

Aaroh

Always striving to rise high

Spring Edition 2025 Volume 26

Welcome to ...

And Now It's Spring

By Lhtheaker

The grass is green across the hill,
But yellow blooms the daffodil.
It's sunshine on a little stalk,
A friendly flower, I bet they talk...

Of little kids, too long inside
They burst outdoors to play and hide.
Tracking mud and bringing bugs.
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,
They skin their knees while riding bikes.
They rip and roar, they're running wild!
What fun it is to be a child.

It grows warmer every day.
Shoo the children out to play!
Pick the flowers, play in mud.
Too much rain, here comes a flood!

My snowy, winter days are gone.
I mourn them, but I hear a song
Of birds in trees; wind chimes ring.
I guess it might as well be spring!



“Spring is when life’s alive in everything.” – Christina Rossetti

From Principal's Desk...

Dear Parents & Guardians,

I was reading Dr. Giarrizzo's welcome back letter titled #wildcatpride, and thought of sharing it with you all. In his letter, he highlighted some examples of the pride we all feel for our school community, with student achievement always at the forefront. We also pride ourselves on being a place that exemplifies respect, honour, and care for others. The ultimate expression of this is when we see students take the lead and act as role models. Primary school students never disappoint. Each year we see remarkable examples of students extending kindness and compassion to one another.

We discuss positive, safe, responsible, and respectful behaviour expectations at our opening assemblies with students each year. We explain that every student deserves a safe and supportive environment; one that they are comfortable in; one in which they can thrive as a learner. We emphasize that every individual at SRCS has a role in shaping the environment by making responsible choices and working to understand the thoughts and feelings of others. Ultimately, we want our students to see the process of understanding thoughts, feelings, and perspectives as an opportunity to learn and grow. As part of this process, we discuss appropriate language and an awareness and sensitivity to language that can be considered discriminatory. We also outline the difference between bullying and conflict and provide examples of each. We discuss what each student can do to avoid and resolve conflict and be an upstander when others are mistreated. We know that peer relationships, topics of differences between people, and bullying can become the

most challenging parts of adolescence. For these topics, we believe parents are the best

teachers. With this in mind, we ask that you please consider proactively talking about the ways students can do their part to contribute to a positive environment.

Taking time to learn about, be aware of, understand, and respect differences

- Middle school is a time when young adults are figuring out who they are and realizing that although we have a lot in common, there are some things that make us different. Students are becoming more aware of differences and learning about differences that they did not realize or understand fully in elementary school. Learning to respect differences in who we are and how we think supports a positive environment.

Being aware of language that is offensive, discriminatory, and hurtful

- As students become more aware of differences, they are also learning language used to describe differences. Some of this language can be offensive, discriminatory, and hurtful. Proactive teaching about language will help students avoid using this language. We ask that if you hear such language, you use it as a teachable moment.

Taking responsibility for actions

- We all make mistakes. If students do something that impacts someone else, they



need to understand the impact so they can avoid repeating the behaviour. “I was just kidding” and “Other people do it too” are excuses we hope to extinguish. It is also important to take time to recognize that accepting responsibility for doing something hurtful to others is not easy and is commendable.

Respecting personal space

- As students move from childhood to young adulthood the simple understanding that we should not be physical with each other needs to be reinforced. Physical behaviour, playful or not, has no productive place in our learning environment.

Being an ‘upstander’

- The simple act of laughing at someone who is being teased can amplify the negative behaviour. Similarly, the simple act of walking away, telling a person to stop, or

telling an adult, can diminish or extinguish a negative behaviour. Talk with your child about what they can do to remove themselves from negative situations and stand up for those who are targets of negative behaviour.

In his letter, Dr. Giarrizzo challenged everyone to choose **kindness**. A learning environment that exemplifies respect, honour, and care for others, is one in which learners will thrive and take on the opportunities and challenges that education has to offer. We look forward to challenging students to become high-level problem solvers, critical thinkers, and responsible leaders of tomorrow.

I wish everyone a positive, productive, and powerful 2025 school year!

Chandra Shekhar

Principal

Shri Ram Centennial School Indore



Awards-2024-25

Shri Ram Centennial School Wins GSP Sterling School Award for the Fifth Year in a Row - 2024-2025

A round of applause for **Shri Ram Centennial School (SRCS)**, which has once again been recognized for its unwavering dedication to sustainability! For the **fifth consecutive year**, SRCS has earned the **prestigious GSP Sterling School Award for 2024-2025**, cementing its reputation as a leader in **eco-conscious education** and environmental stewardship.

The **GSP Sterling School Award** is a testament to SRCS's consistent and commendable efforts in maintaining a **Green Rating** over five years, a remarkable feat that showcases the school's long-standing commitment to sustainability. This achievement places SRCS among a select group of institutions that consistently demonstrate leadership in fostering a greener and more eco-friendly world.

The award evaluates schools based on a thorough environmental audit across **six key areas: Air, Energy, Food, Land, Water, and Waste**. These categories cover the wide range of practices and initiatives that contribute to a school's eco-conscious culture. From reducing carbon footprints to conserving water, SRCS has excelled in each of these dimensions, creating a positive impact on both its campus and the broader community.

Through various initiatives, SRCS has not only nurtured an environmentally friendly campus but has also instilled a deep sense of

CENTRE FOR SCIENCE AND ENVIRONMENT

GREEN SCHOOLS PROGRAMME

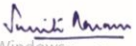


Shri Ram Centennial School
Indore, Madhya Pradesh (MP)

GSP Audit Rating 2024-25: **GREEN**

GREEN — 70% and above
YELLOW — between 50 to 69.9%
ORANGE — between 35 to 49.9%
RED — between 0 to 34.9%

Based on All-India Rating of Green Schools


Activate Wi-Fi
Go to PC settings
Sunita Narain
Director General, CSEWS

sustainability in its students. From promoting waste segregation to integrating **green energy solutions** and eco-friendly practices into daily life, SRCS continues to lead by example, ensuring that sustainability becomes an integral part of the school's ethos.

Team SRCS truly deserves this honour! The collective efforts of students, staff, and administrators have played a crucial role in making this accomplishment possible. Their ongoing commitment to reducing the school's environmental impact ensures that SRCS remains a beacon of **environmental responsibility** for future generations.

This award is more than just recognition—it's a reflection of the school's dedication to shaping future leaders who will carry forward the mantle of environmental stewardship. Congratulations to **Team SRCS** for another outstanding achievement in the pursuit of a greener, more sustainable future!

SRCS Choir Strikes the Bull's Eye: A Triumphant Victory at the Folk Song Competition

A round of applause is in order for the **SRCS Choir**, who have brought glory to **Shri Ram Centennial School** with their stellar performance at the **Folk Song Competition**, held on **January 17, 2025**. The event, organized by **Radio IPSA 91.2 FM**, witnessed a fierce display of talent from participants representing various schools. But it was our talented choir that captured the hearts of the judges and clinched the **First Prize!**

With their soulful voices and impeccable harmony, the **SRCS Choir** delivered a mesmerizing rendition of folk music that left everyone in awe. Each note sung, every beat synchronized, reflected the dedication and hard work put in by the students, making their victory all the more deserving. Their performance not only showcased the beauty and richness of traditional folk tunes but also highlighted the passion and commitment they have for preserving this musical heritage.

