

Cricket Teams



U-14 District Level Cricket Runner-up Team



U-19 District Level Cricket Champions



Cricket Teams



U-17 Cricket Trophy Winning Team



Ardent and striving U-14 Winners of Cricket at District Level



U-14 District Level Runner-up Football Team



MMPS Girls Football Team gains the Runner-up Trophy at Heritage Girls School

Football Teams

Volleyball



Commendable strokes in
Inter-House Volleyball
Match at The Kothar Pol



Champions of Khelo
India Competition
U-17 Volleyball Team

PLAYERS SHINE AT MULTIFARIOUS ACTIVITIES



Hardik Sukhwal wins 2 Gold Medals in Sub-Junior Open Sight 'Men' and Team Participation 'Men' respectively at Bhilwara



Disha Chouhan stands First in U-17 category at State Level, Govt. Devendra Girls Sr. Sec. School, Dungarpur



Saloni Sanadhya secures a Gold Medal in Kickboxing U-11,14,17 and 19 years category and below 50 kg at Jai Jalaram International School, Anand, Gujarat



The Best Painting achiever Saiyma Khanam participates at the National Level Painting Competition



Achievement in memorable Kathak Performance by Shreya Mehta, Global Council of Art and Culture, Sri Lanka

‘Sports demonstrate rules, unity,
hard work and trust’



Manay Joshi and
Monik Joshi win
Bronze Medal and
Silver Medal
in U-11, 12+45 kg
weight category
and U-13, 14+50 kg
category respectively
in 8th Akshya Kumar
Kudo Tournament,
2016 at Surat, Gujarat



Priyul Menaria stands First in 2nd Kudo
World Cup -2017 and Junior Friendship
World Cup -2017 organizes by Kudo
International Federation India at Mumbai



Achievers of Kudo-Manay Joshi, Monik Joshi, Devanshi Joshi, Priyul Menaria and
Akshara Chaudhary with Ms Manju Chauhan (Vice Principal)

Kudo and Kickboxing Stars



Manay Joshi wins Gold Medal and Monik Joshi Silver Medal respectively in 7th Kudo National Championship organised by Kudo International Federation India



Priyul Menaria secures First Position in Second Kudo World Cup and Junior Friendship World Cup organized by Kudo International Federation India, Mumbai



Lavisha Rajput and Saloni Sanadhya win Gold Medals in 12th NKFI, National Open Karate and Kickboxing Championship-2016

NATIONAL SPORTS DAY



A Friendly Hockey Match being played on the Birth Anniversary of Legend Dhyan Chand at The Kothar Pol

CHESS CHAMPIONS



“ Memory and Mental Stamina are the Key Attributes”-Viswanathan Anand

“Judo rests on flexible action of
mind and body”-Kyuzo Mifune

Participants of CBSE West
Zone Zudo Championship
at Sanskar International School,
Jodhpur-Mahiraj Singh Baghela,
Siddhartha Bhansali, Kavya
Sharma and Nitishree Bhansali
(Bronze Medalist in U-17
category +55 kg)



Dhruvraj Singh Baghela, Aarnav Chittora, Kshayik Champawat and Kavya Sharma
bag Bronze, Gold, Silver and Bronze Medals respectively in Khelo India Competition



INTERNATIONAL KARATE CAMP, JAIPUR



Nitishree Bhansali bags Gold Medal in Kata Open Karate Championship, Jaipur

INTERNATIONAL KARATE CAMP, DELHI



Karate- 'The synonym of Self-Defence, Fitness, Confidence, Co-ordination, Focus and Discipline'

KARATE



Aarnav Chittora and Kavya Sharma win Gold and Silver respectively in Kata in Open Karate Championship, Jaipur



Gazal Jain obtains a Gold Medal in Kumite and a Bronze Medal in Kata in Asian Karate International Championship organized by 9th Asian GO JU RYU, Malaysia

Swimming Stars



Vasundhara Singh Chauhan acquires Second Position in 200m Freestyle, 50m and 100m Butterfly, 4*50 Freestyle Relay, 100m Freestyle, Third Position in 4*50 Medlay Relay, Shahpura, Bhilwara and Gold Medal in 100m Butterfly, Bronze Medal at Chittorgarh in State Level Tournaments



Somya Vyas obtains Gold in 14-16 years category and Silver in Mixed Age Group in Daiji Jodh Singh Ji Chouhan Memorial Swimming Tournament, B.N. College, Udaipur



Rakshit Paliwal procures Gold Medal in 100m Butterfly and Bronze Medal in 50m Freestyle and 50m Butterfly in U-19 Boys 61st State Level Swimming Tournament, Govt. Girls Sr. Sec. School, Gandhi Nagar, Jaipur



Kanishk Raj Singh Ranawat wins Gold Medal in 100m Medlay Relay in 61st State Level Swimming Tournament, US Ostwal International School, Chittorgarh



District Level Swimming Prize Winners

KABADDI TEAM



WHUSHU CHAMPIONS



BASKETBALL TEAM



Basketball team
secures Third
Position in
Khelo India

VOX POPULI A CEREBRAL ACTIVITY



Presiding Guests Ms Neelima Khetan, (Vice President, Hindustan Zinc Ltd. Vedanta) and Prof Pradeep Trikha, (Department of English, College of Social Sciences and Humanities, MLSU) being welcomed by Mr Shreyansh Bhalotia, Ms Abhilasha Sharma and Ms Yojna Sharma



Delegates being enriched in VOX Populi-The Debating Phenomenon

QUIZ & CREATIVITY



Charchit Jain wins prize in Inter-School Quiz Competition, Bhandari Hospital, Udaipur



Saiyama Khanam attains Regional Winner Award in Painting Competition organized by INTACH

EDUCATIONAL TOUR



Fourteen student delegates attend IIMUN, Kullu Chapter at La Montessori School



Olympiad An example of Reasoning, Logical Thinking, Complete Development and Global Cognizance



MMPS bags The Best Participating School Award for outstanding performance of its students in Geo-Genius Geography Olympiad
Chitranshu Wagh, Arjun Bharadwaj and Rahul Agarwal being felicitated by Mr Sanjay Datta (Principal)



Mr Sanjay Datta (Principal) felicitating Shrujal Bapna and Muskan Maroo for being selected to present their Project at National Children's Science Congress (NCSC), organized by Department of Science and Technology, Govt. of India

Olympiad Winners



MMPians win Medals in International Company Secretaries Olympiad (ICSO) organized by Science Olympiad Foundation (SOF), New Delhi



Achievers of Green Olympiad-2016 organized by The Energy and Research Institute (TERI), New Delhi

Olympiad Winners



Jaiminee Joshi, Qutub Khan,
Ali Asgar Chandan
win Gold Medals and
Chitranshu Wagh
Silver Medal in
Geography Olympiad

“Science is a beautiful gift to humanity, we should not distort it”
- A.P.J. Abdul Kalam



District Level Winners, qualified for State Level Science Drama Competition held at Department of Science and Technology, Jodhpur



Meritorious Students of National Children Science Congress (NCSC) organized by Department of Science & Technology, Rajasthan

National Cooking Competition



Rinjal Mehta acquires First Position in National Cooking Competition organized by Heritage Girls School, Eklingji, Udaipur



‘Cooking is about Harnessing Imagination, Empowerment and Creativity’

GLIMPSES OF THE ANNUAL *PRIZE GIVING CEREMONY*



Indian Music Composer, Mr Salim Merchant gracing the occasion as the Chief Guest



Astonishment...



Endeavour, Enthusiasm, Exhilaration, Eminent Examples and Evidence

WORLD YOGA DAY



Yoga- 'A System consisting Physical, Mental, Social and Spiritual Health'

VALUABLE DISCUSSION



'Group Discussions are about Ideas, Opinions, Thoughts and Sharing for Long Term Goals'

SCIENCE WEEK

Celebration



‘Innovation of today is the Technology of tomorrow’

SOCIAL SCIENCE WEEK Celebration



Humanities Students visited Ahar Museum and The City Palace Museum during Heritage Week Celebration



“Be the change you want to see in the world” -Mahatma Gandhi

English Week

Celebration



‘A picture is worth a thousand words’

हिन्दी वदके Celebration



‘Diligent practice
boosts both skills
and thoughts’

Wild Life Week Celebration



‘Learning about Flora, Fauna, Fungi and Organisms through Stimulating Acts’

MATH WEEK Celebration



‘Seeking for Radiance through Analysis, Theories and Creativity’

Art and Craft Week *Celebration*



“Creativity is intelligence having fun” -Albert Einstein



‘Art is a bouquet of Colour, Courage, Creativity, Confidence, Culture and Craft’

Cultural Fragrance



A culture is about Art, Belief, Music, Rhythm, Custom, Practice, Value, and Social Behaviour

VISITORS

Mr Shane Watson



Mr Shane Watson with ardent MMPians shining at The Kothar Pol



Mr Shane Watson, Australian Cricket Legend being presented a token of gratitude by Mr Sanjay Datta (Principal)

Guests from The Raj Kumar College



Darbar Sahib Shri Mahipal Wala of Jetpur (President of The Board of Trustee), His Highness Thakur Saheb Chhatrasal Digvijay Singh Ji Jhala of Limbdi (Member of the Board of Trustee), Ms Inakshi Adhikari and Mr Shanker Singh Adhikari (Principal) and Mr Chacko Thomas (Bursar) of The Raj Kumar College, Rajkot visit MMPS

Guests From USA



Mr Aditya Manral (India) and Ms Lizzie Tribone (USA) from PUTNEY Community Service with a group of nine Philanthropists visit MMPS

Mr Claus Muller



Mr Claus Muller, a Classic Motourist from the division of CM Companies GmbH,
Gut Baderfeld, Germany visits MMPS

JAIPUR GUESTS VISIT MMPS



Ms Jayshree Periwal, Principal of Jayshree Periwal International School, Jaipur visits MMPS

Bedfords' at MMPS



Mr Paul Bedford, Mrs Deborah Lynne Bedford, Mr Benjamin Bedford and Ms Layla Bedford from Australia visit MMPS

Dr RAHAT INDORI



Dr Rahat Indori, the Famous Urdu Poet, Film Lyricist and Painter visits MMPS

CYCLISTS



Mr Piyush Shah and Ms Sanjeeta Singh Negi, the Cyclist Duo, Ultra Marathon Runners from Gujarat visited MMPS and encouraged students to save environment

Mr Arjun Prajapati visits MMPS



Padma Shree Awardee (2010), the Indian famous Pottery Artist Mr Arjun Prajapati visits MMPS

NCC COLONEL HARI BHAGWAN VISITS MMPS



Colonel Hari Bhagwan, Offg. CO 5 Raj Girls Bn NCC visits MMPS and shared his experiences

