



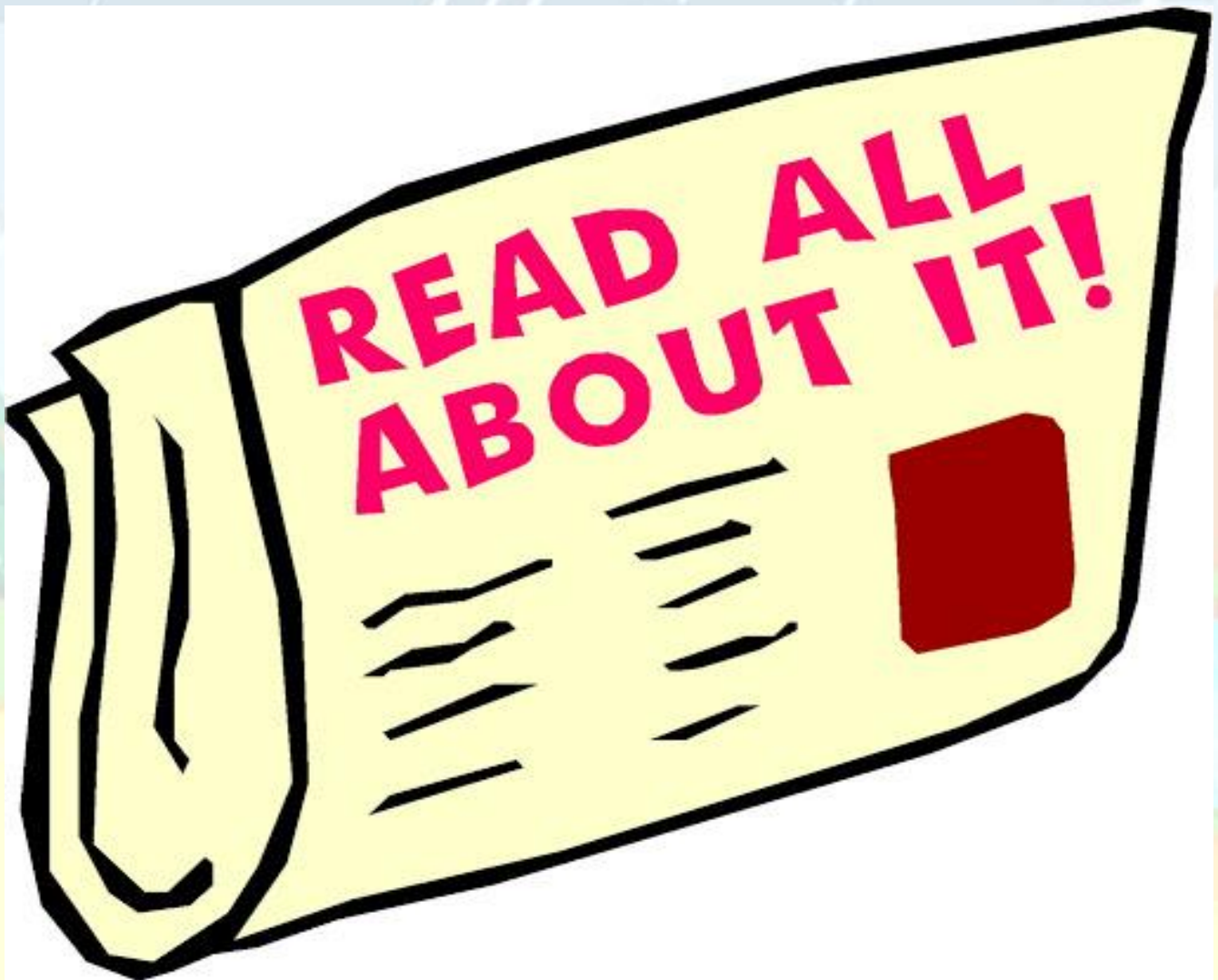
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Published on: Apr'21



Teacher's Corner

वर्तमान समय का नया दौर

ये नया दौर है। ये दौर है इंटरनेट, सोशल मीडिया, व्हाट्सएप्प, इंस्टाग्राम का। सारी दुनिया आपके फ़ोन की 256 जी.बी की हार्ड ड्राइव में समा गई है।

विज्ञान ने मनुष्यों को एक दूसरे से जोड़ने के लिए विभिन्न आविष्कार किये हैं।

तरक्की की होड़ में, सफलता की महत्वाकांक्षा ने हमें बहुत कुछ दिया है परंतु एक कटु सत्य है, वो ये है कि भाग दौड़ भरी इस ज़िन्दगी में हम पीछे भी बहुत कुछ छोड़ आये हैं। मूल्य बदल गए हैं और शायद आधार भी।

सात समंदर पार देश में क्या हो रहा सब खबर है किंतु दादी की शुगर कितनी आई उससे बेखबर हैं।

