



Annual Edition
Session: 2021-2022



INSIGHT

KRISHNA PUBLIC SCHOOL, DURG





Mr. Mayank Sharma
Principal

FROM THE PRINCIPAL'S DESK

**“Challenges are what makes life interesting
Overcoming them is what makes life meaningful”**

Greetings to all

We at KPS Durg firmly believe in the uniqueness of all children, their capabilities, talents and needs. We experiment with innovative methods to engage learners constructively and to strengthen them academically, emotionally and psychologically.

Times are changing. The aim of education is to inculcate the quality of inquisitiveness which encourages the children to bring out the best in them.

We are working diligently to establish a safe trusting and collaborative culture which is of utmost importance in achieving student success. Our motto is to achieve higher standards in education by empowering our students to be lifelong learners. We believe that souls of all children have a natural inclination to learn and are waiting for the call of knowledge to awaken them to meaningful and pleasurable living.

Wishing all the students the best in their life.



Mrs. Iti Sharma
Vice Principal

FROM THE VICE PRINCIPAL'S DESK

I feel highly honoured to have the opportunity to lead a school with excellent tradition both in and out of the classroom.

The aim of the School has always been to bring out the best in the students and to make them better citizens.

We provide the best academic support and personal care to students to help them meet their career goals.

We believe in holistic development of a child which is not only restricted to the achievement of academics but which help them to build a better tomorrow with the disciplined way of life.

I firmly believe that every child is unique endowed with various talents and skills. Our Teachers and Staff are committed to provide all the students with appropriate environment that fosters learning and growth.

Let's be a role model in shaping our children's bright future. It's only through close collaboration we can achieve our goals of producing responsible world leaders.

Have a great School year ahead !



FROM THE EDITOR'S DESK



Mrs. Vini Shrivastava
Head Mistress

"The child's mind is indeed not a vessel to be filled but a fire to be ignited".

Plutarch

The school magazine "Insight" is not only a collection of creativity of our children but also a mirror that reflects the schools progress and success. It showcases our children's dream that are manifested in the creative writings.

Creativity is an extension of a child's enthusiasm ,self confidence and self expression. We hope to bring out the best in them.

I express my heartfelt thanks and gratitude for the guidance of our Principal Mr. Mayank Sharma and Vice Principal Mrs. Iti Sharma in releasing the fifth volume of Insight.





SPECIAL ASSEMBLIES

Earth Day



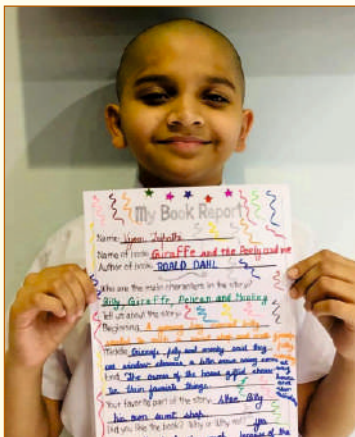
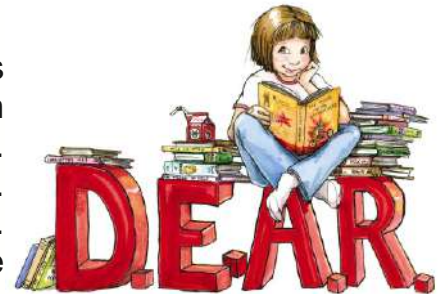
The year 2021 marked the 51st anniversary of Earth Day. The theme this year was restore our Earth. A special Assembly was conducted by the school in a virtual mode. Several activities were conducted in an online mode to sensitize the students towards environment protection. Students displayed their art with the theme of protecting mother Earth. The Assembly concluded with the pledge taken by the young ones.



D.E.A.R DAY

"A child who reads will be an adult who thinks".

In order to inculcate lifelong reading habit amongst the children it's very important that we make reading enjoyable and interesting. With this motto DEAR day was celebrated virtually among the students. The students were involved in guided reading with their teachers. Students enjoyed reading stories shared virtually by the teacher. Overall the session was an enjoyable and informative for the students.





SPECIAL ASSEMBLIES

Yoga Day

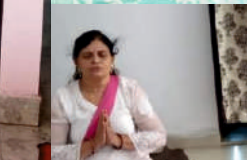
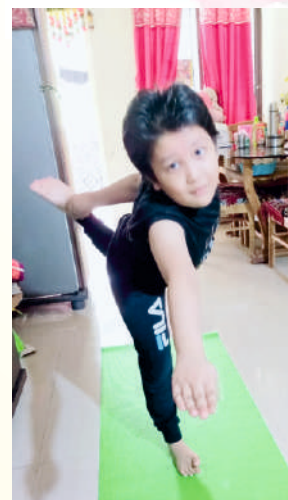
“Yoga means addition to energy, strength and beauty to body, mind and soul”.

Yoga is an invaluable gift of ancient Indian tradition that embodies unity of body and mind.

On 21st June International Yoga Day was celebrated in a virtual mode all the students participated in it.

A live webinar was organised on this occasion. Valuable guidance was given by the Yoga instructor Ms Depanjana.

All the students and teachers joined for the live yoga session and participated in it.





SPECIAL ASSEMBLIES

Doctor's Day

"Only a life lived for others is a life worthwhile"

Albert Einstein

The school celebrated Doctors day on July 1st in a virtual mode.

The day was dedicated to all the medical professionals who work and save patients round the clock to save lives.

The celebration was an attempt to emphasize the value of doctors in our life and express our gratitude towards them.



