

# EVENTS UPDATE

## CBSE ADOLESCENCE EDUCATION PROGRAM NTT and Advocacy workshops for Teachers and Principals at Bareilly, Patna, Bhubaneswar and Ajmer

### Objectives of the Adolescence Education Programme Workshops

- To develop value enhanced Life - Skills for coping and managing concerns of adolescence through co-curricular activities.
- To provide accurate knowledge to students about process of growing up, HIV / AIDS and Substance Abuse
- To develop healthy attitude and responsible behaviour towards process of growing up, HIV / AIDS, etc.
- To enable them to deal with gender stereotype and prejudices.

### 1. NTT and Advocacy Programme at DPS Bareilly

The programme to train Nodal Teachers at DPS Bareilly started with the distribution of a pre-test questionnaire which was given to the teachers to assess their awareness and pre conceived knowledge on the various aspects of adolescence and following activities were conducted during the three day long programme.

- Introduction and Setting the Context of Adolescent Health in India
- Concept of Life - Skills Education

- Understanding Health and Growing up
- Analysis of Advertisements for developing Good Nutritional practices.
- Self Esteem : Case Studies

A handout "*I Want to Feel Good About Myself*" was given to complete the statements, After this, a brainstorming exercise was done.



Participants discussing together in Groups during Adolescence Education Program at DPS Bareilly

### • My Values System

This activity was performed keeping in mind the objective to help participants to develop the skills of **Self - Awareness** with regard to social and personal values.

### • Positive Strokes to Create a Zone of Happiness

If we get plenty of good attention we grow up with a positive image of ourselves.

### • Johari Window

The Johari Window actually represents about a person in relation to others.

### • RTIs/STIs Basic Facts, Symptoms and Prevention

A quiz was conducted to assess the knowledge of the participants regarding the facts of reproductive tract infections.

### ● Lets discuss – HIV/AIDS

A group discussion was held and the various issues like effect of HIV on the body's immune system, transmission of HIV, vulnerability of young people to HIV infections, signs and symptoms of AIDS, protection and most important – care and support of people living with HIV / AIDS were discussed.

### Attitudes – AIDS Creating Empathy

The following activities were also part of the programme on consecutive days.

- Role plays on Substance Abuse
- How to handle Peer Pressure
- Practicing Abstinence – "How to say No?"
- Coping with Stress
- Learning to Deal with Anger
- Interaction with the Students

Finally Nodal teachers interacted with students from Classes IX, X and XI. Various questions pertaining to adolescence and the associated issues were put forth by the teachers of various schools attending the workshop.

### Advocacy Programme for Principals

Forty Principals from various schools under the aegis of CBSE attended the Workshops.

The objectives of the workshop were discussed and the Principals' role in the advocacy of the programme highlighted. The Principal has a pivotal role to play in giving

shape to the programme. They, through their influence, persuasion, perseverance and extensive networking can make this programme a success.

## 2. Nodal Teachers Training and Advocacy Programmes on Adolescence Education at St. Dominic Savio's High School, Patna

A Nodal Teachers training programme under AEP was held on 15th, 16th and 17th October 2008 and the Principals Advocacy Programme on 18th October 2008 which was hosted by **St. Dominic Savio's High School**, Patna. Mr. Manoj Kumar Srivastava, Office in charge – CBSE Regional Office – Patna, inaugurated the programme. Forty-five teachers from 18 different schools from all over Bihar participated in the nodal teachers training programme.



*Mr. Manoj Srivastava office Incharge CBSE Regional Office Patna (Second from right) Ms. G.J. Gobstaun Principal St. Dominic Savio's High School, Patna, Dr. Hemlata Mohan Principal Delhi Public School, Bokaro, Mrs. Durgadavi and Mrs. Rupasri Raj Burman resource person at the inaugural session of the AEP Nodal teachers training programme held in Patna on 15th, 16th and 17th October, 2008*

## 3. NTT and Advocacy Programme at Sanskriti School, Ajmer

A three day workshop was organized by CBSE as part of the Adolescence Education

Programme from Oct. 15, 2008 to Oct. 17, 2008. The workshop was attended by about 40 nodal teachers across Rajasthan.

The major emphasis on the first day was on Life Skills which were extensively discussed through story telling session; role play and case studies etc. Life Skills such as Self Awareness, Creative Thinking, Problem Solving, Decision Making etc were discussed at length and issues related to growing up were linked to the various Life Skills.

The second segment of the day was devoted to some more serious issues like HIV and AIDS.



*Participant, taking active part in one of the sessions in NTT Programme at Ajmer*

On the day three the participants were divided into 7 groups and each group was allowed to interact with a group of 14-15 students who came from a neighbouring school. Each group of participants were given different topics which ranged from substance abuse to stress management. The topics were well received by the students and their feedback encouraged all the Participants.

After some more briefing and interaction, the workshop came to a close.

Participants proceeded to their respective schools after taking a pledge to implement

and share the knowledge they gained at the workshop.

### **Advocacy Programme for School Principals**

One Day “Advocacy Programme” was emphasized the need of removing the gender-bias.

### **4. NTT and Advocacy Programmes at Mother’s Public School, Bhubaneswar**

A Nodal Teacher Training Workshop was conducted at the Mother's Public School, Bhubaneswar from 3rd to 5th November, 2008.

Day one of the workshop started with a welcome ceremony in which Mrs. Poly, Principal Mother's Public School welcomed Dr. Sadhana Parashar, Education Officer from CBSE and three Resource Persons, Ms. Manika Nayal, Dr. Dinesh Singh and Dr. Hari Singh.

Eighty Teachers from across the Orissa State participated in the programme.

Dr. Sadhana Parashar, Education Officer from CBSE addressed the group on the significance of Life Skills particularly with reference to Adolescent Students in the schools.

As most of the parents are not aware of basic Life Skills, the adolescents remain ignorant about these and keep struggling with their emotions.

Therefore the role of schools in disseminating awareness about Life Skills and other issues related to adolescence assume prime significance.

Following activities were conducted during the three day workshops.



*Dr. Sadhana Parashar presiding over Nodal Teachers Training Programme at Mother's Public School, Bhubaneswar*

- Introduction and Setting the Context of Adolescent Health in India
- Concept of Life - Skills Education
- Understanding Health and Growing up
- Analysis of Advertisements for developing Good Nutritional practices.
- Self Esteem : Case Studies
- My Values System
- Positive Strokes to Create a Zone of Happiness
- Johari Window
- RTIs/STIs Basic Facts, Symptoms and Prevention.
- Lets discuss – HIV/AIDS
- Role Plays on Substance Abuse
- How to handle Peer Pressure
- Practicing Abstinence - "How to say No?"
- Coping with Stress
- Learn to Deal with Anger
- Interaction with the Students

## Advocacy for Principals

A one day Advocacy Programme for principals of CBSE affiliated schools was also conducted on 5th November in a Separate Hall in which 26 principals participated.

The principals were briefed about the significance of the implementing of AEP and how can they support the activities in their respective schools.

**Comprehensive School Health Programme - A Programme for Creating Master Trainers was conducted from 15th October to 17th October, 2008 at Army School, Narangi, Guwahati**

## Day One

The programme for creating Master Trainers for implementing Comprehensive School Health Program started with registration formalities. Mrs. Prabha Dastidar, Principal, Army School, Narangi welcomed Sh. Vineet Joshi, Chairman and Secretary CBSE, Dr. Sadhana Parashar, Education Officer, the Regional Officer Mr K K Choudhury, resource person Dr. Sangeeta Goswami and the participants to the programme. A group of children from the school sang a very encouraging and motivating song during the inauguration function.

Thereafter a question box was set up to invite and collect queries on specific topics from the programme on all three days.

The first issue taken up was Gender Sensitization. Participants were asked to brainstorm about the characteristics of boys





*Mrs. Prabha Dastidar, Principal Army School, Narangi, welcoming Sh. Vineet Joshi, Chairman and Secretary CBSE, Dr. Sadhana Parashar, Education Officer and Sh. K.K. Choudhury, Regional Officer, Guwahati to Master Training Programme at Guwahati*

and girls, roles and expectations of both genders as per the societal norms. This led to better understanding of gender differences and gender biasness. The objective of the activity was to raise awareness on gender discrimination and to inculcate respect for the opposite gender.

The last session of the first day ended with groups coming up with nutritious recipes that can be used in the school canteen. The groups were asked to select the recipes which are wholesome, nutritious and affordable by the students.

## Day Two



*Participants interacting with each other at the introductory session in the program for creating master trainers for implementing Comprehensive School Health Program at Guwahati*

The various activities on day II helped the participants to understand concepts about '*holistic health needs*' of the students.

Dr Sadhana Parashar, Education Officer from CBSE addressed the group on the significance of the programme and how the School Health Programme could be implemented in schools.

Thereafter to understand Empathy, a small game was played. A session of yoga and its role in developing healthy habits in students was also discussed.

## Day Three

On 17th October, 2008, the third and final day of the programme started with the usual feedback on the previous day's activities. Case studies to be presented in the form of role play were done in groups to internalize Life Skills. Then the group performed two activities namely '*Feeling-Good*' and '*Appreciating Friends and Relatives*' with the help of a game and a handout.

"The best six doctors anywhere, and no one can deny it are sunshine, water, rest, and air, Exercise and diet. These six will gladly you attend, if only you are willing your mind they'll ease, your will they'll mend and charge you not a shilling"

## Heritage India Quiz 2008 Held at Sunbeam Lahartara

The Heritage India Quiz 2008 Zonal round was held at Sunbeam Lahartara auditorium on the 10th of Nov' 08 wherein eight schools namely Sunbeam School Bhagwanpur, Sunbeam School Lahartara, Burnpur Riverside School, Burdwan, Scholar's Home Senior Secondary School Dehradun, DAV Public School, Gaya,

Bihar, Army Public School, Danapur, Patna, Oak Grove, Mussoorie and Amity International, Noida participated. The quiz master Mr. Kunal Savarkar conducted the quiz in the an interesting way. The three pre-zonal finals were keenly competed with the teams answering some absolute rockets and some goggles with aplomb. The audience was taken on a voyage of discovery of Indian heritage through the Quiz questions.

The three finalists for the day were Army Public School, Danapur, Patna, Oak Grove, Mussoorie and Amity International, Noida.

It is in the finals that Oak Grove Mussoorie stamped their supremacy by winning the quiz



*Different teams participating in Zonal round of CBSE Heritage Quiz at Sunbeam School, Varanasi*

and proceeded to book their place in the national finals.



### Wellness from Social Perspective

*Entails.....*

- *Contribution to your environment.*
- *Realisation of interdependence between you, others and nature.*
- *Awareness of your importance in society as well as the impact you can have on society.*
- *Encouraging healthier living and initiating better communication with those around you.*

# Annual Conference of Council of Boards of Education in India

The annual conference of COBSE was hosted by the Academic Council of Jharkhand at Ranchi from 21<sup>st</sup> to 23<sup>rd</sup> December, 2008. The theme of the conference was "Strategies for Universalizing Secondary Education: Role of Boards".

Sh. Vineet Joshi, Chairman and Secretary, CBSE, presented an emphatic power point presentation on the "Role of CBSE in Universalizing Secondary Education in India". Shri Joshi also presented a paper which described the logical need of universalizing the secondary education in the country. Shri Joshi in his paper laid stress on providing quality education at secondary level and making it available, accessible and affordable to all.



Shri Vineet Joshi, Chairman and Secretary, CBSE addressing Annual Conference of Council of Boards of Education in India at Ranchi

The paper explains the context of Central Board of Secondary Education by citing its objectives as a National Board for fulfilling the educational needs of students whose parents were in transferable jobs. Thereafter the paper also explains the **Academic Courses, Curriculum followed, Vocational Courses, Curricular Innovations like Communicative Approach to Language Learning, focus on 'Hands-on' activities and 'learning by doing' through practical skills in Science,**



Delegates deliberating over issues related to Universalisation of Secondary Education in India at the Annual Conference of Council of Boards of Education in India at Ranchi

**Mathematics Laboratories, Education on Disaster Management, Comprehensive School Health Programme, Health and Wellness Clubs in schools, Life Skills Education, Adolescent Education Programme, Examination Reforms, CBSE Counseling Programmes, Promoting Girl Child Education, Inclusive Education, Teacher Empowerment and Sahodaya School Complexes. He also stressed the need to reach out to the general public which has been achieved by introducing an interactive page in which all stakeholders can write to the Chairman, CBSE.**

## **Excerpts from the interaction of Sh. VINEET JOSHI, Chairman and Secretary, CBSE, with the Press at Ranchi during COBSE Conference**

### **What are your plans for CBSE schools in Jharkhand?**

Not specifically for Jharkhand, but I wish all the students must be like Dhoni in every genre. Excellence not only in the academic field but in sports must be shown by all the students of CBSE schools. Its good to see students performing so well at the school level. We are soon to start a new vocational course Health Care at the senior secondary level.

### **Are you satisfied with the performance shown by the students?**

Girls are performing better than the boys from the schools of the Eastern region. This is a positive sign which shows parents are more concerned about girl child education and are promoting them in various fields as well.

### **Are the boys lagging behind?**

No but the schools are slowly trying to obtain a balance in the performance of girls and boys. They are paid attention equally without any bias.