This victory isn't just about winning a competition—it's a testament to the incredible talent nurtured within the walls of **Shri Ram Centennial School**. It speaks volumes about the school's commitment to fostering cultural excellence and providing students with opportunities to shine on diverse platforms.

The achievement is a collective triumph, and we extend our heartfelt congratulations to the talented performers and their mentors who guided them every step of the way. Their hard work and perseverance have set a remarkable example of what can be achieved through collaboration, creativity, and determination.

Team **SRCS** is immensely proud of this accomplishment, and we look forward to more such milestones as we continue to empower our students in their journey of artistic and cultural growth.

Here's to many more victories for our **SRCS Choir!**

Empowering Future Leaders: Career Counselling at SRCS

On the 4th of January, **Shri Ram Centennial School (SRCS)** organized an enlightening and informative Career Counselling Session under the esteemed 'Sthitpragya' initiative. This event, held for the students and parents of Grades IX and X, aimed at guiding young minds in their journey of selecting the right career path.

The session featured two distinguished speakers: **Mr. Prashant Kunte**, a renowned educationist and Certified Career Analyst, and **Mr. Kapil Khandelwal**, a respected Child Psychologist. Both experts shared their knowledge and insights, offering valuable advice on the vast and diverse career

opportunities available today. With over 12,000 job profiles to choose from, the speakers emphasized the importance of exploring various options rather than limiting oneself to conventional choices. They also highlighted the role of parent-teacher guidance in making informed decisions.

One of the key highlights of the session was the discussion on the significance of the scientifically proven Psychometric Test, which helps individuals discover their strengths, interests, and aptitudes, ensuring a more personalized career choice. The experts explained how these tests can be instrumental

arrowing down career options and aligning them with one's skills and passions.

Adding to the depth of the session, SRCS's Principal, Mr. Chandra Shekhar Yadav, shared his own experiences and perspectives on career guidance, urging both students and parents to consider the long-term growth and satisfaction that a well-thought-out career choice can bring.

The event concluded with a dynamic Q&A session, where students eagerly posed their questions and received comprehensive answers, further clarifying their doubts and providing them with the tools to make well-informed decisions about their future.

The Career Counselling session at SRCS was a resounding success, offering a wealth of

knowledge to students and parents alike. It equipped them with the confidence and clarity needed to make crucial decisions about future career paths, ensuring that SRCS students are well-prepared to navigate the exciting world of



career possibilities ahead.

Awareness Programs-2024-25

CACA PROJECT

Shri Ram Centennial School Indore hosted an impactful Awareness Workshop for its support staff, following the successful training sessions for teachers, in collaboration with the Social Axiom Foundation. This initiative aims to raise awareness about Child Protection and Safety among students, teachers, support staff, and parents.

The session was led by Ms. Farheen Fatima, Advocacy Ambassador and Forensic Scientist from Delhi, who coordinated the workshop as part of Project CACA—Children Against Child Abuse.

During the webinar, staff were educated about key child protection laws, including the POCSO Act (Protection of Children from Sexual Offences) and the Juvenile Justice Act, as outlined in the 2020 Gazette Notification.

Project CACA is a rights-based, preventive safety program designed to ensure the well-

being of school children. It is a research-backed initiative that integrates life skills,



moral science, and value education, focusing on child rights, gender equality, and abuse prevention.

The workshop delved into the sensitive and crucial issue of child abuse, encouraging participants to reflect on its importance and the safety of children. The session was both enlightening and thought-provoking, leaving a lasting impact on all attendees.

Cyber Awareness

On Tuesday, February 11th, Shri Ram Centennial School Indore hosted an insightful Cyber Awareness session for its students, focusing on the crucial topic of online safety in today's increasingly digital world.

Key speakers, Mr. Kamal Singh Gehlot, T.I. Sanwer, and Mr. Aashiq Hussain, S.I., Sanwer, addressed a wide range of cyber threats, including online scams, financial loss, the risk of "digital arrest," blackmail, photo morphing, personal data theft, and its misuse. The speakers not only highlighted these dangers but also showed relevant videos to help students understand the gravity of these issues. They informed students about the portal cybercrime.gov.in where they can report any online threats and emphasized that the complaint number 1930 is now linked with emergency number 100.

They advised students to avoid clicking unknown links or downloading suspicious

apps, such as the AnyDesk app. Practical precautions and remedies were also shared to empower students in protecting themselves



from online fraud and cybercrimes.

The session included an engaging Q&A segment where students like Rashvi, Kanishk, Adhrit, Vaigansh, Jahnvi, and faculty members like Mr. Rohit and Ma'am Kirti had their questions answered by the guest speakers.

This session aimed to equip students with the knowledge and tools necessary to navigate the online world safely, responsibly, and securely.

Pariksha Pe Charcha

As the exam season approaches, many students begin to experience anxiety and fear. However, as our Honourable Prime Minister, Shri Narendra Modi ji, shared in his insightful session *Pariksha Pe Charcha* on January 10th, 2025, fear can be defined as "False Evidence Appearing Real." He guided students on how to combat this fear, excel in their exams, and become true leaders.

SRCians from Grade VIII onwards attended the session with great interest, where PM Modi emphasized key aspects such as time management, patience, sharing stress with loved ones, skill development, and the power of meditation. He urged students to convert their weaknesses into strengths, confront challenges like climate change, and master the



latest technology.

The Prime Minister also addressed the faculty, encouraging them to be role models for students. He stressed that mentors should inspire positivity while ensuring fairness and inclusion in their guidance.

The session left both students and faculty inspired, with renewed confidence to face exams and life challenges.

SRCS Stars in the making ...

Shri Ram Centennial School (SRCS), in collaboration with Helen O'Grady International, recently showcased a spectacular performance by students enrolled in the Helen O'Grady Speech & Theatre Program. Under the expert guidance of Mr. Digvijay Singh and Ms. Puniti Ahershinge, the children displayed an impressive array of speech & drama techniques.

The performance featured two groups: one comprising students from Grade KG1 to III and the other from Grade IV to VIII. The children engaged in situation-based activities that helped them articulate their emotions, building their confidence and enhancing their communication skills. They participated in a variety of speech activities designed to improve clarity and fluency.

Another exciting segment of the performance focused on nonverbal communication, where students showcased their mime skills through

acts such as Gatecrashes, Ants, and Chocolate Cake, all set to music.



The performance received a standing ovation from the audience, and the event concluded with an interactive session with parents, which proved to be highly rewarding. Parents expressed their appreciation for SRCS's creative approach in nurturing their children's confidence and transforming them into poised public speakers, free from stage fright.

The Certificate Distribution Ceremony, led by SRCS Principal Mr. Chandra Shekhar Yadav and Ms. Sunita Singh Chauhan, Dean of School Affairs, honoured the students for their outstanding efforts. They also extended heartfelt thanks to the parents for their unwavering support, making the event truly memorable.



