

ऐ-किसलय



February 2K22

C.T.E

अध्यापक शिक्षा महाविद्यालय
समस्तीपुर



Acknowledgment

We're going to publish our e-magazine

"e-Kislay".

We as a team owe our gratitude to our honourable principal sir, Mr Tej Narayan Prasad for his relentless support and motivation. We're thankful to him for providing us a golden opportunity to publish this e-magazine.

Publishing it on time might not have been possible without the help of our mentors, **Dr Ravindra kumar**, **Dr Shazia fatma**, **Dr Anjali kumari**, **Mr Brijbhusan Upadhyay**, **Kumari Pallavi** and all non-teaching staffs. We're really grateful for their exemplary guidance, monitoring and constant encouragement throughout the process of its making.

We sincerely acknowledge the contribution of the CTEians for their creative and dynamic content. A special thanks to the team members including **Ankit Ranjan** for his persistent effort, **Aashish** for designing, **Reetu** , **Kritika & Komal** for reviewing, **Atulit** for updation, **Jyoti** for Hindi typing, **Prince** for English typing and all those who contributed in several ways.

We're very optimistic & hopeful for the success of our e-magazine with the help of our most enthusiastic & vibrant readers which will encourage our work in the upcoming endeavour.



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Greetings

Dear Readers

Greetings

Excellence and hard-work at CTE Samastipur is a continuous journey, of which, e -Kiskaya is a beautiful reflection. Through our magazine, we take you through the journey of transformation and development of CTE, which fills our hearts with great pride.

At CTE Samastipur, we continuously strive to sharpen the creative edge of the CTEians and provide them with the opportunity to bring forth their potentialities. e-Kislaya is yet another attempt towards this goal-an attempt made successful by the overwhelming support of the CTEians.

We sincerely hope that the drive to excel remains ignited in our heart and our Institution could achieve the soaring heights in the times to come.

Wish u all a Joyous reading!

The Editorial Team

प्राचार्य की कलम से



प्रिय शिक्षक साथी और हमारे प्रशिक्षु,

आशा है कि आप सभी ने इस अध्यापक शिक्षा महाविद्यालय, समस्तीपुर से प्रकाशित जनवरी माह -2022 का प्रकाशित "ई-किसलय" पत्रिका का अवलोकन एवं पठन अवश्य किए होंगे हमारे संस्थान से प्रकाशित इस पत्रिका में हमारे प्रशिक्षु छात्र-छात्राएँ अपनी-अपनी रचनाओं से आपको आनंदित किया होगा और हमारे संकाय सदस्यों को लेख और अन्य रचनाओं के शैक्षिक और शिक्षा शास्त्रीय विचारों से अवगत हुए होंगे। हम सभी संकाय सदस्यों ने प्रशिक्षु छात्र-छात्राओं को प्रेरित किया था कि उनके मन-मस्तिष्क में जब अच्छे विचार आते हैं, चाहे वह विचार अपने अंदर के कवि मन का हो, लेखक मन का हो, शिक्षा जगत से जुड़ा हो या मस्तिष्क पटल पर किसी विषय-प्रकरण से जुड़ा चित्र उभरता हो, तो उसे अपनी लेखनी में समेटने और उकेरने का प्रयास करना चाहिए। इस बार के प्रस्तुत पत्रिका में प्रशिक्षु छात्र-छात्राओं की सुन्दर-सुन्दर रचना प्रतिबिम्बित हुई है। हमारे संकाय-सदस्यों की रचनाएँ भी शामिल हैं।

पत्रिका के माध्यम से हम अपने विचारों को विभिन्न रचनात्मक आयामों में व्यक्त करते हैं। यह एक महत्वपूर्ण मंच है जहाँ हम अपने-अपने विचार और कौशलों का साझा करते हैं जिससे हम अपना ज्ञानवर्धन करते हैं तथा नये विचारों, ज्ञान और कौशलों से नवाचार करने का अवसर प्राप्त करते हैं।

मैं बार-बार कहूँगा कि सूचना और प्रौद्योगिकी के माध्यम से हम अपने-अपने विचारों को पलक झपकते अपने-अपने संगी-साथी को भेजने में कामयाब होते हैं। इसलिए ई-किसलय प्रपत्रिका जो हमारे प्रशिक्षु छात्र-छात्राओं और संकाय सदस्यों के विचार कई प्रकार की रचनाओं यथा कहानी, कविता, लेख, चित्र इत्यादि के रूप में जो एक ही साथ आपके व्हाट्सप और ई-मेल तथा अन्य आई सी टी माध्यमों से आपको प्राप्त हो गया होगा। आप से अनुरोध है कि उनकी रचनाओं को भावपूर्ण ढंग से एकाग्रता के साथ अवलोकन करेंगे और पठन करेंगे तथा आपसे जुड़े प्रबुद्ध जनों और साथियों को व्हाट्सप और ई-मेल के माध्यम से भेजेंगे।

हम पुनः आशा करते हैं कि पत्रिका में वर्णित विचारों पर प्रतिक्रिया और सृजनात्मकता के प्रति आप अपने सुझाव एवं विचारों को साझा करेंगे ताकि अगले अंक को और बेहतर किया जा सके।

आपका

तेजनारायण प्रताप



Dear Readers,

Greetings to you all!

The beginning of the year 2022 was a wonderful one for us. The month of January was filled with many exuberant memories to cherish. It came with a fresh breeze loaded with oxygen as our newly planted saplings started to breathe in our very campus. The month was quite a remarkable one, as a delegation from the SCERT visited us and the meeting with them yielded large range of ideas and suggestions for our future course of action. Also, our e-magazine “Kislaya “ was jointly released by the visiting team and the faculty members .Though the pandemic Covid 19 dropped in for the third time and the institution got closed for about a month ,yet we all as a team managed to peddle the learning cycle ahead by resorting to the online mode of teaching –learning.

Under the flagship programme of Azadi ka Amrit Mahotsava, we celebrated the valour of the unsung heroes of Bihar through a Webinar .It was such a wonderful experience to see our students giving amazing presentations on the given themes of the webinar. The celebration of Republic Day was made a gala one by means of various cultural activities done by the students online. The celebration was done in a blended mode due to the Covid 19 wave. Thanks to the technological advances, the distance is no longer a constraint. We ensured that our students remain every bit with us, when we celebrated our 73 rd Republic Day. Through our Annual Sports Day event we made an attempt to instill a sense of healthy competition among our students besides nurturing values such as team spirit, punctuality, leadership and so on. This event was particularly very important one in facilitating emotional bonding and connect, both within and among the four houses that we have-**Aryabhata, Vidyapati, Mahadevi Verma and Dinkar.**

I see CTE, Samastipur as a place where each one of us, be it students or teachers or non teaching staff, belongs to one family. We believe in moving ahead with our hard work and team work .Since we are preparing 21 century teachers, so imparting mere academic skills alone is not sufficient. So, CTEians are trained not only in academic excellence but also in discipline, social responsibility, creativity, sports and most importantly teachers’ professional skills, ethics and competencies. Here CTEians are prepared through education, to face the challenges of the new age teaching-learning with confidence and conviction and to be the change agents of the society.

Congratulations to the editorial team for the sincere and dedicated efforts to bring new essence to “e-Kislaya”. Special word of appreciation to all those who have contributed in different ways to “Kislaya”.

*Vice-Principal
Dr. Shazia Fatma*

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Kayakalp : CTE-2030



The Government **College of Teacher Education (CTE)**, Samastipur is a well reputed Govt B.Ed. College fully financed and governed by the Department of Education, Govt. of Bihar since 1962 to impart both pre-service and in-service professional education to secondary school teachers. The institution is recognized by NCTE to run B.Ed. course. It has got permanent affiliation from Lalit Narayan Mithila University, Darbhanga. New College Building with a Rich Library, ICT, Psychology, Science, Social Sc, Mathematics & Language Lab, Huge Multi-purpose Hall, Girls and Boys Hostel has been inaugurated. New Teacher Educators from Bihar Education Service Cadre have been appointed who are continuously striving to achieve its goals. It is steadily looking forward to creating world class professionals, social workers and human being with a clearcut vision of shaping the bright future of our state. Despite all these, we are facing a number of problems in running our College efficiently. Our college is situated in the midst of main

town of Samastipur District but it remains waterlogged most of the time due to it being situated in a low land area. Instead of finding an internal solution to the problem, we keep relying on others to get out of the situation. Are bhai, Bund Bund se Ghada Bharta hai, we should start doing it bit by bit instead of just talking about it, agle 10 saal me kuchh to hoga. Our unprotected boundary is the biggest challenge for us. Plan of action to protect the boundary must be in force. Till any other agency comes to rescue us, I am of the view that we should start filling our land for making a connecting road like structure, in fact we have already started, and barricading some portions of our College with iron net fencing. We may begin with Girls Hostel, Administrative Building and Principal Quarters in the first lot. In the Next step we can include Boys Hostel and some more areas in it. Filling the land and fencing it must go together side by side. We are unnecessarily fearful of using our resources. We must explore and exhaust all the financial and administrative

power vested in us by the Govt. to bring ourselves out of the prevalent situation. Making the college new building accessible through making the all-weather approach road is the foremost requirement. We should ensure this in any situation. I hope to get an All-Weather Road very soon as assured by the visit of Dy Director, Research and Traing, SCERT recently. When these requirements are met, I visualise additional construction on the Second Floor of the Administrative Building. I am thinking of upgrading ICT lab and Library. This will require more space and for this it should be shifted to roof on the Second floor with new Bigger Hall just above where it is now and should be occupying the entire areas around. It must have one chamber for Librarian, One well equipped reading section with access to xerox, printing and Internet facilities. Similarly ICT Lab should be shifted upward with new Bigger Hall just above where it is now and should be occupying the entire areas around. The space left over by ICT Lab may be used as

