



IMPRESSIONS.

Vol. AFS-48 | 2025

“One book, one pen, one child and one teacher can change the world...”



AI SHAPING OUR WORLD:

***The Rise of Intelligent Systems
and Their Global Impact***



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MESSAGE



Air Commodore S Tamaskar VM
Air Officer Commanding
Air Force Station
Ambala



It is with palpable enthusiasm that we unveil this new edition of the school magazine "Impressions", which brings forth new voices, new ideas and a whole new level of inspiration.

Congruent with the spirit of New Education Policy (NEP), the focus has shifted towards ensuring holistic development with enhanced practical orientation and participative learning. As we progress further, there is a definitive need to adopt a multi-disciplinary approach to inculcate life skills with greater confidence. Such a well-rounded approach would help our students acquire knowledge, skills, values and attitude required to meet the needs of the challenging times ahead.

I am delighted to see the school growing in strength, values and achievement. Our vision has always been to nurture young minds into confident, compassionate and responsible individuals ready to meet the evolving demands of an ever-changing world. This magazine is a testament to that journey.

I wish everyone a year ahead filled with learning, growth, and success. I extend deepest appreciation to the Principal, teachers, editorial committee, and students for their unwavering efforts in bringing this publication to life. May this magazine continue to inspire every reader and motivate our children to doggedly pursue their dream and relentlessly shine to excel in every field.

Jai Hind

MESSAGE



Gp Capt Bijender Singh
C Adm O
Air Force Station
Ambala



It is very heartening to note that Air Force School Ambala is going to publish its magazine “Impressions”, which provides a good opportunity for students to express their thought and exhibit their talent.

The magazine is an excellent compilation highlighting the achievement of the school in sports, co-curricular activities as well as academics. It will go a long way in building pride in the institution and making everyone aware of the achievement of the students and the staff of Air Force School Ambala.

I am sure Air Force School Ambala would continue to excel in imparting quality education to make students strong in character and enable them to face future challenges boldly.

I wish success to the teaching fraternity, students and the parents.

Jai Hind

MESSAGE



Gp Capt B S Dhillon
S Edn O
Air Force Station
Ambala



I am immensely pleased to know that Air Force School, Ambala is bringing out its school magazine “Impressions”. I am sure that, it will provide the highlights on the growth and achievements of the school in all the fields as well as the talent of the children during the year. The purpose of education is to give children ample opportunities and support for identifying their potential, so as to make each one of them indispensable to the overall growth and development of the country.

I am quite sure that our school will ingrain the vision of Air Force School Ambala in the minds of the students and prepare them to face the challenges of the future and to become an enlightened citizen of the country.

I extend my congratulations and warm wishes to Principal, staff members and the students for their dedication, commitment and valuable contributions for the development of the school and also wish the magazine a grand success.

Jai Hind

MESSAGE



Wg Cdr US Sahu
Executive Director
Air Force School
Ambala



It is a pleasure to share this edition of our school magazine, which reflects the energy, imagination, and commitment that define our learning community. This publication captures the many facets of school life and highlights the efforts and achievements of our students and staff.

Education today is about shaping confident, thoughtful, and responsible individuals. At our school, we strive to create an environment that encourages curiosity, discipline, and creativity, while nurturing strong values and a sense of purpose. Through academics, co-curricular activities, sports, and service, we aim to prepare our students to meet future challenges with confidence and integrity.

I commend the dedication of our teachers, the enthusiasm of our students, and the continued support of parents and the Air Force fraternity, all of which contribute significantly to the growth of the institution. My congratulations to the editorial team for their initiative and hard work in bringing this magazine to life.

I wish this edition every success.

Jai Hind

MESSAGE



Mrs Sunita Sharma
Principal
Air Force School, Ambala



It gives me immense pride and joy to present this edition of our school magazine, a reflection of the vibrant learning environment and dynamic spirit of Air Force School, Ambala. Each page of this magazine showcases the creativity, dedication, and hard work of our students and staff, who continually strive for excellence in every sphere.

In today's rapidly changing world, education goes beyond textbooks. Our aim is to nurture well-rounded individuals — students who are confident, curious, disciplined, and compassionate. Through academics, co-curricular activities, sports, and community engagement, we endeavour to equip our learners with the skills and values needed to face future challenges with courage and integrity.

I take this opportunity to appreciate the tireless efforts of our teachers, the enthusiastic participation of our students, and the unwavering support of our parents and Air Force fraternity. Your collective contribution strengthens the foundation of our institution and inspires us to reach new heights.

I congratulate the editorial team for their creativity and commitment in bringing out this magazine. May this edition ignite inspiration, encourage self-expression, and celebrate the achievements of everyone associated with our school.

Jai Hind

EDITORIAL BOARD



MONIKA GOEL
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SHAKUNTALA BISHT
HOD HINDI



SATUTI SHARMA
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RAVINDER KAUR
HOD ENGLISH



KAVITA CHAWLA
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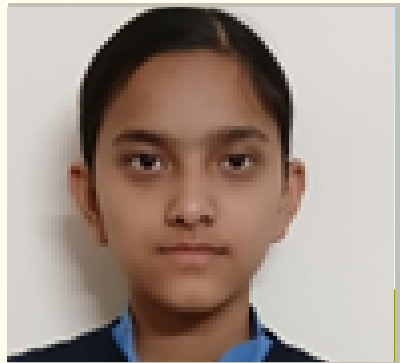


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HOD PHYSICAL
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HARSHITA BISHT
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VICE HEAD BOY
XI A



DIVYANSHI PAL
VICE HEAD GIRL
XI B



ADARSH
DISCIPLINE PREFECT
XII B



KUMARI GOURI
DISCIPLINE PREFECT
XII B

SUBROTO HOUSE

HISTORY

Air Marshal Subroto Mukerjee OBE was the first Indian ever to command a flight and a squadron in the Indian Air Force (01 Apr 1954-08 Nov 1960). Born in a Bengali family of repute, he was educated in India as well as in England. He joined the Royal Air Force and later was one of the first recruits of the Indian Air Force. He had an illustrious career and was awarded with many honours until his accidental death in 1960. He is called the "Father of the Indian Air Force.

The office bearers upholding the badge of responsibility and commitment of the house are:

House in-charge	:	Ms. Ravinder Kaur
House Teachers	:	Ms. Bharti Mr. Jasneet Singh Ms. Gurpreet Kaur
Captain	:	Master Shreyas Gupta (XII-A)
Vice-Captain	:	Miss Aarti (XI-B)

EVENT	POSITION
100 M (SENIOR BOYS)	II
100 M (SENIOR GIRLS)	II
200 M (SENIOR BOYS)	I
400 M (SENIOR GIRLS)	II & III
800 M (SENIOR BOYS)	I & II
800 M (SENIOR GIRLS)	I
SHOT PUT (SENIOR GIRLS)	II
100 M (PRE-SENIOR GIRLS)	II
200 M (PRE-SENIOR GIRLS)	I
4 x 100 M RELAY (SENIOR BOYS)	III
4 x 100 M RELAY (SENIOR GIRLS)	II
4 x 200 M RELAY (SENIOR BOYS)	I
4 x 200 M RELAY (SENIOR GIRLS)	II
4 x 100 M RELAY (PRE-SENIOR GIRLS)	I
4 x 200 M RELAY (PRE-SENIOR GIRLS)	III
BASKETBALL(GIRLS)	I
VOLLEYBALL(BOYS)	III
VOLLEYBALL(GIRLS)	III
TABLE TENNIS(BOYS)	III
CHESS(BOYS)	II
CHESS(GIRLS)	II

MEHAR HOUSE

HISTORY

Few names in the Indian Air Force (IAF) evoke such awe and inspiration as the mention of Air Commodore Mehar Singh, MVC and DSO. Mehar Baba, as he was known, was one pilot who aroused instant admiration and respect from his subordinates. Mehar Singh was commissioned as a Pilot Officer on 01 Aug 1936 passing out from Cranwell. And was posted to the sole Squadron in the Air Force. No.1 Squadron then based in the North West Frontier. He went into action immediately against the Frontier Tribesmen. He flew missions with a devastating passion, including one month in which he flew 100 Hours. The leaders who pledged their complete devotion and responsibility for the house are:

House in-charge	:	Mr. Abhishek
House Teachers	:	Dr.. Anupam Handa, Ms.Lata Yadav, Ms. Harminder Kaur
Captain	:	Pratham Jeet (XII A)
Vice-Captain	:	Pratibha Kumari (XI B)

EVENT	POSITION
200 M (SENIOR GIRLS)	II
4 x 100 M RELAY (JUNIOR GIRLS)	III
4 x 200 M RELAY (JUNIOR GIRLS)	II
100 M (JUNIOR GIRLS)	I
400 M (JUNIOR GIRLS)	II
SHOT PUT (SENIOR GIRLS)	III
4 x 100 M RELAY (SENIOR GIRLS)	III
400 M (JUNIOR BOYS)	III
200 M (JUNIOR BOYS)	II
400 M (PRE-SENIOR GIRLS)	III
200 M (PRE-SENIOR GIRLS)	III
4 x 100 M RELAY (PRE-SENIOR BOYS)	I
100 M (JUNIOR BOYS)	I
TABLE TENNIS (BOYS)	II
VOLLEYBALL(GIRLS)	II
TABLE TENNIS (GIRLS)	I
CHESS(GIRLS)	III

ARJAN HOUSE

HISTORY

Air Chief Marshal Arjan Singh DFC (01 Aug 1964 - 15 Jul 1969). He was commissioned from the RAF College Cranwell on 23 Dec 1939, and as a Pilot Officer with 'A' Flight at Drigh Road, Karachi first saw operations on the North West Frontier Province (NWFP). He is the epitome of a military leader and it is in the great fitness of things and truly a grand morale booster to the officers and men of the Indian Air force that he was honored with the rank of Marshal of the Indian Air Force (equivalent to the Army's Field Marshal), on the Republic Day of 2002. The office bearers upholding the badge of responsibility and commitment of the house are:

House in-charge	: Ms. Satuti Sarma
House Teachers	: Ms. Shweta Jain, Ms. Deepika Saxena, Ms. Bhawna Kaushik, Ms. Kanika Sethi
Captain	: Miss Neelakshi Saini (XII B)
Vice-Captain	: Miss Akshara (XI A)

EVENTS

200 M (SENIOR GIRLS)
SHOT PUT (SENIOR BOYS)
100 M (PRE-SENIOR GIRLS)
400 M (PRE-SENIOR GIRLS)
200 M (JUNIOR GIRLS)
400 M (JUNIOR GIRLS)
4 x 200 M RELAY (SENIOR GIRLS)
4 x 100 M RELAY (JUNIOR BOYS)
4 x 100 M RELAY (JUNIOR GIRLS)
4 x 200 M RELAY (JUNIOR GIRLS)
VOLLEYBALL (BOYS)
BASKETBALL (BOYS)
CHESS (BOYS)
TABLE TENNIS (GIRLS)
POWERPOINT PRESENTATION

POSITIONS

III
II
III
II
I
I
III
II
I
I
II
III
III
II
I

SEKHON HOUSE

HISTORY

Flying Officer Nirmal Jit Singh Sekhon, PVC (17 July 1943-14 December 1971) was an officer of the Indian Air Force. He was posthumously awarded the Param Vir Chakra, India's highest military decoration, in recognition of his lone defence of Srinagar Air Base against a PAF air raid during the Indo Pakistani War of 1971. He is the only member of the Indian Air Force to be so honored. The leaders who pledged their complete devotion and responsibility of the house are:

House in-charge	: Ms. Kavita Chawla
House Teachers	: Mr. Gurinder Singh, Ms. Meenal Jindal, Ms. Sonia Sharma, Ms. Monika Bhargua
Captain	: Miss Ghanishtha Harnal (XII A)
Vice-Captain	: Master Virender Singh (XI A)

