

HIGHLIGHTS

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- ✦ **G.C.E.I. : Menstrual Health Awareness Camp**
- ✦ **Interview: Dr. Vinod Juglan**
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Dear Students,

"Life's most persistent and urgent question is: What are you doing for others?" -Martin Luther King Jr.

Have you ever thrown a wrapper outside a car? Have you ever written on a wall? Have you ever damaged public property?

If your answer is yes, then it is time to understand the importance of civic sense.

In simple words, civic sense means being a responsible and considerate citizen. It teaches us to think not only about ourselves but also about others and our country. Civic sense includes keeping our surroundings clean, respecting public property, following rules, and behaving appropriately in public places.

Every day, we see people throwing garbage on roads, scribbling on walls, jumping queues, and ignoring traffic rules. Such actions may seem small, but together they create disorder and damage public property. Remember, public places belong to all of us. When we harm them, we disrespect our own nation.

As students, you play a vital role in shaping the future of our society.

Simple habits like using dustbins, keeping classrooms clean, standing patiently in lines, and caring for school and public property reflect true civic sense. When you follow rules honestly, you set an example for others.

Civic sense also means helping others. If you see someone littering, politely encourage them to use a dustbin. If you notice a water tap left open, close it. Save electricity by switching off fans and lights when not in use. Small responsible actions can make a big difference.

Respecting elders, speaking politely, and maintaining discipline are also important aspects of civic sense. Good behaviour reflects strong character. A well-mannered student is respected everywhere.

Ms. Meena Kothari, Editor





Sunita Williams
(19th September, 1965)

Sunita Williams is a well-known astronaut of the United States who is admired all over the world, especially in India. She was born on 19th September, 1965 in Euclid, Ohio, USA. Her father, Dr. Deepak Pandya, is Indian, while her mother, Ursula Pandya, is an American. Because of her Indian background, she shares a special connection with India and is an inspiration to many Indian students.

Sunita was a bright and active student from childhood, she showed interest in sports and science. She later joined the **United States Naval Academy** and graduated in Physical Science. She completed her Master's degree in Engineering Management from Florida Institute of Technology. Her education helped her build a strong foundation for her career.

She played an important role in many space missions. During the **Boeing Crew Flight Test (2024-25)**, she was a pilot of Starliner and became **the first woman to fly on its orbital test flight**. She stayed on the **International Space Station (ISS)** for more than nine months. She set record for the longest spaceflight by a woman (195 days). She also became the first person to run a marathon in space. In expedition 33/33 (2012), she worked as a flight engineer and later become the commander of the ISS. During this mission, she also become **the first person to complete a triathlon in space**. In her career, she **completed nine spacewalks**, spending more than 62 hours outside the spacecraft. This is the highest cumulative time by a woman in space. She retired from NASA in December 2025 after serving for 27 years. Sunita Williams is not only a successful astronaut but also a role model for students. She believes that hard work, honesty and self-confidence are the keys to success. She encourages young people, especially girls, to follow their dreams and choose careers in science and technology.

I am personally inspired by Sunita Williams because of her hard work and strong discipline. Her life shows that success does not come easily, but it comes to those who work honestly and stay focused on their goals. Dedication to her duty motivates me to work harder in my studies and to never give up in difficult situations. She has taught me that discipline and determination are the keys to achieve success in life.



Ayush Pant
12B

Menstrual Health Awareness Camp

This year, GCEI is focusing on health, sanitation, and hygiene. Keeping this theme in mind D.I.P.S (Doon International Public School) organized a 'Menstrual Health Awareness Camp' initiated and conducted by GCEI. This meaningful initiative was aligned with GCEI's core theme for the year, emphasizing the vital role of hygiene in promoting overall well-being.

The camp aimed to encourage open dialogue and break the myths related to menstruation. Girls from Grades 6 to 8 actively participated along with their mothers, creating a safe and supportive learning environment. The session was led by specialist Dr. Vandana Rajput, who shared valuable insights on menstrual health and hygiene. With her expert guidance, participants gained a scientific understanding and practical knowledge of the subject. Both girls and their mothers asked thoughtful questions, helping to build clarity, awareness, and confidence in managing this natural process.

By bringing this important topic into open discussion, D.I.P.S and GCEI have taken a significant step toward making discussions on menstrual hygiene. The camp truly reflected GCEI's commitment to creating awareness and empowering communities where health, dignity and hygiene are prioritized.



Ankita
12B

Interview with Mr. Vinod Juglan

यदि हम प्रकृति की रक्षा करेंगे, तो प्रकृति हमारी रक्षा करेगी। इसी सोच को आगे बढ़ाने का काम किया है डॉ० विनोद जुगलान ने जो कि ऋषिकेश के एक समर्पित पर्यावरणविद्, और समाजिक कार्यकर्ता हैं। गंगा तट के प्राकृतिक वातावरण में पले-बढ़े होने के कारण उन्हें प्रकृति और वन्यजीवों से विशेष लगाव है। वे पिछले 9 वर्षों से नमामि-गंगे के अंतर्गत जिला गंगा संरक्षण समिति के सदस्य के रूप में सक्रिय रूप से कार्य कर रहे हैं। उन्होंने स्मृति वन "(इको पार्क)" की स्थापना कर पर्यावरण संरक्षण को जन-आंदोलन का रूप दिया है। उनके कार्यों के लिए उन्हें इंटरनेशनल क्लाइमेट एक्शन लीडरशिप अवार्ड 2025 से सम्मानित किया जा चुका है। वे युवाओं को प्रकृति से जोड़कर पर्यावरण संरक्षण का संदेश देते हैं। "डिप्स बज को उनका साक्षात्कार लेने तथा उनके अनुभवों को जानने का शुभ अवसर प्राप्त हुआ

1. दिव्यांशी-कृपया अपने बचपन के अनुभव तथा पृष्ठभूमि पर प्रकाश डालें?

