

हर रोज संभल कर मुकम्मल खड़े हैं
ए जिन्दगी देख मेरे हौसले तुझसे भी बड़े हैं



प्रयास
A Fight for Human Dignity

Annual Report - 2016-17



Late Miss Jatinder Arora
Founder PRAYAS

हौसले बुलन्द कर रास्तों पर चल दिए,
बढ़ते रहे अकेले, काफिला खुद बन गया.

Dedicated to



Late S. Harjeet Singh
who provided inspiration
and immense strength & showed
us the right way to tread on



Shri Abdul J Kalam once said, "Dreams are those that keep you from sleeping" and that has been the driving force behind Miss Jatinder Arora, the founder of Prayas, who pursued her dream relentlessly. Prayas was founded in 1996 with the noble initiative of lighting up the lives of under privileged children from the slums of Jaipur. All our initiatives aim at touching the lives of these disadvantaged children through education and vocational training as a means of mainstreaming.

Prayas means an Endeavour...an effort to help the mentally and physically challenged child and other under privileged children to lead a meaningful and dignified life !.

Vision

Equal opportunities for all

Mission

Our mission is the integration of children, with and without special needs, into mainstream schooling and society by providing education to enable their growth and development towards becoming self-sufficient individuals who can live with dignity.

Objectives

- Provide Inclusive Education (Education for all).
- Enhance skills of CWSN and develop a positive attitude towards self-reliance.
- Provide income generating projects to enable differently-abled to become economically self-sufficient.
- To develop strategies for marketing the products made by the physically and mentally challenged so that their income can be ensured.
- To advocate and network with governmental and non-governmental institutes for child rights.
- Women empowerment.
- Community participation in child education.
- To develop a resource centre in accordance with special needs in changing environment.
- To run professional courses under the accreditation of RCI.
- To facilitate inclusion in government run schools in slums of Jaipur.
- To pursue and help children to continue education for secondary and higher secondary certificate for placement.
- To provide computer science knowledge for better placement.





**Prayas –
'Badhte Kadam' - promises to keep and miles to go before we sleep!**

BADHTE KADAM - truly illustrates the journey of Prayas over the last two decades. We started our journey with 5 children and moved ahead taking measurable steps in reaching out and spreading our message of hope and education for the Disabled and inclusion for the marginalized. Our aim was to work as a catalyst to bring positive and sustainable change in the lives of underprivileged children, and their families. A small effort on our part could bring a big difference in their lives. A little convincing and counseling could bring about a big change in perception. The cornerstone of our work continues to be Inclusion, as we wish to provide all children the same opportunities and access to education.

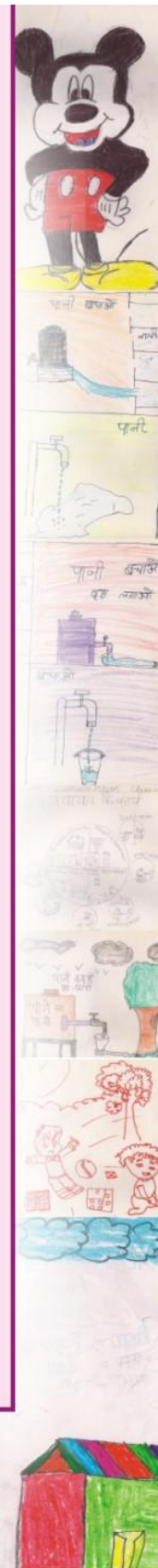


We offer different avenues for education and skill development for these children to lead a dignified life in society. For normal children and borderline cwsn, we have the formal mainstream education system. We offer open schooling for children who, for various reasons, are unable to cope with formal schooling. For the cwsn, we offer special education according to individual aptitude and level. Practical and vocational training is imparted to them also. The community and society must open their minds to children with disability, understand them and their challenges and acknowledge their potential and ability.

PRAYAS SCHOOLS

	JHALANA (Special Needs School)	RAJA PARK (Integrated School)	AMAGARH (Integrated School)	SANGANER (Integrated School)
Grades	A special classification system used.	Nursery to 8/ Upper Primary	Nursery to 5/ Primary	Nursery to 5/ Primary
Post Prayas	Students are either integrated into schools of mainstream society or rehabilitated by way of employment or self-employment.	Students are helped to enter mainstream schooling. Financial and academic support is provided where required.	Students attend the Raja Park school from Class VI onwards.	Students are helped with entering mainstream schooling. Financial and academic support is provided where required.