### **Many students from this belt go for various engineering and medical entrance examinations. Should they not be provided a relief in school attendance?**

The preparation of both engineering and medical entrance exams by the school students is a systematic approach and it can be easily done together with regular school classes. Classes are not only required to develop and enhance a student's personality but also give them a chance for an all-round development. So any relief in the attendance is not a big issue... rather students performing in sports activities are given a grace of 15 per cent attendance as they have to move from one place to another for tournaments. The board is also not rigid when any medical case of student arises.

### **Do the CBSE examinations and entrance examinations pattern make a messy situation for any student?**

No, not as such, but the pattern is basically designed to test student's caliber in the board as well as entrance examinations. Now, CBSE has introduced the concept of MCQs type logical and short answer questions in the board examinations to test the mental and reasoning ability. So its never a messy situation for any of the candidates to pass the entrance or board exams.

To reduce the stress levels among kids, the introduction of the new vocational course in senior secondary syllabus has been a major step and for an instant help, students can anytime click on the CBSE's website and on the column '*Interact with Chairman*' present on the home page to sort out their problems directly through the Chairman of CBSE.



# NEWS FROM SCHOOL

## DPS Sushant Lok Gurgaon Goes Global

To explore what it is that makes the Indian curricula such a successful one so much so that students from Korea and other South East Asian countries are coming to India to study, a delegation of eminent educationists from the Daejeon Metropolitan Board of Education in Korea visited DPS Gurgaon school in March '08. Chairman Ok-Hee Chang, Vice Chairman Sun-kyu Jang and their colleagues learnt about how the Indian system of education combines the teaching of the English language in an interactive, conversational way along with imparting knowledge of computers from the primary years itself. He said that our Indian students in good public schools do have an edge over countries like Korea which use only their mother tongue as the medium of instruction during the primary years.



Delegates from different countries taking part in "UKIERI" the UK India Research Initiative at DPS Sushant Lok Gurgaon

In April '08, Ms Emma Jayne from Dartmouth High School and Ms Victoria Hussein from Stuart High School were here to herald the

dawn of a new beginning for "UKIERI"-the UK India Educational Research Initiative that a cluster of 6 DPS schools from the NCR region, including DPSSL, embarked upon last year. *"Our children are very excited about this venture and can't wait to begin chatting online with you all,"* was Ms Hussein's parting message to DPS Sushant Lok students.

In August '08, Mr Wilhelm Austermann from Max Mueller Bhavan, a literary pedagogue here in India to better the German curriculum and assist German Language teachers in order to ensure that students across India gain the full benefits of studying German as a third language, visited the school to share his thoughts and lend us his expertise. He mentioned how he would want the exchange programme between India and Germany to take wing and for German language students in India who have mastered the language to look at Germany as a future study destination.

## Navtika National Conference On Early Childhood Care and Education At India Habitat Centre

NAVTIKA : Journal of 'Early Childhood Care and Education', (ECCE) an initiative taken by the Salwan Education Trust, was launched on January 20, 2007 by Joint Secretary, Ministry of Women and Child Development.

NAVTIKA National Conference on Early Childhood Care and Education - *'Is Early Education in India Child Friendly?'* was organised by Salwan Education Trust from 19 to 20



Salwan Educational Trust organized Navtika  
Conference on Early Childhood Care and Education in Delhi

September 2008 at India Habitat Centre, New Delhi

The endeavour of the conference was to create a forum for discussion among practitioners and ECCE to experts on the latest trends in ECCE work in tandem to overcome the challenges and obstacles faced in ECCE settings. Various facets linked with ECCE were discussed, like, *'What should children be learning in pre-primary/ECCE, Is ECCE today a source of joy or pressure for kids?, Holistic Development of the individual, should there be cursive writing in pre-school?, Introducing English at pre school stage, theater in education'* and tracking children's progress in pre school.

Dr. Prasad V. Medury, Partner, Amrop International welcomed the very distinguished guests, eminent speakers and the ECCE practitioners. The conference was attended by 250 participants from all over the country.

Dr. Lavleen Kacker, Joint Secretary, Ministry of Women and Child Development, Government of India inaugurated the conference. The major concerns of the teachers were the three basic rights of the children i.e. Survival, Developmental Rights and Security.

Dr. Nittaya Kotchabhakdi, Associate Professor, Mahidol University, Thailand in her Keynote address, shared her vast experience on Brain research and the early years of life.

Dr. Vinita Kaul, Senior Education Specialist, World Bank, New Delhi in her session on *'What Should Children be Learning in Pre-Primary'* highlighted the fact that ECCE has now been internationally accepted upto 8 years and the aim is to make elementary education joyful.

During the session *'Is education a source of joy or pressure in India?'* Prof. K. Vashishtha, Head, Department of Elementary Education, NCERT stated that today children are under a lot of pressure, from the time of admission to passing out from school.

Prof. Krishna Kumar, Director, NCERT spoke about the *'Role of ECCE in the Universalisation of Elementary Education'*. According to him, ECCE should be more proactive in schools. The effect of ECCE is evident in all the ages. The behaviour, temperament, values and mindset of an individual depends on the kind of preschool education he/she has received.

In the session *'Including Every Child'* Dr. Amit Sen, Psychiatrist, Sitaram Bharatiya Institute, New Delhi suggested that IQ should take a back seat as the emotional and social quotient has a higher prediction to success. Being inclusive means celebrating differences, children should not be labeled as 'slow learner' 'incompetent' etc. Inclusive education is disconnected from special education. It is based on social justice, understanding of neuro developmental differences, children's emotional, social and other needs.

Dr. Asha Singh, Lady Irwin College, New Delhi said that *'Theatre in Education'* transforms

the child's personality. Group participation, different linguistic approaches, uncovering the mysteries of the world, rhythm and harmony, etc. help to foster the individuality of the children.

In the session on '*Tracking children's progress in preschool - Can we make it child friendly?*' Dr. Shraddha Kapoor, Reader, Lady Irwin College emphasised on the 3 A's - Affiliation, Affection and Achievement.

In the valedictory address, Mr. Ashok Ganguly, Former Chairman, CBSE shared his views on '*Nursery Admission: Issues and Concerns*', the most crucial subject in today's scenario. He stated that the early years of a child actually constitute the foundation for life. The critical years 3 to 8 of a child's life determines not only the cognitive and physical growth, but also shapes the foundation for personal and social development.

### A workshop on Puppetry as a medium of Instruction at National Public School, Bangalore

Keeping up with the changing times and advent of audio visual technology National Public School once again took the initiative of conducting a workshop for teachers where '*Puppetry as a medium of teaching*' was emphasised upon.

This workshop was conducted in six to eight sessions in the month of August and September 2008. The eminent and world renowned puppeteer Mr. Ranganath Rao, was the expert for the workshop.

The teachers learnt the process of making puppets by actually having hands on experience. Eventually a puppet show was put up for all

teachers and children. Various themes across grades and subjects were chosen to express diversity.

Mr. Ranganath Rao seemed impressed by the show. In his words, "*Enthusiasm, talent and creativity were at its best.*"

Puppetry is known to have many benefits and advantages for children, besides being interesting, colourful and interactive.

### Gandhi Jayanti Celebrations at R.S. English School, Sundargarh, Orissa

R.S. English School, Sundargarh, Orissa celebrated "Gandhi Jayanti" on 2nd Oct, 2008



Gandhi Jayanti celebration at R.S. English School, Sundargarh, Orissa

in which students played as Mahatma Gandhi and Kasturba Gandhi. Various competitions like Bhajan, Quiz and Poster Exhibition were also held to mark the occasion.

The Poster Exhibition was based on life, ideology and philosophy of Gandhiji. Models like 'charkha', spectacles, hanging clock, the stick and the footwear of Mahatmaji were also prepared and displayed by the students. A scene of 'Sabarmati Ashram' was also created by the students.



## Relief Operation For Flood Victims and a Blood Donation Camp, DAV School, Chandrasekharpur

Students including NCC Wing, Scout and Guide, Red Cross core and teachers of DAV Public School, Chandrasekharpur, Bhubaneswar distributed food packets, water pouches and clothes collected from the generous donors to Flood Victims. More than 2000 such packets were



*Flood Relief Operation undertaken by DAV Public School  
Chandrasekharpur, Orissa*

distributed among the most affected people with the help of Govt. relief boat. Earlier the students also helped in making the food packets and in loading the same in the school bus.



*Blood donation camp held by DAV Public School, Chandrasekharpur,  
Orissa*

A Blood Donation Camp was organised in the campus of DAV Public School, Chandrasekharpur, Bhubaneswar, Orissa in collaboration with Lions club of Bhubaneswar. Every year the school organizes such camps to meet the requirement of the needy.

## DPS Vadodara Celebrated World Non Violence Day on 02 October, 2008

Children at DPS, Vadodara participated with full enthusiasm in the activities conducted on Gandhi Jayanti. A humble effort was made to revive the past glory. Students remembered the selfless sacrifices made by Mahatma Gandhi.



*Students celebrating Gandhi Jayanti at DPS Vadodara*



## Annual Day 2008 at Texmaco DPS International School, Indonesia

**Texmaco DPS International School,** Indonesia believes in the ideal that the community service is an essential aspect of developing the character of young students and therefore community service has been integrated into every aspect of campus life. Community service projects at school have included hosting the Fun Fete, Blood Donation Camp, Collecting Donations for Indonesian kids and visiting Senior Citizen homes. The club visited the nearby Providence home and provided necessary commodities in the month of May and September 2008.



*Students of Texmaco DPS International School, presenting gifts to Poor members of society during community service program*

## Sesque centenary celebrations of the Lawrence School, Lovedale

The Lawrence School, Lovedale celebrated its 150th Anniversary. The former President of India, Dr. APJ Abdul Kalam was the Chief Guest on the occasion. Dr. Kalam reviewed the



*Dr. APJ Abdul Kalam giving the Cock-House Trophy to Vindya House of the Lawrence School, Lovedale*

Anniversary Parade and addressed the pupils. He also spent some time by observing various exhibits put up by the students.

The Lawrence School was founded as a memorial to Major General Henry Montgomery Lawrence on the 6th of September, 1858. The vision of the Founder was to provide a sound education to the orphaned children of the British soldiers in India. In the words of the Founder, 'I wish each boy to learn the use of his hands at some trade...boys must be taught not to be ashamed to put their hands to anything; to consider labour as honourable, and to see the advantage to themselves of being handy...'

The school is both proud of its past and rich traditions and conscious of the need to mould the pupils into creative and intelligent members of the society.

The school is guided by the philosophy of an all round development and growth of the pupil. In an effort to achieve this goal, the pupils are encouraged to develop their talents and abilities, and are given ample opportunities in the field of drama, dance, music, sports, art and craft, sculpture, weaving, riding, swimming, archery etc., This in turn helps the pupils to

add a further dimension to their personality other than just academics.

## Celebration of Communal Harmony Week at Columbus Public School Rudrapur

The **Columbus Public School**, Rudrapur celebrated "Communal Harmony Week" from 17th Nov. to 22nd Nov. 2008. During these six days, the entire school campus was covered with collages. Various other activities associated with communal harmony were also held.

The week started with the distribution of communal harmony flags to all students for which they paid Rs 2/- each as donation to help the victims of communal riots and terrorist attacks. A public donation box was also kept for general public including teachers to donate money for this cause. On 17th Nov., slogan writing and collage making competition was organized. There were two categories – one for classes VI and VII and one for classes VIII and IX. Almost 250 students participated with full vigour and enthusiasm. On next three days Painting Competitions were held for classes VI and VIII on the themes '**Communal**



*Tiny Tots at Communal Harmony function at Columbus Public School, Rudrapur*

**Harmony and Unity in Diversity**'. Various other activities like Essay Competition, Street Shows and Debate were also organized.

## CBSE Heritage India Quiz-2008 (Zonal Rounds), at DAV Public School, Faridabad

**D.A.V. Public School, Sec-14**, Faridabad, Haryana, played host to the Zonal Rounds of the **CBSE Heritage-India Quiz-2008** on 5th Nov. 2008. Six teams from Haryana Zone participated.

Mr. S.S. Chaudhary, the Principal of the institution inaugurated the Quiz Competition with the traditional lighting of the ceremonial lamp. In his welcome address, he observed that for the all round development of children's personality, participation in co-curricular and extra-curricular activities is as necessary as academic excellence. Such activities help them to be confident. He urged the participants of the various teams to uphold the values of fair play, teamwork and co-operation besides enjoying the benefit of gaining knowledge through such co-curricular activities.



*DAV Public School Sect-14, Faridabad hosted zonals of CBSE Heritage India Quiz*

The eminent Quiz Master Shri Aditya Nath Mubayi conducted three rounds of the Quiz with the teams from MDN Public School, Rohtak, DPS Panipat Refinery, D.A.V Multipurpose Pubic School, Sonapat, DPS Dwarka, Delhi Bhawan Vidyalaya Sector-27B, Chandigarh and D.A.V. Public School, Sec-14, Faridabad. D.A.V Multipurpose Pubic School, Sonapat was declared the winner and will now be participating in the Final Round. The host school bagged the second position.

The audience thoroughly enjoyed the whole show and appreciated the efforts of the participating teams.

