



SHRI VINOD CHAVDA

Founder Chairman &
Renowned Educationist

With the blessings of



**HDH HARIPRASAD
SWAMIJI MAHARAJ**



**APRIL
MAY
JUNE**



ATMIYA NEWS BULLETIN

2022-2023



With the blessings of

**HDH. HARIPRASAD
SWAMIJI MAHARAJ**

HARIDHAM

(Sokhada - Baroda)

*"O Lord ! Anyone becomes Atmiya or not,
Please make me Atmiya !"*



In the remembrance of the Inspiring Person

SHRI VINOD CHAVDA

Founder Chairman and Renowned Educationist
Atmiya Vidyapeeth Gandhidham

*“ You have to be determined, hard working,
modest & shine in a unique way
to transform your vision into reality.”*

From the desk of Trustee



Mrs. MAYA CHAVDA



Ms. PURVI CHAVDA

Atmiya Vidyapeeth, is a CBSE affiliated , co-educational , senior secondary school , managed to run under principle of holistic development of children , has been shining with bright colors since the year 2005.

As we all have gone through a tough period of pandemic , in which our Atmiya parivaar has suffered personally and professionally as we have lost our true gem , a leader , a person with golden heart , grounded personality , humble , great vision towards education fraternity and their development.

A person whose had vision of opening of this institute to which he owes heart to every brick as well as every member and our dear parents and students of this institute that is our dear Mr. Vinod Chavda ----- founder chairman and renowned educationist of Atmiya Vidyapeeth and education fraternity of Kachchh .

Atmiya Vidyapeeth has very dedicated team of teachers and supporting staff and its main goal is to empower the nation by moulding the kids from local citizen to global citizens which is through imparting Indian morals, the school take parts in academic as well as co-curricular activities as well as organizes seminar etc.

We still together can keep our dearest Chavda sir alive in our hearts by following the path that he always guided and craved upon so we wish full cooperation and support of our dear students and their respective parents to achieve best of each child in their potential.

With warm regards

Mrs. Maya Chavda (wife of Mr Vinod Chavda)

Miss Purvi Chavda (daughter of Mr Vinod Chavda)

From the desk of Managing Trustee



As a Trustee and Managing Director, I would like to write a few words to express my impression and expectation from the school. I was told once by my Guru, that Education is the key to success, so keep up your good work, and work hard then you can accomplish anything.

Long ago, I dreamt of building a school which was deep in my heart for decades. I always wanted to help provide education to the children.

I know that students are good, not only in academics but also in sports, leadership and organizing activities. As a parent myself, I strive continuously with great effort and commitment to provide all-round education to students. Apart from striking for advancement in academic achievement, the school also nurtures students with good and proper attitude and values. The formal and informal curricula on language, Computer systems, mathematics, commerce, science, humanity, aesthetics and physical development have developed students' multiple intelligence and aptitude for life-long learning. The school offers countless opportunities for students to take part in all sorts of co-curricular activities and community service to broaden their exposure and insight.

I would like to emphasize on 3 A's which every child, teacher and parent must focus on:-

- A- Able to do
- A- Able to engage
- A- Able to learn

From being the noblest of all professions to being the most influential, educators have the power to shape the future of our society. We aim to bestow our students with the honor and respect each of them truly deserves by highlighting their journeys. I totally agree that ATMIYA VIDYAPEETH students are all elite in various aspects. Each, and every one of you has the potential to become GREAT in the world, and help people if you put your mind to it, and work hard.

To grow, is to grow together!

Mr. Hemant Kachhadiya
(Managing Trustee)

From the desk of Principal



My Dearest Parents, Educators and Students –
Everyone, please accept my warmest greetings!

As the Principal of our school, I'd like to take this chance to appreciate all for being YOU. Youth is an exceptional time in existence, and you must all make the most of it. Childhood is indeed a pleasurable time in one's life as well as a fragile stage in another. We, as well as every one of you, ought to be vigilant at all times, whether at house or in school.

You should always recall that we are here today because all of you had pushed us to handle all of ourselves. Teachers become educators as just a result of LEARNING, and students play an important role in our life. You make us recognize who we are.

The main reason for a nation's development and prosperity, according to all accounts, is indeed the presence of young mind. We hope to make all students joyful and engaged inside a supportive yet safe atmosphere i.e OUR SCHOOL.

So with folded hands, I request you to follow the following:-

Be respectful towards your Caretakers, Instructors, as well as other people associated with you throughout your existence. You're the one who keep the lights turned on in our lifestyles.

Providing learners with the knowledge and academic performance they need to take advantage of new possibilities and improve their prospects in life. So accept and agree with your educators.

We believe in Insisting upon high standards regularly. Co-operate.

Creating an ambitious as well as flagship school family that includes all families and stakeholders/Parents.

Parents are simply/ flawless and sacred people on this planet. Learn to accept them whenever they make mistakes. Here is a simple illustration. Some thankless tasks like, Tying students shoelaces correctly, setting books as per time table, getting charts, pictures for activities, creating a border in one's notebook, plus putting date in notebooks or checking notebooks and inquiring with fellow classmates to keep themselves updated with the daily class work are all examples of greatness.

As a result, set your sights high as well as offer it you're all in whatever you do.

There are no exceptions.

Don't wait for another opportunity to react with zeal. The potential is endless once such a mentality is established. A routine gets changed into something amazing in an instant.

I am looking forward to meeting you and ensuring that your children have the greatest possible education plus personal development.

May your wishes will be fulfilled.

We owe you a debt of gratitude!

Warm Regards,
Mrs. Madhuri Devnani,
Principal

Editorial Desk

Editor

Mr AJAY TIWARI



Stress Management Defined.

Stress management is defined as the tools, strategies, or techniques that reduce stress and reduce the negative impacts stress has on your mental or physical well-being. A variety of techniques can be used to manage stress. These include mental, emotional, and behavioural strategies. When stress management is used regularly and in response to stressful life events, we can optimize our well-being.

Why Managing Stress Is Important

Stress can be acute (e.g., in response to a lion) or chronic (e.g., in response to a stressful job we've had for years). Stress can come from work, finances, relationships, and a variety of other places.

Stress management for kids and teens

1. Sleep well. Sleep is essential for physical and emotional well-being. ...
2. Exercise. Physical activity is an essential stress reliever for people of all ages. ...
3. Talk it out. ...
4. Make time for fun and recreations.
5. Get outside and make a note out of it.
6. Learn mindfulness.

welcome!

Atmiya Parivaar

Heartily Welcomes new staff members

welcome!



TGT, Nidhi Jain
M.Sc. (Mathematics), B.Ed.

Sub : Mathematics | Exp : 21 Yrs



Monica Barua
PTI

Sub : Sports | B.A.
Exp : 25 Yrs



TGT, BEENA GADHI
PTC, B.A., B.Ed.

Sub : S.St., English | Exp : 12 Yrs



PRT, Madhuri Maheshwari
B.Ed., B.Com.

Sub : English | Exp : 8 Yrs



Divya Bhatia
B.Com.

Accountant
Exp : 3 Yrs



Divya Asnani
B.C.A, M.C.A, Interior Designer

Office Administrator
Exp : 7 Yrs



TGT, Divya Chetnani
M.Sc. (Biotechnology), B.Ed.

Sub : Science | Exp : 1 Yr



PRT, Diya Tewani
B.Com., IMTTI

Sub: Eng, Hindi | Exp : 5 Yrs



Tejas Prajapati
B.Com., NCC-C Certificate

Sub : NCC | Exp : 3 Yrs



PGT, Ms. Jyoti Kumavat
(M.Com., B.Ed.)

Sub : Hindi | Exp : 4.5 Yrs



Lipika Sharma
Office Administrator
B.Com. | Exp : 1 Yr



TGT, Ms. Jayshree Shankar
B.C.A., M.C.A. (Purs.)

Sub : Computer | Exp : 5 Yrs



PRT, Neha Bhatt
M.A., B.Ed.

Sub : English | Exp : 4 Yrs



PGT, Harsha Krishnani
M. Com B.Ed

Sub : B.St., Statistics | Exp : 11 Yrs



TGT, Mrs. Lekhni Khanna
(B.E.-I.T.)