EVENT	POSITION	EVENT	POSITION
100 M (SENIOR BOYS)	III	100 M (JUNIOR BOYS)	II
100 M (SENIOR GIRLS)	I	100 M (JUNIOR GIRLS)	II
200 M (SENIOR BOYS)	II & III	200 M (JUNIOR GIRLS)	II
200 M (SENIOR GIRLS)	I	200 M (JUNIOR BOYS)	II
400 M (SENIOR BOYS)	II	400 M (JUNIOR BOYS)	II
400 M (SENIOR GIRLS)	I	4 x 200 M RELAY (JUNIOR BOYS)	II
800 M (SENIOR BOYS)	III	4 x 200 M RELAY (JUNIOR GIRLS)	III
800 M (SENIOR GIRLS)	III	BASKETBALL (BOYS)	I
SHOT PUT (SENIOR GIRLS)	I	BASKETBALL (GIRLS)	II
100 M (PRE-SENIOR GIRLS)	I	VOLLEYBALL (GIRLS)	I
200 M (PRE-SENIOR GIRLS)	I	TABLE TENNIS (GIRLS)	III
200 M (PRE- SENIOR BOYS)	I		
400 M (PRE-SENIOR BOYS)	I		
4 x 100 M RELAY (SENIOR BOYS)	II		
4 x 100 M RELAY (SENIOR GIRLS)	I		
4 x 200 M RELAY (SENIOR BOYS)	II		
4 x 200 M RELAY (SENIOR GIRLS)	I		
4 x 100 M RELAY (PRE-SENIOR BOYS)	III		
4 x 100 M RELAY (PRE-SENIOR GIRLS)	II		
4 x 200 M RELAY (PRE-SENIOR BOYS)	I		
4 x 200 M RELAY (PRE-SENIOR GIRLS)	II		

BEST HOUSE OF THE SESSION (2025-26)

KATRE HOUSE

HISTORY

Air Chief Marshal Lakshman Madhav Katre AVSM PVSM was the head of the Indian Air Force from 1981 to 1985, as Chief of the Air Staff and the second IAF Chief of Staff to die in harness. He completed his schooling from The Doon School, Dehradun, India. He was awarded the Param Vishisht Seva Medal and Ati Vishisht Seva Medal. The leaders who pledged their complete devotion and responsibility for the house are:

House in-charge : Ms. Monika Goel

House Teachers : Ms.Meera Bhalla, Ms. Harpreet Kaur, Ms. Shikha Sethi, Ms. Ritu Sharma

Captain : Krishtika (XII-B)

Vice-Captain : Master Bhanupratap(XI-A)

JUNIOR CATEGORY	POSITIONS
BOYS RELAY (4X100)	III
GIRLS 100 M	III
PRE-SENIOR CATEGORY	
BOYS 100 M	I & II
GIRLS 200 M	III
GIRLS 400 M	I & III
GIRLS RELAY (4X100)	III
GIRLS RELAY (4X200)	I
SENIOR CATEGORY	
BOYS SHOT PUT	I
GIRLS 800M	II

MAJUMDAR HOUSE

HISTORY

Wing Commander Karun Krishna Majumdar gave the fledgling Indian Air Force its Gold war hero in World War 2. A born leader, and a dare devil of a pilot, somewhat reckless to his friends, Majumdar was the only pilot in the IAF to be decorated with a Bar to the DFC. Majumdar would have been destined to reach the topmost position in the Indian Air Force, that of the Chief of Air Staff, if fate has not decided to intervene.

The office bearers of the house, upholding the badge of responsibility and commitment are:

House in-charge : Ms. Shakuntala Bisht

House Teachers : Ms. Anita, Ms. Amita, Mr. Tilak, Ms. Manisha

Captain : Master Sohil Kumar (XII B)

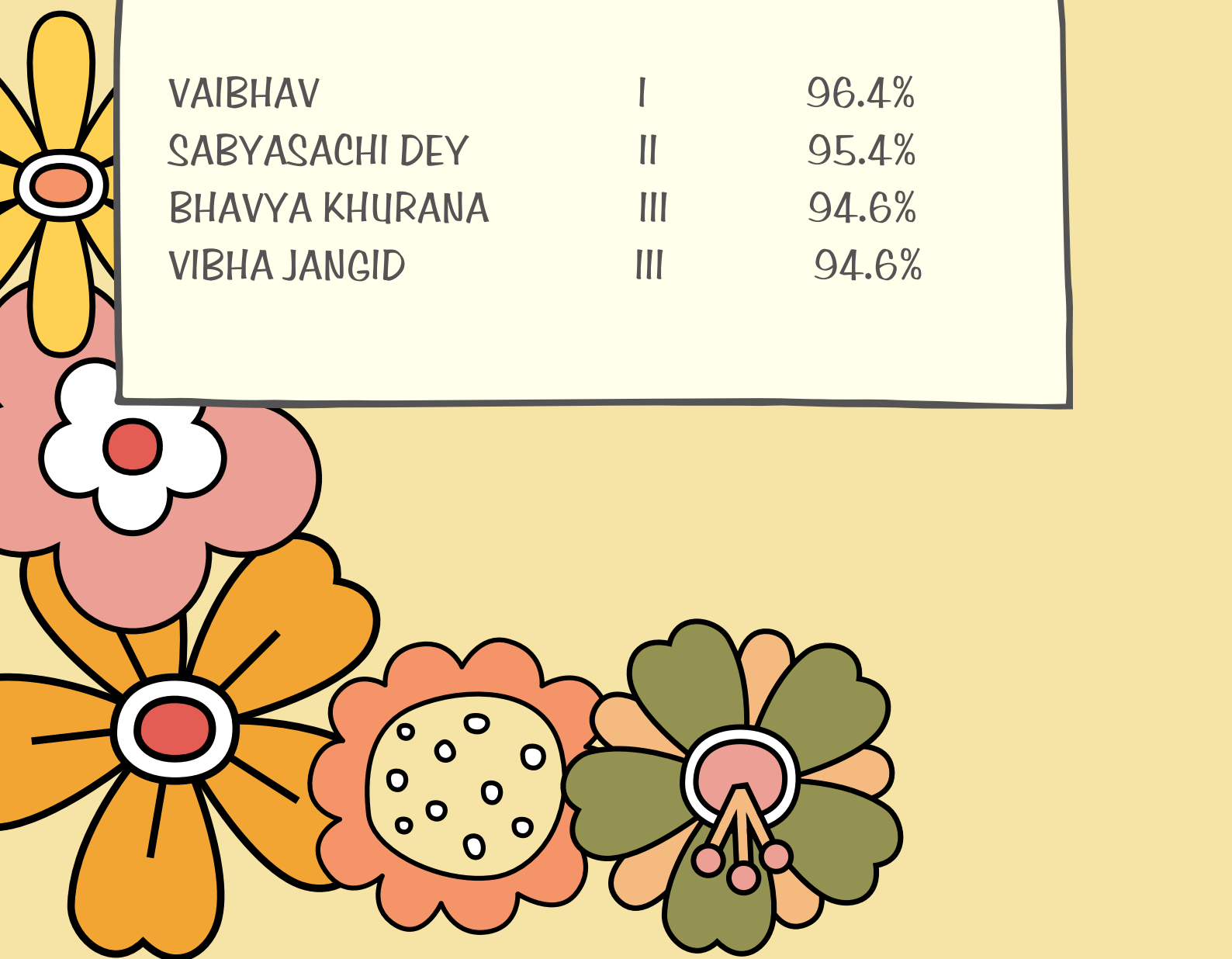
Vice-Captain : Ms. Riya (XI A)

EVENTS	POSITION
VOLLEY BALL (BOYS)	I
CHESS(BOYS)	I
400M (SENIOR BOYS)	I
100M (SENIOR BOYS)	I
200X4 M (SENIOR BOYS)	III
200 M (PRE-SENIOR BOYS)	II
200X 4M (PRE-SENIOR BOYS)	III
200M (JUNIOR BOYS)	III
400M (JUNIOR BOYS)	I
200X 4M (JUNIOR BOYS)	III
200M (JUNIOR GIRLS)	III
100X 4M (JUNIOR GIRLS)	II
PPT COMPETITION	III



ON THE SHOW

CLASS X TOPPERS



VAIBHAV	I	96.4%
SABYASACHI DEY	II	95.4%
BHAVYA KHURANA	III	94.6%
VIBHA JANGID	III	94.6%

ON THE SHOW

CLASS XII TOPPERS MEDICAL STREAM

SNEHA	I	91.0%
GURDEEP KAUR	II	90.4%
AASTHA	III	85.0%

CLASS XII TOPPERS NON-MEDICAL STREAM

SHASHWAT NAIN	I	96.0%
RAGHAV CHADHA	II	91.6%
BHAVESH	III	85.2%

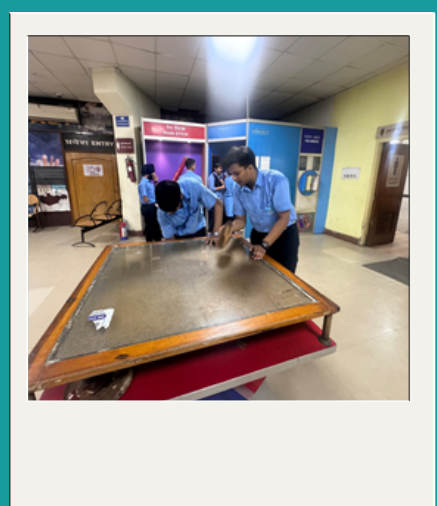
ON THE SHOW

CLASS XII TOPPERS COMMERCE STREAM

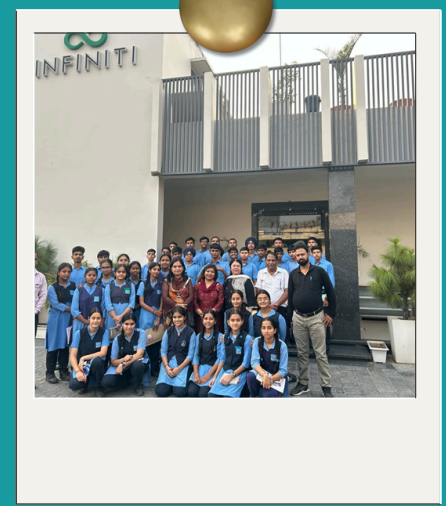
TANVI	I	95.4%
TANISHA	II	90.6%
PALAK	III	90.0%

CLASS XII TOPPERS HUMANITIES STREAM

MEDHAVI SAINI	I	90.6%
DIKSHA RANI	II	86.8%
GAGANDEEP SINGH	III	77.6%



BACK
TO
SCHOOL



EXPERIENTIAL LEARNING

"THE GREATEST EDUCATION IS NOT IN ACCUMULATING INFORMATION BUT IN GAINING KNOWLEDGE".

SPORTS DAY AT A GLANCE





SUBROTO CUP



Our students proudly participated in the Under-14 Subroto Cup, held at Gandhinagar, one of the most prestigious inter-school football tournaments in the country. The team represented the school with great enthusiasm, discipline, and determination, competing against talented teams from various regions.

The participation provided our young players with valuable exposure to high-level competition and helped them develop essential qualities such as teamwork, resilience, and sportsmanship. Throughout the tournament, the students displayed commendable skill, confidence, and a positive sporting spirit, bringing pride to the institution.

This experience has further strengthened the school's commitment to nurturing sporting talent and encouraging students to strive for excellence both on and off the field.





14TH EDITION OF THE INTER AIR FORCE SCHOOL BASKETBALL AND VOLLEYBALL CHAMPIONSHIP



The school had the honour of hosting the 14th Edition of the Inter Air Force School Basketball and Volleyball Championship, a prestigious sporting event that brought together talented young players from various Air Force Schools across the region. The championship was conducted in a spirited and well-organised manner, showcasing high standards of sportsmanship, discipline, and teamwork.

The event provided an excellent platform for students to demonstrate their skills, competitive zeal, and commitment to excellence. The presence of enthusiastic participants, dedicated coaches, and supportive officials contributed to the grand success of the championship. Through this event, the school reaffirmed its commitment to promoting physical fitness, leadership qualities, and holistic development among students.

The successful hosting of the championship stands as a proud achievement for the institution and reflects its strong sporting culture and organisational capabilities.



