



# प्रातःवेम्ब

विद्या भारती अखिल भारतीय शिक्षा संस्थान  
सरस्वती बाल मंदिर सीनियर सेकेंडरी स्कूल  
राजौरी गार्डन, नई दिल्ली-110027

## हमारा लक्ष्य

इस प्रकार की राष्ट्रीय शिक्षा-प्रणाली का विकास करना है जिसके द्वारा ऐसी युवा-पीढ़ी का निर्माण हो सके जो हिन्दुत्वनिष्ठ एवं राष्ट्रभक्ति से ओत-प्रोत हो, शारीरिक, प्राणिक, मानसिक, बौद्धिक एवं आध्यात्मिक दृष्टि से पूर्ण विकसित हो तथा जो जीवन की वर्तमान चुनौतियों का सामना सफलतापूर्वक कर सके और उसका जीवन ग्रामों वनों, गिरिकन्दराओं एवं झुग्गी-झोपड़ियों में निवास करने वाले दीन-दुःखी अभावग्रस्त अपने बान्धवों को सामाजिक कुरीतियों, शोषण एवं अन्याय से मुक्त कराकर राष्ट्र जीवन को समरस, सुसम्पन्न एवं सुसंस्कृत बनाने के लिए समर्पित हो।



Mrs. Rachna Dhanda

Education is an unending life long process. It begins when one enters the stage of life until he / she has his/her exit. Formal education is given by educational institutions. The aims and objective of any educational institution must be to instil in the students genuine human and spiritual values, a genuine concern for the welfare of others and commitment to truth and justice and last but not the least academic excellence and all round development of one's personality to meet every situation in life. The aim of Saraswati Bal Mandir is to form an integrated and responsible diligent person committed to peace and justice and ambitious for outstanding achievement.

## PRINCIPAL'S MESSAGE



Mrs. Veena Goel

India is entering in the new era of unprecedented growth and global recognition which brings great opportunities, responsibilities as well as challenges. In our school we have the greatest asset-the youth, empowering them with skills to initiate change and face challenges with fortitude is our endeavour, SBM Rajouri Garden is a nursery nurturing the seeds of ideas and aspirations of young minds in a holistic environment to ensure that students shoulder their responsibilities with conviction and fortitude. Our School provides facilities for all round development.

# SCHOOL IN NEWS

## Key concepts of education

**Q** How does the student view of the technology of the school, both in terms of the quality of the education and the challenges they face in the classroom?

**A** The student view of technology in the classroom is very positive. They are very keen to learn about the latest technology. They are also very keen to learn about the latest technology. They are also very keen to learn about the latest technology.



From left, Principal, Saraswati Bal Mandir, Rajouri Garden

**Q** The facilities now have different environments from that of what we had a few years back, what has primarily impacted the change that have effected in the education system and culture also?

**A** To begin with, the facilities and the environment have changed a lot. The facilities are now much better than what we had a few years back. The environment is also much better. The facilities are now much better than what we had a few years back. The environment is also much better.

**Q** What are the challenges that are faced during the design of a curriculum when today students are more inclined towards the use of technology than being traditional students?

**A** The challenges are that the students are more inclined towards the use of technology than being traditional students. The challenges are that the students are more inclined towards the use of technology than being traditional students.

**Q** There has been a lot of emphasis on the use of technology in the classroom, how can we make sure that it is not just a gimmick but actually helps in the learning process?

**A** The emphasis on the use of technology in the classroom is not just a gimmick but actually helps in the learning process. The emphasis on the use of technology in the classroom is not just a gimmick but actually helps in the learning process.

**Q** How important is it for a student to have a good foundation in the basics of a subject?

**A** It is very important for a student to have a good foundation in the basics of a subject. It is very important for a student to have a good foundation in the basics of a subject.

## Explaining the importance of Indian goods & healthcare

**A** Health Mela and Swadeshi Prachar Abhiyan was organised in Saraswati Bal Mandir, Rajouri Garden. Students from classes III to VIII put up the stalls of goods of Indian make like goods and items. This promoted a feel of nationality.

Students explained the benefits of using Indian products as it supports country's economy. They sold things of Indian brands



They explained the benefits of using Indian products as it supports our economy. They sold things of Indian brands and the school changed into a Haat. Students learnt the skills of buying and selling through this attempt. All the collection by selling products was donated for welfare of deprived.

The suggestion of donating the collection was given by Vanshika (VI). Simultaneously, a Health Mela was also organised by staff of a renowned hospital and without any charge check-up was done. Parents, students and staff members got opportunity to get measured their blood pressure, sugar, weight and facility of ECG also benefitted the people.

The personnels from a renowned bank also guided people for their queries.

**'OBSESSION NEEDED FOR SUCCESS IN LIFE'**  
Weena Goel, principal, Saraswati Bal Mandir, Rajouri Garden  
Sharing her views on obsession, the principal says that if you want to succeed in any field, you have to get obsessed and you can't let anything stand in the way of achievement. Successful people always make it because they find passion in what they do and they become obsessed with it. Until you become obsessed with your own mission, no one takes you seriously.

## Redefining education goals

**Q** The education system is often criticized for being too rigid and not allowing for individual differences. How can we make it more flexible and inclusive?

**A** The education system is often criticized for being too rigid and not allowing for individual differences. How can we make it more flexible and inclusive?



