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URJA

स्वस्थ शरीर में ही स्वस्थ दिमाग रहता है

SURAJ

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INDEX

From The Founder's Desk

Dear Readers

To all the members of the 'Suraj' family.

I wish you a healthy and safe 2021. It's a matter of great pride that we're coming up with the latest issue of our magazine 'Urja' . I am very happy and delighted with the overwhelming response that our magazine has been receiving. The editors' team tells me that there is an influx of articles and other literary materials from students, teachers, staff and Principals. I personally apologise to those students, parents, teachers and other members of the 'Suraj' family whose articles have not been published due to paucity of space. I sincerely request the editorial board to create more space so that our magazine is able to convey more ideas , view points and expressions .

The magazine gives an insight into the philosophy of 'Suraj Education Group' and the activities and the endeavours into forming a creative and stimulating atmosphere for our students. This magazine is a platform that exhibits the literary skills and innovative ideas of students and teachers. 'Urja' epitomizes the hard work , sincerity and dedication of students and contribution of our teachers. I would like to thank my editorial team for helping me in this endeavour. I express my heartfelt appreciation to the budding authors of our magazine.

Douglas Pagels' beautiful lines come to my mind "Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can."
It's your chance to write a beautiful story of your life.Write it!
This is just a beginning. More issues of our magazine will follow and I request and invite the 'Suraj' family - school Principals , teachers, staff , students and parents to be a part of this monthly magazine. It will be an honour and a matter of pride.

Best Wishes!!
Jagdish Prasad (Founder & Chairman of Suraj Education Group)

From The Director's Desk

This journal is our humble attempt at providing a platform for the members of our extended family to showcase their creativity. We wish to give greater wings to refine their talents.

I appreciate and acknowledge their work because I believe that success depends on the power to perceive, to observe and to explore. I take this opportunity to thank all the contributors as their literary pieces are the reason that this chronicle is in your hands. Thank You!

Sunit Yadav
Director
Suraj Education Group

From The Editor's Desk

This magazine is indeed a pious and our sincere attempt to make our budding talents give shape to their creativity, appreciate and recognize their work because I believe that success depends upon our power to perceive, the power to observe and the power to explore.

I take the opportunity to thank all the contributors as their contribution is the reason that makes this magazine into a reality.

Thanking You!

Vikas Bansal
(Chief Editor)
URJA Magazine

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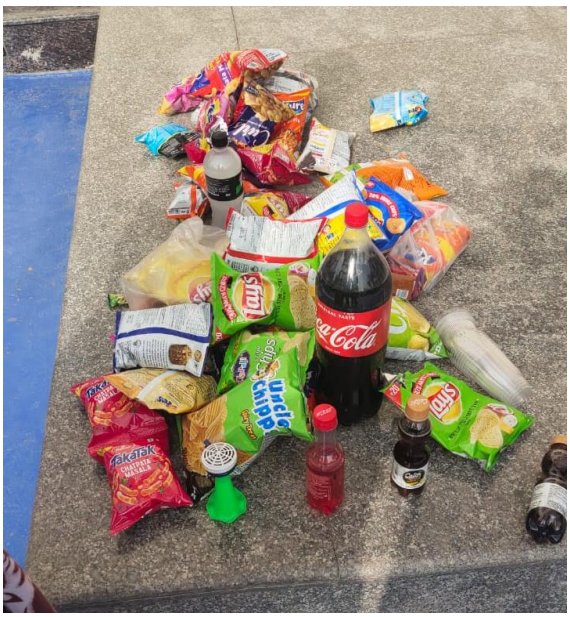
स्वस्थ शरीर मे ही स्वस्थ दिमाग रहता है

अक्सर कहा जाता है पहला सुख निरोगी काया, दूजा सुख घर में हो माया, धन दौलत से भी ज़्यादा अच्छी सेहत ज़रूरी है | यह लेख ना सिर्फ़ छात्रों के लिए है बल्कि सभी अभिभावको के लिए भी है | मनुष्य के जीवन में जो सबसे अहम हिस्सा होता है वह है छात्र का समय। ऐसे में पढ़ाई के साथ साथ स्वस्थ का भी ध्यान रखना भी काफी जरुरी होता है। कहा जाता है कि एक स्वस्थ शरीर में ही एक स्वस्थ दिमाग रहता है। तो अच्छी पढ़ाई के लिए सभी छात्रों को अपने स्वास्थ्य पर ध्यान रखना काफी जरुरी होता है। अच्छी आदत के माध्यम से दिमाग और शरीर स्वस्थ हो सकता है।

कम से कम 8 घंटे की नींद ले

में अपने सभी पाठको से कहना चाहती हूँ की कम से कम 8 घंटे की नींद ले , बेहतर स्वास्थ्य का मेरा सबसे पहला सुझाव ये है की सभी लोग एक अच्छी नीद ले | छात्र के जीवन में काफी कुछ समझाना, सीखना और याद करना होता है। हमारा दिमाग सोते समय हमारे दिन भर के किये गये कामो को एकत्रित करता है। जो हमने सीखा होता है। हुमारा दिमाग़ उसमे से जो जरूरी होता है उसे रखता है और जो दिमाग को जरूरी नहीं लगता उसे हटा देता है। इसके अलावा सोते समय हमारे दिमाग और शरीर में काफी गति विधि होती है। जब हम सो कर उठाते तो काफी स्वस्थ और तरो ताज़ा महसूस करते है।



जंक फूड से दूरी बनाए

यह टिप हर तरह के छात्र के लिए काफी अहम है चाहे वह स्कूल में पढ़ता हो चाहे कॉलेज में। जंक फूड को खाने की एक बुरी आदत है जो अभी कुछ समय से बहुत अधिक बढ़ गयी है, इस समय काफी लोग जंक फूड चाह कर भी नहीं छोड़ पाते है, उसका एक बहुत बड़ा कारण यह भी है, जंक फुड कंपनी बहुत सारे ऐसे केमिकल का प्रयोग करती है, जिनकी वजह से उनका बार बार प्रयोग कारने का मन होता है | काफी जंक फूड मैदा से बनता है और मैदा को पचाने में शरीर को काफी दिकत होती है। इस कारण काफी नींद और आलस भी होता है। में जंक फुड की मुहिम के लिए , सूरज स्कूल सेक्टर ५६ की वाइस प्रिन्सिपल कनिका का धन्यवाद और अप्रीशियेट करना चाहती हू, जिस तरह से उन्होने लगातार हेल्त के उपर जागरूकता अभियान चलाया है | हुमारी सूरज स्कूल की सभी ब्रांच में हमने जंक फूड खाने से रोकने के लिए (Anti Junk Food Squad) बनाया है जो अक्सर स्कूल के छात्रों के लंच बॉक्स चेक करके उसमें से जंक फुड निकालते है | फिर भी मैं ये चाहती हूँ की अभिभावक भी इस मुहिम में हमारा साथ दे और बच्चो को जंक फुड ना दे |

