



TITIKSHA
PUBLIC SCHOOL

ISSUE NO. 1

DRISHTIKONE

APRIL 2024-25

EMBRACE THE NEW SCHOOL SESSION WITH OPEN HEARTS AND EAGER MINDS.
IT HOLDS ENDLESS OPPORTUNITIES FOR LEARNING AND GROWTH.



EARTH DAY



YOGA: The Elixir of Peaceful Mind

Yoga is rightly called

"A science to live in harmony with self and the world" -



it is not only for keeping our body fit but also helps us to keep our mind and soul active. The practice blends the body, mind, and soul together and enables us to be happy, peaceful and content by transforming our attitudes, behavior and outlook towards life. It makes us more positive, optimistic and cheerful.

The opening session of 2024-25 commenced with this yogic practice where the whole school immersed in the serene atmosphere and performed various exercises related to mindfulness.



COLOURS SOARED AS DREAMS TOOK FLIGHT ON BSAIKHI'S KITE MAKING DELIGHT



Grade 3 students celebrated Baisakhi with a kite-making activity. They showcased creativity by crafting colourful kites that soared high, embodying the spirit of the festival and the joy of spring. The children were explained that Baisakhi celebrates the Hindi New Year and the harvest festival, marking renewal and prosperity.



WE ARE THE GREEN TEAM

"The earth has enough for everyone's need, but not for everyone's greed." - Mahatma Gandhi

This powerful quote by Mahatma Gandhi perfectly captures the essence of Earth Day. This year, on April 22nd, we celebrated our magnificent planet, but more importantly, we reflect on how we, as parents, students, and a global community, can ensure a healthy and sustainable future for generations to come.

The theme for Earth Day 2024, Planet vs. Plastics, highlights the critical issue of plastic pollution. Here at school, we participated in planting a tree, creating posters about conservation, and participating in a clean-up drive. These activities were a great way to spark discussions about environmental challenges and empower students to take action.

But Earth Day isn't just a one-day event. It's a call to action that extends throughout the year. Parents and students, we can all play a vital role in protecting our planet. Here are some ways we can work together:



Ms. Preet Kamal Kaur
TGT Science



Students:

Become Eco-Warriors: Research environmental issues and share your knowledge with classmates and family.

Embrace the 3 R's: Reduce, Reuse, Recycle! Be mindful of waste, find creative ways to give old items new life, and make recycling a habit at home and school.

Conserve Champions: Turn off lights and electronics when not in use, take shorter showers, and encourage your family to do the same. Every drop and every watt saved makes a difference!

Parents:

Lead by Example: Show your children the importance of environmental responsibility through your own actions.

Open Communication: Talk to your children about Earth Day and the challenges our planet faces. Encourage them to ask questions and share their ideas.

Support Green Habits: Help your children develop eco-friendly habits at home, like using reusable bags, walking or biking to school when possible, and starting a compost bin.

By working together, we can create a powerful movement for positive change. Remember even small actions, when multiplied by millions of people, can have a significant impact. Let's all be responsible stewards of our planet, every day!



GROW GREEN – EARTH DAY

Our planet is an amazing place, but it needs our help to thrive! That's why each year on April 22, more than a billion people celebrate Earth Day to protect the planet. This day serves as a poignant reminder of our collective responsibility to protect and preserve our planet. As we mark Earth Day in 2024, the urgency of environmental stewardship has never been more apparent. This year, the theme of Earth Day 2024 is 'Planet vs. Plastics.' With this theme, we must aim to reduce plastic dependency and make the earth plastic-free and also explore the imperative of sustainability and the actions necessary to secure a thriving future for generations to come.

Central to the theme of Earth Day 2024 is the imperative of addressing climate change. Earth Day 2024 calls for ambitious climate action, including rapid decarbonization, investment in renewable energy and adaptation measures to build resilience in vulnerable communities.

