



वायु सेना विद्यालय हलवारा

AIR FORCE SCHOOL HALWARA

PRATIBIMB

e- Magazine

Session 2022 - 23

CHILDREN ARE GREAT IMITATORS.

SO GIVE THEM SOMETHING GREAT TO IMITATE.

Editorial Board



The best service that can be rendered to a country next to that of giving it liberty, is in diffusing the mental improvement equally essential to the preservation and the enjoyment of the blessing.

Just as a river needs two banks to be regulated similarly the energy in our lives needs direction to flow in order to achieve its destination 'Pratibimb' also has the goal to create that bank for exchange of information and gives the right direction to the knowledge and creativity of our young minds.

It has been our joy and privilege to serve as a team for the Editorial Board. We have been fortunate to read through host of creative works of budding writers. Our 'Pratibimb' has tried to fulfil its traditional concepts of keeping record of school life and also serve as an outlet of opinion and imaginative work.

The achievement of 'Pratibimb' would not have been possible without single minded commitment and dedication of our Principal Mrs Shymali Wariach. We wish to extend our profound gratitude to her. We also wish to thank all those who have contributed their time to beget this edition of 'Pratibimb'.

Editorial Board



MESSAGE

It gives me immense pleasure to know about that Air Force School Halwara is releasing e- magazine 'PRATIBIMB'. The magazine is an excellent forum for the budding minds to express their creative urge and literary talents. I am sure this edition has been successful in identifying the young thinkers and writers of the school by providing an opportunity to express themselves.

I am aware that school is proud of its achievements in various spheres of activities and certain that the school will achieve more milestones and scale new heights each year.

I take this opportunity to congratulate students and teachers for successful completion of the school magazine and wish the school the very best in its endeavors. May it grow in strength and fame in the years to come.

Message by
Sandeep Chaudhary
Chairman
Air Force School Halwara

Jai Hind



Message by
J Poosha
Member SMC
Air Force School Halwara

MESSAGE

‘Sight is what one sees with eyes and Vision, with mind’

Human mind is a powerful tool and it is imperative upon educationists to chisel young minds; which shall shape the future. In this regard, Air Force Schools across the nation have set themselves apart and have a culture for fostering ingenuity and creativity amongst it’s pupils. Air Force School Halwara too champions this spirit, as was seen through the School's activities through the year which went-by; the School magazine 'Pratibimb' attempts to capture the same.

This magazine is one such platform to stimulate young minds and encourage creativity, science fest or attempts in the tinkering lab etc. being other such avenues. Aptly named as Pratibimb, the magazine will be a student's rendition or the reflection of their minds - a vision, perhaps. Acquired knowledge, evolving thought process and refining them through good communication and writing skills shall help in personality development - which are the set aims here.

I congratulate the team at AF School Halwara for their successful effort in bringing-out this magazine.

Jai Hind



Message by
A K Shukla
Executive Director
Air Force School Halwara

MESSAGE

It gives me immense pleasure to pen down the message for school e-magazine of Air Force School Halwara.

A school magazine is a powerful medium through which students and staff give expressions to their imagination, creativity and ingenuity. Air Force School Halwara has steadily moved up the path of excellence since its inception. Today the role of school is not only to pursue academic excellence but also motivate and empower the students to be lifelong learners, cultural thinkers and productive members of an ever changing global society.

I am sure that the Principal and the staff would continue their dedicated hard work to establish new record in achieving academic goals and inculcate good human values among students at the same time.

I would urge the students to be progressive, disciplined and ever ready to expand the horizons of their knowledge and skills by dreaming big and working hard. I convey my best wishes and compliments to the Principal, Editorial team, staff and students for their excellent efforts in bringing out the school e-magazine.

Jai Hind



MESSAGE



Message by
Mrs Shyamli Waraich
Principal
Air Force School Halwara

In a dynamic & technology driven world when the learner has to adapt to constantly changing situations, the role of Education system has been progressively augmented. Education is no longer mere learning of facts but is training of mind to think, analyse and interpret.

Incisive counselling by parents and educators is the need of the hour. Proper guidance can help ardent youth to overcome issues at social, professional and personal front. Children need a listening ear and a understanding heart. In order to reach out to them, we need to touch the cord. At Air Force School Halwara all our efforts are focussed to provide our students an environ where feeling of competence and self-worth is inculcated through self-directed exploration. The year 2022 witnessed golden moments of achievements in various domains for which I would like to extend my gratitude to Management, Parents, Staff and Students for unstinting support.

As someone who has wonderful opportunity of touching the cords of innocent hearts, shaping brilliant minds, I assure that Air Force School Halwara will always remain adhered to intrinsic core values of integrity, honesty and academic excellence where there are equal opportunities for all its students to rise to fullest of their potential.

Jai Hind

ACHIEVERS ARENA

SESSION 2022-23

*Nothing splendid has ever been achieved except by those who dares
Believe that something inside them was superior to circumstances"*



DIVJOT GREWAL

96.8%



ARYAN KUMAR

95.6%



PRAKHAR SHARMA

94.6%



English



DIVJOT GREWAL
97%



GURLEEN KAUR
97%

S. Science



ARYAN KUMAR
99%

Computer



DIVJOT GREWAL
99%

Hindi



GURLEEN SINGH
96%



DIVJOT GREWAL
96%



GURLEEN KAUR
96%

Maths



DIVJOT GREWAL
98%

Science



PRAKHAR SHARMA
95%



ARYAN KUMAR
95%



DIVJOT GREWAL
95%

AIR FORCE SCHOOL HALWARA

AN OVERVIEW OF SCHOOL

THROUGH THE YEARS

Air Force School Halwara was established in 1957 under the aegis of IAF Educational and Cultural Society as Sharada Elementary School and by the year 1986 School was renamed as Air Force School Halwara.