सुबह का नाश्ता जरूर ले

मेरी जिंदगी में कोई ही दिन ऐसा होगा, जब मेने सूर्य उदय ना देखा हो, सुबह जल्दी उठना और नियमित कार्य के लिए मेरे पास हमेशा अतिरिकत समय मिल जाता है , काफी छात्र यह गलती कर बैठते है। वह सुबह देर से उठने के बाद बिना सुबह का नाश्ता किय स्कूल या कॉलेज में आ जाते है। इसके बाद वह स्कूल या कॉलेज में भी नाश्ता नहीं करते है। यह सब करना शरीर के लिए काफी हानिकारक साबित हो सकता है। हमारे शरीर को निर्धारित समय पर खाने की मांग होती है। अगर निर्धारित समय पर खाना खाया जाए तो यह स्वस्थ के लिए काफी अच्छा होता है।

खाने में फलो और हरी सब्जियों को शामिल करे

एक स्वस्थ शरीर और दिमाग के लिए आपने भोजन में फलो और हरी सब्जियों को जरूर शामिल करे। फलो के माध्यम से हमें काफी तरह के जरुरी तत्व मिलते है जो हमारे दिमाग के साथ साथ शरीर पर काफी अच्छा प्रभाव डालते है।

अगर हो सके तो पहले एक अच्छे डॉक्टर से संपर्क करे और पता लगाए की आपके शरीर में किस चीज़ की आवश्यकता है उसके हिसाब से ही अपने भोजन में फलो को शामिल करेंगे तो आपको बहुत जल्द बदलाव देखने को मिल सकता है। जहाँ तक हो सके ऑर्गेनिक फलों और सब्जियों का ही प्रयोग करे. |

पढ़ते समय छोटे छोटे ब्रेक ले

काफी छात्र यह गलती करते है , जब वो पढ़ने बैठते है तो उसके बाद तीन घंटे या पांच घंटे बाद उठते है | यह एक अच्छी आदत नही , पढ़ाई के दौरान छोटे छोटे ब्रेक ले लेने चाहिए | सूरज स्कूल हमेशा से ही पढ़ाई में अववल रहा है जिसके पीछे हमारे स्कूल के अध्यापक, छात्र, अभिभावक की कड़ी मेहनत निहित होती है, उसके साथ साथ जो एक पूरा एजुकेशन प्रोसेस का अनुसरण किया जाता है, वो हुमारी रिसर्च आंड डेवेलपमेंट (R&D) टीम का भी सहयोग है.| हमारा शरीर लगातार बैठे रहने के लिए नहीं बना है ऐसे में लगतार बैठे रहने से हमारे शरीर पर काफी बुरा असर पड़ता है। काफी बीमारी होने की भी डर बना रहता है। इसके अलावा अच्छी पढ़ाई भी नहीं हो पाती है। तो हर 50 मिनट के बाद करीब 10 मिनट का ब्रेक ले।

छात्रों के लिए बेहतर स्वास्थ्य सुझाव: देर रात तक न जगे

कुछ छात्र देर रात तक बैठ कर पढ़ाई करते है, और फिरसुबह जल्दी नही उठ पाते, मेरा उन छात्रा को यही सुझाव हाइके अगर उनके लिए मुमकिन हो जितना हो सके सुबह जल्दी उठे और रात को जल्दी सोने का प्रयदस करे| अगर आप दिन भर कुछ और काम करते है और देर रात को पड़ते है तो यह आपके दिमाग और शरीर पर काफी बुरा असर डाल सकता है। विज्ञान की माने तो रात के 10 बजे के बाद हमारे शरीर में काफी कुछ होना शुरू होता है। इस सब प्रक्रिया हमारे सोने के बाद काफी अच्छे से होता है और यह हमारे स्वस्थ के लिए काफी जरुरी होता है।

चिंता न ले

आज कॉंपिटेशन का लेवल बहुत ज्यदा बढ़ गया है, बहुत सारे छात्र बहुत छोटी उमर में तनाव में रहते है, घर परिवार की तरफ से, कभी अपने आप ही तनाव ले लेते है | सूरज स्कूल की स्पेशल टीम है जो () के दौरान या रुटीन में छात्र और अभिभावक को चिंता से दूर रहने की सलाह देते है और उनके तनाव को कम करने का प्रयास करती है | में सिर्फ़ यही कहना चाचती हूँ की चिंता से हमारा समय और शरीर ही ख़राब होता है। अगर किसी चीज़ कि चिंता हो तो उसके हल सोचे और अगर वह हल करने लायक नहीं है तो उसे भूल जाए। अगर आप अपनी चिंता अपने अंदर रखते है तो यह बहुत ही हानिकारक हो सकता है। अपनी चिंता दुसरो के साथ हो सके तो साझा करने की कोशिस करे। आप छात्र से में यह कहना चाहती हूँ की आप कभी भी बिना हिचक के मुझसे या हमारी टीम से बात कर सकते है

अभी स्कूल में नया सत्र आरंभ हो गया है और करोना की वॅक्सीन भी आ चुकी है और लगने भी लग गयी है, हम सूरज स्कूल में, भारत सरकारद्वारा निर्धारित उच्च मापदंडों का पालन करते है | स्कूल कॅंपस को नियमित स्वच्छ करना, छात्रों का ताप मापना, छात्रों के बीच में उचित दूरी रखना इत्यादि | में आपको भरोसा दिलाना चाहती हूँ की आपके बच्चे सूरज स्कूल में पूरी तरह से सुरक्षित है |

सुनीत यादव
निदेशक
सूरज स्कूल

“Healthy Kids Learn Better”

This article on Girl's Period is extract from a workshop conducted by Dr. Chandan Kachru from Pratiksha W Hospital at Suraj School Sector 56 Gurgaon.

A girl can start her period anytime between the ages of 8 and 15. If a girl has not had her first period by age 15, or if it has been more than 2 to 3 years since breast growth started, she should see a doctor. A significantly greater number of cycles (70.4%) commenced during the night or in the first 4 h after rising, compared with later in the day.
Any girl should not get afraid or tensed about her first period. It's quite natural and very important and integral part of a girl's life.

What are the signs of your first period coming soon?
A good sign you're getting close to the time when your first period will arrive is if you notice a discharge coming from your vagina. It might be thin and slightly sticky or thick and gooey, and can be clear to white or off-white in color. Usually, this happens about 6 months before you get your first period.
Menstruation is also known as **menses**. **Menstruation**, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle.
Some **girls** and **women** find that they **feel** sad or easily irritated **during** the few days or week before their **periods**. Others may get angry more quickly than normal or cry more than usual. Some **girls** crave certain foods. These types of emotional changes may be the result of premenstrual syndrome (PMS).
Menstrual hygiene is very important to understand to maintain good **hygiene** during **periods**: Reduced Risk of Urinary Tract Infections: Using damp and dirty **menstrual** clothes or using a **sanitary** napkin for longer than 4 hours can act as a perfect environment for growth and multiplication of harmful bacteria and yeasts.
If you wear a sanitary pad for a long time , then it gets infected very soon. You would have seen if we had four or five hours. How often does our side thread get fibrous?

And itching may happens, sometimes and there is also a pain or redness occurs. if you do not change? girls thinks that their pad has not become dirty, it will work now. But that's not the right thing. It can be cause of infection and leads to many problems.

Unless **you** get more than 12 hours of sleep on **the** regular or have an unusually heavy **period** (which **you should** definitely talk about with **your** healthcare provider), **one pad should** be sufficient. **You** can thank **the** invention of overnight **pads** for this sleep-sparing convenience.