Earth Day 2024 underscores the importance of global collaboration and solidarity in tackling environmental challenges. Climate change and biodiversity loss are global phenomena that require collective action at the international, national, and local levels. As we commemorate Earth Day 2024, we must immerse in gratitude for all the bounties of nature that create a blissful world for the human race. By ensuring a supportive and decisive action plan, we can pave the way towards a sustainable future where harmony pervades. As stewards of the Earth, let us rise to the occasion and ensure that every day is Earth Day.



Ms. Anjali Sharma
PRT Social Science



NURTURING MENTAL WELLNESS: A HOLISTIC APPROACH TO MENTAL HEALTH

In the intricate tapestry of human experience, mental health occupies a central thread, yet its significance often remains obscured by shadows of stigma and misunderstanding. In the fast-paced, high-pressure world we inhabit today, mental health has emerged as a critical issue that demands our utmost attention. Just as we care for our physical well-being, it is imperative that we prioritize our mental wellness. Mental health encompasses our emotional, psychological, and social well-being, influencing how we think, feel, and act in our daily lives. In recent years, there has been a significant shift in societal attitudes toward mental health, with increasing recognition of its importance and efforts to address stigma. However, there is still much work to be done to foster a culture that prioritizes mental wellness and provides support to those in need.

A holistic approach to mental health acknowledges the interconnectedness of mind, body, and spirit. Just as physical exercise and nutrition are essential for maintaining physical health, practices such as mindfulness, self-care, and therapy are crucial for nurturing mental wellness. Mindfulness, in particular, has gained traction as a powerful tool for managing stress, anxiety, and depression. By cultivating awareness of our thoughts, feelings, and sensations in the present moment, we can develop greater resilience and a deeper sense of inner peace.

Education also plays a crucial role in promoting mental health awareness and reducing stigma. By integrating mental health education into school curricula, we can equip young people with the knowledge and skills they need to understand and manage their mental health effectively. This includes teaching coping strategies, stress management techniques, and how to access support services. By starting these conversations early, we can empower young people to prioritize their mental wellness and seek help when needed.

Ultimately, promoting mental health requires a multifaceted approach that addresses individual, interpersonal, and systemic factors. By fostering a culture of empathy, understanding, and support, we can create environments where everyone has the opportunity to thrive. Together, we can work toward a future where mental health is valued, prioritized, and accessible to all.



**SHAGUN (Head Girl)
XII-A**



Journey to Classroom

Waking up early with bird's chirp;
To complete a long third floor trip;
With those terrific trousers I climb up;
To let some productive things be done, up.
On my way:
Anticipation of the day excites me,
But announcement of some test horrifies me;
I try to calm down, with some quotes in my brain's ground;
When I think, have I carried all the books?
My conscience views me with staggering looks;
Things will go in well pleased way,
But what if it's spoiled in an unknown way;
Wishing greetings to all on my way I hurry up,
To not let any important information loosen up;
And finally the classroom is here,
with the chattering voice coming from there;
Let's now again start a new journey for the day;
To mould the clay of knowledge in a better way.



**By- Sakshi Singh
X- D**



I Shall Rise Again

I shall rise again
After all the storms and rain,
The battles left unescorted
Should be fought again.

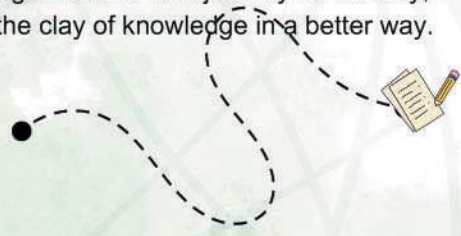
I shall rise again
After all sorrows and pain,
I believe all my efforts
Wouldn't go in vain.

I shall rise again
With all my virtues humane,
I will glide my wings high
And wouldn't be in chains.

The sunshine after worst rain
Brings euphoria to terrain,
And just like the Sun
I shall rise again.



