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प्रिय पाठकगण,
असीम हर्ष एवं गौरव के साथ हम आपके समक्ष अपनी विद्यालय पत्रिका "LITERATI" का नवीनतम संस्करण प्रस्तुत कर रहे हैं। यह पत्रिका केवल एक दस्तावेज नहीं, अपितु हमारे विद्यार्थियों की कल्पनाशीलता, ज्ञान-पिपासा और सृजनशीलता का एक दर्पण है। इसमें उनकी अंतःप्रेरणा, श्रम और सृजन का प्रतिफल दृष्टिगोचर होता है।

आज के युग में शिक्षा केवल पुस्तकीय ज्ञान तक सीमित नहीं है। यह एक ऐसा दीप है जो व्यक्ति को जीवन के हर क्षेत्र में आलोकित करता है। हमारी यह पत्रिका उसी आलोक की झलक प्रस्तुत करती है। इस अंक में निहित लेख, कविताएँ, चित्र एवं अन्य रचनाएँ विद्यार्थियों की सृजनात्मक अभिव्यक्ति और समाज के प्रति उनके सजग दृष्टिकोण को प्रकट करती हैं। ये रचनाएँ न केवल मनोरंजन का माध्यम हैं, बल्कि विचारों को झंकृत करने वाली प्रेरणा-स्रोत भी हैं।

"LITERATI" का यह संस्करण शिक्षकों और विद्यार्थियों के समर्पण, श्रम एवं उनकी अपार ऊर्जा का परिणाम है। मैं उन सभी का हृदय से आभार प्रकट करती हूँ, जिनके अथक प्रयासों ने इसे साकार किया। यह पत्रिका हमारे विद्यार्थियों की क्षमता और उनके उज्ज्वल भविष्य की ओर इंगित करती है।

आशा है, यह अंक आपके हृदय को स्पर्श करेगा और आपको नई सोच, नई ऊर्जा और नवीन दृष्टिकोण से समृद्ध करेगा। आपके विचार एवं सुझाव हमारे लिए प्रेरणा का स्रोत होंगे।

सस्नेह शुभकामनाओं सहित -

अपराजिता बक्शी
मुख्य संपादिका
हिंदी विभाग



RECALIBRATE, REIMAGINE AND REVISIT SPORTS EDUCATION & FITNESS AT SCHOOL LEVEL.

Being in the education field with over three decades of experience, I've always strongly felt the need for a rigorous fitness programme at school level. What better way of achieving this milestone of fitness for all but through a diligent and careful curated sports programme. A well-designed sports curriculum which is meticulous and methodical in spirit, backed by a healthy & well-balanced diet can easily assist in achieving an almost perfect BMI. Since the onset of COVID 19, many



school children and adults are missing out on good sports programme and sufficient physical activity. Children are so hooked onto the mobile phones that they'd rather prefer to play sports and games on their mobiles rather than go out and play outdoor sports. Most of them are aware of the consequences of non-participation in physical sports but lack the will-power to go out and play.

According to research, school sports participation is significantly associated with academic achievement, self-esteem, feel good factor about positive body-image perceptions. Sports help students to unwind after strenuous and tedious academic studies. Sports help the student to cope with the many stresses of schoolwork and so a well-designed programme will bring many benefits to kids. Obesity in students have reached alarming proportions with health experts worried at the increased rate of inactivity amongst the youth. Sedentary life styles can cause enhanced risks of cardiovascular disorder, depression, stress, anxiety and type II diabetes. A recent article in The Hindu mentioned that nearly half of India are averse to exercise and do not engage in sufficient physical activity. According to a study conducted by World Health Organization has estimated that India's proportion of adults aged 18 years or older without sufficient physical activities has more than doubled over the past two decades- from around 22 per cent in 2000 to 33 per cent in 2010 to 49 per cent in 2022. This is alarming and schools need to create opportunities for sports and fitness at an early age so that interest and understanding of being fit takes root early in life.



As the Head of School, I have always guided the sports department to have a well-planned and organized sports class. Warm-up, followed by physical exercise strengthening the upper core and lower core muscles and bones are essential before students start playing games. By getting students interested and playing sports, will add to the fun factor and added advantage of improving their lifestyle and health. Sports and games help in collaborative teamwork, understanding, strategic planning and camaraderie. Leadership, cooperation, and accountability are developed through sports and games. Let's not forget the valuable lesson of accepting failure/defeat with grace and the spirit of humility in victory that one gains from participation in sports and games.

Parents and teachers must support the school's sports programme. In a country, where marks and the rat race to finish on the top academically hold predominance, it is important for parents and teachers to come forward and help students build a good study time-table. It is important that sports and games should not be held as the rogue for a student not performing well in studies. I find this the lamest excuse given by educators and parents. Games and sports in moderation can always enhance academic performance. What parents and teachers must stress upon is to get rid of the addiction to mobile phones and excessive long hours spent on social media which is one of the major causes for poor academic performance. We must understand that physical inactivity is a silent threat to global health and as educators we must create a stimulating environment where students are excited about participating in games and sports so that they reap the health benefits of physical activity. The Government of India and rich entrepreneurs must come forward to provide parks, stadiums and gyms for students to engage in a fitness regime. If we need a healthy nation, we must encourage our citizens to be conscientious about their health and fitness level.

Desmond Jude D'Monte
Principal
Litera Valley School



THE GRACEFUL LEGACY OF RATAN TATA

In the heart of India's bustling land,
A leader rose with a gentle hand.
Ratan Tata, a name so grand,
With vision clear and dreams well-planned.

A titan of industry, a name known so well,
Ratan Tata, a story- his legacy will tell.
From humble beginnings, a vision took flight,
To build Indian industry, shining ever so bright.

From steel to tea, cars to skies,
He built an empire that touched the skies.
With every step, he aimed to rise,
Yet stayed humble, wise, and kind.
Through decades of progress, his compass was true,
Integrity his guide, in all that he would do.

