

OAVS NEWS

31.12.2021, FRIDAY

Monthly Newsletter

No 000003

● Creative Writing

Naveen Patnaik
@Naveen-Odisha

Congratulate students, faculty & @OAVS-Official as OAV Hatiota, Ganjam, & OAV Patarchepa, Balangir have emerged as @EWPortal's top Govt Schools in India School Ranking 2021-22. It is a matter of pride that our vision to empower every child with education is coming true. #Odisha

● Achievements

Governor Odisha
@Governor Odisha

Hon'ble Governor is glad to know that OAV Hatiota, Ganjam & OAV Patarchepa, Balangir have emerged as @EWPortal's top Govt Schoos in India School Rankings 2021-22. He also congratulates @OAVS-Officials, students & faculty for the wonderful achievement.

● Biography

● Drawings and Paintings



HON'BLE ADVISOR VISITED TO GAJAPATI DISTRICT

Sri Upendra Tripathy, IAS (Retd), Adviser, OAVS, School and Mass Education Principal Adviser (Education) to the Chief Minister Govt of Odisha visited different OAVS and schools under S&ME, Govt of Odisha. A review meeting was conducted on date 13.12.2021 organised by District Education Office, Sri Lingaraj Panda, IAS Collector, Gajapati was present in the meeting.

INDIA TOP 10 GOVERNMENT DAY SCHOOLS			
RANK	SCHOOL NAME	RANK	SCHOOL NAME
1	Govt. Pratihar High School, Pratihar, Odisha	7	Govt. Vidyalaya, N. 2, Bhubaneswar, Odisha
2	Govt. Pratihar High School, Pratihar, Odisha	8	Govt. Pratihar High School, Pratihar, Odisha
3	Govt. Pratihar High School, Pratihar, Odisha	9	Govt. Pratihar High School, Pratihar, Odisha
4	Govt. Pratihar High School, Pratihar, Odisha	10	Govt. Pratihar High School, Pratihar, Odisha
5	Govt. Pratihar High School, Pratihar, Odisha		
6	Govt. Pratihar High School, Pratihar, Odisha		

INDIA TOP 10 GOVERNMENT BOARDING SCHOOLS			
RANK	SCHOOL NAME	RANK	SCHOOL NAME
1	Government Residential Vidyalaya (RV) Bhubaneswar, Odisha	7	Govt. Pratihar (Mixed) Prasad, Bhubaneswar, Odisha
2	Govt. Chhatrapati Akabiruddin Khan, Bhubaneswar, Odisha	8	Govt. Pratihar, Bhubaneswar, Odisha
3	Govt. Pratihar, Bhubaneswar, Odisha	9	Govt. Pratihar, Bhubaneswar, Odisha
4	Govt. Pratihar, Bhubaneswar, Odisha	10	Govt. Pratihar, Bhubaneswar, Odisha
5	Govt. Pratihar, Bhubaneswar, Odisha		
6	Govt. Pratihar, Bhubaneswar, Odisha		

ADARSH TALKS DECEMBER-21



Adarsha Talks - Inspire | Empower | Connect
How OAVs can meet net-zero targets



During the Adarsh talks on date 21st December, 21 Mr. Arun Victor Paulraj, GM sustainability enking international delivered talk on "How OAVS can meet net-zero targets". Sri Upendra Tripathy, Adviser to OAVS, Sri Prem Chandra Choudhury, IAS, State Project Director OAVS, Principals, Teachers and students participated in the talks. It enlightened the participants. Mr. Arun Victor Paulraj has extensive experience in implementing corporate level and project level sustainability programs, green rating frameworks and in the emerging sustainability trends. He has worked with Confederation of Indian Industry, Green Business Centre, Hindalco and Bharat Aluminium Company Limited. He is a certified Lead Auditor in ISO 50001, Energy Auditor of BEE. He is a chemical engineer from NIT Trichy and Post Graduate in Financial Management from NIFM, Faridabad.



A review meeting by Hon'ble Adviser sir, Collector Gajapati, DEO, BEOs and Principals of OAVS was held on 15.12.21



Bidusmita Tarasia (Class VIII) of OAV, Badapur, Ganjam got Bronze medal in open state Taekwondo Championship.



VISIT OF FORMER DEPUTY C.M. OF ODISHA

Sri Ananga Udaya Singhdeo (Former Deputy C.M.) of Odisha, Former M.P. Loksabha, Balangir and Former M.P. Rajya Sabha) visited OAV, Patarchepa, Balangir on date 27th November 2021 and felicitated the Principal Sri Kshamanidhi Jhankar and staffs due to outstanding performance of school in all field and ranking of school at National level. He discussed on different issues of the school. He assured to stand with the school as and when required.



EDITOR IN CHIEF
SRI PREM CHANDRA CHOUDHURY
SPD, OAVS
TEAM LEADER OF EDITORIAL BOARD
SRI KSHAMANIDHI JHANKAR
PRINCIPAL, OAV, PATHARCHIPA

HC VERMA: THE NAME IS ENOUGH



He has immensely contributed in popularizing Physics education among Indian students and teachers by conducting lectures and experimental demonstrations.