डॉ० विनोद जुगलान- मेरा जन्म और बचपन गंगा जी की गोद में खदरी क्षेत्र में बीता। 'खदरी' नाम इस उपजाऊ खादर मिट्टी से पड़ा है जिसे माँ गंगा स्वयं बहाकर लाई थीं। हमारे गाँव का नाम 'खदरी खडकमाफ' इसलिए पड़ा क्योंकि उस समय की सरकार ने असिंचित भूमि होने के कारण यहाँ का लगान माफ कर दिया था। मेरी प्रारंभिक शिक्षा ग्राम सभा खदरी खडकमाफ विकासखंड डोईवाला जनपद देहरादून वर्तमान तहसील ऋषिकेश से हुई। मैंने ग्रेजुएशन पंडित ललित मोहन शर्मा महाविद्यालय ऋषिकेश से किया और स्नातकोत्तर पंजाब से।

2. आस्था-आपको पर्यावरण संरक्षण के क्षेत्र में कार्य करने की प्रेरणा कहाँ से मिली?

डॉ० विनोद जुगलान- जैसे कि मैंने बताया कि मैं बचपन से ही बायोडायवर्सिटी के बीच पला-बढ़ा हूँ। मुझे वन्य जीवों से प्रेम रहा है। यहाँ होने वाले बदलाव को मैंने अपनी आँखों से देखा है, कि कैसे अस्सी के दशक के बाद वीरभद्र बैराज और चीला पावर प्रोजेक्ट बनने से नदी का जलस्तर कम होने लगा। सर्दियों में जब पानी का बहाव (Minimum Flow) बहुत कम हो जाता है, तो जलीय जीवों के अस्तित्व पर संकट मंडाराने लगता है। एनजीटी (NGT) भी नदियों में एक न्यूनतम बहाव बनाए रखने की बात करती है, जिसकी कमी मुझे विचलित करती है। और मानसून में इतना पानी आता है कि बाढ़ आ जाती है। अपनी मिट्टी, भाषा और इन वन्य जीवों के प्रति इसी प्रेम ने मुझे पर्यावरण संरक्षण के क्षेत्र में कार्य की प्रेरणा दी है।

3. दिव्यांशी-ऋषिकेश और हिमालयी क्षेत्र में पर्यावरण संबंधी सबसे बड़ी समस्या आप किसे मानते हैं?

डॉ० विनोद जुगलान- ऋषिकेश की बात करें तो यह केवल एक शहर नहीं, बल्कि हिमालय का द्वार है, दुख की बात यह है कि हम अपने पारंपरिक ज्ञान को भूलते जा रहे हैं। गंगा में कैमिकल (साबुन, शैम्पू) का प्रयोग और गंदगी फैलाना वर्जित है, लेकिन आज 'तीर्थाटन' का स्थान 'पर्यटन' ने ले लिया है, जिससे हमारी मर्यादा कमजोर हुई है। आज ऋषिकेश के लिए प्लास्टिक (सिंगल यूज प्लास्टिक) और मेडिकल वेस्ट



सबसे बड़ी समस्या बन चुके हैं। इसके अलावा, डीजल वाहनों का धुआँ एयर क्वालिटी इंडेक्स (AQI) को बिगाड़ रहा है, जो स्थानीय लोगों और पर्यटकों के स्वास्थ्य के लिए बड़ा खतरा है।

शहर में पार्किंग और भारी भीड़ भी बड़ी चुनौतियाँ बनती जा रही है। श्रावण मास में कांवड यात्रा के दौरान आने वाली भीड़, पूरे साल के यात्रियों से कई गुना अधिक होती है। यदि हम आज जागरूक नहीं हुए, तो आने वाले भविष्य में ये पर्यावरणीय समस्याएँ और भी विकराल रूप धारण कर लेंगी तब हमें संभलने का मौका भी नहीं मिलेगा।

उत्तराखंड में साल भर में लगभग 5 करोड़ यात्री आते हैं, और यदि एक व्यक्ति औसतन 4 प्लास्टिक की बोतलें भी फेंकता है, तो हम 20 करोड़ बोतलों का कचरा हिमालय में जमा कर रहे हैं। नदियों में आने वाली बाढ़ वास्तव में 'फलड' नहीं, बल्कि 'एग्रेसन ऑफ रिवर' है। आज मानव-वन्यजीव संघर्ष बढ़ रहा है क्योंकि हमने उनके प्राकृतिक मार्ग बाधित कर दिए हैं।

4. आस्था-नमामि-गंगे जिला समिति के सदस्य के रूप में आपकी मुख्य जिम्मेदारियाँ क्या हैं?