Celebrations @ SRCS!!

Champion's Day at SRCS: A Resounding Success!

The excitement at Shri Ram Centennial School (SRCS) reached new heights as we celebrated Champion's Day on Saturday, February 1st. The event was filled with joy, energy, and friendly competition, with participation from our youngest Nursery students to the enthusiastic students of Grade V, along with their supportive parents. It was a day to remember, filled with cherished memories for all.

The event began with a warm floral welcome to our esteemed Chief Guest, Mr. Nagesh Vyas, Secretary of the Roller-Skating Association of M.P., by our school Principal, Mr. Chandra Shekhar Yadav. The traditional torch-lighting ceremony symbolized the spirit of sportsmanship, marking the official start of the celebrations. The air was filled with excitement as colourful balloons were released into the sky, and our school flag was hoisted with pride. The melodious rendition of the school anthem set the perfect tone for the day's events.

The athletes showcased their skills in a variety of races, with the bunny race bringing out cheers for the adorable little ones. The ball balancing race tested their coordination and focus, while the 100m and 200m races saw students sprinting toward victory with

determination. The hula hoop race added a fun and light-hearted touch to the day's events.

Parents also got into the spirit of the day, competing in races like the 100m sprint and the lemon race, proving that the spirit of friendly competition transcends age. The tug-of-war between mothers and fathers was a highlight, showcasing strength, teamwork, and a touch of humour.

The day also featured a synchronized March Past by our young students, lively songs, a thrilling dance performance, and a dignified Oath-Taking Ceremony, creating an atmosphere of unity and celebration.

Champion's Day was not just about competition; it was a celebration of sportsmanship, teamwork, and healthy living. It provided our students with an opportunity to showcase their talents and learn the importance of perseverance, dedication, and collaboration.

The event concluded with a grand Prize Distribution Ceremony, where the Chief Guest and Principal felicitated the winners for their outstanding achievements. Ms. Vinita Singh delivered the Vote of Thanks, expressing gratitude to all participants and supporters.

Let's continue to celebrate the spirit of "Higher, Faster, Stronger," and the joy of cheerful participation!

Republic Day Celebration at the SRCS

Shri Ram Centennial School (SRCS) proudly celebrated the 76th Republic Day with a sense of patriotism and reverence. The ceremony was graced by Mr. Tejas Pandey, the School Topper, SRCian, as the Chief Guest, alongside his proud parents, Mr. and Mrs. Pandey, who were the Guests of Honour. The event commenced with a floral welcome and the presentation of a memento by our Principal, Mr. Chandra Shekhar Yadav.

The momentous occasion began with the unfurling of the Tricolour, accompanied by the National Anthem, filling the air with patriotic fervour and leaving everyone deeply moved.

The cultural program that followed included vibrant dance performances, music, poem recitations, and inspiring speeches. A standout moment was the stunning P.T. and Pyramid Formation display, which captivated the audience with its energy and precision.

In his address, Principal Mr. Chandrashekhar Yadav delivered a thought-provoking speech on the significance of India's independence, encouraging students to embrace lofty ideals and follow the path of righteousness to contribute to a better tomorrow.

Our Chief Guest, Mr. Tejas Pandey, also inspired the students to uphold the values and lessons they learn at SRCS throughout their lives. The event concluded with a heartfelt Vote of Thanks by Ms. Vinita Singh, expressing gratitude to all participants and guests.

The celebration was elegantly anchored by young SRCians Lavishka Artwani and Samaira Sharma, who guided the event with grace and enthusiasm.

As we celebrate the spirit of our great nation, the SRCS family extends its warmest wishes for a very Happy Republic Day to all Indians.

Jai Hind! Jai Bharat!

Saying Goodbye in Style: SRCS Bids Farewell to the Class of 2025

On Saturday, 11th January 2025, Shri Ram Centennial School (SRCS) hosted a memorable farewell function for the graduating class of 2025, marking a significant moment in their academic journey. Held in the school auditorium, the event was a heartfelt and vibrant celebration, meticulously organized by the students of Grade XI, who put together an unforgettable experience for their seniors.

The atmosphere was electric as the Grade XII students were welcomed into the auditorium, ready to be honoured for the final time before they embark on new adventures beyond SRCS.

The function kicked off with great energy, with the entire Grade XI team leading the ceremony with zeal, enthusiasm, and great finesse. The event featured a variety of entertaining performances, including lively dance routines, a glamorous ramp-walk, hilarious stand-up comedy, and moving speeches that reflected on the memories and experiences of the outgoing batch.

Our Principal and Dean addressed the gathering with motivating speeches, emphasizing the importance of integrity, good conduct, and the values that SRCS has instilled

in the students. Both leaders shared their best wishes, reminding the graduates to carry forward the lessons learned and continue to shine in their future endeavours.

Among the various honours and awards,



Gyanu Gautam and Drishti Khemka were proudly crowned Mr. SRCS and Ms. SRCS, respectively, recognizing their remarkable presence and contributions to the school. Additionally, Aman Singh Thakur, the Head Boy, and Nehal Gupta were honoured with the

titles of Mr. Farewell and Ms. Farewell, marking their leadership and dedication to the SRCS community.

The entire evening was hosted by Avani Jain and Shourya Jeet Singh, whose charisma and poise added a special touch to the event, keeping the audience engaged and entertained.

As the evening came to an end, emotions ran high, with the students reflecting on the unforgettable memories they had created together over the years. The farewell was not just a goodbye, but a celebration of their growth, accomplishments, and the lasting friendships that will continue to thrive beyond the school gates.

With a promise to make their alma mater proud, the Class of 2025 took their final bow at SRCS, leaving behind a legacy of hard work, spirit, and camaraderie.

Svidaniya, Class of 2025! Your journey has just begun, and we wish you all the best for the exciting road ahead.

Vasant Panchami Celebrations: Honoring Goddess Saraswati

Shri Ram Centennial School celebrated Vasant Panchami with great enthusiasm and reverence. The festival, dedicated to Goddess Saraswati, symbolizes the arrival of spring and honours the goddess of knowledge, art, and learning.

The celebrations began with a special puja ceremony attended by the Principal, Dean, Coordinators, and staff, who worshipped Goddess Saraswati. Students participated with fervour, delivering speeches during the assembly to highlight the significance of the occasion. Principal Mr. Chandra Shekhar and

Dean Ms. Sunita Singh along with staff offered prayers to Goddess Saraswati for the success of children of Class X & XII appearing in the Board Examinations 2024 – 2025.

The school campus was beautifully decorated in vibrant yellow, symbolizing prosperity and energy. The celebration blended cultural, spiritual, and seasonal elements, reminding everyone of the importance of knowledge and learning. The blessings of Goddess Saraswati were sought for academic excellence and personal growth of one and all.

Winter Carnival-Mystical Fiesta : A Grand Success!

SRCS Indore's *Mystical Fiesta*, the winter carnival, showcased the school's organizational prowess, offering visitors a fantastic blend of food, fun, and entertainment. From Savory snacks to thrilling activities like horse riding and ATV biking, the carnival was packed with excitement.

