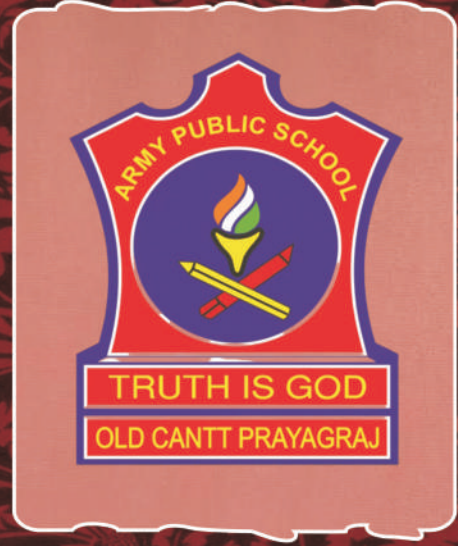


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2022-23



ARMY PUBLIC
SCHOOL
OLD CANTT
PRAYAGRAJ



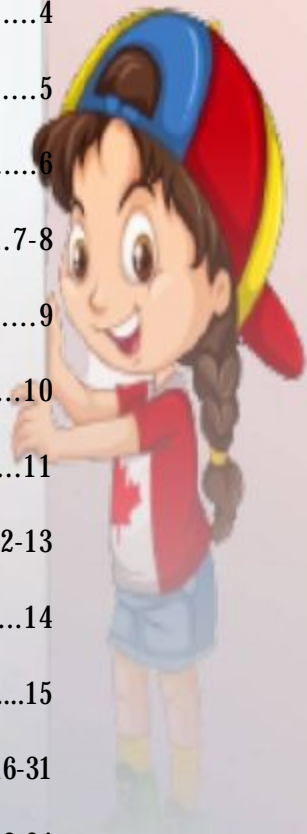
भारत 2023 INDIA



Insights



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Message

FROM THE DESK OF THE PATRON

“ उत्तिष्ठत जागत प्राप्य वरान्निबोधत ”

*“Arise awake Don't let another day go by, letting your dreams stay inside your mind.”
– Kathopnishad”*

The main aim of education is to equip young minds with the right tools which will help them not only to carve a niche for themselves and achieve their goal, but also to make them useful members of society. It is very encouraging to see that the school is embracing progressive changes in all facets of academics, sports, and extracurricular activities as part of its unrelenting pursuit of excellence and achievement and it provides the students with an inquiry based environment which is essential in order to develop skills required in the 21st century. The school has adopted the New Education Policy 2020 which is based on the pillars of access, equity, quality, affordability and accountability.

The school has also set a high academic standard for the students with its dedicated staff ensuring that each child works to his/ her optimum ability. As per the NEP 2020 the school has introduced integration of Experiential learning, Competency based education and Art and Sport Integrated Education.

Besides academics the school also provides an excellent ambience for the holistic development of the child's personality. The school excels in arts, music and sports and has been consistently leading in winning trophies.

I wish the Management, Principal, Staff and the Students of APS Old Cantt the very best for their future endeavours.

‘JAI HIND’



(Arvind Chauhan)
Maj Gen
Patron

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HQ 4 INFANTRY DIVISION
fi u - 908404
PIN - 908404
ekQr 56 , ih vks
C/o 56 APO



Message



FROM THE DESK OF CHAIRMAN

विद्या प्रशस्यते लोकैः विद्या सर्वत्र गौरवा ।

विद्यया लभते सर्वं विद्वान सर्वत्र पूज्यते ॥

“A learned person is honoured by the people. A learned person commands respect everywhere for his learning. Indeed, learning is honoured everywhere.”

It's a matter of great pride to pen down the message for ABHYUDAYA- 2022, the Annual School Magazine.

National Education Policy 2020 envisions an India-centric education system that imbibes the Panchkoshiya Development that contributes directly in transforming our nation sustainably into an equitable and vibrant knowledge society by providing high-quality education to all.

Purpose of education is to inculcate humanitarian values, wisdom, compassion, courage and reliability in students. Academic excellence along with the active participation in co-curricular activities complete the process of education. It gives me immense pleasure that the school is progressing in all its endeavours towards the overall development of the students. The school has marched forward to spread the light of education and has paved the path of excellence for every student. It is heartening to see the achievements of the students and the school's progress throughout the year in all scholastic and co scholastic activities.

100% results in class X and giving District Toppers speaks volumes about the team efforts of the students and staff along with the full cooperation of the parents. It is a matter of great satisfaction that in accordance with our vision, APS Old Cantt will achieve a major milestone by commencing Senior Secondary classes in prospective times.

I take this opportunity to congratulate the Principal, Staff and Students for their commendable efforts in bringing the school to this level of excellence. I am equally grateful to the parents for their patronage and belief in us.

My Best Wishes to all.

‘JAI HIND’

(S N SINGH)

Brigadier

Chairman

A bhyudaya

2022-23



Message

FROM THE PRINCIPAL

ॐ ; नऱ ढऱकानऱ ; ल ढऱडऱ ; कऱ ल केऱतऱलऱ ; अऱकऱऱरऱनऱक उ ढऱऱऱऱ वऱ एऱकऱऱ-ड

“When there is harmony between the mind, heart, and resolution, then nothing is impossible”
- RIGVEDA

In today's world, how much you know does not matter, but application of the acquired knowledge is more important. Our school believes in the adage 'service before self' and this is an essence of the working of school. “We at APS, find success in each one, some way, every day.”

With guiding light of NEP 2020, we try to convert every individual into a self-reliant and independent citizen, our school provides an amalgam of scholastic and co-scholastic activities. Our school is well equipped to prepare our children to face the challenges that the future holds, and works at implementing a well-balanced curriculum.

We aim at making our students capable enough to-

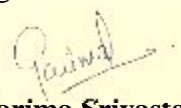
- Manage their food resources
- Manage their finances
- Manage their life

So that they can confront the challenges of life without wavering.

Our students not only have excellent opportunities to study the necessary range of subjects in the classroom but also to participate in enrichment activities which work on their intellectual, emotional, physical and spiritual development as mentioned in the NEP 2020. We are indebted to the revolutionary document NEP 2020 to revamp our curriculum and revise our pedagogical practices which aims to give students the flexibility to plan their education in a way that gives them global exposure and more options with emphasis of honing their skills.

I am confident that the students studying here will emerge as independent critical thinkers who will not only be trailblazers in their chosen field but also have the courage to be instruments of change.

I would like to express my deep gratitude to the School Managing Committee, school faculty and parents for their constant support and encouragement, helping us overcome all the obstacles that come our way. To students I would like to say that establish your school in your hearts and in your minds as something of which you can be really proud. To conclude I would like to appreciate the Editorial Board for their wholehearted involvement for a job well done to bring out such a fabulous school magazine.


(Garima Srivastava)
Principal

From Editors' Desk

Dear Readers,

We are pleased to present the third edition of our School Magazine "ABHYUDAYA".

On behalf of the "ABHYUDAYA" editorial team, we would like to extend our warm greetings to all and wish all readers a happy reading.

Each edition of "ABHYUDAYA" is actually a milestone that marks our growth, unfolds our imagination and presents a beautiful mosaic of activities and creative work of our students, highlighting their success achievements.

Editorial team has worked hard to bring up an exhilarating flashback of the inception of the school, it's history and all events, activities held during the previous session.

We have for you, from the students, a wide range of activities, poetry, paintings and some informative and inspirational articles.

Happy Reading!!

Editorial Board



Left to Right

Sitting:

Ms Rajni, Ms Tarannum, Ms Nisha, Ms Garima (Principal), Mrs Neha, Ms Anamika, Ms Indu Lata

Standing:

Mr Ayush, Mr Ashutosh, Mr Vivek



HISTORY OF SCHOOL

Red Eagle Garrison School was converted to Army Public School, Old Cantt, Prayagraj on 1st April 2016 by GOC 4 RAPID, with the motto “ENTER TO LEARN AND LEAVE TO ACHIEVE”. Army Public School, Old Cantt, Prayagraj is striving to develop the leadership quality in the students. The school has completed its first seven years.

The School is affiliated to CBSE. It received the School Code: 70080 and CBSE Affiliation no: 2180048 on 26 Apr 2018. The School is functioning as per AWES rules and regulations. The local management & control is under HQ 4 Inf Div. The directional control is with HQ 1 Corps & HQ Northern Command. The institution encompasses a total 1247 learners in its umbrella.





Teaching Faculty Primary Wing

Left to Right

Standing:

Ms Poonam, Ms Ruchita, Ms Divyani, Ms Archana, Ms Vaishali

Sitting:

Ms Neha Singh, Mrs Trapti, Ms Mamta, Ms Rajni, Mrs Nashrah, Ms Garima (Principal)
Ms Neha Khanna, Ms Nisha Logani, Ms Anamika, Ms Nisha Singh, Mrs Ayushi Singh.



Teaching Faculty Secondary Wing

Left to Right

Standing:

Mrs Ila, Ms Anjali, Mr Vivek, Mr Khalid, Mr Sandesh, Mr Beer Pratap, Mr Saurabh, Mr Ayush, Mr Anurag, Mrs Priyanka Chaurasia, Mrs Deepika.

Sitting:

Mrs Priya, Dr Anushri, Mrs Tina, Mrs Uzma, Mrs Shalini, Ms Garima (Principal), Mrs Indu, Ms Tarannum, Ms Megha, Dr Rehana, Ms Priyanki, Mrs Deepti

Administrative Staff



Left to Right

Mr Sunil Kumar Singh (Clerk), Mr Bhoopendra Nath Mishra (Head Clerk),
Mrs Pallavi Goswami (Librarian) Ms Garima Srivastava (Principal)
Mrs Preeti (Nurse) Mr Ram Chandra Yadav (Account Clerk),
Mr Ashutosh Vishwakarma (Computer Lab Technician), Mr Ashish K Shama (SLA)

Our Helping Hands



Left to Right

Manju Devi, Kalpana, Sarita, Nirmala, Jyoti, Sandhya Rai, Neetu, Ms Garima Srivastava (Principal), Amar Prakash, Shyam Narayan, Vipul Kumar (Guard), Shubham, Santosh Kumar (Trade Man), Gopi Chand, Bhanu Dev Tiwari

School Cabinet & Students' Council



Left to Right

Shashank Mishra, Arju Mishra, Aditya Singh, Shikha Mishra
Shubham Pandey, Sudha, Shraddha Mishra, Aryan Singh



आमा काराल स्कूल में लगी प्रदर्शनी

प्रयागराज। आर्मीपब्लिक स्कूल ओल्ड कैट में रविवार को पहली बार नई शिक्षा नीति के तहत सभी विषयों पर कौशल प्रदर्शनी का आयोजन किया गया। विद्यालय की प्रधानाचार्या गरिमा श्रीवास्तव ने मुख्य अतिथि विद्यालय के चेयरमैन ब्रिगेडियर एस.एन.सिंह, उपजनरल ऑफिसर कमांडिंग 4 इन्फैंट्री डिवीजन तथा आयोजन की अतिथि मंजली चौहान, अध्यक्ष रेड इंगल परिवार कल्याण संगठन तथा अन्य उपस्थित अन्य लोगों का स्वागत एवं अभिनन्दन किया। छात्रों द्वारा विभिन्न विषयों पर साठ से अधिक प्रारूपों को प्रदर्शित किया गया। इसमें विभिन्न विषयों पर छात्रों के प्रायोगिक ज्ञान की झलक दिखाई दी। सभी ने आयोजन की सराहना की। संवाद

Army Public School, Old Cantt, Prayagraj

"News Desk"



इंडिया बुक ऑफ रिकार्ड्स का प्रमाणपत्र लेती प्रिंसिपल गरिमा श्रीवास्तव। विद्यार्थि

एपीएस ओल्ड कैट को मिला इंडिया बुक ऑफ रिकार्ड्स

प्रयागराज। आर्मी पब्लिक स्कूल ओल्ड कैट को शुक्रवार को इंडिया बुक ऑफ रिकार्ड्स से सम्मानित किया गया। क्षेत्रीय आर्मी परिवार कल्याण संगठन मुख्यालय की अध्यक्ष रीता जोशी ने स्कूल की प्रधानाचार्या गरिमा श्रीवास्तव को इस उपलब्धि से संबंधित प्रमाणपत्र सौंपा। इंडिया बुक ऑफ रिकार्ड्स एक नेशनल रिकार्ड है, जिसके तहत स्कूल के 500 बच्चों और 40 अध्यापकों द्वारा आजादी की 75वीं वर्षगांठ मनाते हुए 75 मीटर लंबे कपड़े पर महज 58मि-52 सेकंड में पेंटिंग की गई। कार्यक्रम में रेड इंगल आर्मी परिवार कल्याण संगठन की अध्यक्ष गुलप्रीत बेवली, आर्मी पब्लिक स्कूल के चेयरमैन ब्रिगेडियर सत्य नारायण सिंह, कर्नल जोसेफ अंतोनी, प्रियंका जोशी आदि शामिल रहे। संवाद

समर कैंप का समापन

प्रयागराज। आर्मी पब्लिक स्कूल ओल्ड कैट में चल रहे समर कैंप का समापन शनिवार को हुआ। दूसरे दिन विभिन्न प्रतियोगिताएं आयोजित की गईं। समापन सत्र के मुख्य अतिथि रेड इंगल आर्मी परिवार कल्याण संगठन के अध्यक्ष गुरप्रीत बेवली, कर्नल शशांक जोशी, प्रियंका जोशी रहीं। सभी ने विद्यार्थियों के उज्ज्वल भविष्य की कामना की और उनका उत्साहवर्धन किया। साथ ही बच्चों को रचनात्मक गतिविधियों में बढ़-चढ़कर शामिल होने के लिए प्रेरित किया। इस मौके पर प्रधानाचार्या गरिमा श्रीवास्तव ने शिविर के आयोजन में सहयोग के लिए शिक्षकों का भी उत्साह बढ़ाया। संवाद



आर्मी पब्लिक स्कूल में कपड़े पर पेंटिंग बनाते छात्र-छात्राएं © साहब : लक्ष्मी

75 मीटर लंबे कपड़े पर बनाई पेंटिंग

प्रयागराज : आर्मी पब्लिक स्कूल में राष्ट्रीय रिकार्ड है। इस कार्यक्रम को इंडिया बुक ऑफ रिकार्ड्स में पंजीकृत किया गया है कार्यक्रम के दौरान मुख्य अतिथि कर्नल शशांक जोशी, प्रियंका जोशी, डॉक्टर नगीना, नेहरू ग्राम भरती मानित विश्वविद्यालय के कुलपति प्रोफेसर संजय कुमार श्रीवास्तव, गरिमा श्रीवास्तव आदि मौजूद रहीं।

