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SURAJ

SPORTS



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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

From The Founder's Desk



Dear Readers

Wish you all a very happy new year 2021. It's a matter of great pleasure we are coming up with new issue of our magazine. I am very happy and delighted with the overwhelming response of the magazine. As editors team informed us, articles and participation from students, teachers, staff, principals etc. are increasing. So I apologies from those students, parents and teachers etc. whose articles are not published due to any reason. I make a request to editorial board to increase the pages of the magazine.

This magazine gives an insight into the 'Suraj Education Group' way of life, their creativity and activities. This magazine is a platform that exhibits the literary skills and innovative ideas of teachers and students. "URJA" presents the hard work and dedication of students and contributions of teachers. I would like to thank all my editorial team members for helping me pull this through. I express my considerable appreciation to all the authors of the articles in this magazine.

I would like to say to the reader in the beginning of this special year after facing epidemic like Covid-19, New year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself.

Happy New Year.

This is our first issue, more issues yet to come, don't; get depress if your articles is not included in this issue. I invite all Suraj school Principals, Teachers, staff, students, Parents etc. to be a part of this monthly magazine.

Best Wishes!!

Jagdish Prasad (Founder & Chairman of Suraj Education Group)



From The Director's Desk

Dear Parents, I want to thank you for your kind support and trust on us. The foundation of Suraj Education Group is to provide positive experiences that promote the education and development of lifetime values.

After Covid, Lockdown tough phase we are back with regular classes and we are moving to a new session. Our program is set on the principles of character, high moral standards, sportsmanship, teamwork and a healthy self-concept. With academic excellence, Our goal is to also build physically and mentally fit young citizens of India who have the capacity to be successful person in our highly competitive society. From this coming session, we added many new sports, yoga, meditation, happiness curriculum etc. activities. I hope our students will enjoy these activities.

Gayatri 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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URJA Magazine

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Mr. Vikas Bansal
URJA Magazine

Campus Editors



NAMITA

editormgh@surajschool.com

MAHENDERGARH



NEERU

editorrewari@surajschool.com

REWARI



ANJU YADAV

editorpataudi@surajschool.com

PATAUDI



JOGENDER SINGH

editorkosli@surajschool.com

KOSLI



SANJANA KATOCH

editorbawal@surajschool.com

BAWAL



RAMESH BHATIA

editorbhiwadi@surajschool.com

BHIWADI



KANIKA GHAI

editorggn56@surajschool.com

GGN-SEC. 56



DR. SEEMA AHUJA

editorggn75@surajschool.com

GGN-SEC. 75

Graphic Editor :

Ms. Sheeba Saifi

News Editor :

Ms. Deepali Sharma

Publication Distribution

Mr. Vivek Mudgil (SEO Expert)

Ms. Kanika (Social Media Expert)

Ms. Chanchal (Newsletter)

SPORTS

Sports are a crucial part of a student's growth and development. They help in the development of mental health and physical fitness of the body. Through participation in sports and games, a student gains various skills, experience and confidence that are helpful for developing their personality. Games and sports teach students to co-operate with another and achieve success in life. While playing games like football or basketball a child learns how to play and work in a team. This aspect develops a sense of team spirit and strong relations with others as well. Sports help children become mentally tough. It is said that “student life is golden life,” because student life is the most important part of human life. It is the period of pure joy and happiness, because the mind of a student is free from cares and worries of a grown-up life. In this period, the character of man is built. There's a growing body of research that links physical activity to improvements in educational achievement. That's because sport helps children develop character and to learn important social and brain skills such as problem-solving, resilience, perseverance, confidence and teamwork. A person who regularly plays sports develops a healthy body, develops better body strength and better coordination. The physical benefits also include maintaining a healthy weight, preventing chronic diseases and learning the skills necessary to maintain a healthy lifestyle. Great Benefits of Playing Sport Better Sleep. Fast Company suggests that exercise and sport triggers chemicals in the brain that can make you feel happier and relaxed.



A Strong Heart New Connections. Improved Lung Function. Increased Confidence. Reduces Stress. Improve Mental Health. Sport Builds Leaders. As learners, students play a crucial and active role in education. They involve and interact with students and teachers, participate in classroom discussions, and act in a receptive manner. Students spend a significant portion of their lives in schools apart from what parents teach them at home. You'll be healthier. Sports require you to move your body, and it's a commonly known fact that exercise is good for your health. According to the Mayo Clinic, physical activity helps control weight, combats health conditions and diseases, improves mood, boosts energy and promotes better sleep.

Gayatri Yadav
Director
Suraj Education Group



HOW TO BE A PLEASANT PERSON

Try to be nice to everybody. It costs nothing but works wonders.

Smile It takes 72 muscles to frown and only 14 to smile.

Call people by their names. It is a sign of your caring enough to remember their names.

If you are friendly and helpful you will find everybody responding in the like manner.

Be generous with praise - cautious with criticism.

Be thoughtful about the opinion of others. You couldn't be right always.

ROLE OF LIBRARY IN EDUCATION

The library is the nucleus of all educational activities. During the preindependence period, no importance was given to the library. But after independence, different education commissions were set up to step up education. The Kothari Education Commission was one of the important commissions which stressed the need for a quality library in every educational institution, The school library is an important educational aid as it provides reading material that will enrich and support the CURRICULUM. A library is meant not only for educating a child through the mode of books but also to bring out his creativity.

According to the words of late Dr. S.R. Ranganathan, who was the founder of library science in India, 'A library is to act as a lever by the aid of which one of the primary functions of the school is discharged viz. inducing in the pupils the capacity to derive enjoyment and relaxation in the harmless process of reading books.' A school library should have the materials which can enrich the knowledge of students and entertain them. A qualified librarian can disseminate all kinds of information by saving the time of the users.

ARCHANA YADAV
PGT POLITICAL SCIENCE
SURAJ SCHOOL KOSLI

Brain Development

Brain development shows a child's increasing ability to understand his/her environment. As children grow and develop, they will learn many new things and begin to solve problems in their daily lives.

A child will usually be developing the following skills:

- Begin drawing simple shapes with a pencil or crayon
- Copy letters and write his/her own name
- Say his/her full name, address, age and birthday
- Start drawing realistic pictures
- Read simple picture books with small simple words
- Understand and appreciate the need for rules



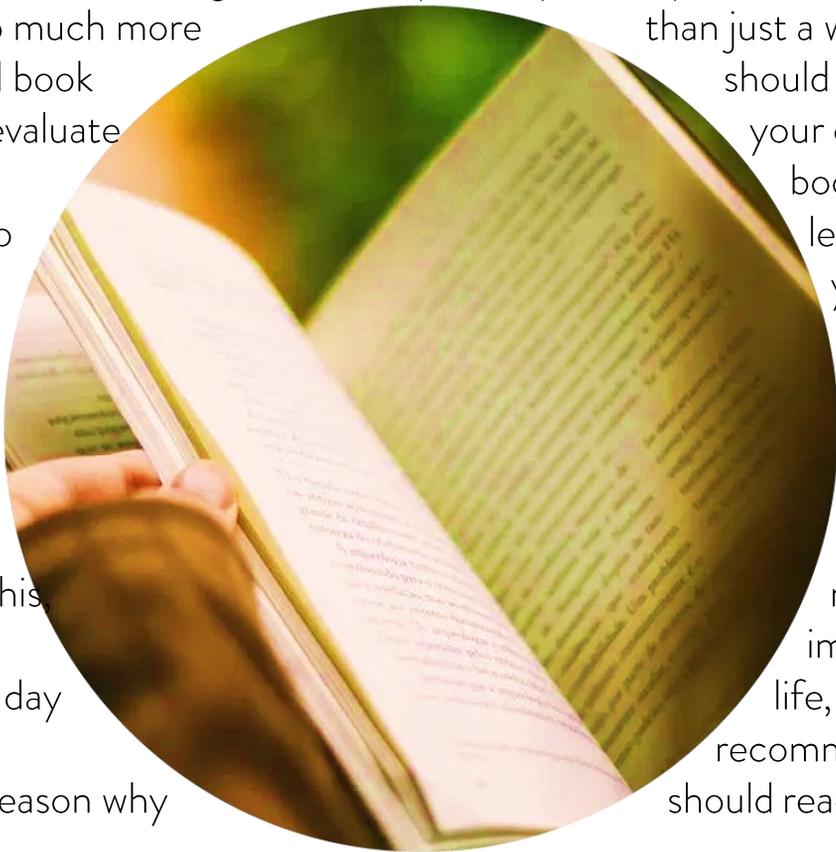
What can you do at home to help your child develop these skills?