Shoppers enjoyed a variety of stalls featuring clothing, jewellery, and handicrafts, while the vibrant atmosphere was enriched by dramatic performances, dance displays, and soulful music by students and mentors. The event also offered students valuable lessons in entrepreneurship as they managed various stalls and activities.

The carnival was a tremendous success, filled with applause for the entire SRCS team, and we thank everyone for supporting this memorable event!



Congratulations to all participants and Winners!

Parent-Teacher Meeting at SRCS: Strengthening School-Parent Partnerships

On Saturday, February 1st, 2025, SRCS held a Parent-Teacher Meeting (PTM) for the parents of Grade X and XII students. Teachers discussed the academic performance of their students in the Pre-Board Examinations and provided constructive suggestions to improve their approach to the upcoming Board Examinations.

The PTM served as a platform for open communication, transparency, and collaboration between parents and teachers. It emphasized the importance of a stress-free approach to exam preparation and how parents can support their children during this critical time.



The event was well-received and reinforced the school's commitment to fostering a positive partnership with parents in supporting the academic growth and well-being of their children.

Pre-Primary Activities

Pre-Republic Day Celebration

"Pre-Republic Day Celebration Our tiny patriots from Pre-Primary celebrated the spirit of Republic Day with great enthusiasm! Dressed in tri-colour attire, they marched, danced, and sang patriotic songs, filling the air with joy and nationalism! We're proud of our little ones for showcasing their love for the country! "



Little Artists at Work!

Our Nursery tiny tots got messy and creative with finger painting!

Watching them explore colours, textures, and patterns is pure joy!

Finger painting is an amazing way to develop fine motor skills, hand-eye coordination, and self-expression!

We're so proud of our little Picassos for their imagination and creativity!



Healthy Mother and Child Activity at SRCS Pre-Primary

Under RIDS Activity, the SRCS Pre-Primary School today hosted an exhilarating and heart-warming event, the Healthy Mother and Child Activity. The event aimed to reinforce the bond between parents and their children while promoting the importance of a healthy lifestyle.

The event commenced with a burst of energy as parents enthusiastically participated in various races alongside their children. Witnessing the joy between parents and kids during these races was truly heartening. It highlighted the significance of family involvement in fostering a healthy and active lifestyle from an early age. Following the races, the atmosphere was charged with enthusiasm as both parents and children joined in an energetic Zumba dance session. The lively

beats and synchronized moves created an atmosphere of fun and fitness, encouraging



everyone to groove and enjoy the moment.

One of the most heartwarming aspects of the event was the exchange of healthy snacks among the mothers. This exchange not only promoted healthy eating habits but also facilitated a sense of community and shared experiences among the parents.

The experience was nothing short of fantastic. It was evident that the event brought immense joy to both parents and children alike. The laughter, cheers, and shared moments reflected the strong bond between families and the school community.

The SRCS Pre-Primary School extends its gratitude to all the parents who participated

wholeheartedly in making this event a tremendous success. Their active involvement and enthusiasm contributed significantly to the event's positive and inclusive atmosphere. The Healthy Mother and Child Activity was a memorable occasion, fostering a sense of togetherness and emphasizing the importance of healthy habits for the school and parental community.

Pre-Primary Special Class Assembly on Healthy Lifestyle

Under RIDS Activity, our vibrant pre-primary superstars at SRCS Indore had a fantastic time at their class assembly focused on living a healthy lifestyle!

During the Special Class Assembly, our little learners explored:

Healthy Eating: Discovering the importance of nutritious foods and exploring colorful fruits and veggies.

Yummy Nutrition: Learning about the benefits of colorful fruits and veggies.

Active Play: Engaging in fun movement activities to stay fit and energetic.

Our young learners of Grade 1 and Grade 2 participated in a lively assembly all about embracing a healthy lifestyle!

The children engaged in various activities that highlighted the following:

Staying Active: Participating in fun exercises to promote physical fitness and teamwork.

It was a joy to see our little ones excited about making healthy choices! Together, we are laying the foundation for a lifetime of wellness.

They also highlight the healthy lifestyles of India, the UK, UAE, and Finland and how different cultures prioritize health and well-being.

We are so proud of our young learners for their enthusiasm and commitment to making healthy choices! Together, we're building a brighter, healthier future.



Grandparents' Day Celebration at SRCS: Honouring Love and Legacy

Shri Ram Centennial School recently celebrated Grandparents' Day to recognize the invaluable contributions grandparents make in the lives of their grandchildren. The event, centered around the theme of "Healthy Habits," began with a warm welcome that set the tone for a day full of joy and appreciation. Grandparents had the chance to engage in various creative and interactive activities with their grandchildren. The event featured a thought-provoking talk show on healthy living, fun riddles, and lively music and movement sessions that brought smiles to everyone present.

Team SRCS would like to express its heartfelt thanks to all the grandparents who



participated in making this day truly special. Your presence, love, and support mean the world to us, and we are grateful for the beautiful memories created together.

Our little stars shone bright today!



We celebrated the graduation of our Pre-Primary students, and what a moment it was! These little ones have grown so much, learned so much, and become such curious, creative, and confident individuals.

A huge thank you to our amazing parents, who have trusted us with their child's education and supported us every step of the way.

To our incredible teachers and staff, your dedication, passion, and hard work have made all the difference. Thank you for helping shape these young minds!

And to our graduates, congratulations! May your future be bright, your heart be curious, and your spirit be adventurous! Never stop learning, growing, and exploring!

We're honored to have been a part of your educational journey and can't...



RID's Corner

RIDS Activity: Inspiring Young Minds for Marine Conservation and Sustainability

As part of the **RIDS (Research, Innovation, Design, and Sustainability)** initiative, students from various grades embarked on a series of impactful and educational activities centered around environmental conservation and sustainability. Through hands-on learning,

research, and community engagement, the students gained valuable insights into preserving marine habitats and the importance of acting locally to protect our planet's ecosystems.

Marine Conservation Through Research & Innovation

Students from Grade VII and VIII worked collaboratively on marine conservation issues such as pollution, overfishing, and habitat destruction. Engaging in research and group discussions, they explored innovative solutions for protecting marine life,

strengthening teamwork, critical thinking, and problem-solving skills. This activity encouraged them to think globally and act locally, nurturing their commitment to ocean conservation.

Hands-On Marine Restoration: Building Artificial Reefs

Grade VIII students participated in a creative initiative to build artificial coral reefs, simulating restoration efforts for marine habitats. This project was complemented by a visit to a nearby village where they conducted a survey and raised awareness about

sustainable practices in the local community. By combining creativity and knowledge, students made a positive impact on marine conservation while honing their communication skills and fostering community involvement.

Learning Beyond the Classroom: Exploring Marine Wonders

In an immersive field trip, students had the opportunity to explore diverse marine ecosystems, deepening their understanding of marine biodiversity and the delicate balance of underwater life. This exploration connected

classroom learning to real-world observations, inspiring students to advocate for marine conservation within their communities.

