.  
In the margins, tales quietly converse,  
Echoing wisdom, a poetic universe.

Imagination unfurls its vibrant wings,  
As the poet in us joyfully sings.  
Verses weave a tapestry so fine,  
In the symphony of words, we entwine.

Oh, the whispers of knowledge profound,  
In this literary realm, forever abound.  
Through the corridors of time, they soar,  
A timeless ode to wisdom grandeur.

Darsh Varshney  
VII-C

## Difference Between Chandrayaan 2 and Chandrayaan 3

S.no	Chandrayaan 2	Chandrayaan 3
1	Chandrayaan 2 launched on the earth's surface on July 22, 2019	Chandrayaan 3 launched on the earth's surface on July 14, 2023
2	Weight of the Chandrayaan 2 was 3850kg	Weight of the Chandrayaan 3 was 3900kg
3	K. Sivah was the ISRO, CEO during the launching of Chandrayaan 2	S. Somnath is the ISRO, CEO during the launching of Chandrayaan 3
4	The budget of Chandrayaan 2 project was Rs 978 crores	The budget of Chandrayaan 3 project was Rs 600 crores
5	Landing site was approx. 600 km from south pole of Moon	Landing was on south pole of Moon
6	Components of Chandrayaan 2 were- one orbiter, one lander (Vikram) and one Rover (Pragya)	Components of Chandrayaan 3 were- no orbiter, one lander (Vikram) and one Rover (Pragya)
7	The Vikram lander attempted a soft landing on the Lunar surface but faced a failure during descent due to a last minute glitch	Chandrayaan 3 achieved a successful soft landing with Vikram and deployed Pragya rover to explore the Lunar surface

Samarveer Rawat  
VII-C

## Education



Education is a path to divine success  
 A smooth drive to our greatness.  
 It led us to the path of prosperity  
 And gives our tomorrow a sounding security.  
 Education gives our thinking a different appearance.  
 And helps to drive away all our ignorance.  
 Education is the key of a bright & rewarding future  
 A glue that joins our dreams like a suture.  
 So.... open a book & you will find  
 People and places of every kind.  
 Open a book & you can share  
 Wonderous words you find in there.  
 Open a book & I will to  
 You read to me & I will read to you.

**Niharika Kala**  
**X-A**

## My Cherished Moments

“That’s not how it works”, they said with a smile,  
 As I stepped into the school, like a curious child.  
 With eyes wide open, I began my climb  
 In the ocean of knowledge, through the sands of time.

As the years swiftly passed, I learned and grew  
 Not all would be steadfast, not all friendships true.  
 But some are like shooting stars, fleeting but bright  
 They light up our journey, then fade into night.

For love isn’t always in holding them near  
 But in wishing them well as they venture and veer.  
 Paths may diverge but the stars have their way  
 Hoping they might cross on an unexpected day.

So, let’s cherish these moments, the laughter, the tears  
 With those who stood by us, through hopes and fears.  
 At last, it’s these bonds that truly matter  
 For the ones that were there in the joy and the clatter.

Dedicated to my friends & mentors.....

**Piyush Sharma**  
**XII-A**

## Yoga Facts



Every year the world celebrates International Day of Yoga on June 21 which also happens to be the day of summer solstice, the longest day of the year. On this occasion, here are some facts about Yoga:

1. Swami Vivekananda is credited for being the greatest proponent of Yoga in the west.
2. According to Hindu mythology, Shiva is considered the supreme Lord of Yoga.
3. The world’s oldest Yoga teacher was 101 years old. Toa Porchon-Lynch was an American Yoga master and one of the most important recent figures for yoga in history.
4. B.K.S. Iyengar was considered to be the foremost modern Yoga teacher in the world.
5. The largest Yoga class was held in India & involved 100,984 participants.
6. The first known appearance of the word “Yoga”, with the same meaning as in the modern term, is in the Katha Upanishad, composed about fourth to third century BC.
7. Yoga is a registered Olympic sport. In late 2015, the USA Yoga Federation registered it for competitive purpose, getting approval from the Olympic Committee the following year.
8. There are over 300 million Yoga practitioners in the world.
9. There are more than 100 styles of Yoga. These types include Iyengar, Hatha as well as other styles rising in popularity such as Aerial Yoga & Hot yoga.

Recently, our school started the Yoga classes & we are very lucky to have these classes. We thank the whole family of NDS for this.

**Anushka Kashyap**  
**XI-E**

# 'Super 30' On 'Anand Kumar'



Anand Kumar, was born in 1973 in Patna, Bihar, faced numerous challenges on his path to academic success. Despite his remarkable aptitude for mathematics, financial constraints threatened to derail his dreams.

After the death of his father, he started to teach under privileged students aspiring to crack the highly competitive Indian Institute of Technology Joint Entrance Exam (IIT-JEE) and each year Anand Kumar selected 30 students from economically poor background and braced them for this entrance exam. This program of his is known as 'Super-30'.

Anand Kumar's selfless endeavour has earned him recognition and accolades both nationally and internationally. In conclusion, Anand Kumar and his Super-30 program exemplify education to break the shackles of poverty and inequality. His journey from a small town in Bihar to international recognition is an inspiration for the whole world.

***"All our dreams can come true, if we have the courage to pursue them".***

Ridhima Mangain  
VII-D

# Friendship



In the garden of life, where flowers bloom bright,  
There's a precious bond that feels just right.  
Through stormy days and skies so gray,  
Friendship's light will guide the way.

In laughter and tears, it's always there,  
A bond of love that's beyond compare.  
It's a hand to hold when you're feeling weak,  
A comforting word when you cannot speak.

In times of need and moments of grace,  
True friendship shines in every place.  
So cherish your friends, both near and far,  
For they're the ones who truly are...  
The stars that light your darkest night,  
In the beautiful constellation of life's light.

Dipti Pokhriyal  
XI-E

# Maths, Maths, Maths



Down with old Pythagoras,  
And down with rotten Math's.  
Down with Archimedes,  
And drown him at the baths.  
If anyone had to do it,  
I'd make sure it was me.

First I'd wholly immerse him,  
Then kick him up a tree.  
When he had disposed of,  
I'd drag him through a holly  
bush,  
And he'd come out like a rag.

Now my pipe dream's over,  
And I've nothing more to say  
Except that Math's still lives on  
To be taught everyday.

Sanchi Sajwan  
VII-E

## The Two Heroes Who Influenced Me...

Throughout our lives, we encounter various individuals who leave a mark on us, shaping us in one way or the other. Some inspire us to grow and become better versions of ourselves, while others, if we are not vigilant, may have the opposite effect.

This article is a tribute to two such remarkable persons who have played a significant role in my personal development.

The first is my teacher who is not just an educator but also my mentor and friend. Our paths converged when I joined 'Find Your True North' as an intern in May 2023. From that point on he has been a guiding light, imparting valuable lessons in business, life, relations and personal growth. I am profoundly thankful for having a teacher like him, someone who's unafraid to point out my flaws and offer guidance on how to make myself better.

The second person whose influence has been

profound is my dear school friend. Our connection began during an art class in eleventh grade. It was during a conversation about our aspirations post twelfth grade that she uttered words that have remained etched in my memory. She said, "I know you will achieve something significant before we graduate". Her faith in me became a driving force, motivating me to pursue my dreams relentlessly. Today, my prime goal is to validate her belief in me.

I extend my gratitude to all those who have contributed to my personal growth and helped me become the person I am today. This article celebrates the transformative power of personal connections and the positive impact the people have on our lives.

**Ansh Raj Rawat**  
XII-C

## We All are Better, Still We Complain

We live in a world where progress and development have become a part of our lives. We have witnessed incredible advancements in technology, science, medicine and many other fields. Yet, despite all the improvements in our lives, it's astonishing how often we find ourselves complaining about various aspects of our existence. Yet, amidst these complaints, We often overlook the privilege and opportunities we possess.

Consider a person who despises his job despite having a steady income that provides for the relationship, failing to appreciate his companionship and the support it offers. These examples demonstrate how we tend to focus on the negatives and forget the positives that surround us. One might argue that complaining is a natural human response to stress & dissatisfaction and that's- true. But the problem arises when we dwell on our complaints without taking action to improve our circumstances. It is similar to standing in a dark-room, cursing the darkness, and refusing to switch on the light. Complaining without actively seeking solutions. To break free from this cycle of complaints, we must acknowledge our blessings in order to shift our



perspective and cultivate a more positive outlook. We should put our own concerns into perspective and motivate ourselves to take action to improve not only our own lives but also the lives of those less fortunate.

We should remember that life is a gift, and it's up to us to make the most of it, even in the face of adversity.

**Taksh Vats**  
XII-A

## And Breathe

We need to trust the hope of starlight,  
 When the sky goes dark  
 And the moon glances at stars  
 They beautify the whole space.  
 Embrace the wishes of everyone even if they  
 are from near or from far away.  
 It's a natural reminder to shine brilliantly in the hours  
  
 And yes, breathe. Trust the positive side  
 The ones who dare to brave the wilderness  
 Of the strongest experience and emotions  
 Even the power of sun will acknowledge him...  
 The brightness of sun is a dazzle with splendour  
 It gives us strength that  
 After setting ablaze we only empower ourselves.  
 Breathe...  
 Because we're all stories in the making anyway...

**Siddharth Shridhar**  
 XI-A

## Memories of My School Days

My school journey has been an incredible one, spanning the moment I entered the gate of my beloved school in the 3rd grade to my final year in class 12th. It's hard to believe that this is my last here. From the very beginning, my school, my classmates and the dedicated teachers have made every day special. However, if I were to pick my favourite period, it would be the games period.

As I reflect on my years in school, I am filled with nostalgia and gratitude. It's not just about the lesson in textbook but the life lessons which I have learned here. The friendship, the memories and the experiences have all contributed to my growth as an individual.

School has been a place of endless fun, the laughter with friends and the thrill of competition makes my school days truly special. I will really miss my school.

**Akash Rawat**  
 XII-C

## India: Your Culture Astounds



Land of many hues and tongues,  
 Where ancient and modern entwine,  
 India, your culture astounds,  
 A mosaic of the divine.

From the Himalayas' snowy peaks,  
 To the sun kissed shores of the sea,  
 Your people, diverse and unique,  
 In harmony and unity.

From the vibrant festivals of faith,  
 To the soulful melodies of the song,  
 Your heritage, rich and vast,  
 Through ages has carried on.

From the bustling bazaars of Delhi,  
 To the tranquil villages of the south,  
 Your landscapes, varied and sublime,  
 Captivate with their innate truth.

O India, your tapestry of culture,  
 A treasure to behold,  
 A symphony of colors and flavours,  
 A story yet untold.

So let us celebrate your diversity,  
 And cherish your unique charm,  
 For India, you are a land of wonder,  
 A world, within a world, so warm.

**Naman Bhatt**  
 IX-B

## Think Beyond the Past

The old things occurring in the past  
Oh! so painful, you ask, how long will they last?  
The times before, often times, you would think  
But these things, it seems, go by in a blink.

Is there any hope to be seen,  
Is their happier time to think?  
Shall I not ever venture forth again,  
Beyond the shores to make some gain.  
Do not be full of fear I think,  
But is this not foolhardy like frothy drink  
Oh! so sad, I think, that this may be so  
To never think past my worried woes.

It is not, I think, to be so mixed  
In all those things as past desires.  
I know that life is not so cast  
That I should think of all the past.

For in the morning, does not the sun align,  
That I might not think of more things to shine?  
Be not dismayed when I define  
The world to show is still refine.

Now I see for past my pain  
There is more to life than to abstain  
To think that I might not have grasped  
All that, I want, I saw at last.

**Anshika Pokhriyal**  
IX-B

## Generation Gap



Generation gap is a timeless phenomenon which highlights disparities in perspectives values and lifestyle between different age groups. Modern society is no stranger to this divide. While this gap can sometimes lead to misunderstanding and conflicts, it also offers opportunity for growth and learning. One of the primary drivers of the generation gap is the rapid evolution of technology. Old generation grew up in a world without smartphones and internet, but the young generation has never known a world without them. Moreover, societal changes impact generations differently. The older may uphold traditional family values, whereas the youngsters favour diversity.

To conclude, generation gap not only has a negative effect like communication gap among elders and youngsters, but also younger generation find the older generation 'boring' and 'unentertaining'. It also has positive effects as well, such as the technological advancements and better educational and other services. What we need to do is to bridge the gap between generations through dialogue & empathy to recognize the strength of each other.

**Bhupinder Kaur**  
XI-A

## Teachers

The teachers  
Who are they?  
They are like angels,  
Who teaches us from beginning till end  
We all are like a mystery  
Box with puzzle pieces  
Some of the pieces are missing  
And other seems to be hidden.  
They are the person  
Who sort them all up.  
They are like sun

Who gives us energy.  
They are like architects  
Who shapes our base.  
I think they are special gift of god.  
And always have specialty.  
When needed when not  
They are filled with kindness.  
The are sweet as sugar  
For they are called teacher's.

