



# SHEMFORD HAPPENINGS

NEWSLETTER OF SHEMFORD FUTURISTIC SCHOOL





## Academic Director's Message

### HOW CAN WE REWRITE OUR BRAIN OR HOW CAN WE CHANNALISE OUR BRAIN.



Cognitive behavioral therapy has proven as good as medicine in dealing and treating world's fast growing problem of MENTAL unwellness like DEPRESSION, ANXIETY AND RESTLESSNESS.



**Mrs. Vijay Puri**  
**Academic Director**  
**SFS**

Cognitive behavioral therapy is the most common and successful therapy to address early SYNDROME to a large extent. CBT has become the most researched form of PSYCHOTHERAPY, and is now considered the gold standard. Evidence based treatment for Anxious and Depressive disorders. While CBT is considered the first line treatment for anxiety and depression it has also proved successful and fruitful for substance used disorders, anger issues and eating disorders

In present scenario the mental health issues is ENGULFING the younger generation in a very bad manner. This problem is faced by parents at home, educators in Schools, Colleges, Universities and Society as a whole.

As society at large we have to adopt six point ways and means to ensure that the present generation comes out of the clutches of dreaded depression and other mental disorders for which they finally take the refuge of "drugs".



#### These five methods or the ways are:

**Teach our children the art of patience** –Parents are the first Gurus, the first role models for a child right from the infancy to adulthood in the present scenario we find parents getting angry, show casing mood swings, with their kids. So directly or indirectly transmitting anger they need to control it.

**Short temperedness.** This attributes towards the fetish behavior, parents and teachers have to exhibit cool mind and cool mindedness in their day today dealing with their wards and students. Infact behavioral patterns are knowingly or unknowingly woven and transferred to our gen x invisible and unseen manner

**Excuses on trifle issues:** It has been seen over the recent years that even a five year old comes out with false excuses . Parents and teachers are advised and suggested to adopt and appreciate the courage of conviction and set the things right

**Value of being honest:** The next thing parents at home and teachers at school must ensure is the value of being honest little dishonest things makes our children to adopt excuses, telling a lie, sense of withdrawal. We must encourage honesty both at school and at home parents have to take a lead in this aspect.

**Avoid peer pressure and subsequent alienation:** Last but not the least the substantial ways and means to help our teenagers to come out of the mental ill health and disorders is to help them in sympathetic way to not to fall the pray to peer pressure. We will have to take them in the confidence and maintain the secrecy of their problems. We must encourage honesty both at school and at home parents have to take a lead in this aspect. If given a serious heed and sincerely following these steps we surely can rewrite the brain or so to say channelize our brain



## *Vice Principal's Message*

**"While educating the minds of our youth,  
we must not forget to educate their heart"**

**– Dalai lama**

Success comes to those who work hard and stays with those who don't rest on past laurels.

Genuine concern of our institution is to ensure students emotional growth along with intellectual excellence. This empowers them to develop their self-esteem, self-awareness and self-confidence.

Our student population is multi-cultural and multi-linguistic, hence we teach students, the importance of tolerance and respect for each other's language and culture. Discipline, values

and integrity are the foundation of this Institution. Our vision is to produce conscientious, confident citizens of India who will go out into the world and make us proud. As the number of institutions and its infrastructure requirements are increasing by the day, there has also been a great amount of changes in the education system. Schools used to prepare learners from the examination point of view. Hence teaching was mainly examination oriented.



Today, the role of the Teachers has become more demanding and challenging. Teachers are Facilitators in the child's learning process, as the generation today cannot be confined to the four walls of the classroom, they need to be given scope to go beyond by giving ample opportunities to explore and experiment. Facilitators need to be equipped with loads of activities, ready to switch over as per the pulse of the class to ensure that the learning is inspiring and motivating. We are now in a world where innovation is a trademark and thinking out of the box is an integral part. We have moved to a digital age. Usage of interactive white boards, tablets, research using Internet has brought in betterment, effectiveness, and efficiency. So, at Shemford we provide Project-based learning to the students to participate intelligently as they learn by doing. Opportunities are provided to improve the awareness on the ecological footprints, protection of our Indian heritage along with enhancing the confidence level, language and communication skills through participation in various activities in our institution.

**"Behind the Success of every child lies the dedication of a Teacher".**

**Kudos to Students, Facilitators and the Institution !!**

Warm Regards,  
Sahrish Ismaily  
Vice Principal  
SFS





## Message from Chief Editor

Punctuality is a habit of attending a task on time. In a wider sense, it's a habit of doing things at the right time. Punctuality is the key to get success in life.

A punctual and disciplined student always gets respect and social acceptance in the school and society. They are admired by the parents and teachers.

A student who is punctual always gets success in his studies. In school time, punctuality ensures that you will arrive to class on time and so will not miss any part of the lesson. Punctuality during the school life will also help you to manage your working and personal life. Being punctual as a student, you'll find it easier to get done your work on time and thus get success in your career as well.

These are a few reasons that prove why the punctuality is important for students:



**Ms. Ankita Choudhary**  
Chief Editor

### **1. IT DIVULGES YOUR INTEGRITY**

If you promise to meet someone at a certain time, and if you reach their 10 to 15 minutes late, you have essentially broken that promise. On the other hand, being on time shows you are a man of with integrity.

### **2. IT SHOWS YOU ARE DEPENDABLE**

A student who is punctual always be found at his duty and demanding for that time. People can easily have faith in such student, if he speaks he will be there, he will be there. On the other hand, if a student who is not punctual, one cannot depend on him. They don't know where he will be when they need help from him. His connections will start to realize he cannot manage his own time and these uncertainties will seep into matters beyond the clock.