Name of Centre	Current Student Strength (Boys + Girls)
RAJA PARK (Integrated School)	174 (97 + 77)
JHALANA (Special Needs School)	108 (83 + 25)
AMAGARH (Integrated School)	158 (83 + 75)
SANGANER (Integrated School)	169 (84 + 85)
Total	609 (347+262)



Number of Special students

Category	Amagarh	Sanganer	Rajapark	Jhalana	Home based	Govt. Schools	Total
Mentally challenged	15	2	47	63	-	22	149
Multiple Disabled	4	9	9	26	8	6	62
Hearing Impaired	-	-	-	11	-	2	13
Cerebral Palsy	1	2	2	8	28	1	42
Learning Disability	-	-	-	-	-	-	-
Slow Learner	21	7	6	-	-	-	34
Total	41	20	64	108	36	31	300

In all our schools, all children are imparted education under one roof. We create an environment, where school is a joyous experience. Children here are encouraged to give expression to their creativity, be it in writing, poetry, art, music, dance, or drama. Student groups from Netherlands and other countries visit Prayas schools and Prayas communities every year. Our children have won laurels in national level events held in the capital.



CWSN are provided necessary support in the classes and engaged in a range of interesting activities to increase learning. Vocational training, is imparted to children who are growing in age with the objective of empowering them with skills to become self reliant.



Computer Training when integrated in the school time table has proved to be an effective learning tool for over 275 Prayas students. The Internet expands their learning environment beyond the classroom and gives them access to vast information and resources. Children with mild disability or hearing impairment are slowly but steadily preparing themselves to take up data entry work.



Continued Education Program of Prayas

This program has entered its fourth year since inception. It is a matter of great pride for us that first generation learners, children of daily wage earners and illiterate parents are now in Class XII and planning future careers for themselves. One encouraging fact is that the number of girls being included in this initiative is steadily on the rise. Of the 19 children who will be supported in the new session, 20% of them will be girls.



List of children to be supported in the coming year.

Sr. No.	Name	School	Class
1	Surendra Bunkar	Geeta Bajaj School	XII
2	Ravi Bunkar	Geeta Bajaj School	XII
3	Omprakash Bunkar	Geeta Bajaj School	XII
4	Mansoor	Geeta Bajaj School	XI
5	Sunny Dhanka	Geeta Bajaj School	XI
6	Arif	Geeta Bajaj School	X
7	Amruddin	Geeta Bajaj School	X
8	Brijendra	Geeta Bajaj School	X
9	Rahul	Geeta Bajaj School	X
10	Sanjay	Geeta Bajaj School	X
11	Shakina	Muslim School	X
12	Dheeraj Sharma	Subodh College	B Sc IIIrd Year
13	Harvinder Singh	Sadhu Vasvani School	X
14	Sana	Geeta Bajaj School	IX
15	Farzana	Geeta Bajaj School	IX
16	Aasmaan	Geeta Bajaj School	IX
18	Shiba	Geeta Bajaj School	IX
17	Mehraj	Geeta Bajaj School	IX
19	Sameer	Geeta Bajaj School	IX

As part of the **Jatinder Arora Academic Awards**, started to commemorate the memory of Prayas founder, Miss Jatinder Arora, the following students of Prayas schools have been recognized for achieving academic excellence, in spite of challenging circumstances and minimal family support. They have not only displayed leadership qualities, but also led by example, while making a contribution to school and society. They have been given Trophies, Certificates and Cash prizes. The four runner ups have been awarded Consolation certificates. Government school children will also be included in this program from the forthcoming year.



Awardees	Runner Ups	Year	Prayas School
Anita Jangid	Rehnuma	2016	Prayas Special School, Jhalana
Sana	Brijendra	2016	Prayas Integrated School, Raja Park
Saniya	Khushboo	2016	Prayas Integrated School, Amagarh
Rahul Joshi	Anal Samiya	2016	Prayas Integrated School, Sanganer



Government School Intervention

Our vision is to provide Equal Opportunity to All. However, due to our limited resources, we were unable to reach out to maximum children living in slums. But our commitment towards the grass root children was so strong, that we approached the government and offered to work with them in their schools, to enable admission of non school going children, including mentally retarded children, residing in the slums. Our proposal was accepted and we were allowed to work in the government primary schools where we have been working for last seven years.



