

kshiti

*An E-Magzine souvenir from
KV Kankarbagh Patna Alumni Association 2026*



**KV Kankarbagh Patna
Alumni Association**



सौजन्य
समस्त विद्यालय परिवार (सन् - 2024 -
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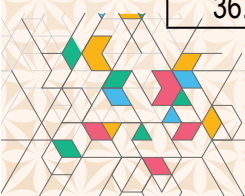
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INDEX

Sl.No.	Contant	Page No.
1.	Message From Principal	04
2.	Message From Deputy Commissioner, KVS (RO)	05
3.	Message From Former Principal	06
4.	Message From President	07
5.	Message From Former President	08
6.	Message From Former Teachers	09-10
7.	Can Alumni Raise Value Awareness In Their Alma Mater	11-12
8.	Messages From Alumni	13-15
9.	From The Memories To Milestones: A Reflection On My School Days	16
10.	वो मेहमां हैं हमारे आज	17
11.	नारी	17
12.	एक कदम	18
13.	कैसा है भारत	18
14.	संस्मरण मेरे पिता की	19
15.	Beyond Examinations and Marks : A Journey From Academic Setbacks To Building A 50 Crore Business Empire	19
16.	Friends, Nostalgia and Beyond	20
17.	Memories of My School Days at Kendriya Vidyalaya, Anisabad & Now Kendriya Vidyalaya, Kankarbagh	21-22
18.	The River That Flows Through My City	23
19.	Not Too Young, Not Too Old	24
20.	विराम नहीं, बस कौमा है यह	24
21.	Let Me Be A Poet	25
22.	तुम्हारी सकारात्मकता के हवाले	25
23.	A Journey Of My School	26
24.	Retirement : Life Version 2.0	27-28
25.	स्कूल को याद करते हुए... अपनी बात	28-29
26.	सफर प्रगति पथ का	30-31
27.	Grow Old Gracefully	31
28.	प्रांगण में तेरे ही	31
29.	Your Road To Success May Not Be Always Smooth	32
30.	हृदय रोग से बचाव:सम्भालिए अपने दिल को आसानी से	33
31.	नारी शक्ति	34
32.	एक आवाज लगाई होती	34
33.	Executive Committee Members	35
34.	About KV Kankarbagh Patna Alumni Association	36-37
35.	Working Committee & Editorial Team	38
36.	Life Members List	39-40



Message

From Principal



M.P. SINGH

Principal
PM Shri K.V. No.1
Kankarbagh, Patna.

Dear Alumni,

It fills me with immense pride and joy to extend my warmest greetings to all of you on the occasion of the release of this special souvenir by our esteemed Alumni Association.

Our school has always stood as a beacon of knowledge, character, and excellence. Over the years, it has been a nurturing ground for countless young minds, shaping them into confident, compassionate, and capable individuals. As I reflect on the legacy of this institution, I am reminded of the invaluable contributions made by our alumni in carrying forward the values and vision instilled within these walls.

This souvenir serves as a beautiful testament to the enduring bond between our alumni and the school. It captures memories, achievements, and aspirations, bridging the past with the present and inspiring future generations. I am confident that this publication will not only evoke nostalgia but also serve as a platform to celebrate the remarkable journeys of our alumni.

I would like to express my heartfelt gratitude to the Alumni Association for their unwavering support and dedication to the school. Your efforts in fostering a sense of belonging and community are truly commendable.

As you flip through these pages, may you be reminded of the cherished moments spent here and the foundation that this school laid for your success. Let us continue to work together to uphold the legacy of excellence and make a positive difference in the world.

Wishing you all the very best in your endeavours. May this souvenir inspire and strengthen



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Message

From Deputy Commissioner, KVS (RO)



ANURAG BHATNAGAR,
Deputy Commissioner, KVS (RO)

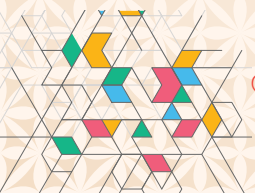
It is with great pleasure that I extend my heartfelt congratulations to the KV Kankarbagh Patna Alumni Association on the release of this souvenir, a remarkable symbol of the enduring bond between the school and its alumni. Kendriya Vidyalayas have always been at the forefront of providing quality education, not just to nurture young minds but also to create a strong, interconnected network of individuals who continue to contribute to society in diverse and impactful ways.

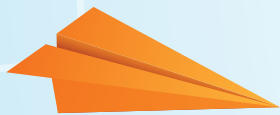
Our alumni form an integral part of the legacy of KVS, and their achievements are a testament to the foundation laid within these walls. As we continue to celebrate the success stories of our former students, it is our hope that they remain engaged with the institution and actively contribute towards shaping the future of KVS and the nation.

Drawing inspiration from the thriving alumni networks of premier institutions like IITs and IIMs, we look forward to seeing our alumni taking a more proactive role in mentoring and supporting the current batches. The synergy between the school and its alumni will further strengthen the relationship and promote mutual growth, thereby setting a precedent for a more dynamic and vibrant educational community.

With profound gratitude and best wishes
for the souvenir,

Anurag Bhatnagar
Deputy Commissioner, KVS (RO)





Message

From The Former Principal's Desk!



M.K.SINGH

Former-Principal
PM Shri K.V. No.1
Kankarbagh, Patna.

It gives me immense pleasure to know that the alumni association of PM Shri Kendriya Vidyalaya No.1 Kankarbagh, Patna, is going to bring out the publication of its magazine 'Souvenir'. It will certainly be a reflection of their contributions to their alma mater and the nation as a whole, to which they have been an integral part since their childhood.



I'm really proud to proclaim that PM Shri K.V. No.1 Kankarbagh, Patna, has truly proved its motto of 'Come to Learn and Go to Serve' true. Many day scholars who graduated from this institution are relentlessly and untiringly rendering their services in various distinguished fields such as Central or State Civil Services, Defense Services, Politics, Electronics & Print Media, Medical Science, Art & Theatre, and in many other fields which are the most sought-after dream jobs of the youths of the present generation.

The members of PM Shri K.V. No.1 Kankarbagh, Patna, are not only lending their helping hands to the development of society and the nation, but they are also contributing significantly to developing the state-of-art infrastructure of their alma mater, where they spent the precious years of their childhood. With profound pleasure and pride, I would like to acknowledge and express sincere thanks and gratitude not only on my behalf but also on behalf of my entire team of the vidyalaya to each member of K.V. Kankarbagh Patna Alumni Association for providing us with a beautiful shed over the stage of the assembly ground. We are also extremely grateful to them for installing an incinerator in the girls' toilet, which has proved immensely useful in making the girls aware of their health and hygiene and also in maintaining the hygienic conditions of the Vidyalaya. Their philanthropic approach towards poor students, sweepers, and security guards during corona periods was praiseworthy. Once again, we extend our heartfelt thanks and gratitude to all the members of the Alumni Association of K.V. Kankarbagh for their significant contributions to the upliftment of the vidyalaya.

Lastly, on behalf of myself, the students, and the entire team of my vidyalaya, I extend my best wishes to each member of PM Shri K.V. Kankarbagh Alumni Association for grand success in all their endeavors.

With profound regards and good luck!





Message

From President, KV Kankarbagh Patna Alumni Association



DR. PROF. SUDHIR KUMAR,
President,
KV Kankarbagh Patna Alumni Association



Dear friends,

Whenever I think of my school KV Kankarbagh Patna, I become emotional. I am sure, we all are bonded with similar emotions.

KV Kankarbagh Patna is the oldest and most prestigious KV in Bihar. It was established in 1966 at beautiful building of Ali Imam saheb at Anisabad.

I remember the visit of then education minister Prof Nurul hassan at airport where we welcomed him. He came for creation of new building at Kankarbagh. The new building at present location was a treat for us.

The school truly lived its motto “tat-twam pooshan apaavrunu”.

Teachers not only imparted knowledge in us but played role of guardian.

Why this school is distinct from its contemporary in town as it is only school which has the privilege of having students from all over India and thus inculcating feeling of “Indianness”. I too came from Panagarh, WB. We came to know different cultures of our country. National and regional meets of KVS also played a role in this regard. I feel proud when I see innumerable number of alumni are serving the country in various prestigious institutions. They are spread all over the country and globe. This alumni association will serve to bind them in one family net. Please try to add more and more alumni in the association. This association will certainly function as an extended family. I feel lucky that what I am today is because of my school. I am a proud alumni of Kendriya Vidyalaya Kankarbagh, Patna.

Long live KV Kankarbagh !

Regards

Dr Prof Sudhir Kumar
Batch 1979

President, KV Kankarbagh Patna Alumni Association





Message

From Former President, KV Kankarbagh Patna Alumni Association



SANJAY KUMAR,

Former President
KV Kankarbagh Patna Alumni Association



Dear Alumni,

I am delighted to present the inaugural edition of KV Kankarbagh Patna Alumni Association Souvenir. This significant milestone would not have been possible without the unwavering support and cooperation from each one of you. Your continued engagement and commitment to our shared legacy are deeply appreciated.

I would also like to extend heartfelt thanks to the dedicated team whose hard work and efforts have brought this souvenir to life. Their dedication and attention to detail are truly commendable.

As we celebrate this new chapter, I send my best wishes to all our alumni and the Alumni Association. Together, we continue to grow and build a vibrant community that will inspire future generations.

With warm regards,

Sanjay Kumar

Batch 1977

Former President

KV Kankarbagh Patna Alumni Association



Message From Teachers

As I stand amidst a sea of familiar faces at a reunion, now in my 70s, I am swept away by a tide of memories from my 39-year tenure as a maths and physics teacher at Kendriya Vidyalaya School in Kankarbagh, Patna. Each face, a story; each story, a testament to the vibrant and enriching journey we shared. My career, which began with humble beginnings at Gol Market School in Delhi, blossomed into a tapestry of experiences far beyond the realms of textbooks and classrooms.

The school corridors and classrooms were more than just spaces for academic learning; they were the crucibles of dreams, aspirations, and lifelong friendships. I remember the energy of co-curricular events, the spirited rehearsals for annual functions, and the intense preparations for inter-school competitions. These moments were not just about winning or performing; they were about coming together, overcoming challenges, and celebrating our collective spirit.

The echoes of laughter, the shared tears of joy and disappointment, the triumphant cheers following successful exams or milestones in their careers, all resonate within me. I recall the fervor of the dramas, the creativity in the exhibitions, and the harmony in the songs and dances. Each event was a canvas where students painted their talents and passions, leaving a lasting impression on the school's legacy.

Now, as I look into the eyes of my former students, I see not just the lessons taught but the values imbibed. Their successes, diverse career paths, and the virtues they uphold are the true accolades of my teaching journey. This reunion is more than a gathering; it's a mosaic of countless memories, a celebration of the enduring bonds we formed, and a reflection of the school's enduring impact on our lives.

As I reminisce about the past, my heart swells with pride and nostalgia. Witnessing the wonderful individuals my students have become, I realize that my career was not just about imparting knowledge, but about nurturing young minds to grow into responsible, compassionate, and successful adults. Their achievements, their joys, and even their struggles have been an integral part of my life, teaching me as much as I taught them. This reunion, rich in emotions and memories, is a reminder of the beautiful journey we've shared and the everlasting imprint we've left on each other's lives.

KUMKUM MISHRA,

Former Teacher
(before UMANG 2023,
the joy of togetherness,
Alumni Meet
23-24 December 2023)



Reminiscences

Sitting by my window and looking at the vast expanse of clear blue skies, I seem to be sailing down the memory lane of my yester years. The innocent, smiling and eager faces of my students, the sound of school bell, the Morning Assembly, the pin-drop silence in the first period, the occasional commotion and noise in the corridors, the various Co-curricular Activities, the Annual Function, the Republic Day, the Independence Day, each and every thing floats past my mental vision and brings a nostalgic smile to my face. It has been a most satisfying and rewarding life. The love and respect that I received from my students deeply enriched my life and I am thankful to all

of them. I would also like to express my sincere thanks to all my colleagues whose excellent companionship is unforgettable.