**Gaurav Suyal**  
IX-B

# विद्यार्थियों की सृजनशीलता का दस्तावेज हिंदी विभाग

## जीवन लक्ष्य आशावाद के साथ



विश्व की भूमि पर झर रही है सुधा,  
अब न मानव जिएगा जहर के लिए ।  
सांस्कृतिक बंधनों में बंधेगी धरा,  
स्नेह— सहकार से फिर सजेगी धरा,  
फिर न अस्तित्व होगा अविश्वास का,  
दुख अनाचार का, शोक संत्रास का,  
व्यक्ति प्यासा न कोई तरस पाएगा,  
स्नेह के सिंधु की बूंद भर के लिए,  
आह मन की न विज्ञान सह पाएगा,  
ध्वंस का पंथ उसको नहीं भाएगा,  
धर्म विज्ञान मिलकर चलेंगे यहां,  
नवसृजन के लिए वे ढलेंगे यहां,  
अब नहीं युद्ध होंगे किसी भूमि पर,  
खंडहर, गांव अथवा नगर के लिए ।  
धूप आंगन सभी के खिलेगी यहां ,  
चांदनी एक जैसी मिलेगी यहां ,  
भोर की चेतना से भरेंगे सभी,  
पतझरों की उदासी हरेंगे सभी,  
अब न बेचैन कोई रहेगा यहां,  
मौसमों या सुबह—दोपहर के लिए ।  
धर्म सीमित न होगा किसी धार में,  
मंदिरों— मस्जिदों, ग्रंथ गुरुद्वार में,  
धर्म की स्वस्थ छाया रहेगी जहां,  
प्रीति— ममता सुगमता रहेगी वहां,  
मानवों का रुधिर फिर न बह पाएगा,  
धर्म की क्रूर पागल लहर के लिए ।

भूमि रावत  
बारहवीं 'ई'



## समय का चक्र

वर्तमान समय अनमोल है, वर्तमान समय ही यथार्थ है। वर्तमान समय ही कर्म का आधार है। वर्तमान समय ही एकमात्र हमारे साथ है, वर्तमान समय ही भविष्य का जन्मदाता है और अतीत के कारण उपस्थित है। इसलिए वर्तमान समय बहुत खास है और जो इस वर्तमान समय में रहता है, जो इस वर्तमान के क्षणों का महत्व समझता है, वह वर्तमान की अमूल्यता को अनुभव कर लेता है।

अतीत, वर्तमान और भविष्य—इन तीनों में मुख्य कौन है? तो वह है— वर्तमान। यह वर्तमान का क्षण ही अतीत और भविष्य का जन्मदाता है। बीता हुआ कल भी कभी वर्तमान था और जो आने वाला कल है, वह भी वर्तमान के स्पर्श करने के बाद अतीत बन जाएगा अर्थात् वर्तमान ही अतीत और भविष्य की विभाजन रेखा है, जिसके एक तरफ अतीत है और दूसरी तरफ भविष्य है।

वर्तमान के अति निकट होते हुए भी हम अतीत में कुछ हस्तक्षेप नहीं कर सकते क्योंकि वह समय हमारे हाथों से निकल चुका है। अतीत के समय में हम तभी कुछ कर सकते थे, जब वह वर्तमान के धरातल पर था अर्थात् वह समय हमारे हाथों में था। वास्तव में हमारा सारा अतीत हमारे अपने सारे वर्तमान का ही तो संचयन है। इसलिए यदि हम चाहते हैं कि हमारा अतीत सुखद बने तो यह केवल अपने वर्तमान के प्रत्येक पल को सुखद बनाकर ही किया जा सकता है क्योंकि प्रत्येक गुजरता हुआ पल तत्काल अतीत में तब्दील होता रहता है। जिसे हम अपनी स्मृति कहते हैं, वह हमारा अतीत है जो हमारे मस्तिष्क में दर्ज है, जिसे हम जब— तब याद करके फिर से जीने की कोशिश करते हैं। इसलिए यदि हमारी यादें अच्छी हैं, तो हमारा जीवन भी निश्चित रूप से अच्छा होगा।

अतीत, वर्तमान के बाद फिर भविष्य की बारी आती है। भविष्य का यथार्थ यह है कि वह अभी आया नहीं है, लेकिन आएगा। अतीत को चूंकि हमने ही बनाया है, हमारे ही कर्मों ने उसे आकार दिया है, इसलिए वहां सब कुछ यथार्थ में घटित हुआ है लेकिन भविष्य के साथ ऐसा कुछ नहीं है। भविष्य के बारे में जो कुछ भी है, वह सब काल्पनिक है। भविष्य के बारे में हमारी जो भी सोच है, वह सब मन की रंगीन तरंगें हैं, या आशंकाओं के उलझे— सुलझे विचार हैं। भविष्य के बारे में हम तब तक कुछ नहीं कर सकते, जब तक कि भविष्य के क्षण वर्तमान के क्षणों में परिवर्तित नहीं हो जाते।

हां, भविष्य के बारे में इतना जरूर है कि वर्तमान में हम जो कुछ भी कर रहे होते हैं, वह सब भविष्य के लिए ही कर रहे होते हैं, इसलिए मनोवांछित भविष्य को यथार्थ में बदलने के लिए हम वर्तमान पर लगातार हस्तक्षेप

करते रहते हैं, ताकि हम जैसा चाहते हैं वैसा भविष्य हमें मिल सके, लेकिन कई कोशिशों के बावजूद कभी—कभी हमारा भविष्य हमारी मर्जी के अनुसार नहीं होता। हमें तब भी उसे स्वीकारना पड़ता है क्योंकि भविष्य की नींव केवल हमारा वर्तमान ही निर्धारित नहीं करता, बल्कि अतीत भी निर्धारित करता है।

अतीत में किए जाने वाले हमारे शुभ व अशुभ कर्म हमारे भविष्य का निर्धारण करते हैं और यही कारण है कि कभी—कभी वर्तमान में अथक प्रयास करने के बावजूद हम मनोवांछित भविष्य नहीं प्राप्त कर पाते क्योंकि अतीत के कर्म ही हमारे भविष्य को आकार देते हैं।

वर्तमान समय में जीते हुए भी हम या तो अतीत की यादों में खो जाते हैं या फिर भविष्य की कल्पनाएं हमारे मन को बहका लेती हैं। इस तरह हम वर्तमान में रह करके भी वर्तमान में अपने मन से पूरी तरह से जुड़े नहीं रह पाते, वर्तमान के क्षणों को हम पूरी तरह से नहीं जी पाते और न ही वर्तमान के क्षणों का पूरा सदुपयोग कर पाते हैं।

अधिकतर समय हम या तो अतीत की गलतियों या शाबाशियों को याद करते रहते हैं, उसमें या तो दुख या खुशी अनुभव करते हैं या फिर भविष्य के लिए सुंदर कल्पनाओं का हवामहल तैयार करते रहते हैं, जिनका कोई आधार नहीं होता। जहां पहुंचने के लिए हमारे पास कोई सही रास्ता नहीं होता। यही कारण है कि हमारा भविष्य का हवामहल, भविष्य की हवाओं में ही कहीं गुम हो जाता है, यथार्थ के धरातल पर उतर ही नहीं पाता।

यदि हम अपने वर्तमान समय पर ध्यान दें, उसमें अपने मन को लगाएं, अतीत की यादों और भविष्य की कल्पनाओं में अधिक समय न गंवाएं तो निश्चित रूप से हमारा वर्तमान ही हमें हमारे इच्छित भविष्य की ओर ले जा सकता है। जब हम वर्तमान समय की बात करते हैं, तो उसका स्वरूप लंबाई या चौड़ाई में नहीं होता, वह तो एक छोटे बिंदु से भी छोटा होता है, लेकिन इसकी गहराई हमारे अनुमान से भी परे होती है।

हमारी हर वह श्वास, जिसे हम पूरे होशोहवास में ले रहे हैं और उसे छोड़ रहे हैं, वह हमें हमारे वर्तमान का एहसास कराता है। वर्तमान के एहसास के साथ, उसकी गहराई में जाना और उसे जीना ही वर्तमान के क्षणों को वास्तव में जीना है, जो हमारे अतीत और भविष्य दोनों को उत्तम बनाता है। एक सुखी एवं सफल जीवन को जीने का यही सूत्र है।

गरिमा तिवारी  
बारहवीं 'ई'

## सच्चा तपस्वी

एक व्यक्ति बहुत गरीब था। वह अपने परिवार का पालन-पोषण बहुत ही मुश्किल से कर पाता था। कड़ी मेहनत और पुरुषार्थ के बल पर उसने धीरे-धीरे काफी संपत्ति अर्जित कर ली और वह अपने गांव का सबसे अमीर व्यक्ति भी बन गया। इस सबके बावजूद उसके मन में अमीर होने का तनिक भी अभिमान नहीं था। उसके पास ढेर सारे नौकर-चाकर थे। एक लड़का था, जो अब बड़ा हो चुका था। उस व्यक्ति ने अपने घर की सारी जिम्मेदारी अपने पुत्र को सौंप दी और स्वयं अपना समय भगवद्भजन में बिताने लगा। वह व्यक्ति अपने मकान से कुछ दूर जंगल में कुटिया बनाकर तप करने लगा और बीच-बीच में घर जाकर अपने पुत्र का मार्गदर्शन भी किया करता।

एक दिन एक देवदूत उस जंगल से होकर गुजर रहे थे कि तभी उनकी नजर उस व्यक्ति पर पड़ी और वे वहीं रुक गए।

दोनों में परस्पर संवाद आरंभ हुआ। उस व्यक्ति ने अपनी आध्यात्मिक अभिरुचि के अलावा अपने घर-परिवार, धन-वैभव के विषय में भी देवदूत को विस्तार से बताया। इस व्यक्ति की तपस्या में कितनी गहराई है, यह इस वन में रहकर तपस्वी होने का कहीं स्वांग तो नहीं रच रहा है? यह जानने



हेतु देवदूत ने उस व्यक्ति की परीक्षा लेनी चाही। प्रथम भेंट में वह उस व्यक्ति का कुशलक्षेम जानकर ही वहां से चले गए। कुछ दिनों बाद देवदूत फिर उससे मिलने जा पहुंचे। उन्होंने देखा कि वह व्यक्ति ध्यान में डूबा हुआ है।

कुछ देर की प्रतीक्षा के उपरांत जब वह व्यक्ति ध्यान से बाहर आया तो उसे देवदूत ने बताया कि आपके मकान में भयंकर आग लग गई है और कुछ ही क्षणों में आपका सारा धन-वैभव जल कर राख हो जाएगा। देवदूत की इस सूचना को सुनकर भी वह व्यक्ति मंद-मंद मुस्कुराता रहा व समत्व भाव से स्थिर रहा। उसके मुखमंडल पर विषाद का कोई भाव नहीं आया। देवदूत से वह विनम्रतापूर्वक कहने लगा—“वह धन-वैभव मेरा नहीं है। सब कुछ प्रभु का ही दिया हुआ है। जो भी हो प्रभु की इच्छा। प्रभु जो भी करते हैं, अच्छा ही करते हैं। वैसे भी घर पर कई लोग हैं, जो धन-वैभव को बचाने

के लिए पर्याप्त हैं। मैं उसकी चिंता क्यों करूँ?”

देवदूत उसकी बातें सुनकर बहुत प्रसन्न हुए और वहां से चले गए। कुछ दिनों के पश्चात वे पुनः उस व्यक्ति को देखने आए। चिरपरिचित स्थान पर जाकर उन्होंने देखा कि वह तपस्वी उस कुटिया में नहीं है। देवदूत को पुनः उस व्यक्ति की साधना की प्रामाणिकता पर संदेह हुआ अतः उसे खोजते हुए वे उसके गांव पहुंच गए। उन दिनों उस क्षेत्र में भीषण अकाल पड़ा था। सभी प्राणियों का भूख से बुरा हाल था। उस गांव में पहुंचते ही देवदूत ने देखा कि उस तपस्वी के घर पर भूखे, नंगे, दीन-दुखियों का जमघट लगा हुआ है।

भीड़ को चीरते हुए वे आगे पहुंचे तो उन्होंने पाया कि यह तो वही व्यक्ति है, जो अपनी तपस्या छोड़कर यहां लोगों को अपने हाथों से राशन-पानी, धन-सामग्री आदि बांटने में

लगा है। उन्होंने यह भी देखा कि वहां से कोई भी खाली हाथ नहीं जा रहा है। सभी प्रसन्न होते हुए जा रहे हैं। देवदूत उस व्यक्ति के सेवाभाव से अति प्रसन्न हुए और बोले “वत्स तुम्हारी तपस्या हर दृष्टि से उत्तम है। तुमने वास्तव में अध्यात्म को सही अर्थों में अपनाया है। वह तपस्या भी क्या, जिसमें मानव मात्र के

कल्याण की भावना न हो।”

अपनी बात आगे बढ़ाते हुए देवदूत कहने लगे “वत्स! संसार में धनवान होना बुरी बात नहीं है। इससे तो बहुत से शुभ कार्य हो सकते हैं। इससे लोगों का कल्याण व उपकार हो सकता है। बुराई तो धन के अभिमान में डूब जाने और उससे मोह करने में है। तुम्हारे अंदर न तो धन-वैभव का अभिमान है और न ही अपनी तपस्या का अभिमान है। तुम वास्तव में सच्चे अध्यात्मवादी हो। तुम्हारे जैसे के लिए वन और राजमहल, दोनों एक समान ही हैं। देवदूत ने अपना आशीर्वाद देकर उससे विदा ली।

विशाखा गैरोला  
ग्यारहवीं ‘बी’

