

AAMNA TIMES

Its payback time



Alumni Association of Madhubani Navodaya
Jawahar Navodaya Vidyalaya, Ranti, Madhubani, Bihar



Nature

(18x22 inches) 2006

By-Manoj kumar paswan(Artist, Phone no.-

Batch-7th

Editor's pen

We navodayans are privileged to have two families in one life, one at home and one at Navodaya School. Most of us would happily agree with the fact that we spent more memorable times with our Navodaya family than the real ones. We are proud to have more than 2000 members of JNV Madhubani spread across the globe. The list includes Teachers, Staff members, current students and Alumnus.

JNV Madhubani has produced many gems that are well placed in different sectors like Education, Health, Judiciary, Administration, Engineering, Media and Business etc.

No matter what field we have chosen for ourselves and how far we have reached in journey of life, one thing is common amongst all of us and that is JNVM. The education, the discipline and the values we learnt at school is imbibed in our life forever.

All the alumni share one common dream, the dream of giving it back to current students by sharing their experiences, knowledge and skills. This was the driving force behind forming the JNV alumni organization i.e. AAMNA. And this magazine is an extension of the combined effort to create a platform where all students, teachers - staffs and alumni can interact together, keeping in mind the betterment of the school.

Friends, this is our own magazine. So, speak out your ideas, queries and give suggestions. Team "**AAMNA TIMES**" will try to answer and accommodate all the genuine entries.

As great guitarist and lyricist John Lennon once said – "A dream you dream alone is a dream. A dream you dream together is reality", let's join hands and celebrate our Navodayahood together.

AAMNA TIMES

First Issue, 25 December 2015

Editor

Tej Narayan
(Batch-3rd)

Associate Editors

Prakash Chandra Jha
(Batch-2nd)

Shantanu Bhushan
(Batch-2nd)

Sujeet kumar
(Batch-3rd)

Ambuj kumar
(Batch-4th)

Graphic

Ashutosh kumar
(Batch-15th)

