

केन्द्रीय विद्यालय
श्रीकाकुलम

**KENDRIYA VIDYALAYA
SRIKAKULAM**



तत् त्वं पूषन् अपावृणु
केन्द्रीय विद्यालय संगठन

**Class Magazine VII
2021**

कक्षा पत्रिका
२०२१

केन्द्रीय विद्यालय श्रीकाकुलम
हैदराबाद संभाग

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श्री के शंकराय्या
प्राचार्य,
केन्द्रीय विद्यालय
श्रीकाकुलम



Sri K Sankaraiah
Principal,
Kendriya Vidyalaya,
Srikakulam



From the Principal's Desk..

It gives me immense pleasure to bring the edition of E- Magazine, which has given a magnificent arena to the students to canvass their aesthetic and creative skills in a delightful fabrication. The Class- Teachers have played a significant role in nurturing and inspiring the ideas and emotions of the students in a spontaneous sensible and constructive manner. It's an attempt to understand the psychological need of the learners in this crucial pandemic crisis and engaging them optimally to perform exquisite and indigenous creative task for a holistic development.

AMIT KUMAR YADAV GVK KAMESWARA RAO DIBAKARO BEHERA

Class Teacher

7A

Class Teacher

7B

Class Teacher

7C

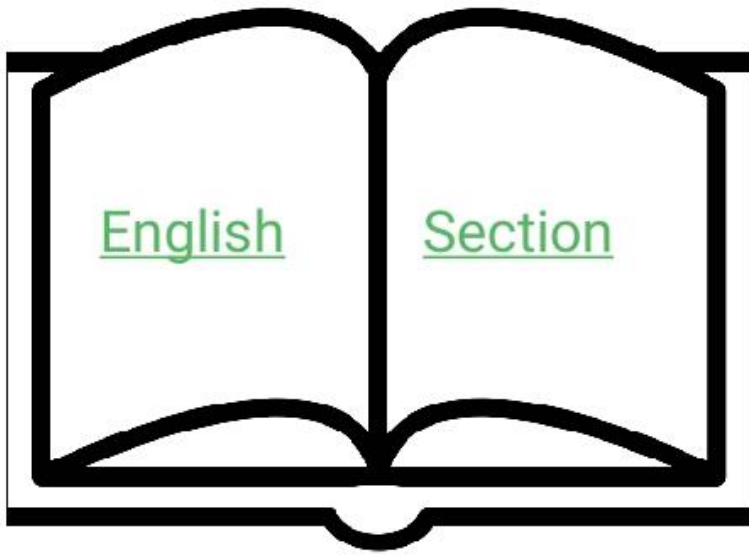


Class Teachers' Message

“Creativity is seeing the same thing, but thinking differently” – As I remember a quote from Sri A P J Abdul Kalam. Children are equipped with creativity in an enormous capacity. Ideally they need a platform to express.

It's a prodigious prospect to bring together the students' ingenious and appealing work as a form of e-magazine. Nonetheless it is an iota of the endeavours shown by the students. We must thank Sri K Sankaraiah, Principal for having his ceaseless guidance and inspiration. The efforts and curiosity shown by the students, in bringing the e-magazine in place, are commendable.

The grace lies in painting the miniscule thoughts.



English

Section



YOGA AS EXERCISE

YOGA AS EXERCISE IS A PHYSICAL ACTIVITY CONSISTING MAINLY OF POSTURES, OFTEN CONNECTED BY FLOWING SEQUENCE, SOMETIMES ACCOMPANIED BY BREATHING EXERCISES, AND FREQUENTLY ENDING WITH RELAXATION LYING DOWN OR MEDITATION. YOGA IN THIS FORM HAS BECOME FAMILIAR ACROSS THE WORLD, ESPECIALLY IN AMERICA AND EUROPE.

