



**NEO CONVENT SR. SEC. SCHOOL**  
Paschim Vihar, New Delhi

# **Spectrum**

**97<sup>TH</sup> EDITION**  
July - September 2017



**SPECTRUM**  
Of the Neerans!  
By the Neerans!  
For the Neerans!



Yarnz-XI-A  
(Financial Assistant)



Manan-VIII-C  
(Content Analyst)



Hanisha-X-C  
(Deputy Editor)



Mihana-X-C  
(Chief Editor & Club Co-ordinator)



Aryan-VIII-C  
(Documentation)



Harshdeep-VII-C  
(English Reporter)



Poojanvi-XI-A  
(Hindi Reporter)



Jyoti-X-ii  
(Hindi Reporter)



Mihana-X-C  
(Club-Coordinator)

**TEACHER FACILITATORS**

- Mr. Jagpreet Sharma
- Ms. Sicky Mangal
- Ms. Sarbhi Hazola
- Ms. Sahibjeet Kaur
- Ms. Kavchan Bhagat
- Ms. Suchi Mittal

# Neo Clubs



SCIENCE CLUB



COMMERCE CLUB



READER'S HIVE



ENVIRONMENTAL CLUB



SPiC & SPAN CLUB



COMPUTER CLUB



DRAMATICS CLUB

## One

*One tree can start a forest.  
One smile can begin a friendship;  
One hand can lift a soul;  
One word can frame the goal;  
One candle can wipe out darkness;  
One laugh can conquer gloom;  
One hope can raise your spirits;  
One touch can show you care;  
One life can make the difference,  
BE THAT ONE TODAY*



NAVYA BHATNAGAR  
II\_B

## OPEN A BOOK

Open a book  
And you will find  
People and places of every kind;  
Open a book  
And you can be  
Anything that you want to be;  
Open a book  
And you can share  
Wondrous worlds you find in there;  
Open a book  
And I will too,  
You read to me  
And I'll read to you.



LAVYE  
VI-C



## G.K. Quiz

1. Who wrote the book *Where Wilks lives a Bar?*
2. According to SwachhSurvekshan 2017 Rankings which of the following city ranked as cleanest city in India?  
1) Mysore    2) Bhopal    3) Indore    4) Visakhapatnam (Vizag)
3. Of the following diseases, which one is caused by insect bite?  
1) Dengue    2) Scarvy    3) Pneumonia    4) Asthma
4. White rust is an important fungal disease of \_\_\_\_\_.
5. Name the unit of electrical resistance of a conductor.
6. Which organ of the human body does the Alzheimer's disease affect?
7. Who discovered the atomic nucleus?
8. Clove is obtained from \_\_\_\_\_.
9. Which of the following is the largest air pollutant?  
1) Carbon dioxide    2) Carbon monoxide    3) Sulphur dioxide    4) Hydrocarbons
- 10) Which of the following fights infection in the body?  
1) RBC    2) WBC    3) Blood Plasma    4) Haemoglobin

Note: - For classes VI - XIII.


Submit the answers by \_\_\_\_ August, 2017 in the spectrum review boxes.

### SUDOKU FOR KIDS

				7	8			1
	3							4
8					6	7		2
3	5					2		
		2	5					
		1						5
					7	6		
	9	8	1					
	1			9				

Note: - For classes III - V. Cut the grid and submit in spectrum review boxes by \_\_\_\_ August, 2017.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Sex: \_\_\_\_\_



## *Travel is a source of knowledge and pleasure*

*Yes, it is right that travelling is a source of knowledge and pleasure. Visiting new places and meeting new people enhance our understanding and knowledge besides being a source of pleasure. It is obvious that if we are travelling, we will feel joyful but beside that we get knowledge about that particular place as we get to know the culture, craft, agricultural activities, their mother tongue, food etc. of the people. The craft activities give us new ideas to form new invention. It can be used for making new types of models. We get to know about agricultural, economic and social activities. We can know about our history that what happened in the past and now it helps us to make our future better. So it is right to say that travel is a genuine source of knowledge and pleasure.*

By – ERICA SAINI  
CLASS – VII C



## ***AN ACT OF KINDNESS.....***

I am going to tell you a story of mine. My name is Rajesh Mukherjee. I was born in the slums of Pune. By childhood I had a craze of studying but my parents were against it. They wanted me to go to the railway station with my younger sister to beg and to collect some money. But, I knew that if I went right there that meant I had spoiled my life. Everyday my mother thrashed me because I did not obey her. By every slap my decision became stronger.