Now, I feel proud, elated and overwhelmed with joy when I see my students flourishing and thriving in life. May they all continue to live a happy, healthy and prosperous life! May God always bless all of them!

Neena Kapoor

Former Teacher
KV Kankarbagh Patna



The Guiding Light : A Tribute to Teaching

Teaching is an art, so divine
A journey that touches the lives of mine
A dance of emotions, of hopes and dreams
A symphony that resonates, or so it seems

As a teacher I stand, tall and proud
In my classroom, with heads bowed
I impart knowledge, wisdom and grace
In every child a potential I trace.

Each day with the Sun, I rise
To a world of challenges and surprise
Students from all walks of life I greet
And their dreams in my mind I repeat.

I guide them through their struggles and pain
And help them find their own refrain
I nurture their minds with care and affection
And instill values that will stay for a lifetime,

with conviction.

Teaching is a calling, that I know
A purpose that helps life to glow
A journey that changes the world we see
A life of wonder, that is filled with glee.

So, I stand here, with my heart aglow
Feeling proud, in the rhythms that flow
The rhythms of life, that we all know
The rhythms of teaching, that will always grow.



Gyanwati Lal
Former Teacher
KV Kankarbagh Patna

Urmil Gagroo

I was teaching in St. Xavier's Patna when I received my appointment letter for TGT (Eng) in KV Kankarbagh Patna. My joys knew no bounds and all set for the newer pastures, I joined the KV on 21st August 1981. And this marked my wonderfully enriching journey in the subsequent KVs as well.

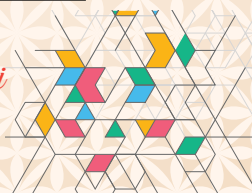
My Principal, Mr. D N P Sinha was not only an able administrator but also a thorough gentleman. He was our guiding force with his sharp intellect and an understanding persona. The staff was extremely friendly and the students by far the most obedient, affectionate and keen learners - the qualities that have catapulted many of them today to holding key positions in various fields in India and abroad. I feel happy to share here that a large number of them are in touch with me even after 39 years – Thanks to Social Media and their resourcefulness to stay connected!

So far as my teaching journey in KVs goes, KV Kankarbagh remains my Alma Mater. 'Teaching is a learning process too' is what the years of teaching taught me and for this I shall forever remain grateful to my hard working, bright and brilliant students of (to begin with) Kankarbagh Patna and the other KVs of Delhi NCR where I worked during the years thereafter.

Would like to congratulate the founders of this Alumni Forum for giving an opportunity to all the teachers and students to come together once again and share their experiences, inputs, thoughts, values and suggestions to help this platform grow and reach new heights.



Urmil Gagroo
Former Teacher,
KV Kankarbagh, Patna



Can Alumni raise Value Awareness in Their Alma Mater?

In the past, alumni and their alma mater were treated as separate entities, and alumni association was a means to interact with fellow alumni. They seldom had any interaction with the educational institution they passed from. With the advent of social media, Alumni relationships have taken a different flavour altogether, and they have become an asset for an educational institution. The horizon of their role has expanded beyond limits. Being the most loyal supporters and best ambassadors with a wealth of experience and skills, they have the potential to imbue the canvas of an educational institution with myriad colours. Besides raising funds for the educational institution, contributing scholarships to deserving students, sharing their expertise and best practices in a given field, etc., Alumni can raise value awareness in their Alma Mater through a vibrant ecosystem of their network, which will be a real 'give-back' to their Alma Mater as a sign of their gratitude and affinity towards it.

Knowledge has lost its direction as the main stress is on academic excellence and employability in most educational institutions, not the directionality of knowledge. Most often, what we see in educational institutions is, in the words of Bernard Shaw, 'not the child in pursuit of knowledge, but knowledge in pursuit of the

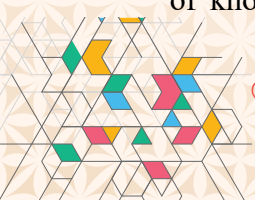
child'. Indifferent attitude of educators towards the intellectual sensibilities of the learners as well as values and dispositions building has taken a heavy toll on society, resulting in erosion of values. People have become greedy and selfish. Honesty has begun to disappear in society. Violence has become the order of the day, and corruption, abuse, and power have become more common. Majority are interested in own families and not interested in fulfilling responsibilities to society. Of course, a combination of major social forces such as globalization, Materialism, consumerism, commercialization of education, threats to humanity due to climatic changes, environmental degradation, violence, and terrorism has led to such grim scenarios. Do Alumni feel that they can embark on a new journey to arrest the trend of value degeneration to the best of their capabilities? Don't the ideas spelt about by the poet in the following lovely poem resonate in their mind:

"Not, 'How did he die?' But how did he live?"

"Not, 'what did he gain?' but, what did he give?"

These are the units to measure the worth of a man as a man, regardless of birth.

Alumni, so called millennial man and Gen Z, may enhance the value of their own degree qualification, becoming a fulcrum for values and dispositions building. They may plan various activities related to compassion, empathy, humility, peace, appreciation of cultural values, dignity of individuals, inclusion, environmental conservation, protection of heritage, and national monuments in their educational institution through curricular and co-curricular means. Their approach ought not to be in sync with conventional pedagogy, i.e., Banking Model of Education, where learners are considered as empty vessels into which knowledge must be poured in. Concrete experiences and opportunities to think about, to reflect, critically evaluate, and appreciate one's own values and those of others, can help internalization of values as values and dispositions cannot be developed by forcing



learners to memorize words by impositions.

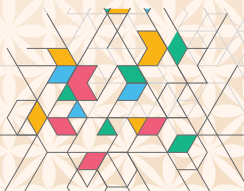
Development of values takes place during the process of socialization at home, school, and society and is related to stages of development, the cultural contexts, the beliefs and theories about child's learning and levels of adult's involvement. Hence, the role of Alumni should be to plan experiential and reflective strategies that facilitate the learners' awareness, help them examine their choices and preferences, enable them to have dialogue on value issues, expand their ways of looking at things, understanding situations and events, and act according to their well thought and important decisions. Their stress should not be on 'must consciousness' (a sense of compulsion) but on 'ought consciousness' (a sense of obligation). The shift from 'must consciousness' to 'ought consciousness' will lead learners to self-respect, self-guidance, and direction to their conduct and behaviour in their social-cultural milieu.

In sum, schools are the microcosms of the world. The disorder of the world surfaces in schools in many ways, values being the main casualty. Making efforts by Alumni to stem the tide of value degeneration through planning different curricular and co-curricular activities and implementing them thoughtfully in schools would be an invaluable contribution to society. Belief in their potential with renewed enthusiasm will yield positive results. Alumni have to believe that raising value awareness is needed and it is possible, only then they would find time and resources. Psychologists call it 'Self-fulfilling Prophecy', i.e., if you believe in something, it comes true.



DR S. P. THAKUR

Former Principal
Educationist and Writer



Messages From Alumni



JAYWANT KUMAR
Batch 1992

Hello friends,

I am Capt Jaywant Kumar presently flying as a commercial pilot based in Delhi. I had joined KV Kankarbagh in 1992 and did my 10+2 in PCM. It was a great experience and learning during those two glorious years with my colleagues and teachers. Immediately after my board examination in 1994, I was selected in the elite National Defence Academy, Pune for the Air Force cadre.

After graduating from NDA, I got commissioned in to the Indian Air Force as a Fighter Pilot in 1998. While being in the IAF, I had the privilege of flying many Fighter and Transport aircraft at the same time serving the nation for 20years.

With the zest to continue to fly, I switched over to commercial flying in 2019 after taking a voluntary retirement from the IAF as a Wing Commander.

I would love to be associated with anyone from KV Kankarbagh as an alumni to contribute whichever way possible.

Regards and happy landings



राजीव कुमार, (आई.आर.एस.ई.)

अपर मण्डल रेल प्रबंधक, लखनऊ मण्डल, पूर्वोत्तर रेलवे
बैच 1984

प्रिय मित्रों,

मुझे बड़ा ही अपार हर्ष और खुशी हो रही है कि एल्युमनी संगठन एक स्मारिका का प्रकाशन कर रहा है, इसके लिए बहुत बहुत बधाई और शुभकामनायें। इसी तरह का प्रकाशन समय-समय पर होता रहे, ऐसी मेरी आशा है।

एल्युमनी संगठन ने विगत लगभग 8-10 सालों में हम मित्रों को जोड़ा है और समय पड़ने पर पूर्व छात्रों और छात्रों की मदद की है। मैं इस संगठन को अपनी शुभकामनायें देता हूँ।

Hi,

I am Captain Tarang Gupta. 1992 passout class 10th from KV Kankarbagh. I have been associated with Air India as Captain for last 20 years. Presently holding the post of Senior Commander based in Delhi.

Thanks and Regards
TARANG GUPTA



TARANG GUPTA,
Batch 1992

Hi I'm Lt Col AK Roy Army officer serving since Mar 95, presently posted as Dy Controller CQA BEML BANGALORE. Did my 10th back in 1992 and 12th in 1994 from KV kankarbagh.

Love playing chess and badminton. Married to Sumita and blessed with 2 children Sumit and Sukant.



Lt Col AK ROY
Batch 1992

It was great meeting all my classmates, juniors and seniors at the alumni meet organized in 2023. It was really heartening to see the amount of effort people are putting into organizing such get-togethers, hats off to the organizing committee.

Such events should keep happening so that we all get the opportunity to meet and visit our school.



SONAL SINGH
Batch 2004, Denver, USA

मेरे प्यारे दोस्तों,

हम सभी जिंदगी के किसी न किसी मुकाम पर पहुँचे हुए हैं पर हमारी हैसियत हमारे रिश्ते के बीच कभी आड़े नहीं आया. सालाना जलसे पर होने वाली मुलाकात में यकीन ही नहीं होता है कि अपनी अपनी दुनियां में मशगूल होते हुए भी स्कूल से लगाव आज भी वैसा ही है. जो हम सभी को एक सूत्र में बाँधा कर रखा है। यही वजह है कि मिलने जुलने का सफर बदस्तूर जारी है. इसी कड़ी में स्मारिका के प्रकाशन के लिए शुभकामनाएँ और पूरे टीम को बधाई जिनकी मेहनत और लगन से यह संभव हो पाया।



ARCHANA SINGH
Batch 1984, Patna

I joined Kendriya Vidyalaya Patna in 1974 in the 8th standard and passed out after completing 12th standard in 1979. These five years were the most memorable schooling years of my life.

For one, I met great friends in school who continued to be dear friends in the later life as well. Many of our friends have helped each other build their careers as also they have stood by each other in their difficult times, be it in career or at personal level. It is important to recognise how big an asset these friendships are, all of which are established during the schooling years.

Academically, Kendriya Vidyalaya had excellent teachers and a very conducive learning environment. Our teachers helped build the foundations of mathematics, language, science and social sciences. This foundation helped us to do well in college education and competitive examinations.

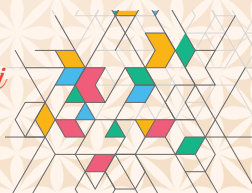
Initially the school was housed in an old building in Anisabad area of Patna and later moved into its own spacious building in Kankarbagh. In both places, we had excellent classrooms, laboratories and playgrounds.

One of the key features of KV system was its emphasis on building pan-India and inclusive attitude among students resulting in lasting friendships among students coming from different parts of the country. In that sense KV was also reinforcing national integration.

A solid educational foundation, character building, and pan-India outlook - all imbibed from KV Patna - helped me achieve my goal of joining the civil services in 1985. I am forever indebted to KV Patna for my successful career and giving me a bunch of very dear friends.



SITARAM KUNTE, IAS (Retd)
Former Chief Secretary, Maharashtra
Batch 1977





Lt. Col. PARIKSHIT,
1992 Batch

Son of soil and a former student of Kendriya Vidyalaya, Patna, (1992 batch) Parikshit has exemplified the values of discipline, perseverance, and patriotism instilled during his school days by serving the nation as a distinguished officer in the Indian Army.