The School was upgraded to middle in March 1989 and was upgraded to Secondary level in 1996. School holds great prestige as one of the oldest school in the region providing quality education to the wards of Air Force Personnel.

OUR VISION

We envision vibrant and holistic school education making students sensitized about values, human rights and respect for diversity, equality and dignity. School believes in creating a positive environment where learning promotes decision making, confidence and engenders excellence. School aims to provide quality education to socially diverse student population of 650 students.

THE YEAR WHICH WENT BY

To maximize learning outcomes and enhance opportunities in the field of technology, sports, music and performing arts innovative initiatives were undertaken.

- ❖ STEM FEST AND HOSTING INTER SCHOOL COMPETITIONS
- ❖ INSTITUTION OF ATAL TINKERING LAB
- ❖ PARTICIPATION IN NCC CAMP AT GNE LUDHIANA AND MALOUT
- ❖ SOCIAL OUTREACH PROJECT – LET’S LEND HAND TO REDUCE PLASTIC USE
- ❖ GRANDPARENTS DAY CELEBRATION
- ❖ PARENT AND STUDENT ORIENTATIONS ON PERTINENT TOPICS
- ❖ REGULAR COUNSELING SESSIONS
- ❖ ACTIVE PARTICIPATION AT INTER SCHOOL LEVEL

WHERE WE WISH TO BE

We aspire to develop confident, responsible individuals who are think leaders and independent lifelong learners. It’s our earnest endeavour at Air Force School Halwara to empower our students to face global challenges and upgrade our school as centre of excellence.



GLIMPSES OF SPORTS DAY 2022-23



ANNUAL DAY 2022-23



CCA RESULT 2022 -23

Inter House Quiz Competition on G20
Class I to V

Date: 04/02/23

| CLASS | NAME | HOUSE | POSITION |
|-------|----------------|---------|-----------------|
| IV B | Devansh Roy | Sekhon | 1 st |
| IV A | Yogyata Sengar | Sekhon | 1 st |
| VA | Chetna Yadav | Sekhon | 1 st |
| VA | Advika Sharma | Sekhon | 1 st |
| | | | |
| V B | Arushi Priya | Subroto | 2 nd |
| V B | Ganishka | Subroto | 2 nd |
| VB | Ravneet Kaur | Subroto | 2 nd |
| V B | Japji Kaur | Subroto | 2 nd |

Inter House Declamation and Extempore Competition
Declamation Category - 1

Date: 29/07/22

| CLASS | NAME | HOUSE | POSITION |
|-------|--------------------------------|---------|-----------------|
| II A | Akshaj Prafulla Kumar Kulkarni | Katre | 1 st |
| II A | Kanveer Singh | Subroto | 2 nd |
| II A | Advika Singh | Arjan | 3 rd |

Declamation Category - 2

| CLASS | NAME | HOUSE | POSITION |
|-------|----------------|---------|-----------------|
| IV B | Darshita Dubey | Katre | 1 st |
| VA | Arnav | Arjan | 2 nd |
| V B | Aarushi Priya | Subroto | 3 rd |

Declamation Category - 3

| CLASS | NAME | HOUSE | POSITION |
|-------|-----------------|--------|-----------------|
| VII A | Tanupreet Sibia | Katre | 1 st |
| VII A | Sukhmani | Sekhon | 2 nd |
| VII B | Jasmeet Kaur | Arjan | 3 rd |

Extempore

| CLASS | NAME | HOUSE | POSITION |
|-------|---------------|---------|-----------------|
| X | Mriganshu | Subroto | 1 st |
| X | Aryan | Arjan | 2 nd |
| X | Dvijot Grewal | Sekhon | 3 rd |

Inter House Competition
Ramp Walk - Fashion Fiesta

Date: 02/07/22

| CLASS | NAME | HOUSE | POSITION |
|-------|--------------------------------|-------|-----------------|
| III A | Aranya | Katre | 1 st |
| II A | Akshaj Prafulla Kumar Kulkarni | Katre | 2 nd |
| III A | Karanjot | Katre | 3 rd |

Mimicry

| CLASS | NAME | HOUSE | POSITION |
|-------|----------|-------|-----------------|
| IX | Devanshu | Arjan | 1 st |
| VIII | Prisha | Katre | 2 nd |
| CLASS | NAME | HOUSE | POSITION |

| | | | |
|-------|-------------------|---------|-----------------|
| IV A | Arohi Sweety | Subroto | 1 st |
| IV B | Aaruhi Chourasia | Subroto | 1 st |
| V A | Jashanpreet Singh | Subroto | 1 st |
| V B | Aarushi Priya | Subroto | 1 st |
| VI A | Harjang Singh | Subroto | 1 st |
| VI B | Aditi Kumari | Subroto | 1 st |
| VII A | Prachi | Subroto | 1 st |
| VII B | Kajal Meena | Subroto | 1 st |
| IV A | Pransi Rana | Karate | 2 nd |
| IV B | Darshita | Karate | 2 nd |
| V A | Tanish Agrohiya | Karate | 2 nd |
| V B | Pragati Singh | Karate | 2 nd |
| VI A | Sapna Ojha | Karate | 2 nd |
| VI B | Dilpreet Kaur | Karate | 2 nd |
| VII A | Jatin Garg | Karate | 2 nd |
| VII B | Naveen Kaur | Karate | 2 nd |

Hindi Poem Recitation, Group - 2

| CLASS | NAME | HOUSE | POSITION |
|-------|-----------------|---------|-----------------|
| III B | Panav Sachdeva | Subroto | 1 st |
| III A | Aravya Singh | Karate | 2 nd |
| II A | Shivanya Pandey | Arjan | 3 rd |