From Nano's dream, to global acquisition,
He built empires of trust, with careful ambition.
He dared to dream bigger, beyond the bottom line,
Investing in people, making their futures shine.

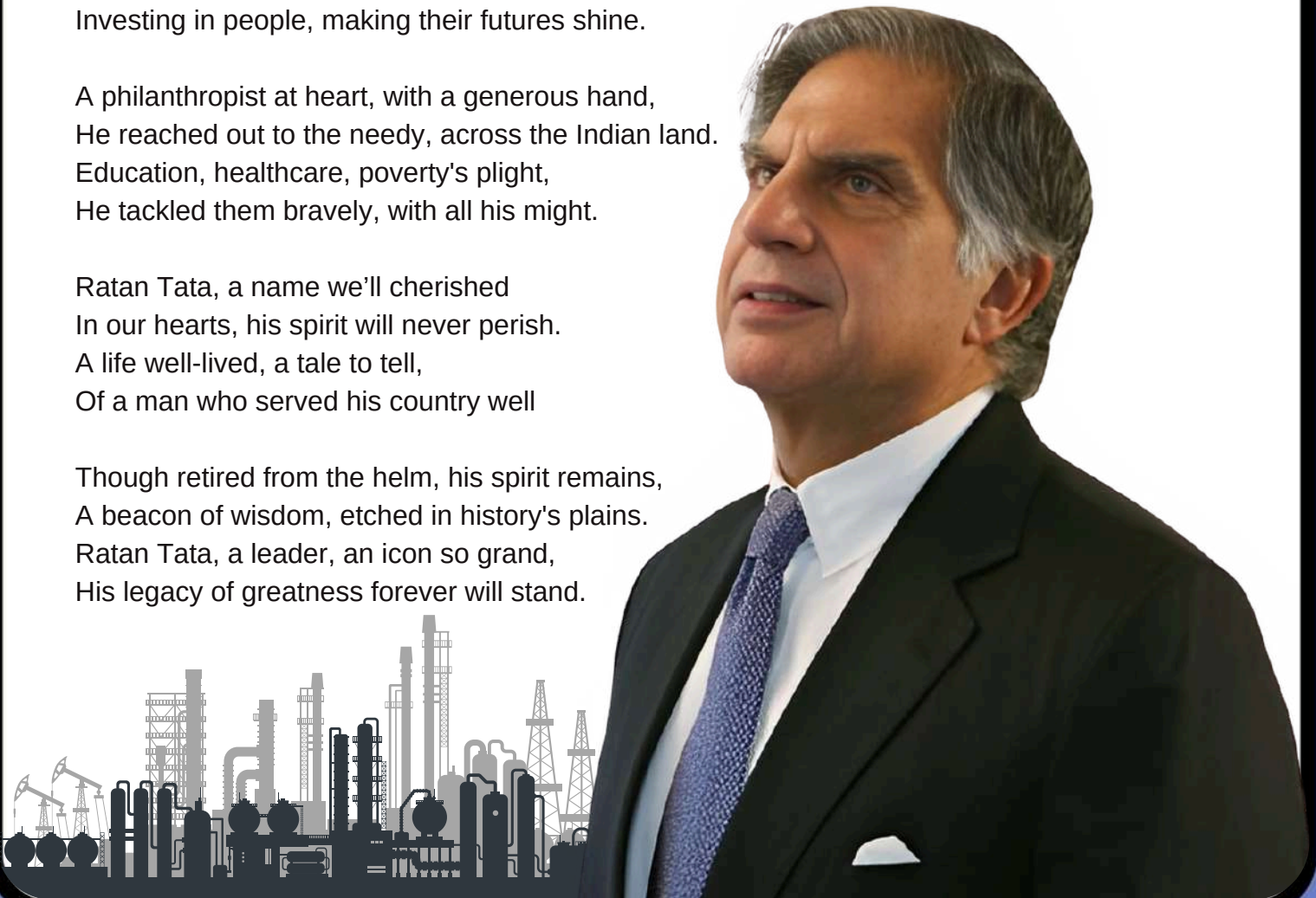
A philanthropist at heart, with a generous hand,
He reached out to the needy, across the Indian land.
Education, healthcare, poverty's plight,
He tackled them bravely, with all his might.

Ratan Tata, a name we'll cherish
In our hearts, his spirit will never perish.
A life well-lived, a tale to tell,
Of a man who served his country well

Though retired from the helm, his spirit remains,
A beacon of wisdom, etched in history's plains.
Ratan Tata, a leader, an icon so grand,
His legacy of greatness forever will stand.



Aditya Kr Azad, XI-A

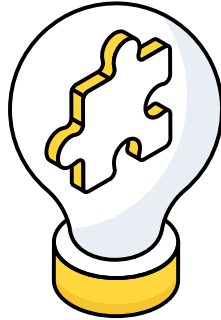


MYSTERY- A FUN!

Injal, V-B

"There was a little girl named Louie who loved finding mysteries. Each year, the carnival came to her city, and she never missed it. As she was getting ready to leave for the carnival, she noticed an envelope on her desk. On the front, a riddle was written. Louie was in a quandary, she wanted to see the carnival but at the same time she also wanted to solve the mystery. She figured that the carnival would last all day, so she decided to solve the mystery first.

She opened the envelope and read:
"You measure my life in hours,
And I serve you by expiring.
I'm quick when I'm thin,
And slow when I'm fat.
The wind is my enemy."



Louie pondered upon the riddle for a moment. Then, suddenly, the answer came to her mind. "Candle!" she shouted. She ran to the kitchen, where she found a packet of candles. Inside, there was another envelope containing two shiny pearls and a new riddle.