One day I told her that I was going to beg, which was a lie and I went to a dump yard and searched for a book and I finally found one. I stepped aside and sat down, reading and learning with my eyes and mind eager to learn. While I was reading, a rich man was passed from there. He saw me studying and learning with so much devotion. He came near me and asked me, "where do you live", as soon I heard a voice I rushed out. Days passed every day I used to go there to the dump yard and read as there was a street light and the man used to come every day and left a new book for me to read. Until one day with courage I went to him and told that "Sir, I live nearby in the slums." Then he questioned me, "Why do you come here to study? You can do it at home also." I answered, I want to read but my parents do not allow me to study". He said to me "let me talk to your parents for a minute". We went to my home and those couple of minutes were a turning point in my life. That generous man said to my parents that they should send me to school and he would bear all the fares of my study and gave me a note with a quote written on it.

After 20 years from that time I studied hard and I achieved post of software engineer in a well-off company. After some time I got married. I worked hard and became the C.E.O of the company I worked in. One day I was passing by from a slum suddenly I saw a child sitting in a dump yard reading an old torn book. I remembered of me sitting me there. I went to him and asked him that "why are you here?" He told me that he wanted to study but, his parents weren't allowing him to do so due to financial circumstances. I went back to my car, took out the cheque-book and tore a blank check and gave to him with a blank paper and with a note on it, told him that gave it to your elders at home and told them that they could fill an amount in it for your fees. He thanked me and ran away and gave him a note with the same quote that I got 20 years back. He reached his home and gave it to his grandfather. He read that note and bursted into tears when a memory flicked that at once he gave the same note to a child who needed money and the child was ME. That note was:

***NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED.....***

## The story of heroes that remained unsung

No Roads or Electricity, but the School in This Village Is in Excellent Condition. Thanks to One Man

**B**adwasahla, a small village in Bihar, is located 1,500 feet above sea level. This hilltop village has no electricity, water and even connectivity to the main road. It was only a few months ago that the first vehicles started reaching this place, otherwise there was no other way to get here but to walk.



Most people in this remote area haven't even stepped out of the village their entire lives. But there is a man here who runs a school where students recite English poems, excel academically, and are dressed like private school students.

*Madan, a government school teacher who has transformed a government school in Badwasahla.*

Madan completed his primary education in Badwasahla and then went off to a school located 20 km far from the village. After completing intermediate college, he worked as a school teacher in a private school for five years. But the sad state of education in his own village kept haunting him. When Madan returned to his village in 2001, he promised himself that he would do everything possible to change the education scenario in Badwasahla. He went to the same government school where he had studied as a child and became a teacher there. He started spreading awareness about education in the village and asked people to send their kids to school. To better the facilities and attract more students, he made the best possible use of the government's Sarv Shiksha Abhiyan. Free books, uniforms, mid-day meals, and financial incentives were part of the programme and Madan utilised them to the fullest to draw village children to the school.

The classes began to fill up. While most government schools have a difficult time attracting students, Madan's school began to fall short of classes to accommodate students. "The scheme does not include a tie in the uniform. So, to attract students, I gave them ties and began to teach them the importance of being properly dressed. Every child in my school looks like a well-dressed private school student in a neat uniform," says Madan with pride.

With help from five other teachers, Madan also tried to make school more interesting for the children by involving them in events like Independence Day, Republic Day, etc. They also invited the children's guardians and families to the school to witness their progress and involve them in their kids' education.

The school has a stage and only where students give impressive performances. Students are also taught to play musical instruments like tabla and harmonium.



