



## Section – I: From the School

### My Experience In Sanawar

Pratham Kalta, U VI

Sanawar is a magical place. It can push you to do things you never thought were possible and put you in situations that bring out the best in you. Sanawar equips you with skills, knowledge and expertise that may not be you think required anywhere else. But it is the confidence that these activities instill in us that makes a Sanawarian stand out. Why do you think most people prefer buying SUVs and off-roaders even when they know they are never going to take them off the road in their lives? It's just the knowledge that an SUV can go beyond the normal and required. I think this defines a Sanawarian. We can go beyond the normal and pull-off what most people cannot just because of what this place has taught us. The difference between ordinary and extraordinary is that little extra we put in. Sanawarians grow up to be tough and strong and that is why whatever comes our way we stand tall and face it. We show the world we aren't like any other individual in the crowd and it's not the mountain that wears you out but the grains of sand in your shoes.

The most important thing that Sanawar teaches us is the spirit of brotherhood. The friendship and memories created in Sanawar are free of contamination from all vested interests. Sanawar provides us with an environment which teaches us to focus on things that matter the most in our lives. Sanawar is a gold mine of opportunities, all you need to do is to be determined enough

to grab them. This world unfolds for you when your comfort zone ends but when life gets harder, don't wish it to be easy. That's the mantra of life.

### Essence Of Life

Tejasv Kochhar, U- VI

Be who you are and say what you feel because the ones who mind really don't matter and the ones who matter really don't mind. This was one of the biggest lessons of my life. This day my life started to change because until this day, I had always tried to fit in. I was pretending to be the person who I never was, just to impress the people, I did not like. All of us would definitely like to change something about ourselves but most of us really don't succeed in doing so because we don't realize that we will have to do something substantial. Everyone wants to go to heaven but no one wants to die. Life has a lot to offer but most of us merely exist, we are not living. Life is trying to teach you a lesson. All the times that made us cry, taught us the most important lessons of our lives. Those were the times that taught us to "Never Give In."

Sanawar teaches us a lot of things. But for me personally the best teaching was –the art of being happy. Happiness is a temporary affair till the time we are seeking it outside. Only when we look within, we realize happiness, calmness and vision are inter-related. Once a person went to Lord Buddha and said I want happiness. Lord Buddha said remove 'I' that is ego. Then remove 'want' that is desire and now you are left with happiness. Sanawar has always been

wonderful. It has given us loads of things and I am grateful to this institution. Someday, everything will make perfect sense. So far now, laugh at the confusion, smile through the tears and keep reminding yourself that everything happens for a reason. I would like to thank everyone who contributed to make these years beautiful. Self-belief is the most important part of our life.

In the end I would like to quote the Marshall Mathers, 'Be proud of who you are'. Even if that sounds embarrassing, never let anyone tell you, you aren't beautiful.

### **Realising Something Important**

Aryaman Singh Kohli, L-VI

In a world full of intellectuals, are we great enough to be called a genius? We often value things and people when we don't possess them or are close to them but we recognize their importance when we lose them. It is very important to live not only physically but also spiritually because when we inhale our last bit of oxygen, we don't have any regrets. Working hard earns us money and respect but if it is not earning us the respect of our close ones, it's not worth the sweat and stress. Again in a world of intellectuals, can you call yourself a genius? The word genius is not only for the people who score high grades and do wonders but for the people who are able to balance their life.

Balancing life is the most demanding task in this world. When you shake hands with disappointments, negativity and failures, in fact you will learn a lot of lessons which would help you to become a totally different personality and would make you pity your negative thoughts. We are busy doing things

that don't fascinate us just to impress the people we don't like. We are living for others and not for ourselves and for our family. We make certain mistakes which cannot be undone but end up thanking them for making us grow. A person who understands this in my opinion is a true genius.

