



THE SANAWAR NEWS-LETTER

19

March

2008

Section I : From the Headmaster

Dear Parent,

At the outset, on behalf of my wife and myself, I like to wish you and your family a happy and a prosperous New Year. I hope you have good health, happiness, success and peace throughout the year.

Life in Sanawar without children is very dull and boring but as we all know that a break or a holiday is a must to come back rejuvenated, happy and energized, I hope your children too must be enjoying their holidays, so as to come back and give in their best in all the fields of life at S'na.

This year many teachers left due to personal reasons. Some left as their children had completed their schooling, while others went on promotion and two retired. I am happy to write that when your child joins back all teachers will be in place as we have just completed all interviews to fill up the vacancies.

Parents are requested not to permit their children from carrying mobile phones, hair dryers, I-pods, and other electric gadgets. Also do not send 'Tuck' or 'Cash' with your child as it leads to other vices and is against school rules. Leave will be sanctioned for three days in case of marriage of real brother and sister only. A child returning late after any such leave or any other leave like SOP will be dealt with. I seek your co-operation in inculcating discipline in your child by following school rules. I would appreciate if boys come back to school with a smart short haircut, and girls shorn off unnecessary jewellery.

I'm worried about some children not taking their studies seriously. Quite a few failed in their annual examination, and therefore are reappearing in some subjects before the school re-opens. I hope they are studying hard if they want to pass and carry on in school. In the changed scenario of today, academics is of prime importance. In order to help senior students of science, we are trying to introduce VSAT shortly. Once again like last years we will be calling these students during their

summer vacations for extra classes, which carry on for other streams as well throughout most of the year.

In the end, I would like to assure you on behalf of the Board of Governors, staff and myself of our best efforts in raising standards in academics and discipline in school and seek your co-operation for the same.

Sanawar Success Summit

The Savile Row Sanawar Success Summit was organised by the Old Sanawarian Society at Hotel Crown Plaza, New Delhi on 3rd Feb. 2008. The function was a welcome and timely initiative of the OS Batch of 1987 with an aim to involve the OS, Sanawarian Fraternity, Sanawar Teachers and Present Sanawarians for the good of their alma mater and the well being of Sanawar Fraternity. The theme of the Summit was "Attitude for Success". The Summit was sponsored by Savile Row Co. London (a Forbes Group Venture).

Headmaster's Welcome Address

I like to welcome the initiative taken by the Old Sanawarian Society/87 batch for hosting and arranging this summit, where successful O.S. will speak on the "attitude for success".

Education is not a question of just learning history, geography and physics, but more importantly learning the right values, principles, team work and forming a strong character. It's a preparation for life.

In my journey as a teacher at Sanawar, from a master to housemaster, Senior Master, Deputy Headmaster and finally now as Headmaster, I have had to take some important decisions along the road and none of these decisions ever involved intelligence; instead they had everything to do with character. What is right, what is wrong, the difference between the two. The ability to withstand pressure as opposed to trying to be popular. In short the strength to walk the straight and narrow

path. It is never easy, but the long term benefits are immense. What always kept me going was our school song, specially the words, "somebody has got to stop the rot, and, why not you?" "If you uphold Dharma, Dharma upholds you!" Some times it helps to find time for oneself and seek strength and answers from within oneself. They say if you know yourself you know the world and if you can control yourself, your mind specially, you can control a lot of things around you if not everything. It's not good enough to just skim across the surface of life. It's necessary at times to plunge into the depths of your being and raise the level of your consciousness. It's a journey, worth taking, to touch the core of your being because it rekindles the divinity in you. All this has helped me in my journey through life so far and I feel successful because S'na is doing well in all fronts. There has to be an external as well as an internal growth together at the same time for success to be really long lasting and meaningful.

Some common attitudes / points for success which come to my mind are dreams, (if you can dream it you can do it) desire to do something big, hard work, will power, faith and the 'never give in spirit.' But if I had to pick one quality, over and above all these it would be passion. How strong is your desire to succeed. What is the intensity of your intention. To quote Sommerset Maughaum "It's a funny thing about life. If you refuse to accept any thing but the best; how God and nature conspire to make sure that it happens." A strong will creates positive energy which creates, a magnetic field around your self. Perhaps connecting you to your goal, as if you attract what you want. Not many know what exactly they want? And when you want too many things you get scattered. You become ineffective. Someone very wisely said that there are three categories of people :

- (a) Very few who make things happen.
- (b) Many who watch things happening.
- (c) An over-whelming majority who do not know as to what happens.

You have got to know, what you want and go for it with the belief that it is yours. If you trust the winner within you, you will win. In the end I like to quote Javed Akhtar.

"Jindagi hai to khawab hain, raaste hai to manzeelein hain,

Manzeelein hain to raaste hai, raaaste hai to mushkeelein hain,

mushkeelain hain, to honse hain,

honse hain, to vishwas hai,

aur vishwas hai to jeet nishchaya hai."

Of late more and more OS are coming to the aid of their 'Alma Mater' whether it is in the purchase of a bus, or renovating Peaceded. Ours is an 160 years old school which needs repair. We need a science block. I need your help for the same and promise total transparency in the way we spend your money.

With this I conclude my welcome address.
Thank you.

Section II : From the Students

Head Boy's Speech

Rishi Srivastava, U-VI

Today I would like to speak on what it feels to commence my last year in Sanawar. I joined Sanawar 5 years ago. And I don't think that I would have ever thought of being the Head Boy and standing here before you. To me this is a dream come true. I know that there are a lot of expectations from the batch to make sure that the school does well, but initially I was terrified. For the first time I was scared to do something which I had opted for. But now having begun this year I am very confident that our batch will not disappoint anyone of you. We will do everything we can to make sure that the school flag flutters high. Last year was a very good year for Sanawar. We practically did everything right. We excelled in almost every field. So this year we are going to raise the bar. We are going to be eager to achieve and hungry for success. This year we will be focussed and we will succeed because "CLEAR EYES AND FULL HEARTS" can't lose. And finally my fellow batch-mates, we have been in Sanawar for a very long time and I am sure that Sanawar has done a lot for us, I think it is time that we, as responsible U-6ers do something for Sanawar.

Thankyou.

Head Girl's Speech

Anjna Gyani, U-VI

At the very onset, let me say that it is an honour for me to be addressing you all as your Head Girl.

I feel proud that the Headmaster and other members of the staff have reposed their faith in me and given me this responsibility. In saying that I shall leave no stone unturned in executing my duties and I hope to live up to their expectations.

Sanawarians have always been known for their high standards of discipline and we should all work together to keep the tradition going. I honestly feel that there is nothing we all cannot achieve together and I do hope and expect everyone of you cooperate in maintaining the perfect level of decorum in school.

During school it is our age to learn. We all must make learning a continuous process. Infact to be successful we must make it a way of life. We must allow ourselves to undergo this process of learning which this wonderful school is making us undergo.

Let's show the world what Sanawar is truly capable of and that the last year was just the beginning of our success.

It is upto the Upper Sixers to inspire the rest of the school and take Sanawar to greater heights. In this way we will be able to make a difference and leave our mark. Since it is our last year, we must enjoy it to the fullest, keeping in mind that we must also serve as good role models for everyone else. The Lawrence School Sanawar is undoubtedly by far "The Best School of All" we are all privileged to be a part of this great institution and it is our moral duty to make our school live up to its reputation of indeed being the very best.

So lets work together and complete what we set out to do to keep the school always on the highest pedestal, which it so richly deserves !

Deputy Head-Boy's Speech

Alekh Sanghera, U-VI

During the winter break many people asked me, "Oh ! So you are the Deputy Head Boy of the Sanawar !" And I proudly said 'Yes'. But there is a story behind it.

