



BHARATIYA VIDYA BHAVAN'S MEHTA VIDYALAYA

KASTURBA GANDHI MARG, NEW DELHI -110001



About Our Organisation

BHARATIYA VIDYA BHAVAN

(FOUNDED BY KULAPATI DR. K. M. MUNSHI WITH THE BLESSINGS OF MAHATMA GANDHI)

PRESIDENT : Shri Surendralal G. Mehta

VICE PRESIDENT : Shri Banwarilal Purohit



Left to Right : 1. Maulana Abul Kalam Azad 2. Dr. Khan Saheb - Congress P.M. of N.W.F. Frontier Province of India and Younger Brother of Frontier Gandhi 3. Khan Abdul Gaffarkhan (Frontier Gandhi) 4. Mahatma Gandhi 5. Mahadev Desai - Personal Secretary of Gandhiji 6. Sardar Vallabhbhai Patel 7. Jawahar Lal Nehru 8. Dr. Rajendra Prasad

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Prince Charles
(HRH the Prince of Wales)
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Smt. Ela Ramesh Bhatt
* Swami Akhandananda
* Swami Gangeshwarananda
* Swami Chinmayanada
* Shri C. Rajagopalachari
* Pandit Jawaharlal Nehru
* Sardar Vallabhbhai Patel
(* Deceased)

* Dr. Rajendra Prasad
* Dr. S. Radhakrishnan
* Dr. Zakir Husain
* Dr. Fakhruddin Ali Ahmed
* Shri Jayaprakash Narayan
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* Mahamahopadhyaya Dr. P. V. Kane
* Dr. A. Lakshmanaswami Mudaliar
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* Shri Motilal C. Setalvad
* Acharya Jinvijaya Muni
* Shri B. G. Kher
* Dr. V. V. Giri
* Dr. R. C. Majumdar
* Shri S. K. Patil
* Dr. G. S. Pathak
* Shri G. D. Birla
* Dr. R. R. Diwakar
* Shri J. R. D. Tata
* Shri Morarji Desai
* Rev. Mother Teresa

* Dr. K. Shivarama Karanth
* Shri S. Nijalingappa
* Swami Satchidananda
* Lord Callaghan
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* Prof. (Dr.) A N. Moorthy Rao
* Rt. Hon. Harold Macmillan
* Lord Fenner Brockway
* Justice Shri M. Hidayatullah
* Shri Neelam Sanjiva Reddy
* Shri Chinmoy
* Smt. Kishori Amonkar

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- Shri Banwarilal Purohit
- Shri Harsh Vardhan Kanoria
- Dr. Dinesh K. Daftary
- Shri Avnish Mehta
- Shri Deepak S. Parekh
- Shri I. R. Khandwala
- Shri C. R. Gharekhan
- Shri Mukul A. Sonawala
- Shri Rajnish Mehta
- Shri Sreehati G. Aney

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Vice President : Shri Banwarilal Purohit
Hon. Secretaries : Shri Mukul A. Sonawala, Shri Kirtidev G. Munshi
Hon. Treasurer : Shri I. R. Khandwala
Executive Secretary & Director General : Shri H. N. Dastur
Joint Executive Secretary & Registrar : Shri Jagdish Lakhani
Members : Shri Avnish Mehta, Shri Deepak S. Parekh, Shri C. R. Gharekhan, Shri Shreehari G Aney, Dr. Ashok Shekar Ganguly, Shri Anshul M Sonawala, Shri Rajnish Mehta, Shri B.K. Krishnaraj Vanavrayar, Shri Ram Gandhi



Bhavan's Motto

आ नो भद्राः क्रतवो यन्तु विश्वतः।

Let noble thoughts come to us from every side.
- Rigveda 1.89-1

Bhavan's Ideal

अयं निजः परोवेति गणना लघु चेतसाम्।
उदारचरितानां तु वसुधैव कुटुम्बकम् ॥



Vasudhaiva Kutumbakam



Bharatiya Vidya
Bhavan's
MEHTA VIDYALAYA

KASTURBA GANDHI MARG, NEW DELHI-110001

Phone : 2338 9943, 2338 4881; Fax : 91-11-2338 2003

E-mail : mehtavidyalaya@rediffmail.com; Website : www.bvbmehtavidyalaya.org

BHARATIYA VIDYA BHAVAN'S MEHTA VIDYALAYA

KASTURBA GANDHI MARG, NEW DELHI



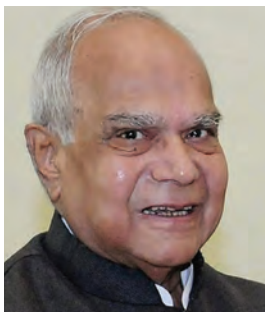
Kulapati Sh. K. M. Munshi ji

VISION

Bharatiya Vidya Bhavan's Mehta Vidyalaya is committed to foster inherent potential of its students by developing creative pursuits, skills, lifelong learning and global leadership all rooted in the foundation of Indian culture.

MISSION

To nurture a generation of compassionate, culturally rooted, and globally minded individuals by promoting the essence of Sanskrit and Sanskriti. Committed to the ideals of Sarva Dharma Sadbhav, Vasudhaiva Kutumbakam and Aano Bhadra Krtavo Yantu Vishwatah. Bharatiya Vidya Bhavan's Mehta Vidyalaya empowers students through holistic education and a diverse spectrum of co-curricular activities, fostering harmony, inclusivity, and a global perspective.



Since 1938

**Bharatiya Vidya
Bhavan**

Founded By Kulapati (Dr.) K. M. Munshi

DELHI KENDRA

BANWARI LAL PUROHIT

Bhavan's Vice-President, Trustee
& Chairman, Delhi Kendra

**Kasturba Gandhi Marg,
New Delhi - 110001**

Message

I am delighted to know that Bharatiya Vidya Bhavan's Mehta Vidyalaya is bringing out yet another edition of its school magazine to mark the Annual Day celebrations. This magazine is a reflection of the creativity, determination, and accomplishments of our students and teachers. It is indeed heartening to witness their relentless efforts and enthusiasm in contributing to the school's growth and reputation.

Rooted deeply in the timeless wisdom and inspired by the eternal teachings of our ancient heritage, our schools strive to blend tradition with modernity. We believe that the guiding principles of truth, compassion, discipline, and service to society must remain the foundation of every child's growth.

In the pursuit of serving the nation, I hold a firm conviction that the destiny of India will be written in its classrooms. A strong nation can only be built when our youth is enlightened not only with intellectual brilliance but also with moral courage and spiritual strength.

Our mission, therefore, is not limited to academic excellence, but extends to preparing young minds to be responsible global citizens—rooted in Indian ethos, yet prepared to face the challenges of an ever-evolving world.

With faith in our values, unity in purpose, and dedication to excellence, together we shall contribute to building a vibrant, strong, and harmonious nation.

May the light of knowledge, guided by the eternal values of our civilization, continue to illuminate our path.

Banwarilal Purohit
Chairman
Bhavan's Delhi Kendra



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**Bharatiya Vidya
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Founded By Kulapati (Dr.) K. M. Munshi

DELHI KENDRA

C. S. VAIDYANATHAN

(Sr. Advocate - Supreme Court)

Executive Member and Vice Chairman,
Bhavan's Delhi Kendra

**Kasturba Gandhi Marg,
New Delhi - 110001**

Message

Education is not merely the transmission of knowledge—it is the quiet shaping of character, the nurturing of values, and the awakening of purpose. A school, in its truest sense, is a sacred space where young minds are sculpted into thoughtful, capable, and compassionate individuals. It is here that the seeds of curiosity are sown, and the roots of integrity are deepened.

At Bharatiya Vidya Bhavan's Mehta Vidyalaya, we continue to uphold the timeless ideals of Indian Sanskriti and Sanskrit, while embracing the dynamism of modern science and global perspectives. This harmonious blend of tradition and innovation empowers our students to walk confidently into the future, grounded in wisdom and guided by conscience.

In today's fast-paced world, where values are often redefined by fleeting trends, our responsibility as educators and mentors is greater than ever. We must ensure that the virtues of respect, empathy, honesty, and justice are not just taught, but lived—woven into the very fabric of our daily interactions. These values are the compass by which our children will navigate life's complexities and make meaningful contributions to society.

I extend my heartfelt congratulations to the entire Bhavan's Mehta Vidyalaya team on the release of this year's edition of the school magazine. It is a vibrant reflection of the creativity, discipline, and collaborative spirit that define our institution. Under the able leadership of Dr. (Mrs.) Anju Tandon, the school continues to flourish as a lighthouse of holistic education.

May this publication inspire every reader to strive for excellence, embrace values, and celebrate the joy of learning.

With warm regards and best wishes.

C. S. Vaidyanathan
Chairman

Bhavan's Mehta Vidyalaya



**Bharatiya Vidya
Bhavan**

Founded By Kulapati (Dr.) K. M. Munshi

Since 1938

DELHI KENDRA

K. SIVA PRASAD

Director

Bhavan's Delhi Kendra

**Kasturba Gandhi Marg,
New Delhi - 110001**

Ph. : 011-23384982

E-mail : director@bvbdelhi.org

Message

It is indeed a matter of joy to learn that Bharatiya Vidya Bhavan's Mehta Vidyalaya is bringing out another edition of its school magazine on the occasion of the Annual Day celebrations.

In an age of fast-changing technologies and increasing global interconnectedness, it is essential to nurture values that provide inner strength and moral clarity. As the Bhagavad Gita reminds us, "Yogasthah kuru karmāṇi" – perform your duties with dedication and balance, without attachment to the results. This timeless wisdom inspires our young learners to lead purposeful lives with discipline, humility, and resilience.

Mehta Vidyalaya, true to the vision of its founder Kulapati K. M. Munshi, continues to be a beacon of India's cultural ethos. Along with academic excellence, the school instills in its learners the values of respect for all faiths, inclusiveness, and empathy, thereby preparing them to be responsible global citizens. Equally important, the school emphasizes the significance of family values—love, respect, responsibility, and togetherness—which remain the foundation of a harmonious society.

I am delighted to note that in alignment with the National Education Policy 2020, the school is imparting holistic and competency-based education that nurtures both hard and soft skills required for the 21st century. The magazine is a reflection of the creativity, achievements, and aspirations of the pupils and bears testimony to the school's commitment to balanced growth.

I extend my compliments to the Principal, Dr. (Ms.) Anju Tandon, and the dedicated staff for their tireless efforts in shaping young minds into enlightened, compassionate, and value-driven individuals.

I wish Mehta Vidyalaya continued success in its noble mission and the entire school family the very best in all their future endeavors.

K Siva Prasad

Director

Bhavan's Delhi Kendra



Bharatiya Vidya
Bhavan

BHAVAN'S SHIKSHAN BHARATI
GUPTA BLOCK, NR. MAIN GATE OF BHAVAN'S CAMPUS,
MUNSHI NAGAR, ANDHERI (WEST), MUMBAI - 400 058

MESSAGE

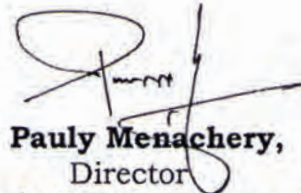
I am delighted to learn that *Bharatiya Vidya Bhavan's Mehta Vidyalaya, New Delhi*, is releasing its school magazine, *BHAVIDYA 2025*.

Since its inception as a community service project in April 1954, the school has been rendering invaluable service to the people in and around New Delhi through its steadfast commitment to academic excellence and cultural values. We deeply appreciate the unwavering dedication of the management, Principal, and staff, who have consistently upheld the ideals and vision of Bhavan's and its founding leaders.

Bhavan's Mehta Vidyalaya has always set a benchmark for other schools under the Bhavan's through its activities beyond the classroom—particularly its community outreach initiatives and student exchange programmes.

I am confident that *BHAVIDYA* will beautifully capture the vibrant life of the school and its remarkable accomplishments. May it inspire all who read it and further strengthen the spirit of excellence within the institution.

My heartfelt congratulations and best wishes to the management, staff, and students on the publication of *BHAVIDYA 2025-16*.



Pauly Menachery,
Director

Bhavan's Shikshan Bharati,



BHARATIYA VIDYA BHAVAN'S MEHTA VIDYALAYA

MEHTA SADAN, KASTURBA GANDHI MARG, NEW DELHI-I 10001

शुभाकांक्षा

प्रसन्नता का विषय है कि भवन्स मेहता विद्यालय प्रतिवर्ष की भाँति इस साल भी विद्यालय-पत्रिका का प्रकाशन करने जा रहा है। यह विद्यालय पत्रिका विद्यालय के वार्षिक गतिविधियों का दर्पण है। विद्यालय की समस्त शैक्षणिक, सांस्कृतिक उपलब्धियों को अभिभावकों तक पहुँचाने एवं छात्रों व शिक्षकों को नयी प्रेरणाओं एवं ऊर्जा प्रदान करने का सशक्त माध्यम है।

दिल्ली के सभी शिक्षा सस्थानों में भवन्स मेहता विद्यालय की एक अलग पहचान है। यह विद्यालय छात्रों को न केवल माध्यमिक शिक्षा बोर्ड की परीक्षाओं की तैयारी कराने में तथा उत्तम परीक्षा परिणाम देने में सफल रहता है, अपितु यह छात्रों को भारतीय संस्कृति से संस्कारित कर, उन्हें राष्ट्र का उत्तम नागरिक बनाने की सफल प्रेरणा भी देता है।

यह विद्यालय सांस्कृतिक कार्यक्रमों के आयोजनों द्वारा न केवल भारतीय संस्कृति का सम्वाहक है, अपितु भारतीय संस्कृति की जननी संस्कृतभाषा को आगे बढ़ाने में अपनी महत्वपूर्ण भूमिका निभाता है। हमारे विद्यालय में कक्षा XII तक संस्कृत को वैकल्पिक रूप में पढ़ाने की उत्तम व्यवस्था है।

इस विद्यालय के छात्र हमारे देश की सम्यक्ता संस्कृति एवं आर्थिक गतिविधियों को विश्व पटल पर पहुँचाने में सफल हुए हैं। उपर्युक्त सभी उपलब्धियों का श्रेय हमारे विद्यालय के अनुभवी एवं ज्ञान से परिपूर्ण प्रशिक्षित शिक्षक वर्ग को ही जाता है। शिक्षकों एवं प्रबन्धसमिति तथा अभिभावक वर्ग का अथक श्रम एवं लगन ही इसकी उन्नति का मूल है।

मैं विद्यालय की इस प्रगति की अनवरतता हेतु प्रभु से प्रार्थना करता हूँ कि विद्यालय इसी प्रकार शैक्षणिक एवं सांस्कृतिक ऊचाईयों को छूता रहे।

डा. छविकृष्ण आर्य
प्रबन्धक, मेहता विद्यालय भा.वि.भ.



FROM THE PRINCIPAL'S DESK

It gives me immense joy to present before you the latest edition of our annual school magazine *Bhavidya*- a mirror of the ethos, vision, and vibrant spirit of Bharatiya Vidya Bhavan's Mehta Vidyalaya.

Our founder, Kulapati K. M. Munshi, laid the foundation of this great institution with the noble vision of imparting value-based quality education—an education that does not merely transfer knowledge but also inculcates values, integrity, and a sense of responsibility. This timeless vision continues to guide us as we strive to provide the finest all-round education to our students.

At Mehta Vidyalaya, our mission has always been to nurture young minds with qualities of the head, heart, and hands, enabling them to blossom into conscientious, confident, and compassionate global citizens. In consonance with the National Education Policy, we emphasize the acquisition of 21st-century skills—critical thinking, creativity, collaboration, communication, and digital literacy—while ensuring that our learners remain deeply rooted in Indian culture and values.

In harmony with the vision of the National Curriculum Framework (NCrF), our school continues to weave a rich tapestry of learning experiences that nurture intellect, creativity, and character. Guided

by the principles of holistic and experiential education, we strive to blend knowledge with skill and curiosity with purpose. The various clubs such as Hindi and English Language, Herbal Garden and Waste Management, Kalanaipunya, Culinary and Sports Clubs—serve as vibrant platforms where students discover their passions, hone their talents, and cultivate teamwork and leadership. Together, these endeavours embody the true spirit of the NCrf, shaping learners who think critically, act responsibly, and contribute meaningfully to the world around them

Our academic pursuits are complemented by a rich spectrum of co-curricular and extracurricular opportunities—performing arts, literary activities, sports programme, life skills training, and a variety of clubs. These not only provide a platform for creativity and self-expression but also instill discipline, teamwork, and leadership in our students.

The school magazine, *Bhavidya*, is both a celebration and a chronicle of this holistic journey. It gives wings to imagination, lends voice to ideas, and reflects the diverse talents of our young Bhavanites. Each page resonates with their creativity, curiosity, and commitment to excellence. I take this opportunity to gratefully acknowledge the invaluable contribution of all our stakeholders—management, parents, alumni, and well-wishers—whose trust, cooperation, and support strengthen every endeavour of the school.

I also extend my heartfelt appreciation to the Editorial Board, our dedicated faculty, and above all, our students for their tireless efforts in bringing out this enriching edition. Their hard work and commitment have transformed *Bhavidya* into a vibrant platform of expression and inspiration.

As you leaf through these pages, I hope you will be inspired by the noble thoughts, values, and aspirations that find expression here. May this magazine continue to be a beacon of creativity, knowledge, and values, reminding us always of the guiding principle of Bharatiya Vidya Bhavan: “*Let noble thoughts come to us from all sides.*”

Happy Reading!



Dr. (Mrs.) Anju Tandon
Principal

Editor's Message 2025



Dear Readers

It is with profound joy and pride that I present to you this year's edition of our school magazine 'Bhavidya 2025'. This volume is not merely a compilation of articles, poems, and photographs; it is a vibrant tapestry woven with the creativity, aspirations, and achievements of our students. Each page echoes the spirit of inquiry, imagination, and perseverance that defines the Bhavanite ethos.

As you leaf through these pages, you will encounter the intellectual brilliance, artistic finesse, and multifaceted talents of our young learners. Their voices, expressed with clarity and conviction, reflect not only their academic growth but also their evolving worldview and indomitable spirit.

I owe my deepest gratitude to our esteemed Principal, Dr. (Mrs.) Anju Tandon and Vice Principal, Mrs. Dimple Joneja for their unwavering guidance and visionary leadership. I also extend sincere appreciation to the dedicated faculty whose tireless efforts nurture excellence, and to the ever-supportive parents whose encouragement forms the bedrock of our students' success.

A heartfelt note of thanks is also due to the Editorial Board and every contributor who, with diligence and passion, has brought 'Bhavidya 2025' to life. May this edition serve as a source of inspiration, igniting young minds to dream fearlessly, achieve relentlessly, and continue their pursuit of excellence with renewed vigor.

With warm regards

MRS. HEENA JAIN
Chief Editor – Bhavidya

Editorial Board

- **Mrs. Heena Jain (Chief Editor - English)**
- Ms. Dimpy Mathur (Co - Editor) ● Mrs. Richa Jain
- Mrs. Mona Jayant Patras ● Mrs. Tulsi Baura
- Ms. Pratyanchaa Gupta
- Ms. Rijak Kaur Anand ● Ms. Aastha Bhatia
- **Mrs. Neelam Rani (Chief Editor - Hindi)**
- **Mrs. Anju Bala (Chief Editor - Sanskrit)**

Student Editors

- Km. Koyal Shruti (XII B)
- Km. Prisha Sood (XI B)



Annual Report 2024-25



Respected Chief Guest Shri Banwari Lal Purohit, Honourable Chairman of Delhi Kendra, Guest of Honour Shri C.S. Vaidyanaathan, Chairman of our School

Managing Committee, esteemed dignitaries, valued parents, cherished colleagues, and my beloved students — I bow to you all with warmth, gratitude, and joy as I stand before you on this proud occasion of the 66th Annual Day of Bharatiya Vidya Bhavan's Mehta Vidyalaya.

It is an extraordinary honour and a deeply cherished privilege for me to present the Annual Report for the academic session 2024–25, a year that has been nothing short of remarkable, adorned with triumphs, milestones, and inspiring journeys. Before I unfold the tapestry of our collective achievements, I humbly express my profound gratitude to the stalwarts who guide and bless us unfailingly — Mr. K. Siva Prasad, Director, Bhavan's Delhi Kendra, Dr. A.K. Sharma, our Regional Education Officer, and Dr. C.K. Arya, Manager, Mehta Vidyalaya. Their wisdom, unwavering encouragement, and benevolent support have been the wind beneath our wings.

Since its inception in 1957, Bharatiya Vidya Bhavan's Mehta Vidyalaya has stood as a temple of learning, embodying the values of integrity, discipline, creativity, and compassion. With over six decades of glorious legacy, today we nurture 2108 bright young minds, guided by 80 devoted teachers, including specialists and counsellors, along with 31 pillars of our non-teaching staff, all united in the sacred mission of shaping future citizens of character and competence.

I feel immense pride in placing before you the shining accomplishments of our students in academics. Their brilliance has illuminated the corridors of our school and brought glory to our institution.

In Class X this year, out of 161 students, 19 students scored 90% and above, 123 students achieved a first division, and 19 students passed with a second division.

- Vihan Jain, Pranab Kumar, Sai Krishna, and Shashwat Gupta achieved a perfect score of 100 in Computer Applications.
- Himadri Soni, Ishani Mitra, Sai Krishna, and Vani Aggarwal scored a perfect 100 in Sanskrit.

For Class XII, out of 117 students, 16 students scored 90% and above, 93 students achieved a first division, and 4 students passed with a second division. Disha Verma led with 96.6% marks, followed by Arundhati with 94.8%, and Aaniya with 93.8% in the Humanities stream.

In the Commerce stream, Nitin Malhotra topped with 92.2%, Md. Hamdaan secured second place with 87%, and P. Swastika took third with 86.2%.

In the Science stream, Vedika Somani achieved the highest score with 96.2%, Rahim Aqil came second with 96%, and Md. Shaheer placed third with 94.4%.

- Neha Fadangary earned a perfect 100 in Economics.
- Aaniya Pokhriyal, Disha Verma, and Vedika Somani achieved perfect scores in Psychology.
- Suhani Bhargava scored a perfect 100 in Painting.

Our Class XII students have gained admission in top institutions like BITS Mesra, Delhi Technological University, NSUIT, Symbiosis Pune, ICAT Hyderabad, Kamla Nehru College, Lady Irwin College, and more.

Our school has long championed support for children with special needs, with a team of 8 special educators, a counselor, and a PGT in Psychology dedicated to meeting the needs of diverse learners. This commitment has enabled our CWSN students who appeared in the CBSE Class X and XII board exams for 2023-24 to achieve outstanding results,

with all students securing first divisions and distinctions in multiple subjects. Many of these students are now pursuing higher education at prestigious institutions, such as Kirori Mal College for Commerce, ZUYD College of Hotel Management in the Netherlands, and Amity University for Law, among others.

SCHOOL ACHIEVEMENT

Our school has received a Certificate of Accreditation, demonstrating full compliance with NABET standards for Quality School Governance for the period of 2022–2026. In November 2023, Mehta Vidyalaya successfully completed NABET's annual surveillance visit for the 2023-24 session. Additionally, the school is currently participating in the CBSE's School Quality Assessment and Assurance (SQAA) initiative, and following these quality assurance processes, CBSE has renewed our affiliation for 2023.

In recent years, Bhavan's Mehta Vidyalaya has significantly upgraded its infrastructure to align with the needs of a 21st-century workforce. We have introduced a state-of-the-art sports campus with international-standard playfields and equipment, which is now also open for evening sports activities. Our laboratories have been newly designed to facilitate effective concept learning, with dedicated subject labs for senior classes and integrated science and math labs for classes III to VIII, all equipped with the latest tools to support everything from simple experiments to complex projects. We also offer three distinct computer labs catering to junior, middle, and senior students, ensuring each child can comfortably participate in hands-on activities. Our high-tech language lab focuses on building essential language skills, such as reading speed, speaking fluency, and writing accuracy. Beyond academics, we have specialized spaces like a wooden dance room, a carpentry room, and a robotics room to equip students with various 21st-century skills.

We firmly believe that 21st-century education must extend beyond the confines of the classroom. To foster well-rounded growth in mental and personal development, we place great emphasis on co-curricular activities. In today's rapidly

changing world, the traditional education system, established nearly a century ago, needs to evolve to embrace the forward-thinking approaches highlighted by NEP 2020.

Sports Achievements

- Siddharth (XI A), a budding cricketer played in All India Cricket Tournament U19 which was streamed live on Youtube on 20th July, 2024.
- Aditya (III D) won gold medal in 32nd North East India Taekwondo Championship held at Jim Corbett Park in Ramnagar, Uttarakhand .
- Yuvika Preenja (X-C) won Second Position in Table Vault and Third Position in Floor Exercise at the 67- Delhi State School Games Gymnastic. Presently she is under training for National Level Gymnastic Competitions.
- Arshan Ahmed (VII-D) won the First Prize in Roman Ring, Second Prize in High Bar and Second Prize in Table vault at Delhi State Gymnastic Championship.
- Kashvi Mudgal (III-D) won gold medal under 20 kg category in Inter State Karate Championship on April 28th, 2024.
- Gamyia Kapoor (VII-D) represented Delhi Team in Inter Sports Authority of India Artistic Gymnastics Championship held at Indira Gandhi Indoor Stadium from VII to XI July, 2024 & bagged 'All Round Best Gymnast Award' (Gold Medalist).

Zonal Competitions :

1. Krishna (X-D), Aniket (XII-B), and Vivaan (XI-C) won Third Position at the Zonal Table Tennis Tournament.
2. Rahul Krishna (XI-A) won First Prize in 100m race and Second Prize in 200m and 400m race at the Zonal Athletics Meet.
3. Siddarth (XI-A) won Third Position in 200m race at the Zonal Athletics Meet.
4. Aditya Kumar (IX-A) won Second Position in 200m and Third Position in 400m Zonal Athletics Meet.
5. Yajat (IX-A), Atharva (IX-D), Parth (IX-D), Ishan Nigam (VI-D), Yuvika Preenja (X-C)

won several prizes in various Zonal Yoga competitions.

6. Siddarth and Rahul Krishna from XI-A played in Semi Final of Inter Zonal Cricket Tournament.
7. Chitransh Kumar (I-C) won Third Position and Pihu Batham (II-B) won Second Position in Ready for School Race at Zonal Primary Athletic Meet.
8. Mohd. Rehan (II-A), Vedant Gupta (III-B), Vasrnika (III-C), Garv (IV-D), Anmol Tiwari and Aura Sharma (V-C) won several prizes in the Zonal Primary Athletic Meet.