Plastic Bag Free Day

It was an unique opportunity to spread the word that a plastic bag free world is possible. Special virtual Assembly was organised on this occasion. The student celebrated this day with great enthusiasm and zeal. Several hands on activities were conducted. Students were made aware about the hazards of living in toxic environment.





SPECIAL ASSEMBLIES

**INDEPENDENCE
DAY**
— 15 AUGUST —

Proud to be an Indian
Jai Hind
Jai Bharat



Independence Day

The School celebrated the 75th independence Day with great joy and pomp.

There was a short celebration at the school adhering to covid protocols.

The principal unfolded the flag followed by national Anthem. The students witnessed the event through the online Assembly.

Several activities were conducted to mark the occasion.

LET'S SALUTE THE NATION
HAPPY INDEPENDENCE DAY



**INDEPENDENCE
DAY**
— 15 AUGUST —

*Freedom in mind,
Faith in our heart,
Memories in our souls.
Let's salute the Nation on
Independence Day!*



★ ★ ★ **HAPPY** ★ ★ ★

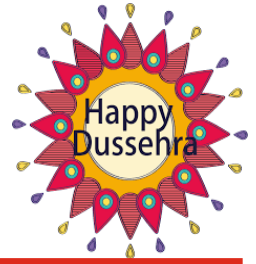
INDEPENDENCE

★ ★ ★ ★ ★ ★ ★ ★ **DAY** ★ ★ ★





SPECIAL ASSEMBLIES



Dussehra Celebration

"Celebrate the victory of the forces of good over evil"

An online Dussehra celebration was conducted in all the classes.

Various activities were conducted during the online Assembly.

These activities included speeches, poetic Ramayana song and dances.

Teachers also shared some valuable information about the festival thus enhanced their learning.

Happy
Dussehra



Diwali Celebration

"An occasion to celebrate victory over defeat, light over darkness and awareness over ignorance"

Diwali is one of the most popular festivals celebrated with enthusiasm. The enthusiastic students conducted virtual class Assembly. A short enactment of Ram, Sita and Ravan was done by the students. Students conveyed Diwali greetings and shared some tips on Happy and safe Diwali.





SPECIAL ASSEMBLIES

Christmas Celebration



"Christmas will always be as long as we stand heart to heart and hand in hand"

Beautiful and heartwarming assemblies were conducted by the students of grade 1 to VIII. The student celebrated the festival with zeal and fervour.

To instill a feeling of gratitude the students presented beautiful poems and sang mesmerizing Christmas carols full of cheer. There was fun and excitement among the students.





SPECIAL ASSEMBLIES

Republic Day Celebration

Krishna Public School, Durg celebrated the 73rd Republic Day amidst patriotic fervor and following all necessary Covid protocols & guidelines.

The Principal, Mr. Mayank Sharma unfurled the National Flag and addressed the gathering highlighting the importance of Republic Day, the significance of the constitution, which came up into picture on this day in 1950.

He also paid homage to the soldiers who sacrificed their lives for the Nation.

Vice Principal, Mrs Iti Sharma was also present in the function. The programme ended with a patriotic song sung by music teacher Mr. Devansh Halder.





PRE PRIMARY WING

ANIMAL DAY



Kids of Pre primary wing celebrated Animal day in an Online mode. Children were dressed as different animals. Kids perform different activities about the animals. This spoke about the animal and enacted by making sound. They also recited rhymes related to animals. Overall the celebration was a thrilling one.





COLOURS DAY



The kindergarten students celebrated colours day with fun and enthusiasm.

Children and the teacher's were dressed colourfully to celebrate this occasion in virtual mode.

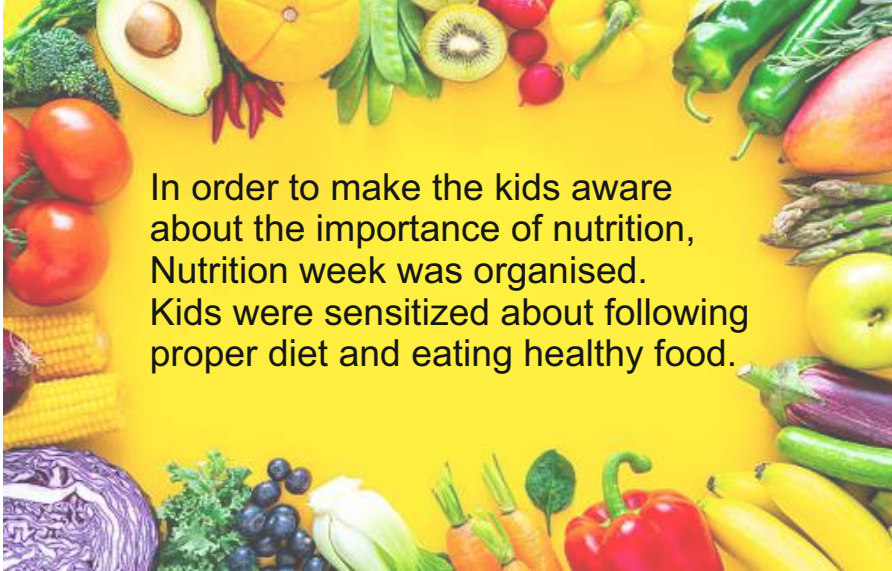
To make the celebration more inclusive children did their activity based on the colours.

The motive was to make the children understand about the importance of colours.





NUTRITION DAY



In order to make the kids aware about the importance of nutrition, Nutrition week was organised. Kids were sensitized about following proper diet and eating healthy food.