### **3. IT BUILDS YOUR SELF-CONFIDENCE**

Being on time not only make you a dependable person but also it teaches you that you to build confidence in yourself. The more you keep the undertakings, the more confidence will grow and people believe you. The more you become self-confidence, the less you will be at the mercy of your habits and compulsions. Ultimately, your life will be in your control.

### **4. IT SHAPES AND EXPOSES YOUR DISCIPLINE**

A punctual student can manage his time more efficiently that he pays attention to details and he can put away a task to do another important task on time. It's been great if students develop discipline in their lives. They can be punctual at places like school, library, projects, and examination as well as home. It will help them in getting rid of laziness and negative attitude. A regimented and prompt student always gets respect and social acceptance in the society and school.

"There is a dignity in being on time".

### **5. KEY TO SUCCESS**

For all students, being on time is the key to success. They should follow the life of great people who achieved success and fame. It will encourage them to do well in many fields of their lives. No one is born with virtue, everyone requires developing it.



## *Message from Headmistress Pre-Primary*

### **The benefits of outdoor play in the early years**

Now more than ever, we must recognize the importance of outdoor play when it comes to the impact it has on early years development.

Not only does it act as an integral part of a child's learning opportunities, but it can help massively benefit children's mental and physical health and wellbeing.

Mental health issues among children are rapidly on the rise, so it's important for us to find ways to combat this, ensuring that mental wellbeing is at the forefront of children's learning, through early years and beyond.

Spending time outdoors can have a positive impact on both mental and physical health at any age, so it's important that we encourage it from a young age.



**Ms. Sushma Choudhary**  
**Headmistress, Pre-Primary**

### **Encouraging essential physical fitness**

Spending time outdoors daily helps keep children fit and healthy physically. Encouraging children to run, jump, climb and chase develops good physical fitness, as well as helping aid in critical development such as stability, bone density, and muscle development. Staying healthy from a young age can help prevent future problems too. To encourage this, create games and activities to get everyone involved.

### **Provides a break from the everyday**

Time spent in nature provides children with the opportunity to switch off and give their brains a well-earned break from the demands of everyday life. Allowing children playtime helps them burn off energy and improve their ability to concentrate, helping them to excel in the classroom. The outdoors presents a different and exciting environment where children can have fun, letting imaginations run wild and offer an escape from reality.

### **Helps to reduce anxiety and stress**

Exercise releases chemicals helping us regulate our mental health. Participation in just ten minutes of physical activity can have a significant impact on the psychological and emotional wellbeing of children - boosting self-esteem, lowering anxiety, and reducing stress. The outdoors is the perfect place to encourage and engage children in physical activity. Providing different equipment and making it easily accessible enables physical activity and the benefits it brings whilst improving physical development too.

### **Aids in topping up vitamin D**

This important vitamin is crucial for child development, helping to maintain a healthy body and mind, and one of the best natural sources is the sun. Vitamin D helps our bodies to regulate calcium and phosphate, keeping bones, muscles, and teeth healthy. Vitamin D increases the production of serotonin, essential for stabilizing our mood and is linked to happiness. Serotonin affects our brains and nervous system, aiding cognitive development, improving memory and concentration.

### **Supports emotional and social skills**

Playing outside offers children a chance to explore and process feelings in a situation that they can control. The increased space lends itself well to group activities providing opportunities to practice empathy and develop an understanding of others. Outside is the perfect place for children to make friends, helping develop their social and emotional skills, by engaging in group activities and problem-solving.





# Activities & Celebrations





## GANDHI JAYANTI



Shemstars of Shemford Futuristic School celebrated the birth anniversary of the Father of the Nation. On this auspicious occasion of Gandhi Jayanti, the teachers of Shemford hosted a special assembly why Gandhi Ji chose to follow the path of ahimsa and non-violence to fight against the British Empire. They presented the philosophical and pragmatic ideals of Gandhi Ji. Students were dressed up as Gandhiji, making a spinning wheel (Charkha), drawing the three monkeys, and so on. The students took the opportunity to make Gandhiji come alive which was spectacular.





# DUSSHERA



India has a rich culture and it is our responsibility to share the beauty of this culture with the children. Festivals and stories are the best way to make the children respect, understand, and appreciate cultural differences.

"India is known as a land of festivals and celebration, Dussehra is one of them which is unique in its perception and significance."

Festivals are the period of celebration and bring peace and joy for everyone. They are an expressive way to celebrate glorious heritage, culture and traditions.

To enhance that Shemford Futuristic School, Jammu organized fun filled and learning activities for Dussehra celebration which included a role play by the little ones in which children were beautifully dressed up to play the role of their favourite mythological character from Ramayana.





# Wisteria Bonsai ( Interschool Poetry Recitation Competition)

Shemford Futuristc School, Birpur Jammu organized an Inter-School Poetry Recitation Competition under the aegis of Sahodaya School Complex Jammu chapter.





# International Day of The Girl Child

**"Give your girl child wings to fly, let her blossom and touch the sky,".**

**International Day of The Girl Child was celebrated today with great enthusiasm by Shemford Futuristic School, Birpur Jammu. Mrs. Sonia Gupta, District and Sessions Judge, Samba was the Chief Guest on the occasion, Sh. Slahuddin Ahmed Civil Judge (Senior Division), secretary DLSA, Samba and Ms. Poonam Gupta Civil Judge (Junior Division), Samba were the Special Guests along with Mr. Bhupinder Singh Charak (Chairman SFS), Ms. Sahrish Ismaily (Vice-Principal SFS), Teachers and students. Chief Guest Ms. Sonia Gupta in her address highlighted the importance of gender sensitization and awareness at the school level. Special Guest Ms Poonam Gupta, also delivered a very informative and thought provoking message on "celebrating girlhood". The event was conducted in a very smooth manner, students also shared their views and laid thrust on ensuring gender equality. The event encompasses activities such as mime act on the theme women empowerment..**



## Parent Teacher Meeting

PTM is a great opportunity to know and to work for purification and modification of student performance and to ensure best academic and non- academic performance of child. Parents were given feedback on their ward's performances in Mid Term Exam 2022-23.





