



THE SANAWAR NEWSLETTER

104

APRIL

2018

Section I : From The School

The Power Of Togetherness

Faaris Haider Zaidi, Head Boy

I write this with a mind and a heart full of dreams, some achieved and some yet to be achieved.

Writing is very intimidating especially so when fifteen hundred odd eyes are hanging onto every word that you may write.

Under normal circumstances, I would have had a lot to say and a lot of motivational lines to quote. Strangely enough, none comes to my mind as I pen down my thoughts.

I began my journey here three long years ago, and it's been a tapestry of interwoven colours and threads that define me.

I am not simply a product of my parents, but a well chiselled and shaped personality that defines this prestigious institution.

Each one of us, in whatever capacity we may be, we are proud extensions of the boundaries of this school. Whatever you are, be a great one.

Work hard, play hard, study hard, eat, sleep, repeat, all of this you and I both know.

To quote H.W. Longfellow, "All are architects of fate, so look not moanfully into the past. It comes not back again."

There is a kaleidoscope called LIFE that awaits us around every corner. We should sift through the colours and ensure that we become responsible colourful people.

Together we shall become the rainbow that will light up the ever blue skies of Sanawar. Together we shall make a difference, and make ourselves proud of each other's lives.

Together we stand, divided we fall.

"If Wishes Were Horses"

Samyak Jain, U-IV

Life is incomplete without some important elements. One of them is a wish. Life without wish is so boring. I cannot even imagine of a life without wishes as in wishes we can ask for a unicorn or the whole country as a house.

If wishes were horses beggars would love to ride it. All their dreams might come true. There would be nothing in the dictionary called as "struggle". If wishes were so easily fulfilled, the life would have been a bed of roses. But if life is made so easy, there would be no fun in living it. It would be like slicing through butter.

Wishes make life like wood, difficult to cut through. They make us strive hard towards the verge of success, for example, a person wishes to have a big mansion or a sports car, he will strive hard to buy it. At last I quote "If wishes were horses, ride them but always remember getting upon it is the hardest part."

The Explorers

Prerna Bedi, U-VI

As we departed from the hills of Sanawar to the city of Rishikesh, our energies rose. A bus full of excited girls and two escort teachers were travelling for the much awaited U-6 camps. From Bagwan to Rishikesh the rafting expedition lasting three days awaited us. The outward bound Himalaya program was full of new, unexpected experiences. From living under the rafts at night to cooking our own food, everything seemed too tough but exciting at the same time. The three days in water were full of adventure. From rapids to water fights, from cliff jumping to body surfing, all that we tried helped us overcome our fears. The team of instructors accompanying us were experienced,

friendly and motivating. All in all this five day experience was a pack of unforgettable memories. It was a much needed, fun break from our everyday busy schedules. Rafting through Alaknanda into the Ganga was a life changing experience for most of us. A source of life and death in a river was brought to us by an organised five days, 104 kilometers of Alaknanda transmitting into Ganga and three nights full of sand all around us. Our last camps by the Ganges brought new life into us, filled us with positive energy to face a tough year ahead. It was definitely worth our time and energy.

Dreams Have No Ends

Siya Mittal, L-V

A dream is what a person wishes or aspires to do. A dream is a path what you choose to become. The world never ends. So stop taking pain in how you will achieve your target. Just aim at it and go for it. Be a warrior, not a worrier. Dream big, bigger and the biggest you can each day. Live each day so properly that you leave no regrets behind. Whatever you want to say, speak and if you don't want to, then listen. Use every possible opportunity. Don't think much. And don't forget to believe in yourself. It's the most important thing for an individual. As it is said, "Happiness is the key to success," so always be happy and meet others with a bright smile on your face. People say, "It will happen if it is in my destiny. Don't wait for your destiny. Choose and make your destiny yourself. Have self-confidence and self-esteem and things will happen just the way you want them to happen. Turn your dreams into reality. So, go get yourself a dream.