*In addition, drama, painting and other activities also form an important part of the school curriculum.*

*Madan Yadav, the teacher behind the winds of change. "People think government schools are the worst. And they are not totally wrong. Teachers hardly pay attention to the children in these schools, they just go there as a formality and students too don't show up. In our school the teachers are very dedicated and everyday we have above 85% attendance in school," says Madan.*



*Although the school is short on facilities, it has a small playground where children take part in sports. Madan has left no stone unturned in his efforts to better the school. There were literally tears in his eyes when, during a meeting with the District Education Officer, he begged that improvements be made in his school. Due to Madan's constant efforts, the primary school was expanded to 6th standard and later to 11th class.*

*"Around 500 students from two nearby villages come to attend the school. I try my best to teach them too, but I cannot do everything. We need more teachers and facilities," he says.*

*Madan's school accommodates students from two villages.*

*Repairing the almost defunct school was not an easy task, especially in a village where access to water is a challenge. The women in the village have to walk one kilometre every day to get water for their families' needs, including for cooking, drinking and even bathing.*

*"It is not easy to get water for 500 students. We have four women working with us as cooks for the mid-day meal programme. Two of them go and get water every day. I really hope the government pays more attention to our neglected village so that at least people here can get basic facilities. No one ever comes here — no government official, no states, no tourists. And why will they come? There is nothing here. We are so cut off from the main road," he says.*

*Madan's hard work with the students has not gone to waste. Several of his students have moved out of the village, have good jobs and are earning a decent living. Two of them have even joined the Indian Navy.*

*Mid-day meals are prepared for the students. Madan has recently purchased a laptop and is learning how to use the internet so that he can reach out to more people and get better facilities for his school.*

*"There are only six rooms here. We need at least four more to accommodate the students. Also, the playground's boundary wall is broken. We need to repair that and fix the ground, which is uneven and students sometimes hurt themselves while playing. We are not asking much from the government. All we want is some more teachers and more rooms, as we are not able to manage 500 students in such tiny premises. When the country is progressing so much, it hurts me to see this region being neglected. Don't these people have the right to a better life?" asks Madan.*

Efforts by:-  
Spectrum Team

## World Girl Child Education and Empowerment Summit

World Girl Child Education and Empowerment Summit was organised by Women's Agency for Generating Employment on 8<sup>th</sup> March 2017 at Paryavaran Complex, Saket, New Delhi. Three teachers- Mr. Jagmohan Sharma, Ms. Bahwinder Kaur and Ms. Indu Sharma from our school attended the summit. A no. of prominent personalities, diplomats and foreign dignitaries attended and addressed the gathering. Her holiness Anandmurti Gurumaa- World renowned Spiritualist was the Chief Guest. H.E. Ms. Lesego Ethel Motsumi - High Commissioner of Botswana and Mrs. Marie Leontine Razanadrasoa- Charge d'Affairs of Madagasca were the Guests of Honour. Awards and Appreciations were bestowed upon the various schools, colleges and organizations. It was a proud moment to achieve an award at such a prestigious summit.



## LIVE AND LET LIVE

Social life depends upon "LIVE AND LET LIVE". This quote means that we should not kill any other living being as they also have a right to live. We all must realize that this world is the only place where all of us have to live. We have no other world where we may run away.

The best course for us is to adopt the policy of "Live and Let Live". This is what great men like Lord Buddha and Guru Nanakdev Ji have taught us. We should never forget that God is the creator of the universe. He had created all kinds of creatures in this world. We all are supposed to live in peace and harmony. Man is the crown of all creations. He claims to be the only civilized creature but he is the one who interferes in the lives of other living beings. Rather he should take responsibility to maintain universal love and peace. It is in his best interest that he

should co-exist with other creatures peacefully. The policy of "Live and Let Live" is the dire need of the time.

"THE ATTITUDE IS WE LIVE AND LET LIVE. THIS IS ACTUALLY AN AMAZING CHANGE IN VALUES IN A RATHER SHORT TIME AND IT'S AN EXAMPLE OF FREEDOM FROM RELIGION."