आर्मी पब्लिक स्कूल ओल्ड कैट का धूमधाम से मनाया गया वार्षिकोत्सव

शिवनत संवादा

प्रयागराज। आर्मी पब्लिक स्कूल में आज एक मिलते अलग में स्कूल का (The Lapsy of Indian Calan) वार्षिकोत्सव मनाया गया। स्कूल में यह नई विधा 2020 के निर्देश पत्र के विधिपरिपालन पर की सम्मेलन संस्कृतिक धरोहर को संभाले हुए यह उत्सव के अमृत पर्वोत्सव के उत्सव में मुख्य अतिथि के रूप में उपस्थित हुए थे। आर्मी परिवार कल्याण संगठन के अध्यक्ष गुलप्रीत बेवली, आर्मी पब्लिक स्कूल के चेयरमैन ब्रिगेडियर सत्य नारायण सिंह, कर्नल जोसेफ अंतोनी, प्रियंका जोशी आदि शामिल रहे। संवाद



कार्यक्रम का इलाज गणेश संवत् में हुआ है। अर्थात् प्रकृति में रहने के संकेतक बन गया। इस पर एक से बढ़कर एक संस्कृतिक कार्यक्रम इन दिनों नृत्य एवं गायन कार्यक्रमों को समेटे हुए चल रहा है। विभिन्न तमों की संस्कृति को नृत्य गायन के माध्यम से संभाले जा रहा है।

आर्मी पब्लिक स्कूल वार्षिकोत्सव परम्परा का आयोजन



प्रयागराज। ओल्ड कैट स्थित आर्मी पब्लिक स्कूल में 'परम्परा' थीम पर आधुनिक वार्षिकोत्सव मनाया। ऐतिहासिक लोकनृत्यों और संगीत पर आधारित वार्षिकोत्सव कार्यक्रम 'परम्परा' के दौरान राष्ट्र के अनेक सांस्कृतिक धरोहर को दर्शाने वाले कार्यक्रमों को स्कूली बच्चों द्वारा जोश और नयनाभिराम रूप से दर्शाया गया। छात्रों ने भारतवर्ष की सांस्कृतिक धरोहरों की स्मृद्धशाली संस्कृतियों को दर्शाने वाले नृत्यों और प्राचीन नाटकों के माध्यम से अपनी प्रतिभा को दर्शाया। जनसंपर्क अधिकारी रक्षा मंत्रालय प्रयागराज रेंज समीर गंगाखेकर ने बताया कि कार्यक्रम के मुख्य अतिथि के रूप में रेड इंगल डिवीजन के जनरल आफिसर कमांडिंग ने कार्यक्रम को संबोधित किया तथा शैक्षणिक वर्ष के समापन के अवसर पर उत्कृष्ट उपलब्धियों के लिए मेधावी छात्रों और प्रतिभागियों को पुरस्कृत किया। मुख्य अतिथि ने छात्र जीवन में चरित्र निर्माण पर जोर दिया तथा कार्यक्रम के शानदार आयोजन पर स्कूल के कर्मचारियों और सहयोगी स्टाफ की सराहना की। कार्यक्रम के अंत में आर्मी पब्लिक स्कूल की प्रधानाचार्या गरिमा श्रीवास्तव ने धन्यवाद ज्ञापन प्रस्तुत किया तथा स्कूल की विभिन्न उपलब्धियों से अवगत कराया और सीनियर विंग के विद्यार्थियों को उनके उज्ज्वल भविष्य के लिए शुभकामनाएं दीं।

School in Media

emerged as first rank holder in humanities group (91.4%).

Army Public School, Old Cantonment had Shreya Singh with 98.2% topping class 10 exams while Shashank Mishra with 95.4% and Arzoo with 95% bagged second and third places respectively.

Central Academy, Jhunsi saw Princy Singh with 93.6%

सीबीएसई 10वीं-12वीं के आएं नतीजे, फिर अक्ल नहीं बेटियां

प्रयागराज के मेधावी



श्रेया सिंह
98.20 %
10वीं
आर्मी पब्लिक
स्कूल
ओल्ड कैंट
प्रयागराज

प्रतापगढ़ के मेधावी



श्रेयांश गिरि
99%
10वीं, नागेश
दत्त पब्लिक
स्कूल लालगंज
प्रतापगढ़



स्वास्तिका त्रिपाठी
98.4%
12वीं
केंद्रीय विद्यालय
ओल्ड कैंट
प्रयागराज



अदिति सिंह
96.4 %
12वीं, संगम
इंटरनेशनल
स्कूल
प्रतापगढ़

जासं, नई दिल्ली : केंद्रीय माध्यमिक शिक्षा बोर्ड (सीबीएसई) ने शुक्रवार को 10वीं और 12वीं का परीक्षा परिणाम घोषित कर दिया। बीते वर्ष की तरह इस बार भी एक ही दिन, घोषित दोनों कक्षाओं के नतीजों में छात्राओं ने बाजी मारी। बोर्ड ने मेरिट सूची जारी नहीं की। डिजिटलाकर छात्रों में मार्केट उपलब्ध करा दी गई है। 10वीं में 20,16,779 और 12वीं में 14,50,174 विद्यार्थी पास हुए हैं। इस बार त्रिवेन्द्रम रीजन पहले नंबर पर, बैंगलुरु दूसरे और चेन्नई तीसरे नंबर पर रहा। प्रधानमंत्री नरेन्द्र मोदी ने सफल विद्यार्थियों को बधाई दी है।

मुख्यमंत्री ने दी बधाई

राज्य, लखनऊ : मुख्यमंत्री योगी आदित्यनाथ ने सफल विद्यार्थियों को बधाई दी। योगी ने ट्वीट किया कि सफलता प्राप्त करने वाले विद्यार्थियों, उनके अभिभावकों व गुरुजनों को शुभकामनाएं। लिखा कि सफलता आप की प्रतिभा, लगनशीलता व कठिन परिश्रम का परिणाम है।



15 दिनी प्रशिक्षण शिविर में खेलों के महत्व पर हुई चर्चा



आर्मी स्कूल में प्रशिक्षण शिविर पूरा। संवाद

प्रयागराज। आर्मी स्कूल ओल्ड कैंट में शनिवार को 15 दिवसीय खेल प्रशिक्षण शिविर का समापन हुआ। शिविर में बास्केटबॉल, फुटबॉल, वॉलीबॉल और एथलेटिक्स का प्रशिक्षण दिया गया। इस दौरान स्कूली शिक्षकों ने शारीरिक शिक्षा और योग पर व्याख्यान दिया।

शिविर में पूर्व अंतरराष्ट्रीय बास्केटबॉल खिलाड़ी आरएस बेदी ने खेलों के महत्व पर चर्चा की। जिला खेल अधिकारी संदीप गुप्ता ने सरकार की ओर से चलाई जा रही विभिन्न खेल प्रोत्साहन नीतियों के बारे में जानकारी साझा की। प्रधानाचार्य गरिमा श्रीवास्तव ने बच्चों को खेल में अच्छा प्रदर्शन करने के लिए प्रोत्साहित किया।

मुख्य अतिथि फुटबॉल प्रशिक्षक शादाब रजा जी ने खिलाड़ियों को संबोधित करते हुए कहा कि अनुशासन ही हमें लक्ष्य की प्राप्ति की ओर लेकर जाता है, साथ ही उन्होंने फुटबॉल खेल कौशल की बारीकियों पर भी चर्चा की। कार्यक्रम का संचालन खेल प्रशिक्षक मो. खालिद एवं वीर प्रताप सिंह ने किया। संवाद



मी पब्लिक स्कूल ओल्ड कैंट में कौशल प्रदर्शनी में नॉडल की जानकारी देते बच्चे।

Exhibition organised

Army Public School, Old Cantt, Prayagraj organised its first ever all-subject skill exhibition on Saturday. It followed the guidelines of New Education Policy (NEP)-2020. The chief guest of the event was Deputy GOC HQ 4 Infantry Division, Brigadier S N Singh, who is also the chairman of the school. Manjali Chauhan, chairperson Red Eagle family welfare organisation graced as the guest of honour. Principal Garima Srivastava welcomed the chief guest and the guest of honour and other distinguished dignitaries for the mega event. Over 60 exhibits were displayed and presented by the students of the school.



School Facilities

e-Library



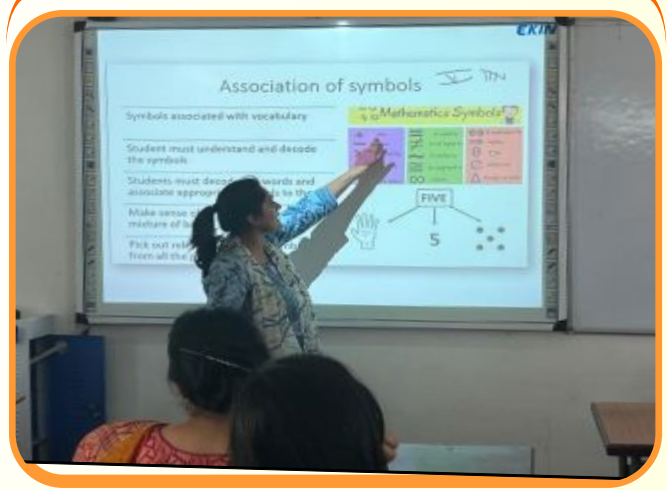
Music Room



Resource Room



Smart Classes



Computer Lab



Science Labs



India Book of Records

"LONGEST PAINTING MADE ON A CLOTH BY A GROUP"

As a part of *Azadi ka Amrit Mahotsava*, Army Public School, Old Cantt, Prayagraj under the aegis of Red Eagle Division has organized a noteworthy event on 20th May 2022. The school has created a history and has set a National Record to be the first school to register in the 'INDIA BOOK OF RECORDS' for painting a 75 metre long cloth by 500 students and 40 teachers in 52 minutes and 58 seconds.



Co-Curricular Activities

Earth Day Celebration

The students of Army Public School, Old Cantt enthusiastically participated in various activities to commemorate our benevolent Mother Earth. On the occasion of the Earth Day, an array of creative activities was organized with a view to sensitize the children about the conservation of natural resources and to motivate them to do their bit towards making their planet even more beautiful.



Nature Walk

Nature walks provide a great opportunity to be mindful and connect to ourselves and the world around us. The Sun was out for the little ones when they enjoyed the Nature Walk. The children were made aware of every small detail, from vibrant colorful flowers to the tall green trees, from a small little caterpillar to a honey bee. The walk helped the children co-relate well with the environment thereby making learning more fun filled and joyous



Co-Curricular Activities

Literary Fest

'Of all the gifts that life has to offer, a loving mother is the greatest of them all.'

Army Public School, Old Cantt, Prayagraj organised a LITERARY FESTIVAL for its Primary Wing on 12th May 2022 with a view to develop interest of students in English and Hindi Language and thereby ensuring higher levels of proficiency. The event was inaugurated by the Chief Guest and the Chairman of our school, Brig S N Singh, Dy GOC, Head Quarter 4 Infantry Division.

Students from Class I and II decked up as their favourite cartoon characters and walked gracefully on the ramp. Students of Classes III, IV and V performed various role-plays and Puppetry Show. All the acts were moral based. Students gave different messages like - 'Honesty is the Best Policy'. 'Help Others in Need', 'Save Trees' and 'Decision in Haste is Waste'.





Summer Camp

FULL SWING 2022



Summer is the time for children to take time off from the regular chore of going to school and getting down to the curriculum. So, the summer vacation is, in another way, an opportunity to hone certain life skills while having fun. Children in the age group of six to fourteen years are in the moulding stage. Right skills imparted now can help them shape their future.

“You can make a difference” is an inimitable and unique concept of the Summer Camp – Full Swing, which helps children become creative, dynamic and productive by instilling the belief that each individual is capable of making a difference. Around 400 students took part in various activities like Handicraft, Zumba, Dance & Drama, Music, Fireless Cooking, and Sports.





Co-Curricular Activities

Mother's Day Celebration

'Of all the gifts that life has to offer, a loving mother is the greatest of them all.'

Mother's Day is a special day and an occasion celebrated across the world. On this day, we try to express our love, respect, honour, and gratitude for our mother. On this day, the society acknowledges all the contributions and efforts of mothers. Different activities were organised to celebrate the most special day.



International Tiger Day Celebration

International Tiger Day is celebrated annually on 29th July every year to make people aware of the dangers and problems faced by tigers around the globe. To aware the children about saving tigers, fabric painting competition was organized for the children. The children participated with zeal and enthusiasm.



Co-Curricular Activities

Tree Plantation Drive

Under the initiative of Rotary Club of Prayagraj, a tree plantation programme was organized on 28th July 22. Members of Rotary Club, teachers and students of the school took part in the tree plantation drive. Everyone participated in the plantation drive with full vigor and energy.



Nukkad Natak (Swachh Bharat Abhiyan)

Army Public School, Old Cantt, Prayagraj organized a “Nukkad Natak” on the theme of “Clean India” at Chandrashekhar Azad Park and Saraswati Ghat, under the banner of “Swachh Bharat Abhiyan”. The play was performed with an aim to focus on generating awareness among people about the nationwide campaign “Clean India” and to assist our Prime Minister, Mr. Narendra Modi to accomplish his 'Clean India Mission'.



Investiture Ceremony

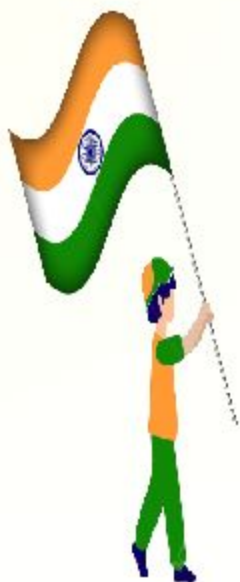
The Investiture Ceremony was held on 12 August 2022 at Army Public School, Old Cantt to encourage and kindle leadership qualities in our young prodigies. The ceremony was graced by the benign presence of SO Schools, Lt Col Joseph Antony C. The ceremony took its momentum with an inspiring speech given by the Principal. In her ceremonial address, she congratulated the newly appointed school council members and administered the oath to the council members who pledged their allegiance to their school. The newly elected Student Council members were brimming with confidence to shoulder their newly assigned duties and pledged to carry out their responsibilities with integrity and diligence.