Mr MOHD HUSSAIN & Mr AHMED HUSSAIN



The famous Classical Ghazal Singers at MMPS

MR SONU LAMBA



Mr Sonu Lamba, Football Consultant, Director four flags is being welcomed by Mr Sanjay Datta (Principal)



MMPians benefitted with the experiences and sharings of Mr Sonu Lamba

INTERACTIVE SESSIONS



Ms Rupali Katyal, Teaching and Development Head, Edge Makers, India conducts an Interactive Session



Mr Sandeep Singh and Mr Aakash Sharma from NIIT Ltd conduct a Workshop for Department of Mathematics



Mr Bibhuti Bhushan Sinha, MMI Expert Trainer, emphasizes on using Microsoft Office 365 in a combined Workshop for teachers and students held on 'Microsoft in Class Room'



Mr Madhav Rao, CEO of Synergy School System, Noida interacts with teachers



Mr Rakesh Rao focuses on 'Learning by Doing' in a Workshop organized by SRAJNA for Science Department



Mr Ashok Sharma (Principal, DAV School) and Ms Preeti Sharma (Principal, SBI School) share components of Classroom Management in a CBSE Workshop attended by Ms Yojna Sharma and Ms Shweta Sukhwai



Mr Daksh Gaur from BLUB World conducts an Interactive Session



Mr Harshal Sanghavi, the Product Manager, Ediffy conducts a Workshop on 'Ediffy Online Management Tool' for Communication between Teacher and Parent



Mr Jagdeep S. More and Mr Dibyendu Sen Sharma appraise in a 'Capacity Building Programme' attended by Mr Hemant Kumar Jain and Ms Kalpana Dharmawat



Mr Narendra Goidani emphasizes on a Teacher's Role in a Workshop on 'Life School, Let's Inspire'



Dr Vishal Bhati (SRAJNA) apprises Department of Science in a Workshop on ‘Models and Methodology for Teaching Science’



Mr Akshit Gudhka conducts an Interactive Session on ‘Flinnt: Communication Learning App for Educational Institutions’ at MMPS



Ms Yojna Sharma presented a paper titled Teaching and Learning Writing Skill through Cartoons in teaching conference by British Council in New Delhi



Prof. Jani, Pro. Latika Sharma and Prof. Deepak Sharma emphasized in a NCSE Workshop attended by Dr Rakhee Trivedi and Dr Madhubala Purohit on Sustainable Development Conducted by DST



Dr Ruchi Joshi (Counsellor) presented the paper on 'Effect of Psycho-education on Sexual Assault Awareness' at University of Rajasthan



Ms Radha Singh apprised in a Workshop on 'Empowering Teachers with 21st Century Skills' attended by Ms Parul Mehta and Ms Sarika Saxena organized by Orient Black Swan, Udaipur



Ms Rita Taneja (Principal, SV Public School, Jaipur) focused on Academics and Skills of Classroom Management in a Workshop attended by Ms Anchal Swaroop Saxena and Ms Saba Shaukat at Sangam School of Excellence, Bhilwara



Ms Sreerupa Jain (Curriculum Developer and Teacher Educator) focused on developing the various aspects of language skills in a workshop attended by Ms Varsha Saruparia, Ms Sarika Saxena and Ms Kiran Chundawat at MMVM, Udaipur



Mr George Thomas (Principal, St. Gregorios School, Udaipur) and Mr Deyendu Sen Sharma (Principal, DAV Public School, Dariba) focus on Co-Scholastic Aspects of CCE in a two-day Workshop on 'Capacity Building Programme'

SCOUT AND GUIDE ACTIVITIES



‘Scouting is building confidence & self esteem, learning life skills, team building, outdoor adventure and education.’



Spreading
Awareness



NCC ACTIVITIES



Honoured Meritorious Cadets



Exhilarating Sessions

ROTARY CLUB INSTALLATION OF INTERACT CLUB



Installation Ceremony of Interact Club



Mr Badal Jain, ACE Film Photographer, augments the importance of School, Passion and Discipline for success

ILLUMINATION



Ms Komal Dhawan, Senior Trainer, Noida, Asia interacts in a session on 'Life Skills'



Ms Nandini Ujjil, Deputy Director conducted a Career Counselling Session for classes XI-XII



Dr Ruchi Joshi (Counsellor) addressing Senior Classes and Hostellers-How to be Stress Free during Examination



INTERACTIVE SESSIONS FOR STUDENTS



Assimilation of Updated Information



Ms Sandhya Srinivasan (Associate Professor), Pearl Academy, Jaipur conducts a Counselling Session for Classes XI-XII

Maharana Pratap Jayanti



Astounding Performance of Brass Band at Maharana Pratap Smarak, Moti Magri

ADIOS Class XII



An indelible Farewell to 2016-17 Batch

FAREWELL MS MEENA T. PANDYA



MMPS fraternity bid adieu to Ms Meena T. Pandya (TGT, Mathematics) on her retirement and acknowledged her 23 years of valuable contribution to the school

TEACHER'S DAY *Celebration*



Former and recent MMPS Staff



Students performing on Teacher's Day Celebration



Student Write-up



REALIZATION

*To realize the value of a year, ask a student who failed a standard
To realize the value of a month, ask a mother who gave birth to a premature baby
To realize the value of a week, ask the editor of a weekly magazine
To realize the value of a day, ask a daffodil who lived for just a day
To realize the value of an hour, ask the lovers who haven't met for hours
To realize the value of a minute, ask a passenger who just missed the train
To realize the value of a second, ask a person who was just saved from an accident
To realize the value of a millisecond, ask a sprinter who won a silver medal at Olympic.
Time is very valuable and it waits for none to realize its importance.
Yesterday is history. Tomorrow is mystery.
Today is a gift so it's called present.*

by Muskaan Pandit VIII



A Teacher like you, never I would get
A person like you, never I would get
Like an angel from paradise
Taking us to sky heights
Your home doesn't matter
Your name doesn't matter
You come and encourage our souls
You make it better and fill every hole.

by Bhavya Mittal VII

SCIENCE

Blessing or Curse

Science is the knowledge or study of the natural world based on facts through experiments and observations. Our daily life is also based on science. It is easier to understand it with daily life examples.

Due to science, the technology has grown rapidly. It has blessed us with machines which makes our work easier. It has also given us mobile, telephones, television which are the modes of mass communication. We know about the world through it. Remote control which is a small device but can operate electronic equipment such as television, cars, fans, explosion, coolers and many more.

Every coin has two sides. If science has advantages it has disadvantages too. Beside giving us machines it has also given us destruction. Bombs and missiles, which can ruin the world are all gifts of science. Mobiles and laptops emit harmful radio active waves which can cause many deadly diseases like cancer, migraine, heart problems and many more which can even lead to death. Mobiles are very addictive which are ruining the health of youth and destroying their future. One can see a two year old child working on mobile which is not good for his health.

Science has blessed us with many things which ease out work but excess of everything is harmful. So science can be a blessing or a curse. Decide your side.

by Vedang Birla VIII

LAND OF PEACE

I love my country because India is a nation with unity in diversity. It is a proponent of peace. Peace especially through spirituality is a basic and unique quality of our country. People from other nations are getting attracted towards India to achieve peace of mind. India is a land of festivals like Diwali, Holi, even when it does not belong to any community, it is celebrated by all.

Numerous languages, and cuisines are also unique in India. Our Tricolour represents peace, prosperity and renunciation with the Ashoka Chakra being the wheel of the law of Dharma. India is a democratic country, and we have all the right to express ourselves in building the Nation.

by Sanyam Jain VII

Nature



Nature is having so many features,
Plants, birds and creatures.
From water of well,
to a slow snail.
From a beautiful peacock,
to a high flying hawk.

Nature is having so many features,
Plants, birds and creatures.
From a tree with a bark,
To a swimming shark,
From an aggressive bear,
To a valley near.

Nature is having so many features,
Plants, birds and creatures.
From a snow fall,
To a giraffe so tall.
From Oak, Pine trees,
To the sweet berries.
Nature is having so many features,
Plants, birds and creatures.

by Amrit Audichya VIII

Love for Nature

Hey! Strain your ears a bit,
I hope you will be able to get part of it.
May be you'll hear the 'time' tick;
Or if you are seen you'll arrive at it.
To hear the water drip,
Water that falls off the submit.
The clink in the sound,
That heals all your wound.
The sound gives you inspiration,
'O brace your destination.
What ever your destination be,
It makes your heart feel free.
The drops of it are so mighty,
To wash away fear deep in might be.
The love for nature just cannot hide,
The more you try it opens wide.
The nature builds an image for you,
One that a photo frame can never screw.

by Diksha Agrawal VIII

WELCOME BACK

One night we heard you singing,
Of love, hope and joy.
Drew near to see if you could want,
Another little boy.
He wants to comfort you in times of fear,
And to soothe you pains.
But you cannot take his comfort,
For you never knew he came.
You never knew, when angry,
When your voice was shrill to hear.
With your fury and frustrations,
That a little child stood near.
Make no mistakes, you arouse him out,
His love you did share.
Too full of selfish pitying,
Why don't you see the joy you miss.
He comes to show to you,
Through you he looks out on the world.
Should he be bitter too !
He needs to give his love to you,
As much as you give him.
So find yourself and find your joy,
And welcome him back.
Now every time you feel your pain,
Each time you shed a tear.

BUT

When you witness the joining of the hearts
Thus there will be tears on your face
Which will make all you wrinkle.

by Prarthi Laxkar VIII

Our Rhythmic Life

Early morning it's the alarm,
Then the tap's tip-tap,
At 8 it's the horn of bus,
And all the assembly rap.
The life peace goes on like this
And we're making it there
We have to make it sound like us
Which can't be done by anybody
Have you ever listened your heart
It's beats sound more melody
You're alone in this world dear
But your heart is your buddy
It always sings a refrain
But ever have you listened
Oh no! sorry what I asked
You like the dollars glistened
May be life is full of troubles
Just write up your own song
The way you live your busy life
If you you're doing all wrong
A day will come when your heart will stop
All its tones and notes
And then all will stop you'll go up
Destroying all your quotes
This life will not come again
Don't miss this musical chance
If you got this, write a song
On which you can dance!!

by Niharika Purohit VIII

Nature

Wordsworth, a stomach lover of nature believed that nature is a store house of joy and pleasure. It is an over flowing fountain of divine beauty. It is a friend, a guide of nurse is man. It has a healing touch of its own. A ruined body or a broken mind finds a lot of comfort and consolation in the lap of nature. It provides a man, fresh energy and a new vigor. It is the manifestation of divine.

by Shaan Sanadhya VII

How To Become a Good Student

The students need to have the following tips because “Today’s students are tomorrow’s leaders of a country and the qualities of the students clearly determine the students’ bright future and carrier path.