According to **Menstrual** Health Alliance India, one **sanitary pad** could take 500 to 800 years to decompose as the plastic **used** is non-biodegradable and can lead to health and environmental hazards. So dispose off used sanitary pads carefully. Once the **pad** is wrapped, toss it in the

bathroom garbage. If possible, **use** a garbage can or bin with a lid. This will help keep any odors from the **pad** contained. Never flush your **pad**, wrapper, or paper liner down the toilet

If your period are less than that, so please consult your doctor ! if you are using more than 7 pad in a day and If your bleeding is going heavy ! only then tell your doctor! So this is How we calculate that we are getting normal bleeding or heavy bleeding .Now there is a patient whose cycle is three days and she has good bleeding for three days and your four five pads are attained. So That is absolutely normal and if some ports are being typed and are not building so that is an abnormal bleeding and you should see the doctor. If someone is bleeding less than 2 days and more than 7 days Even that it comes in the abnormal. Generally, a period lasts between three to seven days. A menstrual period that lasts longer than seven days is considered a long period.

Dr. Chandan Kachru
Gynecologist

Your doctor may refer to a period that lasts longer than a week as menorrhagia. You may also be diagnosed with menorrhagia if you experience unusually heavy bleeding that lasts less than a week. Five percent of women have menorrhagia.

A long period may be a sign of a serious underlying health condition, It's important to see your doctor if you experience a long or heavy period so they can identify the underlying cause or rule out more serious possible causes.

If any girls is facing any health issue, she can took my number from Kanika Mam (Vice Principal, Suraj School, Sector 56 Gurugram) and connect with me.

Suraj school sec 56 organised a health awareness workshop for girl students of class 6 th to 12th in school premises .The discussions on the issue of menstrual hygiene and safe menstrual practice was held by reowned gyneocologist of Gurugram ,Dr Chandan kachru who spared her precious time to guide girl students of our school.

The workshop sensitised on various complications arising out of lack of menstrual hygiene and students asked many questions arising in their mind.

Suraj school sec 56 Gurugaram

Staff Articles

*Goal Setting and Success in Life *

Keeping in mind the importance of setting clear goals and then making a specific, realistic road map to achieve success in all areas of life, *a workshop was held for class XII students.

It was an interactive session where students shared their short term and long term goals. They understood that success lies in their hands only and they should never feel defeated or dejected even if there were roadblocks or failures.

They must learn from their mistakes and expand their limits. Few activities were also planned to make it more meaningful, interesting and to enhance active participation. It was extremely fruitful and beneficial for all .

Monica Bhatia
Degree College Gurgaon

School Health is : a healthful environment, nursing and other health services that students need to stay in school, nutritious and appealing school meals, opportunities for physical activity that include physical education, health education that covers a range of developmentally appropriate topics taught by knowledgeable teachers, programs that promote the health of school faculty and staff, and counseling, psychological and social services that promote healthy social and emotional development and remove barriers to students' learning.

Suraj School Sec 56 Gurugram

Nursing Ethics, Standards and competencies

Nursing is a healthcare profession that focus on the care of individuals and their families to help them recover from illness and maintain optimal health and quality of life.

Nurses are responsible for the care of all individuals from every ethnicity and religious background, including both healthy and ill individuals. This is usually a holistic care approach comprising of the patient's physical, psychological, social and spiritual requirements. Nurses use scientific theory with technological aids for the best patient outcomes.

- Prioritize the care of individuals with respect to their dignity.
- Cooperate with other health professionals to promote the health and well being of patients.
- Provide exemplary care at all times.
- Act with integrity and honesty to uphold the reputation of the profession.

Deepika Vats I Suraj School Sec 56

Health and Hygiene

Good personal hygiene involves keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health.

In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection. On a social level, people may avoid a person with poor personal hygiene, which may result in isolation.

Types of personal hygiene

There are many types of personal hygiene.
The following list is a good starting point for someone looking to build a personal hygiene routine:

Dental

Dental hygiene involves more than ust having white teeth. A good dental hygiene routine can help prevent issues such as gum disease and cavities. It can also prevent bad breath.

Body

Several million sweat glands cover the human body. When bacteria break down sweat, the process creates a smell or body odor.
Washing the body will help prevent skin irritation, as well as removing the bacteria that cause body odor. Washing the hair removes oil and keeps a person looking clean and fresh.

Hand washing

Regular hand washing is one of the best ways to avoid spreading communicable diseases.
The Centers recommend washing the hands at certain times:

- before, during, and after preparing food
- before eating food
- before and after treating a cut or wound
- after going to the bathroom
- after changing diapers or cleaning up a child who has
- used the toilet
- after blowing the nose, coughing,or sneezing
- after touching garbage or dirty surfaces or objects
- after handling pets or pet-related items, such as food

Nails

Fingernails may harbour dirt and germs, contributing to the spread of bacteria. It is easier for dirt and germs to collect under longer nails, so keeping them short can help reduce the risk of spreading infections.

How to maintain good personal hygiene

Knowing how to maintain good personal hygiene can make it easier to build a routine. A person should have some basic knowledge of the following
types of hygiene:

Dental hygiene

For a healthy mouth and smile, the American Dental Association (ADA) recommend brushing the teeth for 2 minutes at least twice a day— once before breakfast and once before bed.
People should use an ADA-accepted fluoride toothpaste and replace the toothbrush every 3–4 months. The ADA also advise people to floss daily.
Learn more about good dental hygiene here.

Hand washing

The five simple steps for effective hand washing:
1. Wet the hands with clean, running water, then turn off the tap and apply soap.
2. Lather the hands by rubbing them together with the soap, remembering to reach the backs of the hands, between the fingers, and under the nails.
3. Scrub the hands for atleast 20 seconds, which a person can time by humming the “Happy Birthday” songtwice.
4. Rinse the hands well under clean, running water.
5. Dry the hands using a clean towel or air dry them.

Rahul Sir
PGT Science

नई ऊर्जा नई उमंग

Indu Sharma
TGT (Science)
Suraj School Rewari

आरंभ का अंत हो जाना, नया साल है।
गिनती का नंबर बदल जाना, नया साल है।
वर्तमान का इतिहास बन जाना, नया साल है।
ढलते हुए सूरज का पुनः उदय हो जाना, नया साल है।

खिल के फूलों का डाल से उतर जाना, नया साल है।
एक दर्द भूल कर सुख को पहचान जाना, नया साल है।
नई उमंग, आशाओं को फिर संजोना, नया साल है
फिर कमर कसके खड़े हो जाना, नया साल है।

फिर से जीत का संकल्प लेना, नया साल है।
फिर अपना लोहा मनवाया,नया साल है।
यह नया साल सिरफ तारीख, महीना या वर्ष
का बदल जाना ही नहीं है बल्कि....

एक मौका है, फिर अपने आप
को साबित करने का।

एक अवसर है, एक बार फिर
विजय परापतर करने का
एक जोश है, एक जज्बा है,
बाधाओं से जूझने का।

एक जुनून है, अपने अधूरे
सपनों को पूरा करने का।
नववर्ष की अनंत शुभकामनाएं...