**By - Garvika
XII C**





THE ESSENCE OF READING: UNLOCKING THE GATEWAY TO KNOWLEDGE AND IMAGINATION

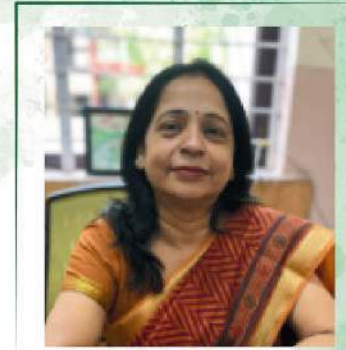
**“A Reader lives a thousand lives before he dies.
The man who never reads lives only one.”**

In a world inundated with screens and distractions, the timeless activity of reading remains a beacon of enlightenment and enrichment. Whether it's the turn of a page in a classic novel, the scroll through an online article, or the perusal of a captivating magazine, the essence of reading transcends mere words on a page. It opens doors to realms of knowledge, sparks the fires of imagination, and fosters empathy and understanding.

At its core, reading is an intimate dialogue between the reader and the author. Through the written word, authors share their thoughts, experiences, and perspectives, inviting readers to engage in a journey of discovery. Every book, every article, every poem is a doorway to new ideas, challenging preconceptions and expanding horizons. The act of reading cultivates critical thinking skills, allowing readers to analyze, evaluate, and interpret information in a nuanced manner.

In addition to its intellectual and emotional benefits, reading is a catalyst for creativity. When we read, we exercise our imagination, envisioning landscapes, characters, and scenarios conjured by the author's words. From the fantastical realms of science fiction to the gritty landscapes of historical fiction, literature ignites the spark of creativity within us, inspiring us to dream, create, and innovate. Furthermore, reading is a lifelong companion, offering solace and companionship in times of solitude. Books become trusted friends, providing comfort, guidance, and inspiration. In a fast-paced world, where technology often dictates the rhythm of our lives, the act of reading offers a sanctuary of stillness and reflection.

As students, cultivating a habit of reading is not merely a task but a journey of self-discovery and growth. By embracing the essence of reading, we equip ourselves with the tools to navigate the complexities of the world with wisdom, empathy, and creativity. So let us turn the page, embark on new adventures, and savor the essence of reading—the timeless pursuit that enriches our minds and nourishes our souls.



**By: Ms. Vandana Kanodia
(HOD English)**



Well Begun is Half Done

A way to be taken can never be left in between

A way to chase your dream is never incomplete

A way to rise is never alone

A way to create a life is never left unsolicited.



Our famous writer 'Aristotle' enumerates that a well-planned task is significant to attain the impossible. It holds true in every aspect of life, where without proper planning a task is never accomplished. Starting a task with a clear vision is crucial in ensuring its successful completion. Lack of guidance and vision can create a series of steps which are not coordinated and synchronized.

Life is a culmination of ideas and efforts. The first step towards success is the first step in the right direction with the right intention. The quantum of our action is proportional to the quality of action. Hurdles and obstacles had been and will be a part of every celebrated journey. As the illuminating streaks of future, the learners should be ready to take up challenges and stride to achieve the goals. We, together, can create a world which is humane and imaginable.

A vision is accompanied with a series of well-planned actions and immediate resolutions.

By: Ms. Deepti Bahl

The Importance of Learning German in Indian Schools

Die Bedeutung des Deutschlernens in indischen Schulen

Das Erlernen der deutschen Sprache ist von großer Bedeutung für Schülerinnen und Schüler in indischen Schulen. Deutsch ist nicht nur eine der meistgesprochenen Sprachen Europas, sondern auch eine Schlüsselsprache in Wissenschaft, Wirtschaft und Kultur. Durch das Beherrschen der deutschen Sprache können Schülerinnen und Schüler ihre Karrierechancen verbessern, internationale aufbauen und kulturelle Vielfalt erleben. Darüber hinaus ermöglicht das Erlernen von Deutsch den Zugang zu einer reichen literarischen Tradition und eröffnet neue Perspektiven auf die Welt. In einer zunehmend globalisierten Gesellschaft ist das Erlernen der deutschen Sprache ein wertvolles Gut für die Zukunft.

