



D.A.V. GIRLS SENIOR SECONDARY SCHOOL
CHENNAI – 600086



MANJARI 2022



Swami
Dayanand Saraswati

Ten Principles of Arya Samaj

- 1. God is the primary cause of all true knowledge and of everything known by its means.**
- 2. God is all True, all Knowledge, all Beatitude, Formless, Incorporeal, Beginningless, Incomparable, Support for all, The master for all, all Pervading, Omniscient, Omnipresent, Immanent, Unaging, Imperishable, Immortal, Fearless, Eternal, Holy, the cause of the Universe. To Him alone worship is due.**
- 3. The Vedas are the scriptures of true knowledge. It is the paramount duty of every Arya to read them, teach them, recite them and hear them being read and preach them to others.**
- 4. One should always be ready to accept truth and to give up untruth.**
- 5. One should do everything according to dictates of Dharma i.e. after the reflection over right and wrong.**
- 6. The primary object of the Samaj is to do good to the world by improving the physical, spiritual and social conditions of mankind.**
- 7. Let Thy dealings with all be regulated by love and justice in accordance with the dictates of Dharma.**
- 8. Ignorance ought to be dispelled and knowledge disseminated.**
- 9. One should not be content with one's own welfare alone but should look for one's own welfare in the welfare of all.**
- 10. In matters which affect the general social well-being of the Samaj, One ought to discard all differences and not allow one's individuality to interfere but in strictly personal matters everyone may act with freedom.**

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Chief Editor's Desk

Namaste!

It gives me great pleasure to meet you all through this annual edition of our school magazine - MANJARI 2022.

"That's the thing about books. They let you travel without moving your feet", says Jhumpa Lahari, the Pulitzer Prize winner for her book, 'The Namesake'.

Inspired by this quote, I understand that 'Reading' as a habit, has a plethora of benefits as it not only gives knowledge but also inspires to uncover good thoughts. It keeps the mind engaged, active and healthy. It is essential to build a good reading habit within oneself. Scientific studies have also proven the benefits of reading. Studies say that reading a novel does enhance the brain connectivity, especially that part of the brain which responds to sensation of strength and pain. It is also well established that reading improves sleep quality by reducing stress level and anxiety when reading becomes a passion. Good books can influence you positively and guide towards the right direction. It enhances your attitude towards life. It is the most effective investment that one can make in her lifetime as the perks of reading are innumerable. As Barack Obama rightly said, "Reading is a gateway skill that makes all other learning possible", let us all develop the habit of reading and reap benefits.

Happy Reading!

Smt. Radha Venkatesh
Principal

Republic Day Address

On the occasion of our 73rd Republic Day, I would like to extend a warm welcome to one and all present here.

This day, serves as a reminder of India's struggle for freedom, and it is on this day in the year 1930 that we first raised the slogan of 'Purna Swaraj'.

Subsequently 20 years thereafter, we adopted our constitution in 1950 declaring our country as a Sovereign, Socialist, Secular, Democratic, Republic. This day is symbolic of the years of struggle after which India emerged as a free country, in which every citizen has key rights –the right to equality, right to freedom, right against exploitation, right to freedom of religion, cultural and educational rights, and the right to constitutional remedies. Along with rights, citizens have certain responsibilities too. We are expected to fulfill the duties of a citizen first, before claiming our rights. Students have been given the right to education, but also have the duty to learn, understand and study consistently and sincerely. This year in particular has been dedicated to commemorate the 125th birth anniversary of Netaji Subhash Chandra Bose. He was an Indian nationalist whose defiance of British authority made him a hero among the masses. He believed that one individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives. He firmly propagated the fact that freedom is not given – it is taken. He also urged the countrymen saying 'Give me blood and I will give you freedom.' In India, Arya Samaj was one of the forerunners in developing a sense of patriotism in Indians and inspired numerous leaders such as Lala Lajpat Rai, Shahid Bhagat Singh, Veer Savarkar, Ram Prasad Bismil, Bhai

Parmanand, and several others, who gave up their lives in the service of our country. DAV, as an institution has been inspired by the teachings of Swami Dayanand Saraswati and believes that it must protect this precious freedom and take our country to greater heights. It is imperative to mention here that the school offers a course to aid students in enrolling in the National Defence Academy.

Another noteworthy step, taken recently, is the releasing of the official calendar of the Indian Navy and the Indian Air Force and its distribution, free of charge, to our students.

Scholarship for students who aspire to serve in the Indian Administrative Services has also been initiated by the institution. NCC and Scouts training is encouraged to bring about a patriotic fervor among students at the school level. Our books, 'Fostering Vedic Values', aim to promote values among students and also bring to light, the lives of some of our national heroes like Captain Vikram Batra, who fought the Kargil War so courageously. The school culture holds the armed forces and their selfless service to the nation in high esteem. Today, India is the largest democracy and the second-most populous nation in the world. India is the world's sixth-largest economy, and it is estimated that, by 2030, India will remain a relatively young nation with a median age of 31 years and will have added more working-age citizens to the world than any other nation. Therefore, to ensure the country's envisioned income growth and consumption growth, massive efforts will be required to re-skill both our current and future workforce. The education system has currently shifted focus to gaining conceptual knowledge, rather than tangible skills which ensures employability. The National Education Policy 2020 insists on vocational training and developing skills from the school level. Health is wealth

and every country must ensure the well-being of its citizens. We need to ensure that good hygiene and medical care are available to all citizens of the country. As India marches forward, it faces new challenges in health and sustainable living. We take great pride in the very encouraging response to the vaccination camp held in India to fight the COVID -19 virus. We express gratitude to the frontline workers who had worked relentlessly to help combat this virus. Our cities, grappling with alarming rates of congestion and pollution, and an unhealthy population, could significantly dampen the benefits of India's demographic dividend and urban growth, and lead to a deterioration in the quality of the life of its citizens.

Two key challenges must be solved to improve the quality of health. First, we need to work towards improving overall health access to every citizen and affordability of healthcare services to all.

Second, the impending crises of air and water pollution, waste management, and urban congestion must be immediately solved. Climate changes due to pollution and urbanization are taking a heavy toll on our country. As the country enters a new era of envisioned growth, now is the time for all Indians to come together as one and address the most pressing societal challenges facing the country. Collaborative efforts , can unlock the full potential of a young, progressive and dynamic nation, and establish India as a model for the world's fast growing consumer markets.

It is time for Indians to come together and help India in becoming self-sufficient. We need to live a life with pride and dignity and be self-reliant in all spheres.

The Atmanirbhar Abhiyan by our government is a commendable step in this regard. It echoes some of the features of the Swadeshi movement.

Let us value our freedom and pledge to ensure that we take our much-revered country to greater heights.

I would like to conclude with a quote by Mark Twain

“ India is, the cradle of human race,
The birthplace of human speech,
The mother of history,
The grandmother of legend,
And the great grandmother of tradition”

Jai Hind !

Shri. Anoop Nangia

Convenor

D.A.V Girls Sr. Sec. School, Gopalapuram

Independence Day Address

It gives me immense pride and honor to be part of the celebrations on the occasion of the completion of 75 years of our nation's independence. Almost all of us have been born in free India. When something is available since birth, we tend to take that as given, because we have not seen life otherwise. In much the same way, as all of you may not have seen what life is without internet, mobiles and other gadgets.

But, that Freedom that is taken as "given" for all of us, was "not given" for almost a millennial. Multiple dozens of generations went through a period of slavery and subjugation. We all have heard of the immense sacrifices our forefathers had made to earn this Freedom! Independence Day is a day of remembrance of those sacrifices. But, today, I am going to invite you to reflect on not only how we got our Freedom, but also on how we lost it. All of us have seen Russia struggling after invading Ukraine, the US leaving Afghanistan in haste in August last year and China threatening over decades, but still not attacking Taiwan which is a much smaller country, just 100 miles away from mainland China. In each of these, cases, the invader is geographically much larger and militarily, significantly more powerful than the invaded. And each of the invading countries, in this age, can flatten entire cities without having to put a boot on ground, and even if they had to, they could airlift thousands in a matter of hours. Yet, history tells us that invading countries, no matter how much larger or more powerful they might have been, have almost always faced the ignominy of failure at huge costs of life and money. But, go back 300 years and think about it, England - a country of the size and population

less than 5% of the Indian subcontinent, at a distance of 5,000 miles conquers the entire Indian subcontinent. In fact, it was the East India Company that conquered us, not even a country. And thereafter, the British stayed here for 200 hundred years. But, that Freedom that is taken as "given" for all of us, was "not given" for almost a millennial. Multiple dozens of generations went through a period of slavery and subjugation. We all have heard of the immense sacrifices our forefathers had made to earn this Freedom! Independence Day is a day of remembrance of those sacrifices. But, today, I am going to invite you to reflect on not only how we got our Freedom, but also on how we lost it. All of us have seen Russia struggling after invading Ukraine, the US leaving Afghanistan in haste in August last year and China threatening over decades, but still not attacking Taiwan which is a much smaller country, just 100 miles away from mainland China. In each of these, cases, the invader is geographically much larger and militarily, significantly more powerful than the invaded. And each of the invading countries, in this age, can flatten entire cities without having to put a boot on ground, and even if they had to, they could airlift thousands in a matter of hours. Yet, history tells us that invading countries, no matter how much larger or more powerful they might have been, have almost always faced the ignominy of failure at huge costs of life and money. But, go back 300 years and think about it, England - a country of the size and population less than 5% of the Indian subcontinent, at a distance of 5,000 miles conquers the entire Indian subcontinent. In fact, it was the East India Company that conquered us, not even a country. And thereafter, the British stayed here for 200 hundred years. And very successfully.

While the US bled financially in Afghanistan spending \$ 2.3 trillion in 10 years, the British plundered \$ 45 trillion from India. To put it into perspective, our country's GDP in 2021 was \$ 3 trillion. And we were no Africa in the 16th century when the first European ships arrived on our shores, nor in the 10th century when the first Arab invaders struck at our northern borders. We were the ancient most civilization, that had not just survived, but rather thrived. Did we not know to fight? We did. We had a legacy of martial valour right since the ancient times of Ramayana and Mahabharata. Economically, we were what the US is today to the Global economy- 25% of the Global GDP, may be even more when we were first invaded in the 10th century AD. Our prosperity and wealth attracted traders all over the world, just as much as our knowledge attracted the learners. Much again like what the US has been since the World War II. But, with all this having gone so well for us, and us having built these strengths over many millenniums, what led us to being so weak, so much so that, we were taken over by tribes and countries which were a fraction of what we were! Wealth and prosperity does attract predators, but how deep would our weakness have been that predators across the world, be it the British, the Portuguese, the French, the Dutch, and before them the Arabs, the Mongols and the Turks found it worthy taking a chance to travel tens of thousands of miles, which would have taken them months together. And they stayed put here and subjugated us for over a thousand years. At the core, it was denial of knowledge or learning that led to many evils, most prominent among them being compromise the unity of our society, for which not any outsider, but we ourselves were responsible.

1. India was a land of learning. The Gurukula system then, was not confined to spiritual learning or learning the recitation of Vedas. It included diverse subjects like Mathematics, Metallurgy, Architecture etc., and it was not restrictive. It was open to all, including girls. That is why we had women scholars such as Gargi and Maitreyi in ancient India. But, at some stage, personal self-interest took over. Education became restrictive and, in many ways, limited as well. It was denied to women and the people of the so called "lower castes". If education is empowerment, then its denial to the large sections of society, and over hundreds of generations led to utter disempowerment and illusionment. Their self-interests that denied learning, found power and influence being concentrated in their own hands. And this power corrupted them.

2. This led to the second malaise i.e., division: We need not credit the British for our division, we were divided much before they came. Absolute power with few and no education to the majority led to the latter being subjugated by a few. Promulgation of self-interest by those few, corrupted every aspect of our lives. Birth based caste system substituted the employment-based caste system denying the right to education and subsequently, the right to choose one's profession. Thus, large sections of our society felt deprived for thousands of years and hence, fell apart from the mainstream. These deprived sections, in particular, became easy targets for conversion to other faiths and thus, led to armed struggles between the sons of the same soil, who now belonged to competing faiths. Even within the dominant faith over that period -Hinduism- weird man-made stories and superstitious beliefs fragmented us into innumerable smaller groups.

3. Just as India, then called Bharatavarsh, was not built overnight, its destruction also took ages. A vicious loop of ignorance and division began playing out one generation after another for hundreds of years, breeding incompetence and narrow self-interest. We got weaker politically, militarily and socially with each passing generation. At the same time, wealth and prosperity continued to increase. Thus, no wonder, we were called the Golden Sparrow, that would attract all, but defend against none. Imagine, just about anyone from across the globe could attempt to take a chance at the Indian Golden Sparrow, no matter how far it may have been and how risky the way could have been. On this momentous occasion, I would invite you to take a pause as you salute the tricolour, and reflect on how we lost and how much we did!

This reflection also holds the key to freedom. The British were forced out due to an awakening for over 70 years among increasing sections of our society that made it difficult for them to stay. At the root of that awakening was the socio-political movement that began correcting the wrong that had been done to us over the millennia that I spoke of. The concept of one God was recognized. They laid the foundations of an egalitarian society by challenging the concept of birth based caste system that had been the primary divider of the country. Thus, the primary dividers of the society were challenged in favour of empowered unity. Vedas, which everyone accepted, but none understood, leave alone followed, became the foundation of a clean-up. Dalits were adopted back into the mainstream. Education was thrown open to all, including women. It led to sections of the society rising against blind faith and superstition. This fearless awakening also led to challenging the presence of a Foreign Rule. The Swadeshi movement, of which the DAV School is a product, began even before the Indian National Congress was born.

It challenged British Institutions and sowed the seeds of Nationalism among the common men. The list is long, but the gist is that it became a struggle of increasing sections of society that first felt empowered removing their self-imposed shackles of subjugation and then challenging the ones imposed by the Imperialists. The doing and undoing of India which was then called Bharatavarsh, was spread over millennia. It will be preposterous to think we have made up for this self inflicted damage in just 100-150 years. Getting the British out 75 years back, who numbered around 2-3 lakh (0.1% of the population) is indeed cause for celebration, which is why we are here today. But it is time to dedicate ourselves to the larger cause of Nation building. Specifically, three suggestions

1. Do not go by what I said today. Do your own research on the causes of our downfall. It will lead to an understanding on how we have risen so far and what we need to continue doing. In that story, you will find a role for yourself. This institution will give you enough opportunities to discover the story of our independence, because it is, as I mentioned earlier, also a product of that very same story.

2. Almost all of you will become voters in the near future. Ensure that you exercise your choice in favour of good governance. Governance cannot be bought by offering freebies, populist as they may be, or by narrow considerations of a candidate being of the same caste or religion of the voter. Rise above these while exercising your franchise.

3. No matter which profession you choose, you would come across choices where personal interest may conflict with larger interests of the society or the nation. Always put the nation and the society before self.

It has been my privilege to speak to you today. I am sure that some of what I spoke stays long enough in your minds and hearts to lead you to render greater and more meaningful contributions towards Nation Building!

Jai Hind!

Shri.Lalith Nangia

Convenor

D.A.V Girls Sr. Sec. School, Gopalapuram





Annual Report

**D.A.V. GIRLS SENIOR SECONDARY SCHOOL
GOPALAPURAM, CHENNAI - 600 086.**

**PRINCIPAL'S REPORT FOR THE YEAR 2021- 2022
SCHOOL ANNUAL DAY**

Respected Chief Guest, Kalaimamani Shri.Anil Srinivasan, Renowned Musician & Founder-Rhapsody Plus, Vice-President Tamil Nadu Arya Samaj Educational Society, Smt.Parmila Gauhar, Honorary Secretary DAV group of Schools, Shri.Vikas Arya, Joint Secretary, Shri.Atul Nangia, Convenor, DAV Girls Sr.Sec.School, Gopalapuram, Shri.Lalit Nangia, other members of the Tamil Nadu Arya Samaj Educational Society, Director-Education and Innovation, DAV Group of schools Smt.Shanthy Asokan, Dean-NIOS and outreach programmes, Dr. P.Ravi Headmistress Primary Smt. S.Charumathy, Headmistress Nursery, Smt.N.Bina, Principals and Headmistresses of other DAV Group of Schools, distinguished invitees, parents, teachers and my ever dear students,

Namaste!

With boundless exaltation and deep gratitude, I present the Annual Report on the prime activities of my school DAV Girls Senior Secondary school, Gopalapuram for the academic year 2021-22. The school re-opened on 8th June 2021 for classes I to XII with a strength of 2424 students and 111 staff reverberating the spirit of cheerfulness.

ACADEMIC ACHIEVEMENTS

The diligent and focused effort, consistent and arduous commitment have been the secret key to our treasure house of achievements. This continuous endeavour of our teachers and students have brought impeccable accolades in the academic performance.

With pride, I present the results of class XII and class X Board Examination 2022.

In CLASS XII - SCIENCE GROUP

C.Hamsini with a stellar score of 495 upon 500 with a centum in Mathematics and Chemistry emerged as the School Topper. She has secured a medical seat in SRM Medical College, Trichy.

G. Niranjana was placed second with a total of 488 and an impressive centum in Chemistry, Physics and Biology. She is now provisionally selected for NIT, Surathkal in Metallurgy & Material Science Engineering.

S.S.Gayathri with a centum in Computer Science and G. Neeraja with a centum in Chemistry secured the third place with a total of 487. S.S.Gayathri is currently pursuing Energy Engineering at IIT, Mumbai while G.Neeraja is being provisionally selected for NIT, Calicut in Material Science Engineering.

This year we've had 7 centums in Computer Science, 6 in Chemistry, 2 in Mathematics and 1 each in Physics, Biology and Psychology with a very healthy average of 86.9% for the science group.

CLASS XII - COMMERCE GROUP

S.Manasa with the highest total of 494 upon 500 with centum in Business Studies and Legal Studies stood first and is pursuing B.Com Marketing Management in Chennai.

Haripriya Bharadwaj was placed second with a total of 493 with a centum in Accountancy and was also the subject topper in Economics. She is currently pursuing B.Com LLB (Hons) in Chennai.

Vedanti Viplav Shah bagged the third position with a total of 490 with a centum in Psychology and Business Studies and was also the subject topper in Economics. She is pursuing Bachelor in Product Design (Hons) in Gandhinagar.

This year we've had 14 centums in Business Studies, 2 in Accountancy, 1 each in Legal Studies and Psychology. The subject average of Commerce stream was 85.4%.

CLASS X - TOPPERS

Nandita Kesavan secured the first position with a majestic total of 498 up on 500 with centum in English, Standard Math and Tamil.

Preethikha.S stood second with 497 with centum in Standard Math, Science and Tamil. Samyuktha Sriram and Lakshanya.T stood third with a total of 495. Samyuktha scored centum in English, Standard Math and Sanskrit while Lakshanya.T in English, Science and Sanskrit respectively.

This year saw 24 centums in Tamil, 14 in Mathematics, 7 in Science, 6 each in English & Sanskrit and 1 in Social Science.

I appreciate the sincere efforts of all the staff and students for the commendable results.

OUTSTANDING ACHIEVEMENTS:

The measure of intelligence is the ability to change or adapt accordingly. The academic year 2021-22 went through a series of periodical changes. The pandemic or virtual schooling or hybrid mode did not deter the regular working of the school. The children understood that the art of life is a constant readjustment to the surroundings and used every opportunity that life gave as stepping stones to success.

CO-CURRICULAR ACHIEVEMENTS

To commemorate the 75th year of Independence of India, the Government organized a year long series of competitions like Poster Making, Paragraph Writing, Storytelling and Quiz for the students of classes I to V. Prizes were distributed to all winners. As a part of Azadika Amrit Mahotsav, CBSE conducted a story telling competition for the students of all classes. The theme was 'The Story of India', and winners were acknowledged under each category.

Rhapsody Plus, a project-based learning from Universities to Schools, is a pilot venture of Rhapsody Music Education Pvt. Ltd., for the students of classes VIII to XII. 150 students of our school participated enthusiastically and submitted their innovative and creative projects.

It gives me immense pleasure to share that Nethra.P, Madhumitha.K, Pritika.R.D, Kavya.M, Preethikha.S, Dheekshitha. D.K, Lakshanya.T, Prarthana.P, Shruthi Narayanan, Deepika.R, Sahithi.W, Srinidhi.R, Umme Haani.N, Shanjanaa.K, Aditi Praveen and Sai Krupa Anand of class X, S.Lakshita, Dharshana Devi, Priyadharshini.K, Smrithi.S, K.N. Shri Harini of class IX, Lakshana.K, A.Ananya, Disha.R and Kashish.A Shah of class VIII -in all [25 students] were placed in the Top 10, at the Global Level by the esteemed jury of professors representing the top universities in higher education including IIT Madras and Harvard, USA. and our school was adjudged the best school in Rhapsody 2021

Mrs.P.K. Swarna, PGT – Biology, was honoured with the Global Creative Thinker Award for having been a pioneer in fostering project-based learning by Rhapsody. This initiative is the first of its kind in the sphere of Indian Education.

In the International English Olympiad organised by the Science Olympiad Foundation, A. Nethra of class VIII secured Rank 8, B.Akshitha of class V secured Rank 27 and C.Maithreyi of class I secured Rank 298. They were conferred with medals of distinction, gifts worth Rs 500 and a certificate.

The Energy and Resources Institute (TERI) organized the prestigious environment examination 'Green Olympiad' for the students of classes IV to XII. The examination served a dual purpose of testing the environment quotient of students and enhanced their understanding about various issues related to sustainable development. S. Kirthana, S.Vasumathi, M.I. Marayam Noor, S.Vinisha , B.Akshita of class V and Thanvi Dheepak of class IV received, 'Certificate of Distinction' while Sheril Vipra.R of class V and Janani Deepak Kumar of class IV received the Certificate of Merit.

Shri.Jaidev Memorial Inter-school 6th Vedic Mantra Chanting Competition was held in February and saw 350 students from various schools participate in it. Dr.R.Thiagarajan, Former Professor and HOD, Department of Sanskrit, Presidency College, Swami Suprajananda of Sri Ramakrishna Mutt and Sevak Arunachalam Viswanathan of Chinmaya Mission, graced the occasion with their presence and distributed the prizes to the winners.

Tick Links, DAV and Ramakrishna Mission Science Centre organised a project based competition, DAV Young Explorer 2 for classes I to XII in various subjects.

Inter-class Art and Music competitions were held for classes I to XII and prizes were distributed to all the winners.

INDIVIDUAL ACHIEVEMENTS

Kirthisri Kalyan of class I received an 'Exceptional Presentation Award' in the Solo-song and Story-telling competitions conducted by Samskrita Bharati Balotsav. She won the first place in the Online Quiz Contest conducted by Skill Tree and was placed among the top 10 in the Shri.Jaidev Memorial Inter-school Vedic Mantra Chanting Competition.

Yuvana Singh of class II, secured Rank 2 and won a silver medal in the SOF International Olympiad organized by International General Knowledge Olympiad. She was placed third and received a Certificate of Merit in the singing competition conducted by Samskritotsava 2021. She also won an 'Exceptional Presentation Award' in the Solo-song and Story-telling competitions conducted by Samskrita Bharati Balotsav.

Akshara Ajay of class IV is a budding writer with creative capabilities. She began writing a fantasy novel last year. Her book, 'The Great Land of Mushrooms' has been officially published by Clever Fox Publications this year.

S.Vasumathi of class V received a Certificate of Distinction in the Green Olympiad organized by TERI. She also received an Outstanding Performance Award in the Spell Bee contest organised by Wiz National Spell Bee.

J.Samyektha of class VII a talented writer, has contributed a story titled, 'Two Friends, Two Villages' published in the Collection of Splendid Stories for Children by Blooms Bridge Books.

SPORTS

In the U-16 Youth State Basketball Championship held at Thoothukudi, our Team represented Chennai and emerged Winners.

In the Youth State Basketball Championship, Madhu Annam, Akshita.T.B of class X, Svava Sumesh of class XI and M.Vedika of class IX represented the Chennai A team and emerged Winners. Shreya. A and Juhi D Mirpuri of class XI of represented Chennai B team and were placed as Second Runners-up.

The school team also emerged as Winners in the District level Sardar Vallabhbai Patel 3x3 Basket Ball Tournament organized by DAV Krida Kendram in the U-15 category and was placed third in the U-12 category.

Our budding U-14 team emerged Winners and received Rs.3,000 as cash prize in the Inter-district Egmore Basketball Tournament. The team also emerged Winners in the Inter-school Sree Raghavendra Basketball Tournament too. They also won the Runners-up Trophy in Santhome Basketball Tournament, Chennai.

Our silambam team won the Overall Trophy in the Inter-DAV Silambam Competition.

Hershika Vasanth of class IV bagged the silver medal in 400mts and bronze medal in 800mts in the National Level Roller Skating Competition organized by Speed Skating Federation Of India. She also won the gold medal in 500mts and silver medal in 1000mts in the State Level Tamilnadu Speed Skating Championship, Chennai.

T.M.Karnikaa of class VII won the Individual Championship in 10th Tamil Nadu Speed Skating Championship conducted by Tamil Nadu Speed Skating Association and was also selected to represent the Chennai A team.

K.Avanthika of class VII won the best player in the Inter-school Sree Raghavendra Basketball Tournament held at Chennai. She was also selected to represent Chennai A team in the Sub Junior Basketball Tournament, Trichy.

M.Vedhika of class IX won the Most Promising Player Award in the Santhome Basketball Tournament held at Chennai.

Moving on to the other activities which defines the uniqueness of DAV School

INTERNATIONAL YOGA DAY

The Seventh International Yoga Day was celebrated on 21 June, 2021. An Inter-DAV Quiz competition was held for students of classes VI to XII which was marshalled by DAV Krida Kendram and our school secured the third place. The competition was held to emphasize the importance of practising Yoga on a day-to-day basis.

GUIDES REPORT

The Bharat Scouts & Guides, Chennai Central conducted several online competitions in which the Guides of our school participated and made us proud. 22 Guides and the Unit Leader participated in the All Faith Prayer on 2nd October, 2021 and 9 Guides participated in Rajya Puraskar Camp at the Rani Meyammai Higher Sec. School, Mandaveli, Chennai. Our gallant Guides participated in several activities like Road Safety Day, World Environment Day and International Day of Peace.

NCC ARMY AND NAVAL WING

The academic year 2021 saw 25 cadets enroll for the NCC Army and Naval Wing of our school. Several activities were conducted during the year. They visited the OTA to witness the passing out parade, attended webinars on National Integration, Nation Building and observed Vigilance Awareness Week.

The cadets participated in the 'Puneet Sagar Abiyan', a beach cleaning activity at the Marina, Chennai.

PARIKSHA PE CHARCHA

The students of classes X and XII watched the live telecast of the fifth edition of the Pariksha Pe Charcha initiated by the Honourable Prime Minister Shri.Narendra Modi on 1st April, 2022.

VEER GATHA PROJECT

The Veer Gatha Project was organised in October 2021 by the CBSE, together with the Ministry of Defence to honour the acts of bravery and sacrifice of the Armed Forces. The students participated in various activities and were inspired to do projects based on Gallantry Award winners

SUSHRUSHA 3.0

As a part of the Daan Utsav, Sushrusha 3.0 was launched to encourage the children to experience the Joy of Giving through simple acts of volunteering and kindness.

SCIENCE TALENT SEARCH EXAM

An open book test was conducted by the Government of India with an opportunity to win a cash prize of Rs.25,000/- and an extensive training in ISRO, DRDO and CSIR. Students of classes VI to XI participated enthusiastically in the talent exam.

INTERNATIONAL CYBER SECURITY AWARENESS

The students of classes VI to VIII participated in a cyber safety awareness programme virtually on GLOBAL CYBER DAY hosted by KPMG.

REAP BENEFIT

Reap Benefit programmes were conducted for students of classes VI to VIII as a part of the curriculum. The programme focused on instilling critical thinking and community collaboration skills among the students. They were helped to understand waste segregation and disposal of the same. Theme-based sessions on topics like recycling of milk packets, paper, thermocol and plastics to make piggy banks, photo frames and desk organisers were conducted. They also tried to create social awareness among their communities about creating best out of waste, Covid related issues with remedial measures were identified and helped domestic workers in becoming aware of minimum wages set by the Government.

VISIT TO AVADI

In connection with the 75th Anniversary of Indian Independence, the Heavy Vehicles Wing of the Indian Army held an equipment display wherein, fifty students of class X visited the DGQA Proof Range Complex at Avadi in December, 2021.

PRASHASTI

A Medical Guidance Initiative associated with DAV Group of Schools, offering counselling services, both offline and online was launched in the month of June, 2021 at all branches of DAV. The sessions focused on issues like addiction to social media, peer pressure, academic related concerns and family problems.

COVID VACCINATION CAMP

Covid Vaccination Camps were conducted by the Chennai Corporation in the school premises for the students of classes VI to XII between January and April 2022.

CELEBRATIONS - INDEPENDENCE DAY

The 75th Independence Day was celebrated in a hybrid mode. The national tricolour was hoisted in the school campus by our Convenor, Shri. Anoop Nangia. A cultural programme on Sustainable Agro Development and achieving self-sufficiency at the micro level was presented by the students.

REPUBLIC DAY

The 73rd Republic Day was also celebrated in a hybrid mode. Senior Management member Smt. Parmila Gauhar unfurled the National Flag and Convenor, Shri. Anoop Nangia addressed the students. Various cultural and educational programmes were presented by the students.

NAVARATHRI - To disseminate the importance of Navarathri, videos on the significance of the nine days of Navarathri, created by the teachers of the Nursery were shared with the students of classes I to XII on a daily basis.

CHILDREN'S DAY - Children's Day celebration was held online on 14th November, 2021. On this occasion, the teachers had an interactive session with their children and entertained them.

RAMANUJAM DAY - With an aim to know more about India's contribution in Mathematics a virtual programme was arranged on the occasion of Ramanujam Day. Shri. Vinay Nair and Dr. R Hariharan, the key speakers addressed the students of classes I to XII.

We in DAV do just stop with celebrations of important days we also inculcate the attitude to respect and pay homage to our great sons of Bharath

HOMAGE

On 15th June, 2021 the students paid their most reverential homage to the Galwan Valley Clash Martyrs who laid down their lives in the line of duty at Eastern Ladakh by observing two-minute silence. Kargil Vijay Diwas was observed on 26th July 2022. The importance of the day and the supreme sacrifice of the martyrs was accentuated. A two-minute silence was observed as a mark of respect to the heroes. A webinar on 'Pride of Bharath Heritage' was organized to commemorate the occasion and Lt. Gen. Jaswal (Retd.) addressed the students.

On 14th February, 2022 the school paid tribute to the brave hearts and noble souls who lost their lives in the Pulwama attack. To mark the day, Col. A Krishnaswami, Vir Chakra and Visisht Seva Medal awardee, addressed the students and enlightened them about career options in the Armed Forces.

CAREER COUNSELLING

Also DAV believes in up-skilling and equipping the students to make the right choice in shaping their career. In line with this, the school regularly organised various counseling sessions by career counselling experts. Diverse career opportunities for commerce students, exciting and rewarding career options in the Indian Army for women, Law related studies and career opportunities, NEET counselling for medical aspirants, career opportunities in Cyber Security, Journalism, Architecture, Actuarial Sciences and Visual Arts are a few to be mentioned. Webinars were regularly conducted on the first and third Saturdays of every month on varied topics.

WORKSHOPS

Professional development and training is a necessity. Our teachers attended numerous workshops conducted by DAV Guru Shikshanam, CBSE and other private organisations in order to up skill themselves to meet the needs of the unique academic year.

SANCHARIKA – The English Department of our school comes out with an online newsletter ‘Sancharika’ that provides all information about school activities and competitions.

ANNUAL PRIZE DISTRIBUTION

The Annual Prize Distribution Ceremony for the academic year 2020-21 was held on 31st March 2022 in the school premises. Smt.Parmila Gauhar, Senior Management Member presided over the function.

FAREWELL

The school bid farewell to the students of class XII at a grand function organized by their Juniors after the final Havan in April.

CONCLUSION

The aim of education is in the knowledge, not of facts but of values - DAV strives hard to provide all possible opportunities for the development of knowledge and skills in various disciplines, with an aim to enable our children to not only perfect themselves, but to develop a consciousness for the betterment of the nation.