स्वास्थ्य और स्वच्छता- जीवन का लक्ष्य

स्वच्छ बने भारत अपना,
सपना था अपने बापू का |
' स्वच्छ भारत अभियान' सफल हो जिससे,
मेल मिटे सब तन मन का |

बाह्य़ स्वच्छता के संग-संग,
आंतरिक स्वच्छता भी है जरूरी |
हृदय में प्रेम पले जिससे,
मिट जाए मन से मन की दूरी |

वाणी भी शुद्ध अमृत सी बने,
जिससे खुशियों के फूल खिले |
रहे न कोई गिले शिकवे,
जीवन में आशाओं के दीप जले |

शुद्ध सुध्ड मानसिकताए हो सबकी,
एक दूजे का साथ निभाए सब |
मन, कर्म और वचन की शुद्धता को,
जीवन का ध्यान बनाएं सब|

स्वच्छ भारत अभियान का,
ये सपना तभी सच हो पाएगा
हर एक मनुष्य जागृत होकर जब,
स्वच्छता को जीवन का लक्ष्य बनाएगा |

Suraj School Bawal

हेल्थ इज वेल्थ

Health है जीवन में
सबसे अमूल्य Wealth
ध्यान रखना जरूरी

जिंदगी ना बन जाए मजबूरी |
रखिए हमेशा इसका ध्यान
परिवार का होगा कल्याण |

सेहत की सैर

जो सुबह-सुबह करोगे खुले आसमां के नीचे सैर |
आसमां से बरसायेगा खुदा अच्छे स्वास्थ्य के बैर ||
बैर ही नहीं सभी ताजे फल - मेवे खाएं |
खाते वक्त बोले कम अच्छी तरह चबाते ||

चबाते निवाला 40 बार घुल जाए मुंह की लार |
पेट दर्द में यह तरीका ही कर देगा उपचार ||
उपचार से तो कहीं बार बचाएगा 1 घंटे का योग |
बॉडी का थोड़ा कष्ट देकर करो 21 दिन प्रयोग |

प्रयोग में लो दूध -छाछ हरी ताजी सब्जी |
छू हो जाएगी पेट से तुम्हारे भैया कब्जी ||
कब्जी के लिए खाने के 1 घंटे बाद तक ना ले पानी |
जाएगी जरूर कब्जी पुरानी हो या खानदानी ||

खानदानी खाना खाए ना ले फास्ट फूड|
बॉडी खुद कहेगी यू आर वेरी गुड ||
गुड खाने के साथ लोग जो थोड़ा सा |
उर्जा मिलेगा तुमको बहुत बड़ा सा |

बड़ा भारी हो रहा यदि तुम्हारा पेट |
खाने के बाद घूमो 2 कि. मी. मत जाओ लेट||
लेटने से 4 घंटे पहले खाना खा लो |
खाने के 2 घंटे बाद दांत जरा

Suraj School Bawal

कोई भी हो कितना विद् वान
इसके बिना ना हो सके महान
अच्छा स्वास्थ्य जीवन की

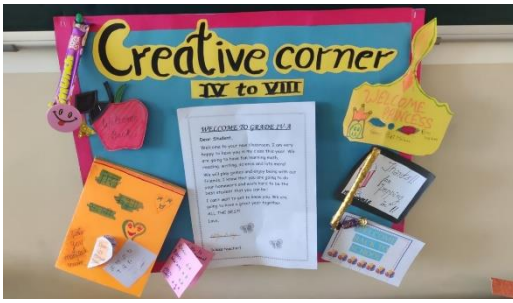
पहली जरूरत
सो दिखाओ हमेशा
स्वस्थ रहने की फितरत
आनंदायक तभी जीवन होता
जब कोई कष्ट बॉडी में नहीं होता
सबसे बड़ा उपचार ईश्वर का शरीर
अतः स्वास्थ्य खिलवाड़ का ना चलाओ तीर
रखो का सेहत का ध्यान बनो जी शूर वीर

Suraj School Bawal

Commencement of new session 2021-22

With the commencement of another academic year 2021-22 Suraj School. Sector 56 welcomed the students whose long awaited tender steps entered the campus with great zeal and zest to unveil the beginning of the new session.

Teachers welcomed students with great enthusiasm & children were involved in fun creative activities so that they should feel comfortable & love coming to school. Activities worksheet with welcome message were also circulated .



Health and Hygiene

Health and Hygiene are two essential concepts of human life. Health refers to a person overall well-being and focuses on one's physical, mental and social state.
Hygiene refers to maintaining good health through practices that focus on cleanliness. Good hygiene helps to prevent the spreads of diseases and illness.

Health and hygiene go hand in hand. In today's world, where pollution levels are increasing day by day and numerous diseases are emerging, good health and hygiene must be given top most priority.

Cleanliness is an essential hygienic practice towards being healthy. Keeping our surroundings neat and clean keeps us fit. We need to spread awareness of hygienic practices. In short a healthy community helps a nation grow more robust.

Nistha Narula
Munesh Kumari
Suraj School Bawal

GOOD HEALTH

Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body helps one maintain the required energy level to achieve success in life. All of us must strive to achieve wholesome health.

Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle. Being fit allows us to perform our activities without being lethargic, restless or tired.

A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the physical well-being of a person, it also involves the mental stability or the internal peace of a person.

Generally, a healthy diet consists of taking a proper and healthy food which includes eating green and fresh vegetables, fruits, having milk, eggs, minerals, proteins and vitamins essential for a human's lifestyle. Practicing Yoga including regular exercises in your daily routine also help you maintain your desired fitness, blood sugar and immunity level.

Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way, which help you lead a stress-free lifestyle, maintaining happy moods, high energy levels, etc. Each individual should take of one's health on a priority; no single day should be skipped for making efforts on maintaining physical and mental fitness. Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle.
Health is the most important thing that a person should take care of. Leading a healthy lifestyle leads to happiness, success and achievements.

10 Lines about Health and Fitness

. Good health and fitness imply both mental and physical well-being.
. Good health helps to maintain the required energy level to achieve success in life.
. Regular exercises, having proper food, green vegetables are essential.
. A proper quantity of fiber, protein, and vitamin should be taken.
. Regular exercises, walking, running, jogging, dancing can help in staying fit.
. Not a single day should be skipped for making efforts to maintain physical and mental fitness.
. Drinking ample amount of water is essential.
. Eat proper meals at the appropriate time, and meals should not be skipped.
. Children or teens should sleep for at least 9.5 hours, and adults should get 7-9 hours of sleep.
. Spending time outdoors in the sun, inhaling fresh air, and taking part in healthy activities.

Nishtha/ Mr. Praveen Kumar
10th sp
SURAJ SCHOOL MAHENDERGARH

Pawan Kumar
Assistant professor
Physics Department
Suraj College M.GARH

Smile

We know that there is a hidden science in everything what is happening in our daily life. Whenever we meet each other a smile comes on our face. Is there any hidden science in our smile, may be……

According to Physics :-

A smile is based on Newton's third law of motion (to every action there is an equal and opposite reaction). When every you are happy or amused the reacting force cause the lips to gain speed and they are accelerated in an upward direction of force which has intensity, so that it may cause laughter. The energy of joy is converted into a smile. It is a vector quantity.

According to chemistry :-

Two electrons are present at the ends of lips which get activated when one s in a folly mood. They start repelling each other and causes an upward curling of lips and known as smile that act as an excellent catalyst to improve that mood and convert tears into laughter.

