

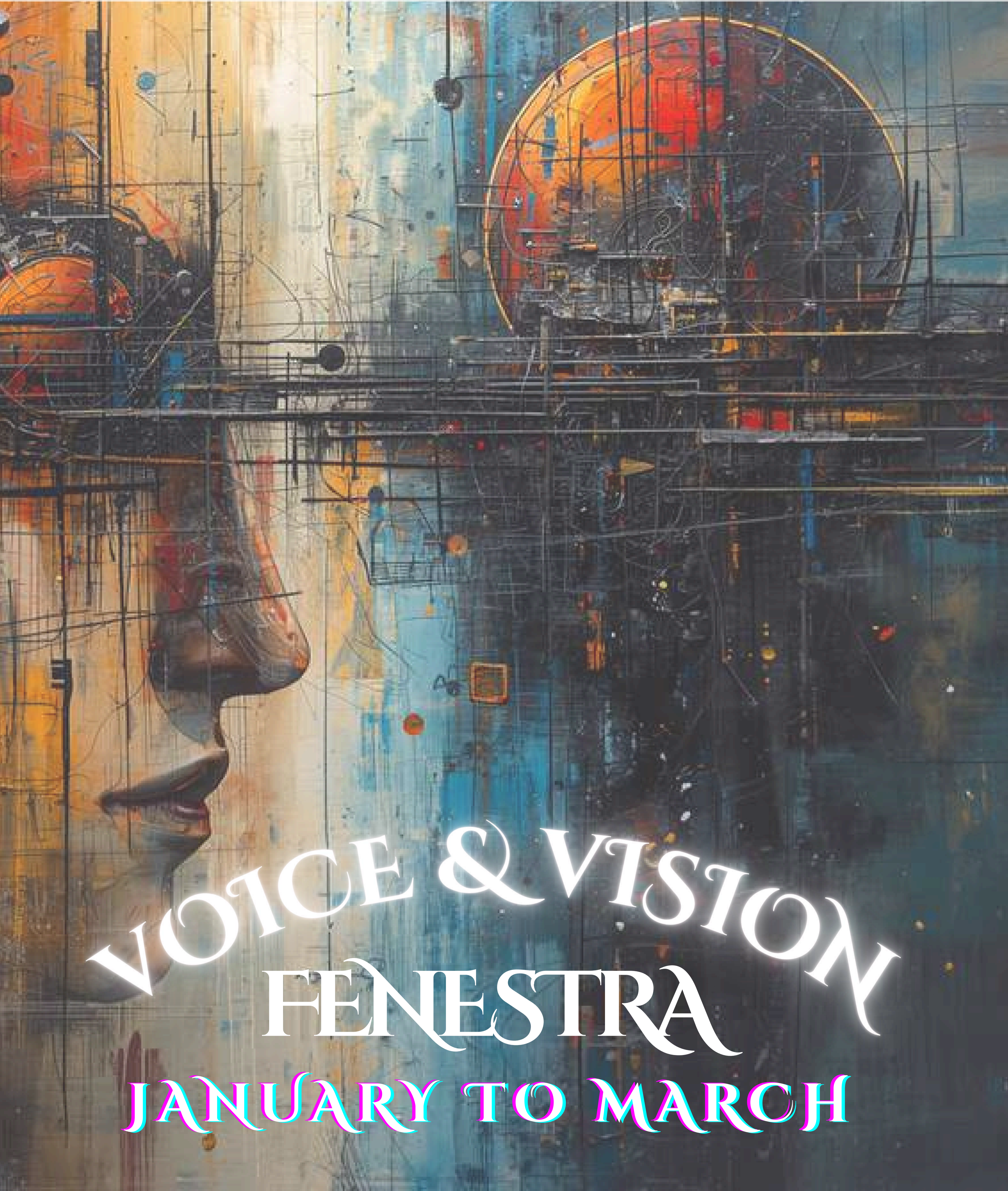


Indirapuram
Public School
CROSSINGS REPUBLIK

TO LEARN
TO SERVE
TO EXCEL



The School That Cares!



VOICE & VISION
FENESTRA
JANUARY TO MARCH

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LETTER FROM THE EDITORIAL BOARD

Dear Readers,

Welcome to the January–March edition of Fenestra — Voice & Vision.

As we step into a new year, this issue reflects not just a passage of time, but a renewal of perspectives, ideas, and aspirations.

The theme “Voice & Vision” celebrates the power of expression and the clarity of purpose. In a world that is constantly evolving, it becomes essential for each one of us to find our voice and shape a vision that inspires growth, creativity, and meaningful change. Through this edition, we bring together a vibrant collection of thoughts, stories, and reflections that echo the diverse voices of our community.

From insightful articles and creative expressions to achievements and milestones, every page is a testament to the talent and dedication of our students. It is heartening to witness how young minds are not only observing the world around them but also contributing to it with confidence and originality.

We hope this edition encourages you to pause, reflect, and engage—because every voice matters, and every vision has the potential to transform the future.

We extend our sincere gratitude to all contributors, teachers, and readers who made this edition possible.

Happy Reading!

Warm regards,

Executive Editor, Ms Deepanshi Aggarwal



ENRICHMENT

É

EMPOWERMENT

- Student Enrichment Programmes
- Teacher Enrichment Programmes

STUDENT ENRICHMENT PROGRAMMES

-Nurturing Skills, Inspiring Growth!



Our students participated in a future-focused workshop conducted in collaboration with Agility AI Pvt. Ltd. and Lyfshilp Academy Pvt. Ltd.. The session introduced students to the practical applications of Artificial Intelligence, emphasizing its role in problem-solving, informed decision-making, and innovation. Through interactive discussions, students explored how AI can be used to identify real-world challenges and develop data-driven solutions. The workshop aimed to foster analytical thinking, adaptability, and a solution-oriented mindset, preparing students to become future innovators and entrepreneurial leaders.



Students actively engaged in Pariksha Pe Charcha, an inspiring session led by Narendra Modi. The interaction offered valuable insights on managing exam stress, maintaining focus, and approaching learning with confidence and positivity. Through relatable examples and practical guidance, students were encouraged to view examinations not as pressure, but as opportunities for growth and self-belief.

STUDENT ENRICHMENT PROGRAMMES

-Nurturing Skills, Inspiring Growth!

LIFE-WISE VEDANTIN PROGRAMME: “CAPTAIN YOUR LIFE”



Students of Classes VI to VIII enthusiastically participated in the Life-Wise Vedantin Educational Programme under the inspiring theme “Captain Your Life.” The interactive session engaged students through age-appropriate activities and discussions, focusing on personal happiness, emotional balance, ethical decision-making, healthy relationships, and stress management.



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TEACHER ENRICHMENT PROGRAMMES

-Empowering Educators, Elevating Excellence



Our Head Mistress, Ms. Malti Dagar, along with our Exam Incharge, Ms. Aditi Gupta, recently conducted an insightful two-day workshop at Mahavir International School. The session focused on the transformative theme, “Competency-Based Assessment in Science,” aligning with the evolving needs of modern education.



Ms. Bhavya Saini, German teacher attended a three-day German teachers' workshop from 7th to 9th January at Garg Mukteshwar, organised by Goethe-Institut.

The workshop was highly enriching and thoughtfully structured, focusing on curriculum guidelines, effective lesson planning, and examination preparation strategies, including FIT1, A2 FIT, and B1 Jugendliche.

