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From The Founder's Desk

Dear Readers,

Wish you all a very happy and prosperous new year - 2022.

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

It's important that precautions are taken both inside and outside the classroom to prevent the spread of COVID-19. I know you are braver than you believe, stronger than you

seem and smarter than you think. We are entering in a new year and soon New academic session will also begin. So enjoy this time and fill you heart and mind with positive energy and fresh vibes.

Dr. Harish P. Yadav
Director
Suraj Group Education



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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New Energy New Vibes

One of the essential things about positive energy is to find yourself. Positivity lets you focus on things, especially during those times when something feels off. I Dr. Harish Prasad, Director Suraj Education Group is quite happy and feeling fresh while sharing my feelings with you through our monthly magazine.

Noble energy helps us in finding our interests in creating good habits. People who let the positive energies flow into themselves have reported changes towards being better. Hence, these positive energy quotes will act as a constant supply for optimistic affirmations in our lives, especially for times when we aren't feeling good. We all should keep ourselves happy and motivated in all conditions, which brings positive vibes of energy to our souls. Many times we are sad and suddenly someone asks us about ourselves, How are you? , We always say, Yes I am fine.

Every time when we change our calendar, we enter into a new year with new energy, fresh vibes. It is the time for new hopes and new dreams. A new ray of hope where everything gets back to normal and better than previous experiences. Let's prepare ourselves for the coming days so that we are never required to postpone our work tomorrow.

Once the New Year, new job, new assignment, etc. starts, our energies were high but after a few days with the passage of time the energy begins to dip. We start to lose our goals and start putting off things to the next day, next week, next month, and finally next session. I urge all students, parents to start every day with the same enthusiasm and energy which was on day first of your school.

To begin something new is always amazing and at Suraj Education Group, we tried our best to bring new things and experiences for our students, guardian, staff, etc.. Now, the government and our past experiences make us clear that these viruses are now a part of our life. We should follow the government's health department guidelines and proceed in our life.

Suraj Education Group has a great legacy of our glorious past. We are No.1. Education group in the entire Haryana. All our academics and competitive results are excellent and every year we beat our past records in terms of the number of selections. As my younger brother, Mr. Anand Prasad always says, "make continuous practice a habit". As today I am sharing the secret of Suraj Education Group's success which is, we try to initiate a hunger for success or try to set a goal to achieve something in life.

To achieve this target, we strongly follow the philosophy and great vision set by our honorable chairman, Mr. Jagdish Prasad ji. I am following the vision of my father and adopted their philosophy in my life, as a student, later as a teacher and now following them as a parent and director.

The vision to provide quality education at an affordable cost is our dream. I am sharing some points with you so that you can keep them handy and make your and your child's academic year the best. Hope you find these tips helpful.

For Our Loving Students:

1. As 2-3 Months is left for the 2nd term exam if any student was unable to perform in 1st term exams. They can do better in this term and compensate it.
2. Revision of old notes and syllabus covered in school is always the better and fastest way to avoid pressure during exams.
3. Make short-term and long-term goals.



4. We recommend to every student to go through the chapter in advance before the day before the teacher introduces it to the class. In case you have a problem, always keep a note of it and once the chapter is finished by the teacher. Clear all your doubts in case they still exist.
5. From the very first day, make brief notes of all the subjects. These notes will help you before your exams or class test.
6. Spice up your room with innovative ideas like you can paste math's formulas, grammar rules or chemical reactions, and the things which confuse you. etc.
7. Study your subjects in rotations to break the boredom.
1. Give yourself small breaks in between long seating hrs. (Especially for our students preparing for competitive exams like NEET, IIT, JEE, CA, CPT, etc.)
2. Know your weakness and work on them, they will no longer be your weakness and they will be turned into your strengths. I recommend taking a SWOT (Writing some Strength, Weakness, Opportunity, Threats) analysis regularly.
3. Last but not least, eat healthy, remain stress-free, do yoga, exercise regularly, listen to music. Nervousness tends to lose out on your focus. Make new friends. Don't overburden yourself with extra classes.

For Our Caring Parents :

1. As a parent always attend our orientation / PTM (Online/Offline) programs conducted by the school. Many parents avoid these PTMs. I advised them they should know about the place, where their child is spending the most important 8 hours of their life.
2. Make short and long-term goals with your child and praise them when they achieve any goal or target, set by your child.
3. Create new and innovative activities at home for your child, so that they can learn better.
4. Create a homework /study space for your ward, Keep that space for your ward where the disturbance or distraction is minimum.
5. Regularly communicate with your child's teacher. Discuss with them regarding the performance of your ward. If you are not satisfied with the performance of your ward then tell us, if you are satisfied then tell others.
6. Don't try to complete 100% of your wards assignments given by the school. Guide them, help them support them, but keep in mind that it's your wards homework, not yours.
7. Interact with your child on what's going on in their school life and daily life. Especially I request to all mothers to spend at least 5-10 minutes with their girl child. Listen to her, encourage her, motivate her, and if there is any issue discuss with her.
8. Ensure your child has not changed their behavior. Make sure that they eat healthy food and do not get stressed due to the overload of study, co-curricular activities, and expectations. Many parents and grandparents are giving junk food to their children, which is not appreciable at all.
9. Always attend PTM and listen carefully. Create a bond with the teacher after all it's the parent-teacher relationship that helps a child to nurture well. Don't burden them with your over-expectations.
10. In online classes, grandparents, parents don't judge or interrupt our class teachers. If you have any queries related to the teaching style, please update us on our portal or on our official email info@surajschool.com
11. Don't share your ward online class username and password with other students. It's creating issues with us. As unauthorised users create disturbance and misbehave in online classes. This action may lead to disabling your wards accounts temporarily.

For our respected teachers:

1. Always plan ahead and never hesitate to do experiments in the classroom.
2. Set a goal for your class and try to match with our and parents expectations.
3. Communicate softly with the parents and explain them briefly and regularly regarding the performance of their ward.
4. Have some interactive and interesting activities with the students.
5. Establish rules of your class with the students so that it's easier for them to follow and stick them on the board.
6. Always greet your students with a smiling face. Reinforce positive behaviour and let the parents know about it. I can understand, you have only limited time session but trust me it will not going to take too much time.
7. If any student miss the previous class, before start new class, give a speedy revision to the students to connect with current class.
8. Create an interactive classroom, make it live with new art work on the notice board.
9. Try to entertain every enquiry raised by parents. You are also a true warriors who is making future of India. So enjoy your duties with a big smile on your face. "Kush Raho".



Dr. Harish P. Yadav
Director
Suraj Group Education

New Year Resolution



SURAJ SCHOOL MAHENDERGARH

Sandeep Prasad
Director



Creating a safe and supportive learning environment inside and outside the campus. Try to add some more books in my shelf, which I should read in this year.

Udeshika
Class - 9th



I would not waste paper because I love trees



Kashish
Class-7th

To spend more quality time with my elders and share their one responsibility.

Lavnya Jain
Class-9th



I would be more focused to improve my communication.



Daksh Chahal
Class-9th

To focus more on my aim of becoming best in my game of Shooting.

Komal
Class-10th



I promised to my mother that I would eat more vegetables



MAHAK
Class-10th

Live more sustainably in life in view of the current situation prevailing.

KARUNA
Class-10th



To get out my comfort Zone and do to best in studies to set my life and support my family.

Kanish
Class-9th



I would not break my toys while playing with them.



Bhumi
Class-10th

I would write a page daily to improve my hand writing.

Tamanna
Class-6th



I will be Co-operative to all needy one.



Divya
Class-11thB

I will gain knowledge for new topics and informatics in this session.

Jhanvi
Class-8th



I will upgrade my skills.



Pari
Class-10th

I will accept my good & bad evil side also.

Manshukh
Class-10th



I will try to achieve new heights in academics.

Nishtha
Class-10th



Focus on a Passion, Not the Way You Look



MAHAK
Class-6th

I will save my pocket money and spend it for needful.



Khushi
Class-11thB

To be healthy, I will do exercise and Yoga daily and follow "early to bed early to rise"



Pratibha
Class-11th

I want to skip my reserve nature. So in this new year I would make many new friends.

Dristhi
Class-8th



Pursue my one hobby seriously.



Yatharth
Class-9th

Stop eating junk food.

New Year Resolution

Suraj School Rewari

Garima
Class- 3rd sp1



I'll finish my lunch daily.



Nishu
Class- 8sp1

I'll stay positive throughout the year and I'll also lower my screen time.

Hardik
Class-8sp1



I'll focus on learning new skills

Prathibha
Class-8sp1

I'll start exercise early in morning and also start learning new skills.

Anshu Yadav
Class- 8 shine 2

I'll myself not use much mobile phone and I'll also increase my learning skills.



Nice Naharwal
Class-8 shine 4

I'll study more and get 1st position in my class.

Dakshita Jain
Class- 8 shine 2



I'll try to use English at my home and also try to develop more skills in drawing too.

Suhani Yadav
Class-8 shine 1



I'll plant more and more trees and also help my elders.



Vandana
Class- 8sp1

I'll eat much health food expect junk food.

Vanshika Vasisth
Class- 8sp1



If I had decided to work to do today I'll not leave it for tomorrow.



Harshit
Class- 6sp1

I'll talk less in class and do more study for best result.

Suhani
Class- 8sp3

I'll learn dancing and also start reading novels.



Ojasvi
Class- 5sp1

I'll keep my toys on it's correct place after playing with them.

Lavanya
Class- 5sp2



I'll learn lot more thing from my parents and teachers.

Dhun Melayan
Class- 12 B1

I'll save my money and also improve my communication skills.



Sanjana Chauhan
Class- 11sp1 medical

I'll try to become a better version of myself.

Vidhi Gupta
Class- 11sp1 medical

I'll improve my studies skills and dancing skills.

Prince
Class- 9sp1

I'll increase the timing of my studies.

Yash Yadav
Class- 9sp1

I'll take part in many other activities in my school.

Manish
Class- 9 Sp1

I'll work according to my time table and also start exercise early in the morning.

New Year Resolution



Pushpa Yadav
Director,
Suraj Education
Group

I will try to more focus on the diet and will add some more time in meditation and yoga for a healthy routine.



Suraj School Pataudi



Mahi
Class-8n5

Be more awesome than last year



Ridhi
Class-7n4

I am going to change myself and become a good person forever.



Anjali
Class-6n4

New year brings happiness in our life

Shivansh
Class-7n4



New year's resolutions are a consolation for it being impossible for us to really start our lives afresh

Aarushi
Class-7n4



My resolution is to courage My talents and studying more and more as a student

Gulshan
Class-7n3



I am going to change myself and become a good person forever.



Kartik
Class-7n3

As students ,we should refine our thoughts, cultivate good habits and enhance our personality every war.

Varsha
Class-6n3

I will respect all my elders, parents and teachers.



Nancy
Class-7n3

In case of student would be like to study hard, more success, stop taking, things, granted stop pollution, humanity, more positivity or focus on health.

2022-23

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New Year Resolution



“What the new year brings to you will depend a great deal on what you bring to the new year”

Suraj School Sec-56 Gurugram

Bharti
Class-xii Science



Earlier to bed and will rise early, Get organized, Learn something new, Try to be more assertive, More focused on studies Enjoy every moment of life, Helps others especially needy people, Reduces unproductive use of time.

Aparna Mishra
Class-VIII A



I will do yoga every day, This year, I'll learn new languages, I'll try to spend more time with friends and families, I'll try to learn cooking more dishes, I will live sustainable.



A New Year Inspires us to define our New Goals It Motives us to make New Commitment. It Encourages us to Live up to Our Promise swishing you a Wonderful. **HAPPY NEW YEAR**

Kanika Ghai
Principal
Suraj School, Sec - 56,
Gurugram

Mrs. Shruti Kalra
H.R. Manager



New Year Goals Worry
Less Stop Comparing Embrace
Challenge Love Myself

2022 - 23 Admission Open For All Classes

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| Pataudi | Mahendergarh



NEW YEAR RESOLUTION

As a teacher, my New Year's resolutions involve more than the average person. I think of laying a good foundation for a successful new year. So my resolutions involve:

1. Stay Positive

One of the most common resolution is making my classroom a happy place for the students. This is a great way to reflect with a positive mindset. Then we can start implementing long-term initiatives like Strategies For Building Positive Classrooms, which include teaching positive action and instilling intrinsic motivation.

2. Practice Mindfulness

Because teaching is an extraordinarily busy profession, it's so easy to get caught up in following each day's agenda. I will take some time to stop and appreciate the class. Relish in those fleeting golden moments with my students.

3. Spice Up Classroom Routine

I will try one new technology or instructional technique each month to keep things new and challenging for students. Making a list and assigning one new thing to each month will help stick to this teacher resolution.

4. Incorporate Wellness

Get everyone out of their seats by integrating more segments that improve health. Make it a classroom affair with healthy eating lessons, integrating movement into our day-to-day activities.

5. Schedule Quality Time For Myself!

We're constantly told to maintain a good work/life balance. But honestly, that can feel so impossible to achieve. Simply stating I want better work/life management can be overwhelming, especially when it feels like you're overworking every day.

6. Involve And Empower Students

By giving students more control over their assignments and activities, they will hopefully take ownership of their education and use their talents and interests in a positive way. It doesn't have to be formal one-on-ones, tutoring, or meetings, but try to integrate a rotating classroom job in which students help do something.

7. Get Better At Planning & Organizing

Resolve to make the most of the day. Minimize distractions and instead use that time to plan out goals for the classroom. With the fresh start, it's a great opportunity to get the classroom organization back on track.

8. Incorporate Diversity

Teach more about diversity and inclusion in classroom. Diversify curriculum by incorporating text written by authors of different colors and backgrounds. Practice using more inclusive language with students.



PUSH YOURSELF AND WORK HARD EVERYDAY

हतो वा प्राप्स्यसि स्वर्गं जित्वा वा भोक्ष्यसे महीम् ।
तस्मादुत्तिष्ठ कौन्तेय युद्धाय कृतनिश्चय

Meaning: If you fight, you will either be slain on the battlefield and go to the celestial abodes, or you will gain victory and Enjoy the kingdom on earth. Therefore arise with determination, O son of Kunti, and be prepared to fight.

Here Lord Krishna says you have to get up from the present situation and work hard even if you fail you will get something in return.