- Encourage games that involve taking turns, cooperating, and negotiating. Teach them to play fairly and accept defeat in game sportingly. Play different sports with the child and do recreational activities together.
- Involve your child in simple household chores like setting the table or folding and putting away washed clothes.
- Set aside some time for free play daily. Let the child decide what to do in this free time.
- Ensure that you play with your child every day for some time. It will give an insight into what he/she is thinking and feeling.
- Arrange playdates and spend time with other children. This will help your child to socialize and form friendships.
- Talk to your child about his/her feelings. Be empathetic, patient and open-minded. Counsel your child and let him/her know that you are available in case of any issue.
- Encourage the child to undertake detailed and elaborate art projects like collages, paintings or clay pottery.
- Ensure your child sleeps for at least 8 hours at night and takes a nap during the day. Lack of adequate sleep causes confusion and exhaustion.

Pr. Ramesh Bhatia
Principal
Suraj School, Bhiwadi

Reason why reading is good habit

Sometimes it feels like every week is busier than the last. Finding the time to catch up with friends, see the latest movie, and much less read a book can feel like impossible tasks amidst a week filled with appointments, meetings, and phone calls. If you can manage to find the time to read, however, it can be well worth your time. Whether in the morning with your coffee, on your commute, or before you go to bed, reading can be a great way to unwind and think about something other than your day-to-day tasks. For me, books have been so much more than just a way to pass the time. A good book should make you think and reevaluate your current behaviors. A book should enable you to learn something new about yourself and the world around you. Books have enabled me to develop and refine my skills, roaden my thinking, and to relax. Because of this, reading has become an important part of my every day life, and is something I recommend for everyone . Reason why should reading .



- **Builds Your Character**

Reading helps you to shape your character to a great extent. It boosts your confidence and your personality. You will approach life differently and everything you are surrounded with. It enhances your social skills as well.

- **Imparts Knowledge**

There is no denying that reading books add knowledge and imparts education since your childhood days. Be it fiction or non-fiction, you get to learn a great deal from the books. Reading exposes you to the outer world which helps you to acquire sensibility about worldly topics.

- **Flair in Language**

You will come across many new phrases, words and will eventually get accustomed to it. Hence you will have an improved vocabulary both in communication and writing. You will also get acquainted with perfect usage of grammar and languages.

- **Food for thought**

Ample reading develops mental health and stimulation. It enhances your imagination power. The detailing of “the man” or “the desert” in your novel helps you to picture the whole scenario. This not only develops your mental stimulation but also boosts your creativity. It also helps you to even write your own innovative piece, hence developing your writing skills.

- **Keeps You Peaceful**

A book put you in better mood and relaxes your mind and soul. At the end of the hectic stressful day, all you need is a cup of coffee and a good book to keep you peaceful. Reading is a better stress buster than any therapy.

- **Friend in Need**

There are some days when you feel low and there is no one to share with. Well books are there for your rescue. They help you overcome all your depression and become your best companion. Well “a friend in need is a friend indeed”.

- **Reduces Boredom**

Journeys for long hours, or a long vacation from work can be pretty boring in spite of all the social sites. Books come in handy and release you from boredom.

- **Natural Sleep Aid**

To help you to battle with insomnia, habit of reading can be your partner in crime. So instead of binge watching episodes, read books before bedtime. They help you to sleep and dream well. Nowadays, even though everyone is addicted to the digital world and hardly makes time for the books, the benefits of reading are irreplaceable. So happy reading.

Shalu Sharma
PGT economics
Suraj School Kosli

The Idea of Implementation of Sports Integrated Program can be achieved only after convincing the normal Students that there is nothing that special children cannot do with them. It must be noted that psychological aspects must be taken care of & both the disabled & the non - disabled students must be able to cope with each other. It requires high level of mental coordination which the teacher can achieve by introducing Examples of Para Olympics to the Students. There have been many physically challenged people who have achieved success in sports & thus, the inclusion of such students is a natural thing to occur. In fact, Sports teacher along with the rest of the class, should motivate such students to compete with them & achieve their maximum potential in the field of Sports. Sports Integrated Education must be uplifted to bring out the best in each child irrespective of the disabilities one has.

Deepak Sharma: M.Phil (Phy.Edu)
Distt. Secretary HBA
National Referee BFI
Active Member/ Selector HBA & SGFI
(Age Category- U-14, 17& 19)
10 years teaching experience



Being Globally Competitive – “Make in India for the World”

Introduction

Grant Duff, a British Historian said- “Many of the advances in the sciences that we consider today to have been made in Europe were in fact made in India centuries ago.” One of the oldest civilization traced back in Indian subcontinent that is **Indus Valley Civilization**. Being one of the oldest civilizations in the world, complete with a rich history and culture as well as a strong and long scientific and technological tradition, it comes as no surprise that many significant inventions have come out in India. Most of people in ancient India were farmers. Indian farmers mainly used to grow wheat and rice for food, cotton for cloth and opium for medicine too and many more. India was known as “**Golden Bird**” in the history. But when Britishers started to rule us, our culture, prosperity and dignity were destroyed to so much extent that even after being completion of 73 years of independent nation, India is still a developing country and far away to be a developed one.

India is the largest economy and second largest highly populated country in the world. India is highly affected by unemployment, illiteracy and poverty. As per the census literacy rate in India is found to be 77.7% and 6.7% of its population is below its official poverty limit. If we count the population employed, India is largely an agrarian country. Nearly 50% of population depends on agriculture and allied activities for livelihood. But if contribution to GDP is taken as the parameter, India is predominantly a service economy and service sector has nearly 60% share of total GDP. Whatever way we see India, there is no doubt that India lacks behind in one sector : **The Manufacturing Sector**. Yes, this structural problem of Indian economy is highlighted by many economists for many years, and all previous governments had taken some steps to boost manufacturing “**Make in India**” initiative by present government launched on **25th Sep., 2014** is a big step in this direction, towards making India an investment hub for manufacturing.

What is “Make in India” and its objectives?

“Come , make in India, sell anywhere but Make in India”

“Zero Defect Zero Effect” slogan was coined by our honorable PM, **Narendra Modi**, as essence of “**Make in India**” initiative that manages advanced processes, materials and technologies, to guide the production mechanism that produces products with no defects with no adverse environmental and ecological effects.

The logo is the silhouette of a lion on the prowl, made entirely of cogs, symbolizing manufacturing, strength and national pride.

Three major objectives of the initiative:

Manufacturing growth rate at 12-14% : The first objective is to increase the manufacturing sector's growth rate to 12-14% per annum in order to increase the sector's share in the economy.

100 million jobs: The second objective is to create 100 million additional manufacturing jobs in the economy by 2022.

Increase manufacturing's contribution to GDP to 25%: The third objective is to ensure that the manufacturing sector's contribution to GDP is increased to 25% by 2022(revised to 2025) from the current 16%.

Swati Rathee
PGT – Geography
Suraj School Kosli





सुमित्रा जैन (coordinator)
सूरज स्कूल सेक्टर 75 गुरुग्राम



कविता

खेल मिटाते अंधकार
दिन छँट गए धुंध वाले,
अब छोड़ चाय के प्याले
मचल उठता है खेलने के लिए मन
करता है धुंध हटाए और खेले खेल निराले
आओ मिलकर खेले खेल
खेल खेल में रूठने वालों से भी कर ले मेल!
क्योंकि खेल से है हमें प्यार
जो जीवन में भरते आशा,
मिटाकर सभी अंधकार
दिन छँट गए धुंध वाले.....!