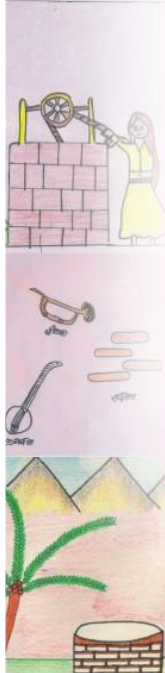
Here is a school-wise breakup of regular and children with special needs.

S. No.	Name of the school	Normal Student strength + Admitted by Prayas	CWSN strength + Admitted by Prayas	TOTAL
1	Idgah	88+15	7+2	112
2	Bhishtiyon ka mohalla	83+14	11+1	109
3	Parmanand	Merged in Baas Badanpura Government School		
4	Dargah			
5	Laxman Doongri	232+5	4+0	241
6	Hidakimori	31+2		33
7	Jawahar Nagar	118+15		133
8	Khadda Basti	102+20	2+0	124
9	Harijan Basti			
10	Dhanka Basti	83+22	1+0	106
11	Govind Nagar	267+32	-	299
12	Gangapole	61+4	3+0	68
	Total	1065+129	28+3	1225

This supported our Inclusive education system which we had started in 1998. Later on, in 2009, the govt. passed a bill for Education For All being mandatory. We were thus able to address the larger issue of education for all disabled children, all non school going children, instances of drop out from schools and ensuring education access to all.



The first challenge that we faced here was that the government schools did not have special educators to look after the cwsn. We realized that admitting special needs children was not fruitful, unless there were special educators available to give them proper learning. So we provided our Special Educators in these schools and they continue to be there till today.





We spread our wings in 55 communities in the slums of Jaipur and created awareness towards education and disability. To reach out to more children, normal as well as specially challenged, we conduct regular surveys in these slums to identify these children and admit them to government schools.

Community Outreach

We plan all our activities with emphasis on community empowerment. We try to mobilize social commitment, sensitizing the larger community and preparing everyone to participate in real social change.



We are witness to the changed mindsets of the community. At a documentation camp held in the heavily populated area of Eidgaah, there was an untoward incident where some local goons came and tried to disrupt our work, because they felt we were stealing the limelight. To our pleasant surprise, it was the women of the community who protested vociferously against their own members and asked us to continue our work. They had realized that we were doing selfless work for their benefit! Another similar camp held in Dhanka Basti area in January this year was well received also by the local people.

Our community team engages in a wide range of activities, ranging from surveys to identify non school going children, disabled children, counseling women and pregnant mothers, creating awareness about health, rights, education and disability, organizing recreational activities for neighborhood children through bal club libraries, street plays and games, arranging access to services through health camps, documentation camps and provide skill development for the women of the community. A 6-month vocational training (stitching, sewing and embroidery) for women has helped over 400 women to become independent wage earners and instilled self confidence in them. Presently these centres are running in Dhankaa Baste and Bhishtion ka Mohalla.



Here are some statistics, related to community benefitting initiatives of Prayas team.

Details	Total No.
Disability certificate made	6
Aastha Cards for Disabled	2
Disability Pension started	4
Palanhar Yojna	6
Bank Accounts opened	63
Escort Allowance	12
Bhamashah forms Application	83
Bhamashah Enrolment	27
Pension forms submitted	108
No. of Community meetings held	21
No. of persons who attended Community meetings	1108
Beneficiaries of mega camp on Documentation	382
Members of Community Volunteer Committees	131
Families surveyed for non school going children, cwsn and pregnant women	9195

Prayas Resource Centre

This is now in its eleventh year. This two year diploma course in Special Education, Mental Retardation runs under the aegis of Rehabilitation Council of India, New Delhi and National Institute of Persons with Multiple Disabilities, Chennai. Special educators who have completed the course move towards new horizons, paving a path for themselves, being equipped with a good academic and practical exposure to disability management at Prayas. Over 230 students have passed out from here and most of them are working in different capacities for children with special needs. This Prayas initiative has helped bridge the gap to some extent, between the number of special educators available and the number actually needed in the field.