After schooling from KV Kankarbagh Patna, Parikshit completed his graduation from the prestigious Banaras Hindu University and then he pursued his dream of joining the armed forces. Overcoming various challenges and making through an extremely difficult selection process with unwavering determination he joined the Indian Military Academy (IMA Dehradun). Following in the footsteps of his father, a venerated IAS officer, Parikshit upheld the family tradition of serving the nation with honour and after completing a rigorous

training he got commissioned as an officer into the Indian Army.

As an Armoured Corp officer, throughout his illustrious career, Parikshit has been serving the country with exemplary leadership, bravery and commitment. He, as well, kept upgrading himself with various credentials from esteemed establishments. He is leading a happy married life with his well accomplished wife. Adding to his heritage, his only son is currently pursuing studies at IIT Madras, showcasing the family's commitment to excellence across generations.

As a proud alumnus of KV Patna, Parikshit continues to uphold the school's legacy of achievement and integrity, reminding us all that with determination and dedication, no goal is beyond reach.

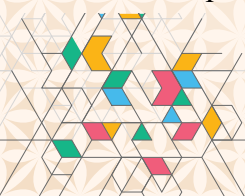


ABHISHEK KUMAR

IRAS Executive Director Indian Railway, 1992 Batch

Hello everyone! I'm an alumnus of Kendriya Vidyalaya Kankarbagh, Patna, and I passed Class X in 1992. After school, I went on to do my B.Tech in Civil Engineering from NIT Calicut and later a PGDM in Finance from IMT Ghaziabad. KV Kankarbagh will always have a special place in my heart—so many memories of friends, teachers, and the small moments that shaped us. At present, I serve in the Indian Railways and am

posted at the Ministry of Railways, New Delhi, as Executive Director (Finance). Clearing the UPSC Civil Services Examination in 2001 was a major milestone and led me into public service as an IRAS officer. I'm truly grateful for the supportive environment at school, the friendships that have stayed with me, and the guidance of our teachers. Looking forward to reconnecting, catching up on everyone's journeys, and celebrating our KV bond.



FROM THE MEMORIES TO MILESTONES: A REFLECTION ON MY SCHOOL DAYS

Kendriya Vidyalaya Kankarbagh Patna (KVVP) holds a special place in the hearts of its alumni, including myself. As a proud alumnus of the batch of 1988, I am honored to share my experiences and the invaluable lessons I learned during my time at this esteemed institution. From fostering a sense of unity and inclusivity to instilling leadership qualities, KVVP has played a significant role in shaping our lives.

A Platform for Sports and Leadership: During my school days, I actively participated in various sports activities such as Football, Volleyball, Cricket, and Kabaddi. These activities not only helped me stay physically fit but also taught me the importance of teamwork and discipline. Additionally, as the Sergeant of the NCC Air Wing, I had the privilege of leading the Republic Day and Independence Day parades. This experience instilled in me a sense of responsibility and honed my leadership skills, which have proven invaluable in both my professional and personal life.

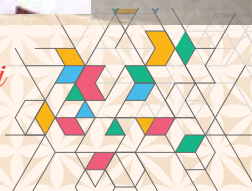
Learning Beyond Academics: KVVP goes beyond traditional education by emphasizing the importance of adapting to different cultures, fostering collaboration, and building strong bonds. The co-educational environment ensured that there was no differentiation based on gender, promoting equality and respect among students. These values have remained with me throughout my life, enabling me to thrive in diverse settings and appreciate the richness of different perspectives.

Lifelong Connections: One of the most remarkable aspects of KVVP is the enduring friendships that have stood the test of time. Even after completing our schooling, our batch has maintained a strong and cohesive bond. With over 60 friends settled across various parts of India and the world, we continue to support and uplift each other. The Golden Jubilee celebrations of KVVP in 2016 served as a memorable event that further strengthened our connection and reminded us of the cherished memories we shared.

Empathy and Support: What sets our batch apart is the unwavering empathy we have for one another. In times of need, our batchmates go above and beyond their duties to extend a helping hand. This sense of camaraderie and support has created a lifelong system that we can rely on, no matter the distance or circumstances.

Conclusion: Kendriya Vidyalaya Kankarbagh Patna has left an indelible mark on its alumni, shaping us into well-rounded individuals equipped with essential life skills. From the invaluable lessons learned through sports and leadership opportunities to the enduring friendships and unwavering support, KVVP has provided us with a strong foundation for success in both personal and professional endeavors. As proud alumni, we will forever cherish the memories and values instilled in us by this esteemed institution.

RAVI RANJAN
1988 Batch



वो मेहमां हैं हमारे आज

वो मेहमां हैं हमारे आज,
चलो कुछ मीठा हो जाए।
अदाओं में वही अंदाज,
चलो कुछ मीठा हो जाए।
हवाओं में न जाने क्यों
भरी थी एक मस्ती सी।
जो हर दिन मुँह चिढ़ाती थी
वो बोली शाम हँसती सी।
खड़े हैं वो तुम्हारे द्वार,
चलो कुछ मीठा हो जाए।
अदाओं में वही अंदाज,
चलो कुछ मीठा हो जाए।
बरसता मेघ से सावन,
थिरकता मोर सा ये मन।
हवाओं ने उड़ा दिल पर

मेरे, रक्खा तेरा दामन।
गिरें अब बिजलियाँ क्या खाक,
चलो कुछ मीठा हो जाए।
अदाओं में वही अंदाज,
चलो कुछ मीठा हो जाए।
शमायें यूँ तो जलती थीं,
हजारों बार इस घर में।
मगर रोशन हुआ है आज,
हर किरदार इस घर में।
मेरे घर चाँद निकला आज,
चलो कुछ मीठा हो जाए।
अदाओं में वही अंदाज,
चलो कुछ मीठा हो जाए।
खनक उनकी हँसी से,
पत्थरों में जान आती है।

जमाने से बसी खामोशियाँ,
कुछ गुनगुनाती हैं।
है लफ्जों में कोई मलहार
चलो कुछ मीठा हो जाए।
अदाओं में वही अंदाज,
चलो कुछ मीठा हो जाए।
बने आँगन हैं पैजनिया,
झरोखे कान के झुमके।
सलीके से खड़े सजदे,
दरो दीवार हैं उनके।
हैं खुद के घर किरायेदार,
चलो कुछ मीठा हो जाए।
अदाओं में वही अंदाज,
चलो कुछ मीठा हो जाए।

नारी

निज लहू से सींचकर,
जो कण को काया दे सके।
चिलचिलाती धूप को
सहकर जो साया दे सके।
जो ठिठुरती रात में
ऊष्मा की अंतिम आस हो।
इनमें शायद कुछ ही गुण
भगवान तेरे पास हो।
अश्रु की हर बूंद में
करुणा का सागर धारती।
अपनों की खातिर सदा
अपने को तिल तिल मारती।
सृष्टि की नियमावली पर
कर तिरोहित आप को।

यज्ञ सा जीवन, सदा
खुद को हवन में डारती।
फूल सी वह पंखुरी,
जो प्रेम का पर्याय है।
प्रेम की खातिर सदा
जिसने सहा अन्याय है।
आन पर जब आंच आई
वह सदा भारी रही।
कौन सा वह रण है
जिसके मध्य में नारी नहीं।

है पुरुष को बल मिला
नारी की रक्षा के लिए।
किन्तु वह अभिमान में
स्वामी की संज्ञा में जिए।
यूँ तो नहीं भगवान
स्त्री या पुरुष का रूप है।
किन्तु यदि है तो वो निश्चित
नारी का स्वरूप है।

मनीष झा,
1987 बैच



मंजिलो को पाना है अगर,
तो एक कदम बढ़ाना होगा..

हालात मुश्किल हैं अगर, तो खुद को संभालना होगा,
मीठे नींद की चाह हैं तो, मेहनत से पसीना बहाना होगा,
मंजिलो की खवाइश हैं तो, लक्ष्य को साधना होगा ,
डर से भाग ना जाये इसलिये , खुद में विश्वास जगाना होगा,

मंजिलो को पाना है अगर,
तो एक कदम बढ़ाना होगा..

मानव की संतान हैं हम, तो इंसानियत निभाना होगा
लोगों के साथ चल कर हमें, उनका सहारा बनना होगा,
हैं देश हमारा लोग हमारे, तो अपनापन दिखाना होगा
कह कर हम सिर्फ ना निकले, कुछ करके हमें दिखाना होगा,

मंजिलो को पाना है अगर,
तो एक कदम बढ़ाना होगा..

सपनो को सच करना हैं तो, आँखों से नींद भगाना होगा
रह पाये अच्छे इंसान हम , तो ईर्ष्या को हटाना होगा,
आयेंगी ही अड़चने फिर भी, न धैर्य खोना होगा
अपने आप से किया हुआ , हर एक वादा निभाना होगा ,

मंजिलो को पाना है अगर,
तो एक कदम बढ़ाना होगा , एक कदम बढ़ाना होगा ॥

एक कदम



कैसा है भारत

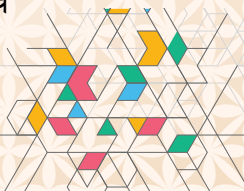
कई कल्पों की सौगात लेकर, करता विश्व को ऊर्जा प्रदान
करता है रवि को नमन, पूजता है सदैव जन कल्याण ,
ये है भारत की पहचान, ये है भारत की पहचान।

हिमालय है मस्तक पर, सागर देता है इसकी काया को सम्मान ,
नदियों की बेलाएँ हृदय में , सभी ऋतुओं की छाया में महान,
ये है भारत का स्वाभिमान, ये है भारत का स्वाभिमान।

है अलबेले संस्कृति इसकी, ना है किसी का अपमान,
जो भी आया वो रम गया, चाहे अल्लाह हो या राम,
ना द्वेष है इसकी मिट्टी में , ना है स्वासों में अभिमान
ये है हमारा भारत महान, ये है हमारा भारत महान ॥
जय हिंद॥ वन्दे मातरम ॥



मनीष सिन्हा,
1990 बैच



संस्मरण मेरे पिता की

माननीय स्वर्गीय श्री रामजी सिंह, उप प्राचार्य, ने केंद्रीय विद्यालय क्रमांक 1 कंकड़बाग, पटना (बिहार) में 1981 से 1986 तक करीब 5 वर्षों तक अपनी सेवा प्रदान की। वे कर्मठ, ईमानदार, जागरूक और मेहनती व्यक्ति थे।

उन्होंने विद्यालय के परिसर में बागवानी की शुरुआत की, जो आज तक उनके सपनों को साकार कर रहा है। यह इस बात को दर्शाता है कि उन्हें प्रकृति से गहरा लगाव था।

परीक्षाओं के दौरान वे गंभीर नजर आते थे और नियम और कानून के प्रति सख्त थे। एक बार की घटना है, जब किसी नेता के समर्थकों ने उनके कक्ष में प्रवेश किया, अंदर से दरवाजा बंद कर दिया और धमकी दी। उन लोगों को विद्यालय में किसी का दाखिला लेना था, लेकिन मेरे पिता टस से मस नहीं हुए। वे जरा भी घबराए नहीं। अंततः उन लोगों को निराश होकर वापस लौटना पड़ा। यह घटना इस बात को दर्शाती है कि विद्यालय के प्रति उनकी निष्ठा इतनी मजबूत थी कि वे अपनी जान की चिंता किए बिना भी विद्यालय के नियमों से समझौता नहीं करते थे।

कभी-कभी वे मजाक भी किया करते थे और विद्यार्थियों से घुल-मिलकर रहते थे। उनके भूगोल विषय के ज्ञान ने विद्यार्थियों के ज्ञानवर्धन और रुचि जगाने में महत्वपूर्ण भूमिका निभाई। वे अपनी विद्यार्थियों को सदा आगे बढ़ने की प्रेरणा देते थे। आज भी उनके कहे हुए शब्द विद्यार्थियों में उत्साह और जोश को बढ़ा देते हैं।

मगही गीत और कविता लिखना तथा गाना उन्हें बेहद प्रिय था। उनका गीत गाना पटना संभाग में भी काफी लोकप्रिय था। योगासन उनके दैनिक जीवन का हिस्सा था। विद्यालय के अन्य शिक्षक-शिक्षिकाओं के साथ उनका संबंध हमेशा मधुर रहता था। वे हमेशा किसी की मदद के लिए तत्पर रहते थे।

अपने पिताजी के संस्मरण लिखते समय मुझे ऐसा महसूस होता है कि वे आज भी मेरे पास हैं। काश, मैं उनका पहला संतान होता, तो उनके साथ अधिक समय बिता सकता, उनसे अधिक सीख सकता और उनके अनुभवों को समझने में सक्षम होता।

कृष्ण प्रकाश

1989 बैच



Beyond Examinations and Marks :

A Journey from Academic Setbacks to Building a 50 Crore Business Empire

My name is Alok Kumar, and I am from Patna. I passed my 10th from Kendriya Vidyalaya Kankarbagh in 2010.