M.Ed. classroom and the space left over by the Library as Journal section for the Research Requirement of CTE. For starting the M.Ed. Course we may seek permission from the Education Department, Govt. of Bihar at the earliest and request to send as more Lectures as per requirements for running the course in our college. We also need to take NoC from University concerned and then apply to NCTE for starting the course. Hostel of the college needs be made fully functional for that all the rooms of the hostel should be immediately equipped with at least basic accommodation facilities so that the trainees could concentrate solely on their studies and they do not have to struggle for the basic amenities. Trainees residing in the hostel should not be buying their own folding beds. The table, chairs and cupboards in the hostel rooms are the basic requirements that must be provided for congenial learning environment. It can easily be procured from the hostel fund. There must be a full fledged flat inside or beside the hostel for the warden. As this is not available, I visualise it to be built very soon beside the hostel itself. It should be built in such a way that it remains connected to the hostel from one side for the ease of hostel maintenance and administration. Similarly, Staff quarters should also be built immediately so that the incessant problem of housing

of Lecturers could be solved and our faculty members could focus only on their teaching practices and duties. Similarly our staff room must provide better working environment. It should be equipped with one cupboard for each one of us to maintain our records, assignments and important documents. Our problems are many and the most fundamental problems are connected with the residents around. If the problem persists community mobilisation should be explored as an option. They should be sensitised and a viable option could be explored. Our Alumni are our strength, we must tap their potential. They can serve as powerful ambassadors for CTE brand and can speak glowingly of their college years. They are nostalgic and love opportunities to return to campus. They are the institution's most loyal supporters. They can be great role models for current students and can offer practical support to students as they start their careers. Alumni are often in the position to engage the expertise of the institution in their professional lives. I also visualise one ideal Demonstration Multi-purpose Lab School in our own campus like DM Schools in RIEs Campus, which will be run completely by our own trainees with our vision under guidance of the CTE faculty members. One nice Operational cafeteria, college

canteen, College Radio and media centre also comes to my mind. We can also engage ourselves in CTET, UGC NET and Community Coaching Centre. IGNOU and NOU study centre can be opened in our college campus to cater to the needs of local trainees. Especially belonging to disadvantaged sections of the society. College Yoga, Gym, Health and Meditation centre for healthy environment in college among trainees and faculties be created in common hall and maintained. It can be built just above the present college hall on the second floor. For the outdoor sports events, we can begin with filling small chunk of our campus playground suitable for volleyball like games after walling it from around, as it is almost impossible at present to make whole campus suitable for different sports events. Technology Friendly work culture should be promoted and stereo type practices be avoided. We must be the leaders in the field and there must be leading attitude in all of us. The nature to follow others blindly in everything should be avoided. Our best practice should be followed by others and we should not hesitate to innovate or else we are bound to devastate. These are not easy to be achieved goals. Thanks to Education Department, Govt. of Bihar that to achieve this we have all the best manpower available with us. Sometimes I am forced to think how Govt. posted all

such Development Hungry BES Officers at CTE :

Samastipur. We are now only five in numbers. These five are not individuals but five institutions in themselves.

Though they are only 05 in numbers, they are equivalent to 50 general faculty Member.

If I leave a few, Our

Institution Head is even more Development Hungry than us.

Our faculty members are very very enthusiastic and hardworking. Nothing can stop them. Let's have a glimpse of what they are

Mr Tejnarayan Prasad:

Principal of the College. A very intelligent dedicated worker, educationist, trainer, administrator, singer and a good human being. He instils a basic grassroots level understanding of the system of education in India. He is devoted man to the institutional development.

Dr Shazia Fatma: Sr.

Lecturer (Foundation) of BES Cadre is Wonderful lady. She is very hardworking, straightforward, dedicated and honest. You won't be able to judge her from her appearance. But once you start working with her, you will know her true potential. This lady resemblance the potential of Indira, Stops only after finishing the tasks she has undertaken. We have seen her come back to college in between her leaves in need when her family needed her more than the college or even when she was in bad health conditions. But don't think

she is boring, she is very witty, fun loving lady, and she has got melody in the Voice too. She will surely take this institution a long way.

Dr. ANJALI: The backbone of CTE Samastipur academics, Warden and ICT In-charge, Class alcoholic and Techno savvy. This Lecturer of BES Cadre (Planning and Research) gets her Oxygen from classes she takes. She will faint if you starve her of the classes. She forcefully kept standing whole day to help college organise multiple events of Annual Sports and took her classes despite our warnings and Doctor's advice to take rest or she will be admitted to Hospital as she was traced with only 8 point blood in her veins. She alone is enough to run most of the courses and classes effectively. She is versatile: a good learner, player, singer, human being and what not. She keeps wholeheartedly working on how to teach and uses every bit of her day for the betterment of teaching and trainees.

Dr. Ravindra Kumar: a BES Cadre Lecturer (Social Science) and writer of this Article is no less than others. I don't want to speak much about myself as it would not be wise to do so here but i do keep the burning desire to uplift the education system of Bihar to a new height and standard which could be a lesson for others to be learnt. I will leaves no stone unturned

to give a KAYAKALP to CTE Samastipur.

Mr. BB Upadyay: A dedicated, hardworking BES Cadre Officer and Lecturer of Physical and Health education just finished organising annual sports event of the college. He is the power house of the College, he can single handedly handle a number of events simultaneously, we have just seen it.

Miss Pallavi: A BES Cadre Lecture of Art and Craft Education, very artistic, hardworking dedicated and emotional artist. She made the main building and Library of the college live from her artistic expressions together with the help of trainees. Above all, what is best is our bonding, mutual respect for each other, unflinching dedication for institution, healthy coordination, understanding of each others strengths and ability to use them fruitfully.

How can i forget to speak about Our office which is our another strength. **Mr sanjay Kumar Sinha**, office Incharge, is a very very dedicated and hardworking man. Often called the Hnuman of CTE Samastipur. He knows his work well and is fully devoted to his duty and much more than this. He gives all a family feeling in the institution. Be it a waterlogging problem, Office shifting, Road making, Gardening etc etc he has solution to every problem in his brain. He made working

possible even in chest dip waterlogging in the college Campus by bring out the essential documents and papers to work with in such conditions. And he does it all with full dedication and with a smile on his face. His supporting Staffs are also very hardworking and dedicated. Uma Devi, Akhileswari Devi, Dharmashila, Vinay Kumar , Khurshid, Pappu yadav and Anand are the hands and legs of our College. They all are very supportive and perform their work very skilfully. They make our work easy. They help us perform in much better way. Prem Kumar jha and Gauri shankar are the data operators. They are also very dedicated and hardworking. Prem kumar is very intelligent and efficient in drafting, data entry and designing. All the designing of the e-Magazine of January 2022 was done by him only. Identity card of the college was also designed by him. Gauri shankar is no less, he helps college in maintaining Library also other than data entry and typing. Our Guards Kishan, Singh ji and others are also the very part of the college family. They also help up in many ways other than protecting us as their duty. Our Trainees are nonetheless, they are super powers. The making of this e magazine is just one step they have taken. Participation in WEBINAR, Annual Sports, writing Quotes on the wall, Arranging Library and Laboratory, Gardening are just a few of them that reflect their zeal, unselfish behaviour, hardwork, sincerity and

education. They have touched our souls and they are very dear to us like our children.

To name a few we have wonderful Trainees like Ashish, Anish, Ankit, Ambika, Akash, Atulit, Asha, Balkishore, Bipin, Birbal, Bunty, Chandani , Divya, Jyoti, Krishna , Kritika, komal, Kajal, Lalan, Lalit , Mausam, Manish, Nandan, Neha, Nimish, Prashant, Prince, Pritam, Pratibha, Priyanka, Prity, Ram kumar , Rakhi, Ratnesh, Ritika, Richa, Rahul, Ritu, Sakshi, Sonam, Shiv, Soni, Shailaj, Surbir, Soni, Uday, Vikash and others. It is just the tip of the iceberg. They can do wonders. We can hope to succeed in our vision only through them.

Dr. Ravindra

Lecturer

CTE, SAMASTIPUR



चाहत

ढूँढो मुझे मैं गुम सी गयी हूँ !
लगता है जैसे मैं तुम हो गयी हूँ !
चलते रहना तो फितरत है मेरी
पर लगता है आजकल थम सी गयी हूँ !
मेरे पंखों को हल्का करो
एक स्वतंत्र उड़ान चाहती हूँ !
खुल के साँस ले लूँ मैं जहाँ
ऐसा नीला आसमाँ चाहती हूँ !
मिलावट भी हो तो मिल जाऊ खुद से
बस इतनी सी पहचान चाहती हूँ !
क्यों न चाहूँ मैं खुद को इतना
में खुद का ही ,खुद से साथ चाहती हूँ !
जब बात चले तो, हो बात मेरी
बस इतनी सी ही बात चाहती हूँ !

डॉ अंजलि कुमारी
व्याख्याता,
अध्यापक शिक्षा महाविद्यालय,
समस्तीपुर

COVID -19 & Education



2020 was the year of a major change in the education world. No one had ever imagined a situation where everything would be closed. It has made drastic changes in the field of education too. The lockdown forced the education institutes to innovate in order to sustain. All education institutes including schools, colleges, tuition centres, training centres, were suddenly had to shift to the online platform. No one was earlier prepared for this. But, everything got arranged in no time. One who didn't know how to operate a phone, even they've learnt now. Online learning allowed students to learn at their own pace, from the safe zone of their homes.

Somehow it saved us from mental trauma which was caused by COVID's fear. Although there are many

benefits of online education, there are some disadvantages too. Face to face interaction and e-learning interaction are completely different. It also has adverse effects on student's health. Continuous use of phone or laptop in a closed room is also a reason of mental sickness. It leads to social isolation. Mobile phones are also a source of distraction. Students play games, use social media instead of studies. It's not feasible for every student to catch the lesson completely. In rural areas, there's problem of network connection also, which makes it difficult to attend the classes regularly. Online learning requires very high level of self-motivation. Every student is not equally conscious for the class. There are some disturbing elements too. Even an intelligent child can't pay attention or can't be conscious for longer period. Students of every categories are influenced. In our college also, online classes are being conducted. Although it's running smoothly, yet I'm eagerly waiting for offline classes. Hope that this pandemic will end soon and we'll be back in our college.