According to Biology :-

A smile is a physical act, which is highly communicable, often causing a chain reacting because the virus speeds in the air especially when the teacher's back is turned.

General Advice :-

Keep the electrons charged all time and spread the virus for butter reaction and interactions.

सफलता की कुंजी

चाहते हो अगर जीवन में सफलता के शिखर को छूना,
तो करना होगा परिश्रम दूसरों से दुगना,
और पड़ेगा लक्ष्य रूपी आस्था की माला को जपना,
क्योंकि जब लक्ष्य हो ध्रुव तारे की तरह अटल,
तो कोई भी प्रयास ना होगा ,कभी विफल
और भविष्य होगा सूरज की भांति चमकीला और उज्जवल,
क्योंकि परिश्रम के अतिरिक्त सफलता की कुंजी का,
दूसरा नहीं कोई विकल्प।

Ms. Chetna Bhatnagar
prt hindi teacher
Suraj School Sec 56 Gurugram

A Smile

A smile is quite thing
It wrinkles up your face
And when it's gone
You'll never find
Its secret hiding place
But for move wonderful it is
To see what smiles can do
You smiles at one
He smiles at you
And so one smile makes two

Mamta Yadav
B.A 3rd
Roll No. 182263
Suraj College M.GARH

Life is a Movie

Life is a movie. The story is written by god. The film director is our brain and musician is our tongue. Movies are hit by good direction and musician. So, we should always try to make ourselves a good director and a good musician. Let us strengthen our mind and take good decisions to get great success in our life

Mamta Yadav
B.A 3rd
Roll No. 182263
Suraj College M.GARH

Should I Processed ?

Ahed of my childhood days,
life scorred struggle base,
found a better place,
could anyone me chase ?
Through tremble feet feel place.
Night one me dreams,
Soul search life in single thread,
Which way it may proceed,
Feel saying saints cried.
Should I proceed ?
Moved through divert will,
Here empty soul fill,
wait for worst youth kill,
Love maid paralyzed to kill.
Why should I way until ?
Care no one to stay here,
Noting to be done there,
No life found where,
Second has no time to spare.
Will yout greet,
Should I proceed ?

Mamta Yadav
B.A 3rd
Roll No. 182263
Suraj College M.GARH

The Glory of Friendship

Friendship is a priceless gift
It can't be bought or sold
But is value is for greater.
Than a mountain of gold,

so thank God if she sends
Not Diamond part of riches
But the love of a true friend.
Friendship is like an opinion

It has many layers in it
It adds taste in our life
But if you try to cut it
You will get noting only tears

Friendship is best medicine of all sorrow
Haven't any side effect
Friendship is like asthmatic
You adds friend
Subtract enemies
Friendship is a single soul
Dwelling in two bodies
Friendship……
The only type of wealth
That God gives.

Student Editorial

Dear friends,
It is a matter of immense pleasure to introduce the annual addition of 'URJA KIRAN'. I am very thankful to you as well as the collage department to provide me such on opportunity as a student editor.

The publication of such magazines gives us a good chance to show our writing skills. The main purpose of such magazines to provide a platform to the students for perfecting their talent of idea. Here I want to share my views on the value of time. Friends, as we know times goes it never come back. If we waste our present time it will ruin coming future. The modern generation is indulged in many unimportant activities. They don't know the value of time. The youth age means both to enjoy and to make carrier. A person who balances both becomes successful in life. If we do our work timely it gives us success as well as pleasure. To do our work is our duty and we shouldn't worry about the fruit as, lord Krishna says. So dear friends, use the time properly in creative activities and we should take care of the time that will in return care in future. I wish a bright future for all of us.
I again extend my since thanks to all these student who have helped in this addition of our collage magazine by their contribution in the form of creative split of ink on papers and short-stories, poem and articles etc.

Article -: Women Empowerment

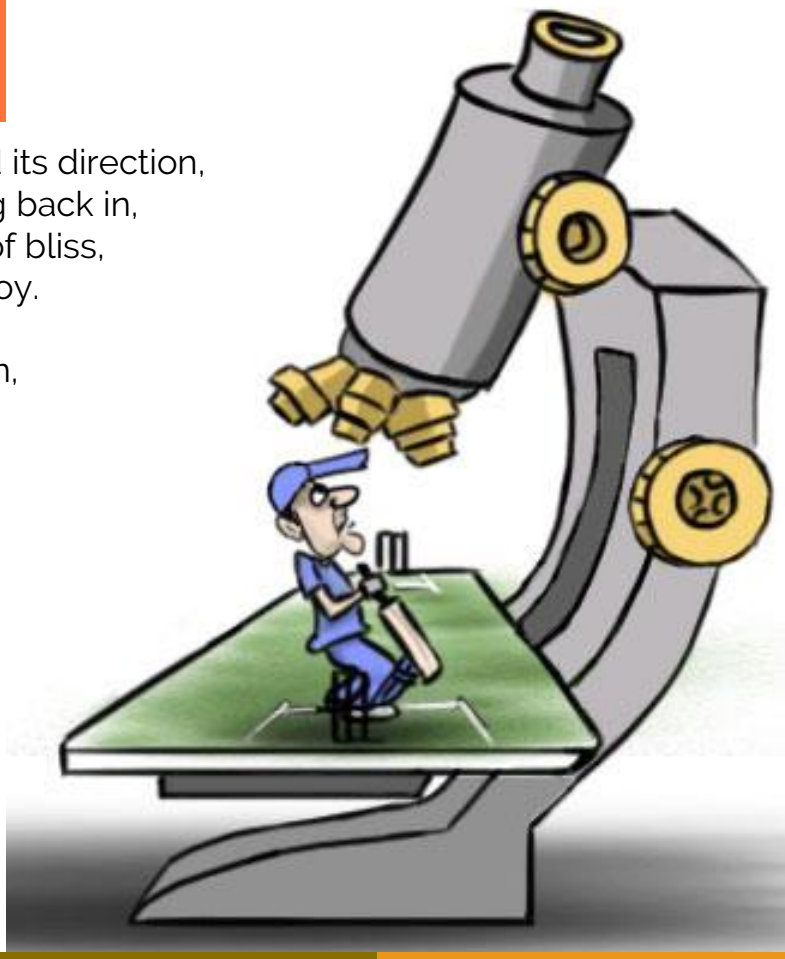
The status of women has suffered a lot of changes. As in Vedic times women enjoyed a very good position and wer considered as a superior to man. But with coming of Muslims in Indian, the women's position suffered a setback. But after Independence, the condition of women has greatly changed. In fact the principle of gender equality is enshrined in preamble of Indian constitution. 'The National Commission' of woman was set up in 1990 to safeguard the right and legal entitlement of women.
Today many women's are doctor, pilots, engineers, lawyers, lecturers and also joined to army to protect our motherland.
Educated women of urban area are at par with men. In other words, they are enjoyed freedom in almost all fields.
But it is not the total reality of Indian women. To rural areals, uneducated women depends upon their father and husbands and live like a 'Case Bird'. Dowery system, female foeticide are the burning issues of worst condition of women.
No doubt, our government trying best to improve the condition of women. The Haryana government definitely deserves plaudits for taking the lead in this regard for amounting incentives for the parents of girls like financial support for marriage, completely ban of doweris, free education up to graduation level etc. The other states also emulates for a ration wide comaign against gender discrimination. The gensis of problem has to be known. There is a great need of women empowerment.