If you have ever thought to prepare for IIT JEE, then you must have heard about the famous book "Concepts of Physics" written by Harish Chandra Verma (H.C. Verma). The book needs no introduction as it has sent chills down the spine of Indian students as well as helped many to come out with flying colours in exams. The mastermind behind this book, Dr. HC Verma is an Indian experimental physicist and emeritus professor of the Indian Institute of Technology Kanpur. He has authored several school, undergraduate and graduate level textbooks, the most popular being the two-volume Concepts of Physics. He has co-founded Shiksha Sopan, a social upliftment organization for economically weaker children living near the campus of IIT Kanpur. He has dedicated himself in training young minds in the field of Physics.

Dr. Verma was born in Darbhanga, Bihar. His father was a teacher in Samastipur. After he passed high school, he obtained his B.Sc. degree at the Patna Science College. He obtained his M.Sc. and Ph.D. at the Indian Institute of Technology (IIT), Kanpur. In early 1980, he joined Patna Science College as a lecturer. He remained at the college as a lecturer and reader for 15 years before resigning from the college and joining IIT Kanpur in 1994 as an assistant professor. Here he pursued research in experimental nuclear physics. He has published 139 research papers. He retired on 30 June 2017. He has developed more than six hundred 'low cost' physics experiments which teachers can employ in their classrooms. In 2011, he set up the National Anveshika Network of India (NANI), a flagship programme of the Indian Association of Physics Teachers (IAPT). He is the national coordinator for this programme. There are currently 22 Anveshikas in the country. For his outstanding contribution to physics, Dr. HC Verma was awarded the Padma Shri, the fourth highest civilian award by the Government of India in 2021.

FLINGING ROCKETS INTO SPACE WITHOUT FUEL

This startup called "SPIN LAUNCH" wants to slingshot rockets into Earth's orbit. It has developed a unique launch pad to launch rockets in orbit.



Current methods launch rockets into orbit vertically and use a lot of fuel. SpinLaunch claims that this acceleration-dependent method will be more environmentally sustainable and less expensive. Using a suborbital accelerator that

is larger than the Statue of Liberty, rockets could be sent into space in a more sustainable way in the near future. Inside a suborbital accelerator lies a span vacuum chamber within which lies a massive rotating arm. This arm employs the power of kinetic energy to spin the rocket multiple times the speed of sound. When the intended speed is reached, it is let go and shot off quickly into the air.

According to SpinLaunch, the first launch was able to propel the rocket at supersonic speeds, while using only 20 per cent of the accelerator's total power. In addition, an altitude of tens of thousands of feet was reached via this accelerator.

The current design of the suborbital accelerator by SpinLaunch is just a test prototype for its larger-than-life Orbital Launch System, which has no timeline set for release yet. Spin Launch will conduct a series of tests with different vehicles throughout 2022.

NIJHUM RANI PANDIT
PGT PHYSICS, OAV MAHIMUNDA

MONETARY WEAPON

The world drinks a lot of milk. It provides most of the essential nutrients one needs. Milk and milk products are consumed all across the globe as delicacies. For babies though milk provides a lot of proteins for their early growth and development. Adults love the cheesy and buttery milk products. But this harmless

white liquid turns out to be a vicious planetary weapon no one knows. To provide people with all the milk they want, billions and billions of cattle are reared. Most of them are reared in husbandries. In those husbandries all the farm animals are concentrated to occupy a little cramped space. They are impregnated and are separated from their calves soon after they are born. They are repeatedly and are separated from their calves soon after they are born. They are treated unsympathetically in those camps and have a high risk of spreading contagious diseases. Hence, around 80% of all antibiotics humans manufacture are for those animals. All of this is done in order to reduce the cost of production. Even though organic seems much more sympathetic and humane, but it consumes lot more resources than industrial concentration units, and requires the clearance of a large area to sustain the farm.

This is not the only problem though. All farm animals are not very efficient in turning what they eat into what they produce. For example, a cow needs around 20 kilos of grain and 100 litres of water just to give a bucket full of milk. This shows us how much resources are lost in production of a little milk. All the problems don't end here. After all cows are ruminants, that they have cellulose digesting bacteria in their guts. These bacteria while digesting cellulose produce a lot of methane. The methane gas they release is one of the major greenhouse gas contributors as it traps heat very well. Animal husbandries contribute for around 15% of all the global greenhouse gas emissions, which is equal to the greenhouse gas emissions from all cars, busses, trucks, rails, and airplanes combined.

All this debate whether milk is a nutrient rich food supplement or a planetary weapon that induces the global climate might seem contradictory. But this is true. The nutritious white liquid that we love to sip, stimulates the global climate in a notable way. We might not be able to completely avoid the nutrient rich daily supplement, but we can adopt other alternative plant-based milk out there. There is soy milk, oats milk, almond milk and coconut milk, which are as good as regular cow milk and are much more environment friendly. Avoiding milk is not necessary, but an environment friendly concern is what we must admire.

