



# THE SANAWAR NEWSLETTER

84

November

2015

## Section I : From The School

### When The Going Gets Tough The Tough Get Going

*Yudhvir Kabuli, U-VI*

Life is a bed of roses but roses and thorns go hand in hand. Man is known to resist changes or adversity due to the uncertainty of risk involved, and most confine themselves to a safe and secluded shell which restricts future prospects of growth. However if you have never failed, you have tried something new.

The literal meaning of the expression 'when the going gets tough, the tough get going' is that when life puts up a difficult situation, the strong work harder to overcome the impediment. It is basically trying to convey that vicissitudes must be dealt with perseverance, indomitable zeal and conviction.

Rudyard Kipling in his poem 'IF' has exhorted the readers to keep control of their nerve and sinew at times of distress. Things get better not by chance but by change. The reason why people are despondent is because they see the past better than it was, the present worse than it is and the future less resolved than it will be.

There are simply two ways of dealing with odds; you can either throw in the towel or put up a fight. But just remember that winners never quit because quitters never win. The worst possible thing that can happen to anyone is that he may fail but the path of success runs through many labyrinths of failure. One just has to change the mindset because a problem cannot be solved with the same mind that created it.

Pain and pleasure are just a state of mind. At times success requires enduring the pain and forgoing the pleasure because nothing comes for free. Many a times people resort to committing suicide

when life takes unruly turns, but they forget that life and death is God's game. Our role is to simply stay focused on what is in our hands, and to do so, to do the best of our wherewithal. One seed at a time and the forest grows, one stone at a time and the palace rises, one drop at a time and the river flows, one word at a time and the great book is written and in the same fashion: one step at a time to reach the grandest height.

Life is ten percent what you make it and ninety percent how you take it. Nothing can make you unhappy unless you allow it. So the next time when life puts you in a tight spot, get going and instead of saying 'why me' say 'try me'...

### What Is A Monster

*Sabah Kaur Mann, L-V*

What is a monster? What is evil? Do those things even exist? Or are they created by humans, to give them reasons for those terrible deeds done? What makes a person a monster? Someone who takes joy by hurting others? Who kills for fun? A monster cannot be defined in a dictionary simply because everyone's opinion of a monster is different. Sometimes a monster can be that person who stole money out of your wallet and left you there stranded and helpless. Or maybe a monster is very different inside all of us. There is no way to define a monster, because although monsters are evil, they start out good. And although monsters enjoy the darkness, they once enjoyed the light. Although a monster is apathetic, they once cared. A monster is ME, a monster is YOU. You see, a monster is made, not born. Made from the desperation, the anger, the pain and the grief. No one is a demon. Those terms do not exist. Because we are all monsters. They hide inside of us.

Waiting for that perfect moment to strike. That perfect moment to feed on that desperation, that anger, that pain and that grief. A monster is your son, your daughter, your mother, your wife, your husband, anyone. Tell me this, if all monsters started out good, if we all started out completely pure and full of light just like a new born baby, if we all started out like little lights in the dark, just like stars. So what really makes a person a monster? You. You make a person a monster. Those tainted by the darkness unknowingly taint those of light, turning them bitter and cold and wicked. Most people learn to adapt to such bitterness. But there are many, many whose hearts cannot withstand such evil and it slowly turns them evil as well I am a monster. What kind is another question. The kind who has adapted to this hatred, to this bitterness. Or the kind where my heart and will is weak and cannot withstand such evil, cannot stand against it and win. I choose the former. I finish by asking you this: what kind are you? Or better yet what kind do You CHOOSE to be?

### **What basketball has taught me?**

*Ishaana Mundy, U-VI*

Before I joined Sanawar I was never into team sports, in fact, all sports I played such as lawn tennis, golf, swimming and horse riding were individual sports which of course taught me how to be accountable for one's own mistakes and be independent. But again I was much younger then so I did not grasp as much.