# 10 Fun Facts About India



India is the world's largest, oldest, continuous civilization and also the world's **largest democracy!**



India never invaded any country in her last **1000** years of history.



India is the **largest English speaking nation** in the world.

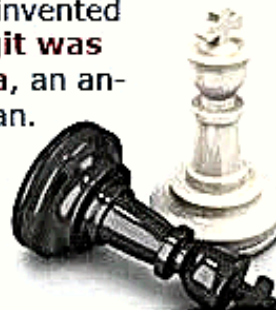
About **50%** of the residents in India are under 25 years of age.

India is home to the **highest bridge in the world** - **The Baily Bridge**. It is located in the Ladakh valley between the Dras and Suru rivers in the **Himalayan mountains** which was built by the Indian Army in the year 1982.

India has the second largest number of Scientist and Engineers in the World.



The number system was invented in India and the **Zero digit** was invented by **Aryabhata**, an ancient Indian mathematician.

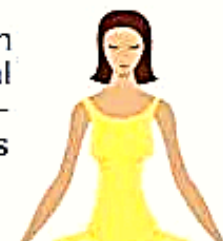


The celebrated **game of Chess** (Shataranja or AshtaPada) was invented in India.



Varanasi, also known as Benaras, is known as "**the Ancient City**" when Lord Buddha visited the region in 500 B.C., and even today remains the oldest, continuously inhabited city in the world today.

Yoga, the well known spiritual and physical exercise, has its origins in India and has existed for over **5,000 years**



by Ankita Choudhary  
Chief Editor



# FUN FACTS ABOUT INDIA

more than

1,600

languages and dialects

**Diamonds**  
were first discovered in India

The largest producer of

**spices**  
in the world

Between 1,500 and 2,000 feature films

are produced in

**Bollywood**  
each year!

7.5%

of all international students at the University of Alberta come from India

**Indian cuisine**

is one of the most widespread cuisines in the world

**Shampoo**

originated in India

During his time in the office

**the first president**

was taking less than

50% of his salary, claiming he doesn't need more





# Book Fair

"A book is a device to light the imagination."

Shemford Futuristic School, Birpur Jammu felt colossal proud to organise "Book Fair" in school premises . In the book fair, books of different genres fiction, non- fiction, science and tech, poetry and so on were displayed. Students were fascinated seeing the reading corner where they sat and read the different books. Students along with their parents bought books as per their choice.



## Science and Maths Exhibition

PURE MATHS AND SCIENCE IN ITS OWN WAY IS THE POETRY OF LOGICAL IDEAS





# Diwali Celebration



From darkness to the light that empowers us to commit ourselves to good deeds, that which brings us closer to divinity; lights illuminate every corner of India during Diwali and the scent of incense sticks hang in the air, mingled with the sounds of fire-crackers, joy, togetherness and hope.

The celebration of Diwali, 'The festival of lights' came alive at Shemford Futuristic School when the whole school wore a festive look with Diyas and lanterns adorning the corridors. The celebration 'Diwali Fiesta' began with sky lantern blown by Mrs. Vijay Puri, Academic Director of the school followed by exhibition of different stalls organised by students comprising of the activities done in their classes. The songs and the live music brought out the essence of the festival - celebration of life and goodness. The students talked about the significance of the festival - how good always conquered the evil and also about why and how Diwali is celebrated across India. Besides sensitizing students to the ill-effects of crackers, they also shared the guidelines on being safe while bursting them. The students showcased the spirit of Diwali through a mesmerising dance. Mrs. Vijay Puri gave away the message of a clean, peaceful and a bright Diwali. Rangolis were drawn by the students of grade 8th and 9th, which added the perfect setting to the festivity. Lightening of the lamp was done by Academic Director mam along with Vice Principal mam, Headmistress Pre primary wing, and Establishment officer. All the students participated with enthusiasm and zeal. Academic Director wished Happy Diwali to all the students on behalf of Management.







# Run for Unity

Run for unity has been key pillars of activities connected to Ekta Diwas for past few years. To mark the birth anniversary of Sardar Vallabhbhai Patel- “Iron man of India”; “Run for Unity” program was organised at Shmeford Futuristic School, Birpur Jammu



## Nature Walk

Outdoor activities are essential for children’s development. However, according to recent studies we spend up to 90% of our time indoors. Let’s discover how to take this indoor generation back to nature with some creative and inspiring outdoor activities..





# GURU NANAK JAYANTI:

## SHEMFORDIANS REJOICE IN THE SPIRIT OF GURPURAB

On the joyous festival of Guru Nanak Jayanti, Shemfordians celebrated the birth of the first Guru of the Sikhs: Sri Guru Nanak Dev ji, with warmth and joy. Dressed in radiant traditional Punjabi attire they displayed the spirit of Gurpurab signifying the teachings and life of Guru Nanak. The festive spirit filled the school premises with a positive ambience. Shemfordians remembered the teachings of Guru Nanak which remind us time and again that essence of all religion lies in oneness of God.





## Post Activity

\*Post Activity\* 📧 wherein kids 🧒 were thrilled to know about our history of postal services when letters 📧, goods and money 💰 were sent through men riding on horse 🐎 back or hand delivered by postman before we started with email, sms, courier services. Shemstars 🧒 also enjoyed the discussion about postman, letterbox 📮, postcards, inland letter, stamp 📧 and the role played by these in postal service.