Mamta Yadav | B.A 3rd | Roll No. 182263
Suraj College M.GARH

POSITIVISM

Once again the wind has changed its direction,
Once again the clouds are moving back in,
Once again there will be shower of bliss,
Once again the earth is charring joy.
Everything is beautiful again,
Everything looks meaningful again,
Positivism has peaked again,
Believe in God and faith in
Destiny is restored again.
Life inhaled a new life,
New directions are visible again,
Patience was surely tested,
But the fruits are relishing again.
Hatred had dissolve,
Anger is controlled,
Enemies are forgiven,
Such is a mantra of happiness...!!!

Himani Vashishtha
Dept. of Economics
Suraj college M.GARH



MOTIVATIONAL LINES

I Believe in the Power of
words many people speak
Before they think
But I know.....
The value of words
The words can
Make you.....
Break you.....
They can heal your soul.....
They can damage you forever.
So I always try
to use the positive
words in my life.
Wherever I go
They call it Adversity...
I call it opportunity.
They call me disable.
I call myself...

Differently able...
They see my disability
I see my ability
There are some incidents
That happen in your life
And those incidents
Are so strong
That they change
Your DNA
Those incidents
or Accidents
Are so strong
That they break you physically
They deform your body
But Transform your soul.

Poonam Do/o Ramniwas
M.Sc. Geo. 1st
Suraj College M.GARH

Article Class - 8th

The Importance of Educating a Girl Child...

A Mother is said to be the first teacher of the child but its really bad that in our country very little importance is given to the education of girl child. It is said to be that if we educate a man we educate an individual but if we educate a woman, we educate the entire family.

Education is essential for a girl because an educated girl can take decision which not only benefit her but also her family. She can fight against social evils like child marriage, female infanticide & dowry. An educated mother will impart education to all her children.

For the wholesome progress of our society it must to educate that girl child. The govtern. should launch programme to highlight the importance of education a girl child. Education is a learning experience where an individuals learns about various aspects of life, understands the different perpectives and tells to apply it in daily life. Education is important to the children, to adults and to the society. Education gives people knowledge of the world around them and changes it into something better. It develops in people a perspective of looking at life, helps them build opinions & have points of view on things in life. The Importance of education and learning in one's life.

Name - KHUSHI Yadav

Suraj School Pataudi

Topic DISCIPLINE

Discipline is one of the powerful words in our life. Disipline means doing work orderly according to the rules and regulation, being punctual and regular. Discipline word contains so much value in our life and its importance can be seen anywhere and everywhere. It is learned from a family at home as well as at school. Disicipline that is learned at an early age of child is long lating and beneficial. A student with discipline is always punctual and he finishes his homework on time. Discipline helps students to get success in every walk of life. It helps a man to be honest, well satisfied and successful in career life. Lack of disicipline creats failures, direspectful, confusion in one's life. There are many physical, psychological and health benefits of a disciplined life. A student should learn discipline at an early to be better for his future career. Thus, it is clear that discipline is urgentaly needed in every field of life. Indiscipline leads to failure while discipline paves the road of success.

Harsh
VI th N3
F'name - Preetam

Suraj School Pataudi

ENGLISH

name - Jiya
class - 6N1

SOCIAL MEDIA

Social media is one of the most general ways of communication and it is growing very quickly. It changes and affects each person in different way, or ways. Some people argue that social media has a bad influence on children and young adults and that it depressingly affects their brains character or personalities. Most people see that the social media has a more positive effect on them than a negative one. Social media is essentially the new way of keeping in touch with everything and everyone and of even strengthening bonds between each other. First of all, social media has made it possible for people, or even families, who live far away from each other to communicate easily before people used to communicate through writing letters and having them sent through the mail, which would take a lot of time and communication, could not be done fast enough and constantly. Another way that communication was done before was by taking through the old-fashioned telephone. Now communication is easily done through social communication network on a daily basis using the Internet.

Suraj School Pataudi

Date Topic Page No.

MORAL VALUES

Moral Values define the humankind. Moral values empowers us to stand as the most unique creatures in the whole animals kingdom. These values are the basis to almost every religion. Thousands of years ago Buddha described the essence of Moral values in his Sermons and spread it all over the world.

Since our childhood, we are taught about the good habits and that's because by the elders at home and school. Some of the most significant moral values are kindness, honesty, honesty, thoughtfulness, helpfulness, compassion and love. The things we learn as a child moved us as an adult.

That is why it is crucial to inculcate the above values in the children. For the youngest generation to be transformed into citizens with mighty characters they must possess strong ethical and moral values.

Name :- Bhavana
Class :- 8th N1

Suraj School Pataudi

Topic..... Article on Education.....

Page No.
Date

Information technology has reformed each sector it has grapped and it is currently in the promising phase of altering academia. In the coming decades if information technology has its approach, education will be for changed more immersive and hopefully more constructive to the people than it is today. digitization in education industry has totally changed the learning and also the teaching process to a very great extent. Technology has made imparting education stress-free for both student and educations. School and gradually implementing digital teaching solution to involve with a generation of learners familiar with the likes of playstations and I-pads and trying to make the classroom atmosphere more bossed and participatory. Information and communication technology in education has facilitates student understanding, student and perhaps the most ready and exposed to external education but they are in the best situation to observe what comes up in the atmosphere.

Name - Tannu, Kavya, Yakshita
Class - 8th N3

Suraj School Pataudi

Page No.
Date : / /

गरम गरम लड्डू सा सूरज
लिपटा बैठा लाली में
सुबह - सुबह टब आया कौन
इसे आसमान की थाली में

सूंदी आँख खोली कालियो
ने चिड़ियों ने गाया गाना
गुन गुन कटते भवरो ने
खिलते फूलो को पहचाना

तभी आ गई फुदक फुदक कर
एक तितलियों की टोली
मधु मक्खियों ने मधु इस लेकर
भर डाली अपनी झोली

उठो - उठो हम लगे काम
पट तब आगे बढ़ पाएंगे
वे क्या पाएंगे जीवन में
जो सोते रह जाएंगे

KHUSHI
8th N3

Suraj School Pataudi

March 31
Health Hygiene
8th A1

Health and Hygiene are two esstial concepts when it comes to the human body. Health refers to the state of physically as well as mental well being. Health also eacompasses the social well being. Health is not just about being fit but also having the appropriate resources to live. Having a sound body and mind is an indication of good health.

Hygiene refers to maintaining good health through practices that focus on cleanliness. Good Hygiene helps to prevent the spread of disease and illness. Hygiene and health go hand in hand. In today's world, where pollution levels are rising and numerous diseases emerging, rising good health and Hygiene are a necessity.

Health refers to a person's overall well-being and focuses not just on one's physical state as well. Physical fitness refers to the bodily conditions and states of health with the absence of diseases.

DELTA Design

Suraj School Rewari

SURAJ
School
Sector-75, Gurugram

#ParentTestimonial
#HappyParents

We are very proud that we have put our kids in Suraj School. My kids always talk about school and the work they are doing, They are getting on really well. Very good teachers and other staff, my both kids has learnt a lot of things in past one year. We are very happy with school, teachers and other staff. Thank you for helping our kids to improve their learning and confidence.