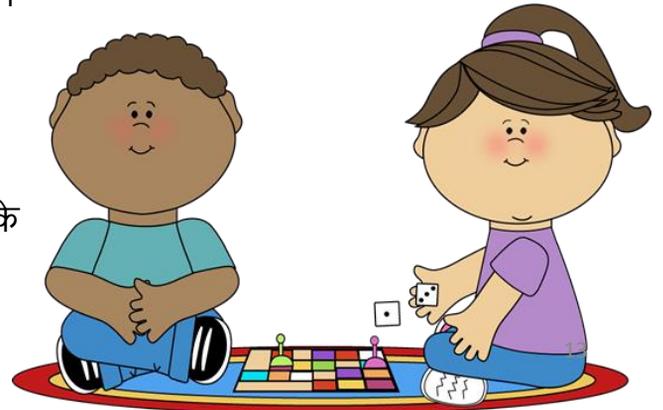
कोरोना काल में खेल

कोरोना काल में है यह दुविधा
नहीं है घर से बाहर खेलने की सुविधा।
याद आते हैं, वे दिन जब खेलते थे
क्रिकेट, हॉकी, बैडमिंटन, टेनिस और फुटबॉल।
मैदान में अब जाना है वर्जित घर में

लूडो, कैरमबोर्ड, शतरंज, खेल खेलते-खेलते हो गए हैं बोर।
मोबाइल लैपटॉप के डाउनलोड खेलो पर है सबका जोर।
जिससे आंखें हो गई है कमजोर।
सुबह-शाम करते हैं यही कामना
जल्द ही हो कोरोना काल का खात्मा।
हम फिर से मैदान में खेले खेल, भागे-दौड़े खेले जी भर के
और आलस क हो खात्मा।
चुस्त बने, तंदुरुस्त बने, फिर खेलो का संघ पा कर
रहे स्वस्थ, और मस्त।



सूरज स्कूल सेक्टर 75 गुरुग्राम
नाम चेतना भटनागर अध्यापिका



खेल ही जीवन

आज के जीवन में भवन की नहीं खेल मैदानों की जरूरत है यदि हम बच्चों को वास्तविक विकास चाहते हैं तो उन्हें हम खेल मैदानों से जोड़ना होगा ताकि वह अपने जीवन को सभी कठिनाइयों का सामना कर सके और जीवन को स्वास्थ्य और समृद्धि बना सके।

बच्चों को खेल से दूर करना शरीर और मन को अलग करने जैसा है खेल के माध्यम से ही जीवन को सरल बनाया जा सकता है बच्चे खेल को अपने दिव्य सपनों की तरह देखते हैं इन्हें इससे मिलाने का कार्य पूरी मानव जाति को करनी चाहिए।



दिनेश कुमार (D.P.E.)
सूरज स्कूल रेवाड़ी



हरीश प्रसाद
निदेशक
सूरज एजुकेशन ग्रुप

विद्यार्थियों को जिस तरह से शिक्षा दी जाती है वह बिलकुल ही पुरातनपंथी है। अभी भी वह स्मृति को पुष्ट करने पर निर्भर करता है। और स्मृति पर जितना बोझ डाला जाए उतनी ही स्पष्टता और बुद्धिमत्ता की संभावना कम हो जाती है। मैं इसे एक बहुत बड़ा अवसर मानता हूँ कि सब तरह की जानकारी का संग्रह करने से विद्यार्थियों को मुक्ति मिल सकती है। वे अपने साथ छोटे

कंप्यूटर रख सकते हैं जिनमें उनके जरूरत की सभी जानकारी होगी। भविष्य में कंप्यूटर अत्यधिक, क्रांतिकारी रूप से महत्वपूर्ण सिद्ध होने वाला है।



GOLF ON MOON

Sounds interesting... Isn't it...



Indu Sharma
TGT Science
Suraj School Rewari

Amazing facts about Golf---

- Golf originated in 15 century in Scotland.
- Golf ball was originally made of wood.
- Golf ball used to be made from leather and chicken or goose feathers these days.
- Cost of one Golf ball is approximately 10 to 20 Dollars.
- A golf ball will have around 300 to 500 dimples on its surface.
- On an average, 300 million balls are lost in the U.S. par year.
- A golf ball is more likely to travel farther during the summer rather than during the winter.

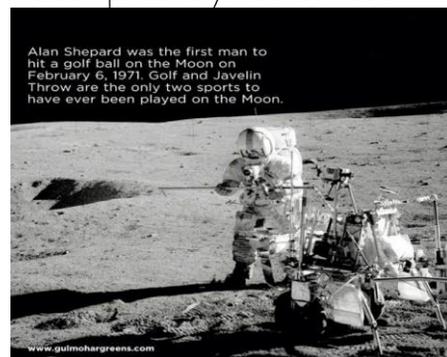
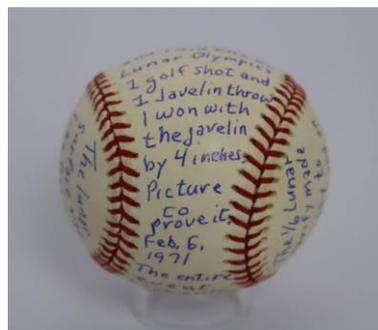
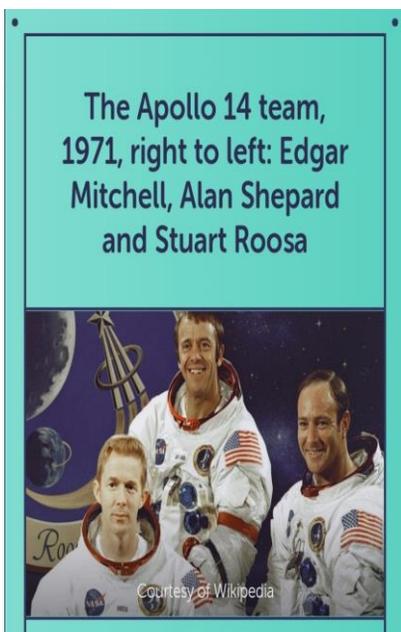
The wonderful thing regarding golf is that it was the first game ever played on the Moon. Alan Shepard, an astronaut from Apollo 14 mission, was sent to the moon with two more crew members in 1971, had tried and succeeded and bating a golf ball on the moon. Shepard tucked a specially crafted club and two Golf balls into a space suit. And his “Shot heard around the Galaxy” on february 6,1971 is arguably the most famous in golf history.

According to Shepherd, the ball was “many miles away” but no one could really tell how far. So the question of how far the ball got is still remain unanswered. By the way, since the ball and the moon are both white, that’s probably make it harder to find.