## CHILDREN'S DAY CELEBRATION







## NEWSLETTER LAUNCH



Shemford Futuristic School, Birpur Jammu organized newsletter launch ceremony of its monthly newsletter "SHEMFORD HAPPENINGS" on Nov 14 at its premises. Dr. Chand Trehan renowned Psychologist and Councillor was the Chief Guest for the Launch Ceremony. The opening of the newsletter was held by her auspicious hands. Editor in Chief Ms. Ankita Choudhary introduced the newsletter and explained the objectives of the newsletter which provides a fine medium to know about the various activities happening in the school. Academic Director Mrs. Vijay Puri congratulated the board of editors of the newsletter. She highlighted the importance of quality in academics and media being the best gift to spread the message among students.



## Light and Shadow Activity

Today "SHADOWS" 🌞 concept was introduced to the Shemstars 🧑🎓 with some fun 😊 and educational activities and hands on experiments. The children had a great time while participating in the activity and they also learnt about light 🌞 and shadow 🌑.





# WORKSHOP ON IMPORTANCE OF LIFE SKILLS & GOAL SETTING

## Workshop on Life Skills and Goal Setting

Life skills help youth navigate life successfully. Learning how to set goals and work to achieve them is one of the skills that youth need to learn. Using these ideas to help youth learn how to set and achieve their goals. Life skills are a basic foundation that prepare youth for success in life.

Keeping this thought in mind Shemford Futuristic School organised a workshop for the students on the topic "Importance of Life Skills and Goal Setting" by renowned Psychologist and Counsellor Dr. Chand Trehan . She is a Freelance Psychologist and has been working in the field of counseling since year 1993. She is also the founder of "Care North"- Psychological Counseling and Training Center, besides being on the panel of CBSE as a Resource Person and Tele Helpline Counsellor. She is an Educator and a successful Psychological Consultant. She is a much sought-after speaker cum trainer in North India for parental sessions, teachers' workshop and individual and group counseling for students. She inspires and encourages individuals to realize their true potential. The workshop began with the formal welcome address by Vice-Principal Ms. Sehrish Ismaily, it was an Eye-Opening and Intrusive session . The event was finally concluded by a formal vote of thanks by Academic Co-ordinator Ms.Sakshi Sharma . Memento was presented to Dr.Chand Trehan by Academic Director Ms. Vijay Puri as a token of love and affection from Shemford family.SFS also celebrated the birthday of their esteemed guest Dr. Chand Trehan who chooses to spend her special day with the students to motivate them through the mode of workshop.





# School Picnic

School picnics create lasting memories in the minds of children which makes it essential to send them for such refreshing activities. The laughter and amusement they get on a picnic can not be equal to anything.



Workshop 🏠 for Class Pre-Nursery to help them understand about fruits 🍉🍎🍇🍌🍊🍋🍌





# FIT INDIA WEEK





# SHEMFORD'S JINGLE JUNKIES



**Jingle Junkies at Shemford Futuristic school was a day to remember. Colourful balloons and streamers met the eye wherever you looked and the chatter and laughter rang out like music to the ear.**







# Misused and Confused Words



*Accept:*

to receive; to  
answer positively

**VERSUS**

*Except:*

not including;  
everything but

*Your:*

possessive form  
of you; belonging  
to you

**VERSUS**

*You're:*

contraction for  
you are

*Eager:*

excited/looking  
forward to

**VERSUS**

*Anxious:*

worried/nervous

*It's:*

contraction for it  
is or it has

**VERSUS**

*Its:*

possessive form  
of it

*Whose:*

possessive form  
of which, who

**VERSUS**

*Who's:*

contraction for  
who is

*Affect:*

to pretend; to  
influence

**VERSUS**

*Effect:*

a result

*Complement:*

something that  
completes

**VERSUS**

*Compliment:*

to praise

by Ankita Choudhary  
Chief Editor





### **\*Sedentary Lifestyle\***

A sedentary lifestyle also appears to have a negative impact on mental well-being.

The combination of the physical and mental impact to health makes a sedentary lifestyle particularly problematic. Leading a sedentary lifestyle is becoming a significant public health issue. Sedentary lifestyles appear to be increasingly widespread in many nations despite being linked to a range of chronic health conditions.

Most people living a sedentary lifestyle are unlikely to be meeting the national physical activity guidelines extended periods of inactivity can reduce metabolism and impair the body's ability to control blood sugar levels, regulate blood pressure, and break down fat.

Name- Kriti Singh

Class-9th

### **\*Save Water\***

Water is the most important resource in our life as you may already know there is water in the oceans river seas ponds lake etc which are all over the earth because more than 70 % of the earth surface is just water if the water on our planet ever runs out it would be very bad for humans plants and well as animal.

~Ayat Javed

### **\*Need for green house complex \***

Living in a concrete tower complex, much above ground level does not lead to environmental destruction if certain precautions are taken.

The buildings can be surrounded by ample green spaces like parks, walking tracks, water bodies, yoga, and related mind-body enhancement rooms. Terrace gardens on a few floors, a jogging track on the rooftop, and even tree plantings along boundary walls can help reduce noise pollution and provide oxygen.

Environmental measures of reduction, reuse, and recycle must be practised by adopting rainwater harvesting measures, as well as garbage collection for energy production, and the use of LED lights to serve the lighting needs. Green patches all over the place for people to walk bare-foot can also be considered as that provides a healing touch from mother earth.

Nearness to bus stops would reduce private car use while airy rooms and designed spaces inside homes, would create happy families so that living becomes healthy and energetic.