In 2001, a nine year old boy came to this school knowing absolutely nothing about Sanawar or life. (In short he was too protected). From there on the journey began of a boy who is now standing in front of you as your Deputy Head Boy. Every time he fell he got up stronger to push himself to the limit. Everytime he had tears in his eyes he had some one to wipe them off. The way I am, the person I am is all because of Sanawar and my parents. The contributions Sanawar has made to my life are countless. The character, ethics, values, I have all imbibed from this place.

"What is Sanawar ?" Some say it's a school, an institution, heaven, etc. But after spending seven years here, I say Sanawar is just 'Sanawar'. Don't term it as heaven or paradise. How people pray that after they die they want to go to heaven, I say I've already been to a place which is far more beautiful than heaven in my eyes. This is for every one present here whether student or teacher. When you come into this school, it is a blessing bestowed upon you by God. (You are the chosen one).

When you leave Sanawar make sure you leave a mark behind so that people remember you most importantly as a good person and a person who has contributed to Sanawar. Sanawar is not just buildings, Barnes, Birdwood, etc. Each one of you make or break Sanawar. "You are Sanawar". Now I would like to ask you what does 'Never Give In' stand for ? In short it is the "Never say die spirit". During these seven years I've experienced it several times. Just one incident which will always be with me is when we were losing in soccer to Sherwood, with 3 minutes left to end the game, any team in the whole world would have said that its over, too late, but we pressed and pressed and got the equalizer and we were victorious. In the end I would just like to say :

"You have to win at any cost, be prepared to pay the price because victory is never cheap".
"Never Give In".

Sorrow

Ranjeet Singh, U-VI

Your heart beats fast enough to ache,
You try to sleep but remain awake.

You try to think of tomorrow,
But only think of your sorrow.

Time seems to remain still
And you feel very ill.

You can't remember the joys of yesteryear,
And only remember the the time of sadness and fear.

You forget about today and tomorrow,
And only think of your sorrow.

In time though you'll feel better again,
What caused you sorrow will cause no more pain.
You'll remember what has to be done tomorrow,
And you'll forget what caused you sorrow.

Interesting ??..!!!!

Ankur Dahiya, U-IV

Do you agree ? Explore this unique feature of the English Language :

Letters 'a', 'b', 'c', & 'd' do not appear anywhere in the spellings of 1 to 99 (Letter 'd' comes for the first time in Hundred).

Letters 'a', 'b' & 'c' do not appear anywhere in the spellings of 1 to 999 (Letter 'a' comes for first time in Thousand).

Letters 'b' & 'c' do not appear anywhere in the spellings of 1 to 999,999,999 (Letter 'b' comes for first time in Billion) and Letter 'c' does not appear anywhere in the spellings of entire English Counting.

Inter House Senior English Debate

Apoorva Tehlan, U-V

The Inter House English Debate was held on 10th March '08 at Barne Hall. The Debate was conducted in the modified version of Cambridge format. The topics for the same were as follows :

1. "T.V. News Channels can't be subjected to government censorship."
For :— Vindhya
Against :— Nilagiri
2. "Violent protests are the best way to Arm Twist the government."
For :— Siwalik
Against :— Himalaya

The results are hereunder :

Individual Positions

Third :—shared by Seerat Singh (NGD) and Arushi Dhingra (VGD).

Second :—Phagun Rishi (HGD).

First :—Aman Jamwal (NBD).

Best rebuttal : Saurya Pahadi (HGD).

House Positions

Fourth : Siwalik House

Third : Vindhya House

Second : Nilagiri House

First : Himalaya House

Section III : From the Academic Staff

Prefects B.D.—2008

Offg. Senior Master (BD)

Head Boy ... Rishi Srivastava

Deputy Head Boy ... Alekh Sanghera

M.I. Prefect ... Parul Chhabra

Himalaya House

House Captain ... Parul Chhabra

School Prefect ... Aditya Baid

Senior Junior ... Udit Agarwal

Junior Junior ... Vishwadev Thind

Nilgiri House

House Captain ... Mehtab S. Hans

School Prefect ... Pramveer Sangla

Senior Junior ... Gurnoor Bhangu

Junior Junior ... Sagat Shaunik

Siwalik House

House Captain ... Alekh Sanghera

School Prefect ... Tushar Kapoor

Senior Junior ... Gurjot Masco

Junior Junior ... Ajatshatru

Vindhya House

House Captain ... Dhruv Singla

School Prefect ... Harsh Dandriyal

Senior Junior ... Prateek Munjal

Junior Junior ... Himmat S. Gill

Holding House

House Captain ... Sahil Vadera (HBD)

School Prefect ... Simarpreet S. Arora (VBD)

Senior Junior ...

Junior Junior ... Harsh Agarwal (HBD)

Academic Coordinator—Sagat Shaunik

Prefects G.D.—2008

Senior Mistress (GD)

Head Girl ... Anjna Singh

Deputy Head Girl ... Taruni Jain

MI Prefect ... Arushi Dhingra

Himalaya House

House Captain ... Taruni Jain

House Prefect ... Aarti Susan Mathew

Holding House

Prefect ... Urvi Khanna

Nilagiri House

House Captain ... Amanat Sidhu

House Prefect ... Bani Kaur Taunque

Holding House

Prefect ... Manu Sharma

Siwalik House

House Captain ... Aditi Govil

House Prefect ... Laksha Khurana

Holding House

Prefect ... Sasha Madan

Vindhya House

House Captain ... Arushi Dhingra

House Prefect ... Christina Hangsingh

Holding House

Prefect ... Sarishtee Modgil

Sport's Coordinator ... Sasha Madan

Academic

Coordinator ... Manu Sharma

Samveda—A Meaningful Experience

Binita Rishi, Faculty of Humanities

I was fortunate enough to visit Samveda Training and Research Centre in Davangere, Karnataka for about a fortnight in January 2008. Samveda, an NGO specializes in rehabilitating students with learning as well as other disabilities. Its also does extensive research in the field of Special Needs Education and its work has been recognized by the Ministry of Human Resource Development and Educational Consultants of India Limited, New Delhi. It has also been acknowledged and encouraged by UNESCO. This organization is doing commendable work in the field of Special Needs Education in South India.

In the time that I spent there I worked closely with the faculty and students, picking up valuable and useful tips on intervention techniques to be used to help students with learning problems. Working on the concept of 'inclusive schools' my entire focus was on picking up skills that would help me to integrate all kinds of academic underperformers into mainstream school curriculum without segregating them in any way. It also meant to give additional instructional support to these students in

context to regular school curriculum that is followed by all the students in school. Going by the 'World Declaration on Education for All' it's imperative that we ensure a child centered approach so that successful schooling of all children can take place. Working with the students gave me a deep insight into their perceptions and cognitive levels. It sensitized me to their needs and to work with them keeping in mind their individual learning styles.

I stayed in the hostel with the students who had conditions ranging from Dyslexia to more serious ones like Autism and Cerebral Palsy. I was amazed at the exceptional qualities exhibited by these children and was deeply impressed by their positivism and spirit of 'Never Give In.' I found these children to be the happiest and most hardworking lot, always striving to achieve. This attitude that they imbibe in Samveda prepares them to live a respectable and meaningful life once they leave this institution. The teacher in me realized that if our students cannot understand the way we teach, then it's time we mould ourselves to teaching in the way they can understand. If this means walking that extra mile then be it so, for there is no greater satisfaction in our profession than to be able to reach out to our students and change their life for the better. I am very grateful to our Headmaster Mr. Praveen Vasisht and the School management who encouraged me to undertake this trip. This experience has changed me irrevocably and I hope to use all that I have learnt in Samveda to help our students in Sanawar.

