



# THE SANAWAR NEWSLETTER

112

MARCH

2019

## SECTION: I From The School BD Prefects-2019

### School Appointments

Head Boy -	Yuvraj Singh Nughaal (VBD)
Deputy Head Boy -	Jaiveer Singh (HBD)
M.I. Prefect -	Archit Bansal (SBD)
Academic Prefect -	Arindham Bhatia (SBD)

### House Appointments

#### Himalaya

House Captain -	Jaiveer Singh
School Prefect -	Aryan Singh
House Prefect - (Sr. Dorm. Jr. Prefect)	Kartikeya Jakhar
House Prefect - (Jr. Dorm. Jr. Prefect)	Rivaan Singh Khara

#### Nilagiri

House Captain -	Shardul Dhau
School Prefect -	Madhavendra Singh Chauhan
House Prefect - (Sr. Dorm. Jr. Prefect)	Jagjeet Bhadu
House Prefect (Jr. Dorm. Jr. Prefect)	- Bhavya Kapoor

#### Siwalik

House Captain -	Aditya Ranjan
School Prefect -	Arindham Bhatia
House Prefect - (Sr. Dorm. Jr. Prefect)	Suryaveer Kadyan
House Prefect - (Jr. Dorm. Jr. Prefect)	Prabhpreet Singh Sandhu

#### Vindhya

House Captain -	Pratham V P Kalta
School Prefect -	Ronald Robert Kharmarbha

House Prefect - (Sr. Dorm. Jr. Prefect)	Tejasv Kochar
House Prefect - (Jr. Dorm. Jr. Prefect)	Shaan Chhabra

### Holding House

House Captain -	Paramdeep Lotey (VBD)
School Prefect -	Arihant Samyal (HBD)
House Prefect -	Shrey Arora (SBD)
House Prefect -	Akshat Mundra (NBD)

### GD Prefects-2019

Head Girl -	Nitya Khanna (VGD)
Deputy Head Girl -	Manasvi Goyal (HGD)
M.I. Prefect -	Roshni (HGD)
Academic Prefect -	Anshruta Thakur (NGD)

### Himalaya House

House Captain -	Manasvi Goyal
House Prefect -	Muskaan Suri
Holding House Prefect-Surastie Phutela	

### Nilagiri House

House Captain -	Anshruta Thakur
House Prefect -	Ishampreet Kaur Ahuja
Holding House Prefect-Sehar Mehra	

### Siwalik House

House Captain -	Vashima
House Prefect -	Devika Vadhera
Holding House Prefect - Ananya Mukherjee	

### Vindhya House

House Captain -	Jassnoor Kaur Jatana
House Prefect -	Swamini Thakur
Holding House Prefect - Megan Bhagirath	

## **Head Boy's address to the School**

Yuvraj Nughaal

As children, we are just impressionable pieces of clay moulding ourselves after our role models. Our role models could be anyone. Either real or imaginary. But most likely they are bound to be the ones involved in our daily lives and those who manage to make an impact in whatever we do. I believe each and everyone of us can be a role model in one way or another. Everyone has two sides –the good and the bad. The onus is upon us to decide which is what and imbibe the best of what we see around us in our personalities. With a little introspection every day we can improve ourselves exponentially and once all of us are focused on developing ourselves then there is no need for any constant supervision on anyone's part, and that is my vision for Sanawar.

Motivate yourself, get out of your comfort zones and prove yourself to the world, because if you believe it, you can do it. Then no matter what hurdles you face, what obstacles come in your way and regardless of others opinion, you will achieve whatever you set out to, because only you know what's best for you

I'm sure everyone sitting here is proud of being a part of this great institution but we need to make sure that this pride continues and as they say change is the only constant, and with the changing times we need to change ourselves too. We need to let go of what "was" and instead plan about "what will be". By planning ahead we need to embrace the changes instead of opposing them in the names of traditions.

Sanawar is host to many opportunities. By thinking ahead we will ensure that we continue to get access to an increasing number of opportunities. This will help us to broaden our horizons and prepare ourselves better for what lies ahead. Today Sanawar is poles apart from the day I joined this school, and dynamism will help us to rise to greater heights.

Many congratulations to the batch of 2020, when I say this I am sure my batchmates are with me that

we will serve the school with the best of our abilities. I strongly believe that one man alone cannot make a huge difference but together we can and we will move the world.