डॉ० विनोद जुगलान- मैं पिछले 9 वर्षों से जिला गंगा संरक्षण समिति का नामित सदस्य हूँ। यह समिति भारत सरकार द्वारा गठित और राष्ट्रीय हरित न्यायाधिकरण (NGT) की देखरेख में काम करती है। हर जनपद में यह मेरा काम है।

हमारा मुख्य कार्य 'नमामि-गंगे' के कार्यक्रमों की निगरानी और ऑडिट करना है। नगर निगम ऋषिकेश के साथ मिलकर हम प्रदूषण नियंत्रण पर भी

काम कर रहे हैं। इसके अलावा, हम सीवरेज ट्रीटमेंट प्लांट (STP) की कार्यक्षमता पर भी कड़ी नजर रखते हैं। वर्तमान में जर्मन बैंक (KfW) की सहायता से क्षेत्र में आधुनिक सीवरेज सिस्टम विकसित किया जा रहा है। हमारा उद्देश्य केवल तकनीकी सुधार ही नहीं, बल्कि बच्चों में जागरूकता लाना, स्वच्छता रैलियां निकालना और नुककड नाटकों के माध्यम से जन-जन को प्रकृति संरक्षण से जोड़ना है।

5. दिव्यांशी —पुराने डीजल वाहनों के पर्यावरण पर प्रभाव को लेकर आपने जो आवाज उठाई, उसके क्या परिणाम सामने आए हैं?

डॉ० विनोद जुगलान— यह एक महत्त्वपूर्ण विषय है। वायु प्रदूषण के समाधान के लिए हम एक विशेष डिवाइस तैयार कर रहे हैं, जिसे नगर निगम के 'कूड़ा वाहनों' पर लगाया जाएगा। यह डिवाइस बिना बिजली या ईंधन के चलेगा और सड़क पर चलते समय हवा से धूल के कणों (Dust Particle) को सोखकर पीछे वाली गाड़ी को शुद्ध हवा प्रदान करेगा। हमारा लक्ष्य इसे पूरे प्रदेश और फिर राष्ट्रीय स्तर पर लागू करवाना है।

6. आस्था —आपने "स्मृति-वन" इको पार्क का निर्माण ऋषिकेश में करवाया है, उसके पीछे की क्या अवधारणा है? लोग इसमें कैसे भागीदारी दे सकते हैं?

डॉ० विनोद जुगलान— जहाँ तक ऋषिकेश में स्मृति वन या इको पार्क की अवधारणा का प्रश्न है, मैं मानता हूँ कि सबसे बड़ी शक्ति 'विचार शक्ति' है। स्मृति वन का विचार यह है कि हर व्यक्ति अपनी यादों के साथ एक पौधा लगाए और उसका संरक्षण करे। हमने 'स्वयं सहायता समूह' के माध्यम से टिहरी के विस्थापितों को उनकी जड़ों से जोड़ने के लिए 16 जून 2019 को एक बड़े वृक्षारोपण अभियान की नींव रखी। वन विभाग ने इसके लिए लाल पानी (ऋषिकेश) में 2 हेक्टेयर भूमि उपलब्ध कराई, जहाँ हमने समाज के हर वर्ग के सहयोग से स्मृति वन विकसित किया। जहाँ लोग अपने परिजनों की स्मृति में पौधे लगाते हैं। यहाँ हमने दिव्यांगों के लिए रैंप, बायो-टॉयलेट और बैठने के लिए बेंचों जैसी सुविधाएँ भी विकसित की हैं। मैं चाहता हूँ कि सुरक्षित और हरा भरा भविष्य दे सकें।

7. दिव्यांशी —उत्तराखंड में पर्यावरण संरक्षण के लिए सरकार और प्रशासन को आप क्या सुझाव देना चाहेंगे?

डॉ० विनोद जुगलान— हमें यह समझना होगा कि छोटे-छोटे प्रयासों से ही बड़ी जागरूकता आती है। मेरा सुझाव है कि हिमालयी क्षेत्र में कोई भी प्रोजेक्ट — चाहे वह हाइड्रो, मेडिकल या सोलर हो—प्रकृति के अनुकूल होना चाहिए। आज बाढ़ प्रभावित क्षेत्रों (Food Plain Zone) में बहुमंजिला इमारतें खड़ी करना चिंताजनक है, यदि विकास के लिए एक पेड़ काटना अनिवार्य हो, तो उसके बदले कम से कम 100 पेड़ लगाने का संकल्प लेना चाहिए। पहाड़ों के लिए विकास की नीतियाँ स्थानीय परिस्थितिकी के अनुरूप होनी चाहिए, न कि मैदानी क्षेत्रों की नकल।

प्लास्टिक कचरे के समाधान के लिए मैंने 'क्यूआर कोड' आधारित रीसाइक्लिंग का सुझाव दिया है, जिससे खाली बोतल वापस करने पर उपभोक्ता को कुछ रिफंड मिल सके। साथ ही, हमें जल संरक्षण के लिए हर घर में 'वॉटर हार्वेस्टिंग' को अनिवार्य बनाना होगा।

8. आस्था —आने वाले वर्षों में हिमालय क्षेत्र की पारिस्थितिकी की रक्षा के लिए आपकी भविष्य की योजनाएँ क्या हैं?

