





# केंद्रीय विद्यालय संगठन गुवाहाटी संभाग

कोविड - 19 महामारी के  
अनुभवों पर  
संकलित  
ई पुस्तक

**मुख्य संरक्षक**



श्री वरूण मिश्र , उपायुक्त  
के. वि. सं, गुवाहाटी संभाग

**संरक्षक**



श्री दीपक कुमार डबराल , सहायक आयुक्त,  
के. वि. सं, गुवाहाटी संभाग

**संरक्षक**



श्री वेंकटेश्वर प्रसाद , सहायक आयुक्त,  
के. वि. सं, गुवाहाटी संभाग

**संयोजक**



श्रीमती डॉली दास , प्राचार्या  
के.वि. भा.ते. नि. नूनमाटी, गुवाहाटी

**डिजाईन एवं संकलन**



श्री एन. डी शर्मा, टीजीटी, कार्यानुभव  
के.वि. भा.ते. नि. नूनमाटी, गुवाहाटी





**केन्द्रीय विद्यालय संगठन**  
**KENDRIYA VIDYALAYA SANGATHAN**  
 (शिक्षा मंत्रालय, भारत सरकार के अधीन)  
 (UNDER MINISTRY OF EDUCATION, GOVERNMENT OF INDIA)  
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## MESSAGE



*COVID-19 pandemic came to the blue planet- as the most unwanted, uninvited and unwelcome visitor. Soon it took the entire globe into its grasp and within a few weeks almost everyone came to a standstill. All wheels stopped suddenly, streets became desolate and the solitary of the once busiest places started depicting its own story of helplessness and loneliness. The trouble of the common people during the COVID period was beyond explanation. Even the academic activities were badly affected and still have not recovered completely.*

*But the willpower of the people, their solidarity, and the indomitable spirit enabled and inspired them to fight like a real warrior and bring down the enemy to its knee. The real human spirit to emerge warrior in every situation was clearly visible.*

*Kendriya Vidyalaya Sangathan is emerged as a common warrior during the COVID -19 periods. Although, the requirement of social and physical distance prevented the students and teachers to meet physically but it opened a new window of opportunity to enter the digital world of Education. It came as blessings in disguise and a boon for the entire KVS teaching learning fraternity.*

*I salute all the students, teachers, parents and other officials of Kendriya Vidyalaya Sangathan for the solidarity and team spirit shown for uninterrupted academic activities during one of the most challenging situations in human history.*

*I believe that the E- book on experiences of COVID-19 Pandemic will describe the story of grief as well as struggling spirit of the people particularly students and teachers to the generations to come.*

*Jai Hind.*

*Varun Mitra  
 Deputy Commissioner  
 Kendriya Vidyalaya Sangathan, Guwahati Region*





केंद्रीय विद्यालय भारतीय तेल निगम , नूनमाटी

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## Message



*Covid-19 has touched the lives of all directly or indirectly and made everyone realize and revere the environment and the importance of health and hygiene.*

*We have gathered experiences to share and tales to tell to the coming generations as bedtime tales stories, a lesson in history, a chapter in science and a topic for further research in Laboratories. The hidden enemy could not bring life to a grinding halt. The new experience brought to the forefront and popularized the concept of **digitization**.*

*The students of KVS, Guwahati Region give vent to their creativity in the form of poetic composition, flash fiction, tweets and memes. I congratulate these brave warriors for their participation by contributing to the e-book in the different forms.*

*I also take this opportunity to thank Shri Varun Mitra Ji, the Honorable Deputy Commissioner, Kendriya Vidyalaya Sangathan, Regional Office, Guwahati for reposing his faith in me prepare the Regional e-book,*

*I wish everyone a very healthy and happy life. -Jai Hind*

*- Dolly Das,  
Principal, KV IOC Noonmati*





हमारी प्रार्थना  
उन सभी के लिए  
जिन्होंने  
सदी की

सबसे भयानक लासदी में  
अपनी जान गँवाई ।







कविताओं की  
लहरों के संग

**Floating with Poetic  
expressions.....**





## हैं अनजाने इस शहर में

प्रियांशु कुमार यादव  
कक्षा:सातवीं, के. वि. मालीगाँव

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥

मास्क और सैनिटाइजर से है होता ।  
शुरुआत हर दिन सुहाना ॥  
गुड मॉर्निंग, नमस्कार न होते ।  
होता है भयगान करोना ॥

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥

जितना हम भोजन नहीं करते ।  
ज्यादा उससे हाथ हैं धोते ॥  
करोना न्यूज हर चैनल है लाता ।  
हर-पल लगे नया जीवन दे रहा विधाता ॥

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥

चाइना वालों की यह करोना ।  
पूरे विश्व ने जानी है ॥  
हजारों को लील लिया ।  
उपचार अभी न मानी है ॥

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥  
स्वयं घर में बीत रहा है ।  
हर सुबह और शाम ॥  
परिवार के संग जी लो भैया ।  
रह जाये न कोई निज काम ॥

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥

संगीत, कला और ध्यान ।  
को तुम देना सम्मान ॥  
हम जैसे कम ज्ञानी कवि का ।  
साहित्य - सृजन ही बढ़ावे मान ॥

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥

आस इतनी सी है कि ठहर ।  
जाए यह मौत का खेल ॥  
मानवता ही विजित हो इसमें ।  
गर हो सभी धर्म संप्रदाय का मेल ॥

हैं अनजाने इस शहर में ।  
रोग कोरोना के कहर में ॥



## बचपन मेरा मुरझा गया

(प्रश्न- एक बच्चे दृष्टि से)

केदार नाथ क्षेत्री, के.वि नामरूप

कोरोना-१९ तुम क्यों आए ?  
 बचपना मेरा सिमटा,  
 बचपन मेरा मुरझा गया .  
 दुनियाँ तुम्हारी चपेट से,  
 हो गई जैसे विकलांग,  
 मेरी थी खेलने की उम्र,  
 सोर-शराबा करने की उम्र,  
 जब बंद हुआ विद्यालय,  
 तब से, बंद हुई मेरी हरकतें,  
 बंदी से घर पर मेरी,  
 बचपना मेरा सिमटा,  
 बचपना मेरा मुरझा गया .  
 वर्चुअल मेल मिलाप से,  
 वह नहीं होता जो,  
 स्कूल में मुझे मिलता,  
 सामजिक दूरी से,  
 बचपना मेरा सिमटा,  
 बचपना मेरा मुरझा गया .  
 मेरे शिक्षक जो मुझे टोकते,  
 कोरोना-१९ तुम क्यों आए ?  
 ऑनलाइन कक्षा में केवल पढ़ाते,

बाकी का क्या! मेरा बचपना,  
 जो स्कूल में मुझे मिलता,

मेरी हरकतें भी अनदेखा करते,  
 बचपना मेरा सिमटा,  
 बचपना मेरा मुरझा गया .  
 लेकिन समय जरूर बदलेगा,  
 कोरोना से बचाव भी होगा,  
 बस, अब मुझे वेक्सीन मिले,  
 जल्दी से स्कूल खुले,  
 पुनः समय अब लौटेगा,  
 बचपना मेरा सिमटा है,  
 बचपना मेरा खिल जायेगा .  
 कोरोना-१९ क्यों आया?  
 क्या यह सुपर पावर,  
 राष्ट्र का सपना तो नहीं!  
 ऐसा रहा तो होगी,  
 विनाश की लकीर,  
 तब न होगा बचपन,  
 न रहेगा बचपना,  
 न रहेगा उत्साह,  
 सुपर पावर कहलाने का.  
 कोरोना तुम क्यों आए ?  
 बचपना मेरा सिमटा,  
 बचपन मेरा मुरझा गया ॥



### कोविड ने जीना सिखाया

कल्पना कश्यप

कक्षा-बारहवीं 'द'

केन्द्रीय विद्यालय न्यू बंगाईगाँव

कोविड में जिंदगी रुक सी गई थी,  
बड़ों का दफ्तर जाना।  
हमेशा अकेलेपन को दूर करने की तलाश में,  
बुजुर्गों का बाहर घूमना।  
बच्चों का विद्यालय जाना, बाहर खेलना,  
सब कुछ थम सा गया था।  
फिर भी इस मुश्किल घड़ी में,  
हम न निराश थे, न किसी ने हार माना।  
हमने हँसकर इस घड़ी में भी,  
अपना हौसला और बढ़ाया।  
वक्त दिया परिवार को,  
माँ को समय देकर मुक्त किया कुछ काम से।  
जो था अपने ही घर पर,  
ढंग से न देखा एक बार।  
अब लगता है उसमें है जान,  
जो कर रही थी हमारा इंतजार।  
जान पाए हम सब,  
कि कुछ समय परिवार को भी है देना।  
कोविड ने सिखाया, मुश्किल में भी साथ देना।  
जिनके घर आई मुसीबत, उनको अपना हाथ बढ़ाना।  
कुछ सीखा और सिखाया, कैसे है जीवन जीना।

### जिंदगी का सफर

आद्रिजा विश्वास

कक्षा-पाँचवीं के. वि. न्यू बंगाईगाँव

कोरोना आया, कोरोना आया,  
देश का चक्का घूम गया।  
देश की हालत देखकर,  
लॉकडाउन आकर चिपक गया।  
इंसान पागल हो रहे हैं,  
पागल हो रहे हैं जानवर।  
कब खत्म होगी यह बीमारी?  
किसी को पता नहीं मगर।।