I am sharing my journey because I believe it may inspire those who have struggled academically and feel they can't achieve great things in life.

Coming from a middle-class family, I had no exposure to business or career opportunities. I wasn't academically inclined either. After passing my 10th with a 7.6 CGPA, I failed in class 11th.

I somehow managed to pursue engineering at Rajasthan Technical University, but things didn't improve, and I ended up failing 27 papers during my course. This failure in college turned out to be a defining moment. Despite all odds, I graduated with around 70% marks and kept my entrepreneurial spirit alive by trying multiple

ventures, though none of them succeeded initially.

In 2018, I founded Coworking Studio, addressing the demand for affordable office spaces. Over the past 6 years, we have grown to 50+ campuses across 9 cities, with a total valuation of over ₹50 crore.

In 2025, I ventured into office furniture manufacturing by launching Furnixo, backed by a 15,000+ sq. ft. factory, providing high-quality office furniture solutions.

Today, I share my journey with the hope of inspiring others who may feel held back by academic setbacks. Success is built on perseverance, learning, and daring to dream beyond limits.

Alok Kumar
2010 Batch

(written in January 2025)



Friends, Nostalgia and Beyond

As we catch up and reminisce with our old friends for another re-union this year, I can't help but feel a sense of nostalgia for the days gone by. It seems like only yesterday we were walking the corridors of our school, dreaming of our futures and all the adventures, excitements that awaited us outside the gates of our dear school. Our young inexperienced minds dreamt of a beautiful world awaiting us that would embrace each of us with much love and care. And then we have all had our shares of ups and downs, successes and failures, joys and sorrows.

Looking back, it's a joy to see how much we have grown and achieved in our lives. We have pursued our passions, taken risks, made mistakes and learned from them. But most importantly, we have never given up.

The challenges that we faced and the hurdles we overcame made us even stronger. This is something to be proud of and this is what our school has taught us over the years. Our teachers, have always inspired and encouraged us, pointing out the abilities in each one of us. Here, at Kendriya Vidyalaya, we were always groomed holistically. Curricular and extra-curricular activities were imparted to us parallelly. I fondly remember our participation in Youth Parliament, that prepared us and gave us a hands-on experience on democracy. I have always conducted Youth Parliament sessions in my college since the days I joined as a teacher. I recollect the thrill that I felt as I reconnected with all my friends here through social media back in 2017. I felt so full of life and young again as I got back with my friends. Since then, we have remained connected and got more closer to each one, even more than our school days. We bonded so strongly and the long gap since we left school doesn't seem to exist now. It's a joy to be reunited again, older and wiser and ready to take on whatever life has in store for us. As we

reflect on our past, let us also look to the future with hope and excitement. The world is full of possibilities and that we have the power to shape our own destiny.

As we look into the future, let us remember the lessons we have learned from our past, let us cherish our friendship, keep supporting one another through the challenges ahead and strive to make a positive impact on the world around us.

I am proud to be a part of the legacy of Kendriya Vidyalaya which have always strived to impart education and all-round development of children irrespective of any social discrimination, be it religious, financial or any other all over the nation. We at Kendriya Vidyalaya have always been

taught that we are citizens of the same nation and enjoy equal status and opportunities in all spheres of life. This teaching imbibes in us the feeling of equality right from the childhood & we learn to treat our fellow people with dignity.

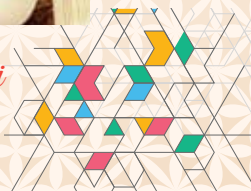
However, my heart goes numb in sharing with all of you here that, we lost three of our dear friends from our batch this very year. Uttam, Kavita and Usha will be missed for ever now. They left us too early and we were left feeling so helpless. So, friends let us make the most of whatever we have at present, lift up one another and be together in everyone's joys and sorrows.

Let us keep inspiring one another to be the best selves.

This reunion brings us one more opportunity to come together and celebrate our shared journey.

Thank you all, and here's to a brighter, happier and inspiring future.

Arpita Mandal
1988 Batch



Memories of my school days at Kendria Vidyalaya, Anisabad & now Kendriya Vidyalaya, Kankarbagh

The entire span of school life is probably the best period of our lives. It is the golden period of learning and it truly impacts students' lives. The importance of school life cannot be negated and it is a vital formative experience for children and adult students alike. Anyone and everyone who has ever been a student, knows what school life is all about.

It is rightly said that any person always remembers their first day at school and their last day at school. The first day a child remembers, is because it came there weeping and the last day a student remembers because they leave their school, weeping again. In my case, I remember clearly my first day at the school and my last day at the school. The joys of school life are surely countless. Indeed, the school days are the best of our lives.

School represents an important learning experience which teaches us motivation, self-confidence and the will to always give our best. In addition, school blesses us with friends, many of whom remain with us for the rest of our whole life. School days really are the best days of our lives and for me, I have only good memories of my school days. For me, those days are still with me like an invaluable treasure.

I clearly remember my first day at school and the memories of that day are still vivid. I can still feel how warmly I was welcomed at the school. Such a warm welcome can truly define a child's school experience in the best possible way.

As a school boy I learnt a lot about how to co-operate, got motivated and shaped in the company of my best friends. I still remember the first year wishes we received from our teachers and I always regard my primary school life memories as a treasure.

My time in high school was an equally valuable learning experience and I met some of the

best friends I have today in my life. Admittedly, I made a lot of blunders and mistakes during my high school years. But thanks to my sincere friends and honest teachers, I was always rescued from too much of trouble. This is how high school taught me the true meaning of co-operation and love.

Looking back, I realise how ignorant I was during my school days and how many shortcomings I had. However, my time in high school showed me how important school life was and I would not have the great friends, good knowledge, good experiences and good memories I have today if it was not for my high school years.

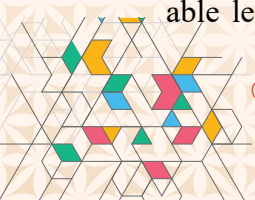
Despite the excitement with which the high school days and years are filled, we also tend to become matured enough to understand the value of time. My high school life is a wonderful chapter in my memories because I learned dedication, self-actualisation, hard work & motivation.

My high school years were also the period in which I started working hard towards my goals. Thanks to that, I am happy with the career and the life I have today.

One of my best high school memory was the day when I was selected to represent my school during 1970 at K V Ferozepur Cantt. under the National Integration Scheme and spent one month there with many other students from K Vs of Eastern India comprising of Bihar, Bengal & Orissa.

I also had the privilege to represent my school in Football, Volleyball & Athletics at sub-regional, regional and national levels of K V Sangathan meets during the years 1973 & 1974.

It was a moment of great pride for me, as well as for my parents and for my school too when I was selected to participate in the Republic Day Parade, 1973 at New Delhi as a member of Bihar Contingent, National Cadet Corps (Air Wing). I





still remember how happy my parents and school teachers and friends were when I was adjudged the top achiever in No.1 Bihar Air Squadron, NCC.

During my school days, I always had the habit of recording my experiences in a diary. During my free time I would always open my diary and write. It helped me soothe my pain and it fulfilled me with confidence and courage. It fulfilled me with much of confidence and courage.

I still have with me, a few pictures we took in high school which remind me of all the good memories we made. I remember the days we celebrated in school and the extra curricular activities we took part in.

Looking back on my entire time in school, I have so many fond memories. I still remember the excitement of learning new things, the challenge of completing difficult tasks, and the joy of making lifelong friends. I also remember the teachers who inspired me and the classmates who made me laugh.

Of course, there were challenges also, along the way. I remember feeling stressed about tests, struggling to make friends and feeling lost and alone at times. But I also remember how I could overcome those challenges and grew as a person.

School was a time of great change and growth for me. It was a place where I learned about myself, the world around me, and what I wanted to do with my life. I'm so grateful for the experiences I had in school, and I'm so thankful for the people who helped me along the way. But it wasn't until I was much older that I realised how much I had actually gained from my time at school. I had learned so much, both academically and personally. I had made life-long friends, and I had developed a strong sense of who I was. I'm so grateful for the life I have, and I know that it's all because of the foundation that was built in school.

It seemed like a lifetime ago that I was a young boy, full of hope and excitement about the future. I couldn't wait to get out of school and start my life.

I'm so thankful for all the teachers, and friends who helped me along the way. I remember my last day of school like it was yesterday. I said goodbye to my friends and teachers, and I promised to stay in touch. Then, I walked out of the school gates and into the real world. So, even though I was glad to leave school at that time, I now realise that it was one of the best times of my life.

It's hard to believe that it's been 50 years since I left school. It seems like just yesterday I was walking in the halls, taking tests, and hanging out with all my friends. But time flies, and now I'm a grown-up with a family of my own, leading a retired life.

As I look back on my 50 years of leaving school, I realise that I'm still learning and growing. I'm still facing challenges and overcoming them. But I'm also still finding joy in the simple things, like spending time with my family and friends, learning new things, and exploring the world around me.

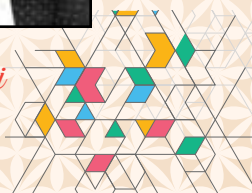
But after a while, the novelty started to wear off and I started to realise that adult life wasn't all that fun and games. I had to work hard, and I had to make responsible decisions. I started to miss my school and the simple life enjoyed there.

I'm not sure what the upcoming years will bring for me, but I know that I'm ready for them and I'm confident that I can handle whatever challenges come my way. I'm also confident that I will continue to learn and grow, and that I will continue to find joy in the simple things I have experienced during my school days.

I'm so excited for the Alumni Meet and I can't wait to see what more it holds for me.



ASHOK KUMAR SINHA
1974 Batch



The River that Flows through my City

I did not discover the beauty of Ganga until my post-graduation days, rather, I did not get the opportunity to. The river had always been there, I never walked up to it and stood there in awe as it flowed past me, without ever abandoning me.

I unwillingly agreed to go and check out Patna University for my post-graduation. I walked into a building which was ill-maintained yet it exuded a sense of bygone magnificence. My near obsession with old buildings got me interested and the view of Ganga, which at that time was overflowing with water completely sold me to it.

It started with occasionally hanging out at Kali Ghat with new people I had found there. Then, I would go there way before my classes started and sit there and watch, just watch. The true pleasure of the river was discovered when I started stopping by after my classes. As the sun set, the crowd would clear and the only people left there would be the students of University and other educational institutes that were located nearby. Ghats after darkness were portrayed as an unsafe space to me, so initially, it was just an act of rebellion for me, but slowly, I started enjoying it. The quiet and lack of gaze there was something that I craved. People there at that time primarily constituted of friends and lovers, they used to be so engrossed in themselves that nobody even cared whether I was there.

Every bit of break we got from University was spent wandering about the ghats. Some of the most important friendships of my life were forged there. The openness of the sky made it easier for me to open my heart to the people I had begun to recognise as friends. Each of them are as gener-

ous, boundless and unruly as the river that brought us together. I have spent innumerable evenings with them by the river, just sitting and chatting and occasionally sipping on the tangy little cups of lemon tea, which never lasted long enough.