डॉ० विनोद जुगलान— 'शिक्षा संस्कृति उत्थान न्यास' के माध्यम से हम युवाओं को जागरूक कर रहे हैं और विश्वविद्यालय में ट्रेनिंग दे रहे हैं ताकि एक ऐसी टीम तैयार हो जो पर्यावरण संरक्षण को अपनी जिम्मेदारी समझे। मैं कुछ ऐसे नवाचारों (Innovation) पर काम कर रहा हूँ जो वन्यजीव और इंसानों के संर्घष को कम कर सके। उदाहरण के लिए एक ऐसी डिवाइस तैयार की है जो 'साउंड' के माध्यम से जंगली जानवरों को खेतों से दूर रखता है, जिससे फसलों को नुकसान कम होता है और जानवर भी सुरक्षित रहते हैं। मेरा एक आगामी प्रोजेक्ट 'मिर्च की खेती' पर आधारित है। हम 'भूत जोलोकिया' (Bhut Joloki) जैसी तीखी मिर्च की खेती का पायलट प्रोजेक्ट शुरू कर रहे हैं, जिसे जंगली जानवर नहीं खाते। इससे किसानों की आमदनी भी बढ़ेगी और फसलों की सुरक्षा भी होगी।

9. दिव्यांशी —प्रकृति को समझने के लिए उससे जुड़ना कितना महत्त्वपूर्ण है?

डॉ० विनोद जुगलान— इस का उत्तर एक उदाहरण से देना चाहूँगा। कोरोना काल से बच्चे मोबाइल से जुड़ गए, लेकिन अपने शिक्षकों और व्यावहारिक ज्ञान से कट गये। व्यावहारिक ज्ञान के लिए बच्चों को कक्षा के बाहर निकाल कर प्रकृति और जीवन के वास्तविक अनुभवों से जोड़ना जरूरी है। मेरा विशेष आग्रह है कि पौधों को केवल 'रोपित' न करें बल्कि उनका 'पालन — पोषण' एक बच्चे की तरह करें। जब हम प्रकृति से दिल से जुड़ते हैं, तभी हमें वह व्यावहारिक ज्ञान मिलता है जो डिग्री से कहीं ऊपर है। कोरोना काल ने हमें सिखाया कि जब मानवीय हस्तक्षेप रुकता है, तो प्रकृति खुद को पुनर्जीवित कर लेती है। युवाओं के लिए मेरा यही संदेश है कि केवल किताबी ज्ञान तक सीमित न रहे प्रकृति से जुड़े और व्यावहारिक ज्ञान हासिल करें।

10. आस्था —युवाओं को पर्यावरण संरक्षण के प्रति जागरूक करने के लिए आपका क्या संदेश है?

डॉ० विनोद जुगलान— हमें अपनी जीवनशैली में प्रकृति सम्मत बदलाव लाने होंगे। पानी पीने के लिए प्लास्टिक की बोतलों का त्याग करें और यदि किसी को पानी परोसें, तो आधा गिलास ही दें ताकि पानी व्यर्थ न जाए। बचा हुआ पानी पौधों में डालें। विद्यार्थियों और शोधकर्ताओं को मेरा सुझाव है कि वे केवल वही प्रोजेक्ट्स चुने जो '(इको फ्रेंडली)' हो।



Climate change and our Responsibility

Climate change is one of the most serious problems that the world is facing today. It refers to long – term changes in temperature, rainfall, and weather patterns. Due to human activities such as cutting down forests, burning fossil fuels, and increasing pollution, the Earth's temperature is rising rapidly. As a result, we are experiencing extreme weather conditions such as heatwaves, floods, droughts and melting glaciers .

One of the main causes of climate change is global warming. Factories, vehicles, and power plants release harmful gases trap heat and cause global warming. Deforestation also plays a major role, as trees absorb carbon dioxide, and cutting them down increase the amount of harmful gases in the air.

Climate change affects not only nature but also human life. Farmers suffer due to unpredictable rainfall, animals lose their natural habitats, and people face health problems because of pollution and rising temperatures. Coastal areas are at risk because of rising sea levels, which can lead to displacement of many people.

We all have a responsibility to protect our planet. Small actions can make a big difference. we should save electricity and water, use public transport ,reduce plastic use and plant more trees.

In conclusion, climate change is a global issue, but its solution lies in our hands. If we act responsibly today, we can ensure a safe and healthy future for the coming generations. Protecting the Earth is not a choice; it is our duty.



Angel Bisht
12 B

My experience with Music and Instruments

Music is something that is very relaxing and healing. Whenever we hear the word 'music,' an image of background beats and instruments comes to our mind. Instruments like the tabla, harmonium, conga, keyboard, and guitar all have their own unique sound. Every instrument has its own voice. However, when all the instruments start and end together, they create beautiful harmony.

Music and instruments both have their own roles. As both are incomplete without each other, when they blend, they create a beautiful and comforting atmosphere. Learning music is not easy. When I started, I found it very difficult, but my teachers always motivated me. My experience of learning both singing and playing instruments has been very exciting. Now i take part in both. In the beginning, it seems very hard, but as we continue to learn, it becomes easier.



Unnati
7 B



Women Of Uttarakhand

Uttarakhand, the 27th state of India, is famous for its natural beauty and spirituality. It is also known for the strength, courage, and achievements of its women. Uttarakhand has given many great women who have made the state proud, some of these ladies are:



Gaura Devi was a social activist from Reni village in Chamoli district. She became famous for leading the Chipko Movement in 1974, where women hugged trees to stop them from being cut by contractors. Her leadership showed great courage and helped spread awareness about forest conservation and environmental protection. Today she is remembered as a symbol of environmental activism in India.