From left, Principal, Saraswati Bal Mandir, Rajouri Garden

**Q** How can we make sure that the education system is not just a formality but actually helps in the learning process?

**A** How can we make sure that the education system is not just a formality but actually helps in the learning process?

## Saraswati Bal Mandir focuses on skill development in kids

The annual seven-day seminar for around 725 TGTs and PGTs was organised at the school. The aim of this seminar was to strengthen the teaching skills and boost the morale of the teachers to improve the quality of education and teaching in schools. There was a three day training by CBSE on the capacity building programmes on 'Classroom Management' and 'Life Skills'. All the teachers participated in the workshop and appreciated the training. Motivator Dilip Vekkekar took a concluding motivating session of all teachers. He talked about implementation of various language and teaching skills through innovative methods.



Saraswati Bal Mandir, Rajouri Garden

## OBSESSION NEEDED FOR SUCCESS IN LIFE

**Q** What is the biggest professional challenge that you face in your role as a principal?

**A** Schools are a type of organisation that improve teenagers' minds, teach them to become responsible adult and prepare them for the future with new knowledge. The biggest challenge is the gap that exists between parents and their expectations from their children and the school. All the parents want their ward to excel but ignore individual differences. Their expectations sometimes kill the instincts of a child. At early ages of life, a child develops attitudes towards different things. This phase is like a blank paper on which whatever would be written would remain forever. So, dealing with kids needs requires wisdom.

**Q** Success has become an obsession with people. Comment.

**A** There is only one way for success and that is obsession. If you want to succeed in any field, you have to get obsessed and you can't let anything stand in the way of achievement. Successful people always make it because they find passion in what they do and they become obsessed with it. Until you become obsessed with your own mission, no one takes you seriously. Obsession ensures that you put all your energy towards this one outcome. One idea and somehow, it results to you.

**Q** What emphasis do you put on teacher training?

**A** Teaching is the most dynamic, challenging profession. Teachers are in charge of human future of civilisation for perfection is mandated for continuous professional development and capacity building. Teachers should remain updated. Students should look up to highly trained. There is a shift in the wave were trained then and in vice training can empower to execute a rich and



From left, Principal, Saraswati Bal Mandir, Rajouri Garden

## news

## Saraswati Bal Mandir honours achievers

The school gave prizes to meritorious students. The school gave prizes to meritorious students. The school gave prizes to meritorious students. The school gave prizes to meritorious students. The school gave prizes to meritorious students.

Saraswati Bal Mandir, Rajouri Garden

हम सब का अभिमान हैं हिंदी  
भारत देश की शान है हिंदी ।



# कविता

बेहतर पर्यावरण और स्वास्थ्य के लिए तेल बचाव

बेहतर पर्यावरण और स्वास्थ्य की होगी जब बात,  
तो तेल की बचत से उसकी होगी शुरुआत।

एक-एक बूँद बचाएँ व्यर्थ न होने दें इसे बर्बाद,  
इसकी बचत से ही होगा आने वाला जीवन आवाद।

बढ़ते प्रयोग से अंधाधुँध हो रहा है इसका दौल,  
संकट में पड़ रहा है, पर्यावरण, स्वास्थ्य और जीवन।

तेल की बर्बादी से न करे प्रकृति संतुलन में दरूल,  
कही ऐसा न हो भण्डार सुखा के प्रकृति करदे बेदखल।

तेल बचाव के लिए वादों की समय पर जाँच करायेँ,  
लम्बी दूरी के लिए सार्वजनिक वादों को अपनायें।

बेहतर पर्यावरण और स्वास्थ्य के लिए बचाएँ ईंधन,  
इसके लिए मिलकर करे व्यापक प्रयास और उचित प्रबंधन।

हर्षिता VII - A

# बचपन की याद

बार-बार आती हैं मुझको, मधुर याद बचपन तेरी,  
गया, ले गया, तू जीवन की, सबसे मस्त खुशी मेरी।

चिंता रहित खेलना, खाना, वह फिरना निर्भय स्वच्छंद,  
कैसे भूला जा सकता है, बचपन का अतुलित आनंद।

अँच-नीच का ज्ञान नहीं था, घुमा-छूत किसने जानी,  
बनी हुई थी वहाँ झोपड़ी और चीथड़ी में रानी।

किस दूध के कूले मैंने, वृंस अँगूठा सुधा पिया,  
किलकारी, किल्लोल मचाकर, सूना घर आवाद किया।

रौना और मयल जाना भी, क्या आनंद दिखाते थे।  
बड़े-बड़े औंसू मौती की जय माल पहनाते थे।

मैं रौया, माँ काम छोड़कर, आई मुझको उठा लिया,  
भरकर स्नेह पारा में अपने, बड़े प्यार से चूम लिया।

विनायक शर्मा

IX-B

# प्यारी माँ

"तुम हो इपमा और राग हो तुम।

तुम काव्यों की रूफ शोभा हो।

तुम हो कवियों का गीतिकाव्य,

रस हृन्दो का तुम संग्रह हो।।

माधुर्य प्रेम शृंगार हो तुम।

तुम मन की प्रियतम चाहत हो।

प्रेम हो तुम स्नेह हो तुम।

तुम ममता की प्रतिमूर्ति हो।

तुम सावन की रिमझिम जैसी।

शीतलता का आभास हो तुम।

तुम हिमरुग विधिर झुबु जैसी।

प्रसूष काल की रसिध हो तुम।

सोच हो तुम, आभास हो तुम।

और मन की प्रियतम राग हो तुम।

श्वेत चाँदनी जैसी तुम।

मन की रूफ सुन्दर आभा हो।

चंचल हो तुम, मीठी हो तुम, प्यारी और न्यारी हो तुम।

"अम्बुज" की श्वेत सोच हो माँ तुम,...