Name - Lakshita

Class-9th



# ENGLISH

**POEM-My mind to me a  
kingdom is \***

**My mind to me a kingdom is;  
Such present joys therein I  
find,  
That it excels all other bliss  
That earth affords or grows  
by kind:  
Though much I want that  
most would have,  
Yet still my mind forbids to  
crave ...**

**Name = Ritika**

**Class = 7th**



**\*POEM-Don't tell\***

**There are lots of things  
They won't let me do  
I'm not big enough yet  
They say  
So i patiently wait  
Till I'm all grown - up  
And I'll show them all  
One-day  
I could show them now  
If they gave me chance  
There are things I could  
do**

**If I tried**

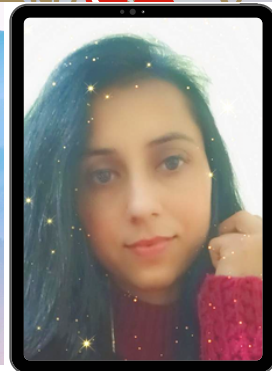
**But nobody knows  
No nobody knows, that  
I'm really a gaint  
Inside.**

**Name~Ayat javed  
Class-8th**





# खुद को प्रोत्साहित करना



## \* सेल्फ मोटिवेशन \*

सेल्फ मोटिवेशन हम सभी के जीवन में बहुत महत्वपूर्ण भूमिका निभाता है। सेल्फ मोटिवेशन का अर्थ होता है खुद को प्रोत्साहित करना। खुद को मोटिवेट करना ही सेल्फ मोटिवेशन कहलाता है। जीवन के किसी भी पड़ाव में आप जब भी खुद को तनाव से घिरा हुआ महसूस करें तो घबराने की कोई बात नहीं, बल्कि तब आपके जीवन का एक नया अध्याय शुरू हो रहा होता है। जो आपको नए नए पड़ावों से आवगत करवाता है।

## \* नाकामियों से न घबराएं \*

क्लासरूम परफॉर्मेंस हो या फिर कोई भी कॉम्पिटिशन, जब भी आप विफल हों तो हार या कभी आत्मग्लानि महसूस न करें। इसके बजाय उस विफलता को ही अपने लिए प्रेरणा बना लें। हमेशा यह सोचें कि अगर आप अब मेहनत करेंगे तो आगे जरूर कुछ अच्छा और सही कर लेंगे। आपका यह भरोसा हमेशा आपको आगे बढ़ने के लिए प्रेरित करता रहेगा। परफॉर्मेंस खराब होने पर निराशा की भावना महसूस करना एक आम बात है। यह भी सही है कि इसके जिम्मेदार आप खुद ही होते हैं। लेकिन जब आप नकारात्मक विचारों में फंस जाते हैं, तब आप अपने दिमाग और ऊर्जा का सही तरह से इस्तेमाल नहीं कर पाते, जिससे आपका ध्यान लक्ष्य से हट जाता है और आप सफलता की राह से भटक जाते हैं।

## \* सफल लोगों के कोटेशन पढ़ें \*

कई सफल लोगों ने माना है कि एक अच्छी किताब या एक अच्छे कोट ने उनकी जिंदगी में पॉजिटिव इफेक्ट पैदा किया है और उन्हें सफलता हासिल करने के लिए प्रेरित किया है। इसलिए जब मन निराश हो और आप अपने किसी फेल्टोर से दुखी महसूस कर रहे हों तो ऐसे समय में आपको गूगल पर या किसी अच्छी सी किताब में सफल और महान लोगों की सूक्तियां और प्रेरक कथन पढ़ने चाहिए। ये कोट्स आपके भीतर एक नई ऊर्जा भरेंगे और आगे बढ़ने के लिए प्रेरित करेंगे। ये कोट्स आपकी मानसिक सेहत के लिए टॉनिक की तरह काम करेंगे। सेल्फ मोटिवेशन का यह तरीका बेहद कारगर है।

## \* किसी को बनाएं अपना मेंटर \*

जीवन में तमाम तरह की उलझनें और दुविधाएं आती हैं। ऐसे में आपको किसी अनुभवी और सफल इंसान की जरूरत होती है, जो आपको सही सलाह दे सके और अपनी दुविधा को दूर कर सके। आपके पास मेंटर होने से आपकी ताकत कई गुना तक बढ़ जाती है। यदि आपके पास कोई मेंटर है और उसके साथ आपके मधुर संबंध हैं तो आप सही राह पर हैं। अगर आपके पास कोई मेंटर नहीं है तो घबराने की बजाय आदर्श मेंटर्स की किताबों, भाषणों और लेखों आदि से जानकारी और ज्ञान प्राप्त करना चाहिए। कोई भी शख्स, किताब, कथन या कोई और बात आपके लिए प्रेरणा स्रोत बन सकती है। इनसे आप समस्याओं का हल ढूंढ सकते हैं।

## \* हताश करने वालों से बचें \*

हमारे आस-पास परिजनों के अलावा भी बहुत सारे नेगेटिव लोग रहते हैं। ये पड़ोसी, क्लासमेट, दोस्त या रिश्तेदार कोई भी हो सकते हैं। ये खुद तो रोते ही रहते हैं, दूसरे को भी डीमोटिवेट करते हैं। ऐसे लोगों से सदैव दूर रहें। ऐसा नहीं है कि आपको जीवन में अच्छे लोग नहीं मिलेंगे, पर आपको बुरे लोगों का साथ छोड़ना होगा। बुरे लोग लगातार आपको परेशान करते रहते हैं। ये आप पर भावनात्मक दबाव बना सकते हैं और आपको लक्ष्य से भटका सकते हैं। नासमझी या अपरिपक्वता के कारण जिंदगी के शुरुआती दौर में आपको हर तरह के लोगों का साथ अच्छा लगता है पर बाद में आप खुद महसूस करने लगते हैं कि गलत संगत के कारण जीवन लक्ष्य से भटक जाता है।