Bachendri Pal was born in Nakuri village in Uttarkashi district. On 23 May 1984, she became the first Indian woman to reach the summit of Mount Everest. She has received several awards, including the Padma Shri and Arjuna Award. Her achievement inspired many Indian women to take up mountaineering and adventure sports.



Madhuri Bartwal is a renowned folk singer from Uttarakhand. She is famous for preserving the traditional Jagar folk music, which is a spiritual and cultural singing tradition of the region. She was honoured with the Padma Shri, one of India's highest civilian awards.

Tilu Rauteli was a brave warrior of the 17th century. She fought against the Katyuri rulers to protect her land. Because of her courage, she is known as the "Joan of Arc of Uttarakhand".



Bishni Devi Shah was a freedom fighter. She was the first woman from the region to be arrested for fighting against British rule. In 2021, the postal department honoured Bishni Devi Shah by putting her photograph and biography on their envelope.

Dr. Basanti Bisht, was the first woman singer of the traditional Jagar folk music. Traditionally Jagar singing was performed only by men, but she broke this tradition. In 2007, she received the Padma Shri Awards for her contribution to folk music.





Women Of Uttarakhand

We also can not forget the common women who plays's an important role in the state's economy and society. About 70% of farm work is done by women. They grow crops, take care of animals ,manages dairy production and perform many other tasks. Women work in handicraft and cottage industries as well. They make woollen shawls, carpets, embroidered items, local crafts, and food products. Many women also work in tourism sector, healthcare, education and run small business. Uttarakhand contributes around 1.4% to India's total GDP. Women play a big part in this contribution. Due to their hard work and sacrifices, these women show the true spirits of "Devbhoomi" They are the pride of Uttarakhand and great example of women empowerment.



Sapna Rana
12 A

Article

NATURE AND ENVIRONMENT



Trees are very important for us. They give us life .we cannot live without trees. Trees give us oxygen to breathe and make the air fresh and clean.

Trees help to bring rain. They also stop soil from washing away. Trees give us fruits ,wood, medicines, and shade .We get many useful things from trees.

Trees always give us but take nothing from us. So, we should plant more trees and protect them. Saving trees means saving our Earth and our future.



Shivani Semwal
4B



“देशभक्ति की अग्नि”



मैं सलाम करती हूँ उन शूरवीरों को,
जिन्होंने भारत माँ के लिए प्राण लुटाए ।
घर से दूर, रणभूमि में, दुश्मनो के छक्के छुड़ाए,
उनके हर बलिदान को हम कभी भूल न पाए।



मेरा देश बढे आगे, मेरी मिट्टी की बढे शान,
जहाँ तिरंगा ऊँचा लहाराए, बने हर दिल की पहचान ।
जहाँ देश के लिए मर-मिटे हर युवा वीर जवान,
तभी तो कह पाएंगे हम, ये है मेरा भारत महान ।



चूमे आसमानों को मेरे भारत का तिरंगा, बढे इसकी आन
मेरे देश की हर रग-रग में दौड़े देशभक्ति का तूफान ।
मर मिटेगें इस देश के लिए, पर कभी भारत का सर
झूकने नहीं देंगे,
नजर उठाए जो मेरे भारत की तरफ, चुन-चुन के बदला
उनसे लेंगे ।

आखिरी धडकन तक गूँजता रहेगा
भारत माँ का जयकारा हमारा,
और हर हजार जन्मों में भी लौटेगें हम,
इसी मिट्टी के सच्चे सपूत बनकर दोबारा ।
देशभक्ति की अग्नि इस देश में सदा जलती जाए,
भारत माँ के खातिर हर दिल सरहद बन जाए ।



नाम अंबिका पेंवार
11

Current Affairs

- 1-India has added two more wetlands to its growing list of Ramsar Sites: Patna Bird Sanctuary in Uttar Pradesh and Chhai-Dhand in Gujarat.
- 2-Victoria Beckham was honoured by France with the title of Knight of the Order of Arts and Letters.
- 3-China started operations at the world's largest CAES power plant.
- 4-Bactrian camels from Ladakh debuted at the Republic Day Parade 2026.
- 5-France approved legislation to ban children under 15 from using social media platforms. The bill was passed by 116 votes to 23 in the National Assembly.
- 6-India became a partner country at Gulfood 2026 for the first time in the event's 31-year history.
- 7-Dr. Chandrakant Lahariya became the first Indian to receive the Wiley Research Heroes Award 2025.
- 8-The Sikkim Police received the President's Police Colour Award (Nishaan) for outstanding service and professionalism.
- 9-Five people were conferred with the Padma Vibhushan Award 2026: Shri Dharmendra Singh Deol (Art), Shri K.T. Thomas (Public Affairs), Ms. N. Rajam (Art), Shri P. Narayanan (Literature & Education), and Shri Achuthanandan (Public Affairs).
- 10-The main theme of Republic Day 2026 focused on 150 years of "Vande Mataram" and the idea of "Atmanirbhar Bharat."
- 11-Savita Punia, goalkeeper of the Indian women's hockey team, was awarded the Padma Shri.
- 12-Lieutenant Colonel Sita Ashok Shelke has been selected for the Subhash Chandra Bose National Award for Disaster Management 2026.
- 13-On January 26, 2026, Simran Bala, a 26-year-old Assistant Commandant in the Central Reserve Police Force (CRPF), led an all-male CRPF marching contingent on Kartavya Path during India's 77th Republic Day Parade.
- 14- The world's first professional franchise – based road cycling league be Organized in France.
- 15- Sabastian Sawe becomes the first man to run marathon under two hours at the London Marathon, 2026.
- 16- The Ashomolean Museum in which is in United Kingdom has announced the return of a 16th Century bronze statue of Saint Tirumankai Alvar to India?
- 17- Hola Mohalla is mainly celebrated in Punjab.It was founded by Guru Gobind Singh in 1701 as a demonstration of martial arts.
- 18- World wildlife Day is celebrated every year on March 3rd.
- 19-The United Arab Emirates country launched the world's first Sovereign Financial cloud with AI.
- 20- Mount Abu in Rajasthan has been recently renamed as Abu Raj Tirath.