यू-ट्यूब की दुनिया में वायरल कौन हुआ ये भी पता है पर माता जी को दो दिन से वायरल है इसकी खबर नहीं।

अब बिजली वातानुकूलित कमरे में पढ़ने का ज़माना है, काली डिबिया में तेल डालकर रात काली करना व्यर्थ है।

आलू के चिप्स, मावे के लड्डू, नुकसान करने लगे हैं, शुगर फ्री की एक चम्मच में सुबह शाम गुज़ारा करने लगे हैं।

अब वीडियो कॉल पर दुनिया में कहीं भी बात हो जाती है, फिर भी ज़िंदगी तन्हा सी नज़र आती है।

मिट्टी में खेल, छुक छुक रेल, गर्मी की दोपहर, शाम की आरती, रात की सैर सब के लिए समय का अभाव है, पर कल सुबह शेर बाजार का भाव सबको मालूम है।

सच है मंज़िल को पाने की होड़ में हम सफर का आनंद लेना भूल जाते हैं, क्या हम खुलकर जीवन जी पा रहे हैं यही एक सवाल हम सबके सामने खड़ा है और जवाब किसी और को नहीं हमें अपने आपको देना है। इसीलिए हमें अपने अंतःकरण में इसका जवाब खोजने का प्रयास करना चाहिए।

साधना शर्मा

Five Simple Ways to Keep Your Mind Sharp

The importance of keeping your mind sharp cannot be overstated. We're all part of a fantastic intellectual and information economy, which thrives on ideas, creativity and intelligence. Keeping your mind sharp is sure to give you the edge over the competition, and more importantly lead to your own higher levels of happiness.

When your mind is in top shape, you will:

Have greater motivation and focus

Get more done

Come up with more creative ideas

Find inspiration more often

Remember more

Experience a better life

I'd like to share a few practices I've found are extremely beneficial in keeping my mind sharp and can help you as well:

1) **Continue reading, absorbing knowledge and experiencing culture**

Sorry to use a clichéd quote, but education is not preparation for life, education is life itself. It should be something pleasurable and done for intrinsic reasons above all else. Read blogs on subjects both within your field and in new fields you know nothing about; read books; watch lectures on fascinating new subjects; read about ancient societies; take in a new form of art you've never experienced; you get the idea.

2) **Learn a skill or craft you've never tried before**

Engage your mind in learning a new skill. You're never too old to do this, but this is definitely something you should start as young as you can. You'd be surprised how much learning a new skill will open up many new paths in your mind and help you become even better at whatever you are already an expert at.

3) To improve memory don't write everything down If you can, try this for a week:write down everything you need to do at the beginning of the week, as you normally would, but take your list and put it out of sight.Instead of keeping that list visible at your desk, internalize your projects and simply remember and know what needs to be done, prioritize it in your mind, and do it.Your brain is extremely powerful and you'll find that, in time, you may not have to write anything down to remember everything (you can still keep a list for reference, but it's great not to need it).

4) Give your mind time to assimilate knowledge We live in a culture where we are constantly experiencing and learning new things and taking in new information. Some people do it well during running, others through listening to music, and some people through making art. Find your own place that allows you to assimilate all you have learned and frequent it often.

5) Eat well, sleep well and exercise often Giving your mind the proper rest and energy is essential to getting the best performance out of it. This one is pretty self explanatory, but people often forget that you need proper fuel and proper rest to function optimally. A few days of nutritious food, good sleep and vigorous exercise will put you back to your full self soon enough.

DIPTI GULATI

Student's Corner

Assets

In these days we have seen that many parents are calling maids for new born babies. So that they can be taken care of. Yes, some parents are working and some are not but, these days having someone to hold your baby is a types of high society. Can you imagine, that someone will take care of your child like you when you will be busy at work or maybe you are at shopping or maybe at kitty party. One who is not having a girl to carry a child along is seen somewhere as a strange person or maybe that poor person cannot afford that comfort level. Can we leave our jewelery or cash to someone? To a maid, to our neighbours or to our relatives. Answer is no. Then why kids? Simply because we are not taking them as important as our assets. That's why cases of child molestation to such a level. Leaving our kids to unknowns or knows for longer times is giving rise to crimes. Children are innocent, many times they cannot tell what they are going through. They can be easily threatened and many cannot even properly speak. Its high time that parents must take this matter seriously and must show the higher level of protection for their children as they show it for their assets.

Thank you,
Taaha Nadeem Khan
Class 8A

Environmental pollution

Pollution is the addition of unwanted substances into the environment that can damage our earth. Environmental pollution means pollution which is degrading the environment. Pollution is increasing day by day and so global warming is also increasing. Due to environmental pollution , there is an imbalance in nature so many birds , animals and plants are on the verge of extinction day by day . Our environment is our assets, we should not loose the charm of our environment by pollution. We should deal with the environment of our earth like our mother because our earth also nurtures us and shelter us . So "It is our duty to save environment's beauty.