TOM WOLFE

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BY: RUCHIKA SEHGAL  
XIA

## 'भगवद् गीता' के चौथे अध्याय का सार

'भगवद् गीता' विश्व भर में भारत के आध्यात्मिक ज्ञान के खजाने के रूप में प्रसिद्ध है। भगवान श्रीकृष्ण द्वारा अपने प्रिय मित्र अर्जुन से कथित गीता के सारयुक्त 700 श्लोक आत्म-साक्षात्कार के विज्ञान के मार्गदर्शक का अचूक कार्य करते हैं।

विद्यालय पत्रिका के प्रस्तुत अंक में हम 'भगवद् गीता' के चौथे अध्याय का सार प्रस्तुत करने जा रहे हैं। भगवद् गीता के तृतीय अध्याय में कर्मयोग के बारे में बताया गया है। जिसमें सकाम कर्म का महत्व प्रतिपादित किया गया है। 'भगवद् गीता' के चौथे अध्याय में कर्म-अकर्म और विकर्म का विरूपण किया है।

इस अध्याय में भगवान श्रीकृष्ण अर्जुन से कहते हैं कि - मैंने इस अविनाशी योग विद्या का उपदेश सृष्टि के आरम्भ में सूर्य देव को दिया था, सूर्यदेव ने यह उपदेश अपने पुत्र मनुष्यों के जन्मदाता मनु को दिया और मनु ने यह उपदेश अपने पुत्र राजा इक्ष्वाकु को दिया। इस प्रकार गुरु-शिष्य परम्परा से प्राप्त इस विज्ञान सहित ज्ञान को राज-ऋषियों ने विधिपूर्वक समझा, किन्तु समय के प्रभाव से वह परम-श्रेष्ठ विज्ञान सहित ज्ञान इस संसार से प्रायः छिन्न-भिन्न होकर नष्ट हो गया। आज मेरे द्वारा वही प्राचीन योग (आत्मा का परमात्मा से मिलन का विज्ञान) तुम से कह रहा हूँ क्योंकि तुम मेरे प्रिय मित्र व भक्त हो। अतः तुम इस रहस्य को समझ सकते हो।

भगवान श्रीकृष्ण की बातें सुनकर अर्जुन ने कहा-प्रभु सूर्य देव का जन्म तो सृष्टि के प्रारंभ में हुआ था और आपका जन्म अब हुआ है, तो फिर मैं कैसे समझूँ कि सृष्टि के आरम्भ में आपने ही इस योग का उपदेश दिया था। तब भगवान श्रीकृष्ण ने कहा-हे अर्जुन! मेरे और तेरे अनेकों जन्म हो चुके हैं, मुझे तो वह सभी जन्म याद हैं लेकिन तुम्हें कुछ भी याद नहीं है। यद्यपि मैं अजन्मा और अविनाशी समस्त जीवात्माओं का स्वामी होते हुए भी अपनी महामाया को अधीन करके अपनी योग-माया से प्रकट होता हूँ। हे भारत! जब भी और जहाँ भी धर्म की हानि होती है,



तब मैं अपने स्वरूप को प्रकट करता हूँ। भक्तों का उद्धार करने के लिए, दुष्टों का सम्पूर्ण विनाश करने के लिए तथा धर्म की फिर से स्थापना करने के लिए मैं प्रत्येक युग में प्रकट होता हूँ। हे अर्जुन! मेरे जन्म और कर्म अलौकिक है, इस प्रकार जो कोई वास्तविक स्वरूप से मुझे जानता है, वह शरीर को त्याग कर इस संसार में फिर से जन्म को प्राप्त नहीं होता, बल्कि मेरे सनातन धाम को प्राप्त होता है। आसक्ति, भय तथा क्रोध से सर्वथा मुक्त होकर, शुद्ध भक्ति-भाव से मेरी शरणागत होकर बहुत से मनुष्य मेरे इस ज्ञान से पवित्र होकर तप द्वारा मुझे अपने-भाव से मेरे-भाव को प्राप्त कर चुके हैं। इस संसार में मनुष्य फल की इच्छा से यज्ञ करते हैं और फल की प्राप्ति के लिए वह देवताओं की पूजा करते हैं, उन मनुष्यों को उन कर्मों का फल इसी संसार में निश्चित रूप से प्राप्त हो जाता है।