Shagun Giri
9 B

General Questions for Grade 6-8

- Q.1- What is the synonym of "Reluctant":
- Q.2-What is the antonym of 'Ancient',
- Q.3- What is the word that describes a noun called?
- Q.4- Which phenomenon causes objects to float or sink in water?
- Q.5-What kind of energy is stored in food?
- Q.6-Which is the main structural materials in plants?
- Q.7- Which organ stores bile?
- Q.8-Which latitude divides the Earth into Northern and Southern Hemispheres?
- Q.9-What is the main occupation of people living in the in the Ganga -Brahmaputra Basin?
- Q.10- Which ancient Indian text describes social and P political life of the Vedic period ?
- Q.11- What type of government existed in Athens in ancient Greece?
- Q.12-How many prime numbers are there between 1 and 20?
- Q.13- Which numbers have only two factors?
- Q.14- How many edges does a cube have?
- Q.15-Who is the author of the famous book "Kamayani"?
- Q.16- Who is considered the father of Sanskrit grammar?
- Q.17-Under which schedule of the constitution is Hindi language mentioned.
- Q.18-What does AI stand for?
- Q.19-What type of computer memory is volatile ?
- Q.20-What is the smallest unit of data in computing ?

4. Buoyancy
8. Equator
12. 8
16. Panini!
20. Bit

3. Adjective
7. Gallbladder
11. Direct democracy
15. Jaishankar prasad
19. RAM

2. Modern
6. Cellulose
10. Vedas
14. 12
18. Artificial Intelligence

1. Unwilling
5. Chemical energy
9. Agriculture
13. Prime number
17. Eighth Schedule

General Questions for Grade 9-12

- Q.1- How many lines can pass through two distinct points?
- Q.2- What is the sum of probabilities of all possible outcomes?
- Q.3- What is a poem expressing deep sorrow for someone's death is called?
- Q.4- What is a poem that tells a story called?
- Q.5- What is the main character of a story called?
- Q.6-What is a character who opposes the hero in a story called?
- Q.7- Identify the figure of speech
"The wind whispered through the trees"
- Q.8-In the novel "The Diary of a Young Girl ", who is the author and central character of the diary?
- Q.9- Which technology is used for Cryptocurrency ?
- Q.10- Which programming language is known for AI and data science?
- Q.11- What is the full form of GUI?
- Q.12- Which hormone is responsible for managing stress?
- Q.13-. Which hormone regulates the sleep cycle?
- Q.14-What is the name of reaction between an acid and a base?
- Q.15- What is the process of converting sugar into alcohol called ?
- Q.16-Which device converts electrical energy into mechanical energy ?
- Q.17- What was the name of the mission that took Shubhanshu Shukla to the International space Station in June,2025?
- Q.18-Who is known as the "Rebel Poet" in Hindi literature?
- Q.19-. Where is the Gol Gumbaz located ?
- Q.20-Who is the current Chief Justice of the Supreme Court?

16. Motor
17. Axiom Mission -4 (Axx4)
18. Suryakant Tripathi 'Nirala'
19. Vijayapura, Karnataka
20. Justice Surya Kant

11. Graphical User Interface
12. Cortisol
13. Melatonin
14. Neutralization
15. Fermentation

6. Antagonist
7. Personification
8. Anne Frank
9. Blockchain
10. Python

1. one
2. 1
3. An Elegy
4. Ballad
5. Protagonist



Surprise & fun together



Amazing Facts

1. Your brain can not feel pain .
2. Cat's brain is 90% similar to human brain.
3. Dolphins sleep with one eye open.
4. Sharks existed before forest.
5. Crows can remember human faces.
6. You have a "second brain" in your gut, it is Enteric Nervous System .
7. Instead of the female, the male seahorse gives birth.
8. Jellyfish have no brain, no heart and no blood, yet they survive easily.
9. India had a university older than Oxford and Cambridge, called Nalanda University.
10. Human bones are about five times stronger than steel of the same weight.
11. The ocean contains nearly 20 million tons of gold.
12. Some species of squid have eyes as big as basketball.
13. The ocean produces half of the oxygen we breathe, thanks to phytoplankton.
14. Ancient Egyptians used honey as toothpaste.
15. In the 16th century, Europeans believed tomatoes caused madness and called them "poison apples".
16. On an average, women's hearts beat faster than men's.
17. The heart can actually remember emotional trauma, which is why stress can affect heart health .
18. The cornea is the only part of the body without blood vessels, it gets oxygen directly from the air.
19. Your brain generates enough electricity to power a small light bulb, about 10 watts.
20. Your bones literally talk to each other chemically .



