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Sir Padampat Singhania Education Centre

KAMLA NAGAR, KANPUR



PADAM JYOTI

2019-20





**भूमिरापोऽनलो वायुः खं मनो बुद्धिरेव च ।
अहंकार इतीयं मे भिन्ना प्रकृतिरष्टधा ॥**



Earth, water, fire, air, ether, mind,
intelligence and false ego - all together
these eight comprise My separated
material energies.

- Krishna (Bhagwad-Gita 7.4)







Sir Padampat Singhania

(03-02-1905 - 18-11-1979)

He who acts offering all
actions to God and shaking
off attachment remains
untouched by skin as the
lotus leaf by water.



Lady Anusuiya Singhania

The immortal soul who laid the foundation stone of S.P.S.E.C. in 1982, continues to inspire us from her heavenly abode.

The background of the entire page is a photograph of a forest in autumn. The trees have vibrant yellow and orange leaves, and the ground is covered in fallen leaves. A large, stylized archway in the center of the page frames the text. Three maple leaves are placed around the text: one on the right side, one on the left side, and one at the bottom right.

*Cool breeze and autumn leaves
Slow motion day light
A lone pair of watchful eyes
Oversee the living
Feel his presence all around
A father soul
A smile that's healing
He kept moving way up high
You see the light, it shines for ever
Sail through the crimson skies,
The purest light whose elegance sets you free
So blessed are we*

TRIBUTE

Shri Govind Hari Ji Singhania

(19.03.1937 - 02.10.2014)

Shri Govind Hari Ji Singhania, the custodian and doting father figure of our school, has bestowed his legacy on our institution since its inception. Our esteemed education centre is the sum and substance of his pioneering foresightedness and dedication to the most noble cause in service of humanity and nation.

A firm devotee of Lord Krishna, his name personifies the virtues and grandeur that were symbolic of the mortal version of the eternal and divine, the Govind. From the very beginning, he was trained in benevolence and compassion for others. His towering stature attracted admiration from all social classes, who often marvelled at his business acumen and boundless philanthropy.

He continued the legacy of the legendary JK business empire with elan that his ancestors bestowed upon him. His insatiable desire for innovation and excellence paid him rich dividends as he ventured into new business territories. The simplicity he displayed in his actions and lifestyle was awe-inspiring. He never got carried away with his streak of accomplishments. His demeanour made him venerable amongst his peers and subordinates alike.

SPSEC is a testimony of his commitment to enlighten the progeny with knowledge and moral values so that a near utopian society can be created. His altruism has many narratives to tell, each having a component of a life lesson. He was one in a million, whose presence not only changed the life of those around him but also transformed societies that basked in his glory. His impact, influence and inspiration can neither be compared or substituted for.

His lingering presence, after his sudden adieu to this mortal world, can still be felt in every sphere of human life he touched. He was and will remain our silent guardian and a watchful protector.



A portrait of an elderly woman with short, grey hair, wearing glasses and a yellow and green patterned shawl over a yellow top. She is seated in a red chair, holding a pen in her right hand and writing on a piece of paper. The background is a plain, light-colored wall.



Green School Awardee, Affiliation No. 2130075
Karnla Nagar, Kanpur - 208 006, Uttar Pradesh (INDIA)



'Do your work with the welfare of others always in mind. The ignorant works for their own profit while the wise work for the welfare of the world.'

—The Bhagwat Gita

Jai Shree Krishna

I am deeply gratified to claim that we at Sir Padampat Singhania Education Centre draw our abiding inspiration from the above eloquent lines. Inculcating the right values systems and character building is a prerequisite for our children to take on the world with knowledge and competence. The aim and objective of our educational institution is to instill in the students-humanity and spiritual values, a genuine concern for the welfare of others and commitment to truth and justice besides academic excellence and all round development of their personality. The school believes in empowering its students in such a manner that they act as representatives of a meaningful and value based society. Our Founder Chairman Shri Govind Hari Ji Singhania said, "I am of the opinion that my life belongs to the whole community as long as I live." I ardently believe in the same and now it is my privilege to bear his torch and do what I can for the community. It is like a splendid torch which I have got hold of for the moment and I want to keep it ignited as brightly as possible.

Successful institutions do not just happen. They are effective because of all those who work in them and have intense commitment to make them succeed. I wish to appreciate the extraordinary leadership qualities of the Principal, fabulous teamwork of the staff, highly supportive stakeholders and sound management of the Members of the Board for their dedication and faithfulness towards this great institution.

I congratulate the commendable Editorial team for bringing out yet another edition of *Padamjyoti*, an invaluable memento which will surely stir the minds of the readers and gratify them to the core.

'Excellence is never an accident; it's always the result of high intention, sincere efforts, intelligent direction and skillful execution.' These words of wisdom best describe the present state of SPSEC. I pray that Almighty, in his divine benevolence, continues to lead and guide this prestigious institution for generations to come.

Best Wishes and blessings to you all!!

Manoosha Gopinath Hari Lingharia

Manorama Govind Hari Singhania
Chairperson

Message



Abhishek Singhania
Vice Chairman



Sir Padampat Singhania Education Centre

Green School Awardee, Affiliation No. 2130075
Kamla Nagar, Kanpur - 208 005, Uttar Pradesh (INDIA)



MESSAGE

The second decade of the 21st century has commissioned a new trail of academic innovation. SPSEC has always been in the forefront of the endeavours in enhancing education capacities at all levels by incorporating effective, scalable and motivational educational policies that can result in the development of a nation by sowing seeds of learning skills in the juvenile people by catching them young.

Education transformation is a global priority. Macro-collaborations and especially the use of new information and communications technology, which is imperative for this makeover, will indubitably result in intelligence transfer.

SPSEC provides innumerable platforms to enhance students' potential so that they can meet their goals in skill development through its revolutionary curriculum reforms for future workplace relevance, placing significance on the role of smarter content, pedagogy, delivery mechanism from ICT, artificial intelligence, coding and the crucial issue of access to an integrated environment that provides physical, spiritual and academic evolution.

When other institutions are grappling with the changing times, I am pleased to inform all my stakeholders that SPSEC has successfully navigated through it and deployed a series of innovative practices that cater to the demands of the modern education. We have been able to achieve all this as a result of our foresight and immaculate curriculum design.

'A sound mind resides in a sound physique.' Assiduously working on this adage, we have blended the finest in academics with an international standard sports academy. Both are working resolutely in tandem to create dynamic and enterprising go-getters with leadership and risk-taking abilities.

I congratulate all the efficient academicians, sports mentors, parents and students for making our school a vibrant eco-system of knowledge and proficiency in sports. I look forward to another year of new laurels and accomplishments.

Abhishek Singhania
Vice Chairman

Message



Varsha Singhania
Vice Chairperson



Sir Padampat Singhania Education Centre

Green School Awardee, Affiliation No. 2130075
Kamla Nagar, Kanpur - 208 005, Uttar Pradesh (INDIA)



MESSAGE

'A thing of beauty is a joy forever: Its loveliness increases; it will never pass into nothingness', how aptly quoted by John Keats in Endymion. Imagine for a moment, a world without art, culture, dance, opera, literature and poetry. That world would be a very dull place. Devoid of imagination, the one thing that distinguishes us human beings from other species. Without art, the banality of reality would be intolerable or to paraphrase nature, we have art in order not to perish from the truth. Aesthetic enterprise has the ability to transmute mundane into magnificent.

The true endeavour of our school is not only impeccable academic brilliance but also amalgamate the nuances of artistic ingenuity and create an army of pupils who are equipped with versatile capabilities. The contemporary world offers myriad platforms for creative minds to excel and expand. The alternative career options that are available to the young generations have proved that life is not just about tasks but tastes as well.

I truly believe that a child's inventive ability must be nurtured and supplemented from the very beginning. For all those who figure the future as a conundrum, I emphasize that it is the present that wields the magic wand of unlocked potentials. SPSEC is an atelier that produces the vanguards of exceptional crafts. Each year offers new challenges, new dimensions of learning and untapped possibilities and I am elated to inform that our vast integrated curriculum is competent to convert trials into triumphs.

I extend my best wishes to all who have assiduously contributed in making SPSEC a bastion of innovation and creativity.

Varsha Singhania
(Mrs. Varsha Singhania)
Vice Chairperson.

Message



N.P. Agrawal
Director



Sir Padampat Singhania Education Centre

Green School Awardee, Affiliation No: 2130075
Kamla Nagar, Kanpur - 208 005, Uttar Pradesh (INDIA)



MESSAGE

"Excellence is an art won by training and habituation."

Since its founding in 1982, SPSEC is acclaimed for its outstanding contribution to teaching and service in nation building.

The commitment and responsibility to provide quality education to young formative minds locks the prime concern at all edges which enables them to think critically and developing interdisciplinary collaborative skills.

The school aims to nurture the JOY OF LEARNING, where teaching is fun and learning is Joy. It is vividly known that skills make an individual efficient. Our qualified, experienced and passionate faculty works towards developing a community of learners who are not only academically proficient but are also equipped with 21st-century skills. The integrated curriculum is complemented by state-of-the-art facilities and resources, and focus on child's holistic education by giving equal importance to Scholastic as well as Co-Scholastic subjects.

We endeavor to touch the lives of every student by inculcating prudence, efficiency, creativity and talent to compete par excellence. We attempt to kindle their sense of responsibility, honesty, conscience and above all commitment to human values.

I wish you all a wonderful 2020-21 School Year!

N. P. Agrawal
Director

Message



Partho P. Kar
Vice Chairman



Sir Padampat Singhania Education Centre

Green School Awardee, Affiliation No: 2130075
Kamla Nagar, Kanpur - 208 005, Uttar Pradesh (INDIA)



MESSAGE

"Everything you desire is within you, look inside and you will find everything."

There is no better way to pay back to the society than contributing an aberrant and anomalous framework in the form of education.

At SPSEC, we tend to build a resourceful and ingenious individual out of a naïve human, rendering the prudence which will lead to the extensive perspective of life. The semblance of Cutting- edge technology with innovation has pitched the proficiency to build the quality of head and heart, intellect and emotion with values and streaks of creativity in children. The illustrious history and grand achievements in academics and co-curricular activities stand testimony for the chapters of the school calendar.

The magazine incessantly takes a deeper plunge into the commentary surrounding art, creativity, accomplishments and attainments. It also highlights the forays made by the school in international exchange programs, workshops and school celebrations. The parents as readers will surely enjoy every section of the magazine. Their happiness and satisfaction of seeing their children with awards and accolades can be envisioned.

Indeed, the school magazine 'Padamjyoti'-2019 is worth reading.

Happy Reading!

Partho P. Kar
Vice Chairman

Message



Bhawna Gupta
Principal



Sir Padampat Singhania Education Centre

Green School Awardee, Affiliation No. 2130075
Karmia Nagar, Kanpur - 208 005, Uttar Pradesh (INDIA)



MESSAGE

In this ever transient world, the only eternal aspect is the essence of education and Sir Padampat Singhania Education Centre is the perpetual custodian and trustee of the finest in the field of academics. Our famed institution is truly the labour of love and passion layered with trust between all stakeholders. Establishing and strengthening its place among the progressive and forward-looking schools, it has grown in scale as well in building brand equity.

As you step into the campus, you can feel the energy and excitement that can only exist where there is a high degree of motivation and commitment. The school thrives on the ecosystem of compassion that makes it seem almost an extension of the home. What stands out in every student of SPSEC is the confidence to think independently and communicate effectively. We believe that the best of human potential can be tapped when people feel safe and are nurtured with care. We imbibe good values in our students by walking the talk and providing immense opportunities for them to grow and evolve. In our school, everyone values and respects the work they are doing. Work ambience is congenial and there is immense creative freedom for both faculty and students. Even as we keep pace with the changing environment, we keep our benchmarks high and are conscious of our responsibility to all our stakeholders.

At SPSEC, a committed and supportive management, passionate educators and co-operative parents blend amicably to provide a cordial teaching-learning atmosphere to our students.

"Padamjyoti" dextrously encapsulates the endeavours, triumphs and euphoria of an entire session that has left a trail of an indelible memoir to cherish and catalogue. I congratulate the efforts undertaken by the editorial team in assembling the contents in this issue and also look forward to the new academic session 2020-2021 with immense enthusiasm and optimism.

"The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon, for each day to have a new and different sun."

Best Regards

Bhawna Gupta
Bhawna Gupta
Principal

Message



Kavita Chadha
Vice Principal



Sir Padampat Singhania Education Centre

Green School Awardee, Affiliation No. 2130075
Kamla Nagar, Kanpur - 208 005, Uttar Pradesh (INDIA)



MESSAGE

Nestled in the heart of Kanpur, Sir Padampat Singhania Education Centre stands tall not only in structural prominence but also in academic distinction and honourable repute backed with a rich experience of 38 years in the noble field of education.

We pride ourselves in a personal approach and focus on the development of character and moral values of each child. Our teachers are not only leaders in their field but are also individuals who truly love their work. The outstanding, well-qualified staff acts within a thoughtful and responsive curriculum moulding each child into a complete human being who will in turn serve the society immensely.

Our responsibility is to figure out which strategy will work with each student, because everyone comes with a different, compelling story. Also, we work to make a difference in the lives of every student we meet.

The cardinal aim of our institution is to build character along with intelligence using both traditional as well as modern teaching methods. We try to inspire and motivate our students so that they can develop respect for others and learn what it means to be a person of true character and integrity.

Solid academic programmes, a variety of extra and co-curricular activities ignite creativity, blossom critical thinking and enhance communication skills. The teachers who are the soul of this establishment are equipped with the requisite knowledge to encourage joy in creative expression and have been the force behind the academic excellence.

Our focus is to develop students who are resilient and adaptable, equipped with the knowledge, skills, and disposition to continue their education and become independent and socially responsible adults. We lay stress on the multi-dimensional development of each child and provide an effective learning medium by fostering academic excellence and personal development with values of life skills.

In pursuit of excellence, I acknowledge our parent fraternity for their incessant support in school's every endeavour. This annual issue of 'Padamjyoti' is the sum and substance of an academic session's spectacular inventory of achievements. It is a befitting tribute to plenitude of accomplishments, finesse in co-curricular and academics, the bond of togetherness and above all the pristine trail of reminiscence. I congratulate everyone who have contributed in the making of 'Padamjyoti - 2019-20'.

Kavita Chadha
Vice Principal

Editorial Board



In the words of Marcus Aurelius, a great Roman leader – “Time is a sort of river of passing events, and strong is its current; no sooner is a thing brought to sight than it is swept by and another takes its place, and this too will be swept away.” No wonder, we have witnessed yet another year slip past us like a flash on eternal landscape of time.

But a year at our magnanimous institution has always been an unforgettable affair, one that leaves an indelible impression on the minds and hearts of those who had participated in it, and ‘Padamjyoti’ offers an opportunity to catalogue these spectacular moments so that they are etched in the form of a memoir whose pages could be flipped to take a trip down the memory lane of the by gone year.

The session of 2019-2020 has been inundated with rewards, recognitions, reaccreditations and resplendence. The outstanding performances of our adorable students in the CBSE Examinations and numerous competitive assessments not only brought laurels to the school but also catapulted us to the position of the numero uno academic institution in the state. With academics as the centre stage, our students were show stoppers in co-curricular activities as well. Their dazzling display of extraordinary capabilities has bedecked our hall of fame.

A school is a cradle of affection, faith and reassurance for its students. It also serves as a bedrock on which a student

constructs an empire of dreams and ambitions. The traits, virtues and knowledge gained here smoothens the rough edges and adds sheen to competencies that paves the path of excellence in their endeavours.

‘Padamjyoti’ is symbolic of the Singhanian way of life in school. It is a collage of all the activities and achievements that were the hallmark of the session 2019-20. It collates the numerous articles contributed by all the stakeholders of our beloved school including the alumni whose success traces its roots to their school life. We hope that you will cherish and relish our efforts of using snapshots and words in this edition of ‘Padamjyoti-2019-20’.

This enormous task of compiling a behemoth of nostalgia would not have borne fruits without the incessant support and faith reposed in us by the School Management and our doting Principal, Ms Bhawna Gupta. We express our gratitude for her unwavering confidence in our capabilities and hope that we have come up to her expectations.

We also express our regards and appreciation to everyone who has contributed in the making of this years ‘Padamjyoti – E-magazine’.

- English Section - Ms. Vibha Dwivedi, Ms. Anila Chandak, Mr. Saurabh Shukla
- Hindi Section - Dr. Asha Sharma, Dr. Akansha Gaur
- Sanskrit Section - Dr. Madhu Vajpai
- French Section - Dilip Shukla

Editorial Board

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Result
Hall of Fame
2019-20

Winners



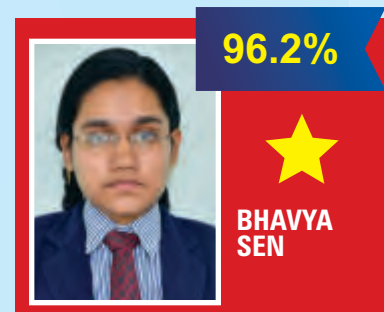
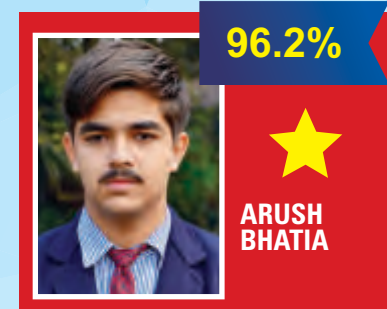
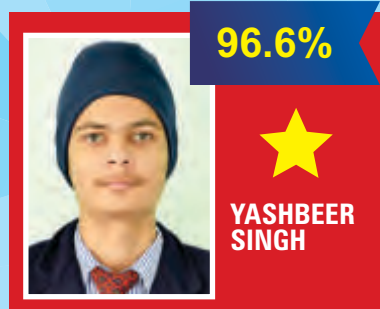
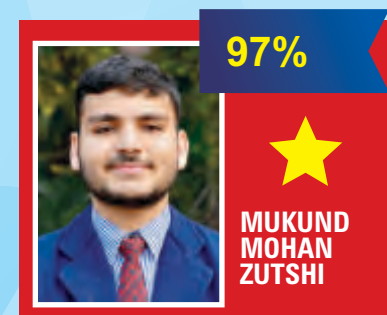
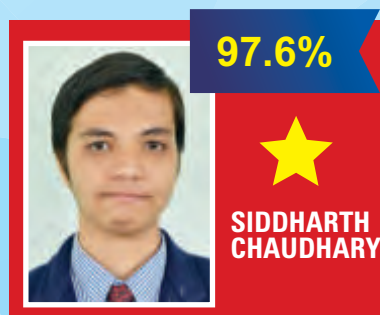
Shri Govind Hari Singhania

Scholarship Award

for Academic Excellence

Shri Govind Hari Singhania Scholarship Award for Academic Excellence was initiated by SPSEC in the year 2016. Under this scheme, in the session 2018-19, a scholarship of more than three lac fifty thousand was conferred on the meritorious students of Class XII on the School Annual Day.

Science Stream



Commerce Stream



98.4%



SAUMYA
SAKHUJA



96.6%



BRAHMJOT
SINGH



95.8%



KHUSHI
AJMANI



95.6%



ANCHAL
SRIVASTAVA



95.6%



ISHIKA
SINHA



95.6%



DASHMEET
KAUR

Humanities Stream



98.8%



SUHANI
AGARWAL



98.4%



SUHANI
SHARMA



95.2%



KAJAL
PORWAL



95%



KRITIKA
SONI



94.6%



NANDINI
MEWAL

CLASS -XII

CONGRATULATIONS...

TOP
5

98.8%



SUHANI AGARWAL

1ST Rank
in KANPUR

HUMANITIES STREAM



98.4%



SAUMYA SAKHUJA

2nd Rank in
KANPUR

COMMERCE STREAM

97.6%



SIDDHARTH CHAUDHARY

2nd Rank in
KANPUR

SCIENCE STREAM

98.4%



SUHANI SHARMA

HUMANITIES STREAM

97.0%



MUKUND MOHAN
ZUTSHI

SCIENCE STREAM

OVERALL TOPPERS of CLASS – XII (AISSCE) SESSION 2018-19

S.No.	Rank	Names	Marks (Best 5)	Percentage
Science Stream				
1	I	SIDDHARTH CHAUDHARY	488	97.6
2	II	MUKUND MOHAN ZUTSHI	485	97.0
3	III	YASHBEER SINGH	483	96.6
Commerce Stream				
1	I	SAUMYA SAKHUJA	492	98.4
2	II	BRAHAMJOT SINGH	483	96.6
3	III	KHUSHI AJMANI	479	95.8
Humanities Stream				
1	I	SUHANI AGARWAL	494	98.8
2	II	SUHANI SHARMA	492	98.4
3	III	KAJAL PORWAL	476	95.2
First Five Toppers				
1	I	SUHANI AGARWAL	494	98.8
2	II	SUHANI SHARMA / SAUMYA SAKHUJA	492	98.4
3	III	SIDDHARTH CHAUDHARY	488	97.6
		MUKUND MOHAN ZUTSHI	485	97.0

**Top Ten School Toppers of Class XII (AISSCE)
Session 2018-19**

S.No.	Rank	Roll No.	Name	T. Marks	Percentage
1	1	5696925	Suhani Agarwal	494	98.8
2	2	5696733	Saumya Sakhuja	492	98.4
3	2	5696926	Suhani Sharma	492	98.4
4	3	5696800	Siddharth Chaudhary	488	97.6
5	4	5696893	Mukund Mohan Zutshi	485	97
6	5	5696714	Brahamjot Singh	483	96.6
7	5	5696869	Yashbeer Singh	483	96.6
8	6	5696786	Bhavya Sen	481	96.2
9	6	5696875	Arush Bhatia	481	96.2
10	7	5696868	Yash Kasera	480	96

**Top Ten School Toppers of Class XII (AISSCE)
Session 2018-19**

COMMERCE STREAM

S.No.	Rank	Roll No.	Name	T. Marks	Percentage
1	1	5696733	Saumya Sakhuja	492	98.4
2	2	5696714	Brahamjot Singh	483	96.6
3	3	5696693	Khushi Ajmani	479	95.8
4	4	5696681	Anchal Srivastava	478	95.6
5	4	5696690	Ishika Sinha	478	95.6
6	4	5696716	Dashmeet Kaur	478	95.6
7	5	5696720	Harsh Nowal	472	94.4
8	6	5696696	Partha Tripathi	466	93.2
9	7	5696695	Neha Goplani	462	92.4
10	7	5696728	Paramjot Kaur Soni	462	92.4

**Top Ten School Toppers of Class XII (AISSCE)
Session 2018-19**

HUMANITIES STREAM

S.No.	Rank	Roll No.	Name	T. Marks	Percentage
1	1	5696925	Suhani Agarwal	494	98.8
2	2	5696926	Suhani Sharma	492	98.4
3	3	5696918	Kajal Porwal	476	95.2
4	4	5696920	Kritika Soni	475	95
5	5	5696921	Nandini Maewal	473	94.6
6	6	5696917	Garima Singh	459	91.8
7	7	5696927	Varnika Shukla	458	91.6
8	8	5696915	Ayush Arora	449	89.8
9	9	5696911	Aishwarya Gautam	447	89.4
10	10	5696912	Amber Raaj	429	85.8

**Top Ten School Toppers of Class XII (AISSCE)
Session 2018-19**

SCIENCE STREAM

S.No.	Rank	Roll No.	Name	T. Marks	Percentage
1	1	5696800	Siddharth Chaudhary	488	97.6
2	2	5696893	Mukund Mohan Zutshi	485	97.0
3	3	5696869	Yashbeer Singh	483	96.6
4	4	5696786	Bhavya Sen	481	96.2
5	4	5696875	Arush Bhatia	481	96.2
6	5	5696868	Yash Kasera	480	96.0
7	6	5696788	Isha Yadav	479	95.8
8	6	5696790	Jayesh Raj Singh Gahlaut	479	95.8
9	6	5696908	Yash Porwal	479	95.8
10	7	5696780	Anjali Jain	478	95.6
11	7	5696855	Kunal Yadav	478	95.6

SUBJECTWISE TOPPERS OF CLASS – XII (AISSCE) SESSION 2018-19

Sr. No.	Subject	Toppers	No of students	MARKS 2018-19
1	ENG	Bhaskar Verma	1	99
2	MATHS	Kartikeya Khare, Yashbeer Singh	2	99
6	PHY	Akanksha Gupta, Anjali Jain, Bhavya Sen, Jayesh Raj Singh Gahlaut, Nandini Agarwal, Siddharth Chaudhary, Agrim Gupta, Bhaskar Verma, Rohan Shukla, Kartikeya Khare, Kunal Yadav, Lovepreet Singh, Mohit Singh, Monali Chakraborty, Swastik Dubey, Yashbeer Singh, Arush Bhatia, Mukund Mohan Zutshi, Sparsh Shukla, Yash Porwal	20	95
7	CHEM	Siddharth Chaudhary, Yashbeer Singh, Mukund Mohan Zutshi	3	97
11	BIO	Akanksha Gupta, Bhavya Sen, Jayesh Raj Singh Gahlaut, Siddharth Chaudhary	4	99
12	BIO TECH	Siddharth Chaudhary	1	99
3	ECO	Saumya Sakhuja	1	100
4	ACC	Anchal Srivastava	1	97
5	B.St	Brahamjot Singh	1	98
18	LEGAL STUDIES	Suhani Agarwal	1	99
19	EP	Ayush Agarwal	1	95
20	HISTORY	Suhani Agarwal, Suhani Sharma	2	99
22	POLITICAL SCIENCE	Garima Singh, Suhani Agarwal, Suhani Sharma	3	99
23	SOCIOLOGY	Devesh Joshi, Garima Singh	2	95
8	IP	Mukund Mohan Zutshi	1	100
9	C++	Yash Kasera	1	99
10	HINDI	Aditi Saxena, Isha Yadav	2	98
13	PED.	Brahamjot Singh	1	98
14	VOCAL MUSIC	Samarth Agarwal, Anshika Raj Singh, Anshika Gautam, Isha Yadav, Karnika Rathore, Animesh Mishra	6	100
15	FINE ART	Anushka Verma, Saumya Sakhuja, Manveer Singh Bhatia, Ananya Khare, Versha Singh, Shreya Singh, Abhishek Patel, Arush Bhatia, Mannat Bhatia, Vaishnavi Agrahari, Suhani Sharma	11	100
16	WEB TECH	Mohit Singh	1	99
17	KATHAK	Trisha Awasthi	1	100
21	FASHION STUDIES	Khushi Tangri	1	87

CLASS - X
**TOP
10**



98.4%



VISHWARUP
DE



98.4%



HARSUKH
SINGH SAGRI



97.8%



VEDANT
VERMA



97.8%



SWARNA
SINGH



97.6%



IPSHITA
DIXIT



97.2%



RISHIT



97.0%



ASTHA
GUPTA



96.8%



BHAVYA
SINGH



96.8%



SOUMYA
NAIK



96.8%



SHRUTI
GUPTA

OVERALL TOPPERS OF CLASS – X (AISSE) SESSION 2018-19

S.No.	Rank	Names	Marks	Percentage
1	I	Harsukh Singh Sagri	492	98.4
2	I	Vishwarup De	492	98.4
3	II	Vedant Verma	489	97.8
4	II	Swarnima Singh	489	97.8
5	III	Ipshita Dixit	488	97.6

SUBJECTWISE TOPPERS OF CLASS – X (AISSE) SESSION 2018-19

S.No.	NAME OF STUDENT	SUBJECT	MARKS
1	Vanshika Agarwal, Asmi Paruthi, Divyansh Saxena, Kavya Agarwal, Ipshita Dixit, Siddhant Singh, Vishwarup De, Harsukh Singh Sagri	ENGLISH	99
2	Swarnima Singh	MATHEMATICS	99
3	Divyansh Saxena, Vansh Raj Sachan, Vedant Verma, Ipshita Dixit, Tanya Gupta	SOCIAL SCIENCE	100
4	Vedant Verma, Swarnima Singh, Ayush Sachan, Prasann Mishra, Rishit, Vishwarup De, Harsukh Singh Sagri	SCIENCE	100
5	Shruti Gupta, Saatvik Krishna Vaish, Harsukh Singh Sagri	HINDI	100

LIST OF TOPPERS OF CLASS – X (AISSE) SESSION 2018-19

(95% & ABOVE)

S.NO.	NAME OF STUDENT	PERCENTAGE
1	VISHWARUP DE	98.4
2	HARSUKH SINGH SAGRI	98.4
3	VEDANT VERMA	97.8
4	SWARNIMA SINGH	97.8
5	IPSHITA DIXIT	97.6
6	RISHIT	97.2
7	ASTHA GUPTA	97
8	BHAAVYA SINGH	96.8
9	SOUMYA NAIK	96.8
10	SHRUTI GUPTA	96.8
11	ABHYUDAY SHUKLA	96.6
12	DIVYANSH SAXENA	96.6
13	TANYA GUPTA	96.6

S.NO.	NAME OF STUDENT	PERCENTAGE
14	PRASANN MISHRA	96.6
15	SANSKRITI GUPTA	96.4
16	SIDDHANT SINGH	96.4
17	KUSHAGRA GUPTA	96.4
18	SAATVIK KRISHNA VAISH	96.4
19	SATWIK WADHAWAN	96
21	ANSHEE AGARWAL	96
22	SANKALP YADAV	95.8
23	MANDEEP SINGH	95.6
24	ANANY SAXENA	95.4
25	KARTIKEY SAXENA	95.4
26	NIDA - E - ZAHRA - ZAIDI	95.2

Reports

2019-20



“Learning gives creativity, creativity leads to thinking, thinking provides knowledge and knowledge makes you inimitable.”



Good evening Ladies and Gentlemen!

Glistening in the golden rays of glory, Annual Day is an eventful day which sparkles celebration and festivity. It is an occasion to reminisce and rejoice the effectuation of excellence in the dominion of education.

In education.... SPSEC is a torch of academic brilliance.....backbone of inner resilience....where students are envisioned as looming leaders with a global perspective.

A whopping achievement is a perfect chance to ruminate how efficient, proficient and competent the Singhanians are. The exquisite results in the session 2018-19 echoed and resonated the chart of excellence which is a manifestation of the collaborative and consistent efforts.

The incandescent pride prevailed all around the school and city when **SUHANI AGARWAL** topped the Humanities Stream by scoring a stupendous **98.8%** followed by **SUHANI SHARMA** who secured magnificent **98.4%** in AISSCE-2018-19. The third position was attained by **KAJAL PORWAL** who outstandingly secured **95.2%** marks.

The excellence exemplified when **SIDDHARTH CHAUDHARY** capped the Science stream attaining **97.6%** marks. **MUKUND MOHAN ZUTSHI** with his brilliant **97%** stood at second place. The third position in Science stream was secured by **YASHBEER SINGH** with glorious **96.6%**.

In Commerce stream, **SAUMYA SAKHUJA** exceeded with exquisite **98.4%** footing ahead to **BRAHMJOT SINGH** who with his amazing **96.6%** score, stood at the second place. **KHUSHI AJMANI** with **95.8%** imposingly secured the third place.

The subject wise toppers of class 12 were as follows:

BHASKAR VERMA with his **spectacular 99%** in **English** brought laurels to the school.

KARTIKEYA KHARE and **YASHBEER SINGH's 99%** in **Mathematics** added laud to the results.

Twenty of our meritorious scholars **exceedingly excelled** In **Physics** with **remarkable 95%**.

MUKUND MOHAN ZUTSHI, SIDDHARTH CHAUDHARY and **YASHBEER SINGH** elated all with their **brilliant score of 97%** in **Chemistry**.

SIDDHARTH CHAUDHARY with **99 %** in **Bio Technology** extended the success of the school result.

In **Biology** **AKANKSHA GUPTA, BHAVYA SEN, JAYESH RAJ SINGH GAHLAUT** and **SIDDHARTH CHAUDHARY** made us proud with their **superb 99%** marks.

ANCHAL SRIVASTAVA surpassed all with **97%** in **Accountancy**.

BRAHAMJOT SINGH with his astounding score of **98%** in **Business Studies** left all spellbound.

SAUMYA SAKHUJA with stunning **100%** in **Economics** exuberated all.

AYUSH AGARWAL attained glorious **95%** in **Entrepreneurship**.

YASH KASERA with **99%** in **Computer Science** and **MUKUND MOHAN ZUTSHI** with **100%** in **Informatics Practices** set the benchmarks for the upcoming batch.

MOHIT SINGH secured **99%** marks in **Multimedia and Web technology**.

In **Hindi**, **ADITI SAXENA** and **ISHA YADAV** accomplished the highest and scored **98%**.



11 of our students with their stunning 100% score in Fine Arts streaked the shades of jubilation.

BRAHMJOT SINGH marked his achievement in the list of merit holders with **98%** in Physical Education.

Not only this 6 of our students with their **splendid 100%** score in Vocal music hummed ecstasy in the air of the school.

TRISHA AWASTHI scored **100%** in kathak with her **in-depth interest**.

SUHANI AGARWAL topped in legal studies securing **99%**.

KHUSHI TANGRI scored highest in Fashion Studies with **87%** marks.

In Political Science, **GARIMA SINGH**, **SUHANI AGARWAL** and **SUHANI SHARMA** with **99%** marks reached the ultimate position.

DEVESH JOSHI and **GARIMA SINGH** excelled in **SOCIOLOGY** by attaining **95%**.

SUHANI AGARWAL and **SUHANI SHARMA** created history with **99%** in the subject history.

The illustrious and radiant academic achievement of class X scholars through 100 % result in AISSE-2019 was a stand-out accomplishment.

The glory of gaiety was colossal when **HARSUKH SINGH SAGRI** and **VISHWARUP DE** brought fame to the institution by scoring a walloping aggregate of **98.4%** in class X board examination, for which they will be venerated with a scholarship by CBSE.

SWARNIMA SINGH and **VEDANT VERMA** with resplendent **97.8%** stood second and **IPSHITA DIXIT** obtained third position with **97.6%**.

In **ENGLISH**, 8 **notable** students with their **ostentatious 99%** marks enthralled all.

In Hindi, **SWARNIMA SINGH** rose above the examinees with majestic **97.6%** marks.

DIVYANSH SAXENA, **IPSHITA DIXIT**, **TANYA GUPTA**, **VANSH RAJ SACHAN** and **VEDANT VERMA** with their **100%** in Mathematics, etched out their brilliance.

with a striking score of **100%** in Science, 7 students left all dazed.

HARSUKH SINGH SAGRI, **SAATVIK KRISHNA VAISH** and **SHRUTI GUPTA** shone bright with their **100 %** score in Social Science.

15 techno savvy students with their brilliant **100%** score in Foundation of Information and technology rejoiced one and all.

It's a great opportunity to highlight the glorious success of the school as it has been conferred with the prestigious title of '**INDIA'S BEST SCHOOL 2018-19 UTTAR PRADESH**' for its exemplary contributions in the field of education among deserving schools in India.

We the Singhanians with immense pride acclaimed and glorified the grandeur of the school at the British Council International School Award (2018-2021) for supplying its exceptional patronage in acknowledging cross-cultural similarities and introducing international education.

Spsec added yet another milestone in the list of its achievements, having being ranked among the 500 CBSE schools of India by the highly acclaimed Brainfeed School Excellence Award at the Brainfeed 6th National Conference.





Being awarded and rewarded has always been the legacy of the school and as a tradition once again the school among topmost schools of India was coveted with the World Education Summit 2019 Award for its project 'Innovative Practices in Academic Excellence'.

The school also raised 'Top School Ranking award at the ELETS Education Conclave, 2019 for its unfeigned endeavor.

FOR crossing stupendous mileposts through holistic development with the tremendous passion, planning and purpose, the school is ranked as No1 in India under the top C.B.S.E. School by Education Today.

For the initiatives and invaluable contributions in reinventing the school, the institution has been acknowledged with the prestigious award - Outdoor Education Research Team of Great Rockstar.

It is indeed a remarkable feat as our school is felicitated with the Best School Award in the city of Kanpur by BRAIN-O-BRAIN.

The school has surmounted success in the field of education when four of its thoughtful and resourceful educators- **Ms. Neeta Singh, Ms. Shruti Khare, Ms. Vibha Dwivedi and Ms. Kritika Pandey** were honoured by Seva Sansthan Samiti for contributing immensely on educational ethics.

The joy of glory was manifold when Ms. Kirti Sharma and Ms. Richi Sharma were felicitated at J.K. LakshmiPat University, Jaipur.

Ms. Vibha Dixit, the Senior Science faculty was bequeathed with the Best District Teacher Award by Science Olympiad Foundation for her earnest endeavors.

Treading through the years of fulfillment the school offers bounteous encouragement to the students as the scholars were felicitated for their efforts, achievements and contributions to the school.

Seva Sansthan, Kakadeo honoured five students for their stellar performance in the AISSE-2019.

Kanpur Sahodaya Samiti Sangthan felicitated the school toppers Suhani Agarwal, Harsukh Singh Sagri and Vishwarup De for their academic achievements in AISSE and AISSE 2019.

C.B.S.E. awards certificate of merit in each subject to the top 0.1% successful candidates in order to recognize their outstanding performance. This year too, like every year, our 19 students will be honored with this prestigious certificate.

Competitions and contests stream the paths of success when plenteous opportunities are propounded to the learners through various National and state level Olympiads of English, Science, Mathematics, Spell Bee and Brain-o-Brain, to harness the natural curiosity of the scholars.

The booming debaters of our school were extolled for their eloquent debating skills with sweeping victory in 06 consecutive Inter School Debate competitions. They are able to attain these heights due to the additional training provided to them in the language labs.

The dexterous debaters Sanya Bhatia and Suhani Agarwal not only walked away with the Overall Winner's Trophy but also bagged the best speaker's trophy in the senior category of KSS Inter School English Debate competition.

The power of the spoken word is undeniable which splashed in young debaters Harshit Singh and Pawni Mishra by securing first and second position in KSS Inter School English Debate competition and lifted the overall winner's trophy.