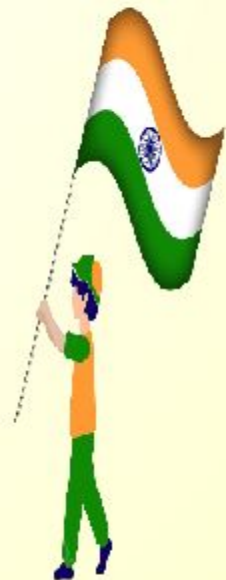


Independence Day Celebration

It was a red letter day in the history of India when the country got her freedom on August 15, 1947. It took hundreds of years for us to break shackles of slavery. People of the country celebrate this festival every year with great pomp and show. We at APS, celebrated 'Azadi ka Amrit Mahotsav' at large. A cultural programme was also held in the school where students of all the classes participated. As a part of the occasion "Prabhat Pheri" and different activities were organised for the students on 13th August. Tree plantation was done by the teachers and the students.



Independence Day Celebration



Janmashtami Celebration

Janmashtami is celebrated as the birthday of Lord Krishna, one of the most powerful and famous reincarnations of Lord Vishnu. To seek the blessings of Lord Krishna, Janmashtami was celebrated on 18th August, 2022 with mirth and joy. The fragrance of flowers, soothing aroma of camphor and the jingle of bells filled the air. It signifies excitement, euphoria and a joyous spirit of enthrallment. The students were dressed up as lord Krishna and Radha, complete with flutes, peacock feathers and matkas.



National Sports Day

The National Sports Day of India was celebrated in Army Public School, Old Cantt in tribute to the legendary hockey player Major Dhyan Chand. The students were told about the importance of 'Sports' and the relevance of National Sports Day during the Assembly. The day marks the birth anniversary of hockey wizard, Major Dhyan Chand. He was born on 29th August, 1905 in Allahbad. In the year 1926, he was selected for the Indian Hockey Team for the tour of New Zealand & won many medals for our country. On this occasion, a cultural programme was presented. A football match was organised for the students. They played the match with great enthusiasm and zeal. The children learnt a lot about true sportsmanship and the value of playing games.





Teachers' Day

Teachers impart not just education but also values. They are the backbones of our education system and supports the upbringing of numerous students. To mark the birth anniversary of our former President, Dr. Sarvepalli Radhakrishnan, Teachers' Day was celebrated and the hard work of the teachers was honoured. The celebrations began with the garlanding of the photo of Dr. Sarvepalli Radhakrishnan and followed by the dance and games.



Farewell of Class X

A farewell function was arranged in our school for the students of Class X in the month of September. The children were with mixed emotions and to make them happy and proud, our school management made wonderful arrangements. The students of Class IX presented a wonderful programme, entertained them with cultural programs like singing, dance, comedy shows etc. The students of Class X enjoyed a lot. Some of them spoke about their fond memories in the school and they were so touching and heart warming. The function ended with wishes of good luck shared by all.



Dussehra

Highlighting the significance of celebrating festivals, a special assembly on Dussehra, the festival that resonates the victory of good over evil was presented by the students. A soul stirring bhajan was presented by the students of the choir group followed by a short act by the students followed by “The Ravana Dahan”. The primary children not only enjoyed listening to the story behind the festival but at the same time had a great time dressing up in the lovely attire of Garbha and dancing on the beats of foot tapping Garbha Songs. The Principal Ms. Garima Srivastava wished everyone a bright and safe Dussehra and pleaded to keep safety and clean environment as their main concern while celebrating various festivals.



Diwali

The Diwali celebrations at school often mean a festive look with diyas and lanterns adorning the class. The activities permeate the school premises with an atmosphere of togetherness and hope. To mark the occasion, the special assembly was organised on 21st October 2022 by the students. The students talked about the significance of the festival - how good always conquered the evil and also about why and how Diwali is celebrated across India. Besides sensitizing students about the ill-effects of crackers, they also shared the guidelines of environment-friendly options for celebrating Diwali. Wonderful presentation of the assembly by the students instilled a sense of victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair.



English & Hindi Debate

A debate is a discussion or structured contest about an issue or a resolution. A formal debate involves two sides: one supporting a resolution and one opposing it. English & Hindi debate competitions were organized for the Classes VI to X. The theme of the competitions were very apt. English debate was related to the ban of plastic bags. Hindi debate was related to the British Rule. The participants came up with wonderful points. The debate was really interesting and appreciable. All the participants shared their views gracefully.



Visit to the Head Post Office

In an educative and fun filled trip, students of Classes VI, VII and VIII visited the Post Office on 17th, 18th & 19th Oct 2022 and learnt about the services provided by the Post Office to the public. The children learnt about the different services available in the Post Office such as registered post, money order and speed post. Children were excited to see how the letters were stamped, sorted and put in different boxes and shelves. The Post Master explained how letters were collected and delivered to their destinations. In the high-tech era of mobile and e-mail, the children enjoyed watching the services of postman in delivering the letters in person to the public.



Bagless Days

"Quality in education is what makes learning a pleasure and a joy."

As per the NEP (New Education Policy), Classes I to V observed BAGLESS DAYS on 29th and 30th September 2022 to retain the freshness in learning. The fun-filled and engaging activities focused on developing creative, speaking, listening and fine motor skills of the students. The day began with the visit to 'The Hall of Fame'. The students learnt a lot about our war heroes. To hone the interpersonal skills of our students, various speaking activities were organised. 'JAM- Just a Minute' activity was conducted for the students. A Fireless Cooking activity was also conducted. Children doled out nutritious yet delectable delicacies. Last but not the least, a bagful of indoor games was the icing on the cake for the young enthusiasts. They enjoyed themselves immensely and returned home with numerous memories.



Bagless Days



Chess Competition

"Every chess master was once a beginner."

A Chess Competition was organized to provide a platform to its students to improve their logical thinking, analytical reasoning and problem solving. The students of Classes IV to IX participated in the Inter-House Chess Competition on 8th October 2022. The final match was conducted on 19th October 2022. It was indeed quite heart-warming to see the children playing their moves like stalwarts with rapt concentration and collected demeanour.





-Aditya Dubey
VIII B



Annual Function 2022

“ परम्परा ”

The Legacy of Indian Culture Programme

1. Welcome of the Chief Guest - 04:30 p.m.
2. Inauguration & Lighting of Lamp - 04:35 p.m.
3. Annual Report by the Principal - 04:40 p.m.
4. Prarambh - Ganesh Vandana - 04:55 p.m.
5. Go Go Goaaa... - 05:00 p.m.
6. Southern Classic - “Bharatnatyam” - 05:05 p.m.
7. Play- “Karnataka Ke Tenaliram” - 05:10 p.m.
8. Moner Abeg - Aamaar Baangla - 05:20 p.m.
9. Asmee Bagaan - 05:25 p.m.
10. Gulshan - E - Kashmir - 05:30 p.m.
11. Punjabi Tadka - 05:35 p.m.
12. Haryanvi Dangal - 05:40 p.m.
13. Padhaaro Mhare Des - 05:45 p.m.
14. Gaatha Mahakal Ki - 05:50 p.m.
15. U.P. ki Sanskritik Dharoharen - 05:55 p.m.
16. Mile Sur Mera Tumhara - 06:00 p.m.
17. Prize Distribution - 06:05 p.m.
18. Address by the Chief Guest - 06:10 p.m.
19. Vote of Thanks - 06:20 p.m.
20. National Anthem - 06:25 p.m.
21. Chainama - 06:27 p.m.

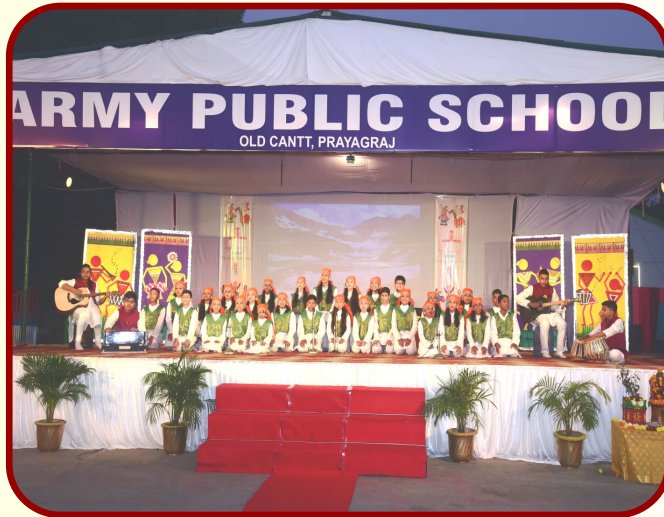


Annual Function - "Parampara"

"The Legacy of Indian Culture"

Army Public School, Old Cantt, Prayagraj celebrated its Annual Function, "PARAMPARA, The Legacy of Indian Culture" with unprecedented fanfare on December 21, 2022. The school was decorated elegantly. Maj Gen Arvind Chauhan, YSM, General Officer Commanding, Red Eagle Division was the Chief Guest. Mrs Manjali Chauhan, Chairperson, Red Eagle Family Welfare Organisation was the Guest of Honour. The Principal welcomed them and other distinguished dignitaries. The Lord Ganesha Puja marked the beginning of the auspicious function, followed by lighting the lamp and the chief guests address. The talented students presented mesmerizing cultural events. Ms. Garima Srivastava, the Principal read the annual report of the school. She made the audience aware of the school's achievements in academics and co-curricular arenas. The function culminated with the prize distribution by the Chief Guest. Ms. Nisha Logani was awarded the GOC-in-C Commendation Card for her outstanding work at PRT level. It was followed by the National Anthem in the sign language by the students.







Vidhyanjali Project

Vidyanjali is an initiative taken by the Ministry of Education, Government of India, with an aim to strengthen schools through community and private sector involvement in schools across the country. Army Public School, Old Cantt visited the adopted school, 'Adarsh Purva Madhyamik Vidyalaya', Prayagraj for a collaborative visit under the initiative of Vidyanjali, wherein the adopted school had the opportunity to listen our young learners, do yoga and sing songs. They were engaged in a variety of activities. It was a fun filled and an informative day for them.



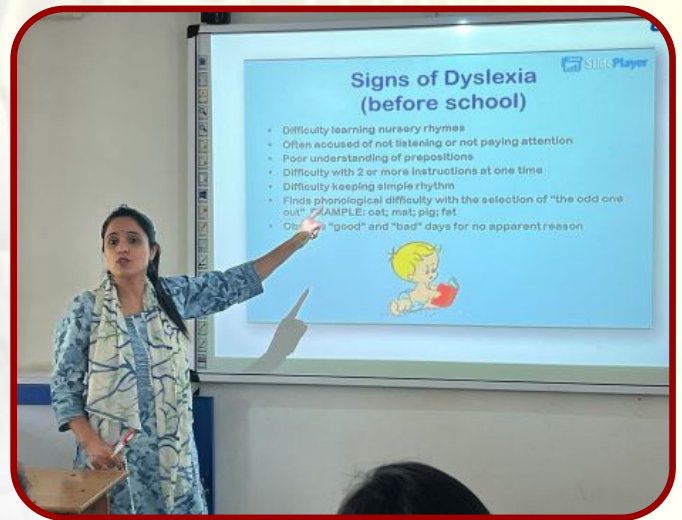
National Unity Day

National Unity Day was celebrated by the students of Army Public School, Old Cantt on 31 October 2022 to commemorate the birth anniversary of Sardar Vallabhbhai Patel, popularly known as the Iron Man of India. The special assembly was conducted to re-affirm the inherent strength and resilience of our nation. The Unity Pledge was taken by the students and the teachers to withstand the greatest threat to the unity, integrity and security of our nation. As an endeavour to solidify the bond of oneness and unification, a throng of activities were organized to support the cause of promoting unity and celebrating "National Unity Day". The students made the posters and a rally was also organised to spread the message.



Teachers' Training

CBSE & Faculty Development and Research Centre organizes competency based workshops time to time for all the teachers. These crucial workshops play a very important role in enabling the educators not only to bring innovation in their classroom transactions but also to achieve the goal of holistic development of children. The lectures and variety of activities are then conducted by the teachers who attended the workshop, for the other teachers.



Award for Excellence by CBSE

- Ms Nisha Singh, Special Educator received the "Award of Excellence" by CBSE for her outstanding work. She promoted National Anthem in Sign Language and supported inclusion.

International Museum Festival

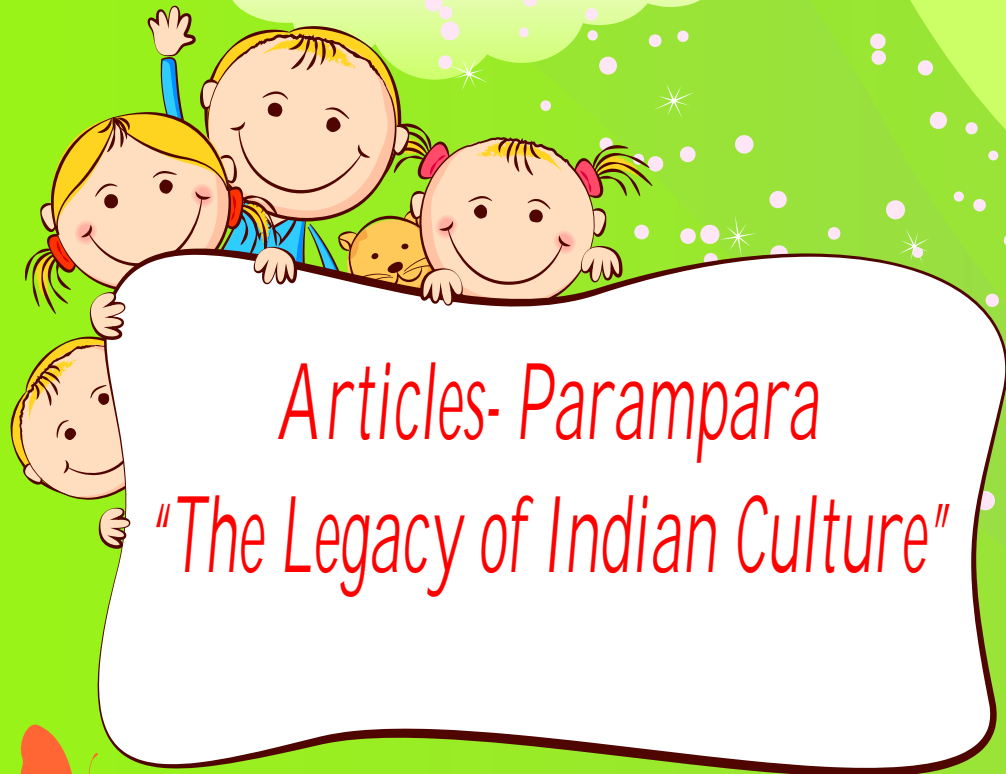
Shikha Mishra and Apurva, the students of Class IX of Army Public School, Old Cantt participated in the Debate Competition, International Museum Festival. Shikha Mishra was announced the winner and Apurva stood third among 50 students from different schools of the district.