- 1 **Attitude:** Basically, a good student possesses the ability and willingness to learn new subjects even if the subjects are not interesting.
- 2 **Academic skills:** Acquiring academic skills is the most important quality of a good student. Ability to read comprehensively, to write effectively, to speak fluently, and to communicate clearly are the key areas in which a good student must be proficient. Having a good handle in all these areas will make a student shine in the class.
- 3 **Ability:** A good student has the ability to apply the results of his or her learning in to a creative way and achieve the goals.
- 4 **Perceptiveness:** How well a student can interpret and perceive meanings from a conversation greatly determines the quality of a good? A good student always perceives right meaning from conversation, but an average student often misunderstands the original thoughts of a speaker or writer and derives a wrong conclusion.
- 5 **Self-Discipline:** Discipline in managing the time is an important factor that every good student must possess. Often times, delaying the tasks, such as writing assignments, reading text books etc, may impact the ability of a student to achieve the goals.
- 6 **Understanding rather than memorizing concepts:** A lot of surveys suggest students must understand the concepts rather than just memorizing them. The memorized facts and theories will stay in students’ memory until they leave school, college, or university. Once out of school, the students will totally forget the core concepts that they learned. Therefore, it is essential that a good student understands the concept.

by Naveera Hussain VII

HEAR THE ONE WHO IS STILL BREATHING

People are called heroes because they have got super natural powers. This is a face! Isn't it But have you seen the other side of the coin? Have you ever thought of a hero who is living in a home called our soul? Yes, there is a hero in you, in me and in each and every person that has suffered a heart break, torture, taunting or all those negativity or bad impulses which are being fired on us. Yes, we survived it and we are still breathing.

I know you felt heavy at times. You even tried many stupid things well guess what you survived and stood up. You have got that power and its not natural. Not every one get through these harsh things. Be proud. You have got that super natural power of not dying out of sadness, of not giving up, of not staying down. Yes, you believed in yourself, you didn't give up you are a hero. And I salute your courage.

by Sejal Nath VIII

SOCIAL MEDIA - A SOCIAL PLATFORM

Social media is becoming an integral part of life, online as on social websites and applications proliferate. Without social media a person is like incomplete in his life. From the beginning of the day to the end of the day, a person is every time everywhere busy with social media, but why only using it for posting photographs and getting publicity by increasing followers, it can be used in a better and correct way for the social media users. It can be used for a good cause. Social media can be used to create awareness amongst people about the current social issues in the world which need to be discussed, so that young generation will see good things instead of seeing worthless it will increase their knowledge. People who are working but are still hidden will get a public figure in the society and will be able to do their work more easily. We can spread awareness by conducting competitions and inspiring people to support these noble causes. The youth of India will get to know India in a better way by social media. So, social media can be used in a better way as social platform.

by Chakshu Sukhwal VII

MELODIOUS *Time*

Two birds living in a nest,
Enjoying together the best,
They used to fight a slight as well,
But in front of their love, everyone was fail,
They were happy together alone,
And one day their happiness had gone,
Not away from them but to a height,
That day their destiny was damn bright,
They were going to become parents soon,
They were going to hear a melodious time,
Now the beautiful day just came,
They were prepared to give their baby a name,
But their happiness didn't stand for a long time,
A badass eagle was waiting to do this crime,
He came and took the baby in his mouth,
The wind suddenly started flowing north to south,
The couple was praying for the last hope,
And they found the eagle dead on an edgy slope,
Their baby bird was chirping on roadside,
The couple looked at him and happily cried.

by Sanskruti Bairagi XI

HAPPINESS !!

Happiness lies in good health
Not in Accumulation of Wealth!
Happiness lies in caring for others
Like dear friends and brothers!
Happiness lies in Sharing
Not in embracing!
Happiness is the state of mind
Now where else can you find!
Enjoy the moment live the life
Settle score and end the strife ...!
Happiness is the journey not destination
Happiness is doing what is your fascination!
Happiness is doing what you like
Sleeping, walking, running or riding a bike!
Happiness will come near
When you will venture without fear!!

by Khadija Kutub IX



MR CLOUD'S LESSON

I asked those Mr Cloud's ,
"Why are you so rude ?"
You showed us many phases,
But why changing your mood?
Sometimes I see sky full of you,
But sometimes vacant airspace,
For months I see you fully black,
And sometimes amazing cloud race
He said:
Oh! Dear, changes are useful,
As I do them all day,
I have to rush and sprinkle stuff,
Hide or leave a ray
With time to time you have to go
As in every day I change,
For those follow it's a heaven,
For those who stare its cage,
See dear maiden just never stop ,
You know if I got still,
Either my cries are very sweet,
Or can blow up the hill.
You have to run and change yourself,
If you have an aim.
Your wishes will not come to you always,
You have to stand and gain
For that stand your muscles
Must wake from that lazy night
And then you run and that on! Contraction
And then you are all right
Then all my speculation roaming
This world is like a stone
If you kick it, it will move
Otherwise left alone !!!!

by Niharika Purohit VIII

SUCH BEAUTY

See her standing out there
Not noticing her is so rare
She's out there ready to share
Her light and beauty is fair,
Her pretty face is so rare,
You can't help but stare.

A quite unique, golden star,
Sparkling, shimmering, glimmering from far.
When she moves across the sky,
You have got to shout "Oh My"
Her majestic movement makes you sigh,
And ask why she doesn't draw nigh.
Darkness tries but to not avail,
In her kingdom, she must prevail.
Darkness encompasses her like a veil,
And then it's sent out of her trail.
She's illuminated the whole night,
You can't blink with such a light.
You'll be mesmerized by her beautiful light,
If you're engaged in a fight.
Oh lovely charming moon,
I had thought you only shone in June,
But now I long for the passing of noon
Cup then, I know I'll see you soon.

by Muskan Jain VIII

HONESTY

We should always be honest,
It is difficult but the best!
When we speak the truth,
We feel good.
But when we tell a lie,
Our heart takes a sad sigh!
But we keep on speaking,
Till the truth finally comes out leading.
Then we get a scold
For not being bold
So speak the truth,
Because of its good.

by Kritika Shaktawat VII

I Opened a Book

I opened a book and in I strode
Now nobody can find me
I've left my chair, my house, my road
My town and my world behind me
I'm wearing the cloak, I've slipped on the ring
I've swallowed the magic potion
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.
I opened a book and made some friends,
I shared their tears and laughter
And followed them with their bumps and bends
To the happily ever after.
I finished my book and out I came
The cloak can longer hide me.
My chain and my house are just the same
But I have a book inside me.

by Surbhi Rathore VII

AN IDEAL STUDENT

An ideal student who takes a keen interest in studies and leads a noble life. He sets an example for others to follow. He knows that the seed of good character are sown during school life. His character is the foundation stone of his ideal life. Hard working is the breath of his life. He knows that the hard work is the key to success. He respects and obeys elders. He does his best in earning a great name and fame in the history of school. He always speaks the truth because he knows that path of truth is full of thorns and he has to face many such hardships but he bears them patiently. He gives his attention to sports and co-curricular activities, as he knows that a sound body keeps a sound mind. He believes in morality and wisdom. He is very humble and never feels proud of his ability.

In short an ideal student keeps himself aloof from the bad company.

by Lakshya Raj Kalra VII

“LOVE YOU MOM”

The tears the fears, the hurt the lies,
The days and good byes and then a
Light shines through – Its you
All the years I hold inside
And all the tears that leave my eyes
Evaporate because of you
You hold the nature of pure and true
When I need strength I picture you
You are my sanity, transpiration and song
But you are more than that you are
My mom People say that child and
mother are handed from birth ...
But you were the first one I loved when
I saw this Earth
Your heart provides love and strength
To me; your finger provides me
Help toward on rocky way
I had said so long, I don't think you
Understand.....
What means to me, holding your hand.

by Jatin Bhatnagar VIII

DEAR MUM

I know you were there on starless night
To help me find the light.
I know you are always right
Though sometimes I put absurd fight.

I know you buried your tears deep
And your eyes wanted to cry, least
I know you defeted your anger deep inside
Even when your heart wanted to show outside.

I know you stood by my side
And told me what is right.
I know you want my future bright
And achieve success in your light

I don't remember my folly
But I do remember making me jolly.

by Harsh Agarwal VIII



DEFINITION OF A TRUE FRIEND

One soul in two bodies. Two people who are so close that their action and thoughts sync together, often thinking and saying the same things at the same time. Very few people have the blessing of a true friend.

True friends have an unexplainable, unbreakable bond, even if they are not there for you, they're still there. A true friend will look at you in your worst time whole life, and still call you strong and beautiful. They will always tell you they love you no matter how many times you fight but you forgive each other easily. A best friend may be around a few years, but a true friend is forever. They come to you when you're at your lowest, even you push them away, they still stay. They know everything about you, even more than you know about yourself. They tell you when you do something stupid but support you through change. You share countless memories together.

"True friends see the first tear catches the second, and stops the third".

by Yashi Jain X



Affection Towards Being Myself

When some one asks you what all do you like, how long does it takes you, take your name? Yes. We should start loving ourselves before anyone else so the question arises:-

How to truly love yourself?

- 1) Don't keep bringing up past mistakes.
- 2) Don't keep beating yourself up for the things you get wrong.
- 3) Don't expect things upon from yourself that you're not able to give.
- 4) Be proud of all the progress you've made.
- 5) Believe that you deserve to be respected
- 6) Believe that you deserve to be loved.
- 7) Believe that you deserve to be wanted
- 8) Accept respect and love yourself. Just as you are.

by Sejal Nath VIII

A RESPONSIBLE CITIZEN

Once there was a fire in a jungle. All the big animals like elephants, tiger, bulls were bringing water from the nearby river and trying to douse the flame. A little bird was also bringing water in its beak and putting it over the fire. Looking at her doing it again and again a jackal laughed "Why are you doing this silly bird?" He mocked at her. "What effects will the few drops of water have on fire?" The little bird replied. "My friend, I know that my small beak can hold only a few drops of water which is not very effective on the fire. But when a great disaster has struck our jungle and everyone is trying to do something, how can I sit idle? I have to put in my contribution. Whenever in future people will talk of this great fire. I shall feel the self satisfaction that I also did my best in that trying time."