Contact and queries

aamnaemag@gmail.com

Contents

Introduction

Table of Contents

Alumni Adda

Student's Corner

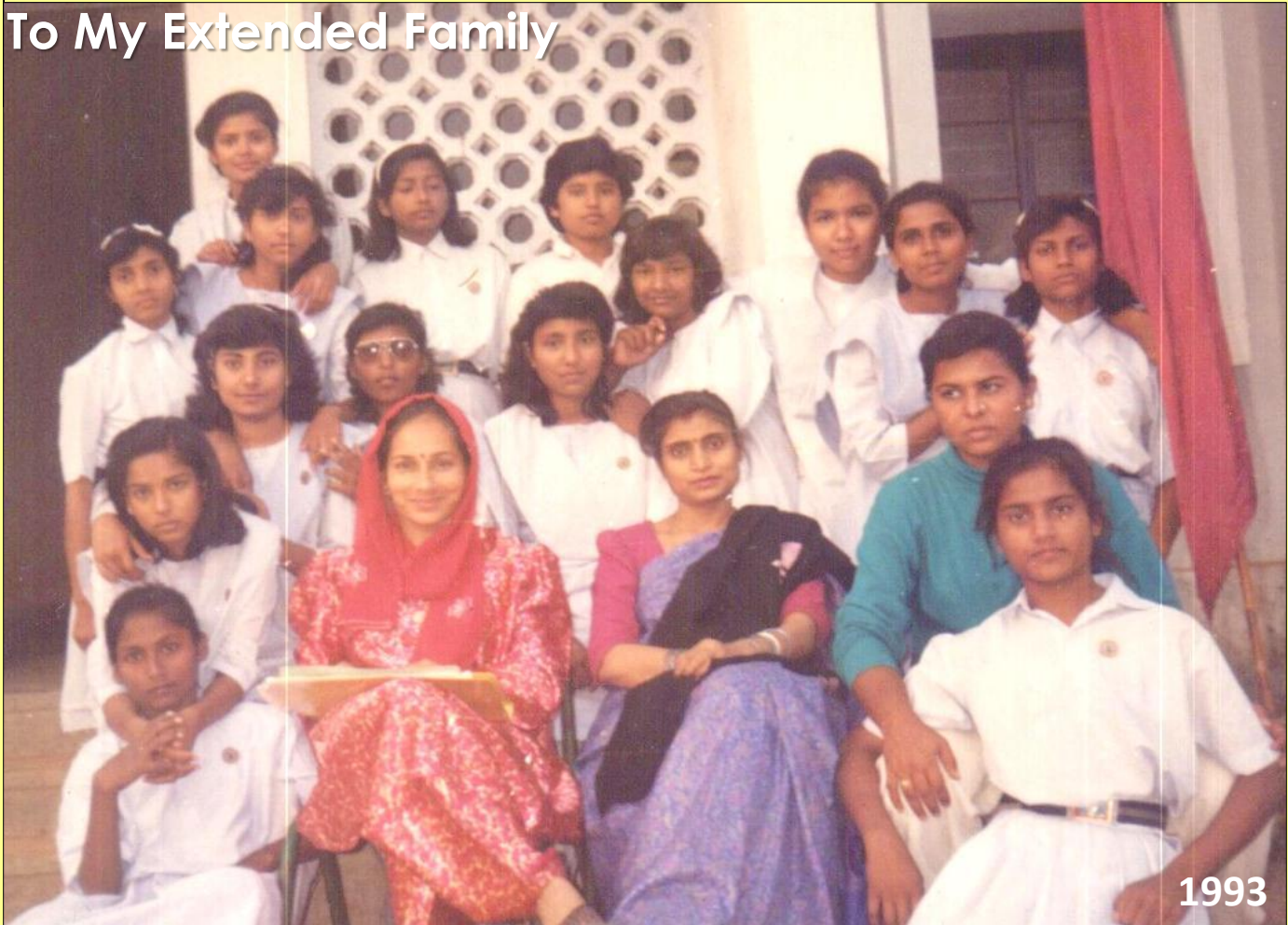
Achievers Advice

Guru Gyan

Total Recall

Navodayans

To My Extended Family



When I walk down the memory lane into the time spent with my extended family – yes, to me, Navodaya Pariwar is my extended family – it brings smile on my face and brings hope that together we can make a difference.

I have always believed that a person has two families – one that is chosen by the nature and the other that we create based on our beliefs and values. Navodaya family has taught us to live together irrespective of our regional differences, religions, castes, backgrounds and beliefs. This family has taught us to be competitive, and at the same time, always ready to extend helping hand.

I still can't forget how we used to study together and help each other. A person good in one subject used to help others, and, in turn, used to get help in any other subject where he lagged behind, or wanted a quick recap.

I still remember the night when the entire hostel woke up in the middle of night and ran towards the playground to save one of our classmates

who was rumoured to be missing. Later we realised that it was just an April fool prank. For others it would appear as a small prank, but when I see in retrospect, I realise that it was the sense of brotherhood, unity and care for each other that drove us together. I am sure we can find several such examples exemplifying our bonding.

Such an upbringing is invaluable as it makes us who we are as individuals. I can go to the extent to say there is no identity crisis when we go out in the real world. A lot of teenagers when exposed suddenly to the crowd face difficulties. Fortunately, our cohesion gave us the strength to face the world, move ahead and contribute to the common cause.

According to me, education has two purposes and this family has taught us both. The first one I think enables us to become effective and efficient. We are able to set our goals and work towards to achieve them. Secondly, it enables us to resolute and effective thinking. We listen (not merely hear to reply) to others, discern the truth from the false, real from the unreal and most importantly facts from the fiction.

We must give back to the society which has given us so much in life. There are no rules and boundaries defined for extending such helps. The best reward one can get is to bring smile on other faces.

I have the luxury and the confidence to pick up the phone and call any of my brothers/sisters if I need help. I am certain that I will get help (I have experienced it many times) and I am all up to reciprocate.

