A SCHOOL DIGITAL MAGAZINE

ISSUE 01 • 2026

EXPRESSION

Where young minds find their voice

Indian High School, Saharsa

Affiliated to CBSE Delhi, Aff. No. 330791

SEPTEMBER • THE CELEBRATION OF CREATIVITY



संदेश — निदेशक

प्रिय विद्यार्थियों,

आपकी कल्पना, कला और विचारों को एक सुंदर मंच देने की दिशा में यह पत्रिका हमारा पहला कदम है। आइए, अपनी रचनात्मकता को पहचानें, उसे साझा करें और दूसरों को भी प्रेरित करें।

निदेशक का संदेश

शिक्षक दिवस के अवसर पर हमारे विद्यालय में विभिन्न कक्षाओं के विद्यार्थियों के बीच निबंध लेखन एवं चित्रकला प्रतियोगिता आयोजित की गई। इस प्रतियोगिता के दौरान मुझे अनेक ऐसी युवा प्रतिभाओं का पता चला, जिनमें अपनी भावनाओं और विचारों को कलम या रंगों के माध्यम से व्यक्त करने की अद्भुत क्षमता है। ये प्रतिभाएँ अब तक हमारे सामने पूरी तरह उजागर नहीं हो पाई थीं।

इसी अनुभव से मुझे एक ऐसे विद्यालयी डिजिटल मंच की स्थापना का विचार आया, जहाँ विद्यार्थी अपनी कला, रचनात्मकता और लेखन को प्रस्तुत कर सकें। Expression Magazine उसी विचार का परिणाम है—एक ऐसा मंच जहाँ विद्यार्थी अपने मन, हृदय और आत्मा की बात स्वतंत्र रूप से व्यक्त कर सकते हैं तथा अपने कार्यों को संपादकीय टीम के मार्गदर्शन और देखरेख में प्रकाशित होते हुए देख सकते हैं।

विद्यालय के साहित्यिक क्लब के विद्यार्थी इस पत्रिका के लिए प्रत्येक महीने स्वतंत्र रूप से अपनी रचनाएँ भेज सकते हैं। उनकी रचनाओं की समीक्षा संपादकीय टीम द्वारा की जाएगी और चयनित श्रेष्ठ कार्यों को पत्रिका में प्रकाशित किया जाएगा।

लंबे समय से हमारे विद्यालय को विद्यार्थियों के लिए अपने विचारों, कला और रचनात्मकता को प्रदर्शित करने वाले ऐसे मंच की आवश्यकता थी। अब हमारे पास अपना मंच है, जहाँ विद्यार्थी अपनी प्रतिभा को पहचान दिला सकते हैं और अपनी उपलब्धियों पर गर्व कर सकते हैं।

मैं Expression Magazine के प्रथम अंक में प्रकाशित सभी विद्यार्थियों को हार्दिक बधाई देता हूँ। साथ ही, मैं अन्य विद्यार्थियों को भी प्रोत्साहित करता हूँ कि वे सक्रिय रूप से लेखन और रचनात्मक गतिविधियों में भाग लें, अपनी रचनाएँ भेजें, चयनित होने का प्रयास करें और अपनी उपलब्धियों पर गर्व महसूस करें।

हम सभी जानते हैं कि विद्यार्थियों की पहचान केवल परीक्षा के अंकों से नहीं होती। उनकी कला, रचनात्मकता और लेखन में छिपी प्रतिभाएँ उन्हें स्वयं से और जीवन से अधिक गहराई से जुड़ने में सहायता करती हैं। सृजनात्मक कार्य व्यक्ति को संवेदनशील बनाते हैं, उसे सिखाते हैं और उसे अपनी स्वयं की रचना पर गर्व करने का अवसर देते हैं।

मुझे विश्वास है कि Expression Magazine हमारे विद्यार्थियों की प्रतिभा को निखारने, उनके आत्मविश्वास को बढ़ाने और उन्हें अपनी आवाज़ पहचानने में महत्वपूर्ण भूमिका निभाएगी।

एन. के. वर्मा
निदेशक
इंडियन हाई स्कूल, सहरसा

A SCHOOL DIGITAL MAGAZINE

ISSUE 01 • 2026

EXPRESSION

Where young minds find their voice

FROM THE EDITOR

A Platform for Young Voices

Expression Magazine

I congratulate all the students of Indian High School, Saharsa on the publication of their work in the first edition of Expression Magazine. This magazine is a school platform created to showcase and celebrate students' writing, art and creativity.

