



सत्यं त्वं प्रथमं भयावहम्
केन्द्रीय विद्यालय संगठन

आह्वान

ई-पुरितका

केन्द्रीय विद्यालय नौसेना आयुध भंडार, सुनाबेड़ा

की कोरोनाकाल पर ई-पुरितका प्रस्तुति

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संरक्षक

अनंत नारायण मेहेर, प्राचार्य

संकलन एवं संपादन समिति



श्री पुरुषोत्तम साहू

स्नातकोत्तर शिक्षक हिंदी



श्री रोहित चौरसिया

प्रशिक्षित स्नातक शिक्षक हिंदी



सुश्री ईशु रावत

प्रशिक्षित स्नातक शिक्षिका, अंग्रेजी



प्राचार्य संदेश

यह अत्यंत गौरवान्वित करने वाला क्षण व हर्षित बेला है इसमें हम सभी साक्षी हैं कि किस प्रकार जीवन की अनुभूति महामारी से समर विजित करके उल्लास पताका फहरा रही है. आज संशय की बदली और आशंका के बवंडर से आशा का सूरज अपने तेज व ओज के साथ उदयगामी है।

कोरोना महामारी से उपजी मंद व्यवस्था व समाज में रहकर भी सामाजिक दूरी का अंगीकरण मानव के प्रगति रथ के चक्र को धीमा तो कर पाया है लेकिन रोक नहीं सका .आज महामारी की एक लंबी अवधि के पश्चात जीवन शैली में सकारात्मक परिवर्तन करते हुए मानव पुनः अपने कर्तव्य रथ पर आरूढ़ होकर जीवन समर में हुंकार भरने के लिए तैयार है।

विद्यार्थी जीवन में शिक्षा का अप्रतिम महत्व है शिक्षा का वास्तविक उद्देश्य है- मानव का सर्वांगीण विकास. मानव जीवन के उद्देश्य में चराचर, जड़-चेतन जैव-अजैव सभी का उद्धार शामिल होता है .शिक्षा हमें शारीरिक मानसिक आध्यात्मिक सामाजिक राजनीतिक और नैतिक सभी नियमों के ज्ञान से सराबोर करती है . शिक्षा हमारे व्यवहार को सकारात्मक रूप से प्रगतिशील बनाती है आज के इस भयावह माहौल में शिक्षा से प्रेरित हमारा सकारात्मक रवैया व प्रेरणादाई सोच हमारे जीवन को अग्रसर बना रहा है।

कोरोना ने हमें हमारी संस्कृति से और नजदीक कर दिया है हम जिन मूल कर्तव्यों को भूल चुके थे आज फिर से जिंदगी की नाप जोख में गुप्त सूत्रों की तलाश अनायास ही हो चली है. यदि बारीकी से देखा जाए तो आज की बदली भी जीवन शैली हमारी संस्कृति की मांग के अनुरूप ही प्रतीत होती है. सामाजिक दूरी बनाए रखना, हाथों को निरंतर धोते रहना, आसपास के वातावरण को स्वच्छ रखना, पौष्टिक खाद्य पदार्थों का सेवन करना, अनाजों सब्जियों फलों व अन्य खाद्य पदार्थों में विविधता शामिल करना, अपनी जरूरतों को सीमित करना, संसाधनों का उचित दोहन करना, उपभोक्तावाद को शिथिल करना, मानवता को मुख्य गुण धर्म के रूप में शामिल करना आदि कई ऐसे सूत्र हैं जो हमारी संस्कृति में भरे पड़े हैं।

संस्कृति व संस्कारों से प्रेरित होकर आज हमारी यह ई पत्रिका प्रकाशित हो रही है जिसमें हमारे नौनिहाल विद्यार्थी व कर्मठ शिक्षक साथियों ने अपने बहुमूल्य समय की आहुति दी है। रचनात्मकता के केंद्र में हमारे केंद्रीय विद्यालय परिवार के सभी साथियों की लगन वाह कर्मठता भी विद्यमान है आप सभी के सुनहरे भविष्य की कामना करते हुए व कोरोना से उपजी अव्यवस्था में आप सभी के धैर्य व उत्साह को नमन करते हुए मैं आशा करता हूं कि मानव जीवन ऐसे छोटे-मोटे अवरोधों से रुकेगा नहीं. हमारे विद्यार्थी अपने अदम्य साहस व कभी निस्तेज ना होने वाली जिजीविषा के बल पर नए क्षितिज की उड़ान भरेंगे।

अनंत नारायण मेहेर
प्राचार्य



संपादक की कलम से....