Honestly after playing such sports I was quite scared to be a part of a team as you hold much more responsibility as even if one member of the team messes up, the entire team has to bear the brunt and that's a lot of pressure. But when I joined Sanawar I learnt that most of the games played here were team games except for shooting which I would never have the patience for, tennis which is hardly played, swimming which happens towards the end of the year and others were not a part of the girls activities, so I had no option but to play basketball as the time I joined Sanawar, the basketball season was on and in full swing and also everyone told me that being so tall would be a great asset.

So yes, I did go for basketball and remember my very first session in upper-4 when I tried so hard to dribble and all I ended up doing was hit the ball so hard, trying my best to get it back into the air and into my palms and from what I can recall is a scary senior glaring at me as if I am retarded and giving me the look of my life which made me never step onto the court for the rest of the year.

Then came lower-5 when I was much more confident and my relations with my seniors thankfully were better and so I went again. This time there was just something very different about

me, even though I knew I was worst on the court not amongst my batchmates who tried out but even amongst the juniors infact, everyone but I decided that this time I won't run away.

I worked extremely hard, I was first on the court and the last one to leave and the people called me 'commie' but that's what I was. I felt myself getting better day by day and within a month's time I got selected into the senior team which of course made me happy but also nervous being the junior most on the team. Leaving that aside I knew that I would learn much more than basketball itself and now being in the 12th grade after my journey has come to an end, I can surely say that I have.

It has made me a much more confident and stronger person because even after losing a number of matches we would still work hard for the next which taught me not to give up "ever". It has given me values and specially after 'the 3 second rule', it's definitely taught me the value of time. I've learnt to be responsible and hardworking from every single mistake I've made on the court I've learnt a lesson. It's taught me that life is all about ups and downs but one should never lose hope as that's one thing that makes you jump higher. This year being my last, I had a lot in mind but it didn't really work out but I don't regret anything because nobody gave up. There were quite a few injuries but that never stopped us as we knew that no matter how bad it is, if one has the will and determination we can achieve whatever we wish for and we did. That does not mean we won, that just means that we were satisfied that we tried extremely hard and gave it our best shot. We made memories together and have definitely made amazing friends "it's not about the number of matches you win or lose, it's about the number of memories you make and the lessons you learn".

And now I want to say that one match of basketball simply sums up my entire journey in Sanawar right from the start till the end and it's been truly amazing

### **Expectations!**

*Aniket Garg and Suryadev Bhandari*

Once my father told me, "Today you are known by my name, I want that I should be known by your name". These wise words became the cardinal goal of my life. I have a firm faith that one day I will achieve this goal and live up to my father's expectations.

Every parent expects their child to achieve something great in their life. Therefore it is our social and moral responsibility to live up to their expectations and do them proud.

In the words of the great mountaineer Sir Edmund Hillary, "It's not the mountain that we conquer, but ourselves".

Each of us have infinite potential which is just waiting to be tapped on. The treacherous path between us and our goals is full of nervousness, anxiety, fear of the unknown and repeated setbacks. This is where 'Never Give In' shows us the way.

For strength and growth only comes from continuous efforts and struggles. High goals, determination and hard work is the simple recipe of success. "Every person has Mount Everest within them, which is waiting to be conquered". For that moment would be the moment of actualization.

To discover new horizons you've got to have the courage to leave the shore and face the challenges of life.

Always keep moving and strive higher. Make a legacy so that people may remember you for generations and generations to come and that would be the day when your clan would be known by your name.

### **Life is full of "Ifs" and "Buts"**

*Pihu Pathania, L-VI*

Life as we know it is only given to us once, and yes of course we all want to make the most of it. We want to try our hand at everything we can and be a famous person everyone admires. But why then, do some people have it a better way than most of us? Well the simple answer is that they take all the chances thrown at them, even if it pulls them down they make sure to pick it up from there and reach at a greater height. Most of us don't have the strength to do so. So we believe that it's better to stare at the line for the rest of your life than cross the line and suffer the consequences.