Sanya Bhatia of class XII attained the Second Motivational Award in the Lady Anusuiya Singhania, All India National level Debate Competition.



The school takes great pride in the oratory skills of our students – Harshit Singh and Pawni Mishra who won the runners up trophy in KSS Inter School Hindi Debate Competition. Harshit Singh also received the best speaker award.

Shubhangi Kesarwani and Siddharth Singh with their impressive enunciation were endowed with the Runners up Trophy in KSS Inter School Hindi Debate Competition in Senior Category.

Once again in 7th Shree Govind Hari ji Singhania Inter school Hindi Debate Competition, Shubhangi Kesarwani and Siddharth Singh with their impressive speeches reverberated all and raised the winner's trophy. Siddharth Singh was also awarded with the best speaker award.

In KSS English Elocution Competition, Suhani Kapoor of Class 9 bagged runner's up trophy and Yashi Pandey of class 6 stood first in their respective categories.

The array of these vocal expressions is the dynamic outcome of the exposure facilitated at Speaker's Corner of the school where the freedom of speech is boundless.

The scholars have also marked their feat and excelled in subjective Olympiads as Shivansh Chaudhary hauled away in NTSE by securing a phenomenal rank in top 100 national achievers, Arindam Naha was declared as the City Topper and Navya Agarwal secured first position with her brilliant performance.

In National Science Olympiad Shivansh Chaudhary and Arindam Naha received a gold medal with their deep knowledge and scientific bent.

Four of our students with rightful insight of moral and ethical values were endowed with the exceptional recognitions in Moral Education Exam.

SATWIK WADHWAN and ABHYUDAY SHUKLA stood at second and third position consecutively in VIDHYARTHI VIGYAN MANTHAN ONLINE EXAM at the District Level.

Music and Dance learning in SPSEC is always considered as a fundamental component of extra – curricular activities !!!

The enticing performance of the school Orchestra team hypnotized all and trounced the runners up trophy in Inter School Orchestra Competition with rhythmic and synchronous beats.

In KSS Solo Singing Competition Kavyanshi Srivastava of class 12 with her alluring performance won the runner's up trophy.

In Inter School Dance Competition- **Boogie Thrills 2**, the dancing delights of primary wing lifted the Winner's Trophy with their bollywood moves.

The skill of Hand-eye coordination was displayed by Nida- E-Zehra Zaidi in her art- piece and emerged as winner in K.S.S. Interschool Art Competition, and Devanshi Jain was awarded with consolation Prize.

Employees Provident Fund organization had organized an Art Competition during Vigilance Awareness Week in which three students obtained 1st, 2nd and 3rd position for their outstanding skill in art.

Sahil Khanna for his artistic insight secured 1st position in 38th Abanindra Nath Tagore Children's Drawing and Painting Competition and Nimisha Agarwal attained the second place and Aishwarya Singh stood first. The school also received the runners up trophy for maximum participation.

Our sketch master, Prakhar Mittal of class 6 sparkled in winning list at district level in **Painting Competition- 'Mera Desh Mera Gantantra'**.





In Brain-o- Brain Budding artist and drawing competition, Prithvi Singh was bestowed with the first position for his fine textures.

In Techno- Cultural Fest held at Shree Sanatan Dharam Education Centre , the students miraculously trounced the first position in 09 events down to 11. The school also bagged the Overall Winners Trophy.

In a two-day techno – cultural event ‘Harmony’- the students of our school participated in various events and claimed first place in Treasure Hunt and Danger Zone. 2nd in Mayuette and 3rd in mass craft and Commeriz .



14 of our multi- talented students zestfully participated in Comfest and won the 2nd position in Flick vignette, Quizart, Tech-Talk and 3rd place in IT Quiz, Invert Oxford, Pencil Brains and CF Originals.

Our students earned various prizes in SCIBER FIESTA- An Inter School Techno Cultural Literary Fest with their spectacular and fascinating performances.

In Computer carnival, the school's techno-crats lifted the 2nd Runner's Up Trophy for their marvelous feat and received prizes in 7 technical events.

Abundant accolades were accredited to our delegates in different committees for their immaculate arguments in series of Inter school Model United Nation Competitions- held at BILLABONG, PSIT, and DPS, Azadnagar.

Indeed, these competitions encourage students to participate by parting their comfort zone and scrutinize their strength.

Competition, constantly inculcates, the spirit of productive, and constructive participation, on the sports field, and for our students the session 2019-20, has been a momentous year.



The spellbinding performance of school team in KSS Girls Basketball Tournament exulted the spectators and raised the winner's trophy in the tournament. Gauri Chauhan was awarded with the best player award.

In Late Vijayan Shukla Memorial Basketball Tournament our school team **outfoxed** the counter teams and **cliffed** the Championship trophy with astonishing score line.. and Tanisha Shrivastava was **honoured** as the best player of the tournament .

The school basketball girls team overcame all the challenges In CBSE Cluster Basketball tournament and won the Runners up Trophy.

Four impeccable footballers of our school- Rahul Singh, Abhinandan Mishra, Vardhan Yadav and Kabir Ahuja with their deftness raised championship trophy in All India Football Tournament and also got selected in Uttar Pradesh Team Under 17 Category.

In KSS Inter School Football Tournament the school team capped the Runner's Up Trophy With their tie-breaker performance.

The exuberance and vibrance was felt around when players battled with their strikes and services and victoriously won Overall Championship Trophy and bagged 6 gold, 2 silver and 3 bronze medals in CBSE Cluster 4 Table Tennis Tournament. 17 students have been selected for the national championship.

The Pride of India open Table Tennis Tournament turned out befitting for school players as they flinched 3 gold, 6 silver and 10 bronze medals in Individual categories and attained 1 GOLD, 2 SILVER AND 1 BRONZE medal in team category.

The school team with its astuteness and teamwork won 4 gold, 3 silver and 9 bronze medals in Stag Kanpur Table

Tennis Tournament and OMJI PANDEY was awarded as the 'Upcoming Player'.

In KSS Table Tennis Tournament held at DPS Azad Nagar our indomitable players nailed in both boys & girls category. **Shrishti Mishra and Aaryan Arora won gold, Omji Pandey-Silver and Kenisha Jaiswal received bronze medal** in Individual category.

Adding glory to the institution, our students accomplished accolades in different categories in 1st Kanpur Open Tennis Championship :

Under 14boys, Shaurya Jain and Parth Nigam secured 1st and 2nd position in Singles and 1st place in Doubles.

Mudita Awasthi was honored with Runners Up Trophy Under 14 and 16 Girls singles.

In under 16 boys singles, Shaurya Jain and Uday Sharma raised the Runners Up Trophy with their outstanding performance.

With gravity defying and breath-taking martial art skills, the Singhanians outplayed the opponents by winning 12 gold, 3 silver and 9 bronze medals in 14th Inter School Taekwondo Championship.

In First Inter- School POOMSAE Tae-kwon-do Championship, our players sparkled themselves with 13 gold and 5silver medals and lifted the Championship Trophy. Dia Manwani was awarded as the best player of the tournament. Taekwondo fighters of the school bagged nine gold, six silver and five bronze medals in 15th Inter School Taekwondo Kyourgi Championship with their dedication and mental preparation.

Seven industrious and diligent Taekwondo fighters significantly qualified the 'Taekwondo Black Belt Test'and



were awarded with the certificates certified by South Korea Taekwondo Academy .

In KSS Cricket tournament Mohammad Sharim received the best bowler award under Senior category for his swings and death overs .

The school Cricket team flinched the Runners- Up Trophy in 1st Neeraj Seth Memorial Invitation Cricket Tournament.

In CBSE East Zone Tennis Tournament, Uday Sharma and Harsh Sharma snagged the bronze medal in the Under-17 Boys Category.

Having practiced vigorously on synthetic Tennis court , Shaurya Jain emerged as champion in ALL INDIA TENNIS ASSOCIATION Tournament .

In Inter School Swimming Championship, Tathagat of class 3 bagged bronze medal in **back stroke**.

Asees Singh Sehgal with his finest shooting range scored 355 points in 40 shots in PAC shooting tournament and qualified for the state level competition.

With astounding agility, Swarit Swaroop won a gold medal defeating other archers in Youth International Archery Competition in the Indian Round Category.

In athletics, Our brawny athlete Mohammad Sharim won gold medal in East Zone Athletics Cluster and attained the first place in Javelin throw and star performer. Priyamwada Bhadauria accomplished 2nd position in long jump, under-19 category . They also qualified for the nationals.

Our relentless girl Janvi Saxena performed exceedingly well and won the Champions Trophy in KSS Chess championship senior girls. She was also awarded with the **"The Best Performer Player of the Tournament"** among 190 players.



In KSS Chess championship junior girls, Ananya Mishra received a trophy & certificate for her miraculous performance by winning five matches down to 6.

Anirudh Agarwal of class 11 with his check mate stand point won the District Classical Chess Tournament in under 20.

With unwavering efforts, Avneesh Tiwari and Shreyansh Singh have been selected for the State Skating Championship to be held at Noida .

An open stage is continuously offered to our students for showcasing their talents as they had and they are lifting the victorious banner of school in Intra school competitions and events as well.....

The school observed the Investiture Ceremony for the new student council of the session 2019-20 where in the council donned the mantle of accountability pledging to bequeath their duties with fortitude and veracity.

Instilling the vigor of marching forward and flying ahead with the wings of accomplishments in students, the school hosted an Intra School Fest-Phoenix 3. It was a grand affair and over 500 students participated in more than 14 events.

Competition motivates and drives students to learn and benefit . Aiming it, the second Intra-School Moot Court was planned and contrived in which students undertook

different cases which was a platform to present their arguments convincingly.

In Intra School Model United Nations, the objective was to provide an opportunity to pupils as young delegates to learn how to deal with the international issues, offer suggestions and find solutions.

To encourage the art of public speaking and develop acuity an Inter Class Extempore competition was extensively managed and organized by the student fraternity to spot the talented orators and debaters.

In Inter - House Quiz Competition the quizzers exhibited their skills of being prompt, knowledgeable and well informed. The competition was intriguing and exciting.

Honing the flair of students with passion and vigor the school had organized Inter House Cultural competitions. XYZ house stood aloft with their unbeatable performances.

Humanity in the school kinship was vivaciously unveiled when compassion blended with philanthropic education making students to think about their responsibilities of having sense of belongingness, empathy and affection towards indigents.

Disha is a collective endeavor to provide vocational training to underprivileged children in handicrafts and developing entrepreneur skills.

The school significantly marked its presence with the pertinacious participation of the students in Swachh Ability Run by J.K. Group, swachhata Sewa Campaign and Fit India Movement launched by our honourable Prime Minister encouraging the masses to undertake voluntary activities for cleanliness and contributing in making a plastic free environment .

The young environmentalists and Nature lovers have taken to greening their surroundings by making 4000 seed-balls which were distributed to the visitors at FICCI FLOW BAZAR,KANHA GALAXY and also participated ardently in 'PARIVARTAN Greenathon' as earth saviours.

With the sole purpose of shaping and grooming our student's persona, the school incessantly conducts workshops, seminars, lectures, discourses and talk shows throughout the session like, career counseling session by Dr. Amrita Das, motivational talk show by Yash Tiwari, Police Ki Pathshala by ADG-Prem Prakash, an impelling – FOCUS GROUP DISCUSSION by Lieutenant Governor of Ladakh and former IAS, Chief Information Commissioner and Defence Secretary, Designing workshop on scalable career ,IAYP Workshop, Interactive Educational Guiding Program ,Personality Enhancement discourses and International Educator's Workshop.

The school had assiduously organized an impelling GIRL EMPOWERMENT CAMPAIGN-KAVACH in collaboration with District administrator, Kanpur intending to paramount and peg away the safety and security of a girl.



An impactful interactive session of our students with the star of movie URI, Akashdeep an adroit alumnus of our school was phenomenal and relatable which left an impression of whirling the star of sky to fall in the palm of yearn.

The school also facilitates and provides the opportunity to the educators to upgrade and standardize themselves in their streams by attending strings of seminars and workshops like English language, Life Skills, Effective Teaching and Classroom Management.

To boost up the confidence of our little ones and give them stage exposure, various activities like **Lemonade Day, Momtastic, Story Beatz, Froogie Fiesta, Easter celebration, Khadi Fashion Show, Retro show, Nurture Nature, Dip and Dive, Janmashtami, Dussehra, Diwali and Christmas celebration** bustled the foundation block of the school and left a hypnotic spell on everyone.

As a prelude to the vacation the educational trip to Nainital and Rajasthan, venturing into charismatic and exotic sites was a getaway to the students from their rigorous academic schedule.

Summer camp was another platform for learners to learn new creative skills in art classes while having fun. The vision of the camp was imaginative and innovative development of children by the way of creative sessions on art and craft and other activities.

To ensure that our students treasure their school life, a Movie Show was organized for them as a refreshing break from their daily study hours.

To promote the ancient Indian Heritage of yoga, the students along with the teachers enthusiastically participated in the global celebration in the most unique way.

The 32nd Annual Athletic Meet, resonated the humongous ground with the participation of the ebullient athletes in fun-filled track and field events.

The school vestibule wore a festive look, illuminated with glittering faces of kindergarten tots in their graduation ceremony amidst academic and co-curricular humdrum.

Farewell Jamboree for the outgoing batch of class 12 was a zealous celebration staunch to the wonderful sojourn spent together with friends and teachers.

The most memorable and etched occasion was the 25th Year reunion of 1994 batch. The Alumni meet was graced by professionally high ranked alumni who came from far and wide to renew friendships and relive their school years.

Only a creative mind can give birth to creative ideas. We are thankful to the Vice-Chairperson, Mrs. Varsha Singhania, the creative mind who pioneered the Art Workshop in the school. **Art Workshop- START 6** the artists of Singhania sailed in the ocean of imagination in the contexture harmonized with musical notes and rhythmic beats.

Focusing on same aspect the school had organized an outdoor art activity for the students at J.K. Temple and gave a bigger platform to teens and toddlers by hosting an Inter school art competition in collaboration with Kanpur Floriculture society at J.K. Lawns.

The experience of being part of annual art exhibition, Satrant and Pinaki was enthralling for the art students.

Learning outside the classroom also builds children's confidence and helps in transforming their thinking. The concept of Open Class- "In Natures Lap" for the students of Humanities Stream, Music and Fine Arts has developed the tradition of learning in the serene surroundings inspired by the vision of Shri Rabindra Nath Tagore to upsurge their learning acumen.

Instilling the feeling of patriotism and love towards our motherland and making them responsible citizens of tomorrow, the school children all together in sprawling school ground sang the medley of patriotic songs on the occasion of Republic day and Independence Day.

The high point of the video shoot was the human map made by the enthusiastic students. It became the most liked and shared video on facebook.





Bhavanjali, A heart warming tribute to our Founder Chairman , Shri Govind Hari Ji Singhania was an overwhelming occasion . On the same day the students also learnt the art of spinning through Charkha by celebrating 150th Anniversary of our beloved Father of the Nation in collaboration with Sarvodaya Ashram, Etah .

In order to streamline the dilemma of parents and students in class 11 at the time of stream selection, the school **repeatedly** conducts **orientation programs** and counseling sessions for solving the queries regarding selection of varied subject combinations.

And for the first time, orientation classes in core subjects of science, commerce and Humanities were conducted for all students....under the same roof, enabling them in taking right decision for the stream selection as per their potential. It was a 10 day worth session followed by an online aptitude test which gained appreciation from parents and students.

Our school, facilitates the students through air conditioned classrooms, smart class concept, digital classroom pedagogy, hi-tech labs, digital library with millions of e-books and high speed Wi-Fi over plentiful kindle, interactive worksheets and videos in Google Classroom, a well-equipped gymnasium, world class Sports Academy, CCTV Surveillance and GPS Enabled Transportation facility.

Our school has the heritage of marching ahead with consummate vogues for others to trail.

We at SPSEC encapsulated innovation in education by holding a teacher exchange programme in communion with SPSEC Kota, revitalizing the approaches and pedagogies to teaching.

Educators of SPSEC in collaboration with SPSEC, Kota designed the resource book for all the core subjects benefitting the students right from grade 1 to 8.

The school has framed its own self-designed computer science curriculum from classes 1 to 8 familiarizing them with coding to keep pace with the global revolutions in technology.

A strong robust curriculum of Robotics as the resourceful segment of academics will be in service to develop the team work and learning different advancement of technologies.

To stay tuned and to maintain a sacred trust with parents, SPSEC has set high standards by creating class whats app groups and facebook account to constantly update the parents with the day-to-day activities of the school.

This was a brief yet significant account of myriads of events and achievements that propelled us further in the direction of our mission and vision of aspiring and strengthening our minds to reach our nascent finesse.

S.P.S.E.C. is an empowered, enlightened and enterprising institution where **‘TOMORROW STARTS TODAY’**

ThankYou



Vindhya House Report

"The hue of emerald signifies the pristine and picturesque domain of nature, its abundant treasure-all for the benefit of mankind, both present and progeny."

Green symbolizes Vindhya House and its myriad accomplishments in the session 2019-20. It also amalgamates the virtues of passion, zeal, harmony, symphony, prosperity and progress. It represents the insatiable desire to conquer new heights of success and re script the pages of achievements. The zealous "VINDHYANS", with a renewed sense of commitment, brought laurels not only to our house but also to the school, both in academics and co-curricular activities. They proved their mettle in both individual and team performances. Their contagious exuberance and indefatigable assiduousness aided them to deliver the best in every sphere of competition.

On the academic frontiers, Vindhyans deftly marshalled their intellectual acumen and set new benchmarks. In class X Board Examination 2019, Abhyuday Shukla secured an outstanding score of 96.6% followed by Saatvik K. Vaish with 96.4%. In class XII Board Examination, Khushi Ajmani and Ishika Sinha from Commerce Stream made us all proud by securing 95.8% and 95.6% respectively. The covers of all the prominent newspapers were splashed with the news of the breathtaking academic marvels of the evergreen Vindhyans!

Vindhyans also participated in numerous Interschool events and won prizes and accolades. In COMFEST, Ayush Sachan of class XI and Ashray Srivastava of class XII both brought glory to not only our house but our school too by securing the 3rd position in their respective events. In Computer Carnival, once again Ayush Sachan shone securing 2nd prize in 'Revelation' and 3rd prize on 'Pxeyes'.

Vindhya House proved its mettle once again in the Intra School Competitions. In the Inter House Dance Competition, Vindhya House stood third. In the sports Arena, Vindhya House kept its flag flying high as it stood first in the Inter house Table Tennis [Girls] Competition. Not to be outdone, the Boys also bagged the 2nd position in the Inter House Table Tennis [Boys] Competition.

Our Cricket Boys team also made us proud by securing the 2nd position in the Inter House Cricket [Boys] Competition. Our girls team, proving that indeed girls are equal to boys in every field, also stood 2nd in the Inter House Cricket [Girls] Competition.

To top of this excellent year that Vindhyans had, our very own House Captain, Khushi Arora, was announced as Ms. Padampat at her farewell!

Summing up the year in few words will be an unjustifiable task with innumerable moments of glory, fame and togetherness that made Vindhya House an abode of bliss.

The efficient team work and co-ordination of the House Captain, Prefects and Monitors under the tutelage of our House Mistress Ms. Agnita Naha and revered House Tutors made the session 2019-20 both memorable and pleasant.

Anshika Goel
House Vice Captain



Ms. Agnita Naha
Vindhya House Mistress



Khushi Arora
Vindhya House Captain

Himachal House Report

The colour red is most associated with dynamism, desire and accomplishment. The colour is warm and can be linked to strength and power. It motivates people to act, also it signifies a pioneering spirit and leadership qualities, promoting ambition and determination. With these character traits, students of Himachal House participated in all the events and competitions, inter as well as Intra school, during the academic session 2019-20 with unabated enthusiasm.

Every competition and every event brought with it, new challenges and responsibilities. We the valiant Himachalites faced each challenge with grit, determination and aplomb because winning and losing was never our concern, our sole aim was to deliver our best. Competitive zeal and indomitable will power found a true expression in the students of our house who took strength from their resoluteness and commitment.

The Himachalites, brought laurels not only for the house but for the entire school community, with their meritorious academic performances in AISCSE 2019. Suhani Agarwal was declared both the city as well as the school topper in Humanities stream with a dazzling 98.8%, followed by a stunning 97.6% and 97% by Siddharth Chaudhary and Mukund Mohan Zutshi in Science stream. Bhaskar Verma impressed all with his outstanding 99% in English. In the AISCSE 2019, Harshuk Singh Sagari smashed all the records and secured 98.4% followed by Swarnima Singh and Ipsita Dixit with a thundering 97.8% and 97.6% respectively. Ipsita Dixit and Vansh Raj Sachan got a perfect 100 in Mathematics, while Harsukh and Swarnima raked 100% in Science. Harsukh, our megastar performer, made another rendezvous with 100 in Social Science and FIT.

Himachalites showed their panache in several Inter-School and Inter-House competitions and caught everyone's imagination with their splendid performances. Sanya Bhatia and Suhani Kapoor, the dynamic duo, were declared not only the best speakers in KSS Inter-School English Debate Competition but also lifted the winner's trophy. Sanya Bhatia stamped her presence at the national level when she received the runners up motivational award and a cash prize in Lady AnusuiyaSinghania All India National Level English Debate Competition. Arindam Naha was declared the city topper in NSTSE and won a gold medal in Science Olympiad. Nidha-E-Zehra-Zaidi painted her imagination and secured the first position in KSS Inter-School Art Competition. Our list of achievements is infinite. In the Inter-House competitions, Himachal House stood first in the Patriotic Song Competition and first runner up in the Hindi Skit Competition.

We extend our sincerest thanks to our House Master and all the House Tutors for their perpetual support and unwavering faith in our talents. We have enjoyed watching the House unite and strengthen as one tight community. The session 2019-2020 was a testimony to our collaboration, cohesion and commitment in making our House the best and the brightest..



Ms. Saurabh Shukla
Himachal House Master



Sanya Bhatia
Himachal House Captain

Ipsita Dixit
House Vice Captain

Successful and Unsuccessful people do not vary greatly in their abilities.

"They vary in their desires to reach their potential."



Ms. Seema Singh
Yamuna House Mistress



Naman Chaube
Yamuna House Captain

Yamuna House Report

Yellow represents Yamuna House, it is a colour of hope, happiness, sunshine and energy. Yamuna House desires to reach their potential and indeed have worked really hard. Yamunites grabbed the opportunity to showcase their talent and bring laurels to the house.

Session 2019-20 has been a year of victories for Yamuna House because of the efforts of the students, house tutors and the house mistress. This philosophy has been deeply ingrained in us by our house Mistress, Mrs. Seema Singh. Harshit Singh and Pawani Mishra secured 1st and 3rd positions respectively in KSS Hindi Debate.

Every competition and every event brought with it, new challenges and responsibilities. In the field of academics, Yamunites made the house proud by bringing laurels to the school. Saumya Sakhuja of class XII secured 98.4% in commerce stream and was our school topper and secured 7th position in the city. Prabudh Singh and Parth Gupta of class XII brought laurels not only for the school but also for themselves with their selection in JEE mains. Yamuna House stood 2nd position in Inter House Quiz Competition. Tanishka Shukla secured 3rd position in Sciber Fiesta in the event 'Mind Your Own Business.' Pawani Mishra secured 1st position in Gilloi Quiz Competition.

Yamuna House secured 3rd position in Inter House Skit Competition. Yamunites showed a tremendous performance in each and every field whether it was dance singing quiz or sports. Yamuna House bagged second position in Inter House Choir Competition. Tanishka Shukla got 'Best Legal Eagle' tag and Vinayak Shrivastav got 'Most Pioneering Practitioner' tag in Intra Moot Court. They even showed their best in Inter House Dance Competition by securing 1st position. Devansh Thapar of Class XI secured first position in Techno Fair in the event 'TAMATE BAKO' and in 'Lights Camera Edit'. Vinayak Tiwari of class XII secured 3rd position in Harmony in Inter School Competition. Tanishka Shukla is not just an all rounder student but also got 'The Chairman's Gold Medal' which is a very prestigious award. Yamuna House students also showed their best in Inter House Nukkad Competition and bagged third position. Sidharth Singh secured first position in Inter-School Hindi Debate and second position in KSS Hindi Debate. Soanbeer Sharma of Class VIII secured first position in Art Competition on the topic 'Honesty.'

Yamunites also did their best in the field of sports by securing first position in Inter House Table Tennis Competition and second position in Inter House Lawn Tennis Competition.

We extend our sincere thanks to our House Mistress and all the House Tutors for their great support and encouragement. We the Yamunites feel blessed to be the part of Singhania. Where we learn together, have fun and enjoy together.

Ishita Dhawan
House Vice Captain

"The hue of emerald signifies the pristine and picturesque domain of nature, its abundant treasure-all for the benefit of mankind, both present and progeny."



Mr. Hemant Verma
Ganga House Master



Samridhi Kanaujia
Ganga House Captain

Ganga House Report

Ganga House welcomed the academic session of 2019-20 with a vision full of earnest desires, sincere efforts and strong will power to excel in all the spheres. Somewhere deep in the heart, each member of Ganga House had a hidden aspiration of seeing their house winning the 'Overall Winners Trophy' and with the dint of hard work and determination, they were able to achieve their goal.

The year began on a winning note as our house bagged the first position in the Inter-House Skit Competition. We performed the theme '*Naach Na Jaane Angan Tedha*', that we presented in a humorous way. The young artists showcased the importance of a teacher in a student's life.

The members of our house brought glory to our school through their commendable performances in AISSCE 2019 and AISSE 2019. From Class XII, Anjali Jain, Bhavya Sen and four others scored 95% in Physics. Yashbeer Singh scored 97% in Chemistry and Bhavya Sen scored 99% in Biology. Anchal Srivastava made our house proud with 97% in Accountancy. Brahamjot Singh stood second in Commerce stream and secured an impressive 98% in Business Studies. From class X, Vishwaroop De secured the first position in the school by achieving 98.4%. He along with AsmiParuthi scored 99% in English. Rishit and Vishwaroop both smashed 100% in Science. Shruti Gupta, 100% in Social Science and Bhaavya Singh secured 100% in FIT.

In various fests organized by different schools, Shreyas Trivedi of class XII secured 1st position in Techno Fair, 2nd position in Comfest and 1st position in Harmony along with Anandita Vishnoi, Taha and Devanshi Jain. In the Inter-School Moot court, Divyansh Awasthi of Class XII made us proud by bagging the title of 'Best Researcher'.

In the sports arena, Ganga House members proved their mettle once again. Anirudh Agarwal of class XI bagged the champions trophy in the District Classical Chess Tournament Under-20 category. At the school level, the students of our house came out with flying colours in the Inter-House Table Tennis and Basketball championships.

Before concluding, I would like to express my heartfelt gratitude to the House Master and House Teachers for their kind co-operation for their able guidance. It is my appeal to each and every member of Ganga House not to get complacent after this success, instead work with more concentrated efforts to bring glory to our house again and again.

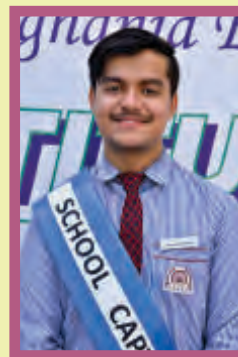
Bhaavya Singh
House Vice Captain

Student Council

Senior Section



Tanishka Shukla
School Captain (G)



Ayush Singh
School Captain (B)



Divyansh Awasthi
School Prefect



Nida-E-Zehra-Zaidi
School Vice Captain



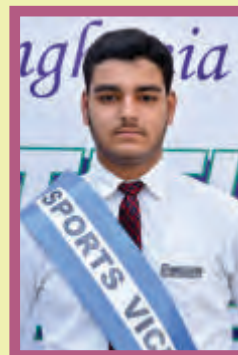
Gauri Chauhan
Sports Captain (G)



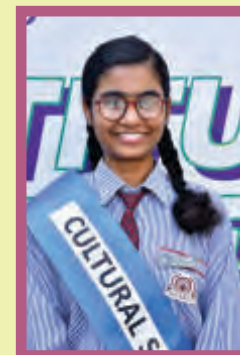
Priyamvada Bhadauria
Sports Captain (G)



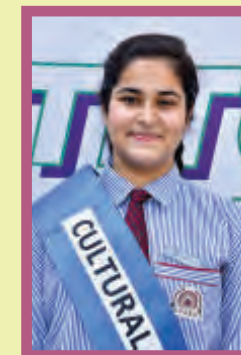
Shreyash Trivedi
Sports Captain (B)



Shubh Kapoor
Sports Vice Captain



Amrita Pathak
Cultural Secretary



Hanshika Relwani
Cultural Secretary



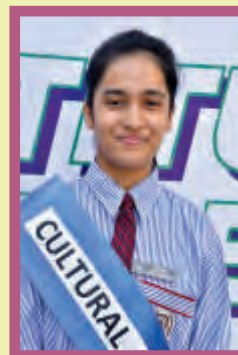
Ashray Srivastava
Cultural Secretary



Anany Chaudhary
Cultural Secretary



Ayush Sachan
Cultural Joint Secretary



Vanshika Singh
Cultural Joint Secretary



Devanshi Jain
Secretary Aesthetics



Atharv Shukla
Secretary Aesthetics

Junior Section



Meenakshi Chugh
Student Council Advisor



Simarpreet Kaur
Student Council Advisor



Ayush Mishra
Student Council Advisor



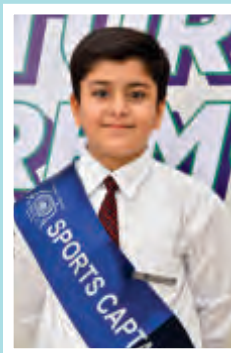
Vedank Mishra
School Captain (B)



Simran Tekwani
School Perfect



Reetika Singh
School Vice Captain (G)



Aryan Arora
Sports Captain(B)



Yashi Pandey
School Captain



Siddhartha Khare
School Vice Captain (B)



Avyansh Malhotra
Sports Vice Captain

Senior House Captains



Khushi Arora
Vindhya House Captain



Sanya Bhatia
Himachal House Captain



Naman Chaube
Yamuna House Captain



Samridhi Kanaujia
Ganga House Captain

Junior Student Council



GARVIT TIWARI
Vindhya House Captain



SAKSHAM GUPTA
Himachal House Captain



ESHITA ARORA
Yamuna House Captain



VARTIKA KATIYAR
Ganga House Captain

SCHOOL FEED

AWARDS & RECOGNITIONS

Awards & Accolades..School & Teachers



THE AWARD FOR ACADEMIC EXCELLENCE

The school has mastered the manoeuvres of achieving the pinnacle of success in the field of education! The school, once again made a place for itself amongst the topmost schools by winning the most coveted World Education Award 2019 for its Project – Innovative Practices in Academic Excellence. *Ms. Bhawna Gupta, the Principal* of the school was the proud recipient of this award. She also graced the occasion as the *Keynote Speaker*, where she exchanged her ideas on the *topic – Neuro Science, STEM Education and Impact of Exponential Technologies on 21st Century Pedagogy*.

SPSEC was applauded at the ceremony for its excellent Board results (AISSE / AISSCE 2019) and its innovative learning and teaching practices, which were the reasons for achieving this remarkable feat! The School has been constantly pushing the envelope to improve its learning outcomes through accessible, relevant and liberating education and work at par with other reputed schools of the city. It ensures that the students are provided with the best eclectic education with a focus on developing their skills and engaging them through high-impact learning strategies.



THE BEST CBSE SCHOOL AWARD

S.P.S.E.C has added yet another milestone in the list of its achievements, having being ranked among the Top 500 CBSE schools of India by the highly acclaimed Brainfeed School Excellence Award 2018-19 at the Brainfeed 6th National Conference.

The jury of the renowned Brainfeed Magazine unanimously selected SPSEC as the Best CBSE School under the prescribed criteria for transforming education and young minds through a noteworthy spectrum of initiatives and efforts. The School was acknowledged for attaining excellence in school education by prioritizing 21st Century skills, under different categories like - Happiness Quotient Index/Infrastructure/ Sports Education / Community and Collaborative School.

THE TOP SCHOOL AWARD

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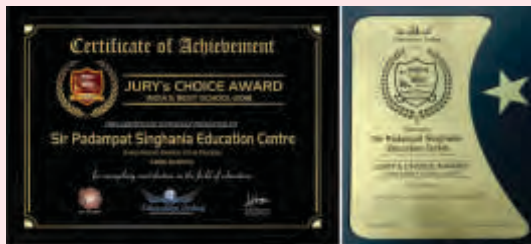
The jury of the renowned Brainfeed Magazine unanimously selected SPSEC as the Best CBSE School under the prescribed criteria for transforming education and young minds through a noteworthy spectrum of initiatives and efforts. The School was acknowledged for attaining excellence in school education by prioritizing 21st Century skills, under different categories like - Happiness Quotient Index/Infrastructure/ Sports Education / Community and Collaborative School.



GLOBAL TEACHER AWARD
BRITISH COUNCIL

INTERNATIONAL SCHOOL AWARD 2018-21

The school has once again achieved the feat with the prestigious International School Award (ISA) for outstanding development of the International Dimension in the Curriculum and is now accredited to endorse the British Council International School Award kite mark and insignia on all the school literature, stationery and the website for a period of three years i.e. 2018-2021. The award is conferred after evaluating the dossier (based on the parameters defined by the ISA) submitted by the school that duly ensures the international dimension palpable in all curriculum activities that are devised and executed keeping the spirit and ethos of ISA in the forefront. The recognition, thus fortifies the school's endeavor of providing holistic education to its students and opening new vistas for them with an international edge.



THE INDIA'S BEST SCHOOL AWARD

Sir Padampat Singhania Education Centre has been awarded the title of India's Best School 2018-19 Uttar Pradesh among **deserving schools in India (Jury's Choice Award)** in the survey conducted by Education Today Magazine. The school has been bestowed with the title for its exemplary contributions in the field of education nationwide.

Education Today is one of the leading education magazines and is very popular for its Market Intelligence and its ability in introducing new products, services and technologies to the K-12 segment. The India's School Merit Awards 2018 are based on overall Jury Rating, Parent's Votes and Education Today's Team Analysis. The panel of eminent personalities from education fraternity with a vision for excellence in education analyze schools Pan India & abroad under various parameters, like Academic Reputation, Co Curricular Education, Sports Education, Holistic Development, Individual Attention, Leadership Quality, Infrastructure, Special Need Education, Innovative Teaching & Value for Money.

With a good amalgamation of infrastructure, resources and fraternity, we hope to continuously strive to provide excellent standard of education and academics to our students.

Awards & Recognitions



It is indeed a remarkable feat as our school is felicitated with the Best School Award in the city of Kanpur by BRAIN-O-BRAIN.



The school is rated as A++ for providing Quality Education by EET CRS- A Research and Branding Company.



SPSEC faculty member has been the conferee of the prestigious Pearson Teaching Award for adopting innovative Teaching Methodology and enhancing Student Efficiency.



For the initiatives and invaluable contributions in reinventing the school, the institution has been acknowledged with the prestigious award - Outdoor Education Research Team of Great Rockstar.



The joy of success grows manifold when it is appreciated and awarded. It was the sterling motive behind the Teachers' Felicitation Ceremony held at J.K. Lakshmi Pat University, Jaipur. It

was organized to acknowledge the contribution of the teachers who cross stupendous mileposts and aspire to set a new benchmark with their passion, planning and purpose in building towards the future of the students of the nation. Two considerate and thoughtful educators of SPSEC - MS. Kirti Sharma and Ms. Richi Sharma were honoured along with seventy teachers of forty reputed schools. The teachers also attended the Capacity Building Workshop - 'Innovation in Learning' conducted by the host university. It facilitated the mentors to get acquainted and updated with new teachings pedagogies of the future.



Ms. Vibha Dixit, the Senior Science faculty was bequeathed with the Best District Teacher Award by Science Olympiad Foundation for her earnest endeavors.

FELICITATION WITH APPRECIATION

The school has surmounted success in the field of education by adding exultation to its crowning glory when four of its thoughtful and resourceful educators - Ms. Vibha Dwivedi, Ms. Neeta Singh, Ms. Shruti Khare, and Ms. Kritika Pandey were honoured by Seva Sansthan Samiti for contributing immensely on educational ethics.



CULTURAL EVENTS

CELEBRATION FOR CHILDREN

The sunshine of the day embarked with glee and gaiety as the mentors and educators of SPSEC rejoiced the Singhanians with their rocking performances in an extravaganza filled with music, dance and some fun filled activities. The students were elated to see their teachers in high spirits reliving the childhood. The children in Primary Section came dressed in colourful attires and were overwhelmed to see the ambience decorated with balloons. The teachers presented the medley of songs and thrilling dance session.





एस्स एम् थङ्कश्वरज्जस

Au Revoir!!!

FAREWELL – 2020

Sir Padampat Singhania Education Centre hosted the Farewell – ‘AU REVOIR’ with magnificent ostentation for the outgoing batch of class XII. The day was zealous celebration staunched to the wonderful sojourn spent together with friends and teachers. The prime attention of the day was the hunt for the most coveted title of Mr. PADAMPAT and Ms. PADAMPAT. The glorified awardees were ‘Khushi Arora’- Ms. Padampat and ‘Anany Chaudhary’- Mr. Padampat. In the end, the Principal, Ms. Bhawna Gupta, bestowed her blessings and best wishes to the outgoing students for success and accomplishments in all their future endeavors.



"Graduation is an exciting time, it is both an ending and a beginning; it has warm memories of the past and great dreams for the future."



The Bloom (Sr. K.G.) section celebrated their Graduation Ceremony in the Foundation Block of the school. It was an occasion for the graduating students to look back at the time that they had spent in the Foundation Block and the skills they acquired during the period. Parents were excited and overwhelmed with the outstanding and colourful performance of Salsa, Hip Hop, dazzling combo of Tap and Arabian and evocative dance form of China by their children who were prepared to move a step ahead with fond memories of Kindergarten. The little buddies were looking both lively and graceful while performing their quick steps mixed with passionate gesture. The young buddies stole the hearts of the audience by belting out the words and exhibiting their spoken abilities through a successful compering for the event.