### Childrens Day Celebration at DAV Centenary Public School, Sohna

DAV Centenary Public School, Sohna, celebrated the children's Day on November 14th 2008. Chief Guest Sh. U.C. Mahajan (Retd.) Principal, Govt. College Hamirpur gave away the prizes to the talented student.



*Prize distribution ceremony at the Childrens Day at DAV Centenary Public School, Sohna*

### Shalini School, Dehradun Celebrated Founders Day

**Shalini Memorial School**, Beverly Hills in the Doon Valley, celebrated Founders Day on Saturday 25th October, 2008.

The Chief. Guest was Hon'ble Mr. Justice Rajesh Tandon, Former Judge, Uttarakhand High Court and the Guest of Honour was Mr. Tejinder P. Singh (Ex. Student of Shalini School), Associate Professor, TATA Institute of Fundamental Research (TIFR), Mumbai. The distinguished Guests on their arrival were ushered by the Founder Director Prof. L. K. Srivastava to the statue of the school's Founder Principal Late Mrs. Kamlesh Srivastava where they paid floral tribute and lit the lamp to inaugurate the programme. The programme started with Ganesh stuti sung by the School Choir.



*Student presenting Dance at the Founders Day in Shalini School, Dehradun*

Prof. L. K. Srivastava in his address said, "Irrespective of our religions, caste, creed and state, we have to experience the feeling and spirit of "वसुधैव कुटुम्बकम्"- so that tomorrow - a better nation may emerge."



The Principal while mentioning the development and progress of the school announced the opening of New Girls Hostel Block.

## Food Safety and Quality Day at Ved Vyasa DAV Public School, Vikas Puri

**Veda Vyasa DAV Public School Vikas Puri** celebrated **Food Safety and Quality Day** on 16th October as a part of **Food Safety and Quality Year**. The school organized a class wise Essay Writing Competition on the topic "**Junk Food, A Malady.**" Besides the school also provided handouts to students on the occasion. The Principal of the school Mrs. Chitra Nakra addressed the students and sensitized them about Health Food, Quality and Safety and how good nutrition and physical activity helps kids live better. The celebration of the day finally concluded with an inter house Quiz Competition on Junk Food and Product Adulteration. The students of the Primary Wing organized a Food Mela emphasizing on the importance of nutritious Food.

## Silver Line School, Ghaziabad Organized – Inter School Quiz Competition

**Silver Line School** in association with Rotary Club Ghaziabad (Central) organized the first Inter School General Knowledge Competition (QUIZARD) and Poetry Writing Competition (ABHIVYAKTI) on 8 August 2008. The event witnessed a participation of 130 students of 18 schools from Ghaziabad and NCR. The competition was held at two levels



*Quizard and Abhivyakti competition organised by  
Silver Line School, Ghaziabad*

VI-VIII and IX-XII. After the screening rapid fire round four highest scoring teams were selected.

Esteemed guests on the occasion were the Chairman Mr. Subhash Jain and Mrs. Santosh Oberoi.

## Ramakrishna Vivekananda Vidyapeeth Bijuri – Foundation Day Celebration 2008

Ramakrishna Vivekananda Vidyapeeth, Bijuri celebrated its 10th Foundation Day by



*Girls from Primary Section presenting Fairy Dance at Ramakrishna  
Vivekananda Vidyapeeth, Bijuri*



organising a gamut of cultural programmes. Students showcased their talents by presenting various items. The highlight of the show was a fairy dance presented by the tiny-tots from the primary wing of the school. Mr.A.K.Tiwari, Chief General Manager, Hasdeo area was the Chief Guest of the foundation day programmes.

Mr.R.B.P. Sahi, Swami Vishmatmanadji Maharaj, Secretary, R.K.S.S, and other dignitaries graced the occasion by their benign presence

## Elocution and Essay Writing Competition at St. Michael's School, Secundrabad

As a part of vigilance awareness week, St. Michael's School, Secunderabad conducted Elocution and Essay Writing Competition on the theme, "Transparency in Public dealings".



*Elocution and Essay Writing Competitions were organised under Vigilance Awareness Week at St. Michaels' Schools, Secunderabad*

## Teacher's Day at Gyan Mandir Public School, Naraina

To show their gratitude towards their teachers, who modify the impressionable minds



*Teachers Day at Gyan Mandir School, Naraina*

through education, the students of Gyan Mandir Public School, Naraina, presented flowers, gifts and cards with beautiful quotes to their teachers. Teachers too reciprocated by blessing children. The students of Class XII, attired as their teachers took the reign of the school for the day.

## Rukmini Devi Public School, Pitampura Organised Cultural Exchange Programme

Strengthening Cultural Bonds via Multicultural Exchange Programme

Learning can be defined as a process of progressive change from ignorance to knowledge, from inability to competence wherein



*German Delegates in Multicultural Exchange Programme at Rukmini Devi Public School, Pitampura*

geographical boundaries lose their existence giving rise to harmonious global relationships. Rukmini Devi Public School, Pitampura believing in this ideal recently extended its hospitality to a group of 8 students and 2 teachers from *Freiherr - Vom - Stein Schule, Gladenbach, Germany* from September 27th to October 8th, 2008, under Multi-Cultural Exchange Programme. To provide them a glimpse of Indian traditions, they were given a traditional welcome after which School Principal, Mrs. Anita Garg and in-charge appraised them with the ideals and values of exchange programme.

## Annual Day Celebration at Silver Bells Public School, Panipat Road, Shamli

**Silver Bells Public School, Panipat Road, Shamli** celebrated its Annual Day on Dec 5<sup>th</sup>, 2008. The Chief Guest, Sh. Vineet Joshi, Chairman and Secretary, CBSE inaugurated the function by lighting the lamp.

Shri Vineet Joshi, in his inaugural address, stressed the need for achieving excellence in



*Shri Vineet Joshi, Chairman and Secretary CBSE, awarding a medal to a meritorious student at the Annual Day function of the Silver Bell School, Shamli*



*Rajasthani Folk Dance by the students at the Annual Day function of the Silver Bell School, Shamli*



*Students performing the Manipuri Dance at the Annual Day function of the Silver Bell School, Shamli*



*"A Salute to the Nation" Group Dance Performance presented in the finale of the Annual Day function of the Silver Bell School, Shamli*

school education which is possible only through missionary dedication and hard work of teachers. He motivated the students and staff in his characteristic simple and straight but effective manner. Shri Joshi emphasized the role of extra-curricular activities in holistic development of



children. He also threw light on many aspects in which a school can recognize the potential of students and accordingly groom their talent.

Later in the evening, students showcased their talent and team spirit by performing a host of activities including Group Songs and Group Dances on various themes like *Japanese Rhythm*, *Journey of Universe*, *Umbrella Dance* and *Anglo-Spanish Twist*.

An English drama was also enacted. In another wonderful and comprehensive event titled as "*The Musical Glimpses of India*" various dance and musical forms of states such as Rajasthan, Bengal, Manipur, Assam and Punjab of India were presented in a colourful fashion.

In the finale, the students paid a tribute to the nation by performing a group dance on the theme- "*A Salute to the Nation*."

### Project Day at Angappa Educational Trust Senior Secondary School, Coimbatore

**Project Day** was conducted at the **Angappa Educational Trust Senior Secondary School, Coimbatore** on 11th



*A Student elaborating the functioning of a vehicle prototype running on alternative source of energy at Angappa Educational Trust Senior Secondary School, Coimbatore*

October, 2008. Different kinds of projects were exhibited in the form of pictorial charts, cardboard and thermocol models. Principal, Mrs. K. Navamani, in her inaugural speech stressed the importance of the projects and their necessity to bring out the creativity of students. Various aspects such as environmental protection, Science, Social Science, English, Maths were well brought out by beautifully prepared and decorated models. The enthusiasm of students from KG to XII classes were amply rewarded by a large turnout of visitors and their appreciation. Deserving projects were given prizes.

### Celebration of Food Safety and Quality Day at Sisya School, Thally Road, Hosur

On 16th October **Sisya School, Thally** celebrated the food safety and quality day as per the declaration of Ministry of Food Processing Industries.

As part of the celebration, an introduction of good and safe quality of food was given.

Children of Class II presented a role play on Healthy Food, Unsafe Food and junk Food.



*Students testing food items for adulteration at Sisya School Thally Road, Hosur*

Students of class VIII threw more light on healthy and junk food and also presented tips to avoid junk food.

Children of class VII presented a very interesting program on food adulteration. They showed the adulterants present in common food items used in daily life. Audience was made aware of the adulterants and unsafe food sold in the market.

### Zonal Youth Festival at DLDAV, Pitampura

**DLDAV, Pitampura** convened the All India Mahatma Hansraj Aryan Zonal Youth Festival organized under the aegis of Arya Vidya Sabha. Almost all DAV Schools of Delhi participated in various competitions organised in fields like music, Dance, theatre and quiz activities. The Festival was inaugurated by Sh. Punam Suri, Secretary, & many other from DAVMC. Nearly 800 students took part in the festival that lasted for three days. The overall trophy for Best performance was bagged by the host school DLDAV, Pitampura, while Hansraj Model School, Punjabi Bagh,



*All India Mahatma Hansraj Aryan Youth Festival Zonal youth festival at DAV, Pitampura*

won the Runners up Trophy. Principal, congratulated the teachers and students for displaying extraordinary talent and for their support and cooperation in making the Youth Festival a success.

### Shirinbai Neterwala School Tumsar, Maharashtra Celebrated Hindi Day

The **Shirinbai Neterwala School, Maneck** Nagar, Tumsar, Maharashtra celebrated Hindi Day on 25th September, 2008.

A seminar on role of Hindi in development of India and role of regional languages in the development of Hindi as a Sampark Bhasha was organised in which 12 students participated Senior Hindi PGT (Retd.) Dr. M.P. Garg presided over the programme in the presence of Mrs. Meena Jain and Mrs. Kiran Bais. Addressing the seminar Dr. M.P. Garg said that Hindi has a special importance in India. It is a language that connects people from different states and is a strong medium of communication. Hence, to stress the importance of Hindi language, various programmes were organised to mark the day. Principal R.R. Mishra also guided the students.

**Hindi Recitation Competition** for classes VI to XII was also organised.

The judges appreciated the efforts taken by Shirinbai Neterwala School in promoting national language through such competitions.



## Food Safety and Quality Day at Abhinav Public School Pitampura

The students of **Abhinav Public School** celebrated "**Food Safety and Quality Day**" on 16th Oct., 2008. Students of class VI staged a drama on "**Junk Food – a health hazard**". It displayed the harmful effects of Junk food like obesity, over weight, lethargy, high cholesterol level and digestive disorders. The drama also carried a message to eat nutritious, balanced foods, free from adulteration and drink safe and pure water.

A student of class XI demonstrated some simple tests to detect good adulterants at domestic level attracting large number of students and teachers. Finally Biology Teacher delivered an effective lecture on food Quality and Safety. He discussed the basic parameters of drinking water like pH, T.D.S., turbidity, colour and smell. He classified 33 parameters into 31 as chemical parameters and 2 as biological parameters.

## Science Exhibition at Adharshila School Pitampura

**Aadharshila** organized a Science Exhibition on 09.08.08 to tap the scientific temper of its students. The exhibition was inaugurated by Mr. L.S.Narayanan, (Retd.) Deputy Director of Education, Delhi and presently associated with 'Sarva Shiksha Abhiyan', Delhi.



*Science Exhibition at Adharshila Vidyapeeth Pitampura, Delhi*

The theme of the exhibition was '**Globalisation and Communication**'. The exhibition displayed many working and non-working exhibits on wildlife sanctuaries, means of communication. The informative and entertaining corner 'fun with chemicals' attracted many visitors. Another Exhibition depicting '**Wonders of Science**' was also organized for juniors students on 23.08.08. The event was inaugurated by Mr. B.N. Mehrotra and Dr. Prashant Sahu, Reader in Chemistry, Shivaji College, Delhi University.

## Dalmia Public School, Gujarat Celebrated Hindi Pakhvada

**Dalmia Public School, Sutrapada, Gujarat** Celebrated 'Hindi Pakhvada' to promote the Hindi language. The celebration started exactly with the lighting ceremony by the principal. Students presented various programmes as songs, speeches, plays and mock shows just after Saraswati Vandana was recited with its first lyrical line. '*ya kundendu tusar har dhavla, ya shubhra vastra vrita*'.

## HEALTH AWARENESS PROGRAMMES

### 4th Life Skill Development Seminar

**Aadharshila Vidyapeeth**, Pitampura took a pioneering initiative for the enhancement of teaching learning programme by organizing 4th Life Skill Development Seminar on 20th May, 2008 (Tuesday) to 24th May, 2008 (Saturday). The seminar also included the Personality

Development Programme for the teachers and explained the importance of Yoga in our daily life and to implement it as an effective tool for stress management. The Headmaster of N.C.Jindal Public School, Mr. R.K.Mittal was the guest of honour on 24th May, 2008. He gave the certificates to the participating faculty members and encouraged them with his inspiring ideas. The Principal Mrs. Sangeeta thanked the guest and motivated the teachers.