सर्वप्रथम, नए ज़माने के पहले कदमों का अभिनन्दन ! सर्व मंगलमय हो ! इस ज़माने में

सबके लिए जीने के वरदान हो.... ऐसी इच्छा हम हमेशा से सबके लिए करते रहे हैं ! आज एक अबूझ पहली सी कोरोना महामारी मानव जीवन के अस्तित्व पर संकट छा गया है ऐसे में हमें जीवन का नया सबक सीखने मिला है । जीवन में सकारत्मक पहलू पर विचार करने के लिए पर्याप्त समय मिला। परिवार के साथ बरसों बाद बैठे और बहुत सारी तकनीकी ज्ञान हासिल किया।

ऑनलाइन शिक्षा के नए आयाम सामने आया। ब्लैकबोर्ड के स्थान पर मोबाइल शिक्षक और विद्यार्थी के माध्यम जरिया बना, इससे बच्चों ने अध्ययन का नया अनुभव पाया जो पहले असंभव सा लगता था। विद्यार्थियों ने घर बैठे शिक्षा के साथ- साथ स्वास्थ्य के गुर भी सीखे। शिक्षक स्वयं सीखकर विद्यार्थियों को कुशल बनाने में लगे हुए हैं और इसी उम्मीद के साथ की पूरा का पूरा विश्व इस महामारी से उबर कर के एक नए जीवन का संचार करेगा।

संगठन ने जो ई - पुस्तिका प्रकाशित करने का निर्देश दिया है वह निश्चित ही कोरोनाकाल में बच्चों के अनुभव और अनुभूतियों का सजीव संग्रह साबित होगा। प्राचार्य महोदय श्री ए.एन. मेहर जी का आभार व्यक्त करता हूँ साथ ही उत्तर निर्माण में सहयोग देने वाले सभी शिक्षकों के सहयोग के लिए हृदय से धन्यवाद ज्ञापित करता हूँ ।

पुरुषोत्तम साहू

स्नातकोत्तर शिक्षक हिंदी

Conversation is the laboratory and workshop of the student and here through the medium of this magazine we begin the conversation of the heart, where student's imagination bodies forth the forms of things unknown, unrecognised through a writer's pen and turns them to shapes which fills the mind with aesthetic habitation. Through this magazine we try to retrospect. Retrospection is reverting to the past and picking up the seeds of knowledge because future may bring opportunities but the past will teach you to hold them firmly.

A fair platform has always been the wish of artists all over the world and Retrospect tends to be that for the amazing and brave imaginers of KV NAD Sunabeda. Art is the manifestation of divine thought where knowledge is not lost in information but turned into a seed of creation, which by all hope will inspire and motivate whosoever comes in contact.

Cascading through the winds of change, it becomes the need of the hour to produce which have never been said and here all the contributors have tried to hold that notion dearly. We hope that the works of great hard work create a ripple of imagination and happiness in your hearts and make you eager to re-visit this edition to discover something new each time you hold this creation of ours.

The best luck of all is the luck you make for yourself. So, go and seize the day!

By Ishu Rawat
TGT English



मुझसे डरो ना...

उसने कहा- कितनी अच्छी हैं तुम्हारी संस्कृति ।
न चूमते,न गले लगाते
दोनों हाथ जोड़ कर वो स्वागत करते,
मुझसे डरो ना..

कहां से सीखा तुमने ??
रूम स्प्रे ,बॉडी स्प्रे,

पहले तो तुम धूप,
दीप कपूर अगरबत्ती,लोभान जलाते
वही करो ना,
मुझसे डरो ना...

शुरू से तुम्हें सिखाया गया
अच्छे से हाथ पैर धोकर घर में घुसो,
मत भूलो अपनी संस्कृति
वही करो ना
मुझसे डरो ना...

उसने कहा सादा भोजन उत्तम विचार
यही तो है तुम्हारे संस्कार

उन्हें छोड़ जंक फूड फ़ास्ट फूड के चक्कर में पड़ो ना
मुझसे डरो ना...

उसने कहा शुरू से ही जानवरों को पाला-पोसा प्यार दिया
रक्षण की है तुम्हारी संस्कृति,उनका भक्षण करो ना
मुझसे डरो ना

कल रात मेरे सपने में आया कोरोना
बोला मुझसे डरो ना।

श्री रोहित चौरसिया, टीजीटी हिंदी)

कैद हुई आशंकाए,
यदि हाथ धोने से बह जाती हैं
तो क्या बुरा है,
समय आ गया है,
शायद आशंकाओं के रंग गहरे होते हैं,
हाथों में लग जाएं
तो बड़ी मुश्किल से छूटते हैं,
बचपन में ही जान गया था,
हाथ धोने का सर्जन बनने के बाद समझ
आया,
'सर्जन बनने के लिए मन भी साफ़ होना
चाहिए'

महामारी लगी थी
घरों को भाग लिए थे सभी मज़दूर, कारीगर.
मशीनें बंद होने लग गई थीं शहर की सारी

उन्हीं से हाथ-पैर चलते रहते थे
वर्ना ज़िन्दगी तो गाँव ही में बो के आए थे.

वो एकड़ और दो एकड़ ज़मीं,
कटाई और बुआई सब वहीं तो थी

ज्वारी, धान, मक्की, बाजरे सब.
वो बँटवारे, चचेरे और ममेरे भाइयों से
फ़साद नाले पे, परनालों पे झगड़े
लठैत अपने, कभी उनके.

वो नानी, दादी और दादू के मुक़दमे.
सगाई, शादियाँ, खलियान,
सूखा, बाढ़, हर बार आसमाँ बरसे न बरसे.