Sub : Computer | Exp : 4 Yrs



Ms. Pallavi Baniya
(Black Belt-2nd Dan)

Sub : Karate | Exp : 7 Yrs



Yash Dave
BBA, MBA, B.P.Ed. (Purs.)
PTI | Exp : 8 Yrs



Mr. Anand Dhua
MUSIC TEACHER

Sub : Music | B.A., Music
Exp : 3 Years



Mr. Aniket Randive
DANCE INSTRUCTOR

Sub : Dance | Exp : 7 Yrs
(Dip. in Dance)



PRT, Mrs. Ankita Gunti
ART TEACHER

Sub : Art & E.V.S. | Exp : 2 Yrs
(B.Com., A.T.D.)



**PRT, Ms. Bhagyashree
Dadhich**

Sub : Eng. ,M.Sc| Exp : 0.5 Yrs
M.A. (English)



**PPRT, Mrs. Alka Pandey
(M.A., B.Ed. NTT Dip.)**

Sub : Mother Teacher
Exp : 9 Yrs



**PPRT, Mrs. Reena Sharma
(B.Com., LLB)**

Sub : Mother Teacher
Exp : 10 Yrs



**PPRT, Mrs. Vaishali setha
(B.A., Pre P.T.C.)**

Sub : Mother Teacher
Exp : 12 Yrs



**TGT, Deepa Ramrakhiyani
B.A., B.Ed**

Sub : Hindi, Gujarati, Sanskrit
Exp : 11 Yrs



**PPRT, Mrs. Chinchu nair
(BCA., Montessori)**

Sub : Mother Teacher
Fresher



**PPRT, Mrs. Kiran chandani
(M.Com.)**

Sub : Mother Teacher
Fresher



**PPRT, Mrs. Rashmi madhu
(B.Sc (Micro), M.L.T.)**

Sub : Mother Teacher
Fresher



**PPRT, Mrs. MARIAMMA CHACKO
(B.Com., MONTESSORI)**

Sub : Mother Teacher
Exp : 10 Yrs



**PPRT, Mrs. Sangeeta prajapati
(M.Com., MONTESSORI)**

Sub : Mother Teacher
Exp : 2 Yrs



**PPRT, Ms. Karishma Tilokani
(B.Com.)**

Sub : Mother Teacher
Fresher

ACTIVITY CORNER

Earth Day

In order to celebrate Earth Day (16th APRIL 2022) and create awareness amongst our students, Atmiya Vidyapeeth organised below activities :

Clay Model (I to V):

Clay models of trees, rivers, earth with the theme "SAVE EARTH" had to be prepared.

Recycled DIY Wind Chime (VI to VIII):

A wind chime had to be prepared using easily available items at home.

Salt Painting (IX to XII):

Use coloured salt to create something representing Earth Day.



Convocation Ceremony



To appreciate, celebrate and felicitate the hardwork of the Sr.kg students of 2021 batch, Atmiya Vidyapeeth organized a **Convocation Day on 31st April 2022**. The students looked smart and elegant with the graduation cap and gown. Students gave excellent dance and singing performance. The parents were delighted to see performance of their kids. At the end of the program students were felicitated with graduation certificates by the dignitaries. The teachers took lot of efforts to prepare the participants for their performances. The arrangements, planning and hard work behind the D Day were done by **CCA team** and the anchoring was undertaken by Ms. Sandhya Shukla.



Field Trip

Bhadreshwar Temple & Govardhan Parvat



To give the students a break from routine, Atmiya Vidyapeeth organized a field trip to Bhadreshwar temple (Class I & II) and Govardhan Parvat (Class III to V) on 2nd May 2022. Yellow Buses were fully packed with faces filled with happiness and excitement. Students and teachers played games, captured lots of memories and had lot of fun. Everyone had a big smile on their faces indicating the great fun they had .

Yoga Day

योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैदिकेन । योपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोस्मि ॥

Yoga is a mental, physical, and spiritual practice which helps in attaining a great mind, body and soul. The word 'Yoga' has descended from Sanskrit language which refers to 'union'. After two years of gap Atmiya Vidyapeeth celebrated this important day with its teachers and students on 21st June 2022. Yoga Instructor, Ms. Anupama Todarmal was invited. Under her guidance students, teachers and dignitaries practised yoga asanas. The half an hour of practice gave energy to the students and they really enjoyed performing the Asanas.



Pre Primary Section Event & Activities

Health day



First day @school after summer vacation

Kids of nursery were welcomed by a greeting card which had foot impression of their first step in the school. Kids of Jr.KG and Sr.KG were welcomed by a special greeting card prepared by teachers.



Earth Day

April 22, 2022

EARTH DAY was celebrated to make kids understand the ways through which we can save our Mother Earth. Class wise scrap book activity was given to the kids.

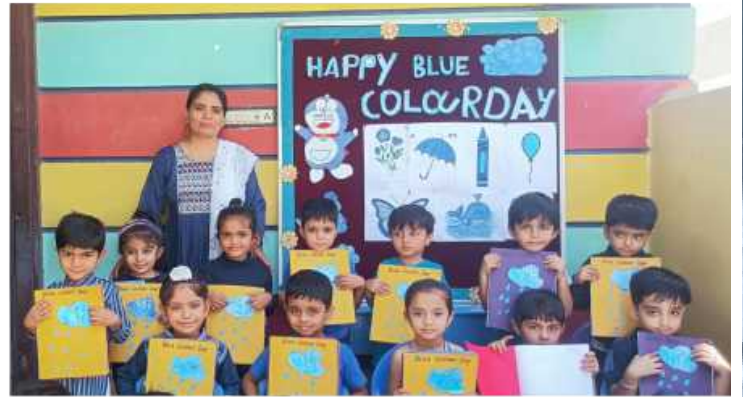


Colour Week

With aim to introduce concept of colors to the tiny tots, "Color week" from 24th April to 29th April, 2022 was celebrated. All the teachers and tiny tots were dressed up according to the colour code .

















Yoga DAY

To inculcate the value of exercise in children, 'International Yoga Day, was celebrated at Atmiya Kids - Shinay Branch, 2B Branch, 5B Branch and Anjar Branch on 21st June 2022 . Children demonstrated different asanas under the guidance of their teachers. The students thoroughly enjoyed the yoga session and participated enthusiastically.





Quiz Competition

With an aim to test the intellect of the tiny tots, a quiz competition on 'Indian Culture and Heritage' was held at Atmiya Kids Shinay , 2B, 5B and Anjar Branch on 24th June 2022. Kids were divided into four teams namely Doreamon , Pokemon, Ben 10 and Mickey Mouse . Kids had lots of fun and truly enjoyed participating in this Quiz.





CBSE BOARD RESULT 2021-2022

Congratulations from Atmiya parivaar for 100% Result in X CBSE Board Exam 2021-2022 for the 11th consecutive year.



ATMIYA VIDYAPEETH
CBSE Affiliated Co-Educational Day School upto Senior Secondary
LEADING CBSE SCHOOL - GANDHIDHAM

100% Result
in X CBSE BOARD EXAM 2021-2022

With the blessings of
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for the 11th Consecutive Year

 95.6% AMAN MISHRA	 95.4% GARGI CHOUDHARY	 95.4% SNEHA THAKKAR	 95% DEVANSH SURANA	 94.8% MANINDER SINGH	 94.2% KRISHNATULSI ROUT	 93.6% AYUSH SINGH RAGHUVANSHI	 93.4% KRISHNABA JADEJA	 92.2% NITESH GIRI	 91.4% KENVI PATEL	 91.2% PUSHPA BAITHA
 90.8% PRASHANT BALDANIYA	 90.8% ARPITA VIJAY	 90.8% ASWATHY NAIR	 90.8% UTKARSH PRAJAPATI	 90.6% NANDANI SINHA	 89.8% HETANISHI SHIROKHA	 89.6% GAURI JAYKUMAR PILLAI	 89.6% KRISHNA ASAWA	 89.4% AMISHRAJ KUMAR SINGH	 89.2% ASHRITHA SUNIL	 89% HEMANT ANAND DAS
 88.4% HARSH BHAGAT	 87.8% KRUPA RANA	 87% HARITHA NAIR	 86.6% HARSHIT SARAAN	 85.4% KUNAL TIWARI	 85.4% LAKSHYA ARYA	 85.2% VED MADHAVI	 85.2% AMRIT RAJ PANDEY	 85.2% SHRUTI MISHRA	 85% NIDHI SHARMA	

Congratulations !
From Atmiya Parivaar

SUBJECT WISE HIGHEST MARKS

INFORMATION TECHNOLOGY **100**

SOCIAL SCIENCE **99**

HINDI **99**

ENGLISH **97**

SCIENCE **97**

MATHEMATICS **96**

MAIN BRANCH

S.NO. 239/2, SHINAY, GANDHIDHAM



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info@atmiyavidyapeeth.org
www.atmiyavidyapeeth.org

Congratulations from Atmiya parivaar for 100% Result in XII CBSE Board Exam 2021-2022 for the 6th consecutive year.



