



CBSE AFFILIATION No. 1730032

SAINT SOLDIER PUBLIC SCHOOL

C-SCHEME, JAIPUR-302001

PRAYAAS

★ Vol. No. 3 ★ March 2025





Ratan Tata: A Visionary Leader

Ratan Tata, one of India's most respected industrialists, is known for his leadership, innovation, and philanthropy. Born on December 28, 1937, he is the former Chairman of Tata Sons and played a key role in making the Tata Group a global name. Beyond business, Ratan Tata is admired for his humility and generosity. Through the Tata Trusts, he has contributed to education, healthcare, and rural development. His vision has not only transformed industries but also uplifted millions of lives. He was a passionate animal lover who actively supported many animal welfare initiatives.



Harsh Nama
IX A

His legacy is an inspiration, proving that true success lies in innovation, integrity and kindness.

Awards and Honors received by RATAN NAVAL TATA:

1. Padma Bhushan(2000)-India's 3rd Highest Civilian Award.
2. Padma Vibhushan(2008)-India's Highest Civilian Award.
3. Many more International Awards and Honors.

His absence from the world is deeply felt, but legacy of integrity, innovation and compassion will continue to inspire generations.

"Take the stones people throw at you and use them to build a monument." – Ratan Tata

Unlocking the Mysteries of Dreams

- An average person has about 1,460 dreams a year.
- Most of us dream every 90 minutes.
- The longest dreams (30 - 45 min.) occur in the morning.
- Dreams of dirty water may signal that the unconscious mind is telling the dreamer he or she is not healthy.
- Finding one in a cemetery during the dream may indicate sadness or unresolved grief.
- Standing on a cliff in a dream can represent that one has a broad view of something or that the dreamer feels like he or she is living on the edge or being afraid of failure.
- Forests are often symbols of the unconscious. Travelling into a forest indicates exploration of the unconscious realm or represents a comforting refuge from the demands of everyday life.



M. Navarro Chisty
XII A

The Essence of Indian Constitution

Dr. B.R. Ambedkar is known as the Father of the Indian Constitution because he was the Chairman of the Drafting Committee.

The Indian Constitution is the longest written Constitution in the world.

- It provides a framework for the Government to create Laws and Policies.
- It originally had 395 Articles in 22 Parts and 8 Schedules.
- It took 2 years, 11 months and 18 days to be drafted.
- It was adopted on November 26, 1949 (Celebrated as Constitution Day).
- It came into effect on January 26, 1950 (Celebrated as Republic Day).
- The original Constitution was handwritten by Prem Behari Narain Raizada in Hindi and English calligraphy and is preserved in the Parliament Library.
- The Soul of the Constitution is the Preamble. It declares India to be a Sovereign, Socialist, Secular, Democratic, Republic and ensures Justice, Liberty, Equality, and Fraternity for all citizens.



Chahat Taneja
IX A

Unveiling Psychology : Mind & Behaviour Explained

- Kindness releases feel good chemicals in your brain.
- Being with happy people makes you happier.
- Convincing yourself that you slept well tricks your brain into thinking it did.
- Smiling boosts your mood - even if you're not happy.
- Gratitude improves mental health and happiness.
- No matter how hard you try, you can never remember how your dream started.
- Your decisions are more rational when thought in another language.
- Research tells us that most of our everyday decisions are actually subconscious.
- If you announce your goals you are less likely to succeed.
- Being around positive people can improve your mindset.



Mohd. Faazar
IX A



Smile: The Language of Joy

Smile is the only curve which sets all things straight.

So, smile in joy, smile in pain,

Smile when sorrow pours like rain,

Smile when someone hurts your feelings,

Smile when the heart is heavy and reeling,

Smile even when you are worried much,

For smile gives us a healing touch.

So be a person with a broad smile and try to be cheerful all the while.

When things go wrong, don't get blue, Just smile and say "I'll get through".