*It is the responsibility of all educators, to expose themselves and their students to novel, complex, and enriched environments on a daily basis. Studies suggest that the earlier in life a person is exposed to an enriched environment, the greater the benefit to brain health, even late into life.*

**Willard R. Daggett**, Ed.D. President, International Center for Leadership in Education  
**Paul David Nussbaum**, Ph.D., Clinical Neuropsychologist, University of Pittsburgh School of Medicine.

*The only way to keep your health*

*is to*

*eat what you don't want*

*drink what you don't like*

*and do what you'd rather not !*

**– Mark Twain**

# SAHODAYA ACTIVITIES

## Inter School Sahodaya School Complex Orissa Region Dance Competition

An Inter School Dance Competition was organized at Sri Aurobindo Integral Education and Research Centre, Rajgangpur under the aegis of Sahodaya School Complex of Western and Southern Orissa. Ninety participants from eleven member of schools participated in it. The Principal and Secretary of the complex, Mr. R.N.Dash welcomed the participants. Mr. S.K.Biswal (O.A.S) Tahasildar inaugurated the function. Three All India Radio artists were invited to judge the performance of the students. The participants presented group dance folk dance, patriotic songs and Bhajan and Solo dance which was based on classical themes.



*Students presenting a Group Dance at Inter School Dance, competition organised by W/S Orissa region Sahodaya Complex*

## National Education Day Celebrated at DAV Public School, Patiala

Patiala Sahodaya Schools Complex organised SYNERGY-2008 – an Inter-School Science



*Celebration of National Education Day at DAV Public School, Patiala*

Exhibition at DAV Public School, Patiala on 11.11.2008 to mark National Education Day.

Seventeen member schools of Patiala Sahodaya School Complex participated in the Science Exhibition organized at two levels i.e. Senior and Junior. Prof. O.P. Dhiman, renowned educationist and Hony. Director of M.M. Modi College, Patiala inaugurated the exhibition. In his inaugural address he said "*Science and Religion are not contradictory but rather, complimentary to each other*". Dr. (Mrs.) Amit Ahuja, President, Patiala Sahodaya Schools Complex and Principal S.R. Prabhakar also addressed the participants.

Eighty students displayed their innovative ideas and creativity through various working and static models based on various scientific principles.

Punjab Academy of Sciences (Patiala Chapter) also organised an Inter-school Poster Making competition on the topic Environmental Problems and Chemistry in the Service of Mankind. About 35 students from different institutions of Patiala participated in this competition. The winners of

both the competitions were awarded trophies and prizes.

## Annual Function of Gwalior Sahodaya Complex

**Gwalior Sahodaya Complex** celebrated its Annual function on 6th September' 08, in the amphitheatre of Scindia School. More than 2500 students were present in the theatre to witness the function.

The Chief Guest, Air Commodore Daljeet Singh V.M. was welcomed by the students of Scindia School. The Sahodaya Report was released by the Secretary, Sahodaya Complex, Gwalior. Three schools from Shivpuri, Happy Days, St. Benedicts and Ganesha Blessed School got together to present the Saraswati Vandana. Orchestra was presented by students of Little Angels High School. A beautiful choreography was presented by Bhartiya Vidya Niketan. The celebration also included Science and Art exhibitions Models was organised by member schools. An English play '**Julius Ceasar**' was staged by students of NO.1 Air Force School. The programme



*Cultural Programme at annual function at Gwalior Sahodaya Complex*

ended with a promising note of many more such functions.

## 15th National Conference of Sahodaya School Complexes, Bhopal- A Report

### The Concept of Sahodaya

The firm belief of CBSE in the concept of caring and sharing was, in 1986, embodied into THE SAHODAYA MOVEMENT which aims at benefiting every learner by enhancing and empowering school education. The Sahodaya has acted as a dynamic force which has brought all schools affiliated to the Board together and given them an opportunity to integrate their experience and expertise to be able to shape and sharpen the young minds of our country into the masterminds of tomorrow. On its onward march, the Sahodaya has decided to share the best local resources available to all the member schools as an asset in classroom education and help to develop future leaders of the country.



*Sister Regi, Welcoming Principals from across the country from the dais of 15th National Conference of Sahodaya Complexes at Bhopal*

### Annual Sahodaya Conference

In order to bring the members of the Sahodaya Movement on a common platform



the Board conducts a National Conference of Sahodaya School Complexes every year on a theme of current educational relevance and importance. Besides facilitating peer interaction, the annual conference also serves as an effective channel of communication between the schools and CBSE, thereby helping the Board in formulating its policies in a pragmatic manner and in effective implementation of its programmes. The deliberations on the issues arising out of the conference theme trigger meaningful thought processes that are disseminated to the other members of the Sahodaya.

## 15th National Conference of Sahodaya School Complexes at Bhopal December, 2008

The 15th National Sahodaya Conference for the year 2008 was held at the city of lakes, Bhopal, the cultural capital of Central India from 10th to 12th December, 2008. The city of lakes truly reflected the spirit of Sahodaya-caring and sharing. Consisting of 55 schools as its permanent members, Bhopal Sahodaya took great pride in hosting the National Conference of Sahodaya School Complexes.



*Ms. Manveen Sandhu, Principal, Spring Dales School, Amritsar presenting the presentations prepared by the Amritsar Chapter of Sahodaya Schools Complex*



*Delegates participating in a session at 15th National Conference of Sahodaya Schools Complexes at Bhopal*

The preparations for the conference started as early as April 2008. Online registrations were made to facilitate participation of the principals from all over the country. The theme of the conference was '**Empowering Each Learner For The 21st Century**'. The following sub-themes of the conference were also specified :-

1. Synergy of Virtual Classrooms with real classrooms.
2. Impact of Multipolar Learning in Formal Learning Systems
3. Integrating Life Skills in School Environment
4. Inclusivity in Learning Processes
5. Health as a component of Holistic Learning
6. Re-engineering learning towards 'Learning to Learn'.
7. Emerging Role of Teachers as Socially Conscious Leaders
8. Value Conflict Management in a dynamic society
9. Positive Assessment for Constructivist Learning.

Twenty five papers were received and compiled into a souvenir released at the inauguration of the Conference. A host of experts and educationists joined the conference and participated in the deliberations on current issues related to the theme and sub-themes of the conference. The highlight of the conference was the address to the participants by Dr. A.P.J. Abdul Kalam. The Conference was well attended by about 300 Heads of Institutions in addition to experts and academicians. The participants left the venue with a hope and optimism to perform better to empower the students.



Sh. Vineet Joshi, Chairman and Secretary, CBSE sharing the dais with Prof. Ved Prakash, Vice Chancellor, National University of Educational Planning and Administration, Delhi. Also present are Dr. Sangeeta Bhatia, Principal New State Academy Pitampura and Mr. Pathak from SSC Bhopal

## Address of Honourable Former President, Shri APJ Abdul Kalam at 15th National Conference of Sahodaya School Complexes, Bhopal

*Shri APJ Abdul Kalam, Former President of India, a Scientist par excellence and a visionary thinker addressed the conference on December 11, 2008. He presented some extremely motivating thoughts for the principals to ponder upon. Here we are reproducing the entire inspiring speech of this great educationist and philosopher.*



Former President Sh. APJ Abdul Kalam addressing the audience at 15th National Conference of Sahodaya Schools Complexes at Bhopal

Dear Principals, let us discuss for few minutes on dynamic school. Please look at the various dimensions and add or modify the dimensions based on your experience and requirement. Now, let me visualize a dynamic school system, how will it be?

### Dynamic school

1. A school that radiates greatness by teaching capacity of the teachers.
2. A school is great because creativity is bubbling everywhere.
3. A school is great, because it cherishes the learning environment with library, internet, e-learning and creative laboratories.
4. A school is great, because it creates and generates students with confidence that **"I can do it"** that in-turn will generate the team spirit that **"We will do it"** and **"India will do it"**.
5. A school is great because it has teachers who lead a unique way of life with purity and become role models for the students and develop them as enlightened citizens.
6. A school is great because it has the capacity to teach all students to succeed.

7. A school that generates creativity among all students irrespective of whether they belong to arts or science stream.
8. A school is great, that generates alumni who cherish that they belong to this school.

### Teacher of Teachers

When I see the principals from different parts of the country, I look at you dear friends, as one integrated system of education, system of learning and system of knowledge. The seeds of peace in the world have their origin in the righteousness *present* in the heart of every individual. Such righteous citizens lead to the evolution of enlightened society. Education with value system has to be so designed that the righteousness in the heart is developed in young minds. That should be the mission of education. The prime learning environment is five to seventeen years of age for over 25,000 hours. This reminds me of an ancient Greek teacher's saying, *"Give me a child for seven years; afterwards, let God or devil take the child. They cannot change the child"*. This indicates the power of great teachers and teacher of teachers. True education is the acquisition of enlightened feelings and enlightened powers to understand daily events and to understand the permanent truth by linking citizen, to his environment, human and planetary. I would like to quote from the great philosopher Dr. S. Radhakrishnan particularly for the benefit of students and teachers - *"The sense of human need is there and the teacher can satisfy it by giving to the youth an idea of the fundamental power and worth of man; his spiritual dignity as man, a supra-national culture and an all embracing humanity."*

Let us now hear the tribute given by the great teacher Albert Einstein to his teacher: *"The ideals which have lighted my way, time after time, have given new course to face life cheerfully*

*have been kindness, beauty and truth"*. This is the mission of teacher. By nature if the student has studied in a particular school they cherish the memories. For example, in the institution the teacher belongs, have created 100s and 1000s of alumni depending upon the school strength. The successful alumni remembers the school with veneration and desires to give back. The schools need to create an opportunity, like IIT and other institutions.

### Teachers who love teaching

I just see a scene in a school having about 50 teachers and 750 students headed by a Principal. It is simply a place of beauty for creativity and learning. How is it possible? It is because the school management and the Principal selected the teachers who love teaching, who treat the students as their sons, daughters, grand-sons or grand-daughters.

The children see the teacher, as a role model in teaching and how always they look pious through their daily way of life. Above all I see an environment in which there is nothing like a good student, average student or poor student. The whole school and teacher system is involved in generating students who perform the best. As an example, I recall my teacher Shri Sivasubramania Iyer who taught me, when I was ten year old boy, how the birds fly, in the class room and later by taking us to the sea shore to give practical example. The way he taught, gave me what to dream in life and what should be the pattern of education which I have to follow and above all what should be the traits I should possess based on teachers life both inside the class room and in the village. This race of teachers and teacher of teachers should multiply.



## Vision for the School

Vision-Does it reflect a school having a big building, having a big laboratory or having a big infrastructure? Not at all. Great schools will have great teachers who love teaching and with great vision. The vision should be to make a beautiful school, generating righteous youth, happy youth who are professionally sound and morally upright. Hence, it should generate quality youth who are an asset to the nation. Can the Schools create a Pandit Jawaharlal Nehru, Nobel Laureate CV Raman, a great mathematician Ramanujan, a great pain remover Mother Theresa, a great economist Amartya Sen or a Poet Bharathiar? Can we generate the environment needed for promoting the creativity leading to development of such type of personalities by the school?

I visualize a principal in Sahodaya school far away from the city from district headquarters - close to the village panchayats. As soon as the Principal takes over the school, Principal has to plan with the assumption that he is going to be in the school for at least 7 years. Principal has to decide the positive changes that he would like to bring about for the development of the school into a great institution within that period. Normally people-will be discussing the performance of the school in terms of percentage of passes with distinction. 100% will be considered outstanding. 90% very good, 80% good. This is the present method of evaluation of the schools by the parents, by the govt by the management. I feel that there is a need for paradigm shift in thinking in the evaluation process.

According to me, the best school is one where the students complete the school up to 10+2 after 25000 hours of education in the campus. The student has to become fullfledged

responsible citizen for the nation who will be able to realize his dreams and not be frightened of any problem. He should be groomed to be physically fit, academically sound with capacities for research and inquiry, innovation, use of high technology, moral and entrepreneurial leadership. He should be emotionally mature and spiritually awakened. For nurturing such an individual, what is the role and what should be the vision of the principals. Principals should have a one line statement of vision *"my vision is to give to the student's all-round capability that is always creative, observant, aim to acquire knowledge continuously leading to the generation of an excellent performer with sterling character built with the unique tradition of the school"*. In this process, the education system has to develop the five minds as described in the book "Five Minds" for the future by Howard Gardner.

- a) **The Disciplinary Mind:** Mastery of mind in different schools of thought including science mathematics and history and proficiency in at least one professional craft.
- b) **The Synthesizing Mind:** Ability to integrate ideas from different disciplines



Former President Sh. APJ Abdul Kalam with Sh. Vineet Joshi Chairman and Secretary CBSE singing National Anthem at 15th National Conference of Sahodaya Schools Complexes at Bhopal

or spheres into a coherent whole and to communicate to others.

- c) **The Creative Mind:** Capacity to uncover and clarify new problems, questions and phenomenon.
- d) **The Respectful Mind:** Awareness of and application for differences among human beings.
- e) **The Ethical Mind:** Fulfillment of one's responsibility as a worker and a citizen.

To develop these five minds, one need not change the syllabus of the school. The culture of the school and vision of the school and the teacher's way of life will imbibe these five minds among the students.