NUTRITION MONTH





ARTS EXHIBITION

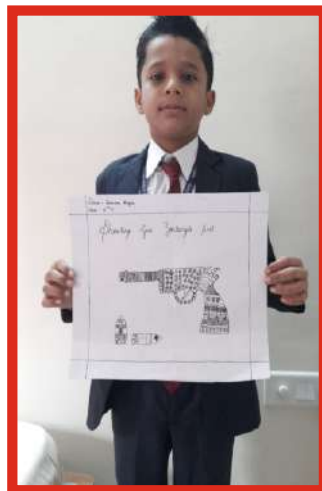
A unique and wonderful Art Exhibition was organised in a virtual mode for the students of classes 1 to VIII.

Students beautifully showcased their talents and creativity. We appreciate and congratulate the students for their wonderful performance.





Arts & Crafts



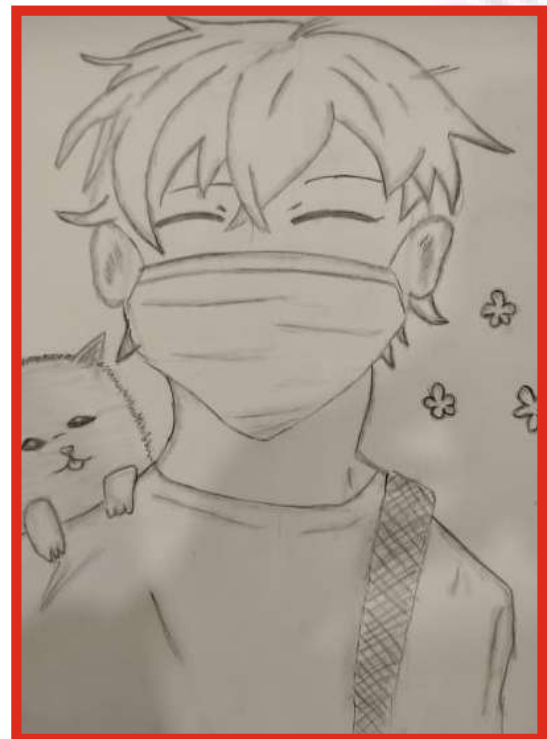


Arts & Crafts





Arts & Crafts





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APPRECIATION

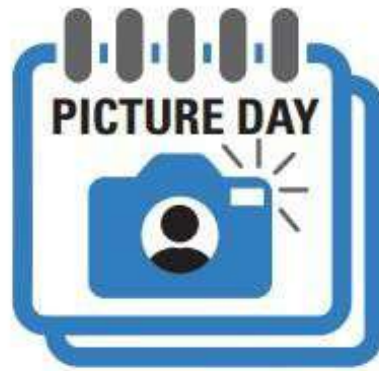


MURAL ART WORK

The School appreciates the achievement of our Art and Craft teacher Mr. Rakesh Sahu Sir for his outstanding Mural Art work.

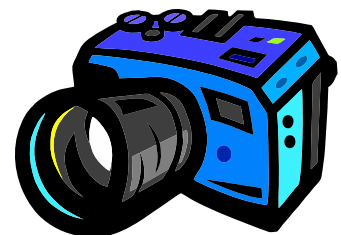
We would like to put an applause for his hard work and dedication. We would like to Congratulate him for his fantastic Art work.







PICTURE DAY

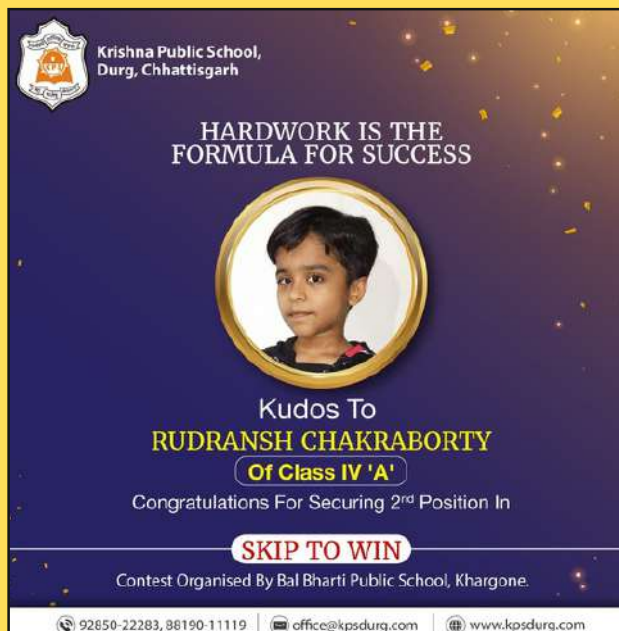
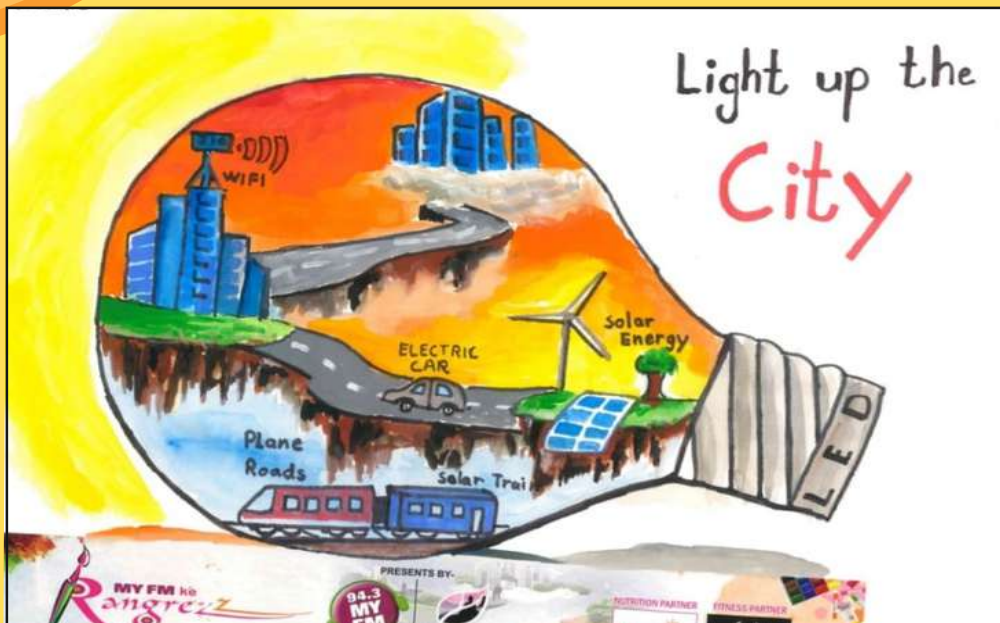