Similarly we should always think of our own contribution for the upliftment of our society and our beloved country. We should not be bothered by what others are doing. We should not become just arm chair critics and complain about what government is not doing. We should not only crib about the system but also think what we can do according to our capacity. We can at least do the following:-

i) Save electricity ii) Save fuel iii) Stop littering iv) Spread love and compassion

Let's always remember that as a citizen of our country, we not only have the rights to enjoy but also duties to be fulfilled. Come let's all become responsible citizens of our great country.

by Vasundhara Chauhan VIII

GOD GIFT - Nature

When the beautiful morning comes
The rays of rising sun greet her
When the garden of nature opens its heart
The garden of flowers hugs her to welcome
When the trees dance, to the tune of wind
The birds singing to the nature is filled with pleasure
Then the earth gets wet with weather.
When the nature forgets its vastness
Then the God shows her how big her place on the earth
Let us thank God for his creation and giving us eyes to see lovely gift as - Nature.

by Surbhi Rathore VII



GET INSPIRED

No obstacles should be allowed to derail you from your dreams. All of us are placed differently in this world, in different cultures, homes and environment. The higher the adversity, the greater the courage life demands, the higher the mountain, the longer the climb.

Everyday is important for tomorrow self-awareness with fortitude and courage.

Don't ever give up

Life is a journey

Full of obstacles, ups and downs

It's a road which is

Long and winding

Even life is blinding

Don't give up, Don't quit

Add life to your years

Not years to your life

Chase your dreams

Have a never say

Die attitude towards life

So never stop believing yourself

Because believers turn themselves into achievers.

by Vasundhara Chauhan VIII

A SISTER LIKE YOU

A sister is someone
Who loves you from the heart
No matter how much you argue,
You cannot be drawn apart

A sister is a blessing
Who fills your heart with love.
She flies with you in life
With the beauty of love.

There is no better friend
Than a sister and
There is no better sister
Than my sister

As sister represents

S	Special
I	Inspiring
S	Smart
T	Talented
E	Elegant
R	Reliable
S	Spirited

by Shere Banu Guradwala XI E

BENEFITS OF MEDITATION

Meditation is that which gives us deep rest. There are various types of meditations. The benefits of mediation are manifold. A calm mind, good concentration, clarity of perceptiveness, improvement in communication and relaxation are all natural results of meditating regularly. Meditation holds the power to unconditional happiness and peace of mind. It clears and purifies the soul of wrong nature and bad feelings. It can be defined as a practice where an individual focuses his or her mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state. It may be used to reduce stress, anxiety, depression and pain.

by Rizwan Ali VII



MEDITATION IS THE BEST

Meditation is the best
Station, for the brain
Nation and it's
Creation
People do meditation to
Decrease their weight and
Increase breathing rate.
They do mediation to get
Rid of bad things
But they only do it a
Bit
It is a link between
The diety and the
Devotee and
Anyone can do it if
He has
Faith
Meditation increases the
Concentration to find the
Solution
Some minutes meditation
Is enough to have
A sense which is
The best
Meditation
So is the best
Station for our
Brain nation.

by Saransh Samar VI

Real Impact of Social Media

91% of teenagers use internet for social networking. Social media usage is linked with increase in anxiety, depression and poor insomnia sleep. Social sites are described as more addictive than cigarettes and alcohol.

Bullying during childhood is a major risk factor for a number of issues including mental health education and social relationships with long-lasting effects often carried right through adulthood.

Due to social media what people have on their phones all day long, is damaging. For some people understanding a life without social media is near impossible. Using social media can make a person more vulnerable to predators and cyber bullying. So, there is a need to understand the imitations of every gadget for constructive work.

by Shere Banu Guradwala XI

What is fear? Ever thought of the word, that we often use. What does that word mean? In scientific language fear is an unpleasant emotion caused by the thought of danger, pain or harm. Ever thought why do we fear? It is because it is programmed into the nervous system and works like an instinct. From the time we are infants, we are equipped with the survival instincts necessary to respond with fear when we sense danger or feel unsafe. Well fear is a thought and thoughts can easily be changed.

But this thought called fear is important. Yes, even fear is important. Fear is a survival mechanism that kicks into gear when you are in brain sense danger and run risk. When you are in a risky scary place then you start to come up with creative and interesting ways to survive and develop. You test yourself and your ability to succeed.

Every problem has a solution. One can fight fear and AWARE is way to fight it isn't it interesting aware.

A: Accept the anxiety don't try to fight it

W: Watch the anxiety just watch it and when you notice it, scale your level of fear and start to taking long breaths in and out.

A: Stands for act normally

R: Repeat the above steps in your mind

E: Accept the best.

Fear also has two meanings:-

F: Fight

E: Everything

A: And

R: Run

Choice is yours

F: Face

E: Everything

A: And

R: Rise

by Padmini Rathore X

FEAR

EDUCATION

Education is not all about studying and getting good marks. It really means to discover new things which we don't know about and to increase our knowledge. A person becomes perfect with education as he is not only gaining something from it, but also contributing to the growth of a nation. Education is very necessary for all to go ahead in the life and get success. School education plays great role in everyone's life. In such competitive world, it is must for all to have good education. Knowledge gained through out the education period enables each and every individual to be confident about their life. Education makes people as perfect and noble as possible.

by Shana Dugar VII



POSITIVITY

Positivity is when you feel good. No! Positivity is when you are sad, depressed and want to cry but you decide to still do your work and give your best. Though every human emotion is important for the evaluation of Human kind ----- But positivity being positive plays a major role in evolution.

Positive thinking is an optimistic state of mind, which sees the bright side of life. It is a mental and emotional attitude that focuses on bright side of life and accepts positive results. It is one of the most important ways to success. With this key it is easier to achieve success, improves relationship, have better health, energy happiness satisfaction and inner peace.

Positive attitude helps to cope more easily with the daily affairs of life. Being positive, optimistic and hopeful will always encourage you to build a strong version of oneself always. A person with positive attitude is willing to experiment, take actions and do things. He or she does not accept things as they are, and expands efforts to follow goals, where as some people even find it hard to be positive. A positive attitude helps you to achieve what ever you want. When you are positive and happy, your discussions are filtered from brain as well as the out comes are productive. Being sad influences your mind and body. A happy mind is a better mind when you are positive enough you learn new things. You are open to the world more than people who don't have positive attitude.

A pessimist sees difficulty in every opportunity where as an optimist sees opportunity in every difficulty. Being positive, you meet your inner true self with world. By being positive in you can drive your energy in such a way that you connect with yourself more. It helps you load and discover new things about yourself. It deals with your vulnerability and mature it to a greater level. This positive attitude helps you become mature enough before age and sensible person in every sense. Everything is a part of your life, but being positive and happy is the Best Part of Being Human.

by Pranay Seth VIII

GENERATION GAP

A difference in opinions, values, attitudes and life style among people of different ages is called generation gap. Due to their differences, people belonging to different generations find themselves unable to relate with each other.

This communication gap between successive generations is not a new phenomenon. Parents and children across the world have been facing this problem. Due to fast paced modern life styles, parents and children, thus unable to express their thoughts and ideas with their parents, turn to friends for advice who are as inexperienced as they are. Today's children are born into a competitive world have a struggle to get many things. Many a times their true potential gets overshadowed in the rat race. Parents burdened by the expectation of the society end up forcing certain subjects and careers. They feel that in this rapidly changing society where everyone is so self centered, it is their duty to protect their children.

But sometimes children get confused. So there must be a proper and positive counseling of children and parents both.

by Roshini Singhvi X

Forgiveness is something that each of us deals with in one way or another. But each situation is unique - what might take a short time to work through, might be a process that takes someone else time, prayer, and godly counsel. Whatever the circumstance. Forgiveness is a process we cannot ignore if we want to become the person god created us to be refusing to deal with resentment that puts us in bondage can make us miss out on the following that we are supposed to have with our near dears

Forgiveness is a key part of many religions. Numerous studies have found that the positive effects of forgiveness are for those who forgive rather than those who are forgiven. So, forgive others, not because they deserve forgiveness, but because you deserve peace.

"To forgive is to let the prisoner free and then discover that the prisoner was you" Never ever get carried away by this - 'Forgiving other means denying we have been hurt or pretending that the hurt was no big deal' As Lawrence Sterne said -

'Only the brave know how to forgive. A coward never forgive. It is not in his nature.'

Remember, forgiveness is in our benefit. The other person's behaviour may never change. It's up to God - not us - to change others, just release the offender from the debt you feel is owed to you.

'It is not ours to choose others' paths. Not ours to choose what they do. But it is ours to forgive let it be'

by Deven Joshi VIII

FORGIVENESS

NATURE

Nature is beauty,
It's so cuty
It gives us all the things
It gives shelter for
Animals and mammals,
It's so good and gives us
Wood
When the cloud comes and
goes it tries to cry
when the bird sings
it looks nice
It lowers are powers,
Trees are green
And we have all
The things
In nature
When the sun, runs and sets
It looks beautiful,
When the river flows
it glows which attract
Globe and glow
Trees are green,
They are tall like
A wall.

by Saransh Samar VI

A dream within a dream,
Paves a path for a new stream.

A dream with the amlution,
Helps to get on with new mission.

The dream within the past,
Thoughts that didn't last ...

A dream within a scope
We should never loose hope

A dream with loneness
Make our lives meaningless ...

A dream within a stone
Leaves us with nothing just alone ...

A dream with happiness
Gives smile on our face

A dream within a dream
Paves a path for a new stream

by Aruna Bhilwara VIII

A DREAM WITHIN A DREAM

TEARS OF PUBLIC SPEAKING

Do you have a fear of public speaking??

I remember I used to be a deathly afraid of public speaking. My legs would get weak as I made my way in front of the audience. My tongue would tremble as I would begin to utter the first few words. I would avoid eye contact at all cost unless I find someone with a smiling face, then I would just start at that person for the whole speech.

Just to give you my experience, I went from what I described above to, one day being able to confidently get up in front of the audience. I am sure there are plenty of ways to overcome this fear. But what I will describe is what worked for me.

HOW TO OVERCOME FEAR OF PUBLIC SPEAKING:-

1. UNDERSTAND THE CAUSE OF FEAR

The first step in getting rid of your fear is to find out why it's a fear in the first place? The main fear is the fear of being embarrassed knowing why you have this fear will help you figure out what to do to overcome the fear. Once the fear is revealed it can be conquered.

2. CHANGE YOUR MINDSET

In order to overcome this fear, you need to change your mindset. When you can go from thinking about yourself and what the audience might think of you to thinking about the audience and how you can best deliver your message across, you will be able to conquer your fear.

3. FEAR

When you practice, it's best to be it in front of a supportive group of people. This will not only make public speaking easier, but it will also help you gain confidence.

Instead of thinking, "What if I mess up?" I thought, "How can I best impact on my audience? These are two completely different questions. One will put you in the mindset of fear while the other will put you in the mindset of POWER OF CONFIDENCE.

by Batool M.K. X

Poetry is something difficult to define. It is certainly not lines cut up in equal lengths or line ending in rhyme with the next. Edward Young, the British poet said. "There is something about poetry beyond prose logic there is mystery in it, not to be explained, but admired."