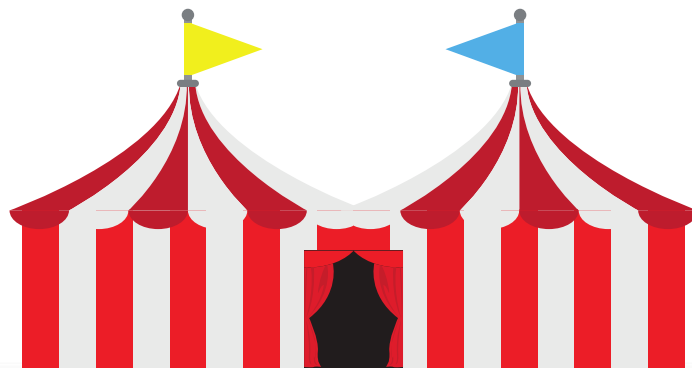
Louie tied the pearls on a thread and wore them like a necklace. The riddle read:
"What gets wet while drying?"

Again, she thought and thought, and then the answer struck her. "Towel!" she exclaimed. She dashed to her bedroom and noticed a towel hanging on the door. As she grabbed it, another envelope fell onto the floor, containing yet another riddle and three beads.

She took the beads and added them to her necklace. The riddle read:
"I am full of joy and happiness. I have so many rides. Who am I?"

This time, Louie didn't hesitate. "The carnival!" she shouted and ran towards the entrance. But in her excitement, she realized that she had forgotten her money for the tickets. Just then, a kind man told her, "You can buy tickets with those five pearls."

Filled with joy, Louie exchanged her pearls for a ticket. She entered the carnival and spent the entire day enjoying the rides, games, and all the fun.



ARTIFICIAL INTELLIGENCE: RISKS AND REWARDS

Artificial Intelligence (AI) means making computer systems that can do things that normally need human input. AI can solve problems, learn, understand language, and make decisions. It's a big deal because it can learn from data and get better without needing to be told how to do specific tasks. AI is changing lots of industries by doing things more accurately. The main idea behind AI is to make systems that can do things that need human-like smarts, to make things more efficient and accurate. AI wants to do repetitive tasks, help humans, and solve hard problems that people can't do on their own. But while AI has a lot of potential, there are also problems. People worry that AI will take away jobs because it can do things that people used to do. Even though AI can make things better, it might change the job market a lot, especially in industries like manufacturing, marketing, and transporting. There are also concerns about ethics, especially in things like privacy, where using AI to watch people or find out about them could hurt their rights.



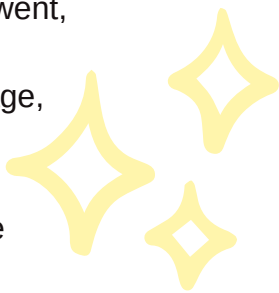
Ankit Bibhu, XII-F

In the end, AI has the power to make human lives a lot better. But it's important to think about the ethical, economic, and social problems it brings so that everyone can benefit from it fairly and safely. As AI keeps getting better, we need to find the right balance between making new things and making sure they're used in the right way.

Online Sources used: www.google.com & en.wikipedia.org

BITTER SWEET FAREWELL TO OUR LEARNING HEAVEN...

We all grew up,
The place where we all went,
Everything we learnt,
From childhood to teenage,
Lessons of adulthood,
Learnt to read and write.
It became our safe place
a place to escape,
The place where we all cried on first and last day.
Never thought that leaving would be this hard.
Made friends for life
Never thought that leaving would be this hard.
Never thought we'd have to say goodbye.
But life moves on and we must follow our path,
Memories of our time here will never fade.



We all grew up together,
Shared laughter and tears,
Made memories that will never be forgotten.
But now it's time for us to bid farewell
Though it's painful to part ways.
We'll carry each other in our hearts forever,
And the bond we share will never cease to grow,
Though we may be far apart,
We'll always be connected in our heart.



Akriti Pandey, 11-F

TREES THAT CAN WALK!

Aditya Bhardwaj, VI-C

Friends, would you believe me if I tell you some trees can walk?

I am not kidding. A special kind of palm tree, found in Latin America. Each day, it can walk for 2-3 cm. About 20 meters in a year. Named the *Socratea Exorrhiza* or simply, the Walking Palm Tree. Normally they're 15-20m tall. And their diameter is about 16 cm. The roots of normal trees are under the ground. But the roots of these Walking Palm Trees, are partially above the ground. That gives the tree a broom-like appearance. In the dense forests where these trees are found, it is quite difficult for these trees to get sunlight. So the trees have to 'walk' to the areas with more light. The mechanism of 'walking' is quite straight forward. The roots of the tree grow on the side with more sunlight. And the old roots are left behind. But some scientists believe that it can't be termed as 'walking'. Due to the growing process of the tree, it can move from one place to another and technically it's not walking.

Isn't it amazing!



ARE WOMEN REALLY SAFE?

Deepika Rani, X-F

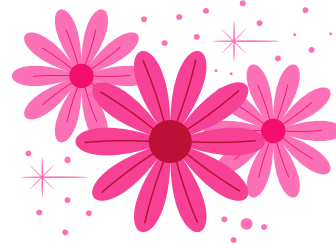
Are women really safe?

We ask with hearts that tremble still,
Behind each smile, behind each word,
A quiet fear, a silent will.

In daylight's glow, in midnight's gloom,
In crowded streets or in a room,
Does freedom walk with every stride,
Or is she hiding deep inside?

We lower our gaze, we quicken our pace,
Holding keys between fingers, just in case.
We breathe in shadows, tense and tight,
The weight of fear, the endless fight.

In homes, we build our walls of trust,
Yet even there, is it enough?
Behind the door, beyond the key,
Does safety really set us free?



The world spins on with empty claims,
Yet whispers fill the cracks with names—
Of lives undone, of wounds unhealed,
Of truths too raw to be concealed.

Do we not see her silent tears,
The cries that no one ever hears?
She walks with scars that do not fade,
With battles fought with every shade.

But no more silence, no more shame—
Let justice burn, ignite the flame!
For every sister, mother, friend—
This endless fear must surely end.

The night belongs to her as well,
No more a place where monsters dwell.
The streets, the halls, the quiet lanes,
Should echo only freedom's name.



With hearts on fire, we rise, we shout,
 We turn this broken world about.
 For women's voices will be heard,
 A revolution, in every word.