All the best 🍀

**By: Ms. Muskan Arora
German Facilitator**





•LIVE•
WEBINAR

STREAM SELECTION

“Awareness is the most important key to unlock your potential and exhibit your best.”

An enlightening webinar session for the students of grade X was conducted on 6th of April, 2024 to shed light on the importance of the stream selection process and to provide valuable insights to assist the learners to make right choices .

The Guest speaker, Mr. Vidur Sharma from Edu Mentor motivated the learners to develop interest and aptitude for stream selection as it's of paramount importance to shape their future prospects. Students were guided to explore their interest areas to make correct stream choices.

The stimulating session was an empowering learning opportunity for the learners which will pave their way to a bright future. The webinar culminated with the doubt clearing session which quenched their thirst for knowledge and understanding of the process of stream selection.

MENTOR The major career options Commerce Stream are:

1. Chartered Accountants (CA)
2. Company Secretaries (CS)
3. Chief Financial Accountant (CFA)
4. Financial Planner
5. Lawyer
6. Bank PO and many more...

Guess Who?

ARTS **COMMERCE** **SCIENCE**

Advantages of Choosing Arts Stream

- **Diverse career options:** Arts stream offers various career options such as teaching, writing, journalism, public relations, graphic designing, fashion designing, photography, and many more.
- **Develops creativity:** This stream helps to develop creative skills in students through practical training and theoretical knowledge.



LEARNING OUTCOMES AND PEDAGOGIES

The facilitators of Titiksha Public School attended an informative CBSE workshop on 13th April, 2024 on Learning Outcomes and Pedagogies. The resource person Dr. Pratibha Kohli, Principal of Maharaja Agarsen School, Pitampura initiated the training session with an ice breaking activity to establish rapport and connect with the teachers. Focus was laid on the importance of designing concrete , attainable, measurable, relevant and time bound plans with specific learning outcomes. With the help of worksheets and collaborative team work activities the first two sessions turned out to be a very enlightening one.

The next session was chaired by Ms. Anita Singh Rana, Principal of Sanskaram Public School, Rohtak, Haryana . She explained various thought swirling pedagogical strategies we must incorporate in our day today life. She emphasized on building connect with the learners so that their zeal towards learning keeps enriching. Facilitators exuberantly participated in role play activities and enjoyed this learning experience throughout.

The key mantra of the workshop was “ Each learner is a different flower with unique fragrance.” Our job is to nourish that flower with the required ingredients of positivity and perseverance.





HARNESSING COLLABORATIVE SKILLS

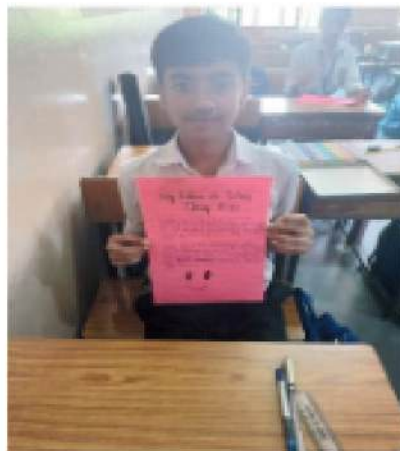
On April 18, 2024, students of Class 10 from our school had the privilege of attending the ATL Community Day at Lancer's Convent School. The event, commemorating the legacy of Dr. B.R. Ambedkar was a celebration of innovation, collaboration, and social responsibility. The Students were exposed to diverse topics ranging from robotics and coding to sustainable energy and environmental conservation. The hands-on learning experiences provided invaluable insights and ignited a passion for STEM education among the participants. The highlight of the event was the project exhibition, where students showcased their ingenuity and creativity. Witnessing the transformative potential of STEM education firsthand was inspiring and motivated our students to explore new horizons.