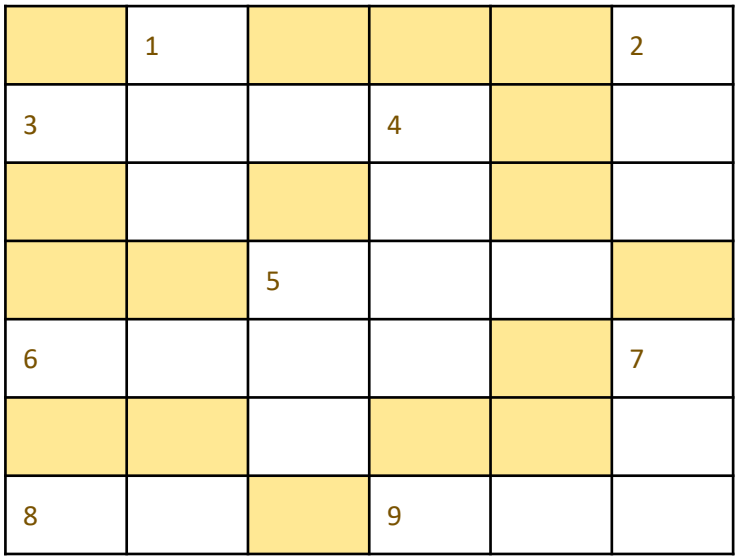
Mrs. & Mr. Ajay Vikram Singh
Parents of Arsh-Grade I & Advik Raghuvanshi-Grade IV

Suraj School Sec 75

HINDI CROSSWORDS PUZZLE

बाएँ से दाएँ

3. मानव के छह विकार
5. एक साथ रखना; लगाव या संपर्क स्थापन।
6. दृढ़ किया हुआ।
8. 1. वृक्ष की रेशेदार जड़ 2. कमल की जड़; भसींड 3. लता 4. कलगी; शिखा 5. हल्दी 6. नदी।
9. 1. आवेश; उत्साह; जोश; गरमजोशी 2. तेज़ी; वेग।



ऊपर से नीचे

1. 1. सरपट आदि से छाकर बनाया गया स्थान 2. मंडप; शामियाना 3. किसी मंडप के अंदर होने वाला तमाशा या खेल।
2. 1. ढीला कराना 2. बंधन से छुड़ाना।
4. 1. कर्मकांड आदि जानने वाला व्यक्ति जो अपने यजमान के यहाँ मुंडन करता है
5. 1. उत्पन्न; दूसरे के साथ उत्पन्न 2. युक्त; सहित; संपन्न 3. योग्य; उपयुक्त 4. सदृश; समान; बराबर।
7. 1. प्यारा 2. हमदर्द 3. अनुग्रहकर्ता।

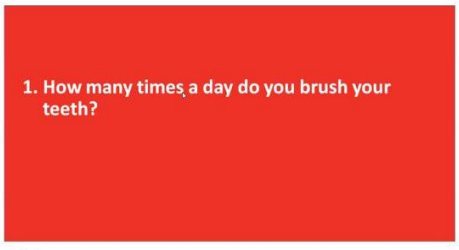
हल 7th Puzzle

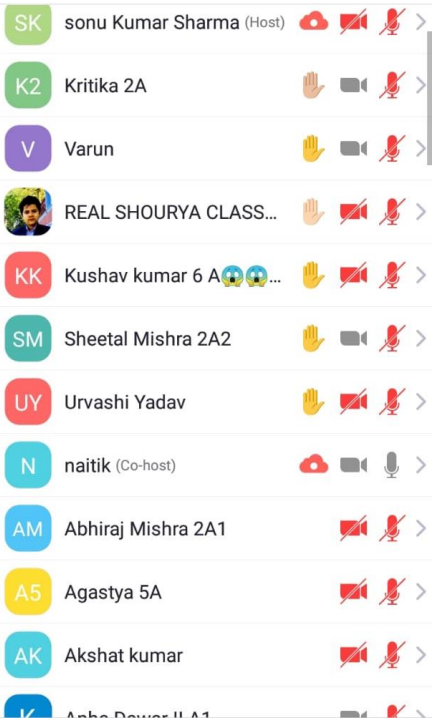
1 ने	ग	2 चा	र		
		टु		3 मा	
		का		ड़	
	4 भा	रा	5 जी	वी	
	रि		वा		6 पा
	त		धा		व
		7 बी	र	बा	नी

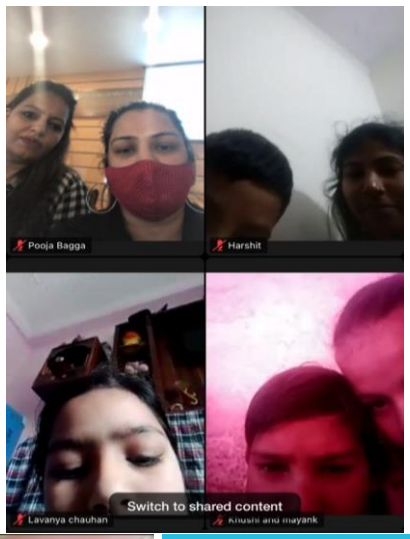
Swimmer, Skydiver & Motivational Speaker.

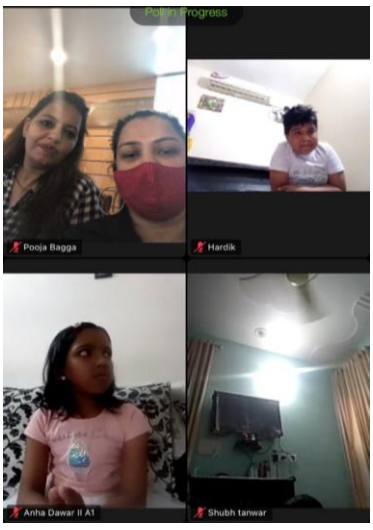
Please Send All Quiz Answer at : +91- 9811590519

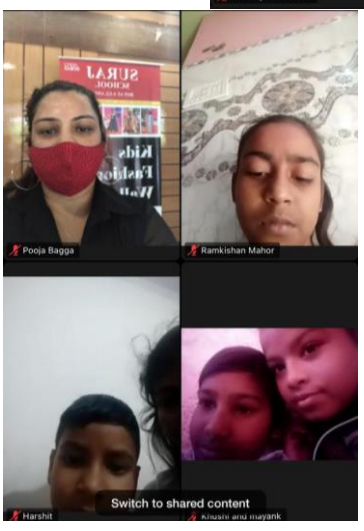
Quiz on dental health & webinar @ Suraj school sec 56