NATIONAL CADET CORPS

UNIT: 2 HAR AIR SQN NCC KARNAL

राष्ट्रीय कैडेट कोर (NCC): अनुशासन और नेतृत्व का प्रतीक

राष्ट्रीय कैडेट कोर (NCC) भारत का एक प्रमुख युवा संगठन है, जो विद्यार्थियों में अनुशासन, नेतृत्व, देशभक्ति और सेवा भावना का विकास करता है। NCC का आदर्श वाक्य “एकता और अनुशासन” इसके उद्देश्य को स्पष्ट करता है।

NCC के माध्यम से कैडेटों को ड्रिल, परेड, कैम्पिंग, ट्रेकिंग और साहसिक गतिविधियों का प्रशिक्षण दिया जाता है। इन गतिविधियों से विद्यार्थियों में आत्मविश्वास, टीम भावना और शारीरिक एवं मानसिक मजबूती का विकास होता है। वार्षिक प्रशिक्षण शिविर (ATC), गणतंत्र दिवस शिविर (RDC) जैसे कैम्प कैडेटों के व्यक्तित्व को निखारते हैं।

NCC केवल सैन्य प्रशिक्षण तक सीमित नहीं है, बल्कि सामाजिक सेवा पर भी विशेष ध्यान देता है। स्वच्छता अभियान, रक्तदान शिविर, आपदा प्रबंधन, यातायात नियंत्रण तथा स्वास्थ्य एवं स्वच्छता जागरूकता कार्यक्रमों में कैडेट सक्रिय रूप से भाग लेते हैं।

NCC विद्यार्थियों के उज्ज्वल भविष्य में भी सहायक है। इससे रक्षा सेवाओं और सरकारी नौकरियों में अवसर प्राप्त करने में सहायता मिलती है। सबसे महत्वपूर्ण बात यह है कि NCC विद्यार्थियों को जिम्मेदार, अनुशासित और देशभक्त नागरिक बनने के लिए तैयार करता है।

अंत में कहा जा सकता है कि NCC केवल एक संगठन नहीं, बल्कि जीवन जीने की एक शैली है।



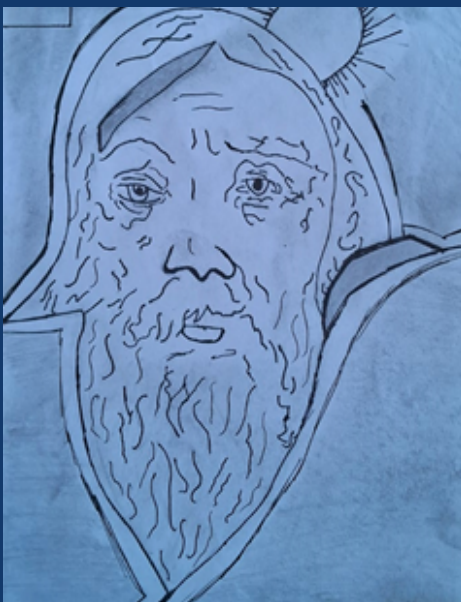
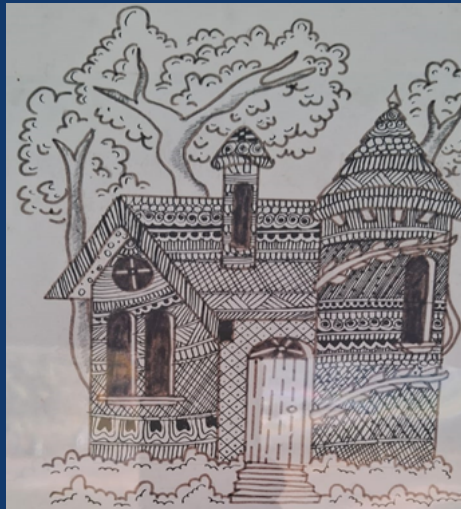
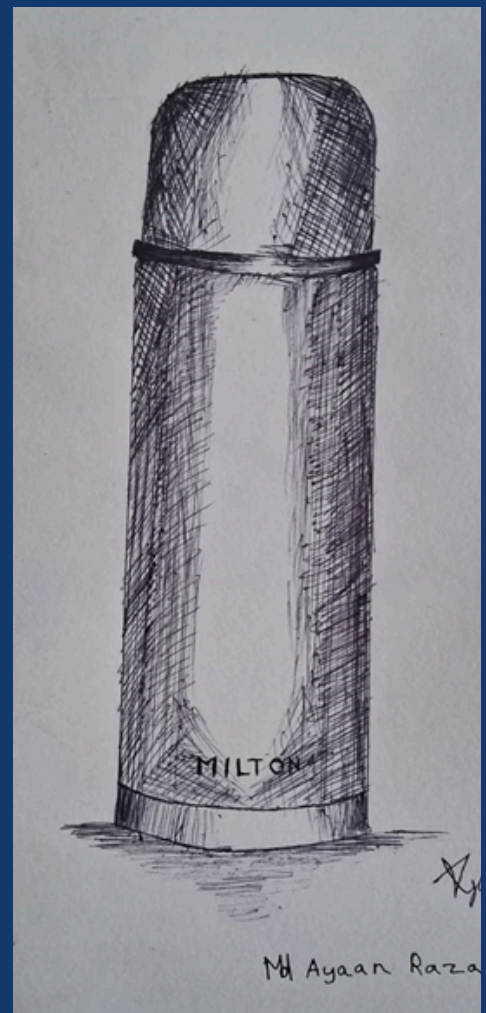
NATIONAL CADET CORPS

UNIT: 2 HAR AIR SQN NGC KARNAL



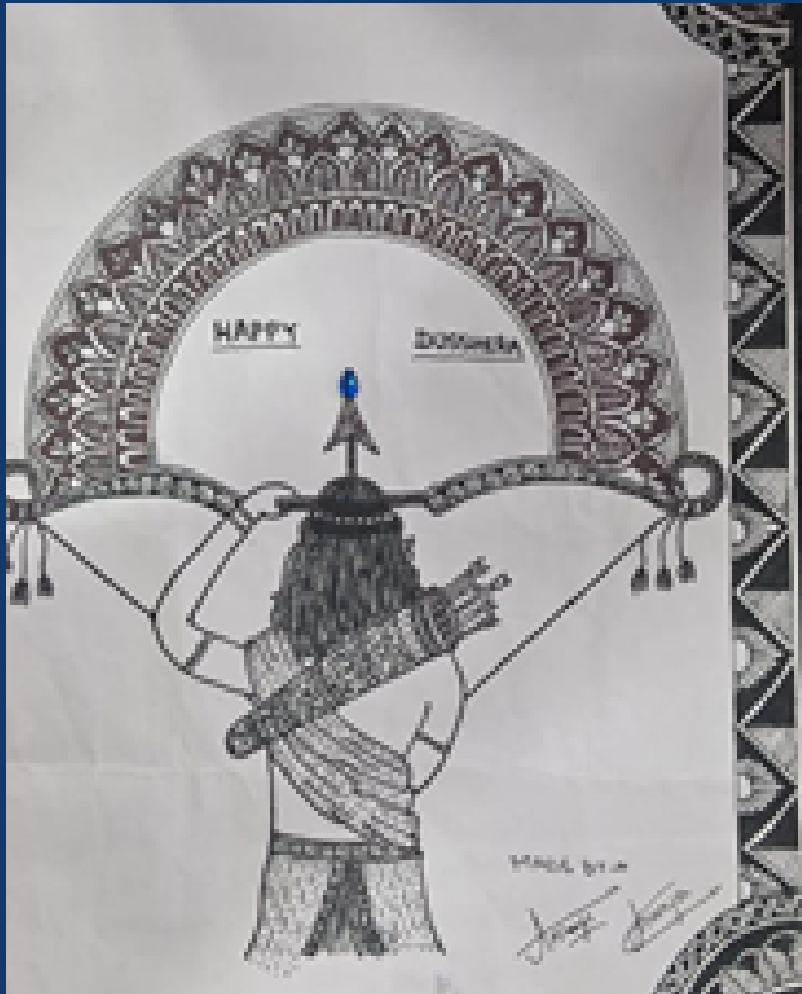


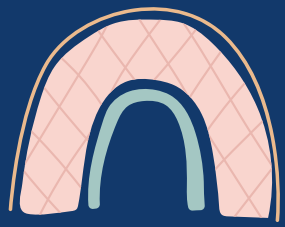
CREATIVITY ON CANVAS



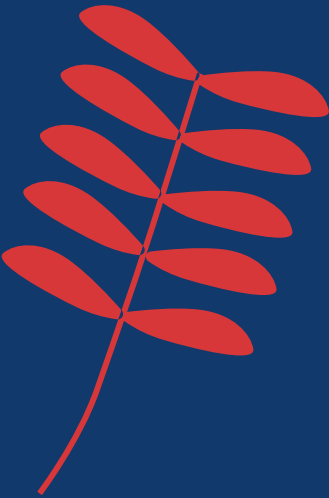
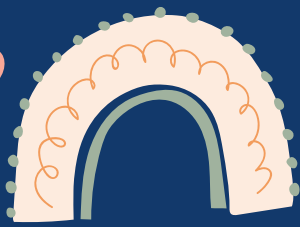


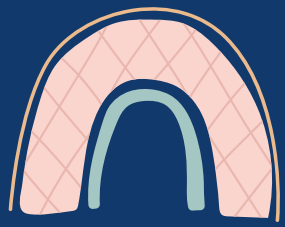
CREATIVITY ON CANVAS



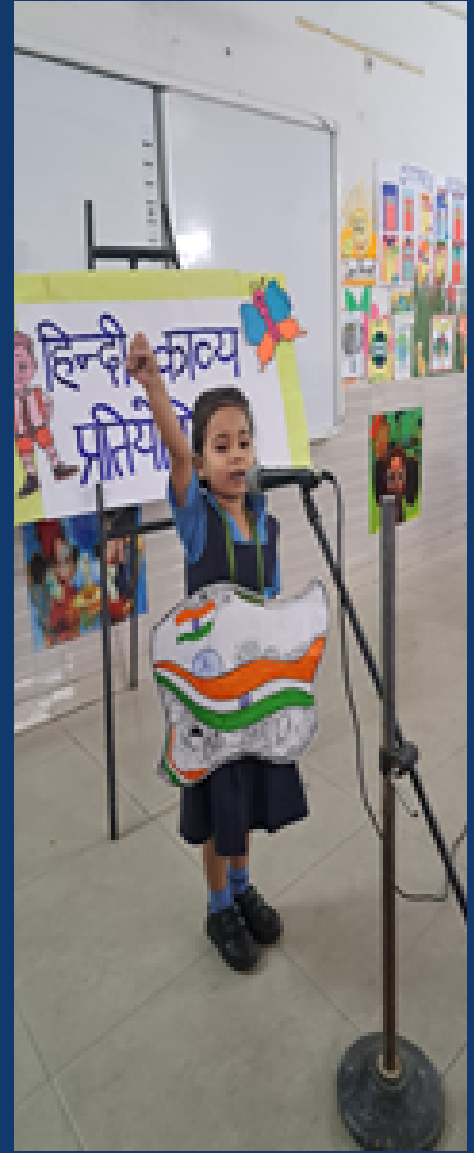
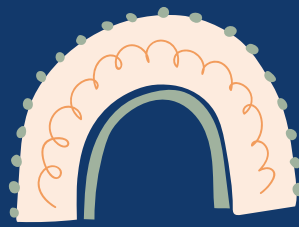


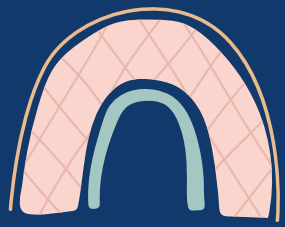
ACTIVITY PANORAMA OF TINY TOTS



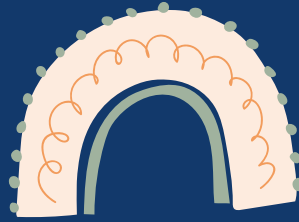


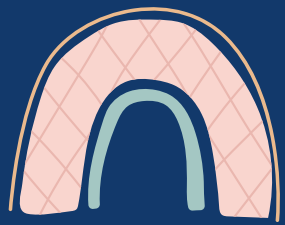
ACTIVITY PANORAMA OF TINY TOTS



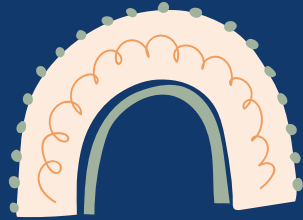


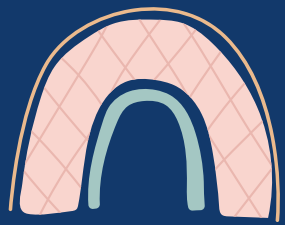
ACTIVITY PANORAMA OF TINY TOTS



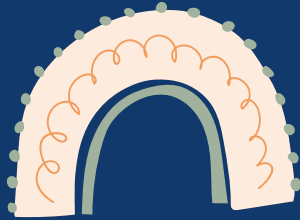


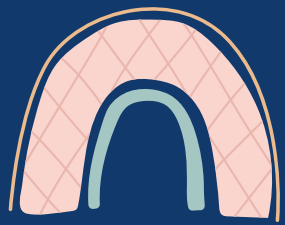
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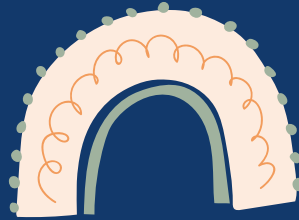