## \* कॉम्पिटिशन को समझें चैलेंज \*

मेहनती और सफलता की चाह रखने वाले कॉम्पिटिशन को चैलेंज की तरह एक्सेप्ट करते हैं। इससे मन में एडवेंचर की भावना भी पैदा होती है, जो आपको बड़े काम करने के लिए प्रेरित करती है। इसलिए चुनौतियों से डरने की बजाय उनके नजदीक जाएं। उनके हर पहलू को बारीकी से समझें और उनका हल ढूंढते हुए आगे बढ़ने की कोशिश करें। आपने चुनौतियों से पार पा लिया तो आपको आगे बढ़ने से कोई नहीं रोक पाएगा। अगर आप जोखिम नहीं लेंगे तो खुद की ताकत को कैसे पहचानेंगे। कई बार असफल होने के डर से लोग जोखिम नहीं लेते। डरना छोड़िए। असफलता से आपको जितना नुकसान नहीं होता, उतना जोखिम न लेने और कोशिश न करने से होता है। जिंदगी में जो जितना बड़ा रिस्क लेगा, वह उतनी ही ज्यादा तरक्की करेगा, यह कई बड़े बिजनेसमैन कह चुके हैं।

हिंदी संपादक

राधिका जम्वाल



# हिंदी

## \*जीवन का आदर्श\*

संत कबीर के पास लोग अपनी जिज्ञासा लेकर अकसर आया करते थे। एक बार एक व्यक्ति ने कबीर से पूछा, 'कृपया बताएं कि मैं गृहस्थी बनूं या संन्यासी ?' कबीर ने उत्तर दिया, "जो भी बनो, आदर्श बनो, उसमें पूर्णता प्राप्त करने का प्रयास करो।' कबीर ने अपनी पत्नी को बुलाया। दोपहर का समय था, फिर भी उन्होंने अपनी पत्नी से कहा कि वह एक दीपक ... जला कर लाए। पत्नी दीपक जला कर ले आई और बिना कुछ कहे चली गई। कबीर ने उस व्यक्ति से कहा, 'अगर गृहस्थी बनना है तो एक - दूसरे पर विश्वास रखना होगा ताकि दूसरे की इच्छा ही अपनी इच्छा बन जाए।' उसके बाद .. कबीर उसे एक टीले पर ले गए, जहां एक वृद्ध महात्मा रहते थे। कबीर ने महात्मा से पूछा, 'महात्मा जी, आपकी आयु कितनी है ? महात्मा बोले, 'अस्सी वर्ष।' थोड़ी देर तक कबीर .. उनसे बातचीत करते रहे। फिर कहा, 'महात्मा जी, आप अपनी आयु क्यों नहीं बता रहे ?' महात्मा बोले, 'बेटा, अभी आपको बताया था, अस्सी वर्ष। शायद आप भूल गए हो।' कबीर उस जिज्ञासु व्यक्ति के साथ टीले से नीचे उतर आए। उन्होंने महात्मा को पुकारा और उन्हें नीचे आने के लिए कहा। वृद्ध महात्मा हांफते- हांफते नीचे आ गए। महात्मा ने नीचे बुलाने का

कारण पूछा तो कबीर बोले, 'आपकी आयु 'कितनी है ?' महात्मा के चेहरे पर कोई भाव नहीं आया। उन्होंने बड़े सहज भाव से कहा, ...' अस्सी वर्ष।' कबीर ने उस जिज्ञासु से कहा, 'संन्यासी बनना ही तो ऐसा ही बनना। तुम्हें कभी क्रोध न आए।' नाम साफिया

कक्षा 7

## \*मानवता\*

मानवता सभी मनुष्यों के लिए इस्तेमाल किया जाने वाला एक संचयी शब्द है, जो सहानुभूति, सहानुभूति, प्रेम और दूसरों के साथ सम्मान के साथ व्यवहार करता है। मानवता शब्द का प्रयोग दूसरों के प्रति दया और करुणा के कार्य का वर्णन करने के लिए किया जाता है। यह एक अनोखी चीज है जो हमें जानवरों से अलग करती है। यह एक ऐसा मूल्य है जो हम सभी को बांधता है। एक इंसान को दूसरों के साथ सहानुभूति दिखाने के लिए कोमल हृदय की आवश्यकता होती है।

इस धरती पर सबसे खुश इंसान वह है जो मानवता की सेवा करता है। असली खुशी वह आंतरिक संतुष्टि है जो आप समाज से प्राप्त कर सकते हैं; आप कितने भी अमीर क्यों न हों, आप आंतरिक खुशी नहीं खरीद सकते।

सभी धर्म हमें इस दुनिया में मानवता, प्रेम और शांति के बारे में सिखाते हैं। अपनी मानवता दिखाने के लिए आपको एक अमीर व्यक्ति होने की आवश्यकता नहीं है। गरीबों की मदद और चीजों को साझा करके कोई भी अपनी मानवता दिखा सकता है। यह धन, भोजन, वस्त्र, आवास आदि कुछ भी हो सकता है।

लेकिन मनुष्य हमेशा ऐसे कार्यों में लिप्त रहा है जो मानवता की अवहेलना करते हैं, लेकिन एक पीढ़ी के रूप में, हमें उठना होगा और एक ऐसी दुनिया में रहने का प्रयास करना होगा जहां हर कोई एक निष्पक्ष जीवन जी रहा हो। और हम इसे मानवता के कृत्यों से प्राप्त कर सकते हैं।

नाम-गीतिश

कक्षा-9



# हिंदी

कविता-हिंदी दिवस

जन-जन की भाषा है हिंदी भारत की आशा है हिंदी....

जिसने पूरे देश को जोड़े रखा है

वो मजबूत धागा है हिंद ...

हिन्दुस्तान की गौरवगाथा है हिंदी एकता की अनुपम परम्परा है हिंदी जिसके बिना हिन्द थम जाए ऐसी जीवनरेखा है हिंदी...

जिसने काल को जीत लिया है ऐसी कालजयी भाषा है हिंदी ... सरल शब्दों में कहा जाए तो जीवन की परिभाषा है हिंदी...