"Poetry is a deal of joy and wonder, with a dash of the dictionary," said, Khalil Gibran, the Lebanese poet, philosopher and mystic.

There is a magic in a poem, Even some poems cast their spell over you in such a way that they remain with you all your life. Often stark simplicity itself makes poetry. Take the poem under the greenwood tree which is excerpted from William Shakespeare's play 'As you like it.'

Under the green wood tree
Who loves to be with me
And tune his merry note
Unto the sweet bird's throat

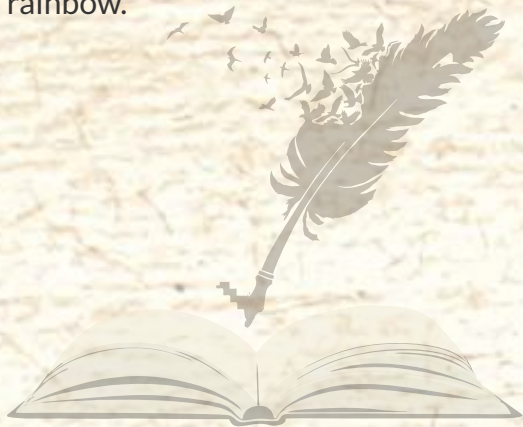
Nothing could be simpler. It is a poem on contentment as also getting attended to nature, open to birds song. Those who are happy with what they have will have no enemy except winter and rough weather

Reading the poems, we discover a new world, and new words too in our imagination.

A great poet can take us almost any where across the seas, into forest or in the beautiful sky. And through the magic of the words, we can share our thoughts, feelings experiences. Alone poem goes in hands with love of life. Poem tells the important things of life, like a happy childhood, growing up, discovering the world around you - our fellow humans, birds, animals, flowers, oceans etc.

So look for the colours of life. These all poems in world will help you find your own rainbow.

by Madhur Agrawal VIII



Poetry...

THE MAGIC OF

जीवन का मर्म

पथिक राह से भटका
लगा तब उसे एक झटका
अभिन्न मित्रों ने जब
साथ उसका छोड़ा
अधूरा-सा लगने लगा
जीवन का हर ख्वाब
सर्वस्व होकर भी
नीरस जिंदगी बिताने लगा
अशक्त खुद को मानकर
समस्त इच्छाएँ त्याग कर प्रस्थान हो गया आलय से
तिमिर की छाया ओढ़ कर
पहुँचा सिन्धु किनारे
तिमिर की उस छाया में
आलोक का साया आया
उस आलोक ने हारे मन को
जीवन का मर्म समझाया
मर्म में बहुत कुछ समाया था
लहरों से संघर्ष कर
नौका ने तीर पाया
पंक में खिल पंकज मुस्काया
भुजंगों से लिपटकर, चंदन महकाया
गिरकर चढ़ना चींटी ने सिखाया
पावक में तपकर कनक
खरा सोना कहलाया
तब उसके अंतर्मन ने उसको यह समझाया
बेटा! संघर्ष और उत्साह का रिश्ता
माँ-बच्चे जैसा है, पतंग की डोर जैसा है,
भाई-बहन के प्यार सा है
उत्साह और संघर्ष के बिना
मंजिल पाना दुष्कर है,
मंजिल गुर पाना है
तो अभिन्न मित्रों
उत्साह और संघर्ष को अपनाना है।
अंतर्मन की आवाज़ को सुन
पथिक उठ खड़ा हुआ
अभिन्न मित्रों का साथ लेकर
मंजिल चूमने निकल पड़ा।

सौम्या व्यास
कक्षा - नवीं सी

परीक्षा (व्यंग्य कविता)

हे प्रभु इस दास की, इतनी विनय सुन लीजिये।
मार ठोकर नाव मेरी पार ही कर दीजिये।।
मैं नहीं डरती प्रलय से मौत से तूफान से, काँपती
है रूह कांपे मेरी बस सदा इम्तहान से।
पाठ पढ़ना याद करना, याद करके सोचना
सोचकर लिखना उसे, लिखकर फिर घोटना!
टाय-टाटा टाय-टाटा रोज रटती प्रभु-
पुस्तकों के रात-दिन पन्ने पलटती हूँ प्रभु-
पर भाग्य में लेकिन न जाने क्या लिखा अभिशाप है।
रात को रटती हूँ प्रभु सुबह मिलता मैदान साफ है।
खा गई इंग्लिश हमारे खोपड़े के खून को
पर मैं ना समझ पाई इस अनोखे मजमून को
क्या करूँ हर शब्द के, हिज्जे सताते हैं मुझे
स्वप्न में कीट्स शैली, दिख जाते हैं मुझे,
गणित के अतिरिक्त मुझको, और कुछ आता
नहीं! क्या कहूँ लेकिन मुझे गुणा करना आता नहीं,
नाश हो इतिहास का, सन् में समंदर बह गए।
मर गए वो लोग लेकिन रोने के लिए हम
रह गए। शाहजहाँ बाबर, हुमायूँ और अकबर
आप थे कौन किसके बेटे न जाने कौन किसके
बाप थे ?
भूगोल में था प्रश्न आया, गोल है कैसे धरा
और मैंने एक पल में लिख दिया
उत्तर खड़ा गोल है पूरी कचौरी, और पापड़
गोल है झूम उठे मास्टरजी हमारे इस अनोखे
ज्ञान से, और पेपर में उन्होंने लिख दिया यह
ज्ञान से, ठीक है बेटा तुम्हारे अंक
भी गोल हैं।

प्रियांशी इनानी
कक्षा नवीं डी

एक रहे हैं...

...एक रहेंगे

एक रहे हैं एक रहेंगे,
कंठ-कंठ से गूँज उठा स्वर ।
सब भारत माँ के बेटे हैं,
दिल से भाई-भाई हम ।
चाहे हिंदू, चाहे मुस्लिम,
चाहे सिक्ख, ईसाई हम ।
मंदिर, मस्जिद, गिरजा अपने,
अपनी धरती, अपना अंबर,
कंठ-कंठ से गूँज उठा स्वर ।
अपना देश बड़ा प्यारा है,
आपस में भाईचारा है ।
अलग देश-भाषाएँ लेकिन,
जय भारत सबका नारा है ।
मिलजुल कर गाते हैं हम सब,
देश भक्ति के गीत यहाँ पर,
कंठ-कंठ से गूँज उठा स्वर ।
अलग-अलग क्षेत्रों के वासी,
सभी भिन्न भाषा के वासी ।
कितने ही समुदाय मगर सब,
कहलाते हैं भारतवासी ।
कैसे-कैसे शत्रु भागते,
आखिर, हम से मुँह की खाकर ।
एक रहे हैं एक रहेंगे,
कंठ-कंठ से गूँज उठा स्वर ।

हीनल कँवर राठौड़
कक्षा सातवीं ई

दसवीं कक्षा बोर्ड परीक्षा वरदान या अभिशाप?

सी.बी.एस.ई. द्वारा उठाया यह कदम, दसवीं कक्षा में अनिवार्य बोर्ड परीक्षा, मेरे अनुसार एक सराहनीय प्रयास है। ये विद्यार्थियों को लगन और मेहनत से पढ़ने, प्रेरित करने में मदद करेगा। स्कूल बोर्ड ने विद्यार्थियों को निश्चित कर दिया था। उन्हें रटने की आदत हो गई थी। सी.बी.ई. ने उन्हें अपने आप को साबित करने का मौका नहीं दिया जो उन्हें बोर्ड परीक्षाओं में मिलेगा। यह पिछले नवमी कक्षा के विद्यार्थियों के लिए थोड़ा कठिन रहेगा लेकिन थोड़ी मेहनत और कर के वे अच्छे नंबर ला सकते हैं। अब हर एक अंक महत्वपूर्ण होगा। इससे बच्चों पर माता-पिता द्वारा ज्यादा ध्यान दिया जाएगा कि वे छठी-सातवीं कक्षा से ही पाठ के एक-एक वाक्य को ध्यान से पढ़ें व समझें ताकि दसवीं में बदला पैटर्न उन्हें कठिन न लगे। आगे बड़ी-बड़ी परीक्षाएँ भी उन्हें आसान लगेगी। अतः सी.बी.एस.ई. का यह कदम कई विद्यार्थियों का भविष्य सुधारने में मदद करेगा।

प्रांजल कविया
नवमी 'ई'

जुला सोचिए

गुस्सा - अक्ल को खा जाता है।
अहंकार - मान को खा जाता है।
चिन्ता - आयु को खा जाती है।
रिश्त - इन्साफ को खा जाती है।
मर्द - की सुन्दरता उसकी नम्रता है।
दान - से धन में कमी नहीं होती है।
इन्साफ - जुल्म को खा जाता है।
लालच - इन्साफ को खा जाता है।
दान - विपत्तियों को खा जाता है।

अन्न और जल की सेवा से बढ़कर कोई पुण्य नहीं है।
दुनिया में सबसे बढ़िया जेवर आपकी अपनी शराफत है।
दुनिया में सबसे अच्छा साथी आपका दृढ़ संकल्प है।

देवांशी श्रीमाली
नवीं ई

याद रखो

1. भगवान श्री कृष्ण ने कहा है कि कोई किसी के पास तीन ही परिस्थितियों में जाता है:-
क) भाव में
ख) अभाव में
ग) प्रभाव में
इसलिए आपके पास जब भी कोई आये तो उसे पूरा सम्मान दे पता नहीं वह किस स्थिति में आपके पास आया है-
क) भाव-से आया है तो बस प्रेम चाहिए ।
ख) अभाव -में आया है तो मदद चाहिए और आपको सक्षम समझ कर आया है ।
ग) प्रभाव-में आया है तो आप को अभिमान होना चाहिए कि आप इस हेतु स्वयं सक्षम हैं तो उसका तिरस्कार न करें !
2. पूरी दुनिया की सबसे खूबसूरत जोड़ी कौन सी है ?
'मुस्कराहट और आँसू' इन दोनों का एक साथ मिलना मुश्किल है, लेकिन जब ये दोनों मिलते हैं वो पल सबसे खूबसूरत होता है' ।
3. इंसान हमेशा जिंदगी में दो चीजों से हारता है, पहला वक्त (समय) और दूसरा प्यार ।
वक्त कभी किसी का नहीं होता और प्यार हर किसी से नहीं किया जा सकता ।
4. मन जीते जग जीते!
हम अपने मन पर जीत हासिल करके दुनिया पे जीत हासिल कर सकते हैं!
5. पैसा अगर जेब में तो सबसे बड़ी ताकत । अगर दिमाग में तो सबसे बड़ी कमजोरी ।