There may be lots of problems in life, but we should stand up and face them. First you have to go with what you have in front of yourself and make it meaningful. Anyone can push himself harder than it has ever asked to push before, you are going to go way beyond your breaking point, you are going to run until you tired, you're going to study until you fall asleep, you are going to push everyone of us. Even the gold medalist sets goals so believe in yourself ,if you do work hard you can achieve what you want. Remember hard work can help you go far. The resolution of this new year is to push ourselves to work hard everyday

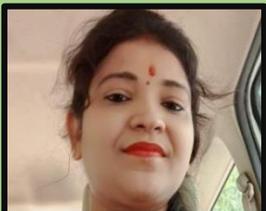
Thanks

Happy New Year!!!!



Bhawana
Degree College Gurgaon

Festivals of India



Sonu
Suraj School Rewari

"The Greatness of a culture can be found in its festivals", is rightly stated by Siddhartha Karaganda, a famous writer of India. India's diverse culture culminates varied festivals that glorify the greatness of India. People enjoy them with sheer devotion and love.

Festivals in India are much larger than almost any occasion. We consider them the best part of the year and wait for them eagerly. People of all ages and economic conditions find their ways to enjoy with their families and worship the gods and goddesses.

The most prominent religious festivals that we celebrate are Dussehra, Diwali, Eid-Ul-Fitr, Christmas, Guru Nanak Jayanti, Rakshabndhan, Holi, etc. Dussehra and Diwali are considered to be the prime religious festivals of India.

People of Hindu religious celebrate light up their homes with as many lights on Diwali. The colors of Holi are spread across the castes and creeds.





Anand Prasad
Director
Suraj Education Group

I will try to learn something new every day in order to have a better understanding of the world and how it works.

Suraj College Mahendergarh



Anjali Yadav
B.com 3rd sem

To improve overall well being and mental health



Jiya Yadav
B.com 3rd sem.

many new year's resolution involves daily goals of exercise and meditation in an effort to improve overall well being and mental health

Preeti
Bsc (med) 5th sem.

develop leadership quality



Prachi
B.com 3rd sem.

manage my time, focusing on those things which are left this year

Sonali
Bsc (Med) 5th sem.

be more active and do exercise and yoga, try to improve my self and resolve my drawback



Anjali Verma
Msc (Phy.) 1st sem.

in the end people will judge you anyway. don't live your life impressing other, live life impressing your self



Ankita
B.com 3rd sem.

make realistic goals, better health & fitness, focusing on study and future plan

Deepak
Bsc (Chem.) 3rd sem.

a fresh start, a new chapter in my life waiting to be written



Vinay Raghav
Msc (Phy.) 1st sem.

practice the "do- it- now" rule., adopt an attitude of gratitude

M.Sc.

Physics | Chemistry | Mathematics

M.A

English | Geography | Economics

B.Sc.

Physics | Chemistry | Mathematics

B.Sc.

Medical | Non Medical

B.Com B.A, B.ED

Anchal Yadav
Bsc (med) 5th sem.

use less screen for long period, eat healthier (avoid junk)

Helpline : -
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www.surajeducation.com
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New Year Resolution



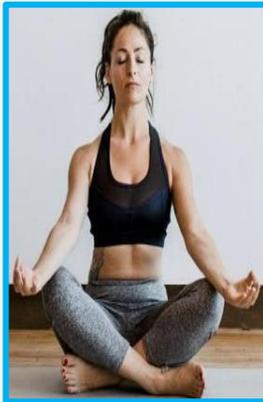
Sarita Saini | TGT.SSST
Suraj School Rewari

New Year's resolution ideas can be simple and positive, such as paying it forward, engaging in self-care, practicing daily gratitude, and decluttering. And they needn't necessarily be activity-based; goals can range from those that inspire happiness to the professional, highly personal, and everything in between. New Year's resolutions that you can engage in this upcoming year to promote your healthiest self. Plus, they'll inspire you to live your best life while looking forward to the year ahead. By choosing to complete one (or more) of these intentions, you're officially well on your way to furthering

your own happiness and fulfilment.

We can do the following things to resolution of our New Year:

- Make Time for Self-Care
- Make New Friends
- Create Your Dream
- Career Manage Stress
- Live Happily
- Catch Up With Family
- Nurture True
- Friendships Spread
- Kindness
- Try a New Workout
- Start Meditating



Every day of your life is a new beginning, not just the first day of the year. Regard every day as the beginning of your new, better, and happier life. Start every day of the year with feelings of happiness and with the anticipation that great and wonderful things are going to happen. Nayi Urja, Nayi Umang is all about the same. Regardless of your circumstances, begin every day with a smile, hope and expectations. You are not cheating yourself, because this attitude, if you persevere with it, would make you a more positive and happy person. At the same time, be open to new ideas and opportunities, and for ways to achieve your goals. If you look at each day as new beginning, you will feel happier, more energetic and more motivated.

Priyanka Lakhera | TGT Science
(Suraj School, Rewari)



Naye Urja, Naye Umang



May the sun brings us
new energy,
May the rain wash
away our worries,
May we walk gently
through the world,

Even if our dreams are never ending,
The ideas are few,
We do have the capability to make
them come true.

Naye Urja, Naye Umang,
Let's go forward having hand in hand,
No pollution & No garbage,
No tension with clean environment,
Be a rainbow to everyone's life,
Work together to make our future bright,



Pratibha Yadav
Suraj School Rewari

POSITIVE THINKING POSITIVE ENERGY



Suraj School Rewari

- POSITIVE THINKING IS A BELIEF, A MENTAL ATTITUDE THAT ADMITS INTO THE MIND THOUGHTS, WORDS AND IMAGES THAT GOOD THINGS WILL HAPPEN AND THAT ONE'S EFFORTS WILL BE CROWNED WITH SUCCESS. POSITIVE THINKING IS OPPOSED TO NEGATIVE THINKING WHICH HARBOURS THE MIND THROUGH THOUGHTS ON APPREHENSIVENESS, FEARFULNESS, AND UNSURE OF SUCCESS IN EFFORTS.
- POSITIVE THINKING IS REINFORCED BY THOUGHTS SUCH AS OPTIMISM, HOPE, AND BELIEF THAT HARD WORK IS NEVER WASTED. A POSITIVE MIND ANTICIPATES HAPPINESS, HEALTH, JOY, AND A SUCCESSFUL OUTCOME OF EVERY SITUATION AND ACTION AND WORKS WONDERS LIKE MAGIC.

NAYI URJA NAYI UMANG



Deepak Soni | TGT (Computer)
Suraj School Rewari

Golden Ray Of Dawn, Waking Up To A Zeal
This Is The Ray Of Enthusiasm, Energy, Light
A New Ray Of Hope Has Come
New Ray Has Brought A New Color
New Hope Of Struggle Has Come

This is the time of new year. Here comes the excitement and joyfulness. A New Year's resolution is a tradition in the World, in which a person resolves to continue good practices, change an

undesired trait or behavior, accomplish a personal goal, or otherwise improve their life at the start of a new year. So, let's start our new year with some resolutions.

- Give one compliment a day...
- Bring a plant into your home...
- Talk Less, Listen More...

जिन्दगी का एक और वर्ष कम हो चला,
कुछ पुरानी यादें पीछे छोड़ चला..
कुछ ख्वाइशें दिल में रह जाती हैं..
कुछ बिन मांगे मिल जाती हैं ..
कुछ छोड़ कर चले गये ..
कुछ नये जुड़े गये इस सफर में ..
कुछ मुझसे बहुत खफा हैं..
कुछ मुझसे बहुत खुश हैं..
कुछ मुझे मिल के भूल गये..
कुछ मुझे आज भी याद करते हैं..
कुछ शायद अनजान हैं..
कुछ बहुत परेशान हैं..
कुछ को मेरा इंतजार है..
कुछ का मुझे इंतजार है..
कुछ सही है
कुछ गलत भी है.
कोई गलती तो माफ कीजिये और
कुछ अच्छा लगे तो याद कीजिये।

**HAPPY NEW YEAR
2022**



अनिता हिंदी (PRT)
सूरज स्कूल कोसली

बेटियों

सम्मान नहीं सम्मान होती हैं बेटियों,
माँ-बाप की जान होती हैं बेटियों ॥
बैठ ही नहीं बैठी भी जरूरी हैं,
बिन बैठी संसार की धारा अधुरी हैं ॥

संसार बनाने वाला भगवान हैं,
संसार को खलाती हैं बेटियों ॥
लक्ष्मी ही नहीं दुर्गा भी होती हैं, बेटियों,
सामान नहीं सम्मान होती हैं बेटियों ॥
माँ बाप की जान होती हैं बेटियों ॥

बेटों के साथ-साथ चलती हैं बेटियों ॥
जिन रूप में दलौं दलती हैं बेटियों,
ये उनकी कमजोरी नहीं ताकत हैं ॥

बेटों से आशिक, बलवान होती हैं बेटियों,
दाल ही नहीं तबवार भी होती हैं बेटियों ॥
सामान नहीं सम्मान होती हैं बेटियों ॥
माँ बाप की जान होती हैं बेटियों ॥

Manisha Yadav
P.T (PHYSICS)
Suraj School Kosli

**कोशिश करने वालों की
हार नहीं होती**

कोशिश करने वाले की हार नहीं होती,
हाथों से डरकर नौका पार नहीं होती।
नहीं चीटी जब दाना लेकर चलती है,
चढ़ती दीवारों पर, सों बार फिसलती है।
मन का विश्वास रगों में साहस अर्थात है,
चढ़कर गिरना, गिरकर चढ़ना ना अखरता है।
आखिर उसकी मेहनत बेकार नहीं होती,
कोशिश करने वालों की हार नहीं होती।

इसकियां सिंधु में गौताखोर लगाता है,
जा जाकर खाली हाथ लौट आता है।
मिलते नहीं सफल ही होती गहरे पानी में,
बढ़ता दुग्ना उत्साह इसी हैरानी में।
मूढ़ों उसकी खाली हट बार नहीं होती,
कोशिश करने वालों की हार नहीं होती।

असफलता एक चुनौती है, इसे स्वीकार करें,
नया रास्ता में कमी रह गयी, देखें और सुधार करें।
जब तक न सफल ही नींद चैन से त्यागें तुम,
संघर्ष का सेंटाइन छोड़कर मह शागो तुम।
कुछ नियम बनाओ, बिना किये जय-जयकर
नहीं होती,
कोशिश करने वालों की हार नहीं होती।

→ Preeti Yadav
PST Biology
Suraj School Kosli

**2012 की भूली बिसरी यादें ----
आज 2022 में मुझे याद आया है**

अपने 2012 के दिनों का लिखने का मन में ख्याल आया है

आया था जब मैं पहली बार
सन 2012 में **सूरज कोसली** के द्वार
सपने दिल में संजोए हुए,
उमंगों की धाराएँ मन में लिए हुए।

शुरुआत के दिन कुछ कठिनता से बीते
क्योंकि सब अनजान व अपरिचित थे रिश्ते
फिर चंद दिनों में ही हवा बदली
और मुझे रास आने लगी **अभिभावकों की बोली**

**धरि-धरि घटने लगी मेरे मन की शॉकाए
मिलने लगी अभिभावकों की दुआएँ
इन दुआओं से चलने लगी मेरी सांसे
और धरि-धरि बढ़ने लगी मेरे मन की आसँ**

फिर चिंतन का शुरु हुआ दौर
पा लिया मैंने सफलता का छोर
सूरज है एक ऐसा स्थान
जहाँ हर अध्यापक को मिलता सम्मान
अब **सूरज भी मेरा परिवार है**
इसकी उन्नति ही मेरे जीवन का आधार है।

**PAWAN SHARMA
(Co-ordinator)
SURAJ SCHOOL KOSLI**

Happy New Year

बीत गया जो साल भूल जाए।
नए साल को गले लगाए।
करते हैं हम दुआ रब से।
इस साल सपने पूरे हो आपके।।

नए साल का त्योहार पूरे विश्व में बड़े ही उत्साह से मनाया जाता है। इस दिन हम पिछले साल को विदा करके नए साल का स्वागत करते हैं। नए साल का आगमन 31 दिसंबर रात 12:00 बजे से शुरू हो जाता है। लोग एक दूसरे को बधाइयां देते हैं आतिशबाजी करते हैं। पूरे विश्व में नए साल का स्वागत बहुत ही धूमधाम से किया जाता है।

एक नया सवेरा एक नई किरण के साथ।
एक नया दिन प्यारी मुस्कान के साथ।
आपको यह नया साल मुबारक हो।
मेरी ढेर सारी दुआओं के साथ।।

Manju Yadav(Pre-Prt)
Suraj School Kosli.

नव वर्ष

हफ्ते बीते महीने बीते, बीतने को है यह साल।
दुआ यही है नए साल में, सब रहे खुशहाल ॥

नव वर्ष में नवजीवन का, हो जन-जन में संचार।
नव वर्ष कुछ ऐसा आए, सबके लिए खुशियों की सौगात लाए ॥

नए वर्ष का उगता सूरज, सबके लिए सुनहरा पल हो।
समय हमारा साथ दे, कुछ आगे ऐसी हलचल हो ॥

खुशियां मिले सभी को, मिटे जीवन से अंधकार।
नया साल सबके जीवन में लाए, आशाएँ अपार ॥

**नव वर्ष की
हार्दिक
शुभकामनाएं**

रेखा जांगड़ा
(पी.आर.टी हिंदी)

New Year Resolution



To never settle for less than what I deserve and to take care of myself better.

**Dr. Seema Ahuja ,
Principal
Suraj School Sec - 75 GGN**

Nisha | Class-10 N2

From the next year onwards, i will neither cheat nor help anyone to cheat in tests and exams.

**Arpita Khot
Class-9 N2**

From 2022, I will spend more time with my family and less with technology.

**Payal
Class-11 Science**

I will choose difficult roads for my destinations because difficult roads often leads to beautiful future.

**Nikita
Class-12 Science**

In 2022, I want to give 100 percent in my every task and focus on my spoken part.

**Vidushi
Class-11 Arts**

In 2022, I will try to read maximum authors to improve my reading skills.

**Prince
Class-10 N4**

In 2022, I will join a sports academy to learn Basket ball professionally and make it as a career.