Hindi Doha Wchan

| CLASS | NAME | HOUSE | POSITION |
|-------|------------------|---------|-----------------|
| VI B | Shourya Kushwaha | Arjan | 1 st |
| IV A | Arohi Sweety | Subroto | 2 nd |
| IV A | Anishka Singh | Karate | 3 rd |

Hindi Laghu Natika

| CLASS | NAME | HOUSE | POSITION |
|-------|-------------------|---------|-----------------|
| X | Nidhi Kumari | Subroto | 1 st |
| X | R Amrita | Subroto | 1 st |
| IX | Jasmeen Kaur | Subroto | 1 st |
| IX | Mehakpreet Kaur | Subroto | 1 st |
| VIII | Avineer Kaur Gill | Subroto | 1 st |
| VIII | Harleen Kaur | Subroto | 1 st |
| VII | Ishleen Kaur | Subroto | 1 st |
| VII | Prachi Sharma | Subroto | 1 st |
| X | Prakhar Sharma | Karate | 2 nd |
| X | Gurleen Kaur | Karate | 2 nd |
| IX | Taranpreet | Karate | 2 nd |
| IX | Japneet Kaur | Karate | 2 nd |
| VIII | Prisha | Karate | 2 nd |
| VIII | Priya Prajapati | Karate | 2 nd |
| VII | Tanupreet Sibia | Karate | 2 nd |
| VII | Navleen Kaur | Karate | 2 nd |

Fun With Nursery Rhymes

*Twinkle Twinkle Little Star
Why don't you sit in my car?
I'll take you up the hill
When Jack and Jill slipped in Brazil.
We will also go to row the boat
and do remember to put fish in your coat
Next, we have to meet Dumpty Humpty
Because after falling they have become grumpy
Oh, I forgot! Fish will die
as without water, they cannot survive
Let's cross the London bridge
Before fish's time is finish
Hurry! Ba Baa Black sheep also called
Because she is not able to reach the mall.
We will take her through Old Mc Donald's farm
Before the guard rings the alarm
Because if daddy at all wakes up and asks
Johnny to open her mouth
all our secrets will be out.
But don't worry moon, Johnny went to Manhattan
To show his cat rounds of fashion.
I am sure, when he returns in a ship
He will have chubby cheeks with rosy lips.
He also needs to meet Ms. Muffet
She ate too much curd and now needs a tablet
He really needs to pull up his sock
Or else Hickory Dickory will run up the clock.
The wheels of the bus were on a roll
And oops! Suddenly it went out of control.
The bus fell in the well, where pussy cat was ringing the bell
The cat yelled and said, what the hell!
Let's run and reach the mulberry bush,
And finally, we will sit there and shush*



Tanupreet Sibia
Class VII 'A'

Wonders of MATHEMATICS

*With so much to learn
Profits are added
While loses are subtracted
Degrees are multiplied
And percentage is divided
Geometry is full of mystery
Algebra has a big history
Integers are as different as brothers
Lines are parallel angles are similar
Maths is necessary in life
Without it, it is difficult to survive.*



Shreyansh Rawat
Class-6 A'

Math's A challenge

*Try, try and try,
the more I try
the more I cry
I practice maths with my heart and soul,
Yet I am not able to achieve my goal,
I never get marks in maths
in spite of my great endeavors.
Maths are never in my favour
I really want to improve my maths
because I love this subject,
and for this I am trying my level best
In mathematics examination I always create a mess
all the answers I guess
and ultimately the marks I get are quite less
I believe that if I do ample practice,
I'll one day probably achieve my goal
and I seriously have to improve
because in our lives maths plays a very significant role.*



Divjot Grewal
10th

SERENITY

*Beautiful yet mysterious
Made his inside self-feel so glorious
He danced with the wind
And had fantasies in his mind
A place made him so real
And filled him with enthusiasm and zeal
Just by looking at the river
Gave him wild yet sweet shivers
He felt so unsensible
with all thoughts desirable
He was himself when at this place
It somehow filled that empty space.
He knew this place would never judge him
Like everyone else, he too had flaws in him
Coming over to this one place made him realize
how beautiful he was
And it's okay to escape your demons and scars.
He felt so flawless
Felt so perfect
This one place made him feel special
And took him above clouds, onto another level.
He came here once a day
To be himself
To do what his heart says.
And to forget
He forgot about his problems when he was here
And just connected himself to the misty air.
He breathed the breath of relief
And stood there with complete belief
He came here.
To disappear.
Into the wild
Into his mind*



Laksha Kumar
9th

Where Is God?

*God is in the flowers.
God is in the trees
God is in the butterflies.
And the birds and bees.*

*God is in the sunshine
God is in the storm,
God is in the snow and frost
That makes you wrap up warm*

*God is in the good
God is in the bad
God is in what makes you happy
And what makes you sad*

*God is everywhere you look
And everywhere you go
God is your best friend always
Because God loves you so*



Samaya Sahoo,
3rd 'B'

Know your space

- 1. The Sun is about 93 million miles away from Earth.*
- 2. If you could drive to the sun in a car, it would take more than 170 years to get there.*
- 3. Sunset is always in the direction called the West.*
- 4. Earth spins at 1,000 miles an hour*
- 5. The same side of the Moon always faces the Earth.*
- 6. Some astronauts who visited the moon had a moon buggy called a Lunar Roving Vehicle.*
- 7. Most meteorites are small enough to fit in your hand.*
- 8. MESSENGER (A Spaceship by NASA) travelled 4.9 billion miles before it began to Orbit Mercury.*
- 9. Mercury and Venus are the only big planets in our solar system that do not have moons.*
- 10. MAGELLAN (Spaceship) was carried from Earth into space by another spacecraft*
- 11. Magellan showed that most of Venus is covered in lava, the rocks that come from Volcanoes.*
- 12. Mars looks reddish because there is a lot of Iron in the Rocks.*