Ananya Bhardwaj

8 C

गहरे पानी पैठ

इसका तात्पर्य यही है कि जीवन में कुछ पाना है तो हमें मेहनत करनी होगी और हमें मेहनत करने से घबराना नहीं है, डरना नहीं है। जैसे एक गोताखोर समुद्र में गहरा गोता लगाकर कुछ ढूँढ कर ही लाता है और जो डर के कारण किनारे पर ही बैठे रहकर बिना प्रयत्न किए कुछ पाने की उम्मीद करता है परन्तु उसे कुछ भी प्राप्त नहीं होता है। कभी कभी कठिन परिश्रम और संघर्ष करने के बाद भी हम जीवन में इच्छानुसार सफलता प्राप्त नहीं कर पाते हैं, ऐसी अवस्था में हमें हताश एवं निराश नहीं होना चाहिए। जीवन के प्रत्येक क्षेत्र में ईश्वर में आस्था रखकर जो मेहनत करेगा तो वह अवश्य ही अपने जीवन में सफलता प्राप्त करेगा। यह सब हमारी निष्ठा, प्रेम और विश्वास के ऊपर ही निर्भर करता है।

अतः धैर्य पूर्वक परिश्रम करके अपने जीवन में सफलता प्राप्त करने का प्रयास करना चाहिए।

अरनव शर्मा

VIII - A

लक्ष्य की ओर

आज की

भागदौड़ भरी जिंदगी में
समय यूँ ही निकल जाता है ।
हम सोचते रह जाते हैं
पर वक्त निकल जाता है ।

फिर सोचो,

आज न संभलते हम अगर
और यूँ ही वक्त बर्बाद किया ।
तो, फिर न कुछ कर पायेंगे,
मन में यह विचार किया ।

बरसों बाद लगा,

आज भी खड़े हैं उसी चौराहे पर
जहां से दिशायें जाती हैं सब ओर ।
हमें चुनना है सही दिशा को,
जो ले जाये लक्ष्य की ओर ।

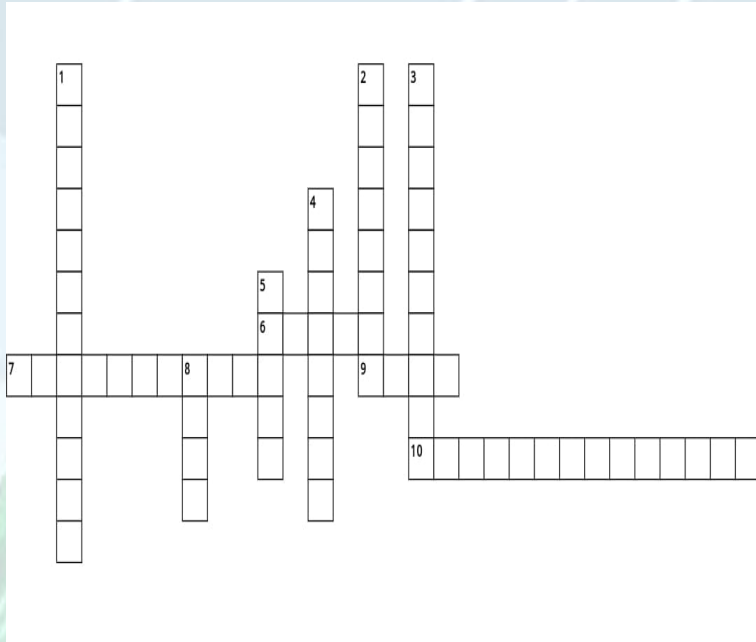
एक दिन फिर,

लक्ष्य निर्धारित होने पर,
यह जीवन सफल हो जाएगा ।
फिर संवर जाएगा यह जीवन,
और सब जग सुंदर हो जाएगा ।

कार्तिक शर्मा

X-C

Knowledge Hunt



Across

6. Which country in the world becomes the first one to adopt an Advanced Digital Disease Surveillance System?
7. Name the world's first-ever vaccine of Coronavirus made for animals.
9. Mary's mother has 5 daughters Nana, Nene, Nini, Nono and _____
10. Referring to himself as a 'consulting detective' in stories, who is the fictional character created by the British author, Sir Arthur Conan Doyle?

Down

1. Name the book, written by our P.M. shri Narendra Modi ji, with an initiative to hold and motivate aspiring students for upcoming board exams?
2. Which is the highest dam of India?
3. What is the name given to 5 Sikhs leading the Nagar Kirtan(Street procession held to celebrate Vaisakhi)?
4. Who was the first man to climb Mount Everest without oxygen?
5. What can run, but never walks, has a mouth, but never talks, has a head, but never weeps, and has a bed, but never sleeps?
8. What can you catch but not throw?

Last edition's crossword puzzle answers

