



Illumination

Symphony of Light

STEPHENS
INTERNATIONAL
PUBLIC SCHOOL
2018-19





From Editor's Desk

Every organization has a group of people who are keen observers and silent assets. They may not appear around as ubiquitously as others throughout the year, but they are good at chronicling and compiling the events, developments and the milestones met by the organization. Their records, analysis and reports offer a deep insight into the progress of organization. Illumination 2018-19 is a result of the painstaking work of a team of such people at Stephens International Public School. And they proudly present to the esteemed readers this issue as a tribute to the year-long planning and hard work done by the school in the session gone by. The editorial team has on board persons who are full time teachers or administrators, and, have the motivation to go the extra mile for the teacher-taught community.

I acknowledge the efforts of the teachers as well as students who have taken time out to write stories and messages for this edition. I thank our talented students whose stimulating pieces of art adorn the pages of this magazine. I thank our photographers for capturing the true spirit of our school in snapshots. And, lastly but most importantly, I wish to thank the Chairman and the Director of the school with whose inspiration the entire year could become an exciting period of time and this magazine a beautiful anthology of achievements and celebrations.

About The School



Since its inception in the year 2006, Stephens International Public School has remained one of the most reputed and prestigious schools of Jammu providing all the amenities for the 21st century learning such as laboratories for science subjects, phonetics and IT labs for communication and computer skills, art studio and music and dance rooms for nourishing the creative instincts of the young performers, audio-visual rooms and teaching aids and smart classrooms (Tata ClassEdge) for effective learning and large fields for sports. It is affiliated to CBSE, New Delhi. Here we offer an invigorating environment to more than 2000 children who strive for a better life by acquiring a quality education. True to the vision of its founders Late Smt. and Sh. Subhash Saini ji, the school curriculum is designed to make the students innovative, imaginative, creative and confident thinkers and mould them into responsible and worthy citizens. The school is committed to promoting English as a foreign language with all its essential components. The accreditation from the British Council ISA programme is a testimonial to this effort.

We have succeeded in blending the local ethos with the global ecosystem by laying equal emphasis on moral and cultural education as well as technical and personality skills. The results have been phenomenal with SIPSians demonstrating intellectual dexterity, critical thinking, unflagging curiosity, social agility, courage, social responsibility and uncompromising character at every opportunity. The following list of achievers from our school demonstrates this vividly:

1. **Master Pariket Bhagat** – All Jammu Topper in IIT-JEE 2019 with 99.8 percentile.
2. **Master Vidur Kataria** – Class 12 Topper 2018 (89.4%) got selected in NIT-Allahabad through IIT-JEE (mains).
3. **School Girls Kabaddi Team**- 3rd position in CBSE Kabaddi Cluster Tournament (interstate), 2018.
4. **Master Manu Kabra** - Gold Medal in 100 & 200 meter swimming in Interschool Jammu Sahodya, 2018
5. **Nidhi Choudahry** -1st Runner up in Sahodya Hindi Senior Debate, 2018

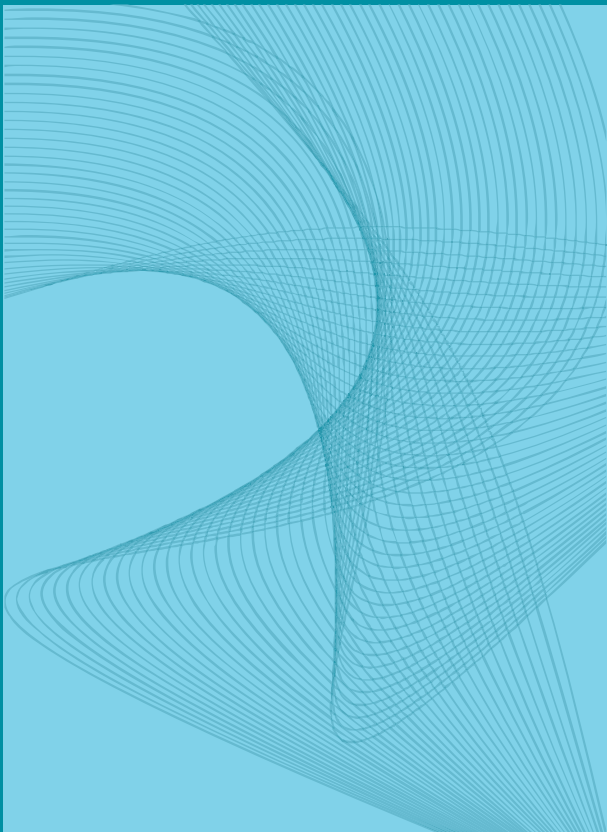
The school's rapid strides are being duly recognized by the major stakeholders in the field of education in India. It was selected for the Brainfeed School Excellence Award and the Top School Award in North Schools CBSE Category in the year gone by and remains committed to maintain this high standard of performance in imparting education.



Dr. Kamal Saini (IPS)

LL.M., Ph.D, IGP (Retd.)
Chairman

Stephens International Public School



STEPHENS
एतुर्वैरं बुद्धयार्थं
HIGHER FASTER LARGER

CHAIRMAN'S MESSAGE

Each day imparting education at the Stephens International Public School is our tribute to the elders who raised us in the neighborhoods nestled around the Indian side of border at Suchetgarh .We owe our success to the indomitable spirit, strength and faith of the local culture here. Having felt, firsthand, the acute shortage of decent avenues available for education in these areas we could relate to the collective desire of our communities to provide world-class education to our children. Stephens International Public School is one humble step in expressing our gratitude and giving back to the society what it needs the most – a real and holistic education. In our 13 years long journey, we have assiduously followed the highest standards of the teaching-learning process at Stephens. In this pursuit, we have successfully blended the conventional approach with ultra modern methodology and futuristic technologies. We have been working hard on each child each day of the year. This annual school magazine captures all we did in a day's work at Stephens during the session 2018-19. It also showcases the talents and the achievements of our dear students and capable teachers. As I turn the pages of this manuscript, I feel satisfied seeing my students excelling in academic as well as extra-curricular activities in the state level and national level events. It strengthens our resolve to ensure that each child entering Stephens grows into a fine citizen – rooted in the Indian values and cosmopolitan in outlook. I congratulate all the contributors and the editorial team of Illumination 2018-19 for this wonderful piece of work and wish them well for the next session.



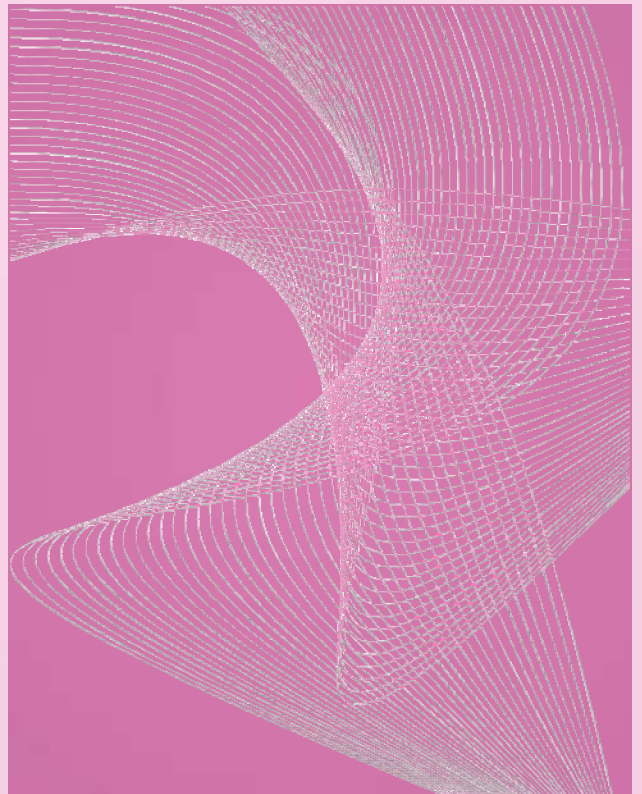
DIRECTOR'S MESSAGE

I see Stephens International Public School as a mould in which we imbue the young, tender and impressionable minds with intellectual, creative, social, civic, aesthetic and professional skills. Here we work tirelessly on the raw and shapeless young personalities and turn them into fine young men and women of rigorous discipline, impeccable character and formidable academic prowess. In order to uphold the holistic nature of the education being imparted at Stephens, we make sure that the students are exposed to regular extra-curricular activities covering sports, cultural events, debate competitions, art and craft exhibitions as well as study tours. Illumination 2018-19, our annual school magazine, offers glimpses of the myriad activities, celebrations and accomplishments that marked the year gone by. This magazine also gives an opportunity for our young thinkers, writers and poets to pour their hearts out on the issues of local and global relevance. One will also find herein a fine anthology of poems composed in both English and Hindi and dedicated to the ones close the poets' hearts. These fine pieces are testimonial to the stimulating learning atmosphere in our school. Seeing such articulate kids and knowledgeable faculty fills my heart with pride. I also congratulate the editorial team of Illumination 2018-19 for compiling this important feature of our school in such a meticulous and impressive manner.



Mrs. Satvinder Saini
Director

Stephens International Public School





Message

Stephens International Public School has risen to become an iconic institution of our state over the past decade. It is my privilege to share my thoughts on their annual magazine “Illumination”. This current issue is yet another embodiment of what the school stands for – discipline, dedication, efficiency, perfection and lifelong learning. The reputation and importance of Stephens is growing by leaps and bounds every year and the achievements of the past year reflect the same. I congratulate the students, the staff and the management of the school for scaling new heights in academics, sports, music and arts and other co-curricular activities. I also congratulate the contributors for having compiled this impressive and engaging issue of the magazine.

A handwritten signature in black ink, appearing to be 'Shaleen Kabra'.

Shaleen Kabra (IAS)
Principal Secretary, Home Deptt.
Govt. of Jammu & Kashmir

Message



This year's magazine touches upon the evolution of our society in the context of environmental issues, cultural heritage, technological advancements and physical and mental wellness. In addition, the magazine also showcases the contributions of the students, staff and the management of Stephens International Public School on all these fronts. If this year's edition of "Illumination" is anything to go by, then Stephens is truly rendering a great service in nation-building. My heartiest congratulations to the entire Stephens family for the achievements in the year gone by and best wishes for the current academic year.

A handwritten signature in black ink, appearing to read 'SML'.

Sham Lal Choudhary
Ex. Minister PHE, Irrigation
& Flood Control
Govt. of Jammu & Kashmir



Principal's Message

"Count the garden by the flowers, never by the leaves that fall. Count your life with smiles and not the tears that roll."

A positive attitude is essential to happiness, joy, and progress in life. This state of mind brings light, hope and enthusiasm into the life of those who possess it.

Adopting it in your life does not mean that everything will always move smoothly and there will be no bumps on the road. However, it ensures that any setback you might encounter will not stop you or change your state of mind and that you will go on, try again, and do your best despite any setback. Remember, happiness and sorrow is the by-product of your action.

Thus being happy is a choice!

To be in a healthy state of mind one should be creative and imaginative as there is a direct link between creativity and better mental health. A creative child is less anxious, more resilient and better equipped to problem solve in the face of hardship.

We dedicate this coveted honour to all our students for displaying exceptional hard work in the pursuit of excellence by achieving honours and distinctions in not only academics but also in allied arenas of Arts, Creativity, Sports and Debate. Their dedication and respect make me proud.

We nurture and develop a child in a 'school culture' fostering the values like self-discipline, patience, forgiveness, honesty, caring, and tolerance. Our objective is to prepare our children and staff in such a way that they become self-reliance, confident, hopeful, and innovative. We are striving hard to create imagination and creativity skills amongst our staff and students.

It is truly said by a Chinese teacher and philosopher

"Education breeds confidence. Confidence breeds hope. Hope breeds peace."

- Confucius

I take this opportunity to acknowledge the hard work of our dedicated staff and faculty by working round the clock to keep the School to the zenith of success. It is true that this journey that is laced beautifully with triumphs would not have been possible without you.

It's a matter of immense pleasure and honour for us that the school magazine has successfully achieved its objective. The reflection of the students' creativity and achievements is the epitome of the magazine. Students have put forth their ideas and thoughts that are too deep to be expressed and too strong to be suppressed.

