

VIDYARTHI

August 2024

NEWSLETTER OF VIDYA NIKETAN SENIOR SECONDARY SCHOOL



यदि तेरी आवाज़ पे कोई ना
आये तो फिर चल अकेला रे

रबीन्द्रनाथ टैगोर

**To your own self
be true
You cannot then
Be false to any man**

Shakespeare



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Our mother tongue will always be the most important language to us. However, for professional life, proficiency in English is vital. It is the link language to the world. Fluency in English gives tremendous self-confidence to young people, besides helping them in communicating with people the world over. We have decided to increase our efforts towards the development of English in the school. Parents are requested to join hands with us in this effort by helping their children improve in English.

Watch suitable English films. Encourage recitation in English, singing, & reading out aloud. This helps in improving one's accent.

Have a story book at hand at all times. Keep a few hours at home for "Conversation only in English". Persuade your child to maintain a diary. At the end of each day write down his/her thoughts, and activities during the day.

We have seen our students grow from a tender age into young people with grace, balance and joy. We hope that when the time comes for them to fly away, and become part of the wider world, they have grown strong in character- compassionate and caring. And capable of facing the challenges of life with courage.

And above all, to never forget the importance of living life with dignity & freedom.

We hope too that they are successful in fulfilling their dreams.

Regrettably, many people focus on the acquisition of wealth as success.

Thoreau said "Goodness is the only investment that never fails."

Aruna

(Mrs. Aruna Naqvi)

Be good, sweet child

And let those who will be clever

Do noble things, not dream them all day long

And so make life, death, and that vast forever

One grand sweet song

- **Charles Kingsley**



A happy child is also a happy learner!

यात्रा

यात्रा करने से मन का विस्तार होता है क्योंकि यह हमें नए अनुभवों और संस्कृतियों से परिचित कराता है। जब हम नए स्थानों पर जाते हैं, तो हम विभिन्न लोगों से मिलते हैं, जो हमारे सामाजिक कौशल को बढ़ाते हैं और हमें अपने आराम क्षेत्र से बाहर निकलने के लिए प्रेरित करते हैं।

यात्रा से मानसिक स्वास्थ्य में सुधार होता है, तनाव कम होता है, और आत्मविश्वास बढ़ता है। नए वातावरण में रहकर हम जीवन के प्रति अधिक ग्रहणशील बनते हैं और विभिन्न परंपराओं का सम्मान करना सीखते हैं। इस प्रकार, यात्रा अनुभवों को प्राथमिकता देने की शिक्षा देती है, जो जीवन को समृद्ध बनाती है।

यात्रा के माध्यम से संस्कृतियों का अनुभव करने के कई तरीके हैं:

स्थानीय भोजन का अनुभव: विभिन्न स्थानों पर स्थानीय व्यंजन चखने से आप वहां की संस्कृति और परंपराओं के बारे में जान सकते हैं।

स्थानीय लोगों से बातचीत: स्थानीय निवासियों से बातचीत करने से उनकी जीवनशैली, मान्यताएँ और रीति-रिवाजों का ज्ञान होता है।

सांस्कृतिक कार्यक्रमों में भाग लेना: त्योहारों, मेलों और सांस्कृतिक कार्यक्रमों में शामिल होकर।

स्थानीय कला और शिल्प: स्थानीय कला और शिल्प को देखना और समझना।

इतिहास और वास्तुकला का अध्ययन: ऐतिहासिक स्थलों और वास्तुकला के माध्यम से आप उस संस्कृति के इतिहास और विकास को समझ सकते हैं।

Shriya – XI-B

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दिल्ली में वायु प्रदूषण कम करने में छात्रों का योगदान

दिल्ली, भारत की राजधानी, वायु प्रदूषण के गंभीर संकट का सामना कर रही है। हर साल सर्दियों के मौसम में, दिल्ली का वायुमंडल धुंध और प्रदूषकों से भर जाता है, जिससे नागरिकों की सेहत पर बुरा असर पड़ता है। इस संकट से निपटने में हर व्यक्ति की भूमिका महत्वपूर्ण है, और छात्रों के योगदान को नजरअंदाज नहीं किया जा सकता।