Poems, essays, paintings, articles, short stories, art and crafts, and photography will find a place on this platform. The central purpose of Expression Magazine is to encourage students to express themselves freely through both thought and feeling. It aims to give them a space where their work can be presented, appreciated and recognised.

When students see their work published, they begin to believe that their ideas matter. This may inspire another student to pick up a pen and write about something close to their heart, or to hold a brush and bring their imagination to life. In this way, we hope that art and writing become a meaningful part of every student's school journey.

I would love for Expression Magazine to become a foundation for discovering the hidden talents of students in writing and art. I hope it encourages them to express themselves confidently and gives them a lasting sense of belonging to their own school platform.

The publication of our school's own magazine marks a new and exciting journey for Indian High School, Saharsa. May our students feel proud of this initiative and continue contributing to it through their writings, artwork and creativity for many years to come.

For many students, this magazine may become their first platform for public expression. Years from now, when they look back at their school days, they may find their published work here and remember the happiness, pride and emotion of having their own school magazine—a place where their voices were heard, their efforts were valued and their creativity was given space.

I hope that, years from now, our students will look back at these pages with pride, happiness and fond memories of their school days.

I wish all our students the very best. I hope they recognise Expression Magazine as their own platform: a place where they can share what they think, express what they feel and remain connected to their school through creativity.

Read. Think. Create. Express.

Nitin Kumar
Editor, Expression Magazine

The Real Power in a Democracy: Do Citizens Truly Hold It?

By Ishita | Class 10



In a democracy, the power does not belong to any political party, politician or wealthy elite. It rests with the ordinary citizens. Democracy literally means "rule by the people". But the question is: do citizens really have the power, or is it only a theory written in books?

In India, the government is formed by the people through elections. We elect our representatives to make decisions on our behalf. This means that citizen power is exercised indirectly, through the leaders we choose. While the day-to-day administration like managing government institutions, running services and implementing policies is handled by the government and authorities, this does not mean that citizens lose their power after the election day.

Citizens have the power to question the government, to raise their voice on issues, and to demand their rights and freedom. They can express their opinions through peaceful means such as debates, rallies, protests and their collective voice. When people come together, they can demand accountability, as seen in many movements in our country. For example, the active participation of citizens in the recent protests at Jantar Mantar showed that when people unite, their voice can be heard and important issues like the leaking of question papers, problems in the education system and unfair evaluation can be brought to the attention of the government. This led to the Union Education Minister taking notice and ordering an investigation. This shows that citizens do have power, and when they stand together, real change is possible.

At the same time, a democracy works well only when citizens are aware, informed and active. If people remain silent or ignore important issues, then the power slowly shifts to a few individuals or groups, and democracy becomes weak. Citizens must stay alert, ask questions, participate in elections, and hold their representatives accountable.

Ultimately, governance and authorities are completely different things. The government handles the day-to-day management of the country, but the people hold the real power. A democracy will survive only when its citizens are aware, united and willing to use their power responsibly. The citizens should always stand for their genuine demands and rights. All the responsibilities of the government and citizens are already mentioned in the Constitution. If the public is satisfied with the government, they can elect them again in the next elections. But if they are not, they have the power to bring in a change.

Therefore, the real power in a democracy lies with the people. It may be exercised indirectly through representatives, but it is the citizens who give them that power, and it is the citizens who can take it back. A democracy will remain strong only when its people are informed, active and united.

> *"A democracy is strongest when its citizens are informed, active and united."*
>
> — Ishita
> Class 10

लोकतंत्र केवल मतदान के बारे में नहीं है!