### Dynamics of Smile

When we see a child, we see the innocent smile of the child. When we come across, the child in the Primary School, the smile is reduced, since the child has to carry a heavy school bag. When we see the child in their teens, their smile slowly fades away and the sign of concern appears. This is because of the anxiety about the future. When they complete their education, the question uppermost in their mind is, what will I do after my education? Will I get an employment? Will I get a proper employment? Can the Principals see this dynamics of smiles of the child and preserve the smile in their faces when they complete their school education. The Student should be confident that "he can do it", the student should have the self esteem and the capability to become an employment generator rather being an employment seeker. This transformation can only be brought about by a Principal who has a vision to transform, who has the ability to take risk against all challenges, who is a good listener, who is a good innovator, who maintains a cordial inter-

personal or intrapersonal relationship and who has the ability to carry the parents, community, media and the teachers for accomplishing the vision of generating an enlightened citizen for the nation. Now let me share my views of an ideal principal.

### An ideal principal

Some time back, I met a Principal who have become a role model to all his students. I asked the Principal what was the secret of his success. He told me the following:

- a) He has been able to adapt himself to the age of the student.
- b) As a Principal, he makes sure that he also takes two to three classes per week.
- c) He considers that he is a teacher first and a Principal later.
- d) He practices everything he expects his students to do. His real life itself is a medium to the students.
- e) He ensures transparency in all his transactions and treats all students alike, irrespective of their religion, caste, language and economic status.
- f) He has foresight and visualizes the student's growth in long term perspective.
- g) During the 11 years of his tenure, he has ensured that at least 2000 students who were average performers have been groomed to excel in their studies.

I am sure many Principals assembled here would reflect these characteristics and also add few more important traits.

Let me now discuss with you about the importance of Knowledge.

## Knowledge and its components

Principals have to consider at the end of education what the students will be carrying with them. They should carry knowledge. Knowledge has three components, creativity, righteousness and courage. That the combination of these characteristics can generate enlightened citizens. Let us look at the first component creativity:

### Creativity

*"Learning gives creativity  
Creativity leads to thinking  
Thinking provides knowledge  
Knowledge makes you great"*

The next component of knowledge is righteousness. The power of Righteousness is described in a divine hymn, which is as follows:

### Righteousness

*Where there is righteousness in the heart  
There is beauty in the character.  
When there is beauty in the character,  
There is harmony in the home.  
When there is harmony in the home,  
There is order in the nation.  
When there is order in the nation,  
There is peace in the world.*

Who will give the righteousness, only three people can give. Who are they? They are: Father, Mother and a Primary School Teacher.

The third component is courage, which is defined as follows:

### Courage

*Courage to think different,  
Courage to invent,  
Courage to travel into an unexplored path, Courage  
to discover the impossible,  
Courage to combat the problems*

*and Succeed, Are the unique qualities of the youth.  
As a youth of my nation, I will work and work  
with courage to achieve success in all the missions.*

As Principals, you have to ensure that the system instills the courage in the minds of students. Hence friends, now you realize, knowledge is equal to creativity + righteousness + Courage. Now the Principals may like to see, how they can impart real knowledge among the students.

## Mission in Life

Dear friends, when I visualize the students whom you are grooming, I see in them great teachers, great Principals great doctors, great engineers, great social workers, great judges, and great political leaders. Let me share with you, what are the traits needed to accomplish these goals based on my experience.

I have seen three dreams which have taken shape as vision, mission and, realization. Firstly, space programme of ISRO (Indian Space Research Organisation), AGNI programme of DRDO (Defence Research and Development Organisation) and PURA (Providing Urban Amenities in Rural Areas) becoming the National Mission. Of course these three programmes succeeded in the midst of many challenges and problems. I have worked in these areas. I want to convey to you what I have learnt from these three programmes based on my personal experience.

- Wherever there is a dream in life, that transforms into a vision and vision takes shape as many missions.
- The necessity of high level thinking to transform the Vision into Missions.
- Acquisition of knowledge from all sources.



- d. Working and working without boundary conditions till the realization of the mission.
- e. Leader absorbs the failure and takes the responsibility and gives the credit for success to his team while executing the Mission.

I am sure, the principals assembled here will create leaders with these qualities from their schools which will be the greatest contribution of the principals in our national development missions.

## Conclusion

I have designed an eleven point oath for the teachers which I would like to administer to this important gathering of teachers of teachers.

## Eleven Point Oath for Teachers

1. *First and foremost, I will love teaching. Teaching will be my soul.*
2. *I realize that I am responsible for shaping not just students but ignited youths who are the most powerful resource under the earth, on the earth and above the earth. I will be fully committed for the great mission of teaching.*
3. *I will consider myself to be a great teacher for I can lift the average to the best performance by way of my special teaching.*
4. *All my actions with my students will be with kindness and affection like a mother, sister, father or brother.*
5. *I will organize and conduct my life, in such a way that my life itself is a message for my students.*
6. *I will encourage my students to ask questions and develop the spirit of enquiry, so that they blossom into creative enlightened citizens.*
7. *I will treat all the students equally and will not support any differentiation on account of religion, community or language.*

8. *I will continuously build the capacities in teaching so that I can impart quality education to my students.*
9. *I will celebrate the success of my students, with great elan.*
10. *I realize by being a teacher, I am making an important contribution to all the national development initiatives.*
11. *I will constantly Endeavour to fill my mind, with great thoughts and spread the nobility in thinking and action.*

My greetings to all the members of Sahodaya community.

I would suggest the Principals of Sahodaya Schools to adopt at least one government school in the region and provide them with quality education using the technological infrastructure and quality human resource during the off time or holidays of the school. My best wishes to all of you for success In your mission of developing enlightened citizens for the nation through good educational practices.

May God Bless you.

## Environmental Hygiene Awareness Campaign at AI - Falah English High School, Palakkad

**The Health Club Of AI - Falah English High School** in co-ordination with Thiruvegapura grama panchayath launched an Environmental Awareness campaign from 28th July to 2nd August in a unique manner. This was launched with great zeal and enthusiasm. This initiative was taken for the prevention and control of vector borne diseases. As it is rightly said "charity begins



*Students of AL Falah English high school Palakkad marching to spread awareness about prevention of vector borne diseases under Comprehensive Health Education Programme of CBSE*

at home" First of all std VIII student and teachers were empowered through training to disseminate messages in source vector control campaign during the monsoon. At the school level Health Awareness Programme was organized in co-ordination with Primary Health Centre giving more emphasis on preventive measure of Chikungunya, Dengue and Leptospirosis. Student made colourful posters highlighting the topic and visited 477 houses and distributed Pamphlets to educate people on the dangers of the diseases and suggest control measures is to be adopted.

### **Workshop on Question Papers organized by Palakkad District Sahodaya School Complex**

A one - day workshop was conducted by **Palakkad District Sahodaya School Complex** on 23rd August 2008, from 9.30 to 3.30 at Lakshmi Narayana Vidhya Nikethan, Palappuram, Ottapalam, Palakkad (Dt). About 400 teachers handling secondary and senior

secondary classes, from the 40 member schools of Palakkad District Sahodaya School Complex attended the workshop. 7 subjects were covered in this Programme. The classes were handled by Resource Persons from Chennai. Question Paper patterns for all subjects were discussed in detail. The faculty also clarified the various doubts raised by the participants in specific areas in different subjects. All the participants opined that it was very beneficial and interesting and it helped them to hone and update their teaching skills.

### **Sahodaya School Complex Amritsar launched, Anti Cracker drive**

Thousands of students of CBSE Schools under the aegis of Sahodaya Schools Complex Amritsar, launched a month long campaign in the city on '**Say No to Crackers**' with a view to create awareness about the environment pollution caused by crackers on Diwali. Seminars and meetings were organized by the Principals of Sahodaya Schools Complex Amritsar to sensitize the students of their respective schools about the harmful effects of bursting crackers. All students of Sri Guru Harkrishan Public Schools, D.A.V. Public Schools and other Independent Schools of Amritsar, Tarn Taran and Batala formed a human chain on Oct. 25, 2008 outside their respective schools decrying crackers. Apart from this, rallies were also taken out by the students who carried placards and banners creating awareness regarding pollution caused by crackers on Diwali. After Diwali, a survey was done in all schools and it was found that 35% to 40% students did not burst crackers this year. District authorities, NGO's and parents highly appreciated the efforts of Sahodaya Principals.



## Tree Plantation Drive at DAV Centenary Public School, Jind, Haryana

Under the **"Each One Plant One"** campaign Tree plantation drive was launched in D.A.V. Centenary Public School, Jind on 14th Nov 2008. Several other activities were also held at this occasion including the following :

- Placards shown by students depicting hazards of environmental pollution.
- Collage Competition on the theme **"Green Earth: Clean Earth"**
- Poem Recitation.

The celebration was a part of the school's efforts to sensitize the students about their responsibilities towards the environment. The principal administered an oath to the members of the school Eco club to plant trees and to preserve and protect the environment. He also stressed the need to maintain pollution free



*NCC Cadets participating in tree plantation drive at DAV Centenary Public School, Jind, Haryana*

environment to make the atmosphere conducive for growing plants and all other creatures including human beings. This may prove a step towards controlling the grave environmental concerns like desertification and deforestation. The day concluded with other activities marking the birthday of CHACHA NEHRU.

## Silver Line School, Ghaziabad observed Green Week : A Cherishable Movement

The students of **Silver Line School**, Ghaziabad presented educative and informative data on judicious use of natural resources. Various clubs of the school such as Eco-Club, G.K. Club and Science Club also presented some creative items to convey the green message *"Not to touch the beauty of nature as it touches our heart."* The highlight of the programme was a play *'Zameen Se Jude Hum'* presented by the theatre club, which depicted the plight of farmers lured by the greedy builders to sell off their land.

## Tree Plantation Programme at DAV Centenary Public School, Rohtak

D.A.V. Centenary Public School, Rohtak organised a *'Tree Plantation Drive and Started Eco and Health Clubs'*. It was a dynamic step taken by the school under the patronage of State Bank of India. The main motive of this drive was to enlighten the students about the ill effects of Global Warming and how essential it is to plant the trees.





*Teachers and students planting a ficus plant  
at DAV centenary Public School, Rohtak*

## Paper Recycling Centre at St. Mary's School, Dwarka

'Reuse and recycle' is the slogan at St. Mary's School, Dwarka waste paper is collected from all the classes and sent for recycling at our recycling plant, where the students also learn the process. Eco-Club of the school monitors the recycling activities. The recycled papers is used to create files, folders, greeting cards and invitations etc. in the school.

### The Recycling Process

#### Requirements

- Paper
- A blender / mixer
- Five cups of water
- A big square pan (or a large dissection tray) that's at least 3 inches deep.
- A piece of window screen (mesh / sieve / jati) that fits inside the pan.
- A flat piece of wood the size of a newspaper's front page.
- A measuring cup

#### Methodology

STEP 1: Tear the paper into small pieces. Soak them for 10 - 12 hours in water.

STEP 2: Put the soaked paper into the blender / mixer. Close the blender with its lid.

STEP 3: Switch on the blender / mixer for a few seconds till the paper is turned into pulp.

STEP 4: Pour the blended paper pulp into a measuring cup. Put the screen into the pan. Pour one cup of blended paper pulp over the screen. Spread the pulp evenly in the water with your fingers.

STEP 5: Lift the screen and let the water drain. Place the screen with the pulp on one side of the fabric.

STEP 6: Place the wooden board on top of the fabric and press to squeeze out excess water. Open the fabric and take out the screen.

STEP 7: With the help of pins, the fabric is dried in the shade.

## Cracker Free Diwali at DAV Public School, Patiala

**Eco Club, DAV Public School, Patiala** celebrated Diwali in a different manner this year. Students resolved not to burst crackers and instead used the saved money for distributing sweets and fruits to deaf and dumb students of a neighbouring school. Eco club members carefully watched the process of making candle by those deaf and dumb students during the visit. An exhibition of candles made by deaf and dumb students were organised at DAV Public School, Patiala during Diwali celebrations.



*Students of ECO Club of D.A.V. Public School, Patiala raising slogans against burning crackers during Anti Cracker Rally on Diwali Celebrations*

Students helped them by purchasing their beautiful candles.

100 students of the school also participated in an Anti-Cracker Awareness Rally in the form of Human chain and raised slogans like ‘ Say No to Crackers’, ‘Celebrate Diwali by lighting Diyas and not by bursting Crackers’, ‘Burning Crackers means Burning Money’ etc. The club also organised a Slogan Writing Competition on ‘Cracker Free Diwali’ in which 340 students participated.

### **Aadharshila Vidyapeeth, Pitampura organised a Plantation Drive**

Eco Club of Aadharshila Vidyapeeth, Pitampura works tirelessly to involve students in various activities related to conservation of environment on August 15, 2008. Students of primary classes got the golden opportunity to plant saplings in the school. Students planted the tender plants and later watered them. It was an enriching first hand experience for the children.



*Students of Primary wing of Aadharshila Vidyapeeth, Pitampura planting a tree under Eco Club Activities*

### **Eco-Friendly Diwali at Nav Bharti Public School, Pitampura**

Taking forward the last few years tradition, the Eco-Club of **Nav Bharti Public School**, Deepali, Pitampura, Delhi organised the ‘Anti-Crackers Drive’ to create an awareness among the students about potential hazards of bursting Crackers.