By Rudranarayan Pradhan,
Class XI, OAV Pakidi Hill, Sheragada

MRINAL KUTTERI:- NEET UG 2021 RANK 1



Hyderabad's Mrinal Kutteri secured all-India rank 1 in the NEET-UG 2021 results declared on Monday, but what makes the achievement exceptional is that he had also cracked the engineering entrance exam JEE.

"As physics and chemistry are common topics among both the papers, I appeared in the JEE exam just for practice.

Unexpectedly, I was able to clear the exam with a decent score of 99.28 percentile and also qualified for JEE Advanced," Mrinal shared. Ultimately, his love for biology has pushed him to opt for the medical profession. The topper secured an all-India rank of 1028 in the Joint Entrance Examination (JEE Advanced 2021). Although he is ineligible to appear for counselling, the JEE success did boost his confidence for the target exam.

Meanwhile, he also cleared the Kishore Vaigyanik Protsahan Yojana (KVPY) exam conducted by the Indian Institute of Science (IISc) and would have pursued a career in genetics research if he had not cracked NEET.

"Till Class 8, I was more fascinated by chemicals and reactions, hence wanted to pursue chemical engineering. However, my inclination later shifted to biology and I decided to pursue both subjects together at the higher secondary level," Mrinal told.

Unlike other students, Mrinal says he did not study for 8-10 hours at a stretch to crack NEET, but took breaks. "I studied intently for short durations of about 45 minutes to one hour and took 10-15 minutes' break thereafter. My parents and teachers supported my schedule and made sure I did not feel under pressure due to my different study method," the topper shared.

On his preparations amid the pandemic, Mrinal said the lockdown period was helpful as no time was wasted on travel. He largely focused on Class 11 and 12 NCERT books as well as notes provided by his coaching institute. "I reduced interactions with friends in the last month before the NEET exam. But I did not cut myself off from the outside world," he said.

Mrinal was sure he'd crack NEET, but wasn't expecting to top the exam. "I wanted to join AIIMS Delhi to pursue MBBS. However, it seemed like a dream so I was mentally ready with alternate options. If not AIIMS, my second choice would be JIPMER, Pondicherry," he revealed. While he hasn't yet decided on the specialization that he would eventually go for, Mrinal said he would like to pursue MS in future.

OAVS ENTRANCE EXAMINATION FOR THE SESSION 2022-23

- OAVS Entrance Examination for admission of students into Class VI and Class VII- Class IX (Under lateral entry) for the academic session will be conducted by Board of Secondary Education, Odisha. In this regard following steps may be taken for smooth completion of admission.
- All processes related to OAVS Entrance Examination, fixation of exam centre, publish of admit card, transport of Question paper, collection of answer sheets and evaluation of answer sheets will be conducted by Board of Secondary Education, Odisha (BSE Odisha).
- Registration of students and form fill up will be done through online at www.bseodisha.ac.in.
- All guidelines related to registration and form fill up will be available at www.bseodisha.ac.in and www.oav.edu.in.
- Registration date will be published in websites provided above.
- Vacant seats (Category Wise) in Class VII- Class IX to be prepared by Principal of OAV concerned and will be displayed at Vidyalaya, Block Education Office and District Education Office concerned for admission of students under lateral entry.
- After the completion of examination and evaluation process, BSE Odisha will share the list of students as per merit with the district and Vidyalaya concerned..
- After publication of result, Principals of OAVs will take necessary steps for preparation of list of students for admission, following general guidelines and reservation criteria mentioned therein.

RECRUITMENT TO THE POSTS OF PRINCIPAL AND TEACHING POSTS IN THE ODISHA ADARSHA VIDYALAYA SANGATHAN

EDITORIAL BOARD MEMBERS



ODISHA ADARSHA VIDYALAYA SANGATHAN

N-1/9, Nayapalli, PO: Sainik School, Bhubaneswar-751005

INDICATIVE ADVERTISEMENT NO. 01/ 2021

Recruitment to the posts of Principal and Teaching posts in the Odisha Adarsha Vidyalaya Sangathan in the State of Odisha.

n-77: Odisha Adarsha Vidyalaya Sangathan (OAVS), under the School & Mass Education Department, Government of Odisha invites Online Applications from the prospective candidates for filling up 1749 posts of Principals, other Teaching and Non-Teaching Staff of different disciplines in OAVS and Iconic OAV, Andharua by direct recruitment. Interested candidates are required to apply online through website www.oav.edu.in at the link available on this website. The candidates should ensure that they fulfill the eligibility criteria and other terms & conditions stipulated in the advertisement before applying online for the posts. No other means / modes of submission of applications will be accepted. Interested applicants are advised to visit the website regularly for further instructions/ notice / updates in this regard.