Anikait
Bhardwaj
II- A

Words Of Love

*We come from darkness and go into darkness
But our life is colorful on this earth
But there are people who live in darkness
Right from the time of their birth*

*They are deprived of light
The light of kindness, love and care
Life for them is a terrible plight
Darkness surrounds them everywhere*

*Every man is born with an untold wealth
Preserved in his heart
He must find out that enormous wealth
And give it away.*

*Two words of love and consolation
And some help that you can give
Can bring many changes in them and fill their soul
With comfort and joy and make them live.*

*Two words of encouragement and sympathy
Are like sparks that can ignite
The souls and make them smile, with glee,
It can fill the darkness with light.*

*These words are like breeze,
That comforts a weary traveller
It has a magical power to ease
The pain of the sufferer*

*We have a short time on this earth
So, let's change someone's unfortunate fate
And live life for all it is worth
Before it is too late.*



Harsimran
5th A

HAPPINESS

*A blow of happiness touched my mind
This was really undefined.
It just captivated my soul,
The Thrill which I couldn't control.
I stepped ahead to spread this feel.
But was caught in a situation I couldn't appeal.
A stone of amity hit my heart
Which made me from my happiness hart.
I was disturbed, like a blast of sorrow.
It held me tight and made me blind.
I was drowning in the ocean of regrets,
Hoping for a better tomorrow.
This hope fulfilled my mir desire.
Making my whole inside,
When again a blow of happiness touched my mind.*

One leap Step for a Better Future

*From the warmth of the sunlight
To the strength of mountains.
All the nature shed tears
In the form of fountains.
While it gives regardless of the pain.
The Kindness of nature remains the same.
Though it works neglecting our deeds,
The one doesn't acknowledge; he'll grow what he seeds.
The man will change, yes, he might!
All we can do is to hope for future that is bright.
Be conscious for each and every action you'll take,
Because it's the preparation for a better future you make.*



Jasmeet Kaur
7th B

Forgiveness Leads to Inner Peace

"Pain is inevitable, Suffering is optional"

When somebody wrongs you, either by accident or on purpose, it can be very difficult to get over it. Most of us can relate on some level to the feeling of getting hurt and the lingering pain it brings with it and holding on to that pain for too long becomes a heavy burden to carry through your life. You may never be able to reconcile with the wrong doer but forgiveness is divine Forgiving a person who has wronged you is never easy but thinking about those events over and over again can fill your mind with negative thoughts and suppressed anger Practicing forgiveness can have powerful health benefits. This associated with lower levels. of depression, anxiety and hostility and higher self-esteem, which leads to greater. life satisfaction. One of the best ways to practice forgiveness is with the REACH METHOD. "Reach stands for Recall, Empathize, Altruistic gift Commit and Hold.

1) RECALL: The first step is to recall the wrong doing in an objective way. The purpose here is to come to a clear understanding of the wrong that was done. It is important to understand and then accept what hurt you. Keep your focus on what hurts and what you would eventually like. to let go of

2) EMPATHIZE: Remember, we are human and we are nowhere near perfect. Everyone carries their own pain which influences the behaviors they exhibit. well, this doesn't justify their thoughtless, insensitive of selfish behaviors but it makes them easier to understand and to see the reality of the situation.

3) ALTRUISTIC GIFT: Try to imagine hurting somebody the way you were just hurt and think about how great forgiveness would be for the both of you. Recognizing this helps you realize that forgiveness is an altruistic gift that you can give to others.

4) COMMIT: When you are ready to let it all go and move on, then commit yourself to forgive. The past is over and it isn't happening anymore. The only place the past can exist anymore is in your mind. So, take a conscious decision to forgive

5) HOLD: Finally, hold on to your forgiveness. Unfortunately, the old phrase 'Forgive and Forget' doesn't really work in real life. At least, not for everyone. This step is tough because memories of the event will often recur. Acknowledge them and bring yourself back into the present moment. Change your reactions to the memories of the event. When the bad feelings arise, remind yourself that you have forgiven. Let out whatever emotions you want to and give yourself time to heal. You still have a long journey ahead. Unload that baggage



Navdeep Kaur
PRT

Glimpses of SCHOOL ACTIVITIES







NCC REPORT

Students of Air Force School Halwara participated in CATC-96 held from 03 Jan to 10 Jan 2023 which was organized by 4PB Air SQN NCC under the leadership of Gp Capt BS Gill at GNDEC Ludhiana. Brigadier Jaspreet Singh Ghuman, Group Commander NCC group Ludhiana presided over the inaugural function as Chief Guest. Total 507 cadets participated in CATC - 96 from various schools and colleges namely JNV Dhansav, GNPS Sarabha Nagar, Amrit Indo Canadian Academy Ludhiana, Sacred Heart BRS Nagar LDH, Govt. Sr. Sec. School (Boys) Samrala, Nankana Sahib Public School LDH, PS Khalsa National Sr. Sec. School LDH, SCD Govt. College LDH, Arya College LDH, G.N.D.E.C LDH, 5 PB Girls BN, PAV Army Wing and 13 PB Girls BN.

A total of 15 Cadets (10 Boys, 05 Girls) along with Caretaker Mr. Satish Kumar attended CATC-96 camp from Air Force School Halwara. Additionally one female MTS from our School accompanied girl cadets for support and safety for the entire period of camp.



The NCC Cadets were given training in Aeromodelling, Range firing, Drill and Disaster management in the camp wherein they got hands on experience of military way of life.



Students were also sensitized about road safety, communal harmony and importance of keeping the surroundings clean. To provide opportunities for all round development with sense of duty and commitment various competitions were organized which included quiz competition, debate competition, group discussion, track and field events etc.