We all have had that moment in our lives when we have to make an important decision, which leads to all the 'ifs' and 'buts'. For instance you don't want to go to school/office, we find all the reasons that are valid but, then you realize that if you don't go now you might not get to use this holiday for something more important or, you realize it's best to go as everyone is going but you. 'Ifs' and 'buts' are always existent but then later you'll only regret the chances you didn't take and even if they turn into a bad experience take it as a lesson and move on. In life we do a lot of things, some we wish we had never done and some we could replay a million times in our heads. But that's what makes who we are, if we were to reverse any of them we wouldn't be what we are today, so just live, make mistakes, make memories and never regret what you did specially if it once made you happy.

### **Novels are Better than Watching Movies**

*Arshia Bhatia, L-V*

I believe that reading a novel is always, yes always, better than watching a movie. The major reason for this is, when I am reading a novel, I am the casting director, location adviser, director, producer, cinematographer and I don't even know who all are even involved.

So go on...and on, don't stop; just keep giving yourself in every possible position you think is possible...in short, you are the movie.

This is how your brain works. It might produce flares at a moment, or bring tears to your eyes. Whereas, while watching a movie, you are spoon fed by the already decided cast and crew. Your brain is engaged in visual stimuli and storing it at some place in the mind. Mostly it doesn't allow you to think beyond the impossible. But if you watch a movie after reading the novel of the same theme, you will notice the various highs and lows which are missed out in a movie.

Usually in a movie, the climax and ending is known beforehand. Since novels are read in phases unlike movies which are watched at one go, the craving for the next reading session is always exciting.

But, still I won't say that don't watch movies at all. You know it gives you those small and idiotic ideas which you might have never imagined and moments of adrenalin rush. Don't be left behind in getting inspiration from either of them. Finally I would say that though I am a booklover, I still like watching movies.

So all I can say is, "read a novel and create your own world, rather than living in someone else's."

### **That Someone will Always be my Dad**

*Rachna Brar, U-VI*

My dad always told me one thing and he has made it very clear. He says that it is all in your head and it is up to you if you take it in a negative or a positive way. And moreover, if you don't get something you want very badly, it is not the end of the world. Be bold and always be strong.

I remember as a little child he always tried motivating me with his words and actions. He made it a point that as a kid I do not miss out on anything. He put me into all sorts of sports. From soccer to cricket, horse riding to shooting, he made it a point that I do it at least once in my life.

I remember the first time I saw my dad with tears in his eyes, was the day he came to leave me here at Sanawar. Trust me when I say this, my dad is a person who knows how to tackle his emotions very well and is the one with a happy face always and will never cry, but that day when I saw his face I realized how much he loves me.

He has taught me how to live life, how to enjoy life, how to make fun of people and then in return when people make fun of you, how to be calm. He has taught me how to apologize and when to apologize, how to be confident, no matter what the situation is. He gave me exposure to English music and I know, without him I wouldn't even have thought of singing! He has taught me how to deal with worries, rudeness, failures and heartbreaks.

I know he believed in me when no one else did and he still does.

Everything he has ever said to me is always with me in my head and heart. I put his words to use whenever I can and I know he is always there for me no matter what happens.

"Life is hard at times. But, remember that someone somewhere lives to see you."

And for me that someone will always be my dad!

### Raison d'Etre

*Yuelha Yidzin, U-V*

I began to realize how important it is to be an enthusiast in life. If you are interested in something no matter what it is, go at it full speed. Embrace it with both arms. Hug it, love it and above all become passionate about it. Lukewarm is no good. Dream with the dreamers and invent things you never knew you had in you. Think with the thinkers and discover ideas about who you are, smile at strangers and make friends that last a life time. Travel with the travelers and explore a life beyond your imagination. Love only once and grow old with your best friend. Let the things bring fire to your soul, so when you look back at your life you will have no regrets and you can leave this place a little better than when you found it. So, keep going. Don't quit. Don't quit because a month from now you will be that much closer to your goal than you are now. Yesterday you said tomorrow, make today count. Lastly, I know it is a Monday and you will assume that it is going to be bad but according to statistics, there will be over 5000 weddings, 10,000 childbirths and 42 million hugs occurring today. Also, today there will be 4 people that might win the multi million lotteries and 600 people will get promotions at work. There will be 600 dogs adopted, 35,000 balloons sold, 80,000 skittles, sold, and the words "I love you" will be said 9 million times. So again I know today is a Monday, and you assume it is going to be bad but just smile because according to statistics, it should actually be a really nice day.