**Yogita
Class-10 N4**

In 2022, I will try to make my hobby as my passion to follow it seriously.

**Muskan Malik
Class-12 IIT**

In 2022, I will learn how to meditate.

**Badal
Class-11 IIT**

I will try not to become the reason of someone's sorrow or sufferings.

**Iccha
Class-10 N4**

In 2022, I will try to follow my daily timetable seriously, which i make every month.

**Sunny Bedi
Class-9N1**

I will try to good repo with my class mates mad teachers to make class-room a better place for learning.

**Deepti Bhardwaj
Class-11 IIT**

I will plant a tree every month on my birth date and take care of it.

**Ayush Shukla
Class-10 N2**

In 2022, I hope the society should start giving more respect to teachers. I want to contribute towards this agenda.

**Diksha Parihar
Class-12 IIT**

In 2022, I will try to do a detox from social media and concentrate on my studies.

**Honey
Class-11 Science**

I have left my game few years ago. In 2022, I want to give a fresh start to my passion.

**Taronika
Class-11 IIT**

I will start my 2022 by respecting my teachers and parents more than before.

**Shaan
Class-10 N1**

From 2022, I will start forgiving people more and leaving the baggage behind.

**Riya
Class-10 N4**

In 2022, I will try to make my parents proud.

**Shreen
Class-11 IIT**

In 2022, I will not lie to my parents under any circumstances.

**Meenakshi
Class-10 N2**

From 2022, I will donate all my books from previous classes to the needy children.

नयी उर्जा : नयी उमंग

नया वर्ष है नयी उमंगे नयी आस है जीवन में।
नयी सोच है, नयी तंरगे, नयी प्यास है जीवन में।।

“ करना है कुछ नया –नया अब
नयी बहार है जीवन में।
सपनों को सच करना है अब
नयी चाह है जीवन में।। ”



हर सवेरा नयी उम्मीद, नयी उमंग, नई आशा के साथ नये पल को जीने का नया मौका देते हैं। उत्सव हममें नई ऊर्जा और जीवन का संचार करते हैं। उत्सव मतलब उमंग, खुशी, रोशन, चमक, गंध, प्रेम, अपनों का साथ। हर दिन की एक ही सी दिनचर्या में रचनात्मक बदलाव। वक्त के साथ आने वाले बदलाव को खुले मन से स्वीकार करें।

उत्साह है तो जीवन है। उत्साह नहीं तो जीवन निरर्थक है। इसके बिना जीवन जीना आसान नहीं है। उमंग व उत्साह जीवन को सार्थक बनाता है। मन मस्तिष्क व शरीर को स्वस्थ रखने के लिए खुद को उमंग व उत्साह से भरना चाहिए। यह एक हेल्थ टॉनिक की तरह काम करता है। सुबह के समय हरी-भरी वनस्पति तथा सूर्योदय के दर्शन, पक्षियों का कलख सुनना मन में उमंग व उत्साह पैदा करता है तथा मानव को नई चुस्ती –फुर्ती, नई ऊर्जा, ताजगी तथा नया जीवन प्रदान करता है।

हम जो भी सोचते हैं, वही बन जाते हैं। अगर हम खुद को कमजोर समझते हैं तो कमजोर ही बन जाते हैं। अगर शक्तिशाली समझते हैं तो शाक्तिशाली बन जायेंगे। जरूरी है कि हम एक विचार को सुनें और उसे अपना जीवन बना लें। उस विचार के बारे में सोचें और उसके सपने देखें। अपने दिमाग और शरीर के हर अंग को उस विचार से भर लें। बाकी सभी चीजें पीछे छोड़ दें। यही सफलता का रास्ता है।

एक समय में एक ही काम करें और ऐसा करते समय अपनी पूरी आत्मा उसमें डाल दें, बाकी सब कुछ भूल जाएँ। जो कुछ भी हमें कमजोर बनाता है, शारीरिक, बौद्धिक या मानसिक उसे जहर की तरह त्याग दें। जितना कठिन संघर्ष होगा, जीत उतनी ही शानदार होगी। हमेंशा अपने हौसले आसमान में और पैरों को जमीन पर रखें।

नयी ऊर्जा और नयी उमंग के अभाव में मनुष्य को किसी कार्य में सफलता नहीं मिलती। मन की दृढता और शक्ति का नाम ही उमंग है। इस गुण के कारण व्यक्ति बिना किसी डर या संकोच के किसी भी कठिन और जोखिम भरे काम को करने में लग जाता है।

Success



Neetu (Pre-Prt)
Suraj School Kosli

To be success we must have a clear vision and consistent effort to make it Happen. We would fail, criticized by someone but don't lose yourself accept it with grace. Have mental strength to build yourself to work hard and desire to keep coming back. Life is all about having mistakes and failure but it is the part of our learning process, the one who succeeds who focuses on their development and is passionate about their aim and goal.

New Energy, New Enthusiasm

First believe and respect yourself because no one is perfect here and we always try to work on our weakness. If we love our profession, then we should be honest towards our job or work .One of the most prominent thing is that try to avoid negative thoughts and also learn how to see positivity around you. If a teacher in calculate few things in themselves then they move their students in a right direction. A teacher should always encourage their students that failure is not the end. Teachers who encourages curiosity in their student Ts will know that they made an impact that will last a lifetime. "Every New sunrise brings an opportunity for new beginnings with new enthusiasm and new energy."



Antim English (PRT)
Suraj School, Kosli

New Year, New Mistakes Make A New Mistake



Saroj Karwasra
PRT(S.ST)
Suraj School Kosli

New Year gives new dimension to our life. We should welcome the New Year every year with new energy and enthusiasm, so that our life becomes even better.

New Year is celebrated with great pomp and cheerfulness all over the world. Everyone believes that the New Year always brings new hopes and happiness for every morning of New Year. I will this day try to live a simple life.

"I hope that in this year to come you make mistake."

Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself and changing your world. You are doing things you've never done before and more importantly, you're doing something.

Anyone who has never made a mistake has never tried anything new.

Mistakes have the power to turn you into something better than you were before.

"Making Mistakes is better than **FAKING PERFECTIONS**". You makes mistakes, mistake don't make you.

So that is my wish for you and all of us and my wish for me,

"Make New Mistakes".

**THE BIGGEST
MISTAKE
YOU CAN MAKE
Is Being Afraid
TO MAKE ONE**

Palatino Linotype



Mamta (PRT Eng)
Suraj School Kosli

Life is a journey that has a lot of different paths, but any path you choose.....use it as your destiny.

A new chapter or phase is starting in our life. So take it as an adventure. Because great things Never come from comfort zones.

If you can't fly , then run
If you can't run , then walk
If you can't walk , then crawl
But all by means , keep moving.



special friend. They help us to select which things are good or bad for us. They show us the right path in our life. They make us strong to face our problems. They make us aware about all the things that happen around us They help us to progress in life. They are the gifts of God who make our career and guides towards success. They always encourage their students to do better in their life. The value of a teacher is more in comparison to God and we must be thankful to our teachers.



Renu Devi (Pre PRT)
Suraj School Kosli

THE EAGLE MENTALITY

If you ever want to become something then become an eagle but never become a parrot because a parrot speaks a lot but can not fly very high. Eagle speaks very little but flies very high and that is why he is the king of other birds. There are some lessons that every person should learn from an eagle and there is a great life learning in these lessons.

Eagles fly alone: Eagle will fly alone but will never fly with a sparrow or a small bird. Eagle either flies with an eagle or flies alone. This trait teaches us to stay away from narrow minded people because this is the time when you get the real chance to know yourself and your capabilities.

Eagle's vision is very much clear and very much strong: Eagle can see its prey from 5kms away and once he sees his goal then no matter how difficult it may be he takes rest only by achieving his goal. Lesson behind it is, keep your vision clear no matter how difficult it is to achieve it just do not hold back!

Eagle never eats dead animals: Eagle always hunts animals which are alive and this teaches us that our past is dead. So, do not pay attention to those rotten thoughts and focus on your fresh life to come.your past has a place of itself, do not give it a place in your present.

Eagle gets very excited when a storm comes: When it rains, all the birds hide but the eagle enjoys it to the fullest. He flies high in the sky with the winds and flies much higher when these winds convert into currents. This teaches us that we should also find fun in our bad times. As there is a saying "jiski masti zinda hai, uski hasti zinda hai".

Eagle always removes soft grass from its nest: He removes soft grass from his nest so that his baby do not get comfortable in it. He knows that once he becomes comfortable in the nest he would never come out of the nest. This teaches us that we should always challenge ourselves, we should always compete with our own selves as there is no growth in a comfort zone. So be like an eagle and do not be afraid to fly high in the sky.

New Year Resolution



Ms.Sunit Yadav
(Director Suraj Education Group),
To carry the name of Suraj group of schools to new heights.

Suraj School Bawal



Jyoti Yadav
Vice Principal

I want to prove an asset for the organisation i am working with.



Nishtha Narula
PGT Biology

I will get my classroom organised, streamline my communication process and focus on my health



Pooja
Mother Teacher

will try my best to fight for my rights as a woman.

Aarti
Class-10th



My new year resolution is to improve my communication skills.

Chirag
Class- 5th



I want to interact more with people as i am introvert.

Mannu
Class-5th



I want to leave all my bad habits.

Palak sharma
Class -9th



My new year resolution is to work on my academics more seriously.

Vivek Kumar
Class- 8th



I will be a decent boy as i am naughty as of now.



Tanvi
Class- 4th

I want to improve my reading skills.

Sourav Singh
Class-10th



I want to improve my calculative speed.

Mohit
Class- 8th



I want to study more and more and improve my vacuolar.

Chanchal
Class- 6th



i want to improve my writing skills.

Sneha
Class- 10th



My resolution is to work harder and improve my scores.

Nancy
Class-6th



I will do exercise and be fit in new year.

Love
Class-3rd



I want to be a good boy

Ishita
Class- 10th



To be everyone's favorite.

Tanmay
Class- 6th



I want to start cycling from new year

Nitin
Class- 6th



I want to improve my writing speed and want to be a good student.

Uttam
Class-6th



I want to be a helping hand for my mother.

Khushi
Class- 8th



I want to be more helping in new year.

Naye Urja, Naye Umang

Being a teacher I realize the importance of academics in my students life but simultaneously I also cannot ignore the fact that how vital it is for a child to come out from school with a wholesome development and learning of life, not just from the books.

Today, I would love to pen down my thoughts on the importance of building a strong character and personality along with academics.

I would like to ask, how do you define a good character and personality?

In my simple way of defining it: It's just the energy that someone carries around and emits to others. Character is like a perfume which a person wears and everyone around gets curious about.

So how do you build those charismatic traits? Anyone can do that with some simple changes in their lifestyle and understanding what it takes to have a great character and personality.

A few of my own learnings and observations from life are:

Righteousness - Always speak for yourself, try to analyze the difference between right and wrong furthermore stand for what is right.

Attitude – A person of great personality has an attitude which is super positive. Attitude is a person's overall behaviour towards himself and others. A person with positive vibes always tends to have a great personality. Some people are born with it, some develop it by careful experiences and observation.

Behavior – If you're pleasant, you'll have good friends. If you're cheerful and smiling face, you'll be pleasant to the other person. Good looks don't matter, your aura does. Your happiness does.

Body language - Smile often, smile because you "choose" to be happy. Smile because there are enough sad things in the world and fight it with a smile. Did you know smile is contagious. Have you ever seen a grumpy man not burst into a smile in front of a toddler? I bet you can't find me a person who would not smile back at a toddler.

Friendly - Be friendly not because you need to make friends and feel important. Be genuinely friendly and helpful. Some people make friends in a fraction of a second, some take longer, some are just filled with anxiety. Be more friendly in life and you'll notice that people are noticing you. You'll be building a friendly personality.

Confidence – Great personalities are highly confident. People look at their role models and think : How do I talk with such confidence? How do I make such bold decision with such confidence? I can't do it.

Wait a sec, PAUSE. Why the negativity? This is exactly the reason of low confidence. You're telling yourself that you cannot do it. Just change your way to look at it and play with the words. Lets take a baby step and change the words "I can't do it" to "Can't I do it?". That's it, you've made your first bold confident statement. You're challenging yourself. You've started being confident. So remember, confidence is just a mind game. Be bold, be extrovert. Be confident.

Let's be honest. Not everyone is confident. But the reason you're not confident is because something is new or you've never tried before. You're in doubt if you'll be successful at it or what is everyone going to think about you. NOPE! Burn this thought right now. Confident people don't think what others will think. Lions don't care about the opinion of the sheep. If they did, they

wouldn't be lions! If you want to be confident, never ever take a step back just because "What will people around me think or say". Confident people know the answer. They are one step ahead. They plan their move by answering the question with possible ways of what people will say or think and they would counter that.

Next time my dear reader, BE BOLD, BE CONFIDENT.

Word of caution : Don't be over confident ; There is a thin line between being confident and over confident.

Courteous / Respectful – Most people who have great personalities have great respect towards anyone around them. If you're impolite or you talk in an aggressive or offensive manner, you are not a soothing personality. Be courteous from heart. We're all taught that we must hold the door if someone's behind you. We're taught to not burp in public. We're taught not to gobble food in front of guests. But what most parents miss out is to teach their children how to be respectful/courteous towards people who are less privileged or low in stature than yourself. I remember when Dhirubhai Ambani died, there were 5000 people in front of his old house. Most of them were factory workers. Not because their boss died and it was a duty. But because their boss earned respect by giving respect.

Honest / Loyal / Trustworthy – A person with great persona is honest and loyal not to others around, but also to himself. A great personality is one who would boldly admit they are wrong when they are. Trust cannot be purchased, its not for sale. It can only be earned. And its a two way thing. Some people are known to have great personality if they can be trusted or if they are loyal. This is a rare thing now a days and next time be that loyal friend, boss, employee, father, mother, sister, brother or anyone whom people can trust – You'll find a different pleasure altogether. yes,

I know its so hard to trust people in this world, but you have to try.

I remember the famous couplet of Raheem in Hindi which goes like :

"जो रहीम उत्तम प्रकृति, का करि सकत कुसंग।
चंदन विष व्यापत नहीं, लपटे रहत भुजंग॥ "

Meaning : Rahim says bad company can not spoil someone with excellent character. As, snakes are always there on sandalwood tree, but the sandalwood neither gets poisonous nor angry.