All Subject Skill Exhibition

All Subject Skill Exhibition was organized in the school on 11 Feb 2023. Brig SN Singh, Dy GOC HQ 4 Inf Div, Chairman and Mrs Manjali Chauhan, Chairperson Red Eagle FWO graced the occasion with their presence. The aim of the exhibition was to guide the budding youth, so that we could develop the instinct of curiosity and a hunger of knowledge in their minds. Over 60 exhibits were presented by the students. The exhibition was the result of two Bagless days. All the students and teachers participated and collaborated hand in hand to make the event successful. The exhibition opened our eyes towards the fact that technology is making it a better place for us. They also made us aware of how sometimes the evolving technology can help those who worked really hard. The technology and manpower should walk along each other.





Articles- Parampara
"The Legacy of Indian Culture"

Architectural Marvels

Tripura - Unakoti

Unakoti, also known as the Angkor Wat of the Northeast, features magnificent rock carvings, waterfalls, and beautiful murals. Unakoti literally means 'one less to one crore'. This has 99,999,99 stone images of various Gods and Goddess and these carvings can still be seen at Unakoti.

Irom Katrina, IXA



Mystifying Treasures Of Padmanabhaswamy Temple

Is the chamber of secrets a real place? That too, in India.



This is a door from Sree Padmanabhaswamy Temple and just like in JK Rowling's books this door is sealed. Back in June 2011, six subterranean vaults were found inside the Padmanabhaswamy temple. They were subsequently named vaults A, B, C, D, E, and F. Out of the six, temple

management committee managed to open five, from which came out items like gold coins, statues, jewelries, precious stones etc. The collection turned out to be the largest ever recorded collection of items of gold and precious stones.

Now, the unopened one—Vault B—brings us to the next part of our story. As per various news reports, Vault B could never be opened, no matter how hard it is tried. It is believed that Vault B is guarded by some supernatural powers and anybody who attempts to open the mysterious vault will be inviting some serious troubles.

Anjali Verma, TGT

काशी करवट वाराणसी

मणिकर्णिका घाट पर स्थित रतनेश्वर महादेव मंदिर काशी करवट के नाम से प्रसिद्ध है, यह अद्भुत तरीके से 9 डिग्री से एक ओर को झुका हुआ मंदिर है जो कि पीसा इमारत से भी ज्यादा झुका और ऊँचा है, ऐसी मान्यता है कि इस मंदिर को राजा मानसिंह के एक सेवक ने अपनी माँ रत्ना देवी के नाम पर बनवाया था, और जब यह मंदिर बनकर तैयार हो गया तो सेवक ने कहा आज मैंने अपनी माँ का कर्ज पूरा कर दिया जिससे क्रोधित होकर भगवान ने मंदिर को एक ओर से धँसा दिया क्योंकि माँ का कर्ज कभी अदा नहीं हो सकता है।

युसिका मौर्या, Xअ



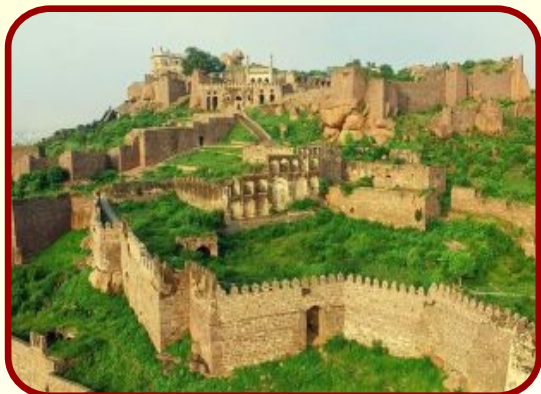
Did You Know?

Indian currency notes have historical monuments motifs featured on its reverse side to celebrate the rich heritage of India.

The monuments are-

- Konark Sun temple on INR 10
- Kailash Temple and Ellora Caves on INR 20
- Hampi on INR 50
- Rani ki Vav on INR 100
- Sanchi Stupa on INR 200
- Red Fort on INR 500
- Mangalyaan on INR 2000 (now withdrawn)

Architectural Marvels



Architects of Andhra Pradesh Golconda Fort

The Golconda Fort located in Hyderabad is the famous fort of Andhra Pradesh. The fort represents the greatest architecture of the ancient Kakatiyas dynasty of Andhra Pradesh. It is famous for its palaces, water supply system and Fateh Rahben Gun.

Ginna Kharuna, X C

क्रिष्णकलाकृतिकाव्यं च, दक्षिण-पूर्व खण्ड

क्रिष्णकलाकृतिकाव्यं च, दक्षिण-पूर्व खण्ड गुरु तस्य
मूर्तिकलाकृतिकाव्यं च, दक्षिण-पूर्व खण्ड गुरु तस्य
नियमिज्जलकर गुरु तस्य, दक्षिण-पूर्व खण्ड गुरु तस्य
एगरोविकलद्वयकृतिकाव्यं च, दक्षिण-पूर्व खण्ड गुरु तस्य
अथैव उच्यते च, दक्षिण-पूर्व खण्ड गुरु तस्य
खण्ड दस्युज्जलकर गुरु तस्य, दक्षिण-पूर्व खण्ड गुरु तस्य
गुरु तस्य, दक्षिण-पूर्व खण्ड गुरु तस्य, दक्षिण-पूर्व खण्ड गुरु तस्य
जगुरु तस्य, दक्षिण-पूर्व खण्ड गुरु तस्य, दक्षिण-पूर्व खण्ड गुरु तस्य
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प्रियांशी V अ

The Sun Temple



The Sun Temple is situated at Konark in Odisha. It was built by the Ganga King Narsimha Deva in the thirteenth century. The Sun Temple shows the chariot of sun God pulled by seven carved horses, representing seven days of week. There are two rows of twelve wheels that represent time. It is built with perfection and completeness. This monument is known for its goodness and gold animal figures with floral metric designs. The temple is one of the most renowned temples in India and is a world heritage site also.

Architectural Marvels



The Great Sanchi Stupa of Madhya Pradesh

The Great Sanchi Stupa is one of the oldest stone Buddhist monuments of India located in Madhya Pradesh. It is a living example of the art and architecture that flourished during the rule of Emperor Ashoka. It is a UNESCO World Heritage Site and located in Madhya Pradesh.

Avanish Dwivedi, VII A

The Great Wall of India- Kumbhalgarh

Located 84 kms north of Udaipur in the wilderness, Kumbhalgarh is the second most important citadel after Chittorgarh in the Mewar region. Cradled in the Aravalli Ranges, the fort was built in the 15th century AD by Rana Kumbha. The inaccessibility and hostility of the topography lends a semblance of invincibility to the fort. It served the rulers of Mewar as a refuge in times of strife.

Shiv Bahadur, V A



Cultural Curry

Sweet Taste from West



Makhan bada is a traditional dessert originating from the state of Rajasthan in India subcontinent and it is also known as balushahi and is similar to glazed doughnuts in terms of ingredients but differs in texture and taste.

Ghevar is a popularly filigreed sweet of Rajasthan, traditionally associated with the festivals of Teej and Raksha Bandhan.

Arya, V C

Goa : Cultural Reset

In Goa, that is further down towards south, one can notice Portuguese influence in the cooking style as well as in the dishes. Some of the major dishes of this region are the sweet and sour Vindaloo, Duck Baffad, Sorpotel and Egg Molie etc.

Vedika, III B



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Did You Know?

- 'Achar' word is not Indian, it is a Persian word.
- 'Bhut Jolokia' or ' King Chilli's is the hottest chilli of the world and is from Assam.
- 'Alphanso' is the most popular and the costliest Indian Mango.
- In Ladakh and Jammu and Kashmir people use butter in their tea, known as 'Butter Tea'.
- 'Chicken Tikka Masala' is Britain's National Dish, which is a variation of the Indian dish 'Chicken Tikka' from Punjab cuisine.



Cultural Curry

The Northern Spice Curries



North Indian curries usually have thick, moderately spicy and creamy gravies. The use of dried fruits and nuts is fairly common even in everyday foods. Dairy products like milk, cream, cottage cheese, ghee (clarified butter) and yogurt play an important role in the cooking of both savory and sweet dishes. Thanks to the fact that such a rich variety of fruit and vegetable is available at all times of the year, the region produces a dazzling array of vegetarian dishes.

Rishika Yadav, IXA

Taste Of South

In southern India, the states make great use of spices, fishes and coconuts, as most of them have coastal kitchens. Tamil Nadu, is one of the important states of South India. Besides its rich cultural past it reminds us of the unique taste of yum cuisines such as Idlis, Dosas, Uttapam, Rassam, Sambar and Vada etc, which are extremely popular here and throughout the world. In Kerala the staple food of localities is fish accompanied with steaming rice of usually large size grains. The people here prepare special snacks like Banana Chips, Jackfruit Chips etc. In Andhra Pradesh one can easily notice a clear Mughal impact on the cuisines. The food prepared here is believed to be quite spicy and hot in nature. Few famous eatables of this state are Grilled Kebabs and Kurmasand the delicious Biryani.



Mushaba Khatoon, IXA

Food of East



Indian cuisine has shaped the history of international relations. Bengali cuisine is a culinary style originating in Bengal which is now divided between the Indian state of West Bengal and today's Bangladesh. With an emphasis on fish, vegetables and lentils served with rice as a staple diet, Bengali cuisine is known for its subtle flavours and it's huge spread of confectioneries and desserts. Odia cuisine refers to the cooking of the eastern Indian state of Odisha The flavours are usually subtle and delicately spiced quite unlike the fiery curries typically associated with Indian cuisine. Fish and other seafood such as crab and shrimp are popular. Chicken

and mutton are also consumed but somewhat occasionally. The oil base used is mostly mustard oil but in festivals ghee is used. Pakhala a dish made of rice, water and yoghurt that is fermented overnight is very popular in summer particularly in the rural areas.

“The Delicacy of Uttarakhand's Cuisine”

The state of Uttarakhand, located in northern India, boasts a rich and diverse food culture that reflects its geographical and cultural diversity. Traditionally, Uttarakhand has been divided into two regions – Garhwal and Kumaon. Each region has its own unique cuisine, influenced by the local ingredients and cooking styles.

Garhwal cuisine mostly consists of vegetarian dishes, with a heavy emphasis on lentils, rice, and wheat. Some of the most popular dishes include Rajma Chawal, Kumaoni Raita, and Kafuli – a thick curry made with spinach, fenugreek, and yogurt.

Kumaon cuisine, on the other hand, features non-vegetarian dishes like Bhatt ki Churkani – a mutton dish made with black gram and spices. Other popular Kumaoni dishes include Kachmauli – a steamed dumpling made with rice and lentils, and Baadi – a type of bread made from wheat and other grains.

One of the signature dishes of Uttarakhand is Bal Mithai. This sweet is made by mixing khoya (reduced milk) and sugar, and is then coated in chocolate. Other popular dishes are Singhori, Kumaoni Chaat, Garhwal Ka Fannah, and Bhang Ki Pakore.

Arihant Dev Adhikari, III A



Dance & Music

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 vf}rh; l æhr ijEijk,; gŕa mũkj ʒnš'k dk i kjä fjd xhr
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ताहिरा अख्त, III अ



अतुल्य ! भारत
 Incredible India





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The Famous Indian Classical Dance Forms- South & North East

1) Bharatanatyam from Tamil Nadu/South India Bharatanatyam originated from the temple dancers in Tamil Nadu. The dance is a pure amalgam of expressions, music, beat and rhythm. It is the oldest dance form.

2) Kuchipudi from Andhra Pradesh/South India:- Kuchipudi is considered one of the toughest forms of Indian Classical Dance as it requires a whole lot of rituals, from lighting the incense sticks to sprinkling holy water and praying to the lord.

3) Manipuri from Manipur/Northeast India:- Manipuri dance form is a theme based classical dance form that depicts Raslila or the romantic act of the Hindu gods Radha and Krishna. Costumes and makeup plays an important role here.

Neha Khanna, PRT



Did You Know?

- National Dance Day is observed on 16 September every year.
- 29 April is observed as International Dance Day.
- Music can grow plants faster and make them healthier.
- A single violin is made from over 70 individual pieces of wood.
- Bharatnatyam was earlier known as Sadir Attam.
- Ballet originated in Italy.



Festivals

Festivals of Arunachal Pradesh – Mopin and Brahmotsav

The people of Arunachal Pradesh believe that the Mopin Festival will help in bringing good luck and prosperity along with a good harvest. This festival of Arunachal Pradesh is quite significant for the Galo Adi tribe and is celebrated in the month of April. The popular Popir Dance is performed by dancers in the traditional ornamented attire. It is believed that the festival drives away evil shadows and spreads God's blessing and universal happiness. The festival is celebrated for 5 days.

Brahmotsav is a vastly celebrated Hindu festival at the Tirumala Venkateswara temple in Tirupati. The festival of Lord Brahma lasts for nine days and celebrated in October. It is believed that Lord Brahma was the first to start this festival in the temple. On the last day of Brahmotsav, a huge crowd comes to witness the bliss scenes of the procession of Lord Venkateswara .



Devansh Pandey ,V B and Sheshagiri Ginna, VII C

Nature's Light Show: The Firefly Festival, Maharashtra

Fireflies, Mother Nature's very own fairy lights, are seen in summers in millions, and the best places to see them are in Maharashtra. The Fireflies Festival begins in May and goes on till the end of June. Places including Rajmachi Village, Siddhagad Wadi, Prabalmachi village, Bhandardara, Ghatghar, Kothaligad, Kondane Caves and Purushwadi are host camps for the month-long event. The Western Ghats region is an exceptionally good habitat for these bioluminescent beetles. Yes, fireflies are beetles. The gentle and rhythmic flicker of these fireflies are actually the bugs communicating to attract the opposite sex and respond.



Things to keep in mind: firefly population is decreasing because of loss of habitat. Once their habitat gets paved or disturbed by human interference, they just stop existing. Fireflies are not migratory, so when you are visiting these places to watch them in action, be mindful about not disturbing their habitat.

Anjali Verma , TGT

Festivals of Delhi

Festivals of Delhi display its true cultural and religious diversity. The Chhath Puja of Bihar is celebrated with as much festivity as the Durga Puja of Bengal. There is also no difference in the celebrations of the Muslim festival of Eid-ul-Fitr and the Punjabi festival of Lohri.

All festivals like Holi, Deepawali, Janmashtami, Dussehra, Durga Puja, Chhath Puja, Pongal, Lohri, Christmas, Eid, etc, are celebrated with full zeal and enthusiasm in Delhi.