### LET'S FIGHT IT OUT

-JUHI MUCHAHARY, VIIC  
KV NEW BONGAIGAON

*Don't take risk,  
Please put mask.  
Don't go in flight,  
Washing hands is right.  
Stay safe at home,  
Otherwise it will harm.  
Don't mingle  
Always stand single.  
When carelessness increases,  
Population decreases.  
Isolation is the only way,  
To fight against corona virus, I say*

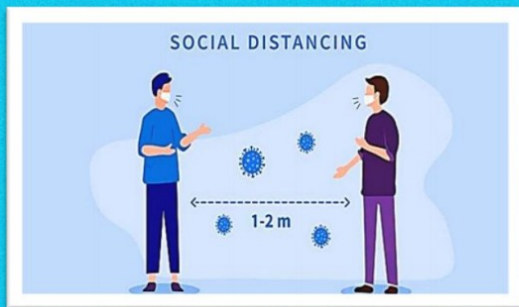


**जब तक साँस है, तब तक आस है**

अनुपमा ओझा

कक्षा : बारहवीं, के. वि. न्यू बंगाईगाँव

कुछ गम में खोए हैं,  
कुछ मौत की नींद सोए हैं,  
कुछ आस लगाए बैठे हैं।  
जीत की किरण अभी दूर है,  
फिर से रावण का अंत होगा,  
यह विश्वास भरपूर है।  
कुछ युद्ध लड़ रहे हैं,  
कुछ ताबूतों में बंद सड़ रहे हैं,  
कुछ के खजाने बढ़ रहे हैं।  
कोई अमीर हो गया,  
कोई फकीर हो गया।  
एक दिन यह मौत जिंदगी से खेलना छोड़  
देगी,  
एक दिन यह दुनिया फिर एक नई मोड़  
लेगी।  
हमारा मजबूत आत्मविश्वास है,  
जब तक साँस है, तब तक आस है।

**कोरोना वायरस है घातक महामारी**

अद्रिजा चक्रवर्ती

कक्षा ग्यारहवीं- के. वि. न्यू बंगाईगाँव

कोरोना वायरस है घातक महामारी,  
यह पड़ रहा सब पर भारी।  
निपटने का तुमसे हर संभव प्रयास जारी है,  
तुमने तो फैला लिया अपना कहर,  
अब निपटने की आई तुम्हारी बारी है।  
जैसे तुम कभी यहाँ आए न थे,  
डॉक्टर की मेहनत से बेफिक्र हो जाएगा यहाँ का हर  
एक नागरिक,  
जैसे वे कभी इससे घबराए ही न थे।  
हमारे देश में आकर तूने जो फैला,  
नज़दीकियों को दूरियों में तूने जो बदला।  
डरने लगे हैं लोग एक-दूसरे को गले लगाने से,  
और माना नहीं तू देश में कोहराम मचाने से।  
इससे ज्यादा बुरा दृश्य इन आँखों के लिए और क्या  
होगा,  
भगाएँगे तुझे यहाँ से ऐसे, जैसे न तू यहाँ था, न आया  
होगा।  
कितनों की जिंदगी छीन ली है तूने,  
कितनों के घर उजाड़े हैं तूने,  
चहल-पहल रहती थी जहाँ चारों ओर,  
सब ठिकाने तेरे कहर से हुए सूने-सूने।  
हे ईश्वर! हे अल्लाह! इस दुख की घड़ी से बचा दुनियाँ  
को,  
वायरस को मिटाकर फिर से सजा दुनियाँ को।  
इस वायरस ने हमें एक-दूसरे से अलग करने की  
कोशिश की,  
पर इस दुष्ट वायरस को पता नहीं,  
अखंडता में एकता ही शक्ति है भारत देश की।



**आ गया वायरस कोरोना****गिनी बसुमतारी****कक्षा-पाँचवीं के. वि. न्यू बंगाईगाँव**

आ गया वायरस कोरोना,  
 इसने सबको दिला दिया रोना।  
 यह ऊँचा करके चल रहा अपना सीना,  
 मुश्किल कर दिया हमारा जीना।  
 कोरोना का है यह जमाना,  
 मानव को बना चुका है निशाना।  
 कोरोना दिखा रहा अपनी शान,  
 इसने कड़ियों की ले ली जान।  
 अब न किसी से हाथ मिलाना,  
 नमस्ते से है काम चलाना,  
 हाथों को बार-बार न मुँह पर लगाना,  
 भीड़ वाली जगहों से खुद को बचाना।  
 बंद करो अब मांसाहार,  
 तभी इसका होगा संहार।  
 आ गया वायरस कोरोना,  
 इसने सबको दिला दिया रोना।

**इतिहास गवाह है****आयुषी घोष****कक्षा-बारहवीं के. वि. न्यू बंगाईगाँव**

आज हम एक-दूसरे से नहीं बल्कि लड़ रहे हैं एक  
 महामारी के खिलाफ,  
 इतिहास गवाह है।

न झगडा न क्लेश, आज हर घर में अपनों का खयाल  
 रखना ही उद्देश्य।

सबने सुना कोरोना इस महामारी का नाम है, मगर  
 हम भी तो इंसान हैं।

चुनौतियों का सामना करना ही तो हमारा काम है।

समस्याएँ तो शारीरिक हों या मानसिक, हमारे लिए  
 सभी समान हैं।

लेकिन इस बार यह समस्या भी कुछ बड़ी है,

लड़ने की हमारी ताकत भी जरूर बढ़ी है।

चारों तरफ सूना सा पडा है, प्रकृति भी व्याकुल और  
 पीड़ित धरा है।

आज मानव भी चुपचाप है, खामोश अपने आप है।

सोच रहे हैं, जब सब ठीक हो जाएँगे।

दुःख के दिन याद किसी को न आएँगे।

कोई याद रखे या नहीं, इसकी किसे परवाह है,

इतिहास गवाह है।



## चला जा कोरोना

त्रिणाभ घोष  
कक्षा-दूसरी के.वि. न्यू बंगार्डगाँव

थम गई दुनियाँ,  
थम गया देश।  
कोरोना से-  
रुक गई रेल,  
रुक गए विमान  
बंद हैं स्कूल, बंद है दुकान।  
आस लगाए बैठे हैं-  
कब आएगी वैक्सीन?  
भगवान करें जल्दी से लौट आएँ,  
हमारे खुशी के दिन।

## कोरोना वायरस कविता

-पायल चक्रवर्ती  
कक्षा-पाचवीं के.वि. लामडिंग

मिलकर कोरोना को हराना है,  
मिलकर कोरोना को हराना है!!  
घर से हमें कहीं नहीं जाना है,  
हाथ किसी से नहीं मिलाना है,  
चहरे के हाथ नहीं लगाना है,  
मिलकर कोरोना को हराना है!!  
बार-बार अच्छे से हाथ धोने जाना है,  
सेनेटाइज करके देश को स्वच्छ बनाना है,  
बचाव ही इलाज है यह समझाना है  
मिलकर कोरोना को हराना है!!

## डर क्या है?

राहुल वंचल  
प्राथमिक शिक्षक, के.वि. डिफू

डर क्या है?  
डर एक जहर है,

मन के अंदर उठती सवालों की एक लहर है,  
खुदके प्रति उमड़ती आशंकाओं का एक शहर है,  
टूटता जो बेवजह सपनों पर ये वो कहर है,  
जूझता जिससे इंसान हर पहर, डर वो जहर है  
पर ऐसा नहीं कि इसका कुछ हो नहीं सकता,  
ये इतना भी मजबूत नहीं की कुछ खो नहीं सकता,  
किसने कहा कि डर अजर है?

अरे हौंसले और उम्मीदों के सामने ये भी बेअसर है  
हंसते खिलखिलाते सपनों से इसको भी डर है,  
हां भई डर भी डरता है  
हिम्मत के सामने ये भी पानी भरता है,  
फिर भी छटपटाकर तिलमिलाकर वापस आने की कोशिश  
करता है,  
पर देखता है जब तुम्हें अपने सपनों को जीते हुए,  
तो ये भी धीरे धीरे मरता है

इसलिए बच्चो हमेशा याद रखना कि  
डर भी डरता है।

## Go corona rap

-दीपक, कक्षा -ग्यारहवीं  
के.वि. डिफू

हाथ जोड़ के बोलो hii ! Hello ;

थोड़ा सह लो  
जरा रह लो घर पे  
Let's netflix & chill  
So we don't fall ill

तो आज मुझसे मिल  
Video पे ही करें थोड़ी बातचीत  
इसमें किसी की नहीं हार, पर सबकी है जीत  
तेरी बोरियत को करने आया हूँ मैं डिलीट  
बेटा...कफ्यू में तू भी जरा बर्तन को पीट

पूरा world on it's knees with a sneeze !

Oh please-

#stay home

#stay neat



**COVID-19**

*AROOPARNA ROY, CLASS: VII  
KV NEW BONGAIGAON*

When there wasn't corona virus  
I could have fun with friends.  
But during Corona virus  
I couldn't go outside anymore  
That makes me stay at home.  
Without meeting or playing with  
friends  
Everything is closed.  
Like a locked door  
This is fear.  
That is making us aware.  
But the story is not over  
The problem is not solved  
But solution will be discovered  
Our will-power is strong  
And we wouldn't let this virus  
Survive long.