मरेंगे तो वहीं जा कर जहां पर ज़िंदगी है.
'चलो अब घर चलें' - और चल दिये सब,
मरेंगे तो वहीं जा कर जहां पर ज़िंदगी है !

(श्री रोहित चौरसिया, टीजीटी हिंदी)

10 Ways to Boost Your Confidence

1. List your strengths
2. Accept your limitations
3. Don't "should" yourself
4. Gain some perspective
5. Try something new
6. Celebrate your wins
7. Practice positive self-talk
8. Accept compliments
9. Show others how to treat you
10. Be kind to you

Self confidence is the most attractive quality a person can have. How can anyone see how awesome you are if you can't see it yourself?

By Nikhil Kumar Prasad

Class 7

Open Letter to Youth on the 'Power of Fitness'



Dear Youth,

I hope you're hopeful, healthy, active and safe in these difficult times. COVID19 has presented a situation never seen before in the modern times. The pandemic has exposed many of our system's shortcomings and brought the health of a common person in the spotlight. Fitness has become an important part of lifestyle more than just being a passing trend for a select few people.

According to experts health and fitness are two concepts that go hand in hand. Health encompasses our physical, mental and emotional wellbeing, while fitness, on the other hand, is a state of control over our body. Thus, we could be physically, mentally and emotionally fit.

Good physical and mental fitness not only increases the quality of life but also motivates to explore new opportunities and be ready to face new challenges every day.

You are the future of our country and hence, your health and fitness is of utmost importance. I know you enjoy being on your sofa and watching Netflix, many of you find it relaxing too, but it makes you fat, lazy, stiff, and unfit. How about choosing a hobby that not only is fun and exciting but healthy also. You can choose from a variety of sports activities to yoga, aerobics, zumba and dancing too.

A healthy and fit body is a long time investment. It provides strength and agility not only in our youth but in our old age also. A sick person loses both their time and money, while maintaining a healthy lifestyle can save both. For a healthy and fit lifestyle you need to say goodbye to regular intake of processed and fried food and say hello to fruits, vegetables, eggs, meat, dairy, pulses, and grains. And yes, don't forget to exercise daily.

A fit person can perform all its daily tasks efficiently and is an asset to the society. She is able to contribute more in the development and prosperity of society.

At last, I hope you understand the importance of good health and fitness. Your small efforts can bring a big change in our country and motivate your younger generation to opt for a healthy lifestyle.

**Yours Sincerely,
Ishu Rawat TGT English**

कोरोना वायरसः

कोरोना वायरसः एकः विश्वव्यापी संक्रमणः अस्ति। कोरोनावायरसः अनेक प्रकाराणाम् वायरसानाम् एकः समूहः अस्ति। कोरोना वायरसस्य प्रकोपस्य उत्पत्तिः चीन देशस्य वुहान नगरात् 2019 वर्षे अभवत्। प्रतिदिनम् सहस्राः जनाः संक्रमितः भवन्ति। विश्व स्वास्थ्य संगठनम् अकथ्यत्- कोविड-19 एका महामारी अस्ति। इयम् अति भयावहः अस्ति।

वर्तमान समये कोरोना वायरसस्य वैक्सीन सर्वत्र उपलब्धः अस्ति। अधुना विश्वस्य समस्त राष्ट्राः अनेन ग्रसिताः सन्ति। अस्य मात्र एकमेव उपायः अस्ति यत् एकैकम् परात् दूरीम् कृत्य वसेत्। कोरोना विषाणुः मानवेषु श्वसनलिकासु संक्रमणम् भवितुम् अर्हति।

सावधानियां-

- 1) कोरोना महामारी काले गृहे तिष्ठम् अति उत्तमम् अस्ति।
- 2) कोरोना काले रुग्णः प्रतिरोधक क्षमता कृते पौष्टिक आहारम् आवश्यकः अस्ति।
- 3) द्विगजस्य सामाजिक अन्तरम् मुख संरक्षकं आवरणम् प्रयोगम् च आवश्यकः अस्ति।
- 4) अस्मिन् काले सर्वे जनाः सहयोगम् आवश्यकः अस्ति।
- 5) न अकारणेन अटन्तु।
- 6) गृहेषु भूत्वा सुरक्षिताः भवत।
- 7) सततम् फेनकेन हस्त प्रक्षालनम् कुर्वन्तु।
- 8) प्रक्षालक (सेनेटाइजर) हस्तौ स्वच्छोक्त मुखनासिकाच्छादकस्य प्रयोगं विधीयताम्।

- श्रीमती दीपिका (टी. जी. टी. संस्कृत)

I enjoyed the Nature

The fussy, busy Sunday,
Was having enormous run.
But this Covid has fed us,
The luscious evergreen bun.

I came from my school,
And played the whole day.
My nature was mean less,
And it went on that way.

but it's the Covid!
Earlier things got submerged
And the real precious beauty
Has now rousingly emerged.

The huge open sky,
The enchanted humming birds,
The green set of trees
And the excited rearing herds.

I go to the hills
And enjoy the meadow
That's full of surprises
Like a peek from my dream window.

Really! The visit of nature
Is the loveliest of all
Thanks to the COVID
For showing us the beauty mall.

