

Inspirio

Vol. 02

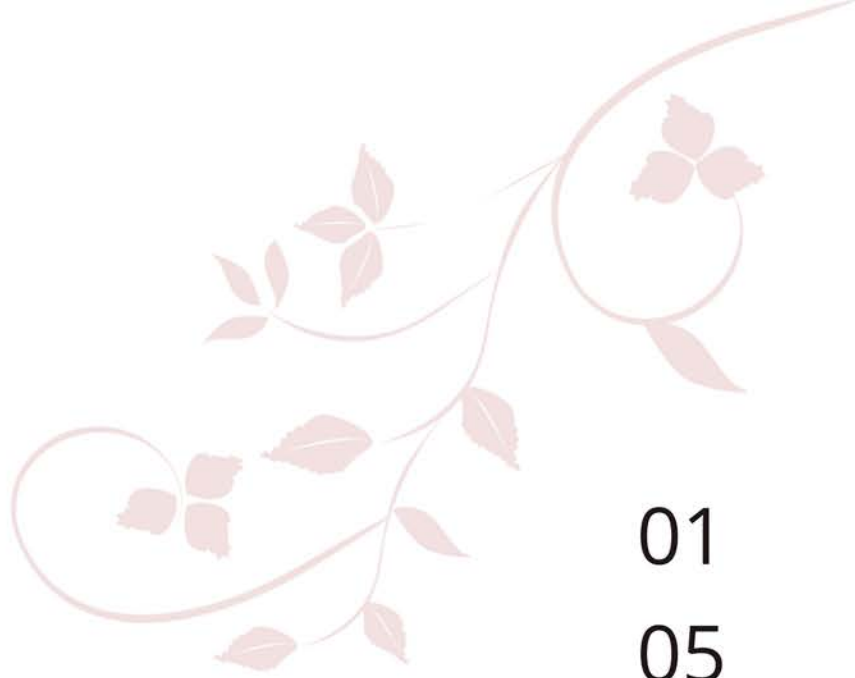
Session 2022-23



Art by
Adhisree P Baruah
Grade VII, A

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MESSAGES

WORDS PENNED BY OUR VISIONARIES

“The highest education is that which does not merely give us information but makes our life in harmony with all existence.” Rabindranath Tagore

Dear Faculty and Students of DPS Jorhat,

Let me congratulate you for achieving a significant milestone in your journey towards excellence. The school is not merely a space which imparts education, but a space which nurtures dreams and creates our future citizens. Education is not merely about passing examinations, but about learning to care and empathise with those who are not as privileged. It is about being connected to the earth and being able to create a greener planet. It is about acquiring skills, being innovative and capable of critical thinking. It is about respecting all religions and creating



safe spaces for everyone. May the students of this prestigious institution rise to the occasion and be worthy of the education being imparted to them. May the faculty continue to upskill and educate themselves so that they can be real life inspirations to the students.

Wishing the DPS Jorhat family a long and sustained foray into the world of education.

Dr. Nandini C Sen
Member, DPS Committee

FROM PRO VICE CHAIRMAN'S DESK

Dear students, parents, staff members and well-wishers,

It is my honor and privilege to greet you with warm prayerful wishes that you be showered with abundant blessings from the Almighty.

“Your attitude is either the lock on or key to your door to success”

~Denis Waitley

Each of us, sooner or later, goes through a moment or a situation when it seems that we are on the wrong road, and life is moving in the wrong direction. But ... this is also true that some things are within our control and what disturbs us are not events or situations, but our attitude towards them.

Dear all, I wish you the blessing of a positive attitude, and this is what we also try to build in our students. We, at the , strive to provide a platform where a child is holistically educated, encompassing physical (physiological), mental (cognitive), social, emotional (psychological) and spiritual growth. We aim that our students become a resource for tomorrow.

We accentuate learning by synergy and collaboration and this surely comes with a positive attitude towards life. Every student at Somerville is given a voice and avenue where they are able to express their knowledge and dream big and achieve big.

I am confident that at the Delhi Public School, Jorhat, students will keep understanding the true meaning of life, love life and live life to its fullest with the guidance of our talented teachers and visionary Principal to reach the heights of glory.

With best wishes and blessings

Nitesh Jain

Pro- Vice Chairman

Delhi Public School, Jorhat



FROM MEMBER OF MANAGEMENT'S DESK

Dear students, parents and staff members,

At the outset, I feel privileged to greet you and pray for the showers of blessings from the almighty God. In today's digital world, children are exposed to many distractions. It has become essential that students get wholesome education which enables them to steer through the challenges of life successfully by treading on the path of righteousness to emerge as a champion of the society. We at DPS Jorhat endeavor that students are taught skills, values and techniques and provide them with the learning experiences which enable them to access wealth of knowledge as they grow up and become responsible citizens.

To quote former President of India Dr. Abdul Kalam

"Dreams are not those you get when you sleep, but dreams are those that don't let you sleep."

Keeping this in mind children we provide a plethora of activities for their judicious all round development by amalgamating Aryan values and modern technology.

We gratefully acknowledge your trust and confidence entrusted in DPS Jorhat and thereby, giving us an opportunity to serve the society before self.

With best wishes and blessings
Nishant Jain
Member of Management Board
Delhi Public School, Jorhat



FROM THE DESK OF PRINCIPAL

Dear Readers,

Having sailed through six beautiful years in Delhi Public School Jorhat, I have borne witness to its indomitable spirit and perseverance. I'm pleased, by and large, with the graphable accomplishments and milestones reached in this brief span of time. Watching the gap narrowing down everyday between achievable and what's deemed unachievable fills my heart with pride and contentment.

The school has undergone several advancements since its inception and is still moving tirelessly towards one singular motto of fostering excellence. Its benevolence is reflected through the changing landscapes pertaining to educational sensibilities among the masses. It's a strenuous task to form a corner for oneself in a new place, in a short period. I'm always grateful to the fact that the school is run by a team of individuals of strong social conscience.



To make the school best suited for the current generation of learners, we're equipped with latest technologies, modern teaching-learning tools, high functioning laboratories and all quintessential amenities. We're not only focused on the academic precedence but also take into account all spheres of education needed for holistic development in a child. The students of Delhi Public School Jorhat have represented the institution in various district, state and national forums. Art, music, dance and sports have always played a key role in retrieving this desired placing.

The session 2022-23 had been one of the most eventful and successful years in the history of DPSJ. I'm honoured to cite the victorious CBSE class XII results of our very first batch. This wouldn't have been a possibility without all the hard work put collectively together by students and teachers alike. I hope, this volume of Inspirio will be a notable one in preserving the essence of our journey by churning out the immanent talents of our learners.

**With regards
Principal
Delhi Public School Jorhat**

FROM THE DESK OF THE EDITOR

In this journey of being Editorial head for the 'Inspirio: Vol- 2', I have experienced many challenges which were empowering and worth keeping in my memory trunk. I have constantly been amazed by the zeal and enthusiasm displayed by students only to prove again that learning is a two-way process. Editing the works of students was not only enchanting but a plethora of ideas emerged in my mind too. The contribution of our beloved children is unadulterated, fresh and abundant with diverse perspectives. No doubt a privilege for a teacher and mentor.

The Reminiscence section reminds us of the success stories in the gone year, so we are keeping our spirits high this year also. To achieve boundaryless and bounty full of art integrated education as per NEP of different subjects' students visited various historical, bio diverse locations across Assam. Glimpses of which can be seen in the Junket Diaries. The success stories of our students and emergence of DPS Jorhat as one of the best schools in Assam can be observed in the Achievement section. Be ready to be mesmerized readers as you read the write ups and visit art works of our little Picassos. The Kinder Eden is an opportunity taken to display activities done by the students of junior section. When academic excellence and co-curricular activities are served together, a student gets holistic development. Spell bee, Kalasangam, Spardha, Dristy club, Eco club, Literary club, Oxfam lub, Christmas Carnival are some major events organized for like a palette of wholesome education at DPS Jorhat.

This magazine is an exhibition of the talents recognized of all students from Junior KG to 12th grade. Parents have also been given an opportunity to express their views about their experience with the school as the triangle between the teachers, students and parents is a complex relationship which needs nurturing by addressing for an amicable solution.

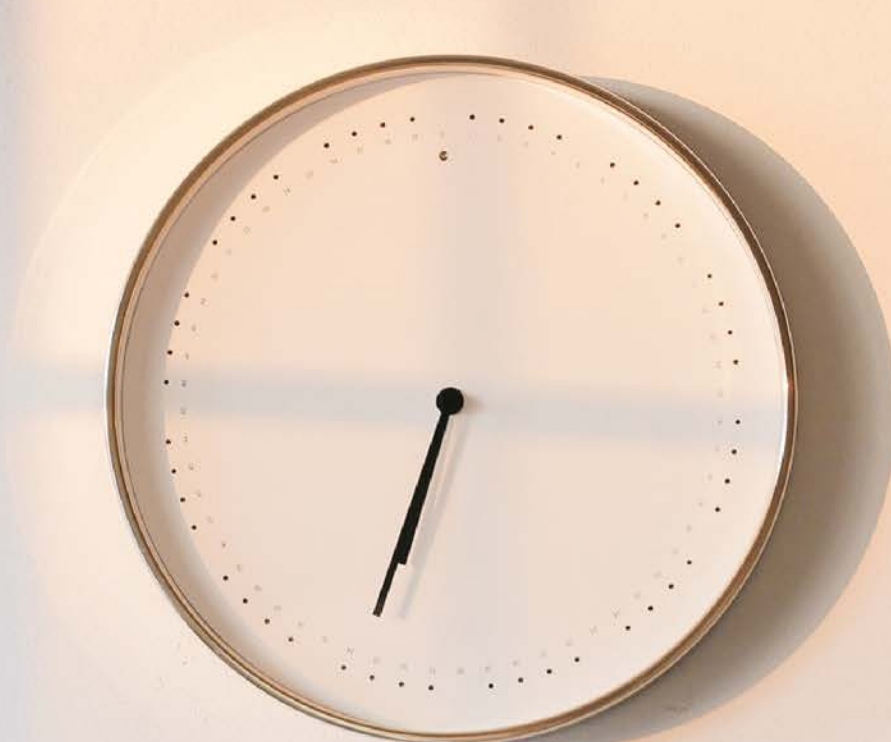
This editorial can't be complete without saying thank you. Firstly, I would like to express my gratitude to my Principal ma'am who bestowed me with this responsibility. I am thankful to the students who helped me in creating the wholesome magazine and the editorial team of teachers who relentlessly worked to come up with a zero-error magazine. The IT Admin gets a special thanks because it would have been impossible to create a magazine as beautiful as this without his hard work and creative ideas. Lastly, I would like to express my hearty thanks to everyone who was involved in this long, patient and enthralling journey.

With these my last words would be:

"It's you who set limit for yourself. Push your limits with every endeavor and witness the world cheer for you."

With blessings and wishes
Leena Deka Bharali
Chief Editor





REMINISCENCE

5th Foundation day



While celebrating 5th Foundation Day at DPS Jorhat on 28th April '22, the overwhelming feeling of labor and success seemed so precious. Celebrating the day at DPS Jorhat on embarking on yet another journey for a successful year.

Mother's Day



Celebrating motherhood at DPS Jorhat is a tradition as old as motherhood itself. Pre- mothers' day celebrated on 7th May for the invited mother and to salute their selfless love for their children.

Herbal Garden



The Eco Club of DPS Jorhat initiated a project of a "Herbal Garden" in the school. To carry forward this initiative, the Eco Club of DPS Jorhat organized an interactive session with Dr Rituraj Konwar, Senior Principal Scientist and Dr Mohan Lal, Senior Scientist of NEIST Jorhat on 18th May 2022.

Self Defense for Girls



Another step to provide holistic education to girls of DPS Jorhat, an Introductory Self Defence Session for Young Girls was conducted for the students on 25th May 2022. The session was conducted by Ms. Poojneet Failho, an ex- defence personal and an influencer.

Pre Environment Day



In collaboration with Jorhat Science Centre and Planetarium, DPS Jorhat celebrated Pre - World Environment Day Celebration on 3rd June 2022 by conduction PPT presentation competition and other activities. The winners were given free access at the Jorhat's planetarium's Innovation Hub for one year.

Yoga Day



The mantra of Yoga se hi Hoga' has been an indispensable part of school's curriculum. Like every year, DPS Jorhat celebrated International Yoga Day on 21st June with a yoga session with the students by performing various asanas

Interaction With Shankuraj Konwar



'You can't take music out of me because i am music'. Shankuraj Konwar, one of the leading music icons of Assam visited DPS Jorhat on 25th June 2022. The singer interacted with students where he spoke about his musical journey, his creations and how music can be a career choice for students with hard and perseverance

Tamak-Summer Camp



All studies and jack becomes a dull boy... to prove this wrong DPS Jorhat organizes summer camp for its students every year. The camp was a conglomerate of specialized skill based and recreational activities for the students to integrate learning with fun.

Pre Environment Day



To celebrate 75 glorious years of India's Independence, DPS Jorhat conducted a drive called Indian Flag Distribution program by the students at various public places of Jorhat with an overwhelming response.

Hand Printed Tricolour to the DC



The District Commissioner of Jorhat, Shri Ashok Kr. Barman, IAS, was gifted a hand printed National Flag of India prepared by the senior students of DPS Jorhat.

75th Independence Day Celebrations



The celebration of the 75th Independence Day of India began with flag hoisting which was followed by some mesmerizing cultural programs by the students of all classes to showcase their pride and love for their country.

Janmashtami Celebrations



The little kanhas, Radhas and Mayya Yashodha of junior section presented an enthralling cultural program to celebrate Janmashtami in the school premises of DPS Jorhat with great zeal and excitement.

Youth Conclave



On the 26th, 27th and 28th August 2022, the students of DPS Jorhat took part in the Youth Conclave organised by the Delhi Public School, Khanapara with the theme "Vibhinata Mei Ekta: Unity in Diversity".

Teachers Day Celebrations



A teacher is source of knowledge and motivation. To celebrate the service of teachers, the students of DPS Jorhat organised a stellar show for their beloved teachers on the occasion of Teachers Day.

Student Led Conference



In DPS Jorhat, PTM's do not only mean result. The parents who dream to see their children budding breaking their cocoons get a short glance to see their talent through Student Led Conference (SLC). The Junior Wing students engrossed the parents and visitors by presenting small enactments of learning and practicing on 24th September 2022 where students, parents and teachers also interacted to understand the child's overall development.

Celebrating the Mahatma



On the occasion 153 years of the Gandhi Jayanti, the Literary Club of DPS Jorhat took up an initiative called "Celebrating the Mahatma" to teach on Gandhi and his values. Debate competition was also conducted to stir the young minds on the teachings of Gandhi and how important it is to follow for a peaceful life.

Durga Puja Celebrations



Celebrations are only a way to teach students irrespective of the religion they follow. The students of DPS Jorhat celebrated the spirit of Durga Utsav on 29th September 2022. The dances and the grand celebration of the festival bring to light, the authenticity, spirit and vibrancy of the festival.

Kalasangam 2022



Kalasangam, an intra school singing and dancing competition was held to expose our students to music and improve their language and presenting abilities. The energetic dancers ignited the dance floor with their upbeat performances. Their beautiful and elegant gestures captured the musical mood.

Edu Fair & Quest



The Higher Education Fair organised by DPS Jorhat in association with Inspirus Education, gave the students the option to learn about courses being offered by leading universities on 13th October 2022.

Kati Bihu Celebrations



On the occasion of Kati Bihu, the students of Assamese Department organised a special assembly where they presented a beautifully curated skit showcasing the various cultural practices of the people of Assam.

Diwali Celebrations



The most energetic lot of the school created an atmosphere when they danced and sang to pray of happiness in everyone's life. The junior wing of Diwali, the 'festival of light' at DPS Jorhat on 24th October 2022.

Spardha 2.0



Spardha 2.0 a magnificent inter school three-day sporting event took place on the 20th, 21st & 22nd of October 2022. More than 50 schools and 100 individual participants arrived to witness and participate in one of the biggest sporting events in Jorhat.

Children's Day



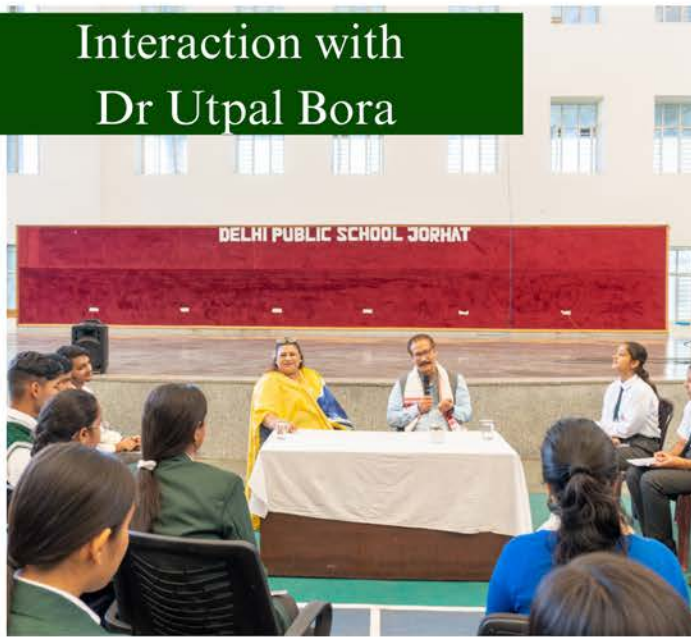
Children are the life of a school and the teachers of DPS Jorhat left no stone unturned to make this day special. Children's Day 2022 was celebrated with great zeal and grandeur. The teachers put up a colourful show for their beloved students.

Sharp Minds 2.0



The students of Class XI (Commerce), our budding entrepreneurs conducted and participated in a business game called Sharp Minds 2.0 - A HUB OF INNOVATION where the students got an opportunity to experience pitching their ideas for their businesses or products for investment to a panel of teachers.

Interaction with Dr Utpal Bora



Professor, Dr. Utpal Bora, head of Centre for the Environment, Professor at Department of Biosciences and Bioengineering at IIT, Guwahati accepted our invitation to spare some of his precious time to share his knowledge and have an interaction with the students of Class IX & XI.

Christmas Carnival



Carnival means fun, frolic, games and food. DPS Jorhat hosted a grand Christmas Carnival 2022 to celebrate the spirit of Christmas by putting up food and game stalls by students and presenting an alluring cultural program.

Magh Bihu



Doi, chira, laroo, pitha and abundance of harvest, DPS Jorhat celebrated Magh Bihu with great zeal and grandeur. The school reverberated with the hues and sounds of Bihu to celebrate the auspicious occasion.