माँ! तुम कितनी सुन्दर हो।

माँ! तुम कितनी सुन्दर हो।

माँ! तुम कितनी सुन्दर हो।

शशांक कुमार 'डूबे' अम्बुज

"संस्कृत आचार्य"

# नारी

नारी पर जो जुलूम हो रहें देखा मेरा दिल भर भाया।  
उसे ब्यक्त करने के लिए तभी मैंने कदम उठाया ॥

नारी की उन्नति में हमेशा पुरुष भड़ा हैं।

स्त्री ने फिर भी अपने अधिकारों के लिए लड़ा हैं।

नारी की इच्छा का नर ने कोई महत्व ना जाना हैं

इसके कोमल हृदय पर बस लीर चलाना जाना हैं।

नारी ही वह शक्ति हैं, जो दुर्गा रूप बन भायी।

भारत में उसकी बुरी दशा, ये प्रसंग दुःखदायी।

व्याग की देवी नारी हैं, क्षमा की मूर्ति नारी हैं।

मिट्टी की नीव नारी हैं, आकाश से ऊँची नारी हैं ॥

नारी परिवार की भान, बान, शान हैं।

नारी दो परिवारों का मान हैं।

नारी भारत देश की शान हैं।

पिता करते उसे दान हैं, इसलिये नारी महान हैं ॥

नारी घर भी चला सकती हैं, नारी देश भी चला सकती हैं।

नारी भासमान में टवाई ज़ात भी उड़ा सकती हैं,

सिर्फ नारी ही पुरुषों को इंसान बना सकती हैं ॥

शुभिकुंवर, (हरसनी 'ब')

✧ भाज का हात्र ✧

भाज के हात्र की मत पूही, केंशन का झूत चदा।  
नहीं मचाते टफते शर, बालों में न लेल पदा।

शरि पेंर टाई से सजकर, बिद्यालय को आते हैं  
पाठ्य पुस्तक को बेचकर, मस्ती करने जाते हैं।

माता-पिता की सेवा करने में जाती हैं जान।  
बिद्यालय से घर भाकर, बस कन जाते मेहमान।

मोबाइल हैं सदा हाथ में, पढ़ना लिखना भूल गए,  
स्त्रि में जेल लडाकर, बान गुब्बारे जैसे फूल गये।

अशुशी शर्मा  
VII 'B'



✧ जो बीत गई सो बात गई ✧

जीवन में एक सितारा था।  
माना वह बेहद प्यारा था।  
वह डूब गया तो डूब गया।  
अंबर के अँशन को देखो,  
किनते इसके तारे टूटे।  
कितने इसके प्यारे टूटे।  
जो टूट गए फिर रुठे मिले।  
घर बौलो टूटे तारों पर।  
कब अंबर शोक मनाता है।  
जीवन बढ़ते ही जाता है।  
जो बीत गई सो बात गई।  
जो बीत गई सो बात गई।

अमृत वैद्य  
VIII 'B'



## पहेलियाँ

1. तुम्हारे पिता का मैं मामा लगता हूँ।  
तुम्हारी माँ का भी मैं मामा लगता हूँ।  
तुम्हारा भी मैं मामा लगता हूँ।  
और तुम्हारे मामा का भी मैं मामा लगता हूँ।  
बताओ मैं कौन हूँ ?

2. ऐसा कौन सा बैगा है जो सिर्फ भीगने पर  
ही काम आता है ?

3. ऐसी कौन-सी जगह है जहाँ सड़क है पर  
गाड़ी नहीं है। राहर है लेकिन घर नहीं है ?

4. ऐसा क्या है जो ऊपर-नीचे टोता है लेकिन  
हिलता नहीं है ?

5. आदि कटे, पानी बन बढ़ता  
बीच कटे बन जाता काल  
बुरी नजर से तुम्हें बचाता  
यदि जो लवंग तुम्हारे गाल

उत्तर - 1. चन्दा-सामा 2. टी-बैग  
3. नक्शा (मैप) 4. तापमान  
5. कालजो

## बूझो तो जानें

(1) बोलें पर गंदे नहीं, पूँछ है पर पशु नहीं,  
पूँछ पकड़कर खेले बच्चे, फिर भी मेरे आँसू न  
निकलते ?

(2) ऊँट की बेंठक, हिरन सी तेज चाल। वो कौन सा  
जानवर जिसके पूँछ न बाल ?

(3) तीन अक्षर का मेरा नाम। उल्टा सीधा एक समान।

(4) लाल डिबिया में हैं पीले दाने  
खानों में मोती के दाने ?

(5) चौकी पर बैठी एक शानी, सिर पर आग, बदन  
में पानी ॥

आयुषी  
VIII A

1. लाल डिबिया में हैं पीले दाने  
2. खानों में मोती के दाने ?  
3. तीन अक्षर का मेरा नाम। उल्टा सीधा एक समान।  
4. लाल डिबिया में हैं पीले दाने  
5. चौकी पर बैठी एक शानी, सिर पर आग, बदन में पानी ॥