ATMIYA VIDYAPEETH
CBSE Affiliated Co-Educational Day School upto Senior Secondary
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100% Result
in XII CBSE BOARD EXAM 2021-2022

With the blessings of
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SCIENCE	 95.4% AASTHA SMRITI JHA	 94.8% OMPRASAD BEHERA	 94.2% DIYA CHAWDA	HUMANITIES	 97% SAKSHI KANWAR	 92% JANVI BHUPTANI	 89.2% DHWANI GADHVI	COMMERCE	 96.4% VARUN SOMANI	 95.2% NANDINI KSHIRSAGAR	 93.4% KRISHNA JOSHI
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Congratulations ! From Atmiya Parivaar for 100% result in XII CBSE BOARD EXAM 2021-2022 for the 6th consecutive year

PHYSICAL EDUCATION	FOOD, NUTRITION AND DIETETICS	BUSINESS STUDIES	CHEMISTRY	ACCOUNTANCY	HISTORY	INFORMATION PRACTICES	POLITICAL SCIENCE
100	100	99	99	99	99	99	98
MATHEMATICS	BANKING	ECONOMICS	BIOLOGY	ENGLISH	PHYSICS		
98	98	97	97	96	95		

XI HUMANITIES
ADMISSIONS OPEN

MAIN BRANCH

S.NO. 239/2, SHINAY, GANDHIDHAM



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CBSE BOARD SUBJECT TOPPERS 2021-2022

CLASS X

CLASS XII

ATMIYA VIDYAPEETH
CBSE Affiliated Co-Educational Day School
upto Senior Secondary - Gandhidham

With the blessings of
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100%
Result for
11th Consecutive
Year

in Class
X CBSE

Board Exams
2021-2022

CONGRATULATIONS !!
From Atmiya Parivaar

SUBJECT TOPPERS

INFORMATION TECHNOLOGY
NITESH GIRI 100

SOCIAL SCIENCE
SNEHA THAKKER 99
MANINDER SINGH 99
KRISHNABA JADEJA 99

HINDI
SNEHA THAKKER 99

ENGLISH
DEVANSH SURANA 97
MANINDER SINGH 97

SCIENCE
ARPITA VUJAY 97

MATHEMATICS
AMAN MISHRA 96
HARSHIT SARAAN 96

ATMIYA VIDYAPEETH
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upto Senior Secondary - Gandhidham

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100%
Result for
6th Consecutive
Year

in Class
XII CBSE

Board Exams
2021-2022

CONGRATULATIONS !!
From Atmiya Parivaar

SUBJECT TOPPERS

HUMANITIES
OVERALL SCHOOL TOPPER
SAKSHI KANWAR 100

HISTORY 99
INFORMATICS PRACTICES 99
POLITICAL SCIENCE 98

COMMERCE
PHYSICAL EDUCATION
KRISHNA JOSHI 100

BUSINESS STUDIES
VARUN SOMANI 99

ACCOUNTANCY
TRUSHANT GOYAL 99

BANKING
KRISHNA JOSHI 98
UTTAKARSH CHAUDHARY 98

ECONOMICS
NANDINI KSHIRSAGAR 97

ENGLISH
NANDINI KSHIRSAGAR 96

ATMIYA VIDYAPEETH
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100%
Result for
6th Consecutive
Year

in Class
XII CBSE

Board Exams
2021-2022

CONGRATULATIONS !!
From Atmiya Parivaar

SUBJECT TOPPERS

SCIENCE
FOOD NUTRITION & DIETETICS
AASTHA SMRITI JHA 100
OMPRASAD BEHERA 100

CHEMISTRY
DIYA CHAWDA 99
SAMIKSHA ARYA 99

INFORMATICS PRACTICES
SAMIKSHA ARYA 99
AASTHA SMRITI JHA 99

MATHEMATICS
OMPRASAD BEHERA 99
MILAN RATHOD 98

BIOLOGY
SAMIKSHA ARYA 97
AASTHA SMRITI JHA 96

ENGLISH
AYUSHI SARKAR 96
SAMIKSHA ARYA 96

PHYSICS
SAMIKSHA ARYA 96
OMPRASAD BEHERA 95

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जीवन में योजना का कितना महत्व कक्षा ६ से ८

गोविंद कुमार यादव कक्षा-८ ब - योजना एक ऐसी चीज है जो इंसान को सफलता प्राप्त करने में मदद करता है। योजना अपने लक्ष्य को ढूँढने में मदद करता है। योजना अपने लक्ष्य पर ध्यान केंद्रित कराने में सहायता करता है। प्रत्येक इंसान चाहता है कि वे अपने जीवन में सफल हो और अपने जीवन में कुछ विशेष प्राप्त कर सके, पर सफलता 'योजना के बिना संभव नहीं है।' सभी चाहते हैं कि वे एक सफल इंसान बने जैसे डॉक्टर, इंजीनियर, व्यापारी, आदि। एक सफल इंसान बनने के लिए योजना का जीवन में बहुत महत्व होता है। जीवन में योजनाविहिन् मनुष्य का कुछ भी नहीं हो सकता है। जीवन में योजनाविहिन् मनुष्य उस मोबाइल की तरह है जिसमें सबकुछ है परंतु सिम नहीं है। जिससे उसमें सब कुछ होकर भी वो किसी काम का नहीं है। वैसे ही सभी मनुष्य के पास एक सामान्य बुद्धि है परंतु फर्क इस बात से पड़ता है कि वे अपनी बुद्धि को किस प्रकार उपयोग करता है। मनुष्य किसी भी काम को दो प्रकार में करता है पहला (बिना योजना बनाये) दूसरा (योजना बनाकर)। बिना योजना बनाये व्यक्ति बाद में ज्यादातर पछताता है। जो व्यक्ति योजना बना कर काम करता है उसको सफलता जरूर प्राप्त होती है। तो इसलिए हम क्यों ना हमेशा योजना बनाकर ही काम करें। अगर हम जीवन में योजना बनाकर चले तो कैसा रहेगा? इससे हमारा कोई नुकसान तो नहीं है बल्कि हमारा तो इसमें फायदा है। छात्रकाल में छात्र योजना अपने अच्छी शिक्षा के लिए बनाते हैं। जब वह बड़े हो जाते हैं तो अपने कामकाज के लिए योजना बनाते हैं। योजना कामकाज, शिक्षा, आदि के लिए तो बनाते ही हैं और साथ ही अपने और अपनों के खुशी के लिए भी बनाते हैं। जैसे अगर हमें कहीं भी घुमने जाना हो तो हम सीधे तो नहीं चले जाते हैं। हम पहले योजना बनाते हैं कि हमें कहा जाना है वहाँ का माहौल, मौसम, आदि कैसा है। यह सब सोचकर हम कहीं जाते हैं। इसलिए भी योजना बहुत जरूरी है। योजना व्यापार में भी बहुत जरूरी होता है। बिना योजना बनाये कई व्यापारी बर्बाद भी हो चुके हैं। तो हम यह कह सकते हैं कि योजना हमारे जीवन में सहायता करता है की हमारे संसाधनों का सर्वोत्तम उपयोग कैसे करें मतलब (मनुष्य, समय, पैसा, जानकारी, आदि) का उपयोग कैसे करें। ताकि हम अपने लक्ष्य पर ध्यान केंद्रित कर सकें। हमें सही योजना लेना हमारे माता पिता, अध्यापक, हमसे जो बड़े हैं और हमारे बुजुर्ग सीखाते हैं। और हम सही योजना लेने का ज्ञान इन्हीं सब से सीखते हैं। हम लगभग ५ साल के बाद सही योजना ले पाते हैं कि हमें हमारे काम कैसे करने हैं। हमें कभी भी योजना के बिना कोई काम नहीं करना चाहिए। हमें हमेशा कुछ न कुछ जीवन में सीखना चाहिए क्योंकि हम जितना ज्यादा सीखेंगे उतना ही अच्छा निर्णय ले पाएंगे। इसलिए मैं हमेशा चाहता हूँ कि कुछ न कुछ नया सीखूँ