74th Republic Day Celebration



Republic Day, 2023 was celebrated with much enthusiasm by the DPS Jorhat family, commemorating the adoption of the Constitution of India. Shri Jadav Payeng, Padma Shri awardee and Mr. Arunav Parashar, Regional Head NE, Vedanta (CAIRN) were the guest of honours



JUNKET DIARIES



 *Sivasagar*



 *Sukapha
Samannay Khetra*



 *Janki farm*



XIAOMI 11i



 *Thengal Manor*





*Vision Art Ason
Gallery*



Sarothi Old Age Home



Kaziranga Trip



Visit to Jorhat Science Center







POTENTIAL SCHOOL OF THE YEAR

On 16th November 2022, Delhi, Public School Jorhat has received the award for the "POTENTIAL SCHOOL OF THE YEAR" under Assam Excellence Award 2022 (Utkrisht)- The Upper Assam Chapter.

The award was presented by Shri Sarbananda Sonowal - Cabinet Minister of Ports, Shipping and Waterways.



EXEMPLARY WORK IN THE FIELD OF SCHOOL EDUCATION

The Delhi Public School, Jorhat was felicitated for "Exemplary Work in the field of School Education" at the 16th School Leadership Summit, Guwahati.





Bhumika Kashyap student of Grade V participated in Inter School Swimming Competition organised by Jorhat Swimming Society and won three gold medal.

DPSJ participated in the first ever Inter School under 17 Basketball Competition organised by Basketball Section of Jorhat District Sports Association and won the Runners Up Trophy!



Students of DPS Jorhat, participated in ISKCON Cultural Heritage Programme where;
1. Ms. Darshana Apluta Saikia stood Third (3rd) position in Senior Level Bhagawad GitaSloka Competition and;
2. Shivani Malhotra stood First (1st) position in Middle Level Vedic Story Telling Competition.



Students of DPS Jorhat, participated in CBSE FAR EAST ZONE TAEKWONDO TOURNAMENT 2022-23 where,

1. Mr. Rishav Raj Gogoi won Bronze Medal;
Category: U - 14 (Boys - Below 33 KG)
2. Mr. Keshav Kumar won won Bronze Medal ;
Category: U - 17 (Boys - Below 73 KG)

Master Adriraj Kashyap Bora of Grade II bagged the Gold Medal in the National Jeet Kune Do Championship organized by the South Asian Federation in Darjeeling in the Category: 20 - 25 Kg. A team of many students from DPS Jorhat represented the event and had a great learning experience.



DELHI PUBLIC SCHOOL JO



Saif Ullah (Grade III) & Nida Nazneen (Grade II) bagged gold medal and silver medal respectively Under-9 Category in Jorhat District Age Group Chess Championship organised by Office of the Jorhat District Chess Association on 18th and 19th July 2022.



*The Assam Amateur Boxing Association organized 42nd All Assam Inter District Sub- Junior Championship 2022 from 24th to 27th March at Jorhat. Archita Somani of Delhi Public School Jorhat of class IX won the Bronze Medal;
Category: U- 70 KG*

khushi Kothari bagged Gold Medal in 6th Enigma U-15 Open Rapid Chess Tournament held on 5th February 2022 conducted by Jorhat District Chess Association.



Ayush Borah of Grade VIII participated in

- 1. CBSE National Swimming Competition held on 21-24 Jan 2023 and bagged 2 bronze in U-14 category*
- 2. CBSE Zonal Swimming Competition held 2nd Dec 2022 to 6th Dec 2022 and bagged 1 Gold, 1 Silver and 1 Bronze in U-14 Category.*



**BEST SPORTSPERSON
OF THE SESSION
KRISHNALI DOLEY**



ACHIEVEMENTS

EVENT	VENUE	ACHIEVEMENT
All Assam Swimming Championship 06th -10th September	Guwahati	Gold & Bronze medal
Junior National Aquatic Championship 16th -20th July 2022	Bhubaneswar	Silver medal
Assam Youth Olympics 21st -27th July 2022	Guwahati	3 Gold & 1 Silver
Khelo India Women series	Kolkata	Silver medal
Northeast Olympics 09th -17th November 2022	Shillong	2 Gold & 1 Bronze medals
CBSE Zonal Swimming Competition 2nd Dec 2022 to 6th Dec 2022	MM School Raipur Chattisgarh	1 Gold, 2 Silver, 2 Bronze in U-17 Category

Alchemy



CHANGE IS HERE TO STAY

THE LATE ASTRONAUT JAMES BEVELL might think going to the moon was the project ever, but they literally "missed" on the moon. We had to adjust our course every day to get "On that mission, every change, no matter how essential to success."

Max DePree advised, "When you can't change of the wind—adjust your sails." We cannot need to be by remaining what we are. People it's the only thing that brings growth. There is moment as change.

Everyone wants to change the world, but changing himself.

He who ignores discipline comes to poverty, shame, but whoever heeds correction is honored.

The road to success is always under acceptance of your present creature.

TRUTH, IT HURT YOU

...for a check-
...with an "un-
...in here!" The
...a tongue-depres-
...Do you think I'll
...the little girl was
...her chest. As he
...think I'll hear Bar-
...Jesus is in my

...mit yourself to
...excellence. The
...on to your com-
...choose to do.

...use to accept

...then get it.
—W. SOMERSET MAUGHAM

...to do something right than it does to

A MEMORABLE JOURNEY



A JOURNEY OF MEMORIES

Nida Nazneen, II A

I went to Thailand with my family in October. We first went to Pattaya. There we went to a tiger park where we saw and touched the big tiger. It was also very exciting to see a baby tiger as we can touch and played with it. On second day we went to the beach. There I played sand and did swimming and the water tasted salty, a new experience for me.

Our next destination was Bangkok. there we went to Safari world and saw a lot of different types of animals like orangutang, dolphin, sea lion, crocodile, kangaroos, black bear and flamingo. I even fed kangaroos and giraffe.

Then we went to an aquarium. There again we saw a lot of different types of sea animals like seahorse, penguin, shark and tortoises.

The next day we went to a dinosaur park. There we saw a lot of different types of dinosaur statues

Though i didn't want the journey to end but it had to happen. On the last day we went to dream world. There we did lots of activities.

Oooh!! I enjoyed this trip and I miss Thailand so much.

THE VAN RIDE OF DPSJ KIDS

Jashashree Das, VIII A

A foggy winter morning. Faces covered with scarves, yet the smiles are visible from afar. Noses and ears turned maroon. A small vehicle filled with the happiness of six kids. Just a thirty-five-minutes long drive from home to school.

So let me tell you what goes on during those thirty-five minutes; little hands turn into brush strokes and the canvas being the glass of the van that is covered with fog. While at our "lame" yet childish jokes, the driver uncle laughs. And while returning, we "share", more like grab each other's carefully saved tiffin.

The aroma of the mixed spices of masala popcorn dominates the van.

Antakshari is something that completes every journey; the cracked musical notes, with emotions stitched to them (the same songs repeated again and again). While some days are filled with smiling faces, some days when one sheds a tear, the other's share those drops of tears.

Five years spent with these six kids, yet every new day fills me with ecstasy. The 'sour' taste of flights, the sweet taste of friendship and the 'salty' taste of life lessons learnt the hard way, are the things that make a perfect "lemonade".

At the end of the day, we are all humans and the bitter-sweet moments of each other's company is what keeps us "alive".

BEST OF JOYFUL SCHOOL DAYS

Jashashree Das, VIII A

Every peaceful slow day is normally disturbed by chaos. The chaotic, loud people around. But, these "voices" around me are what put "life" in my days. The lively smiles of my friends, the "tradition" of greeting our teachers with a long good morning song. The most awaited time of the day is the sports period; as the loud bell rings, mostly all of them gain a unique form of energy and they rush to the ground!

Some days when the teacher is absent, the class is spent by listening to our class famous Ayush Anand's shayeri. Every day when the clock hits twelve, and the aroma of different types of food stored in small tiffin boxes are opened.

From plain bread-butter to leftover frozen birthday cake, everything is shared with a smile in every face. From "rumal-chor" to pen fights, every Olympic happened in the lunch break. The most common incident that happens every other day is, 'your pen once lost cannot be found.' Specially in section 'A' of grade VIII, a pre planning of going to the park is always made,

the most common negotiation line is "but ma'am you took the other section to park" (even though that never happened). Well, it doesn't matter if we get the permission or not, it's the unity that matters. The hallways of DPSJ, are always filled with the helper 'didi' and 'bhaiya' holding a cup of tea, with a 'Gooday' biscuit, laughing and entertaining each other.

These smiles and this happiness is what truly fills the hallways with "life" and "joy". During exam days, out of nowhere the school turns a shade of grey. And dissolving the whole syllabus in thirty minutes is our true talent.

Moreover, these laughs will echo in the hallways, these unbreakable friendships will mark each other on the walls and the bitter-sweet, lively days will get over someday, and all I'll be left with is; the clumsy and funny "jokes" and memories and the framed class photos of each year, in which because of our (not-so) beloved sun, our eyes are closed!

VIKRAM BATRA- MY ROLE MODEL

Ridhima Jhavar, IX A

Every year the brave soldiers who sacrificed their life for the sake of our country get honour through gallantry awards on the Republic Day and Independence Day. Whenever we talk about the brave hearts of soldiers who won Param Vir Chakra, the name of Captain Vikram Batra comes first in my mind. He lost his life while he was fighting fearlessly in the Kargil war to protect the Nation. He brought victory in the Kargil war by fighting with his courage and leadership skills. He is the Param Vir Chakra awardee of the year 1999 celebrated on 15th August, India's 52nd Independence Day. His indomitable spirit, fearlessness, dignity and sacrifices have inspired me a lot which has changed my view towards life. He was always ready to serve the nation in at any situation and condition which shows his true responsible nature as an ideal soldier. His helpful nature to support others in difficult times has taught me to be kind.

His positive views to life and calmness have made me understand the need of being focused in tough times. He has showed us the valid and powerful reasons of leading an honourable life as a soldier in Indian armed forces. We all have some aim in life which we want to achieve one day with hard work and dedication. After following the life journey and positive attitude of my role model Vikram Batra my aspiration is to become a great soldier and serve our nation. As I always want to do something for my motherland and people. It will be a great role to protect my nation from the enemies. It will fulfil my mind when I will be able to do something for my country and give a fruitful future to its people. Lifestyle of soldiers have inspired me so much that I have adopted in my daily routine. All soldiers are trained through such hardships and difficulties that they become completely responsible to do their duty ideally.



Captain Vikram Batra had always lived a life with complete dignity at all situations which is another reason for my inspiration. At all times, he acted the role of great friend and leader fulfilling all the responsibilities of a soldier. He had never thought for second time when it came to fight for his nation. So, in the overall, his courageous nature, positive attitude and sacrifice have inspired me a lot to choose the career of soldier by keeping all other options behind. I would like to say that I have always immense honour for all army soldiers in my mind who have chosen the life of soldiers with the aim of protecting the nation and fighting for it. All these reasons are enough to make me feel proud for choosing the armed forces as a great career option.

SHARK TANK INDIA

A MASTERPIECE OF TELEVISION HISTORY

Ayush Anand, VIII A



Shark Tank India, whose first season concluded on 4 February, 2022 has made a magnificent comeback on 2nd January this year. This reality show has become my most favourite show ever. Before talking more about this masterpiece, let's discuss a little about the reality of Indian reality shows history. All of us are known to the reality shows where people are judged on different talents such as dancing, singing, acting etc and I rarely watched this kind of shows as now a days, these shows try to exploit personal tragedies, and try to make the audience cry, and hence, I never liked these shows.

IF I WERE A SUPERGIRL

Moogdha Buragohain, II A

Somedays I wish I were a Miraculous Ladybug and save people. Again someday I wish to be as fast as Flash because I am slow. Sometimes I really wonder what would I do if I actually become a supergirl. I wish I had the special power to teleport. I could teleport to new places, countries anytime I want. I can actually go to space, walk on the moon and even make a trip to Mars.

I will be able to reach places on time. While playing tag, I can be quick and change my place because I can teleport. I can make a quick visit to my grandparents and cousins' place who stay far away from Jorhat anytime I want. I can be anywhere anytime I want to. It will be so awesome!

So Shark Tank was something unique and new to India and for me too. This show has too many things to learn about. Indian aspirants to entrepreneurship present their business plans to a group of investors and convince them to fund their concept various Indian startups provide innovative fixes for significant and aggravating issues. This show celebrates unique concepts and ideas with heartfelt stories. This shows a glimpse about the incredible future of India.

Anupam Mittal, CEO of shaadi.com, Namita Thapar, Executive Director of Emcure Pharmaceuticals Vineeta Singh, CEO and Co-founder of SUGAR Cosmetics, Aman Gupta, the Co-founder and Chief Marketing Officer of Boat and Piyush Bansal, the co-founder and CEO of Lenskart were some of the other sharks on the show.

this show has given immense opportunities to the young and talented entrepreneurs of India with some unique products. some products already have competitions but some are conceptualized out of need. Imagine girls of a family coming out unhesitated asking for funding for a product for men's private parts problems. the funding hasn't been an issue but convincing is the real game. I feel motivated watching this show understanding once again that nothing is impossible if you are determined.



A WALK THROUGH THE CITY

Darshana Apluta Saikia, VIII A

It's in the late hours of the evening that I find my elbows leaning on the bare bricks of the terrace walls. My head hung back, one hand hanging over into free air, eyes glued to the stars, always there. I take in the smell of the night jasmines one last time before reaching a decision. To cruise this city, that my friends and I wish to leave forever, where our elders had taken refuge in, to travel this place for a couple of hours. My feet pad through the stones and dried mud, boots stepping over roots of trees and weeds, the senses overflowing with nostalgia. The smell of burning leaves and the sounds of night bugs being taken over by the horns of the cars and their flashing headlights. The town is in transition, a slow move into the complete urban life of apartments and automobiles from the quaint place the natives love and adore.

My sister and I talk with each other about everything and nothing and my mom reads a story on Facebook while we all wait in the car for the 10 minutes it takes for my dad to get his haircut, and then he comes back with his usual share of stories from the hairdresser, "guess what his son does now?!" Stories and stories around every corner, impoverished families being lifted into glamour by studious kids and tongues imprisoned from speaking out, tales of wives and children hiding from the curse of addiction while our parents shake their heads sadly at the wise storytellers. We spend the last few hours of the evening in a random function, shaking our legs against the attack of mosquitoes as a woman's voice carries out throughout the neighbourhoods.

We leave after the fifth song. Driving through the roads home, my dad randomly decides to take the long way, through the villages. The fields are all completely dark and with the windows rolled down, it feels like a sort of heaven, the wind and the feeling of safety inside the car. There'll be a glow of bonfire under a large tree here and there. A feast maybe, for some reason, good or bad. A celebration that always continues. A couple hours, it was. Open the door quiet as I can and slip into my place, opening my windows and falling into a rhythm. I lower into the blankets, breathe in the deep numbing winter transitioning into spring. There'd be a rainstorm tomorrow, maybe. A good day. I tuck my chin right over the sheets. I fall asleep. "People see what they wish to see. And in most cases, what they are told to see" - Erin Morgenstern, The night circus. The world can become anything you want it to be. You can find everything you need right where you are, keep going.



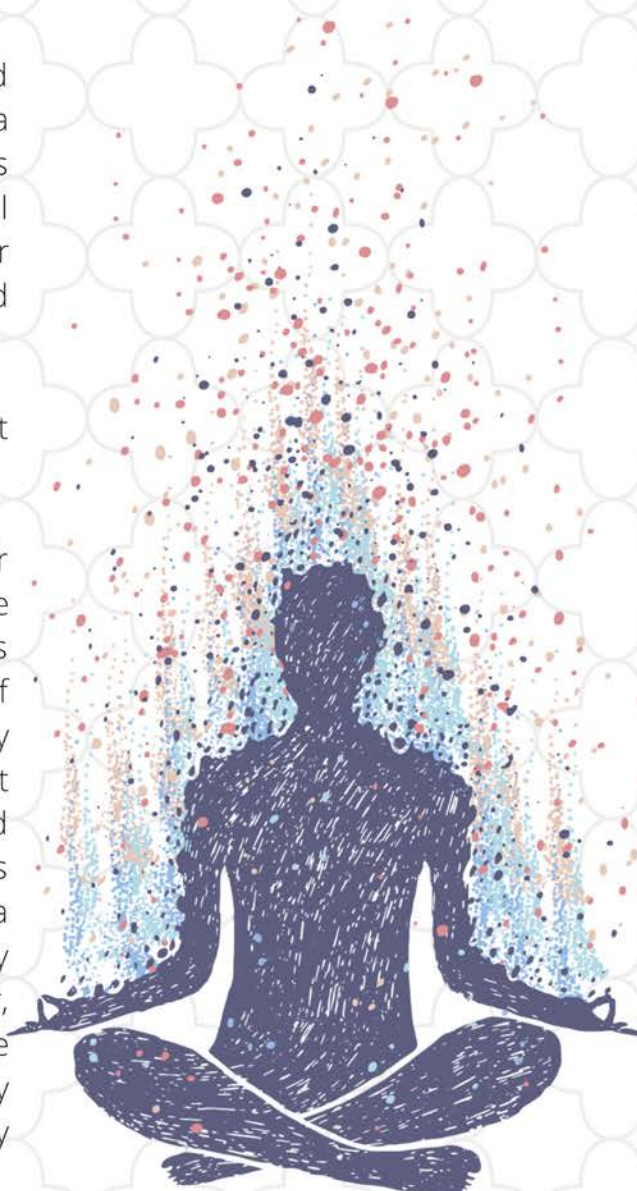
YOGA & PHYSICAL EXERCISE

Darshana Apluta Saikia & Divyanshi Kalita, Grade: VIII

Physical exercise. The term itself brings brightly colored imagery of bad remixes to old songs and the endurance of a mountain as an instructor in real life or behind a screen asks you to do 30 burpees while a smile remains on their face all along, for however long the workout is supposed to be. Your heart beats out of your chest as you finish the exercise and the instructor will say some encouraging words.

But another branch of moving your body is the one that connects to the mind.

Where each breath is purposeful, each bend and twist of your legs, whether graceful or not, is beneficial. Yoga in concrete definition is a group of physical, mental and spiritual practices or disciplines, a way to slow down your breath instead of speeding it up, emptying your mind for a few minutes away from the chaos of daily life. It's an accumulation of ancient practices you can obtain in your hand at any time and anywhere. While modern media and advertising may have us think that yoga is all about physical poses, the entirety of yoga includes a wide range of contemplative and self-disciplinary practices, such as meditation, chanting, mantra, prayer, breath work, ritual, and even selfless action. These provide strength, courage and make us tranquil. Have anxiety? Try Hatha yoga. Want to build endurance and strength? Try Vinyasa. Want flexibility? Try Yin yoga.