CULTURAL EVENTS



CULTURAL EVENTS

"True freedom and independence can only exist in doing what is right."

A Symbol of Freedom !!!



Our school celebrated the 73rd Independence Day and 71st Republic Day with a sense of patriotism and love for the motherland. These national festivals were celebrated with greatest glea and elation. The rich tribute was paid to the martyrs and freedom fighters who laid down their lives so that our country became independent. The Principal in her address pointed out the challenges that our country is facing and how the posterity can overcome them. She encouraged the students to take a solemn oath to serve our motherland with heart, body and soul to add to her glory, and with loyalty, be its worthy citizens. The self composed poems of students laced with patriotic emotions touched the hearts of the audience. The mellifluous school choir sung patriotic songs and the celebrations ended with the distribution of sweets.



Leaders are not born but made, by their experiences in life !!!

INVESTITURE CEREMONY

The sunrise in SPSEC on 2nd May, 2019 brought the spirit of leadership with it. The staff and students witnessed a very important event of the year – The Investiture Ceremony for the Session 2019-20. The House Mistresses and the Office Bearers were conferred with the badges and sashes. The newly appointed student's council pledged to serve the school with steadfast resolve, discipline, honesty, integrity and passion. The council took an oath to live up to the expectations and work in sync with the missions of the school.

CULTURAL EVENTS



CULTURAL EVENTS

'Junk food go away, fruits and vegetables are here to stay!'



'Froogie Fiesta'

Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity. Healthy body has a sound mind, is a cliché that we are hearing since time immeasurable but it is the absolute truth. In order to imbibe the culture of eating healthy and to spread awareness among children about the importance and consumption of fruits and vegetables in regular diet 'Froogie Fiesta' activity was organized for the children of Root, Bud and Bloom on 30.07.19 & 31.07.19 in the Foundation block. The objective behind the activity was to inculcate healthy eating habits in our little ones. Mothers of Bud and Bloom section were invited to be a part of this activity. Children were dressed up as fruits and vegetables. They sensitized everyone about the various benefits of fruits and vegetables. All the children were thrilled and were positive on the fact that vegetables and fruits are better than junk food.

Lemonade Day



When Life gives you Lemons make Lemonade !!!



Long, lazy summer days call for creativity to get kids interested in learning activities and are always fun when cooled up with fresh refreshing drinks. To explore the colour of the season and to get relief from the warm weather 'Lemonade Day' was organized in the Foundation Block. Mothers were invited to be a part of this activity. The entire wing was sparkling with the yellow colour. Teachers and mothers were beautifully dressed in different hues and tints of yellow. Cheerful children attired in yellow outfits were sparkling with optimism, enlightenment and happiness.

Padamjyoti 2019-20

एस्सलम अलैकु वसलाम

Momtastic Mother's Day

Motherhood undoubtedly has the greatest potential of influencing human life. To let our amazing Moms know how much we appreciate them for their remarkable strength and perseverance in making their child the best and to pay special tribute to the unfathomed love of this Godly creation "Momtastic" – Mother's day was celebrated in the Foundation Block of Sir Padampat Singhania Education Centre on Saturday, 11th May, 2019. The event was graced by the enthusiastic and adorable mothers of the Root Section. They were crowned with the title of "Proud Mom" and were formally welcomed to the vibrant amalgamation of dance and music.

Happy
Mother's
Day

CULTURAL EVENTS

PADMANJALI !!!



S PSEC celebrated its magnificent and reverberating 38th Annual Concert with great zest, vibrancy and elation. It was a reflection of the school ethos, an expression of the concoction which resonated the wide realms. Mr. Mohit Agarwal, Inspector General of Police, Kanpur Range was the honourable Chief Guest for the evening. The Chairperson of the School, Ms. Manorama Govind Hari ji Singhania addressed the august gathering and blessed the students. The other dignitaries present were - Mr. Abhishek Singhania - Vice Chairman of the school, Ms. Varsha Singhania, Vice Chairperson, Mr. Partho P. Kar Vice Chairman, Sir Padampat Singhania Education Centre. The



cultural programme regaled the honoured guests and audience with some breath-taking performances. 'Mdurahipate Rakhilam Madhuram' (Vandana), Angels and Bees (JK Kids), The Feisty Falcons, Combatant Gyrate, Octet Symphonic Sync, Foot de Classic, Marine Majestic, Bhakti of Bhagat, Feat the Beat, Bow de Colourful Waltz, and many more. Close to 1200 students were a part of this annual extravaganza.



CULTURAL EVENTS

RETRO TIME



"Every child is a different kind of flower and all together make this world a beautiful garden"

To experience the exuberant beauty of glamorous Red and Black with White Polka dots along with the wonderful world of Disney characters and their favourite Mickey and Minnie Mouse, 'Retro Studio 54' a welcome party was organized for the children of Root, Bud and Bloom. This trendy party with magnificent and glowing polkas was a head turner which created a majestic ambience filled with energy and excitement.

Children looked like the 'pop' stars with glittery head gears, shimmery bubbles and colourful polkas. The stunning Disney party decor with bright and fascinating pattern of polkas left everyone spell bound. The celebratory music beats at the party made the surroundings more delightful. Kids enjoyed dancing and singing along those numbers and had a gala time with their friends. They relished snacks with refreshing drink and captured the lasting memories with pleasing smile on their face. The Red and Black bow ties added debonair to their outfit which they wore and carried as takeaways.



CULTURAL EVENTS



A cultural extravaganza was organized by the students to appreciate the unwavering commitment of the teachers for the mission and vision of the school. The day also witnessed Inter-House Skit and Dance Competition, where every house left no stone unturned to showcase their talent and dramatic skills. The mesmerising rendition of song for the teachers left all spellbound. The mentors ssenjoyed thoroughly and expressed their joy and gratitude with thundering applause. The celebration of fun and excitement culminated with loads of joy and happiness sparkling on the faces of every Singhianian.



Teacher's Day 2019

Honouring Teachers



Bhawanjali

A heart-warming tribute to the three great Indians – Mahatma Gandhi, the Father of the Nation, Shri Lal Bahadur Shastri, the second Prime Minister of India and the Founder Chairman of the school, Revered Shri Govind Hari Singhania in an emotional event – Bhavanjali, was organized. The ceremonial lighting of the lamp followed by an impassioned speech on our founder Chairman Shri Govind Hari Ji Singhania overwhelmed all. Everyone became nostalgic when, reminded of the dreams and endeavors of the adorable persona of Shri Govind Hari Ji who made relentless efforts to provide the best education facilities for the young learners of the city as well as the country. The soulful Bhajan Recital, the favorite bhajans of Mahatma Gandhi and Shri Govind Hari Ji added piety to the serene ambience. The little kids of the primary section lent an air of joy and excitement as they performed sprightly clad in Khadi attire. The honourable members of Sarvodaya Ashram from the city of Etah further added to the Indian-ness by demonstrating the Art of Spinning through Charkha. The Students understood about how Charkha Spinning is like meditation which improves the focus of the individual and how khadi is sustainable & environment friendly. The gathering present administered an oath where they pledged to abide by the ideologies of Mahatma Gandhi in letter and spirit. The event culminated with the Singhania fraternity paying floral tribute to their famed Founder Chairman, Shri Govind Hari Ji Singhania, who was undeniably the embodiment of love, compassion, benevolence and philanthropy.

CULTURAL EVENTS



CULTURAL EVENTS

Krishna Janmasthanmi



To let our children know about the history behind the festivals and expose them to the essence of festivals and tremendous religious fervour, 'Janmashtmi' was celebrated with pomp and show to commemorate the birth of Lord Krishna. The fragrance of flowers, soothing aroma of camphor and the jingle of bells filled the air. Beautiful decorations were put up to make this event more cheerful and colorful. The spirit of festivities was enhanced with jhankis depicting the important incidents from the Lord Krishna's life.

To familiarize the students with the mythological epic and to nurture the intrinsic qualities of the students by removing stage fright from their minds and to reinforce the message that good always wins over evil a story session was conducted through a musical drama presented by the students who were dressed up beautifully as the characters of the epic – Ramayana. The tiny tots clad in colourful costumes of different characters of Ramayana, depicted various scenes making the audience mesmerized. The participants put up a spell binding show that showed the victory of good over evil. The importance of 'Durga Puja' and 'Navratri' was also stressed and was showcased through the thematic decor which depicted the nine forms of Goddess Shakti. A group activity on 'Ravana Making' was conducted in the classes and they also carried the cut out of 'Ravana' as a take away.

The much awaited festival, Diwali a 'festival of lights', joy, happiness and positivity was celebrated with great festive fervour. The merriment and cheerfulness was felt all around as the children got into the spirit of festivity. The celebration began with the lighting of diya/candles and invoking the blessings of Goddess Lakshmi and Lord Ganesha followed by the choir, singing Diwali songs. The children of Pre - Primary illuminated the ambience with the spirit of Diwali through a foot tapping folk dance to match rhythm with the rituals which greatly enhanced the festivity all around.

LITERARY AND TECHNO FEST



Shri Gopal Krishna Singhanian

Inter-School English Debate Competition



PSEC organized the 33rd Shri Gopal Krishna Singhanian Inter School English Debate Competition for the students of Classes IX to XII at GHS-IMR Auditorium, Kamla Nagar, Kanpur on 22nd October, 2019. The topic of the debate was-**"Artificial Intelligence Will Supersede Human Intuitive Thinking"**. Proficient debaters from several prestigious CBSE and ISC schools of Kanpur and Kota participated enthusiastically in the Debate Competition. The Chief Guest, Ms Shefali Raj (Managing Director, PSIT, Kanpur), and the Guests of Honour, Mr. Arun Pathak (MLC) and Professor Raghuraj Singh (Head of the Department, CSE, HBTU). The contestants proved to be sagacious judges of the burning topic and brought forth some very interesting perspectives that intrigued the audience. It was evident that the teams were well prepared and they used oratorical skills to convince the audience. The participants, armed with statistics and data made their arguments emphatic. Besides blessings of the mentors and the juries, the winners took home the trophies and certificates.





School Hindi Debate

Shri Govind Hari Singhania Inter-School Hindi Debate competition

Sir Padampat Singhania Education Centre hosted the 7th Shri Govind Hari Singhania Antar Vidyalaya Vaad-Vivaad Pratiyogita at the imposing auditorium of GHS-IMR, Kamla Nagar, Kanpur on 11th October, 2019. The school has been organizing this event for last seven years with the aim to provide an impetus to the young orators and inculcate in them the love and taste for Hindi Language. The topic of the debate was – “Kashmir Ko Mukhya Dhaara Mein Laane Ke Liye Dhaara 370 Tatha Anuchhed 35A Ka Hataya Jana Anivarya Tha”. The competition was graced by the Chief Guest Mr. Rajat Singh Jain (Presiding Officer, Motor Accident Claim Tribunal) and the Guest of Honour, Dr. Anil Kumar Verma (Retired HoD, Political Science, Christ Church College, Kanpur & Director and Chairman, CSSP). The Chief Guest appreciated the efforts of the young speakers who had shown the courage and confidence to come on the stage and share their views, emphasizing that each one of them is a winner in a meaningful way. He further exhorted that knowledge and communication skills are the most important ingredients which one needs to enhance in order to survive in the present competitive scenario. The expert panel of Judges and audience lauded the potential, competence, debating skills and dexterity of participants. The “Chal Vaijanti Award” was shared by Sir Padampat Singhania Education Centre, Kamla Nagar, Kanpur and Sir Padampat Singhania School, Kota, Rajasthan. In the Individual Prize Category, Siddharth Singh of Class IX, Sir Padampat Singhania Education Centre, Kanpur bagged the First Prize in favour of the motion.

LITERARY AND TECHNO FEST

KSS Antar Vidyalaya Vaad-Vivaad Pratiyogita

Sir Padampat Singhania Education Centre hosted the **KSS Antar Vidyalaya Vaad-Vivaad Pratiyogita** at Dr. Gaur Hari Singhania Institute of Management and Research Auditorium, Kamla Nagar, Kanpur on 17th August, 2019. The topic of the debate was 'Paryavaran ki Upeksha Triteeya Vishwa Yudh ko Janam Degi'. The debate saw the participation of the competent teams from 27 reputed CBSE schools of Kanpur. The session was a kaleidoscope of opinions and perspectives where the participants strongly put forth their convictions by citing real life instances in support of their arguments. The brain storming debate session kept the audiences enthralled. The Chief Guest, Dr. Ritambhara (Principal, A.N.D. College, Kanpur) appreciated the young and astute debaters for their effective and impactful convictions. He encouraged the young minds to conserve the environment before it is too late else they will have to face violent repercussions of their actions. Debaters supplied statics, insights and deployed rhetorical acumen to put forth their arguments with convictions and poise, both in favour of and against the motion. The students of our school Harshit Singh of Class VII and Pawani Mishra of Class VIII made us all proud by winning the First Position in favour of the motion and Consolation Prize, against the motion respectively. Their well articulated arguments and incredible power to persuade the audience was a sight to behold.



Intra-School Moot Court



Ignorantia juris non excusat (means ignorance of law is not an excuse) The Intra School Moot Court Session - 'A Reflection of Intellect, Wit and Knowledge' was well organised by the Student Fraternity on 19th August 2019 and 20th August 2019 with an objective to enhance legal, analytical and researching skills of the students. It not only motivated the emerging lawyers to express themselves freely but also to think deeply and have a better understanding of the subject. The dynamic budding lawyers participated with full enthusiasm and zeal. All teams demonstrated the art of persuasive advocacy, legal research and analytical skills. The students displayed a mesmerising zeal of one-upmanship as they put forth their convictions and perspectives on the real legal cases and won applause from the audience for their impeccable arguments, oral pleadings and rebuttals.

LITERARY AND TECHNO FEST



Intra-School Model United Nations Conference



SPSEC is marching and heading ahead in rendering wider avenues to the SINGHANIANs for unfolding their wings of intellect and wit. The school had successfully organized the third edition of TWO DAY INTRA MUN (Model United Nations) in school campus. The event saw active participation of students from Classes IX to XII. The participants were divided into three committees – UNSC, UNHRC and IP under the supervision of President, Vice President, Secretary and Deputy Secretary General. The young delegates were enthralled to be a part of an extravagant platform for debating international issues, drafting resolutions to combat issues, and to socialize. The event aimed at getting students more acquainted with the Model UN system, through the usage of the different MUN committees.

LITERARY AND TECHNO FEST



Digital Footprints



S PSEC is not just the bastion of excellence in education but also a connoisseur of technological evolutions that are happening in the realm of academics. To engage its students and bring the best out of them, ground-breaking initiatives have been taken. Google class is one such platform. Practice sheets and questionnaires are sent to the students to hone their skills in answering MCQ's. It tracks the responses and updates scores the moment the respondent completes the task.

A digital library along with language laboratory caters to the requirements of enhancing the comprehension and communication aspects in a student. Furthermore, an in-house coding curriculum has been designed to promote 'Coding and Programming', the foundations on which the future will be shaped.

Khan Academy, an internet-based learning platform for students, has been incorporated, so that the students can have access to a wider approach in fathoming a topic.

Artificial Intelligence, the highway to future, has been given an impetus at SPSEC by the setting up a dedicated laboratory for AI, which will be in-effect from the session 2020-21.

TOURS AND TRIPS

'Travelling – it leaves you speechless, then turns you into a storyteller.'

राजस्थान



As a prelude to the vacation the educational trip to **Rajasthan** and **Nainital**, venturing in to charismatic and exotic sites was a getaway to the students from their rigorous academic schedule.



Mainital



TOURS AND TRIPS

Singhanians on an Exhilarating and Entertaining Outing !!!



One of the most treasured memories of school life are the picnics, educational trips and movie shows enjoyed with friends. To ensure that our students can add more to this treasure, SPSEC had organised a 'MOVIE SHOW' of the film 'SUPER 30' for the students. The screenplay of the movie encapsulated the mind of students. It was a refreshing break for them from the daily study days. The show was thoroughly enjoyed by one and all.



The principles of true art is not to portray, but to evoke”.

TOURS AND TRIPS



The unfeigned sight of an exhibition of drawings, paintings and sculptures in 'Sattrant Art Exhibition' became a spectacular stage for the Art Faculty of SPSEC when they visited the exhibition which brought together unique artistic talents under one roof. The exhibition covered paintings and artworks on diverse colour schemes and themes. It tried to break the set notions of the usual perceptions and outlook of the human mind to bring forth something that is beyond the imagination of the human mindspace.

"When talent is grinded with sweat, trials and resilience, destinies are reshaped and triumphs are scripted."

Sports

Sports is an integral component of SPSEC's menu for holistic development in a child. No wonder, session 2019-2020 was bedecked with glorious conquests, trophies and medals. The meticulous performances were visible in all the forms of sports and at all the levels – nationals, inter-school and intra-school. The guts and gumptions displayed by the deft Singhanian's left the opposition scurrying for cover. Dexterity coupled with effervescence was displayed in every game Singhanian's participated. The bounty we collected at the end of the session rescripted the parable of success.

Athletic Meet

Sports is an evergreen event which lights up the atmosphere and plays a vital role in making a child both physically and mentally sound. The spirit of friendly competition comes alive through participating, cheering for their teammates and learning valuable lessons in sportsmanship. With same motive, the 32nd Annual Athletic Meet resonated the humongous ground with the participation of the ebullient athletes in fun-filled track and field events.



Late Vijayan Shukla Memorial Basketball Tournament

(Boys and Girls)

SPSEC had organized a five-day Late Vijayan Shukla Memorial Basketball Tournament in collaboration with Kanpur District Basketball Association. The Chief Guest on the inaugural day was Colonel A. K. Rai, Administrative Commander Station Headquarter, Kanpur Cantonment. The Guest of Honour was Lieutenant Colonel Manish Singh, A.A.G., Kanpur Cantonment. Our School team bagged the Winner's Trophy (Girls) by trouncing Dr. Virendra Swaroop Education Centre, Cantonment with a score line of (23-9).



SPORTS

TAE-KWON-DO

"One of the greatest gifts of martial arts is that they ultimately guide to new levels of spirituality."

The First Inter School Poomse Championship was organised by SPSEC in Collaboration with Kanpur Taekwaondo Association in its humongous ground. The entire atmosphere reverberated with the echoes of applause when Star Studded Singhanians lifted the CHAMPIONSHIP TROPHY by defeating other participating teams and bagged 13 gold and 5 silver medals. Diya Manwani of Grade III was awarded with the best player award of the tournament.



"Yoga is invigoration in relaxation, freedom in routine, confidence through self-control, energy within and energy without."



YOGA DAY

To promote the ancient Indian heritage of yoga among the students and encourage them to understand its potential benefits, SPSEC celebrated International Yoga Day in the school's humongous playground. Labour Commissioner, IAS, Anil Kumar was the Chief Guest. Students along with the teachers enthusiastically participated in this global celebration that spiritually aligns body, mind and soul in the most unique way known to humanity.



WORKSHOPS

Our school organized a 5-Day Art Workshop 'START 6 (Stop Thinking Art is Really Tough Sixth Edition)' in the foundation block for the students of Classes VI-XII. The Workshop commenced with the ceremonial lighting of the lamp. Thereafter, Suhani Kapoor, a student of Class IX welcomed the Resource person, Mr. Samir Sarkar and the participants. **Mr. Samir Sarkar is a renowned artist from Kolkata**, who has a Diploma in Visual Arts (Painting) from The Academy of Fine Arts, Kolkata. He was acknowledged as the 'Artist of the year 2013' by Colourentice and Tata Steel and 2000 Honorable Guest from India, Salon, rational Des Artistes, France. His technique and usage of acrylic paints give his paintings an authentic sense of reality. His paintings show that if hard work and passion hold hands, any goal can be achieved.

On the first day of the workshop the famed artist interacted with each student and encouraged them to draw free hand sketches using charcoal, a tool that's very popular with artists who like to do fast sketching. The artist told the students that art is a poetry written with colors, that reflects an artist's perspective of the world, of the things and of the people around him. He asked the students not to have defined goals for paintings and allowed the amateur artists to work freely using their own imagination. The young artists immersed themselves into their work and came out with varied and diverse sketches based on the themes like environment, social evils, human follies, status of women in the society etc. The students had a great time exploring the texture and tonal quality of charcoal and learnt that it is great for adding fine details or lighter value to casual sketches.



START-6 ART WORKSHOP



Splashing Colours on
Artistic Imagination

WORKSHOPS

START-6
ART WORKSHOP

The second day of START 6 was thrilling for the budding artist as they learnt to paint with music and dance. They observed various 'Hast Mudras' of Kathak performed by Vanshika Singh of Class 11 and then went on to paint the same with acrylic colors. Dance and music helped the children to understand and appreciate art better. They showcased immense talent as they drew the composite and non-composite hand gestures of Kathak dance. The idea behind this was to make one artist understand the other and use one art form to express another. The mélange of the Performing and Fine Arts created an ambience that left a smile on everyone's face.

The third, fourth and the last day of the workshop was the day of Art Installation fondly christened by the students as 'The Nave!'. This day saw quite an innovation as the budding artists of the school collected the furniture lying waste in the school premises, renovated it, gave it a shape with their imagination and installed it for the art exhibition on the fourth day. Through this type of art installation Mr. Sarkar made an effort to channelize the dormant talents of the students as they learnt to repurpose the existing materials and transform them into thought-provoking art work. Around 40 students of the school attended the workshop under the guidance of the Art Teachers of the school. The workshop closed with a motivating speech by Mr. Samir Sarkar who told the students that art is something which reflects an artist's perspective of the world, of the things and of the people around him. He asked the students to use visually relaxing and earthy color tones to bring out the essence of peace and calmness. The participants of the workshop were also conferred with a cash prize along with a Certificate of Appreciation.

WORKSHOPS

Senior Section Efficacious
'Talk Show'-

Kavach



Sir Padampat Singhania Education Centre assiduously organized an impelling 'Talk Show'- **KAVACH** in collaboration with D.I.O.S, Kanpur at GHS-IMR Auditorium, Kamla Nagar, Kanpur. It aimed at accentuating and disserting the needs and challenges- Girls' face and intended to paramount and peg away the safety and security of a girl. The month long mission '**Operation Kavach**'- Girls' Safety and Empowerment Campaign was conducted to spread awareness and empower the weaker gender on safety measures and on how to access the Powerline and Helpline numbers. The game changer number was 1090, for empowerment of women, where they can register their complaints against crime. The motive behind the mission was to imbibe the female fraternity, zero tolerance against crime and abuses related to children.

The eminent and luminous dignitaries enlightened the young students with magnanimous insight and positive perspective towards saving and guarding girl child against abuse. **Mr. Subhash Chandra Sharma** (Commissioner, Kanpur City) articulated on the mission 'Kavach' educating and empowering girls to become independent, fighting against the problem of gender-inequality which is plaguing the society.

The S.P. (South) of Kanpur City, Ms. Raveena Tyagi through her words of wisdom highlighted the high rates of crimes and incarceration imposed tremendous costs on society with lasting negative effects on individuals and families. The message of the mission was clear that gone are the days when girls were required to lower their gaze, walk quietly and tolerate but instead they need to be '**Alert, Aware and Speak up**'.

The District Magistrate, Mr. Vijay Vishwas Pant, apprised the maidens with various helpline numbers and said being mentally fit and alert is must for all girls. He also requested that the parents must be friendly enough with their children so that they can share each and every thing with them. '**Mahila Kalyan Vibhag - Balika Suraksha Abhiyan**', Girls Safety and Awareness Programme was initiated and nurtured under the able guidance of C.P.O, Mr. Anup Kumar and Ms. Smita Singh. The other eminent dignitaries present at the event were D.P.O, Mr. Ajit Kumar, D.D.M.K. Ms. Shruti Shukla, Ex. CWC, Mr. Girish Awasti, Mr. Sanjay Sharma, Speaker (IIT, Kanpur), C.O, Nazirabad, Ms. Archana Singh.

WORKSHOPS



CAPACITY BUILDING PROGRAMME on Life Skills

Teacher Training by CBSE at
Sir Padampat Singhania
Education Centre

Encouraging teachers to develop their own set of life skills and use them to prepare the youth to face the challenges effectively, an interactive day long workshop was conducted by the Central Board of Secondary Education (CBSE) and hosted by Sir Padampat Singhania Education Centre. 64 Teachers and Principals from reputed schools of in and around Kanpur participated in the workshop to learn about various ways and techniques of developing and enhancing life skills among students across all age groups. The objective to be achieved, as per CBSE, by conducting this workshop, was to make teachers well equipped with knowledge that can help them manage and deal with innumerable (small or big) instances happening inside/outside the classrooms. The workshop not only made our teachers more sensitive and understanding towards students, but also helped in imbibing life skills in their teaching style so that children of today get education that adds value to their personality as a whole.

Motivational TALK SHOW

Yash Tiwari, 17-year-old, Kanpur's Youngest Author of the book called 'A Celebration in Tribulation' and a nominee among 'Top 100 Inspiring Authors of India' was at our school to inspire young Singhanians. His motivational speech about positive relationship between strength and opportunities inspired all the students. He said that to encounter one's weakness, one must maximize his strengths. He left an indelible impression on the minds of young scholars of SPSEC. He also conducted an activity based on SWOT - Strength, Weakness, Opportunities and Threat.



Creativity in CREATING THE CREATOR !!!



The foundation block of SPSEC dazzled and blazed as the palette of festivity marked the blissful arrival of a Lord Ganesh when the students of Grade VI to XII attended the 'TWO DAY- CLAY MODELLING WORKSHOP'. During the workshop the artisans zealously participated when they were provided with the colourful clay to create their own idol of Ganesha. The engagement of novices in the activity stimulated their creativity to make dainty and exquisite idols under the supervision of art teachers.

WORKSHOPS



‘Be Future Ready with a Dynamic Career GPS’

SPSEC organised a Career Counselling and Educational Guidance Programme for the students of Grade XI. The session was conducted by the renowned educationist and career consultant, **Dr. Amrita Dass** to dispel the doubts and qualms that the students have regarding the selection of stream after Class X. The objective was to identify the aptitudes and interests of the students and help them draw up an educational and career plan with a focus on choosing the subjects best suited for them.

Dr. Dass was impressed to meet the knowledgeable and extremely focused group of teenagers. She began the session on an informal note and told the students that there are no Ideal Careers only Ideal Choices and they should make career decisions without being influenced by any external pressure, as happiness comes only if you love what you are doing. Dr Dass deliberated and discussed with the students and their parents the various career avenues available in the streams of Science, Commerce and Humanities. She remarked that the trend of opting Science to become doctors and engineers is a passé in the current scenario.

The session culminated with a Question & Answer round wherein the resource person clarified several issues regarding careers as well as reiterated the requirement for parental support in making the right choice. The highlights of the session were encapsulated in the handout distributed to students after the session.

Engaging Focused Group Discussion

Sir Padampat Singhania Education Centre hosted the Focused Group Discussion in collaboration with the Lohia Corp. and Eduvisors - India's leading sector-focused consulting firm in Education for the students of Classes XI and XII. Honourable Lieutenant Governor of Ladakh and Former IAS, Chief Information Commissioner and Defence Secretary, **Mr. R.K. Mathur** acted as the moderator of this Focused Group Discussion.

The discussion was organised by the school with the motive of stimulating a spirited discussion among the senior students and help them to learn how to easily share their opinions and ideas with the experts. The main objective of this FGD was to discuss and deliberate the key aspects to be considered at the planning stage of the State Private University at Kanpur with the students of Class XI and XII (Science, Commerce and Humanities) who are at the cross roads of choosing their career path and looking forward to getting admission in a college that can help them give a head start for an entry-level role. The brain storming interactive session kept the participants enthralled who gave their insights on what they expect from an upcoming university.



WORKSHOPS



I.A.Y.P. Workshop

The school organized a workshop for the senior students regarding International Award for Young People. The Resource Person – **Mr Bivujit Mukhoty**, the Programme Manager, I.A.Y.P., apprised the students about the programme that it is an exclusive and non-competitive and anyone including differently abled can enrol for the award. The workshop by IAYP (The International Award for Young People) was aimed to educate and encourage value-forming experiences among the youngsters. The young people can choose an array of activities according to their environment and their own personal interests and talents. The students were encouraged to participate in physical recreation activities and physical fitness programmes. Overall the workshop was informative and enlightening for the students.

Eloquent and Impactful Interactive Session!

Marching ahead without tarry and moving towards perfection without fearing the thorns and sharp stones on life's path is the true delineation of the ADROIT ALUMNUS and Ex. Student of SPSEC - **Akashdeep (Batch 2010)**. He has satisfactorily supplemented it by edging his skills and talent extensively in film industry and proved with his intense acting in movies like URI - THE SURGICAL STRIKE, TITLI, TUMSE NA HO PAAYEGA and MIRZAPUR. Young Singhanians had the privilege to live his life from his school days to the time of today as star when he interacted with them and shared the state of dilemma for future, his dreams and vision and ultimate aim of life. He motivated the students by triggering their minds that with conviction, determination and faith one may turn the star of sky to fall in the palm of longing. The students found the session relatable and phenomenal.

CAMPAIGNS AND RALLIES



Awareness Drive !!!

In fostering environmental stewardship the Singhanians of SPSEC spiritedly participated in the movement of spreading awareness regarding the utility and vitality of Ayurvedic herb - **GILOY** (*Tinospora Cordifolia*) known as 'Amrita'. It has been used and advocated in Indian medicine for ages and recognized to accord longevity, enhances memory, improves health, and bestows youth.





FIT INDIA MOVEMENT

Pledging for Healthy and Happy Life !!!

Singhanians with their unwavering and unswerving participation witnessed the much-anticipated 'FIT INDIA MOVEMENT' launched by our Honourable Prime Minister live in their classrooms which was aired on national broadcaster. It aimed to encourage Indians to consider sports as their life mantra to pave the way for healthy life. Our Singhanians pledged to prioritise sports and fitness in their day-to-day lives. It is the significant sight that there is no elevator to success, one has to take the stairs to achieve.



CAMPAIGNS AND RALLIES

Girls' Safety Awareness Program

"Never, never think that it couldn't happen! Have a plan! Act Hard! Be prepared! "



It is best to encounter a battle with a calm approach, a great sense of confidence and a feeling of empowerment. Often, the mental battle begins prior to any physical confrontation. The maidens of SPSEC were empowered with courage and confidence in "GIRLS' SAFETY AWARENESS CAMPAIGN" organised by our school in collaboration with DIOS, Kanpur. The workshop highlighted the initiatives to be taken by girls to raise their voice against any misconduct and get the perpetrators to justice as it will not only teach the perpetrators a lesson but also act as a deterrent against them repeating the offense. The message was loud and clear that gone are the days when girls were required to lower their gaze, walk straight and speak softly.....the mantra for today is to look up, be alert and SPEAK UP....against injustice.

CAMPAIGNS AND RALLIES



Parivartan Greenathon- Plantation Drive



“The true meaning of life is to plant trees,
under whose shade you do not expect to sit.”

S PSEC has had a long standing tradition of participating extensively in environment saving drives. One such drive was 'PARIVARTAN GREENATHON- PLANTATION DRIVE' in which our Singhanians as 'earth saviours' planted the saplings, fenced them and watered the plants on the roadside of Ganga Barrage and Yash Kothari Chauraha, Kanpur. In order to restore and reinstate the life on earth, our teens with their zealous participation motivated and inspired the gathering at the venue. The programme also created a great stir in the general public to take initiatives for sustaining the richness of the 'mother earth'.



CAMPAIGNS AND RALLIES

say no to
Plastic



Sir Padampat Singhania Education Centre upholds the legacy of initiating and parading as a torchbearer in piloting the Singhanians on the pathway of being principled citizens of the nation, who are cognizant and open minded. With the same notion, the students marched ahead and took part in 'ANTI-POLLUTION CAMPAIGN' across the city, with the commitment of making the noble message immortal. Student actively participated in the 'SAY NO TO PLASTIC' campaign. The initiative focused on reducing the indiscriminate use of plastic bags and promoted the alternative material like jute, cloth and paper. The students walked along the streets raising the slogans and holding placards creating awareness among the people of Kanpur.

SOCIAL AND DIGITAL BYTES



"You have not lived today until you have done something for someone who can never repay you."



Education at SPSEC radiates the mind and soul of learners by dispensing the knowledge. Every Singhanian is drilled to do their bit for the society and are instilled with empathy. The students observed 'CHARITY DAY' for its students. They will never forget for decades the experience they cherished. One such edition was the visit of our Singhanians to the Elementary school at Nasania and Jyoti Badhir Vidyalaya. The students made their day special by spending quality time together and also distributed gifts that they had carried along with them. The bonding created by the students with the village school children was a true embodiment of attachment, affection and acceptance for each other.



Disha

SPSEC prides itself in not only academic success but also in creating school ethos with relationships and community at heart. *Disha is a collective endeavor to provide vocational training to underprivileged folks in handicrafts and developing entrepreneur skills.*



SOCIAL AND DIGITAL BYTES

“The best memory we share is the time we spend together between our first hello and our last goodbye and this memory we wish to celebrate everlastingly”



CONNECTING ROOT AND STRENGTHENING BOND!!!

The Alumni meet is conducted every year in order to reconnect with the Alumni and celebrate their success and achievements. To take a walk down the lanes of nostalgia, SPSEC hosted an extravaganza - '25th YEAR REUNION OF 1995' to rekindle memories, renew friendships and relive the school years. The day witnessed a plethora of activities ranging from exuberant reunion, fun and frolic, felicitations and emotional adieus. To keep up the school tradition of being the 'Green School', the Alumni planted saplings and did their bit in conservation of environment.



[illegible]

Nestle in Nature

Nature knows no pauses in progress and development. Eternal in its existence, the picturesque flora at SPSEC invites the denizens of the school to escape from the ramparts of the classroom and explore academics in the nature's lap. The students find themselves in an infinite sphere of which the centre is everywhere and the circumference nowhere.

Their imagination blossoms, and creativity finds a new expression. The academicians too benefit from the sublime effect and all come forth into the light of things, where nature can be a teacher. Through such innovative practices, SPSEC creates an atmosphere of pristine learning.





SOCIAL AND DIGITAL BYTES



Nature-loving Singhanians have taken to greening their surroundings with **seed-balls**. The passionate and zealous young Singhanians under the guidance of young environmental activist **Ms. Vedika Singhania** and teachers collected various varieties of seeds and **made around 4000 seed balls in the school premises**. The maiden effort by the students of SPSEC received applause from one and all present at 'FICCI FLO BAZAAR', Kanha Galaxy. They distributed the same to the visitors and apprised them that the seed-balls in their palms will bring a little revolution – something that can change the face of the earth. They encouraged the visitors to collect seed-balls and help to make Kanpur green. The Singhanians moved ahead with rural children in making seed balls - a combination of compost, clay, cocopit and seed, under the able mentoring of Ms. Vedika. The entire outdoor activity enthralled the children as well as the on-lookers depicting their love for Mother Earth.



Nurturing Nature !! SEED BALLS MAKING



ARTISTIC ACUMEN



ARTISTIC ACUMEN

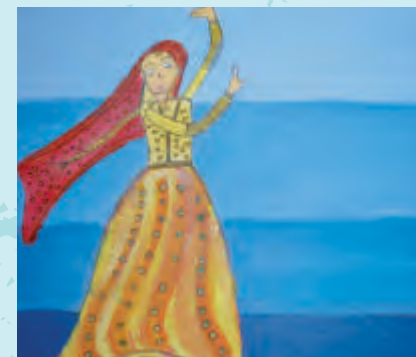
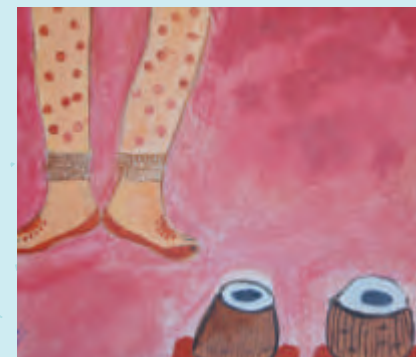
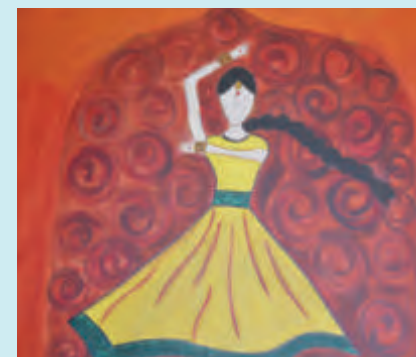


ARTISTIC ACUMEN

Adroit Artists of SPSEC with their aesthetically pleasing masterpieces.



ARTISTIC ACUMEN



Wall of Fame



Wall of Fame



Wall of Fame



Wall of Fame



Wall of Fame



Wall of Fame





NEWS ARCHIVES

NEWS Archives

पहले दिन सिंहानिया स्कूल का रहा जल...

समाचार सार सर पदमपत सिंहानिया एजू. सेंटर में रक्षा-पर्व मनाया गया...

छात्र-छात्राओं ने नृत्य के साथ...

सर पदमपत सिंहानिया टेबिल टेनिस में जीता...

सीबीएसई के स्कूलों में प्रवेश पर टीसी सत्यापन जरूरी नहीं...

बोर्ड बदलने पर सत्यापन जरूरी...

रव. गौहरी सिंहानिया...

पहले दिन सिंहानिया स्कूल का रहा जल...

समाचार सार सर पदमपत सिंहानिया एजू. सेंटर में रक्षा-पर्व मनाया गया...

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पहले दिन सिंहानिया स्कूल का रहा जल...

समाचार सार सर पदमपत सिंहानिया एजू. सेंटर में रक्षा-पर्व मनाया गया...

छात्र-छात्राओं ने नृत्य के साथ...

सर पदमपत सिंहानिया टेबिल टेनिस में जीता...

सीबीएसई के स्कूलों में प्रवेश पर टीसी सत्यापन जरूरी नहीं...

बोर्ड बदलने पर सत्यापन जरूरी...

रव. गौहरी सिंहानिया...