### **The Essence of Life**

Sagar Syal, U-VI

The time has come when all of you need to focus on your goal and stop giving lame excuses that you didn't get time. It drives me nuts when people say they don't have enough time to improve. They need to know that they have twenty four hours a day. We sleep eight hours, work around eight to ten hours and travel around an hour and a two in a day. You need to use time judiciously and work hard all the time. We need to make best use of our mind and body. Our mind is like a dynamo, a vital energy that can work in your favour or against you.

You can end up being proud of yourself or you end up being sorry for your life. Anything that you want to achieve would require effort and hard work. You need to get motivated and dedicated towards your goal. No short cut will help you; the only thing that will help you is the power within you. Mohammad Ali would work hard like anything. Once a sports journalist asked him as to how many sit ups he could do. His reply was simple but impressive. I don't start counting till it hurts. Now think about it, this is working hard. People climb Mt. Everest, swim the English Channel, cycle around the world and lift incredible amount of weight. They perform no matter what obstacles they face. They perform these

activities not only because of their immense physical abilities but also because of tough mental strength. You are what you think. If you have made up your mind that you are not worthy enough of achieving something then guess what; you have already lost half of the battle. Nothing is tough in the world, the things that are tough for you today will be easy for you tomorrow. You have to make up your mind and work diligently towards it. I am sure you will come out with flying colours.

### **An Ocean in Love**

Mehar Sandhu, U- VI

They start as streams and grew into rivers  
The rivers flow to the sea,  
If I were an ocean and you were a river  
You would never be able to get to me  
The sea being your destiny  
And the cloudy sky my only company

### **Deception**

I was dancing with him  
But my eyes were on you.  
I told him it was him  
But we both knew it was you  
Now I will take the pain because  
I know he can't take the truth.

### **Love**

Our love is an odd story  
Where your silence said so much  
We never really needed words  
Our eyes spoke enough  
And when you said you hate me  
But it felt like love.

### **Essence of Life**

Shaan Singh Chabra, U VI

The world is full of people, most of them come and go and a very few leave their mark behind. So, what is it that differentiates these successful people from

those who are forgotten? As is the saying great men are never born great they become great through their deeds and actions. Success never comes easy but there are a few basic qualities required to achieve it. The first and the foremost rule is to never set for mediocrity. In life, we need to perform each and every task to the best of our abilities. It is going the extra mile that differentiates a brilliant performance from a substandard one. I would like to quote the great Winston Churchill, "History shall remember me kindly, for I intend to write it." We all are the makers of our own destiny. Don't ever doubt yourselves, trust your instincts and go for the kill. Many people in their speech have said that the outside world is scary but I beg to differ. If there is one thing that school has taught me it is to never be afraid of challenges. The only person you have to prove anything to is the one who looks back at you in the mirror. In this competitive world we should grab every opportunity. Do not leave anything for another day because in life there are no guarantees. We all need to absorb knowledge from all around us. Success is important in life but the most important thing is to be a good human being and live life to the fullest. We should cherish the beautiful memories and discard the bad ones. Cherish all the time you have on this hilltop. It is funny that I came here as a frightened nine year old who cried his way through PD, L- IV and U- IV but now little over a month left in the school, I leave with tears in my eyes. Live your life to the fullest. People often ask me what the most beautiful thing about Sanawar is. They expect the answer to be the mountains or the trees but

my answer has always been my friends and the people

Dream big, work hard and don't worry about the haters and well you know the rest.

### **Plastic Pollution**

Ishpreet Singh, U-IV

India is finally waking up to the real crisis of plastic pollution. Alarming studies about the possible long term bearing of plastic have emerged and raised concerns of its impacts on the environment, marine food chain and ultimately on human health. In november last year cyclone Ockhi washed 80000 kg of trash ashore in Mumbai's coastline. And in southern Spain, a young whale, the largest of the toothed whale was washed ashore after being choked to death by 29 kg of plastic debris.

