

SRIJAN

HAPPENINGS



EDUCATIONAL EXCELLENCE AWARD 2025



"Excellence is the result of dedication, teamwork, and an unwavering pursuit of growth." ✨

Srijan International School, Jammu, proudly announces that the school has been honoured with the prestigious EDUCATIONAL EXCELLENCE AWARD 2025 for its outstanding contribution to the field of education. The award was received by Vice Principal, Ms. Kiranjit Kaur, at a grand ceremony held at Chitkara University, Chandigarh.

This recognition celebrates the school's commitment to academic innovation, holistic development, and student-centric learning practices that prepare learners to be future-ready global citizens.

The accolade marks a proud milestone in the journey of Srijan International School, Jammu, reaffirming its dedication to educational excellence and innovation. 🎓 ✨



FROM THE DESK OF CHAIRMAN

“EDUCATION IS THE KINDLING OF A FLAME, NOT THE FILLING OF A VESSEL.” – SOCRATES

With the proud unveiling of our new name, Srijan International School, Jammu, we embark on a renewed journey of growth, excellence, and inspiration. The word ‘Srijan’ itself signifies creation — a creation of ideas, character, and a brighter future for our children. This transformation reflects our constant endeavour to evolve with time while staying rooted in our values.

At Srijan, we believe that education is not limited to academic success; it is a lifelong process of discovering one’s potential and purpose. Our aim is to nurture learners who are intellectually curious, emotionally strong, socially responsible, and morally grounded. We seek to build a generation of confident individuals who can contribute positively to society with compassion and integrity.

This newsletter is a reflection of that shared vision — celebrating the achievements, creativity, and spirit of our students and teachers. It showcases the collaborative efforts of a community united by a common dream: to make learning joyful, meaningful, and transformative.

I extend my heartfelt appreciation to our staff for their dedication, to parents for their unwavering trust, and to our students for bringing life and energy to every corner of our school. Together, we will continue to shape a future where learning is limitless and values form the foundation of success

Bhupinder Singh Charak
Chairman, Srijan International School, Jammu



*Believe
in new
Beginnings*



VICE-PRINCIPAL

Ms.Kiranjit Kaur



Dear Parents, Teachers, and Students,

It fills me with pride to share that our school has entered a new chapter with its transformation from Shemford Futuristic School to Srijan International School. The name Srijan, meaning “creation,” reflects our renewed vision to inspire creativity, innovation, and independent thinking in every learner.

The first half of the academic year has been eventful and rewarding. We successfully conducted the Half-Yearly Examinations, inaugurated our AI Lab, and hosted a vibrant Diwali Mela along with several inter-house competitions that showcased our students’ talents and teamwork. We organised Drama enactment by our students under Trinity College of London team. We also held our first PRC (Parent Resource Committee) meeting, strengthening our bond with parents as key partners in the learning process.

We are proud to share that Srijan International School has been honoured with the ISA Award for Excellence in Education 2025, a recognition of our commitment to quality and innovation. As we move ahead, we remain dedicated to nurturing joyful, curious, and confident learners who will continue to make us proud.



Headmistress

Ms.Sushma Choudhary

“Learning is not attained by chance; it must be sought for with ardor and diligence.” – Abigail Adams

It gives me great pleasure to welcome you to the first edition of our newly launched school newsletter under our new name, Srijan International School, Jammu. This moment marks a significant milestone in our institution’s journey, reflecting growth, renewal, and a deeper commitment to our shared vision of excellence in education. Changing our name is not merely a matter of adopting a new identity—it signifies the evolution of our values, our broadened horizons, and our readiness to embrace the future with confidence. Over the years, our school has stood as a beacon of learning and inspiration. Our students, teachers, parents, and community members have all contributed to shaping the vibrant culture that defines who we are today. With this change, we reaffirm our dedication to nurturing curious minds, compassionate hearts, and responsible citizens of tomorrow. Each student who walks through our doors is encouraged to explore their unique potential, think critically, and grow with creativity and confidence. As we move forward under our new banner, our commitment to academic excellence, holistic development, and strong moral values remains steadfast. This newsletter will serve as a window into our classrooms, activities, achievements, and the stories that make our school community so special. I extend heartfelt thanks to everyone—students, parents, teachers, and staff—for your continued support, trust, and enthusiasm. Together, let us celebrate this new beginning and work hand in hand to build an even brighter future for students.

CHIEF EDITOR



“The future belongs to those who believe in the beauty of their dreams.” – Eleanor Roosevelt

It gives me immense pleasure to present this edition of our school newsletter, a vibrant reflection of the spirit, creativity, and achievements of the Srijan family. Each page captures the enthusiasm of our students, the guidance of our teachers, and the collective efforts that make our institution a place of joyful learning.

With our new identity as Srijan International School, Jammu, we step into an era of renewed purpose and promise. This change signifies growth, innovation, and a deeper commitment to holistic education – one that nurtures not only the intellect but also the heart and spirit.

The articles, artworks, and reports compiled here showcase the diverse talents of our students and their boundless imagination. Through their voices, we witness the beauty of learning beyond classrooms – in experiences, reflections, and creative expression.

I extend my heartfelt gratitude to our editorial team, teachers, and students whose hard work and dedication brought this publication to life. May this newsletter continue to inspire our readers and remind us all that learning is a lifelong journey filled with discovery and joy.

Ankita Choudhary
Chief Editor
Srijan International School, Jammu

Editorial Team



Nandini Dabgotra
Grade -XI
English Editor



Mannat Jamwal
Grade -XI
Hindi Editor

Activities & Celebrations



NEW CHAPTER WITH RECHRISTENING CEREMONY

Srijan International School, Jammu Celebrates New Chapter with Rechristening Ceremony.

Srijan International School, Birpur Jammu, marked a proud new milestone in its journey with a grand Rechristening Ceremony. The occasion was graced by eminent dignitaries including Mr. Chander Prakash Ganga, Member of the Legislative Assembly, Vijaypur; Dr. D.K. Manyal, MLA Ramgarh; Mr. Shiv Kumar Sharma, IPS DIG JKS Range; Mr. Virender Singh Manhas, SSP Samba; Adv. Rekha Mahajan, Vice-President BJP J&K; Ms. Devyani Rana, Vice-President BJYM; Mr. Pradeep Sen, SDPO Bari Brahamna and the Worthy Chairman of the Institution, Mr. Bhupinder Singh Charak.





HANDS OF HOPE DONATION DRIVE



In a moving display of compassion and community spirit, Srijan International School has launched the "Hands of Hope" Donation Drive to support families affected by the recent floods. This initiative, supported by teachers and parents, focuses on providing essential supplies such as food, clothing, and medicines to those in need.



TEACHERS DAY

Teachers' Day with our little ones in a joyful online event filled with smiles, love, and laughter. Though we may be apart in distance, our hearts are closely connected with the spirit of learning and appreciation!