Sometimes, I do introspect about my achievements so far. I must admit that the only thing which has given me immense pleasure has been the effort I put to bring smile on others' faces and could make a difference in their lives. Either it has been through a piece of advice on career management or time management, or lessons on importance of positivity in life, or monetary assistance. On all such occasions, my personal physical achievements appeared trivial. Although I would also like to add here that personal improvement always went along with such contributions.

We must not forget that this society has played an important role in shaping us into a nice human being that we all are today. Now it's our turn, rather an obligation, to give it back. This is what makes us TRUE NAVODAYANS.

Sujeet kumar

Works at-Amazon.com

Washington, USA

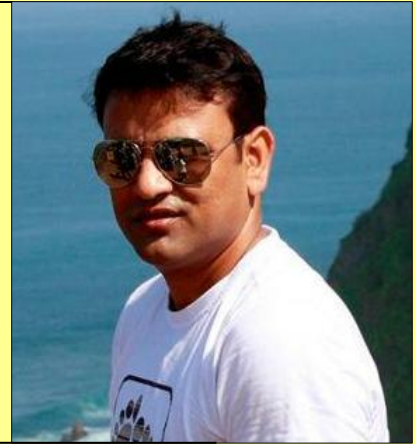
Batch-3rd



EQ versus IQ

Shantanu Bhushan

Senior analyst
S P I Marine, singaporev
(Batch-2nd)



"Life is not black and white. There is a rainbow of colors in between that makes life beautiful. There is no perfect prescription for success. It is in the blend of intelligence and emotional quotient where the secrets of success lie."

IQ (Intelligence quotient) can be explained as cement which can bind you into an academically intelligent person. However, EQ (emotional quotient) gives you the foundation to stand tall as it makes you more aware of your inner self. It gives you the power to better regulate your actions and take responsibility, be motivated, and have empathy for others. Think about that for a moment. And whoever said that people who are intelligent, have good logical reasoning ability and technical intelligence are the ones who are most successful, actually lack poetry. It is necessary today, to have a skilled use of reason, the cognitive ability to learn from experience and to cope effectively with the demands of daily living.

Your ability to conduct complex analysis is limp without your ability to connect meaningfully with other human beings. Similarly, your capability to sense and manage emotions is of no use without your ability to draw conclusions from rational observations.

According to Wechsler, "Intelligence, as a hypothetical construct, is the aggregate and global capacity of the individual to act purposely, to think rationally, and to deal effectively with his environment."

In simple terms, IQ is used to determine academic ability and identify individuals with off-the-chart intelligence or mental challenges.

Luckily, Emotional Quotient considers human emotions.

Emotional Intelligence is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships. Emotional intelligence describes abilities distinct from, but complimentary to, academic intelligence said Daniel Goleman (1998).

In other words, EQ, is defined as an individual's ability to identify, evaluate, control, and express emotions.

If you want to fly, you need wings. Being intelligent will help to plan your way to the moon, but you will also need your emotional intelligence to keep your spirits high throughout your journey.

Intelligence can only open the door for a job, but to be on the top you need to have emotional quotient.

Nothing is constant in this world except change. Therefore the conditions which will determine your success will keep on changing with time. People who lack emotional intelligence will find it difficult to cope with change. They will not be able to connect well with others and will also lack empathy.

If you have intelligence coupled with a genuine purpose and you are kind on your gestures, nobody can stop you from celebrating your accomplishments, provided you work hard. Sorry, there are no shortcuts to success!!

There is no defined *perfect mix*. You need to play with your intelligence and emotional quotient according to the situation.

Be attentive, be intelligent, be reasonable, and be responsible and I promise you will achieve what you want provided you still hold tight your tolerance intelligence.

It's not at all difficult, be smart and work smart and always wear a smile.



Interview

Mr. Santosh Kumar

first batch

He topped class 12th exam held in 1993.



KEEP THE BEST and FORGET THE REST is the philosophy of life for Mr. Santosh Kumar, first batch alumni. He topped class 12th exam held in 1993. twenty two years have passed and he still believes that being a Navodayan is his biggest strength. *Aamna Times* talks to Mr. Santosh Kumar about his journey from being a small village boy to a multinational investment banker.

