

OAVS NEWS

31st December (Saturday) Monthly Newsletter

No 000012

● Creative Writing ● Achievements ● Biography ● Drawings and Paintings

HON'BLE CM INAUGURATED OAVS CALENDAR AND COFFEE TABLE BOOK

Shri Naveen Patnaik, Hon'ble CM of Odisha inaugurated OAVS calendar for the year 2023 and OAVS Coffee table book on the occasion of Make in Odisha conclave held at Bhubaneswar from 30.11.2022 to 04.12.2023. OAVS Calendar consists of 12 paintings of 12 students of different OAVs. All paintings represent the rich culture and nature of Odisha. It has been developed with an aim to inspire students and prosper in co-curricular activities. Students whose paintings have been selected will be awarded with a cash prize of Rs 2000/- each. OAVS developed a coffee table representing its curricular and co-curricular domains. It depicts how OAVS is reaching out to each corner of the state with an aim to provide quality education.



LIST OF STUDENTS WHOSE PAINTINGS HAVE BEEN SELECTED FOR OAVS CALENDAR, 2023

Sl. No.	Name of Student	Class	OAV	District
1	Soumya Aditya Mohapatra	X	Ranibhol	Mayurbhanj
2	Tejaswi Senapati	XII	Ranibhol	Mayurbhanj
3	Swastika Dalbehera	XII	Ranibhol	Mayurbhanj
4	Muna Kousalya	XII	Kolnara	Rayagada
5	Prabhu Dayanath Sahoo	IX	Deulipal	Jajpur
6	Manini Mandangi	X	Kolnara	Rayagada
7	Arpita Behera	IX	Jharni	Balangir
8	Kanha Sahu	VIII	Jillunidipalli	Ganjam
9	Rituparna Malik	XII	Badapur	Ganjam
10	Swetanjali Ram	IX	Talasankara	Sundargarh
11	Nibedita Nayak	X	Jamirdiha	Mayurbhanj
12	Minakshee Soren	X	Jamirdiha	Mayurbhanj



Miss Akansha Mishra of Class VIII, a student of OAV Jamkani, Subarnapur whose project "Rotating Wheel for Coiling Pipes" being selected for State Level Competition under INSPIRE AWARDS- MANA

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Sri Sangram Keshari Mohapatra (State Project Director, OAVS)

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YOGA, SPORTS AND GAMES- A DOOR TO A HEALTHY LIFE

Depending on the sport, players are required to twist, turn, lunge, jump, run, stretch and bend quickly and suddenly. Sometimes even awkwardly. This increases the chances of a wrong step. Enter yoga to the rescue! Yoga teaches you to balance, be poised and disciplined. It makes your body fit enough to perform these moves. It also trains your mind to be patient and steady. How can it do that? Read on.

Yoga helps prevent the strains and sprains: Yoga asanas help relax taut muscles. It also stretches and strengthens various body parts, opening the hips, back and chest. The different bends and stretches reduce the chance of wear and tear, muscle pulls and sprains.

Yoga reduces your recovery time: Sleep and rest are not enough after a long and grueling physical session. Yoga helps you relax your tired body and mind in an effective and peaceful manner. This is because asanas are performed systematically and gracefully. This helps remove the tension in your body and enhances the chances of a quick recovery.

Yoga enhances your sense of balance: Asanas like the vrikshasana or tree pose and virabhadrasana or warrior pose help develop the balance in you. Poise and balance are required physically and mentally. Yoga also helps you maintain posture and stability as is required in gymnastics, archery, and shooting.

Yoga strengthens your mental resolve and stops the negative mental chatter. You believe you can go beyond your body with the strength of your mind.

Yoga helps you conquer your demons: Sports is not a purely physiological exercise. There is a huge mental battle you must prepare for. Yoga helps you steel your nerves when you are tense.

Yoga makes you intuitive and single-minded: Sports presents many occasions where you need to think on your feet. All your earlier preparations and predictions may go haywire and you may need to start from scratch. At such a time, you need a clear head to determine your next move. The discipline of yoga enables objective thinking.

Yoga helps you control your breathing: Many sports require you to exert yourself. Your stamina depends on how much oxygen goes in, a function of the breathing process. Pranayamas teach you to control your breath. A handy tool when you are swimming underwater or eyeing the finish line of the marathon.

Yoga helps you get in shape: It tones your body, making it lithe and flexible and hence, easier to train. Yoga also helps in weight loss, which helps you move faster.

Yoga unites your inner and outer self: Yoga does more than just improve your speed and reflexes. The ultimate role of yoga in sports is, essentially, to unite the mind, body, and spirit. This, in turn, enhances your focus and playtime

Yoga Helps You Sport A Smile On The Road Back. Even a few months out of the sports scene is equivalent to years of a setback in the world of sports. Your body needs time to recover to prevent recurrence, or worse, escalation. Many times, just resting may not be enough to get back to our original form and fitness.

With yoga, sports players are able to gradually tone and strengthen their body. Yoga also helps you deal with the mental pressure of missing out on some of the best playing years. It trains your mind to accept your situation and coaxes you to make a strong comeback.

There is no questioning the importance of yoga for enduring sports performances. However, do not look for overnight miracles. Anything worth acquiring takes time and patience. The benefits of yoga are similar; they manifest over time. You must be consistent and regular in your practice before seeking results.

OUTDOOR GAMES, YOGA AND EXERCISE FOR BETTER LIFE

न चास्ति सदृशं तेन किञ्चित्स्थौल्यापकर्षणम् ।
प्रसन्नात्मेन्द्रियमनाः है स्वस्थ इत्यभिधीयते ॥

There is no other medicine than exercise to remove excessive grossness, the enemies of the exercising man are always afraid of him and do not give him sorrow.