Next level of my affair with Ganga was achieved when I started spending the mornings and the evenings on the banks in the remote parts of the city. At these places, all you could hear was the pleasant wind, and the sound of the flowing river. That calm and beauty always triggered something in me. That was probably why in terms of writing, those two years were the most productive years of my life. It was as if the river was flowing through me and washing all my scattered words to form structured sentences on its bank.

Last few months of post-graduation were difficult. I had to make way too many tough decisions in very little time, and at that time, Ganga was my counsellor. Everytime I was anxious or scared, I would rush towards it and everytime, it would calm me down and I would come back sorted in my head.

Now, I live in a city where the river barely ever flows. It is nearly stagnant and foul smelling. But even now, whenever I am troubled or confused, I close my eyes and I am taken back to this particularly red evening that I spent on Digha-Sonepur bridge. Below me was the immensity of Ganga and above me, the vastness of the sky and the most awe-inspiring was what lay in front of me, the horizon where these two seemed to meet. In that moment, everything made sense and I knew that the beauty of the world was not a mere illusion. It was a reality worth fighting for.



Snigdha Supriya
2011 Batch

Not Too Young, Not Too Old

Not too young, Not too old
Not too shy And not too bold

I judge myself, yes I do,
no one else, to be true.
Not because People push me to do better,
I push myself Too much, to be a go getter.
I work really hard, And live by rules,
I go to practice and miss my school.

I am a batsman, I am a boy,
Like a superman still a little coy..
But is it necessary to be out and Loud
I silently do my job..
And let my work speak aloud

I stand there... Out on the field,
With all my hard work
and hardly any shield,
I focus harder each time
To hit the ball with all strength of mine
Yes I do it... Not everytime, I admit
But I no longer bother
With all my heart, I commit.



I commit to my game, to myself and to my life...
With each ball that I face...
With each situation that will surface
All I will do is challenge myself to learn...
The knowledge and skill is all that I yearn..
I will never leave my side, come what may
Yes, I will stand, tall and strong...
Even if there's a little dismay...

Now I go out... All padded up..
Stand on the pitch, fully geared up
I do my best... Each single time
Enjoy my victories... They are mine.
Yes.. I still falter once in while...
I Learn from them, that too in style.

विराम नहीं, बस कौमा है यह

कौमा जानते हैं ना आप?
वही अर्धविराम!
जिसके बाद पल दो पल रुककर
कहानी आगे बढ़ती है,
जिसमें पीछे कोई छूटता ही नहीं,
साथ ही चलते हैं सब-
कोई यादों में
और कोई दुआओं में ।

दिया जो प्यार
वह हमेशा वापस लौट आता है
लम्हा-लम्हा बीता वक्त
खूबसूरत याद ही तो बन जाता है,
नया, बस पुराने का हिस्सा

नजर आता है
जैसे खट्टा और मीठा,
पानी में जरूर घुल जाता है।
तो चलें, कौमा के उस पार!
राहें बदल जायें चाहे
खुशनुमां होगी हर डगर
प्यार और दुआओं में
होता है बेपनाह असर,
ख्वाहिशों का क्या है,
वह तो हजार होंगी ,
ये मोहब्बत और दुआ हमेशा साथ होगी..
जिन्दगी यूँ ही तो गुलजार होगी॥



शैली ओझा
1996 बैच



Let me be a Poet

Let me be a Poet. I'm happy as such.
Keep the Pierian with you, I don't want much.
I've tasted what you offered, and tasted but a sip,
It's boggling all over and striking with a whip.
I'm no sober now, nor do I wish to be,
As the shallow draughts gave way to my numb humility.
So, tag me of an atheist for capricious I appear,
Or send me into exile, or whatever – I don't care.

Reason makes a man and emotion – reckless being!
The whole idea, on its face, seems a far-fetched thing.
And then, I fail, again, to value the ideals, which succour you the most
In diving past the Vaitarna, and fighting with the ghost
Of your past indulgence, which without any row
You overcome, holding, merely, by its tail, the holy cow!

Don't Panic! My LEARNED Friends, I'm just another tramp,
No home do I belong, nor crave for any camp.
I'll come and go, and may not visit again,
Not even in your dreams to sermon you in vain.



तुम्हारी सकारात्मकता के हवाले

मुझे बतलाया गया कि
तुम जो भी लिखोगे
वह पहले ही लिखा जा चुका है
तुम्हारी खर्च हो चुकी साँसों से
कहीं अधिक अलफ़ाज तैर रहे हैं
लेखनी के इस महासागर में
जिन्हें साहिल पर रुककर
एक नजर भर
देख लेने से ही
आने लगती हैं मिचलियाँ
और तो और
उबकाइयों के पीछे
अपनी ऊब छिपाते
उलटे पाँव लौटने लगे हैं लोग भी
डुबकियों और गोतों की तो सोच से भी
बहुत दूर जा चुकी है दुनिया
तो अब, बंद करो लिखना कि
जारी रख सको जीवन
सकारात्मकता के साथ!

जी हाँ! इस तरह –
सकारात्मकता के साथ
नकार दिया गया सकारात्मकता को ही!

मुझे यह भी बतलाया गया है कि
दूर देश में उपद्रवियों ने
जला दिया है एक पुस्तकालय
और अपने भीतर की आग को
रोप आए हैं वो उन अलमारियों में
जहाँ सहेज कर रखी हुई थीं कितनी ही साँसें
और, जहाँ सहेज कर रखा हुआ था जीवन!

सोचा, बतलाता चलूँ कि
लिखनी हैं मुझे अपनी साँसें
लिखना है मुझे अभी जीवन
ताकि सहेज कर रख दिया जाऊँ
बाद, अलमारियों में ही कहीं
तुम्हारी सकारात्मकता के हवाले!



प्रियदर्शी मातृ शरण
1999 Batch



A Journey of My School

Alright, let me take you back to 1993, the year when I, Rekha, moved from being the quietest child in the neighborhood in Kolkata to the busy streets of Kankarbagh in Patna. I had no idea that my life's journey would change from being a comedy of blunders to a story of metamorphosis.

You see, even a mime artist would have asked me for lessons when I was younger since I was so quiet. And "The Chronicles of a Clueless Kid" is the title I would have given my book if I had written it at that time.

However, life had other ideas. After my mother passed away, I became a one-woman household management machine. I was forced to learn how to cook, clean, and fold laundry at the youthful age of "too young for this!"

I was ordinary at school, trapped in that "just right" zone, like Goldilocks in the classroom. However, my superpower was my diligence. It was my hidden weapon, which I was ignorant of until a fateful and quite comical day.

It's like this: sunny days, forgotten meals, and a growling stomach which could rival the roar of bears. Desperation has taken its toll on me, and

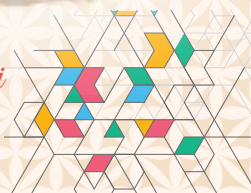
I've embarked on a great culinary adventure outside of school, like a pint sized, lunch loving secret agent. My mission, of course, was not as secret as I thought. I was caught doing this by my teacher, and I was reprimanded as if a cat had been caught red-pawed in a cream jar. But the plot thickened when my teacher learned the reason behind my lunchtime escapade.

It turned out that she recognised potential in me that I was unaware of. Rather than criticizing me more, she turned into my ideal hype-woman, inspiring me to go for the stars. I switched from being the quiet, normal student to a study crazy on a goal after that day.

From a little child who thought he was "stupid" to a psychologist, writer, speaker, and motivator, I've come a long way. Because of my teacher's brief but hilarious flash of inspiration, I was able to uncover the intelligence that had been lying within me the entire time.

Thank you Ma'am...

REKHA SINGH
1997 Batch



Retirement : Life Version 2.0

It was an unusual situation for the entire world. This lock down imposed in India was new to us. With the vast population of 1.38 billion comprising of a variety of people and unmatched living conditions - climatic, social, religious and political variations prevailing here, it was obvious that nothing implemented may be accepted as same for all. But that lock down had atleast given a sudden off-time in most of our lives. It had given us a time to re-ponder and take a more simplified life, embracing humanity. This led me to think about the life of a person after retirement from job, a similar circumstance, and that too requires a holistic handling.

Till yesterday, we had our plans and busy life in full rhythm and then the lockdown was announced, stopping us then and there. Similar to retirement, but with a difference that “you are about to retire” is known in advance and applies only to you, not the others. In both situations, there prevails uncertainty about everything. Fear of venturing into the unseen and unknown days. And hope. We need new plans. First, to keep the daily basic needs fulfilled, and to stay safe and healthy. Then, to keep ourselves occupied. The initial days of retirement, dear senior folks, must be having a similar backdrop, isn't it? But just like this lockdown, retirement is not taken in the same spirit by everyone. It too is imposed, whether you like it or not, whether you are prepared for it or not, it's a rule implemented bluntly, for all.

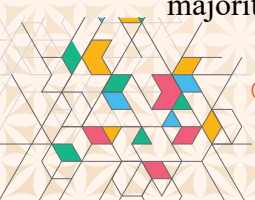
So, have a look around... remember the life of people during lockdown. And, let me state this clearly here, that, I am not talking about the people influenced with the pandemic closely or hit directly (infected or fighting), whose life was moving on a different note. May God bless them! We are just having this little chit-chat about the majority of people trying to save themselves from

the pandemic by "staying indoors" during the lockdown.

Having said that, let me repeat, have a look around... remember the life of people during lockdown. Many were bored and cribbing all the time, not knowing how to use their time. Some were happily embracing their favorite pillow and fulfilling their long awaited wish of being a couch potato... Sounds funny, but it's true and far more amazing than complaining endlessly, I believe! Many had taken up hobbies like cooking, gardening, art and craft, fitness regime, diet control, reading, taking up online courses, socializing on internet and what not! But even during that time, many people were bound to take responsibility, due to their nature of work or need based volunteering. So, we see the various aspects of human beings reacting to a given situation. Let us see how closely it matches with the retired life.

Many people, right from the realization that the day of retirement is approaching, will start feeling old, weak, sick and worthless. Not thinking about how to best use their time, they will crib and feel bored and irritated to such an extent that even the people in vicinity may see the adverse effects, and get scared imagining the plight of such confinement. Contrary to this, retirement to some is like a retreat. A time when one gets an off from the daily job / occupation, and change the focus to things you rather like to do during the vacations. If job was like climbing up the mountain, retirement may mean to look at the beautiful views from there.

After a long time at work, that one may or may not have enjoyed doing, you retire with a satisfaction about the count of years of professional life and countless memories. One may or may not have decided to take up any job offered right after retiring, depending on need, attitude and



availability of worthy options. Some really want to relax for a long while and recapture the life spent. One may prioritize to catch up with family and friends. Some take to travelling, exploring various countries and places, while many others take to pilgrimage. Some still feel active for their age, and find themselves busy finding a new venture that might be interesting, to engage and earn and still deliver to the society. Many take absolute fitness regimes after retirement and get more sporty. There are absolute and countless choices to make.

Be a chooser, pick up a good life. Keep up your spirits, as there is still a long way to go. Retirement is just a comma, not the full stop of life. It's a pause, before you enter another chapter of life. It's also a breath of fresh air, as you are now free of barriers and judgments. It's your own free will and ample of time. Sleep a lot or keep yourself busy, meditate or play sports, cook or travel, read or gossip, play with grandchildren or join a club, socialize or be at peace all alone, you are free to do whatever you like and keeps you moving ahead

*People do retire from work,
but should not retire from life and zest*

joyfully, except setting a bad example of sadly retired category! People do retire from work, but should never retire from life and zest.

Back to the lockdown scenario, with ample of time and freedom to manage it, it's up to us to choose wisely and live joyfully. If you are unable to find time for things you thought you would do to find joy, if you got a break from office or daily routine, you surely lack some will power and discipline, and must not blame 'time' for it. After retirement, in my opinion, one should look for engagement and overall satisfaction on a DAILY basis, not on a long term basis. One may try and find interest in doing new things, exploring your inner self and keep yourself motivated for a healthy and peaceful lifestyle, and live joyfully. It's good to remind ourselves quite often that, its the smallest moments of joy over the years, making our long term memories, of a happy life spent. Wish you a Happy Retired Life !