TEACHER ENRICHMENT PROGRAMMES

-Empowering Educators, Elevating Excellence



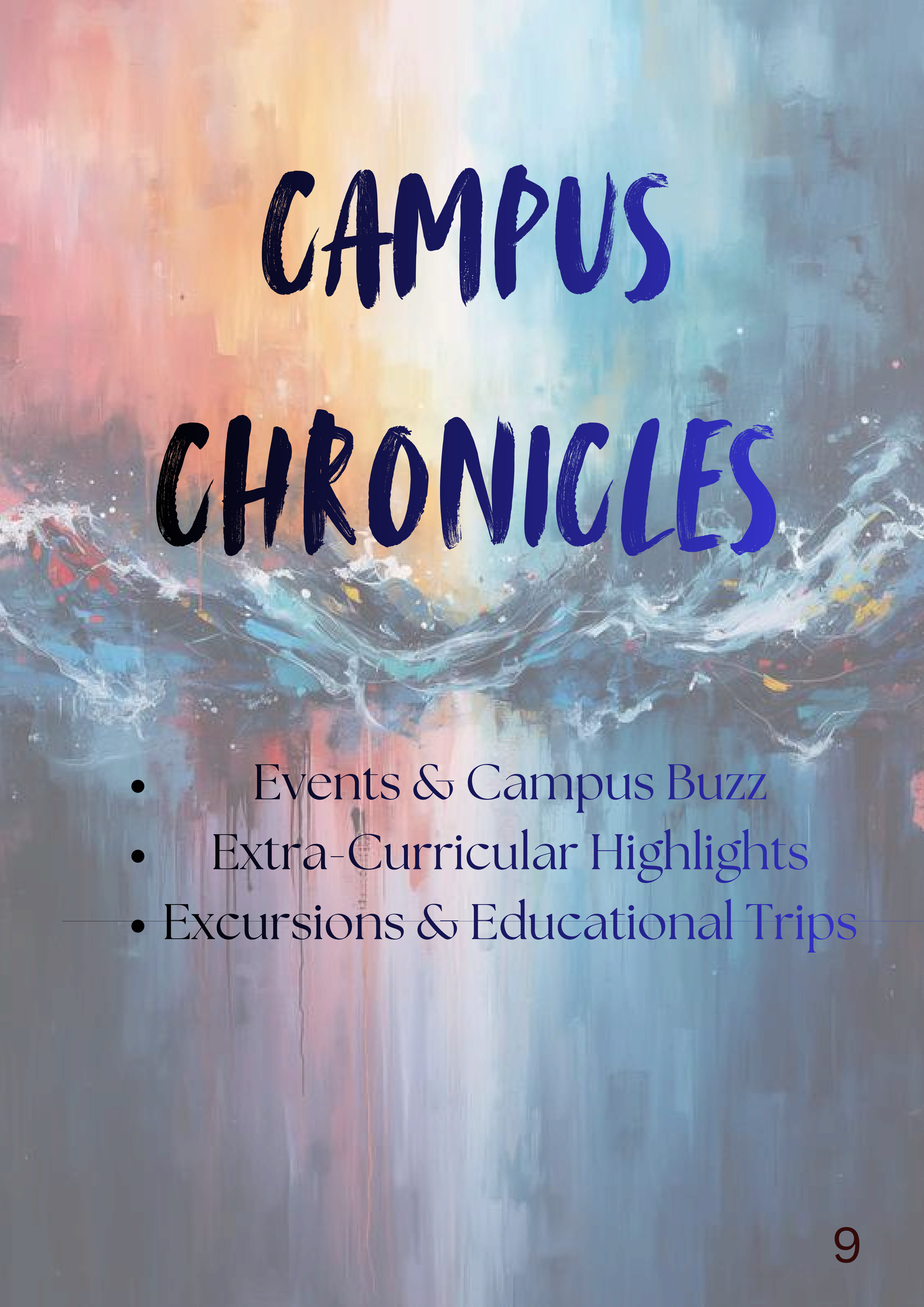
Teachers attended an insightful workshop titled “Teaching All Students How to Learn” conducted by Leo Thompson, Founder of Edsplorer, at Vasant Valley School. The workshop focused on helping educators understand the science behind learning and emphasized the importance of teaching students how to learn.



Advancing Assessment Practices for Future-Ready Learning



Our educators—Ms. Rekha S. Nair, Ms. Neeti Bhardwaj, and Ms. Shwetaa—made valuable contributions through active participation, collaboration, and academic engagement. The programme fostered meaningful professional connections, encouraged shared learning, and strengthened assessment practices aligned with future-ready education.



CAMPUS CHRONICLES

- Events & Campus Buzz
- Extra-Curricular Highlights
- Excursions & Educational Trips

EVENTS & CAMPUS BUZZ



A sacred havan was organised with the active participation of students of Classes X and XII, invoking divine grace for strength, focus, and success in their upcoming board examinations. The serene and spiritual atmosphere filled the campus with positivity and devotion.

EMERGENCY MOCK DRILL: HELPING STAFF WORKSHOP



The school successfully conducted an Orientation & Sensitization Session on Emergency Evacuation Drill for the D Group and support staff for the session 2025-26.

The session focused on preparedness for emergencies such as fire, earthquake, gas leaks, and stampede situations. Participants were guided on identifying exit routes, assembling at designated safe zones, responding calmly, and ensuring collective safety.

EXTRA-CURRICULAR ACTIVITIES

Bagless Day, promoting experiential learning



Students enjoyed a friendly game of carrom, enhancing focus, concentration, and social interaction. They also participated in a hands-on traffic light pasting activity, learning the basics of road safety while developing creativity and fine motor skills. The day beautifully combined fun with meaningful learning beyond the classroom.

CCA Flower Making Activity – Tricolor



Students displayed remarkable creativity, discipline, and teamwork by crafting beautiful flowers using tricolor chart paper, adhering to the given guidelines. The activity not only encouraged artistic expression but also instilled a sense of patriotism.

CCA Activity: Trash to Treasure



Students participated enthusiastically in the Best Out of Waste activity, showcasing creativity and innovation by transforming recyclable materials into meaningful creations. The activity aimed to foster environmental awareness, encourage responsible use of resources, and highlight the importance of reuse and recycling, making learning both creative and purposeful.

MATH made fun with Hands-on experience



Our Class VII students designed and created nets of 3D shapes such as cube, cuboid, cylinder, and cone, turning concepts into hands-on experiences. A wonderful blend of creativity and understanding.

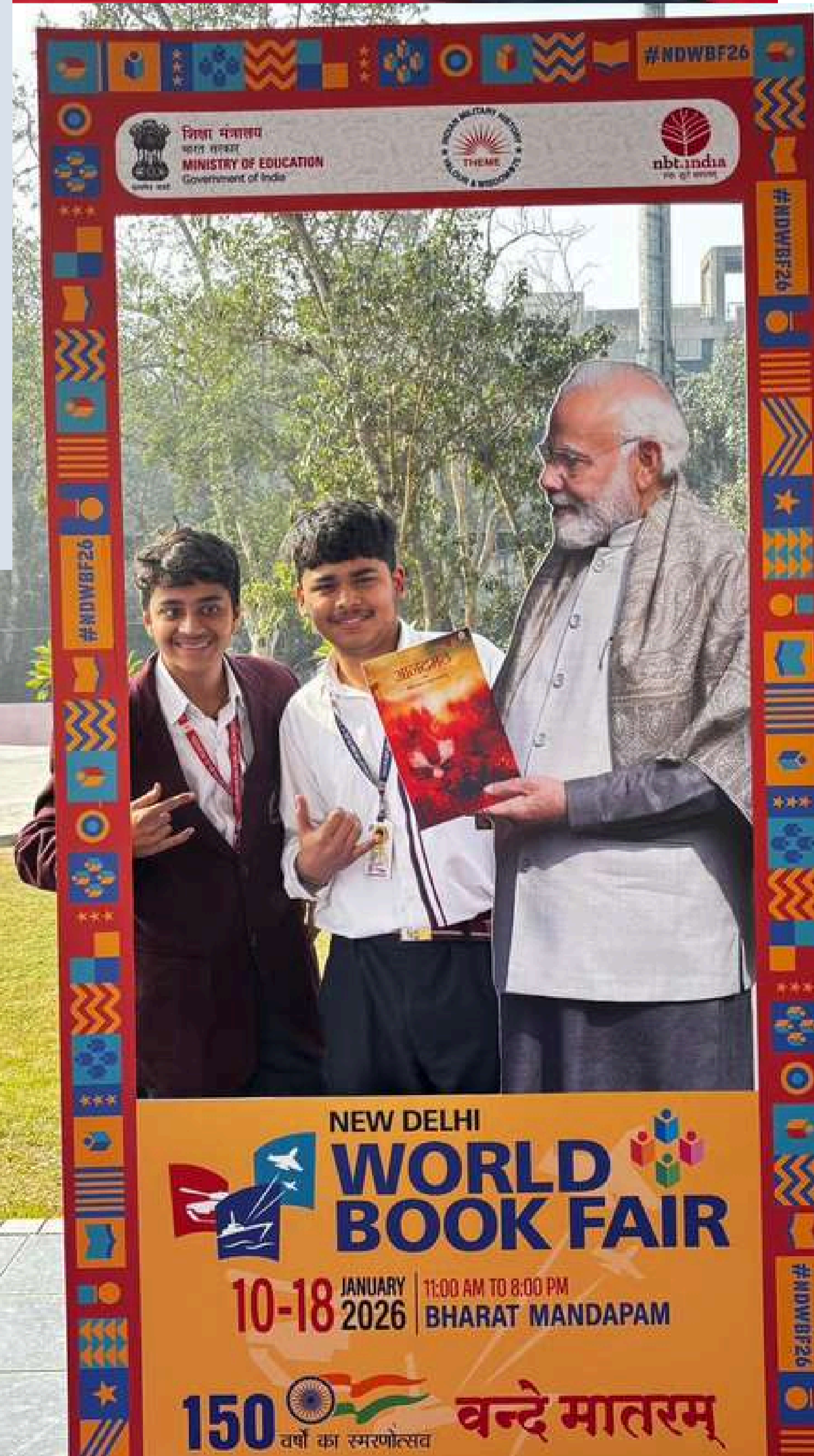


EXCURSIONS & EDUCATIONAL TRIPS



The enriching opportunity to visit the New Delhi World Book Fair 2026, where they actively participated in a variety of thoughtfully curated events hosted by the National Book Trust at the Children's Pavilion.