Finally, I wish to thank all the contributors as their contribution is the reason that makes this magazine endearing with our readers.

Wishing you always and ever the very best.

Manoj Kumar Agnihotri
PRINCIPAL



Dean's Message



Dear Readers,

Season's Greetings and warm wishes for a happy and successful 2019-20 academic Session.

'Life is not always easy and sometimes we get handed a bushel of lemons. However it is our own perspective that ultimately determines if we will drudge through life puckered and sour or skip along with a glass of sweet lemonade.

It is a great honour and pleasure to rejoin the school as Dean Academics.

Stephens has clinched for itself a position which is matchless. It is one of the top prestigious educational institutions of Jammu.

We are all innately creative and it is time to push that intrinsic power and be bold in the search for radical self expression. Creativity is the secret ingredient of your future. Creativity is not the traditional view of being good at art or full of new ideas but it is the ability to shape our own brain by what we expose it to designing our own future through pro-active choice.

Our young writers have tried to describe their thoughts through their pieces of writings. This magazine is the expression of creativity by our young writers providing a wonderful platform to our young fertile and eager minds to express themselves.

We would like to take this opportunity to thank the almighty lord for His abundant blessings and guidance. We had a very successful academic session last year with stupendous achievements in academics and co-curricular activities.

Our teachers and students strived hard to achieve beyond expectations. Our school magazine is the mirror reflecting plethora of activities performed in the school. These activities have served as the backbone of our school strengthening the institution and enabling its immense growth. Our school has carved a niche of its own in the educational hub.

I am delighted to learn that Stephens International Public School is bringing out new edition of its annual school magazine "Illumination 2018-19". I am proud to see the progress of the school reflected in it. My congratulations to all the people who have contributed in the making of such a wonderful magazine.

Rama Jamwal
DEAN ACADEMICS



An ideal education system must do justice to a child's capabilities, talents, diligence and intelligence at the same time. At Stephens, this ideal is ingrained into the core of my department. We try to bring out and incentivize the academic performance as well as the trouble-shooting skills in a student. We not only train them to obtain the numerical answers (precise to a given number of decimal places), but also motivate them to think laterally and explore alternate possibilities of a solution. The aim of our examination system is to enable a child to see how the concepts taught in the class rooms can be applied to solve problems in real life situations. We make them think in a scientific manner, build an argument in a logical frame and articulate the answers/solutions in a presentable style.

Our students have been bringing 100% board results right from the first batch. This validates our teaching and examination techniques at Stephens, and motivates us to keep the standards undiluted.

Rajeev Kumar
Coordinator, Examinations

Dear readers,

Welcome to SIPS, a vibrant learning environment, designed to enhance children's curiosity and creativity. We meet students' learning needs through innovative methods. Our units of inquiry are carefully crafted and reviewed annually, to expand opportunities for inquiry, personal growth and academic development. We support students, as they grow in terms of the learner profile, ensuring that your children will be well rounded and well prepared for life in the modern world. It is always a pleasure to work with students, teachers and parents; together we can reflect on our successes, and plan new improvements.

I would like to end with the words of Albert Einstein – Imagination is more important than knowledge, for while knowledge defines all that we currently know and understand, imagination points to all we might yet discover and create.



Sachin Dogra
Coordinator (classes 6th to 12th)



Stephens International Public school is truly a temple of learning where we are committed to the noble cause of nation building. I personally feel doubly honoured to serve in the position of a teacher as well as a coordinator where I get to work with children, teachers, parents as well as community representatives. My role also enshrines the values of knowledge, truth, ethics, integrity and respect.

Learning at our school is rooted in the fundamental principles of life. We teach the students to be courageous, confident, disciplined, responsible and loyal. The task of the modern educator is not only to preserve the forests but also to irrigate the deserts. We encourage the children to ask as many questions as they can. It is in wanting to know that will result in actually getting to know.

We are proud that our students are learning from the best, will become the best and will contribute their best in the truest tradition of SIPS.

B.D. Sharma
Coordinator (Classes 1st to 5th)

We literally deal with the baby steps of preparing the citizens of tomorrow at Dr. Aparna Kids Kingdom, Miran Sahib. We take in young toddlers and initiate them into the basics of all the learning that they would do in the rest of their lives. Our methodology does not just focus on the development of reading, writing and speaking skills, but also involves playing and befriending. We let them venture out, try out and yes, many a time, cry out too in a process that cultivates love and builds trust and a robust relationship.

As one in charge of this lovely wing of Stephens, I am proud of my team. Our educators are qualified, creative, sensitive and extremely professional. And, they all work hard to shape the young bloomers into inquisitive students and good learners. Some glimpses of our shining stars are available in a special section included in this edition of Illumination.



Ruchi Chopra
Teacher in charge (Dr. Aparna Kids Kingdom)

WISDOM HOUSE

Motto : *Strength of mind*

The time changes fast, so do all things. Education is a means by which character is formed, strength of mind is enhanced, intellect is expanded with the help of which one can stand on one's own feet.

Complementing the name 'Wisdom', our concern is to promote a sense of unity, discipline and a spirit of team work. Wisdom house bears the sense of competition and comprehends the value of standing ahead in curricular along with co-curricular activities.

Wisdom house provides a golden opportunity to students, so that they compete at higher level. It would further help them to face bigger challenges after their school life by providing clear directions and a sense of responsibility.



ANU CHOWDHARY

COURAGE HOUSE



SUNAINA CHIB

Motto : "*Believe in yourself
Have faith in your abilities*"

Vision: As a house master, I would like to take the privilege to present my house report. The teachers in our house, throughout the session, remained active and participated enthusiastically in all the activities of the school. I am proud to share that every child and teacher of my house has been putting equal efforts to strengthen the house position. The colour of our house is yellow which represents sunshine, courage, happiness and warmth. It influences us to shine in every field, live life happily and have courage in life.

I once again thank you all for the support and encouragement and whole heartedly congratulate the students and staff of Stephens International Public School who work hard to bring laurels to this esteemed institution. Keep up the good work!!

PEACE HOUSE

Motto : *Never give up.*

*If you quit, you cannot win
because quitters can never be the winners.*

I, feel very proud & honoured to be a part of this young, enthusiastic and intellectual team where giving up or quitting is never an option. Every teacher and student of this team has a passion for winning. Our house is blessed with green colour that has a strong sense of positivity and a never-dying attitude.

My advice to the students would be to work hard and never give up. Always remember that to be the best, you have to beat the best.



BAWA DITTA MANGOTRA

JOY HOUSE



AJAY KUMAR

Motto : *Service to humanity*

It gives me immense pleasure to lead a house that holds sky as the limit.

I congratulate the management, staff and students of Stephens International Public School who have worked hard and brought laurels to this esteemed institution. Keep up the good work. I along with my house team are trying our best to make best scholars and citizens by inculcating in them a sense of duty, discipline, devotion and dedication.

काक चेष्टा, श्वान निद्रा, वकुल ध्यानः
गृहत्यागी, अल्पाहारी विधार्थिनो पंच लक्षणः

I have been a student at Stephens since kindergarten. Over this period of 13 years, I have become a true SIPSian and the school has become my dearest alma mater. I have been told time and again by my teachers that I am one of the best students to have walked in the corridors of this school, but I should take this opportunity to state that no matter how well I do in my life and how far I go from here, I will never ever get another institution more innovative, more motivating, more inclusive, more responsible and more effective than Stephens International Public School. So, a big THANKYOU to the school management and the teachers of this unique center of learning.

Looking back, I can say with pride that Stephens has steadily cultivated in me the qualities of inquisitiveness and hardwork. It has taught me to value time and discipline. It has brought out and fine tuned the public speaker that I

never knew I was. It has taught me to face every challenge head on. And, trust me, they teach this to every child that enters their gates with an intention to learn. I am confident that the school has equipped me with all the technical and soft skills that I need to become a great professional and an eminent citizen of India. I will do my best to uphold the standards and values I have learnt here.

Tanupriya

Head Girl's Message

I am proud that all my life I would be called a SIPSian. To have studied at this great institution is a matter of deep pride for me. This school has given me the formal education I would be using to make a career and thus a living. However, more than that, this school has given me the opportunity to know myself - my heritage, my society, my dreams and my potential. Through its experienced, trained and highly knowledgeable faculty, this school exposes us to the big wide world out there. Thanks to technology weaved into our class room teaching, we have been kept abreast of the latest developments in the fields of science, literature, current affairs as well as sports.

As a head boy I got an opportunity to lead the school council and do our bit in representing the students as well as the school. We ensured that the great tradition of active learning and disciplined behaviour are handed down to our next batch of SIPSians. The memories associated with my school are going to last as long as the memories of my family. I thank the founders for starting this school and giving the children of this remote area quality education and a life which, otherwise, could not have been this large, this fast and this high.

Lokesh
Kumar

Head Boy's Message



Students Council (2018-19)

(L to R) : Rainder Singh (Sports Captain), Prachi (Asst. Head Girl), Sandeep Singh (Asst. Head Boy), Tanupriya (Head Girl), Lokesh Kumar (Head Boy), Karandeep Kour (Discipline incharge), Nishtha Engotra (Cultural Secretary)

Enablers

**TRAINED GRADUATE
AND
POST GRADUATE
TEACHERS**



**PRIMARY
TEACHERS**



**PRE-PRIMARY
TEACHERS**



**ADMINISTRATIVE
STAFF**



Shining Stars

Xth Class Toppers



Milandeep Kour
97.2 %



Gurpreet Singh
96 %



Sukhvir Singh
95 %



Gurpreet Singh
94.2 %



Ankita Darshan
93.4 %



Shruti Sharma
93 %



Prachi
92.8 %



Sakshi Devi
92.4 %



Farzan Coudhary
91.6 %



Laksh Dev Phagetra
91.6 %



Dushyant Raina
91.6 %



Sukhdev Singh
91.6 %



Lovedeep Kour
91.2 %



Shiva Rajput
90.8 %



Pallavi Sharma
98.8 %

XIth Class Toppers



Vidur Kataria
Maths-96%
Physics-95%
Chemistry-93%



Farheen Khalid
Biology-96%
Chemistry-95%



Anjali Choudhary
English Core-95%
Mathematics-94%



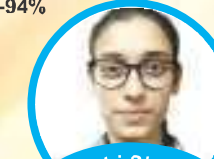
Hardik Gupta
Mathematics-93%



Diksha Raina
English Core-93%



Dinesh Kumar
Chemistry-92%



Surbhi Sharma
Biology-90%

GO GETTERS



Khelo India

Vishal Raina of Stephens International Public School bagged the Bronze medal in Taekwondo Championship in the weight category 41-48 Kg.



Annual Nano Nagle Memorial Inter school Debate Competition

Nidhi Choudhary of Stephens bagged third position in this prestigious debate competition held at Presentation Convent School Jammu.

Inter school Group Song Competition

The group of budding singers from Stephens bagged 2nd prize in the inter school group song competition held at Model Academy, Jammu.



Sahodaya

Jammu Sahodaya Inter School Hindi Debate Competition was organized in Stephens International Public School for 9 to 12 Classes on 15th October 2018. The Chief Guests for the occasion were Mr Jagdish Singh Dhani, President Sahodaya School complex, Jammu and Principal of Heritage Public School and Mrs Nirmal Mahana, Secretary of Sahodaya School complex. Nidhi Choudhary of Stephens bagged the third position.



