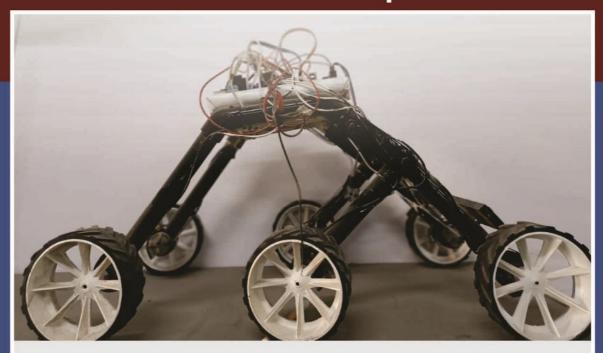


Even Sky is not the limit for Aatmdeepians





Among 6000 schools from the whole country, TEAM AATMDEEP was selected among top 75 schools across the country & 5 schools from Uttar Pradesh in

'Atal Tinkering Labs Space Challenge' organised by NITI Aayog and ISRO



Inaugural Edition



Patrons

Sankarshan Sir

Chairman

Anju Ma'am Director

Madhu Ma'am Principal

> Rajesh Raja Sir Vice Principal

Mentors

Gyanendra Nath Sir

Srikant Sir **Aman Vivek Sir** Ranjan Sir **Nitya Nand Sir** Ashish Sir Santosh Sir Preeti Ma'am Sukrita Ma'am Sarika Ma'am

> Anu Ma'am Nupur Ma'am



Spriha, Indira, Arpit, Ansh (Grade-6)

Yashi, Aashish, Nidhi, Shaurya (Grade-7)

Ridhi, Aditi, Anushka, Aditi (Grade-8)

Balendu Bhushan, Prajwal, Anurag, Jaideep, Saumya, Shristi Mani (Grade-9)

> Niharika, Ayushi, Anukriti, Ashmita Pallavi, Pari (Grade-11)

Graphic Designer

Kabeer

Surya Pratap Arun

An Interview with the Chairman

	1970
• RIG of team Aatmdeep rewared by	2
ISRO	
National War Memorial	3
• गंगा नदी नहीं माता	4
Major Somnath Sharma	5
(First Paramveer Chakra), Know	
your Gallantry Awards	
National Chemical Laboratory	6
(NCL), छात्र जीवन में अनुशासन का	
महत्त्व	
• A.P.J. Abdul Kalam, National Games	7
of Different Countries, क्या लिखूँ,	
Winner v/s Looser	
• गोरखपुर की पहचान है गीताप्रेस,	8
गीता दर्शन	
• Spot the 10 difference, Amazing Facts	9
• सदैव मुस्कराइए स्वस्थ जीवन पाइए,	10
My Dear Test, SEBI, That's Not Right	
• Find me hear, Medical Terminology	11
Bharatanatyam	12
• G-20	13
Solve it, Ozone Layer, Parents	14
Neeraj Chopra	15
• सोचें खाएं और बचाएं	16
Aatmdeep Vidyalaya In MEDIA	17





An Interview

with the Chairman

Prajwal of IX, Priyanshi of XI, Khushi & Nikhil of XII took Interview of Mr. Sankarshan Tripathi (S.T.Sir.) to find out the idea behind Aatmdeep Vidyalaya.

Like every plant was once just a seed. Once every organisation was just a thought/idea. So when was the moment when you had Aatmdeep conceptualised?

It was the year 2002 when I appeared for my UPSC examination and could not succeed in my interviews. Then many of my well wishers advised me to start a school, even I too realised that teaching is my natural talent & there are many things yet to be done in this field ,thus the mission started, teaching me that failure is the stepping stone of success. As per the name Aatmdeep, it came with inspiring story of Lord Buddha 'to be the light of oneself rather becoming a follower'.

During the time when you were planning to built AATMDEEP VIDYALAYA or had the idea about it, who was your biggest support or motivation at that time?

As it is said that if you move with a nobel aim everybody will support you, same thing happened with me, my family always supported & favoured my decision. Yes in starting they were little bit confused because I was doing well in Kota & all of sudden I desired to start a school which required a lot of money, to be invested for infrastructure development. I got loan and even some of the bank officials guided & supported me in this work & of course Almighty God blessed me.

What was the most difficult thing did you feel while starting AATMDEEP VIDYALAYA?

Building a dedicated team for purpose, where every team member shares the same level of devotion which I possessed, was very difficult for me. Luckily I found the team & together we worked.

What role does clear communication play in our life? How it effected you?

Proper & clear communication is the integral part of success. It is life long process. Everyday I try to improve it. For this, one has to be an attentive listener. I would suggest my all students to practice it. It would be very effective in their future.

We need to improve our communication with students and parents. What methods would you use to do this?

It's a good question. I too was not good enough to communicate with my parents & share all my intention. But I was lucky that they were very understanding. They never forced me for particular percent of marks but they gave me all opportunity to learn new & explore & that has brought me here. The same I would like to appeal all parents, 'Let your child fly, do not laden the delicate shoulders with the burden of your expectations.'

There is a growing trend of students skipping class lectures. What would you do to address the issue?

As a student I never bunked the class, although my handwriting was poor, I made my notes, listened the lecture & explanation attentively I learned through attentive listening. Even today also I don't show much interest in reading but I listen & think. It doesn't mean, I am saying one must not read but what I am trying to say is one must develop the habit of listening & thinking.

As a student what did you expect from your teachers?

As a student I always expected from my teacher to understand my emotions & adapt a practical approach in the teaching, which would shift the teaching to learning by doing. Even today when I have turned into teacher I understood the deeper meaning of teaching i.e.' Teaching should be a life not a livelihood. Teachers should never do partiality, if they do they need counseling. Due to some loopholes in principle of CBSE, these problem arose that teaching has become ineffective. Let's hope some change might come due to New Education Policy.

What are your views/thoughts about children's regular cultural activities importance?

I believe extra - curricular activities & cultural activities are the integral part of education. Without it one cannot imagine complete education. Take the example of Kabir Das, he became learned seeing, observing not by class room teaching, we must teach the children through plays, games, travels & there are many more ways.

What do you think is the best way to promote equality among students?

Equality is the matter of feeling. You can't force it externally through uniform. In ancient time students rich or poor, were send for alms to remove their superiority or inferiority complex. They lived, ate, played together, to develop sense of equality. Equality is the matter of practice not preaching. When everybody will realise that we are the sons & daughters of the same motherland then we will start seeing everyone equal.

If you had the opportunity to make one change to improve the quality of education at your school, what would it be?

Many changes are required in education system. I feel marking system is preventing the real learning. Mother teaches her child how to make bread not for 'Marks' & this makes the child learn it easily. In ancient era, in gurukuls they never gave Marks, they only focused on learning. Yes examination or tests are necessary as the tools of learning.

What idea did you have while starting co-education in your school?

See... discrimination at any level results struggle, which brings only destruction, believing this I always favor co - education ,where children learn coordination & cooperation which brings positive construction.

Are you happy with your work?

At some extent, I can say I am happy but not satisfied, yet many things are needed to be done. I want, our students must improve in all aspects & become a good human being and make this earth a better place. I would like to appeal every schools & teachers to think & act on this issue.





RIG of Team Aatmdeep Rewarded by ISRO



iti Aayog and A.I.M.(Atal Innovation Mission)ties-up with ISRO & CBSE launches 'Space Challenge,2021' during World Space Week, which is organize every year from 4th Oct to 10th Oct, for all ATL and Non-ATL Schools to conceptualize the innovative thinking of young generation and make a prototype of working project according to their budding idea's, upon Space for India's future outer space exploration program which ISRO might also implement in future.

The event coincides with the birth anniversary of **Swami Vivekananda**, also celebrated as the **National Youth Day** to honour the birthday of Swami Vivekananda who voiced the important role that youth play in the building up of a strong nation throughout its life.

TEAM AATMDEEP consisting of **Saransh** & **Om** of **Class-XII**, **Sakshi** of **Class-X** along with their Robotics Teacher & Mentor **Mr. Harshal Jaiswal** took the challenge and after several round of meeting and discussion, **TEAM AATMDEEP** decided to develop **R.I.G.** (**Resources Identification Grower**) for finding various <u>Elements</u>, <u>Minerals</u> and <u>Gases</u> which are vital for development of ecosystem suitable for human settlement on outer planets and further space exploration.

In due course of time **TEAM AATMDEEP** uploaded the synopsis of the project, strictly following the time limit prescribed by **AIM**, putting a lot of effort in developing codec's for the operation of **R.I.G.** and Integration of all the hardware keeping terrestrial bodies terrain in focus so that **R.I.G.** can move and explore any type of terrain.

After developing full working model of **R.I.G.** it was tried and tested on different type of terrain and checked the functioning of sensors in identifying different types of gases & metals come in contact with sensors, when **TEAM AATMDEEP** ensured that **R.I.G.** is meeting all the parameters as per their expectation for outer space exploration then they had video graphed all the function of **R.I.G.** and uploaded on the website of 'ATL space challenge 2021'.

Finally result of the ATL Space Challenge 2021 was declared on 12th Jan-2022 TEAM AATMDEEP was announced as WINNER by AIM along with congratulation letter and being informed that TEAM AATMDEEP is WINNER along with 74 other teams out of 2500 submissions from both ATL and Non-ATL students across the country and ONE among 5 schools and only NON-ATL school in Uttar Pradesh.