Bhuvika Chugh
VIII A

From Chairman's Desk

It is with great pride and joy that I extend my greetings to you through this year's edition of our school magazine, "Prayaas". This magazine stands as a testament to the rich array of experiences, achievements and initiatives that make our institution a vibrant hub of learning and growth.



Our students never cease to amaze us with their talents and enthusiasm.

The past year has been filled with noteworthy events. Our Academic achievements continue to set new benchmarks, with excellent results in Board Examination and Inter-School Competitions. We have made significant

strides in embracing technology, enhancing digital learning platforms that equip our students with the skills they need for the future.

Beyond Academics, we take immense pride in fostering creativity and leadership through Student Council which not only allows students to express themselves but also develops teamwork, leadership and critical thinking.

Sports and Physical Education are an integral part of our school's identity and this year, our students have brought home numerous accolades in Athletics, Volleyball, Gymnastics, Taekwondo and other Sports.

These achievements are a reminder of the importance of discipline, hard work, healthy competitive spirit & well planned strategy.

None of this would have been possible without sincerity and hard work of our teachers, who continue to inspire and guide our students.

To our Parents, Thank you for your unwavering support and trust, which strengthen the bond within our community. Together, let's continue striving for excellence in every endeavor.

Warm regards.....!!!

Ajay Pal Singh

Chairman

School Management Committee

&

Former Chairman, Rajasthan

Housing Board

From the Desk of Treasurer

I am delighted to share a few thoughts with you as we celebrate another successful year. The school magazine, "Prayaas" holds a special place in our hearts, capturing the essence of school life, the dedication of our students and the collective efforts of our faculty and staff. It offers a snapshot of the vibrant community and we are so proud to be a part of it.

This year has been filled with learning, growth and accomplishments. Our students have not only excelled Academically but have also thrived in numerous Co-Curricular and extracurricular activities, showcasing their talents in various fields. Their achievements are a reflection of the nurturing environment that our institution provides to them. Students, you must always remember that "The roots of education are bitter, but the fruit is sweet".

I would like to take this opportunity to thank our dedicated faculty who works tirelessly to ensure that each student is given the opportunity to grow and succeed. They inspire, guide and mentor our students to reach their full potential.

I also extend my heartfelt gratitude to the parents for their continuous support and co-operation which play a remarkable role in our collective success.

As we reflect on the year that has passed, let us take pride in what we have accomplished and look forward to the future with renewed enthusiasm and hope. This magazine not only captures the highlights of the year but also celebrates the spirit of togetherness and perseverance that defines our institution.

I hope you will enjoy this edition and take a moment to appreciate the wonderful achievements and memories we have created together. Let us continue striving for excellence in all our pursuits.

Warm regards.....!!!

Jasbir Singh

Treasurer, School Management Committee & Former Chairman, Rajasthan State Minorities Commission

Welcome to the 3rd Edition of "PRAYAAS", Our School Magazine!

As we flip through the pages of this magazine, we are reminded of the incredible talent, creativity and dedication of our students, teachers and staff. This magazine is the testament to our School Campus talents. We are proud to share our stories, ideas and achievements with you.

"PRAYAAS - 3" embodies the essence of the saying, 'Teamwork makes the dream work.' This magazine is the result of a collective effort, where many individuals have dedicated their time and energy to ensure its successful publication. Their unwavering commitment and hard work have transformed this endeavor into a remarkable achievement, reflecting the spirit of collaboration and perseverance."

Thank you to our contributors, editors and designers.

Happy Reading.....!

*The 'PRAYAAS'
Editorial Team.*

From the Desk of Principal

It is with great honour and a deep sense of fulfillment that I share my thoughts with you through this edition of our school magazine. The magazine represents not only the glories of the past year but also the journey of growth, learning and transformation that defines our institution.

Our mission is to empower our students to become strong, reflective, and humble individuals with discerning minds. We encourage them to be modest, disciplined and always ready to expand their horizons of knowledge and skills. This holistic approach to education ensures that our students are well-prepared to face the challenges of the future.