## जीवन का राजपथ

जीवन के पथ पर हमें सुंदर उपवन भी मिलते हैं और कंटीली झाड़ियां भी। सुख के सागर में हम गोते खाते हैं। कभी दुख का तूफान हमें भयभीत करता है, कभी वसंत की सुषमा हमें मनोहारी दृश्य दिखाती है, कभी पतझड़ का परिवेश हमारे हृदय को कष्ट देता है। जीवन यात्रा का यह पथ कभी सुरम्य घाटियों से होकर गुजरता है, कभी ऊबड़-खाबड़ दुर्गम रास्तों से। दुर्गम रास्तों से गुजरते समय, कभी-कभी पथ को छोटा करने के लिए यात्री छोटी-छोटी पगडंडियां बना लेते हैं। इनमें से कुछ पगडंडियां तो रास्ते को छोटा करती हैं, पर कुछ मात्र भटकावा बनकर रह जाती हैं।

जीवन-पथ पर भी ऐसी पगडंडियां बहुत हैं, जो दिखती तो छोटी हैं और ऐसा आभास भी देती हैं कि वे मार्ग तक पहुंचा देंगी, पर वे कहीं भी पहुंचाती नहीं हैं। दुख के क्षणों में मनुष्य ऐसी भूल अक्सर कर बैठते हैं, जब वे छोटे व सरल रास्ते के लालच में मुख्य मार्ग को छोड़कर कहीं और की

यात्रा पर निकल पड़ते हैं। जीवन का मुख्य मार्ग, जीवन का राजपथ, धर्म का मार्ग ही है। सुख आए अथवा दुख, इस राजमार्ग को छोड़ने की भूल हमें कभी नहीं करनी चाहिए क्योंकि अंततः गंतव्य तक पहुंचाने का कार्य मात्र राजपथ ही करता है।

पाप, पतन, अनीति का मार्ग शीघ्र सफलता का स्वप्न जरूर दिखाता है, परंतु पहुंचाता कहीं भी नहीं है। हमारी चाहतें शीघ्रतिशीघ्र पूरी हो जाएं, इस लालच में लोग धर्म व सदाचार का पथ छोड़कर अपूर्ण महत्वाकांक्षाओं की पूर्ति के लिए निकल जरूर पड़ते हैं परंतु वह पथ मात्र कीचड़ भरे दलदल में पहुंचाने के अतिरिक्त कुछ नहीं करता। धर्म का पथ समयसाध्य हो या कर्तव्यों से परिपूर्ण- है जीवन का राजमार्ग ही, उस पर चलते हुए जीवन के उद्देश्य को प्राप्त करना ही श्रेष्ठ है व श्रेयस्कर भी।

वैभवी जुगरान  
बारहवीं 'ई'

## धूल की कहानी

धूल ने एक बार सोचा था कि अगर वह कभी उड़ सकती, तो कभी धरती पर नहीं लौटेगी। ऐसा करने के अपने प्रयास में, उसने दिन-रात एक कर दिया। उसने परम शक्ति से प्रार्थना की, ध्यान किया, जप-तप और वह सब किया जो वह अपनी इच्छा पूरी करने के लिए कर सकती थी। अन्ततोगत्वा परम शक्ति ने उसकी सुन ली। जल्दी ही उसकी इच्छा पूरी हो गई। इतनी तेज हवा चली कि धूल हवा में उड़ने लगी। हवा के वेग से धूल पेड़ों पर, पहाड़ों पर और आकाश में चारों ओर उड़ने लगी। धूल ने गर्व से अपने आप को दुनिया के शीर्ष पर महसूस किया। उसे लगा कि उसने अपना उद्देश्य पा लिया है। कुछ देर तक यह सब चलता रहा। लेकिन कुछ समय बाद वह थक गई थी। अब वह वापस आना चाहती थी, वह आराम करना चाहती थी। सभी तरफ की यात्रा करने की उसकी इच्छा पूरी हो गई थी।

बस! अब वह फिर से वही धूल बनना चाहती थी। धूल को अब बोध प्राप्त हो गया था और उसने अपने रूदन भरे दिल से सर्वशक्तिमान को फिर से पुकारा। वह तब तक भरे हृदय से पुकारती रही, जब तक उसकी प्रार्थना सर्वशक्तिमान तक पहुंच नहीं गई। उसकी पुकार सुन ली गई। धूल को अपने मूल स्वरूप में पृथ्वी पर वापस भेज दिया गया, जहाँ वह पहले की तरह ही आरामदायक स्थिति में थी। अब उसे ऐसा लग रहा था जैसे वह हमेशा से यहीं थी। हमेशा पूरी तरह से अपने आप में पूर्ण! आकाश और उससे आगे की वह सारी यात्रा, शायद उसे अपने मूल स्वरूप का अनुभव

कराने के लिए कराई गई थी और फिर वह आसमान की ओर देख कर मुस्कराई.....उस अदभुत अनुभव के लिए। उसका सारा ज्ञान धरा रह गया था। उसकी सारी इच्छाएँ मर चुकी थीं। वह एक बार फिर से, 'शून्य' की अवस्था में थी। लेकिन उस शून्यता के भीतर एक अदभुत कृपा थी, 'अपने आपको महसूस करने की....'।

अंत में, वह जो थी, उसमें समा गई। अब कोई तलाश बाकी नहीं थी, कोई इच्छा बाकी नहीं रही! जैसी है, वैसी में ही संतुष्ट और फिर हवाएं मुस्कराईं, बीज जमीन में समा गए, सूरज चमक उठा.... बारिश हुई और पुष्प पल्लवित हो गए। धूल अब अपने मूल में समा चुकी थी, उसका अस्तित्व अब सर्व में विलय हो गया था.....।

जब हम खुद से प्यार करते हैं तो हम अपने अस्तित्व को स्वीकार कर रहे होते हैं और इस तरह हम अपने अस्तित्व में लीन हो जाते हैं। जब हम स्वयं को अस्वीकार करते हैं, तो हम अपने ही अस्तित्व को अस्वीकार कर रहे होते हैं। जब हम अपनी सभी इच्छाओं को छोड़ कर जैसा हमें होना चाहिए, वैसा बनना चाहते हैं, हमारे मूल स्वरूप में....तभी हम वास्तव में अपने अस्तित्व को स्वीकार करते हैं। जीसस ने कहा है: "जो खुद को खो देते हैं, वे खुद को पा लेते हैं...जैसे एक बूंद का सागर में विलय हो जाना।"

सिया राना  
बारहवीं 'सी'

## ‘जीवनमूल्यों का संकट’

जीवनमूल्य वे गुण एवं विशेषताएं हैं, जो एक व्यक्ति के जीवन को, बहुमूल्य बनाते हैं। परिवार और समाज को सुसंस्कृत तथा राष्ट्र को समुन्नत एवं श्रेष्ठ ये ही जीवनमूल्य बनाते हैं। पूरे विश्व में सुख-शांति एवं सौहार्द का ये ही सशक्त माध्यम हैं। मनुष्य के जीवन को जो श्रेष्ठ एवं मूल्यवान कहा गया है, उसका आधार जीवनमूल्य ही हैं।



इनके क्षीण होते ही मनुष्य अपने जीवन की चमक को खो बैठता है, अपने मूल उद्देश्य से भटक जाता है और उसे सामान्य इंसान से पशु, पिशाच, असुर, राक्षस जैसे निम्न स्तर तक गिरने में देर नहीं लगती। इसी के साथ परिवार, समाज, राष्ट्र एवं मानवता का विघटन भी प्रारंभ हो जाता है।

वर्तमान संक्रमण के ऐतिहासिक पलों में मानवीय सभ्यता जीवनमूल्यों के गंभीर संकट से होकर गुजर रही है। एक ओर जहां इसका चिरस्थापित ढांचा चरमरा रहा है तो वहीं दूसरी ओर इसके उभार का आशा भरा स्वरूप भी सामने दिख रहा है।

कोरोना काल में इसके दोनों पक्षों के दर्शन खुलकर हुए हैं। एक ओर कोरोना के मोर्चे पर चिकित्सक, सफाई व सुरक्षाकर्मी, नेता, समाजसेवी स्वयंसेवक से लेकर कई संगठन अपना निष्काम एवं निस्वार्थ योगदान देते नजर आए तो वहीं दूसरी ओर जीवनरक्षक दवाइयों से लेकर ऑक्सीजन सिलेंडर की कालाबाजारी एवं जीवन-मरण के संघर्ष से जूझ रहे रोगियों के साथ खिलवाड़ करते कुछ अमानुषिक नकाबपोश भी दिखाई पड़े।

एक ओर जहां दूसरों की रक्षा के लिए अपनी जान पर खेल कर बचाने की मिसालें पेश होती रहीं तो वहीं कुछ मौत के सौदागर बनकर पीड़ितों की जान के साथ खिलवाड़ कर मनुष्यता को शर्मसार करते रहे। ये जीवनमूल्य वास्तव में जीवन की समझ एवं जीवनशैली के आधार पर तय होते हैं।

एक अहंकार एवं स्वार्थकेंद्रित सांसारिक भोग एवं अपने सुख या लाभ का मार्ग है तो दूसरा संयम, सेवा, त्याग से भरा पारमार्थिक जीवन एवं आत्मकल्याण का मार्ग है। व्यक्ति की आस्था, विश्वास के आधार पर ही दो व्यक्तियों के जीवन की ये विभिन्न दिशाधाराएं तय होती हैं।

मूल्यबोध का क्षरण राष्ट्र की आत्मा का क्षीण हो जाना है। जीवनमूल्यों के अभाव में राष्ट्रीय चरित्र धूमिल पड़ जाता है। भारत की गुलामी की दास्तान वास्तव में ऐसे ही राष्ट्रीय

जीवन के दुर्बल एवं बिखरे पलों में लिखी गई थी, जब मुट्टी भर आक्रांता समूचे राष्ट्र पर भारी पड़ गए थे।

आज यदि हमें देशभक्ति का परिचय देना है तो यह समय जीवनमूल्यों के लिए तनकर खड़े होने का समय है। जीवन के हर क्षेत्र में चाहे वह राजनीति हो या धर्म, व्यापार हो या प्रशासन, सैन्य क्षेत्र हो या कला-साहित्य एवं दर्शन, धर्म हो या अध्यात्म, शिक्षा हो या प्रबंधन, पत्रकारिता हो या कृषि, विज्ञान एवं तकनीकी हो या चिकित्सा-जीवन के हर क्षेत्र में जीवनमूल्यों का संरक्षण, संवर्धन एवं स्थापना समय की मांग है।

अंधे लोभ, झूठी प्रतिष्ठा एवं भौतिक चमक से ऊपर उठकर आज का समय हमारे लिए अपने अंदर गहनता से, ईमानदारी से निहारने का है। धर्महीन एवं मूल्यहीन पड़े व्यक्तिगत एवं सामाजिक जीवन के हर क्षेत्र में मूल्यों की संजीवनी को फूंकने का है।

कोरोना काल ने जीवन के हर क्षेत्र में यथास्थिति से व्यक्ति, समाज, राष्ट्र एवं मानवता को भली-भांति आईना दिखाते हुए परिचित करवा दिया है। चारों ओर समस्याओं, न्यूनताओं, विषमताओं व विकृतियों का अंबार है। इस दौर में हमें जीवनमूल्यों के साथ खड़े होकर समस्या के बजाय समाधान का हिस्सा बनना है।

अंधकार में लाठी भांजने के बजाय प्रकाश का दिया बनकर जलना है और यदि हम समाधान का सक्रिय हिस्सा नहीं बन सकते तो कम-से-कम इसके लिए कामना एवं प्रार्थना तो कर ही सकते हैं। अपनी जीवन-दृष्टि एवं जीवनशैली को परिमार्जित करते हुए हम सभी इस सृजनात्मक, आध्यात्मिक अभियान में अपना न्यूनतम सहयोग, समर्थन एवं योगदान तो अवश्य दे ही सकते हैं।

तक्ष शर्मा  
बारहवीं 'ए'

## खुश है चाँद!



कल रात तारों ने जब नभ में बारात सजाई  
तो चाँद के चेहरे पर एक अलग ही खुशी नजर आई।  
झिलमिलाते तारों ने पूछा, "इस खुशी के पीछे क्या राज है  
छुपाया?"