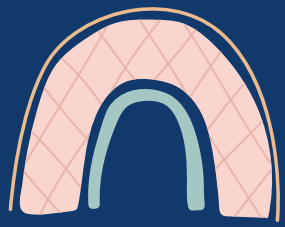
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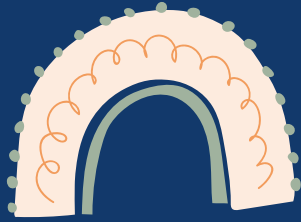


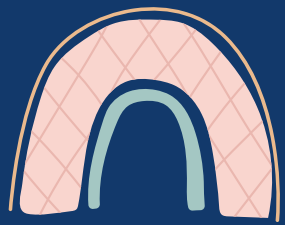
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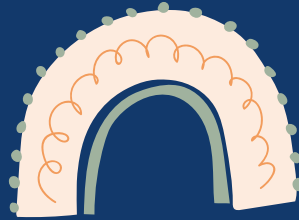


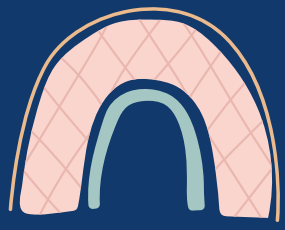
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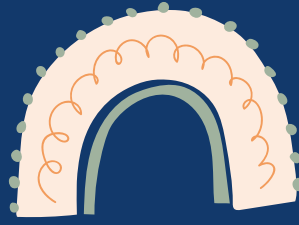


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ACTIVITY PANORAMA OF TINY TOTS

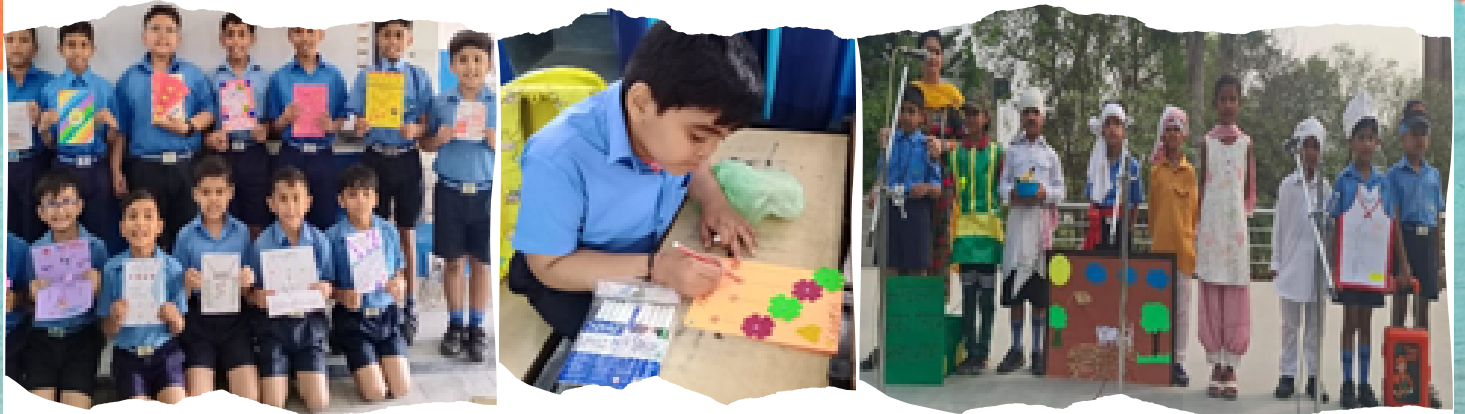




EARTH DAY CELEBRATION



HINDI POEM RECITATION



CARD MAKING

LABOUR DAY



CHILDREN'S DAY



CLAY MOULDING ACTIVITY



IN-HOUSE SPORTS DAY



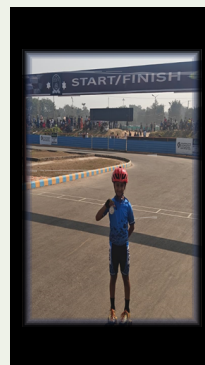
SPRAY PAINTING



INDEPENDENCE DAY

STELLAR ACCOMPLISHMENTS

1. 3rd May, 2025 – Gold medal, Rink race held at Ambala Roller Skating championship, Ambala
2. 25th May, 2025 – Gold Medal, Rink race held at OPS Vidya Mandir School, Ambala City
3. 25th May, 2025 – Silver Medal in 1000 mtr., held at 3rd Motivational Roller Skating Championship, Mohali
4. 25th May, 2025 – Bronze Medal in 500 mtr., held at 3rd Motivational Roller Skating Championship, Mohali
5. 15th July, 2025 – Gold Medal, Rink race held at Police DAV School, Ambala City
6. 14th Sep, 2025 – Silver Medal in 1000 mtr, Held at 2nd Haryana Open Zonal Club Speed Skating Championship, Panchkula
7. 14th Sep, 2025 – Silver Medal in 500 mtr, Held at 2nd Haryana Open Zonal Club Speed Skating Championship, Panchkula
8. 06th October, 2025 – Gold Medal In 1000 Mtr, Rink race held at 1st Haryana State Inter Zonal Speed Skating Championship, Gurugram
9. 06th October, 2025 – Gold Medal in 500 mtr, Rink race held at 1st Haryana State Inter Zonal Speed Skating Championship, Gurugram
10. 14th October, 2025, – Gold Medal In 1000 Mtr , Rink race held at CBSE ZONAL at Young Leader Club, Gurugram
11. 14th October, 2025, – Gold Medal in one lap Road race held at CBSE ZONAL at Young Leader Club, Gurugram
12. 25th October, 2025, – Gold Medal in 1000 mtr , Ambala District RSFI – Skating Championship held at PKR Jain Vatika, Ambala City
13. 25th October, 2025, – Gold Medal in 500 mtr , Ambala District RSFI – Skating Championship held at PKR Jain Vatika, Ambala City
14. 25th October, 2025, – Winner of Champion Trophy, Ambala District RSFI – Skating Championship held at PKR Jain Vatika, Ambala City
15. 06th November, 2025, – Bronze Medal in one Lap road race, held at RSFI State championship, Panchkula
16. 16th November, 2025, – Silver Medal in one Lap road race, held at CBSE – National Championship, Gurugram
17. 20th November, 2025, – Gold Medal in 1000 mtr, Rink Race, held at Farooka Khalsa School at Ambala Cantt
18. 20th November, 2025, – Winner of Best Skater Champion Trophy, held at Farooka Khalsa (Jr.) School at Ambala Cantt
19. 22th November, 2025, – Silver Medal in 500 mtr, Rink Race, held at Manav Mangal School, Mohali.



TECHNOLOGY

THE SUBJECT YOU LOVE TO IGNORE... BUT CAN'T ESCAPE ANYMORE



Divyanshi Pal
XI-B (Humanities)

Let's talk about a subject most of you pretend doesn't exist until exams — Computer Science.

You skip practicing programs, you pray that step-based questions don't show up, and you push it to the bottom of your study list. But quietly, without your permission, this subject has become the spine of almost every career in India.

With AI, automation, programming, and digital tools growing every single day, Computer Science is no longer just "coding." It's a skill that follows you in whatever stream you pick. Now let's talk about career options Computer science offers in different streams:

SUBJECTS		
NON-MEDICAL (PCM + CS)	Software Developer AI / ML Engineer Data Scientist Robotics Engineer Cybersecurity Analyst Game Developer	Because every engineering field — mechanical, civil, aerospace, electrical — now uses automation, coding, data, and AI.
MEDICAL (PCB + CS)	·Bioinformatics Specialist ·Medical Data Analyst ·Healthcare AI Developer Medical ·Imaging Technologist ·Telemedicine Expert	Modern medicine runs on AI — from MRI scanners to robotic surgeries. India's healthcare industry is growing insanely fast, and professionals who understand both medicine + technology are the ones winning.

TECHNOLOGY

THE SUBJECT YOU LOVE TO IGNORE... BUT CAN'T ESCAPE ANYMORE

SUBJECTS		
COMMERCE + CS	<ul style="list-style-type: none">• Financial Analyst• CA with Data Analytics• FinTech Developer• Business Analyst• Digital Marketer• Cybersecurity for Banks	Business has gone digital. Data and automation dominate every company. A commerce student who knows CS isn't just employable — they're valuable.
HUMANITIES + CS	<ul style="list-style-type: none">• Digital Journalist• UX Researcher• Tech Policy Analyst• Content Strategist• Animator / VFX ArtistAI Ethics Specialist	This combo mixes creativity with tech — a combination industries want and AI can't replace. The future needs people who understand technology AND people. Humanities students with CS become the bridge between humans and machines.

No matter your stream, Computer Science is becoming unavoidable.

You don't need to be a coding expert — you just need to understand the digital world you're growing up in. And the students who learn even the basics today will be the ones leading tomorrow.

TECHNOLOGY

THE ROLE OF WOMEN IN THE INDIAN AIR FORCE

Women have come a long way in the Indian Air Force (IAF), breaking barriers and taking on roles that were once reserved for men. From fighter pilots to engineers, women in the IAF are showing that they are just as capable and committed as their male counterparts. Historical Progress and Key Milestones The Indian Air Force first inducted women as Short Service Commission (SSC) officers in 1992, and in 2016, the IAF made history by allowing women to serve as fighter pilots. Flight Lieutenant Avani Chaturvedi became the first Indian woman to fly a fighter jet solo, inspiring countless young girls across the country. Today, female pilots are flying advanced aircraft like the Su-30 MKI and MiG-21, proving that gender is no barrier to excelling in combat roles. Women in Leadership and Technical Roles Women have also made significant strides in technical and leadership positions. Wing Commander Shaliza Dhama became the first woman to command a combat unit, and Air Vice Marshal Asha Khetarpal rose to one of the highest leadership ranks in the IAF. Moreover, female engineers in the IAF are integral to maintaining aircraft and ensuring operational readiness. As more women rise through the ranks, their leadership, and contributions in the IAF are becoming increasingly visible. Group Captain Shaliza Dhama and Flight Lieutenant Bhawana Kanth are just a few examples of women paving the way for future generations. Personal Aspiration: Joining the IAF As a student currently pursuing NCC (National Cadet Corps) and participating actively in many school activities, I am inspired by the remarkable women in the IAF. I look up to the courage and determination of female officers like Flight Lieutenant Avani Chaturvedi and Wing Commander Shaliza Dhama. Their achievements make me believe that I, too, can pursue my passion for aviation and serve in the Indian Air Force one day. My dream is to one day enroll in the IAF and contribute to my country, just as these inspiring women have done. The increasing representation of women in the IAF reflects the growing commitment to gender equality in all fields of service. With more women joining the IAF, the future is bright, and I am motivated to follow them to achieve my dream.



PURBI
VIII-A

COMPUTER SCIENCE...

In the realm of the ones and twos,
A binary dance, old yet new.
Ebb and flow of digital seas,
Infinite tales, coded with ease.

Silent whispers, a digital song,
Where every bit finds its belong.
A universe within a tiny speck,
Binary beats, perfect and direct.

On-off, yes-no, true-false rise,
In this pattern, the universe lies.
From the vast to what's concise,
Binary is both end and the device.



YASHIKA SHARMA
IX C

TECHNOLOGY

INFORMATION TECHNOLOGY: THE THE DIGITAL GAME-CHANGER



MANAS RAJ
VII-A

Imagine a day without your phone, Wi-Fi, or laptop. Scary, right? That's how powerful Information Technology (IT) is, it literally runs our world. From online classes to landing rockets on Mars, IT's got its hands in everything.