By Deepjyoti Meher (Class 7)



Corona Virus

Oh! Corona, why?
Why you not let me meet,
My friends and loved ones?
Alas! I couldn't go outside
To play and run
Bask in the sun.

I'm bored,
Listening to
Stay at home speech.
Wash your hands
Don't touch here
Repeat after repeat.

When you were not here
I was a free bird
Playing here
Hopping there
All around the world.

I wonder what happened
In China, that sent
The whole world
Into despair.

By Ankshita Panda
Class 7

Fitness beats Pandemic

Fitness beats pandemic

But for some,

Pandemic beats fitness,

All of them lying at home,

Praying not to suffer from illness.

They should do some yoga,

“Ab yoga se hi hoga,”

Also some exercises,

For burning the fatness.

Your luck is not down,

Even in the lock down.

Try to have some fitness,

Then you won't end up hopeless.

By Payal Priyadarshinee Kuanr

Class 8

RIDDLE ME OUT!

1. Large as a mountain, small as a pea,
Endlessly swimming in a waterless sea.
2. There is a clerk at the butcher shop,
He is five feet ten inches tall,
And he wears size 12 sneakers.
What does he weigh?
3. What starts with a P, ends with an E,
And has a million letters in it?
4. A blue house has blue bricks;
a yellow house has yellow bricks.
What is a green house made of?
5. More precious than gold, but can't be bought,
Can never be sold, only earned if it's sought,
If it's broken it still can be mended,
At birth it can't start nor by death is it ended.

Answers: 1. Asteroids 2. Meat 3. Post-Office 4. Glass 5. Friendship

To My Parents ☺

The beauty of your eyes,
The kindness of your actions,
The value of your heart,
And I love you so.

The kisses before bed,
The twirl of your blue dress,
The garden of your hand,
And I love you so.

The time you've saved the day,
The pillar of your strength,
The power of your wisdom,
And I love you so.

The hope in your smile,
The twinkle in your eyes,
The memories with you,
And I love you so,
That I'll never let go.



Romy's Favourite story

Romy came home from school. He had no homework, so he ran upstairs and brought down one of his favourite books, a collection of stories about Lord Ganesha, Lord of intellect and the higher knowledge. Lord Ganesha was Romy's favourite because of his cleverness and intelligence. Romy flipped through the book, until he came to his favourite story of all time, the great race between Ganesha and his brother Kartikey.

The two brothers were having an argument as to who was the wiser of the two. They just couldn't decide, so they went and asked their father, Lord Shiva. Shiva decided that whoever could go around the whole world and come back first to the starting point would be the wisest. Kartikey flew off at once on his peacock, leaving Ganesha behind. But the wise Ganesha simply walked over to his parents, and walked one circle around them. He then waited for his brother to come back from his world journey. When Kartikey came back he looked at his father hoping to hear the winner's name. Lord Shiva announced that the winner was Ganesha. Kartikey was hurt and asked why. To which Ganesha replied, "To me my parents are my world, so elder brother, while you were going around the world I just simply circled around them and won this competition." And so, Ganesha won the race and was thereafter acknowledged as the wisest of the two brothers.

As Romy finished reading, he went outside to play with his friends. They played football, and while they played Romy kept in mind the story he had read and hoped one day he be as witty and clever as Ganesha.

By Piyush Parida(Class 6)

Dice

Imagine a world without random numbers. In the 1940s, the generation of statistically random numbers was important to physicists simulating thermonuclear explosions and today, many computer networks employ random numbers to help route Internet traffic to avoid congestion. Political poll-takers use random numbers to select unbiased samples of potential voters.

Dice, originally made from the anklebones of hooped animals, were one of the earliest means of producing random numbers. In ancient civilizations, the gods were believed to control the outcome of dice tosses; thus, dice were relied upon to make crucial decisions, ranging from the selection of rulers to the division of property in an inheritance. Even today, the metaphor of God controlling dice is common, as evidenced by astrophysicist Stephen Hawking's quote, "Not only does God play dice, but he sometimes confuses us by throwing them where they can't be seen."

The oldest-known dice were excavated together with a 5,000-year-old backgammon set from the

legendary Burnt City in southeast Iran. The city represents four stages of civilization that were destroyed by fires before being abandoned in 2100 B.C. at this same site, archaeologists also discovered the earliest-known artificial eye, which once stared out hypnotically from the face of an ancient female priestess.

For centuries, dice rolls have been used to teach probability. For a single roll of an n -sided die with a different number on each face, the probability of rolling any value is $1/n$. The probability of rolling a particular sequence of i numbers is $1/n^i$. For example, the chance of rolling a 1 followed by a 4 on a traditional die is $1/6^2 = 1/36$. Using two traditional dice, the probability of throwing any given sum is the number of ways to throw that sum divided by the total number of combinations, which is why a sum of 7 is much more likely than a sum of 2.