The event began with a ‘Street play’ highlighting the harmful effects of bursting crackers. Followed by it was a melodious song presented by the tiny tots of the school, which suggested the alternatives to burning crackers. There after, the hazards of bursting crackers were explained to the students.

The highlight of the day was a Mass Rally on ‘**Anti Crackers Drive**’. Students along with their teachers took out an awareness rally in and around, Pitampura and requested the residents of the area to celebrate a cracker free Diwali. Students raised slogans in favour of celebrating pollution free Diwali. The event came to an end with the students taking a



*Eco-Friendly Diwali at NAV Bharti Public School,  
Deepali, Pitampura, Delhi*

pledge to celebrate the festival of lights without creating pollution.

## World Ozone Day Celebration at Dalmia Public School, Gujarat



*World Ozone Day Quiz at Dalmia Public School,  
Sanjay Nagar, Sutrapada, Gujarat*

Dalmia Public School, Sanjay Nagar, Sutrapada, Gujarat celebrated the World Ozone Day on September 16, 2008. Slogan Writing Competition, Quiz Competition, Speeches, Poetry and Drama were held to make the people aware with their responsibility to protect the Earth and World.

## Tree Plantation Ceremony at Sliver Oak International School, Hoshiarpur

**SliverOakInternationalSchool** organised a Tree Plantation Ceremony to create awareness about the environment. Junior Students planted Saplings of different kind in the school and various other activities related to environment were also organised by senior students.



*Tree Plantation at Silver Oak International School, Hoshiarpur, Punjab*

*Exercise is good for your  
Mind  
Body  
and soul*

*– Susie Michelle*



## Central Board of Secondary Education Organises National Level Science Exhibition-2008

In order to provide opportunity and common platform to students to express their creativity and originality, promote their interest in learning of Science and make them aware about wider role of Science and Technology in everyday life, the Board organized Regional level and National level Science Exhibitions 2008 for the students of CBSE affiliated schools in the country. The theme of Science Exhibition this year was Science and Technology and Planet Earth. Six related Sub-themes were:

- **Water Management**
- **Agriculture and food**
- **Energy resources**
- **Disaster Management**
- **Mathematical Modeling**
- **Educational technology**

A total of about 1000 schools from different parts of the country participated in the Regional



*Shri A.K. Rath, interacting with the students in the Science Exhibition. Also seen are Mr. Vineet Joshi, CM and Secretary, CBSE and Sh MC Sharma, controller of Examinations, CBSE*

level Science Exhibitions organized by the Board at 12 different venues in the country.

On the basis of pre-decided parameters, 15 best exhibits were selected from every venue by a team of subject experts. These parameters included scientific thought, technical skill, investigatory element, presentation and cost effectiveness. These selected projects and schools were invited to participate in the National level Science Exhibition.

The National Level event was organized by the Board at Springdales School, Pusa Road on 18th and 19th Oct., 2008. 178 schools from all over the country and overseas, who had been selected at the Regional level exhibition, participated in the national level event. Besides inviting the students and parents of the host school, a large number of other schools were also invited to visit the Exhibition and get benefited from the work done by the participating schools. 20 Best projects/Models were selected by panel of subject experts. These exhibits/schools were nominated to take part in Jawahar Lal Nehru National Science



*Shri A.K. Rath, IAS, Secretary (SEandL) MHRD alongwith Shri Vineet Joshi, IAS, Chairman and Secretary, CBSE, alongwith Mrs. Ameeta Wattal, principal, Springdales, Pusa Road taking a round of Science Exhibition*

Exhibition for children organised by National Council of Research and Training Delhi at Solan, Himachal Pradesh.

The National Level Science Exhibition was inaugurated by Shri. A.K. Rath, IAS, Secretary, Deptt. of School Education and Literacy, MHRD, Govt of India. Speaking on the occasion, Shri A.K. Rath highlighted the rich contribution made by Indians in the field of Scientific and Mathematical thought. He appreciated the enthusiasm and interest of the participating teams who had come from all over the country. He also shared the recent initiatives taken by Govt of India to promote Science and Mathematics education in the country. Shri Rath also expressed his hope and faith in the young brilliant minds who can help India play a leading role in knowledge based

economy. Chairman CBSE, Shri Vineet Joshi highlighted the academic initiatives taken by the Board in the recent past to popularize and strengthen Science and Mathematics education in its affiliated schools. He appreciated the sincere efforts made by the school to create wonderful ambience for holding a national level event of this magnitude.

Mr. Deepak Pantel, Vice Chancellor, Delhi University was invited to bless the participants in the Valedictory function of the two day event. Having visited the exhibits and interacted with the students, he appreciated the original and creative work done by the participating teams. He also presented Certificates of merit and a cash award of Rs.3000/- each to the winning team of 20 best models.



*"As many of us are all too aware, the environment in which today's children are growing up poses enormous challenges to their healthy development and learning... It is becoming increasingly urgent for educators to begin to confront the special challenges that these "socially toxic" times create for children, and schools. and, despite the heavy burden it places upon us and the absence of simple fool-proof solutions, we need to put our energy into trying to counter-act the negative effects and promote healthy and effective learning."*

**Diane Levin**

*Walking is the best possible exercise. Habituate yourself to walk very far*

**– Thomas Jefferson**

## क्षेत्रीय कार्यालय में सम्पन्न हिन्दी पखवाड़ा – एक रिपोर्ट

केन्द्रीय माध्यमिक शिक्षा बोर्ड, क्षेत्रीय कार्यालय दिल्ली में 14 से 28 सितम्बर, 2008 तक हिन्दी पखवाड़ा मनाया गया। इस कार्यक्रम के अंतर्गत चार प्रतियोगिताओं-हिन्दी निबंध, कविता पाठ, सुलेख, टिप्पण व प्रारूप लेखन का आयोजन किया गया जिसमें क्षेत्रीय कार्यालय दिल्ली के लगभग 64 अधिकारियों/कर्मचारियों ने उत्साहपूर्वक भाग लिया। इस वर्ष इस संख्या का लगभग 64 तक पहुंचना इस बात का द्योतक है कि बोर्ड में सभी अधिकारियों/कर्मचारियों की हिन्दी में कार्य करने के प्रति इच्छा उत्तरोत्तर बढ़ रही है।



दिनांक 29 सितम्बर, 2008 को हिन्दी पखवाड़ा कार्यक्रम का समापन समारोह आयोजित किया गया। इस अवसर पर क्षेत्रीय कार्यालय दिल्ली के क्षेत्रीय अधिकारी, व सभी अन्य अधिकारी व कर्मचारी भी उपस्थित हुए। हिन्दी पखवाड़े के दौरान आयोजित

केन्द्रीय माध्यमिक शिक्षा बोर्ड क्षेत्रीय कार्यालय, दिल्ली में सम्पन्न हिन्दी पखवाड़े में कर्मचारी एवं अधिकारी गण भाग लेते हुए

प्रतियोगिताओं के सभी विजेताओं को क्षेत्रीय अधिकारी महोदय द्वारा नकद पुरस्कार एवं प्रशस्ति पत्र प्रदान किए गए। पुरस्कार वितरण के अवसर पर क्षेत्रीय अधिकारी महोदय ने बोर्ड के अधिकारियों और कर्मचारियों को संबोधित करते हुए कहा कि उन्हें क्षेत्रीय कार्यालय, दिल्ली में हिन्दी के प्रति रुचि तथा सकारात्मक वातावरण को देख कर बहुत खुशी हो रही है परन्तु यह प्रयास तभी सार्थक होगा जब बोर्ड के अध्यक्ष महोदय द्वारा हिन्दी में अधिक कार्य करने के संबंध में जारी अपील के अनुरूप सभी अधिकारी/कर्मचारी अपना अधिक से अधिक कार्य हिन्दी में ही करने का प्रयास करेंगे।

हिन्दी पखवाड़े के दौरान आयोजित विभिन्न प्रतियोगिताओं के परिणाम एवं उनमें पुरस्कार प्राप्त करने वाले कर्मचारियों का विवरण :-

क्रमांक	प्रतियोगिता	विजयी प्रतियोगी का नाम	परिणाम	पुरस्कार राशि
01	हिन्दी निबंध प्रतियोगिता	श्री नीरज नेगी	प्रथम	1000
		श्री निशान्त कुमार	द्वितीय	800
		श्री जगदीश सिंह	तृतीय	600
02	टिप्पण एवं प्रारूप लेखन प्रतियोगिता	श्री नीरज नेगी	प्रथम	1000
		श्री सुन्दर शेरवाल	द्वितीय	800
		श्री जगदीश सिंह	तृतीय	600
03	सुलेख एवं श्रुतलेख प्रतियोगिता (केवल चतुर्थ श्रेणी कर्मचारियों के लिए)	श्री विनोद कुमार	प्रथम	1000
		श्री नरेश चन्द	द्वितीय	800
		श्री अशोक कुमार	तृतीय	600
04	हिन्दी कविता प्रतियोगिता	श्रीमती दीपा	प्रथम	1000
		श्रीमती सुदेश	प्रथम	1000
		श्रीमती सुनीता पोपली	द्वितीय	800
		श्रीमती सुनीता कश्यप	द्वितीय	800
		श्रीमती अनीता गोयल	तृतीय	600



## शुद्ध हिन्दी लिखें - एक पाठकीय दृष्टिकोण

श्री गगनेन्द्र कुमार केडिया

आधुनिक शिक्षा प्रणाली में व्याकरण की प्रमुखता समाप्त हो गई है। व्याकरण भाषा की रीढ़ है। यदि व्याकरण की नींव कमजोर होगी तो भाषा का भवन धराशायी हो जाएगा। व्याकरण के अज्ञान के कारण, बोलने और लिखने में, हिन्दी भाषा के साथ जो व्यभिचार हो रहा है, उसके अनगिनत उदाहरण प्रतिदिन समाचारपत्रों एवं पत्रिकाओं तथा अन्य वार्तालाप और लेखन में मिलने रहते हैं। यह अत्यन्त चिन्तनीय एवं शोचनीय है।

### कारक

हिन्दी व्याकरण का एक प्रमुख विषय है कारक जो कुल सात होते हैं। यह व्याकरण में संज्ञा और सर्वनाम शब्द की वह अवस्था या रूप है, जिसके द्वारा किसी वाक्य में उसका क्रिया के साथ संबंध प्रकट होता है। इसका प्रयोग संज्ञा या सर्वनाम शब्द के ठीक बाद होना चाहिए। हिन्दी में कारक कुल सात होते हैं, जिनके अलग-अलग चिह्नाक्षर इस प्रकार हैं-

कर्ता-‘ने’, कर्म ‘को’, करण ‘से’, सम्प्रदान ‘के लिए’ और ‘को’, अपादान ‘से’, संबंध ‘का’ और अधिकरण का ‘में’ और ‘पर’। इनका ज्ञान न होने से कैसी भूलें हो रही हैं, इसके कुछ उदाहरण देखें जो सभी समाचार पत्रों से लिए गए हैं।

### ‘ने’ (कर्ता) का अशुद्ध प्रयोग

1- बलराम यादव जो सम्मेलन में भाग लेने दिल्ली गए हैं, ने अपना इस्तीफा पहले ही दे दिया था। ने का प्रयोग बलराम यादव के बाद होगा।

2- तामिर महमूद जो राष्ट्रीय अल्पसंख्यक आयोग के अध्यक्ष रह चुके हैं, ने भी इसे गलत बताया। ने भी ताहिर महमूद के बाद लिखा जाएगा।

3- राजीव गांधी जिनके पास प्रतिरक्षा मंत्रालय भी था, ने इसे अनुमोदित कर दिया। ने राजीव गांधी के बाद लिखा जाएगा।

### ‘को’ (कर्म) का अशुद्ध प्रयोग

1- अडवाणी ने अनुभव किया कि पाकिस्तान विरोधी भावभंगिमा जिसने मुस्लिम विरोधी भावना का रूप ले लिया है को अपनाए रखकर भाजपा आगे नहीं बढ़ सकती। को का प्रयोग भावभंगिमा के बाद होगा।

2- उनके एक रिश्तेदार जो सरकार में मंत्री भी हैं को सरकार ने सुरक्षा प्रदान की है। को रिश्तेदार के बाद लिखा जाएगा।

### ‘का’ (संबंध) का अशुद्ध प्रयोग

भारत जो कि सियाचिन से कराकोरम पर निगाह रखता है, का लाभ समाप्त हो जाएगा। का भारत के बाद लिखा जाएगा।

### ‘में’ (अधिकरण) का अशुद्ध प्रयोग

1- उ.प्र. जो भाजपा का गढ़ माना जाता था, में भी राजग की दुर्गति हुई। में उ.प्र. के बाद लिखा जाएगा।

2- अमेरिका, जहां ऋण सबसे आसानी से उपलब्ध होता है, में भी यह व्यवस्था कारगर नहीं है। में भी अमेरिका के बाद लिखा जाएगा।

3- उस जमाने में बुढ़वा मंगल के पटेले, जो गंगा में सजा करते थे, पर गायन होता था। पर का प्रयोग पटेले के पश्चात होगा।