- 13 Cadets (Taranpreet Singh, Divyakshat, Jobanjot Singh, Gurbaksh, Gaurav Singla, Ekamjot Singh, Anand Mishra, Shubham Meena, Divjot Avineer Kaur, Simrandeep Kaur, Priya Sarawat, Gurpreet Kaur) of our school participated in Drill and won Runners-up Trophy.



- 05 cadets (Gaurav Singla, Divyakshat, Avineer, Simrandeep Kaur, Priya Sarawat) of our school participated in Cultural Programme and won Bronze Medal.



- 04 cadets (Priya Sarawat, Avineer, Gurpreet Kaur, Mannat Jaswal) of our school participated in 400 mtr. relay race and won Bronze.



STEM FEST

As an endeavor to integrate academic disciplines of Science, Technology, Engineering and Mathematics, STEM FEST was organized on 29 Oct 22 at Air Force School Halwara. Exhibits were displayed to provide students hands on learning with real world application to develop 21st century skills like creativity, tech-literacy, curiosity, social skills, productivity, communication skills, critical thinking and many more.





SOCIAL OUTREACH PROGRAMME

AIR FORCE SCHOOL, HALWARA

EVERY EFFORT MATTERS - LET'S LEND A HAND TO REDUCE PLASTIC WASTE

Blueprint for peace and prosperity for people and planet, now and into future has been envisioned by United Nation members. A total of 17 Sustainable Development Goals for an urgent action by all the countries of the world has been recognized which aim for global partnership towards actualization of the goals for human welfare.

Under SD Goal 13, Climate Action, Air Force School Halwara has initiated a unique outreach programme on 27 July 22 "Let's lend a hand to reduce Plastic Waste". Keeping the wider perspective of the environment, the programme had been designed to involve and engage each stakeholder in phased manner. Details of activities conducted by the school under aforementioned project are as appended below:

- Orientation session for Students and Staff was conducted on 27 July 22 making them aware of the project, the objective of the programme and the activities under SDG.



- Empty phenyl bottles used for school washrooms have been cleaned and given to Classes VA and VB as part of pilot project and students have been told to stuff them with wrappers and pouches during school hours



- Stage play was performed by the students of Class III during morning assembly "Best Eco Friendly Alternatives for Plastic in Life".



- Project progress was reviewed during the morning assembly on 04 Aug 22 and 24 Aug 22.



- Teachers talk on the topic 4R's and importance of sustainable development by Mrs. Shruti.
- Honoring Volunteer Parents and MTS.



Felicitation of Eco warriors of Plastic in Plastic - Students were felicitated for submission of every one Kilogram of Plastic Bottle filled with Plastic on 22 Feb 23 during morning assembly.



Social Sensitization - Guided activity with nominated Class teacher for sensitization of people towards environmental concerns was organized wherein children of Classes IX and X were given a guided work hour exposure at AFWWA shops, SI venture like vegetable shop, grocer etc and disseminate

information about eco-friendly practices in terms of preventing use of plastic, keeping the premises clean and proper disposal of waste.

- *Activity - Fabric Painting / Slogan Writing for Classes VII to X was held and improvised T-Shirts with Social Messages viz "Reduce use of plastic", "Bring your own bag for shopping" etc were painted.*
- *Disseminations of E-education Brochure- Brochure highlighting harmful impacts of plastic and viable substitute was disseminated to parents.*

Brochure for every effort matters



चलते रहो..

मार्टिन लूथर किंग ने कहा था, अगर तुम उड़ नहीं सकते तो दौड़ो, अगर तुम दौड़ नहीं सकते तो चलो, अगर तुम चल नहीं सकते तो रेंगो पर निरंतर आगे बढ़ते रहो। अपनी सोच और दिशा बदलो सफलता तुम्हारा स्वागत करेगी।

रास्ते पर कंकड़ ही कंकड़ हो, तब भी एक अच्छा जूता पहन कर चला जा सकता है। किंतु एक अच्छे जूते के अंदर एक भी कंकड़ घुस जाए तो एक अच्छी सड़क पर भी कुछ कदम चलना मुश्किल है यानि हम बाहर की चुनौतियों से नहीं अपने भीतर की कमजोरियों से हारते हैं



जसलीन कौर
कलसी
कक्षा : 7वीं - ए

ये शिक्षक कहलाते हैं

रोज सुबह मिलते हैं इनसे, क्या हमको करना है ये बतलाते हैं
ले के तस्वीरें इन्सानों की, सही गलत का भेद हमें ये बतलाते हैं
कभी डांट के तो कभी प्यार से, कितना कुछ हमको समझाते हैं
भविष्य देश का जिन में, उन सबका भविष्य ये बनाते हैं।
हैं रंग कई इस जीवन में, रंगों की दुनिया से पहचान, ये करवाते हैं
खो ना जाये भीड़ में कहीं हम, हम को हम से ही ये मिलवाते हैं

हार हार के फिर लड़ना ही जीत है सच्ची,

ऐसा एहसास ये हमको करवाते हैं

कोशिश करते रहना हर पल, जीवन का अर्थ हमें ये बतलाते हैं
देते हैं नेक मंजिल भी हमें, राह भी बेहतर ये दिखलाते हैं

देते हैं ज्ञान जीवन का,

काम यही सब है इनका,

ये शिक्षक कहलाते हैं

ये शिक्षक कहलाते हैं



प्रियांशु कक्षा
चौथी अ

चलो थोड़ा हंस ले

१- शिक्षिका - क्यों मुनमुन बार-बार पलट कर क्यों देख रही हो ?

मुनमुन - मैडम पेपर में ही तो लिखा है कृपया पीछे पलट कर देखें।

२- अध्यापक ने कक्षा में पढ़ाते समय बच्चों से एक प्रश्न पूछा।

अध्यापक बच्चों सच और भ्रम में क्या अंतर है ?