Games and sports make us healthy and fit for work. Games and sports are very necessary in our life. Games and sports make us fit, active, fresh and social. They teach us a lesson of co-operative duty and discipline. They teach us a lesson of brotherhood and national unity. Games and sports have much value in development of body is as important as that of a mind. A healthy mind dwells in a healthy body. Games keep the body fit and active.

Playing sports helps you stay in shape, teaches you how to organize your time, boosts friendships, and builds relationships with your peers and adults. Through athletics, you gain skills that can best be acquired on a court, track, or field.

It's a common misconception that being both a student and an athlete is hard, if not impossible. Participating in sports can actually have a positive impact on school. Sports force us to organize our time so that we can both go to practice and finish our homework. The key is finding a balance. If we can learn to organize our time then we can succeed in both.

Participating in sports helps build leadership skills. Sports teams give us an opportunity to surround ourselves with competitive people and role models and learn from them both. We can demonstrate our own leadership through team fighting for a common goal with a group of players and coaches teaches us how to build teamwork and effectively communicate to solve problems. This experience is helpful when encountering problems at work or at home.

There are a great way to release stress. A child who is under pressure at home can go to school, play for his team and forget about the burdens of life. Outdoor games mean play in the open place and play grounds example hockey, Cricket, Tennis, Kho-Kho etc. This games is most important for students life. Outdoor games likes Football, Basketball, Running, Swimming builds the stamina of person. As all these games require a lot of running, the Stamina of a man automatically increase very high.

With immense benefits, these activities must be included in every child's curriculum. Apart from the mentioned advantages, there are plenty of other reasons to back its importance. Parents can also encourage children by enrolling them in additional training if their child is interested in sports. Sports promote creativity, offer students a chance to learn new skills, provide opportunities for team-building experiences, and teach valuable lessons about the world.



Anshuman Mishra
Class-IX,, OAV PATHAECHEPA

HEALTH THROUGH YOGA

SNEHASHISH MAHAPATRA
TGT-SCIENCE, OAV, GOVINDPUR, BARGRAH

Introduction

Yoga is an all-inclusive and specifically fine-tuned process of uniting the individual consciousness with the omnipresent enormous consciousness. As mentioned in the Upanishads, the principles of yoga deal with this awakening of the inner realms of the soul. Yoga is a complete discipline of strengthening and improving the physical, mental and spiritual state of being. It eliminates all physical and mental fatigue and help focusing the consciousness force into the deeper centres of the internal self.

Yoga, Health & Diseases

If we perceive health as an integrated state of oneness (Advaita-Sukham) and disease as the discordant lack of it (DwaitaDukham). Then Yoga becomes the tool as well as the methodology and process of re-integration/re-harmonization at all levels of our being. Even when Maharishi Patanjali mentions "vyadhi" as a hindrance (antharaya) to the complete integration of the individual personality towards liberation. He doesn't directly refer to treatments of particular diseases, as his approach is more holistic and expanded rather than being analytical and limited. Patanjali prefers to 'integrate' rather than deal exclusively with individual symptoms of disintegration. Yoga Chikitsa (Yoga as a therapy) exists only when it is holistic, all-encompassing and integrated into every moment of one's life with awareness and consciousness. The achievement of optimum health is only possible by the use of a holistic approach which caters to every one of its dimensions. Yoga emerges as the perfect candidate for this purpose.

Ashtanga Yoga and Holistic Approach to Health

Asanas (postures) and shat kriyas (cleansing procedures) improve the physical component of health. Dhyana (meditation) and Dharana (concentration) improve mental health. Yama (discipline) and Niyama (observance) are universal rules of morality and social conduct laid down by sage Patanjali. They are similar to modern principles of public health and community medicine. The practices of pranayama (breath regulation) and pratyahara (withdrawal of the senses) improve emotional health. Yoga also strongly advocates the importance of surrender to the Almighty or Ishvara-pranidhana. This encourages the development of spiritual health in an individual.



The science of Yoga

The science of Yoga pertaining to the physical aspects of life focus on improving health and augmenting the strength of the body. The initial stage of yoga sadhana deals with the practices of asanas, pranayama and several yogic- kriyas of refinement. The physical exercise specific postures of the body practised through different Asanas, bandhas and mudras harmonies the intra-body and brain functions and facilitate activation of otherwise dormant vital energy centers, as one makes progress in yoga. The exercises (kriyas) like Neti, dhouti, basti, nauli, vajroli, kapal-bhati, etc taught under "Hathayoga" for internal purification of the body – system also fall under this category. The discipline of fasting, austerity, penance, etc help in cleansing the body and the mental domains and help in enhancing self-control.

Integrated treatment or management of an individual at all levels of being. It is, therefore, the best way to achieve optimal health at a multi-dimensional level. In order to achieve the perfect harmonious state of the mind and body, yoga must not only be used as a therapy, rather it must be adopted as a way of life.

Advantage of Yogasanas on other exercises

Asanas are scientifically advised modes of physical exercises that work on the mind-body system in a natural way. For example, the stretching and compression of the muscles, these practices regulate the blood flow in a balanced manner, inducing energetic freshness in the body components; it also increases the flexibility of the muscles. The other fitness exercises e. g. Danda- baithaka and some of the aerobics might give

rapid results but these usually harden the muscles and there is a risk of wear and tear into them due to excessive pressure. Another advantage of yoga asanas is that if any asana corresponds to forward bending, there is also another in the same set of asanas, which requires backward bending and thus it makes a perfect sequence in terms of biomechanics as well. Yoga is a simple way of life which is loaded with all components or determinants (Ashtanga yoga) of health in the form of different practices which yield better outcomes in all planes of being when practised together in its original sense.