Prayas Home Based Program

During regular survey we have come across many children who were unable to attend their daily needs. For these children, we have started the Home Base program 18 years ago, by sending special educators their homes. This program has created confidence in the children and parents have become participant in our work. 36 children continue to receive services. The positive impact of this initiative is that over 27 children have now been mainstreamed to regular schools after overcoming their initial problem related to mobility.





Teachers Training for Empowerment of Teachers and Special Educators

The workshops organized at Prayas focus on enhancing the awareness about children and persons with disabilities, teaching basic rules for intervention and guidance in dealing with different forms of disability. Specialists who are known names in the field of special education are invited from outside to conduct the workshops. The atmosphere in the workshops is vibrant as teachers and special educators interact with our resource persons to seek information about modern techniques and solutions to their day to day problems in the classroom.



Two workshops were organized this year - Integrating Therapy with School Activities (conducted by Mrs Sudha Vohra, Mrs Jayashree Ganapati and Mr. Soumen Kumar) and Pre Academic Skills for Children with Intellectual Disability (conducted by Dr. Preeti Verma and Dr. Sujata Bhan from SNDT Women's University, Mumbai).

A Life transformed!

Premprakash, is an intellectually disabled child who has proved that given the proper exposure and opportunity, he can overcome his odds and move towards independent living.

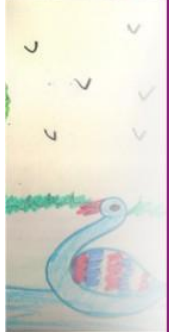


He is the son of a laborer Netram, residing in the Jawahar Nagar Kutchee baste area with his 3 siblings. It took his parents two years to acknowledge that Premprakash was not making any progress in the normal school and he needed a different sort of intervention.

At the age of ten, Premprakash was brought to Prayas. The child was like a frightened deer, looking around with awe and fear! He not only suffered from a visual problem, but also lacked eye and hand coordination. When spoken to, he would reply 'Yes' to everything. He had no academic knowledge, and would keep biting his nails. A multi pronged individualized education program was drawn up for him at Prayas. He was introduced to social skills. As part of his ADL, he learnt how to oil his hair and brush it. In academics, he started with the basic numbers and alphabets in Hindi and English by tracing on them. With the passage of time, Premprakash improved in behavior and became a quiet, obedient and well behaved boy, but on the academic front, could just about write his name, and recognize colors, vegetables and fruits.

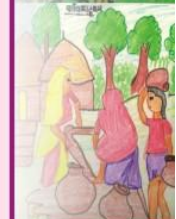
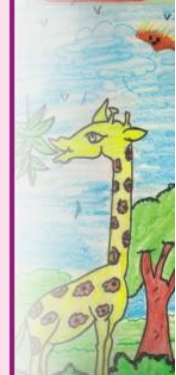
Seeing his weak retentive powers and growing age, he was shifted to the Vocational Centre of Prayas at Jhalana in 2013. There he learnt Candle making, Paper mache and sewing. He also helped in the Prayas Tiffin Centre. Premprakash showed a keen interest in music and enjoyed his music classes too. He started singing devotional songs in the temple with his father. Today we are happy to say Premprakash has become a confident young boy. He works as an apprentice in a motor servicing workshop. He enjoys greasing the machine parts and cleaning the floor mats of vehicles that come for servicing. Premprakash's father is very proud to see his son settling down to a near normal life.





Some other mainstreamed children are also worthy of mention.

- Roop Narayan, a physically handicapped street beggar who was brought to Prayas and is today not only settled in his career but also settling down to family life shortly.
- Shahrukh, a student of Prayas Vocational Centre now works in a mechanic's shop.
- Mohit Kaushik, after passing Class X through NIOS, has become a small scale entrepreneur having set up a packaging products machine at home!
- Heena, Yasmin, Nisha, Simran, Noor Jehan all first generation learners from Prayas have now completed Class XII and most of them are preparing for Graduation.
- Pinky is doing her MA and also taking private tuitions.
- Ajay has reached his final year of Engineering and Jubair is in 2nd Year of Engineering.



Thinking Ahead

Prayas is committed to provide Education For All under the Inclusive system of Education. Comprehending the grass root realities and experiencing first-hand the challenges that the people face, we have tried patiently and effectively to solve their problems. This is a big task!