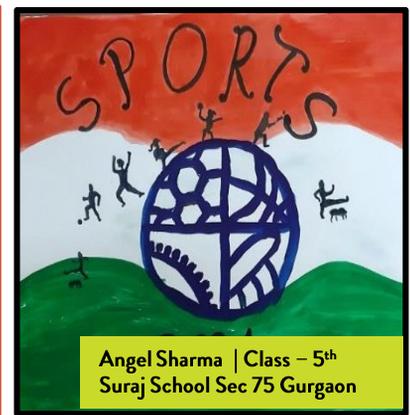
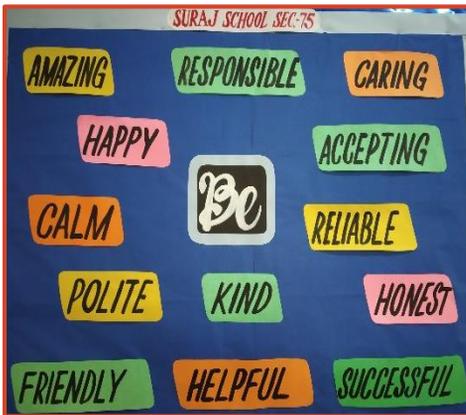
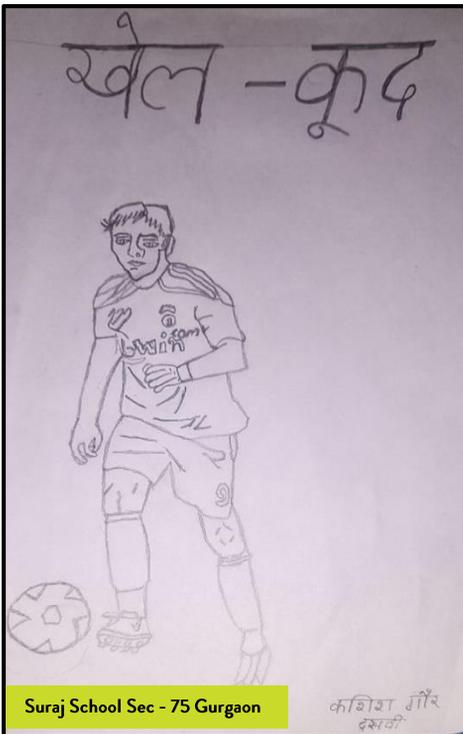
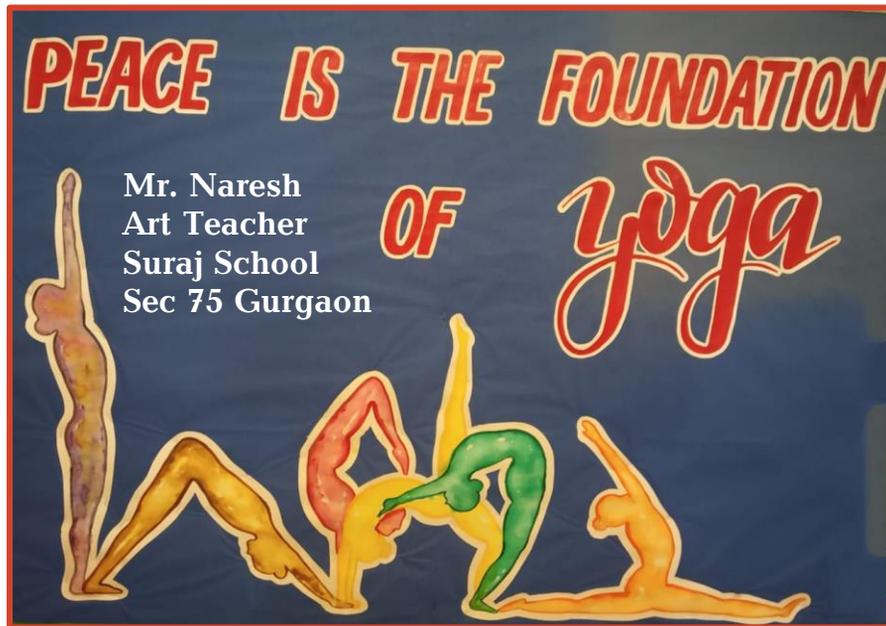
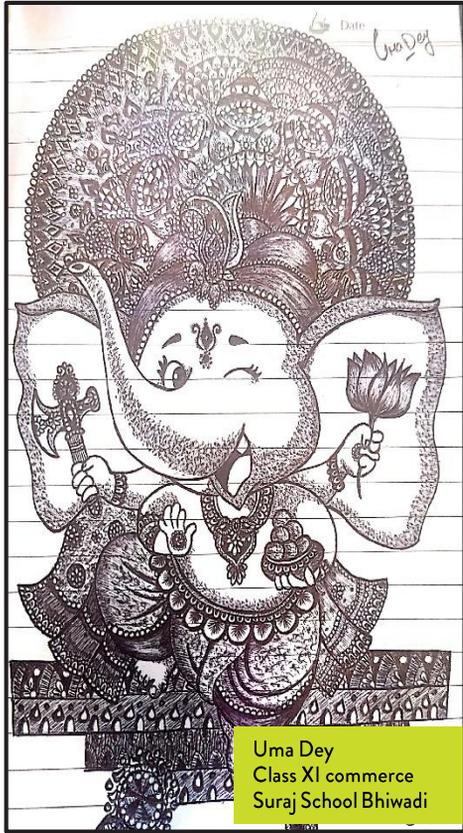
Shepard hit his Golf ball, after 3 whacks at it. And Mitchell threw a javelin, using a staff from the Solar wind experiment. Michell javelin throw actually went farther than the Golf ball. The Golf ball and the javelin are still on the lunar surface.

What happens on earth actually..

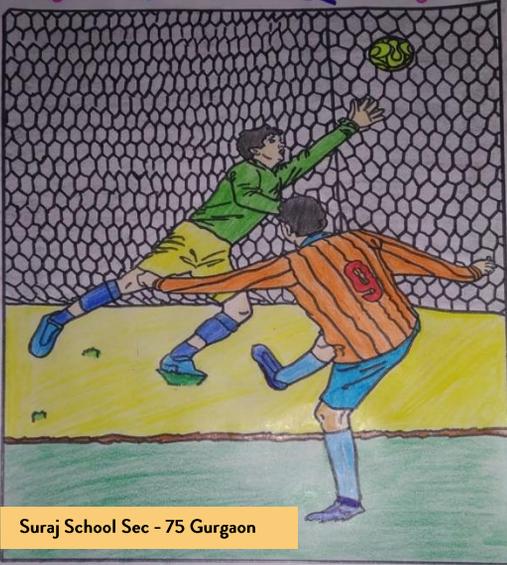
On earth, a golf ball doesn’t remain in the air for long as the planet’s gravity quickly pull it back down. But on the moon, a golf ball will travel much farther because the comparatively weak surface gravity will accelerate it back to the surface more slowly.



ART GALLERY



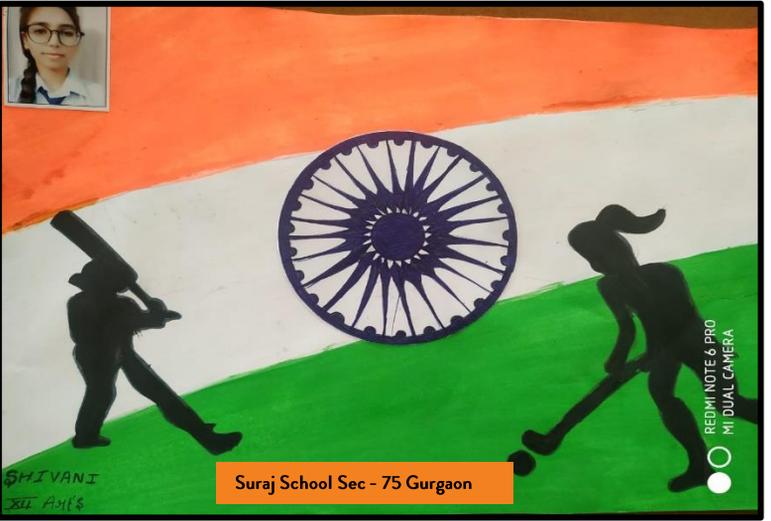
खेल-कूद



Suraj School Sec - 75 Gurgaon

Class → 10th N3
SURAJ SCHOOL, SEC-75

Made by :- SIMRAN
BHARDWAJ

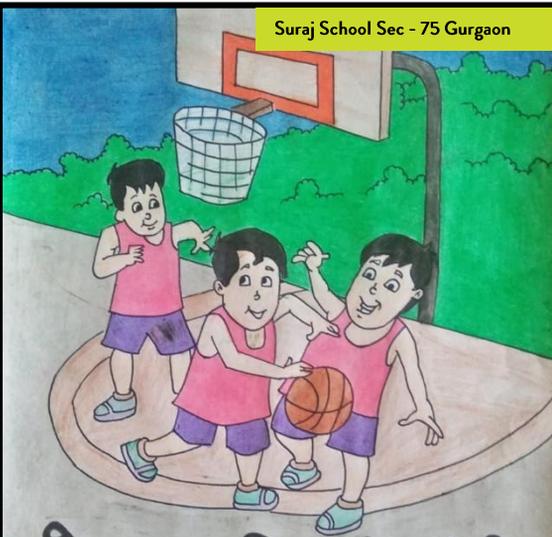


SHIVANI
XII Arts

Suraj School Sec - 75 Gurgaon

BEDMI NOTE & PRO
MI DUAL CAMERA

Suraj School Sec - 75 Gurgaon



खेल व्यक्ति को जीतने
की प्रेरणा देता है...