With a keen and determined ambition, we ought to spend a little time on yoga. The busy existence of people nowadays, has made them unhealthy both physically and mentally, and in such a time being mentally fit is mandatory, for a great start comes with an inquisitive, healthy sanity and a fit body. Physical exercise is, well, physical, yoga is more about the relationship between body and mind.

From breathwork in pranayama and spirituality in Kundalini practices, yoga is an ever widening expanse of culture and history, a glimpse into the past and focusing on the present, a practice that ancient scholars like Swami Vivekananda and Maharishi Patanjali (the person, not the company) found to be a blessing, that religions incorporated for their pillars of being.

So while physical exercise is indeed a boon for the energetic ones in the world, it's a humble request, don't restrict yourself to the mainstream version of exercise, branch out.

MY BEST FRIEND

Moogdha Buragohain, Grade: II A

I am one of those lucky ones who have people to stand through thick and thin. But my best friend is my father. Although he is a very busy person, he always has time for me. He always gives me company. We cycle, play board games and sometimes he plays with dolls with me. He does music practice with me. He is fun and caring.

Sometimes he makes silly faces and sounds to make me smile. He listens to my problems. We solve my problems together by making it fun. Every morning he wakes me up and takes me to my bus stop. He tries his best to make all my wishes come true. Something which I do not like about him is when he is too busy playing his guitar and it irritates me when he does not understand my point. But he never gets angry with me. He is always there for me. He is my first BFF (Best Friend Forever).

MY YELLOW SCHOOL BUS

Nairitt Changmai, Grade: I B

A school bus gives students a joyride to and from the school. I study in Delhi Public School, Jorhat and I love my joyride to school by my yellow school bus.

Our school has 18 school buses. I travel by bus number 10. Bright yellow in colour and stands different from others. Our school bus is nice and spacious. It has 40 large and comfortable seats. As our school is surrounded by tea gardens, travelling by bus is an experience in itself.

While going on the bus, me and my friends enjoy and have a good time together. Our driver uncle drives carefully and the conductor Kaushik dada too makes sure of our comfort and he is my favourite. My yellow school bus is safe and comfortable for us. I love my school bus.

TAZA JOKE TELECAST

Kean Buragohain Grade: II B

Kean: bla bla bla bla bla.....

Granny: Tumi ki kola moi dhoriboi nuwarilu o' babatu....

Kean: Granny, but you know English!!

Granny: Sometimes it is difficult for me to understand your accent my dear....

Kean: Do you want me to speak in Assamese with you?

Granny: That would be great my dear!!

Kean: hosontyoto, onusor, bikhorgo, chondrobindu!!!!

(The boy here has an accent and is a little weak when it comes to speaking Assamese although his native language is Assamese!)

HAHAHA





TRIP TO THE SACRED FOREST

Laranya Vashisht, Grade: II A

We recently went to Meghalaya for a short trip and we stayed in Shillong. It was extremely cold there and I missed Assam. Meghalaya is known for its serenity so we decided to visit places of this state. We visited a lot of places but my memories of the Sacred Forest are never going to fade away. In the Sacred Forest, we saw a lot of Rudraksh trees, Monoliths and also a fallen tree which had fallen because of its old age. Though the whole environment was mysterious, what enchanted me the most was that nobody could carry anything out of that forest, not even a single pebble.

There were so many pretty things but I am sure nobody would like any curse to follow them so we didn't take anything from there. Infact the tourists are allowed to carry only water and fruits while visiting the forest, and so did we. Later, we went to a place as beautiful as heaven called Laitlum Valley. The place can be called Shangri La of Meghalaya. It was nature's own beauty and we were in nature's lap, never wanting to come back. It was so foggy and cold that I could not even see my feet. So we went back to our hotel.

POET'S CORNER

True Colours

Vasudha Jalan, IX A

Imagine a life, without a sight.
Black and white, I would rather die.
Colours - the most beautiful thing in life.
Red, blue, pink, yellow Lavender like heaven.
The light blue shine of sky,
The patterns of colour in a butterfly.
Colours feel like heaven, they make
everything ten times better.
But, what happens when people start
showing their true colours.
It makes every person sad, Like a
melancholic wave.
I was flabbergasted, when I got to realise,
The one I called friends turned out to be the
biggest foes of my life.

Circle of Life

Nishtha Namya Bhagawati, IX A

Wake up champion! There's a lot to explore. It's
just the beginning, you've got moments to store.
It's not always sweet not always bitter, you need
to push through it. And sprinkle the glitter!

Time is never waiting,
So get up and start working
The future's in thy hands,
Come, watch it shining!

Behold!

Divyanshi Kalita, VIII B

The evil eyes upon you
Surrounding your four walls
For the essence of terrorism in your guts,
For the failure in your presence,
To test your onus in every breath you take.
Remember not to be scared
Fight the evil
For the good is prevalent.
Behold! Accepting of loath over pretending
For the former is a gesture of truth, the latter is
mockery.
Behold! The greatest challenge in thy steps
Is of letting go on and on.
Letting go of Arrogance over Talent
The harshness of former is still prevalent.
Behold!
Be not afraid to help for there are thousands of
helpless
Yet you will see millions pointing out your
mistakes.
Behold!
Trust is a gift.
Dare not to mistake the evil for good.
Faint is the line that distinguishes both.
Behold!
Be thankful of the life you are destined to live
Courage, wisdom, triumph and peace.
Behold!
Behold!



*Poetry is when an emotion has found its thought
and the thought has found words.*

Just Another Starry Night

Vasudha Jalan, IX A

Sitting on my roof, at a starry night. With
bundles of notion, in my mind.
The twinkling stars shine bright, Making my
heart full of light.
Gazing at the stars,
Reminds of all the
Pretty events of my life.
Sky is limitless,
And So am I.
Love the silent hour of night, For blissful
dreams
may then arise, Revealing to my charmed
sight What may not bless my waking eyes!
The sky is full of gloom,
But the stars make it joyful.
And so is your life,
Full of obstacles
But it's upon you to decide.

Feminity

Divyanshi Kalita, VIII B

Divinity is in feminity
Being a woman is a blessing.
A woman lives by equality
With her heart and mind of peace and
tranquility.
She is a flower that blooms in adversity
Rarest and most beautiful.
She is made up of water and fire within
Who can be the reason of peace,
And also bring about a war
For her laurels to laud and questioned if
wronged,
To change history with her story.
Resplendent and responsible
A woman is.
A woman is not only being:
A mother, a daughter and a sister
A friend and a wife.
These are the responsibilities of feminity
A woman is much more than that.
She is an individual first,
With a soul so pure and strong
That doesn't breakdown in any wrongs!
An incarnation of Goddess, each woman is
Whose steps carry the flourishes of old, roots for
the new.
There are no boundaries to taste and trace,
Feminity in itself is grace



Had I Been Him

Riya Sharma, XI H



Had I been him...
I would have hastened to the place he called home
To breathe the scenic beauty, so vaguely arresting;
'Dev Bhoomi' is what they exclaimed the land that bore him
That even in his soul, bravery and courage is all that's rooting.

Had I been him...
I would lay half asleep on his mother's lap
Where the world ever so engrossed, never felt as complete;
Valiance was the crown her heart wore
As with tears she sieved the land, her own son's grave.

Had I been him...
I would perch in their little corner
Ridiculed by the episodes we've lived, together;
Much was his own reflection
Shoulder to his own deceased self, his brother.

Had I been him...
I would feel the gravity of every moment
That lost its way, in search of marvel in the fragrance of his land;
Captain Vikram Batra is a name so deeply engraved
As he completed his journey, of the incomplete creases on his hands.

DPSJ: Now-Past-Future

Leena Deka Bharali, Educator

"The past is just a story. And once we realize it, we create history in the future."

Year 2017 engraved a fresh page in the history of Jorhat's educational institutes. Delhi Public School, Jorhat founded on 28th April 2017, is situated across the sprawling area of 24 bighas, amidst beautiful tea gardens and agricultural fields. The fresh air and a fine infrastructure have given this place an identity and prospects of growth. April 28, 2017 was the day when the school's inception ceremony was held. Dr. Girendra Nath Hazarika, the then Vice Chancellor (Incharge), of Assam Agriculture University, Jorhat presided over as the chief guest. Some eminent educators from Jorhat, Dibrugarh and Guwahati marked their presence on this historical day of an institution which has been trusted for giving the world class holistic education to its students, along with members of the managing committee of the school. Principals from DPS Guwahati, Numaligarh and Khanapara too were present to bless this baby to grow faster and greater.



The first academic session 2017-18, following the curriculum of C.B S.E, commenced with just a hundred students from class KG- VII and a handful of staff members. The first assembly was held on 3rd May by the students of grade VII. The first event celebrated in this newly established institution was the Mother's day for the mothers of grade KG to I. The first member who visited the DPS Society to meet the brilliant and capable educators was Dr. (Mrs.) Nandinini Roy Choudhury. The first great event which took place was the Christmas Carnival. An event organized with a lot of apprehensions, indeed ended successfully with complete support from the management, parents as well as the students. As 2017 was the inception year, thus every function, every task, every purpose has notable memories in everyone's hearts. Each and every corner of the school would narrate the stories of the efforts behind success. The numbers of merely a hundred students did never deter us from marking our presence in the city and the rest, as they say, is history.



ACCOUNTABILITY AND PATIENCE TO SOAR HIGH

Patience is accounted as the most vital characteristic when the purpose is beyond success. To keep up the promise of great work, new years kept dawning with accountability. Accountability to perform better, accountability to execute better....and to celebrate.

Keeping this characteristic alive, the school kept growing older and maturer. The experience gathered through years since inception began to fruit, evidently tastier. The students passed with flying colours and the serenity in the face of parents was all prized. Moved with higher zest and zeal, the numbers grew, so the responsibility. The later years, especially pandemic years saw many more challenges. As they say, success is only a result of hurdles. The first batch of class X passed and we started rendering our service to the students of higher secondary who dream of becoming world citizens after studying in a premier institute of Jorhat. From visits of gems of India like Jadhav Payeng to celebrating with underprivileged students by Drishti club students only strengthened our the land under feet.

CONTINUED EXPANSION AND DEVELOPMENT OF FACILITIES

A school in today's times is not only a place to bring books and carry knowledge. It's a place of holistic development. It's a place to spawn a child's innate talent and interest and for that it's essential to facilitate him with the weapons of life. No matter where he goes or what he does, he should be equipped completely to impress the world. This is, what was intended, has been delivered to the students of the school. Though the first year didn't see much outdoor sports or activities, the same was not the scenario the following years. Swimming pool and splash pool(for junior wing), basketball court, tennis court, chess chamber, indoor sports space, music studio, yoga corner, taekwondo arcade, piano junction and art gallery were added to the school's infrastructure.

The inter- school sports competitions like Spardha and cultural competition Kala Sangam made their ways to recognise prolific talents of different schools. These competitions brought a new development in boosting confidence in the children. The latent talent was generated and the students represented the school in various sports and cultural competitions across the country in the following years till date.





Apart from a center of great opportunities in the cultural and sports field, students are given innumerable choices to showcase their talent through Co. curricular Activities, a vital part of C.B.S.E curriculum. Various competitions in every field of learning are organized with the intention to hone their skills of writing, speaking, acting, singing and many more. This does not end with the best of the participants. Though it's all about competition, yet the motif behind these activities is to bring out the artist in every child, focusing participation of almost every child of the school. Fortunately, success is the only word which kept enthralled every one.

VISION OF A GOLDEN FUTURE

Strength does not come from physical capacity.

It comes from an indomitable will."

~Mahatma Gandhi

With a huge infrastructure and its maintenance, come responsibility. Delhi Public School Jorhat is an institution which has taken up a responsibility to illuminate the lives of future of this country. The journey which is just 6 years old, will be carried forward with the vision of keeping its promises. From tiny steps taken today we have achieved a name of difference in the city. Parents throng for admission because they know this school is a replica of a gurukul where the Dronacharyas are dedicated, versatile and inspired. The trust they have kept since the inception year, will be continued. From junior wing to senior, every child is special, every child is unique and every child is necessary. This success is not only the consequence of hard work put in by every associate of the school, but the resilience to encounter every challenge, experiment and defy odds. With the assurance to keep every promise.....



A GUSTY PASSERBY

Trina Nag, Educator

It was a cold winter night when my Grand father suddenly fell down on the floor losing his senses. Horrified we stood for a while but when realised that we need to take him to hospital, we moved without wasting a moment. the night seemed to be darker than usual as it was already 1 am. We admitted him ensuring that he was in the safe hands. As patient was to be alone except one family member, we had to leave the hospital with hopes and prayers in our hearts. Going back home alone wasn't an issue yet the silence of the night was chilling and darkness was inundated.

While walking in search of a tempo, which wasn't easy to find at time of the night, engrossed in my own thoughts, silently praying to god for my Dadu, a name that I called him lovingly, I heard a boy calling me. He must have been 10 or 11 year old. He consoled me in a sweet voice and said, "Don't worry Didi your Dadu will be fine". I was taken aback. As his face looked familiar, i kept thinking exactly where I had seen him but all my efforts went in vain. He introduced himself and said "Don't you remember me I am Akash. My father is your teacher". I was still struggling to recognize him. But he was constantly talking to me..

When we reached the main road I started searching my uncle who also was returning with me home after admitting Dadu in the hospital, surprisingly he was nowhere to be found. I was agitated, scared and lonely. the boy was also missing and I was standing still in the middle of nowhere.

The boy reappeared came with the news that my uncle is waiting for me in a tempo, which was aging shocking. Thankfully, I found my uncle waiting for me. When I turned to say thank you to the boy, he was already gone. I thought I would go and say thanks to him in his house and also meet my teacher.



Next day I was happy to hear about my Dadu's recovery and decided to go to my teacher's house and say thanks to Akash. "May I come in ?" I said, but there was no response. Then I called Akash and a woman came out said angrily, "Who are you?" she asked. She was frumpy and weird and also seemed agitated. I didn't understand the reason of her anger and asked "May I talk to Akash. Actually he helped me to find my way last night".

Now she was shocked and said "How is that possible?" Looking at my muddled expression she brought the picture of her son and said "Are you asking for him?". "Yes", I said." With teary eyes she informed me "My son died last year. Everyone can see him except me" Tears rolled down her eyes leaving me utterly shocked and in dismay.

THEODORE

Nirmali Medhi, Educator

Everyone in the bus watched Theodore adjust his glasses and curl up his lips in a tild as if expressing dismay. A wave of despondency swished across the anticipating crowd and some of the children even booed in total disappointment. It wasn't the first time that he had let down his companions by breaking the course rules. In fact, Theodore had once again forgotten his Dream Recorder at home! He heard a few murmurs involving his name and looked down at his watch in shame. 7:06 am. 21st April 2081-Wednesday. Theodore was new to the sphere and his seven-year-old brain couldn't fathom a lot of things going on around. Although it was a lot better than his previous war stricken country, its rules were beyond his beliefs.

A small device called DR (Dream Recorder) was loud in talks for quite some time which facilitated one to record all their dreams of a single night and watch it five times at maximum limit before the session expired. It came with two wireless patches to be attached on either side of the recipient's temples. Everything the brain saw, heard and felt was then transferred to the DR, a small flash drive sized device. Many schools thought it was a good idea to implement it as a shared experience environment for children and led out a new directive to make arrival and departure bus journeys fun for them. It was decided that each child would bring their DR on a particular day and play all the dreams on a screen for everyone to watch and enjoy. It was also a means to regulate a child's mental staging to detect any kind of oddity that required amelioration.

Theodore's co-passenger and educator Greenie sent his guardians a note for non-compliance and waywardness. The novelty of sharing dreams was in a way unsettling to the young boy.

He remembered his first day in the school bus when a brown haired girl excitedly handed over her DR to Greenie who decisively played it for everyone and it turned out to be bummer. She dreamed of her pet dog's funeral and was actually proud of having seen such a sensitive dream. She made fun of another child who apparently chased nothing but candy trucks and other children in his dreams.

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"I'm telling you this for the umpteenth time" his father rebuked once he got home "that you need to abide by the rules or we will be thrown back into that hell again!" Theodore did not understand wars. He didn't want to understand them either. The next day, his bags were thoroughly inspected before he left for school. The DR was carefully zipped inside. His bus mates were excited to finally see what a foreigner's dreams looked like. He surrendered his device without protest to Greenie like a defeated warrior. It was plugged in and to everyone's surprise, the last dream was recorded nineteen days ago which meant he had used the DR only once ever since he stepped in the country. Some frowned at the revelation but others deemed it an enigma. The dream rolled out like a classic video in HD. The screen turned into a clear lilac sky.

In the next frame, two children were spotted collecting pebbles for their sling shots to take down fighter planes. Everybody burst out laughing, Theodore feigned a smile too. The third frame had the same two children playing and nestling filling up the space with not real laughs but echoes. The fourth frame came and then the fifth. Nothing seemed to change- the same two boys repeating the same odd jobs religiously with a brief cameo of an adult male and a female here and there. The sixth frame however took the onlookers to an airport scene occupied by variety of planes, jets and choppers. Two adult figures and a child boarded one of those planes which took them several miles above the ground.

The little boy looked down at the lilac sky. He waved goodbye but there was no one to receive, no one to reciprocate; just an empty sky beneath him. The screen went black and remained black for a couple of minutes. Someone suggested trying to play it again but when Greenie tried to replay it, a small message popped up with the text "Session expired. The video has reached maximum count." The bus went back to its usual state of commotion – frowning, laughing and giggling. The brown haired girl looked at Theodore with a patronizing smile while passing him on the empty DR which he shoved down into one of the crevices of his seat.

KALASANGAM

Indrani Barkataki, Educator

Kalasangam was an intra school music, dance and art competition held on October 2022. It was a culmination of various musical, dance and art forms displayed by the children. It was a week-long gamut of competitions in vocal, instrumental, dance and fine art.

The various categories in vocal were Classical, Semi Classical, Folk, Bhajan, Unplugged and in Dance, the various categories were Creative, classical, and folk. Under Instrumental, classical, and western categories were there. An exhibition was also put up to display the various art and craft items created by the students.

This event provided an opportunity for the students to showcase their talents and uplift their morals. Such events help in preparing the students for competitions and boost their self-confidence. It also gives students exposure which helps them to sharpen their skills to the perfection.



SPARDHA 2.0

Dharampal Balmiki, Sports Coordinator

One of the major highlights of the year 2022 was Spardha 2.0, a stem-winding multi-sport event conducted by the Sports department of DPSJ from 20th to 22nd October 2022. Around 700 students from more than 60 various schools contested in 8 different competitions viz. taekwondo, badminton, table tennis, chess, swimming, basketball, football and lawn tennis in the very school premise. Spardha 2.0 created oodles of fresh opportunities for budding athletes to exhibit their skills and potentials in front of a large audience. Individual players and teams from different schools passionately contended for the badge of excellence and the title of best school. The opening and closing ceremonies of Spardha were graced by knowledgeable and notable personalities like Sarathe Terong and Jul Khound.