In simple words, IT means using computers, software, and the internet to manage and share information. But honestly, it's way more than just wires and screens. It's the magic that makes life faster, smarter, and way more fun.

Think about it, doctors using robots for surgery, students learning from teachers miles away, and businesses working across time zones, all thanks to IT. Even your favorite games and social apps? Yep, that's IT showing off again.

With cool stuff like Artificial Intelligence, Cloud Computing, and smart gadgets, technology keeps getting cooler (and maybe a bit nosier). Sure, there are risks like hacking — but hey, that's why we've got passwords stronger than our willpower!

In short, IT isn't just the future — it's the reason we survive Mondays.

QUANTUM COMPUTERS:

In the quiet world where atoms glow,
Where time moves fast and sometimes slow,
A new mind wakes with shimmering light—
A quantum computer, born from night.

It doesn't think like wires and chips,
No ticking clocks, no rigid flips.
Its thoughts are qubits—small and bright,
Spinning in shadows, dancing in light.

While classic bits choose 0 or 1,
Quantum bits choose both, undone.
Superposition gives them flight,
Holding many truths at night.

Entanglement ties distant pairs,
Invisible threads in cosmic air.
Touch one qubit—another replies,
As if whispered through starry skies.



HIMANK
IX-C

Problems that choke our strongest machines,
Quantum solves like flowing streams.
Breaking codes, mapping cells,
Designing worlds where magic dwells.

Yet fragile still, this newborn mind,
Needing cold and perfect time.
Errors creep like silent dust,
So scientists shape it with care and trust.

But someday soon, when it awakens,
Old limits fall, new futures taken.
A spark of science, bold and pure—
Quantum power, ready to endure.

In labs today its story starts,
A blend of physics, dreams, and arts.
A revolution not loud, but sure—
A quantum world we will explore.

TECHNOLOGY

RE-INCARNATION OF INFORMATION TECHNOLOGY AS ARTIFICIAL INTELLIGENCE IN SCHOOL CURRICULAM

Artificial Intelligence (AI) has made its mark on IT industry and empowered IT professionals by providing powerful tool with the potential for immense positive changes. AI has impacted almost all sectors like, Finance, Human Resource, Healthcare, Industry, Security, Scientific Research, Education etc.

Recently, the Ministry of Education announced that an Artificial Intelligence curriculum would be introduced from the 3rd grade for the next academic year i.e. 2026-27. Earlier, government had launched it as “Skilling for AI Readiness Initiative” starting from the 6th grade. Now, this proposal to introduce AI as a foundation subject from young age has been welcomed by educational professionals with mixed reactions.

According to educational scholars, the AI education must make distinction between AI literacy and AI skills. AI literacy is the ability to understand how AI works and to apply critical thinking while evaluating its responses. AI skills refer to developing AI tools, AI products, or being somewhere in AI value chain. Therefore, for younger classes, focus should be AI literacy, along with the emphasis on basic numeracy, literacy, language and critical thinking skills. The higher class curriculum should be embedded with more of AI skills, such as Python programming and natural number processing so that students can develop these skills and then choose their career accordingly.

On the contrary, educationalists also opine that AI may reduce student’s ability to think critically. AI holds a lot of promise for aiding learning but on the other hand, it is also systematically taking away the incentive to learn. However, to be prudent, the students are already exposed to AI, whether school introduce it or not. For example, Meta AI is embedded in WhatsApp and is being readily used by all. As conclusion, the educationalists have nodded that, our pedagogy has evolved over time and has moved from behaviourist to cognitive and then to constructivist teaching methods. Our systems have to adopt to these new realities by treating technology as in-built process of education itself.



SAMRIDHI MISHRA
IX-C



TECHNOLOGY

EXCITING FACTS ABOUT COMPUTERS

Computers have changed the way we live, work, and play. From the first machines that filled entire rooms to the smartphones we carry in our pockets, computers have come a long way. Here are some fun and exciting facts about them!

- The first electronic computer, ENIAC, built in 1945, weighed about 27 tons — heavier than a bus!
- The first computer game, 'Spacewar!', was made in 1961 by MIT students.
- The word 'computer' originally referred to a person who did calculations by hand.
- Computers process everything as binary code — a series of 0s and 1s.
- The first computer virus, 'Brain', was created in 1986 by two brothers from Pakistan as a joke.
- NASA still uses some computer systems from the 1970s because they are so reliable.
- There are over 700 programming languages in the world.
- Your smartphone is more powerful than the computer that helped land Apollo 11 on the moon in 1969.
- The first computer mouse, invented in 1964 by Douglas Engelbart, was made of wood.
- Every minute, over 500 hours of videos are uploaded to YouTube — thanks to computers!



GURSHAAN SINGH
XII A



**MIRACLE OF COMBINATION:
THE GOD, PLANET EARTH AND MOTHER INDIA**

The planet Earth is a miracle,
Rotate around the sun called the solar cycle.

The God is great what a sympathy!
Provisioned everything with empathy.

Humans, mammals, birds and viruses,
The creation is magical and flawless.

The universe is limitless and the planet is tiny,
Mother India is just a part of it always sunny and shiny,

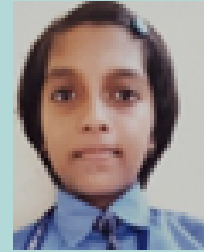
Creator's creation created the beautiful country,
It's a heavenly heavens and place of tranquillity and prosperity.

Nobody knows the exact history of the planet,
Thanks 'God' who made it possible with unlimited benefit.

Galaxy, black hole, asteroids are just part of the universe,
Planet Earth lives in it and Mother India blossoms bliss.

Microbes to super human, all are gift of the Earth,
My India shines with serenity, prosperity, diversity and priceless worth.

'Ooh' God you are great and only superficial invincible one,
Nobody, no science, no research can imagine the intractable one.



Parnashree Nayak
VIII C

STAY WITH YOUR 7CS

Success is not about scores or trophies. It is about finding happiness and pride after putting in hard work and efforts. True success means improving yourself, learning from mistakes and showing courage. Stay positive, work consistently and never be afraid of setbacks.

So please stay with my 7Cs *mantra*:

1. Character
2. Commitment
3. Confidence
4. Clarity
5. Calmness
6. Courage
7. Consistency



SHAVI SAXENA
V B

PUZZLES AND RIDDLES

Here is the collection of funny and easy riddles with answers, perfect for keeping kids entertained and flexing their brainpower.

·Riddle: You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. What am I?

Answer: A candle.

·Riddle: I am so simple that I can only point, yet I guide people all over the world.

Answer: Compass

·Riddle: I am not alive, but I grow; I don't have lungs, but I need air. What am I?

Answer: A balloon.

·Riddle: What begins with T ends with T and has T in it?

Answer: A teapot

·Riddle: What has thirteen hearts, but no other organs?

Answer: A deck of cards

·Riddle: Remove my skin and I won't cry, but you might!

Answer: An onion

·Riddle: What can fill a room but doesn't take up space?

Answer: Light

·Riddle: Where are the lakes always empty, the mountains always flat and the rivers always still?

Answer: A map

·Riddle: What has many teeth but can't bite?

Answer: A zipper.

·Riddle: What has legs but cannot walk?

Answer: A chair

·What comes down but never goes up?

Answer: Rain

·Riddle: What can kids make but never see?

Answer: Noise.

·Riddle: What can you catch but not throw?

Answer: A cold.

·Riddle: What goes up but never comes down?

Answer: Your age.

·Riddle: What comes out at night without being called, and is lost in the day without being stolen?

Answer: The stars.

·Riddle: What is made of water, but if you put it into water it vanishes?

Answer: An ice cube.

·Riddle: What has to be broken before you can use it?

Answer: An egg!

·Riddle: What has a face and two hands but no arms or legs?

Answer: A clock!



Naira Raj
V B

The morning sun peeks through my pane,
Painting gold across the rain.
The world wakes up, the birds take flight,
And hope returns with gentle light.

I tie my laces, lift my head,
Clear the doubts inside my head.
The road to school feels just the same,
Yet every day's a brand-new game.

The classroom buzzes — pens that glide,
Friends who laugh and sit beside.
Lessons change, but one stays true:
There's something new in all we do.

Some days feel like climbing hills,
Heavy books and tougher skills.
Some days feel like flying high,
With answers quick as birds in sky.

But through it all, one thing I learn:
Dreams are stars that always burn.
Even when the night seems long,
Dreams keep shining, brave and strong.

The world may say, "You're just a child,"
But every genius once was wild.
Every leader, every sage,
Walked the path from page to page.

So, chase the dreams that make you glow,
Plant the seeds and watch them grow.
Fall and rise — don't ever fear,
Greatness starts with now and here.

And when you doubt what you can be,
Look at the sky — so wide, so free.
It whispers soft with endless gleam:
"The sky belongs to those who dream."

Perched up in oblivion, looking down from an altitude,
Came the horrifying insight, from what I viewed,
Erosion of humanity, to an unfathomable magnitude,
Shattered emotions and beliefs do skewed,

Inflated egos , and saddening display of attitude,
Far displayed from the value of gratitude,
We seldom see hands folded, a sight do rare,
Life's too busy to thank God with a little prayer,

Disrespecting elders, not time for them to spare,
To say word of thanks, for them always being there,
We seek more than what we give,
We crib more than what we live,

We get annoyed more than what we forgive,
We doubt more than what we believe,
We may feel absolved by giving whatever latitude,

We to be truly happy we must know the value of gratitude,
Take a pause and step ahead with stern fortitude,
To choose the filling gratitude over hollow attitude...



ANANYA
VIII-B



Kapish Sharma
IX-C

FAILURE IS THE FIRST STEP TO SUCCESS



RISHIKA RAJJANWAL
XII-B

Failure is often seen as something negative, but in reality, it is the first and most important step towards success. Every successful person has faced failures before reaching their goals. Great scientists, inventors, players, and leaders never achieved success in one attempt. They learned from their mistakes, improved themselves, and tried again with more confidence.

Failure teaches us valuable lessons. It shows us what went wrong and what needs to be changed. It also makes us stronger, patient, and determined. When we fail, we discover new ways of doing things, and that creativity helps us move forward.

Instead of feeling disappointed, we should treat failure as an opportunity. It is a sign that we are trying, learning, and growing. As the famous saying goes, “Success is not final, failure is not fatal. It is the courage to continue that counts.”

So, whenever we fail, we must remember: failure is not the end — it is the beginning of a better, stronger, and more successful version of ourselves.

PARADISE LOST

Written in blank verse and dictated by John Milton after becoming blind, it is considered one of the greatest works in literature. Milton retells a biblical story of *The Fall of Man*, focusing on the rebellion of Satan in heaven and the subsequent temptation of Adam and Eve in the Garden of Eden. It grapples the idea that GOD allows those creatures to make their own choices, even if they lead to tragic outcomes. This amazing work explores complex themes such as free will, obedience, and the nature of good and evil, all through Milton’s majestic language and classical epic style.



Cadet Akshita
IX B

SCIENCE WORLD



JOHANNES KEPLER



GALILEO GALILEI

SPACE & UNIVERSE FACTS

There are more stars in the universe than grains of sand on every beach on Earth. And the universe is STILL making more.

If you went near a black hole, it would stretch you like a noodle. Scientists literally call this “spaghettification.”

There’s a planet made entirely of DIAMOND. The planet 55 Cancri e is basically a diamond bigger than Earth.

The universe has a giant invisible structure called “The Great Attractor.” It’s pulling our whole galaxy toward it – but we have no idea what it is.

A neutron star spins 700 times per second. If Earth spun that fast, everything would fly off the planet.

The largest known star, UY Scuti, could fit 5 BILLION Suns inside it. If it replaced the Sun, it would swallow Jupiter.

You can’t walk straight on Mars. Its gravity is so weak you would bounce like you’re in slow motion.

There is a star that is basically a giant cosmic mirror reflecting radio waves. It acts like a natural space radar.

The coldest place in the universe is colder than deep space – and NASA made it. Inside the Cold Atom Lab: -273.15°C (almost absolute zero).

10 There is a “supervoid” so huge that light takes 1 billion years to cross it. It’s an empty zone bigger than 10,000 galaxies.



