

Wanderlust

Raymon Garg, L VI

I suffer from what they call “Wanderlust”. Ever since my memory holds, I can recount a stream of journeys I have had the good fortune of undertaking. According to my parents, I was a mere toddler of three months when they mustered the courage to take me on a holiday to England. I who seemed to have arrived with wheels as feet took the flight. There has been no stopping since then.

As it has rightly been said by someone, ‘The world is a book and those who do not travel read only one page’. Travel does teach us about the world. We learn about people, their history and culture and how they behave. It teaches us how to be happy, more confident and relaxed. All the people I have known who have travelled are better people because of it. Travelling pushes our boundaries and lets us try new things and experiences that stay with us forever. We will smile at the fond memories. Once you have travelled, the voyage never ends but it is played over and over again in the quietest chambers.

My travels have taken me to varied places from England and Scotland to classy France, historic Italy, mesmerizing Switzerland, scenic Greece and beautiful Germany. I have had the privilege of seeing beautiful castles and palaces, breathtaking meadows and streams, museums with their fascinating collections. I have savoured delicacies of these countries- be it pizzas in Italy, fries in Belgium, salad in Greece and tacos in Spain.

In short due to my travels and wandering I have met people who spoke different languages, have eaten foods, I couldn’t pronounce the names of and walked into buildings erected during time periods I know of only from history books. I have seen the works of Leonardo Da Vinci in the Louvre, Michelangelo in Italy, Van Gogh and Picasso in the Hermitage in St. Petersburg, Russia. These experiences have changed my views of what the world is. If I look back at who I was before I began exploring the world and compare that to who I am now, I would have to say that travel has made me a better and more well rounded person. The world is now but a small village thanks to connectivity and accessibility. Everyone should take the opportunity to explore this beautiful planet. It is time well spent and as Mohammed said..... “Don’t tell me how educated you are, tell me how much you have travelled.”

A Letter To My Mother

Siyaa Mittal, L V

Hey mom, when you read this, I just want you to know a few things which I have never told you before, probably I just didn’t have the courage to.

I am very lucky to have such a caring mother like you. Thank you for bearing the pain I gave you for nine months when I was in your womb. Thank you for giving me birth, a new life, a new identity which only you could have given me. I am so sorry if I have ever been rude to you , but I really didn’t mean to. Thank you for always

making sure that I am alright, having that faith and belief in me, loving and accepting me the way I am and most of all supporting me and always being by my side, even when I failed. You made me get up and taught me that dreams have no ends and there is no success without failure. You had a stronger belief in me when I failed, than I had in myself. You have always motivated me to pursue the things I like. You have been my best friend throughout with whom I can share the slightest of excitement and happiness and the deepest of sorrows.

Ma, you have always put me before anyone else. You have always sacrificed your happiness to make sure I get mine. I just want to hug you, kiss you and cuddle with you. I had never ever thought that I'll actually stay so far away from you. I could not imagine a day spent without your presence; but here I am living months without you. I just want you to know that you are the most important person in my life. It's because of you that I am here today. Thank you for being such a big part of my small life. You will always be the "World's Best MOM" as I say, no one can ever take your place in my life no matter what. It's because of you I cry a little less and smile a lot more. You are gorgeous dear mom. And yes I will make you proud one day. It's your daughter's promise. I love you mumma and I will love you till my last breath.

Your True Self

Dibyarup Das, U VI

It's been eight years of my Sanawarian life and I have learnt a lot of things which I believe that I couldn't, had I been outside.

This journey made me stronger with each passing moment. You see, I believe everyone has sorrows in their lives. But when life puzzles you, you find your way and move on but I know how difficult it is. Most of the people can not find their way to overcome their grief and there are many people who learn the art of converting their sorrows into happiness and make their life prosperous.

Success is not the key to happiness, rather, happiness is the key to success.

This journey to success also comes with many downfalls but at the end you get up, dust yourself and move on.

Do what you want and love it.

Love the way you are and trust me the day you love yourself, you will be different and being different is unique. So, stay wild and stay weird.

A little time is left for me to leave this place that has given me so much and has taught me to live life to the fullest. And remember to go by the motto "it's not me verses you in a problem, it's us verses the problem."

Dealing With My SAD

Nixxita Taneja, UVI

Have you ever lost something or someone and felt completely dejected? How do you cope with loss? How do you deal with separation and the plethora of emotions that come along with it? Separation, how do you exactly deal with it? What about the sadness and anxiety that becomes a part of it? If you- any of you- are asking yourselves the same thing or feel your anxiety levels rising when faced with separation, then you my friend

are suffering from SAD- Separation Anxiety Disorder, a disorder in which a child gets excessively anxious when he or she is separated from his or her parents. It is self-diagnostic in nature and mainly pertains to children but adults too are susceptible to it!