Taking the cue, Maharashtra became the first state in the country to ban plastic. The ban imposes penalties on carrying plastic and non-woven carry bags, single use disposable items, and disposable thermocol and even multi-layer packaging. However, the government also released a list of plastic items that are absolutely necessary and therefore allowed such as plastic used to pack medicines and milk. Initially the roll out of the ban was marred by confusion. The government gave all stake holders a period of three months to dispose their stock and find alternatives. Till September, Mumbai Municipal Corporation has seized 17084 kg of plastic, fined 209589 persons and collected huge penalties since the plastic ban was implemented in the state. This action is being applauded to minimize environmental damage caused by plastic choking of rivers and drains. This step was welcomed by the

environmentalists across the country. This step will also help in controlling the flooding in Mumbai. Plastic should not be used as it destroys environment rather we should be eco-friendly.

### **Matter of Faith**

Aarav Tuteja, LV

Have you ever thought if God exists? Did you ever see the God? Are they scientifically proven? No! Not really. They are all myths, not a thing to believe. Why do people believe them? Have they done something good for you? Every civilization has their own Gods. As per the Indian mythology, it has more than 250 Gods. The Greeks have 12 main Gods known as the Olympians and several thousands of minor Gods.

In this modern world, people have categorized themselves into two categories. The one who believe in Gods and to accomplish any task in their lives, they pray to God and take blessings. That's a fascinating part of their life but they stop believing in themselves. There are very few who believe in themselves but I think many don't.

As I talk about the second category, those who don't believe in the God. Most of them believe in themselves, they prefer doing their task without any fear. I strongly believe that it's not the God who will do your task. Make the God power in you which will encourage you to do the best.

### **Thoughts**

Mehar Sandhu, U VI

“They start as streams and grow into rivers. Those rivers flow to the sea, If I was an ocean and you were a river, you would never be able to get me. The sea being your

destiny and the cloudy sky my only company.”

“My dear melancholy,

When you walk away take me with you. If I can't have you at least give me the peace of being in your company.”

“Cage her and she will lose a part of herself.

That part will be you.”

“I was chasing stars when I ran into you and that is when I know that my chase was over because within you I saw galaxies.

I was chasing stars when I ran into you and that is when I know that my chase was over because within you I saw galaxies.”

#### **Founder's Programme 2019**

Veer Devgan and Aryaman Mishra

The hard working and 'Never Give In' spirit of the students in the hard circumstances for this year's Founder's was truly fascinating and commendable.

Founder's as always was the most colourful, vibrant and fantastic time of the year for Old Sanawarians, students and parents alike. It started off with the melodious voices of the young ones singing to the batches of 1969, 1964 and 1994 during Chapel Service on the 2<sup>nd</sup> of October. 2 Representatives from each of these batches gave speeches reminiscing and waking their memories about forgotten times and memories made in Sanawar.

On the 3<sup>rd</sup> of October 2019 all the parents, students and old Sanawarians alike were witness to some of the great athletes of tomorrow during the Athletic meet for all the students who had got laurels in their events. The relays put on by the each and every student, teacher and old Sanawarian were commendable. The winner of the Athletic Cup in Prep Department was

Vindhya, Boys Department was Himalaya, Girls Department was also Himalaya and the Overall Cup was also won by Himalaya House. The winner of the Bala Cup was Sehar Mehra of Nilagiri House; the winners of the Kalinga Cup were Shardul Dhaut of Nilagiri House and Gaurav of Himalaya House and the Fateh Cup was bagged by Atharv Singh of Himalaya House. The prizes were distributed to the prize-winners by the honorable Chief Guest, a prestigious Army Officer Brigadier Aulakh of the batch of 1964. Later in the day, the inauguration of the new Amphitheatre in Warrior's Grove was held in the presence of the old batches, the Headmaster and the members of the School Council.

In the afternoon the exhibitions displayed their vibrant artifacts made by the students to everyone present and gave them a true taste of the talents possessed by the students and the students also displayed their awe-inspiring skills in acting and drama in a play called 'Three Short Stories', directed by the famous director Mr. Zubin Mehta. In the evening after the play, the Peacestead was inaugurated in the presence of the Headmaster, the valiant girls and staff who participated in the expedition to Mt. Kilimanjaro and the prestigious Chief for the evening Mr. Bharat Puri.