By Aditya K Nahak
Class 8

WORDS

Words are here,

Words are there

We can see words everywhere

Playing with words is so much fun

I never forget the words I learn

But sometimes we can't find words to talk

And sometimes we're in no mood to stop

But words are wonderful

They come handy in all walks

INSPIRING QUOTES

1. "I DON'T BELIEVE YOU HAVE TO BE BETTER THAN EVERYBODY ELSE, I BELIEVE YOU HAVE TO BE BETTER THAN YOU EVER YOU THOUGHT YOU COULD BE"

- Albert Einstein

2. " I KNOW WHERE I AM GOING AND I KNOW THE TRUTH AND I DON'T HAVE TO BE WHAT YOU WANT ME TO BE, I AM FREE TO BE WHAT I WANT TO BE"

William Shakespeare

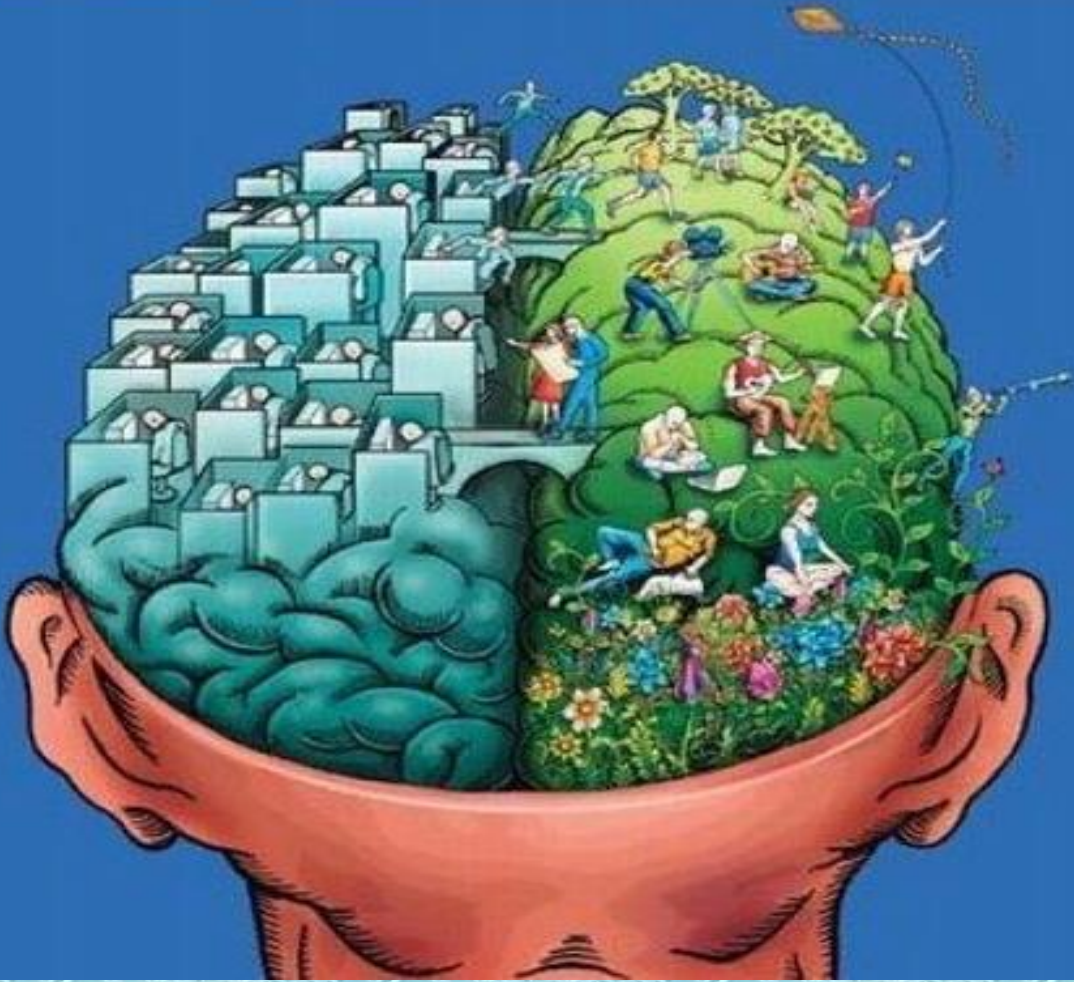
3. "YOUR TALENT IS GOD'S TO YOU. WHAT YOU DO WITH IT IS YOUR GIFT TO GOD."

- Mahatma Gandhi

4. "TELL ME AND I FORGET. TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN."

-Benjamin Franklin

HUMANS AND INTERNET USES



Once upon a time there was a small family living in a small house with all the facilities. They have a laptop, a television, a mobile but the internet there was very slow, they can't get that much network that's why the laptop would lay in one place for three years but after three years they move to another place they came to this new place after six years ,but after they came to this new place suddenly a

virus named “Corona” spread every where in the world. In India, the prime minister Shri Narendra Modi announced lockdown and said to stay at home. Whole India was locked and the pollution was controlled all over the India ,online classes started and all the people started to buy laptops, mobiles and tablets but the family didn’t buy anything except a mobile and some books and some notes for their children, one was named Arvind who was studying in class 5 and another was Anika who was in class 8. One day they both were misusing their devices and then they goy a lesson when their marks were low in a normal class test. That day their father said them you two got very bad marks because of your misuse of your device, when we interact with any mobile ,laptop, tab or any other device our brain got damage our eyes got damage and we become unhealthy and get irritated of every thing. So now onwards you two would have to use your devices correctly, ‘ok?’ said their father. ‘Ok papa’, said both the children. After some months the virus was cured from the whole world and people understood the uses of internet