IMPORTANT DATES:

Detailed modalities for invitation of applications will be available on the website www.oav.edu.in on: **28/12/2021**

Opening Date for online registration of applications: **06/01/2022**

Last Date for Completion of Online Registration: **05/02/2022 17:00 Hrs**

Last Date of submission of Online Fee as applicable through Debit/Credit Card/Net Banking **07/02/2022 23:45Hrs**

Sd/-State Project Director
OAVS

OIPR 27029/11/0009/2122

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1. Himanshu Bhusan Naik, Computer Teacher (Attached to academic section)
2. Sushree Sangita Acharya, Office Assistant (Attached to Academic Section)

SPECIAL THANKS TO

- Mrs. Saudamini Dash Sharma, Art Teacher, OAV, Patharchepa, Balangir
Mrs Sandhya Rani Swain, TGT English OAV, Patharchepa Balangir
Mr. Padmanava Naik, TGT Odia, OAV, Patharchepa, Balangir

31.12.2021, FRIDAY

SPIRITUALITY IN EDUCATION FOR 21ST CENTURY

As per the report of UNESCO, International Commission on Education for twenty-first century among the four pillars of education in the domain of education, "Learning to be," it describes religion & spiritual aspect in education clearly.

The human race is now in a crucial phase of its long history on planet Earth. The breaking of the space barriers has enabled us now to reach the moon, the planets and stretch out to the stars beyond and provide fascinating insights into the mysteries of the universe around us. We are being constantly exposed by a torrent of horror and violence in the movies and our television screen which is bound to have an adverse impact upon the consciousness of the younger generations, rational fight and fundamentalism are giving birth to terrorism and force the people across the globe to live in fear and horror. At this juncture, education must contribute to the all round development of each individual's mind, body, intelligence, sensitivity, aesthetic sense, personal responsibility and spiritual values which will enable them to embark on a unique adventure to live in a positive and creative manner. All religions preach peace, universal harmony and human values of love and compassion. The history of human race prevails, religion being used to murder millions of non-believers and gave birth to pillage & rape. It also humiliates people who belong to other faith where as the importance of religious harmony has become a greater concept than it is now and it is the need for the development of the human being. Leaders must clearly and unflinchingly articulate the universal concept in their respective religion. The basic point is that we must accept the multiplicity of paths to the divine. The most important thing is that various religions and their spiritual beliefs should get equal respect for all the great religious traditions of the world. We are certainly entitled to hold that our own path is the best and superior to other but that does not give us the right to denigrate or attack other systems. It is essential that young people should understand this concept so that human race can be saved from the negative syndrome that has gripped it in various part of the world and more onwards towards a sane and harmonious global society.

Sri Kshamanidhi Jhankar,
Principal, OAV, Patharchepa, Balangir

RELIGION VS SPIRITUALITY

"Whether you believe there is God or you believe there is no God, there is no difference- You are in the same boat. You are believing in something you do not know." - Sadhguru.

Though some people use 'Religion' and 'Spirituality' interchangeably but both are not same, and they are not opposite too. When you try to find the truth of soul, you have two ways to choose from. You can seek help from spirituality or religion. You can be a spiritual or religious person or both.

Both of these ways share some similarities and bear some differences too. Religion believes in the super power (God) being the creator and controller of the life, soul and universe while spirituality advises that all divine powers are within and connected with the nature. Religion is the institutionalized system of belief and practices for worship or service of supernatural or God while Spirituality refers to finding the peace and living in a sacred manner. While religion opines you can go to heaven after death, Spirituality advises heaven as a state of mind and we can create it here.

All religions at some point or some level started as a spiritual process but on the way of organizing it into a system, they came out of path. Spirituality believes in looking inward and seeking the connection of self with nature.

Whether you are religious or spiritual or both doesn't matter, what matters is your thoughts and actions should not create hurdle for the path of another living being or well-being of humanity or nature. We, as human beings need to have a mutual respect for the soul within us and seek peace.

Bikash Kumar Sahoo,
PGT Biology, OAV, Pungar
Semiliguda, Koraput

COPING EMOTION

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart," said Helen Keller. The heart, which feels all these has one of the magnificent aspect called 'Emotion'. Emotion is the fuel of the vehicle of human life. That's why it is said, "Emotion is energy in motion."

The lexical meaning of the word 'Emotion' is- a strong feeling deriving from one's circumstances, mood, or relationships with others. It is a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with.

Love, shame, anger, sympathy, happiness, concern, sentiment, passion, fervour, remorse, pride, warmth, joy, sorrow, grief, desire, empathy, rage, excitement and sadness are the different branches of the tree called 'Emotion'. So, emotion and sadness are the different branches of the tree called 'Emotion'. So, emotion is one of the inevitable and most important aspect of human life which is even found in animals. Emotion is buried deep inside the heart. It oozes out according to the circumstances we are in and the persons we are concern for. Because these two things ignite it to a great extent.

Emotions are very complex and have different meanings to different people, but essentially, emotions are a conscious experience that are categorized by states of mind, external and internal reactions, and expressions.