Then the spectators witnessed a fascinating display of PT in school, and were also witness to the great gymnastic abilities of the students and their ability to jump through the Ring of Fire, they were enthralled by the performance of the various cultural dances put up by the students and the day ended with a great flourish to the tune of 'Shaam Shandaar'.

On the 4<sup>th</sup> everyone woke up with great expectations as it was the day that the true Sanawarian spirit of 'Never Give In' would shine through by the parade put up by the Senior students as cadets in the NCC. The leader of the parade was the Head Boy, Yuvraj Nughaal. The troop leaders were The Deputy Head Boy and House Captain Himalaya House, Jaiveer Singh commanding the 1<sup>st</sup> troop (Nishaan Rakshakh Dall), the 2<sup>nd</sup> troop comprising of girls was commanded by Head Girl, Nitya Khanna, the 3<sup>rd</sup> troop was headed by the M.I. Prefect, Archit Bansal, the 4<sup>th</sup> troop was headed by the Academic and School Prefect, Arindham Bhatia, the band was headed by Yuvraj Chauhan, the NishaanToli was comprising of House Captain Vindhya House, Pratham Vijay Pratap Kalta, Holding House Captain, Paramdeep Singh Lotey and Siwalik House Captain, Aditya Ranjan. The display of marching and the procedure of the NCC performed by the students were comparable to the NCC performed by the actual Army cadets. It was attended by the Honourable Chief Guest Mr. Bharat Puri. The award giving ceremony after an excellent NCC put by the students, comparable to that of actual army cadets was interrupted by showers of blessings. The venue for prize distribution was quickly shifted to Barne Hall, a true action in the spirit of 'Never Give In'. After the prize distribution and the student lunch the Chief Guest visited all the exhibitions and praised the students for their creative talents. After a long and tiring two months of practice and hard work the students were finally allowed to go home for some well-deserved rest. The hardworking and 'Never Give In' spirit of

the students in the hard circumstances for this year's Founders was truly fascinating and commendable.

## SECTION – II: SPORTS NEWS

### Result of PD Inter-House Soccer Tournament-2019

Category	Best Player	House
PDB L-3	Luvitaksh Gulia & Raghav Chugh	H & V
PDP U-3	Divesh Kumar	V
PDG	Innaya Kumar	H

Innaya Kumar scored 23 goals in 3 matches. A tournament record since 2010 of (Inception of Girls' Soccer)

### Overall PD House Positions for PDB L-3, PDB U-3 & PD Girls

Position	House	Points
Fourth	Nilagiri	8
Third	Siwalik	11
Second	Himalaya	14
First	Vindhya	15

### House Position

Rank	House
Fourth	Vindhya
Third	Himalaya
Second	Nilagiri
First	Siwalik

### हिन्दी खण्ड

ईश्वर कहता है  
ईश्वर कहता है— उदास मत होना,  
क्योंकि मैं तेरे साथ हूँ,

सामने नहीं पर आस-पास हूँ।  
 पलकों को बंद कर दिल से याद करना,  
 मैं और कोई नहीं तेरा आत्मविश्वास हूँ।।  
 सुप्रभात! आदरणीय प्रधानाध्यापक जी, शिक्षक वृंद  
 एवं मेरे प्रिय सहपाठियों।  
 आज मैं कनिष्क सेन आपके समक्ष  
 'आत्मविश्वास' की उपयोगिता एवं उपादेयता पर  
 अपने  
 विचार प्रस्तुत करने जा रहा हूँ।  
 सर्वप्रथम मैं आपसे एक प्रश्न पूछना चाहूँगा—  
 "डाली पर बैठे हुए परिन्दे को पता है कि डाली  
 कमजोर है, फिर भी वो उस डाली पर है क्यों.....  
 .??