So be like that sandalwood's personality

Helpful / Cooperative – Plain and simple. "Only good looks and unmindful chatter makes jack a non helpful person". People with great personalities are always helpful. They help selflessly.

Conclusion –Great personality and character is soothing to the eye. Contagious to some extent ! People thrive to be like whom they see or admire, but give up the thought very soon. (Perhaps its the laziness or it could be underestimating yourself).

My sincerest advice: Take the light from that "personality candle" and shine well; Oh shine so bright you must, that fill them with glittery eyes, so that one day, you can yourself be that "personality candle" who lights another and let this tradition continue through the generations to comes, Lets together take pride in building a better race.



Pr. Ramesh Bhatia
PRINCIPAL



In the upcoming year 2022 I will do my best to be well and enjoy every little insignificant but important thing this world offers us to enjoy life.



Suraj School Bhiwadi

jitesh Narwal
Class-IV



I decide to become more confident, independent and work upon my English communication skills.

Robin Singh
Class-V



I am determined to plant trees and make environment greener and fight against pollution.

Navya Sharma
Class-V



I am driven to teach my maid's children and other children in the society who are deprived of education.

Nivedita Saini
Class-v



I commit to myself to save my pocket money and give it to poor children. I would guide my friends to do the same.

Devesh Yadav
Class-v



I promise to take care of stray dogs and feed them in and around my society.

Yashwant Yadav
Class-v



I resolute to start a gardening club in the school and make school greener and beautiful.

Anvi Yadav | Class-v



I decide to inculcate a habit of reading and read a book in a month.

Vaishnavi Gupta
Class-VI



I promise to volunteer to cleanliness in my school and society, I would educate the children on the importance of cleanliness.

Tamanna Dahiya
Class-VII



I determine to start a blog on girls' education and develop the knowledge, confidence and life skills necessary.

Lakshay
Class-VIII



I will start meditation and think positive as positivity is a key to success.

Shreya Saini
Class-VII



I promise to adhere to the time, make a time table, value the importance of time and learn time management skills.

Riya Yadav
Class-VIII



I am determined to start an Art/history club in the school which will display artistic work of the students.

Ayush
Class-VIII



I promise to Inculcate new soft skills like leadership and team work.

Kartik | Class-IX



I am driven to start a photography club in the school which will promote the social media of the school.

Harjeet
Class-XI MED



I will spend less time on social media and more time with friends and family to have a strong bond with them.

Anuradha Garg
Class-XII COMM



I promise to improve personality development, attitude and emotional intelligence.

Abhinaya Nair
Class-XII NM



I decide to write articles on social issues related to children in the school magazine Urja.

Mishika Aggarwal
Class - IV



I promise to help Awani and Sneha to improve their grades and set an example to other student to help each other.

Nitin Yadav
Class-VI



I am driven to take initiative to start my YouTube channel on mental health of students, so they can fight against stress and anxiety.

Serene Bhatia
Class-X



I resolute to take an initiative to start a charity club in which dry food and clothes would be donated to the NGOs for the earthquake and flood struck victims.

Realistic Goals in New Year

The goal you decided to achieve should be realistic. Realistic goals are the goals in which the chances of achievement are considerably high.

Setting realistic goals maximize your time and resources and help keep you motivated. The realistic goal boosts your self confidence also. If you set your goal too high it can affect your self confidence. For example, if you plan to finish a whole course book in a day .It is unrealistic you may not be able to achieve this goal .A whole book cannot be learnt in the day. You may feel low when unable to achieve this goal. Similarly if you set your goal too low, it also won't work for your self confidence. For example, you plan to learn only one question answer per day, this is very less work to be done to score good marks or to complete your course on time .Hence you should always set realistic goals.

"Set your goal high and don't stop till you get there."

"It is harder to stay on the top than it is to make the climb and continue to seek new goals."

Remember self-confidence cannot be built or boosted in a day. It takes time, so keep working on your self confidence and achieve your realistic goal slowly and steadily.



Sonu Yadav (TGT Science)
Suraj School, Kosli

POSITIVE THINKING



Priyanka | PRT Science
Suraj School (Kosli)

Positive thinking is the best way that takes the life towards happiness. It also helps us to reduce stress in our life. Today's life is very complicated .Everyone is in hurry to get success which leads to a stressful life. Almost people pf all age groups are in stress. Students are worried about their marks, mature person is worried about his responsibilities and youth is worried about their carrier.

The best way to reduce this stress is positive thinking. It often starts with self-talk. Self-talk is about those thoughts that run in our mind continuously. These may be positive or negative. But we have to follow only positive thoughts as it is also have some health benefits like: -

Increased lifespan

Lower rates of depression

Reduce risks of cardiac problem.

So in the time of this pandemic, starts your life with a new resolution of being positive, no matter what the Condition is. Start your day with a positive thought.





Gayatri Yadav
Director
Suraj Education Group

Learn a new skill or hobby, apart from reading Indian authors, will start some foreign authors as well.



Suraj School Kosli

Himanshu
Class-3rd



I always do my work at time.

Rehan
Class-7th



Self study is my first priority.

Mahi
Class-7th



More focus on study to get full marks in all subject as well as improve in my dancing skill.

Riya
Class-3rd



I obey my elders & I will do always.

Deepanshi
Class-7th



I want to focus on sports as well as study.

Jiya
Class-8th



Clean environment , Speak truth and Don't tell lie , Used toys ,clothes gift to the needy peoples.

Aarushi
Class-3rd



I help needy people and I will be doing.

Isha
Class-7th



I will always excersice in the morning for fitness for long time.

Bhushan
Class-8th



I won't fight with my little sister(Vidhi 3rd class) and I will my learning work on time to time.

Dev
Class-5th



I want to be fit & fine and always keep smile on my face.

Yanshu
Class-7th



I always speak truth and I will be doing.

Bhavishay
Class-9th



I believe you can make forces of good and evil work for you, to get what you want.

Sudhanya
Class-5th



More focus on study to achieve my goal.

Khushi
Class-8th



My moto : Be punctual , Be honest, in my life

Garima
Class-11th



I always work on time because "The most precious resource we all have is time".

Aditi
Class-5th



Take Participate in all subject activities.

Annu Chahar
Class-12th



"I like to tell young people to work hard for your goals and live in the moment."

How to be Self-Dependent

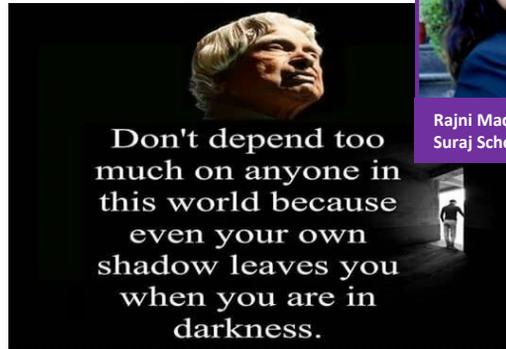
When you're getting your day started, are you thinking about what you need to accomplish today, or are you solely focusing on what others are doing? If you feel like your thought process has become dependent on other people's actions, you should know that there are some ways to more self-dependent or self-reliant.

Establishing your personal space is vital to understand who you are as a person. While it might be easy to depend on others for their opinions and help, it may become very unhealthy and you may lose sight of your individuality if you're not careful. It can make you a strong, independent person who doesn't need the validation of others. Eventhough it's never a bad idea to ask for help, it's important to try not to be solely dependent on your friends' or family's thoughts. For instance, if you're the type of person who cannot make any big decisions before asking all of your friends their opinion or you're extremely uncomfortable doing things alone, you just might be emotionally dependent on others. Instead of continuing this behaviour, here are some tips on how to go down the path of being more self-dependent.



A few tips on 'How to be Self-Dependent'

1. Be your own best friend
2. Increase your self confidence
3. Accept responsibility
4. Stop comparing yourself to others
5. Not relying on things to feel happiness
6. Decide who you want to be, and how you want to get there
7. Make your own decisions
8. Be more positive
9. Be informed



Rajni Madaan | TGT English
Suraj School Sec-75

New Energy, New Hope



Pr. Ramesh Bhatia
Suraj School,
Bhiwadi

So this is new year and what have you done another year is over, A new one just begun. I hope you all have fun the near and the dear ones the old & the young. let's hope it's a good one without any fear and so this is new year for weak & for strong the rich & the poor ones the way is so long... and so happy new year for all ones let's stop all the fight and let it be good one without any fear and so this is new year and what have we done another year is over and new one just begun we hope you will have fun the near and dear ones the old & the young A very happy new year let's hope it is a good one without any fear so this is new year and what you have done another year is over, A new one just begun to bring new joy, new energy & new enthusiasm, a new year just begun.

Leena Joshi
Suraj School
Pataudi

Nayi Uija Nayi Umang
As We all know, To do every work "Energy is Required". Energy is the base of all work. And if we talk about the younger ones, they are "Young in Spirit". They have lots of Energy. And this can be the great force for positive change.

So there is a need to channelize their energy in a right direction to achieve extraordinary qualities such as laziness, low self esteem hold them back in their life. We can overcome these drawbacks by strong willpower, Right Knowledge & Right Social & cultural values.

Every Youth is Unique. Nature makes everyone unique & if we talk in a scientific way! We all are different from each other in our fingerprints, in our voice as well as in our potentials. Not Even 2 sperm produced by a single person can be alike. So this creation is given by nature.

Now Time to Motivate these young mind with lots of love, Passion, Moral values to nurture them in a fantastic way to make our own future bright & beautiful.



“ A New Year Inspires us to define our New Goals It Motives us to make New Commitment. It Encourages us to Live up to Our Promises Wishing you a Wonderful.”

Happy New Year!!!

Suraj School Sec-56

SURAJ
SCHOOL
Sector-56, Gurugram

Merry Christmas &
Happy New Year

Full of Good Health,
love, Abundance and
Everlasting
Joy in Your life.



Suraj School Sec-56

Resolutions

THIS YEAR, I WILL
WAKE UP AND BE AWESOME.
TRY, TRY, TRY.
DREAM BIG.
LIVE LIFE COLORFULLY.
RELAX.
CREATE EVERY DAY.
CHOOSE HAPPY.
DANCE IN THE RAIN.
STAY WEIRD.
CHASE ADVENTURE.
DO WHAT I LOVE.
THINK OUTSIDE THE LINES.

Believe I can.

Mrs. Kanika Ghai
(Expert in child education & psychology,
Suraj Education Group)
9873959019

Suraj School Sec-56

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प्रकाशमय कल के लिए

CAMPUSES : MAHENDERGARH| REWARI | KOSLI | PATAUDI | BAWAL
BHIWADI | GURUGRAM SEC-76 | GURUGRAM SEC-66

SURAJ
SCHOOL
Sector-56, Gurugram



**NEW YEAR
NEW START
2022**

ADMISSION OPEN - 2022-23
PRE-NURSERY - CLASS IX-XI



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प्रकाशमय कल के लिए

CAMPUSES : MAHENDERGARH| REWARI | KOSLI | PATAUDI | BAWAL
BHIWADI | GURUGRAM SEC-76 | GURUGRAM SEC-66

NAYI URJA NAYI UMANG

New Year is celebrated all over the world with great enthusiasm and fun. Earlier, it was a Roman calendar which was having Only ten months and designated 1st march as the new year. In the Gregorian calendar, there are 12 months in every year and the new year falls on January 1st which is widely Accepted and celebrated the festival.

We are humans with good and bad bundled together. When a child is born in the world, the heart is pure and it takes in whatever it observes while growing. When we get matured, it is time to shape ourselves into a good person.

This can be done by washing away unwanted thoughts/habits from us and cultivating new and positive habits and disciplines as a part of life. Such a change can happen with a well determined resolution. Every year, we can make our mind ready to accept good things that are difficult though and leave off the bad ones that are hard to leave though. Setting New Year Resolution is a good habit to renew ourselves year after year.



I like the dreams of the future better than the history of the past. "Every student often set resolutions on New Year. Basically a New Year resolution is made when one wants to correct the mistakes they have done the past year or do something in a more organized manner. Students specially set their objectives regarding their studies and to brighten their future. A good student always learns lessons from the mistakes committed in the present

or past year and on the eve of New year pledges to oneself to rectify all mistakes once did in the face of ocean of other activities. and indulges in the wanton activities which adversely affect their studies.

The magic in new beginnings is truly the most powerful of them all'.