तो चाँद मुस्कुराकर बोला, "अरे कुछ नहीं,  
बस धरती से मेरा भांजा विक्रम है आया।  
वर्षों बाद मेरी बहन भारती ने मेरी राखी भिजवाई है  
जो मैंने भांजे के हाथ से बड़े प्यार से बँधवाई है।  
अब चौदह दिन भांजा विक्रम मेरे घर पर ही रहेगा  
कुछ दिन तो कोई मेरा अकेलापन दूर करेगा।  
मैं उसे पूरा घर घुमाकर अपने बारे में सब बातें बताऊँगा  
और फिर जानकारी भरे तोहफे बहन भारती को भिजवाऊँगा।"  
तारों ने हैरानी से पूछा "अरे! इससे पहले भी कई मेहमान आए  
पर तुमने तो बाहर से ही सबके सब लौटाए।  
कोई तुम्हारे दक्षिण ध्रुव पर कदम भी न रख पाया  
फिर इस विक्रम को क्यों तुमने बड़े प्यार से है गले लगाया?"  
चाँद फिर मुस्कुराया और बोला, "यूँ तो मुझे सारी धरती ही प्यारी है  
पर धरती के भारत देश की तो कुछ बात ही न्यारी है।  
जानते हो वहाँ के लोग उसे माँ भारती कहके बुलाते हैं  
और उसकी आन-बान-शान के लिए हँसकर जान लुटाते हैं!  
वर्षों से भारती के वैज्ञानिक बेटे जिद पर डटे थे  
और मुझसे मिलने की धुन में जी-जान से जुटे थे।  
भारती कहती है मुझे भाई और उसके बच्चे मामा समझते हैं  
जाने कितनी कहानियों, कविताओं में मेरे ही किस्से मिलते हैं।  
यही नहीं प्रेमी युगल तो मुझे बड़े प्यार से पुकारते हैं  
और विरह में तो मुझमें ही महबूब की सूरत निहारते हैं।  
वहाँ की महिलाएँ हर तीज, चौथ पर मेरी एक झलक को तरसती हैं  
पहले मुझे पानी पिलाती हैं, उसके बाद ही भोजन करती हैं।  
इसलिए मैंने भी भारती को अपनी बहन बना लिया है  
और भांजे विक्रम का स्वागत कर स्नेह का रिश्ता निभा लिया है।  
वैसे भी मेहनत और लगन का फल तो सफलता ही होता है  
जहाँ आस्था और विश्वास हो, वहाँ तो ईश्वर भी साथ देता है।

रुद्रांश कलूरा  
दसवीं 'सी'

## याद रखे ज़माना कुछ ऐसा कर



अंधेरा है तो क्या, उजाला होगा कल  
ऐसे मन को न मार, तू चलता चल।  
मुश्किलें तो हैं, पर तू कहां निर्बल  
ऐसे हिम्मत न हार, बस तू चलता चल।  
माना अभी जीवन की शाम है  
चलते रहना तेरा काम है।  
ये दुख भरा वक्त, आखिर बीत ही जाएगा  
फिर एक सवेरा, एक नया उजाला ले आएगा।  
तेरी मंजिल का भी एक रास्ता होगा  
जो तेज हवा से डर गया  
उस परिंदे की उड़ान ही क्या।  
जो थक कर तू बैठ गया  
तेरे सपनों में फिर जान ही क्या  
कैसा भी वक्त हो रुकना नहीं  
किस्मत के सहारे बैठना नहीं।  
हाँ, दुनिया में कुछ लोग  
अलग किस्मत लेकर आते हैं  
पर क्या कहने उनके  
जो खुद अपनी किस्मत बनाते हैं।  
सितारों-सा चमकना सीख  
जोश अंदर बसा कर तू फूलों-सा महकना  
सीख।

याद रखे ज़माना कुछ ऐसा कर।

मेघा सकलानी  
सातवीं 'डी'

## माँ गंगा

गंगा भारतीय संस्कृति की यश-पताका है। महाराज भागीरथ के पूर्वजों का उद्धार करने के लिए स्वर्ग से पृथ्वी पर अवतरित हुई और 'भागीरथी' कहलाई। उसके वेग को भगवान शिव ने अपने जटा-जूट में धारण किया। गंगा ज्येष्ठ मास के शुक्ल-पक्ष की दशमी तिथि को व्योमविहारिणी से धरती पर पाप-विमोचिनी बनकर उतरी थी। गंगा का अतीत अत्यंत गौरवपूर्ण रहा है। पिता हिमालय की गोद से निकलकर यह अनेक मैदानों को उर्वर बनाती, कई तीर्थों को महिमामंडित करती बंगाल की खाड़ी में समाहित हो जाती है। गंगा की प्रशंसा में अनेक रचनाएँ रची गई हैं। इसके किनारे कवियों, ऋषियों और मुनियों ने अपनी साधना के दीप जलाए हैं। गंगा का जल अपवित्रों को पवित्र करता है, मिट्टी को सोना बनाता है, देवताओं की पूजा को पूर्ण करता है और लाखों-करोड़ों की पिपासा को शांत करता है। लेकिन यही गंगा अब सिसक रही है, क्योंकि जिनका उद्धार उसने किया है, वे ही उसमें कूड़ा-करकट, दूषित-जल और शवों को डालकर उसे दूषित कर रहे हैं। जिसके तट कभी मंत्रों की ध्वनि से गूंजते थे, यज्ञों की ज्वाला से पवित्र होते थे, वे ही अब उपेक्षित और अपमानित हो रहे हैं। शायद ही ईश्वर हमारी इस भूल को क्षमा कर पाएँ।

पिछले कुछ दशकों में गंगा नदी प्रदूषण के कारण गंभीर रूप से प्रदूषित हो गई है। इस प्रदूषण के कई कारण हैं, जिनमें शामिल हैं- औद्योगिक, कृषि और मानव अपशिष्ट। गंगा नदी के किनारे कई उद्योग हैं जो अपशिष्ट पदार्थों को नदी में छोड़ते हैं। इन पदार्थों में रसायन, भारी धातुएँ और अन्य हानिकारक पदार्थ शामिल हैं। इसके अलावा गंगा के किनारे के क्षेत्रों में कृषि भी एक प्रमुख व्यवसाय है। कृषि में उपयोग किए जाने वाले उर्वरक भी नदी में प्रदूषण फैलाते हैं। साथ ही कई शहरों से सीवेज सीधे नदी में छोड़ा जाता है। यह अपशिष्ट नदी को दूषित करता है और जलजनित बीमारियों के प्रसार का कारण बनता है। इन अपशिष्टों से गंगा पर गहरा प्रभाव पड़ा है, जैसे- जलीय जीवन को नुकसान, मानव स्वास्थ्य को खतरा, पर्यटन पर असर आदि। मानवीय छेड़छाड़ से जलीय जीवन को नुकसान पहुँच रहा है। कई मछलियाँ और अन्य जलीय जीव प्रदूषण के कारण मर रहे हैं। मनुष्य को प्रदूषित जल पीने से कई स्वास्थ्य समस्याएँ हो सकती हैं, जैसे कि दस्त, पीलिया और टाइफाइड आदि।

इसी प्रदूषण के कारण पर्यटन पर भी प्रभाव पड़ा है, क्योंकि लोग रोगकारक जल में नहाने अथवा तैरने से घबराते हैं। परंतु यह निर्विरोध रूप से सत्य है कि हर जटिल-से-जटिल मुसीबत का समाधान होता है। गंगा को



दूषित होने से रोकने के लिए कई उपाय किए जा रहे हैं, जिनमें अत्यंत कारगर साबित हुआ उपाय है- 'नमामि गंगे'। भारत सरकार ने गंगा नदी के संरक्षण और कायाकल्प के लिए यह कार्यक्रम शुरू किया। इसका उद्देश्य गंगा के प्रदूषण को कम करना और उसकी पावनता को पुनर्जीवित करना है। 'नमामि गंगे' कार्यक्रम के तहत कई परियोजनाएँ शुरू की गई हैं, जिनमें सीवेज ट्रीटमेंट प्लांट का निर्माण, वर्गीकरण और जैव विविधता संरक्षण शामिल हैं। 'नमामि गंगे' एक महत्वपूर्ण पहल है जो गंगा नदी के संरक्षण और कायाकल्प में मदद कर रही है। इस कार्यक्रम की सफलता के लिए सभी लोगों को एक साथ मिलकर काम करने की आवश्यकता है। अन्य उपाय जिससे गंगा संरक्षण को बढ़ावा मिलेगा, वह हैं- लोगों को जागरूक करना, स्थानीय सरकारों की भागीदारी तथा सार्वजनिक-निजी भागीदारी। इन उपायों से गंगा नदी को स्वच्छ और स्वस्थ रखने में मदद मिलेगी। यदि हम सभी मिलकर काम करें, तो हम गंगा को स्वच्छ और स्वस्थ बना सकते हैं। गंगा नदी भारत के लिए एक महत्वपूर्ण संसाधन है। यह नदी लाखों लोगों के लिए जीवन का आधार है और इसे पवित्र बनाए रखना प्रत्येक व्यक्ति का पुनीत कर्तव्य है।

जीवन देती आई कई सदी  
गंगा भारत भूमि की नदी  
भारत की सभ्यता-संस्कृति  
तेरी धरती उगले सोना  
अन्न-धन से भरे कोना-कोना  
विकसित हुए कितने गाँव शहर  
अमृत-सी पावन तेरी जल धारा  
किया भारत को हरा-भरा  
भारतीयों की जीवनदायिनी  
तू है अत्यंत ममतामयी।

नमन भट्ट  
नवीं 'बी'

## नमक

नमक हमारे शरीर के लिए अति महत्वपूर्ण तत्व है। खाने में कितने भी मसाले डाल लें नमक के बिना कोई स्वाद नहीं आता। एक चुटकी नमक हमारे भोजन का स्वाद ही बदल देता है या फिर यूँ कहें कि बिना नमक के स्वादिष्ट भोजन बन ही नहीं सकता। नमक भोजन के कई गैर-जरूरी तत्वों, जैसे- कड़वापन आदि को कम करके भोजन का स्वाद बढ़ाता है। नमक की जितनी जरूरत स्वाद के लिए है, उससे कहीं ज्यादा हमारे स्वास्थ्य के लिए भी है।

नमक में सोडियम नामक तत्व होता है जो कि शरीर के लिए जरूरी है, लेकिन एक संतुलित मात्रा में अर्थात् न कम न ज्यादा। नमक का रासायनिक नाम सोडियम क्लोराइड है। यह हमारे मस्तिष्क में अति सूक्ष्म विद्युत प्रक्रियाओं को संचालित करता है। इसके अलावा हमारे शरीर में जल संचय-संतुलन बनाए रखने में भी अहम भूमिका निभाता है। नमक उत्पादन में भारत दुनिया में तीसरे स्थान पर है। भारत में हर साल 24 मिलियन टन नमक का उत्पादन होता है। एक व्यक्ति को दिनभर में 5 ग्राम नमक की जरूरत होती है। अगर सही मात्रा में नमक खाएं तो तंत्रिका और मांसपेशियों को ठीक से काम करने में मदद मिलती है। दरअसल सोडियम, नमक का अहम हिस्सा है, ऐसे में ज्यादा

नमक खाने से हाई ब्लडप्रेसर की परेशानी हो सकती है। इसके अलावा इससे हार्ट अटैक और स्ट्रोक का खतरा भी रहता है। इन दिनों बाजार में कम सोडियम वाले नमक भी मिलते हैं, लेकिन उनमें पोटेशियम ज्यादा होता है। यह एक स्वस्थ व्यक्ति के लिए अच्छा है लेकिन डायबिटीज और रेनल जैसी बीमारियों से जूझ रहे लोगों के लिए खतरनाक साबित हो सकता है। नमक में विटामिन सी होता है जो बालों की ग्रोथ के लिए बेहतर है। ये रक्त संचार को बेहतर करता है।

नमक भोजन के पाचन में भी सहायक होता है। इसका अधिक सेवन करना कई बीमारियों को निमंत्रण देने के समान है। यह आमतौर पर समुद्री पानी और समुद्र के किनारों पर पाया जाता है। शुद्ध नमक रंगहीन होता है, किंतु लोहमय अपद्रव्यों के कारण इसका रंग पीला या लाल हो जाता है। नमक सेहत के लिए अच्छा भी है और बुरा भी। नमक का सेवन ज्यादा करने से हड्डियों पर प्रभाव पड़ता है। नमक के बिना स्वाद भी नहीं और जीवन भी नहीं।

शिव्यांजलि  
नवीं 'बी'

## सच्चा वरदान

किसी वन में एक ऋषि का आश्रम था। ऋषि अत्यंत वृद्ध हो गए थे। परलोक गमन का समय निकट आता देख, उन्हें यह चिंता सताने लगी कि उनके बाद आश्रम की जिम्मेदारी कौन सँभालेगा?

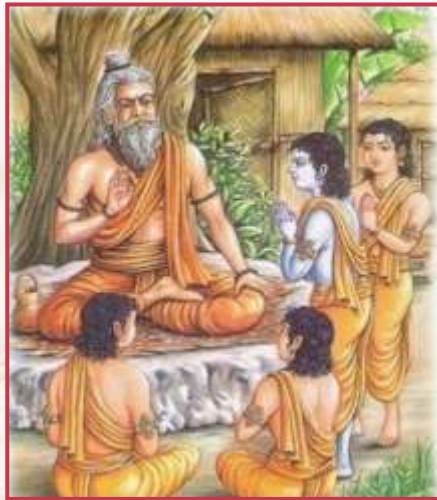
उनके एक से बढ़कर एक शिष्य थे, जिनमें संजय, मृत्युंजय, धनंजय तथा दिवाकर नामक शिष्य अत्यंत विद्वान थे। ऋषि ने इन्हीं चारों में से किसी एक को गुरुपद सौंपना चाहा, लेकिन गुरु जैसे सर्वोच्च पद के लिए केवल वेदशास्त्रों का ज्ञान और कला-कुशलता ही काफी नहीं बल्कि कुछ परीक्ष्य सदगुण का ज्ञान और और कला-कौशल की भी आवश्यकता होती है, यह सोचकर ऋषिवर ने अपने चारों शिष्यों की परीक्षा लेनी चाही। उन्होंने चारों शिष्यों को अपनी इच्छा से अवगत कराकर कहा- 'पुत्रों! मैं तुम चारों से केवल एक प्रश्न करूँगा। जिसका उत्तर संतुष्टिकारक होगा, वही गुरुपद का अधिकारी होगा।

शिष्यों ने समवेत स्वर में कहा -प्रश्न करने की कृपा कीजिए गुरुदेव। ऋषि ने कहा-यदि भगवान् तुम लोगों को दर्शन देकर वर माँगने को कहें, तो क्या माँगोगे ?