B LOCHANA, 7

PRESENT SITUATION OF COVID -19 PANDEMIC

THE COVID - 19 PANDEMIC HAS RESULTED IN SEVERE ECONOMIC AND SOCIAL IMPACTS AROUND THE WORLD. MANY ARE NOW AT RISK OF BEING LEFT BEHIND IN EDUCATION, AND HEALTH AND WELLBEING DURING A CRUCIAL STAGE OF THEIR LIFE DEVELOPMENT. YOUNG PEOPLE ARE MORE LIKELY TO BE UNEMPLOYMENT OR TO BE IN PRECARIOUS JOB CONTRACT AND WORKING ARRANGEMENT, AND THUS LACK ADEQUATE SOCIAL PROTECTION. AT THE SAME TIME, YOUNG PEOPLE ARE RESPONDING TO THE CRISIS THROUGH PUBLIC HEALTH PROMOTION, VOLUNTEERING AND INNOVATION. YOUNG PEOPLE WILL BE A KEY ELEMENT IN AN INCLUSIVE RECOVERY AND THE ACHIEVEMENT OF THE SUSTAINABLE DEVELOPMENT GOALS DURING THIS DECADE OF ACTION. HOWEVER, THE RESPONSE AND RECOVERY MUST BE DONE IN A WAY THAT PROTECTS THE HUMAN RIGHTS OF ALL YOUTH.

STAY HOME,
STAY SAFE

L MADHURI CLASS
7th C



TOKYO 2020



TOKYO OLYMPICS 2020

WITH SEVEN GOLD MEDALS- ONE GOLD, TWO SILVER, FOUR BRONZE-TOKYO 2020 HAS BEEN THE MOST DECORATED OLYMPIC GAMES IN INDIA'S HISTORY. INDIA FINISHED 48TH ON THE MEDAL TALLY IN TOKYO, ITS HIGHEST RANKING IN OVER FOUR DECADES (IF ONE WERE TO GO BY THE TOTAL NUMBER OF MEDALS, INDIA WOULD HAVE ACTUALLY FINISHED 33RD IN THE RANKING).

L MADHURI
7th C



TRUE MEANING OF INDEPENDENCE

"WHEN YOUR INNER EMOTIONS ARE NOT MONITORED, GUIDED, INFLUENCED OR DERIVED BY THE OUTSIDE THINGS AROUND YOU. "TRUE INDEPENDENCE UNDERSTANDS 'ONE CAN LIVE A LIFE OF HIS OWN CHOICE ONLY WHEN HE IS ECONOMICALLY AND EMOTIONALLY INDEPENDENT'".

P.SHANMUKHA PRIYA
7th C

BENIFITS OF YOGA



- 1.Yoga improves the strength balance and flexibility.
2. Yoga helps in pain relief of body.
3. Yoga is good for our heart also.
- 4.Yoga relaxes you and also helps you to sleep better.
5. Yoga can mean more energy and brighter moods.
- 6.Yoga helps you to manage stress.
- 7.Yoga promotes you to better self care.
8. Yoga boosts metabolism.
9. Yoga improves the immunity system.
- 10.Yoga helps in increasing of blood flow.
- 11.Yoga keeps diseases at bay.
12. Yoga improves lung function.
- 13.yoga helps in improve in breathing.
- 14.Yoga makes the man slim.
- 15.Yoga improves eating habits.