Ayaan Tyagi, IV A

gkuřcy R; křkj



ukxkyM ea euk, tkus okys I Hkh R; křkjka ea gkuřcy R; křkj I cl sčedk gřA ; g R; křkj čR; řd o"KZ 1 fnl řj I s 10 fnl řj dschp euk; k tkrk gřA gkuřcy R; křkj dk uke , d i {kh gkuřcy ds uke ij j [kk x; k gřAbI R; křkj dh 'kq vkr o"KZ 2000 ea ukxkyM I jdkj us djkbz Fkh ftl dk mřř ; ukxk tutkřr; ka dks vki I ea , d nil js I s i fjfpr djuk o nřk nřu; k dks ukxk I ekt dh I ř—fr I s : c : djuk FkKA bl ea ykd ur;] i křj řjd I řhr] LFkkuh; 0; atu] gLřdyk] dyk] dk; Z kkyk vkrn 'kkfey gřA bl s "R; křkjka dk R; křkj" ekuk tkrk gřA

vk; kř, III v

i'pe cřky

nřkřz i wtk uojkf= dh vof/k ea nřh nřkřz ds I Eeku ea i f'pe cřky vkř fo'křk : i I s dksydkrk ea euk, tkus okys I cl sčfl) R; křkjka ea I s, d gřA nřh nřkřz dh Hk0; eřřř; ka okys i Mky vkřnřpkadsfy, [křys jgrsgřA dksydkrk ea nřkřz i wtk dk vi uk vuřBk vuřBku gřA bl 'fnu] pkřdq nku uked , d 'křk vuřBku ea eřřř; ka i j vkř[kscukbz tkrh gřA vkřř ; g ekuk tkrk gř fd nřkřzek; dh eřřř; ka i j vkř[kscukrs I e; og i Foh i j mřj rh gřA



Kriti Yadav , X C

Jharkhand and Its Festivals

Jharkhand is a state bordered with Bihar in the North, West Bengal in the east, Odisha to the South, Chhattisgarh to the West and Uttar Pradesh to the North West. Jharkhand is the 14th largest state in terms of population and the 15th largest state in terms of area. Ranchi is the capital and Dumka is the sub-capital.

Nature has been given utmost importance in this state. The trees are worshiped by the devotees. Poush Mela or Tusu Fair is a significant occasion celebrated during the Makar Sankranti wherein brightly coloured excellently decorated symbolic artifacts of folk deity are carried by the people. The festival takes place when new crops are harvested. Karma Puja, Jitia Puja, Sarhul are the main examples of the popular tradition of Jharkhand.



Astha Pandey , VIII A

Goa Carnival – Cultural Festival in Goa

The Goa Carnival is held every year in Mid-February and is a weeklong event that sees new age festivities. The celebration was introduced by the Portuguese who have now settled in Goa for more than five hundred years now. The Carnival Festival in Goa includes a parade with colorful balloons, music and dance, as well as other cultural activities such as food festivals and competitions. The main event of the festival is the last day of the event where performers dance in the customary red and black dresses. It is one of the most popular festivals in Goa, attracting a large number of visitors each year.

Kabir T.R Chaurasia , V B



Herbs



I at houh

I at houh , d ceqk fojkskh vk; pñnd vkskf/k gA ftl dk mi ; ksx fpdfRI k dk; Zdsfy, fd; k tkrk gA bl dk oSkkfud uke fl ynhu uhyk ck; ksx ç:SDVI gA I at houh dk eryc gS fd i pthfor djus dh fo|kA ; k , d 'kfä' kkyh ea= gStker 0; fä ea thou dk l pki dj l drh gSA vk; pñ vksj jkek; .k eaHkh I at houh ckh dk o.ku gSfd tc y{e.k th eñNñ gksx, Fksml l e; muds thou dks cpkus dsfy, gupeku th I at houh dk ijk i or mBk dj yk, Fks bl dk ç; ksx vkt dy gj , d NksVh cMh fcekfj; ka eafd; k tk jgk gS vksj bl dsç; ksx l syksx Bhid Hkh gks tkrsgA

Jfir i.k.Ms , ix v

gYnh

gYnh Hkkj rh; ouLi fr gA ; g vnjd dh çtkfr dk i kskk gA gYnh dks vk; pñ eaçkphu dky l sgh , d perdkfjd æ0; ds#i eaekU; rk çklr gA vk; pñ ea bl sgfjæ dgrs gA gYnh ea , d i hyk jax æ0; gkrk gS ftl s djD; wehu dgk tkrk gA bl dk ç; ksx el kyka ds#i ea ceqkkrk l s fd; k tkrk gA fgUnw/ke/ea i wtk ; k fd l h Hkh 'kñk dk; Zdjrs l e; gYnh dk mi ; ksx gkrk gA gYnh ds l ou l sge dñ j vksj e/keg rFkk vl; dbZ fcekfj; ka l s cp l drs gA gYnh dk l ou djuk gekjs LokLF; ds fy, dkOh ykHknk; d gkrk gA



I fe"Bk jkt, ix c

f=Qyk



f=Qyk , d vk; pñnd l w-hdj .k gS tksfd rhu Qyka l s feydj cuk; k tkrk gA ftueal kfey gS- vkoyk] gjhrdh vksj cgMkA f=Qyk uke dk vfkZgh rhu Qy gA vk; pñ ea f=Qyk dks 'kjhfd LokLF; vksj thou 'kfä dks cuk, j [kus vksj fcekfj; ka dks de djus dsfy, çHkoh ekuk tkrk gA detkj -f"V ea l qkkj ykusea; g ykHkdki gA ; g jksx çfrj kkd {kerk dks c<kusea enn djrk gA f=Qyk ds l ou l si kpu l s tMh i j s kku; ki nj gks l drh gA f=Qyk dks j äpki rFkk e/keg dks fu; f=r dj usea mi ; ksx ekuk tkrk gA f=Qyk 'kjij ds vkrfjd vaxka dh Hkh ns[kHky djus ea mi ; ksx ekuk tkrk gA

अमिंता, ix ब





fxyks

fxyks, d çdkj dh csy gš tks vkerkj ij taxy - >kfM+ ka ea ik; h tkrh gA çkphu dky l sgh fxyks dks, d vk; pñnd vkskf/k ds #i ea ç; kx fd; k tkrh jgk gA fxyks dks xMphj verk vkfn ds ukeka l sHkh tkuk tkrh gA vk; pñh ds vuq kj fxyks dh csy ftl i M+i j p<rh gš ml ds xq kka dks vi us vlnj l ekfgr dj yrh gA fxyks e/kægl dçt vksj ihfy; k l er dbz xHkhj fcekfj; ka ds bykt ea mi; kxh gA fxyks gekjh jksçfrjkskd {kerk c<krk gš fxyks dh i fÜk; kai ku ds i fÜk; ka ds l eku gkrh gA

vf' kdk, ix c

**gjh rdh
i kšks dh çtkfr**

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- bl dh Nky xgjs Hkjs jax dh gkrh gš i Üks vkdkj ea okl k ds i = ds l eku 7 l s 20 l s VhehVj yEcš Ms+baþ pkM+gkrsgA ftl dsi "B Hkx ij i kþ jškk; gkrh gA
- çR; d Qy ea, d çht gkrk gA vçšy&ebz ea u, i Yyo vkrsgA Qy 'khrdky e yxrs gA
- dPpsQy gjsrFkk i dusi j i hys/kfey gkrsgA gjM+dh rkl hj xelgkrh gA
- gjM+dk dk<k Ropk l çakh, ythzeaykHkd kjh gA eng ea l vt u gkaus ij gjM+ds xkj kj djus l sQk; nk feyrk gA
- gjM+dk ysi i rysNkN ds l kfk feyk dj xkjjs djus l sel v<ka dh l vt u ea Hkh vkjke feyrk gA
- gjM+dk i Yi dçt l sjkgr fnykusea Hkh xq kdkj gkrk gA
- gjM+1 l ky dscPpkal sydj ç<ka rd Qk; nk djrk gA
- bl dk mi; kx gea geš kk gjM+dsek=k dkse/; utj j [krsgq gh djuk pkfg, A

vi dkj, sty f}onh, xc



jrutkr %t%kQk%

jrutkr %t%kQk%, d cgp"khz] Nkšs vkdkj pkMh i fÜk; ka okyk >kmh uek ošk gA jrutkr dk i kškk l u [ks ds çfr dkOh l gu' khy gkrk gA i kuh dh deh vksj vf/kd xehz dks l gu dj yrk gA jrutkr ds çht l sfudyrsy dk ç; kx djus l s vksj [kka dh jks kuh rst gkaus ds l kfk Ropk çnkx gkrh gš rFkk # [kki u nij gkrk gA çkykae jrutkr rsy yxkus l sçy ?kus vksj yEcsgkrsgA jrutkr ftl s vYdkus/ tM+ds: i ea Hkh tkuk tkrk gš l fn; ka l sHkhj rh; 0; atuka ea ç; jã fd; k tkusokyk, d çk-frd [kk] jax gA



Did You Know?

- Saffron is the world's most costly spice and is often known as Red Gold.
- The Three most popular spices in the world are pepper, cumin, and mustard.
- Black pepper is justifiably known as the "King of Spices" and Cardamom is known as the "Queen of Spices."

l kšey, v v

Naturewatch

The Great Indian Bustard

The great Indian bustard can easily be distinguished by its black crown on the forehead contrasting with the pale neck and head. The body is brownish and the wings are marked with black, brown and grey. Males and females generally grow to the same height and weight but males have larger black crowns and a black band across the breast.



Threats include habitat loss and alteration as a result of widespread agricultural expansion and mechanized farming, infrastructural development such as irrigation, roads, electric poles, as well as mining and industrialization.

WWF-India has provided inputs in developing the 'Guidelines for the State Action Plan for Resident Bustard Recovery Programme'. It has played an important role in raising awareness about the declining populations and highlighting the importance of implementing a focused bustard conservation programme at the national level.

Gurleen Kaur, IXA

Resplendent Shrub Frog

Raorchestes resplendens, the resplendent shrub frog, is a critically endangered species of frog belonging to the family Rhacophoridae endemic to the high altitude region around the south Indian peak of Anamudi. It has extremely short limbs and numerous macro glands and was discovered from the Anamudi summit (2695 m) in the Western Ghats of Kerala, India and is known only from the Eravikulam National Park.

Raorchestes resplendens have very short limbs, and the species is characterized by pronounced crawling behaviour. It is a ground-dwelling species, while most *Raorchestes* are typically found on vegetation above the ground, some of them being arboreal.

Anshika, XA



Did You Know?

- National Animal - Tiger
- National Bird - Peacock
- National Tree - Banyan Tree
- National Fruit - Mango
- National Aquatic Animal - Ganges River Dolphin
- National Flower - Lotus
- National Vegetable - Indian Pumpkin or Kaddu.

Astonishing Autotroph: Sarcopyramis Plant



There are many peculiar things in the world, one of which is the Sarcopyramis plant. It is a genus of flowering plants belonging to the family Melastomataceae. The genus is distributed over South East Asia: Tibet, southern China, Taiwan, Philippines, Borneo, Nepal, Jawa, and India . Majorly in India the native range of this species is Assam.

Its main attribute is that it is IRIDESCENT PLANT. (For those who don't know the meaning of iridescent, it means that it shows many bright colours that seem to change in different lights.)

This is the unique property of this plant which makes it more appealing. If you will ever see this plant in real life, then you will also believe that there are many types of wonders on the earth which we haven't come across.

Shikha Mishra, X B

Forest Owlet

The Forest Owlet is endemic to India, and only found in the Narmada Valley. Such little is known about this bird, and so small its distribution, that the Forest Owlet was declared extinct in 1972, only 100 years after its discovery! It was “rediscovered” in 1997.

The Forest Owlet occurs in Dry Deciduous Forests, however recent records have shown them to occur in Moist Deciduous Forests as well. Its well pronounced white mask, unspotted head and undulating flight have led scientists to provide it with a genus of its own : Heteroglaux. Each clutch of eggs has 1-2 individuals, and nest in small cavities in large trees. Their propensity to select on certain types of hollows in which to roost, has resulted in their extirpation from certain areas.



Gurleen Kaur, IXA



Vedic Maths

Vedic Maths or Vedic Mathematics is a collection of Methods or Sutras to solve numerical computations quickly and faster. It consists of 16 Sutras called Formulae. It doesn't mean to make mathematics easier but it makes its calculation easier and faster. Some of the quick methods for calculation are given here but many more methods are remaining.

MAGIC of 11

MULTIPLICATION OF 11 :- If you have to multiply any number with 11, follow these steps-
Step-1 – Place a 0 before & after the number (to be multiplied with 11)
Step-2 – Add 2 consecutive numbers from right hand side and note the results
Step-3 (optional) – If the sum coming is 2-digit number, use tens digit as carry for next sum.

For ex- (i) 412×11

Step-1- 04120

Step-2- $(0+4)(4+1)(1+2)(2+0)$

Step-3- 4532 Ans.

(ii) 578×11

05780

$(0+5+1)(5+7+1)(7+8)(8+0)$

6358 Ans.

PATTERNS FOR FINDING SQUARES :-

(Type-1) If you have to find the squares of the number having all the digits as 1 only - count the digits - write numbers in increasing order (upto the counted digits) - now reverse the order.

For ex- $(11)^2 = (2 \text{ digits}) = 121$

$(111)^2 = (3 \text{ digits}) = 12321$

$(1111111)^2 = (7 \text{ digits}) = 1234567654321$

(Type-2) If you have to find the squares of the numbers starting and ending with 1 and having zeros in between them- count the number of zeros and place that many zeros between (1,2,1).

For ex- $(11)^2 = (\text{No zero}) = 121$

$(101)^2 = (1 \text{ zero}) = 10201$

$(1001)^2 = (2 \text{ zeros}) = 1002001$

$(100001)^2 = (4 \text{ zeros}) = 10000200001$

.....and so on.

Rishabh Singh, PRT



ofnd xf.kr dk vFkZgSonka l sfy; k x; k xf.kr l cl sigysofnd xf.kr dh 'ke#vkr Hkkj r ea gPZ FkhA bl dh jpuk txx# 'kcdjkpk; Z Lokeh Hkkj rh —". k rhFKZ th egkjt us dhA igys ofnd xf.kr dk Kku ekf[kd gh gkrk FkkA tc fdrkc bR; kfn ughagkrs Fks d,eu dks 'kq gks x, ofnd xf.kr dk mi ; kx dj yks vi uk djuk djrs FkA ofnd xf.kr l s vki dkbZ Hkh xkuk cgr rst h l s dj l drs gafcuk fd l h dkxt dye dsA ofnd xf.kr dk mi ; kx vc dā; Wj çkxkfeax y%ost dsfy, Hkh fd; k tk jgk gA
 v'kjo 'kekZ, V v

Mind-Boggling Vedic Maths Tricks

Multiplication: Perhaps the most famous Vedic Maths trick is the method for multiplying two numbers.