Fire Creator

Neil Gupta, U-IV

Miss Ripley Bean, sitting under the deodar, having a cup of tea with The Raj's special biscuits, at a hotel where she lived in her grand-suite. Actually, the hotel belonged to her father but as he was dying, he gave this hotel to Ram, taking a promise that my daughter Ripley will live here till the time she dies. That time Ram came and sat with Miss Ripley Bean. She said that I will tell you a story of a kid, his name was John. He used to trouble me a lot.

Once upon a time, I was sleeping in the History class, he came and cut my hair. I told my parents after school and they scolded him a lot. Next I went with my parents to a wedding and he started a fire in my house and when we came home, my parents decided that they'll send him to a boarding school. As soon as he got admission, he went there. He used to feel very bad. One day, he was too angry with life. He went into the Principal's office at night and burnt it up.

Next day, one of the teachers took him to the forest to make him understand the importance of life and be happy. After their talk finished, the teacher went and he did the same thing, he started a forest fire and he burnt himself. That very day, a mail was sent to my home and we went to his grave and prayed for him as he was John Bean, my brother, who did all these things. After this, Miss Ripley Bean said it is time for my bath. Meet you all at night.

Time

Rehamatt Singh, U-III

Time is the most precious thing in the world. Time once gone, cannot come back ever in your life. No matter how much you try but you won't get it back. Every single second of your life is more precious than the rarest gem in the world. So, do not waste even one second of your life because later in life you are going to regret what all things you could have done instead of wasting time. So, always remember time is one of the most precious things in the world.

Result of Painting Competition held for PD on 20th March, 2018

Class : L-III

Position	Name	Class	House
First	Riya Boora	L-III A	Himalaya
Second	Aprajita Auluck	L-III A	Vindhya
Third	Insaya Kumar	L-III A	Himalaya

Consolation

Aadidev S. Samyal	L-III C	Himalaya
Diya Sorout	L-III B	Vindhya
Srinidhi Phutela	L-III B	Himalaya
Mehar Kaur		
Hasrajani	L-III C	Himalaya

Class : U-III

First	Mugdha Thakur	U-III B	Siwalik
Second	Avani Dhingra	U-III A	Vindhya
Second	Bividhita Singh	U-III A	Vindhya
Third	Abhinav Kakkar	U-III C	Nilagiri

Consolation

Preet Gupta	U-III B	Nilagiri
Naina Grewal	U-III C	Siwalik
Raahil Dhawan	U-III C	Nilagiri
Parth Gautam	U-III B	Nilagiri

Section II : From The Staff

!! Achievers !!

Students who scored 90% or above marks in the First Unit Test of 2018.