It was indeed a great achievement for **TEAM AATMDEEP**, as well as for **AATMDEEP VIDYALAYA**, who made us proud and brought glory and recognition from **NITI AAYOG & ISRO**.

Chairman of **AATMDEEP VIDYALAYA**, Sri Sankarshan Tripathi congratulated **TEAM AATMDEEP** for the achievement and felicitated **TEAM AATMDEEP** along with their parents.

Director of **AATMDEEP VIDYALAYA**, Mrs. Anju Tripathi greeted the team and anticipated that in future also, students of our **AATMDEEP VIDYALAYA** would perform better and bring more laurels for our Vidyalaya.

Principal of the **AATMDEEP VIDYALAYA** Mrs. Madhu Verma also congratulated the **TEAM AATMDEEP** and motivated them to get ready for the upcoming demanded competition.

Getting inspired with the achievement of **TEAM AATMDEEP** other students of **AATMDEEP VIDYALAYA** are motivated and gear up for any such competition hoisted in future.



National War Memorial



The iconic India Gate in Lutyen's Delhi was constructed in 1931 by erstwhile British empire to commemorate the Battle Casualty (Fatal) of India during 1st World War as well as Third Anglo-Afghan War. It stands tall as a must visit monument for visitors in New Delhi. Out of over 83,000 Indians who laid down their lives, India Gate bears 13,516 names, etched all over the monument Amar Jawan Jyoti (AJJ) An inverted bayonet with a helmet structure along with AJJ was installed over night under the Arch of India Gate in January 1972 to commemorate India's victory in India - Pakistan War 1971 and as Nation's tribute to our brave soldiers who laid down their lives. Wreaths have been laid at AJJ ever since by dignitaries at various occasions, including by foreign dignitaries.

The memorial complex is in harmony with the existing layout and symmetry of the majestic Rajpath and Central Vista. Solemnity of the ambience is maintained with an emphasis on landscaping and the simplicity of architecture. Apart from the main memorial, there is dedicated area for busts of soldiers who have been conferred with 'Param Vir Chakra,' the nation's highest gallantry award. The design of the main memorial exemplifies that supreme sacrifice made by a soldier in the line of duty not only makes him immortal but also depicts that the spirit of a soldier remains eternal. The memorial has distinct scheme of concentric circles Amar Chakra Circle of Immortality.

This has an Obelisk with Eternal Flame. The flame symbolises the immortality of the spirit of fallen soldiers with the assurance that the Nation will never forget their sacrifices Veerta Chakra Circle of Bravery. The Third circle depicts the

Bravery of Indian forces in the form of a covered gallery that exhibits six murals crafted in bronze depicting valiant battle actions of Indian Armed Forces Tyag ChakraTyag Chakra Circle of Sacrifice. The circular concentric walls of honour, which symbolise the ancient war formation 'Chakravyuh'. The walls are clad with granite tablets where an independent granite tablet is dedicated to each soldier who has made the supreme sacrifice. Each name on the tablet is etched in golden letters Raksha Chakra Circle of Protection.

The outermost circle made of rows of trees in the Raksha Chakra is a reassurance to the citizens of the country about their safety against any threat, with each tree representing the soldiers who ensure the territorial integrity of the Nation, round the clock. Significance A war memorial is a building. monument, statue or an edifice to celebrate a war or victory or to commemorate those who died or were injured in war. It provides an opportunity to the visitors to develop a conscious connect with the site, with the institution and people in whose memory the structure is built. The memorial attempts to invoke a deep and moving experience and serves as symbol of inspiration for future generations. Significance. Since-Independence, more than 26,000 soldiers of the Indian Armed Forces have made the supreme sacrifice to defend the sovereignty and integrity of the country. The National War Memorial thus represents the gratitude of a nation to its Armed Forces. The Memorial will help strengthen the sense of belonging, high moral values, sacrifice and national pride in our citizens. It shall stand testimony to the sacrifices made by our soldiers during various conflicts, United Nations Operations, Humanitarian Assistance and Disaster Response Operations since Independence.

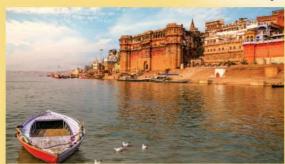
The lighting plan is sewn into the fabric of the overall design of National War Memorial to highlight the details, materials and colours within the complete landscape. It seamlessly integrates with the architecture so as to provide an immersive and evocative environment, thus enhancing the emotive and visual experience the lighting design is the catalyst which transforms the monumental landscape from day to night at sunset. It provides a dynamic scheme creating a visual hierarchy by focusing on points of interest and accentuating different areas using suitable lighting fixtures.

Swastik (XI-C)



Understanding the importance of Indian Heritage and its connection with present and future generation, Independence Day is celebrated in Aatmdeep Vidyalay with all its hues & colours to teach the students about our unity and upcoming duty towards their motherland who has given us everything.

गंगा नदी नहीं माता



गा इस देश की सांस्कृतिक महारेखा है, जिसके चारो तरफ ये देश पलता है। यह भारत और बांग्लादेश में कुल मिलाकर 2525 किलोमीटर (कि॰मी॰) की दूरी तय करती हुई उत्तराखंड में हिमालय से लेकर बंगाल की खाड़ी के सुन्दरवन तक विशाल भू-भाग को सींचती है। सामाजिक, साहित्यिक, सांस्कृतिक और आर्थिक दृष्टि से अत्यंत महत्त्वपूर्ण गंगा का यह मैदान अपनी घनी जनसंख्या के कारण भी जाना जाता है। 100 फीट (31 मी०) की अधिकतम गहराई वाली यह नदी भारत में पवित्र नदी भी मानी जाती है तथा इसकी उपासना माँ तथा देवी के रूप में की जाती है। गंगा नदी की प्रधान शाखा भागीरथी है, जो गढ़वाल में हिमालय के गोमुख नामक स्थान पर गंगोत्री हिमनद या ग्लेशियर से निकलती हैं। हिन्दू मान्यताओं के अनुसार पृथ्वी पर गंगा, भगवान श्री राम के वंशज 'भागीरथ' जी के प्रयास से ही आ पाई थी। गंगा के इस उद्गम स्थल की ऊँचाई 3140 मीटर है। गंगा के आकार लेने में अनेक छोटी धाराओं का योगदान है, लेकिन 6 बड़ी और उनकी सहायक 5 छोटी धाराओं का भौगोलिक और सांस्कृतिक महत्त्व अधिक है। हरिद्वार से लगभग 800 कि०मी० मैदानी यात्रा करते हुए बिजनौर, गढ़मुक्तेश्वर, सोरों, फर्रूखाबाद, कन्नौज, बिठूर, कानपुर होते हुए गंगा प्रयाग (प्रयागराज) पहुँचती है। यहाँ इसका संगम यमुना नदी से होता है। यह संगम स्थल हिंदुओं का एक महत्त्वपूर्ण तीर्थ है। इसे तीर्थराज प्रयाग कहा जाता है। इसके बाद हिंदू धर्म की प्रमुख मोक्षदायिनी नगरी काशी (वाराणसी) में गंगा एक वक्र लेती है, जिससे यहाँ उत्तरवाहिनी कहलाती है। यहाँ से मिर्जापुर, गाजीपुर, पटना, भागलपुर होते हुए पाक्ड पहुँचती है। इस बीच इसमें बहुत-सी सहायक नदियाँ, जैसे सोन, गण्डक, सरयू, कोसी आदि मिल जाती हैं। पश्चिम बंगाल के मुर्शिदाबाद जिले के गिरिया स्थान के पास गंगा नदी दो शाखाओं में विभाजित हो जाती है- भागीरथी और पदमा। भागीरथी नदी गिरिया से दक्षिण की ओर बहने लगती है जबकि पदमा नदी दक्षिण-पूर्व की ओर बहती फरक्का बैराज (1974 निर्मित) से छनते हुई बांग्लादेश में प्रवेश करती है। मुर्शिदाबाद शहर से हुगली शहर तक गंगा का नाम 'भागीरथी' नदी तथा हुगली शहर से मुहाने तक गंगा का नाम 'हुगली' नदी है।