Engaging Young Learners: Air and the Environment

Even our youngest learners participated in the RIDS activity, exploring the wonders of air through fun and interactive activities. The

KG1 students discovered the significance of air in our daily lives, learning through play, curiosity, and hands-on experiments, such as

blowing balloons and bubbles. Their enthusiasm exemplified the importance of fostering a growth mindset from an early age.

Inspiring with Marine Expertise: A Seminar on Ocean Conservation

As part of the RIDS activity, students also attended a seminar led by a marine expert who provided insights into marine biodiversity, conservation challenges, and sustainable practices. This session inspired

students to explore innovative solutions for protecting life below water and empowered them to think critically about their role in safeguarding ocean ecosystems.

These activities under the **RIDS Activity** umbrella not only raised awareness about marine conservation but also encouraged sustainable practices, fostering a sense of responsibility among students to contribute toward environmental protection.

RIDS Activity - Gender Sensitivity & Equality: Raising Awareness, Breaking Barriers, and Fostering Change

As part of the **RIDS (Research, Innovation, Design, and Sustainability)** initiative, Shri Ram Centennial School (SRCS), Indore, organized several impactful activities to promote **Gender Sensitivity & Equality** among students. These activities encouraged students to explore pressing gender issues, raise awareness, and become advocates for a more equitable and

inclusive society. Through debates, research projects, art initiatives, and social campaigns, students gained critical insights into global gender disparities, engaged in meaningful discussions, and developed innovative solutions to challenge stereotypes and promote fairness.

Debate & Discussion on Gender Equality: Building Awareness and Encouraging Dialogue

On **5th December 2024**, students of Grades 9 and 10 participated in a thought-provoking **debate and discussion** on gender equality. They addressed critical issues such as gender stereotypes, women's rights, LGBTQ+ rights, and media representation. The session, facilitated by a subject matter expert and teacher-in-charge, encouraged active

participation and provided valuable insights into promoting fairness and minimizing biases. The debate helped students better understand the importance of respectful dialogue and awareness in tackling gender inequality, advancing rights, and ensuring equal representation.

Pen Pal Activity: "Breaking Barriers: Advancing Global Gender Equality"

On **17th October 2024**, SRCS students engaged in a **Pen Pal Activity** with peers from schools in the U.K., UAE, and Nepal, focusing on the theme **"Breaking Barriers: Advancing**

Global Gender Equality in the 21st Century." Students exchanged letters discussing gender equality challenges and progress across cultures and countries. They shared personal

stories, innovative solutions, and strategies to overcome barriers like gender-based discrimination in education, employment, and leadership. This activity allowed students to

gain global perspectives on gender equality, instilling a sense of responsibility to advocate for equal rights within their communities and beyond.

Collaborative Art Projects: Expressing Gender Equality Through Digital Artwork

On **22nd October 2024**, students from Grades 9 and 10 participated in a **Collaborative Art Project** that combined creativity with critical social awareness. Students explored issues like unequal access to education, gender gaps in employment, and underrepresentation of women in leadership positions. Through digital artwork, students visually

communicated the challenges and proposed solutions to address gender inequality. The project not only encouraged artistic expression but also developed empathy, teamwork, and a deeper understanding of the root causes of gender disparities, empowering students to contribute to societal change.

Social Media Campaign: "Breaking Barriers - Advancing Global Gender Equality"

On **9th December 2024**, SRCS launched a dynamic **Social Media Campaign** titled **"Breaking Barriers: Advancing Global Gender Equality in the 21st Century"** to raise awareness about gender equality. Students from Classes 9 and 10, along with teachers and the wider school community, created and shared impactful infographics, quotes, and

personal reflections on gender equality across platforms like Instagram and Facebook. Through this initiative, SRCS empowered students to take an active role in the global movement for gender equality, using digital platforms to challenge stereotypes and inspire action for a more inclusive future.

Research Project on Gender Equality: Analysing Global Gender Disparities

On **12th November 2024**, SRCS organized a **Research Project** focused on **Global Gender Equality** for Grades 9 and 10. Students conducted in-depth research on gender disparities across countries like India, the U.K., UAE, and Nepal, analysing issues such as access to education, employment gaps, and gender representation in leadership roles. This

collaborative research project fostered critical thinking, teamwork, and problem-solving skills, helping students gain valuable insights into the root causes of gender inequality. By proposing actionable solutions, students demonstrated their commitment to creating a more equitable and just world.

RIDS Activity - Creative Artist: Igniting Imagination, Inspiring Change

As part of the **RIDS (Research, Innovation, Design, and Sustainability)** initiative, **Shri Ram Centennial School (SRCS), Indore**, celebrated creativity and innovation through artistic expression. These activities provided students with a platform to explore their creative potential, while also fostering important skills like fine motor development, environmental

awareness, and problem-solving. From the youngest artists experimenting with finger painting to older students exploring sustainability through art, the **Creative Artist** theme encouraged every participant to think creatively and contribute to building a better world through art.

Little Artists at Work: Finger Painting in Nursery

Our **Nursery students** embraced their inner artists with an exciting and colorful **finger-painting** activity! Watching these tiny tots dive into the world of color, texture, and pattern was a pure joy. Finger painting not only allowed them to explore creativity but also helped develop essential fine motor skills,

hand-eye coordination, and self-expression. These young artists showcased their imagination and creativity, reminding us of the beauty of learning through play. We are so proud of our little Picassos for their creativity and enthusiasm!

Creativity Meets Sustainability: Artistic Expression

Workshop

In a **Creative Expression Workshop** focused on **sustainability**, students explored environmental themes through various forms of art, including painting, sketching, and crafts. This engaging activity allowed students to combine creativity with social responsibility, fostering a deep awareness of environmental conservation. By expressing

their thoughts through art, students not only enhanced their artistic skills but also developed innovative ideas on how to promote sustainability and protect our planet. The workshop empowered students to use art as a tool for change, encouraging them to think critically about global issues and advocate for a sustainable future.

Title: RIDS Activity – Powering the Future with Renewable Energy

RIDS Hands-On Workshop: Exploring Renewable Energy Systems

As part of the **RIDS** initiative, students from **Grades IX, XI, and XII** participated in an engaging hands-on workshop on **renewable energy systems**. The workshop, centered on

wind energy, involved designing and assembling windmill models. This interactive activity gave students practical exposure to the

design and construction of renewable energy systems.

Key Highlights:

- **Team-based design** and construction of functional windmill prototypes
- Use of **eco-friendly materials**
- **Testing windmills** under simulated wind conditions to evaluate efficiency
- Exploration of blade design and its impact on energy output

Key Takeaways:

- In-depth understanding of **wind energy** and its role in sustainable solutions
- Enhanced teamwork and **problem-solving skills**
- A collaborative environment fostering **critical thinking**

This workshop ignited student interest in renewable energy and sustainability, giving them the tools to become advocates for clean energy solutions.

Title: RIDS Activity – Driving Change with Solar Energy Innovations

Collaborative Project on Solar-Powered Vehicle Design and Testing

Under the **RIDS** banner, a team of students from **Grades IX, XI, and XII** came together to design, build, and test a **solar-powered vehicle**. This project not only taught students about renewable energy but also gave them practical experience with engineering concepts and sustainable technology.