- 2008

## बचपन पचपन का हो गया

बचपन पचपन का हो गया,  
भौलापन न जाने कहाँ खो गया।

संगी-साथी खिलौने कहाँ खो गए;  
दूरियों बढ़ गईं फासले हो गए।

था फुलों का भव, मन में टैरो स्वप्न,  
सच्य-ऐसी कि जैसे खुला आसमान।

आधुनिकता की आँधी से सब कुछ उड़ा,  
'बचपन' बढ़ कमरों में बंदी बना।

कम्प्यूटर, मोबाइल में रहता मन  
अब न पाने की खुशियाँ न खोने का गम।

बचपन पचपन का हो गया,  
भौलापन न जाने कहाँ खो गया।

नाम - मान्या  
सचदेवा  
कक्षा - VIII-A

## नेताजी सुभाष चन्द्र बोस



नेताजी 'सुभाष चन्द्र बोस'  
का जन्म 23 जनवरी,  
1897 को कटक,  
ओडिशा, भारत  
में हुआ था।  
उनकी माता का  
नाम प्रभावती  
देवी था। उनके  
पिता का नाम  
जानकीनाथ था।

सुभाष चन्द्र बोस एक सच्चे  
सेनानी थे। 12 सितंबर 1944  
को रंगून के जुबली हॉल में राहीप  
यतीन्द्र दास के स्मृति दिवस पर नेता-जी  
ने कहा - अब हमारी आजादी निश्चित है,  
परंतु आजादी बलियान मांगती है। आप मुझे  
सूझ दो, मैं आपको आजादी दूंगा। उनका  
देहांत 16 अगस्त 1945 को हुआ।

विवेक कुमार  
VIII - A  
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# हास्य कविता



मुझे हाथ उठाइयो, जब-जब मच्छर  
आय। चुचकरो तब अपना, ज्यों-  
ज्यों दर्द गहराय ॥

कामो त मच्छर मारिणी, अपना  
रक्त पीलाय। निज रक्त-छींटें  
पेड़ें, अपने सुँह में आस ॥

मच्छर एक जीव सतकी, जगत में  
नाफिर आय। मारना करो प्रभावान  
से, उसी हमें बचाय ॥



# सूक्तियाँ

एक पेड़ से कौड़ों दियासलाई बनती  
हैं। और एक दियासलाई कौड़ों पेड़ों को  
नष्ट कर देती है।

जानकर है तो प्रकृति का संतुलन है।  
प्रकृति का संतुलन है तो जीवन का  
संतुलन है।

जानवरों को मत मारो.... अपने अंदर  
के जानवर को मारो !



Sarita  
VIII

# एक कविता हर माँ के नाम

घुड़नों ले रोते-हेंगते,  
कब पैरो पर खड़ा हुआ।  
तेरी समता की छाँव में,  
न जाने कब बड़ा हुआ।  
काला टीका, दूध मलाई,  
आज भी सब कुछ वैसा है।  
मैं ही हूँ, मैं हर जगह  
प्यार से तेरा वैसा है।  
सीधा-साधा, भोला-भाला,  
मैं ही सबसे अच्छा हूँ।  
कितना भी हो जाऊँ बड़ा  
माँ, मैं आज भी तेरा बच्चा हूँ।

Saina  
VIII-B





( पठतु संस्कृतम् )

पठत संस्कृतम्, वदत संस्कृतम्  
तसतु संस्कृतम्, चिरं शृष्टे-गष्टे च पुनरपि ॥ पठत ॥

ज्ञानर्वैभवं वेदवाङ्मयं  
त्वसति यत्र भवप्रयापहारि मृनिभिरार्जितम् ।  
कीर्तिरार्जिता यस्य प्रणयनात्  
व्यास-भाष-कालिदास-बाणमुख्य कविभिः ॥ पठत ॥

स्थानमूर्जितं यस्य भवति  
वाञ्छिचिन्तिका हि वासु यस्य नीक्ष्य मधुरताम्  
यद्धिना जना नैव जानते  
भारतीयसंस्कृतिं सनातनाभिषां वराम् ॥ पठत ॥

जयतु संस्कृतम्, संस्कृतिस्तदा  
संस्कृतस्य संस्कृतेषु, प्रणयनाच्च मनुकुलम् ।  
जयतु संस्कृतम् जयतु मनुकुलम्  
जयतु, जयतु संस्कृतम्, जयतु जयतु मनुकुलम् ॥ पठत ॥

शशांक कुमार डूबे  
संस्कृत आचार्य

# अमृतं संस्कृतम्

विश्वस्य उपलब्धासु भाषासु संस्कृतभाषा प्राचीनतमा भाषास्ति।  
भाषयः अनेकाषां भाषाणां जननी मता । प्राचीनयोः  
ज्ञानविज्ञानयोः निधिः अस्यां सुरक्षितः । संस्कृतस्य महत्त्ववि-  
षये केनापि कथितम् - 'भारतस्य प्रतिष्ठे दे संस्कृतं संस्कृतिर-  
तथा' ।

इयं भाषा अतीव वैज्ञानिकी । केचन कथयन्ति यत्  
संस्कृतिस्तथा 'सङ्गणकस्य कृते सर्वोत्तमा भाषा । आर्याः  
वाङ्मयं वेदः, पुराणः, नीतिशास्त्रं, चिकित्साशास्त्रादिभिश्च  
समृद्धमस्ति । कालिदासादीनां विश्वकवीनां काव्यसौन्दर्यम्  
अनुपमम् । कौटिल्यरचितम् अर्थशास्त्रं जगति प्रसिद्धमस्ति ।  
गणितशास्त्रे शून्यस्य प्रतिपादनं सर्वप्रथमम् आर्यभट-  
अकरोत् । चिकित्साशास्त्रे चरकसुश्रुतयोः योगदानं विश्वप्र-  
सिद्धम् । संस्कृते यानि अन्यानि शास्त्राणि विद्यन्ते तेषु  
वास्तुशास्त्रं, रसायनशास्त्रं, खगोलविज्ञानं, ज्योतिषशास्त्रं  
विमानशास्त्रम् इत्यादीनि उल्लेखनीयानि ।