Don't worry, my article is not about Separation Anxiety Disorder and how to cope with it. Exactly one week ago, I made a shocking discovery. To my horror, I found out that I, a young 17-year-old, independent woman, ready to take on the world, was suffering from something like SAD. It made me sad that I was suffering from SAD! I realized that I have SAD when I lost my white Casio CGFx50 graphic display calculator a.k.a. 'Bubbly'. Who knew that the mock test six that I took on 30th August, was the last time that I would ever use my 'Bubbly', let alone see it! Tuesday, September five, around 6:30 in the evening, my love- my baby- my Bubbly- my calculator was not where I had left it. I raided my bunk, I turned it upside down and set and reset it multiple times before it finally dawned upon me that my baby was gone! 'Whoosh out of thin air, just gone!' No goodbye, no-nothing! It was gone just like that! I had been separated from Bubbly and it was unjust! What happened to us was unfair and even more tragic than those separations of twins in the 'Kumbh Ka Mela'. I tried so hard to find my love - my life. I cried like a baby for days. It has been hard for me to cope with this irreplaceable loss! I miss 'Bubbly' and no other calculator can ever take its place. Wherever you are 'Bubbly', know that I'm always there for you and that I tried really hard to find you. But I guess God had separate plans for us.

Do not let your new user treat you badly, know your worth and don't ever let anyone treat you like a basic scientific calculator. Stay happy and use your time productively. Remember that you are irreplaceable.

Mom

Sannvi Kochar, L III

She is a very special person,
I love her from the core of my heart.

But still I can never love her,
As much as she does on her behalf.

Many ups and downs come in my life,
But she is always there by my side.

True love is only found,
Where there is love with no bound.

Guess who is she,
She is the one whom I love to infinity.

She is my superhero my mum,
Without her, earlier I was just a zero.

Because of her today, I am in Sanawar,
Because of her today I am a history maker.

I love her the most, that is what I wanted to convey,
To express it, I chose this way.

Double Sided Row

Arya Dilawari, U IV

Double sided row,
Where I don't want to go.

I will go to my home early,
By making my hair curly.

I will go to sleep,
While counting the sheep.

The morning sunshine will make me awake,
And the best thing I will do is,
Drinking tasty milkshake.

For the school I was late,
Because the guard closed the gate.

The school I will duck,
While eating my tuck.

If I would be caught,
I would be scolded a lot.

When I come home,
While setting my hair with a comb.

I will start playing consoles,
In which I open FIFA nineteen and score a goal.

When my father comes from work,
We play table tennis.

When I defeat him,
He always gets jealous.

In my parties we always go to malls,
And at night best thing, do prank calls.

In a drill we have to bend,
Sorry, I am going, so I have to end.

Inter-Class English Spell-Bee Competition

An Inter-Class English Spell-Bee Competition was held for L IV and UIV classes on 10th November, 2018 in Barne Hall. The Competition consisted of the

rounds like 'Spell What I Say', 'Mr. Word', 'Great Library', 'Miss Spelling', 'Books on Reel' and 'Rapid Spell' which were very informative for students. The result is as follows:

First: L IV D
Veer Devgan
Samaara Khilnani
Supreet Sidhu
Moksh Gupta

Second: L IV C
Hrithik Roy
Jaimukund Bhan
Hriday Jain
Arnav Singh

Third : L IV B
Jayant Sharma
Anvi Chopra
Sukriti Dehloo
Anushka Rawal

Vivek High School MUN Conference 2018, Chandigarh

VHSMUN took place from 13th to 15th July, 2018 at Vivek High School, Chandigarh.

Around Twenty Five schools took part in this conference. Six students participated from our school also and secured two positions.

1. Jaiveer Singh got Best Delegate (1st position) as delegate of China in his Committee – Security Council
2. Arindham Bhatia got 3rd position in his Committee – United Nations Global Compact

Other students who participated in this conference are:-

Viyom Dhawan

Veni Gupta

Eshani Goyal

Rivaan Khara

Bhavan Vidyalaya MUN Conference 2018, Chandigarh

BVCMUN took place from 3rd to 5th August, 2018 at Bhavan Vidyalaya School, Chandigarh.

Around thirty schools took part in this conference. Six students

participated from our school and secured two positions.