संजय बोला - "गुरुदेव! मैं तो संसार की समस्त विद्याओं

को प्राप्त करने का वर माँगूंगा, ताकि मुझसे बड़ा कोई पंडित न हो सके।"

मृत्युंजय बोला - "गुरुवर! मैं समस्त दिव्यास्त्रों की माँग करूँगा ताकि विश्व का सबसे शक्तिशाली पुरुष मैं ही कहलाऊँ।" धनंजय बोला - "ऋषिवर। मैं तो ईश्वर से विपुल धन संपदा माँगूंगा, जिससे मेरा और मेरी भावी पीढ़ी का जीवन ऐश्वर्य के साथ सुखपूर्वक बीते।"



दिवाकर कुछ क्षण चुप रहा। फिर ऋषि को प्रणाम कर उसने कहा, "आचार्य श्रेष्ठ! मैं तो आजीवन ईश्वर की भक्ति, गुरु की भक्ति तथा आत्मसंतोष का वर माँगूंगा। इसके अतिरिक्त कुछ भी नहीं।"

दिवाकर का उत्तर सुनकर ऋषिवर गद्गद हो उठे और उसे गले लगाकर बोले "वत्स! तू ही मेरा सर्वश्रेष्ठ शिष्य है। गुरुपद पर तू ही शोभित हो सकता है। तेरा कल्याण हो, यशस्वी भव।" यह कहकर ऋषि ने दिवाकर को आश्रम का

भावी गुरु बना दिया। श्रेष्ठ पुरुष वही है जो अपनी उन्नति के साथ-साथ सभी की उन्नति की कामना करे।

सान्वी रयाल  
दसवीं 'डी'

## G20 और भारत



जी-ट्वेंटी अर्थात् गुप ऑफ ट्वेंटी, अंतर्राष्ट्रीय आर्थिक सहयोग का प्रमुख मंच है। यह सभी प्रमुख अंतर्राष्ट्रीय आर्थिक मुद्दों पर वैश्विक संरचना और अधिशासन निर्धारित करने तथा उसे मजबूत करने में महत्वपूर्ण भूमिका निभाता है। जी-20 की स्थापना 1999 में एशियाई वित्तीय संकट के बाद वित्त मंत्रियों और केंद्रीय बैंक के गवर्नरों के लिए वैश्विक, आर्थिक और वित्तीय मुद्दों पर चर्चा करने के लिए एक मंच के रूप में की गई थी। जी-20 में प्रतिनिधित्व करने वाले 20 देशों का विश्व के सकल घरेलू उत्पाद का लगभग 85 प्रतिशत और इसकी जनसंख्या का दो-तिहाई हिस्सा है। जी-ट्वेंटी भारत के लिए महत्वपूर्ण है क्योंकि यह देश को दुनिया की सबसे बड़ी अर्थव्यवस्थाओं के साथ जुड़ने, अपने आर्थिक हितों को बढ़ावा देने और महत्वपूर्ण वैश्विक मुद्दों को संबोधित करने के लिए एक मंच प्रदान करता है। निवेश और व्यापार को आकर्षित करने के लिए जी-20 मंच का भरपूर लाभ उठा रहा है। जो इसके आर्थिक विकास को गति दे रहा है। भारत के लिए जी-20 जलवायु परिवर्तन, गरीबी और असमानता जैसे वैश्विक मुद्दों को संबोधित करने का एक महत्वपूर्ण मंच है। भारत इन मुद्दों का समाधान खोजने और सतत व समावेशी आर्थिक विकास को बढ़ावा देने के लिए अन्य जी-20 देशों के साथ सहयोग कर रहा है। भारत के लिए जी-20 की अध्यक्षता 'अमृतकाल' की शुरुआत है, जो 15 अगस्त, 2022 की स्वतंत्रता की 75वीं वर्षगांठ से शुरू होकर एक भविष्यवादी, समृद्ध, समावेशी और विकसित समाज जिसकी मुख्य विशेषता मानव केंद्रित दृष्टिकोण है, के लिए स्वतंत्रता की शताब्दी तक 25 वर्ष की अवधि है।

शुभ्रा कुकरेती  
दसवीं 'डी'

## दृढ़ निश्चय

उस समय भारत गुलाम था। अंग्रेज लोग भारतीयों के साथ-साथ उनके त्योहारों से भी घृणा करते थे। अंग्रेजों को यह डर बना रहता था कि भारतवासी अपने त्योहारों पर आपस में मिल न जाएँ और कहीं विद्रोह का बिगुल न बजा दें। इसके लिए वे छात्रों से विशेष तौर पर सावधान रहते थे। पटना के कॉलेज में विटमोर नाम के एक नए हेडमास्टर काम करते थे। वह भारतीय छात्रों के साथ काफी कड़ा रुख अपनाते थे। उन्हें कॉलेज में आए काफी समय हो गया था। दीवाली का त्योहार आ गया। सभी छात्रों ने सोचा कि इस बार मिल-जुलकर दीवाली मनाएंगे और कॉलेज में भी रोशनी करेंगे। जब वे हेडमास्टर के पास इसकी अनुमति माँगने पहुंचे तो वह कड़क कर बोले "बिल्कुल नहीं, दीवाली पर तुम लोगों की विशेष परीक्षाएँ होंगी। जो छात्र अनुपस्थित रहेगा उसे कॉलेज से बाहर निकाल दिया जाएगा"। सभी छात्र यह सुनते ही भौंचक्के रह गए। भला अंग्रेज हेडमास्टर का विरोध कौन करता।

लेकिन तभी एक छात्र आगे बढ़ा और बोला, "सर, मैं इस परीक्षा का बहिष्कार करता हूँ।" "तुम्हारी इतनी हिम्मत?" हेडमास्टर साहब गरजे और ताबड़तोड़ उस छात्र पर दस-बारह बेंत बरसा दिए। लेकिन जब वह छात्र अपने निश्चय से टस-से-मस न हुआ, तब गोरे हेडमास्टर साहब बोले, "यह छात्र किसी दिन बड़ी-से-बड़ी शक्ति को हिला देगा। ठीक है, तुम लोगों को इसकी अनुमति दी जाती है।"

जानते हैं वह छात्र कौन थे?

वे थे - जयप्रकाश नारायण, जिन्हें 'लोकनायक' कहा जाता है।

अक्षिता भट्ट  
नवीं 'ए'

## बेटी हमारी शान



मातृ शक्ति यदि नहीं बचेगी तो बाकी यहाँ रहेगा कौन ? प्रसव वेदना लालन-पालन सब दुख-दर्द सहेगा कौन? मानव हो तो दानवता को त्यागो फिर यह उत्तर दो, इस नन्ही सी जान के दुश्मन को, इन्सान कहेगा कौन? कैसा है यह अजब बर्ताव बेटा-बेटी के बीच भेदभाव जब लालन-पालन से बढ़ते हैं, संस्कार तब बेटी भी बन सकती है, बुढ़ापे का आधार।

दक्ष खत्री  
दसवीं 'बी'

## प्रकृति कुछ पाठ पढ़ाती है

### ज्ञान कोश



- एक सफल धनवान ने कहा है—गरीबी में पैदा होना तुम्हारा दोष नहीं है, लेकिन गरीबी में मरना निश्चित तौर पर तुम्हारा ही दोष है।
- बड़ा सोचो, सार्थक सोचो, आगे सोचो। विचारों पर किसी का एकाधिकार नहीं है।
- आप जिस स्वर्णिम अवसर को खोज रहे हैं, वह स्वयं आपमें ही विद्यमान है। यह न तो वातावरण में है, न ही भाग्य, मौके अथवा दूसरों द्वारा की गई सहायता में है। यह केवल और केवल आप में है।
- दुनिया का सबसे अच्छा दर्पण एक पुराना दोस्त होता है।
- किसी जंगली जानवर की अपेक्षा एक कपटी और दुष्ट मित्र से ज्यादा डरना चाहिए। जानवर तो बस आपके शरीर को नुकसान पहुंचा सकता है, पर एक मित्र आपकी बुद्धि को नुकसान पहुंचा सकता है।
- सादगी ही सार्वभौमिकता का सार है।
- जीवन में स्थिरता, शांति और विश्वसनीयता की स्थापना का एकमात्र साधन भक्ति है।
- जहाँ प्रेम है, वहीं जीवन है। ईर्ष्या— द्वेष विनाश की ओर ले जाते हैं।

शोभित कंडवाल  
आठवीं 'ए'

### हम बच्चे



हे ईश्वर! हम छोटे बच्चे बने रहें,  
हम मन के सच्चे बने रहें।  
तुम्हीं हो हमारे देव पुरुष,  
हम सच्चे पुजारी बने रहें।  
देना हमको इतना सारा ज्ञान,  
सारे जग में प्रसिद्ध बने रहें।

प्रतिष्ठा  
दूसरी 'डी'



प्रकृति कुछ पाठ पढ़ाती है,  
मार्ग वह हमें दिखाती है।  
नदी कहती है निरंतर बहो,  
जहाँ गंतव्य, वहाँ जाओ।  
पूर्णता जीवन की पाओ,  
विश्व गति ही तो जीवन है।  
अगति तो मृत्यु कहलाती है,  
शैल कहते हैं, शिखर बनो,  
उठो ऊँचे, तुम खूब तनो।  
ठोस आधार तुम्हारा हो,  
विशिष्टिकरण सहारा हो।  
रहो तुम सदा उर्ध्वगामी,  
उर्ध्वता पूर्ण बनाती है।  
वृक्ष कहते हैं खूब फलो,  
दान के पथ पर सदा चलो।  
सभी को दो शीतल छाया,  
पुण्य है सदा काम आया।  
विनय से सिद्धि सुशोभित है,  
अकड़ किसकी टिक पाती है।  
यही कहते रवि शशि चमको,  
प्राप्त कर उज्ज्वलता दमको।  
अंधेरे से संग्राम करो,  
उठो और काम करो।  
काम जो अच्छे कर जाते,  
याद उनकी रह जाती है।  
प्रकृति कुछ पाठ पढ़ाती है।

अक्षिता  
नवीं 'बी'

# हास्य उपवन

## अब हँसने की बारी



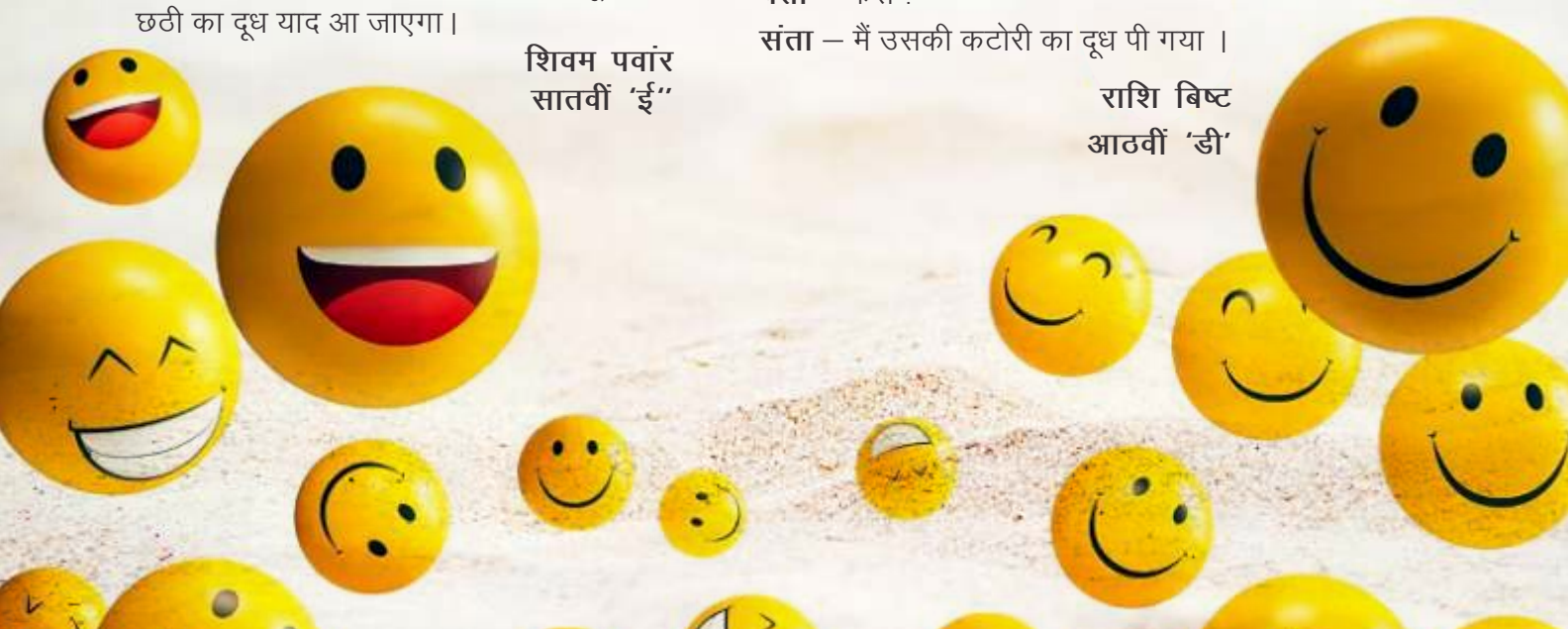
## हंसते रहो

- डॉक्टर – तुमने कभी सोचा है कि अस्पताल में ऑपरेशन करने से पहले मरीज को बेहोश क्यों किया जाता है?  
मरीज – हाँ, अगर बेहोश नहीं करेंगे तो मरीज ऑपरेशन करना सीख जाएगा। फिर डॉक्टर के पास कौन जाएगा।
- अध्यापक – कपिल, जो काम तुमने नहीं किया, उसके लिए तुम्हें सजा नहीं मिलेगी।  
कपिल – धन्यवाद सर! मैं अपना होमवर्क करना भूल गया हूँ।
- सुमित— जब तुम्हारे यहाँ चोरी हुई तो कितने बजे थे?  
मोहित— चार लड्डू मुझ पर और एक लड्डू मेरी पत्नी पर बजा था।  
सुमित— मैं पूछता हूँ कि घड़ी में कितने बजे थे?  
मोहित— साहब, घड़ी में तो बस एक ही लड्डू बजा, तभी घड़ी टूट गई।
- राजू – इस बार तुम फेल कैसे हो गए?  
दोस्त – अरे भाई क्या बताऊँ, मेरे साथ वाली बेंच पर बैठने वाले लड़के को कुछ भी नहीं आता था।
- बहन – जिस तरह अंग्रेजी के अध्यापक अंग्रेजी में बात करते हैं, उसी तरह गणित के अध्यापक गणित में कैसे बोलेंगे?  
भाई – ज्यादा तीन पाँच मत कर, फौरन नौ दो ग्यारह हो जा, नहीं तो चार-पाँच रख दूँगा, तो छठी का दूध याद आ जाएगा।