नाम :- विधि कक्षा :- नौवीं सुरज स्कूल, सैक्टर-75



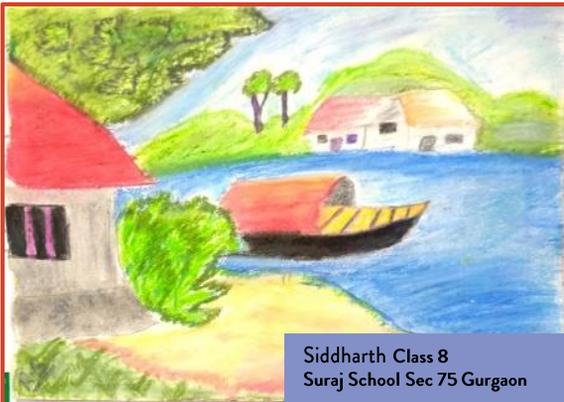
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Himeshwar
9th



नाम :- कीर्ति कक्षा :- दसवीं
स्कूल :- सुरज स्कूल Sec-75

Suraj School Sec - 75 Gurgaon

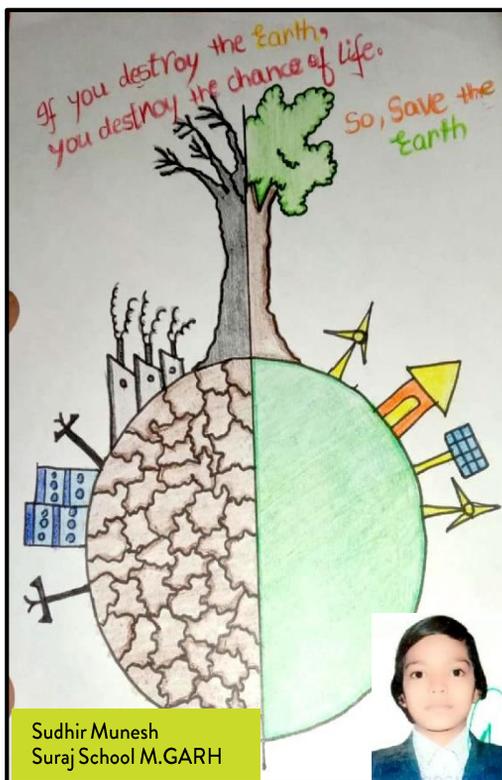


Siddharth Class 8
Suraj School Sec 75 Gurgaon

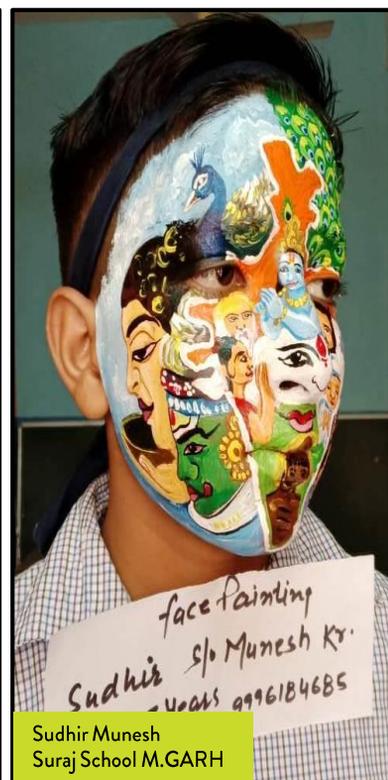




Devanshi
Suraj School M.GARH



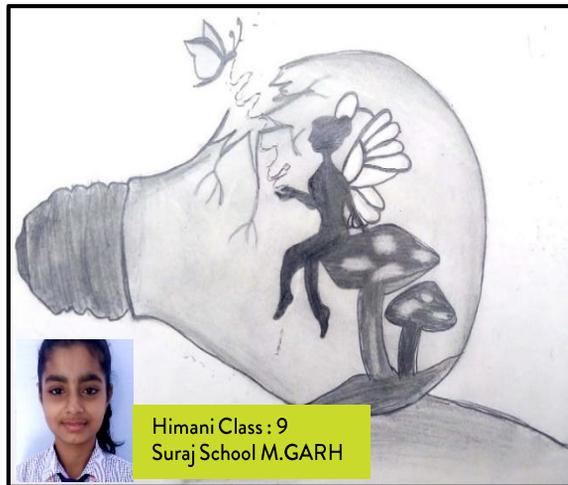
Sudhir Munesh
Suraj School M.GARH



Sudhir Munesh
Suraj School M.GARH



Khushi Class : 9
Suraj School M.GARH



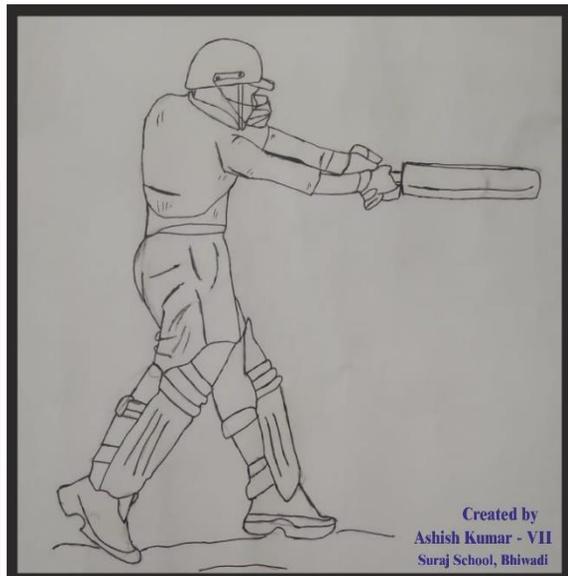
Himani Class : 9
Suraj School M.GARH



Created by
Manavi - VI
Suraj School, Bhiwadi



Created by
Umme Habeeba - VIII
Suraj School, Bhiwadi



Created by
Ashish Kumar - VII
Suraj School, Bhiwadi



Created by
Dev - VIII
Suraj School, Bhiwadi

HINDI CROSSWORDS PUZZLE -4

बाएँ से दाएँ

4. दुकानों पर चाय की प्रचलित मात्रा में कटौती करके दी जाने वाली चाय; आधा कप चाय।
5. वह व्यक्ति या संस्था जो वस्तुओं की बिक्री आदि का प्रबंध करती है; बिक्री प्रबंधक; (डिस्ट्रीब्यूटर)।; वितरण करने वाला; बाँटने वाला।
6. (पुराण) पिता या पितृतुल्य व्यक्ति- पिता
7. एक प्रकार का बाजा; झाँझ।; 1. झालने (अर्थात धातु की चीज़ों को टाँका लगाकर जोड़ने) की क्रिया या भाव 2. गंध; स्वाद आदि की तीव्रता; स्वाद का चरपरापन या तीक्ष्णता।

ऊपर से नीचे

1. 1. सृष्टि; संसार जगत; 2. भीड़-भाड़; जनसमूह 3. उत्पन्न या सृजन करना 4. प्राकृतिक संघटन।
2. नियमित न होने का भाव; नियम का उल्लंघन।
3. 1. विचित्र क्रिया या व्यापार; अलौकिक घटना 2. कथावस्तु में घटनाओं का क्रम; किसी नाटक की पूरी कथावस्तु।; संविधान बनाने वाला।
5. वन; जंगल; बियावान; कानन अरण्य।
6. पहाड़ी ब्राह्मण समाज में एक कुलनाम या सरनेम।

हल 5th Puzzle

1 प	ल		2 उ	ट	3 ज
शू			ता		ग
दे		4 यू	व	ती	
5 व	शी		ला		6 का
वा		7 उ	प	ता	प
द	ह	क	न		टि
		ठा		9 रूँ	क

1			2		3
4					
		5			
6					
				7	

1. THE HOTTEST CHILLI PEPPER IN THE WORLD IS SO HOT THAT IT COULD KILL YOU..

2. NORTH KOREA AND CUBA ARE THE ONLY PLACES WHERE YOU CAN'T BUY COCA COLA

NAME - SONAL
CLASS - 8th S.P.1



Please Send All Quiz Answer at :

+91- 9811590519

Flawless Motivation



Geetanjali
Class:7thN3
Suraj school pataudi

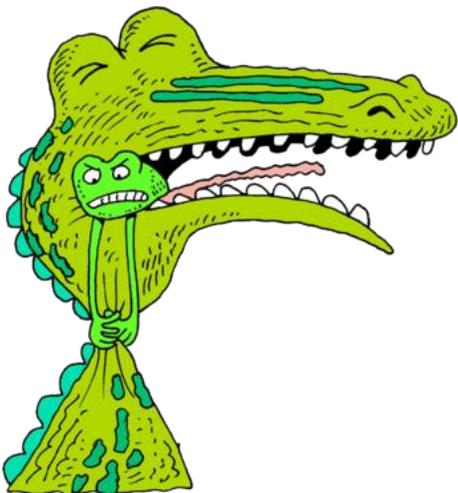
Do you have flaws? Do you make mistakes? Are you perfect? What are flaws? Well the answer is simple flaws are nothing but A mark, blemish or any other imperfection that mars an object, We all have flaws, We all make mistakes, None of us is perfect we all have a flaw or flaws it's true, I never claimed to be perfect none of us should claim to be perfect and it's what you should all think. our flaws helped to make us special, they bond and keep us strong, are flaws are what that brought us together, We have dents and we have got quirks, but are flaws make us work , so when you make mistake stop acting

like something's Wrong, So tell me what flaws you have got too, cause I still like what's flawed about you, I also have flaws , 'My mistakes are all written in ink, They say I am a big shot that my ego's are size of a whale my confidence comes off as cocky but it gives me the courage to fail I think how to make everyone happy , everyone thinks I'm all bubbles and laughter I always smile It took me a while to be confident to really come out of my shell 'but no one has to be perfect many big icons like **Mahatmagandi** and **APJ. AbdulKalam** also had flaws but their flaws make them work By now you know no one has or is to be perfect everyone is good at their places

So remember .-

"We are not flawless,

We are a work in the progress."