Olympiads & Co-Curricular Activities :

- Aditya (IX D), qualified Mukhyamantri Vigyan Pratibha Pariksha – 2024 organized by Science Branch, DOE; received a one- time scholarship amount of Rs 5000/- and an appreciation certificate.
- In December, 2024, our school participated in CBSE Regional Level Science Exhibition and achieved a proud milestone as its students qualified for the CBSE National Level Science Exhibition .
- Ayush Yadav (IX-D), participated in International Online Ram Stuti and Hanuman Chalisa Gayan Competition on 2nd April, 2023 and bagged Third Position and cash prize of Rs. 600/-.
- Vani Aggarwal (X-C), secured Second Position in the Essay Writing Competition in Senior Category in DOE Inter-school Competition.
- Rudransh Tiwari (IX D), secured First Position in English Poem Recitation Competition organised by DOE.
- Prithvi Singh (VII C), won the best child actor award in Harappa International Film festival and Venus Brightest Star Award 2023 for the movie – Wake up Call, on HotStar.
- On 27th March, 2024, DOE organized series of competitions at Government Boys School, Pandara Road; group of 10 boys from classes VI to VIII won First prize in Group Folk

Dance Competition; Tanmay Bisht (VI B) secured First Position in English Essay Writing Competition; Kartik Gupta (VIII D) won Second Position in Hindi Essay Writing Competition

- Ayush Yadav (IX D), Rudransh Tiwari (IX D) won First and Second prize- Sanskrit Recitation respectively; Yetik Arora (XII A) won 1st prize – English Recitation organised by R. K. Mission on 4th & 5th, November, 2024.
- On May 9th, 2024, Khushit Kishore & Ayaan Abeer (VIII C) participated in the Interschool IT Event ‘BOOKLET BLAZERS’ at G.D. Goenka Public School and bagged 1st Prize.
- On May 10th, 2024, Tanvi Sharma (X C) and Shreyash Chaudhary (X C) participated in the Interschool ATL IT Event ‘Game Fame in Mathematics ‘and bagged Consolation Prize.
- Yajat Mailk (XII B) secured Third Position in Mathematics Extempore on 27th July, 2024 at Apeejay School, Saket.
- Tanvi Sharma (X C) & Adhyan Rustagi (X D) won Second prize in IT Quiz at K R Mangalam School on 27th July, 2024 and Third Prize at Somerville School 29th July, 2024.

To foster quality learning attitudes and provide students with a platform to evaluate their skills alongside their peers nationwide and globally, the school conducts various National and International Olympiads across all subjects.

The school believes in a strong partnership with parents and has organized numerous Parent Orientation Programme for all classes throughout this academic year. These sessions aimed to inform parents about the updated curriculum aligned with NEP 2020, highlighting the school’s mission and vision as a part of the Bharatiya Vidya Bhavan’s Mehta Vidyalaya. They covered curriculum details, learning outcomes, assessments, co-curricular activities, and recent assessment pattern changes.

Under the guidance of Dr. C.K. Arya, Retd. Principal of Kendriya Vidyalaya and Principal of Bhavan’s Sankaracharya Sanskrit Mahavidyalaya, the school actively promotes Sanskrit learning in classes VI to VIII and as an elective subject for

classes IX and XI. Students also study Sanskrit through a curriculum developed by Bhavan's Saral Sanskrit Pariksha Vibhag, Mumbai, excelling and receiving scholarships from Central Sanskrit University.

The school has a dedicated Counselor and a Postgraduate Teacher in Psychology who conduct regular counseling sessions for students and parents on topics such as Career Guidance, Time Management, Emotional Intelligence, Stress Management, Exam Anxiety, and Mental Health. These sessions, led by the school counselor and guest speakers, also included a Career Fair attended by over 22 prestigious universities that provided students and parents with insights into various programs, scholarships, and admissions. Students from neighbouring schools also benefited from this event.

The school is committed to embedding Value Education and Life Skills in its educational process. As part of this commitment, it runs the Awakened Citizen Value Education Module by Ramakrishna Mission for classes I to VIII, emphasizing character building and man-making. Additionally, the school promotes social awareness and sensitivity among students through the Annual SAS (Social Awareness and Sensitivity) Camp for Class XI. This year's camp was graced by Mr. Sandeep Chaudhary, an eminent journalist and editor at ABP News, who highlighted the importance of developing reading habits and emotional intelligence to help students navigate life's challenges.

At Mehta Vidyalaya, we are committed to taking small yet impactful steps towards humanitarian efforts, aiming to instill in our students a deep appreciation for community service. Our students actively participated in various community programs, such as the Roti Bank, Ration Bank, a recent Blood Donation Camp (held on 8th November), and initiatives like the Woollen Collection Drive (Hug with Warmth) and Book Collection Drive (Joy of Giving).

The International Cultural Exchange Program expands students' worldview, exposing them to new perspectives and providing opportunities to embrace diverse cultures with an open mind.

Through partnerships with multiple countries, our school facilitates enriching experiences for our students to adapt and appreciate global cultures.

- Mehta Vidyalaya now offers Taekwondo classes and a Korean language course, in collaboration with the Embassy of Korea.
- As a part of this project, an online teaching integration took place on 22nd April and again on 29th April, 2024, where Aintree Primary School collaborated with our school in an international exchange initiative. Focused on Mathematics for Class VI, this program fosters student engagement, cultural exchange, and overcomes technological challenges, creating a dynamic learning environment for our students.

It is universally acknowledged that great teachers contribute significantly to shaping outstanding students. At Mehta Vidyalaya, we firmly believe that an inspired and well-informed teacher is the key to students' success. Consequently, teacher training is a continuous focus at our school. Our teachers participated in numerous webinars covering topics such as Integrating Educational Technology, Designing Lesson Plans that foster Higher Order Thinking Skills (HOTS), Effective Classroom Management, and Action Research. We are thankful for the invaluable support of our Regional Education Officer, Dr. Anil Kumar Sharma, Retd. Assistant Commissioner, KVS, who has greatly contributed to enhancing our teachers' skills.

It gives me immense pride to share some of our achievements.

- Dr. (Mrs.) Anju Tandon was a member of the delegation of 20 selected school heads from India to visit Taiwan, supported by Ministry of Education, Taiwan and the Taipei Economic and Cultural Centre, New Delhi to foster collaboration and gain invaluable insights into Taiwan's innovative educational pedagogy, enhancing global learning experiences.
- Dr. (Mrs.) Anju Tandon was a member of the 'The Women in School Leadership Reciprocal Immersion Program' developed and delivered by Asia Education Foundation (AEF) in

partnership with the Australia India Institute and Melbourne Graduate School of Education .

- Dr. (Mrs.) Anju Tandon also received a Certificate of Appreciation for her invaluable contribution as a resource person on the topic 'Framing Learning Outcomes. According to Bloom's Taxonomy'. She shared her expertise in a five-day Faculty Development Programme for Primary Teachers organized by Shikshan Bharati, New Delhi on 6th June, 2024.
- Dr. Jyoti Dev Rishi (School Counselor) received Certificate of Appreciation from NCERT for providing psychological support and counseling to students, their families and teachers under –MANODARPAN, an initiative of the Ministry of Education (MOE), Govt of India for dealing with mental health concerns among adolescents.

The cultural vibrancy of our school echoed throughout the year. The 66th Annual Day with the theme “Bharat Shining: Echoes of Excellence and Environmental Stewardship”, is graced by eminent dignitaries. The Winter Carnival to be celebrated on 24th December. 2024 will be a spectacle of creativity and joy, while national festivals like Independence Day, Teacher's Day, and Children's Day were commemorated with zeal and splendour.

We celebrated talent by honouring meritorious students:

- L.A. Natesan Award: Utkarsh Kanojia (IX-B), Mansaheb Kaur (IX-A)
- Batch of 84 Award: Aiza Fainan (VI-A), Guhan Gupta (VI-C), Aadya Rani (VIII-D), Lavanyaa (VIII-A)
- Batch of 87 Award: Hiya Pasricha (XI-B), Rahul Krishna (XI-A), Anisha Ahuja (XI-C)
- Dr. Daya Narayan Nigam Scholarship: Tanushka Verma (IX-C)
- Several memorial awards — Rajeev Gaur, Pulkit Bhatia, S.K. Jain, and Ravi Shankar — adorned the achievers of this year.

The academic year 2024–25 has indeed been a saga of excellence, a mosaic of achievements, and a symphony of progress. On behalf of the school fraternity, I extend heartfelt gratitude to our Chief Guest, our Guest of Honour, and our guiding authorities for their vision and encouragement.

As we march forward, let us be guided by the immortal wisdom of Vasudhaiva Kutumbakam — The World is One Family. With renewed energy, unwavering dedication, and unshakable faith, we shall continue to scale greater heights in academics, co-curriculars, sports, values, and above all, in nurturing humanity.

Thank you.

BVB Felicitates its Gurus

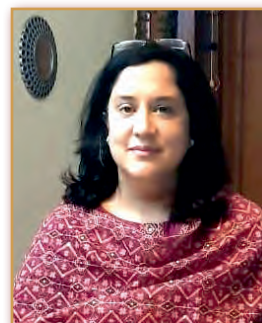


TEACHERS FELICITATED

Mrs. Neelam Rani, TGT Hindi was felicitated on September 5, 2025 on the occasion of Teachers' Day for completing 25 years of meritorious service in the institution.

CHAIRMAN'S BEST TEACHER AWARD

On the occasion of Teachers' Day, September 5, 2025, Mehta Vidyalaya felicitated Dr. (Mrs.) Jyoti Dev Rishi, School Counsellor, with the prestigious Chairman's Best Teacher Award for rendering 15 years of dedicated service and commitment to the institution.

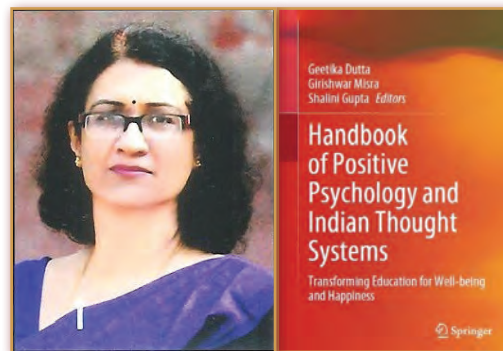


The award, instituted by Shri Banwarilal Purohit, Bhavan's Vice-President, Trustee & Chairman, Delhi Kendra comprises a certificate and a cash prize of ₹11,000/-. The school community expressed immense pride in Dr. Rishi's achievements, describing her felicitation as an inspiration to both teachers and students.



SCHOOL & STAFF ACHIEVEMENTS

- Dr. (Mrs.) Anju Tandon, Principal, Mehta Vidyalaya, and Ms. Avneet Kaur Babbar, PGT Biology, co-authored a chapter titled "Positive Education and Happiness Curriculum at the School Level" in the Handbook of Positive Psychology and Indian Thought Systems. The chapter highlights how integrating positive psychology, mindfulness, and emotional resilience into the curriculum for Grades 1–8 equips students with vital life skills, fosters emotional intelligence, and encourages meaningful social connections for a more fulfilling life.



- Dr. Jyoti Dev Rishi, School Counsellor provided voluntary psychological support and counselling services to Board students via the CBSE Tele Helpline 2024 earning a Certificate of Appreciation from CBSE.
- Dr. Jyoti Dev Rishi received an Appreciation Certificate from Ministry of Education for providing psychological support to students, teachers & families through Manodarpan Tele Counseling Helpline 2024-25.

- Dr. Anju Bala received the Shikshak-Samman Award from the Hindustani Bhasha Academy, recognizing her outstanding contributions to the field of education and promotion of language learning.
- Dr. Anju Bala & Mr. Balishth were honoured with the prestigious Sanskrit- Sikshak - Ratan- Samman by the Sanskrit Shikshak Sangh, Delhi on 8th September, 2024.



- Ms. Dimpy Mathur, TGT English received a Certificate of Excellence by Queensland Future Leaders' Programme-The University of Melbourne on November 20, 2024.

- Mrs. Remya Menon, received Certificate of Excellence from Asia Education Foundation for supervising in the 2024 Emerging Leaders Forum.



XII STANDARD CBSE RESULT 2024-25 (SCHOOL TOPPERS)

HUMANITIES



Khushi Yadav
97.2%



Tanu Priya
97%



Prachi Jain
93%

COMMERCE



Amit Madan
98.2%



Abhinav Verma
96 %



Dhruv Sharma
93.2 %

SCIENCE



Aarushi Pandey
94.4%



Vipul Tiwari
93.2%



Bhavesh Lokesh Agarwal
93%

SUBJECT TOPPERS OF CLASS XII (2024-25)

Subject	Name Of Student - MARKS
Food Pro.	Khushi Yadav - 100/100
Home Sc.	Khushi Yadav - 100/100
Painting	Shivam Pant, Bhumika Dimri - 100/100
History	Tanu Priya - 99/100
Mathematics	Amit Madan - 99/100
Business St.	Abhinav Verma - 99/100
Accountancy	Amit Madan - 99/100
Psychology	Khushi Yadav, Prachi Jain, Shivangi Semalty - 98/100
Physics	Bhavesh Lokesh Agarwal - 98/100
Legal St.	Abhinav Verma, Tanu Priya - 98/100
English Core	Aarushi Pandey, Bhavesh Lokesh Agarwal, Amit Madan - 98/100
Economics	Amit Madan, Abhinav Verma - 97/100
Biology	Ridhima Nath - 97/100
Political Sc.	Tanu Priya - 96/100
Sanskrit Core	Manya Suman - 96/100
Web App.	Nitin Goyal - 96/100
Chemistry	Aarushi Pandey, Vipul Tiwari - 95/100
Physical Edu.	Saish Sharma - 93/100
Computer Sc.	Vipul Tiwar - 92/100
Hindi Core	Prabhutav Ishdhan - 89/100

X STANDARD CBSE RESULT 2024-2025 (SCHOOL TOPPERS)



Antara Sharma
- 95.6%



Rudransh Tiwari
- 94.4%



Prisha Arora
- 94%



Aditya Kumar
- 93.8%



Supratik Sengupta
- 93.8%



Etasha Banerjee
- 93.6%

SUBJECT TOPPERS OF CLASS X IN YEAR 2024-25 :

English Communicative:	Mansahib Kaur (95%)
Hindi Course B:	Vrinda Gupta (97%)
Mathematics Standard:	Adhyan Rustagi (94%)
Science:	Utkarsh Kanojia (99%)
Social Science:	Maninder Dhamija (99%)
Sanskrit Core:	Aditya Kumar (100%);
Information Technology:	Aditya Kumar (100%)
Hindustani Music:	Shivansh Chauhan (98%)
Painting:	Shivansh Chauhan (94%)
Mathematics Basic:	Mohd Salman (91%)

Class Photographs 2024-25



XII A



XII B

Class Photographs 2024-25



XII C



XII D

Staff Induction Programme

To ensure smooth integration of the new staff, Induction Programme was organised on 27th March, 2024. The programme aimed to familiarize newly appointed staff with the school's values, mission, vision,



and functioning. Mrs. Smita Malik welcomed the gathering, while Mrs. Indu Banerjee highlighted the institution's history, mission and vision. The programme included sessions on CBSE Training Mandates, Child Safety Norms, SQAA quality standards and other rules and regulations. The event concluded with a school tour.

Parent Orientation Programmes



Parent Orientation Programmes were organised in March 2024 to acquaint the parents with the school's vision, NEP 2020 updates, curriculum, and policies. Sessions covered Classes Nursery, KG, I, III, V,

VIII and XI. Principal Dr. (Mrs.) Anju Tandon emphasized on the importance of foundational literacy, promotion of Sanskrit and Sanskriti, cultural heritage, and positive behavior, while expert Dr. Aparna Singh shared parenting strategies. Key topics included brief on learning outcomes, assessments, transport safety, experiential learning, Vidya Pravesh initiative, and co-scholastic activities. Each orientation encouraged parent-school collaboration, strengthening trust and setting a positive tone for the forthcoming academic year.



First Assembly Of The Session



Mehta Vidyalaya welcomed the academic session 2024–25 with vibrant morning assemblies. On 4th April, a special assembly 'New Beginnings' featured motivational poetry, a skit titled 'Teachers' Role in Shaping Minds' along with the presentation of news and thought of the day. The highlight was the felicitation of Class XI achievers by Principal Dr. (Mrs.) Anju Tandon. On 19th April, the first assembly for Classes KG–II included a welcome address, action song by Class I, and a presentation highlighting the benefits of good health. These assemblies inspired positivity, enthusiasm, and a purposeful start to the year.



International Cultural Exchange Program



- On April 22 and April 29, 2024, as a part of the Indo-Australian Cultural Exchange Programme, Mehta Vidyalaya and Aintree Primary School in Australia collaborated online for the project *Girlosophy*. By leveraging interactive teaching methodologies and overcoming technological challenges, the programme created a learning environment conducive to both academic growth and cultural exchange.

- On April 25, 2024, our school students prepared traditional Indian breakfast including dosa, uttapam, and poha, and demonstrated them to their Taiwanese counterparts. This event fostered cultural understanding and collaboration among the students of both the countries.

- Dr. (Mrs.) Anju Tandon, Principal, visited Aintree Primary School, Australia, as a part of the International Exchange Programme. On May 14, 2024, the Principal along with the students of Mehta Vidyalaya interacted with the Team *Girlosophy* of Aintree Primary School. Students from both the schools shared their perspectives on Mathematics.





Social Awareness and Sensitivity Camp



The annual Social Awareness and Sensitivity Camp for Class XI was held from 8–16 April, 2024 as a part of the senior secondary curriculum to foster life skills, leadership, and community awareness. The Chief Guest, Mr. Sandeep Chaudhary, an eminent journalist, emphasized the importance of reading habits and emotional intelligence. Expert-led sessions covered topics such as digital detox, personality development, cyber safety, communication, aptitude, exam preparation, and career counseling, with active participation from parents as well. Creative workshops on pottery and theatre, addressing adolescent issues were also organized.



NPSC Annual Conference 2024

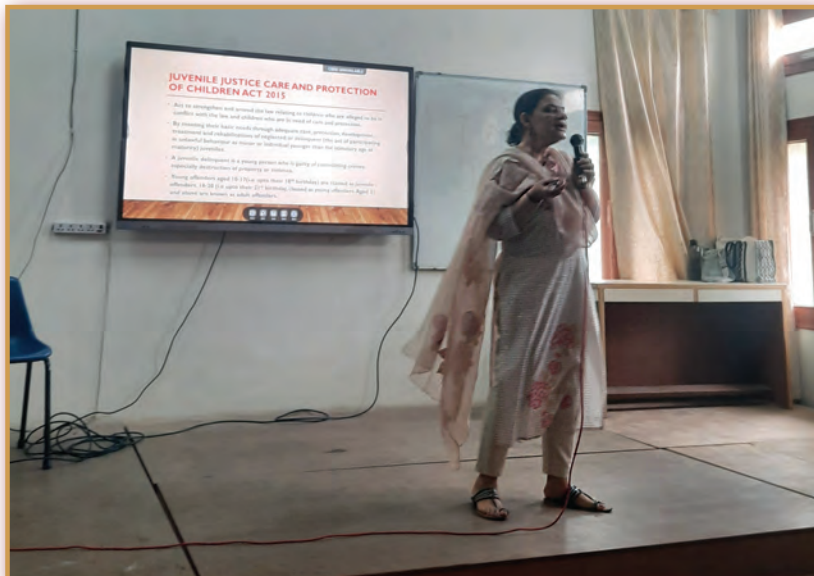


Ms. Avneet Kaur Babbar, PGT Biology, and Ms. Indu Banerjee, PRT, attended the 51st NPSC Annual Conference from 20–21 February, 2024 at India International Centre, New Delhi. The theme was “*Nurturing Minds: Fostering Mental Health and Wellbeing.*” Eminent educationists and policymakers discussed mindful learning spaces, performing arts, AI in emotional health, resilience through sports, inclusivity, and lifestyle impacts. The conference offered valuable insights and best practices, strengthening participants’ commitment to holistic growth and wellbeing of students.

SESSION ON SELF DEFENCE FOR GIRLS



In October 2024, the school conducted self-defence sessions for girls of Classes IX to XI. The training, led by experts and the School Counselor, focused on techniques to block attacks, assess threats, and handle risky situations with confidence. Emphasizing personal safety, the program aimed to make students psychologically, intellectually, and physically stronger. Self-defence, a vital life skill, helped the girls build awareness of their surroundings and prepared them to protect themselves in times of distress.



Workshop on POCSO, JJ Act, Corporal Punishment, Child Rights and Vishakha Guidelines

On 26th July 2024, a workshop was organised for all teaching, non-teaching, admin, MTS and Sulabh

staff on POCSO Act, JJ Act, Corporal Punishment, Child Rights and Vishakha Guidelines. Conducted by Ms. Aparna Singh, Counselling and Rehabilitation Psychologist, the session sensitized staff on child protection, legal provisions, and identification of abuse. Key topics included differences between POCSO 2012 and JJ Act 2015, constitutional rights of children, and offenses under POCSO. Vishakha Guidelines were explained to differentiate



acceptable and unacceptable behaviour. The workshop was highly informative and promoted awareness on safeguarding children.

Summer Holiday Homework Exhibition 2024

Summer Holiday Homework exhibits were showcased in July 2024 to highlight students' creativity and hard work. On 12th July, Nursery to Class V students presented best-out-of-waste creations, DIY toys, interdisciplinary models, poems, stories, and art displays. On 19th July, Classes VI–IX exhibited research-based, subject-integrated projects aligned with NEP 2020, highlighting critical thinking and creativity. Principal Dr. (Mrs.) Anju Tandon, Vice Principal Mrs. Jagriti Sharma, and coordinators appreciated the innovation, effort, and collaboration of students, teachers, and parents, making the exhibition a resounding success.





National Integration Camp 2024

The 12th National Integration Camp (NIC) was held from May 6 to 11, 2024 at Bhavan's Vidya Mandir, Erroor, with the theme "Diverse Voices, One Nation: The Melody of Integration."

The camp highlighted India's cultural heritage and traditions, promoting peace and harmony. Around 60 Bhavan's schools participated, including six students of Class XII from Mehta Vidyalaya, — Manya Suman, Khushi Yadav, Hiya Pasricha, Saish Sharma, Prabhat Arora, and Ishan Khandelwal — escorted by Mrs. Megha Relan. Activities included yoga, zumba, motivational talks, workshops on art, theatre, public speaking, clay modelling, Model UN, and regional cultural presentations, fostering unity and integration.



International Yoga Day



On June 21, 2024, celebrating the International Yoga Day, over 80 children participated in an online yoga session under the guidance of Yoga Guru Mukesh Dwivedi, Physical Education teachers, Mr. Prakash Rawat and Mr. Rakesh Rai and supervised by the class teachers. During this session, children practiced various yoga exercises and received valuable information about health and the importance of yoga. Guru Mukesh Dwivedi, explained importance of yoga in maintaining physical and mental well-being. The event was both educational and enjoyable, leaving the children with a better understanding of how yoga can contribute to a healthier lifestyle.

Munshi Memorial Inter School Recitation and Lilavati Painting Competition



Mehta Vidyalaya hosted the 51st Munshi Memorial Interschool Recitation Competition and the Smt. Lilavati Munshi Memorial Painting Competition on April 26, 2024. The event witnessed enthusiastic participation from 26 prominent schools of Delhi NCR, including five schools catering to children with special needs. This year's competitions celebrated creativity in language, emotions, and artistic expression, reflecting India's identity as a cultural superpower in line with the National Education Policy 2020.

Principal Dr. (Mrs.) Anju Tandon commended the selection of poems for recitation and songs by renowned Indian poets, noting their strong alignment with the ethos of the NEP. She highlighted Bhavan's role as a custodian of India's heritage and encouraged students to take pride in their culture while striving for excellence in the future. Springdales School, Dhaula Kuan emerged as the overall winner of the Recitation Competition, while Birla Vidya Niketan, Pushpa Vihar claimed the overall trophy in the Painting Competition.



CBSE's Pilot Project on National Credit Framework (NCRF)

Our school participated in CBSE's pilot project on the National Credit Framework (NCrF) for the academic session 2024–25. The NCrF, introduced by the Government of India in line with the National Education Policy (NEP) 2020, is a progressive step towards integrating school with higher, and vocational education. This framework allows students to earn, accumulate, and transfer credits across different stages of education—from school to PhD level—offering them multiple entry and exit pathways in both academic and skill-based learning.

Under this initiative, students gained credits not only through classroom learning and laboratory work, but also by participating in projects, sports, performing arts, NCC, social work, vocational education, and experiential learning activities. These credits, securely stored in each student's Academic Bank of Credit (ABC), were linked to their APAAR ID and Digi Locker Accounts. By adopting this framework, our school enabled the students to become well-rounded, future-ready learners, equipped with knowledge, skills, and values to meet the demands of the 21st century.



National Accreditation Board for Education and Training (NABET) On-site Final Assessment



The National Accreditation Board for Education and Training (NABET) conducted an on-site final assessment at our school on August 6–7, 2024. The evaluation was led by Dr. Usha Ravi (Lead Assessor) and Mrs. Raka Kaul (Co-Assessor), focusing on reviewing and ensuring the quality of the school's educational processes and standards. The two-day assessment included detailed inspections and interactions with process owners, students, and PTA members. The exercise contributed significantly to the school's journey of continuous improvement and commitment to excellence in education.



REPORT ON PILOT IMPLEMENTATION OF REVISED NABET ACCREDITATION STANDARD & PROCESS

On March 3, 2025, a session was conducted to discuss and refine accreditation standards and simplify evaluation strategies, ensuring closer alignment with national educational goals.

The session was led by Ms. Adiba Faiz and Dr. Gaurang Tiwari (Assistant Directors, NABET), who provided a detailed overview of the revised framework. They emphasized the importance of self-assessment, structured evaluation, and a blended approach involving both virtual and onsite assessments. Discussions also included the need for awareness programmes and feedback collection from accredited schools to fine-tune the process before its official rollout in the upcoming academic year.

The school's core team actively participated, gaining valuable insights into the tentative plan for the pilot. The session marked the beginning of a collaborative effort to enhance the accreditation framework, ensuring a more effective and practical approach to quality education assessment.



Happiness Curriculum

At Mehta Vidyalaya, the Happiness Curriculum has become an integral part of student life from Nursery to Class VIII. Conducted during the zero period, it focuses on self-awareness, mindfulness, critical thinking, and communication, ensuring holistic growth. Each month, teachers design a structured plan combining meditation, deep breathing, and physical exercises with engaging activities.

Students enthusiastically participate in various creative sessions which encourage expression, confidence, and life skills. Beyond planned lessons, students share talents and personal experiences with peers, creating a positive and reflective start to the day.



A Journey of Transformation: **My Eventful Years at Bhavan's Mehta Vidyalaya, Delhi**

— **Dr. (Mrs.) Anju Tandon, Principal. Bhavan's Mehta Vidyalaya**



When I look back at my journey at Bhavan's Delhi, I am filled with gratitude, pride, and a deep sense of fulfilment. What began as an opportunity to serve an institution rich in legacy turned into an unforgettable experience of transformation, learning, and leadership. To be a part of an organization that traces its roots to the noble vision of Shri K. M. Munshi, who dreamed of an India grounded in culture yet open to the winds of change, has been nothing short of a privilege.

Bhavan's Delhi, established in 1957, carried within its walls the wisdom of decades — generations of teachers, students, and traditions. When I took charge in November 2011, I knew I was stepping into a space that was both sacred and full of possibilities. My mission was clear: to honour the glorious past while preparing the school for the future — to create a vibrant, progressive institution that embodied Bhavan's values and aligned with the evolving vision of national education.

Laying the Foundation: A Vision for Change

Transformation never begins with buildings — it begins with belief. The first step was to articulate a clear vision and mission for Bhavan's Delhi in the contemporary educational context. Our inspiration came from Bhavan's timeless ideals of faith in Indian values, global citizenship, and holistic education aligning with which we crafted clearly defined mission and vision statement of our school.

Reimagining Infrastructure: Building Spaces That Inspire Learning

One of the most visible transformations was in the school's physical landscape. I, along with my team undertook an extensive revamp of infrastructure — designing modern, spacious classrooms, flexible seating, and vibrant learning corners.

The science facilities saw a major uplift. Our Chemistry, Physics, and Biology laboratories were upgraded into state-of-the-art spaces where hands-on experimentation became a joyful routine. Dedicated English, Mathematics, and Science labs allowed students to learn by doing, exploring concepts with curiosity and confidence.