The visit was designed to nurture a love for reading while promoting experiential and lifelong learning beyond the classroom.

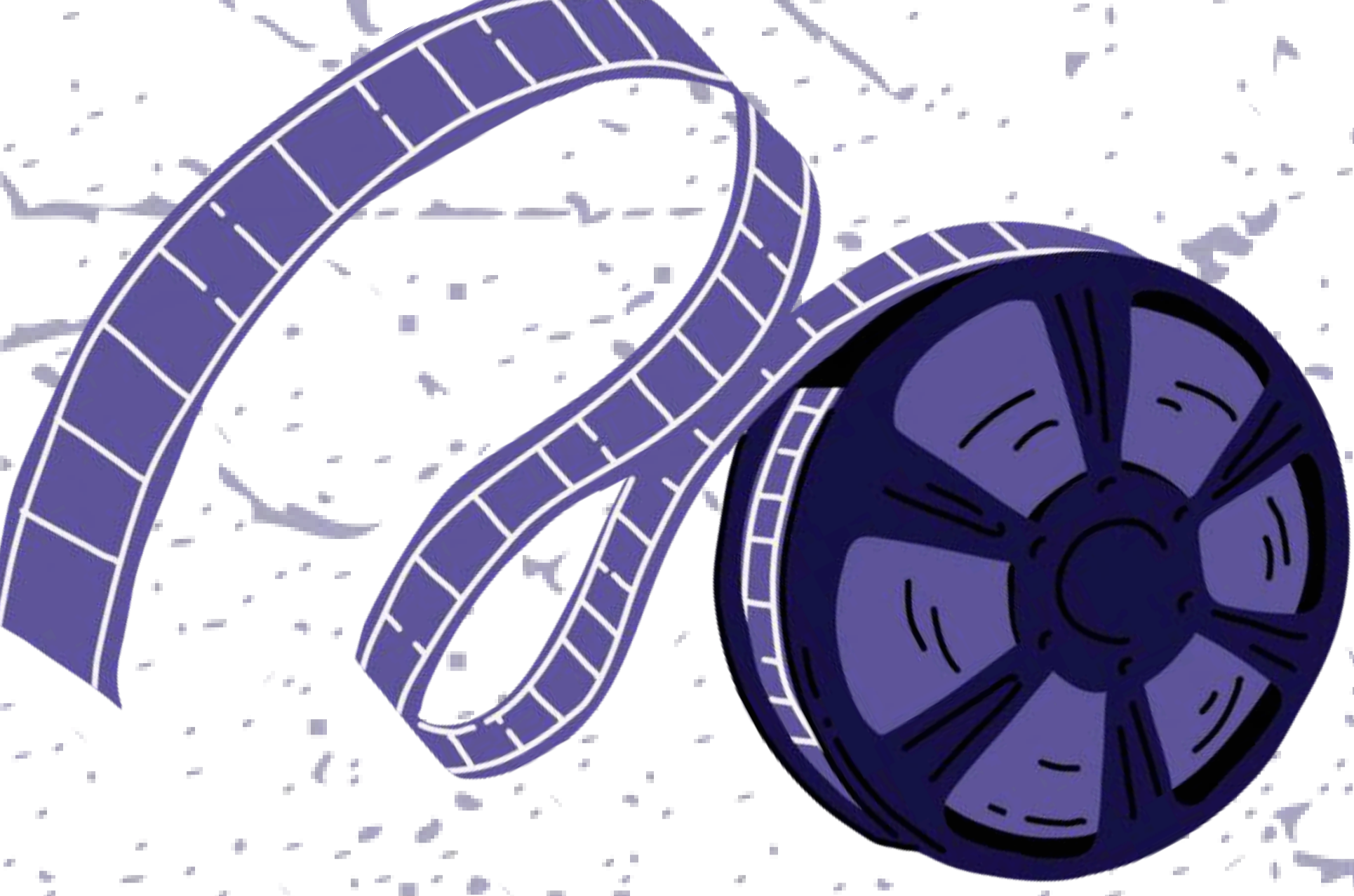




The school organized a refreshing and memorable staff trip to Jaipur as a thoughtful initiative by the school management to celebrate and rejuvenate its dedicated educators.

The trip was a perfect blend of bonding, recreation, and cultural exploration. Teachers shared moments of joy through dance and laughter, and explored some of Jaipur's most iconic landmarks. From climbing the majestic steps of Amer Fort to experiencing the serene beauty of Jal Mahal, the journey was filled with memorable experiences. This enriching journey offered teachers an opportunity to reconnect emotionally and mentally, allowing them to return refreshed, inspired, and more connected than ever.



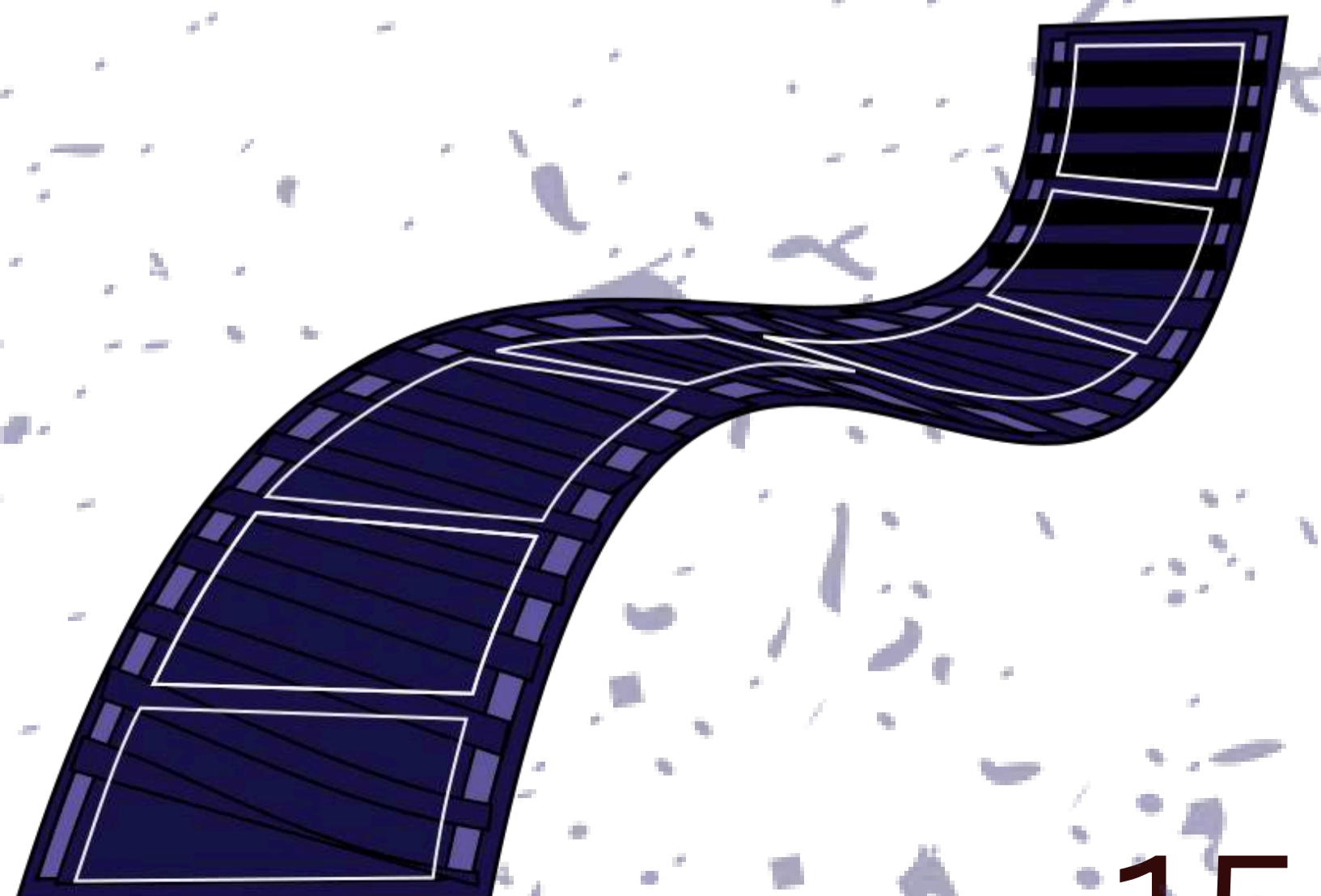


SPOTLIGHT

SECTION



- Limelight on the Best Ones
- Accolades & Achievements



LIMELIGHT ON THE BEST ONES



Ms. Renu Sharma, Principal & Assistant Director (IGS), and Ms. Muskan, School Counselor have successfully published a research paper on academic stress, its impact on academic performance, and social media addiction among students. This noteworthy achievement highlights their dedication to understanding the evolving challenges faced by students and their commitment to promoting holistic wellbeing through research-driven educational practices.