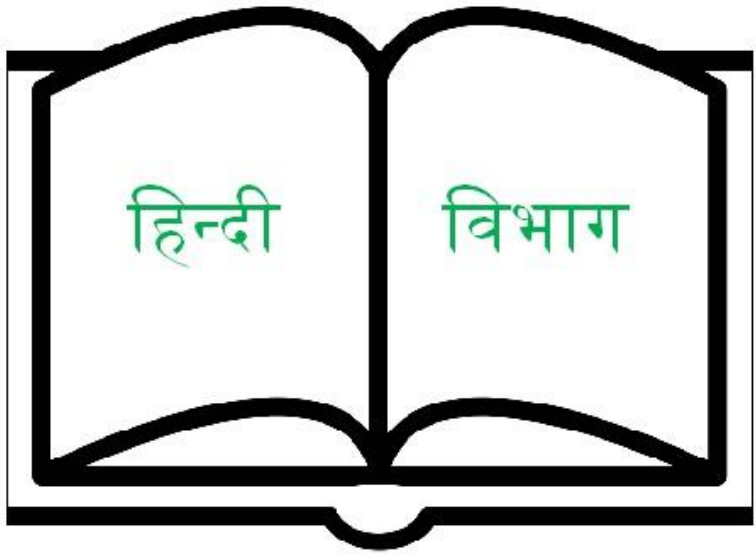
N.CH. SWAROOP



My Future Dreams

Everyone has dreams. Whether they are to become a scientist and discover new and amazing things, or become a star basketball player and be the highest paid player in the league, people dream about their future. I have dreams for the future just like everyone else. Dreams of the good life, with lots of money, hot girls, and fast cars! And I will do whatever it takes to achieve it. College is my first step to achieve my dream. Currently I am a student in high school. I do my best to keep my grades up, because I know that they will help me into college. I dream of going to UCSD to get a bachelor's degree in biology, then coming back to Stockton to attend UOP and getting a Doctorates degree in Pharmacy. By the time I get this degree, I will be around 28, so I hope that it will all be worth it. After I have a doctorate, I plan to get a job working for a company under their research division. I hope I can lend a hand in finding new, more effective ways of administering drugs to patents. Or I could possibly design self-administration drugs for those at home type of people. Or perhaps I could improve packaging designs for the medication. The possibilities are endless! I plan to make something of myself, and not to give up. I have a major fear of failure, and I won't let it get to me. My parents expect a lot out of me, and I think I have done a good job so far. My dreams are what keep me going; they are an object for me to strive for. I will obtain that object one day.

P. JAHNAVI 7th C



हिन्दी

विभाग

समय का महत्व

समय संसार की सबसे कीमती चीज है जो एक बार खो जाने पर दुबारा नहीं मिलता | यदि समय का सदुपयोग नहीं कर सके तो जीवन में हम कुछ भी हासिल नहीं कर पाएंगे |

कबीरदास जी ने कहा था – काल करै सो आज कर, आज करै सो अब पल में परलै होयेगी, बहुरी करेगा कब”

युवावस्था में समय का मूल्य सबसे अधिक होता है क्योंकि समय युवा के भविष्य को निर्धारित करता है | जो लोग समय के महत्व को समझ कर इसका सदुपयोग करते हैं वह जीवन में आगे बढ़ जाते हैं और जो लोग नहीं समझ पाते हैं वो लोग जीवन में पीछे रह जाते हैं |समय सीमित होता है हर किसी को अपने जीवन में समय के महत्व को समझते हुए समय का सदुपयोग करना चाहिए|

मैत्री मुंजी

7 वीं स

स्वतंत्रता दिवस का महत्व

ब्रिटिश शासन से आजादी मिलने की वजह से भारत में स्वतंत्रता दिवस सभी भारतीयों के लिए एक महत्वपूर्ण दिन है। हि इस दिन को हर साल 15 अगस्त 1947 से मना रहे है। गांधी, भगत सिंह, लाला लाजपत राय, तिलक और चन्द्रशेखर आजाद जैसे हजारों देशभक्तों की कुर्बानी से स्वतंत्र हुआ भारत दुनिया के सबसे बड़े लोकतंत्र के रूप में गिना जाता है।