The school campus also evolved to support sports and physical well-being. The development of a state-of-the-art playground provided students with expansive space for athletics, team sports, and physical training — fostering discipline, teamwork, and a healthy competitive spirit.

Pedagogical Innovations: From Teaching to Learning

Curriculum design became a rich space of creativity. The development of our Annual Pedagogical Plan (APP) encouraged teachers to use diverse tools like rubrics, peer assessment, parents assessment, self

assessment, projects and presentations, enabling students to demonstrate learning in multiple ways. The plan also ensured that teachers worked collaboratively with clear and connected learning goals woven with values, cultural knowledge, arts, and life skills.

Pedagogy shifted from textbook-dependence to conceptual depth, integrating local culture, heritage, environmental stewardship, and ethical reflection. Students learned not only what to think, but also how to think, and — most importantly — how to be. The NEP 2020 emphasis on shifting from summative to formative assessment guided us to focus more on feedback, reflection and application of knowledge rather than one time examination.

Reimagining Assessment: From Marks to Mastery

We shifted from rote evaluation to continuous, comprehensive, and competency-based assessment. Growth, learning, and reflection became the cornerstones of our academic approach. Bloom's Taxonomy became the base of all the formative and summative assessments focusing on SMART Learning Outcomes.

Learning became a journey of continuous self-improvement, not a race toward marks. Our students learned to identify their strengths, recognize their errors without fear, and grow with awareness and grace.

Teacher Empowerment: The Heart of Transformation

Every transformation I envisioned could only be realized because of the incredible teachers of Bhavan's Delhi. We invested deeply in teacher development, offering training in pedagogical strategies, digital fluency, classroom research, emotional wellness, and mentorship practices.

Through collaborative workshops, reflection circles, lesson studies, and CBSE and NABET capacity-building programs, our faculty evolved into a community of innovators and learners. Teachers did not simply teach lessons — they designed learning experiences.

Their dedication, adaptability, empathy, and professionalism were — and remain — the true strength of the school.

QCI and NABET Accreditation: A Journey of Quality and Excellence

Achieving QCI and NABET accreditation was a landmark in our journey. It validated our commitment to quality systems and institutional accountability.

Student Empowerment: Voices, Choices, and Opportunities

Students were encouraged to take leadership roles and participate in clubs, assemblies, cultural events, and academic platforms. In addition to these, projects rooted in empathy and social responsibility became integral to our school culture.

Initiatives like Kalanaipunya, aims to foster creativity, craftsmanship, entrepreneurship, and ethical awareness while promoting respect for Indian art and culture.

The Hug with Warmth campaign nurtured sensitivity and care within students, encouraging them to support the community with compassion. Our Roti Bank, in collaboration with Robin Hood Academy, taught students the importance of kindness, sharing, and service by providing meals to those in need.

Integrating Culture, Values, and Well-being

Recognizing the importance of global awareness, we initiated exchange programs and international collaborations with United Kingdom, Japanese, Australian, Korean and Taiwanese schools and universities.

Through Model United Nations, global classroom projects, international cultural exchanges, and cross-border student dialogues, our learners experienced what it means to be both Indian and global — grounded yet open, rooted yet expansive.

A Community of Learners: Parents and Partnerships

Our parents were not just witnesses, but companions in the journey. Through orientation programs, interactive workshops, feedback forums, and collaborative planning, we built a relationship of trust, mutual respect, and shared commitment.

Together, we shaped the lives of our children.

Gratitude: The Strength Behind the Success

As I near the completion of my professional journey in November 2025, I feel a profound sense of fulfillment. Life, in its graceful symbolism, has brought me full circle — from my early years as a TGT English teacher in Bhavan's Vidya Mandir, Khor, to leading Bhavan's Mehta Vidyalaya, New Delhi.

Thirty-seven years of unwavering, dedicated service — including twenty-eight years as Principal — have filled my life with purpose, learning, and immeasurable joy. Every challenge came with a lesson; every success came as a collective celebration.

I owe everything to:

- My husband, whose encouragement has been my anchor
- My son and daughter-in-law, whose love brightens every chapter
- My loving parents for their unwavering support.
- My colleagues (past and present) whose dedication, adaptability, empathy and professionalism will always remain school's strength.

As I prepare to pass the baton to the next generation of educators, I do so with serenity and deep trust.

For I know that:

- The foundation is strong
- The vision is clear
- The spirit of Bhavan's is eternal

Education is not merely the transmission of knowledge — it is a sacred act of hope. It is a belief that every child holds within them a universe of possibility and it has been the privilege of my life to nurture those possibilities.

“Vasudhaiva Kutumbakam — The world is one family.”

This timeless truth has been my guiding light. It will continue to illuminate Bhavan's Delhi long after I step away from its corridors.



Vice Principal's Message

Empowering Minds, Enriching Lives

Butterfly's Journey - A butterfly was trapped in a cocoon, struggling to break free. A gentle breeze whispered words of encouragement, "You are strong enough." With newfound determination, the butterfly pushed and pushed until it emerged, transformed, and was free. As it spread its vibrant wings, it realized that the struggle wasn't just about escaping the cocoon, but about unfolding its true potential. The butterfly soared, sharing its beauty and inspiring others to embrace their own transformations.

This story symbolizes the journey of self-discovery, growth, and empowerment.

Dear students,

Just like the butterfly you can also break free from limitations and spread your wings to achieve greatness. You are capable of achieving great things! Believe in yourself and your abilities. Prioritize your mental wellness by taking care of your mind, body, and spirit. Take small steps every day towards personal growth, whether it's reading a book, practicing mindfulness, or learning a new skill.

Remember you have the power to transform and unfold your true potential. Don't be afraid to struggle, push through challenges, and emerge stronger. Build resilience by facing challenges, head-on and learn from your mistakes. Believe in yourself, spread your wings, and share your unique beauty with the world. You are capable of achieving greatness. As you grow and thrive, you inspire others to do the same, and together, we create a community that supports and uplifts each other. Your journey can inspire others to do the same.

Keep pushing, keep growing, and keep shining!"

Mrs. Dimple Joneja
Vice-Principal



Investiture Ceremony

Mehta Vidyalaya organized its prestigious *Investiture Ceremony* for the academic session 2024–2025 on August 5, 2024. The occasion was graced by Principal Dr. (Mrs.) Anju Tandon and Vice Principal Mrs. Jagriti Sharma. The newly elected Appointments of both the Senior and Primary Wings were honoured with badges and house flags. Following the ceremony, Principal administered the Bhavan's Pledge, inspiring the young leaders with a sense of pride, discipline, and responsibility towards their duties.





Appreciation Day Celebrations

School celebrated its Annual Appreciation Day on July 14, 2025, wherein the school honoured Class XII CBSE subject toppers of 2024–25 Board Exams. Certificates with handwritten notes by subject teachers were awarded, celebrating both students' achievements and teachers' dedication. On July 31, 2025, an Appreciation Day Assembly was held to felicitate Class X toppers. Principal Dr. (Mrs.) Anju Tandon and Vice Principal, Mrs. Dimple Joneja congratulated the achievers, highlighting that awards foster excellence, dedication, and competitive spirit while motivating peers to strive higher.





Dewang Mehta Memorial IT Symposium

Our school, in association with NASSCOM, hosted the 24th Dewang Mehta Memorial IT Symposium on 9th August, 2024. The mega event saw enthusiastic participation from 52 national schools, 10 Bhavan's branches, and 4 international schools, conducted in a hybrid format. Focused on the theme "*AI Promoting Girls in IT*," the symposium aimed to promote gender inclusion in technology.

The event was graced by the inspiring presence of Ms. Sangeeta Gupta, Senior Vice President and Head of Strategy at NASSCOM, who served as the Chief Guest.



Independence Day



Bharatiya Vidya Bhavan's Mehta Vidyalaya celebrated the 78th Independence Day on 14th August, 2024 with great patriotic zeal. The ceremony began with the hoisting of the National Flag by Shri Banwari Lal Purohit, Chairman of Bhavan's Delhi Kendra, followed by the National Anthem. In his inspiring address, Shri Purohit emphasized the crucial role of youth in nation-building. The highlight was the release of the biannual newsletter 'Bhavidya' and a vibrant cultural programme featuring patriotic songs, dances, skits, and action songs. The celebration instilled pride and reinforced the message that freedom is not merely a right but a responsibility of every citizen.



Constitution Day – Celebrating the Spirit of the Constitution



The school celebrated the 74th anniversary of the adoption of the Indian Constitution with a special assembly on 11th November 2024, organized by the Social Science Department featuring a thought-provoking skit by Class XI students highlighting fundamental rights and responsible citizenship, followed by the recitation of the poem 'Mera Samvidhan'. Students of Classes XI

and XII also presented innovative models illustrating key features of the Constitution. A major highlight was the release of LEGIS – Volume 5, the school's annual legal publication. The celebration not only paid tribute to the Constitution but also fostered civic awareness, creativity, and dialogue among students.





Har Ghar Tiranga

As a part of the 78th Independence Day celebration, students enthusiastically participated in the 'Har Ghar Tiranga' campaign. They proudly unfurled the national flag at their homes, reflecting their patriotic spirit and love for the nation. The campaign deepened students' connection with the ideals of freedom and unity, while fostering national pride. Their joyful participation turned the movement into a heartfelt tribute to the Indian tricolour and the values it stands for.



JANMASHTAMI CELEBRATION

The Pre-Primary wing celebrated Krishna Janmashtami on 23rd August, 2024 with great zeal. The event aimed to acquaint young children with Indian culture and traditions. Beginning with the lighting of the lamp, children presented vibrant cultural performances that highlighted devotion and festivity, earning appreciation from all present.



Ganesh Chaturthi

The school's administrative office celebrated Ganesh Chaturthi on 6th September, 2024 with devotion and joy. Dr. (Mrs.) Anju Tandon, Principal, Mehta Vidyalaya, along with teachers and staff members, offered floral tribute to Lord Ganesha followed by a soulful Ganesha Arti. The celebration created an atmosphere of spirituality and reverence, inspiring all to seek wisdom and positivity from Lord Ganesha's blessings



Teachers' Day Celebration



On September 5, 2024, Bharatiya Vidya Bhavan's Mehta Vidyalaya celebrated Teacher's Day with great enthusiasm and reverence. The Student Council presented a heartfelt programme featuring speeches, a vibrant dance performance, and a skit expressing gratitude to teachers. A formal ceremony in the BULMIM Hall began with the lighting of the lamp and a soulful Guru Vandana. Esteemed dignitaries graced the occasion. The highlight was the prestigious Smt. Sarla Shankar and Professor Vijay Shankar Award, presented to Mrs. Aradhana Gambhir, carrying a certificate and a cash prize of Rs. 11,000/-. Citations were also awarded to Mrs. Sharmila Saha and Mrs. Smita Malik for completing 25 years of dedicated service. The event concluded with a gracious vote of thanks.

DIWALI CELEBRATION

Mehta Vidyalaya celebrated Diwali in October 2024 with joy, enthusiasm, and creativity. The Pre-Primary wing marked the festival on 29th October with dances, songs, Ganesh Vandana, and a dance drama highlighting joy, responsibility, and eco-friendly celebrations. Children also staged a role play on sharing and caring with underprivileged children. Principal, Dr. (Mrs.) Anju Tandon and Vice Principal, Mrs. Jagriti Sharma lauded the efforts of students and teachers. The celebration beautifully blended festivity with values.



Swachh Bharat Activities

To instill values of cleanliness, responsibility, and cultural awareness, Mehta Vidyalaya organized activities where Kindergarten and Class III students participated in “Show and Tell” activities on Swachh Bharat Abhiyan. Class IV showcased their devotion through Solo Bhajan singing, and Class V participated in Newspaper Reading Activity as a part of the Thursday and Friday House Activities. These activities were enriching and showcased students’ creativity and confidence.



World Mental Health Day

To mark World Mental Health Day, Mehta Vidyalaya organized a Mental Health Awareness Programme on 9th October 2024, covering crucial topics such as Anger and Stress Management, Peer Pressure, Bullying, and Adolescent Issues.

The Psychology Department presented a skit titled “EQ is as Important as IQ” and launched the second edition of their e-magazine, ‘Mindful Reflections’. Informative posters promoting emotional well-being and anti-bullying messages were also displayed around the campus.

The initiative helped foster a more supportive and mentally healthy school environment.



Career Fair 2024

On 13 November, 2024, the school organised Career Fair for Classes XI & XII in the campus. More than 18 reputed universities and colleges including Ashoka, Pearl Academy, Amity, O.P. Jindal, SRM and UPES participated, offering students valuable guidance on higher education opportunities. The event also witnessed the participation of over 80 students from Guru Harikrishan Public School, Kerala School and Lady Irwin School. The initiative was well appreciated by students and teachers, who expressed enthusiasm for more such programmes in the future.



66th Annual Day and Prize Distribution

The school celebrated its 66th Annual Day on 18th November, 2024. The event was graced by Shri Banwari Lal Purohit, Chairman Delhi Kendra, Vice President Bharatiya Vidya Bhavan as the Chief Guest, and Shri C.S. Vaidyanathan, Chairman SMC, Mehta Vidyalaya as Guest of Honour. The Principal, Dr. (Mrs.) Anju Tandon, presented the Annual Report. The school magazine "Bhavidya" was released. Teachers who achieved 100% results in their respective subjects in 2024 Board Exams were honoured, while meritorious students were awarded trophies, certificates and cash prizes in different categories.





The cultural highlight, *Bharat Shining: Echoes of Excellence and Environmental Stewardship*, showcased a captivating dance-drama inspired by Dr. K.M. Munshi's vision of harmony with nature and Bhavan's philosophy of Vasudhaiva Kutumbakam - "The World is One Family". Collaborating with Rahul Khanna's Education through Theatre, the programme blended music, dance, and storytelling, showcasing brilliant choreography, to emphasize Sustainable Development Goals (SDGs) and a shared commitment towards a sustainable future.





Fostering Fitness and Fun: Annual Athletic Meet

The Primary Annual Athletic Meet was organised from September 30 to October 7, 2024. Students of Classes I to V participated with great enthusiasm in events such as Flat Race, Hurdle Race, Spoon Lemon Race, and Hopping Race, displaying agility, fitness, and sportsmanship. The Middle School Inter-Class Athletic Meet was also held during this period, featuring spirited performances in running and jumping events. The week-long celebration promoted teamwork, discipline, and fair play, concluding on a joyous note and reaffirming the school's commitment to holistic development through sports.

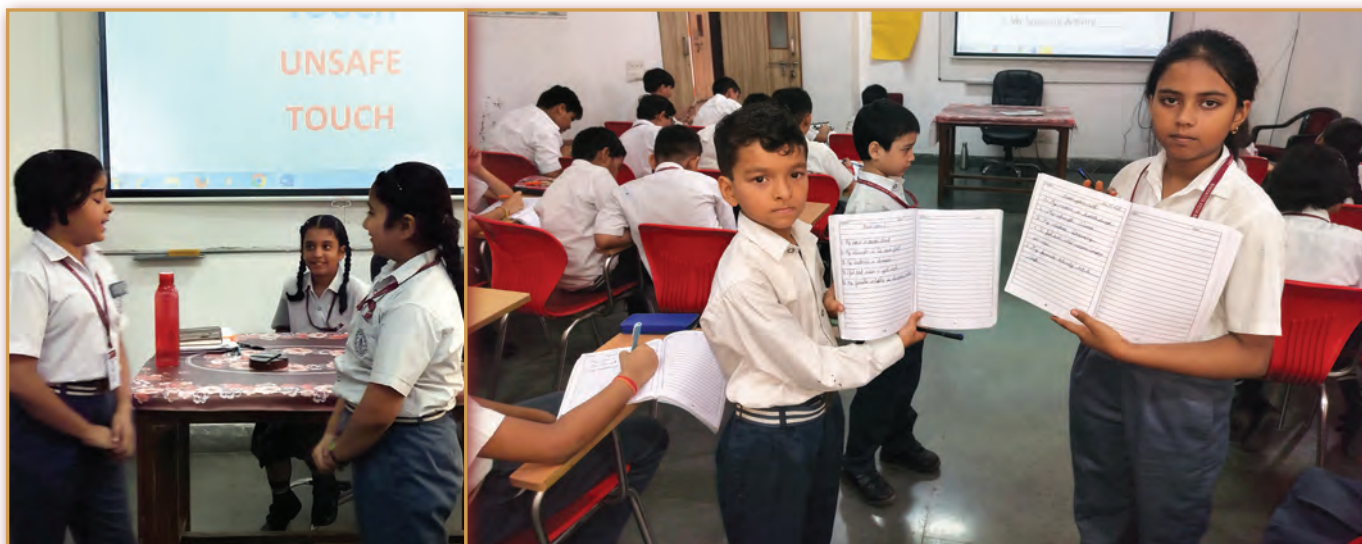






Life Skill and Adolescence Education Programme FOR CLASSES III TO VIII

Life Skills and Adolescence Education Programme was conducted to promote positive, adaptive behaviour and emotional resilience among students. The Life Skills Programme focused on the ten core skills identified by the WHO, including self-awareness, empathy, critical and creative thinking, decision-making, problem-solving, effective communication, interpersonal relationships, and coping with stress



and emotions, enabling students to handle real-life challenges confidently. The Adolescence Education Programme provided age-appropriate guidance on physical, emotional, and social changes, fostering responsible decision-making and healthy attitudes. The sessions featured interactive discussions and activities were led by School Counsellor, Ms. Jyoti Dev Rishi.

Celebrating Excellence in Sports and Cultural Competitions : DOE Meet (2024–25)

Laurels have been brought by our students through their outstanding performances in the DOE Cultural and Sports Competitions 2024–25.

CULTURAL ACHIEVEMENTS:

- *Music (Vocal & Instrumental)*: 2nd Position in Zonal Vocal Music (Classical) was secured by Buvnesh Vikramaditya (X-D) on 9th August, 2024. Tanushka Verma (X-C) was awarded the 2nd Position in Zonal Vocal Music (Semi-Classical) on 12th August 2024. 1st Position in Zonal Instrumental Music was achieved by Koyal Shruti (XI-B) and Sanskar (VII-B), while Daksh (IX-C) was awarded the 2nd Position on 16th August 2024.
- *Dance*: 1st Position in Zonal Solo Classical Dance won by Aarav (VIII-D) on 30th August, 2024. He was also awarded the 3rd Position in the District Solo Classical Dance on 19th September, 2024. 2nd



Position in Zonal Group Folk Dance was secured by the Girls' Group (Classes IX–XII) on 31st August, 2024.

- *Painting*: 1st Position in Zonal Painting Competition was achieved by Smritiman Chakraborty (VII-D), while Debankon Bagh (XII-D) was awarded the 3rd Position on 24th August, 2024.

SPORTS ACHIEVEMENTS:



- *Athletics*: At the Zonal Athletic Meet held from 1st–2nd November, 2024 at Tyagraj Sports Complex, Rahul Krishna (XII-A) was awarded 3rd Position in multiple events including 200m and Senior Boys 100m, while the 4×100m Relay team comprising Sai Somnath (XII-D), Debankan Bagh (XII-D), and Vaibhav Vaeshney (XII-C) secured 3rd Position. Saksham Batra (IX-C) was awarded 2nd Position in Sub Junior Boys 200m. Aditya Kumar (X-A) won 3rd Position in Junior Boys 100m, and Gunjan (IX-A) was awarded 3rd Position in Sub Junior Girls 400m. The Junior Girls' 4×100m Relay team, including Gaurika Dhall (IX-C), Srishti Papene, Yashika Kanojia, and Purvi, secured 3rd Position.
- *Badminton*: At the Zonal Badminton Tournament held on 1st–2nd November 2024 at Tyagraj Sports Complex, Rahul Krishna (XII-A), Raghav Wadhwa (XII-D), Harshit Malik (XII-B), Pratik Mohanty (XII-D), and Aryan Shrivastava (XII-C) were awarded 3rd Position in the team events. Sub Junior Boys including Rishik Raikwar (VII-A), Jagrit Manchanda (IX-B), and Arman Salvi (VII-C) also secured 3rd Position.
- *Football*: Abhinav (XI-C) was selected to represent the school at the Inter-Zonal Tournament (Zone-26) held at Delhi Govt. School Football Ground in November 2024 under the School Games Federation of India.
- *Gymnastics*: At the Delhi States School Games U-14 Gymnastics held from 10th–13th December 2024, Gamyia Kapoor (VII-D) was awarded 2nd Position in the Balancing Beam event.

These accomplishments reflect the students' dedication, talent, and discipline. Appreciation is extended to the teachers and coaches for their guidance and support.



Friends

— Keerti Chaturvedi-PGT Economics

They were always there
And shall always be
I am important to them
They are precious to me

Their numbers increased
As years rolled by
Some lost touch
Some smiles became wry

At times, I wonder
When and how did it start?
In some cases, I remember,
Though in some, I can't

We made new buddies
Growing kids and spouse
Times had changed
And also the vows

Forget this, it's a trivial issue.
When I recall that golden phase
Those joys and sorrows,
The hush-hush talks and the bitter days

Whatever be the age
Whatever be the time
It's friends who spread cheer
Whether they are yours or mine

Between the happy moments
Were silly and stupid fights
Which lasted from minutes to months
After each one, our bond become tight

Relationships may be many
Each comes in a different phase
One or many -its friends
Who makes the world a better place

There were some near home
Some in the bus, some in school,
Some were perfectionists
While the others were cool

Duties and family, too, need my attention
Your love still deserves a special mention
So my dear friend, new and old
I miss you all, the gentle and the bold

CULTIVATE RESILIENCE!



— Richa Jain-TGT English

I would like to start by asking some questions. As a child, how many of us have felt the pain of departing with a dear friend; losing our favourite book, pen or pencil; being scolded by the teacher badly in front of the whole class; losing a match in the sports field with your rival class team; being punished for not being able to complete your assignment in time or being bullied by a schoolmate?

All of us! Hardship doesn't discriminate. It is guaranteed. If you are alive, you are going to have to deal with some or the other problem. Children are the most sensitive and vulnerable to the adversities of life. The negativity in the environment can affect them and create severe emotional disturbance.

The world is challenging, and 21st-century kids have to experience a lot of stress in their day-to-day lives. We need to strengthen their resilience and empower them to cope with daily stressful situations. Resilience is the number one characteristic that all of us want our children to have,

and this one characteristic helps us to navigate why one child is different from the other.

As an educator, I encounter many emotionally vulnerable students. It takes time to gain their trust so they allow a teacher to touch those places that they are so guarded against. Seeing the flower of their soul open up is one of the biggest achievements for a teacher. In school, we can strengthen resilience in children by developing social competence, creating bonds between students and caring teachers, maximising opportunities for students' academic and social performance, and giving them enough space to read and explore the world through the world of books.

Children should be taught to be resilient from the beginning of their life like they are taught Mathematics, English, Science, Hindi, Sports and Arts. We need to teach them resilience with that fervour that it comes naturally to them. It is the need of an hour and inevitable. According to a study done by the International Journal for Child and Youth, to prepare children for that special Life Skill, parents should be counseled and special workshops should be conducted by teachers in school to teach them to build strong relationships.

Educational institutions can profoundly affect the quality of relationships with children. Schools are the one place where we have access to kids most closely and on a continual regular basis. If you ask people who have greatly impacted your life positively or even negatively, 90 percent of

the people are going to talk about someone from their school life. Parents and the School system need to collaborate which will have an unexceptional positive impact on the children, it will help them to build a strong inner voice.

There are four essential messages that we can give to the children that can help them to stand up during difficult times. The first one is that adversity is not personal. Kids are egocentric and by that I mean they take everything personally and think that they did something that caused it. We need to tell them that struggling is a part of life and it is not because of the quality of person you are.

The second thing is forgiveness. It doesn't mean to teach people to be doormats and allow people to run over them, absolutely not!!! What I mean is cutting the core of the burden of anger, resentment, hatred, fear and self-loathing from our kids so that when it is time to be resilient they don't have a knapsack hanging on their back.

The third one is to assure them that I See You. Not just physically but I see your characteristics, I see that you matter, I see what you love, I see how you are. Let kids know that you see them and when you see them, they are more likely to overcome adversity.

The fourth and last one is that it is okay to need other people. Society defines strength in not needing people but as a literal antithesis of what we need to do to be resilient, we need to be okay with needing the support of the right kind of people in our life for holistic development.

Role models play a significant part in the child's life. They may find their hero in their family or school or characters in the books they read or even in God. These heroes act like a moral compass for them which helps them to move in the right direction. As a teacher, I reinforce my children to look up to their hero in times of need; the one who is going to accept them; who is going to forgive them, and make them believe that things might not be in their favour for the time being but they will be fine soon.

In the end, I would like to say that keeping the research and stats aside, all kids have been through one or the other forms of stress, violence, or complex life situations. All they need is someone who cares and gives them support and power to overcome difficult situations. As an educator, we are the ones who can make a difference for kids. These kids are the future of our country. They are going to develop a better world for themselves and the entire human race. Thank you!



The Rickshaw Wala

— Dimpy Mathur-TGT English

It turned 'red' on the traffic light by
the road
instructing all the machines to halt
where they were.

A cute little princess in the backseat
continuously waving at a "Rickshaw-wala" behind her.

Shattered hopes and suppressed dreams
such was his story all this while
But, what a man of 'restraint'
as he waved back at her, with a smile.

Red turned yellow turned green
and in no time the car was on its way
cute little hands still waving at the old man
were his momentary relief indeed for the day.

Back to harsh reality, he loosened the brakes
started to pedal after a breath taken deep
The sun that day, burnt like never before
But... he had some promises to keep.

Pedal after, miles after miles
in search for his 'lucky day'
offered the 'ride' at minimal price
but found rejection all his way

Bent but not broken, he halted for a breather
by a shop that read "branded shoe"
"Ohh! what a disgust!!" shouted the owner
and he was chased away from there too.

Worried about his family back at home
and no earning yet so far.

9 PM already, his hopes started to fade away
when a couple stopped him outside a bar.

With a pint still in his hands,
the guy asked "How much till street 10?",
while taking a sip 50 Rs!!

"*Bohot mehanga hai*" - the same guy said
who had just given the bartender, a Rs 100 tip.

Unable to afford the opportunity to slip away,
he replied, "*jo bhi de dena mere maalik*".
Wickedly the couple smiled as they boarded.
That's a mentality so very sick!

His legs were shivering
with each pedal each pedal a Herculean task
He continued anyway, for he has to answer "papa,
chocolate"?
when his little daughter will ask.

Twenty minutes of starry ride for the drunk couple
Twelve hundred seconds of 'hell' for the old man.
Unsatisfied but helpless, he took the money
and his journey back home began.

But perhaps the day had more in store,
as both rear tyres gave way again.
He stitched the road with weary hands,
and bore the weight of silent pain.

Midway he halted at a shop so small,
ten rupees resting, fragile, slight.
A cigarette or a chocolate—choice so vast,
his princess's smile outshone the night.

ARTIFICIAL INTELLIGENCE: TRANSFORMING THE FUTURE OF THE WORLD AND THE WORKFORCE



— Ms Smita Malik, Head of IT Department

Artificial Intelligence (AI) has emerged as one of the most transformative forces of the 21st century. As the Head of the IT

Department, I have witnessed firsthand how AI is reshaping industries, revolutionizing business processes, and redefining the nature of work itself. From automating mundane tasks to enabling complex decision-making, AI is not just changing the way we work—it is changing the very concept of work.

AI is rapidly becoming the backbone of innovation across every sector: Healthcare, Finance, Manufacturing, Education, Retail and many others.

AI applications are not just improving efficiency—they are opening new possibilities for solving global challenges such as climate change, resource management, and public health.