Conclusion

In conclusion, it is evident that the holistic approach of yoga therapy targets total integrated treatment or management of an individual at all levels of being. It is, therefore, the best way to achieve optimal health at a multi-dimensional level. In order to achieve the perfect harmonious state of the mind and body, yoga must not only be used as a therapy, rather it must be adopted as a way of life.

Health is Wealth

GEORGE BERNAND DUNGUNG
PGT ENGLISH, OAV TELIPOSH
KUARMUNDA, SUNDARGARH

Early to bed and early to rise, makes aman healthy and wise.

As we all live in super-fast crowded and busy time period. We have to perform multiple tasks throughout the day in order to earn more money however we forget that good health is necessary for our healthy life as air and water for the body. We forget to take proper food in timely manner. Daily exercises, proper rest etc. to just earn some false wealth. We should never forget that our health is a real wealth of the life. It is true for all that 'Health is Wealth.'

A good health reduces the stress level and promotes healthy life without any sufferings. We should always prefer to have a balanced diet to maintain our health. A good health also needs some daily physical activities, proper rest and sleep, cleanliness, healthy environment, fresh air and water, personal hygiene etc. In earlier days, life was not so hectic. It was quite simple and free of too many challenges with healthy environment in comparison to these days. People were healthy as they had to perform all the daily routine activities by their own hand and body. But now, life in the technological world has become easy and comfortable but hectic because of the competitions. Now-a-days, easy life is not possible as everyone wants to earn more money to get better life than others.

People have to work for at least 9 to 10 hours in the offices by just sitting on the chair without any physical movement. They come to home in late evening and become too tired to perform any household work or exercise. Again in the morning they get up late from bed, do some necessary works like bath, brush, breakfast etc. and go to the office. They just live their daily routine only to earn money and not their life for themselves. It is necessary to earn money for fulfilling the basic needs however, it is also necessary to live a healthy and peaceful life which needs a good health. Now-a-days, living life has become costly and tough as well as unhealthy as everything like air, water, environment, food etc. has become contaminated, infected and polluted.



“YOGA – DOOR TO HEALTHY LIFE”

INTRODUCTION:

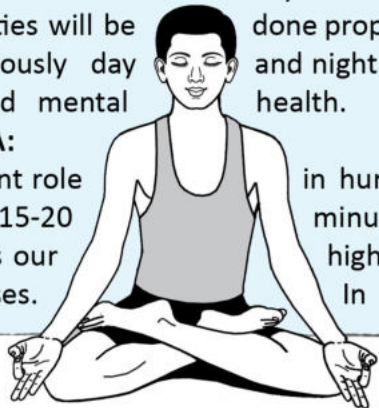
Yoga is an ancient Indian art or exercise. It connects our mind with paramatma and it connects body also . It is very useful for our health. It provides the peace to the inner system of our body . Yoga very helpful in the mental, intellectual, and spiritual development of the people. Baba Ramdev is also publishing to yoga at home and abroad.

NEED OF YOGA:

If our body is healthy and then there will be our mind healthy. Our mind operates the whole activities of our body. When it will be stress free then our whole activities will be done properly. In the same our heart works continuously day and night. So yoga is most important for our good mental health.

IMPORTANT OF YOGA:

Yoga plays an important role in human life. We should practise of yoga for 15-20 minutes daily. Daily practise of yoga decreases our high blood pressure and rich of heart decreases. In this fact moving world, yoga is medicine for



stress and anxiety. The physical activities of yoga is called asanas.

DIFFERENT TYPES OF ASANA:

There are some asanas . These are padmasana, chakrasana, Mayurasana, paschimasana, garudasana, matsyasana, brikshasana etc.

BENEFITS OF YOGA:

Yoga provide to be very Beneficial specially for students teachers and research, because it increases our mental health and concentration. It makes our body strong and amends digestion power. Yoga practise with music does our mind hilarious and there is no exhaustion feel in our mind.

CONCLUSION:

Thus yoga improves the quality of our life. On June 24, International yoga day is celebrated all over the world to make the people aware of the benefits of yoga .

Gopinath podiami
Class - VIII
OAV, Gondhipally, Malkangiri

YOGA and Its Benefits

Introduction :-

Origin: Yoga is originated from Veda, the oldest scripture of India (4000 B.C) and systematically presented by Sage Patanjali in Yogasutra in around 150 B.C.

Founder: Hiranyagarbha is the founder of Yoga.

Sage Patanjali: Patanjali, an Indian sage, is the compiler of Yoga Science. He wrote ‘Yogasutra’ containing 195 verses divided into four chapters. It is believed that he was an incarnation of Adishesha, a mythological God.

Scholars such as S.N Dasgupta, claims this is the same Patanjali who authored the Mahabhasya, a treatise on Sanskrit grammar.