Fateh Singh Somal
VIII A

SCIENCE WORLD



JOHANNES KEPLER



GALILEO GALILEI

THE PHYSICS BEHIND ECGs

An electrocardiogram is a tool to visualize the electrical activity of the heart.

- **How it works:** Electrodes placed on the skin detect tiny electrical signals. These signals are amplified and displayed as a waveform on a screen or paper.
- **What the waves mean:** The waveform has distinct parts ;the P wave, the QRS complex and the T wave, each corresponding to different electrical events in the heart's cycle.
- **The science behind it:** The electrocardiograph is essentially a different amplifier, a device that measures the difference between two voltages, allowing it to amplify the small potentials from the body's surface to a readable level.

TYPES OF ECGs:

- **Resting ECG:** Performed while you lie down to get a snapshot of your heart's activity.
- **Exercise(stress)ECG:** Performed while you are walking on a treadmill or cycling to see how your heart functions during activity.
- **24-hour ECG(holter monitor):** Involves wearing the electrodes and small recorder for a full day to capture heart



SHREYA RANI
X C



PI – THE NEVER ENDING CRUSH SAGA



I tried to learn Pi, thought I'd be done quick,
Turns out it's endless — just like my sleep!
3.14, then digits galore,
My brain said “No more!” but Pi said “There's more!”



Ghanishtha Harnal
XII-A

Archimedes thought he'd be clever,
But Pi whispered, “Buddy, I go on forever.”
Mathematicians chase me day and night,
But I keep running — out of sight!

Exam mein likha 22/7, feeling so pro,
Teacher said, “Beta, that's approx, not the real show!”
Pi keeps expanding without any end,
Just like relatives' advice — unplanned and unbend!

Circles adore me, wheels roll with pride,
Saturn's rings spin with me as their guide!
Yet students cry solving questions of Pi,
Like “Sir, why won't you let this number die?!”

So here's a fact before I say bye:
Love ends... snacks end... but never ends π !



SHAKUNTALA DEVI – THE HUMAN COMPUTER



Shakuntala Devi (1929–2013) was an Indian mathematical genius famed worldwide as the “Human Computer” for her extraordinary mental calculation abilities.

Born on 4 November 1929 in Bengaluru, India. Displayed mathematical talent at the age of 3. Her father, a circus performer, discovered her ability and took her to math shows and exhibitions. Gained international recognition for performing extremely complex calculations faster than computers of her time. Toured Europe and the U.S. during the 1950s–1960s, astounding mathematicians and audiences. Guinness World Record (1982): Multiplied two 13-digit numbers in 28 seconds, including the calculation time.

Known for instantly extracting roots, computing large powers, and solving highly complex arithmetic mentally. Wrote over a dozen books on mathematics, puzzles, astrology, and personality development. Authored *The World of Homosexuals* (1977) — India's first study on homosexuality, considered ahead of its time.

Honored worldwide by universities and mathematics organizations. Regarded as one of the greatest mental calculators in history. Continues to inspire students and math enthusiasts globally. The 2020 biopic *Shakuntala Devi* (starring Vidya Balan) revived public interest in her life and achievements.



CADET DISHU HARI
IX-B



Universal Use Of Mathematics



Mathematics is often regarded as the foundation of logical reasoning and quantitative analysis. While it is traditionally studied as a separate discipline, its applications extend far beyond the boundaries of mathematics itself. In fact, mathematics permeates every subject, serving as a universal language that supports clarity, precision, and systematic thought.

In the natural sciences, mathematics is indispensable.

Physics relies on mathematical equations to describe motion, energy, and forces, while chemistry uses ratios, measurements, and calculations to balance reactions and determine concentrations. Biology employs statistical methods to analyse genetic patterns, population growth, and experimental data. Without mathematics, scientific inquiry would lack accuracy and predictive power.

In the social sciences, mathematics plays a crucial role in research and analysis. Economics and commerce depend on mathematical models to study markets, calculate profit and loss, and forecast trends. Sociology and psychology use statistical tools to interpret surveys and experiments, ensuring that conclusions are evidence-based. Mathematics thus provides the framework for understanding human behaviour and societal structures.

Even in the humanities, mathematics has a subtle yet significant presence. History relies on chronological calculations and statistical records to reconstruct events. Literature and linguistics often employ mathematical logic to analyse structures, patterns, and rhythms. In the arts, geometry and proportion are essential in design, architecture, and visual composition, while music is deeply rooted in mathematical principles of rhythm, harmony, and frequency.

Mathematics is not confined to abstract numbers or isolated formulas; it is a discipline that enriches every field of study. Its universal applicability makes it an indispensable tool in education and intellectual development.



Harshita Bisht
XII B



UNIQUE & SURPRISING MATHS FACTS



Any 3-digit number with the same digit (222, 333, 999) is always divisible by 37.

Adding odd numbers in order always gives perfect squares.

$$1 = 1$$

$$1+3 = 4$$

$$1+3+5 = 9$$

$$1+3+5+7 = 16$$

The number 9 has a special magic.

Multiply any number by 9 and keep adding the digits of product— the final answer is always 9.

Example: $9 \times 7 = 63 \rightarrow 6 + 3 = 9$.

$$9 \times 435 = 3915 = 3+9+1+5 = 18 = 1+8 = 9$$

If you reverse a number and subtract it from itself, the answer is always divisible by 9.

Example: $532 - 235 = 297$ (divisible by 9)

A shuffled deck of 52 cards almost always creates a pattern that has never appeared in history.

The number of arrangements is incredibly huge!

$$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$$

A perfect number pattern!

“Four” is the only number whose name has the same number of letters as its value.

The square of every odd number ends with 1, 5, or 9.

A triangle is the strongest shape.

That's why bridges and towers use triangular supports.



AKSHAT BHAGAT
XII – B

लक्ष्य निर्धारण क्यों आवश्यक है

जीवनमें सफलता प्राप्त करने के लिए लक्ष्य निर्धारण बहुत आवश्यक है। बिना लक्ष्य के जीवन एक ऐसी नाव की तरह है जो बिना दिशाके समुद्र में भटकती रहती है। लक्ष्य हमें दिशा, उद्देश्य और प्रेरणा देते हैं। जब हम अपने लक्ष्य स्पष्ट करते हैं, तो हमें यह समझ आता है कि हमें क्या करना है और कैसे करना है।

लक्ष्य बनाने से हमारी कार्यक्षमता बढ़ती है और हम अपने समय का सही उपयोग कर पाते हैं। लक्ष्य हमें मेहनत करने, अनुशासित रहने और निरंतर आगे बढ़ने की प्रेरणा देते हैं। छोटे-छोटे लक्ष्यों की प्राप्ति हमें आत्मविश्वास देती है और बड़े लक्ष्यों को हासिल करने के लिए तैयार करती है।

बिना लक्ष्य के व्यक्ति आसानी से भटक सकता है और अपने सपनों से दूर हो सकता है। इसलिए हर विद्यार्थी को अपने जीवन में स्पष्ट और यथार्थ लक्ष्य तय करने चाहिए।

इस प्रकार, लक्ष्य निर्धारण एक सफल, संतुलित और प्रेरणादायक जीवन की बुनियाद है।



ऋशिका
XII-B

मेरी माँ

अंगुली पकड़कर चलना सिखाकर
मुझको जीवन देकर,
अपना भुलाकर कैसे रहती तुम तृप्त माँ।
मुझको चोटी पर देख होती हो खुश माँ।
मेरी आँखों में आँसू देख खो जाती हो होश माँ।
पहाड़ से सख्त है तेरी ही ओट माँ।
बादल से नर्म है तेरी ही गोद माँ
कहना चाहूँ एक शब्द आज पर वो छोटा लगे
शुक्रिया, शुक्रिया, शुक्रिया, मेरी माँ



वैभव जांगिड़
ग्यारहवीं अ

हर दिन नई रोशनी

मैं हर दिन अपने मन में आपकी मुस्कान के साथ जागता हूँ।
यह देखने में एक सुंदर दृश्य है,
इतना कोमल और इतना दयालु।
मेरे सपने मेरे और तुम्हारे विचार से भरे हुए हैं।
मैं जागता, मुस्कराता हूँ, क्योंकि मेरे सपने सच हो गए हैं।



जशान
नवीं ब

खुश रहो

जिंदगी है छोटी-सी
हर पल में खुश रहो
स्कूल में खुश रहो, घर में खुश रहो।
आज पनीर नहीं है तो दाल में खुश रहो।
आज डिस्को का समय नहीं, टी.वी. देखकर खुश रहो।
किसी के घर जा नहीं सकते तो फोन करके खुश रहो।

जिसे पा नहीं सकते उसकी याद में खुश रहो।
आने वाले कल का पता नहीं सपनों में ही खुश रहो।
इसलिए कहते हैं, जिंदगी है छोटी, हर पल में खुश रहो।



अनिका शर्मा
नवीं ब



हिन्दी भाषा



प्रकृति की पहली ध्वनि ॐ है
मेरी हिन्दी भाषा, भी इस ॐ की देन है।
देवनागरी लिपि है इसकी, देवों के कलम से उपजी
बांगला, गुजराती, भोजपुरी डोगरी, पंजाबी और कई
हिंदी ही है इन सब की जननी ।
प्रकृति की हर इक चीज़ अपने में सम्पूर्ण है।
मेरी हिन्दी भाषा भी अपने में सम्पूर्ण है।
जो बोलते हैं, वहीं लिखते हैं,
मन के भाव सही उभरते हैं।
हिन्दी भाषा ही तुम्हे, प्रकृति के समीप ले जाएगी।
मन की शुद्धि तन की शुद्धि, सहायक यह बन जाएगी।
कुछ हवा चली है ऐसी यहाँ
कहते हैं इस मातृभाषा को बदल डालो-
बदल सकोगे क्या तुम अपनी माता को?
मातृभाषा का क्यों तुम तिरस्कार करो।
बदल सको तो तुम अपनी सोच को बदल डालो
हर एक भाषा का तुम दिल से सम्मान करो
हिन्दी की जड़ों पर, आओ हम गर्व करें..
हिन्दी भाषा पर, आओ हम गर्व करें।



अक्षरा कौशल
ग्यारहवीं 'अ'

जंग के मैदान में

कुछ हाथ गवां बैठे कुछ पाव गवां बैठे!
वतन की मोहब्बत में,
परवाने अपना सर कटा बैठे !
कर दिए अपने खुशी के पल वतन के नाम,
गुमनाम वह अपना सर्वस्व लुटा बैठे !
ना मेडल की चाहत थी ना उम्मीद थी,
हीरो कहलन कि गुमनाम उन सैनिकों को !
अब ना पूछना उनसे हीरो हो क्या तुम,
गुमनाम वह हीरो अपना किरदार निभा बैठे !
आकाश के परिंदे तुम्हें सलाम!
सलाम सलाम सलाम!



नाम = धानुश
कक्षा = पाचवी ब

एक खत – बहना के नाम

जब से तू आई है बहना, मेरे जीवन में बहार छाई है
सिर्फ बहना नहीं है तू, मेरे जीवन की परछाई है !!
मुझे जिंदगी जीने का मिला एक अर्थपूर्ण बहाना हो तुम !!
मेरे चेहरे पर जो खिले वो प्यारी मुस्कान हो तुम
तेरे चेहरे को देख खिले मेरे जीवन की वो बगिया हो तुम !!
तुझ से मिली मुझे प्रेरणा जब हर पल तुम मुस्काती हो
मिलती मुझको नई ऊर्जा जब खिल-खिलाकर मुझसे मिलती हो !! फलो-
फूलो तुम, अमरबेल-सी बढ़ती जाओ
धन-धान्य से परिपूर्ण हो, ये जीवन तुम्हारा !!
चलो सदैव नेक राह पर लक्ष्य में बढ़ती जाओ
दिल से निकले यही दुआ बस,
तुम हर जन्म मेरी बहना बन आओ !!