एक नई शुरुआत

नया साल दस्तक दे चुका है। इस नव वर्ष पर कुछ नया करने की ठानें और नव निर्माण करें। नए साल को कुछ इस तरह से जिएं कि हर दिन जिंदादिली की मिसाल बन जाए। जानते हैं कि नए साल को अपनी जिंदगी के लिए रोचक किस तरह से बनाया जाए –

यह तो तय है कि बीता साल हम सबकी जिंदगी को नए अनुभव देकर गया है। फर्क सिर्फ इतना है कि इन सब अनुभवों को देखने का हमारा नजरिया कैसा है। यह नजरिया ही तय करेगा कि नया साल कैसा होगा, क्योंकि यह सिर्फ हम तय कर सकते हैं कि इस नए साल को बाकी बीते हुए सालों की तरह बिताया जाए या फिर ऐसे कि पूरी जिंदगी इसमें समा जाए... आप क्या चाहते हैं? हमें पूरा विश्वास है कि आप दूसरा वाला विकल्प चुनेंगे। हम सब नव वर्ष को एक उत्सव की तरह मनाते हैं। पार्टी, मौज-मस्ती, घूमना इन सबसे हटकर भी कुछ ऐसा है, जो हमारे लिए बहुत महत्वपूर्ण है। नव वर्ष अपनी जिंदगी की कहानी को बदलने का एक श्रेष्ठ समय है। यह याद दिलाता है कि गत वर्ष हमारी जिंदगी हमारी आशा के अनुसार नहीं रही तो यह मौका है कि हम इस कहानी में अपने अनुसार बदलाव करें। तो फिर तैयार हो जाते हैं कुछ छोटी-छोटी पर जरूरी बातें करने के लिए, क्योंकि जिंदगी खूबसूरत बनती है छोटी-छोटी बातों से।

अपने डर को चुनौती दें

अपने तीन बड़े डर जो कि हमें अब तक रोकते आए हैं, उनको लिखना है और एक के बाद एक उन पर काम करना है। परिणाम चाहे जो भी हो, रुकना नहीं है। अब चाहे वह डर कुछ सीखने का हो, नया काम करने का हो, ट्रेकिंग का, तैरने का हो, पब्लिक स्पीकिंग का हो... बस इस साल तो उस पर काम करना ही है। यह करने के बाद हमारी श्रेष्ठता की यात्रा शुरू हो जाएगी। जैसे-जैसे आप सीखते जाएंगे, परफेक्ट होते जाएंगे और आपका डर भाग जाएगा। स्वयं को महसूस करें

यह एक ऐसा अभ्यास है, जो हमें आत्मविश्वास देगा और स्थिर रहना सिखाएगा। इस साल अपने साथ समय बिताना शुरू करें, सुबह जल्दी उठकर कुछ समय मौन रहना, अपने विचारों को लिखना, ध्यान लगाना और सुबह भ्रमण पर जाना, व्यायाम करना, किसी शाम अकेले घूमने निकल जाना और कभी-कभी अकेले ही यात्रा पर निकल जाना। इन सबसे आप अपने आपको और जान सकेंगे और जितना आप खुद को जानते जाएंगे, उतना ही आप हर्ष और उत्साह से भरते जाएंगे। स्वयं को महसूस करने से ही सफलता मिलेगी।

उत्साह का स्रोत बनें

एक शोध के अनुसार यदि हम दिन में चार सकारात्मक बातें और एक नकारात्मक बात करते हैं तो हम खुशी वाली अवस्था में हैं। लेकिन आधुनिक समय में इसकी बहुत कमी है। इसलिए लोगों की प्रशंसा करने के मौके न छोड़ें। इसकी शुरुआत स्वयं और अपने परिवार से करें। लोगों से बात करते वक्त उत्साह और मुस्कान के साथ बात करें और इसे अपनी आदत बनाएं। साल के अंत में देखेंगे कि बहुत सारे लोग आपके दीवाने हैं। मुस्कुराने से एक अलग तरह की एनर्जी मिलती है, जिसको बयां नहीं किया जा सकता।

अपनी खास पहचान बनाएं

लोगों को यह तय मत करने दो कि आप क्या कर सकते हैं। यह हक केवल आपका है। अपनी विशेषता को पहचानें, अपनी उन बातों पर गौर करें, जो आप सबसे अलग करते हैं या बहुत अच्छे से करते हैं। अपनी उन दक्षताओं पर ध्यान दें, जो आप अच्छे से अभ्यास कर सकते हैं, अपने उस शौक पर काम करें, जो आपको आनंद देता हो। लोगों की बातों पर ध्यान देना बंद कर दें। निश्चित रूप से यह साल आपको भीड़ से अलग कर देगा और खास बनाएगा।

जिम्मेदारी लें

इस बार नव वर्ष पर बहुत सारे वादे करने की अपेक्षा पांच जिम्मेदारी लें। मैं अपनी जिंदगी में आने वाले साल में ये पांच जिम्मेदारी पूर्ण करूंगी ताकि मैं अपने जीवन को श्रेष्ठता की ओर ले जा सकूँ। ये जिम्मेदारियां व्यवहार में, आदतों में, रिश्तों में, कैरियर में, अपने स्वास्थ्य में या अपने व्यापार में हो सकती हैं। इनसे आपका जीवन बदल सकता है।

अपना नव निर्माण करें

बीता हुआ साल सिर्फ अनुभवों का जोड़ और हमारे चुनावों का परिणाम था, अंतिम सत्य नहीं। आने वाले साल में हम कौनसे अनुभवों को जोड़ना चाहते हैं, यह चुनाव करने का हमारे पास विकल्प है। यह हमारे चुनावों की ही ताकत है कि हम अपने आपको जब चाहें तब बदल सकते हैं। बदलाव बाद में पूर्ण होता है, पर प्रारंभ कुछ ही सेकंड में तभी हो जाता है जब हम नई आदतें, नए तरीके, नए वातावरण, नई चीजें सीखने का चुनाव करते हैं। बाद में नए अनुभव जुड़कर हमें पूर्ण रूप से बदल देते हैं।

अनुभवों से सीखें

बीता हुआ साल हमारी जिंदगी में कुछ अनुभव जोड़कर जा रहा है। यदि इनसे सीख लिया जाये तो ये अनुभव हमारे श्रेष्ठ टीचर हो सकते हैं और ऐसा करने के लिए हमें स्वयं से दो सवाल करने हैं। पहला— इस साल से मैंने क्या पांच महत्वपूर्ण सीखें ली हैं? दूसरा— इन सीखों को आने वाले साल में कैसे उपयोग में लाना है? इन दोनों सवालों के जवाब हमें लिखने हैं, ताकि हमारे आने वाले साल में इन महत्वपूर्ण बातों का हम सही से ध्यान रख पाएं।

मकसद हो इस साल

उम्र को हराना है, तो शौक पालना सीख लें। यह वाक्य बहुत ही अर्थपूर्ण है। जी हां, यदि हमें अपने आपको उत्साही, ऊर्जावान और प्रेरित रखना है तो कुछ लक्ष्य बनाने ही होंगे। हमें तय करना है कि इस साल में इन पांच मुख्य लक्ष्यों को प्राप्त करेंगे और हां इन्हें लिखना न भूलें। ये लक्ष्य हमारी जिंदगी के उन क्षेत्रों से होंगे, जहां हमें सबसे ज्यादा ध्यान देने की जरूरत है— स्वास्थ्य, कैरियर, व्यापार, रिश्ते आदि। अब आने वाले साल में सिर्फ और सिर्फ हमारा ध्यान इन पांच लक्ष्यों पर केंद्रित रहे, यही हमें ध्यान रखना है।

NAMITA | TGT (SCIENCE) | SURAJ SCHOOL MAHENDERGARH

अनकहा रिश्ता (पिता का)



प्रेम लता (06 - ?श)
सूरज स्कूल कोसली

एक पिता अपनी बिटिया के साथ कमजोर पुत्र से उफनती नदी को पार कर रहे थे, लेकिन पिता अपनी बेटी के लिए भयभीत थे। बिटिया से बोले मेरा हाथ पकड़ लो, जिससे तुम नदी में गिरोगी नहीं। मैं तुम्हे सुरक्षित रख सकूंगा। बिटिया बोली - नहीं पापा आप मेरा हाथ पकड़ लीजिए।

परेशान पिता ने पूछा क्या फर्क पड़ेगा बात तो एक ही है। बिटिया बोली - नहीं पिताजी ये बात मेरे लिए महत्वपूर्ण है, इसमें बहुत फर्क है। यदि मैं आपका हाथ पकड़ूंगी तो मुझे कुछ हुआ या गिरने लगी तो मैं घबराकर हाथ छोड़ दूंगी। लेकिन यदि आप मेरा हाथ पकड़ोगे तो मुझे विश्वास है चाहे कुछ भी हो जाए, कैसी भी परिस्थिति आए आप मेरा हाथ थामे रहेंगे और मुझे पूरी तरह सुरक्षित रखेंगे। इसलिए मुझे विश्वास है कि आप मुझे सुरक्षित रखेंगे। इसलिए मैं चाहती हूँ कि आप मेरा हाथ पकड़ें।

यों तो डांट डपट करते व दखते रहे पिता तेज धूप में घनी छांव भी बुनते रहे पिता। जिद बच्चों की, माँ का आग्रह, अपनों के ताने, हर एक वार पर जम कर लडते रहे पिता। चुपके खुशिया बांट सभी को चुपके पीकरगम, चुप कर ही चुभती मजबूरी सहते रहे पिता। धरती से, तो कभी समंदर से, कभी नरम हवा से खुले गगन से लडते रहे पिता कहकर भी रह गए अनकहे, मैं जब शहर चली, यों ही घर से विदा सडक तक करते रहे पिता।

पेड़ से टूटकर एक पत्ता गिरा
उसने चुपके से कुछ कहा
बदल रहा है जमाना
अपनी धीमी-धीमी चाल से
एक नए विश्वास से
कुछ कर जाने के अरमान से
रूढ़ीवादी जंजीरों को तोड़कर
सपनों ने जीना सिखा है
नई आशा नई उमंग के साथ
पंखों ने उड़ना सीखा है।



रीतू चहल

(Sr. Co-ordinator)
Suraj School
Mahendergarh

INTEGRATING MATHS INTO EVERYDAY LIFE

Mathematics.. a wonderful and well known subject but many student suffer from it's anxiety. This holds true for all level of math, from the most basic addition all the way advanced algebra, calculus and beyond.

This question then becomes, How can We increase a child's math skills ?

One concrete way to do this is to integrate math into your children's lives from a very young age. One opportunity

to do this occurs when your preschooler "helps" you in kitchen, from an early age .We let our child help measure out ingredients into the mixing bowl. Beauty

of this is that he never cries of it, and , from a very early age he

learned a use for counting. Also you can take this opportunity to count the quarters and point out that there are four quarters in a whole sandwich. Going a step further, you can put two of four piece together and show how two quarters equals half of a sandwich.

These are just few examples of how to integrate math into your daily routine. Learning math is all about building both knowledge and confidence and this is a goal that all parents stride to attain.



Pooja (Maths-Tgt)
Suraj School Kosli

NEW YEAR GOALS

WORRY LESS

STOP COMPARING

EMBRACE CHALLENGE

LOVE MYSELF

Mrs. Shruti Kalra
H.R. Manager
Suraj School Sector 56



नई ऊर्जा नई उमंग

चलो सुने नूतन ध्वनि जिसमें हैं “ नई ऊर्जा नई उमंग”,
नव वर्ष की पावन बेला जिसमें छिपी हैं नई तरंग,
नया उल्लास, नया प्रयास, और नया हैं यह प्रसंग,
नई आशा, नया विश्वास सब कुछ है नया सा रंग,
प्रेम से भरदे वायुमंडल, हो सके सबका मन प्रसन्न,
चलो करें कुछ ऐसा हम सब, रह जाए हर कोई दंग,
दे सके संदेश विश्व को अब बंद करो मैदान-ए-जंग,
आओ बनाएं इस पावन धरा को वसुधैव कुटुम्बकम्,
संचालित हो विश्व पटल पर ऐतिहासिक क्षण,
प्रत्येक क्षण मे ओत-पोत हो “नई ऊर्जा नई उमंग”।

Meenakshi | Suraj School Bhiwadi

DREAM: What you can be

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two impostors just the same.
If you can bear to hear the truth you've spoken
If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much.
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

Meera
Suraj School Bhiwadi

Shrishti | Suraj School Bhiwadi

नई उमंग, नई ऊर्जा

नई उमंग नई तरंग नई ऊर्जा के संग,
नव भोर में अचंभित है सुनहरी धूप के संग।
सुंदर विश्व की कल्पना ऊर्जा से भरपूर है,
लगता है चांद सितारे जमीन पर न कोई हमसे दूर है।
नव भोर है नवकिरण है नवांचल है,
उषा की लालिमा लिए सूरज का आंचल है।
धरती अपनी तरुणाई लेकर प्रकृति से करे खिलवाड़,
इन्द्रधनुषी रंग लेकर आए बार-बार।
चहुओर देखो मातृभूमि की चुनरिया हरित क्रांति आई,
हरे रंग से निखर गया सुंदर लाली आई।
भारत के कर्म वीरो और कर्णधार,
नवउमंग नवजोश के संग करो
दुश्मनो को निराधार।
जय हिंद, जय भारता।

Meera | Suraj School Bhiwadi



“Holding on is believing that there’s only a past; letting go is knowing that there’s a future.”

We do not change rapidly, - it's rather a slow process, that's why every life moment matters as it adds to our **personal growth and development**. And at times it's good to look back at those moments from time to time to see what kind of person we were and how those past events influenced us. If we talk about the new year, it is just one single strike of the clock that changes the year to a whole new one. Though it can be considered as a usual tick, it is not because it not just changes the date and month, but also the year we have lived for 365 days. It is considered pretty important by many as it signifies the beginning. New Year is not just about celebrations and resolutions; it is more than what meets the eye. It symbolizes motivation for many new beginnings. A new opportunity means a fresh start and all the wonderful possibilities new beginnings bring.

So... Tie your seat belt and get ready for another trip around the sun.



Ms. Bindu Sharma,
(Principal, Suraj School Rewari)

VACCINATION DRIVE FOR AGE GROUP OF 15-18 YEARS.

“Prevention is better than cure” Taking into consideration the above said quote SURAJ SCHOOLS has organised two days covid vaccination camp for students of the age group of 15 – 18 years. Students have been vaccinated by the medical team.

It was successfully conducted at all the school campuses.

Stay Safe, Stay Healthy.



Suraj School Kosli



Suraj School Mahendargarh



Suraj School Sec-75



Suraj School Sec-56



Suraj School Pataudi

RESOLUTION OF THE YEAR

LIVE LIFE TO THE FULLEST.

MEANING- Live life to the fullest because it only happens ONCE.

Live every movement of life because you don't know what is going to happen on the very next moment.

Life is uncertain and it may end any time without giving any notification. In this uncertainty, you should not lose your charm of living life every moment. This is the formula to make life easy and make the life best.

Yashu Class_10A1
Suraj School Rewari

RESOLUTION OF NEW YEAR

A new year resolution is a tradition in our world wide in which person can resolves to continue good practices and changes

• There are many ways to start our new year but some common ways to start your new year more beautiful are :

1. Spend more time with family
2. Regular exercise
3. Lose weight
4. Enjoy life more.
5. Learn something new
6. Get organized
7. Help others



Kanchan Class-9A1
Suraj School Rewari

Most important resolution for children is that they have to focus on their goals and achieve them.....

Resolution are the decisions that describes what you aim to do ???

The well organized people set their resolution at the start of each year.

Some resolutions are :-

1. Health goals
2. Learning
3. Spend time with friends
4. Loss weight and so more.....

Setting goals is a great way to success in life.....

NEW YEAR RESOLUTION

TO GET ORGANIZED

An organized person is able to plan things carefully and keep neat things: she not a organized person she always arrives late at meetings.

- 1- Establish a good morning and night ritual.
- 2-Create actionable goals.
- 3-Use a calendar.
- 4-Clean up your work space.
- 5- Keep everything in one place.