अमृतं संस्कृतं मित्र ।  
शरसं शरलं वचः ।

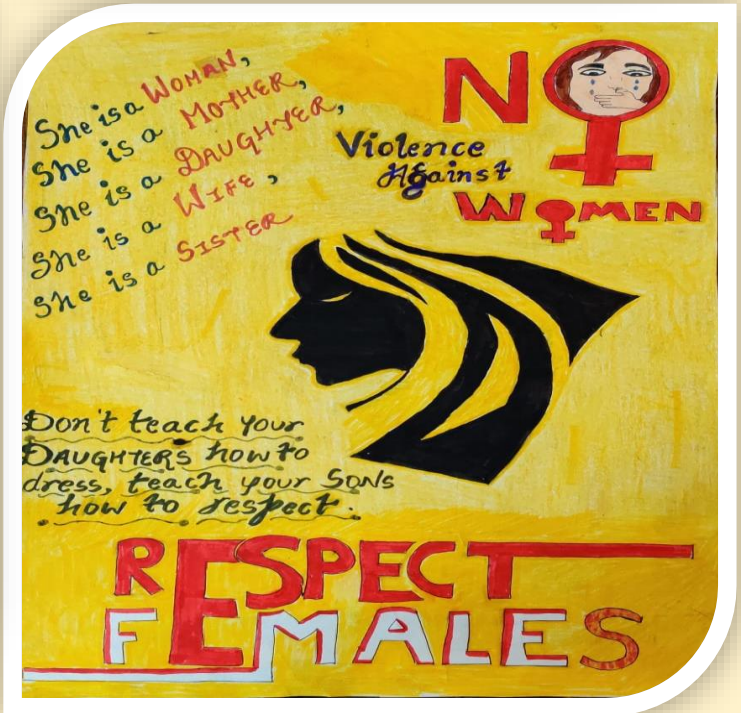
भाषासु महनीयं यद्

ज्ञानविज्ञानपोषकम् ॥

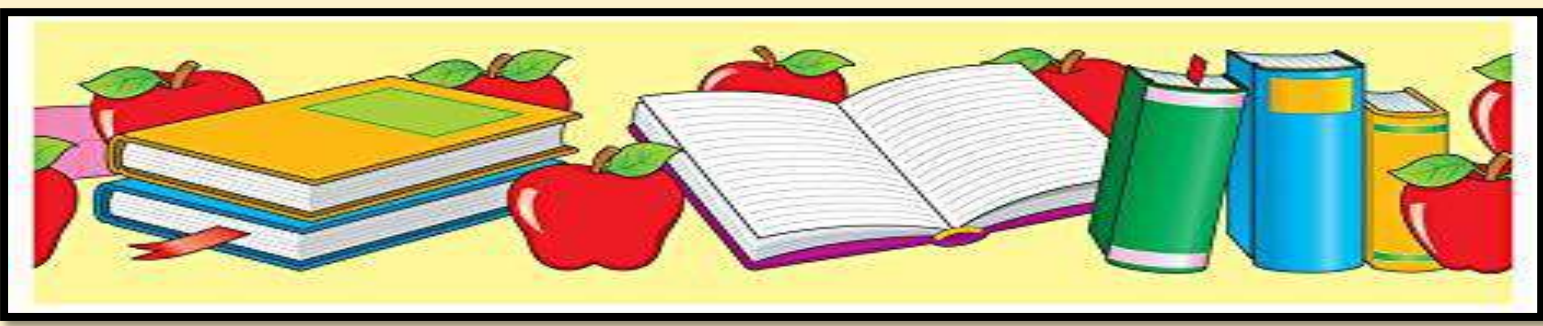
Made by - PRAGATI



**ART**  
**AN EXPRESSION**  
**OF SOUL**



THINK BEFORE YOU  
SPEAK AND READ  
BEFORE YOU THINK



### The Blessings of Earth

As I wake up in the morning,  
I see the sunshine on the window  
As I go in the garden,  
I see the flowers as they grow.

The trees in the mountain  
Give us fresh air to inhale,  
It gives us water everyday,  
And fulfill life every way.

How beautiful surroundings that we  
have,  
It's a gift from up above,  
May you be thankful of what you  
have  
And share the blessings from loving  
God.

Today is a great day,  
It's a love fulfilling way,  
It's because I have to say,  
That God is my guidance all the  
way.

Drishti  
VII B

### A Tribute to Adorable Mom

Mom is such  
A special word  
The loveliest  
I have ever heard.  
A thanks to you  
Above all the rest.  
Mom you are so special  
You are simply the best!

NEHA GOYAL  
VI-A

### Few Lines on Our Lovely English

I Think  
As gardens grow with Flowers,  
English grow with words,  
Words that have secret powers,  
Words that give joy like birds,  
Some words are sweet as honey,  
While some are quite funny,  
English is like magic,  
Sometimes it is bright,  
Sometimes it is tragic,  
Some of the words we say,  
Are brighter than a day,  
And both in and out of school,  
English is very sunny,  
With joy it merely sings,  
**It is much sweeter than honey,  
With words, take a dive like a fish.  
Swim across the vast sea of English**

Naman Aggarwal,

VIII A

### Mother's Day

Mother,  
Here's a gift  
I want to give you,  
On this mother's day.  
I'll clean my room,  
I'll make my bed,  
I'll put my toys away,  
I'll be good,  
Just for you, on this mother's day.  
HAPPY MOTHER'S DAY.