“Sports”

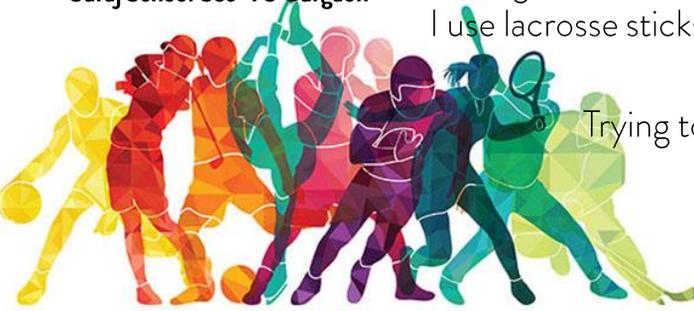


Pratham
Class - 7N4
Suraj School Sec- 75 Gurgaon

I like to play sports!
I'm good at kicking basket foots
And shooting bowling discs
I slide on golf course basses
To hit the moving pins
Swimming across boxing rings
I catch javelins with baseball mitts
I try long jump hurdling
I use high jump moves during wrestling matches
I use tennis paddles to make field goal basket
Racing across basketball courts with hockey cleats
I use lacrosse sticks in ping pong matches



I use boxing gloves to catch badminton birdies
Trying to put this baseball cap over my football helmet
But it just doesn't fits!
I don't know why people give me funny looks
When I show up to fencing in over mitts.



नाम - राहुल | कक्षा - छठी
सूरज स्कूल रेवाड़ी

बेटियां बोझ नहीं होती।
सिंधू, साक्षी और दीपा ने,
गौरव देश को बढ़ाया है,
अपने उच्च प्रदर्शन से रियो
ओलंपिक में,
भारत को सम्मान दिलाया है,
बेटियां कम नहीं है बेटों से,
ये सबको एहसास दिलाया है,
अपने मातपिता, परिवार के सग,
सिर गर्व से ऊंचा उठाया है,

रखती हैं हौसला बेटियां भी,
छूने का बुलंदियां आसमान की,
उनको गर पंख फैलाने दो,
पहचान उन्हें भी बनाने दो,
ऐसा करिश्मा इन बेटियों ने,
करके दिखलाया है,
अपनी मेहनत और लगन से,
ओलंपिक खेल में नया इतिहास
रचाया है।



खेल पर कविता

खेल में भी करियर बनाने लगे है युवा,
अपने हुनर का दम दिखाने लगे हैं युवा,
जो उनके खेलने के खिलाफ थे
अब उनको भी अपने खेल से चौक आने लगे हैं युवा।
मौका नहीं मिलता बेटियों को
इस बात का गम है,
जिन बेटियों को मौका मिला
उन्होंने दिखाया अपना दम है,
कुछ भी कर सकती हैं बेटियां
उन्होंने ये कर के दिखाया है,
कई गोल्ड मेडल लाकर
पूरी दुनिया को बताया है,



नाम - दियाअ | कक्षा - छठी
सूरज स्कूल रेवाड़ी



हार और जीत



अंजलि यादव 7A1
सूरज स्कूल रेवाड़ी

एक हारा हुआ खिलाड़ी जीतने वाले से कुछ ऐसा कहता है, अगर मैं हारता नहीं तो तुम जीतते कैसे? मैं गिरता नहीं तो तुम संभलते कैसे? मेरी हार में ही तुम्हारी जीत छिपी थी दोस्त, अगर मैं फिसलता नहीं तो तुम जीते कैसे?

अर्थात्, हार और जीत एक ही सिक्के के दो पहलू हैं जिसमें से एक को तो हमें स्वीकारना है। उस हार को जीवन का अंत नहीं समझना, क्योंकि गगरियों के फूटने से पनघट नहीं भरा करता है।



तो, आओ दोस्तों इस जीवन को जीतने के लिए इसे आकर्षक बनाकर तमाम बाधाओं को पार करके आगे बढ़ें।

खेल कूद

बच्चे हो या बूढ़े सबको पसंद है खेलकूद, खेलों से अच्छा हो जाता हमारा मूड़। ताकत के साथ-साथ बढ़ जाता है दिमाग, पूरे शरीर में लगती है तंदुरुस्ती की आग। खेलने से होता है बीमारियों का नाश, खेल भी एक आहार है अपने लिए खास। मेहनत और विश्वास से हम भी होंगे बड़े, पदक जीतकर सबसे आगे होंगे खड़े। पढ़ाई के साथ-साथ खेल भी जरूरी है, दोनों आपस कि जुड़ी हुई एक कड़ी हैं।



अनिशा 8A3
सूरज स्कूल रेवाड़ी





सूरज का विवाह

गर्मी का दिन था। पृथ्वी पर अचानक लोगों ने यह खबर सुनी कि सूरज का जल्द ही विवाह होने वाला है। सारे लोग बहुत प्रसन्न हुए। मेंढक भी खूब उछल-कूद पानी में मचाने लगे।

मेंढक को को यूं उछलता देकर एक बूढ़ा मेंढक पूछने लगा "अरे भाई लोगों क्या बारिश आने वाली है, यह इस प्रकार कौन सी खुशी मना रहे हो"। तभी एक छोटे से मेंढक ने फुदकते हुए कहा "बाबा सूरज का विवाह होने वाला है हम सब जाएंगे" और भी अन्य साथियों के साथ मिलकर खुशी मनाने लगा। तभी बूढ़े मेंढक ने कहा "अरे भोले भाले साथियों क्या यह सच में प्रसन्न होने वा होने का विषय है? क्या तुम सब वाकई मैं खुश हो? अरे मूर्खों एक अकेला सूरज तो आपने गर्मी से हमें झुलसाता रहता है, जरा सोचो विवाह के बाद सूरज के दर्जन भर बच्चे हो जाएंगे तब हमारा क्या हाल होगा। हमारा कष्ट कई गुना बढ़ जाएगा।" ये तालाब और नदियां सुख जाएंगे, फिर हम लोग ये पानी में कैसे मस्ती करेंगे। इतना सुनते ही सारे मेंढक को उछलना कूदना बंद हो गया। इतना सुनते ही बाकी पशु-पक्षी भी विचार-विमर्श करने लगे और सोचने लगे- पानी सूखेगा तो पेड़-पौधे भी कैसे बचेंगे। हम सबका जीवन ही समाप्त हो जाएगा। फिर सबने मिलकर निर्णय किया कि सूरज को समझाते हैं कि हम सब कुछ एक परिवार है, खुश हैं, अतः विवाह के बिना भी खुश हैं और सब सूरज को समझाने निकल पड़े



Samridhi Gupta | Class 5th
Suraj School Mahendragarh



Name → Pratiksha
Class → 7th SB
Roll no → 3

Sports



Sports and physical activities are an important part of routine. These physical activities help shape our personalities along with the routine education. Indian society traditionally focuses on education and grades. However, the scenario is changing right now.

and more and more people are understanding and participating in sports and games and other physical activities that improve overall health and fitness. Some of the benefits of participating in outdoor sports.



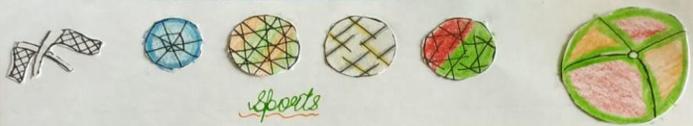
HOCKEY

Hockey is played between two teams.

I love to play the game of hockey.

- 1) Hockey is the national game of my Country India.
- 2) It is also played all over the Country.
- 3) It is an outdoor game.
- 4) Each team consists 11 players.

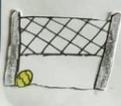
Galib Raza | Class - 8
Suraj School Sec - 75 Gurgaon



Sports

Sports is an important part of just about every society and country involving everyone, whether they are playing or watching. Sports is an enjoyment to be refreshed. There are so many sports; like Badminton, Basketball, Baseball, volleyball etc. The most likely game of India is Cricket. Sports often reflect culture of the countries in which they are played. In many ways, sports define a society. Sports show how people can make a living by being athletic and entertaining other people. Sports help us to release stress from our daily life.