और हम सबको सीखना भी चाहिए। हम यह भी कह सकते हैं कि बिना योजना के हमारा कोई काम सफल नहीं हो सकता है। बिना योजना के हम अपने जीवन में सफल नहीं हो सकते हैं। इसलिए हमें अपने ज्यादातर काम योजना बनाकर ही करना चाहिए।।।

रिद्धान मालसतर - कक्षा-६ अ - एक योजना के बिना हमारा लक्ष्य एक वांछित इच्छा है। योजना जीवन के सबसे आवश्यक घटकों में से एक है और यदि हम अपने वांछित लक्ष्यों को प्राप्त करना चाहते हैं तो यह एक प्राथमिक अनिवार्यता है। सभी व्यक्ति भिन्न-भिन्न गुणों से युक्त होते हुए भी जीवन में लक्ष्य निर्धारित करते हैं। इन लक्ष्यों की प्रकृति भिन्न हो सकती है लेकिन यह एक सार्वभौमिक रूप से स्वीकृत सत्य है कि जीवन में नियोजन के अभाव में ऐसे लक्ष्य कभी प्राप्त नहीं होंगे। योजना सफलता के पीछे प्रमुख कारकों में से एक है। किसी भी क्षेत्र में किसी भी सफल व्यक्ति की जीवन कहानी को चुनें और आप उसकी सफलता के पीछे वर्षों की सावधानीपूर्वक योजना पाएंगे। वे व्यक्ति जो योजनाबद्ध तरीके से अपने जीवन के लक्ष्यों पर ध्यान केंद्रित करते हैं और एक स्पष्ट दृष्टिकोण विकसित करते हैं। एक बार जब आप शुरुआती बाधाओं का सामना कर लेते हैं, तो आप स्फूर्ति महसूस करेंगे और आगे की बाधाओं को एक चुनौती के रूप में देखने के लिए आत्मविश्वास विकसित करेंगे और उस योजना पर चलेंगे जिसे आपने अपने लक्ष्यों को प्राप्त करने के लिए तैयार किया था। "योजना बनाने में असफल होना योजना में असफल होना है।" यह उद्धरण जीवन में नियोजन के महत्व को उपयुक्त रूप से बताता है। अपने लक्ष्यों को प्राप्त करने के लिए हम जो भी योजना बनाते हैं, वह हमें अपने लक्ष्यों के करीब एक कदम आगे ले जाती है।

राघव राधेश्याम असावा - कक्षा: 8 'ब' - नियोजन प्रक्रिया स्पष्ट रूप से परिभाषित करती है और अपने मुख्य लक्ष्यों और उद्देश्यों को प्राप्त करने के लिए, किसी व्यवसाय के सुचारू संचालन को सुनिश्चित करने के लिए, दिशानिर्देशों को निर्धारित करती है। उदाहरण के लिए, एक कॉफी व्यवसाय विभिन्न राज्यों में देश भर में विस्तार करने का निर्णय लेता है। व्यवसाय को विस्तार से पहले उचित दिशानिर्देशों की आवश्यकता होगी जो व्यवसाय के आंतरिक कामकाज पर ध्यान केंद्रित करते हैं जिसमें विभिन्न राज्यों में प्रचलित कानूनों और नियमों की विस्तृत समझ शामिल है जो व्यवसाय का पालन करना चाहिए। योजना का महत्व: लाभ के साथ

निम्नलिखित बिंदु योजना के महत्व और लाभों पर जोर देते हैं:

(1) भविष्य की अनिश्चितता और बदलाव की योजना बनाना: एक व्यावसायिक चिंता को एक ऐसे वातावरण में काम करना पड़ता है जो अनिश्चित और कभी बदलता रहता है। नियोजन प्रबंधक को भविष्य के कार्य को पूरा करने में मदद करता है और इससे नियोजन की तुलना में संगठन में निश्चितता

और व्यवस्था का एक उच्च स्तर आता है।

(२) यह आधुनिक व्यवसाय में बढ़ती जटिलता से निपटता है: आधुनिक व्यवसाय को चलाने के लिए विभिन्न विशेषज्ञता और जटिल मशीनों के साथ बड़ी संख्या में लोगों की आवश्यकता है। इससे प्रबंधन को यह सुनिश्चित करने के लिए योजना बनाने पर निर्भर होना पड़ता है कि क्या किया जाना है, कब किया जाना है, कहाँ किया जाना है और यह कैसे किया जाना है।

(३) यह समन्वय में मदद करता है: अपने परिभाषित उद्देश्यों, अच्छी तरह से प्रचारित नीतियों, कार्यक्रमों और प्रक्रियाओं के माध्यम से योजना समन्वय प्रक्रिया में प्रबंधन में मदद करता है। Koontz और O'Donnell के अनुसार- "योजनाओं का चयन किया जाता है... बेशक, जो प्रबंधन समूह कार्रवाई को समन्वित करने की इच्छा रखता है।

(४) व्यावसायिक असफलताओं से बचने में मदद करता है: जैसा कि नियोजन में सर्वोत्तम उद्देश्यों का चयन, कार्रवाई की एकता, गतिविधियों का समन्वय, संचालन में अर्थव्यवस्था और भविष्य की अनिश्चितता को बंद करना और परिवर्तन शामिल है, जिससे व्यापार विफलताओं से बचने की काफी संभावना है।

(५) नियोजन उद्देश्यों से प्रबंधन में मदद करता है: योजना दिशा की भावना देती है; संगठन की कार्यप्रणाली और इसे भटकने से बचाता है या लक्ष्यहीन रूप से तैयार करता है। जैसा कि प्रयासों को एक वांछित और अच्छी तरह से परिभाषित उद्देश्यों के लिए निर्देशित किया जाता है, बेतरतीब दृष्टिकोण को कम से कम किया जाता है, प्रयासों को समन्वित किया जाता है और दोहराव से बचा जाता है।

(६) नियोजन से प्रेरणा में सुधार होता है: एक अच्छी योजना प्रणाली सभी प्रबंधकों की भागीदारी सुनिश्चित करती है जो उनकी प्रेरणा और मनोबल में सुधार करती है। इससे श्रमिकों की प्रेरणा में भी सुधार होता है क्योंकि वे स्पष्ट रूप से जानते हैं कि उनसे क्या अपेक्षित है। इसके अलावा, नियोजन भविष्य के प्रबंधकों के लिए एक अच्छा प्रशिक्षण उपकरण भी है।

(७) यह प्रतिस्पर्धी ताकत में सुधार करता है: प्रभावी नियोजन उद्यम को एक प्रतिस्पर्धात्मक बढ़त देता है, जिसकी योजना नहीं है या अप्रभावी योजना नहीं है। ऐसा इसलिए है क्योंकि नियोजन में क्षमता का विस्तार, कार्य विधियों में परिवर्तन, स्वाद की गुणवत्ता प्रत्याशा में परिवर्तन और लोगों के तकनीकी परिवर्तन, आदि शामिल हो सकते हैं।

मेरा पसंदीदा फल (कक्षा १ से ५)

तीर्थ पटेल २ ब - मेरा पसंदीदा फल आम है। आम को फलों का राजा कहा जाता है। आम का फल गर्मी के मौसम में पाया जाता है। आम में से कई विटामिन पाए जाते हैं। जिनमें विटामिन ए, बी, डी, और उनके अलावा आयरन और मिनरल्स की मात्रा अधिक होती है। आम की कई प्रजातियाँ पाई जाती हैं। जिसमें चौसा, बादाम, तोतापारी, लंगडा, केसर आदि शामिल हैं। आम को