We realized our constraints and limited resources and approached the government in 2008 for permission to work in government primary schools on inclusive education and got it. For the last seven years, we have not only worked in the schools, but also identified and admitted over 1100 normal and 150 cwsn in the schools. We faced a lot of problems there. There were no special educators in the schools to impart special education and skill training to the children. We took this as a challenge and provided our own special educators there!

The results were encouraging. The parents became aware of the needs of these children and realized that education and vocational training according to skill and ability is very essential for them. Our efforts are continuing.

In 2008, we applied to the government for land, as we felt the need of a proper school building in the slum area to provide education and vocational training for cwsn. We wished to expand our skill training facilities, computer labs with the objective of giving the girl child and other slum children a better life and make them economically contributing members of their families. Our two schools in Raja Park and Amagarh are running in dilapidated and cramped buildings. They need to be merged and shifted to a new building. We are still putting in a lot of efforts to get the land allotted and seeking necessary recommendations from the Social Justice and Empowerment department.

This initiative will strengthen our commitment for the economic independence and dignified life for maximum number of slum children. With changing times, to reach our ever receding goal, we look forward to everybody's participation and guidance.

Registered Under

- ▷ Ministry of Social Justice and Empowerment, New Delhi
- ▷ Rehabilitation Council of India (RCI)
- ▷ Societies Registration Act, 1958 (Soc. Reg. No. 165/JPR/96-97)
- ▷ Foreign Contribution Regulation Act, 1976 Amended in 2010 (Reg. No 125560127)
- ▷ National Institute of Open Schooling
- ▷ Rajasthan Education Board
- ▷ National Institute of Mentally Handicapped (NIMH), Secunderabad
- ▷ National Institute of Empowerment of persons with Disability (NIEMPD), Chennai





Hands That Are Helping Us :

Vibha, U.S.A., ASHA For Education, U.S.A., WIPRO Cares, Bangalore, Genpact, Jaipur, Ministry of Social Justice and Empowerment, Govt. of India, New Delhi, India, Deutsche Bank, Jaipur, India, Mr. Sachit Dhawan, New Delhi, India, Mr. Subhash Oberoi and Mr. Roshan, New Delhi, India, Many other individual local donors

Hands That Have Helped Us :

Child Rights and You (C.R.Y.), India, Jamshedji Tata Trust, Mumbai, India, Sir Dorabji Tata Trust, Mumbai, India, Government of Japan (New Delhi Embassy), Government of Rajasthan Education Trust, New Delhi, India, Mr. John and Mrs. Liz Robbins, U.K., Avtar Virdi Charitable Foundation, U.K., Genpact, Global Fund For Children, Save The Children Fund, SBI Life Insurance.

Supporting Prayas

We are extremely thankful to all those who have supported the children of Prayas in cash, kind and spirit in the past and present.

You can support the children by:

1. Donate:

To provide monetary support, please refer to the details below.

Indian Citizens (Indian Residents & Non-Indian Residents)

Account Holder's Name : Prayas Vocational Institute for Mentally Handicapped
Account Number : 98150100000475
Bank's Name : Bank of Baroda
Location (City/Town) : Jaipur
Branch IFSC Code : BARB0EXTNEH
Branch Name : IDS Extension
Counter Branch, Jhalana Institutional Area, Jaipur.

Bank Details for Foreign Contribution

Account Holder's Name : Prayas Vocational Institute for Mentally Handicapped
Account Number : 00541170000016
Account Holder's Bank : HDFC Bank Ltd.
Branch IFSC Code : HDFC0000054
Swift Code : HDFCINBB
Branch Name : D-54, Siddhi Vinayak, Ashok Marg, C Scheme
Location : Jaipur, Rajasthan, India
(City/Town/Country)

Also, you could send a cheque in favour of PRAYAS VOCATIONAL INSTITUTE FOR MENTALLY HANDICAPPED to J-5A, Jhalana Institutional Area, Jaipur, Rajasthan, India. Alternatively, you can visit us at this address. You would be provided with a receipt for the same for tax exemption outlined in section 80(G) of the Income Tax Act, 1961 in India.

2. Sponsoring A Child: By sponsoring a child, you would be helping by covering the cost of the child's education and other-related needs. You would receive a brief profile and periodic updates of the child.
3. Volunteering: One can volunteer to spend time with children by way of teaching, games and activities, organizing field trips, etc.
4. You can help by purchasing products made in vocational classes by Prayas children.