बास्केटबॉल : सर पदमपत सिंघानिया, डीपीएस, फातिमा कॉन्वेंट की टीमों जीती

राखियां बना कर सैलिकों को गायेंगी

प्रति सम्मान व्यक्त करते हुए उन्हें राजीव
समर्पित करना रहा, सभी स्टूडेंट्स ने
इस कार्यक्रम को अपनी राखियों

पांचवीं पुण्यतिथि पर याद

मर उजाला

पद्मपत सिंहानिया स्कूल ने जीता मैच

की ओर से चल रही कैंडीएमए
बार को तीन मैच खेले गए। सिंहानिया
टीम ने 40 ओवर में छह विकेट
वा। मोहम्मद शारिम ने नाबाद 114
वा। 27.5 ओवर में महज 86 रन
न पर सोनेट बल्लब की टीम 30.4
ने गई। पैरामाउंट की टीम ने 29 ओवर
में 100 रन बनाए।

सिंहानिया की टीम



सिंहानिया की टीम

आउट हो गई। अशोक ज्योति की टीम 22.5 जीवर में 95

... as a student

PROTEST NEWS SERVICE ■ KSHB-TV

Protesters at Santa Rosa State University's annual ethnic addressing gathering at CSUMB on the occasion of Hispanic Month on Saturday said that it is a university of hypocrisy when members of racist bands refuse to leave campus or to join Agria University's efforts to join Agria University and United Nations and other institutions of national importance and now as your local National Guard troops are in the area, I personally

Protesters at Santa Rosa State University being placed in the CSUMB V.C. First Nations State of California

that the way people are

[illegible][illegible]

पुलाने ने बताया कि यह बल्लेट के जरिये ही काम के बाद अर्द्ध वर्षीयन में सौंपा जाएगा है। पहले कार्यक्रम प्रवा की सबसे बड़ी रणनीति ट्रांसक एवं लोगों को भा प्रयास करेगी।

छात्रावली-२०१०
सिद्धा लाली को

students perform super
SERVICE ■ KANPUR

This year also the students proved their own set standard per cent result was mark of the school achievement of the stream

2019 results. A total of 10 students appeared and secured 90 per cent and above marks in aggregate. Suhani Singh and Saumya Sakhuja secured a position each in the list of students of Kanpur district.

Principal, Bhawna Singh, congratulated them on their stupendous feat along with the chairperson, Manorama Singh, and Hari Singhania, Vice-Chairperson, Abhishek Singh and the Vice-Chairperson, Verma Singh.

They ended the

Chaudhary, committee member, Saumya Sakhuja, the

पेदास, गौरी, न. गौरी, प्रहलाद, केलता है। इस



द्वारा



...नी। ने

...ती है। शाहर के टोंपरी में की
...थान जाने वाली सड़क।

समस्याएं

को पालन करें

...कि परीक्षा के समय
...य सजेबक से ही दूर
...नहीं लनी है। परफार्
...क प्रयोग नहीं करनी
...के खाली समय में
...र लएली है।

निम्नों को

01 प्रश्नपत्र
...की समझना
...है। उनमें से

inequality which was plaguing the society. He also said that any death

परीक्षा के समय सिर्फ पढ़ाई पर ध्यान देना चाहिए और शॉर्टकट्स मत लेना चाहिए - सुहानी

सुहानी ने पंचम पर सर्वप्रथम आरंभ बोलते-बाजी करते हुए 13 ओवर में 48 रन बनाए। वहीं, सिचलिंगिया एकदमी से मो. शत्रुमि ने 4, भी. जुनेद, अहमद मिश्र व दीपक ने 2-2 विकेट भेंटकर। जबकि मैं सर परमेश्वर सिचलिंगिया कीदृश एकदम-द्वे-9.1 ओवर में 2 विकेट पर 53 रन बना दिया। शत्रुमि ने जुनेद ने 23 रन छोड़े। अब, गायकवाड़ बल्लन के पुत्र सचदेव मेहता ने अंशुला टोम को 21 सी करवा व प्रसिद्ध कि नौनमकर कीदृश ने जयचंद्रिया र को 11 सी करवा पुराना किया।

सुहानी ने सिचलिंगिया को 201 रन से थोड़ा बल्लन को 100 रन से अवरुधित किया। अंशुला टोम ने 15 विकेट और गायकवाड़ बल्लन ने 10 विकेट करवा दिए।

सुहानी ने सिचलिंगिया को 201 रन से थोड़ा बल्लन को 100 रन से अवरुधित किया। अंशुला टोम ने 15 विकेट और गायकवाड़ बल्लन ने 10 विकेट करवा दिए।

NEWS ARCHIVES

रविवार, 19 जनवरी 2020

सिंधानिया एकेडमी ने जीती ट्रॉफी

[illegible]

Over the past 10 years, the CBSE-affiliated K-12 co-ed day school was promoted, it has risen high in the estimation of the public and is ranked #1 in Kanpur in EWISR 2018-19

PAROMITA SENGUPTA

NEWS ARCHIVES

Over the past 10 years, the CBSE-affiliated K-12 co-ed day school was promoted, it has risen high in the estimation of the public and is ranked #1 in Kanpur in EWISR 2018-19



Environmental activist Vedika Singhania, while interacting with the rural children on Tuesday to appraise them about caring for mother earth said there was a need to plant a sapling and said for the seed ball...

आईआईटी में स्कूला बच्चों ने उड़ाया ड्रोन

आईआईटी कानपुर में स्कूल के बच्चों ने उड़ाया ड्रोन

सहपदमपत में महापुरुषों को किया नमन

पर्यावरण संरक्षण को बांटे पौधे

हाउस मास्टर को सौपी जिम्मेदारिया

दूधबिर दिदि आपरेक्षण (पुष्पी, हार्मि, अतिरक्षण)

मैट्रो हास्पिटल



अखिल भारतीय शिक्षा परिषद के अध्यक्ष डॉ. अशोक सिन्हा का जन्मदिन मनाया गया

राष्ट्रपति संग हर कोई खो

मेधावियों की आंखों में तैर रहे आसमान छूने के सपने

कानून की पढ़ाई करेगी सुहानी

मैनजमेंट की पढ़ाई करेगी सौम्या

अमर उजाला

'KAVACH' AT SIR PADAMPAT SINGHANIA Education Centre

सहपदमपत में महापुरुषों को किया नमन

Courtney Walsh
Ambassador

Dr. Amrita Das
Founder Director,
Institute for Career Studies,
Lucknow

Colnel A.K. Rai
Administrative Commandant
Station Headquarter,
Kanpur Cantonment

Shri Mohit Agarwal,
IPS, Inspector General of
Police, Kanpur Range

Mr. R. P. Singh
Ex. Indian Cricketer

Dr. Geeta Asthana
H.O.D., Jwala Devi Vidya
Mandir College

Dr. Nidhi K. Mehrotra
Ex. HoD, DAV College

Dr. Rakesh Shukla

Testimonials

Ms. Sushma Punia,
Principal,
BLS International School

Dr. Ranjan Tiwari
Ex. HoD, DAV College

Sameer Sarkar
Internationally Acclaimed
Artist

Mr. Arun Pathak
MLC Kanpur

Ms. Mandvi Tripathi
Principal,
Lucknow International Public School

Mr. R.K. Mathur
Lt. Governor, Ladakh

Raveena Tyagi
IPS, SP South,
Kanpur Nagar

Dr. Anil Kumar Verma

Rajat Singh Jain
H.J.S., Presiding Officer,
Tribunal Kanpur Nagar

Mr. Premchand Palety
C fore

Dr. Arvind Shukla

Ms. Shefali Raj
Managing Director, PSIT

Dr Indramani

Mr. Prem Prakash,
ADG of Police, Kanpur

Dr. Krishna Kanti Dixit
Retired Professor
D.A.V. College

Students' Articles

Balance is Beneficial



Divyansh Awasthi
Class - XII

Bridges are only suitable to travel if they are well-balanced with cables and poles at every important area. Similarly, a student's life which is no less than a bridge that lead to multidimensional growth of a student.

Curricular studies are not designed for the purpose of confinement of a student but for revolutionizing their minds. Majority of students in India consider curricular studies as the sole ingredient that would help them get a respectable life. This is a myth. A myth which acts as a deviation and restricts them from focusing on other important attributes like communication skills, leadership, analytical skills etc. At an instance, students forget to understand the meaning of inner peace and end up living frustrated lives.

A student's life should be inculcated with adequate balance of studies, extra-curricular activities such as debating, sketching, singing, etc. to develop confidence and positivity in student's attitude. Sports and hobbies are a major requirement for a student not only for physical development but also to imbibe values of kindness, patriotism, teamwork, leadership and critical thinking skills in a student that curricular studies cannot give.

It is an ambition for me that I am willing to do almost everything that is possible for a student to perform. Be it studies to attain factual knowledge, sports to develop motor skills and teamwork, poetry to perceive things in a different way, debating to develop argumentation and judgment skills,

Students' Articles

reading various genres to groom the mind and sketching to learn speaking without words, I do all of them on a regular basis.

Balancing these activities remains a challenge but I consider it another opportunity to develop my critical thinking and management skills. Balancing my activities helps me to get an increased level of brain activity. I consider this aspect as very essential. It helps me to perform multidimensional activities and develop as a unique personality.

This cycle of doing activities to fulfill my ambitions and balancing them on a regular basis helps me to do hard work and smart work together. Maintaining a balance also motivates to keep moving towards my goals and never stop practical learning and implementation.

Curricular studies always help in getting basic knowledge and facts but this remains raw until a revolutionary mindset converts it into useful practicality. Extra-curricular activities, sports and hobbies help in achieving this revolutionary mindset which remains latent in most of the students.

The bridge is likely to remain unbalanced which is may lead to an unsafe journey if only one part is over-pressurized. Balancing is the key ingredient that supports all the other essential elements at their respective places and makes the journey fruitful.

Examining Exams

What you're about to read is not just an essay or a mere shard of literature. Rather this concoction of words serves as a court of law. This court however, won't be found on any Google map. Nor can you find the law it represents in any constitutional article. This worded court is a verbose portrait of an examinee's mind. An examinee who is, let's assume, on his way to take the BOARD-EXAMINATION. And guess who we have in our witness stand: 'Examination' itself.

But before we commence with this trial, it is imperative that we comprehend the meaning of 'exams'. No, I am not referring to the conventional definition written in the Oxford dictionary. What does it really mean? Is it a barometer of a student's potential? Does it measure intelligence? Are 'marks' the only thing that we as students should be rooting for?

If you think that examinations are all about marks and marks are equivalent to intellect, then this highscholar is in aversion to your definition of exams. Marks and exams are just like a shadow. Just as you can't discern the height of a person by looking at his shadow, you can't determine a student's potential by just looking at some wee numbers written in red ink. That's the bottom

line of examinations. That's the reason why most, if not all students interpret examinations as a quagmire.

Then what is the point of an examination? In fact, what is the point of imparting knowledge then, if it's just for some meager numbers? Practical application is the scaffolding of knowledge and knowledge is the impetus for examinations. If we can't apply our knowledge in practical life then this nine letter word has no meaning. And if knowledge has no meaning then examinations too, are hollow.

And there you have it. That's the quintessence of examinations. An ideal exam is one that compels the students to close their text books and be inquisitive about what is around. Exams should not incarcerate bright minds in books. They should focus on a more practical approach that gives a fair opportunity to every student to express their actual potential be it in any sphere. One can learn more with their NCERT books closed by assessing the pragmatic aspect of life. And that is what examinations should capture. Exams should test knowledge rather than memory.

So do you still think that our examination system is like an impeccable edifice that successfully measures a student's potential or does it require a Herculean revolution? Well... You be the judge of that after all, the ball is in your court now.



Akshat Agarwal
Class - X

My Teacher is a Fairy



*My teacher is a fairy
She teaches me new-new things daily
She is good and beautiful lady
She gives me homework everyday
I like her teaching way
She is so adorable
I like studying from her*



Shubhi Shukla
Class - VI

GRATITUDE is Great

Gratitude is not a mere word of nine letters, it's an emotion, not much of a sentimental one but the one which is underestimated for its insignificance. If it's about the gratitude surrounding the air around me - I would be the most content person to share it with the educators of my institution or if it's about the collective youth of my institution, the scenario remains undisturbed. Teachers are selfless givers besides being the wisest pupils and most of the liberals. The school youth start unraveling much if there's a "nonchalant mentor".

Saying thank you is more than good manners. It is a good spirituality.

My journey in school faced a great amount of thicks and thins. The curriculum contains so much necessary raw material, but warmth is the vital element that grows the soul of a student. This warmth is my prized possession - my educators.

My mind baffled when I encountered the periodic table; my chemistry teacher held on to me tight for two great hours explaining all it again. My heart thumped hard when my hands grew weak in formulae; my maths teacher molded me in completely different form probably one of the

fictional Aryabhata one. I vocalise the word Thank You to all the educators I ever acquainted with in my academic journey so far.

"To the world it may seem a little less, But yes, students get stuck in a game of chess, Everything is dependent on a piece of paper, Which we call "Report Card" is the judge of one's nature."

My voyage in school so far couldn't be so smooth if I had not had support of my two most beloved people - Mom and Dad. Teachers and parents are the two most ideal people I look up to anytime and anywhere.

I desiderate to say Thank You to mom for making me learn the craziest acronyms.

I desiderate to say Thank You to my dad for loving me the way I am and always being proud of me.

I desiderate to say Thank You to my teachers for making me who I am today, for molding me into a better one each day, and never ever giving up on me.

I owe to you always and forever.

"To the world it may seem a little less, But yes, students get stuck in a game of chess, Everything is dependent on a piece of paper, Which we call "Report Card" is the judge of one's nature."



Sanchi Arora
Class - IX A

A walk in the woods



It is said that a peaceful; calm morning, is where the glimpse of the bliss of life is seen. It took me great endeavour and I not so effortlessly, got up from my bed; with laziness enveloping me from all around; reluctant to leave me. I somehow brushed my teeth. I was awoken by now, and was ready for a stroll in the famous Kamla Nehru Ridge, with my *Chhoti Masi*, i.e.; my aunt. She had narrated about the embrace of natural beauty in the hustling city of Delhi, and I was stunned to see that the Aravalli's were still living with its forest and animals like; monkeys, dogs, birds like peacocks, sparrows, hornbills etc. All that I was able to see was infinite beauty and what I could smell was sweet peaceful air, carrying the fragrance of innumerable flowers, fruits and of damp mud. Everything was astoundingly calm

and in perfect harmony. I loved the atmosphere. People were observing their daily routine of yoga, jogging, exercises, and were feeding the animals. Animals, there have known about human civilization and have become friendly with them. The mesmerizing and soft and warm sunshine was lovingly touching my cheeks, kissing them and blessing me. It was indeed the best morning till this age of my life.

I realized the meaning of the famous saying, 'Early to bed and Early to rise, makes a man; healthy, wealthy and wise.' It is true, the nature encloses within it bounties of limitless energy, ready to grant us with it, so that we live our day with full energy and attentiveness. The secret of a healthy life is in the balance of nature. Yes, it was a routine walk to the ridge, but made a routine morning in to **MY SPECIAL MORNING!**



Sanskar Gaur
Class - III

The Child

Once upon a time,
While drinking juice of lime
An idea struck the maker
(for the wrong the undertaker)
Bored of the monotonous
elderly and teens
He decided to make small
and happy beans
Far away from all the wild,
He called that tiny bean a child
He made one more and another
And looked after them as if a
loving mother
The little ones longed for
his tender touch,
And in his generous arms, the
children he would clutch.



Ishmeet Singh
Class - VIII

A true friend

One who will help you till the very end,
Will be no one else but your true friend.
If you'd cry then he'd cry,
In scolding you, he won't feel any shy.
To you, if forever his happiness he would lend,
Then he won't be anyone but a true friend.
He won't superficially just rant and rave,
He would shout and scream when you dig your own grave.
To improvise you, a person who would intend,
Will be no one else but your true friend.

The right hand, left hand

This is my right hand,
Tapping on my head.
This is my left hand,
Looking for ahead.
Right hand, left hand.
Making a crown.
Left hand, right hand,
Rolling back down.



Mohd Zaid Anwer
Class - Bloom

Welcome to our society
A place where
Eyes that "look" are common
But eyes that "observe" are rare.

Where after trials and trials
And bribes in cash
Criminals are set free
Victims' heart, in ash.

A place where,
People candle march for a day
And then move on,
After a few words of wisdom that
they say

Where toddlers play with phones
Than with building blocks
Where even an imaginary Santa
doesn't exist
Where has the innocence lost?

They talk and talk
Oh No! They blabber
But show no actions
They're shallow, rather

They know very well
How to complain, how to sympathize
But they know not
How to solve problems, how to
empathize



Our SOCIETY



Sonakshi Bajpai
Class - X

They have so much knowledge
Yet so little sense
Each one is alone even after
thousands of social media friends.

Our society,
Where most things remain unseen
And most facts censored
Where criminals roam like free little
birds.

Our society,
A place of plastic smiles
And hatred hugs
A place where teens lose their
innocence to alcohol and drugs.

Our society, a place of ironies
And political clowns
A place of funny miseries
And rich frowns
It's where you and I reside
It's where you and I decide
The rules to abide
Because at the end of the day.

You and I
Make "OUR SOCIETY"



She is a Warrior

She cures everyone's heart break,
She herself is broken.
She nurtures every smile,
Her own smile is left uncared.
She wipes people's tears, rebinds the
love birds,
But her tears have faded and love is
found nowhere.
She rejoins the broken pieces, and
gives back them life.
But she herself is wrecked and is
hollow from inside.
Ah! She's a girl crying over little
things, mocks the society she's just
emotional and weak.
Yes she's a girl and she knows it
well, but before being a girl she's a
warrior herself.



Yuvika Singh
Class - XI

A day will come



*A day will come
When all your wishes will come true,
When the world will recognize your
hard work,*

*When everyone will understand your
importance,
When you will have freedom to
express yourself,
When you will not be scared to
dream BIG,*

*When you will have the power in
your hands,
when you will spend your money
without any fear,*

*When everyone will believe you,
When there will be no place for
sorrow and greediness.
Don't wait, just bring that day...*



Arush Mishra
Class - IX

Time waits for no one

*Growing up, no time to wait,
Pout somehow I am always late.
I must realize in life, time doesn't stop,
If I have to make my way to the top.*

*There's no turning back once you start,
No obstacles can break my heart.
Day & Night, I will work very hard,
To get an "A+" on my report card.*

*My sole company is my books,
Education is much better than our looks.
Exams and tests are temporary,
The school life is a special memory.*

*My only purpose is to make my
parents proud.
I am special; I am not among the crowd.*

Trees



*Trees make our soil fertile,
They give us their pleasant shade,
They make our garden smile,
They flow like a lively green cascade,*

*They bear fruits to eat,
We build shelters from their timber,
Fire wood we have for our dwellings to heat,
Innumerable are the gifts, we can't all
remember,*

*A tree is indeed a real saint,
It serves us alive or dead,
It sacrifices it does never paint,
As do the human- the lowly bred.*



Harmya Bhatia
Class - V

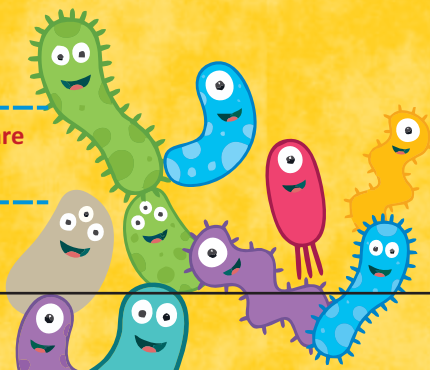
INFO & Fun!



- I. On November 3, 1957 Russians put a new satellite into orbit; it was named Sputnik II and carried inside it a Serbian Husky named Laika, who became the first living being to leave the Earth and venture into space.
- II. Neil Armstrong said these famous words on television "That's one small step for (a) man, one giant leap for mankind."
- III. NASA (The National Aeronautics and Space Administration) was formed in July, 1958; it is the American civilian organization that deals with all the matters involving aeronautics.
- IV. In 1978, Pioneer Venus 2 launched several probes on parachutes onto the surface of Venus.
- V. Blood makes up about 8% of your total body weight.
- VI. Babies don't shed tears until they're at least one month old.
- VII. The average person has 67 different species of bacteria in their belly button.



Aadhar Khare
Class - V



AMAZING FACTS



- I. Shark can swim in water at a speed upto 50km per hour.
- II. The Eiffel Tower in Paris, France contains more than 18,000 iron beams.
- III. The full form of ISS is International Space Station.
- IV. Two million new blood cells are produced every second and they last till 120 days.
- V. A human can swim upto 6 feet deep in water, a Minke whale can swim upto 33 feet deep and a Blue whale can swim upto 104 feet deep.
- VI. There are around 250 red blood cells in a drop of blood with 375,000 white blood cells.
- VII. Women's heartbeats are faster than men's.
- VIII. There are 6 common dwarf planets in space. They are:
•Pluto •Xena •Haumea •Makemake •Ceres •Eris
- IX. The largest land animal is African Elephant.
- X. It will take 12 years to travel from Earth to Neptune.



Aditya Bhargava
Class - V

- I. Jupiter has 16 moons and the biggest is Ganymede.
- II. Spider produce silk to make their webs.
- III. The heart of the Shrimp is located in its head.
- IV. The big bang occurred about 14 billion years ago.
- V. The tallest tree species is Redwood tree that is 100 meter's tall.
- VI. IC 1101 is the biggest Galaxy in the universe.
- VII. Potatoes were the first food to be grown in space.
- VIII. Barksia tree needs fire for its germination.
- IX. The biggest telescope is the Hale telescope in Palomar Mountains, California, USA.
- X. The first space probe was launched by America on March 3, 1972.
- XI. Galileo Galilei was the first astronomer who discovered Jupiter in 1600 A.D.
- XII. Solar system was formed about 4.6 billion years ago.
- XIII. A day on Jupiter is less than 10 hours on Earth.
- XIV. 12 years on Jupiter is 1 year on Earth.
- XV. If you search 'Meaning of Askew' on Google the page will come tilted because the meaning of Askew is tilted.

Amazing facts



Aditya Guatam
Class - V

'Hello' in Different Languages



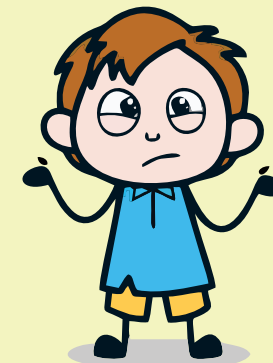
- | | |
|--------------|----------------|
| 1. INDIA | - NAMASKAR |
| 2. FRANCE | - BONJOUR |
| 3. BRAZIL | - ALOTO |
| 4. CHINA | - EI |
| 5. GERMANY | - GUTENTANG |
| 6. HOLLAND | - HALLO |
| 7. ITALY | - CIAO |
| 8. JAPAN | - CHAMJO |
| 9. MOROCCO | - BEEPALAHAWA |
| 10. THAILAND | - JANTADAY |
| 11. TURKEY | - UZDRASTUMOTE |
| 12. SPAIN | - NOBAD |
| 13. SOMALIA | - HOLAY |
| 14. RUSSIA | - MEHRAHATLA |
| 15. POLAND | - SWASDER |



Anhad Bhatia
Class - IV

stretch your brain with Fun Puzzles

- Q1. There was a man. He had 6 fingers, people used to call him Akbar, Why?
- Q2. $3+3=8$ How? (Hint: 2 answers)
- Q3. Green but not leaf, cheater but not monkey. Who am I?
- Q4. Which is the world's smallest gate?
- Q5. What is it that goes up without legs and never comes down? (Hint: 2 answers)
- Q6. Two farmers keep on fighting, their crops keep on ripening.
- Q7. What has a very nice smell? (Hint: Not scent)
- Q8. What is it that we eat very fast? (Hint: Its name is also like that)



Ans 1: Because his name was Akbar.
Ans 2: • By mistake or • 3 mirror image
Ans 3: Parrot
Ans 4: Colgate toothpaste
Ans 5: Time and Age
Ans 6: knitting
Ans 7: Flowers
Ans 8: Fast food



Arima Gupta
Class - V

Criticism is Healthy

*Shedding tears because they say you aren't good enough,
"You can't make it anywhere"; a voice screams through your head,
It's not easy to grow under circumstances like these,
The flower once uprooted takes its time to grow back at ease.*

*It might take some time, but nothing's impossible,
Did you know that a rose can grow out of its stem?
Imagine your power; imagine your strength
It's buried deep inside you, it's all within.*

*Shedding petals is part of the journey,
It makes the cycle complete.
Don't call yourself out for weeping,
Never call yourself weak.*

*You've got what it takes to make it,
Don't let the voices fool you.
You'll be a champion someday, my friend.
I can assure you.*



Anandita Vishnoi
Class - IX

Winter Holidays

*A fairy of cold breeze touching my skin
Everyone greeted a goodbye
It was time for winter breaks to move in
All waiting for snow looking at the sky
Tonnes of chocolate drinks,*

*Millions of marshmallows
Blow of soup served hot,*

*The snowy whispers of the winters have arrived
Take out your warm clothes in which playful
battles were fought!!*

*The word holiday made everyone smile,
No school, no homework, no fear
But then the thought came in my mind,
That soon after few days this will disappear.*

*On that last day of my holidays
I walked towards my bed with shivers in my body
My feet were getting cold with a low voice then
I called out for my daddy!*

*He tucked me in, covered me with blanket
A good night kiss on my forehead assured that
winters will
Come again next year
Now it's for rest.*



Aakriti Singh
Class - IV

No Matter where I go..

*No matter where I go,
There will always a person with the care
she'll show.*

*I never want to leave you at any cost,
Because if I lose you I'll surely get lost.*

*All the things did by you,
Are the things that make me love you.*

*God put me in my destiny,
Guess who is she?*

*Distance and time doesn't matter for her,
She is one and only my mother.*



Stuti Verma
Class - IX

Time

*30 days have September,
April, June and November;
All the rest have 31,
Except February alone,
which has 28 days clear,
And 29 in each leap year.*

*That seems to be a lot,
But you there!, Be aware,
It's time my friend,
that makes everyone bear;
And one who respects time,
Will one day shine.*

*That's all I have to say,
Now it's just your way;
Think about it as soon,
Take time as a boon.*



Yashovardhan Mukerji
Class - IX

Give Your Best



*If you always try your best,
Then you'll never have
to wonder about
What you could have done?*

*If you'd summon all your
thoughts
And if your best
Was not as good as
You hoped it would be,*

*You still could say,
"I gave today
All that I had in me"*



Japleen Kaur
Class - IV

Caged-bird

*A bird is caged
Caged at a corner
A red nosed-creature, Besides a
green-headed foreigner*

*Walks to and fro
At the pole between its ends
Chirps and recalls, Some memories
and friends*

*In the hollow white cage,
Climbs the neat and fine stage
The three apartments alongside, He
forces upwards in rage*

*The jet-black eyes,
Look for a star
Starving for nutrition, Like prisoner
behind a bar.*

*Looks for sunlight
Across the white sack,
And longs to return and fly,
Towards his dome back.*

*The bird stands thoughtfully,
And on the white pole it lean,
Thanks to be different from
humans, Unlike selfish and mean .*

*The bird is caged,
Behind whitish bars ,*

*Sees its family and friends, In
the shining night stars .*

*We burn down the trees,
And destroy their home ,
The bird is parted, From her one
and only dome .*

*The bird is then caught ,
By a mat or net ,
Is made to live in cage, And
defined as a 'pet'.*

*The pet's feathers are
dismantled
Shattered are his dreams and
deeds ,
In the name of love and care, In
selfishness and greed ,*

**THE CAGED BIRD IS NEVER
FREED...**



Kanha Agarwal
Class - IX

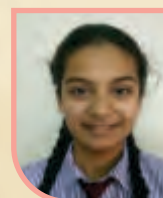
Miracle Happens

Once, there was a little boy whose younger sister had fallen ill and she was admitted to the hospital. There he stood with a lost look, when the doctor came and told the family that only miracle can save her. He decided to save his sister anyhow. He took his piggy bank and ran to a medical shop. He asked the shopkeeper to give him miracle. The shopkeeper told him that he does not have any miracle. An old man, standing beside him was listening to their conversation. He asked the young little boy that why did he need a miracle? The boy told him that his younger sister was in hospital and the doctor had told only miracle can save her. The old man smiled and told the boy that he has miracle which can save his sister. The little boy told that he had only fifty rupees with him. The old man said that it was more than enough to buy a miracle.

The little boy was very happy and went back to his parents. The old man approached the doctor and provided the best treatment to the little girl. After a few days the little girl recovered and became absolutely fine. The poor parents of the little girl were worried of the payment which was now due to be paid by them to the hospital. The little boy also discovered the reason of worry of his parents.

On the day of discharge while leaving them suddenly I saw the old man who had promised a miracle to the little boy. He told the family not to worry as they had already paid the dues when the little boy bought miracle from him for rupees fifty.

At last, the little boy discovered that the old man was the owner of the hospital.



Gargi Arora
Class - VIII

Race

*"I had seen marathon and relay race"
Said a brave soldier looking at his girl's face.*

*"One requires winning all the way alone.
To run miles and miles as the whistle gets blown.*

*While the other needs friends to back up your heart
Sharing joy and sorrow together sets this race apart.*

*Seen both the races, but I'd been a part of only one.
All my life I kept on running in this race of marathon.*

*Got glory, fame and name, my path was all bright
But was lost in a dark tunnel, no one was there at sight.*

*Made my friends a ladder to reach the sky. I was a loon
On reaching my destination, I got no stars,
just an eclipsed moon.*

*Such was my race sweetheart and I was the winner."
But his conscience gave a loud cry as it
provoked him to be sinner.*

*Smile bold chested, dropping his only fear
As he tucked a lock behind her daughter's ear.*

*Then he placed his cap of the most elite post.
But no shoes to wear as both his legs were lost .*

*And adjusted shining crutches which was made for
This vigorous and valiant victim of war.*

*A drop of tear rolled down his face
As he sent his little angel to her relay race.*



Nida E Zahra Zaidi
Class - XI



My Favorite Cartoon Character

*My favorite cartoon is Peppa Pig,
Peppa Pig is a lovable but slightly bossy little pig.*

*It is four years old and lives with Mummy pig, Daddy
Pig, and its little brother is George. It lives in a cold
country and often plays in snow outside. It has many
friends, but Suzy Sheep is its best friend. Each of its
friends is a different species of animal.*

*All the characters wear clothes, live in houses and drive
cars like humans but still show some characteristics of
animals on which they are based.*

*Like Peppa and its family snort like pigs during
conversations. Peppa enjoys jumping in muddy puddles,
playing with its teddy bear, named "Teddy"!*



Arjan Singh Pahuja
Class - III



It happened just yesterday...

It was a sunny day, the sun was shining with all its might and I was licking some dripping chocolate ice-cream. I was on the way back home from school. I walked on the pavement following the way to my home. I reached my home within few minutes and walked towards the porch to find an odd looking box lying there. It was quite an ambiguous looking thing. First I thought to leave it and walk away as it could be important to my parents. But its bright colors and long curved shape attracted me so much that I could not resist opening it. I untied the ribbon and as I was about to open it, I found it moving and shaking. I got startled. I threw it on the ground in horror.

Then I noticed the box opening all by itself. A letter inside the box unfolded itself. It read out 'Dear miss Avishi, I am pleased to inform you that this set of witchcraft and wizardry has been successfully administered to you.' I was flabbergasted. I looked down into the box and found a broom stick, witch's hat and a wand. I was spellbound. I picked up the wand and looked at it; it was all black and a bit curved. I waved the wand in the air and knocked down a cat sitting on the window of my house. It ran away in horror. I was kind of enjoying this. I picked up the hat and the broomstick. I put the hat on my head and mounted the broomstick. I was still quite callow. I lay there stupefied. I then balanced

myself, got up and mounted again the broomstick. It was levitating. This time it was under my control.

I flew away from my house and made everyone dance waving on my magical wand. I was enjoying myself a lot. I pinched myself several times to check if I was dreaming. But, I was really flying; it was not a dream! I flew to far off places, savoring each moment.

Then I returned to my home and placed everything back inside the box. I hid the box under the bench with the hope of reliving those moments again the next day. I went back inside my house. The next morning, when I got up I hurried towards the bench to check about the box. But, to my dismay, it was not there. I looked for it all around but couldn't find it. With a sad face, I came back to my room. My parents asked 'What happened to you?' but I did not utter a word of what had happened just yesterday.



Avishi Agarwal
Class - VIII



Balancing the Unbalanced

"Who among you will be the next Morse?...The next Einstein? Who among you will be the vanguard of democracy, freedom and discovery?"

This is the ending part of the speech addressed by a professor to a group of mathematicians at Princeton University in a movie I had watched recently. These lines kept on playing inside my mind for days, touched my heart and amused me.

Today, once again, they started tuning in the same fashion as I was going home from school on an open rickshaw. What made this record play in me was a sight of an open sewer on the boundaries of which were sitting two young boys with their eyes fixed on a book each. They belonged to one of those tin-roofed-plastic-wrapped houses on the footpath.

These lines, all of a sudden, went into a different mould of meaning.

Who knows that the small untidy boy chasing the cycle tire with a stick, tomorrow, would give theorems that our children

would study? No one knows when this zephyr of knowledge in a young heart turn into a storm and blow away the globe In wonder .The people we see with a low glance now might occupy the poster on one of the walls of our future rooms. Wasn't the Father of Genetics, Gregor Mendel, a farmer's boy?

Didn't Einstein live in a slum in Munich?
Didn't Tesla worked as a ditch digger to earn bread?
Wasn't John Nash a schizophrenia patient?
Wasn't Stephen Hawking paralysed?

So the next time you go to a slum, a spastic centre or an orphanage, instead of that first instinct of repulsion, questions them-" who among you will be the next Morse? The next Einstein?



Nida E Zahra Zaidi
Class - XI

War Cannot Bring Peace

God has created a beautiful universe which contains billions of planets. The only planet known to support life is the Earth. Earth 'The Blue Planet' is known to support a wide range of species such as animals, plants, microorganisms and human beings. Human beings are the source of versatility. Human beings are developed themselves from apes to which they are now. But with the development of technology we try to compete with each other and have given a curse to the world by creating the word 'WAR'. This word has taken the lives of millions of people and has destroyed many people. We fought 'The First World War' and 'The Second World War' which have destroyed many places; an example is the bombarding of Hiroshima and Nagasaki. In these years each powerful country has developed as a nuclear power. This nuclear bomb can take the lives of one million people in one minute. We think that if we destroy our enemy we would be safe but we don't pay attention to the fact that the enemy thinks the same. In such a state of development if we start to fight there wouldn't be a single person left. "War stops the fight between two nations, as there is no one to fight after that." People think that peace would be there after war but it is not true. I end up saying that "Peace is created by hearts of people, and not by metals that kills them."



Anant Awasthi
Class - IX

Save Nature

Need to Save Nature

*The protection of nature is in your hand,
To save the Earth, our motherland.*

*The beauty of nature is in trees,
And the rivers that are freezed.*

*You need to get together to find a solution,
For the increasing air pollution.*

*To make your environment better,
You should stop polluting water.*

*Trees add to nature's beauty,
Securing them must be your duty.*

*Nature plays an important role,
You must protect it with heart and soul.*

*The only things you can do,
Is to care for the surroundings near you.*

*Each one can do his share,
To Show the Earth that you care.*



Vidushi Mishra
Class - VI

The great masses of the people will more easily fall victim to a great lie than to small one. Read not to contradict and confute nor to believe and take for granted, nor to find talk and discourse but to weigh and consider.

The generation is presumed to be living in a paradigm of patterns that are shaping and changing the underlying structure of our society. However, this generation doesn't seem to have been falling into the dogma, which our politicians claim to have agenda on. The internal migrants being an asset or burden for local economies, is just another example of the same. However, after critically analyzing the aforementioned topic, we realise that this is indeed a burden on local economies.

The Indian Economy has been typically stagnant and backward when we inherited it from The Britain. Our Government, having been making efforts so as to tackle the massive problem of unemployment, has largely failed because of the agrarian foundation of our economy. After the Green Revolution, the shift of agriculture based economy was majorly concentrated on the already well off land, this initiative left the other states with not so fertile lands for other sources of revenue generation and employment opportunities thereby leading to establishment of new industries, Multinational Companies (MNC), IT based companies, among others.

With the spread of education and high level education the youth wanted better jobs instead of agro based occupations, this was the time when the states, who had been in a dilemma between agriculture and industries and had end up chasing agriculture faced a major challenge -- to address the demands of the youth. By then the other states had already developed very well and had acted as a magnet for white collar job searching youth of various states mainly Uttar Pradesh, Bihar.

This migration accompanied by the migration of rural people to urban areas of the same place proved to be a great challenge. This not only is affecting the local economies, by raising the level of unemployment but also is eroding the resources of such cities. A population which is dealing with already prevailing neck to neck population is forced upon with another set of competing sect, thereby often ending up facing hostile reactions by the natives. This has been proved to be beneficial for these states regional parties which try to mobilize the masses for their own selfish motives.

This has proved to a burden on local economies as no economy has been planned to accommodate large scale migration. The states open job opportunities in accordance to its population. Large scale migration cause change in the primitive pattern of thoughts and beliefs of the natives. If the economically weaker section comes in these states the problem of hidden employment is encountered however if the richer section of society enters the states due to better infrastructural opportunities and they tend to dominate the economic framing of these societies, thereby causing problems for the local economies. At the same time due to the stereotypes, the natives are seen responding in a hostile way to the migrants as evident from the widespread prevalence of the 'Mumbaikar' culture and the treatment meted out to the migrants from Kashmir. We need to be inclusive in nature, however not exclusively inclusive.

At the most basic level, the state governments should respond to the needs of people, because migration to other states also leads to lack of human resources from the native state. The politicians ought to work in accordance for welfare of national interests and not regional and political benefits. The identity as 'Indian' should be foremost and we should behave as vigilant citizens and not act as puppets for politicians.