Yoga Definitions:

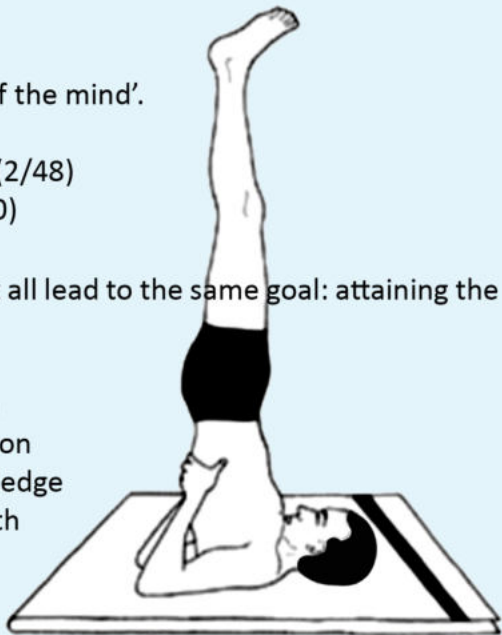
- According to YogastraPatanjali: Yoga is restraint of the activities of the mind’.
- According to Bhagavad –Gita
Yoga: Evenness (of mind) is Yoga’ (2/48)
- Yoga is Skillfulness in Action’ (2/50)

Kinds of Yoga

There are basically four paths that all lead to the same goal: attaining the ultimate Reality.

These paths are;

- Karma Yoga - The Yoga of Action
- Bhakti Yoga - The Yoga of Devotion
- Gyana Yoga - The Yoga of Knowledge
- Raja Yoga - The Royal yoga path
- Hatha –Yoga – Physical yoga



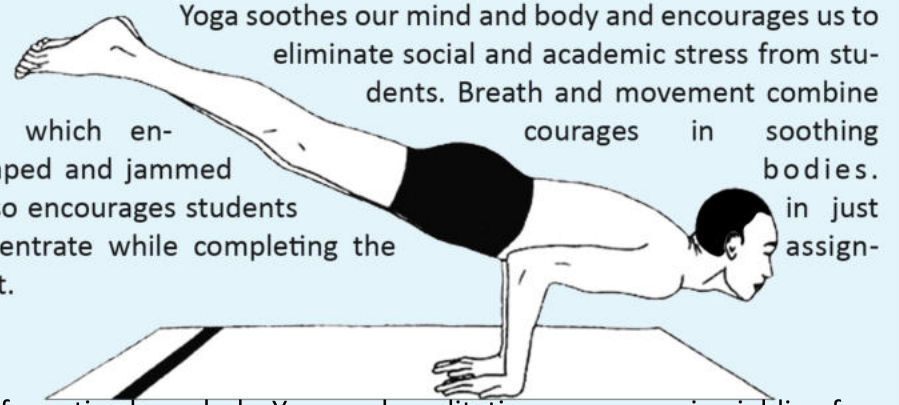
Aspects of Yoga (Physical Mental and Spiritual)

- 1.Yoga energizes, relaxes, strengthens and promotes correct breathing; after the physical postures, one feels benefited by a more positive outlook, enthusiasm, and a general sense of self-awareness.
- 2.Yoga unlocks clear and one-pointed thoughts, the firm willpower, improves self-confidence by transforming stress into peace.
- 3.Hath-yogic practices like cleansing processes, asana, pranayama etc. helpful in curing physical and mental diseases.
4. Yoga teaches the proper art of living, how to deal with ourselves and others. One may learn patience, forgiveness, and the value of gentleness through yoga practice.
5. One who achieves the ultimate goal of Yoga will surrender the body, mind, intellect and ego entirely to the divine. It brings down the peace, purity, truth, consciousness and Bliss of the Supreme-self in one’s daily life.

Yoga and its importance in student’s life

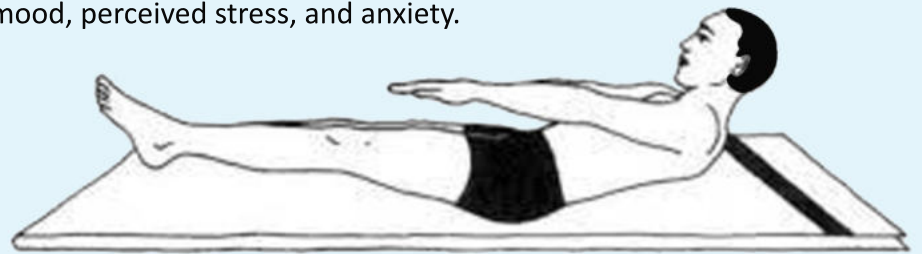
1. Teenage is that age of our life when we are stuck between schools, exams, sports tuition and many other activities which result in our mental and health disorders. Adolescence is the key time for the development of mental health.
2. Now student’s life revolves around academic activities, assignments help, score good grades in the examination, performing better at the workplace, and many other hectic activities. They don’t get much time for themselves or to relax their mind.
3. Several school-based stress management and wellness programs have been encouraged to prefer healthy living in students, due to which students have gained benefit. Aside from these programs, Yoga and meditation directly encourage in contributing to improving mental focus and concentration among students.

4. Yoga soothes our mind and body and encourages us to eliminate social and academic stress from students. Breath and movement combine in soothing bodies. Yoga which encourages in soothing cramped and jammed bodies. It also encourages students concentrate while completing the assignment.



5. If practised regularly, Yoga and meditation encourage in yielding few positive results that can be reasonably beneficial for students. Yoga brings out plenty of potential positive outcomes for students and many other people.