छात्रों की भूमिका

छात्र अपने दैनिक जीवन में छोटे-छोटे बदलाव कर वायु प्रदूषण को कम करने में महत्वपूर्ण भूमिका निभा सकते हैं। यहाँ कुछ ऐसे तरीके दिए गए हैं जिनसे छात्र इस प्रयास में योगदान कर सकते हैं:

1. **साइकिल या पैदल यात्रा***: छात्र, खासकर जो नजदीक रहते हैं, वे स्कूल, कॉलेज या ट्यूशन जाने के लिए साइकिल का उपयोग कर सकते हैं या पैदल चल सकते हैं।
2. **कारपूलिंग***: यदि संभव हो, तो छात्र कारपूलिंग का सहारा ले सकते हैं। इससे सड़कों पर वाहनों की संख्या कम होगी और प्रदूषण में कमी आएगी।
3. **सार्वजनिक परिवहन का उपयोग***: मेट्रो, बस आदि जैसे सार्वजनिक परिवहन का उपयोग करना भी वायु प्रदूषण को कम करने का एक प्रभावी तरीका है।
4. **पेड़ लगाना और देखभाल करना***: वृक्षारोपण कार्यक्रमों में भाग लेना और पौधों की देखभाल करना, वायु की गुणवत्ता में सुधार करने का एक अच्छा तरीका है। पेड़ वातावरण से कार्बन डाइऑक्साइड को अवशोषित करते हैं और शुद्ध हवा प्रदान करते हैं।
5. **ऊर्जा की बचत***: बिजली की खपत को कम करने के लिए छात्रों को अपने घरों में अनावश्यक बिजली उपकरणों को बंद रखना चाहिए।
6. **प्रदूषण के प्रति जागरूकता फैलाना***: छात्र अपने दोस्तों, परिवार और समुदाय में वायु प्रदूषण के खतरों और इसे कम करने के उपायों के प्रति जागरूकता फैला सकते हैं। वे सोशल मीडिया, पोस्टर, और जागरूकता कार्यक्रमों के माध्यम से लोगों को शिक्षित कर सकते हैं।
7. **कचरे को जलाने से बचना***: छात्रों को अपने घरों या आसपास के क्षेत्रों में कचरा जलाने से बचना चाहिए। कचरे को जलाने से खतरनाक गैसों और धुआं उत्पन्न होता है, जो वायु प्रदूषण में योगदान करता है।

निष्कर्ष

दिल्ली में वायु प्रदूषण को कम करने के लिए छात्रों का योगदान अत्यधिक महत्वपूर्ण है। छोटी-छोटी गतिविधियाँ और जागरूकता फैलाने के प्रयास बड़े बदलाव ला सकते हैं। यदि हर छात्र अपनी जिम्मेदारी समझे और वायु प्रदूषण को कम करने के लिए आगे आए, तो हम दिल्ली को एक स्वच्छ और स्वस्थ शहर बना सकते हैं। यह न केवल वर्तमान पीढ़ी के लिए, बल्कि भविष्य के लिए भी एक आवश्यक कदम है।

Siddhika – X-A

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PHOTOGALLERY OF VIDYA NIKETAN



KINDERGARTEN POOL PARTY



Yellow colour Day Activity



STUDENTS DOING AEROBICS



SYMBOL OF FREEDOM



Happiness!



**Jonathan –
Reciting Poetry**



The magic of stories



Our treasure house



WHERE CHAMPIONS ARE MADE!



LIFE OF POSSIBILITIES!