Komal Bisht  
VI A



## LOVELY EXPRESSIONS

### The Dream Future of India

When all the world weeps in sorrow  
India can wake up to a new tomorrow  
She can rise steadily from the dumps  
Travelling to prosperity without any bumps.

Her people can struggle to attain their goals  
All of them excelling in their specific roles  
Then from a period of almost certain doom  
Her economy will attain an everlasting bloom.

Unemployment and poverty will be forgotten terms  
Success will be familiar with her companies and firms  
Mechanisation and industry will scale new peaks  
Thus India shall begin her winning streaks  
Her army will be the most feared force  
Although it shall purpose a peace course.

The conceited nations she shall humble  
From their mighty pedestals they shall tumble  
Let us drink to that joyous day  
When India policies the world shall obey.

Her designs for humanity will then unfold  
Even mud will shine as bright as gold  
The earth shall represent a beautiful dream  
Every human face will have a beam.

No tears will ever flow down again  
Forgone will be human suffering and pain,

If such revolution ever take place  
We shall become an admired race.

DIKSHA  
VIII C

### WOMEN ON WINGS

Today I narrate the tale of this girl  
With every line, her story I intend  
to unfurl

She was born with stars in her eyes  
And a tempest in her soul  
She was born with dreams of  
conquering the skies

Because she thought she didn't  
need anyone to

Make her feel whole  
Well, this was she before  
Society decided to take up

Her case

New teachings given by  
Them she was forced to  
Embrace

Her loud and bold voice

Drowned out by their murmuring.

Varun Mittal  
IX C

### My Promise To Myself

Each day I will do my best,  
And I won't do any less .  
My work will always please me,  
And I won't accept a mess.  
I'll colour very carefully,  
My writing will be neat.  
I'll always do my homework,  
And try my best on every test.  
I won't forget my promise,  
To do my very best.

Tushar Garg  
VIII A

# RIDDLES

1. Sky flashes before my arrival. What am I ?
2. What can you catch but cannot throw?
3. If an electric train is travelling towards south, which way does the smoke go?
4. Many heard it, but nobody has ever seen it and it will not speak back until spoken to. What is it?
5. I am tall when I am young and I am short when I am old . What am I?

## ANSWERS

Ayushi  
VIII A

1.Thunder 2 Cold 3 No smoke in electric train 4 Echo 5 Candle

## LET'S KNOW MORE

Ayushi  
VIII A

**DO YOU KNOW HOW MANY STATES OF MATTERS ARE THERE ?**

THREE BUT NOW THERE ARE FIVE STATES OF MATTER

Added Ones are → Plasma and Bose-Einstein Condensate

⇒ Plasma: This state consists of super energies and super excited particles.

These particles are in the form of ionized gas. These gases get ionized when electricity runs through them . This is used in Neon bulbs or Neon hoardings. It glows with spectral colours according to the nature of the gas. Stars and sun also glow because of the presence of plasma in them. Plasma is created there because of very high temperature.

⇒ Bose-Einstein condensate :In 1920 Indian Physicist Satyendra Nath Bose had done some calculations for the fifth state of matter. Building on his calculations Albert Einstein predicted a new state of matter- the Bose-Einstein condensate [ BEC]. In 2001, Eric A. Convell, Wolfgang Ketterle and Carl E. Weiman of USA received the nobel prize for achieving the BEC. It is formed by a cooling gas of extremely low density about 1 hundred thousand of the density of normal air, to super low temperature .

# FROM THE YOUNG PENS

## Hygiene

Personal hygiene is the habit of keeping things and surroundings clean. It is always associated with virtuous character. Hence the saying, 'Cleanliness is next to Godliness' came into being. All great men of all times have stressed on the importance of leading a clean and morally upright life for the attainment of all-round happiness. According to Rumford, effects of cleanliness extend to moral character. Virtue never dwelt with filth. Cleanliness as a virtue has been a part of Indian culture since ancient times. Vedas have laid strict instructions for students and spiritual aspirants to strictly observe cleanliness of body, mind and thoughts for faster progress in the path of self-actualization and enlightenment. So, cleanliness is an indispensable virtue of character without which the objectives of leading a healthy, happy, fulfilling, and optimum life is impossible. According to Addison, hygiene is a mark of politeness, as it produces affection, and as it bears analogy to purity of mind. It makes us agreeable to others. It is an excellent preservative of health; and several vices, destructive both to body and mind, are inconsistent with it. Cleanliness is a much sought after virtue, not possessed by many. Personal hygiene not only makes you appealing and attractive but also keeps all types of infections, contagions and diseases at bay. Personal hygiene is a challenging task. One really has to be quite active and dedicated to body's as well as surroundings' cleanliness. It includes regular ablutions, bathing, grooming, pruning, intake of nutritious diet, exercise, meditation, etc. Human body is like a very complex machine which has many parts and sub-systems. Slightest neglect of any part can lead to infection or disease. So we must take care of our body's hygiene meticulously. One must take utmost care of personal as well as surroundings' cleanliness to enjoy life optimally.

ADITYA  
JHA  
IX-C



## Be Aware and Follow the Right

Being aware is the necessity to avert the major concerns. We can say that India is developing, evolving and progressing for greater things. I find that partially untrue. Yes, politically we may be evolving but we lack knowledge of social issues. For example take the ongoing environmental crisis where people as young as Greta Thunberg are protesting, seeing what others cannot see. What is approaching as a large majority of us are bound to certain way of thinking.