See her now—she's standing tall,
 No longer fearing every fall.
 Her tears, once lost, are now her shield,
 Her voice, her sword, in every field.

And so we march, with burning grace,
 To forge a new and safer place.
 Not just a dream, but something real—
 A world where every woman heals.

No more the question, no more doubt—
 We'll turn the fear inside out.
 Until one day, we all can say,
 That women walk in peace each day.

AI: A THREAT TO MANKIND

As we stand on the edge of technological enhancements uncertainty arises from it. Our positive attitude is no longer as simple as being able to imagine what was previously unimaginable. What if someday AI creations become smarter than us? Maybe they will do whatever they want with us. Will we be able to control our creations?

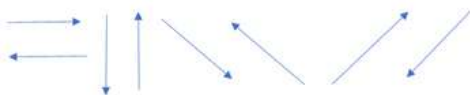


Shraddha Agrawal, X-C

It's as if we are in a boiling pot with water touching the lid, unsure of how to control the boiling water. Or it is as if we are drunk and holding a gun without knowing the repercussions it can cause. Will the creators become the slave of their own creations? The time is running fast and we have only limited time to change and make sure that AI is more of a boon than a bane to the society. It's important that we think more about the ethics and consequences of artificial intelligence as humans, we are not mere tech enthusiasts or computer scientist who only worries about the code, but inhabitants of this world and the future of the world matters too.

AI AND ETHICS (CROSSWORD)

There are 2 bonus words related to AI. Directions: words may be in any of given way:



1. Responsibility
2. Trust
3. Dignity
4. Solidarity
5. Privacy
6. Autonomy
7. Justice
8. Freedom

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

ECHOES OF CELEBRATION

Festivals today often serve merely as opportunities for holidays from schools and offices, but this sort of thinking hasn't been here since forever. In the past, people eagerly anticipated the festive season to reunite with family, friends, and loved ones. Nowadays, festivals seem confined to only donning new clothes and capturing photographs. However, in villages, the spirit of celebration remains unchanged, echoing the same enthusiasm and excitement as a decade ago, despite the shrinking number of family members. The reasons for this shift vary—be it changing human nature or economic pressures. Each family has its unique narrative. Ultimately, celebrating festivals doesn't require new clothes or lavish feasts; the true essence lies in the togetherness and love of the family.



Lavanya Singh, 10-C

OVERCOMING STAGE FRIGHT

Anushka Singh, VIII B



"Speech is power; speech is to persuade, to convert, to compel."

-Ralph Waldo Emerson

Haven't we all heard that confidence is all that it takes for a person to win the hearts of an audience? But is confidence all that is required?

If we had to describe it in a single word, the answer is 'yes'. The art of public speaking, however, is much more than that. One needs to connect with the soul of the audience to really grasp their attention, and the obstacle that comes in the path of becoming a good speaker for most of the people is stage fright.

Tips to be a good speaker:

- To begin with, being a clear speaker requires you to first be an attentive listener. Pay close attention to how other individuals communicate or share their speech.
- Prepare your speech; writing it down or reciting it to someone else will undoubtedly help you and would prepare you to speak with confidence.
- Look at the audience. It is perfectly fine if you lack the courage to maintain direct eye contact, though. Something that I always do is to look at the empty space just above the crowd's heads.
- Be ready to bite the bullet if you mess up your oration; missing a few words is not enough to ruin the whole event.
- Rest assured that everything will go smoothly because the audience will be able to tell if you are anxious.
- Finally, if you are anything like me, prepare to face the music because you will most likely fumble through almost every speech you give. But learning from your mistakes is a crucial part of learning altogether, isn't it?

Even if you continue to stumble between sentences, you can be confident that you will eventually overcome your embarrassment of being up on the stage.

WHEN I STARTED READING

Aditi Singh, 10E

The wind soared like a tale unheard,
The ravens cried as if they were on a hunt,
But the cloaks on as I enter this dungeon.
From the dragon that breathes fire;
I'll protect my kingdom.

And at once when the mortal stands in front of me,
I sway my hand and give my wand a whip
As my lips chant spells and a hex
He flies over, and fire he spits.
The battle grows intense.

As I grow tired and weak,
The words of my mentor are all I seek:
"Turn on the light in dark times" he said,
So I stand erect this time,
And turn on the light inside.

And I steer straight
My cloak flutters across the wind,
"Abracadabra" I cry and the beam leaves.
"Don't you have homework that's undone?" and the soldier looks up
And with a sly face she smiles putting the battle for some other time.

Because when I start reading,
I am in a world apart
Guided by the words of the author
Acts my heart.



TALKING TO TALENTS

EPISODE- 1

BADMINTON CHAMPS: APOORVA SINGH, 10A AND RASHMI PRAKASH, XI-B
INTERVIEW BY DIKSHA SAHANI, X-A

Two talented students and badminton players, Apoorva Singh, 10A and Rashmi Prakash, 11B were selected for nationals after successfully winning the badminton clusters in Gaya in the month of September, 2024. I, Diksha, had a chance to interview them about their experiences and journeys as sportspeople.

My first question was how their journeys in badminton began. Apoorva stated that she started playing when she was in grade VII just for fun, while Rashmi began in grade VI when she joined the Badminton Academy at Litera Valley School. During lockdown, she started practicing seriously. Although both initially took up badminton with little interest, they eventually fell in love with the game.

Next I asked, whilst spending so much time on practicing badminton during grades 10th and 11th, how did their parents perceive it (as many Indian parents prioritize Academics over Sports)? Both replied that academics is their priority too. However, they emphasized the importance of willpower and dedication, with a simple motto: "Never give up" that helps them to pursue their dreams.

Moving to a more exciting topic, I asked them to recall their first competition, as one's first experience or first award is always precious and unforgettable. They shared their experiences.