The success of our school is a testament to the collaborative efforts of our dedicated teachers, supportive parents and enthusiastic students.

As we move forward, we are excited about the new opportunities and challenges that lie ahead.

I encourage all students to embrace the opportunities for learning and personal development that come their way. Engage actively in your studies, participate in extracurricular activities enthusiastically and seek out new experiences. Remember, education is a journey and every step you take brings you closer to your dreams.

To our parents, your immense support and involvement are invaluable. Your partnership with us is crucial in ensuring the holistic development of your children. Together, we can create a brighter future for our students.

To our teachers, your dedication and passion are the driving forces behind our success. Continue to inspire and guide our students with your wisdom and expertise.

In closing, I wish everyone a fulfilling and successful Academic Year. Let us work together to make this year one of growth, achievement, joy and success.

Warm regards.....!!!

Sonal Sharma

Principal





मेरी आदर्श महिला



मृतििका -3

मेरी आदर्श महिला रानी लक्ष्मीबाई है। वह पहली वीरांगना थी, जिन्होंने भारत की आजादी के लिए अंग्रेजों से लड़ाई लड़ी थी। वह बहुत निडर थी। उन्होंने कम उम्र में ही बहुत कुछ सीख लिया था। मैं भी बड़ी होकर उनकी तरह अपने देश के लिए कुछ करना चाहती हूँ। जिससे महिलाओं को समाज व देश में उच्च स्थान मिल सके।

नन्हा पौधा

एक बीज था गया बहुत ही, गहराई में बोया।
उसी बीज के अंतर में था, नन्हा पौधा सोया।
उस पौधे को मंद पवन ने, आकर पास जगाया।
नन्ही - नन्ही बूँदों ने फिर, उस पर जल बरसाया।
आँख खोलकर नन्हें पौधे, ने ली जब अँगड़ाई।
एक अनोखी नई शक्ति- सी, उसके तन में आई।
नींद छोड़, आलस्य त्याग, जब पौधा बाहर आया।
बाहर का संसार बड़ा ही, अद्भुत उसने पाया।



आवेजुद्दीन-5



प्रेरक बिन्दु

लेने के लिए कोई चीज़ है तो- ज्ञान
देने के लिए कोई चीज़ है तो- दान
कहने के लिए कोई चीज़ है तो- सत्य
दिखाने के लिए कोई चीज़ है तो- दया
छोड़ने के लिए कोई चीज़ है तो- अहंकार
जीतने के लिए कोई चीज़ है तो- मन
त्यागने के लिए कोई चीज़ है तो- ईर्ष्या
संग्रह के लिए कोई चीज़ है तो- विद्या
धारण के लिए कोई चीज़ है तो- संतोष



श्रेया शुक्ला
(7-ब)

हम सब पढ़े आगे बढ़े

हम सब पढ़े आगे बढ़े।
शिक्षा का सदा सम्मान करें।
शिक्षा से मानव महान बनें।
शिष्टाचार सिखाती शिक्षा।
सही मार्गदर्शन कराती शिक्षा,
मत समझो इससे मिले नौकरी।
दैनिक जीवन में सदा उपयोगी।
जन - जन का होता विकास।
और नए राष्ट्र का होता निर्माण।
शिक्षा को आगे बढ़ाना।
अब यही लक्ष्य हमारा।
इस प्रयास में हमको निरंतर बढ़ते जाना,
शिक्षित हर वर्ग को कर, देश को सफल बनाना।
आओ मिलकर संकल्प करें।
जन-जन को जगाना है।
भारत को साक्षर बनाना है।



सारिका यादव
(7-ब)



बेटी

सज़ा नहीं सपना होती है बेटी,
गैरों के बीच एक अपनी होती है बेटी।
रंगों से सजाती है, आँगन घरों के,
आँगन की अल्पना होती है बेटी।
वेदना नहीं वरदान होती है बेटी,
भार नहीं, जीवन का सार होती है बेटी।
सूरज की सुबह हो या गम की शाम,