## **Matter of Faith**

Jivika Sachedv, U-VI

Can you believe that there are people in the world who have the power to destroy the mountains of belief that humanity has spent ages creating? Those who don't believe people who are living among us, around us, that don't believe in the same God as any of us. The people whose religion asks of them to be so cruel that you only see demons in them, and all of this all in secret. There are many secret stories in the world and one of them, which is also the most famous is illuminati. I believe that it is amazing how people growing up in the same society guided by the same ideas choose to be so different and choose to worship so non-existent to others. I, as a speaker do not indicate that illuminati is a very good thing to follow, rallies it is a foundation that exists for a cause that might be unknown to us.

Humanity has been known for its divided conflicts, one of such conflicts is between the Catholic Church and the society of the scientists. The church believed that science could not prove what religion could. On the other hand the science did not want to prove themselves as better, they wanted the world to know the course of their existence. It is a strong foundation that could not have been formed overnight, instead it is a pill of hatred and dejections for the violation of their basic right of expression. The expression that was taken from them and the suppression they suffered because it forced them in such a way that Galileo Galilei along with other scientists formed the secret society of illumination that worked on their belief of the world's existence started as an all scientists group but has become more diverse over time.

Ok. How many of you don't believe in aliens? Well, for those of you who do, you have its quite self-centred to think that this is the only planet that has

life. Anyhow, it is believed that aliens have come to earth and are working with humans. Area 51. American Airbase, High security. This place is believed to be where the illuminati works with aliens to make clones of members of their society. According to this theory Beyoncé, Jay-Z, Justin Bieber and Britney Spears etc. All clones help them hide from the world. When people join illuminati they give their whole life to this group and in return get all the fame and all they had wanted they do not have to create a new identity for themselves.

These rites and rituals may be different from ours but that does not mean that they are wrong. Think about Science, about faith, about man. Think how every culture, in every country, in every time shares one thing. We all have the creator. We use different names, different faces and different prayers. But God is the universal constant for man.

Religion is faulty because man is faulty.

### **LIFE**

Anusha Rana, U-VI

We have talked enough about the problems that go on in our world., we have complained enough about how selfish and greedy people are. We have cried enough when somebody has hurt us. But what about the times when we have a hurt somebody else ? What about the mistakes that we are making ? All of us at this point will start introspecting and recalling the last inhuman thing we did , some of us might not. The truth is we have all made mistakes at point or another , we have all made someone feel bad, whether we realised it or not , or even if we did , our ego might have stopped us from saying the right words. Why is it that when someone else makes mistake , we act as saints and we are far from doing such a thing? As if we have never come close to doing anything wrong ? It is a different case when somebody is aware of their wrong doings&still chooses to do so,but at the moment , I am talking about the human race as a whole, very much including myself. I have come to conclusion that we all are hypocrites, each one of us. It is as if its naturally imbedded in us. We speak of what

others do wrong and silently commit the same sins, maybe at a lesser degree, But we still do it anyway, hoping no one will notice. We talk about helping, but only do it when its convenient for us to. We talk about accepting , but very well make fun of someone who's different, but when our enemies do the same thing, it suddenly becomes a problem. We are nice to only a selectively few, & our ego makes us feel our own insecurities by making others feel insecure. We compete with others, rather competing with ourselves. The reason our world is in chaos is because we become amazing vocalist when it comes to judging others, but when it comes to talking about our own downsides, we prefer staying shut. Brave are those , who have the courage to openly accept their mistakes . Brave are those , who put their ego aside in a world full of people blinded by the same. To conclude, we would have learnt a lot more from our mistakes , if we were not so busy doing them in the first place.

### **Essence of Caring**

Tanvi Kadyan and Sabah Kaur Mann, Super Sixers

Why is it so easy to care? We care about everything and sometimes about everyone. We care about what others think and say about us and we also feel whether they care about us. That is the whole sad point about life. We care about those who don't care about us at all. We care so much that we do things for them which otherwise we would do for none. We do such things so that we could get some confirmation from the society, as if we need them to tell us that what we are doing is right and perfect.

We never try to be different, as to be different in this age and day is looked down upon. Then at times we sacrifice so much just to get the desired confirmation that we often lose ourselves in the process. How can we forget the most important reason- WE CARE? You don't expect the things which are hurtful and downright mean. Caring and loving is about trust and when someone you trust says something crude then it truly hurts. At times people say things which they really don't mean and often regret saying it. Usage of such words cuts

deeper than the knife. Caring is a wonderful feeling but people should not be let down as they lose the trust. Caring is always an asset and the people who are cared for, they must cherish it.