—Reetu kumari
Roll no – 15

रूठी जिंदगी

कोई तो वजह है जिंदगी, जो तू मुझसे रूठी है,
कहती है दोस्त, पर तू भी दोस्तों सी झूठी है।

इम्तिहन पर इम्तिहन लिए जाती है,
तेरी रस्में, कसमें भी बड़ी अनूठी है।

रूठने के सारे हक तो सिर्फ तेरे हैं,
मुझे मनाती भी नहीं, ये दोस्ती कुछ टूटी है।

बातें करनी तो बहुत सी है तुझसे,
पर क्या करूँ ये रात बहुत छोटी है।

हज़ारों सवाल लेकर जमाने से, तेरे पीछे पड़ी हूँ,
तू सुनती ही नहीं, ना जाने किस बात पर रूठी है।

ऋतु कुमारी
क्रमांक संख्या - १५

नारी है तभी तो है सृष्टि सारी

हर घर की बुनियाद होती है नारी !

फिर क्यों मजाक उड़ाने लगी है दुनिया सारी !!

कहते हैं भारत देश है महान !

जहां पूजे जाते हैं कुछ इंसान !!

फिर कहां चली जाती है उनकी इंसानियत !

जब बेटियों को मार के दिखाते हैं हैवानियत !!

मां, बहन और बीवी पर खूब लुटाते हैं प्यार !

फिर क्यों छीन लेते हैं एक बेटी से उनके जीने का अधिकार !!

पढ़ाओगे बेटे तो शिक्षित होगा एक इंसान!

पढ़ाओगे की बेटी तो शिक्षित होगा सारा जहां !

भूल नहीं सकता कोई नेहरू, गांधी, कलाम को !

मिटा नहीं सकता कोई टेरेसा, लक्ष्मीबाई, कल्पना के बलिदान को !

नारी का हर रूप है सुंदर, अद्भुत और अंगूठा !

तभी ममता की फुलवारी, कभी राखी की क्यारी,

पुरुषों की पूरी भीड़ पर अकेली भारी है नारी !

जो सृष्टि को जलाकर राख कर दे, ऐसी चिंगारी है नारी !

पिता की राजदुलारी है तो भाई की लाडली है नारी !

पति की जान है नारी, पुरुष हमेशा अधूरा..... हमेशा पूरी हैं नारी,

हमारी सृष्टि जिस पर घूम रही है वह धूरी है नारी !

जब गर्भ में नहीं मारोगे तभी तो तुम्हारी है नारी !!

जब नारी है..... तभी तो है यह सृष्टि सारी !!!

Save the girl,
save the world
please
don't kill us

हमसे है दुनिया, हमसे हो तुम
फिर किस गुनाह की सजा हमें देते हो तुम
जिंदा है हम तो जिंदा हो तुम !!

__Kajal

पापा

मन की व्यथा हो,
या आंतरिक दर्द की कथा हो
आप सब समझ लेते हो कैसे ?

घर की बढ़ती जिम्मेदारियाँ,
ऊपर से अपनी परेशानियाँ
आप सब संभाल लेते हो कैसे ?

थकान भरा दिनचर्या,
ऊपर से दिन भर का किच किच
एक मुस्कान के पीछे छिपा लेते हो कैसे ?

मेरी कोई जिद्द हो,
या दीदी की कोई फरमाईश
आप फट से पूरा कर देते हो कैसे ?

हमारी ढाल बनकर,
हीरो बेमिसाल बनकर,
दुनिया से हर दिन लड़ते हो कैसे ?

बोलो न पापा
इतना कुछ कर लेते हो कैसे....

Aashish kumar Mishra
Roll no.-100

घर में आयेगा लल्ला

ससुराल पक्ष में मचा है हल्ला,
इस बार तो बहू को जरूर होगा लल्ला ।
और जो ना हुआ इस बार तो,
शायद और जोरों से मचेगा हल्ला ॥

मायके में माँ भी चिंता में पड़ी थी
आफत में उसकी बिटिया की जान जो पड़ी थी
जो ना होगा इस बार लल्ला
सम्भन सुनाने को हजार बातें भी खड़ी थी

बहू बेचारी को भी अपनी लाज बचाना है
पर उसे क्या पता, उसके किस्मत में क्या आना
है

पहले ही इक बिटिया की माँ है,
व्याकुल व्यथा मन में, ममता की छाँव है ॥

ससुर जी ने तो डॉक्टरनी भी ढूँढ निकाला है
कहते हैं लिंग जाँच तो यही से कराना है
सारा ससुराल पक्ष जो इतना सतर्क है
ना हुआ लल्ला, तो मानो बहू की जिंदगी नर्क
है ॥

बेटा भी चुप सा बैठा है
ना जाने, माँ बाबूजी का डर है
या वो भी, लल्ले की लालसा में बैठा है ।
खाई जो थी कसमें, अपनी पत्नी का साथ निभाने
की,
उसे भी, बेटे बेटा के फर्क में बाँट रखा है ॥

गुड़िया रानी भी सब देख रही है
माँ की पीड़ा समझ रही है ॥
है तो वो इक नन्ही सी बच्ची,
पर मन ही मन कुछ सोच रही है ॥

गुड़िया बोली ओ पापा जी,
हू न मैं बहुत शैतान
चलो न मेरा मोल करा दो
बदले में एक भाई ला दो
सुनकर वह, बिटिया के बोल
पिता के आँख में आँसू आया
गुड़िया को उसने गले लगाया ॥

दुर्गा अष्टमी का दिन है आया
कन्या-पूजन को, गुड़िया नहीं तैयार
मना रहे सब कई कई बार
कहती है क्यों पूजते हो कन्या को
जब लल्ला की सब को दरकार ।
कल को कन्या ना आएगी, तो
क्या दुनिया, पूजन कर पाएगी ?
गुड़िया के यह कड़वे बोल
दादी के दिये आँखे खोल...

आखिरकार आज वह दिन भी आया
ईश्वर ने बहु रानी को फिर से माँ है बनाया ।
दादा – दादी इक कोने में,
बच्चे संग खूब खेल रहे हैं ।
गुड़िया के पापा ने भी,
मिठाईयाँ खूब बँटवा दी है ।
पूरा अस्पताल दंग है देख,
खुशी के आने की यह खुशियाँ ॥

AASHISH KUMAR MISHRA

ROLL no.- 100

अलग सी बात हो तुम

अलग सी बात हो तुम
अलग सा साथ हो तुम
सुलगती इन फिजाओं में
सुकूं की आस हो तुम

शोर मचाती इस जिंदगी में
एक राहत की सांस हो तुम
भागते ठहरते रास्तों का
एक आखिरी मुकाम हो तुम

चलते पानी जैसी तुम और
एक ठहरी हुई जमीन हो
हवा जैसी जरूरी बहुत
और आत्मा जैसी महीन हो

मेरे गलतियों की सुधार हो तुम
मेरे भोलेपन का राज हो तुम
कुछ खता हो अगर मुझसे
तो सजा देने के हकदार हो तुम

एक पल में खुशियाँ हज़ार हो तुम
मेरा खोया हुआ ऐतबार हो तुम
और बेरोजगारी के इस आलम में
मेरा एकमात्र रोज़गार हो तुम

अलग सी बात हो तुम
अलग सा साथ हो तुम
सुलगती इन फिजाओं में
सुकूं की आस हो तुम

Ankit Ranjan
Roll no-19

IMPORTANCE OF TIME



Time plays a vital role in making future of anyone or anything. It is more precious than money. So, we must use it wisely.

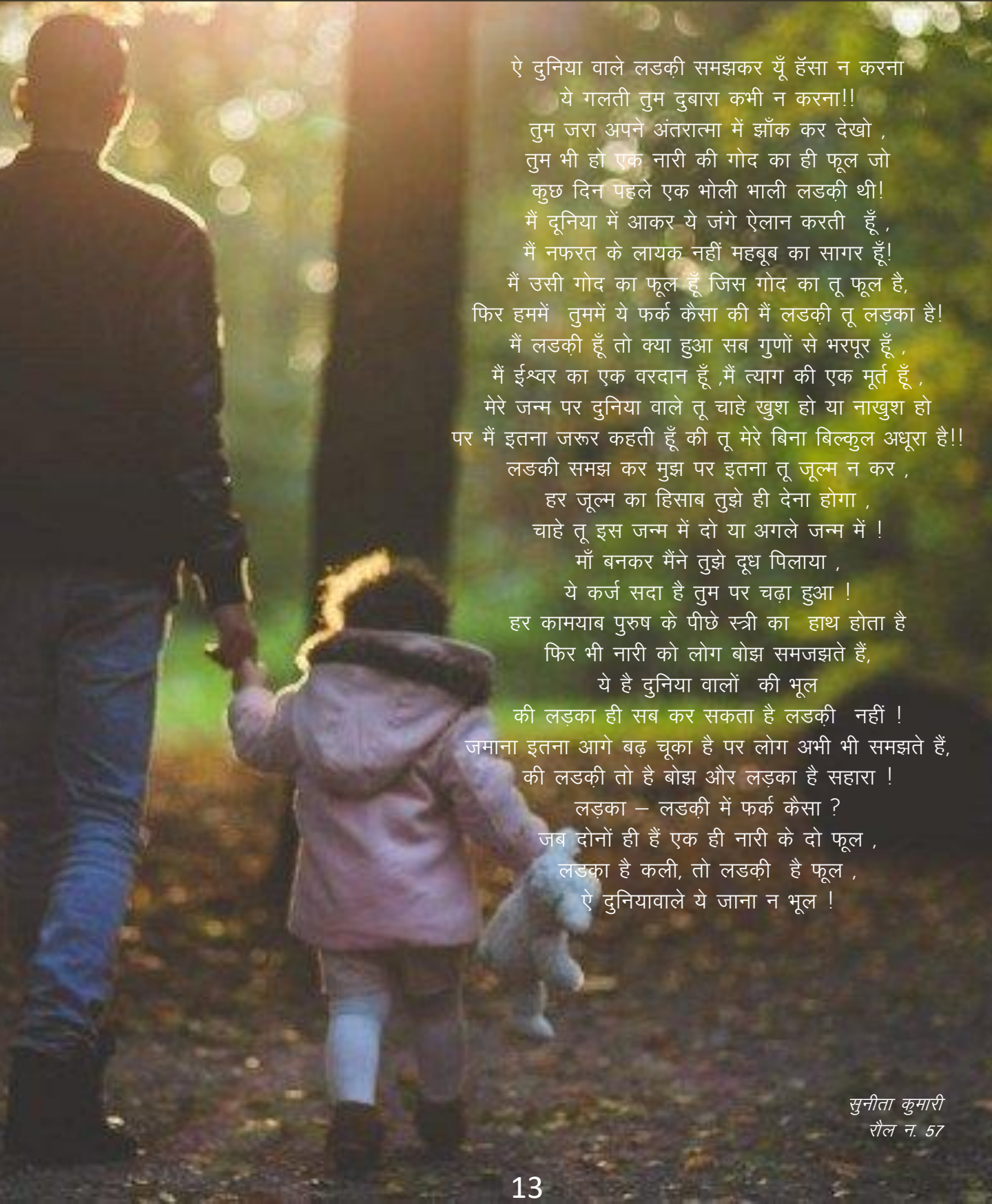
We all are allotted a certain amount of time in our lives and hence we must not waste it. Time is only a thing which never comes back so, we must try to utilise every minute of time since, a minute of time destroy everything. We all heard the proverb, "Time and Tide waits for none".