S. No.	Name	House	%
L-III—A			
1.	Aprajita Auluck	VPG	90'00
2.	Aradhya Narula	NPB	92'00
3.	Divyesh Kumar	VPB	90'00
4.	Neev Bareja	HPB	91'00
5.	Riana Khosla	SPG	93'00
6.	Riya Boora	HPG	96'00
7.	Sarah Mehta	NPG	97'00
8.	Umaira Wadia	SPG	97'00
L-III—B			
9.	Ananya Gautam	SPG	91'00
10.	Bhawishya Sharma	VPB	92'00
11.	Divya Sorout	VPG	96'00
12.	Keerat Sandhu	NPG	95'00
13.	Parth Mahajan	HPB	90'00
14.	Shriyan Khemka	NPB	94'00
15.	Srinidhi Phutela	HPG	93'00
16.	Umed Singh	NPB	96'00
L-III—C			
17.	Devyansh Gupta	NPB	93'00
18.	Krishna Mittal	SPB	93'00
19.	Mehar Kaur Hasrajani	HPG	90'00
20.	Mehzabeen	VPG	93'00
21.	Rishika Vaishnavi	NPG	94'00
22.	Saanvi Kochar	VPG	92'00
U-III—A			
1.	Akshat Attri	VPB	92'00
2.	Aryaman Malik	VPB	90'00
3.	Bisman Buttar	NPG	92'00
4.	Ishi Kejriwal	HPG	93'00
5.	Manya Kumar	SPG	92'00
6.	Nimish Garg	HPB	92'00
U-III—B			
7.	Aaran Krishn	SPB	94'00
8.	Agam Singh Dhiman	VPB	94'00
9.	Armaanvir Singh Bhatia	NPB	90'00
10.	Arnav Bansal	SPB	93'00
11.	Kenisha Arora	NPG	92'00
12.	Mugdha Thakur	SPG	90'00
13.	Nandini Jain	SPG	93'00
14.	Vasvi Jain	VPG	92'00
15.	Yana Saini	HPG	90'00
16.	Yestin Yogeshwar	VPB	94'00
U-III—C			
17.	Chhavi Narayan Moolchandani	SPG	93'00
18.	Guransh Singh	NPB	91'00
19.	Japhar Kaur Jawandha	NPG	90'00
L-IV—A			
1.	Aditya Lal	VHB	91'00
2.	Arooshi Bhatia	HHG	94'00
3.	Bhavuk Kakkar	VHB	93'00
4.	Nakul Garg	HHB	96'00
5.	Shaurya Khanna	SHB	95'00
L-IV—B			
6.	Anushka Rawal	HHG	95'00
7.	Anvi Chopra	VHG	91'00
8.	Aryaman Mishra	HHB	93'00
9.	Jayant Sharma	SHB	95'00
10.	Kritish Goel	VHB	92'00
11.	Ravinandini Singh Chauhan	NHG	93'00
12.	Selya Bansal	SHG	91'00
L-IV—C			
13.	Devanshi Mitruka	VHG	90'00
14.	Dia Atal	SHG	93'00
15.	Hrithik Roy	VHB	94'00
16.	Jaimukund Bhan	HHB	95'00
17.	Naman Jindal	HHB	93'00
L-IV—D			
18.	Akshat Parasar	VHB	91'00
19.	Dhruv Sud	VPB	93'00
20.	Lakshay Bhatia	SPB	90'00
21.	Moksh Gupta	HHB	94'00
22.	Pranav Kapur	HPB	90'00
23.	Stuti Kapoor	NHG	90'00
24.	Utkarsh Verma	SPB	90'00
25.	Veer Devgan	HPB	90'00
U-IV—A			
1.	Ananya Sharma	VHG	91'00
2.	Chitesha Rewri	HHG	93'00
3.	Daksh Chopra	SBJ	93'00
4.	Devisha Jain	NHG	91'00
5.	Hrishita Singh	VHG	95'00
6.	Roshan Raj	NBJ	92'00
7.	Samridhi Garg	NHG	91'00
8.	Sehar Kaur Sandhu	SHG	91'00
U-IV—B			
9.	Mokshi Sharma	NHG	93'00
10.	Zara Kalsi	HHG	91'00

U-IV—C

11. Anoushka Mukherjee	VHG	92:00
12. Chitrangda Thakur	HHG	93:00
13. Kudrat Aulakh	SHG	91:00
14. Manya Gupta	HHG	92:00
15. Navya Garg	SHG	97:00
16. Panshul Dhingra	VBJ	90:00
17. Vanya Gandh	NHG	91:00

U-IV—D

18. Kirti Jindal	HHG	95:00
19. Saanvi Khurana	SHG	95:00
20. Ustat Kaur Jatana	VHG	93:00

L-V—A

1. Ishika Sen	VGD	91:00
2. Simar Singh Gabadia	NBJ	94:00

L-V—B

3. Kabkashan Sehgal	NGD	94:00
4. Samarth Kharbanda	HBJ	91:00

L-V—C

5. Harshangad Singh	HBJ	96:00
6. Noopur Sharma	HGD	96:00

L-V—D

7. Jaanasheen Kaur Bala	HGD	94:00
8. Pavya Singh	HGD	93:00

U-V—A

1. Avanti Aggarwal	NGD	95:00
2. Sanaabi Thingbaijam	VGD	92:00
3. Satvik Narula	NBS	94:00

U-VI—C

1. Keshav Kumar	VBS	90:00
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U-VI—D

2. Parth Pant	HBS	90:00
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Section III : SPORTS NEWS**15th Honoria Lawrence Basketball Tournament For Girls, 2018***Mannic Ahluwalia, L-V*