गंगा में बाएँ ओर से आकर मिलने वाली प्रमुख सहायक नदियाँ राम गंगा, करनाली (सरयू), ताप्ती, गंडक, कोसी और काक्षी हैं तथा दाहिनी नदियाँ यमुना, चम्बल, सोन, बेतवा, केन, दक्षिणी टोस हैं। यमुना गंगा की सबसे प्रमुख सहायक नदी है, जो हिमालय की बन्दरपुँछ चोटी के आधार पर यमुनोत्री हिमखण्ड से निकली है। हिमालय के ऊपरी भाग में इसमें टोंस तथा बाद में लघु हिमालय में आने पर इसमें गिरि और आसन नदियाँ मिलती हैं। चम्बल, बेतवा, शारदा और केन यमुना की सहायक नदियाँ हैं। चम्बल इटावा के पास तथा बेतवा हमीरपुर के पास यमुना में मिलती हैं। यमुना प्रयागराज के निकट दाएँ ओर से गंगा नदी में जा मिलती है। रामगंगा मुख्य हिमालय के दक्षिणी भाग नैनीताल के निकट से निकलकर बिजनौर जिले से बहती हुई कन्नौज के पास गंगा में मिलती है। करनाली नदी मप्सातुंग नामक हिमनद से निकलकर अयोध्या, फैजाबाद होती हुई बलिया जिले के सीमा के पास गंगा में मिल जाती है। इस नदी को पर्वतीय भाग में 'कौरियाला' तथा मैदानी भाग में 'सरयू' कहा जाता है। गंडक हिमालय से निकलकर नेपाल में शालीग्राम नाम से बहती हुई मैदानी भाग में नारायणी नदी का नाम पाती है। यह काली गंडक और त्रिशूल नदियों का जल लेकर प्रवाहित होती हुई सोनपुर के पास गंगा में मिलती है। कोसी की मुख्यधारा अरुण है जो गोसाई धाम के उत्तर से निकलती है। ब्रह्मपुत्र की घाटी के दक्षिण से सर्पाकार रूप में अरुण नदी बहती है, जहाँ यारू नामक नदी इससे मिलती है। इसके बाद एवरेस्ट के कंचनजंघा शिखरों के बीच से बहती हुई यह दक्षिण की ओर 90 किलोमीटर बहती है, जहाँ पश्चिम से सूनकोसी तथा पूरब से तामूर कोसी नामक नदियाँ इसमें मिलती हैं। इसके बाद कोसी नदी के नाम से यह शिवालिक को पार करके मैदान में उतरती है तथा बिहार राज्य से बहती हुई गंगा में मिल जाती है। अमरकंटक पहाड़ी (मध्यप्रदेश) से निकलकर सोन नदी पटना के पास गंगा में मिलती है। मध्य-प्रदेश के मऊ के निकट जनायाब पर्वत से निकलकर चम्बल नदी इटावा से 38 किलोमीटर की दूरी पर यमुना नदी में मिलती है। बेतवा नदी मध्य प्रदेश में भोपाल से निकलकर उत्तर हमीरपुर के निकट यमुना में मिलती है। भागीरथी नदी के बाएँ किनारे से मिलने वाली अनेक नदियों में बाँसलई, द्वारका, मयूराक्षी, रूपनारायण, कंसावती और रसुलपुर प्रमुख हैं। जलांगी और माथा भाँगा या चुनीं बाएँ किनारे से मिलती हैं जो अतीत काल में गंगा या पदमा की शाखा नदियाँ थीं।

हुगली नदी कोलकाता, हावड़ा होते हुए सुंदरवन के भारतीय भाग के सागर में मिलती है। पद्मा में ब्रह्मपुत्र से निकली शाखा नदी (जमुना एवं मेघना नदी) मिलती हैं। अंततः ये 350 कि०मी० चौड़े सुंदरवन डेल्टा में जाकर बंगाल की खाडी में गिरती है।

एक बार अमेरिका के एक सम्मेलन मे स्वामी विवेकानंद जी से पूछा गया था कि "आपके देश मे सबसे अच्छा जल किस नदी का है? स्वामी जी का उत्तर था "यमुना"। यह उत्तर सुन एक पत्रकार बंधु ने पूछा, "आपके देश मे तो लोग सबसे अच्छा जल गंगा का बताते हैं, परंतु आपने तो यमुना कहा... इस पर स्वामी जी ने कहा "कौन कहता है गंगा नदी है, गंगा हमारी माँ है, और उसमें जल नहीं अमृत बहता है।

प्रज्वल (IX-अ)



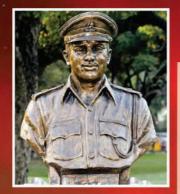
अंतर्राष्ट्रीय

पृथ्वी दिवस

ये धरती जितनी ही हरी-भरी और स्वच्छ रहेगी उतनी ही आने वाली पीढ़ी खुश और स्वस्थ रहेगी।

यही संदेश देने के लिए विद्यालय के चेयरमैन श्री संकर्षण त्रिपाठी तथा निदेशक महोदया अंजु त्रिपाठी अंतर्राष्ट्रीय पृथ्वी दिवस (22 अप्रैल) पर विद्यालय प्रांगण में वृक्षारोपण करते हुए।





MAJOR SOMNATH SHARMA

(First Paramveer Chakra)

ajor Somnath Sharma, PVC (31 January 1923 – 3 November 1947), was an officer of the Indian Army, and the first recipient of the Param Vir Chakra (PVC), India's highest military decoration, which he was awarded posthumously. "Major Sharma was born into a Dogra Brahmin family on 31 January 1923 at Dadh, Kangra, Punjab (present day Himachal Pradesh). His father, Amar Nath Sharma, was a military officer. Several of his siblings served in the military. His younger brother, Vishwa Nath Sharma, would later become the 14th Chief of the Army Staff of the Indian Army. Somnath Sharma completed his schooling at Sherwood College, Nainital, before enrolling at the Prince of Wales Royal Military

College in Dehradun. He later studied at the Royal Military College, Sandhurst. During his childhood, Somnath was influenced by the teachings of Krishna and Arjuna in the Bhagavad Gita, taught to him by his grandfather. "On 22 February 1942, upon his graduation from the Royal Military College, Sharma was commissioned into the 9th Battalion, 19th 34 Hyderabad Regiment, of the British Indian Army (later to become the Indian Army's 4th Battalion, Kumaon

Regiment). During World War II, he saw action against Campaign. At that time he served under the command to the rank of general and become Chief of the Army in despatches for his actions during the fighting of the January 1946.

Throughout his military career, Sharma was gallantry in action. Vasudeva also served with the 8th during which he died aiding hundreds of soldiers under offensive. "On 27 October 1947, a contingent of troops of

response to the invasion by Pakistan on 22 October into the Kashmir Valley(sonmarg). On 31 October, D Company of 4th Battalion of Kumaon Regiment, under the command of Sharma, was flown in to Srinagar. During this time, his left hand was in a plaster cast as a result of injuries sustained previously on the hockey field, but he insisted on being with his company in combat and was subsequently given permission to go.

Receiving the Param Vir Chakra Edit On 21 June 1950, Somnath Sharma's award of the Param Vir Chakra, for his actions on 3 November 1947 in defending the Srinagar airport, was gazetted. This was the first time the honour had been awarded since its inception.

Coincidentally, Savitri Khanolkar, the mother-in-law of Sharma's brother, was the designer of the Param Vir Chakra. His leadership, gallantry and tenacious defence were such that his men were inspired to fight the enemy by seven to one, six hours after this gallant officer had been killed. He has set an example of courage and qualities seldom equalled in the history of the Indian Army. His last message to the Brigade Headquarters a few moments before he was killed was, 'the enemy are only 50 yards from us. We are heavily outnumbered. We are under devastating fire. I shall not withdraw an inch but will fight to the last man and the last round.

Know Your Gallantry Awards



Our soldiers, seamen and airmen valiantly guard our borders every day to uphold the sovereignty and territorial integrity of the nation and ensure we breathe the air of freedom.

They willingly make the ultimate sacrifice when called upon to do so in order to uphold our values and protect our citizens.

To honour their steadfast d e d i c a t i o n a n d acknowledge their brave acts, Gallantry Awards were instituted. The Gallantry awards are symbolic of a soldier's selfless sacrifice and heroic valour in the battlefield. After independence, three awards - Param Vir Chakra, Maha Vir Chakra and Vir Chakra, were instituted by Government of India on 26 January 1950. Later, on 04 January 1952 three other Gallantry Awards were instituted namely- Ashoka Chakra Class- I, Ashoka Chakra Class-II and Ashoka Chakra Class-III later renamed as Ashoka Chakra, Kirti Chakra and Shaurya Chakra respectively. These awards are divided as War Time and Peace Time Awards respectively.

Aditi (VIII-B)

Pankaj (X-B)

Rakhi for Soldiers from Aatmdeep Vidyalaya

the Japanese in Burma during the Arakan

of Colonel K. S. Thimmayya, who would later rise Staff from 1957 to 1961. Sharma was mentioned

Arakan Campaign. The award was gazetted in

influenced by his uncle Captain K. D. Vasudeva's

Battalion, participating in the Malayan Campaign

his command to survive from the Japanese

the Indian Army was air-lifted into Srinagar in



Just like air, water and food our Indian soldiers are also very important for us. To make our children realise this and to make our soldiers feel that we are always with them, a team from Aatmdeep Vidyalaya including students ,teachers presenting the handmade rakhis for our Indian soldiers who are doing their duties in adverse & extreme conditions day & night to protect us.



National Chemical Laboratory (NCL)

ational chemical laboratory (CSIR-NCL), Pune, established in 1950, is a constituent laboratory of council of scientific and industrial research (CSIR). CSIR-NCL is a science and knowledge based research, developement and consulting organization. It is the fifth chain of



a series of scientific and industrial research has sponsored. These laboratories as we know that before are not intended to supplement but to supplent the work of individuals or collective national chemical laboratory will be to bridge the gulf between scientific research and its application to problems of human walfare. The national chemical laboratory will undoubtedly taks up long range problems of fundamentals research in chemistry problems which are usually not tackled in the universities for want of funds or lack of facilities.

Vision: To be a globally recognized and respect R & D organization in the area of chemical science and enginerring.