Owing to its multifaceted approach to teaching and learning, the school opened a gateway in form of Spardha to all players across the district to either contest individually or represent their institutions in teams. The three-days long event witnessed talents like never before under one roof. It accomplished its chief goal by providing a platform to one and all seeking opportunities in the field of sports. Delhi Public School Jorhat is one of those schools which gives artistry the front seat whether it be in academics or co-curricular activities. So, with the emergence of Spardha, emerged the latent brilliance, techniques and flair up and about for demonstration and celebration.

The immense success and accolades garnered by the entire organising committee has boosted everyone's morale to climb one step higher in making Spardha larger than life in the upcoming years. It couldn't have been possible without the dedication and enthusiasm of one and all involved. Instead of resting on laurels for the overwhelming responses, the school is once again gearing up for the next edition of Spardha.

LET'S BUILD AN ENRICHING LEARNING ENVIRONMENT FOR OUR CHILDREN AT HOME.

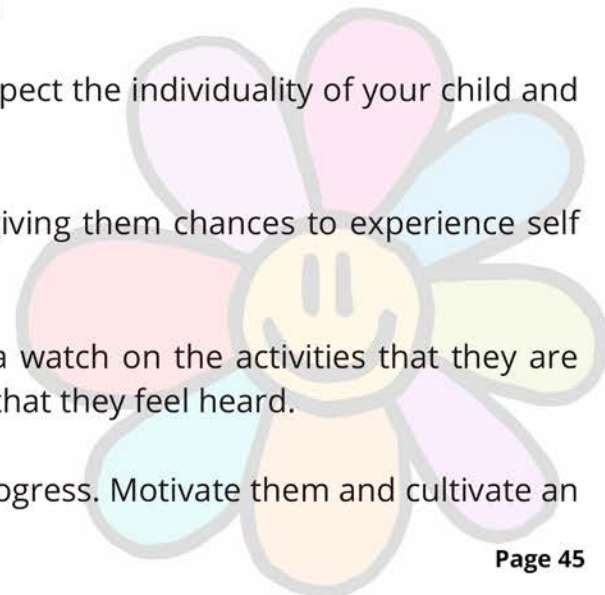
Shabnam Yaesmin, School Counsellor

Let's build an enriching learning environment for our children at home.

It is often said that ' Home is the first school and parents are the first teachers.' Extensive research in the area of parental engagement indicates that the environment of the family plays a vital role in the foundation of a child's growth and well being, even when dependence on parents may wane and the parent-child relationship takes a different direction. The home learning environment is the combination of everything you and your family do and the spaces your child have access to, which affect your child's development and learning. This include important features like interactions with people who provide the love, security, encouragement, conversation and positive role models.

So, what is it, that we can do at home to create the continuity in learning? Adopting a few of the practices mentioned below will help in keeping children engaged, demonstrate your interest in their studies and convey to them your keenness to support them.

1. Give unconditional love, attention and emotional support to create among them a sense of self and belongingness. No child can really thrive without feeling loved and heard.
2. Inculcate a habit of reading as a relaxing leisure time for yourself and not as a chore, which your child will soon follow. Create a variety in the reading experience by exposing them to not just their school textbooks but much beyond that.
3. Follow a daily routine along with your child which gives them a sense of being in control and not feeling lost, confused or anxious. Like, giving them clean up time after their play time is over.
4. Instill independence at home by allowing children do what they can do for themselves. This helps to create an environment of trust at home where children take responsibility of their own actions.
5. Be completely engaged and present with your child when your child is around you. Do not be engaged with your phone if you want your child to reduce their screen time. Rather than saying NO, exhibit the behavior yourself and be mindfully present with them.
6. Use positive discipline when the child misbehaves by trying to identify the early signs and explaining to the child what is wrong rather than directly punishing for the inappropriate action. Along with that, appropriate behavior showed be showcased.
7. Have realistic expectation from your child by trying the respect the individuality of your child and not make them run in the rat race.
8. Keep learning simple not only trough the textbooks but giving them chances to experience self learning, share positive moments of your childhood.
9. Be aware and vigilant of your child's behavior and keep a watch on the activities that they are engaging in daily. If any changes are noticed, talk to them so that they feel heard.
10. Lastly, set learning goals, manage time, and track their progress. Motivate them and cultivate an interest in learning.



DRISTY- A VISION TO BRING CHANGE

Rishi Raj Borah, IT Administrator

As a very famous commercial goes "An Idea Can Change Your Life" , Dristy Club started with an idea and a vision to bring about change.

2020, the year of the pandemic, when education was limited to digital screens in homes for the privileged but for the non privileged, it was not accessible. This lead to the birth of Dristy Club in DPS Jorhat which strived to provide the educational material to the students of the under privileged families via lectures mp3 files which can be played in any phones and meticulously curated study material prepared by the teachers to keep the lamp of learning alive. Malow Pathar Jatiya Vidyalaya is the school adopted under this club initiative



As the world inched back to normal life in 2021, Dristy Club with the onboarding of the student members started its journey with a whole new mission of spreading gratitude and bring about a change in the society . It undertook various social initiative to sensitize people and also encourage everyone to be a little grateful to near and dear ones. The club will continue on its journey to bring about the positive change in the society.



समय

दिव्यांशी कलिता
कक्षा - आठवी 'ब'

ये समय के काँटे रुकते नहीं
मनुष्य के सामने झुकते नहीं |
समय को व्यर्थ में ना गवाए ,
तो ,जो चाहे सब मिल जाए |
कठिन परिश्रम जो कर पाए ,
कीचड़ में भी कमल खिल जाए ,
समय को जो व्यर्थ गवाए
वह भविष्य में कुछ न कर पाए |
वर्तमान में तू कर मेहनत ,
भविष्य सुख से भर जाए |
समय बड़ा खुबसूरत है ,
कभी धूप तोह कभी छाँव दिखाए |

प्यारी बेटियाँ

गरिमा शर्मा
कक्षा - पाँचवी 'अ'

देवी का रूप है बेटियाँ ।
माँ- पापा का जीवन रोशन करने वाली
चिराग हैं बेटियाँ ।
सबके आंगन को खुशियों से भरने वाली
धूप ही बेटियाँ ।
आज अपने घर की रोशनी है,
कल किसी और के घर का दीप है
बेटियाँ ।
जुबान से निकलने वाला हर गीत है
बेटियाँ,
लड़के आज हैं, तो आने वाला कल है
बेटियाँ ।

खत्म हो जाए ! खत्म हो जाए !

आयुष आनंद
कक्षा - आठवी 'अ'

न मारो तुम, न छोड़ो तुम ,
इन जीव-जन्तुओं को, न हमसे फेरो तुम
प्यार का ये रिश्ता बना रहे,
खत्म हो जाए ! खत्म हो जाए !,
जानवरो को मारना खत्म हो जाए!
हम सबमें इंसानियत वापस आ जाए!
दुनिया में हर छोटी-बड़ी चीज़ो को आज्ञादी
मिल जाए ,
हर मूक प्राणी को प्रदूषण और तकलीफों से
मुक्ति मिल जाए ,
अपने खातिर दूसरों की जानें न ली जाए !
आओ मिलकर निस्वार्थ प्रेम से नई दुनिया
बसाए !!

बेटी

बिदुषी लड्डा
कक्षा - पाँचवीं अ

एक मीठी सी मुस्कान है बेटी,
यह सच है कि मेहमान है बेटी ।

पिता का गुमान है बेटी,
माँ की परछाई है बेटी ।

बेटी की कीमत उनसे पूछो,
जिनके पास नहीं है बेटी ।

सरस्वती, लक्ष्मी, दुर्गा देवी
सबका अवतार है बेटी ।

त्याग और समर्पण सिखाती है बेटी,
नए-नए रिश्ते बनाती है बेटी,
सबको एक साथ जोड़े रखती है बेटी ।

मेरा प्यारा बगीचा

पर्णवी वाल्मिक
कक्षा - पाँचवीं 'अ'

फूलों से भरा है मेरा प्यारा बगीचा,
रंग-बिरंगा , प्यारा-प्यारा मेरा सुंदर बगीचा ।
मेरा रंग-बिरंगा न्यारा बगीचा,
जिसमे भरे हैं सुंदर फूल ।
तितलियां नाचती फूलों पर,
राज करती देखने वालों के दिलों पर ।

सूरज की पहली किरण,
फूलों को चमकती और मेरे बगीचे की शोभा
बढ़ाती ।
बारिश की पहली बूंद ,
बगीचे में नया जीवन लाती ।
मेरे बगीचे की सुंदरता को अधिक निखार देती।
उगते पौधों को देख,
मन मेरा हर्षित हो जाता ।
प्रकृति की इस सुंदरता को देख,
सबका मन पुलकित हो जाता ।
तो आओ सब मिलकर हर उद्यान को रंगीन
बनाए,
पेड़-पौधों से हर बगीचे को हरा- भरा बनाए ।
आओ मिलकर पेड़ लगाए,
प्रकृति की सुंदरता को और निखारे ।

प्रकृति

अनुज गहानी
कक्षा - पाँचवीं अ

सुनो प्रकृति की आकुल पुकार,
कहती है यह वृक्ष मत काटो ।
छलनी हो रहा शरीर हमारा,
अब तो हमारा क्रंदन सुन लो ।
धरा भी क्षण-क्षण कह रही,
वृक्ष प्राणों का है आधार ।
बंजर से इस सूने तन पर,
वृक्ष धरती का है श्रृंगार ।
मत चलाओ शस्त्र वृक्ष पर,
मानो यह ईश्वर का है अनुदान ।
इन पेड़ों से भूजल स्तर भी बढ़ेगा ,
समस्त मानव जाति के लिए वरदान बनेगा ।

अगर मैं प्रधानमंत्री होता !

अतरेई कश्यप
कक्षा - पाँचवीं ब



अगर मैं प्रधानमंत्री बन जाऊं तो मैं सबसे पहले सभी जगहों पर अस्पताल बनवाता और दवाइयों को मुफ्त में देता । मेरा सपना है कि मैं देश के सभी बीमार लोगों के स्वास्थ्य की रक्षा करता ।

अगर मैं प्रधानमंत्री बन जाऊं तो बच्चों के लिए विद्यालय भी बनवाता जिससे देश के हर एक बच्चे को शिक्षा प्राप्त होती । अ आ इ ई A B C D और गिनती हर बच्चे को आती ।

अगर मैं प्रधानमंत्री होता,
तो देश के हर झोपड़ को बिल्डिंग बनाता जिससे
देश का कोई भी नागरिक सड़कों पर न सोता ।

अगर मैं प्रधानमंत्री होता,
तो हर घर में खाना पानी की सुविधा को दूर दूर तक पहुंचाता ।

यही मेरा सपना, यही मेरी मंज़िल,
है यही एकमात्र लक्ष्य मेरा ।
भारत के हर घर में उजियारा होता,
सबका जीवन खुशियों भरा पिटारा होता ।
अगर मैं प्रधानमंत्री होता,
मेरा सपना पूरा होता ।

पहेलियाँ !

रक्षित अग्रवाल
कक्षा - पाँचवीं अ

लालटेन लेकर उड़ता अंधेरी रात में, जलती बिना तेल
बाती के, सर्दी बरसात गर्मी में ।

पहेली जो जाकर न वापस आए, जाता भी व नज़र न
आए । सारे जग में उसकी चर्चा, वह तो अति बलवान
कहलाए ।

हाथ और चेहरा है, लेकिन यह कुछ भी पकड़ या मुस्कुरा
नहीं सकता है ।

प्रथम कटे हाथी बन जाऊं, मध्य कटे तो काम कहलाऊं,
अंत कटे तो काग कहलाऊं, पढ़े लिखे के काम में आऊं ।
जुगनू, समय, घड़ी, कागज़

मेरी माँ

अतरेई कश्यप
कक्षा - पाँचवीं ब

माँ की ममता, माँ का प्यार,
झूठा है बाकी सारा संसार ।

गोद उठाती मेरी माँ,
पहले खाना हमें खिलाती,
फिर खुद खाती है मेरी माँ ।

है मशहूर पूरे जग संसार,
करती हर पल हमें दुलार,
माँ की ममता, माँ का प्यार ।

माँ की आँखों के तारे हम,
घर के राज दुलारे हम ।
मीठे उसकी वाणी है,
मेरी माँ सबसे प्यारी है ।

डरने हमें न देती माँ,
आँसू का एक बूँद भी न बहने देती माँ ।

करे खिलौनों की भरमार,
माँ का प्यार, माँ का दुलार
माँ की ममता अपरंपार ।



शहीदों के नाम

वर्षा परसाई
कक्षा-आठवीं 'ब'

एक दिन ही सही ,
शहीदों के नाम कर देना ।
मिले कभी जो सिपाही तुमको ,
तुम उन्हें सलाम कर देना ।
मुमकिन हो अगर,
सिपाही जैसा देश के लिए काम कर लेना।
गरिबों पैसा ना सही,
तुम शिक्षा ही दान कर देना ।
करनी हो जब माँग किसी से ,
देश के लिए स्वच्छता और खुशहाली की माँग कर लेना ।
रहे न हिंदू ,मुस्लिम, सिख ,इसाईयों में भेदभाव
तुम दिवाली को ईद और क्रिसमस को रमजान कर लेना ।
एक दिन ही सही,
शहीदों के नाम कर देना ।
मिले कभी जो सिपाही तुमको ,
तुम उन्हें सलाम कर देना ।
बनी रहे हमेशा मातृभाषा की शान ,
तुम हिंदी को हिंदुस्तान कर लेना ।
जिंदगी में आखरी साँस तक तुम ,
वंदे मातरम का गुणगान कर लेना ।

बूझो तो जानें !

आयुषी बिहानी
कक्षा - पाँचवीं अ

1. दो सुंदर लड़के दोनों एक रंग के,
एक बिछड़ जाए तो दूसरा काम न आए ।
2. कौन सी ऐसी जगह है जहाँ अमीर और गरीब
आदमी दोनों को कटोरी लेकर खड़ा रहना पड़ता है ?
3. हरी थी मन भरी थी नौ लाख मोतियों से जड़ी थी,
राजा जी के खेत में दुपट्टा ओढ़े खड़ी थी ।
4. तुम न बुलाओ मैं आ जाऊँगी, न भाड़ा न किराया
दूँगी,
मैं घर के कमरे में रहूँगी, पकड़ न मुझको तुम पाओगे,
मेरे बिन तुम न रह पाओगे, बताओ मैं कौन हूँ ?
5. तीन पैरों वाली तितली , नहा धोकर कढ़ाई से
निकली ।

उत्तर-जूता, गोलगप्पे की दुकान , भुट्टा , हवा ,
समोसा

चिड़ियों के चार बच्चे

अरसालान चौधरी
कक्षा 2'अ'

चिड़ियों के थे बच्चे चार,
निकले घर से पंख पसार।
पूरब से पश्चिम को आए,
उत्तर से दक्षिण को जाए।
उत्तर,दक्षिण,पूरब,पश्चिम
देख लिया हमने जग सारा
अपना घर खुशियों से भरा,
सबसे न्यारा,सबसे प्यारा।

चुटकुले

आरुष चौधरी
कक्षा-3'अ'

प्रश्न 1.बारिश कब आती है?

उत्तर- जब एक बादल रोता है।

प्रश्न 2.अगर आप एक पत्थर और एक तारे
को जोड़ देंगे,तो आप क्या बन जाएँगे?

उत्तर-एक रॉकस्टार।

दीपावली जगमगाती

मंजू सिंह
हिंदी अध्यापिका

आई रे आई जगमगाती रात हैं आई
दीपों से सजी टिमटिमाती बारात हैं आई
हर तरफ है हँसी ठिठोले
रंग-बिरंगे, जग-मग शोले
परिवार को बाँधे हर त्योहार
खुशियों की छाये जीवन में बहार
सबके लिए हैं मनचाहे उपहार
मीठे मीठे स्वादिष्ट पकवान
कराता सबका मिलन हर साल
दीपावली का पर्व सबसे महान
फिर से सजेगी हर दहलीज़ फूलों से
फिर महक उठेगी रसोई पकवानों से
मिल बैठेंगे पुराने यार एक दूजे से
फिर से सजेगी महफ़िल हँसी ठहाको से
चारों तरफ होगा खुशियों का नज़ारा
सजेगा हर आँगन दीपक का उजाला
डलेगी रंगों की रंगोली हर एक द्वार
ऐसा हैं हमारा दीपावली का त्योहार
मेरी दीपावली व्यस्त जीवन की दीपावली
ना फुलजड़ी फटाके बुलाते मुझे
ना गुलाब जामुन की खुशबू ललचाती मुझे
ना फुलजड़ी फटाके बुलाते मुझे
ना गुलाब जामुन की खुशबू ललचाती मुझे
ना नए कपड़ों की चाहत खीचें मुझे
ना गहनों चमक लुभाए आये मुझे
मुझे तो चाहिए कुछ अनमोल घड़ी
जब फिर से जुड़ती अपनों से कड़ी
दिवाली की रंगत ना भाती मुझे
बस माँ की गोद ही याद आती मुझे
नहीं वो बचपन की दिवाली सजे
बस मुझे मेरे अपनों का साथ मिले
बस साथ मिले ।

गुरु की महिमा

मंजू सिंह
हिंदी अध्यापिका

गुरु की महिमा क्या कहे, निर्मल गुरु से
ही होए ..
बिन गुरुवर, जीवन कटु फल सा होए ..
जानवर इंसान में जो भेद बताए
वही सच्चा गुरु कहलाए
जीवन-पथ पर जो चलाना सिखाए
वही सच्चा गुरु कहलाए
जो धैर्यता का पाठ पढ़ाए
वही सच्चा गुरु कहलाए
संकट में जो हँसना सिखाए
वही सच्चा गुरु कहलाए
पग-पग पर परछाई सा साथ निभाए
वही सच्चा गुरु कहलाए
जिसे देख आदर से सिर झुकजाए
वही सच्चा गुरु कहलाए ।

तुमसे है शोभा विद्यालय की

रीमि साहू
हिंदी अध्यापिका

तुमसे है शोभा विद्यालय की
तुमसे है रौनक इस आँगन की
तुमसे ही जुड़ी आस हमारी
तुम रचयिता अपने भाग्य के
बनना है तुमको प्रेरणास्त्रोत
तुम हो देश के उज्ज्वल भविष्य ।

तुम्हारे लिए
प्रयत्नरत दिन-रात हम सब।
तुम सब हो, आशा की किरण
माता-पिता, देश, राष्ट्र सबका मान
तुम्हें बढ़ाना है, गर्व करें
हर कोई तुम पर,
कुछ ऐसा कर जाना है..
तुम्हें जीवन में अवरिल
बढ़ते जाना है..।।

बिछुरकर प्रकृति से

रीमि साहू
हिंदी अध्यापिका

ईश्वर का देन है जीवन
जीवन का हर क्षण अनमोल
लौटा न पाएगा कोई इसे
न वापस लौट स्वयं ये आएगा!