एक बच्चे ने खड़े हो कर जवाब दिया सर आप हमें पढ़ा रहे हो यह एक सच है।

लेकिन हम पढ़ रहे हैं यह आपका भ्रम है।

३- अध्यापक- तुम रोज विद्यालय आया करो। यदि तुम्हारी उपस्थिति कम हुई तो तुम्हें परीक्षा में बैठने नहीं दिया जाएगा। छात्र- कोई बात नहीं सर मैं खड़े-खड़े ही परीक्षा दे दूंगा।



जसमीत कौर
कक्षा 7-ब

कोरोना काल

कोरोना काल ने हमें कई तरह के सवाल और विचारों से रूबरू करवाया या ये कहे कि यह काल मानव जाति की आँखें खोलने को ही आया था। इस कठिन समय में हमने इंसानों के कई रूप देखे। कुछ में मानवता की हद देखने को मिली। कहीं ये भी देखने को मिला कि अपनी स्वार्थ सिद्धि के लिए लोग किस हद तक इंसानियत भूल सकते हैं। अमीर हो या गरीब इस काल ने सब को एक जगह ला कर खड़ा कर दिया।

इंसानों ने सबक सीखा कि पैसा जिंदगी से ज्यादा अनमोल नहीं है। एक छोटे से वायरस ने ऐसा विकराल रूप दिखाया कि न सिर्फ भारत में अपितु सम्पूर्ण मानव समाज को कैद कर के रख दिया। जिस भागदौड़ भरी जिंदगी में लोगों को बैठने की और चैन से साँस लेने की फुर्सत नहीं थी, वहाँ लोगों को महीनों घर में कैद होने को मजबूर होना पड़ा। यही वो वक्त था जब लोगों को समझ आया कि भागदौड़ में उन्होंने जिंदगी को कितना पीछे छोड़ दिया था। लोगों ने समझा कि परिवार और रिश्ते पैसों से कहीं ज्यादा अहम हैं।

माना कि कई लोगों ने इस महामारी के दौर में अपना को खोया है पर एक बहुत बड़ी संख्या में रिश्तों ने नया जन्म भी पाया है।

जिस तरह लोगो ने इस कठिन समय में परस्पर सहयोग दिखाया ये साबित करता है कि लोगों में आज भी इंसानियत जिंदा है। तभी तो इतना कठिन दौर हम पार कर पाए हैं। ऐसे कठिन समय में जब लाखों लोगों की नौकरियाँ चली गई। गरीब वर्ग सड़कों पर आ गया। उस समय कुछ लोग फरिश्तों की तरह उनके जीवन में आए और उन्होंने मानवता की मिसाल पेश की। चाहे वो मजदूरों को सलामत रूप से घर पहुँचाना हो, गरीबों को अनाज उपलब्ध करवाना हो, नौकरी दिलवाना हो या फिर ऑक्सीजन और बेड की ज़रूरतों को पूरा करने का काम हो। हर संभव प्रयास किए गए मदद को सही समय और सही स्थान पर पहुँचाने के लिए। हर शहर में लोगों ने तथा कई समाजिक संगठनों ने आगे आकर ना सिर्फ लोगो का हाँसला बढ़ाया और एक दूसरे की मदद के लिए प्रेरित किया बल्कि जान की परवाह किए बिना खुद भी लोगों की मदद को आगे आए। यह सब ये दर्शाता है कि लोगो में आज भी इंसानियत जिंदा है।

वहीं दूसरी ओर ऐसे लोग भी हैं जिन्होंने मानवता को शर्मसार करने में कोई कसर नहीं छोड़ी। मौके का फायदा उठाया। अनाज से लेकर दैनिक ज़रूरत की चीज़े हो या दवा से लेकर ऑक्सीजन लोगो ने कालाबाजारी करने में कोई कसर नहीं छोड़ी। मैं समझ भी नहीं पाती किस तरह के लोग हैं ये, इनमें इंसानियत नाम मात्र भी नहीं, जहाँ एक ओर मौत तांडव कर रही थी, रोज़ हजारों की मौत की खबर मन विचलित कर देती थी और ये किस तरह के लोग थे जिन्होंने मौत को भी व्यापार बना दिया था। कोरोना काल माहौल देख कर भी जो नहीं सीख पाए, उनके लिए टिप्पणी करना व्यर्थ है।

इसलिए ही कहा गया है प्रकृति से छेड़छाड़ न करो। हम तो पानी के लिए पैसे चुकाने पर अचंचित थे क्या पता था कि कोरोना कॉल में साँसे भी खरीदनी पड़ेगी। अब भी लोग नहीं समझे तो आने वाले समय में बहुत बड़ी कीमत चुकानी पड़ेगी। यह कोरोना काल हम सबके लिए बहुत बड़ा सबक है। आशा है कि हम सब ऐसी स्थिति से सीख लेंगे। इस काल ने जो भी हमें सबक सिखाए हैं, उन्हें हम सब याद रखेंगे।



श्रीमती मधु शर्मा
PRT

पुस्तक

मेरी पुस्तक रंग-बिरंगी,
कहे कहानी यह सतरंगी ।
कहती बातें नई पुरानी,
जैसे बोलें दादी-नानी।
परीलोक की सैर कराती, '
कभी-कभी वो हमें डराती ।
कभी हँसाती कभी रुलाती,
दुनिया की हर बात बताती ।