Many of us have habits, like littering, which worsen the crisis. But I believe a person will do what he/she knows and if he/she is shown the difference between right and wrong, then only right will prevent.

YASHIKA  
SETHI  
IX-C



## LET'S CONNECT THE LANGUAGE WITH MATHS

### AND LEARN SOME AMAZING FACTS

- ❖ The word 'HUNDRED' comes from the old Norse term, 'HUNDRATH', which actually means 120 and not 100.
- ❖ Most mathematical symbols ( -, +, x, ÷ ) weren't invented until the 16th century. Before that, equations were written in words.
- ❖ 'FORTY' is the only number that is spelt with letters arranged in alphabetical order.
- ❖ Conversely, 'ONE' is the only number that is spelt with letters arranged in descending order.
- ❖ From 0 to 1000, the only number that has the letter 'a' in it is 'One Thousand'.
- ❖ 'FOUR' is the only number in the English language that is spelt with the same number of letters as the number itself.
- ❖ Every odd number has an 'e' in it.
- ❖ Markings on animal bones indicate that humans have been doing maths since around 30,000BC.
- ❖ There are 13 letters in both 'eleven plus two' and 'twelve plus one'.
- ❖ Zero is not represented in Roman numerals.
- ❖  $-40^{\circ}\text{C}$  is equal to  $-40^{\circ}\text{F}$ .
- ❖ The symbol for division ( $\div$ ) is called an obelus.

URVISH  
IX C

### Quiz time

1. What is the speed of sound ?  
A) 1,235 km/h    b) 2,325 km/h  
c) 1,192 km/h    d) 4,500 km/h
2. From which country did Babur come to India?  
a) Mongolia        b) Pakistan  
c) Uzbekistan      d) None of these
3. Who is the most cruel emperor of Mughal Empire?  
a) Shah Jahan      b) Aurangzeb  
c) Akbar             d) None of these
4. In which country first printing press was made?  
a) China             b) India  
c) Germany        d) Britain
5. If 3,120 = CAT, 8,5,14 = HEN so 1,16,16,12,5=?  
a) Water            b) month  
c) Flower            d) Apple



Akshay

VI A

Ans: 5(d) 4(c) 3(b) 2(c) 1(a)



## RIDDLES

- Q.1 What has teeth, but can't eat?
- Q.2 Which table doesn't have legs?
- Q.3 What kind of street dog doesn't bite?
- Q.4 What do tigers have that no other animals have?
- Q.5 What is the smallest room in the world?
- Q.6 What kind of coat can you only put on when it's wet?
- Q.7 What pulls you down but never let's go?
- Q.8 What flies without eyes and wind and cries without eyes?
- Q.9 What has two ends but no beginning?
- Q.10 I am black when clean and white when dirty?

SIDDHARTH  
TIWARI  
VI-A

## ANSWERS

1) COMB 2) VEGETABLE 3) A HOT DOG 4) BABY TIGERS 5) MUSHROOMS 6) A COAT OF PAINT 7) GRAVITY 8) A CLOUD 9) A ROPE 10) A BLACKBOARD

## LET'S GIGGLE



Teacher: Shamu, go to the map and find North America.

Shamu: Here it is!

Teacher: Correct. Now, Ramu, who discovered America?

Ramu: Shamu!

Teacher: "George Washington not only chopped down his father's Cherry tree, but also admitted doing it. Now do you know why his father didn't punish him?"

Paras: "Because George still had the axe in his hand."

Aseem: Daddy, have you ever been to Egypt?

Father: No. Why do you ask that?

Aseem: Well, where did you get this Mummy then?

KUSH  
IX C

Teacher: Why are you late?

Mahira: Because of the sign.

Teacher: What sign?

Mahira: The one that says, "School Ahead, Go Slow."

Teacher: "Which is more important to us, the sun or the moon?"

Shefali: "The moon".

Teacher: "Why?"

Shefali: "The moon gives us light at night when we need it but the sun gives us light only in the day time when we don't need it".

Teacher: What is the chemical formula for water?

Vishal: "HIJKLMNO"!!

Teacher: What are you talking about?

Vishal: Yesterday you said it's H to O!



# COMPUTER FACTS



**Did You Know?**  
**COMPUTER**  
 is an abbreviation for Common Operating Machine Particularly Used for Trade, Education, and Research!

The first computer mouse, made of wood, was invented in 1964 by Douglas Engelbart and Bill English at the Stanford Research Institute.



**COMPUTER**

- > Father of the computer is - Charles Babbage.
- > Only 10% of world's money is in physical form while rest of money is maintained by computers.
- > the Indian language "Sanskrit" is the easiest to computerize.
- > First 1 GB Hard Disk came in 1980 weighing 250 and costing 25 lakh.

**DID YOU KNOW?**

The phrase **'World Wide Web'** was coined by Tim Berners-Lee in 1990.



**TECH FACT**  
 Did You Know?  
 World's first computer game - Spacwar! was developed by Steve Russell at the Massachusetts Institute of Technology.



By Divya  
 P.G.T



# Our Value Projects

The school organizes **Eco friendly programmes** to promote the need for environment's sustainability , i.e. **Sapling Plantation, Cleanliness Drive.**

Empowering today's girl child through education & festivity by celebrating **Matri Sneh** . Mothers of all students and girls were given special platform through **Mehandi , Rangoli, Dance & Music Competitions** to exhibit their hidden talent.

The main goal of Vidya Bharti is to provide quality education to each and every child of our country . To accomplish the aim several **Sanskaar Kendra** are being established at various places across the country.