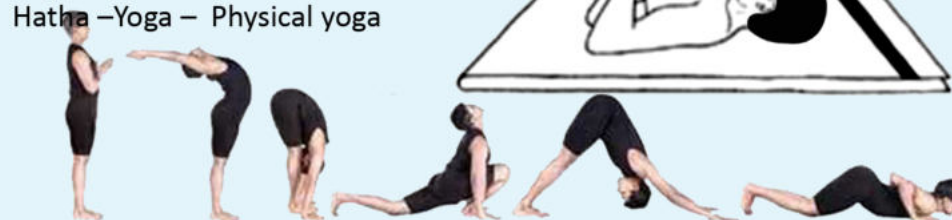
6. De-stress students – Family pressure, academic performance standards, financial fear, and peer groups are a few reasons that may take a student’s success in School. One of the primary benefits of Yoga is to reduce stress from young students, according to behavioural health services and researches. It is established that a student who participated in Yoga instead of physical education has more exhibited improvement in mood, perceived stress, and anxiety.



7. Sharpness and concentration- Yoga has proved to be of vast concern in increasing the concentration power and sharpness of the Brain. Movements of Yoga provide time for the mind and body to relax and count increased focus on long, deep, slow breaths as well as coordination of mental concentration. Yoga focuses on peace of mind.

8. Strength- Strength is very especially for young people who struggle between rigorous activities all around the day. Yoga and meditation help in increasing muscle strength if practised regularly. All yoga poses encourage building your deep abdominal muscles and core strength, which encourages you to perform your daily.

Amit Kumar Mohanta,
Class- IX
Odisha Adarsha Vidyalaya, Sansole



Yoga is Good for Health

Yoga is good for health
Your health is your primary wealth
But you must find the time
For yoga, chants and mantra rhyme.

Let mind control body
Give up vices today
Think good, do good, be good
Be careful with your food.

Your life is not to earn
Your mind and heart must learn
Your extra fat must burn
Keep fit until you urn.

Exercise and keep yourself fit
Be achieve, do your bit
In proper stance, you sit
Let life be bliss and wit.

SANTOSHINI BEHERA
CLASS - XI
O.A.V, BUDHAPAL, REAMAL, DEOGARH

God, The Great Creator

A crisp, cool autumn evening,
Stars fill the night up high.
God, the Great Creator,
Decking out the sky.

A garden lit by the moonlight,
A rose kissed by his hand.
The beauty he created,
Even the smallest pieces of sand.

Petals of the roses
Glisten in thye night.
The master of creation,
His colours are pure delight.

From void He created beauty,
From dark he created light.
The master of creation.
And to man He gave them life.

ASHUTOSH SAHU
Class -VIII A
OAV, CHANCHARAPADA, JAIPATNA, KALAHANDI

YOGA

Yoga is proficient, efficient
And the part of one's lifestyle,
Keeps you healthy
Mentally as well as physically.
Yoga is the daily practise of
Early morning,
Keeps you in touch with nature
And it's beauty.
Yoga is the powerful medicine
With no side effects,
Convinces you to avoid
Chemically formed medicines.
Yoga is the way to enlightenment
Connect your body to your soul
And unites them,
Makes you emotionally strong
Keeps you healthy and wealthy.

MATRUPRASAD SAHOO
Class -IX
OAV, GONDHIPALLY, MALKANGIRI

School Days

Growing up in these days and age,
With free expression all the way.

Our young ones learn when starting to School
That reading is fun and Maths is Cool
While writing not the least bit boring,
It really is so much like the drawing.

For every child it is very essential
To realize their full potential.
And the teachers always do their best
To stimulate their interest.

When years of school days end at the last,
With all examinations passed,
Will the children reminisce???
And say, "Our school days!!! We will miss???"

And as the final day of School arrives,
"Those were the best days of our lives"

SAACHI AGRAWAL
Class-6 A
OAV, CHANCHARAPADA, JAIPATNA, KALAHANDI

ART WORK (OAV, CHANCHARAPADA, JAIPATNA, KALAHANDI)