### ‘के लिए’ (सम्प्रदान) का गलत प्रयोग

“वसीम जाफर जो लगातार असफल हो रहे हैं के लिए दल से हट जाना उचित है।” के लिए वसीम जाफर के बाद लिखा जाएगा।

### लिंग के अशुद्ध प्रयोग

1- जनसंघ का गठन जिसने पहले ही निर्वाचन में मान्यता प्राप्त कर लिया था। लिया था के स्थान पर ली थी होगा।

2- उसने कभी तरजीह नहीं दिया। दिया नहीं, दी होगा।

3- सोनिया गांधी के लिए कांग्रेस अध्यक्ष लिखा जाता है। लिखा जाना चाहिए अध्यक्ष। हिन्दी में दो ही लिंग होते हैं- पुल्लिंग और स्त्रीलिंग। अंग्रेजी में “कामन जेन्डर” (उभयलिंग) और “न्यूटेरी जेन्डर” (निर्जीव लिंग) भी होता है। पर हिन्दी को इनकी आवश्यकता नहीं है। निर्जीव वस्तुओं (“कुर्सी अच्छी है”, “पंखा अच्छा है”) का भी इन्हीं दो लिंगों में निर्धारण किया गया है। यही स्थिति उभयलिंग की भी है। अंग्रेजी में अध्यक्ष के लिए पुल्लिंग में “चेयरमैन” और स्त्रीलिंग में “चेयरवूमन” है। उभयलिंग में “चेयरपर्सन” शब्द भी है जिसकी हमें कोई आवश्यकता नहीं है।

श्री गगनेन्द्र कुमार केडिया वाराणसी में मुक्त लेखक के रूप में स्थापित हैं। डी. 63/10, महमूरगंज, वाराणसी-221010

दूरध्वनि-2220387-2220389

4- “बरेली प्रियंका का जन्मस्थली है।” जन्मस्थली स्त्रीलिंग है, अतः की होगा।

5- “दोनों जोड़ियाँ टकराते हैं।” जोड़ियाँ स्त्रीलिंग है। अतः टकराती हैं होगा।

हिन्दी में उभयलिंगी शब्दों जैसे तुम, हम, वे आदि के लिंग का ज्ञान क्रिया से हो जाता है। तुम अच्छे हो या तुम अच्छी हो। वह जा रहा है या वह जा रही है। वे आ रहे हैं या वे आ रही हैं। अंग्रेजी में क्रिया के शब्द लिंग के अनुसार परिवर्तित नहीं होते। “यू आर गोइंग” उभयलिंग है। इससे स्त्री या पुरुष का ज्ञान नहीं होता। यही स्थिति “वी आर गोइंग” और “दे आर कमिंग” की है। जैसे वह के लिए “ही” (पुल्लिंग) और “शी” (स्त्रीलिंग) अलग-अलग शब्द हैं वैसे “यू”, “वी” आदि के लिए नहीं हैं। न ही क्रिया शब्दों से ही इसका ज्ञान होता है जैसे – वह करता है-वह करती है, तुम जाते थे-तुम जाती थी, हम खाते हैं-हम खाती हैं। वचन का ज्ञान भी अनुस्वार के द्वारा हो जाता है जैसे-खाता है-खाते हैं।

## रेफ का प्रयोग

(रेफ) का भी बहुत अशुद्ध प्रयोग होता है। इसका सर्वप्रचलित उदाहरण है-आशीर्वाद को आशीर्वाद लिखना। रेफ वा पर होगा शी पर नहीं। इसी प्रकार अर्पण का अपर्ण, विसर्जन का विसर्जन, सर्वोदय का सर्वोदय आदि अनेकानेक उदाहरण हैं। जिस अक्षर के बाद आधा र बोलना होगा, उसके बाद वाले अक्षर पर रेफ लगेगा।

यही स्थिति व्याकरण के अन्य प्रकरणों की भी है।

## उच्च शिक्षा

उच्च-शिक्षा यथा स्नातकोत्तर, कानून, औषधशास्त्र (मेडिकल), प्रौद्योगिकी (आई.आई.टी.) इत्यादि के लिए हिन्दी में ग्रंथ तैयार करें। इनमें तकनीकी शब्दों का अनुवाद न करके, उनके मूल रूप में ही, देवनागरी में लिखने से विषय को समझना अति सहज होगा। तकनीकी शब्दों का अनुवाद इतना दुरूह होता है कि न तो बोधगम्य होता है, न ही उन्हें सरलता से हृदयंगम करना संभव होता है। उच्चशिक्षा के बिना हम जीवन में उन्नति नहीं कर सकते और हिन्दी में उसकी कोई तैयारी नहीं है। अतः सभी समर्थ परिवार अपने बच्चों को अंग्रेजी माध्यम से निजी विद्यालयों में आरंभ से ही पढ़ा रहे हैं। सरकारी विद्यालयों और निजी विद्यालयों की गुणवत्ता में भी जमीन-आसमान का अंतर है। अब तो केन्द्र सरकार भी कक्षा एक से ही अंग्रेजी को अनिवार्य विषय बनाने वाली है। यह एक प्रतिगामी, किन्तु वर्तमान में अपरिहार्य कदम है। जब तक हिन्दी में उच्च शिक्षा

के लिए सरल एवं सुबोध पाठ्यग्रंथ तैयार नहीं होंगे, अंग्रेजी से बचा नहीं जा सकेगा। बड़ी हास्यास्पद स्थिति होती है जब घर में बच्चों को हिन्दी शब्द का अर्थ, अंग्रेजी शब्द के द्वारा बताना पड़ता है। आई.आई.टी., आई.आई.एम. आदि की परीक्षाएं उत्तीर्ण करने वाले छात्रों को घर बैठे लाखों रुपयों की नौकरी मिल जाती है। पर आज यह शिक्षा अंग्रेजी माध्यम के बिना संभव नहीं है। क्या कभी हिन्दी इस धरातल तक पहुंच सकेगी या हिन्दी-प्रेमियों के स्वप्न दिवास्वप्न बन कर ही रह जाएंगे ?

## कुछ हास्यास्पद उदाहरण

“लालू प्रसाद ने ऐसा करना चाहते हैं।” इसमें ने नहीं होगा।

“सरकार को समर्थन करेगी।” सरकार का समर्थन करेगी या सरकार को समर्थन देगी होना चाहिए।

“सरकार को पक्ष में खड़े होना चाहिए।” खड़ा होना चाहिए होगा क्योंकि सरकार एकवचन है।

“हाईकोर्ट को अधिकारिता है।” सीधे-सीधे अधिकार होना चाहिए।

“गंभीर रूप से घायल एक छात्रों को आई.सी.यू. में भर्ती कराया गया।” ‘एक छात्र’ होगा या केवल “छात्रों” को। एकवचन और बहुवचन दोनों एक साथ कैसे होंगे?

विरोध के लिए उर्दू के शब्द “मुखालफ़त” का बहुत प्रयोग होता है। पर लोग “मुख़ालफ़त” के स्थान पर “ख़िलाफ़त” लिख-बोल देते हैं जो अशुद्ध है। “ख़िलाफ़त” खलीफा के संबंध में चलाए गए आन्दोलन के लिए है। इसका अर्थ “विरोध” नहीं होता।

बोलचाल की भाषा में हम नित्य कहते हैं “मेरी भी चाय बना दो”। चाय तो दूध-पानी की बनेगी। हमें बोलना चाहिए “मेरे लिए भी चाय बना दो।”

इसी प्रकार “तुम्हारा टेलीफोन आया है” के स्थान पर बोलना चाहिए “तुम्हारे लिए टेलीफोन आया है।”

हम पूछते हैं “देखिए खाना कैसा बना है?” इसका उत्तर खाना खाकर दिया जा सकता है, देखकर नहीं। बोलना चाहिए “खाकर बताइए खाना कैसा बना है ?

‘अनेक’ एक का बहुवचन है। पर लोग घड़िल्ले से ‘अनेकों’ का प्रयोग करते हैं। बहुवचन का भी बहुवचन कैसे होगा?

“कृपा” और “अनुग्रह” का अन्तर कितने लोग जानते हैं? अयाचित अनुकम्पा “कृपा” होती है। याचना के पश्चात की गई अनुकम्पा ‘अनुग्रह’ होती है।

“इष्टदेव” और “अनिष्टदेव” में क्या अन्तर है? राम, कृष्ण आदि इष्टदेव हैं। ये अप्रसन्न या रुष्ट होने पर भी किसी का अनिष्ट नहीं करते। पर शनी, राहु, केतु आदि ग्रह रुष्ट होने पर अनिष्ट भी कर देते हैं।

## अच्छी हिन्दी

हिन्दी के साथ यह जो कुछ हो रहा है, अच्छा नहीं होता है। स्व. बाबू रामचन्द्र वर्मा ने पचासों वर्ष पूर्व एक पुस्तक लिखी थी “अच्छी हिन्दी”। उनके भांजे एवं सुप्रसिद्ध व्याकरण विद् एवं कोशकार डॉ. बद्रीनाथ कपूर को उस पुस्तक का आज के परिवेश में परिमार्जन एवं परिवर्द्धन करके तथा उसे अद्यतन करके प्रकाशित करना चाहिए। यह हिन्दी की बहुत बड़ी सेवा होगी। हिन्दी-प्रेमियों एवं हिन्दी की संस्थाओं को शुद्ध हिन्दी में बोलचाल एवं लेखन के प्रति ज्ञान एवं जागरूकता उत्पन्न करने के लिए गोष्ठियों एवं जागरण-समारोहों का आयोजन करना चाहिए। यदि शुद्ध हिन्दी के लिए ऐसे प्रयास नहीं किए गए तो यह और भ्रष्ट होती चली जाएगी।

## वाराणसी विकास प्राधिकरण के नामपट्ट

वाराणसी विकास प्राधिकरण ने स्थान-स्थान पर मार्गदर्शक एवं स्थान के परिचायक नामपट्ट लगाए हैं। इनमें तीन में मुझे भूलें मिलीं। इस संबंध में “जागरण”, “हिन्दुस्तान” और “गांडीव” में मेरे पत्र तो छपे ही, पूर्व आयुक्त एवं वाराणसी विकास प्राधिकरण के अध्यक्ष श्री सी.एन. दुबे को मैंने 5-6 पत्र भी लिखे और अनेक बार बात भी की। पर बिना इन्हें शुद्ध किए वे चले गए। क्यों ? क्योंकि उन पर भी अंग्रेजियत का भूत सवार था। खड़ी बोली के जनक भारतेन्दु हरिश्चन्द्र की जन्म एवं कर्मभूमि काशी के लिए यह कितना बड़ा कलंक है, इसका संज्ञान उन्हें नहीं था। ये भूलें इस प्रकार हैं-

1- भेलूपुर चौराहे पर लगे नामपट्ट में ‘हरिश्चन्द्र’ को ‘हरिश्चन्द्र’ लिखा है।

2- लक्सा के नामपट्ट पर ‘दत्तात्रय’ लिखा है।

3- आशापुर मार्ग पर ‘कृषि मण्डी समिति स्वागत करती है’ को ‘स्वागत करता है’ लिखा है। क्या वाराणसी विकास प्राधिकरण में कोई हिन्दी-प्रेमी है जो इन अशुद्धियों को ठीक करा दे ?

## हिन्दी के प्रचार-प्रसार के कुछ व्यावहारिक उपाय

दैनन्दिन के प्रयोग में ऐसी बहुत सी बातें हैं जिनका थोड़ा सा ध्यान रखने से हिन्दी के प्रचार एवं प्रसार में पर्याप्त प्रगति हो सकती है, यथा -

1- नामपट्ट हिन्दी में बनाएं।

2- कार्यालयों के पत्र व्यवहार की सारी लेखन-सामग्री (स्टेशनरी) हिन्दी में छपाएं।

3- बैंकों के चेक हिन्दी में लिखें। कम से कम उन पर हस्ताक्षर तो हिन्दी में करें।

4- चलचित्रों एवं दूरदर्शन के धारावाहकों की नामावली हिन्दी में दिखाएं।

5- चलचित्रों के नाम हिन्दी में रखें।

6- बोलचाल की भाषा में अंग्रेजी शब्दों का प्रयोग अत्यावश्यक होने पर ही करें। ऐसा ही लेखन में भी करें। जैसा आरंभ में लिख चुका हूँ, अपवादस्वरूप अंग्रेजी शब्दों का व्यक्तिवाचक संज्ञा के रूप में तो प्रयोग करना ही पड़ेगा, क्योंकि उनका सटीक अनुवाद नहीं हो सकता।

7- नाम जब संक्षेप में लिखें (इनिशियल्स) तो हिन्दी में लिखें। जैसे मुझे जी.के. केडिया न लिखकर ग.कु. केडिया लिखना चाहिए। आरंभ में कुछ अटपटा लग सकता है। पर निरन्तर प्रयोग करने पर अच्छा लगने लगेगा।

8- बच्चों के साथ या बड़ों के साथ हाय-बाय कहना बन्द करें। अंग्रेजी में शब्द है “एच आई” जिसका उच्चारण “हाई” होगा हिन्दी में अपभ्रष्ट होकर “हाय” हो गया। लगता है हाय-हाय कर रहे हैं। अंग्रेजी में ही बोलना आवश्यक हो तो ‘हाय’ से तो ‘हेलो’ श्रेष्ठ है। गुडमॉर्निंग के स्थान पर सुप्रभातम्, गुड इवनिंग के स्थान पर सुसंध्या एवं गुडनाइट के स्थान पर शुभ रात्रि कहें।