Truly saying, this can be achieved only by trust and teamwork. I take this opportunity to express my heartfelt gratitude to our beloved Secretary, Convenor, Director and other Members of the Management for their continuous inspiration and valuable guidance in all our endeavours. I also convey my thanks to the Headmistresses for their constant support. I express my heartfelt thanks to the teaching and non-teaching staff for their relentless dedication and untiring effort. I also extend my gratitude to all the parents for their co-operation.

My sincere and earnest gratitude to the Almighty for guiding us always and I seek His divine blessings in the years to come.

Thank you.

RADHA VENKATESH

PRINCIPAL

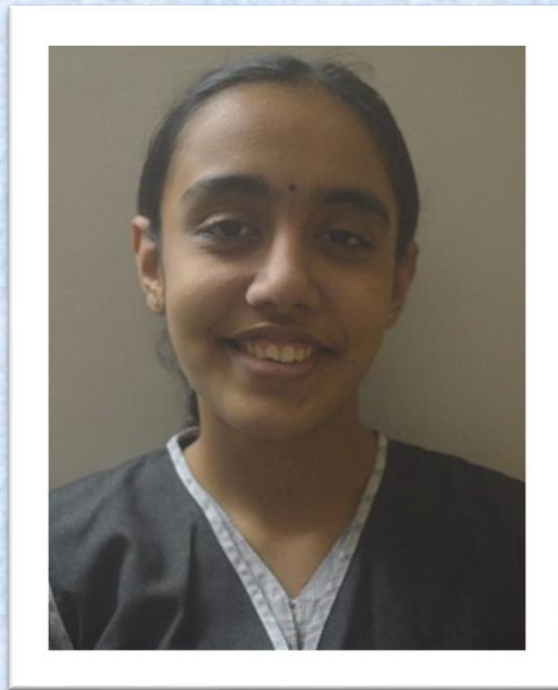
31.10.2022

Achievers



ACHIEVERS OF CLASS XII SCIENCE STREAM

SCHOOL FIRST



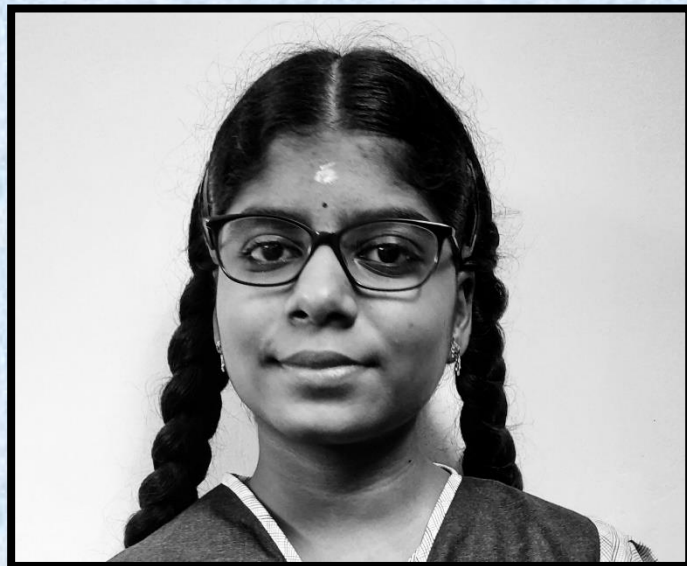
C.HAMSINI

495

CENTUM - MATHEMATICS , CHEMISTRY

ACHIEVERS OF CLASS XII SCIENCE STREAM

SCHOOL SECOND



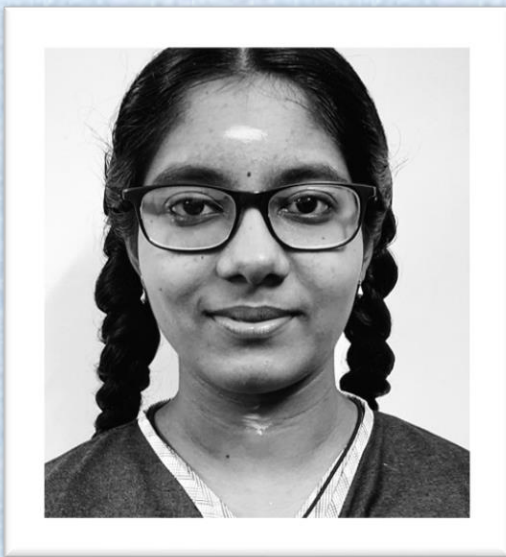
G.NIRANJANA

488

CENTUM - BIOLOGY , PHYSICS & CHEMISTRY

ACHIEVERS OF CLASS XII SCIENCE STREAM

SCHOOL THIRD



G.NEERAJA

487

CENTUM - CHEMISTRY



S.S.GAYATHRI

487

CENTUM - COMPUTER SCIENCE

ACHIEVERS OF CLASS XII COMMERCE STREAM

SCHOOL FIRST



S.MANASA

494

CENTUM - BUSINESS STUDIES , LEGAL STUDIES

ACHIEVERS OF CLASS XII COMMERCE STREAM

SCHOOL SECOND



HARIPRIYA BHARADWAJ

493

CENTUM - ACCOUNTANCY

ACHIEVERS OF CLASS XII COMMERCE STREAM

SCHOOL THIRD



VEDANTI VIPLAV SHAH

490

CENTUM - BUSINESS STUDIES , PSYCHOLOGY

CENTUM HOLDERS IN
CHEMISTRY



K.V. Swetha



Anya. Thiyagarajan



R. Sowmya

CENTUM HOLDERS IN
COMPUTER SCIENCE



Raksha Mialani



S. Saikiran



V. Kavya



J. Abhirami



R. Sheeraja



R. Srivarshini

CENTUM HOLDER IN



MATHEMATICS

R. Avanthika



ACCOUNTANCY

V. Shreya



PSYCHOLOGY

Subhika Sathiyamoorthy

*CENTUM HOLDERS IN
BUSINESS STUDIES*



Chetna.Rakesh.Jain



Komal.R.Jain



Harshi.K.Jain



R.Aishwarya



J.Shruthi



R.Shivapriya

*CENTUM HOLDERS IN
BUSINESS STUDIES*



R.Varshini



Ranganayaki.Vijayaraghavan



V.Sripradha



Sanjana.D.Davey



S.K.Abhinayaa



A.K.Poorani

TOPPERS IN ECONOMICS



HARIPRIYA BHARADWAJ



S K ABHINAYAA



RANGANAYAKI V



VEDANTI VIPLAV SHAH

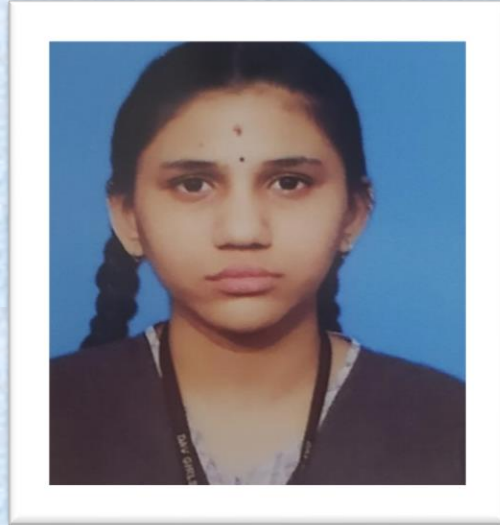
TOPPER IN ENGLISH



R AISHWARYA

ACHIEVERS OF CLASS X

SCHOOL FIRST



NANDITA KESAVAN

498

CENTUM - ENGLISH, TAMIL & MATHEMATICS

SCHOOL SECOND



PREETIKHA S

497

CENTUM - TAMIL , MATHEMATICS & SCIENCE

ACHIEVERS OF CLASS X

SCHOOL THIRD



SAMYUKTHA SRIRAM

495

CENTUM - ENGLISH, MATHEMATICS & SANSKRIT



LAKSHANYA T

495

CENTUM - ENGLISH, SCIENCE & SANSKRIT

CENTUM HOLDERS

Avani.Nair



Mathematics, Science, Sanskrit



D.K.Dheekshitha

English, Science, Tamil

Sanjana.Bansal



Mathematics, Science, Social Science



S.Priyankaa

Mathematics, Tamil

C.Shrinidhi.Chellam



Science, Sanskrit



K.R.Keerthana

Mathematics, Tamil

M.Kavya



Mathematics, Science



Shriyaa.Natarajan

Mathematics, Tamil

A.C.Raghavi



English, Tamil



M.Manushri.Jadhav

English

CENTUM HOLDERS IN MATHEMATICS



Samhitha.Vaani



Niveditha.Doraiswamy



Shruthi.Narayanan



R.Madhu Annam



Deepika.R

CENTUM HOLDERS IN SANSKRIT



Class-X
W.Sahithi



Class-X
P.Prarthana

CENTUM HOLDERS IN TAMIL

C.M.Kavyadharshini



Joshitha.Krishna.Kumar



G.C.Sinduja



K.Prajnya



G.S.Raghavi



M.Kaviya



J.M.M.Miruthula



K.Shanjanaa



N.Umme.Haani



R.Tejashree



Niranjana.J



Roshni.S



R.Pavithra



Vaishnavi.Shree.R



Y.M.Sivaani



R.Sowbharanika



Srinidhi.R



TOPPERS IN HINDI



KHUSHI C KOTHARI



MANYA GULERIA



NAINA CHOWDHARY



J SHIVALI GUPTA



UPASANA PAPPU

Photo Gallery





Staff - High School



Staff - Primary



D.A.V. GIRLS Sr. Sec. School

Class 12 A

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Class 12 B

Gopalpuram, Ch-86

2022-23





D.A.V. GIRLS Sr. Sec. School

Class 12 C

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Class 12 D

Gopalpuram, Ch-86

2022-23





D.A.V. GIRLS Sr. Sec. School

Class 12 E

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Class 10 A

Gopalpuram, Ch-86

2022-23





D.A.V. GIRLS Sr. Sec. School

Class 10 B

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Class 10 C

Gopalpuram, Ch-86

2022-23





D.A.V. GIRLS Sr. Sec. School

Class 10 D

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Class 10 E

Gopalpuram, Ch-86

2022-23





Office & Support Staff



D.A.V. GIRLS Sr. Sec. School

Prefect Council

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Editorial Board

Gopalpuram, Ch-86

2022-23





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Guides

Gopalpuram, Ch-86

2022-23



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NCC Army Wing

Gopalpuram, Ch-86

2022-23



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NCC Navy Wing

Gopalpuram, Ch-86

2022-23





D.A.V. GIRLS Sr. Sec. School

BASKET BALL Jr.

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Badminton

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Skating & Table Tennis

Gopalpuram, Ch-86

2022-23





D.A.V. GIRLS Sr. Sec. School

Chess

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Volley Ball

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Foot Ball Jr.

Gopalpuram, Ch-86

2022-23





D.A.V. GIRLS Sr. Sec. School

Volley Ball

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Foot Ball Jr.

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Silambam

Gopalpuram, Ch-86

2022-23



D.A.V. GIRLS Sr. Sec. School

Silambam

Gopalpuram, Ch-86


2022-23





Creative Writing





WAREHOUSE OF WORDS

LITTLE THINGS

“Little did I know that little things
give a lot of happiness.”

My mother is in-charge of our house. After coming from work, she does a lot of things. One of her major work is tidying up the rooms. One fine day, my relative was about to come for dinner. My mother came from work with a headache and went to take a short nap. She knew that she had to tidy up the rooms. I thought ‘Why not I help her?’. I soon remembered what she usually does and started to put things in its place. When my mother woke up, she was surprised and gave me a big hug. That day I realized that ‘Little things give a lot of happiness’.

K.R. SAI SHRUTHI

IVA

INDIAN NATIONAL FLAG

Indian flag is a tri-colour flag. It is also known as *Thiranga*. The band on the top is in saffron colour, also known as ‘Bhagava’ colour. It represents sacrifice. The band in the middle is white in colour. It represents peace. The band in the bottom is green-coloured and represents greenery. In the middle of the white band there is Ashoka chakra which is navy blue in colour. The wheel represents the law of Dharma. This wheel has 24 spokes which represents 24 hours in a day. Indian flag is a symbol of our mother land’s pride and we must always respect our national flag.

IRIS

IVA

THE CRANE AND THE CRAB

It was summer. Water in many lakes had dried. Animals in the forest and the lake started to relocate. They went to another forest in search of water. But the crab was annoyed about its feature while birds can fly off and animals can run off. After hearing about this matter, the cunning crane decided to kill the crab. So, she cooked a cunning plan. She went to the crab and asked, “Why are you crying?”. The crab replied in a crying voice, “Our lake is drying up. We can’t run or fly”. Crane replied that, “I will carry one by one in the order because many fishes or crabs cannot fit in my beak.” The crab and the fishes agreed, so the crabs were sent one by one. The cunning crane ate the fish and crab one by one. The leader crab realized that the crane was cheating after seeing the bones around the lake so the crab killed the crane by grabbing the neck with his claws. Thus he saved the remaining crabs and himself too.

R.KHATLATHMIKKA

IVA

NATURE

A waterfall was ragingly gushing down the mountain one morning. Tall trees may be seen there and the area is lush with vegetation. Several flowers are in full bloom and at the same moment the animals are eagerly awaiting someone. When that moment comes, the area is extraordinarily brilliant and out of the dazzle appears a fairy with lovely wings. She is carrying a magic stick.

“Why did you animals invite me to come here?” she questioned. A trumpet was blown into the throng by the elephant in front. “Salutations, my darling fairy. Do you understand what people are doing? Animals are suffering because of people, who are also responsible for deforestation that is destroying our natural ecosystem. Forests will be devastated if this occurs frequently.” “Water is not the same” , stated a young fish who jumped out of the water. Now, drainage water is mixed with the river water, which pollutes it. "Coo-Coo followed and as a result, we no longer have access to clean air because of industry and automobiles. One by one, the animals arrived and voiced their opinions as the fairy patiently listened. The animal community as a whole pleads with humans to protect the environment and ecosystem. The fairy showed up the following morning in the king's dream. She displayed her first five fingers before folding her final two. She then vanished after displaying the final three fingers. The monarch was perplexed, so he enquired his subjects, "What was the significance of those five fingers?" “The five fingers represent water, land, air, fire and sky” announced an elderly man . Water, land and air are indicated when the last two fingers are reduced. You are in charge of defending all the three. The king and numerous officials talked about the need to stop deforestation to protect the environment. Reduce the number of factories and industries. Avoid polluting waterways, use less plastic, turn off the engine while at a signal etc. The fairy once cautioned the monarch, but he disregarded her advice. Nature begins to respond in its manner. It started raining and finally the kingdom was hit by a terrible flood. The entire nation was under water.

The fairy appeared and lifted the eco-conscious individuals. The king requested assistance from the fairy after becoming trapped in the floodwaters. The fairy concluded by saying, "God forgives, people occasionally forgive, but nature does not forgive us." The monarch said, "I didn't care about nature, so nature didn't forgive me." . It's a lesson for everyone to respect nature.

D.VITHULA

IV- A

WHENU AND SODI : AN ADVENTURE TO KINDNESS

Once upon a time in ‘liquid city’, there lived a small water droplet. His name was Whenu. Whenu was a small but smart water droplet. Whenu loved his pet dog *Aqua* dearly, as *Aqua* was his only friend. Whenu also loved school. But there were times *Sodi* would trouble him and make fun of him. *Sodi* was a soda droplet. He was big and strong. He enjoyed troubling others. Once, *Sodi* broke the teachers table and accused Whenu of doing it. Luckily, with the help of the security cameras teachers punished *Sodi*. He’s been mad ever since and wanted payback.

On a regular day, Whenu was coming back from school calling out to *Aqua*. But *Aqua* did not come. He looked everywhere but couldn’t find him. For the next few days, Whenu spent his time sticking up pictures to find his pet dog. On a Sunday, Whenu went to the supermarket to buy some ingredients for his mom. When he was going near the Dog section, he saw *Sodi* holding *Aqua* and buying dog food. Whenu was very upset with *Sodi* but at the same time he felt really scared. He did not know what to do so he went home. He told his mother what had happened. She said, “You should stand up for yourself Whenu. You should go to his house and get your dog and understand why he took it.” Whenu thought for a moment and agreed.

ADITI ANVI
VA

ANIMALS

Animals are amazing creatures. Animals have always fascinated human beings in several ways. They are the second life forms after plants. The word animal comes from the Latin word ‘anima’, which means ‘life’ or ‘to breathe. Animals are living organisms that eat food, move around, reproduce, and can take care of themselves. The animal group is called the Animal Kingdom or Metazoan. They first originated in the sea, in the form of single-celled organisms, they had no bones or shells, so they looked more like worms and jellyfish, after many years this one-celled organism gradually became multicellular. Later on, animals moved to land and now they are found pretty much everywhere like land, air, and fresh water. The first animals to come on land were probably worms and other soft-bodied invertebrates, who were followed by certain fishes who gradually developed limbs to crawl with and lungs to breathe with.

There are millions of different kinds of animals belonging to different species. Most animals are classified into two groups – vertebrates and invertebrates. Of the millions of species of animals on Earth, 97 percent are invertebrates. Common invertebrates are insects, spiders and worms. Within the vertebrates, there are five different classifications – Mammals, Fishes, Amphibians, Birds, and Reptiles. The scientific name for animals is Animalia. All the animals have their scientific names for example – Dog – *Canis Lupus*, Cat – *Felis Catus*, Lion – *Felis Leo*. My favourite animal is a dog, What’s yours?

RIDDHIMA PANDEY

VA

A DREAM ABOUT THE OCEAN...

As I opened my eyes slowly, they were blinded by the sunlight. I rubbed my eyes and saw water surrounding me and I was sitting in a boat. There was ocean water everywhere, as far as my eye could see. Suddenly, a small paper boat glided in the water towards me. As it came closer, I realised that it was not a boat but a shark! I paddled the boat as fast as I can to get away from the shark. I didn't know which way I was going. After a long time of paddling, once I was sure that the shark was nowhere close by; I took a deep breath and looked around. I had come near a small stranded island.

On the seashore, there was a house that looked very old and gloomy. It scared me, but I still wanted to go see who was there. I went to the house and knocked. An old lady answered the door. She was wearing a funny robe-like outfit and looked like a witch. I told her that I was lost in the ocean and landed on this island in search of food. She was very kind enough to give me a bowl of porridge. I thanked her for her help and was getting ready to leave when she said, "You seem to be a nice girl who has been separated from your family. I would like to help you in some way".

Then she handed me a pendant that had a green-coloured stone on it. Looking at my puzzled look, she continued, "This pendant will help you overcome all dangers that come your way and find your destination." Even though I didn't believe what she said, I took it and walked away. Then I heard someone calling me from a distance. It was none other than my mom who was trying to wake me up for a long time.

As I got up thinking about the strange dream I had, I felt something in my palm. It was the same green pendant that the lady had given me. I was shocked to see it. All this wasn't a dream then?

**V. AKSHAYA
VB**

FORGIVENESS

Forgiveness is an art which helps us let go. It isn't an easy task. But it will help us throughout our life. Forgiveness needs practice to be applied. It is a really an important part of our lives.

Forgiveness helps to remove harsh emotions like anger etc. However hard the person might have hurt us, we must still forgive the person to derive peace. We forgive others a lot because they apologize so they deserve it. Even when they don't deserve it, forgiving them is good. We should let go of the painful memory by forgiving others. When people hurt us we should not take it seriously. We should forgive. Forgiveness has many health benefits- it reduces stress, blood pressure and anxiety which helps us lead a healthy life. Children like us, have many fights and these small fights prepare us for our future. "The weak can never forgive. Forgiveness is the attribute of the strong." said Mahatma Gandhiji.

Forgiveness is a gift . Let us gift it to ourselves. Let us take a pledge that we will forgive everyone and give ourselves the gift of peace. Let us all forgive each other, here onwards and make our lives better. Let us remember 'Forgive and forget' and lead a better life.

**AKSHARA AJAY
VD**

CONSERVING NATURE FOR A BETTER TOMORROW

Conserving our environment is the need of the hour. With the pace at which we human beings are exploiting natural resources; it looks like the world might come to an end sooner than expected. Climate change and global warming are for real and it's time we act to avoid receiving nature's fury. A few of the major concerning factors have been discussed below.

'*Animals losing their habitat*' is indeed an unpleasing choice of words, but everyone has to believe it's the truth. Most people think it's impossible to stop the unpleasant activities happening in the forest. Truly, everyone who thinks that, is mistaken. We must always think about the lives of those tigers, lions, birds and other species whose lives have already been endangered by the loss of habitat.

It might be slightly obvious '*why*' or '*how*' they lose their habitat. The answer to this rather crucial question is one cruel and depressing word, deforestation. Deforestation is the cutting of trees in large amounts and not re-planting them. The pain of deforestation can't be expressed in words. Clearing of forests is done to build factories, residences, and ranches. The solution to this problem is Afforestation.

Afforestation is the planting of trees in large numbers. Everyone must support the concept of afforestation. We must make it a practice to plant a tree on our birthdays every year and make our planet a better place to live.

Another important step in conserving our environment is to reduce the usage of single-use plastics. Some important practices that we can incorporate into our daily lives include carrying our cloth bags, avoiding single-use plastics like straws, disposable cups, plates and water bottles. We must reduce the amount of waste that we generate in our day-to-day lives. We must begin living a minimalistic life. We must take the matter of recycling very seriously. Even if we end up using any plastics, we must dispose them in a responsible manner or send them for recycling. *Reduce Reuse Recycle should become the new age mantra.*

One must segregate their waste at home. The food and kitchen waste must not be mixed with the other recyclable waste, which would result in overburdening the landfills.

An effective way to deal with it is to begin composting in every household to reduce the amount of waste that gets dumped in landfills. Composting is a process where the food waste gets converted to nutrient-rich compost, also known as Black Gold, which enriches the soil and enhances the growth of plants. *What comes from the earth must return to the earth.*

Another crucial method that needs to be adapted is to conserve rainwater. It is a process of collecting rainwater and storing it for use. It comes to help when there is a water shortage, especially in summer. An important switch that we need to make in our lifestyle today is to switch to public transportation to reduce air pollution.

So, it's time we respect nature and take all possible measures to conserve our planet earth.

THANVI DEEPAK

VC

COOKING- A FORM OF ART AND LOVE

I guess most of you might be thinking that cooking is a boring job reserved for women. Yes, I was of the same opinion too until the art of cooking cast its spell on me. I came to realise that cooking is an expression of love. Try making a sandwich for yourself and see how fun it is ! Try making a meal for your family with your mother's help and see how fun it can be! People have been cooking for ages from the time man found how to control and use fire. There are many cuisines around the world. You would agree that even within a state like Tamil Nadu, there are different ways of cooking the same dish. The way we cook food tells more about our culture.

Cooking is also a form of art. Unlike other art forms culinary art appeals to our four senses namely sight, smell, taste and touch. Food plays an important part in our life. Culinary art is also a form of science. We have many colleges providing a degree in Culinary Science. Cooking is a combination of both Art and Science. Just because someone knows the recipe of a meal does not mean that they can cook good food. So what exactly is that people put in while cooking that makes the food tasty? It is not only the ingredients but also the love and affection of our family members. Expression of love through food is not the quantity on your plate but the love with which it is prepared. Knowing what could satiate your appetite and comfort you at the same time, is an art itself. Many a times the simplest curd rice made by my mom tastes awesome. Some favourite times are when my dad cooks for us. Though he makes a mess the end result is amazing! Whatever I cooked with my dad was just yummy. The taste, the sight and aroma of food can ingrain in our memory, some wonderful moments be it with our friends or family. There can never be a more delicious expression of love than cooking good food.

RIA VIGNESHWAR
V-E

MY DREAM COME TRUE

I was a single child till 2019 and was so bored of being alone and having no sibling to play with. I always wanted a sibling whether it was a boy or a girl. All my cousins had siblings. And I grew jealous of them In 2019, December I went on a trip to Ooty with my whole paternal family. Most of them were small kids in the trip. So, I always played with them. There was this small guy who was the cutest and always loved being around me. He was just 2 years old. Since then, I always prayed to God for a sibling. Then in January 2020 my parents told me that I was going to have a sibling! I was on cloud nine!! I jumped and ran around. My joy and happiness knew no bound. I just couldn't control myself. I eagerly waited for 8 more months. And then the Covid lockdown began. But I and my father made sure that we took good care of my mum n made sure she ate well and was always happy in those tough times. Then I had a baby brother on August 17, 2020. He is the cutest person on Earth. We love each other the most. Although we have a huge age gap (of 9 long years) but still we play like crazy and just can't be without each other. I thank God every day to have granted my wish and made my DREAM COME TRUE!!!!

PRRISHA
VI C

WILDLIFE CONSERVATION

Wildlife conservation is my passion. Those who are really passionate about wildlife conservation can be wildlife conservationists. Wildlife conservation is the practice of saving plants, animals and their habitats. As a part of the world's ecosystems, wildlife provides balance and stability to the process of nature. The main countries focused on wildlife conservation are Australia, Central Africa, Namibia, Canada and India. India is a new joinee in wildlife conservation. India had recently brought eight cheetahs from Namibia, which proves India is keen on world wildlife conservation.

Major threats to wildlife are habitat destruction, deforestation, poaching etc. To counter threats, there are nine hundred eighty-one protected areas which includes national parks, wildlife sanctuaries and reservoirs. India has three biodiversity hotspots, Western Ghats, Eastern Himalayas and the Indo Burma Hotspot. India is one of the seventeen mega diverse countries. India has enacted the "Wildlife Protection Act" in 1972 and "Project Tiger" to safeguard crucial habitats. December 4th is the "World Wildlife Conservation Day". The theme of "World Wildlife Day" 2022 is "Recovering Key Species For Ecosystem Restoration", a way to draw attention to the conservation status of the most critically endangered species of wild flora and fauna. Wildlife conservation efforts should be a part of everyday life. To that, my contribution is to avoid using products and materials that are harmful to the ecosystem, biodiversity and aquatic habitats.

I conclude with a promise that I would spread as much information to the younger generation like me, about how critical wildlife conservation is to humanity.

RIYA RAVICHANDRAN
VI C

HARDWORK : KEY TO SUCCESS

In our life we always work towards success, we always think we put our best efforts and worry when we don't achieve the success we seek. I am here to tell you about an important virtue: Hard work.

When a person is successful in life, our immediate thought may be the luck that person has. Is it always the case? No. Nothing ever happens through luck or magic. If a person sits around waiting for luck to favour him, he will never achieve his goal. To attain success, we should put in all the efforts that we can with utmost patience and perseverance. This virtue is not always instilled at birth, we have to make it a habit with help from family and friends. Hard work teaches us dedication, determination and discipline.

We have all heard of the Ant and the Grasshopper. The ant is a very hardworking insect and did not waste time or procrastinate to collect food for winter. This hard work helped the ant to achieve its goal. Let's all follow the ant and put in the hardwork needed in our life, it will always payoff!

ADITI VENKAT
VII A

CRUELTY AND CREATURES-ANIMAL CRUELTY

Every living being is created by God for a purpose. They must be treated with kindness and compassion. They are often tortured as they are mute creatures and don't know how to safeguard themselves. Animals are very useful to us but they're tortured and killed for meat, horns, skin, fur etc. and are poached illegally. India is the largest milk producer but in our country the dairy industry has its dark side. Cows are whipped and forced to produce more milk. A cow can only give milk if it's had a calf, so they forcefully make it bear a calf. If a calf is born as a male, they throw it in the trash immediately after its birth. Hens are made to stay awake for the whole night without rest for increasing egg production. Some small animals like rats, mice, rabbits and many more are used for testing medicines and cosmetics which may even kill them. Animals kept in zoos and pet stores are kept in unhygienic conditions in small cages and aren't fed adequately. Stray dogs and cats are killed and beaten by people. Sometimes people tie fireworks to the tails of many dogs and derive sadistic pleasure in troubling them.

We humans don't understand the pain of these creatures and don't realize that they too have feelings and continue abusing them. The protection of animals is a fundamental duty in the constitution. '**Prevention of cruelty to animals Act**', 1960 states this. Animals are our friends and we should help them in small ways and spread kindness. Many organisations like the blue cross society also take care of the well-being of animals. We can also keep food and water to feed hungry birds and stray dogs.

VIJI AKANSHA.L

VII B

I WISH I WERE...

I wish I were a Robotic Engineer. This is because it is my passion. Artificial Intelligence (also known as AI) will be the future of our lives. AI will play a major role in all aspects of our life. Robots will help every person starting from a small baby to an old man. They will be used in all kinds of fields. One famous example of AI is Google Maps which can be used to find our routes to any kind of destination that we might want to reach. It uses satellites and I am really impressed and surprised as to how it guides us as a friend in every nook and corner of the world. The voice that we hear in Google Maps is the Google Assistant. The Google Assistant uses AI technology to guide us. The Google Assistant is nothing but a kind of robot only. Since my childhood, I have had a great passion for robots. I think about them so much that they always come in almost all my dreams. I have heard about a humanoid robot named Sophia created by a Hong-Kong based company named Hanson Robotics founded by Dr. David Hanson. She was created in the year 2016. Sophia can take care of old people at nursing homes or can help with large crowds at many public places such as parks, malls, theatres, restaurants, etc. Sophia's younger sister, known as Grace, was created recently in 2021. She was designed specially to take care of patients affected by COVID-19. It is my wish to create such robots in the future and make my parents and my motherland proud of my achievements. I will also help the world with those robots.

AMBIKA.A

VII D

IMAGINARY FRIENDS.

Disease takes.

Disease gives.

Disease burns.

Disease churns.

But it never dies out, does it?

Oftentimes, disease strikes children. Vulnerable, unaware, unlucky children. It ignites as a spark within them and it begins with the smallest symptoms- may be a light throb or just anything in the mildest form, really. Everything seems fine then.

“Just treating the symptoms should be fine, right?”

And then it erupts. It no longer is *just* a spark- it’s a burning fire. It’s an erupting volcano at its peak. Spewing rocks and molten lava, unable to take in *anything*.

It stays the same for a while, spewing and spitting, but it halts.

The next thing we know, it’s nothing but a dying flame, one which burns lower than how it ignited. Lesser than a spark, even. It ends as nothing but a clump of ash.

Many children pass on at young ages. They cross the border in all excitement, with the thought of going on an adventure.

After spending an eternity at a hospital, what would not seem exciting? The only thing they were given there was the falsely presented joy and the wishes of moving into a world where everything was better.

Where they were with no disease.

Where they did not have to see one of their newfound friends disappear.

Where nothing bad really happened.

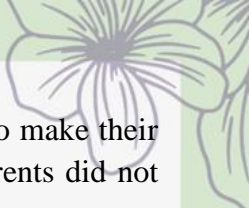
The moment they cross over the ferry, into the land of (presumably) the undead, they live their fantasies.

Each child who had lost their battle against disease had a new chance at life; except they were dead.

How do you think imaginary friends come into being? Imagination? *Maybe, maybe not.*

Each apparition of a child is assigned to another child in the living world, to make their days seem brighter.

After spending an eternity watching the same nurse draw blood samples, connect the IV’s, bring in the same old food and walk out of the room in the same manner, just about anything would be interesting to a child of disease.



So, most kids (especially those with wild imaginations) find an imaginary friend, to make their burdens lighter, to make their day brighter and to fill in for the company their parents did not give.

When an apparition seeks you out, fret not. They are nothing but kids who seek company.

After we reach a certain age, these friends *disappear*. They, as apparitions, are already dead. Whatever happens is not for the human ears (or eyes).

But, my dear reader, I shall share this secret with you. Once we humans pass a certain stage, we learn to cope emotionally. Therefore, we don't need anyone to fill in for the comfort we didn't receive at the early stages of childhood.

We learn to grow, as people, and learn to love each other. As these apparitions exist to appease their wishes, and to comfort kids like us, it's only logical for them to cease to nothingness.

It's nothing painful, really. They idyllically fade out into the background while we focus on relieving ourselves of what we experienced for the better.

And these rare times are when disease gives.

SAI SRI KRUTHIKA B.N

JUST A DREAM.

VIII A

Pitter, patter, went the raindrops, plopping softly against the hard concrete. I lay against my couch, wrapped in a blanket of the softest wool and a cup of warm tea in my hand. I breathed in the dewy breath of nature, taking in the rich essence of the rain. The soft light emanating from the sun glistened upon my skin, painting it kissed.

The dogs howled in the distance, and the sky turned bleak. It was the best season; monsoon at its peak. The birds outside chirped, chorusing in harmony.

I set the mug down to pick up a book, enjoying the comfort in the cabin. I simply didn't know who it belonged to. I felt a sense of acceptance here, of course. I always returned to, for the solace of the monsoon.