Celebrating Excellence in Education



Our Principal & Assistant Director (IGS), Ms Renu Sharma, along with esteemed educators Ms Muskan, Ms Akansha Shukla, and Mr Nitin Mathur, were honoured with the Transformational Teacher's Award (7th Edition) at Sharda University. This prestigious recognition celebrates their dedication to innovative, impactful, and transformative teaching practices that inspire students beyond the classroom. Heartiest congratulations to our educators for being true torchbearers of change in education.



ANNUAL FETE UTSAV 2025



PRO-WRESTLING LEAGUE SEASON 5



On the proud occasion of the 77th Republic Day, our students showcased a breathtaking performance at the Pro-Wrestling League Season 5, held on 26 January 2026.

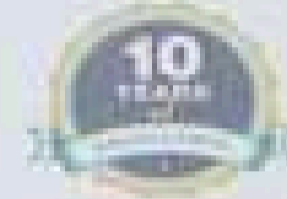
With remarkable zeal, energy, and patriotic fervour, the students presented a powerful tribute to the nation. Their performance beautifully captured the essence of unity, courage, and freedom, reflecting the values enshrined in the Constitution of India. Holding the Tricolour high, they inspired the audience with their passion and dedication.





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FIT
INDIA

FAREWELL 2025-26

Abhyudaya



Students of Grade XI at Indrapuram Public School Crossings Republik hosted a heartfelt farewell for the Grade XII batch of 2025-26, filled with joy, nostalgia, and emotions. The event with a symbolic balloon release, & vibrant performances, inspired speeches, and moments of celebration through cake-cutting and award distribution. Laughter, hugs, and a few tears marked the beautiful bond shared by students.





KHOJ - SEASON XIV **2024-25**

KHOJ Season XIV commenced with great enthusiasm and vibrant energy as students came together to showcase their talent, creativity, and team spirit. With participation from over 30 schools, the opening day witnessed remarkable confidence, innovation, and sportsmanship across all events. The occasion was graced by the Chief Guest, Pankaj Sharma, whose presence added inspiration and depth to the celebration. The theme, "ChronoQuest: A Journey Through Time," took participants on an engaging voyage across different eras through dynamic presentations and competitions.





NEEV: ANNUAL SPORTS DAY 2026

A day filled with energy, enthusiasm, and true sportsmanship marked the celebration of Annual Sports Day 2026. From the graceful Welcome Dance to the perfectly synchronized drill, every performance reflected confidence, coordination, and team spirit. The students' races ignited a strong competitive spirit, while the parents' race brought moments of joy and laughter. A heartfelt tribute to Indian sports added a patriotic touch, making the event even more memorable.



PRE-SCHOOL PRINCIPALS' CONCLAVE ON "COMPETENCY-BASED TEACHING AND ASSESSMENT FOR LEARNING."



The school hosted a dynamic Pre-School Principals' Conclave on "Competency-Based Teaching and Assessment for Learning." The conclave served as a meaningful platform for collaboration, dialogue, and the exchange of progressive ideas.

The session was led by the respected Principal & Assistant Director (IGS), Mrs. Renu Sharma, who guided attendees on the shift from rote learning to skill-based, age-appropriate, and holistic development, in alignment with the National Education Policy 2020 and the National Curriculum Framework. Her insights emphasized nurturing 21st-century skills among young learners.





A GLOBAL MILESTONE IN LANGUAGE LEARNING

Ms. Bhavya Saini, our German teacher, has been awarded a prestigious scholarship by the Goethe-Institut to pursue an intensive language course at the Goethe-Institut Freiburg in Germany. During the three-week programme, she enhanced her linguistic proficiency and gained valuable real-life language exposure. She also explored culturally rich destinations including the Black Forest, Baden-Baden, Frankfurt, and Titisee-Neustadt.

This enriching experience marks a significant milestone in her professional journey and will greatly benefit our students through enhanced teaching practices and global exposure.





EXPO: PRATIBIMB – A REFLECTION OF YOUNG MINDS

The Foundation Stage students proudly hosted their Annual Exhibition – EXPO: Pratibimb, a vibrant showcase of their learning journey throughout the year. The exhibition beautifully highlighted students' growth across all developmental domains, reflecting the effectiveness of an integrated, play-based curriculum. From creativity and communication to curiosity and confidence, every display celebrated the holistic development of our young learners. The event stood as a testament to the enthusiasm of students and the dedicated efforts of educators in building a strong foundation for lifelong learning.



ACCOLADES & ACHIEVEMENTS

A Checkmate Victory!



Arindam Shukla of Class VIII A has secured 1st Place in the Under-14 Boys Category at the CHESS VEDA Rapid Rating Chess Tournament 2025. This remarkable achievement is a testament to Arindam's strategic brilliance, sharp focus, and unwavering dedication to the game of chess. His performance not only highlights his individual excellence but also brings immense pride to the school.

Winning Amidst Unknowns – Inter-School Achievement



Two of our talented students brought laurels to the institution by securing the Second Runner-Up position in the Tech Talk Showcase (PowerPoint Presentation) held at Chabildas School Ghaziabad. The competition provided a dynamic platform for students to showcase their ideas, creativity, and technological skills.

ACCOLADES & ACHIEVEMENTS

A Stellar Show at the Karate Championship



Our students delivered an outstanding performance at the Kunibakai Open State Karate Championship 2025, bringing immense pride to the school through their dedication, discipline, and indomitable fighting spirit.

Medal Winners Gold Medals

- *Diti Sharma*
- *Soumya Gupta*

Silver Medals

- *Meghnay Gupta*
- *Vidushi Gupta*
- *Tanush Gautam*
- *Rishika Kumar*
- *Rudrakshi Bhardwaj*
- *Ismayra*

Bronze Medals

- *Yashmeetha Yaduvans*
- *Aaradhya Kumari*

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ACCOLADES & ACHIEVEMENTS

TSKA Shito Ryo

National Karate Championship 2026



Medal Winners

Gold Medal

- *Yashmeetha Yaduvanshi*
- *Silver Medals*
- *Diti Sharma*
- *Ismayra Masih*
- *Meghnav Gupta*
- *Rishika Kumar*
- *Vedanshi Gupta*

Bronze Medals

- *Aadya Jaiswal*
- *Rudrakshi Bhardwaj*
- *Soumya Gupta*

Delighted to share that it secured the Overall 3rd Position at the TSKA Shito Ryo National Karate Championship 2026, held at Noida Indoor Stadium on 8 February 2026.

Our talented team of nine students demonstrated exceptional skill, discipline, and determination, bringing home an impressive 9 medals—a true reflection of their hard work and perseverance.

Celebrating Creativity & Expression



We proudly share that two of its talented students represented the school at the Purna Utsav.

The event offered a vibrant platform for young minds to showcase their creativity through artistic expression. Our students demonstrated confidence, originality, and enthusiasm, reflecting the school's commitment to nurturing creativity and holistic development. We applaud their dedication and commend their spirited participation in such enriching opportunities.

ACCOLADES & ACHIEVEMENTS

Under-15 category Mini Football Tournament league match!



Adding to the glory, two of our talented players were recognised as Best Goalkeepers:

Kabeer Shukla - Grade VII A

Vihaan Agarwal - Grade VIII C





EXPRESSION

&

CREATIVITY

- Student's Penned Thoughts
- Creative Crew

STUDENT'S CANVAS



PRASHI SINGH
VI C

LET THE STRAWS RAISE YOUR EARNINGS NOT POLLUTION!