Are Internal Migrants an Asset or A Burden for Local Economics?



Vanshika Dubey
Class - XII



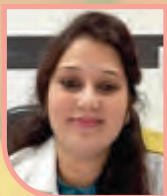
Humans need a wide Range of Nutrient to lead a healthy and active life. For providing these nutrients, good nutrition or proper intake of food in relation to the body's dietary needs is required.

An Adequate, well balanced diet combined with regular physical activity is a corner stone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to diseases, impaired physical and mental development and reduced productivity.

Children are consuming more foods high in energy, fats, tree sugars or salt/sodium and many don't eat enough fruits, vegetables and dietary fiber such as whole grains. So, all these factors are contributing to an imbalanced eating.

A balanced diet is one which contains variety of foods in such quantities and proportion that the need of all nutrients is adequately met for maintaining Health, vitality and general wellbeing and makes a small provision for extra nutrients to withstand short duration of leanness.

- **Energy Rich foods-** (carbohydrates and fats) whole grain cereals, millets, vegetable oils, ghee, nuts and oil seeds and sugars.
- **Body building foods-** (Proteins) – Pulses, nuts and oilseeds, milk and milk product meat, fish, poultry.
- **Protective foods** (vitamin and minerals) green leafy vegetables, other vegetables, fruits, eggs, milk, milk products and flesh foods.



Dr. Bhawna Gandhi
Medical Officer
School Dispensary

Teachers' Articles

Healthy Diet for School Going Students

Diet for a growing child-

Children who eat a balanced diet lay the foundation for a healthy and active lifestyle and this further lowers the risk of long term health issues childhood is the most critical time for growth as well as for development of the mind and to fight infections.

So, it is very essential that children get a good dose of energy, proteins, vitamins and minerals.

A well formulated balanced diet is necessary for children and adolescents to achieve optimum growth and boost their immunity. Balanced diet, playing out doors, physical activities of child are essential for optimum body composition and to reduce the risk of diet related chorine conditions late in life and to prevent any sort of vitamin deficiency.

Development of bone mass is going on during this period, So inclusion of dairy products (milk, cheese, yoghurt) and vegetables like spinach, broccoli and celery which are rich in calcium is a must.

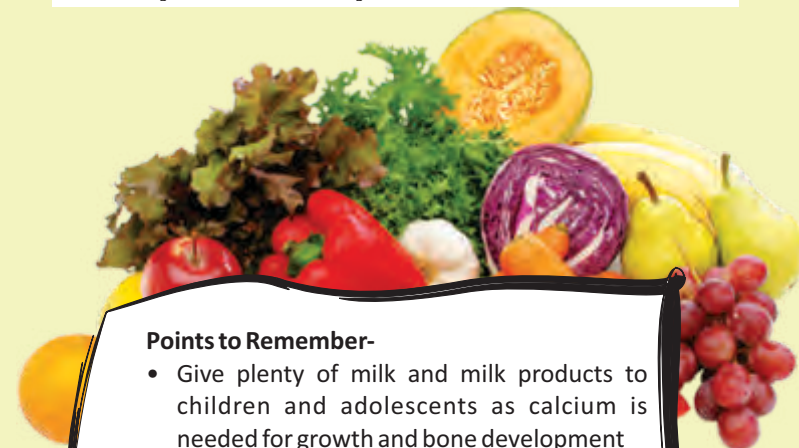
Children require good amounts of carbohydrates and fats for energy. There for, it very essential to give them daily in take of energy rich foods as whole grains (wheat, brown rice), nuts vegetable like potatoes, sweet potatoes, fruits like banana.

In case of children, protein are essential for muscle building, repair and growth and building, repair and growth and building antibodies. So give them diet which has meat, eggs, fish and dairy products.

A child needs vitamins for the body to function properly and to boost the immune system. A variety of fruits and vegetables of different colors should be added in child's food.

Vitamin A - Essential for Vision

Vitamin D - Essential for bone growth and development and absorption of calcium.



Points to Remember-

- Give plenty of milk and milk products to children and adolescents as calcium is needed for growth and bone development
- Encourage your child for outdoor activities and promote appropriate lifestyle practices like washing their hands before meals.
- Avoid over eating during single meal.
- Exposure to sunlight helps maintain Vitamin D which helps in calcium absorption.
- Give plenty of fluids during illness. A child needs to eat more during and after episodes of infections to maintain proper nutritional status.
- Drinks plenty of water everyday to hydrate the body.

Importance of Classical Music

Music is an important part of our life as it is a way of expressing our feelings as well as emotions. Some people consider music as a way to escape from the pain of life. It gives us relief and allows us to reduce the stress.

In the course of history, music is the greatest creation of mankind. Creativity in the pure and undiluted form is the true definition of classical music. Classical music is a powerful therapy that will make you calm down and in the moment of joy, it will make you cheerful. Furthermore, it develops the mind and boosts your confidence. Since classical music is creativity in the purest form, so it can be concluded that the music is key to creativity. It helps us in improving our mind vigorously by making it more artistic and ingenious. No matter, what the great invention is, it requires art, creativity and imagination that it fulfilled by music.

There is also a proven fact that classical music has the potential to improve our listening as well as our understanding ability. When we hear a raag or song, we try to understand its lyrics. Understanding ability is enhanced; classical music makes us express our emotions.

When we play some music, then we usually play the music that reflects our thoughts our emotions. This way our brain conveys the thoughts with the medium of music, without speaking a word. As per facts when we try to understand the classical music, it makes our mind more creative.

Music makes learning more pleasant classical music is an extremely unique way to develop the capability of memorizing. The reason behind learning a song quickly is that our mind enjoys music. Whatever our minds enjoy, it preserves it. Music is said to be a good option to learn new things quickly.

Classical music however stress and improves health. I think classical music in itself is healing. It's an explosive expression of humanity. To stay calm and healthy during a stressful day listen to music. Music helps us sleep better classical music washes away from the soul the dust of everyday life. Music reduces depression, music strengthens hearing and memory.

Music has a great significance in our daily life.



Manoj Kumar Srivastava
Head of Music Department

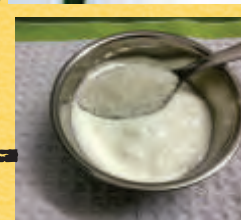
Mistakes and Introspection *Go Hand in Hand*

Horn & honking was never my choice
 Patience & politeness seasoned my voice
 The shell within me was drying
 And the soul within me was dying & crying
 I always woke up to a sweet world
 better than the fables
 Until my world was curled and whirled
 Turning the tables
 Shattered and withered and worn
 I bent down to gather amass the corn
 Now that I had to battle with forlorn
 I unconsciously blared the horn
 Smiling face ceased to be my benchmark
 Conversing with me required gall to enter the dark
 Sadist that I am not
 The noose of life continued to tighten it's knot
 Until one day I grew so rude
 Forgetting the boundaries in a sulken mood
 I made a mistake!
 It gave me a shake!
 I was crestfallen and sad
 I decide to revive the Jewel of nature I had
 I will no longer be futile
 It's time to again be docile



Sameeksha Bhatia
 Department of Social
 Science

Science behind superstitions



Ms. Agnita Naha
 Head of Science
 Department

Indian Superstitions And The scientific Logic Behind them

India, a country where traditions breathe comfortably next to global technology. We find ourselves standing at the juncture where these two meet, sometimes restless, sometimes nonchalant. As a result there are times when we question age-old practices, while at others accept them unwittingly. It is definitely important to question to prevent a slow degradation of our society into anarchy but it is also important to look for answers and be receptive to answers that others may find.

Attempts have been made time and again to prove that the rituals we label as superstitions were at one point carefully thought scientific procedures. With the passage of time and development of a hierarchical society, this knowledge became more and more esoteric and finally only the rituals were propagated not the reasoning behind them.

Here is an attempt to decode the logic behind some of the age old practices of our ancestors:

1. Don't step out during an eclipse -

Observing the Sun during a solar eclipse can cause retinal burns or "eclipse blindness". Based on a series of observations, our ancestors probably reached the conclusion that it was not advisable to set out during an eclipse. The superstition about Rahu's head blocking the Sun is a story woven around this practice.

2. Do not sleep with your head facing the North -

Our ancestors probably knew about the relation between Earth's magnetic field and the human body's field (biomagnetism). They probably made this rule of sleeping with your head in the South because of the harmful effects related to blood pressure and other diseases that asymmetry with the Earth's magnetic field would create. However, today we only get to hear that 'sleeping with one's head in the north is inviting death' not why.

3. A girl shouldn't do certain things while she is menstruating -

The first sanitary pads were invented in the year 1896, while commercial painkillers like Meftal were not available before the 20th century. Before that, the five stressful days of menstruation which entail cramps and pain for many women were dealt with Indian medicines.

Probably women did not work during those days because of discomfort and slowly this became a ritual and degraded to the form of a superstition.

4. Don't go near a Peepal tree in the night

Jan van Helmont found out the recipe of plant-food in mid-17th century. Before that the world was clueless about the relation between sunlight, carbon dioxide that magically produces glucose for plants. Our ancestors probably knew about photosynthesis and the effects of inhaling carbon dioxide in the night. Hence people were discouraged from venturing near peepal tree at night and stories of ghosts were woven around these trees.

5. Using lemon and green chillies to avert buri nazar -

The *nimbu totka* which is one of the most visible 'superstitions' probably stems from a culture that encouraged their use because of the qualities of lemon and chili. Both are rich in different vitamins and thus our ancestors probably tried to propagate their usage through symbols during ceremonies which slowly turned into a totka. Some people also claim that they have pesticidal properties, but this has not been proven.

6. Bathe after attending a funeral ceremony -

Our ancestors did not have vaccination against hepatitis, smallpox and other deadly and contagious diseases. Hence they came up with a set of rituals to be followed after the funeral rites are performed so as to prevent infection from the dead body. Slowly stories about the departed's soul got linked to this practice.

7. The mourning family of a dead person should not cook food until shraddha -

There is a ritual in the Hindu religion that prevents the lighting of the hearth in the house of the deceased until the shraddha. Superstition says this is to prevent the burning of the soul of the deceased. However, the practice may have been started to provide rest to the family of the deceased for mourning, to help them cope with the death of a loved one.

8. Don't cut nails after sunset -

Nail clippers were sharp blades which required precision and light to be used in the absence of which one could get hurt. Hence the tradition of using one during the day.

9. Don't wash your hair on a certain day -

The practice of not washing the hair on certain days like Tuesday or Thursday are attributed by some to the water management practices.

10. Sweeping the floor during the evening brings bad luck -

Conduct and discipline are the cornerstones of Indian society. The belief that sweeping the house after sunset brings bad luck (here) is a superstitious belief that we have all encountered now and then. Our ancestors probably preferred to clean their house during the day because of the sunlight and to avoid sweeping away something important. This practice like others slowly managed to weave a story around it.

11. Eat curd and sugar before heading out -

The tropical climate of India highly recommends the consumption of curd which has a cooling effect on the stomach. The sugar which is added in generous quantities, before someone is setting out for an important work, provides instant glucose. This combination is hence indispensable for Indians and so its consumption slowly linked itself to good luck.

13. Crush the head of a snake after killing it -

Superstition says that one should crush the head of a snake after killing it otherwise its kin might find animage in its eyes and seek revenge. In fact the reason is that a snake can bite or kill a person even with a detached head. And in order to completely neutralize it, it is necessary to crush its head. Also, being a cold-blooded organism, even if some of its vital organs stop working it will stay alive for hours and die a slow and painful death. So it is recommended to crush its head to give it a quick and painless death.

14. Plastering floor with cow dung is auspicious

Cow dung plaster is considered auspicious just like any other product of a cow. Hence, mostly all rituals dictate the usage of cow dung to plaster the floor. Our ancestors probably started this practice to guard against insects and reptiles which are repelled by the

pungent smell of cow dung. They did not have the luxury to buy bottled commercial disinfectants like we do. But over time this practice became a ritual and we find ourselves following it in spite of it being redundant in the contemporary world.

15. A portion of the umbilical cord is preserved as a part of an elaborate ritual so as to harvest stem cells

Description of *jatakarma* (burying the umbilical cord in the fork of a sapling tree or storing it in a copper capsule) are given in an age-old text called *Manavadhar - maastra*. Largely propagated as a superstitious practice to ground the child, these are probably descriptions of umbilical blood banking and our ancestors probably knew that human umbilical cord blood has stem cells. However, all the ritualistic details are no longer available. It was only in the year 1978, that a discovery regarding stem cells was made in the modern world.

Somehow over the years, the knowledge underlying traditional rituals became more and more esoteric. What got propagated was just the rule not the reasoning. It is time we start looking for the good in the past. We could probably find out a lot of answers to our problems if we start studying these in conjunction with our present.



Alumni Speaks

"School is a building which has four walls with tomorrow inside." – Lon Watters

I, not only passionately believe this but have experienced my future being casted in the furnace of learning, a mould called Sir Padampat Singhania Education Centre, Kanpur. I, Chitranshi Arora, a proud alumni (batch of 2010), have completed my schooling from SPSEC, and pursued my dream of being a lawyer from ILS law college, Pune. After my schooling, I started my career at ICICI Prudential Life Insurance Corporation, as Compliance and Legal Manager. However, my dream had always been judiciary, hence, to gratify my quest for being a part of the justice delivery system, I started preparing for the esteemed Delhi Judicial service. By God's grace, blessings from parents and teachers, I became a Metropolitan Magistrate in Delhi, in the year 2019.

So far it has been a wonderful journey, filled with myriad emotions, various conundrums, and bounteous learning. I owe much to my school, my benevolent teachers, my parents, and all the ethereal support systems around me. A lesson from Khanna ma'am to never give up, a teaching from Neetu ma'am to work hard, an uncanny episode where Padma ma'am taught me to stand for one's beliefs, have helped me reach this far. My success is a story with chapters from the teachings of some of the best teachers from our school.

Their teachings and scolding have all been a blessing in disguise. I owe it to my teachers. Forever grateful!

गुरुं ब्रह्मा गुरुं विष्णु गुरुं देवी महेश्वरः
गुरुः साक्षात्परब्रह्मा तस्मै श्री गुरुवे नमः



Chitranshi Arora
Batch of 2010

Hello readers!

I am Nitish Lalchandani, a chartered accountant practicing in Kanpur. I am an ex-student of Sir Padampat Singhania Education Centre, passed out in 2009. My school has helped me in achieving great heights by uplifting me throughout my journey here. The friendly environment, the systematic approach towards imparting education at SPSEC made me a competent individual. The wide range of activities- both curricular and co-curricular has been really very helpful. This school has nurtured me with care as the almighty does. The support of the teachers was over and beyond limits with strong intentions to mould us to perfection. The teachers are really very kind and approachable when any need arises. They focus on students' career goals with proper guidance in selecting the most suitable specialization based on one's strengths and passion. They are very supportive and encourage students to push boundaries to rise above expectations. The various co-curricular activities have built confidence and leadership skills in me. The ambience of the school has always been so positive and encourages

learning. I took admission here in Senior Kindergarten and remained its part till class XII. The 13 years of time spent with this school was the best time I had in my life and every moment spent in this campus is still precious. The knowledge and transformation I had with this school is the reason I find myself successful today. I am FCA now and have been working for the past 8 years. Chartered Accountancy is not only a profession but also a responsibility towards nation building, this profession also focuses on the ethical behaviour one must have for their society. SPSEC has inculcated these ethics in me which has made me to stand ethically in my profession imparting the best to the society and the nation. SPSEC is not just a name but a brand and I feel grateful in being associated with such an institution. I have been waiting for an opportunity to convey my warm regards and be thankful to my school.

Thank you for everything.



Nitish Lalchandani
CA

Parents' Articles

1

Inspire Others

If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

2

Good Communicator

Clearly communicate your vision to your team and tell them the strategy to achieve the goal. Words have the power to motivate people and make them do the unthinkable. If you use them effectively, you can also achieve better results.

Empathy - Leaders should develop empathy with their followers. Understanding the problems of your followers and feeling their pain is the first step to become an effective leader

3

Decision-Making Capabilities

Having a futuristic vision, a leader should have the ability to take the right decision at the right time. Decisions taken by leaders have a profound impact on masses.

4

Accountability

"A good leader takes little more than his share of the blame and little less than his share of the credit." Make sure that every one of your subordinates is accountable for what they are doing.

5

Delegation and Empowerment

You cannot do everything, right. It is important for a leader to focus on key responsibilities while leaving the rest to others. Empowering your followers and delegating tasks to them.

6

Creativity and Innovation

"Innovation distinguishes between a leader and a follower."
Creative thinking and constant innovation is what makes you and your team stand out from the crowd.

Finally, Leaders have to set a good example for others to follow. These traits makes a leader stand out.

Leadership



Girisha Gunani
M/O Rishik Gunani, V
& Trishika Gunani, Root

What is the Goal of Human Life?



The Reason For Purushartha In Humans
Humans and other living beings are similar in several respects; a) they seek food, b) take rest, c) try to protect themselves from the external world (i.e. seeking security) and d) propagation of the species.

The differentiating factor is the faculty of thinking, the intellect (Buddhi). Humans are capable of judgement, reasoning, reminiscing about the past, projecting into the future and planning one's actions. Only humans are capable of these tendencies. Animals and plants live a life based on pre-programmed instincts.

1) Artha – The Endless Search For Security

Artha stands for all forms of security in life: wealth, power, influence and fame.

For humans ,there is no end point. There is no end to the sense of want. The endlessness of human struggle to fulfill their wants can be seen by analyzing experiences.

2) Kama – The Mercurial Nature of Pleasure

Artha stands for all forms of security in life: wealth, power, influence and fame.

For humans ,there is no end point. There is no end to the sense of want. The endlessness of human struggle to fulfill their wants can be seen by analyzing experiences.

3) Dharma – Ethics

Human action has an immediate tangible result and an unseen result. The unseen result accrues in subtle form to the account of the “doer” of the action. And in time, this result will manifest as either a “good” or “bad” experience in the life of the “doer”, something pleasurable or painful.

If the action had been bad, breaking the norms of Dharma, the subtle result is Papa (demerit), which manifests as a “bad” or painful experience in this life or a future one.

4) Moksha – Liberation Or Freedom

Moksha, like Dharma, is a pursuit peculiar only to humans.

Few recognize that what they want is not more security or pleasure or Punya, but freedom from all “binding” desires, freedom from the sense of insecurity.

Moksha is inner freedom, freedom from slavery or attachment to Dharma, Artha and Kama

The Ultimate Human Goal

Freedom from the sense of bondage is self-mastery. I am no longer a slave, but a master.

Moksha is liberation or freedom from attachment to Dharma, Artha and Kama - IS THE GOAL OF HUMAN LIFE.



Nitin Gunani (Ex-student)
F/O Rishik Gunani, V
& Trishika Gunani, Root-A

Appreciation

The value of appreciation

"A person's greatest emotional achievement is to feel appreciated." The language of appreciation has magic in it. Even an infant responds to this & gets up again after falling repeatedly in an attempt to walk. A mother encourages the infant by cheering him up whenever he stumbles and the baby tries to walk again even though it is very obvious that he will fall again. It is the mother's appreciation that instills a sense of confidence in him. In today's world, the greatest need of a person, both Emotional and psychological, is love & appreciation.

People start producing excellent results when they are appreciated for their effort. It is a slow process but one which gives steady results and hence, must be brought into daily practice. People who are dear to you, must never end the thought of being neglected by you. A small conversation can forge an unassailable bond.

Importance of appreciation towards kids

A study suggests, that till a child reaches the tender age of 17, he has heard a "no" 1,50,000 times while hearing a "yes" only 5000 times; much less than the number of negative responses he has heard. If the child has someone who can boost his confidence and appreciate every effort towards the goal the within no time they will be fearless and can achieve anything they have ever wished for, as nothing is impossible. Teenagers are more happy and comfortable with their friends than with family, the biggest reason being parent's lack of appreciation towards their kids. Stop comparing as every child is different and deserves the chance of exploring their capabilities and proving their talented self to the world especially to their parents. Last but not the least, we should Appreciate our parents & never forget their sacrifices they make in order to let us live the life we wish for. Their unending support is what keeps you going towards a worthy living.



Komal Agarwal (Alumni)
Mother of Kavya Gupta
Class - IV



हिन्दी विभाग

सम्पादक :-

डॉ० आशा शर्मा

डॉ० आकाँक्षा गौड़



वाणी वन्दना

(माँ शारदा के मृदु चरणों में शत-शत नमन.....)

जयति जय हे मात शारदे!
जय, जयति जय हे—
हंस वाहिनी, वीणा वादिनी,
जगद् व्यापिनी हे!
पुस्तक कमल करे,
हेम मुकुट शुभ भाल,
विराजित ललित
ललाट धरे—
श्वेत वसन, कच—श्याम सघन
वपु नव पद्म पराग भरे—
नयन अरून,
जयति जय हे मात शारदे!
मृदु चरन — सरोरूह,
कुवलय माल गरे।
जयति जय हे पद्मासने!
जयति जय हे मात शारदे।



डा. आशा शर्मा
विभागाध्यक्ष हिंदी

संदेश



श्रीमती मनोरमा गोविन्द हरि जी सिंहानिया
चेयरपर्सन

भगवान द्वारिकाधीश जी की महती कृपा से विद्यालय पत्रिका का नवीन साज — सज्जा से युक्त 'पद्मज्योति' (2019-20 अंक) प्राप्त कर अपार प्रसन्नता हुई। नववर्ष! नवहर्ष! नव उत्कर्ष की झाँकी मिली। पद्मज्योति ज्ञान की एक मशाल और संस्कारों की एक खान है! पद्मज्योति बच्चों के नवव्यक्तित्व-निर्माण की पत्रिका है। शिक्षकों, बच्चों और अभिभावकों के अथक प्रयास, कठोर श्रम और समर्पण का एक सुन्दर दर्पण है। पद्मज्योति जो यह उद्घोष करती आगे बढ़ी चली जा रही है। हम श्रम के शिखर पर विराजमान हैं।

हम निर्माण के राजकुँवर, छू लेंगे सर्वोच्च शिखर।
कर्मयोगी की संतानें हम, कर देंगे अपनी जाँ न्योछावर।

मुझे खुशी है कि हमारे विद्यार्थी यत्र- तत्र — सर्वत्र दीप्तिमान ज्योति के समान चमक रहे हैं। विद्यालय समाज व देश के प्रति प्रेम उनके हृदय में हिलोरें ले रहा है। एक आदर्श नागरिक बनने के लिए संस्कारों की जिस गहरी बुनियाद की आवश्यकता होती है वह हमारे शिक्षकों द्वारा बाल्यकाल में ही तैयार कर दी जाती हैं। जैसे अहंकार विहीनता, परोपकार, विनम्रता, परिश्रम अनुशासन, दया, प्रेम सहानुभूति, तप, त्याग, समर्पण आदि। ये सब उनके चरित्र और व्यक्तित्व में बचपन से ही शिक्षकों द्वारा अंकुरित कर दिए गए हैं जिन्हें अभिभावक प्रेम पूर्ण सींच रहे हैं और अंकुर के वृक्ष बनने में हमारी सहायता कर रहे हैं।

ऊर्जावान व सुसंस्कारों से सम्पन्न अपने बच्चों को मेरा यही संदेश है कि ज्ञान और कला के लिए सदा समर्पित रहो। ऊँचाई कितनी भी पाओ पर ध्यान रहे कि तुम्हारे साथ की छाया कभी लुप्त न हो। निर्वैर, निर्भीक अपनी संस्कृति व श्रेष्ठ परंपराओं की लीक पर चलते हुए नए परिवर्तनों और तकनीकों को आत्मसात करो।

याद रहे —

प्रज्ज्वलित हो हमने ग्रहों की शून्यता को उजाला दिया है।
प्रतिनिधित्व सूर्य का हमने करके एक प्याला तप का पिया है।

बच्चों! हम कोई भी काम करें बाधाएं आएंगी जरूर,
परंतु तुम्हारे दृढ़ संकल्प के सामने बाधाएँ टिकेंगी नहीं।

पद्मज्योति के हमारे नवोदित लेखक ये प्यारे बच्चे प्रशंसा के पात्र हैं जो कहानी, नाटक, कविताओं के द्वारा अपनी सृजनात्मकता का इतना सुंदर परिचय दे रहे हैं। उनकी रचनात्मकता और तार्किक क्षमता पर मैं पुनः पुनः उनकी सराहना करती हूँ। उनके सभी लेख, कविताएं, उनकी अपूर्व प्रतिभा के झरोखे हैं।

प्यारे बच्चों! आपके प्रयासों से ही अपना देश उन्नति के नए आयाम गढ़ेगा, राष्ट्र का नव अभ्युदय होगा। देश के भावी नागरिक होने के नाते समाजोत्थान के महान यज्ञ में श्री द्वारिकाधीश जी की अनंत आशीर्वाद भरी छत्र-छाया आपको असीम शक्ति दे और पुराने सभी कीर्तिमान तोड़कर आप नए कीर्तिमान स्थापित करें।

आपको भगवान द्वारिकाधीश जी के अनंत आशीर्वाद!

सम्पादकीय

सर पदमपत सिंहानिया एजूकेशन सेंटर, रूपी ज्ञान मंदिर की स्थापना को सैंतीस बसन्त बीत गए, पर जब हृदय पीछे मुड़ कर देखता है तो यह सच नहीं लगता प्रतीत होता है कि अभी कल ही तो शुरू हुई थी यह यात्रा। ऐसा भी कहीं होता है हाँ, कभी—कभी हर असंभव संभव हो जाता है और हर संभव असंभव। विद्यालय के पाठशाला से संस्कारशाला में बदलने के पीछे हमारे संस्थापक परिवार के जप—तप, धर्म—नीति, न्याय, उद्योग—परिश्रम, अनुशासन का गर्वीला इतिहास छुपा है, जिसमें सर्वोपरि है लोक मंगल की भावना, लोक सेवा का पुनीत संकल्प! बालकों के चहुँमुखी विकास हेतु विद्यालय सभी दिशाओं में गौरवपूर्ण गति से आगे बढ़ रहा है, नए—नए कीर्तिमान बना रहा है, चाहे एकेडेमिक फील्ड हो या पाठ्य सहगामी गतिविधियाँ। खेल—कूद का क्षेत्र हो या प्रतियोगिताओं का कड़ा प्रतिस्पर्धी संसार।

मूल्यों की अवहेलना करने वाली शिक्षा प्रणाली, अपनी संस्कृति का तिरस्कार करने वाली आधुनिक जीवन शैली, प्रकृति संरक्षण की उपेक्षा करने वाला विकास और स्वास्थ्य को तिलांजलि देने वाली शैली से बच्चों को बचाकर रखने के लिए विद्यालय बालकों को प्रशिक्षित कर रहा है क्योंकि यही खुशहाल राष्ट्र के भावी कर्णधारों के व्यक्तित्व की आधारशिला है। नैतिक मूल्य, संस्कार, अदब—कायदा, ईमानदारी, विनम्रता और शिष्टता से संपन्न हमारे बच्चे निश्चय ही नया भारत बनाने में अपना अप्रतिम योगदान दे रहे हैं और भविष्य में भी देंगे।

सर्वतोमुखी विकास का अवसर, प्रत्येक छात्र—छात्रा को मिलता हुआ देखकर विद्यालय परिवार तो अभिभूत है ही, माता—पिता अभिभावक भी अति प्रसन्न हैं। बोर्ड परीक्षा में सर्वाधिक अंक प्राप्ति हेतु, उन्हें सम्मानित किया जाना अलंकरण समारोह में अधिकतम अंक प्राप्त करने

पर छात्रवृत्ति और किसी भी एकेडेमिक अथवा खेल—कूद प्रतियोगिता में अव्वल छात्रों को आगे बढ़ाने हेतु विशेष योजनाएं हमारे ऐसे प्रभावशाली घटक हैं, जिन्हें अन्य विद्यालय में देखना कदाचित ही संभव हो।

अनुभव, अनुकरण, तुलना, विशेषज्ञों की वक्तृता और प्रयोगिक क्रियाओं पर यहाँ शिक्षा निर्भर है न कि केवल क्लास टीचिंग पर। उनके हृदय, मन और आत्मा को प्रशिक्षित करने का हमारा प्रयास है। हम नहीं मानते कि बच्चा अक्षम है, कमजोर और अपूर्ण है। हम सर विलियम वडर्स वर्थ के "The Child is Father of Man" उक्ति के समर्थक हैं। अगर कहीं कमी है भी तो हम उसे विभिन्न तरीकों से दूर कर निपुण और पूर्ण बनाने का प्रयास करते हैं, जिसकी झाँकी आपको उनके श्रम, तप, अनुशासन, जीवन मूल्यों, लेखों, कविताओं, कहानियों में अवश्य दिखाई देगी। पदमांजलि के झरोखे में बैठ कर देखिए।

शिक्षक, आलोचक या समीक्षक की दृष्टि से नहीं, अपने बच्चे के प्रथम प्रयास की तरह इन्हें पढ़ें, जिस प्रकार अपने चलने के क्रम में बच्चा लड़खड़ा कर गिरता है तो हम उसे शाबाश कह कर प्रोत्साहित करते हैं, सच मानिए आनंद और तृप्ति के सुहावने आबशार में आप भीगने लगेंगे। इसी भीगे तन—मन से उन्हें आशीर्वाद दें। जीवन में माता—पिता, गुरु और पूज्य—जनों के आशीर्वाद असंभव से असंभव लक्ष्य को भी उपलब्धियों में बदल देते हैं।

हम खार में खुशबू—ए—चमन बन के रहे हैं।

हम वक्त के माथे पर शिकन बनके रहे हैं।

हम अपने बुजुर्गों का चलन बनके रहे हैं।

हर दौर में हम नाज़—ए—वतन बनकर रहे हैं।

हमारे ज्ञान मंदिर के बच्चे शायर के इसी सत्य के साक्षात् प्रतिबिम्ब हैं।

(विद्यालय के वार्षिकोत्सव २०१९
के शुभ अवसर पर चेयरपर्सन
श्रीमती मनोरमा गोविन्द हरि जी
सिंहानिया के उद्गार..)



श्री द्वारिकाधीश जी को नमन करते हुए मैं मुख्य अतिथि महोदय, अभिभावकगण और प्यारे बच्चों का अभिनन्दन करती हूँ और इस उत्सव में आए सभी अतिथियों का हार्दिक स्वागत करती हूँ माननीय मुख्य अतिथि श्री मोहित अग्रवाल जी, इन्सपेक्टर जनरल ऑफ पुलिस, कानपुर रेन्ज की मैं विशेषरूप से आभारी हूँ जिन्होंने इस कार्यक्रम में उपस्थित होकर हमारे बच्चों का उत्साह वर्धन किया!

हमारा विद्यालय सुनहरे सपनों को केवल दिखाता ही नहीं, उन्हें सच भी करता है! एक मायने में यह स्पर्धा और चुनौतियों का एक ऐसा संस्थान है, ऐसा ज्ञान का मन्दिर है जो बच्चों को अपना दूसरा प्यारा घर लगता है! यह भविष्य के कर्णधारों की नींव मजबूत करता है जिससे वे संगठित राष्ट्र का निर्माण करने में भरपूर सहयोग दे सकें!

37 वर्ष पूर्व स्थापित यह विद्यालय बच्चों के चहुंमुखी विकास में अपूर्व योगदान दे रहा है! मेरे बच्चे, टीचर्स, पेरेन्ट्स, मैनेजमेन्ट अपनी इस संस्कारशाला में चेयरमेन साहब के विजन को पूरा करने हेतु श्रद्धा और लगन से अपने-अपने कर्तव्यों का पालन कर रहे हैं! यह विद्यालय Sports education, Extra curricular activities और Best Infrastructure के अलावा विशेषरूप से सर्वश्रेष्ठ Academic के कारण पुरस्कृत किया जाता रहा है! चेयरमेन साहब के साथ कई दशकों से जुड़े रहे श्री एन. पी. अग्रवाल जी एवं श्री पार्थो.कर जी का इसमें बहुत बड़ा योगदान है! जो विद्यालय का सौभाग्य है।

चेयरमेन साहब के पश्चात इस संस्थान को पिछले 5 वर्षों से यथावत आगे ले जाने में श्री अग्रवाल जी की विशेष भूमिका रही है! Academic और Discipline पर हमारे विद्यालय का विशेष ध्यान केन्द्रित है! इसी कारण हमारे बच्चे अच्छी Universities, IITs, IIM आदि संस्थानों में Admission लेकर और विदेश जाकर हमारे विद्यालय का नाम रोशन कर रहे हैं! हमारी Digital Learning unique है! सभी कार्य Digital सम्पन्न हो रहे हैं! Wi-Fi की facility पूरे समय विद्यालय को उपलब्ध है! विद्यार्थियों को Google पर असाइनमेन्ट्स दिये जा रहे हैं फलस्वरूप उनकी गलतियाँ तुरन्त दूर हो जाती हैं, अभ्यास पक्का होता है साथ ही result भी एकदम मिल जाता है! Students' counseling के लिये हम Experts की सहायता ले रहे हैं! टापर्स के लिये मेन्टर्स की सहायता ली जा रही है! समय समय पर parents से संवाद विद्यार्थियों के overall development में बहुत सहायक सिद्ध हुआ है! Management के मार्गदर्शन, Teachers के पथप्रदर्शन, बच्चों के कठोर श्रम और अभिभावकों के सक्रिय सहयोग से हम उत्तम Board Result दे रहे हैं! हमारे परिश्रमी, कुशल, सुयोग्य व talented teachers प्रशंसा के पात्र हैं!

प्यारे बच्चों! शिक्षकों के ज्ञान और क्षमताओं का सबसे अधिक लाभ तभी उठाया जा सकता है जब हममें एकलव्य जैसी गुरुभक्ति और उनके प्रति निष्ठा हो और नियमित अभ्यास करें तभी स्वयं को सर्वश्रेष्ठ सिद्ध करने में अवश्य सफल होंगे! मुझे इस बात पर गर्व है कि हमारे बच्चे नैतिक मूल्यों जैसे आदर, परोपकार, शालीनता, विनम्रता और जिम्मेदारी का अहसास करने वाले तथा अनुशासन-प्रेमी हैं!

contd.

आशीर्वादावली

प्यारे बच्चों! एक सफल मनुष्य बनने के लिए अहंकार विहीनता बहुत जरूरी है! शिक्षित एवं सफल होने के लिए महाभारत का वह प्रसंग अहंकार रहित होने की याद दिलाता है जिसमें अर्जुन श्रीकृष्ण की असीम कृपा प्राप्त कर लेते हैं क्योंकि वह अहंकार से परे और संस्कारों से शिक्षित हैं, जबकि अशिक्षित दुर्योधन जो अहंकारवश श्रीकृष्ण के साथ तनकर खड़ा था, अपना सर्वस्व खो देता है यहाँ तक कि अपना जीवन भी! इसलिए हमें शिक्षा के साथ विनम्रता को प्रमुख गुण मान कर चलना है और मेरे बच्चों में वे गुण विद्यमान हैं जिसे मैं श्री द्वारिकाधीश भगवान का आशीर्वाद और आपके सहयोग का परिणाम मानती हूँ! कर्मयोगी और शिक्षाविद चेयरमैन श्री गोविन्द हरि जी सिंघानिया के विजन को साकार करने के लिये हम उनके पदचिह्नों के आलोक में विश्वास के साथ आगे बढ़ रहे हैं!

जीवन एक बंधी बंधाई लकीर में नहीं चलता, यह विविध धाराओं में बहता है इसलिए आज वार्षिकोत्सव की प्रस्तुत थीम में विविधता है! उसमें एक ओर श्रीकृष्ण की वंदना है तो दूसरी ओर मातृभूमि के सेवक क्रान्तिकारी भगतसिंह के जीवन की झांकी है! आत्मा को आनन्दित करने वाले नृत्य भी हैं! और कानों में मिश्री घोलने वाले एकल व समूह गीत भी! इन विविध कार्यक्रमों से आप अति प्रसन्न हो जाएंगे— ऐसा मेरा विश्वास है! बच्चों की बहुमुखी प्रतिभा देख कर आप चकित हुए बिना नहीं रह सकेंगे!

मेरे प्यारे बच्चों! मेरा आपको यही सुझाव है कि यदि आप हमेशा सही सोच के साथ चलें, आपको आगे बढ़ने से कोई नहीं रोक सकता!

मुझे किसी कवि की यह पंक्तियाँ याद आ रही हैं:

हम अनुगामी उन पाँवों के, आदर्श लिये जो बढ़े चले,
बाधाएं जिन्हें डिगा न सकीं, जो संघर्षों में अड़े रहे!!
सर पर मंडराता काल रहे, करवट लेता भूचाल रहे,
पर अमिट हमारा नाम रहे, बढ़ना ही अपना काम रहे!!

मैं माननीय मुख्य अतिथि जी का पुनः एक बार आभार व्यक्त करती हूँ कि आप अपने व्यस्त कार्यक्रम से समय निकाल कर यहाँ आए। मुझे पूर्ण विश्वास है कि आपके प्रोत्साहन और आशीर्वाद से हमारे यह भावी कर्णधार उन्नति की बुलन्दियों को अवश्य प्राप्त कर लेंगे!

किसी ने सही कहा है:

सवार हो जाए जब जुनून सिर पर कि कुछ पाना है!
रह जाएगा फिर क्या दुनिया में जो हाथ नहीं आना है!!

धन्यवाद!

जय श्री कृष्ण!