बिन कहे हर पल साथ होती है बेटी।
हक होती है, मगर हक की बात कभी कहती नहीं।
हकीकत और हसरतों का इंद्रधनुष होती है बेटी।
आँखों में रहकर पलकों में सजाती है जीवन,
सच पूछो तो कभी सीता, कभी राम होती है बेटी।



इल्मा बानो
(7-ब)

जीने की कला

जीवन पुष्पों का हार ही नहीं, काँटों का ताज भी है। यह मनुष्य पर निर्भर करता है कि वह मुस्कुराकर जीवन व्यतीत करता है, स्वयं खुश रहता है एवं दूसरों को खुश रखता है अथवा अपने जीवन को काँटों का पर्याय समझकर उस पर आँसू बहाता है। जैसे कि बेटा अपनी माँ के प्यार को जीवन मानता है, खिलाड़ी खेल को, कक्षा में पढ़ने वाला विद्यार्थी परीक्षा देने को, धूप में तप रहे परिश्रमी मजदूर



प्रीतिका चतरानी
(7-ब)

कठिन परिश्रम को जीवन मानता है। समय जीवन की समस्त कठिनाइयों पर विजय प्राप्त कर आदर्श स्थापित करना ही जीवन मानता है।

जीवन में अनेक कठिनाइयाँ आती हैं परंतु मनुष्य को जिंदगी की बाधाएँ पार करते हुए आगे बढ़ना चाहिए। जो बाधाओं के डर से कार्य ही आरंभ नहीं करते, वह मूर्ख कहलाते हैं। वह और भी मूर्ख होते हैं जो बाधाएँ आने पर कार्य बीच में ही छोड़ देते हैं। परंतु उत्तम तो उसे कहते हैं जो बार-बार बाधाएँ आने पर भी कार्य को पूर्ण करके ही विराम लेते हैं। जीवन की

असफलताएं अंधकार के समान हैं। उनमें आशा रूपी प्रकाश का दीप जलाकर ही जीवन में आनंद प्राप्त किया जा सकता है।

कठिनाइयों के बिना मनुष्य का जीवन पूर्ण नहीं हो सकता, जैसे कि धिसे बिना रत्न न चमकता है। विपत्ति आने पर मनुष्य यदि उत्साह हीन हो जाए, तो वह मनुष्य नहीं, उसे तो साहस और धैर्य से कार्य पूर्ण करना चाहिए।

जीवन जीना एक कला है। जो इसमें पारंगत हो सकता है, वही सफलता की सीढ़ी चढ़ सकता है।

Winter's Lullaby

The Wind Whispers Softly,
A Mournful Tune,
As Snow Falls Gently,
Beneath The Moon.
The World is Hushed,
A Blanket of White,
A Peaceful Slumber,
A Tranquil Night.
The Fire Crackles,
Casting Dancing Shadows,
As Stories are Told,
Of Winters Long Past.
A Cup of Tea,
A Warm Embrace,
A Moment of Comfort,
A Sacred Space.
The Icy Wind Howls,
A Chilling Sound, But Inside,
Warmth and Joy
Abound.
A Winter's Lullaby,
A Gentle Sleep,
As Nature Rests,
Its Secrets Deep.



Give Respect, Earn Respect



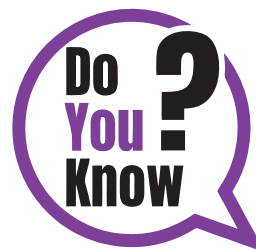
An old man carefully planted a tiny seedling in his garden. As he watered it, a strong gust of wind blew, threatening to uproot the delicate plant.

The old man gently shielded the seedling with his hands, saying- "You may be small and weak now, but one day you will grow strong and provide shade for others." A passer-by asked, "Why bother with such a small plant?" The old man replied, "Everything deserves respect and care, regardless of its size or strength."