Their first official competition was a team event during Khelozz 2022. Apoorva was just 13, and Rashmi was 14. Rashmi vividly recalled her match for the third place, recounting it as a "do-or-die moment." The crowd's cheering gave her a much-needed confidence boost. Apoorva, who was a newcomer at the time, had to face a state-level player in the semifinals. It was a tough game, and her opponent put up a hard fight. Though they didn't win gold, they gained everlasting memories and lifelong lessons.





When I asked about their recent match that led to their selection for nationals, they shared more exciting details. The final match was a thrilling event, filled with adrenaline, and the excitement only grew when they realized they had won.

Finally, they returned to Patna in triumph, with medals gleaming in their hands and fond memories in their hearts.

DO TOPPERS REALLY STUDY A LOT?

Saksham Gupta, VIII-A

When it comes to the question that do toppers really study a lot? The answer of many people is 'Yes' toppers do study a lot.

In the perspective of academic pursuits, there is always a sense of admiration and curiosity in relation to individuals known as academic toppers. When the word 'topper' comes to mind, it itself indicates people who spend countless days and nights, strategies in the form of underlined sentences and drawings and diagrams, well prepared self-notes and master regimes of studying. While some people believe that these individuals are just lucky, but the fact is that for those who are toppers, there is a great deal of time and effort and hard work actually expended on studying. Luck or talent alone is not enough to succeed. Hard work is a consistent effort that can lead to self-development, confidence, and a reputation for reliability. If one were to argue in support of this statement, a justification would suggest that students who are on top of their classes in this regard indeed study a lot, and this factor is wise enough to summarize as one of the levers of their academic success.



Tejaswita Singh, VIII-G

Do toppers really study a lot? No, not actually. This is a naturally gifted power that they have. They understand things quicker than the other students or the average ones. This was my perspective; to know what other people think about them. I conducted two surveys; one from the average ones and the other from the toppers. In the first survey from average students, I got to know some very common myths about a topper: that toppers study at least 10-12 hours daily apart from school. After they complete their syllabus from course books, they start studying and solving other publication's books too. Their hobbies are reading or writing books or poems. They always choose science stream for their intermediate and opt either medical or engineering for their career. But these are only MYTHS. On the other hand, in the survey from toppers, I got to know that; toppers study maximum for 3-4 hours in a day, they prioritize self-study more than tuitions or coaching classes. Yes, they do take help from other books but not always. Their hobbies are not just reading and writing, apart from that they love playing cricket, dancing, watching movies, swimming, etc. They do not always take science for their intermediate and their ambition can also be to become a cricketer, singer, actor, etc. So, in conclusion, the toppers really don't study a lot. I don't want to praise myself, but I am a topper and I want to become an actress not a doctor or an engineer.



सोने के पत्ते

एक गाँव में रोहन नाम का एक लड़का रहता था। वह अपना काम बहुत ही दिल लगाकर करता था। उस काम से वह दिन के दस रुपया कमाता था। एक दिन उसने सोना का एक पत्ता अपने घर के पास देखा, उसने वह पत्ता लेकर बाजार जाकर बेच दिया। उसे बेचकर बहुत पैसा कमाया।

एक दिन रोहन शहर की ओर जा रहा था तो रास्ते में एक घना जंगल मिला उधर काफी सन्नाटा था। रोहन का मन बहुत घबरा रहा था, इतने में कुछ सर-सराहट की आवाज आयी साथ ही कुछ लोगों की बात करने की धीमी आवाज आ रही थी, जैसे ही रोहन दो कदम आगे बढ़ा, तो एक व्यक्ति उसके सामने आकर खड़ा हो गया और उससे कुछ बातें करने लगा। बातचीत के दौरान तीन व्यक्ति आकर रोहन की आँखें एक तौलिया से बाँध दिया। उसके बाद उसका सभी समान को लेकर भाग गया। रोहन सड़क पर बैठकर रोने लगा एवं पश्चाताप करने लगा कि उस अनजान व्यक्ति से घुल मिलकर बात नहीं करनी चाहिए थी।

सीख - किसी अनजान व्यक्ति के साथ बेवजह बातें नहीं करनी चाहिए।



अनुराग रंजन, VII-A



जीवन संघर्ष

जीवन एक संघर्ष है, बैठे रहना व्यर्थ है,
कीमती समय गंवा देना, अर्थ नहीं अनर्थ है।

लम्बी जो दौड़ लगाता है, जीवन में सब कुछ पा जाता है,
जो हाथ धरे बैठा रहता है, वो स्थिर जल जैसा हो जाता है।

सूरज जब निकलता है, अँधेरा कहाँ ठहरता है?
जितना जो अग्नि में तपता है, उतना सोने-सा निखरता है।

तुम मेहनत से कभी मत डरो, कल का काम भी आज करो।
अभिमन्यु और एकलव्य-सा, जग में अपना नाम करो।

मानव जब मेहनत करता है, हर मंजिल को पा लेता है।
जीवन की यही रीत है, मेहनत के आगे ही तो जीत है।



स्पर्श मनोहर, VIII-B



माँ

उसे कौन समझे?
वह हमारी इच्छा समझ लेती है।
वह है माँ!

उसे कौन पढ़ाए?
जान कर अनजान बन जाती है।
वह है माँ!

खुद कष्ट में रहकर,
हमारा कष्ट दूर करती है।
वह है माँ!

सारा कष्ट लेकर,
हमें फूलों-सा पुलकित करती है।
वह है माँ!

उसका दर्द हम क्या समझे?
हमारा दर्द सहकर भी,
चिड़ियों-सा चहकती रहती है।
वह है माँ!

उसकी क्या माया है?
जिसकी गोद में आकर मिलती छाया है।
वह है माँ!

चाहो जितना कमा लो,
उसका कर्ज उतार न पाऊँगा।
लग जायेंगे कई जन्म,
क्या उसके जैसा बन पाऊँगा?

वह जितना प्यार करती है,
क्या कोई दूजा कर न पायेगा?
उसके जैसा कोई और न जीवन में मिल पायेगा।
वह है माँ!