I looked up at the ceiling, a hint of lavender present. It bore well with my tea, which honey was dissolving into. Gradually, the sun disappeared, replaced by the daintiest crescent I'd ever seen.

Suddenly, I'm on a gay hill, with wildflowers blooming around me. Their leaves twinkled with the morning dew; the stems had an army of ants marching with food.

The forests stretched on for miles and miles, and green tea rained down. The unhurried downpour painted the scenery in the most ethereal shade of green; and the forest bloomed.

I sat down on damp grass, hugging my knees close. This bliss could last forever, and I would not complain.

And then I wake up. It was but the solace of a dream.

SAI SRI KRUTHIKA B.N

VIII A



BOOKS – THE BEST COMPANION

A book is a medium for recording information in the form of writing or images, typically composed of many pages bound together and protected by a cover. They play a very essential part in one's life. Books are our best companions and main source of knowledge. They serve as our best friend, philosopher and guide. They inspire us to do great things in our life and to overcome failures.

Books give us a better perspective and a deeper understanding of things. It impacts our personality in a positive way. We become more confident and enhance our writing skills too. They make us proficient and help us in participating in debates, public speaking, quizzes and more. Books help us in uplifting our mood. When we learn different things, we learn to deal with them differently too. Books are available for all age groups in different genres like adventure stories, classics, crime, fairy tales, fables and folk tales, fantasy, horror, humor, satire etc. Nonfiction books mainly focus on biography, autobiography, essay. Books help us to relax and improve our personality.

The best way to explore knowledge is to lend books from library and share it with our friends. It is very important to be practical in applying the knowledge gained from books and not just remain as readers. Books are also very useful in clarifying our doubts. It is a powerhouse of information and knowledge. Books offer us so many things without asking for anything in return. Books leave a deep impact on us.

Books help us to recognize our areas of interest. They also determine our career choice to a great extent. Most importantly, books improve our vocabulary. We learn new words from it that widens our vocabulary. In addition, books boost our creativity. They help us to discover a completely new side. In this modern era, books have also changed their appearance from hard copy to eBooks and audio books. Whether we read books printed on paper or eBooks, their importance cannot be denied. We should encourage everyone to read books and eliminate the darkness of ignorance.

D.PRITIKA


VIII D

THE CAMPING MYSTERY STORY

“And so, the brave campers were never seen again!” said Ram as he finished the terrifying campfire tale. The children were sitting in the dark in the middle of the forest. They knew that campfire stories were not real, but the sounds of the insects, the shadows of the trees and even the sound of each other’s breath in the middle of the night made the children very scared. “Ok everyone get back into your tents. This is your first night in the wilderness camp. There will be sounds outside, do not get scared. No matter what you hear or see do not get out of the tent!” said the teacher in charge. “Yes ma’am,” replied the children and everyone went inside their tents. “So, did you like the story?” asked Arnav. “Yes, but it is a little scary”, said Sam. Arnav and Sam were friends who had come to the camp during the holidays. It was a five-day camp, organized by their school to explore the nature. Arnav and Sam lay down thinking. “Hey Sam, do you think it is true?” “What?” asked Sam. “Is the story true?” asked Arnav. “Hmm... I don’t know. It can’t be true. How can people get lost by just hearing a voice?” asked Sam. “Yes, it’s true. Goodnight,” said Arnav and he dozed off in a few minutes. But Sam couldn’t sleep; he was feeling scared deep inside. Even the sound of the insects made his heart jump. Somehow, he managed to sleep. “La la la la...” Sam sat up... what was it? He was sure it was a voice. “Arnav! Wake up... Wake up!” he shouted. “What is it Sam?” he asked rubbing his eyes and yawning. “I... I ... I heard a voice and I’m sure of it...” stammered Sam. “Oh... Is it about the campfire again? Just sleep Sam. They are just childish stories”, he said and again went to sleep. Sam couldn’t sleep; he thought of going outside but he remembered his teacher’s instruction. He tried to calm himself.

“La la la la.” Sam heard it again. This time he couldn’t resist it. He was sure to find out what it was. He tried waking up Arnav. But he wouldn’t wake up. So, he took his torch and quietly crept out of the tent. There was a dim white glow, illuminating a path, behind the bushes and trees. Sam was sure to find out the mystery. He followed the path until he came to a clearing. There was nobody there... no, there were old tents and camping equipment. The wind blew through the trees making a scary noise. Sam couldn’t understand. He didn’t wish to go further. He returned back.

Sam was woken up by the twittering sound of the birds. “Sam!” “Sam? Where are you?” he heard people calling out to him. He rushed out in surprise. He saw that all the students and teachers were searching for him! “Sam! Where are you?” shouted Arnav. “ I am right here... Can’t you see me?” asked Sam. Everyone continued their search. Sam was almost in tears. He didn’t know what to do. ‘That voice...’ he suddenly remembered it... full of rage he went to the forest to find the clearing. After some minutes of wandering, he came to the clearing. He searched all around frantically. He could not find anything. Heartbroken, he returned back to his camp. Everyone was gone! They had gone deep into the woods to search for him. Sam lost all hope. People couldn’t see him, now he had lost his troop. He was all alone in the middle of the forest. He wondered maybe people would tell stories about him, “The Missing Boy”. He sat on a log. Night fell but his troop was nowhere to be seen. He wept bitterly. Just then he heard the voice again... and the same white glow. He followed it and came to the clearing again. But today



he saw a campfire lit up. And the strangest thing was, he saw people sitting around it. “Please help!” he shouted. “Are you lost?” asked a man. “Can you see me?” he asked in surprise. “Of course. We were the ones who had called you,” said the man. Now Sam was angry. But before he could speak anything the man spoke, “We are sorry kid. We have no other choice. We have been stuck here for 5 years. People can’t see us... we couldn’t understand anything. It was a curse. The only way to free yourself is to find someone who believes and gets scared by your campfire tale. We found you; we are sorry. But you are stuck here until you find someone else. Sorry...” saying this the group got up and left the forest. Sam couldn’t understand a thing. He stood there, frozen in fear.

“And brave Sam was never seen again!” said Amy as she finished the story. Sam was waiting in the forest for a week. Now he was sure to find someone. He waited till the middle of the night. “La La La La,” he made the same sound. A girl crept out of her tent and was headed towards the clearing. Now Sam knew that he would be free at last.

JOTHSNAA JAYAKRISHNA

VIII E

HOME IS WHERE THE HEART IS

Home is where the heart is. Is this really true or is it just an old saying? Home is not just a place where you eat, sleep or stay. Home is the birthplace of feelings. Feelings do not necessarily mean happiness. Anger and sadness are feelings too.

There is a major difference between a house and a home. House is made of up bricks, wood and cement. Its foundation lies in the ground. A home is made up of family, warmth and safety. Its foundation is understanding and love. Without the basic understanding and love for each other, a home will collapse. A building can be reconstructed but once the foundation of a home is broken, it is very difficult to build it again. Adjustment and truthfulness are very important. We live with our parents, siblings and grandparents. Each may not necessarily agree on the same things. Everyone has their own mind and their opinions may differ. There might be problems and fights but we are expected to adjust every time. It can be annoying sometimes but these skills help us to become a better human being.

There is no home without a fight. People fight with us as they care about us and want us to improve. Like I said, home is the birthplace of feelings. There will be fights but at the end of the day, we love everyone in our family. If we can’t adjust with our family, then how can we adjust with our friends?

It is 100% true that our hearts forever lie in our homes. They express our feelings and actions. They determine the kind of person we will become in future. We need to be grateful for a loving home. Love everyone, like how they love you.

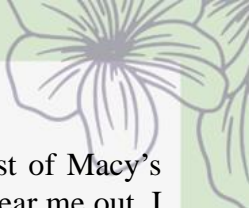
JOTHSNAA JAYAKRISHNA

VIII E



“KINDNESS WINS THE DAY”

Once, in Manhattan, there lived a girl called Flora. Her father, Mr. John Jackson, owned one of the most successful companies in the city. He, however, was cheap and a penny pincher. Her mother, Anna owned a famous restaurant called Giuliani's. Flora had a condition called Hyperthymia, which meant that she could remember instances of her life in complete detail. Due to her condition, she had a great life. She got straight A's, played the guitar and the violin and she did all this by the time she was in 4th grade. Her favourite quote was "Kindness wins the day". When she turned 9, her mother gave birth to another girl child. She was named Macy. However, it was soon discovered that Macy had partial blindness and had to wear a specific type of glasses to see clearly. One day, Flora came home from school to find Macy missing. When she asked her mother where her sister was, Anna said that she had been sent outside to play with the neighborhood kids. When Flora reached the park, she saw those kids bullying her sister! She ran in and chased those kids away. Macy and Flora grew close after this incident. Since her parents were usually busy with work, they made Flora miss after school activities and parties to take care of her sister. However, Flora argued and finally joined the Young Doctors Club in 7th grade. One day in 8th grade, Flora went to her friend's place for a party. Her parents had to leave for a business meeting, leaving Macy alone and asleep at home with nobody to take care of her. They tried calling Flora, asking her to come home, but she had switched off her phone. Flora had a mountain load of fun at the party, singing and playing with her friends. When she came home, she was in for a shock. There was an ambulance and medical professionals were everywhere. She ran in to find that Macy had woken up and come down the stairs looking for everyone. However, she had fallen down the stairs and hit her head. Her condition wasn't serious, but she had to be kept in the hospital for a few days. Meanwhile Flora's father screamed at her: "You are so irresponsible! Had you picked up the call and come home today, your sister wouldn't be injured! Do you know how much will go into this hospital bill? You are banned from going to any parties from now on, you selfish girl!". Luckily, Flora's mom came to her rescue: "Don't scold the child, it's not her fault! You and I are the parents, not Flora! For god's sake stop with your cheapskate ways and focus on the situation here! Right now, our priority is that we help Macy get well again!". Just then the doctor called them in and told them that the hit to her head had caused Macy to go completely blind. It would cure over time, but she had to apply a very expensive medicine for that. John went ballistic about how much the medicine cost, but his wife ruled over him, and he had to buy it. Flora continued her studies, with her father almost continually being a nuisance. She applied to Harvard University and got in! It was hard for her to leave Macy behind, but she had no choice. She studied neurology there. Her excellent memory helped her be at the top of her classes in college without forgetting the basics. Her mom and sister video called her every now and then. One day, Flora was in class when she got a call from her mother. Anna said that John had made some wrong investments and lost the company and that her restaurant was the only thing that kept the family going. Hence, Flora started sending them money. After a few years, she graduated and started working as a neurosurgeon in a famous hospital. Life was good and she was making 6 figures a year, when one day she saw the most unexpected people at the hospital: her parents. Anna told her that Macy had a hemorrhage in her brain and had to get treatment immediately, while John just complained about how expensive the surgery would be. Flora, however, immediately got down to work and called on the best team in the hospital. Macy was admitted and the operation began. During the operation, Flora noticed a tiny tumor pressing on Macy's optic nerve. She removed it and now all that was left was to wait for Macy to wake up. When Macy woke up, the first thing she said was: "Flora, I can see you! I can see you all!"



My eyesight is back!”. Turned out that the removal of the tumor had restored most of Macy’s eyesight! Just then Flora’s father and mother came up to her and John said: “Flora, hear me out. I shouldn’t have been so cheap. You were always more caring of Macy than we ever were. I know that I have always called you selfish and degraded you, and I am sorry for that. Going forward I promise to be a better dad to you.”. As Flora hugged her parents, all she said was: “Kindness wins the day”.

HIRANMAYI CHANDRASEKARAN
VIII B

LOVE FOR ALL LIVING CREATURES

“Love is the most powerful force in the Universe and for two beings, who love each other, separation is only temporary.”

Animal lovers are the best people to be around with, because no one else understands care and compassion better than them.

Abandonment of animals expose them to uncertain faith. Once on the streets, they must fend for themselves and may suffer from hunger, thirst, injuries and diseases, as well as feeling distressed and confused, because they have been left off on their own in unfamiliar places by their owners.

So, if you’ve ever abandoned an animal, here is an amazing story about my cousins and I, who saw eleven abandoned puppies under a transformer. Eleven lonely puppies of whom five had died under running vehicles and six were had remained alive .To save them, take care of them, give them love we, with our grandfather’s assistance, found a safe place – the Blue Cross.

The Blue Cross is an animal welfare charity found in most cities in India. Here animals are loved, taken care of and pampered. The activities of the Blue Cross include sheltering, donation, adoption, in-patient and out-patient veterinary services, ambulances and facilities for animal cremation. It also works with other NGOs in Animal welfare.

Thus, let’s feel love and loyalty and have gratitude by saving abandoned animals.

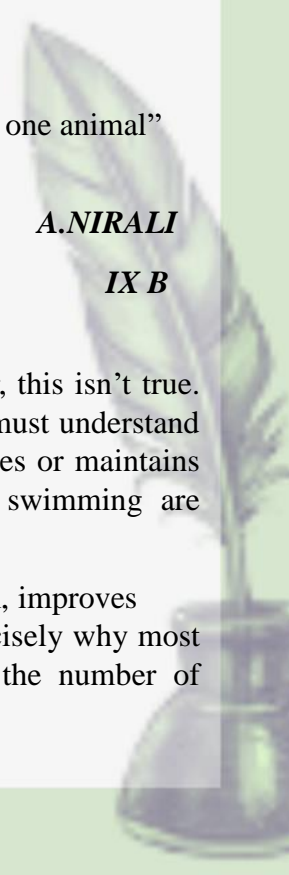
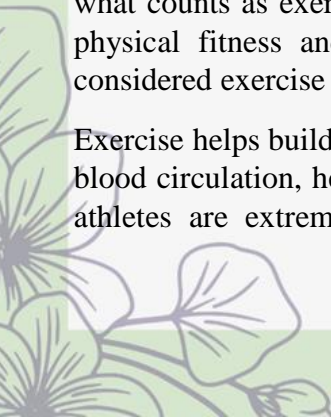
“Saving one animal won’t change the world but it will change the world for that one animal”

A.NIRALI
IX B

EXERCISE AND ITS BENEFITS

For many of us, exercise is a mundane task with seemingly no benefits. However, this isn’t true. Exercising the right amount regularly can prove extremely beneficial. Firstly, we must understand what counts as exercise and what doesn’t. Exercise is a body activity that enhances or maintains physical fitness and overall health and wellness. Activities like running and swimming are considered exercise while sitting isn’t.

Exercise helps build and strengthen our muscles, benefits our cardiovascular system, improves blood circulation, helps us lose fat, improves mood and energy levels. This is precisely why most athletes are extremely healthy. With consistent exercise we can observe that the number of



mitochondria (organelle in a cell that produces adenosine triphosphate which is the energy currency of a cell) in muscle cells is increased. Exercise also enhances our immune system, regulates digestion, builds and maintains healthy bone density and joint mobility amongst many other benefits. In fact, if a drug that mimicked the effects of exercise were produced, it'd fly off the shelves instantly.

The amount of recommended exercise depends on your age, lifestyle, current health, your fitness goals, type of exercise considered, etc.. Keep in mind some exercise is better than none. It is also salient to remember that too much of anything is good for nothing. Strenuous exercise can increase one's immediate risk of heart attacks and sudden cardiac arrest. When exercising after a long period of inactivity, it is key to gradually increase the intensity of exercise rather than instantaneously performing high intensity exercises.

Everyone must set some time aside in their day to exercise, no matter how busy they are. The benefits will compound; the fruits of our labor will eventually reach us, possibly saving us thousands on medical bills. Exercise is truly miraculous.

*ADYA B
IX C*

THE STRANGER

A young woman, not more than twenty-five, pushed her way through the crowded platform of the railway station, her face pale with stress. The dark circles underneath her eyes highlighted her lack of sleep. She sat on the railway bench and heaved a long sigh.

"Tired, eh?" a voice came from the seat next to her. She turned around to look at an ageing man. His skin was way too wrinkled, and silvery wisps of hair covered the sides of his head, revealing an otherwise bald head. "Yep" she answered. It was clear that she was in no mood for conversation. But the old man did not give up. "Care to share your problems with me?" he asked. The woman looked unsure about what to tell. Finally, she took a deep breath and said, "I just got kicked out my university because the professors figured out that I didn't have enough money to make a living," she said, her eyes lost in a distant memory. "What about your parents?" "My mom died of cervical cancer a few years back and my dad is... unwell" she said, with a bit of hesitation. "Well, don't worry. It'll get better", he said. The woman smiled. It was a sad smile. "People always say it, don't they? Breaking news- it doesn't get better every time. Sometimes, it gets worse." The old man looked at her with his wise eyes. "Even if it gets worse, everyone handles their own demons. And you sure look strong enough to do that. Look at the positive side of life. You still have a lot left to carry on. When you have a dream, you have to grab it and go on. You should know that nothing is impossible."

The squealing of the train coming to a halt brought her back to reality. "Well, it was nice talking to you then. I need to get going. Only thing, I don't remember where I'm supposed to go," he said, a confused look on his face. Smiling, the woman took his hand and said, "Come with me," and led her father, who was an Alzheimer's patient, back home.

SRILAKSHMI M

IX A

JOY OF GIVING

We all may agree, that most of our basic needs for life are met to such an extent, that, we don't even realise, what are those, and how it is met.

The food we eat, the air we breathe, the water we drink, the good health we have, the dress we wear, the house we live, the education we get, are quite a few to cite.

We feel, its our right to get these things, and take it for granted.

The fact is, we are gifted so much in life, to get these requirements met, without even knowing its requirement and struggling for the same.

Many of us may not be aware, that around 9% of the world's population, and 10% of India's population, is living in poverty, i.e., earning less than 1.9 US dollars per day. Children constitute one third of the world's population, and a closer look reveals, around 1 billion children are living in poverty, out of this, 365 million are in extreme poverty.

You may wonder, why I am talking on poverty instead of the Joy of Giving.

It's for the simple reason, to know the ground reality, which may make us understand the need for giving.

In our daily walks of life, we see so many poor people and children on the roads, struggling for basic needs. We simply move forward, feeling either God or Someone will help. God has blessed us with better position, and given more than required, and if not us, who else can come forward to give.


Giving may be in the form of food, dress, shelter, paying fees, teaching, appreciating others work and even lending a helping hand.

True meaning of life can be achieved only when we create impact on others and that can only be through giving.

It will be difficult to express, how the joy will be, when you give. It has to be experienced and felt.

The joy, our parents or friends get, while giving toffees or gifts to us, is much more than the joy, we get while receiving the same. Now you can imagine the joy one gets, while giving. Giving not only gives you the joy, it makes you to be a better person in life, and also will encourage others to give.

I would like to end my essay with lyrics from a famous song "We are the World" sung by world famous singers to help people suffering in Africa.



*“We can't go on
Pretending day-by-day
That someone, somewhere soon make a change
We're all a part of God's great big family
And the truth, you know, love is all we need
We are the world
We are the children
We are the ones who'll make a brighter day, so let's start giving There's a
choice we're making
We're saving our own lives
It's true we'll make a better day, just you and me”*

INIYA CHANDRASEKAR

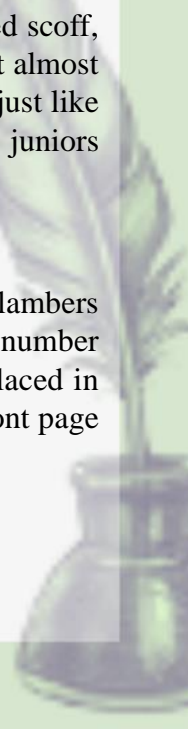
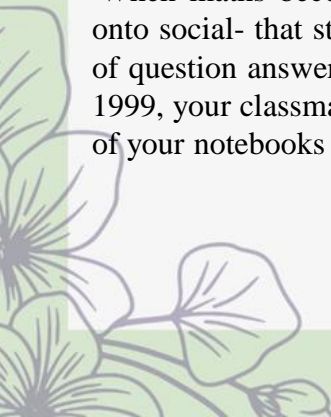
IX D

PHASES OF LIFE: BREATHING SOPHISTICATEDLY

There is a strange, unexplainable phenomenon known as nervousness which occurs when it's not supposed to. Symptoms, a furball inside your guts start jumping, threatening to spew out of your mouth lest you mess up your speech. Multitasking is no bar- Dread what the other person thinks about you, slur your perfectly clear voice, listen to that auto blowing its horn off, and yet still appear as though you are present in this very universe.

Oh, and can you imagine your life falling asunder, on repeat, as a part of some vivid day-mare? As the questions "Do they think I'm nice?", "Is there ketchup on my chin?", "Am I laughing properly?" ballet through your mind, you realize that you are that somebody who had unapologetically declared yourself a beaver fairy five years ago in front of a classroom of thirty drooling preschoolers. Mingling is fun, only when it's not people with whom you are- You don't precisely know why; what they think about you matters. A single snort, a subtly repressed scoff, can make you want the ground to devour you whole. It is so easy to ruin everything that it almost makes you want to do it. And then comes the fact that you are officially a high schooler, just like the high schoolers in the Hollywood movies- In. High. School. If fortune favours, juniors shall rever you. If it does not? Instances as such are not to be spoken of.

When maths becomes complicated, science divides itself into three, and economics clammers onto social- that stage is when you nearly have a mental breakdown after looking at the number of question answers you have to memorise. Everything changes- the ceiling fan, last replaced in 1999, your classmates, your benchmates, your lunchmates, your teachers, and even the front page of your notebooks look more changed than you. Or maybe you transformed too.



Do you truly know yourself at this point? Maybe, you're the imposter? Since when has thinking been this exhausting? You're starting a new life involuntarily, and you are just as clueless as you were two seconds after being born. Ack! Wrong turn- Can this get any more demoralising? How hard is it to find a room in a school of a hundred rooms? Finally, you advance your new, high-schooled classroom. The teacher seems perilous Hold on, she's wearing a uniform. That's your friend? Long lost acquaintance, more like it- She appears so adult-ish it's hilarious! You see new faces, poke your tongue at old ones, the usual talking-behind-the back before you determine your seat- Front or back bench? Socialising and getting uncomfortable or isolating yourself with your food in one random corner? Thinking after you talk, or the silent predator judging? Tough choices- it would have been impossible to choose had you not seen the second bench in the center of the room lie unsubjected- The heavenly throne from which you shall have the best view unobstructed! Smiling, you appreciate your life before you trip on someone else's untied shoelace and twist your pinky in the process. Oh well.

HIRAL D JADIYA

IX D

WHAT DOES FREEDOM MEAN TO ME?

I asked my sister, the very same question I asked myself, what does freedom mean to you? Her response was quick, short and it went, 'financial freedom'. Next, I went to my mom. She said, 'freedom is subjective. As a mother, I am expected to be perfect at whatever I do. But as a human, I am entitled to make mistakes. So, freedom to me is being accepted when I am imperfectly perfect.' I sat down and thought long and hard. I walked down the memory lane for some time. When I was younger than I am now, I was encouraged to do things. I was even allowed to climb gates, run around. In short, go wild! I was allowed to make mistakes. Every time I committed a mistake, all I had to do was put on my sorry face and beg for forgiveness, or cry aloud. But today, I am asked to repent. When I was young, I wasn't expected to please anyone. I wasn't expected to keep my voice down. But today, I have to satisfy an insatiable society. I cannot argue without being called a certain someone that I am. I am not. That was when I really introspected the question. What does freedom mean to ME?

I want to stand out. Even if it does not bring me fame or acceptance. Because I understand that freedom is not only something that I need to have, it is something that needs to define me. Maybe that is why I find it difficult to put my thoughts into words. Because every time I write a sentence, I grapple with fear of being called a trite. What if I am basic and I become uninteresting? But these notions of mine are not at power with others. I prefer black to fuss and feathers, but to them, it's not feminine. I prefer reading a book rather than spending time on social media and so forth. So, I think it comes down to this. My likings are different from others. Sometimes these others are the ones that make decisions for me or look after me or care about me. In order to set myself free from the chokings of societal standards, I need to fight for my breath. I need to fight for my freedom. **'Freedom is never voluntarily given by the oppressor; it has to be demanded by the oppressed'** – Martin Luther king Jr.

And I know. It might not be the wisest decision, but it might be the logical one. Making this decision has a downside and an upside. Choosing this esplanade might give me a chance to prove my worth. I get to understand if I have made the right decision. The downside - the fact that that decision could have been erroneously made. But shouldn't I talk about that until after I try? Jacinda Ardern, the prime minister of New Zealand, used this phrase in one of her interviews and I quote, 'I will not allow my gender to stop me from achieving my goals.' That is pretty much my mantra. I cannot, will not allow my gender to be an impediment to my ambitions. I have been clear about that since a very young age. But, as people always love to do, I was hit with questions about that particular choice. Was that what I would really like? Isn't being a good woman with 'mother-like' qualities not what was expected from me? Again, Jacinda Ardern, a woman, a political worker who serves her country, the most popular prime minister in New Zealand's history, and a mother is able to juggle between her dual roles and apparently be quite successful at it, why can't I do that? The moment I burst out of the cage of gender inequality, misogyny, anti-feminism, is when I can tell myself that I am truly free. I am not the one to stand down because of my gender. Because I am a human with ambitions, passions, goals. My duty is to disseminate them.

Why am I doing this? Choosing to do whatever I am told to, might make my life easier, might make the ones I love happier and satisfy their expectations. But where's the vivacity? What is life without some zing? I am doing this so that I can savour the fact that I am free. Freedom is not only about the right to speech, expression, etc. It is about self-discovery. It is about self-acceptance. I relate closely to the word, pugnacious. It means to be argumentative, belligerent, and combative. And I know, those are not one of the best qualities a human should possess. But I do. And I do not condone being asked to calm myself down, turn my volume down, put my head down in front of a section of society that is supposedly higher than my own section. I am 16 years old, and I detest it already. Being able to live authentically usually comes with unearned privileges. I do not have the resources, the contacts or the appreciation. But I want to be able to make that for myself. Because that way, I will be able to discover my potential, my worth. That is my freedom!

G.SOWMYA
XD

SCIENCE: THE GATEWAY TO FANTASY

Why do I like science? It's quite simple, really. It is because I love magic. My childhood was filled with tales of fantasy and science fiction. When I was much younger, I was enchanted by the mention of mermaids in fairy tales. When I began learning how to swim, I dreamt of being a mermaid. I became envious of anyone who could remain underwater for longer than I could. As I became older and learned about the famous Wizarding World from the Harry Potter books, I discovered that consuming Gillyweed was a vastly superior alternative. Now, at the age of 15, I know of the existence of a manmade liquid called perfluorocarbon that allows humans to breathe when immersed in it. Equating that to the magic world, we would be merpeople. One of the first times that I vividly recall having this revelation- that science was the path to magic- was when I saw the bending of the path of water against gravitational force when a charged object was kept near a thin line of falling tap water. In my head, manipulating water without touching it, after all, could only be sorcery. The moment I grasped that there was a vast amount of science behind it, was the moment I began working towards a future pursuing this newfound interest. I stopped thinking

of science as something that required hours of memorization to obtain a perfect score during exams. Science is the only way that I can think of, to make the magical elements of fantasy worlds, a reality. We've heard of tales of sword and sorcery where the greatest power holders are, typically, wielders of magic. It is, quite often, these magicians that play the role of villains and heroes. Either dooming the world- or saving it from its doom. I believe that science works quite identically. Anyone who studies, understands, and practices science could either use this knowledge to help the world evolve and thrive, or bring about its termination. Being someone who often wishes magic were real, I would like nothing better than to spend my life trying to make it a reality.

In this day and age, owing to the massive technological development (which oftentimes renders me speechless), you could walk into a house and command it (verbally or by way of clapping) to turn on the lights. Isn't that fairly close to magic? As someone who uses fantasy as a means of escape from reality, the concept of virtual and augmented reality (which essentially allows us to experience adventures while still in reality) came as a delight. I wish to live long enough to be able to witness, and hopefully, contribute, to the coming up of more such captivating, thrilling inventions. At this moment in time, I could visualize the most radical of futures, perhaps one where teleportation is possible. Who is to say that 200 years down the line, teleportation wouldn't become the new normal? There is technology available today, such as quantum hardware, that scientists only began to imagine about four decades ago. I wish to live in a world where we could view fiction writers as predictors of the future. I hope that this dream of mine does not fade with time and that there are millions of other people who share my views so that together, we can make it happen.

VAISHNAVI VARATHARAJAN
XD

GOKARNA : A SEASIDE PARADISE

Imagine spending an evening sipping a hot cup of chai and munching on freshly made patode, with the emerald sea encompassing the bright orange sun from the purple sky as your scenic view. This was exactly what I had the pleasure of experiencing in the coastal town of Gokarna in Karnataka. Known by its popular sobriquet, 'The Poor Man's Goa', it is an absolutely stunning place to visit with the lush forests of Western Ghats overlapping with the beauty the Arabian Sea has to offer. Allow me to walk you through my experience of visiting this piece of heaven.

Gokarna is small coastal town, dependent on tourism for much of its economy. Its climate is as tropical as it gets, with heavy rains in the monsoon season. The best duration to visit Gokarna is from October to March, when all the shacks, resorts and water sports would be open for tourists. My family and I went here during May, which the locals describe as 'Off Season' explaining the lack of options to lodge and dine in mainland Gokarna. However, it didn't stop us from enjoying our best, living in minimalistic rooms and dining in seaside shacks a few meters walk from where we stayed, a completely different experience to our otherwise stoic and calculated travelling style. It also helped us appreciate the beauty in tranquility which the meagerly populated beaches offered to us. The most famous beach in Gokarna is the Om Beach. Geologically shaped like the

symbol Om, it is a natural masterpiece to visit. The sea itself is quite playful, strong yet subtle with its waves, the embedded boulders giving you the perfect seating to enjoy them lick at your feet. There is a small hike one must embark on in a slightly steep slope which offers a spectacular view of the beach, in order to reach there. But once you attain your destination its harder to go back. My time there was spent collecting seashells and laying idle on the smooth rocks the ocean had so kindly eroded away for me. It was absolute bliss. Commuting in and around Gokarna is a boon of its own. Its ghat roads are lined by verdant forest and eye pleasing views combined with the sub rosa of the peaceful village lifestyle. The people of Gokarna are as vibrant as their land. Hospitable and kind, they won't hesitate to help you out in times of need. We heard many a praise about the Gokarna Shiva Temple which also was wonderful to look at. However, my favourite memory from this vacation is my stay in one of the shacks just beside the main beach. There were cats and dogs, all domesticated by the kind owner giving you company as you sat yourself in the chairs and beds, the decor straight out of a 90's beach movie with painted surfboards, patterned pillows and mystical paintings everywhere, the crashing waves satisfying your eyes and ears. My definition of serenity till date is completing my exhaustive holiday homework with a calico cat on my lap and the sea as my companion on one of Gokarna's warm summer afternoons, the entire city asleep.

While the place itself is wonderful, I've fond memories and personal bonds with this trip which makes it extra special for me. It was the first vacation my family had in the longest while, all of us stuck in our monotonous cycles. As we played around in the sea, splashing each other at Kudle beach, collapsed out of laughter after an ambitious trek up a local hill in our flip flops and wet clothes led to a bottle filled crevice posing as a cave, shared stories over plates of local delicacies or most remarkably, walked 10kms everyday along the beaches during the evening, not feeling the time pass (nor the distance; definitely regretted that as we walked back) , it brought us much closer than we were when we started. This my friends, stands as evidence that travelling is the answer to realisation. It betters your relation with yourself and others, cultivates in you 21st century life skills, allows you to explore out of your comfort zone and brings you aesthetic pleasure. Gokarna was that place for me. Hope all of you find your own!!

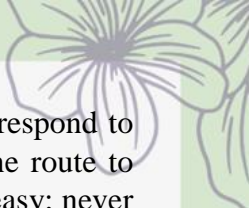
K.S.PREETI UTHRA

X D

THE FINE LINE BETWEEN DREAMS AND REALITY

Dreams; we all dream, but turning those dreams into reality, not all of us do. Turning our dreams into reality takes an ample amount of effort, focus, determination, drive and discipline. As long as we have that, the sky is the limit. When everything appears black, we need to put in the effort to see the silver lining.

Our dreams could be anything; a change in how we are as a person, a career we want to pursue, a task we want to accomplish and so on. The people on their way to becoming the person they dream of being view their pilgrimage in two different perspectives. They see the bigger picture and the smaller picture that contribute and collectively make up the bigger picture. It is equally important that we see both. If we view only the smaller picture, we may still improve but we will not capitalize on our achievements. Building on our past achievements is the key to success here. With what we learned from yesterday's achievement, we tackle something new today. Success is a journey where we are continuously graduating.