Thank you By Anuska patro Class 7

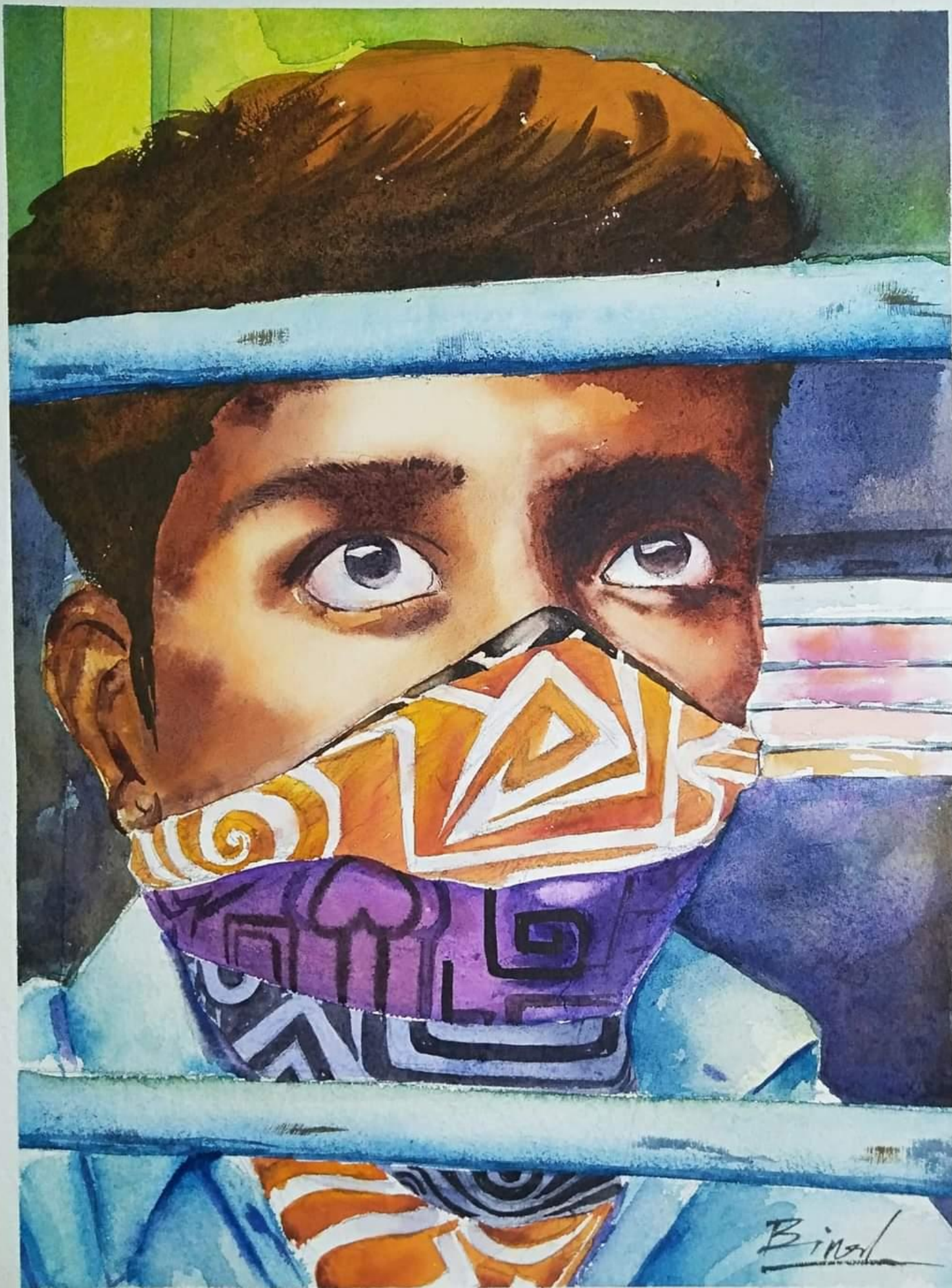
चित्रकला

नाम- बिनोद कुमार गुप्ता

पद- स्नातक कला शिक्षक

चित्र रचनाएं





कोरोना काल के रंग बच्चों की नज़र से

class VI

NAME: M. Lokith Sai



STAY
HOME

STAY
SAFE



REDMI NOTE 5 PRO
MI DUAL CAMERA



STAY HOME
STAY SAFE



LOCKDOWN

Please stay
stay safe
Home



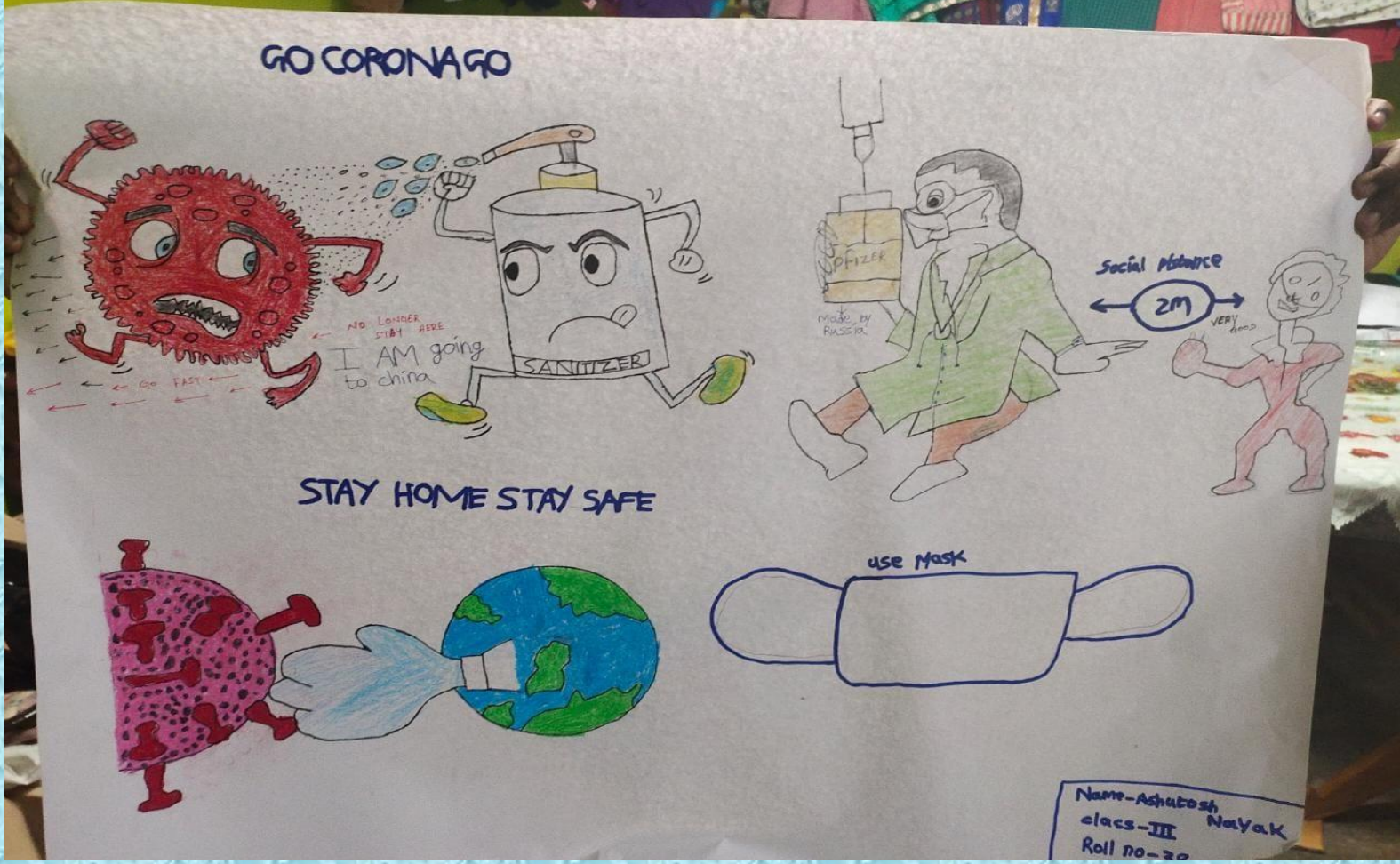
Roll No - 22

Name - APARAJITA RATH

CORONAVIRUS: BOON OR BANE



MADE BY : PRANAB KHANDWAL



Name-Ashutosh Nayak