9- हिन्दी लेखन में अंग्रेजी के उद्धरण देवनागरी लिपि में लिखें।

10- हिन्दी के समाचारपत्रों एवं पत्रिकाओं में विज्ञापन हिन्दी में ही दें।

11- हिन्दी कार्यक्रमों के निमंत्रण पत्र हिन्दी में छापें एवं इन कार्यक्रमों में, जिनमें शत-प्रतिशत हिन्दी जानने वाले होते हैं, कार्यक्रम का संचालन भी हिन्दी में ही करें। संबंधित



प्रकाशन-सामग्री (लीफलेट, पैम्फलेट, प्लेकार्ड आदि) हिन्दी में ही तैयार करें।

12- हिन्दी चलचित्र एवं दूरदर्शन के पुरस्कार समारोहों का संचालन हिन्दी में ही करें।

13- जैसा ऊपर विस्तार से लिख चुका हूँ, उच्च शिक्षा एवं तकनीकी शिक्षा के लिए हिन्दी में ऐसे ग्रंथ तैयार करें जो अंग्रेजी ग्रंथों का स्थान ले सकें और उसका पठन तथा पाठन हिन्दी में संभव हो सके।

पाठक अपने अन्य सुझाव 'गांधीव' के माध्यम से मुझे प्रकाशनार्थ प्रेषित करें तो अनुग्रह होगा।

भारतेन्दु हरिश्चन्द्र ने लिखा था - “निज भाषा उन्नति अहे, सब उन्नति को मूल”। पर यह तभी संभव है जब हमारे मन में हिन्दी के प्रति अगाध श्रद्धा उत्पन्न हो और हम भारतेन्दु के उपरोक्त मंत्र को हृदयंगम कर लें। इस कार्य में 51 वर्ष बीत चुके हैं। अब और विलम्ब अपेक्षित नहीं है। सच्चे हिन्दी-प्रेमियों के लिए यह असह्य होना चाहिए और उन्हें बिना और समय नष्ट किए इस दिशा में अविलम्ब सचेष्ट एवं सक्रिय होना चाहिए।

इस लेख की भूलों, संशोधनों, परिमार्जन, परिवर्द्धन आदि के लिए आपके सुझाव सादर आमंत्रित हैं।



‘नियंत्रण’ मनुष्य के स्वास्थ्य को कभी भी नष्ट नहीं करता वरन् भावनाओं का अत्याधिक दमन ही इसे प्रभावित करता है।

एक वास्तविक स्वनियंत्रित व्यक्ति प्रतिदिन और अधिक सशक्त होता जाता है तथा यह उसे शांति से और अधिक शांति की ओर अग्रसर करता है तथा स्वनियंत्रण की दिशा में पहला कदम अपने विचारों पर नियंत्रण से आरम्भ होता है।

महात्मा गांधी 1937

### Wellness from Physical Perspective

*Entails.....*

- *Regular physical activity and good exercise and eating habits*
- *Appreciating the relationship between sound nutrition and how our body performs*
- *Recognition of the physical benefits of looking fit and feeling high as it lead to enhanced self esteem, self control, determination and sense of direction*

## CBSE Inter School (Cluster II) Table Tennis Tournament

**B.D. Memorial Institute** hosted the CBSE INTER SCHOOL TABLE TENNIS TOURNAMENT from October 20 to 22, 2008. The inauguration was held in the evening of October 19. Twenty Two schools from the three prominent states of India namely West Bengal, Jharkhand and Orissa participated in this mega event.

The winner in the Under 14 category for the boys was St.Xaviers School, Khandagiri, Orrisa. The winner in the Under 16 category for Boys was B.D. Memorial Institute. The school again emerged as the winner in the Under 19 category for Boys. The prizes for the Under 14 category for Girls went to MB Girls' Higher Secondary School. In the Under 16 category for Girls, Jermels' Acedemy, Siliguri won the first prize. In the under 19 category Central Model School emerged as the winner.



*Winner of Table Tennis Tournament cluster (II)*

A small cultural programme followed in which the students of the host school staged few dance performances on patriotic themes. The ceremony came to an end with the National Anthem.

## CBSE National Hockey Championship 2008

**Springdale Senior Secondary School, Amritsar** hosted CBSE National Hockey Championship 2008 from Nov. 29 to December 2, 2008 in which 40 schools from different parts of the country took part.

Opening Ceremony of CBSE National Hockey and Judo Championship 2008 was held at Police D.A.V. Public School, Amritsar. Chief Guest Mr Jagdish Sahni Principal Secretary to the Government of Punjab inaugurated the championship in the presence of Mr. M.V.V. Prasada Rao Joint Secretary Administration and Legal CBSE New Delhi. and Mr. Pushkar Vohra, AEO, Sports, CBSE.

### RESULTS

#### U-14 Boys

##### Winners :

Spring Dale Senior School, Amritsar,

##### Runners Up :

S.G.G.S. Khalsa Academy, Mehta

##### Third Position :

Mehta Gurukul Doraha Ludhiana

#### U-19 Boys

##### Winners :

Spring Dale Senior School, Amritsar

**Runners up :**

Bright Scholar Public School, Sonipat

**Third Position :**

Pooja Modern Public School, Haryana

Shri.Vineet Joshi, Chairman and Secretary CBSE who was present on the concluding day of the tournament had a very lively and spirited interaction with the teams of Judo and hockey from all over India on the final day. In his message to the sports persons he said that whenever they participate in the competitive sports, they must aim at winning. Participation for the sake of participation is not going to help them. Through his dialogue with young sports enthusiasts and their mentors, he shared a very useful life lesson that *we all must strive to excel in this fiercely competitive world*. He stressed upon the need of making sports an integral part of the curriculum. He added that sports burst stress and therefore facilitate academic learning. He also laid stress on understanding

the significance of sports and not ignoring sports for making the stay of the students in the school enjoyable.

**Sri Vidyapeeth Narketpally, andhra Pradesh hosted CBSE Cluster VII Table Tennis Championship 2008-09 held from 13th-15th Oct 2008.**

Around 28 Schools and 60 teams from Karnataka and Andhra Pradesh participated in the tournament. Sri. Mir Khasim Ali , Arujana Award Winner in Table Tennis 1969 was invited as Guest of Honour for the Inaugural Ceremony.

The campfire was organized on 14th Oct 2008 at 6.30 p.m. All the teams have participated in the Cultural Programme enthusiastically. Students showcased their talents.

Sri.S.M.Sultan, President (APTTA) was invited as the Chief Guest for the valedictory ceremony. He congratulated all the winning teams for their outstanding performance that



Shri.Vineet Joshi Chairman and Secretary CBSE with the Champion team  
(Spring Dale Senior School, Amritsar) of CBSE National Hockey Championship 2008





*A visual from a match in CBSE Cluster VII  
Table Tennis Championship 2008-09 at Sri Vidyapeeth Narketpally,  
andhra Pradesh*



*Inaugural ceremony of CBSE cluster XI Basketball championship under  
19 for Boys and Girls at  
Sagar Public School, Gandhinagar, Bhopal*

enabled them to reach for National Level Table Tennis Meet. A ballet "Patriotic Festival of India" was performed to promote National Integration.

#### WINNING TEAMS

Name of the School	Category	Age
Amrita Vidyalayam, Mysore	Boys	14
M.R.P.L. School, Mangalore	Girls	14
Sri. Aurobindo Memorial School, Bangalore	Boys	16
Mysore West Lions Sevaniketan School, Mysore	Girls	16
Bharatiya Vidya Bhavan's Public School, Hyderabad	Boys	19
M.R.P.L. School, Mangalore	Girls	19

**Sagar Public School  
Gandhinagar, Bhopal hosted  
CBSE Cluster XI Basketball  
Tournament 2008-09 for  
under 19 boys and girls**

The CBSE Cluster XI Basketball Tournament 2008-09 for boys and girls under

19 was conducted from the 4th Oct. to the 7th Oct 08 at **Sagar Public School, Gandhinagar Bhopal.**

The Tournament commenced with school choir of singing the welcome song 'Swagatam shubh swagatam'.

The students of SPS, Gandhinagar put up a dance programme showcasing different sports like Basketball, Football, Hockey, Kho-Kho, Kabaddi, Cricket and many other. After torching ceremony, the CBSE Logo with school names was released. Sixty boys teams and 27 girls teams accompanied with their respective coaches and managers participated in tournament. There were 1000 players in 95 Team Managers and Coaches for the event. All the matches were impartially judged by the referees from in and out of Bhopal. The matches were conducted according to the Basketball Federation Rules. Shri P.S. Dara supervised the matches as observer from CBSE.

The Emerald Heights International School, Indore and Guru Nanak School, Bhilai

lifted the winner's trophy in the girls and boys category respectively. The valedictory function was graced by Shri Ashok Dhyanchand Olympian, Arjun Awardee (Chief Coach, M.P. Men's Hockey Academy). Each team was given the certificate of participation and the winning teams the certificate of merit from the CBSE and trophies by the Chief Guest. The vote of thanks was proposed followed by the national anthem.

### **Abhinav Public School, Pitampura Delhi**

**Abhinav Public School** hosted the Zonal Skating Competitions in its Skating Ring of the school on 15th and 16th October, 2008. Twenty seven schools participated in the competitions. In this competition, the Bal Bharti Public School, Pitampura, Delhi came at 1st Position by winning 13 Gold Medals, 7 Silver and 6 Bronze Medals, Sachdeva Public School, Pitampura achieved 2nd Position by winning 6 Gold Medals, 15 Silver and 8 Bronze. Abhinav Public School got 3 Gold Medals, 7 Silver and 7 Bronze. The School Vice Principal thanked participating schools for their co-operation in maintaining excellent discipline and the spirit of the games.

### **CBSE Interschool T.T. Tournament (Cluster IX) West Zone hosted by Delhi Public School Rajkot**

CBSE Interschool T.T. Tournament (Cluster IX) West Zone was hosted by DPS Rajkot from 16th to 19th October 2008. 45 CBSE Schools from the states of Gujarat, Maharashtra, Goa and Union Territories of Diu, Daman and Dadar and Nagar Haveli participated in the event.

The Inaugural and Valedictory Functions were held on 17th and 19th October 2008 respectively. Eminent Sports Personalities and dignitaries graced the functions. The students of DPS Rajkot presented a Cultural Programme on both the days.

The Chief Guest for the Inaugural Function was Mr. Rajendra Kamdar, Pro-Vice Chairman of DPS Rajkot. The Chief Guest for the Valedictory Function was Mr. Vajubhai Vala, State Finance Minister who gave away the certificates and Medals to the Winners.



*Mr. Vajubhai Vala, Finance Minister of Gujarat  
handing over the Certificate to the winners  
of the T.T. Tournament (Cluster IX)*



# News from Administration

## FAREWELL :

- I) The following officers have been repatriated to their parent department :
1. Sh. Ravinder Kumar Kotru, Accounts Officer has been repatriated to his parent department.
- II) The following officers retired from the services of the Board on attaining the age of superannuation :-
1. Sh. J.N. Bhatia - Deputy Secretary
  2. Sh. Anil Kumar Mehrotra - Assistant Secretary
  3. Sh. Nanak Chand - Daftry
  4. Sh. Brij Kishore Sharma - Photocopier Operator
  5. Sh. Mohan Bahadur - Daftry

## PROMOTIONS

- I) The following officers of the Board were promoted in the higher grade and posted to the offices indicated against each :-
- 1. Promotion to the posts of Deputy Secretary (I.T.)**  
Smt. I.M. Catherine Computer Unit
  - 2. Promotion to the posts of Deputy Secretary**  
Sh. J.M. Rawal Regd. Officer, Ajmer
  - 3. Promotion to the posts of Assistant Secretary**  
Sh. B.R. Uppal R.O., Ajmer  
Sh. Ashwani Kumar R.O. Allahabad  
Sh. Inderjeet Singh R.O., Panchkula  
Sh. Lakhan Lal Meena R.O., Allahabad
  - 4. Promotion to the posts of Section Officer**  
Sh. V.K. Babbar R.O. Allahabad  
Smt. Sunita Office of the Controller of Examinations (till 30.6.2009)  
  
Smt. Poonam Sachdev R.O. Ajmer  
Sh. Anil Kapoor Office of the HOD (Spl. Exams.) (till 30.6.2009)  
  
Smt. Meenu Joshi AIPMT Unit till 30.6.2009\_  
Smt. Savitri Devi R.O., Delhi (till 30.6.2009)

## OTHER ADMINISTRATIVE MATTERS

1. Consequent upon opening of Board's New Regional Office at Bhubaneshwar, Sh. Piush Kumar Sharma, Assistant Secretary has been posted as Office-In-charge at R.O., Bhubaneshwar.
2. Sh. M.D. Dharmadhikari, Deputy Secretary has been posted as Office-In-charge at Regional Office, Patna in place of Sh. Manoj Kumar Srivastava, Assistant Secretary.



# From the Internet

## FOOD IN NATURE : BEST FOR HEALTH



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.