रुद्रांश
ग्यारहवीं अ



विद्यार्थी और अनुशासन

अनुशासन एक आचार संहिता है जो हमारे जीवन को सुचारू, सुखद और रहने योग्य बनाती है। मनुष्य एक सामाजिक प्राणी है। अनुशासन हमारे व्यक्तित्वों के सुचारू विकास के लिए बहुत जरूरी है और इसलिए राष्ट्र के लिए महत्वपूर्ण है। अपनी स्वतंत्रता का आनंद लेने के लिए, हमें दूसरों को भी अपनी स्वतंत्रता का आनंद लेने की अनुमति देनी चाहिए। यह बहुत आत्म-अनुशासन और नियंत्रण की मांग करता है।

अनुशासन में मेहनत करनी पड़ती है। जीवन के हर क्षेत्र में, चाहे वह घर, खेल का मैदान, स्कूल, घूमना हो या पुस्तकालय में, अनुशासन एक जरूरी चीज़ है। अनुशासन का अर्थ है हमारे कर्तव्यों और दायित्वों के बारे में अच्छी जागरूकता। अनुशासन और सफलता लगभग एक दूसरे के पर्याय हैं। आत्म-नियंत्रण के बिना किसी को थोड़ी सी भी सफलता नहीं मिल सकती है।

एक छात्र के लिए अनुशासन एक बुनियादी महत्व है क्योंकि छात्र जीवन एक कैरियर की शुरुआत है। यदि एक छात्र अनुशासित नहीं होता है, तो उसका पूरा जीवन बर्बाद हो जाएगा। उसे अपनी परीक्षाओं में सफलता नहीं मिलेगी। वह जीवन में कुछ भी हासिल नहीं करेगा। अनुशासन ही अच्छे शिष्टाचार का मूल आधार है। अनुशासन एक सज्जन का वास्तविक आभूषण है।

एक अनुशासित छात्र वह है जो अपने काम और अच्छी आदतों में नियमित है। वह स्कूल जाने के लिए समय का पाबंद है और अपने शिक्षकों और बड़ों की बात मानता है। वह कभी भी असभ्य नहीं है। हमारे छात्रों और देश का भविष्य अनुशासन की गुणवत्ता पर निर्भर करता है।

आज का एक छात्र कल का एक अभिभावक और नागरिक है। वह समाज में शांति बनाए रखने में मदद करता है। उसे अनुशासन का एक अच्छा मानक दिखाना होगा। वह सड़क के नियमों का पालन करता है और फलदायी, लेकिन अनुशासित जीवन जीता है। एक स्कूल एक ऐसा स्थान है जहां एक छात्र में एक अच्छे नागरिक के सभी गुण विकसित किए जा सकते हैं। यह अपने नागरिकों का अनुशासन है जो किसी देश को वास्तव में महान बनाता है।

ऋतुओं का रंग



अमनदीप
बारहवीं ब

ऋतुओं का यह बदलता रंग, शरद का मौन, कभी फाल्गुन की उमंग ।
झुलसती धूप में लू के थपेड़े कभी अमृत बरसाते जलधर धनेरे ।

इस धरा के रूप हैं विस्मय नितांत । कण-कण में ये सृष्टि – वृतांता, यहाँ हर
मौसम में मेला – सा लगता । वैसाखी के रंगों में बसंत यूँ सजता ।

सैरंधी का चीर बचाने आए देवकी नंदन । रीत पुरानी दौहराता है धोगों का यह
बंधन, ग्रीष्म काल में जगन्नाथ के दर्शन हो मन-भावन । अभिनंदन माँ गाँगे का
कर होती काया पावन ।

संक्राति में धरती – अंबर, सजते रंग बिरंगे, पीली सरसों कनक के खेतों में
सोना था भर दें।

शरद में त्योहारों का तांता, हर घर जगमग करता, माँ दुर्गा की श्रद्धा में मेला
भक्तों का भरता । दशमी पर है अंत बाट की, जीत गई अच्छाई, धर्म, आस्था,
मानवता को घर लगाए रघुराई



वसुधा
आठवीं ब

अंत शीत का चैत्र महीना, नव वर्ष का आह्वान, हर उत्सव में ऋतुरे करती
वसुधा का गुणगान । रंग ऋतु के, ढंग ऋतु के, सुख-दुख का है दर्पण मर्म
कठोर क्षणों में जीवन का आकर्षण ।



MYTHS vs. REALITY ABOUT INDIAN DEMOCRACY



1. “Whatever a social media influencer says about a national issue is true?”

Many people watch social media videos to understand what is happening in the surroundings in political systems. But YouTubers, media channels, and even newspapers do not always tell the full truth. Sometimes they add their own opinions or leave out important facts.

Reality Check: You can watch their videos, but do not believe everything blindly. Think for yourself, compare different sources, and then make your own understanding.

2. “Election promises are contracts?”

Before elections, different political parties make many promises. The biggest one is the party’s Election Manifesto — a list of things they say they will do if they will be in the driver’s seat.

Reality Check: These promises are not legal. If a party does not do what it wrote in the manifesto, you cannot challenge it in court. They are only promises, not assurance.

3. “The party with the most votes becomes the winner?”

Many people think that the party which gets the highest number of total votes wins the election. But that’s not how our system works.

Reality Check: In India, the winner is decided by seats (majority), not total votes. A party can get fewer votes overall but still win more seats and form the government.

4. “The Prime Minister controls everything, and the President is only rubber stamp?”

Many people think the PM is the real head of the whole country and the President is only the signing authority. This is not true.

Reality Check: India has many centres of power.

The PM cannot control everything, and the President also has important duties like sending bills back, appointing officials, and protecting the Constitution. President has more powers than prime minister and he is also known as the first person of the country.

Reality Check: India has many centres of power.

The PM cannot control everything, and the President also has important duties like sending bills back, appointing officials, and protecting the Constitution. President has more powers than prime minister and he is also known as the first person of the country.



Divyanshi Pal
XI-B



IMPORTANCE OF INDIAN HERITAGE AT INTERNATIONAL LEVEL



India's heritage holds major importance at the international level because it represents one of the world's oldest, richest, and most influential civilizations

- ONE OF THE WORLD'S OLDEST CULTURES

India's civilization dates back over 5,000 years. Its ancient contributions in art, science, philosophy, mathematics, medicine, and spirituality have shaped global history.

- SPIRITUAL AND PHILOSOPHICAL INFLUENCES

Indian traditions like Yoga, Ayurveda, Buddhism, Jainism, Hindu Philosophy and concepts of Karma, Dharma and Ahimsa have spread worldwide and impact modern global culture, health practices, and ethics.

- CULTURAL DIVERSITY ADMIRER WORLDWIDE

India is home to dozens of languages, religions, cuisines, music, and art forms. Its festivals (Diwali, Holi, Eid, Christmas, GURPURAB) are celebrated globally, strengthening cultural diplomacy.

- UNESCO WORLD HERITAGE SITES

India has over 40 UNESCO World Heritage Sites, including Taj Mahal, Qutub Minar, Ajanta & Ellora Caves, Sanchi Stupa Jaipur, Hampi, Mahabalipuram attract millions of international visitors and acknowledge India's universal cultural value.

- Ancient Indian contributions to world knowledge

Indian heritage has given many foundational ideas to the world. Zero and decimal system, early surgery and medicine (Sushruta Samhita) Metallurgy (iron pillar of Delhi) Astronomy (Aryabhata) and Linguistics (Panini). These ideas scientific global development.

- Indian arts on the global stage

Traditional and modern Indian arts have global recognition in Classical dance, Classical music, Bollywood industry, Indian literature. International people get inspiration from India's arts.

- Message of Peace and Non-Violence

Indian leaders like Mahatma Gandhi influenced global movements for peace, civil rights, and freedom. Gandhian principles of non-violence and truth inspired leaders such as Martin Luther King Jr. and Nelson Mandela.

- Contribution to World Heritage Conservation

India actively supports global efforts to protect world heritage, working with UNESCO and international bodies. This highlights India's commitment to preserving the shared heritage of humanity.

CONCLUSION

Indian heritage is internationally important because it represents timeless wisdom, cultural richness, scientific achievements, and universal values. Through its traditions, philosophies, arts, and global influence, India continues to strengthen its position as a cultural leader in the world.

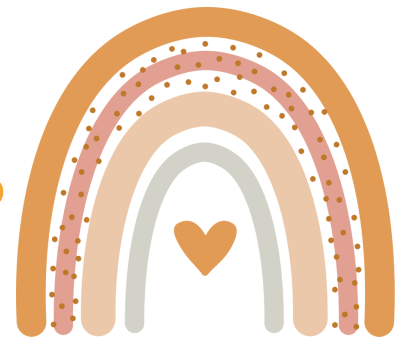


CADET DISHU HARI

IX B



A HOME AWAY FROM HOME



The relationship between teachers and students often resembles a vital second home, where learning transcends textbooks and classrooms. This connection fosters a warm, supportive environment crucial for both academic success and emotional growth. When teachers take the time to understand their students, recognizing their individual strengths, challenges, and interests, they build a foundation of trust and respect.

Open communication is key; when students feel heard and valued, they are more likely to engage in class discussions and participate actively in their learning. Furthermore, teachers who show genuine care, whether through personalized feedback or involvement in extracurricular activities help create a nurturing atmosphere where students feel safe to express themselves.

This bond also has a ripple effect. A supportive teacher-student relationship encourages students to develop strong friendships and contribute positively to the school community. When students feel at home in their classroom, they are more likely to thrive academically and socially.

In essence, the teacher-student bond is a powerful force that transforms the classroom into a haven of learning, growth, and belonging. By fostering these relationships, educators play an essential role in shaping confident, resilient individuals ready to face life's challenges.



Reena Singh
Headmistress



TEACHERS CORNER



DUMMY ADMISSION!

I have been member of Admission Committee for last few years for class XI. More and more students are interested in taking dummy admission. In this practice, students enroll in a formal school but do not attend regular classes, instead focusing primarily on preparation for competitive exams like NEET and JEE at private coaching institutes.

Key Observations and Concerns

- Focus on competitive exams: Students opt for non-medical or medical streams and take dummy admission so they can dedicate all their time to coaching for competitive exams.
- Neglect of regular schooling: Students do not attend regular school, which the user notes is "destroying the actual education system" and the objective of "All round development".
- Parental and institutional involvement: The practice is often encouraged by both parents who want their children to excel and coaching centers that have tie-ups with schools.
- Attendance manipulation: These schools often charge fees and handle documentation like attendance and practical files to ensure the student is eligible for board exams, even without attending.

Official Stance and Regulations

The Central Board of Secondary Education (CBSE) considers "dummy admissions" a violation of its rules and is actively cracking down on the practice. Mandatory Attendance: CBSE bylaws require a minimum of 75% attendance for students to be eligible to appear for Class 10 and 12 board examinations. Consequences for Students: Students found to be non-attending during surprise inspections may be barred from appearing for the board exams. They may instead need to take exams through the National Institute of Open Schooling (NIOS).

- Consequences for Schools: Schools promoting or facilitating dummy admissions face disciplinary action, including fines or even disaffiliation.
- Holistic Education: The CBSE's stance is in line with the National Education Policy (NEP) 2020, which emphasizes holistic, all-round learning and the importance of regular schooling, including practicals, extracurriculars, and social development.
- Students, school life comes once in a Life time don't waste it by taking dummy admission. Make memories with your teachers and classmates. School days may end but memories remain forever.



Kavita Chawla
PGT BIOLOGY



CHILDREN AND TECHNOLOGY: TOOL OR TRAP?

Dear Parents and Guardians,

In today's digital world, technology has become a constant companion for children. From online classes to mobile games and educational apps, screens are now a part of everyday life. While technology offers amazing learning opportunities, it has also led to growing dependence among young learners. This raises an important question: Are children using technology, or is technology using them?

THE RISING DIGITAL HABIT

Children today spend more time on smartphones, tablets, and computers than any previous generation. Whether it's watching videos, scrolling through social media, or playing online games, technology keeps them engaged for long hours. This habit often starts early, making screens a daily routine rather than a tool.

BENEFITS OF TECHNOLOGY FOR CHILDREN

Technology is not all negative, it opens doors to creativity and learning:

- *Educational apps make learning fun and interactive.*
- *Online classes connect students to knowledge across the world.*
- *Digital tools help children develop logical thinking and problem-solving skills.*
- *Virtual platforms allow students to showcase their talents.*

When used wisely, technology becomes a powerful learning partner.

THE OTHER SIDE: DEPENDENCE AND CHALLENGES

However, excessive use can lead to dependency.

- *Children become restless without their devices.*
- *Physical activity reduces, affecting health.*
- *Social interaction decreases as online communication replaces real conversation.*
- *Concentration levels drop, and study routines get disturbed.*

This dependency not only affects academic performance but also the emotional and mental growth of children.