Natural disasters like Earthquake, Volcano Eruption, Tsunami, Cyclone, and Thunderstorms occur in a minute of time and destroy everything. As we all know that, everything can be purchased with money but time can't so we must understand the value of time. It can

be divided in Past, Present, and Future. Past means, the time which has already gone, So we should learn from the past, Present means, the time which is continuing, It is important for us, so we must utilise present for making our future bright and prosperous. Loss of time leads us to grief and failure. That's why it is very important to walk with time. It is the most important factor for the growth and development of anyone. Time is a precious thing and the greatest blessing of God.

Sunita Kumari
Roll no.57

हम बेटियाँ



ऐ दुनिया वाले लडकी समझकर यूँ हँसा न करना
ये गलती तुम दुबारा कभी न करना!!
तुम जरा अपने अंतरात्मा में झाँक कर देखो ,
तुम भी हो एक नारी की गोद का ही फूल जो
कुछ दिन पहले एक भोली भाली लडकी थी!
मैं दुनिया में आकर ये जंगे ऐलान करती हूँ ,
मैं नफरत के लायक नहीं महबूब का सागर हूँ!
मैं उसी गोद का फूल हूँ जिस गोद का तू फूल है,
फिर हममें तुममें ये फर्क कैसा की मैं लडकी तू लडका है!
मैं लडकी हूँ तो क्या हुआ सब गुणों से भरपूर हूँ ,
मैं ईश्वर का एक वरदान हूँ ,मैं त्याग की एक मूर्त हूँ ,
मेरे जन्म पर दुनिया वाले तू चाहे खुश हो या नाखुश हो
पर मैं इतना जरूर कहती हूँ की तू मेरे बिना बिल्कुल अधूरा है!!
लडकी समझ कर मुझ पर इतना तू जूलम न कर ,
हर जूलम का हिसाब तुझे ही देना होगा ,
चाहे तू इस जन्म में दो या अगले जन्म में !
माँ बनकर मैंने तुझे दूध पिलाया ,
ये कर्ज सदा है तुम पर चढ़ा हुआ !
हर कामयाब पुरुष के पीछे स्त्री का हाथ होता है
फिर भी नारी को लोग बोझ समझते हैं,
ये है दुनिया वालों की भूल
की लडका ही सब कर सकता है लडकी नहीं !
जमाना इतना आगे बढ़ चूका है पर लोग अभी भी समझते हैं,
की लडकी तो है बोझ और लडका है सहारा !
लडका – लडकी में फर्क कैसा ?
जब दोनों ही हैं एक ही नारी के दो फूल ,
लडका है कली, तो लडकी है फूल ,
ऐ दुनियावाले ये जाना न भूल !

सुनीता कुमारी
रौल न. 57

मन के हारे हार, मन के जीते जीत

मन के हारे हार है, मन के जीते कही रहीम हरि पाइए, मन की ही परतीत।
भावार्थ रू— मन में अगर हम सोच ले कि हार चुके हैं तो हार सुनिश्चित है, और यदि हम यह सोच ले कि जीता जा सकता है, तो जीत निश्चित है।
ऐसा ही रहीम ने अपने उपरोक्त दोहे में ईश्वर को पाने के संदर्भ में कहा है, हालांकि यह पंक्तियां रहीम के काल में जितनी सार्थक थी, आज भी उतनी ही है, तभी तो विभिन्न कवियों इससे मिलती-जुलती शैली या भावार्थ को अपनी रचनाओं में अपनाया, जैसे शिवमंगल सिंह सुमन सोहनलाल द्विवेदी कि वो सदाबहार कविता,
लहरों से डरकर नौका पार नहीं होती,
कोशिश करने वालों की कभी हार नहीं होती।
या फिर
गिरते हैं शहसवार ही मैदान—ए—जंग में,
वह तिपल (शिशु) क्या गिरेंगे, जो घुटनों के बल चलते हैं।
चाहे पंक्तियां किसी भी भाषा शैली में लिखी गई हो लेकिन सब का मूल अर्थ एक ही है जब तक हारे नहीं तब तक जीते हुए हो।
मन को सदैव ही रचनाकारों ने चंचल शिशु सा व्यक्त किया है पर चंचल मन समय अनुसार ढाल जैसा जान पड़ता है, मनुष्य को कई बार अपनी प्रतिभा, अपनी विशेषताओं पर संदेश करता है, वो टूट जाता है, बिखर जाता है, और हार मान लेता ऐसे में बस एक हल्का सा धक्का और एक सहारा चाहिए होता है जो ज्ञात कराए कि उसकी वास्तविक

ताकत क्या है।
अगर कछुए ने हार मानी होती तो क्या हुआ उस दौड़ में हिस्सा लेता? क्या वह उसे जीत पाता? इस कहानी को बच्चा-बच्चा जानता है, पर अपने आचरण में नहीं ला पाता।
अगर महाराणा प्रताप, शिवाजी महाराज, लक्ष्मीबाई ने लड़ने से पहले घुटने टेक दिए होते तो क्या उनका नाम वीर योद्धाओं में गिना जाता? —कभी नहीं।
इसलिए हमें ठीक उसी तरह हमें अपनी मंशा को मजबूत बनना चाहिए जिस तरह एक छोटी सी चींटी अपनी नन्हीं सी जान पर चीनी का पहाड़ रखी होता है, वह बार-बार गिरती है पर वह अंत में यह कर जाती है, जो कभी असंभव सा प्रतीत हो रहा था।
हम मनुष्य में एक त्रुटि सर्वत्र पाई जाती है, जो है आत्म विश्लेषण की, हालांकि हालांकि ऐसा करना गलत नहीं, पर अत्याधिक करना गलत है, हम खुद को तुच्छ समझने लगते हैं निराश हो जाते हैं, हताश हो जाते हैं। फिर मन की हताशा में इतने लिप्त हो जाते हैं कि सामने दिखता लक्ष्य भी मृग मरीचिका का सा जान पड़ता है।
किसी भी प्रतिभा में सभी प्रतियोगिता भागी को पता होता है, कि विजेता तो सिर्फ तीन होंगे, पर हिस्सा लेने वाले सैकड़ों होते हैं, ऐसा इसलिए कि हर एक ने मन में ठानी होती है, कि वह जीत सकता है। ऐसा ही जज्बा, ऐसी ही जिद अगर हर वक्त व्यक्ति दिखाए तो जीवन सफल हो जाएगा,
जब तक मृत्यु नहीं आती तब तक हम खुद को जीवित मानते हैं, तो जब तक हार ना जाए खुद को जीता हुआ क्यों

नहीं मान सकते हैं?
हमेशा कहा और सुना गया है कि मन बड़ा बलवान है, ऐसा ही समय के बारे में भी कहा गया है, पर समय पर हमारा बस नहीं किंतु मन पर है। मन एक गीली मिट्टी का ढेर है जिसे जिस प्रकार में ढालो ढल जाएगा, उदाहरण स्वरूप कुछ समाकालीन संदर्भ— प्रथम कोरोना काल में पूरे विश्व का हताश न होना, क्या यह महामारी जीती जाती अगर मनुष्य अपनी मौत का इंतजार करता, पर हमने ऐसा नहीं किया हम लड़े, डटे रहे और जीत की ओर अग्रसर हुए, यह सब मन की सकारात्मकता से ही संभव हो पाया।

दूसरा उदाहरण दिव्यांगों के लिए हुए ओलंपिक खेलों में, जिस तरीके से भारतीय खिलाड़ी ने अपना परचम लहराया, अगर उन्होंने अपनी शारीरिक कमियों को अपने मन पर हावी होने दे दिया होता, तो आज वह एक असहाय सा जीवन जी रहे होते।
अगर सीप के मोती पाना है तो समुद्र में गोते लगाना ही होगा। मानसिक बल और सकारात्मकता विजय यात्रा का पहला पड़ाव है, रही बात श्हारश की तो हारता कोई नहीं, जो जीत नहीं पाता वह सीख जाता है।

अतुलित चौधरी

Belief

Today I went out with my mumma to meet a stranger. Although I was least interested in meeting him, I had no option left.

It took us about one and a half hour for us to reach there after inhaling few kg of pollution in traffic. On the way Parineeti chichi (aunt) has talked a lot about that man's wisdom and supremacy. I just kept nodding my head and replied "Oh, achha" after every sentence of her. Wait, I missed out someone. Parineeti chachi lives in our neighbourhood and is a close friend of my mom. She was the one who asked my mumma to visit this stranger.

I couldn't hold my anxiety to meet him either. Finally we reached the fourth floor by stairs. My mumma was totally exhausted by then. She was craving for water. I, immediately took out the bottle from my bag and handed over to her. And then we went into his flat. The name plate on the door read "Dr. Sadanand Jha". After crossing the hall we went into a room where i could see few

people already being seated there in a manner, as if they were waiting for someone to arrive. We, went in silently and took our seats. By the time he arrived, I analyzed the whole room. There were many posters of deities hung on the wall and 3 big sculptures of lord Shiva , Hanumana and goddess Durga . It seemed as if it were a small temple in itself.