There will be interruptions and obstacles on this path to success, but the way we respond to them is what makes the difference. When we decide that we are going to take the route to achieve our dream, we need to ready ourselves for the fact that the path will not be easy; never quit on your first no.

In the end, however, we are in complete control of our future. Every thought of ours, every second adds up to what becomes of our future. We could choose to continue dreaming or cross the fine line between dreams and reality; acting upon our dreams, making it reality.

P. PRITIKA

X B

FULFILLING FANTASIES THROUGH THE ART OF MANIFESTATION

Manifestation – or the laws of attraction, is a concept that we would have certainly come across. The process was the focus of a 2006 bestselling book, *The Secret*, by Rhonda Byrne, which sold more than 30 million copies across the globe. Now, more than a decade after *The Secret*, a new generation is discovering its central thesis, except this time on social media. On YouTube, vloggers lead tutorials on how to properly manifest your dream future. From late March to mid-July, Google searches for the term have skyrocketed 669 percent; “Hey I’m manifesting” is among the defining memes of 2020. Even the great sage Gautama Buddha, in one of his teachings has talked about the idea of manifestation. He has said, “What you think, you become. What you feel, you attract. What you imagine, you create.”

But what exactly is manifestation? It is defined as a combination of pseudoscientific self-help strategies intended to bring about a personal goal, primarily by focusing one's thoughts upon the desired outcome. The techniques are based on the law of attraction of new thought and spirituality. Manifestation is not just simply daydreaming about what you want. When we are randomly daydreaming, we are not focused, and we are not immersing ourselves fully into the experience of “being” and “living” in our dream. Manifesting is when we create something in our lives through our thoughts, focus and actions.

Our thoughts are extremely powerful. When we are manifesting and creating in our lives, we need to harness the energy of our mind to visualize, feel and attract what it is we want for our life. And when we do that, we can begin to attract it into our lives. Research by Dr. Carol Dweck, an American psychologist has shown that believing you can do something makes it more likely that you'll successfully do it. That means that our beliefs about our ability to learn, grow, and succeed—our growth mindset—can indeed affect whether we effectively manifest what we desire. The key step here is to adopt a growth mindset and be precise with one's goals. So, folks, go ahead and get a copy of *The Secret* right now!

SHAASHWATI C

X C



WORDS

Words have this power. It is a source of energy that flows from our brains is given out by our mouth and travels into other people's brain. We mostly tend to ignore these. In the case of a class project, when one person speaks you feel so bored and grow restless, but the same topic presented by another person makes you sit at the end of your chair. It is the way that we put forth these words. Words are flowing everywhere, yet it is only some that is appealing to us. They say a picture is worth a thousand words. Still the pleasure of reading a story book is something distinctive, that is when we put our creativity to full use and bring about live characters. Words hold countless emotions. Some words cut deeper than weapons. Some words can put us on cloud nine. It is also important to listen to these words and interpret them correctly

Words have inspired people. Words have destroyed people. There are hundreds against you and hundreds that support you. It also depends on the way we take things. Words can make you over think and feel jealous. It turns you against your own self. It can corrupt our minds by not letting us think clearly. It makes us opinionated and judgmental. We should choose our words carefully. Once thrown, they cannot be taken back.

Before letting words swirl, let us take a minute to think about its consequences. Words are immensely powerful and must be handled with caution.

S MEGHNA

X E

SERENDIPITY

“We must let go of the life we have planned, so as to accept the one that is waiting for us.” Humans like to control things. It’s in our nature to do so. The very purpose of the human brain is to process and store information, to seek out risk and reward, and to analyse every aspect of our lives. So, it’s no surprise that for the majority of us, a ‘life plan’ seems like a good idea. Having a plan is logical and goes with the brain’s natural flow: But the problem is that our spirit doesn’t function in that way, and our hearts certainly don’t like to be told what to do. We see so many people having their perfect plan for life, but end up being disappointed and frustrated despite the fact that they followed their perfect plan, they didn’t get to their destinations. They miss on life, because they blindly follow their plans and they don’t notice all the wonderful opportunities life put in front of them. For e.g., Stephen Hawking’s had big dreams but the disability did not stop him. He never had a plan on how he would achieve those dreams, but he never stopped dreaming and took whatever life gave him and tried to use it to get to his destination and as we saw, despite the challenges, he was regarded as one of the most brilliant theoretical physicists and cosmologists in history. His work on the origins and structure of the universe, from the Big Bang to black holes, revolutionized the field. He achieved his dream on his own, keeping to rules of ethics and morals, just through determination, perseverance and persistence. If I could give any advice then I would say do not expect your plans alone to work out. Know what you want in life and be ready to take the opportunities when they knock your door. If your planning takes into account the desires of your heart; your core interests, then stay the course but always allow room for ‘Serendipity’, for life to happen to you also.

KASHVI C PATHAK

XI C

ARE WE LIVING IN A SIMULATION?

The simulation hypothesis is an idea that the physical world we live in, the Earth and the rest of the universe, is actually a part of a computer simulation; which sparked in 2003 when philosopher Nick Bostrom developed a trilemma called “the simulated argument” elaborating on this hypothesis which has made the whole science world ponder and debate about this particular question. Simulation refers to the imitative representation of the functioning of one system or a process. Nick Bostrom’s trilemma points out that a technologically advanced “posthuman” (a person or entity that exists in a state beyond human) civilization would evolve from humans and would have enormous computer power would be able to run simulations of ancestral life that would be indistinguishable from reality to the simulated ancestor or “Sims”. While this idea seems more superficial, Bostrom uses a type of anthropic reasoning which states that the Universe seems to be very finely tuned for the existence of life, which is even more remarkable for the presence of Earth, the only planet with any form of existence ever found. Many scientists also have put forth the point of Earth being present as a perfect ‘incubator’ which provides the best living conditions for all organisms. Many phenomena which occur to us are remarked as “potential simulation glitches” and as an anomaly to an actual reality. Starting from not knowing how life enters a child during its birth to dreams and the feeling of ‘deja-vu’ and ‘deja duvu’ (similar to déjâ-vu but where you dream of a future moment) ; are few of many such instances which don’t have any clear explanation. Many philosophers also believe that our ‘mind voices’/’inner voices’ can potentially be the voice of our simulators just like how robots get programmed with voice commands to act on. Being a practical person, this question hasn’t been followed up with any concrete answer to believe it but at the same time these inputs have made me realize about the mystery of the planet we reside in. Putting this point forth, rather than seeing this as a sceptical topic we can have this as a rhetorical question which hasn’t been proven both right or wrong but with its own postulates. So I leave this subject matter to your own discretion!

S POSHITHA
XI C

FEAR OF FAILURE

Atychiphobia is an intense fear of failure. This fear of failure is commonly associated to being a perfectionist because such people tend to have very high expectations for themselves, accompanied by a constant fear of how they won’t live up to their own expectations as well.

Failure has two sides- one which makes people stronger and the other which leaves them sceptical forever. It totally depends on how one conceives it. Acknowledging failure is the real success. It is alright to fail and make mistakes. It just makes a person stronger and more confident. In order to overcome this fear of failure, one must focus on the things that they can control. Positive thinking solves a major part of this issue. Self-motivation, cheerful self-talk and optimism definitely does wonders.

The fear of failure is something that everyone experiences from time to time, but this can become much more problematic when such feelings become persistent. Failure is a stepping stone of success and thus, is inevitable.

Sanjana Narayan
XII E

SURROUNDED BUT STILL ALONE

If I could associate a word with loneliness, I would pick complicated. The feeling of loneliness, it is dense and heavy. Sometimes it is brief, sometimes it is long-lasting. Sometimes it makes sense why and sometimes it simply doesn't add up. You may be surrounded by a crowd of friends and still feel out of place. Truth is, it is quite challenging to define something so abstract. Oxford dictionary defines loneliness as "a feeling of being unhappy because you have no friends or people to talk to." I do not resonate with this definition entirely. You may have a surplus of friends, a loving family, but still feel detached. It is the lack of healthy human connection that stirs a feeling of isolation within yourself. You may feel trapped inside your own thoughts and feelings. You may feel anxious. Even in the most connected of times, you may feel disconnected. What I'm trying to say is that there is no right or wrong way to feel lonely. Nobody is at fault here. Loneliness becomes alarming when you begin to believe that this state of mind is your comfort zone, that it is your home. Navigating your way out of this pit is tough, not impossible. Studies have shown that understanding yourself better helps you understand other people better. This in turn allows you to build deeper, healthier human connections. Realizing that you should be doing what you love rather than what is expected of you helps minimize the mind numbing feeling. We may not realize it, but, often times, our decisions are based on some sort of norm that we are expected to follow. In reality, no one really cares about what you do; most people are simply focused on themselves. What I mentioned above, is not going to help you accomplish anything in a week. It is not a quick fix. And that's completely okay. Things may seem rough at the moment but the storm will pass, slowly but surely. Baby steps that is how you must tread through this journey. Here's your reminder that you are loved, you are seen and that you are heard by the right people. Hugs for everyone who is battling a similar feeling! You will get through one day, I promise!

NIKITA SENTHILKUMAR

XII B

IMPERFECTIONS

I believe that an individual's beauty comes from their imperfections. Perfection is like a set of rules set up by society, if everyone were to be perfect we would all be identical. It is our imperfections that give us uniqueness. Everything from a crooked smile to being over emotional or just having weird quirks here and there, they are what make us different and they are what makes us beautiful. We are all human. We are packed with flaws. You owe it to yourself to love these flaws, to appreciate them for making you into the person who you are today. There might be days where you don't feel good about yourself, you don't feel pretty enough or healthy enough. I want you to know that just how these days come, they shall too pass. Your flaws, they aren't really flaws. They're simply a part of who you are. They do not limit your ability to be strong and empowering. They do not make you less intelligent or less lovable. It is impossible to not lose yourself when you attain perfection. Cause attaining perfection means giving up your flaws, your uniqueness and thus giving up yourself. Steve Maraboli once said "There's nothing more rare, nor more beautiful than a person being unapologetically themselves, comfortable in their own perfect imperfection. That is true essence of beauty." And I couldn't agree more. I hope you all know that you all are beautiful and that you're doing better than you think you are!

NIKITA SENTHILKUMAR

XII B

SLEEP TO REMEMBER, REMEMBER TO SLEEP

Are you a person who can fall asleep anywhere? Or do you find yourself disturbed when you are sleeping? Each one of us are different and similarly our sleeping patterns and duration also vary. Sleep occupies nearly one third of our lives but we pay very little attention to it. It is a critical function that regulates the vital life processes in our system. Sleep is also important for the brain and its functioning since it is related to how our memory works. Consolidation of information and conversion of short-term memory into durable, long-term memory occur when we sleep. Sleep is composed of four stages; Stages one and two consist of non-rapid eye movement sleep, while stages three and four represent the rapid eye movement sleep (REM). During non-REM, the heart rate decreases, body temperature drops and electrical brain activity slows down. It is during the REM phase we have our dreams and also it is the time when the cardiovascular and immune system are boosted.

Studies on a range of birds, animals and humans suggest that in certain instances, asymmetrical sleep occurs, where parts of their brain are asleep. During this stage, one hemisphere can be in deep sleep and the other in lighter sleep. In extreme cases, where one hemisphere is fully awake and the other in deep sleep is characterized by unihemispheric sleep. This is the exact same reason why certain people cannot fall asleep or are disturbed easily when they are in a new place. Prolonged disturbances during sleep and sleep deprivation can have serious implications, later in our life.

Planning regular sleep schedules and disengaging from gadgets help improve the quality of sleep. Try to do something that relaxes you and stick to a routine. Make sure the environment where you sleep is pitch black as it can trigger the release of melatonin, a hormone which helps to regulate the timings of sleep. The importance of a good night's sleep can be understood only the following morning. So let us regard sleep as a super power as we get to be unconscious and alive when we sleep.

S. AMIRTHA LATSHMI

XII A



BY THE COUNTRYSIDE...

I went to the country side,
It was fresh green and wide.

Saw the windmill standing tall,
Near a wonderful waterfall.

I heard the village temple bell,
And the cuckoo bird in its shell.

The country side is quiet and fun,
I love to visit my country side often.

ADVITHA ARAVIND
III B

THE PEN AND PENCIL

One day, a pen and a pencil found
Themselves sitting next to each other.
It was late afternoon and they
Didn't have much work to do.
They started talking.
The pen asked the pencil,
"Don't you feel sad that every time someone
uses you , you get shorter?"
The pencil replied, " I felt sad in the
beginning."
But then, I saw the beautiful
drawings that I helped them to draw
I realised how lucky I was!

HARSHINI
IV A

NATURE

Oh! God of Nature,
Given us clean water.
Food , fresh air to protect people,
Thank you very much.

Every where I see is Nature,
We get everything from Nature.
I love Nature very much,
Nature you are so lovable.

Nature, is the king of everything,
You are so big and give us oxygen.
Now, if we are alive, it was all you,
And also you give us what we need.

DHANUSRI KARTHISELVA
IV A

NEWSPAPER

O newspaper ! O newspaper !
You always make me wonder ,
That's why from morning to night,
You are the favourite of every member.

From breakfast to supper,
Whether young or elder,
Everyone wants you,
Like tea and sugar .

One morning I will hide you,
To know what happens as I am eager ,
I am sure that more than breakfast,
You will be missed by my father .

But when I will grow up,
Will I be like my father?
Every morning I will also look for you,
And you will become my break fast partner.

O newspaper ! O newspaper!

SHARVI CHAUHAN
IV B

FOOD

Chocolate cakes,
Pasta my mother makes.
Creamy red tomato soup,
Enough to feed a soldier's troupe.
Cheese to level up my mood,
Believe me! My father loves food!
Food from different countries,
The way corn has many varieties.
My aunt's noodles,
Packed food for poodles.
Red tomatoes,
Fresh potatoes,
Food so much,
Lovely to taste,
Fantastic to touch...

ZAYNAB RIZWAN KHAN
IV C

GOLD AND SILVER WORLD

A gold world I see,
To which I prostrate,
And a gold ball,
Making the environment bright.

But alas!
No gold ball,
A silver one this time,
Not so bright,
Only making its surrounding bright.
Gold and silver each day,
Hoping for a ball suitable for my play.

SRI HARINI
IV A

A MILLION YEARS AGO

I sit and think in the bay,
As the shooting stars fly,
About stuff I don't know,
A million years ago.

Did sticks and stones talk?
Did mountains ever walk?
Only if I knew the stuff,
A million years ago.

Who knew that weird things?
Lived on earth's chinks.
To their extinction.
A million years ago.

Did cavemen make pyramids?
Did mutant creatures' rule?
Where deserts filled with snow?
A million years ago.

R. RIDIKSHA
IV E

MOTHERS

Our mothers are the people,
Who sculpt us with a chisel,
They use their mind,
To make us shine.
They are the teachers,
Who design our future,
They help us achieve great heights,
And guide us to come out of our frights.

SRI VISALAKSHI
VE

SCHOOL

Glad! We go to school for studies,
Keen to learn all new things,
Proud to make new friends and buddies,
Everyday flying with colourful wings.

We learn English, Science, Maths,
Along with Arts and crafts.
Together we'll have with our peers,
Physical training fair and clear.

Gifted teachers educate us with love,
With their vast knowledge, work and skill,
Thus, school is vital to us so we bow,
Being grateful , always I will.

AKSHITA. K
V A

THE SEA

As the gentle breeze touches my face,
I knew where I was.
The cold water makes my feet wet,
I find myself watch the beautiful sun set.
The waves and the sea might seem
pleasant,
Thus, when the sun sets down,
You know what is meant to be.

K.ROSINI
V A

CANDY LAND

I wish I was in a Candy Land,
Spread with sugar sand.

I wish that the beds were cake,
Oh no! I don't have a big oven to bake.

I wish the chairs were chocolate,
Oh no! I missed a mate.

I wish that the flowers were lollipops,
And the green lively grass were spinning
tops.

I wish that the sea was honey,
Oh wow! she had a cute little bunny.

I wish the houses were gingerbread,
With cheese spread.

AKSHARAA.R
V B

ON A SUNNY DAY

On a sunny day,
It was a holiday!
Bathing in the sun,
With so much of fun!
Playing with the hand,
With full of sand!
Delightful play,
Making the sand into clay!
Viewing the beach with my eyes,
And the scenery was no nice!
Finally returning home happily,
After enjoying with my family.

D.JANANI
V C

FRIENDSHIP

I have six friends,
Who does not leave me till the end.
We are like flowers,
We are also called as nature lovers.

We look like cuties,
But people call us beauties.
We are stuck together like a glue,
Because of our friendship we don't
get a flu.

There are THREE SIXTY-FIVE days in
a year,
But our friendship goes forever.

ATHMIKKA M
VC

BIRTHDAY

The day before our birthday,
Trying to sleep,
Thinking about the excitements,
Of all gifts and treats.

Enjoying during our birthdays,
Blowing candles and cutting cakes,
Playing games with our friends,
Thinking "Will I win?" getting
tensed.

Having sandwiches, chips and
popcorn,
On the day when I was born,
Rushing downstairs to play lock and
key,
Coming back home and having tea.

S.SAMYUKTHA
VD

MY GARDEN

I have a beautiful garden,
In which grow trees that are laden
With fruits that are both big
Like the jack and small like the fig.

There is the juicy, red apple,
By its side grows the maple.
Dancing in yellow are the ripe
mangoes,
Its big tree is here since many years
ago.

The citrus fruit are no less good,
As they form my favorite food.
Ah! There comes the sweet scent of
flowers
That have bloomed in various
colours.

The variety of shades of roses fight
To win a place amidst the jasmine's
white.
The marigold shines in yellow
bright,
Giving us a rich and lively sight.
Flying from one flower to another
Are the colourful butterflies for the
nectar.
The crows and sparrows fly up in
the air
While the parrot's song explodes
the air.

Thus ,my garden nurtures and cares
All the beings that it has.
Making it a pride for me
To invite you all to come and see.

S.VASUMATHI
VI B

MY FRIEND

I can talk with a friend,
I can walk with a friend,
I can share my umbrella with a
friend in the rain.
I can play with a friend,
I can stay with a friend,
And learn with a friend and explain.
I can eat with a friend,
And compete with a friend,
And sometimes disagree.
I can ride with a friend,
And hang out with a friend.
A friend means so much to me.

T.JEEVIKAASHRI

VII 'A'

OUR NATURE

Close your eyes and think of it,
The way the world is supposed to be,
Sunrise in a beautiful sky,
Gardens filled with flowers and joy.

Tall trees standing up high,
Rivers and streams flowing through,
Birds chirping in the morning,
Bees buzzing as they are swarming.

Valleys filled with never-ending green,
Snow sprinkled all over mountains,
Ocean waves and white sand,
Cows grazing on the land.

Gentle breezes flow through your hair,
Lovely smells everywhere,
See the beauty all around,
This is nature- gift of gods!

AKSHITA CHANDRAKUMAR
VII D

WHAT A FUN LIFE

School is fun; Oh! School is fun!
Everyday morning, I get up and run;
To meet my friends,
And talk to them about the new trends!
Maths and Science, English and Social -
Everything we read is so crucial!
PT is always my favourite
The memories I make – I shall savour it!
The day ends and I rush back home
I get on my bike, go out and roam;
As the day draws to an end and I lay on
my bed
I look up the ceiling and feel contented!

K.ANANYA
VII B

THE CLOWN

I wanted to become a clown
And remove pupil's frown
By wearing a dress colourful
And being cheerful
By doing acts
Which will give children happiness in sacks
By wearing hats
Similar to the design of the cats
By putting a big red nose
Due to which frown goes
By playing with monkeys
And finding happiness' keys
I wanted to become a clown
But then my face had a frown
I opened google and checked the age and
gender
It was for both genders but my age was
tender.

SHREYA SARIPAKA
VII A

THE FULL MOON NIGHT

I ended my day
With a sulky face,
And made it a point,
To go to the terrace.

I climbed up the stairs,
And sat on a bench,
Distressed and brooding,
Aggrieved.

I complained to the bats,
I grumbled to the trees,
I was troubled,
I couldn't get any peace.

At last, my head stood up,
To get a most pleasing sight,
It smiled at me,
The comforting, bright ball.

Its eyes shone,
Its face like a pearl,
With a grey dimple,
A white halo behind,

It wore a ball gown,
Coloured dark blue,
The darkness fled away,
From my mind too.

In a moment it all disappeared,
The charming smile,
And I was sitting there seeing the moon,
That illuminated the sky.

ADITI SURAJ

VII A

MONSOON

Muddy puddles on the roadside,
How stormy it is outside!
Let's go out and get drenched,
All our get-wet dreams get quenched!

A hot cup of soup would be great,
With a thick blanket as our mate!
A bottle of hot water beside our bed,
Watching raindrops fall from the roof of our shed!

So many sailing boats of paper,
There falls the condensed vapour!
Loads of fun is our monsoon,
Let's hope to see it soon!

ADITI SURAJ

VII A

SCHOOL

What do we think is school?
It just isn't a place for studies,
It is a place to enjoy
And make new buddies.

Some of us might not enjoy it
I can totally understand and agree,
But school is the best with activity
classes
So nobody can disagree.

School is the best
Better than the holidays,
So we can play with our friends
And enjoy it in many good and jolly
ways.

We can go North, South, East or West
Any way you go
You'd find that
School is always the best.

HEMA GROVER
VIII A

DRAWINGS

Drawings are beautiful,
They are very colourful,
It's full of imagination,
It's my own creation.

Drawings are attractive,
They show we are creative,
I drew a square tile,
My drawings make me smile

APARNA SARANKUMAR
VIII D

NATURE

Nature is greenery,
It's wonderful scenery,
There are colourful flowers,
Some plants with medicinal powers.

Trees are very shady,
They all treat us as their buddy,
Everybody needs nature,
Which is always helpful in past,
present and future

APARNA SARANKUMAR
VIII D

RAINS

Oh rain,
As you hover with dark clouds above the sky,
Waiting to cry,
Anytime your lightning will burst,
Your thunder will shake.
Too much of you,
The farmer's livelihood breaks.
Some yearn for you,
And some pray for you,
And I like to see the good in you.
You make crops flourish,
And all of us you certainly nourish.
But somehow, I can't decide,
If you portray the cries of the people
Or the sweat of the farmers,
Who let us be gleeful.
I guess I'll never know.
But I'll always love you,
For helping everything grow.

JAYASHREE RAGHURAMAN
IX C

BALANCE

A fallen hero
A flame extinguished
A failed test
A candle melted Why fight This failed war?

A happy thought
A laugh shared
A fire ignited
A joy given
A battle won
Why hate life Laced with such beauty?

The wind is blowing
Through the light green leaves As the world
Seems to rest in the sun's golden sheaves
A faint smile on my face,
I am at peace But somewhere, someone With
a heavy heart Is hoping for
A heavy shower
A dreary downpour...

In some nook
A baby opens her eyes Which hold a naïve
smile In the other
A woman shuts her crimson, puffy lids...
The world's weight?
Yes, she bears it
Yet, as she sobs
A shoulder straightens
As a burden lightens

It is these poles
That we humans juggle
Whether poor or rich
Neither warlock nor Muggle
The joy we'll get for sure

But sorrow's icy fist Will too knock our
door
To Smile and To laugh Is in our hands To
cry And snivel Is our power too...
But we've been given a brain so complex
It seems child's play - to pick
Whether to wail Or let joy prevail
If we take Case B to heart You can see
That to be happy Optimism's the key!

Some say - "The grass is greener on the
other side." I say - "The grass is greener
where hope takes flight."

INSHIRAH RIZWAN KHAN
IX D

STEP ON FAILURE

To experiment,
Is difficult indeed.
Hard to try
and harder to fail!

Alone in this game
Of trial and errors,
Makes it a lot more
Hard to try,
And harder to fail !

Nevertheless, I must
be brave for-
Myself and God
For it's better to try
And even better to fail !

Failures teach me,
What if it's hard?
"The Best" isn't easy
And easy,
It's not "The Best

ANUSHREE
X A

JUST A PIECE OF CHALK?

It can help preach
And has a greater reach
Faster than a breach
Stops unwanted speech

Cylindrical Calcium Carbonate
Is a colloidal solution in a liquid state
It stops conversations
Wakes people up from their deep
imagination

It is a necessary feed
When we learn about speed
Small and colourful
It is useful

S MEGHNA
X E

A Tribute to my Dad

Held me in your hands
From when I was born,
Guiding me through life
Teaching me right and wrong.

Thank you!
For making me independent and strong,
Teasing me about my love for
makeup and Korean songs.

Your love I value
More than anything on this Earth,
For it will last
Until my next birth !

ANUSHREE
X A

LIVING IN A MATERIALISTIC WORLD

Living in a materialistic world
Where every move is judged
Every breath is watched
With loads of trust issues
And dirty tissues.

Living in a materialistic world
Surviving to meet expectations
Where career is a family decision
And passion is non-existent
Opinions unheard.

Living in a materialistic world
Framing the life, the way we want
Being profane to gossips
Just making the world an ideal place
For the future gen to breathe on!

NAKSHATRA G
X C

**LINEAR EQUATIONS – A POETIC
EXPRESSION :**

As and Bs
And Cs and Ds
Alphabets in maths
Let us see!

X the unknown,
With Y keeping it company,
Making lines parallel,
Sometimes coincident or intersecting !

For solving we need,
At least two equations,
Answers may come from
Elimination or substitution.

Then there's cross multiply!
Don't look at it and sigh,
With practice and determination,
It's simple and nice!

Bring down solutions,
Solve the mystery ,
Of as and bs
And cs and ds!

**ANUSHREE
X A**

TO MY LOVELY MOTHER

To the world, a person
But the world to me.
From my first steps
To my latest ones.
You're my favourite human, Mom.

Thank you for being the person I can
Always run into and cry!
Thank you for motivating me to try,
Thank you for the daily drudgery that
you do!
Thank you for everything (the
scoldings too)!

Sacrifices and love,
That go to the moon and back,
Something I cannot return
With equal depth.
Your love as precious
As diamond be.
And a gem like you ,
Rather hard to seek!
To the world, one person
But the world to me!

**ANUSHREE
X A**

SURVIVAL

Why is life so hard?
It's not
It's a two-sided card
Where lessons are taught.

We need a change
Yet we don't
Sometimes it is rage
We just must count

It is difficult to understand
Our actions after a minute
We just have to talk and
Get our minds cleared from it

When we are happy
We do not think
About the day we got tappy
And just sink

We may look mature
But we are not
We may look immature
So, you test not.

We have instances of this!
Right now, while writing
What I cannot believe is
My words can be enlightening

So, expect the unexpected as
Life always gives us that.
Never Alas!

Nothing is always rhythmic,
Not even a poem

S MEGHNA
X E

REMINISCENCE

Ah ! how nice it would be ,
To back to those times.
Where all I had to do,
Was enjoy life.
No homework , no exams,
No stress , no pressure !
Running around dilly-dallying
Not a care in the world !

Laughing my stomach out ,
For the silly puns.
Being immature, doing whatever I wish
Not a care in the world !

Playing all day long
Hide 'n seek, melting candle!
Not a care in the world !
Making tiny new friends to play ,
Having the privilege of overwhelming
curiosity,
Asking loads and loads of questions,
Not a care in the world !
Crazy ! Silly! none of that ,acting like a
monkey
Not a single spank.
Jumping, kicking, falling down,
Not a care in the world !
An angel always there , when I am alone to
Hug and love me , not a care in the world !

M RAGAVEE
XI A

A DREAM COME TRUE

A small escape, or so we thought
To be carefree for a day, or not.
Elaborate plans we crafted,
But not one of them of course, lasted.

“Let’s do my place!”, you said,
Away from the master of malice.
Let’s meet at ten or maybe eleven,
Sadly, twenty-fifth hour it turned out to be.

A movie before anything,
A truckload of ice cream into our tummies.
But that mountain of cards shattered like our
fate,
This is why we can’t have nice things.

Where is fun without food?
Raid the mall of everything sweet
And come back home for some paneer,
A drink to toast to, “Fifteen Forever.”

Crazily jumping on a trampoline,
After dreamily walking amongst honking cars
And a truly delightful playdate,
Loses its delight, without some gossip and
giggles.

All this may sound incredible,
If only it was real.
To be ruined by a single SMS, we realized,
Dreams exist only in our minds.

M. KAVYA
XI A

TODAY

**The day the hope of tomorrow sets in,
A belief of yesterday**
That has come true.
It is a gift of existence
In the world of uncertainty,
A chance to become you.
For every yesterday, there is a today
But is there a tomorrow for every today?
For all that is known,
Vanishes into the unknown someday.
Don’t rush before you make a choice-
On how you want to be now.
If you see yourself again.
Then don’t forget to start over again.

P. PRARTHANA
XI A

TEACHER

Trying to choose a path in life,
There is a guide for you.
Looking around for the answer you turn
around
But there, she is in front of you.
She is a person who sculpts you,
Teaches us to walk on our feet.
She shows us the path to take,
A person who will be there !
To hold your hand and bring,
To where you belong !
You may grow as tall as a tree-
But remember,
That she is the one who nurtured you.

P.PRARTHANA
XI A

OUT OF EXILE

The old wooden case rests
On the cold wooden rack, dusty.
Untouched and forgotten it lay,
The black fading with the days.

Not so long ago was a little girl,
So dearly adoring the rusty strings.
The stick creaked against the lines,
To play a melody to calm the mind.

Indulged in the tune, she swayed,
Her curly hair, dancing gracefully.
A serene face of pure happiness,
As her fingers slid on the strings.

A young face so disturbed,
Turned into a torch of peace,
As the air became lighter,
The girl and the fiddle, left to themselves.

She now comes back,
To the abandoned leather case,
Which lay, craving the touch of her hand,
The strings, so dull, broken temporarily.

But the flame reignites,
As she patches their broken link,
The scene remains unchanged,
As the melody soothes us again.

There she goes again,
Lost in the feel of the metallic string,
A smile across her mature face,
The girl and her fiddle, left to themselves
again!

T LAKSHANYA
XI A

HER

Life roars with childhood joy
Heart burns with the flame of love
She painted my canvas with colours of life
The dark clouds seemed brighter
The violent storms lighter
It was my moments with her
I explored the world
She held me close by her side
My weakness became my strength
The violent clouds and dark air seemed
sweeter
My canvas completed with her breath
(Who was she?)

MERILL SHIPRA R
XI C

BEYOND THOSE DROPS

It started with the bedraggled shoes
When the flu was never an excuse,
The heavy downpour called for all
And games had us climb and crawl
The folks knew it'd be a tremendous mess
But they'd let us play nevertheless!
Sheets and sheets were torn for a boat
Oh, the merry when we'd let them afloat!
Hours of playtime ends with the thunder's
rumble
When our grandmother sat with a needle
and thimble,
Knitting a cardigan as she recounted
Legends and legends of heroes that
surmounted!
Gawking at our gadgets today, we
reminisce
How monsoon days were spent by the
happy and the wise!

BALAKARPAGAM . K
XI B

FOR THE LOVE OF MANGOES

The Mangifera Indica tree in my
grandfather's garden,

Gave lots of mangoes, made each one
unique in its way

One is bitter, the other is sweet, like
dawn and dusk of a day

Some have spots, tears frozen, some
have wounds, deep hidden,

Some are spoilt, some are bland, some
are taste driven.

All eyes on the mouthwatering
mangoes,

No point in taking chances if a yellow
mango is bitter,

No point in assuming that a green one
is better.

The flutter of the reticulate leaves,
when the wind blows,

Provides comfort just like a mother's
hug.

All fall from the same tree, all
nourished by the same root,

It is what the seed takes that decides its fate
when uproot.

Life is just being the sweet mango that is sweet.
ripe and best,

Leaving aside its bitterness and being the one
apart from the rest.

This majestic tree that gave us delicious
mangoes
Is a true companion of life indeed.

**J.JANAITA
XI B**

JUSTICE

Whenever I close my eyes,
I see my lady in the sea
Standing up for those who flee
From hatred, anger and darkness,
For she has the adroitness
To decide the fate of men.

She stands on a rock
With a baton in one hand
And she holds the scroll of justice,
And demands
The cursed and the oppressors
To enter the gates of hell,
And there goes the bell.

She climbs down the rock
To greet the men who never flawed,
She smiles for she was lauded
By those men whose hearts were pure
She was lured
And thus she opened the gates of heaven,
And there goes the bell.