The 15th Honoria Lawrence Basketball Tournament for Girls, 2018 was hosted by The Lawrence

School, Sanawar from 3rd May to 5th May. The following eight teams participated in the tournament:

1. Daily College, Indore
2. Delhi Public School, Mathura Road
3. Pinegrove School, Dharampur
4. St. Luke's School, Solan
5. The Shri Ram School, Gurgaon
6. Woodstock School, Mussoorie
7. Sanawar-Jr
8. Sanawar-Sr

The tournament started off with a lot of enthusiasm exhibited not only by the participants but also the spectators. It reflected great sportsmanship in all the players. While the tournament, when all hopes were lost, the Sanawarians maintained their spirit of 'Never Give In'. The most promising player of the tournament was awarded to Ms Sarvika Bawa of the Shri Ram School. The highest scorer of the tournament was awarded to Ms. Tasha Ahmed of DPS, Mathura Road.

The best player of the tournament was Ms. Yashanjeet Kaur of Pinegrove School, which was also the First Runners-up and the Second Runners-up was The Shri Ram School. The Guest for the closing ceremony was Captain A J Singh, the Chairman of IPSC and the Headmaster of the Pinegrove School. He was very pleased with the performance of all the teams. The headmaster of The Lawrence School, Sanawar also joined hands to compliment all the schools which were part of the tournament and was glad to witness the quality of sportsmanship displayed.

Result of Home Cricket Fixture played on 6th May, 2018 against St. Edwards School, Shimla

1. Home Cricket Fixture was played against St. Edwards School, Shimla between Colts teams:
 - a. Sanawar after winning the toss, batted first and scored 130 runs for 05 wickets in 17 overs.
 - b. Team Captain Daushant Chaddha scored 42 runs and Rehan Verma scored 25 runs.
2. St. Edwards scored 102 runs and lost the match by 28 runs.
 - a. Rehan Verma took 05 wickets and Pratham Kalta took 03 wickets.
3. Rehan Verma was declared the Man of the Match.

हिन्दी खण्ड

प्रार्थना सभा में विचार

दिनांक—13-4-18

नाम—अरनव बंसल

कक्षा—आठवीं सी

प्रार्थना :—

हे ईश्वर ! ऐसी कृपा कीजिए कि हम सभी आत्म सम्मानी बनकर जीवन जीना सीखें ।

मानव जीवन में आत्म सम्मान का अत्यधिक महत्त्व है । आत्म सम्मान में अपने व्यक्तित्व को अधिकाधिक सशक्त एवं प्रतिष्ठित बनाने की भावना निहित होती है । इससे शक्ति, साहस, उत्साह आदि गुणों का जन्म होता है, जो जीवन की उन्नति का मार्ग प्रशस्त करते हैं । आत्म सम्मान की भावना से पूर्ण व्यक्ति संघर्षों की परवाह नहीं करता है और विधम परिस्थिति से डबकर लेता है । ऐसे व्यक्ति जीवन में पराजय का भुंह नहीं देखते तथा निरंतर यश की प्राप्ति करते हैं ।

आत्मसम्मानो व्यक्ति धर्म, सत्य, न्याय और नीति के पथ का अनुगमन करता है । उसके जीवन में ही सच्चे सुख और शांति का निवास होता है । परोपकार, जनसेवा जैसे कार्यों में उसकी रुचि होती है ।