STUDENTS ENGAGED IN PROBLEM SOLVING

On 16th April, 2024 the Problem Solving session started with an ice breaking activity in which students of class VIII were asked to solve Tangram Puzzles. Students then explored various steps involved in problem solving i.e. Identification of the problem, Examine what your options currently. Also Students were asked to list various risk taking behavior associated with adolescents. Students highlighted peer pressure, criticism from parents or other adults, stress of exams, making career choices and many more as some of the concerns.

Students were guided on the functioning of brain and how the functioning of brain gets disrupted because of substance abuse and finally students wrote about "Why I choose to be Drug free".



PRIORITIZING ROAD SAFETY NORMS

The students of Titiksha Public School were given an empowering training session by The Delhi Traffic Police on 18th of April, 2024.

The fundamental aspects of enforcing traffic regulations and employing innovative measures for improved traffic management were shared with the students.

This encompasses managing intersections, managing traffic signals, and ensuring compliance with speed limits, seat belt usage, helmet requirements, and other safety protocols. Modern technology has become an integral part of the Delhi Traffic Police's operations. Students were motivated to adhere to the road safety measures to promote good citizenship spirit. They created captivating posters and slogans on Road Safety.

"Life has no reset button so Drive Carefully."



Instilling road safety norms is not just about teaching rules; it's about nurturing a culture of responsibility and respect for life.





PRODIGY HUNT

"Success is not merely about reaching the destination, but it's the journey of navigating through challenges, making smart decisions, and achieving goals together."

The Prodigy XVII competition was organized at Shaheed Sukhdev College of Business Studies on the 18th of April, 2024. Four students from our school participated in this prestigious event, showcasing their skills and intelligence in solving a stimulation called "Vault Vanguard." This year's theme, "Vault Vanguard," required teams to navigate a complex environment filled with challenges and obstacles, while working together to achieve a common goal.

Three rounds were there, where each round was connected goals. and was conducted separately. The main objective of the game was to maximize the profit through time and cost optimization. The participants successfully navigated through various challenges in the simulated world, making smart decisions that allowed them to manage resources, overcome obstacles, and achieve their goals.



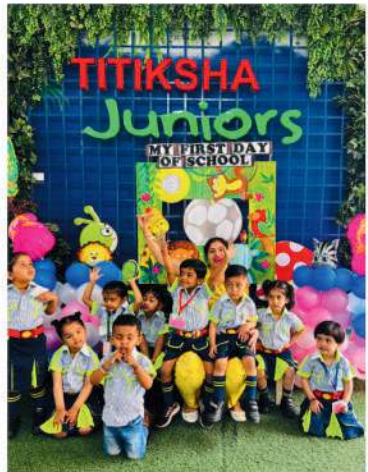
BAISAJKHI CELEBRATION



A corridor of smiles



Getting Onboard the First Journey of Learning





Corridor of smiles



Creating first Impressions that last Forever...



Getting Acquainted with The Golden Rules



Sensorial Exploration



Getting Acquainted with

The Golden Rules



The Pre-School and Pre-Primary learners got to understand the ground rules through a fun role play by their educarers. As rightly said "Actions speak louder than words."

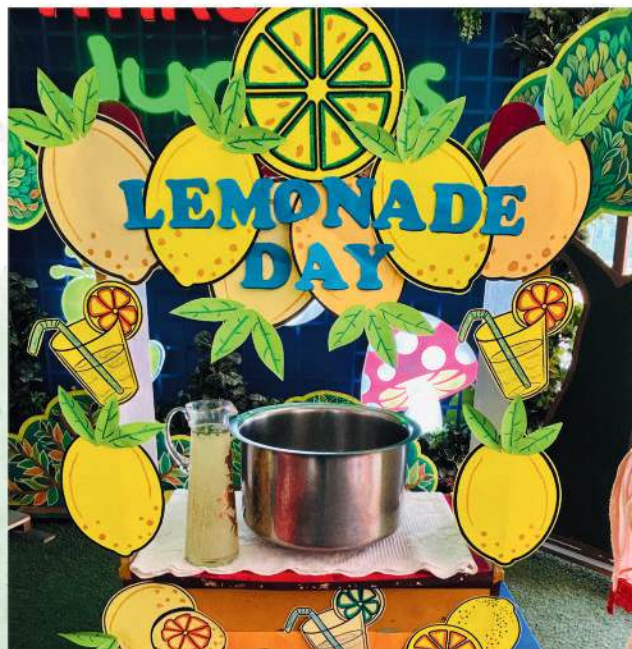


Beat the heat



"The essence of Education is to be able to do something for oneself."