If we talk about emotions in a scientific way then, there are many different emotions which are not really made out of anything, but how we feel emotions can be described. Emotions come from the arousal of the nervous system. Millions of chemical reactions take place in the brain at any given time. Chemical reactions occur because of synapses. Synapses are parts of the nervous system, and it is through these that neurons are able to transmit messages using neurotransmitters. Emotions are typically measured in physiological responses, such as a pounding heart, sweating, blood rushing to the face and the release of adrenaline. Expression is associated with parts of the nervous system such as the motor cortex, limbic system, and the brain stem. The parts of the nervous system that affect emotion the most are the frontal cortex usually associated with feelings of happiness and pleasure. The amygdala is usually associated with feelings of anger, fear, and sadness.

We experience a variety of emotions throughout the day. Mostly, these emotions are transient in nature. But, when these emotions become intensely negative or are unremitting they can dramatically affect our biochemistry and behaviour. Certain brain areas and the presence of levels of different chemical in our brain controls emotions. For example, if we are in danger, our brain releases stress hormones that can initiate fight or flight reactions by flooding certain regions with the neurotransmitter epinephrine (adrenaline). When the danger subsides, our brain inhibits the stress response by sending out a calming signal in the form of chemical.

The Purpose of our Emotions

"A man without emotions can be called as a lamp without oil." Emotions give colour to a black and white life. Emotions can play an important role in how we think and behave. The emotions we feel each day can compel us to take action and influence the decisions we make about our lives, both large and small. In order to truly understand emotions, it is important to understand the three critical components of an emotion.

There are three parts to an emotion:

1. A subjective component (how you experience the emotion)
2. A physiological component (how your bodies react to the emotion)
3. An expressive component (how you behave in response to the emotion).

These different elements can play a role in the function and purpose of your emotional responses.

Emotions can be short-lived, such as a flash of annoyance at a co-worker, or long-lasting, such as enduring sadness over the loss of a relationship. But why exactly do we experience emotions? What role do they serve?

- Emotions can motivate us to take action
- Emotions help us survive, thrive, and avoid danger
- Emotions can help us make decisions
- Emotions allow other people to understand us
- Emotions allow us to understand others.

Emotions are normal, but sometimes after an outburst or a crying session, you may be wondering why you're feeling so emotional.

Feeling heightened emotions or like you're unable to control your emotions can be called excess emotions or emotional exhaustions.

Emotional Exhaustions :

Emotional Exhaustions can arise when someone experiences a period of excessive stress in their work or personal life. Excess of anything is dangerous. There is a beautiful quote in Sanskrit: *Ati ends in ittee..*

"*AtiDarpehata Lanka, atimaneschaKouravah
AtidaneValibadhha, atisarbatragarhitam.*"

By Sandhya Rani Swain
TGT, English
OAV, Patharchepa, Balangir

JOURNEY FROM RELIGION TO SPIRITUALITY

DEEPAI NAIK, CLASS IX
OAV, TITIA, G B NAGAR, MAYURBHANJ

A spiritual journey can be understood by using an Airplane as an example. Imagine a passenger on it who doesn't know that flight exists. As the plane takes off he panics, thinking such thought like, "What's holding us up? What if this plane is too heavy? Air weighs nothing, and this whole Plane is made of steel". Thrown Back on his own Perceptions, the panicked Passenger loses all. Sense of being in control, he is trapped in an experience that could be leading to disaster.

In the cockpit, the pilot feels more in control because he's been trained to fly. He knows the aircraft, he understands the plane's control that he makes work. Therefore, he has no reason to panic, even though at the back of his mind the danger of mechanical failure is always present. Disaster could occur, but that is out of his control. Now move on to the designer of jet planes, who can build any craft he wants based on the principle of light.

PRIYANSHU DEVGURU, CLASS-X
OAV DEULIPAL, DHARMASALA, JAJPUR

2

Many people have a misconception about spirituality. They think that worshipping God and following culture and traditions are the only meaning of spirituality; but in a logical way, we can define our moral duties as a key to the door of spirituality. In my view, morality is the right way to enhance our conscience by which we can get a real spiritual life. Currently our society is lagging behind due to selfishness. Very few people can help others without any further hope from them. Respecting elders, helping needy people, helping stray dogs and cats, etc are some of the daily life moral duties which we can incorporate in our daily routine. In every holy book like Bhagwat Gita, Guru Granth Sahib, Bible, etc, it is mentioned that by helping others without any further hope and curtailing all desires from life, we can get emancipation from greed, jealousy, hatred, and other negative feelings. Keeping a pace in our lives can help a lot in gaining a spiritual life. Only motive is: live simple, think ahead and discharge your duties.

HUMANS

BANISHREE BISHOYI, CLASS-VIII
OAV KUSUMI, KUKUDAKHANDI, GANJAM

We are humans,
We are not perfect.
We are alive,
We try things.
We make mistakes,
We stumble, we fail.
We get hurt; we rise again.
We try again, we keep learning.

We keep growing,
And.....
We are thankful for this
Priceless opportunity called
life.