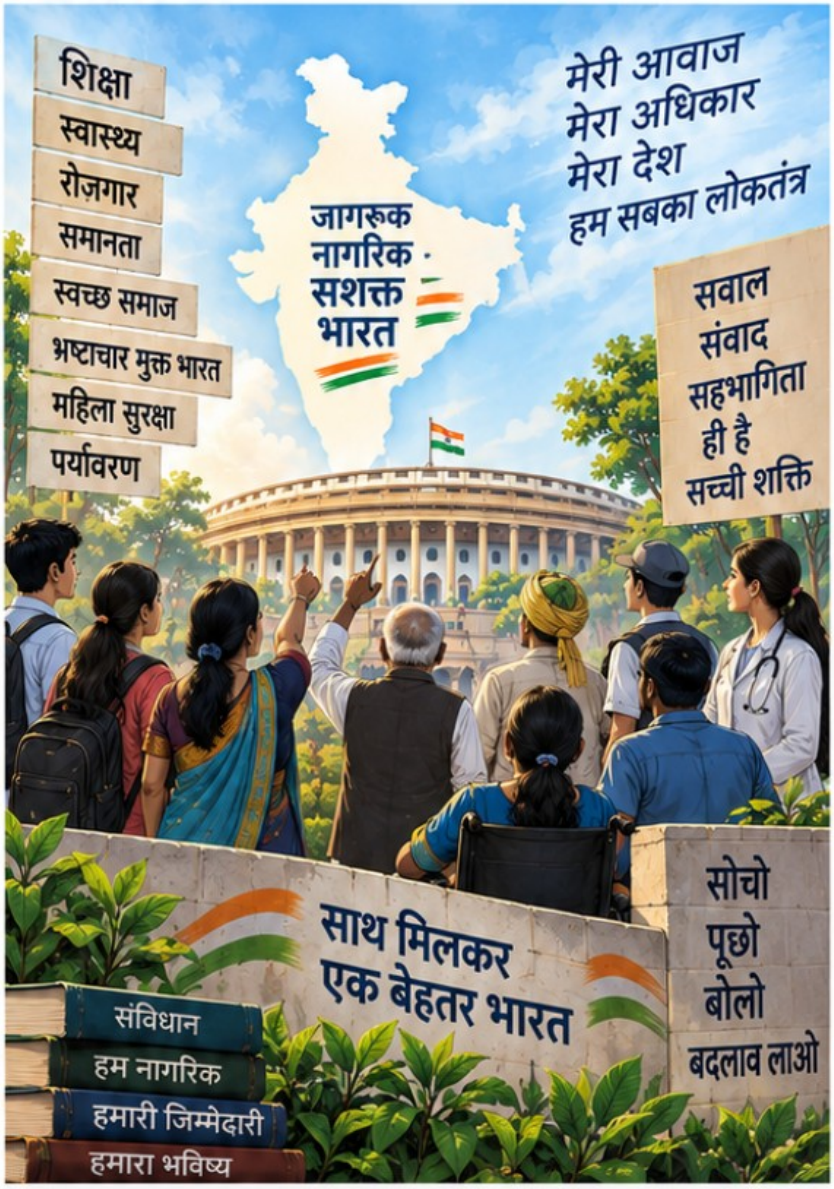
राजनंदिनी | कक्षा 9

चुनावी ढोल बजते ही जो चेहरा मुस्कुराता है, वह हर पाँचबें साल बस हमें मोहरा बनाता है। मगर ये लोकतंत्र केवल हुकूमत का तमाशा नहीं, ये वो सच है, जो गूंगों को भी बोलना सिखाता है।

हर पाँच साल में हमारी उंगली पर लगने वाली नीली स्याही का निशान लोकतंत्र का अंत तो हो सकता है, लेकिन उसकी मुकम्मल पहचान कभी नहीं। अमूमन हम मतपेटी में पर्ची डालने को ही लोकतंत्र की इतिश्री मान लेते हैं। लेकिन यदि यह व्यवस्था सिर्फ चुनाव तक सीमित होती, तो यह महज बहुमत का एक क्रूर और यांत्रिक खेल बनकर रह जाती, जहाँ संख्या बल के आगे सत्य, नैतिकता और संवेदना की आवाज छोट दी जाती है।