Snapshots from Visitor Diary

14/4/17 The Knt Family -
Australia

It has been a pleasure to be welcomed into this school to see these children are so well cared for, the teacher well trained and able to provide this facility. We saw a lot of smiling faces as we were shown around this calm and peaceful environment.
Thank you

12/10/16 RIDHI KAPUR & THE DALBERG TEAM

Thank you for showing us around your lovely school. The Prayas team is doing a fabulous job.

The highlight for us was to see how Prayas has a holistic approach which brings together children, the community, and has a continuous, ongoing engagement with its students. ↓

Snapshots from Visitor Diary

7/12/16	Andrew Peck, Australia	Inspirational efforts - your contribution to society is huge - very humbling - I wish you all the best and look forward to hearing about the children stories in the future Arun Singh
7/12/16	Diana Sims, Australia	Inspirational & Amazing. Wishing you all the best to your future years D.S.

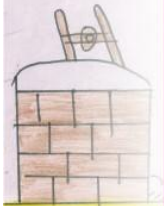
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7/12/16	Diana Sims, Australia	Inspirational & Amazing. Wishing you all the best to your future years D.S.

18/01/2017		It was perfect! Thank you for your welcoming You have a good school with good teachers Very friendly and congratulations for all the good job! Thank you, Farina & Johanne from France.
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पनिधरिन



बढ़ते कलम से



तितली की सीख

संग हवा के उड़ी चली, रंग बिरंगी इक तितली।
 पर थे उसके बड़े सजीले, लाल, हरे और नीले-पीले।
 नन्ही-प्यारी वह तितली, उड़कर बगियों में पहुँची।
 बैठ गई वह किसी कली पर, जो कि लगी एक डाली पर।
 ज्यों ही रस पीने को चली, बोल पड़ी वह नन्ही कली।
 खिले फूल पर जाओ तुम, मुझे न अभी सताओ तुम।
 मुझको अभी बहुत है सोना, ढूँढो फूल कोई और तुम।
 तितली बोली, आलस छोड़ो, बंद पँखुड़ी अपनी खोलो।
 देखो दुनिया कितनी सुंदर, रंग बिरंगी, चमकीली।
 लो मैं तुमसे दूर चली, रंग बिरंगी इक तितली।



सना - कक्षा आठ

बेटी

बेटी बचाओ, बेटी पढ़ाओ, भारत का ऊँचा मान बढ़ाओ।
 बेटी है एक ऐसा धन, जिसको पाकर मन होता प्रसन्न।
 बेटी को न दुतकारो, प्यार से उसका नाम पुकारो।
 बेटी पढ़ लिख कर बनी महान, भारत का ऊँचा किया है नाम।

आसमा-कक्षा सात

जीवन

हे! मनुष्य तू लाख कर पूजन, तुझे नहीं मिलेगा फिर ये जीवन।।
 वक्त कभी किसी के लिए रुकता नहीं, आसमान कभी किसी के लिए झुकता नहीं,
 इसलिए कुछ तो कर इस जीवन के लिए चिन्तन, नहीं मिलेगा तुझे फिर ये जीवन।।

कुछ करने के लिए मतकर इंतजार, कुछ करेगा तो होंगे सपने साकार।
 माता-पिता ही जीवन का आधार, कर सेवा तो ही होगा जीवन पार।
 पाएगा ज्ञान, तो प्राप्त होगा भगवान, सत्य का साथ दे, बुराई का कर हवन
 नहीं मिलेगा तुझे फिर ये जीवन।।

गुरु से बढ़कर कोई रखवाला नहीं, शिष्य से बढ़कर कोई पौधा नहीं।
 कर बड़ों और गुरुओं को नमन, नहीं मिलेगा तुझे फिर ये जीवन।।