## Various Social Events of School



32<sup>nd</sup> speed ball sports Competition



Solo & Group Instrumental Music Competition organized by Samarth Shiksha Samiti – Delhi Prant



P.P.T. Competition for Classes IV-VIII



Prachar Prasar Meeting



TGT/PGT Seminar organized by Samiti



Sadharan Sabha



# विज्ञानमय कोष – संस्कृत शिक्षा



Swadeshi Haat- Dil se desi -“SWADESHI”

Gau Jaap -गाय एक ऐसा प्राणी है, जिसमें भगवान का वास माना गया है।



Hawan-हिंदू धर्म में शुद्धीकरण का एक कर्मकांड है।



Oath Ceremony- Sabka yahi naara Swatch Bharat ho hmara.



Sanskrit Saptah-संस्कृत दिवस एक परम्परा है।



Ashtadashi Shalok Geeta - श्रीमद् भगवद् गीता के श्लोक में मनुष्य जीवन की हर समस्या का हल छिपा है।

# VATIKA



Janmashtami



Pehla Kadam



Achievers Day



Dussehra



Aqua Day Celebration



Raksha Bandhan



Visit To Rail Museum



Go Green



Innovative Teaching



Gurupurab



Play Way Method



Diwali

**Shishu Vatika -Fun and learning go hand in hand - the school follows the tradition of strengthening the root of its pupils by inculcating the values in them.**



Annual Day Celebration

अन्नमय कोष

# Sports Achievements

**TALENT WINS MATCHES, BUT TEAM WORK AND INTELLIGENCE WINS CHAMPIONSHIPS.**

➤ **SGFI Achievements of 2018-19**

Gold -1 Silver-2 Bronze- 3

➤ **Khelo India 2019-20**

**Remarkable Achievement -  
Our student Avantika got  
selected for Khelo India from  
Vidya Bharti in judo.**



**Selected Students in SGFI :**

- ❖ Judo – 7
- ❖ Taekwondo – 2
- ❖ Boxing – 1
- ❖ Kurash – 4
- ❖ Jeet Kundo – 3

❖ Delhi Team Mini Golf - 9





**प्राणमय कोष : योग शिक्षा**

# Yoga Achievements 2019-20

Vidya Bharti West Zone Yoga Competition - Yogasana Team  
 U/17 Girls – 2<sup>nd</sup>                      U/19 Girls – 3<sup>rd</sup>                      U/17 Boys – 1<sup>st</sup>



**Delhi Prant Yogasana Competition – Champion of Championship Shresth Yogi Title Contest**

U/11 Girls – 1 <sup>st</sup>	U/11 Boys – 1 <sup>st</sup>	U/14 Boys – 1 <sup>st</sup>	U/19 Boys – 1 <sup>st</sup>	
		<b>Individual</b>		
U/11 Girls – 1 <sup>st</sup>	U/11 Boys – 1 <sup>st</sup>	U/14 Boys – 1 <sup>st</sup>	U/17 Boys – 1 <sup>st</sup>	U/19 Boys – 1 <sup>st</sup>
		<b>Artistic Yoga</b>		
U/11 Girls -1 <sup>st</sup>	U/11 Boys -2 <sup>nd</sup>	U/14 Boys – 1 <sup>st</sup>	U/17 Boys – 2 <sup>nd</sup>	
		<b>Rhythmic Yoga</b>		
U/14 Girls – 2 <sup>nd</sup>	U/17 Girls – 2 <sup>nd</sup>	U/14 Boys – 2 <sup>nd</sup>	U/17 Boys - 2 <sup>nd</sup>	U/19 Boys - 2 <sup>nd</sup>
		<b>Yogasana Team</b>		
U/11 Girls – 1 <sup>st</sup>	U/11 Boys – 1 <sup>st</sup>	U/ 14 Boys -2 <sup>nd</sup>	U/17 Boys – 2 <sup>nd</sup>	U/19 Boys - 3 <sup>rd</sup>

**1<sup>st</sup> Position Holders at Chandigarh in various Yoga Events**

- U/14 girls-Priya Shukla
- U/14 Boys – Rishul
- U/14 Boys – Raunaq
- U/17 Boys – Jayant
- U/17 Boys –Maan Singh



**Shresth Yogi :**

- Priyanshikha V C
- Ritesh Soni IV B
- Rishul Dhiri IX A
- Hash Wadhwa XII B

मनोमयकोषः संगीत शिक्षा

# Music Achievements

Event	Category	Position
Group Song Bal varg/Shishu varg	Samarth Shiksha Samiti	First/Second
Semi Classical Song (Jr. and Sr. Boys)	D.O.E.	First
Instrumental Competition	D.O.E.	Third
Group Patriotic Song(BOYS)	D.O.E.	Second
Group Patriotic Song	D.O.E.(Interzonal)	Third
Orchestra	D.O.E.	Third
Solo Classical Dance	D.O.E	First



<b>Solo -Classical, Semi-Classical and Light Music</b>		
<b>Sr. Boys</b>	D.O.E	First
<b>Jr. Boys</b>		Second
<b>Folk Song Competition</b>	D.O.E, Zonal & Inter Zonal	First
<b>Solo Classical and Semi Classical</b>		
<b>Shishu Varg</b>		First
<b>Bal Varg</b>	SBM, RG	Second
<b>Kishore Varg</b>		First
<b>Solo Instrumental Competition</b>	Samarth Shiksha Samiti	First



आनंदमय कोष -नैतिक और अध्यात्मिक शिक्षा

## सहभोज



## लक्ष्य एक्टिविटी



## काउंसलिंग सेशन