भगवान् श्रीकृष्ण ने अर्जुन से कहा कि – “प्रकृति के तीन गुणों (सत, रज, तम) के आधार पर कर्म को चार विभागों (ब्राह्मण, क्षत्रिय, वैश्य और शुद्र) में मेरे द्वारा रचा गया, इस प्रकार मानव समाज की कभी न बदलने वाली व्यवस्था का कर्ता होने पर भी तू मुझे अकर्ता ही समझ।” कर्म के फल में मेरी आसक्ति न होने के कारण कर्म मेरे लिए बन्धन उत्पन्न नहीं हो पाते, इस प्रकार जो मुझे जान लेता है, उस मनुष्य के कर्म भी उसके लिए कभी बंधन उत्पन्न नहीं करते हैं। मानव कर्तव्यों को निष्ठा से पूरा कर मोक्ष प्राप्त कर सकता है। कर्म क्या है और अकर्म क्या है? इस विषय पर सब मोहग्रस्त रहते हैं इसलिए उन कर्म को मैं तुम्हें भली-भाँति समझा कर कहूँगा, जिसे जानकर तू संसार के कर्म-बंधन से मुक्त हो सकेगा। जो मनुष्य शरीर को कर्ता न समझकर आत्मा को कर्ता समझता है, वह मनुष्यों में बुद्धिमान है और वह मनुष्य समस्त कर्मों को करते हुए भी सांसारिक कर्मफलों से मुक्त रहता है। जो मनुष्य बिना फल की इच्छा रखे कर्म करता है, सदैव संतुष्ट रहता है, सभी द्वन्द्वों से मुक्त रहता है, जो सफलता और असफलता में स्थिर रहता है वही बुद्धिमान है,



हे अर्जुन! जिस प्रकार अग्नि ईंधन को जला कर भस्म कर देती है, उसी प्रकार यह ज्ञान-रूपी अग्नि सभी सांसारिक कर्म-फलों को जला कर भस्म कर देती है। इस सत्सार में ज्ञान के समान पवित्र करने वाला निरसंदेह कुछ भी नहीं है, इस ज्ञान को तू स्वयं अपने हृदय में योग की पूर्णता के समय अपनी ही आत्मा में अनुभव करेगा।

जो मनुष्य पूर्ण श्रद्धावान है और जिसने इन्द्रियों को अपने वश में कर लिया है, वही मनुष्य दिव्य ज्ञान को प्राप्त कर वह तत्क्षण भगवत्-प्राप्ति रूपी परम-शक्ति को प्राप्त हो जाता है। जिस मनुष्य को शास्त्रों का ज्ञान नहीं है, शास्त्रों पर श्रद्धा नहीं है और उनको शंका की दृष्टि से देखता है, वह मनुष्य निश्चित रूप से भ्रष्ट हो जाता है, इस प्रकार भ्रष्ट हुआ संशयग्रस्त मनुष्य न तो इस जीवन में और न अगले जीवन में सुख को प्राप्त करता है।

हे धनंजय! जिस मनुष्य ने अपने समस्त कर्म के फलों का त्याग कर दिया है और जिसके दिव्य ज्ञान द्वारा समस्त संशय मिट गए हैं, ऐसे आत्म-परायण मनुष्य को कर्म कभी नहीं बाँधते हैं।

इस प्रकार उपनिषद्, ब्रह्मविद्या तथा योगशास्त्र रूप श्रीमद् भगवद् गीता के दिव्यज्ञान-योग नाम का चौथा, अध्याय सम्पूर्ण हुआ। जिसका सारांश यह है कि मानव को फल की इच्छा किए बिना सत्कर्म करते रहना चाहिए। उसके कर्मों में परहित होना चाहिए, तभी भगवान की प्राप्ति हो सकती है।

अतः हे भरतवंशी अर्जुन! तू अपने हृदय में स्थित इस अज्ञान से उत्पन्न अपने संशय को ज्ञान रूपी शस्त्र से काट और योग में स्थित होकर युद्ध के लिए खड़ा हो जा।