लोकप्रियता और सामाजिक प्रतिष्ठा उसे सहज ही प्राप्त होती है । ऐसे व्यक्ति में अपने राष्ट्र के प्रति सच्ची निष्ठा होती है तथा मानुष्यता की उन्नति के लिए वह अपने प्राणों का उत्सर्ग करने में भी सुख की अनुभूति करता है । चूंकि आत्म सम्मानो व्यक्ति अपनी अथवा दूसरों की आत्मा का हनन करना पसंद नहीं करता है, इसलिए वह ईर्ष्या-द्वेष जैसे भावनाओं से मुक्त होकर मानव मात्र को अपने परिवार का अंग मानता है । उसके हृदय में स्वार्थ, लोभ और अहंकार का भाव नहीं होता । निष्कल हृदय होने के कारण वह आसुरी प्रवृत्तियों से सर्वथा मुक्त होता है । उसमें ईश्वर के प्रति सच्ची भक्ति एवं विश्वास होता है, जिससे उसकी आध्यात्मिक शक्ति का विकास होता है । जीवन को सरस और मधुर बनाने के लिए आत्म सम्मान रसायन मूल्य है ।

आत्मसम्मान प्रत्येक जाति तथा राष्ट्र की प्रेरणा का देवी स्रोत है । मानव मात्र के मौलिक गुणों की यह विभूति है । प्रत्येक व्यक्ति का सर्वश्रेष्ठ कर्तव्य है कि आत्मसम्मान की सुरक्षा के लिए सतत प्रयत्न रहे । इसे गंभीर हम सर्वस्व को देगे । हमारी संस्कृति, हमारा धर्म, यहाँ तक कि हमारा अस्तित्व ही इसके अभाव में लुप्त हो जाएगा । परतंत्रता के युग में हमारे सांस्कृतिक जीवन में आत्मसम्मान को निरंतर ठेस लगती रही है । चूंकि विदेशी प्रभुसत्ता ने उसका हनन करने में कोई कसर उठा नहीं रखी, इसलिए भारतीयों ने राष्ट्रपिता के नेतृत्व में

आत्म सम्मान की प्रतिष्ठा के लिए स्वतंत्रता संग्राम किया तथा उसमें सफलता प्राप्त की । आज प्रत्येक भारतीय को उच्च नैतिक मूल्यों, राष्ट्रीय एकता तथा आत्म सम्मान की रक्षा करनी है, ऐसी शपथ लें ।

धन्यवाद

प्रार्थना सभा में विचार:

तिथि—10-04-2018

नाम—सिफत कालरा

कक्षा—आठवीं बी

प्रार्थना :—

हे ईश्वर ! हम सभी को समय का सही-सही पालन तथा उसका सही-सही नियोजन करना सिखाइए ।

अपने जीवन में हर कार्य को सही समय पर पूरा करना सभी संभव हो सकता है, जब हम अपने जीवन में समय को ठीक ढंग से नियोजित कर लें । जीवन में समय का योजनाबद्ध तरीके से बँटवाना 'समय नियोजन' कहलाता है । जो लोग अपने जीवन को ढंग से नियोजित कर लेते हैं, उन्हें सफलता के लिए अधिक प्रतीक्षा नहीं करनी पड़ती । प्रशासनिक सेवा से सफल प्रतिभागियों से बातचीत करने पर 'समय नियोजन' का महत्त्व अच्छी प्रकार से पता चल जाता है क्योंकि लगभग प्रत्येक प्रतिभागी अपनी सफलता में मेहनत तथा लगन के उभरात जिस बात का नाम लेता है, वह और कुछ नहीं 'समय नियोजन' ही होता है । समय नियोजन न हो तो जीवन व्यवस्थित नहीं हो सकता । समय नियोजन से जीवन में हर गतिविधि के लिए समय मिल जाता है । कल्पना कीजिए कि यदि विद्यालय में 'समय सांघी' न हो तो क्या सही व्यवस्था बन सकेगी ? बिस्कुल नहीं । इसलिए जीवन को सफलता एवं व्यवस्था से जोड़ना है तो अविलंब समय नियोजन को अपना लीजिए ।