राष्ट्रीय फल होने का दर्जा दिया है। भारत के अलावा आम पाकिस्तान, फिलिपींस का भी राष्ट्रीय फल माना गया है। आम के पेड़ को बांग्लादेश में राष्ट्रीय पेड़ का दर्जा प्राप्त है। भारत में राष्ट्रीय आम दिवस 22 जुलाई को मनाया जाता है।

लक्ष्य शिहाणी ४ ब - मेरा पसंदीदा फल आम है जिसे हम अंग्रेजी में मैंगो (Mango) कहते हैं। मेरी तरह कई बच्चों का पसंदीदा फल आम ही होता है क्योंकि वह बहुत स्वादिष्ट और मीठा होता है। इसे फलों का राजा भी कहा जाता है। वैसे तो मुझे गर्मी का मौसम पसंद नहीं है परंतु आम खाने के लिए मैं पूरे साल गर्मी के मौसम का इंतजार करता हूँ क्योंकि आम सिर्फ गर्मी के समय ही मिलते हैं। गर्मी के मौसम की शुरुआत में हमें कच्चा आम मिलता है जिससे आम का आचार बनता है। कच्चे आम से आम का पत्रा भी बनता है जो कि हमारी सेहत के लिए काफी फायदेमंद होता है। आम का पत्रा पीने से हमें गर्मी के समय लू नहीं लगती है। आम स्वादिष्ट होने के साथ-साथ काफी लाभदायक भी होता है। इसलिए आम मुझे बहुत प्रिय है।

आयुष श्रीवास्तव ४ अ - आम को फलों का राजा कहा जाता है। आम खाने में काफी स्वादिष्ट होता है। मुझे तो कच्चे आम भी खाने में खूब अच्छा लगता है और मीठे पके आम का कोई जवाब ही नहीं है। आम आपको बाजार में कई आकार में मिल जाते हैं। यह फल पेड़ों पर होता है। आम के फल को बच्चों से लेकर बूढ़े तक बड़े स्वाद से खाते हैं। स्वादिष्ट होने के साथ इसमें पोषक तत्वों की भी प्रचुरता होती है। आम के वैज्ञानिक नाम की बात करे तो इसका वैज्ञानिक नाम मैंगीफेरा इंडिका है। आम का फल गर्मी के मौसम में पाया जाता है। मेरे साथ-साथ मेरे पिताजी को भी आम का फल बहुत पसंद है। इसलिए बाजार में आते ही मेरे पिताजी आम खरीद कर लाना शुरू कर देते हैं। पक्के आम का सेवन फल के रूप करते हैं, वही कच्चे आम का अचार और चटनी बनती है। यह फल पेड़ों पर होता है और पेड़ों पर ही पकता है। आम फल खाने के शौकीन लोग आपको पूरे भारतवर्ष में मिल जाएंगे। आम को पकाने के लिए आजकल लोग केमिकल का इस्तेमाल करते हैं। लेकिन ऐसे आम स्वास्थ्य के लिए हानिकारक होते हैं। इसको खाने से हमें कार्बोहाइड्रेट प्राप्त होता है, जिससे शरीर को ऊर्जा मिलती है। प्रोटीन, कैल्शियम, पोटेशियम और सोडियम की भी प्रचुरता आम में होती है। स्वास्थ्य के दृष्टिकोण से यह फल काफी फायदेमंद होता है। आजकल आपको बाजार में आम का जूस भी मिल जाता है। इसका स्वाद काफी अच्छा होता है, लेकिन आपको शुद्ध आम के जूस को ही पीना चाहिए। केमिकल से तैयार किये गए आम का जूस सेहत के लिए अच्छा नहीं होता है। आम को फलों का राजा कहने के पीछे कई कारण हैं। उनमें से एक कारण यह है कि इसमें कई विटामिन पाए जाते हैं। जिनमें विटामिन ए, बी, डी पाये जाते हैं। आम में विटामिन के अलावा आयरन और मिनरल्स की मात्रा कहीं अधिक होती है। धन्यवाद

STUDENT CORNER

PRIMARY SECTION - I TO V

TOPIC : I LOVE BUTTERFLY

Bhrithi Tewani of III A says that , "The butterfly is the most colourful insect". We can see them in daytime in gardens and forests. It has two wings. They are of different colors like red, yellow, blue, green, white etc. The butterflies do not work like the bees nor are they intelligent like the ants. Their lives are short during which time they flutter around happily and beautifully from flower to flower. The butterfly may appear to be fluttering in the air without any purpose. But the greatest creative work of nature is being carried on inadvertently by the butterflies.

So I love the butterflies a lot.

Jainish Mehta of IV-B says that, "A butterfly is an insect beautiful and mesmerizing. We can see different colors and patterns in the wings. A butterfly consists of six thin legs along with two antennae. Butterflies sit on the flowers and suck the juice of the flowers. Butterflies can fly at a speed of 10 km to 22 km per hour. Millions of species or types of butterflies can be found on this planet. Butterflies are generally creatures who are cold-blooded. We can easily find them in the gardens and forests. Butterflies are found everywhere except the continent of Antarctica. Flutter is another name of butterfly groups. The beauty of butterflies is liked by everyone. Not only kids but also adults love to chase them once they see them anywhere. Butterflies are harmless and are frightened of human beings. Due to their characteristics and look I love butterflies a lot. I wish I could fly like them."

Mrudini Patel of IV A says that, "I love butterfly because we learn so many lessons to live life beautifully like a butterfly. Let go of past, trust a future and accept the changes, just like butterfly does in its life cycle. It teaches us to spread our wings of happiness chase our dreams to high and fly even after pains and sorrow. Beautiful colors on butterfly symbolizes our emotions in different stages of our life. It tells us to keep hope and believe that love is so beautiful and delicate just like butterfly also life fails to be perfect but never fails to be beautiful just like butterfly. That's why I love butterfly. I Love Butterfly. Love is like a

butterfly. It goes where it pleases and it pleases where it goes.

Nischal of grade III B says that, "I love butterfly because the butterfly is one of the beautiful insects in the world. They have six legs, three parts of the body, and two antennae. Butterflies have beautiful wings. They collect the juice from the flower. The nectar of the flower is the only food for them because they can't chew. In the daytime, we can easily find them in the garden. I can see them always flying from one flower to another. I want to be like a butterfly. I want to fly from a flower to another flower all day long. Butterflies are those creatures which make earth pretty. Once I wanted a pet butterfly. But my father advised me to see them free not to cage them."

Parth Borgaonkar of IV C says that, "Butterflies are the most beautiful creatures among all insects and bugs. Butterflies are beautiful for their wings, it has six legs and two strings, the nectar of flowers are the only food of butterfly because it can't chew anything. Whenever I see butterflies in the garden, I wish to fly like them and jump one flower to another and make them dance along with me. I want to suck the nectar from flowers. I wish to lie down on flowers all day long. The way they fly shows joyfulness and freedom. I want to have a butterfly as a pet. I will play all day with butterfly. My whole day would be consumed in extracting nectar and enjoying the taste of nature. Many colourful butterflies came into our garden and played in daylight. I love seeing them dancing in flowers. Not only I will bring smile to the faces of children when they enjoyed my flight, but also, I would hide myself amongst the flowers if they tried to catch me, I will sit on their noses they feel exhausted. Whenever I see a butterfly very closely, I find that the wings of them are the best creation of God these are like a beautiful painting."

Rutvi Gosai of class IV B says that, "BUTTERFLIES are very delightful flying insects with big flaked wings. Butterflies have a four-stage insect life cycle. The larva is the first stage. Then a caterpillar grows towards metamorphosis cycle. After metamorphosis the

butterfly gets the beautiful wings. Butterflies make the world attractive with their colourful wings. Even I want to have a butterfly as a pet .I will play all day with that butterfly. Many colourful butterflies come into our garden and play in daylight. I love seeing them dancing on the different flowers. That's why I love butterflies"

Tanmay Hethavadiya of IV D says that, "Butterflies are the most beautiful insect among all insects and bugs. Butterflies are beautiful for their wings. There are some who break their wings and let them die. Butterflies sit on the flower and take the juice from the flower. This liquid is called nectar, and it is their food. The butterfly also lay its eggs on flowers and leaves. Whenever I see butterflies in the garden, I wish to fly like them. I want to suck the juice from flowers. I would like to lie down on flowers all day long. They show joyfulness and freedom. The colourful wings cheer me up always. Once I saw a butterfly very closely. The wings of the butterfly are the best creation of God. They are like a painting. Even I want to have a butterfly as a pet. I will play all day with that butterfly. Many colourful butterflies come into our garden and play in daylight. I love seeing them dancing on the petals of flowers."