तस्मादज्ञानसम्भूतं हृत्स्थं ज्ञानासिनात्मनः।

छित्त्वेन संशय योगमातिष्ठोत्तिष्ठ भारतः॥

## मेंढक का बुखार

मेंढक बोला, सुनो मेंढकी, बादल श्रूम के आए।  
बारिश में हम दोनों, मिलकर खूब नहाएँ ॥  
मौसम अच्छा नहीं अभी है, हो जायेंगे हम बीमार।  
पानी में यदि रहे भीगते, घड़ जाएगा हमें बुखार ॥  
लेकिन मेंढक नहीं माना, जी-भर खूब नहाया।  
शाम ढले तो उसको, बुखार घड़ आया ॥  
डॉक्टर बिल्ली ने आकर, सुई एक लगाई।  
कुछ दवाई दी पीने को और पानी में जाने पर रोक लगाई ॥

आदित्य यादव  
तीसरी 'बी'

## बचपन

बचपन के दिन भूल न जाना,  
न आएँगे ये दोबात।  
बचपन कितना भोला-सा है,  
लगता कितना प्यारा - सा है।

तुम सब मिलकर प्रेम से रहना,  
जग में तुम खुशियाँ फैलाना।  
अपने प्रेम और बोले पन-से,  
तुम इस बगिया को महकाना।

मिंकी, मिंकी, डबलू, बबलू,  
कितने प्यारे नाम तुम्हारे।  
तुम सब बच्चे हो इस जग में,  
अपनी माँ के आँख के तारे।

अशमीत कौर  
सातवीं 'बी'

## मैं बोझ नहीं हूँ

शाम हो गई अभी तो घूमने चलो न पापा  
चलते-चलते थक गई कंधे पे बिठा लो न पापा  
अँधेरे से डर लगता सीने से लगा लो न पापा  
मम्मी तो सो गई  
आप ही थपकी देकर सुलाओ न पापा  
स्कूल तो पूरा हो गया  
अब कॉलेज जाने दो न पापा  
पाल-पोस कर बड़ा किया  
अब जुदा तो मत करो न पापा  
अब डोली में बिठा ही दिया तो  
आँसू तो मत बहाओ न पापा  
आपकी मुस्कुराहट अच्छी है  
एक बार मुस्कुराओ न पापा  
आप ने मेरी हर बात मानी  
एक बात और मान जाओ न पापा  
इस धरती पर बोझ नहीं मैं  
दुनिया को समझाओ न पापा..... ।

वंशिका गुप्ता  
दसवीं 'सी'

## ॐ ध्वनि

ओ३म (ॐ) या ओंकार का नामांतर प्रणव है। यह ईश्वर का वाचक है। ईश्वर के साथ ओंकार का वाच्य-वाचक-भाव संबंध नित्य है, सांकेतिक नहीं। संकेत नित्य या स्वाभाविक संबंध को प्रकट करता है। सृष्टि के आदि में सर्वप्रथम ओंकार रूपी प्रणव का ही स्फुरण होता है। तदनंतर सात करोड़ मंत्रों का आविर्भाव होता है। इन मंत्रों के वाच्य आत्मा के देवता रूप में प्रसिद्ध हैं।

विज्ञान ने यह आविष्कार किया कि हर वस्तु कम्पन से बनती है। कम्पन से ध्वनि का जन्म होता है। यदि इस परिभाषा के सन्दर्भ में हम इस संसार की समग्र वस्तुओं को देखें तो उनका मूल रूप ध्वनि ही है।

ॐ ध्वनि सबकी है, सबमें है और सबसे है इसलिए यह सार्वजनिक एवं सार्वभौमिक है। इस उद्देश्य को सामने रखते हुए भारत के मनीषियों ने ॐ ध्वनि का आविष्कार किया। यह ध्वनि तीन अक्षरों एवं दो मात्राओं से बनी है और वर्णमाला के सभी अक्षरों में व्याप्त है। अतः यह ध्वनि सभी शब्दों एवं आकारों का प्रतीक है। यह ध्वनि लम्बी से लम्बी एवं छोटी से छोटी की जा सकती है। इसके बार-बार उच्चारण से मस्तिष्क के अवयवों (अंगों) पर विशेष प्रभाव पड़ता है। पद्मासन में बैठकर इसका जाप करने से मन को शांति तथा एकाग्रता की प्राप्ति होती है, वैज्ञानिकों तथा ज्योतिषों का कहना है कि ओ३म तथा एकाक्षरी मंत्र का जाप करने में दौत, नाक, जीम सब का उपयोग होता है जिससे हार्मोनल स्राव को करके यह शब्द कई बीमारियों से रक्षा तथा शरीर के सात चक्रों को जागृत करता है।