आजादी के इस पर्व को सभी भारतीय अपने-अपने तरीके से मनाते है, जैसे उत्सव की जगह को सजा कर, फिल्मे देखकर, अपने घरों पर राष्ट्रीय झंडे को लगा कर, राष्ट्रगान और देशभक्ति गीत गाकर तथा कई सारे सामाजिक क्रियाकलापों में भाग लेकर मनाते है |राष्ट्रीय गौरव के इस पर्व को भारत सरकार द्वारा बहुत ही धूमधाम से मनाया जाता है। इस दिन भारत के वर्तमान प्रधानमंत्री के द्वारा दिल्ली के लाल किले पर झंडा फहराया जाता है और उसके बाद इस उत्सव को और खास बनाने के लिये भारतीय सेनाओं द्वारा पेरड, विभिन्न रज्यों की झांकियों की प्रस्तुति , और राष्ट्रगान की धुन के साथ पूरा वातावरण देशभक्ति से सराबोर हो उठता है।

पी. जाह्नवी

7 वीं स

धन्यवाद है उनको

जिसने जीवन आसान किया है
हिन्दू ,मुस्लिम ,सिक्ख ,ईसाई
सबको मान दिया है ।

डॉक्टर ,नर्स ,सफाई कर्मी
या हो सैनिक वर्दी वाला
दूध ,सब्जी ,बिजली ,पानी
या हो टीवी ,रेडियो ,पेपर वाला
डालकर खुद को खतरे में
जग का सम्मान किया है

धन्यवाद है उनको

जिसने जीवन आसान किया है
कोरोना वाइरस दूर भगाएँ
रहे घरों में अपने हम
सबको स्वस्थ बनाएँ

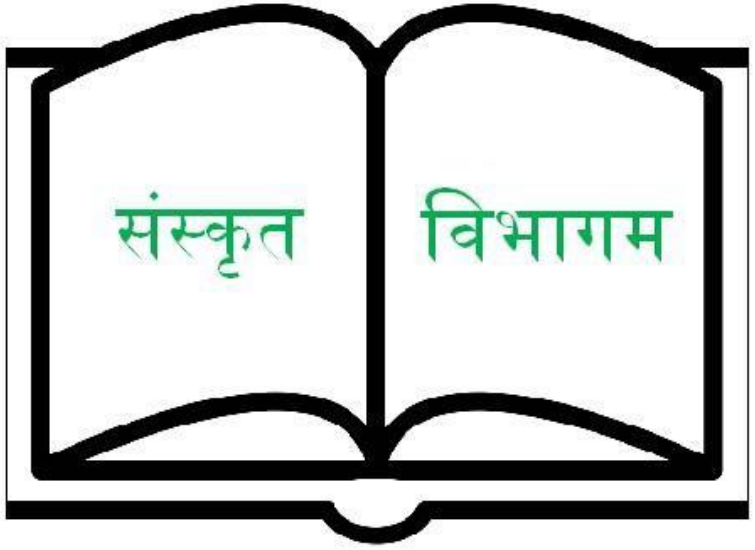
पीएम ने भी हम सब की खातिर
यह संकल्प दिया है

धन्यवाद है उनका

जिसने जीवन आसान किया है।

पी. हर्षवर्धन

7 वीं स



भारतवर्षः

अस्माकं देशः भारतवर्षम् अस्ति । अयं हि हिमालयात् रामेश्वरम् पर्यन्तम् पुरीतः द्धारका पर्यन्तं प्रसृतः अस्ति । अत्र गंगा, यमुना, गोदावरी, ब्रह्मपुत्र प्रभृतयः नद्यः अमृतोपम् तोयं वहन्ति । अत्र काशी, प्रयाग, मथुरा, प्रभृतयः तीर्थनगराणि सन्ति । अत्र कलकत्ता, बम्बई, मद्रास, कानपुर, दुर्गापुर, राउरकेला प्रभृतयः उद्योगप्रधानाः नगर्यः सन्ति । अत्रैव राम-कृष्ण-गौतमः जाताः । गाँधी-नेहरू-पटेल प्रमुखाः महापुरुषाः अत्रैव उत्पन्नाः । अयं देशः ग्रामप्रधानः कृषिप्रधानश्च कथ्यते । अस्य देशस्य राष्ट्रभाषा हिन्दी अस्ति या संस्कृतभाषायाः आत्मजा अस्ति ।