My Tryst with Sanawar

Abhimanyu Sen, French Language Teacher

Year 2007 was a bright New Year for me. After two rounds of interviews in 2006, I knew that I had been selected for the French Teacher's Post in the Lawrence School, Sanawar. A great sense of elation filled my heart and with excitement and apprehensions I reached my new destination. My first year, particularly, the Spring Term, was a witness to many ups and downs. From a world of teaching and interacting with adults, I threw myself voluntarily into a world of kids and with great optimism I launched myself into my new career as a school teacher. At the outset, it was sheer romanticism: superb campus, breathtaking beauty all around, pollution free atmosphere! But sooner than expected, I was confronted with a sense of trauma. What indisciplined children! I told myself that I had never seen the like of them ever before! The children seemed to take full advantage of my weaknesses and I drowned myself in frustration and misery.

Little did I realize that I was dealing with kids. The approach had to be very different—a balanced one, which meant understanding a child's psyche: patience, love, tenderness mixed with a little firmness was to be my new motto. A teacher has to love children, needs to be with them in their myriad moods and temperaments without which a student and a teacher can never have any bond or rapport

established between them. Self introspection helped me to comprehend various manifestations of child psychology and I realized that I was in the right place. God had sent me to Paradise, which is Sanawar. Today, teaching kids gives me greater satisfaction and joy than dealing with adults. Sanawar is helping me to grow and become mature. Needless to say that this place grows on you, undoubtedly.

Long live, Sanawar!

Result of Graded Examinations in Spoken English--2007

Mrs. K. Vaidya, Coordinator GESE

The GESE is a series of tests that assesses students from their first steps in English to near first language fluency. Interested students from L-III to U-V classes sat the exam in November, 2007 conducted by Trinity College, London, U.K. The students were tested by Ms Christine Portman, an examiner nominated by Trinity College, London. 78 students sat the exam, out of which 25 students attained Distinction; 36 got Merit and 17 passed respectively. The Distinction holders are namely:

Trinity College, London GESE 2007

S no.	Rollno.	Name	House	Results
1.	2173	Govind Singh Sandhu	NPB	Distinction
2.	2024	Tanya Sandhu	SPG	Distinction
3.	2245	Aastha Agnihotri	NHG	Distinction
4.	1776	Akanksha Kala	HHG	Distinction
5.	1823	Anubhav Khanna	VHB	Distinction
6.	2091	Digvijay Singh Adhikari	SHB	Distinction
7.	2238	Fatebir Singh Dhaliwal	SHB	Distinction
8.	1777	Mahnoor Kaur Saroay	HHG	Distinction
9.	2059	Parmeshwar Bawa	VHG	Distinction
10.	2249	Priyanka Gupta	SHG	Distinction
11.	2060	Shuchita Gupta	VHG	Distinction
12.	2207	Zorawar Singh Dhillon	NHB	Distinction
13.	1338	Akhil Sahu	HBJ	Distinction
14.	2033	Amala Ramesh	NGD	Distinction
15.	2040	Aman Jamwal	NBJ	Distinction
16.	1427	Apoorva Tahlan (DS)	SGD	Distinction
17.	1397	Mehtab Kaur	VGD	Distinction
18.	1566	Rahul Vij	SBJ	Distinction
19.	1384	Rhea Inder Sidhu	SGD	Distinction
20.	1984	Saksham Aggarwal	NBJ	Distinction
21.	1994	Sarthak Khandelwal	VBJ	Distinction
22.	1810	Seerat Singh	NGD	Distinction
23.	1666	Sidharth Thapar	HBJ	Distinction
24.	2048	Sumeet Sharma	VBJ	Distinction
25.	1352	Vidur Puliani	NBJ	Distinction

Exchange Programme—2008

Meenakshi Solomon
Outgoing Exchange Co-ordinator

First Term

Student's Name School Student's Name House (OUT GOING) (IN COMING)

1. Nayana Virmani (2 Apr-20 Jun)	Stanford Lake College South Africa	Kayala Mac Kenzie (1 Oct-25 Nov)	VGD
2. Pushpit Bhullar (15 May-4 Jul)	St. Stithian Boy College (SA)	Tyron Pelser (4 Mar-29 Apr)	SBD
3. Tushar Srivastava (22 Jul-19 Sep)	Bridge House School (SA)	Harry O Connor (15 Apr-20 May)	VBD
4. Ashutosh Chandel 5. Simar Rana (20 Apr-5 Jun)	Sierra Canyon High School USA	— (15 Aug-5 Oct)	NBD SGD
6. Bhanu Garg 7. Anahat Chahal (25 Apr-20 Jun)	St. Philips College Australia	1. Cassandra Iggleden 2. Maxine Riley (30 Sep-30 Nov)	VGD HGD

An ode to our Team

Ms. Kamal Preet Dhillon—Matron

The sunbeams,
scattered over different

beautiful pieces of land
like people from one end
to the other

meeting at a crossroad ...
unknown place, unknown feelings
like unknown living culture—
And yet an amalgamation
of everything ...

laughter, smile, happiness
and perhaps the same pain.

Sometimes nursing the
fresh wounds

with memories oozing out
of and on.

The extended hands
of comfort

The meaningful little hugs
The faith

Surviving in the
breaths of hope ...

This makes us different !
This makes us distinguished !!
This paves our paths !!!
This makes our living

working
understanding TOGETHER

A GREAT SUCCESS !!

Its, after all

meant to be a

HOLDING HOUSE !

Section IV : FROM THE FACULTY OF SPORTS

Cricket Festival Match

Alekh Sanghera, U-VI

It was a beautiful saturday afternoon on 23rd Feb, 08. Though due to bad weather in the morning the match was doubtful. But the weather cleared up and it was an excellent atmosphere for a cricket match between the staff and school XI. Mr. Vasisht was introduced to the teams and Parul Chhabra won the toss and elected to field. It was the new age 20—20 wicket match. The young guns were all fired up and ready for the game. In the very first over Akash Bansal took an impressive catch in the slip. From there on Mr. Deepak Sharma (terror) gifted his wicket to Parul. Then came a brilliant performance from Mr. Ravi Kumar, a commendable 44 runs which helped them get to a score of 107. He got run out and the boys were all relieved. At the end of the innings Parul and Alekh Sanghera grabbed 3 wickets each. It was an excellent effort put in by the boys on the field where they were always on their toes. There were some amazing catches taken on the field. With a target of 107 runs, Rishi Shrivastava and Rajan Jammu went into the field. Rajan fell to the bowling of Mr. Rampal. Leading from the front, Parul Chhabra scored a brilliant 38 not out with his partner Rishi on the other end. Though it was a fantastic effort from the staff but the boys lived up to the expectation and beat the staff by 7 wickets. More than the match, it was the spirit in which the match was played. Though it was a small total to chase but the staff did not let the boys breathe. A match like this portrays the life in Sanawar and the very affable relationship between the children and the teachers.

Basketball Festival Match

Vaishnavi Singh, U - V

On the 29th February 2008, a festival basketball match between Sanawar girls and the teachers was set in motion. The senior team had Youden, Christina, Amanat, Shreya, Taruni and Aarti while the teacher's team kept changing players. Youden, Christina, Aarti, Shreya and Taruni were the first five players and the match began with Youden's impeccable first two baskets. The teacher's initial first five were Mrs Bath, Mrs. Tehlan, Mrs. Rishi, Mrs Cheema and Miss Mukherji. Christiana scored the third basket with Taruni and Aarti close at heels with one and three baskets respectively. Ms. Bakshi scored her penalty shot and another basket which made the count on the scoreboard, 11—03. For a while, the senior team left the count to the junior team, whose initial players were Saurya, Aafreen, Pallavi, Shagun and Harsimrat. With the number of the teachers increasing upto 9, our both the teams played really well. From the junior team, Saurya scored four baskets and Shagun scored one. Before the half time, the score board showed 26—03. After the half time, the teacher's

team managed their count to go upto 11 with Mrs. Dhillon, Ms. Mukherji, and Mrs. Rishi scoring a basket each. A little before the match got over both the teams gave way to Dheera, Anjana, Manu, Arushi and Taruni. It was a really friendly and a hilarious match to play and watch. There were 5 teachers marking one person. Anjana scored one basket to give the Sanawar Girls a victory of 40-11. Even teachers like Mrs. Tehlan, Mrs. Solomon and Miss Solomon played really well and Srinjin Hooda, of the junior team gave her contribution to the victory with 3 baskets.