फरजाना - कक्षा आठ



गुरु



परमात्मा से ऊँचा स्थान गुरु का, जो ज्ञान के सागर से है भरा
हमें सही राह पर ले जाते, वे मार्ग दर्शक गुरु ही बने।
जब भी असमंजस में होते, वे सही राह बता देते ॥
मन में उठती शंकाएं, वे गुरु ही शांत कर पाते।
कभी गुस्से से या कभी प्रेम से, हर बात हमें हैं समझाते ॥
इस कठोर दुनिया से लड़ना, केवल गुरु के वचनों से सीखा।
जब स्वयं नारायण सामने हो, तो मंदिर जाकर क्या करना ॥
इन्हीं परम पूज्य के सामने, नत मस्तक हो जाएं,
तो पूरा जीवन शांत, वरना मन के कोलाहल में, अज्ञान की नैया कैसे पार लगे ॥
एक बार गुरु की दृष्टि, बन जाए तेरे ऊपर ॥
हर क्षेत्र में तू ही जीतेगा, चाहे तू जाए पश्चिमोत्तर ॥
हम तो केवल फूलों पर चले थे, अंगारों पर चलना गुरु ने सिखाया।
इन कोमल कलाईयों को, लोहे की भुजा गुरु ने बनाया।
गुरु वाणी सर्वोच्च है, जो निन्दे पच्छताए ॥

कंचन-कक्षा सात

नारी



प्यार भरे सागर में सच्चा मोती है नारी,
प्रेम की लहरों में न डगमगाती है नारी।
सबका जीवन संवारती है नारी,
अज्ञानता के अँधेरे में दीया जलाती है नारी
गौरव का मार्ग दिखाती है नारी,
सभी के साथ प्यार का व्यवहार जताती है नारी।
नारी है एक ऐसा दीया,
जिसने औरों के जीवन को रोशन किया।
कठिनाई के समय भी मुस्कराती रहती है,
सभी के दुखों को सहती रहती है।
खुद पर न देती है ध्यान,
अस्वस्थ रह कर भी दूसरों को देती है ज्ञान
नारी का करो सम्मान,
तभी होगा भारत का उत्थान ॥

मुस्कान-कक्षा छ



सशक्त नारी

कोन कहता है नारी अबला है, सच मानो तो नारी सबला है ॥
नारी को न मानो निशक्त, सच मानो तो नारी है सशक्त ॥
नारी है एक ऐसी महान, जानता है यह सारा जहान ॥
लक्ष्मी थी इक आइरन लेडी, जिसने अंग्रेजों पर गोलियाँ है भेदी ॥
सुनिता, कल्पना चावला ने, अंतरिक्ष में जाकर अपनी पहचान बनाई ॥
तभी तो पाकिस्तान वालो ने भारत के आगे मुँह, की खाई ॥
इंदिरा गांधी थी एक सशक्त नारी, हम भी आज हैं एक विश्वस्त नारी ॥
किरण बेदी है आज की नारी, दोषियों पर पड़ती है भारी ॥
नारी का होगा उत्थान, तभी तो भारत का रोशन होगा नाम ॥

काजल
कक्षा सात



बढ़ते कलम से



प्रेरणा

कांटों से भरे उन गुलाबों को देखो,
मैं तुम्हारे लिए खुशबू बन जाऊँगा।
उस चाँद को तो देखो,
उसकी चाँदनी रोशनी बन जाऊँगा।
तुम उस सूरज को तो देखो,
उसकी किरण मैं बन जाऊँगा।
तुम लगन से मेहनत तो करो,
उसकी खुशबू बन जाऊँगा।
नाराज मत होना मेरे यारों,
तुम्हारी सफलता का प्रमाण मैं बन जाऊँगा।
बस अपने आत्म सम्मान को मत खोना,
अपने उस लय ताल को मत बिगड़ने देना,
मैं तुम्हारे कंठ के मीठे गीत बन जाऊँगा।



इरफान—कक्षा सात

सफलता की राह

सफलता के चाँद को,
छूकर हम दिखलाएँगे।
विश्व के इतिहास में
अपना मुकाम बनाएँगे।
आँधी आए,
तूफान आए या बवंडर,
हम सब मिलकर
पार कर जाएँगे समंदर।
धरती का सीना चीरकर,
हम अपनी तकदीर बनाएँगे,
सफलता के चाँद को,
छूकर हम दिखलाएँगे।

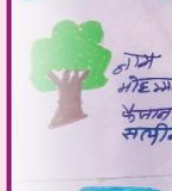
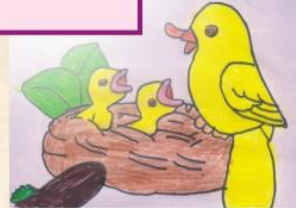
हेमसिंह—कक्षा सात