Mission: To create and sustain specialized knowledge competencies and research centers within NCL which can provide support to all stake holders of NCL.

Priya (XI-B)

छात्र जीवन में अनुशासन का महत्त्व



मानव जीवन की वह प्रारंभिक अवस्था है जिसमें आचरण की शालीनता तथा मूल्यों की सकारात्मक तथा नकारात्मक प्रतिष्ठा अपना स्वरूप धारण करती हैं। 'गुरू

कुम्हार शिष्य कुंभ है', कबीरदास जी ने भी कहा है कि यह जीवन कुम्हार की मिट्टी की तरह होता है, जिससे मनचाहा निर्माण किया जा सकता है। कहते हैं कि विद्यार्थी देश का भविष्य होते हैं और आने वाले कल का भार इन्हीं के सबल कंधों पर है, अतः विद्यार्थी वर्ग पर ही देश का समस्त विकास निर्भर करता है। अनुशासन का सामान्य अर्थ है व्यवस्था या आज्ञा के अनुसार चलना, सभ्यता के विकास के साथ मानव ने अपने उत्कर्ष के लिए अनेक प्रकार के नियम तथा विधि निषध बनाए तथा प्रचारित किए। मानव जानता था कि बिना नियमबद्धता के कुछ भी निर्माण या विकास संभव नहीं है। पूरी प्रकृति अर्थात् सूरज, चाँद, धरती, मौसम आदि भी नियमों में बंधे हैं, यदि सूर्य मनमानी करने लगे तो रात-दिन का विधान ही बदल जाएगा। मानव की सभी क्रियाएँ भी अनुशासित रहती हैं, **जैसे**— खाना–पीना, सोना–जागना, काम करना, मनोरंजन आदि । आजकल विद्यार्थियों में अनुशासनहीनता बढ रही है। इसका मुख्य कारण बदलता हुआ परिवेश एवं नवीन जीवन मूल्यों का अनुकरण है। आज का विद्यार्थी परंपरागत भारतीय आदर्शों व अतीत के श्रेष्ठ मूल्यों को भूलता जा रहा है, वह अपनी संस्कृति की जड़ों से उखड़ता जा रहा है। नैतिक मूल्यों के अभाव में वह भ्रष्ट एवं अनुशासनहीन बनता जा रहा है, यही कारण है कि आज के युवा वर्ग में अराजकता बढ़ रही है संतोष मिट रहा है एवं सहनशीलता व धैर्य जैसे गुण क्षीण होते जा रहे हैं। अतः छात्र जीवन में छात्र–छात्राओं को श्रेष्ट मूल्यों, नैतिकता तथा ज्ञान को महत्त्व देते हुए शिक्षा ग्रहण करनी चाहिए तथा अनुशासित रहने की साधना करनी चाहिए। अनुशासन प्रिय विद्यार्थी जिस किसी क्षेत्र में जाकर कार्य करेगा, संपूर्ण परिवेश को अनुशासन में ढाल लेगा, अतः भ्रष्ट संस्कृति व नेताओं की ओर ध्यान न देकर विद्यार्थी को अनुशासनप्रिय जीवन अपनाना चाहिए, ताकि उसका व राष्ट्र का समुचित विकास हो सके।

बालेन्दु (IX-अ)



Aatmdeepians Performing at Gorakhpur Doordarshan

The children of Aatmdeep Vidyalaya giving their presentation on Azadi ka Amrit Mahotsav at Gorakhpur Doordarshan Kendra. They are exploring outside the campus and gaining the confidence.







A.P.J. ABDUL KALAM Missile Man of India

vul Pakir Jainulabdeen Abdul Kalam (15 October 1931 - 27 July 2015) was an Indian aerospace scientist and statesman who served as the 11th President of India from 2002 to 2007. He was born and raised in Rameswaram, Tamil Nadu and studied physics and aerospace engineering. He spent the next four decades as a scientist and science administrator, mainly at the Defence Research and Development Organisation (DRDO) and Indian Space Research Organisation (ISRO) and was intimately involved in India's civilian space programme and military missile development efforts. He thus came to be known as the Missile Man of India for his work on the development of ballistic missile and launch vehicle technology. He also played a pivotal organisational, technical, and political role in India's Pokhran-II nuclear tests in 1998, the first since the original nuclear test by India in 1974.

Kalam was elected as the 11th president of India in 2002 with the support of both the ruling Bharatiya Janata Party the then-opposition Indian National Congress. Widely referred to as the "People's President",he returned to his civilian life of education, writing and public service after a single term. He was a recipient of several prestigious awards, including the Bharat Ratna, India's highest civilian honour. He had also authored a book 'Wings of Fire'.

While delivering a lecture at the Indian Institute of Management Shillong, Kalam collapsed and died from an apparent cardiac arrest on 27 July 2015, aged 83. Thousands, including national-level dignitaries, attended the funeral ceremony held in his hometown of Rameswaram, where he was buried with full state honour.

Anukriti (XI-B)

Toddlers Celebrating



Tiny-Tots of Aatmdeep Vidyalaya connecting themselves with the ancient culture & religion & trying to feel Lord Krishna's life which was full of hurdles and how he overcame upon them without being deviated from his path of Dharma & Karma.

National Games

of Different Countries

S.No. Name of Country 1. India

2. USA

China
 Russia

Scottland
 Pakistan

7 England 8 Brazil

9. Srilanka 10. Canada

11. Nepal 12. Malaysia

13. Bhutan

14. North Korea15. Nepal

16. Afghanistan

17. Iran18. Iceland

19. Bangladesh

Name of Game Hockey

Baseball Ping-Pong Bandy Golf

Field Hokey Cricket

Capoeira Volleyball Lacrosse

Dandi Biya Sepak Takrow

Archery Taikwando Volleyball

Buzkashi Freestyle Wrestling

Handball Kabaddi

Sanidhya (VII-B)





स्कूल मगजीन छपन का

मिला हमें समाचार
टीचर ने कहा लिख डालो
आर्टिकल तुम दो—चार
कविता लिखूँ, कहानी लिखूँ,
लिखूँ लेख या समाचार।
क्या लिखूँ, क्या लिखूँ,
सोचकर हुआ दिमाग खराब।
दो—तीन दिन बीत गए,
तो टीचर ने माँगा लेख।
मैंने कहा "मैम मैगजीन छपने में,
अभी है देर।"
समय मिला फिर थोड़ा,
लिख डाली यह कविता।
सोचकर हँसेंगे सभी
पाठक और पाठिका।

परी (XI-स)

⊕ Winner V/s Looser ⊕

Winners see the gain, Losers see the pain.

Winners see possibilities, Losers see problems. Winners see the potential, Losers see the past.

Winners use hard arguments but soft words, Losers use soft arguments but hard words.

Winners make it happen, Losers let it happen.

Winners stand firm on values but Compromise on petty things,

Losers stand firm on petty things, But compromise on values. Winners believe in win - win, Losers believe for them to win, someone has to lose.......

Aditya (X-C)



गोरखपुर की पहचान है शीताप्रेस



गीता को जन—जन तक पहुँचाने के उद्देश्य से स्थापित गीताप्रेस अपने सौवें वर्ष में प्रवेश कर चुका है। अब तक विभिन्न आकार—प्रकार की गीता की 15 भाषाओं में 16.54 करोड़ से अधिक पुस्तकें प्रकाशित की जा चुकी हैं। पिछले साल आर्ट पेपर पर नए कलेवर में चार रंगों में सचित्र गीता का प्रकाशन शुरू हुआ, जो अब तक चार भाषाओं— हिंदी, गुजराती, मराठी व अंग्रेजी में पाठकों तक पहुँच चुकी है। इसे भी 15 भाषाओं में प्रकाशित किया जाएगा। इसमें दो भाषाओं— बांग्ला व तेलुगु का संस्करण तैयार है। इसे जनवरी 2022 में पाठकों को उपलब्ध करा दिया जाएगा।

गीताप्रेस आज गोरखपुर की पहचान है। मार्गशीर्ष शुक्लपक्ष एकादशी को गीता कुरुक्षेत्र में भगवान श्रीकृष्ण के मुख से उत्पन्न हुई। सौ वर्ष पूर्व उत्तर प्रदेश के अति पिछड़े जनपद गोरखपुर ने इसके प्रचार—प्रसार की जिम्मेदारी उठाई। कोलकाता के सेठ जयदयाल गोयंदका इसके वाहक बने। उन्होंने शुद्धतम गीता के प्रकाशन के लिए 1923 में गोरखपुर में प्रेस की स्थापना की जिसे आज गीताप्रेस के नाम से जाना जाता है।