प्रियांशी ईनानी
कक्षा नवीं डी

आत्मविश्वास

आत्मविश्वास का मतलब है स्वयं पर विश्वास होना । सफल होने के लिए आत्मविश्वास बहुत जरूरी है । यदि हमें स्वयं पर विश्वास है कि मैं यह काम कर सकता हूँ तो उसे अवश्य पूरा कर लेंगे । परन्तु यदि स्वयं पर यकीन नहीं है तो चाहे कितनी भी कोशिश कर लें सफलता नहीं मिलेगी । जीवन के हर क्षेत्र में हमें आत्मविश्वास की जरूरत होती है । सिकन्दर की छोटी-सी सेना के पास केवल एक हथियार था-आत्मविश्वास । जिसकी वजह से उसने आधी दुनिया जीत ली थी ।

हमें आत्मविश्वास जगाने के लिए पहले स्वयं पर विश्वास करना सीखना होगा । जब भी सोचें सकारात्मक सोचें । अपने निर्णय स्वयं लेने चाहिए औरों पर निर्भर नहीं रहना चाहिए । विद्यार्थियों को चाहिए कि सदैव सबसे आगे वाली सीट पर बैठने वाले बनें । कठिन समय में घबराना नहीं चाहिए अपितु यह सोचना चाहिए कि ऐसा समय सदैव नहीं रहने वाला । आत्मविश्वास से बड़ी कोई शक्ति नहीं है ।

यथार्थ राय

भारतीय किसान



''सादा जीवन उच्च विचार। यह है देखो भारतीय किसान।''

सचमुच में भारतीय किसान भारतीयता का सच्चा प्रतिनिधि है। उसमें भारत की आत्मा निवास करती है। यह कड़वा सच है कि बहुत परिश्रमी और सीधा-सादा होने के बावजूद भी भारतीय किसान की जीवन दशा बड़ी ही दयनीय हैं। उसका सम्पूर्ण जीवन कठोर परिश्रम से भरा है। प्राकृतिक आपदाओं के साथ-साथ भारतीय किसान को कृत्रिम अर्थात् सामाजिक आपदाएँ भी झेलनी पड़ती है। इस सन्दर्भ में यह कहना बहुत ही चिन्ताजनक है कि आजादी के पचास साल बाद भी भारतीय किसान के जीवन में कोई अपेक्षित परिवर्तन नहीं आया है। वह देश की बुनियाद है। वह हमारी अर्थव्यवस्था का प्राण है। हमें उसे पूरी तरह आत्मनिर्भर बनाना होगा।

शेरे-बानू अत्तारी
सातवीं ई

सद्विचार

1. प्रश्न कर पाने की क्षमता प्रगति का आधार है - इंदिरा गांधी
2. रणनीति कितनी भी सुंदर क्यों न हो, परिणाम पर भी विचार कर लेना चाहिए - विंस्टन चर्चिल
3. हम ईश्वर को कहाँ पा सकते हैं, यदि हम उसे अपने व अन्य जीवों में नहीं देखते - स्वामी विवेकानंद
4. संसार में खुद को अकेला व अनचाहा महसूस करना सबसे बड़ी गरीबी है - मदर टेरेसा
5. हर रात सोने से पहले आपको तसल्ली होनी चाहिए कि दिनभर आपने बेहतर काम किया - स्टीव जॉब्स

शेरे बानू अत्तारी
सातवीं ई



माँ, ऐ माँ! तू ही तो है सहारा,
 तूने दिखाया है मुझे किनारा।
 तेरे आँचल की छाया में खो जाती हूँ,
 तेरी लोरी से मैं सो जाती हूँ।
 तूने है बनाया, तूने है सिखाया
 तूने ही मुझे जहाँ का असल रंग दिखाया।
 तू ही वैष्णवी, तू ही रूद्राणी
 तू ही शारदा तू ही भवानी।
 है तेरे कितने ही रूप,
 तू है सबसे अनुरूप।
 तेरी अँगुली थामे हर राह पर चल जाती हूँ,
 तेरे बिना यह जहाँ संसार भुला देती हूँ।
 एक दिन जरूर आएगा,
 जब किस्मत में गुरूर छाएगा।
 चाहे चुनूँ साहित्य या विज्ञान,
 पर तुझसे मिला ज्ञान है सर्वश्रेष्ठ और महान।
 नमन है ऐसे भगवान को,
 करुणानिधि निधान को।
 सुखों की छाँव में ज्ञान दिया,
 दुखों को कभी हमसे स्पर्श न होने दिया।
 है नहीं कोई शब्द, ना कोई वाक्य,
 सिर्फ है एक साक्ष्य भगवान और माँ।

कृशिका निमावत
 नवीं एफ

दुनिया का सपना

पेड़ की डाल पर झूलती दुनिया।
 देख रही सतरंगी दुनिया।
 नन्ही चिड़िया थी चहक रही।
 छोटी दुनिया थी सोच रही।
 क्या चिड़िया भी स्कूल है जाती।
 क्या इसे भी टीचर है पढ़ाती।
 पढ़ते-पढ़ते सिर है दुख जाता।
 याद किया सब भूल है जाता।
 कैसा होगा इम्तहान पास।
 दुनिया हुई उदास।
 काश हो ऐसा सरल उपाय।
 खेल-खेल में याद हो जाए।
 रटने से फिर पीछा छूटे।
 भारी बस्ते से नाटा टूटे।
 इम्तहान का ना हो डर
 ना कोई चिंता ना हो फिकर
 चंचल चिड़िया सी फिर इतराऊँ
 खेलूँ-कूदूँ, नाचूँ-गाऊँ
 सोच खुशी से झूमी दुनिया
 झट डाली से कूदी दुनिया।

श्रीलेखा शर्मा
 छठी सी

दोस्त

दोस्त की अहमियत को बयां करना नहीं आता मुझे पर एक दोस्त ऐसी है जो मुझे यह अहमियत बयां कर चली गई
 कभी सोचा नहीं था कि ऐसी दोस्त मिलेगी जो खुद की जिंदगी को ही झूठा कह देगी सबसे अलग सबसे अनोखी
 एक ऐसा फूल जिसे कभी इत्र की जरूरत नहीं पड़ी, एक ऐसी महक लेकर आई वो मेरी जिंदगी में जिसे कभी धोने
 की जरूरत ही नहीं पड़ी, एक ऐसा सच लेकर आई वो मेरी जिंदगी में जिसे कभी झूठा कहने की जरूरत ही नहीं
 पड़ी। लोग शादी में पैसे लुटाते हैं लेकिन वह दोस्ती में जिंदगी लुटाती फिरती है प्यार का बगीचा है वो खुदा का
 फरिश्ता है वो ऐसी दोस्त है वो मेरी दूर नहीं जाने दूँगी ना इस जनम ना उस जनम बस यूँ ही साथ रहेंगे हम.....

नुपूर दाता
 नवीं एफ

पुष्पकवि

लक्ष्य कुमार देग
छठी फ

- कृशिका निमावत
नवीं एफ

कृति कुमावत
छठी ब

सेवापरायणा- महिला

महाभारतम्

संस्कृत-साहित्ये वाचस्पतिमिश्रः प्रसिद्धो विद्वान् अभवत्। सः बाल्ये एव विवाहितोऽभवत्। तस्य पत्न्याः नाम भामती आसीत्। भामती पितुः गृहे एव अवसत्। दुर्दैव योगात् मिश्रस्य माता दिवंगता। एतत् श्रुत्वा भामती पत्युः सेवायै पितुः गृहात् तत्रागच्छत्। तदा तस्याः पतिः वाचस्पतिः वेदान्तस्य टीकायाः रचनायां व्यस्तः आसीत्। सा सेवापरायणा भामती वर्षाणां विंशतिं पतिम् असेवत्। मिश्रः कदापि ताम् नापृच्छत् यत्त्वं काऽस्ति। किन्तु सा विदुषी शंका-समाधानैः ग्रन्थप्रणयने महती सहायताम् अकरोत्। एकदा अर्धरात्रौ दीपस्य तैलम् अवसितम् दीपश्च निर्वाणः अभवत्। तस्मिन् एव समये टीकापि सम्पूर्णाभवत्। नामकरणमेव अवशिष्टमासीत्। सहसा आसनाद् उत्थाय वाचस्पतिः ताम् अपृच्छत्- काऽस्ति त्वम् ? भामती उदतरत्- अहम् आर्यपुत्रस्य भार्या भामती अस्मि। सः तां विदुषीं स्वभार्यां ज्ञात्वा आनन्देन चण्डिकायाः प्रकाशे टीकायाः नाम 'भामती' इति अलिखत्। अद्य सर्वे विद्वांसः भामत्याः नाम जानन्ति किन्तु मिश्रस्य नाम विरलाः एव जानन्ति। धन्याः एतादृशाः सेवापरायणाः भारतीयमहिलाः।

मुखान् मारु
दशमी 'ब'

महाभारतं महर्षि-वेदव्यासस्य कृतिः। महर्षिः कृष्णद्वैपायनो व्यासः त्रिकालज्ञः सर्वशास्त्रार्थतत्त्वज्ञः आसीत्। महाभारतं प्रागैतिहासिकं महाकाव्यम्। अस्मिन् विश्वकोशे न केवलं कौरवपाण्डवानाम् युद्धमेव वर्णितमस्ति अपितु विविधानि पौराणिकानि आख्यानानि उपदेशप्रदपद्यानि, नीतिभूक्तयः, पुरावृत्तकथा, पशुपक्षि-सम्बन्धीनि आख्यानानि नैतिकं धार्मिकं च विशालं साहित्यं ज्ञातसदृशश्लोकेषु निबद्धं वर्तते। उक्तं हि- 'यदिहास्ति तदन्यत्र, यन्नेहास्ति न तत् क्वचित्।'

हिन्दी अनुवाद -

महाभारत महर्षि वेदव्यास की रचना है। महर्षि कृष्णद्वैपायन व्यास त्रिकालज्ञ और सभी शास्त्रों के ज्ञाता थे। महाभारत प्रागैतिहासिक महाकाव्य है। इस विश्वकोश में न केवल कौरवों और पाण्डवों के युद्ध का ही वर्णन है अपितु अनेक पौराणिक आख्यान उपदेशप्रद श्लोक नीति-सूक्तियाँ, पुरावृत्तकथा, पशु-पक्षियों से सम्बन्धित आख्यान, नैतिक और धार्मिक विशाल साहित्य हजारों श्लोकों में निबद्ध हैं। कहा गया है - जो कुछ महाभारत में वर्णित है वह अन्यत्र है परन्तु जो यहाँ नहीं है वह अन्यत्र भी नहीं है।

संकलनकर्त्री
शची जैन
अष्टमी 'द'