Varya Ladkani of class V C says that, "I love butterflies for their brightly colored bodies. I also enjoy witnessing these winged beauties in flight. As for a much unknown fact their wings are transparent and also that they have four wings, not two. Butterflies are stunning and magical creatures that symbolize freedom, renewal of life, transformation and beauty. Seeing them in one's dream is a good sign as they can symbolize transformation, good times and happiness. Seeing them in real life gives a sense of being closer to the nature and brings out inner joy. Many of us have dressed up as a butterfly whenever there had been fancy dress competition in our school. They are loved and chased after not only by kids but also by adults. Whenever I see these tiny pretty creatures anywhere I can't hold myself from running after them. Not to mention they too are smart. To catch them isn't an easy task. Even if I catch them I can't hold them between the pinch for long as I understand they are free creatures and they have right to fly free. Due to their beautiful appearance and characteristics I love them."

MIDDLE SECTION - VI TO VIII

TOPIC - PATRIOTISM

Govind Yadav of VIII B says, Patriotism which means the great love for one's motherland and feeling of devotion, proud and desire to liberate it forever. The importance of patriotism is more than what we have thought. Patriotism helps the people of the country to be honest for their country, love their country and feel proud towards their country. It motivates the people of the country to develop their country, traditions, gadgets, buildings etc. and also motivate the children to take the education so that they can also play a role in developing their country. It helps the people to show their talent for one's country and also move ahead from the other country. E.g.- Like the Indian people who are moving ahead from other countries by showing them their talent and new inventions. It also give the courage and extra power to the people of their country to fight with their rivals. Like how it has given the courage and extra power to our Freedom fighters like Shaheed Bhagat Singh, Chandrashekhar Azad, Rani Lakshmi Bai, Rajguru, Sukhdev who are few of the freedom fighters who had sacrificed their life because of our motherland. It also helps one who keeps their country flag flying high in the sky. And never let anyone to disrespect his country flag. It also shows that people can do anything for their country. How Patriotism helps to politics leaders and a normal man. As we came together, so with our vote we can choose the right leader for their country who can take a correct decisions for their country by voting them. (After age of 18 years). And patriotism also helps the political leader to improve the education system, health system in rural areas for poor people, economic development, social, cultural and political development.

Pruthvi Thakkar of VII B says, Patriotism is the feeling of love, respect, and pride for one's country. It is to unconditionally support and respect the nation. Patriotism develops naturally and is important for the protection of a country's culture and historical heritage. Patriotism lies in our actions. It is the zeal with which we work towards the betterment of the nation. It is the pride that we feel in representing our nation. One who is ready to actively support his country and is ready to do anything for it is a patriot. It is the natural attachment and the feeling of respect for the land where we are born and grow. It is important to practice patriotism in

everyday life and volunteer to work for the progress of the nation. This includes paying taxes, obeying the laws, voting and being active to bring about social and economic welfare. It is standing up for views and ideas in favor of the community. Patriotism is the kind of motivation that motivates people to work hard for the progress of the nation. It is to never let go of the unity in diversity and to dutifully stand in the face of any kind of tyranny. It is the desire and passion to serve the nation in any way one can. Patriotism is not just loving and respect for one's country but also the will to serve it. A true patriot is an active worker who works for the progress and development of his country. He takes pride in representing his nation. A patriot is one who fights for the freedom and peace of his country. There are occasions when one has to selflessly serve the nation and sacrifice personal pleasure and leisure. Patriots don't even hesitate to sacrifice their life for the nation.

Devanshi Mohapatra of VIII A says, Patriotism is the feeling of attachment and love to one's country. It encompasses devotion and robust support for the nation. A patriot is one who keeps their country's flag flying high and showing respect. Patriotism embodies sacrifice for the country to protect its honor. It means identifying and understanding the ideals that the nation recognizes. Patriotism doesn't mean support towards a particular political party or leader; it means respecting and abiding by the system of governance laid down by our constitution-makers. Feeling pride and a sense of responsibility towards the nation indeed incorporates patriotism. Devotion and love towards our nation embody the true spirit of patriotism. It involves the sense of responsibility towards our country, as its citizens help it grow. A nation belongs to not just one person, but all, and we must work towards community good. Patriotism inculcates the feeling of pride and respecting the values of our nation. Many of our freedom fighters dedicated their lives for independence. Bhagat Singh, Chandrashekar Azad, Rani Laxmi Bai, Bal Gangadhar Tilak, and Sukhdev are a few who sacrificed the lives of their love for India. Our freedom fighters mobilized people from all over the country and lead movements to win back our country's identity and freedom. Soldiers protect the nation every day by putting their lives on the line. They guard our borders and fight for the dignity of our country when called upon to do so. Their valor

protects us day and night. The feeling of patriotism involves the common good of any nation. This nation belongs to all of us, and we must work towards its growth and development. As we come together, we can improve the education system, health infrastructure, and economic development. Eradicating social evils helps our nation grow. It is as simple as paying taxes or helping our neighbours when in need. Corruption goes against the meaning of patriotism as it seeks to benefit a few, but causes worry for many. The youth are often called the future of the nation. As leaders in various fields, they will help improve the status of our country. The youth have a strong sense of patriotism and express their opinions openly and passionately as they are concerned about the future of the country. We must respect and give back to the nation that has done so much for us. We must keep the ideologies in our constitution alive, love, and protect our country.

Maitri Vaghamsi of VI B says, Patriotism is the love and respect for one's country. Patriotism is very important. The feeling must especially be born in the youth of the country so they act as responsible citizens. Youth is the future of nation and for the bright future of a country it is important for them to protect and preserve the nation and act in its best interest to make it shine. It is to take pride in one's origin and work for the prosperity of the country. We should stop complaining about the flaws of our government and instead work for the growth and development of the country. It is better to be the change first to bring the change. It is important to love the nation we live in and focus more on what it has given to us and what we can give back to it. We need to be united and stand together for the progress of the country for its improvement. It is important to show patriotism in our action and be proud of the country we live in. We all need to always stay united and devoted for the betterment of our nation.

Samiksha Rajput of VI B says, Patriotism, feeling of attachment and commitment to a country, nation. It is to unconditionally support and respect the nation. It promotes public sacrifice that is crucial to the functioning of a state, decreases the likelihood of conflict, reduces corruption, and is extremely inclusive as an identity. A country becomes strong and developed if the people have feeling of

Patriotism. We must do something creative for our Motherland. Our country is like our Mother. As we respect our Mother, We should respect our country too. People with patriotic feelings love their country. They want to develop their country. Those people who don't have patriotic feelings never show interest in the progress of their country. They just want to run after money. They don't give priority to their nation . They are guided by their self-interest. Patriots are always ready to sacrifice themselves for the country. They never tolerate the interference of the other country into their own country. They devote their whole life in serving, loving, respecting and saving their own Motherland. They always think there is nothing which is more important than their own country. Patriotism is a feeling of honesty towards a nation. This feeling always motivates a person. It is an asset everyone must own it . It helps in maintaining peace in the nation. The role of Patriotism is important. The story of Independent India is a true example of Patriotism. There are many movies based on Patriotism.

SECONDARY & HIGHER SECONDARY SECTION -IX TO XII

Why there is an urgent need of women empowerment?