रोचक है गीताप्रेस की स्थापना की कहानी

गीताप्रेस की स्थापना की कहानी बड़ी रोचक व प्रेरित करने वाली है। लगभग 1921 में कोलकाता में सेठ जी जयदयाल गोयंदका ने गोविंद भवन ट्रस्ट की स्थापना की थी। इसी ट्रस्ट के तहत वहीं से वह गीता का प्रकाशन कराते थे। शुद्धतम गीता के लिए प्रेस को कई बार संशोधन करना पड़ता था। प्रेस मालिक ने एक दिन कहा कि इतना शुद्ध गीता प्रकाशित करवानी है तो अपना प्रेस लगा लीजिए। गोयंदका ने इस कार्य के लिए गोरखपुर को चुना। 1923 में उर्दू बाजार में दस रुपये महीने के किराए पर एक कमरा लिया गया और वहीं से शुरू हो गया गीता का प्रकाशन। धीरे-धीरे गीताप्रेस भवन का निर्माण हुआ। जिसके मुख्य द्वार व लीला चित्र मंदिर का उद्घाटन 29 अप्रैल 1955 को भारत के तत्कालीन व प्रथम राष्ट्रपति डा. राजेंद्र प्रसाद ने किया था। गीताप्रेस के शताब्दी वर्ष समारोह का उद्घाटन करने के लिए गत वर्ष चार जून को राष्ट्रपति रामनाथ कोविन्द आए थे।

आज भी रखी है पहली छपाई मशीन

गीता का प्रकाशन जिस मशीन से गोरखपुर में शुरू हुआ, वह मशीन आज भी लोगों के दर्शनार्थ लीला चित्र मंदिर में रखी हुई है। बाहर से आने वाले लोगों को जब यह पता चलता है कि इसी मशीन से गोरखपुर में पहली गीता प्रकाशित हुई थी तो लोग उस मशीन को प्रणाम करते हैं और उसके प्रति आदर भाव प्रकट करते हैं।

प्रकाशित गीता की प्रतियाँ-

हिंदी—संस्कृत— 11,54,59,750 अंग्रेजी— 38,12,650 तेलुगु— 91,87,500 बांग्ला— 67,92,500 मराठी— 29,46,500 असिया— 2,48,500 तिमल— 18,68,900 नेपाली— 85,000 गुजराती— 1,20,72,000 मलयालम— 3,53,000 कन्नड— 37,69,200 उड़िया— 88,63,800 पंजाबी— 3,000

दिव्या (x-ब)

Performing Yogic Exercises on

International Yoga Day



The whole world is now recognizing the long term good effect of yoga on body and mind to keep our self happy. In this direction, the students of Aatmdeep Vidyalaya also join hand with the world to celebrate International Yoga Day (21 June) to emphasis its importance in our day-to-day life.

A message was given through celebration that practicing yoga is very important in-countering the negative effects of our current life style.

शीता दर्शन

नमन्ति फलिनो वृक्षाः नमन्ति गुणिनो जनाः।
 शुष्क काष्ठच्य्र मूर्खाश्च न नमन्ति कदाचन।।

अर्थात - फलों से लदे हुए वृक्ष भूमि की ओर झुक जाते हैं। गुणी लोग भी सदैव झुक जाते हैं। किन्तु सूखी लकड़ी और मूर्ख लोग कभी झुकते नहीं हैं।

 यस्य कृत्यं न विध्नन्ति शीतमुष्णं भयं रितः। समृध्दिरसमृद्धिर्वा स वै पण्डित उच्यते।।

अर्थात— जिसका कार्य कभी ठंड, ताप, भय, प्रेम, समृद्धि या उसके अभाव से बाधित नहीं होता, केवल वही वास्तव में श्रेष्ठ है।

 यदा यदा हि धर्मस्य ग्लानिर्भवति भारत । अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् । ।

अर्थात— हे भारत (अर्जुन), जब जब धर्म की ग्लानि यानी उसका लोप (हानि) होता है और अधर्म में वृद्धि होती है, तब—तब मैं (श्रीकृष्ण) धर्म के अभ्युत्थान के लिए स्वयं की रचना करता हूँ अर्थात् अवतार लेता हूँ।

 परित्राणाय साधूनाम् विनाशाय च दुष्कृताम् । धर्मसंस्थापनार्थाय सम्भवामि युगे—युगे ।।

अर्थात— सज्जन पुरूषों के कल्याण के लिए और धर्म की स्थापना के लिए मैं (श्रीकृष्ण) युगों—युगों से प्रत्येक युग में जन्म लेता आया हूँ।

अदिति (7-ब)



9

Spot the 10 Differences





- 10. Back side ground in between dark green and light green bucket.
 - 9. No water in middle light green bucket.
 - 8. colour difference of big unbrella.
 - 7. Missing Hairband of the girl in light green bucket.
 - 6. Eye's of the child inside the green bucket.
 - 5. Dog face opposite side.
 - 4. Hair style of blue dress child.
 - 3. White strip missing from the blue dressed child.
 - 2. Water in the middle bucket.
 - 1. Handle of the umbrella.

LOWELL

AMAZING FACTS

- Women blink nearly twice as much as men.
- 2. Right handed people live an average 9 yrs.longer than the left handed people.
- It is impossible to sneeze with your eyes open.
- 4. A snail can sleep for 3 years.
- The strongest muscle in the body is the TONGUE.
- 6. Polar bears are left handed.
- A cockroach will live for 9 days without its head, before it starves to death.
- 8. An ostrich's eye is bigger than its brain.
- 9. Ants never sleep.
- 10. Human brain is 80% water.
- 11. The African Lungfish can live out of water for 4 years.
- 12. At birth, a panda is smaller than a mouse and weighs about four ounces.
- 13. A leech has 32 brains.
- 14. A shark skeleton is made up of cartilage.
- 15. Male lions can sleep twenty hours a day.

Shanti (11-B)





Veer Bal Diwas

Remembering Char Sahibzaade

With the remembrance of Char Sahibzaade on Veer Bal Divas, students of Aatmdeep Vidyalaya are connecting themselves with the real history of India & learning the real meaning of courage & sacrifice. The renowned speakers & thinkers from Amritsar explaining about Char Sahibzaade sacrifice.



सदैव मुस्कराइए

श्वश्थ जीवन पाइए

हमेशा खुश रहने से हमारे स्वास्थ्य पर अनुकूल प्रभाव पड़ता है। आप जब किसी से मिलते हैं, तो मुस्कुराकर मिलिए। उसका तहे दिल से स्वागत कीजिए। देखिए, आपको स्वयं

को बहुत अच्छा लगेगा। लगेगी। हँसने के खालकर हँसिए। कैसी? जब हम तन—मन हमारी कार्यक्षमता बढ़ेगी सकेंगे। मनोवैज्ञानिकों ने अपने सदैव मुस्कुराने से व्यक्ति की नया करते रहना चाहिए। उगते व अस्त होते सूर्य का दर्शन आपके चेहरे पर स्वतः तेजस्विता आने
किसी भी मौके पर दिल
हँसने— मुस्कराने में कंजूसी
से स्वस्थ्य होंगे तो निश्चित है
और हम लंबी उम्र तक स्वस्थ्य रह
अध्ययनों से यह सिद्ध किया है कि
उम्र बढ़ती है। सदैव कुछ न कुछ
संगीत में रूचि जागृत कीजिए।
करें। खिले फुलों पर नजर डालें मन

प्रफुल्लित हो उठेगा। प्रत्येक दिन एक छोटा सा ही अच्छा कार्य किसी और के लिए कीजिए। शिकायत करने के स्थान पर स्वीकार्य को अपनाइए। जीवन धारा को प्रेम से परिपूर्ण करके देखिए आपको सर्वत्र प्रेम प्राप्त होगा। कुछ अच्छा करना है तो किसी रोते को हँसाइए। मुस्कुराहट जीवन में खुशियों की धूप छिड़कती है। एक मुस्कान से आप किसी का भी दिल जीत सकते है। मुस्कुराने से हमारे चेहरे का ओज ही नहीं बढ़ता बल्कि आस—पास के माहौल मे भी खुशी बिखर जाती है।

आयुषी (11-अ)

My Dear Test

Oh! My dear test You are my unwanted guest. You make me busy Because you are not easy. You need preparation Practice of math calculation. Science requires theory Which often goes out of memory. History needs memorization Which is full of confusion. Civics is quite easy But it also makes us busy. Questions of physics Make us sick. The subject of chemistry Full of chemical mystery. It's reaction Full of contradictions. The answer of biology We do that slowly. Geography! Nothing to say about Because it is full of doubt.

Divya (10A)



SEBI

Securities Exchange Board of India

ecurities and Exchange Board of India (SEBI) was set up in 1988 is a statutory body and a market regulator, which control the stock market of India. SEBI promotes orderly & wealthy development in the stock market. SEBI run by its board members which units Chairman and other top executives appointed by the government of India. The other excutives include two members from the finance ministry, one from RBI etc.

Initially SEBI was unable to exercise complete control over the stock market. It was just a watchdog and was found un-effective for e.g. The Harshad Mehta Scam of 1992 was prime example of the ineffectiveness and inefficiency of SEBI. So, after this scam the government granted legal status & SEBI was became a body corporate having a seperate legal existence in 1992.

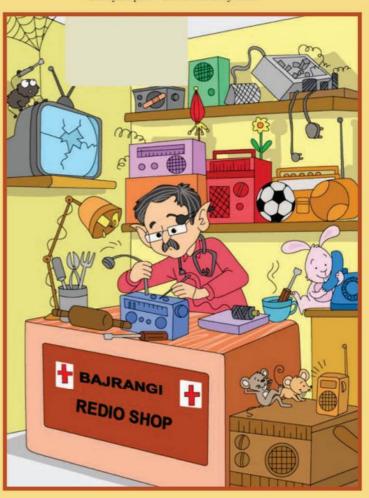
The main purpose behind establishment of SEBI was lots of impractices also started in stock markets such as price rigging, unofficial premium on new issue, delay in delivery of shares, violation of rules and regulations of stock exchange and listing requirement.