Pariket Bhagat

Jammu Topper in IIT-JEE Main 2019 (99.8 percentile)

DR. APARNA **KIDS** KINGDOM

at a glance







U r d u Section

میڈیا

پانچ حرفی لفظ میڈیا نے پوری دُنیا کو اپنے اندر سمیٹ رکھا ہے۔ آج کے زمانے میں میڈیا کے مختلف طریقے دستیاب ہیں۔ جیسے ٹی وی، ریڈیو، انٹرنیٹ اور موبائل وغیرہ۔ ان سب کا آج کی زندگی میں ایک اہم مقام ہے۔ ہمیں آج گھر بیٹھے ساری دُنیا کی خبر ہوتی ہے۔ یہ سب ان سب چیزوں سے ممکن ہوا ہے۔ آج ہمیں پلک جھپکتے ہی ایک سے دوسرے مُلک کی خبر مل جاتی ہے۔ یہ سب ان سب کی وصلہ سے ممکن ہوا ہے۔

ہمارے مُلک میں میڈیا کا بہت ہی زیادہ اثر ہے۔ ہمارے مُلک میں میڈیا کو پوری طرح کی آزادی ہے۔ اور کسی بھی جمہوریت پسند مُلک میں میڈیا کی آزادی بہت ضروری ہے۔ لیکن میڈیا کی آزادی کے ساتھ ساتھ ہمیں یہ خیال بھی رکھنا ہوگا کہ کہیں یہ آزادی ہماری قومی ایکتا کو نقصان نہ پہنچائے۔ اس بات میں کوئی شک نہیں ہے کہ میڈیا کی آزادی ہر ایک مُلک کی ترقی کے لئے ضروری ہے۔ آج ہمارا مُلک بھارت جس دور سے گزر رہا ہے اُس میں میڈیا کا ایک بہت بڑا حصہ ہے۔

ماں کی اہمیت ماں کی شان

- ۱۔ ماں کا وجود ہمارا وجود ہے۔
- ۲۔ مائیں جذبات اور احساسات کا انمول خزانہ ہیں۔
- ۳۔ ماں کی آغوش ہمارا سکون ہے۔
- ۴۔ ماں کی قُر بانی ہماری زندگی سنوار دیتی ہے۔
- ۵۔ ماں ہمیشہ معاف کر دیتی ہے۔
- ۶۔ ماں ہمیشہ سپورٹ کرتی ہے۔
- ۷۔ ماں کی وجہ سے بچے قابل بنتے ہیں۔
- ۸۔ ماں ہمارا دل سے خیال رکھتی ہے۔
- ۹۔ ماں ایک بہتر اُستاد ہے۔
- ۱۰۔ ماں کی مسکراہٹ ہماری راحت ہے۔
- ۱۱۔ ماں کے قدموں میں جنت ہے۔
- ۱۲۔ ماں کی گود انسان کا پہلا اسکول ہے۔

نمرتا ستیا (8th B)

لکشمین چودھری (7th A)

طالب علم کی زندگی میں اُستاد کا کردار

۱۔ اُستاد اگر بچے کی حوصلہ افزائی کرے گا تو بچہ آگے بڑھے گا۔

۲۔ اُستاد اگر بچے پر اعتماد کرے گا تو وہی بچہ ذمہ دار بنے گا۔

۳۔ اگر اُستاد برداشت کرے گا تو بچہ غلطی کا اعتراف کرنے میں آسانی محسوس کرے گا۔

۴۔ اُستاد معاف کرے گا تو بچہ احسان مند ہوگا۔

۵۔ اُستاد عزت کرے گا تو بچہ عزت کرنا سیکھے گا۔

۶۔ اُستاد جب مشاورت کرے گا تو بچہ اپنا مسئلہ آسانی سے بیان کرے گا۔

۷۔ اُستاد دلچسپی لے گا تو بچے کی دلچسپی بڑھے گی۔

۸۔ اُستاد محنت کرے گا تو بچہ محنتی ہوگا۔

۹۔ اُستاد وعدہ پورا کرے گا تو بچہ زبان کا پکا اور وعدہ نبھائے گا۔

۱۰۔ اُستاد انصاف کرے گا تو بچہ حقیقت کو

تسلیم کرے گا۔

۱۱۔ اُستاد اگر نفاست پسند ہوگا تو بچہ بھی مہذب بنے گا۔

پیاری ماں

پیاری ماں، مجھ کو تیری دُعا چاہئے۔
تیرے آنچل کی ٹھنڈی ہوا چاہئے۔

لوری گا گا کے مجھ کو سُلاتی ہے تو
مسکرا کر سویے جگاتی ہے تو۔

مجھ کو اس کے سوا اور کیا چاہئے
پیاری ماں، مجھ کو تیری دُعا چاہئے۔

تیری ممتا کے سائے میں پھلوں
تھام کر تیری انگلی میں بڑھتا چلوں۔

آسرا بس ترے پیار کا چاہئے۔
پیاری ماں، مجھ کو تیری دُعا چاہئے۔

تیری خدمت سے دنیا میں عزت میری
تیرے قدموں کے نیچے ہے جنت میری۔

عمر بھر سر پہ سایہ تیرا چاہئے۔
پیاری ماں، مجھ کو تیری دُعا چاہئے۔

نامرتا سینتا (8th B)

پربلین کور (7th C)

میڈیا آزاد نسل برباد

آزاد میڈیا تو پھر بھلا کون سا نوجوان ہوگا جو بُرے اثرات اتنے موثر اور دیرپا ہیں کہ ہم اپنی تہذیب و ثقافت کو بالکل فراموش کر چکے ہیں۔ ہندوستان ایک مُلک ہے۔ اس کی اپنی اقدار روایات، رسم و رواج، مذہب، ثقافت اور معاشرتی تہذیب ہے لیکن میڈیا نے ہماری نوجوان نسل کو گمراہ کرنے میں کوئی کسر باقی نہیں رہنے دی۔

میڈیا کی آزادی اپنی جگہ ہے لیکن بحر حال نئی نسل اور آنے والی نسلوں کی بربادی کا سامان مہیا کرنا چاہئے۔ اسلئے میڈیا کو غلط انداز سے استعمال نہ کیا جائے۔ اسے تعمیری انداز میں کام لیا جائے تاکہ آنے والے وقت میں نوجوان نسل مُلک و قوم کی بقا کی ضامن بن سکے نہ کہ تباہی و بربادی کا سبب بنے۔

ردِ ابابا بٹ (C 8th)

پانچ حرفی لفظ میڈیا جس نے دُنیا کو اپنے اندر سمیٹ رکھا ہے۔ میڈیا جس سے مراد تمام وہ ذرائع جس سے ہم باخبر ہوتے ہیں۔ مثلاً ریڈیو، ٹی وی، انٹرنیٹ اور موبائیل وغیرہ یہ وہ مختلف ذرائع ہیں جن کے ذریعے ہمیں مختلف ممالک کی معلومات پلک جھپکتے ہی ہم تک پہنچتی ہیں۔ دُنیا کے کس کونے میں کیا ہو رہا ہے، کون سی نئی تکلیف ہوئی۔ غرض یہ کہ دُنیا کی سیاسی، معاشی اور معاشرتی صورتحال عوام تک میڈیا کے ذریعے پہنچ رہی ہوتی ہے۔ تعلیمی میدان میں بھی میڈیا بھرپور کردار ادا کر رہا ہے۔ اس کے علاوہ تفریحی اور معلوماتی چینلز بھی موجود ہیں۔ لیکن جہاں میڈیا کے لاکھوں فوائد ہیں وہاں اس کے نقصانات سے بھی انکار نہیں کیا جاسکتا ہے۔ خاص طور پر ہماری نوجوان نسل میڈیا کے منفی اثرات سے بے حد متاثر ہے۔

بقول ماہرین کے انسان کم عمری میں منفی اثرات قبول کرتا ہے۔ بُرے پہلو اچھے لگتے ہیں۔ اچھے خاص طور پر تعلیم بوجھ لگتی ہے۔ سونے پر سہاگہ کہ

کامیابی

- ۱۰۔ وہ کامیابی جو پلیٹ میں رکھ کر مل جائے جلد ہی ناکامی میں بدل جاتی ہے۔
- ۱۱۔ الگ الگ شعبوں میں کامیابی کی کوشش کے انداز الگ ہوتے ہیں۔
- ۱۲۔ ضروری نہیں کہ ایک شعبے کی کامیابی کو دوسرے شعبے کے لوگ بھی کامیابی ہی سمجھیں۔
- ۱۳۔ بعض اوقات کامیابی یا ناکامی کا فیصلہ قدرت پہلے ہی کر چکی ہوتی ہے۔
- ۱۴۔ اکثر کامیاب رہنے والے بھی کبھی کبھی ناکام ہو جاتے ہیں۔
- ۱۵۔ ہر انسان کی زندگی کچھ ناکامیوں اور کچھ کامیابیوں سے عبارت ہوتی ہے۔
- ۱۶۔ کامیاب انسان کی کامیابیاں زیادہ اور ناکام انسان کی ناکامیاں زیادہ ہوتی ہیں۔
- ۱۷۔ ناکامی سے دل برداشتہ نہ ہونے والے جلد ہی کامیابی بھی حاصل کر لیتے ہیں۔
- ۱۸۔ کامیابی محنت سے زیادہ، محنت پلاننگ کی مرہون منت ہوتی ہے۔
- ۱۔ اُستادوں کے بنائے ہوئے طریقے کامیابی کا راستہ آسان بناتے ہیں۔
- ۲۔ ناکامی برداشت کرنا، کامیابی برداشت کرنے سے کئی زیادہ حوصلہ مانگتا ہے۔
- ۳۔ سنجیدگی سے کئے گئے کام کامیابی سے ہم کنار ہوتے ہیں۔
- ۴۔ کامیابی کی خواہش بچپن سے ہی والدین بچوں کے ذہنوں میں راسخ کر دیتے ہیں۔
- ۵۔ کامیابی کا جشن اور ناکامی کا ماتم انسان کے حوصلے آزما تا ہے۔
- ۶۔ کامیابی کی خواہش کے بغیر کسی کام میں انسان کے جذبات شامل نہیں ہوتے۔
- ۷۔ اکثر صورتوں میں کامیابی کے لئے کسی مقابلے کا سامنا کرنا پڑتا ہے۔
- ۸۔ بعض اوقات کامیابی دو فریقین میں سے صرف ایک کا نصیب ہوتی ہے۔
- ۹۔ سخت محنت اور آزمائش کے بعد ملنے والی کامیابی کی قدر زیادہ ہوتی ہے۔

جاوید احمد (اُردو اُستاد)

Hindi

Section

माँ

हालातों के आगे जब साथ न जुबां होती है,
पहचान लेती है स्वामोशी में हर दर्द,
वो सिर्फ “माँ” होती है।

माँगने पर जहाँ पूरी हर मन्नत होती है,
माँ के पैरों में ही वो जन्नत होती है।

गम हो, दुख हो या हों खुशियाँ
माँ जीवन के हर किस्से में साथ देती है,
खुद सो जाती है भूखी पर
बच्चों में रोटी अपने हिस्से की बाँट देती है।

बिन बताये वो हर बात जान लेती है,
माँ तो माँ होती है
मुस्कुराहटों में भी गम पहचान लेती है।

उसके रहते जीवन में कोई गम नहीं होता,
धोखा भले ही दे दिया दुनिया ने
पर माँ का प्यार कभी कम नहीं होता।

तेरे ही आँचल में निकला बचपन,
तुझ से ही तो जुड़ी हर धड़कन,
कहने को तो माँ सब कहते
पर मेरे लिए तो है तू भगवन।

उदय सिंह (9th B)

पिता

माँ घर का गौरव तो पिता घर का अस्तित्व होते हैं।

माँ के पास अश्रुधारा तो पिता के पास संयम होता है।

दोनों समय का भोजन माँ बनाती है

तो जीवन भर भोजन की व्यवस्था करने वाले

पिता को हम सहज ही भूल जाते हैं।

कभी लगी जो चोट तो “ओ माँ” ही मुँह से
निकलता है

लेकिन रास्ता पार करते कोई ट्रक पास आकर ब्रेक
लगाये तो “बाप रे” यही मुँह से निकलता है।

छोटे-छोटे संकटों के लिए माँ है पर बड़े संकट

आने पर पिता ही याद आते हैं।

पिता वट वृक्ष हैं जिसकी शीतल छाँव में सम्पूर्ण
परिवार सुख से रहता है।

अनु चौधरी (हिन्दी अध्यापिका)

पानी का बचाव

पानी को न बचाने की सूरत में हमें आने वाले समय
में कई और परेशानियों का सामना करना पड़ सकता
है। पानी खाना पकाने, कपड़े धोने, नहाने और
शौचालय को साफ़ करने के लिए ज़रूरी साधन है।
पानी न होने की वजह से कई प्रकार की बीमारियाँ
फैल सकती हैं और हम सब भूखे मरने की कगार पर
खड़े हो सकते हैं। पानी न होने की वजह से हम
फसल का रोपण भी नहीं कर सकते हैं। पानी के
बिना हमारा जीवन शून्य है। इसलिए हमें हमेशा
पानी के बचाव की कोशिश करनी चाहिए और
ज्यादा से ज्यादा पेड़ लगाने चाहिए ताकि पृथ्वी पर
अधिकाधिक वर्षा हो और हमारी पृथ्वी के गर्भ में
पानी का भंडार अधिकाधिक मात्रा में रहे और हमारी
आने वाली पीढ़ी खुशहाल जिंदगी जी सके।

नदिनी शर्मा (10th B)



जीवों के विचार

गलतियों को भुलाना आता है तुम्हें,
नहीं है तुम्हें ज्ञान,
क्या तुम वही मनुष्य हो,
जो दिनभर जाप करें, हे भगवान, हे भगवान ?
माना कि मनुष्य से ही होती है गलतियाँ,
लेकिन उस में तुम हो महान,
एक गलती को ही बार-बार दोहराना,
क्या यही है तुम्हारा जहान ?