जो बीत गया, बनकर अनमोल यादें
तुम्हारे भावनाओं से जुड़ जाएगा!

अच्छा-बुरा, सही-गलत, सब जीवन का
खेल ही तो है, जिसे यही छोड़ जाना है

ये प्रकृति का रचा मोह जिसके
बंधन पाश में चाहे-अनचाहे बंधें सब

रुपयों-पैसों के पीछे भागनेवाले
सब यही छोड़ जाएगा!

रूपया-पैसा, ताकत के बल पर
तुम इसे न जीत पाओगे!

एकबार जो गुजरेगा ये
लौटकर वापस न आएगा!

प्रकृति से बिछुड़कर भला
कौन है जो जीवित रह जाएगा?



हिंदी भाषा के कुछ रोचक तथ्य

मंजू सिंह
हिंदी अध्यापिका

- हिंदी को इसका नाम फारसी शब्द हिंद से मिला है, जिसका अर्थ है “सिंधु नदी की भूमि”।
- 14 सितंबर 1949 को भारत सरकार ने हिंदी भाषा को राजभाषा के रूप में स्वीकार किया। इसे मनाने के लिए, हम 14 सितंबर को “हिंदी दिवस” मनाते हैं।
- यह फिजी में एक आधिकारिक भाषा है और सूरीनाम, गुयाना, मॉरीशस और त्रिनिदाद में हिंदी को एक क्षेत्रीय भाषा के रूप में स्वीकार किया जाता है।
- लल्लू लाल द्वारा 1805 में प्रकाशित प्रेम सागर हिंदी में पहली प्रकाशित पुस्तक है।
- बिहार उर्दू की जगह हिंदी को अपनी आधिकारिक भाषा के रूप में अपनाने वाला पहला राज्य था।
- श्रीलंका, संयुक्त अरब अमीरात, सिंगापुर, ऑस्ट्रेलिया, पाकिस्तान, न्यूजीलैंड और संयुक्त राज्य अमेरिका जैसे अन्य देशों में हिंदी का व्यापक रूप से उपयोग किया जाता है।
- मंदारिन चीनी, स्पेनिश और अंग्रेजी के बाद हिंदी को दुनिया की चौथी सबसे अधिक बोली जाने वाली पहली भाषा माना जाता है।
- हिंदी भाषा से संबंधित प्रावधानों को केंद्रीय हिंदी निदेशालय, भारत सरकार द्वारा नियंत्रित किया जाता है।
- लगभग 77% भारतीय हिंदी पढ़, लिख, बोल या समझ सकते हैं।
- पहला हिंदी टाइपराइटर 1930 के दशक के दौरान लॉन्च किया गया था।
- हिंदी प्राचीन भारतीय भाषा “संस्कृत” का प्रत्यक्ष वंशज है।
- हिंदी की वर्णमाला तालिका को ‘वर्णमाला’ अर्थात ‘अक्षरों की माला’ कहा जाता है।
- 1913 में, दादा साहब फाल्के द्वारा पहली हिंदी फिल्म, राजा हरिश्चंद्र रिलीज़ की गई थी।
- हिंदी का कोई भी अक्षर उल्टे लिखे जाने पर भी भ्रम नहीं देता है या कोई दर्पण प्रतिबिम्ब नहीं दिखाता है।
- दुनिया भर में कुल 176 विश्वविद्यालयों में हिंदी पढ़ाई जाती है। जिनमें से अकेले 45 विश्वविद्यालय अमेरिका से हैं।
- अगर आप हिंदी जानते हैं तो आप नेपाली भाषा को आसानी से पढ़ सकते हैं।

नीति श्लोकाः

नाम- साधना झा
संस्कृत अध्यापिका

उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः ।
न हि सुप्तस्य सिंहस्य प्रविशन्ति मुखे मृगाः ॥
विद्यां ददाति विनयं विनयाद् याति पात्रताम् ।
पात्रत्वात् धनमाप्नोति धनात् धर्मं ततः सुखम् ॥
माता शत्रुः पिता वैरी येन बालो न पाठितः ।
न शोभते सभामध्ये हंसमध्ये बको यथा ॥



**Saanvi Khetan, Grade IV
Hindi Olympiad Winner**

গোৱাৰ সমুদ্ৰ তীৰত এভূমুকি

বৈষ্ণৱী ৰাজনন্দিনী বৰা
নৱম শ্ৰেণী-খ শাখা

মানুহ ভ্ৰমণ বিলাসী। নতুন ঠাই ফুৰিবলৈ মানুহে সদায় ভাল পায়। এইবাৰ পূজাৰ বন্ধত আমিও সমুদ্ৰতীৰৰ দেশ গোপাল বুলি ওভালে। দুই অক্টোবৰত গুৱাহাটীৰ পৰা গোৱা অভিমুখে ফ্লাইটত যাত্ৰা আৰম্ভ কৰিলোঁ। সেইদিনা মাজনিশা আমি গোৱা পালোঁগৈ। আগতেই ঠিক কৰি থোৱা হোটেলত জিৰণি লৈ পিছদিনা ৰাতিপুৱাই হোটেলত ব্ৰেকফাষ্ট কৰি ফুৰিবলৈ গ'লো। গোৱাত অসংখ্য বীচ আছে। তাৰ ভিতৰত কালাংগুট বীচ, আনজুনা বীচ, বাগা বীচ, মিৰামাৰ বীচ আদি চালো। সাগৰৰ অপৰূপ সৌন্দৰ্য দেখি মন প্ৰাণ ভৰি গ'ল। এনে লাগে যেন বালিত বহি বহি টো লিখি গোটেই দিন পাৰ কৰিম। প্ৰকৃতিৰ এই অপূৰ্ব সৌন্দৰ্য ভাষাৰে বৰ্ণোৱা সহজ নহয়। তাত আমি ডলফিন ৰাইড কৰিলো। টোৰ মাজে মাজে টুলুজ নাৱত উঠি ডলফিন চাবলৈ গ'লো। ইয়াৰোপৰি তাত থকা তিনিদিন আমি এন্দবাদা ফৰ্ড, পতুৰ্গীজ কলনী, মচলা বাগান আদি চালো। এদিন ৰাতি আমি কুইজ ৰাইড কৰিলো। গোলাৰ নিশা বোৰ বৰ মনোমোহা, ৰঙীন। ৰাতি বীচৰ সৌন্দৰ্য চাব লগা হয়। এনেদৰে তিনিদিন কটাই এটা সতেজ মন লৈ গোৱাৰ পৰা আমি পুনৰ ঘৰমুৱা হ'লো।



আই

কাব্য কাশ্যপ
দ্বাদশ শ্ৰেণী- (বিজ্ঞান শাখা)

আই এটা শব্দ,
যাৰ আছে অলেখ অৰ্থ।
আই হৈছে জোনাকী তৰা,
যিয়ে পৃথিৱীখন দিয়ে পোহৰাই ভৰায়।
আয়ে আমাক লৈ দেখে অলেখ সপোন,
সেইবাবে আমাৰ আশা হয় চাৰি গুণ।
দুদিনীয়া মৰম নেদেখাও তোমাক আই,
মৃত্যুলৈকে তোমাক হৃদয়ত দিম ঠাই।

মা

অয়ন বৰা
চতুৰ্থ শ্ৰেণী - খ শাখা

মা তুমি কিয় বাৰু
ইমান আপোন
নিতৌ কাষত বহি
মাতা মোক সোণ।
মৰমেৰে দিয়া মোক
চেনেহৰ এধানি চুমা
সবাতোকৈ আপোন
তুমি মোৰ মৰমৰ মা।
মা তোমাৰ ফুলনি খনি
ইমান যে শূৱনি
ভাল মানুহ হ'বলৈ
দিয়া মোক সতৰ্ক বাণী।

তৰা

অৰ্চন বন্দন শইকীয়া
চতুৰ্থ শ্ৰেণী-খ শাখা

অ' অকণমানি তৰা
অ' অকণমানি তৰা
আকাশৰ বুকুত তুমি
জিলিকি থাকা।
দিন হ'লে তুমি বাৰু
ক'ত লুকাই থাকা ?
ৰাতি হ'লে তুমি
আকৌ ক'ৰ পৰা আহা ?
সদায়ে বাট চাওঁ যাবলৈ
তোমাৰ কাষলৈ
নোৱাৰো যে যাব মই
ইমান দূৰলৈ।

যোগৰ ব্যৱহাৰিক উপযোগিতা

ভাৰ্গৱ ভৰদ্বাজ ভূঞা

শিক্ষক, সংগীত আৰু ক্ৰিয়া বিভাগ

Yoga is the greatest Indian Concept gifted to the World. For a civilized society and for a successful Individual yoga is perhaps the finest and most clearly laid out uplifting system available so far..... Press Information Bureau (Govt of India)

ভাৰতবৰ্ষত ইতিহাসে ঢুকি নোপোৱা কালৰে পৰাই যোগৰ প্ৰণালীবদ্ধ চৰ্চা চলি আহিছে। বৰ্তমান সময়তো ইয়াৰ প্ৰচাৰ আৰু প্ৰসাৰ ব্যাপক ভাবে চলি আছে। যোগ হৈছে মানুহৰ শৰীৰ, মন আৰু আত্মাৰ সৰ্বাংগীন উন্নতি সাধনৰ প্ৰক্ৰিয়া। আমাৰ শৰীৰটো এটা বাদ্যযন্ত্ৰৰ দৰে। যেনেকৈ বাদ্যযন্ত্ৰৰ স্বৰ বাদকে সঞ্চালন নকৰালৈকে বাদ্যতে সুপ্ত হৈ থাকে আৰু প্ৰশিক্ষিত বাদকেহে তাৰ পৰা সুমধুৰ ধ্বনি উৎপন্ন কৰে তেনেকৈ যোগৰ প্ৰণালীবদ্ধ প্ৰশিক্ষণে আমাৰ ভিতৰত নিহিত হৈ থকা প্ৰতিভা সমূহ সুচাৰুৰূপে বিকশিত হোৱাত সহায় কৰে। বৰ্তমান সমাজ ব্যৱস্থাত আৰাম প্ৰিয়তাক প্ৰাধান্য দিয়া দেখা গৈছে। তাৰ ফলত পিঞ্জৰাবদ্ধ চৰায়ে উৰণ শক্তি ক্ৰমাগত ভাৱে হেৰুৱাই পেলোৱাৰ দৰে শ্ৰমবিমুখতাৰ ফলত আমাৰো শৰীৰৰ অংগ সমূহত জঠৰতা আহি পৰিছে। ফলস্বৰূপে সৰু বৰ ৰোগৰ সৃষ্টি হ'বলৈ ধৰিছে। ইয়াতে মন কৰিব লগীয়া কথা হ'ল যে দেখাত কোনো এজন ব্যক্তি সুন্দৰ, সুঠাম মাংসপেশীৰে গঠিত হ'লেও তেওঁ শাৰীৰিক বা মানসিক ভাৱে ৰোগাক্ৰান্ত হ'ব পাৰে। যোগৰ দ্বাৰা দেহৰ সৰ্বাংগত প্ৰভাব পেলাব পাৰি। ইয়াৰ প্ৰণালীবদ্ধ, নিয়মিত আৰু নিষ্ঠাপূৰ্ণ অভ্যাসে আমাক শাৰীৰিক, মানসিক, আবেগিক, বৌদ্ধিক তথা আধ্যাত্মিক উন্নতি সাধন কৰি পৰম শান্তি প্ৰদান কৰিব পাৰে। যোগে ইয়াৰ লগতে ব্যক্তি আৰু সমাজক ধ্বংসমূলক, বিভেদকামী কাৰ্যত ধন, সময় আদি অপচয় নকৰি গঠনমূলক, বিকাশমূলক আৰু সৃজনীমূলক কাৰ্যত আত্মনিয়োগ কৰাৰ শিক্ষা দিয়ে।

মহৰ্ষি পতঞ্জলিয়ে তেখেতৰ “যোগসূত্ৰ” নামৰ গ্ৰন্থত যোগৰ ৮ টা ভাগ বা অংগ আছে বুলি উল্লেখ কৰিছে। সেই কেইটা হ'ল-- যম, নিয়ম, আসন, প্ৰাণায়াম, প্ৰত্যাহাৰ, ধাৰণা, ধ্যান, সমাধি। যম—ই হৈছে আমি স্ব-ইচ্ছাৰে আনৰ প্ৰতি পালন কৰিব লগা কিছুমান বিধি। ইয়াৰ ভাগ ৫টা হ'ল- সত্য, অহিংসা, অস্তেয়, ব্ৰহ্মচাৰ্য আৰু অপৰিগ্ৰহ।

নিয়ম—যোগৰ অভ্যাসকাৰীয়ে পালন কৰিব লগীয়া কিছুমান কৰ্তব্য। যমৰ দৰে ইয়াৰ ভাগ ৫টা হ'ল- শৌচ, সন্তোষ, তপঃ, স্বাধ্যায় আৰু ইশ্বৰ প্ৰণিধান।

আসন—“স্থিৰসুখমাসনম্” - যোগসূত্ৰ। অৰ্থাৎ যি শাৰীৰিক স্থিতিয়ে স্থিৰতা আৰু সুখ আনে, সেয়াই আসন। যেনে- পদ্মাসন, বীৰাসন, চক্ৰাসন আদি

প্ৰাণায়াম—আমাৰ শৰীৰৰ প্ৰাণ-শক্তিক সুচাৰুৰূপে পৰিচালনা কৰাৰ প্ৰক্ৰিয়াই হৈছে প্ৰাণায়াম।

প্ৰত্যাহাৰ—ইন্দ্ৰিয়ক বাহ্য বিষয়ৰ পৰা আঁতৰাই মনক বশীভূত কৰাকে প্ৰত্যাহাৰ বোলে।

ধাৰণা—বাহ্য বা অভ্যন্তৰীণ যিকোনো বিষয়ত চিন্তক সন্নিবিষ্ট কৰাই হৈছে ধাৰণা।

ধ্যান—কোনো এটা নিৰ্দিষ্ট বিষয়ত একাগ্ৰতাৰে চিত্ত নিবদ্ধ ৰখাৰ প্ৰক্ৰিয়াকে ধ্যান বোলে।

সমাধি—ই ধ্যানৰ সৰ্বশ্ৰেষ্ঠ অৱস্থা। বিশ্ব ব্ৰহ্মাণ্ডত বিয়পি থকা মহাশক্তিৰ লগত নিজৰ সম্পৰ্ক আৰু একত্ব অনুধাৱন কৰা।

এই অষ্টাংগ যোগৰ আলোচনাৰ পৰা দেখা যায় যে এই ৮টা ভাগৰ কেৱল আসন আৰু প্ৰাণায়ামহে শাৰীৰিক অংগ সঞ্চালনৰ লগত জড়িত। বাকী ৬ টা ভাগ মানসিক পৰ্যায়ৰ। ইয়াৰ পৰা ভালদৰে বুজিব পাৰি যে যোগ কেৱল শাৰীৰিক সঞ্চালন নহয়, ইয়াৰ এটা বৃহৎ অংশ মনস্তত্ত্বৰ লগত জড়িত। কিন্তু আজিকালি সচৰাচৰ দেখা পোৱা যোগ প্ৰতিযোগিতাসমূহত এই মানসিক দিশতো কিমান জড়িত সেই কথা বুজা কঠিন। কিয়নো কিছুমান যোগ প্ৰতিযোগিতা দেখিলে প্ৰশ্ন জাগে যে ই যোগৰ প্ৰতিযোগিতা নে জিমনাষ্টিকৰ প্ৰতিযোগিতা !!

এতিয়া বিশ্বত যোগ সম্পৰ্কে ব্যাপক হাৰত বৈজ্ঞানিক গৱেষণা আৰু চৰ্চা হ'বলৈ ধৰিছে। বিভিন্ন দেশৰ শিক্ষিত লোক আহি ভাৰতত যোগৰ প্ৰশিক্ষণ লৈছে। আন্তঃৰাষ্ট্ৰীয় স্তৰত বিভিন্ন ধৰণৰ গৱেষণাৰ বাবে International Yoga Co-ordination Centre স্থাপন হৈছে। All India Institute of Medical Science (AIIMS) ত যোগ Task Force গঠন কৰা হৈছে। যোগৰ লক্ষ্য কেৱল ৰোগ নিৰাময় নহয় যদিও কিছুমান ৰোগ কেৱল যোগৰ দ্বাৰাহে নিৰাময় কৰিব পৰা যায়।

বৰ্তমান ছাত্ৰ- ছাত্ৰীক যোগৰ প্ৰতি আকৰ্ষিত কৰিবৰ বাবে National Council of Educational Research and Training (NCERT) আৰু Central board of secondary education (CBSE) এ যোগ শিক্ষাক মাধ্যমিক শিক্ষাৰ শিক্ষণীয় বিষয়ত অন্তৰ্ভুক্ত কৰিছে। যোগ শিক্ষা মানব জীৱনত আধ্যাত্মিক উন্নতিৰ কাৰণেই নহয়, বৰং নিৰোগ চিৰ তৰুণ দেহ গঠনৰ কাৰণে, শক্তিশালী মানসিকতা গঠনৰ কাৰণে তথা নিষ্ঠাবান নৈতিক ৰাষ্ট্ৰীয় চৰিত্ৰ গঠনৰ কাৰণেও প্ৰধান সহায়ক উপাদান।

All power is within you; you can do anything and everything. Believe in that, do not believe that you are weak; stand up and express the divinity within you..... Swami Vivekananda