CREATIVE THINKING ACTIVITY IN KINDERGARTEN

Creative Thinking Activity in Kindergarten

Our tiny tots participated in a fun-filled creative thinking and problem-solving activity, where they had to cross obstacles by thinking smart and moving carefully. The activity encouraged them to use imagination while building confidence and resilience. It was delightful to watch our little learners explore new ways to overcome challenges with joy and excitement.



हिंदी दिवस

हिंदी दिवस समारोह - नन्हे मुन्नों के साथ एक खास दिन

आज हमारे किंडरगार्टन में हिंदी दिवस बड़े ही उत्साह और हर्षोल्लास के साथ मनाया गया। छोटे-छोटे बच्चों ने प्यारी कविताओं, कहानियों और गीतों के माध्यम से हिंदी भाषा के प्रति अपना प्रेम और जुड़ाव दिखाया।

बच्चों ने मंच पर आत्मविश्वास से अपनी प्रस्तुति दी।

इस अवसर पर हम सबने यह संकल्प लिया कि हम अपने दैनिक जीवन में हिंदी भाषा का अधिक से अधिक प्रयोग करेंगे और अपनी मातृभाषा को गर्व के साथ अपनाएंगे।

आइए, हम सब मिलकर हिंदी को दिल से अपनाएं और इसकी गरिमा को बढ़ाएं।





INTERSCHOOL KARATE CHAMPIONSHIP

"Believe in Yourself, Achieve the Unbelievable!"

Students of Srijan International School, Birpur Jammu, participated in the Inter School Karate Championship 2025, held at United Martial Art Academy (Fit India), Talab Tillo, Jammu. Our students showcased their exceptional skills and sportsmanship, bringing home an impressive collection of medals!

The students' dedication, hard work, and perseverance paid off, and we're proud to share their achievements:

1. Kapish Kalotra - Gold
2. Ridham Jamwal - Gold
3. Dishant Pun - Gold
4. Nihaas Mahajan - Gold
5. Ruhani Dubey - Silver
6. Angel Rakwal - Silver
7. Ishmeet Pal Singh - Silver
8. Ayaan Yadav - Silver
9. Naveeka Kumari - Silver
10. Avyaan Choudhary - Silver
11. Vedant Mahajan - Silver
12. Tamanna - Bronze
13. Jouraveer Singh - Bronze
14. Manvik Mehta - Bronze
15. Garv Mahajan - Bronze

Congratulations to all the medalists and participants for their outstanding performance!

"Heartfelt appreciation to our exceptional martial arts coach, Neeraj Manhas, for his tireless efforts and dedication to nurturing talent! Under his expert guidance, our students have achieved remarkable success, bringing home numerous medals. Your passion and commitment have made a lasting impact on their lives. Thank you, Coach Neeraj, for inspiring excellence and pride in our school community! "



NAVRATRI



SCHOOL

Word Search Puzzle

D	I	O	K	O	O	B	E	T	O	N	F	Y	P	U
I	D	N	P	U	S	D	N	E	I	R	F	D	N	Q
S	D	O	B	H	C	N	E	B	S	J	G	R	S	L
C	F	F	F	S	Y	S	T	A	K	T	A	H	B	A
H	D	E	S	K	G	N	I	D	A	E	R	E	A	W
O	R	M	O	O	R	S	S	A	L	C	R	K	C	K
O	A	G	U	O	U	L	V	R	L	J	H	I	K	K
L	O	F	Y	B	L	G	A	H	Q	S	C	L	P	R
B	B	T	S	G	E	A	E	P	U	S	N	C	A	O
U	K	E	E	Z	R	N	K	H	I	E	U	M	C	W
S	C	H	X	C	H	A	L	K	Z	C	L	J	K	E
R	A	C	A	W	A	P	C	Q	B	E	N	Z	X	M
H	L	A	M	M	S	T	U	D	Y	R	V	I	O	O
E	B	E	W	J	X	L	I	B	R	A	R	Y	R	H
Q	S	T	U	D	E	N	T	S	L	I	C	N	E	P

Backpack

Desk

Lunch

Reading

Bench

Exam

Notebook

Recess

Blackboard

Friends

Pencils

Ruler

Books

Homework

Principal

School Bus

Chalk

Learn

Teacher

Students

Classroom

Library

Quiz

Study

GANDHI JAYANTI



SANGAM-THE DANDIYA FEST

Srijan International School, Jammu , celebrated Navratri with great zeal and joy through Sangam – The Dandiya Fest. The evening came alive with vibrant and graceful performances by our super moms, spreading festive cheer all around. We were privileged to have with us Ms. Jasleen Kaur—an accomplished actor, choreographer, dancer, and journalist—as our esteemed guest, whose presence added immense charm and inspiration to the celebration. A beautiful evening of culture, togetherness, and celebration at Srijan International School.



Dussehra Celebration



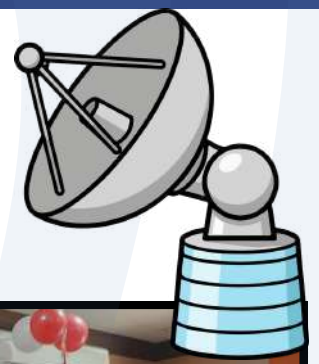
IDIOMS MEANING

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- Bite the bullet – Face something difficult
Call it a day – Stop working now
Cut corners – Do something cheaply
Hit the nail on the head – Be exactly right
Jump on the bandwagon – Join a trend
Let the cat out of the bag – Reveal a secret
Miss the boat – Miss an opportunity
Not playing with a full deck – Mentally unstable
Once in a blue moon – Very rarely
Spill the beans – Reveal information
Steal someone's thunder – Take credit unfairly
Take with a grain of salt – Don't fully believe
The ball is in your court – It's your turn
Throw someone under the bus – Betray someone
Under the weather – Feeling sick
Wrap your head around something – Understand something difficult
You can't have your cake and eat it too – Can't have everything
Zip your lip – Stay silent
Bend over backwards – Try very hard
Blow off steam – Release stress

Grandparents' DAY



Visit to Radio Station



TRINITY CONNECT 2025



Srijan International School Jammu successfully organized the Trinity Connect Program with the theme "Velvet Vows," a program on language skills in collaboration with Trinity College, London. The event featured Mrs. Tamana Pandoi, a seasoned English language educator and freelancer, as the special guest.



The program commenced with a warm welcome address by Ms. Shipra Bali, Jr. Academic Coordinator and Trinity Coordinator, who set the tone for an engaging and enriching experience. The event was graced by Ms. Kiranjit Kaur, Vice Principal, whose presence added dignity and inspiration.



Students showcased their talents through presentations, plays, and performances, demonstrating mastery of English language skills. The program emphasized effective communication, critical thinking, and self-expression. All English teachers were actively involved in making this event a grand success.