### Grades Don't Matter That Much

*Ojas Mridul, U-V*

Is your future in turmoil because you got a 'C' in your math test? Or because you got the dreaded 89.4% after a round of weekly tests? Your future is not determined by one grade, or two, or three or even ten! It's your future, so you should be the one deciding it, right? And not some numbers or letters that an adult typed out in the computer. Our generation is going through a time of tests, standards and benchmarks that leads us to competition, competition and some more competition! This leads to more stress towards doing well which further leads to stress and negativity. But we must remind ourselves that grades cannot define who we are as people.

What does a report card tell you? It shows you how good some adult is at memorizing information and the ability he/she has to put it down in a written format. But, what a report does not know is how you flew half way across the world to help someone in need and how much time you've spent putting others before your own self. There are so many wonderful things about a person that a report card cannot express! You don't need good grades to feel good!

No matter what grades you get, you're still you. You still have friends and family. You're still you!

This does not mean however, that we can forget all about grades and party hard during school years. It simply means that we should not use grades as the one and only way of defining a person or of defining our own self.

We're all human. We cannot do everything. Earth is full of possibilities and so we should not waste time lamenting over a 'C'!

### My Role Models : My Parents

*Arihant Singh Samyal, U-IV*

My parents are my role models. They have achieved many feats. My father is an officer in the Indian Air Force. He has jumped from an aircraft with a parachute over 2,000 times. He has two national records. He was the first Indian to jump from the Kuala Lumpur Tower in Malaysia. He was also the first Indian to jump from a bridge over the river George in the United States. He is a daredevil. His motto is: "Many live on the edge, but there are only a few who step out...". My mother on the other hand is an ex-Indian Air Force Officer. She was the first lady officer in the history of Indian Air Force to jump from an aircraft. She also has many experiences. She has jumped approximately 300 times from an aircraft. My father & mother are the first couple to be skydivers in the Indian history. Their records are listed in the Limca Book of Records. My dream is to skydive with both my parents as well as my younger brother and I also want many such records to be listed on my name.

## Section II : From The Staff

### II Achievers II

*Dr. V.K. Sharma, DoF*

Students who scored 90% or above marks in the Fourth Assessment 2015.

S. No.	Name	House	%
<b>L-III—A</b>			
1.	Aadil Sharda	NPB	90'00
2.	Devisha Jain	NPG	95'00
3.	Krish Jeet Singh	HPB	96'00
4.	Krish Mahajan	NPB	95'00
5.	Manya Gupta	HPG	90'00
6.	Ojas Girdbar	VPB	96'00
7.	Sehar Kaur Sandhu	SPG	92'00
8.	Tanvi Sood	VPG	96'00
9.	Viyom Dhawan	VPB	91'00
10.	Yuvraj Dhamija	HPB	95'00
11.	Zara Kalsi	HPG	90'00
<b>L-III—B</b>			
12.	Adityaveer Singh Chandel	HPB	90'00
13.	Chitesha Rewri	HPG	94'00
14.	Era Kajla	HPG	93'00
15.	Jai Singh Cheema	HPB	90'00
16.	Mokshi Sharma	NPG	95'00
17.	Nishant Pajni	VPB	94'00
18.	Rhydham Lamba	NPG	95'00
19.	Roshan Raj	NPB	94'00
20.	Ustat Kaur Jatana	VPG	96'00
<b>L-III—C</b>			
21.	Paramvir Singh	HPB	90'00
22.	Vivaan Jain	SPB	93'00
<b>U-III—A</b>			
1.	Amira Brar	HPG	92'00
2.	Arnav Chauhan	NPB	91'00
3.	Harshangad Singh	HPB	98'00
4.	Harshit Nandy	HPB	92'00
5.	Kahkashan Sehgal	NPG	93'00
6.	Navya Khosla	SPG	90'00
7.	Parth Sharma	VPB	90'00
8.	Pavya Singh	HPG	97'00
9.	Puru Manjarey	VPB	91'00
10.	Remanika Bhutani	NPG	95'00
11.	Ruhani Khanna	VPG	96'00
12.	Sahil Garg	HPB	92'00
13.	Sanyam Mittal	SPB	92'00
14.	Simar Singh Gabadia	NPB	94'00
15.	Simranjeet Singh	HPG	91'00