बोलते समय तो तुम जग को पीछे छोड़ जाते हो,
क्योंकि जड़बा होता है सबमें,
हिम्मत है तो करके दिखाओ वह काम,
जिससे बन सको तुम एक अच्छे इंसान।

काश! मैं भी होता इंसान,
न तुम सब की तरह बेईमान,
और तुम्हें सिखा पाता,
कि कैसे चलाते हैं,
एक धनुष से हजारों बाण।

श्रीया शर्मा (9th B)

आगे बढ़ो

दुख हो तो बाँट लिया करो
दुख में से खुशी छाँट लिया करो
दर्द को तुम काट लिया करो।

कर्म करते चलो कल की परवाह मत करो
नसीब है, अपना-अपना होता
जिसके नसीब में जो होता वह उसे नहीं खोता।

पहली बार में नहीं होती नौका पार,
कोशिश करने वालों की नहीं होती हार।
कोशिश करनी पड़ती है दोबारा,
तभी चमक पाओगे बनकर एक तारा।

भगवान का ले नाम
करो शुरू अपना हर शुभ काम
चाहे हो सुबह चाहे शाम।

मुस्कान राजपूत (6th D)

माँ

ज़मीं तो क्या? यह आसमान बदल सकती है,
माँ की ममता है, यह भगवान बदल सकती है।
बहुत खामोश है, पर प्यारी है आवाज़ माँ की,
यह हर इन्सान की पहचान बदल सकती है।
माँ ही मस्जिद है और मन्दिरों की है मूरती,
तेरा खुदा व तेरा राम बदल सकती है।
लकीरें हाथों की कह लें जो वे कहना चाहें,
माँ हर तक्दीर का अंजाम बदल सकती है।
भरी आहों से कोई माँ को पुकार ले ज़रा,
खुदा का वो हर इक आयाम बदल सकती है।

लक्ष्य शर्मा (10th C)

जंग और वहीँ

जंग तो आखिर जंग है, इधर है या उधर है
ढेर हैं लाशों के, नज़र पड़े जिधर है
मत मना जश्न, दुश्मन की मौत पे
वो भी तो इंसान है।

कर रहम उन मासूम रिश्तों पे
जुड़े दुश्मन संग जिनके अरमान हैं
किसी की राखी, किसी का सिंदूर
आज पहुँचा श्मशान है।

देख के हालत अपनी दुनिया की
नीली छतरी वाला परेशान है।

भूमि अग्रवाल (5th C)

सपना, जिंदगी, मेहनत

सपने और जिंदगी ने ऐसी दौड़ लगाई,
सपना आगे भागा, जिंदगी पीछे छूट गई।
सब जगह घना अँधेरा छाया,
कहीं कोई उम्मीद की किरण नज़र न आई।
फिर सोचा और मेहनत की ओर छल्लाँग लगाई,
ऐसा लगा किसी ने राह दिखाई,
अपने अदरं नित नई ऊर्जा पाई।
किसी ने ग़म तो किसी ने खुशी दिखाई,
बस फिर क्या था, जिंदगी और मेहनत ने एक साथ
मिलकर सपने को आवाज़ लगाई।
तभी जिंदगी मेहनत और सपने ने मिलकर, साथ
चलने की योजना बनाई।

पारूल देवी (6th D)

नैतिकता का गिरता स्तर

किसी ने सत्य ही कहा है- यदि व्यक्ति का धन
चला गया, तो समझो कुछ नहीं गया, यदि उसका
स्वास्थ्य चला गया तो समझो कुछ गया, पर यदि
उसका चरित्र चला गया, तो समझो उसका सब कुछ
चला गया। चरित्र नैतिकता का ही पर्याय है।
नैतिकता का अर्थ है- नीति के अनुसार व्यवहार
करना, सत्यवादिता, आपसी प्रेम, भाईचारा, कर्तव्य
एवं समयनिष्ठा। किसी भी राष्ट्र की उन्नति में वहाँ
के निवासियों की नैतिकता, ईमानदारी आदि का
बहुत बड़ा योगदान होता है। दुर्भाग्यवश आज
नैतिकता, ईमानदारी आदि को मूर्खता का पर्याय
समझा जाने लगा है। जिसमें ये गुण हैं उस व्यक्ति
को मूर्ख कहा जाता है। आज संसार का हर वर्ग
स्वार्थ, ईर्ष्या तथा भ्रष्टाचार में लिप्त है। लोगों की
कथनी और करनी में अंतर है। नैतिकता के स्तर
को उठाने के लिए आत्मावलोकन करना अनिवार्य
है।

प्रेरणा (8th A)

“हकीकत”

जिनको देखे गुज़र गये ज़माने
फिर आ गये हैं वो सूरत दिखाने
भोली जनता की नब्ज़ फिर पहचानने
फिर जनता को लगे सपने दिखाने
गरीबी को मिटाने, भूख को मिटाने
रोटी, कपड़ा और मकान दिलाने
जनता को लगे खूब बहलाने
फिर लगे चुनावी नारे लगाने
जो मिल गया है वही हकीकत है
बाकी सब है अफसाने।

परमिंदर कौर (3rd F)

याद रखें

बेटी अभिशाप नहीं वरदान है।
बेटी सृष्टि का मूल आधार है।
बेटी संस्कृति की संवाहक है।
बेटी सभ्यता की पालनहार है।
बेटी ईश्वर की अनुकंपा है।
बेटी एक अनमोल धरोहर है।
बेटी बचाओ, बेटी पढ़ाओ।



मन्नत शर्मा (5th E)

गणतंत्र दिवस

करें सलाम इस तिरंगे को,
जो हमारी शान है।
सदा सर रखना ऊँचा इसका,
जब तक शरीर में जान है।
इतना सुन्दर जीवन दिया हमें,
कई जवानों की कुर्बानी ने,
फैशन ने अँधा कर दिया हमें,
जोश भरी, जवानी में।
क्या समझेंगे मोल हम इस आज़ादी का,
कभी सहा नहीं दर्द हमने गुलामी का।

नमन शर्मा (3rd B)



जरा सोचिए

1. क्रोध में मनुष्य की आँखें बंद हो जाती है और जुबान खुल जाती है।
2. क्रोध करने का मतलब है, दूसरों की गलतियों की सजा स्वयं को देना।
3. क्रोध मूर्खता से शुरू होता है और पश्चाताप पर समाप्त होता है।
4. एक बार क्रोधित होने पर शरीर में खून की 8 बूँदे कम हो जाती है, जबकि 8 बूँदे बनने के लिए 5 दिन लगते हैं।
5. क्रोध को क्षमा से, अहंकार को नम्रता से, लोभ को संतोष से जीतकर जीवन को सफल बनाया जा सकता है।
6. क्रोध तो मधुमक्खी के छत्ते पर पत्थर फेंकने के समान है।
7. क्रोध में कही गई बात अंत में अपने पर ही उल्टी पड़ जाती है।
8. क्रोध को मारकर शांत भाव लाइए और जीवन को सफल बनाइए।

रिद्धा भट (8th C)

सर्दी आई

किट-किट दाँत बजाने वाली,
आई सर्दी आई।
भाग गए सब पतले चादर,
निकली लाल रजाई।
दादा, दादी, नाना, नानी,
सब सर्दी से डरते।
धूप सेंकते, आग तापते,
फिर भी रोज़ ठिठुरते।
कोट पहनकर मोटे वाला,
पापा दफ़्तर जाते,
पहने टोपी, बाँधे मफ़्लर,



सर्दी से घबराते।

मम्मी जी की हालत पतली,
उल्टी चक्की चलती,
हाथ-पैर सब ठण्डे-ठण्डे,
मुँह से भाप निकलती।
लेकिन हमसब छोटे बच्चे,
कभी नहीं घबराते,
मस्ती करते हैं सर्दी में,
दिन भर मौज मनाते।



आयूषि चौहान (5th F)

एक महल बनाऊँगा

वीरानों की इस दुनिया में, सपनों का एक महल
बनाऊँगा,
हाथों को चीर-चीर, खुद अपनी रेखाएँ बनाऊँगा।

देखता ये अँधेरा सघन और विचलित होता मेरा मन,
मैं अधियारों से आगे अपनी किस्मत ले जाऊँगा।

देखता ऊषा की वह एक किरण और मेरे ऊपर सारा
गगन,
मैं पंछी बन आसमान में उन्मुक्त उड़ जाऊँगा।

देखता मरूस्थल पर फैला यह उजड़ा सा यौवन,
मैं लहू से सींच-सींच खुद अपना उपवन बनाऊँगा।

देखता चीर धरा को एक बीज कण, जाता पूरा वृक्ष
बन,
मैं अन्नपूर्णा के बीजों सा एक जीवन बन जाऊँगा।

वीरानों की इस दुनिया में, सपनों का एक महल
बनाऊँगा,
हाथों को चीर-चीर, खुद अपनी रेखाएँ बनाऊँगा।

कृष्णा गुप्ता (5th C)

बेटियाँ

प्यार की सजीव कहानी होती हैं बेटियाँ
माँ-बाप की आँखों का पानी होती हैं बेटियाँ
गुज़रता है बचपन प्यार से,
पल भर में स्यानी होती हैं बेटियाँ।
सब कुछ है मगर कुछ भी नहीं
किस्मत की विरानी होती हैं बेटियाँ
जब तक है पास रखो प्यार दुलार से
आखिर बैगानी तो होती हैं बेटियाँ
आखिर बैगानी तो होती हैं बेटियाँ।

तरुण जोहल (4th C)

आखिर पाया तो क्या पाया?

जब तान छिड़ी मैं बोल उठा,
जब थाप पड़ी, पग डोल उठा
औरों के स्वर में स्वर भर कर
अब तक गाया तो क्या गाया ?

सब लुटा विश्व को रंक हुआ
रीता तब मेरा अंक हुआ
दाता से फिर याचक बनकर
कण-कण पाया तो क्या पाया ?

जिस ओर उठी अंगुली जग की
उस ओर मुड़ी गति भी पग की
जग के आंचल से बँधा हुआ
खिंचता आया तो क्या आया ?

जो वर्तमान ने उगल दिया,
उसको भविष्य ने निगल लिया।



है ज्ञान, सत्य ही श्रेष्ठ किंतु
जूठन खाया तो क्या खाया ?