नाम-जानवी

कक्षा-9

लहरों से डर कर नौका पार नहीं होती

लहरों से डर कर नौका पार नहीं होती,  
कोशिश करने वालों की कभी हार नहीं होती।  
नहीं चींटी जब दाना लेकर चलती है,  
चढ़ती दीवारों पर, बार बार फिसलती है।  
मन का विश्वास रागों में साहस भरता है,  
चढ़कर गिरना, गिरकर चढ़ना न अखरता है।  
आखिर उसकी मेहनत बेकार नहीं होती,  
कोशिश करने वालों की कभी हार नहीं होती।  
डुबकियां सिंधु में गोताखोर लगाता है,  
जा जा कर खाली हाथ लौटकर आता है।  
मिलते नहीं सहज ही मोती गहरे पानी में,  
बढ़ता दुगुना उत्साह इसी हैरानी में।  
मुट्ठी उसकी खाली हर एक बार नहीं होती,  
कोशिश करने वालों की कभी हार नहीं होती।  
असफलता एक चुनौती है, इसे स्वीकार करो,  
क्या कमी रह गई, देखो और सुधार करो।  
जब तक न सफल हो, नींद चैन को त्यागो तुम,  
संघर्ष का मैदान छोड़ कर मत भागो तुम।  
नाम = रितिका  
कक्षा = सातवीं

**\*कविता-ज़िन्दगी\***

ज़िन्दगी के लिए इक खास सलीका  
रखना

अपनी उम्मीद को हर हाल में ज़िन्दा  
रखना

उसने हर बार अँधेरे में जलाया खुद को  
उसकी आदत थी सरे-राह उजाला रखना  
आप क्या समझेंगे परवाज़ किसे कहते  
हैं।

आपका शौक है पिंजरे में परिंदा रखना  
बंद कमरे में बदल जाओगे इक दिन  
लोको

मेरी मानो तो खुला कोई दरीचा रखना  
या पता राख में ज़िन्दा हो कोई चिंगारी  
जल्दबाज़ी में कभी पाँव न अपना रखना  
वक्त अच्छा हो तो बन जाते हैं साथी  
लेकिन  
वक्त मुश्किल हो तो बस खुद पे भरोसा  
रखना।

नाम-- अग्रिनी

कक्षा-9

**\*कविता-कलम, आज उनकी जय बोल \***

जला अस्थियाँ बारी-बारी  
चिटकाई जिनमें चिंगारी,  
जो चढ़ गये पुण्यवेदी पर  
लिए बिना गर्दन का मोल  
कलम, आज उनकी जय बोल।  
जो अगणित लघु दीप हमारे  
तूफानों में एक किनारे,  
जल-जलाकर बुझ गए किसी दिन  
माँगा नहीं स्नेह मुँह खोल  
कलम, आज उनकी जय बोल।  
पीकर जिनकी लाल शिखाएँ  
उगल रही सौ लपट दिशाएँ,  
जिनके सिंहनाद से सहमी  
धरती रही अभी तक डोल  
कलम, आज उनकी जय बोल।  
अंधा चकाचौंध का मारा  
क्या जाने इतिहास बेचारा,  
साखी हैं उनकी महिमा के  
सूर्य चन्द्र भूगोल खगोल  
कलम, आज उनकी जय बोल।  
नाम-गीतिश  
कक्षा-9

**\*ईमानदारी \***

ईमानदारी को सबसे अच्छी नीति माना जाता है हालांकि, इसका पालन करना और विकसित करना बहुत आसान नहीं है। कोई भी व्यक्ति इसे अभ्यास से विकसित कर सकता है, लेकिन इसके लिए अधिक अभ्यास और समय की आवश्यकता होती है। ईमानदारी क्यों महत्वपूर्ण है, इसके लिए कुछ निम्नलिखित तत्व हैं:

बिना ईमानदारी के कोई भी व्यक्ति, परिवार, मित्रों, अध्यापकों आदि के साथ किसी भी स्थिति में रिश्ते को विश्वसनीय नहीं बना सकता है। ईमानदारी रिश्तों में विश्वास का निर्माण करती है।

कोई भी किसी के मस्तिष्क को नहीं पढ़ सकता, जब तक कि वह यह महसूस नहीं करता कि, वह व्यक्ति ईमानदार है। ईमानदारी अच्छी आदत है, जो सभी को खुशी और शान्तिपूर्ण मस्तिष्क प्रदान करती है। बेईमान लोग किसी भी रिश्ते का विकास नहीं होने देते और बहुत सी समस्याओं का निर्माण करते हैं।

झूठ बोलना अपने प्रियजनों को बहुत ही दुख देता है, जो रिश्तों में विश्वासघात के हालात पैदा करता है। ईमानदार होना खुशनुमा चेहरा और निडर मन देता है।

नाम - कृति सिंह

कक्षा - 9



# हिंदी

\*(पहेलियां)\*

1. एक पैर बाकी धोती,  
सावन में वह अक्सर रोती?

उतर:- ( छतरी। )

2. ऐसा क्या है जिसे हम छू नहीं सकते, पर देख सकते हैं ?

उतर:- ( सपना। )

3. वह कौन सी चीज है जो धूप में नहीं सूख सकती?

उतर:- ( पसीना। )

4. काली-काली एक चुनरिया, जगमग-जगमग मोती, आ सजती धरती के ऊपर, जब सारी दुनिया सोती ?

उतर:- ( रात। )

5. ऐसा शब्द बताये जिससे, फूल, मिठाई, और फल बन जाए ?

उतर:- ( गुलाब जामुन। )

6. तीन अक्षर का मेरा नाम, प्रथम कटे तो रहूँ पड़ा, मध्य कटे तो हो जाऊँ कड़ा, अंत कटे बनता कप, नहीं समझना इसको गप्प ?