**STAY HOME-BEAT CORONA**

*Sadhana Kumari  
Class- XI KV Narangi*

Somehow started, this destructive war,  
Do you know, whom it's for?  
We need to let humanity survive,  
Then you'll yourself see, the Earth revive.  
Don't wait for others, it starts with you,  
Starting at home, is what you have to do.  
It got all us in Quarantine,  
A worldwide pandemic, like nothing we've  
never seen.  
Not knowing how much longer; this will go  
into a year,  
An invisible killer; has everyone chained in  
fear.  
Social Distancing, saving lives when you stay  
home,  
Many find Sanity, all day on their Phones.  
Essential worker's get exposed day in and day  
out,  
They go back to their families with so full of  
doubt.  
The news get worse as death rate increase,  
In so much chaos, it is a luxury to have peace.  
In you, resides the power to impact the lives  
you know,  
Don't stay stagnant, This is a time to grow.  
A time to reflect, A time to redirect.

A time to meditate, A time to recreate.  
With so much uncertainty in the world today,  
I'm grateful to wake up and see another day.  
I'm grateful for the gift to be able to write,  
Despite all the darkness; I stand in the light.  
Don't let Corona get bended  
I promise you, it will get ended.  
I promise you, it will get ended.



## COVID-19

-DEBOLINA CHOUDHURY, VIIC  
K V NEW BONGAIGAON

It's really a tough time

We can't rush to schools,

Nor can we go to waterfalls.

The virus is scaring the world,

Trembling the entire globe .

If you really want to go out – don't do now,

Wear your mask, be wise.

After return - sanitize,

And wash your hands thrice,

Else ready to pay the price.

COVID- 19 is the virus.

Playing the dirty game of infectious

Just be cool,

Don't be fool,

Kill the enemy by zeal.

## COVID-19: A PRAYER

-DIYA SEN, CLASS: XI  
KV NEW BONGAIGAON

**COVID-19**

**That deadly virus has ravished our world,**

**An unwelcome visitor.**

**Unholy---**

**Stealing breath from the beautiful**

**Demanding distance, quarantine,**

**Masks, gloves, Death.....**

**You call our eyes to embrace**

**To hold each other up:**

**Though our hearts tremble.**

**Wheat and Tares pray together.**

**We will say of the Lord,**

**"He is (our) refuge,**

**(our) fortress, our God,**

**In whom (we) trust."**

**You COVID-19 shall be moved!**

**In the name of Jesus Christ (move).**



## THE PANDEMIC

-SURUCHI KUMARI,VIIC  
KV NEW BONGAIGAON

Doctor's help, we need to seek,  
Started in China, now the world is sick.  
Let us unite and find a cure, quick  
You will have fever as I was told,  
You will get headache and a cold.  
Getting rid of, is now quite tough.  
Following up, then becomes cough,  
You will get problems of respiration,  
Now, we all need prevention,  
Muscle pain can come too  
Let us build immunity, me and you.  
Wash your hands with some soap.  
Will fight the virus, that's the hope.

## COVID - 19 the micro enemy

- Sameer Bisht  
Class – XI KV AFS Digaru

**We may be young or old,  
But we must be bold,  
Against the enemy untold.**

**We can't go to malls,  
Nor can we go to waterfalls,**

**Because this virus is a-scaring,  
Sending our spines into a shivering.**

**If you have to go out, think twice,  
Wear your mask, be wise.**

**After coming home, sanitize,  
And wash your hands thrice.**

**COVID-19 is the name,  
It is playing a hide-and-peek game.**

**By following the rules,  
we can ensure endgame**





**Global Pandemic: Corona-virus**

Tamanna Hassan  
Class: X, KV Diphu

Corona-virus everywhere,  
Like never before.

A disease killing live,  
Spreading everywhere negative vibe.

Must follow social distance everyday,  
To keep this virus away.

Virus attacks first in respiration,  
Now, we can control it only by prevention.

Before going to public places think twice,  
Wear your mask, be wise.

Keep one word in mind,  
Sanitize, sanitize, sanitize.  
And wash your hands thrice.

**कोविड आया**

हुमा यासमीन  
पी.जी.टी (कंप्यूटर साइंस )  
के. वि. आई. ओ. सी. नूनमाटी

कोविड आया, कोविड आया  
कैसा कैसा दिन दिखलाया

मिलना जुलना कर के बंद, लोगों को घर में बैठाया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

इस महामारी की आगत से देश विदेश भी थर्राया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

वाइरस कोरोना ने आकर फैलाया दहशत का साया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

स्कूल कॉलेज भी बंद हुए, दफ्तरों में ताला लहराया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

लॉकडाउन में बाहर दिखे तो, पुलिस ने डंडा दिखलाया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

प्रतिरोधक क्षमता कम हुई तो कोविड का खतरा  
गहराया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

रोकथाम की नीयत से सबने मास्क, सैनिटाइज़र  
अपनाया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

जी सूट, व्हाट्सप से शिक्षकों ने, घर घर शिक्षा को  
पहुँचाया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया

लोगों की जान बचाने को डॉक्टरों ने दिन रात जुटाया  
कोविड आया, कोविड आया, कैसा कैसा दिन दिखलाया



शब्द – निबंध के माध्यम से

Words in Articles





## वैश्विक महामारी में देश के कर्तव्यों के प्रति अपना असीम योगदान

**दीपांकर गौतम**  
**प्रशिक्षित स्नातक शिक्षक**  
**कें.वि. ओएनजीसी शिवसागर, असम**

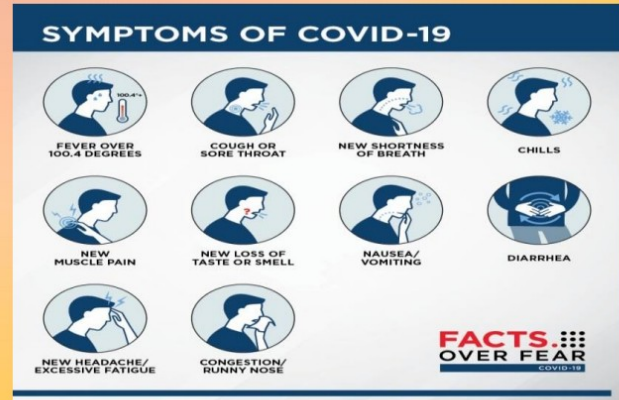
आज अचानक हमारा परिवेश कैसे बदल गया मुझे इस बात पर बिल्कुल भी आश्चर्य नहीं है कोरोना एक वैश्विक महामारी जिसने हमारे समाज के हर तबके को प्रभावित किया साथ ही साथ हमें इस आधुनिक युग में विकट परिस्थितियों का सामना करने की भी एक नई सीख दी है एक दिन जब हमें यह मालूम हुआ कि अब लॉकडाउन लगने वाला है और सब कुछ बाजार, यातायात, शिक्षण संस्थान एवं अन्य कार्य स्थल सभी कुछ लॉकडाउन और कोरोना वैश्विक महामारी के कारण एक अनिश्चितकालीन समय के लिए बंद किए जाने हैं तो सभी की तरह मैं भी हैरान-परेषान था और अपनी इस उधेड़बुन में डूबा हुआ था कि अब हम सभी इस भयावह समस्या में किस प्रकार से अपने कार्यों का निर्वहन करेंगे। किंतु क्योंकि मैं एक शिक्षक हूँ तो मैं कुछ ज्यादा ही परेशान था क्योंकि मुझ पर केवल मेरे और मेरे परिवार ही नहीं अपितु उन सभी विद्यार्थियों की शिक्षा का भी भार है जो मेरे कर्तव्यों के प्रति आश्रित हैं फिर मैंने अपने प्राचीन भारतीय इतिहास एवं गुरुजनों के साक्ष्यों एवं प्रमाणों जैसे नालंदा विश्वविद्यालय, तक्षशिला विश्वविद्यालय और विक्रमशिला विश्वविद्यालय एवं उनके समकालीन अन्य शिक्षण संस्थाओं एवं उनके गुरुओं से प्रेरणा ली कि उस समय विभिन्न गुरुओं ने किन कठिन परिस्थितियों में हमारे देश और पूरे समाज को विश्व गुरु होने का गौरव हासिल करवाया उनके कार्यों के कारण ही

आज हम अपने देश को विश्व गुरु की संज्ञा दे पाते हैं और हमने भी अपने कार्य को एवं कोरोना वैश्विक महामारी के अंतर्गत सरकार द्वारा प्रदत्त किए गए अन्य कार्यों को साथ समन्वय बनाकर संचालित करने का निर्णय किया और मैं ही नहीं अपितु हमारे सभी शिक्षक समुदाय ने इसको रोना वैश्विक महामारी में देश के कर्तव्यों के प्रति अपना असीम योगदान देते हुए शिक्षण कार्य को भी बाधित नहीं होने दिया।

हमने शिक्षण कार्य को विभिन्न युक्तियों का प्रयोग करते हुए शत-प्रतिशत सफलता के साथ संचालित किया और बच्चों विद्यार्थियों की शिक्षा में एवं हमारे शिक्षण कार्य में किसी भी प्रकार का व्यवधान ना पहुंच पाए इसके लिए भी हमने कई प्रकार के संसाधनों का उपयोग किया एवं कई प्रकार के नियम भी बनाए।