গোৱালপৰীয়া লোকগীতৰ সম্ৰাজ্ঞী - প্ৰতিমা বৰুৱা পাণ্ডে

অৰ্ণৱ শইকীয়া
নৱম শ্ৰেণী-খ শাখা

প্ৰতিমা বৰুৱা পাণ্ডেৰ জন্ম ১৯৩৫ চনৰ ৩ অক্টোবৰত ধুবুৰী জিলাৰ গৌৰীপুৰৰ ৰাজ পৰিয়ালত হৈছিল। তেখেতৰ পিতৃৰ নাম প্ৰকৃতিশ চন্দ্ৰ বৰুৱা আৰু মাকৰ নাম মালতীবালা বৰুৱা আছিল। প্ৰতিমা পাণ্ডেই প্ৰাথমিক শিক্ষা কলিকতাত আৰু মাধ্যমিক শিক্ষা গৌৰীপুৰৰ বালিকা বিদ্যালয়ত গ্ৰহণ কৰিছিল। তেখেতে ১৯৫৩ চনত প্ৰৱেশিকা পৰীক্ষাত উত্তীৰ্ণ হৈছিল। তেখেতে নিজৰ বিদ্যালয়ৰ পৰা ৰবীন্দ্ৰ সংগীত শিকাৰ বাহিৰে সংগীতৰ শাখাত আন কোনো অনুষ্ঠানিক শিক্ষা লাভ কৰা নাছিল। তেখেতে প্ৰথম গীত পৰিৱেশন কৰিছিল ১৯৫৭ চনত ভাৰতীয় গণনাট্য সংঘৰ অধিৱেশনত গুৱাহাটীৰ জৰ্জ খেলপথাৰত আৰু সেইদৰে নিজৰ ৰাজহুৱা সংগীত জীৱনৰ আৰম্ভ কৰিছিল। ১৯৬০ চনত তেখেতে আকাশবাণীত অডিচন দি উত্তীৰ্ণ হৈছিল আৰু ১৯৬২ চনত পোনপ্ৰথমবাৰৰ বাবে অল ইণ্ডিয়া ৰেডিঅ'ত গীত পৰিৱেশন কৰিছিল। তদুপৰি তেখেতে বিভিন্ন চিনেমাত গীত গাই অসংখ্য মানুহৰ হৃদয় জয় কৰিবলৈ সক্ষম হৈছিল।

প্ৰতিমা পাণ্ডে বৰুৱাৰ প্ৰচেষ্টাৰ ফলত গোৱালপৰীয়া লোকগীতে ৰাষ্ট্ৰীয় দৰবাৰত চিনাকি পাবলৈ সক্ষম হৈছিল। তেখেতৰ লোকগীতত মানুহৰ মন প্ৰাণ জুৰাই বিৰাজ কৰাৰ শক্তি আছিল আৰু সেইবাবে তেখেতক গোৱালপৰীয়া লোকগীতৰ সম্ৰাজ্ঞী উপাধিৰে সন্মানিত কৰা হৈছিল।

সংগীত জগতলৈ আগবঢ়োৱা অৱদানৰ বাবে প্ৰতিমা পাণ্ডেয়ে বিভিন্ন বঁটা আৰু স্বীকৃতি লাভ কৰে। ইয়াৰ ভিতৰত অসম শিল্পী দিৱস বঁটা, জয়মতী বঁটা, বিষ্ণুৰাভা বঁটা আৰু অসম নাট্য সমিতি বঁটা অন্যতম। ইয়াৰ উপৰিও তেখেতে ১৯৮৯ চনত সংগীত নাটক অকাডেমি বঁটা আৰু ১৯৯১ চনত পদ্মশ্ৰী বঁটা লাভ কৰিবলৈ সক্ষম হৈছিল। ২০০২ চনৰ ২৭ ডিচেম্বৰত গুৱাহাটীত এই মহান শিল্পীৰ প্ৰয়াণ ঘটে।



জীৱন

অভীক তনয় চলেং
অষ্টম শ্ৰেণী-ক শাখা

আহিছে দিন
গৈছে দিন
মাহ বাগৰি বছৰ গৈছে।
তথাপিও দেখোন
আগবঢ়া নাই
পঢ়া শুনাৰ সময়।
আজি পঢ়িম
কালিলৈ পঢ়িম
এলাহে দেখোন লগ এৰা নাই।
মন দি পঢ়িম
সকলোৰে কথা শুনিম
ভাল ল'ৰা হ'ম মই।
জীৱন যুঁজত
আগুৱাই যাম
ৰাখিম ধৰাৰ নাম।
জীৱন জীৱন
বৰ বিতোপন
গ'লে পাবলৈ নাই।
প্ৰাণ থাকোঁতেই
কৰা মনোযোগ
সোণালী জীৱন যায়।

জননী

দীক্ষা শইকীয়া
অষ্টম শ্ৰেণী- ক শাখা

অ' মা তুমি সঁচাকৈয়ে ভগৱান,
আনৰ বাবে তুমি মোৰ আই
মোৰ কাৰণে তুমিয়ে মহান।
অ' মা তুমি এজনী স্বপ্নপৰী
তোমাৰ মৰমৰ গীতবোৰ
কেতিয়াও নাযাওঁ পাহৰি।
অ' মা তুমি হ'লা এক যাদুকৰণী,
তোমাৰ এই দুখন হাতেৰে,
সাজিছা এই জননী।

আমাৰ দেশ

সংস্কৃতি হাজৰিকা
চতুৰ্থ শ্ৰেণী-খ শাখা

হে মহান ভাৰত,
তুমি আমাৰ দেশ,
তুমি আমাৰ জনমভূমি।
আমি আজিৰ শিশু, কাইলৈৰ দেশৰ
ভৱিষ্যত
ৰাখিব লাগিব দেশৰ নাম
আমিয়েই ৰাখিব লাগিব দেশৰ সন্মান।
জয় হিন্দ !
বন্দে মাতৰম !

সময়

দেৱৰাজ বৰুৱা
চতুৰ্থ শ্ৰেণী- খ শাখা

সময় পাখি লগা কাঁড়ৰ দৰে
দুৰন্ত তাৰ গতি
উভতি চাবৰ অৱকাশ নাই।
কৰ্মী মানৱে সময়ৰ মূল্য বুজি
জীৱনত আগ বাঢ়ি যায়
সময়ৰ কাম সময়ত সমাধা কৰি
নিজৰেই শোভা বঢ়ায়।
'সময়ৰ টিকনিডাল আগফালে'
জ্ঞানীলোকে কয়
সময়তকৈ এখোজ আগত গ'লেহে
জীৱন শৃংখলিত হয়।
তাকে মানি সকলোৱে
সময়ানুৱৰ্তিতা মানা
নিয়মানুৱৰ্তিতাবে কাম কৰি
জীৱন সুন্দৰ কৰা।



পৰিৱৰ্তন

বিশান কৌশিক
চতুৰ্থ শ্ৰেণী- ক শাখা

এসময়ত এখন গাঁৱত এটা ল'ৰাই তাৰ মাকৰ সৈতে একেলগে বাস কৰিছিল। ল'ৰাটোৰ নাম আছিল বাবুল। তাৰ মাকে আনৰ ঘৰত কাম কৰি যেনে-তেনে তাক ডাঙৰ-দীঘল কৰিছিল। তাৰ বিদ্যালয়লৈ গৈ পঢ়া-শুনা কৰিবলৈ বৰ মন আছিল। কিন্তু টকা-পইচাৰ অভাৱৰ বাবে কেই শ্ৰেণীমান পঢ়াৰ পাছতেই মাকে তাক বিদ্যালয়লৈ পঠিয়াব পৰা নাছিল। এদিন সিহঁতৰ ঘৰলৈ চহৰৰ পৰা এজন মোমায়েক আহিল। যোৱাৰ সময়ত মোমায়েকে তাক অলপমান পইচা দি থৈ গ'ল আৰু প্ৰয়োজনীয় কিবা বস্তু কিনিবলৈ ক'লে।

মোমায়েক যোৱাৰ পিছদিনা বাবুলে কেইখনমান কিতাপ কিনাৰ মনেৰে চহৰলৈ ওলাল। চহৰলৈ যোৱা বাস্কাটো এখন হাবিৰ মাজেৰে পাৰ হৈ যাব লগা হয়। সেই হাবিত এজন ডকাইতে বাস কৰিছিল। সি সেই বাটেৰে অহা-যোৱা কৰা বাটৰুৱাসকলৰ ধন-পইচা আদি লুটি লৈ উপদ্ৰৱ চলাইছিল আৰু সেই বাটেৰে যোৱা বাবুলকো লগ পাই তাৰ হাতত থকা সকলো টকা লুটিলে। বাবুল চহৰলৈ নগৈ দুখ মনেৰে উভতি আহিল।

অলপ দিনৰ পাছত শীতকাল আৰম্ভ হ'ল। এদিন ৰাতি ডকাইতজনে ঠাণ্ডা আৰু ভোকত থাকিব নোৱাৰি কোনোবা মানুহৰ ঘৰ বিচাৰি আছিল। তেনেতে এঘৰ মানুহৰ ভিতৰৰ পৰা পোহৰ দেখা পাই তেওঁ দুৱাৰত টোকৰ মাৰিলে। সেইটো বাবুলহঁতৰ ঘৰ আছিল। বাবুলৰ মাকে দুৱাৰ খুলি দিলে। সেই সময়ত বাবুলহঁতে জুইৰ কাষত বহি ৰাতিৰ আহাৰ খাব লৈছিল। ডকাইতজনে আহাৰ আৰু আশ্ৰয় বিচাৰিলে। বাবুলে ডকাইতজনক দেখিয়েই চিনি পালে। কিন্তু ডকাইতজনে তাক চিনি নাপালে। সি মাকক কথাটো ক'লে। মাকে তাৰ লগত কথা পাতি তেওঁলোকৰ ভাগৰে অলপ আহাৰ ডকাইতজনক দিলে আৰু ৰাতিটোৰ বাবে আশ্ৰয় দিলে। পিছদিনা যাবলৈ ওলাওঁতে বাবুলে ডকাইতজনক নিজৰ চিনাকী দিলে। ডকাইতজনে বৰ লাজ পালে। তেওঁ বাবুলহঁতক আগদিনা কৰা সহায়ৰ বাবে ধন্যবাদ জনালে আৰু ভৱিষ্যতে কিবা সহায় কৰিব বুলি কথা দিলে। কিন্তু বাবুল আৰু মাকে তেওঁক ডকাইতিৰ দৰে বেয়া কাম নকৰি ভাল পথেৰে জীৱিকা উপাৰ্জন কৰিবলৈ উপদেশ দিলে। এই ঘটনাৰ পিছত ডকাইতজনৰ পৰিৱৰ্তন হ'ল আৰু তেতিয়াৰ পৰাই ভাল মানুহৰ দৰে জীৱিকা নিৰ্বাহ কৰিবলৈ ধৰিলে।



আলোক

সুকন্যা বৰুৱা
শিক্ষয়িত্ৰী



আলোক হ'ল অসমীয়া বিভাগৰ অতি হেঁপাহৰ হাতে লিখা আলোচনী। এই আলোকৰ যাত্ৰাত প্ৰথম উৎসাহ দিয়া ব্যক্তিগৰাকী হ'ল আমাৰ বিদ্যালয়ৰ শ্ৰদ্ধেয় অধ্যক্ষা মহোদয়া। তেখেতৰ অনুপ্ৰেৰণাত আমাৰ বিভাগৰ প্ৰতিগৰাকী শিক্ষয়িত্ৰীয়ে সাহস অনুভৱ কৰি এই যাত্ৰা আৰম্ভ কৰিলো। আলোচনীখনৰ বাবে দিয়া প্ৰতিটো লেখাই আমাৰ বাবে অতি আদৰৰ আৰু অতি চেনেহৰ। আলোচনীখনৰ সম্পাদিকা আৰু প্ৰতিজন সদস্য-সদস্যৰ প্ৰচেষ্টাত ১৪ নৱেম্বৰ অৰ্থাৎ শিশু দিৱসৰ শুভক্ষণত দিল্লী পাব্লিক স্কুল যোৰহাটৰ প্ৰথমখন হাতে লিখা আলোচনী 'আলোক' প্ৰকাশ পালে। এই আলোকৰ যাত্ৰা আমি এনেদৰে অব্যাহত ৰাখিবলৈ চেষ্টা চলাই যাম।



আলোকৰ যাত্ৰা

চাবিনা ইয়াছমিন
বিষয় শিক্ষয়িত্ৰী (জীৱবিজ্ঞান)

“ দাদা আহি পালিনে ? মোৰ আৰু আধাঘণ্টামান দেৰি হ’ব, তই আৰু অলপ ৱেইট কৰ্ণা প্লিজ___।

‘লেনিয়াই কোৱা স্বভাৱটো নাযাব এই পেনেৰীটোৰ।’ মুখৰ ভিতৰতে ভোৰ ভোৰাই ফোনটো ৰাখি আৰামেৰে গাড়ীৰ ছিটটোত বহি লয় ‘জোনাকে’।

আধা ঘণ্টা আধা ঘণ্টা কৰি এতিয়া দুঘণ্টা পাৰ হ’ব ওলাইছে তাৰ অপেক্ষাৰ। তাৰ মৰমৰ পংখীয়ে আজি ডাক্তৰ হৈ ওলাই আহিব। কনভ’কেচন তাইৰ আজি। জোনাক জানি বুজিয়ে উপস্থিত থকা নাই অনুষ্ঠানত। পিছে তাৰ মৰমৰ ভণ্টী পংখীৰ আন্দাৰ, অনুষ্ঠানৰ পিছত তাইৰ লগত হেনো যাব লাগি সি ক’ৰবাত----এটি মিচিকিয়া হাঁহিয়ে পোহৰাই তোলে জোনাকৰ মুখমণ্ডল। তাইৰ এই মৰমৰ আন্দাৰৰ অত্যাচাৰত নিজ কৰ্তব্যৰ পৰা ছুটী লৈছে সি আজি। গুৱাহাটীত এখন নামজ্বলা চিকিৎসালয়ৰ সুনাম থকা চিকিৎসক সি, আৰু আজি তাৰ খোজকে অনুসৰণ কৰি পংখীও ওলাব এজনী চিকিৎসক হৈ।

অজানিতে তাৰ মনটোৱে দৌৰ মাৰে অতীতৰ দিনবোৰলৈ। ৰাজনীশ দত্ত আৰু শেৱালী দত্তৰ একমাত্ৰ পুত্ৰ জোনাক দত্ত। পঢ়াই লিখাই ভালেই আছিল সি। দেউতাকৰ ফেলি বজাৰতেই কাপোৰৰ দোকানখন। মাক শিক্ষয়িত্ৰী। সৰুৰে পৰাই তাৰ লক্ষ্য ডাক্তৰ হোৱাৰ। টকা পইচাৰ যদিও অযথা খৰছ কৰি পোৱা নাছিল তথাপি অভাৱো অনুভৱ কৰিব পৰা নাছিল। মাক দেউতাকৰ ব্যৱহাৰ আৰু অনুশাসনে ঘৰখন আটোম টোকাৰিকৈ ধৰি ৰাখিছিল।

সেয়া আছিল জোনাকৰ মেডিকেলৰ প্ৰৱেশিকা (NEET) পৰীক্ষাৰ বছৰৰ কথা। দ্বাদশ শ্ৰেণী নকৈ শতাংশ নম্বৰেৰে উত্তীৰ্ণ হৈ এইবছৰৰ NEET ৰ বাবে কোচ্টিং লৈছিল সি। তাৰ লগৰবোৰ বেছিভাগ পি জি তে থাকিছিল। সেইবাৰ আই পি এল ৰ উদ্বোধনী খেলখন প্ৰথমবাৰৰ বাবে গুৱাহাটীত বৰ্ষাপাৰা ষ্টেডিয়ামত হোৱাৰ কথা আছিল। কোনোদিনে কোনো কথাৰ দাবী নিদিয়া জোনাকে সেইবাৰ প্ৰথমবাৰৰ বাবে অনুৰোধ কৰিছিল খেলখন চোৱাৰ অনুমতি বিচাৰে। প্ৰথমতে দেউতাকে জুলাই মাহত হ’বলগীয়া পৰীক্ষাৰ সোৱৰণী দিছিল যদিও পিছলৈ মানি লৈছিল তাৰ অনুৰোধ আৰু মান্তি হৈছিল তাৰ লগতে তাৰ বন্ধু পাৰভেজ, জনিয়াল আৰু ৰূপকৰো টিকট কৰি দিম বুলি।

“প্ৰথম খেল, তাকো আমাৰ বৰ্ষাপাৰা ষ্টেডিয়ামত ৰাজস্থান ৰয়েলচ আৰু পাঞ্জাৰ ৱিংছৰ মাজত আৰু আমি দৰ্শকৰ মাজত কিৰিলিয়াম, মইতো ৰিয়ান পৰাগ থকাৰ ফালেহে দেই।”



পাৰভেজে ছিংৰাত কামোৰটো লগাই কয়। লাহে লাহে কেণ্টিনৰ গুজৰবোৰ আৰু ৰোচক হৈ পৰে। কোনোবাই যদি ৰাজস্থান ৰয়েলচৰ গুণ গাই আৰু কোনোবাই পাঞ্জাৰ কিংছৰ , ---বেলৰ ক্ৰিং ক্ৰিং মাততহে সকলোৰে তন্দ্রা ভাগে। ল’ৰা-ছোৱালীজাক দৌৰি যায় নিজৰ নিজৰ শ্ৰেণীকোঠাৰ ফালে। কালি ৰাতিলৈকে হিৰ’ হৈ থকা ল’ৰাটো যেন জিৰ’ হৈ গ’ল হঠাতে।

দেউতাকে খেলখন উপভোগ কৰাৰ নামত টকা চাৰিহাজাৰ দিছিল সিহঁতক। সিহঁতৰ হিচাপত সেয়া বহুত আছিল, তাতকৈ বেছি বিচাৰিব নোৱাৰে সি; তাৰ মনে নকয়।

পিছে টিকটৰ দাম দেখি চকু কপালত উঠে তাৰ ১২০০ ৰ পৰা ১০,০০০ টকা পৰ্যন্ত। কিয়জানো খং, দুখ নে লাজত চকুপানীবোৰে আমনি কৰে তাক। লগৰকেইটাক ক’বলৈ দ্বিধা হৈছে তাৰ। জনিয়ালে নাযাও নাযাও লগাই আছিল। কিন্তু সিহঁতৰ কথা আছিল গ’লে গোটেইকেইজনে যাব ; নগ’লে কোনো নাযায়। দুখমনেৰে ওলাই আহি সি মচি থোৱা ভিজা ফ্ল’ৰখনত পিছলি পৰি থেকেচা খায়। সিহঁতৰ ঘৰত বহু আগৰেপৰা কাম কৰা দশমী মাহীয়েকৰ গালিৰ কাৰণে সাজু থাকে সি। তাক দশমীয়ে গালিও পাৰে, মৰমো কৰে। কিন্তু মাহীয়েক আজি ইমান নীৰৱ যে—“ মাহী চব ঠিকে আছেনে ? মানে মই পৰিলো।”

নাই, তথাপি মাহীয়েকৰ খবৰ নাই, তলমূৰ হৈ কামেই কৰি আছে। নিশ্চয়কৈ সকলো ঠিক নাই।

মাহী ---জোৰকৈ মাতে সি।

“অ’, হয় দিয়া, উঠা এতিয়া।” গধূৰ মাতৰ কথাকেইস্বাৰত সি দশমীৰ সকলো কথা বুজিবলৈ চেষ্টা কৰিল।