### **Modern Politics**

Mannic Ahluwalia, U-V

Where is the government of the people, for the people and by the people? In the modern world of politics it has become common that elections are no more for the welfare of the people. In the race to power in this world, there is no scope for morality for the politicians. It is all about vote bank politics. Politicians have started using old schemes which they had rejected earlier to prove to the people that they are with them.

People don't have many options as most of the parties have more or less same schemes. There is no political competition that benefits the common people. It is the time where people realize what the political parties are doing and call for action is certainly the need of the hour. Reservation is one such area where SCs and STs get a lot of seats and most of them are no longer in poverty. This scheme of the government is being misused by them which is unfair for the people of the general category. During elections many politicians resort to unfair means by using their wealth as monetary trap which basically means that they try to purchase votes of the people. Such bogus activities of the politicians leave common people in a dilemma. No one is certain what lies deep down in the trap of the politics.

### **My Mother**

Daksh Chopra, L-V

My mother is a great cook  
Who never has a sad look  
She works day and night  
To make my future bright  
She is so kind  
That I am very much aligned  
She is always on my side  
Even during a high tide  
She is my role model

Because she is my ideal  
As she will always be with me  
Even if I can't foresee  
She is very grounded  
Because problems don't get her bounded  
She has a simple life  
And she is also a good wife

### **A Letter for My Dad**

Swamini, U-VI

I have grown up with your values and I am very glad I did. So this is for you Dad from your grateful kid. I cannot thank my stars enough for gifting you to me as my Dad. In every phase of my life you were the one who taught me how to live life to the fullest. Whenever you used to hold my hand tight to drop me to the school, I used to run back just to hold you strong and firm. As a kid I was always scared of heights but I always knew that I would never fall off from your shoulders. You are the tallest and strongest wall behind which I can hide whenever mom would scold me. Your endless series of jokes made my day though you are not as vocal as mom. Your silent presence makes me stronger.

Dad whenever you are away and I am not able to find my way, I can only think of the words you say. Your often quoted lines "Whenever you feel lost, just close your eyes, take a deep breath, listen to your heart, go out, work hard and achieve your dreams." I try to copy you in whatever possible way. To me Dad you are the perfect definition of the most beautiful human and the strongest man. Thank you for always being there.

### **Value of Rules**

Siya Mittal U-V

Rules....Rules....Rules...They are very much a part of our lives. You must know the rules and follow them. What is your time to wake up? Don't leave your wet towel on the bed....you must hang it outside in the balcony. Why have you got your shoes in the room? You are supposed to take them off at the entrance. Why aren't you chewing your food properly? You haven't completed your homework... you will be punished for this. These

are perhaps the common set of instructions and rules everyone has to go through.

A life without rules is probably a stomach without food. As we keep growing, the rules keep growing with us too. Slowly and slowly we start getting overloaded with rules from home, at school, from friends and family and then come work, husband, children and grandchildren. I would not know it now but it's just like imagining yourself like a porter, a coolie..... one baggage of rules added to your head every year.....and then the baggage increases so much that one day you buckle under pressure.

Umm.... How would a life without the suitcases.... I mean rules be? No wake up time...so just get up when you want....eat as much junk food...pizzas, burgers, chips and ice-creams. Don't exercise....just keep watching TV. What's the harm? No home work...just imagine life would be perfect! Don't you think so? Umm...not really. Just by living this lifestyle for a few days will make us lazy, obese and a couch potato. We will stop using our mind and become dumb and dumber.

Life is meant to be enjoyed and to become stronger. Rules are meant to be followed and not to be broken. Rules make us disciplined individuals, something which we may not realize now but when we grow up....we cherish them a lot. So follow the rules and keep moving ahead.

### **Report On Art and Sculpture Educational Trip for U6 students**

Suryaveer Singh Kadyan, U-VI

An educational trip for students of Art and Sculpture took place on 16th of March to Chandigarh Museum and Art's college to see the art and sculpture works of contemporary period as well as ancient period for a better knowledge in addition to book knowledge. A guide was deputed in the gallery to give knowledge about the works which were very helpful for students understanding.

It went very smoothly and fruitful. Students were even given a paragraph to write upon the visit and

also five works each from different sections, which was done after returning from the trip.