Sanjana Singh 9 C - The term empowerment means the granting of the power, right, or authority to perform various acts or duties. Same way it about granting rights and authority to women. This is very necessary in India. Its about choosing there own choices not to depend on others for their needs. It can be only possible by attaining proper education. Women empowerment helps in improving the standard of life in rural as well as metro areas. They too can fulfill their wishes and get opportunities to feed family. Women empowerment is a widely discussed term in today's society and talks about upliftment of female gender. Firstly it was a long term protest for equality in gender and sex but also women didn't got equal respect as men. Women empowerment is necessary for building their own identity. Talking about advantages of women empowerment are having equal respect and honour in society and there is frictionless environment between men and women. It also makes a women financially independent and it also get them rid of social violence. Its necessary for a women to be educated and supported. Women's right is our responsibility they also are

human beings they too have same mental capabilities like men have. Women empowerment is a process to grant women their needs. The urgent need for women empowerment is to the progress of the nation and society. No nation can progress socially or economically if its women are left behind. If the women are not educated if they are not safe if the gender discrimination exists then the nation cannot progress and prosper. A woman who is educated is able to secure a job for herself and meet her family's everyday requirements. Government too is launching necessary missions for fulfilling the needs of women, giving girls free education. But also there are some villages where girls are not going school and helping parents in household chores. Without education, women empowerment is a distant dream and there is no way Sustainable Development Goals can be achieved. If we want the women to be empowered we must educate them and make the education of girl child mandatory. Most of the work done by women in India is unpaid and is in the unorganized sector. Women in India constitute 49% of the agriculture workforce though they hold even less than 2% of the land. Almost half of the women in rural India don't have a bank account in their own name and a few of them have a valuable asset in their name. Women Empowerment is the need of the day and very essential for the growth and development of a nation as well as that of the world. Without equal opportunities provided to each and every woman on the planet, the dream of a sustainable development society will be a distant reality. Governments, people and organizations all must work together to provide equal opportunities to the women in all fields of life. Women oppression is an obstacle powerful women created a miracle. Will lead to success!!!

Ishika Mehta 9 A More powerful the women, The stronger will be the nation. Women empowerment can be defined as- to encourage women's sense of self-confidence, right to give their own choices, right to make social changes for themselves and right to live independently. In our culture and tradition, women are worshipped. Women are an important and an integral part of the society. We just cannot function without her. Women are four walls of the house. She is a daughter, a wife, a mother, a friend, a sister, a daughter-in-law, a grandmother and many more. Nowadays also when a male child is born in a family then are so

TEACHER'S CORNER

WHEN DO YOU FEEL HAPPIEST?

Deepa Shah- Sr. Kg Teacher-5b Branch-

Happiness does not need a reason. Being happy can be the best part of one's life. Being happy does not mean end of anger, it can also mean a control of anger! Image result for happiness. For me there are a 100 reasons to be happy but the one best things that make me happy are my friends!! My friends are the best part of my life. I share everything with my friends. My friends give me a sense of happiness and joy. There are the one with whom I can share everything, my happiness and also my sorrows. They also walk with me in each step of my life!! My friends are the one who make me burst into laughter. Friends also make me feel comfortable. I can share all my problems with my friends. No matter how many friends I have, each one is special in their own way! My friends support me at each level of my life. I love my friends! Image result for friends quotes images. The next thing that can make me feel happy are the summer holidays. Summer holidays are the best days of school life. I get away from my boring daily routine. It's the time to relax and spend time with family and friends!! It's the time where I can go to different places and see the world outside. Summer vacations is the time where I can enjoy the taste of sweet and tasty ice-cream. Each day of my vacation is special for me in its own way!! Summer vacations give me chance to finish my dreams which I could never do in the school days! When I hear the word summer vacation, I forget all the troubles and pains! Every summer vacation teaches me and also brings me something different. Image result for summer holidays clip art the next thing that brings me happiness is a smile on someone's face. Smile may be a very small word, but it means a lot and has a deep meaning. When you smile it gives you a sense of happiness. When I smile I feel happy and also relaxed! Smiling does not need a reason, you must find a reason to smile. Just think a person who can't afford to buy food, and you give them food, there is a smile on their face and also gives me a lot of happiness seeing a smile on that child's face!! Or think if a child wants to study and can't afford to. And you educate them with all hard work and the happiness he gets is immeasurable. Smile on one's face is the best thing that gives me happiness!! Image result for love smile. Happiness is a reason on its own to be

happy and celebrating their happiness but when a female child is born then they are not that much happy. Throughout her whole life a woman is dependent on a male person. As said, "Women is supposed to be in the custody of their father when they are children, they must be in the custody of their husband when married and under the custody of her son in her old age or as widows." She is not allowed to assert herself independently. But in the present this scenario is changing. Many government agencies and NGO's have taken up the cause of women empowerment. Women must change their mindset and voice their issues. Women should not think that they are weak instead of thinking that they are mentally and physically strong. We have many examples of strong, powerful and independent women like Rani Lakshmi Bai, Indira Gandhi, Kiran Bedi, Kalpana Chawla and many more. Both men and women are important. They should work together for the progress of our nation.

Naisha Ramnani (XA) India progresses in economy but there is also a call for India's development in social aspect specially woman empowerment. This defines for advocating women's and girls rights combating discrimination and challenging roles and stereotypes that creates gender inequality. Social Empowerment refers to the enabling force that strengthens women's social relations and their position in social structures. Woman empowerment is a critical aspect that creates gender equality where both men and women can enjoy equal rights. Women's participation in society is highest in Scandinavian countries. Nowadays, females have gained great success in many fields. They are becoming good doctors engineers, fighter pilots, etc. Women have achieved success in space science. Girls have also marked their success in many Olympic Games and have won many gold medals for India. PV Sindhu, Sania Mirza, Saina Nehwal and many more have made India proud with their achievements. Beti bachao Beti padhao andalon was started by our honorable Prime Minister Shri Narendra Modi ji to save girl child. Women reservation bill provides 33% of reserved seats for women in politics. Many policies were made by government against dowry, child marriages, domestic violence. etc. However, empowerment of women now can be categorized into five main parts - social, educational, economic, political and psychological. Moreover India should work hard in the field of achieving social equality and making women.

happy. There are many things that make me happy but a few are just the most memorable and the most beautiful reason to make me happiest!!!!

Reena Sharma Branch: 2/B- Every day is the new day which brings new experience and Happiness in our Life. Happiness is referred to as a good state of mind and body. People often smile, sing, and dance when they are happy. The perspective of happiness is different for everyone in this world. We all must try to find out and note down the things that can make us happy. We can do those things for getting happiness whenever we are in a bad mood or sad. Our good memories of day by day make our life so special. Happiness is the state of mind and feelings of expression when things are going great. Happiness is just nothing, it is just our mind when it is in joy in doing every little thing. According to my point of view my Happiness is in listening music, by helping others, by spending time with family and friends, by playing musical Instrument or any act which makes me happy. The word happiness when comes to our mind displays the images of a smiling or a laughing face in front of us. Isn't it true? This is the fact that no one in this world wants to be sad. We all are in search of happiness. The way of finding happiness is different in every person in this universe. There are many things in this world that bring smiles and satisfaction to the face of people.

HOW CAN WE OVERCOME FEAR?

Sandhya Shukla (PRT) Fear can create strong signals of response when we're in emergencies – for instance, if we are caught in a fire or are being attacked. It can also take effect when you're faced with non-dangerous events, like exams, public speaking, a new job or even a party. It's a natural response to a threat that can be either perceived or real. Fear and anxiety can last for a short time and then pass, but they can also last much longer and you can get stuck with them. In some cases they can take over your life, affecting your ability to eat, sleep, concentrate, travel, enjoy life, or even leave the house or go to work or school. This can hold you back from doing things you want or need to do and it also affects your health. Some people become overwhelmed by fear and want to avoid situations that might make them frightened or anxious. It can be hard to break this cycle but there are lots of ways to do it. You can learn to feel less fearful and to cope with fear so that it doesn't stop you from living. Lots of

things make us feel afraid. Being afraid of some things – like fires – can keep you safe. Fearing failure can make you try to do well so that you won't fail, but it can also stop you doing well if the feeling is too strong. What you're afraid of and how you act when you're afraid of something can vary per person. Just knowing what makes you afraid and why can be the first step to sorting out problems with fear. When you feel frightened your mind and body work very quickly. These are some of the things that might happen

Your heart beats very fast – maybe it feels irregular

You breathe very fast

Your muscles feel weak

You sweat a lot

Your stomach churns or your bowels feel loose

You find it hard to concentrate on anything else

You feel dizzy

You feel frozen to the spot

You can't eat

You have hot and cold sweats

You get a dry mouth

You get very tense muscles

These things occur because your body, sensing fear, is preparing you for an emergency, so it makes your blood flow to the muscles, increases blood sugar, and gives you the mental ability to focus on the thing that your body perceives as a threat.