Jyoti Class-10A1 | Suraj School Rewari

SURAJ
Group of Schools

MAHENDERGARH | REWARI | KOSLI | PATAUDI | BAWAL | BHIWADI | SEC 75 GURUGRAM | SEC 56 GURUGRAM

SUDESH / SUNIL
Mahendergarh

NIKITA / VIRENDER
Sulodha

PARUL / RAJESH
Kosli

ASHISH / NAWAL SINGH
Bichhala

Congratulations for the fabulous achievement in

NDA 70+
NATIONAL DEFENCE ACADEMY
Written Examination Qualified By
Students

AKASH / VINOD
Hailymandi

TARUN / VIKRAM
Inchapuri

VIPIN S/O SATISH
Badhwana

JATIN / VINOD
Narnaul

FEEL PROUD TO BE A PART OF SURAJ

प्रकाशमय कल के लिए

RESOLUTION



Himanshi Class-9A1
Suraj School Rewari

MERRY CHRISTMAS

When life's of people full of sadness ,
When people life is empty with goodness ,
When everywhere clouzy clouds ,
No happiness people around;

There festival Christmas arrive,
With happiness,joy and good vibes,
Christmas is a festival full of pleasure,
In which people decorate christmas tree
shoulder to shoulder;

People sing christmas carols,
Expressing their joy and happiness,
People meet there relatives,
Sing,play and do more activities;
The main attraction is christmas tree,
Which is decorate with tofee and candes,
The glory of tree is brighted star,
Which place so far;

Path which was covered with spectre,
The brightness of star brighten the sphere;

Now fast-fast make a list,
Then Santa come and
full-fill it



VIDUSHI ATTRI | SURAJ SCHOOL-75

डूबते हुए सूरज से,
मैंने सिखा है!
कि आज तो जा रहा हूँ,
कल फिर आऊँगा!
एक नए जोश नई उमंग,
और एक नई ऊर्जा के साथ!

Don't be sad. Be happy Instead.

Happiness is what everyone should
achieve in life, while avoiding
stressful situations, uncomfonable
emotions, and challenging obstacles.

Because you're awesome. Everybody is
awesome. if you're alive, you're awesome.

If people hate talking to you and avoid
Social contact, don't think
something might be wrong with you.
Maybe you talk too much? Maybe
you're too judgmental? Maybe you
Say? Forget these things. Remember,
you're awesome just for being you.
you don't have any bad traits. There
are no flaws in your behavior. These
is no room for improvement..

You're perfect just the way you are.

Poonam | TGT English | Suraj School Kosli

Enthusiasm : A Key to Happiness

“ Focus on an ocean of positives, not a puddle of negatives “

Enthusiasm is the highest level of energy, we can experience.

Enthusiasm means you are ‘ possessed ‘ by a divine spirit , taking you higher and
higher, and continually drawing you closer to your goal .

Enthusiasm is an energy felt by the person who lives and aspires to live .

We must be on the right track to receive energy.

If we are on the right track, we don't need anyone to push us to move forward . There is a difference
between energetic and low energetic people ,energetic one knows how to activate the energy available
for them ,but on the other hand,the low energy people block the energy which is available for them too!

We can activate this energy by stimulating our thoughts instead of burning ourselves down.

Once you replace your negative thoughts with positive , you will start having positive results.

If we have positive energy we will always attract positive outcomes . Surround ourself with positive
energy , if there is no enemy inside , the enemy outside can't hurt you .

Be positive stay calm , don't use your energy to worry , use it to have faith in yourself.



Ishika 11 Humanities
Suraj School, Sec 75

NEW YEAR RESOLUTION

This New Year's Eve, you might be spending the evening watching New Year's movies or playing a New Year's game at home with your family. Or better yet, maybe you're going to a party or out for a glitzy night on the town. Either way, you're counting down to watch the ball drop to officially say so long to 2021 and usher in a brand-spankin' new 2022! There are some ways to resolve our New Year:

▪ Schedule More Girl Time



▪ Get Outside and grow something



▪ Compliment Someone and Mean it



▪ Drink More Water



▪ Try Something New Each Month



Meenakshi Class- 9th A1
Suraj School Rewari

Nayi Urja Nayi Umang

Programs for Literacy
India is home to a multicultural and multiracial population of 1.25 billion people (that's 17.5% of the world's population) - over 50% of them under the age of 25. It's the world's largest democracy, and its third largest economy.

Bhavishay Class-10 A1
Suraj School Rewari

Admission Open



Hostel Facility

English Spoken

Special Coaching

SURAJ
School, Mahendergarh

www.surajschoolemahendergarh.com



प्रकाशमय कल के लिए

नयी ऊर्जा नयी किरण

प्रातः काल की सुनहरी किरण ।
जगा रही है एक उमंग ॥
उत्साह , ऊर्जा , प्रकाश ही है यह किरण ।
आशा की नयी किरण बन आई है उमंग ॥



प्रीति की रीति

— PREETI KI REETI —



सुबह की रश्मि लायी है नया रंग ।
संघर्ष की नयी उम्मीद बन आई है उमंग ॥
प्रीति - रीति के गीत गाएंगे हम ।
संसार में हर्षोउल्लास लाएंगे हम ॥

विश्वास जगत में लाएंगे ।
मानव को मानव से मिलाएंगे ॥
सकल संसार को नया रूप देंगे ।
उत्साह और उमंग से भर देंगे ॥



प्रकाश की नयी किरण ।
लायेगी एक नयी उमंग ।
लायेगी एक नयी उमंग ॥



सूरज स्कूल रेवाड़ी

नई उमंग नई उर्जा

नई उमंग नई तरंग नई उर्जा के संग ,
नव भोर में अचंभित है सुनहरी धूप के संग ।
सुंदर विश्व की कल्पना उर्जा से भरपूर है ,
लगता है चांद सितारे जमीन पर न कोई हमसे दूर है ।
नव भोर है नवीकरण है नवांचल है ,
उषा की लालिमा के लिए सूरज का आंचल है ।
धरती अपनी तरुणाई लेकर प्रकृति करे खिलवाड़,
इंद्रधनुषी रंग आए बार-बार ।
चंद्र और देखो मातृभूमि हरित क्रांति आई , ,
हरा रंग निखर गए सुंदर लाली आई ।
भारत के कर्म वीरो और कर्णधार ,
नव उमंग नव जोश के संग करो
दुश्मनों का निराधार ।
जय हिंद , जय भारत , वंदे मातरम् ॥



अविनाश आर्य
सूरज स्कूल रेवाड़ी

उमंग

उमंग है कुछ करने की,
उमंग है कुछ बनाने की,,
जो सपने देखे है उनको पूरा करने की,
समाज में नया बदलाव लाने की,,
अपना अस्तित्व बनाने की,
उमंग है कुछ नया करने की,,
अपना इतिहास बनाने की,
उमंग है कुछ करने की,,
उमंग है कुछ बनाने की ॥



Anita Class-8th
Suraj School Rewari

नई शुरुआत

नई उर्जा नई उमंग
नई साल की नई किरण
चलो नई ऊर्जा के साथ करे नए कार्यों का शुभारंभ
जो नहीं हुआ उसे भूले हम
जो हो सकता उसे छूले हम
नई उर्जा नई उमंग
नई साल का नई किरण
नए सपने और नए प्रयास
चले नए कल के पास
नई ऊंचाई नई बुलंदियां
नई उर्जा नई उमंग
नई बुलंदियों को छूले हम।।



शुभम सिंह 11 मानवीय
सूरज स्कूल (सेक्टर 75)

नई उमंग है नई उमंग है
हम नई उमंग है [R]
सेवा में तैयार हम रहे
नई सिख से बेहतर हम बने
हम भारत के लोग हैं
नई उमंग है हम नई उमंग है[R]
सुरक्षित हमारा हर कदम हम है
नई सोच का दर्पण
विश्वास की हम पहचान है
करते मुश्किल आसान है
हम हर पर एक-दुसरे के संम हैं
नई उमंग है हम नई है[R]
हौसलों कि उड़ान है
दिल में नये अरमान है
हर मंजिल को पाते हैं
हर जीत को दोहराते हैं
हम रखते हैं सदा आगे
बढ़ने का जोश भी , जुनूनभी, यकीन भी
हमसे हर पल रोशन है
नई उमंग हम नई उमंग है [R]



प्रिया 11 कला संकाय
सूरज स्कूल , सेक्टर 75

नई उमंग

नई ऊर्जा नई तरंग है ना जाने कहा से आई ये उमंग है,
नया साल है नया ख्याल है इसमें बह जाना है, कुछ कर जाना है, इतिहास बन जाना है,
कुछ ख्याल है कुछ सवाल है ना जाने ये क्या बवाल है ।
नई ऊर्जा है नई उमंग है , नई तरंग है कुछ कर जाने की उमंग है , कुछ सवाल है ,
कुछ ख्याल है, कुछ नई सोच है , कुछ नया करने की उमंग है, कुछ फैसले है, कुछ नए
होसले है, कुछ नई करने की ऊर्जा उमंग है ।
कुछ नए सवाल है बड़ों का आशीर्वाद है, कुछ गुरुओं की प्रेरणा है हमें उसे इस नए वर्ष
पूर्ण करना है।
नई ऊर्जा है, नई उमंग है और गुरुओं का आशीर्वाद है।



ऋति सिंह, कक्षा =दसवीं
सूरज स्कूल , सेक्टर 75

Only a Student Can Tell

No one can tell the pain of a student's life
Only a student can tell.

The pain of Waking up early in the morning
And completing the homework till late night,
Only a student can tell.

The burden of all the subjects
Why a student has to carry.
Answers of all the questions
Why a student has to tell.

The typical sums of mathematics,
And the equations of physics.
The crisis of economics
And the signs of linguistics
Why a student has to tell.

When Babar came to India,
And where is Zambia,
How do cells work ,
And how we breathe ,
Why a student has to tell.

Childhood is called the most
Carefree phase
But, is it so.....
Only a student can tell.

During exams, how to worship the gods and
goddesses,
And how to make excuses
After getting less marks,
Only a student can tell.

No one can tell the pain of a student's life ,
Only a student can tell.

प्रकृति संदेश



पर्वत कहता शीश उठाकर,
तम भी ऊँचे बन जाओ।
सागर कहता है लगहराकर,
मन में गहराई लाओ।
समझ रहे हो क्या कहती हैं

उठ उठ गिर गिर तरल तरंग
भर लो भर लो अपने दिल में
मीठी मीठी मृदुल उमंग!

Khushi Class-11B |
Suraj School
Mahendergarh

पृथ्वी कहती धैर्य न छोड़ो
कितना ही हो सिर पर भार,
नभ कहता है फैलो इतना
ढक लो तुम सारा संसार!

एक नई सुबह , एक नई ऊर्जा
एक नई उमंग , एक नई ऊर्जा
एक नई जंग , एक नई उमंग
हर साल एक सवेरा लेकर आता है,
हर सवेरा नई ऊर्जा लेकर आता है।

एक नई उमंग भरता है
कि बीता कल गम था तो क्या,
आने वाला कल एक नई ऊर्जा दे जाता है।
आज फिर एक पूरी रात गुजर जायेगी
इस उम्मीद में, कि कल नई उमंग है।

तो आइये हम सभी मिलकर 2022
में एक नई ऊर्जा
और एक नई उमंग
की उम्मीद करते हैं।



Aayushi Class 9 N2
Suraj School - 75

- (1) नई उमंग, नई तरंग, नई ऊर्जा के संग, नव भोर में अचंभीत है सुनहरी धूप के संग!
- (2) जिंदगी में सिखो नई बात, करो जिंदगी की नई शुरुआत!
- (3) बिछड़े दिल, बिछड़े परिवार, की विजय है कौन इन सब के बीच ने की वजह है फोन!
- (4) नया कल है, नया दिन है, निकला है सूर्य की किरण, उठो सब और छूलो मात पित्त के चरण!
- (5) उदासी दिल को खुशी मनाए आप सब को नए साल की शुभकामनाएं



Shine Class - 8th
Suraj School Rewari

नई ऊर्जा नई उमंग

नई उमंग नहीं तरंग नई ऊर्जा के साथ।
नव भोर में अचंभीत है सुनहरी धूप के संग
सुंदर विश्व की कल्पना उर्जा से भरपूर है लगता है
चांद सितारे जमीन जमीन पर न कोई हमसे दूर है
नवभोर है नवकिरण है नाआंचल है कि उषा की
लालीमा के लिए सूरज का आंचल है।
धरती अपनी तरुणाई लेकर प्रकृति से करे खिलवाड़
इंद्रधनुषी रंग लेकर आए बार बार।
धरती अपनी तरुणाएलेकर प्रकृति से करें खिलवाड़
इंद्रधनुषी रंग लेकर आए बार बार।
चहुं और देखी मातृभूमि की चुनरिया
हरित क्रांति कारी आई,
हरे रंगनिखर गया सुंदर लाली आई।
भारत के कर्मवीरों और कर्णधार
नवउमंग नवजोश के संग करो दुश्मनों
को निराधर जय हिंद जयभारत वंदे मातरम।



नई पहल

नए वर्ष में नई पहल हो।
कठिन जिंदगी और सरल हो।।
अनसुलझी जो रही पहेली।
अब शायद उसका भी हल हो।।
जो चलता है वक्त देखकर।
आगे जाकर वही सफल हो।।
नए वर्ष का उगता सूरज।
सबके लिए सुनहरा पल हो।।
समय हमारा साथ सदा दे।
कुछ ऐसी आगे हलचल हो।।
सुख के चौक पुरें हर द्वारे।
सुखमय आँगन का हर पल हो।।

NEW-YEAR RESOLUTION

THE NEW-YEAR RESOLUTION 2020 ABOUT MYSELF OR YOURSELF IS ACTUALLY THE SET OF COMMITMENTS THAT WE MAKE WITH US AS THE NEW YEAR START.

THE LIST OF LIFE RESOLUTION IS VERY LONG. THE PERSONAL GOALS MAY VARY LIKE PEOPLE MAY LIKE TO BE HAPPY, LOVE THEMSELVES, GAIN OR LOSE WEIGHT, STOP POLLUTION.

IN CASE OF STUDENTS WOULD BE LIKE TO BE STUDY, HARD, MORE SUCCESS, STOP TAKING THINGS FOR GRANTED STOP POLLUTION, LOVE HUMANITY, MORE POSITIVITY OR FOCUS ON HEALTH.