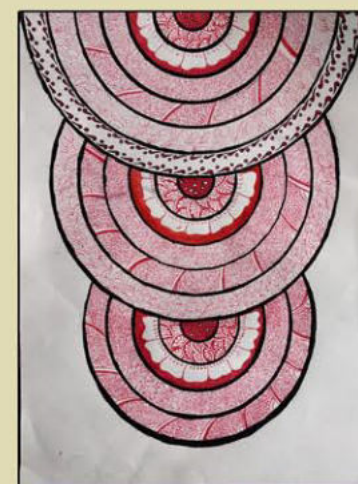
MRUGAKSHI PANDA_9



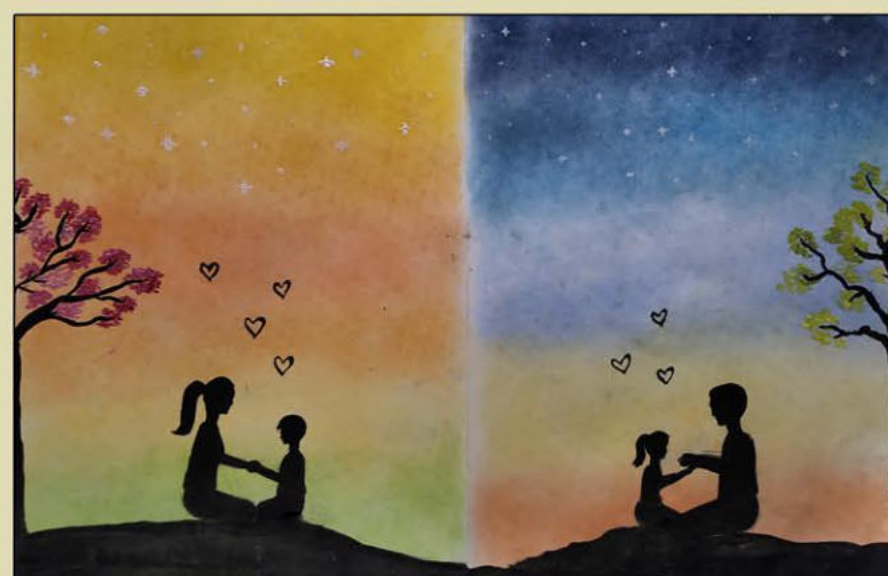
PHALGUNI SAHU_7



TRUPTI MAYEE SAHU_7



SHRABANI SINGH_7



AKANSHYA MAHAPATRA_10

शिक्षाक्षेत्रे योगस्य महत्त्वम्

सामाजिकदृष्ट्या शिक्षा मनुष्याणां पारम्भिकः विकासः । कस्यापि देशस्य ,जनस्य च पाण्डायिनी शिक्षैव भवति । शिक्षाशब्दस्य अर्थः भवति बालानाम् आभ्यन्तरस्थितं ज्ञानं बहिः विकसनम् । अतः उच्यते -

नास्ति विद्यासमं चक्षुः नास्ति सत्यसमं तपः

शिक्षायाः विभिन्न क्षेत्राणि सन्ति । तेषु शिक्षाक्षेत्रेषु योगस्य महत्त्वं गुरुत्वं च आधुनिकसमाजे वरीवर्तते । महातमागान्धिनः अनुसारं शिक्षायाः अर्थः भवति यदि वयं विश्वे शान्तिवार्ताः प्रेषयिष्यामः तर्हि वयम् आदी बालानां कृते योगशिक्षाम् अवश्यं स्थापयामः । योगशिक्षा केवलं बालानां शारीरिक- विकासं न करोति, अपि तु मानसिक -मनोवैज्ञानिक-विकासं च करोति । योगसूत्रे महर्षिणा पतञ्जलिना उक्तं यत् -

योगाभ्यासेन सुखदुःखयोः मध्ये एकरूपव्यवहारपददर्शनक्षमायाः विकासं भवति ।

श्रीमद्भगवद्गीतायाम् भगवता श्रीकृष्णेन उक्तम् -

योगस्यः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।

सिंहत्यसिंहत्योः समो भूत्वा समत्वं योग उच्यते ॥(२/४८)

योगाभ्यासेन शरीरं न तु स्वस्थां भवति , अपि तु विद्यालयगमनाय शक्तीनां वृद्धिः करोति । २००९ तमे वर्षे मानवसंसाधनमन्त्रालयपक्षतः समस्तविश्वविद्यालयेषु योगशिक्षा शारीरिकशिक्षा च अनिवार्यता भवेत् इति उद्घोषितम् । २०१४-१५ तमे वर्षे संयुक्तराष्ट्रसंघेन घोषितं यत् पत्येकस्मिन् वर्षे जुनमासस्य २१ दिनाङ्के आन्तराष्ट्रीय योगदिवसः इति रूपेण पालितः भविष्यति ।

अभ्यासेन योगशिक्षा उत्साहपदा भवेत् येन अधिकाधिकं भागगहनं कर्तुमभीप्सा पदार्थयुः । प्राथमिकस्तरतः योगशिक्षणं आरम्भं भवेत् , येन बालाः बाल्यकालादेव योगशिक्षां तथा शारीरिकशिक्षां प्रति आकृष्टाः भवेयुः । सृजनात्मकतया कला अथवा न्यूनां परिलक्ष्यते । विशेषतः विद्यालये विश्वविद्यालयस्तरतः । आधुनिकक्षेत्रे हिंसानाम् अवरोधं कर्तुं योगशिक्षा विद्यालयस्तरतः अनिवार्यं भवेत् , येन इयं योगशिक्षा उत्तमपरिवेशः तथा समाजनिर्माणक्षेत्रे सहायिका भवेत् ।

गायत्री नायकः

संस्कृत शिक्षिका

ओडिशा आदर्श विद्यालयः , हातीओट,

पोलसरा, गञ्जाम

ओडिशा

हमारा राज्य है ओडिशा
जिसमें भरा है उम्मीद और अभिमान की आशा ।
एक अप्रैल उन्नीस सौ छत्तीस में हुआ स्वतंत्र
तब से जन जीवन हो गया प्रजातंत्र ।
सबका एक ही भगवान जगन्नाथ
वे सबके हैं अनाथ के नाथ ।
रज, दशहरा, ईद, नूआखाई में
साथ मिलकर सब खाते हैं,
किसी को न खाली हाथ जाने देते हैं ।
चाँदीपुर मिशाइल का क्षेत्र बनकर चमकता है,
कपिलास में शिव विराजमान होकर
सबकी मनोकामना पूरा करता है ।
कैसे भूल जाएँ कालीजाई के मनोहर दृश्य,
यहाँ आम लड़की भी माता सदृश्य ।
गंजाम में विद्यमान हैं तारा तारेणी माता,
केन्दुझर के माँ तारेणी से है सबका नाता ।
एस.सी.वी में इलाज हो जाता है आनन-फानन में,
शीतकालीन अवकाश बितता है नंदन-कानन में ।
हमारी संस्कृति है बहुत न्यारी,
सबको लगती है साड़ी प्यारी ।
अपार भक्ति रस भरा है हमारे जगन्नाथ संस्कृति में,
विदेशियाँ भी लीन हैं हमारे राधे-श्याम के प्रेम में ।
यहाँ के जन-जाति है बहुत मासूम,
इनके परोसने के ढंग से होता है आत्मीयता का मेहसूस ।