Enjoy It



Suraj School Rewari

Name = Sneha
Class = 7th SB
School



ARTICLE

Sports

Games and sports are an important part of education. They help in the development of the physique and mind of the student. Games are very important part of life also. They keep us active and make us smart. Student must realize the importance of games and sports and take part in them. Games and sports keep us healthy. If we are weak and sick, we can not have a fertile brain. The importance of games and sports in our life is very great. We must regularly take part in at least one sport to stay fit and fine. Games make us disciplined. They keep the machine of life run smoothly. They also include in young people the duty of loyalty.

THANKS

Name = Priyanshali
Class = 7th SP2
Roll no = 4

Suraj School Rewari



Title _____ Date _____ Page No. _____

Poem

भारत देश हमारा है, यह हमको जान से प्यारा है
 दुनिया में सबसे न्यारा है, यह सबकी आँखों का तारा है

मीती है इसके कण-कण में, बूँद-बूँद में सागर है
 प्रहरी बना हिमालय बैठा, धरा सैन की गार है

भूमि ये समर जवानों की, वीरों के बलिदानों की
 रत्नों के झंडार भरे हैं, गाथा स्वर्णिम खानों की

सत्य, अहिंसा, शांति बँटता, इसकी शान तिरंगा है
 गीद खेलती नटखट नदियों, पावन यमुना-गंगा है

चंदन की माटी से महके, मातृभूमि की वंदन है
 कीटि-कीटि भारतवालों का, सुंदर-सा यह नंदन है

दुनिया में सबसे न्यारा यह, सबकी आँखों का तारा है
 हमको जान से प्यारा यह, भारत देश हमारा है

जय हिंद, जय भारत

Nidhi 8th new
Adm. no. = 5387

Suraj School Pataudi

Sports and Games

- Sports are not always about winning the competition but also about learning and trying to do better the next time.
- If you love sports, you should dedicate your heart and soul into it.
- All people need to be engaged in at least one type of sport for fitness.
- Sports provide people with physical and mental satisfaction.
- You should aside a lot of time practicing to be better and improve.
- Sports giving motivation, positivity, courage skills, and concentration as well.
- It can be indoor or outdoor activities.

It reduces the stress level and enhances productivity. Kids are encouraged to involve themselves in sports while in their schools and by their parents. A person who engages in sports regularly maintain a better physical shape, enthusiasm and energy level.

Riya Choahan
Class -8sp2
Suraj School Rewari



Soldier in the war

If I died in a war zone,
 Box me up and send me home.
 Put my medals on my chest,
 Tell my mom I did my best.
 Tell my dad not to bow,
 He won't get tensions from me now.
 Tell my brother to study perfectly,
 Keys of my bike would be his permanently.
 Tell my sister not to be upset,
 Her bro will take a long sleep after sunset.
 Tell my nation not to cry,
 I am a soldier, born to die.



Created by
Serene Bhatia - IX
Suraj School, Bhiwadi

Suraj School Bhiwadi

ARTICLE

Sports occupies vital role in our lives....
 Sports is one such activity which helps us in maintaining proper discipline and positive mentality. With sports comes a sense of discipline, team spirit and confidence. Some of the most popular games are football, cricket, Basketball, hockey etc....
 Nowadays some children are more interested in playing video games, mobile phones and especially a well known game free fire. They have forgotten that what are sports and its importance in our life. They should give some time of theirs to the sports and should leave the laziness, there are many ways like participating in competitions and to compete each other, you can come first in the life race, if you know importance of every game in our life....

Name Angel
class 7th sp2
Roll no. 05





Name : Senu
Class. 8sp2
Suraj School Rewari

My memories..

I Remember Our School Days
Where we all went out to race
I Remember jumping in a sack
And falling on my face
I Remember someone calling out
Next race is starting soon
I Remember running down the field
With a stupid egg and spoon

I Remember throwing bean bags
At a circle on the floor
I Remember not being very
good But going back for more
I Remember coloured sashes
And I wore the colour green
I Remember what we won that day
Wasn't easy to be seen .



SPORTS



Name-Sejal
Class-6th sp1
Suraj School Rewari

Sports is one such activity
which helps us in
maintaining a proper
physique and a positive
mentality.

Apart from keeping a health body
and mind. Sports help us in alerting our
senses.

A lot of people take up a lot of activities.
There are many outdoor and indoor
sports.

Sports implies all kinds of physical
activities and games that one
participates in.

When the world is at rest,
It's time to sit back and reflect ,
On the follies of man ,
His destructive and disastrous acts

While the world is struggling to contain
the virus ,
Nature takes over with all its admirers ,
Now the air is much cleaner,
And the earth is much greener

Birds are chirping ,
Squirrels are jumping ,
Oceans are breathing ,
And rivers are purer ,

Seems the nature is in the process of healing ,
Smiling with joy , it's eyes are gleaming ,

The sun is shining with all its might ,
Yes!! it is a more bright night ,
The moon and stars are shining bright ,
As the layers of pollutants are not
blocking the light

The push and bash of city has come to a stop,
The nature springs back to life with a push ,

Though the time is tough,
The phase is rough,
But it's a matter of concern,
And a lesson to learn ,

Be slower and kind,
And use your mind ,
Only focus on necessity,
Shun the greed and cruelty ,

Thankyou



Nikita Kataria class 8
suraj school sec 75 ggn



खेलों के महत्व

विद्यार्थी काल जीवन - निर्माण का समय होता है। इस समय मनुष्य को भावी जीवन के लिए स्वयं को तैयार करना होता है। सफल और सुखद भविष्य के लिए मनुष्य का स्वस्थ, शिक्षित, गुणवान और चरित्रवान होना आवश्यक है। छात्रावस्था में उसको इन सबको अर्जित करने का अवसर प्राप्त होता है। मनुष्य के व्यक्तित्व के निर्माण के लिए उत्तम तथा लक्ष्यपूर्ण शिक्षा प्राप्त होना जरूरी है। खेल भी शिक्षा का ही एक अंग है। कहावत प्रसिद्ध है कि स्वस्थ शरीर में ही स्वस्थ मस्तिष्क होता है। खेल मनुष्य को शारीरिक तथा मानसिक रूप से स्वस्थ बनाते हैं। नियमित रूप से कोई खेल खेलने से चित्त प्रसन्न रहता है तथा शरीर स्वस्थ और फुर्तीला रहता है। खेलों में शारीरिक अंगों का ठीक तरह विकास होता है। मन में उल्लास और उत्साह रहने से मनुष्य को जीवन के प्रत्येक क्षेत्र में सफलता प्राप्त होती है।

नाम- अंकित शर्मा
कक्षा- दसवीं
सूरज स्कूल सेक्टर- 75

खेल का महत्व

खेल एक शारीरिक क्रिया है, जिसके खेलने के तरीके के अनुसार उसके अलग-अलग नाम होते हैं। खेल लगभग सभी बच्चों द्वारा पसंद किए जाते हैं, चाहे वह लड़की हो या लड़का। आमतौर पर लोगों द्वारा खेलों के लाभ और महत्व के विषय में कई सार दिए जाते हैं। खेलों के प्रकार शारीरिक, मानसिक, मनोवैज्ञानिक और बौद्धिक स्वास्थ्य के साथ गहराई से जुड़ा हुआ है। यह एक व्यक्ति के शरीर और मानसिक स्वास्थ्य को बनाए रखने में मदद करता है। नियमित रूप से खेल खेलना हमारे मानसिक कौशल के विकास में काफी सहायक होता है। स्कूल में खेल खेलना और इनमें भाग लेना विद्यार्थियों के कल्याण के लिए आवश्यक कर दिया गया है। खेल कई प्रकार के नियमों द्वारा संचालित होने वाली एक प्रतियोगी गतिविधि है।

नाम- राधिका
कक्षा- 9वीं
सूरज स्कूल सेक्टर- 75

खेलों के महत्व

खेल हमारे जीवन का महत्वपूर्ण हिस्सा है और यह हमें स्वस्थ रखते हैं। इनके बिना जीवन नीरस है। यह हमारे दिमाग को प्रशिक्षित करते हैं और हमारी सोच को आकार देते हैं। जीवन में अनुशासन या खेलकूद जरूरी है।