Cricket Carnival

Jap Dev Gill, U-V

Sanawar (First XI) V/s Kasauli Club

9th March, Barnes Field

The Kasauli Club won the toss and chose to bat first. But their decision proved to be wrong as Parul Chhabra struck in his very first over. The Sanawarians were on a roll. They kept getting wickets and did not give away many runs and restricted the visitors to a 110 all out in 24.1 overs.

Now it was the turn of the home team to bat. Both the openers failed to give their team a good start. They crumpled but 'never gave in'. In the end they fell short by just 4 runs.

Parul Chhabra scored 36 runs and Srijan Nayak took 4 wickets.

Sanawar (Atoms) V/s Pinegrove

9th March, Pinegrove School

The Sanawar atoms, led by their skipper Manvijay Negi, won the toss and put the home team to bat. The Pinegrovians batted well and scored 164 for 9 in 25 overs. The highest scorer in their team was Romana with 53 runs.

The Sanawar openers failed to give a good start. Amod fell early followed by Jaideep who got run out due to his poor running. Ayushmaan and Sohail handled the situation for some time but sadly Sohail was out after his hard fought 23 runs. Sanawar was in a bad condition after Manvijay and Fatehbir fell in quick succession at 70 for 5 in 13 overs. But Ayushmaan and Vikram Rana played well and drove Sanawar to a close victory. Sanawar needed 5 runs in the last over and they did it in two balls. Manvijay Negi and Arush Puri took 2 wickets each while Ayushmaan and Vikram scored 68 and 38 runs respectively.

Sanawar (Electrons) V/s Pinegrove

9th March, New Field

Sanawar won the toss and chose to bat first. They fought well and scored 113 for 7 in 20 overs. The Pinegrovians did not bat well and could only manage 70 runs. A majority of their batsman couldn't even managed a double figure score. Their highest individual score was 14 runs.

Sanawar won by a comfortable margin of 37 runs. Lavya Bakshi took three wickets while Abhishek was the top scorer with 48 runs. Shrey Garg, Ayush and Abhay Tipnis took two wickets each.

हिन्दो खण्ड

प्रार्थना समा में 19-3-2008 को विद्यार्थियों द्वारा निम्न कहा गया।

किसी ने सच कहा है—

मन के हारे हार, मन के जीते जोत

जीवन जीना भी एक कला है। अगर कोई चाहे तो स्वयं को दुनिया का महान् इन्सान बना सकता है। यह दुनिया कर्मभूमि है। साहसी और बिचारवान व्यक्ति असफलताओं से सदैव कुछ न कुछ सीखते हैं। असफलता मिलने पर निराश होना और भाग्य को कोसना और मन की शक्ति को कमजोर करना कायर लोगों का काम है। जो व्यक्ति पढ़ेगा ही नहीं, परीक्षा ही नहीं देगा, वह सफल या असफल कैसे होगा ?

कौन नहीं जानता, राजा बूस की कहानी जिन्होंने छोटी सी मकड़ी से ही विश्वास और मन की जीत का संदेश प्राप्त किया था। आप वृक्ष को ही देखो, वृक्ष यदि काटा जाता है तो वह फिर बढ़ने लगता है। चन्द्रमा घटता है और फिर पूर्णमासी के चाँद में बदल जाता है।

सच तो यह है कि जो व्यक्ति मन पर विजय पाता है, अथवा मन से हारता नहीं, वह कभी निराश नहीं हो सकता। इसलिए मन की शक्ति ही विजय का कारण बनती हैं। अन्त में मैं यही कहूँगा कि जीवन मन की शक्ति है, इसे जीत लो। जीवन एक संघर्ष है, इससे लड़ लो।

**अर्णव चोपड़ा
सातवीं**

माता-पिता की सेवा करना,
उन पर कोई अहसान नहीं।
माता-पिता के चरणों से बढ़कर,
दूजा कोई धाम नहीं।
चरणों को छू लेने भर से,
चार धाम तीर्थ हो जाए।
दुख सहना माता-पिता की खातिर,
फर्ज है कोई अहसान नहीं।

कर्ज है इनका तेरे सर पर,
मिक्षा या कोई दान नहीं ।
माता-पिता जायदाद हैं ऐसी,
जिसका कोई दाम नहीं ।
आइए प्रार्थना करें—

हे ईश्वर ! आप सर्वस्व हैं । आप सर्वगुणों के ज्ञाता तथा संसार के स्वामी हैं । हम सभी आपको शत शत नमन करते हैं । हमारी बुद्धियों को तेज देना । हमें हमेशा अच्छे मार्ग पर चलने की शक्ति देना ।

अंगदबीर सिंह
सातवीं

वह जन्नत जो सनावर है

इन विशाल पहाड़ों के बीच में,
महान नीले अम्बर के नीचे में,
चारों तरफ वृक्ष हैं खड़े,
कहीं छोटे तो कहीं बड़े ।

प्रातः काल को जब छाई होती है शान्ति,
जब चिड़ियाँ भी आकाश नहीं उड़तीं,
तब सुनने में आती हैं पत्तियों के हिलने की आवाज,
जैसे कहना चाहते हैं वो पेड़ कोई सदियों पुराना राज ।

जब और दिन निकल आता है,
जब अरुण आकाश के उपर आ खड़ा हो जाता है,
तब छा जाती है हर तरफ स्वर्ण चमक,
आ जाती है हर सड़क पर भी दमक ।

ढल जाती है जब सन्नाटे भरी शाम,
तब तो इस विद्यालय में चलने पर भी मिलता है आराम,
जब दिन खत्म ही होने को आता है,
तब तो बस चाँद-सितारों भरे आकाश को देखकर ही दिल बहल जाता है ।

सनावर में खड़े जब हम देखते हैं दूसरी पहाड़ी को,
लगता है जैसे सितारे धरती पर निवास कर रहे हों,
वो कहते हैं कि पतझड़ बसन्त जैसे सुहाना नहीं,
पर यहाँ तो है हर पल वो बात जो और नहीं कहीं ।

मेधा बंसल, दिव्या गोयल
दसवीं

बेचारा रुपया भी कष्ट झेलता है

मेरा नाम रुपया है । मेरी देह उज्ज्वल है । मेरे स्वरूप पर सभी अपना तन-मन न्यौछावर कर जाते हैं । मुझे सभी इतना प्यार करते हैं कि सदा अपने प्राणों से चिपका कर रखते हैं । मेरे लिए बड़ी-बड़ी लड़ाइयाँ होती हैं । विश्व में जब कभी मेरी रक्षा का प्रश्न उठता है तो सम्पूर्ण राष्ट्रों के भीतर एक भयानक आँधी सी उठ खड़ी होती है । मैं मायावी जगत की सबसे बड़ी शक्ति हूँ । इस पर भी लोग मुझे हाथ का मैल समझते हैं, घूप-छाँव का खेल समझते हैं और जब मैं उनसे मुझ मोड़ लेता हूँ, तो पीछे भागते हैं । भगवान का द्वार खटखटाते और पूजा पाठ करवाते हैं । मुझे बैंकों में कैद करके रखा जाता है वो भी लोहे के बक्से में, मैंने भी भगवान से प्रार्थना की कि भगवान मुझे बक्से से बाहर निकालो । प्रभु ने मेरी प्रार्थना सुन ली और लोहे के बक्से के ताले खुल गए । हमें गिन-गिन कर कपड़ों की थैलियों में रखा जाने लगा । सौभाग्य से उसमें मेरा नम्बर भी आ गया । हमें अनेक लोगों के हाथों से होते हुए बलिए की संदूकची में पहुँचा दिया गया । दो-तीन दिन की कैद के बाद मुझे फिर अपने भाइयों के साथ बैंक भेज दिया गया और वहाँ से वेतन के रूप में आप के पास पहुँच गया । सब से ज्यादा सम्मान मुझे एक विद्यार्थी ने दिया । उसने अपने साथियों को बताया कि रुपये का राष्ट्रीय और सामाजिक जीवन में भी महत्त्वपूर्ण स्थान है । इन दोनों की प्रगति मेरे बल पर ही होती है । इसलिए मुझे किसी और के हाथों में बिना मतलब से न दो । मुझे पाना आसान काम नहीं है ।