### U-III—B

16.	Devansh Bhardwaj	VPB	91'00
17.	Gurman Singh Bhalla	SPB	95'00
18.	Himanshu Sabharwal	SPB	95'00
19.	Rajkaran Singh Virk	VPB	91'00
20.	Samarth Kharbanda	HPB	93'00
21.	Sambhv Tahlani	VPB	95'00
22.	Siddharth Arora	NPB	93'00

### U-III—C

23.	Abhishek A. Kumar	VPB	93'00
24.	Bhakte	VPG	93'00
25.	Karmanbir Singh Batth	VPB	97'00
26.	Mehr Arora	SPG	92'00
27.	Shloka Mittal	VPB	95'00

### L-IV—A

1.	Avanti Aggarwal	NHG	98'00
2.	Iqbal Jacob Oberoi	VHB	92'00
3.	Paarth Jain	SHB	93'00
4.	Pavit Sidhu	SHG	96'00
5.	Priyam Gupta	VHB	97'00
6.	Kitvik Kapoor	VHB	92'00
7.	Sanaabi Thingbaijam	VHG	98'00
8.	Satvik Narula	NHB	98'00
9.	Shray Bhalla	VHB	91'00
10.	Tarika Khanna	VHG	93'00

### L-IV—B

11.	Abhijit A. Kumar	VHB	94'00
12.	Adriti Mehta	NHG	94'00
13.	Amsbul Bhatia	NHB	92'00
14.	Aryan Gupta	NHB	92'00
15.	Sakshi Godhwani	NHG	94'00
16.	Siddharth Aggarwal	HNB	94'00
17.	Veni Gupta	VHG	94'00

### L-IV—C

18.	Adrika Sood	VHG	93'00
19.	Aryaman Singh Kohli	NHB	91'00
20.	Gursimran Singh Walia	NHB	91'00
21.	Navya Monga	VHG	92'00
22.	Raghav Gupta	NHB	95'00
23.	Rohan Khanna	SHB	94'00
24.	Saina Sodhi	VHG	97'00
25.	Sakshi Gupta	VHG	90'00
26.	Samira Punchhi	HHG	92'00
27.	Vivaan Parvinder Singh	NHB	94'00
28.	Yana Kataria	HHG	90'00

**L-IV-D**

29. Anushreya Singh Verma	SHG	95'00
30. Gaurav	HHB	92'00
31. Hargun Singh Walia	NHB	91'00
32. Narrun Sood	NHB	96'00
33. Seerat Sandhu	NHG	96'00
34. Shourya Gupta	VHB	91'00
35. Utkarsh Singh	NHB	94'00
36. Zorawar Oberoi	SHB	92'00

**U-IV-A**

1. Achintya Sood	SBJ	95'00
2. Arindham Bhatia	SBJ	95'00
3. Divyansh Gupta	VBJ	91'00
4. Manasvi Goyal	HHG	93'00
5. Nandini Gupta	VHG	91'00
6. Nitya Khanna	VHG	96'00
7. Paramdeep Singh Lotey	VBJ	93'00
8. Pratham Vijay Pratap Kalra	VBJ	90'00
9. Prerna Maduan	HHG	98'00