Do You Know???

- Etc..... is an abbreviation for the Latin Phrase "et cetera". In Latin, "et" means 'and'. The word 'cetera' means the 'rest'.
- i.e. is a Latin abbreviation that stands for id est or 'that is' and means 'in other words'.
- e.g... is a Latin abbreviation that stands for 'exempli gratia' and it means 'for example'.
- R.S.V.P.....is an acronym for the French phrase "repondez s'il vous plait" which translates to "please respond".
- Viva Voce... is a Latin phrase that means "with living voice" or "by word of mouth".
- CV... stands for Curriculum Vitae which is a Latin phrase that means "course of life"



Hitting the Mark

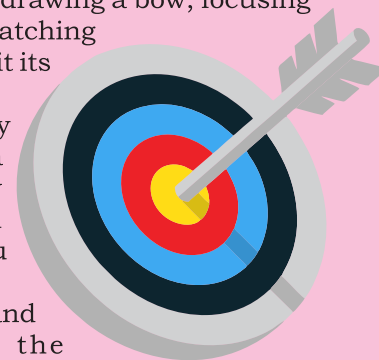
Archery is an ancient sport that requires precision, patience and practice. It has been my passion for as long as I can remember. There is something mesmerizing about drawing a bow, focusing on the target and releasing the arrow, watching



it soar through the air and hit its mark.

My journey with archery began when I was just a child. As I grew up, my interest also increased with the focus on my model Atanu Das, an Indian Archer.

I grew more confident in my skills and achievements especially due to the encouraging words of my well wishers. The thrill of competition made me to participate in many local and national tournaments. Each time I was upgrading in my passion with much of learning. I am sure that one day I will be on the highest step of victory podium with Indian National Flag.



Self Motivation - A Path to Growth

In today's fast-paced and competitive world, it's easy to be discouraged and lose sight of our goals. We encounter obstacles, setbacks and criticisms that can dampen our spirits and make us doubt ourselves.

However, it's important to remember that the key to success lies in our ability to encourage ourselves. Encouragement is the act of giving support, confidence and hope. We are our own best advocates and motivators.

By encouraging ourselves, we cultivate a positive mindset and develop the resilience needed to overcome any challenges that come our way. It's important to consciously replace negative thoughts with positive ones. Instead of saying "I can't do this," say "I can do this, I just need to figure out how." This simple shift in language can make a huge difference in our mindset.

Additionally, surrounding ourselves with positive and supportive people can play a significant role in encouraging ourselves. When people encourage us, it reinforces our belief in our abilities and reminds us that we are capable and deserving of success.

Lastly, self-care is crucial for self-encouragement. Taking care of our physical, mental, and emotional well-being is essential for maintaining a positive mindset. When we take care of ourselves, we are better equipped to handle challenges and stay motivated.

In conclusion, encouraging ourselves is a vital aspect of achieving our goals and living a fulfilling life. Let's remember to be our own biggest cheerleaders and continue to encourage ourselves on our journey towards success.





SAINT SOLDIER
C-Scheme



CTION 2024-25

PUBLIC SCHOOL
e, Jaipur

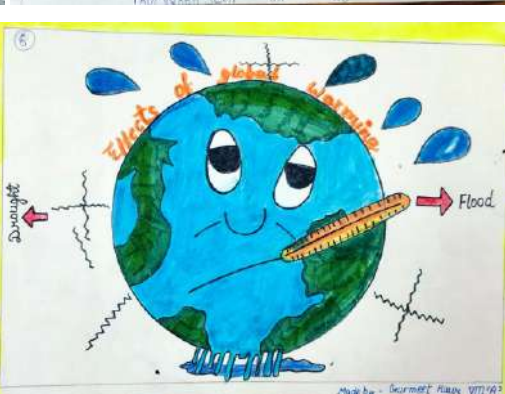


From right to left: S. Maninder Singh Ji Bagga, Treasurer, Sri Guru Nanak Dev Satsang Sabha Education Board, S. Amarjeet Singh Ji Kohli, Member, Governing Council, S. Gurucharan Singh Ji Hora, Former Law Secretary, Govt. of Raj. S. Baldev Singh Ji, Gen. Secretary, Sri Guru Nanak Dev Satsang Sabha Education Board, S. Ajaypal Singh Ji, Chairman SMC & Former Chairman, Raj. Housing Board, S. Jasbir Singh Ji, Treasurer, SMC & Former Chairman Raj. State Minorities Commission & Mrs. Sonal Sharma, School Principal.