Key Highlights:

- Collaborative design of a **solar-powered vehicle** using lightweight materials and solar panels

- Testing the vehicle under simulated sunlight to evaluate its **speed** and **energy efficiency**
- Hands-on learning about **solar panels**, energy conversion, and **vehicle mechanics**

This project not only demonstrated the potential of solar energy in transportation but also encouraged teamwork and mentorship across age groups, fostering a shared learning experience.

Title: RIDS Activity – Promoting Renewable Energy Awareness through Collaboration

Renewable Energy Presentations – A Collaborative Learning Experience

On 10th August 2024, students from **Grades IX, XI, and XII** participated in a collaborative **PPT presentation** session, focusing on **solar**, **wind**, and **hydroelectric power**. The event aimed to increase student knowledge of renewable energy sources and their global importance.

Key Highlights:

- **Class IX:** Explored the basics of solar power, wind turbines, and hydroelectric plants

- **Class XI:** Focused on advancements in renewable energy technology, including **offshore wind farms** and **micro-hydroelectric systems**
- **Class XII:** Analyzed large-scale renewable energy projects like the **Three Gorges Dam** and their socio-economic impact

The students enhanced their **public speaking**, **teamwork**, and **analytical** skills, while gaining a deeper understanding of renewable energy.

Title: RIDS Activity – Spreading Solar Energy Awareness

Har Ghar Surya Ghar Campaign at SRCS

As part of the **RIDS** initiative, **SRCS** students participated in a "**Har Ghar Surya Ghar**" campaign to raise awareness about the adoption of **solar energy**. The campaign, inspired by **Prime Minister Modi's initiative**, sought to educate the community on the benefits of installing solar panels at home.

Key Highlights:

- **Designing and distributing informative flyers and posters** highlighting the **cost savings** and **environmental benefits** of solar energy

- **Creating digital content** such as short videos, social media posts, and infographics to amplify the campaign's message
- Students gained an in-depth understanding of solar energy and honed their skills in **visual design** and **public outreach**

The campaign showcased students' creativity while contributing to the national initiative on **solar energy adoption**.

Title: RIDS Activity – Empowering Through Peer Learning

Peer Tutoring Session under RIDS: Enhancing Collaboration

In alignment with the **RIDS** theme, **SRCS** organized a **Peer Tutoring Session** as part of the "**Quality Education ~ Better Education Leads to Better World**" initiative. The session aimed to foster collaboration, support, and knowledge-sharing between students.

Key Highlights:

- **Personalized learning support** to enhance student understanding

- Encouraging tutors to develop **leadership skills** and **confidence**
- Promoting a **collaborative learning environment** where students helped each other succeed

The peer tutoring session demonstrated **SRCS's** commitment to providing an inclusive and supportive learning environment, where students took ownership of their own and their peers' success.

Title: RIDS Activity – Fostering Environmental Responsibility through Paper Conservation

SRCS Students Explore Paper Conservation at Free Press

Under the **RIDS** initiative, **SRCS** students embarked on a **field trip** to **Free Press** to explore **paper conservation**. This enlightening experience focused on understanding the importance of recycling and sustainable paper usage.

Key Highlights:

- Students gained valuable insights into the **paper recycling process** and its impact on reducing waste

- They observed firsthand how **recycled paper** is transformed into reusable newspaper, promoting **sustainability**
- The field trip instilled in students a sense of **environmental responsibility** and highlighted the importance of conservation in the paper industry

This hands-on learning experience deepened students' understanding of paper conservation and motivated them to adopt eco-friendly practices in their daily lives.

RIDS Quiz on "Quality Education - Better Education Leads to Better World"

In line with the **RIDS (Research, Innovation, Design, and Sustainability) Program**, Shri Ram Centennial School (SRCS) conducted a thought-provoking quiz via Google Forms on the topic of **"Quality Education - Better Education Leads to Better World."** This engaging activity was aimed at enhancing students' knowledge about different education systems and policies.

The quiz not only tested students' awareness but also encouraged them to think critically about how quality education can impact society. The activity succeeded in fostering a positive and encouraging environment, where students gained deeper insights into the value of education in building a better future.

Key Learning: Enhanced understanding of global education systems and their role in societal progress.

RIDS Drama Activity: "Quality Education - Better Education Leads to Better World"

As part of the **RIDS Program**, Shri Ram Centennial School hosted a captivating **drama activity** focused on the theme of **quality education**. This engaging presentation was designed to foster creativity, teamwork, and self-expression among students.

Students showcased their communication skills, creativity, and confidence while presenting the importance of quality education in shaping a better world. Through

their performances, students also explored the differences in educational systems across countries like **India, U.K., Finland, and Canada**, learning to appreciate international perspectives on education.

Key Learning: Enhanced teamwork and communication skills, with a deepened appreciation for diverse education systems worldwide.

RIDS Debate on ‘Quality Education Can Bring Changes in Society’

In an impactful **RIDS debate** under the theme “**Quality Education Can Bring Changes in Society**,” students from SRCS showcased their critical thinking, public speaking, and research skills. The debate allowed students to express their ideas about how quality education can transform society and lead to positive change.

The activity successfully promoted respectful dialogue and open-mindedness, allowing students to argue and defend their ideas, while learning the importance of quality education in fostering social development.

Key Learning: Strengthened critical thinking, public speaking, and the ability to construct well-informed arguments.

RIDS Activity: "Empowering Young Minds - Creating a Plastic-Free India"

As part of the **RIDS initiative**, SRCS students participated in a “**Paper Bag Making and Distribution**” event to raise awareness about the harmful effects of plastic. On **Global Paper Bag Day** (July 12, 2024), students from **Grades 3-5** created and distributed paper bags to local vendors near the school, promoting the shift toward eco-friendly practices.

This activity was a hands-on approach to environmental education, allowing students to actively contribute to the fight against plastic pollution.

Key Learning: Awareness about plastic pollution and the importance of sustainable alternatives.

RIDS “Say No to Plastic” Campaign Rally

On **International Plastic Free Day** (July 3, 2024), SRCS students from **Grades 3-5** organized an inspiring rally to spread awareness about the detrimental effects of single-use plastics. The rally successfully motivated students, staff, and the community to make sustainable choices and take action against plastic pollution.

The event was a massive success, fostering a spirit of community involvement in environmental protection.

Key Learning: Engaged students in a collective effort to reduce plastic usage, promoting sustainable practices within the school and community.

RIDS Slogan Writing Competition: "Ban on Plastic"

To further the cause of reducing plastic pollution, SRCS conducted a **Slogan Writing Competition** as part of the **RIDS initiative**. The

theme, ‘**Ban on Plastic**’, encouraged students from **Grades 3-5** to craft creative and impactful slogans.

Through this activity, students demonstrated their understanding of the plastic issue and their commitment to inspiring change. The slogans created by students have the potential

to motivate others to take action against plastic waste.

Key Learning: Empowered students to express their ideas on environmental protection through creative communication.