POLICE DIWALI MELA-2025

Sriyan International School, Jammu, radiated festive spirit and cultural splendour at the Diwali Mela organized by JK Police at Gulshan Ground, Jammu! 🌸 Our talented students captivated the audience with their graceful performances and artistic expressions, earning well-deserved appreciation from the Honourable LG Manoj Sinha, the chief guest of the event. 🙌

The evening turned truly memorable as our students not only showcased their talent but also gained invaluable exposure and confidence performing on such a grand stage. 🌟 Their efforts were recognized with mementos and gifts — a proud moment for the entire Sriyan family! 🎁



Uphaar-3 Diwali Mela



“Srijan Shines Bright with UPHAAR-3 — A Dazzling Diwali Extravaganza of Light, Music & Togetherness!”

The celebration was graced by distinguished dignitaries — Ms. Ayushi Sudan (IAS), Deputy Commissioner Samba; Mr. Rakesh Kumar Dubey (JKAS), Joint Registrar Cooperative (Banking & Finance); Adv. Rekha Mahajan, Vice President BJP (J&K); Mr. Harish Kumar, Assistant Director NCB Jammu; Mr. Sandeep Dubey JKAS SDM Vijaypur; Ms. Ritul Charak, P&I Miss ULTR INDIA; Ms. Madhu Rajput, Principal Madhuban Kidz Babliana and Mr. Sidharth Dogra, Jammu Links— whose presence elevated the grandeur of the occasion.

Adding to the aura of the evening was a captivating dance performance by Srijan’s talented students, after which the audience was enthralled by the sensational live performance of the renowned singer, Ms. Sonali Dogra, whose mesmerizing voice brought magic to the festive night. The event was presided over by Worthy Chairman, Mr. Bhupinder Singh Charak.

CAREER FEST



Students of Srijan International School, Jammu, from Grades IX and XI, attended the Career Fest organized by Army Public School, Ratnuchak. The event provided them with valuable exposure to diverse career opportunities and higher education pathways.

Career counsellors and representatives from reputed universities across India guided our students on subject choices, scholarship options, and future career planning.



The visit truly reflected Srijan International School's commitment to empowering students with knowledge, confidence, and clarity for their future endeavors.

It was an enriching and inspiring experience that motivated students to explore their potential and make informed academic and career choices. 🌟



CAREER

WHITE DAY



✨ SAY NO TO MOBILE – A LESSON THROUGH FUN! 🍷💖

Our talented teachers presented a wonderful skit on the “No Use of Mobile” theme for our Kindergarten students! 🌈

Through fun dialogues, expressive acting, and lively interaction, the teachers shared an important message about the side effects of excessive mobile use — such as eye strain, less outdoor play, and missing out on real-world experiences. 🧐🌿🎨

The little ones enjoyed every moment, laughing, clapping, and learning that spending time with friends, family, and nature is much more fun than spending hours on screens! ❤️🇳🇵🏈



"Empowered Women Empower Women: Together We Rise Against Breast Cancer"

Srijan International School, Jammu, in association with Kitaab aur Kalam Foundation, organised a Breast Cancer Awareness Session on October 30, 2025 to educate and empower students about the importance of breast health and cancer prevention.

The event featured an expert talk by Dr. Swarupa Mitra, Director & Unit Head of Radiation Oncology at Fortis Memorial Research Institute, Gurugram. As a nationally acclaimed Radiation Oncologist and mentor, Dr. Mitra shared her expertise and insights, providing valuable information on breast cancer prevention, early detection, and treatment options.

The session concluded with an interactive Question-Answer round, where students had the opportunity to clarify their doubts and gain a deeper understanding of breast cancer and its prevention. The session was informative, engaging, and truly empowering for all attendees.



Artificial Intelligence LAB "CODESPHERE"

Future Opportunities
and Challenges

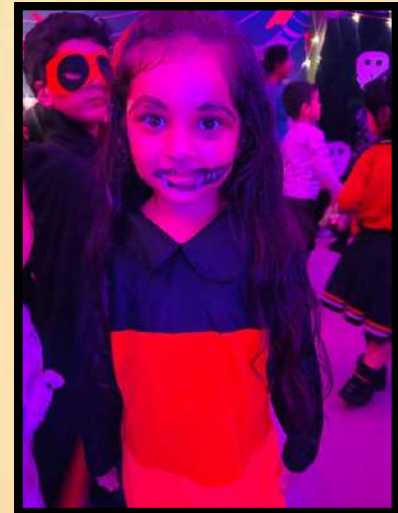


Srijan International School, Jammu proudly hosted its Parent Resource Committee (PRC) Meeting today, marking a significant milestone in strengthening parent-school partnership.

Our esteemed PRC members were welcomed on campus as special guests for the inauguration of our newly established AI & Robotics Lab – CodeSphere.

This state-of-the-art innovation hub is designed to equip students with futuristic skills in Artificial Intelligence, Robotics, Coding, and STEM learning—nurturing young minds to become creators, innovators, and global achievers.





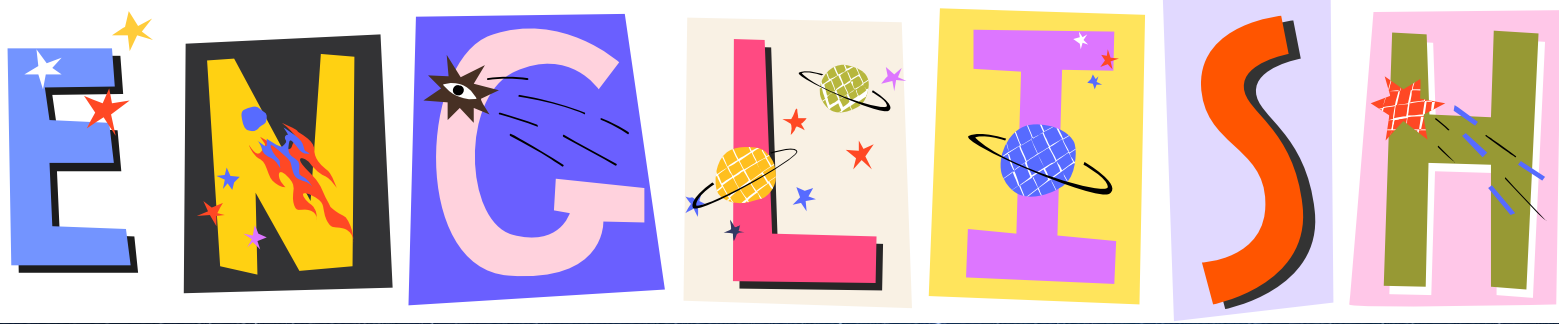
KNOW YOUR STATE

Jammu & Kashmir – The Crown of India!



1. Jammu & Kashmir was once ruled by the Dogra kings before joining India in 1947.
2. The stunning Dal Lake has floating gardens and even floating markets!
3. Jammu is called the City of Temples and is home to the sacred Vaishno Devi Shrine.
4. Kashmir is the only place in India that grows saffron, the world's most expensive spice!
5. The region's apples, walnuts, and dry fruits are famous worldwide.
6. People wear a traditional gown called the Pheran to stay cozy in chilly winters.
7. Locals love Kahwa, a fragrant tea with saffron, almonds, and spices.