There are some prime function of SEBI such as protective fuction i.e. protections of investor's interest and providing safety of investment through different ways such.

Chandan XII (Commerce)

That's NOTRight

Some things are not right in this scene. Can you point out what they are?





FIND ME HERE

Mineral	States A A
	_ 11
IRON ORE	1. Odisha 2. Chattisgarh 3.Karnataka
COBALT	1. Jharkhand 2. Odisha 3. Nagaland
NICKEL	1. Odisha 2. Jharkhand
MANGANESE	1. Madhya Pradesh 2. Maharashtra 3. Odisha
CHROMITE	1. Odisha 2. Karnataka 3. Andhra Pradesh
BAUXITE	1. Odisha 2. Gujarat
COPPER	Madhya Pradesh Rajasthan Jharkhand
Gold	1. Bihar 2. Rajasthan 3. Karnataka 4. West Bengal
SILVER	1. Rajasthan 2. Jharkhand 3. Andhra Pradesh 4. Karnataka
LEAD	1. Rajasthan 2. Andhra Pradesh 3. Madhya Pradesh
TIN	Chhattisgarh (only state in India producing Tin)
LIMESTONE	Madhya Pradesh Rajasthan
MICA	Andhra Pradesh Rajasthan Orissa
DOLOMITE	Chhattisgarh Andhra Pradesh
GYPSUM	Rajasthan Tamil Nadu Gujarat
DIAMOND	Madhya Pradesh (Only state in India producing diamond)
COAL	Jharkhand Orissa Chhattisgarh
URANIUM	1. Andhra Pradesh 2. Jharkhand

3. Karnataka

Kaushlenda 11 (A)

Medical Terminology

Specialists

- Pediatrician
- Cardiologist
- Neurologist
- Ophthalmologist
- 5. Dermatologist
- Orthopedic
- **ENT** specialist Psychiatrist
- 9. Dentist
- 10. Nephrologist
- 11. Radiologist 12. Oncologist
- 13. Endocrinologist

Diseases

- Infants and children
- Heart and circulatory system
- Brain and nervous system
- Eyes
- Skin problems
- Skeletal system
- Ear, nose and throat
- Mental disorder
- Teeth
- Kidney
- Imaging Test (CT scan, MRI)
- Tumour
- Glands

Seminar on

Cyber Security



With the invention of Smartphones, the cyber crime has increased. The U.P. Police Cyber Crime Prevention Cell personnel are giving important tips to the students of Aatmdeep Vidyalaya for not getting into the trap of cyber crimes/cheating in the seminar to be aware & alert from it.

Teachers'

Orientation Programme



Believing that with changing time the teachers must be updated & upgraded regarding stress management. Teachers taking part in the teacher's orientation programme, led by Sri Shravan Kr. Shukla, Co-ordinator happiness curriculum, Dept. of Education, Government of India.



Bharatanatyam



haratanatyam is a major form of Indian classical dance that originated in Tamil Nadu. It is one of the eight widely recognized Indian classical dance forms, and expresses South Indian religious themes and spiritual ideas, particularly of Shaivism and in general of Hinduism."A description of Bharatanatyam

from the 2nd century CE can be found in the ancient Tamil epic Silappatikaram, while temple sculptures of the 6th to 9th century CE suggest it was a highly refined performance art by the mid-1st millennium CE. Bharatanatyam is the oldest classical dance tradition in India. Bharatanatyam is the state dance form of Tamil Nadu.

Bharatanatyam contains different types of baanis. Baani, or 'tradition', is a Tamil term used to describe the dance technique and style specific to a guru or school. These are named according to the village of the guru (with the exception of some baanis. Bharatanatyam style is noted for its fixed upper torso, bent legs and knees flexed (Arai mandi) combined with spectacular footwork, and a sophisticated vocabulary of sign language based on gestures of hands, eyes, and face muscles. The dance is accompanied by music and a singer, and typically the dancer's guru is present as the Nattuvanar, director, and conductor of the performance and art. The performance repertoire of Bharatanatyam, like other classical dances, includes nrita (pure dance), nritya (solo expressive dance) and natya (group dramatic dance).

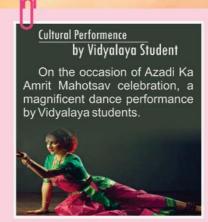
"Bharatanatyam remained exclusive to Hindu temples through the 19th century. It was banned by the colonial British government in 1910, but the Indian community protested against the ban and expanded its performance outside temples in the 20th century. Modern stage productions of Bharatanatyam has been spread out and popular throughout India that has been done in different ways and have incorporated technical performances, pure dance based on non-religious ideas and fusion themes. Tanjavur brothers gave the actual form of the recent day repertoire of Bharatanatyam by formalizing bharatanatyam into a melodious art form. "In 1932, E Krishna Iyer and Rukmini Devi Arundale put forward a proposal to rename Sadir aattam, also known as Parathaiyar Aattam or Thevarattam, as

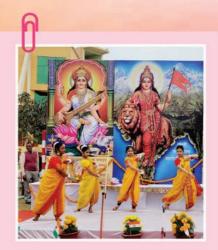
"Bharatanatyam", to give the dance form a measure of respect, at a meeting of the Madras Music Academy. They also were instrumental in modifying mainly the Pandanallur style of dance. The word Bharatam is also seen as a backronym, with bha standing for bhavam (feelings, emotions), ra for ragam (melody, framework for musical notes), and tam for talam (rhythm). The term "Natyam" is a Sanskrit word for "dance". The compound word Bharatanatyam is seen to connote a dance that harmoniously expresses bhavam, ragam and talam. "The theoretical foundations of Bharatanatyam are found in Natya Shastra, the ancient Hindu text of performance arts. "Natya Shastra is attributed to the ancient scholar Bharata Muni, and its first complete compilation is dated to between 200 BCE and 200 CE, but estimates vary between 500 BCE and 500 CE. The most studied version of the Natya Shastra text consists of about 6000 verses structured into 36 chapters. The text, states Natalia Lidova, describes the theory of Tandava dance (Shiva), the theory of rasa, of bhava, expression, gestures, acting techniques, basic steps, standing postures— all of which are part of Indian classical dances. Dance and performance arts, states this ancient text, are a form of expression of spiritual ideas, virtues and the essence of scriptures. Bharatanatyam is found in the Tamil epics Silappatikaram (2nd century CE) and Manimegalai (6th century). The ancient text Silappatikaram, includes a story of a dancing girl named Madhavi; it describes the dance training regimen called Arangatrau Kathai of Madhavi. The carvings in Kanchipuram's Shiva temple that have been dated to 6th to 9th century CE suggest Bharatanatyam was a well developed performance art by about the mid 1st millennium CE.

A famous example of illustrative sculpture is in the southern gateway of the Chidambaram temple (~12th century) dedicated to the Hindu god Shiva, where 108 poses of the Bharatanatyam, that are also described as karanas in the Natya Shastra, are carved in stone. Many of the ancient Shiva sculptures in Hindu temples are the same as the Bharatanatyam dance poses. Caves of Badami cave temples, dated to 7th-century, portrays the Tandava-dancing Shiva as Nataraja. [The image, 5 feet (1.5 m) tall, has 18 arms in a form that expresses the dance positions arranged in a geometric pattern. The arms of Shiva express mudras (symbolic hand gestures), that are found in Bharatanatyam.

Swarnima (VIII-B)











he Group of Twenty (G20) is the premier forum for international economic cooperation. It plays an important role in shaping and strengthening global architecture and governance on all major international economic issues.

The G20 was founded in 1999 after the Asian financial crisis as a forum for the Finance Ministers and Central Bank Governors to discuss global economic and financial issues.

The G20 Summit is held annually, under the leadership of a rotating Presidency. The G20 initially focused largely on broad macroeconomic issues, but it has since expanded its agenda to inter-alia include trade, climate change, sustainable development, health, agriculture, energy, environment, climate change, and anticorruption.

The members of the G-20 are: Argentina, Australia, Brazil, Canada, China, France, Germany, India, Indonesia, Italy, Japan, Mexico, Russia, Saudi Arabia, South Africa, South Korea, Turkey, the U.K. and the U.S., as well as the European Union, represented by the rotating council presidency and the European Central Bank.

There are three work streams of G20

- 1. Sherpa track-Through the Sherpa Track, the following 13 Working Groups and 2 Initiatives will meet under India's Presidency to discuss priorities and provide recommendations.
- 2. Finance track-the Finance Track are global economic outlook and monitoring of global economic risks; reforms for a more stable and resilient global financial architecture; international taxation; financing quality infrastructure; sustainable finance; financial inclusion; financial sector reforms and financing for future health emergencies and investments in pandemic prevention, preparedness and response.

Achievements of the Finance Track

- · Debt Service Suspension Initiative (DSSI),
- · Common Framework for debt treatments beyond DSSI,
- · G20 Sustainable Finance Roadmap, two pillar solution to tax challenges arising from the digitalization of the economy,
- · G20 principles for quality infrastructure investment,
- · Proposal to create a Financial Intermediary Fund (FIF) for pandemic PPR etc.
- 3. **Engagement group**-Engagement Groups, comprising non-government participants from each G20 member, provide recommendations to the G20 Leaders and contribute towards the policy-making process.