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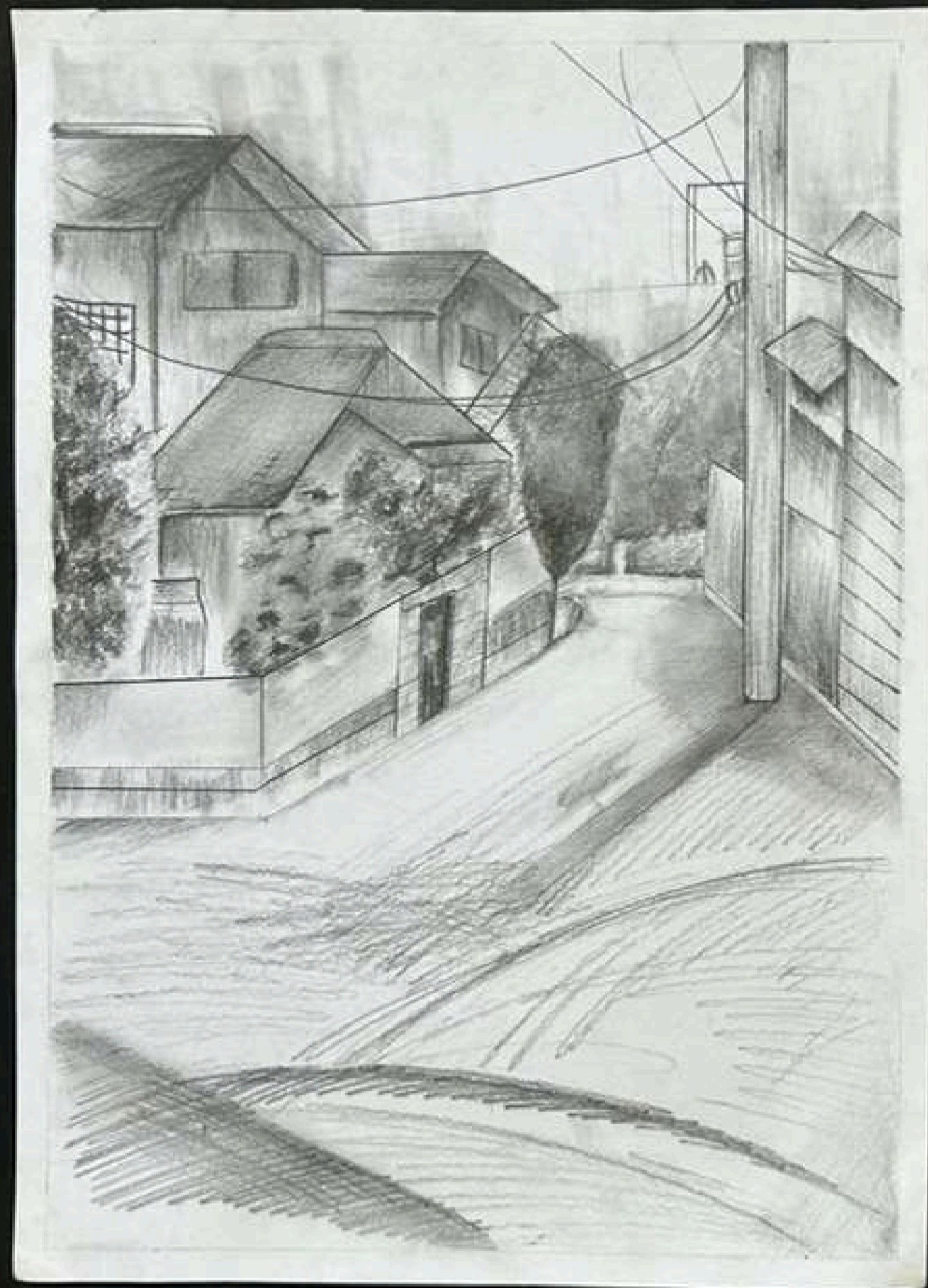
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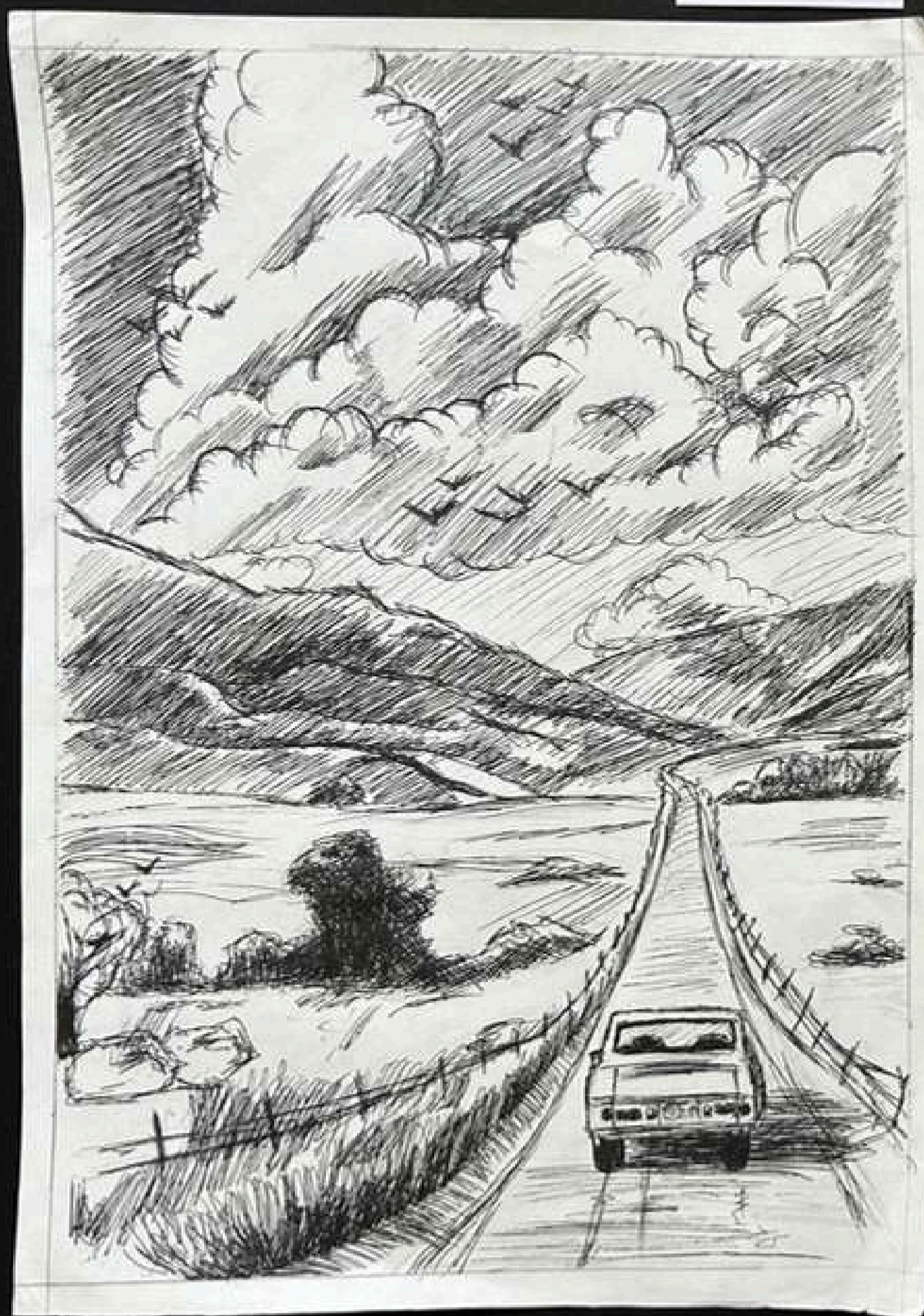
ADVIKA SHARMA
IX B

STUDENT'S CANVAS

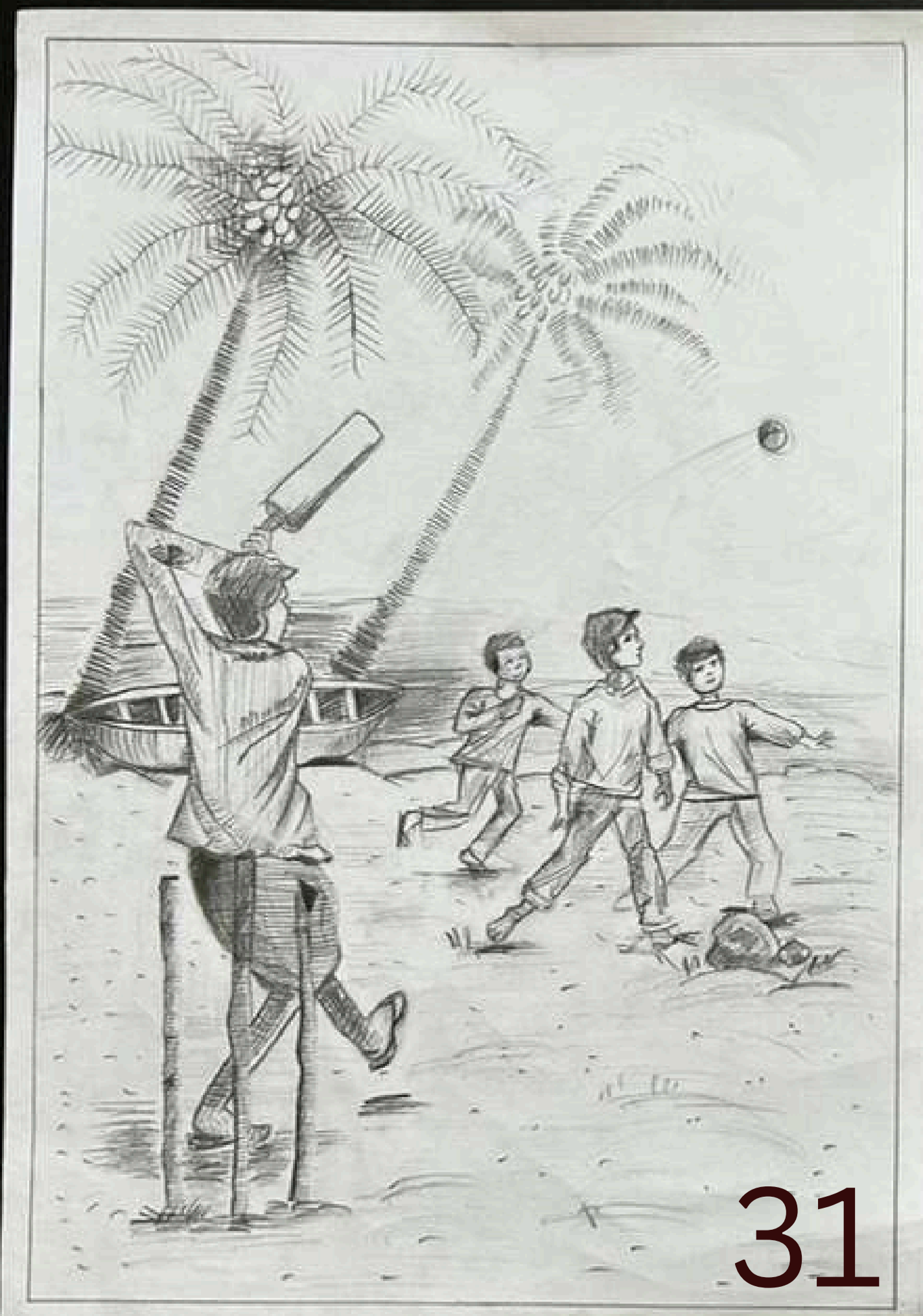
Name - Anas Bajda
Class & Sec - 7A-C
Roll no - 7303
School - IPSCB
SKETCHING