शिवम पवांर  
सातवीं 'ई'

- अध्यापिका – एक दिन ऐसा आएगा जब पृथ्वी पर पानी नहीं रहेगा, सभी के जीवन नष्ट हो जाएंगे। पृथ्वी तबाह हो जाएगी।  
चिंटू – मैडम जी, उस दिन स्कूल आना है क्या?
- पिता – अगर एक दीवार को आठ आदमी दस घंटे में बनाते हैं, तो दो आदमी इस दीवार को बनाने में कितना समय लेंगे.....?  
पुत्र – थोड़ा भी नहीं, क्योंकि दीवार तो पहले ही आठ आदमी बना चुके हैं।
- सोनम – तुम खड़े हो जाओ।  
पप्पू – क्यों, तुम कौन हो ?  
सोनम – मैं नई 'मॉनिटर' हूँ।  
पप्पू – हा.. हा... हा.. तेरे दिन गए पगली, आजकल लैपटॉप और टेबलेट का जमाना है।
- विमान यात्रा में चिंटू के बगल वाली सीट पर एक युवती बैठी हुई थी। चिंटू उससे बात करना चाहता था पर उसे समझ नहीं आ रहा था कि बातचीत शुरू कैसे करे। आखिर उसने गला साफ करते हुए उस युवती से पूछा क्या आप भी इसी विमान से यात्रा कर रही हैं ?
- संता – तेरे कुत्ते ने मेरी किताब फाड़ दी।  
बंता – अच्छा, मैं उसे अभी सजा देता हूँ।  
संता – मैंने उसे सजा दे दी है।  
बंता – कैसे ?  
संता – मैं उसकी कटोरी का दूध पी गया।

राशि बिष्ट  
आठवीं 'डी'



## रावण



आधुनिक युग में लोग रावण भी हो जाँ वही बहुत है  
रावण बनना भी कहाँ आसान था।  
रावण में अहंकार था, तो पश्चाताप भी था  
रावण में वासना थी, तो संयम भी था।  
रावण में सीता के अपहरण की ताकत थी तो  
पर स्त्री को स्पर्श भी न करने का संकल्प था।  
सीता जीवित मिली, ये राम की ताकत थी  
लेकिन सुरक्षित मिली, ये रावण की मर्यादा थी।  
राम, तुम्हारे युग का रावण अच्छा था  
दस के दस चेहरे सब बाहर तो रखता था।

साक्षी  
नवीं 'बी'

## ज्ञान, धन और विश्वास

यह कहानी तीन दोस्तों ज्ञान, धन और विश्वास की है। तीनों बहुत अच्छे दोस्त थे। तीनों में अटूट संबंध था। एक बार किसी वजह से तीनों को अलग होना पड़ा, तो तीनों ने एक दूसरे से सवाल किया कि आज के बाद हम कहाँ मिलेंगे।

तो इस पर ज्ञान ने कहा— "मैं मन्दिर, मस्जिद और किताबों में मिलूँगा"। धन ने कहा— "मैं अमीरों के पास मिलूँगा"।

विश्वास चुप रहा और कुछ नहीं बोला। जब दोनों दोस्तों ने उससे चुप रहने का कारण पूछा तो विश्वास ने रोते हुए कहा— "मैं एक बार चला गया तो फिर कभी नहीं मिल पाऊँगा"।

आयुष पोखरियाल  
नवीं 'डी'

## प्रेरक प्रसंग



रामकृष्ण परमहंस कहा करते थे— "एक हाथी है, उसे नहला—धुलाकर छोड़ दो, तब वह क्या करेगा? मिट्टी में खेलेगा और शरीर को फिर से गंदा कर लेगा। कोई उस पर बैठे, तो उसका शरीर भी गंदा अवश्य होगा। लेकिन यदि हाथी को स्नान करने के बाद बाड़े में बांध दिया जाए तब हाथी अपना शरीर गंदा नहीं कर सकेगा। इसी प्रकार मनुष्य का मन भी एक हाथी के समान है। एक बार ध्यान—साधना और भगवान के भजन से वह शुद्ध हो गया तो उसे स्वतंत्र नहीं कर देना चाहिए। इस संसार में पवित्रता भी है, गंदगी भी है। मन का स्वभाव है वह गंदगी में जाएगा और मनुष्य देह को दूषित करने से नहीं चूकेगा। इसलिए उसे गंदगी से बचाए रखने के लिए एक बाड़े की जरूरत होती है, जिसमें वह घिरा रहे। गंदगी की संभावनाओं वाले स्थानों में न जा सके।"

"ईश्वर भजन, उसका निरंतर ध्यान एक बाड़ा है, जिसमें मन को बंद रखा जाना चाहिए तभी सांसारिक संसर्ग से उत्पन्न दोष और मलिनता से बचाव संभव है। भगवान को बार—बार याद करते रहोगे तो मन अस्थायी सुखों के आकर्षण और पाप से बचा रहेगा और अपने जीवन के स्थायी लक्ष्य की याद बनी रहेगी। उस समय दूषित वासनाओं में पड़ने से भय उत्पन्न होगा और मनुष्य उस पापकर्म से बच जाएगा, जिसके कारण वह बार—बार अपवित्रता और मलिनता उत्पन्न कर लिया करता है।"

ओम जायसवाल  
दसवीं 'ई'

# बन्धी फुलवारी



## शुभ दीवाली

एक दीया तुम जलाओ,  
एक दीया हम जलाएँ।  
कुछ अंधेरा तुम मिटाओ,  
कुछ अंधेरा हम मिटाएँ।  
सिलसिला प्रकाश का  
हर घड़ी और हर बरस,  
यूँ ही मिलकर हम मनाएँ।

प्रिशा तिवारी  
दूसरी 'सी'



## जल

बिना सोचे समझे हमने बहा दिया जल,  
नहीं पता हो न हो कल।  
नहीं मिल पाएँगी सब्जियाँ और फल,  
अगर नहीं बचाया जल।  
पानी की बचत का वक्त है अभी,  
वरना नहीं मिलेगा कभी।  
अगर नहीं रहेगा जल,  
कैसे बुझाओगे प्यास कल।  
चलो पकड़ें हम एक दूसरे के हाथ,  
मिलकर बचाएँ पानी एक साथ।

मन्नत चुघ  
पाँचवीं 'सी'



## मेरा पैगाम, माँ के नाम

घुटनों से रेंगते-रेंगते,  
कब पैरों पर खड़ी हुई।  
तेरी ममता की छाँव में,  
जाने कब मैं बड़ी हुई।  
काला टीका, दूध मलाई,  
आज भी सब कुछ वैसा है।  
मैं ही, मैं हूँ हर जगह,  
प्यार ये तेरा कैसा है।  
सीधी-सादी, भोली भोली,  
मैं ही सबसे अच्छी हूँ।  
कितनी भी हो जाऊँ बड़ी,  
माँ मैं तेरी बच्ची हूँ।

अदिती कुकरेती  
पाँचवीं 'सी'



## हट्टा कट्टा मोबाइल

ये मोबाइल.....  
यों ही हट्टा-कट्टा नहीं हुआ है  
इसने बहुत कुछ खाया-पिया है  
मसलन .....

ये हाथ की घड़ियाँ खा गया,  
ये चिट्ठी पत्रियाँ खा गया,  
इसने रेडियो, टेप रिकॉर्डर,  
कैमरे,  
टॉर्च लाइट सब खा लिया।  
ये किताबें खा गया,  
लोगों का वक्त खा गया  
रिश्ते, तन्दरुस्ती, दोस्तों की  
गपशप सब खा गया।

आरुषि पंवार  
छठी 'बी'



## जीवन एक गणित है

जीवन एक गणित है,  
इसे बनाना पड़ता है।  
कभी करते हैं जोड़ तो,  
कभी घटाना पड़ता है।  
चलती नहीं कभी समानांतर,  
ऊंच-नीच हो जाती है।  
सम-विषम के खेल में,  
कितने आड़े आते हैं।  
कभी सुख के बिंदु पाते,  
तो वक्र का दुख भी होता है।  
आड़ी - तिरछी जीवन रेखा,  
अश्रु बीज फिर बोती है।  
कभी करते हैं गुणा,  
तो भाग भी करना पड़ता है।  
जीवन के इस गणित को,  
हल भी करना पड़ता है।

अर्जुन कुकरेती  
नवीं 'ए'

## जगत जननी



उतारो मुझे जिस क्षेत्र में  
सर्वश्रेष्ठ कर दिखाऊंगी,  
औरों से अलग हूँ दिखने में  
कुछ अलग करके ही जाऊंगी।  
चाह नहीं है एक अलग नाम की  
इसी को महान बनाऊंगी,  
नारी हूँ मैं इस युग की  
नारी की अलग पहचान बनाऊंगी।  
चाहे जो भी मैं बन जाऊं  
गर्व से नारी ही कहलाऊंगी,  
चाहे युग कोई भी आए  
मैं ही जगत जननी कहलाऊंगी।  
दुनिया के इस कठिन मंच पर  
एक प्रदर्शन मैं भी दिखलाऊंगी,  
कठपुतली नहीं किसी खेल की  
अब स्वतंत्र मंचन कर परचम  
लहराऊंगी।

आकांक्षी पुंडीर  
नवीं 'ए'



## मेरी पुस्तक

मेरी पुस्तक, मेरा ज्ञान,  
यही मेरे जीवन का विज्ञान।  
इसके बिना मैं अधूरी,  
भरती मुझमें उमंग पूरी।  
भटकी जब-जब मैं  
जटिलताओं के जंगल में,  
मिली प्रेरणा इन्हीं के संगम में।  
न छूटा है, न छूटेगा साथ मेरा तुम्हारा,  
समझो कि सिंचित और पोषित कर्म है मेरा।  
गीता, कुरान, ग्रंथ, बाइबिल है मेरी साख,  
महत्त्वहीन बनकर मत करो तन को राख।  
पुस्तक निधि है सदा अनमोल,  
बिन बोले हर रहस्य देती है खोल।  
सूझे न जब कोई कष्ट का निदान  
मिलता है तुम्हीं से हर उलझन का समाधान ॥

अपेक्षा उनियाल  
दसवीं 'ए'

## गुरु और शिष्य



गुरु-शिष्य का रिश्ता ऐसा  
जैसे फूल और माली।  
गुरु के मार्गदर्शन से ही बनती  
शिष्य का जीवन एक फुलवारी।  
गुरु के उपदेशों से सिंचित  
होती जीवन की हर क्यारी।  
खुशबू से, गुरु के ज्ञान की  
महके जीवन बगिया सारी।  
हुआ महान वह जीवन, जिसने  
गुरु की शिक्षा अंगीकारी।  
एकलव्य, आरुणि, अर्जुन ने  
गुरु पर वारी दुनिया सारी ॥

अपर्णा बिष्ट  
दसवीं 'ए'

# ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸਾਹਿਤਿਕ ਗੁਲਦਸਤਾ

# ਪੰਜਾਬੀ ਵਿਭਾਗ



## ਵਾਤਾਵਰਣ

ਵਾਤਾਵਰਣ ਹੋ ਰਿਹਾ ਹੈ ਤਾਰੇ-ਤਾਰ ।  
ਆਓ ਮਿਲ ਲਈਏ ਇਸਦੀ ਸਾਰ ।  
ਲਾਈਏ ਪੌਦਿਆਂ ਦੇ ਲੰਗਰ ।  
ਤਾਂ ਜੋ ਧਰਤੀ ਹੋਵੇ ਨਾ ਬੰਜਰ ।  
ਘਰ ਮੁਹੱਲੇ ਲਾ ਕੇ ਰੁੱਖਾਂ ਦੀ ਬਹਾਰ ।  
ਕਰੀਏ ਕੁਦਰਤ ਦਾ ਦੀਦਾਰ ।  
ਖੁੱਲ੍ਹ ਕੇ ਨੱਚੀਏ, ਟੱਪੀਏ, ਗਾਈਏ ।  
ਗੀਤ ਖੁਸ਼ੀਆਂ ਦੇ ਹਰਦਮ ਗਾਈਏ ।  
ਵਾਤਾਵਰਣ ਨੂੰ ਸੁੱਧ ਬਣਾਈਏ ।