✨ A Journey Reimagined: My Transformation with Srijan International School, Jammu ✨

Change is a part of growth, and my transformation from Shemford Futuristic School to Srijan International School has been a truly enriching experience. This new chapter fills my heart with both nostalgia and excitement—a blend of cherished memories and the thrill of new beginnings. My school has been more than an institution; it has been my second home, a place that nurtured my dreams, shaped my character, and helped me discover my true potential. The teachers have been my guiding stars, instilling in me the values of integrity, compassion, and perseverance. Every corner of the school echoes with lessons of friendship, courage, and learning.

As I move forward, I carry with me the love, guidance, and inspiration that Srijan International School has so generously given. I am deeply proud and grateful to belong to this glorious temple of learning that continues to illuminate my path every single day.

Name:- Nandini Dabgotra

Class:- 11th





The power of positive Thinking : How a positive mindset can impact academic performance and overall well-being.

"BELEIVE YOU CAN AND YOU ARE HALFWAY THERE"-Theodore Roosevelt

As students, we often focus on achieving good grades and meeting academic expectations. However, our mindset plays a significant role in determining our success. A positive mindset can make a huge difference in our academic performance and overall well-being.

The Benefits of Positive Thinking

1. Reduce Stress and Anxiety: Positive thinking helps you manage stress and anxiety, leading to better mental health.
2. Improve Self-Esteem: A positive mindset boosts your confidence and self-esteem, helping you tackle challenges with ease.
3. Achieve Academic Success: Positive thinking enables you to perform better academically and achieve your goals.

Cultivating a positive mindset can have a profound impact on your academic journey. By focusing on your strengths, practicing gratitude, and embracing challenges as opportunities for growth, you can unlock your full potential and achieve your goals.

In conclusion, a positive mindset is a powerful tool that can significantly impact your academic performance and overall well-being.

NAME- JANVI

CLASS- 12TH [MEDICAL]

Chasing Dreams, Not Perfection

In today's world, we often feel pressured to be perfect — to score the highest marks, win every competition, and never make mistakes. But perfection is an illusion. Chasing it only makes us tired and afraid of failure. What truly matters is following our dreams with passion and determination. Every great achiever started with imperfections and setbacks, but they kept going. Mistakes aren't signs of weakness, they're proof that we're trying. When we focus on learning and improving, instead of being flawless, we grow stronger and more confident.

Success is not about being perfect; it's about being persistent. So, let's stop comparing ourselves to others and start believing in our own journey. After all, dreams make life exciting perfection only makes it stressful.

Name:- Sonam

Class:- 9th

CHASING
DREAMS



CURRENT AFFAIRS

- **PM Narendra Modi to take part virtually in ASEAN Summit 2025**
India's Prime Minister will not attend the summit in person but will join online, signalling the importance of digital diplomacy in today's world.
- **Diplomatic move: India re-opens its full embassy in Kabul**
After four years of limited diplomatic presence, India has restored a full embassy in Kabul, stepping up its engagement with Afghanistan.
- **India re-elected Vice-Chairperson of the COP10 Bureau on Anti-Doping**
In an important win for sports and ethics, India secured the Vice-Chair position in a global anti-doping body, showing its growing role in international sports governance.
- **Flood Relief Issue: Opposition accused govt of ignoring flood victims and corruption in relief works.**
- **Press Freedom Concern: Lawmakers raised issues about bias and harassment against local media houses in J&K.**

"REETIKA"
G-XI(PCB)



The Power of Self-Defense: Empowering Individuals for a Safer Life

Self-defense is a vital skill that empowers individuals to protect themselves in potentially life-threatening situations, fostering a sense of confidence and security that transcends physical safety. By learning self-defense techniques, one can develop a heightened sense of awareness, allowing them to identify potential threats and respond effectively.

Self-defense training not only teaches physical techniques but also enhances assertiveness and decision-making skills, enabling individuals to navigate complex social situations with greater ease and confidence. Moreover, self-defense training can be a transformative experience, helping individuals overcome fears, build resilience, and develop a stronger sense of self.

NAME - AAMYA THAKUR

CLASS - 9th 'A'



The Digital Dilemma: Are We Too Addicted to Screens?

In today's digital age, screens have become an inseparable part of our lives. From online classes to social media and entertainment, we spend most of our day looking at glowing screens. While technology has made life easier and more connected, it has also made us more distracted and dependent.

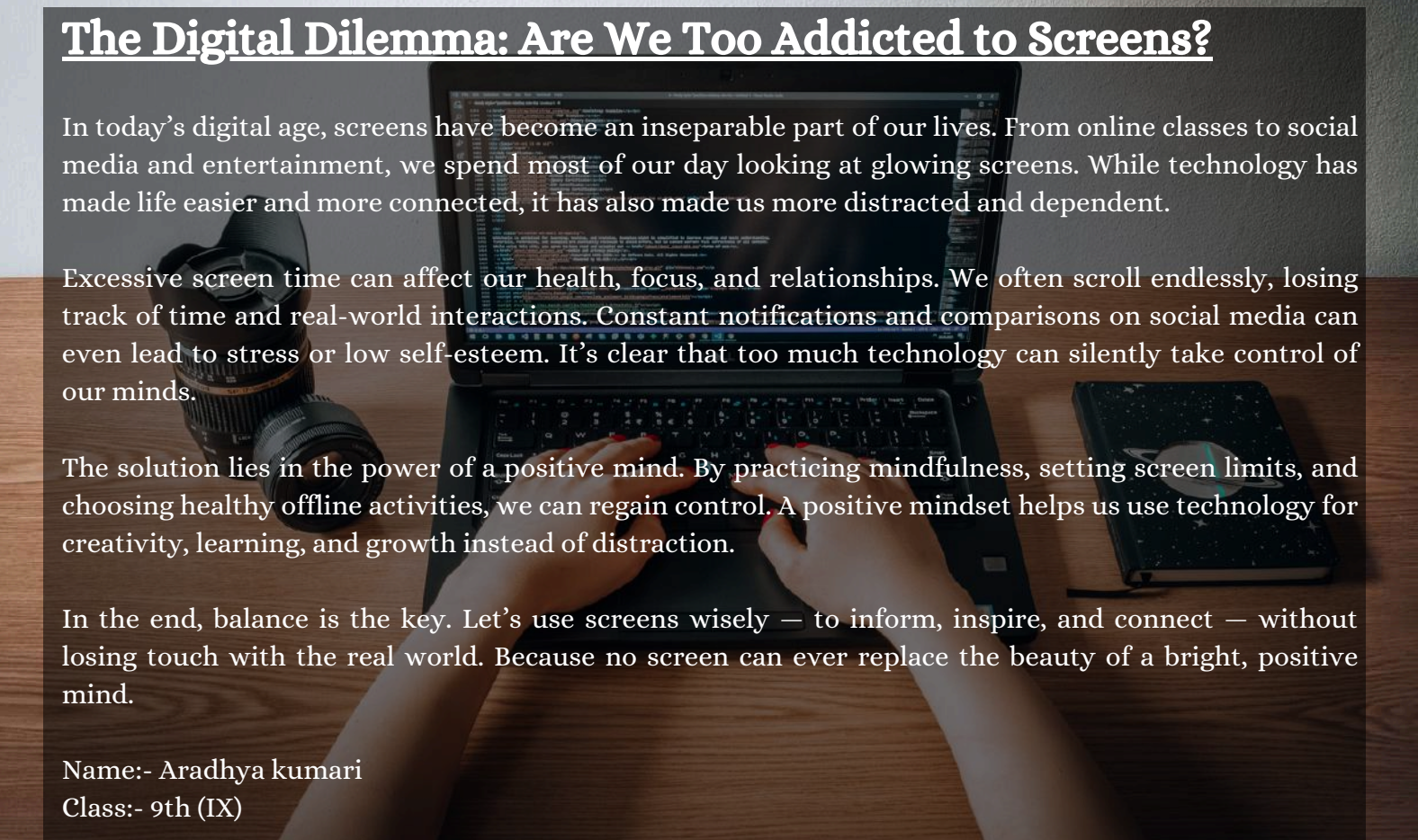
Excessive screen time can affect our health, focus, and relationships. We often scroll endlessly, losing track of time and real-world interactions. Constant notifications and comparisons on social media can even lead to stress or low self-esteem. It's clear that too much technology can silently take control of our minds.