सुखमन कौर
3 -बी

समय

न किसी के लिए रुकता है
न किसी से डरता है
न किसी से कहता
न किसी की सुनता है
समय का ये चक्र हमें
ये ही तो सिखाता है
केवल हमको बढ़ना है
बस आगे बढ़ते रहना है।
जिस कर्म के लिए आए है
उस कर्म को हमें करना है।
समय की लीला न कोई समझ पाया है
समय ने अच्छे-अच्छो को हिलाया है
समय किसी का साथी नहीं
खुद हम को साथी बनना है
जो समय का साथी बन जाएगा
वो जीवन में सफलता पाएगा
समय की धारा तो बहती रहेगी
इस धारा के साथ हमें चलना है
चलना है, चलना है और चलते रहना है



शैली वैश
PRT

प्रकृति की गोद

मन मोहनी प्रकृति की गोद में जो
बसा है।
सुख स्वर्ग-सा जहाँ है वह देश
कौन-सा है ॥
जिसका चरण निरंतर रतनेश धो
रहा है।
जिसका मुकुट हिमालय वह देश
कौन-सा है ॥
नदियाँ जहाँ सुधा की धारा बहा
रही हैं।
सीँचा हुआ सलोना वह देश
कौन-सा है ॥
जिसके बड़े रसीले फल कंद नाज
मेवे ।
सब अंग में सजे हैं वह देश
कौन-सा है॥
जिसमें सुगंध वाले सुंदर प्रसून
प्यारे ।
दिन रात हँस रहे हैं वह देश
कौन-सा है ॥
मैदान गिरि वनों में हरियालियाँ
लहकती।
आनंदमय जहाँ है वह देश
कौन-सा है ॥
जिसके अनंत धन से धरती भरी
पड़ी है।
संसार का शिरोमणि वह देश
कौन-सा है ॥



आदित्य भरद्वाज
6 बी

हिन्दी भाषा

प्रकृति की पहली ध्वनि ॐ है
मेरी हिन्दी भाषा भी, इसी ॐ की देन है।
देवनागरी लिपि है इसकी, देवो की कलम से उपजी
बांगला, गुजराती, भोजपूरीडोगरी, पंजाबीऔर कई
हिन्दी ही है इन सब की जननी।
प्रकृती की हर इक चीज़ अपने में सम्पूर्ण है
मेरी हिन्दी भाषा भी अपने में सम्पूर्ण है।
जो बोलते हैं वही लिखते हैं,
मन के भाव सही उभरते हैं।
हिन्दी भाषा ही तुम्हे, प्रकृती के समीप ले जाएगी,
मन की शुद्धि तन की शुद्धि, सहायक यह बन जाएगा।
कुछ हवा चली है ऐसी यहाँ
कहते हैं इस मातृभाषा को बदल डालो।
बदल सको क्या तुम अपनी माता को ?
मातृभाषा का क्यों बदलाव करो।
देवो की भाषा का क्यों तुम तिरस्कार करो।
बदल सको तो तुम अपनी सोच को बदल डालो
हर इक भाषा का तुम दिल से सम्मान करो
हिन्द की जड़ों पर आओ हम गर्व करें
हिन्दी भाषा पर आओ हम गर्व करें।



अनुज मिश्रा
7, बी

आओ तुम्हें सौर मण्डल में ले चलें

बड़ा ग्रह - बृहस्पति (Jupiter)
सबसे छोटा ग्रह- बुध (Mercury)
पृथ्वी का उपग्रह-चन्द्रमा (Moon)
सूर्य से सबसे निकट ग्रह - बुध (Mercury))
सूर्य से सबसे दूर सित ग्रह - वरुण (Neptune)
पृथ्वी के सबसे निकट ग्रह - शुक्र (Venus)
सबसे अधिक चमकीला ग्रह शुक्र (Venus)
सबसे अधिक चमकीला तारा साइरस (Dog Star)
सबसे अधिक उपग्रहों वाला ग्रह बृहस्पति (Jupiter)
सबसे अधिक ठण्डा ग्रह- वरुण (Neptune)
सबसे अधिक भारी ग्रह बृहस्पति (Jupiter) रात्रि में लाल दिखाई देने वाला
ग्रह मंगल (Mars)
सौरमंगल का सबसे बड़ा उपग्रह-गैनीमेड (Ganymede)
सौरमंगल का सबसे छोटा उपग्रह -:- डी मोस (Deimos)
नीला ग्रह पृथ्वी (Earth)
भोर का तारा- शुक्र (Venus)
सांझ का तारा- शुक्र (Venus)
पृथ्वी की बहन शुक्र (Venus)
सौन्दर्य का देवता शुक्र (Venus)
हरा ग्रह वरुण (Neptune)
विशाल लाल धब्बे वाला ग्रह- बृहस्पति (Jupiter)



रिया सैनी
7 - बी

नया सवेरा

चीर कर अँधेरा अब उजालों में कदम बढ़ाना है,
कर रात को विदा अब नया सवेरा लाना है।
रोशन हो हर घर का आँगन
कहीं न जाए मायूसी
हर बच्चे बूढ़े के होठों पे
छाए सच्ची खुशी।
रोती आँखों के आंसू को भी अब मुस्काना है.
कर रात को विदा अब नया सवेरा लाना है।
शिक्षित हो हर भारतवासी
बेकारी बन न पाये फाँसी
भुखमरी और लाचारी से
न जाए चेहरों पे उदासी।
सोने की चिड़ियाँ हमको फिर से कहलाना है.
कर रात को विदा अब नया सवेरा लाना है।
सत्ता के गलियारों में
भ्रष्टाचार का हो विनाश
सरहदों को पार कर
आतंकवाद न आये पास।
दहशतगर्दों को भी अब शांतिदूत बनाना है.
कर रात को विदा अब नया सवेरा लाना है।