Tell me about your Current Job profile?

I have been working as vice president in Global markets division of Nomura Investment Bank. Global markets division executes client's orders and instructions in stock markets, future and derivatives markets, bonds markets as well as currency markets. On day to day basis my role is to create, design and implement quantitative mathematical algorithmic trading strategies.

What is your family background?

My native place is Kewalpatti, Raj Nagar. My father was a government officer who passed away in 1990 when I had just completed my 9th class.

What do you think is your strengths and weakness?

(with smile), My strength is that I am part of Navodaya family. I love Makhana Kheer delicacy which is my weakness.

What were your routine and preparation strategy in class 12th?

Honestly, I do not remember my exact routine during 11th and 12th class, as we passed out twenty two years ago. I would advise my junior friends to focus on learning concepts and practice variety of questions. If you know basics and key concepts / logic of a chapter in any field of study, you can attempt and solve any questions. Sometimes, I also did *masti* to ease the tension and stress of study.

What is the role of Navodaya in your personal and professional life?

My dear junior friends, you are fortunate to be part of Navodaya family. In Navodaya environment, we all learn social skills and team activities. We understand about the importance of discipline and hard work. It imparts survival skill sets in any difficult situations and also instills confidence that we can achieve anything. Path will be full of hardships and obstacles, but eventually, with hard work we all will achieve our target.

As a student what were the main challenges you faced and how did you cope with it?

As a student most of us faced shortage of books, information, teaching staffs and money as well. However, whatever resource I had, I kept on doing hard work and kept on moving. I would suggest you guys, please do not waste your energy on thinking what you do not have, but kindly focus on what you have at this moment and what optimally you can do with your current resources. "Take the best thing you have and please forget the rest"

What are your advice, suggestion and message for the current students of JNVM?

Agitation, strike and student politics against school authority are worst ideas. These misguided steps were taken by past students. You should learn from mistakes made by past seniors. These activities hamper the growth of your personality and also pollute the environment of school. Everyone does not get everything that he wishes to have. Hence, there is no point of brooding about something you do not have. Please channelize your positive energy on your study, sports and extra-curricular activities.

Please do respect Principal Sir, teaching staffs and all support staffs who are there to help you in your future endeavour. I repeat, please do avoid agitation, strike and indiscipline activities at campus or outside. God bless all my colleagues and junior friends.

All the best.

**VICE PRESIDENT**

Global markets division Nomura
Investment Bank, Mumbai



Miss Kamna Jha (TGT, HINDI) with girls 6th & 7th batch.1993



AAMNA Meet 2015 (Mumbai)

First AAMNA MEET, Delhi(5December'2010)



Udaygiri (2005)



1st Three batch (1989), Damodar House



Visit of Upendra Kushwaha , Central HRD Minister (16 March 2015)



Student's Corner



Visit of Upendra Kushwaha , Central HRD Minister (16 March 2015)



Rakesh Kumar Bharti, 1971(Arawali)



During Visit of Upendra Kushwaha

पिता

बेशक पिता लोरी नहीं सुनाते
मां के समान आंसू नहीं बहाते
पर दिन भर की थकान के बावजूद
रात का पहरा हैं बन जाते
और जब निकलते हैं सुबह
तिनकों की खोज में
किसी के खिलौने
किसी की किताबें
किसी की मिठाई
किसी की दवाई
परवाज पर होते हैं
घर भर के सपने
पिता कब होते हैं खुद के अपने ?

नाम : राहुल चौधरी

कक्षा : 9वीं 'B'

क्रमांक : 2177, सदन : शिवालिक

A SMILE

A smile costs nothing
But gives much
It enriches those who receive,
Without making poor those
who give
It creates sunshine in the home,
Fosters goodwill in business,
And is best antidote for trouble
Some people are too busy
To give you a smile
Give them one of yours
For the good lord knows
That no one needs a smile too
badly
As he or she who has
No more smiles left to give.