Name - VEER DASTI LINGH
Class & Sec - 10A-C
Roll no - 18553
School - IPSCB
SKETCHING



Name - Shubra Sharma
Class - 7A
Roll no - 8520
School - IPSCB
Sketching Competition



STUDENT'S CANVAS

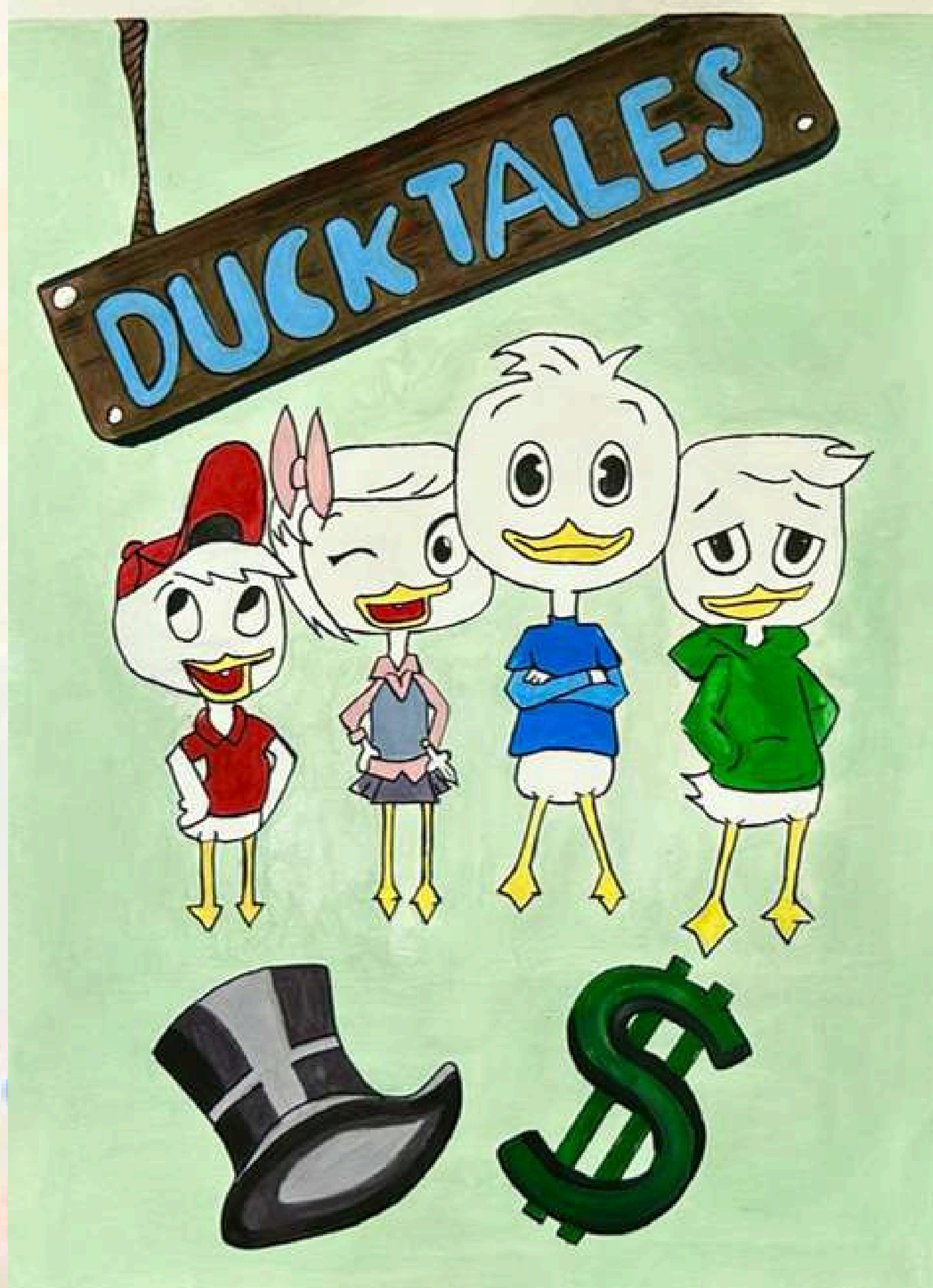
Name - Anshu Shukla
Class & Sec - 10th-A
Roll no - 10101
School - IPSCR
COLOUR INK



Name - Ishika Sharma
Roll no - 414
Roll no - 4214
School - IPSCR
Custom Making Competition



Name - Jhanvi Dutt
Class & Sec - 11th-C
Roll no - 11223
School - IPSCR
CARTOON MAKING



Name - Anshu Raut
Class & Sec - 11th-B
Roll no - 11201
School - IPSCR
CARICATURE



JIM GOOFY DOG

**“MY GOOFY DOG”
MY DOG IS GOOFY EVERY DAY.
HE JUMPS AROUND, THEN RUNS AWAY.
I THROW A BALL HE CHASES FAST,
BUT SOMEHOW RUNS
RIGHT PAST THE GRASS.
HE LOOKS CONFUSED, THEN TURNS AROUND,
LIKE, “WHO MOVED MY BALL
OFF THE GROUND?”
HE LOVES TO BARK AT RANDOM STUFF
A ROCK, A SOCK,
A PIECE OF FLUFF.
HE BARKS AT CLOUDS UP IN THE SKY,
AS IF THEY HEAR HIM PASSING BY.
HE STEALS MY SHOES, HE HIDES MY HAT,
THEN ACTS LIKE HE DIDN'T DO THAT.
I SAY, “WHERE IS IT?” HE LOOKS AFRAID
THEN SITS ON THE THING
HE JUST MISPLACED.
BUT WHEN HE'S TIRED, HE CURLS UP TIGHT
A WARM, SOFT BLANKET
WITH LEGS AT NIGHT.
AND EVEN THOUGH HE'S LOUD ALL DAY,
I LOVE HIM MORE
THAN I CAN SAY.**

SARVAGYA MAHAJAN 9-B

THE CRIMSON ENVELOPE

It was a chilled winter's night and Rahul was sitting in the garden with his family around the bonfire. Suddenly, they heard some noise from the bushes right towards them. Rahul and his father went to see who is there. They shouted, "Is anyone here?". No response was received from there but they saw a huge black shadow at the main door of the house. The black shadow guy sat in a car and rushed away from there. Due to the house lightings, it was clearly visible that the car was white in colour. A Volkswagen car whose back fender was fully damaged. They thought that a person was just passing by the bushes. They didn't expect it to be much serious. 8:48 p.m, when the weather was changing to extremely cold. They got back into their house. When they all arrived at the dinner table. They saw a red envelope. It was about a restaurant in the street. Rahul's father thought "How it came here?". He put it over his working table on the 2nd floor. After 9:56 p.m, all family members went to sleep.

The next day, it was about 8:36 p.m. Rahul went to his school and his parents went to their office. His grandpa enjoys to watch funny episodes and news after which he goes for jogging with his dedicated friends. Grandmother looks after the house and kitchen as well as she prepares breakfast for both of them. The very next day, when grandfather was listening to news, he heard of a shocking case. The La-Pinoz restaurant has been closed and it has been restricted for public. The shop is under the investigation. It seems that it's a serious murder. A 24 years old person had been murdered in that shop. Recent news says that three of them from restaurant staff were included in this murder. The body has been taken up in the custody. His car photos were also shown. Yes, It was the white coloured Volkswagen whose back fender was damaged. Grandpa was shocked after finding this, he immediately called the cops on the telephone.