SWAPNIL ROY
'Soulthinker' 1996 Batch

स्कूल को याद करते हुए... अपनी बात

शिक्षा, शिक्षण और शिक्षण पद्धतियों के क्षेत्र में काम करते हुए अब लंबा समय गुजर गया है। ऐसे में यहाँ थोड़ा ठहर कर कुछ विषयों पर विचार करना आवश्यक जान पड़ रहा है। ऐसा करने के पीछे एक मजबूत कारण यह भी है कि साल के आखिर दिनों में अपने स्कूल के एल्यूमिनी एसोसिएशन द्वारा (एल्यूमिनी मीट) का आयोजन किया गया है। इस संदर्भ में एक 'सोवेनियर पत्रिका' निकालने का उत्तम विचार भी रखा गया है। अतः इस अवसर का फायदा उठाते हुए मेरे जहन में

ये विचार हिलोरे मारने लगा कि यहाँ थोड़ा रुक कर पीछे मुड़ कर अपने बचपन, स्कूल में बिताए अपने दिनों और जीवन में स्कूल के योगदान का गंभीरता से अवलोकन किया जाए।

मैं विश्वास के साथ कह सकता हूँ कि स्कूल से मेरा रिश्ता बहुत करीबी और गहरा रहा है। यहाँ यह बता देना भी आवश्यक होगा कि पठन - पाठन के दृष्टि से मैं एक औसत स्तर का छात्र रहा वहीं अपने समय में खेल - कूद के क्षेत्र में मेरा काफी दखल रहा। यह भी



कहा जा सकता है कि स्कूल के दिनों में खेल - कूद के पर्याप्त अवसरों ने मेरे आने वाले दिनों के लिए मेरी दृष्टि और समझ के निर्माण में महत्वपूर्ण योगदान दिया। कुल मिला के यह कहा जा सकता है कि स्कूल में मिले उर्वर माहौल ने भविष्य में जीवन की दिशा और दशा को निर्धारित करने में महत्वपूर्ण भूमिका निभाई।

यहाँ यह देखना रोचक होगा कि हमें स्कूल के नाम पर क्या मिला?

हमारे स्कूल परिसर में कदम रखते ही आपको ये अनुभव हो जाता है कि आप किसी खास और विशेष स्थान पर आ गए हैं। स्कूल का विस्तृत परिसर, सलीके से बनाए गए क्लास रूम, खेल का बड़ा मैदान आप को भाव - विभोर कर देता है। स्कूल का भौतिक संरचना आप को सहज और सरस माहौल का आभास देता है। यहाँ आपको बड़े - बड़े क्लासरूम जिनमें प्रकाश और हवा का समुचित व्यवस्था मिलेगा। इन सभी विशेषताओं को शिक्षण शात्र में किसी भी खुशियों के स्कूल के लिए आवश्यक शर्त माना गया है।

भारमुक्त खुला माहौल का होना

पिछले कई दशकों में शिक्षा के क्षेत्र में होने वाले शोधों ने ये बताया है कि स्कूलों को अपने यहाँ भारमुक्त, सहज और बच्चों के नैसर्गिक विकास को सुनिश्चित करने वाले माहौल का निर्माण करना चाहिए। इन बिंदुओं को ध्यान में रखकर अगर जब आप हमारे स्कूल का अवलोकन करेंगे तो आप पाएंगे की यहाँ पठन - पाठन का क्रियाकलाप बहुत ही सुरुचिपूर्ण से होता है। साथ ही बच्चों के नैसर्गिक विकास के लिए खेल कूद के साथ और भी रचनात्मक गतिविधियों पर जोर दिया जाता है।

बच्चों का अपना कोना, अपना समय

स्कूल का विस्तृत भौतिक संरचना पठन - पठान से हटकर भी बच्चों को आपस में मेल जोल बढ़ाने, समाजिकता के विविध आयामों तथा आपसी सौहार्द की भावना को जाँचने परखने का पर्याप्त माहौल मुहैया करवाती है। बच्चे उन्मुक्त रूप से यहाँ दोस्ती

मित्रता के कोमल और भावनात्मक सूत्र में बंधाते हैं और समाजिकता के अत्यंत महत्वपूर्ण पहलु को जानते समझते हैं। इस तरह का उर्वर माहौल बच्चों को एक मजबूत तथा सशक्त नागरिक बनने में मदद करती है।

बच्चों के रचनात्मकपक्ष के विकास की ओर ध्यान का आभाव

अपने समय में मैंने ये अनुभव किया कि रचनात्मक गतिविधियों जैसे कि पेंटिंग, संगीत, नृत्य आदि विषयों के तरफ स्कूल का पूरा ध्यान नहीं रहा। स्कूल के तरफ से बच्चों में इन विषयों के प्रति लगाव तथा रुझान विकसित करने के लिए जितना प्रयास किया जाना चाहिए था उतना होते नहीं दिखा। हालिया समय में विकसित शैक्षणिक विमर्शों तथा शिक्षा के क्षेत्र में हुए शोध ने ये बताया है कि बच्चों के नैसर्गिक विकास के लिए उनमें रचनात्मक गतिविधियों को बढ़ावा देना एक जरूरी काम है।

अतः यहाँ यह स्वीकार करने में मुझे कोई गुरेज नहीं कि मेरा स्कूल का सफर काफी सुखद और संतोषजनक रहा। आज भी जब कभी मुझे बच्चों के अधिगम तथा शैक्षणिक विमर्श से संबंधित पहलू पर कोई बात समझने में परेशानी होती है तो मैं अपने याद का पिटारा खोल कर स्कूल के प्रांगण में लौट आता हूँ और उस मसले का समाधान वहीं कहीं ढूँढने का प्रयास करता हूँ। एक बार जब आप स्कूल से जुड़े यादों का पिटारा खोलते हैं तो फिर वो बंद होने का नाम नहीं लेता एक - एक कर जाने कितने चेहरे और कहानियाँ आँखों के सामने आ उपस्थित हो जाती है और आप के मन को गुदगुदा जाती है। इसी के साथ अपने स्कूल को याद करते हुए इस क्रम को यहीं विराम देते हैं।

मनीष कुमार,
1997 बैच



सफर... प्रगति पथ का

अब चील - कौवे नहीं आते रिसेस में स्कूल! शायद अब अपनी टिफिन से रोटी उछालने वाले बच्चों बड़े हो गए हैं या फिर प्रगति की भेंट चढ़ चुके हैं। बहरहाल सालों बाद स्कूल पहुँच खुशी के साथ कुछ काश रह गए। प्राइमरी सेक्शन के एक मंजिले भवन से क्रमशः सेकेंडरी सेक्शन तक, वक्त बीतते समय का पता नहीं चलता। कई बरस गुजरने के बाद काफी कुछ बदल चुका था, पटना से सटे बहती गंगा शहर से दूर हो चली थी, ध्यान ही नहीं रहा। रेस में शामिल भीड़ से जब साँस लेने की फुर्सत मिली तो बचपने की वह बिल्डिंग भी तरक्की कर दो मंजिला हो चुकी है। जगह उतनी ही है पर कैम्पस छोटा दिख रहा था, ताड़ के लंबे पेड़ भी समय की भेंट चढ़ चुके थे जिनकी ऊँचाइयों पर वो चील रहा करते थे।

दो-चार स्कूली मित्रों के अलावा किसी की खबर नहीं थी, कौन-कहाँ है, पता नहीं। आज जो अधिकांश युवाओं का टाइम पास टूल है, सोशल मीडिया, “वरदान” साबित हुई बहुत से मित्र मिल गए, शेष दोस्तों की तलाश अब भी जारी है और फिर तो कई चक्कर लगे अपनी स्कूल के।

अब स्कूल में हमारी पहचान एल्युमिनी #kvkpalumni1987x बैच है। स्कूल में कई बैच अच्छे निकले, पर अपनी बैच कमाल की थी, देश-समाज की सेवा भाव से लबालब कितने ही देश की सेना में, कोई भारतीय पुलिस सेवा में, तो कई प्रशासन में, कोई देश के भविष्य को संवारने शिक्षक बने, कितने ही इंजीनियर निकले हैं तो चिकित्सक भी कम नहीं। कुछ ने स्वयं का व्यवसाय शुरू किया तो कुछ ने उद्योग लगाए। न लड़के कम रहें न लड़कियाँ पीछे रहें, प्रगति-पथ की स्तर में सभी काफी आगे निकल गए। सेवा का शायद ही कोई क्षेत्र अछूता रहा, जहाँ 87X बैच ने दस्तक ना दी हो। जब मिले तो स्कूल का प्रार्थना ग्राउंड खूबसूरत पार्क में तब्दील हो चुका था। मुख्य भवन के द्वार को देख ड्राइंग सर बरबस याद आ गए, लंबी-ऊँची स्तूल पर चढ़ स्कूल का नाम लिखे थे। कॉरिडोर में एक खास चहलकदमी हजारों

शोर को शांत कर देती थी। आज स्कूल माननीय प्रधानमंत्री जी का लाडला बन गया है, इतने बच्चों आ गए की विद्यालय को दो शिफ्टों में चलाया जा रहा है। देश भर में शायद यही व्यवस्था है। अपने बिहार से निकल देश और दुनिया भर में पसरे हैं अपने बैच के लोग। जहाँ मिली नौकरी उसी शहर के हो कर रह गए। आज भी वही स्थिति बनी हुई है, पलायन का विकल्प नहीं बन पा रहा प्रदेश। फिर भी, जब भी मौका मिलता है सारे दौड़े चले आते हैं।

एक बहुत ही मशहूर गजल ‘ये दौलत भी ले लो’..., “जगजीत सिंह” ने गाया था, सभी जानते हैं, पर इसे रचा किसने, “सुदर्शन फाकिर” साहब जो जालंधर के रहने वाले थे, कम ही लोग जानते हैं। हम सभी 87x बैच के लोग, अपनी पहचान तो बखूबी बना ली, पर बाहर लोग नहीं जानते, हमारी पहचान के पीछे किसका हाथ है। हम अपने रचनाकारों से फिर से मिल अभिभूत हुए, माँ-बाप की तरह उनके ऋण भी नहीं उतार सकते पर पुष्पांजलि तो अर्पित कर ही सकते हैं। स्कूल का लिया उसे कुछ लौटा सके तो खुशकिस्मत होंगे...

कभी झुंड में पार किया करते थे राजेन्द्र नगर पुल का एरिया, सन्नाटे के बीच यहाँ बड़ी झुग्गी हुआ करती थी, हम सभी डरे रहते थे, आज स्कूल की दीवारों से सटे अतिक्रमण यदा-कदा हटा दिया जाता है तो कुछ मित्र तस्वीरे साझा करते हैं। पटना भी मेट्रो सिटी बन गया, इस वर्ष यहाँ भी मेट्रो दौड़ेगी, बस स्कूल गेट के सामने की सड़क टूटी रह गई। एल्युमिनी संगठन ने भी काफी प्रयास किया और आगे भी सड़क बन जाए इसके लिए प्रयासरत रहेगी। नेवी ब्लू पेंट और सफेद शर्ट अब रंगीन हो समय के साथ कदमताल जरूर कर रहा है पर हमारी यूनिफार्म आज भी जेहन में खूबसूरती संजोय हुए हैं।

बड़ी याद आती है, वो कबड्डी, खो-खो, पिट्टो, जगजीत सिंह की गजल ‘वो कागज की कश्ती वो बारीश का पानी’ वो कुर्सियों के टूटे पाये से क्रिकेट खेलना। भुलाए नहीं भूलती वो यादें, अब तो न कागज की कश्ती रही न वो बारीश ही होती है, बस



संजोय हुए है ढेर सारी यादें, जब भी मौका मिलता है मिलने-मिलाने का, गेट-टुगेदर भर बच गई है बचपन की जिन्दगी। लोग बच्चों में झाकते हैं अपने सपनों को, हम उनमें देखते हैं अपने बचपने को। कल-पुर्जो और मशीनों की शोर में सब दब सा गया है, भागम-भाग भरी जिन्दगी में जब भी मौका मिलता है स्कूल की तरफ जरूर भागते हैं, बदले यूनिफार्म में वो अक्स नजर नहीं आता! गुनगुनाने भर से मन को संतोष मिलता है,

“ये दौलत भी ले लो, ये शोहरत भी ले लो” ये कैसी प्रगति है ये कैसा है सफर, जहाँ से शुरू की थी वहीं लौट क्यू नहीं जाती...