ज्योतश्री, VIII-A



फूल गोभी की खीर

आवश्यक सामग्री:

- फूल गोभी: 500 ग्राम
- घी: 2 . 3 चम्मच
- चीनी: 1 कप
- दूध: 700 . 800 मि.ली.
- इलायची पाउडर: 1 . 2 चम्मच
- ड्राई फ्रूट्स: सजावट के लिए



बनाने की विधि:

- फूल गोभी को छोटे - छोटे टुकड़ों में काट लें और डंठल को अलग कर दें।
- फूल गोभी को उबलते पानी में 5 मिनट तक उबालें, फिर पानी छानकर ठंडा कर लें।
- एक भारी तले की कढ़ाई में घी गरम करें। उसमें उबली हुई फूल गोभी डालकर भूनें और चम्मच की सहायता से गोभी को हल्का मसलते जाएँ।
- जब फूल गोभी हल्की सुनहरी हो जाए, तो उसमें दूध डालें और धीमी आँच पर पकने दें। खीर को तब तक पकाएँ जब तक दूध गाढ़ा न हो जाए और गोभी पूरी तरह मिल न जाए।
- खीर के गाढ़ा होने पर उसमें इलायची पाउडर डालकर अच्छी तरह मिलाएँ।
- गैस बंद कर दें और खीर में चीनी डालें। चीनी को अच्छी तरह घुलने दें।
- तैयार खीर को ड्राई फ्रूट्स से सजाएँ और ठंडा या गरम परोसें।

स्वादियत फूल गोभी की खीर तैयार है!



सहर्ष राज, VIII-C

राग - भैरव

राग परिचय

ठाठ- भैरव

गायन समय- प्रातःकाल

वादी स्वर- धैवत

संवादी स्वर- ऋषभ

जाति- सम्पूर्ण-सम्पूर्ण

ऋषभ एवं धैवत कोमल, बाकी स्वर शुद्ध लगते हैं।

न्यास स्वर- मध्यम, मुख्य स्वर समूह गम रे सा।

आरोह - सा रे, ग म, प ध, नि सां।

अवरोह - सां नि ध, प म, ग रे, सा।

पकड़ - सा रे ग म, प ध पा।



राग भैरव (छोटाख्याल)

ताल - तीन ताल (16 मात्रा)

बंदिश

स्थायी:

धन-धन मूरत कृष्ण मुरारी

सुलच्छन गिरिधारी छवि सुंदर लागे अति प्यारी

अंतरा:

बंसीधर मनमोहन सुहावे

बलि-बलि जाऊँ मोरे मन भावे

सब रंग ज्ञान विचारी।।



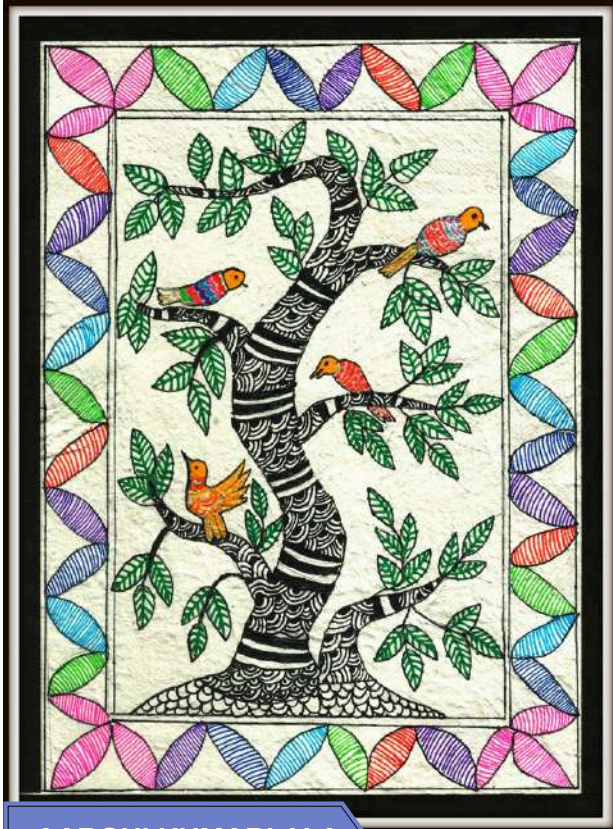
स्थायी

म	नि	ग	ग	ग	ग
ग म ध ध	पम प म ग	रे - मग (म)	रे - सा -	रे - सा -	रे - सा -
ध न ध न	मूऽ ऽ र त	कृ ऽ ण्णऽ मु	रा ऽ री -	रा ऽ री -	रा ऽ री -
0	3	X	2	2	2
नि नि	सा सा सा सा	ग	सा म	सा म	सा म
सा ध - नि	ऽ न गि रि	रे - सा -	नि सा ग म	नि सा ग म	नि सा ग म
सु ल ऽ च्छ	ऽ न गि रि	धा ऽ री ऽ	छ बि सुं ऽ	छ बि सुं ऽ	छ बि सुं ऽ
0	3	X	2	2	2
नि	ध नि	पध निसां सारें सांनि	धनि धप मग म	धनि धप मग म	धनि धप मग म
प प ध -	सां - ध प	प्याऽ ऽऽ ऽऽ ऽऽ	ऽऽ ऽऽ ऽऽ री	ऽऽ ऽऽ ऽऽ री	ऽऽ ऽऽ ऽऽ री
द र ला ऽ	गे ऽ अ ति	ऽऽ ऽऽ ऽऽ	ऽऽ ऽऽ ऽऽ री	ऽऽ ऽऽ ऽऽ री	ऽऽ ऽऽ ऽऽ री
0	3	X	2	2	2