सच्चा लोकतंत्र संसद की भव्य चारदीवारी में नहीं, बल्कि समाज के सबसे हाशिए पर खड़े कमजोर व्यक्ति के सुरक्षित आत्मसम्मान में सांस लेता है। इसकी असली परीक्षा तब नहीं होती जब देश का प्रधानमंत्री बोलता है, बल्कि तब होती है, जब देश के सबसे साधारण नागरिक को बिना किसी भय के अपनी बात रखने की उतनी ही निर्भीक आजादी मिलती है।

एक जीवित समाज में नागरिक केवल पाँच सेकंड के लिए 'वोटर' बनकर हुक्म नहीं सुनते, बल्कि पाँच साल तक सजग प्रहरी बनकर सत्ता की आँखों में आँखें डालकर शिक्षा, स्वास्थ्य और सामाजिक न्याय पर सवाल पूछते हैं। लोकतंत्र में असहमति का अधिकार और विचारों की विविधता इस तंत्र की असली आँक्सीजन है, क्योंकि जहाँ सब एक जैसा सोचते हैं, वहाँ कोई कुछ नहीं सोच रहा होता।



यह कोई ठहरी हुई राजनीतिक प्रणाली नहीं बल्कि हमारे घरों, क्लासरूम और आपसी व्यवहारों से उपजा हुआ एक मानवीय सलीका है, जहाँ हम दूसरों के अस्वित्व को स्वीकार करते हैं।

निष्कर्षत:, लोकतंत्र मतों की सूखी गिनती से कहीं ऊपर उठकर, समानता, स्वतंत्रता और आपसी करूणा को हर दिन अपने आचरण में जीने का एक खूबसूरत, जीवंत और निरंतर चलने वाला उत्सव है।

"जागरूक नागरिक, सशक्त सवाल, यही है सच्चे लोकतंत्र की मिसाल!"

— राजनंदिनी
कक्षा 9

EXPRESSION
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Beyond Voting:
Democracy Lives in Our Actions

By Md Salim | Class 9

We often measure democracy by the ink mark on our fingers once every five years. But if democracy ends with voting, we have missed its true soul. Voting is merely the heartbeat of democracy.

Its living body is made of every day human dignity, equality and compassion. The major part of democracy is also the right to equality, the right to freedom, the right to choose religion and the right against exploitation. These are also known as fundamental rights, which are provided and secured by our Constitution.

A real democracy does not live inside the Parliament building — it lives in our daily choices. It is seen when a young student speaks up against injustice. It is felt when a community protects the voice of its weakest citizen.

True democracy demands that we listen to opinions we disagree with, stand together when someone's rights are threatened and show tolerance towards every background. These are also known as fundamental rights, which are provided and secured by our Constitution.

Voting can give us a government, but our daily awareness, kindness and courage build a nation.



Democracy is a form of republican government in which power lies with the people. The Election Commission of India (ECI) plays a crucial role in electing our representatives through free and fair elections.

When a society values justice over power and respect over division, democracy rises from a simple political system into a sacred bond between human beings.

Let us not just be voters once in a while — let us be the guardians of each other's dignity every day. If we vote and remain silent for the next five years while others suffer or go unheard, we fail the very concept of freedom.

A healthy democracy requires awake eyes and active hearts every single day. If we elect a representative and form a government, they misuse the power. It is the responsibility of the citizens to take action. Democracy is a form of republican government in which power lies with the people.



"Democracy is not just a system we inherit, but a responsibility we live every day."

— **Md Salim**
Class 9

My Mobile Phone: Am I Using It or Is It Using Me?

By Khushi Kumari | Class 7

It is easy to feel like the line between owning a smartphone and being owned by it has blurred. Modern devices are designed with behavioural psychology, endless scrolling, variable rewards and push notifications to capture and hold our attention. Often, what starts as a useful tool slowly turns into a force that drives our daily habits.



Signs your mobile phone may be using you

- **Automated reflexes:** Checking your screen instinctively upon waking, while walking or during short pauses without a conscious goal.
- **Fragmented attention:** Difficulty focusing on reading, working or deep thinking without the urge to check for incoming updates.
- **Time drift:** Intending to check a single message or detail and losing twenty to thirty minutes scrolling through unrelated content.