Name: Gitanjali Raj

Class: 8th 'B'

Roll No. : 07(2232)

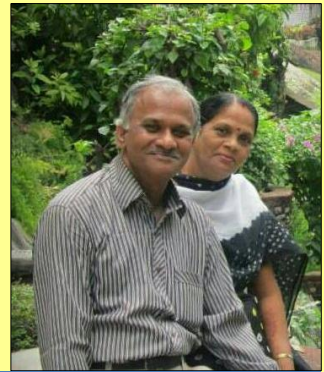
House: Nilgiri

"pitari preetimapanne priyante sarbadevta"-When one serves his parents,by this deed all the Gods are pleased. A school is parent to it's students & teachers. you are doing this job by publishing "AMNA Times". Pleasing Gods means respecting nature's law. This is the duty of the civilised society. you my dear student sons acomplished that duty. I hope by God's grace the magazine will continue forever from generation to generation. Satyamev Jayate-Let the truth prevail. Navyug ki nayi bharti hum Bharat ki Navodaya ho.

Jay Hind.

Narasingha Sahu

Oriya, PGT



संस्मरण

Yogendra Bhakta
PGT Physics



सितंबर 30, 1991 के प्रातः काल 5 बजे का समय, जैसे ही मैं पटना से चली बस से उतरा, चारों तरफ कुहासों का साम्राज्य छाया हुआ था। इतना घना कुहासा था कि हाथ को हाथ नहीं सूझ रहा था। साथ ही कड़ाके की ठंड, जैसा जीवन में मैंने पहले कभी नहीं महसूस किया था। उसी कुहासे और ठंड में करीब 40 मिनट रिक्शे की सवारी कर जब मैं जवाहर नवोदय विद्यालय, रांटी, मधुबनी पहुंचा तो सबसे पहली मुलाकात डॉ. सूर्यदेव सिंह (पीजीटी, हिंदी) से हुई। उन्होंने बहुत गर्मजोशी से हमारा स्वागत किया। डॉ. सिंह ने प्राचार्य श्री डी. आर. नीम की अनुपस्थिति में विद्यालय का प्रभार संभाल रहीं श्रीमती रीता निगम (पीजीटी, अंग्रेजी) से मेरा परिचय कराया। थोड़े ही समय के पश्चात नाश्ते का समय हो गया और हमलोग नाश्ते के लिए भोजनालय गए। जहां जीवन में पहली बार चूड़े के साथ छोला नाश्ते के रूप में खाने को प्राप्त हुआ।

थोड़ी देर बार सेवा योगदान करने के पश्चात जिन अन्य साथियों से मुलाकात हुई उनमें डॉ. आर पी सिंह (पीजीटी, भूगोल) तथा श्री पी के सिंह (पीजीटी, रसायन) प्रमुख थे। बच्चों का शीतकालीन अवकाश चल रहा था। अतएव सिर्फ कक्षा 10 के बच्चे विद्यालय में उपस्थित थे। इन बच्चों में से जिनका नाम आज भी मुझे स्मरण है वे हैं प्रकाश चंद्र झा, शांतनु भूषण, सरोज कुमार आदि। नियत शब्दों में सभी मूल बिंदुओं को समाहित करते हुए किसी प्रश्न का उत्तर कैसे लिखा जाएगा इन चिजों की जिज्ञासा जैसी इन छात्रों में थी अन्यत्र कहीं देखने को नहीं मिली। अभी तक के अपने सेवाकाल में मैंने चार नवोदय विद्यालयों, यथा मधुबनी, पूर्णिया, महाराजगंज तथा कानपुर देहात में अपनी सेवाएं दी हैं लेकिन जो तादात्म्य मधुबनी के छात्र-छात्राओं के साथ स्थापित हुआ वो अन्य विद्यालयों के छात्र-छात्राओं के साथ नहीं हो सका। शायद इसका कारण ये भी हो सकता है कि यह मेरे सेवाकाल का पहला विद्यालय था।