Vaibhavi Badola
12B2

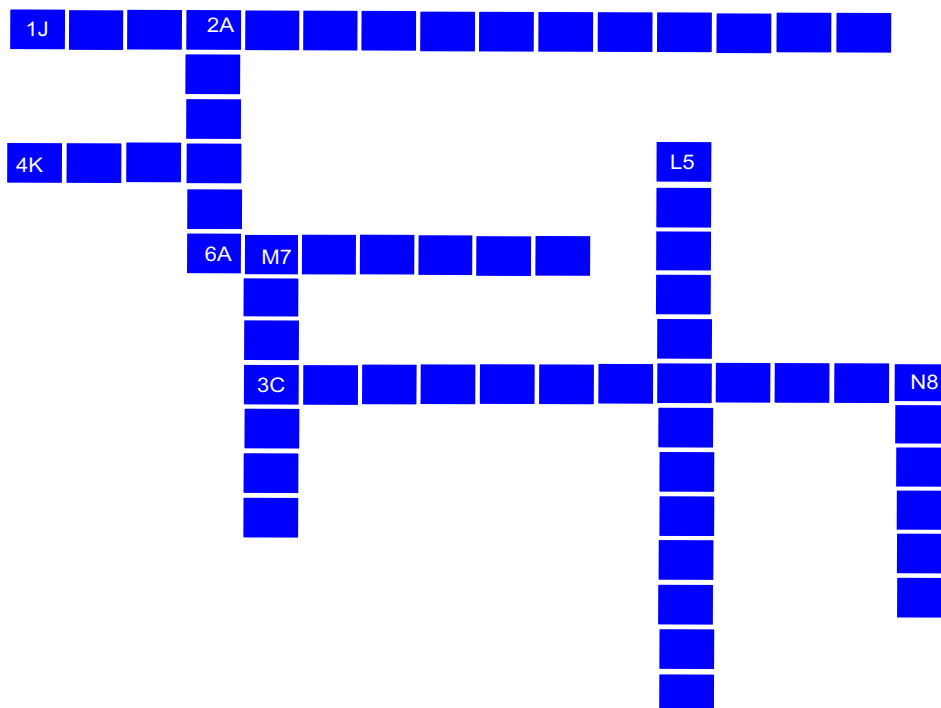




Brainstorming



CROSS Word

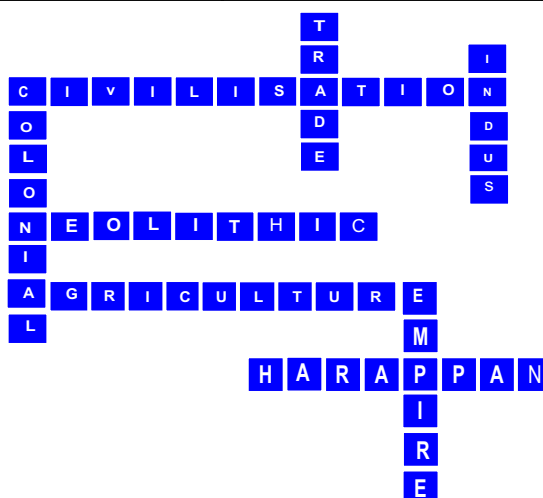


Across -

1. Author of Discovery of India ?
3. Process of conversion of vapour into liquid
4. River called the "sorrow of Bihar"
6. Unit of electric current?

Down -

2. Continent with the maximum number of countries
5. Governor-General who introduced Doctrine of Lapse.
7. Metal which melts at room temperature
8. SI unit of force .



Siddhant
8 A



Workshop on Effective Teaching Practice

A workshop on 'effective Teaching Practices' was conducted on 31st January 2026 at Doon International Public School by Ms Nilima Bhatnagar. The session aimed to enhance classroom learning and improve student outcomes by encouraging teachers to reflect on their academic practices and adopt more engaging and meaningful strategies.

Organised department-wise, the workshop promoted the sharing of best practices and innovative teaching methods. Discussions focussed on competency-based learning, critical thinking, communication skills, and interactive classroom activities. Special emphasis was laid on pre-primary practices such as circle time and phonic, along with the effective use of graphic organisers and structured assessment planning. The school expresses its sincere gratitude to Ms Nilima Bhatnagar for conducting such an insightful and enriching session.



Activity Coordinator



Republic Day Celebration 2026

Republic Day was celebrated with great fervor and enthusiasm at our school on 26th January, 2026. The occasion witnessed the participation of students from Nursery to Grade 12, making it a truly inclusive and memorable event for the entire school community.

The programme began with the unfurling of the National Flag by our Campus Director, Mr. Sanjay Kuqsal, who was also the Chief Guest for the day. The flag hoisting ceremony was followed by the National Anthem, filling the atmosphere with pride and patriotism.

The programme commenced with a speech by Arushi of Grade 3, who spoke about the Constitution of India and its importance. This was followed by another speech by Anushree Kalura, who highlighted the theme of Republic Day 2026, "150 Years of Vande Mataram" and explained its historical and emotional significance. The audience were then treated to a melodious group song. The rendition of "Tum Samay Ki Ret Par Chhodte Chalo Nishaan," beautifully interwoven with "Vande Mataram,"

An impressive theatrical performance by the primary students emphasized the relevance and important of the Constitution in our country. This was followed by a vibrant dance performance that showcased the true spirit of patriotism. Adding charm to the celebration, pre-primary students recited short patriotic poems, winning hearts with their innocence and confidence.