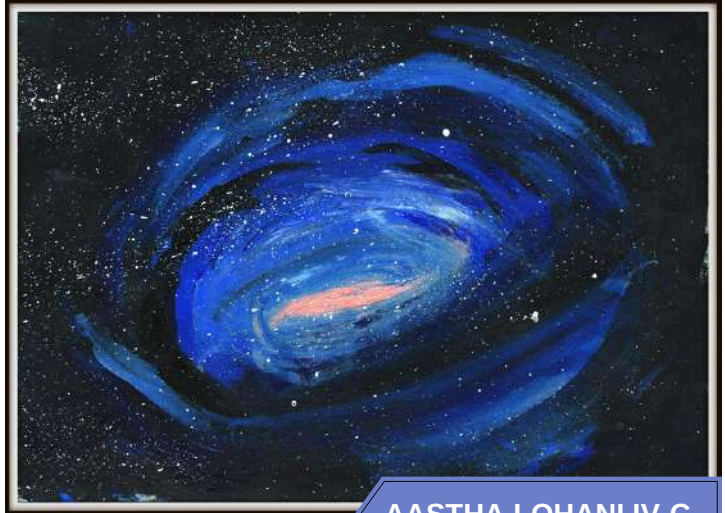
म	नि	ग	ग	ग	ग
प - प -	ध ध नि नि	सां सां सां सां	नि सां सां -	नि सां सां -	नि सां सां -
बं ऽ सी ऽ	ध र म न	मो ह न सु	हा ऽ वे ऽ	हा ऽ वे ऽ	हा ऽ वे ऽ
0	3	X	2	2	2
सां रें	नि	नि	नि	नि	नि
रें रें मं मं	रें - सां -	सां सां रें सां	ध - प -	ध - प -	ध - प -
ब लि ब लि	जा ऽ ऊँ ऽ	मो रे म न	भा ऽ वे ऽ	भा ऽ वे ऽ	भा ऽ वे ऽ
0	3	X	2	2	2
म	नि	ग	ग	ग	ग
ग म ग म	प - ध प	पध निसां सारें सांनि	धनि धप मग म	धनि धप मग म	धनि धप मग म
स ब रं ग	ज्ञा ऽ न वि	चाऽ ऽऽ ऽऽ ऽऽ	ऽऽ ऽऽ ऽऽ री	ऽऽ ऽऽ ऽऽ री	ऽऽ ऽऽ ऽऽ री
0	3	X	2	2	2