सुप्रिया प्रधान, टी.जी.टी. (हिंदी)

ओडिशा आदर्श विद्यालय, चम्पुआ (केन्दुझर)

समयस्य मूल्यम्

इह जगति सर्वाधिक मूल्यवान् वस्तु चेत् अस्ति तर्हि समयः एव । मानव जीवनस्य प्रत्येकं क्षणं अतीव महत्त्वपूर्णं अस्ति । यस्य आयुषः यावत् अंशं निरर्थकं गतः स गतः एव । नष्टः कालः केनापि उपायेन पुनः प्राप्तुं शक्यते । धनादिकवस्तुनि तु बिनष्टानि अपि पुनः प्रयत्नेन लब्धुं शक्यते । अनेके जनाः तु दुर्व्यसने , दयुते , विवाद , वृथा भ्रमणे निद्रयां च समस्तं समयं यापयन्ति । शनैः शनैः काले व्यर्थं गते सति ईदृशाः जनाः पश्चात् नैराश्यं यान्ति । सफलतायाः समुन्नतेः च मूलमन्त्रं च अस्ति - प्रत्येकं क्षणस्स सदुपयोगः । प्रकृतिः अपि समयस्य सदुपयोगं अतः आत्मविकासाय सर्वथा समयस्य सदुपयोगः कर्तव्यः ।

सत्य प्रकास साहू

कक्षा -षष्ठी

ओडिशा आदर्श विद्यालय शालपडा

आनन्दपुर

Basic Yoga Poses -Yoga Asanas

Variety is another word for yoga! The ancient practice of holistic well-being offers numerous yoga poses or yoga postures that can be included in your daily practice. Yoga poses may be done standing, sitting, lying down on the stomach and lying down on the back. It is also advisable to follow the above yoga sequence. (First, begin poses in the standing position, then sitting, lying down on the stomach, and then lying down on the back.) Each category of yoga poses has its own benefit.

1. Konasana or Sideways Bending Pose:

Konasana or the Sideways Bending Pose helps relieve back pain, increases the flexibility of the spine, and helps those suffering from constipation.



2. Konasana - 2:

This posture requires bending sideways using both arms. The yoga pose stretches the spine and tones the arms, legs, and abdominal muscles.

3. Katichakrasana or Standing Spinal Twist Pose:

Katichakrasana or the Standing Spinal Twist relieves constipation, strengthens the spine, neck, and shoulders. It is extremely beneficial for deskbound jobs.



4. Hastapadasana or Standing Forward Bend Pose:

Hastapadasana or the Standing Forward Bend Pose invigorates the nervous system, makes the spine supple, and stretches all the muscles of the back.

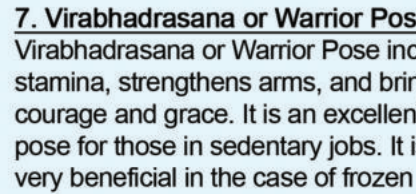
5. Ardha Chakrasana or Standing Backward Bend Pose:

Ardha Chakrasana or the Standing Backward Bend Pose stretches the front upper torso and tones the arms and shoulder muscles.



6. Trikonasana or Triangle Pose:

Trikonasana or Triangle Pose improves digestion, reduces anxiety, stress, and back pain. It also increases physical and mental balance.



7. Virabhadrasana or Warrior Pose:

Virabhadrasana or Warrior Pose increases stamina, strengthens arms, and brings courage and grace. It is an excellent yoga pose for those in sedentary jobs. It is also very beneficial in the case of frozen shoulders.



8. Prasarita Padahasthasana or Standing Forward Bend with Feet Apart Pose:

This yoga pose lengthens the spine, strengthens the legs and feet, and strengthens the abdomen.

9. Vrikshasana or Tree Pose:

Also called the tree pose, Vrikshasana is an excellent yoga pose to increase focus. It makes the legs strong, improves balance, and opens the hip. It also helps those suffering from sciatica.



10. Paschim Namaskarasana or Reverse Prayer Pose:

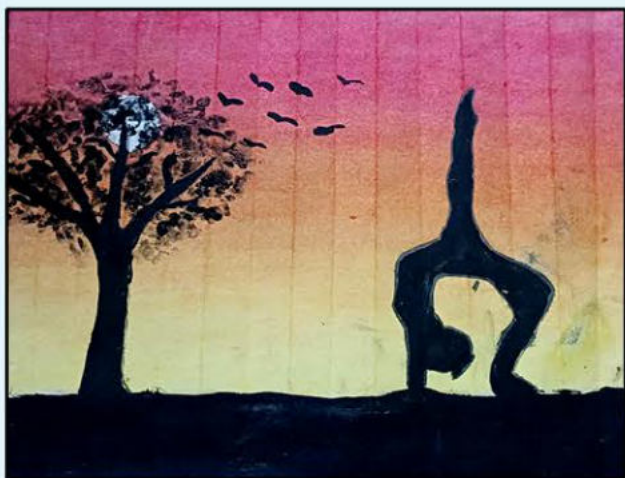
This yoga pose opens the abdomen and stretches the upper back and shoulder joints.

11. Garudasana or Eagle Pose:

Garudasana or the Eagle Pose is an excellent yoga pose for rheumatism and sciatica. The yoga pose stretches the hips, thighs, shoulders, and upper back.