THE EVOLVING JOB LANDSCAPE

The rise of AI is inevitably altering the job market. While automation may displace certain roles, it is equally true that AI is creating new opportunities in areas we never previously imagined.

JOB ROLES BEING REDEFINED

- Routine, repetitive, and rule-based tasks are being automated (e.g., data entry, basic reporting).



Mathematics— just the word is enough to make some students break into a cold sweat! But have you ever paused to wonder why a

subject that is so important in our daily lives causes so much fear?

- Workers are moving into roles that require creativity, critical thinking, emotional intelligence, and problem-solving.

New Career Pathways Emerging

- AI/ML Engineers
- Data Scientists & Analysts
- Cybersecurity Specialists
- AI Ethics Officers
- Human-AI Interaction Designers
- Cloud & Edge Computing Experts

The World Economic Forum estimates that AI and automation will create 97 million new roles globally by 2025, even as some traditional jobs become obsolete.

The Road Ahead: Human-AI Collaboration

AI should not be seen as a threat to human workers, but as a powerful tool that augments human intelligence. The future of work will be driven by collaboration between humans and machines, each contributing their unique strengths.

AI will take over tasks, not jobs. And for those jobs that are phased out, new, more fulfilling ones will emerge—provided we are prepared to reskill, adapt, and lead through change.

AI is not a distant future—it is the present. The transformation has already begun.

MATHEMATICS: A FRIEND FOR LIFE, NOT A FEAR!

—Mrs. Megha Relan Dhamija, HOD Mathematics

Let's start by understanding one simple truth: Math is everywhere. Whether you are calculating how much money you need to buy your favourite snacks, estimating the time left for your favourite TV show, or even measuring ingredients for a recipe—you are using math!

□ Why Is Maths So Important?

Mathematics is not just a subject; it is a way of thinking. It helps us:

- Solve problems logically
- Make smart financial decisions
- Understand patterns and relationships
- Build careers in engineering, data science, medicine, economics, and more

Even outside careers, math helps us in managing time, planning a trip, or even designing a game. In short, math is an integral part of life!

□ Why Are Children Afraid Of Maths?

Despite its usefulness, many students fear math. Here are some common reasons:

1. Fear of failure – One wrong answer can make students feel like they're "not good at math."
2. Lack of understanding – When concepts are not clear from the beginning, they pile up and become confusing.
3. Pressure to score high – High expectations from parents or teachers can create stress.
4. Rote learning – Memorizing formulas without understanding how or why they work makes math seem boring or meaningless.

□ How To Overcome The Fear Of Maths

The good news is — math fear can be overcome! Here's how:

1. Start with basics – Strong foundations in basic operations (addition, subtraction, multiplication, division) are the building blocks.
2. Make it fun – Use games, puzzles, apps, and real-life examples to make learning engaging.
3. Practice regularly – Like any skill, math improves with consistent practice.
4. Ask questions – Never hesitate to clear your doubts. Remember, no question is too small.
5. Change your mindset – Believe that math is a skill you can learn, not something you are born with or without.
6. Seek help when needed – Teachers, parents, or even online resources can make a big difference.

□ Final Thoughts

Math is not a monster to fear but a friend to understand. It teaches us how to think clearly, solve problems creatively, and make sense of the world around us. Instead of saying "I can't do math," try saying "I am learning math!"

So, the next time you open your math book, do it with confidence and curiosity. Who knows? You might just discover the joy of numbers!



HEALTHY FATS: FUELING YOUR BODY AND MIND

— Akanksha Malhotra-PGT Home Science

In the world of nutrition, fats often get a bad reputation. We're told to avoid them, but the truth is, not all fats are created equal. In fact, some fats are essential for our health and well-being. These are the "healthy fats," and they play a crucial role in keeping our body and mind in a healthy condition. Healthy fats, like those found in avocados, nuts, seeds, olive oil, and soybean oil, are packed with benefits. They help our body absorb important vitamins, provide a long-lasting source of energy, and are vital for brain development and function. Think of them as the building blocks for a sharp memory and focused mind. They also contribute to a healthy heart by helping to manage cholesterol levels. So, instead of fearing fats, we should learn to accept the right kinds. Swapping out unhealthy fried foods for a handful of almonds or using a drizzle of soybean oil in your cooking can make a world of difference. These simple choices can fuel your body, improve your concentration, and help you grow in and out of the classroom. Remember, a balanced diet with healthy fats is key to unlocking your full potential.

Excellence Certificate Holders' List Classes Nursery To V

Nursery A

1. Abdullaah Khaan
2. Khizar Hashmi
3. Kiaan Rathore

Nursery B

1. Arham Jain
2. Chetal
3. Enab Fatima
4. Jaisnavi Katyal
5. Krishiv Gupta
6. Myra Singh
7. Pranika Sharma
8. Shivaay Rajput

Nursery C

1. Jasnoor Singh
2. Muhhammad Azhaan
3. Muhammad Ahmed

KG -A

1. Aarna Saraf
2. Lavisha
3. Sharmishtha Paul
4. Vaidehi Sharma

KG -B

1. Aarav Saxena
2. Almika Biswas
3. Naman Goel
4. Omkar Mathur
5. Vihaan Jain

KG -C

1. Advait Saxena
2. Ahaan Kapoor
3. Dhruvit Shrivastava
4. Kushal Agarwal
5. Lovyam Tejasvi Goel
6. Pransh Chowdhary
7. Teesha Sunehera
8. Yathartha Ojha

KG -D

1. Abu Zidane
2. Dravya Jain
3. Namik
4. Aanay
5. Atulith Wadhwa

I- A

1. Aaryansh Gupta
2. Bhavya Joshi
3. Muhd. Ali Hamza
4. Nripjyoti Goswami
5. Saanvi Jain
6. Saish Mittal
7. Tanishi Chatterjee
8. Umar Khan
9. Yuhaan

I - B

1. Imaad Ahmad
2. Jaskeerat Singh
3. Kavya Bisht
4. Mohd Mustafa
5. Rudransh Saini
6. Syed Zohan Parwez
7. Viraaj Yadav

I - C

1. Anaya Aggarwal
2. Aaryav
3. Ansh Gupta
4. Harsh Kumar
5. Ridhima Bisht
6. Shaan Sharma
7. Vivaan Arora

I- D

1. Anshika Ahirwar
2. Ayushman Mantri
3. Hidansh

II - A

1. Atharv Rajput
2. Husnamaab
3. Maaz Ahmed
4. Riyansh Sharma
5. Saanvi Bisht
6. Saransh Gupta

II - B

1. Aadhaya Yadav
2. Aaradhya Rustogi
3. Advik Khandelwal
4. Inaya Goel
5. Mohd Ayaan Javed
6. Mohd. Hamza
7. Shivansh Rawat

II - C

1. Ayush Dattatrya Sutar

II- D

1. Reyansh Sharma
2. Rodina Heisnam
3. Misha Jain

III - A

1. Arish Kumar Thakur
2. Ivanya Sain
3. Kavya Mandal

III - B

1. Hriday Sharma
2. Mohd Qureshi
3. Ritvik Goel

III - C

1. Dhruv Papne
2. Muhammad Izaan
3. Paridhi Saini
4. Vivaan Kumar
5. Yuvika

IV - A

1. Aditya Gugia
2. Arsh Jain
3. Barnett
4. Chandrasekhar
5. Darshik
6. Ishaab
7. Rakshita
8. Vivaan

IV - B

1. Harshali Chauhan
2. Ishita Gupta
3. Natasha Arora
4. Navya Chaurasia
5. Prachi Kumari
6. Praneel Singh Bisht
7. Siddhant Jain
8. Yeshmit Grover
9. Aarav Chitransh
Srivastava

IV - C

1. Aadiv Singh
2. Aansh Naralia
3. Amogh Mishra
4. Aaryav Diswar
5. Tavisha Bharija
6. Vedant Gupta
7. Vihana Karthikeya

IV - D

1. Adnan Khurram
2. Swarn Vihan
3. Aditya Arora

V- A

1. Aarav Saw
2. Lavanya Pratap Singh
3. Rachit Kumar Singh
4. Saad Rahman

V- B

1. Agrim Pal
2. Advit Dhyani

V- C

1. Nirvi Aggarwal
2. Ashwath Nayak

V- D

1. Aditi Singh
2. Daniya Ali
3. Garv
4. Rudrapratap Singh

Winter Carnival 2024

The school campus came alive with joy and festivity on 24th December, 2024 as Bharatiya Vidya Bhavan's Mehta Vidyalaya hosted its inaugural Winter Carnival. The event brought together students, parents, and dignitaries including Dr. A.K. Sharma, Regional Education Officer, and Dr. C.K. Arya, Manager, along with Principal Dr. (Mrs.) Anju Tandon and Vice Principal Dr. Jagriti Sharma.

The carnival offered a vibrant mix of traditional games, modern attractions, cultural corners, and eco-friendly initiatives. Highlights included the Herbal Garden and Waste Management pavilion, Skill



Development Club's Kalanaipunya displays, and the millets stall promoting healthy eating habits. Children enjoyed amusement rides, while stalls featuring jewelry, crafts, stationery, and Kashmiri artifacts drew enthusiastic visitors. A diverse food court added to the festive cheer.

Parents praised the meticulous organization through heartfelt notes on the Wall of Reflection. The event fostered community spirit, creativity, and sustainability, leaving cherished memories and setting the stage for future celebrations.





New Initiatives: Pottery Workshop

As a part of our ongoing commitment to foster creativity and holistic development, the school organized a three-day Pottery Workshop from 11th November, 2024 to 13th November, 2024 for the students of Nursery to Class II.

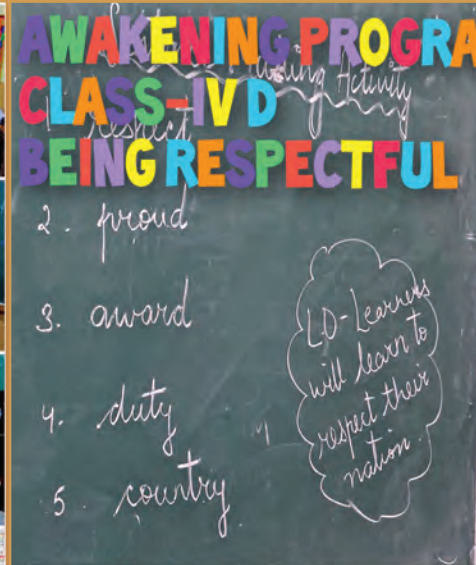
The workshop aimed to encourage young learners to explore their imagination, enhance fine motor skills, and engage in a sensory-rich experience through hands-on activities with clay. Children thoroughly enjoyed shaping and molding clay into various forms, expressing their ideas in a playful yet meaningful way.



Awakened Citizen Program (ACP) & Awakening Program (AP)

The school has been successfully conducting the Awakened Citizen Program (ACP) since 2015 for Classes VI–VIII. This three-year value-based initiative focuses on self-discovery, critical thinking, empathy, and resilience.

In the current session, the school also introduced the Awakening Program (AP) for Classes I–V as a feeder to ACP, in line with the vision of NEP 2020. Through storytelling, reflective practices, and engaging activities, AP nurtures values such as Atmashraddha (self-respect), responsibility, and integrity from an early age.





Both programmes aim to develop ethical awareness, confidence, and value-driven citizenship, empowering students to face life's challenges with courage and compassion.

CBSE Science Exhibition

In the CBSE Regional Science Exhibition, held on 2–3 December, 2024, at ASN Senior Secondary School, Noida, nearly 60 schools competed across seven categories. Representing the school, Ranbeer Khanna (IX-C) and Bhavishya Nakul (XI-D) showcased their innovative model, “AgroPal”, designed to promote sustainable and eco-friendly agricultural practices.



Bhavan's Alumni Meet



Bhavan's Mehta Vidyalaya celebrated the Silver Jubilee of the Batch 1998 on 14th December, 2024, a grand and nostalgic reunion that brought together alumni, esteemed teachers, and dignitaries. The celebration saw the esteemed presence of Principal, Dr. (Mrs.) Anju Tandon, former Principals, Mrs. Rekha Sharma and Mr. Rajan Dhingra, along with several retired and current teachers fondly remembered by the alumni. Distinguished members of the Bhavanite Association participated enthusiastically, adding to the event's significance. Highlights included a heartfelt felicitation of teachers, a cultural programme by the alumni,

and live streaming on YouTube for virtual participation. The celebration honoured the school's enduring legacy and the lifelong impact of its educators.



G S Negi Memorial Sports Tournament 2024

On 23rd August, 2024, the annual G.S. Negi Memorial Sports Tournament, organised by the Bhavan's Alumni Association, was held at the Bharatiya Vidya Bhavan's Sports Ground. The tournament was inaugurated by Dr. (Mrs.) Anju Tandon, Principal, Mehta Vidyalaya, marking an enthusiastic beginning of the day. The tournament featured two events, Throw Ball and Football. In a gripping finale, Bharatiya Vidya Bhavan Girls' Team emerged as champions in Throw Ball and the alumni team won in Football. The event concluded with a prize distribution ceremony.



Community Helpers Day at Kindergarten

The Kindergarten Department organized a special event to honor Community Helpers who play an essential role in our daily lives. The programme aimed to create awareness among young learners about the significance of these helpers and the services they provide. Through engaging activities and interactions, children learned to appreciate their contributions. The event was filled with joy, enthusiasm, and curiosity as the little ones actively participated and expressed gratitude.



Blood Donation Camp 2024

Mehta Vidyalaya, Delhi, in collaboration with the Indian Red Cross Society organized a Blood Donation Camp on 8th November, 2024 in Munshi Memorial Hall. The event was inaugurated by Principal, Dr.

(Mrs.) Anju Tandon and Chief Guest Dr. Anupam Prakash, alumnus and doctor at Lady Hardinge Medical College. Class XI students volunteered wholeheartedly, assisting donors and creating a warm, service-oriented atmosphere. The camp reflected the school's strong commitment to community service.



National Voters' Day Celebration

To reaffirm the values of democracy and ethical voting, Mehta Vidyalaya celebrated the National Voters' Day. The programme began with the Voters' Pledge, followed by engaging activities. Students of Classes VI–VII participated in a drawing competition, while Class VIII designed impactful posters on voter awareness. Senior students (Classes IX & XI) expressed their views through essay writing in English and Hindi. Cultural performances, including inspirational songs, a musical skit on the Constitution, highlighted the spirit of the day. The celebration inspired students to uphold democratic values and become responsible citizens.



ECO CLUB

Embracing the spirit of sustainability through a series of vibrant initiatives led by the Eco Club, 'Clean and Green Diwali' was celebrated with poetic expressions, cultural performances, and a green pledge, urging eco-friendly festivities. Earth Day was marked by a soul-stirring skit, poetic recitation, and a spirited rally, nurturing environmental consciousness. Van Mahotsav on 2nd August, 2024 witnessed a heartfelt plantation drive, instilling responsibility towards nature. These initiatives empowered students to become conscious custodians of the Earth, echoing the values of care, compassion, and conservation.



ASTRONOMY CLUB



To commemorate the glorious first anniversary of Chandrayaan-3's historic landing, the Astronomy Club organized a series of engaging activities on 12th August, 2024 for the students of Classes VI–IX. The Middle Wing resonated with creativity as students showcased their imagination through poster-making, collage, and brochure designing. An Inter-House Astronomy Quiz on the theme *“Astronomy and Space Science – Journey of Chandrayaan”* was also conducted for Classes VIII and IX. The enthusiastic participation reflected the students' deep curiosity, scientific temper, and unwavering fascination with the mysteries of space exploration.

TechEdge and TechBotix Clubs



Technology based education thrives in the school through the TechEdge and TechBotix clubs, under the guidance of Mrs. Smita Malik, Head IT Department. Mentored by Mrs. Aditi Agarwal and Mrs. Gunjan Kakar, TechEdge fosters creativity through competitions, IT quizzes, and knowledge-sharing sessions. Guided by Mr. Mukesh Chugh and Ms. Megha Jolly, TechBotix immerses students in robotics via hands-on workshops and projects. Together, these clubs bridge theory with practice, nurturing innovators, problem-solvers, and future leaders of the digital world.



HERBAL GARDEN CLUB

Herbal Garden Club conducted diverse activities in 2024–25 to promote ecological awareness, nurture environmental stewardship and reinforce the value of nature's healing resources.



Students of Classes VI–IX participated in plantation drives, presentations, and herbal drink preparation sessions, while Classes I–II engaged in herb identification activity to build early awareness of natural wellness. Hands-on experiences, including making Mint-Cucumber Coolers, highlighted the health benefits of traditional herbs. Guided garden visits enriched students' knowledge, and a herbal plant sale during Bal Utsav encouraged awareness of biodiversity, sustainability, and awareness of herbal benefits.



KALANAIPUNYA CLUB

Kalanaipunya, the skill development initiative of Bhavan's Mehta Vidyalaya, envisioned by Principal Dr. (Mrs) Anju Tandon, aims to foster creativity, craftsmanship, entrepreneurship, and ethical awareness while promoting respect for Indian art and culture.

Students from Classes III to XII, guided by the Fine Arts and Commerce departments, create eco-friendly artifacts including paper jewellery, decorated stationery, jute bags, candles, and folk art. Commerce students manage marketing, finance, and operations, simulating real-world business roles. This interdisciplinary program cultivates innovation, leadership, collaboration, and social responsibility.



WASTE MANAGEMENT CLUB



In a spirited endeavour to instill eco-consciousness and sustainable living among students, the Waste Management Club of Bhavan's Mehta Vidyalaya organized a series of year-round initiatives during the academic session 2024–25. The central focus was on promoting the principles of the 3Rs—Reduce, Reuse, and Recycle through hands-on experiences.

Recycling of school paper waste was carried out on a regular basis in collaboration with Shri Anil Enterprises. The recycled waste was exchanged for paper rims, ensuring practical reuse within the school. Students also participated in creative reuse workshops, composting site visits, and awareness-building activities, which deepened their understanding of effective waste management. Special observance was marked on Earth Day with eco-pledges, artistic eco-crafts, and awareness rallies, motivating students to adopt environment-friendly practices in their daily lives.



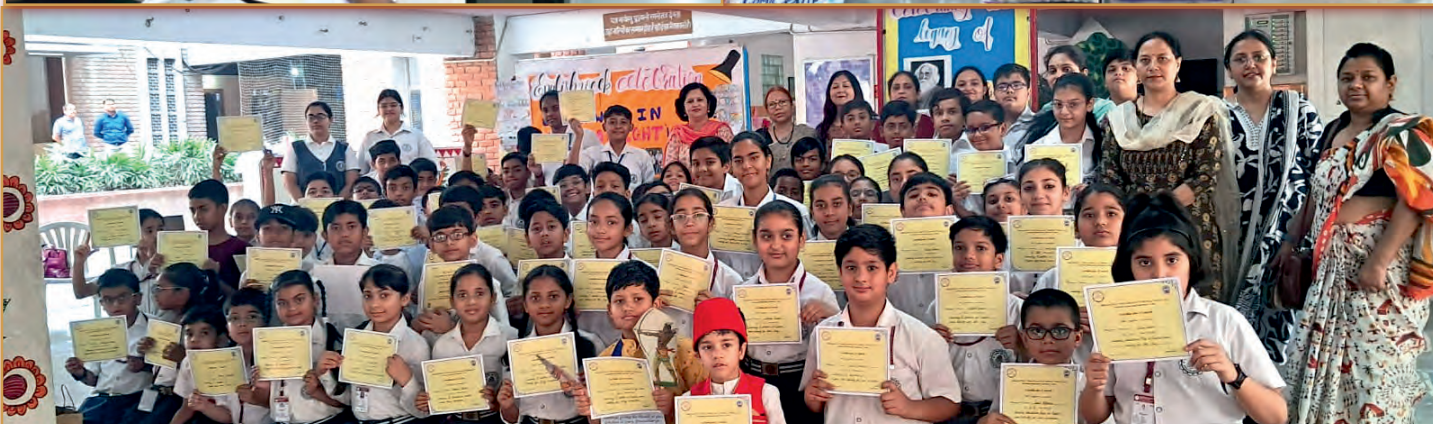
A significant initiative was the “Recycling to Education Initiative” drive, held from 21st to 27th March 2025, in collaboration with the CSR project of AAPL—Notebook Project. Students exchanged used notebooks for new educational materials, thereby fostering recycling habits. This initiative not only promoted sustainable waste management within the school but also strengthened community participation by engaging students, staff, and parents alike.

ENGLISH DEPARTMENT



The English Faculty organized weeklong celebration from 6th–10th May, 2024 with the objective of enhancing students' proficiency, confidence, and love for literature. The week culminated with a special assembly on 10th May, commemorating Rabindranath Tagore's birth anniversary. Students of Classes III–IX enthusiastically participated in activities such as story narration, poetry recitation, role play, book reviews, comic strips, and 'Rap Reverie'. Winners showcased their talents at the finale and were felicitated with certificates.

Students attended events like HT PACE Literary Fest *Pustakayan* Book Fair and also visited Sahitya Academy Museum, fostering a passion for reading. The department continually explores innovative platforms like simulations, music, and multimedia to make learners globally competent and confident.



INCLUSION AT MEHTA VIDYALAYA

The Inclusive Education Policy at Mehta Vidyalaya aims to provide equal access, participation, and opportunities for learners with diverse abilities. It emphasizes that every child has the right to quality education in a barrier-free environment, where diversity is seen as a strength. Special educators, in collaboration with mainstream teachers, parents, and allied professionals, play a vital role by designing Individualized Education Plans, offering remedial support, and sensitizing peers. The policy envisions improved academic performance, social integration, independence, and greater acceptance of diversity, thereby strengthening the school's inclusive framework.



INTERNATIONAL MATHS DAY ASSEMBLY

On February 14, 2025, a special assembly was conducted to mark Maths Day, celebrating analytical strength of Mathematics. As a part of the weeklong celebration, numerous engaging activities such as poem recitation, quizzes, geometric rangoli, bingo, extempore, and presentations on solid shapes were conducted. Highlights included tribute to Srinivasa Ramanujan, a Math-themed dance, and a fashion show.

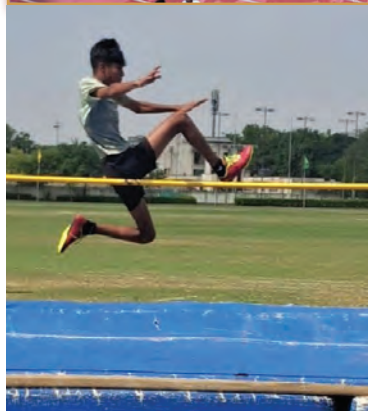
The Vice Principal, Dr. Jagriti Sharma, commended the winners and participants encouraging the students to integrate mathematical thinking into everyday learning.



Physical Education Department.

The Physical Education Department of Mehta Vidyalaya flourishes through vibrant sporting initiatives promoting physical vitality and character-building. The Sports Academy, active beyond school hours, offers coaching in football, basketball, cricket, athletics, and lawn tennis, benefitting both Bhavanites and neighbouring students.

Our students proudly represent the school at zonal, state, and national levels, bringing laurels to the school. To further nurture budding talent, the school organized the Annual Athletic Meet to celebrate the youthful vigour and emerging talents. A key highlight of the session was the G.S. Negi Memorial Tournament held on 23rd August 2024. These events instill discipline, resilience, and a lifelong love for sportsmanship.



Science Department

The academic year 2024–25 unfolded as a vibrant tapestry of meaningful activities, echoing the ethos of holistic and value-based education. Through the *Awakened Citizen* and *Awakening Programmes*, students were gently guided towards ethical reflection and responsible choices. National Science Day celebrations, Olympiads, NAEST, and art-integrated projects nurtured scientific spirit and creative inquiry. Dynamic club initiatives—eco drives, waste management campaigns, herbal garden care, astronomy explorations, and energy conservation efforts—instilled environmental stewardship and curiosity. The 44th Blood Donation Camp kindled compassion and social duty. Enrichment activities on conservation, well-being, and social values transformed classrooms into real-life learning labs.

These endeavours harmoniously blended intellect with empathy, empowering learners to evolve as conscious, capable, and compassionate citizens of tomorrow.



Social Science Department

The Social Science Department enriched the academic session with a variety of meaningful activities. The Delhi High Court visit gave Class XII students an insight into judicial proceedings, while the Constitution Day Assembly featured a skit on Fundamental Rights, recitation of 'Mera Samvidhan', model presentations, and the release of LEGIS, Volume 5. Students of Class XI marked Nelson Mandela's birth anniversary at the India International Centre, and Class XII Humanities students attended the Partition Horrors Exhibition at Lalit Kala Akademi, deepening their understanding of history and global peace.

A Mock Parliament, conducted with PRS Legislative support, enabled students to experience democratic debate on E-Commerce Regulation Bill 2024. In addition, a series of Disaster Management

drills and safety workshops equipped learners with essential preparedness skills. Together, these initiatives fostered civic sense, democratic values, and global awareness among the students.



WORK EX DEPT.

The Work-Experience Department has been a vibrant torchbearer of cultural expression throughout



the year, nurturing students' talents in Art, Dance, Culinary and Music, where they have consistently secured gold, silver, and bronze laurels in D.O.E competitions. A painting by Ridhima Adhlakha (Class XII) was selected for the N.P.S.E. Calendar, while Debankon Bagh (Class XII) brought laurels through his award-winning participation in Veer Gatha 3.0 organized by S.C.E.R.T. Under the Kalanipunya Skill Club, students honed their creativity in painting, craft, jewellery, and candle-making, with their artifacts exhibited and sold during festivities to support noble causes.



Teachers' Workshop

Workshops play an important role in enriching teachers' knowledge, enhancing classroom practices, and keeping them updated with new trends in education. The objective of attending such workshops is to adopt innovative methods, strengthen student engagement, and contribute to holistic learning. Bharatiya Vidya Bhavan's Mehta Vidyalaya encourages its teachers to attend these workshops as a part of its commitment to continuous professional growth and excellence in education.

Some of the workshops attended by our teachers are as follow :

- Mrs. Neha Sharma (PRT) attended a Consultative Meeting on Balvatika & Jadui Pitara organized by CBSE at DOE (East) on 26th June, 2024.
- Mrs. Mona Jayant Patras (PRT English) and Mrs. Heena Jain (PRT English) attended a workshop on Communicative Competencies in English Language Teaching at India International Centre, Lodhi Estate, organized by Orient BlackSwan and led by Mr. Samson Thomas, on 29th November, 2024.
- Dr. Jyoti Dev Rishi (School Counsellor) and Mrs. Mona Jayant Patras (PRT English) attended a Roundtable on "Mainstreaming Inclusive Schooling for Invisible Disabilities" at The Shri Ram School, Moulisari, Gurugram on 11th December, 2024.





- Mrs. Shefali Munjal (TGT Science) and Mr. Atul Chandra (TGT Maths) attended the Teachers' Training Program at the Indian National Science Academy (INSA), New Delhi on 20th December, 2024.
- Ms. Nidhi Pande (PRT Science) and Ms. Remya Menon (PRT Maths) attended a workshop on HPC – Holistic Progress Card at ITL School, Dwarka on 31st January, 2025.



IT DEPARTMENT

On July 29, 2024, Investiture Ceremony was hosted for its vibrant IT Clubs—**TechEdge** and **TechBotix**. The event celebrated leadership, innovation, and responsibility as IT prefects were formally appointed to spearhead technological initiatives. Graced by Principal, Dr. (Mrs.) Anju Tandon and Vice Principal, Mrs. Jagriti Sharma, the ceremony also honoured the Tech Titans, achievers of inter- and intraschool IT competitions.