Let's multiply 57 by 62

For Ones Place: $7 \times 2 = 14$; 1 will be carried forward to tens place (multiplying the right side)

For Tens Place : $(5 \times 2) + (7 \times 6) + 1$ (carried forward) = $10 + 42 + 1 = 53$ (cross-multiplying both sides)

5 will be carried for ward to hundreds place

For Hundreds Place : $5 \times 6 = 30 + 5$ (carried forward)= 35 (multiplying the left side)

The answer is (Hundreds | Tens | Ones) = 3534

Multiplying numbers just above 100

Let us understand this method with an example.

102×112

102 is 2 above 100

112 is 12 above 100

Since 100 has 2 zeroes, so there will be 2 digits in the right part.

To get right part, we multiply 2 figures on right vertically (2×12).

To get left part, we perform crosswise addition of 1st number with 2nd figure on right ($102 + 12$) or 2nd number with 1st figure on right ($112 + 2$).

Nisha Singh, Special Educator

Vedic Maths Benefits

The importance of Vedic Math can be explained in various ways. The application of Vedic math in the simplification of numerical problems is many times faster than the modern methods of calculations. Sometimes, this way of simplifying numerical calculations does not require paper and pen also. Thus, learning Vedic math saves time and improves the interest in learning more applications of math. Some of the benefits of Vedic mathematics sutras are listed below:

Calculations become easy and short.

Simplifications can be done in less time.

Students undergo less mental stress.

Results obtained by sutra-based methods can be easily verified with normal procedures.

The possibility of committing errors by students using these sutras is negligible

The use of sutras helps students to improve their knowledge and interest in the subject of mathematics.

Vedic math helps to solve hard problems using mental calculations.

STEM

GREATEST ANCIENT INDIAN SCIENTISTS

Maharishi Shushruta



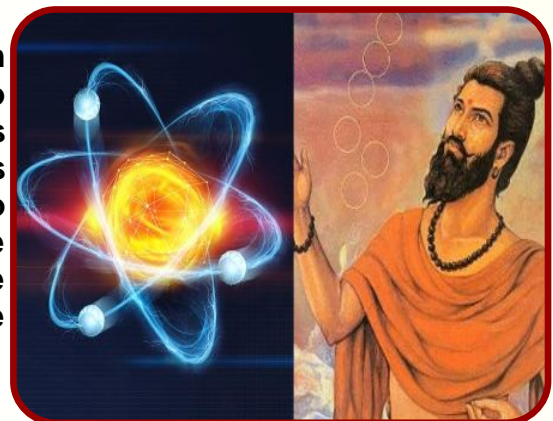
The definition of an ideal surgeon according to the great surgeon Sushruta is “A person who possesses courage and presence of mind, a hand free from perspiration, tremor less grip of sharp and good instruments and who carries his operations to the success and advantage of his patient who has entrusted his life to the surgeon. The surgeon should respect this absolute surrender and treat his patient as his own son.”

Inculcating his own ideology in his work Maharshi Sushruta became world's first surgeon and later on addressed as the father of surgery.

Sonakshi, VII B

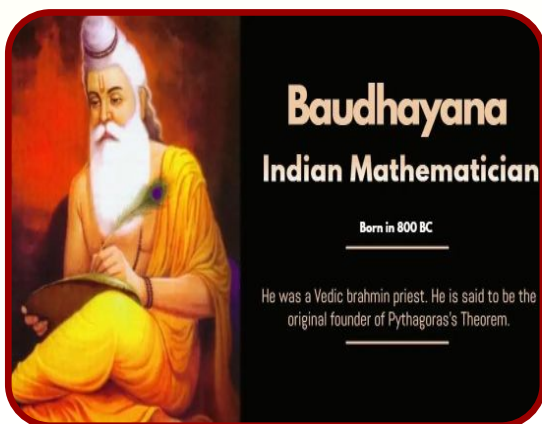
Rishi Kanada

Rishi Kanada proposed the theory of the atom 2500 years before Dalton's atomic theory came into existence. Kanada proposes that parmanu (atom) is an indestructible particle of matter. The atom is indivisible because it is a state at which no measurement can be attributed. He used invariance arguments to determine properties of the atoms. He also stated that anu can have two states — absolute rest and a state of motion.



Atulya Mishra, VII B

Baudhayana



Baudhayana is said to be the original Mathematician behind the Pythagoras theorem. Pythagoras' theorem was indeed known much before Pythagoras, and it was Indians who discovered it at least 1000 years before Pythagoras was born! The credit for authoring the earliest Sulba Sutras goes to him. The Sulba Sutra states that in a right-angled triangle, the square of the hypotenuse is equal to the sum of the squares of the other two sides.

Avi Verma, VIII B

Varahamihira

His books Pancha Siddhantika and Surya Siddhanta gave detailed reports of the solar system, planets, comets etc. He also proposed that the Moon and planets are lustrous not because of their own light but due to sunlight. It is acclaimed that Pancha Siddhantika of Varahamihira is one of the most important sources for the history of Hindu Astronomy.

He was the first to claim that some “force” might be keeping bodies stuck to the round earth. The force is now called GRAVITY.

Saurabh Kumar Yadav, VIII B



Bhaskara II

Bhaskara II was one of the greatest mathematicians known to mankind. Some of Bhaskara's contributions to mathematics include the following:

A proof of the Pythagorean Theorem by calculating the same area in two different ways and then cancelling out terms to get $a^2 + b^2 = c^2$.

In Lilavati, solutions of quadratic, cubic and quartic indeterminate equations are explained.

Solutions of indeterminate quadratic equations (of the type $ax^2 + b = y^2$).

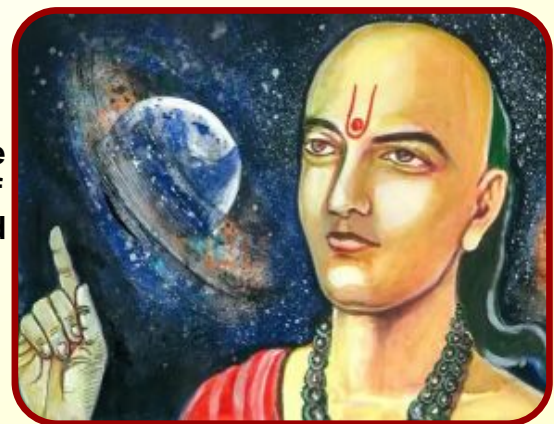
Integer solutions of linear and quadratic indeterminate equations (Kuttaka). The rules he gives are (in effect) the same as those given by the Renaissance European mathematicians of the 17th century.

Prince Kumar Pal, IXA

Aryabhata

Several mathematical concepts like determination of the value of Pi, and discovery of zero are attributed to him. He was a renowned mathematician and astronomer.

Ansh Kumar, VII B



Ranakpur Jain Temple



India, a country of highly aesthetic and culturally rich architecture, is a home to quite a few magnificent temples. And one of the many beautiful places of worship is the Ranakpur Jain Temple, popularly known as Chaturmukha Dharna Vihara, situated at Ranakpur in the Pali District of Rajasthan.

This complex, dedicated to Tirthankara Rishabhanatha, is voted amongst the top 77 wonders of the world owing to its extremely brilliant architecture. The vastness of the temple comprises a total of four shrines viz. the Chaumukha Temple, the Amba Mata Temple, the

Parsvanath Temple and the Surya Temple. Of these the Chaumukha is a 4-faceted temple proudly donning colour-changing intricately designed columns with no two columns having similar designs. This striking structure is constructed in the shape of a heavenly aircraft and comprises 29 halls and 80 domes with 1,444 pillars showcasing meticulously carved figures of goddesses. Moreover, the four entrances on the four sides of this rich architectural beauty leads to a central chamber and sanctum displaying a statue of Lord Adinath. The finely carved ceilings with refined scrollwork and geometric patterns add to the enchantment and the grace of the architecture of the temple. In addition to this the temple's foundation is made of 3 levels, so as to accommodate several pavilions on the base. Furthermore, the Parsvanath Temple in the Ranakpur Temple serves as a treat to the eyes as it flaunts its engraved windows that are embellished with Jain figures. Without a doubt, the Ranakpur Temple proudly stands tall as the 'Pride of India' as it unequivocally exhibits the abundance of our country's architectural opulence.

Kaashvi Sarin, VIII A

Jantar Mantar Reliving the Pride of Ancient Science in India

Jantar Mantar is situated on the Parliament Street near Connaught place, New Delhi. Visit to this place is a must as it tells us about how Indians wanted to know about the astronomical phenomenon from an early age.

Jantar means yantra (instruments) and Mantar means formulae. This whole construction consists of 13 architectural astronomy instruments which can be used to compile the astronomical tables and to predict movement of planets and stars.

Abhimanyu, VI A



The Sa Re Ga Ma Pillars

The Hospet Vittala Temple, an ancient monument-possibly 16th century built, is the prime testimony of Indian architecture and craftsmanship . Built in Dravidian style of architecture, this shrine has several features that are quintessentially found in the architecture of the region. One of the star attractions of this temple in Hospet is the glorious Ranga Mantapa. The large hall has 56 musical pillars, which produce musical notes when tapped gently. Primary pillars are surrounded by seven minor pillars, which emit musical notes similar to different Indian musical instruments. These musical pillars were carved out of a single piece of stone. Indian architectural work will always be sensational and mysterious but the best thing about it is that it never fails to intensify attraction.



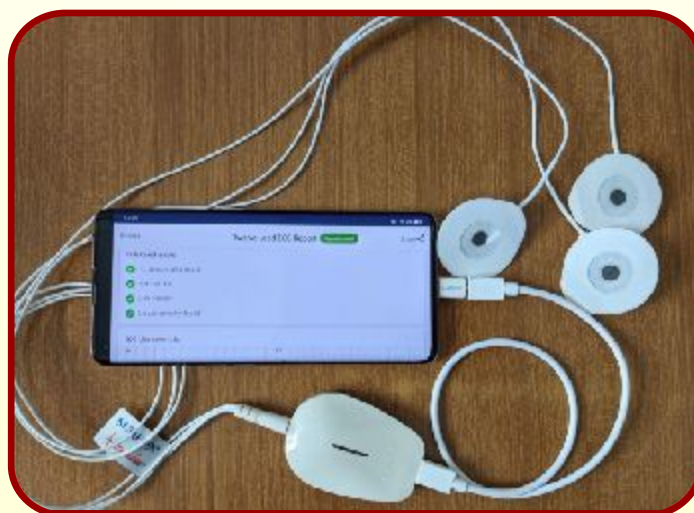
Shreya , X C

Spandan – ECG Machine

Till now the ECG machines were very costly and their operations needed paramedical training. Due to this the general public could not think of ECG at home however, a brilliant solution has been provided by a company known as Sunfox from Dehradun. Spandan ECG is compact, lightweight, doesn't need any battery, or internet connection to check the heart health. Its 12 gram body needs to be attached to a smartphone and the leads to the patient's body and you have the report in 10 seconds which can be shared online to help prevent any casualty, in addition the gadget is fully AI based. It costs Rs.8000, an affordable price for middle income households. It is easily available online, especially on amazon and flipkart. One of the greatest benefits of this machine is that one can carry it anywhere and use it. It was applauded by our Prime Minister who identified its ability to go global. Since then, it has won numerous investments which has motivated its CEO Mr. Rajat Jain to go for more such machines.

“BEST OF LUCK SUNFOX “

Covid Das VII B



Sports

Kalari : The Mother of Martial Arts



Kalaripayattu means “The School of Fight/ Exercise”. It is considered as the arena where a traditional physio-psychological discipline is practised which helps to generate physical, mental and spiritual benefits. The Kalari legacy is also considered as a scientific system of physical-culture training beneficial to the modern sportsman and physical culturist.

The arena of practising this spiritual art is called Kalari which literally means a place where knowledge is being taught. The oriental architectonic science “Vastu Shastra” determines the architecture of Kalari space in a specific manner.

Kalari is the oldest fighting system in existence. And it is a traditional form of self-defence.

The kung-fu that is popularised by the monks of Shaolin Temple traces its ancestry to Bodhi Dharma - an Indian Buddhist monk and Kalaripayattu master.

The martial art originated in India and was modified in other different forms like Karate, Taekwondo, Thai kickboxing, etc. This traditional form of Martial Arts is a unique part of Indian Culture.

- Divyansh Tripathi, VIII B

The Land of Athletes: Haryana

Haryana is also known as “The Abode of God”. Its ancient name was Haritanaka. It was named after the Great Rana Har Rai, a great General of Samrat Prithviraj Chauhan. It has witnessed several decisive battles of Kurukshetra described in the Mahabharata .

Nowadays, Haryana is quite famous for the athletes who brought many laurels in the country by representing our Nation at various World Level Championships or tournaments. There are several sports academies in Haryana which have produced medalists in various sports categories.

Some popular athletes like Vijender Singh, Akhil Kumar, Geeta Phogat, Neeraj Chopra and many more have emerged over the past decade from the small towns in Haryana. All the Athletes have represented our country in different Global Level Sports Competitions and have created history.



Aman Singh, IX A

SPORTS FROM TAMIL NADU



“A Sound Mind in a Sound Body” is an old maxim. There are three aspects of human personality- the body, the mind and the spirit. Full development of personality is possible through physical, mental and spiritual development. Out of these three, body development is first, the other two are based upon it. Various sports are played all over our country and they are countless. Some of the sports that are popular in Tamil Nadu are mentioned below:-

- **Malyutham**

Malyutham is a conventional Indian specialty of full contact Grappling that began in Tamil Nadu. It was broadly rehearsed in Tamil Nadu since antiquated occasions as a game. Malyutham is one of the 64 arts referenced in Ancient Literature.

- **Reka Race**

Reka Race is a bullock track race held in the provincial spaces of Tamil Nadu during the celebration season. These races are held in the southern regions of Tamil Nadu and the Congo.

- **Kabaddi**

Kabaddi is the state game of Tamil Nadu. "Kabaddi" is derived from the Tamil word "Kai-Pudi," signifying "to hold hands." It is otherwise called Sadu-Gudu.

- **Kilithattu**

A game that requires speedy reflexes, strategic reasoning, and enormous collaboration. This multiplayer game is a piece of our Tamil legacy and jams the Tamil personality.

Sparsh Mishra, VIIA

Miscellaneous Sports Facts- Chaupar

Chaupad or Chausar has existed in India for most of the past two millennia. This game features a cross-shape board, where four players contest in two teams, and each player owns four pieces. It shares significant similarities with pachisi and modern-day ludo. A game of chausar in Mahabharata caused the battle of Kurukshetra.