गीतिका महाजन
(हिन्दी अध्यापिका)

अबमोल वचन

रब से क्या शिकायत करूँ
मन खुद ही बेईमान है
हर पल तेरा शुक्र मनाऊँ
यही एक अरदास है।

क्यों रब तू ऐसा करता है
क्यों तू हर पल नाराज़ सा लगता है
दिल तो बहुत दुखी है
बस एक तेरी कमी है।

पानी से तो नहाता है हर कोई
पर जो पसीने से नहाता है
वो ही कामयाबी छू पाता है।

रीतिका चौधरी (9th B)

सच्चा गुरु

जानवर - इंसान में जो भेद बताए,
वही सच्चा गुरु कहलाए।
जीवन - पथ पर जो चलना सिखाए,
वही सच्चा गुरु कहलाए।
जो धैर्यता का पाठ पढ़ाए,
वही सच्चा गुरु कहलाए।
पग - पग पर परछाई सा साथ निभाए,
वही सच्चा गुरु कहलाए।
जिसे देख आदर से सिर झुक जाए,
वही सच्चा गुरु कहलाए।

सिया चिब (9th B)

अनमोल विचार

जिंदगी में सिर्फ़ शहद ही ऐसा है जिसको,
हज़ार साल के बाद भी खाया जा सकता है।
और शहद जैसी बोली से सालों-साल तक,
लोगों के दिलों में राज किया जा सकता है।

वे खुद ही तय करते हैं मंज़िल आसमानों की,
परिंदों को नहीं दी जाती तालीम उड़ानों की।
रखते हैं जो हौसला आसमाँ छूने का,
उनको नहीं परवाह कभी गिर जाने की।

रिश्ते वो नहीं, जिनमें रोज़ बात हो,
रिश्ते वो भी नहीं, जिनमें रोज़ साथ हो।
रिश्ते तो वो हैं जिनमें, कितनी भी दूरियाँ हों
लेकिन दिल में हमेशा, उनकी याद हो।

जब हौसला बना लिया ऊँची उड़ान का,
फिर देखना फ़िज़ूल है कद आसमान का।
जिन्दगी में इतनी तेज़ी से आगे दौड़ो
कि लोगों की बुराई के धागे आपके
पैरो में ही आकर टूट जाएँ।

रवनीत कौर (9th B)

मिल के रहें

एक डाल पर तोता बैठा,
एक डाल पर चिड़िया।
एक डाल पर चढ़ी गिलहरी,
शैतानी की पुड़िया।।
एक डाल पर तितली बैठी,
रंग-बिरंगी सुंदर।
एक डाल पर काला कौआ,
एक डाल पर बन्दर।।
सदा प्यार से रहते हैं वे,
उनका तो निर्मल मन।
दुःख-सुख आपस में बाँटें,
है सुखद बड़ा जीवन।।



बच्चों हम भी मिल के रहें,
सहज भाव से इस जग में।
शांत, सरल जीवन हो तो,
पुष्प खिलें हर पग में।।

समीक्षा राय (3rd C)

शिक्षा

महात्मा कन्फ्यूशियस ने अंतिम समय में अपने
शिष्यों को बुलाकर अंतिम शिक्षा दी - देखो मेरे दाँत
मेरे जन्म के बाद आए पर पहले चले गए। जिम्हा
शरीर के साथ आई पर अभी भी है। जानते हो
क्यों? क्योंकि दाँत सख्त व अहंकारी थे व जिम्हा
विनम्र व लचकदार है।

समीक्षा राय (3rd C)

मेरी बहना का कहना

मेरी बहना का यही है कहना,
मेरे भाई खुश तुम हमेशा रहना।
हर मुसीबत को हिम्मत से सहना,
मेरी बहना का यह है कहना।

मेरी बहना हर समय है कहती,
करना तुम इतनी तेज़ी से तरक्की।
जिस तेज़ी से भारत में गंगा है बहती,
तुम करोगे मम्मी-पापा का नाम रौशन,
यह बात है पक्की।

मेरी बहना का यही है कहना,
भाई मेरे राखी के बंधन को निभाना।
हर मुसीबत में सुपरमैन की तरह बचाने मुझे आना,
कुछ सालों बाद पराए घर मुझे है जाना।
कभी मुझे मत भूल जाना।

लक्ष्मण चौधरी (7th A)

आत्मविश्वास का महत्व

आत्मविश्वास उस साहस का नाम है, जो हर इंसान में होना ज़रूरी है। आत्मविश्वास के बिना हर इंसान अधूरा है। आत्मविश्वास ही हर इंसान को सफल बनाता है। आत्मविश्वास से ही हर इंसान कुछ कर सकता है। आत्मविश्वास धारण करने से ही इंसान कुछ करने के योग्य है। अगर हम अपने आप को सही ढंग से पहचानते हैं तो हम आत्मविश्वास से भरपूर हैं। हर इंसान में आत्मविश्वास होना चाहिए, ताकि हम जिन्दगी में बेहतर प्रदर्शन कर सकें। आत्मविश्वास सफलता की कुंजी है। जिसमें आत्मविश्वास नहीं होता, वह कभी भी अपनी जिन्दगी में सफल नहीं होता। हर आदमी को अपने अंदर आत्मविश्वास जैसी शक्ति उजागर करनी चाहिए।

भूमिका (8th A)

दोस्त

अच्छा दोस्त एक फूल की तरह होता है, जिसे हम छोड़ भी नहीं सकते और तोड़ भी नहीं सकते। तोड़ दिया तो मुरझा जाएगा और छोड़ दिया तो कोई और ले जाएगा।

जसप्रीत कौर (4th B)

हमारा विद्यालय

स्टीफन्स इंटरनेशनल पब्लिक स्कूल
यह हमारा विद्यालय है,
शिक्षा का उत्तम आलय है।
पढ़ते जहाँ हम सब बच्चे,
नियम-रीति में है सब सच्चे।
इंग्लिश यहाँ सिखाई जाती है,
हिन्दी यहाँ पढ़ाई जाती है।
गणित यहाँ समझाई जाती है,
कला यहाँ सिखलाई जाती है।

शिक्षक सभी गुणी विद्वान,
देते विद्या का नित दान।
भाईचारे की शिक्षा देते,
देशभक्ति का पाठ पढ़ाते।
यहाँ अनुभवी हैं सब शिक्षक,
मानवता के जो है संरक्षक।
वे करते सबकी अच्छी देखभाल,
उन्हें अनुशासन का है ख्याल।
खेलकूद में सबसे अच्छे,
हमारे विद्यालय के बच्चे।
हमारी प्राचार्या सबसे अच्छी,
कर्तव्यपरायणी सीधी-सच्ची।
यह शिक्षा का उत्तम आलय है,
यह हमारा विद्यालय है।

तानिया (9th A)

इक्कीसवीं सदी का भारत

“इक्कीसवीं सदी का भारत” शब्द जुबान में आते ही दिमाग में एक छवि उभर आती है। जिसमें भारत तरक्की करता हुआ एक विकासशील देश है। जिसकी अर्थ-व्यवस्था दुनिया की सबसे मज़बूत अर्थ-व्यवस्थाओं में से एक है और यह एक आदर्श लोकतांत्रिक देश है। विश्व में सबसे ज्यादा आबादी वाले देशों में दूसरे स्थान पर है। दुनिया के बेशुमार दौलतमंद यहाँ बसते हैं लेकिन गरीबी के आंकड़ों में भी हम कुछ पीछे नहीं हैं। जहाँ एक तरफ 21वीं सदी का भारत उपग्रहों की तकनीक में एक अग्रसर भूमिका निभा रहा है वहीं यह देश आज भी दिन-रात भ्रष्टाचार से जूझ रहा है। यहाँ पर रोज़ चोरी, डकैती, हत्या, ठगी आम बात हो गई है। क्या यह वही भारत है जहाँ स्त्री को देवी का अवतार माना जाता रहा है? आज तो यहाँ घरों में भी बहू-बेटियाँ सुरक्षित नहीं हैं। यहाँ अपने अपनों को ही काट-मार रहे हैं। क्या यह वही भारत है जहाँ एक ज़माने में घरों में ताले नहीं लगते थे और आज आधुनिक तकनीक से निर्मित तालों से भी घर

सुरक्षित नहीं हैं। एक ज़माने में भारत सोने की चिड़िया कहलाता था जहाँ दूध-दही की नदियाँ बहती थी। आज भारत प्रदूषण से ग्रस्त एक ऐसा देश है जहाँ जलाशयों का स्तर भी दिन प्रति दिन घटता जा रहा है। क्या बापू ने इसी भारत की कल्पना कर के अंग्रेजों से लोहा लिया था? क्या बाबा साहब अम्बेडकर ने इसी भारत का विधान अपने हाथों से लिखा था? कहना पड़ रहा है हमारा भारत उनकी कल्पनाओं के भारत जैसा बिल्कुल भी नहीं है।

आयूषि भगत (9th B)

छिन्ता बचपन

आज का मानव 'कल' मशीन का दास बनकर रह गया है। आधुनिकता की इस अंधी दौड़ में हम कब पिछड़ गए, पता ही नहीं चला। नई-नई प्रौद्योगिकी के प्रयोग से हम सांसारिक लोक में नए-नए आयाम तो पाते गए पर नैतिकता का पतन होता गया। आज बच्चे के जन्म के पहले से ही तय हो जाता है कि वह जन्म के बाद बड़ा होकर क्या बनेगा, डॉक्टर, इंजीनियर, आई.ए.एस., वगैरह! वगैरह! फिर उस संतान के इस दुनिया में आते ही शुरू हो जाता हमारे बड़ों की महत्वाकांक्षों का सिलसिला। वह जो खुद न कर सके उसका सपना अपनी संतान में देखते हैं। वह दो से ढाई वर्ष का हुआ नहीं कि उसके विद्यालय की चिन्ता उसका बचपन यहीं पर समाप्त समझे। अच्छे सुनहरे भविष्य की दलील देकर एक बड़े इंग्लिश मीडियम स्कूल में प्रवेश दिला दिया जाता है, भले ही उसका नाक बहता हो। स्कूल अपनी सारख के मुताबिक हो या नहीं उसको बहुत सी पुस्तकों का बोझ डाल देता है। उनको उसकी नन्हीं पीठ पर इतना बोझ नजर नहीं आता, बेचारा कुबड़ा सा हो जाता है। दिमाग में गृहकार्य का बोझ लेकर वह थका हारा घर आता है और शुरू होता है पढ़ाई का सिलसिला या यूँ कहें कि उसका रोबोट (Robot) बनने का सफर। फिर धीरे-धीरे यही जीवन यात्रा और बचपन खत्म!

थोड़ा शारीरिक रूप से बड़ा हुआ तो पुस्तकों का भार भी बढ़ जाता है। थोड़ी देर बाद जिम्मेदारियों के

एहसास का नाम देकर उसकी मानसिक परेशानी और बढ़ाई जाती है। उसे अधिक परिश्रम का पाठ पढ़ाया जाता है। इसी बीच कभी भी उसे प्रकृति, अपने पुराने रीति-रिवाज और रहन-सहन की कम ही जानकारी दी जाती है क्योंकि उसे तो एक सफल इंसान बनना है। अब मुद्दा यह है कि 'सफल' से मतलब क्या है? क्या खूब पढ़ना, अच्छी नौकरी पाना, खूब दौलत इकट्ठी करना ही सफलता है। मेरे विचार से तो नहीं, इस बात पर आप सबकी राय अलग हो सकती है। मान लिया उसने धन तो बहुत कमा लिया पर अपने संस्कार, रिश्ते सब गँवा दिए, तो इसलिए हमें चाहिए कि हम बच्चों को आधुनिक शिक्षा के साथ-साथ सभ्यता, संस्कृति और मूल्यों से भी परिचित करवाएँ। एक सुदृढ़ समाज का विकास हम सब की नैतिक जिम्मेदारी है और यह तभी संभव है जब हमारे बुजुर्ग, हमारे विद्यालय, हमारे शिक्षक, हमारे अभिभावक अनावश्यक रूप से विद्यार्थी पर बोझ न डाल कर उन्हें अपने बचपन का भी आनंद लेने दें। सही कहा है किसी ने कि 'जो शिक्षा प्रकृति से मिल सकती है वह किताबों से नहीं'। इसलिए हमें चाहिए कि हम अपनी आने वाली पीढ़ी को विरासत में संस्कार दें न कि हाथों में एक ऐसा Remote पकड़ाएँ जो इंसानियत की जड़ों को खोखला करने का कार्यक्रम चलाए। ऐसी शिक्षा पद्धति का विकास किया जाए जो विद्यार्थी को हमारे गुजरे कल की जड़ों से जोड़ कर आधुनिकता की ओर ले जाए न कि इस विज्ञान के युग में उसके बचपन के मूल्यों का हास कर दे। अब यहाँ पर जिम्मेदारी उठानी पड़ेगी शिक्षकों को, विद्यालयों को और अभिभावकों को। उन्हें आगे आना होगा और विद्यार्थियों में किताबी ज्ञान के साथ-साथ नैतिकता का पाठ भी पढ़ाना होगा। तभी एक शिक्षक या एक विद्यालय का कार्य पूरा होगा और हम अपनी संतानों का बचपन बचा पाएँगे।

अजय कुमार
(विज्ञान अध्यापक)



STEPHENS'
Litrati



English Section

"My School Promise"

Each day I will do my best.
And I won't do any less.
My work will always please me,
And I won't accept a mess.
I will colour very carefully,
My writing will be neat,
And I will not be happy,
Till my papers are complete.
I will always do my home work,
And try my best in every test
I won't forget my promise,
To do my very best.