Under the guidance of Mrs. Smita Malik and dedicated mentors, the clubs continue to nurture creativity, robotics, and digital innovation, empowering students as true tech ambassadors of the school.



Capacity Building & Staff Development Programme

Capacity Building and Staff Development Programme was organised from 20th to 28th May, 2024 for the teaching faculty. The programme featured interactive workshops and lectures by eminent speakers and in-house experts, focusing on innovative pedagogy, classroom practices, and holistic approaches to teaching. Key sessions addressed the use of the Prashast Tool for CWSN students, disaster management, corporal punishment guidelines, and framing learning outcomes through Bloom's Taxonomy. Teachers were also introduced to digital tools, AI applications, art-integrated learning, and experiential activities to make classrooms more engaging. The programme concluded with reflective discussions, reinforcing the school's commitment to excellence and continuous professional growth.





HEALTHY FATS: FUELING YOUR BODY AND MIND

In the world of nutrition, fats often get a bad reputation. We're told to avoid them, but the truth is, not all fats are created equal. In fact, some fats are essential for our health and well-being. These are the "healthy fats," and they play a crucial role in keeping our body and mind in a healthy condition. Healthy fats, like those found in avocados, nuts, seeds, olive oil, and soybean oil, are packed with benefits. They help our body absorb important vitamins, provide a long-lasting source of energy, and are vital for brain development and function. Think of them as the building blocks for a sharp memory and focused mind. They also contribute to a healthy heart by helping to manage cholesterol levels.

So, instead of fearing fats, we should learn to accept the right kinds. Swapping out unhealthy fried foods for a handful of almonds or using a drizzle of soybean oil in your cooking can make a world of difference. These simple choices can fuel your body, improve your concentration, and help you grow in and out of the classroom. Remember, a balanced diet with healthy fats is key to unlocking your full potential.

— Akanksha Malhotra-PGT Home Science



A JOURNEY TOWARDS ACHIEVING A GOAL

Is this worth it?

A question hovering around in the minds of all the people who are trying to attain something precious, known as a dream, without which any endeavor cannot be taken, for these people are ready to traverse any distance for it. But after failing once and getting consolidated about the result, most people usually surrender, as they believe they've invested sufficient effort, without realizing perseverance is a pathway leading towards their objective.

People who easily give up can never achieve something as precious as a goal, because success is not achieved by slumbering overnight or by watching television. The only way it can be achieved is by giving one's all to reach one's full potential. It means still moving forward even after a failed attempt, as failure is also a path that leads to triumph. Giving up now will only render effort and time futile; instead, make it worthwhile.

After all, a tree can only produce superior quality fruits if one diligently takes meticulous care by devoting years and years to it.

— Riya Singh Bisht , X-A



MENTAL WELLNESS AND EMOTIONAL WELL-BEING

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”

- Glenn Close

We rush to the doctor when we catch a cold or sprain an ankle, yet when our mind feels heavy or restless, we often choose silence. In today's world, students are battling exam stress, adults are juggling endless responsibilities, and almost everyone feels the pressure to appear “perfect.” While physical health is openly discussed, mental health remains in the shadows, even though it is just as important. Mental wellness and emotional balance are not about living without problems—they are about finding a balance even in the middle of life's storms. We must realize that true health is incomplete without a healthy mind. Across India, many people—especially the youth—silently suffer from serious mental health challenges such as stress, anxiety, and depression. An alarming report published in *The Hindu* reveals that a large-scale NIMHANS-led study of 8,542 Indian college students found that 33.6% had moderate-to-severe depression, 23.2% had moderate-to-severe anxiety, and nearly one in five had experienced suicidal thoughts, with 6.7% having attempted suicide. What makes this issue even more concerning is that everyday practices in our lifestyles often fuel these problems. Constant exam stress, performance pressure, social media comparisons, and irregular sleep routines leave young people feeling uneasy and burdened. The increasing exposure to social media has created an endless cycle of comparison, leading to poor self-esteem, self-doubt, and feelings of inadequacy. Added to this is peer pressure, which often leads to overthinking and increased stress. If the minds of our youth remain burdened by such invisible struggles, India cannot truly progress, regardless of how healthy our bodies may be.

While the challenges are real, the good news is that mental wellness can be nurtured through small but consistent steps. Emotional balance does not mean living a life free of stress, but rather it is the ability to maintain stability, manage both positive and negative emotions without being overwhelmed, and respond to situations with clarity and resilience. For young people, this can begin with something as simple as talking openly about emotions with trusted friends, family members, or teachers. Writing down thoughts in a journal, or channeling them through art, music, or other creative outlets, also helps release inner stress. Building emotional balance further requires setting healthy routines—ensuring adequate rest, limiting overuse of social media, and practicing mindfulness in everyday activities. When supported by a strong network of peers and mentors, individuals are less likely to feel isolated in their struggles. True strength lies not in avoiding hardships but in facing them with balance, resilience, and self-belief. Apart from individual effort, building mental wellness also requires adopting healthy practices and creating a supportive community. Simple lifestyle changes like regular exercise, yoga, and meditation have been proven to reduce stress and improve focus. The World Health Organization highlights that just 30 minutes of physical activity a day can significantly lower symptoms of anxiety and depression. Equally important are hobbies—whether it is reading, painting, or music, practice them as they help reduce stress and improve overall mood. Proper nutrition and sleep are often overlooked, but they play an integral role in maintaining mental health and emotional stability. At a broader level, awareness programs in schools and colleges, along with accessible counselling services, can help young people address challenges before they become overwhelming. In fact, India's National Mental Health Programme emphasizes the need for early intervention and community-based support. By making conversations about mental health more open and stigma-free, families, educators, and peers can collectively

nurture stronger minds. Mental wellness should not be seen as a luxury or afterthought, but as an essential part of everyday life.

In conclusion, mental wellness and emotional well-being are not just personal goals but social responsibilities. A nation can only thrive when its citizens, especially its youth, are emotionally resilient and mentally healthy. By breaking the silence, encouraging open conversations, and adopting mindful practices, we can create a culture where seeking help is seen as strength, not weakness, because let's be real, what use is a strong body if the mind remains fragile? As students, we all have felt exam stress or comparison on social media. It is time we acknowledge these struggles openly. The journey towards a mentally healthy India begins today with each one of us. Let us take action to make sure that mental health is no longer a taboo, but something we all value and prioritize every day.

“Healing takes time, and asking for help is a courageous step.” — Mariska Hargitay

By – Antara Sharma, XI-B

A TRIP TO JAPAN



Me and some of my friends-Yukta, Saksham, and Ranbeer- have been planning for decades to go for a trip outside India. Now is the perfect time. I have become a successful engineer, Yukta is a criminal advocate, Saksham is now the owner of a car showroom, and Ranbeer is a software

engineer. We all had a chat about it and finally we decided that we will go to Japan for 12 days. I wanted to roam the bustling city of Tokyo for its car drifting nights, Yukta wanted to go to Okinawa for its subtropical natural beauty, Saksham wanted to go to Kyoto for its cultural heritage, and Ranbeer wanted to go to Osaka for its yummylicious food and energetic nightlife. Now, we have a goal: to go to Japan. I booked 4 plane tickets to Japan. We left for Japan at 12 noon. It was a great flight because of the delicious food, great sleep, and we were all seated together!

We reached Japan the next day at 10:00 AM. We first went to Sotetsu Fresa Inn, which is a great hotel in Tokyo, by the way. We were exhausted, so we slept for a long time and then for 3 days, we went to different places in Tokyo, like the Skytree Tokyo, an observation deck, Sensoji, a Buddhist temple, and the Imperial Palace, a beautiful castle. From the fourth to the sixth day, we were in Okinawa. We went to many culturally important places there, like Shuri Castle, a beautiful castle, Naminoue Shrine, a Shinto Shrine, and Okinawa World, a very popular theme park. From the seventh to the ninth day, we spent our time in Kyoto, in the Yasaka shrine, a Shinto shrine, Tenryu-ji, a Buddhist temple, and Nishiki market, a very beautiful and bustling market. For the tenth and the eleventh day, we went to Osaka. There, we went to Universal Studios Japan, a theme park, and Dotonbori, which is Osaka's hotspot for tourists, full of clubs, bars, and restaurants with delicious food. For the last day, we devoted ourselves to buying souvenir for our family and friends. We bought many Japanese treats for ourselves, small statues for family and friends, and left with a lot of memories together. Our flight back to India left at 10:00 PM. We reached India at 6:00 AM. It was truly a magical journey with my besties, and we would never be able to forget that.

— Granth Bathla X-C



CONFESSIONS OF A BOOKHOLIC

Read books they said. It'll be fun, they said. Sure, yeah it is fun but nobody gives you the warnings before telling you to start reading books, now do they? They just tell you that reading books is an amazing habit and everybody should make it a habit. But no one tells you what the after effects are. I was in third grade when one of my friends told me that book fair is a thing and it exists. I was more than happy to try out something new. So, off I went with my parents the following weekend to the fair. What I saw there blew my small mind! Mounds of books everywhere. Stories about animals, fairies and what not. I freaked out and bought three books which, let me tell you was a lot for a 7 year old who has never read books. The following year, I again found myself in the book fair. This time, I took a leap and bought six novels. They were "Malory Towers", "Ramayana for kids", "Mahabharata for Kids", "Geeta for Kids", "Vedas and Upanishads for kids". They were read in that order except, I never came around to reading Geeta and Vedas till date and I don't think I ever will. They are way too boring. The reading of Malory Towers thus started this hunger of books in me. Although, I never read past the first two books in the Malory Towers series till date, but yes I have reread them about 18 times give or take. The following year led me to buy a few more books. A Diary of a Wimpy Kid, an encyclopedia, five of the Rusty series by Ruskin Bond and a biography of 100 amazing people (for kids of course). The following year, as I got ready to visit the book fair, a hideous virus gripped the world. The COVID 19. I honestly hate that thing. But it did lead to me rereading my few handful of books so many times that I learnt the words. COVID also opened the way of online shopping to my family. I didn't buy any more books for a year. The very next year, as I turned 10 (My birthday is in December so I turned ten very late in comparison to my friends), my parents gave me a drug. No, don't get me wrong, not the band kind of drug, they gave me the first and second part of Harry Potter. I had watched the movie, of course. But reading the book was a different thrill altogether. The details are suspenseful. I fell in love with Harry Potter. After that, I never looked back. I kept reading new books and everything. To this day, I own a total of 123 books but obviously I have read more than that.

Everything sounds great until now Doesn't it? It is great until you get addicted. That was my mistake. I could not think of a world beyond my books. Reality became a nightmare. Well it sort of is Isn't it? If I wasn't reading a book, I was drawing its characters or imagining that I was in the book (which I am embarrassed to say, I still do). Even when I was miles away from books (which I never was, but it's a figure of speech), my mind always found its way to them. I couldn't think of anything other than books and the characters in it. While writing an exam, if I see words like "broom or owl" or other words, my mind would automatically go to the books. I saw references of the books I read practically everywhere. And I kid you not, it's sort of fun. Like an inside joke meant for just you. Let me give an example. A few weeks ago as I was sitting down to write an exam, I saw a weird word that somehow sounded like "aretia", it's a fourth wing reference and I grinned like crazy that my partner actually asked if I was okay. Embarrassing but fun. All in all. Reading is amazing. They can transport people from one place to another in a fraction of seconds. But it also can leave the readers distraught and traumatized, sometimes. But yes that is fun too. One should read. By the way this article was supposed to encourage you to read and lose yourself in those stories just to find yourself again. Poetic isn't it? Now kindly go and read books and let me do the same.

— Parinishtha Paul, X-C

THE UNCERTAINTY IN LIFE

Our life ahead can never be completely planned, nor can we be sure that it will go the way we want. Life plans itself out, whether we like it or not. Anything may happen at any time, it can be good or bad. One such example is the story of Zuza Beine. She is a 14-year-old influencer, who has been fighting cancer for the past 11 years of her life. Through these dark times of her life, she decided to start posting vlogs on social media to share her pain and grief. She started off as a small influencer whose mom managed her content posting. But as time passed, she became a ray of hope for all the people who were fighting such an illness. She became popular as she shared more and more videos spreading awareness about cancer patients and how we should treat them. She expressed her experience on how people mocked her physical appearance and how she felt hearing these comments. She also shared her whole journey of how she beat cancer five times and all the problems she had to face. She teaches us how hard it is living with such a disease, so we should always think twice before making any unnecessary comments which may hurt others. She talked about how people often take little things for granted that she wished she could experience.

After all this struggle, Zuza faced cancer a sixth time, but unfortunately this time, Zuza's body couldn't respond to the treatment and she passed away on 22 September, 2025. Nobody could believe that a girl who has been fighting cancer ever since she could remember, was now suddenly gone. Zuza might not be here with us anymore, but her story teaches us that even in the darkest times, we can always find light. Like, in Zuza's life, cancer ultimately took her life after a long battle, but she died knowing that she was loved by millions of people and that she changed the mindsets of all these people by reminding them to notice and appreciate even the smallest things in life. People like her keep the hope alive in society that even a curse is a blessing in disguise. Zuza's death symbolizes the uncertainty in life and reminds us to live our life to the fullest, treating everyday like it's our last. It also tells us not to hold grudges and to forgive and forget because if we hold grudges and never resolve them, then we might regret it later. RIP Zuza Beine!

Based on a true story.

— Sanapa Srikitha, X-B

"DEVELOPED INDIA, DEVELOPED RAILWAYS"



India has made significant progress in developing its railway system, contributing to the nation's overall growth and connectivity.

A developed India boasts a well-organized and efficient railway network that plays a crucial role in transporting people and goods across the country. One notable aspect of India's railway development is its extensive network, which connects various regions: trains regularly link cities, towns, and villages, making it easier for people to travel for work, education, or leisure.

This improved connectivity fosters a sense of unity among citizens and facilitates the exchange of ideas and cultures. Moreover, the upgraded railway infrastructure enhances the transportation of goods, allowing industries to efficiently transport raw materials and finished products, which contributes to economic development.

— Virat Sharma, VIII-C

The Poltergeist in your chair



People aren't afraid of dying—some of them, not really.

They're afraid of looking in the mirror one day
and realizing they never truly lived.

We treat time like it's imperishable,
tossing away days and nights unproductively.

One day, you'll reach for tomorrow and your hand
will close on nothing, nothing to grasp onto.

And when you're gone, someone else will take
a seat in the chair you fancied once a long time ago.

They'll wear your clothes— the clothes for which you begged your mother to buy.

They will live in your home, breathe your air—
and the world will still go on forever without your existence, as if you never lived.

Your photos will outlive you, grinning endlessly for strangers
who can't even recall your name or don't even know you.

The digital afterlife is somewhat disturbing.

You will become pixels, dust, and a story no one remembers the traits of.

Every second you spare from avoiding life is, however, still a moment of life —
you just paid for it with your only currency—TIME! In this case, you'll never get a refund.

And the cruellest part? There will be a day in your life that feels utterly ordinary—
breakfast, errands, maybe a little rain, your fight over petty things with your mother —
and you won't know it's your last.

The way you made someone feel, the kindness you gave without a reason,
or passing a heartfelt comment on a random stranger about how their
outfit is exquisite — that's the part that can outlive you.

—Vrinda, XI-C





Mangoes, Memories, and Grandma

The earliest memories of
summers,

Begin at our grandma's Chambers,
Beneath the shade of neem so wide,
I sat with Grandma noon and night.

In the scorching heat,
In mangoes, we took delight

The sweet ice cream trips,
A memory etched in the heart held tight.

Her stories, sparkling and bright,
The old tales, filled with love and light,
The jingle of her bangles, music to my ears,
The breeze carrying the smell of her laddus
through the years.

Her wrinkled hands patting my face so gently,

Her face is like a full-bloomed flower,
And her smile grew brighter with every hour.

— Antara Sharma, XI-B

The Heart Of Compassion

I feel compassion towards others,
Always ready to help whenever anyone's in trouble.

I serve the needy people the best way I can,
Sharing my old books, clothes, and bags.

I've always been kind to those in need,
Never thinking of anything with greed.

I feel thankful every minute for what I have,
And I never feel depressed about what I don't have.
I always try to spread love and peace among everyone,
And I remind myself never to waste this precious life.

— Viraat Sharma, VIII-C



In monsoon, I stare out the window,
Like some kind of dare, like it's so rare.
In monsoons, I watch the raindrops
falling down on their own.

In monsoon, I listened to melodies a bit,
Feeling like the main character in it.

In monsoon, I eat spicy food
Every bite makes me feel good
These chronicles, covered in dust,
Uncovering them is a must.

— M.Gayathiri Lakshmi, VIII-C

A Creepy Night



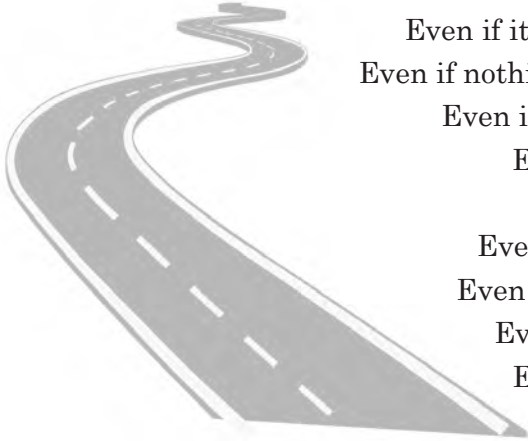
It was a rainy night,
Nothing was in sight.
Didn't know what was happening,
My friend too knew nothing.

The trees were blocking,
And their branches were mocking.
It lightened up in the sky,
As if someone was standing by,
But I could see nothing up so high.

Although we were drenched in rain,
We still reached home in pain.
Even our hard work went in vain,
As all our books were drenched in the rain.
— Yashvi Singh, VI-A

I will be still

Even if there's no wind, I would be still.
Even if it rains, I will still find my way.
Even if it's a sunny day, I will still find my fame.
Even if it's a storm, I will walk through the stones.



Even if it's night, I will still keep my body firm and tight.
Even if nothing goes as planned, my feet will still strongly land.
Even if I fall into obstacles, I will still find my path.
Even if it's a river I'll cross with a shiver.

Even if it's a mountain, I will endure the pain.
Even if it is a whole army, I will never bow down.
Even if it is a king, I will achieve my crown.
Even if there's no scope, I will never lose.

I would never slip, even if it's a slope.
I will stay strong, even when the whole world is wrong.
Even if there's no will, I would be still.

— Vivaan Indora, X-D

If this were my last day, would I be proud of my legacy?

I wish to be remembered for the love I gave, not the things I owned.
When I'm gone, remember me not for the things I possessed,
but for the love I shared and the kindness I showed.

Remember that I stood by those I cared for,
kept my word and respected every soul,
regardless of their color or name.

Carry forward my trust, my loyalty, and my belief in humanity.
Use your skills with pride, not just for yourself,
but to lift others higher.



If your hearts are warmer and your lives are brighter
because I was here, then my life was worth living.

— Vrinda, XI - C

FREEDOM'S VOICE

Long ago, in a dark, silent castle, there lived a girl named Zyra. She was beautiful, bold, and had a voice so calm and very powerful that it could calm storms, heal the sick, and even tame wild animals. But the king was afraid of her gift. He thought her voice was too strong, too dangerous. So he called a wizard, who trapped Zyra's voice in a chain of gold keys. Each key was hidden in a different part of the castle. Without her voice, she couldn't speak. Everyone believed she was quiet and obedient, but inside, she felt trapped. She wanted freedom more than anything. One night, she discovered that the castle was alive. The walls whispered secrets, the floors moved under her feet, and mirrors showed her hidden paths because the castle, too, wanted freedom. It guided Zyra to find the keys. Each key came with a test.



In one room, she had to face her fears in endless mirrors. In another, shadows of doubt tried to pull her down; lastly, on a bridge of hot coal, she had to step forward even when the ground broke beneath her. With every single gold key, a piece of her voice returned. It grew louder, stronger, braver. Guards trembled when they heard humming in the halls. Finally, Zyra realized that the last key was behind her father's pillow. She secretly went into her father's room tiptoeing the way. When she spoke her first true words, her voice shattered through the windows and broke down the chains and even destroyed the castle walls. Zyra stepped into the open world, her voice free and her heart free.

— Inaaya Bathla, VI-C



HOW AN ORCA SAVED A MONKEY'S LIFE

Long ago, there was a jungle touching the sea. In the jungle, unlike the other monkeys, there was a monkey named Serena. It loved the sea. But the monkey king said, 'The ocean is for aquatic animals, not for us'. The monkey felt sad but still watched the sea and its relaxing sound. One day, he was sitting in a tree watching the sea, and he - crash - fell into the sea. No one was around, he screamed. Yelped, asking for help. But then he noticed something beneath him. He found it was a nice and kind orca that saved him. He waved bye and became friends forever.

— Inaaya Bathla, VI-C

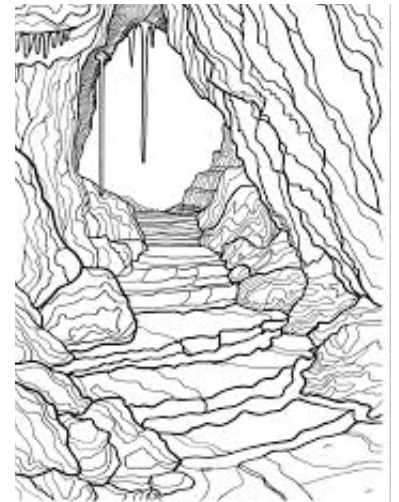




A MAGICAL CAVE

I had fallen asleep in the library while reading Harry Potter while dwelling in its magical world and thinking if it could ever be real. Suddenly, I heard a movement in one of the shelves. It was a really huge library but I was the only one there. It was midnight and the library had been closed up several hours ago. But, I had snuck into the library with my mastermind head and plans and tactics. I was feeling pretty tired so I decided it was time to go home. I went out the same way I had gotten in. As I approached the front of the library, and the start of the woods, I saw another path. It was eerie and dark yet somewhat intriguing. The crickets chirped in the bushes as if inviting me to go there. Me being me, I followed that path. It was a bit foggy so nothing was fully visible. Suddenly, before I could work out what had happened, I was falling through a water body, I could smell the salt. Smell, I was falling through the river as I had heard a splash but how could I smell? I realised that I wasn't even wet! I landed with a plop on the ocean or the river bed, it was hard to tell what it was. It was a cave. The aura was intense and foreboding. It was pretty dark but still for some reason everything was visible.

As I looked around, I spotted the source of light. It was a huge crystal that was blue. I heard breathing but I thought that it was just mine echoing off the walls. But I was wrong. It was a boy. A shadow in the darkness, always there but never noticed. I yelled 'stop!' And that made him turn. His face was only about an inch away from my face. He had a devilish look in his eyes and his face was scarily handsome. I asked his name, he replied hardly moving his lips. I tried to speak but couldn't. He touched my arm and everything went pitch black. I could still feel his arm on mine as I woke up, My hands were cold, very cold as if I had been somewhere that was dark and cool. The moon glittered like a disco ball in the clear night sky. I made my way back home and by that time it had started raining. As I am sitting down looking at the rain pattering away and wind gushing through the window, I remembered his name. Draco, the name hung in the air still as time. It really was a magical cave.



— Parinishtha Paul, X-C

ATTRIBUTE TO BRAVE HEARTS



Greetings, respectful son/daughter of Bharat. This letter is from a 15-year-old in the capital, pursuing his education, unsure of what the future holds for him. This letter is one of gratitude for your sacrifices, which allow the masses to sleep in peace. I pray that wherever you may be, the Almighty, ever so omnipresent, watches upon you, keeping you and those you love in the best of health. You are the peaks of the Himalayas, the rich forests of the Deccan, the deserts of the Thar, the archipelagos of the Andaman. You are a billion people, each with their own stories, just like you. I pray that this letter makes you smile (and have a chuckle or two). On this Independence Day, the nation celebrates your sacrifice with pride. Jai Hind! Jai Bharat!

— Supratik Sengupta, XI-A

Welcome New Teachers and Staff Members



Ms. Pratyanchaa Gupta,
PGT (English)



Ms. Medhavini Sharma,
PGT (Psychology)



Ms. Sandhya
PRT (Mathematics)



Ms. Megha Jolly,
TGT (Computer Science)



Mr. Pradeep Bhatt,
TGT (Sanskrit)



Mr. Pawan Kumar
Yoga Teacher



Ms. Rijak Kaur Anand,
PRT (English)



Ms. Aastha Bhatia,
PRT (English)



Ms. Bharati Sharma,
PRT (Hindi)



Ms. Tuba Kausar,
PRT (Mathematics)



Ms. Purnoor Tabassum,
PRT (Science)



Ms. Hritali Mukherjee,
PRT (Social Science)



Ms. Mansi
Assistant Teacher



Ms. Leena
Assistant Teacher



Ms. Manvi Negi
Assistant Teacher



Ms. Divyani Joshi
Assistant Teacher



Mr. Devendra Kamat
(Lab Assistant, Physics)



Mr. Rakesh Chandra Pant
(Lab Assistant, Chemistry)

FAREWELL (2024-25)

Farewell to Mrs. Prema Rawat

On 29th May, 2024, the school community came together to extend a fond farewell to Mrs. Prema Rawat, IT Assistant, in recognition of her remarkable 25-year journey with the institution. The programme included musical renditions, touching recollections, and expressions of gratitude.



Farewell to Mrs. Jessama Joseph

On 29th October 2024, a farewell gathering was organised for Mrs. Jessama Joseph, PRT (Mathematics), acknowledging her over thirty years of commendable service. The occasion was marked with words of appreciation, tokens of remembrance, and a warm vote of thanks.



Farewell to Dr. (Mrs.) Jagriti Sharma



On 2nd July 2025, the school hosted a special ceremony to bid adieu to Dr. (Mrs.) Jagriti Sharma, Vice Principal, honouring her 28 years of dedicated association with the institution. The event, attended by esteemed guests, featured heartfelt speeches and concluded with an official vote of thanks.

Farewell to Mrs. Sharmila Saha, Ms. Uma Sengupta, Ms. Saumya Nair, Mrs. Neeru Nigam.



On 28th March 2025, a collective farewell was accorded to Mrs. Sharmila Saha, Ms. Uma Sengupta, Ms. Saumya Nair, and Mrs. Neeru Nigam for their outstanding contribution to the school. Presided over by Director Shri K. Siva Prasad, the programme comprised dignitary addresses, a video presentation, and ceremonial acknowledgements, reflecting deep appreciation for their years of service.



STUDENT ACHIEVERS – SKY IS THE LIMIT

The academic session 2024–25 has been a proud year for Bhavanites, marked by outstanding achievements across diverse domains. Our students have excelled in academics, with recognition from the American Psychological Committee, top positions in Mathematics Extempore, IT Quizzes, Poster Making, Painting, and other scholastic pursuits.

These collective achievements stand as a testament to the hard work, dedication, and perseverance of our students, guided and supported by their teachers. They truly embody the school's vision of holistic growth and excellence. For Bhavanites, the sky is not the limit—it is only the beginning.

- Siddak Sharma (IV-D) and Tiya Sharma (II B) participated in the International Abacus Competition held on 5th May 2024, and won trophies for securing a place among Top 30 winners at Lok Kala Manch.



- On 5th May 2024, Navya Chaurasia (VII-D) secured a place in the Top 30 at the International Abacus Competition held at Shrijee Smart Abacus.



- From 1st to 4th May, Arman Salvi (VII A) participated in under 13 category in Boys Singles Badminton Championship by Delhi Capital Badminton Association and achieved the position of semi-finalist.