RIDS Talk Show on Plastic Bags - Raising Awareness Among Young Minds

As part of the **RIDS initiative**, SRCS hosted an interactive **Talk Show** on the harmful effects of **plastic bags**. Expert insights were shared by **Ms. Vibhuti Bhardvaj** and **Ms. Kirtimala**, who educated students from **Grades 3-5** about the environmental hazards caused by plastic waste.

The session provided students with valuable knowledge on how plastic impacts the

environment and the importance of reducing plastic usage. The event encouraged an active discussion on eco-friendly alternatives to plastic.

Key Learning: Raised awareness about the environmental consequences of plastic waste and encouraged the adoption of sustainable alternatives.

Sustainability and Eco-Conscious Efforts Under RIDS at SRCS

Shri Ram Centennial School (SRCS) has been fostering a spirit of environmental responsibility through several RIDS activities that engage students in sustainability and conservation efforts. These activities not only

promote awareness but also encourage creativity and hands-on learning to better understand the importance of reducing waste and contributing to a cleaner, greener world.

Paper Consumption Trends and Sustainability Insights Report

As part of their RIDS initiative, students from Grades VI and VII at SRCS produced a comprehensive report on paper consumption trends, examining the various factors driving paper usage and the broader implications for sustainability. The report highlighted key insights into the paper consumption landscape, providing valuable information for

stakeholders in the paper industry, policymakers, and environmental organizations. It underscores the growing importance of adopting sustainable practices and identifies opportunities to reduce paper waste, thereby supporting global sustainability goals.

Tree Plantation Drive: A Green Initiative by Grade VII and VIII Students

In a bid to contribute positively to the environment, students from Grades VII and VIII organized a tree plantation drive within the school campus. The initiative, fueled by enthusiasm and dedication, was not only a step towards beautifying the school but also a

commitment to enhancing environmental conservation. By planting trees, the students took an active role in creating a greener, cleaner environment, setting a powerful example for their peers and reinforcing the importance of protecting nature.

Recycled Paper Making: A Creative Educational Project

As part of their ongoing environmental efforts under the RIDS Program, SRCS introduced a DIY recycled paper-making project for students. This hands-on activity aimed to teach the importance of recycling and sustainability while fostering creativity. The students eagerly participated, transforming

waste paper into fresh sheets of paper through a simple, yet educational process. This initiative served to promote the significance of conservation, with the students gaining a deeper understanding of how they can contribute to a sustainable future by reducing, reusing, and recycling.

Recycled Paper Exhibition: Transforming Trash into Treasure

Building on the success of the recycled paper-making project, the students of Grade VII hosted an exhibition to showcase the creative possibilities of upcycled materials. The exhibition featured beautiful diaries and paintings crafted from recycled paper, demonstrating the potential for turning waste into valuable, functional, and decorative items. Through this exhibition, students not only promoted sustainability but also encouraged their peers to embrace creative approaches to waste reduction. The initiative

highlighted how repurposing materials like recycled paper can foster innovation, reduce waste, and support eco-friendly practices.

These activities under the RIDS initiative at SRCS are powerful reminders of how simple, thoughtful actions can make a significant impact on the environment. Through hands-on learning experiences, students are gaining the knowledge, skills, and values needed to lead in creating a sustainable and eco-conscious future.

Student's Corner

Climate change and Sustainability

Climate change and sustainability remain urgent global concerns in 2024, with discussions focusing on innovative strategies to combat rising temperatures, resource depletion and biodiversity loss. Key efforts include transitioning to renewable energy sources, achieving decarbonization goals, and implementing green industrial policies to meet 2025 climate deadlines. The effects of climate change, such as extreme weather events and record-breaking temperatures exacerbated by

El Niño, highlight the need for immediate action. Sustainability initiatives now emphasize reducing carbon footprints, promoting circular economies, and integrating Indigenous knowledge into environmental planning. Companies and governments are under increasing pressure from both activists and the public to accelerate progress on climate commitments and adopt more sustainable practices.

By Nishk Raj Gharoo IX B

Vision to Reality

If you might have an idea, a dream, a passion, you might have everything you need, a vision, a plan, or something. All you need to do is just look within. If you might have everything, it could be a powerful reflection on abundance, gratitude, and responsibility. You just have to look around and start doing

it. It's waiting for you. A lot of them worry if it won't work the way they thought it would. But it isn't the thing to worry about. Do it anyway. It might not be the way you have expected. It might be messy, small, big, distressing, joyful but eventually it MIGHT BE.

By Avika Tiwari IX A

Numerology

Napoleon and Hitler ruled over France and Germany but normally people do not find any similarities between them but people who are interested in the world of numbers, may find these facts interesting.

Napoleon was born in 1760 and Hitler was born in 1889.

The difference between them is 129 years.

Napoleon came to power in 1804 and Hitler in 1933.

The difference between them is 129 years.

Napoleon captured Vienna in 1809 and Hitler in 1938.

The difference between them is 129 years.

Napoleon defeated Russian army in 1812 and Hitler in 1941.

The difference between them is 129 years.

Last but not the least,

Napoleon was defeated in 1816 and Hitler in 1945

The difference between them is 129 years

By Kanishk Bhargava IX A

Student's Corner

मनुष्य और सदगुण

सदगुणों का मनुष्य के जीवन में अत्यंत महत्व होता है। कोई भी मनुष्य सदगुणों के बिना समाज के लिए एक बोझ-सा बन जाता है क्योंकि दया जैसी भावना न होने से वह किसी का भी भला सोचने में असमर्थ होगा। सदगुण अच्छे और मज़बूत सामाजिक संबंध बनाने में सहायक होते हैं एवं हमारा व्यक्तिगत विकास भी करते हैं। सदगुणों के मार्ग पर चलने से हमें मानसिक शांति मिलती है और हम सही और गलत के बीच का अंतर समझ पाते हैं। अनैतिकता व भ्रष्टाचार सदगुणों के अभाव के

कारण ही आज की दुनिया में फैल रहे हैं। कोई भी मनुष्य शिक्षा, अनुभव और अपने आप पर काम करके अपने आप को सदगुणी बना सकता है। सदगुण एक बेहतर समाज की नींव होते हैं। सदगुणों के बिना मानवता का पतन हो जाएगा। अतः प्रत्येक मनुष्य को अपने जीवन में सदगुणों को अपनाना चाहिए ताकि एक सभ्य व सुसंस्कृत समाज का निर्माण होकर समाज के साथसाथ देश का भी सर्वांगीण विकास हो सके।

विधि डोषी 9th A

होली

हम सब जानते हैं कि होली रंगों का त्योहार है। होली का नाम सुनते ही हम सब का मन खुशियों से झूम उठता है। घर पकवानों की सुगंध से भर जाता है। छोटे बच्चे गुब्बारे और पिचकारी लेने के लिए मचल उठते हैं और माता-पिता भी रंग, गुलाल, पिचकारी, गुब्बारों से घर को सजा देते हैं।