When the weighing scale is balanced,
She smiles
For she knows that the heart of men
Is both good and evil,
But there lies the greatest soul
Which knows no good or harm
And there goes the bell.

N.A.KAVIYAVARSHINI
XII B

FOOTSTEPS

Following the footsteps as long as I know
So long that I don't know how it was before
Seeing the footprints side by side all the way
behind me,
Stirred something in my little heart.
The day is over and the night has come
And the stars give me a warm welcome
But the darkness has a mind of its own
It begs me not to follow so
Fumbling, somehow following,
I did not heed my wavering heart.
The sky is light and the dawn has come
I see the waves have washed away
My guiding light, my beacon now
Has truly faded away
The footsteps I was following so
Has so abruptly left me that
I know not what to do
But console my mourning heart.
No. I am not that fragile
I will bounce back even stronger
To forge ahead or turn behind
Whatever that just seems right
The world is ours and the day is new
Whisper did my gleaming heart.

L.N.MAYURA
XII- B

A TEACHER

A teacher is one who spreads knowledge
Their tireless efforts we ought to acknowledge
They help us advance from school to college
For all that they've done, we've got to pay
homage.

They know more than we know ourselves
They know everything from journals to battery
cells
They're so flexible; they went from chalk to Dell
Remember, they miss you, not the bell.

A teacher is a mentor and a guide
One to whom we can confide
No matter what, you should know they've tried
and tried
To shape us into brilliant minds.

For a teacher, we aren't one among the crowd
But for us, they're the one, no doubt
Whatever the weather, be it sun or clouds
Their work never ends and to do that they're
proud.

G.S. AVANE
XII A

THE BEAUTY OF TEA

The sun's up, awakening me
I get out of my bed, feeling free
As I head to the kitchen,
To make some hot tea.
I wait as the tea bubbles up
Then run to the cupboard and take a cup
Then pour it through a filter
And it flows into the white tea cup.
It's fragrance fills my surrounding
And every sip is fully refreshing
As they say, a cutting chai
Can warm up our morning.

A. IZMA ZAINAB
XII D

MY INNER STRUGGLE

She has won the contest
She is a topper
I sit on my bench and wonder
"Oh will I fly like her?"

Given consolations and better luck
Day after day, year after year
I can only crave the attention
In my intangible imagination.

The claps are loud for the winner
But I clap slowly
They give her congratulating wishes
Instead, I stare at the flowery creepers

Distanced, but wanting to be close
Crying at home,
I stare at the curtains, red and azure
I wonder "Am I curious or insecure?"

A. IZMA ZAINAB
XII D

AFTER SUNSET

After the sun goes to sleep,
The moon comes to peep.
Looking at the little beings below,
Along with the stars that glow,
Like pearls scattered across the night sky.
Gazing up at the dazzling roof above me as
I pass by,
I realize that, for beauty to exist in this
world,
Is something to be grateful for.

EZHILARASI S
XII 'B'

MY GRANDMA'S HEART

My grandma was more my mother,
Than she was to my father.
She showered me with all her love
And made sure that I never went near the
stove!
Every single day, I used to wake up to her
voice
As she tempted me, with a breakfast of my
choice
Every single day, she plaited my long messy
hair
And when I shook, she greeted me with a
stare.
She waited for me to come from school,
To listen to all my stories and made my day
She taught me good and evil, right and wrong
And enjoyed when I sang a song.
She cheered me up on all the days
Be it exam days, my bad days

And even sports day and annual day
And made sure I wasn't sad any day.
Life doesn't offer permanent happiness
And I learnt this bitter truth when I was
sixteen
The day I still dread about, feel numb!
She is the most strong-willed lady
I have ever seen till day.
I cherish her smile
And rewind my memories
Only to realise
All the time we spent together
Has become a mere memory
Which will stay in my heart forever.
It isn't possible to pen down
All my memories but,
I know one thing for sure
I shall always love her and I know she will too
For I am her heart!

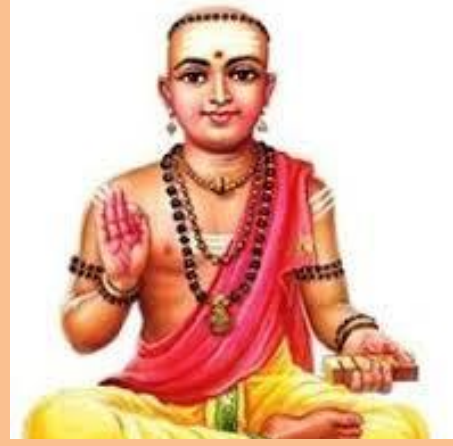
K. ADITHI
XII A

BOWING TO THE UNKNOWN HERO

Everyday somewhere in the globe
Another unhailed hero is born
Thinking of others before themselves
He is one who will die to protect a
brother
Risk his life to save another.
He doesn't hope
To be remembered
He walks away,
With none knowing his name.
He who saved many lives
Is now gone with the wind,
To drift forever.
He is a friend and companion
Who did his best to protect the rest
Is now left behind.

MEHAK GANERIWAL
XII D

தமிழ்



கவிதை

க்



இயற்கை

நான் தினமும் காணும்
அழகு ஓவியம் நீ
அழகே பேரழகே! கொஞ்சம்
தமிழ் போல எனை நனைக்கும்
மழையும் அழகு! அனைத்து வாசனைத்
திரவியங்களும்,
தோற்றுப் போகும் உன்
மழைத்துளியின்
மண் வாசனைக்கு முன்னால்
வண்ண வண்ணங்களாய்ப்
பூக்கும் பூக்கள் அழகு!
பிறப்பதும் உன்னில், இறப்பதும்
உன்னில்
நிலையாய் நிற்பதும் உன்னில்
ஏழை பணக்காரன் என்று பாரபட்சம்
இல்லாமல் கொடுப்பது இயற்கையே!
உன்னைக் காப்பதே என் கடமை
இயற்கையைக் காப்போம்.

ஜோத்ஸ்னா ஜெயகிருஷ்ணா

மரம் நிரந்தர வரம்

உலகமே சுவாசிக்கும் காற்றைத்
தருகின்றாய் நீ
பறவையும் விலங்கும் வாழ
அரண்மனையாகிறாய் நீ
சிறு விதையிலிருந்து
விருட்சமாகி
இன்னமுதம் ஆகிறாய் நீ
பிணிநீக்கும் மருந்தாகிறாய்
பிள்ளைகள் விளையாடும்
தூணாகிறாய்
இத்தனை நீ தந்தும்
உன்னை நான்
காக்கவில்லையே....
மரமே நீ நிரந்தர வரமே.

சி.பி. அனன்யா.

நான் விரும்பும் உலகம்

அமைதியும் அன்பும் ததும்பும்
அறமே ஆட்சி புரியும்
நல்லவர்களால்
சூழ்ந்திருக்கும்
பண்டிகைகள் பகிர்வைச்
சொல்லும்
மகிழ்ச்சி வெள்ளமாய்ப்
பாய்ந்தோடும்
என் கனவுலகம் நான்
விரும்பும் உலகம்.

ப.ஹேமவர்ஷினி

VII உ

பள்ளி எனும் போதிமரம்

நான் முதன் முதலில் பள்ளி வந்தேன்
பேசியது என் கண்ணீர்
படிக்கத் தொடங்கினேன்
பேசியது என் அறிவு
விஷயங்கள் அறியும்போது
பேசியது என் ஆசை
நல்ல நண்பர்களைப் பெற்றபோது
பேசியது என் உள்ளம்
நல்லாசிரியர்கள் கிடைத்தபோது
பேசியது என் லட்சியம்
என் வாழ்வின் முன்னேற்றம்
எந்தன் சந்தோஷம்
ஏற்றமிகு விளையாட்டுகள்
என்று எனக்குப் பிடித்த என் பள்ளி
என் போதிமரம் .

ஹேமவர்ஷினி. ப

என் இனிய மரங்களே

பசுமை நிறைந்த மரங்களே
படர்ந்த நிழலாய் விரிந்தனையே
உன்னால் நான் என்னால் நீ
பறவைகளின் வீடானாய்
மானிடரின் சுவாசமானாய்
நீ இருக்கும் வரையே நான்
உன் கிளைகளில் குயில்கள்
சந்தோஷக் கூவலுடன்
நூறாண்டு நீ வாழ வாழ்த்திடுமே
எனக்காக வாழும் உன்னை
என்றும் அழியாமல்
எப்படிக்க காப்பேன் ?

ரா .சி .அன்பு இனியா

VII உ

ஆசிரியர்

அறியாமை நோய் தீர்க்கும் மருத்துவர்
புத்தகம் தாண்டி புத்துலகம்
படைக்கும் விஞ்ஞானி
மாணாக்கர் மூளை எனும்
கருவூலம் திறக்கும் சாவிகள்
கரவொலி எழுப்பிக் கலைஞனை
உருவாக்கும் படைப்பாளிகள்
அன்பைப் பகிரும் அன்னையர்
ஆசிரிவதிக்கும் தெய்வங்கள்
தோள் கொடுக்கும் தோழியர்கள்
தாய் இன்றி சேய் இல்லை
ஆசிரியர் இன்றி நான் இல்லை .

கல்யாணி .இரா

VII உ

தேனீக்கள்

ரீங்காரம் பாடும் தேனீக்களே
நீங்கள் இன்றி உலகில்லை
உண்மை அறிந்து வியந்தேன்
ஆம் !

உங்கள் உழைப்பு
உயர்ந்ததாயிற்றே
தேன் மட்டுமா
மகரந்தச் சேர்க்கையும்
உணவுச் சங்கிலியும்
நீங்களின்றி ஏது ?
பாடுங்கள் பாடிக்கொண்டே
இருங்கள்
நாங்கள் வாழ்ந்து
கொள்கிறோம் நன்றியோடு !

கேஷிகாஸ்ரீ .வி

என் கனவுக்கூடம்

வாழ்க்கையின் தொடக்கம்
மழலையர்ப் பள்ளியில்
எதிர்காலம்

வடிவமைக்கப்படுவது
மேல்நிலைப் பள்ளியில்
திறமை, மரியாதை, ஒழுக்கம்
உத்வேகம், பொறுப்பு, கடமை
தோல்வியிலிருந்து வெற்றி
என்று வாழ்வின் ஆதாரம்
ஆரம்பமாகிறது
என் பள்ளி எனும்
கனவுக் கூடத்திலிருந்து

பிருந்தா

VII உ

அம்மா

அன்பு மிக்கவளே
ஆசை உடையவளே
இறைவனிடம் அன்பு
உடையவளே
ஈன்ற தாயே
உரிமை உடையவளே
ஊக்கம் தந்தவளே
எங்கள் பேரன்பு தாயே
ஏறுபோல் நடை உடையவளே
ஐயம் நீக்கியவளே
ஒற்றுமையைக் கற்றுத்
தருபவளே
ஓவியத்தில் இல்லாத பேரன்பு
உடையவளே
ஒளவை வழி நடப்பவளே

வி ஜெ நந்தினி

VIII உ

கல்விச்சோலை

இங்குப் பூந்தோட்டமில்லை -
ஆனால், பூக்களின் படையெடுப்பு
உண்டு

இங்குக் குற்றாலமில்லை -
ஆனால், அருவிகளின் ஆர்ப்பாட்டம்
உண்டு

இங்கு அரசியல் மேடைகளில்லை
ஆனால், அரசியலமைப்பு உண்டு

இங்கு அறிஞர்கள் பிறப்பதில்லை
ஆனால் உருவாக்கப்படுகிறார்கள்

இங்குப் பல திறமைகள் உண்டு
ஆனால் சாதி மத ஏற்றத்தாழ்வுக்கு
இடமில்லை

இது நற்சமுதாயத்தை உருவாக்கும்
உற்பத்திக் கூடம்

ஆர் ஹர்ஷினி

VIII உ

அப்பா அம்மா

நாட்கள் கடந்து

போகலாம்

வருடங்கள் கடந்து

போகலாம்

நண்பர்கள் கடந்து

போகலாம்

ஆனால்

என்றும் கடந்து போகாமல்

இருக்கும் இரு உறவுகள்

அப்பா அம்மா

ஜானவிஸ்

VIII உ

தோட்டம்

தோட்டம் நிறைய செடிகள்
பூத்துக் குலங்குது மலர்கள்
மஞ்சள் நிறம், ஊதா நிறம்,
வெள்ளை நிறம், சிவப்பு
நிறம்

மலர்கள் பல நிறங்கள்
வண்டுகள் வந்து அமரும்
தேனீக்களும் மொய்க்கும்
எனக்குப் பிடித்த தோட்டம்
எங்கள் வீட்டுத் தோட்டம்

வி கேஷிகா

VIII உ

தமிழ்

வார்த்தைகளே இல்லாத வடிவம்
அளவுகோலே இல்லாத அன்பு
சுயநலமே இல்லாத இதயம்
அவள் தான் அம்மா
தன் உடல் மூலம் உடல் தந்து
உடலுக்கு உயிர் தந்து
உயிர்க்கு உணர்வுகளும் தந்து
இவையெல்லாம் போதாதென்று
தன் உள்ளத்தையும் தருவாள்
தாய் என்ற உறவு
சுமையாய் வந்த என்னைச் சுகமாய்
ஏற்ற தாயே
உன்னை உருக்கி என்னை வார்த்த
வடித்த சிற்பி நீயே !
ஆயிரம் முத்தங்கள் இட்டு
என்னை அரங்கேற்றம் செய்தாய் !
எனக்காக மட்டும் வாழும் என்
அன்புத்தாயே!
இனி எத்தனை பிறவி எடுத்தாலும்
என் அன்னை நீயே !

ஹர்ஷினி பி சி VIII உ

காடு ஓர் இயற்கை விடுதி

கா என்றால் காடு - அந்தக்
காட்டின் அழகோ கண்களுக்கு விருந்து
காட்டுயிர்க்கு வீடு பறவைகளுக்குக் கூடு
காடொரு பெருஞ்செல்வம் காடழிய
நாடழியும்

காடு குறைய மாரி குறையும்
மாரி குறைய விளைச்சல் குறையும்
விளைச்சல் குறைய பட்டினி பெருகும்
காடோர் இயற்கை விடுதி யாவர்க்கும்

காடும் மலையும் இயற்கையின் கொடை
காட்டின் வளமே நாட்டின் வளம்
காடில்லா நாடில்லை பூமியில் - இருக்கும்
காட்டைக் காப்போம் மேலும்
பெருக்குவோம்

ஸ்ரீ வர்த்தினி

VIII உ

இரவின் நிசப்தம்

அமைதி நிசப்தம் இவை இரண்டும்
ஒன்று என்று பலர் கூறுவார்கள்
அதனால் இந்த இரவின் நிசப்தத்தை
என்னை விட யாருக்குத் தெரியும்

ஓராயிரம் நபர்களுக்கு நடுவிலோ
அல்லது ஓராயிரம்
நட்சத்திரங்களுக்கு நடுவிலோ
இரவின் இருள் சூழ்ந்த நிசப்தத்தை
என்னை விட யாருக்குத் தெரியும்

சில நேரங்களில் ரசிக்கப்
பல நேரங்களில் வெறுக்க
மீதமுள்ள நேரங்களில் அனுபவிக்க
இரவின் நிசப்தத்தில் நிறைந்த
இசையை
என்னை விட யாருக்குத் தெரியும் .

கு. ஷ்ரதா
VIII உ

இயற்கை

இயற்கையே ! நீ யாருக்கு
எல்லாவற்றையும்
தருகிறாய் என்று
தெரியவில்லை.
ஆனால் மனிதன்
எடுத்துக் கொண்டான்
அழித்து விட்டான் !

த. சுபஓவியா

IX அ

கவலை இல்லை

ஏற்றுக்கொள்ளும்
மனப்பான்மை
வந்தால்
அடுத்தது என்ன
நடக்கும் என்ற
கவலை இல்லை!

ஜா. ஆமிரா ரக்ஷானா

IX அ

இயற்கை

தினமும் எழும் சூரியனே !
உன்னை யார் எழுப்புகிறார்?

துணையே இல்லாத நிலவே !
யாருக்காகக் தினமும்
காத்திருக்கிறாய்?

மேகமே ! உனக்கு என்ன
அவ்வளவு சோகம்?
மழையாய்ப் பொழிகிறாய்!

வானவில்லே !
ஏழு வண்ணத்தில் யாருக்காகப்
பாதை அமைக்கிறாய்?

எல்லாம் மனிதனுக்கு இல்லை,
ஆனால் எல்லாவற்றையும்
எடுத்துக் கொண்டோம்...!

க. ஜானு ப்ரீத்தா
IX அ

மழை

என் மழையே,
வானம் எங்கும் மேகம்,
அதைப் பார்த்தால்
இல்லையே என் மனதில்
சோகம்,
எப்பொழுது மழையாகப்
பொழிவாய் - என்று
உனக்காகவே
காத்திருக்கிறேன் நான்.
நீ மழையாகப்
பொழிவாயாக,
என்னை வந்து
தொடுவாயாக - வா
என் மழையே வா !

சஞ்சனா தி.வி.

IX அ

பெற்றோர்

நம்மைப் பெற்றோர்,
நம்மை வளர்த்தார்கள்
நம்மை வளர்த்தோர்,
நம்மைப் பாதுகாத்தார்கள்.
நம்மைப் பாதுகாத்தோர்,
நம்மைப் படிக்க வைத்தார்கள்.
நம்மைப் படிக்க வைத்தோர்,
நாம் கேட்டதை வாங்கித் தந்தார்கள்.
நாம் கேட்டதை வாங்கித் தந்தோர்,
நமது வெற்றியைக் கண்டு
மகிழ்ந்தார்கள்.
நமக்கு அனைத்தையும்செய்து
தந்தோரை,
தலை நிமிர்ந்து வாழவைப்போம்.
அவர்களின் இறுதிக் காலம் வரை
கைவிடாமல் பாதுகாப்போம்.

ஜா. ஆமிரா ரக்ஷானா

IX அ

தோல்வி

தோல்வி என்பது
வாழ்க்கையின் முடிவில்லை
வெற்றியின் துவக்கம்!

தோல்வி என்பது
தலைகுனியும்
அவமானமில்லை
தலை நிமிரும் அடையாளம்

தோல்வி என்பது
வெட்கப்படும் செயல்
இல்லை
வீரத்தைத் தூண்டும் செயல்!

தோல்வி என்பது
மருள வைக்கும் பேய்
இல்லை
அடையாளம் தரும் தேவதை.

ரித்திக்கா ச. ச. IX அ

மரம் பேசினால்

மனிதா !
நீ அசுத்தத்தைக் காற்றுடன்
கலந்தாய்
சுத்தம் செய்தேன்
அதிக ஒலி எழுப்பினாய் நான்
உள்வாங்கிக் கொண்டேன்
குளிர்ச்சியான நிழல்
உண்ணக் கனி
பறவைகளுக்கு வீடு
இன்னும் எத்தனையோ !

மண்ணைக் காத்தேன்
விண்ணைக் காத்தேன்
உன்னைக் காத்தேன்
நன்றி என்பதனை நீ மறந்தாய்
என்னை அழிக்க ஆயிரம்
காரணம் கூறுவாய்
ஒன்று உண்மை
என் அழிவு உன் அழிவு .

ச.ச. ரித்திகா

நீரைச் சேமிப்போம்

இயற்கை வளங்களில் மதிப்பு மிக்கது
நீர்

உலகின் செயல்முறைகளுக்கு ஆற்றல்
கொடுப்பது நீர்

அனைத்து உயிரினங்களும் சார்ந்து
இருப்பது நீர்

செடி கொடி மரங்கள் வளர உதவுவது
நீர்

தொழிற்சாலைகளின் உற்பத்திக்கு
உதவுவது நீர்

அன்று அளவின்றி இலவசமாகக்
கிடைத்தது நீர்

இன்று விலைகொடுத்து வாங்கும்
நிலையில் உள்ளதும் நீர்

நகரமயமாதல் இதன் ஒரு காரணம்
மக்கள் தொகைப் பெருக்கம்,
ஆழ்துளைக் கிணறுகள் மற்றும் மொரு
காரணம்

.குடியேற்றம் இன்னும் மொரு காரணம்

இது ஏற்படுத்துவது
உயிரனங்களின் மரணம்
பற்றாக்குறையால் கோடையில்
ஏற்படுவது தண்ணீர்ப் பஞ்சம்
மக்கள் அனைவரும் அடைவது
லாரியிடம் தஞ்சம்
குப்பைகளால் மாசுபடுவது
நீர்நிலை
இதனால் பூமி ஆகிவிடும்
பாலை!
இந்நிலை அகற்ற நீரைச்
சேமிப்போம்
பூமியைப் பேணிப்
பாதுகாப்போம்!

சாஸ்வதி செளரேஷ்

IX ஆ

உழைப்பின் உயர்வு

இளமை கரையும் முன்னர்
முன்னேறி வந்துவிடு
இடையில் இடைஞ்சல் வரலாம்
இடைவிடாமல் போராடு
உழைப்பின் வியர்வையில் நீ
முத்துக்களைத் தேடு
உயிரின் இறுதிவரை - மதி
வித்துகளை நடு
உயர்ந்த இலட்சியத்தில் நீ
அடைந்த தோல்வி
உன்னை வெற்றிக்கு அருகே
அழைத்துச் செல்லும்

ஐஸ்வர்யா ஸ

IX ஆ

புகழ் !

புகழூர் வாழப் போகும் வழி எது...?
புகல் இரவு பார்க்காமல் பாடுபட்டு
உழைப்பது!

துயிலினைத் துறப்பது துன்பத்தை
மறப்பது

வெயில் மழை தெரியாமல்
வேலையைச் செய்வது
கடமையைத் தொடர்ந்திடு
கவலையைத் துறந்திடு

மகிழ்ச்சியைப் பெருக்கிடு
உடமையை உரிமையை
உழைப்பினால் பெற்றிடு
திடமான மனதோடு
திறமையை வளர்த்திடு!
பிறர் நலம் பேணும்
பெருங்குணம் பெருமை...

அறவழிச் செல்லும் அருட்
குணம் அருமை
உரமிக்க உள்ளத்தை
உருவாக்கும் வாய்மை
தரமிக்க வாழ்க்கையைத்
தரும்
அந்தத் தூய்மை
இளங்காலை வேளை எழுந்து நீ
பழகு
உள்ளத்தினைத் தெளிவாக்கி
ஒளி கூடும் அழகு
அரிது அரிது மானிடராய்ப்
பிறப்பது அரிது ஒளவை
சொன்னார் அன்று
இனிது இனிது இசைபட
வாழ்தலே இனிது ஐயன்
சொன்னார் நன்று!

- ஜெ. ஜெயசஞ்சனா

சிவப்பு

உச்சியில் உதிக்கும் சூரியனின்
நிறம்

அழகும் ஆபத்தும் நிறைந்த
ரோஜாவின் நிறம்

உடலில் ஓடும் குருதியின் நிறம்
விடுதலையின் நிறம்

கண்கவர் சிவப்பு நிறம்

தமிழா வா! நம் உடலில் ஓடும்
தமிழ்த்தாயின் குருதியை ஒன்று
சேர்ப்போம்

தமிழ் வளர்ப்போம்!

-ஸ பூஜா
IX ஆ

சுற்றுச்சூழல் !

சுற்றுச்சூழல்
காத்திடுவோம்,
சற்றும் இனி தாமதியோம்!
காற்றெல்லாம் கரித்தாளே,
கார் வண்டி புகை
கக்குவதால்

மூச்சுமுட்டி மடிந்திடவா?
மூளையற்ற நம் மக்கள்,
மூடப்பழக்கம் விட்டால்
அவர்
மூதாதையர் போல்
வாழ்ந்திடலாம்!

கலப்படமில்லா
உணவுண்டு,
காற்றில் ஒரு நஞ்சுமின்றி,
காய்த்த நீரே பருகிடுவோம்,
காலார நடந்து செல்வோம்!

உண்மைதனை அறிவீரே,
உள்ளதெதிலும்
கள்ளமில்லை
சிறுவர்கள் நல்ல
எதிர்காலத்தை
சிதைந்திடுவதை
எண்ணாமல்
கபட ஆசையை
ஒழித்திடுவோம் !

மேக்னா ஆனந்த்

IX ஆ

தேசம்

தேசத்தின் மீது உள்ள நேசம்
அதுவே என் உயிர் சுவாசம்

சுதந்திர நாட்டில் வளங்கள்
செழிக்க
சுயநலமில்லாப் பொதுநலம்
வேண்டும்.

சுதந்திர நாட்டில் ஒற்றுமை ஓங்க
பகையில்லாப் பாசம்
வேண்டும் .

தன்னலமில்லாத் தாய் நாட்டைத்
தலை குனிய விடலாமா?

இந்தத் தன்னலமில்லா தாய்
நாட்டைத்
தரணியில் தலை ஓங்க
உழைக்கலாமே

ஹாசினி சி

மனித நேயம்

அற்புதங்கள் மிகுந்த
அழகிய உலகத்தில்
அதிசயம் நிகழ்த்துவோம்
மானுடத்தால்
மனதின் மாசடைத்து
அன்பு ததும்பிட
அழகிய வாழ்க்கை
அகிலத்தில்
பரப்பிடுவோம்

பி. தமன்யா

IX இ

மழை

சென்னையில் நல்ல மழை

ஒரு குவளையில் பிடித்தால்
ஒரு வேளை உதவும்

ஒரு குடத்தில் பிடித்தால்
ஒரு நாளைக்கு உதவும்

ஒரு குளத்தில் பிடித்தால்
ஒரு மாதத்திற்கு உதவும்

தண்ணீரை நிலத்தில் தேடாதீர்
அதை வானத்திலிருந்து
வரவழைக்கச் செய்வீர்.

ஷாஷினி தேவ்

IX உ

பெண் கல்வி

பெண் கல்வி போற்றுவோம்
ஓர் ஆண் படித்தால்
அது அவனுக்கு மட்டுமே
நன்மை

ஒரு பெண் படித்தால்
அந்தச் சமுதாயத்திற்கே
நன்மை

பட்டங்கள் ஆளவும்
சட்டங்கள் செய்யவும்
பாரதி கண்ட கனவை
நனவாக்கிய பெண்
கல்வியைப் போற்றுவோம்.

அமிழ்தினி. த

தாய்மை

என்னைப் பெற்றெடுத்த தாயே
உன்னை வணங்குகிறேன்
எதற்காகத் தெரியுமா?
உன்னை வருத்தி எனக்கு
உருவமளித்தாய்
உருவமளித்தவுடன் உன்
உதிரத்தை எனக்குப் பாலாய்
ஊட்டினாய்
நான் அழுதாலும் சிரித்தாலும்
அன்புடன் நேசித்தாய்
நான் நன்றாக வாழ
உன் நலன்களைத்
தியாகம் செய்தாய்
நான் என்ன செய்தேன் தாயே
உனக்கு
எவ்வளவு செய்கிறாய் எனக்கு
அதனால் தான்
கடவுளுக்கு முன்னால் நீ
வைக்கப்பட்டுள்ளாய்

தியாகத்தின் சின்னம்
தாய்மை

அதனால்தான் பிறந்த
நாட்டிற்குத் தாய்நாடு என்ற
பெயரோ ?

தாயே உன்னைப்
போற்றுவோம்!

என்றும் போற்றுவோம் !

வாழ்த்துவோம் வாழ்த்துவோம்
தாய்மையை!

உன்னை என்றும் மறக்காமல்

உன் பெருமையை

என்றும் நிலைநாட்ட

பிள்ளைகளுக்கு எடுத்துச்
சொல்லி

வாழையடி வாழையாக

தாய்மை பெருமையுடன்

வாழ அருள்வாய் என்

இறையே !

கோ. ஹர்ஷினி

இயற்கை

இயற்கை நமது வரம் -
வருடத்திற்கு
நடுவோம் ஒரு மரம்

மரங்களில் படர்ந்திருக்கும்
கிளைகள் - அதில்
பச்சையாகக் காட்சியளிக்கும்
இலைகள்

நெகிழியைத் தவிர்ப்போம்
மணவளத்தைக் காப்போம்

நீரின்றி அமையாது உலகு -
அதனால்
தண்ணீர் சேகரிப்பதைப் பழகு

தீ, நிலம், ஆகாயம், நீர், காற்றை
நாம் பாதுகாப்போம்.

ஸ்ரேயா

இயற்கை

சலசல என்று ஓடும்
நீரோடை
சில்லென்று வீசும் காற்று
மறைவாய் இருக்கும்
சூரியன்
குளிர்ச்சியால் இருக்கும்
நிலவு
அதில் உலவும் மனித
குலம்
சில்லென்ற தென்றல்
மேகத்திலிருந்து
பொழியும் மழை
அதில் மகிழும் உயிரினம்
அன்பைக் காட்டும்
இயற்கையே
உனக்கு மிக மிக நன்றி .

மேதா ஹ

IX உ

உண்மை

சூரியன் இருக்கும் வரை
வெளிச்சம்

பணம் இருக்கும் வரை ஆசை
நண்பர்கள் இருக்கும் வரை
நட்பு

இருள் இருக்கும் வரை இரவு
பதவி இருக்கும் வரை
மரியாதை

அன்பு இருக்கும் வரை
வாழ்க்கை

உண்மை இருக்கும் வரை
வெற்றி .

ஸ்வேதா .எல்

IX உ

என் அம்மா என் உலகம்

என்னைச் சிரிக்க வைத்தாய்
என்னைச் சிந்திக்க வைத்தாய் .
நான் உனக்கு நிறைய கடன்
பட்டிருக்கிறேன்,
என்னால் எதுவும் பெரிதாய்
இப்போது செய்ய முடியாது
ஆனால் நான் ஒன்று
சொல்வேன்,
என் வாழ்க்கையின் தேவதை நீ
நான் நேசிக்கும் முதல் பெண் நீ
என் அம்மா என் உலகம்

மீனாட்சி. ஸ்

IX உ

உன் மீது நீ நம்பிக்கை வை !

செய்ய முடியும் என்று நம்பு
ஒன்றைச் செய்ய முடியும் என்று
நீ

முழுதாய் நம்பும்போது உன்
மனம்

அதைச் செய்து முடிக்கும்
வழிகளைக் காட்டும்
ஒரு காரியத்தில் வைக்கும்
நம்பிக்கை
அந்தக் காரியத்தை முடிக்கும்
வழியைக் காட்டுகிறது.

எஸ். கிரிஷிதா ஸ்ரீ

IX உ

துடைப்பக்கட்டை

நாட்டில் உள்ள பொய்
நாட்டில் உள்ள தீமைகள்
நாட்டில் உள்ள தீயவர்கள்
நாட்டில் உள்ள
தீண்டாமை
நாட்டில் உள்ள திருட்டு
இதை அனைத்தையும்
கூட்டிப்
பெருக்க வந்த என்
கவிதை
ஒரு துடைப்பக்கட்டை .

பி. காவியா

IX உ

இயற்கை

இல்லம் இல்லாப் பறவைக்கு
நம்பிக்கை தந்தது தனி மரம்
தாகம் கொண்ட விலங்குக்கு

நம்பிக்கை தந்தது

மலையருவி

வாடிப்போன பயிருக்கு

நம்பிக்கை தந்தது

மழைத்துளி

வெயிலில் அலைந்த

ஏழைக்கு

நம்பிக்கை தந்தது மரநிழல்

உணவு தேடும் வண்டுக்கு

நம்பிக்கை தந்தன மலர்கள்

நம்பிக்கை தந்த

இயற்கைக்கு

நம்பிக்கைத் துரோகம்

நாமேதான் மாறுவோம் .

சௌம்யா. ர

x அ

இசை

ஒலியின் வர்ணஜாலம்
ஓசையின் செம்மை
சூரியன் சுழற்சி
கடலின் அலைதல்
காற்றின் பயணம்
மரம் முதல் மனிதன் வரை
மலரச்செய்யும் வதனம்
உனைத்தேடி கரையும்
உயிர்களில் ஒருத்தியாய்
நானும்.