LAURELS

The students of Krishna Public School Durg participated actively in different competitions conducted by various organisation.

AAYUSH SAHU OF CLASS VI-A WON THIRD PRIZE IN PAINTING COMPETITION ORGANIZED BY DAINIK BHASKAR GROUP.





ANUSHKA JOLHE

Anushka Jolhe of Class VII-B bagged first prize in semi classical dance organised by SR Dance studio. She also won second prize in classical dance organised by Sanskriti Bharat kharagpur. She also got second position in global Youth Fest organised by Triveni Kala Kendra.



RUDRANSH CHAKRABORTY



Rudransh Chakraborty of Class IV-A secured second position in Skip to Win Competition organised by Bal Bharti Public School, Khargone.

AAYUSH SAHU



Aayush Sahu of Class VI-A has won several prestigious awards in painting. He stood second in painting competition organised by Maharashtra's Sneha Mandal.

He secured first position in National level painting competition organised by Divine India Youth Association.

K.SUMEDHA

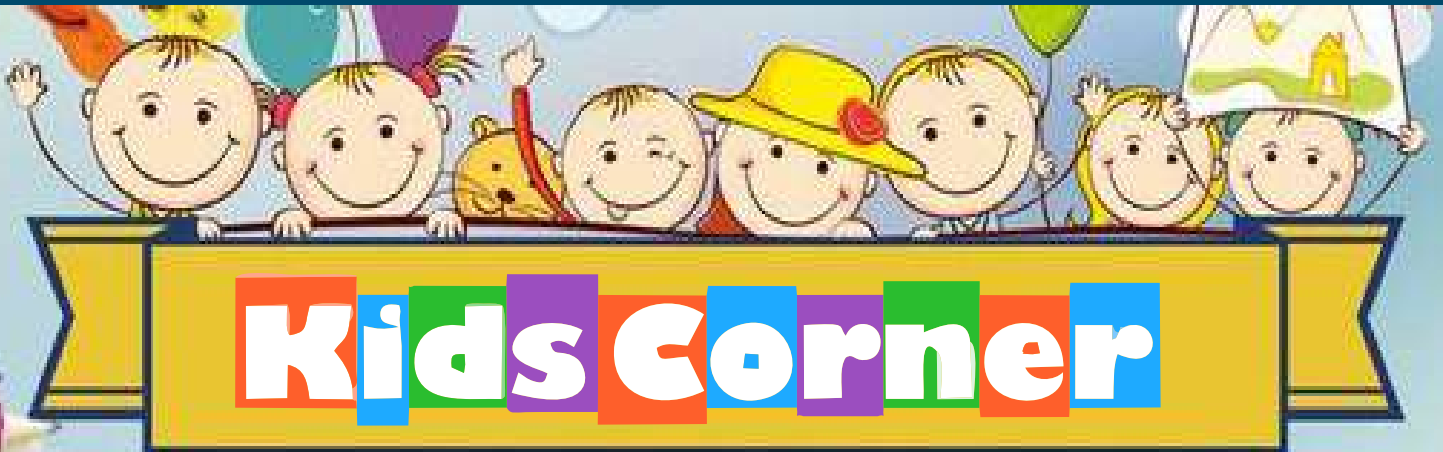


K. Sumedha of Class V-B secured fourth position in Online Singing Competition organised by Natraj International.

AANCHAL SAHU

Aanchal Sahu of Class VII-B secured first position in classical dance junior category organised by Nrityadeeksha Kala Sangam. She also won third position in Semi classical dance organised by Odisha cultural heritage and second prize in semi classical dance organised by Sanskriti Bharat kharagpur.





POEM

THE HAPPY HEART

The happy heart is full of joy
A bubbling spring of pleasure
A never falling treasure
We can find happiness everywhere

The happy heart is so full of love♥
The eyes of love♥like stars above
We long for the happy heart
To shed our path way
With peace and light.