जवाहर नवोदय विद्यालय मधुबनी के छात्र जितने जिज्ञासु थे उच्छ्म्रंखलता भी उनमें उतनी ही अधिक थी। पढ़ने के लिए शिवा और भवानी जैसे छात्रों के समूह वहीं मिले। लेकिन शिक्षकों के प्रति अत्यधिक सम्मान का भाव भी अन्य विद्यालयों के छात्रों में मधुबनी जैसा कहीं देखने को नहीं मिला। हमलोग गर्मियों में जब छात्रावास में जाते थे और छात्रों के प्रश्नों को हल कर रहे होते थे तो, छात्र स्वयं खड़े होकर पंखे झलने लगते थे। आज भी जब मधुबनी के छात्र मिलते हैं, उनसे मिलकर लगता नहीं है कि उनसे अलग हुए 18-20 साल व्यतीत हो चुके हैं। वर्ष 2010 के दिसंबर माह में दिल्ली में भूतपूर्व छात्र सम्मेलन (आमना) की बैठक में जवाहर नवोदय विद्यालय के छात्र-छात्राओं ने जिस आत्मियत का परिचय दिया वो हमारे लिए जीवनपर्यंत अविस्मरणीय रहेगा।

मधुबनी में मुझे श्री के हरिदास तथा डॉ. जे एन सिंह जैसे दो प्राचार्यों के साथ काम करने का अवसर मिला। जिनके बारे में मेरा मानना है कि विद्यालय प्रशासन के क्षेत्र में दोनों दो विपरीत ध्रुवों के निवासी थे। श्री के हरिदास जहां त्वरित निर्णय लेने में विश्वास रखते थे वहीं श्री सिंह कोई भी निर्णय बहुत सोच समझकर लेते थे भले ही कितना भी समय लग जाए। श्री के हरिदास बच्चों और विद्यालय के हित में नियमों को अनदेखा करने में भी कोई विलंब नहीं करते थे। जबकि श्री सिंह नियमों से जरा भी हटना पसंद नहीं करते थे। मेरा यह मानना है कि जिस भी शिक्षक ने इन दोनों प्राचार्यों के साथ काम कर लिया हो उसे किसी भी प्राचार्य के साथ काम करने में कोई असुविधा नहीं होगी।

मधुबनी नवोदय में उस समय शिक्षकों का आपस में प्रेम व्यवहार भी बहुत अच्छा था। किसी प्रकार की कोई प्रतिद्वन्द्विता नहीं थी और ना कोई दिखावापन था। जिसका परिणाम यह है कि उस समय के सभी साथियों का एक दूसरे के प्रति स्नेह और सम्मान यथावत बना हुआ है। दिनांक 30-12-1991 से अब तक 24 साल व्यतीत हो चुके हैं, अब तो सेवा निवृत्ति (जनवरी 2023) का समय अत्यंत निकट दिखाई देता है लेकिन जवाहर नवोदय विद्यालय, मधुबनी की स्मृतियां आज भी वैसी ही ताज़ी लगती हैं। जैसे मानो विगत कुछ ही दिन पहले की बात हो। साथ ही, यदि सबसे अधिक छात्र-छात्राओं के नाम हमारे जेहन में अभी भी मौजूद है तो वो जवाहर नवोदय विद्यालय के छात्र-छात्राएं ही हैं। इन छात्र-छात्राओं को जीवन के विभिन्न क्षेत्रों में सफल होते देखकर हमें आज गर्व का अनुभव हो रहा है। ईश्वर से यही कामना है कि ये सभी छात्र-छात्राएं अपने जीवन में असीम ऊंचाईयों को छुएं। इसी कामना के साथ कि कुछ कर दिखाओ ऐसा कि इतिहास गुनगुनाए, धरती हरी-भरी हो और आकाश मुस्कुराए।