AS STUDENTS, WE SHOULD REFINE OUR THOUGHTS, CULTIVATE GOOD HABITS AND ENHANCE OUR PERSONALITY EVERY YEAR.

Suraj School Pataudi

New Year Resolution

The starting of the New Year remarks the starting of a new aspect of our life. It is the day, we need to reform our views and encourage ourselves to never make our previous mistake again. New Year, in other words is rebirth of us and our beliefs.

Resolution is a promise, we make to ourselves to adopt new habits in our life. New Year Resolution can be any promise, like → losing weight, adapting good manners, studying, spending less money or others. Teenagers of this age are very enthusiastic about new year resolution.

It's like a tradition where people along with their friends and relatives try to convert their regrets into their pride. I personally have thought about a lot of resolutions for the next year → getting good grades in school, learning new activities, Greeting elders and teachers And many more... I hope to be a good person and improve myself and I advise you to do the same.

This year let's be someone we have always dreamed of,
of someone we have imagined to be,
of someone everybody would be proud of.

Be more awesome than last year! ❤️

THANK YOU!

Name:- Maki
Class:- 8NF

Suraj School Pataudi

NEW Year's Resolutions

1. Notice the little things.
2. eat lots of veggies + fruits.
3. Be honest with myself and others.
4. Respect all person.
5. learn a new skill.
6. YOGA.
7. Study hard.
8. go on walks.
9. get more exercise.
10. Saving More money.
11. Focus on Self-Care.

New year's resolutions are a consolation for it being impossible for us to really start our lives afresh.

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HAPPY NEW YEAR! RESOLUTION

- 1. I try to speak truth on new year.
- 2. I change my habits better.
- 3. I do more study on new year.
- 4. I don't eat junk food on my day.
- 5. I make new friends.
- 6. I try to speak English on school campus.

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My New-Year-Resolution

What is my new year resolution is self improvement is essential for every thing all you do not self improvement then in any work.

THANKS

MAKED BY: **ANU SURAJ SCHOOL**
SEND BY: **SRINIVAS**

NEW YEAR RESOLUTIONS

- 1. Self Improvement
- 2. Study Hard
- 3. Be Honest
- 4. Respect All
- 5. Learn New Skill
- 6. Yoga
- 7. Study Hard
- 8. Go on Walks
- 9. Get More Exercise
- 10. Saving More Money
- 11. Focus on Self-Care

Suraj School Pataudi

A NEW YEAR Resolution

A New year, whenever a new year arrive it doing more hope and courage to us for fulfilling our dreams. We bless each other. We try to do more and more things, and we finally make a new year resolution. The list of resolution is very long. Everyone have his or her individual resolution. Everyone have their resolution according to their passion, personality and hobbies. Everyone should courage their hidden talent. As we can say in case of teacher their resolution would be to know the way in which student would understand taught concepts and theory. Personally my resolution is to courage my talents and study more and more as a student I think this is best for me. As long as I will keep studying I'll keep learning and I will follow my dreams. laughter should be get priority.

Suraj School Pataudi

RESOLUTION OF NEW YEAR

On New year, I am going to change myself and become a good person forever. I will wake up early in the morning and go for walk daily at 6:00 a.m. I will also take my grandmother and my pet with me and I will also go to temple after math daily and I will also donate food + clothes etc to the homeless and poor people every month. I will also courage my talents I want to be a singer I will also know all the habits and I will also say to others that they must also know their bad habits. I promise I will become friendly, helpful and talk politely with everyone forever.

Suraj School Pataudi

NEW YEAR

New year is a festival that is celebrated in all over India. People take new resolutions at new year. People distribute sweets at new year. We wish happy New year to others. I wish that my this year will go from best wishes and blessings. We should help others. We do not buy plastic things to gift others on new year. We should respect others. On this day, we will promise that we will make a change in our life. On this day, many blessings of elders are blessed all the citizens of India celebrate it with love and happiness. New year brings happiness in our life. Don't burn fire crackers on the day of New year. Like this to show happiness. We enjoy lots of.

Suraj School Pataudi

NEW YEAR RESOLUTION

- 1. I am a student, My new year resolution is it
- 2. It will help weak student in their studies.
- 3. It will collect my pocket money for helping needy student.
- 4. It will donate my old clothes, books and toys to poor children.
- 5. It will start to encourage my neighbours to plant more trees.
- 6. It will improve my self skills.
- 7. It will support all my edius concerts and activities.

Suraj School Pataudi

NEW YEAR RESOLUTION

The new year resolution is to study hard and improve my skills. I will also go to temple after math daily and I will also donate food + clothes etc to the homeless and poor people every month. I will also courage my talents I want to be a singer I will also know all the habits and I will also say to others that they must also know their bad habits. I promise I will become friendly, helpful and talk politely with everyone forever.

Suraj School Pataudi

नव वर्ष

पुनः जाओ बिना डुर कल को।
दिल में बरसा लो आँसु बालि कल को।
मुस्कुराओ यदि जो भी हो पल।
सुखियाँ लेकर आरामा आँसु वाला कल।

नव वर्ष में नई पुनः है।
कीजिये मित्रता और सख्त है।
अनसुलखी जो रही पीछी।
अब बायब उसका भी हल है।
जो चलता है तुवत देखकर।
आँसु जाकर वही सख्त है।
नव वर्ष का आता खल है।
सबके लिए सुनहरा पल है।
मेरे कामना पूरा सखत परिवार रहे।
आपका एक और नया साल सफर है।

हर साल आता है।
हर साल जाता है।
दुसा करते हैं इससब की।
एक साल आपकी वी सब मिले।
आपका दिल चाहता है।

Suraj School Kosi

कहानी (नववर्ष उत्सव)

आज नव वर्ष का पहला दिन था। और तैयारियां तो एक दिन पहले से ही शुरू कर दी गई थीं। सब अपने अपने स्तर पर सब बंदोबस्त कर लिए थे। हमारे एक मित्र ने तो हद ही कर दी। सर्दियों के सबसे ठंडे दिनों में मनाली जाने का प्रोग्राम बना लिया। अब बताओ ऐसा भी होता है क्या, कि दिमाग इतना गर्म हो जाए की ठंडा करने के लिए और ठंडे इलाके में जाया जाए। सबके अलग-अलग फंडे हैं।

31 की शाम को देखा तो सामने वाले घर में किसी पार्टी की तैयारियां चल रही थी। किसी पड़ोसी ने बताया कि आज यहाँ जगराता है। ऐसा लग रहा था जैसे आज इनकी सारी इच्छाएं पूरी हो जाएंगी। पर 1 जनवरी को नये साल का उत्सव तो यीशु मसीह के जन्म दिवस के कारण मनाया जाता है। ऐसा लग रहा था मानो सब इसी दिन का इंतजार कर रहे थे हर काम को शुरू करने के लिए।

खैर रात को जगराता आरंभ हुआ और धार्मिक संगीत के ऊंचे स्वर में जैसे तैसे खुद को नींद के सुपुर्द किया ही था, अचानक रात के 12बजे जब मैं आराम से सो रहा था। उसी समय कानों में एक तेज ध्वनि आई। नींद के नशे से थोड़ा बाहर आया तो देखा कि दूर के एक रिश्तेदार का फोन आया था। मैंने आंखें बंद करते हुए फोन उठा कर कान से लगाया। "हैप्पी न्यू ईयर " की एक जोरदार आवाज कानों से होती हुई सीधे सिर से जा टकराई। मन में आये क्रोध पर नियंत्रण करते हुए मैंने भी जवाब दिया।

अगला सवाल उसी समय आ गया—"सो रहे थे क्या? " अब पता नहीं ये कैसा प्रश्न था। फिर भी मैंने जवाब दिया— " जी सो रहा था। "

"मुझे लगा जगराता कर रहे हो। " उन्होंने मजाकिया लहजे में कहा।

यह सुन सर्दी की उस रात में गर्मी पूरे बदन पर हावी हो गई। इससे पहले मैं कुछ बोलता वो बोले कि पीछे से आवाज आ रही है इसलिए पूछा। फिर हालचाल पूछने के बाद फोन काट दिया। और फिर एक और फोन आ गया। कुछ देर तक फोन का आना बंद हुआ तो फिर से सोने की कोशिश करने लगा। और सोचने लगा अगर इतनी शिदत से लोग अपने काम करते तो कहां से कहां पहुंच जाते। इन्हीं खयालों में कब सो गया पता ही नहीं चला।

सुबह उठा तो टीवी में देखा नव वर्ष के आगमन का उत्सव दिखाया जा रहा था। मैंने देखा कि ढेर सारी आतिशबाजी की गई। पर कहीं भी वो लोग नहीं दिखे जो दीवाली या दशहरे के दिन वायु प्रदूषण की दुहाई देते हैं। शायद वो भी नव वर्ष के उत्सव में मशगूल थे। विद्यालय में अवकाश होने के कारण मैं एक मित्र से मिलने के लिए निकला तो रास्ते में मिलने वाले हर इंसान ने "हैप्पी न्यू ईयर" को बंब की तरह मेरी ओर उछाल दिया। मैंने भी जवाबी कार्यवाही करते हुए " सेम टू यू" का रटा रटाया शब्द बोल दिया।

किसी तरह इन सब के बीच जब मित्र के घर पहुंचा तो पता चला की नव वर्ष के आगमन पर वह किसी धार्मिक स्थल पर गया है। मुझे ऐसा लगा जैसे प्रभु आज ही दर्शन देने वाले हैं वर्ना उसने तो गत वर्ष ऐसा कुछ भी नहीं किया था। मुझे तो ऐसा प्रतीत होने लगा जैसे आज सबको कोई ऐसी बीमारी लग गई है जो बस आज के दिन ही रहेगी। तभी मेरी नजर रास्ते में खड़ी भीड़ पर पड़ी।

पास जाकर देखा तो एक भिखारी की मृत देह पर पड़ी थी। जिसे देखने से ऐसा लग रहा था कि उसने सर्द रात में खुद को गर्म रखने की कोशिश में हार के अपनी आत्मा को शरीर से अलग कर हर तकलीफ से मुक्ति पा ली हो। न जाने वो लोग उस वक्त कहां थे। जो अपने जन्म दिवस पर, किसी धार्मिक उत्सव या चुनाव के दिनों में मुफ्त कंबल और कपड़े बांटते थे। अगर उस गरीब भिखारी की सहायता पहले किसी ने की होती तो शायद ऐसा न होता।

पर अफसोस कि वर्ष में ही बदलाव आया था। इंसान अभी भी स्वार्थी ही था। और आज भी जो कुछ कर रहा था वह मात्र अपनी उपस्थिति और अस्तित्व सिद्ध करने के लिए। आज का इंसान अपनी आवाज तभी उठता है जब उसे अपना कोई लाभ नजर आता है। यदि हम यथार्थ में नये साल का उत्सव मनाना चाहते हैं तो हमें अपना हर दिन किसी की सहायता करने, सद्भावना बढ़ाने और देश की उन्नति के लिए समर्पित करना चाहिए। इस प्रकार हम हर दिन नव वर्ष की अनुभूति कर पाएंगे।

NEW YEAR RESOLUTION

Naya vichar Naya urja foundation is a national level development organization directly benefiting over 50,000 children and their families every year, through more than 25 live welfare projects on education, healthcare, livelihood and women empowerment, rural development.

NVNU's program for literacy =

India is home to be multicultural and multiracial population of 1.25 billion people (that's 17.5% of the world's population) over 50% of them under the age of 25. It's the world's largest democracy. And this third largest democracy.

NVNU environment program

Climate change, threat to biodiversity, changing life-styles, increase population level, decrease availability of water, during river system are not only 6 global issues but affect locally as well.

NVNU target point =

Girls and women education is the key to empowering women and girls, which helps bring about social equality. Girl's education programme works on improving lives and providing

Palak Yadav Class=10a1
Suraj School Rewari

NAYI URJA NAYI UMANG



Nitin Upadhyay
Suraj School
Rewari

Fundamentally: we have a choice as a generation; as a nation and as an international community to rise to the challenge of meeting the energy needs of a growing world wide population or to shrink from it. The fact is fuels will continue to take the lead in providing most of the world's energy needs well into the century...we have a once-in-a-generation Opportunity to show the world how energy abundance can be used as a positive force

rather than as a toll to harm or to control other nations as some still use their energy.

NAYI URJA NAYI UMANG

"Celebrate endings -for they precede new beginnings". Said Jonathan Lockwood Huie. It's the time of new year. Here comes the Excitement and Joyfulness. New Year is the time when every body thinks of treasuring the cheerful moment. There are unique ways to experience and exploring the New Year. • Students start writing essay on New Year.

- People starts to plan their New Year resolutions.
 - New Year parties are organized.
 - People wish Greetings of New Year.
 - People celebrate New Year with so much beatitudes and hopefulness.
- It is a festival that brings happiness in people. Indians celebrate this day on 1st January, but as per Hindu subscription it falls between March and April.

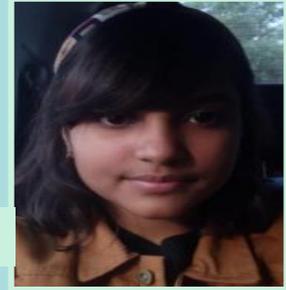


Muskan Class-8thsp3
Suraj School Rewari

MY NEW YEAR RESOLUTION

A new year resolution is in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their life at the start of a new year. So these are my new year resolution:-

1. I will learn new thing everyday.
2. Focus on education not in scores.
3. Spend less time with mobile.
4. Respect everyone.
5. And last not least stay happy in all situations.



Ojashvi Class - 8thsp3 | Suraj School Rewari

MY NEW YEAR RESOLUTIONS

A New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World, in which a person resolves to continue good practices, **change an undesired trait or behavior**, accomplish a personal goal, or otherwise improve their life at the start of a new year.

So these are my new year resolutions :-

1. Get better grades
2. Read more books
3. I help my parents at home
4. I increase my thinking power
5. Eat more healthy food

Suraj School Rewari

Nayi Urja Nayi Umang

Zindagi ek jung hai,
Har kadam par ek nayi umang hai....
Zruri nahi tum humesha jeeto,
par km se km chunautiyon se ladna to seekho.....

aaj sb hai tumhare sath,
tumhare sar par hai sabka haath,
Shayad ye din kal ho na ho,
Kal tumhare sng koi khada na ho,

magr vahi tum fir bhi date rahena ,
apne lakshya ki or badhte rehna
jeet bhi tumhare saamne sir ko jhukaega,
tumse tumhari Jeet ka raaz Jaan na chahegi.....
tum has kar keh dena usse ye baat ,,
Zindagi ek jung hi to hai mere yrrr.....