चरकसंहिता

एषः आयुर्वेदस्य श्रेष्ठतमः ग्रन्थः। अस्य रचयिता महान् चिकित्साचार्यः 'चरकः'। सम्पूर्णः ग्रन्थः विषयानुसारम् अष्टस्थानेषु विभक्तः सूत्रस्थानम्, निदानस्थानम्, विमानस्थानम्, शारीरस्थानम्, इन्द्रियस्थानम्, चिकित्सितस्थानम्, कल्पस्थानम्, सिद्धिस्थानम् च। एषः प्राचीनः ग्रन्थः अद्यापि महत्त्वपूर्णः अस्ति। अत्र विविधरोगाणां लक्षणानि, पथ्यानि, निदानानि च वर्णितानि। कस्मै औषधाय कस्य वनस्पतेः अपेक्षाः कथं च औषधनिर्माणं करणीयम् इति सर्वमत्र विस्तरेण निगदितम्। कश्चन् अमेरिकावासी पंडितस्तु उक्तवान्-“चिकित्साशास्त्रे सर्वेषु देशेषु यदि चरकोक्ता चिकित्सा संपदि गृहीता स्यात् तर्हि अनारोग्यध्वंसकानां स्वास्थ्यं संरक्षकाणामन्येषां च तन्त्राणां नावश्यकतेति।” कविराज विषये सत्यमुक्तम् - “चरकस्तु चिकित्सिते।”

संकलनकर्त्री
तनिष्का गुप्ता
अष्टमी 'ह'

धन्या माता

एषा मम धन्या माता।
एषा मम धन्या माता। ध्रुवपदम्।
या मां प्रातः शय्यातः
जागरयति सम्बोधनतः।
हरिस्मरणं या कारयति।
आलस्यं मम नाशयति॥ एषा मम.....।
कुरु दत्तं गृहकार्यम् त्वम्,
कुरु सुत? पाठभ्यासं त्वम्।
आदेश ददाति एवम्
योजयते कार्ये नित्यम्॥ एषा मम.....।
मधुरं दुग्धं ददाति या
स्वादु फलं च ददाति या।
यच्छति मह्यं मिष्टान्नम्
यच्छति मह्यं क्रीडनकम्॥ एषा मम....।
कार्यं सम्यक् न करोमि यदा,
अपराधं विदधामि यदा।
कलहं कुर्वन् रोदिमि यदा
तदा श्रंश मां तर्जयति या॥ एषा मम....।

संकलनकर्ता
निदेश जैन
नवमी 'स'

पंचतन्त्रम्

पंचतन्त्रम् पण्डितवरेण विष्णुशर्मा प्रणीतः संसारे प्रसिद्धः नीतिग्रन्थोऽस्ति। अस्मिन् ग्रन्थे कथानां पात्राणि प्रायः पञ्चैवः पक्षिणश्च सन्ति। तेषां माध्यमेन नीतिशास्त्रस्य गहनतत्त्वमपि अतिसरलतया अत्र प्रतिपादितम् अस्ति। अस्याः अनुवादः जगतः पंचाशदधिकान् भाषाषु कृतः। अस्य पंच-विभागाः सन्ति- 1. मित्रभेदः 2. मित्रसम्प्राप्ति 3. काकोलूकीयम् 4. लब्धप्रणाशः 5. अपरीक्षितकारकम् च।

हिन्दी अनुवाद -

'पंचतन्त्र' पण्डित विष्णुशर्मा द्वारा रचित विश्वप्रसिद्ध नीतिग्रन्थ हैं। इस ग्रन्थ में कथाओं के पात्र प्रायः पशु-पक्षी हैं। उनके माध्यम से नीतिशास्त्र के गहन तत्त्व भी बहुत सरलता से यहाँ प्रतिपादित किए गए हैं। इसका अनुवाद संसार की पचास से भी अधिक भाषाओं में किया गया है। इसके पाँच विभाग हैं - 1. मित्रभेद 2. मित्रसम्प्राप्ति 3. काकोलूकीय 4. लब्धप्रणाश 5. अपरीक्षितकारक।

संकलनकर्त्री
भावी कुमावत
दशमी 'ब'

ईशावास्योपनिषद्

शान्तिपाठः

ॐ पूर्णमिदं: पूर्णमिदं पूर्णात्पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥
ॐ शान्तिः! शान्तिः!! शान्तिः!!!

ऊँ वह (परब्रह्म) पूर्ण है और यह (कार्यब्रह्म) भी पूर्ण है क्योंकि पूर्ण से पूर्ण की ही उत्पत्ति होती है। तथा (प्रलयकाल में) पूर्ण (कार्यब्रह्म) का पूर्णत्व लेकर (अपने में लीन करके) पूर्ण (परब्रह्म) ही बचा करता है। त्रिविध ताप की शान्ति हो।

यह यजुर्वेद का चालीसवाँ अध्याय है। इसमें मात्र 18 मंत्र हैं। इसके प्रथम श्लोक में 'ईशा-वास्यम्' वाक्य आने से इसका नाम 'ईशावास्यम्' माना गया है। इसमें वेदांत का 'सत्यं-शिवं-सुन्दरम्' सार है। इस उपनिषद् के प्रारंभ व अंत में जो प्रसिद्ध शान्तिपाठ है वह पूर्णतः आध्यात्मिक होने के साथ-साथ वैज्ञानिक भी है।

उपनिषद् सार

इस उपनिषद् का प्रथम श्लोक ऐसा है जिसमें सभी अद्वारह श्लोकों का सार है।

ईशावास्यमिदं सर्वं यत्किंच जगत्यां जगत्।
तेन त्यक्तेन भुंजीथा मा गृधः कस्यस्त्विच्छन्म्॥

इस एक ही श्लोक में कई सूत्र हैं-

- 1) ईशावास्यम् इदं सर्वं- यहाँ सभी में ईश्वर का वास है।
 - 2) जगत्यां जगत्- बनने व मिटते रहने वाला संसार, जड़ व चेतन दोनों रूपों में जो सृष्टि है।
 - 3) तेन त्यक्तेन भुंजीथा- इसको त्यागकर उपभोग करो।
 - 4) मा गृधः- संग्रह नहीं करना (अपरिग्रही बनो) जो दूसरों के हिस्से में आना चाहिए उस पर अपना अधिकार मत बनाओ।
 - 5) कस्यस्विद्- धनम्- धन किसका रहा है अर्थात् क्या धन किसी के साथ जाएगा।
- इस मंत्र की व्याख्या में अध्याय व धर्म, अर्थशास्त्र, दर्शन व नैतिकता सभी का समावेश है। इस मंत्र में महत्त्वपूर्ण भारतीय दृष्टि भी समाहित है कि मानव-मात्र किस प्रकार से जीवन जीए।

इसके दूसरे श्लोक में निष्काम कर्मशील बनने की बात कही गई है साथ ही बोधमय होने का संदेश है।

तीसरे श्लोक में प्रथम दो श्लोकों के अनुसार जीवन नहीं जीने पर तामसी व आसुरी जीवन की भयावहता की ओर संकेत है।

श्लोक 4 से 8 तक ईश्वर व आत्मा के बिम्ब-प्रतिबिम्ब स्वरूप के गुण-लक्षणों का प्रतिपादन है। इन श्लोकों में वर्णित भक्ति अधिक मानवीय है। यह जीवन के आदर्शों, नैतिकता, संवेदनशीलता, प्रेम व मूल्यों पर केन्द्रित है।

9 से 14 छह श्लोक तीन-तीन श्लोकों के दो जोड़े हैं। एक जोड़ा विद्या-अविद्या पर केन्द्रित है और दूसरा 'सम्भूति-असम्भूति' पर। विद्या (अध्यात्म, धार्मिक) व अविद्या (भौतिकता, सांसारिकता) दोनों अपूर्ण हैं अतः किसी एक को साधना अंधकार में जीना है। अतः दोनों आवश्यक हैं ताकि जीवन संतुलित हो और पूर्ण समन्वित हो।

अंतिम चार श्लोकों (15 से 18) में प्रार्थना है कि व्यक्ति, ईश्वर के अभिमुख हो। जीवन लक्ष्य (ईश्वर प्राप्ति/मुक्ति) पूरा हो। ईशावास्योपनिषद् के ये 18 श्लोक या मंत्र आदर्श, संतुलित जीवन का संदेश मानव-मात्र को देते हैं।

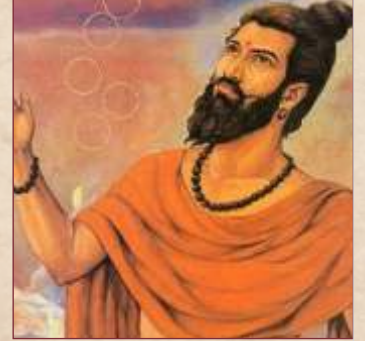
उपनिषद् के रचनाकार की इच्छा है कि यह हमें आत्मबोध कराए ताकि हम सत्य के दर्शन कर सकें।

हेमन्त कुमार जैन
(संस्कृत अध्यापक)

पौराणिक संस्कृत परम्परा के महान् वैज्ञानिक

1. ऋषि कणाद

कणाद परमाणु की अवधारणा के जनक माने जाते हैं।
आधुनिक दौर में अणु विज्ञानी जॉन डाल्टन के भी हजारों साल पहले महर्षि कणाद ने यह रहस्य उजागर किया कि द्रव्य के परमाणु होते हैं।
उनके जीवन के बारे में यह रोचक मान्यता भी है कि किसी काम से बाहर जाते तो घर लौटते रास्तों में पड़ी चीजों या अन्न के कणों को बटोरकर अपना जीवनयापन करते थे। इसलिए उनका नाम कणाद भी प्रसिद्ध हुआ।
ऋषि कणाद वैशेषिक दर्शन के प्रवर्तक हैं।
भौतिक जगत की उत्पत्ति सूक्ष्मातिसूक्ष्म कण परमाणुओं के संघनन से होती है- इस सिद्धान्त के जनक महर्षि कणाद थे।
इसके अलावा महर्षि कणाद ने ही न्यूटन से पूर्व गति के तीन नियम बताए थे।



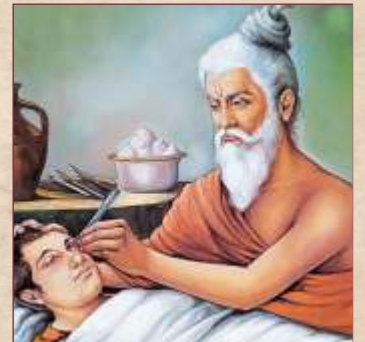
2. पतंजलि

भारतीय विज्ञान और संस्कृति में योगशास्त्र के जनक महर्षि पतंजलि का नाम अमर है।
पतंजलि द्वारा बताई गई योग क्रियाओं द्वारा शारीरिक संतुलन, आत्मिक अनुशासन और श्वास साधना द्वारा शरीर को पुष्ट एवं निरोगी बनाया जा सकता है।
योग के महर्षि पतंजलि ने आठ आधार माने हैं -
यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधि।
महर्षि पतंजलि के अनुसार चित्तवृत्तियों के निरोध को योग कहते हैं।
योग से शारीरिक और आध्यात्मिक विकास होता है।