आज मुझे इस बात का पूर्ण रूप से संतोष एवं सुखद अनुभव है कि मैंने एक शिक्षक के रूप में अपने संपूर्ण शिक्षक समुदाय के कार्यों को शत-प्रतिशत सफलता पूर्ण रूप से संपादित करने का प्रयास किया है और इसमें बच्चों एवं समाज के साथ-साथ हमारे प्रेरणा दाई इतिहास का भी बहुत बड़ा महत्वपूर्ण योगदान है और कोरोना जैसी एक वैश्विक महामारी ने हमें निश्चित रूप से एक मुश्किल घड़ी में जरूर डाला लेकिन हमें ही नहीं पूरे विश्व को एक नए प्रकार की जीवन शैली जीने का तथा उसके अनुसार अपने समाज और पर्यावरण को सुरक्षित संवर्धित करने के भी नए-नए गुण सिखाए हैं।

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## लॉकडाउन के दौरान अनुभव

दीप्ति सिंह, कक्षा नवीं, के. वि. नारंगी

हम चार दोस्त बैठकर बातें कर रहे थे बातों बातों में ही एक बात निकल आई, काश यार घर पर परीक्षा देने का मौका मिलता। एक दोस्त ने कहा काश मैं पूरे साल घर पर ही रहती। लेकिन किसको पता था कि यह बातें अब सच होने वाली है। हमें तो यह भी नहीं पता था कि कोरोना की बीमारी होती क्या है। ना कभी नाम सुना ना किसी से सुना। लेकिन जब हमें पता चला कि यह महामारी धीरे-धीरे पूरे देश में चल रही है तब हमें बहुत मजा आया क्योंकि तब हमारे प्रधानमंत्री ने आकर बोला कि अब लॉकडाउन शुरू होने वाला है। हमें लॉक डाउन का अर्थ अच्छे तरीके से नहीं पता था लेकिन जब पता चला कि लॉकडाउन का अर्थ होता है तालाबंदी अब हमें घरों में ही रहना है घर से बाहर निकलना ही नहीं है स्कूल भी बंद हो गया कॉलेज भी बंद हो गए यूनिवर्सिटी बंद हो गई पूरा देश बंद हो गया। हमें लगा कि यह लॉकडाउन सिर्फ कुछ ही दिनों का है लेकिन हमारी सोच गलत थी यह लॉकडाउन रुकने का नाम ही नहीं ले रहा था। अब हमें अपनी पढ़ाई की चिंता होने लगी कि अगर हम कक्षाओं में नहीं जाएंगे तो हम पढ़ेंगे कैसे? नाम निकल कर आया ऑनलाइन क्लासेस। ऑनलाइन क्लास में टीचर आएगा, फोन पर बैठेगा, पर कुछ बच्चे क्लास अटेंड करेंगे कुछ नहीं करेंगे। कुछ लोगों का नेटवर्क प्रॉब्लम होगा। इस तरह की कक्षाएं हमने कभी देखी नहीं थी, इस तरह की कक्षाओं के बारे में सुना था। लेकिन देखिए कितनी अजीब जिंदगी है जो हर एक चीज दिखा देती है। बहुत अजीब लगता था पढ़ने में अब पता नहीं क्यों स्कूल जाने का मन कर रहा था। काश लॉकडाउन होता ही नहीं काश ये महामारी फैलती नहीं। चलिए मान लेते हैं हमें ऑनलाइन कक्षाओं में ही दिक्कत आती थी लेकिन उन लोगों को क्या जिनका रोजगार हर दिन का था, जो हर दिन कमाते थे, हर दिन पेट भरते थे। अब उनका वह भी सहारा चला गया था। ना उनको कोई काम मिलता था, न ही खाने को पेट भर खाना। ऐसी बातें सुनकर देख कर बहुत अजीब लगता था लेकिन परिस्थितियां कुछ ऐसी हो गई थी कि अपनी जान बचानी पड़ेगी, क्योंकि हर एक सेकंड में कोई ना कोई इंसान मर रहा था। सोचिए उन लोगों का क्या हो रहा होगा जो अपने परिवार के सदस्यों को खो रहे थे।

उन पर क्या बीती होगी हमने किसी को नहीं खोया इसलिए हमें उस दर्द का एहसास नहीं है, लेकिन जिन्होंने खोया उनको होगा। इस तरह से कभी सोचा ही नहीं था ऐसी महामारी आई क्यों जो लोगों को तड़पा रही थी। लेकिन कहते हैं ना जो होता है अच्छे के लिए होता है। हां



पूरी जिंदगी में 1 साल जो बीता वह बुरा था लेकिन कुछ चीजें अच्छी भी तो हो गईं। अपने परिवार के साथ समय बिताना, उनका ध्यान रखना, उनको और अच्छे तरीके से जानना, उनके साथ रहना, कितना अच्छा लगता है यह चीज मुझे बताने की जरूरत नहीं है, सबके साथ ऐसा हुआ होगा। मैंने भी इस लॉकडाउन में कई सारी चीजें सीखी जैसे मैंने खाना बनाना सीखा, मैंने चित्र बनाना सीखा, मैंने अच्छे सुर में गाना गाना सीखा और भी बहुत कुछ सीखा। लेकिन सबसे मजेदार बात और सबसे अच्छी बात क्या थी कि पर्यावरण में सुधार आ रहा था। किसी ने कभी सोचा नहीं था कि मुंबई और दिल्ली जैसे शहर में पर्यावरण साफ होगा। लेकिन इस महामारी की वजह से हो गया। लेकिन जिंदगी में एक चीज तो सीखी हमारी जान बहुत महत्वपूर्ण है। इसको इस तरह से छोड़ देना सही नहीं है। हम हर बात पर कहते थे, मैं मर जाऊंगा, मैं मर जाऊंगा। इतना आसान नहीं होता इस लॉकडाउन में तो हमें लगा ही नहीं था कि हम कभी अपनी जिंदगी में स्कूल जाएंगे। उसके बाद धीरे-धीरे स्कूल खुलने लगे। हम अपनी रोजमर्रा की जिंदगी की तरह स्कूल जाने आने लगे। मेहनत से पढ़ने लगे। हमारी जिंदगी में जो होता है अच्छे के लिए होता है भले ही वह समय बुरा था। लेकिन एक अनुभव की तरह इसे हमें लेना चाहिए। आने वाली पीढ़ी भी सोचे कि ऐसा भी समय आया था जब कोई नहीं निकलता था, ना कोई दूसरों से मिलता था, ना हाथ मिला था, ना गले मिलते थे। सोच रहे होंगे कि आने वाली पीढ़ी को इस महामारी के बारे में क्या बताएंगे। लेकिन बताने को बहुत कुछ है। कभी कुछ अच्छी चीज है कभी बुरी चीज है। इसलिए पता नहीं कितने लोगों की जान चली गई। इसलिए जब तक हमारे पास लोग हैं तो उसकी अहमियत रखनी चाहिए। ना कि उन्हें अपने से दूर करना चाहिए। अंत में मैं बस यही कहना चाहती हूँ कि हमेशा खुश रहें।



## Covid-29- creating opportunities

- By Arpan Sharma, KV AFS Borjhar

All of it started in the month of December, 2019, When a new virus namely covid-19 was detected. Everyone was unaware of the deadly virus until February of 2020 when it was declared as a pandemic. Lockdown started all over the world and it continued for months and lifestyle changed from then.

Lockdown was announced and no one was allowed to leave their house. Economy was dropping. Everyone needed away and work from home was introduced. This was completely new for majority of the population. People needed to work from home and not to go to office. People now started getting time to spend with their families. Many people were also able to do work which they like to do. People started giving time for themselves and many people were able to live a new life.

Not only elders but the children's life were changed as well the new technique of online learning gave rise to many quality educational program. Now even the students at rural places could access quality education not only theoretical. Online education has led to many innovation as students can do research. Most important of all, students are getting to know their passion and understand themselves.

Lives of working women have also changed. Now working woman can do parenting, cooking, working at the same time. This leads to change in attitude of women and motivated them to do jobs.

Covid-19 in spite of a pandemic has taught us many lessons of life. It has mainly taught us the importance of hygiene in our lives. It has made us self-dependent and made us learn many skills. It also created opportunities to learn.

### CARONA PANDEMIC

-VIDISHA SINGH, XII,  
KV AFS Borjhar

The corona virus has completely transformed our life. For almost one year there are no schools, no collages, no offices. It has adversely affected our economy. (contd..)

We lost many lives. But despite of all negativity it had created opportunity too. In this world of 4G we do not have time for anyone. We all keep running after materialistic things. We hardly spent time with our family. But due to lockdown because of covid -19 we get some time to spend with our families. It brings people closure. It has not spared any corner of the world. It teaches us it's not the caste, religion, and nation what matter, what matter is that we all are human. In dark time all people come together to help each other. It is time that because of covid-19, schools remain close. But the brighter side of this was that we get closure to technology. Many experienced online teaching and learning for the first time in their life.

It time that it has affected the economy of many countries. But it too gives time for new creativity. Many people learn new skill during their free time in lockdown. Other advantage of online learning is its flexibility and its continuity. At first, we all face many difficulties while dealing with everything digitally. But gradually we all learn how to use zoom, online shopping, and online learning. It gives ample of time to develop new skills.