**U-IV-B**

10. Akshita Kaushik	VHG	94'00
11. Archit Bansal	SBJ	93'00
12. Dhruv Malik	NBJ	91'00
13. Jaiveer Singh	HBJ	96'00
14. Muskaan Suri	HHG	90'00
15. Priya Gupta	NHG	94'00
16. Sakshi Jain	VHG	90'00
17. Tanish Sharma	VBJ	93'00

**U-IV-C**

18. Aryan Singh	HBJ	91'00
19. Disha Sachdeva	SHG	90'00
20. Jassnoor Kaur Jatana	VHG	96'00
21. Ribhav Chopra	HBJ	90'00
22. Shyla Robinson	HHG	93'00
23. Suryaveer Singh Kadyan	SBJ	96'00

**U-IV-D**

24. Ananya Mukherjee	SHG	92'00
25. Gopal Agarwala	NBJ	92'00
26. Kabir Kalra	VBJ	95'00
27. Mahika Dhanekar	SHG	91'00
28. Yuvraj Singh Nughaal	VBJ	91'00

**L-V-A**

1. Divyanshi Vasisht	NGD	94'00
2. Madhav Chawla	SBJ	92'00
3. Rishavpreet Singh	NBJ	92'00
4. Shivam	HBJ	92'00
5. Tushar Nandy	HBJ	98'00
6. Vrinda Aggarwal	SGD	97'00

**L-V-B**

7. Aditya Chadha	SBJ	90'00
8. Aditya Sharma	SBJ	92'00
9. Arjun Veer Kohli	VBJ	93'00
10. Udayvir Singh Grewal	VBJ	93'00

**L-V-C**

11. Parth Pant	HBJ	94'00
12. Sarthak Gupta	VBJ	96'00

**L-V-D**

13. Diya Modi	HGD	91'00
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**U-V-A**

1. Srijani Sankar Barik	NGD	96'00
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**U-V-B**

2. Sabhya Verma	SBS	92'00
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**U-V-C**

3. Aanchal Gupta	HGD	90'00
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**L-VI-A**

1. Aadya Gupta	NGD	95'00
2. Anvika Khanna	VGD	90'00
3. Kimaya Singh	NGD	91'00
4. Meher Bedi	SGD	92'00
5. Saba Sandhu	NGD	93'00
6. Vanshika Agarwal	HGD	90'00
7. Zainab Shamsi	NGD	92'00

**L-VI-B**

8. Adit Raaj Gupta	SBS	92'00
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**L-VI-C**

9. Dhruv Guleria	HBS	94'00
10. Divij Jain	HBS	92'00
11. Himesh Rohatgi	VBS	92'00
12. Manish Garg	NBS	90'00
13. Pratyaksh Tuteja	HBS	92'00
14. Sachika Singla	VGD	90'00
15. Shubham Mahajan	HBS	90'00

**L-VI-D**

16. Shaswat Shumsher Thapa	SBS	92'00
17. Yash Wardhan	NBS	93'00

**U-VI-C**

1. Yudhvir Kabuli	SBJ	93'00
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**U-VI-D**

2. Armaan Verma	SBS	90'00
3. Karan Oberoi	HHB	90'00

### Section III : SPORTS NEWS

#### 13th All India Dulip Singh Memorial Hockey Tournament—2015

The 13th All India Dulip Singh Memorial Hockey Tournament—2015 was held at BCS, Shimla from 27th to 29th October. A total number of five teams participated.

The first league match was played against BCS, Shimla and won by Sanawar 3-1. The second league match was played against Government School, Sanjholi and won by Sanawar 5-0. The third match was won by Sanawar against Vasant Valley, Delhi by 13-0. The fourth league match was won against Pinegrove School by 7-0. Sanawar reached the finals and defeated Government School, Sanjholi in a close match by 2-1. Sanawar lifted the Dulip Singh Trophy for the third time in 13 years. The individual awards were as follows :

The man of the match award for the first match against BCS was awarded to Abhijeet Raman. Aryan Chauhan got the man of the match for the second match against Government School, Sanjholi. Satyavan Banon received the man of the match award for the fourth match against Pinegrove School and Abhijeet Raman again got it for the final match against Government School, Sanjholi. Aryan Chauhan was awarded with the Player of the tournament.