Sudha Choudhary (3rd C)

Things Money Can't Buy

Manners
Morals
Respect
Character
Common sense
Trust
Patience
Class
Integrity
Love



Smiksha Rai (3rd C)

Believe

In the moon you see the beauty of God,
In the sun you see the power of God and
In the mirror you see the best creation of God.
YOUSELF!

So believe in Yourself.

A bird sitting on a branch of the tree is never afraid of what will happen if the branch breaks down because the bird believes its wings and not the branch. We must also be like birds and believe in ourselves.

Monika Thappa (7th A)

Laugh A Little

Teacher :- Ramu ! Why are you doing your Maths sum on the floor?

Ramu :- You told me to do it without using tables.

Manisha :- I went to zoo yesterday.

Neha :- Did you know I was there too?

Manisha :- Really ! In which cage?

Banti :- My dad bought me a wallet and it matched with my pants .

Montu :- Was there anything in the wallet?

Banti :- No !

Montu:- Then it matched with your head too.

Prachika Sharma (11th B)

School Life

The irritating moment – the morning alarm

The herculean task - to find a pair of socks

The longest journey –to the class

The lovely time - seeing friends

The cloudburst moment - surprise test in the last period

The best news - teacher is absent.

Farah Iqbal (5th C)

Thoughts

"It is good to remember that we aren't helpless. There is always something we can do"

"A man's character cannot be judged by the amount of money he has but by how he spends it"

"You can complain that roses come with thorns or you can rejoice that thorns come with roses"

"If you are patient in one moment of anger you will escape a hundred days of sorrows"

Bhumika Bhagat (5th C)

My Cool Bro

Always doing Yo! Yo!
Here is my cool bro
Helpful like a superhero.
Chasing goals like a crow.
Up to date, he's a pro.....
Never gives me a "No".
Here is my cool bro.....
Always doing Yo! Yo!



Lakshman Choudhary (7thA)

Brother

When the time comes
A brother will stand up for you
No matter where he is
He will come to your rescue
This is what I have learnt
About the bond of brotherhood
Our relationship is unlike any other
Truly priceless, touch wood
Someone who makes funny faces
To see how I'd react
I love my brother
And that's a fact.

Rubbam Singh Chouhan (7thA)

History And Geography Of Jammu

Jammu is the winter capital of the Union Territory of Jammu and Kashmir in India. It is located in the Shivalik range on the banks of the river Tawi, overlooking the northern

plains and bounded by the Udhampur district in the north and Kathua district in the East. Due to the numerous temples built by the various kings who ruled this region, Jammu is famously known as the city of temples. The city was originally founded by Raja Jamboo Lochan who lived in the fourteenth century B.C. The Raja had gone out one day for hunting when he happened to witness a tiger and a goat drinking water from the same pond. He decided to build a city at this site where the strong and the weak would live together in peace and mutual tolerance. Eventually he founded the city which came to be known as "Jamboo" after his own name. With the passage of time the pronunciation of the name got distorted to its present name 'Jammu' which incidentally is the name for the city, the district as well as the division. Jammu serves as the base camp for the world renowned pilgrimage to the holy shrine of Vaishno Devi. Jammu is also the railhead of the UT. Jammu district is spread over an area of 3097 sq km and has a population of about 15.88 lakhs. The Jammu city boasts of a rich heritage as well as a great potential for modernization. With good quality educational facilities, recreational hubs, shopping malls, popular food joints and beautiful tourist places, Jammu city has been selected to be made into a Smart City in the near future.

Piyush Majhra (7thD)

The 9th D

Someone a lock, another one a key.
Incomplete 'thout each other,
Students of 9th D.
Glad to meet
And happy to greet,
We fight unto death
For our chosen seat.
Some of us are quiet.
And some forthright.
Each one is talented
Thirty stars bright.

*Taniya , Naeeya,
Roshni & Sneha (9th D)*

Failures are the pillars of success

Failures mean lack of preparation, confidence, analysis and hard work. Failures tell us the value of winning. Generally, the outcome of a failure is despair, dejection and frustration. It need not be so. We must fight back with a greater hope and positive attitude. Failures can be turned into the stepping stones to a resounding and glorious success. There is not a single successful man who has achieved success without tasting failure. After all, we all have only one life. And, there is always a first time to do things. Making a mistake is quite natural. It is not a crime, but not learning from failures is sheer foolishness. Abraham Lincoln failed many times in his life but never got frustrated and fought with more determination and eventually became one of the greatest presidents of America. Indian freedom fighters also failed several times but at last they won and attained independence.

In nut shell, if you never ate a bad apple you will never know the taste of a good one.

Presana & Bumika (8th A)

Ever wondered?

- The names of all continents end with the same letter that they start with.
- People say “ Bless You “ when you sneeze because when you sneeze, your heart stops for a millisecond.
- The “ Sixth sick sheik's sixth sheep's sick ” is said to be the toughest tongue twister in English.
- 'TYPE WRITER' is the longest word that can be made using the letters only on one row of the keyboard.
- The tongue is the strongest muscle in the human body.
- The two words in English language that have all five vowels in order : “abstemious and facetious.

Sania (8th D)

- At over 2, 000 kilometers long, the Great Barrier Reef is the largest living structure on Earth.
- Octopuses have three hearts, nine brains, and blue blood.
- A new state of matter exists (alongside solid, liquid and gaseous states) and it is known as time crystals.
- 100,000 chemical reactions occur every second in our brains.
- A single cloud can weight more than one million pounds.
- Chewing gum burns about 11 calories per hour.
- Saturn's density is so low that this planet can float in water.

Siya Chib (9th B)

- The brain is more active at night than during the day.
- The higher your IQ, the more you supposedly dream.
- Facial hair grows faster than any other hair on the body.
- The nail on the middle finger grows faster than the other fingernails.
- The lifespan of a human hair is 3 to 7 years on average.
- Women's heart beats faster than men's.
- Women blink twice as many times as men do.
- During your life you will produce enough saliva to fill two swimming pools.
- Your nose shapes the sound of your voice

Prabhben Kour (7th C)

Are We Ready For Smart Cities

A city can be defined as 'smart' when investment in human and social capital and traditional transport and modern commutation infrastructure fuel sustainable economic development and high quality of life, with a wise management of natural resources, through participatory action and engagement.

Background

It is expected that by 2050, 70% of India's population would be living in the cities. This information is less of a complement and more of a worry. Our cities, in their present shape and state, are not able to handle this upsurge in the number of migrants. According to a study, 500 new cities are needed by then. To address this challenge, the Government of India launched 'Smart cities mission' in 2015. Ninety eight cities have been selected under this project. These cities will be developed as

smart cities in 5 year duration. In the first stage, 20 cities were selected for the financial year 2015 – 16. For the next two years, 40 and 38 cities respectively were included in the mission.

Benefits:

Futuristic infrastructure, smart solutions, healthcare for all, housing for all, employment for all.

Challenges:

Huge investment may make the life in smart cities more costly and unaffordable to many.

As everything is integrated with technology, there will be data collection putting privacy at risk.

Too much dependence on digitalization can make us vulnerable to cyber attacks.

So, are we really ready to switch over to this new form of urban living?

Ravneet Kour (9th B)

Tourism Places To Visit In Jammu

Jammu is known as the city of temples and, the best known tourist attractions are naturally the temples and shrines. Vaishno Devi Temple in the Trikuta Hills overseeing Jammu is the second most visited Hindu shrine in the world. It receives nearly a crore devotees each year. Another famous destination in Jammu is the historic Raghunath Temple situated in the heart of the city. It is dedicated to Lord Rama, the family deity of the erstwhile Dogra Dynasty that ruled the state till 1947. On one side of the river Tawi that runs through Jammu is the

Maharaja Hari Singh park, an impressively maintained river front park having an open-air gymnasium. On the other bank is the majestic Bahu fort. It has a Mahakali Temple dedicated to the kuldevi of the royal family of J&K, an underground aquarium, the largest of its kind in India, an entertainment park with swings and rides and Bagh-e-Bahu, the terraced gardens having numerous fountains with coloured lights.

For the history buffs there is Amar Palace which was the official residence of the kings of the Dogra dynasty. A portion of this palace has been converted into a museum with some interesting artifacts, paintings, relics and documents. Another rich repository of history is the Mubarak Mandi Complex also called the Darbar Garh Complex. This complex has the former court (Darbar) of the kings, the secretariat, the Army headquarters, the High Court as well as a beautifully maintained park. Most of these buildings are undergoing restoration work by the ASI.

For those seeking adventure and wild-life there is Manda Wild Life sanctuary that has a 7 km uphill trek and a Zoo with a wide variety of wild animals – deer, snakes, crocodiles, ducks, leopards and bears. Just 60 km south-east of Jammu are the Mansar and Surinsar lakes which are not just scenic sites but also holy places for the Hindus. Some archeologically significant remains have also been spotted in this area. Closer to our school is the Gharana wetland in the R. S. Pura area which is renowned for the rare migratory birds that arrive here every year.

Ridda Batt (8thC)

Save Electricity, Save Power

What do we use to operate our electronic gadgets and appliances at home? Electricity. All essential operations including heating, ventilation and air conditioning, lighting, running household appliances, performing industrial as well as domestic processes depend on electricity.

But, do you know that running appliances and machines on electricity not only heats up our planet but also costs us dearly?

By not taking initiatives to conserve electricity we are actually depleting India's power supply and resources. The rates for purchasing electricity are constantly rising. This, in turn, makes the electric power unaffordable to many sections of the society. This is the root cause of non-uniform development of the country.

We get so dependent on this valuable resource of energy that we take it for granted. Imagine a day without electricity!

CHANGE BEGINS WITH US – So let us start taking initiatives to conserve electricity. Let us start switching off the light bulbs, fans and ACs when not in use. Let us switch off the refrigerators for a few hours during the winter season. Let us try to spend more time together in one living room and keep the appliances switched off in the other rooms.

Let us save electricity. Let us save power!!!

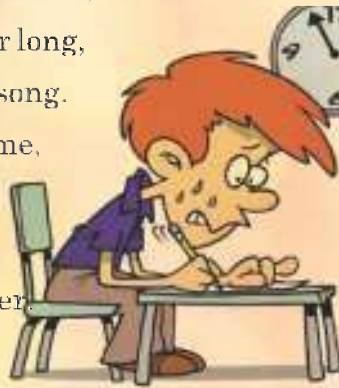
Aayushi Bhagat (9thB)



The Fear Of Exams

My exams were near,
Filled with fear,
I studied till late night,
For my answers to be right.
My tensions grew bigger,
And my face became smaller,
I played the whole year long,
Or just kept singing a song.
So when the exams come,
My nerves are numb,
Frightened like never,
'Coz I know I ain't clever.
I can't sleep and wink,
Just think, think and think.
If I don't pass,
I'd be in the same class.
The next day is creepy,
And I'm still sleepy,
On the exam table, I tried to be stable.
But I was very shocked, to see the clock
For I was sleeping all through,
That silly exam.

Prachika Sharma (11thB)



The Words

The words we speak can break someone's heart. But they should give pleasure to everyone and not pain. Some of our unkind and inhuman words can ruin someone's world so watch your words. Always speak sweet and kind, loving and caring words to everyone otherwise just be silent.

Prabhleen Kour (7thC)

The Way We Think About Food

MYTH 1: Drinking water in between your meals will mess up your digestion.

FACT : Drinking water will not damage your digestive process.

MYTH 2: The skin of apple contains no nutrients.