होली फाल्गुन मास की पूर्णिमा को होलिका दहन के पश्चात आने वाली पड़वा तिथि को मनाया जाता है। इस समय बसंत ऋतु के कारण प्रकृति का सौंदर्य अपने चरमोत्कर्ष पर होता है। चारों ओर रंग-बिरंगे फूल और पीलीपीली-सरसों से आच्छादित खेत वातावरण को खुशनुमा बना देते हैं। पलाश के वृक्ष लाल-लालफूलों से लद जाते हैं और उनकी भीनी-भीनी सुगंध से संपूर्ण वातावरण महक उठता है। प्राचीन समय में लोग घरों में ही टेसू और फूलों से रंग बनाकर होली खेलते थे जिसे

किसी को कोई नुकसान नहीं होता था किंतु वर्तमान समय में होली का स्वरूप ही बदल-सा गया है। तेज़ शोर-शराबे के बीच फूहड़ गानों पर नृत्य करना और घातक व हानिकारक रसायनों से युक्त रंगों से होली खेलना युवाओं का शौक बन गया है, जिससे लोगों को बाद में त्वचा संबंधी और साँस संबंधी रोग हो जाते हैं।

इन्हीं सब कारणों से होली जैसे पवित्र और भाईचारा बढ़ाने वाले इस त्योहार की गरिमा को ठेस लगी है और लोग इस त्योहार पर बाहर निकलने से कतराने लगे हैं। तो आइए इस होली पर हम सब मिलकर प्रण करें कि हम प्राकृतिक तरीके से बनाए गए रंगों से ही होली खेलेंगे और इस त्योहार की पवित्रता और गरिमा को बनाए रखेंगे।

आप सभी को होली की बहुतबहुत शुभकामनाएँ।

ऐश्वर्य गोयल 9th A

ईश्वर में आस्था आयु बढ़ाती है

ईश्वर में आस्था आयु बढ़ाती है । ईश्वर का सचमुच अस्तित्व हो या न हो । कोई व्यक्ति धार्मिक हो या न हो । वह मंदिर, मस्जिद या गिरिजाघर में जाता हो या न जाता हो । ईश्वर को चाहे जिस रूप में देखता हो । यदि वह नास्तिक नहीं है, ईश्वर का मन से स्मरण करता है, तो उसके मन की शांति ही नहीं, तन की आयु भी बढ़ती है ।

ईश्वर नाम की किसी सत्ता का वास्तव में अस्तित्व है भी या नहीं, यह प्रश्न विवादित होते

हुए भी ईश्वर के नाम में हर एक व्यक्ति की आस्था होती है । संसार के अधिकांश लोग आज भी किसी न किसी धर्म के अनुयायी हैं । मानते हैं कि किसी धर्म को अपनाए बिना ईश्वर तक अपनी बात पहुँचाना संभव नहीं है । आस्था से मिलती है-आत्मिक शांति । ईश्वरीय आस्था से मन को जो शांति मिलती है, उससे जीवन के तनाव शिथिल होते हैं । मानसिक विषाद तथा हृदय और रक्तसंचार की बीमारियाँ होने की संभावना घटती है । इससे आयु बढ़ती है ।

अविका तिवारी 9th A

‘ छात्र जीवन की तूफानी लहरें और ध्यान का शांत किनारा ’

छात्र जीवन, एक तूफानी समुद्र,
हर पल नई लहरों का आगमन,
परीक्षाओं का दबाव, भविष्य की चिंता,
मन में उठते अनगिनत सवाल का सिलसिला ।

कभीकभी लगता है-, जैसे नाव डूब रही है,
आशा की किरणें धुँधली पड़ रही हैं,
पर याद रखना, हर तूफान के बाद शांति आती है,

और उस शांति का नाम है - ध्यान ।

ध्यान, एक ऐसा दर्पण, जो मन की गहराई में झाँकता है,

छिपी हुई शक्तियों को उजागर करता है,
जब मन भटकता है, विचारों का शोर मचता है,

ध्यान, एक शांत नदी की तरह, सब कुछ बहा ले जाता है ।

साँसों की लय, मन की एकाग्रता,

हर समस्या का समाधान, ध्यान की गोद में छिपा होता है,
जैसे एक बीज में पूरा वृक्ष समाया होता है,
वैसे ही, ध्यान में जीवन का हर रहस्य छिपा होता है ।

आओ, हम सब मिलकर ध्यान की यात्रा पर चलें,

अपने मन के किले को मजबूत करें,

हर चुनौती को अवसर में बदलें,

और जीवन को एक उत्सव बनाएँ ।

ध्यान की शक्ति से, हम सब ऊर्जा से भर जाएँ,

हर छात्र का जीवन, सफलता की कहानी बन जाए,

जैसे एक छोटा-सा दीपक, अंधकार को दूर भगाता है,

वैसे ही, ध्यान हमारे जीवन को प्रकाशित करता है ।

प्रकाश अगरवाल 9th B

Teacher's Corner

आओ मिल गाएँ फाग सभी

फागुन का महीना आते ही ,
धानी चूनर ओढ़े धरती ।
रंगीन हो चले भू ,अंबर-
और लगे सभी को ये सुंदर ॥
कोमल पल्लव से वृक्ष पटे ,
सुरभित सुरभि से मन हरषे ।
मुख रक्तिम रक्त पलाश हुआ,
तन पीला पीली सरसों से ॥
कोयल कूके वन,उपवन में-
कलरव खग वृंद करें वन में ।

मदमस्त तितलियाँ नाच रहीं,
गुंजित हो भँवरे झूम रहे ॥
ऋतुराज बसंत के स्वागत में ,
जब धरती खुशी मनाती है ।
तब मचल,मचल मन नाच उठे-
धरती की शोभा मन मोहे-॥
यह छटा अनुपम अतुलनीय सखी,
आओ मिल गाएँ फाग सभी ।
आओ मिल गाएँ फाग सभी ।

मंजू शर्मा

फूलों से सीखिए सबके जीवन में रंग भरना,
पेड़ों से सीखिए ऊँचाईयों को छूना,
कलियों से सीखिए मुस्कुरा कर जीना,
काँटों से सीखिए कष्टों से उबरना।



Creative Corner



By Drishti Artwani XII B



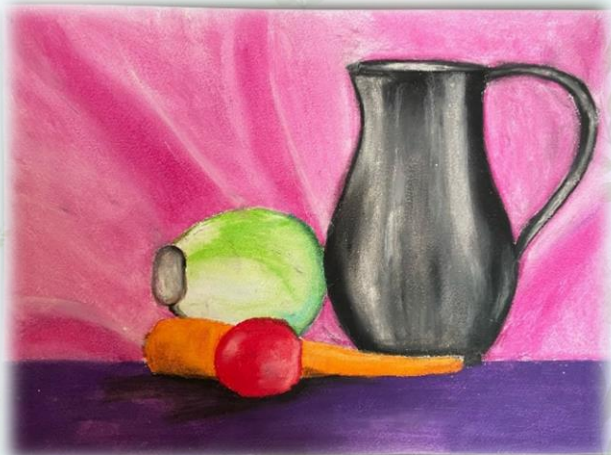
By Nisha Debnath XII B



By Nisha Debnath XII B



By Kanak Raghuwanshi XII B



By Nisha Debnath XII B

Happy Reading!