Shatranj (Chess) The history of chess can be traced back nearly 1500 years to its earliest known predecessor, called chaturanga, in India; its prehistory is the subject of speculation. From India it spread to Persia. Following the Arab invasion and conquest of Persia, chess was taken up by the Muslim world and subsequently spread to Europe via Spain and Italy.



Archery History of Archery in India dates back to the Vedic era, as the Indian people of that period used Archery as a means of hunting. Archery in India is considered to be one of the most ancient sports.

Shiv Pratap Singh, VIII D



Hkkjr A vk/; kFRedrk dh çkphu Hkfe A , d Hkfe tks vi uh çkphu ijä jvkka l stMh gpZgš ; sih<h nj ih<h pyh vk jgh gš yfdu Hkkouk, a vHkh Hkh çdj kj gšA ; s ijä jk, ä dHkh&dHkh fofp= yfdu eæ=ek/k djusokyh gks l drh gš vks i fydyh , d h ijä jvkka ds çek. kka eal s, d gšA ; g djy dh l l—fr dk emy gš vks vks ke mRI o dk pjekRd"KZ gšA ; g f='kij ds ykxka ds fy, , d ck/; dkjh 'kfä gšA i fydyh dk 'kkfCnd vFKZ gš 'ck?kka dk [ksy'A tš k fd vuqBku gkrk gš i # "kka dks ck?k ; k ranq ds : i eafpf=r fd; k tkrk gš ftl ds ckn os ykbo cM ij uR; djrs gšA osv i uspgj sdh vFHkO; fä; kavks 'kkj hfjd Hkk"kk dk vuqj . k djds vl yh ck?kka dh udy djus dh dks' k' k djrs gšA ykxka dk

ekuuk gš fd i w/ 0; fä dksekuo l si 'kqvks fdl h rjg pruk dh mPp voLFkk eacny nrk gš A ijä jk ds fy, dBkj vH; kl dh vko' ; drk gsrh gš y; ds vuq kj dne pkfg, A ; g mM d d vks Fkkfdy ok | ; æ=ka dh rky ds vuq kj fd; k tkrk gš bl mPp Lrj ds vH; kl l svar ea , d HkO; i fydyh çlR gsrh gšA ; g tkuuk fnypLi gš fd xkšMYšI dk "Vkbxješ" bl h ijä jk l çfjr gšA i fydyh dk bfrgkl 200 l ky i gys dkphu dsegjkt tk jkt oekz ds l e; ea [kkstk tk l drk gšA mlugkaus vks ke ds bl HkO; mRI o dks çkRl kfgd; k vks rc l sykxka us bl fofp= ijä jk dks brus cMš i šekus ij fuHkkuk 'kq dj fn; k vks ; g okLro eajækavks l æhr dk , d vl k/kkj . k mRI o l kfer gvk gšA

bnqyrk feJk
Vh th Vh

Jallikattu – Traditional Recreational Event

Jallikattu is a traditional sporting event in which bulls (Bos Indicus) of Palikulam and Kanga Yam breeds are released with some human participants into a crowd of people. In this sport, participants have to grab the bull's hump with both of their arms for as much time as possible in order to bring it under control and consequently win the event. This special event is organised on the auspicious day of Mattu Pongal in Tamil Nadu in the month of January. There were incidents of death and injuries during this event. The native inhabitants of Tamil Nadu advocate for it as a cultural practice associated with bull taming events and seek protection for it under Article 29(1) of the Indian constitution considering it a cultural heritage. The Honourable Supreme Court had banned it earlier but in 2018 the matter was referred to the 5 Judge bench of the honourable Supreme Court from where it has been allowed to continue.



Recent verdict on Jallikattu:

In the year 2023 the Supreme Court of India has declared that this is neither detrimental for human participants nor for animals. So this is a valid and lawful recreational event and part of the tradition of the state of Tamil Nadu.

Anishka Patel, 5B

Yoga

; kx 'kCn l d-r Hkk"kk dh ^; q* /kkrq l s cuk gS ftl dk vFKZfeykuk* ; k ^tkMuk*gkrk gSA bl s'kjh] eflr"d vks vkRek ds l a kstu ds: i eans[kk tk l drk gA; kx LoLFk thou thusdk , d rjhdk gS ftl dk mnHko Hkkjr ea gvk A vc bl sfo'ohkj eafoKku dh , d 'kSyh ds: i eaLohdkj dj fy; k x; k gSA Hkkjr ea; kx dk mnHko gtkjka o"KZ i wZ gvk A ; kfxd tuJfr ds vuq kj] f'ko dks ; kx dk l dLFki d ekuk x; k gSA2700 bZ k i wZ i gkuh fl d'kq ?kkVh l H; rk dh cgr l h eek, a vks thoka ds vo'kSk l adr nrs gS fd ckphu Hkkjr ea; kx cpyu eaFkk A ; kx 'kCn dk mYys[k l cl si gkus i fo= xFk __Xon eafd; k x; k gA i jarq; kx dk 0; ofLFkr mYys[k i ratfy ds; kxn'ku eafeyrk gAvr%egf"KZ i ratfy dksgh ; kx dk vkfo"dkjd ekuk tkrk gA i rYtfy us; kxl = ea i fj Hkk"kk nh gS& ' ; kxf' pUkofUkfuj kSk%] fpUk dh ofUk; ka ds fujSk dk uke ; kx gA i ratfy ds ckn cgr- l s ; kfx; ka us bl ds fodkl ea vi uk ; kxnku fn; k vks bl ds i fj .kkeLo: i ; kx vc i j s fo'o ea Qsy pdk gSA bl h Oe ea 11 fnl xj 2014 dks l a j k"v" egkl Hkk 1/4 ; -, u- th- , -1/2 us 193 l nL; ka dh l gefr l s ^21 tuu ' dks ^vrj kZVh; ; kx fnol * ds: i ea eukus dk cLrko i kfjr fd; k A, d l keU; tu dsfy, ; kx ea; e] fu; e] vkl u] ck.kk; ke] cR; kgkj] fO; k vks /; ku ds vH; kl gS tks 0; fa dks 'kkj hfjd : i l s LoLFk] ekuf l d : i l s pUr vks HkkokRed : i l s l rfy j [krs gA vr: ; g 0; fa ds vk/; k fRed fodkl dsfy, vk/kk rS kj djrk gA jkst dja; kx] nij Hkxk, ajkxAA



chj carki fl g, i h bZVh

D; k gA l wZ ueLdkj ds Qk; nS



- 1- otu de djuseaenn djrk gA
- 2- i kpu vks Hku[k ea l qkkj djrk gA
- 3- 'kjhj dksyphyk cukrk gA
- 4- dCt dh l eL; k dksBhd djuseadkj xj gA
- 5- 'kkj hfjd vks ekuf l d etcirh c<krk gA
- 6- c,Mh i kLpj dks cgrj djrk gS vks cSyd cukuseaenn djrk gA
- 7- cktij d'kkj dej] i g] DoM+] dkqI vks fgll dh ekl i f'k; ka dksVku djrk gA

Namandeep Yadav, IXA

6 Most Effective Yoga Poses to Increase Height

1. Samasthithi/Tadasana. Tadasana or Mountain Pose
2. Paschimottanasana - Seated forward bend. Paschimottanasana or seated forward-bend
3. Padahastasana – Hand to Foot Pose
4. Chakrasana – Wheel Pose
5. Dhanurasana – Bow Pose



Himanshi Shukla, PET

Student Speaks

Tamil Nadu's ancients: Craftwork and Sculpture of a Bygone Era



Thammampatti woodcraft is a traditional craft form from Tamil Nadu, known for its intricate carvings on wooden panels and furniture. Skilled artisans create exquisite designs depicting mythology, nature, and cultural motifs, preserving the heritage of Tamil Nadu's woodcraft traditions.

Thanjavur painting is a traditional art form from Tamil Nadu, characterized by rich colours, minute detailing, and the use of gold foil. These paintings often depict deities and mythological scenes, exuding a sense of elegance and opulence.

Tamil Nadu is also famous for its BRONZE SCULPTURE, which are considered to be among the finest in the world dated to be older than 3000 years. Skilled artisans use the lost-wax technique to create these sculptures, which display remarkable precision and intricate details. Bronze sculptures of deities like Lord Shiva, Goddess Parvati, and Lord Murugan are highly revered and can be found in temples and art galleries across the state. The bronze sculptures are not only artistic marvels but also hold significant religious and cultural importance.

Ravikant Singh, XB

Indian Festivals- A Unique Picture for the Rest of the World

The world without Festivals will just become a jungle where we lead a monotonous life. Festivals in India are much larger than almost any occasion. We consider them the best part of the year and wait for them eagerly. People of all ages and economic conditions find their ways to enjoy with their families and worship the gods and goddesses.

Festivals are the oldest rituals and traditions our countrymen follow to pay tribute to the almighty gods and goddesses. In fact, these celebrations are nothing but the symbols of peace and happiness. India is a diverse country with multiple religions and cultures conglomerated in a single form. We celebrate many festivals like Holi, Diwali, Eid etc. These are celebrated not only in India but also by Indians who reside in different parts of the world. This is why our Festivals draw a unique picture for the rest of the world to follow as a brilliant example of harmony.



Abhinav Singh, VIII A

My Trip to Ladakh

A tourist's first observation upon visiting Ladakh is the strong influence of Tibetan Culture. I with my family visited Leh, Ladakh for 10 days in the first week of October 2022. For me it was a fantastic experience! The culture and people of Leh-Ladakh are lovely! I explored so many different places, high altitudes. Our trip started from 2 days acclimatization in Leh. There we saw Guphuk Point, Sangam of River Indus and Zanskar, Patthar Sahib Gurudwara, Magnetic Hill, Leh Market and Tibetan Market.

After two days we started for one of the most famous motorable pass "Khardungla Pass". Such beautiful scenic views, mountains covered with snow, freezing temperature and the youngest family member, my little sister Kimaya, was full of Energy. Then via a beautiful village Diskit, we went to Partapur. There we saw Diskit Monastery, Hunder Village and ATV rides. We did not miss double hump camel rides (so furry and cute). Turtuk Village was also in our list but because of so much travel, we skipped that one. After that we spent one day in Himalayan Eco Resort, such a wonderful and peaceful place. They had separate cottages for families, buffet system. The food made from their farm products (grown organically) was great and delicious.

Next day we started for Tangtse, again a great place. Pangongtso Lake, 3 idiots point, such a mesmerising lake having so many colourful shades of water varying from blue, skyblue, purple, yellow, green, slight orange. We clicked tons of pictures to keep as part of our lovely memories.

From there we went to the Rezang La War memorial. Again a must visit place. I had goosebumps after visiting this place. Seen India China border for the first time that too from such a near distance. Salute to the brave hearts!

Then from there via Chushul, Nyoma, Shyok river went to Chumathang. The place is famous for its hot springs. In between we went to a wonderful tent restaurant "The last Restaurant". It was actually the last Restaurant on that way. Great food in such a windy cool climate. We went to Thiksey Monastery, such a beautiful and peaceful place. I came to know so many things about the culture and people of Ladakh. During our trip, we had taken halts at different eating joints and restaurants and tried their different cuisines: Maggie, thukpa, momos, desi food, coffee. But of all Maggie and momos were kids.

The people of Ladakh also celebrate several festivals throughout the year, some of the most famous ones being Losar, Hemis Tsechu & Saka Dawa. A lot of their time is also spent in making stone jewellery, woollen clothes, and mural paintings on the walls of the monasteries, which is done by both laymen and monks and symbolises the various aspects of Buddhism. We thoroughly enjoyed our trip to Paradise Ladakh. Great hospitality and culture! We have made memories for life.

Arianna Pandey, VI A

Poem

dfark & ak: rpe dc vkvksch



माँ तुम कब vkvksch
 मुझे कब लोरी l ukvkschA
 हर पल तेरी र kn vkrh gS
 नींद आँखों से भkx tkrh gA
 मादी कहती है तुम् tYnh vkvksch
 मेरे लिए ढेर खि ykS ykvkschA
 माँ अब कोई खिलौना नहीं भाता है
 हर पल तेरा चेहरा नजर आता है।
 ejh xyfr; ka lo maf kar do maँ
 ejh >kyh ea vi na pyar sur do maँ

I sud & gekj's ns'k dh 'kku

I sudka dk l Eeku dja
 dhkh u mudk vi eku dja
 ns'k dh [kkfrj l hek ij [kM&jgrsgS
 vk/kh] nQku o gj ijs'kkuh l grsgA
 vi us ifjokj l sge'skk feyus dks rj l rs gA
 feyus ij ifjtu l kou dscnyka dh rjg cjl rs gA
 muds cfynku dks ge'skk ; kn j [kuk
 gks l ds rks mudk eku cuk; sj [kuka



Rajni Chand
PRT

Hkkjr ds uo /koy Lrthk

gs Hkkjr ds uo /koy Lrthk] vkvks uo ; q fuekZk dja
 eW; ghU] fuLrst iM] dBr l ekt ds euqt ka ea
 vkvks feydj uo ck.k HkjA
 ij D; k rpe ; g dj ikvks \
 vKku rel feVkvks \
 bl l kp ea Mck tkrk gh
 D; k mTToy Hkfo"; cukvks \
 ; s'c'u 'kj ka l s vkrsgA
 eu dks my>k l s tkrsgA
 bl my>u dks l gy>kus dks
 gkj v/; ki d cfr; krs gA
 vkj bl fu"d'kz ij vkrsgA
 tc gVl vKku iVy gksk
 tc rfigjk [kn eafo'okl vVy gksk
 gkj ; g 0; FkZ dh fpark NkMks
 vkj uo ; q fuekZk l Oy gksk A

'kjkf fl g, IV A



- I scream, you scream, we all scream for ice cream.
 - Red lorry, yellow lorry, red lorry, yellow lorry.
 - If a dog chews shoes, whose shoes does he choose?
 - A proper copper coffee pot.
 - Peter Piper picked a peck of pickled peppers.
 - I saw Susie sitting in a shoe shine shop.
- Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?



Teachers' Section



The Fabric Map of India

India has been well known for its textile since ancient times. Its origin can be traced to the Indus Valley Civilization as early as 5th millennium BC where individuals used homespun cotton for weaving their garments and used indigo to colour their fabric. Even after many decades India still is a textile hub and it has thousands of clusters which mesmerizes our eyes. In every region/state of India, multiple varieties and quantities of weaving are produced by artisanal villages. Listed here are some of the stunning regional fabrics/embroideries of India.