Khushi 8sh2
Suraj School Rewari

RESOLUTION OF THE YEAR

Cook something new each week.

Everyone wants to eat healthier in the new year, but you should also try to eat more diverse foods. After all, variety is the spice of life. This year, choose an easy dinner recipe you've never tried before at least once a week. Pick up a copy of our Easy 30-Minute Dinners cookbook for 85 new ideas that you can try every week this year.

Name - Bhavishay

Class-10A1

Roll no-09

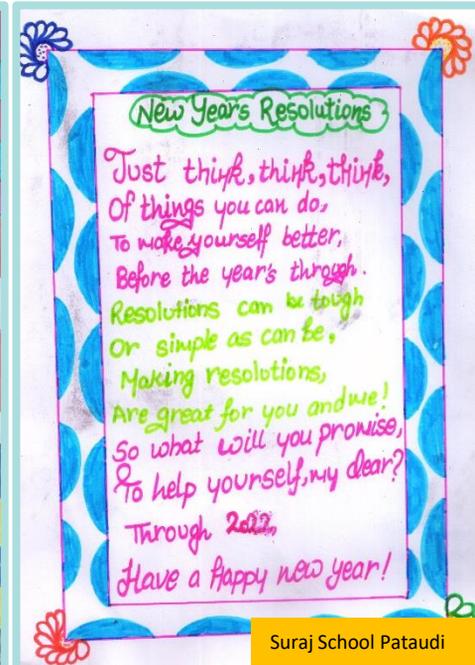
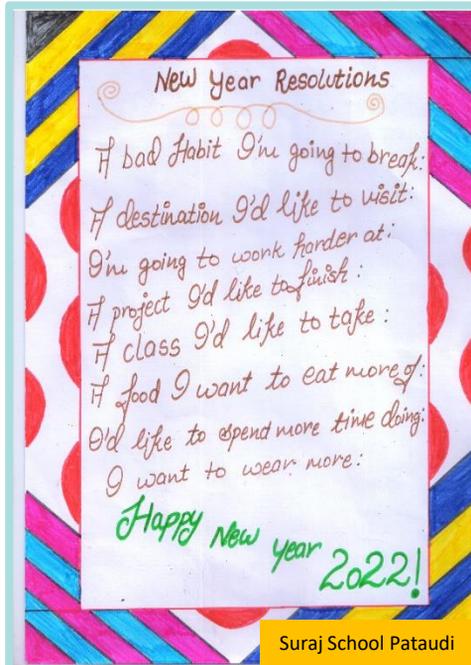
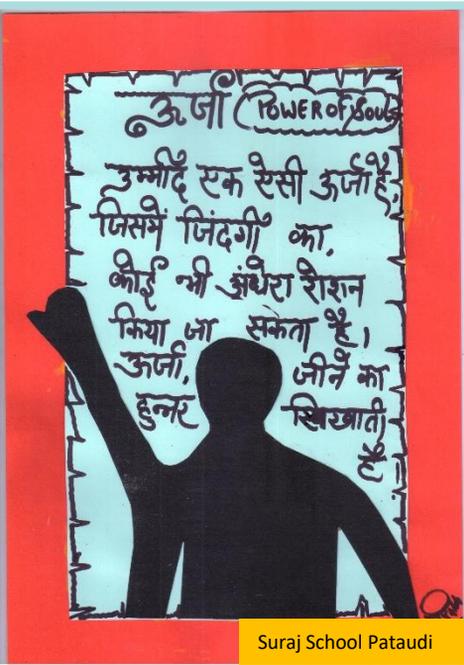
SURAJ SCHOOL REWARI

नई उमंग नई ऊर्जा

नई उमंग का अर्थ – आपके मन में नया जोश, नयी भावना। नई ऊर्जा का अर्थ— मन की स्थिति, जब हम उदास होते हैं तो हमारी ऊर्जा खत्म हो जाती है और जब हम खुश होते हैं तो हमारे मन की ऊर्जा भी तेजी से बढ़ती है। हमें प्रकृति से बहुत कुछ सीखना चाहिए। प्रकृति हमें बहुत कुछ सिखाती है। आपने कभी भँवरे को देखा है। भँवरा कभी उड़ नहीं सकता क्योंकि उसका शरीर बड़ा है और पंख छोटे हैं लेकिन फिर भी वह उड़ता है क्योंकि भँवरों को मालूम नहीं है कि उसका शरीर बड़ा है और पंख छोटे हैं यानि कि भँवरों ने अपनी सोच को पंखों से बाँध नहीं रखा जब हम चीजों को बाँधते नहीं हैं अपने से तो हम कुछ नया कर जाते हैं जिसके बारे में हमने कभी सोचा भी नहीं होता। जो आप चाहते हैं वो किजिए। कोरोना टाइम में कुछ बच्चों का करियर टाईम था। कुछ बच्चों ने कई तरह की परीक्षा देने थी। लेकिन वो यही सोच रहे थे कि हमारा वक्त सही नहीं है। आप ये भी तो सोच सकते हो कि इस वक्त में आप ने अपने लिए ज्यादा से ज्यादा वक्त अपने बारे में सोचने में लगाया जो वक्त कभी भी आपको नहीं मिला। किसी भी चीज व सोच के लिए सकारात्मक पक्ष रखिए देखिए फिर आपका मन और तन नई ऊर्जा और नई उमंग से भरकर आकाश में उड़ने लगेगा। जीवन जोश से भरा हुआ होता है अगर विद्यार्थी चाहे तो जीवन को उमंगों से भर सकता है अपने जीवन में नई ऊर्जा भरकर अपना जीवन को सफल बना सकता है। चलो हम भी नई उमंग व नई ऊर्जा से अपने जीवन को सफल बनाए।

परिदो को मंजिल मिलेगी यकीनन,
ये फैले हुए उनके पर बोलते हैं।
खामोश रहते हैं जो लोग अक्सर,,
जमाने में उनके हुनर बोलते हैं।।

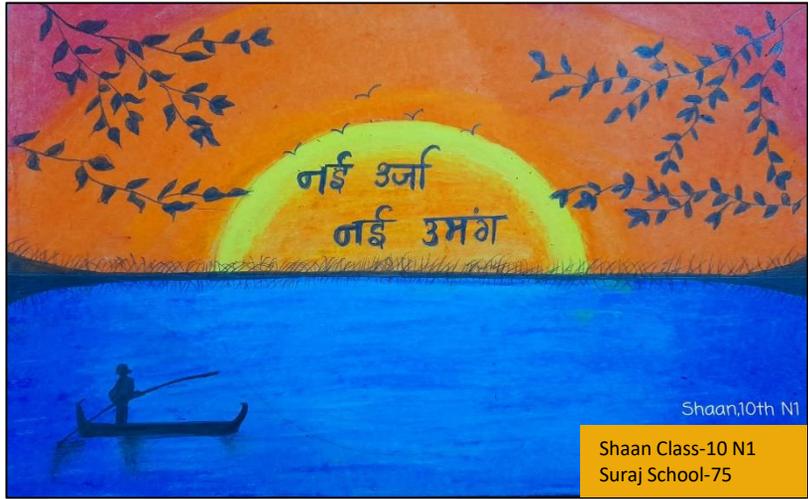
Poonam Rani 2nd A-1 | Suraj School Pataudi



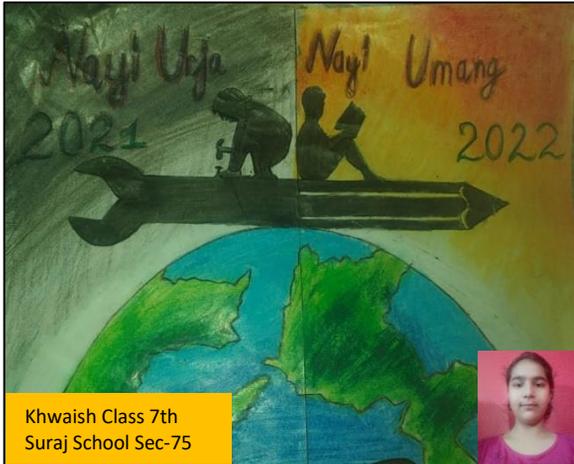
ART GALLERY



Vansh Saini Class 9th N2
Suraj School-75



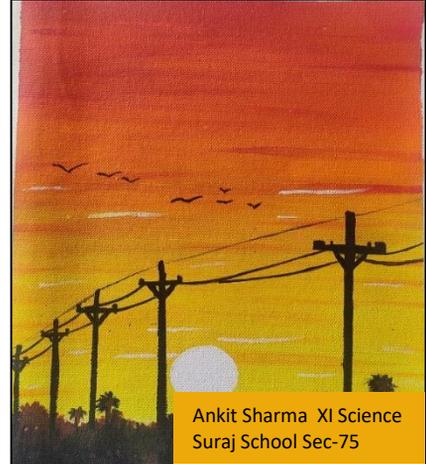
Shaan, 10th N1
Suraj School-75



Khwaish Class 7th
Suraj School Sec-75



Deepanshi Class 7th
Suraj School Sec-75



Ankit Sharma XI Science
Suraj School Sec-75



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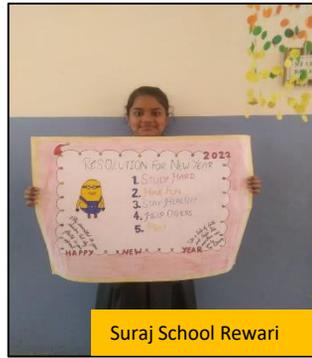
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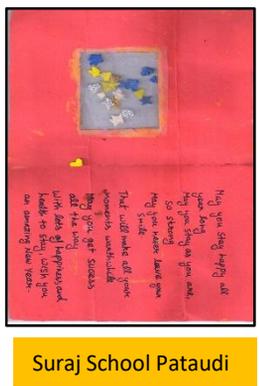
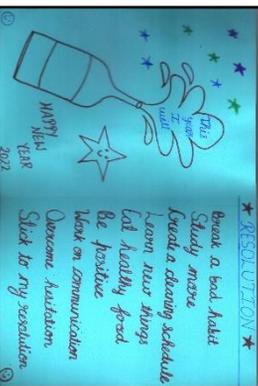
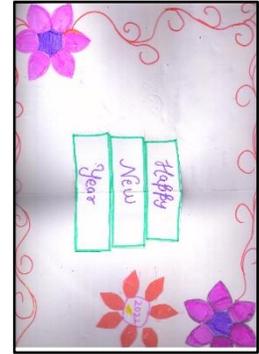
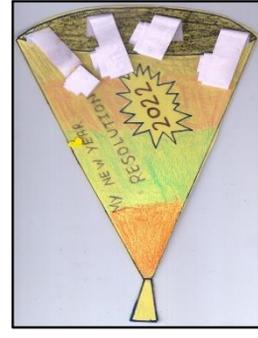
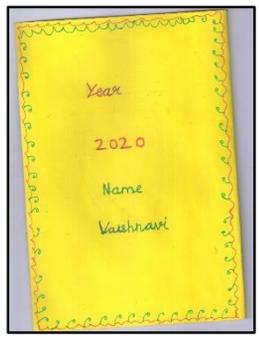
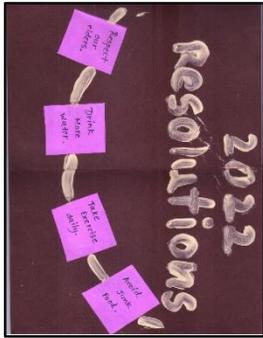
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SUDOKU PUZZLE

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

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

हल 15th Puzzle

DID YOU KNOW?



Japan had issues with crow nests on electric infrastructure, so they went and destroyed all the nests...which Prompted the local crow population to just build MORE Nests, far in excess to what they actually needed

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

Please Send All Quiz Answer
at : +91-9811590519
editor@surajschool.com

Hindi Crosswords Puzzle

1	2				
				3	
			4		
5					
				6	
		7			
8				9	

बाएँ से दाएँ

1. सूखने या नमी न होने से ऊपर की परत (तल) में झुर्रियाँ या शिकन पड़ जाना
4. दूध को गरम करने या औटाने के लिए मिट्टी की एक प्रकार की छोटी अँगीठी।
5. 1. जिसका हाथ शुभ हो 2. सहायता करने वाला (हाथ)।
6. 1. मादा चकवा; चकवी 2. लकड़ी का एक चक्राकार खिलौना जिसमें मोटी डोरी लगी होती है जिससे वह ऊपर-नीचे चढ़ता-उतरता है; चकरी; फिरकी; (यो-यो)।
7. 1. ताकत 2. सहारा 3. सैनिक शक्ति; सेना
4. कोई संगठित शक्ति जो समूह; दल; संस्था आदि के रूप में प्रकट होती है 5. दबाव
- कोई बात दूसरों से मनवाने का गुण 7. किसी वस्तु की ऐंठन; मरोड़ 8. लपेट; फेरा। -खाना : इठलाना; लहराना।
8. पैर।
9. 1. झोंक 2. झोंका; हवा का झोंका; झकोरा
3. पानी का हिलोरा; लहर 4. झटका।

ऊपर से नीचे

2. जो गुणों का खजाना हो; अत्यधिक गुणी।
3. 1. ऋणी; कर्जदार 2. धन या रुपया जमा करने की जगह; खजाना 3. वह व्यक्ति जिसके पास कोई वस्तु धरोहर के रूप में रखी जाए; महाजन।
4. ग्वालियर नगर के पास का पुराना पर्वत।

हल 15th Puzzle

	1ठ		2फ		3चि
	ह		ल		न
4नि	र	नु	ना	सि	क
	ना		फू		
		5फ	ल	ही	न
6नि	खो	ट	ना		
		ना		7पै	रा

Did you Know?



Owls make almost no noise from flying,
Even when tested in a room with
Multiple microphones

Please Send All Quiz Answer
at : +91- 9811590519
editor@surajschool.com

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Thank You

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