उतर:- ( कपड़ा। )

7. हरा हूँ पर पत्ता नहीं, नकलची हूँ पर बन्दर नहीं। बूझो तो मेरा नाम सही ?

उतर:- ( तोता। )

8. दूध की कटोरी में काला पत्थर, जल्दी से तुम बताओ सोचकर ?

उतर:- ( आंख। )

9. एक ऐसा फूल बताये, जिसमे रंग न खुशबू पाये ?

उत्तर :- ( अप्रैल फूल। )

10. जब भी आए, होश उड़ाए,  
फिर भी कहते हैं कि आए।

उतर:- ( नींद। )

11. एक गुफा के दो रखवाले,  
दोनों लंबे, दोनों काले ?

उतर:- ( मूँछे। )

12. सात रोज में हूँ आता,  
बालकों का हूँ चहेता ,  
वे करते हैं बस मुझसे प्यार,  
बताओ कोन?

उतर:- (रविवार।

नाम-ऋषिका

कक्षा-7





# اردو

\*بدعنوانی\*



چھوٹی موٹی بدعنوانیوں میں

نوکری پیشہ افراد اپنے افسران کی خوشنودی حاصل کرنے کے لئے موقع بہ موقع انہیں تحایف پیش کرتے رہتے ہیں یا پھر ذاتی تعلقات سے کام لے کر اپنے چھوٹے چھوٹے کام نکلوا لیتے ہیں جس سے ہم سفارش کا نام دے سکتے ہیں بڑے پیمانے پر بدعنوانی حکومتی عہدے تک جا پہنچتی ہے جس میں ملک کی امانت میں خیانت کرنا، ملک و قوم کا مال اپنے نفس کی پیروی کرتے ہوئے لٹانا، بڑے بڑے ٹھیکے منظور کروانا، مختلف اہم ذمہ داری والے کاموں کے لائسنس حاصل کرنا شامل ہیں اور جس سے ذخیرہ اندوزی کر کے منہ مانگے پیسے وصول ہو سکے۔ کرپشن یا نے بدعنوانی کا لفظ آج کل سیاست میں بہت زیادہ استعمال کیا جانے لگا ہے خصوصی طور پر بدعنوانی کی مختلف پیمانے ہیں نچلی سطح سے لے کر حکومت یا بلکہ بین الاقوامی سطح تک پھیل چکی ہیں بین الاقوامی معاملات میں بھی اس کے شواہد ملتے ہیں ہمارے معاشرے میں یہ سب عام طور پر چل رہا ہے بڑے بڑے عہدوں پر حکومتی شعبوں میں ملازمت حاصل کرنے یا نہ کرنے پر بھاری رشوت کا لین دین کرنا یہ سب بڑے پیمانے کی قربانی میں شامل ہے جس کا فوری آہنگی سے پورے ملک کو نقصان اٹھانا پڑتا ہے۔ حکومتی محکموں میں بجلی کے ٹیکس کا پیسہ جو مقصد ترقیاتی فلاحی اور اصلاحی کاموں کے لئے ملنے والے فنڈ کو اپنی جیب گرم کرنے میں لگا دیں تو یہ بلند درجے کی بدعنوانی ہے۔ آج دنیا کے بیشتر ممالک میں کرپشن ایک بہت بڑا مسئلہ ہے۔ چین جیسے کچھ ممالک میں، یہ ایک بہت بڑا مسئلہ ہے اور یہاں تک کہ اسے جرم سمجھا جاتا ہے۔ یہی وجہ ہے کہ کئی ایشیائی ممالک میں بدعنوانی ایک جرم بن چکی ہے۔ \*گزشتہ برسوں کے دوران کئی ممالک نے درج ذیل اقدامات کے ذریعے بدعنوانی پر قابو پا کر اہم پیش رفت کی ہے۔

... موثر قانون کا نفاذ۔

... عوامی انتظامیہ اور مالیاتی انتظام میں اصلاحات۔

... آزادی صحافت، شفافیت اور معلومات تک رسائی کو فروغ دینا۔

شہریوں کو بااختیار بنانا۔



# اردو

\*ماں\*

ایک ایسی بستی

جو

دل میں میرے

رہتی ہے

سارے الجھنیں

میری

ایک گھڑی

سمیٹ لیتی ہے

جیسے صبح بوتے

ہی

رات کے اندھیرے

کو

دن سميٹ ليتا

ہے

اور وہ حسین

بستی

میری پیاری ماں

کی ہے

\*اٹھ باندھ کمر کیا ڈرتا ہے\*

اٹھ باندھ کمر کیا ڈرتا ہے

ہے پھر دیکھ خدا کیا کرتا ہے

جو عمر کو مفت گنوائے گا

وہ آخر کو پچھتائے گا

کچھ بیٹھے ہاتھ نہ آئے گا

جو ڈھونڈے گا وہ پائے گا

تو کب تک دیر لگائے گا

یہ وقت بھی آخر جائے گا

اٹھ باندھ کمر کیا ڈرتا ہے

پھر دیکھ خدا کیا کرتا ہے

جو موقع پا کر کھوئے گا

وہ اشکوں سے منہ دھوئے گا

جو سوئے گا وہ روئے گا

اور کاٹے گا جو بوئے گا

تو غافل کب تک سوئے گا

جو بونا ہے وہ بوئے گا

اٹھ باندھ کمر کیا ڈرتا ہے

پھر دیکھ خدا کیا کرتا ہے

یہ دنیا آخر فانی ہے

اور جان بھی ایک دن جانی ہے

پھر تجھ کو کیوں حیرانی ہے

کر ڈال جو دل میں ٹھانی ہے

جب ہمت کی جولانی ہے

تو پتھر بھی پھر پانی ہے

اٹھ باندھ کمر کیا ڈرتا ہے

پھر دیکھ خدا کیا کرتا ہے





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