How to reclaim control as the user

- **Audit notifications:** Turn off non-essential alerts (social media, news apps and promotional apps) so the phone only rings or vibrates for direct, important communication.
- **Establish boundaries:** Keep the phone out of specific spaces such as the dining table, bedroom and study area. Set a fixed time limit for digital use.
- **Practice single-tasking:** Keep the phone in another room or on "Do Not Disturb" mode during focused work or personal reflection to break the cycle of continuous multi-tasking.

Mobile phones can give us access to knowledge, global communication and many useful tools, but our daily awareness, kindness and discipline must guide their use. Let us not just be passive users — let us be mindful users who use technology to improve our lives, not lose ourselves in it.



"Technology is a tool. It should improve your life, not control it."

— Khushi Kumari
Class 7

If I Were the Principal of My School for One Day

By Garima Thakur | Class 6

I feel so grateful and proud for writing an essay on this topic and I thank my school for giving me this opportunity. Many people think that being a principal for one day is very easy, but by utilizing 24 hours perfectly, we can bring many positive changes in school. So, if I were the principal of my school for one day, then I will do many things for my school.



Establishing discipline rules among students

During school hours, I will introduce some discipline rules to students. Every student must wear a proper uniform and maintain proper hygiene. They should talk politely with teachers and with each other. They must not misbehave or argue with anyone. Furthermore, they should keep their hands at the back while walking and talking to teachers and must not throw garbage anywhere.

Updating school management and labs

I will improve our school playground, biology labs and computer labs so that students can use them. I will make smart classes with new technology and allow students to use the library. I will also provide them with new books to read. To do all the work efficiently, I will hire workers to assist throughout the day.

Organizing parents–teachers meeting

I will organize parents–teachers meeting every month so that parents can know their child's progress, studies and behaviour. Even teachers can talk to parents about the problems that students are facing. Good communication between parents and teachers will help in the overall success of the school.

In conclusion

In conclusion, I want to say that being a principal for one day is an unforgettable and amazing experience. But if I became the principal of my school in real life, then I would make sure that proper discipline is followed by students and they feel safe and happy. My one more goal is that the school provides good facilities and opportunities for studies so that every child can learn, grow and achieve their dreams.



"Small changes in school today can create bigger dreams for tomorrow."
— Garima Thakur
Class 6

EXPRESSION
A SCHOOL DIGITAL MAGAZINE

Young Minds, Bright Colours
A Brighter Tomorrow!

Our Young Artists

Colours of Imagination, Hopes for a Better World

"Every drawing tells a story of a kinder, brighter and more beautiful tomorrow."



1. Pratyush Aryan



2. Humaira



3. DivyaJyoti Kumari



4. Suryansh



5. Karan Kumar



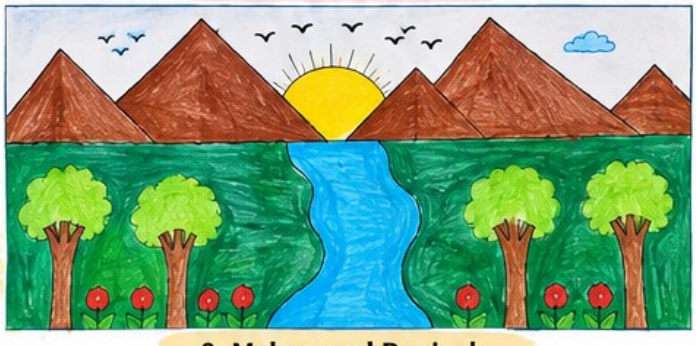
6. Nihal Kumar



7. Ayushi Anand



8. Arushi Kumari



9. Mohammad Daniyal



10. Bheem Kumar

Small Artists, Big Dreams — *Art is the colour of a brighter world!*

Teachers' Day Celebration

A glimpse of the day — students pouring their gratitude into drawings and heartfelt essays





















Our Guiding Stars

Honouring our teachers and Honourable Director Sir — always surrounded by the smiles they inspire









Our Teachers with the Honourable Director Sir







A Word of Thanks

A teacher's guidance shapes tomorrow, and a director's vision carries a school forward. This page is our small tribute to the mentors who stand at the heart of Indian High School, Saharsa — forever surrounded by the bright, curious faces of the children they teach to dream.

— Team Expression