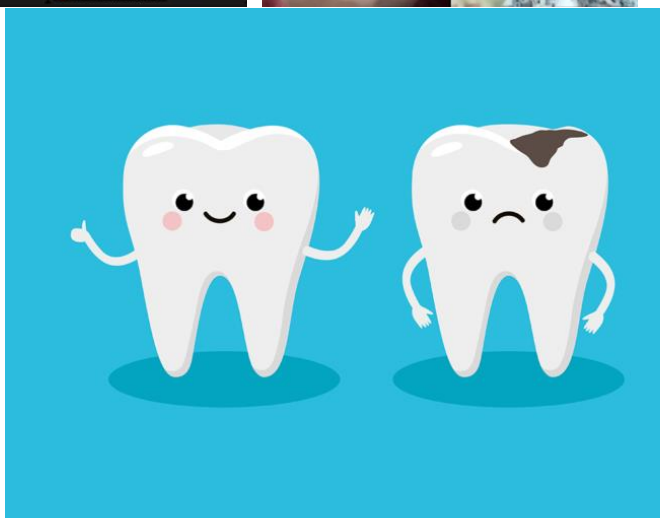






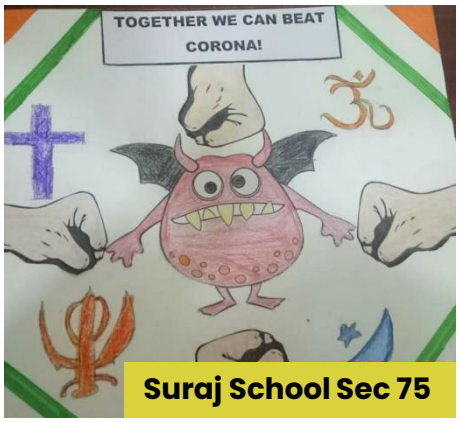






Art Gallery

Sakshi Yadav
Class – 5th
Suraj School Sec 75



Suraj School Sec 75

Suraj School Sec 75

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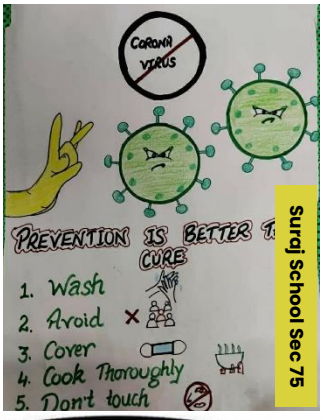

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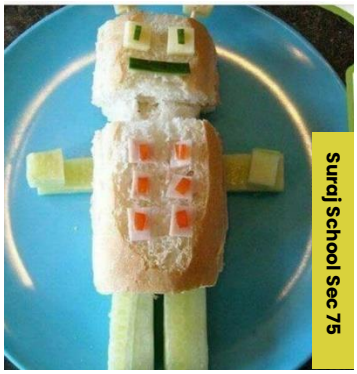

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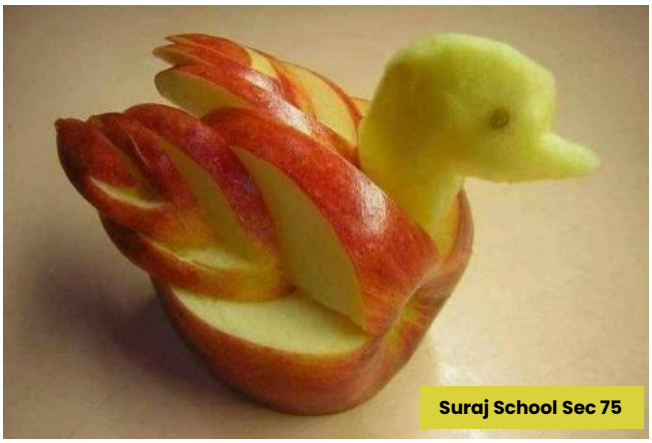

Media Gallery

सूरज स्कूल में मनाया वार्षिक पुरस्कार वितरण समारोह

पुरस्कार हासिल करने वाले बच्चों को दी बधाई

बादशाहपुर, 30 मार्च (अ): गुरुग्राम के सेक्टर 56 स्थित सूरज स्कूल में वार्षिक पुरस्कार वितरण समारोह का आयोजन हुआ। जिसके मुख्य अतिथि इस बार सहायक पुलिस आयुक्त संजीव कुमार मौजूद रहे। इस मौके पर उनके साथ सेक्टर 56 थाना प्रभारी पवन कुमार, भाजपा महिला मोर्चा नेत्री नेहा अग्रवाल, अभिषेक गुलाटी आर.एस.एस. मंत्री, नरेश आहूजा आर.डब्लू.ए. अध्यक्ष भी मोजूद रहे। मुख्य अतिथि का उप-प्रधानाचार्य कनिका घई व् अन्य अध्यापकों ने गुलदस्ते से देकर स्वागत किया। सहायक पुलिस आयुक्त संजीव कुमार ने समारोह में बच्चों को सम्बोधित करते हुए कहा कि इस समारोह में पुरस्कार प्राप्त करने वाले सभी बच्चों को वह बधाई

वार्षिक पुरस्कार वितरण समारोह में मुख्य अतिथि व अन्य।

देते है और अन्य बच्चों को भी अगले वर्ष इसी जगह पुरस्कार लेने के लिए और ज्यादा महन्त से पढ़ाई करने के लिए कामना करता हूँ। पढ़ाई हमारें जीवन का सबसे अभिन्न हिस्सा है जिसके प्राप्त होने के बाद ही हम अपने सपनों को पूरा कर सकते है। जीवन में किसी भी पद को प्राप्त करने तथा पोलिस सहित अन्य विभागों के अफसर बनने के लिए पढ़ाई सबसे जरूरी होती है इसलिए बच्चे खाली वक्त में शांत मन से केवल पढाई पर ध्यान दे और इसी तरह पुरस्कार पाने के लिए हर वर्ष लक्ष्य बनाये।

SUDOKU PUZZLE

How to play Sudoku

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don't forget, a move is incorrect if:

- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any 3×3 grid contains more than one of the same number from 1 to 9

	2	9			5	1	7	
	5	8		2	6	9		3
3						6		2
			4	7	9			1
4			1	6				
9			5		8	4		
8			9				2	4
	4	3			7		1	
				5	4	3	8	6

हल 7th Puzzle

1	3	2	6	5	8	4	7	9
5	9	8	7	4	3	1	6	2
7	6	4	2	9	1	5	3	8
8	7	1	9	6	2	3	4	5
3	4	9	8	1	5	7	2	6
2	5	6	4	3	7	8	9	1
4	2	7	5	8	6	9	1	3
9	1	5	3	2	4	6	8	7
6	8	3	1	7	9	2	5	4

Please Send All Quiz Answer at :
editor@surajschool.com

The Lucky winner name mode be published next issue

DID YOU KNOW?

A person who hides their pain behind a smile is called an Eccedentesiast.

Did you KNow?

By thinking one positive thought every morning you can psychologically trick your brain into being a happier person.

Sports – ice skating

Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

Poles were used to propel the skater. Around 1500, the Dutch added a narrow metal double-edged blade, making the poles a thing of the past, as the skater could now push and glide with his feet (called the "Dutch Roll").

Figure skating was introduced at the 1908 Summer Olympics and has been included at the Winter Games since 1924. Men's speed skating debuted during the 1924 Winter Olympic Games in Chamonix, France. Ice dance became a medal sport in 1976, with a team event debuting for the 2014 Olympics.

Parents, guardians, anyone can submit their articles for school magazine. Education Institutions, Individual can also subscribe e-magazine “Urja”. Yearly subscription is available at printed price, however its free for Suraj School Students. Anyone can subscribe and can advertise in the school magazine. For your suggestions, subscription, feedback, complaint etc. please write to us at editor@surajschool.com

Thank You

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