आंचल
दसवीं

प्राप्त वाक्य

- क) आप, अपने आप में विशिष्ट हैं, इसलिए अपने सत्य-स्वरूप का आनन्द लें ।
- ख) दुःखों से भरी इस दुनिया में सच्चे प्रेम की एक बूंद भी मरुस्थल में सागर की तरह है ।
- ग) जब ईर्ष्या अपना घिनौना सिर उठाती है, तो हमारे प्रियजन भी हमारे शत्रु बन जाते हैं ।
- घ) घोर-संकट के समय भी मुस्कुराते रहना संतुलित-मन की निशानी है ।
- ङ) यदि हर कार्य यह समझकर किया जाए कि भगवान मेरा साथी है, तो असम्भव कार्य भी सम्भव हो जाता है ।
- च) परमात्मा में दृढ़ विश्वास का अर्थ है — निर्भयता ।
- छ) यदि आपके मार्ग में कोई विघ्न आए, तो घबराना छोड़ उसे दूर करने का प्रयास करते रहिए ।

ज) सदा नम्रता की पोशाक पहने रहिए, इससे दूसरों का प्रेम व सहयोग स्वतः ही मिलेगा।

संकलन कर्त्ती—दिशा चौहान
नौवीं

एक आवश्यकता

हम एक ऐसे राष्ट्र के नागरिक हैं, जहाँ हम कहने के लिए तो एक हैं, एकता से पूर्ण हैं किन्तु सच्चाई कुछ और ही दिखलाती है। वक्त के साथ-साथ हम सभी को अपने विचारों में बदलाव एवं सुधार लाने चाहिए और सुसंस्कारों को अपनाना चाहिए। कोई भगवान, कोई धर्म यह नहीं कहता कि संगठित न रहो। हमारा वतन तो एक ही है लेकिन फिर भी भारत निवासी राजनेताओं के वश में आकर अपने ही लोगों पर हाथ उठाते हैं एवं उन्हें बेघर करने से भी कतराते नहीं। संगठन में ही शक्ति है और लोग आपस में ही भेद भाव करेंगे, तो एकता कमजोर पड़ेगी ही। गुप्त जी ने कहा है "जलती हुई लकड़ियाँ अलग-अलग होने पर धुँआ फँकती हैं और एक साथ होने पर प्रज्वलित हो उठती हैं। जब किसी भारतीय पर कोई विदेशी उसके रंग पर टिप्पणी करता है तो भारतवासी आग-बबूले हो जाते हैं लेकिन वे यह भूल जाते हैं कि वे स्वयं भी कम रंग भेदी नहीं। अगर हम सभी को सामूहिक तौर पर तरबकी करनी है तो ऐसी क्रूर भावनाओं को अपने दिल-दिमाग से निकाल बाहर करना होगा। हमारे भारत के विकास और प्रगति के लिए सभी हिन्दुस्तानियों में एकता व प्रेम होना अत्यंत

आवश्यक है। हमारी ज़िन्दगी, हमारा पर्यावरण व हमारा देश, हमारे पूर्वजों की देन तो है ही, हमारी आने वाली पीढ़ियों के लिए धरोहर भी हैं।

वैष्णवी सिंह
दसवीं

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स्थान	सदन
चतुर्थ	हिमालय
तृतीय	नीलगिरी
द्वितीय	विंध्या
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Section I : From the Students

7 Secrets of Success

Mayuk Chaddha, U-III

- I found the answers in my room.
- Roof said : Aim high
- Fan said : Be cool
- Clock said : Every min. is precious
- Mirror said : Reflect before you act
- Window said : See the world
- Calendar said : Be up-to date
- Door said : Push hard to achieve your goals.

Himalaya House Show—2008

Sonakshi Verma, U-VI

The Himalaya House Show was the first house show of all. Although, they got very less time to prepare for it but still they covered up for it by putting it up in a very organised and appropriate way. The list of items was shown through a slide show screened right in front of the audience. The first item was Orchestra that consisted of students from almost all classes playing different instruments. Then Mannat Tipnis sang a song 'Dil Se Ek Aawaz' that was sung with a lot of confidence. The classical dance 'Ganga Behti' was also performed in a very graceful manner. The band played the drums and trumpets very well on the song 'Larri Chooti'. The holding house students sang 'Raise Your Voice' and also did a very enthusiastic dance on a Rajasthani song. There was a Hindi Play 'Mad Doctor' enacted by the U-4ers which was very funny and made the audience laugh to their fullest. 'Powerless' was a very cute dance performed by the L-5 girls and U-4 boys. It was different as boys and girls from different batches were dancing together.

Following 'Powerless' was 'Step-Up', which was a gap filler dance by the U-5 girls. The U-6ers did a play 'Thanks Giving' that was directed very nicely and—enacted with a lot of confidence. It was based on an episode from 'Friends'. 'Mokha's Parliament' was another funny Hindi play staged by the U-5ers. Anubhav sang 'Pehli nazar' that enthralled the audience with awe and delight. Meghni sang 'Pal' which was dedicated to the U-5ers and U-6ers. She sang it with her true feelings that made people emotional. Last but not the least was the U-6 bhangra that rejuvenated the audience completely. It was very colourful and all the U-6ers danced with gusto and zeal. Over all the Himalaya House Show turned out to be a big success. The show ended with the singing of the first verse of the school song.

! Departure !

Vaishnavi Singh, U-V

I aint capable of being my own protection now,
as I've lost my own reflection somehow,
the wind blows faster than even before,
my mind has no connection with my soul.

This cold wind keeps blowing,
making me feel numb and stupid,
I was heart broken and sad,
right-after I was struck by the cupid.

It's an awakening inside me,
I'm rising up to see you near in the sky,
how could you just disappear,
by flying so high ?

So now I don't have any reason to live too,
I feel so free being departed,
from this world so untrue.

Death isn't what I thought it was, before this,
it's a good feeling, its like a bliss
and everyone has to go through this, after me,
as it's something you just cannot miss.

A Trip to Kurukshetra

Kartik Sharma & Simran Chowdhry U-III

On the 16th of March, '08 the whole batch of upper-3 went for an educational trip to Kurukshetra. We got up early at six and were ready by 6-30 a.m. After that we took our packs and after a roll-call we embarked on our bus journey to Kurukshetra. After a long journey of about four hours we finally reached Kurukshetra by 11-30 a.m. The first place we visited was the "Panorama and Science centre". It was wonderful. There was a tap running without any pipe. There were projects of how the Earth moves around its orbit. There was a floor which looked exactly like a scene of Mahabharata. We were also shown nitrogen gas which could only be seen at the temperature of -196°C .

The second place we visited was "Sri Krishna Museum". It was based entirely on Krishna's life and his exploits. There were magnificent statues in wood, bronze, brass and silver, paintings and models about Krishna's life. We also saw Harappan seals and manuscripts on palm and birch leaves and bark of trees, and the things found by archaeologists like animal figures, toys, seals, pottery and silver pots. The Harappan jewellery and many more things. We learnt about different schools of art namely—Bundi School, Basohli style and Rajasthani painting.