He told them about that previous night. He also told them about the anonymous envelope, his son found at home. Police told him to come along with the envelope found there and show it for the sake of proof. When he reached to his son's working room. He saw a drop of blood on the envelope. "What! These marks were not there yesterday!" He shouted. He opened the envelope and saw the date- '19th Jan, 2014'. It was today's date when he was murdered. It was written with pure blood.

He rushed to the investigation sight. He told about this mysterious envelope. Police was shocked and surprised to hear about this. They didn't believe his story. The police continued the investigation but found none of the clues. When Rahul and his parents reached home. They got to know all about this. The cops told them not to worry about this matter. Several days have passed, but still after that case. They always felt some Paranormal activities were happening in that garden. They left the home after 1 year. It is still a mysterious story and no one even has dared to live there. Now, the home is abandoned and today also, many people report about the mishapennings taking place in the residence near that house which was once a home to a happy family.



Kinshuk Sharma X-D

The Imaginary Tomorrow

People often postpone their work to “imaginary tomorrow”, a day that has a lot of load but never comes. We plan many tasks and make it a day full of productivity. The next morning, we wake up and are least interested in doing the work. Once again, the work is postponed and the day is wasted.

Day after day, this continues until a turning point comes i.e. submission day or exams. Now, suddenly the situation changes into an alarming state. That is the time we regret completing tasks timely.

The actual problem is not only of completion of tasks but also of our habits. We have become so lazy that we are not really interested in completing tasks. We assign tasks that are almost impossible for us to complete in a day. Instead, we should divide them into small achievable tasks. We should also stop our habit of delaying work. We should focus on our health and motivate ourselves to achieve daily tasks.

We should remember that every effort that we do counts in our success. Thus, we should not refrain from completing our daily tasks.

Every day is a fresh start, and every fresh start needs consistency in work to reach its goal perfectly.

Sumedha Goel
IX B

“The Silent Night”

The moon shines bright up in the sky,
Its silver light makes stars reply.

The trees stand tall, the winds are still,
The world feels calm, a peaceful thrill.

The rivers dance with gentle gleam,
The night feels soft, like in a dream.

Owls hoot softly, foxes creep,
The forest whispers secrets deep.

The flowers close, the petals rest,
The world at night is at its best.

A gentle breeze, a quiet song,
It feels like nothing could go wrong.

I close my eyes, my heart takes flight,
And whispers softly: “Goodnight, night.”

The stars above, the moon so bright,
Guide me gently through the night.

Titel: Stimmen der Vision

Eines Abends saß Mira am Fenster und blickte in die ferne Stadt. Seit Wochen hörte sie leise

Stimmen – nicht laut, aber klar. Sie flüsterten von Möglichkeiten, von Wegen, die sie nie gegangen war. Anfangs hatte sie Angst, denn niemand sonst konnte sie hören. Doch mit der Zeit erkannte sie, dass diese Stimmen ihre eigenen Visionen waren. Sie sprachen von Mut, von Veränderung und davon, über Grenzen hinauszuwachsen. In dieser Nacht stand sie auf, nahm ein leeres Notizbuch und begann zu schreiben. Jeder Satz machte die Stimmen stärker, klarer, lebendiger. Als die

Sonne aufging, wusste Mira: Die Stimmen waren nicht länger nur Träume. Sie waren der Anfang ihrer Zukunft.

— Ishat Mehra

Title: Voices of Vision

One evening, Mira sat by the window, gazing at the distant city. For weeks, she had heard soft voices—not loud, but clear. They whispered of possibilities, of paths she had never taken. At first, she was afraid, because no one else could hear them. But over time, she realized these voices were her own visions. They spoke of courage, change, and growing beyond limits. That night, she stood up, took an empty notebook, and began to write. With every sentence, the voices grew stronger, clearer, more alive. When the sun rose, Mira knew: the voices were no longer just dreams. They were the beginning of her future.

— Ishat Mehra

Le soleil

**Le soleil est chaud,
Il brille dans le ciel.
Il donne la lumière,
Il est très beau.
Le matin il se lève,
Le soir il dort.
Il éclaire la terre,
Du sud au nord.
J'aime le soleil,
Il me rend heureux.
Je souris toujours,
Quand il est avec moi.**

by Sarvagya Mahajan
IX B



Le Petit Ours et la Forêt Magique

(The Little Bear and the Magic Forest)

Il y a un petit ours.

Il s'appelle Léo.

Léo vit dans une forêt magique.

Dans la forêt, les arbres parlent !

Un matin, Léo se réveille.

« Oh non ! Où est maman ? »

Le vent dit : « Whooo... suis le chemin ! »

Léo marche doucement.

Il voit un lapin bleu !

« Bonjour ! » dit Léo.

« As-tu vu ma maman ? »

Le lapin saute et dit :

« Non, mais regarde la lumière ! »

Léo suit la lumière brillante.

Il entend une chanson :

« La la la... viens ici... »

C'est un oiseau rouge !

« Ta maman est près de la rivière magique ! »

Léo court très vite.

Splash ! Il saute près de la rivière.

Et là...

« Maman ! »

Sa maman est là !

Elle sourit et dit :

« Bravo, mon petit aventurier ! »

Léo rit : « J'aime la forêt magique !

»

Et la forêt chante :

« La la la... quelle belle journée ! »

Kanav Bhanot 9B

Le matin à l'école

**Le matin arrive doucement,
Avec le soleil éclatant.
Les élèves marchent gaiement,
Le cœur léger et content.**

**Dans la classe, on apprend,
Des leçons très intéressantes.
Chaque jour est important,
Chaque idée est brillante.**

**Les livres ouvrent des horizons,
Remplis de rêves et de passions.
On découvre mille questions,
Et parfois leurs solutions.**

**Les amis rient joyeusement,
Partageant des jeux amusants.
L'école est un beau moment,
Qui nous rend forts chaque instant.**

— Mayra Srivastava (10 A)



संगीत की दुनिया

धीमी सी कोई धुन चली, मन में जैसे रोशनी जली।
बिन शब्दों के बात करे, दिल की हर एक बात कहे।

सुरो में छुपी कहानी है, हर धड़कन की जुबानी है।
कभी खुशी, कभी ग़म लाए, संगीत सब कुछ समझाए ।

बांसुरी की मीठी तान, जैसे छू ले सारा असमान
ढोलक की जब थाप बजे, पैर आप ही थिरक उठे।

संगीत है एक जादू सा, हर दिल को जो है जोड़ता। पहुंचे
जहां न कोई बात, वहाँ ये खुद ही पहुँचता।

बिन बोले जो बात कहे, मन को सुकून ये दे
जीवन को रंगीन बनाए, संगीत सबको भाए।



स्वर की संवेदना

स्वर और दृष्टि कहने को केवल दो शब्द परन्तु इनका विस्तार पूरी सृष्टि में अवलोकित होता है। प्रकृति के प्रत्येक उपादान हवा, नदी, सागर, पेड़-पौधे, पक्षी सभी का संगीत पूरे संसार को गुंजायमान रखता है। स्वर मात्र वही नहीं जो सुना जाए, स्वर वह भी है जो अनुभूत किया जाए। हवा की सरसराहट, बादलों की गड़गड़ाहट, नदी का कलकल करना, भंवरोँ का गुंजन, पेड़ पौधों का झूमना, शिशु की किलकारी, रेगिस्तान की निर्जनता, आकाश की निस्तब्धता - सब स्वर ही हैं। मौन भी स्वर का एक रूप है। वास्तव में इस सृष्टि में जो कुछ विद्यमान है, वाणी उसके अंतर्मन की प्रतिध्वनि है, अभिव्यक्ति है। जब वाणी को दृष्टि का साथ मिलता है तो उसमें व्यापकता आ जाती है। जो कहा-अनकहा हम सुन रहे हैं, उसका तत्काल प्रभाव या दूरगामी परिणाम हमारे दृष्टिकोण पर निर्भर है। दृष्टि वह चेतना है जो वर्तमान से आगे बढ़कर भविष्य के दर्शन कराती है। दृष्टि भावों की अभिव्यक्ति को मूर्त रूप प्रदान करती है। संसार में जो दृश्य है या अदृश्य है, उन दोनों को ही दृष्टि चित्रकार की भांति कैनवास पर रंगों से चित्रित करती है। तो आइए! इस सृष्टि में जो कुछ व्यक्त है, अव्यक्त है, दृश्य है, अदृश्य है; उसे समझने और परखने का प्रयास करें, तभी हम स्वर और दृष्टि -छोटे से लगने वाले इन दो शब्दों की गहनता को पहचान सकेंगे।

Ms Jyoti Sukhija
Hindi Mentor

वो दिन जब परछाइयाँ बोलीं

रवि: आज कुछ अजीब सा लग रहा है। सूरज तो हमेशा की तरह चमक रहा है। परछाइयाँ कुछ अलग दिख रही हैं।

अनाया: मैं समझ गई। मेरी परछाइयाँ मुझे धीमे चलने को कह रही हैं।

रवि: (फुसफुसाते हुए) क्या तुम्हें भी परछाइयों की आवाज़ सुनाई दे रही है?