Kirtan Rathni
5th "B"



KIRTAN RATHI
CLASS V-B

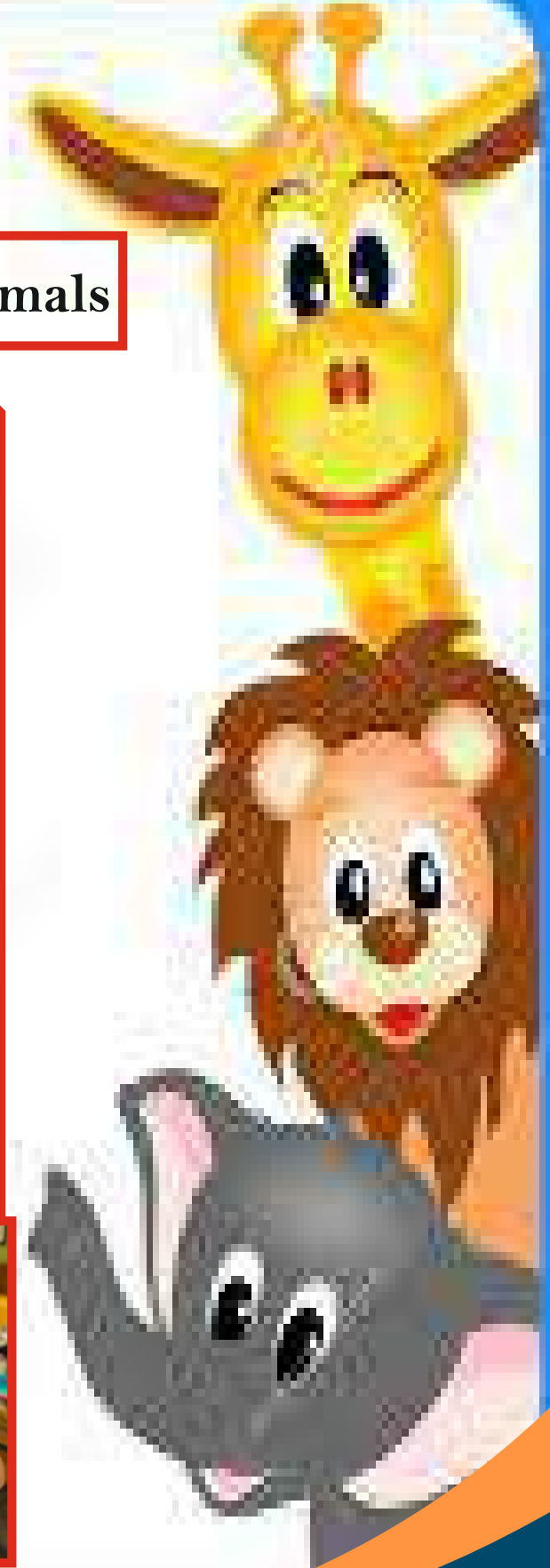


Ten Unique Facts about Animals

1. Every dog's nose has an unique print.
2. Rabbits perform an athletic leap known as 'linky', when they're happy –performing twits and kicks in mid air !
3. The skin of a toucan is very thin which make their skin see through.
4. Cats have whiskers on their back legs as well.
5. Elephants communicate to each other through vibrations.
6. Horses have lightening fast reflexes.
7. New born koalas are the size of Jelly Bears.
8. An adult male Giraffe has three brains.
9. Polar bears are classified as marine animals.
10. River Otter's may be marine animals but they are also night owl's.



MAHIKA SHARMA
CLASS V-A





KIDS CORNER

You

You are a brilliant sunrise
that starts it all with pure bliss
you are also the warm sunset
that brings it all to a glorious end
It's all you.

You sometimes cry in the bathroom,
silently and painfully
It's also you ,who laughs
the brightest and the
loudest and at the silliest of things.

You are the one
who actually sees you,
in the mirror and in your mind .
And it's you , who can love you.
the deepest , the strongest .
It's all you, love
all you ...

Rashi Jain
CLASS XI-A



Amazing Facts

1. First mouse which was created in 1964 was made of wood.
2. India is largest English speaking nation of the world .
3. Chocolate milk was invented by Deniel Peter who sold concept to his neighbour Henri Nestle.
4. Elephant can smell water up to 5 km. away.
5. A snail can sleep for three years.

Harshita Chakradhari
CLASS VII-A





STUDENTS CORNER



FROM BUSY TO CARING WORLD

No one cares, No one knows ,
Everyone is happy in their own.
Nowadays everyone want to live alone,
Because all of us is busy in our phone.

Sometimes I think human connection
is getting low day by day,
Am I right? What do you say?

Now it's time to perfume
Our affection in the air,
So that recipient can smell it .

With happiness and care.
Let's cherish our old days together.
By adding more memories for further .



HIYA HARMUKH
CLASS VIII-B





KIDS CORNER

INTERESTING FACTS :-

01. A human brain cell has the ability to hold five times more information than the encyclopedia.
02. Only about 10% of the world's currency is physical money, the rest only exists on computers.
03. Hindi got its name from the Persian word "HIND" meaning land of the Indus River.
04. There are more than 8,000 varieties of apples, the largest variety of a fruit to exist.
05. Teeth are the only part of human body which cannot heal themselves.
06. Hot water freezes faster than cold water.
07. There are more trees on Earth than stars in our galaxy.
08. The brain is more active at night, than during the day.
09. iPhone, the Harry Potter books and the Rubik's cube are the three most sold products in human history.
10. Cats cannot taste sweet things.
11. Ravens learn to speak better than parrots.
12. Mars is the only planet that has carbon dioxide snow clouds.
13. Deer can run thirty miles per hour.
14. The statue of liberty's index finger is eight feet long.
15. In Iraq book market, books remain in the streets at night because Iraqis say- "the reader does not steal and the thief does not read".



Nauraiz Khan
CLASS VII-A





KIDS CORNER



AT THE ZOO

AT THE ZOO

At the zoo we saw a bear
He had long , dark fuzzy hair ,
We saw a Lion in a cage
He was in an awful cage
We saw the big long – necked giraffe
And the silly monkey made us laugh
But my favorite animal at the Zoo
Is elephant , how about you ?

Arya Jain
CLASS II-A





IF I COULD TRAVEL INSIDE FAIRYTALES

If I could travel inside fairytales, I could do so many things. Firstly, I would've asked the Mad Hatter about his back story. How did he become mad? I would've checked if Cinderella's slippers were really made of glass.