अमित कुमार पाण्डेय,
1987 बैच



Grow Old Gracefully

A timeless trace, yet in my heart, the embrace of a child, as the years go by.

A waltz so gentle, a dance with time; I'm growing older, yet I'm still a child.

Stories are revealed by the lines carved on skin, but the soul is always fearless within.

A dream playground with wild laughter ; I may be growing older, but I'm still a kid at heart.

Whispers of wisdom, an experienced mentor,

I'm growing older, but my curiosity pulls me back to my youthful innocence like a wave.

I go through the chronicles of age, but the playground of the heart wears thin.

In the mirror's reflection, traces gathered.

Let the candles represent the years, yet happiness still shines in my heart.

A resolved contradiction of time: I'm growing older, but I'm still a child.

REKHA SINGH
(Psychologist),
1997 Batch.



प्रांगण में तेरे छी

माँ सा आँचल
दया, प्रेम, करुणा
का सार मिला
क्षीण, अक्षम, निर्बल जन को
पर्वत सा ठोस
आधार मिला

प्रांगण में तेरे हीं
पग में स्पंदन
और अविरल गति
का सार मिला
उमड़, घुमड़ के विघ्नो पे
छा जाने का
विधि - विधान मिला

धौर्य, धीर
का डोर पकड़ के
अविरल, अविचल
जीवन पथ पे
छा जाने का
संज्ञान मिला

तेरे विस्तृत विस्तार
में अटखेलियां करते
चंचल, चपल मन को
असीम विस्तार मिला

धान्य, धान्य
रोम, रोम
और मन का
कोना - कोना मेरा
जो तेरा संबल साकार मिला
ये अनुपम विस्तार मिला !

मनीष कुमार,
1997 बैच



Your road to success may not be always smooth

After 33 years in mainstream journalism, I decided to take voluntary retirement at the age of 56. I was merely 23 when I joined Hindustan Times, having then just completed my Masters in Public Administration.

Looking back, as I take a trip down memory lane, I feel the road to success was never a smooth one. And it should never be a smooth one either. For, a bumpy ride always motivates you to work harder.

It was my case. It could be yours.

PAST FORWARD

It was a hot humid day of June in 1984 when we were waiting for our CBSE Board Examination results at the campus of Kendriya Vidyalaya. No matter whether one was good at academics or not, tension was writ large on all those who were staring at the notice board, waiting anxiously for the result to be declared.

Once the result came out, I was awe-struck. For, I had scored in the 70s and 80s in all the subjects except English. I had just 41 marks in English, a poor third division, just six marks more than the pass mark.

Completely shocked and heart-broken, I was asking myself again and again how could this happen to me. One of the favourite student of Kapoor Madam, our English teacher, how could my performance be so awful in the board examination. My former class teacher in KV, Kankarbagh, Seema Roy Choudhary, who was passing through the corridor, stopped by to ask me why I looked so shell-shocked. I told her my English marks is so low that it has dragged my overall grades to 72 per cent. She pacified me saying: "If you write 91 in a hurry by using a pen, sometimes it may appear 41. The typist might have done an error. Apply to the CBSE office for re-evaluation." Her suggestion was significant in the sense precisely because she was aware that I was good at academics and always performed well in the class.

However, my parents were not in Patna then as my father was posted in a far-flung area. By the

time, he came to Patna, the time period for making a request for re-evaluation of English paper was over. Now this 41 marks in English got stuck with me all throughout and became a blot on me.

My parents were miffed with my low score. So were my other relatives and friends. Only select close friends, who knew me well, stood by me through thick and thin.

A NEW DAWN

Undeterred by such low score, I picked up the threads again. Completed my 12th board, followed by Physics Honours and then Masters in Public Administration. All throughout, my English and my writings remained flawless. And this was proved when after three rounds of written test and interviews, I was appointed as Sub-Editor of the prestigious English daily Hindustan Times.

After leaving Hindustan Times as its Chief Sub Editor, I joined Deccan Herald in 2005 in the rank of Assistant Editor/Special Correspondent and worked there for another 19 years where I covered Bihar and Jharkhand. During our first editorial meeting in Bangalore, the Editor said: "The most clean copy we get is from Patna – absolutely flawless reports. One should learn from Abhay Kumar how to tell your story in a precise manner."

This was a remarkable compliment. And it just nearly wiped out my bad old memories of the English paper marks. Later, my case was cited as an example at a symposium where it was argued that "don't let your board marks dishearten you ever. If you have the inherent talent, then only the sky is the limit."

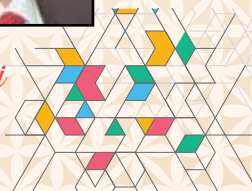
And rightly said. After all, it was this English which gave me bread and butter for 33 years.



ABHAY KUMAR

1984 Batch

Bureau Chief, Deccan Herald, Patna





हृदय रोग से बचाव : सम्भालिए अपने दिल को आसानी से

परचम लहराना किसे कहते हैं, ये बात 1985 बैच के चंद्रशेखर जो अब डॉ चंद्रशेखर हैं, से सीखी जा सकती है। प्रख्यात हृदय रोग विशेषज्ञ और अपने ही विद्यालय के पूर्ववर्ती छात्र डॉ चंद्रशेखर ने बताया की दुनिया भर में हृदय रोग, आज सर्वाधिक मौतों का कारण बन चिंता बढ़ा दी है। डॉ० चंद्रशेखर एक टेलीफोनिक बातचीत में बताया की, विश्व स्वास्थ्य संगठन के अनुसार सिर्फ 2020 में विश्व भर में लगभग 17.9 मिलियन लोगों की सिर्फ इस बीमारी के कारण मौत हो गई। डॉ० चंद्रशेखर ने बताया कि इस संख्या को खान-पान और जीवन शैली में संयम बरत 80 प्रतिशत तक कम किया जा सकता है। डॉ० चंद्रशेखर बताते हैं कि हृदय रोग कई प्रकार के होते हैं, जिनमें सबसे आम कोरोनरी आर्टरी डिजीज (CAD), अचानक हृदय गति रुकना शामिल हैं। ये समस्याएं तब उत्पन्न होती हैं जब हृदय को पर्याप्त रक्त नहीं मिलता या धामनियों में रुकावट आ जाती है। उन्होंने आगे बताया कि हृदय रोग के जोखिम कारकों को दो भागों में बांटा जा सकता है। उम्र बढ़ने के साथ खतरा बढ़ता है। पुरुषों में खतरा पहले होता है, जबकि महिलाओं में मेनोपॉज़ के बाद यह बढ़ जाता है। कई बार ये वंशानुगत भी होता है। मुख्यतः खान-पान और जीवन शैली पर निर्भर करता है। इस रोग से बचने के लिए युवाओं को आगे आना चाहिए। उच्च रक्तचाप, मधुमेह और कोलेस्ट्रॉल को नियंत्रित करें। मोटापा कम करने के लिए आहार और व्यायाम करें। डॉ० चंद्रशेखर बताते हैं कि हृदय रोगों से बचाव के लिए जागरूकता, कार्रवाई से कहीं बेहतर उपाय होगा।

प्रख्यात चिकित्सक बताते हैं की उच्च रक्तचाप को 'साइलेंट किलर' कहा जाता है क्योंकि यह बिना लक्षण के शरीर को नुकसान पहुंचा सकता है। नियमित जांच से इसे पहचाना और नियंत्रित किया जा सकता है। नमक का सेवन कम करें और डॉक्टर द्वारा सुझाई गई दवाएं लें। वर्ष में एक बार अपने रक्त प्रेसर की जांच करें। मधुमेह का सही प्रबंधन बेहद जरूरी है। रक्त शर्करा के स्तर को नियंत्रित रखें और नियमित व्यायाम करें। कोलेस्ट्रॉल को भी इसी प्रकार से नियंत्रित कर हृदय आघात को कम किया जा सकता है। सयन्मित खान-पान मोटापे को रोकता है और अधिकांश बीमारियों को यहीं से टाला जा सकता है।

निष्कर्ष : हृदय रोगों से बचाव के लिए जागरूकता और कार्रवाई दोनों ही जरूरी हैं। यह जरूरी है कि हम अपनी जीवनशैली में सकारात्मक बदलाव लाएं, नियमित स्वास्थ्य जांच कराएं और हृदय की देखभाल के लिए डॉक्टर से परामर्श लें। याद रखें, दिल स्वस्थ होगा तो जीवन भी खुशहाल होगा।

यह आलेख 1997 बैच की मेधावी छात्रा रेखा की अपने ही स्कूल सीनियर डॉ० चंद्रशेखर की टेलीफोनिक वार्ता पर आधारित है।

डॉ० चंद्रशेखर
1985 बैच



‘नारी शक्ति’

हर पल जिसकी छाँव में गुजरा
दिवस उसकी मनाते हैं
नारी के अस्तित्व को सीमित कर
हम महिला दिवस बताते हैं
सृष्टि की रचना में योगदान
नौ महीनों की पीड़ा का बलिदान
माँ प्रफुल्लित होकर सहती है
खुशियों से दुनिया को कहती है
जिस कोख ने हमको पाला है
जिस बीज में जीवन डाला है
नवजात शिशु के आगमन पे
माँ का स्पर्श ही पहला निवाला है
जो माँ का स्तनपान किए
अपने बचपन को खूब जिए
बड़ा हो कर क्या हो जाता
ना दूध का कर्ज चुका पाता
वो शिशु आज बड़ा होकर
हर मंच पर खड़ा होकर
नारी की व्यथा सुनाता है
एक नया गीत गाता है
कविता का रुख अब मोड़ता हूँ
समाज से कविता को जोड़ता हूँ
बड़ी चाह थी कविता लिखने की
पर माँ को कहाँ लिख पाया हूँ

है मन अशांत सागर समान,
है पसर गया सन्नाटा फिर से
बिखर गई मेरी ये दुनिया,
छीन लिया मेरा यारा रब ने
धोकर जमीन उसके पैरों की,
सुख हो गई आँखें मेरी
धूल उड़ाती यादें दिल से,
आँधियां हुई सांसों मेरी
खुद आजाद परिंदा बन,

मैं वो नालायक बेटा माँ का
वद्ध आश्रम की राह पहुँचाया
भाई हूँ उस बहना का
राखी का मोल ना चुका पाया
बाप हूँ मैं उस बिटिया का
गर उसने जन्म लिया होता
अपनी चंचल अठखेलियों से
घर आँगन प्रफुल्लित किया होता
मैं तो निर्बल निर्दयी निकला
बिटिया को मार कहाँ चला
जो जन्म से पहले मारी गई
जीवन दर्शन बिन चली गई
धिक्कार है मेरे पौरुष पे
मैंने ये कैसा पाप किया
जिस कोख से मैं निकला था
मैंने ही उसका नाश किया
क्यूँ नारी कमजोर पड़ी
जो पुरुषों के पीछे है खड़ी
क्या पाप किया था नारी ने
जो सती, चिता पर जा चढ़ी
जिस माँ ने मुझे जन्म दिया
वो भी तो किसी की बेटी थी
जो वो ना होती इस धारा पर
मुझमें ना होता रक्तों का संचार

धिक्कार है ऐसी मानवता पर
जो नारी का सम्मान ना करे
मैं पूजता हूँ उन सब को
जो नारी का मान धारे
होगा उस गहन अस्तित्व को स्वीकारना
होगा भली दृष्टि से उन्हें निहारना
करने दो विचरण खुली हवाओं में
सृष्टि का गर्भ है इन माँओं में
मत ललकारो नारी की ताकत को
माँ दुर्गा, माँ काली भी नारी थी
सन् सत्तावन की आँधी में
अकेले झाँसी वाली रानी थी
उठ जाग खड़ी हो नारी तू
पहचान ले अपनी शक्ति को
सन् सत्तावन की आँधी फिर से लानी होगी
झाँसी की वो लौ फिर से जलानी होगी

अम्बरीष चौधरी
1987 बैच

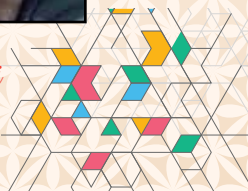


एक आवाज लगाई होती

बांधा गया मुझको इस तल पर
कैसे निर्वाह करूँ जीवन का,
बस तेरी परछाई लेकर
क्या कही नहीं थी तूने मुझसे,
यादें जो तुझे तोड़ रही थी
क्या सुनी नहीं मैंने वो बातें,
जो तुझको झंझोड़ रही थी
फिर चला गया क्यों मुझको तज कर,
दिल में इतना दर्द समा कर
एक बार तो आगे बढ़ कर,

एक पल को विश्वास बढ़ा कर
मुझमें लौ जगाई होती,
एक आवाज लगाई होती...