1. Mannic Ahluwalia got 2nd position as Comrade 13 in his committee – Historic Joint Crisis Committee.

2. Jaanasheen Bala got 3rd position in her committee – Elimination of Racial Discrimination

Other students who participated in this conference are:-

Abhiraj Bhatia

Harshit Nandy

Navya Sanga

Harshita Verma

Doon School MUN Conference 2018, Dehradun.

DSMUN took place from 17th to 19th August, 2018 at Doon School, Dehradun.

Around thirty five schools took part in this conference. Eleven students participated from our school and secured four positions.

1. Jaiveer Singh got a Verbal Mention (4th position) in his Committee – Lok Sabha.

2. Arindham Bhatia got a Verbal Mention (4th position) in his Committee – United Nations Economic and Social Council.

3. Nachael Gill got a Verbal Mention (4th position) in her Committee – General Assembly.

4. Simar Gabadia got a Verbal Mention (4th position) in his Committee – International Atomic Energy Agency.

Other students who participated in this conference are:-

Viyom Dhawan

Veni Gupta

Mannic Ahluwalia

Aditya Das

Avanti Agarwal

Sanaabi Thingbaijam

Tarika Khanna

SECTION II : SPORTS SECTION

Result of First Tour de Sanawar (Cycling Expedition)-2018 held at Sanawar

1. Old Sanawarian Society, Hero Cycles and The Lawrence School, Sanawar organised the first Tour de Sanawar (the cycling expedition)-2018 at Sanawar on 28th October, 2018.

2. Eighty cyclists of the school, non-school, professional, and non-

- professional levels participated in the same.
3. The expedition was held in two categories i.e.
 - a. Amateur category with six Km distance with comparatively lighter route than Elite Route with two rounds of Mid Back (from BD Quad to BD Quad through Moti Corner Gate, PD Field, CDH and Short Back) and one round from BD Pavement to Hospital, CDH, Office, Chapel and finished at BD Quad).
 - b. Elite category with 7.5 Km distance of tough route from BD Pavement to Upper Garden City, Main Gate, BD Pavement and Mid Back (from Moti Corner Gate, PD Field, CDH and Short Back) and one round from BD Pavement to Hospital, CDH, Office, Chapel and finished at BD Quad).
 - c. Eight of our students (four boys and four girls, one student from each house) participated in the competition.
 4. Five students from Sanawar (four boys and one girl) participated in the toughest Elite Route amongst forty elite cyclists of school teams from Bhavan Vidyalaya and Pinegrove School, professionals, non-professionals and Hero India Team.
 - a. Dhruv Ahluwalia of Vindhya House finished 23rd in overall position.
 - b. Parth Pant of Himalaya House finished 20th in overall position.

- c. Shivam Ahlawat of Nilagiri House finished 17th in overall position.
 - d. Abhinav Sohal of Siwalik House finished 12th in overall position.
 - e. Himani Thakur of Siwalik House won the 3rd position in Elite Women category and overall finished 28th amongst men and women, professional and non-professional cyclists.
5. Three Sanawar Girls participated in the Amateur Route amongst thirty nine men and women cyclists.
 - a. Tarika Khanna of Vindhya House finished 38th overall position.
 - b. Pavya Singh of Himalaya House finished 21st in overall position.
 - c. Zoya Khurana of Nilagiri House won the 1st position in Amateur Women Category and finished 12th in overall position. She won a Hero Sprint Mountain Bike.

Inter – House Swimming – 2018

RESULTS

1) 25 mts Free Style Under- 12 girls:

POSITION	NAME	HOUSE
Second	Nandini P. Singh	VPG
First	Naina Grewal	SPG

2) 25 mts Free Style Under- 13 girls:

POSITION	NAME	HOUSE
Second	Gayatri Sood	VPD
First	Ayra Khurana	NHG

3) 25 mts Free Style Under - 14 girls:

Ranveer Auluck

Yuvraj Jakhar

POSITION	NAME	HOUSE
Second	Anushka Rawal	HHG
First	Saanvi Khurana	SHG

9) 4 x 50 mts Free Style Relay Jr.girls:

SECOND: NILAGIRI FIRST: SIWALIK

Ayra Khurana	Saanvi Khurana
Aneet Toor	Samaara Khilnani
Mansha Kaur Brar	Azaara Wadia
Kahkashan Sehgal	Simrina Loona

4) 25 mts Free Style Under 12 boys:

POSITION	NAME	HOUSE
Second	Aryaman Malik	VPD
First	Daksh Grewal	SPD

10) 4x50 mts Free Style Relay Sr. girls:

SECOND : HIMALAYA FIRST: NILAGIRI

Manasvi	Mehar Sandhu
Zaina Zaidi	Prisha Chopra
Ananya	Ruhani Dhir
Irmin	Zoya Singh

5) 100 mts Individual Medley Under 13 boys:

POSITION	NAME	HOUSE
Second	Vedant Sangwan	SHB
First	Ikambir Singh	NHB

11) 4x25mts Medley Relay Jr. boys:

SECOND: SIWALIK FIRST: NILAGIRI

Aryaman Jakhar	Ikambir Singh
Abhay Grewal	Gurfateh Singh
Vedant Sangwan	Vasuman
Drishya Dinesh	Ujjwal Kotwal

6) 100 mts Individual Medley Under 16 boys:

POSITION	NAME	HOUSE
Second	Jagjeet Bhadu	NBD
First	Rijud Katyal	SBD

12) 4x25mts Medley Relay Sr. boys :

SECOND: SIWALIK FIRST: HIMALAYA

Aarav Khilnani	Arihant Samyal
Chaitanya Swami	Mohammad Anas
Nihal Singh Sidhu	Rahul Singh
Rijud Katyal	Faaris Zaidi

7) 100 mts Individual Medley Open boys:

POSITION	NAME	HOUSE
Second	Aarav Khilnani	SBD
First	Faaris Zaidi	HBD

HOUSE POSITIONS

PD

8) 4x25 mts Free Style Relay (PD):

SECOND: VINDHYA FIRST: SIWALIK

Nandini P. Singh	Umaira Wadia
Aryaman Malik	Naina Grewal
Aprajita Auluck	Dakash Grewal

House	Positions	Points
Nilagiri	Fourth	048
Himalaya	Third	103
Vindhya	Second	167
Siwalik	First	288

GD

House	Positions	Points
Himalaya	Fourth	091
Vindhya	Third	124
Siwalik	Second	135
Nilagiri	First	137

BD

House	Positions	Points
Vindhya	Fourth	093
Himalaya	Third	167
Nilagiri	Second	205
Siwalik	First	239

OVER ALL POINTS

House	Positions	Points
Himalaya	Fourth	361
Vindhya	Third	384
Nilagiri	Second	390
Siwalik	First	662

हिन्दी खण्ड

प्रार्थना सभा में विचार:

दिनांक 06-11-2018

आज मेरे वक्तव्य का विषय है— दीपों का त्योहार, दीपावली।

दीपावली का अर्थ है— दीपों की पंक्ति। इस त्योहार पर लोग अपने घरों में पंक्ति में दीपक जलाते हैं। इस दिन लोग अपने घर एवं कार्यालयों को बहुत खूबसूरती से

सजाते हैं। इसलिए इस त्योहार को प्रकाश का त्योहार भी कहते हैं। यह त्योहार कार्तिक मास के कृष्ण पक्ष की अमावस्या को मनाया जाता है। इस दिन लोग लक्ष्मी-गणेश की पूजा करते हैं। इन देवताओं को धन एवं समृद्धि का देवता माना जाता है। दीपावली से एक दिन पहले धनतेरस का अतिशुभ त्योहार मनाया जाता है। इस दिन लोग अपने घरों के लिए सोने एवं चाँदी के बर्तन खरीदते हैं। पौराणिक कथाओं के अनुसार समुद्र मंथन के समय इसी दिन धन की देवी लक्ष्मी का जन्म हुआ था। इसलिए आज के दिन लक्ष्मी माता की पूजा की जाती है।

दीपावली के दिन श्रीराम रावण का वध करके एवं चौदह वर्ष का वनवास व्यतीत करके अयोध्या वापस लौटे तो अयोध्यावासियों ने उनके स्वागत में अपने घरों एवं पूरे नगर को दीपों से सजा दिया। यह त्योहार पूरे देशमें खुशी एवं भाईचारे के प्रतीक के रूप में मनाते हैं। पश्चिम बंगाल में लोग इस त्योहार को काली पूजा के रूप में मनाते हैं। वहाँ पर बड़े-बड़े पांडाल लगाए जाते हैं। उनमें काली माँ की मूर्ति स्थापित की जाती है। काली माँ के साथ महालक्ष्मी की पूजा भी की जाती है। हमें इस त्योहार को आपसी भाईचारे एवं प्रेम के प्रतीक के रूप में मनाना चाहिए। तुलसीदास जी ने इस त्योहार का वर्णन अपनी पुस्तक "गीतावली" में इस प्रकार किया है—