3

NILESH SAHU, CLASS-IX
OAV, TITIA, G.B.NAGAR, MAYURBHAN

Spirituality begins when religion ends is absolutely true. It was given by Hingori. The fundamental collection of organized beliefs and practices, commonly shared by a society or association, are known as religion. Both religion and spirituality can help a person tolerate stress by generating peace, purpose and forgiveness. But benefits generally vary between the two due to their different nature.

Religion gives a complete description of the world, and offers us a well defined contract with predetermined goals. God exists. He told us to behave in certain ways. If you obey God, you will be admitted to heaven. If you disobey him, you will burn in hell. The very clarity of this deal allows society to define common norms and values that regulate human behaviour. The religion is a tool for preserving social order and for organizing large scale co-operation. It may vex those for whom it represents first and foremost a spiritual path. However, the gap between religion and spirituality is much wider. Religion is a deal where spirituality is a journey.

Spiritual journey usually takes people on mysterious ways towards unknown destinations. The question usually begins with some big questions. Such as who am I? What is the meaning of life? What is my goal? However, most people just accept the ready-made answers provided by the powers that the spiritual seekers are not so easily satisfied with. They are determined to follow the big question where it leads and not just to places they know well or wish to visit. Thus for most people, academic studies are a deal rather than a Spiritual journey because they take us to a predetermined goal approved by our elders, governments and banks. "I'll study for three years, pass the exam, get my B.A. certificate and secure a well paid job". Academic studies might be transformed into a spiritual journey if you encounter the big questions on the way. They deflect you towards unexpected destinations, of which you could hardly even conceive of first, for example, a student might begin to study Economics in order to secure a job on Wall Street. However, if what she learns somehow induces her to end up in a Hindu ashram or helping HIV patients in Zimbabwe, then we can call that a Spiritual Journey.

BELIEVE IN YOURSELF

ANINDITA GIRI, CLASS-IX,
OAV, JAMIRDIHA, BISOI, MAYURBHANJ

I believe that the people who are disabled are differently abled. They are special and unique. Through this writing, I wish to tell the disabled people that disability is not your weakness; it's your strength. So those people who are disabled and consider themselves a curse, I want to ask you, how is your life? You are disabled and can't do things that normal people can and because of that you get upset. No, that's not your life. It's OK to cry... it's OK to be scared but giving up is not an option. Failure may be an option but giving up is not. You don't have any idea how strong you are. Remember; don't die before your Death. Live for them who want you to be happy. Heal your pain and be a strong person.

And you all have a fear in your mind that you will not be accepted by people and by the society. You are not sent here to be perfect. If someone comes to you and tells you how to be perfect, even those people are imperfect. You don't need to look good for them... but if you really want to be perfect, it's only possible when your soul is strong and perfect from within. One more thing to remember is that the unthoughtful people cannot understand your feelings, so don't waste your time to prove yourself and don't wait for miracles. Change your own life, accept yourself the way you are and create miracles in your life. Don't waste your life, thinking about what you don't possess rather try to achieve what must be your possessions. Live your life fully with those things you have because life is very precious ...So celebrate your life .

चक्रवर्ती अशोकः

अशोकः (क्रि. पू. 269-232) समस्तभारतस्य सम्राट् आसीत्। सः मौर्यवंशस्य तृतीयः महाराजः आसीत्। सः कलिङ्ग युद्धे युद्धस्य दुष्परिणामान् दृष्ट्वा हिंसां त्यक्त्वा बौद्धधर्मम् स्वीकृतवान्। सः अनेकेषाम् अभिलेखानामान् स्तूपानां च निर्माणं कृतवान्। न शोकं यस्मै सः एव अशोकः। सः चक्रवर्ती इति अभिधानं लब्धवान्। सः प्रियदर्शीदेवानाम्पियः इति अपि प्रसिद्धः। सः बिन्दुसारस्य पुत्रः आसीत्। तस्य अनेके अग्रजाः, बिताशोकः नाम एकः अनुजः च आसन्। सः क्षत्रियः सन् सैन्यविद्यां सकलानि शास्त्राणि च अपठत्। सः धीरः दक्षः भटः आसीत्। तस्य कौशलस्य कारणात् संशोभम् नाशयितुं अवन्तिकापुरीं प्रति सः प्रेषितः। अशोकस्य वर्धमानां कीर्तिं दृष्ट्वा स्वभ्रातरः तस्मै ईर्ष्यन्ति। तस्य ज्येष्ठभ्राता सुमीमः अशोकं उद्दिश्य तक्षशिलायाः संशोभम् नाशयितुम् आदिशत्। सः तान् तक्षशीलावासीनां युद्धप्रियायवनानां विजित्य पाटलिपुत्रं प्रत्यागच्छत्। सुमीमस्य वचनानुसारं पिता बिन्दुसारः अशोकं विवासनं कर्तुम् आदिशत्। अलक्ष्यलिङ्गः अशोकः कलिङ्गं गतवान्। तत्र सः कौर्वकी नाम धिवरपुत्रीं परिणीतवान्। सः कदाचित् बौद्धविहारे अवसत्। ततः सः स्वपितुः इच्छया उज्जयिन्यां प्रशासकः अभूत्। तस्य पितुः मरणात् अनन्तरम् स्वभ्रातृन् हत्वा मौर्यसम्राट् बभूव। तस्य मरणस्य पश्चात् पौत्रः महाराजः अभवत्। १८५ तमे वर्षे अन्तिमः मौर्यराजः बृहद्रथः हतः। अशोकः भारतस्य प्रथमाभिलेखनानि कृतवान्। भारतगणराज्यं स्वतन्त्रो भूत्वा अशोकधर्मचक्रं श्वमुद्रिकायां मुद्रितं अकरोत्।