KINDERGARTEN PARENTS DOING ACTIVITIES WITH THEIR CHILDREN



STUDENTS PARTICIPATING IN CHESS COMPETITION



**Students from the last batch of class XII -2024
"Goodbye to VNS"**

THE CONDITION OF THE GIRL CHILD IN INDIA



Seventy-seven years of independence have not been enough for Indian girls to improve their condition. They are still missing from their mother's wombs or their father's homes and are found buried under the soil. Even if they are born, they are denied opportunities for good

education or health. During childhood, their male counterparts are provided with new shoes, dresses, and books to learn while she is gifted a broom, a wiper, and tears. In her teenage years, she misses out on delicious food to eat and gets only the crumbs. During her college days, she is forced into marriage. And if she gives birth to a girl child, the cycle begins anew. Denied equal wages or the exercise of their constitutional rights, we can't expect our country to progress

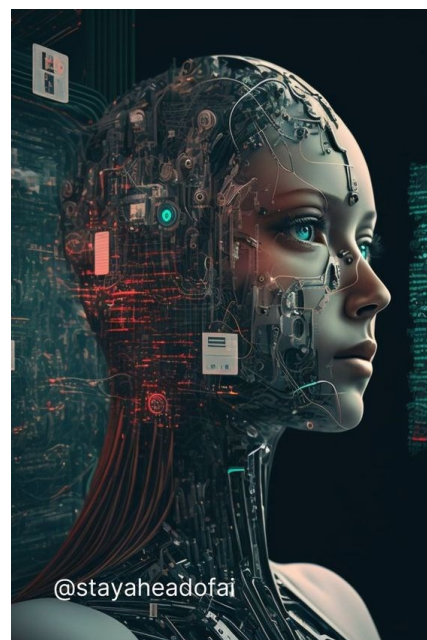
if 50% of its population is underprivileged and denied opportunities in life. We must realize that a girl child is the future of every nation, and India is no exception. A little care and a heart full of love for a girl child can make a big difference.

Sudipa Manna - X-A

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Article on AI

The field of Computer Science or Engineering that deals with the development of smart machines that can respond similarly to humans is called artificial intelligence (AI). The algorithm behind the Google search engine is also an artificial intelligence system. Chat boxes are now managed by AI to answer basic queries of customers. Google Assistant, Alexa, Siri, etc. are artificial intelligence-based software that can follow voice commands. AI will not surpass humans because humans' natural ability to adapt and adopt other skills is faster than AI's. AI's contributions to the field of healthcare and marketing are remarkable. AI is used to develop Natural Language Processing (NLP). Artificial Intelligence has been a topic of discussion for the past few years. Scientists all over the world discuss its pros and cons from time to time.



Sai Subham Mishra - VII-B

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My Classroom

A classroom is a precious and fun place,
one of the most ambitious places in the world.
It's where we learn and receive endless
support.

Teachers devote their lives to making a
difference in our lives and
work hard to understand us in various ways.
They show us new pathways.

Every day, as I sit on my chair,
it fills my heart with hope.
I make promises to myself
and prepare new goals and targets.
Classroom is the best place
to create good memories to cherish forever.



Nakul Kathayat - IX-A

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Mobile Phone

The mobile phone is one of the greatest gifts of modern science. Since its invention, mobile phones have undergone a significant transformation. In earlier days, they were only used for making calls. Nowadays, mobile phones are also used as entertainment devices; we can use them for watching videos, listening to music, capturing pictures and videos, web browsing, calculating, navigating, and many other purposes. Today, with the help of mobile phones, we can easily talk or video chat with anyone across the globe.

Today, even a child who can barely talk, knows how to use a mobile phone. Mobile phones have many advantages, but we should use them with self-control. Unnecessary use of them can affect our mental and physical health. Students are the most affected because of misuse, and it negatively impacts their studies. Various health problems, including sleeping disorders, anxiety, eyesight problems, poor posture, and addiction, are caused by mobile phones. They are also a major reason for road accidents. Every good thing, when abused, can be very harmful, and mobile phones are no exception.

Aadya - IV-A

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Article on Distractions

In our modern age, distractions have become a ubiquitous part of daily life. From the constant ping of notifications on our smartphones to the allure of social media and the 24-hour news cycle, staying focused has never been more challenging. Understanding distractions and how to manage them is crucial for maintaining productivity and mental well-being.

Types of Distractions: Distractions are external (noise, interruptions, digital notifications) and internal (thoughts, emotions, physical state)

Tejasva Choudhary - IX-A

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Ambani Wedding: A Mere Showoff?

The recent Ambani wedding festivities have sparked a debate about the ostentatious display of wealth. While some view the celebrations as a beautiful cultural event and a reflection of the family's success, others criticize them as excessive and insensitive to the social and economic realities of India.