- On 19th July 2024, Class XII Psychology alumni Vedika Somani, Disha Verma, Aaniya Pokhriyal, Arundhati Rajpurohit and Anushka Sukhla were honoured by the American Psychological Committee for exemplary



performance in a High School Psychology Course.

- On 27th July, Yajat Malik (XII B) secured 3rd position in the Mathematics Extempore Inter-School Competition "Mathematics Quest 2024" at Apeejay School, Saket.



- On 29th July, Tanvi Sharma (X C) and Adhyan Rustagi (X D) secured 3rd prize in



Interschool IT Quiz held at Somerville School, Noida. On 3rd August, Tanvi Sharma (X C) & Adhyan Rustagi (X D) also participated in the Interschool IT Quiz at Ramjas School, R K Puram, and bagged II prize.

- On 12th August, Shreyashth Sharma (XII C), Vivaan Sharma (XII C), Krishna Kumar (XI B), Abhinav Keydiyal (XI B), won 3rd ,while Atharva Baliyan (X B), Parth Baliyan (X C), Aditya Yadav (X C) won 3rd & Kartikeya (VIII B), Anjaneya Mishra (VIII



C), Yashmit Chaudhary (VIII C), Yajas Gaur (VIII B) won 2nd position in Table Tennis Zonal Tournament held at Sanskriti School Chanakya Puri, New Delhi.

- On 30th August, Nursery and K.G scholars participated in the “Recital Rumble 24” Choral Speaking Competition at Ahlcon



International School, earning a certificate of appreciation.

- On 30th September, in the DOE Zonal Yoga Competition, Aryan Srivastava (VIII C) won 1st place; Anmol Tiwari (VI C), Yajat (X D), Kanav Singh Rawat (X C), Bhavya Shukla (IX D) secured 2nd; and Ishan Nigam (VII D) 3rd position.
- During the Bharatiya Vidya Bhavan’s XIII North and North-Eastern Region Schools

Athletic & Cultural Meet 2024 (16-18 Oct, Jaipur), the following achievements were



recorded: Aditya Kumar (X D): silver medal in the 100 meter; Srishti Papne (XI C): silver medals in 200 meter and 4×100 meter events; Vridhi Prakash (XI B), Yashika (IX A), and Gaurika Dhall (IX C): silver medals in the 4×100 meter relay; Gunjan (Class X): bronze medal in 400 meter race. In cultural events, Sarah Nama (XI B) claimed 3rd place in the News Panel Discussion, and Debankon Bagh (XII D), Shreyash (X A), Nandini Gupta (VIII C), and Alshifa Malik (XI C): 3rd positions in Graffiti Painting.

- On 19th October Abaan Sajid (XII B) won 2nd prize in Respawn Console & Nikhil Negi (XI A), Arul Singh (XI B), Bhavansh Kumar (XI C), Garvit Pruthi (XI C) won 1st prize in



Respawn Mobile in ‘Silicobattles’ at Ahlcon Public School, Mayur Vihar.

- On 25th October, Aryan Singh Shrinet (XI B) participated in Inter School IT Competition -



Consoleum at Apeejay Panchsheel Park, won 2nd prize.

- During the Aryan Gymnastics I Championship in Rohini, Delhi (25th-26th October 2024), Ganya (VI D) excelled by winning Gold in Floor Exercise and Silver in Balancing Beam and All-Round Performance, Arshan Ahmad (VIII B) claimed Gold in Table Vault.



- On 28th October 2024, Saish Sharma (XII D) won 1st prize in Dexterity (Photo Editing), Swapnil Tripathy (XI A) secured 3rd prize



in Memology (Meme Making) at Wartex IT competition, S.R. D.A.V Dayanand Vihar.

- On 14th November, Smiritiman Chakraborty (VII D) won ₹2000/- in the Energy Conservation Painting Competition organized by the Bureau of Energy Efficiency.



- On 8th Nov., 2024 Mohd. Mujtab, (II-D) was represented in Paperstone music video "R a b b Mera", which surpassed 2.2 millions views on Youtube.



- On 4th December, during the 27th Hepatitis Day celebrations by Institute of Liver and Biliary Sciences, Aaishi Katyal (X C) secured



1st position, and Kritika Chaudhary (VIII A) secured 2nd position in Poster Making Competition; Kirti Dogra (XI A) received a consolation prize.

- Students of Classes VI & VII clinched 3rd place in the HT Action Canvas Theatre



Competition, on 9th December at Ramjas Interschool School, R.K. Puram.

- Hridyansh (II-B) brilliantly secured 1st position at the Pacific Kids Fashion Show organised by NSP Pitampura.



- Yuvika Preenja (XI-D) secured 3rd position in 68th National School Games U-17, Gymnastics, held at Kolkata, West Bengal from 28th January to 7th February, 2025. Yuvika Preenja (XI-D) also participated in 38th National Games U-17, Gymnastics held at Uttarakhand from 8th to 13th February, 2025.



Republic Day



The school celebrated 76th Republic Day with patriotic fervour and pride on 24th January, 2025. The programme began with a speech on the significance of Republic Day by Middle Wing, followed by a vibrant cultural showcase. Nursery students presented a colourful parade highlighting traditional attire from across India, while Kindergarten students performed a graceful dance celebrating linguistic and cultural diversity. Classes I and II expressed patriotism through

an action song, 'I Love My National Flag,' and a tribute to the nation's soldiers, 'Hum Bharat ke Veer Sipahi,' respectively. Middle Wing students captivated the audience with an energetic dance, complemented by a soulful choir medley. The celebration concluded with the rendition of the National Anthem.





Pariksha Pe Charcha

Live streaming of Pariksha Pe Charcha 2025, an interactive and motivational session led by Hon'ble Prime Minister, Shri Narendra Modi, was organised for the students of Classes VI and VII on 10th February, 2025. Students engaged actively, noting key insights and appreciating the Prime Minister's practical guidance, particularly his emphasis on perceiving examinations as opportunities for growth rather than sources of stress. The session fostered confidence, positivity, and renewed motivation among all participants.

Basant Panchami Celebration

Basant Panchami was celebrated with devotion and joy by the Pre-Primary wing on 31st January, 2025. The programme began with Pushpanjali and a soulful Saraswati Vandana by the choir, invoking blessings of Goddess Saraswati.



Students, dressed in vibrant yellow, presented graceful dance performances that added colour and charm to the occasion. The celebration, graced by Principal Dr. (Mrs.) Anju Tandon, Vice Principal Mrs. Jagriti Sharma, teachers, and parents, beautifully blended tradition with learning.

The event not only marked the onset of spring but also instilled values of discipline, teamwork, and respect for culture among the young learners.



Farewell Ceremony

Mehta Vidyalaya bid farewell to the outgoing Class XII batch on 7th February, 2025. The occasion was graced by Shri C.S. Vaidyanathan, Chairman, Mehta Vidyalaya, as Chief Guest, along with distinguished dignitaries.

Principal Dr. (Mrs.) Anju Tandon inspired students to step into the future with confidence and values, while the Chief Guest urged them to cherish India's cultural heritage and embrace innovation with resilience. Veteran teachers, Mrs. Sharmila Saha and Mrs. Smita Malik were honoured with the Saraswati Samman for their dedicated service.

The school and house appointees were felicitated for their commendable contributions, and the biannual publication Bhavidya Newsletter was released. The ceremony concluded with heartfelt citations, student avowals, and rendition of National Anthem, leaving behind an atmosphere of gratitude and hope.





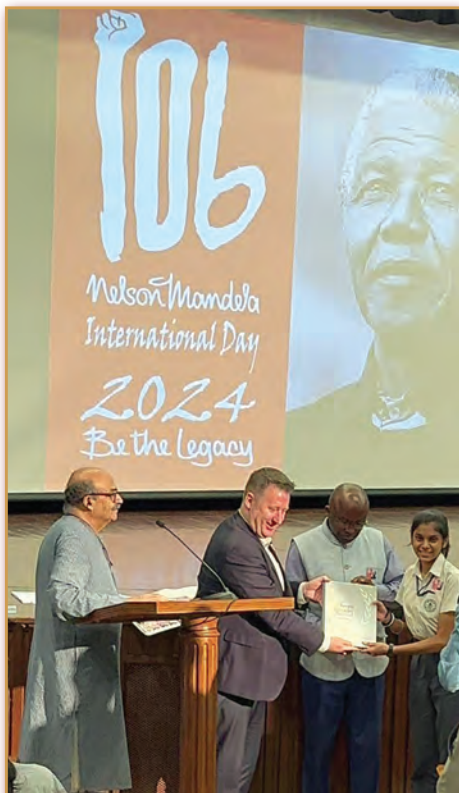
Super Kiddos Day – Kindergarten Department

The Kindergarten Department celebrated Super Kiddos Day on March 17, 2025, with great enthusiasm. Little ones came dressed as their favorite superheroes, filling the campus with color and excitement. Engaging activities encouraged creativity, confidence, and social interaction, while giving students a joyful platform for self-expression. The event turned into a memorable experience, leaving smiles on the faces of both children and teachers.



Students' Workshops

- The students of Political Science Class XII visited India International Centre on 18 July, 2024 to celebrate the 106th anniversary of Nelson Mandela. Students learned about UN's role in global peace and development and participated enthusiastically in interactive session with the panel. Yashika Vaid, Class XI was awarded for exemplary presentation on Nelson Mandela.



- Students of Class XII visited the National Science Centre on 24 July, 2024 to attend popular science lecture on 'Facts & Myths About Cancer in 2024', delivered by Dr. Suhail Qureshi, prominent Oncologist. It aimed to dispel misconceptions about cancer & educate the students about realities of this prevalent disease.



- Class XII Legal Studies students visited the Delhi High Court on August 7, 2024, gaining valuable insights into court proceedings and the judicial system.



- On 14th August, 2024, the Humanities students of Class XII visited the Lalith Kala Academy for the inauguration of the Partition Horrors Exhibition, organized by the Central Bureau of Communication, Ministry of Information and Broadcasting.



- A two-day workshop on 'Story Writing and Correct Spellings' was organized by the Hindi Department for Classes V & VI on 22nd & 23rd August, 2024.



- On August 22, 2024, Class I and II scholars participated in Ahlcon Inter School's "Group Rhyme" on SDGs 12 & 13, earning participation accolades.



- On 9th September, Classes XI & XII Political Science students visited Parliament House, engaging in a session with Mr. Sidhartha, Deputy Secretary, and touring the Lok Sabha, Rajya Sabha, and Central Hall.



- Under the Mental Health Programme 2024-25, a session for Class X students was conducted by Mr. Shubham Kumar and Mr. Ashutosh from Career Launchers, focusing on exam preparation strategies, stress management, and a roadmap for the 2024-25 Board Exams.



- On December 9, 2024, Class XII students Tulika Ghosh Dastidar (XII A), Akshita Tripathi, and Amit Jain (XII C) had the privilege of interacting with Mr. Jagadesh Kumar, Hon'ble Chairman, UGC, during a session on the Common University Entrance Test (CUET) with students from nine other schools. Meanwhile, Mrs. Ronangona Ghosh Dastidar and teacher representatives interacted with Mr. Avichal Raj Kapoor, Joint Secretary, UGC, who briefed them on reforms and student-centric portals. The UGC also recorded feedback from participants.



- On 12th December 2024, Class VIII students visited the Pustakayan Sahitya Akademi Book Fair.



- A Cyber Security and Awareness session for Class IX students was held on 26th December, 2024 by the Delhi Police Cyber Cell, Mandir Marg to equip students with essential knowledge to stay safe online.



Career Counseling Sessions

Following sessions were conducted for the students of Classes IX to XII to empower the learners make informed decisions about their future by assessing their skills, interests, values, and aligning them with suitable career paths

- Session for parents of Class XI by eminent Guest Speaker, Maj. General Pramod Saigal, on 23rd April 2024. Various conventional and non-conventional careers were discussed in the session.
- PCB careers in India and abroad organized by the CDC for Classes XI and XII on 27th May 2024.
- Mastering CBSE Boards and Cracking CUET for Classes XI and XII conducted on 10th June 2024 by Career Launchers.
- Unconventional Careers in Commerce and Humanities fields in India and abroad by the Career Development Centre for Classes XI and XII on 18th June 2024.
- Understanding IELTS organized by Career Launchers for Classes XI and XII on 30th June 2024.
- New Age Careers organized by eminent Career Counselor, Mrs. Naaz from Career Counselling Wale, on 8th July 2024 for Classes XI and XII.
- Understanding Tips to Handle Entrance Courses and CBSE Syllabus organized by the CDC on 16th July 2024 for Classes XI and XII.
- Unveiling Modern Age Universities: Explore,



Learn, Excel by Ashoka University for Classes XI and XII on 22nd July 2024.

- Career Planning by Career Counselor, Mrs. Naaz from Career Counselling Wale, for Class X on 27th July 2024.
- A session on CUET was conducted by experts from CLAT Possible for Classes XI and XII on 27th July 2024.
- Careers Abroad by renowned Career Counselor, Mr. Jitin Chawla, at Kamani Auditorium for Classes XI and XII on 30th July 2024. Students attended along with their parents.
- Basic Career Counselling – What to Keep in Mind While Selecting a Stream/Subjects in Class XI by experts from ALLEN Institute for Classes IX and X.

- Exploring Various Management Programmes and Law as a Career by career experts from Career Launchers on 28th August 2024 for Classes XI and XII. This session also included a segment on Queries of CUET, where students clarified several doubts regarding CUET examinations.
- Career Fair for students and parents of Classes XI & XII on 11th October, 2024. More than 22 prestigious universities, namely UPES, Ashoka, Manipal, OP Jindal, MIT, Amity, Pearl Academy, UDI, etc., visited the campus and guided students about their programmes, scholarships, and admission process. More than 100 students from Modern School Barakhamba, Guru Harikrishan Public School, Kerala School, and Lady Irwin School also visited the fair.
- On 29th November, 2024, students of Class XI attended the 18th FICCI Higher Education Summit 2024 at Ambedkar International Centre, by FICCI.
- A session for students of Classes VII and VIII on knowing various olympiads and their preparation methods by experts from ALLEN Institute on 8th December, 2024.
- An online Career Fair session on 15th February, 2025 by Edumentor regarding filling the CUET application form for Classes XI and XII.
- An online session on 6th March, 2025 by Edumentor on 'How to Fill the CUET Form and Changes in Exam Pattern'.
- Students of Classes XI and XII and their parents attended the Career Fair at Thyagraj Stadium, Admissions Fair 2025, on 18th and 19th March, 2025.



DELHI BOOK FAIR VISIT

On February 6, 2025, students of Classes III to V visited the New Delhi World Book Fair held at Bharat Mandapam, Delhi. The visit was an exciting and enriching experience, as the students explored a vast collection of books from various publishers and authors worldwide. One of the highlights of the visit was an engaging activity titled, “Envelope Art with Beautiful Postage Stamps,” where students crafted their own envelopes and designed unique stamps. This creative session not only enhanced their artistic skills but also provided them with a valuable learning experience.



LALIT KALA ACADEMY

The Humanities students of Class XII visited the Lalit Kala Academy to witness the inauguration of the Partition Horrors Exhibition on 14th August, 2024. Organised by the Central Bureau of Communication, Ministry of Information and Broadcasting, this exhibition sensitized students and raised awareness about the sufferings of the people during one of the largest migrations recorded in human history dating back to 1947.



WAR MEMORIAL

In February 2025, students of Classes III to V visited the National War Memorial in Delhi. The excursion was both educational and inspiring, as the students paid homage to the brave soldiers who sacrificed their lives for the nation. They observed the Amar Chakra, Veerta Chakra, and other structures, learning about the significance of each. The visit instilled in them a sense of patriotism and respect for the armed forces. It was truly a memorable and enriching experience.



PVR MOVIE EXCURSION

On 13th February 2025, the students of the Kindergarten visited PVR 3C's for a special screening of the movie 'Mufasa'. The young learners thoroughly enjoyed the experience. Along with entertainment, the film conveyed meaningful lessons on empathy, love, and family values, leaving the children enriched with positive impressions.



VISIT TO SUNDER NURSERY

School excursion of K.G. to Sunder Nursery was held on 16th February, 2024. Children enjoyed swings and had a gala time together in the bright sun and lush green fields. Teachers and parent volunteers collaborated to make the day a happy and safe experience for the learners.



संपादकीय



आज तकनीकी प्रगति और भौतिक सुख-सुविधाओं की चाह में समस्त विश्व दौड़ रहा है, परिणामस्वरूप मनुष्य के भीतर असहिष्णुता, स्वार्थ और संघर्ष की लपटें दिखाई देती हैं, जो हमें चेतावनी देती हैं कि सच्ची प्रगति तभी संभव है, जब मनुष्य के भीतर शांति का भाव हो। शांति बाहर से नहीं, हमारे भीतर से जन्म लेती है – जब हम अपने विचारों, शब्दों और कर्मों में प्रेम, करुणा और सहिष्णुता को स्थान देते हैं, तभी समाज और विश्व में सौहार्द की स्थापना होती है।

‘भाविद्या’ के इस अंक में हमारे विद्यार्थियों द्वारा लिखे गए लेख, कविताएँ और विचार इस दिशा में एक सुंदर पहल हैं। उनकी रचनाएँ जहाँ सृजनशीलता का परिचय देती हैं, वहीं एक शांत, समरस और उन्नत विश्व की आकांक्षा भी व्यक्त करती हैं। उनके उत्साह और प्रयास को हम हृदय से सराहते हैं।

हम भारतीय संस्कृति के महान समर्थक, शिक्षाविद् और भारतीय विद्या भवन के संस्थापक श्री के. एम. मुंशी जी को श्रद्धापूर्वक नमन करते हैं, जिन्होंने शिक्षा और मानव मूल्यों के माध्यम से विश्व में शांति और संस्कार का संदेश फैलाया।

आइए, हम सब संकल्प लें कि अपने विचारों और कर्मों से विश्व में प्रेम, सद्भाव और शांति का संदेश फैलाएँगे क्योंकि यही मानव का सच्चा धर्म है।

– संपादिका
नीलम रानी





पठन सप्ताह

पीएन पनिकर के सम्मान में सेंट्रल बोर्ड ऑफ़ सेकेंरी एजुकेशन ने अपने सभी स्कूलों को रीडिंग डे सेलिब्रेट करने के निर्देश दिए थे। हमारे विद्यालय में भी कक्षा तीसरी से नवीं के छात्र-छात्राओं के लिए हिंदी और संस्कृत दोनों भाषाओं में सप्ताह भर चलने वाले समारोह के दौरान विभिन्न गतिविधियाँ आयोजित की गईं।- कक्षा -3 'मेरा पुस्तकालय' में से कहानी पठन, कक्षा चौथी, आठवीं व नवीं कक्षा में समाचार-पत्र पठन, कक्षा पाँच में लेखक/लेखिका की रचनाओं का पठन, कक्षा छठी, सातवीं व आठवीं में पुस्तकालय में कहानी-पठन हिंदी व संस्कृत में कराया गया। इस समारोह से छात्र पढ़ने के महत्व और दैनिक जीवन में इसके अनुप्रयोग को सीखने में सक्षम थे।

दो दिवसीय की कार्यशाला

भारतीय विद्या भवन मेहता विद्यालय हिंदी विभाग द्वारा दो दिन कहानी लेखन एवम् हिंदी की शुद्ध वर्तनी पर कक्षा पाँचवीं एवम् छठीं के लिए दो दिन की कार्यशाला का आयोजन किया गया।

पहले दिन की कार्यशाला दिनांक 22 अगस्त, 2024 को डॉ. अमोलमणि मिश्र जी द्वारा ली गई जो दिल्ली के करावल नगर से संस्कृत



के जाने माने शिक्षक हैं। सर्वप्रथम उनका स्वागत विद्यालय की प्रधानाचार्या उप, प्रधानाचार्या एवम् हिंदी विभाग की अध्यक्षा द्वारा किया गया। उसके पश्चात् डॉ अमोलमणि मिश्र जी ने कई रोचक गतिविधियों द्वारा न केवल छात्रों को हिंदी की गिनती, तिथि, एवम् महीनों का ज्ञान कराया। उनको याद रखने के रोचक तरीके भी सुझाए। साथ ही उन्होंने छात्रों को कहानी लेखन के कुछ रोचक तरीके भी सुझाए।

दूसरे दिन की कार्यशाला 23 अगस्त, 2024 को आचार्य डॉ. बी. जी. सारस्वत जी द्वारा छठी कक्षा के छात्रों के लिए भाषा की शुद्ध वर्तनी विषय पर ली गई। आचार्य सारस्वत जी ने बहुत सी रोचक गतिविधियों द्वारा बच्चों को भाषा की शुद्ध वर्तनी की जानकारी दी और साथ ही भाषा में शुद्ध वर्तनी की भूमिका से भी छात्रों को अवगत कराया। इन कार्यशालाओं में हमारे विद्यालय के पुर्व निदेशक श्री अशोक प्रधान जी भी उपस्थिति थे। उन्होंने इस अवसर पर अतिथिगणों से भेंट की, और छात्रों को अपने आशीर्वचनों से संबोधित भी किया। दो दिनों की ये कार्यशालाएँ छात्रों के लिए एक अलग अनुभव था जिसमें न केवल उन्होंने जानकारी हासिल की, साथ ही उन्होंने इनमें हुई गतिविधियों का भरपूर आनंद भी लिया।





अभिव्यक्ति, 2024

भारतीय विद्या भवन, मेहता विद्यालय में सीबीएसई अभिव्यक्ति शृंखला दूसरा शैक्षणिक सत्र-(2024-2025) आयोजित किया गया। जिसका विषय 'युवा सशक्त भारत' था। इसमें कक्षा 4 से 12 तक के सभी छात्रों ने अलग-अलग विषयों पर अपने विचार शब्द सीमा के अनुसार लिखे। सभी छात्रों ने इसमें पूरे उत्साह के साथ भाग लिया।

वेबिनार

30 जनवरी, 2024 को श्रीमती रेनू शर्मा और श्रीमती विजय लक्ष्मी शर्मा ने जय शंकरप्रसाद जी के जन्मदिन के उपलक्ष्य में एक वेबिनार का आयोजन किया। इस वेबिनार में उनके जीवन के विभिन्न पहलुओं पर प्रकाश डाला गया। शिक्षण

भारती द्वारा ऑनलाइन आयोजित इस वेबिनार में भारतीया विद्या भवन के कई विद्यालयों के शिक्षकगण शामिल हुए। वक्ताओं ने जय शंकर प्रसाद जी के जीवन और साहित्य में उनके योगदान पर चर्चा की और उनके विचारों को साझा किया। वेबिनार का उद्देश्य उनके जीवन और विचारों को समझना और प्रचारित करना था। प्रतिभागियों ने इस आयोजन की सराहना की और इसे बहुत उपयोगी पाया।

शिक्षा का महत्व



शिक्षा मनुष्य के जीवन का सबसे महत्वपूर्ण हिस्सा है। यह हमें सही और गलत की पहचान कराती है। शिक्षा के बिना मनुष्य अंधकार में जीता है, क्योंकि ज्ञान ही जीवन का प्रकाश है। शिक्षा से व्यक्ति का बौद्धिक, नैतिक और सामाजिक विकास होता है। शिक्षित व्यक्ति न केवल अपने परिवार का बल्कि पूरे समाज और देश का विकास करता है। शिक्षा हमें आत्मनिर्भर बनाती है और जीवन में सफलता पाने की राह दिखाती है। अशिक्षा हमारी प्रगति में सबसे बड़ी बाधा है। इसलिए हर बच्चे को शिक्षा प्राप्त करने का अधिकार मिलना चाहिए। जब देश के सभी नागरिक शिक्षित होंगे, तभी हमारा देश विकसित बन पाएगा।

-मोनीत सैनी, दसवीं 'ब'

नारी तेरी यही कहानी



तेरी आँखों में आसमान को
छूने की चाह है,
पर ज़मी से जुड़े
फिर भी पाँव हैं।
आँखों में सपने हैं,
उनको पूरा करने की
होड़ में रिश्ते सभी
आज भी अपने हैं।

समाज में सिर उठाकर जीने की आस है,
तो घर में बुजुर्गों का वास है।
तू बाहर अगर रौब व शक्ति है,
तो तेरे ही कारण घर में बसी
प्रेम, प्यार और भक्ति है।

तू अगर ज्ञान का भंडार है तो साथ ही
परिवार में करती संस्कारों और नवचेतना का संचार है।
तू एक तरफ़ कोमल भावनाओं से सराबोर है
तो ज़रूरत पड़ने पर शिला की भाँति कठोर है।

तू अपने अंश से वंश को बढ़ाती है,
तो देश की खातिर उसे भी न्योछावर कर जाती है।

तू त्याग व बलिदान की मिसाल है,
तू ही परिवार का श्वास और प्राण है।
जिस घर तू नहीं, सूना वह घर-द्वार है,
इस धरा पर तू उस ईश्वर का ही अवतार है।

-विजयलक्ष्मी शर्मा, (अध्यापिका) हिंदी विभाग



आत्मविश्वास एक स्वभाव



अभाव के दबाव में
स्वभाव को न रौंद तू
अभाव तो अस्थाई है
स्वभाव को न तोल तू
स्वभाव तेरा जो बना
परिवार के संस्कारों से
अभाव को ललकार दे

संस्कारों की आवाज़ से।
अभाव तो एक परिस्थिति है
जो बदलेगी अवश्य ही
अरे चुनौती दे संस्कार से
बदल दे किस्मत अपनी।
गर गिर भी गया करते हुए
जीवन में अथक प्रयास भी
तो क्या कभी गिरते नहीं
मैदान में घुड़सवार भी?