The programme concluded with an inspiring address by our Principal, Dr. Tanuja Pokhariyal, who appreciated the efforts of both students and teachers. She encouraged students to actively participate in such programmes to develop a deeper understanding of national values and important occasions.

The celebration ended on a sweet note as students received sweets and dispersed with hearts full of pride and joy. The Republic Day Celebration truly reinforced the values of unity, patriotism, and respect for our Constitution.



Activity Coordinator





Celebration Of Journey -Grade12

On 12th February 2026, the school hosted a heartfelt farewell celebration for Grade 12 students. Organised by Grade 11 students, the programme began with a ceremonial lamp lighting and featured lively dance and musical performances.

The outgoing students shared fond memories and expressed their gratitude towards their teachers and friends. They also added to the celebration with enthusiastic dance performances.

Each student was honoured with a special title and received a framed class photograph, a chocolate, and a Buddha statue as tokens of love and blessings. The titles of Mr. Farewell and Ms. Farewell were awarded to Kushagra Kulshrestha (XII Commerce) and Avni Sharma (XII Science). Six students were appreciated for their consistent growth. Priya, the Activity Captain (2025–26), was felicitated for her dedication towards the duties she had performed as Activity Captain.

The celebration concluded with refreshments and joyful moments. The staff wished good luck to the students as they stepped into a new chapter of their lives.



Activity Coordinator





District Level Sports Maha Kumbh

The District Level Sports Maha Kumbh was held on 16th and 17th January at Vandana Kataria Stadium, Roshnabad. Many schools across the district participated in the event.

Our school volleyball team secured the first position. The players were awarded medals and certificate for their outstanding achievement. The team also qualified for the State Level Competition, bringing great pride to the school. The school management and Principal congratulated the players and the coach for their hard work and dedication.

The students who participate in the Under-14 Boys categories were:

- | | | | | | |
|-------------------|---|--------|--------------|---|-------|
| • Vansh Rawat | - | VIII B | Ashish Negi | - | VIIIC |
| • Aarav Negi | - | VIII C | Mayank Rawat | - | VIIIC |
| • Shourya Negi | - | VIII D | Arun Rawat- | - | IXB |
| • Abhinav Chauhan | - | IXA | | | |

Congratulation to Priyanshu Garg on being selected in the Under -19 category for the State Level Competition

Achievement: Chief Minister's Championship Trophy Our students performed well at the Chief Minister's Championship Trophy (Uttarakhand Khel Mahakumbh), held on 30th and 31st December 2025 at Rajkiya Adarsh Inter College, Rishikesh. The Under-14 Boys' Volleyball Team secured first position and qualified for the District-Level Championship. Shalini Panwar of Grade XI secured second position in the 800-mts and third position in relay race.

The Taekwondo Champions Cup 2025

The Jila Taekwondo Champions Cup, 2025 was held on 20th and 21st December 2025, at Milan Mandir, Raipur, Dehradun. Anubhav Singh of grade IX won a silver medal in the Cadet Male Under -57Kg category. Amandeep Singh Rawat from grade IX secured a silver medal in the Junior Male Under 55 Kg category.

In the girl's events, Sanjana Thapa of grade IX won a bronze medal in the Cadet Female Under 51 Kg category, while Swati Thapa of grade IX won bronze medal in the cadet Female Under-47 Kg category.



Basant Panchami Celebration

On 22nd February, our school celebrated Basant Panchami with great enthusiasm and devotion for students of grade Nursery to II. The celebration began with the auspicious poojan of Lord Ganesha and Goddess Saraswati, seeking their blessings for wisdom, knowledge, and prosperity.

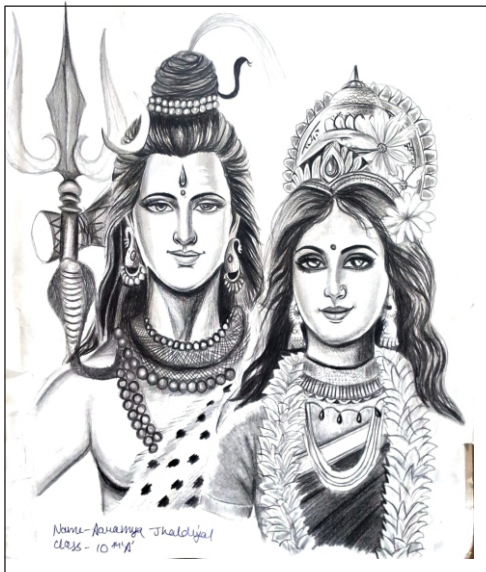
Our Principal initiated the pooja ceremony. The children were told about the importance of Saraswati Poojan and the significance of Basant Panchami, which marks the arrival of spring and symbolizes knowledge, positivity, and new beginnings.

The students came dressed in beautiful yellow attire, adding vibrancy to the celebration. The joy of the festival was further enhanced as the children enjoyed kite flying.

In the classrooms, students also participated in a creative activity where they made beautiful kites. The activity not only enhanced their creativity but also made the celebration more joyful and memorable. The celebration was a wonderful learning experience for our young learners, helping them connect with our rich cultural traditions in a fun and meaningful way.



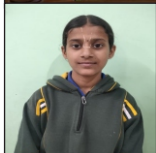
Art Gallery



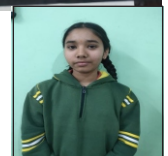
Aaramya
10C



Tannu
5B



Sachi
8C



Sneha
8C