The solution lies in the power of a positive mind. By practicing mindfulness, setting screen limits, and choosing healthy offline activities, we can regain control. A positive mindset helps us use technology for creativity, learning, and growth instead of distraction.

In the end, balance is the key. Let's use screens wisely — to inform, inspire, and connect — without losing touch with the real world. Because no screen can ever replace the beauty of a bright, positive mind.

Name:- Aradhya kumari

Class:- 9th (IX)



The Magic of Reading: Travel Without Moving

Books are like secret doors — they can take us anywhere!

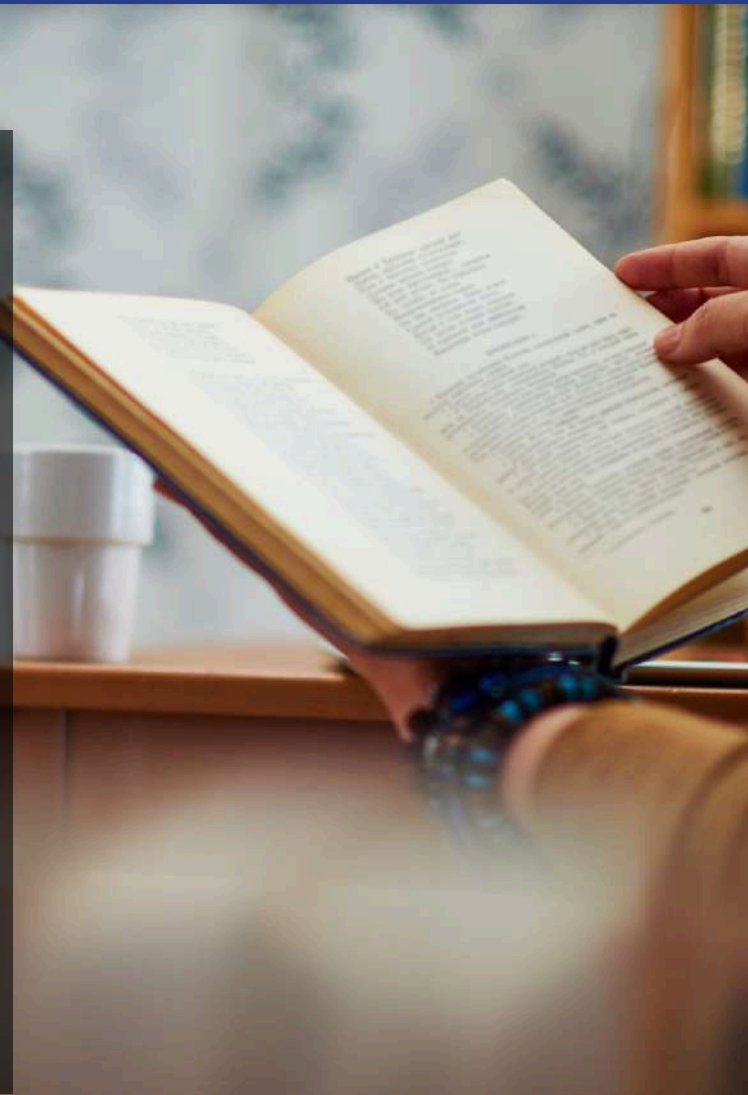
With just a few pages, you can visit outer space, dive under the ocean, or travel back in time. Reading isn't just about learning new words; it's about imagining new worlds.

Even ten minutes of reading a day can spark creativity, improve focus, and make us better thinkers. Whether it's a comic, a mystery, or a storybook — every page you read adds a new idea to your mind.

So next time you pick up a book, remember — you're not just reading, you're traveling with your imagination.

Name - Sristi Kumari

Class - 9th



The Importance of Mental Health

In today's world, we often hear people talking about fitness and physical health, but what about our minds? Mental health is just as important as physical health — it's what helps us think clearly, handle stress, and stay motivated every day. As students, we go through a lot — exams, expectations, friendships, and changes that can sometimes feel overwhelming. Taking care of our mental health means learning to pause, breathe, and be kind to ourselves.