भूले नहीं आज भी वो दिन

जब रोज सुबह स्कूल जाया करते थे कैसे बीत गया वो समय, जब हम भी बच्चे कहलाते थे।

न थी घर कि चिंता न दुनिया से हम डरते थे, कितने अच्छे थे वो दिन जब रोज दोस्तों से हम मिलते थे।

स्कूल पहुँच कर हम यारों संग खूब ऊधम मचाते थे, लेकिन जब हो पढ़ने की बारी तो अब्बल नंबर भी लाया करते थे।

होम-वर्क करना किसे पसंद था ? उससे सब जी चुराया करते थे, पकड़ लिया टीचर ने गर तो सब पेट-दर्द का बहाना ही करते थे।

कितनी सच्चाई होती बच्चों में न होती छल-कपट किसी के मन में, वो उनकी मासूमियत ही थी जो चाचा नेहरू को भी अपने से लगते थे।

14 नवम्बर को जन्मे थे नेहरू पर उन्होंने एक ऐलान किया, कि हर वर्ष मनाया जाएगा बाल दिवस और 14 नवम्बर को बच्चों के नाम किया।

नाम : विश्वजीता दास
कक्षा : नौवीं
ओडिशा आदर्श विद्यालय, कविसूर्यनगर, गंजाम

मैं शब्द हूँ

मैं शब्द हूँ
हवा से सृष्टि होता हूँ,
हवा में ही लीन होता हूँ,
नहीं मैं खाता, नहीं मैं पीता,
फिर भी सबरो ताकतवर हूँ,
मैं शब्द हूँ।

मैं शब्द हूँ।
जोड़ता हूँ, तोड़ता हूँ,
भटके को राह दिखाता हूँ,
प्यार भरा बोल बोलता हूँ,
हारे हुए को दिलासा देता हूँ,
मैं शब्द हूँ।

मैं शब्द हूँ
बंधन को जोड़ता हूँ,
प्यार का भाव जगाता हूँ
गुलाब की तरह होता हूँ,
कॉटि भी चुभाता हूँ,
मैं शब्द हूँ।

मैं शब्द हूँ।
अच्छा भी हूँ, बुरा भी,
सच्चा भी हूँ, खराब भी,
परिवार को बिखेरता हूँ,
महाभारत की सृष्टि करता हूँ,
मैं शब्द हूँ।

मैं शब्द हूँ।
मैं सबका अपना भी,
सबका मैं पराया भी,
सँजोकर जो मुझे बोलता है,
सब का वह प्रिय बन जाता है,
मैं शब्द हूँ।

संतोषी मिश्र
हिन्दी अध्यापिका
ओडिशा आदर्श विद्यालय, जामकानी (तरभा)



हमने इंसान देखा है

ऐ.सी के नीचे इंसानों को रोते देखा है
धूप में भी इंसानों को टँसते देखा है
माँ-बाबा के पैरों में मस्ती
पाँच साल के बच्चों को माँ-बाबा को पालते देखा है
हमने इंसान देखा है।

माता-पिता को भूखा
लोगों को दारू के थूठे में देखा है
मंदिर, मस्जिद और गिरजे में जात-पाँत
खेतों में एक साथ खाना खाते देखा है
हमने इंसान देखा है।

पढे लिखे नवयुवक को सड़क में
अनपढ़ को सरकार में राज करते देखा है
खुद भूखा रहते
खुद की खाना दूसरों को खिलाते देखा है
हमने इंसान देखा है।

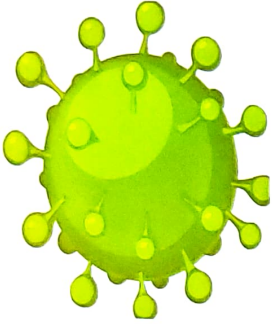
अमीरों के बच्चों को चोरी
रिक्सावालों के बच्चों को आई.ए.एस बनते देखा है
बेटा होते हुए किसी की लाश को सड़ते
अनाथ के लाश को जलते देखा है
हमने इंसान देखा है।

हेमलता साहु
कक्षा- दसवीं, क्रमांक- ९, अनुभाग- ख
ओडिशा आदर्श विद्यालय, माशाणिमुंडा, केसिंगा

बच्चे अनदेखा खजाना

बच्चे तो हैं बड़ा खजाना
बहुत सहज है इनको ढूँढ पाना
कभी ये गाते
कभी ये नाचते
कभी ये कुछ कर ही जाते
कभी कोई इनको ढूँढ भी पाते
लेकिन कुछ भी ऐसे भी होते
ऐ खजाना ठुकरा देते
अच्छे से बच्चों को नहीं परखते
पढ़ाई के नाम पर खजाना खोते
मरते दम तक पछतावा करते
बच्चे तो हैं अनदेखा खजाना
ढूँढ लो इनको क्यों ठुकराना ?