These situations change our way of looking at doctors, nurses and sweepers, cleaners etc. They emerge out to be real hero of the nation. They risk their own life to save others. So it is rightly said that challenges create opportunities.



### A TALK BETWEEN ME AND CORONA

-AYANANGSHU SARKAR  
IX B, KV AFS BORJHAR

- CORONA** - HEY YOU INDIANS, I WILL INFECT HALF OF YOUR POPULATION ?
- ME** - HOW CAN YOU, A VIRUS SMALLER THAN AN ANT CAN INFECT US ?
- CORONA** - I WILL SPREAD THIS VIRUS THROUGH EVERYTHING YOU WILL TOUCH, LIKE YOUR CAR HANDLES, DOOR KNOBS. I WILL MAKE IT SPREAD WHEN ANY PERSON SNEEZES OR COUGHS. AND I WILL ALSO SPREAD IT IN YOUR VEGETABLE AND FRUIT SHOPS.
- ME** - HAVE YOU NOT WATCHED THE T.V. YET ?
- CORONA** - NO, BUT WHY ?
- ME** - PLEASE SWITCH ON IT AND SEE.

[CORONA SWITCHED ON THE T.V. ]

- T.V.** - INDIA HAS DONE A GREAT JOB. •INDIA'S LOCKDOWN PROVES TO BE EFFECTIVE. •INDIA'S RECOVERY RATE IS GOOD. •INDIAN MEDICAL COMPANY **GLENMARK**® LAUNCHED **FABIFLU**, A TREATMENT THROUGH TABLETS TO CURE COVID-19 PATIENTS. •**BHARAT BIOTIC, INDIA** IS GOING TO LAUNCH **CORONA'S VACCINE** ON 15th AUGUST. (*EXPECTED*)
- ME** - NOW YOU SAW, WHAT WE INDIANS CAN DO. IT IS A COUNTRY OF 135 CRORES , WHO CAN VANISH YOU WITHIN MINUTES.
- CORONA** - **SORRY, IT IS BETTER FOR ME TO LEAVE THIS COUNTRY. I CANNOT DO HERE ANYTHING.**

### COVID-19 - CHALLENGES CREATE OPPORTUNITIES

-Aneya Sharma  
KV AFS BORJHAR

After we got to know about covid-19 pandemic, the lockdown started and everyone got stuck in their houses. There was nothing to do all day and we got bored in our houses. Then through social media I got to know that everyone is working to develop their skills. Everyone started making videos and uploading on YouTube. I got to know about many things and learned to improve my skills. Then our online classes began which brought a huge lift in online learning. Because of this COVID pandemic our lives got transformed we got more aware about hygiene. Most importantly we got the time for our families. We got to know ourselves much better. We became closer to everyone. We got to know many stories of our families.

I learned cooking and some household works. Then the term WFH- 'work from home' was introduced which made our lives easier. Because of the pandemic situation I've learnt what unity is. If we are United we can fight against anything.



**COVID-19 A CURSE ???****- Nityananda Pallai****CLASS - XII KV AFS BORJHAR**

Our day to day life was changed totally within a day due to the outbreak of COVID -19. Many lost their ways of income, many lost their loved ones while on the other hand, many had to work 15 hours a day and became restless .As said in the old methodologies, there is always some good in evil .In this pandemic situation, the public places were closed , schools gave boost to online teaching like never before , new ideas and new possibilities to learn . It made many people aware of housing that they neglected or ignored before, especially the people living in rural areas. It taught them the importance of hygiene .While the closure of public places also meant that people losing their jobs .A lot of people had to start work from home while this was a new start to people getting their jobs back. The telecom and electronic companies also received a boost. But now jobs and families are together woman who had a hectic schedule working cooking are then parenting altogether now got a little bit of rest while working from home

Being closed in homes brought up on attitudinal change to the families the way of thinking, caring and a lot of lessons were learned by children in the end I would like to say that there can always be a positive side of two things if we look close enough.

**EXPERIENCE DURING PANDEMIC****- Amrita kumari Yadav****Class – 8 K.V. Lumding**

Since, the middle of the march all the people of country were locked at home. In 2020 had been full of problems and complication. But there are more positive aspect of the year could be that year had helped us in making our relation with our close one's special. It had taught us an abundance of things in our otherwise busy world. This pandemic had also taught some technological, social and natural teachings. The year 2020 has made us more hygienic and health conscious and has decreased our greed and taught us to make conscious and right decision. One is also aspect is that nature started to regain her full glory, as we took a break from causing more and more pollution. The skies became clearer, the air and water cleaner the plants fresh, and the ozone layer started repairing itself, making the Earth a better place to live in.

**My Experience during the Pandemic**

By Surja Sen

**Class -8 K.V. Lumding**

The school closed by saying that the pandemic is rising everywhere, the shops closed and the rides were silent. There was no one but as I woke in the morning I could hear sounds of different birds, and insects that days were different as that was the time of nature. There was no one to disturb nature so it grows without any disturbance no one was cutting the trees just the trees were dancing around like they were making party all over. Birds chirped, dogs barked and cats mewed.

This was paradise. But on the other side people were watching news and thinking 'why this is happening?' Soon, online took over physical life in classroom teaching, jobs, trainings etc. After this situation, at a very slow pace, the virus came under controls by the various measures taken by the Govt. and the conscious people. Fight is not yet over but we are hopeful that very soon we can get back to our normal life.



### Corona virus- a change

-Kamal Yadav  
**KV AFS BORJHAR**

'Challenges create opportunities' Corona virus is a change in world which was imagined by no one.

There is not only negative side of corona virus but have many positive sides also.

Firstly we started doing all work online even learning due to which, we started knowing the correct use of mobiles and laptops. It started improving our skills on technologies and how to make all our works online rather it is our homework, assignments, test etc.

Secondly we all young ones and elder ones had become hygiene conscious. We started using sanitizers, washing our hands, cloths, masks frequently, wearing mask which even saves us from pollution, taking shower daily, wash packet foods before using etc. This all is not necessary for virus only but to stay safe, clean and healthy work from home is ultimatum for everything, one of the major change, we don't need to go anywhere for work, we can do every work digitally now i.e. studying ,Selling online, creating webs etc.

The one who was for away from his/her was waiting for just one holiday to spend time with then, is now free and get thousands or hours to spend with their loved ones.

The women who never get a single holiday and was juggling between cooking, parenting and working at the same time is now relaxed and got a break to live life with we all are changed in this gaps of the world, Now we are much better version from the previous life, we have learnt to keep quiet and know ourselves- 'What we are'.

### THE LIFE CHANGING CORONA VIRUS

-Susmita Mandal  
**KV AFS BORJHAR**

As well as know that the COVID-19 VIRUS has affected our lives totally both physically as well as mentally. It started when this virus went for a world tour. A great part of world went in financial problem and economical disturbances became so common.

The students and kids it was the worst time as it disturbed their routines and education. Mostly school and around the world changed themselves to online mode but at many places especially in poor areas, the children were worst hit by this pandemic as they were not provided with online education.

The next big change which can be seen in everybody's daily life is self-hygiene. People now consider more about hygiene and healthy life. Than before they are more conscious about their health. Now people are requested to work from their home rater to join offices for their works. It also helps them to spend more time with family and friends. Which is good for family bonding? People now realize that in this crude world, their only real acquaintances are their family members and some friends.

Through all of these changes on notice their own behavioral and attitude changing with no or less physical activities people are getting suffering from stress tension and disappointments.

It is really good if one can do you and other exercise daily to avoid stress and strain. It will help to just more in this life- changing pandemic situation.



## CHRONICLES OF DAYS SPENT IN ISOLATION

Megha Bhardwaj, PGT English KV AFS Digaru

On March 2020 most of the educational institutes in India stopped face to face contact with students as a consequence of countrywide lockdown which was imposed due to COVID 19 pandemic. The impact of the lockdown has affected the students and cast a shadow on the entire education system but Kendriya Vidyalayas across the country readily took initiative for upping their game by taking classes online. We had to opt for online teaching to curtail the spread of Corona virus. To overcome lockdown, online education became the primary pathway amidst technological challenges.

### **Entry 1.**

It's been 2 week since the lockdown started. I had to completely recalibrate my way of working by switching to remote teaching. Starting from installing / uninstalling different videos, calling apps everyday just to find the most suitable one for my students, to finding ways to capture students' attention when there are myriads distractions at home and on the handheld device itself I have also learned to work with parents as "spectators" beside their children. In a country like India where more than half of the population is devoid of the basic amenities of life, online teaching-learning seemed a distant dream.

### **Entry 2**

**I am teaching in an empty classroom, and it makes me very sad.**

The first and foremost problem I faced during the lockdown was the dearth of 'human touch'. After the initial closure, my school reopened only for teachers. Teachers started working from school. But soon after I took my first online class from school, the irony of the situation (namely a teacher sitting alone in a classroom without the students) hit me hard!

I go to school every day at 7.30 am and sit alone in a classroom (too cautious not to get physically close to anyone) and I miss my students terribly.

### **Entry 3**

**Teaching virtually is a lot more work than actually teaching in classroom.**

In the classroom, I have students work in groups frequently. This is more difficult to achieve virtually, but I am trying to encourage the continuation of group work by reminding students that they can work together on assignments as long as they individually complete the task and share it with one another.