দশমীয়ে কাম কৰিয়ে ছোৱালী পংখীৰ সৈতে দুজনীয়া নিজৰ পৰিয়ালটি পোহপাল দিছিল। দশমীৰ জীয়েক পংখী জোনাকতকৈ দুবছৰ সৰু ; পঢ়াত খুব চোকা।

দশমীৰ মনত চলি থকা যুদ্ধখনৰ কথা জোনাকে জানিবলৈ সক্ষম হ'ল। পংখীৰ নামভৰ্তিৰ দিন উকলিব অহাকালিলৈ। মাকে হেনো বহুত বুজালে কলা শাখাত নাম লগাব। তাই নুবুজে; তাইৰ মন বিজ্ঞান শাখাত। মাকৰ মতে বিজ্ঞান শাখাত টকা-পইছা বেছি লাগে আনকি নামভৰ্তিৰ মাচুলো বেছি। পিছে তাই আকোঁৰগোজ। যোৱাৰাতিৰ পৰা হেনো একো খোৱা নাই। “ দশমী মাহী, বিজ্ঞান শাখাত কিমান বেছি নামভৰ্তিৰ মাচুল? সি সোধে।

বহুত জোৰ জৰৰদস্তি কৰি মান্তি কৰোৱাই জোনাকে পকেটৰ পৰা চাৰিহাজাৰ টকা উলিয়াই মানুহজনীৰ হাতত গুজি ওলাই আহে।

দেউতাকে খেলখন উপভোগ কৰাৰ নামত টকা চাৰিহাজাৰ দিছিল সিহঁতক। সিহঁতৰ হিচাপত সেয়া বহুত আছিল, তাতকৈ বেছি বিচাৰিব নোৱাৰে সি; তাৰ মনে নকয়।

পিছে টিকটৰ দাম দেখি চকু কপালত উঠে তাৰ ১২০০ ৰ পৰা ১০,০০০ টকা পৰ্যন্ত। কিয়জানো খং, দুখ নে লাজত চকুপানীবোৰে আমনি কৰে তাক। লগৰকেইটাক ক'বলৈ দ্বিধা হৈছে তাৰ। জনিয়ালে নাযাও নাযাও লগাই আছিল। কিন্তু সিহঁতৰ কথা আছিল গ'লে গোটেইকেইজনে যাব; নগ'লে কোনো নাযায়। দুখমনেৰে ওলাই আহি সি মচি খোৱা ভিজা ফ্ল'ৰখনত পিছলি পৰি থেকেচা খায়। সিহঁতৰ ঘৰত বহু আগৰেপৰা কাম কৰা দশমী মাহীয়েকৰ গালিৰ কাৰণে সাজু থাকে সি। তাক দশমীয়ে গালিও পাৰে, মৰমো কৰে। কিন্তু মাহীয়েক আজি ইমান নীৰৱ যে—“ মাহী চব ঠিকে আছেনে? মানে মই পৰিলো।”

নাই, তথাপি মাহীয়েকৰ খবৰ নাই, তলমূৰ হৈ কামেই কৰি আছে। নিশ্চয়কৈ সকলো ঠিক নাই।

মাহী ---জোৰকৈ মাতে সি।

“অ’, হয় দিয়া, উঠা এতিয়া।” গধুৰ মাতৰ কথাকেইষাৰত সি দশমীৰ সকলো কথা বুজিবলৈ চেষ্টা কৰিল।

দশমীয়ে কাম কৰিয়ে ছোৱালী পংখীৰ সৈতে দুজনীয়া নিজৰ পৰিয়ালটি পোহপাল দিছিল। দশমীৰ জীয়েক পংখী জোনাকতকৈ দুবছৰ সৰু; পঢ়াত খুব চোকা।

দশমীৰ মনত চলি থকা যুদ্ধখনৰ কথা জোনাকে জানিবলৈ সক্ষম হ'ল। পংখীৰ নামভৰ্তিৰ দিন উকলিব অহাকালিলৈ। মাকে হেনো বহুত বুজালে কলা শাখাত নাম লগাব। তাই নুবুজে; তাইৰ মন বিজ্ঞান শাখাত। মাকৰ মতে বিজ্ঞান শাখাত টকা-পইছা বেছি লাগে আনকি নামভৰ্তিৰ মাচুলো বেছি। পিছে তাই আকোঁৰগোজ। যোৱাৰাতিৰ পৰা হেনো একো খোৱা নাই। “ দশমী মাহী, বিজ্ঞান শাখাত কিমান বেছি নামভৰ্তিৰ মাচুল? সি সোধে।

বহুত জোৰ জৰৰদস্তি কৰি মান্তি কৰোৱাই জোনাকে পকেটৰ পৰা চাৰিহাজাৰ টকা উলিয়াই মানুহজনীৰ হাতত গুজি ওলাই আহে।



মুক্তি

নৱনীতা শৰ্মা
শিক্ষয়িত্ৰী

বিচাৰি আছোঁ কি ?

বিচাৰি বিচাৰি পালোৱেইবা কি ?

মুক্তি মুক্তি মুক্তি !!!

চিৰ কাম্য এই মুক্তি !

মুক্তি অন্ধবিশ্বাসৰ, মুক্তি হিংস্ৰ মানসিকতাৰ

মুক্তি সন্ত্ৰাসৰ, মুক্তি মনৰ কলুষতাৰ ।

পাম জানো ! বিচৰা এই মুক্তি,

নাজানো তথাপিও বাট চাই ৰ'ম

আহিব এদিন সুদিন

আঁতৰিব সকলো অমানিশা

শান্তিৰ নিজৰা বৈ ধুই নিব

অশান্ত মানৱৰ জীৱনৰ সকলো বিভীষিকা ।

শান্তি শান্তি শান্তি !!!

চিৰ কাম্য এই শান্তি ।

শৰৎ

উপাসনা শইকীয়া
শিক্ষয়িত্ৰী

আহিলা শৰৎ তুমি

বোৱালা সুগন্ধিৰ বুল

শৰতৰ আদিম পুৱাত।

তোমাৰ সুগন্ধিত সুভাষিত ধৰণী

তোমাৰ খোজত উদ্ভাসিত শেৱালী

তোমাৰ আগমণত হাঁহে নিয়ৰৰ

টোপালবোৰে।

আকৌ আহিবা তুমি

বোৱাবা সুগন্ধিৰ বুল

শৰতৰ শেষ সন্ধিয়াত।

ড० এ. পি. জে. কালাম,
“সৰল হোৱা কিন্তু দুৰ্বল
নহ'বা, শক্তিশালী হোৱা
কিন্তু অত্যাচাৰী নহ'বা”



KINDER EDEN

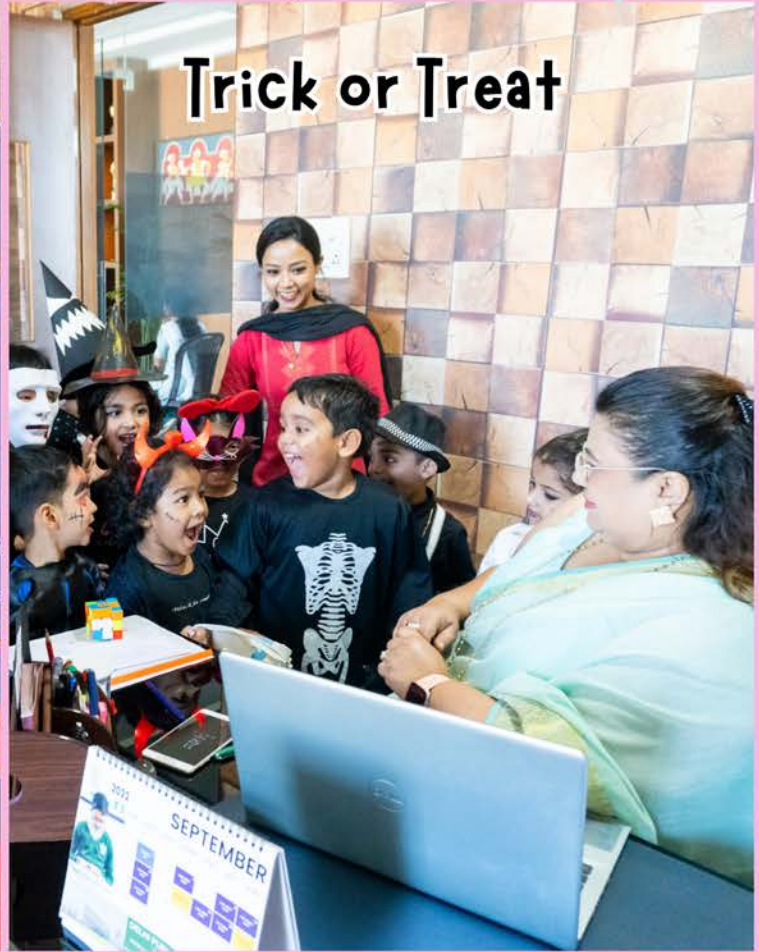




Kaleidoscope



I made a Pizza



Trick or Treat



Orange Day

29.9.2022
Thursday
ORANG



Summer Splash



Faster, Higher, Stronger



It's Blue Day



Walk with Nature

LITTLE PICASSOS



Atreyee A Saikia, UKG



Saanviya Bhuyan, LKG



Darshi S Barman, LKG



Vedant Gupta, UKG



Purvika Sandilya, UKG



Rihan Baruah, UKG

THE ACADEMIC ACHIEVERS OF CLASS X BOARD EXAMS

DELHI PUBLIC SCHOOL
JORHAT

*Congratulations to all the Dipsites
for crossing a milestone with
excellent performance.*

100% PASS PERCENTAGE

Heartiest Congratulations to our Toppers!

TOP SEVEN (7) BEST SCORERS

 Nuri Nafisa Islam 95%	 Kshiti Barua 95%	 Guneet Atal 99%	 Naman Agarwal 92%	 Arshiva T Challeng 92%
 Ridhima Jadaun Borah 92%	 Bhamini Agarwal 90%			

MY KERNEL PROMPTS

Guneet Atal
Class X Topper: 21- 22

Every time I think of DPS Jorhat, I get emotional for, the memories that I associate with it are not just confined to its four walls of academic excellence but for being a whole different world of creativity and learning. Throughout the three years of my life as a student at DPS Jorhat, I do not remember a single day when I lacked the enthusiasm to go to school. In Fact it was such fun, especially when we were asked to stay back after the school hours for extra classes or practices. I was the most excited one in the lot- such charismatic is DPS for me.

I will always be indebted towards DPS Jorhat for providing me a platform to discover my potentials, be it in academics, sports or any other activities to chisel my personality.

I also extend my sincere thanks to the respected Principal ma'am and all my dear teachers who have always been on their toes to help us. I am sure one can never find such a group of teachers who are not just educationists but supportive just like friends, caring just like parents and kind just like parents.

I really miss the days at DPS because of its serene environment and all the fun I had there. The everyday bus rides, random jamming sessions with my friends, swimming and basketball play sessions and practice for various events are just a few to name. Even today whenever I think of holidays, visiting DPS tops my list.

I wish that the school experiences many folds of growth and success and everyone associated with it fare well in their lives.

THE POWER OF LANGUAGE

HINDI AND ENGLISH INTERNATIONAL SPELLING OLYMPIAD

Language is a tool of survival and learning begins at an early age. At DPS Jorhat we focus on this by providing opportunity of attempting Olympiads to build confidence, communication and public speaking skills. To develop love for language and proficiency in spellings we conduct international spell bee competitions in Hindi and English. The students from class I- XII of DPS Jorhat earned medals in all categories and brought pride to school. We have conducted the competitions in collaboration with International Hummingbird Education Ltd. and Hindi Vikas Manch.



PARENTS SAY

WORDS FROM PARTNERS IN PROGRESS

**“Education is not the learning of facts
but the training of the mind to think.”**

Albert Einstein

The above quote reflects the significance of grooming the minds of the amateur and to begin with it, school is the only platform. A school's prime motto is not only to transfer knowledge to the young minds but also to have a holistic approach for overall development where the child can apply, comprehend, analyze and look beyond the curriculum. Delhi Public School Jorhat is one such school that has rightly been able to justify the above. I am a proud parent who has been able to enroll my two wards in this prestigious school of the town. My daughter is in grade 7 and I have seen her growth and the confidence she is building onto. The teaching fraternity takes so much pain in contributing towards each and every child's growth. My younger one is in LKG. Initially he had some speech related issues but with the proper care and support of the teachers and the staff he is being able to overcome this. The school provides opportunities for all types of extra curricular activities where the child doesn't feel the pressure of studies only. As a well wisher, I hope DPSJ reaches new heights and continue contributing healthy master minds to the society.

Regards

Dr Angshurekha Das

Jorhat Medical College and Hospital

I feel privileged to be a part of this prestigious institution. I am as a parent associated with this institution from the very beginning. My journey as a mother of a student from class I to VI till now has been really amazing. From the very beginning, the teachers have put their best efforts to inculcate the best in our child is absolutely praise worthy. Especially, I feel so grateful for helping every child to improve their learning and confidence. When the whole world was struggling with the pandemic 'Corona', this institution really put their best efforts to support its each and every student and as well as the parents also. Their continuous support through the virtual world was one of the best deserving and impressive steps. Here, I take the opportunity to bow my gratitude towards the policies and steps taken by the institution for overall growth of the student as a good human being. From community helping services or sponsorship program to the 'Innovation Hub, Jorhat Science Planetarium' are the best examples. Lastly, thank you principal madam, all the teachers and the staff of Delhi Public School, Jorhat for providing an excellent education for every child.

Regards

Sudakshina Baruah

Mother of Bornil Gogoi

The first Delhi Public School was established in 1949 at Mathura Road, New Delhi. Now, after a legacy of 68 years and 180 schools, DPS Jorhat stands proudly to continue that legacy and pursue the motto of "service before self" to nurture tomorrow's teachers, doctors, administrators and many more. I as a parent have observed that DPSJ is fostering tomorrow's change makers, tomorrow's human beings who will rise above all adversities of the future. The teachers, the staff of DPSJ keep no stone unturned to provide the children with all the tools that they require (both curricular and co-curricular) and build their future and bring about a holistic development of the children. I would like to thank each and everyone for their contribution in my child's progress.

Regards

Dr Trishna Dutta



“Parents are bones on which cut their teeth.”

Five years ago, DPSJ set off on a journey to educate the young minds and the endless journey of teaching and learning would not have been possible without the sincere trust and cooperation of the parents involved with us in this journey. We extend our heartfelt gratitude and thanks for all the amazing parents who trusted us to mentor their children.

We would like to have your precious insights that will help us to grow and prosper more in the years to come.

Regards

A proud parent

My son Reyan Dutta is studying in playgroup (sunshine). He is always happy to go to school and full of smiles when we pick him up. The teachers are really good and dedicated. I will always be grateful to this wonderful school. They really care and truly want the best for our child. Thank you for helping to improve his learning and his confidence.

Thanking you

Parlee Dutta

Mother of Reyan Dutta

Nourishing dreams flourishing minds at DPSJ

Our acquaintance with DPSJ was not accidental but a result of rigorous discussions and brainstorming, and of course not without considerable trepidation. We were not confused, but frankly speaking, we went through states of apprehension because taking the decision on behalf of our children and to change the Board from ICSE to CBSE was not at all easy. It demanded constant monitoring of their performances and continuous efforts to make them prepared for a number of changes followed by some remarkable adjustments. While, as parents, we have been pondering over all these, our children seemed to be curious and excited to embark on a new journey, thrilled to meet new friends and carefree to accept new challenges. Before we could realize, they embraced DPSJ and DPSJ sheltered them too. Undoubtedly, this is DPSJ magic.

If DPSJ magic lies in the infrastructure, in the classrooms, in the library, in the park, in the playground, in the swimming pool, in the music room, in the infirmary and in the cafeteria, the same magic flows through the quadrangle too. An excellent bunch of caring, learned, sincere, dedicated and hardworking teachers led by an extremely dynamic and visionary principal, knows the secret of motivating learners to keep them engaged in various activities on-campus or off-campus so that they learn by doing and develop the spirit of doing to learn which is very important when the country is going to implement a New Education Policy very soon. DPSJ, thus, is taking care of the all-round development of the learners. Within one year, we have come out from the state of being perplexed only to realize that our children are in the right place. They are having wonderful learning experiences. We are committed to offer all possible support to DPSJ with sincere appreciation and gratitude. May this glorious voyage of DPSJ continue and DPSJ shine as bright as a star.