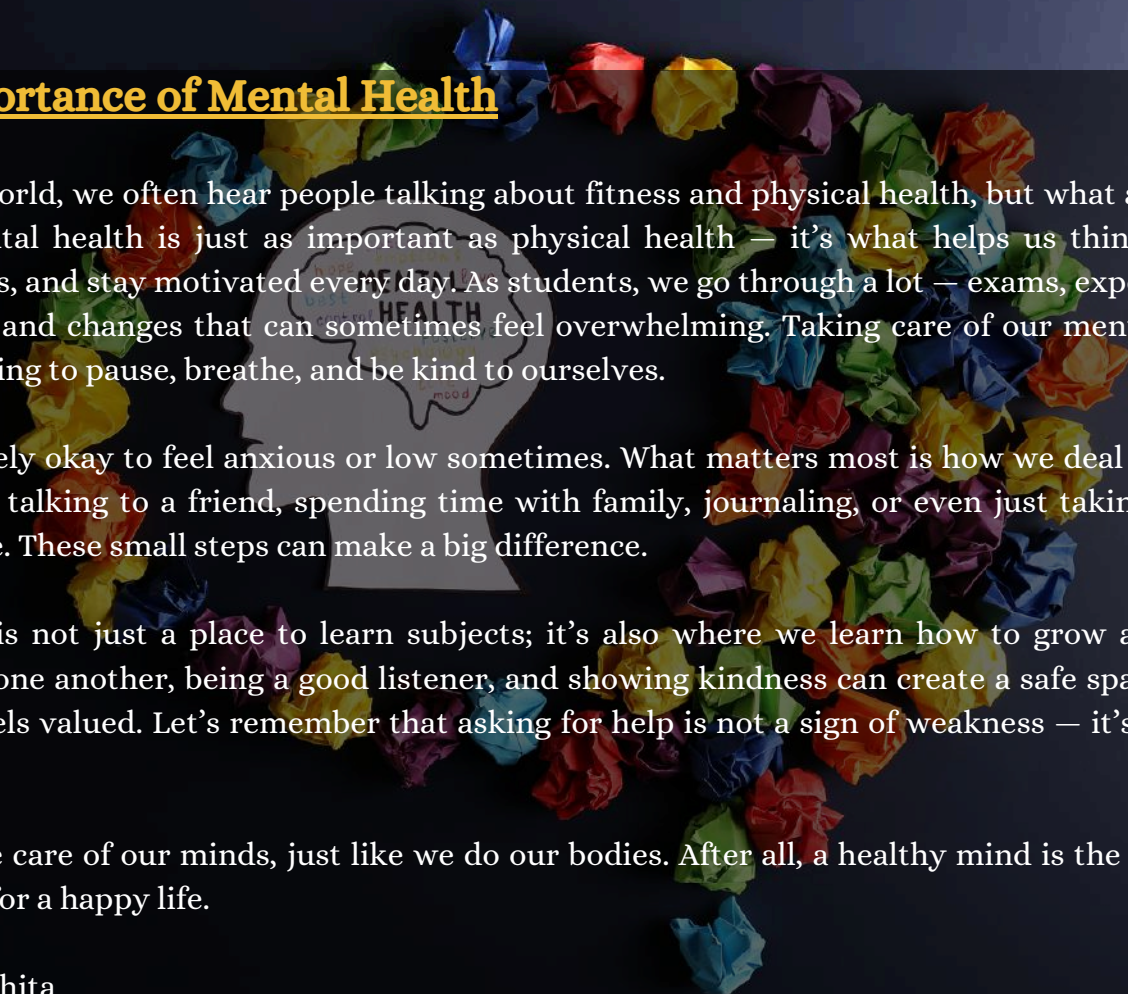
It's completely okay to feel anxious or low sometimes. What matters most is how we deal with it — whether it's talking to a friend, spending time with family, journaling, or even just taking a short walk outside. These small steps can make a big difference.

Our school is not just a place to learn subjects; it's also where we learn how to grow as people. Supporting one another, being a good listener, and showing kindness can create a safe space where everyone feels valued. Let's remember that asking for help is not a sign of weakness — it's a sign of strength.

So, let's take care of our minds, just like we do our bodies. After all, a healthy mind is the strongest foundation for a happy life.

Name:- Lakshita

Class:- 12th



हिन्दी

मेरा सफर सृजन इंटरनेशनल स्कूल में

मेरा सफर सृजन इंटरनेशनल स्कूल (जो पहले शेफर्ड फ्यूचरिस्टिक स्कूल के नाम से जाना जाता था) में बहुत ही अच्छा और सीख से भरा रहा है। पिछले आठ सालों से इस स्कूल का हिस्सा बनकर, मैंने न सिर्फ खुद को बढ़ते देखा है बल्कि स्कूल को भी आगे बढ़ते और बदलते हुए देखा है।

सालों में, यह स्कूल मेरे लिए सिर्फ एक पढ़ाई की जगह नहीं रहा, बल्कि मेरा दूसरा घर बन गया। टीचर्स ने हमेशा मेरा साथ दिया — हर पढ़ाई की मुश्किल में मेरा मार्गदर्शन किया और मेरी खूबियों को पहचानने में मदद की। चाहे पढ़ाई हो, को-करिकुलर एक्टिविटीज़ हों या पर्सनल ग्रोथ, स्कूल ने हमेशा मुझे आगे बढ़ने और बेहतर बनने के मौके दिए।

स्कूल हमेशा से अपने स्टूडेंट्स की पूरी पर्सनैलिटी को निखारने में विश्वास करता है। क्लासरूम लर्निंग से लेकर कल्चरल इवेंट्स, स्पोर्ट्स और कम्पटीशन्स तक, मुझे हर जगह हिस्सा लेने और खुद को दिखाने का मौका मिला। टीचर्स की लगातार मोटिवेशन और केयर ने मुझे और कॉन्फिडेंट, रिस्पॉन्सिबल और गोल-ओरिएंटेड बनाया।

हाल ही में हमारे स्कूल का नाम बदलकर सृजन इंटरनेशनल स्कूल रखा गया है, और यह बदलाव एक नए प्रगति और इनोवेशन के चैप्टर की शुरुआत है। “सृजन” शब्द का मतलब ही “निर्माण” या “विकास” होता है, जो स्कूल की सोच को बखूबी दिखाता है — ऐसे बच्चों को तैयार करना जो जिम्मेदार, क्रिएटिव और आत्मविश्वासी हों। नाम बदला है, लेकिन स्कूल की भावना वही है — हर स्टूडेंट को सपोर्ट करना, प्रेरित करना और सफलता की राह दिखाना।

मुझे गर्व है कि मैं सृजन का हिस्सा हूँ और उन सभी अनुभवों के लिए आभारी हूँ जिन्होंने मुझे आज इस मुकाम तक पहुंचाया। मुझे यकीन है कि मेरा स्कूल आगे भी मुझे बढ़ने, अपने सपनों को पाने और हर चुनौती का सामना करने में मदद करता रहेगा।

नाम: मननत

कक्षा: 11वीं



शिक्षा का महत्व

शिक्षा मानव जीवन का सबसे महत्वपूर्ण आधार है। यह केवल पढ़ना-लिखना सिखाने का माध्यम नहीं है, बल्कि यह व्यक्ति को सोचने, समझने और सही निर्णय लेने की क्षमता प्रदान करती है। शिक्षा के बिना मानव जीवन अधूरा है, क्योंकि यह हमें अंधकार से प्रकाश की ओर ले जाती है। एक शिक्षित व्यक्ति न केवल अपने जीवन को बेहतर बनाता है, बल्कि समाज और देश की उन्नति में भी योगदान देता है।

शिक्षा से व्यक्ति में आत्मविश्वास, अनुशासन, नैतिकता और जिम्मेदारी की भावना उत्पन्न होती है। यह व्यक्ति को जीवन के हर क्षेत्र में सफल बनने की प्रेरणा देती है। आज के युग में शिक्षा ही वह कुंजी है जिससे हर दरवाजा खुल सकता है – चाहे वह विज्ञान का हो, व्यापार का हो या सामाजिक प्रगति का।

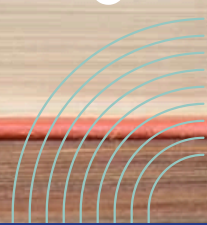
हमारे देश के विकास का सपना तभी साकार होगा जब हर बच्चा शिक्षित होगा। विशेषकर बालिकाओं की शिक्षा का महत्व और भी अधिक है, क्योंकि एक शिक्षित महिला पूरे परिवार को शिक्षित कर सकती है। इसीलिए कहा गया है