I would love to meet Flora, Fauna and Merryweather and stay in their cottage for a few days. I would be friends with Red Riding Hood and maybe take some cake to her grandma's cottage on the other side of the woods. I would ask Peter Pan to take me to Neverland and who knows, maybe me and Tinkerbell could get along, but I hope I would not be seen in Captain Hook's eyes because that would be disastrous.

I would ask Ariel to guide me in Atlantis and maybe help me breathe underwater. I would also love to meet the bear family and maybe help Goldilocks to befriend the bears to prevent the family from eating her alive.

I would stop Snow White from eating the poisoned apple because that story really took a dramatic turn, didn't it? I would help Tiana open her restaurant before she met the Frog Prince just because it disgusts me. I would love to be best friends with Flynn Rider or I should say Eugene Fitzherbert and also help Rapunzel comb her seventy metered long hair because I know it takes half a day to straighten up.

I would learn archery from Merida and Sword wielding from Mulan. Lastly, I would love to taste some treats attached on the House made of sweets where Hansel and Gretel live. I know, it's an impossible dream but what is in life when you just have to be in the real world dealing with problems? Why don't we live a little while in the world of imagination and make our lives a bit more interesting?



Deepshikha Chakraborty
CLASS IX -A





RESPECT AND SELF – RESPECT

Self-Respect refers to loving oneself and behaving with honour and dignity. It reflects Respect for oneself. An individual who has Self-Respect would treat himself with honour. Furthermore, lacking Self-Respect is a matter of disgrace. An individual who does not respect himself, should certainly not expect Respect from others. This is because nobody likes to treat such an individual with Respect.

Self-Respect is the foundation of a healthy relationship. Lacking Self-Respect brings negative consequences. An individual who lacks Self-Respect is treated like a doormat by others. Furthermore, such an individual may engage in bad habits. Also, there is a serious lack of self-confidence in such a person. Such a person is likely to suffer verbal or mental abuse. The lifestyle of such an individual also becomes sloppy and untidy.

Self-Respect is a reflection of toughness and confidence. Self-Respect makes a person accept more responsibility. Furthermore, the character of such a person would be strong. Also, such a person always stands for his rights, values, and opinions. Self-Respect improves the morality of the individual. Such an individual has a good ethical nature. Hence, Self-Respect makes you a better person. Self-Respect eliminates the need to make comparisons. This means that individuals don't need to make comparisons with others.

Everyone must Respect fellow human beings. This is an essential requirement of living in a society. We certainly owe a basic level of Respect to others. Furthermore, appropriate Respect must be shown to people who impact our lives. This includes our parents, relatives, teachers, friends, fellow workers, authority figures, etc.

One of the best ways of showing respect to others is listening. Listening to another person's point of view is an excellent way of Respect. Most noteworthy, we must allow a person to express his views even if we disagree with them.

Another important aspect of respecting others is religious/political views. Religious and cultural beliefs of others should be given a lot of consideration. Respecting other people's Religions is certainly a sign of showing mature Respect.

Everyone must Respect those who are in authority. Almost everyone deals with people in their lives that hold authority. So, a healthy amount of Respect should be given to such people. People of authority can be of various categories. These are boss, police officer, religious leader, teacher, etc. In conclusion, Respect is a major aspect of human socialization. It is certainly a precious value that must be preserved.

Aashika Jain
CLASS IX-A





WHO DO YOU WANT TO BE?

Careers change, but people don't. As Gen Z, we have the option to choose from tens of thousands of careers. Whereas, for our parents & grandparents, the path seemed to be fixed: study hard, get a job, stay in the job for 35 years and retire. We have the advantage of choice. Isn't that awesome?

Everywhere people are running, to get somewhere or something. And if you ask them, why are you in a hurry? Why are you doing that thing? Their answer probably will not be:

"I'm doing it because I enjoy it."

"I'm doing it because the cause behind it matters to me"

"I'm doing it because I want to."

"I'm doing it because I'm passionate about it."

What gives you pure joy?

Figure out something which gives you joy, pure happiness. Something in which you don't need to drag yourself to do.

What matters the most to you?

Think about what matters to you in life and career. Is it freedom, creativity, passion, love, selflessness, money, authenticity, adventure, fun, courage, or curiosity? Or something wildly different?

How do you see yourself?

Ask yourself "How do I see myself?" Passionate? Hardworking? Consistent? Reliable? Friendly? Lazy? Disciplined? Smart? Not so smart? Loveable? Confident? Fearful? Patient? Impatient? If your answer consists of more negative adjectives than positive ones, no worries. Acknowledge your weaknesses. And ask yourself, how would you rather see yourself? Inspiring, sensational, creative, smart? Or kind, consistent, reliable? Both? Why not, what's stopping you? And work on becoming that.

What pain are you okay with?

What sacrifice are you okay with? For example, "I'm willing to sacrifice eating junk food for my long lasting health." When your aim is clear and you absolutely love what you do, small sacrifices like this will not even feel like a sacrifice.

What will you leave behind?

Plan everything in detail, set milestones and think what is the journey going to be like?. Think about, what will you leave behind? What will be your contribution to this world? What will you be remembered as?

How do you plan to get there?

Now that you have a vision, what you need to contemplate is, how do you plan to achieve it? We need to realise one very important thing that "We create our own future", we are doing it right now.

Which habits do you want to keep/break?