So finally, he arrived, a dark complexioned man in his 50's with a cheerful face. He wore a white kurta and dhoti, and over his forehead I could see a dark layer of chandan with a dark grey spot of incense sticks ashes exactly at the geometrical center of his forehead. He noticed everyone in room and while taking his seat he asked a man sitting beside me " How is he doing now ? Is he ok ? Your brother... ". The man replied "Guruji, he is okk... But the problem is, my brother-in-law dosen't believe in astrology or palmistry". After this guruji narrated a story of belief, with which I was really impressed.

Just after completing his story, guruji asked me, "Hey Ankush, how are you ? You look worried ?".

I replied " Nopes, am ok guruji" and gave a false smile to convince him.

He said " No, you are worried about your 500 rupee note which you lost on the railway station last evening. You haven't even disclosed this to your parents "

I was like "O teri, how does he know about it... It's true that I lost my 500 rupee note last evening, and I hid this incident from my parents". He was really an accomplished and ascetic man.

There is lot more to narrate in this story

TO BE CONTINUED.....

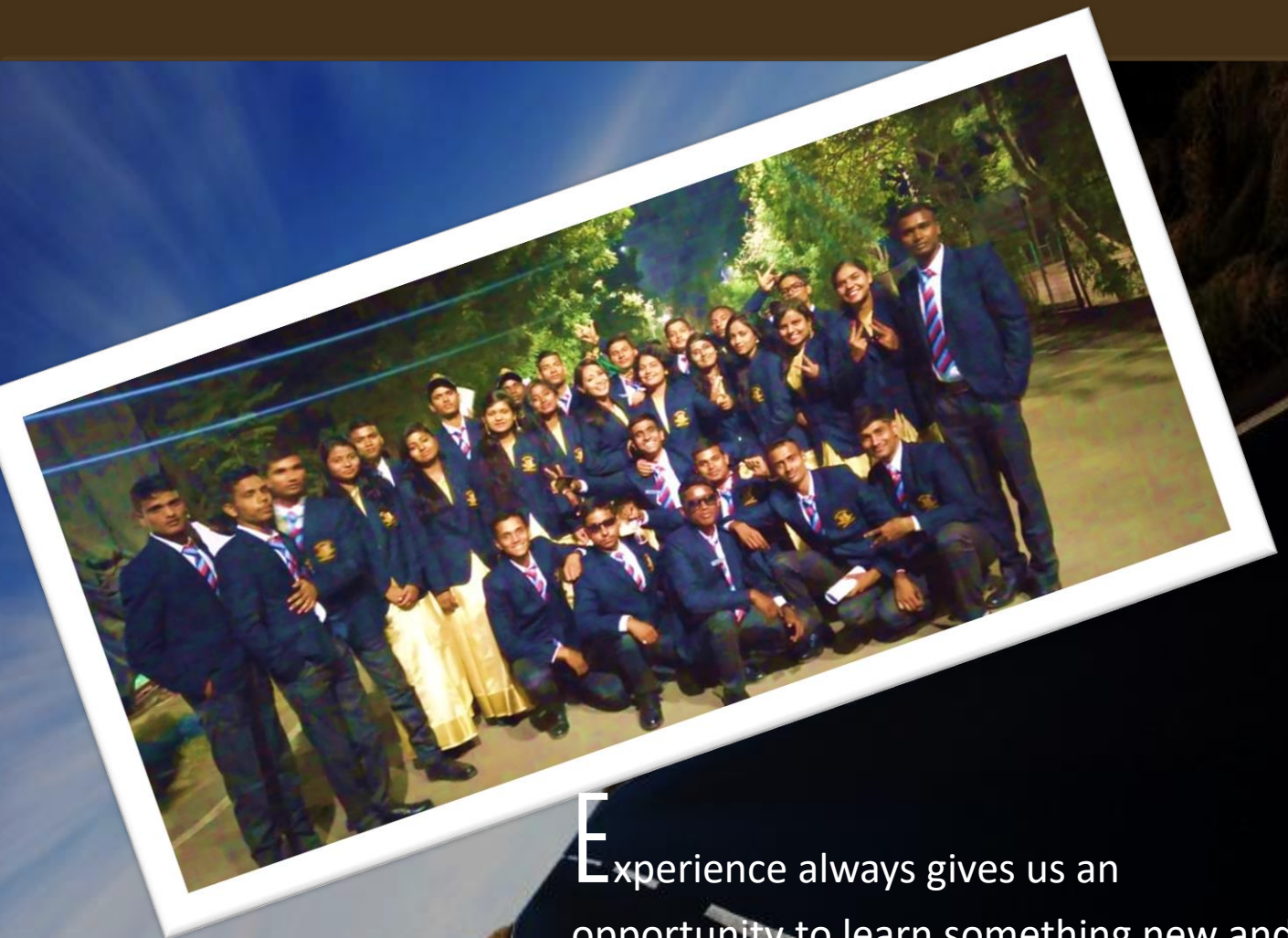
PART 2 in next edition

AASHISH KUMAR

MISHRA

ROLL NO.- 100

Experience . A way of living



Experience always gives us an opportunity to learn something new and to explore it in our own way. It always gives us something which, we can't inherit, just by listening to it from somewhere or just having some knowledge collected from various source, for this we must have to live it once at least and try to go deep into it. Now, I want to share one of the best experiences of my life till date i.e. AIVSC (All Indian Vayu Saini camp), this is a National camp organised every year for NCC cadets (Air wing), where Flight cadets (F/C) from all the

Here, I won't talk much about NCC specifically rather I want to share my learning from those 40 days, from beginning to the end of journey .it was 1st October 2018, we boarded Ranchi Khelgaon where we attended two rigorous Annual training camps (ATC), which prepared us for final competitions. The best part of our training was sports times, which revive us after the whole days hectic schedule and other was interacting with junior division cadets, who were also the part of the ATC. We were allotted a group to guide them everything from basic movement of legs to flying subjects, but this interaction was very fruitful for us because every cadet belonged to very different places and all of them had something specific to share and it also helped us to know something new every day. This is the versatility of our motherland, how long we will explore still find it less and it always keeps us curious. Finally, the pre AIVSC training camp over now we had to board for Barkatullah Stadium, Jodhpur, Rajasthan where final competition was going to take place. While moving from Jodhpur station to the stadium, Jodhpur's rich medieval culture was enough to encroaching us within itself. After some time, we reported there, it was early morning, we were allotted a room with the name of our directorate (Bihar & Jharkhand directorate). After sometimes cadets from every directorate came and they were also allotted rooms as us, the directorate which stayed along us was North-East directorate after that Kolkata then Andhra Pradesh and so on, it was like the whole country comes under a single rooftop and it was enough to justify "Unity in Diversity". First day ,only routine of competition, venue, rules of camp, running, PT, yoga etc. timing were passed to us and from that moment itself u had to follow it .As the frame of this competition makes it different from normal i.e. there was not even single competition out of fourteen,

which was based on based upon individual performance rather every task was based upon group performance and this was the reason behind strong binding force of team where they used to motivate each other and move together.

Everyone came there with a motive to win still there were friendly atmosphere among each other.

We were also confident to improve our rank better than previous year. Our competition was with ourselves only and we also put our best in training. We explored during various events organized in the camp. we made Rangoli and decorated our area and took part in cultural activities and represented our directorate. We learnt many languages, got to exchange uniqueness of our States.


Finally, the result day came, we got 9th position unlike 15th last year. Still, rank didn't matter at the end, exposure and experiences was beyond it. We celebrated our last day with everyone, exchanged our contacts. Till today, we are in touch with each other.

So, I must say those one and half month journey galvanized my personality. It makes me a self-disciplined, well managed, time conscious person and enhances my leading capacity.

The camp end but the learnings will remain with us forever because some experience gives you a life learning lesson which improves you on daily basis and leads you on right path. Therefore, to experience something, you have to live it!