श्रद्धेय चेयरमैन श्री गोविन्दहरि जी सिंहानिया : एक लोकसेवी नायक

हमारी संस्कृति का यह तुमुल उद्घोष है कि पंचतत्व नष्ट हो जाते हैं परन्तु आत्मा का अस्तित्व अजर-अमर है और यह भी कि सूक्ष्म आत्मा सतत क्रियाशील रहती है जिस आत्मा ने आजीवन लोकसेवा, लोकमंगल और जन-कल्याण के ही कार्य किए हों, वह आत्म स्वरूप पुरुष दिवंगत होकर भी उसी सद्वृत्ति को धारण किए परोपकार में ही अहर्निश निरत रहता है। जितने भी महापुरुष हुए हैं, वे आध्यात्मिक परिवेश, संस्कारों, स्वभाव और धर्म प्रधान परिवारों से निकल कर आए हैं, आते रहे हैं। हमारे चेयरमैन सर जी की आध्यात्मिक पृष्ठभूमि बड़ी सशक्त थी, चाहे पिता सरसाहब हों या दादा कमलापत जी साहब अथवा परदादा लाला जुगगी लाल जी सभी श्री द्वारिकाधीश जी के अनन्य भक्त रहे हैं। अतः भक्ति, प्रेम और करुणा की इस रंगशाला में हमारे श्रद्धेय चेयरमैन साहब श्री गोविन्द हरि जी सिंहानिया का भी तन-मन श्रीकृष्ण के श्याम रंग में रंग गया था। वे तो बस कर्तव्य भाव से उद्योगों के विस्तार व रखरखाव में लगे हुए थे परन्तु अन्तरात्मा से वे शुद्ध रूपेण एक लोक सेवक ही थे। उद्योगपति का आवरण ओढ़े वे श्री द्वारिकाधीश जी के अप्रतिम भक्त और अनन्य सेवक थे। चेयरमैन साहब जी की कृष्णप्रेमाभक्ति की चरमसीमा यह थी कि उन्हें प्रत्येक बालक-बालिका में अपने आराध्य श्री कृष्ण और श्री राधा जी की छवि भासती थी। वे बच्चों को मुग्ध भाव से निहारते रहते और भक्ति के पूज्यभाव में खोए रहते। इस तरह कर्तव्यपूर्ति के साथ-साथ उनकी साधना भी चलती रहती और 'कृष्ण-कृष्ण' जाप तो साँसों में रम ही चुका था।

हे श्रद्धेय! ओज से मंडित है व्यक्तित्व तुम्हारा।
पृथक सभी से है अविचल अस्तित्व तुम्हारा।
उद्योग या धर्म, स्वयं सिद्ध व्यक्तित्व तुम्हारा।
विविध विधाओं में बिम्बित वंदित कृतित्व तुम्हारा।
पुत्र-कलत्र सभी में मुकलित है मनुष्यत्व तुम्हारा।
हे सहज सरल सुषमा के सागर! अतुलित प्रेम तुम्हारा।
प्रेम-भक्ति सेवा की मूरत, जन-जन से नेह-दुलारा।
हे श्रद्धेय! ओज से मंडित है व्यक्तित्व तुम्हारा।

बहुमुखी प्रतिभा के धनी चेयरमैन साहब में अन्यान्य इतनी विशेषताएँ थी कि सहसा विश्वास नहीं होता। संगीत, नृत्य, शिक्षा, खेलकूद, नाटक आदि सभी विधाओं के उत्कर्ष के लिए सजग और सक्रिय! पर्यावरण की शुद्धता के लिए प्राण-पण से प्रयत्नशील, शिक्षकों के प्रति सम्मान भाव से भरे हुए चेयरमैन साहब समय-समय पर जो कह गए, वह वेद उपनिषदों का सार है और हमारे लिए वचनमृत! इन्हीं में से कुछ सारगर्भित वचन बच्चों के लाभार्थ यहाँ प्रस्तुत किए जा रहे हैं।

1. जगत के मूलाधार श्री कृष्ण हैं। यह संसार ही उनका विराट रूप है। अतः जनसेवा, श्रीकृष्ण के विराट रूप की पूजा है। (विद्यालय में 'दिशा' अथवा 'चैरिटी डे' का आयोजन उनके इसी विचार के परिणाम हैं।)
2. बालक ईश्वर रूप हैं। उन्हें कोमलता व रचनात्मकता के साथ विज्ञान समन्वित धर्म और धर्म समन्वित विज्ञान की शिक्षा दी जानी चाहिए।
3. वही वापस लौटता है, जो हम देते हैं। शुभ और अशुभ फल हमारी ही किसी क्रिया की प्रतिक्रिया हैं, जैसे फेंका हुआ गेंद उतनी ही तीव्रता से वापस आता है, वैसे ही हमारा किया हुआ कर्म, विचार, वचन यहाँ तक कि सोच तक वापस आती है।
4. अगर हम परिवार वृक्ष बनाएँ तो देखेंगे कि सबसे ऊपर हमारे दादा-दादी माता-पिता और फिर हम हैं। हम तो सबसे नीचे हैं अतः हम उनका विशेष आदर करें क्योंकि बुजुर्गों के स्मरण से सिद्धि, शुभता व सफलता आदि सब कुछ प्राप्त होती है। पूरे विश्व में केवल हमारी संस्कृति में ही बुजुर्गों के प्रति श्रद्धा व आदर व्यक्त करने के लिए साल में पूरे पन्द्रह दिन पितर पक्ष के रूप में आरक्षित कर दिए गए हैं— यह थी हमारे ऋषि मुनियों की सुन्दर व्यवस्था।
5. धर्म जीवन का प्राण है, धर्म है तो अर्थ है, विवेक है, प्रज्ञा है, चैतन्य है, प्रगति है। धर्म नहीं तो कुछ भी नहीं है।

6. वास्तविक शिक्षा का अर्थ है, नीति और मूल्यों का व्यक्तित्व व चरित्र में जड़ हो जाना। लगातार स्वाध्याय करते हुए सत्साहित्य पढ़ते रहिए। बालक के समुचित विकास के लिए संस्कार नैतिक मूल्य, संयम और कर्तव्यबोध का बड़ा महत्वपूर्ण योगदान है।
7. श्रीमद्भागवतगीता अनुकूल और प्रतिकूल सभी हालातों में संतुलन एवं समन्वय बनाए रखने की शिक्षा देती है। इसमें जीवन की सभी समस्याओं का समाधान है, अतः प्रतिदिन दो श्लोक पढ़ो।
8. सात्विक भोजन और योग शरीर और मन दोनों के स्वास्थ्य के मूल आधार हैं। तामसी भोजन तन-मन दोनों के लिए अस्वास्थ्यप्रद है।
9. ईश्वर ने उपार्जन हेतु दो हाथ दिए परन्तु उदर भरण-पोषण हेतु मुख एक ही प्रदान किया, जिसका सैद्धान्तिक अर्थ है, अपनी कमाई का आधा भाग स्वयं रखो और आधा भाग लोकमंगल, ईश्वरीय कार्यों के लिए लगा दो।
10. आदर्श नागरिक होने का अर्थ है, धन्यवाद देने में अग्रणी, शिकायत करने में अंतिम।
11. जो आदमी अच्छे काम करके उसका अहंकार पालता है, वह उसका पुण्य भी बाँध देता है।

उनके सिद्धान्तों, आदर्शों और मूल्यों का मूर्तिमान रूप हैं हमारी वर्तमान चेयरपर्सन श्रीमती मनोरमा गोविंद हरि जी सिंघानिया, जिन्होंने इस गुरुत्तर उत्तरदायित्व को बिल्कुल उसी रूप में वहन किया और कर रही हैं जैसे—चेयरमैन साहब किया करते थे। सब कुछ करते हुए भी वे कर्ताभाव से दूर हैं और विद्यालय की प्रगति—उन्नयन व उत्कर्ष को केवल और केवल श्री द्वारिकाधीश जी की कृपा मानती हैं, जिसे श्री द्वारिकाधीश जी शक्ति—बल देकर करवा रहे हैं, बल्कि यों कहना अधिक उचित है कि स्वयं द्वारिकाधीश जी ही सब कुछ कर रहे हैं और चेयरपर्सन श्रीमती मनोरमा गोविंद हरि जी सिंघानिया तो बस निमित्त मात्र हैं। अहंकार तो उन्हें छूकर भी नहीं निकला। विनम्रता,

शालीनता, अनुशासन व परिश्रम की मिसाल हमारी चेयरपर्सन श्री राधाकृष्णभक्ति में इतनी तन्मय हैं कि सभी बच्चे उन्हें कन्हाई और राधा की प्रतिच्छवि प्रतीत होते हैं। उनके समस्त कार्य श्री द्वारिकाधीश जी के नाम से आरंभ होते हैं और उन्हीं की कृपा से समाप्त!

हमारी चेयरपर्सन श्रीमती मनोरमा गोविंद हरि जी सिंघानिया का मानना है कि शिक्षा संस्थान राष्ट्र की मजबूत बुनियाद हैं और शिक्षक राष्ट्र मंदिर निर्माण के समर्पित शिल्पकार। विद्यालय में समय समय पर विशेष पूजा—हवन—यज्ञ आदि का उनके द्वारा आयोजन करवाना शुद्ध और संस्कारी वातावरण के निर्माण में बड़ी अहम भूमिका निभाता है। उच्च लक्ष्यों को प्राप्त करने में परमात्मा की कृपा की महती भूमिका है। उन्हीं की कृपा से ही उन्नति और विशिष्ट उपलब्धियाँ प्राप्त होती हैं। 'यथा राजा तथा प्रजा' नियमानुसार उनकी आस्तिकता, अनुशासन प्रियता, उदारता और परदुःखातरता से विद्यालय में बड़े पाजीटिव वातावरण का निर्माण होता है। उनके मातृवत संरक्षण के कारण ही विद्यालय बच्चों को अपना दूसरा घर लगता है। बच्चों की ही नहीं शिक्षकों और कर्मचारियों की किसी भी जरूरत को उन्हें बताने की आवश्यकता नहीं पड़ती, उन्हें स्वयंमेव ध्यान रहता है। जैसे स्वच्छ आइने में प्रतिबिम्ब दिखता है वैसे ही समक्ष आए व्यक्ति को बड़ी सरलता से पढ़ लिया करती हैं। परहित और लोकमंगल की भावना से भरा उनका व्यक्तित्व पूजनीय है।

उनकी छाँह हमारी पीढ़ी पर ही नहीं, आने वाली पीढ़ियों पर भी सदा बनी रहे। उनका वरद हस्त हमारे शीश पर छत्र सा तना रहे— यही हमारी प्रार्थना है और यही हमारी कामना भी।

सर पद्मपत जी सिंहानिया :

एक संत व्यक्तित्व



हे लोक मंगल के प्रणेता, संत प्रवर !
तपन में शीतल मंद बयार तुम !
भवमरु में हो मरुद्यान तुम !
ऊष्मा में कण तुहिन के,
विपिन में हो तरु मलय के,
संगीत में मीठा तरन्नुम !
और क्या-क्या हो, नहीं मालूम मन को !
हे लोक मंगल के प्रणेता, संत प्रवर !

मुक्ताओं में रत्न दुर्लभ !
प्रार्थना में क्षण मधुरतम,
रसों में करुणा हो रस तुम,
नियति के अनगिन वरों में,
सर्वोत्तम वरदान हो तुम !
हो चिर सुहाग के कुमकुम !
हे लोक मंगल के प्रणेता, संत प्रवर !

रहे प्रिय प्रतिपल सभी के,
बन गये प्रतिरूप गुरु के
धरा पर हो चक्रवर्ती भूप से !
शीत में हो गुलाबी धूप से
नहीं कभी विभक्त प्रभु से।
हो संग द्वारिकाधीश जी के !
हे लोक मंगल के प्रणेता, संत प्रवर !

सांसों के अन्तिम प्रहर में
प्रेम की चंचल लहर में
ध्यान के गहवर गहन में
देखते थे कृष्ण योगीश्वर !
कहते छोड़ा तन ये नश्वर !
हे गोविन्द ! हे प्राणेश्वर !
हे लोक मंगल के प्रणेता, संत प्रवर !

फिर चिर प्रतीक्षित गोद में
चिर विश्राम और चिर मोद में
कर बन्द पलक अवगुंठन को
लूँ चिर निद्रा विनोद-विनोद में
थी आकांक्षा मोद-मोद में।

निज स्वरूप की ली अनुभूति
जयति जयति हे युग विभूति!

हे योगेश्वर ! हे प्राणेश्वर!
हे कृष्ण भक्त ! हे सर्वेश्वर!
ज्योति जयति हे संत प्रवर!
पदम उपवन के संरक्षक
बाल हितों के सच्चे रक्षक
नव योजनाओं के परिकल्पक!
जयति जयति हे आराधक!

डॉ. आशा शर्मा

सप्तषट्पद

सप्तधटामृत

1. अमृत का विस्तार करते जाओ, विष की बूँद कहीं मत डालो, तुम्हारा प्रेमपूर्वक व्यवहार अमृत है और द्वेषपूर्ण व्यवहार ही विष है।
2. जब हमारे हृदय में आनंद रहता है तब बाहर का शोक हमारे ऊपर असर नहीं करता।
3. जो कभी कुछ सोचते नहीं हैं, वे हमेशा बातें करते हैं।
4. जो अपराधी होता है उसको हर समय यह भय लगा रहता है कि हमारी बात कोई कह न दें। गलत कार्य करने वाला सदा शंकित रहता है।
5. अपने को थोड़ा जाग्रत और सावधान कर लेने से हम उच्चतर मानसिक चेतना में वास करने लग जाते हैं।
6. खंडन करने विरोध करने बातचीत या बहस करने के लिए मत पढ़ो बस आकलन करने और समझने के लिए पढ़ो।
7. फूल समीपता पर सुवास देता है अग्नि की निकटता तपिश देती है इसी तरह सत्संगति मनुष्य को गुणों से भर देती है।

जन्हेँ मुज्जों की तौतली भाषा....



खुशी की खोज

(“खोजी हो तो स्वयं को जान”.....वास्तव में खुशियाँ भौतिक वस्तुओं की मोहताज नहीं हैं। सच्ची खुशी तो हमारे हृदय में ही समाई है। इसी वास्तविकता से परिचित करवा रही हैं त्रिशा.....)

एक दिन उमंग में,
निकली अपनी धुन में,
ढूँढ़ने खुशी का पता,
आखिर उसका घर है कहाँ।

खुशी हंसी ठिठोलियां,
कहाँ है इसकी टोलियाँ।

चलो खोजे मिलकर उन्हें,
और भर लै अपनी झोलियाँ।

खिलौनों की दुकान में,
खूबसूरत मकान में,
चमचमाती कार में,
व्यंजनों या पकवान में,
सुंदर कपड़ों के ढेर में,
या मनमानियों के फेर में,
सिक्कों की खनक में,
या नोटों की महक में।

सबसे खुशी मिली मगर,
न टिक पाई लम्बे पहर,
फिर टटोला अपने अन्दर,
वहाँ पाया खुशियों का घर।



त्रिशा सारस्वत
पंचम – ‘स’



शिक्षक

(“जीवन में शिक्षक का महत्त्व से परिचित करवा रहे हैं यशोवर्धन.....)



जीवन में जो राह दिखाए,
सही तरह चलना सिखाए।

मात-पिता से पहले आते,
जीवन में सदा आदर पाते।

मान प्रतिष्ठा हमें दिलाते,
सीखी कर्तव्यनिष्ठा जिससे।

कभी रहा न दूर मैं जिससे,
वह मेरा पथदर्शक है जो।

वह मेरा शिक्षक कहलाता।

कभी है शांत, कभी है धीर,
स्वभाव में सदा गंभीर,
मन में दबी रहे ये इच्छा,

काश मैं उस जैसा बन पाता,
वो जो मेरा शिक्षक कहलाता।



यशोवर्धन बाजपेयी
तृतीय – ‘अ’

बचपन

(बचपन की पवित्रता का बोध करवा रहे हैं, उन्नयन..)

एक दफे की बात है,
जिसकी याद है धुँधली।
चला करता था थामकर,
जब पापा की उंगली।
उछलता था बाग में,
हाथों से छूने तितली।
मचलता था रास्तों पर,
खाने को ठंडी कुल्फी।
रात में भागता छत पर,
गुल होते ही बिजली।
झगड़ता जब छोटी से,
पाने को आम की गुठली।
था कागज का हवाई जहाज,
मगर दिलों की उड़ान थी असली।
दौड़ता अम्मा के आँचल को,
जब करता कोई दादा से चुगली।
अब है मुखौटा हर चेहरे पर,
हो गए हम भी हैं नकली।
जी रहे हम सब बेबस,
बनकर वक्त की कठपुतली।



उन्नयन गुप्ता
तृतीय – 'द'

समय का महत्व



घड़ी सदा यह टिक टिक करती
देखो कभी नहीं यह थकती
बिना पाँव के है यह चलती
रात में भी यह है जगती।

रोज सुबह बाबा है आते
इसमें चाबी भर कर जाते।

टिक-टिक-टिक करती रहती यह।
सुनों ध्यान से क्या कहती यह।

कहती, समय बड़ा अनमोल
समझो बच्चों, इसका मोल
कोई भी पल खो न जाए,
गया समय फिर हाथ न आए।



हर्षिका तिवारी
तृतीय – 'स'

आम की टोकरी

(“अर्णव” का कविता लेखन का एक सुंदर प्रयास....)



छह साल की छोकरी,
भरकर लाई टोकरी।
टोकरी में आम है,
नहीं बताती दाम है।
दिखा-दिखाकर टोकरी,
हमें बुलाती छोकरी।
हम को देती दाम है,
नहीं बुलाती नाम है।
नाम अब नहीं पूछना,
हमें आम है चूसना।
छह साल की छोकरी,
भर कर लाई टोकरी।



अर्णव
तृतीय – 'द'

प्रहेलिका



1. पत्थर पर पत्थर
पत्थर पर पैसा
बिना पानी के घर
बनाए वह कारीगर कैसा?
2. तुम न बुलाओ, मैं आजाऊँगी
न दूँ भाड़ा किराया
रहू घर के हर कमरे में
पकड़ न मुझको पाओ
बताओ मैं कौन?
3. कान घुमाते बंद हो जाऊँ
कान घुमाते खुल जाऊँ
रखता हूँ घर का ख्याल
आता हूँ सबके काम
कोई बताए मेरा नाम।
4. नाक को पकड़कर
खींचता है कान कोई
नहीं इसे कुछ कहता कोई
ज़रा बताओ उसका नाम?



अंगद सिंह पाहुजा
तृतीय – 'स'

उत्तर – 1. मकड़ी
2. दूध
3. ताता
4. खेम

चिड़ियों का उत्सव

(सावन मास में मानवों का ही नहीं बल्कि पक्षियों का मन भी अत्यंत प्रफुल्लित हो जाता है।.....)



सावन उत्सव मना रहा है।
गलगलियों का दल नहा रहा है।
जरा खटक ने मन चौंकाया।
क्या है कुछ खतरा मंडराया?
दल का मुखिया है भयभीत।
चलो उड़ चले प्यारे मीत
कौन सोचता हम निर्बल को
विजय सदा समर्थ सबल को।
जो करेगा इनकी चिन्ता
उसका है सारा गुलिस्तां।



अमोघ त्रिपाठी
चतुर्थ – 'ब'

होली

(‘होली’ के त्योहार की सुंदरता का अनोखा वर्णन.....)



रंगों का त्योहार है होली!
खशियों की बौछार है होली!
लाल, गुलाबी, पीले देखो,
रंग सभी रंग रंगीले देखो
पिचकारी भर-भर ले आते।
इक दूजे पर सभी चलाते
होली पर अब ऐसा हाल
हर चेहरे पर आज गुलाल
आओ, यारों इसी बहाने
दुश्मन को भी चलो मनाने।
यही है होली का संदेश,
अपने कर लो सब बेगाने।



ईशिता अरोरा
पंचम – 'ब'

हमारे पथ प्रदर्शक

(गुरु को ईश्वर जानने वाले आहान के काव्यमय विचार पढ़िए)

माताएं देती नव जीवन,
पिता सुरक्षा करते हैं।

लेकिन सच्ची मानवता
शिक्षक हममें भरते हैं।

सत्य न्याय के पथ पर चलना,
शिक्षक हमें बताते हैं।

जीवन संघर्षों से लड़ना,
शिक्षक हमें सिखाते हैं।

ज्ञान दीप की ज्योति जलाकर
मन आलोकित करते हैं।

विद्या का धन देकर शिक्षक,
जीवन सुख से भरते हैं।



है शिक्षक वही जो जीना भी सिखा दे,
आपकी आपसे पहचान करा दे।

तराश दे वह हीरे सरीखे तुमको,
दुनिया के ठेढ़े रास्तों पर चलना सिखा दे।

हमेशा दिखाएं सत्य का मार्ग वो हमें,
हमें एक अच्छा इंसान बना दे।

बताएं वे हमें जीत जाना ही जीवन नहीं,
हारकर जीतने का हुनर वो सिखा दे।

धूल है, धुआँ है, जाम है फिर भी,
हमारा शहर हमारी शान है.....

कानपुर की स्थापना सन् 1217 में राजा कान्हदेव द्वारा हुई। कुछ इतिहासकार सचेंडी के राजा हिंदू सिंह द्वारा वर्ष 1698 या 1750 में कान्हपुर गाँव की स्थापना मानते हैं। नगर की उत्पत्ति का महाभारत काल के वीर कर्ण से संबंध होना चाहे संदेहात्मक हो पर इतना प्रमाणित है कि अवध के नवाबों में शासनकाल के अंतिम चरण में यह नगर पुराना कानपुर, पटकापुर, कुरसवाँ, जूही तथा सीसामऊ गाँव के मिलने से बना था। इस नगर का शासन कन्नौज तथा कालपी के शासकों के हाथों में रहा और बाद में मुसलमान शासकों के। 1773 ई. से 1801 ई. तक अवध के नवाब अलमास अली का शासन रहा। 1773 ई. की संधि के बाद यह नगर अंग्रेजों के शासन में आया, फलस्वरूप 1778 ई. में यहाँ अंग्रेज छावनी बनी।



मैं कानपुर हूँ।

24 मार्च, 1803 में अंग्रेजों ने कानपुर को जिला घोषित किया। उस हिसाब से कानपुर के 216 साल पूरे हो गए। कानपुर सेंट्रल स्टेशन 89 साल पुराना हो चुका है। कानपुर कोर्ट तो 219 साल पुरानी है। सन् 1857 के गदर में कानपुर की धरती खून से लाल हो गई। यहाँ की धरती अंग्रेजों के खिलाफ क्रांति की मशाल जलाने वाले अनेकों वीरों जैसे— शहीदे आजम भगत सिंह चन्द्रशेखर आजाद आदि की कार्य व आश्रय स्थली बनी। रानी लक्ष्मी बाई, तात्या टोपे, नाना साहिब, गणेश शंकर विद्यार्थी की आहुतियों का भी साक्षी यह शहर है। समय बीता और यह एक औद्योगिक नगरी के तौर पर विकसित होने लगा। कई मिलें खुलीं इसमें लाल इमली, मयोर मिल, एल्लिंग मिल कानपुर कॉटन मिल और अर्थटन मिल काफी प्रसिद्ध हुई। इतिहास की किताबों से ये शहर 'मैनचेस्टर ऑफ द ईस्ट' कहलाया जाने लगा। आजादी के बाद भी कानपुर ने तरक्की की यहाँ आई. आई. टी. खुला, ग्रीन पार्क इंटरनेशनल स्टेडियम बना, आर्डेनेन्स फैक्ट्रियाँ स्थापित हुई। इस सबके बाद कानपुर का परचम दुनिया में फहराने लगा।



आहान अग्रवाल
पंचम — 'अ'



अथर्व द्विवेदी
तृतीय — 'द'

शिक्षक - लेखनी से



स र्जक नव प्रतिभाओं का, कानपुर की शान,
र चता आया है जो सदा नित नए कीर्तिमान।
प ल्लवित करता सदा छात्र नव प्रतिभावान,
द युति दामिनी सा दमके यह स्वयं प्रकाशवान।
म न उमंग आनंद से पूरित लेता नई उड़ान,
प राजित न कभी हुए छात्र हैं ऐसे दृढ़ चट्टान।
त न्मयता और नैतिकता को कर हृदयंगम
सिंह सदश गुंजा देंगे, सामने पूरा हिन्दुस्तान
हा र झुकाती शीश ज़रा सी आहट से हमारी।
नि त्य नव निर्माण की सर्जक संस्था है न्यारी
या त्रा ज्ञान की करते पा गुरु मंत्र का दान,
ए क – एक पल करते जाते नित नव अभ्युत्थान
जू ही, गुलाब, चम्पा, चमेली से ये नन्हें मुन्ने।
के सर की क्यारी सा सुंदर है उनका अनुदान।
श पथ अटल है जिसकी है यह एक ऐसा संस्थान।
न या नया वितान है और नया नया उत्थान।
से वा का व्रत लेकर करता ज्ञान का आदान प्रदान।
न् यारी कार्य प्रणाली जिसकी न्यारा है यशगान।
ट ले न कभी कर्त्तव्यमार्ग से, लिए सदा मुस्कान।
र वि किरण सा उज्ज्वल है यह अपना पुण्य स्थान।

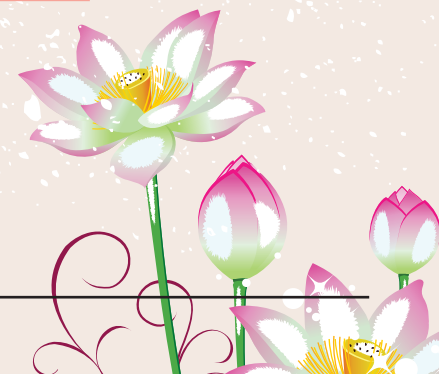
विद्यालय नहीं ज्ञान का मंदिर यह, विद्यार्जन हेतु वरदान।

ज्ञान का मंदिर सर पदमपत सिंहानिया एजुकेशन सेंटर

(सर पदमपत सिंहानिया
एजुकेशन सेंटर का प्रत्येक अक्षर
स्वयं ही अनेक विशेषताएं
समाहित किए हुए है। इन्हीं
विशेषताओं से परिचित करवा
रही है श्रीमती संध्या.....)



श्रीमती संध्या तिवारी
हिन्दी विभाग



अकेला चना भाड़ फोड़ सकता है?

प्यारे बच्चों!

‘इनोवेशन’ का हिन्दी में शाब्दिक अर्थ है ‘नवोन्मेष’ अर्थात् नयापन। यह नयापन जीवन के हर क्षेत्र में हलचल मचा देता है। ‘हलचल’ अर्थात् प्रसिद्धि और सफलता! यह होती टीमवर्क के ही कारण है और टीमवर्क में एक-एक का अपना महत्व और सहयोग होता है परन्तु टीमलीडर का इतिहास में नाम दर्ज होना ऐसे परिश्रमी सहयोगियों के कारण ही संभव होता है। ऐसे असंख्य उदाहरण समाज में भरे पड़े हैं जिन्होंने ‘इनोवेशन’ के बल पर जीवन में बड़ी-बड़ी उपलब्धियाँ प्राप्त कीं और प्रेरणा के स्रोत बने। ऐसे प्रेरक व्यक्तित्व को आदर्श बनाकर ऊर्जा के पुंज आप भी बहुत कुछ कर सकते हैं। यही समझाना हमारा उद्देश्य है। अरे भाई फोकस्ड होकर आगे बढ़ने से भला किसे मंजिल नहीं मिली?

असंख्य इकाइयों का संगठित समूह है समाज। एक-एक इकाई का अपना बल है, प्रभाव है, सामर्थ्य है, क्षमता है और उससे सब कुछ होना संभव है अगर ऊर्जा को बार-बार के संकल्प-विकल्प में खर्च होने से बचा लिया जाए तो एक अकेला चना भी ऐसा भाड़ फोड़ सकता है कि भाड़ खिल-खिल जाए। देखिए, एक अकेला सूर्य पूरी सृष्टि को प्रकाश देता है। एक चन्द्रमा घोर अंधकार को काट देता है जो असंख्य तारे मिल कर भी नहीं दूर कर पाते। एक सिंह विशाल जंगल का वनराज कहलाता है। एक चाणक्य, एक शिवाजी ने विशाल सुदृढ़ साम्राज्यों की नींव डाली। एक अकेले वकील महात्मा गाँधी ने पूरा दक्षिण अफ्रीका हिला दिया और स्वतंत्रता आन्दोलन को नई धार दी। एक कवीन्द्र रवीन्द्र नाथ टैगोर ने विश्व भारती जैसा महान गुरुकुल बनाकर शिक्षा, साहित्य और कला को नई दिशा दी। यही

नहीं, उनके द्वारा दिया गया “एकला चलो रे” गीत मंत्र बन गया।

शायर ठीक कहता है—

**मैं अकेला ही चला था जानिबे मंजिल मगर
लोग साथ आते गए और कारवां बनता गया।**

एक इंजीनियर श्रीधरन ने समय से पूर्व प्रोजेक्ट समाप्त कर मेट्रोमैन का खिताब पाया। एक अकेले सचिन तेंदुलकर ने पुराने सभी कीर्तिमान ध्वस्त कर दिए। स्वर साम्राज्ञी, कोकिल कंठी लता मंगेशकर की ऊँचाई के समक्ष सभी पुरस्कार बौने हो गए। साधन हीन परिवार के एक व्यक्ति ए.पी. जे. अब्दुल कलाम ने देश को परमाणु शक्ति सम्पन्न बनाया। एक नारायण मूर्ति और एक अजीम प्रेम जी ने विश्व में कम्प्यूटर-व्यापार के झंडे गाड़ दिए। उद्योग जगत में एक अकेले श्री पदमपत जी सिंघानिया ने स्वतंत्रता संग्राम में सक्रिय भागीदारी ही दर्ज नहीं करवाई बल्कि व्यापारियों का विशाल संगठन खड़ा कर के अंग्रेजों को पीछे हटने पर मजबूर कर दिया। एक मदर टेरेसा ने असंख्य अनाथों को नवजीवन प्रदान किया। जबलपुर यूनीवर्सिटी के एक प्रोफेसर आचार्य रजनीश की विचारधारा ने सम्पूर्ण विश्व को प्रभावित किया। अमेरिका में ‘ओरेगाँव’ नाम से पूरा प्रांत बन गया।

दिल्ली के एक छोटे से घर से निकल कर एक शाहरूख खान बॉलीवुड के चहेते कलाकार बने। एक बाबा रामदेव पूरे विश्व में योग का ब्रान्ड बन गए। यह सब एक व्यक्ति की हिम्मत, ताकत और संकल्प से ही तो संभव हुआ। एक लक्ष्मी बाई, एक किरण बेदी, एक कल्पना चावला ने वो हिम्मत और सिफ़त दिखाई कि दाँतों तले उँगली दबानी पड़ जाए। ऐसे असंख्य नाम हैं जहाँ एक ने सफलता का वो

(एक ललित लेख! प्रेरक वाक्यों की एक सुन्दर माला! शब्द-शब्द में पिरोया उत्साह! लेख में समाहित ऊर्जा बच्चों ही नहीं बड़ों के मन को भी संकल्प, आशा और नवशक्ति से भर देगी। एक अकेले व्यक्ति की क्षमता से भी बड़े-बड़े मिशन पूरे हुए हैं, होते रहे हैं! ठान लिया जाए तो क्या नहीं हो सकता?)

शंखनाद किया कि उन ध्वनि तरंगों से सर्वत्र प्रेरक ऊर्जा फैल गई। वे भी एक अभिमन्यु, एक ध्रुव जैसे दृढ़ संकल्पवान से प्रेरणा ले कर आगे बढ़ते गए। ज्यों ही एक साहसी आगे बढ़ता है कि प्रकृति स्वयं सहायता को आकर उपस्थित हो जाती है। पुरुषार्थी से प्रकृति भी डरती है।

आलोचना की किंचित परवाह किए बिना अकेले आगे बढ़कर मिसाल कायम करो। समाज देशहित में जूझ कर देखो, कितने कदम तुम्हारा अनुकरण करते हैं। सिर-आँखों पर बिठाते हैं। कभी मत सोचना कि मैं अकेला कर ही क्या सकता हूँ?

माता जीजा बाई ने अकेले शिवाजी को, महारानी सुनीति ने राजकुमार ध्रुव को और माँ कयाधू ने प्रहलाद को अकेले ही वो बना दिया जिनके कार्य मानवता को चिरकाल तक प्रेरणा देते रहेंगे, मार्गदर्शन करते रहेंगे। शताब्दियों पर शताब्दियाँ बीत रही हैं पर उनके यश का प्रकाश बढ़ता ही जा रहा है। चिरकाल तक वे इतिहास के स्वर्णिम पृष्ठों पर चमकते रहेंगे। अरे भाई, महात्मा बुद्ध पूरे विश्व में एक ही तो थे। संसार के अनगिनत देशों में उनकी शिक्षाएँ और उपदेश ध्वनित-गुंजित होकर राष्ट्र निर्माण का बायस बने। यही नहीं पूरे के पूरे देश बौद्ध धर्म के अनुयायी बन गए। भौतिक जगत हो या आध्यात्मिक एक अकेले व्यक्ति की क्षमता ने कमाल कर दिखाया है। लिप्टन एक साधारण आदमी था जो चाय की इस कम्पनी का संस्थापक बना और लिप्टन की चाय दुनिया भर में प्रसिद्ध हो गई। यही नहीं थामस लिप्टन एक विश्व प्रसिद्ध व्यवसायी बने। एक टाटा, एक धीरू भाई अम्बानी, एक लक्ष्मी मित्तल (स्टील किंग), एक श्री गोविन्द हरि सिंघानिया ने कड़े परिश्रम से उठ कर विश्व में भारतीय

उद्योग का रूतबा कायम किया।

चेन्नई के एक अकेले व्यक्ति ए. आर. रहमान को विश्व का सर्वश्रेष्ठ गौरवशाली ऑस्कर पुरस्कार मिला। एक पंडित रविशंकर, एक बिस्मिल्ला खान ने संगीत की दुनिया रौशन कर दी। एक अमर्त्य सेन अर्थशास्त्री ने नोबल पुरस्कार की सूची में प्रथम स्थान बनाया। एक यूसूफजई मलाला स्त्री शिक्षा की पैरवी कर आतंकवादियों की गोली खाकर भी लक्ष्य से विचलित नहीं हुई और प्रतिष्ठित नोबल पुरस्कार की हकदार बनी। अकेले होने को कमजोरी या अक्षमता मानना हमारी दुर्बलता है, और कुछ नहीं! ऐसे हजारों नाम गिनाए जा सकते हैं जहाँ एक व्यक्ति ने बीड़ा उठाया और समय की धार मोड़ दी, समय पट पर दृश्य बदल दिया ऐसी सफलता पाई कि नाम पहचान यश, प्रताप— सब उसके अनुचर बन गए।

दूसरे कुछ कर रहे हैं या नहीं, सरकार क्या कर रही है? ये नहीं हो रहा, वो नहीं हो रहा— सब इसी आलोचना— प्रत्यालोचना में पड़े रहते हैं। जो करना चाहिए पर ध्यान न लगा कर हम अपने पतन को निमन्त्रण देते हैं और करने वाले कर गुजरते हैं। अपने बच्चों से मेरा यही संदेश है कि 'उत्तिष्ठ जाग्रत प्राप्यवरान्नबोधत' मंत्र के अनुसार उठो जागो और लक्ष्य के लिए कमर कस कर संघर्ष के महासमर में कूद पड़ो। जब तक सफलता का परचम लहराने न लगे, परिश्रम जारी रखो। अकेला होना वरदान है, अभिशाप नहीं। शुरुआत करिए, लोग पीछे आएंगे ही आएंगे।

आखिर वेदों ने क्यों उद्घोष किया है 'अहं ब्रह्मास्मि' क्योंकि हममें वो शक्ति, प्रतिभा, योग्यता, दक्षता व कौशल है क्योंकि हम सचमुच ब्रह्मा के अंश ही हैं। फिर 'पिण्डे सो ब्रह्मांडे' वाली शक्ति हमसे क्या नहीं करवा देगी। अतः संकल्पवान होकर आगे बढ़िए। प्रगति, उन्नति, उत्कर्ष आपके दास होने की प्रतीक्षा कर रहे हैं।



श्रीमती भावना गुप्ता
प्रधानाचार्या



गंगा की पुकार

सृष्टि का वात्सल्य



श्रीमती अंजनी टकियार
सामाजिक विज्ञान विभाग
श्रीमती टकियार का एक काव्य संग्रह प्रकाशित हो चुका है। पढ़िए नमामी गंगे परियोजना में सातवां पुरस्कार प्राप्त उनकी यह रचना

ब्रह्माण्ड के आयुर्वेद की औषधि
सृजन का निरंतर नूतन प्रवाह
वनस्पतियों में बसे रस का स्रोत
असीम विकास के रथ का ईंधन

पंचभूतों का महाभूत
भूमि से आकाश के तारों के
सान्निध्य को स्वीकार कर
शिव की जटाओं में स्वयं को संवार
कर
प्रकट होने वाली

श्री गंगा.....
मोक्षदायिनी, हरिप्रिया
क्यों है उदास????
हुंकार उठी वो.....

मातृत्व छला गया
व्यक्तिविहीन व्यक्तित्वों से
सभ्यता को डसा गया
एक माँ के आँचल को
अवहेलना, तिरस्कार और
अपमान
से भरा गया।
आखिर कब तक?

गर न जागे जन इस बार
ये चेतावनी अन्तिम बार!
यह जहर, जन उगल रहा
है
गंगा न उसे स्वीकारेगी
सृष्टि की पालन हार माता
तेरा विनाश कर डालेगी।

अनपढ़ अक्षररहित, व्यक्ति केन्द्रित,
निष्प्राण समाज
सुन लो अब न मिलेगा जीवन दान
अनिष्ट अवशिष्ट, अवशेषों को न
स्वीकारेगी
अपने में न देगी सुरसरि स्थान।
तेरा उगला विष, तेरा ही काल बन
जाएगा।
इस अप्रितम वसुधा के नाश का तू
कारण कहलाएगा।
जागो..... उठो.....
ले लो ये सौगंध।
गर गंगा से रखनी है आस
समग्र बचाने का करो प्रयास।।
बचा लो मानवता का नाश!