S.No.	Region	Fabric/ Embroidery/Prints
1	Pan India	Khadi
2	Kashmir	Pashmina
3	Himachal Pradesh	Kinnauri Shawls
4	Kumaun region of Uttarakhand	Panchachuli Weave
5	Punjab	Phulkari
6	Faizabad districts of Awadh	Panja Weave
7	Lucknow	Chikankari
8	Varanasi	Banarasi Silk
9	Madhya Pradesh	Chanderi
10	Rajasthan	Kota Doria, Ajrakh, Sangneri
11	Rajasthan & Gujarat	Bandhani, Shisha
12	Gujarat	Patola
13	Maharashtra	Paithani brocade, Narayan Peth Sari
14	Goa	Kunbi
15	Bihar	Bhagalpuri Silk
16	Jharkhand	Kuchai Silk
17	Sikkim	Lepcha
18	Assam	Muga silk, Eri Silk
19	Arunachal Pradesh	Apatani
20	Nagaland	Naga Shawls
21	Manipur	Phanek
22	Mizoram	Puans
23	Tripura	Pachra
24	West Bengal	Jamdani, Kantha
25	Odisha	Sambalpuri, Bomkai
26	Chhattisgarh	Kosa Silk
27	Telangana	Pochampally Ikat
28	Andhra Pradesh	Kalamkari, Magalgi
29	Tamil Nadu	Kanjeevaram Silk
30	Karnataka	Mysore silk, Ilkal sari
31	Kerala	Kasavu

Anamika Bhattacharya, PRT

Maharashtra is known for ...

Maharashtra is famous for its culture and beauty. Music, dance, Bollywood, festivals, and the vibrating night life much more contribute to this lively culture. The ancient cave paintings found at Ajanta and Ellora caves, Elephanta caves, The Victorian and Art Deco Ensemble of Mumbai, Chhatrapati Shivaji Maharaj Terminus are the 5 UNESCO World Heritage sites and popular tourist destinations. During Pola in August, farmers bathe, decorate, and parade their bulls through the streets, signifying the start of the sowing season. The festival Ganesh Chaturthi, celebrating the birth of Hindu deity, is held during the rainy season and is by far the most popular in Maharashtra. Unique to Maharashtra is the Hurda party, in which a farmer invites neighboring villagers to partake of fresh ears of jowar (grain sorghum). Gudi Padwa is a spring festival marking the start of the traditional new year primarily for Marathi and Konkani Hindus, but for other Hindus as well. How do they celebrate these festivals.....???

On the festive day, courtyards in village houses will be swept clean and plastered with fresh cow-dung. Even in the city, people take the time out to do some spring cleaning. Women and children work on intricate rangoli designs on their doorsteps, the vibrant colours mirroring the burst of colour associated with seasons. Everyone dresses up in new clothes and it is a time for family gatherings.

Traditionally, families prepare a special dish that mixes various flavours, particularly the bitter leaves of the neem tree and sweet jaggery (gur, gud). Additional ingredients include sour tamarind and astringent dhane seeds. This, like the pachadi recipe used in Ugadi festival, is eaten as a reminder of life's sweet and bitter experiences, as well as a belief that the neem-based mixture has health benefits. Maharashtrian families also make many other festive dishes, such as shrikhand and Poori or Puran Poli on this day.

Tina Chaurasia, TGT





Customs And Traditions of Uttar Pradesh

The people of Uttar Pradesh follow a large number of traditions and customs. The Hindu culture considers it auspicious to take a dip in the holy waters at least once in a lifetime. They believe it cleanses them of their sins. Uttar Pradesh has a lot of ghats to take the holy dip in. Allahabad has the world-renowned Sangam, which is the confluence of the holy rivers Ganga, Yamuna and Saraswati. In addition to flushing away sins, it is also believed to free you from the cycle of rebirth.

Varanasi also has a number of ghats. The ghats are the prime attraction of the city and are popular among the pilgrims. A dip in the holy waters here brings salvation. Some of the major ghats have grand Ganga aartis performed in the evening. Aarti is another important ritual followed at the ghats. These are basically prolonged poojas and involve lighting of fire or yagyas. The devotees believe in doing so all evils and ill-wills are thrown apart. The Hindus perform these poojas before starting any new endeavor because these bring good luck and prosperity.

The most spoken languages are Hindi and Urdu. The customs and traditions here are so unique that people from all over the world come here to experience it. Since all these rituals have been performed here throughout ages the vibe of UP is very positive and deeply refreshing.

"BANARAS IS OLDER THAN HISTORY, OLDER THAN TRADITION, OLDER EVEN THAN LEGEND AND LOOKS TWICE AS OLD AS ALL OF THEM PUT TOGETHER."

- MARK TWAIN

Paribhawana Shrivastava
TGT, English

"The Spiritual Heart of India"

Rajasthan- 'Padhaaro Mhare Des'



Rajasthan is a beautiful, colourful state with a rich culture and history. Vibrant, opulent, and mesmerizingly beautiful are what spell out Rajasthani culture. Rajasthan, which means “the abode of kings”, gets its name from the many Rajput kings who ruled the state before British rule. Over centuries, Rajasthan has been ruled by various Rajput, Maratha, and even Muslim rulers, which has led to its diverse culture. The state is home to a colourful bouquet of awe-inspiring monuments, expansive forts, magical palaces, lively folk dances, alluring handicrafts, and some delectable delicacies that are unique only to Rajasthan.

Often called the cultural capital of India, Rajasthan's culture, food, and dress (to name a few) have fascinated people from India and the rest of the world alike. “Its hospitality is known around the world and Rajasthani art and culture, along with other aspects, set it apart from the rest of the Indian states.

A Colour Coordinated State

Rajasthan is known for having beautifully colour coordinated cities. No wonder it's considered as one of the most vibrant colourful states of India. And each colour coordinated city has small piece of fascinating history attached to it:

Jaipur – The Pink City

Jaipur is famously known as the Pink City worldwide. In 1876, the city was painted terracotta pink to welcome the Prince of Wales and Queen Victoria. Subsequently, the ruler passed a law stating that all the buildings and houses in the city must be painted in pink, which is still followed.

Jodhpur – The Blue City

The city is filled with beautiful blue-hued houses that remind one of the sea. Initially, it was a trend started by the elite class of Jodhpur. However, now it is a common trend followed by all. It is also said that painting the houses blue works as an insect repellent.

Udaipur – The White City

The first thing you notice in Udaipur is the plethora of beautiful lakes. The city is also full of pristine white buildings that reflect on the lakes' surfaces beautifully. Back in the day, kings would build their palaces with white marble and so, most of the prime buildings in Udaipur are white.



Nashrah Aerum, PRT



Legacy of India : Unity in Diversity. *State : Uttar Pradesh - Flora & Fauna*

Uttar Pradesh has plenty of natural resources. Diverse flora and fauna exist in the state despite indiscriminate deforestation and poaching. In the belt of temperate mountainous forests, species of reptiles, insects, mammals and trees are found. Common birds which are found in Uttar Pradesh are sparrows, parakeets, songbirds, quails, kingfishers, woodpeckers, blue jays, comb ducks, parrots, snipes, black partridge, peacocks, junglefowl, doves, bulbuls and house sparrows. Due to the availability of sunlight, shrubs, herbs and grasses are also abundant in the state. Large and small species of fauna survive in the Ganges as well as in its tributaries. In 2011, the forest area in Uttar Pradesh was recorded to be 16,583 km². It is about 6.88 per cent of the geographical area of the state. The famous Bird sanctuaries in Uttar Pradesh are National Chambal Sanctuary, Hastinapur Sanctuary, Bakhira Sanctuary, Chandra Prabha Sanctuary, Okhla Sanctuary and Kaimur Sanctuary. The upper Gangetic plain is known for the growth of moist deciduous trees. Tropical thorny forests along with thorny trees are found in the south western parts of Uttar Pradesh. Reptiles in the state include cobras, lizards, ghariyals and kraits. Some animals in the state have become extinct and some are on the verge of extinction. Some of the common fishes in the state are trout and mahseer. With regard to the fauna found in the forests of Uttar Pradesh fox, jackal, tiger, deer, bear, etc, are found in the Terai forests of the State. Earlier, there was no ban on the killing of forest animals but now under the new policy with a view to preserve faunal wealth stringent restrictions have been imposed on shooting and many deer parks and zoological parks are being developed and maintained at some stations.



Madhwan Malviya

PRT

Indian Culture & Traditions



Indian culture is exclusive and is the land of some of the oldest cultures in the world. India is one such country that has many religions, beliefs, languages, and foods. Children know about festivals and celebrations but are still missing out on the deeper diversity that is rooted in our culture. Why is it essential to teach students about Indian culture and traditions?

The saying “Unity in Diversity” is not just words. From ancient times, India has always been famous for its traditions. The warmth of people and euphoric celebrations makes our country so special. Indian culture has a vibrancy of all sorts, the country is an example of tolerance, cooperation, secularism, coexistence, and social bond among brethren. The Ministry of Education in association with CBSE has promoted 'Parampara' to enrich cultural heritage. Government of Uttar Pradesh has taken up the 'Heritage Arc Program' to save the monuments of our state and tourism. During the National Movements masses glorified the past Vedic culture to save our identity and preserve ethics. Indian culture has never been rigid and that is one of the reasons it survives with pride even today. Every aspect of Indian culture has varied layers attached to it that make it unique. How does teaching children about Indian culture and traditions help?

Parents and teachers need to inculcate moral and ethical values in children. Children understand the importance of family and how it acts as a support system. They learn to accept their heritage and will not develop insecurity of any kind. It helps the students to be proud and connect to their culture and appreciate where they come from. Children learn to respect elders, continue to uphold their traditions, and maintain the values passed on from generations. There are many ways in which children can learn about Indian culture and traditions. Here are a few tips:

- Follow Indian culture at home
- Watch Indian Cultural Programmes
- Give them books on Indian culture and make children participate in traditional games and activities
- Take a trip to another state
- Encourage traditional dressing and food

In the end I sum up, the world today is changing rapidly, and children are confused between modern living and tradition. It is the responsibility of parents and teachers to strike a perfect balance between retaining the required traditional values, culture, and customs so that it helps children embrace their identity and heritage and also remain connected to their culture no matter where they aspire to live in the future.

After all we believe in sustainable development -sustainability of our beliefs, culture and tradition for our future generations.

Arti Singh, TGT



gekjh I kfgR; d mi yfC/k; k;

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" cMq i kdks ckj ekl kj vks ujsu dkQy i kdks pr ejh Nsyk "

Rajni Chand, PRT

The Land of Culture

India, the land of culture and tradition, Where values are cherished with utmost affection,

A place where diversity blooms, In every corner, a different tradition.

The sarees so elegant, The spices so fragrant, The temples so magnificent, Everything here is so vibrant.

The music, the dance, Every emotion it does enhance, From classical to Bollywood, Every beat here feels good.

From the stories of Ramayana to Mahabharata,

Teachings of Gita to Advaita, India, a land of philosophy, Where spirituality is the key.

From Holi to Diwali, Every festival is a memory, Celebrating with family and friends, Our culture, towards unity it tends.

So let us cherish our Indian culture, Our practices, our heritage, our future, For in this diversity lies the beauty, of this incredible land, our country of duty.

Dipti Adhikari, TGT



Why Do We Fear The Unknown?

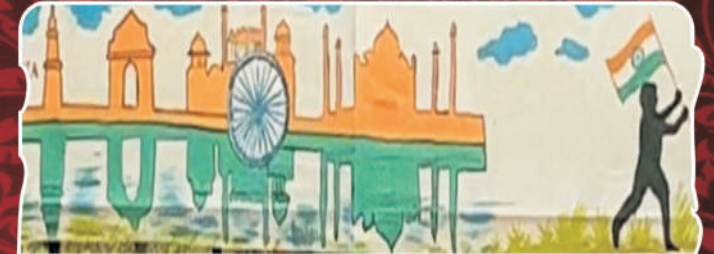
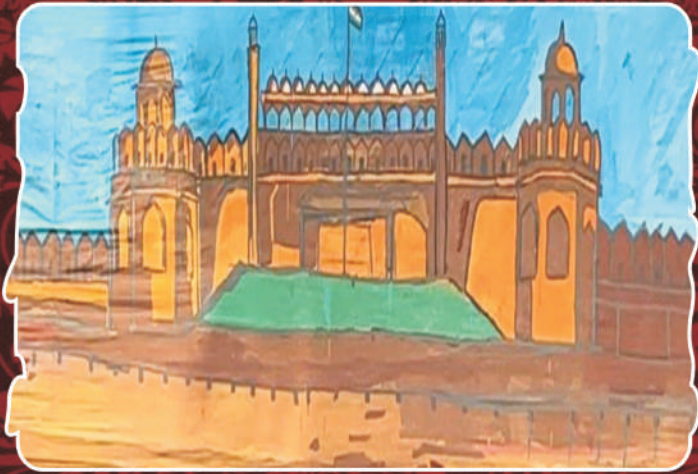
In most of us there is a deeply seated fear that prevents us from taking control of our lives and shaping them to suit us. It is that fear that keep us doing normal, make us do same thing as everyone else is doing. There are parts in our mind which aims to keep us safe all the time. Mind keeps evaluating the situation and switching from what is okay and what is harmful. Just imagine when you accidentally touched the hot tea pot or iron as child then the safety centre in your mind has learned to be careful from it in future. Unfortunately, most people's safety centres have gone too far and considered it dangerous for ever. They only trust the thing they know. One always fears about the result which is not known in exact terms. When you consult experienced people they will often advise to gain knowledge about the forthcoming situation, keep practicing to win the hurdle easily, keep on rehearsing your role till the final show, practice by writing to clear your exams etc. By doing so we prepare ourselves to gain the result exactly what we perceive it to be. In other terms we make- the unfamiliar feel familiar. This may sound strange but is possible to overcome that fear. It does not require any special skills or money but you need to train your imagination. Close your eyes and imagine the thing scaring you. Do not worry about fear part. You know that you are safe. Therefore, imagine step by step, doing the activity which has been giving the flutters. At each step you keep asking yourself that what could go wrong and what can you do to avoid it. Once it is done you can imagine yourself doing your goal bit by bit. In other words you are rehearsing it in detail. When you do the things over and over again you slowly become familiar and confident. Give it a try! I am sure you will like the results.

Nisha Logani, PRT

**KILL YOUR EXCUSES,
FACE YOUR FEARS
AND STOP DOUBTING
YOURSELF**

YOU CAN DO THIS!





India
Book of Records
Extraordinary feats... Extraordinary people

CERTIFICATE

LONGEST PAINTING MADE ON A CLOTH BY A GROUP

The record for making the longest painting on a cloth was set by Army Public School, Prayagraj, Uttar Pradesh. A group of 500 students and 40 teachers of the school made a long painting, (measuring 75 m) in which the outline of the painting was done by the artist from handicraft development. The painting was completed in 52 minutes and 58 seconds, as confirmed on June 2, 2022.

Date: June 14, 2022

Dr. Biswaroop Roy Chowdhury
Chief Editor
India Book of Records

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