The place we visited next was the "Kalapna Chawla Science Museum". It was a wonderful place. We were shown how Zodiac signs are made. We were shown videos of people in space. There was an incredible machine which showed human weight on other planets.

Lastly, we visited "Jyotisar". It was the place where the Mahabharata was fought. Currently, it is a lake. We saw the mighty banyan tree under which Lord Krishna delivered the sermons of Gita to Arjun.

After that we boarded our buses and returned back to Sanawar. It was really an educative and memorable trip.

MOTHER

Yashaswini Singh, L-IV

A mother is a lovely gift from God,
who always does our work,
yet never gets bored.

We should worship our mother,
day and night,
and say she's my mother,
with lot of might.

A mother is a form of God on Earth,
who has been a lovely fairy,
from her birth.

Our mothers love us,
from the depths of their hearts,
for us,

they can climb Mt. Everest,
on small-little carts.

Who in the world can take the place of a mom,
she always stays with us,
even in our dorm.

A mother is a lovely gift from God,
who always does our work,
yet never gets bored.

Vindhya House Show

Amala Ramesh, U-V

Talent, professionalism, team-work, effort and dedication were the first five words that came to my mind after I saw the Vindhya House Show. Saturday, the 30th of March saw the Barne Hall embellished with poignant posters and fresh flower arrangement giving a sweet fragrance to the show.

The introductory dance followed by the Orchestra was a display of our rich culture. It requires a lot of courage and confidence to stand on stage and sing a solo song. Nonetheless Akhil justified Kailash Kher's "Allah Ke Bande". The Gujarati dance choreographed by Mrs. Barik with bright and colourful costumes gave us the Navratra feel. This was followed by a skit by the lower fivers titled "Sare Zameen Par" a comical version of Bollywood movie.

The lower fourers staged the dramatised version of the poem "The Highwayman" by Alfred Noyes. The "Lost Silk Hat" an English play was a humorous display of acting skills by senior Vindhyaans.

"Tornado Trance" was a modern fusion of oriental classical dance performed to the rhapsody of western beats. Thereafter, "Ronjo and the Angels" lightened the mood for the next big item "The Big Bang". It was a hip hop dance by Karan and Sumeet that left the audience spellbound with their awesome performance.

Even the jazz dance by upper fourers followed by Bhangra and western dance spurred up the spectators dancing instincts.

"Killer Joke," the most applauded item of the evening got us all rolling off our chairs and brought tears of laughter in our eyes. There wasn't a single soul who didn't have a hearty laugh.

The show concluded with the traditional singing of the first verse of 'School Song' and thus the curtain came down at a truly awe inspiring presentation on stage by the Vindhyaans.

The Missing Pony

Isha Bhatia, U-III

Have you seen my little white pony ?
Shiny and faster than the wind.
Running about and grazing in field.
Did you get a glimpse ?

Have you ever seen such a fine pony ?
With hairs of pure white,
So radiant and glowing,
You can see her in the night.

Have you seen an innocent smile ?
Those bright little twinkle eyes
That will gaze upon anyone who passes by.

Have you seen my little white pony ?
Oh, I miss her so
So if you find her bring her back.
I'd love you to do so !

Workshop

Shaurya Bhalla, U-III

A workshop was organized on 12th and 13th April, 2008 by Magic Minds. Mrs. Suprita Gill was there to help us. First she introduced herself to us, then we introduced ourselves to her. Then we played a game in which there was a polythene bag with gems in it, there were different coloured gems. Suprita ma'am offered me some. I picked up one purple gem and she asked me to tell about the scariest moment in my life. I told her that the scariest moment in my life was when I heard the story of Maya at night. Then we did a play. Ma'am divided us in 3 groups. I was in group two (2). There were around eight (8) children in a group. I was made a giant who brings red chillies from heaven. After that we had a mirror dance and my partner was Utkarsh Thapa, while I was dancing and he was copying me because he was the mirror. After that we sang a song titled "Why friends are for?" At last I would like to say that I learnt many new things from this workshop. I would like to thank Mrs. Suprita Gill for helping us.

The Butterfly

Nupur Sahni, L-III

The butterfly likes to be dry,
If you hold it, it will cry.

It is scared of me,
Oh ! I see.

It is small too,
It will fit in a baby's shoe,
It is always shoo.

It is sometimes red,
The flowers are its bed,
It is very slow to grow.

It is not at all tall,
It's size is like a crazy ball.

Section II : From the Academic Staff

!! ACHIEVERS !!

Dr. V.K. Sharma, DoF

The following children have scored 90% and above marks in their 1st Assessment held on 31st March, 2008.

S/No.	Name	House	Class Section	%
1.	Apoorva Tahlan	SGD	X-A	91.60
2.	Shivam Mehrotra	SBD	X-B	90.00
3.	Akshat Aashish Bajaj	VBS	X-B	95.20
4.	Shouvik Sachdeva	SBS	X-B	96.80
5.	Vidur Puliani	NBS	X-B	94.80
6.	Mayank Maini	VBS	X-D	90.00
1.	Abhilasha Barak	VGD	IX-A	90.00
2.	Abhimanyu Sharma	VBJ	IX-C	90.67
3.	Aman Jindal	NBJ	IX-C	94.00
4.	Parshang Jain	HBJ	IX-C	90.00
5.	Mehak Suri	NGD	IX-D	92.33
1.	Deepesh Mutreja	VBJ	VIII-A	93.14
2.	Jasleen Kaur	NHG	VIII-A	93.43
3.	Rahul Sachdeva	VBJ	VIII-A	96.86
4.	Yashu Arora	HHG	VIII-A	96.57
5.	Anubhav Khanna	VBJ	VIII-B	96.86
6.	Ayushman Chowdhary	NBJ	VIII-B	93.71
7.	Mannat Tipnis	HHG	VIII-B	90.29
8.	Meher Rana	VHG	VIII-B	96.86
9.	Palak Hora	NHG	VIII-B	90.57
10.	Priyanka Gupta	SHG	VIII-B	90.29
11.	Sahil Singh Chauhan	HBJ	VIII-B	91.71
12.	Udaypreet Kochar	HBJ	VIII-B	94.29
13.	Gagan Beri	SBJ	VIII-C	90.86
14.	Gaurav Kharb	HBJ	VIII-C	90.57
15.	Gurjot Singh Thind	NBJ	VIII-C	93.43
16.	Raveesh Gagneja	HBJ	VIII-C	92.57
17.	Mahnoor Kaur Saroay	HHG	VIII-D	96.29
18.	Shuchita Gupta	VHG	VIII-D	98.29
19.	Tarun Verma	VBJ	VIII-D	93.71
20.	Vardan Tandon	VBJ	VIII-D	91.43
1.	Asma Arora	THG	VII-A	91.14
2.	Bhavya Grover	HHG	VII-A	91.14
3.	Shubham Goel		VII-B	90.00
4.	Ashima Bansal	SHG	VII-C	93.14
5.	Manika Chaudhary	HHG	VII-C	92.29
6.	Gurnoor Kaur Sangha	SHG	VII-D	90.00
7.	Parth Jain	VHB	VII-D	90.29
8.	Swati	HHG	VII-D	95.14
9.	Ujali Verma	SHG	VII-D	91.43
1.	Mayank Gautam	VPB	VI-A	91.67
2.	Yash Bansal	SPB	VI-A	94.33
3.	Anmol Kaur	VPG	VI-B	93.67
4.	Gursehaj Singh Bhattal	SPB	VI-B	91.33
5.	Kartik Sharma	HPB	VI-B	96.00
6.	Lavya Bakshi	NPB	VI-C	90.00
1.	Abhay Tipnis	HPB	V-A	92.67
2.	Abhishek Gagneja	HPB	V-A	91.33
3.	Jagrit Verma	SPB	V-A	95.33
4.	Madhav S. Agrawal	SPB	V-A	90.33
5.	Meghna Redhu	HPG	V-A	92.33

S/No	Name	House	Class Section	%
6.	Sarthak Gupta	VPB	V-A	90.00
7.	Armaan Verma	SPB	V-B	95.67
8.	Daksh Chawala	HPB	V-B	97.33
9.	Bhavarth Verma	SPB	V-B	98.67
10.	Nischaya Khanna	VPB	V-B	92.67
11.	Shefali Singhal	SPG	V-B	92.33
12.	Yash Vardhan	Agarwal	V-B	96.33
13.	Shivendra S. Chhabra	VPB	V-C	95.00

!!! ATTENTION !!!