Business20: The Business 20 (B20) is the official G20 dialogue forum representing the global business community. Established in 2010, B20 is among the most prominent Engagement Groups in G20, with companies and business organizations as participants.

Labour20: Labour20 (L20) Summit first took place formally during the French Presidency in 2011. L20 convenes trade union leaders from G20 countries and provides analyses and policy recommendations aimed at addressing labour related issues

Parliament20: Parliament20 (P20) Engagement Group, started during Canada's Presidency in 2010, is led by Speakers from Parliaments of G20 countries. Since Parliamentarians play an important role in guiding respective governments, P20 meetings aim to bring a parliamentary dimension to global governance, raise awareness, build political support for international commitments, and ensure that these are effectively translated into national realities.

Science20: Science20 Engagement Group, comprising the national science academies of the G20 countries, was initiated during Germany's Presidency in 2017. It presents policymakers with consensus-based science-driven recommendations formulated through task forces comprising international experts.

SAI20: Supreme Audit Institutions 20 (SAI20) is an Engagement Group introduced by the Indonesian Presidency in 2022. It is a forum to discuss the important role played by SAIs globally in ensuring transparency and accountability, and in promoting cooperation among the G20 members.

Startup20: Startups act as catalysts for economic growth and development. They offer platforms and tools to foster collaboration and spur innovation across borders and facilitate economies in achieving the SDG targets. The Startup 20 Engagement Group has been proposed under India's Presidency. It would recommend actions to the G20 Leaders to address growth challenges and other constraints.

Think20: Think20 (T20), as an official G20 Engagement Group, was initiated during the Mexican Presidency in 2012. It serves as an "idea bank" for the G20 by bringing together think tanks and high-level experts to discuss relevant international Socio-Economic issues. T20 recommendations are synthesized into policy briefs and presented to G20 working groups, ministerial meetings, and leaders' summit to help the G20 deliver concrete policy measures.

India holds the Presidency of the G20 from 1 December 2022 to 30 November 2023.

The theme of India's G20 Presidency – "Vasudhaiva Kutumbakam" or "One Earth One Family One Future" – is drawn from the ancient Sanskrit text of the Maha Upanishad.

Vivekanand Sir (PGT-Economics)

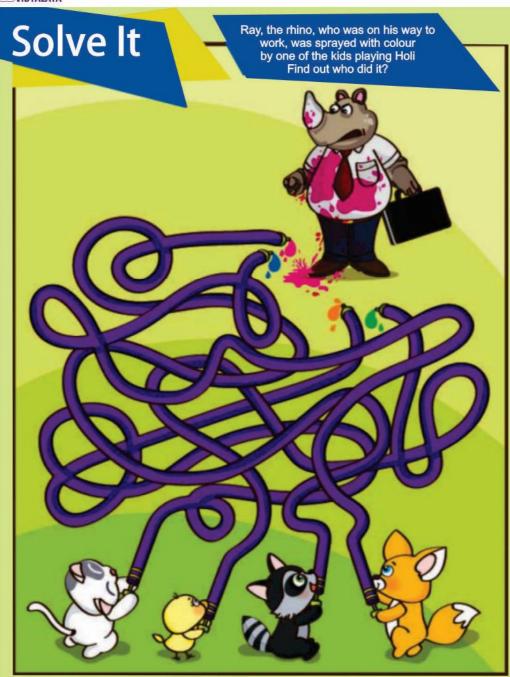


Motivational Session

S.T. Sir.

In the line of Pariksha Per Charcha programme a famous initiative by our P.M. In our school also our chairman Mr. Sankarshan Tripathi is easing the stress of students who are preparing themselves for the Board Exam. Motivating them, giving tips for better performance and getting better result.





Ozone Layer

In 1985, on 16th
September Jonathan
Shamblin discovered hole in ozone layer, the world celebrates day as the International Day for the Preservation of the Ozone Layer.

"Ozone is a gas that is naturally present in the upper atmosphere".

Ozone is made of three oxygen atoms O_3 .

Ozone acts as a protective screen for UV radiation in the stratosphere. 99% of incoming solar UV is screened by the ozone layer. Without the ozone layer, life on earth would not be possible. Which effects the people by UV radiation and also leads to skin and eye cancer. The annual **Antarctic** ozone hole reached on average area of 8.9 million square miles between sept 07 and Oct. 13, 2022.

"Earth without the ozone layer is like a house without a roof: Save the ozone layer."

Jaya (XIIA)

Parents

Parents are with us to guide.
They are always by our side.

They teach us what is right, And want our future bright.

Parents teach us moral values.

They deserve our love and salutes.

Parents protect us from sun and rain.

Respecting them, should be our aim.

Parents are the greatest gift.

We should always give them love.

They are as gentle as a dove.

They are our greatest friends.

In front of them, our head should always bow.

Disha (X-A)

Remembering

Mahatma Gandhi & Lal Bahadur Shashtri



Aatmdeep Vidyalaya students remember Mahatma Gandhi on his 153rd Birthday & India's 2nd Prime Minister Lal Bahadur Shashtri Ji on his 118th Birthday by paying floral tribute to them along with all the teachers & staff on 2nd October 2022.

Neeraj Chopra =

eeraj Chopra (born 24 December 1997) is a track and field athlete from India. He is the reigning Olympic champion, Silver medalist in the World Championship, and the Diamond League champion in Javelin throw. He is the most decorated athlete of India and the first Asian athlete to win an Olympic gold medal in Men's Javelin throw. A Junior Commissioned Officer (JCO) in the Indian Army, Chopra is the first track and field athlete to win a gold medal for India at the Olympics. He is also the first track and field athlete from India to win at the IAAF World U20 Championships, where in 2016 he achieved a world under-20 record throw of 86.48 m, becoming

the first Indian athlete to set a world record. Neeraj Chopra was born in a Ror family in Khandra Panipat, Haryana. He has two sisters and his family is largely involved in agriculture. He did his schooling from BVN Public School.He graduated from Dayanand Anglo-Vedic College in Chandigarh, and as of 2021, is pursuing a Bachelor of Arts from Lovely Professional University in Jalandhar, Punjab.Impressed with Chopra's performance at the South Asian Games and his future potential, the Indian Army offered him a direct appointment as a Junior Commissioned Officer (JCO) in the Rajputana Rifles with the rank of Naib Subedar. He accepted the offer and joined the army under sports quota.After local children teased him about his childhood obesity, Chopra's father enrolled him in a gymnasium at Madlauda; he was later enrolled in a gym in Panipat. While playing at Shivaji stadium in Panipat, he saw some javelin throwers and began participating himself. Chopra visited the Panipat Sports Authority of India (SAI) centre, where javelin thrower Jaiveer Choudhary recognised his early talent in the winter of 2010. Observing Chopra's ability to achieve a 40-metre throw without training and impressed by his drive, Choudhary became his first coach. Chopra learned the basics of the sport from Choudhary and a few more experienced athletes who had trained under a javelin coach in Jalandhar. He soon won his first medal, a bronze in the district championships, and then persuaded his family to allow him to live in Panipat while developing his abilities.After training under Choudhary for a year, the 13year-old Chopra was admitted to the Tau Devi Lal Sports Complex in Panchkula. The sports complex was then one of only two facilities in the state of Haryana with a synthetic runway. There, he trained under coach Naseem Ahmad, a running coach who made him train in long-distance running along with the javelin throw. As Panchkula lacked a specialized javelin coach, he and fellow javelin thrower Parminder Singh downloaded videos of the Czech champion Jan Zelezny and attempted to copy his style. While initially at Tau Devi, Chopra typically achieved throws of around 55 metres, but soon increased his range, and in the National Junior Athletics Championships in Lucknow on 27 October 2012, won gold with a new national record throw of 68.40 metres. In 2013, Neeraj Chopra entered his first international competition, the World Youth Championships in Ukraine. He won his first international medal in 2014, a silver at the Youth Olympics Qualification in Bangkok. He achieved his first throw of over 70 metres at the 2014 senior nationals. In 2015, Chopra broke the previous world record in the junior category, throwing 81.04 metres in the 2015 All India Inter-University Athletics meet; this was his first throw of over 80 metres. Chopra finished fifth at the 2015 National Games in Kerala, and received a callback for the national-level training camp as a result, leaving Panchkula in 2016 to train at Netaji Subhas National Institute of Sports, Patiala. According to Chopra, his inclusion in the national camp marked a turning point in his career, as he received better facilities, a better quality diet and an improved standard of training from that available at Panchkula.

Prakhar (VIII-B)

INTACH Regional 📌 INDIA@75

Poster making competition



Mangal Pandey
An Indian soldier and
freedom fighter.



Shikhin Banerjee (Class-IX) of Aatmdeep Vidyalaya amazed in Indian National Trust for Art and Cultural Heritage by his performance on the auspicious occassion of Azadi Ka Amrit Mahotsav in the association with INTACH Gorakhpur Chapter, Heritage in our Hand has organized a painting competition on the the

subject 'The Glorious tales on the struggle of India's Freedoms between 1857-1947'. Thousand of students from grade 7-9 participated in this competition among them Shikhin Bannerjee of class-IX became successful in securing position in top 3 ranks in the region and made his parents and Aatmdeep Vidyalaya feel proud.