इस एक शब्द 'ओ३म' को ब्रह्मांड का सार माना जाता है। ओ३म तीन वर्ण 'अ', 'उ' एवं 'म' से मिलकर बनता है, जो त्रिदेव ब्रह्मा, विष्णु तथा महेश और त्रिलोक भूभुवः स्वः भूलोक भुवः लोक तथा स्वर्ग लोक का प्रतीक है। ॐ धर्म, अर्थ, काम, मोक्ष इन चारों पुरुषार्थों का प्रदायक है। मात्र ॐ का जाप कई साधकों ने अपने उद्देश्य की प्राप्ति के लिए किया। कोशीतकी ऋषि निरसंतान थे। संतान प्राप्ति के लिए उन्होंने सूर्यदेव का ध्यान कर ॐ का जाप किया तो उन्हें पुत्र प्राप्ति हुई।

गोपथ ब्राह्मण ग्रन्थ में उल्लेख है कि जो 'कुश' के आसन पर पूर्व की ओर मुख कर एक हजार बार ॐ का जाप करता है, उसके सभी कार्य सिद्ध होते हैं।

हथनीत वीर  
नवीं 'सी'



## **Laughter is the best medicine**

Laughter is the tonic, the relief and the succor for pain.

'Today's life has become stressful and demands more and more energy and power to do the work. But, we all must spend at least some time with our family and near ones. For this, we can choose the path of laughter. Laughter is one of the best natural pain-killers in this world. It relaxes our mind and soothes our body. It relieves us from worries, tensions, anger, stress, grief and irritation and brings delight. It improves our alertness, creativity and memory. Also, laughter has even been proven to increase intellectual performance. It also helps in fighting diseases. Laughter can improve our health. It reduces pain and allows us to bear stress. It creates a positive emotional environment among the people and helps in discouraging violence and fight. It fills new kind of energy and life in us. Everyone must smile and laugh as it is very beneficial as life always showers on us contentment. One should make others laugh too. *'Spend more time with happy people'*.

*'Be playful'*

So, laugh as much as you can and develop optimism and enjoy life. So when you lose or suffer next time, be a sport and start laughing!

**PRABHLEEN KAUR  
IX-C**



## My Life

'You should never regret anything in life. If it's good , its wonderful. If it's bad , it's experience'

Nowadays, writing usually means 600 words and 7GIFs and at least 4 internal links, which of course is fine. That's all well and good on the internet. "Life stories do not simply reflect personality. They are personality or more accurately, they are important parts of personality, along with other parts , like dispositional traits, goals, and values". Someone might have an overarching narratives for different people and different stages of life.

The best phase in my life is being a teenager. It is a beautiful period of our lives, when we began to blossom as people and really find our sense of self in a society. As teenager we take risks, try out new things and so does I. I love being a teenager as I enjoy this phase because it is like an anchor that tie together the childhood life and adult life. Teen years come with exploring opportunities. I enjoy being a teenager because during adulthood our lives usually normalize and revolve around a routine. In being a teenager you have more room to make mistakes. Another one of the perks of being teenager is finally having freedom and control over our life.

I have ,I am and I will enjoy and cherish every movement of my life.

KASHVI  
X-B

## MY DREAM

I often think about,  
A world more beautiful and round,  
Where monkeys continuously chatter,  
And the beautiful lilies flutter.  
Where the white clouds fly,  
Upon our heads in the sky,  
Where the glorious sun glitters,  
And the beautiful river flows.  
Where some precious stones play,  
And the older do their pray,  
Where the Gods smile upon them,  
And all the wealth and glory flows upon them.  
Where truth and honesty,  
Are the hallmarks of the aristocracy,  
Where brotherhood and affection,  
Lies within the heart of all.  
Where the minds are without fear,  
Of the danger so far and near,  
Yes, I dream about the countryside,  
That stays in me by my flight.

BY: RUCHIKA SEHGAL  
XI A