—Komal Singh

ALOOF

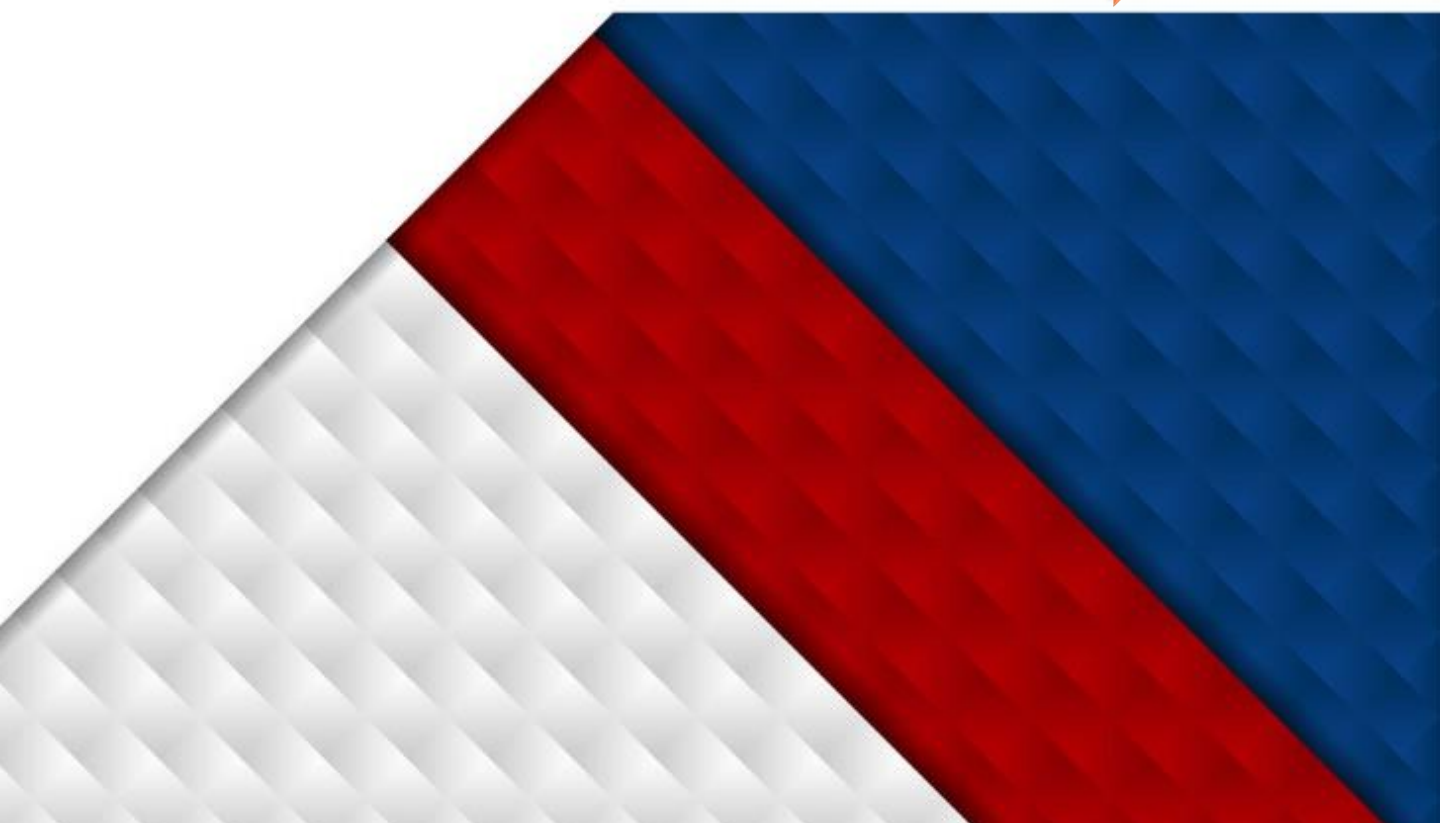
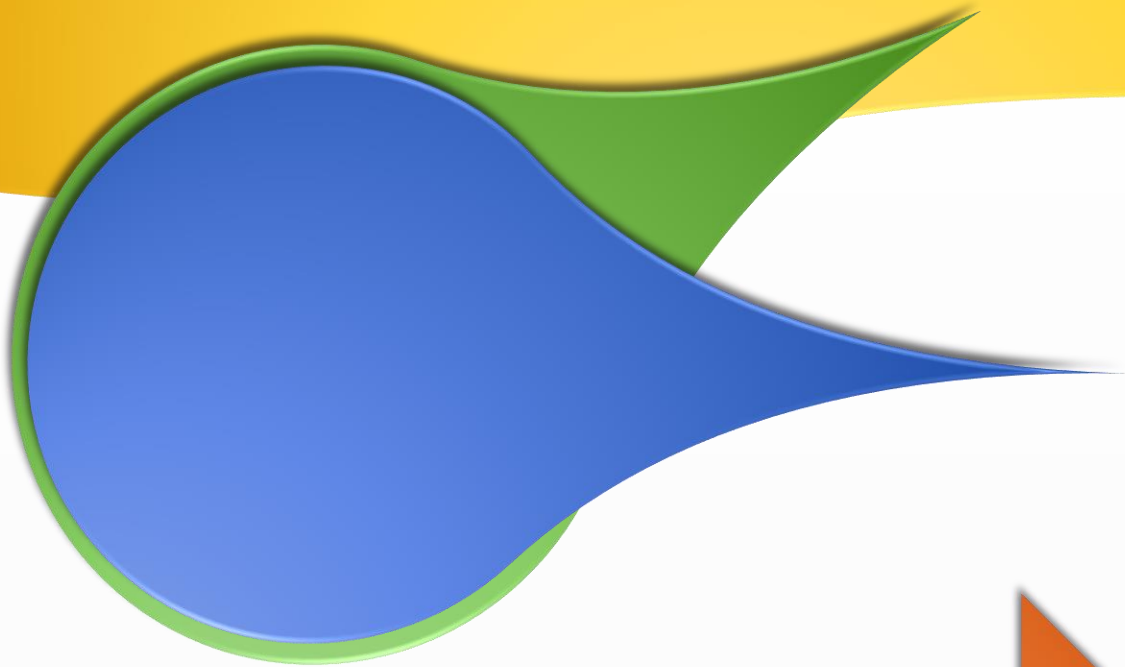


*I lost in darkness,
Here, it's so cold!
I'm all alone,
And no one to hold.*

*My world is void,
That's only left is pain!
No light to shine,
Only left is me,
With no one to care!*

*I heard a cry,
Oh! Its my heart!
That cries with fear,
No one to notice,
As my soul dies!*

Prince kr. Mohit
Roll no.-18



सफल वही होता है जो लक्ष्य का निर्धारण कर उस पर अडिग रहता है!!



“Never let your family background and socio-economic status hinder your path to success but instead remain focused and have your own values and goals in Life.”

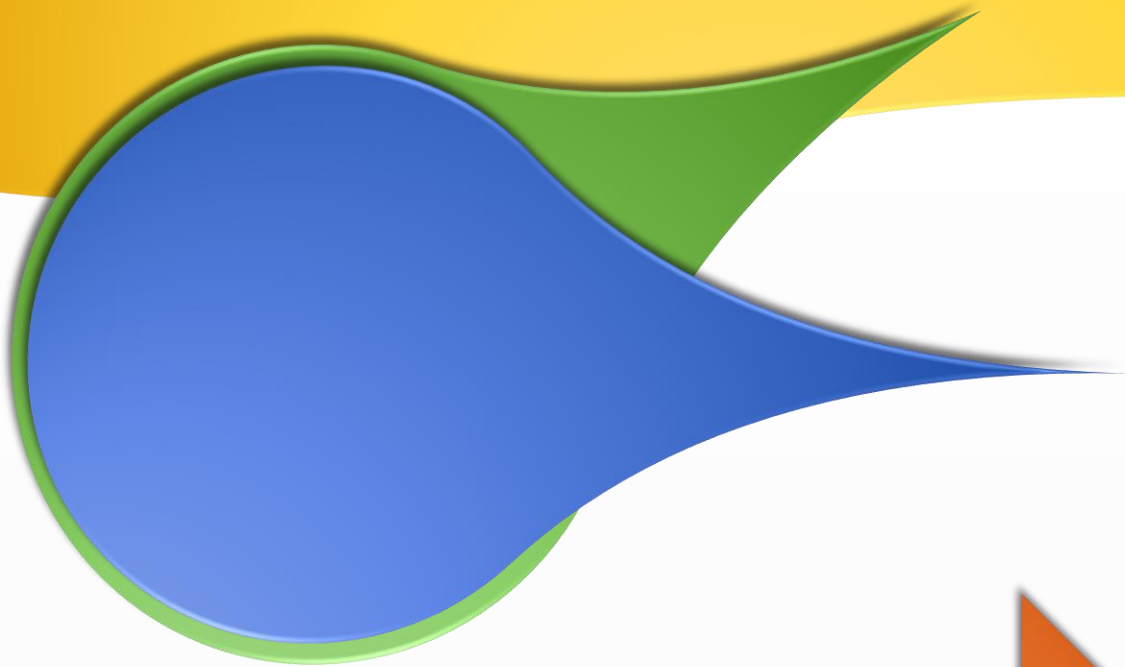
एकबार की बात है, एक निःसंतान राजा था, वह बूढ़ा हो चुका था और उसे राज्य के लिए एक योग्य उत्तराधिकारी की चिंता सताने लगी थी। योग्य उत्तराधिकारी के खोज के लिए राजा ने पूरे राज्य में द्विद्वारा पिटवाया कि अमुक दिन शाम को जो मुझसे मिलने आएगा, उसे मैं अपने राज्य का एक हिस्सा दूंगा। राजा के इस निर्णय से राज्य के प्रधानमंत्री ने रोष जताते हुए राजा से कहा, “महाराज, आपसे मिलने तो बहुत से लोग आएंगे और यदि सभी को उनका भाग देंगे तो राज्य के टुकड़े-टुकड़े हो जाएंगे। ऐसा अव्यावहारिक काम न करें।” राजा ने प्रधानमंत्री को आश्वस्त करते हुए कहा, “प्रधानमंत्री जी, आप चिंता न करें, देखिये क्या होता।” निश्चित दिन जब सबको मिलना था, राजमहल के बगीचे में राजा ने एक विशाल मेले का आयोजन किया। मेले में नाच-गाने और शराब की महफिल जमी थी, खाने के लिए अनेक स्वादिष्ट पदार्थ थे। मेले में कई खेल भी हो रहे थे। राजा से मिलने आने वाले कितने ही लोग नाच-गाने में अटक गए, कितने ही सुरा-सुंदरी में कितने ही आश्चर्य जनक खेलों में मशगूल हो गए तथा कितने ही

खाने पीने, घूमने-फिरने के आनंद में डूब गए। इस तरह समय बितने लगा। पर इन सभी के बीच एक व्यक्ति ऐसा भी था जिसने किसी चीज की तरफ देखा भी नहीं, क्योंकि उसके मन में निश्चित ध्येय था कि उसे राजा से मिलना ही है। इसलिए वह बगीचा पार करके राजमहल के दरवाजे पर पहुँच गया। पर वहाँ खुली तलवार लेकर दो चौकीदार खड़े थे। उन्होंने उसे रोका। उनके रोकने को अनदेखा करके और चौकीदार को ढक्का मारकर वह दौड़कर राजमहल में चला गया, क्योंकि वह निश्चित समय पर राजा से मिलना चाहता था।