वी. प्रियंका

7 वीं अ

सदाचारः

सताम् आचारः सदाचारः कथ्यते । सज्जनाः यानि कर्माणि कुर्वन्ति तानि एव अस्माभिः कर्तव्यानि । ऋषयश्च वदन्ति यानि अनिन्द्यानि कर्माणि तानि सेवितव्यानि नेतराणि । गुरुजनानां सेवा, सरलता सत्यभाषणम्, इन्द्रियनिग्रहः अद्रोहः, अपैशून्यम् आदि गुणानां गणना सदाचारे भवति । सदाचारवान् जनः दीर्घसूत्री न भवति । स हि अतन्द्रितः स्वकर्मानुष्ठानम् समयेन करोति । सदा मधुरं भाषणं करोति । स हि न कस्मैचिदपि दुह्यते । पुरा भारते सर्वेजनाः सदाचारवन्तः आसन् । इदानीं रामचन्द्रस्य मर्यादापुरुषोत्तमस्य जीवनं सदाचारस्य उत्कृष्टम् उदाहरणम् अस्ति । अस्माभिः तस्यैव जीवनम् अनुकरणीयम् ।

यथा चित्तं तथा वाचो यथा वाचस्तथा क्रियाः ।

चित्ते वाचि क्रियायांच साधुनामेकूपता॥

एस. दीप्ति

7 वीं अ

जलम् (Water):

जलम् एव जीवनम् इति उक्त्यनुसारम् अस्माकं जीवने जलस्य आवश्यकता वर्तते । जीवनाय जलम् आवश्यकं वर्तते । तृष्णायां सत्यां जलेन एव निवारणं भवति । पृथिव्याः जीवानां कृते आवश्यकं तत्त्वम् अस्ति जलम् । अस्माकं सौभाग्यम् अस्ति यत् पृथिवी जलीयः ग्रहः वर्तते । जलं सौरमण्डले दुर्लभं वर्तते । अन्यत्र कुत्रापि जलं नास्ति । पृथिव्यां जलं पर्याप्तम् अस्ति । अतः पृथिवी नीलग्रहः इति उच्यते । जलं निरन्तरं स्वरूपं परिवर्तते । सूर्यस्य तापेन वाष्पस्वरूपं, शीतले सति सङ्घनीकरणे मेघस्वरूपं, वर्षामाध्यमेन जलस्वरूपं धरति । जलं महासागरेषु, वायुमण्डले, पृथिव्यां च परिभ्रमति । जलस्य तत्परिभ्रमणं जलचक्रं कथ्यते । अस्माकं पृथिवी स्थलशाला इव अस्ति । अलवणस्य जलस्य मुख्यं स्रोतः नदी, तडागः, हिमनदी च वर्तते । महासागराणां, समुद्राणां च जलं लावण्यं वर्तते । तस्मिन् जले सोडियम् क्लोराइड्, पाचकलवणं च प्राप्यते । जलम् एकं चक्रीयसंसाधनं वर्तते । पौनःपुन्येन जलस्य उपयोगः क्रियते । अस्मिन् जलचक्रे जलं महासागरतः धरातलं, धरातलतः महासागरं प्राप्नोति । इदं चक्रं सततं कार्यरतम् अस्ति । पृथिव्यां जीवनाय आवश्यकतत्त्वं वर्तते । जलस्य वितरणं पृथिव्याम् असमानम् अस्ति । केषुचित् क्षेत्रेषु जलम् अधिकमात्रायां प्राप्यते ।

एस. जी. तपस्विनी

7 वीं अ

OUR CLASS AT GLANCE



Distance Learning



Covid Response



Using Leisure



Co-curricular Activity

OUR SCHOOL AT GLANCE



Celebrating Yoga



Asanas



Craft at home



Sports Achievement



NEP2020: Address by



Online PT Meeting



Young warrior



The Pillars of NCC- BS&G



Learning at home