शिक्षक दिवस के पावन पर्व पर

सचमुच सरस्वती का रूप गुरु है, पृथ्वी पर अवतरित हुए है ज्ञान बांटने के लिए।।
अंधकार को प्रकाश में बदलते हैं, सत्य असत्य का भेद कराते हैं,
उचित और अनुचित हमें बतलाते हैं। यही शिक्षक कहलाते हैं।
गुरुओं की महिमा का वर्णन करना है नामुमकिन,
इन्हीं के मुख में छिपा है, सारा ब्रहमांड असीमित।।
ज्ञान रूपी यश प्रदान करते हैं, हमें मुसीबतों से लडने की प्रेरणा देते हैं।।
ये हमारी काबिलियत को निखारते हैं, ये नव- जीवन हमें प्रदान करते हैं।।
नमन उनको सदैव करते हैं, हम, ये अपने अनुभवों को हमारे साथ बांटते हैं।।
ये इंसानिसत की भावना जगाते हैं, ये अच्छे विद्यार्थी ही नहीं, अच्छा इंसान बनाते हैं।।



जुबेर—कक्षा छ





मेरी प्रिय अध्यापिका



इंसान अपने जीवन में कोई कार्य करता है या किसी बुलंदी को छूता है, तो उसके पीछे तीन व्यक्तियों का हाथ होता है। पहला ईश्वर का, दूसरा हमारे माता-पिता का, तीसरा हमारे गुरुजनों का। हम छोटे होते हैं तो हमारे माता-पिता हमें पढ़ाते हैं तथा हमारा घर हमारे लिए विद्यालय बन जाता है। जब हम में सोचने समझने की शक्तियाँ आ जाती हैं, तो हम विद्यालय में प्रवेश करते हैं। विद्यालय में वैसे तो कई शिक्षक व शिक्षिकाएँ होती हैं। हमारे विद्यालय में भी कई शिक्षक शिक्षिकाएँ हैं परन्तु मुझे हमारे विद्यालय में केवल एक दीदी बहुत अच्छी लगती है। मुझे उनकी खूबियाँ बहुत पसंद हैं। हमारी दीदी का नाम श्रीमती ज्ञान ग्रोवर दीदी है। वे हमारी कक्षा अध्यापिका होने के साथ-साथ हमारे विद्यालय की प्रधानाचार्या हैं। वे सुबह सुबह सही समय पर विद्यालय पहुँचती हैं क्योंकि वह वक्त की पाबंद हैं। वे साधारण वस्त्र पहनकर आती हैं। मुझे उनकी एक आदत बहुत अच्छी लगती है कि प्रार्थना सभा में सभी शिक्षक बैठते हैं परन्तु हमारी ग्रोवर दीदी नहीं बैठती। वे सभी बच्चों के साथ समान प्रेम-भाव बनाए रखती हैं।

आकिब-कक्षा आठ

स्वच्छता

स्वस्थ रहना है, तो स्वच्छता को अपनाना है।।
गड्ढों के ऊपर बैठे मच्छर, मलेरिया को क्यों देते निमन्त्रण।।
गड्ढों को भरना होगा, मलेरिया को भगाना होगा।।
स्वच्छता है एक ऐसा गहना, रोगों को है दूर भगाना।।
स्वच्छता अभियान चलाया, भारत को आलीशान बनाया।।
स्वच्छता अभियान कोष में जो देगा दान, उसको मिलेगा इन्कम टेक्स में आराम।।
स्वच्छता अभियान चलाया, मोदी ने सड़क पर झाड़ू लगाया।।
हमारा स्वच्छ भारत, अलग है महान भारत।।
स्वच्छ भारत के हम बच्चे, मन के अच्छे दिल के सच्चे।।



सुहाना-कक्षा पाँच



**अच्छे - अच्छे
काम करो**

नन्हा बीज एक बो दो तुम, वही पेड़ बन जाएगा।
छोटा - सा तुम दीप जला दो, अंधकार मिट जाएगा।।
मीठे बोल अगर बोलो तो, अपनापन बढ़ जाएगा।।
बिना रुके चलते जाओ तुम, तुम्हे लक्ष्य मिल जाएगा।।
अच्छे - अच्छे काम करो तो, देश बड़ा हो जाएगा।।
नन्हा बीज एक बो दो तुम, वही विशाल वट बन जाएगा।।

समीर-कक्षा आठ

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