### **Entry 4**

This transition has not been easy, and reaching every student in the class has proven to be quite a challenge. Approximately one-third of my class consistently complete their assignments and reach out with questions when they need help. For the remaining two-thirds of my class, I know that various barriers are preventing them from making instruction a priority. One major barrier in my class is that many of my students are taking care of their younger siblings while their parents are at work. Another barrier is access to technology.

### **Entry 5.**

At the moment, we have more than 50% of the class physically present. We teach wearing a mask. The very act of speaking/teaching wearing a mask becomes quite the task. Masks dehumanize the classroom to a certain extent. They also stifle speech and sound. Masks filter speech and sound along with viruses. Lecturing and discussion are two of the most important parts of our education. Wearing masks is a safety precaution for those in the class but it can take the dynamism out of a lesson- children learn so much from facial expressions. For those on VC, the mask can muffle sound, which is also a challenge.

### **Entry 6**

I found myself struggling lesser when I tried to establish real time interaction with the students. I found that students who respond less in the real classrooms tended to remain silent during online classes as well. So, I started asking them multiple choice questions with options as answers. The so-called 'slow-learners' started responding. And thus I got my first taste of success in my virtual classroom!!



**Entry 7**

Recorded videos were of little help as my students personally requested me to take classes on zoom or Google Meet repeatedly. On enquiring I got to know from my students that a whopping 90% of them did not watch the video that I posted on their Whatsapp group the other day. That's kind of heartbreaking because I worked for days to prepare the video lesson. But it was comforting to know that they are much eager to attend the online/ real-time classes.

**Entry 8**

Checking copies online is so difficult! I used to talk to the students personally after checking their class work/ homework copies pointing out their mistakes and how they can improve. Now also it can be done, thanks to the super smart mobile apps. But I could not have the luxury of knowing whether the students have understood it (or my teaching in general) or not which is usually super easy to do by reading their facial expressions. Bottom-line is, the human touch was majorly missed!!

**Entry 9**

I know it's very easy to lose hope and brood over the negative sides and effects of anything especially when we are battling something like COVID 19. But as they say, for every low there is a high. So, even this global pandemic has a silver lining to it. We all learnt to practice better hygiene which no longer remained an option but became a prerequisite for our survival.

We learnt to help each other and extended our hands say for example, whenever our colleagues needed help with technology, one student helped another when s/he saw her/his friend is struggling with a new mobile app. I learnt a thing or two of technology from my students as well. Due to lockdown, we got to spend our quality times with our family. It also gave opportunity to Mother Nature to recharge and replenish. Students got time to fulfill their hobbies and we all learnt some new skills and understood the importance of sanitation with the hope of seeing a better and COVID free tomorrow.

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**FEELINGS ABOUT COVID-19 :::::::::: COPING WITHSTRESS**

- KUMARI PRAGATI  
Class : VII , K. V. AFS Digaru

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

**Stress can cause the following:**

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

THANK YOU



### Lockdown Diaries

-Syeda Khushboo Rehman

XI, KV Diphu

#### Beginning of lockdown

Happily enjoyed in the first week of lockdown. Late night video games and morning's starting at 12 pm. That eager to visit the street once in the evening knowing cops would chase. It was hard to live without pizza, momos and gossips after tuition classes. Also it was fun staying at home. The trending videos on instagram where those, where cops chased humans found on road.

#### Mid of Lockdown

Those funs did not feel like fun anymore. Felt like being prisoned for ages although it was only a week ago. 12.00am do not feels like mid night, 3.00am does. Haven't seen the view of 8.00am for long. Now life is totally tough without pizza and momos. Watery mouth scrolling the pictures of street foods in gallery. Dust took shelter over my books. Spider started her new family on my study table, felt not to break their house, so I let them stay over there happily.

Eat, sleep, movies, gaming, repeat. I lost my cheekbones and got double triple chins. From being called slim to chubby, gained a lot of fats. Morning walks with mates were the best part of the day. Where else do we meet them? So, less walks and more talks. The morning walks lasted only for a few days, because sleep was addiction now.

Markets were opened for a few hours now. Recognizing people with mask put on was the biggest achievement. Had nothing to purchase, still would roam around with friends in order not to forget the paths. The market opening hours were the hours awaited for the most. Carrying sanitizer and mobile phone in small pockets was difficult. People sticking like sticks in clock at 12.00 have distanced themselves like sticks in clock at 12.30.

#### After Lockdown

Roasted the lockdown period a lot, but honestly I miss lockdown badly now. Not able to have pizza and momos are okay now, because all I need is Plenty of sleep and late night web series. Unwillingly, I had to throw the spider and her family out of my study table. Cleaning my books took me a day. Saw the view of 8.00am after long time. It was Beautiful. Unable to wake up early, I googled "how to wake up early in the morning after lockdown? ", "How to sleep 11 hours in 8 hours? ". I wonder if Zuckerberg would be still alive after viewing my search history. Never mind! The journey of transformation from being slim to chubby was wonderful. I'm proud I survived the Lockdown 2020.





## TRANSFORMING THE PANDEMIC INTO LEARNING OPPORTUNITIES

**Champa Singha, PRT  
K.V IOC Noonmati, Guwahati**

The best life lesson is learned during hard times and when we make mistakes. Coronavirus is changing us. I've been thinking a lot - what is it that will come out of all this? We were forced to learn new lessons and rediscover the value of some old ones and reset our priorities. We need to hang on to these essential life lessons even when we start moving forward and go back to whatever new normal awaits us. So what life lessons am I referring to?

**Equality!** While coping with the crisis, we have an opportunity to rediscover basic values of humanity and the bonds that connect us. This situation has shown us that we are all the same regardless of our religion, culture, customs, whether we are poor or rich.

**'Health is wealth'** took on a whole new meaning. It gave a Golden opportunity to embrace the mantra that prevention is better than cure. Indeed, the pandemic should above all be a wakeup call that human health and the health of the planet go together. The planet doesn't need us; we need it.

I learned to **nurture relationships** with my family and friends that "a lack of time" didn't allow me to keep up with. People said "How are you?" or "I hope you are well" and actually meant it! The tonal texture of these simple words is now distinctly different- reflecting genuine concern.

**We really don't need much to live.** This has shown us that we don't need much to be happy, what we have is good enough, and we need to be thankful for it, the rest is just excess and look how easy it is to cut it out of our lives.

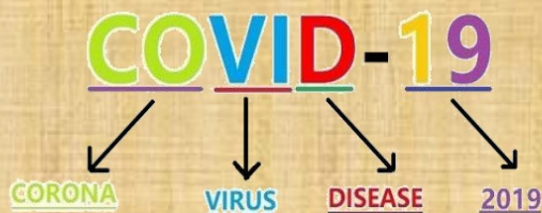
**I rediscovered the value of freedom** – the freedom to move, to be with those we love. I started to find hobbies. I tried things I had never tried before. Even though I didn't go out, I exercised at home. I found I had the time to watch the TV series and read books I never had the time for! It taught me to love, to listen, to care, to respect and to help.

**As a teacher by profession**, the most important factor for me is that the Pandemic gave us an opportunity to reimagine, **revitalize education**. We stepped up our efforts to reimagine education – training teachers, bridging the digital divide and equip learners with the skills and knowledge to flourish in our rapidly changing world. As families have been in lockdown, children have been required to participate in online learning, with varying degrees of acceptance and success. Children and their parents are communicating as never before. They realized that the teachers really work hard and deserve so much more respect than they currently get.

Lastly- history will likely recall our current generation as the "COVID Kids", who survived a prolonged period of adversity. I am hopeful that the majority of COVID Kids will have learned to be more appreciative of parents, teachers and their families.

**Rahm Emanuel said "Never let a good crisis go to waste".**

So, despite the hardships we have all endured, and will continue to endure for some time to come, there are lessons to be learned from our pandemic experiences.





## COVID PANDEMIC EXPERIENCE

**ANUSHKA KALITA CLASS- 10  
KV ONGC SIVASAGAR**

As we all are aware that we can't return to the world as it was previously, so the world has changed after the post pandemic. Because of the corona, the world is in a great panic. The world is also moving towards a large economic system, due to which the global perspective is being seen. The markets have been razed across the world for a month. It will prove to be like a leopard in a global economic system. The economy will suffer \$ 3.6 trillion. The constellation will deepen. In the inter-caste organization, there is also an agreement on a global level. Lakhs of people lost their jobs due to the economic depravity of Corona. But This is the time in which the students get opportunities of doing something new and creative that would be helpful to face the pandemic covid-19 this is the time to keep ourselves and others safe and at the same time engaged. I think this time is something about which nobody would have thought of. So taking this situation positively everyone has an opportunity to do something different. Since Optimism is more natural to navigate away from sadness and ease pain and grief let us squeeze the lemons of corona virus and turn into lemonade to seek better days that are on its way to come. There are a lot of changes children are experiencing right now. There is break down of normal activities like the sudden split from friends, including not being able to go to school, the park, play area and seeing the effects of stress on their parents. Children might not find easy to deal with change and some might find it extremely difficult. but children, I want to tell you that this is a temporary phase and it is a beautiful way to spend quality time with our parents and family members. When children are stressed, their bodies respond in a different way like by screaming, hiding, becoming sad, etc. To help them cope with these responses, it is important to acknowledge their feelings and involve them in different activities like: Reading books: it is a effective brain exercise. reading and writing preserve the memory definitely it will boost your mind • Engaging in arts and craft: this activity is critically important to the social, cognitive and emotional development of a child. encouraging creativity helps children gain important skills that may directly correlate to their long term achievements in school and later in life.