ஸ்மிதா ஷெனி.செ

X ஆ

என் தேசம்

பாரதம் எந்தன் தேசம்
பனிமூடிய இமயம்

பாலைவனம்

பீடபூமி

என்றமைய

அழகொளிரும் தீபகற்பம்
முப்புறமும் சமுத்திரங்கள்
நீர்வளமும் நிலவளமும்
எண்ணிலடங்கா

சாதனை படைத்த தேசமிது
வளர்கிறது விண்ணுயர
உலக அரங்கில் முதலிடம்
ஒவ்வொரு இந்தியனும்
எதிர்பார்ப்புடன்

அகூரா . செ

x ஆ

எதிர்கால கனவுகள்

கனவு நல்லது
கலாமின் வாக்கு
வருங்காலம்
காட்டும்
வனப்புமிகு கனவு
முயலத்தூண்டும்
வாழ்வினைப்
புரட்டும்
கனவு நல்லது
கனவு காண்போம்
கடமை
ஆற்றுவோம்

ர. அகஷயா

X ஆ

மழை

இன்பம் தருகிறது
மகிழ்ச்சி தருகிறது
ஆசைக்கு மழை
சுவாசத்திற்கு மழை
பாசனத்திற்கு மழை
மரம் வளர மழை
சுற்றுச்சூழலுக்கு மழை
குடிநீருக்கு மழை
மக்களுக்கு மழை

எஸ். ரித்திகா

X இ

தாய்

வார்த்தைகளே இல்லாத வடிவம்
அளவுகோலே இல்லாத அன்பு
சுயநலம் இல்லாத இதயம்
அவள் தான் என் அம்மா

இதயம் எழுதும் கவிதை நீ
எங்கும் நிறைந்த புதுமை நீ
அழகாய் இருக்கும் ரதியும் நீ
இதையெல்லாம் எழுதினேன்
உனக்கு நான்.

மாலை நேரத் தென்றல் நீ
மனதில் உலவும் தேவதை நீ
புதிய உலகின் பழமை நீ
பூத்து நிற்கும் பூவும் நீயே, என்
தாயே !

யாஷிகா சரவணன்

அன்னையே !

என்னைப் பெற்றெடுத்த
அன்னையே

உன் அன்புக்கு இந்த உலகில்
வேறெதுவும் ஒப்பிட முடியாது
தாயே வந்தாய் உன் பாசம் என்னும்
கடலில் மகிழ்ச்சியோடு மிதந்து
கொண்டிருக்கிறேன்
உன் அன்புக் கரங்களில்
என்னை மிதக்க வைத்து
மகிழ்ச்சி என்னும் வானில் நீ
உலா வந்தாய் அழகிய நிலவே !
நீ என் மூன்றெழுத்து பொக்கிஷம்
அம்மா!

த. பிரார்த்தனா

X இ

குழந்தைத் தொழிலாளர்

புத்தகம் படிக்கும் வயதிலே
ஆடிப் பாடும் பருவத்திலே
போகுது போகுது ஊர்கோலம்
பொருட்களை விற்க
சாலையோரம்
தந்தையும் தாயும் ஏழையென
குடும்பத்தைச் சமாளிக்க
வேலையென
கண்ணிலிருந்து தண்ணீர்
ஓடுகின்றதே
சமுதாயம் பார்த்துச் சிரித்ததே
ஒரு நாள் கல்வி கிடைக்கும் என
நம்பிக்கையை விடாதே
குழந்தையே.

சஞ்ஜிதா

X இ

தோல்வியில் வெற்றி

நம்பிக்கை எனும் ஆயுதம்
உன்னிடம் இருக்கும் வரை,
வெற்றிக்கு நீ தகுதி உடையவன்

தோல்விகளைக் கண்டு அஞ்சாதே !
நாள்தோறும் விடாமுயற்சி செய்
பலனை எதிர்பார்க்காதே !
நீ செய்யும் செயலைக் கண்டு
தேடி வரும் வெற்றி உன்னை!

தன்னம்பிக்கையை விடாதே
முயற்சி செய்வதை நிறுத்தாதே
வெற்றி என்பது நிரந்தரமல்ல
தோல்வி என்பது இறுதியானதுமல்ல

சஞ்சிதா இராதாகிருஷ்ணன்
X இ

அன்பு

உப்பில்லாமல் உணவு இல்லை
நட்பில்லாமல் வாழ்க்கை
இல்லை
தாய் இல்லாமல் சேய் இல்லை
நண்பர் இல்லாமல் பள்ளி
இல்லை
உடம்பில்லாத உயிர் இல்லை
அன்பு இல்லாத உயிரினமே
இல்லை .

வேதிகா

x இ

அப்பாவிற்ரு மகள் எழுதுவது

உலகத்துக்குள் நுழைந்ததும் உன்னாலே
வாழ்வில் ஒரு குறிக்கோளுடன் நகர்வதும்
உன்னாலே

காலையில் சூரியன் போல் உழைக்கிறாய்
மாலையில் நிலா போல்
மினுமினுக்கிறாய்

எங்களுடன் இருக்கும் நேரத்தில்
உன் கஷ்டத்தை மறைத்துச் சிரிக்கிறாய் !

உன்னைப் போல ஒரு உயர்ந்த மனிதனை
நான் என் வாழ்க்கையில் காணவில்லை!

நீ மென்மேலும் நிறைய மக்களுக்கு
நல்வாழ்வு தந்து
வாழ்க்கையில் உயர வேண்டும் என்று
வாழ்த்தி வணங்குகின்றேன் !

இ. நிகிதா

X இ

நட்பு

நண்பர்கள் தவறு செய்தால்
மன்னித்து விடாதே
மறந்து விடு
ஏனெனில் அவர்கள்
உன் உறவுகள் அல்ல
உணர்வுகள்

நட்பு மற்ற உறவுகளை விட
மிகவும் வித்தியாசமானது
இறக்கும் வரை பிரிக்க
முடியாதது தான் நட்பு
எங்கே பிறந்தாலும்
எப்படி இருந்தாலும்
ஒன்று சேரும் உணர்வுதான்

உயிர் நட்பு !

ஹர்ஷிதா பத்மநாபன்

மன்னன்

ஆதிக்க சாம்ராஜ்யங்கள்
அணி திரண்ட பெரும்படைகள்
மணிமகுடம் மாளிகைகள்
மதில்சூழ் கோட்டைக் கொத்தளங்கள்
புதைந்த இடம் தெரியாமல்
போனதுண்டு இவ்வுலகில்
அரசின் இலக்கணம் அதிகாரம்
ஆட்சி எல்லை விரிவாக்கம்
மண் கொள்ளல் பொன் கொள்ளல்
மண்டியிடும் சிற்றரசர் கூட்டம்
என்றெண்ணி அரசாண்டோர்
எள்ளப்படுவர் வரலாற்றின் ஏடுகளில்
மக்களின் மனக்குமுறல்
மண்மூடிய எரிமலை காண்
புரட்சித் தீ வெடித்தால்
பேரரசும் பொசுங்கி விடும்
மண்ணை ஆள்பவனல்ல
மக்கள் மனங்களை ஆள்பவனே
மன்னன்

வி . பத்மஸ்ரீ

என் டாக்டர்ம்மா

அம்மா,
என் அம்மா டாக்டர்ம்மா
அழும் மழலையின் வலி
தீர்ப்பார்
நோயில் வாடும் மாதர்
நலம் பேணுவார்
இரவு பகல் இல்லை அவருக்கு
ஏழை எளியவரின் தெய்வம்
எந்தன் அம்மா.

எம். நகூத்திரா

x ஈ

தமிழுக்கு நிகர் தமிழே !

தன்னைத் தானே வளர்த்தது
தன் மக்களையும் வளர்த்தது
திருவள்ளுவரையும் கொடுத்தது

ஒளவையையும் தந்தது
ஆனந்த வாழ்வையும் தந்தது
அதிகாரத்தையும் கொடுத்தது
இன்பத்தையும் கொடுத்தது
அன்பையும் கொடுத்தது
அறிவையும் கொடுத்தது
வீரத்தையும் கொடுத்தது
விவேகத்தையும் கொடுத்தது

இதைப் படிக்கும்
என் தமிழ் மக்களாக்

கொடுத்தது

நம் மொழி !

அது தமிழ் மொழி !

எ. ஹேமவர்தினி X ஈ

இயற்கை

சுற்றிமுற்றி மரங்கள்
அதில் தன் நடையைப் பதித்த
அணிலின் தடங்கள்,
வயலெல்லாம் பூக்கள்
அதில் அழகாய் ரீங்காரமிடும்
வண்டுகள்

சலசலவென ஓடும் நதிகள்
அதில் குதித்து ஆடும் மீன்கள்
வானில் இருக்கும் விண்மீன்கள்
இயற்கையே நீ ஓர் அழகு .

ஸ . மானஸா ராவ்

x ஈ

என் தோழியே !

என் தோழியே !
என் உயிர்த் தோழியே !
என்னுடன் பிறக்காத
உடன்பிறப்பே!
என்னை எப்பொழுதும்
ஊக்குவிக்கும் தோழியே !
என் வாழ்வில் வந்த
பெருமையே !
கடவுள் தந்த வரம் நீ !

தி. ஹரிணி

X ஈ

போர்

உலகெங்கும் வேதனை
இதுவே போர் செய்த சாதனை !
உயிரிழந்த இராணுவ வீரர்கள்
பெற்றோரை இழந்த
குழந்தைகள்
சுதந்திரம் இழந்த நாடுகள்
மனிதாபிமானம் இழந்த
உள்ளங்கள்

அடியோடு விழுந்த கனவுகள்
வேரோடு சாய்ந்த நினைவுகள்
இவையே போரினால் ஆன
நிகழ்ச்சிகள்

உலகெங்கும் வேதனை
இதுவே போர் செய்த சாதனை!
போரில்லா உலகம் காண்போம் !

கே.எஸ். ப்ரீத்தி உத்ரா

இயற்கை

அன்பின் பேருருவம் நீ !
அழகின் உருவம் நீ!
உயிருக்குக் கருவூலம் நீ!
எங்களைப் பாதுகாக்கும்
தெய்வம் நீ!
என் இரண்டாம் தாய் நீ!
உன்னை அழித்தாலும்
எங்களை நேசிக்கும் தோழி
நீ!

ந. ஹத்விகா

x ஈ

காற்று

காற்று காற்று காற்று
தென்றலாய் வந்து தாலாட்டு
மதிய வெயில் வேளையிலே
இதமாய் வந்து சோறாட்டு
மாலை மங்கும் நேரம்
பறவைகளோடு நீ கவி பாடு
இரவு உறங்கும் வேளை
நிலவின் குளிராய்
அணைத்திடு

ஆர். அக்ஷிதா

X உ

குறையின்றி நிறை

பள்ளம் இருக்கும் இடத்தில்
தான்

நீர் ஓடும்

குறையிருக்கும் இடத்தில்தான்
தேவையிருக்கும்

குறை எனும் துவாரம் வழியே
நிறை எனும் சிகரம் தெரியும்
குறைகளைப் படிசூலாக்கி
நிறை எனும்
உச்சத்தைத் தொடுங்கள்

கோ .வனிஷா

x உ

மெல்லிசையே

அன்பான இன்னிசையே!

வானிற்கு மதி தேவை

வானவில்லிற்கு மழை

தேவை

கடற்கரைக்கு அலைகள்

தேவை

ரோஜாவிற்கு முள் தேவை

மகிழ்ச்சிக்கு வலி தேவை

உடலுக்கு உயிர் தேவை

அதுபோல என் வாழ்விற்கு நீ

தேவை

உன்னோடு நான் இருக்கும்

நேரம் மட்டும் தான் எனது

மழையில் கரையும்

காற்றாக

உன்னில் கரைகிறது என்

மனது

அலையும் அலையும்
கரையை அடைவதில்லை
உன்னில் அலைந்தும்
அலைந்தும்
என் தேடல் குறையவில்லை
இளந்தென்றலாகத் தீண்டும்
மெல்லிசையே!

உனக்கு முதன்முறையாகக்
கூறுகிறேன் நன்றி
என்ன நான் செய்வேன்
நீ இன்றி.

கு. தர்ஷினி

x உ

அப்பாவுக்கு...

அன்பும் பாசமும்
அளவு கடந்து கொடுத்தாய்
நான் சிரிப்பதற்கு
கோபமும் அக்கறையும்
பாகுபாடின்றிக் கொடுத்தாய்
நான் முன்னேறுவதற்குக்
கண்ணீரும் கவலையும்
குன்று போல் குவித்தாய்
நான்

தோற்கக்கூடாதென்பதற்கு
“இந்த உலகமே உன்னை
எதிர்த்தாலும் உன்னுடன்
நான்”

என்ற ஒற்றை வரியில்
நம்பிக்கை கொடுத்தாய்
நான் சோர்ந்திருக்கும்போது
அவ்வரி ஒன்று போதும் அப்பா
நான் இந்த உலகையே
வெல்வதற்கு .

சஹானா ராமகிருஷ்ணன் X ௨

தமிழே அழகு

எத்தனை அழகு என் தாய்
மொழியான தமிழுக்கு !
எத்தனை சிறப்பு என் தாய்
மொழியான தமிழுக்கு !
தேடிப்பார்த்தேன் நான்
தேடிப்பார்த்தேன் தமிழுக்கு
இணையான அழகு
வேறெங்காவது உண்டா என்று
பேசிப்பார்த்தேன் நான்
பேசிப்பார்த்தேன் தமிழுக்கு
இணையான உணர்வுவேறு
எந்தமொழியில் உண்டா என்று
சுவைத்துப் பார்த்தேன் நான்
சுவைத்துப் பார்த்தேன்
தமிழுக்கு
உள்ள சுவை
வேறெங்காவது உண்டா என்று
பின்பு உணர்ந்தேன்
உன்னை வருணிக்க
என் வரிகள் போதாது என்று !

ச . பிரீத்திகா

பூமித் தாய்

பரந்து விரிந்த அகிலத்தில்
சிறந்ததென்று
நான் கூற பற்பல விஷயங்கள்
இருந்தாலும்
நம் பூமிக்கு இணையானது
ஒன்றுமில்லை
பஞ்சபூத சக்திகளைத் தன்னிடத்தே
உள்ளடக்கி
கோள்கள் மத்தியிலே ஜொலிப்பவள்
நம் பூமித் தாயன்றோ!
மானிடராய் நாம் பிறந்திடவே
என்ன தவம் செய்தோமோ?
பஞ்சபூதங்களையும் அனுபவித்தோம்
அகழ்ந்தும் ஆடியும் குதித்தும் ஓடியும்
அன்புடன் நம்மைத் தாங்கும்
பூமிதேவியே நீ எம் தாயே .

சு .ம.காவ்ய தர்ஷினி

ஆசிரியர்

மெழுகு ஒப்ப உருகும் நபர்
மூன்றாம் தெய்வமாக நிற்கும்
நபர்

பள்ளியின் அடித்தளமாக
இருக்கும் நபர்

ஆயிரக்கணக்கான பிள்ளைகள்
உள்ள நபர்

காலங்கள் ஓய்ந்த பின்பும்

ஓயாது உழைக்கும் நபர்

வயதானாலும் இளமை

மாறாத நபர்

பள்ளியை இரண்டாவது

வீடாக மாற்றும் நபர்

வாழ்க்கைக்கு வழிகாட்டியாகப்

பணி செய்யும் நபர்

நெருங்கிய உறவினரைப்
போன்ற நபர் தனது மாணவ
மாணவி
நலத்தையே எண்ணிச்
செயல்படும் நபர்
வாழ்க்கை என்னும்
பாதையில்
கைப்பிடித்து
அழைத்துச் செல்லும் அந்தத்
தெய்வக் கரங்கள் உடைய
நபரே,
பூமியின் மிகப் பெரிய
செல்வமான ஆசிரியர்கள்.

ர.க. ஸ்ரீ ரஞ்சனி

XII அ

பெண்

உலகையே அறியாத
சிறுமிதான் நாளைய உலகை
ஆளும் பெண்.
தன் ஆற்றலை அறியாத
சிறுமிதான் நாளைய
வெற்றியைக்
காணும் பெண்!

ச .அமிர்தா லட்சுமி

xii உ

சேமிப்பு

உணவை வீணாக்காதே
அது அடுத்தவரின்
பசியாற்றும்
தண்ணீரை வீணாக்காதே
அது அடுத்த
தலைமுறையைக்
காப்பாற்றும்
இயற்கையை வீணாக்காதே
- அது
இந்த உலகத்தையே
காப்பாற்றும் .

ச .அமிர்தா லட்சுமி

XII உ

நிம்மதி

காற்று மெல்ல வீசியது . கடலின் நீர்
கால்களின் மேல் மெதுவாக
விழுந்தது, பாட்டுக் கேட்பது,
பாட்டுப் பாடுவது, நடனமாடுவது,
சமைப்பது, புத்தகம் படிப்பது என்று
நமக்குப் பிடித்த செயல்களைச்
செய்யும் போது நாம் நிம்மதி
பெறுகிறோம். நிம்மதி மற்றும்
அமைதி நம் வாழ்வில் மிகவும்
இன்றியமையாதது. மாணவர்கள்
காலையில் பள்ளியின்
கலகலப்பிற்குப் பின் வீட்டில் உள்ள
அமைதியை எதிர்பார்க்கிறார்கள்.
அம்மாக்கள் சமைத்தவுடன்
நிம்மதியாக ஓய்வெடுக்க
விரும்புகிறார்கள். நம்
மனநிலையைச் சமநிலையாக
வைத்துக் கொள்ள
வேண்டுமென்றால் நாம்
நிம்மதியாக இருக்க வேண்டும்.

வாழ்க்கையில் அமைதி
இல்லையெனில் நம்முள்
வாழ்க்கையில் வரும்
அனைத்து துன்பங்களும்
மனதில் பொங்கி ஒரு
சமயத்தில் கட்டுப்படுத்த
முடியாமல் மற்ற
மனிதர்களிடம்
கோபத்தைக் காட்டுவோம்.
இதனால் நம் உறவு மற்றும்
நட்பு பாதிக்கப்படும்.
இதனால் நம் உறவு மற்றும்
நட்பு பாதிக்கப்படும்.
எனவே, நாம் மகிழ்ச்சியாக
இருப்பதற்கு நம்மைச் சுற்றி
உள்ளோர் மகிழ்ச்சியாக
இருப்பதும் மிக
அவசியம். உணர்வோம் ;
நிம்மதி வளர்ப்போம்.

ஸ்ரீ சாத்விகா

IX ஆ

கதவுக்குப் பின்

டும்! மங்கலான வெளிச்சமுள்ள
நடைப்பாதையின் முடிவில் ஒரு சத்தம்
கேட்டது. இருளில் உருவம் காண என்
கண்கள் நடுங்குகின்றன. என்
தொண்டை வறண்டு போகும் போது,
வியர்வைத் துளிகள் என் நெற்றியில்
வழிகின்றன. டும்! மீண்டும் அந்தச்
சத்தம். என் மனம் கற்பனையின்
விரும்பத்தகாத பக்கத்திற்குப்
பறக்கிறது. அதே நேரத்தில் என் கண்கள்
இறுக்கமாக முடிக்கொண்டன. அந்த
ஒலி; ஒரு பேய் அதன் சங்கிலியை
இழுக்கிறதா? அல்லது ஒரு தீய ஆவி
புலம்புகிறதா? என் இதயத்தை
உறுதிப்படுத்தி, என் நடுங்கும் கால்களை
ஒலியின் மூலத்திற்கு இழுத்துச்
சென்றேன். ஒவ்வொரு அடியிலும் என்
இதயம் படபடக்கிறது.

ஒரு பயமுறுத்தும் புன்னகை நெருங்கி
நெருங்கி வருகிறது. நடைபாதையின்
முடிவில், என் கை கதவு கைப்பிடிக்கு
மேலே நிச்சயமற்ற நிலையில்,
வட்டமிடுகிறது. கைகள் நடுங்க, நான்
கதவைத் திறந்தேன். உள்ளே,
தலைகீழான பெட்டிகளின் மேல் என்
பூனை அமர்ந்து, அதன் பாதங்களை
நக்குகிறது. என் வருகையைக் கேட்டு,
நிமிர்ந்து பார்த்தது. நான் நிம்மதிப்
பெருமூச்சு விட்டேன் வெளியே
சென்று கதவை மூடினேன். நான்
திரும்பி நடக்கையில், திடீரென்று
நின்று விட்டேன்.

இரண்டு வருடங்களுக்கு முன் இறந்து
போன என் பூனை, எப்படி பூட்டிய
கதவுக்குப் பின் வந்தது.

ஆ. நேத்ரா

IX ஆ

சமையல் - ஒரு சுவையான பயணம்

சமையல் என்பது உட்கொள்வதற்காக உணவுப்பொருட்களைத் தயார் செய்வதைக் குறிக்கும். ஆனால் இப்போது, சமையல் ஒரு கலையாக உள்ளது பண்டைய காலத்தில், மக்கள் காய்களைத் தீயில் சுட்டு உண்டனர். கால மாற்றத்தால், பல நுட்பமான கருவிகளும், உயர்தர பொருள்களும் சமைக்கப் பயன்படுத்தப்படுகின்றன. கண் சுவைத்த பிறகு தான் வாய் சுவைக்கும் என்பதற்கேற்ப உணவு சுவையாகவும் இருக்க வேண்டும், பார்ப்பதற்கும் அழகாக இருக்க வேண்டும்.

இவ்வுலகத்தின் ஒவ்வொரு பகுதியிலும் கிடைக்கும் உணவு வகைகள், அப்பகுதியின் சிறப்பையும், வளத்தையும், நாகரிகத்தையும் குறிக்கும். இந்திய உணவுகள் தனிச் சிறப்பும்,

பெருமையும் உடையன.

எடுத்துக்காட்டாக, தமிழ்நாட்டின்
மசால் தோசை, கேரளாவின் புட்டு,
கர்நாடகாவின் மைசூர் பாக்,
கொல்கத்தாவின் இனிப்பு
வகைகள், வடஇந்தியாவின்
சப்பாத்திகள்....!

என சொல்லிக் கொண்டே போகலாம்!
நம் முன்னோர் பயன்படுத்திய
மண்பானைகள், ஆரோக்கியமான
காற்கறிகள், பழங்கள் ஆகியவை
இந்தக் காலத்தில் குறைந்துவிட்டால்,
நுண்ணலை அடுப்புகள்,
குளிர்சாதனப் பெட்டிகள், தூண்டல்
அடுப்புகள் மற்றும் விரைவு
உணவுகள் ஆகியவை
பெருகிவிட்டன. நம்மில் எத்தனைப்
பேர் அறுசுவை உணவு உண்கிறோம்!
காலை உணவு உண்ணக் கூட
நேரமில்லை! நுண்ணலை
அடுப்புகள், குளிர்சாதனப் பெட்டிகள்,

தூண்டல் அடுப்புகள் மற்றும் விரைவு
உணவுகள் ஆகியவை
பெருகிவிட்டன. நம்மில் எத்தனைப்
பேர் அறுசுவை உணவு
உண்கிறோம்! காலை உணவு
உண்ணக் கூட நேரமில்லை!
தூண்டல் அடுப்புகள் மற்றும் விரைவு
உணவுகள் ஆகியவை
பெருகிவிட்டன. நம்மில் எத்தனைப்
பேர் அறுசுவை உணவு
உண்கிறோம்! காலை உணவு
உண்ணக் கூட நேரமில்லை!
ஒரு மனிதன் தன் வாழ்க்கையில்,
நான்கு வருடங்கள், உணவு
உண்ணவே செலவிடுகிறான்.
அப்படிப்பட்ட உணவிற்கு
முக்கியத்துவம் தேவையல்லவா?
'உணவே மருந்து' என்னும் வரிகள்,
நல்ல உணவை உண்பது
இன்றியமையாதது என்கிறது.
சமையல் என்னும் செயல், இன்றைய
உலகில் கலையாகி,

அதைக் கற்பதற்கான
பள்ளிகளும் உள்ளன!
எனவே என்றும் சமையல்
கலையை வளர்ப்போம்!
அறுசுவை உணவுகளை
உண்போம்! மகிழ்ச்சியுடன்
வாழ்வோம்!

ச. அமிர்தா லட்சுமி
XII அ

75 ஆண்டு கால இந்தியாவின் வளர்ச்சி

அந்நிய ஏகாதிபத்திய
ஆங்கிலேயரின் ஆட்சியில் இந்திய
மக்கள் கண்ணீர் விட்டுச் செந்நீர்
விட்டுக் கதறி அழுத காலம்.

ஆங்கிலேயரின் அடக்கு முறையால்
கைகட்டி வாய் பொத்தி மண்டியிட்ட
காலம்.

அந்தக் காலத்தில் அந்த அடிமை
தளையை உடைத்து எறிய
பாடுபட்டனர் பலர். ஆம்,
'மந்திரத்தாலும் தந்திரத்தால்
வரவில்லை நம்

சுதந்திரம்; உதிரத்தாலும் உயிர்த்
தியாகத்தாலும் பாடுபட்டுக்
கிடைத்ததே நம் சுதந்திரம்.

“என்று தணியும் இந்த சுதந்திர
தாகம் என்று மடியும் எங்கள்
அடிமையின் மோகம்” என்று
பாரதியார் உரக்கக் கூறி பல்வேறு
மக்களுக்குச் சுதந்திர உணர்வை
ஊட்டினார்.

“ஞானத்திலே பரமோனத்திலே -
உயர்

மானத்திலே அன்னதானத்திலே
கானத்திலே அமுதாக நிறைந்த
கவிதையிலே உயர் நாடு
இந்தப் பாருக்குள்ளே
நல்ல நாடு”

என்று இந்தப் பாரிலேயே
சிறந்த நாடு நம் இந்திய நாடு
என்று பாரதியார் மார்தட்டிக்
கூறினார்.

வேற்றுமையால் பிரிவு ,போர்
போன்ற நிகழ்வுகள் நடக்கும்
இக்காலத்தில்,
1300க்கும் மேற்பட்ட மொழிகள்,
பல்வேறு கலாச்சாரங்கள்
உடைய மக்களை
ஒருங்கிணைத்து
வேற்றுமையில்
ஒற்றுமையையும் காணலாம்
என்பதை மற்ற நாடுகளுக்குக்
கற்றுக் கொடுத்தது நம் பாரத
நாடு தானே.

உலகம் ,தனது கண்களை ஈரத்துடன்
இந்திய திருநாட்டைப் பார்த்திருந்த
நிலைமை மாறி இன்று உலகமே
வியப்புடன் பார்க்கும் நிலைமைக்கு
வந்துள்ளோம்.

இந்தியாவின் வளம் மிகப்பெரியது.
வடக்கே வெள்ளிப் பனி மலைகள்
முதல் தெற்கே திரண்டு எழும்பும்
ஆழிக் குமரிமுனை வரை
அதன் அழகை வருணிக்க
என் வரிகள் போதாது.

அன்றைய காலத்தில்
ஆங்கிலேயரின் அடக்குமுறையில்
இருந்த இந்தியா இன்றைக்கு
மிகப்பெரிய ஜனநாயக நாடாகத்
திகழ்கிறது. இந்திய
அரசியலமைப்புச் சட்டம் எனக்கு என்
பேச்சுரிமையையும்
கருத்துரிமையையும்
தகவலுரிமையையும்
தந்திருக்கின்றது.

ஏன் ?எதற்கு? எப்படி ?என்ற
கேள்வியினைக் கேட்கும்
உரிமையை எனக்குக்
கொடுத்திருக்கிறது.
மேற்கு நாடு வேட்டையாடக் கல்
எடுத்த காலத்தில் கல் குடைந்துச்
சிலை வடித்த தேசம் நம் தேசம்.
இன்று நான் இங்குப் பேசுகிறேன்
என்பதற்குக் காரணமே என் நாடு
எனக்கு அளித்திருக்கும்
சுதந்திரமே. வீட்டுக்குள்ளே
பெண்ணைப் பூட்டி வைப்போம்
என்ற விந்தை மறைந்தது. இன்று
ஒவ்வொரு துறையிலும் பெண்கள்
சாதித்து வருகின்றனர்.
போர்க்களத்தில் நின்று
போராடுவதில் இருந்து
விண்வெளியில் பறப்பது வரை
பெண்கள் பல்வேறு துறைகளில்

சாதனையைப் படைத்து
வருகிறார்கள்.

அது மட்டுமல்லாமல் கலை, கல்வி,
அறிவியல், அரசியல்,
தொழில்நுட்பம் போன்ற பல்வேறு
துறைகளில் பல சாதனைகளைப்
புரிந்து வருகிறார்கள்.

நம் விண்வெளி ஆராய்ச்சி மையம்,
அப்துல் கலாம், சிவன்,

நம்பிநாராயணன், போன்ற சிறந்த
விஞ்ஞானிகளால் எண்ணற்ற
கண்டுபிடிப்புகளையும்

சாதனைகளையும் புரிந்து வருகிறது.

அரசியல், தொழில்நுட்பம் போன்ற
பல்வேறு துறைகளில் பல

சாதனைகளைப் புரிந்து
வருகிறார்கள்.

நம் விண்வெளி ஆராய்ச்சி மையம்,
அப்துல் கலாம், சிவன்,

நம்பிநாராயணன், போன்ற சிறந்த
விஞ்ஞானிகளால் எண்ணற்ற

கண்டுபிடிப்புகளையும்

சாதனைகளையும் புரிந்து வருகிறது.

செவ்வாய்க் கிரகத்தை முதல்
முயற்சியிலேயே வெற்றிகரமாக
எட்டிய ஒரே நாடு நம் நாடு என்ற
பெருமையை நாம்
பெற்றிருக்கின்றோம்.

இந்தியாவின் தலை சிறந்த
விஞ்ஞானி, தொழில்நுட்ப
வல்லுநர், இந்தியாவின் 11 வது
குடியரசு தலைவர், இந்திய
ஏவுகணை நாயகன் என்றெல்லாம்
வாயாரப் புகழப்படும் டாக்டர்
ஏ.பி.ஜே அப்துல் கலாம் அவர்கள்,
சுவிட்சர்லாந்து சென்ற நாளை
அந்நாடு அறிவியல் நாள் என்று
கொண்டாடி வருகிறது. உலகின்
மொத்த உற்பத்தியில் முதல் ஐந்து
நாடுகளில் இந்தியாவும் ஒன்று.
பெரும்பாலான துறைகளில் நாம்
10 சதவிகித வளர்ச்சியை
அடைந்துள்ளோம்.

வாயாரப் புகழப்படும் டாக்டர்

ஏ.பி.ஜே அப்துல் கலாம் அவர்கள்,
சுவிட்சர்லாந்து சென்ற நாளை அந்நாடு
அறிவியல் நாள் என்று கொண்டாடி
வருகிறது. உலகின் மொத்த உற்பத்தியில்
முதல் ஐந்து நாடுகளில் இந்தியாவும் ஒன்று.
பெரும்பாலான துறைகளில் நாம் 10
சதவிகித வளர்ச்சியை அடைந்துள்ளோம்.
ஏ.பி.ஜே அப்துல் கலாம் அவர்கள்,
சுவிட்சர்லாந்து சென்ற நாளை அந்நாடு
அறிவியல் நாள் என்று கொண்டாடி
வருகிறது. உலகின் மொத்த உற்பத்தியில்
முதல் ஐந்து நாடுகளில் இந்தியாவும் ஒன்று.
பெரும்பாலான துறைகளில் நாம் 10
சதவிகித வளர்ச்சியை அடைந்துள்ளோம்.
சமீப காலத்தில் கொரோனாவிற்குத் தடுப்பு
மருந்து கண்டுபிடிப்பதிலும் இந்தியா
பெரும் பங்கு வகித்திருக்கிறது. மேலும், நம்
இந்தியாவின் வளர்ச்சி எவ்வாறு
இருக்கின்றது என்றால் ,2030இல்,நாம்
ஜப்பானை விடவும் வளர்ச்சி அடைந்து,
2040இல், உலக நாடுகளை விடவும் வளர்ச்சி
அடைவோம் என்கிறது புள்ளிவிவரம்.

இறுதியாக ஒன்றை மட்டும் கூற
விரும்புகிறேன். நம் இந்திய
வரலாற்றில் இதுவரை எத்தனையோ
தடவை அந்நியர்கள் படையெடுத்து
நமது அறிவுச்செல்வங்களையும்
இயற்கை வளங்களையும் கொள்ளை
அடித்துச் சென்றுள்ளார்கள். ஆனால்
இதுவரை நாம் ஒரு தடவை கூட
அவர்களிடம் அவ்வாறு நடந்து
கொள்ளவில்லை. நாம் எந்த நாட்டின்
மீதும் படையெடுக்கவும் இல்லை.
அவர்களது நாடு கலாச்சாரம் மற்றும்
வரலாற்றை அபகரித்துக் கொண்டு.
நமது வாழ்க்கை முறைகளை அவர்கள்
மீது நாம் திணிக்கவும் இல்லை.
ஏனென்றால் மற்றவர்களின்
உரிமையையும் நாம் மதிப்பது தான்
இதற்கு காரணம்.
மேலும் மாணவர்களான நாம்
வருங்காலத்தில் புதிய புதிய
வளர்ச்சிகளால் நம் நாட்டின்
பெருமையை மேலும் உயர்த்தி மேலும்
மாணவர்களான நாம் வருங்காலத்தில்

புதிய புதிய வளர்ச்சிகளால் நம்
நாட்டின் பெருமையை மேலும்
உயர்த்தி

புதிய புதிய வளர்ச்சிகளால் நம்
நாட்டின் பெருமையை மேலும்
உயர்த்தி

இந்தியாவை வளர்ந்த நாடு
என்று தெரிவிப்போம் என்று
உறுதிமொழி கொள்ள
வேண்டும்.