FACT : The apple peel is known to have a high concentration of antioxidants. But rinse the apples properly before biting into that crunchy fruit.

MYTH 3: Having milk immediately after eating fish is not advisable.

FACT: Some believe that the combination makes spots appear on your skin. But there is no scientific reason why you cannot have milk and fish together.

MYTH 4: We should eat wheat but not rice.

FACT : Both have similar glycolic index but wheat has more fibre and proteins .

MYTH 5: Any amount of wheat can be consumed.

FACT : Large quantities of wheat increases blood sugar .

MYTH 6: Only overweight persons need exercise.

FACT : Exercise doesn't help us to lose weight only but also helps us to keep healthy.

MYTH 7: Fasting may help in weight loss.

FACT : Ultimately fasting hinders weight loss.

MYTH 8: Low fat milk has less calcium than full fat milk.

FACT : Skimmed and semi – skimmed milk have more calcium because it is in watery part and not in creamy part of milk.

MYTH 9 : Only low-fat and no-fat diets are good.

FACT : Body needs fats for energy, tissue repair and to transport vitamins A, D, E, K.

MYTH 10 : Vegetarians cannot build muscles.

FACT : They can build muscles by getting proteins from pulses etc.

Harneet Kour (8th B)

Success

Plan – while others are playing

Listen – while others are talking

Study – while others are sleeping

Prepare – while others are day dreaming

Act – while others are thinking

Farah Iqbal (5th C)

Golden words

“Don't cry because it's over. Smile because it happened” - Dr Seuss.

“Those who mind don't matter, and those who matter don't mind.” - Bernard M. Basuch.

“Be yourself. Everyone else is already taken.” - Oscar Wilde.

“You only live once but if you do it right, once is enough.” - Mae West.

“Always forgive your enemies. Nothing annoys them so much” - Oscar Wilde

“Darkness cannot drive out hate. Only love can do that.” - Martin Luther King.

“It is better to remain silent at the risk of being thought a fool, than to talk and remove all doubt of it.” - Maurice Switzer

“If you don't stand for something you will fall for anything.” - Malcolm X.

“Not all of us can do great things but we can do

small things with great love.” - Mother Teresa
“The difference between genius and stupidity is that genius has its limits.” – Albert Einstein.

Dinesh Dogra (5th E)

Amazing People Of The World

Each person has something that makes him unique and special. However, there are people you won't believe actually exist in the world. Here are a few who are unique in this world.

Julia Gunthel:- She is the most flexible woman in the world. She is a gymnast, model and actress. She is the tallest rubber woman. She is able to open the bottles with her feet standing on the hands.

Rolf Buchholz:- A 58 yr old man has broken record for being someone with most piercings. He has 453 piercings of his face. He has dozens of tattoos all over his body, stretched and giant horn implants that lie on his forehead.

Sadhu Amar Bharati :- Once he raised his right arm up, he never took it down, now for 43 years. His arm is decorated with long thick and twisted nails.

Tim Cridland :- He has the power to control pain. He can calmly stick a sharp spike into his mouth and it will penetrate all the way out of his chin.

Gino Martino:- He has a superpower that his super skull enables him to break concrete over his head ; he has also performed the stunt of bowling balls dropped onto his skull from 15 feet high.

So, these were some of the awe-inspiring people that live in this world.

Avantika Sharma (8th B)

Cities In India To Visit, Live And Stay Forever

JAIPUR – THE PINK CITY :- Jaipur is the capital of Indian state of Rajasthan. It evokes the royal family that once ruled the region and that, in 1727, founded what is now called the old city or 'Pink city' for its trademark building color. With gardens, courtyards and museums, part of it is still a royal residence.

CHANDIGARH :- Chandigarh, the capital of the northern Indian states of Punjab and Haryana was designed by modernist architect le Corbusier. His modernist buildings include the capital complex with its High court, Secretariat and legislative Assembly, and the giant open Hand Monument. The nearby Rock Garden is a park featuring sculptures made up of stones, recycled ceramics and industrial relics.

KOCHI :- Kochi is a city in the southwest India's coastal state of Kerala. It has been a port since 1341, when a flood carved out its harbor and opened it to Arab, Chinese and European merchants. The sites reflecting these foreign influences include Fort Kochi, a settlement with tiled colonial bungalows and the diverse places of worship.

KOLKATA :- Kolkata is the capital of West Bengal. Founded as an East India company trading post, it was India's capital under the British Raj from 1773 to 1911. Today it is known for its grand colonial architecture, art galleries and cultural festivals.

Ravneet Kour (9th B)

Greatest Inventions Of This Decade

Android :- It is an operating system software used in every Smartphone.

GPS- Global positioning system :- It is a tracking device and is commercially available for phones too. It helps in locating the position of an object at any point on earth.

YouTube :- It is the world's most famous free video sharing website. It helps people to watch, upload and share videos online.

Prius :- It is a car that has no brake pedal, accelerator or steering wheel and moves safely without a driver.

Touchscreen technology :- It allows us to give command to our phones, laptops or tablets just by touching the screen with fingers.

i Phone :- It was launched in the year 2007. It revolutionized telephony. We now use phones not just for making calls but also for sending emails using internet, playing games etc.

Online shopping :- It is the process of buying goods from merchants directly over the internet using a web browser.

Suryansh Khajuria (8th A)



ISA – Journey

Accreditation Of Stephens International Public School with the British Council



Stephens International Public School is a beacon of hope for the younger generation who are desperate to make a mark in today's emerging global society. It is a prestigious institution of the region providing all the amenities for the 21st century learning. It is one of the top CBSE schools of the J&K State. We at SIPS provide a balanced environment focused on shaping children into leaders of tomorrow by offering comprehensive education through developmental approach.

We are highly elated and proud on receiving, the British Council accreditation and the International School Award for the period 2019-22. Our school aims to provide a cosmopolitan exposure to the students and promote English as a foreign language, and, partnering with the British Council ISA Programme was highly effective in this regard. We got an opportunity to enter into exchange programmes with foreign schools like Billabong High International School Maldives, Jagat Mandir Secondary School Kathmandu, Nepal and Rabia Balkhi High School, Kabul, Afghanistan. This brought an unprecedented exposure to our teachers and students to the international contexts. This also provided us an opportunity to showcase our own rich cultural heritage as well as intellectual prowess.

The international exchange programmes and activities sensitized our students about certain global issues such as poverty, pollution, lifestyles, agriculture and food security and helped them to appreciate international practices and ethics. All the activities of ISA journey infused the spirit of critical, creative and logical thinking, effective communication and problem solving in the students as well as teachers.

The worthy parents of our students are equally excited about the International School Award which is just one more testimonial to the excellent speaking and writing skills of their wards.

We are confident to remain active in the next coming years as well to promote global outlook and collaborate with British Council in our future endeavors.

Republic Day Celebration







CBSE *National Kabaddi Cluster XVI*



Stephens was chosen to hold the three-day CBSE Kabaddi Cluster XVI - 2018. The event which was inaugurated by Mr. Sham Lal Chaudhary, former cabinet minister in the state government, had 400 participants and their coaches from 20 schools across north India.

A magnificent cultural show was organized to mark the culmination of the prestigious event in the benign presence of Sh. Kavinder Gupta, Ex- Deputy CM of the state.

The school management congratulated Mr. Gurdeep Singh, (HOD Sports) Mr. Muneshwar Jamwal and Mr Gaurav Kumar, the school PTT's for the success of cluster event.



Sports Activities





Picnic / Excursion





Special Assemblies



Art And Craft



NEERAJ CHOUDHARY (10THC)

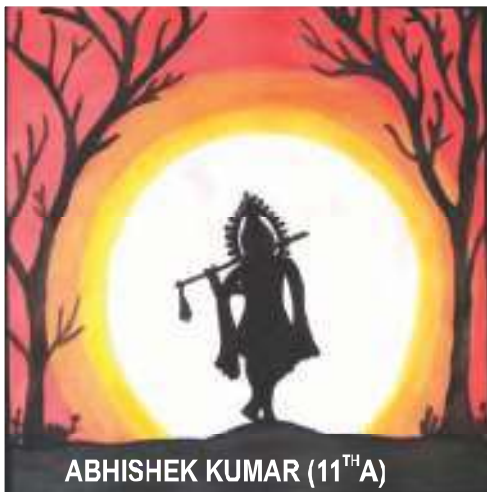


ANKITA DARSHAN (11THA)



SUKHLEEN KOUR (9THD)

Art And Craft



ABHISHEK KUMAR (11THA)



DUSHYANT RAINA (11THA)



NAIYYA (9THD)



ADITI SINGH (10THB)



MUSKAN RAJPUT (6THD)



SANDEEP KOUR (10THB)



SAHIL SAROCH (11THA)

Art And Craft



MANSUKHPREET KOUR (10THB)



VISHWABANDHU (9THD)



ARYAN RAJ (9THD)



NAAZ CHOUDHARY (11THA)



ASHISH SINGH (10THA)

Art And Craft



PRACHI (11THD)



SIYA CHIB (9THB)



MUSKAN RAJPUT (6THD)



SIMRAN KOUR (9THB)



MANSI (6THB)

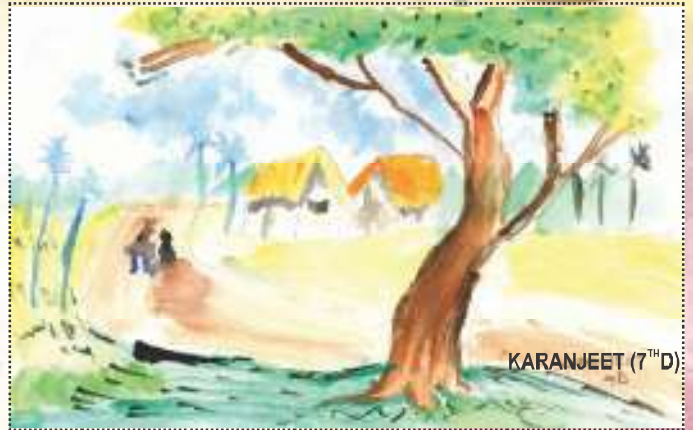


MUSKAN RAJPUT (6THD)

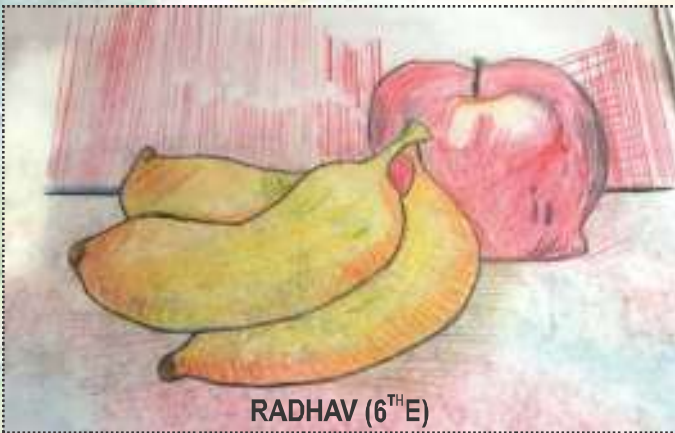
Art And Craft



DINESH (6THE)



KARANJEET (7THD)



RADHAV (6THE)



SHAFI CHOUDHARY (8THC)



MANDEEP SINGH (11THD)



PALLAVI SHARMA (11THB)

WorkShops





Environment Rally





**Top School Award in North Schools
CBSE Category 2018**

Stephens was selected for the Top School Award from over 200 schools on the basis of jury rating and parameters such as holistic development, quality academics, innovative teaching technologies, sports excellence and infrastructure facilities



Brainfeed School Excellence Award

Awards and Accolades



Stephens got Brainfeed School Excellence Award for transforming education and young minds in India through a noteworthy spectrum of initiatives and efforts and prioritizing the 21st century demands of future leaders.

Stephens got listed in top 500 schools of the country and was recognized as one of the best CBSC Schools with academic excellence, sports education and techno smart methodologies.