- If you want to take care of your mind, you need to start by taking care of your body

- So if you want to build a better mind, start by working on your physical health first. • Go for a walk, start to take more fresh fruits and vegetables into your diet, and try to give up any bad habits Exercise, walk and Yoga, dancing, singing to remain fit: it increases strength and flexibility, yoga teaches deep, mindful breathing, self-awareness, meditation and connecting with our bodies, all of which are helpful tools for promoting mental or emotional wellbeing. and a good walk can do wonders for our mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety. • Meditation and spiritual talks are also balance our mind emotionally • so we will have to understand that the things will be better if we take proper care. Remember this is a new situation for us so deal with it positively. • Gardening to remain close to nature • • Searching online learning options: In a space as vast and wide as the internet, there are infinite skills and subjects to teach and learn. From music composition to quantum physics, there are options for every type of students • socializing on phone: Keep yourself in contact with your friends. Physical distancing from friends could be cause of distress for children. Help them to be connected to their friends, cousins and loved ones by calling them up or through video calls • Writing stories and poems • • Play Together • While playing with your child, you'll not only strengthen your relationship and bond, but you'll probably find yourself having fun too. Seeing a parent let go of worries can assure kids that they can do that as well. • There are number of indoor games like card games, puzzles, magical chair and many more. It develops creativity, imagination, physical, cognitive, emotional strength, behavior, love and affection work in unity etc. and proficiency in skills. It is because of the games that children at a very young age interact and engage in the world around them. This brain exercise requires a bit of commitment, but it is also one that just might give you the most bang for your buck. Learning something new is one way to keep your brain on its toes and continually introduce new challenges. A healthy diet, a good night's sleep, and plenty of exercises not only just good for your child's physical health bit also they're essential to your mental health. So develop healthy habits that will keep your bodies and minds in good shape.



## COVID-19 AND ME

PRINCE RAVI, PGT- CHEM,  
KV ONGC SIVASAGAR

Personally, it was an experience for me. I constantly tried to find alternative ways when school was shut. Anyway, a teacher' day is well spent among the scholars. So very soon I found online mode to outreach my students. Though it wasn't first day of my career I felt quite excited. If ever I would not be able to exercise new technology things might have gone in other unpredictable outcome. What's difficult is the constant trickling-in of things to deal with. Nothing's ever finished; there were lots of executional preparation and lots of phone calls and feedback. The work never gets completed. I was entirely locked inside the campus, but my inclination to practice yoga helped me routine my life and most importantly shed all my boredom and negativity. In addition to this I was able to guide others work positively. In fact, I worked at least more hours than usual school hours. I used to conduct online classes alongside prepared worksheets, test papers, record of attendance, record of marks and most importantly call parents those who did not turn up for classes or tests. Later I

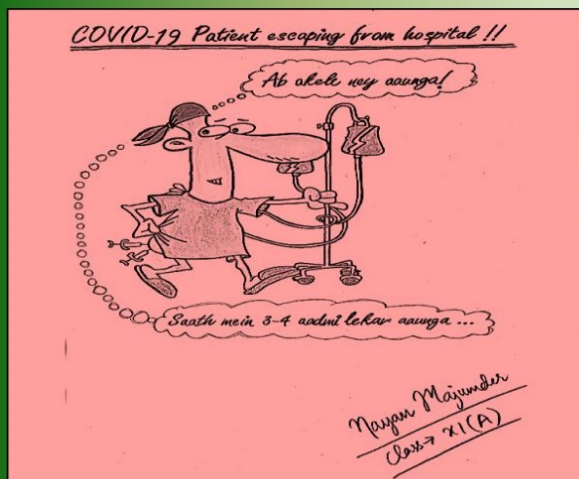
also conducted PTM online. What to say I worked and worked the whole day and thus I shed boredom during lockdown. Previously I felt I was overburdened but later I felt comfortable. Besides studies, domestic chores made my life completely busy but easier than it was at the start of this lockdown. I was certainly not miserable. The whole lockdown situation might be much more difficult if I didn't have efficiency in computer. Further I would like to state that routine is one of the things that helped me plodding along quite comfortably. This experience has deep meaning for me. It also gave me extra time in teaching job for academic scrutiny. There are pros and cons with that; I really enjoyed the extra flexibility I had, because it meant I can give varying degrees of attention as required. I was feeling upset looking at my condition as all domestic support/ maids had gone out. So I had to do really much more. This lockdown also removed all social activities and friendship. I could only connect with them virtually via messaging and video calls. Never and never again have I wish for such a lockdown.





# करोना से जंग – चित्र के संग

## Drawings and activities during the Pandemic



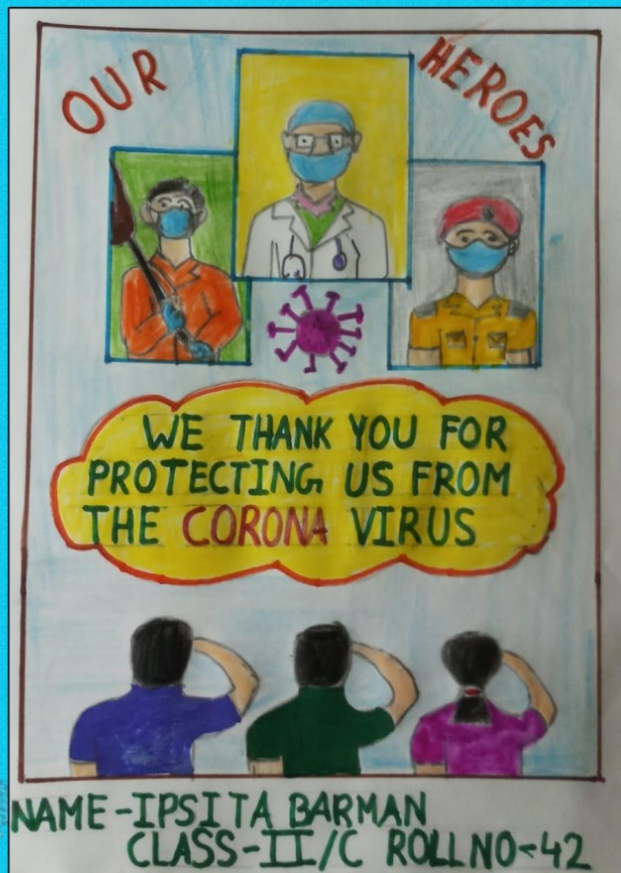




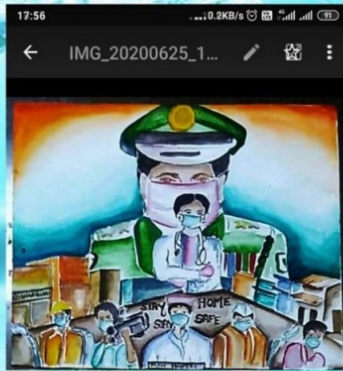
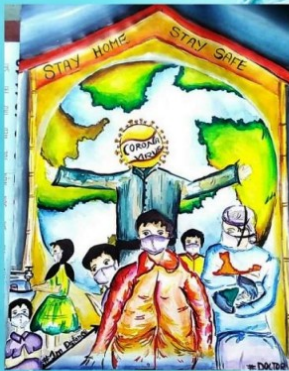




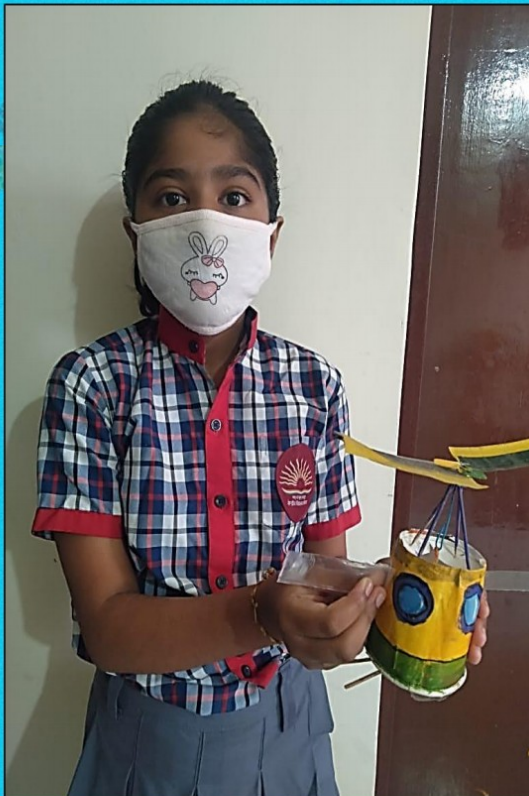
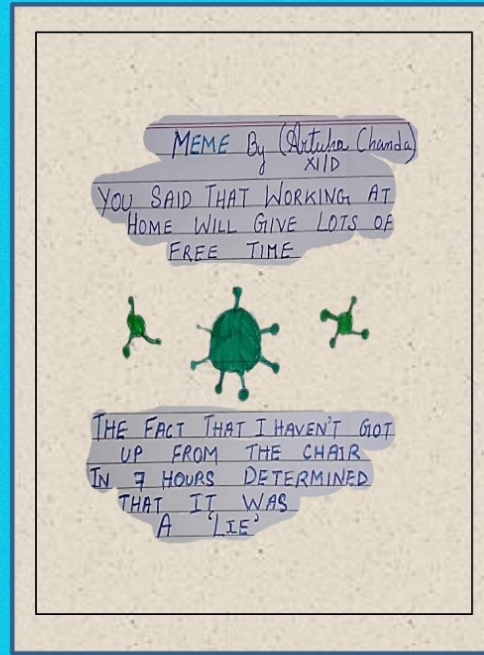
-Syeda Khushboo Rehman  
Class : XI K.V. Diphu