खेल जीवन में खुशियाँ लाते हैं लेकिन आजकल यह कहावत आम हो गई है कि

“पढोगे लिखोगे बनोगे नवाब, खेलोगे कूदोगे होओगे खराब।”

खेल एक मनोरंजन का अच्छा साधन माना जाता है क्योंकि इससे हमारा मस्तिष्क स्वस्थ रहता है। अक्सर आपने ऐसे लोगों को भी देखा होगा जो किताबी कीड़े होते हैं और अपनी रक्षा करने में असमर्थ रहते हैं क्योंकि उनको स्वयं पर विश्वास नहीं होता है। उन लोगों को स्वयं पर विश्वास जब आएगा जब वह खेल कूद में दिलचस्पी लेंगे।

नाम- पायल
कक्षा- दसवीं
सूरज स्कूल सेक्टर- 75

खेल में करियर

खेल में भी करियर बनाने लगे हैं, कुछ युवा खेल का दम दिखाने लगे हैं। कुछ युवा खेल के खिलाफ थे, अब उनको भी अपने खेल से चौकाने लगे हैं। मौका नहीं मिलता बेटियों को इस बात का गम है, जिन बेटियों को मौका मिला उन्होंने दिखाया अपना दम है। कुछ भी कर सकती है बेटियाँ कई गोल्ड मेडल लाकर पूरी दुनिया को बताया है, अब हर कोई जागरूक होने लगा है अब तो ये आम होने लगा है। अब किसी बच्चे की पढ़ाई न हो अधूरी, पढ़ाई के साथ-साथ खेल भी है जरूरी।

धन्यवाद

नाम :श्रुति सिंह
कक्षा: दसवींN1

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:

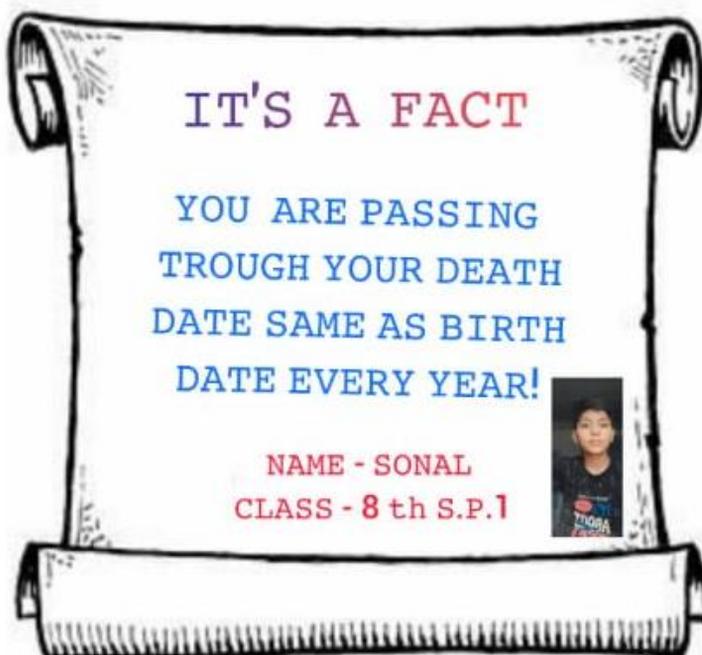
- Any row contains more than one of the same number from 1 to 9
- Any column contains more than one of the same number from 1 to 9
- Any 3×3 grid contains more than one of the same number from 1 to 9

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

Vijay Pal (Maths)
Suraj School Kosli

हल 5th Puzzle

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



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

The Lucky winner name mode be published next issue

Ludo Game

The nineteenth century saw an increased interest in Indian board games in the west. Pachisi, a four-player race game, was particularly popular in India and received some attention in England. Pachisi is a reasonably strategic partnership game, and some simplification was apparently needed to make the game accessible to children. The result

Rules for Ludo

1. Two, three or four can play.
2. Each player starts the game with four pieces in his "yard", the area in the corner of the board.
3. Players decide at random who takes the first turn.
4. A player starts his turn by throwing the die.
5. A throw of six may be used to enter a piece from the player's yard to his start square. Alternatively, it may be used to advance by six spaces one of his pieces already on the track.
6. Any other throw is used to advance one of the player's pieces already on the track by the appropriate number of spaces. If the player has no pieces on the track, then the turn is lost and the die passed clockwise around the board to the next player.
7. A throw of six allows the player another throw, after the corresponding move is made. A second throw of six similarly allows a third throw. If the third throw is six, however, the throw is lost and the player's turn ends.
8. The course of a piece from the player's start square is clockwise around the board, till it arrives back at the end of the arm of the cross from which it started. It then proceeds up the central row of spaces on that arm, till it arrives at the middle by an exact throw. At the middle the piece's journey is over.
9. A player cannot land one of his pieces on top of another; only one piece may inhabit a square at once. A piece can, however, pass by another friendly piece.
10. If a piece ends its move on a square occupied by an opponent's piece, the opponent's piece is taken, and returned to that opponent's yard to begin its journey again.
11. A player wins the game when all four of his pieces have reach the centre of the board. Other players may play on to see who gains the second and third places.



Suraj School, G'gram, shines in Bal Mahotsav competition

The students of Suraj School, Sector-56, Gurugram, shone in the Bal Mahotsav competition by winning prestigious awards.

The competition was organised by the Haryana Council for Child Welfare for the students. The ceremony was presided by Haryana State Council for Child Welfare general secretary Krishna Kumar Dhullji, child welfare officer Amarnath Narwal, and nodal officer Birender.

Ananya Dange bagged the first position in the classical dance event and a consolation prize in solo singing while Adirti Shukla secured the consolation in the declamation contest.

The school management and the principal congratulated the winners for bringing accolades to the school.



Ananya Dange, above, won the first position in the classical dance event

ऑनलाइन योग प्रतियोगिता में सूरज स्कूल का रहा बेहतरीन प्रदर्शन

बादशाहपुर, 6 जनवरी (अजय)। लॉकडाउन के बाद से सभी स्कूलों के छात्र अपने घरों से ऑनलाइन शिक्षा लेकर अपनी शिक्षा को आगे बढ़ा रहे हैं। ऐसे में बच्चे केवल पढ़ाई करके खुद को आलसी न बनाये उसके लिए सूरज स्कूल गुरुग्राम द्वारा बच्चों को स्वस्थ रहने के लिए योग शिक्षा दी जा रही है। उक्त विषय में जानकारी देते हुए सूरज स्कूल की उप प्रधानाचार्य कनिका घई ने बताया कि उनके स्कूल में बच्चों को योग शिक्षा के बेहतरीन तरीके ऑनलाइन कक्षा के माध्यम सिखाए जा रहे हैं। बच्चे योग का अभ्यास करते हुए अब नियमित योग क्लास ले रहे हैं, स्कूल द्वारा कराई जा रही योग कक्षा के बाद से बच्चों के अभिभावकों को भी बड़ी प्रसन्नता हो रही है। इस बिच प्रदेश स्तरीय योग प्रतियोगिता में सूरज स्कूल की कक्षा चौथी की छात्रा श्रुति ने जिला भिवानी में स्टेल लेवल ऑनलाइन प्रतियोगिता में हिस्सा लिया और अपनी मेहनत का लोहा मनवाने का कार्य किया। पंचकुला से रेफरी ने सब जूनियर ग्रुप 8-10 आयु के 45 प्रतियोगियों के प्रदर्शन को चिह्नित किया। जिसमें श्रुति का बेहतरीन प्रदर्शन रहा। उप प्रधानाचार्य कनिका घई ने श्रुति को उसके उज्वल भविष्य के लिए आशीर्वाद दिया और आगे भी बहरीन प्रदर्शन करने की आशा जताई। सूरज स्कूल द्वारा बच्चों को अब लगातार



ऑनलाइन योग क्लास देते हुए बच्चों को कोरोना महामारी के दौरान स्वस्थ रहने के लिए बेहतरीन तरीके बताये जा रहे हैं। कनिका घई ने बताया कि आगे भी इस तरह के अन्य कदम स्कूल की तरफ से और उठाते हुए बच्चों को घर में ही रहकर अन्य एक्टिविटी कराने की दिशा में कार्य किया जाएगा।



Srishti | Class : 4th A
Suraj School Sec – 56 Gurgaon

STUDENT ACHIEVEMENT



Suraj School Sec – 56 Gurgaon