## **SECTION II: From The Staff**

### **Essence of Life**

Ved Raj Sharma

Nearly all men can stand adversity but if you want to test a man's character, give him power. Leadership positions breed pride in many. We fail to recognize that leadership is all about character and inspiration and not position and manipulation. We often fail to recognize the fallibility of our positions and possessions. We imagine our lives will always remain like this. But truth of the matter is that our fortunes could change overnight. A president could be impeached, a millionaire could lose his money and you could get your pink slip. It is therefore, only appropriate that we do not use our clout to find inner fulfillment. We may use our positions to serve better, but to identify with it and to seek happiness in it is suicidal.

A story of a young monk explains the dilemma in a better way. In India, the saffron dress commands respect. Many people consider renunciation as a bold step and offer respect to monks who live by the strict principles of renunciation. The youngster was impressed by the sudden attention he got and he fell for the bait. He took the gifts and adoration in all seriousness. Little did he realize that the love he received was for the colour of the cloth he wore, a colour that symbolizes detachment.

He once asked for an expensive I-Pod from an elderly gentleman, who although a little taken aback, hesitatingly offered him the gift. A few years later, the young man couldn't sustain his order and expressed his desire to get married. He then took off his saffron robes and started dressing like the rest of the people. He realized a drastic change in the attitude of all those who had earlier showered him with respect and adoration. Many ignored him, and few even spoke curtly when he tried to push his weight around as he had in the past. The new life

was an eye-opener for him. He had learnt a valuable lesson and that too a hard way. So the position and power we have are the borrowed plumes. Do not be proud of borrowed plumes as they are not going to last long. Give your best so that you are remembered for good deeds and not for vested interests.

Second	Vindhya	10
First	Nilagiri	16

### SECTION III: SPORTS NEWS

#### Inter –House Basketball Tournament-2019

##### 1. Best Players of inter-House Basketball Tournament-2019:

- Best player of GD Jr. Basketball  
Tournament: Ustat Kaur Jatana (VGD)
- Best player of GD Sr. Basketball  
Tournament: Manasvi Goyal (HGD)

##### 2. GD Result (Combined Result of GD Jr.& GD Sr):

Position	House	Points
Fourth	Nilagiri	07
Third	Siwalik	08
Second	Himalaya	10
First	Vindhya	11

#### Inter –House Cricket Tournament-2019

##### 1 Best Players of inter-House Cricket Tournament-2019:

- Best player of PD Atoms: Aridhamn Pratap Singh of Nilagiri House
- Best player of BD Colts: Shaurya Singh Kotecha of Himalaya House
- Best Player of BD 1st XI Yuvraj Chauhan of Nilagiri House

##### Combined BD House Positions:

Position	House	Points
Fourth	Siwalik	02
Third	Himalaya	08

### हिन्दी खण्ड

प्रार्थना सभा में विचार

दिनांक – 05-03-2019

#### सत्संग

जीवन में सत्संग का अर्थ है— अच्छे लोगों अर्थात् सज्जनों का साथ। सज्जनों के साथ रहना, उनकी बातें सुनना, उन्हें जीवन में उतारना ही सत्संग है। सत्संग के कारण हमारे जीवन में परिवर्तन होने लगते हैं। इस संसार में सत्संग दुर्लभ माना जाता है। जिस पर ईश्वर की कृपा होती है उसी को सत्संग का अवसर मिल पाता है। इससे हमारे मन, बुद्धि और मस्तिष्क का विकास होता है। इससे हमारे सोच—विचार और आचरण में बदलाव आने लगता है। मनुष्य को जीने के लिए जिस प्रकार हवा और पानी की आवश्यकता होती है उसी प्रकार जीवन में उत्थान, विकास और विवेकवान बनने के लिए सत्संग आवश्यक है। व्यक्ति सत्संग के बिना विवेकवान नहीं हो सकता। तभी तो तुलसीदास ने कहा— 'बिनु सत्संग विवेक न होई।' सत्संग के विषय में कवि रहीम पहले ही कह चुके हैं— 'जैसी संगति कीजिए, तैसोई फल दीन।' अर्थात् संगति के अनुसार मनुष्य को फल मिलता है। स्वाति नक्षत्र की एक बूँद केले के पत्ते पर पड़कर गजमौक्तिक और सीप में पड़कर मोती बन जाती है। अतः हमें भी सत्संग अवश्य करना चाहिए।