परछाइयाँ: हम हमेशा तुम्हारे साथ हैं, लेकिन आज तुम हमें सुन सकती हो।

अनाया: परछाइयों, क्या सच में ऐसा हो रहा है? क्या तुम हमसे बात कर रही हो?

परछाइयाँ: जब लोग जल्दी में होते हैं, तो वे सच्चाई को पीछे छोड़ देते हैं। हम वही सच्चाई हैं।

रवि: तुम किस सच्चाई की बात कर रही हो?

परछाइयाँ: हम चीज़ें देखते हैं। जब पेड़ काटे जाते हैं, तो हमारी परछाइयाँ छोटी हो जाती हैं। हम चीज़ें महसूस करते हैं। जब हवा धुएँ से भर जाती है, तो रोशनी कमज़ोर हो जाती है। जब लोग बहुत लड़ते हैं, तो हम अंधेरा गहराते हुए देखते हैं। हमारी परछाइयाँ लंबी हो जाती हैं।

अनाया: क्या तुम हमें किसी बात की चेतावनी दे रही हो?

परछाइयाँ: नहीं, हम बस तुम्हें याद दिलाना चाहते हैं कि प्रकाश के अस्तित्व के लिए संतुलन ज़रूरी है।

रवि: अगर हम अपने काम करने का तरीका बदल दें तो क्या होगा?

परछाइयाँ: तो हमारी परछाइयाँ हल्की हो जाएँगी। शायद इतनी हल्की कि आप हमें देख भी न पाएँ। सूरज डूबने लगा। परछाइयाँ लंबी होती गईं। फिर वे शांत हो गईं।

अनाया: मुझे लगता है परछाइयों ने बोलना बंद कर दिया।

रवि: शायद वे भी बोल रही थीं। हम बस सुन नहीं रहे थे।

वे चलते रहे। उन्हें लगा जैसे परछाइयाँ अभी भी उनके साथ हैं। फिर उन्हें एहसास हुआ। परछाइयाँ बोल नहीं रही थीं। वे बस उन्हें अतीत का सच दिखा रही थीं, जो आज भी मौजूद है।

संस्कृत कथा – “अन्तरात्मनः स्वरः”

एकस्मिन् ग्रामे एकः बालकः वसति स्म। सः अत्यन्तं चिन्तितः आसीत्, यतः सः स्वस्य भविष्यं न जानाति स्म। एकदा सः वनं गतः। तत्र सः एकं वृद्धं मुनिं अपश्यत्।

बालकः अपृच्छत्-“भगवन्! मम मार्गः कः? अहं किं करोतु?”

मुनिः अवदत्— “हे बालक! तव अन्तरात्मा एव तव श्रेष्ठः मित्रः। तस्य स्वरं शृणु, सः त्वां मार्गं दर्शयिष्यति।”

ततः बालकः शान्तः अभवत्। सः स्वस्य अन्तःस्वरं अशृणोत्—

“अहं अध्ययनं करिष्यामि, स्वप्नं पूरयिष्यामि च।”

कालान्तरे सः सफलः अभवत्।

शिक्षा (Moral)

अन्तरात्मनः स्वरः एव अस्मान् मार्गं दर्शयति।

स्पष्टं दर्शनं (Vision) सफलता-मार्गं निर्माति।

हिन्दी अर्थ

एक गाँव में एक लड़का रहता था। वह बहुत चिन्तित था क्योंकि वह अपना भविष्य(लक्ष्य) नहीं जानता था। एक बार वह वन में गया। वहाँ उसने एक वृद्ध मुनि को देखा। बालक ने मुनि से पूछा- भगवन्! मेरा मार्ग(लक्ष्य) क्या है? मुझे क्या करना चाहिए (क्या करूँ)? मुनि ने कहा-“हे बालक! तुम्हारी अंतरात्मा ही तुम्हारी सबसे अच्छी मित्र है, उसकी आवाज सुनो, वह तुमको मार्ग दिखाएंगी।” बालक शांत हो गया। उसने अपने मन की सुनी – “मैं अध्ययन करूँगा और अपने सपने पूरे करूँगा।” कुछ समय पश्चात वह सफल हो गया

AWARENESS BUZZ

JANUARY | Voice of Identity & Nation

Youth & Democracy

“Young voices are shaping the future of nations. Platforms like United Nations encourage youth participation in global decision-making.”

In January, global conversations once again highlighted the growing role of youth in shaping democratic and policy decisions. At forums associated with the United Nations, young leaders and student representatives actively raised their voices on issues like climate action, education reform, and digital responsibility.

Several youth-led discussions and international meets emphasized how students and young citizens are no longer just participants—but decision influencers. From advocating sustainable policies to promoting inclusive education, youth voices are being recognized as powerful agents of change.

BUZZ INSIGHT:

Democracy thrives when young minds question, contribute, and lead with awareness.

THINK ABOUT IT:

If given a platform, what change would YOU speak up for?



PM MODI AT VIKSIT BHARAT YOUNG LEADERS DIALOGUE 2026 ON NATIONAL YOUTH DAY

AWARENESS BUZZ

FEBRUARY | Voice of Expression & Well-being
Mental Health Matters

Prioritize your well-being—talk, reflect, and seek balance.

In today's fast-paced world, taking care of our mental well-being is more important than ever. February reminds us to slow down, reflect, and reconnect with ourselves. Open conversations, self-awareness, and emotional expression play a key role in maintaining balance.

Simple habits like journaling, mindful breathing, limiting screen time, and talking to someone you trust can make a meaningful difference. Schools and global platforms, including initiatives supported by the World Health Organization, continue to emphasize the importance of mental health awareness among young individuals.

BUZZ INSIGHT:

Prioritize your well-being—talk, reflect, and seek balance.

THINK ABOUT IT:

When was the last time you checked in with yourself?

DIGITAL DETOX

5-Day Healthy Habit Challenge

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---|---|---|---|---|
|  |  |  |  |  |
| Start Your Morning with Hydration | Add Greens to Every Meal | Swap Processed Snacks for Whole Foods | Move for 30 Minutes | Practice Gratitude Before Bed |

-  Reduced stress and anxiety
-  Improved sleep
-  Increased mindfulness
-  Better relationships
-  Enhanced creativity

Join now & transform your lifestyle!

AWARENESS BUZZ

MARCH | Vision for Future & Sustainability

Sustainable Choices

Small habits create big impact—reduce, reuse, recycle.

Small, mindful actions can create a lasting impact on our planet. From reducing single-use plastic to conserving energy and reusing everyday materials, sustainable habits begin with simple choices. March serves as a reminder that responsible living is not a one-time effort, but a continuous commitment.

Across the world, initiatives supported by organizations where individuals are encouraged—especially young learners—to adopt eco-friendly practices and become conscious citizens.


BUZZ INSIGHT:

Small habits create big impact—reduce, reuse, recycle.

THINK ABOUT IT:

What is one sustainable habit you can start today?





**PARENT
CONNECT**

GRADE X BOARD ORIENTATION



The school successfully organized a Parent Connect Programme on 19 January 2026 for Grade X students and their parents, focusing on the Board Examination Pattern (Term II) and Subject Combination Guidance. It effectively addressed key concerns, clarified doubts, and offered practical guidance. The programme concluded on a positive note, reinforcing the strong partnership between the school and parents in supporting students on their academic journey.

A Celebration of Bonds: Grandparents' Storytelling Session



Our Preparatory Stage students experienced a heart-warming Parent Connect session, where grandparents were invited for a special storytelling interaction. Through their stories, blessings, and life experiences, they shared values and wisdom with the young learners, creating a meaningful connection across generations.



Empowering Futures at Parent Connect



On 25 March 2026, our Parent Connect career counseling session brought together students and parents for an insightful and impactful experience. We were honored to host Mr. Azad Ali, Director UG Admissions & Outreach, who shared valuable guidance on diverse career pathways and future opportunities.

The session helped attendees gain clarity, build awareness, and take actionable steps toward academic planning and career readiness. It was inspiring to see our community come together with a shared vision for growth and success.



Samanvay 2026 –

A Celebration of Colours & Togetherness



Celebrated Holi with great enthusiasm under the vibrant banner of “Samanvay,” fostering a strong bond between the school and parents. The celebration was filled with energy as parents participated in lively dance performances, soulful singing, and engaging fun games. The highlight of the event was the eco-friendly celebration of Holi with flowers, spreading joy in a graceful and meaningful way. Adding to the festive spirit, everyone enjoyed delicious gujiyas, making the occasion even more delightful.



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