So you have brainstormed everything and you're clear about what you want to do, in the next 2 years, 5 years, 10 years, etc. Divide your goals by time. And how do you actually do it? The answer is habits. You don't change the world in a day, you do it daily. Anything you want to achieve consistency is crucial. Take your sweet time to ponder over these ideas. And hopefully now that you're grounded in who you are, go on and find the path that suits you and gives you the most satisfaction, and if changes need to happen, it should be as easy as putting on new shoes. I can't wait to see what an awesome human being you become.

My best wishes

Shaligram Dewangan
CLASS XII-A





हिंदी कॉर्नर

भारत पर प्राउड रैप



भारत मेरा देश इस पर करती हूं मैं प्राउड
सबसे ज्यादा यूज यहां पर बोलो थोड़ा लाउड
वॉल्यूम करके तेज
बढ़ाओ थोड़ा बेस
सबसे रिच कल्चर
अपना ऐसा देश
है यह रेस जो शाम की
हमें करना है कमाल जी
देखो मुड़ के पीछे
हमें हो गए 73 साल जी 1947 में जब देश हुआ आजाद जी
हिंदू मुस्लिम भाई - भाई रहते क्यों नहीं साथ जी
पकड़ो मेरा हाथ अब चलो तुम मेरे साथ जी
हमें साथ देखे जमाना
करें हम ऐसे करम
आए जोरो से आवाज
वंदे मातरम वंदे मातरम
ना कोई जात ना धरम
कुछ करके दिखाओ छोड़ दो शरम
है गर्म माहौल यहां का
है सबको हमसे आस
जब युग बदलेगा यहां का
तभी तो होगा विकास



आद्या दुबे
(कक्षा- आठवीं 'अ')



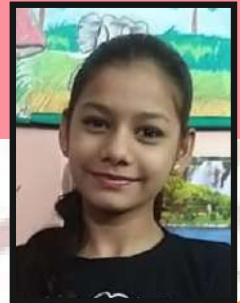
बूझो तो जाने !!

- 1- फूल भी हूं ,फल भी हूं , और हूं मिठाई तो जरा बताओ क्या हूं मैं भाई ?
- 2 - तीन अक्षर का मेरा नाम उल्टा सीधा एक समान ?
- 3 - 1 किलो लोहा और 1 किलो रुई में से क्या भारी होगा ?
- 4 - वह क्या है जिसके पंख नहीं होते लेकिन फिर भी उड़ती है ?
- 5 - ऐसी कौन सी चीज है जो पानी गिरने पर भी गीली नहीं होती ?

उत्तर

गुलाब जामुन , जहाज़, बराबर, कीवी , परछाई

प्रिया चौहान
(कक्षा- आठवीं 'अ')





सपनों की उड़ान

तू कुछ कर अलग,
तू कुछ बन अलग
सपनों का है यहां ऊंचा आसमान
तू कुछ सोच अलग
इस दुनिया में भरना है तुझको ऊंची उड़ान
तभी तू ऊंचा बन पाएगा।
माना राहों में आएंगी मुश्किल हजार
तू संघर्ष कर ,तू आगे बढ़, तभी तो कुछ बन पाएगा ।

पंख होंगे तेरे भी मजबूत
जब तू सपनों को सच कर पाएगा ।
तू गिर ,तू हजार बार गिर, फिर से उठ खड़ा हो
तभी तो नाम कमा पाएगा। जीवन में सफलता मिलेगी तुझे भी
जब तू कर्म सच्चे कर जाएगा।
अगर करेगा कुछ हटके
इस दुनिया से
तभी तो खुद की अलग पहचान
बना पाएगा
तू कुछ कर अलग,
तू कुछ बन अलग
तभी तभी तो नाम कमा पाएगा ।



पलक चंद्राकर
(कक्षा - आठवीं 'अ')





संस्कृत भाषा का महत्व

संस्कृत विश्व की सबसे प्रथम, संपूर्ण, समृद्ध, प्राचीन और वैज्ञानिक भाषा है। यह भारत की अधिकांश भाषाओं की जननी है। इसका साहित्य विशाल, विस्तृत, ज्ञान और समृद्ध है यह भारतीय संस्कृति का आधार है।

भारत की गौरवमयी संस्कृति को जानने का एकमात्र साधन संस्कृत है। अपनी संस्कृति को जानने समझने के लिए सर्वप्रथम हमें संस्कृत भाषा ही सीखनी होगी। संस्कृत - ज्ञान के बिना हम अपनी प्राचीन सभ्यता संस्कृति एवं अमूल्य ज्ञान संपदा को कदापि नहीं जान पाएंगे। वस्तुतः संस्कृत ज्ञान के द्वारा ही हम अपना सर्वांगीण विकास कर सकते हैं।

पठामि संस्कृतम् नित्यम् वदामि संस्कृतम् सदा। ध्यायामि संस्कृतम् सम्यक् वंदे संस्कृत - मातरम्॥ अर्थात् - मैं प्रतिदिन संस्कृत पढ़ता हूं, मैं सदैव संस्कृत बोलता हूं, मैं पूर्णतः संस्कृत का मनन करता हूं, मैं संस्कृत माता की वंदना करता हूं। संस्कृतस्य प्रसाराय, नैज सर्वम् ददाम्यहम्। संस्कृतस्य सदा भक्तों, वंदे संस्कृत मातरम्॥ अर्थात् - मैं संस्कृत के प्रसार के लिए स्वयं का सब कुछ प्रदान करता हूं, मैं सदैव संस्कृत का भक्त हूं मैं संस्कृत माता की वंदना करता हूं।