धन्यवाद

अन्तर्वर्गीय हिंदी निबंध लेखन प्रतियोगिता में द्वितीय स्थान प्राप्त करने वाले विद्यार्थियों के विचार :

बढ़ती गर्मी में स्वास्थ्य के प्रति कैसे सावधान रहें

बढ़ते प्रदूषण के कारण पृथ्वी का तापमान भी तेज गति से बढ़ता जा रहा है । दस वर्ष पहले कोई सोच भी नहीं सकता था कि अप्रैल के महीने में "एअर कन्डिशनर" को जरूरत पड़ सकती है । अब इतनी गर्मी की आदत तो सबको हो चुकी है परन्तु हमारे शरीर अभी भी इसे सहन करने में कठिनाई अनुभव करते हैं । आकाल गमियों के कारण हज़ारों बच्चे बीमार हो रहे हैं । एक घंटा धूप में खेचना भी असंभव हो जाता है ।

बच्चे बेहोश हो रहे हैं। वास्तव में तो गलती हमारी ही है। गर्मों में कम से कम तीन लीटर पानी पीना आवश्यक है। ठंडी पीजें जैसे 'आइस-क्रीम', आदि चाहे बहुत स्वादिष्ट होती हैं, इन्हे ज्यादा नहीं खाना चाहिए क्योंकि इतनी गर्मों में बर्फ़ जैसी ठंडी वस्तु खाने से जुकाम एवं बुखार हो सकता है। सूर्य की खतरनाक किरणों से बचने के लिए "सनस्क्रीन" का हमेशा प्रयोग करना चाहिए। ताजे फल जैसे खरबूजे, आम आदि, "मिल्क शेक" और लस-लस, रहअवजा पीने चाहिए। अच्छी नींद भी हमेशा लाभदायक होती है। इसलिए पानी पीओ, स्वास्थ्य का थोड़ा ध्यान रखो व गर्मियों के महीनों का पूरा मजा लो।

नूपुर शर्मा
कक्षा नौवीं

करत-करत अभ्यास के जड़मति होत सुजान

"कोशिश करने वाले की कमी हार नहीं होती।" ये पंक्तियाँ किसी महापुरुष ने शत-प्रतिशत सत्य लिखी हैं। हमें कमी भी हार नहीं माननी चाहिए। कमी न गिरने वाले से गिर के उठने वाला व्यक्ति अपनी जिंदगी में सफलता पाता है।

'करत-करत अभ्यास के जड़मति होत सुजान' का मतलब है-प्रयास करने से ही व्यक्ति सफलता प्राप्त करता है। जैसे—एक चींटी पूरी गर्मियाँ खाना इकट्ठा करती है और सर्दियों में मचो करती है जैसे ही जब हम विद्यालय में दीड़ते हैं।—हम जितनी मेहनत करेंगे उतनी सफलता पाएँगे। हमें हर काम को पूरी मेहनत से करना चाहिए। हम जितनी मेहनत वर्तमान में करेंगे उसका उतना ही अच्छा फल हमें भविष्य में मिलेगा। हर काम को पूरे मन से करना चाहिए क्योंकि—मन की हार तो, हमारी हार मन की जीत तो हमारी जीत, हमें हर काम को करने की इच्छा होनी चाहिए और मेहनत करनी चाहिए। आप सफल आदमी तब कहलाओगे जब आप न कि सबसे अद्भूत बल्कि तब जब आप हर काम को करने की इच्छा रखोगे। और सफलता पाने के लिए सबसे ज्यादा कठिनाइयाँ पार करोगे। आप की मेहनत आपके काम पर रंग लाती है। तो इससे पता चलता है कि "करत-करत अभ्यास के जड़मति होत सुजान" शत-प्रतिशत सत्य है।

नव्या गर्ग
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