Pre-Schoolers Beating the Heat with Some Lime and lemony Lemonade. Squeeze-Stir-Sip, Is The Magic Tip.



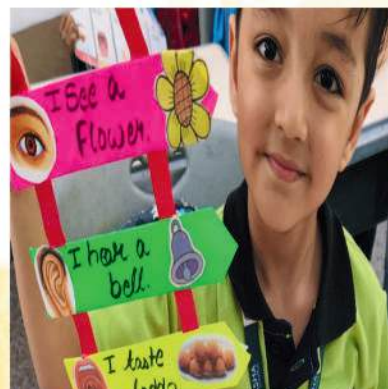
Marvelous Me!



"A Child with a healthy dose of Self-esteem has the best defence system against life's challenges"
The pre-primary learners developed a sense of self worth and self appreciation through the activity.



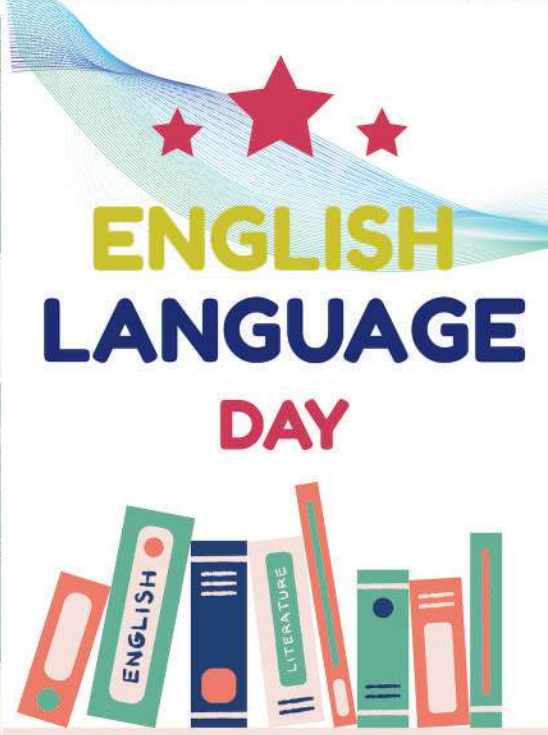
Senses- The Gateways of life



UNLEASH YOUR BRILLIANCE, EMBRACE ENGLISH LEARNING

English Language Day is celebrated annually on April 23rd. It's a day designated by the United Nations to promote multilingualism and cultural diversity, as well as to celebrate the history, culture and achievements of the English language. It coincides with the birthday of William Shakespeare, one of the most famous English writers in history.

All the students of Titiksha Public School participated in various events, activities and programs to celebrate the richness and affluence of the English language. The classrooms resonated with the spirit and essence of the most amazing language.





Sports Day



TRUE HARMONY OF MIND AND SOUL

DEMONSTRATION OF STAMINA, STRENGTH AND SPEED



The vibrant mornings of April 2024, the energetic students of Grade 6 and 7 eagerly gathered for their sports day.

The day commenced with a thorough warm-up session, ensuring the students were primed and ready for the upcoming events led by their enthusiastic instructors.

The students showcased their agility and speed in a series of thrilling events like hurdle race, which tested their coordination and agility and the exhilarating 50-meter race. The students demonstrated their prowess in launching the heavy metal ball with precision and power in the shot put. Finally, the long jump event provided a thrilling conclusion to the day's festivities. Cheers and encouragement echoed throughout the field, spurring on the students to exhibit their best.