"यदि एक पुरुष शिक्षित होता है तो केवल एक व्यक्ति शिक्षित होता है, पर यदि एक स्त्री शिक्षित होती है तो पूरी पीढ़ी शिक्षित होती है।"

आज आवश्यकता है कि हम शिक्षा को केवल नौकरी पाने का साधन न मानें, बल्कि जीवन को सही दिशा देने का माध्यम समझें। सच्ची शिक्षा वही है जो व्यक्ति को अच्छा इंसान बनाती है, समाज में सहयोग की भावना जगाती है और देश के प्रति कर्तव्य निभाने की प्रेरणा देती है।

नाम: सना कोसर

कक्षा: 9वीं



स्वच्छता का महत्व

स्वच्छता एक सभ्य समाज की पहचान है। यह न केवल हमारे स्वास्थ्य से जुड़ी है, बल्कि हमारे व्यक्तित्व, संस्कृति और नैतिकता को भी दर्शाती है। स्वच्छ वातावरण में स्वस्थ और सकारात्मक ऊर्जा का निवास होता है। वहीं गंदगी बीमारियों को निमंत्रण देती है और मानसिक तनाव भी बढ़ाती है।

भारत में स्वच्छता को लेकर जागरूकता बढ़ाने हेतु सरकार ने स्वच्छ भारत अभियान जैसी कई योजनाएँ शुरू की हैं, परंतु किसी भी अभियान की सफलता केवल सरकार की कोशिशों से संभव नहीं होती। इसके लिए हर नागरिक को अपनी जिम्मेदारी समझनी होगी। हमें अपने घर, आसपास, विद्यालय और सार्वजनिक स्थानों को साफ रखने में सक्रिय भागीदारी निभानी चाहिए।

स्वच्छता केवल बाहरी नहीं होती; आंतरिक स्वच्छता भी उतनी ही आवश्यक है। शुद्ध विचार, सकारात्मक सोच और शिष्ट व्यवहार व्यक्ति के भीतर की स्वच्छता को दर्शाते हैं। यदि मन साफ होगा तो समाज में भी स्वच्छता फैलाने का जज़्बा स्वतः जाग्रत होगा।

अतः कहा जा सकता है कि स्वच्छता स्वस्थ जीवन का आधार है। हमें अपने जीवन में स्वच्छता को आदत बनाना चाहिए और दूसरों को भी इसके लिए प्रेरित करना चाहिए। एक स्वच्छ व्यक्ति ही एक स्वच्छ राष्ट्र की नींव रख सकता है।

नाम: प्रियांशि
कक्षा: 9वीं



पर्यावरण संरक्षण का महत्व

हम सब जानते हैं कि पर्यावरण हमारे जीवन का सबसे आवश्यक हिस्सा है। स्वच्छ हवा, शुद्ध पानी और हरियाली के बिना जीवन की कल्पना भी नहीं की जा सकती। लेकिन आज के समय में इंसान अपनी सुविधाओं के लिए प्रकृति का अत्यधिक दोहन कर रहा है – पेड़ों की कटाई, प्रदूषण, और प्लास्टिक का उपयोग हमारे पर्यावरण को गंभीर रूप से नुकसान पहुँचा रहे हैं।

पर्यावरण संरक्षण केवल सरकार या संस्थाओं की जिम्मेदारी नहीं है, बल्कि हर एक नागरिक का कर्तव्य है। यदि हम छोटे-छोटे कदम उठाएँ – जैसे पेड़ लगाना, पानी बचाना, बिजली का कम उपयोग करना और प्लास्टिक से दूर रहना – तो हम बड़ी बदलाव की शुरुआत कर सकते हैं।

हमारे स्कूल, घर और समाज को स्वच्छ और हरा-भरा रखना ही सच्चा विकास है। जब हम प्रकृति का सम्मान करेंगे, तभी प्रकृति भी हमें जीवन देगी। याद रखिए – “पृथ्वी हमारी नहीं, हम पृथ्वी के हैं।” इसलिए आइए, मिलकर अपने पर्यावरण की रक्षा करें और आने वाली पीढ़ियों के लिए एक सुंदर, स्वच्छ और सुरक्षित दुनिया छोड़ें।

नाम जिया
कक्षा 12



FRENCH

Le Drapeau Français

Le drapeau français, aussi appelé le Tricolore, est l'un des symboles les plus importants de la France. Il est composé de trois bandes verticales de couleurs bleue, blanche et rouge. Le bleu est placé près de la hampe, suivi du blanc au centre, puis du rouge à l'extrémité.

Ces trois couleurs représentent les valeurs fondamentales de la République française :

Bleu : la liberté

Blanc : l'égalité

Rouge : la fraternité

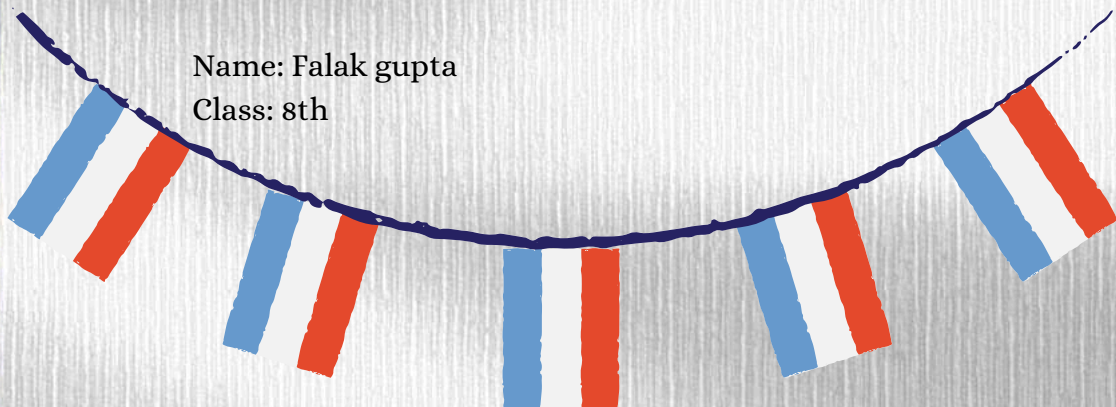


Le drapeau tricolore est né pendant la Révolution française à la fin du XVIIIe siècle. Il symbolise l'union du peuple et de la nation. Aujourd'hui, il flotte sur tous les bâtiments publics et lors des cérémonies officielles.

Le drapeau français est donc bien plus qu'un simple emblème : il incarne l'histoire, les valeurs et la fierté du peuple français.

Name: Falak gupta

Class: 8th



La Cuisine Française : Un Art Culinaire de Renommée Mondiale

La France est réputée pour sa cuisine délicieuse et variée, qui a conquis les cœurs et les papilles des gourmets du monde entier. De la haute cuisine aux plats traditionnels, la France offre une expérience gastronomique unique et inoubliable.

Les Plats Traditionnels

La cuisine française est connue pour ses plats emblématiques tels que le Coq au Vin, la Bouillabaisse, le Cassoulet et l'Omelette aux Truffes. Ces plats sont souvent préparés avec des ingrédients frais et de qualité, et sont cuisinés avec amour et passion.