இன்று இந்தச் சுதந்திர நாள்
அன்று நம் தேசியக்கொடி
எவ்வாறு கம்பீரத்துடன் உயர்
பறக்கின்றதோ, அவ்வாறு நம்
சிந்தனைகளும் எண்ணங்களும்
உயர்ந்து பறந்து இருக்க
வேண்டும் என்று உறுதி
கொள்வோமாக!

“எங்கே மனம் அச்சமற்று
இருக்கிறதோ

எங்கே தலை நிமிர்ந்து
நிற்கிறதோ
எங்கே அறிவு கேட்கின்றி
வளர்கிறதோ

அந்தச் சுதந்திர என் நாடு
விழித்தெழுவதாக!”

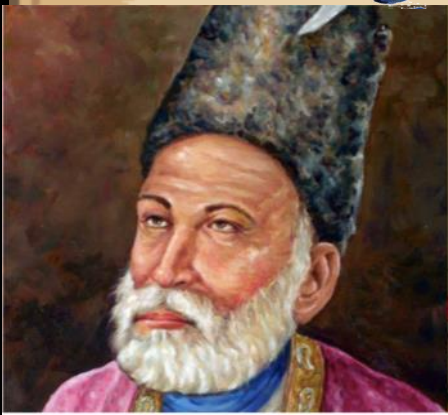
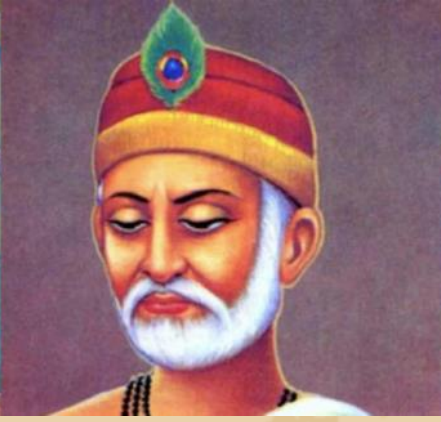
என்று ரவீந்திர நாத் தாகூரின் கனவை
மேலும் நினைவாக்கப் பாடுபடுவோம்.
இக்காலத்தில் நாம் அயல்நாட்டில்
சென்று வேலை புரிய விரும்புகிறோம்.
கூடிய விரைவில் அயல் நாட்டார்
வேலைக்கு நம் நாட்டை நாடி வரும்
அளவுக்கு இந்தியா வளர்ச்சி அடையும்.
நன்றி வணக்கம்!

வாழ்க பாரதம் !

வந்தே மாதரம் !

ச. பிரீத்திகா

XI அ



वृक्षारोपण

संत जनों का था यह कहना,
पेड़ हैं धरती का गहना।
इसे अगर हम प्यार से सीचें,
हमें कभी न कोई दुःख खींचे।

मानव जात है बड़ी लोभी,
वृक्षों को काटते हैं रोज़ ही।
अगर मानव करें गलती पर एहसास,
वृक्षारोपण को बनाए वह खास।

धरती की बस एक पुकार,
वृक्ष लगाओ अनेक हजार।
वृक्षारोपण को अपनाएँ,
प्रदूषण को दूर भगाएँ।

इसमें है सभी जीवों की जान,
पेड़ न काटो, रखो ध्यान।
आओ मिलकर करो संकल्प,
धरती को बनाएँ सुंदर स्वर्ग।

हेमा ग़ोवर

VIII A

जिंदगी

हमारी है यह जिंदगी
फिर क्यों हम सुने किसी और
की

दूसरों की बातों पर इतना
ध्यान मत दो
उन्हें नज़र अंदाज़ करना सीखो
ज़िन्दगी कठिन है पर कोशिश
करो
हार मानोगे तो जिंदगी को
मिटते देखोगे

जिंदगी हमें बहुत मौके देती
है
हर मौके को तभी तुम ढूँढ़ना
सीखोगे

पराधीनता से दूर भागो
सफलता को तुम्हें ढूँढ़ते देखो

आगे बढ़ने पर हिचकिचाते मत
रहो
तभी तो अपने आप को उड़ते
देखोगे

मज़ेदार चुटकुले

1) पत्नी - आधी रात हो गई, कहाँ हो आप?
आपकी आवाज से ऐसा लग रहा है कि
आप परेशान लग रहे हैं, क्या हुआ?

पति - अरे पगली मैं अपनी कार में हूँ,
लेकिन एक गड़बड़ हो गई है,
कार का स्टीयरिंग, क्लच, ब्रेक और
एक्सीलेरेटर सब चोरी हो गया है,
क्या करूँ, कुछ समझ नहीं आ रहा...!

पत्नी - आपकी याददाश्त कमज़ोर है, इसीलिए कह रही
थी कि मैं साथ में चलती हूँ, लेकिन ले जाओ
तब ना!

पति - मैं ठीक हूँ, गाड़ी का क्या करूँ, ये बताओ?

पत्नी - अब एक काम करो... बाईं सीट से उठकर
दाईं सीट पर बैठो, सब मिल जाएगा...!!!

2) एक हवाई जहाज तूफान में फंस गया..

पायलट यात्रियों से बोला- किसी को बचने की दुआ
आती है क्या?

एक बाबा खुश होकर बोले- हाँ , मुझे आती है।

पायलट - ठीक है बाबा, आप दुआ कीजिए,
एक पैराशूट कम है...!!!

बाबा बेहोश...

3) एक छात्र भगवन से एक वरदान माँगने के लिए तप करता है.
भगवन खुश होकर प्रकट होते हैं.

भगवान - पुत्र, मैं तुम्हें वरदान देने आया हूँ। तुम्हें जो चाहिए,
वह माँग सकते हो.

छात्र - मैं नहीं चाहता कि तीसरा विश्व युद्ध हो.

भगवन - अरे वाह! तुम चाहते हो कि दुनिया शांतिपूर्ण हो! बहुत
अच्छा!

छात्र - नहीं भगवान जी, मैं इतिहास में एक और पाठ
नहीं पढ़ना चाहता, इसलिए मैंने ऐसा कहा.

भगवान वरदान दिए बिना गायब हो जाते हैं!!!!!!

4) एक दंपति थे जो बहुत कंजूस थे. एक दिन पति शाम को ऑफिस से घर आया. उसकी साँस ऊपर - नीचे हो रही थी.

पत्नी - आपको क्या हुआ? तुम इस तरह क्यों हाँफ रहे हो?

पति - ऑफिस से आते समय बस छूट गयी. मैंने सोचा की दौड़ते दौड़ते बस को पकड़ लूँगा पर मैं घर पहुँच गया। पर इसे छोड़ो, देखो मैंने बस के टिकट के दो रुपए बचा दिए!

पत्नी - आप कितने बुद्ध हो! अगर आप ऑटो के पीछे भागते तो आपने पचास रुपए बचाए होते!!!!

5) राम (फोन पर राकेश से) - तुम बहुत बुद्धिमान हो!

पत्नी - धन्यवाद!

पति - तुम बहुत दयालु भी हो!

पत्नी - बहुत बहुत धन्यवाद !

और बताओ क्या कर रहे हो?

पति - खाली बैठा था, सोचा मजाक ही कर लूँ!

गायत्री पी. प्रभु
VIII A

विद्यालय पर कविता

विद्या का भंडार है जहाँ
इससे बेहतर जगह है कहाँ
जाना की यहाँ कमी नहीं
गुरु का है आशीर्वाद यहाँ।

निवृत्ति के. जैन
VIII C

कुछ शब्द माँ के नाम

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

निवृत्ति के. जैन
VIII C

ये मोबाइल यूँ ही हट्टा कट्टा नहीं बना...

बहुत कुछ खाया - पीया है इसने

ये हाथ की घड़ी खा गया,
ये टॉर्च - लाईट खा गया,
ये चिट्ठी पत्रियाँ खा गया,
ये किताब खा गया।

ये रेडियो खा गया
ये टेप रिकॉर्डर खा गया
ये कैमरा खा गया
ये कैल्क्युलेटर खा गया।

ये पड़ोस की दोस्ती खा गया,
ये मेल - मिलाप खा गया,
ये हमारा वक्त खा गया,
ये हमारा सुकून खा गया।

बदलती दुनिया का ऐसा असर होने लगा,
आदमी पागल और फोन स्मार्ट होने लगा।

जब तक फोन वायर से बंधा था,
इंसान आजाद था।
जब से फोन आजाद हुआ है,
इंसान फोन से बंध गया है।

ऊँगलिया ही निभा रही रिश्ते आजकल,
जुबान से निभाने का वक्त कहाँ है?
सब टच में बिजी है,
पर टच में कोई नहीं है।

गायत्री पी. प्रभु
VIII A

कक्षा यात्रा- परंपरा फार्म

इस साल हमें स्कूल की ओर से पिकनिक पर परंपरा फार्म लेकर गए थे। इस जगह का पूरा नाम है - बी.वी.के.पी परंपरा फार्म है। यह जगह हमें बहुत सुंदर लगी। हमें गोमाता के दर्शन करने का अवसर मिला और उन्हें चारा खिलाकर मन में खुशी की लहर दौड़ी। हमें गाय से मिलने वाली वस्तुओं के बारे में जानकारी मिली। वहाँ से हम 'तुलसीवन' गए। वहाँ हमें तुलसी माता की कहानी सुनाई गयी और राम, तुलसी, श्री कृष्णा तुलसी आदि के बारे में बताया गया। वहीं से हम एक हर्बल फार्म की तरफ गए। वहाँ हमने कई औषधीय पौधे देखे और उनका उपयोग समझा।

फिर खेतों में चावल को बोने का सुखद एहसास मिला। इसके अलावा हमें गाँव की गतिविधियों पर जानकारी की और बैलगाड़ी की सवारी भी की। नक्षत्र वन यानि वह स्थान जहाँ हर नक्षत्र के लिए एक पेड़/पौधा लगाया गया है। इस स्थान की खुशबू आत्मा को तृप्त करने वाली थी। इस फार्म में घूमकर हमें ऐसी आनंद का एहसास हुआ जो पहले कभी नहीं हुआ था। भारी गर्मी में भी पेड़ों की ठंडी छाँव के नीचे बैठकर हमने खाना खाया। यह यात्रा मैं आजीवन याद रखूँगी।

हेमा गोवर

VIII A

भारत आज, कल

बहुत ही अद्भुत संजोग है कि मैं अपने भारत के कल आज और कल का वर्णन उस वर्ष में करने जा रही हूँ जिस वर्ष में हम सब भारतवासी हमारे देश की आज़ादी का अमृत महोत्सव माना रहे हैं। प्राचीन काल में भारत को सोने की चिड़िया इसलिए कहा जाता था क्योंकि भारत में काफ़ी धन-संपदा मौजूद थी, भारत की यह संपत्ति ही विदेशी आक्रमणों का कारण बनी थी। अंग्रेजों से स्वतंत्र होने के बाद भारत में तीव्र गति से विकास हुआ है। देश ने बहुत उन्नति की और चारों ओर अपना परचम लहराया। भारत के विकास तथा उन्नति के लिए दिन-प्रतिदिन नई योजनाओं पर कार्य किए जा रहे हैं। बेरोज़गारी तथा अशिक्षा की दिशा में हर संभव प्रयास किए जा रहे हैं। भारत एक ऐसा देश है जो समय के साथ अपने आपको हर परिस्थिति में ढाल लेता है। भारत उन विकासशील देशों में से है जो सबसे ज़्यादा जल्दी तरक्की की सीढ़ियां चढ़ रहा है। हम सबको अपने भारतीय होने पर गर्व होना चाहिए। सबसे पुरानी सभ्यता और प्राचीन संस्कृति का धनी, भारत का इतिहास गौरवान्वित करने वाला रहा है।

भारत को ऐसे ही सोने की चिड़िया नहीं कहा जाता है। भारत हमेशा ही शांतिप्रिय देश रहा है। हमेशा, अपने पड़ोसी देशों के साथ मैत्री पूर्ण संबंध बनाने में विश्वास रखता है। हम भारत में हो रहे बड़े बदलाव और विकास कार्यों की दहलीज़ पर खड़े हैं। यह हर भारतीय के लिए उम्मीदों भरा दौर है, एक ऐसा दौर है जिसमें वे बेहतर ज़िंदगी और बेहतर देश का ख़्वाब देख सकते हैं।

लिहाज़ा, यही वह वक़्त है जब हम भावी भारत का ताना-बाना बनें। “न्यू इंडिया” यानी एक खुशनुमा और सशक्त नया भारत। एक ऐसा भारत जो दुनिया के देशों के लिए एक आदर्श हो और उनके लिए प्रेरणात्मक हो। इस नए भारत के सभी निवासी साक्षर होंगे, सम्पन्न होंगे, सशक्त होंगे, स्वस्थ और सबल होंगे। यह नया भारत ग़रीबी, अशिक्षा, भ्रष्टाचार और बेरोज़गारी जैसी समस्याओं से मुक्त होगा। यह “नया भारत” “ज्ञान भारत” होगा, “ध्यान भारत” होगा और “योग भारत” होगा। “न्यू इंडिया” के तहत एक ऐसे ही सुनहरे भारत की परिकल्पना की गई है और इसके लिए दीर्घावधि दृष्टि प्रस्तुत की जा चुकी है। आखिर मैं मैं यह कहना चाहूंगी की उम्मीद मत छोड़ना कल का दिन अवश्य आज से बेहतर होगा और आज के बच्चे कल का भारत बनाएंगे।

वान्या अग्रवाल

VIII A

भारत का किसान

भारत देश एक कृषि प्रधान देश है । तीन-चौथाई भारत की जनसंख्या खेती ही करती है। हर एक किसान का जीवन बहुत मुश्किल होता है। किसान कभी भी अपने बारे में न सोचकर, देश के लिए दिन रात मेहनत करता है । वह धरती माँ की पूजा करता है क्योंकि वही है जो हमें अन्न प्रदान करती है । उन्हीं के कारण दुनिया में भुखमरी का संकट नहीं है । भारतीय किसान पूरी रात जागता है और अपनी फसल की रखवाली करता है । हर एक किसान के पास बैल या ट्रैक्टर होना बहुत आवश्यक है । हमारे किसान हमारे लिए सबसे बड़ी संपत्ति है और हमें उन्हें आदर देते हुए अन्न का अपमान नहीं करना चाहिए । यह कृषक कई बार गरीबी के कारण है जान त्याग देते है । बहुत बार उनकी फसल कड़ी धूप और बारिश से खराब भी हो जाती है । यह स्थिति उन्हें भारी नुकसान पहुँचाती है । इस प्रथा को रोकने के लिए सरकार को किसानों को कर्जा देना चाहिए ताकि वह अच्छे पौधों को खरीदे और उगा सके ।

‘आओ अब हम सम्मान करें
किसानों को भी सलाम करें’

दिया जैन

IX C

ग्लोबल वार्मिंग

ग्लोबल वार्मिंग यानी पृथ्वी का तापमान, जो कि लगातार बढ़ता जा रहा है। आज पृथ्वी के तापमान में काफी तेजी से वृद्धि हो रही। जिस कारण भू-वैज्ञानियों ने आशंका जताते हुए चेतावनी दी है, कि यदि इसी प्रकार तापमान में वृद्धि होती रही, तो आने वाले कुछ ही समय में पृथ्वी नष्ट हो जाएगी। ये एक बड़ी तथा वैश्विक समस्या है। जो पुरे विश्व के लिए खतरा बन रही है इसलिए हमें जल्द से जल्द बढ़ते प्रदूषण को रोककर अधिकाधिक वृक्ष लगाकर इस संकट से उभरना है।

ग्लोबल वार्मिंग का प्रमुख कारण कार्बन डाई ऑक्साइड, मीथेन, नाइट्रस ऑक्साइड, क्लोरोफ्लोरोकार्बन गैसें बन रही है, जो सूर्य से आने वाली किरणों को रोक लेती है, जिससे तापमान बढ़ रहा है। इन सभी गैसों को कम करके हम ग्लोबल वार्मिंग की समस्या से निपट सकते हैं। इस प्रकार पेड़ पौधे जो अपने भोजन में कार्बन डाई ऑक्साइड जैसी गैस का प्रयोग करते हैं, उनकी मात्रा धरती पर बढ़ानी है।

इस विकट समस्या को आज भी लोग केवल वैज्ञानिकों की समस्या मानते हैं। लेकिन वास्तविकता इसके उल्ट है। वे लोग आज समस्या को हलके में ले रहे हैं। कल हमारे लिए ये सबसे बड़ा संकट बनेगी। ग्लोबल वार्मिंग का संकट किसी एक देश पर नहीं है। तथा इसे केवल एक देश सुधार नहीं सकता है। इसके लिए हमें संघटित होकर इसके बारे में अम्ल करना होगा। ये समस्या हम सब की है। तथा इसका निपटारा भी हम सब मिलकर ही करेंगे। समय आ गया है कि हम मानवता का फ़र्ज़ निभाएँ और अपनी धरती को विनाश से बचाएँ।

इनिया चंद्रशेखर
IX D

अपनी पहचान कैसे बनाएँ

एक प्रसिद्ध लेखक पत्रकार और राजनयिक पुष्पेंद्र कुलश्रेष्ठ जो बेहद ही हँसमुख स्वभाव और आकर्षक व्यक्तित्व के धनी हैं। उनकी पत्रकारिता देश ही नहीं अपितु विदेश में भी प्रसिद्ध है। उन्होंने उन जगहों पर भी पत्रकारिता की है जहाँ अन्य पत्रकारों के लिए संभव नहीं है। उनकी हँसमुख प्रवृत्ति और हाजिर जवाब का कोई सानी नहीं है। एक समय की बात है पुष्पेंद्र एक सभा को संबोधित कर रहे थे, सभा में जनसैलाब उमड़ा था, लोग उन्हें सुनने के लिए दूर-दूर से आए हुए थे।

जब वह अपना भाषण समाप्त कर बाहर निकले , तब उनकी ओर एक भीड़ ऑटोग्राफ के लिए बढ़ी। पुष्पेंद्र उनसे बातें करते हुए ऑटोग्राफ दे रहे थे। तभी एक नौजवान उस भीड़ से पुष्पेंद्र के सामने आया उस नौजवान ने उनसे कहा -“मैं आपका बहुत बड़ा श्रोता और प्रशंसक हूँ , मैं साहित्य प्रेमी हूँ , जिसके कारण मुझे आपकी लेखनी बेहद रुचिकर लगती है। इस कारण आप मेरे सबसे प्रिय लेखक भी हैं। मैंने आपकी सभी पुस्तकें पढ़ी हैं और आपके व्यक्तित्व को अपने जीवन में उतारना चाहता हूँ । किंतु मैं ऐसा क्या करूँ जिससे मैं एक अलग पहचान बना सकूँ । आपकी तरह ख्याति पा सकूँ।”

ऐसा कहते हुए उस नौजवान ने अपनी पुस्तिका ऑटोग्राफ के लिए पुष्पेंद्र की ओर बढ़ाई। पुष्पेंद्र ने उस समय कुछ नहीं कहा और उसकी पुस्तिका में कुछ शब्द लिखें और ऑटोग्राफ देकर उस नौजवान को पुस्तिका वापस कर दी। इस पुस्तिका में यह लिखा हुआ था -

“आप अपना समय स्वयं को पहचान दिलाने के लिए लगाएँ, किसी दूसरे के ऑटोग्राफ से आपकी पहचान नहीं बनेगी। जो समय आप दूसरे लोगों के लिए देते हैं, वह समय आप स्वयं के लिए दें।”

नौजवान इस जवाब को पढ़कर बेहद प्रसन्न हुआ और उसने पुष्पेंद्र को धन्यवाद कहते हुए कहा कि -

“मैं आपका यह वचन जीवन भर याद रखूँगा और अपनी एक अलग पहचान बना कर दिखाऊँगा।”

पृष्पेंद्र ने उस नौजवान को धन्यवाद दिया और सफलता के लिए ढेर सारी शुभकामनाएँ भी दी।

यू. श्वेता कुमारी चौरसिया
IX D

महामारी से सबक

यह मार्च 2020 के मध्य का समय था, जब हमारे प्रधान मंत्री मोदी जी ने हमारे देश के सभी नागरिकों को कोविड के मामलों में और वृद्धि से बचने के लिए लॉकडाउन के माध्यम से घर पर रहने के लिए कहा था। इसने हमें पिंजरे में बंद पक्षी बना दिया। कर्मचारियों, दैनिक वेतन भोगी और छात्रों सहित आम जनता को काफी नुकसान हुआ। नियोक्ताओं ने वर्क फ्रॉम होम को चुना और स्कूलों ने स्थिति से उभरने के लिए ऑनलाइन कक्षाओं को चुना।

सच कहूँ तो हम सभी ने ऑनलाइन कक्षाओं के कारण खुद को शारीरिक और मानसिक दोनों रूप से खराब कर दिया है। ऑनलाइन कक्षाओं ने हमें अपनी पढ़ाई जारी रखने में मदद की और साथ ही हमें नवीनतम कंप्यूटर तकनीकों का उपयोग करना सीखने में भी मदद की।

दूसरी ओर, कंप्यूटर के सामने अत्यधिक जोखिम के कारण, बच्चे अपने नियमित जीवन से चूक गए, विशेष रूप से ऑफलाइन स्कूली जीवन जैसे शिक्षकों की बात करना, दोस्तों के साथ बातचीत करना, गृहकार्य, नेता की भूमिका, परीक्षा और प्रतियोगिता आदि। हम में से कई ने चश्मा पहनना शुरू कर दिया, हमारा वजन बढ़ाया, खोया समाजीकरण। इस कोविड के माहौल ने उन बच्चों के लिए मुश्किल बना दिया, जो नए स्कूल में शामिल हुए, वास्तविक स्कूली जीवन को ज्यादा जाने बिना, उन्होंने ऑनलाइन के माध्यम से कक्षाओं में भाग लिया। उनमें से कई को मानसिक तनाव का सामना करना पड़ा जब उन्हें ऑफलाइन कक्षाओं में भाग लेने के लिए कहा गया। ऑनलाइन और ऑफलाइन कक्षाओं के कारण अभिभावकों को भी काफी परेशानी हुई। इसके अलावा, महामारी ने हमारे व्यवसाय में, विशेष रूप से, वैक्सीन, ऑक्सीजन, हाथ धोने, दस्ताने, मास्क आदि जैसी सावधानियों के उत्पादन में एक क्रांति (टर्निंग पॉइंट) की।

हमें मुफ्त टीकाकरण और उपचार प्रदान करके महामारी को दूर करने के उनके प्रयास के लिए हमारी सरकार को धन्यवाद देना चाहते हैं। इस महामारी ने हमें सबक सिखाया कि हमें भविष्य में अपना जीवन कैसे जीना चाहिए।

मनुश्री वांचिनाथन

X C

दिसंबर और जनवरी का रिश्ता

कितना अजीब है ना,
दिसंबर और जनवरी का रिश्ता?
जैसे पुरानी यादों और नए वादों का
किस्सा...

दोनों काफ़ी नाज़ुक हैं
दोनों में गहराई है,
दोनों वक़्त के राही हैं,
दोनों ने ठोकर खायी है...

यँ तो दोनों का है
वही चेहरा-वही रंग,
उतनी ही तारीखें और
उतनी ही ठंड...
पर पहचान अलग है दोनों की
अलग है अंदाज़ और
अलग हैं ढंग...

एक अन्त है,
एक शुरुआत
जैसे रात से सुबह,
और सुबह से रात...

दोनों जुड़े हुए हैं ऐसे
धागे के दों छोर के जैसे,
पर देखो दूर रहकर भी
साथ निभाते हैं कैसे...

जो दिसंबर छोड़ के जाता है
उसे जनवरी अपनाता है,
और जो जनवरी के वादे हैं
उन्हें दिसम्बर निभाता है...

जब ये दूर जाते हैं
तो हाल बदल देते हैं,
और जब पास आते हैं
तो साल बदल देते हैं...

देखने मे ये साल के महज़
दो महीने ही तो लगते हैं,
लेकिन...
सब कछ बिखेरने और समेटने
का वो कायदा भी रखते हैं...
दोनों ने मिलकर ही तो
बाकी महीनों को बांध रखा है।

अपनी जुदाई को
दुनिया के लिए
एक त्यौहार बना रखा है..!

कश्मीरा नावलन

XI A

विनाश की ओर मानवता

मानव ने मानवता को फिर दाँव पर लगा दिया।
अपने अहम् को जिताने युद्ध को छिडवा दिया ॥
बम गोलों के धमाकों से शहर जलने लगे।
धरती जल वायु सभी पर आक्रमण करने लगे॥
रासायनिक युद्ध का खतरा आज विश्व पर मंडरा रहा।
मानव ही मानवता पर आज कहर ढा रहा॥
मानव की ही इस सोच पर मानवता थराने लगी।
आदमी की हैवानियत देख प्रकृति भी घबराने लगी॥
नव सृजन की आड़ में मानवता के मूल्यों से हटते रहे।
अपने ही हाथों से अपने विनाश का सृजन करते रहें॥
आविष्कारों की सफलता का मद् मनुष्य पर हावी हुआ।
अब क्या कहें अपनी बरबादी का आविष्कार खुद ही किया॥
क्या मानवता सह पाएगी इस आघात को।
कौन बच पाएगा देखने इस बात को॥
कौन कहता है कि हो गये हम सभ्य है।
केवल बदले है तरीके भीतर से असभ्य है॥
है समय अभी भी कुछ सोच और विचार लो।
अहम् को छोड़ मानव के अस्तित्व को संभाल लो॥
अन्यथा विनाश का ग्रास बन जाना होगा।
इस भव्यता का मूल्य आज मानवता को चुकाना होगा॥

तन्वी. एम

XI D

मित्रता

दिखावा नहीं एहसास है
हमारी दोस्ती की ऐसी कुछ बात है

अशर्त प्रेम का यह भण्डार है
ऐसे हमारी दोस्ती बेमिसाल है

दोस्त होते ही निराले हैं
साथ रह कर प्यारा सा रिश्ता बना लेते हैं

बंधन नहीं बल्कि संबंध है
समय के साथ यह जिगरी रिश्तेदारी बन जाती है

सबसे धनवान भी धनहीन है
दोस्ती का रिश्ता इतना हसीन है

दोस्ती जान से प्यारी होती है
दोस्ती के लिए सब कुर्बान करने की तैयारी रहती है

जो टूट न पाए सौ जनम मर कर भी
कुछ ऐसी हम दोस्तों की दोस्ती होती है

कशिश. एच

XI E

शिक्षक का अदभुत ज्ञान

एक बार एक चिंतनशील शिक्षक ने अपने सातवीं और आठवीं वर्ग के बच्चों से पूछा कि आप लोग कहीं जा रहे हैं और सामने से कोई कीड़ा मर्कड़ा या कोई साँप, छिपकली या कोई गाय-भैंस या अन्य कोई ऐसा विचित्र जीव दिख गया, जो आपने जीवन में पहले कभी नहीं देखा हो, तो प्रश्न यह है कि आप कैसे पहचानेंगे कि जीव शाकाहारी है या माँसाहारी? सभी छात्र विचार विमर्श करने लगे। तब शिक्षक ने बताया -

‘जिन भी जीवों अथवा पशु-प्राणियों को पसीना आता है, वे सब के सब शाकाहारी होते हैं, जैसे- घोड़ा, बैल, गाय, भैंस, खच्चर, आदि अनेकानेक प्राणी... ।

जबकि माँसाहारी जीवों को पसीना नहीं आता है, इसलिए कुदरती तौर पर वे जीव अपनी जीभ निकाल कर लार टपकाते हुए हाँफते रहते हैं । इस प्रकार वे अपनी शरीर की गर्मी को नियंत्रित करते हैं.... ।

तो प्रश्न यह उठता है कि मनुष्य को पसीना आता है या मनुष्य जीभ से अपने तापमान को एडजस्ट करता है ??

सभी बच्चों ने कहा कि मनुष्य को पसीना आता है, इसलिए मनुष्य भी शाकाहारी हुआ।

फिर शिक्षक ने एक पहचान और बताई कि जो मांसाहारी होते हैं वह जीभ से चाट कर पानी पीते हैं जबकि शाकाहारी सुरूक कर या खींच कर पीते हैं। बच्चों ने इस पर ताली बजाई।

शिक्षक ने कहा कि अच्छा यह बताओ कि इस बात से भी मनुष्य कौन सा जीव सिद्ध हुआ, सब के सब बच्चों ने एक साथ कहा - शाकाहारी।' बच्चे अग़र बड़े हो जाएं तो उनको यह भी बताएं कि कैसे शाकाहारी मनुष्य जानकारी के अभाव में मांसाहार का उपयोग करता है और कहता है कि जब अन्न नहीं उपजाया जाता था तब मनुष्य मांसाहार का सेवन करते थे, जो सरासर गलत है ; तब मनुष्य कंद-मूल एवं फलों पर जीवित रहते थे, जो सही है एवं मनुष्य के संरचना और स्वभाव से मेल भी खाता है।

डॉ. आरती
अध्यापिका (हिंदी विभाग)



संस्कृतम्



अनुशासनम्

नियमम् समुदायस्य पालनम् "अनुशासनम्" कथ्यते। परिवारस्य विद्यालस्य नगरस्य सामाजस्य देशस्य वा ये ये नियमाः भवन्ति, तेषाम् पालनमेव अनुशासनमस्ति। नियमानुसारम् आचरणमपि आवश्यकम्। सर्वेषु स्थानेषु अनुशासनस्य नियमाः सन्ति। गृहे पितरौ मोख्यौ भवतः। तयोः अदेशनाम् पालनम् बालकानाम् परमम् कर्तव्यम् अस्ति। एतदेव अनुशासनम् कथ्यते। यस्मिन् गृहे अनुशासनम् नास्ति तत्र शान्तिर्नास्ति। विद्यालये तु अनुशासनमनिर्वायम् एव। यथा समयम् आगमनम् तथा गुरुणाम् आग्यापालनम्। सावधानेन पठनम् अतीवावश्यकम्। अनुशासनभावे छात्राः बहुमूल्य समय विनाशयन्ति। अनुशासनविहीनानि विद्यामन्दिराणि कलह सदनानि जायन्ते।

एवमेव सार्वजनिक संस्थासु, शासने सेनयाञ्च अनुशासनेनैव कार्यम् प्रचलति। यत्र अनुशासननियमाः सुनिश्चिताः भवन्ति, तेषां पालनेन एव समाजः सुस्थितम् याति। शासनस्य कृते अनुशासनम् परमावश्यकम् अस्ति? यः देशः परिपालयति सः एव देशः उन्नतिपथम् गच्छति। अनुशासनम् हि कस्यापि देशस्य महत्वपूर्ण बलम् वर्तते।

अनुशासने पालिते सुव्यवस्था भवति, अन्य अभावे सर्वदा अव्यवस्था प्रसरति, तथा अनेकाविधा हानिरपि सम्भवति। अनुशासन समाजस्य कल्याणयाय, उन्नतये च आवश्यकम् भवति, किन्तु सम्प्रति अस्मिन् देशे अस्य पालनम् न भवति।

प्रायः छत्रेषु, नागरिकेषु अनुशासनहीनत्वम् दृश्यते। छात्राः मर्यदमल्लङ्घ्य नियमान् न पालयन्ति आन्दोलनानि च कुर्वन्ति। तस्मात् ते स्वहानि कुर्वन्ति, देशस्य सम्पत्ति च विनाशयन्ति। ये जीवने अनुशासनं पालयन्ति ते एव सफलता प्राप्नुवन्ति। अतएव अनुशासनमत्यावश्यकं, सर्वेश्च परिपालनीयम्।

अभिनया. उ. वी

पवित्रतमा गङ्गा

नवमी "अ"

विभागः

भारतवर्षस्य सर्वासां नदीनां गङ्गेव श्रेष्ठा पुण्यतमा, देवी च सा मन्यते। भागीरथी जाह्नवी चेत्यप्यस्या एव द्वे अपरे नाम्नी। कथम् इयं भागीरथी कथं चेयं जाह्नवीति विषये विभिन्नाः कथाः प्रचलिताः। एके वदन्ति यद्यदा त्रिशूलधरः त्रिनेत्रः तेजस्वी भगवान् शङ्करस्तपश्चचार तदा इयं गङ्गा नदी तस्य शिरसः उद्गता। अन्ये कथयन्ति यद् यदा गङ्गा स्वर्गात् पतिता तदा सा शिवस्य जटासु विलुप्ता, पश्चात् च शिवेन स्वयमेव तस्याः प्रवाहो मुक्तः। परमेतानि सर्वाण्याख्यानानि कल्पितानि। वस्तुतः हिमाच्छादितं हिमगिरिशिखरमेव शिवशीर्षरूपेण कल्पितम्। इमाः पौराणिक्यः आख्यायिका भगवतशिवस्य शक्तिमात्रमेव दर्शयन्ति। अथवा तैः आख्यानैस्तपसो महिमापि ज्ञायते यत्तपसा मनुजोऽप्राप्यम् अपि प्राप्तुम् शक्तः। तप एवास्मिन् विश्वस्मिन् विश्वे प्राणिनं निश्चिन्तं करोति। तपसो बलेन भागीरथः इमां नदीं स्वर्गात् पृथ्वीं प्रति मनुष्यहिताय आनयत्। अतः अस्या नाम भागीरथी इति प्रसिद्धम्। अद्यापि गङ्गायाः शीतले जले स्नानं पुण्यजनकं मन्यते। विदेषेष्वपि भारतभक्ता जना गङ्गाजलम् अमृतमिव बहुमूल्यं मत्वा शिरसि धारयन्ति तच्च रक्षन्ति।

नप्पिन्नै के के

स्वर्णमयम् पञ्चतन्त्रम्

वयम् सर्वे बालव्यवस्थायाम् भोजनसमये निद्रासमये अपितु कालयापयितुम् कथाः श्रुणुमः स्म , पञ्चतन्त्रकथायाम् चतुरकाकेन मूर्खसिम्हेन अनेकादि पशुवैः च सम्मोहिताः अभवाम् । किम् वयम् अस्य ग्रन्थस्य अव्यथ्यताम् महत्त्वताम् जानीमः?