समीर गुप्ता,
1988 बैच





KV KANKARBAGH PATNA ALUMNI ASSOCIATION

Registered under the Society Registration Act (XXI) of 1860, Govt. of Bihar, Regd No.S000011 of 2016-17

Email – kvkpalumni@gmail.com ; info@kvkankarbaghalumni.com

Executive Committee (Present 2025-27)

Office Bearer	Name of Alumni	Batch Class Xth
President	Dr. Sudhir Kumar	1979
Vice President	Kedar Nath	1982
Vice President	Sudha Patel	1983
Secretary	Ranjan Kumar	1983
Treasurer	Shailendra Kumar	1984
Member	Mani Shekhar Jha	1977
Member	Mohd. Sajid Khan	1978
Member	Alind	1981
Member	Achalesh Nandan	1983
Member	Sanjay Sinha	1983
Member	Krishna Chandra	1984
Member	Amit Kumar Pandey	1987

Past Office Bearers

	President	Secretary	Treasurer
2017-19	Sanjay Kumar (1977)	Amitabh (1982)	Shailendra Kumar (1984)
2020-22	Prabhakar Tripathy (1983)	Rajesh Kumar (1983)	Alind Kumar (1981)
2022-25	Sanjay Kumar (1977)	Shailendra Kumar (1983)	Rajesh Sharan (1987)

KV KANKARBAGH PATNA ALUMNI ASSOCIATION

Registered under the Society Registration Act (XXI) of 1860, Patna Bihar, Regd No.S000011 of 2016-17

Email : kvkpalumni@gmail.com ; info@kvkankarbaghalumni.com

A COMMON PLATFORM TO ESTABLISH AND MAINTAIN A MUTUALLY BENEFICIAL RELATIONSHIP BETWEEN ALUMNI AND KENDRIYA VIDYALAYA KANKARBAGH PATNA

History:

KV Kankarbagh Patna is having legacy of KV Anisabad (Patna) which was established on 12 September 1966. The school shifted to present location during later part of 70s. Alumni located across India and abroad joined together and decided for coming “Back to School” in cordial, homely environment. To facilitate this, KV Kankarbagh Patna Alumni Association (**KVKPAA**) was formed by Alumni for Alumni in the Golden Jubilee year.

Broad Aims & Objectives:

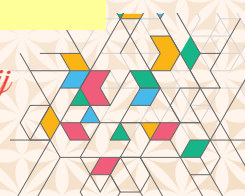
- To encourage lifelong engagement of alumni with their fellow alumni and School.
- To provide a forum to establish a link and to strengthen the ties between the alumni, present students the Vidyalaya and Community
- To extend support and assistance to Vidyalaya & all associated with Vidyalaya - the Students, ex-Students, Teachers, ex-Teachers, staff, ex-staff etc.

Working of Association (KVKPAA):

- ❖ Executive Committee (**EC**) - Governing Body for all activities/decisions of KVKPAA - Constituted from Registered Lifetime members.
- ❖ Alumni Working Committee (**WC**) including Zonal WC– Exploring ideas and execution of alumni activities - Constituted by EC.
- ❖ Guidance of Honorary Body / Patrons / Hall of fame

Activities:

- Coordination with alumni & teachers, data base of alumni & teachers.
- IT infrastructure, Social media mgmt, Public relations & Communications.
- Good health support, Alumni Recreation, Alumni Meets, etc.
- Counselling Sessions, Medical Camps, Motivational speeches at School.
- Support to School and Students – facilities, scholarships, etc.
- Any other activities, as decided by alumni & KVKPPAA.



Circ:KVKPAA/001b/ Aug 2020

KV KANKARBAGH PATNA ALUMNI ASSOCIATION

Registered under the Society Registration Act (XXI) of 1860, Patna Bihar, Regd No.S000011 of 2016-17

Email : kvpalumni@gmail.com ; info@kvkankarbaghalumni.com

Membership Fees :

- **Regular / Annual (Rs 500 p.a. Financial Year wise):**
 - ✓ Joining Fee of Rs.1,000/- (inclusive of first year annual fee)
 - ✓ Rs 500/- per annum subsequently
 - ✓ Membership suspended, in case of non-payment of annual fees during FY. Readmitted after payment of joining fee
- **Lifetime :** One time payment of Rs 10,000/- (Instalment option within same FY)

Membership Process :

Membership application forms can be obtained from KVKPAA or Zonal WC representatives. Alumni can also write to membership.kvpaa@gmail.com

KVKPAA Bank Account Details :

Name - KV KANKARBAGH PATNA ALUMNI ASSOCIATION

Current A/c No. – 622401010050276

Union Bank of India, Kankarbagh Branch, Patna

IFSC Code – UBIN0562246

FACEBOOK PAGE :

KV Kankarbagh Patna Alumni Association

<https://www.facebook.com/KVKPAA/>

FACEBOOK GROUPS :

ALUMNI MEETINGS KV KANKARBAGH PATNA – for Alumni Meetings related posts

<https://www.facebook.com/groups/241014259587415/>

All Batch All Alumni by KV Kankarbagh Patna Alumni Association – General Posts

<https://www.facebook.com/groups/435192687390836/>

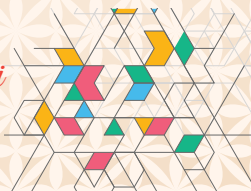
WORKING COMMITTEE (PRESENT)

NAME	YEAR
1. Mani Shankar Jha	1977
2. Sudhir Kumar	1979
3. Sanjay Kumar	1981
4. Alind	1981
5. Sanjay Kumar	1981
6. Amitabh Verma	1982
7. Kedar Nath	1982
8. Sanjay Sinha	1983
9. Ranjan Kumar	1983
10. Sudha Patel	1983
11. Archana Singh	1984
12. Krshna Chnadra	1984
13. Amit Kumar Pandey	1987
14. Sanjay Singh	1987
15. Ravi Ranjan	1988
16. Archana Singh	1990
17. Gyanendra Singh	1990
18. Sangita Singh	1991
19. Pravind Singh	1991
20. Danish	1992
21. Swapnil Roy	1996

EDITORIAL TEAM

Sanjay Sinha 1983

Amit Kumar Pandey 1987



LIFE MEMBERS LIST



Sanjay Kumar
Batch 1977



Amitabh
Batch 1982



Shailendra Kumar
Batch 1984



Amlesh kumar
Batch 1980



Kedar Nath
Batch 1982



Prabhakar Tripathy
Batch 1983



Rajesh kumar
Batch 1983



Sonali
Batch 1983



Sanjay Kumar
Batch 1983



Dr Binoy Kr Singh
Batch 1984



Jayant Kumar
Batch 1981



Satya Priyadarshi
Batch 1985



Rupam Sinha
Batch 1979



Nilu Thakur Jha
Batch 1983



Archana Singh
Batch 1984



Achalesh Nandan
Batch 1983



Rakesh Ranjan
Batch 1983



Rupali
Batch 1985



Ranjan Kumar
Batch 1983



Dr Sudhir Kumar
Batch 1979



Rajesh Sharan
Batch 1987



Amit Kumar Pandey
Batch 1987



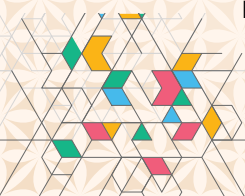
Sangita Singh
Batch 1991



Sanjeev Jha
Batch 1985



Shailendra Kumar
Batch 1983



LIFE MEMBERS LIST



Alind Kumar
Batch 1981



Shailesh Kumar
Batch 1985



Krishna Prakash
Batch 1989



Sudha Patel
Batch 1983



Neeta Susmita Sinha
Batch 1985



Alok Anand
Batch 1984



Randhir Lal
Batch 1982



Krishna Chandra
Batch 1984



Mani Shekhar Jha
Batch 1977



Vijay Prakash
Batch 1983



Sajid Khan
Batch 1978



Swapan Kumar
Batch 1988



Sadhana Choudhary
Batch 1979



Amitabh Chowdhury
Batch 1982



Shailendra Kumar
Batch 1982



Captain Gyanendra
Singh
Batch 1990



Pravind Kumar Singh
Batch 1991



Nikki Srivastava
Batch 1982



Late Ashwani Kumar
Batch 1981



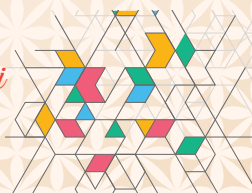
Late Chandrashekhar
Batch 1992



Sanjay Singh
Batch 1987



Swapnil Roy
Batch 1996



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Digital has paved the way for technology acceleration and the age of AI. Today, brands that are thriving successfully leverage both to deliver experiences that match and exceed expectations. Talkd is at the cross-roads of this journey, helping strategic leaders and trend-breaking entrepreneurs with Experience Innovation across multiple business touchpoints, led by Shashi Sudhanshu, Talkd's Founder & Chief Mentor.

Shashi co-founded Talkd (then ileadfarmers) in 2009 to bridge the gap between technology and marketing. An idea that began as an agency has evolved to become a trusted technology partner to Fortune 500 enterprises and fast-moving startups under his leadership. A certified Design Thinker and Visionary Storyteller, Shashi navigates the strategic footsteps of his company, mentoring the team in sharpening their multifaceted competence of consulting, design thinking for digital engineering & AI, and experience innovation.

With almost a decade of experience as a business analyst and over 13 years of spearheading Talkd, Shashi helps bridge the gap between technology and marketing. Leading frequent design thinking workshops for clients across the industry, he helps leaders explore business pain points from the perspective of clients and end-users, driving innovative solutions from real-world challenges.

"Stating business requirements are a thing of the past",

remarks Shashi. "In the volatile technology landscape, as the pace of innovation accelerates, listing traditional action items under branding, marketing, and strategic efforts doesn't bear fruits in the long run. A synergy of Discovery and Design Thinking Sessions is the ideal go-to approach for enterprises to build a sustainable brand. Through Talkd, we are realizing that - Teching businesses ahead of IT's time."

Passionate about storytelling, Shashi drives inspiration from tech influencers and the storytellers of the modern age - from Steve Jobs to Satyajit Ray. Approaching problems from their point of view and outside-the-box thinking, he strives to build solutions that help grow customer lifetime value. He measures success on the metrics of how best he can transfer the knowledge to his team for collective success in deliveries.

Shashi continues to explore and learn from new ideas in the field of technology, Gen AI, and design thinking. A practice that fuels his passion for gadgets - ranging from smart wearables to photography to augmented reality devices. Beyond the walls of Talkd, he is also an avid biker, photographer, learner of Indian Classical Music, and a poet with published works in Hindi.

Shashi Sudhanshu

Batch 1997

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3. Conservative Dentistry & Endodontics
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5. Periodontology
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7. Oral Medicine & Radiology
8. Public Health Dentistry
9. Oral Parthology & Microbiology

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