REACHING THE MILESTONE



S.No.	Event	Name	Class	Position
1	U-10; Mix	Paakhi	V	I
2	U-14; Boys	Samar, Vyom, Adhiraj, Sehaj, Ritwik, Ridhwan, Shaurya Saklani, Aaditya Manchanda	VIII, IX	III
3	U-14; Girls	Angel, Sanvi Rana, Shambhavi, Aanya, Priyamvada, Ember	VII, VIII, IX	III
	U-17; Boys	Tejaswi, Athrav, Devjeet, Milind	X	II





तितिक्षा का स्वर्णिम इतिहास



तितिक्षा अर्थात सहनशीलता, मैं तितिक्षा हूँ आज मैं आपको अपनी आत्म कथा सुनाने जा रहा हूँ। मेरा जन्म 13 अप्रैल 2000 को हुआ। देश की राजधानी दिल्ली, जिसमें एशिया की सबसे बड़ी कॉलोनी रोहिणी है, उसके सेक्टर ग्यारह, में प्रकृति की सुरम्य गोद में स्थित चार एकड़ में फैला हुआ विद्यालय का ग्राउंड मंत्र मुग्ध करता है। मैं भी बहुत झंझावातों को झेलकर आज गर्व के साथ खड़ा हुआ हूँ और दिन प्रतिदिन देश के भविष्य को सजाने सँवारने में लगा हुआ हूँ।

हिंदी का परचम

अत्यंत हर्ष के साथ सूचित किया जाता है कि हिंदी आज राष्ट्रीय सीमाओं को लाँघ कर अंतरराष्ट्रीय स्तर पर भी अपनी उपस्थिति दर्ज कराने में सफल हो गई है जिसका प्रमाण है हिन्दी यू.एस.ए कविता पाठ प्रतियोगिता, जो 10 मार्च प्रातः काल 12 बजे से 4 बजे तक आनलाइन माध्यम से संपन्न हुई। सभी प्रतियोगी छात्र - छात्राएँ अमेरिका के हिन्दी यू.एस.ए. विद्यालय के थे। अमेरिका में कविता पाठ के लिए तितिक्षा विद्यालय की दो शिक्षिकाओं श्रीमती रुचिका अग्रवाल तथा श्रीमती ममता कौशिक को निर्णायक पद के लिए चुना गया, जो विद्यालय के लिए एक नया पड़ाव है।



हिंदी विकास मंच नई दिल्ली द्वारा आयोजित हिंदी शिखर सम्मेलन एवं अंतरराष्ट्रीय हिंदी ओलंपियाड अभिनंदन समारोह रविवार 11 फरवरी 2024 को एन.डी.एम. कन्वेंशन सेंटर, संसद मार्ग में आयोजित गया, जिसमें श्री अशोक कुमार जी, IAS शिक्षा सचिव (दिल्ली सरकार) मुख्य अतिथि थे।

हिंदी विकास मंच नई दिल्ली द्वारा आयोजित अंतरराष्ट्रीय हिंदी ओलंपियाड 2023-24 में तितिक्षा पब्लिक स्कूल के प्रतिभागी निकुंज यादव (कक्षा चौथी) ने उत्कृष्ट प्रदर्शन द्वारा अंतरराष्ट्रीय स्तर पर प्रोत्साहन पुरस्कार प्राप्त कर विद्यालय को गौरवान्वित किया है।

हिंदी भाषा के संवर्धन हेतु तितिक्षा पब्लिक स्कूल से रुचिका अग्रवाल जी को भाषा सारथी सम्मान से सम्मानित किया गया।



“ माता भूमिः पुत्रोऽहं पृथिव्याः”

(पृथ्वी मेरी माता है और मैं उसका पुत्र हूँ)

भूमि-सूक्त-पृथ्व्याः स्तुतौ
अथर्ववेदस्य ऋचाः (श्लोक)