How can we try to beat the fear?

1. Face your fear if you can

If you always avoid situations that scare you, you might stop doing things you want or need to do. You won't be able to test out whether the situation is always as bad as you expect, so you miss the chance to work out how to manage your fears and reduce your anxiety. Anxiety problems tend to increase if you get into this pattern. Exposing yourself to your fears can be an effective way of overcoming this anxiety.

2. Know yourself Try to learn more about your fear or anxiety. Keep an anxiety diary or thought record to note down when it happens and what happens. You can try setting yourself small, achievable goals for facing your fears. You could carry with you a list of things that help at times when you are likely to become frightened or anxious. This can be an effective way of addressing the underlying beliefs that are behind your anxiety.

Exercise Increase the amount of exercise you do. Exercise requires some concentration, and this

can take your mind off your fear and anxiety.

Relax Learning relaxation techniques can help you with the mental and physical feelings of fear. It can help just to drop your shoulders and breathe deeply. Or imagine yourself in a relaxing place. You could also try learning things like yoga, meditation, massage or listening to stress relieving podcasts.

Healthy eating Eat lots of fruit and vegetables and try to avoid too much sugar. Resulting dips in your blood sugar can give you anxious feelings. Try to avoid drinking too much tea and coffee as caffeine can increase anxiety levels.

Complementary therapies Some people find that complementary therapies or exercises such as relaxation techniques, meditation and yoga help them to deal with their fear and anxiety

Faith/spirituality If you are religious or spiritual, this can give you a way of feeling connected to something bigger than yourself. Faith can provide a way of coping with everyday stress, and attending church, temple and other faith groups can connect you with a valuable support network.

Satyapriya S. (Faculty of Social Science)

Physical Education should be mandatory for all students because it can help students in other classes, makes them healthy, and increases their c o n f i d e n c e . Physical Education can help students in other classes. It will help students in other school classes because it gets the students brain more focused. Research states that reading and math are the two subjects that are most influenced by physical education because these subjects focus on efficient and effective function, which has been associated to physical activity. Physical activity has many positive effects on self-image and and self-confidence, since it gives students a general feeling of being healthy. Teacher and students think that if they exercise more than the students would feel more confidence in themselves. Physical activity develops brain cells and produces endorphins, which can make students happy and calm, and reduce stress and pain. Teachers and students think that if they exercise more than they would not be in a lot of pain later in life. A good physical workout can make students feel better about life and themselves.

Dhananjay Chudasama (Faculty of English)

I am presenting some of the Sanskrit shlokas which describes the importance of physical education in human life.

अर्धशक्त्या निषेव्यस्तु बलिभिः स्निग्धभोजिभिः।

शीतकाले वसन्ते च मन्दमेव ततो अन्यदा।। (अष्टांग हृदय संहिता सुत्र २।११)

One who is strong and eat food everyday should use half of one's energy to do excersize. Same to be done in winter season and autumn. In summer and rainy season, one should use less than half energy to do exercise.

न चास्ति सदृशं तेन किञ्चित्स्थौल्यापकर्षणम्।

प्रसन्नात्मेन्द्रियमनाः है स्वस्थ इत्यभिधीयते।।

There is no other medicine than exercise to remove excessive grossness, the enemies of the exercising man are always afraid of him and do not give him sorrow.

व्यायामं कुर्वतो नित्यं विरुद्धमपि भोजनम्।

विदग्धमविदग्धं वा निर्दोषं परिपच्यते।।

Any kind of spoiled food, whether it is heavy, burnt or raw, even if it is against his nature, is well digested and does not harm anything.

श्रमक्लमपिपासोष्णशीतादीनां सहिष्णुता।

आरोग्यं चापि परमं व्यायामदुपजायते।।

The power to bear labor, exhaustion, guilt, thirst, cold (winter), heat etc. comes only through exercise and attainment of ultimate health i.e. health also comes from exercise.

व्यायामात् लभते स्वास्थ्यं दीर्घायुष्यं बलं सुखं।

आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम्।।

Exercise leads to health, longevity, strength and happiness. Being healthy is the ultimate destiny and all other deeds are accomplished by Health.

समदोषः समाग्निश्च समधातुमलक्रियः।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते।।

The man whose faults are vata, pitta and kapha, fire, rasadi, seven metals, in the same state and remain stable, the action of faces and urine is fine and all the actions of the body are equal and proper and the mind, senses and soul are happy. Man is healthy.

व्यायामस्वित्रगात्रस्य पद्भ्यामुद्वर्तितास्य च।

व्याधयो नोपसर्पन्ति वैनतेयमिवोरगः

वयोरुपगुणैः हीनमपि कुर्यात्सुदर्शनम्।।

Diseases do not go to the person who is soaked in sweat due to exercise and to the exerciser by raising both the legs in the same way as snakes do not go to the eagle. Therefore, exercise makes a person devoid of age, form and quality look beautiful.

A **PERSON** should understand that staying physically fit, is the first need to live HAPPILY.

A **STUDENT** should understand that staying physically fit, is the first need to study BRILLIANTLY.

A **TEACHER** should understand that staying physically fit, is the first need to teach EFFECTIVELY.

A **CITIZEN** should understand that staying physically fit is mandatory to live DUTIFULLY.

The above quotes from the ancient Indian scriptures make it clear that Physical education should not only be obligatory, but compulsorily mandatory.

GOD HELP THOSE WHO HELP THEMSELVES

Sudipta Devnath (Faculty of Biology)- The saying "GOD HELP THOSE WHO HELP THEMSELVES" symbolises the importance of self-initiative and hard work. The whole idea behind 'praying to gods' has nothing to do with making things more comfortable, but it is more about providing the ability to face difficult things in life. This means we need to perform our work with full dedication and in correct direction. If we are dependent on others, then it will lead to anxiety and self-destruction.

If a person is not doing anything and does not put any effort and simply depend on his luck, then such type of person, never get success. During difficulties and any obstacle, one should work hard to get rid of those problems. One must believe and keep faith in god that he will assist him in deciding the right path and give him courage and strength to reach the goal. "GOOD HELP THOSE WHO HELP THEMSELVES" is an old saying and was introduced in ancient Greece. From the existence of mankind, people have started to believe in the divine energies of the universe. A person is always remembered for his struggle and his hard work. Only work can lead us to a peak and make famous. Sometimes our effort might not show result immediately, but we should not lose our spirit to blame god for the bad luck. Instead we need to work harder and focused on going forward and helping ourselves so that we get grace from god and gain more success in life. Here I put some incident to the live example like:

Helen keller who lost her sight, learning and

speech ability at a age of 19 months. But she didn't gave her hope and she became a famous author. She became the 1st deaf blind person to earn bachelor of arts degree from Radcliff collage of Harvard university.

Arunima sinha who lost her left leg when a train went over it. Her goal from that day onwards was not just to became adept at walking with a prosthetic leg but scale the highest point in the world- MOUNT EVEREST.

It is concluded that God always help those who help themselves. People who work hard with full dedication without getting anxious about the outcome. We should never get hopeless in our worst conditions and try to solve problems with a calm mind to overcome the situation with confidence.

Sapna Maheshwari(Faculty of Commerce) - This phrase motivates us to become self-dependent. God has blessed everyone with unique mind and talents. We have to work hard for achieving success in life. God never helps people who run away from doing effort. There might be some students who don't study throughout the year and then one day before the examination they make offerings to god, perform puja by going temple and think that god will answer their prayers and give them good result in examination. Such students will never succeed. God don't protect like a shepherd with a stick, whom they want to protect, they give them intelligence. For eg. if we sow the seeds, we also have to work hard to cultivate the soil and plough the fields. We also have to provide the sprouts care, save the plants from animals and birds and water them at intervals. All this hard labour will provide us with the crops and fill our barn. We must have faith in ourselves. You are your saviour. No one is going to fight battles of your life. Therefore it is better to rely on our efforts and then pray to God. We should never get hopeless in our worst conditions and try to solve problems with a calm mind to overcome the situation with confidence.