class-III
Roll no-30



ankshita panda, class 7



STAY HOME. STAY SAFE

GO CORONA GO

MADE BY - SHASHWAT YADAV

REDMI NOTE 8 PRO
AI QUAD CAMERA

INDIA FIGHTS CORONA
Go STAY HOME STAY SAFE



M. Meghana
class :- 3

REDMI NOTE 5 PRO
MI DUAL CAMERA

Go Corona Go

FIGHT AGAINST CORONA



VIRUS

को - कोई
री - रौंड पर
ना - ना निकालें



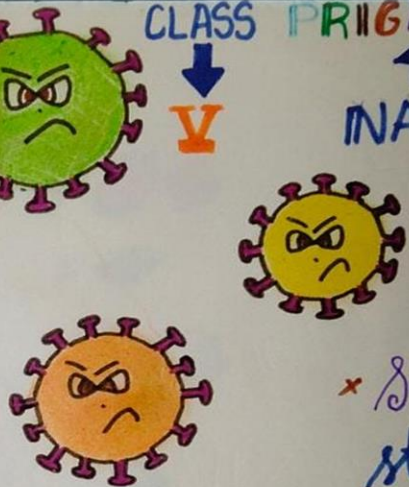


BY-NAVJYOTI
CLASS-II

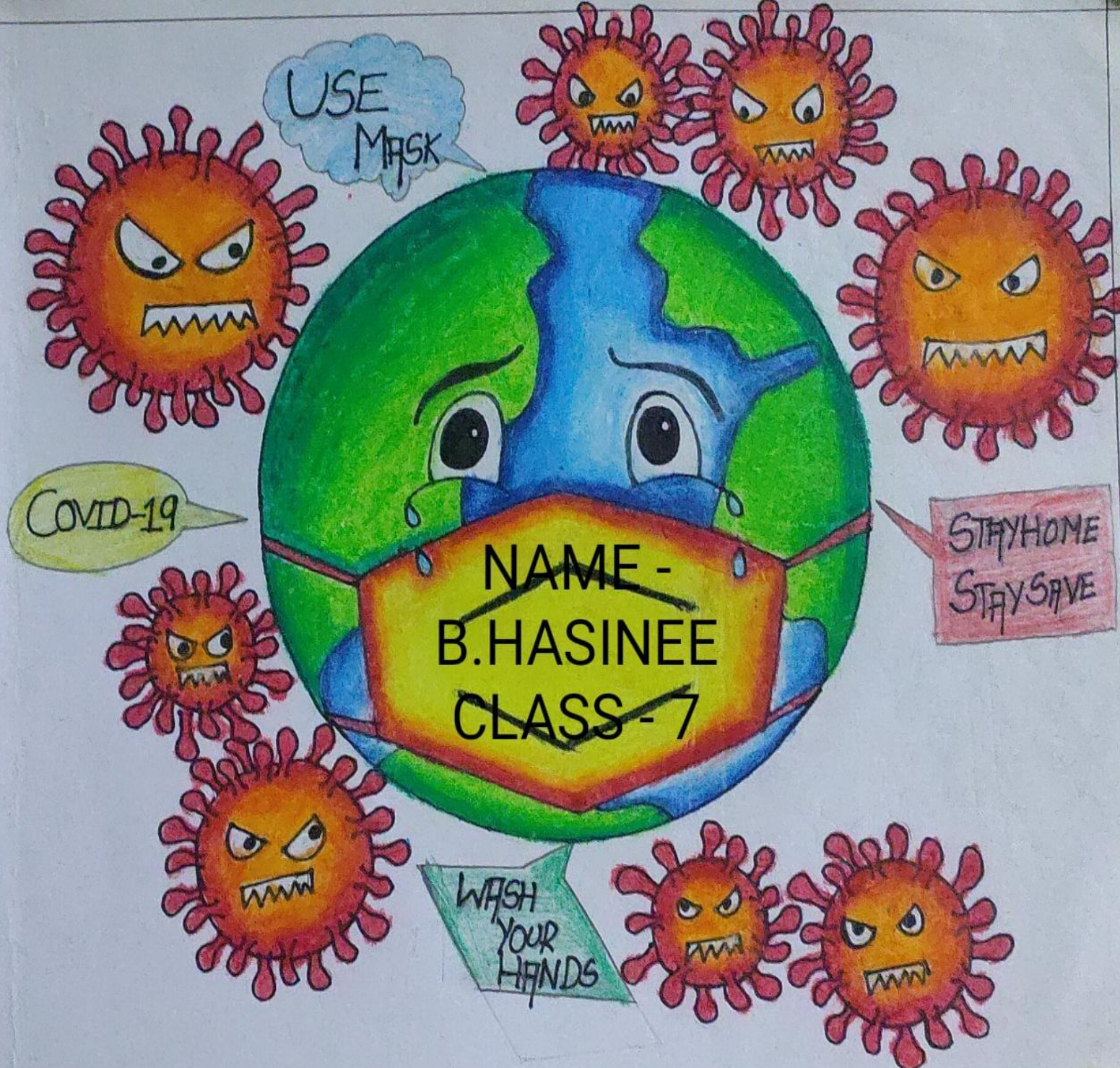
Be safe
Save the
World!!!



CLASS PRIGNA DAS
↓
V
↑
NAME



- * Stay home stay safe.
- * Fight against Corona Virus.
- * Use mask & sanitizer.
- * Bye Bye CORONA.



INDIA BE AT HOME



JANTA CURFEW

नेपाल कोरोनावायरस रोग
(Covid 19)

एक दुसरे सँ उचित दूरी, सबकी सुरक्षा के लिए जरूरी



दो गज की दूरी

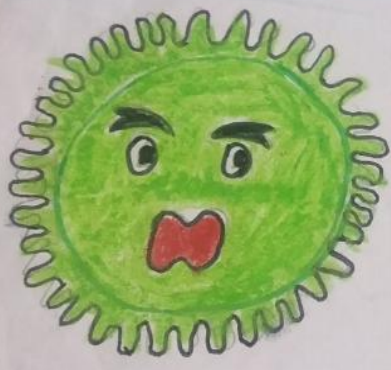


मास्क हैं जरूरी



बदलकर
अपना
व्यवहार
करें कोरोना
पर वार

Name - Sai Sweta Sahu.
Class - V
Roll no - 10



TO DEFEAT CORONA.



DEFEAT



ALWAYS WEAR MASK



AVOID CROWDED PLACES.

NAME - SAI GWETA SAHU.
CLASS - V.



धन्यवाद!