ART DIVISION



Thrills & Skills



Fun Time



Cultural Fiesta



Hand Print Activity



Cleanliness Drive



Plantation Drive



Keeping Fit



Sports Time



Talent Display



Workshop Attendees

Victory Vibes

Congratulations !!!

We are proud of your
Success in
JEE MAINS 2025



CHERISH JAIN
99.39



AISHPRA PANDEY
94.01



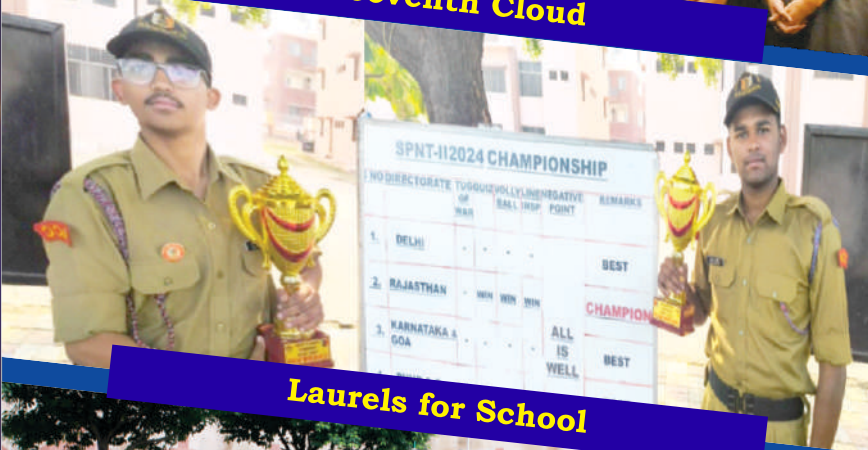
ISHAN OJHA
90.69



SARA NAQVI
82.00



On Seventh Cloud



Laurels for School



Committed to Nation



Target Achiever



Shining Star



Awards for School



Congratulations...!!!



Honors for School

From Pages to Practicals: Nurturing Young Minds



Chemistry Lab.



Biology Lab.



Home Science Lab.



Physics Lab.



Computer Science Lab.



Library



Art & Craft Lab.



Music Room



SAINT SOLDIER PUBLIC SCHOOL

A Senior Secondary Co-Educational English Medium CBSE Affiliated School

ADMISSIONS
OPEN FOR 2025-26
Classes Nursery to IX and XI
(Science, Commerce & Humanities)



LEARNING BENEFITS

- ✦ Foundation Courses in Science & Mathematics from Class III Onwards
- ✦ Collaboration with institutions for career prospects
- ✦ Well stacked Library
- ✦ Technology Based Digital Classrooms
- ✦ Fully equipped, modernized labs for Physics, Chemistry, Biology, English Language, Food Production, Home Science & Computer Science
- ✦ Remedial classes for students
- ✦ Well qualified and dedicated teachers
- ✦ Airy, well lit spacious class rooms & Well equipped Auditoriums
- ✦ Character Building: NCC, Guide
- ✦ Special Classes: Abacus, Music, Dance & Band
- ✦ Physical Fitness: Yoga, Sports & Gym.
- ✦ Sports Academies Handball, Basketball, Cricket, Football, Kho-Kho & Kabaddi & all kinds of Indoor Games

📍 C-31, Bhagwan Das Road, C-Scheme, Jaipur-302001

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