ਬ੍ਰਹਮਜੋਤ ਸਿੰਘ  
ਅੱਠਵੀਂ



## ਸਮੱਸਿਆ

ਟਰੈਫਿਕ ਦੀ ਧਰਤੀ ਬਣ ਰਿਹਾ ਮੇਰਾ ਉੱਤਰਾਖੰਡ ।  
'ਮਹਿਮਾਨ' ਰੱਬ ਦਾ ਰੂਪ ਹੁੰਦੇ ਨੇ,  
ਪ੍ਰੰਤੂ ਕਰੇ ਨਾ ਸਾਡੀ ਸ਼ਾਂਤੀ ਭੰਗ ।  
ਪਾਵਨ ਗੰਗਾ ਸਾਡੀ ਮਾਂ ਹੈ,  
ਹੈ ਇਸਦੀ ਨਿਰਮਲ ਧਾਰਾ ।  
ਕਿਉਂ ਇਸ ਨੂੰ ਗੰਦਾ ਕਰ ਰਿਹਾ,  
ਧਰਤੀ ਮਾਂ ਤੇਰਾ ਲਾਲ ਪਿਆਰਾ ।  
ਇਸ ਸਮੱਸਿਆ ਦਾ ਕਰੋ ਨਿਸਤਾਰ,  
ਹਿਰਦੇ ਆਪਣੇ ਦਾ ਕਰੋ ਵਿਸਥਾਰ ।  
ਪਾਣੀ ਸੁੱਧ ਕਰਕੇ, ਕਰੋ 'ਨਮੋ ਗੰਗਾ' ਦਾ ਸੁਪਨਾ ਸਾਕਾਰ ।

ਜਸਕਰਨ ਸਿੰਘ ਰੰਧਾਵਾ  
ਗਿਆਰਵੀਂ



## ਅੱਜ ਦਾ ਸੱਚ

- ਬੱਚੇ ਫੇਨ 'ਤੇ ਖੇਡਾਂ ਵਿੱਚ ਰੁੱਝੇ ।
- ਮਾਵਾਂ ਟਿੱਕ ਟੇਕ ਵਿੱਚ ਰੁੱਝੀਆਂ ।
- ਬੱਚੇ ਸੰਸਕਾਰ ਤੋਂ ਹੀਣੇ ।
- ਸੁਕਰਾਨੇ ਤੋਂ ਦੂਰ ਲੁਕਾਈ ।
- ਕਿਰਦਾਰ ਤੋਂ ਵੱਧ, ਆਧੁਨਿਕ ਕੱਪੜੇ ।
- ਕਲਮਾਂ ਸੱਚ ਤੋਂ ਦੂਰ ।
- ਦਫਤਰ ਭ੍ਰਿਸ਼ਟਾਚਾਰ ਨਾਲ ਭਰਪੂਰ ।

ਪ੍ਰਭਕੀਰਤ ਕੈਰ  
ਛੇਵੀਂ

## ਤਿੱਤਲੀ

ਤਿੱਤਲੀ ਰਾਈ ਬੜੀ ਸਿਆਣੀ ।  
ਫੁੱਲ-ਫੁੱਲ ਤੇ ਜਾਂਦੀ ਹੈ ।  
ਫੁੱਲਾਂ ਕੋਲੋਂ ਰੰਗ ਚੁਰਾ ਕੇ,  
ਆਪਣੇ ਪੰਖ ਸਜਾਉਂਦੀ ਹੈ ।  
ਜਦੋਂ ਉਸ ਨੂੰ ਫੜਨ ਮੈਂ ਜਾਵਾਂ ।  
ਝੱਟ ਵੇਖੋ ਉੱਡ ਜਾਂਦੀ ਹੈ ।

ਜਸਰੀਤ ਕੈਰ ਜੱਸਲ  
ਪੰਜਵੀਂ

## ਏਕਤਾ ਦਾ ਮੂਲ

ਇਕ ਦਿਨ ਵਿਨੋਬਾ ਭਾਵੇ ਜੀ ਦੇ ਕੋਲ ਕਾਲਜ ਦੇ ਕੁੱਝ ਵਿਦਿਆਰਥੀ ਆਏ। ਵਿਨੋਬਾ ਜੀ ਨੇ ਉਹਨਾਂ ਨੂੰ ਕਾਗਜ਼ ਦੇ ਕੁੱਝ ਟੁਕੜੇ ਦਿੱਤੇ ਅਤੇ ਕਿਹਾ 'ਇਨ੍ਹਾਂ ਨੂੰ ਜੋੜ ਕੇ ਭਾਰਤ ਦਾ ਨਕਸ਼ਾ ਬਣਾਓ'। ਵਿਦਿਆਰਥੀ ਬਹੁਤ ਦੇਰ ਤੱਕ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਰਹੇ ਪਰ ਭਾਰਤ ਦਾ ਨਕਸ਼ਾ ਨਾ ਬਣਾ ਸਕੇ। ਉਹਨਾਂ ਦੇ ਕੋਲ ਬੈਠਾ ਇੱਕ ਨੌਜਵਾਨ ਇਹ ਸਭ ਦੇਖ ਰਿਹਾ ਸੀ। ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਨਿਰਾਸ਼ਾ ਨੂੰ ਦੇਖਦੇ ਹੋਏ ਉਸ ਵਿਦਿਆਰਥੀ ਨੇ ਵਿਨੋਬਾ ਜੀ ਨੂੰ ਕਿਹਾ ਕਿ ਜੇਕਰ ਤੁਹਾਡੀ ਆਗਿਆ ਹੋਵੇ ਤਾਂ ਮੈਂ ਇਹਨਾਂ ਟੁਕੜਿਆਂ ਨੂੰ ਜੋੜ ਕੇ ਭਾਰਤ ਦਾ ਨਕਸ਼ਾ ਬਣਾ ਸਕਦਾ ਹਾਂ। ਵਿਨੋਬਾ ਜੀ ਦੇ 'ਹਾਂ' ਕਹਿਣ ਤੇ ਉਸ ਲੜਕੇ ਨੇ ਭਾਰਤ ਦਾ ਨਕਸ਼ਾ ਬਣਾ ਦਿੱਤਾ। ਵਿਨੋਬਾ ਜੀ ਨੇ ਉਸ ਤੋਂ ਪੁੱਛਿਆ, ਤੂੰ ਇਨ੍ਹੀ ਜਲਦੀ ਇਹ ਟੁਕੜੇ ਕਿਵੇਂ ਜੋੜ ਲਏ? ਨੌਜਵਾਨ ਨੇ ਉੱਤਰ ਦਿੰਦਿਆਂ ਕਿਹਾ, "ਕਾਗਜ਼ ਦੇ ਇਹਨਾਂ ਟੁਕੜਿਆਂ ਦੇ ਇੱਕ ਪਾਸੇ ਭਾਰਤ ਦਾ ਨਕਸ਼ਾ ਹੈ ਤੇ ਦੂਸਰੇ ਪਾਸੇ ਆਦਮੀ ਦਾ ਚਿੱਤਰ ਹੈ। ਮੈਂ ਆਦਮੀ ਦੇ ਚਿੱਤਰ ਨੂੰ ਜੋੜਿਆ ਤਾਂ ਦੂਜੇ ਪਾਸੇ ਨਕਸ਼ਾ ਆਪਣੇ ਆਪ ਬਣ ਗਿਆ।" ਵਿਨੋਬਾ ਜੀ ਬੋਲੇ, ਠੀਕ ਹੈ, ਜੇਕਰ ਅਸੀਂ ਆਪਣੇ ਦੇਸ਼ ਨੂੰ ਜੋੜਨਾ ਹੈ ਤਾਂ ਆਦਮੀ ਨੂੰ ਆਪਸ ਵਿੱਚ ਜੋੜਨਾ ਪਵੇਗਾ। ਆਦਮੀ ਜੁੜ ਜਾਣਗੇ ਤਾਂ ਦੇਸ਼ ਆਪਣੇ ਆਪ ਜੁੜ ਜਾਵੇਗਾ। ਦੇਸ਼ ਵਿੱਚ ਏਕਤਾ ਦੀ ਜ਼ਰੂਰਤ ਹੁੰਦੀ ਹੈ। ਇਸ ਲਈ ਲੋਕਾਂ ਨੂੰ ਆਪਸ ਵਿੱਚ ਇੱਕ ਦੂਸਰੇ ਨਾਲ ਜੁੜਨਾ ਪਵੇਗਾ ਤਾਂ ਹੀ ਦੇਸ਼ ਤਰੱਕੀ ਕਰ ਸਕੇਗਾ।

ਗੁਰਮਨ ਸਿੰਘ  
ਅੱਠਵੀਂ



## ਮੋਨੀਟਰ

ਜੇ ਕਲਾਸ ਵਿੱਚ ਬਣਨ ਮਨੀਟਰ,  
ਉਹ ਕੋਰੀ ਸ਼ਾਨ ਦਿਖਾਉਂਦੇ ਨੇ।  
ਜਦੋਂ ਜਮਾਤ ਵਿੱਚ ਟੀਚਰ ਨਹੀਂ ਹੁੰਦੇ,  
ਇਹ ਆਪਣਾ ਰੋਅਬ ਜਮਾਉਂਦੇ ਨੇ।  
ਕਾਪੀ, ਪੈਨਸਿਲ ਲੈ ਕੇ ਨਾਮ ਲਿਖਣ ਲੱਗ ਜਾਂਦੇ ਨੇ।  
ਆਪ ਹਮੇਸ਼ਾਂ ਗੱਲਾਂ ਕਰਦੇ, ਸਾਨੂੰ ਚੁੱਪ ਕਰਾਉਂਦੇ ਨੇ।  
ਰੱਬ ਬਚਾਏ ਇਹਨਾਂ ਮੋਨੀਟਰਾਂ ਤੋਂ, ਜੋ ਸਾਡੇ ਨਾਲ ਸਿਰ ਖਪਾਉਂਦੇ ਨੇ।

ਨਮਨਦੀਪ ਕੌਰ  
ਸੱਤਵੀਂ



## ਅਧਿਆਪਕ

ਜੀਵਨ ਵਿੱਚ ਜੋ ਰਾਹ ਦਿਖਾਏ।  
ਸਹੀ ਤਰ੍ਹਾਂ ਚੱਲਣਾ ਸਿਖਾਏ।  
ਕਦੀ ਹੈ ਹੱਸਦਾ, ਕਦੀ ਹੈ ਧੀਰ।  
ਸੁਭਾਅ ਵਿੱਚ ਜੋ ਸਦਾ ਗੰਭੀਰ।  
ਕਾਸ਼! ਮੈਂ ਉਵੇਂ ਦਾ ਬਣ ਜਾਵਾਂ।  
ਜੇ ਮੇਰਾ ਅਧਿਆਪਕ ਦੱਸੇ ਰਾਹਾਂ।  
ਮੇਰੇ ਮਨ ਨੂੰ ਜੋ ਸੇਧ ਦਿਖਾਉਂਦਾ।  
ਉਹ ਮੇਰਾ ਅਧਿਆਪਕ ਕਹਾਉਂਦਾ।  
ਨਿੱਤ ਉਹਨਾਂ ਨੂੰ ਸੀਸ ਨਿਵਾਵਾਂ।  
ਜੇ ਰੋਸ਼ਨ ਕਰਦੇ ਸਾਡੀਆਂ ਰਾਹਾਂ।

ਪਰੀ  
ਪੰਜਵੀਂ

## ਹਾਸਿਆਂ ਦੀ ਫੁਹਾਰ

- ਟੀਚਰ - ਸੱਚ ਅਤੇ ਭਰਮ ਦੇ ਵਿੱਚ ਕੀ ਫਰਕ ਹੈ?  
ਬੱਚਾ - ਮੈਡਮ, ਤੁਸੀਂ ਪੜ੍ਹਾ ਰਹੇ ਹੋ, ਇਹ ਸੱਚ ਹੈ ਅਤੇ ਅਸੀਂ ਪੜ੍ਹ ਰਹੇ ਹਾਂ, ਇਹ ਤੁਹਾਡਾ ਭਰਮ ਹੈ।
- ਰਾਜੂ - ਇਹ ਵਟਸਐਪ ਅਤੇ ਫੇਸਬੁੱਕ, ਇਨਸਾਨ ਨੂੰ ਬਹੁਤ ਅੱਗੇ ਲੈ ਜਾਣਗੇ।  
ਹਰੀਸ਼ - ਉਹ ਕਿਵੇਂ?  
ਰਾਜੂ - ਹੁਣ ਮੈਨੂੰ ਹੀ ਦੇਖੋ, ਮੈਂ ਉਤਰਨਾ ਸੀ ਅੰਬਾਲੇ, ਆ ਗਿਆ ਸਹਾਰਨਪੁਰ।
- ਪਤਨੀ- ਇਹ ਕਿਹੜਾ ਕਾਨੂੰਨ ਹੈ ਕਿ ਤੁਹਾਨੂੰ ਮੈਂ ਹੀ ਖਾਣਾ ਬਣਾ ਕੇ ਦੇਵਾਂ।  
ਪਤੀ - ਇਹ ਤਾਂ ਪੂਰੀ ਦੁਨੀਆਂ ਦਾ ਕਾਨੂੰਨ ਹੈ ਕਿ ਕੈਦੀ ਨੂੰ ਖਾਣਾ ਸਰਕਾਰ ਹੀ ਦਿੰਦੀ ਹੈ।
- ਪ੍ਰਿਥਵੀ ਦੇ ਜੇਕਰ ਮੰਮੀ ਪਾਪਾ ਹੁੰਦੇ ਤਾਂ ਉਸਨੂੰ ਵੀ ਡਾਂਟ ਪੈਂਦੀ "24 ਘੰਟੇ ਘੁੰਮਦੀ ਰਹਿੰਦੀ ਹੈ।"
- ਭਾਰਤ ਦੀ ਪਸੰਦੀਦਾ ਡਿਸ਼ - "ਖਾਓ ਮੇਰੀ ਕਸਮ"