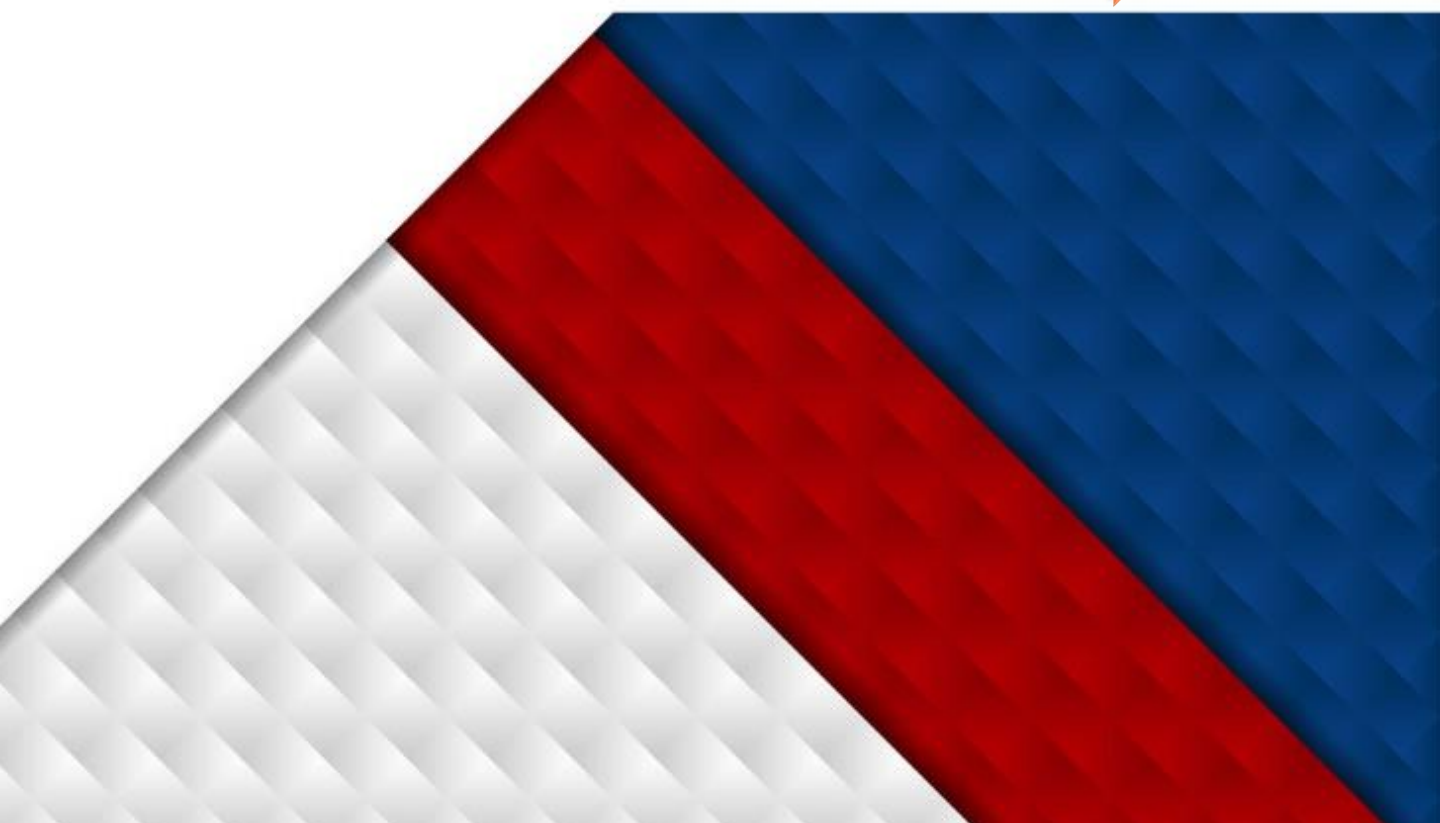
जैसे ही वह अंदर पहुँचा राजा उसे सामने ही मिल गए और उन्होंने कहा, मेरे राज्य में कोई व्यक्ति तो ऐसा मिला जो बिना किसी प्रालोभन में फसे बिना अपने ध्येय तक पहुँच सका। तुम्हें मैं आधा नहीं पूरा राजपाट दूंगा। तुम मेरे उत्तराधिकारी बनोगे। सफल वहीं होता है जो लक्ष्य का निर्धारण करता है, उसपर अडिग रहता है, रास्ते में आने वालो हर कठिनाइयों का डटकर सामना करता है और छोटी-छोटी कठिनाइयों को नजरअंदाज कर देता है।

*छिपाते अपनी हार नहीं, इंसान है
अवतार नहीं।
थकते भी है रुकते भी है पर मैदान में
पीठ दिखाना कभी
हमे स्वीकार नहीं!!*

वकील चन्द्र यादव
{M.Sc. (Maths)}
वर्ग क्रमांक-039
सत्र- 2019-21



Activities



Rangoli







PLANTATION



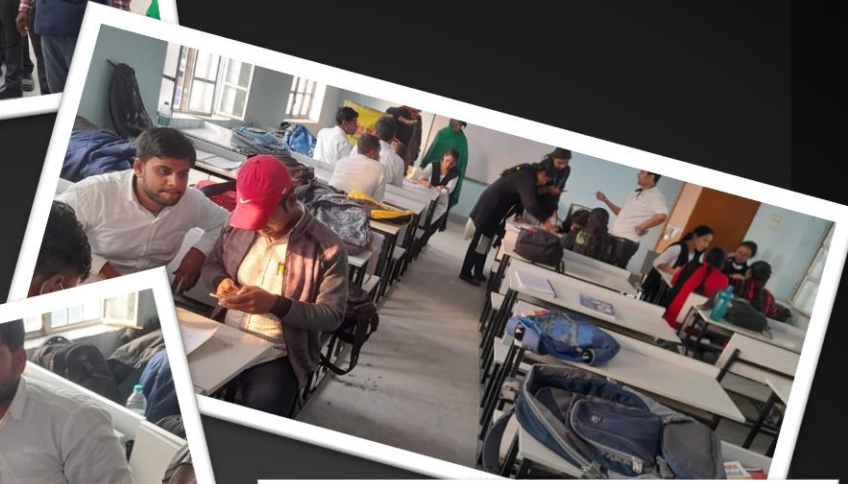


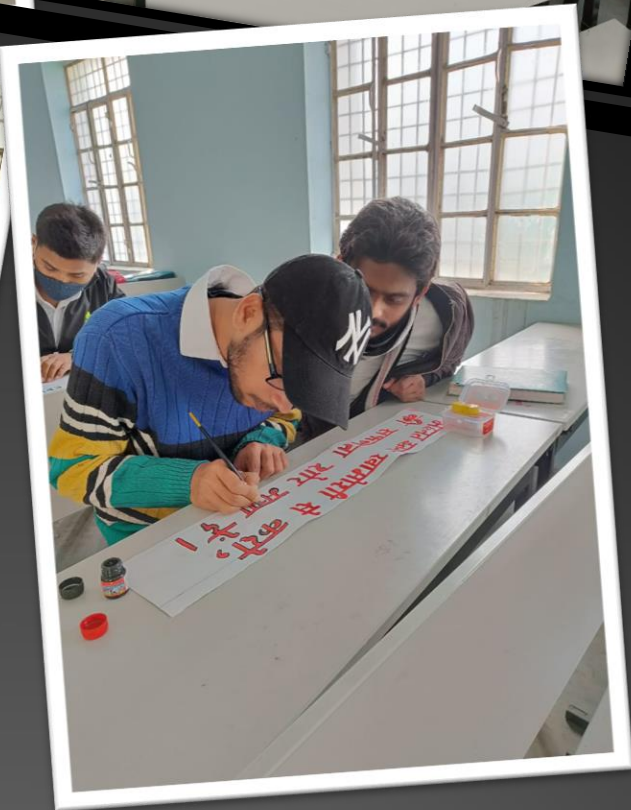




Poster Making







Proud Moment at L.N.M.U.

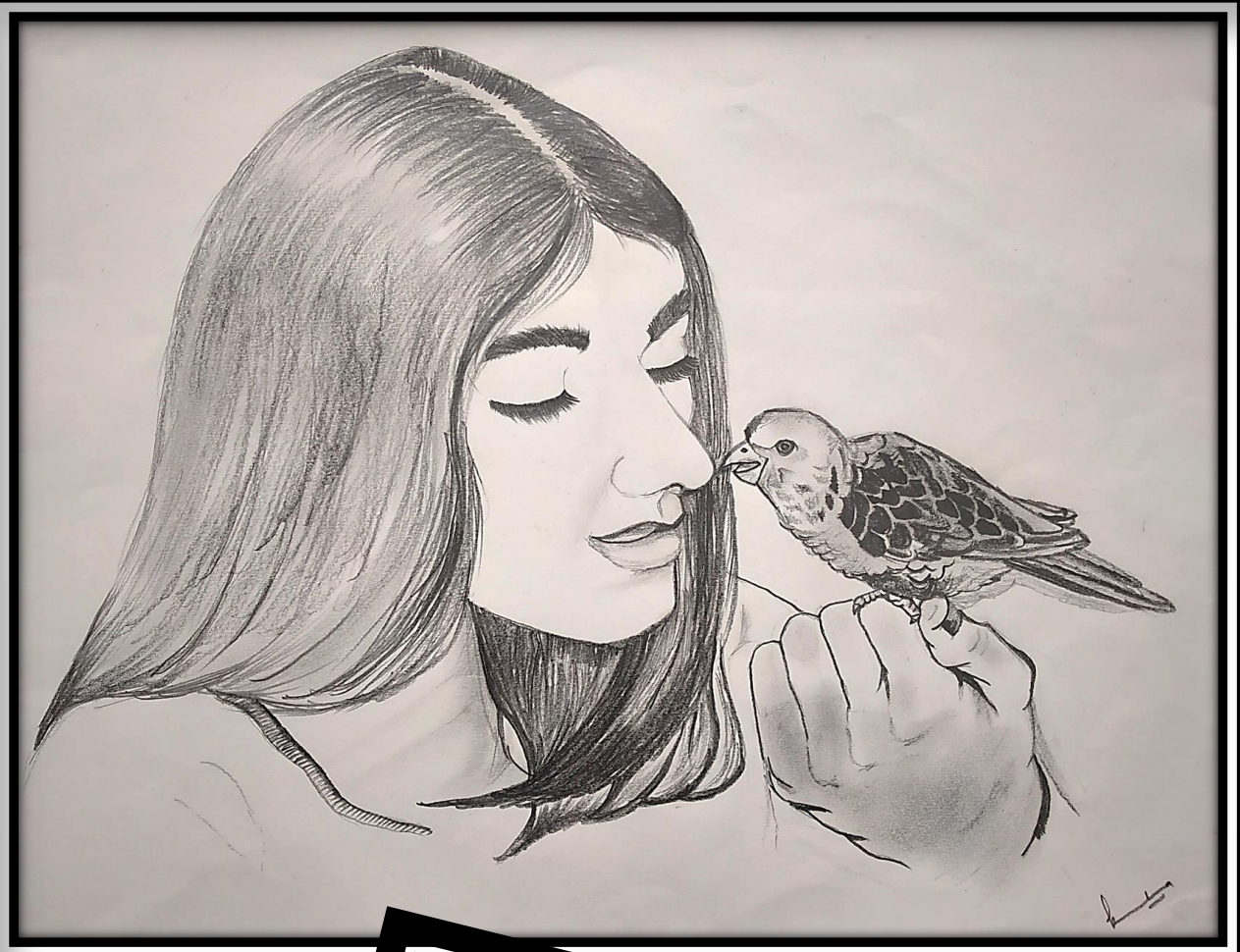
Winner of Inter college competition
(youth Festival)