CHILDREN AND TECHNOLOGY: TOOL OR TRAP?

Dear Parents and Guardians,

CREATING A HEALTHY DIGITAL BALANCE

Technology should support children—not control them. Parents and schools can play an important role by encouraging:

- *Limited screen time*
- *Outdoor activities and hobbies*
- *Tech-free family hours*
- *Responsible internet use*
- *Healthy study-technology balance*
-

Teaching children self-discipline helps them use technology as a tool, not a distraction.

THE WAY FORWARD

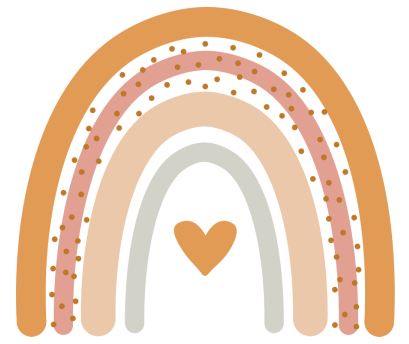
The future will be even more digital, so avoiding technology is not the solution. Instead, children should learn how to use it wisely. With guidance and balanced habits, technology can shape smarter, more confident, and responsible young minds.



Meera Bhalla
PGT Computer Science



TEACHERS CORNER



ROLE OF HARD WORK, HONESTY, AND CONSISTENCY IN SUCCESS

Success is rarely achieved overnight. It is the result of certain core values and habits, among which hard work, honesty, and consistency play a vital role.

Hard work is the foundation of success. It helps a person develop skills, gain experience, and overcome challenges. Talented people may start faster, but without hard work they often fall behind. Continuous effort builds confidence and opens new opportunities.

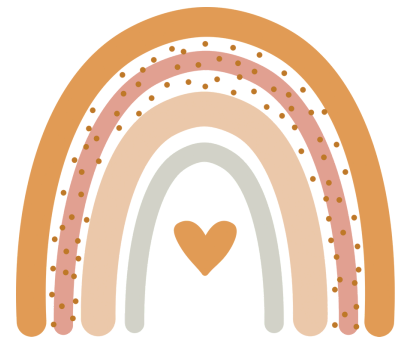
Honesty builds trust and credibility. A person who is honest earns respect from others—teachers, employers, colleagues, and society. Honesty also gives inner satisfaction and peace of mind, which are essential for long-term success. Shortcuts or dishonest methods may give temporary gains, but they damage reputation and future growth.

Consistency means doing the right work regularly with discipline. Small efforts made every day lead to big achievements over time. Consistency helps maintain focus, improves performance, and ensures steady progress even when results are slow.

In conclusion, hard work provides strength, honesty gives character, and consistency ensures continuity. When these three qualities work together, they create a strong path to true and lasting success.



Harpreet Kaur
PGT Economics



SOME INTERESTING FACTS ABOUT THE ENGLISH LANGUAGE

- The longest word in the English language, according to the Oxford English Dictionary, is pneumonoultramicroscopicsilicovolcanoconiosis.
- The word "triskaidekaphobia" means "extreme fear of the number 13".
- This superstition is related to "paraskevidekatriaphobia", which means "fear of Friday the 13th".
- The word "Checkmate" in chess comes from the Persian phrase "shah mat" meaning "the king is helpless".
- The English word alphabet came into Middle English from the Late Latin word alphabetum, which in turn originated in the Greek word (alphabetos) i.e from alpha and beta, the first two letters of the Greek alphabet. Alpha and beta in turn came from the first two letters of the Phoenician alphabet, and originally meant ox and house respectively.
- The dot on top of the letter 'i' is called 'tittle'.
- There are more English words beginning with the letter 's' than with any other letter.
- The word 'Bookkeeper' and 'bookkeeping' are the only 2 words in the English language with three consecutive double letters!



Ravinder Kaur
PGT English



A STUDY ON THE SALIENT FEATURES OF NEP-2020 WITH REFERENCE TO SOCIAL SCIENCE EDUCATION

Dear Parents and Guardians,

National Education Policy 2000 (NEP 2020), which was approved by the Union Cabinet of India on 29 July 2020. The Introduction of National Education Policy and the establishment of a new paradigm and vision opened up new vistas in the arena of social, economic educational and linguistic domains by spearheading a new revolution in the field of educational research. The emerging market driven needs and the onset of a digital revolution transformed learning in all domains of life. The domain of Sociology for example deals with man in society and in various institutional settings like family, marriage, education, culture, kinship organization, academic community etc. The aim must be for India to have an education system by 2040 that is second to none, with equitable access to the highest-quality education for all learners regardless of social or economic background.

The Introduction of NEP is a game changer in this context as it reassesses the process of education in and from the local and proactive contexts and tried to evaluate how education especially Social Science education can become more important in catering to the establishment of a community with a local understanding and sense than to make it so universal and generalized. The New Education Policy 2020 focuses on five pillars- Affordability, Accessibility, Quality, Equity and Accountability. It is tailored to the needs of the citizens as knowledge demands in the society and economy, to ensure continuous learning process, leading to continuous learning on a regular basis. But the need to acquire new skills can be met

NEP envisioned research as the axiom for social sciences whether Sociology, Education or Economics and tried to incorporate local level concerns into the same. The Introduction of National Education Policy in a new and altogether different mode raised hopes for many social scientists that this approach document will address the existing issues and shall plug the gaps in our understanding of social world especially in the local community context as well as in the background of globalization.

NEP emphasis on activity based, Art integration approaches. As per this policy, Socialization is the important component for human being and teaching of social science and its pedagogical approaches such as Collaborative teaching, Group Learning, Storytelling, Flip learning etc. help us to fulfil this objective. Local needs, aspirations, research potential, social gaps, socio-cultural issues, communalism, fundamentalism, regional aspirations everything should be considered when we speak of reforming the educational policy especially in relation with social sciences.



A STUDY ON THE SALIENT FEATURES OF NEP-2020 WITH REFERENCE TO SOCIAL SCIENCE EDUCATION

Dear Parents and Guardians,

This change should accommodate the needs of all sections of the group and society like the marginalized and the vulnerable including women and children. This approach works unless there is a proper methodology to identify the local needs of a community and to integrate it with the practical uses of disciplines and to utilize the university infrastructure (educational apparatus) for the same. Another vital dimension is to shun and thwart unscientific and untested things into the domains of social sciences as such dubious and nefarious things will make them (history as an example) more unscientific and unscrupulous in character.



Dr. Anupam Handa
PGT-History



FUELLING FUTURE CHAMPIONS: THE IMPORTANCE OF NUTRITION FOR SCHOOL-AGED ATHLETES

For school-aged children involved in sports, nutrition is a key factor that directly impacts not only their performance on the field but also their normal growth and development. Unlike adult athletes, young athletes have the dual demand of fuelling both their physical activity and their still-growing bodies. A well-planned, consistent diet helps them maintain energy, build strong bones and muscles, recover faster from exercise, and stay healthy enough to participate in the sports they love. A balanced diet should prioritize sufficient carbohydrates for energy, protein for muscle repair, healthy fats for sustained fuel, and proper hydration to maintain body functions. By timing meals effectively and focusing on whole foods, young athletes can fuel their development and optimize their potential on the field and in the classroom.

Smart Fuelling Strategies for effective and efficient game play:

Before Activity: A meal high in carbohydrates, moderate in protein, and low in fat and Fiber, 3 to 4 hours before activity ensures proper digestion and adequate fuel. For early morning practices, a small, easily digestible snack like a banana or a small bowl of cereal an hour prior can be helpful.

During Activity: For activities lasting more than 60 minutes, a sports drink or snack providing a small amount of carbohydrates can help maintain blood sugar levels and delay fatigue.

After Activity: A recovery snack or meal combining carbohydrates and protein within 30 minutes to two hours post-exercise is crucial for replenishing energy stores and initiating muscle repair. Chocolate milk is a popular and effective recovery choice.

By establishing healthy eating habits early, school-aged children can enhance their athletic performance, prevent injuries, and build a strong foundation for lifelong health and well-being. Parents, coaches, and school staff play a crucial role in providing education and access to nutritious options.



Mr. Mandeep Singh
PGT Physical Education



REVIEW OF AIR FORCE SCHOOL AMBALA'S STELLAR SPORTS JOURNEY IN 2025-26

The 2025-26 session has been a remarkable year for Air Force School Ambala, with outstanding achievements in the sports arena. We have provided our students with numerous opportunities to showcase their talents, and they have truly shone.

Our inter-house competitions were a huge success, featuring exciting events like chess, basketball, volleyball, badminton, and table tennis. We also participated in the Western Air Command competitions, where our students excelled in athletics (held at Hindon), chess, table tennis, badminton (held at Sarsawa), basketball, and volleyball (held at our home venue).

One of the highlights of the year was our participation in the Subroto Cup Tournament (under 15) held at Gandhinagar, Gujarat, where we secured a commendable 4th position out of 12 teams. We also organized an inter-class football tournament, featuring teams from classes 1st to 12th, which was a huge success.

Our students also represented our school at the Air Force School Nationals held at Panchkula, Haryana, where they had a fantastic performance and gained invaluable learning experiences. Some of our talented students also represented our school at the Haryana State and CBSE Nationals, competing in events like karate, boxing, fencing, and skating. The exposure to high-level competition has helped our students grow and develop as athletes. We're proud to say that students made Air Force School Ambala's flag fly high, bringing laurels to our institution.

Our Sports Day was an energetic and thrilling event, with students showcasing their skills in track and field events. It's clear that our school is committed to fostering a culture of sports excellence, and our students are reaping the benefits.

At Air Force School Ambala, we believe in investing in our students' future, and that's why our management and sports department dedicate time and resources to nurture their sporting talents. Our inter-class and inter-house competitions, as well as our annual Sports Day, play a crucial role in identifying and developing talent. These events provide our students with a platform to showcase their skills, gain confidence, and learn valuable lessons that will stay with them for life.

Additionally, we offer Physical Education as a subject in classes 11 and 12, allowing our students to study, explore, and experience sports from a different perspective. This holistic approach helps them develop a deeper understanding and appreciation of sports, and prepares them for a lifelong journey of physical activity and well-being. We're proud of our students' accomplishments and look forward to continued success in the years to come.



Mr. Pardeep Sidhu
PTI



BENEFITS OF YOGA

Before we get into the benefits of Yoga, it is essential to understand what exactly Yoga really is. Yoga is not a religion; it is a way of living that aims towards a healthy mind in a healthy body.

Yoga is a spiritual, mental and physical practice that has been around since ages. With time, people have discovered a number of health benefits associated with Yoga. Yoga does more than burning calories and strengthening muscles, it is workout which involves both body and mind. Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state, where you see and experience reality simply the way it is. Yoga enables you to experience the whole universe as a part of yourself, making everything one, this is the union that Yoga creates.

ADVANTAGES OF YOGA

- Improves posture
- Builds muscles strength
- Boosts metabolism
- Helps in lowering blood sugar
- Better Cardiovascular Endurance
- Increases circulation and blood flow
- Improves lung function
- Lowers Blood Pressure
- Lowers Respiratory Rates
- Stimulation of Organs
- Increased Immunity
- Improvement in Gastrointestinal Health
- Higher Levels of pain Tolerance
- Keeps diseases at bay
- Reduces Stress. Brings Tranquility and Calmness
- Uplifts your mood and fights Depression
- Increases Self-esteem
- Helps you sleep better



Mrs. Lata Yadav
TGT Social Science



परीक्षा: तैयारी करें, घबराएं नहीं

सबके लिए आता जब नया साल; नई ऊर्जा नहीं उमंग का होता संचार;
विद्यार्थी को परीक्षा की घड़ी उल्टी चलती लागे ;
जब आया परीक्षा को उत्तम अंकों से पास करने का खयाल;
आशावादी बनकर करो परीक्षा तैयारी का श्री गणेश;
मन में मत घबराओ कि हो गए बहुत लेट।
मैं कर सकता हूं, मैं कर सकती हूं ;
अपने मन में लो ठान।



डॉ०कनिका
हेल्थ एंड वैलनेस टीचर

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मैं कर सकता हूं, मैं कर सकती हूं ;
अपने मन में लो ठान।



AIR FORCE SCHOOL, AMBALA



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