ਅਭਿਨਵ ਸਹਾਇ  
ਸੱਤਵੀਂ

## ਸਬਰ

ਸਬਰ ਇਕ ਖੂਬਸੂਰਤ ਗਹਿਣਾ ਹੈ। ਜੇ ਕਿਸੇ-ਕਿਸੇ ਨੂੰ ਨਸੀਬ ਹੁੰਦਾ ਹੈ। ਜਿਸ ਇਨਸਾਨ ਵਿੱਚ ਇਹ ਗੁਣ ਆ ਜਾਂਦਾ ਹੈ, ਉਹ ਆਪਣੇ ਆਪ ਤੇ ਜਿੱਤ ਪਾ ਲੈਂਦਾ ਹੈ ਕਿਉਂਕਿ ਸਬਰ ਇਕ ਅਜਿਹੀ ਦਵਾਈ ਹੈ ਜੋ ਸਾਨੂੰ ਦੁੱਖ ਸਹਿਣ ਕਰਨਾ ਸਿਖਾ ਦਿੰਦੀ ਹੈ। ਜਿਵੇਂ ਕਿ ਪਾਣੀ ਵਿੱਚ ਡਿੱਗਣ ਨਾਲ ਮੌਤ ਨਹੀਂ ਹੁੰਦੀ। ਮੌਤ ਉਸ ਵੇਲੇ ਹੁੰਦੀ ਹੈ ਜਦੋਂ ਅਸੀਂ ਤੈਰਨਾ ਨਹੀਂ ਜਾਣਦੇ। ਉਸੇ ਤਰ੍ਹਾਂ ਪਰੇਸ਼ਾਨੀਆਂ ਸਾਨੂੰ ਜੀਵਨ ਵਿੱਚ ਡੇਗ ਨਹੀਂ ਸਕਦੀਆਂ। ਸਮੱਸਿਆ ਉਦੋਂ ਹੁੰਦੀ ਹੈ ਜਦੋਂ ਅਸੀਂ ਸਬਰ ਰੱਖ ਕੇ ਉਹਨਾਂ ਦਾ ਸਾਹਮਣਾ ਨਹੀਂ ਕਰਦੇ। ਪਰ ਅੱਜ ਦੇ ਮਾਹੌਲ ਵਿੱਚ ਸਬਰ ਘਟ ਰਿਹਾ ਹੈ ਅਤੇ ਇੱਛਾਵਾਂ ਵਧ ਰਹੀਆਂ ਹਨ। ਜਦੋਂ ਉਹ ਪੂਰੀਆਂ ਨਹੀਂ ਹੁੰਦੀਆਂ ਤਾਂ ਬੱਚੇ ਅਜਿਹੇ ਕੰਮ ਕਰ ਬੈਠਦੇ ਹਨ ਜੋ ਉਹਨਾਂ ਦੇ ਲਈ ਅਤੇ ਉਹਨਾਂ ਦੇ ਮਾਤਾ ਪਿਤਾ ਲਈ ਸਹਿਣ ਕਰਨੇ ਅਸਹਿਜ ਹੋ ਜਾਂਦੇ ਹਨ। ਸ਼ਾਇਦ ਇਸ ਵਿੱਚ ਕਿਤੇ ਕਮੀ ਅਜੇਕੇ ਮਾਹੌਲ ਦੀ ਹੈ। ਪਰ ਜੇਕਰ ਮਾਂ ਬਾਪ ਬੱਚਿਆਂ ਨੂੰ ਇਹ ਸਿਖਾਉਣ ਕਿ ਜੀਵਨ ਵਿੱਚ ਜੇਕਰ ਉਹ ਸਫਲ ਹੋਣਾ ਚਾਹੁੰਦੇ ਹਨ ਤਾਂ ਪਹਿਲਾਂ ਸਬਰ ਨਾਲ ਯੋਜਨਾ ਬਣਾਉਣ ਅਤੇ ਸਹੀ ਵੇਲਾ ਆਉਣ ਤੇ ਆਪਣੀ ਪੂਰੀ ਤਾਕਤ ਨਾਲ ਆਪਣੇ ਨਿਸ਼ਚੇ ਤੇ ਵਾਰ ਕਰਨ ਤੇ ਸਫਲਤਾ ਪ੍ਰਾਪਤ ਕਰਨ।

ਪ੍ਰੀਤਸਾ ਦਾਸਗੁਪਤਾ  
ਸੱਤਵੀਂ



## ਐਤਵਾਰ ਨੂੰ ਛੁੱਟੀ ਕਿਉਂ ਹੁੰਦੀ ਹੈ ?

10 ਜੂਨ 1890 ਨੂੰ ਪਹਿਲੀ ਵਾਰ ਐਤਵਾਰ ਨੂੰ ਛੁੱਟੀ ਦੇ ਰੂਪ ਵਿੱਚ ਸਵੀਕਾਰ ਕੀਤਾ ਗਿਆ। ਅੰਗਰੇਜ਼ ਹਕੂਮਤ ਦੌਰਾਨ ਮਜ਼ਦੂਰਾਂ ਨੂੰ ਹਫ਼ਤੇ ਦੇ ਸੱਤੇ ਦਿਨ ਕੰਮ ਕਰਨਾ ਪੈਂਦਾ ਸੀ। ਇਸੇ ਕਾਰਨ ਉਸ ਸਮੇਂ ਦੇ ਨੇਤਾ ਨਰਾਇਣ ਮੇਘਾ ਜੀ ਲੇਖੰਡੇ ਨੇ ਮਜ਼ਦੂਰਾਂ ਲਈ ਹਫ਼ਤੇ ਵਿੱਚ ਇੱਕ ਛੁੱਟੀ ਦੀ ਮੰਗ ਕੀਤੀ। ਪਰ ਅੰਗਰੇਜ਼ਾਂ ਨੇ ਉਹਨਾਂ ਦੇ ਪ੍ਰਸਤਾਵ ਨੂੰ ਮੰਨਣ ਤੋਂ ਇਨਕਾਰ ਕਰ ਦਿੱਤਾ। ਸੱਤ ਸਾਲਾਂ ਦੇ ਸੰਘਰਸ਼ ਤੋਂ ਬਾਅਦ ਆਖਰ ਅੰਗਰੇਜ਼ਾਂ ਵੱਲੋਂ ਉਹਨਾਂ ਦੇ ਪ੍ਰਸਤਾਵ ਨੂੰ ਮੰਨਦਿਆਂ ਹੋਇਆਂ, ਮਜ਼ਦੂਰਾਂ ਲਈ ਹਫ਼ਤੇ ਦੇ ਆਖਰੀ ਦਿਨ ਐਤਵਾਰ ਨੂੰ ਛੁੱਟੀ ਦਾ ਦਿਨ ਐਲਾਨਿਆ ਗਿਆ। ਉਸ ਦਿਨ ਤੋਂ ਬਾਅਦ ਹੀ ਐਤਵਾਰ ਨੂੰ ਛੁੱਟੀ ਦੇ ਰੂਪ ਵਿੱਚ ਗਿਣਿਆ ਜਾਣ ਲੱਗ ਪਿਆ।

ਅਰਮਾਨ ਜੇਤ ਕੌਰ  
ਸੱਤਵੀਂ

## ਯਾਦ ਰੱਖੋ

ਵੱਧ ਲਾਡ ਨਾਲ ਪੁੱਤਰ ਵਿਗੜੇ।  
ਲੇਭ ਦੇਣ ਨਾਲ ਨੈਕਰ।  
ਧੋਖਾ ਦੇਣ ਨਾਲ ਵਿਗੜੇ ਯਾਰੀ।  
ਇਹ ਗੱਲ ਜਨ ਹਿੱਤ ਵਿੱਚ ਜਾਰੀ।  
ਗੁਣ ਮਿਲੇ ਤਾਂ ਗੁਰੂ ਬਣਾਓ।  
ਚਿੱਤ ਮਿਲੇ ਤਾਂ ਚੇਲਾ।  
ਮਨ ਮਿਲੇ ਤਾਂ ਮਿੱਤਰ ਬਣਾਓ,  
ਨਹੀਂ ਤਾਂ ਬੰਦਾ ਚੰਗਾ ਇਕੱਲਾ।

ਗੁਰਜੇਤ ਸਿੰਘ  
ਅੱਠਵੀਂ



## G20

G20 ਵੀਹ ਦੇਸ਼ਾਂ ਦਾ ਇੱਕ ਸਮੂਹ ਹੈ ਜੋ ਕਿ ਵਿਕਾਸਸ਼ੀਲ ਦੇਸ਼ਾਂ ਦੀ ਆਰਥਿਕ ਸਥਿਤੀ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨ ਲਈ ਕੰਮ ਕਰਦਾ ਹੈ। ਇਸ ਦਾ ਮੁੱਖ ਦਫ਼ਤਰ ਬੈਲਜੀਅਮ ਵਿੱਚ ਹੈ। G20 ਦਾ ਸਿਖਰ ਸੰਮੇਲਨ ਹਰ ਸਾਲ ਰੋਟੇਟਿੰਗ ਪ੍ਰੈਜ਼ੀਡੈਂਸੀ ਨਾਲ ਆਯੋਜਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਸੇ ਸੰਦਰਭ ਵਿੱਚ 2023 ਵਿੱਚ ਭਾਰਤ ਨੇ ਇਸ ਦੀ ਪ੍ਰਧਾਨਗੀ ਸੰਭਾਲੀ। G20 ਦੀ ਪ੍ਰਧਾਨਗੀ ਭਾਰਤ ਦੇ ਇਤਿਹਾਸ ਵਿੱਚ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਮੌਕਾ ਹੈ ਜਿਸ ਵਿੱਚ ਭਾਰਤ ਵਲੋਂ ਵਿਸ਼ਵ ਭਲਾਈ ਲਈ ਵਿਵਹਾਰਿਕ ਗਲੋਬਲ ਸਮੱਸਿਆਵਾਂ ਦਾ ਹੱਲ ਲੱਭਣ ਹਿੱਤ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਈ ਗਈ ਅਤੇ 'ਵਸ਼ੁਧੈਵ ਕੁਟੁੰਬਕਮ' ਜਾਂ "ਸੰਸਾਰ ਇੱਕ ਪਰਿਵਾਰ ਹੈ" ਦੇ ਵਿਚਾਰ ਨੂੰ ਮੂਰਤੀਮਾਨ ਕੀਤਾ। 10 ਮਹੀਨਿਆਂ ਵਿੱਚ ਭਾਰਤ ਦੇ ਵੱਖ-ਵੱਖ ਰਾਜਾਂ ਵਿੱਚ 200 ਬੈਠਕਾਂ ਕਰਵਾਈਆਂ ਗਈਆਂ।

G20 ਦੌਰਾਨ ਭਾਰਤ ਦੀਆਂ ਮੁੱਖ ਤਰਜੀਹਾਂ ਸਨ-

1. ਗਰੀਨ ਵਿਕਾਸ ਜਲਵਾਯੂ, ਵਿੱਤ ਅਤੇ ਜੀਵਨ।
2. ਤੇਜ਼ ਅਤੇ ਲਚਕੀਲਾ ਵਿਕਾਸ।
3. ਤਕਨੀਕੀ ਪ੍ਰੀਵਰਤਨ ਅਤੇ ਡਿਜੀਟਲ ਜਨਤਕ ਬੁਨਿਆਦੀ ਢਾਂਚਾ।
4. 21ਵੀਂ ਸਦੀ ਲਈ ਬਹੁ-ਪੱਖੀ ਸੰਸਥਾਵਾਂ।
5. ਔਰਤਾਂ ਦੀ ਅਗਵਾਈ ਵਾਲਾ ਵਿਕਾਸ।

ਹਰਮਨਪ੍ਰੀਤ ਕੌਰ  
ਦਸਵੀਂ

# Learning & Happiness go Hand in Hand in NDS





# **Nirmal Ashram Deepmala Pagarani Public School**

Shyampur, P.O. Satyanarain, Rishikesh - 249204, Distt. Dehradun  
Ph.: 7055078613

E-mail: [nds@nirmaldeepmala.com](mailto:nds@nirmaldeepmala.com)

Web.: [nirmaldeepmala.com](http://nirmaldeepmala.com)