पत्र विद्या

(कम्प्यूटर युग के एस.एम.एस. फेसबुक, वाट्सएप, के प्रयोग के कारण पत्र लेखन कहीं गुम हो गया। खतों – किताबों का एक अपना मजा है और महत्व भी! इसीलिए अपने हाथों से लिखे खत और संदेश कार्ड भेजने की पहल फिर से शुरू हुई है। विद्यालय में कवि सम्मेलन के आयोजन के उपलक्ष में अन्तर्राष्ट्रीय ख्याति प्राप्त पद्मविभूषण और दादा साहब फाल्के पुरस्कार से सम्मानित श्रीमान अमिताभ बच्चन को लिखा गया यह निमंत्रण पत्र इसीलिए पठनीय बन पड़ा है)



श्रीमती मधु त्रिवेदी
हिन्दी विभाग

प्रतिष्ठा में,
श्रीमान अमिताभ बच्चन जी,

आपको यह सूचित करते हुए हमें अपार हर्ष और गर्व है कि 'हिन्दी दिवस- १४ सितम्बर' के उपलक्ष्य में हमारा विद्यालय विभिन्न साहित्यिक गतिविधियों का मंचन व आयोजन कर 'हिन्दी मास' (१६ अगस्त - १६ सितम्बर) को धूमधाम से सम्पन्न करने जा रहा है।

हमारा विद्यालय पूर्व में भारत के 'मेनचेस्टर' कहे जाने वाले कानपुर शहर के अतिप्रतिष्ठित जे. के. समूह के दिग्गज उद्योगपति, प्रख्यात समाज सेवी सर पदमपत जी सिंहानिया की अभिलाषा के अनुरूप 'संस्कारी शिक्षा सर्वशुलभ हो' का उद्देश्य लेकर १९८२ में श्री राधा कृष्ण जी के चरणों (जे. के. मंदिर) में स्थापित किया गया था। २०१६ से लेकर २०१९ तक लगातार शैक्षिक गुणवत्ता तथा अन्य पाठ्येतर श्रेष्ठताओं के कारण 'एजुकेशन वर्ल्ड मैगजीन' द्वारा "Best school award" से इसे सम्मानित किया गया है।

कर्मयोगी और शिक्षाविद हमारे चेयरमैन श्री गोविन्द हरि जी सिंहानिया के स्वप्न शिक्षा में विज्ञान और धर्म का समन्वय हो, को साकार करते हुए विद्यालय के तीन हजार (ले गुरु से कक्षा बारह तक) विद्यार्थी प्रदेश में ही नहीं वरन् सम्पूर्ण देश में सर्वश्रेष्ठ होने की दिशा में नित नए कीर्तिमानों को गढ़ते हुए शिखर की ओर अग्रसर हो रहे हैं।

हमारी वर्तमान चेयरपर्सन श्रीमती मनोरमा गोविन्द हरि जी सिंहानिया भी कर्मयोग की उसी पावन परम्परा की प्रतिनिधि हैं, जिसकी नींव चेयरमैन श्री गोविन्द हरि जी सिंहानिया ने डाली थी। वे ऐसे आयोजनों में विशेष रूचि लेती हैं ताकि विद्यार्थी अपनी संस्कृति व साहित्य के पोषक व प्रेमी बनें। उच्च संस्कारों में बीजारोपण की प्रबल पक्षधर वे छात्र जीवन से ही साहित्यकारों की सचेतनशीलता बच्चों में विकसित होते देखने की बड़ी इच्छुक रही हैं ताकि वे आगे चलकर समाज कल्याण में अग्रणी भूमिका निभाएं।

“डॉ० हरिवंश राय बच्चन स्मृति समारोह” इस आयोजन की प्रथम कड़ी है, जिसका शुभारंभ १६ अगस्त को एक 'छात्र कवि सम्मेलन' से किया जाएगा। कविता का जीवन में विशेष स्थान है। इसमें हृदय के वे तत्व अन्तर्निहित रहते हैं जिनसे आत्मा की भूख शांत होती है। विद्यार्थीगण 'मधुशाला' और 'मधुकलश' का सरस्वर पाठ कर महाकवि को अपनी भावभीनी श्रद्धांजलि अर्पित करेंगे।

पावन नगरी प्रयागराज को अपने हृदय में समेटे उत्तर प्रदेश महान कवि व साहित्य पुरोधा पद्मभूषण डॉ० बच्चन की कर्मभूमि रही है और जीवित किंवदन्ती बन जाने वाले आपकी जन्मभूमि! तदर्थ इस पावन अवसर पर आशीर्वाद स्वरूप आपके 'दो शब्दों' की हम हृदय से प्रतीक्षा करते हैं। ये आशीर्वचन हमारे लिए जीवन- निधि तुल्य होंगे।

यदि आप कृपा करके इसे डिजिटल मीडिया के द्वारा भेजेंगे तो बच्चों के उत्साह व प्रसन्नता का कोई पारावार न होगा और हम अति कृतज्ञ होंगे।

अमित आभार के साथ,
विद्यालय परिवार
प्रधानाचार्य

किथोर-मन की कलम से



(हमारी संस्कृति विश्व की सर्वाधिक उदात्त संस्कृति और संसार की सर्वाधिक लोकप्रिय संस्कृति है । पढ़िए असप्रीत के विचार.....)



लोग विभिन्न परिवारों में जन्म लेते हैं, जातियां, उपजातियां और धार्मिक समुदाय एक समूह में शांति और संयम से रहते हैं यहाँ के लोगों के सामाजिक बंधन लंबे समय तक चलने वाले हैं। सभी को अपनी पदानुक्रम और एक-दूसरे के प्रति सम्मान और अधिकारों की भावना के बारे में अच्छी भावना है।

“भारत में अनेकता में एकता का कारण हमारी संस्कृति ही है।”



असप्रीत चावला
सप्तम – 'फ'

मेरा सपना

(अपने जीवन लक्ष्य से परिचित करवा रहें हैं, सम्पन्न.....)



हर व्यक्ति की कुछ महत्वाकांक्षाएं या इच्छाएं होती हैं जैसे हम बच्चों की। अगर हम किसी चीज को देखकर रोमांचित हो जाते हैं तो उसे प्राप्त करने की इच्छा उत्पन्न होती है। इन इच्छाओं को पूरा करने के लिए हम कड़ी मेहनत करते हैं। जैसे – अलबर्ट आइंस्टीन जो एक महान वैज्ञानिक थे, दसवीं कक्षा में गणित में फेल हो गए लेकिन कड़ी मेहनत करके आज वे महान वैज्ञानिकों में गिने जाते हैं। इसलिए हमें जीवन में एक सपना या लक्ष्य रखना चाहिए जिससे हम इसे पूरा करने में मेहनत करें।

मैंने भी एक सपना देखा है। मैं एक आई.ए.एस. अर्थात् एक भारतीय प्रशासनिक सेवक बनना चाहता हूँ। ऐसा मैंने इसलिए सोचा क्योंकि मैं अपने देश के लिए कुछ करना चाहता हूँ और मम्मी पापा का नाम रोशन करना चाहता हूँ। मैं अपने देश से गरीबी, मंहगाई और भ्रष्टाचार हटाना चाहता हूँ। मैं हर किसान को शिक्षित करना चाहता हूँ। हमारे देश में अपराध की दर बढ़ती जा रही है। मैं अपना लक्ष्य प्राप्त करने के लिए कड़ी मेहनत करूंगा और अपनी हर गलती से कुछ न कुछ अवश्य सीखूंगा क्योंकि गलती से सीखना बड़ी कला है। मेरा परिवार मेरी इसके लिए पूरी सहायता करता है।

हमेशा याद रखें सपने देखने के बाद उसे पूरा करने में लग जाइए और सभी कठिनाइयों का डट कर सामना करिए, आप और हम अवश्य सफल होंगे।



संपन्न निगम
षष्ठ – 'य'

कुछ मासूम सवाल

कब दोगी मुझे तुम अमूल्य समय अपना?
क्या रह जाएगा जी भर के बात करना
तुमसे मेरा बस सपना?

जॉब, खाना, पढ़ाना, डांटना है सबके
लिए समय तुम्हारे पास।
दो मिनट प्यार करने का कब समय
होगा तुम्हें मेरे लिए खास?
अपनी सारी ऊर्जा निकाल देती हो स्कूल
के अनगिनत बच्चों में,
थक हार कर घर आने पर बचते हैं कुछ
रुखे सूखे शब्द तुम्हारे जैसे सच्चों में।



स्कूल के बच्चे चाहे कितनी बार प्रश्न पूछे, समझाती हो बार-बार प्यार से
उन्हें, मैं जब उलझता हूँ सवालों में तो, 'बेवकूफ' कहकर झिड़क देती हो
तुम बस मुझे।

स्कूल में बीमार बच्चों की चोट
कितने प्यार से सहलाती हो तुम!
मेरे बीमार पड़ने पर दवाई देकर
काम में जुट जाती हो तुम!
हाँ, पर पढ़ाने के लिए समय
निकाल ही लेती हो बस तुम!
डांट मार के परीक्षा की तैयारी
करवा ही देती हो तुम!



अरिंदम नाहा
षष्ठ – 'ब'

इतने सर्टिफिकेट, इतनी ट्रॉफियाँ, इतने मेडल तुम्हारे ही बदौलत हैं माँ,
बस गले लगाकर, गाल सहलाने का समय भी निकाल लो ना माँ।
आज खाना थोड़ा बनाओ कम, घर भी साफ रहने दो थोड़ा कम,
बचपन नहीं आएगा दोबारा मेरा माँ, थोड़ा लाड़ प्यार का समय दे दे माँ
जीवन में माँ के प्यार की नहीं है कोई समता, मेरा बल, मेरी ऊर्जा, मेरी
सारी ताकत है तेरी ममता।।

कानपुर का परिचय

(कानपुर से संबंधित महत्वपूर्ण तथ्य.....)



(1) “पुराने रेलवे स्टेशन से नये रेलवे स्टेशन तक जाने के लिए थी ट्राम” आज से 111 साल पहले। सन् 1907 में कानपुर में ट्राम शुरू की गयी थी जो 26 साल (16 मई 1933) तक चलाई गयी थी। इसे दिल्ली से पहले कानपुर और मुंबई में एक साथ शुरू किया गया था। इनका रूट शहर की मुख्य आबादी वाले इलाकों को पूरी तरह कवर करता था। अपने समूह का यह बेजोड़ परिवहन था। इसकी भव्यता का अंदाज शहर के बीचों बीच बने परेड ट्राम स्टेशन (आज भी उपस्थित है) को देखकर लगाया जा सकता है।

(2) कानपुर में सबसे पहली आइस फैक्ट्री रेल बाजार में अंग्रेज बाबू जॉन साहब ने खोली थी जिसका नाम जान्स आइस फैक्ट्री था, ये बर्फ का कारखाना वर्तमान में महेश्वरी देवी जूट मिल के सामने था और इसमें लगी मशीन इंग्लैंड में बनी थी।

(3) कानपुर के ‘भीतर गांव’ से तीन किलोमीटर की दूरी पर बेहता गांव में भगवान जगन्नाथ के मंदिर में यहाँ बारिश होने के छः सात दिन पहले मंदिर की छत से पानी की बूंदें टपकने लगती हैं, इतना ही नहीं जिस आकार की बूंदें टपकती हैं उसी आधार पर बारिश होती है।



मयंक
सप्तम् — ‘फ’

वीर सपूत

(‘अनुनय’ के द्वारा संकलित कविता, जिसमें कवि अपनी कलम से वीर सपूतों को नमन कर रहे हैं.....)



कलम क्रोधित हो पूछती है कि क्या लिखूं ?
वीरों की अद्भुत शहादत लिखूं,
या माओं की बिलखती ममता लिखूं,
साथियों के उबलते जज्बात लिखूं,
या संगिनी की टूटी उम्मीदें लिखूं,
राष्ट्र ने खोए हैं आज फिर जो सपूत,
कहो किन शब्दों में उन के कर्ज लिखूं!

गाँधी वचन आज खारिज हो गए,
हैं दौर लहू का क्या लिखूं ?
जो सरहद पर है वीर सचेत,
मैं हर एक को नमन करूं।
हम वे अहम थे जो हमने गवां दिए,
उनके मन की तुमसे माँग लिखूं,
सेना के अब और न बाँधो हाथ लिखूं,
घाटी को दो करने साफ या इन्हें हटा लो आज लिखूं।
कलम क्रोधित होकर पूछती है कि
फिर तुम्हीं बताओ कि क्या लिखूं ?



अनुनय मिश्रा
सप्तम् — ‘फ’

एक यादगार यात्रा (जम्मू की)

(अपनी अविस्मरणीय यात्रा के विषय में बता रही हैं पार्थिवी.....)

मेरे जीवन की यादगार एवं सुखद यात्रा जो मेरे स्मृति पटल पर सदैव अंकित रहेगी। इस यात्रा में मैंने अपने माता-पिता के साथ माँ वैष्णो देवी के दर्शन और पटनी टाप नामक एक हिल स्टेशन की भी सैर की।

सर्वप्रथम हम लोगों ने कानपुर से जम्मू तक यात्रा ट्रेन से की जो लगभग 10 घंटे में पूरी हुई। उसके बाद हम जम्मू से कटरा टैक्सी द्वारा गए। कटरा में हमारा कमरा होटल में आरक्षित था जिसका नाम 'स्विंग हाई' था। वहाँ पर हम दोपहर दो बजे पहुंचे। कुछ घंटे विश्राम के बाद हमने माँ वैष्णो देवी के दर्शन हेतु चढ़ाई आरंभ की। यह रास्ता लगभग 14 किलोमीटर का था। आरंभ में मैं और मेरी माँ यह सोचकर परेशान थे कि यह दुर्गम रास्ता कैसे पूर्ण होगा, पर उस दिन इतनी छोटी सी आयु में मैंने यह जाना कि आस्था और विश्वास में बहुत शक्ति होती है।

मेरी उम्र तब नौ वर्ष की थी और कब मैं अपनी माँ के साथ वैष्णो माता के जयकारे लगाते हुए उनके दरबार में पहुंच गई, पता ही नहीं चला। वह दिन मेरे लिए अविस्मरणीय दिन था जब इतनी चढ़ाई के बाद भी लेशमात्र थकान का आभास नहीं हुआ। हम तीनों ने माँ के दर्शन किए और पुनः वापस अपने होटल की तरफ चल दिए। वहाँ पूरे दिन विश्राम किया, तत्पश्चात अगले दिन सुबह टैक्सी से पटनी टाप के लिए यात्रा आरंभ की। जून का माह चल रहा था पर यह स्थान समुद्र तल से काफी ऊंचाई पर होने के कारण दिसम्बर माह का आभास करा रहा था, यहां पर चलने वाली हवाएं काफी ठंडी थी और चारों तरफ अत्यंत मनोरम दृश्य थे। चारों तरफ चीड़ व देवदार के वृक्ष थे जो देखने में बहुत सुंदर लग रहे थे। अचानक मैंने देखा कि एक वृक्ष जिसकी पत्तियाँ काफी चौड़ी व पांच नोंक वाली थी। पूछने पर यह पता चला कि इस वृक्ष को चार चिनार कहते हैं। इन दृश्यों को हम लोगों ने अपने कैमरे में कैद किया। मेरी माँ जो कि हिन्दी साहित्य की प्रवक्ता हैं उन्होंने साहित्यिक ढंग से बताया कि ये वर्तमान पल केवल अभी के लिए ही सुखद नहीं अपितु भविष्य के लिए भी सुखद होंगे यदि इनको अपने कैमरे के साथ-साथ अपनी स्मृति पटल में अंकित कर लिया जाए।

माँ की यह बात सच साबित हुई आज थकान के क्षणों में जब आँखें बंद करके अपनी स्मृति पटल के पन्नों को खोलती हूँ तो मेरा रोम-रोम पुलकित हो उठता है। यह यात्रा मेरी कई कारणों से यादगार बन गई पहला कारण यह जाना कि आस्था और विश्वास में बहुत शक्ति है। दूसरा कारण कि प्रकृति ईश्वर का ही प्रतिबिम्ब है। अपने मनोरम दृश्यों के कारण साथ ही मेरे प्यारे माता-पिता के सान्निध्य के कारण यह यात्रा अविस्मरणीय बन गई।



पार्थिवी चौहान
षष्ठ- 'द'

नमामि गंगे

(“नमामि गंगे योजना” में पुरस्कृत आलेख! पढ़िए पतितपावनी माँ गंगा के प्रति ‘भूमि’ के विचार.....)



गंगा नदी हमारे भारत की शान है। हमारे देश की सबसे पवित्र गंगा नदी का जल उत्तर प्रदेश, बिहार, झारखंड, पश्चिम बंगाल से होते हुए समुद्र के जल में मिल जाता है। यह हमारी धार्मिक आस्था की प्रतीक है। गंगा नदी के जल को सबसे पवित्र जल कहा जाता है। लेकिन आज गंगा नदी में हो रहे प्रदूषण के कारण गंगा नदी का जल दूषित होता जा रहा है। हम सभी को यह प्रयास करने की जरूरत है कि गंगा नदी के जल को स्वच्छ रखें। स्वच्छ गंगा परियोजना की शुरुआत हमारे भारत के प्रधानमंत्री नरेंद्र मोदी जी के द्वारा की गई थी। इस योजना का प्रारंभ करने का उद्देश्य था कि हमारे भारत की सबसे पवित्र नदी गंगा में हो रहे प्रदूषण को रोका जाए, साथ ही इसके जल को स्वच्छ किया जाए। यह योजना सबसे महत्वपूर्ण योजना है क्योंकि जिस जल को हम पीते हैं वह जल अगर शुद्ध नहीं होगा तो हमें तरह-तरह की बीमारियाँ हो सकती हैं। मैं यही कहूँगी कि सरकार के साथ-साथ हम सभी को भी गंगा के जल को साफ करने के लिए अपना योगदान देना चाहिए। इस योजना के माध्यम से हमारे देश की सबसे पवित्र नदी गंगा को साफ करने के लिए 18 वर्ष का समय निश्चित किया गया है। हमें कोशिश करनी चाहिए कि गंगा नदी में किसी तरह का कोई कचरा न डाले। इससे हमारे भारत की सबसे पवित्र नदी गंगा पुनः स्वच्छ हो जाएगी।

“भविष्य को सुरक्षित बनाएँ, आओ सब मिलकर गंगा स्वच्छ बनाएँ”

“आस्था और संस्कृति की धरोहर, सदा इसको शीश नवाएँ।

गंगा को स्वच्छ रखना हम सबका परम कर्तव्य है।

परमधर्म है अपना यह कार्यकेवल सरकार का नहीं है।”



भूमि द्विवेदी
पंचम – ‘स’

“गंगा में अपनी श्रद्धा अर्पण करें,

पालीथिन, पन्नी नहीं

(केवल बड़ों के मन में ही नहीं, बच्चों के हृदय में भी माँ गंगा के प्रति अपार श्रद्धा है.....)



गंगा हमारी माता है। हमारे देश में गंगा नदी को माता का स्थान दिया गया है परंतु इसके बाद भी हमारे यहाँ इसकी शुद्धता पर ध्यान नहीं दिया जाता। हम लोग श्रद्धा पूर्वक गंगा नदी में अनेक पूजन की सामग्री डालते हैं परंतु हमें डालने से पहले सोचना चाहिए कि कहीं हमारी श्रद्धा इस नदी को अस्वच्छ या गंदा तो नहीं कर रही हैं। हमारे भारत में अनेक प्रकार की मिलें हैं जो अपने – अपने सामान के उत्पादन के बाद सारा कूड़ा और कचड़ा नदी में बहा देते हैं। वह लोग बहाने के पहले यह नहीं सोचते कि वह नदी को ही नहीं बल्कि जिन्हें माता मानते हैं उन्हें गंदा कर रहे हैं। बच्चे चिप्स आदि खाकर उनका कूड़ा या पन्नी फेंक देते हैं। पॉलीथिन जो कहीं भी नहीं घुल सकती, पानी को अशुद्ध कर देती है। पानी में पन्नी या पॉलीथिन पानी में रहने वाले जीव-जन्तुओं को बहुत हानि पहुँचाते हैं। जैसे- उनकी मृत्यु होना, उन्हें कोई बीमारी हो जाना। यदि यही पानी कोई मनुष्य पी ले तो उसे कैसर जैसी घातक बीमारी हो सकती है। हमें गंगा को स्वच्छ एवं साफ रखने का प्रयास करना चाहिए। हमारी सरकार को भी अनेक योजनाएं बनानी चाहिए। सरकार ने गंगा को साफ रखने के लिए कई प्रकार की योजनाएं बनाई गई हैं जैसे- नमामि गंगे, गंगा जागरण। भारत के नागरिक के रूप में हमें यह प्रण लेना चाहिए कि हम गंगा को स्वच्छ रखने का यथा संभव प्रयास करेंगे।



नयनी जायसवाल
अष्टम – ‘ब’

माँ गंगा को अपनी श्रद्धा अर्पण करें पालिथीन नहीं

**“देवि सुरेश्वरि भगवति गंगे
त्रिभुवन तारिणि तरल तरंगे।
शंकर मैलि विहारिणी विमले
मम मतिरास्तां तव पद कमले॥”**

आदि गुरु शंकराचार्य द्वारा रचित माँ गंगा की स्तुति इस बात का प्रमाण है कि भारतीय जनमानस में गंगा नदी का स्थान परमेश्वर के समकक्ष है। इसे समस्त देवताओं की अधीश्वरी तथा तीनों लोकों का उद्धार करने की शक्ति से संपन्न माना जाता है। भगवान शिव जन कल्याण के देवता है। उनकी जटाओं से निःसृत गंगा भी लोक कल्याण का जीवन रूप है। हिमालय में स्थित अपने उद्गम से गंगोत्री से निकलती बालिका गंगा अपनी बहनों अलकनंदा, मंदाकिनी, भागीरथी के साथ हंसती- खेलती सारी बाधाओं को ध्वस्त करती, स्वयं अपना मार्ग बनाती किसी वीरांगना पट्टमहिषी सी बंगाल की खाड़ी तक विराट यात्रा में प्रशस्त होती है। यमुना, सरस्वती, सोन आदि उत्तर भारत की समस्त नदियाँ इसी शोभा यात्रा में सम्मिलित होती जाती हैं।

गंगा वितरण के विषय में पौराणिक मान्यता है कि भगीरथ ने इस अपने साठ हजार अभिशप्त पूर्वजों के उद्धार हेतु कठिन तपस्या के द्वारा धरती पर उतारा था। गंगा ने न केवल भगीरथ के पूर्वजों का अपितु संपूर्ण भारत भूमि का उद्धार किया है। हरिद्वार में भू स्पर्श करने के पश्चात गंगा गढ़ मुक्तेश्वर, फर्रुखाबाद, कानपुर, इलाहाबाद, बनारस, पटना आदि नगरों की भूख- प्यास बुझाती हुई निरंतर आगे बढ़ती है। कितने गांव-घाट, कस्बे इससे उपकृत होते हैं, उनकी संख्या गिनने से कोई लाभ नहीं है, प्रसिद्ध गायक भूपेन हाजारिका लकी स्वर लहरी करुणा व आक्रोश को व्यक्त करते हुए कहती है

**‘विस्तार है अपार,
प्रजा दोनों पार,
करे हाहाकार
निशब्द सदा बहती हो क्यों?’**

क्या वास्तव में गंगा निशब्द है ? नहीं, गंगा निशब्द नहीं है, समस्या हमारी है। हमीं गंगा के स्वरो को सुनने की शक्ति खो बैठे हैं। हमारे पर्व-त्योहारों से लेकर जन्म-विवाह- मरण तक गंगा के आंचल में होते हैं, परंतु अपने स्वार्थ के कारण हमने इस ममता भरे आंचल को न केवल मैला किया है अपितु तार-तार भी कर दिया है।

विश्वास न हो तो अप्रैल-मई की तपती गरमी में गंगा के दर्शन करिए। गंगा आपको रेत के चीथड़ों से लिपटी दिखाई देगी। कुछ पल को मान लेते हैं कि दुर्दिन में तो महाराज हरिश्चन्द्र व महारानी तारामती ने भी फटे वस्त्र पहने थे, परंतु जीर्ण-शीर्ण कलेवर पर ये कुछ के कलंक किसने लगाए हैं ? सही पहचाना ये पालिथीन व प्लास्टिक के ढेर हैं जो अब कैंसर का रूप ले चुके हैं। पतित पावनी को हम पूरी शक्ति से पतन की ओर ही नहीं मरण की ओर भी ले जा रहे हैं। हर पर्व और रीति-रिवाज को संपन्न करने हमारे ‘भोले-भाले’ देशवासी गंगा के तट पर एकत्रित होते हैं। कार्तिक पूर्णिमा का पर्व गंगा स्नान व दान के लिए विशेष दिवस माना जाता है। साथ ही वर्ष भर के पूजा-पाठ से बची सामग्री- पुरानी मूर्तियाँ, कलैंडर- पोस्टर, सिंथेटिक फाइबर से बने वस्त्र, पुराने घड़े आदि अनगिनत वस्तुओं का लाखों टन कचरा गंगा में भोले भक्तों द्वारा बहा दिया जाता है, जनता को नासमझमान लेने से जिम्मेदारी समाप्त नहीं होती परंतु सरकार व स्थानीय निकायों की महानता को कैसे भूला जा सकता है। वे योजना बनाकर नगरों, महानगरों के सारे नाले व सीवर गंगा में गिराते हैं। घरों, दुकानों, बड़े-बड़े शॉपिंग मॉल में सिंगल यूज प्लास्टिक व पालिथीन की भरमार है। कूड़ा निस्तारण की कोई सही व वैज्ञानिक विधि स्वतंत्रता के सात दशक बीतने पर भी खोजी नहीं जा सकी। कचरा सड़कों, नालियों, नालों से होता हुआ गंगा तक पहुंच रहा है। प्रधानमंत्री नरेन्द्र मोदी ने ‘नमामि गंगे’ तथा ‘स्वच्छ भारत प्रोजेक्ट’ आरंभ किए, कारखानों, टेनरियों आदि से निकलने वाले प्रदूषित जल एवं मृत शरीरों का

प्रवाह करने पर अंकुश लगाए गए। कुछ समय के लिए वह दशा हो गई।

हर्ष का विषय है कि गंगा के घाटों पर पंडों, पुरोहितों एवं कार्यकर्ताओं ने प्रदूषण फैलाने वालों वा पालिथीन लाने वालों पर कड़ी नजर रखनी शुरू की है। इसके प्रभाव से गंगा तट पहले से स्वच्छ दिखाई देते हैं। इसके बाद भी सरकारी कार्यक्रम आयोजित होते हैं। वर्ष 2019 की दीपावली के अवसर पर अयोध्या में सरयू नदी के तट पर लाखों दीप प्रज्वलित किए। तट की शोभा अतुलनीय थी परंतु फिर ये लाखों दीप कहां गए ! सरयू में प्रवाहित किए गए। यदि ये पकी मिट्टी से बने थे, तो भी यह नदी के प्रवाह में बाधा बनेंगे। अंत में सरयू नदी गंगा में ही मिलेगी। तात्पर्य यह है कि गंगा को प्रदूषित करने का कार्य छोटे- बड़े सभी स्तरों पर हो रहा है।

भारत के ग्यारह राज्यों से गुजरने वाली गंगा आज भी देश की 40 प्रतिशत आबादी की प्यास बुझा रही है। लगभग 600 कि. मी. तक गंगा का प्रवाह जल जीवन से रहित हो गया है। प्रदूषण की यही दर रही तो गंगा के प्रवाह से नदी से नहीं, तटों से सा भी जीवन समाप्त होने लगेगा। युग दृष्टा ऋषि तुलसी दास जी ने चार-सौ वर्ष पूर्व ही भविष्य वाणी की थी कि गंगा के अंत के साथ ही मानव जाति का अंत होगा। अतः यदि जीवन से प्यार हो तो हम सब को मिल कर एक ही कठोर कदम उठाना होगा कि हम किसी भी दशा में किसी भी स्थान पर, कभी भी पालिथीन या सिंगल यूज प्लास्टिक का प्रयोग नहीं करेंगे। अपनी आवश्यकताओं स्वार्थों एवं आलस्य पर अंकुश लगाने और किसी भी वस्तु को कचरा बनाकर फेंकने से पहले भली-भांति विचार करने को अपना धर्म मान लेने में ही हमारा कल्याण है। बहुत पहले से कहावत चली आ रही है, ‘गंगा जल उठाकर कसम खाई’ तो आज यही शपथ हम लें कि गंगा जल उठाकर शपथ लेते हैं कि गंगा में केवल अपनी सच्ची श्रद्धा अर्पण करेंगे, पालिथीन नहीं।



सिद्धार्थ सिंह
कक्षा - 9 ब

आखिर वो मेरी मम्मी है

(अपने जीवन में माँ के महत्व से परिचित करा रहे हैं
ब्रह्मांश.....)



मुश्किल दिन में मैं होता हूँ,
मेरी मम्मी रोती है।
हर खुशी में मेरी,
शामिल होती है।
आखिर वो मेरी मम्मी है

जिस दिन जो भी खाना हो,
कैसे भी करके बनाती है।
जितनी भी मुश्किल हो,
मदद वो मेरी करती है।
आखिर वो मेरी मम्मी है

शरीर में जितनी दिक्कत हो,
काम वो मेरा करती है।
मेरी मुश्किलों को भी,
अपना वो समझती हैं।
आखिर वो मेरी मम्मी है

जितनी भी मुश्किल हो,
कपड़े वो मेरे धोती है।
जितनी भी बड़ी गलती हो,
माफ वो कर देती हैं।
आखिर वो मेरी मम्मी है।



ब्रह्मांश त्रिवेदी
अष्टम — 'फ'

दो पैसे की विद्या

(‘आदया’ द्वारा प्रस्तुत है एक प्रेरक प्रसंग.....)



रामकृष्ण परमहंस को तो आप जानते ही होंगे। एक बार वह अपने शिष्यों को ज्ञान की बातें बता रहे थे। तभी वहां पर एक साधू आए। वह उनसे बहुत ईर्ष्या करते थे। वह क्रोध में आकर उनके पास गए और उन्हें चुनौती दी और आग्रह किया कि वह उनके साथ नदी के पास चले। रामकृष्ण जी के शिष्यों ने जब उनके गुरु के साथ ऐसा व्यवहार करते हुए देखा तो वह क्रोधित हो गये। परन्तु रामकृष्ण विनम्रता पूर्वक उनके साथ नदी के पास गए।

साधू ने उनसे पूछा ‘क्या आप पानी पर चल सकते हैं?’ उन्होंने उत्तर दिया, ‘नहीं!’ मैं नहीं चल सकता। साधू ने कहा— ‘मैं चल कर दिखाता हूँ।’ वह नदी के एक छोर से दूसरे छोर चलकर गए और कहने लगे कि मैं ज्यादा विद्वान हूँ। रामकृष्ण जी हंसने लगे और एक नाव में सवार होकर नदी के एक छोर से दूसरे छोर घूम आए। उन्होंने फिर नाव चालक से उसका दाम पूछा तो वहां से उत्तर मिला ‘दो पैसे मालिक’। उन्होंने पैसे दिए और साधू से पूछा कि ‘तुम्हें यह कला सीखने में कितना समय लगा? वह बोले— ‘बीस साल लगे हैं।’ रामकृष्ण जी जोर जोर से हंसने लगे। वह बोले ‘बीस साल लगाकर तुमने कला सीखी भी तो दो पैसे वाली।’

सीख— यही गलती हर मनुष्य दोहराता है। वह इस छोटे से जीवन में समय का मूल्य जानता ही नहीं। ‘वस्तु कितनी ही महान या मूल्यवान क्यों न हो वह आपका जीवन बढ़ाने वाली नहीं ‘तो आपके लिए व्यर्थ ही हुई।’



आदया शर्मा
नवम् — ‘स’

काश! ऐसा होता

(“प्रयासरत बच्चे को अवसर न मिलना
कितने सारे ‘काश’! को जन्म दे सकता है।
पढ़िए साँची के काव्यमय उद्गारों में)

काश ऐसा होता
कि जैसा सोचा था गर वैसा होता,
तब तो वाह रे भगवान।
मेरा घर वापस जाने का मन ही न होता।

इंतजार करते — करते,
थक गया समय, थक गए पाँव
आखिर वक्त आया, तो सामने आ गया भय।

उम्र न थी कुछ खास,
परंतु सपने कभी उम्र के मोहताज नहीं होते,
क्योंकि मुझे भी बनना था ‘उनके’ जैसा
जिसकी लगाई रखी मैंने बहुत आस।

रोज बैग टांगकर,
उसमें किताबें ही नहीं,
कई आशाएं होती हैं,
पर जो कभी पूरी न होती हैं।

कोशिश करने का डर नहीं था,
मेहनत करने में संकोच नहीं था,
पर बुरा तो तब लगा, जब
कोशिश करने का मौका ही नहीं था।

लोगों को लगाव तो होता है सफलता से,
पर कितना होता है?
यह तो तब पता चला जब,
मेहनत करने वालों की भी हार होने लगे।
जबकि पढ़ा था कोशिश करने वालों की
कभी हार नहीं होती।

सवाल ये कई थे,
जवाब था एक भी नहीं,
और न मैंने किया पूछने का प्रयास,
क्योंकि आत्म सम्मान बार-बार आड़े आ जाता था।

खो गई थी सारी आशाएं,
सोच लिया था नहीं
फिर भी देखा आगे बढ़ने का सपना,
फिर तोड़ गया आगे जाने का सपना।

काश ऐसा होता कि यह पीछे धेकेलने का
काम कभी न होता,
काश ऐसा होता कि कोशिशों का सम्मान होता,
काश ऐसा होता कि उन ‘खास’ में मेरा भी नाम होता,
काश ऐसा होता कि जो सोचा था वैसा ही होता।



साँची अरोड़ा
नवम — ‘अ’

सफर में धूप तो बहुत होगी

(प्रख्यात शायर निदाफाजली के शब्दों के माध्यम से 'यशी' जीवन की महत्त्वपूर्ण सीख दे रही हैं.....)

सफर में धूप तो बहुत होगी जो चल सको तो चलो,
भीड़ तो बहुत होगी नई राह बना सको तो चलो।

माना कि मंजिल दूर है कदम बढ़ा सको तो चलो,
मुश्किल होगा सफर, भरोसा है जो खुद पर तो चलो।

हर पल हर दिन रंग बदल रही है जिंदगी,
तुम अपना कोई नया रंग बना सको तो चलो।

राह में साथ न मिलेगा अकेले चल सको तो चलो,
जिंदगी के कुछ मीठे लम्हें जो बुन सको तो चलो।

महफूज रास्तों की तलाश छोड़ दो धूप में तप सको तो चलो,
छोटी-छोटी खुशियों में जो जिंदगी ढूँढ सको तो चलो।

यही है जिंदगी कुछ ख्वाब चंद उम्मीदें,
इन्हीं खिलौनों से तुम भी बहल सको तो चलो।

तुम ढूँढ रहे हो अंधेरों में रोशनी, जो खुद को रोशन कर सको तो चलो,
कहाँ रोक पाएगा रास्ता कोई जो जूनून बचा है तो चलो।

खुद पर हंसकर दूसरों को हंसा सको तो चलो,
दूसरों को बदलने की चाह छोड़कर, खुद बदल सको तो चलो।



यशी सिंह
नवम — 'स'

युद्ध देहि

(अपनी संकलित कविता के माध्यम से 'शिवांश' युद्ध को केवल विध्वंसक न मानकर, नवयुग निर्माता के रूप में प्रस्तुत कर रहे हैं।)

युद्ध नहीं है नाश मात्र,
यह तो नव युग का निर्माता है।

बल पौरुष के बिना शान्ति का
नारा केवल एक सपना है।

लड़ा न जिसने युद्ध राष्ट्र वह,
जिस पर हुआ प्रहार नहीं।

शान्ति वही रख सकते हैं
जो मृत, कफन ओढ़ लेते हैं।

रही कुंआरी मिट्टी वो जो
पकड़ सकी तलवार नहीं।

उठो, न मूंदो कान आज तो
गगन यथार्थ पुकार रहा।

हुए न शत-शत घाव देह पर
तो फिर कैसा साँगा है

अपने तीखे बाण टटोलो
बैरी धनु टंकार रहा।

मां का दूध लजाया उसने
केवल मिट्टी रागा है।

राष्ट्र नहीं चमका है जिसने
न रण का आतप झेला है।
लिए हाथ में शीश समर में
जो मस्ती से खेला है।



शिवांश ध्यानी
दशम — 'फ'

धैर्य का फल

(दोस्तों की बात बड़ी शीघ्र मस्तिष्क और हृदय में स्थान बनाती है। अतः शरद की सुन्दर सीख निश्चय ही दोस्तों के लिए उपयोगी होगी।)



भारत वर्ष में एक सुंदर किवंदती प्रचलित है वह यह है कि आकाश में स्वाती नक्षत्र के रहते यदि पानी गिरे और उसकी एक बूंद किसी सीपी में चली जाए, तो वह मोती बन जाती है। सीपियों को यह मालूम है इसलिए वह नक्षत्र उदित होता है, तो वह सीपियां पानी की ऊपरी सतह पर आ जाती है। वे उस समय की एक अनमोल बूंद की प्रतीक्षा करती है। ज्यों ही एक बूंद पानी उनके उदर में जाता है, त्यों ही उस जलकण को लेकर मुंह बंद करके वे समुद्र के अथाह गर्भ में चली जाती हैं। वहाँ बड़े धैर्य के साथ उनसे मोती तैयार करने प्रयत्न में लग जाती है। हमें भी उन्हीं सीपियों की तरह होना होगा। पहले सुनना होगा, फिर समझना होगा। अंत में बाहरी संसार से दृष्टि बिल्कुल हटानी होगी। सब प्रकार की विपक्षकारी बातों से दूर रहकर हमें अंतर्निहित सत्य तत्व के विकास के लिए प्रयत्न करना होगा। एक भाव को नया कहकर ग्रहण करना होगा। उसकी नवीनता चली जाने पर फिर एक दूसरे नए भाव का

आश्रय लेना। इस प्रकार बार-बार करने से तो हमारी सारी शक्ति ही इधर-उधर बिखर जाएगी। एक भाव को पकड़ो, उसी को लेकर रहो। उसका अंत देखे बिना उसे मत छोड़ो। जो एक भाव लेकर उसी में मस्त रह सकते हैं, उन्हीं के हृदय में सत्य तत्व का उन्मेष होता है। जो लोग यहाँ का कुछ और वहाँ का कुछ इस तरह खटाइयाँ चखने के समान सब विषयों को मानो थोड़ा-थोड़ा चखते जाते हैं वे कोई चीज नहीं पा सकते।

जो सचमुच योगी होने की इच्छा रखते हैं, उन्हें इस प्रकार के थोड़ा-थोड़ा हर विषय को पकड़ने की वृत्ति सदैव के लिए छोड़ देनी होगी। एक विचार अपनाएं फिर उसी विचार को अपना जीवन बनाएं। उसी का चिंतन करें। उसी का स्वप्न देखे और उसी में जीवन बिताएं। आपका मस्तिष्क, स्नायु, शरीर के संवर्ग उसी के विचार से पूर्ण रहे। दूसरे सारे विचार छोड़ दे। यही सिद्ध होने का उपाय है। इसी उपाय से बड़े-बड़े धर्मवीरों की उत्पत्ति हुई है।



शरद मिश्रा
द्वादश — 'द'

माँ-पिता

(अपने जीवन में माता पिता के अमूल्य स्थान का बोध करवा रहे हैं सौरभ..)