कुछ दम दिखा उठ ज़रा हौंसले बुलंद कर
पकड़ लगाम आत्मविश्वास की
अभाव के इन घोड़ों को,
अपने फिर काबू में कर
अपने फिर काबू में करा।

-रितु सहगल - शिक्षिका

“प्रकृति और हम”

देखो इन वृक्षों को देखो,
परोपकार इनका तुम देखो।
तपस्या इनकी महान,
एक टाँग पर करे दिन गुज़ार।
घाम, वर्षा, शरद, ओस, सब करें सहन,
धूप तक को करें ग्रहण।
पत्थर मारो तो फल यह देते,
बदले में कुछ कभी न लेते।
तो अब फिर देखो तुम सरिता की उदारता,
और फिर देखो वृक्षों से इनकी समानता।
बिन माँगे जल हमें प्रदान यह करती,
परोपकार करती सदा आगे बढ़ती।
मत पूछो यह प्रकृति हमें क्या-क्या देती,
बदले में कभी कुछ न लेती।
मत करो बरबाद इसको,
पाला है जिसने तुमको।
-अलीजा अली आठवीं ‘ब’

मिट्टी

ये है मिट्टी, ये है मिट्टी,
बिना इसके कुछ भी नहीं उगता,
इसने हमें इतना कुछ दिया,
पर बदले में हमने इसे प्रदूषित किया।
अब हम बड़ा कदम उठाएँगे,
इसे प्रदूषित होने से बचाएँगे,
अब इसे बचाएँगे,
क्या आप हमारे साथ आएँगे?
-अनिश कुमार ठाकुर, चौथी ‘अ’

प्रकृति

धरा बिछी है हरी चादरों में,
गगन सजा है नील रंगों में।
नदियाँ गा रही हैं राग सुरीले,
पर्वत सुनते मौन तरानों में।
वृक्षों की छाया, शीतल बयार,
मन को यह सहज सँवार दें।
कुहू-कुहू कोयल की मीठी तान,
भर दे अंतर में मधुर अरमान।
सूर्य किरण जब अंबर छूती,
अलसाई प्रकृति भी जाग उठती।
कण-कण में जीवन का उल्लास,
हरियाली करती अभिनंदन हर साँस।
चाँदनी रातें, झीलों का जल,
तारों की मुस्कान, नीरव हलचल।
प्रकृति की ममता, उसकी वाणी,
सिखलाए जीवन की सच्ची कहानी।
संभालों इसे, यह माँ सम है,
जिसमें छिपा परम सुख-धाम है।
न करो इसका अपमान कहीं,
प्रकृति में ही तो भगवान बसे।
-दीप्ताशु पांडा, नवीं ‘अ’



माँ

हमको चलना सिखाती जो,
हमारा ध्यान रखती वो।
दादी के साथ घर के काम,
हमेशा संभाल लेती वो।
डाँटती है पर फूलों की तरह,
फिर प्यार कर लेती वो।
खाना देती, पढ़ाई कराती,
बताओ कौन होती है वो,
कहते हैं हम माँ उनको
होती है माँ वो।
-नीरवी अग्रवाल, छठी 'स'

माँ

माँ मेरी है सबसे प्यारी
मैं हूँ उसकी राज दुलारी
इतना गहरा प्यार हमारा
सागर में है गंगा धारा
माँ मेरी है सबसे प्यारी
मैं हूँ उसकी राज दुलारी
चाँद-सूरज है उसकी बिंदिया
माँ की गोद में आती निंदिया
माँ मेरी है सबसे प्यारी
मैं हूँ उसकी राज दुलारी
माँ और मेरा जन्मों का नाता
वो ही मेरी भाग्य विधाता।

माँ मेरी है सबसे प्यारी
मैं हूँ उसकी राज दुलारी
माँ मेरी है जन्मत सारी
मैं हूँ उसकी मन्मत प्यारी
माँ मेरी है सबसे प्यारी
मैं हूँ उसकी राज दुलारी,
माँ मेरी है सबसे प्यारी।

-मन्मत, तीसरी 'ब'



माता-पिता

कलम जब माँ का नाम लिखती है
तो शब्द अपने आप सज जाते हैं,
पर जब पिता का जिक्र आता है,
तो भाव गले में अटक जाते हैं।
माँ को हम खुलकर बता देते हैं,
माँ के संग रो भी लेते हैं,
पर पिता के सामने आते ही
शब्द होठों तक आकर रुक जाते हैं।
उनकी आँखों की खामोशी ही
हमारी पूरी कहानी कह जाती है,
उनकी थकान की दरारों में,
हमारी खुशियों की इमारत बन जाती है।
माँ दुआ बनकर जीवन सँवारती है,
पिता परछाई बनकर राह दिखाते हैं।
माँ बिना घर अधूरा है,
पिता बिना सहारा नहीं,
माँ-पिता दोनों मिलकर ही
बच्चे का संसार पूरा करते हैं।
-तनिष्का सातवीं 'स'

माँ

हमको चलना सिखाती जो,
हमारा ध्यान रखती वो।
दादी के साथ घर के काम,
हमेशा संभाल लेती वो।
डाँटती है पर फूलों की तरह,
फिर प्यार कर लेती वो।
खाना देती, पढ़ाई कराती,
बताओ कौन होती है वो,
कहते हैं हम माँ उनको
होती है माँ वो।

-नीरवी अग्रवाल, छठी 'स'

पेड़ लगाओ

होश में आओ, होश में आओ
जीवन बचाओ पेड़ लगाओ
इनकी हम करते हैं पूजा
ऐसा कोई न साथी दूजा
फिर क्यों न हमने सींचा

पेड़ दवा का काम करे
पंछी यहाँ आराम करें
पर बदले में कुछ न मिले
साँसें हमारी इनसे चलती
यह हमारे जीवन को फलतीं
लेकिन सोचा न हमने कुछ भी
काटे हमने पेड़ कितने ही
नष्ट किए फल और फूल सभी
वातावरण को किया है दूषित
लेकिन अब करते हैं सूचित
पेड़ कटे तो विनाश है पक्का
मानवता को लगेगा धक्का
अभी समय है, होश में आओ
पेड़ लगाओ, देश बचाओ।

—अली, छठीं 'अ'

पेड़

मैं हूँ पेड़ मुझे मत काटो,
टुकड़ों-टुकड़ों में मुझे मत बाँटो।
दर्द मुझे भी होता है,
मन मेरा भी रोता है।
मैं हूँ मित्र तुम्हारा,
सखा हूँ सबसे न्यारा।
मेरे फल मैं खुद नहीं खाता,
सब तुम्हें हूँ दे जाता।
जहरीली गैस भी पी जाता हूँ,
शुद्ध हवा तुम तक पहुँचाता हूँ।
—शौर्य, पाँचवीं 'ड'



पानी हूँ मैं

जिसे न समझ सके,
वो कहानी हूँ मैं।
मुझे बर्बाद मत करो,
पानी हूँ मैं।
धरती पर हूँ सालों से,
सुंदरता बढ़ाता, प्रकृति की,
पर यह पृथ्वी वालों ने
ठान ली है, मुझे बर्बाद करने की।
प्रदूषित न करो मुझे,
कद्र करो मेरी,
समुद्र, झील, तालाबों की,
और मुझमें बसने वालों की।
कहानी है बहुत लंबी मेरी
जिसका कोई अंत नहीं,
और समझ नहीं पा रहे
मनुष्य आवश्यकता मेरी।
जिसे न समझ सके, वो कहानी हूँ मैं।
मुझे बर्बाद मत करो, पानी हूँ मैं।
—दक्ष गुप्ता आठवीं 'ब'

फूल

रंग-बिरंगे फूल हैं देखो,
पौधों पर लहराते हैं।
कोई पूजा में, कोई माला में,
सज-धज कर इतराते हैं।
छोटा-सा जीवन है इनका,
पर खुशियाँ खूब लुटाते हैं।
मुझझाकर भी खुशबू देते,
नव-जीवन का बीज बन जाते हैं।
कभी ना हारो तुम जीवन में,
यह भी तो सिखलाते हैं।
—ध्रुवी डोभाल, चौथी 'अ'



हर समय रहता हमारे साथ

ये अंबर चलता हमारे साथ,
हर समय यह रहता हमारे साथ।
दिन हो या रात,
हर समय यह रहता हमारे साथ।
यह नीले रंग की चादर,
हर समय रहती हमारे साथ।
तारों से चमकता यह चादर-सा
देता सपनों का नया जहान,
हर वक्त यह रहता हमारे साथ।
सूरज की किरण लाई उजाला,
साथ लाई सपनों की माला।
यह हर वक्त रहता हमारे साथ।
ये अंबर चलता हमारे साथ,
हर समय रहता हमारे साथ।
-हिमानी कश्यप, आठवीं 'ड'



आई दिवाली

दिवाली आई, दिवाली आई!
सबके घरों में खुशियाँ लाई।
लोग करते पूजा-पाठ,
लेते लक्ष्मी का आशीर्वाद
बड़े लोग देते हमें पैसे
अब समझ न आए इन्हें खर्च कैसे करें?
पापा लाते बहुत मिठाई?
सब मिल कर खाते बहन और भाई।
हम नहीं चलाते पटाखे
दीप जलाकर दिवाली मनाते।
-नमो जैन, सातवीं 'स'

चिड़िया

मैं चिड़िया हूँ, मैं चिड़िया हूँ
चूँ-चूँ, चीं-चीं मैं करती हूँ।
आसमान में उड़ती हूँ।
चूँ-चूँ, चीं-चीं मैं करती हूँ।
मेहनत से मैं तिनका लाती,
तिनका जोड़कर घर बनाती।
मीठा-मीठा गाना गाती।
चूँ-चूँ, चीं-चीं मैं करती जाती।
किसी के मैं हाथ न आती।
इधर-उधर फुदकती जाती।
मनमानी मैं अपनी चलाती।
चूँ-चूँ, चीं-चीं मैं करती जाती।
-चामी, पाँचवीं 'ड'

परिवर्तन

स्वच्छ भारत का जन अभियान
जाग रहा है हिन्दुस्तान
गली, मोहल्ला और मकान
जन-जन तक पहुँचे ये पैगाम।
स्वच्छता का दीप जलाएंगे
चारों ओर उजियाला फैलाएंगे
गंदगी का न रहे नामो-निशान
हम ऐसा भारत देश बनाएंगे।
स्वच्छ भारत अभियान है ये
शहर, गाँवों की होगी सफाई।
स्वच्छ बनेगा बातावरण
और देश के बुनियादी ढाँचे में होगा परिवर्तन।
-आरोही गुप्ता, चौथी 'स'

बोलने का अधिकार

यह क्या संसार है!
सबकी आवाज़ दबाने वाला
डर का भाव दिखाने वाला
सबको डर में रखने वाला
कर रखा है मुँह बंद,
जंजीर से बँधे हाथ।
हम भी इंसान हैं, जानवर नहीं।
अधिकार है, अधिकार है।
हमें भी बोलने का अधिकार है।
मैं एक नारी हूँ।
सब नारियों की आवाज़ हूँ।
भारत माता की शान हूँ।
बदलते वक्त का आगाज़ हूँ।
यह कौन तय कर रहा है।
मैं चुप रहूँ या बोलूँ।
ये तो हमारा संविधान है।
बिना डर के बोलने का, सबको अधिकार है।
-रिया सिंह बिष्ट, दसवीं अ



त्योहार

त्योहार लाता खुशियाँ अपार,
बच्चे हों या बड़े सभी करते इंतज़ार।
होली हो या दिवाली, सारे जितने भी त्योहार
यह सब हमको हैं उपहार।
त्योहार पर कोई नहीं अपना-पराया,
त्योहार वही जिसे सबने मिलकर मनाया।
जब-जब आते त्योहार,
जीवन में आ जाती बहार।
-अद्विक खंडेलवाल, तीसरी 'ब'

एक रास्ता

इससे पहले की बहती नदियाँ,
गिरती बूँदें सब थम जाए,
इससे पहले कि वक्त,
सपने, धड़कनें सब थम जाए।
“ये खिड़की हमेशा खुली रहेगी”।
हो सकता है, कोई बच्चा एक शॉट मारे
और उसकी गेंद मेरे कमरे में आ गिरे।
हो सकता है, किसी मंदिर में कोई घंटी बजाए
और कुछ प्राचीन मंत्र मुझे भी सुनाई पड़े।
हो सकती है, चाँदनी
जो अपना रूप लौटाना चाहती हो
या कोई कटी पतंग,
वहाँ अटकी हो।
इससे पहले कि इस गोदाम बनी दुनिया में
मैं भी एक सामान बन जाऊँ।
इससे पहले की इस अँधेरे में
मैं भी एक अँधेरा बन जाऊँ।
कहीं-न-कहीं मेरे मन में
एक बात तो हमेशा रहेगी।
कि ये खिड़की एक उम्मीद है
और ये हमेशा खुली रहेगी

-शिवन्या, आठवीं 'ब'

समय

समय का जो रखता ध्यान,
जग में होता उसका मान।
समय को जो खोता है,
बाद में वही रोता है।
समय कभी नहीं रुकता है,
चलता है, बस चलता है।
जग में सफल वही होता है,
समय के साथ जो चलता है।

-स्वर्ण विहान, पाँचवीं-'ड'

लोह पथ गामिनी

नगरी-नगरी सबको पहुँचाए,
दोस्तों और रिश्तेदारों से हमें मिलाए।
कश्मीर से कन्याकुमारी की यात्रा, आसान बनाए।
मंज़िल से ज़्यादा सफ़र का मज़ा है,
होता सबको उल्लास बड़ा है।
रेल से सीखा हमने यारों,
मीलों की दूरी तत्काल में हो जाए।
रेल की दोस्ती याद रह जाए,
सीटी बजाती धुआँ उड़ाती जाए।
कोई न कोई रोक सके रफ़्तार,
लोह पथ गामिनी यह कहलाए।
दुनिया भर का बोझ उठाए,
रात और दिन का सफ़र कराए।
सबसे उत्तम इसकी सवारी,
सबकी सुरक्षा की ज़िम्मेदारी
यह उठाए और खूब मज़ा कराए।
-हर्षित व्यास पाँचवीं 'ड'



तनाव प्रबंधन

आज के तेज जीवन में तनाव एक आम समस्या बन गई है। काम का दबाव, पढ़ाई, पारिवारिक ज़िम्मेदारियाँ और प्रतियोगिता के कारण लोग मानसिक रूप से थकान महसूस करते हैं। तनाव को नियंत्रित करना बहुत ज़रूरी है क्योंकि यह हमारे शारीरिक और मानसिक स्वास्थ्य दोनों पर असर डालता है।

तनाव को कम करने के लिए सबसे पहले अपने समय का सही प्रबंधन करें। नियमित व्यायाम, योग और ध्यान मन को शांत रखते हैं। अपने विचारों को सकारात्मक बनाएँ और छोटी-छोटी खुशियों में आनंद ढूँढ़ें। पर्याप्त नींद लें और संतुलित आहार का सेवन करें। अपने मन की बात परिवार या दोस्तों से साझा करना भी तनाव कम करने में मदद करता है। यदि हम अपनी दिनचर्या में अनुशासन और संतुलन बनाए रखें, तो तनाव पर नियंत्रण पाया जा सकता है। स्वस्थ मन ही खुशहाल जीवन की कुंजी है।

-राघव दत्ता, आठवीं-'ब'

पशुओं की सुरक्षा

पशु है कहीं इस दुनिया में,
लगते हैं कुछ तो प्यारे,
कहीं लगते हैं खूंखार,
पर महत्वपूर्ण है सारे।
कई प्रकार के पशु हैं,
कुछ होते माँसाहारी,
अधिक पशु पर इस दुनिया में,
होते शाकाहारी।
गायों को माता कहते हैं,
उनके ही दुग्ध से बनते हैं,
दही, मक्खन और घृत।
मुर्गी से मिलते हैं अंडे,
और भेड़ से ऊन,
फायदे के लिए कई लोग,
करते हैं पशुओं का खून।
कुछ पशु विलुप्त हुए,
और कुछ हो रहे हैं,
पशुओं के अंगों के लिए,
वे शिकार हो रहे हैं।
पशुओं को बचाएंगे,
बनेगा प्रकृति का संतुलन,
नई दुनिया बनाएंगे,
हम पशुओं के संग।
-ईशान निगम कक्षा-आठवीं 'ड'





मेरे आदर्श-कैप्टन विक्रम बत्रा

मेरे जीवन के आदर्श कैप्टन विक्रम बत्रा हैं, जिन्हें पूरा देश “शेरशाह” के नाम से जानता है। वे केवल एक सैनिक नहीं, बल्कि ऐसे सच्चे नायक थे, जिन्होंने अपने साहस, कर्तव्यनिष्ठा और देशभक्ति से इतिहास में अमर स्थान प्राप्त किया जब मैंने पहली बार उनके जीवन और कारगिल युद्ध की कहानी पढ़ी, तो मेरे भीतर देश प्रेम की एक नई ज्योति जागी। मुझे समझ आया कि कुछ लोग केवल अपने लिए नहीं, बल्कि पूरे देश के लिए जीते हैं। कारगिल युद्ध के दौरान उन्होंने दुश्मन के मोर्चे पर तिरंगा लहराने का संकल्प लिया और कहा-“मैं तिरंगा फहराकर लौटूंगा या फिर उसमें लिपट कर।” यह वाक्य उनके अदम्य साहस का प्रतीक है। उनसे

मैंने सीखा कि साहस का अर्थ केवल जीत नहीं, बल्कि अंत तक डटे रहना होता है। कठिन परिस्थितियों में शांत रहना और सही निर्णय लेना ही सच्चे वीर की पहचान है। कैप्टन बत्रा की कर्तव्यनिष्ठा भी मेरे लिए प्रेरणा है। उन्होंने परिवार की चिंता को पीछे रखकर राष्ट्र को अपना सबसे बड़ा कर्तव्य माना। चाहे जान का खतरा है या थकान, उन्होंने कभी अपने दायित्व से समझौता नहीं किया। मैं भी जीवन में यही सीख अपनाना चाहती हूँ कि जिम्मेदारियाँ बोझ नहीं बल्कि सम्मान होती हैं। उनकी देशभक्ति ने मुझे सबसे अधिक प्रभावित किया। उन्होंने दिखाया कि देशप्रेम केवल शब्दों में नहीं, बल्कि कर्मों में होता है। अपने प्राणों की आहुति देकर उन्होंने सिद्ध किया कि सच्चा देशभक्त वही है, जो अपने राष्ट्र के लिए हर बलिदान को स्वीकार करे। आज जब मैं अपने जीवन में किसी निर्णय का सामना करती हूँ, तो मुझे कैप्टन बत्रा का जीवन याद आता है। वे मुझे सिखाते हैं कि सपने केवल अपने लिए नहीं, बल्कि अपने देश और समाज के लिए भी देखने चाहिए। मैं हमेशा प्रयास करूँगी कि उनके आदर्शों पर चलकर एक सच्ची, साहसी और कर्तव्यनिष्ठ नागरिक बन सकूँ।

-लास्या सिंह, आठवीं ‘अ’

छोटी-सी मदद

रवि पाँचवीं कक्षा का छात्र था। एक दिन वो स्कूल से घर लौट रहा था, तभी उसने सड़क किनारे एक बुजुर्ग महिला को भारी थैला उठाने की कोशिश करते देखा। थैला बहुत भारी था, और वह बार-बार गिर रहा था। रवि तुरंत उसके पास गया और बोला, “दादी, मैं मदद कर दूँ?” महिला मुस्कुलाई और बोली, “बेटा, क्या तुम मेरी मदद कर दोगे?”

रवि ने थैला उठाया और उन्हें उनके घर तक छोड़ आया। महिला ने आशीर्वाद देते हुए कहा, “तुम्हारी यह छोटी सी मदद मेरे लिए बहुत बड़ी है।” उस दिन रवि ने सीखा कि मदद करने के लिए बड़ा होना ज़रूरी नहीं, बस दिल बड़ा होना चाहिए।

सीख : छोटी-सी मदद भी किसी के चेहरे पर मुस्कान ला सकती है।

-अमायरा चौथी ‘ड’

सम्पादकीयम्



प्रियच्छात्राः !

श्रीमद्भगवद्गीता एतादृशः कालातीतः श्रद्धेयश्च ग्रन्थः अस्ति। यस्मिन् ग्रन्थे जीवितस्य, कर्तव्यस्य तथा अध्यात्मस्य गूढाः शिक्षाः अन्तर्दृष्टयश्च प्रदत्ताः सन्ति। कुरुक्षेत्रे युद्धभूमौ अर्जुनः भगवता कृष्णेन सह संवाद-रूपेण वर्णित अयं ग्रन्थः। सर्वेषाम् आबालवृद्धेभ्यः उपयोगी मार्गदर्शकः च अस्ति, विशेषतः तेषां छात्राणां कृते येषाम् अध्ययनेन सह अध्यात्म-मार्गे अपि अभिरुचिरस्ति ।

श्रीमद्भगवद्गीतायां काश्चन महत्वपूर्णाः शिक्षाः सन्ति याः छात्राणाम् आत्म-विकासाय मार्ग-दर्शिकाः सिद्ध्यन्ति। धर्मपालनं (योगस्थः कुरु कर्माणि) स्वधर्मपरायणतया, निष्ठया च कार्यं कुर्यात्। कर्मयोगः (कर्मण्येवाधिकारस्ते मा फलेषु कदाचन) फलाभिलाषां त्यक्त्वा निष्कामकर्मणि रतः स्यात्। आत्मबोधः (मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः।) अस्मात् शरीरात् परं नित्यश्च शाश्वतो जीवः अस्ति इति दर्शयति। समत्वभावः (समत्वं योगमुच्यते) – सुखदुःखयोः च समत्वं भावं धारयेत् । भक्तिः (श्रद्धावान् लभते ज्ञानम्) गुरुं प्रति पूर्ण-श्रद्धया ज्ञानं प्राप्नुयात्। योगसाधना – अनया चित्ते एकाग्रतामाधृत्यात्मशान्तिं लभते। धैर्यम्- संकटेषु अपि स्थैर्यम् आत्मविश्वासं च बोधयति। एताभिः शिक्षाभिः छात्राः न केवलं स्वविकासं कर्तुमपितु आत्मोन्नतिमपि सरलतया कर्तुं शक्नुवन्ति। भगवद्गीतायाः उपदेशाः छात्राणां कृते सर्वेषु क्षेत्रेषु पथ-प्रदर्शकाः भवितुमर्हन्ति।

भगवद्गीतायाः एते उपदेशाः सर्वजीवनाय मार्गदर्शकाः सन्ति, येन प्रत्येकं छात्रः स्वजीवने उत्कर्षं प्राप्नोति।

श्रीमद्भगवद्गीता निष्काम-कर्म-धारणाम् बोधयति यत् छात्राः फलैकाग्रतां विहाय स्वधर्मे रताः स्युः। ते अकादमिक-क्षेत्रे फलसंलग्नतां त्यक्त्वा स्वश्रेष्ठं कर्म कुर्युः।

ग्रन्थोऽयं विद्यार्थिनः व्यवहारिकजीवने सफलतां, आन्तरिकबलमपि च समत्वमार्गं दर्शयति। नात्र सन्देहः।

जयतु संस्कृतं, जयतु भारतम्।



– डॉ. अंजू बाला (संस्कृत-अध्यापिका)

संस्कृत-विभाग-उपलब्धयः (2024-2025)

(i) सेंट्रल संस्कृत यूनिवर्सिटी द्वारा कक्षा IX से XII तक के छात्र-छात्राओं ने **संस्कृत-मेधावी-छात्रवृत्ति** (merit scholarship) के लिए आवेदन किया। परिणामस्वरूप प्रत्येक छात्र ने 5000/- रुपये प्राप्त किए। (मार्च, 2025)

(ii) दस दिवसीय **संस्कृत-संभाषण शिविर** का आयोजन किया गया। शिविर में छात्र-छात्राओं ने सरल संस्कृत भाषा में वार्तालाप, संस्कृत-पाठ्य-क्रम, गीत, कथा, और श्लोक-गायन आदि रोचक विधि से सिखाए गए। (मई 2024)



(iii) इंदिरा-गांधी राष्ट्रीय कला केंद्र एवं हिन्दुस्तानी भाषा एकडेमी द्वारा (शत-प्रतिशत अंक पाने के लिए) चार छात्रों ने **भाषा रत्न** और (सीबीएसई परिणाम में उत्तमांक के लिए) ग्यारह छात्रों ने **भाषा-दूत सम्मान** प्राप्त किए। इनके लिए शिक्षिका को भाषा-गौरव शिक्षक सम्मान प्रदान किया गया। (11 दिसंबर, 2024)

(iv) गीता-जयंती के आयोजक श्री शंकराचार्य महाविद्यालय, भा.वि.भ द्वारा श्रीभगवत्-गीताश्लोकोच्चारण प्रतियोगिता में प्रतिभागियों से कठोर-परिश्रम से **चल-जयंती** (Rolling Trophy) पुनः प्राप्त कर, भारतीय विद्या भवन, मेहता विद्यालय को गौरवान्वित किया। (28 जनवरी, 2025)

(v) संस्कृत-हिन्दी- सप्ताह के उपलक्ष्य में दोनों भाषाओं में संगीत-वाद्य-यंत्रों पर काव्य प्रस्तुति करवाई, जिसमें कक्षा 6 -7 के छात्रों ने उत्साह से भाग लिया और सुंदर प्रस्तुति दी। (सितंबर 2024)

(vi) हिन्दी-संस्कृत -कार्यशाला का आयोजन कक्षा 5-6 के छात्रों के लिए किया गया जिसमें विशिष्ट अतिथियों (डॉ सारस्वत तथा अमोल मणि) ने वर्तनी, भाषाई-शुद्धता और अभिनय- कौशल पर प्रकाश डाला।

(vii) भारतीय विद्या भवन मुम्बई द्वारा आयोजित सरल-संस्कृत-बालबोध और सरल-संस्कृत-शिक्षक- परीक्षाओं का आयोजन किया गया। जिसमें शताधिक छात्रों ने विशेष योग्यता प्राप्त की। (यह परीक्षा कक्षा VI से VIII तक के सभी विद्यार्थियों के लिए अनिवार्य है।)

(viii) हमारे ऋषियों की धरोहर रूप सुभाषित के आधार पर (कक्षा 9 के छात्रों द्वारा) नुक्कड़-नाटक (परीक्षा में 100/100 कैसे पाए?) सभा में मनोहर रूप में प्रस्तुत किया। (सितंबर, 2025)

	प्रतियोगिता	छात्र-छात्राएँ	विशेष
1	श्रीमद्भगवद्गीता श्लोकोच्चारण प्रतियोगिता, श्री शंकराचार्य महाविद्यालय, भा. वि. भ., (जनवरी 2025)	शौर्य - VII	सांत्वना रुपये 300/-
		अंजनेय - VIII	प्रथम रुपये 1100/-
		आयुष यादव - X	सांत्वना रुपये 300/-
		कोयल श्रुति - XI	प्रथम रुपये 1100/-
2	मुंशी स्मारक संस्कृत काव्य प्रतियोगिता, भा. वि. भ., मेहता विद्यालय	अंजनेय - VIII	प्रथम पुरस्कार
		आयुष यादव - X	प्रथम पुरस्कार
3.	भाषा-रत्न तथा भाषा-दूत सम्मान (प्रमाण पत्र) तथा सेंट्रल संस्कृत यूनिवर्सिटी द्वारा छात्रवृत्ति	हिमाद्रि, सोनी, ईशानी मित्रा, साई कृष्णा एन, वाणी अग्रवाल, भावांश कुमार, कृष्णा कुमार, कोयल श्रुति (कक्षा -12) प्रणब कुमार, अद्वैत जैन, स्वपनिल त्रिपाठी, वत्सल जैन, गौरी कुमार, आकांक्षा घिलडयाल, जाह्नवी, गौरी, सारा	
4.	संस्कृत-मेधावी-छात्रवृत्ति सेंट्रल संस्कृत यूनिवर्सिटी	याशिका श्रीवास्तव, आदित्य शर्मा, अक्षिता वर्मा, प्रिशा अरोड़ा, रुद्रांश तिवारी, श्रेष्ठा श्रीवास्तव, अंतरा शर्मा, आयुष यादव, अध्ययन रुस्तगी, इताशा बनर्जी, मन्नत खन्ना (कक्षा -10)	
5.	शत-प्रतिशत अंक प्राप्त	हिमाद्रि सोनी, ईशानी मित्रा, साई कृष्णा एन, वाणी अग्रवाल	

- नई दिल्ली स्थितेन संस्कृत-शिक्षक-संघेन, केन्द्रीय माध्यमिक शिक्षा परिषदा आयोजितासु परीक्षासु शतप्रतिशत-परिणाम-प्राप्त्यर्थ डॉ. अञ्जु बाला एवं श्रीमान् बलिष्ठः च “संस्कृत शिक्षक रत्न” इति प्रमाणपत्रैः सम्मानितौ।
- भारतीय-विद्या-भवन मेहता विद्यालयः, इंदिरा-गांधी राष्ट्रीय कला केन्द्र अपि च हिन्दुस्तानी भाषा अकादमी (संयुक्तरूपेण) पक्षतः गतवर्षे केन्द्रीय माध्यमिक शिक्षा परिषदः परीक्षासु उत्तम- परिणाम-प्राप्तये स्वयोगदान-कृते डॉ. अञ्जु बाला उत्कृष्टताप्रमाणपत्रेण (Excellence Certificate) सम्मानिता।