Art & Craft

Inter house Rangoli Competition



Ramanujan House students of Aatmdeep Vidyalaya are participating in Inter house Rangoli Competition and exploring their artistic aptitude by drawing image and filling them with beautiful colours as per their imagination.



शोचें खाएं और बचाएं

त्यंत प्रसन्नता का विषय है कि आज हम विश्व के साथ मिलकर 'विश्व पर्यावरण दिवस' मना रहे हैं। जो हर वर्ष पाँच जून को मनाया जाता है ताकि इस सुदंर सृष्टि को बचाने के लिए सम्पूर्ण विश्व जागरूक हो सके। इस वर्ष के विश्व पर्यावरण दिवस की विषय वस्तु है- सोचें, खाएं, और बचाएं। यह खाद्यान्नों की बर्बादी, रोकने का एक छोटा सा प्रयास है। भारतीय संस्कृति में हर खुशी की पहली अभिव्यक्ति भोजन ही है। जन्म, विवाह, आदि से लेकर जीवन

की हर खुशी पर खाना, दावत, पार्टी आदि क किया जाता है, क्योंकि इसके साथ जीवन शक्ति जुड़ी है और यही व्यक्तित्व की पहचान भी बनाते हैं। परन्तु एक तरफ बढ़ती भूख तो दूसरी तरफ खाद्यान्नों की बर्बादी पर्यावरण के लिए एक गंभीर समस्या बनती जा रही है। इससे प्राकृतिक संसाधनों पर भारी दवाब पड़ता है। खाद्यान्नों की बर्बादी केवल धन से जुड़ी हुई नहीं हैं। यह बर्बादी पर्यावरण रूप से, उर्वरकों, कीटनाशकों, परिवहन के लिए प्रयोग इंधन जैसे रसायनों के अनावश्यक इस्तेमाल को जन्म देती है और खाद्यान्नों की सड़न से अत्यंन्त हानिकारक ग्रीनहाउस गैस से और अधिक मीथेन बनती है जो

जलवायु परिवर्तन का कारण बनती है। यह गैस कार्बनडाई ऑक्साईड से तेईस गुना अधिक शक्तिशाली है जो ग्लोबल वार्मिंग का महत्वपूर्ण कारण बनता है। भारत जैसे विकासशील देश में अपर्याप्त भण्डारण सुविधाएँ और अकुशल आपूर्ति श्रृंखलाएँ खाद्यान्न हानि के प्रमुख कारण हैं। दुनिया की आबादी भी अब पहले से कहीं ज्यादा हैं और संसाधनों को पैदा करके उनका उपभोग कर रही हैं। बढ़ती हुई आबादी पर्यावरण पर इतना अधिक दबाव डाल रही है कि प्राकृतिक संसाधन अब उतने अधिक प्रचुर नहीं रहें, जितने यह पहले हुआ करते थे। आकड़ों के मुताबिक पूरे विश्व में एक साल में करीब 130 करोड़ टन खाद्यान्न सामग्री या तो बेकार हो जाती है या फिर फेंक दी जाती है। कहने का मतलब यह है कि जितना खाना एक महाद्वीप में रहने वाले लोगों की भूख मिटाता है उतना तो अमीर देश बर्बाद कर देते हैं।

पश्चिमी देशों में संपन्न लोगों द्वारा छोड़ा गया भोजन यदि गरीबों को खिला दिया जाता तो भोजन का सदुपयोग हो जाता परन्तु बचे हुए भोजन को लोग कूड़ेदानों के हवाले कर देते हैं। आज जहाँ जल और वायु की गुणवत्ता में सुधार लाने की आवश्यकता है वहीं उत्पादन के स्तर को संतुलित बनाने की भी जरूरत है। हम खाद्यान्नों की खपत की आदतों को बदलने के साथ-साथ अपने जीवन स्तर में भी सुधार ला सकते है। विवाह समारोह या पार्टी, होटल या सामूहिक भोज में खाद्यान्नों की बर्बादी आम हो गई है जहाँ विश्व में कितने ही लोग भूखे सोते हैं वहाँ इस तरह

खाद्यान्नों की बर्बादी किसी अपराध से कम नहीं है। इसी के कारण हिंसा होती है और अनेक प्रकार की असमानताएं पैदा होती हैं। मनुष्य कुपोषण का शिकार होता जा रहा है तथा धरती के संसाधन नष्ट होते जा रहे है। खाद्यान्नों के अभाव से लोग कई प्रकार की बीमारियों से ग्रसित हो जाते हैं। प्राकृतिक असमानता धरती के

लिए बोझ बन जाती है। अतः खाद्यान्नों की बर्बादी को रोकने के लिए चिन्तन करना होगा, तभी पर्यावरण, प्राणी जगत को स्वच्छ वायु, जल एवं भोजन प्राप्त होगा और सभी का संतुलित विकास होगा।

भारतीय परंपराओं में माना गया है कि किसी भूखे व्यक्ति को भोजन कराना सबसे बड़ा पुण्य है। अतः खाद्यान्नों की बर्बादी को रोक कर हम न केवल अपने देश

से बल्कि पूरी दुनिया से भूखमरी नामक राक्षस का अंत कर सकेंगे, नहीं तो वह दिन दूर नहीं जब पूरी दुनिया के देशों को अकाल का सामना करना पड़ेगा। हमें हर हाल में इसे रोकना होगा, ताकि कोई भी व्यक्ति भूखा न सोए तथा भावी पीढ़ियों को उनका मुनासिब हिस्सा दिलाने में हमारा भी योगदान रहे। विश्व पर्यावरण दिवस हर व्यक्ति के लिए खाद्यान्नों की विवेकपूर्ण खपत और बर्बादी को रोकने के लिए जुड़ना और जागरूकता पैदा करने तथा अपने भविष्य को आकार देने के लिए एकजुट होने का दिन है। इसलिए पहले सोचें फिर खाएं और इस सृष्टि के पर्यावरण को सुरक्षित रखने में अपना योगदान दें।

अस्मिता (XI-ब)



Inaugration of Handball Court

On the occasion of Aatdmeep Vidyalaya Foundation Day (16th February). Our distinguish Guest Sri Anandeshwar Pandey Treasurer of Indian Olympic Association, Secretary, South Asian Handball Association has inaugurated the handball court in Aatmdeep Vidyalaya and flag off the N.E. Railway Girls Handball Team to play a friendly match and shown their skills to Aatmdeep Vidyalaya students.





Wall of Fame =

Our Top Rankers in Class-XII



Deepak Yadav 96.6%

- Maths-100% Physics-100%
- Chemistry-99%

94.4% 93.4%

90.6%



93.4%

Indresh Vikram Si

93.2%



90.4%

95.6%





Our Top Rankers in Class-X



Divyansh Singh







94%



92.8%



95.8%



90.6%

















94%







93%



92.8%





92.6%



90.4%

95.2%





91.8%

YASHRAJ SINGH

IN JEE-MAINS 2020 CITY TOPPER IN JEE-ADVANCE 2020 AIR 1024 (Gen.) / AIR 134 (OBC)



TOPPER IN CLASS 12" **JEE-MAINS 2020** 99.73%ile (Gen.) **JEE-ADVANCE 2020**

Board % 2019-20

AIR 2003 (Gen.)



JEE-MAINS 2020 AIR 97%ile (Gen.) **JEE-ADVANCE 2020**

VIKESH MAURYA

AIR 8101 (Gen.) / AIR 1479 (OBC) Board % 2019-20

SAMEER PANDEY



JEE-MAINS 2020 AIR 99.75%il (Gen.)

JEE-ADVANCE 2020 AIR 4358 (Gen.) CITY TOPPER RANK 20 (Gen.) / RANK 3 (EWS)

Board % 2018-19 92.80%



JEE-MAINS 2020 AIR 98.52%il (Gen.)

JEE-ADVANCE 2020 AIR 5003 (Gen.)

Rank 126 (Gen.) / EWS Rank 24 Board % 2018-19



NITESH MAURYA

JEE-MAINS 2020 AIR 97%il (Gen.) JEE-ADVANCE 2020

AIR 9071 (Gen.) / AIR 1689 (OBC) **ALL INDIA TOPPER** IN MMMUT 2020 AIR 1 (Gen.)

Board % 2018-19

SHIKHAR SRIVASTAVA



JEE-MAINS 2020 AIR 94.18%il (Gen.) **JEE-ADVANCE 2020** AIR 6827 (Gen.) Board % 2019-20

93.4%



JEE-MAINS 2020 AIR 95%il (Gen.)

JEE-ADVANCE 2020 AIR 16525 (Gen.) / AIR 3540 (OBC) Board % 2019-20



ANAND MOHAN MISHRA



IN NEET 2020 AIR 567 (Gen.) / AIR 36 (EWS) Board % 2018-19



For more information contact

Aatmdeep Vidyalaya, Siktaur, Near Deoria Bypass, Gorakhpur-273010 Website: www.aatmdeepvidyalaya.com Email ID: aatmdeepvidyalaya@gmail.com

© 8853210002, 9935703444