ओम प्रकाश मिश्र
कक्षा - छठी
ओडिशा आदर्श विद्यालय
गहिरपटुली, जाजपुर



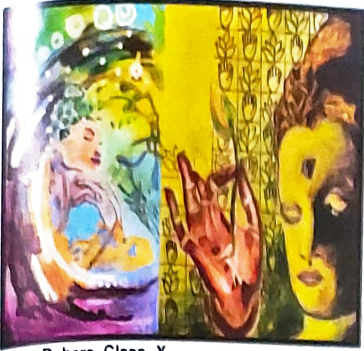
कोरोना

ओ कोरोना ! तू कहां से आया ?
सब कुछ हो गया पराया पराया
तेरा आना किसी को ना भाया
मम्मी बोली हाथ धोए
घर से बाहर कहीं ना जाए
सखा सहेली सब भूल जाए
स्कूल के टीचर की याद सताए
नानी का घर हमें बुलाए
शाँपिंग के लिए मन ललचाए
बर्थडे फीका फीका पड़ जाए
ओ कोरोना ! तू बता.....
हम छोटे-छोटे बच्चे कैसे अपना दिल बहलाए ?
तेरा भय इतना सताए ।

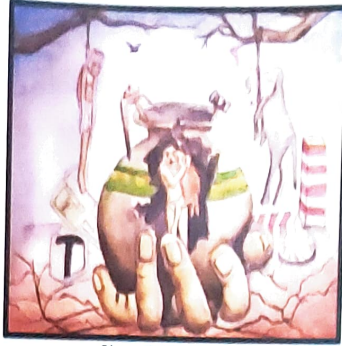
कोरोना तुझसे नहीं डरते हम
हममें है तुझसे लड़ने का दम
सोशल डिस्टेंसिंग निभाएंगे
गुड सिटिज़न बनकर दिखाएंगे
सरकार के रूल्स अपनाएंगे
घर में बैठः तुझे हराएंगे
और फिर अपना जीवन खुशहाल बनाएंगे ।

शर्मिष्ठा महापात्र
कक्षा : दसवीं
ओडिशा आदर्श विद्यालय, महुलिया

CREATIVE HIGHLIGHTS



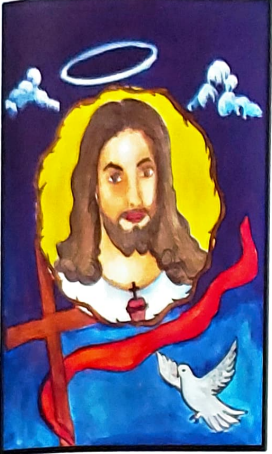
Pinky Behera, Class- X
OAV- Baungandapali- Khallikote



Sipun Takri, Class-IX
OAV Parajapuki-Dasamanpur-Koraput



Priyanka SI, Class-X
OAV-Ranibhol- Barpada-Mayurbhanj



Gobinda Majhi, Class-IX
OAV- Ranibhol- Barpada- Mayurbhanj



Jyotiraditya Mohanty, Class-VIII
OAV-Titila - Gopabandhu Nagar- Mayurbhanj



Usharani Nayak, Class VIII
OAV-Sipasarubali- Brahmagir- Puri



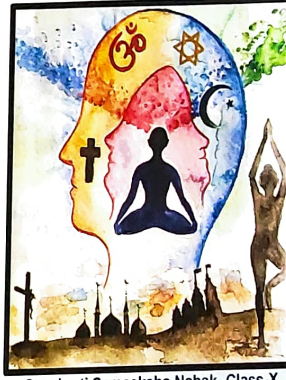
Rupali Sahoo, Class-VIII
OAV- Jokidola- Banki



Niharika Majhi- Class- X
OAV- Patharchepa-Balangir



Bishnu priya Tripathy- Class-IX
OAV-Tingiria-Raruan-Mayurbhanj



Sanskruti Sameeksha Nahak -Class-X
OAV-Baurigandapali-khallikote



Rituparna Mallik, Class- XI
OAV- Patrapur- Ganjam



Satyakam Barik, Class-XI, OAV- Pipilipali- Sonepur



Priya Darshini Muduli, Class-VIII- OAV- Morada- Mayurbhanj

PHOTO GALLERY



Blood Donation Camp, OAV Telkoi, Keonjhar



Students of different OAV receiving prizes for State Level National Children's Science Congress. Three out of Five students got selected to participate in National level.



Harshita jena, OAV Telkoi, Keonjhar got the 1st position and selected for National Level Kala Utsav

Students participated in the State Level Kala Utsav-2021