India has stark income inequality, with millions living in poverty. The extravagant spending on the weddings, while a personal choice, can be seen as insensitive to the struggles of the less fortunate.



Rohan Chawla - XII-B

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Don't Give Up

If you keep on going and never stop,
You can make it to the top

Life is full of mountains.
Some are big and some are small

But if you don't give up
you can overcome them all



Mohd Ahad - III-A

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Love For Grandparents

In grandma's lap, we find a friend,
With grandpa, our adventures never end
Their love for us is forever true,
We find a bond Forever new
They teach us lessons from long past,
And show us how to make memories last.
Their laughter echoes in our heart
And are bond that time never apart.
In quite corners and memories deep,
We cherish moments with our grandparents to keep.
Their laughter echoes, their love so strong,
In our memories the forever belong.



Divyanshi Pradhan

IX-A

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HOME

No one leaves home unless
home is the mouth of a shark
No one puts their children in a Boat
unless the water is safer than the land
No one crawls under fences
No one wants to be beaten
No one chooses refugee camps
or strips searches where your
body is left aching or prison'
because present is safer than a city of fire
No one leaves home until home is a sweaty voice in your
ear saying- leave, run away from me now
I don't know what I have become but I do know that anywhere Is safer than here

*This relates to the
World of today- "Scared, weary
of war,
Learning to survive*

Aditya Mukherjee
XII-B

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Let's understand Autism

Autism is also known as autism spectrum disorder (ASD). It is a neurodevelopmental disorder. The first symptoms can be seen by 2 years of age. Some symptoms are difficulty in social interaction, repetitive behavior, and resistance to any change. If your child is showing any such symptoms it is important to get a diagnosis done. Many times people refuse to accept the symptom of inability to initiate talks and make friends as something to feel concerned about. Rather they confuse it with shyness and encourage it as many feel it is appropriate for a female child to feel shy and apprehensive. Many autistics are seen to have intellectual capacities. Parents whose children perform well academically believe that they cannot have any mental disorder. Therefore, many times an autistic child goes unidentified by parents and they keep suffering. Autism is not a disease and can be worked upon if identified on time. Early recognition may reduce symptoms and support development and learning. Many people with ASD benefit from treatment, no matter how old they are when they are diagnosed. Some renowned personalities who had autism are Albert Einstein, Sir Anthony Hopkins, Charles Darwin, and Bill Gates.

Dr. Pinky Goswami

Chief Psychologist/ Counsellor VNS



DR. GOSWAMI TAKING SESSIONS WITH PARENTS

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Raise your child without raising your hand!



I, being young, have only my dreams.

I have spread my dreams under your feet;

Tread softly because you tread on my dreams.

W.B. Yeats

Your child loves and trusts you. Don't break that trust of love.

The ways to reach out to your children are many. Never treat them as problems, which need to be solved. Rather, as gifts to be nurtured.

There can never be universal rules on this, when each is so different from the other. What works ultimately is "love that sees no end."

Strengthen your ties into life long relationships with them.

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किताबें कुछ कहना चाहती हैं

किताबें
करती हैं बातें
बीते ज़मानों की
दुनिया की, इनसानों की
आज की, कल की
रुक रुक पल की
खुशियों की, ग़मों की
फूलों की, बरसों की
जीत की, हार की
प्यार की, मार की।

क्या तुम नहीं सुनोगे
इन किताबों की बातें ?

किताबें कुछ कहना चाहती हैं
तुम्हारे पास रहना चाहती हैं
किताबों में चिड़ियाँ चहचहाती हैं
किताबों में खेतियाँ लहलहाती हैं

किताबों में झरने गुनगुनाते हैं
परियों के किस्से सुनाते हैं

किताबों में रॉकेट का राज़ है
किताबों में साइंस की आवाज़ है
किताबों का किताना बड़ा संसार है
किताबों में ज्ञान की भरमार है।

क्या तुम इस संसार में
नहीं जाना-चाहेगे ?

किताबें कुछ कहना चाहती हैं
तुम्हारे पास रहना चाहती हैं।

सफ़ारत रूझी



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