क्योंकि उसको डाली से ज्यादा अपने पंखों पर  
 भरोसा है।।"

प्यारे दोस्तो! वह कौन-सा बल था, जिसके  
 आधार पर

मुट्टीभर हड्डियों वाले महात्मा गांधी विश्व विजयी  
 अंग्रेजों को देश से बाहर कर सके। निश्चय ही  
 यह था—'आत्मविश्वास'। 'आत्मविश्वास'  
 मानव-चरित्र का मौलिक गुण तथा उसके  
 जीवन-पथ का प्रबल संबल हैं।

मनुष्य का अपनी काबलियत व 'नीयत' पर पूर्ण  
 विश्वास ही 'आत्मविश्वास' हैं। यह गुण मनुष्य को  
 घर-परिवार व समाज के संस्कार से मिलता है  
 तथा शिक्षण-अभ्यास से यह विकसित होता है।  
 जो आत्मविश्वास का अलख जगाकर जीवन के  
 मार्ग पर आगे बढ़ता है, उसके समक्ष आपदाओं के  
 पर्वत ढह जाते हैं और मंजिल सदा उसकी  
 प्रतीक्षा करती रहती है। हर इंसान अपने लक्ष्य की  
 प्राप्ति में प्रयासरत रहता है। उसके लिए जरूरी  
 होता है—'आत्मविश्वास'।

'आत्मविश्वास' यानि अपनी आत्मा पर विश्वास या  
 अपने आप पर विश्वास।

प्रिय मित्रों! आत्मविश्वास सरीखा दूसरा कोई मित्र  
 नहीं। यही हमारी उन्नति में सबसे बड़ा सहायक  
 होता है।।"

खुशी एक अहसास है

जिसकी हर किसी को तलाश है,

गम एक ऐसा अनुभव है,

जो सबके पास है,

मगर जिंदगी तो वही जीता है,

जिसको खुद पर विश्वास है।।"

दोस्तो! आत्मविश्वास जगाएँ। लोग प्रभावित होंगे,  
 दरवाजे खुलेंगे और तरक्की होगी।

अंत में अपने शब्दों को विराम देते हुए यही  
 कहूँगा कि—

"भरोसा" खुदा पर है तो जो लिखा है

तकदीर में वही पाओगे।

भरोसा अगर 'खुद पर है तो खुदा वही

लिखेगा जो आप चाहोगे।।"

धन्यवाद! आपका जीवन मंगलमय हो।

कनिष्क सेन

नवमी(सी)

### कुसंगति

बुरी संगति का ज्वर सबसे भयानक होता है। यह  
 केवल अच्छी सोच का ही नाश नहीं करता अपितु,  
 बुद्धि का भी क्षय कर देता है। मैं एक छोटा  
 बालक हूँ पर यह सारी बातें समझता हूँ कि हमारे  
 कुछ दोस्त बाहर से अच्छे और सच्चे लगते हैं पर  
 भीतर से चालाक और स्वार्थी होते हैं। ये साथी  
 पैरों में बंधी चक्की के समान होते हैं, जो हमें  
 बुराइयों के गड्ढे में गिरते रहते हैं और हमें पता  
 भी नहीं चलता। दोहरे चरित्र वाले साथियों से  
 बचकर रहना चाहिए क्योंकि कभी-कभी ही सही,  
 एक-दो बार ही सही, बात करने से भी हमारी  
 पवित्रता पर चोट लगती है। पूरी चौकसी रखिए  
 और ऐसे साथियों से दोस्ती न कीजिए जो हमारे  
 मन को अपवित्र कर दें। कभी - कभी हम किसी  
 साथी के बारे में ऐसी धारणा बना लेते हैं जो  
 बहुत अच्छी होती है, पर धीरे-धीरे पता चलता है  
 कि हमसे गलती हो गयी है। अवगुणों के कीचड़  
 में पैर डाल दें तो पता ही नहीं चलता कि कीचड़  
 कहाँ-कहाँ लग गया है। स्वार्थी और चालाक  
 साथी हमारे विवेक को कुंठित कर देते हैं और  
 फिर हमें भले-बुरे की पहचान भी नहीं होती।  
 इसलिए ऐसे साथियों से बचना चाहिए जो अपनी  
 बातों के जाल में फंसाकर अपने स्वार्थ सिद्ध  
 करना चाहते हैं और हमें अनुशासन से दूर ले