This is to bring to the knowledge of all concerned parents that the school has launched its own website called www.sanawar.edu.in. As such, all those who are interested in seeking information about the school activities are requested to obtain the same from the school website.

A workshop on Concept Mapping

Binita Rishi, Faculty of Humanities

The spring term started with an excellent on-campus workshop for the academic staff on "Concept Mapping". The workshop was conducted on 18th and 19th February '08 by an organisation called 'idiscoveri.' Two days of brainstorming made us unleash our minds to delve into the interesting yet intriguing world of Concept Maps or C-maps as they are more commonly referred to. The workshop facilitator, Shiladitya and Pooja led us with great expertise through the use and understanding of this powerful and effective teaching as well as learning technique.

The first day started with an interesting energizer that had all of us set to move onto the main focus of this workshop. We comprehended that a Concept Map was a way of representing and organizing knowledge. It goes beyond the parameters of other knowledge organizers like Flowcharts by showing relationships between concepts including bidirectional relationships. It uses nodes (often circles) to represent various concepts and links (lines) to represent relationships between concepts which together are referred to as propositions. Once completed, a Concept Map is a visual graphic that represents how the creator thinks about a particular topic. It also illustrates how knowledge is organized for an individual. Thus "Concept Maps are two dimensional representations of cognitive structures showing the hierarchies and interconnections of concepts involved in a discipline or sub-discipline". Concept Maps were first used by Joseph D. Novak of Cornell University in the 1960s and their origin in the learning movement was called constructivism.

Once we got the hang of what a Concept Map was we went on to making our own Concept maps and figuring out how we could use them in our classroom teaching so that accurate and relevant knowledge could be imparted to the students. It was heartening to know that lengthy descriptive

textbook pages of a concept could be put across to the students through a simple C-Map that would enable students to understand and learn better. As its said 'the teacher who constructs C-Maps for classes is interested in students understanding relationships between facts not just "knowing" 'the facts'. In other words it discourages rote learning while providing the students with a powerful visual image of information that they can easily keep in mind in its entire totality.

The second day of the workshop saw all of us further understanding the usage and relevance of C-Maps and we were introduced to the software that would help us make our own computerized C-Maps. The workshop was well paced and thoughtfully intercepted by energizers to keep up our energy levels. It was a great learning experience for us and we hope to make our teaching more meaningful. We thank the School management for organizing this workshop.

Round Square News

Meenakshi Solomon

After successfully hosting the Sub-Junior Regional Conference in April last year, Sanawar was all set to receive fourteen Round Square (RS) member schools to the Senior Regional Conference from 23rd to 27th April, '08. The theme chosen for the conference was :

"HERITAGE—INHERITENCE OF LEGACY"

The conference underscored the need for preserving and conserving the rich heritage, of the school. History is witness to the fact that institutions that preserve and conserve their heritage emerge as well developed and advanced. Nevertheless, it is needed to acquaint the new generation about the history and traditions of Sanawar by transmitting its heritage to them in order to glorify their future.

The conference aimed at providing the children (Age group of 13 to 18 yrs) with a platform for imbibing leadership through their concern and contribution towards—Adventure, Culture, Environment and Social service.

Annual Hikes Camps 2008

Ravi Kumar, I/c Camps

"And this our life exempt from public haunt finds tongues in trees, books in the running brooks, sermons in stones and good in everything. I would not change it."

—*"As You Like It"* by William Shakespeare

Hikes & Camps constitute an integral part of the curriculum at Sanawar. It offers the students a unique chance to do things that they may not get to do otherwise. Some of these fun options include—White Water Rafting, Trekking, Rock-climbing, Rappling and River-crossing. It also provides an opportunity to do these things in the outdoors while learning how to take care of the environment we live and play in.

One learns a lot about leadership. Leading means not sitting back and waiting for someone else to come up with a plan. Leadership means teamwork and patience as well as the ability to take calculated risks. Thus Hikes & Camps give you a love of learning, a desire to explore, and the power to think about your place in the world.

This year Hikes & Camps were scheduled from 23rd to 27th April and the following classes went to various outdoor destinations :

<i>Class</i>	<i>P.D.</i> <i>Location of Camp</i>
L-III B&G (H&N)	Mashobra
L-III B&G (S&V)	Himri (Kufri)
U-III B&G (H&N)	Rajgarh (Churdhar)
U-III B&G (S&V)	Kathnol (Shali Peak)
	G.D.
L-IV	Kala top-Khajjiar Dalhousie
U-IV	Jim Corbett National Park
L-V	Mandi
U-V	Hathipaon in Mussoorie
L-VI	River Rafting At Byasi (Rishikesh)
U-VI	Himalayan Bear Stream Camp, Phool chati (Rishikesh)
	B.D.
L-IV (H&N)	Solang Valley
L-IV (S&V)	Barot
U-IV (H&N)	Chitkul Sangla
U-IV (S&V)	Chanshill Ghata
L-V (H&N)	Jamuna Bridge, Dakpathar
L-V (S&V)	Dharamshala
U-V (H&N)	Chadarkhani Pass Trek
U-V (S&V)	Buran Pass Trek
L-VI	Rishikesh River Rafting
U-VI	Roop Kund Trek

Section III : FROM THE FACULTY OF SPORTS

Hodson Runs 2008

Deepak Bahuguna, Faculty of English

Running takes you on a trip and it is free ! Running outdoors in particular has been known to cause the runner's high—which can last for long periods. Most importantly running is a great way to make yourself so incredibly positive and optimistic—as you measure your progress, and see yourself achieve something that you never thought possible of yourself. When you are running with people you know, you find soon enough that you are starting to bond on a different plane. Thus, by being the most egalitarian sport, running is a great way to build teams and comradeship. And Hodson runs unleashes this potential in every Sanawarian.

April 15 saw all the Sanawarians teaming up to run. Everyone ran with renewed vigour and ardour for attaining laurels. Mr. Jagdeep Singh Nakai (OS), Chief Parliamentary Secretary, Co-operative, Punjab was the chief guest at the occasion. He manifested his magnanimity and debt of gratitude to his alma-mater by donating a multi purpose Gymn. and Rupees 2 lakhs for purchasing sports equipment. The results of Hodson runs were as follows :

GIRLS

<i>Age Group</i>	<i>Position</i>	<i>Name</i>	<i>House</i>	<i>Time</i>
Under-11	1st	Sukhmani Kaur (N)		3:44:47
	2nd	Raunika Katyal (V)		3:48:95
	3rd	Mrinalini Pandit (H)		3:53:57
Under-13	1st	Radhika Kinha (H)		7:38:93
	2nd	————		
	3rd	————		
Under-14	1st	Mehar Rana (V)		6:29:90
	2nd	Rhea Sharma (S)		6:32:54
	3rd	Akanksha Kala (H)		6:40:38
Under-16	1st	Mehtab Sandhu (V)		6:24:97
	2nd	Himani Rana (H)		6:41:74
	3rd	Harsimrat Thind (H)		6:51:09
Opens	1st	Enden Tenzing (V)		6:48:78
	2nd	Amanat Sidhu (N)		6:50:82

