



Editorial

It was with mixed feelings of elation and apprehension that I took upon the responsibility of editorship of the Vartakar. Elated, because being on the steering wheel always makes one feel important and it provides one the opportunity to steer things in the direction one likes, and apprehension way of doubt whether you'd do justice to the new role.. Anyway, the sense of responsibility subdues the feeling of elation and apprehension and prods you to focus on the job at hand.

Vartakar is elfin in size but it is doing a great job of chronicling the activities and progress of the school and providing opportunity to students to air their views or give flight to their fancies in the form of poems and articles. In this issue, the poem, 'Confessions of a Student' by Shashwat Jain hints at the need to make radical changes in our education system. He has innocently (?) touched upon a very important issue. Prerit Rathi's poem shows his eagerness to grow up and become a man of substance. Arth Chauhan dwells upon the importance and power of time.

We are thankful to the teachers and students who contributed their poems and articles for this issue. Feedback of the readers is also solicited.

- Prabir Sandhu
IX-C

Events & Achievements

- Birla Public School has been ranked as sixth top school of its category in India by the Education World. The school has maintained its position among the top ten schools for the eighth consecutive year.
- All India English Debates Competition was organised from 31st Aug to 02 Sep. 14 schools across the country participated in the event.
- Teachers Day was celebrated on 5 Sep. Role reversals marked the day. Students took over teachers duties and vice-versa. Students presented a cultural programme in honour of the teachers.
- The School celebrated *Swachhta Abhiyan Pakhwada* (1-15 Sep). Theme based Paper Reading, Poster making Slogan Writing Competitions and cleanliness campaigns were the main highlights of the event.
- *Hindi Diwas* was celebrated on 14 Sep in the Middle Section..
- The School conducted All India IPSC Yoga Competition. BPS team bagged the second position.
- BPS won 4 gold, 1 silver and 2 bronze medals in IPSC Boxing Championship held at Military School, Dholpur from 18 to 20 Sep.
- Mahavir House lifted Interhouse Handball Championship trophy by defeating Dayanand House in the final match on 15 Sep.
- Vivekanand House won Interhouse Science Quiz and Buddha House won Interhouse Maths Quiz held on 06 Sep and 09 Sep respectively. Interhouse GK Quiz held on 25 Sep was won jointly by VH and BH..
- Twelve students of the Middle Section won prizes in different events in BET Inter-institutional, Pentangular English Meet on 13 Sep.
- A book fair was organised in the Vijay Hall from 22 to 23 Sep.
- BPS won silver medal in the IPSC Football Tournament (U/17) held at Pinegrove School from 01 to 05 Sep. 03 footballers of our School (U/14) have been selected for the SGFI.
- 68 students of the Middle Section participated in the Online Space Quiz organized by ISRO.
- 16 Students from the Middle Section participated in the Scouts and Guides Camp held at Birla School, Pilani.
- Vivekanand House conducted Model United Nations (28-29 Sep). 25 boys of Middle Section participated in the event.
- BPS teams (U- 14 & U-19) won Gold Medals in IPSC Volleyball Championship held at HPS Hyderabad from 28 to 30 Sep. Durgesh Kumar (IX-D) was adjudged the best player of the tournament.

LITROSARY

Yoga-The Divine Bliss

Yoga literally means adding one to another, for example-two and two makes four. It means simply connecting two objects and, in spiritual sense connecting oneself to God. Recently there has been a lot of talk and teachings about yoga and its practice. In the ancient times our sages and *Rishis* used to practice yoga as a matter of physical and mental discipline. But in modern times, there have been lot of persons who have contributed immensely in popularising yoga. In this context the contribution of Baba ShriRamdev has been immense and he has brought yoga as a matter of importance not only in our country but in foreign countries as well. Nowadays yoga is not only practiced in schools, colleges and other institutions but even in our prisons in order to inculcate discipline among the prisoners to reform them and make them responsible citizens of this country. Crime is a spreading social disease, but nobody is born a criminal. It is the socio-economic condition, personal vendetta, ill-will and greed for money which make people indulge in criminal activities.

Now the question arises why after all we are emphasising so much on practising yoga. One major cause is modern stressful life, hectic activities which play havoc on our mental and physical condition. There is an adage that a healthy mind lives in a healthy body. But the question is how to keep our body, mind and soul healthy. In order to be healthy one has to do some elementary things on regular basis and that is bringing some discipline in our sleep, food, entertainment and other socio-economic activities. All this can be put in one word that is *Sanyyam* or self-discipline. Yoga is nothing but regulation of body and mind. One should not indulge excessively in eating, sleeping and drinking. If we keep our habits clean, we will be steering ourselves towards healthy and happy life. This is precisely what Lord Krishna told Arjuna in the battle field of *Mahabharata* in the following words---

Yuktaharviharasyayuktcheshtasyakarmasu

Yuktswapnabodhasyayogobhavitidukha

Yoga, which rids one of woe, is accomplished only by him who is regulated in diet and recreation, regulated in performing actions and regulated in sleeping and waking.

As we know habits are the second nature and once we build good habits it becomes our nature to perform all other actions and duties in a disciplined way.