वेदांत देव

कक्षा – नौवीं

प्रार्थना सभा में विचार

दिनांक – 08-03-2019

### बदलती दुनिया में पीछे छूटते जीवन मूल्य

यह संसार परिवर्तनशील है। यह पल-पल परिवर्तित हो रहा है। इस परिवर्तन से हमारे जीवन मूल्य भी अछूते नहीं हैं। इन जीवन मूल्यों में बदलाव आता जा रहा है। इससे व्यक्ति का दृष्टिकोण बदल रहा है। यह बदलाव व्यक्ति के व्यवहार में स्पष्ट रूप से दृष्टिगोचर होता है। विज्ञान की खोजों के कारण हर क्षेत्र में बदलाव आ गया है। पैदल और बैलगाड़ी पर सफर करने वाले मनुष्य वातानुकूलित रेलगाड़ियों और तीव्रगामी विमानों से सफर कर रहे हैं। कबूतरों से संदेश भेजने वाले मनुष्य आज टेलिफोन और तार की दुनिया से भी आगे आकर मोबाइल फोन, इंटरनेट पर आमने सामने बातें करने लगे हैं। दुर्भाग्य से हमारे जीवन मूल्य उस प्रगति में पीछे छूटते गए। कल तक दूसरों के लिए त्याग करने वाला, अपना सर्वस्व दान देने वाला मनुष्य आज दूसरों का माल छीनकर अपना कर लेना चाहता है। परोपकार, उदारता, मित्रता, सहानुभूति, दया, क्षमा, साहस और संवेदना जैसे मूल्य जाने कहाँ छूटते जा रहे हैं। हम स्वार्थी और आत्मकेंद्रित होते जा रहे हैं। हमें चाहिए कि हम इस संसार में प्रगतिशील रहते हुए जीवन के मूल्यों को अपनाए रखें।

आज अंतर्राष्ट्रीय महिला दिवस है। आज के दिन सभी महिलाओं को यह प्रण लेना चाहिए कि वे अपने शील, संस्कार व व्यवहार से भावी पीढ़ी को योग्य बनाने के लिए उनका उचित मार्गदर्शन करेंगी और कोई भी ऐसा कार्य नहीं करेंगी जो बच्चों के मन मस्तिष्क पर गलत प्रभाव डाले। उन्हें ऐसा आचरण करना चाहिए जो समाज, देश

व राष्ट्र के लिए एक उदाहरण बन जाए। टूटते जीवन मूल्यों को महिलाएँ ही संभाल सकती हैं।

उदयवीर सिंह तूर

कक्षा—दसवीं

### मेरी सर्दियों की छुट्टियाँ

मेरी सर्दियों की छुट्टियाँ बहुत अच्छी गईं। बहुत कुछ देखने को मिला। नई नई चीजें. देखने और करने को मिलीं। हमारी छुट्टियाँ 10 दिसम्बर से शुरू हुईं। दिसम्बर का महीना था और बर्फ गिरने को थी। पहाड़ों में वैसे भी ठंड बहुत पड़ती है। घर से बाहर कदम नहीं रख सकते थे क्योंकि बारिश रुकने का नाम ही नहीं ले रही थी।

मेरा मन हमेशा से गोवा जाने का था लेकिन कभी मौका नहीं मिला। एक दिन मेरी सहेली ने बताया कि वो कुछ महीने पहले गोवा गई थी। फिर क्या था, मैं गोवा जाने के लिए और उत्सुक हो गई। मेरा मन खुश नहीं था। मेरा शरारती दिमाग मुझे परेशान कर रहा था। फिर मैंने एक पल भी सोचा नहीं और अपने माता-पिता जी को पूछा। उन्होंने मेरे निराश चेहरे को देखकर हाँ कर दी।

गोवा जाने वाली रात से पहले मैं सो नहीं पाई। सुबह उठकर सबसे पहले तैयार हो गई। गोवा में हम समुद्र के किनारे गए। वहाँ खूब मजे किए। रेत के घर बनाया करते और उसी समय समुद्र की लहरें उन्हें बहा कर ले जातीं। वहाँ का दृश्य बहुत ही सुहावना था। गोवा की चर्च देखकर बहुत ही शांति मिली। चर्च बहुत ही सुंदर थी। चार दिन गोवा में मजे करने के बाद हम वापिस घर आ गए।

इनाया कुमार

कक्षा—छठी

Editors: Mr. Ved Raj Sharma (English)

Hindi : Mr. Narender Sharma

IT Support :

Editorial Board : Arindham Bhatia

Mrs. Sunita Gautam

Mr. Manish Ghai

Anandini Tanwar

Mr. Deshraj Sharma

Mr. Hitender Jamwal