Well Done Boys!

#### Home Hockey Fixture

Two hockey matches were played between Sanawar Boys XI and Banker Junior Hockey Academy, Delhi on 24th and 25th October, 2015. The first match was won by Sanawar 5-4 and the second match was also won by Sanawar 4-3.

### Section IV : O. S. News

Dilshad Hothi, an Old Sanawarian from the batch of 1994 (Nilagiri House), went to the UK when he was 21 years old. He is married to Barinder Hothi and the couple are the joint founders of the International training company, 'The Knowledge Academy' which they aim to turn into the "Amazon of the education world". The Knowledge Academy offers both classroom and online professional training courses. Their turnover was £20.8m with a profit of £3.2m for the year to April 2015. At school, he became house captain, played cricket and absorbed the very British atmosphere of the school.

"I think my school background was very important, being a house captain. We were very competitive and sports-driven. We had a cricket competition and field hockey and athletics and I used to build tactics and think how many medals I'd go after."

We wish the couple more success in the future.

### हिन्दी खण्ड

6-11-15 को छात्राओं ने प्रार्थना सभा में निम्न-लिखित विचार व्यक्त किए :—

#### प्रार्थना :

हे प्रभु ! हम सब आपके सामने नतमस्तक हैं। आप हमें अपने आशीर्वाद से अनुशासन में रहने और मन को नियंत्रण में रखने की शक्ति प्रदान करें।

#### अनुशासन

अनुशासन का अर्थ परतन्त्रता नहीं किन्तु नियम में रहना है। अनुशासन के पालन का पाठ विद्यार्थी अवस्था में ही सीखा जा सकता है। स्कूल में आने पर ही बच्चे की अनियंत्रित स्वच्छता पर कुछ बंधन लगने आरम्भ होते हैं और उसे कुछ नियम पालन करने पड़ते हैं। विद्यार्थी को पाठशाला में रहते हुए वहाँ के नियमों का पूर्णतया पालन करना चाहिए। उन नियमों की अवहेलना करने वाला विद्यार्थी संस्था के कार्य में बाधा डालने के साथ-साथ अपने आप को भी हानि पहुँचाएगा। अनुशासन में रहने से विद्यार्थियों को लाभ ही पहुँचता है। वे अपने लक्ष्य विद्या-प्राप्ति में सफल रहते हैं और गुरुजनों का स्नेह भी उन्हें प्राप्त होता है। अनुशासन में रहने वाले विद्यार्थी ही अच्छे नागरिक बन कर देश और समाज को उन्नति की ओर ले जा सकते हैं। जैसे तो देश के प्रत्येक नागरिक को अनुशासन में चलना चाहिए परन्तु विद्यार्थियों के लिए तो अनुशासन बहुत आवश्यक है। विद्यार्थियों के अनुशासनहीन होने का अर्थ है—देश के भविष्य का अनुशासन रहित अर्थात् अव्यवस्थित होना। किसी देश के अनुशासन-रहित होने का एक ही परिणाम होता है—सबनाश। अतः यदि हम कठिनाइयों और बलिराजों से प्राप्त की गई स्वतंत्रता को सुरक्षित रखना चाहें तथा देश को समुन्नति की राह पर ले जाना चाहें तो अनिवार्य है कि हमारे देश का विद्यार्थी अनुशासन की महिमा को समझ कर उसे अपने जीवन में स्थान दें। इसलिए हम सभी छात्र छात्राओं को अपने स्कूल में अनुशासन का पालन करना चाहिए। उसी में हम सब का कल्याण होगा और आने वाले समय में हम सभी देश के अच्छे नागरिक बन पाएँगे।

आशना चौधरी  
कक्षा आठवीं-सी

मनुष्य के पास पाँच इंद्रियाँ हैं जिनके माध्यम से वह विषयों को ग्रहण करता है। यह संसारी प्राणी अनादि-काल से चार संज्ञाओं और पंचेन्द्रियों के विषयों के बशीबूत होता आया है और ज्ञान का हमेशा दुःखयोग करता आया है। इसने अपने मन को कभी बश में नहीं किया इसलिए इसके इतिहास में पाँच पापों की जाल स्याही पुती हुई है।