— डॉ. अंजू बाला (संस्कृत-अध्यापिका)





ज्ञान का अनन्त प्रवाह : वेद से ई-लर्निंग तक

ज्ञान वह रोशनी है जो हमें अज्ञान के अँधेरे से बाहर लाती है। समय बदला, साधन बदले, पर ज्ञान का प्रवाह कभी नहीं रुका। प्राचीन ऋषियों ने जो वेद-परंपरा शुरू की थी, और अब वह ज्ञान का प्रवाह ई-लर्निंग के रूप में डिजिटल तरीकों से आगे बढ़ रहा है।

ऋग्वेद में कहा गया है—

आ नो भद्राः क्रतवो यन्तु विश्वतः।

(सब दिशाओं से शुभ विचार हमारे पास आएँ।)

यह पंक्ति आज के इंटरनेट युग के लिए भी उपयुक्त है, क्योंकि अब विद्यार्थी दुनिया के किसी भी कोने से सीख सकते हैं। शिक्षा केवल किताबों और कक्षा तक सीमित नहीं उसका उद्देश्य सही सोच और अच्छे मूल्य पैदा करना भी है।

भगवद्गीता कहती है—

विद्या विनयसम्पन्ने ब्राह्मणे गवि हस्तिनि।

शुनि चौव श्वपाके च पण्डिताः समदर्शिनः॥

(सच्चा ज्ञानी सबमें समानता देखता है।)

इसका मतलब है—शिक्षा का बड़ा लक्ष्य मानवता और समभाव है। इसलिए डिजिटल शिक्षा केवल करियर तक न रहे, उसे समाज-कल्याण से भी जोड़ा जाए।

आज के ई-लर्निंग प्लेटफॉर्म ने पढ़ाई को सुलभ, तेज और वैश्विक बना दिया है। अगर हम इसमें प्राचीन ग्रंथों की आत्मा भी जोड़ दें, तो शिक्षा और मजबूत बनती है।

इसी भावना को ये प्रार्थना व्यक्त करती है—

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः।

(सब सुखी रहें, सब निरोग रहें।)

इस तरह वेदों से शुरू हुआ ज्ञान का यह प्रवाह आज डिजिटल कक्षा और ऑनलाइन पाठशाला तक पहुँच चुका है—साधन बदलते हैं, पर ज्ञान की धारा चलती रहती है।

वेदों की वाणी और आज की तकनीक

वेदों में सहयोग, संवाद और निरंतर प्रयास पर जोर है—

संगच्छध्वं संवदध्वं सं वो मनांसि जानताम्। (अथर्ववेद)

(मिलकर चलो, मिलकर बोलो, विचारों को एक करो।)

आज यही बात वीडियो क्लास, चर्चा-फोरम और समूह-अध्ययन में दिखती है।

वेद का सूत्र— “चरैवेति चरैवेति” (निरंतर आगे बढ़ो)—आज की आजीवन सीखने वाली संस्कृति का आधार है।

दो प्रेरक स्मरण—

- उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत। (कठोपनिषद्) – उठो, जागो, श्रेष्ठ गुरु से सीखो।
- श्रद्धावाँल्लभते ज्ञानम्। (गीता 4.39) – श्रद्धा और धैर्य से ज्ञान मिलता है।

शिक्षा का शाश्वत उद्देश्य

शिक्षा का उद्देश्य केवल जानकारी जमा करना नहीं, बल्कि विचार, मूल्य और मानवता को विकसित करना है—ताकि व्यक्ति अपने आप से, समाज से और प्रकृति से संतुलन बनाए।

प्राचीन परंपरा कहती है—

सा विद्या या विमुक्तये। (सच्ची विद्या वही है जो मुक्त करे।)

आज भी लक्ष्य वही है: जिज्ञासा → तर्क → करुणा → कर्मशीलता—ये चार कदम साथ-साथ चलें।

उपनिषद् का संदेश— “सत्यं वद, धर्मं चर” —बताता है कि शिक्षा का सबसे बड़ा परिणाम चरित्र निर्माण है।

गीता का वचन— “न हि ज्ञानेन सदृशं पवित्रमिह विद्यते।” —याद दिलाता है कि ज्ञान मन को निर्मल करता है।

इसलिए अच्छी शिक्षा वही है जो कौशल (skills) और संवेदना (values)—दोनों को साथ लेकर चलती है, ताकि विद्यार्थी स्वावलंबी, सहिष्णु और जिम्मेदार नागरिक बनें।

ई-लर्निंग में शास्त्रीय मूल्यों का सरल उपयोग

- स्वाध्याय: हर मॉड्यूल के बाद दो पंक्तियाँ लिखें—मैंने क्या सीखा? कहाँ काम आएगा?
- संवाद का संस्कार: ऑनलाइन चर्चा में सम्मानजनक भाषा और स्रोत-आधारित तर्क।
- निरंतर अभ्यास: छोटे क्विज या छोटे-छोटे टास्क— “चरैवेति” का अभ्यास।
- सेवा का जोड़: जो सीखा, उससे किसी की मदद।
- आत्म-मूल्यांकन: सप्ताह में एक बार छोटी “आत्म-रूब्रिक” —कौशल, मूल्य, दोनों की जाँच।

निष्कर्ष

वेदों की वाणी ने दिशा दी, तकनीक ने गति दी। इन दोनों के मेल से “ज्ञान का अनन्त प्रवाह” और भी व्यापक हो गया है। जब डिजिटल साधनों को शास्त्रीय मूल्यों की आत्मा से जोड़ा जाता है, तो शिक्षा केवल करियर नहीं, जीवन-साधना बनती है। यही भविष्य की कुंजी है—

- साधन बदलें, उद्देश्य अडिग रहे: मानव-कल्याण।
- सीखना स्थान-काल से परे हो: आजीवन शिक्षण।
- उत्कृष्टता के साथ नैतिकता जुड़े: “योगः कर्मसु कौशलम्।”

अंत में प्रार्थना— तमसो मा ज्योतिर्गमय, मृत्योर्मांमृतं गमय।

(हमें अँधेरे से उजाले की ओर, नश्वरता से अमृतत्व की ओर ले चलो।)

यही शिक्षा की अंतिम साधना है—प्रकाशित बुद्धि, परिष्कृत हृदय और समाजोपयोगी कर्म।

—प्रदीप भटः, (संस्कृत अध्यापकः)

मम प्रियः देशः - भारतवर्षम्

1. भारतवर्षः मम प्रियः देशः अस्ति।
2. अस्य देशस्य नाम भारतः इति।
3. भारतम् एकं प्राचीनं विशालं च राष्ट्रम् अस्ति।
4. अस्य राजधानी दिल्ली अस्ति।
5. भारते बहवः पर्वताः, नद्यः, वनानि च सन्ति।
6. हिमालयः पर्वतराजः अस्य उत्तरस्यां दिशि स्थितः अस्ति।
7. भारते अनेकाः भाषाः, अनेके धर्माः च सन्ति।
8. अस्माकं देशः श्वसुधैव कुटुम्बकम् इति शिक्षयति।

- आरवः, षष्ठी (अ)



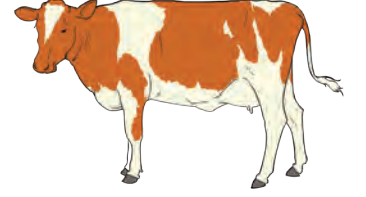
संस्कृतभाषायाः महत्त्वम्

1. संस्कृतभाषा विश्वस्य प्राचीनतमा भाषा अस्ति।
2. इयं भाषा अस्माकं संस्कृतेः मूलाधारः अस्ति।
3. सर्वाः भारतीयभाषाः संस्कृतभाषायाः जननीम् मन्यन्ते।
4. सर्वे वेदाः, उपनिषदः, पुराणानि च संस्कृतभाषायाम् एव लिखितानि सन्ति।
5. संस्कृतं केवलं भाषा नास्ति, अपितु जीवन-दर्शनम् अपि अस्ति।
6. अस्याः व्याकरणं वैज्ञानिकम् अस्ति।
7. संस्कृतस्य अध्ययनं ज्ञानस्य वृद्धिं करोति।
8. वयं सर्वे संस्कृतभाषां पठामः, वदामः च।

- अभिनवः, षष्ठी (अ)

धेनुः

1. धेनुः अस्माकं माता अस्ति।
2. इयं एका चतुष्पाद् पशुः अस्ति।
3. धेनुः विविधासु वर्णेषु भवति।
4. सा अस्मभ्यं मधुरं दुग्धं यच्छति।
5. गोदुग्धं स्वास्थ्यकरं पवित्रं च भवति।
6. धेनोः गोमयम् (गोबर) अपि बहु उपयोगी भवति।
7. वयं धेनुं पूजयामः, रक्षामः च।
8. अतः धेनुः अति महत्त्वपूर्णः पशुः अस्ति।



- गितेशः, षष्ठी (ब)

विद्याधनम्

1. विद्या सर्वोत्कृष्टं धनम् अस्ति।
2. विद्याधनं सर्वेषु धनेषु प्रधानं भवति।
3. न चोरहार्यं न च राजहार्यं न भ्रातृभाज्यं न च भारकारि।
4. विद्या मनुष्यस्य ज्ञानं वर्धयति।
5. विद्या विदेशगमने मित्रम् इव भवति।
6. विद्या विहीनः नरः पशुभिः समानः भवति।
7. अतः विद्यायाः रक्षणम् अति आवश्यकम् अस्ति।
8. वयं सर्वे मनसा विद्यां प्राप्तुं प्रयतनामहे।
यथा - न चोरहार्यं न च राजहार्यं न भ्रातृभाज्यं न च भारकारि।
व्यये कृते वर्धते एव नित्यं विद्याधनं सर्वधनप्रधानम्॥

- तोशानी, षष्ठी (ब)

वृक्षः (परोपकारी)

पुष्पपत्रफलच्छायामूलवल्कलदारुभिः ।

धन्या महीरूहाः येषां विमुखा यान्ति नार्थिनः॥

1. वृक्षाः अस्माकं जीवनस्य आधारभूताः सन्ति।
2. ते स्वयम् आतपे तिष्ठन्ति, किन्तु अस्मभ्यं छायां यच्छन्ति।
3. वृक्षाः परोपकारिणः सन्ति।
4. ते मधुरं फलम्, सुन्दराणि पुष्पाणि च ददति।
5. वृक्षाः पर्यावरणं शुद्धं कुर्वन्ति।
6. तेभ्यः वयं प्राणवायुं (ऑक्सीजन) प्राप्नुमः।
7. वृक्षाणाम् अभावे जीवनं कष्टकरं भवति।
8. अतः वयं वृक्षारोपणं कृत्वा तेषां रक्षणं कुर्मः।
- अदितिः, षष्ठी (द)

सरस्वती पूजा (कोऽपि उत्सवः)

भारते बहवः उत्सवाः भवन्ति।

सरस्वति महाभागे विद्ये कमललोचने।

विद्यारूपे विशालाक्षि विद्यां देहि नमोऽस्तु ते॥

1. सरस्वती पूजा मम प्रियः उत्सवः अस्ति।
2. माघमासस्य शुक्लपक्षस्य पञ्चम्यां तिथौ इयं पूजा भवति।
3. सरस्वती देवी ज्ञानस्य, कलायाः, सङ्गीतस्य च देवी अस्ति।
4. अस्मिन् दिवसे वयं विद्यालयान्, गृहान् च अलङ्कुर्मः।
5. छात्राः नवीनवस्त्राणि धृत्वा देव्याः पूजां कुर्वन्ति।
6. वयं देवीं वन्दामहे यत् सा अस्मभ्यं ज्ञानं यच्छतु।
7. इयं पूजा अस्माकं जीवने आनन्दं, उत्साहं च पूरयति।
- अविता, षष्ठी (द)

आदर्श-छात्रायाः/छात्रस्य लक्षणम्

छात्राणाम् कृते अध्ययनम् एव परमं धर्मः अस्ति। आदर्श-छात्रः सदा सत्यं वदति, गुरुजनानां सम्मानं च करोति। सः समयस्य सदुपयोगं करोति, कदापि आलस्यं न करोति। सः स्वपाठ्यक्रमं सम्यक् पठति, गृहकार्यं च नियतसमये करोति। आदर्श-छात्रः स्वस्थः, परिश्रमी, विनयी च भवति। सः कक्षायां ध्यानपूर्वकं पठति, नियमान् च पालयति। आदर्श-छात्रः सर्वत्र प्रशंसां लभते, सः एव देशस्य भविष्यं भवति। यथा कथितमपि –

काकचेष्टा बकध्यानं श्वाननिद्रा तथैव च।

अल्पाहारी गृहत्यागी विद्यार्थी पञ्चलक्षणम्॥



जागृतः, सप्तमी (ब)

विद्या-महिमा

न चोरहार्यं न च राजहार्यं

न भ्रातृभाज्यं न च भारकरि।

व्यये कृते वर्धते एव नित्यं

विद्या-धनं सर्वधन-प्रधानम्॥

विद्या मनुष्यस्य महत्त्वपूर्णं धनम् अस्ति। विद्या सर्वदा रक्षितं धनं भवति। न चोरहार्यं न च राजहार्यं। विद्या विदेशेषु अपि मित्रवत् सहायिका भवति। विद्या मानवस्य ज्ञानं, विवेकं, संस्कारं च वर्धयति। विद्यावान् जनः सर्वत्र पूज्यते। विद्याविहीनः नरः पशुसदृशः भवति। सावधानतया कृतं विद्याभ्यासं कदापि नश्यति। अतः छात्रैः सदा उत्साहपूर्वकं विद्यार्जनं कर्तव्यम्। सा एव अस्माकं जीवने सफलतां सुखं च आनयति।

- अभिनवः, सप्तमी (ब)

पर्यावरणहानिः

अद्यतनयुगे मनुष्यः प्रगतिशीलः इति स्वयमेव गर्वं वहति। किन्तु अस्य प्रगतिः प्रकृतेः विनाशाय कारणं जातम्। वनानि नाश्यन्ते, नदीः दूषयन्ते, वायुः मलिनो भवति, तथा जलं अपि अम्लमयं दृश्यते। उद्योगानां धूमः आकाशं आवृत्य सूर्यप्रकाशं निवारयति। अस्य परिणामः तु केवलं प्राणिनां नाश एव न, अपि तु पृथिव्याः समतोलस्य विघटनम् अपि। अस्माभिः स्मर्तव्यं यत् – प्रकृतिः नित्यं दात्री अस्ति, किन्तु तस्या धैर्यस्य अपि मर्यादा अस्ति। यदि वयं स्वार्थेन एव सर्वं नाशयामः, तर्हि भविष्यति केवलं धूलिः, नैराश्यं च न जीवनम्। अतः सर्वे मिलित्वा वृक्षारोपणं कुर्मः, जलरक्षणं च साधयामः – एषा एव सत्यसेवा वास्तविकी सेवा।

– भुवनेश विक्रमादित्यः, ग्यारहवीं-डी

महान्तमः मूर्खः

राजा कृष्णदेवरायस्य समये तेनालीरामस्य होलिका पर्व महता उत्साहेन आचर्यते स्म। अस्मिन् दिने राजसभायां बहवः कार्यक्रमाः आयोज्यन्ते स्म। एतेषु श्रेष्ठः तथा च सर्वाधिकं मूल्यवान् पुरस्कारः तस्मै श्रेष्ठहास्यकलाकाराय उचित-पारितोषिकरूपेण दीयते स्म, यः स्वबुद्ध्या हास्येन च राजानं सन्तुष्टं करोति स्म। अस्मिन् वर्षे तेनालीरामः श्रेष्ठहास्यकलाकारस्य पुरस्कारं प्राप्तवान्। एतत् दृष्ट्वा अन्ये राजसभा-सदस्याः तस्मात् ईर्ष्यां कर्तुम् आरब्धवन्तः। ते होलिकापर्व (अस्मिन्) दिने तेनालीरामं केनापि प्रकारेण सफलं न कर्तुं निश्चयम् अकुर्वन्। एतदर्थं ते राज्ञः मुख्यसेवकं स्वपक्षे कृत्वा तस्मै भंगा नामः शीतलं पेयम् अपाययन्। एतस्मात् कारणात् तेनालीरामः तस्मिन् दिने गृहे एव शयानः आसीत्। यदा तस्य निद्रा भग्ना अभवत् तदा सः धावन् राजसभां प्राप्तवान्। परन्तु अर्धतः अधिकाः कार्यक्रमाः समाप्ताः आसन्। राजा कृष्णदेवः क्रोधेन स्वरेण अवदत्, “भोः महामूर्ख! तेनालीराम, त्वं भंगा-पेयं पीत्वा सुप्तः आसीत्, यः एतावता विलम्बेन राजसभां आगतः? किं त्वं न जानासि? यत् अद्य होलिकापर्व अस्ति, त्वं च एतेषु कार्यक्रमेषु महता उत्साहेन भागं गृह्णसि?” तेनालीरामः सर्वेषां जनानां मुखात् स्वविषयं एतत् सम्बोधनं श्रुत्वा सम्मानेन राजानं सम्बोधयित्वा अवदत्, “महाराज, भवान् मां महामूर्खस्य उपाधिं दत्वा अद्य प्राप्यमाणं पुरस्कारं मम कृते सुरक्षितं कृतवान्।” एतत् श्रुत्वा सर्वे राजसभासदस्या विस्मिताः अभवन् तथा परस्परं पश्यन्ति स्म। ते स्वदोषम् अवगतवन्तः, परन्तु ते इदानीं किं कर्तुं शक्नुवन्ति स्म यत् ते स्वमुखेन एव तेनालीरामं महामूर्खस्य उपाधिना अलकृतवन्तः आसन् एवं प्रकारेण चतुरः तेनालीरामः होतिकायाः अवसरे प्राप्यमाणं सर्वोच्चं पुरस्कारं प्राप्तवान्।

– शौर्यः भारद्वाजः, अष्टमी (अ)

मानसिक-स्वास्थ्यम्

आधुनिके जीवनशैल्यां मनुष्यः बाह्यसुखानुसारेण धावति, किन्तु आन्तरिक-शान्तिं-विस्मरति। स्पर्धा, दाबः, अपराजय-भयम् इत्यादयः तस्य मनसि गाढं प्रभावं कुर्वन्ति। फलतः चिन्ता, उद्वेगः, निद्राभावः च जायन्ते। मानसिक-स्वास्थ्यं तु शरीरस्वास्थ्यस्य मूलम् अस्ति। यदि मनः अशान्तं भवेत्, तर्हि शरीरमपि दुर्बलं भवति। अतः आवश्यकं यत् – वयं प्रत्येकदिवसं आत्मविश्रान्तिं प्राप्नुयामः, ध्यानं कुर्मः, मित्रैः परिवारैः सह समयं यापयेम। करुणा, संयमः, संतोषः च मनसः औषधयः इव। स्मरामः – स्वस्थं मनः एव सच्चिदानन्दस्य द्वारम्।

– गौरी कुमार, द्वादशी (ब)



देवेश-रचितः संसारः गोलाकारः



सूर्यः गोलाकारः चन्द्रः गोलाकारः,
मात्रा निर्मिताः रोटिकाः गोलाकाराः,
पूरिकाः गोलाकाराः स्थाली
गोलाकारा,
देवेश-रचितः संसारः गोलाकारः
मात्रा आनीतम् मोदकं गोलाकारम्,
चक्रं गोलाकारं रूप्यकं गोलाकारम्।

त्वमपि गोलाकारः अहमपि गोलाकारः

देवेश-रचितः संसारः गोलाकारः॥

-दक्षः गुप्ता, अष्टमी (ब)

संस्कृत-मेधावी-छात्रवृत्तिः



स्वातन्त्र्यम्

प्रसन्नमुखि त्वम् आगता लक्ष्ययुक्ता।

परकार्यहरणेन, तपो वयम् त्यक्ता॥

लुटितमहिमे! मा मोहं गच्छ,

यतः पीडिताः पुनरुत्थाय यास्यन्ति रक्षाम्॥

येषां नक्तं दिवं च दुःखेन यातम्,

ते धारयिष्यन्ति साहसम् अपारम्।

त्वां पतयिष्यन्ति भूमौ निपात्य,

दास्यन्ति न्यायं, स्वहस्तैः जातम्॥

ये हताः शीतलेषु प्रदेशेषु,

त्वं तेषां दुःखं न मन्यसे कदाचन।

लोभेन तव, जनाः मृता अपि,

मृषावचोभिः त्वं स्वसिंहासनम् आसीत॥

भविष्यसि त्वं शस्त्रहतानां भूतैः पीडिता,

ये त्वया विविक्ताः, तेषां क्रोधेन दग्धा।

एकदा वयं उत्थास्यामः पुनः,

पूर्वजानां रक्तस्वेदाश्रुभिः सिक्ताः॥

स्वं धनं स्वं शान्तिं च प्रत्याप्स्यामः,

स्वहस्तनिर्मितं स्वातन्त्र्यदीपान् धारयामः॥

- सोनाक्षी सेनगुप्ता, दशमी (ड)

Paintings & Drawings



SMRITIMAN CHAKRABORTY, VIII-D



SMRITIMAN CHAKRABORTY, VIII-D



SHURAKSHA- X-B



SHREYA SRIVASTAVA, X-C

Paintings & Drawings



Smritiman Chakraborty, VIII-D



Darshik Baranwal, V A



Ridhima Adlakha , XII-B

Paintings & Drawings



Alshifa Malik, XI-C



Alshifa Malik, XI-C



Alshifa Malik, XI-C

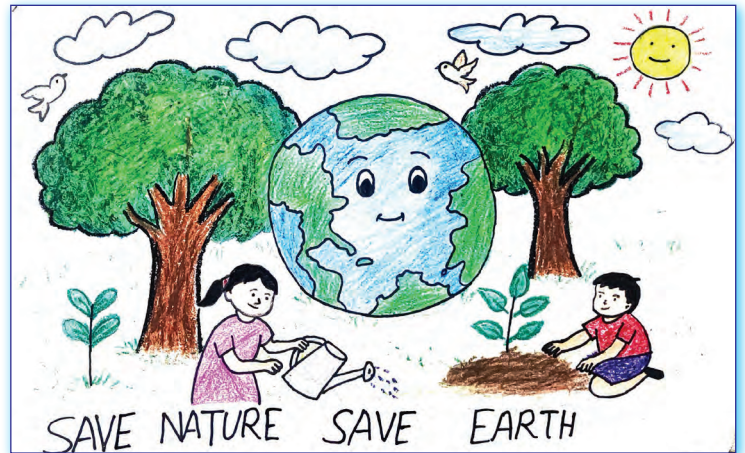


Alshifa Malik, XI-C

Paintings & Drawings



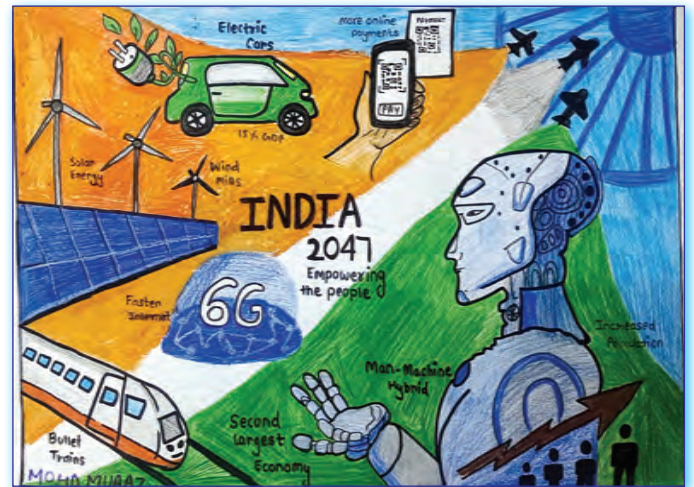
Kavya Mandal, IV A



Ritvika Ojha, IV A



Tanisha, V B



Mohd Muaaz, IV A



Aarohi Gupta, IV C

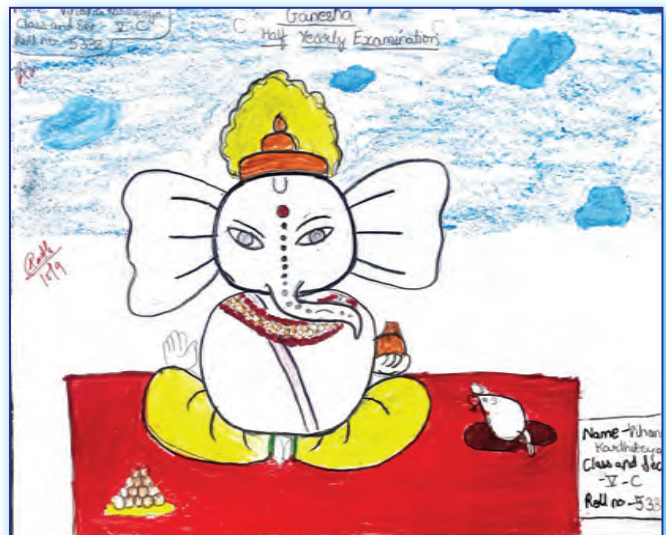


Aarna Khendelwal, III B

Paintings & Drawings



Aaditya Arora, V D



Vihana Karthikeya, V C



Shiva Sungra, V C



Abhinav, IV B



Trisha, V D



Gunjan Saini, V D

Paintings & Drawings



Dvyanshi, V A



Shivansh Rawat, III B



Saksham, III C



Aarohi Gupta, IV C



Jeevika Arora, V C



Sofiya, IV B

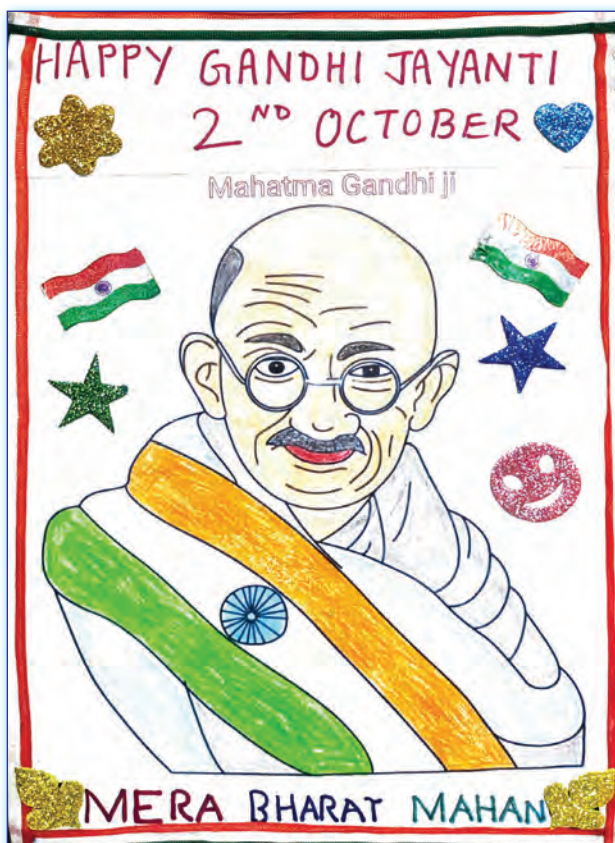
Paintings & Drawings



Kashavi Sharma, IV A



Bhavpreet, V A



Anupriya Mittal, IV C



Anaya Athar, III A



Faculty - English Department



Faculty - Hindi Department



Faculty - Science Department



Faculty - Mathematics Department



Faculty - Social Science Department



Faculty - Computer Science Department



Faculty - Work Experience Department



Faculty - Physical Education Department



Faculty - Administrative Staff



Faculty - Pre-Primary Department



Special Educators





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