अंतरा

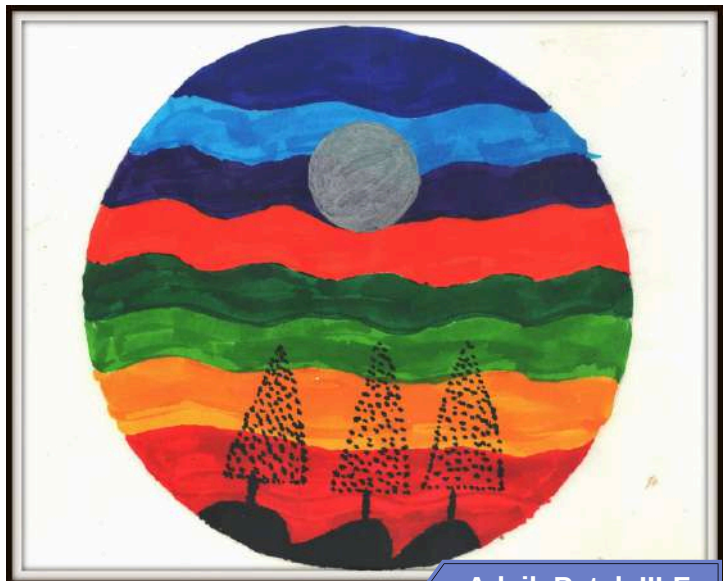




AAROHI KUMARI, V-A



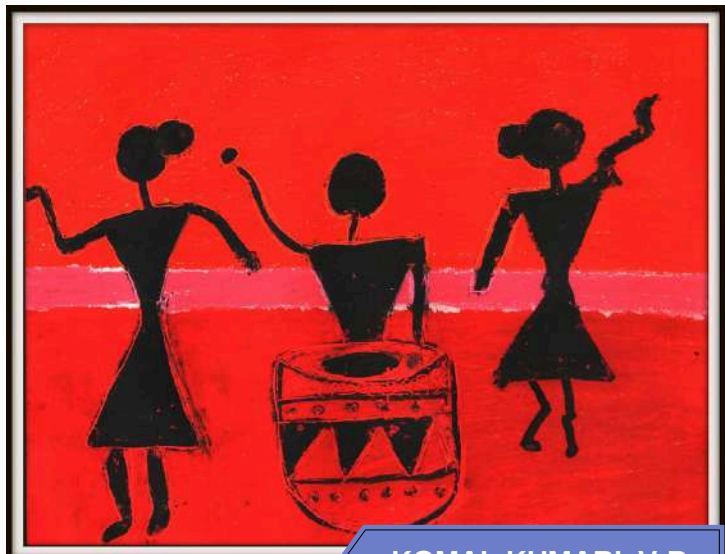
AASTHA LOHANI IV-C



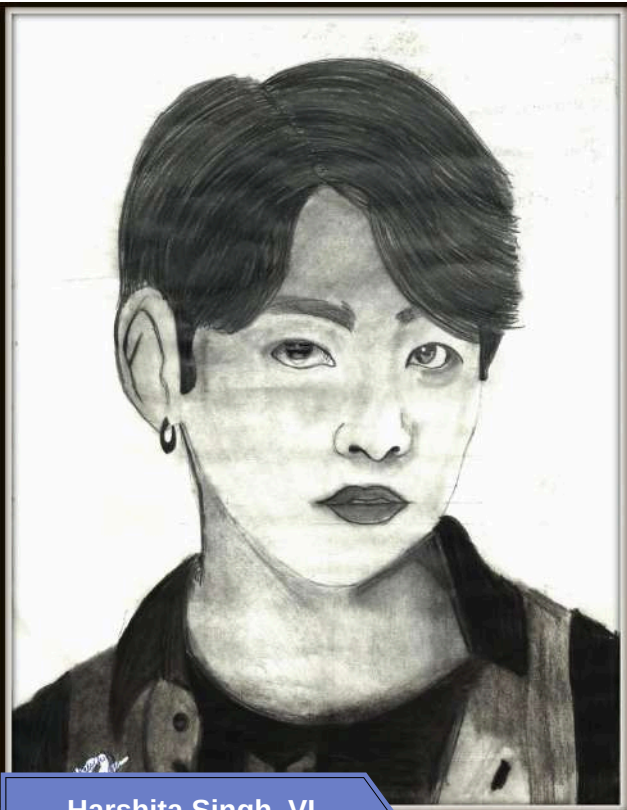
Advik Patel, III-F



AASTHA LOHANI IV-C



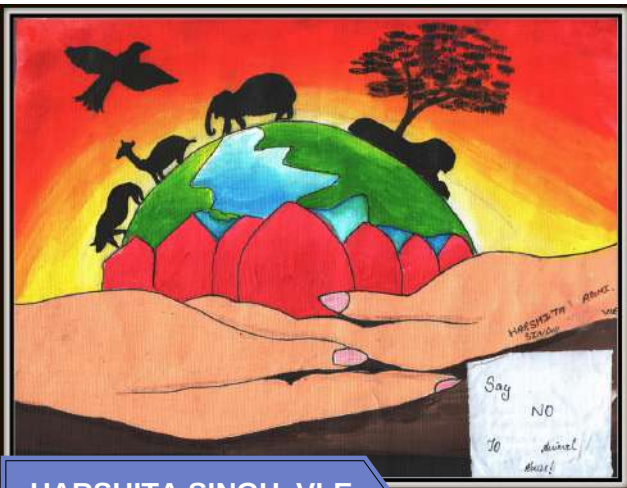
KOMAL KUMARI, V-B



Harshita Singh, VI



KUSUM KUMARI, VIII-E



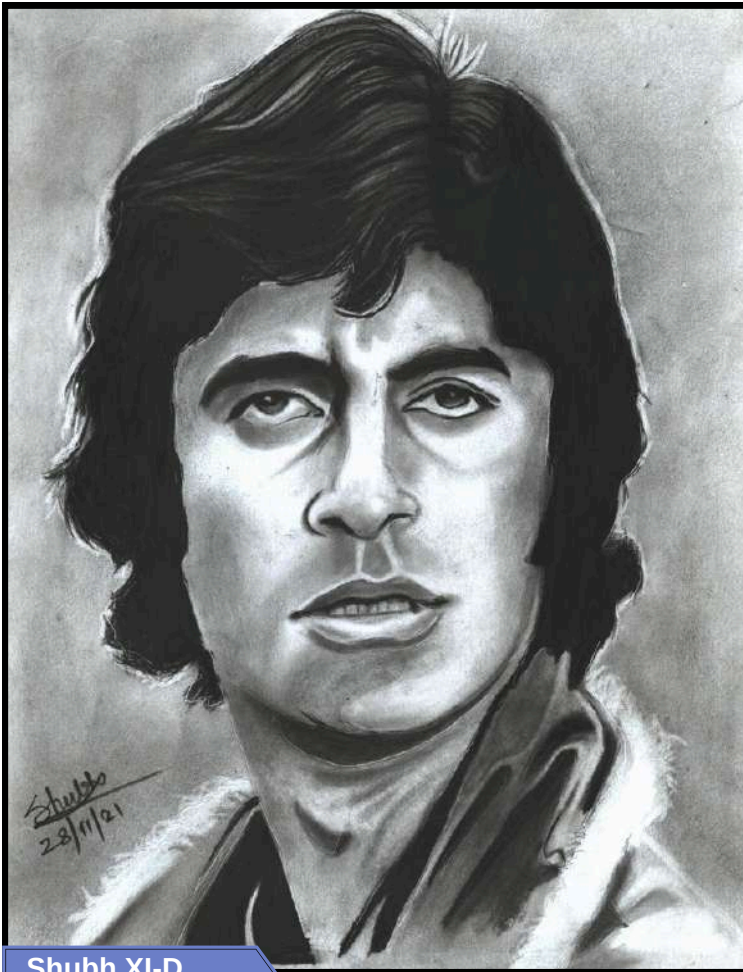
HARSHITA SINGH, VI-E



HARSHITA KUMARI VI-D



DEVESH KR GUPTA VI-D



Shubh XI-D



SANJANA KUMARI, VI-F



RADDY SANVI SINGH VI-B



Riddhi Guha, XI-A



LITFEST - 7



BRAIN TEASERS

Answers of the Last Edition's (Aug & Sept) Riddles:

- 1) An Echo 2) Pencil Lead
 3) 29 Feb 2008 4) 4 eyes



Aditya Kr Azad, XI-A

Questions:

1. One rabbit saw 6 elephants while going towards River. Every elephant saw 2 monkeys are going towards river. Every monkey holds one tortoise in their hands. How many animals are going towards the river?

- a.14 b.4 c.10 d.5

2. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

3. What has cities, but no houses; forests, but no trees; and water, but no fish?

4. What city moves but doesn't walk?

5. $€ + £ + ¥ = 25$

$€ - 2£ + ¥ = 26$

$-2¥ + € + £ = 30$

Value of '£ + ¥'

- a.26 b.27 c.-12 d.-2



Abhyuday, XII-A

SUDOKU PUZZLE

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

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9

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

(Solution will be published in the next edition)

Solution of the Third Edition (Aug & Sept)

Appreciation for the valuable Contribution as a team for LITERATI- Online Creative Magazine



*Desmond Jude D'Monte
Principal*



*Rupali Chakraborty
Chief Editor (English)*



*Ayushi Mehrotra
Editor*



*Nutan Kumari
Editor*



*Ashok Jha
Editor*



*Monica
Member*



*Priya Sinha
Member*



*Pradeep Kr Deepak
Photography*

Student Members:



*Rohan Raj
Student Member*



*Diksha Sahani
Student Member*



*Shraddha Agrawal
Student Member*



*Shreya Sinha
Student Member*