श्री योगेन्द्र भक्त

प्रिंसिपल

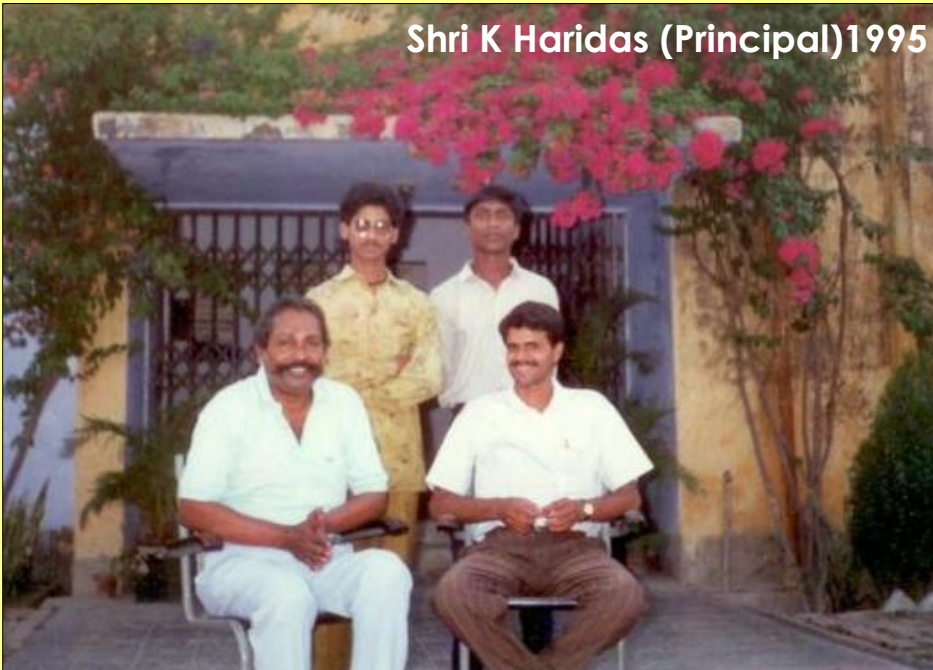
जवाहर नवोदय विद्यालय

कानपुर देहात

09451560708

bhakta_yogendra@yahoo.co.in

Shri K Haridas (Principal) 1995



Time Management

Ajay kumar sharma

TGT (English)
Associate NCC Officer
Jawahar Navodaya Vidyalaya
Madhubani (Bihar)



Time Management, as the metascience defines it, is an activity with the goal to maximize the overall benefit of a set of other activities within the boundary condition of a limited amount of time. Said in simpler words, it is a process of planning and exercising control over the amount of time spent on specific activities in order to increase effectiveness.

Though this skill is very important in each and every phase of our life but it becomes even more monumental in a student's life as a well managed time distribution in this phase can shape a beautiful future.

Time management does not always mean doing away with procrastination, rather it is directly correlated to the ability to prioritize. Travelling on the path of success, we must know which task needs immediate attention and which can be temporarily procrastinated.

Two main components of good time management skill are:

- 1) GTD (Getting Things Done) According to a survey, 30% listers spend more time managing their lists than completing what is on them. GTD has two parts. The first one is finishing all the small tasks immediately and dividing a big task into smaller tasks. The idea behind this is to avoid the information overload or "Brain Freeze".
- 2) 2) Elimination of NonPriorities This includes customization of our work by eliminating the nonpriorities. for a better time management, it is equally important to know what should not be done. If we know the things what we don't have to do, it makes us mentally lighter thus paving a smooth way for the things we actually need to do.

We hear several interview stories where candidates having a lower academic performance but various extracurricular achievements are selected than those having only but better academic performance. A software engineer winning a Man of the Tournament award in football of course does not exhibit his technical expertise but it surely reflects that he is having better managerial skills. If we have achievements in several activities, the research has shown, we shall have a dynamic thinking and broad dimensions of analyzing things differently resulting in a better outlook towards our work in particular and towards the external world in general. But to excel in different activities, the most important thing we need to have is to have a good time management skill. Thus, the importance of time management can never be trivialized. It is a vital key to unlocking the doors to our success, an important tool to make us reach and attain our dreams, goal and aspirations.

Aamna times

Copyright AAMNA



Ashutosh kumar