जाना चाहते हैं। ये तुम्हें कहीं का नहीं छोड़ेंगे और फिर पछता भी नहीं पायेंगे। इसलिए खुद को निष्कलंक रखने के लिए इनकी संगति से बचो और अपने व्यक्तित्व को इनकी काली छाया से प्रभावित न होने दो। मेरी बात मानिए और अपने आस-पास नजर घुमाइए और देखिए कि आपके साथ ऐसे कौन लोग हैं, जिनसे सावधान रहनी की जरूरत है। पर साथ-साथ हमें उन

मित्रों की कद्र भी करनी चाहिए जो वास्तव में दिल के अच्छे हैं। कक्षा में, डोर्म में, खेल के मैदान के नियमों का पालन करते हैं और हमारा उत्साह रखना चाहते हैं। धन्यवाद!

अक्षत अग्रवाल  
कक्षा सातवीं(बी)

अंतर्वर्गीय हिंदी चित्र लेखन  
प्रतियोगिता – 19.09.2019

कक्षा पाँचवीं

स्थान	नाम	सदन	कक्षा
प्रथम	अग्रिम सेठी	विंध्या	पाँचवीं
द्वितीय	नव्या चौधरी	विंध्या	पाँचवीं
तृतीय	दिव्या रंजन	विंध्या	पाँचवीं

कक्षा नौवीं

स्थान	नाम	सदन	कक्षा
प्रथम	कृष्णा रॉय	विंध्या	नौवीं
द्वितीय	प्रियल सांगवान	शिवालिक	नौवीं
तृतीय	शुभांगी अग्रवाल	नीलगिरि	नौवीं

अंतर्वर्गीय हिंदी अनुच्छेद  
प्रतियोगिता-19.09.2019

कक्षा छठी

स्थान	नाम	सदन	कक्षा
प्रथम	सिद्धिविनायक	विंध्या	छठी
द्वितीय	इनाया कुमार	हिमालय	छठी
तृतीय	दिव्येश कुमार	विंध्या	छठी

कक्षा दसवीं

स्थान	नाम	सदन	कक्षा
प्रथम	प्रियांशु शर्मा	विंध्या	दसवीं
द्वितीय	समर्थ खरबन्दा	हिमालय	दसवीं
तृतीय	हर्ष अंगद सिंह	हिमालय	दसवीं

अंतर्वर्गीय पंजाबी निबंध  
प्रतियोगिता-19.09.2019

कक्षा सातवीं

स्थान	नाम	सदन	कक्षा
प्रथम	मंथन सोनी	हिमालय	सातवीं
द्वितीय	संकित जैन	शिवालिक	सातवीं
तृतीय	हुनरदीप सिंह प्रीत गुप्ता	हिमालय नीलगिरि	सातवीं सातवीं

कक्षा सातवीं

स्थान	नाम	सदन	कक्षा
प्रथम	बिसमन बुट्टर	नीलगिरि	सातवीं
द्वितीय	सना शर्मा	हिमालय	सातवीं
तृतीय	शुबिका सूद	हिमालय	सातवीं

कक्षा आठवीं

स्थान	नाम	सदन	कक्षा
प्रथम	नकुल गर्ग	हिमालय	आठवीं
द्वितीय	जयमुकुन्द भान	हिमालय	आठवीं
तृतीय	माहिर गुप्ता	हिमालय	आठवीं

कक्षा आठवीं

स्थान	नाम	सदन	कक्षा
प्रथम	शौर्य जिंदल	नीलगिरि	आठवीं
द्वितीय	स्तुति कपूर	नीलगिरि	आठवीं
तृतीय	प्रिशा गेरा	शिवालिक	आठवीं

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