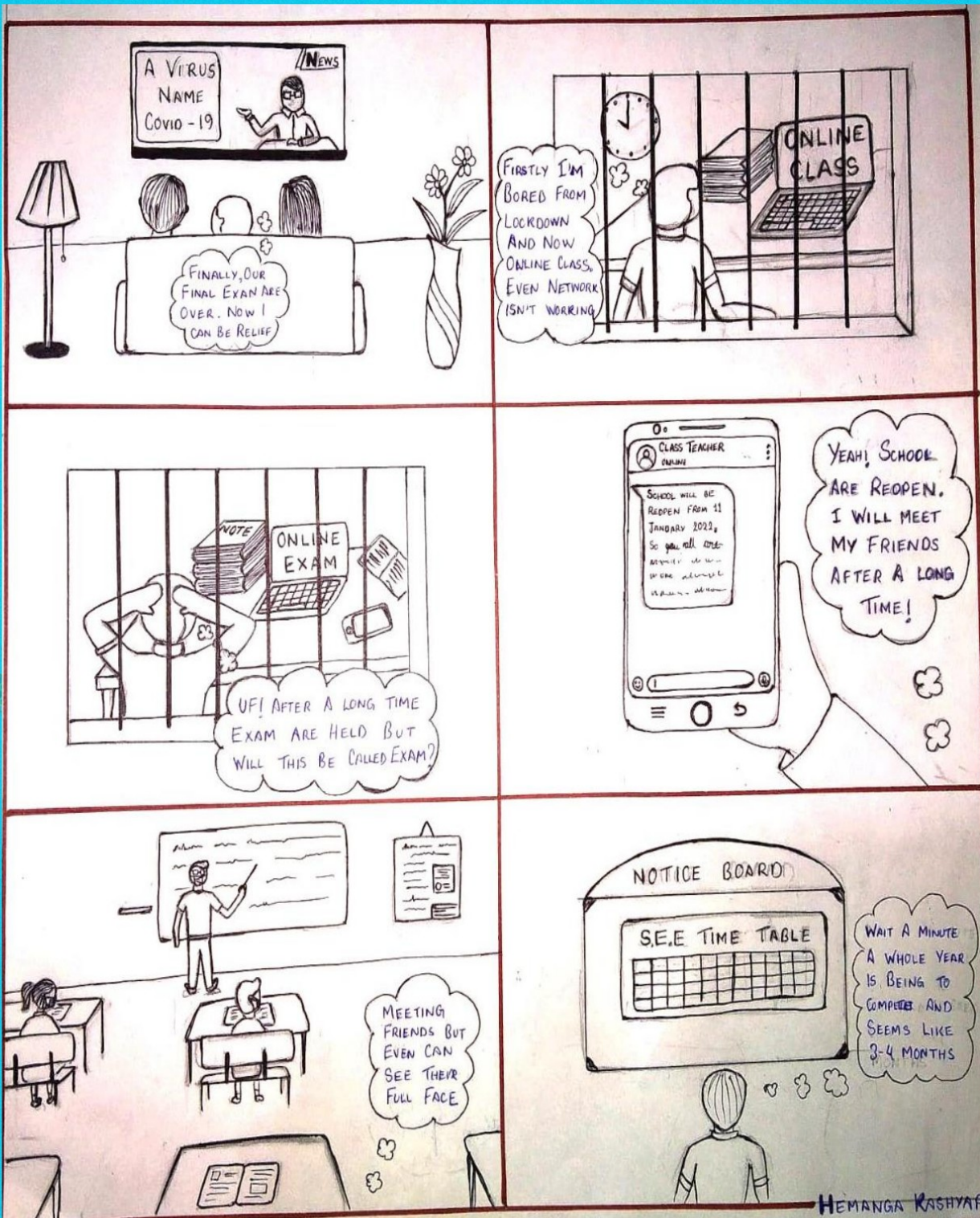














शिक्षक पर्व के उपलक्ष्य में कोरोना काल में किए गए विभिन्न गतिविधियों को के . वि . सं . मुख्यालय के वेब साईट पर दिखाया गया , जो कि निम्नवत है

















**The great Lock down History  
enforced by  
Govt. of India  
in view of the COVID-19 Pandemic**










- On 22 March, 2020 14-hour voluntary public curfew announced by Hon'ble PM Sri Narendra Modi.
- On 24 March 2020, the Government of India under Prime Minister Narendra Modi ordered a nationwide lockdown for 21 days,
- On 14 April, 2020 Prime Minister Narendra Modi extended the nationwide lockdown until 3 May, 2020 with a conditional relaxations after 20 April for the regions where the spread had been contained or was minimal.
- On 1 May, 2020 the Government of India extended the nationwide lockdown further by two weeks until 17 May.
- On 17 May, 2020 the lockdown was further extended till 31 May by the National Disaster Management Authority.
- On 30 May, 2020 it was announced that lockdown restrictions were to be lifted from then onwards, while the ongoing lockdown would be further extended till 30 June for only the containment zones. Services would be resumed in a phased manner starting from 8 June. It was termed as "Unlock 1.0".
- Unlock 2.0, was announced for the period of 1 to 31 July, 2020 with more ease in restrictions.
- Unlock 3.0 was announced for August, 2020
- Unlock 4.0 was announced for September, 2020
- Unlock 5.0 for the month of October, 2020
- Unlock 6.0 was announced for the month of November, 2020
- Unlock 7.0 was announced for the month of December, 2020
- Unlock 8.0 was announced for the month of January, 2021, and
- Unlock 9.0 was announced for the month of February, 2021

**--Sources : Wikipedia**





## Top 10 Countries worst suffered from Corona Virus

COUNTRY	TOTAL CASES	TOTAL DEATHS
 United States of America	28,174,978	506,760
 India	11,096,731	157,051
 Brazil	10,455,630	252,835
 Russian Federation	4,246,079	86,122
 The United Kingdom	4,170,523	122,705
 France	3,671,208	85,872
 Spain	3,180,212	68,813
 Italy	2,907,825	97,507
 Turkey	2,693,164	28,503

Sources: World Health Organization  
Data as on: 28.02.2021



# कोरोना से बचाव

## Precautions For Coronavirus



Stay at home.



Wash your hands frequently with soap and clean, potable water.



In the absence of a tissue/handkerchief, cough or sneeze into your elbow.



Avoid touching your face.



Clean and disinfect surfaces regularly.



Practice social distancing.



Wear a mask.



Eat healthy.

Together we can fight COVID-19!

आरोग्य सेतु ऐप  
डाउनलोड करें



**Aarogya Setu**

मैं सुरक्षित | हम सुरक्षित | भारत सुरक्षित



हाथों को बार बार साबुन और पानी से धोए या सैनिटाइज़र का इस्तेमाल करें



टिशूज नहीं है तो छीकते और खांसते वक्त अपने बाजू का इस्तेमाल करें



खांसते और छीकते समय डिस्पोजल टिशू का इस्तेमाल करें



बिना हाथ धोये अपनी आँखों, नाक और मुँह को न छुए



इस्तेमाल किये टिशूज को फेक दें



जो बीमार है उनके संपर्क में न आने की पूरी कोशिश करें



## हमारी प्रतिवद्धता

कोरोना-  
यह वचन है तुम्हें  
-हम तुम्हें भूलेंगे नहीं।

- त्रासदी की वह कालरात्रि,  
मौत की वह निरंतर किलकारियाँ,  
शिशु ,जवान और वृद्ध की वह अविरत क्रंदन।

-वचन हैं तुम्हें  
मानवता पर वह भयानक अभिशाप  
जो अपने खूनी पंजों की आगोश में लिए  
यह खूवसूरत धरती और यहाँ की खुशहाली।  
पल-भर में नेस्तनाबूत करता  
करोड़ो अनदेखे सपने और लाखों अनमोल मुस्कराहट।

वचन है तुम्हें  
हम भूलेंगे नहीं  
दानवी रात की वह कुत्सित तूफ़ान में भी  
विश्व भर के लोगों की वह मजबूत एकता,  
मास्क पहनना , हाथ धोना ,लॉकडाउन और सामाजिक दूरी  
इन सशक्त हथियार और अटल इरादों के साथ  
एक दूसरे को बढ़ाया हुआ वह प्रेम भरा हाथ,  
अनगिनत असहाय भूखे और बेसहारा अनजानों को बढ़ाया हुआ  
मानवीय प्रेम की वह अनमोल गाथाएँ।

भूलेंगे नहीं-  
अजेय मानव की दुर्जेय कहानी,  
हमारी जीत की वह अकल्पनीय कहानी  
और तुम्हारे हार की....

एन .डी शर्मा  
प्र .सा .शि ,कार्यानुभव  
के .वि .भा .ते .नि .नूनमाटी ,गुवाहाटी