Regards

Rupasree Dutta

**Assistant Professor, CKB Commerce College,
Jorhat**

Mother of Divyanshi Kalita and Drishtant Kalita





MOSAIC



SUNSHINE

LKG



UKG



GRADE I-A



GRADE I-B



GRADE II-A



GRADE II-B



GRADE III-A



GRADE III-B



GRADE IV-A



GRADE IV-B



GRADE V-A



GRADE V-B



GRADE VI-A



GRADE VI-B



GRADE VII-A



GRADE VII-B



GRADE VIII-A



GRADE VIII-B



GRADE IX-A



GRADE IX-B



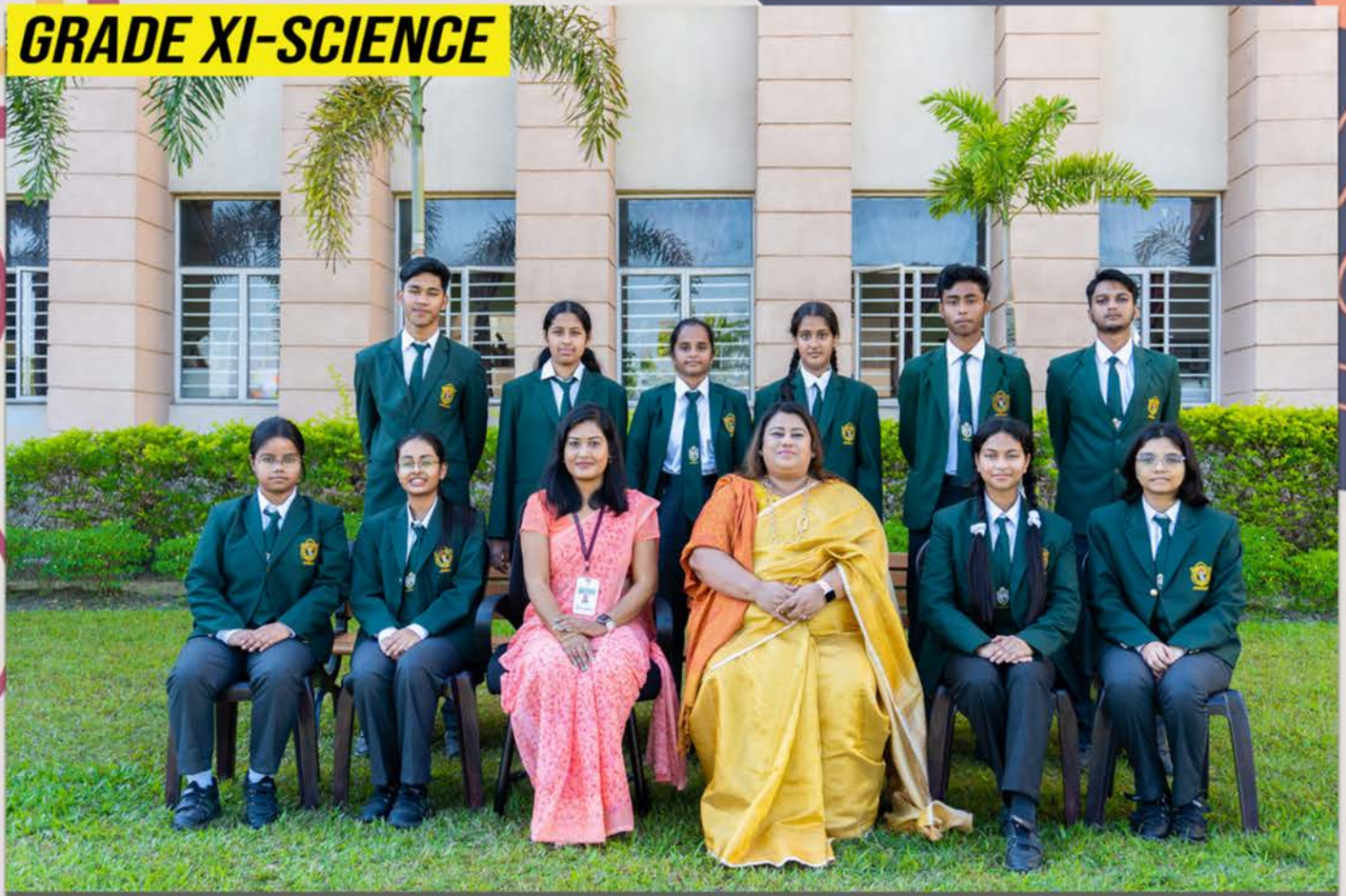
GRADE X-A



GRADE X-B



GRADE XI-SCIENCE



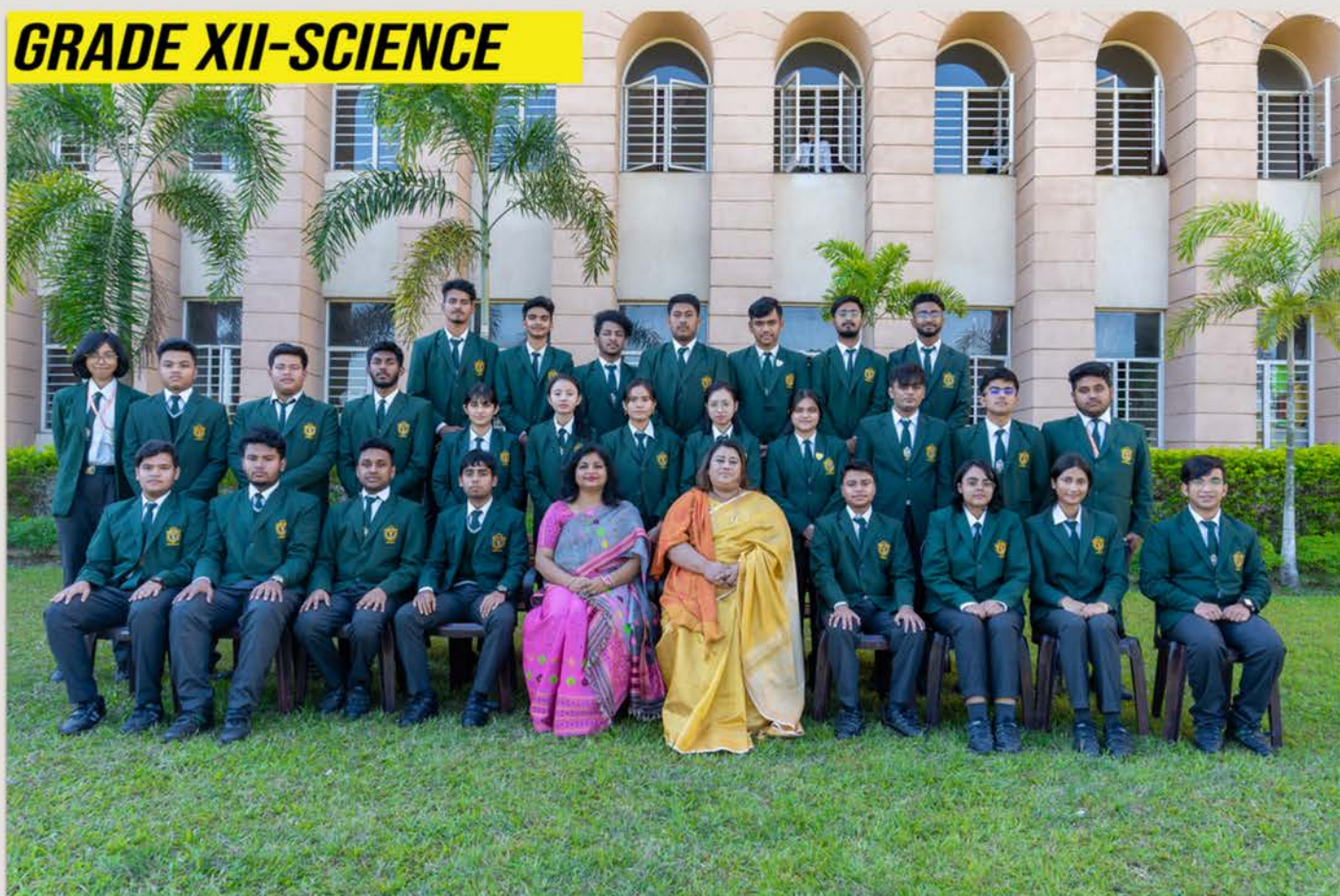
GRADE XI-COMMERCE



GRADE XI-HUMANITIES



GRADE XII-SCIENCE



GRADE XII-HUMANITIES



GRADE XII-COMMERCE





STUDENT'S COUNCIL 2022-23

TEACHING STAFF



ADMINISTRATIVE STAFF



SUPPORT STAFF



Results

INTER HOUSE KHO KHO (BOYS & GIRLS) COMPETITION

2022-2023

GRADE 3 TO 8

21/11/2022

RESULTS

<u>GRADE III TO V BOYS</u>	
1 ST POSITION	ORANG
2 ND POSITION	NAMERI
<u>GRADE III TO V GIRLS</u>	
1 ST POSITION	MANAS
2 ND POSITION	ORANG

INTER HOUSE KHO KHO (GIRLS) & KABADDI (BOYS) COMPETITION

GRADE 6 TO 8 (GIRLS)

13/12/2022

<u>GRADE VI TO VIII BOYS</u>	
1 ST POSITION	MANAS
2 ND POSITION	NAMERI
3 RD POSITION	ORANG
<u>GRADE VI TO VIII GIRLS</u>	
1 ST POSITION	MANAS
2 ND POSITION	ORANG
3 RD POSITION	NAMERI

INTER HOUSE KHO KHO (BOYS & GIRLS) COMPETITION

2022-2023

GRADE 3 TO 8

21/11/2022

RESULTS

GRADE III TO V BOYS

1 ST POSITION	ORANG
2 ND POSITION	NAMERI

GRADE III TO V GIRLS

1 ST POSITION	MANAS
2 ND POSITION	ORANG

INTER HOUSE KHO KHO (GIRLS) & KABADDI (BOYS) COMPETITION

GRADE 6 TO 8 (GIRLS)

13/12/2022

GRADE VI TO VIII BOYS

1 ST POSITION	MANAS
2 ND POSITION	NAMERI
3 RD POSITION	ORANG

GRADE VI TO VIII GIRLS

1 ST POSITION	MANAS
2 ND POSITION	ORANG
3 RD POSITION	NAMERI

INTER HOUSE YOGA (BOYS & GIRLS) COMPETITION

2022-2023

GRADE 3 TO 8

17/06/2022

RESULTS

GROUP A (III TO V) GIRLS

POSITION	NAME	GRADE	HOUSE
1 ST	KHUSI KOTHARI	III A	ORANG
2 ND	SHIVANI MALHOTRA	V B	ORANG
3 RD	MANIKA KARNANI	V A	MANAS

GROUP A (III TO V) BOYS

POSITION	NAME	GRADE	HOUSE
1 ST	ABIRVAB ALOK MALAKAR	III A	NAMERI
2 ND	TANAY JAIN	III A	ORANG
3 RD	GARV GATTANI	III B	MANAS

GROUP B (VI TO VIII) GIRLS

POSITION	NAME	GRADE	HOUSE
1 ST	ASHMITA REKHA DAS	VII A	MANAS
2 ND	DARSHANA APLUTA SAIKIA	VIII A	MANAS
3 RD	TULIKA MATHUR	VIII B	MANAS

GROUP B (VI TO VIII) BOYS

POSITION	NAME	GRADE	HOUSE
1 ST	HARSHIT MAHESWARI	VIII B	MANAS
2 ND	AYUSH LADHA	VIII A	MANAS
3 RD	SAURYA GATTANI	VI B	KAZIRANGA

**INTER HOUSE TABLE TENNIS (BOYS) & BADMINTON (GIRLS)
COMPETITION
2022-2023
GRADE 9 TO 12
21/05/2022
RESULTS**

BADMINTON (GIRLS)

POSITION	NAME	GRADE	HOUSE
1 ST	DISHITA AGARWAL	IX A	MANAS
2 ND	MAHAK KARNANY	XII COM	ORANG
3 RD	VIDHI BAHETI	XII HUM	KAZIRANGA

TABLE TENNIS (BOYS)

POSITION	NAME	GRADE	HOUSE
1 ST	DEEPTANSHU GOGOI	IX B	ORANG
2 ND	SHLOK MAHESHWARI	XII COM	MANAS
3 RD	PARTH GATTANI	X B	ORANG

INTER HOUSE TAEKWONDO COMPETITION

2022-2023
GRADE 3 TO 5
27/05/2022
RESULTS

BOYS 15-20 KG			
POSITION	NAME	GRADE	HOUSE
1 ST	AYOUSH BHUYAN	III B	KAZIRANGA
2 ND	SARTHAK DEURI	III A	MANAS
3 RD	DEVANSH CHAKRABARTY	III A	MANAS
	RAJVEER RISHAAN KHARGHARIA	III A	ORANG

BOYS 20-25 KG			
POSITION	NAME	GRADE	HOUSE
1 ST	GAURIK BHASKAR BHAGAWATI	III A	KAZIRANGA
2 ND	GARV GATTANI	III B	MANAS
3 RD	ARJUN ASHIS PHUKAN	III A	NAMERI
	MITABHASH DUTTA BORAH	III A	ORANG

BOYS 25-35 KG			
POSITION	NAME	GRADE	HOUSE
1 ST	TANAY JAIN	III A	ORANG
2 ND	PARANGATH DUTTA BORAH	V B	NAMERI
3 RD	YASH GUPTA	V B	NAMERI
	RAMKISHAN ATAL	V B	MANAS

BOYS 35-40 KG			
POSITION	NAME	GRADE	HOUSE
1 ST	YASHVIR SINGH	V A	KAZIRANGA
2 ND	DEVARAJ BORUAH	IV B	KAZIRANGA
3 RD	VIHAAN KAHAR	V A	MANAS
	SHAYAN DAS	IV A	ORANG

GIRLS 20- 25 KG			
POSITION	NAME	GRADE	HOUSE
1 ST	AIESLIN PATIR	IV A	NAMERI
2 ND	NURAIN – UL AFREEN	IV A	KAZIRANGA
3 RD	SAANVI SINGH	IV B	MANAS

INTER HOUSE TAEKWONDO COMPETITION

2022-2023

GRADE 3 TO 5

27/05/2022

RESULTS

BOYS 15-20 KG			
POSITION	NAME	GRADE	HOUSE
1 ST	AYOUSH BHUYAN	III B	KAZIRANGA
2 ND	SARTHAK DEURI	III A	MANAS
3 RD	DEVANSH CHAKRABARTY	III A	MANAS
	RAJVEER RISHAAN KHARGHARIA	III A	ORANG

BOYS 20-25 KG			
POSITION	NAME	GRADE	HOUSE
1 ST	GAURIK BHASKAR BHAGAWATI	III A	KAZIRANGA
2 ND	GARV GATTANI	III B	MANAS
3 RD	ARJUN ASHIS PHUKAN	III A	NAMERI
	MITABHASH DUTTA BORAH	III A	ORANG



Hues of the Young Minds

HAVING ISSUES FITTING IN?? LET ME HELP YOU-

DO'S DON'TS

Try and get to know everyone.

Don't let anyone's opinions hang on you.

Prioritize your class goals.

Don't ever think less of yourself and change.

Engage in different activities you like.

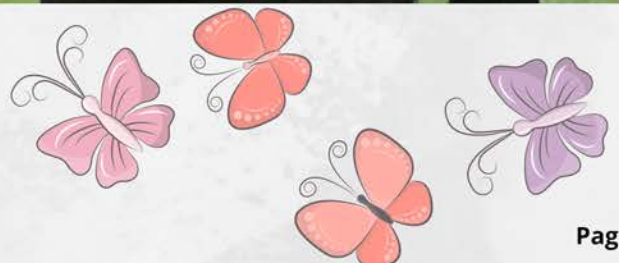
Don't let the new environment affect your studies.



"Do it for you, not them."



THERE IS ALWAYS A WAY TO DEAL WITH OUR STRESS



Feeling angry?

Let me help you

■ *Walk away*

And cool down

■ *Exercise*

And play some sports

■ *Spend time alone*

Or play in the nature

■ *Laugh*

Watch stand-ups

Scroll memes

■ *Release your anger*

Write, read, eat or pass your time

■ *Take deep breaths*

And count 10 to 01

■ *Take a break*

Use a calming tool

like a stress ball

■ *Play some music*

*Put in earbuds and
crack your favorite music*

■ *Get enough sleep*

Get atleast of 7-8 hours sleep

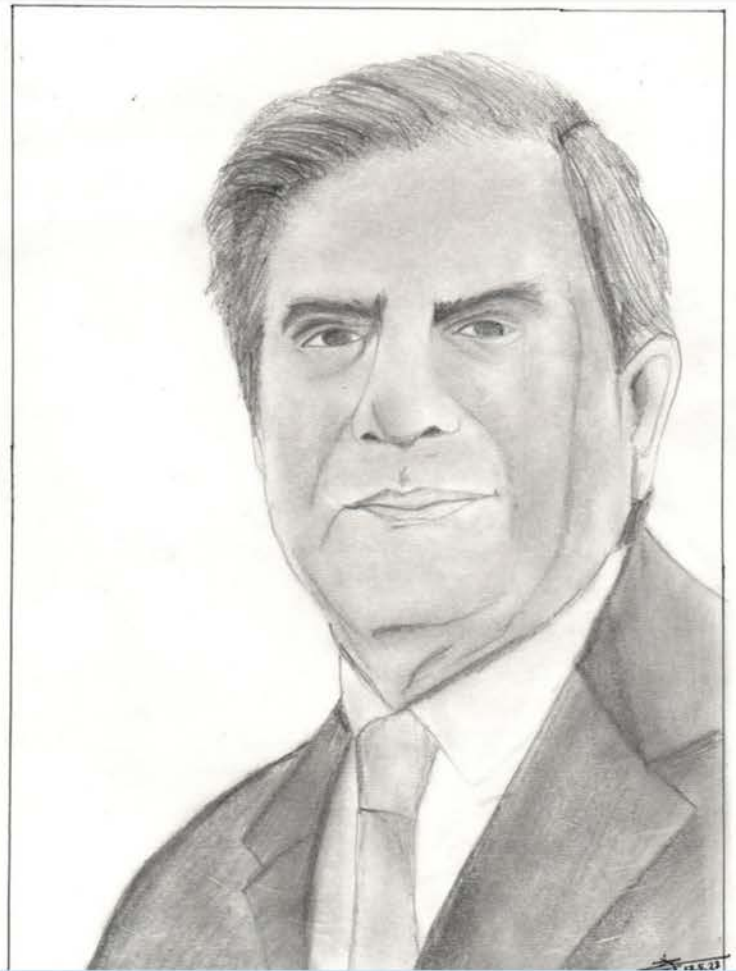
■ *Control emotions*

Breathe in and breathe out

Pastels



ESHA SAIKIA
GRADE VII A



BORNIL B GOGOI
GRADE VII A



BISTERNA GOGOI
GRADE VII B



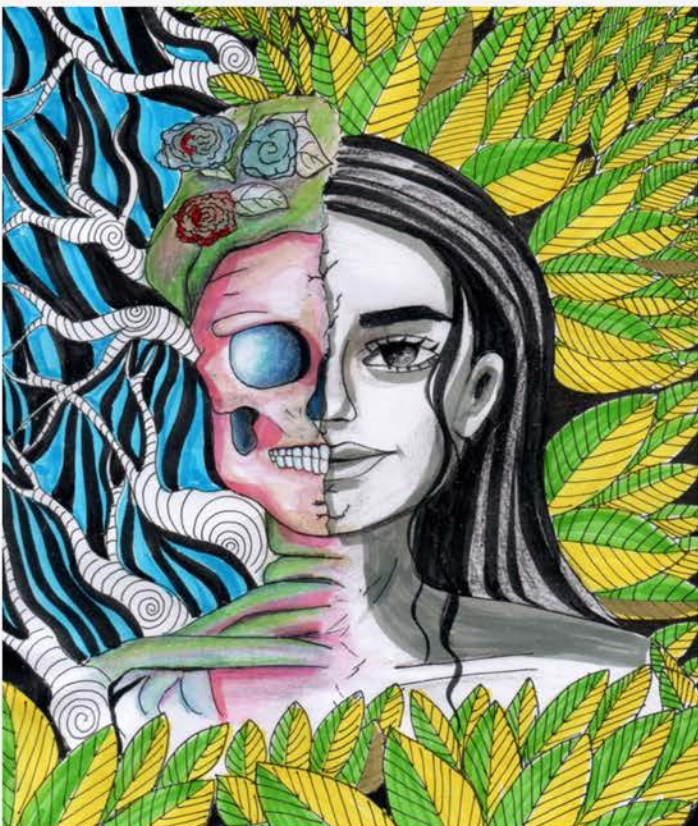
ESHAANI BORGOHAIN
GRADE VII B



**ASMITA REKHA DAS
GRADE VIII**



**CHAITANYA PORAM NEOG
GRADE VII B**



**JIYA SARMA
GRADE VII B**



**NIHARIKA KONWAR
GRADE VII B**

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