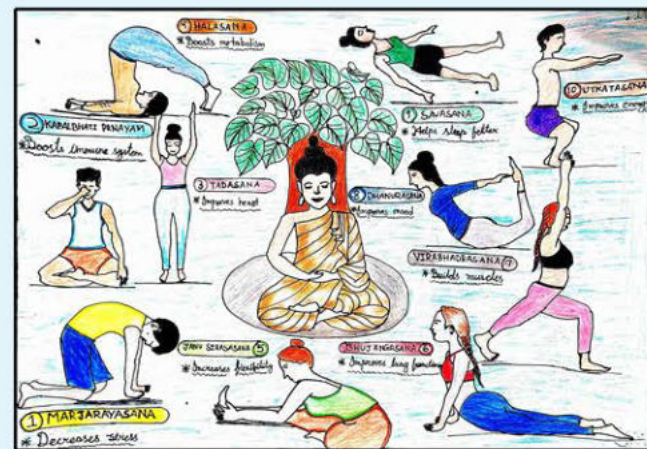
CREATIVE HIGHLIGHTS



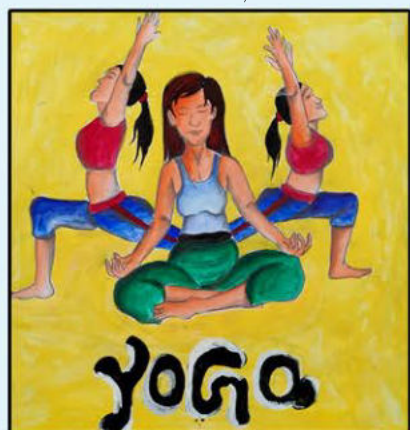
SHIBA PRASADA NAYAK, CL-VII
OAV- MACHHARA, KORAPUT



DIPANJALI KUMARI, CL- VII
OAV HATIOTA, POLASARA, GANJAM



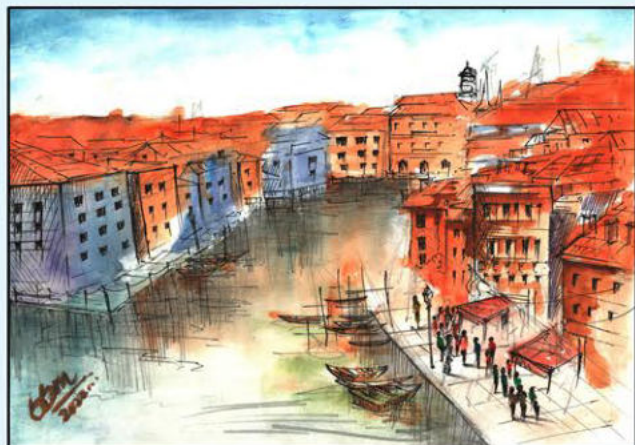
PRINCE LIVINGSTONE KULDIP, CL- XI
OAV- GONDHIPALLI, MALKANAGIRI



KARTIK JHIGIDI, CL- VIII
OAV, GONDHIPALLY, MALKANGIRI



PAPUL KUMAR BANICHHOT, CL- X
OAV BUDHAPAL, REAMAL, DEOGARH



SUBHRANGSHU SEKHAR MOHANTA, CL - IX
OAV- MORODA, MAYURBHANJ



KIRAN KUMAR DAS, CL - VIII
OAV- CHANCHARAPADA, JAIPATNA, KHALHANDI



ANANYA PANDA, CL - VII
OAV- MUSIGUDA, BHAWANIPATNA, KALAHANDI



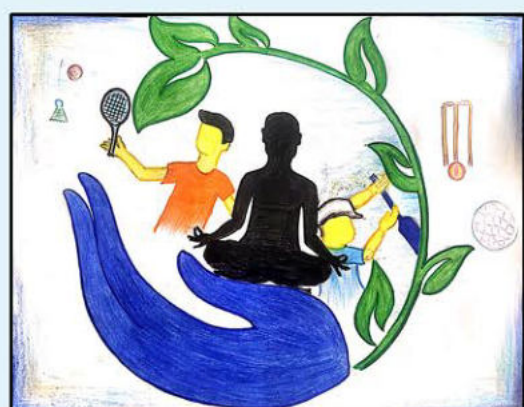
ISHANT PADHI, CL - VII
OAV- KURSUD, BALANGIR



PRIYADARSHINI MUDULI, CL - IX,
OAV- MORODA, MAYURBHANJ



SWEETY BISWAL, CL- VIII
OAV BUDHAPAL, REAMAL, DEOGARH



BHAGYALAXMI MURMU, CL - XI
ICONIC OAV- ANDHARUA, BHUBANESWAR



PRABHATI MALLIK, CL - XI
ICONIC OAV- ANDHARUA, BHUBANESWAR



MAHEEN, CL - XI
OAV TELIPOSH, KUARMUNDA, SUNDARGARH

ACTIVITIES



BLOOD DONATION CAMP - OAV SAMSOLE



Annual Sports at OAV Sansole



from left - Subhalaxmi Marandi, Hinsi Soren, Rasmita Acharya (PGT - English, Escort Teacher), Meera Rani Hembram (PET, Escort Teacher), Arpita Nayak (Team Leader), Sweta Sik presented on Improving Health and Ecosystem using an innovative approach of AI



school level science exhibition



OAV Bharuamunda, Belpara ANUAL SPORTS



Workshop Participants with their Coordinator Ruturaj Barik (PGT- Computer science) and Rasmita Acharya (PGT English) OAV- ICONIC



Science Exhibition of OAV- Belpada



Asma Nayak, OAV, Tingiria at State Level Mathematics Exhibition



Annual Sports day celebration of OAV- Tingiria, Raruan, Mayurbhanj