Visit to FM Studio



Healthy Tiffin Contest

A person is said to be truly wealthy, if he has good health. A healthy mind resides in a healthy body. SIPS lays stress on inculcating healthy food habits among toddlers. To make them conscious of health and nutrition, a 'Healthy Tiffin Competition' was held. The children participated with full enthusiasm and zeal. More captivating than the lunch boxes were the faces of the children which were beaming with excitement. The tiffins were prepared with all healthy foods like fruit salads, vegetables, sprouted grains and energy drinks etc. Winners were adjudged on the basis of the nutritional value of the meal and its presentation. The dishes were marked clearly and elegantly with the details of the ingredients and nutrients in them. The teachers explained the difference between the healthy food and junk food and highlighted the demerits of junk food to the students. The contest helped the students understand the importance of a balanced diet and healthy lifestyle. The activity was a great success and the kids enjoyed a lot.



Diwali Celebrations





Vijaydashmi Celebrations





'Books are our best friends, they are our best guide. They enrich our knowledge, eradicate the darkness of ignorance and spread the light of wisdom.'

A book fair is a celebration of reading. It is an exhibit of books typically by a group of publishers or dealers for promoting sales and stimulating interest. The books are sold or auctioned to raise money for some worthy cause.

The book fair at Stephens International Public School was aimed at cultivating reading habits, enriching the knowledge of the students and improving their writing skills. The library was decorated beautifully and the students paid visits according to a schedule spanning over one week. The collection on display catered to the young story lovers as well as the mature and seasoned readers.



Book Fair



Children's Day Celebrations



Annual Day Celebrations

Stephens International Public School, Miran Sahib, Jammu celebrated its 12th Annual Day on Sunday 2nd December, 2018 with great pomp and show at the school premises. The school was decorated elegantly and the stage was set up with professional sound system.

Mr. Sham Lal Choudhary, Ex. Minister of PHE, Irrigation and flood control, Mr. K.B. Agarwal IAS Financial Commissioner Housing and Urban Development Department and Mr. Shaleen Kabra, Chief Election Commissioner, J&K State presided over the function as chief guests.

The theme of the function was '**NISARG**'. More than 1300 students presented mesmerizing cultural events. Choreography, rhythm and synchronization and presentations of all the students were par excellence.

Mr. Manoj Agnihotri, the Principal, read the annual report of the school. He highlighted the school's achievements in academic and co-curricular activities. Prizes were given away to the toppers and other students who had brought laurels to the school in various competitions and contests.

At the end, Dr. Kamal Saini, the Chairman of the school, thanked the Chief Guests, dignitaries and parents for having spared their time to attend the function. He also thanked the students, teachers and the principal for organising the function successfully.





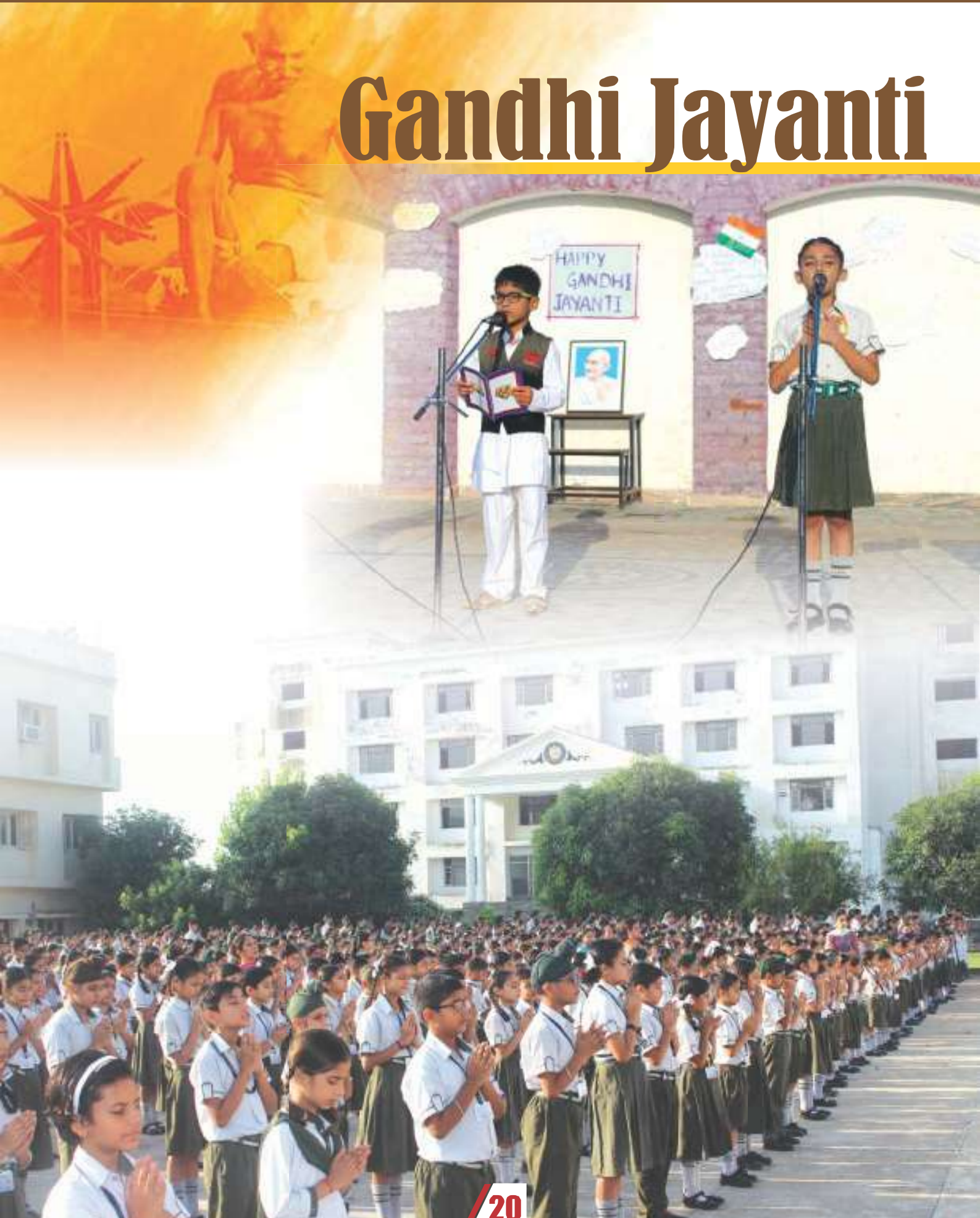
Gurpurab Celebrations

Gurpurab is the celebration of a Guru's birth anniversary. Stephens celebrated Guru Nanak Dev's birthday with great spirit and sanctity. The festive event was commemorated with the Kirtan and the students recited the Mool Mantra with the Shabad Gayan epitomising their faith in the glory of the first Guru. The students sang religious hymns from the Holy Guru Granth Sahib.

The mainstay and the showstopper of the programme was 'Gatka' which depicted the gaiety and valour of Khalsa Panth. The spiritually charged day was presided over by the school Vice Chairman, Director, Principal, Dean Academics and Headmistress. Manoj Agnihotri, the school Principal, shared the Guru's message of harmony and oneness and advised the students to do simran daily to improve concentration. He also asked the students to follow the teachings of Guru Nanak Dev.



Gandhi Jayanti



Teachers' Day Celebrations



Paying a tribute to the teachers, Stephens International Public School celebrated the Teachers' day on September 5th. A cultural extravaganza was organized by the students to appreciate the unwavering commitment of the teachers to the mission and vision of Stephens. To honour the teachers, students entertained them by means of various cultural items. They expressed their gratitude through speeches and poems in English as well as Hindi. The Chairman, Dr. Kamal Saini (Retd IGP) IPS, and Vice Chairman Mr. Amarjeet Singh extended their blessings to the teachers and students. The Director, Mrs. Satvinder Saini was the Chief Guest. She thanked the teachers for constantly giving their best at Stephens for the cause of nation-building. The Principal, Mr. Agnihotri said that the glory of the Guru cannot be written even if the whole earth is transformed into paper, big trees made into pens and the entire water in the seven oceans is transformed into writing ink. Dean Academics, Rama Jamwal congratulated the teachers for inspiring and nurturing the students. The Headmistress, Inderjeet Kour stimulated the students and teachers to follow the footsteps of Dr. S. Radhakrishnan in whose memory the day is celebrated. Teachers were honoured with Appreciation Awards by the management.



Janamashtami Celebrations



Janamashtami was celebrated with great religious fervour. The students enacted small anecdotes from the life of Lord Krishna. The Director of the School Mrs. Satvinder Saini blessed the students on this auspicious occasion. The children dressed up in fancy clothes resembling

mythological characters added further colour to the occasion. The celebration comprised of mirthful performances by the tiny tots in Krishna Arti, Garba Dance, collective chanting of Harinaam and speeches on the life of Krishna and his teachings to the mankind.

Principal Agnihotri and Dean Academics, Rama Jamwal applauded the efforts put in by the teachers and students. Special attraction of celebration was Kite Flying Competition in which students of class VI to XII participated. Students of primary section marched through the premises dressed as Radha and Krishna spreading the message of love, peace and oneness.





Rakhi Making Competition

Independence Day Celebrations

Thousands laid down their lives so that our country could celebrate Independence day every year. We should try to be worthy of their sacrifices.

The school celebrated the day with the rest of the nation on August 15 and paid homage to the freedom fighters who sacrificed their lives for the freedom of our motherland, India.

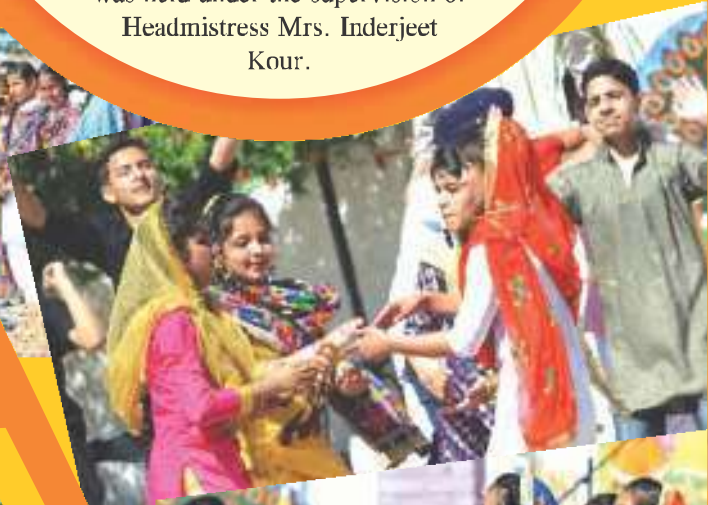
The function was presided over by Director of the school, Mrs. Satvinder Saini, Principal, Mr. Manoj Kumar Agnihotri, Dean Academics Mrs. Rama Jamwal and Headmistress Mrs. Inderjeet Kour. The special assembly commenced with the pledge highlighting the Indian heritage and identity. The mainstay of the function was the melodious medley of patriotic songs and dance by the children. The students presented a beautiful skit showcasing the sacrifice laid down by great freedom fighters. The Principal shared interesting facts about India's struggle for independence and urged the students to keep the flag of the nation flying high.



Baisakhi Celebrations

Baisakhi is a day of immense social, cultural and historical importance. Hindus celebrate it as the first day of the solar year and as the spring harvest festival whereas Sikhs observe it to commemorate the birth of Khalsa Panth in 1699.

The school celebrated Baisakhi with zeal and fervour. Students recited shabads and presented a colourful bonanza highlighting the significance of the day. Principal Agnihotri wished a happy new solar year to the students and explained how the Tenth Guru of Sikhs, Guru Gobind Singh, created Khalsa Panth at Anandpur Sahib to fight injustice and to protect the society from the atrocities of the tyrant Mughal rulers. The Director, Mrs. Satvinder Saini, motivated the students to follow the path of truth, hard work and discipline. The programme was held under the supervision of Headmistress Mrs. Inderjeet Kour.





Earth Day *Celebrations*





Art Work By:
MANDEEP KOUR (CLASS 11TH)

*"Education is the
manifestation of
perfection already in
men.*

*If the poor cannot
come to education,
education must reach
them, at the plough,
in the bakery,
factory, elsewhere."*

-Swami Vivekananda



Art Work By:
GAURAV SINGH CHIB (CLASS 11TH)



📍 Stephens International Public School,
Miran Sahib, Jammu

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