पाँच इंद्रियों का ध्यापार जीव की मानसिकता को बना देता है। यह जीव स्वयं इंद्रिय और मन का दास बनकर उसकी पालि करता रहता है। आप सभी लोगों की भी यही दशा है, आप बरसात में बाटरप्रूफ पहनते हो, सर्दों में एअर टाइट पहनते हो और गर्मों में एअर कन्डीशनर में रहते हो। ध्यान रखना, इससे मनुष्य का पूर्ण विकास नहीं हो रहा है।

पाँच इंद्रियाँ और मन के नौकर मत बनो, उन्हें धरना नौकर बनाओ। आप मालिक बनो, उन्हें वश में रखो। जीवन में कुछ व्रत, नियम स्वीकार करो। व्रत ऐसा होना चाहिए जैसे कपड़े पर लगा पक्का रंग। जो कपड़े फटने तक रहता है, उड़ता नहीं। ठीक उसी प्रकार लिए गए प्रण भी ऐसे हों कि प्राण चले जाएँ तब भी निभाना चाहिए।

इस प्रसंग से हमें यह शिक्षा मिलती है कि व्रत, नियम, संयम की ओर कदम बढ़ाना चाहिए तभी हमारा मानव जीवन सार्थक हो सकता है क्योंकि इस पापमय जीवन को पवित्र बनाने का एक ही उपाय है 'संयम'। प्राण तो पुनः मिल सकते हैं लेकिन प्रण मिलना कठिन है। इसलिए प्राणों की रक्षा में प्रण नहीं छोड़ना चाहिए। बल्कि प्राण चले जाने पर भी प्रण नहीं जाना चाहिए। प्रण की रक्षा करोगे तो प्राणों की रक्षा अपने आप हो जाएगी।

व्यर्थ नहीं वह साधना, जिसमें नहीं अनंत भले मोक्ष हो बेर से, दूर रहे अधगतः।

नित्या जन्ना  
कला-जाठवों-ए

“मनुष्य अपने भाग्य का निर्माता स्वयं है”

आज का पुरुषार्थ ही कल का भाग्य है। भाग्य के मरोते जीवन की नैया को छोड़ देना मितात भूलता है। हाथ-पर-हाथ रखकर बैठे रहना कायरता है। बीमार होने पर उसे भाग्य का खेल समझना और उसका इलाज न कराना अज्ञानता है। कर्म और पुरुषार्थ के बिना जीवन में कुछ भी संभव नहीं है। मानव के विकास की कहानी उसके पुरुषार्थ की कहानी है। मनुष्य ने अब तक जो कुछ अर्जित किया है, वह भाग्य के मरोते नहीं अपितु अपने पुरुषार्थ से अर्जित किया है।

आज संसार में जितने भी उन्नतिशील देश हैं, उन सबने पुरुषार्थ का आश्रय ग्रहण करके ही उन्नति की है। जो लोग अपने जीवन को भाग्य के सहारे छोड़ देते हैं वे निष्क्रिय हो जाते हैं। उनका दृष्टिकोण उनके विकास में बाधा बनकर लड़ा हो जाता है।

परिस्थितियाँ आती नहीं, लाई जाती हैं। सतत परिश्रम तथा दृढ़ निश्चय से परिस्थितियों को नया मोड़ दिया जा सकता है। कर्मवीर पुरुष ही समाज और राष्ट्र का निर्माण करते हैं। दृढ़प्रतिज्ञ प्राणी के लिए संसार में कुछ भी दुर्लभ नहीं है। मनुष्य स्वयं ही अपने भाग्य को बनाता-बिगाड़ता है। मनुष्य का भाग्य उसे महान नहीं अपितु उसका पुरुषार्थ उसे महान बनाता है।

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