प्रिया प्रजापति
आठवीं

वीर

कस ली है कमर अब तो,
कुछ करके दिखाएंगे,
आजाद ही हो लेंगे, या सर ही
कटा देंगे
हटने के नहीं पीछे, डरकर
कभी जुल्मों से
तुम हाथ उठाओगे, हम पैर
बढ़ा देंगे
बेशस्त्र नहीं हैं हम, बल है हमें
चरखे का,
चरखे से ज़मी को हम, ता चर्ख
गुंजा देंगे
परवाह नहीं कुछ दम की, गम
की नहीं, मातम की,
है जान हथेली पर, एक दम में
गंवा देंगे
उफ़ तक भी जुबां से हम
हरगिज़ न निकालेंगे
तलवार उठाओ तुम, हम सर
झुका देंगे
सीखा है नया हमने लड़ने का
यह तरीका
चलवाओ गन मशीनें, हम
सीना अड़ा देंगे
दिलवाओ हमें फाँसी, ऐलान
से कहते हैं
खून से ही हम शहीदों के, फ़ौज
बना देंगे
मुसाफ़िर जो अंडमान के, तूने
बनाए, ज़ालिम
आज़ाद ही होने पर, हम
उनको बुला लेंगे



रिषभ प्रजापति
7 - B

" आज करो "

जो करना है आज करो तुम
कभी नहीं कल आता है।
आज बीतते ही वापस कल
बन आज चला आता है।

नहीं किसी ने कल को देखा
कल बस एक छलावा है।
एक बीत कर चला गया और
एक दूजा कभी नहीं आता है ।

लाखों काम अटल कर रह गए।
कल करने की आशा में
छूटे उन कामों के कारण से
रहते लोग निराश में ।

जो करना है आज करो तुम
छोड़ो मत कुछ भी कल पर ।
वर्तमान में ही जीने को रहो
सदा, सब दिन तत्पर ।



गुरप्रीत कौर
आठवीं

माँ के रंग

जीवन एक कोरा कैनवास है रंग विहीन,
सबसे पहले, माँ ने मुझे रंगों से पहचान कराई,
रंग-बिरंगे थे मेरे सभी परिधान,
जानें कहां से, चुन कर लाती थी,
सारा कैनवास, रंगों से भरा रहता था,
रंग, हमेशा माँ की आँखों में भरे रहते थे,
माँ के सानिध्य से बाहर आते ही,
कैनवास, फिर से खाली हो गया अब ज़िन्दगी एक,
विशाल कैनवास की ओर भाग रही थी,
जिसका असीमित आकांक्षा था, आकांक्षाओं,
सपनों से भरा हुआ, पर कैनवास खाली था,
आँखें चित्र बनाती पर वो मिटते चले जाते,
माँ की बुढ़ी, आँखें भी, अक्षत व रंग विहीन हो चुकी थी,
मुझे ही भरने थे रंग अब, कैनवास में, चुनने थे रंग,
विश्वास, हौसले और साहस से बचपन के परिधानों से,
ठीक एक लोहार की तरह,
जो अपने-अपने हथौड़े से तपे लोहे को भी मैंने देखा, आकार दे देता है,
तभी माँ सामने ही खड़ी थी, माँ की आँखों में अभी भी वही,
चमक थी मेरा बचपन लौट आया था,
मैंने देखा कैनवास में बेहद खूबसूरत चित्र थे माँ मेरे हौसलों से खुश थी,
कैनवास में माँ का खूबसूरत चित्र सबसे ऊपर था



रीता उपाध्याय
प्रशिक्षित स्नातक
शिक्षिका

बचपन

उन तस्वीरों को देख, निकला यादों का टोला
मन भर आया, आँखों के सामने वहीं दृश्य
जब दोहराया।
वो आँगन, वो छत, वो चौबारा,
एक कटी हुई पतंग ने मुझे झिंझोड़ के
पूछा कहाँ गया वो बचपन ??
जिंदगी की इस दौड़ में, कहाँ गए वो दिन ?
कुछ धूप- कुछ छाँव में वो गलियारा
वो दादी की चूरी वो नानी की पिन्नी
वो खेल वो खिलौने
वो हँसना, वो रोना,
पल में लड़ाई और पल में दोस्ताना ।
जीवन की भाग दौड़ में पीछे रह गया वो बचपन
बचपन ने सिखाया गिर- गिर कर उठना,
ना हारना और न पीछे रहने का जज़्बा ।
उन शरारतों में थे कई
सबक जिंदगी के
जीवन में मैं आगे बढ़ने की प्रेरणा
है वो बचपन ।
पर फिर भी हर बात में याद आता है
वो बचपन, जिंदगी की इस
दौड़ में कहीं छूट गया
वो बचपन ।



निधि कांत
PRT

वरदान मांगूंगा नहीं

यह हार एक विराम है
जीवन महासंग्राम है
तिल-तिल मिट्टी पर दया की भीख मैं लूँगा नहीं ।
वरदान मांगूंगा नहीं ॥

स्मृति सुखद प्रहरों के लिए
अपने खंडहरों के लिए
यह जान लो मैं विश्व की संपत्ति चाहूँगा नहीं ।
वरदान मांगूंगा नहीं ॥

क्या हार में क्या जीत में
किंचित नहीं भयभीत मैं
संघर्ष पथ पर जो मिले यह भी सही वह भी सही ।
वरदान मांगूंगा नहीं ॥

लघुता न अब मेरी छुओ
तुम हो महान बने रहो
अपने हृदय की वेदना मैं व्यर्थ त्यागूँगा नहीं ।
वरदान मांगूँगा नहीं ॥

चाहे हृदय को ताप दो
चाहे मुझे अभिशाप दो
कुछ भी करो कर्तव्य पथ से किंतु भागूँगा नहीं ।
वरदान मांगूँगा नहीं ॥



दिव्यंक्षत दूबे
कक्षा 8

AIR FORCE SCHOOL HALWARA