हस्रशः वर्षेभ्यः पूर्वमेव रचितः पञ्चतन्त्रः अद्य दृढेन तिष्ठति बालानाम् पुरुषाणाम् मनोरञ्जकः चास्ति। तम् बालम् उपरञ्जयति। अयमस्ति अस्माकम् सनातनधर्मस्य पुराणानाम् च महत्त्वम् यत् तानि सृष्टेः अन्तम् पर्याप्तम् भविष्यति। सनातनम् अर्थात् अमृतम्।

अद्य आङ्ग्रेजपुस्तकानि पञ्चतन्त्रकथाभिः आकुलानि सन्ति। तानि लोके प्रसिद्धाः सन्ति। इमाः कथाः न केवलम् बालान् विनोदयन्ति परन्तु धर्मनीतिबुद्धान् अपि कुर्वन्ति। वस्तुतः एते कथाः अयम् कारणाय एव रचयितानि। पञ्चतन्त्रस्य नायकाः नायिकाः च पशुपक्षिणः सन्ति। पञ्चतन्त्रस्य द्विशतभाषासु संसारे अनूदिताः सन्ति । पञ्चतन्त्रस्य कथायाः अन्तरे पुनः कथाः सन्ति।

अस्य इतिहासम् :-

आसीत् महिलारोप्य नाम्नि नगरे एकः महाधनवान् गुणवान् सर्वकलानाम् निपुणः विद्वान् च अमरशक्तिः नाम्ना राजा। तस्य त्रयः अबुद्धाः आत्मजाः - बहुशक्तिः उग्रशक्तिः अनन्तशक्तिः च। सः अतीव विषोदति यत् तस्य मूढपुत्राः तस्य कालानन्तरम् राष्ट्रपालनम् कर्तुम् असमर्थाः भविष्यन्ति। अत एव राजा मन्त्रिणा चर्चयित्वा विष्णुशर्मा नामानं ब्राह्मणम् आह्वयत्। विष्णुशर्मा सर्वशास्त्राणाम् कोविदः अस्ति। राज्ञः एषणा अस्ति यत् सः बुद्धिमान् तस्य कुपुत्रान् बोधयति शत क्षेत्राः च दक्षिणा प्राप्नोति। विष्णुशर्मा षण्मासेषु कुमारान् पण्डितान् कथामात्रमेव अकरोत्। तस्मात् अनन्तरम् अयम् नीतिग्रन्थः पञ्चतन्त्र नाम्ना लोके

प्रसिद्धः अस्ति।

कथानाम् शिक्षा जीवन संकटवस्थायां चेतुम् निर्णयाः
बोधयति। अस्य ग्रन्थस्य पञ्चाङ्गाः सन्ति ।

१) मित्रभेदः [मैत्र्यायाः खण्डनम्]

२) मित्रलाभः [मैत्र्यायाः वर्धनम्]

३) काकोल्लूकीयम् [कथम् परान्चकाः व्यवहारयति]

४) लब्धप्रणाशः [सम्पद्यानाम् नाशनम्]

५) अपरीक्षित कारकम् [सहसा कार्यस्य करणम् तस्य
च दुपरिणामम्]

एते तन्त्राणि लोकाचरणाय ।

उक्तञ्च -

अधीते य इदं नित्यं नीतिशास्त्रं श्रृणोति च।

न पराभवमवाप्नोति शक्रादपि कदाचन ॥

अर्थात्

यः इदं नीतिशास्त्रं [पञ्चतन्त्रं] श्रृणोति अवगच्छति च

सः इन्द्रैः सह अपि न पराजितः ।

शुकस्य कृतज्ञता

विभागः

दीक्षिता

नवमी अ

पुरा कश्चित् राजा आसीत्। सः दयालुः धर्मिष्ठः च। एकदा
कश्चन पथिकः पञ्जरे निबद्धम् एकं शुकं गृहीत्वा तत् नगरम्
आगतवान्। स्वस्य शुकस्य महिमानं वर्णयन् सः वीथ्याम्
अटति स्म। राजभटाः तं राज्ञः समीपं आनीतवन्तः। तस्य

वृत्तान्तम् उक्तवन्तः च। राजा तं शुकं कौतुकेन दृष्टवान्।

पथिकं पृष्टवान् च - " भो पथिक! भवतः शुकः भाषणे समर्थः
यः?" इति।



पथिकः उक्तवान् - "मम शुकः न केवलं भाषणे समर्थः अपि तु सः मुखलक्षणं दृष्ट्वा भाविवृत्तान्तम् अपि कथयति" इति। "तर्हि मम मुखलक्षणं वक्तुं तम् आदिशतु।" राजा पथिकं उक्तवान्। पथिकः शुकस्य पञ्जरम् उद्घाटितवान्। शुकः राज्ञः समीपम् आगत्य मुखं दृष्ट्वा अवदत् - "भवतः राज्ये शत्रूणाम् आक्रमणं भविष्यति" इति। राजा विस्मितः अभवत्। यतो हि पूर्वद्युः एवगूढचरद्वारा सा वार्ता तेन ज्ञाता आसीत्। एतेन महाराजः नितरां संतुष्टः अभवत्। सः पुनरपि शुकं पृष्ठवान् - "मित्र! भवान् पञ्जरे स्थित्वा अस्वतन्त्रतया एव जीवनं करोति। भवतः बान्धवाः सुहृदः वा न सन्ति। भवतः स्वामी तु पञ्जरस्य बन्धनं सर्वदा न करोति। तथापि भवान् बहिः किमर्थं न पालयति?" इति।

शुकः अकथयत् - "राजन्!

अहं कृतघ्नः न। मम स्वामी माम् अतीव प्रीणाति।

माम् आश्रित्य एव सः जीवति। यदि अहं पलायनं करोमि तर्हि तेन जीविकार्थम् अन्यः शुकः अन्वेष्टव्यः। पुनः तस्मै शिक्षणं दातव्यं। एवं बहवः क्लेशाः भवन्ति तस्य। अहं तु

अत्र असन्तुष्टः नास्मि। अतः स्वामिनं त्यक्त्वा गन्तुं न

इच्छामि" इति। शुकस्य वचनं श्रुत्वा राजा संतुष्टः अभवत्। सः

पथिकाय राजभवने उद्योगं दत्त्वा तं शुकं बन्धमुक्तं कृतवान्।

शुकः आकाशे उड्डयनम् अकरोत्।

शास्वति.सी

कक्षा – दशमी इ विभागः



प्रसिद्धपञ्चाः

पञ्चपाण्डवाः - युधिष्ठिरः, भीमः, अर्जुनः, नकुलः, सहदेवः
पञ्चकन्याः - अहल्या, द्रौपदी, सीता, तारा, मण्डोदरी
पञ्चअङ्गानि - तिथिः, वासरः, नक्षत्रं, योगः, करणं
पञ्चबाणाः - अरविन्दम्, अशोकं, चूतं, नवमल्लिका, नीलोत्पलं
पञ्चउपचाराः - गन्धः, पुष्पं, धूपः, दीपः, नैवेद्यं
पञ्चगव्यानि - क्षीरं, दधि, घृतं, गोमूत्रं, गोमयं
पञ्चनदाः - शतद्रुः, विपाशा, इरावती, चन्द्रभागा, वितस्ता

पञ्चप्राणाः - प्राणः, अपानः, व्यानः, उदानः,
समानः

पञ्चकोशाः - अन्नमयः, प्राणमयः, मनोमयः,
विज्ञानमयः, आनन्दमयः

पञ्चभूतानि - पृथिवी, आपः, तेजः, वायुः, आकाशः

शास्वति.सी

कक्षा – दशमी इ विभागः



संस्कृतम् - भारतस्य प्रदर्पः

केयूरा न विभूषयन्ति पुरुषं हारा न चन्द्रोज्ज्वलाः।
न स्नानं न विलेपनं न कुसुमं नालङ्कृता मूर्धजाः।
वाण्येका समलङ्करोति पुरुषं या संस्कृता धार्यते।
क्षीयन्ते खलु भूषणानि सततं वाग्भूषणं भूषणम्॥

- भर्तृहरि नीति शतकम्

संस्कृतम् विश्वस्य कर्पटः भाषा अस्ति। संस्कृतम् देवभाषा अस्ति। एतत् वेदस्य, पुराणस्य च इतिहासस्य भाषा अस्ति। संस्कृतम् सनातन धर्मस्य धर्मग्रन्थः अस्ति। एषा भाषा संस्कृतेः च धर्मस्य भाषा अस्ति। संस्कृतस्य बहुतम नाटककर्ता कलिदासः अस्ति। रामायणम् च महाभारतम् संस्कृतस्य मुख्ये इतिहासकाव्ये स्तः। भगवद्गीता, आरण्यकं च वेदाः अपि संस्कृतस्य सार्थक निर्माणमाणि अस्ति। किरातार्जुनीय संस्कृतस्य धामवत् पद्यकाव्यम् अस्ति। संस्कृतम् सवर्णेभ्यः सदृशः अस्ति। वयम् संस्कृतम् पठेम। संस्कृतिं च पालयेम।

श्रीलक्ष्मी.एम्

नवमी अ विभागः

कृत्रिमप्रज्ञा दैनन्दिनानिवार्यता च ARTIFICIAL INTELLIGENCE AND DAILY NEEDS

कृत्रिमप्रज्ञा (Artificial Intelligence)

आनुवंशिकाभियन्त्रणापौरुषेयप्रज्ञा निर्मातुं उपयुज्यते अथवा एषा दैनन्दिनकार्यक्रमाय उपविधेः च विशिष्टानुसरणं स्वानुकूलयितुं प्रयुज्यते /



यदि भवान् चलनचित्रे दूरदर्शने च मग्नः भवेत् तर्हि भवान् प्रकृत्यैव तच्छीलो भवेत् । येन न केवलं भवतः आरोग्यम् अपितु दैनन्दिनकार्यक्रमोऽपि बाधते । यतोहि दूरदर्शनाङ्गान् प्रति शरीरस्य अत्यन्तविवृतिः तेभ्यः जनित उष्णता नेत्रे श्रवणेन्द्रियमपि च परिश्रमयति ।

निद्राभङ्गः अजीर्णता च स्वाभाविकतया मित्रेषु बन्धुजनेषु च मित्राभङ्गं स्नेहभेदं च जनयति । दूरदर्शनेषु अन्येषु वैद्युतकयन्त्रेषु सामयिकाचरणप्रकारं संयोज्यते । अपि च तेषामपि आयासः अस्ति ।

किञ्चित् कालपूर्वं शीतलपाटगृहेषु दूरदर्शनेषु च कालावसाने स्वायत्तवियुतकरणता आसीत् । इयं वृत्तिः

मानुष्यकाचरणप्रकारानुसारेण सह अभिवृद्धिं क्रियते ।

निषिद्धकार्यक्रमाः (Rated R Programs) अस्माकं

दैनन्दिनव्यवहारे अहिंसां मौढ्यम् च उदीरयति ।

मनोरञ्जनकार्यक्रमाः किंवदन्त्याः कथाः च नैव भवेत् जवनलक्ष्यम्

किंवदन्त्याः गहनविश्लेषणं न केवलं वास्तविकम् अपितु
मानुष्यकव्यवहारपरिवर्तनमपि अभिज्ञातुं साहाय्यं तनोति ।
परन्तु तदेव दूरदर्शनं विज्ञान - तन्त्रज्ञानकार्यक्रमप्रणाल्या
द्वारा अस्माकं ज्ञानं चिन्तनाशक्तिम् आचरणप्रकारपरिवर्तनं
च वर्धयितुम् उत्तमसाधनं भवति ।

नूतन स्वञ्छालकाङ्गानां रूपं समनुविधानं कर्तुं
स्थापत्यशास्त्रद्वारा कलायुक्तगृहं

निर्मातुं गगनविज्ञानाङ्गणमपि विचिनोतुं शक्नोति ।
मानवीय सामर्थ्यं बहुधा वर्धयते । तेषु एकधा अस्ति
वैज्ञानिकविगणनं आधारान्वेषणं च ।

मानवस्यावश्यकतानुसारेण अनेकानि यन्त्राणि उत्पाद्य, तेषां
नियन्त्रणमपि कर्तुं । गहनचित्तविधिलेखनस्य कृत्रिमप्रज्ञायाः
च अनिवार्यता अस्ति ।

मनोरञ्जनकार्यक्रमाः किंवदन्त्याः कथाः च नैव भवेत्
जवनलक्ष्यम् ।

किंवदन्त्याः गहनविश्लेषणं न केवलं वास्तविकम् अपितु
मानुष्यकव्यवहारपरिवर्तनमपि अभिज्ञातुं साहाय्यं तनोति ।
परन्तु तदेव दूरदर्शनं विज्ञान - तन्त्रज्ञानकार्यक्रमप्रणाल्या
द्वारा अस्माकं ज्ञानं चिन्तनाशक्तिम्
आचरणप्रकारपरिवर्तनं च वर्धयितुम् उत्तमसाधनं भवति ।

नूतन स्वञ्छालकाङ्गानां रूपं समनुविधानं कर्तुं
स्थापत्यशास्त्रद्वारा कलायुक्तगृहं

निर्मातुं गगनविज्ञानाङ्गणमपि विचिनोतुं शक्नोति ।
मानवीय सामर्थ्यं बहुधा वर्धयते । तेषु एकधा अस्ति
वैज्ञानिकविगणनं आधारान्वेषणं च ।

मानवस्यावश्यकतानुसारेण अनेकानि यन्त्राणि उत्पाद्य,
तेषां नियन्त्रणमपि कर्तुं । गहनचित्तविधिलेखनस्य

कृत्रिमप्रज्ञायाः च अनिवार्यता अस्ति ।

विविधावश्यकताः सम्पादयितुं विविधाः विधिभाषाः प्रयुज्यन्ते
यथा विधिभाषा अस्ति सि++ (C++) पैतान् (Python) इति ।
अस्माकं सर्वान् दैनन्दिनकार्यक्रमान् कर्तुम् अनेकानि
विधिलिखितयन्त्राणि भविष्यन्ति । यैः सर्वाः दैनन्दिनकार्यक्रमाः
यथा आह्निकपाकः वायुविद्या निकटापणे वस्तूनां लभ्यत्वम्
आर्थिकानुमानं विविधाः सेवाः चापि अद्यत्व
मानवीयव्यवहारदशायाम् अपेक्षितम् अस्ति ।

अनेकेषां यन्त्राणाम् अधिकाधिक प्रयोगेण
वृषभवातावरणपरिवर्तनं जीवानां बृहन्नाशनं ग्रहावस्थायाः
परिवर्तनम् अपि भविष्यन्ति । अतः एतेषां संरक्षणमपि
आगामिपरम्परायै तासाम् उन्नतसंस्कृत्यै च अपेक्षितमस्ति ।
यन्त्रप्रयोगानुसारेण भूतसर्गाभिवृद्धिविद्या मानवयन्त्रबान्धव्यं
सहभावं च अपेक्षितमस्ति । विधिलेखनपरिसरे
मानवयन्त्रनिबन्धनविरोधनस्य विश्लेषणाधिगमनम्
अत्यावश्यकमस्ति ।

अखिला हरिहरन्
द्वादशी ई विभागः

गुरुवन्दनम्

गगनसदृशहृदयः भूमिरिव क्षमा
अचलसदृशस्थिरता अब्धिरिव शान्तिः
अतुल्यः अस्यानरागः संस्कृतबोधनाय
निरुपमः अस्य नियमः संस्कृतवर्धनाय
संस्कृतप्रचारे निरतः शिष्यवर्धने प्रवृत्तः
तस्मै शिक्षकवर्याय मम सादरवन्दनाः

अखिला हरिहरन्
द्वादशी ई विभागः



**CANVAS
CREATIONS**





















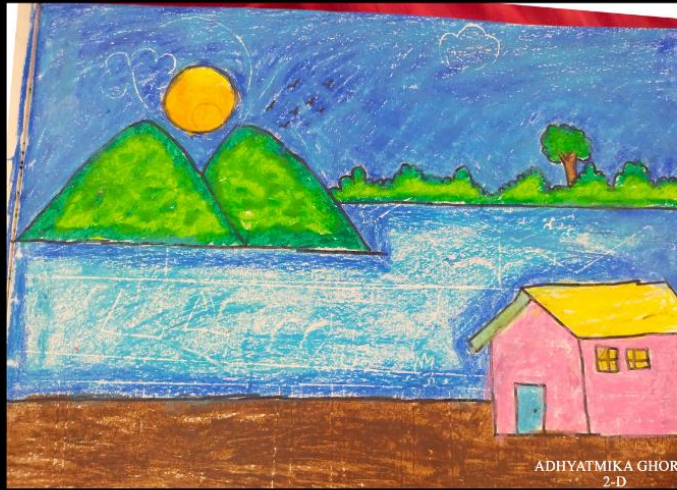
P.S.CHELSEY
2A



S.DHRUTI JAIN
2B



SAMRHITHA.R
2-B



ADHYATMIKA GHOR
2-D



VARSHA VENKATESH 2-D



PRAJANA.P- 2D





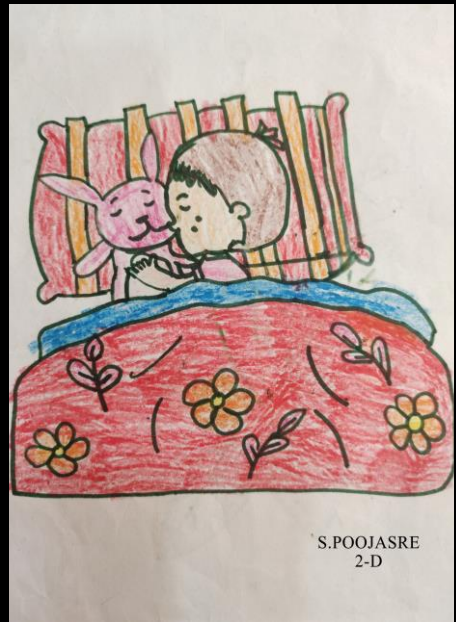
V.SREEKAMYA -2A



SAMRHITHA.R
2-B



H.ROSHITA
2-C



S.POJASRE
2-D





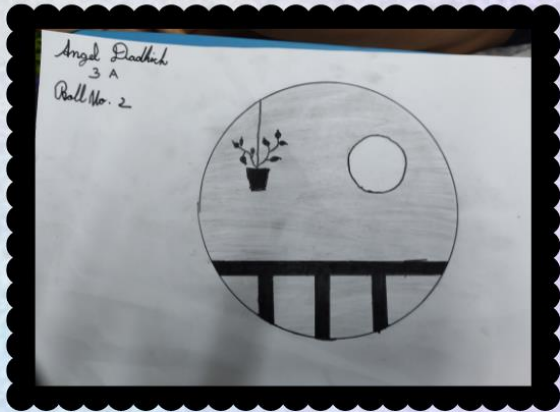
KAJAL SRIN
III - A



KAJAL SRIN
III - A



Shreya
Raguraman
Class: 3E





Pooja 3A



I.ROSHNI
CLASS - 3B



Tejal K 3A



NAME- GOLLA DYUTISREE
CLASS -3 SECTION - C



Name: S. Bora
class: III C
Roll no: 27



KAJAL SHIN
III - A



G S Hethika. IV B



Mrinalini of IV E



Prachi prabhya 4/1



Bharathi Sanjeevi - 4 "B"



REDMI NOTE 6 PRO



RAJVIKA SAI. P - 4D



M. HEMASHREE
Class:- 4E



R. Ridiksha IV E





M-SHRUTHI VASANTHA , IV C



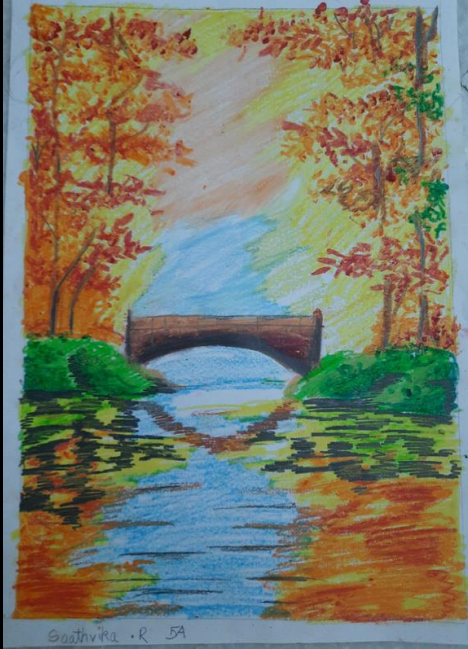
I S Harshini Class- 4th



P.S.Sriharini 4A









R. KAAVYA SRI MIRRA, CLASS 5E



Raashi Ritesh Class 5



V. JANAK
5A



V, JANAKI
5A







Hitaakshi Chowdry class 5

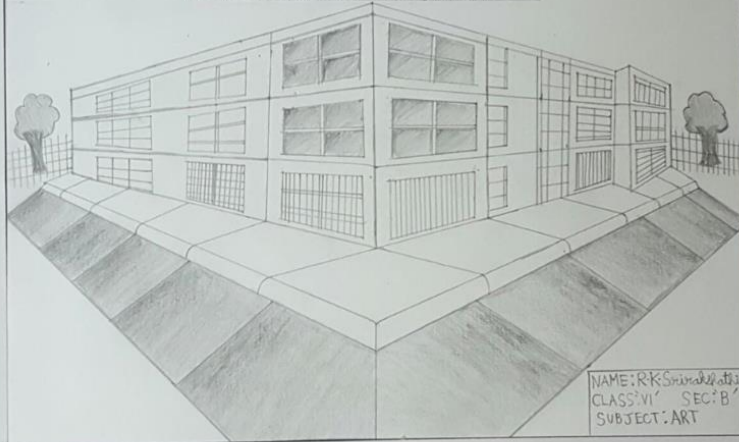






21-06-2022

D.A.V Girls Sr. Sec. School



NAME: RKS
CLASS: VI SEC: B
SUBJECT: ART



SUB - MANTAR
M. ROSHINI
6-D



3D ART

- GOLLA RAAHINI
7-D



H. KANISHA
7A



R ANISHA
7E
SUB -
MANJARI



R P DHIVADHEKSHA
7B

R P Dhivadheeksha
7E







MANJARI
PHEMMAVARSHINI



MANJARI
PHEMMAVARSHINI
VII - E



m.priyadarshini
7E



A.Avantika
VIII B



A.Thanusree
8 E
8537



Ashwika D.M
VIII-B



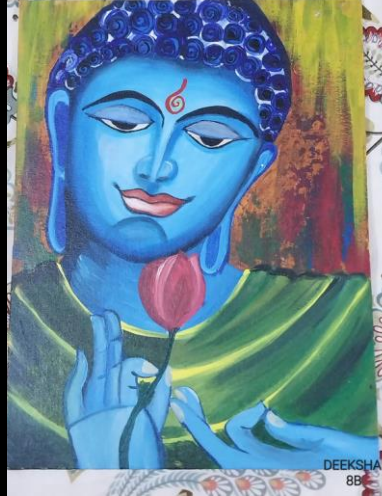
Ashwika D.M
VIII-B

An Italian house



DEEKSHA
8B

Abstract Buddha



DEEKSHA
8B

Toucan



DEEKSHA
8B



MRIDULLA
DEENADAYALAN 8 B





kharthika v.c



Lakshyashri.S.S
8E



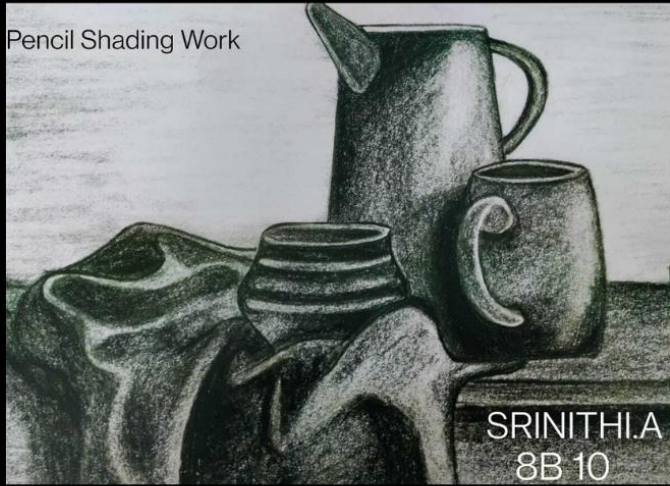
P.NETHRA
8-E



R.G yagnapriya
VIII E



Pencil Shading Work



SRINITHI.A
8B 10

Oil Pastel Work



SRINITHI.A
8B 10



D.pritika 8D



A.THANUSREE
8 E
8537



Jasra
8E



Lakshyashri.S.S
8E





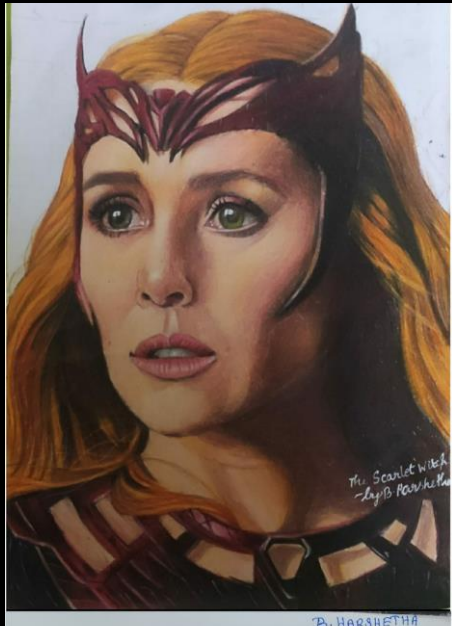
V.PRANAVI 8E



Vidya Karu
VIII E



Ashwika.D.M
VIII-B



The Scarlet Witch
- by B. Harshetha

B. HARSHETHA



Dhikshita S- 9A
Kitten Pencil shading



Iniya Chandrasekar
9409



Lavanya.K.M.
9-E



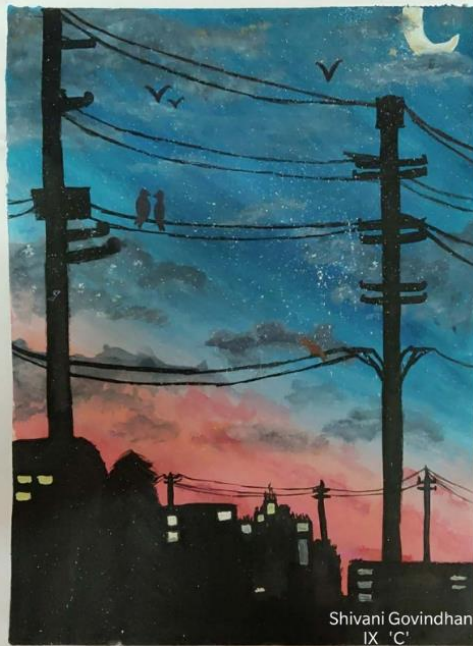


Shivani Govindhan
Sep 2022

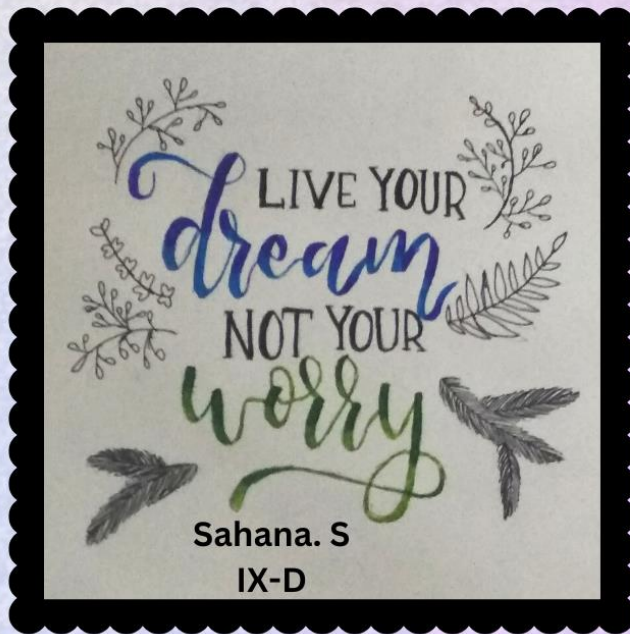
Shivani Govindhan
IX C



Shivani Govindhan
IX C



Shivani Govindhan
IX 'C'





Fabric jewellery
Anushree, 10 A



Mythily.R
10-A



Mythily.R
10-A



Sowmya.Saripaka



DHARSHINI. K
10 E



S.RITHIKA XC



DHARSHINI. K
10 E



NAME-R.RAKSHNA
CLASS 10-E







S.RITHIKA

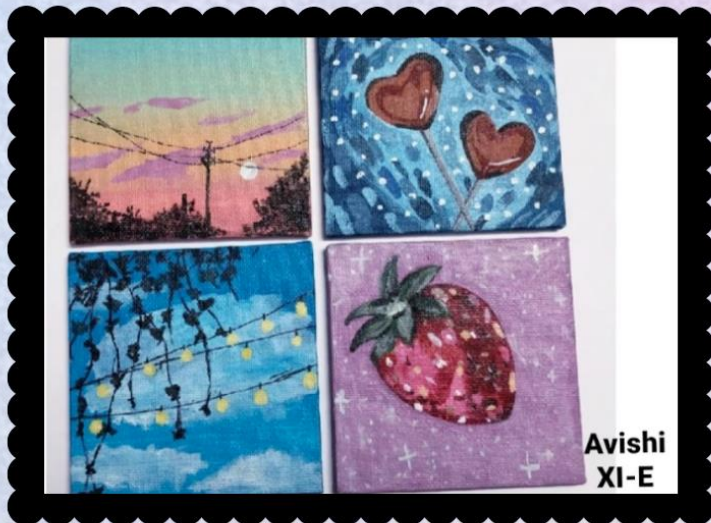


NAME-R.RAKSHNA; CLASS-10E



MANUSREE VANCHINATHAN
X C















S.Amirtha Latshmi
12 A



S.Mokitha
12 A



P.M. SAMRITHA
12 A