जिस माँ के चरणों में जन्मत है, बस उस पर लिखना जरूरी है।
केवल शोहरत पा लेने के लिए लिखना गैर जरूरी है।
इसलिए तो सोचता हूँ कि ईश्वर से भी महान माँ पर लिख सकूँ।
उसके लिए शब्दों की इबादत का एक महान किला गढ़ सकूँ।

चलो कुछ नया करते हैं और आज पिता पर लिखते हैं।
इतना डाँटते हैं मुझे पर माँ कहती है बड़ा चाहते हैं तुझे।
बड़ा हुआ तो समझा डांट वही है जहाँ प्रेम स्नेह प्यार रहते हैं।
उसी डाँट ने आज बना दिया 'ए वन' ऐसा मित्र कहते हैं।

आज जब कोई माँ पर काव्य पाठ करता है।
सोचता हूँ क्या कमी है पिता के प्यार में कहीं कुछ खलता है।
माँ-पिता तो एक रथ के दो चक्र हैं, सृष्टि की निरन्तरता है।
इस मृदुल वृक्ष चलते ही हम बीजों ने सीखी आत्मनिर्भरता है।

अतः दोस्तों इस छतनार वृक्ष को विनम्रता से सदा सींचना।
दैदीपमात हो उनका नाम, ऐसा ताना बाना बुनना।
माँ-बापू के उपकारों को सदा गिनना और अपने सदा छुपाना।
कभी शिकायत जगे कोई, गहराई में उसे दफनाना।
सुन्दर सत्य यही है कि फिर भी प्रत्युपकार न होगा, ऐसा जानना।



सौरभ राठौर
द्वादश — 'द'

अंधेरों में आफताब लिखता हूँ



डा० पुनीत कलरा
भूतपूर्व छात्र
साइन्स स्ट्रीम 1994

(रोशनाई से सकारात्मकता का संदेश देने वाले मेधावी छात्र पुनीत निश्चय ही आशावादितों का शंखनाद कर निराश मन में प्राणों को फूँक रहे हैं और एक पुनीत कार्य कर रहे हैं।)

रोशनी की एक किताब लिखता हूँ,
अनुशासित इंकलाब लिखता हूँ,
आँच आए जब स्वाभिमान पर,
रोशनाई नहीं तेजाब लिखता हूँ।

जुगनुओं का दूँड जोड़कर
अंधेरों में आफताब लिखता हूँ
पर्यावरण संतुलन ही कल का धर्म
बार - बार यही जनाब लिखता हूँ
तूफानों के बीच बनानी है राहें,
हौसलें की नाव और आब लिखता हूँ
सारी कायनात एक परिवार है,
सोते जागते यही ख्वाब लिखता हूँ।

जब तू जोड़ने वाली बातें बोले
तेरी जुबाँ का गुलाब लिखता हूँ,
न हो किसान तो भूखों मर जाएं,

उसी के नाम सारे खिताब लिखता हूँ,
सबके दिलोजान को आजाए सुकून,
ऐसा मंत्र न कि अजाब लिखता हूँ,
दुनिया की सारी नदियाँ माँ सी प्यारी हैं।

मैं कावेरी में भी चेनाब लिखता हूँ,
जो दुनिया से ले कम और दे ज्यादा,
उसी बंदे को कामयाब लिखता हूँ,
झूठ व फरेब की कमाई पचती नहीं,
तभी तो इन्हें कुदरती जुलाब लिखता हूँ,
इन्द्र धनुष को लोग क्या - क्या कहते हैं।

मैं तो इसे आसमानी मेहराब लिखता हूँ,
वह ईमानदार है गुस्से में भी, प्यार में भी,
इसीलिए उस नानक, अल्लाह, शिव, यीशु
का पुनीत रूआब लिखता हूँ।

माननीय बुजुर्ग

(एक भूतपूर्व छात्रा द्वारा विदेश से भेजी गई बेहद मर्मस्पर्शी रचना जो बुजुर्गियत का तहेदिल से सम्मान का संस्कार संजोए है और उम्र के पड़ाव को शिद्दत से फतह करते सभी बड़ों को सादर समर्पित है)

अनगिनत कहानियाँ
ये सब हैं निशानियाँ
कि कितने आसमाँ
हम फतह कर आए।

श्वेत हैं केश
नहीं कष्ट लवलेश
हाथों की अकड़न
और घुटने का घर्षण
गवाह है उन मंजिलों का
जो हम छू के बढ़ आए।

अब कभी आइना है चिढ़ाता,
हाथों की लाठी
और पैरों का पायतों से जुड़ा नाता।
जब वृद्ध होने का दुःख है पिघलाता।
तो हृदय फिर हुंकारे लगाता,

मैं हारा नहीं हूँ।
जरा थका हूँ,
साँस तो ले लूँ।
कुछ क्षण ही रुका हूँ।

मंजिल मुझे खुद है ढूँढती आयी,
वृद्ध नहीं,
शुद्ध-बुद्ध हो गया अब ये राही।



आन्नपाली शर्मा
कामर्स छात्रा, 1994
(एस.पी.एस.ई.सी)
संप्रति-ब्राम्पटन, कनाडा

संस्कृत विभाग

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श्री कृष्णस्य स्तुतिः



कस्तूरी तिलकं ललाट पटले
वक्षः स्थले कौस्तुभं ।

नासाग्रे वर मौक्तिकं
करतले वेणुः करे कंकणं ॥

सर्वांगे हरि चन्दनं
सुललितं कंठे च मुक्तावली ।

गोपस्त्रीपरिवेष्टितो
विजयते गोपाल चूडामणिः ॥



अर्थ

हे श्री कृष्ण! आपके मस्तक पर कस्तूरी तिलक सुशोभित है। आपके वक्ष पर देदीप्यमान कौस्तुभ मणि विराजित है आपने नाक में सुंदर मोती पहना हुआ है आपके हाथ में बांसुरी है कलाई में आपने कंगन धारण किया हुआ है।

हे हरि! आपकी सम्पूर्ण देह पर सुगन्धित चंदन लगा हुआ है और सुंदर कंठ मुक्ताहार से विभूषित है आप सेवारत गोपियों के मुक्ति प्रदाता हैं, हे गोपाल! आप सर्व सौंदर्य पूर्ण हैं, आपकी जय हो।



आदित्य मिश्रा
षष्ठम् – 'स'

श्री गुरुस्तुतिः



नेहा नारवानी
षष्ठम्— 'अ'

गुरुर्ब्रह्मा गुरुर्विष्णु, गुरुर्देवो महेश्वरः।

गुरुर्देव परंब्रह्मः तस्मै श्री गुरवे नमः॥

अर्थ— उस महान गुरु को अभिवादन, जो ब्रह्मा है, विष्णु है और महेश है, प्रत्यक्ष परब्रह्म है, परम सत्य है।

ॐ

अज्ञानतिमिरांधस्य ज्ञानात्रजनशलाकया।

चक्षुरुन्मीलितं येन तस्मै श्री गुरवे नमः॥

अर्थ— जिसने अज्ञानता के अंधकार से बंद इन आँखों को ज्ञान के सुरमे से खोल दिया ऐसे गुरु को मेरा प्रणाम।

ॐ

अखण्डमण्डलाकारं व्याप्तं येन चराचरम्।

तदपदं दर्शितं येन तस्मै श्री गुरवे नमः॥

अर्थ— उस महान गुरु को मेरा प्रणाम, जिसने उस अवरथा का साक्षात्कार करना संभव किया जो पूरे ब्रह्माण्ड में व्याप्त है, सभी जीवितों और मृतों में भी व्याप्त है।

ॐ

अनेकजन्म संप्राप्तं कर्मबन्ध विदाहिने।

आत्मज्ञानप्रदानेन तस्मै श्री गुरवे नमः॥

अर्थ— उस महान गुरु को नमस्कार है जो असंख्य जन्मों के कर्मों से बने बंधनों को स्वयं जलाने का आत्मज्ञान दान दे रहा है।

ॐ

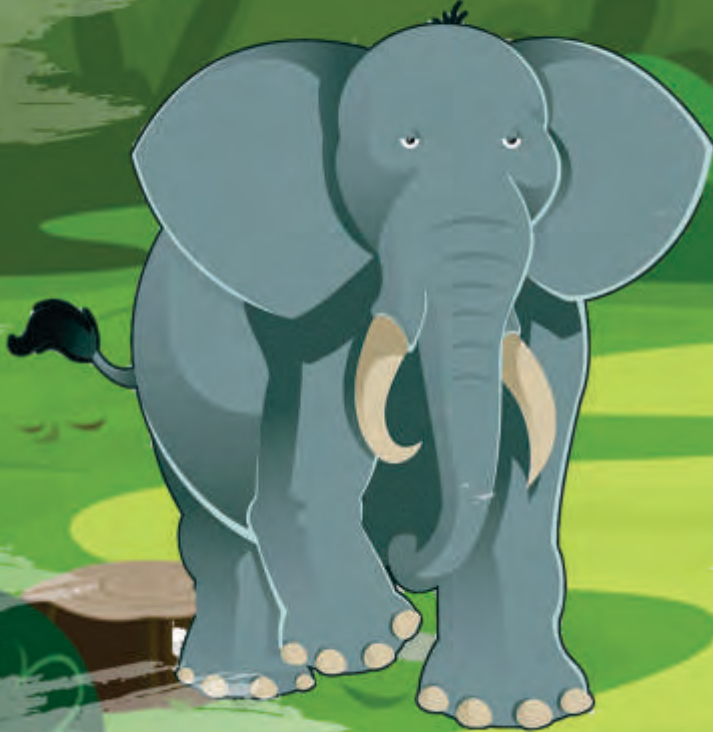
अज्ञानशक्तिसमारूढः तत्त्वमालाविभूषितः।

भुक्तिमुक्तिप्रदाता च तस्मै श्री गुरवे नमः॥

अर्थ— उस महान गुरु के लिए मेरा नमस्कार है जिसने ज्ञान की शक्ति को स्थापित किया, जो पुष्प हार से सजी है जो जीवन के विभिन्न सिद्धांत, समृद्धि और मुक्ति देने वाली है।

लोभोमूलापदाम्

(लालच विपत्तियों की जड़ है)



कस्मिंश्चित् वने एकः पीनपृथुलः गजः प्रतिवसति स्म। वनवासिनः शृगालाः तं विशालकायं गजम् दृष्ट्वा चिन्तयन्ति स्म। यदि अस्य कथंचित् मृत्युः भवेत् तर्हि अस्माकं चिरकालं यावत् न काऽपि भोजनस्य चिन्ता स्यात्। अस्य मरणस्य कोऽपि उपायः चिन्तयितव्यः। एतत् विचिन्त्य तेषां यूथपतिः एकः वृद्धः शृगालः तस्य गजस्य समीपे अगच्छत्। सादरं प्रणम्य सः तम् अवदत्, अहम् वनवासिभिः पशुभिः भवतः सकाशं प्रेषितः। नास्ति अस्माकं कोऽपि स्वामी। भवान् सर्वगुणसम्पन्नः अस्ति। अतः भवान् अस्माकं राजा भवितुम् योग्यः। कृपया आगच्छतु, राजसिंहासनं च अलं करोतु।

एतत् आकर्ष्य विस्मितः भूत्वा गजः प्रत्यवदत्—अनुगृहीतोऽस्मि। परमहम् आत्मानं न हि तावत् विशेषगुणयुक्तं मन्ये येन स्वामिपदस्य योग्यः भवेयम्। तथापि भवद्भिः मयि चः विश्वासः कृतः, यः च माम् प्रति सम्मानः प्रदर्शितः, तस्य अपमानं कथं कुर्याम्। अतः यथा भवद्भ्यः रोचते तथा कुर्वन्तु भवन्तः।

मनसा विहस्य शृगालोऽवदत्— अनुगृहीताः स्मः। आगच्छतु भवान् राज्याभिषेकाय। भवतः मार्गदर्शनं करोम्यहम्। राज्यलोभेन आकृष्टः सः यावत् तीव्रगत्या शृगालम् अनुगच्छति तावत् महापङ्के पतति। 'अहह! महापङ्के पतितोऽहम्; त्राहि माम्।' दीर्घकायं गजम् पङ्के पतितं दृष्ट्वा वंचकः शृगालः अन्तर्हसन् अवदत्— 'क्षणं तिष्ठतु। एष आगच्छामि।'

महापङ्कात् निर्गन्तुम् असमर्थः सः गजः तत्रैव निमग्नः मृतः च।

शृगालाः च तस्य गजस्य मांसम् बहूनि दिनानि पर्यन्तम् सानन्दम् अखादन्।

अतः प्राज्ञाः कथयन्ति— 'लोभः मूलम् आपदाम्'।



वैष्णवी पाण्डेय
अष्टम् — 'स'

राष्ट्रदेवो भव

(राष्ट्र को देवता समझो)

भारतं मम गौरवम्, संस्कृतम् मम गौरवम्।
मातृभूमिः मे गौरवं, संस्कृतिः अस्य गौरवम्॥

गौरवान्वितः हि अहं भारतीयः यतः अहम्।
देशभक्तः देशस्य हि अखण्डतां रक्षाम्यहम्॥

विविध-भाषा-भाषिषु विविध-धर्मावलम्बिषु।
मम भगिनी-भ्रातृषु स्नेहवर्षा वर्षाम्यहम्॥

चतुर्वेदाः पुराणानि कुराणं बाइबलं च।
रामायण गुरुग्रन्थः सर्वे मे गौरवास्पदम्॥

दृढसंकल्पः हि अहं प्रचलामि निरन्तरम्।
स्वदेशं प्रगतिपथे सर्वदा पश्यामि अहम्॥

सर्व-हिते हि स्व-हितम् सर्वस्य स्यात् यदा मतिः।
तदा विकासः राष्ट्रस्य सर्वांगीणः भविष्यति॥

राष्ट्रं हि सर्वश्रेष्ठम्।
राष्ट्रहितं सर्वदा ध्येयम्॥



सृष्टि मिश्रा
सप्तम् - 'अ'



शीर्षक - माँ

(कविता)

माँ, माँ, त्वम् संसारस्य अनुपम् उपहार,
न त्वया सदृश्य कस्याः स्नेहम्,
करुणा-ममतायाः त्वम् मूर्ति,
न कोऽपि कर्तुम् शक्नोति तव क्षतिपूर्ति।
तव चरणयोः मम जीवनम् अस्ति,
'माँ' शब्दस्य महिमा अपार,
न माँ सदृश्य कस्याः प्यार,
माँ त्वम् संसारस्य अनुपम् उपहार।



निकुंज गुप्ता
षष्ठम् - 'स'

आचार्य देवो भव

(कविता)



किम् अस्ति तत् पदम्,
यः लभते इह सम्मानम्।
किम् अस्ति तत् पदम्,
यः करोति देशानाम् निर्माणम्॥

किम् अस्ति तत् पदम्,
यम् कुर्वन्ति सर्वे प्रणामम्।
किम् अस्ति तत् पदम्,
यस्य छायायाः प्राप्तम् ज्ञानम्॥

किम् अस्ति तत् पदम्,
यः रचयति चरित्र जनानाम्।
'गुरु' अस्ति अस्य पदस्य नाम,
सर्वेषाम् गुरुणाम् मम शतं शतं प्रणामम्॥



मुकुंद खरे
अष्टम् - 'स'

अस्माकं पवित्रा नदी गंगा

भारते गंगा, यमुना, नर्मदा, कृष्णा, कावेरी इत्यादयः अनेकाः नद्यः प्रवहन्ति। एतासु नदीषु गंगा देशस्य प्रमुखा नदी। एतस्याः नद्याः जलम् अनेकानि क्षेत्राणि सिंचति, अनेकेषां जनानां च जीवनं।

पोषयति। गंगा-नद्याः अपरम् नाम भागीरथी। कथा पुराणेषु यत् अति प्राचीन-काले भगीरथः नाम राजा स्वपूर्वजानाम् उद्धाराय एतां नदीं पृथिव्याम् आनयत्। अत एव भागीरथी इति नाम। गंगा-नद्याः तीरे बहवः तीर्थाः तापसानाम् आश्रमाः च सन्ति। देशीयाः वैदेशिकाः चापि पर्यटकाः अत्र आगच्छन्ति।



गंगा-नदी हिमालयात् पर्वतात् निर्गच्छति। तत्पश्चात् एषा उत्तरभारतस्य समतल-प्रदेशेषु वहति। हरिद्वार-नगरम् प्रसिद्धम् तीर्थस्थलम् गंगा-नद्याः तटम् एव अलंकरोति। अत्र अनेके देवालयाः सन्ति। भक्ताः जनाः अत्र आगत्य ईश्वरम् भजन्ति अलौकिकम् सुखम् च अनुभवन्ति। सायंकालस्य दृश्यं तु अत्र अनुपमम् एव अस्ति। जनाः गंगादेवीं श्रद्धया अर्चन्ति। पूजनात् अनन्तरं ते प्रज्वलितान् दीपान् नद्याः जले विसृजन्ति।

भागीरथी पवित्रा नदी मन्यते। परम् अद्यत्वे एषा पावना नदी प्रदूषिता। यत्र तत्र जलमालिन्यम् अस्ति। भागीरथीं प्रदूषणात् रक्षितुम् प्रयत्नः विधेयः। साम्प्रतम् एतत् अस्माकं परमं कर्तव्यम्। वस्तुतः गंगा-नद्याः संरक्षणम् एव गंगादेव्याः पूजनम् अस्ति।
'नदीनां जलेषु मालिन्यं न समुत्सृजेत्।'



इरा त्रिपाठी
सप्तम् - 'अ'

सूक्तियाँ (सुंदर वचन)

कायः कस्य न वल्लभः।
(अपना शरीर किसको प्रिय नहीं है।)

त्रयः उपस्तम्भाः
आहारः स्वप्नो ब्रह्मचर्यं च सन्ति।
(शरीर रूपी मकान को धारण करने वाले तीन स्तंभ हैं आहार, निद्रा, ब्रह्मचर्य)

श्रोतव्यं खलु वृद्धानमिति शास्त्रनिर्दर्शनम्।
(वृद्धों की बात सुननी चाहिए ऐसा शास्त्रों में कहा जाता है।)

वाण्येकासमलंकरोति पुरुषं या संस्कृता धार्यते।
(संस्कार युक्त वाणी ही मानव को सुशोभित करती है।)

कुवस्त्रता शुभ्रतया विराजते।
(खराब वस्त्र भी स्वच्छ हो तो अच्छा दिखता है।)

लोभः प्रज्ञामाहन्ति।
(लोभ बुद्धि को नष्ट करता है।)

श्रद्धा ज्ञानं ददाति, नम्रता मानं ददाति, योग्यता स्थानं ददाति।
(श्रद्धा ज्ञान देती है, नम्रता मान देती है, योग्यता स्थान देती है।)

वरं मौनं कार्यं न च वचनमुक्तं यदनृतम्।
(असत्य वचन बोलने से मौन धारण करना अच्छा होता है।)



तरनप्रीत कौर
सप्तम् - 'स'

श्लोक—

अनादरो विलम्बचरश्च वै मम निष्ठुर वचनम् ।
पश्चतपश्च पंछि दानस्य दूषणानि च ॥

अर्थ—अपमान करके देना, मुँह घुमा कर देना, देरी से देना,
कटु वचन बोलकर देना और देने के बाद पछताना ।
ये सभी पाँच कार्य दान को दूषित करते हैं ।

श्लोक—

वाणी रसवती यस्य, यस्य श्रमवती क्रिया ।
लक्ष्मीः दानवती यस्य, सफलम् तस्य जीवितम् ॥

अर्थ—जिस मनुष्य की वाणी मीठी हो, जिसका काम
परिश्रम से भरा हो, जिसका धन दान करने
के लिए हो, उसका जीवन सफल है ।

श्लोक—

यथा हयकेन हलेन न रथस्य गतिर्भवेत् ।
तथा पुरुषकारेण विना दैवं न सिध्यति ॥

अर्थ—जिस प्रकार एक पहिए से रथ नहीं चल सकता
उसी प्रकार परिश्रम के बिना भाग्य उदय नहीं हो सकता है ।

प्रेरणाप्रदाः श्लोकाः

श्लोक—

विद्या मित्रं प्रवासेषु, भार्या मित्रं गृहेषु च ।
व्यामितस्यौषधं मित्रं, धर्मो मित्रं मृतस्य च ॥

अर्थ—विदेश में ज्ञान, घर में पत्नी, रोगी के लिए
औषधि और धर्म मृतक का सबसे बड़ा मित्र होता है ।

श्लोक—

माता मित्रं पिता चेति स्वभावात् त्रितयं हितम् ।
कार्यकारणतश्चान्ये भवन्ति हित बुद्ध्यः ॥

अर्थ—माता, मित्र और पिता तीनों स्वभाव से
हित करने वाले होते हैं और दूसरे अपने कार्य
के स्वार्थवश होकर दूसरों की मदद करते हैं ।

श्लोक—

दृष्टिपूतं न्यसेत् पादं, वस्त्रपूतं जलं पिबेत् ।
शास्त्रपूतं वदेत् वाक्यं, मनःपूतं समाचरेत् ॥

अर्थ—इधर—उधर न देखकर नीचे पृथ्वी पर दृष्टि
डालकर चलना चाहिए, वस्त्र से छानकर जल
पीना चाहिए, निरन्तर सत्य बोलना चाहिए,
मन को पवित्र करके व्यवहार करना चाहिए ।



अनुनय मिश्रा
सप्तम् — 'फ'

कर्मवीरः भव

(गीता-श्लोकाः)

श्लोक—

यतः प्रवृत्तिर्भूतानां येन सर्वमिदं ततम् ।
स्वकर्मणा तमभ्यर्च्य सिद्धिं विन्दति मानवः ॥

अर्थ—हे अर्जुन! जिस परमात्मा से सम्पूर्ण प्राणियों की उत्पत्ति होती है और जिससे यह सम्पूर्ण संसार व्याप्त है उस परमात्मा का अपने कर्म के द्वारा पूजन करके मनुष्य सिद्धि को प्राप्त कर लेता है।

श्लोक—

नियतं कुरु कर्म त्वं, कर्म ज्यायो हि अकर्मणः ।
शरीरयात्राऽपि च ते न प्रसिद्धयेदकर्मणः ॥

अर्थ—हे अर्जुन! तुम अपने कर्तव्यों को करो, कर्म न करने से कर्म करना अधिक श्रेष्ठ है। क्योंकि कर्म न करने से तेरा शरीर निर्वाह भी सिद्ध नहीं होगा।

श्लोक—

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूः मा ते सङ्गोऽस्त्वकर्मणि ॥

अर्थ—हे अर्जुन! तुम्हारा कर्म करने पर ही अधिकार है फल प्राप्ति में नहीं। इसलिए तू कर्मों के फल के लिए मत बनो और तेरा कर्म ना करने में भी कोई लगाव न हो।

श्लोक—

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनंजय ।
सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥

अर्थ—हे अर्जुन! तू आसक्ति का त्याग करके सफलता और असफलता में समान होकर योग में स्थित होकर कर्म करो क्योंकि सफलता और असफलता में समानता ही योग कहलाता है।

श्लोक—

सुख-दुखे समे कृत्वा लाभालाभौ जयाजयौ ।
ततो युद्धाय युज्यस्व नैवं पापमवाप्स्यसि ॥

अर्थ—हे अर्जुन! तुम सुख और दुख में, लाभ और हानि में, जीत और हार में समान रहकर युद्ध के लिए तैयार हो जाओ। ऐसा करने पर तुम पाप के भागीदार नहीं होगे।

अनन्या पाण्डेय
सप्तम् — 'स'

पत्न्याः प्रभावपूर्ण- आतंकोत्पादनम् ।।

पत्नीत्वं यावन्तं कालं Facebook, WhatsApp, Twitter पृष्ठेषु व्ययं करोति.....

अहम् तावन्तं कालं Flipkart, Amazon, Snapdeal, पृष्ठेषु व्ययं करिष्यामि!!

पतिः अन्तर्जालात् बहिर्गतवान् ।

चिकित्सकः

— यदि भवान् रुग्णमेनं
एकहोरायाः पूर्वं एव आनेष्यत्,
तर्हि अहं एतस्य जीवम्
अरक्षिष्यम् ।

सन्ता सिंह



— महोदय! अपघातः एव
अर्धहोराभ्यः पूर्वं घटितः ।
एकहोरायाः पूर्वं एषः अत्र
बलात् अवकृष्टः स्याद् वा?

पत्नी — “अहम् मम मनसः परिवर्तनं कृतवती ।”

पतिः — “नूतनं तु कार्यं करोति खलु ??”

विवाहयोग्यां युवतीं द्रष्टुमागता सम्भावित वरस्य
संस्कृत्नानुरागिणी माता पृष्ठवती, “तव शैक्षणिक
योग्यता कास्ति? शुद्ध संस्कृत भाषायां कथय ।”

युवती — “नेत्रं नेत्रं चायम्”
वरस्य माता — “अर्थात् किम्?”
युवती — “आई0आई0टी0.....”

वरस्य माता मूर्च्छितास्ति.....!!

कस्यचन मशकशावकस्य एतत् प्रथमं दिनं
गृहात् बहिः उड्डयितुम् । यदा मशकः
उड्डयनात् परं गृहं प्रति प्रत्यागतवान्, तत्
अपरस्मिन् दिने जनकमशकः अपृच्छत्—

“तव भ्रमणं कथम् आसीत्?”
मशकशावकः उत्तरितवान्—

“अहो रमणीयं श्रेष्ठं च आसीत् ।
सर्वे अपि करध्वनिं कृतवन्तः ।”

हास्य कणिका

संस्कृत प्रहेलिका

1

वृक्षाग्रवासी न च पक्षिराजः
त्रिनेत्रधारी न च शूलपाणिः ।
त्वग्वस्त्रधारी न च सिद्धयोगी
जलं च बिभ्रन्न घटो न मेघः ।।



2

अपदो दूरगामी च साक्षरो न च पण्डितः ।
अमुखः स्फुटवक्ता च यो जानाति स पण्डितः ।।

3

न तस्यादिः न तस्यान्तः मध्ये य तस्य तिष्ठति ।
तवाप्यस्ति ममाप्यस्ति यदि जानासि तद्वद ।।

4

न अन्नं फलं वा खादामि, न पिबामि जलं किञ्चित् ।
चलामि दिवसे रात्रौ, समय बोधयामि च ।।

5

अस्थि नास्ति शिरो नास्ति बाहुरस्ति निरङ्गुलिः ।
नास्ति पादद्वयं गाढम् आलिंगति स्वयम् ।।

सुहैलजीत सिंह सलूजा
षष्ठम् — ‘स’



उत्तरम्— (1) गारिककलम् (2) पद्मम् (3) नयनम् (4) घटी (5) कमीजम्

A stylized illustration featuring the Eiffel Tower in a dark red color, positioned centrally. The background is a light peach color, decorated with various green and blue foliage shapes, some with white dots, and swirling lines. A decorative, cloud-like frame with a red border and a yellow-to-orange gradient background is located to the right of the tower. Inside this frame, the text "French Articles" is written in a serif font, with "French" in dark red and "Articles" in a lighter red color.

French Articles

Un Voyage En Europe

A Journey to Europe

L'Europe est un continent situé entièrement dans l'hémisphère nord et principalement dans l'hémisphère oriental. Il est bordé par l'océan Arctique au nord, l'océan Atlantique à l'ouest, l'Asie à l'est et la mer Méditerranée au sud. Il comprend la partie la plus occidentale de l'Eurasie. C'est le 6e plus grand continent du monde. L'Europe, en particulier la Grèce antique et la Rome antique, était le berceau de la civilisation occidentale. [10] [11] [12] La chute de l'Empire romain d'Occident en 476 après JC et la période de migration qui suivit marquèrent la fin de l'histoire ancienne et le début du Moyen Âge. L'humanisme, l'exploration, l'art et la science de la Renaissance ont conduit à l'ère moderne. Depuis le début de l'ère de la découverte par le Portugal et l'Espagne, l'Europe a joué un rôle prédominant dans les affaires mondiales. Entre le XVIe et le XXe siècle, les puissances européennes contrôlaient à différentes époques les Amériques, la quasi-totalité de l'Afrique et de l'Océanie et la majorité de l'Asie.

Le siècle des Lumières, la Révolution française qui a suivi et les guerres napoléoniennes ont façonné le continent sur les plans culturel, politique et économique de la fin du XVIIe siècle à la première moitié du XIXe siècle

Superficie: 10,18 millions de km²
Population: 74,14 crores (2016)

Translation

EUROPE

Europe is a continent located entirely in the Northern Hemisphere and mostly in the Eastern Hemisphere. It is bordered by the Arctic Ocean to the north, the Atlantic Ocean to the west, Asia to the east, and the Mediterranean Sea to the south. It comprises the westernmost part of Eurasia. It is the 6th largest continent in the world. Europe, in particular ancient Greece and ancient Rome, was the birthplace of Western civilisation. [10][11][12] The fall of the Western Roman Empire in 476 AD and the subsequent Migration Period marked the end of ancient history and the beginning of the Middle Ages. Renaissance humanism, exploration, art and science led to the modern era. Since the Age of Discovery started by Portugal and Spain, Europe played a predominant role in global affairs. Between the 16th and 20th centuries, European powers controlled at various times the Americas, almost all of Africa and Oceania and the majority of Asia.

The Age of Enlightenment, the subsequent French Revolution and the Napoleonic Wars shaped the continent culturally, politically and economically from the end of the 17th century until the first half of the 19th century.

Area: 10.18 million km²

Le drapeau français

The flag of France

Le drapeau de la France est un drapeau tricolore comportant trois bandes verticales colorées en bleu, blanc et rouge. Il est connu des anglophones comme le tricolore français ou simplement le tricolore.

Utilisation: drapeau national
Adopté le: 15 février 1794
Proportion: 2: 3
Pays: France
Conçu par: Lafayette, Jacques-Louis David

Translation

The flag of France is a tricolour flag featuring three vertical bands coloured blue, white, and red. It is known to English speakers as the French Tricolour or simply the Tricolour.

Use: National flag
Adopted on: 15 February 1794
Proportion: 2:3
Country: France
Designed by: Lafayette, Jacques-Louis David
016)the best City in Uttar Pradesh to Live.



FRANCE / INDIA TIME ZONE

La France a 4h30 de retard sur l'Inde. Si vous êtes en France, le moment le plus pratique pour accueillir toutes les parties est entre 9h00 et 13h30 pour une conférence téléphonique ou une réunion. En Inde, cela correspondra aux horaires de travail entre 1:30 pm et 6:00 pm.

Translation

France is 4:30 hours behind of India. If you are in France, the most convenient time to accommodate all parties is between 9:00 am and 1:30 pm for a conference call or meeting. In India, this will be a usual working time of between 1:30 pm and 6:00 pm.

Festivals de la France

Festivals of the France



Berck Sur Mer
KITE FESTIVAL

Menton
Lemon
Festival





La mode en France est un aspect important dans le spectre de la culture et de la vie sociale, tout en étant un aspect important de l'économie. Le design et la production de mode sont en vue depuis le XVe siècle en France. A partir du XVIIe siècle, il explose en une industrie riche tant pour la consommation locale que pour l'exportation.

La mode française

French fashion



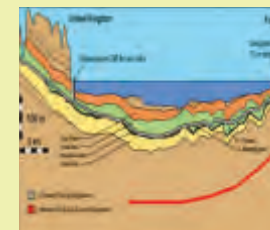
Chloé



Eurostar

Eurostar est le service qui vous permet de prendre un train de Londres à Paris et au-delà. Il y a une mer sur le chemin, bien sûr, mais Eurostar plonge sous elle, en utilisant le tunnel sous la Manche de 50 km. Les travaux sur le tunnel ont commencé en 1988, et il a finalement été inauguré en 1994, pour un coût de 4,6 milliards de livres sterling.

Best of France
Engineering the
under water tunnel
from France to London



Translation

Eurostar

Eurostar is the service that allows you to catch a train from London to Paris and beyond. There's a sea in the way, of course, but Eurostar dives under it, using the 31-mile Channel Tunnel. Work on the tunnel began in 1988, and it was finally opened for business in 1994, costing £4.6 billion.

Translation

Fashion in France is an important aspect in the spectrum of culture and social life, as well as being an important aspect of the economy. Fashion design and production is from prominence in France from the 15th century. From the 17th century, it exploded into a rich industry both for local consumption and for export.



Un poème à lire à ma mère

A poem for my mother to read

J'ai cherché dans les poèmes

Comment dire "je t'aime".

J'ai trouvé des mots savants

Bien trop longs pour mes cinq ans !

Alors, j'ai cherché ailleurs,

Et j'ai trouvé dans mon coeur,

Les mots que tu m'as appris

Quand j'étais encore petite.

Maman, je t'aime, grand comme ça !

Je le dis avec mes bras...

Translation

*I looked in the poems
How to say "I love you".
I found big words
Too long for my five years!
So I looked elsewhere,
And I found in my heart,
The words you taught me
When I was still small.
Mom, I love you, big like that!
I say it with my arms ...*

J'ime français

I love French

Ce n'est un secret pour personne que je suis un francophile et un ardent défenseur de la langue française. C'est bien sûr mon amour pour la langue française qui va bien au-delà. Je me retrouve constamment amoureux des nuances de la langue et je suis connu pour éloquent chaque nouvel idiome que j'apprends.

*C'est un beau langage lyrique.
C'est le langage de l'amour.
C'est le langage de la littérature.
C'est la langue de la fine cuisine*



Translation

It's no secret that I am a francophile and an ardent supporter of the French language. It is of course my love for the French language goes much beyond that. I find myself constantly enamoured by the nuances of the language and am known to wax eloquent about every new idiom I learn.

*It's a beautiful, lyrical language.
It's the language of love.
It's the language of literature.
It's the language of fine cuisine.*

French TELLING TIME



Class Photograph



Class - Root A

Class Photograph



Class - Root B

Class Photograph



Class - Root C

Class Photograph



Class - Bud A

Class Photograph



Class - Bud B

Class Photograph



Class - Bud C

Class Photograph



Class - Bud D

Class Photograph



Class - Bloom A

Class Photograph



Class - Bloom B

Class Photograph



Class - Bloom C

Class Photograph



Class - Bloom D

Class Photograph



Class - 1 A

Class Photograph



Class - 1 B

Class Photograph



Class - 1 C

Class Photograph



Class - 1 D

Class Photograph



Class - 1 E

Class Photograph



Class - 2 A

Class Photograph



Class - 2 B

Class Photograph



Class - 2 C

Class Photograph



Class - 2 D

Class Photograph



Class - 2 E

Class Photograph



Class - 3 A

Class Photograph



Class - 3 B

Class Photograph



Class - 3 C

Class Photograph



Class Photograph



Class - 4 A

Class Photograph



Class - 4 B

Class Photograph



Class - 4 C

Class Photograph



Class - 4 D

Class Photograph



Class - 5 A

Class Photograph



Class - 5 B

Class Photograph



Class - 5 C

Class Photograph



Class - 5 D

Class Photograph



Class - 5 E

Class Photograph



Class - 6 A

Class Photograph



Class - 6 B

Class Photograph



Class - 6 C

Class Photograph



Class Photograph



Class - 6 E

Class Photograph



Class - 7 A

Class Photograph



Class - 7 B

Class Photograph



Class - 7 C

Class Photograph



Class - 7 D

Class Photograph



Class - 7 E

Class Photograph



Class - 7 F

Class Photograph



Class - 8 A

Class Photograph



Class - 8 B

Class Photograph



Class - 8 C

Class Photograph



Class - 8 D

Class Photograph



Class - 8 E

Class Photograph



Class - 8 F

Class Photograph



Class - 9 A

Class Photograph



Class - 9 B

Class Photograph



Class - 9 C

Class Photograph



Class - 9 D

Class Photograph



Class - 9 E

Class Photograph



Class - 9 F

Class Photograph



Class - 10 A

Class Photograph



Class - 10 B

Class Photograph



Class - 10 C

Class Photograph



Class - 10 D

Class Photograph



Class - 10 E

Class Photograph



Class - 10 F

Class Photograph



Class - 11 A

Class Photograph



Class - 11 B

Class Photograph



Class - 11 C

Class Photograph



Class - 11 D

Class Photograph



Class - 11 E

Class Photograph



Class Photograph



Class - 11 G

Class Photograph



Class Photograph



Class - 12 A

Class Photograph



Class - 12 B

Class Photograph



Class - 12 D

Class Photograph



Class - 12 E

Class Photograph



Class - 12 F

Class Photograph



Class - 12 G

Class Photograph



Class - 12 H

Faculty - Junior Section



Faculty - Senior Section



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