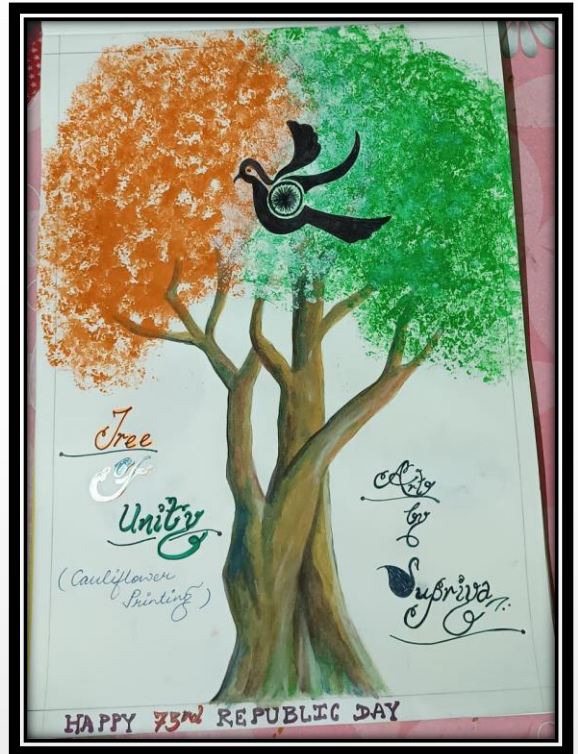


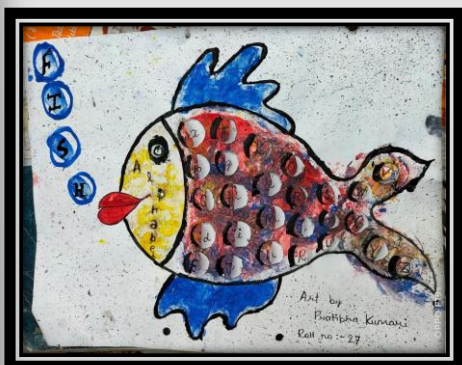
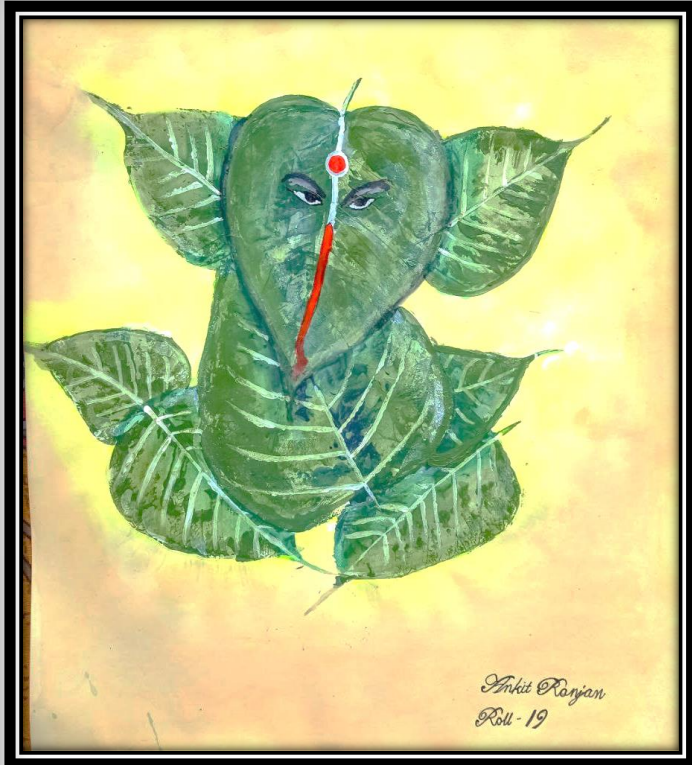


Drawings



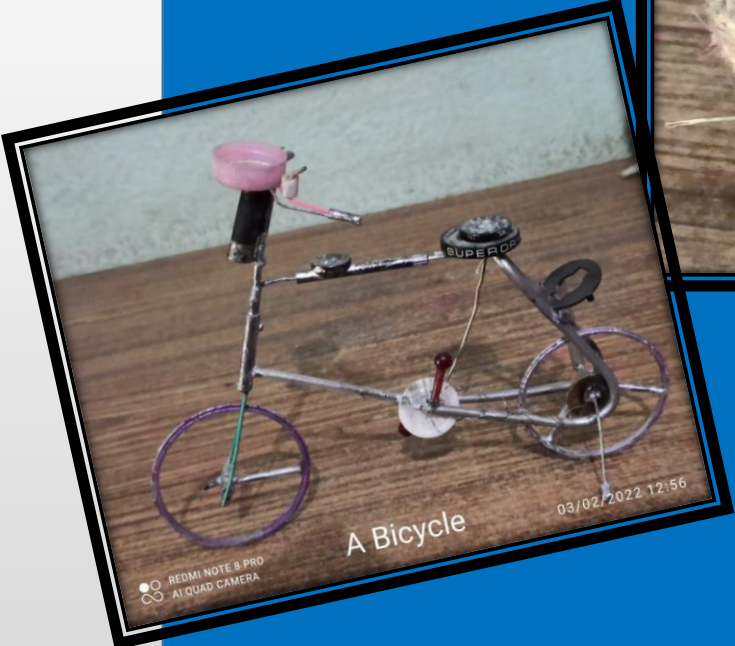








Craft Zone



वार्षिक खेल-कूद प्रतियोगिता 2021-22

उद्घाटन समारोह कार्यक्रम

1. द्वीप प्रज्ज्वलन
2. सरस्वती माता का माल्यार्पण
3. सरस्वती वंदना
4. प्राचार्य का अभिभाषण एवं खेल-कूद शुरू करने की घोषणा करना
5. विद्यार्थियों को शपथ दिलाना

खेल-कूद प्रतियोगिता का नाम और अधिकारी

1. बैटमिंटन – डा0 रवीन्द्र कुमार
2. कैरम बोर्ड – डा0 अंजली कुमारी
3. गोला फेक – श्री बृज भूषण उपाध्याय
4. म्यूजिकल चेयर – डा0 शाजिया फातमा
5. शतरंज – डा0 रवीन्द्र कुमार
6. चम्मच गोली दौड़ – कुमारी पल्लवी
7. रस्साकसी – श्री बृज भूषण उपाध्याय
8. सैकरेस – डा0 पवन कुमार

Winner Box

BADMINTON BOYS

WINNER
Anish Kumar
Uday Kumar

RUNNER
Ankit Ranjan
Prince Kumar Mohit

BADMINTON GIRLS

WINNER
Neha kumari
Sanju kumari

RUNNER
Komal kumari
Sakshi kumari

CHESS BOYS

WINNER
PRINCE KR. MOHIT

RUNNER
ANKIT RANJAN

CHESS GIRLS

WINNER
REETU KUMARI

RUNNER
SAKSHI KUMARI

CARROM BOYS

WINNER
Prashant Kumar, Roll-12
Vikash Kumar, Roll-10

RUNNER
Lalan Kumar, Roll-83
Nandan Kumar, Roll-90

CARROM GIRLS

WINNER
Divya Jyoti, Roll-87
Preety Deo, Roll-82

RUNNER
Pooja Kumari, Roll-11
Mousam, Roll-63

Winner Box

<u>Shotput</u>	Boys
First	Bal Kishore Yadav, Roll-81
Second	Vikash Kumar Yadav, Roll-52
Third (Medal)	Preetam Kumar, Roll-77

	Girls
First	Aasha Kumari, Roll-02
Second	Kajal Kumari, Roll-84
Third (Medal)	Komal Kumari, Roll-36

<u>Tuggwar</u>	Boys
Winner (Gold Medal)	Preetam Kumar, Roll-77
	Ankit Ranjan, Roll-
	Shiv Kumar, Roll-66
	Raja Kumar, Roll-17
	Rahul Kumar, Roll-
	Krishna Kumar, Roll-
	Pankaj Kumar, Roll-
	Prince Kumar Mohit, Roll-

	Girls
Winner (Gold Medal)	Preety Deo, Roll-82
	Richa Roy, Roll-35
	Pooja Kumari, Roll-11
	Asha Kumari, Roll-2
	Divya Jyoti, Roll-88
	Mausam Kumari, Roll-63
	Ritika Kumari, Roll-93
	Neha Kumari, Roll-28

Winner Box

<u>Spoon Marble Race</u>		Boys
First		Anish, Roll-99
Second		Survir, Roll-56
Third		Atulit, Roll-35

		Girls
First		Aasha, Roll-65
Second		Neha, Roll-72
Third		Pooja, Roll-23

<u>Sack Race</u>		Boys
First		Vikash Kumar Yadav, Roll-52
Second		Atulit Kumar, Roll-32
Third		Ankit Ranjan, Roll-19

		Girls
First		Ritu Kumari, Roll-15
Second		Aasha Kumari, Roll-02
Third		Pooja Kumari, Roll-11

<u>Musical Chair</u>		Boys
First		Pankaj Kumar
Second		Rahul Kumar
Third		Vikash Purve

		Girls
First		Ritu Kumari
Second		Rakhi Kumari
Third		Komal Kumari





SCORE BOARD

00 00

अध्यापक शिक्षा महाविद्यालय
CTE
(B.Ed College)
समस्तीपुर

खेल-कूद प्रतियोगिता समारोह
दिनांक - 17-02-2022 से 18-02-2022 तक

अध्यापक शिक्षा महाविद्यालय
CTE
(B.Ed College)
समस्तीपुर

खेल-कूद प्रतियोगिता समारोह
दिनांक - 17-02-2022 से 18-02-2022 तक







दो पल रुका ख्वाबों का कारवां और
फिर चल दिए तुम कहां हम कहां



(28 September 1929 – 6 February 2022)

भावपूर्ण श्रद्धांजली

Meri Awaaz hi Pehechan hai..

Tributes to Nightingale of India Lata Mangeshkar