Les Fromages

La France est célèbre pour ses fromages variés et délicieux, tels que le Camembert, le Roquefort, le Brie et le Comté. Chaque région de France a ses propres spécialités fromagères, qui sont souvent servies avec du pain et des fruits.

Les Pâtisseries

Les pâtisseries françaises sont légendaires, avec des créations telles que les Macarons, les Éclairs et les Tarte Tatin. Les pâtisseries français sont réputés pour leur créativité et leur savoir-faire.

Les Vins

La France est l'un des plus grands producteurs de vin du monde, avec des régions viticoles telles que Bordeaux, Bourgogne et Champagne. Les vins français sont appréciés pour leur qualité et leur diversité, et sont souvent servis avec les plats traditionnels.

La Cuisine Régionale

La France est un pays de régions, et chaque région a sa propre cuisine unique. La Provence est connue pour ses ratatouilles et ses tapenades, tandis que la Normandie est célèbre pour ses crêpes et ses cidres. La cuisine régionale française est une véritable découverte pour les gourmets.

Conclusion

La cuisine française est un art culinaire qui allie tradition, créativité et qualité. Que vous soyez un gourmet expérimenté ou un simple amateur de bonne cuisine, la France est un paradis gastronomique qui vous offrira une expérience inoubliable. Alors, à table !

Name: Aditi katal

Class: 8th



اردو

عنوان: بھارت میں درختوں کی کٹائی اور ماحولیاتی خطرات

بھارت میں جنگلات کا رقبہ صرف 23 فیصد رہ گیا ہے، جبکہ ماحولیاتی توازن کے لیے کم از کم 25 فیصد جنگلات ضروری ہیں۔ بڑھتی ہوئی آبادی، اربنائزیشن اور درختوں کی کٹائی نے فضا کو آلودہ، موسم کو غیر متوازن اور زمین کو بنجر بنانا شروع کر دیا ہے۔

غیر مقامی درخت جیسے کونوکارپس ماحول کے لیے نقصان دہ ثابت ہو رہے ہیں، جبکہ مقامی درخت نیم، پیپل، برگد اور شیشم آکسیجن، سایہ اور پرندوں کے مسکن فراہم کرتے ہیں۔

ماہرین کے مطابق درختوں کی کمی سے بھارت میں بیٹ ویوز، سموگ، اور بارشوں کی کمی جیسے مسائل بڑھ رہے ہیں۔ اگر فوری اقدامات نہ کیے گئے تو آنے والی نسلوں کو سخت ماحولیاتی بحران کا سامنا کرنا پڑے گا۔

ضرورت اس بات کی ہے کہ حکومت اور عوام دونوں مل کر درخت لگانے کی مہم شروع کریں۔ ہر شہری اپنے گھر یا علاقے میں کم از کم ایک درخت لگائے۔

درخت لگانا صرف قومی فریضہ نہیں بلکہ ایک نیکی اور صدقہ جاریہ ہے۔ آئیے ہم سب مل کر عہد کریں کہ بھارت کو دوبارہ سرسبز و شاداب بنائیں گے۔

یاور عباس
جماعت : آٹھویں

بچوں میں اسکرینز کے استعمال کا بڑھتا رجحان۔

یہ مناظر ہمارے معاشرے میں عام ہو چکے ہیں کہ والدین کچھ کام کرنا چاہتے ہیں یا آرام کرنا چاہتے ہیں مگر ان کے بچے شور مچا رہے ہیں یا ان کی توجہ کے طالب ہیں۔ ایسے میں والدین کو سمجھ نہیں آتا کہ بچے کی توجہ خود پر سے کیسے ہٹائیں تو وہ بچے کو اپنا اسمارٹ فون دے دیتے ہیں تاکہ وہ مشغول رہے۔

ایسی صورت حال میں بچے کی توجہ مبذول ہو جاتی ہے اور وہ گھنٹوں اسکرین کے سامنے بیٹھا رہتا ہے جبکہ اس وقت میں والدین اپنا کام کرسکتے ہیں۔ والدین کے لیے یہ بھی عام بات بن چکی ہے کہ وہ اپنے بچوں کو ٹی وی دیکھتے یا ڈیوائس استعمال کرتے ہوئے کھانا کھانے دیتے ہیں۔ اس سے بچے کا دھیان اسکرین پر ہوتا ہے اور کھاتے ہوئے وہ زیادہ نخرے بھی نہیں دکھاتا۔

چائلڈ اسپیشلسٹ اور سندھ جنرل ہسپتال کی چیف پیڈیاٹریشن ڈاکٹر مبینہ اگبوٹ والا بتاتی ہیں کہ 'بہت سی مائیں ڈاکٹر کی اپائنٹمنٹ کے دوران بچے کو پُرسکون رکھنے کے لیے انہیں اپنا فون تھما دیتی ہیں۔ وہ ایسا اس لیے کرتی ہیں تاکہ جب ڈاکٹر معائنہ کر رہا ہو تو بچہ نہ روئے۔'

جب وبائی مرض کورونا نے آؤٹ ڈور سرگرمیوں کو محدود کر دیا تھا تو اسکرینز کا استعمال ہی بچوں کا پسندیدہ مشغلہ بن گیا تھا۔

کم عمری میں اسکرینز کی عادت بہت سے مطالعات سے سامنے آتا ہے کہ بچوں کی بڑی تعداد اسکرینز کا کثرت سے استعمال کرتی ہے۔ اور سائبر سیکیورٹی کمپنی کاسپرسکی کے ایک حالیہ سروے میں سامنے آیا کہ 89 فیصد والدین اپنے بچوں کو دوران سفر مصروف رکھنے یا خود کو آرام دینے کے لیے ان کے ہاتھ میں گیجٹ تھما دیتے ہیں۔'

فروری میں شائع ہونے والے اس سروے میں یہ بھی سامنے آیا کہ مشرق وسطیٰ، ترکیہ اور افریقہ (میٹا) کے علاقوں میں تقریباً 53 فیصد بچے جس عمر میں اپنا پہلا ذاتی گیجٹ جیسے اسمارٹ فون یا ٹیبلیٹ حاصل کرتے ہیں، وہ 3 سے 7 سال کے درمیان ہے۔

امریکن اکیڈمی آف چائلڈ اینڈ ایڈولیسنٹ سائیکاٹری کے مطابق، مئی 2024ء تک امریکا میں 8 سے 12 سال کی عمر کے بچے اسکرینز کے سامنے روزانہ تقریباً 4 سے 6 گھنٹے گزارتے ہیں۔ نوجوان ٹی وی، اسمارٹ فونز، ٹیبلیٹ اور کمپیوٹر جیسے آلات کی صورت میں اسکرینز کے سامنے بیٹھتے ہیں۔ وہ ان اسکرینز کے سامنے دن میں 9 گھنٹے اور کبھی کبھی اس سے بھی زیادہ وقت گزارتے ہیں۔

قمر عباس

جماعت : آٹھویں