"साँझ समय रघुवीर-पुरी की शोभा आज बनी।

ललित दीप मालिका बिलोकहिं हितकरि
अवध धनी ।।

गुनिन बंसल
कक्षा—आठवीं ए

प्रार्थना सभा में विचार:

दिनांक 09—11—2018

नमस्कार ! आज मेरे वक्तव्य का विषय है—
मन से ही मिलती है खुशी।

साथियों! हमारा समय अच्छा हो या बुरा, दोनों स्थितियों में हमारा जीवन के प्रति आकर्षण बना रहता है। दोनों ही हमें मज़बूती प्रदान करते हैं। यह हम पर निर्भर करता है कि जब हमारे हालात ठीक ना हों तो हम उस स्थितिकासामना कैसे करें। अकसर पाया जाता है कि हम खुशी का तो स्वागत करते हैं और दुःख आने पर निराश हो जाते हैं जबकि हमें किसी भी स्थिति में अपने—आपको मज़बूती के साथ खड़ा रखना चाहिए। जीवन में खुशी हो या ग़म, ये हमेशा रहने वाले नहीं हैं। दोनों ही क्षणिक हैं अर्थात् थोड़े समय के बाद स्थिति बदल जाती है। अतः हमें जीवन के परिवर्तनों से घबराना नहीं चाहिए बल्कि उनका खुशी से सामना करना चाहिए।

साथियों! आप अपने अन्तर्मन को खुश बनाए रखिए क्योंकि जो भी खुशी या ग़म आने वाला है वह ज्यादा देरतक रहने वाली नहीं है। अतः हमें दुःख में अपना धैर्य बनाए रखना चाहिए और खुशी में हमें ज्यादा प्रसन्नताव्यक्त नहीं करनी चाहिए क्योंकि कोई भी स्थिति स्थाई नहीं होती है। जीवन को एक उत्सव समझें। हर स्थिति में उसे

खुशी से जीएँ। आज को भरपूर जीएँ, कल के भरोसे मत बैठो, कल कभी नहीं आता। जीवन दुःखीरहने के लिए नहीं मिला है, अपनी खुशियों को त्योहार की तरह मनाओ। अतः हमें सुख एवम् दुःख, दोनों हीस्थितियों में जीवन को आनन्दपूर्वक जीना चाहिए।

धन्यवाद,
अन्वी चौपड़ा
कक्षा—सातवीं ब

दिनांक 13—11—2018

नमस्कार! आज मैं आपको गीता के एक श्लोक के माध्यम से कर्म व उसके फल के बारे में बता रहा हूँ—

“कर्मण्ये वाधिकारस्ते मा फलेषु कदाचन्।
मा कर्मफल हेतु भूर्मा: ते संगो अस्तु कर्मणि।।

हे अर्जुन! तुम्हारा अधिकार केवल कर्म करने पर ही होना चाहिए, फल की प्राप्ति पर नहीं। तुम्हें न फल की चाह रखनी चाहिए न फल के प्रति आसक्ति रखनी चाहिए। तुम्हें केवल कर्म करते समय तत्परता एवं सतर्कता दिखानी चाहिए जिससे तुम अपना कार्य पूरी ईमानदारी एवं निष्ठा से कर सको। फल में आसक्ति रखने वाले लोगों के कर्म कभी सफल नहीं होते बल्कि वे आधे—अधूरे व बेकार हो जाते हैं। जो व्यक्ति हमेशा अपने किए कर्म के फल के विषय सोचता रहता है उसके मन में पहले से ही कर्म के प्रति उदासीनता का भाव आ जाता है। वह अच्छी तरह कार्य करने का विचार पहले ही छोड़ देता है।

उदाहरण के लिए—जैसे कोई व्यक्ति आज ये सोचे कि—मैं एक आम का पेड़ लगाऊँगा और उसका फल मैं अकेला ही खाऊँगा तो ऐसा कर्म बंधनकारी है। अतः हे धनंजय—कर्म की महिमा को समझो और फल की आशा किए बगैर कर्म करते रहो। तुम्हें क्या मिलेगा? तुम क्या पा सकते थे? यह सब तुम मुझ पर छोड़ दो।

मन, वचन एवं निष्ठा से तुम अपने काम में ध्यान लगाओ ।

अतः हमें अपने कर्म के प्रति सचेत एवं ईमानदार होना चाहिए।

धन्यवाद,
रोशन राज
कक्षा—आठवीं ए

Editors: Mrs. Nitya Chopra (English)

Editorial Board: Udayvir Grewal, Partesh Romana

Hindi: Mr. Narender Sharma

Mrs. Sunita Gautam

Mr. Deshraj Sharma