सत्यं बृहदृतमुग्रं दीक्षा तपो ब्रह्म यज्ञः पृथिवीं धारयन्ति ।
सा नो भूतस्य भव्यस्य पन्न्युरं लोकं पृथिवी नः कृणोतु ॥१॥

अर्थ - माँ पृथ्वी के लिए नमस्कार ! सत्य (सत्यम), ब्रह्मांडीय दैवीय नियमो (रितम), सर्वशक्तिमान परब्रह्म में विद्यमान आध्यात्मिक शक्ति, ऋषियों मुनियों की समर्पण भाव से किए गए यज्ञ और तप-इन सबने माँ धरती को युगों-युगों से संरक्षित और संधारित किया है। वह (पृथ्वी) जो हमारे लिए भूत और भविष्य की साक्षी है,- हमारी आत्मा को इस लोक से उस दिव्य ब्रह्मांडीय जीवन (अपनी पवित्रता और व्यापकता के माध्यम से) की ओर ले जाएँ ।

असंबाधं बध्यतो मानवानां यस्या उद्वतः प्रवतः समं बहु ।
नानावीर्या ओषधीर्या बिभर्ति पृथिवी नः प्रथतां राध्यतां नः ॥२॥

अर्थ- वह धरती माँ जो अपने पर्वत, ढलान और मैदानों के माध्यम से मनुष्यों तथा समस्त जीवों के लिए निर्वाध स्वतंत्रता (बाहरी और आंतरिक दोनों) प्रदान करती है। वह कई पौधों और विभिन्न क्षमता की औषधीय जड़ी बूटी को जन्म देती है, उन्हें परिपोषित करती है ; वह हमें समृद्ध करें और हमें स्वस्थ बनाएँ ।

यस्यां समुद्र उत सिन्धुरापो यस्यामन्नं कृष्टयः संबभूवुः ।
यस्यामिदं जिन्वति प्राणदेजत्सा नो भूमिः पूर्वपेये दधातु ॥३॥

अर्थ- समुद्र और नदियों का जल जिसमें गूथा हुआ है, इसमें खेती करने से अन्न प्राप्त होता है, जिस पर सभी जीवन जीवित है, वह माँ पृथ्वी हमें जीवन का अमृत प्रदान करें।

यस्यां पूर्वे पूर्वजना विचक्रिरे यस्यां देवा असुरानभ्यवर्तयन् ।
गवामश्वानां वयसश्च विष्ठा भगं वर्चः पृथिवी नो दधातु ॥४॥

अर्थ - इस पर आदिकाल से हमारे पूर्वज विचरण करते रहे, इस पर देवों (सात्विक शक्तियों) ने असुरों(तामसिक शक्तियों) को पराजित किया। इस पर गाय, घोड़ा, पक्षी,(अन्य जीव -जंतु) पनपे। वह माता पृथ्वी हमें समृद्धि और वैभव प्रदान करें ।

गिरयस्ते पर्वता हिमवन्तोऽरण्यं ते पृथिवि स्योनमस्तु ।
बभ्रुं कृष्णां रोहिणीं विश्वरूपां ध्रुवां भूमिं पृथिवीमिन्द्रगुताम् ।
अजीतेऽहतो अक्षतोऽध्यष्ठां पृथिवीमहम् ॥५॥

अर्थ- मातृ पृथ्वी के लिए नमस्कार हे मातृ पृथ्वी, पर्वत, और बर्फ से ढकी चोटियों, घने जंगल हमें शीतलता और सहानुभूति प्रदान करें । हे माँ आप अपने कई रंगों के साथ विश्वरूपा हो - भूरा रंग (पहाड़ों की), नीला रंग(समुद्र के जल का), लाल रंग (फूलों का); (लेकिन इन सभी विस्मयकारक रूपों के पीछे) हे माँ धरती, आप ध्रुव की तरह हैं- दृढ़ और अचल; और आप इंद्र, द्वारा संरक्षित हैं। (आपकी नींव जो कि अविजित है, अचल है, अटूट है, उस पर मैं दृढ़ता से खड़ा हूँ)





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