3. आचार्य सुश्रुत

सुश्रुत प्राचीन भारत के महान् चिकित्साशास्त्री एवं शल्य चिकित्सक थे। उनको शल्य चिकित्सा का जनक कहा जाता है।
शल्य चिकित्सा के पितामह और 'सुश्रुत संहिता' के प्रणेता आचार्य सुश्रुत ने धन्वन्तरि से शिक्षा प्राप्त की।
सुश्रुत संहिता में शल्य क्रिया के लिए 125 तरह के उपकरणों का प्रयोग बताया गया है। ये उपकरण शल्य-क्रिया की जटिलता को देखते हुए खोजे गए थे। इन उपकरणों में विशेष प्रकार के चाकू, सुइयाँ, चिमटियाँ आदि हैं।
सुश्रुत ने कॉस्मेटिक सर्जरी में विशेष निपुणता हासिल कर ली थी। सुश्रुत नेत्र शल्य चिकित्सा भी करते थे।
सुश्रुत संहिता में मोतियाबिन्द के ऑपरेशन करने की विधि को विस्तार से बताया गया है।

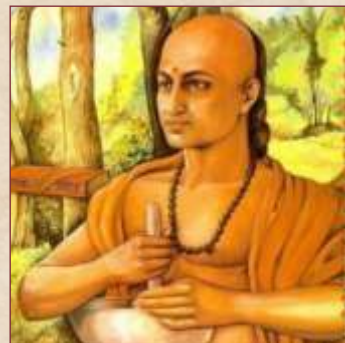


4 चरक

चरक एक महर्षि एवं आयुर्वेद विशारद के रूप में विख्यात हैं। इनके द्वारा रचित 'चरक संहिता' एक प्रसिद्ध आयुर्वेद ग्रन्थ है। इसमें रोगनाशक एवं रोगनिरोधक दवाओं का उल्लेख है तथा सोना, चांदी, लोहा, पारा आदि धातुओं के भस्म एवं उनके उपयोग का वर्णन मिलता है। 'चरक संहिता' में शरीर विज्ञान, निदान शास्त्र और भूषण विज्ञान पर विस्तार से वर्णन हैं।

चरक पहले ऐसे चिकित्सक थे जिन्होंने पाचन, उपापचयन (भोजन-पाचन से सम्बन्धित प्रक्रिया) और शरीर प्रतिरक्षा की अवधारणा दी थी।

चरक को आनुवांशिकी के मूल सिद्धांतों की भी जानकारी थी। चरक ने अपने समय में यह मान्यता दी थी कि बच्चों में आनुवांशिक दोष जैसे-अंधापन, लंगड़ापन जैसी विकलांगता माता या पिता के किसी कमी के कारण नहीं बल्कि अण्डाणु या शुक्राणु की त्रुटि के कारण होती थी, यह मान्यता आज एक स्वीकृत तथ्य है।



5 आर्यभट्ट

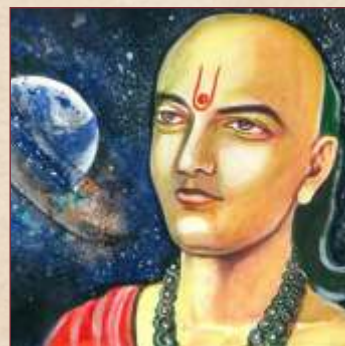
आर्यभट्ट प्राचीन समय के सबसे महान् खगोलशास्त्रियों और गणितज्ञों में से एक थे।

आर्यभट्ट उन पहले व्यक्तियों में से थे जिन्होंने बीजगणित (एलजेबरा) का प्रयोग किया। आर्यभट्ट ने अपनी प्रसिद्ध रचना 'आर्यभट्टीय' (गणित की पुस्तक) को कविता के रूप में लिखा। यह प्राचीन भारत की बहुचर्चित पुस्तकों में से एक है। इस पुस्तक में दी गयी ज्यादातर जानकारी खगोल शास्त्र और गोलीय त्रिकोणमिति से संबंध रखती है। आर्यभट्टीय में अंकगणित, बीजगणित और त्रिकोणमिति के 33 नियम भी दिए गये हैं।

कॉपरनिकस से लगभग 1 हजार साल पहले ही आर्यभट्ट ने यह खोज कर ली थी कि पृथ्वी गोल है और उसकी परिधि का अनुमानतः 24835 मील है।

इस महान् वैज्ञानिक और गणितज्ञ को यह भी ज्ञात था कि चन्द्रमा और दूसरे ग्रह सूर्य की किरणों से प्रकाशमान होते हैं। आर्यभट्ट ने अपने सूत्रों से यह सिद्ध किया कि एक वर्ष में 366 दिन नहीं वरन् 365.2951 दिन होते हैं।

आर्यभट्टीय में वर्गमूल, घनमूल, समान्तर श्रेणी तथा विभिन्न प्रकार के समीकरणों का वर्णन है। वास्तव में यह ग्रन्थ गणित और खगोल विज्ञान का एक संग्रह है।

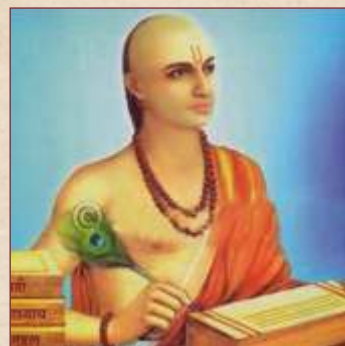


6. भास्कराचार्य

भास्कराचार्य प्राचीन भारत के एक प्रसिद्ध गणितज्ञ एवं ज्योतिषी थे। इनके द्वारा रचित मुख्य ग्रन्थ 'सिद्धान्त शिरोमणि' है जिसमें लीलावती, बीजगणित, ग्रहणगणित तथा गोलाध्याय नामक चार भाग हैं।

ये चार भाग क्रमशः अंकगणित, बीजगणित, ग्रहों की गति से सम्बन्धित गणित तथा गोले से सम्बन्धित हैं। आधुनिक युग में धरती की गुरुत्वाकर्षण शक्ति (पदार्थों को अपनी ओर खींचने की शक्ति) की खोज का श्रेय न्यूटन से भी कई सदियों पहले भास्कराचार्य ने उजागर कर दिया था।

भास्कराचार्य ने अपने 'सिद्धान्त शिरोमणि' ग्रन्थ में पृथ्वी के गुरुत्वाकर्षण के बारे में लिखा है कि पृथ्वी आकाशीय पदार्थों को विशिष्ट शक्ति से अपनी ओर खींचती है। इस कारण आकाशीय पिण्ड पृथ्वी पर गिरते हैं। उन्हें मध्यकालीन भारत का सर्वश्रेष्ठ गणितज्ञ माना जाता है।



श्रीमती प्रियंवदा शास्त्री
(संस्कृत अध्यापिका)

दानमहिमा

- 1) दानं भोगो नाशवित्तस्यो गतयो भवन्ति वित्तस्य।
यो न ददाति न भुङ्क्ते तस्य तृतीया गतिर्भवति॥
- 2) गौरवं प्राप्यते दानान्न तु वित्तस्य संचयात्।
स्थितिरुच्चैः पयोदानां पयोधीनामधः स्थितिः॥
- 3) दातव्यमिति यद्दानं दीयतेऽनुपकारिणे।
देशे काले च पात्रे च तद्दानं सात्त्विकं विदुः॥

हिन्दी अनुवाद-

- 1) धन की तीन ही गतियाँ होती हैं- दान, भोग और नाश। जो व्यक्ति न धन का दान देता है, न भोग करता है उसके धन की तीसरी गति हो जाती है अर्थात् धन नष्ट हो जाता है।
- 2) व्यक्ति दान देने से ही गौरव प्राप्त करता है, धन को संग्रह करने से नहीं। जल का दान देने से ही बादलों की स्थिति ऊँची है व जल संग्रह करने से समुद्र की स्थिति नीचे है।
- 3) दान देना चाहिए, यह सोचकर जो कुछ दान अनुपकारी व्यक्ति को उचित देशकाल में और उचित पात्र को दिया जाता है उसी दान को सात्त्विक दान कहा जाता है।

संकलनकर्ता
दक्ष हिगंड
दशमी 'ब'



श्रीमद्भगवद्गीता

श्रीमद्भगवद्गीता नाम ग्रन्थ महाभारतस्य भीष्मपर्वणः
एव अंशः। अस्मिन् ग्रन्थे अष्टादश-अध्यायाः सप्तशतं
च श्लोकाः सन्ति। अस्य उपदेशाः सार्वकालिकाः
सार्वभौमिकाः च। संसारस्य प्रायः सर्वासु भाषासु
अस्य अनुवादाः रूपान्तराणि च लभ्यन्ते।
गीतायाः महत्त्वम् एभिः श्लोकैः ज्ञायते-

गीता सुगीता कर्तव्या किमन्यैः शास्त्रविस्तारैः।
या स्वयं पद्मनाभस्य मुखपद्माद्भिनिःसृता ॥१॥

सर्वोपनिषदो गावो दोग्धा गोपालनन्दनः।
पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत् ॥२॥

मल-निर्मोचनं पुंसां जलस्नानं दिने दिने।
सकृद् गीतामृतस्नानं संसारमलनाशनम् ॥३॥

हिन्दी अनुवाद-

श्रीमद्भगवद्गीता नाम का ग्रंथ महाभारत के भीष्मपर्व का ही अंश है। इस ग्रंथ में अठारह अध्याय और सात सौ श्लोक हैं। गीता के उपदेश सार्वकालिक व सार्वभौमिक हैं। संसार की प्रायः सभी भाषाओं में इसके अनुवाद और रूपांतर प्राप्त होते हैं।

गीता का महत्त्व इन श्लोकों से ज्ञात होता है-

- 1) गीता का ही गान करना चाहिए, अन्य शास्त्रों में जाने से क्या लाभ? जो स्वयं भगवान् विष्णु के मुख कमल से निकली है।
- 2) सभी उपनिषद् गायें हैं। गोपाल श्रीकृष्ण इसके दुहने वाले हैं। अर्जुन बछड़े के समान है। विद्वान् पुरुष इसका भोग करने वाले हैं। यह गीतारूपी दूध अमृत के समान है।
- 3) मनुष्य अपनी मलिनता दूर करने के लिए दिन में बार-बार जल से स्नान करते हैं। गीतारूपी अमृत में स्नान संसार के सभी मलों का विनाशक है।

डॉ. बकुल त्रिवेदी
(संस्कृत अध्यापक)