BHARTI SHARMA
SANSKRIT TEACHER



लेख - भारतीय संस्कृति

प्रेम , सहयोग , त्याग और उदारता जैसी वृत्तियां ही मनुष्य को एक सूत्र में बांधती तथा महापुरुष बनाती हैं। हमारे राष्ट्रीय नायक छत्रपति शिवाजी , स्वामी विवेकानंद आदि इसके प्रमाण हैं। भारतीय संस्कृति इन्हीं देव वृत्तियों के कारण आज भी अक्षुण्य हैं , विश्वव्यापी हैं और अक्षुण्य ही रहेगी। संस्कृति शब्द का अर्थ है सफाई , स्वच्छता , शुद्धि या सुधार। संस्कारों के द्वारा ही मनुष्य सत्संग और स्वाध्याय से अपने को लघु से महान और अवनति से उन्नति शील बनाने का प्रयास करता है तब वह महामानव की श्रेणी में आ जाता है और सम्मान पाता है।

श्रेष्ठ विचार एवं श्रेष्ठ आचरण ही मनुष्य और पशु में अंतर दिखला जाता है। मनुष्य पशुता से जितना ऊंचा उठता है , उतना ही संस्कारवान होता है। हमें स्वयं में तथा सभी में सद्वृत्तियों को जगाने का प्रयास करना होगा , जिससे हम सभी श्रेष्ठ बन सकें।

आज व्यक्ति को परिवार , समाज तथा राष्ट्र को शुद्ध , सम्मानित एवं आदर्श बनाने की बहुत ही आवश्यकता है , जो परस्पर प्रेम सहयोग उदारता जैसे गुणों से ही संभव है।

हम सबको भारत की महान विशेषता "अनेकता में एकता" को शाश्वत बनाए रखने के लिए भारतीय आदर्शों को अपनाना होगा तभी एक बार फिर भारत विश्व गुरु के पद पर आसीन होगा।

विभूति मिश्रा
हिंदी टीचर





Teacher Corner

PARENTING

What does parenting mean?

Parenting is, the process of raising children and providing them with protection and care to ensure their healthy development into adulthood.

Why Good parenting is important?

Positive parenting helps to develop stronger parent – child relationships. This approach to behavioral development increases trust between children and parents. The reason for this trust is that children have positive interactions with parents because of positive parenting.

NINE STEPS FOR EFFECTIVE PARENTING:

- 1) Boosting your child's Self-esteem.
- 2) Catch kids being good.
- 3) Set limits and be consistent with your discipline.
- 4) Make time for your kids.
- 5) Be a good role model.
- 6) Make communication a priority.
- 7) Be flexible and willing to adjust your parenting style.
- 8) Show that your love is unconditional.
- 9) Know your own needs and limitations as a parent.



MOONMOON CHAKRABORTY
Environmental Science Teacher



LEVERAGE YOUR MINDSET

“CHANGING YOUR MINDSET CAN CHANGE YOUR WHOLE GAME”.

In this overwhelming scenario of digital era, all learners need to understand the new psychology of success that is ***learning to learn***. But how it can be achieved? It's simple to watch a video, download readymade notes, finding new gurus, but it's not easy to learn and stick to system.

The answer lies within us, firstly, it depends on what we think and what we feed in our mental factory. Keep out the wrong things and fill your brain with the right ingredients. Secondly, a learner should identify the attitudes which are creating a mental paralysis like mostly we have self-doubt whether we can do the task undertaken or not. Remember self-doubt is like a plague. Procrastination is another enemy which is practically a common factor that learners should conquer at each level of learning. Don't be pessimistic, be stronger than your excuses and work on your learning pattern. Keep your mental inertia moving, slowly at first, then accelerate until you get control over your learning skills. Sow the seeds of persistence, no matter how slowly you may be at first.

It's very obvious that if we neglect something for a week, it takes month to recover. Time is irreversible, so try to utilize this free resource of nature to its full extent. No matter how many times we are defeated, get up and fight back. Unleash the winner instinct embedded within us. Everything begins inside our mind, and turn into reality with the right mindset and time. Always remember, a superhero never quits and you are the superhero of your life.

BE A SUPERHERO WITH RIGHT MINDSET.



NISHA MENON
CHEMISTRY TEACHER





The BMI by World Health organization for an 18 year old who is 5'7" and weighs 55 Kgs is considered Normal.

We use several instruments like weight machines, BMI calculators, Accelerometers, etc to Measure our Health. But we don't have an instrument to measure our mental health. There isn't much option through which we can calculate the percentage of our mental health which has been affected and while writing this sentence I feel funny too. Why is it so? Why Physical health is paid more attention to than mental health?

Mental health is something that is purely intangible. The World Health Organization conceptualizes mental health as a "state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". Mental health's definition may vary but mentally ill people shouldn't be termed as 'CRAZY' or 'MAD'.

Mental illness like depression, anxiety, OCD (obsessive compulsive disorder), Bipolar Disorder, ADHD (Attention deficit hyper disorder).

Some of the common symptoms are -

Change in feelings or demeanor , Loss of interest and Low energy, Change in sleeping habits , Difficulty interacting, Appetite or weight changes and many more...

The word "Mental Health" may be new but the concept has always existed. In other parts of the world mental health got translated as an act of supernatural deities. And as the world changed the meaning, factors affecting and the medication for mental health has changed a lot.

As a person who is trying to live a life in 2022, I can say that not just personal factors like the pressure of exams, the pressure of being the best, or the pressure of getting a work-life balance gets to me. But even if I try to cope with it the blues which I get from listening to the News always get me. And I know I am just a teeny tiny fraction of the whole lot experiencing the same.

The best way of dealing with any mental illness such as anxiety or depression is to address it and talk about it to the most reliable person and responsible person, if not there is always an option to go to a psychiatrist as they detangle the wires in our head which has been messed up by other things.



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