Normally the people who join classes of yoga are those who are suffering from one or the other ailment. We make lot of resolutions on the New Year occasion but hardly practice them. Why not to resolve that one will never fall sick. Once you resolve this you will naturally become conscious of your health and will not indulge in excessive eating, drinking and other nefarious activities.

Student life can send a storm of new thoughts and experiences through life, mind and emotions. The techniques used to manage this will greatly determine the level of success both in and out of the classroom. Yoga is extremely helpful for relieving shoulder pain caused due to using computer for long hours, to keep the mind calm, to wake up early and setting a fix routine for exercise and to improve upon concentration.

Now think, if everyone of us resolves not to fall sick, we will be saving billions of rupees which we are spending on our health services, hospitals and medicines. So let us make yoga a way of life and reap its benefits. You will be doing a great service to yourself, your family, society and nation as well. We, as human beings, have accomplished a lot in our times but we should not be unmindful of our roots.

Rain

If we practise yoga it will bring stability, concentration, peace and harmony in our lives and help us get rid of negative feelings of depression and rejection. Yoga connects outside world to the inside world. The whole of our life will be electrified and will bring to us eternal peace and Divine Bliss.

Mrs. Archana V. Kaushik

CONFESSIONS OF A STUDENT

While some teachers try their best to teach me,
I can't help thinking that my mind is being treated
As a dumping ground for the dry facts.
History haunts, Maths becomes my nightmare.
I feel the language should be taught the way my parents did.
I never came to know that I was learning,
And my parents never knew they were teaching
It was so natural!
Some teachers make me realize constantly
That they are trying to teach, and I have to learn.
Doesn't it make the whole process so dreary?
I have opinions which I think, are important
Why do these do not always find an ear?
Even if they do they seem to come out
Without finding their way to someone's mind.
I love technology but it makes teaching more mechanical
Doesn't it make the human touch fainter and fainter.
All claim to have put me in the centre of the things
Does it help feel me that I'm not at the periphery?
Oh! These thoughts! These come to my mind
Like an unwanted guest and make me feel guilty
But, Am I guilty? Perhaps, Not! Perhaps, Yes!

Shashwat Jain
IX-F

When it rains, the water starts hopping,
It gushes through streets and past homes trotting.
Joyously splashing and leaping ahead,
Like children returning home
Victorious from a match they played.
It doesn't enjoy alone,
Even the birds and trees join.
The chirping of the birds
Creates a music in tune.



Trees sway with joy,
As a child plays with a toy.
To the musical rain drops
The earth happily plays a host.
Of all the other things
I like a rainy day the most.

- Rishit Singhal
VIII-E

Man to Be

I am a man to be, changes will take place in me
I am a man to be and soon everyone will see.
I will become stronger and wiser, I will be braver and bolder
I am a man to be and everyone will see
I will have good days and bad days,

I will have happy days and sad days
I am a man to be and everyone will see

I will love, not hate, I will never mess with fate
I am a man to be and everyone will see

I am a man now, so I will take a bow
For I am a man to me and everyone will see.

Preet Rathi
IX-C

Time

Time fleets by us, while we are having fun.
Time makes the moon rise, and lowers the beaming sun.
Time gives wrinkles to a lovely face, with old age.
Time gives wings to us, to fly from the motherly cage.
Time hammers a mountain, until it falls.
Time births a child, whenever life calls.
Time changes the verses, while you're reading this rhyme.
Have you ever wondered, how this all happens?

Don't worry, you will know, with time.

Arth Chauhan
IX-B

My World

As the sun bids the day an end,
The moon rises and heralds a new beginning.
Some people die but others are born.
The show must go on.
Waste no time cribbing about the past
Move forward with steps fast.
What's gone is gone
Welcome what comes,
Let's abolish the boundaries
Let the world become one.

Where all are jubilant
Where gloomy is none.

Nitin Maheshwari
VIII-E

LOVE YOURSELF

Your hand fits in mine like it's made just for me, but
please understand, it's meant to be.

And now I'm joining up the dots with the freckles on
your cheeks and it all makes sense to me.

I know you've never loved the crinkles by your eyes
when you smile you've never loved your lips or your
eyes the dimple under your lip at the bottom of your
jaw, but I love them endlessly.

I won't let all these thoughts get the form of words, but
they do, it's you, they add up to.

You can't go to bed without a cup of tea and maybe
that's the reason that you talk in your sleep though all
those conversations have some secrets that I keep,
though these make no sense to me.

You never like yourself half as much as I like you, you
never treat yourself right, but Chum I want you to!

King Sakar Sinha
IX-E

"A person who won't read has no
advantage over one who can't read."

--Mark Twain

"An investment in knowledge pays
the best interest"

-Benjamin Franklin

Editorial Board

Chief Patron :- Principal

Student Editor- Prabir Sandhu

Assistant Editor- King Sinha Sakar, Arth Chauhan

Art : James Nalo

Contact : Vidya Niketan, Birla Public School, Pilani-333031

Published By:- Headmaster(Mid. Sec.), BPS

Staff Editor- Mr. Jaskaran Singh

Designed By – Mr. Anil Kumar

Feedback: hmmiddle@bpspilani.edu.in