BOYS

Under-11	1st	Abhay Tipnis (H)		4:40:12
	2nd	Devbir S. Dhaliwal (V)		4:44:54
	3rd	Shivraj Ahlawat (N)		4:56:08
Under-13	1st	Shrey Garg (H)		5:51:72
	2nd	Gurjot S. Thind (N)		5:53:10
	3rd	Uday Karan Khatra (H)		5:53:69
Under-14	1st	Manvijay Negi (N)		8:41:86
	2nd	Samarjeet Mahurkar (H)		8:43:12
	3rd	Sachin Lambra (N)		8:59:72

Age Group	Position	Name	House	Time
Under-16	1st	Karan Huidram (V)		8:56:20
	2nd	Penjo Wangchuk (H)		9:16:88
	3rd	Rajat Garg (S)		9:19:02
Opens	1st	Alekh Sanghera (S)		12:34:11
	2nd	Parul Chhabra (H)		12:41:23
	3rd	Paramvir Sangha (N)		13:02:19

PD Boys & Girls

Position	House	Points
1st	Himalaya & Nilagiri	78 each
3rd	Siwalik	55
4th	Vindhya	38

G.D.

1st	Himalaya	132
2nd	Vindhya	100
3rd	Nilagiri	97
4th	Siwalik	76

B.D.

1st	Nilagiri	213
2nd	Himalaya	162
3rd	Siwalik	126
4th	Vindhya	107

Combined Score & Position

House	B.D.	G.D.	P.D.	Total	Position
Nilagiri	213	97	78	388	1st
Himalaya	162	132	78	372	2nd
Siwalik	126	76	55	257	3rd
Vindhya	107	100	38	245	4th

A Horse Riding Prodigy

Mayank Gautam, U-III

Govind Singh Sandhu of U-III, Nilagiri House participated in the National Equestrian Championships held in Delhi from 30th March to 6th April, 2008 and won the following :—

1. **Gold medal**—in the trotting race
2. **Silver Medal**—in the stick and ball race
3. **Bronze Medal**—in the children hacks.

This was the **third time** that Govind participated in the nationals. Govind was **interviewed live** by N.D.T.V. 24X7 telecast nation-wide and gave credit for his achievement to Sanawar. He has also been interviewed by various National newspapers.

Well done Govind ! Keep it up !!

Victory at Patiala

Lavya Bakshi, U-III

We, the Electrons went to Patiala on Saturday, 15th March, 2008 to play a cricket match against Yadavendra Public School. We reached there at 1-30 a.m. in the night and had the match on Sunday the 16th of March at 9-00 a.m. We had our breakfast and after that the match had to begin.

We lost the toss. YPS chose to bat first. They played a remarkable innings. They scored 131 runs. Uday Virmani took three wickets and Arman Natt and I took one wicket each. Then we batted and played very well. Ankush Hooda and Gurjot S. Thind scored 36 and 30 runs respectively. The most interesting part was the last over. We needed 12 runs in 6 balls. Shrey Garg was on strike, he smashed the first ball for an amazing boundary. We now needed 8 runs in 5 balls. Sticking at their stumps, they took quick singles. In the end 4 runs had to be scored in 2 balls. Everybody was anxious and prayed. Shrey Garg again smashed the ball for 4 runs and we had a wonderful victory.

It was the most memorable moment and our joy knew no bounds. After all we were the winners !

Inter House Cricket—2008

RESULTS

Jap Dev Gill, U-V

P.D.

Position	House	Points
4th	Vindhya	00
3rd	Himalaya	03
2nd	Nilagiri	06
1st	Siwalik	09

Best Player : Lavya Bakshi (Nilagiri)

B.D.

4th	Siwalik	06
3rd	Himalaya	12
2nd	Nilagiri	15
1st	Vindhya	21

Best Players :

First XI : Vishwadev Thind (Himalaya)

Atoms : Jaideep Sood (Siwalik)

Colts : Jap Dev Gill (Nilagiri)

Section IV : From the O.S.

(Contributed by an O. S. to invite reader's views)

Head Master's Founders Speech—2020

Honourable Chief Guest—Mr. Bobby Jindal—Ex Governor of Louisiana and member of the US Congress, the Old Sanawarian Family, Parents and students...With 2 years to go for our 175 years, with pride I state something that we have known all along, something that we have kept secret for 173 years... that The Lawrence School, Sanawar "is the best school of all"—not only in India but as benchmarked against the whole world—published in the Fortune Survey dated 18th April 2020...it is my duty to congratulate the team that has made this possible...the team that has put this hilltop right on top of the world map...Ladies and gentlemen a big round of applause to the Faculty of The Lawrence School, Sanawar who have achieved what I would call the Gold Medal in Olympics of Education.. a big hand for the students who have worked hard, with dedication and have constantly raised the bar for others to follow...also a big hand for the Old Sanawarian community who have always stood by Sanawar and contributed not only financially but also mentored the institution through its phase of globalization This is the journey that I would like to talk about at length during the later half of my speech...

It comes as no surprise to us anymore that the students of this great institution surpass their own achievements year on year...setting higher goals and working hard to achieve them with even greater conviction than before...

This year two girls of our Gymnastics team have qualified for the Olympics and shall be participating in 2020 Olympics to be held in Moscow, Russia, 5 members of The Lawrence School, Sanawar gymnastics team have represented India at the Asian games and hold national level records...

Our Theatre Society which consists of students, faculty and Old Sanawarians have just returned 3 weeks ago from their first ever performance at Broadway, New York and were judged among the top three groups who performed this year... they have now been invited to perform in London, all costs being borne by the Mittal Group, where Prince Charles shall be the Guest of Honour.

Our International Students participated in the Sanskrit marathon and have set the record in the Limca Book. They have achieved the distinction for talking non stop Sanskrit to each other for three days, a big round of applause for Jin Wusan from China, Agustin Diego from Spain, Sinclair Taylor, France and Dhirender Kumar from India.

During camps the Vindhya House L-VI Boys and Nilagiri House L-V Girls trekked 120 km along the Great Wall of China entering Mongolia before heading back home...They were hosted by a large O.S. Community in Shanghai.

The Himalaya House L-VI Boys and Girls took skiing lessons in the Alps and were received warmly by parents of the French Students studying at Sanawar and the Indian High Commissioner in Paris who is Shiwalikan O.S. Batch of '84.

The Shiwalik House L-VI Boys and Vindhya U-VI Girls learnt Scuba Diving in Mauritius.

While the Nilagiri House L-VI Boys and U-VI Boys went to the rain forests of the Amazon Basin...

All these expeditions were planned and executed by the students with the support of the staff... National Geographic and BBC have filmed these expeditions and shall be broadcast in their series "Beyond Limits" and "Experiential Learnings". These expeditions were sponsored by multinational companies in banking, construction, automobiles and software. The fact that the Global CEO's of these companies are Old Sanawarians I'm sure helped the students in processing their sponsorship applications...

Thanks to Information Technology our Science Department is conducting a research on behaviour of plants in space with NASA...Three different herbs from Leisure Valley have the distinction of being replanted at the Lunar Space Station and our students observe them and conduct tests from the Botany Lab accessing NASA servers online ..They shall be presenting their findings at the World Science Conference in Geneva...

Ladies and Gentlemen every year 20% of our students take admissions in the best universities of the world...some of them recognize the Lawrence School, Sanawar and give an additional 5% weightage to Old Sanawarians...our International Students are also going back to their countries and excelling in various fields...some of them also continue to stay back in India for PhD in Yoga...Three members of the Chinese Olympic team are Old Sanawarians... an O.S. of French Origin now heads one of the most famous French fashion labels.

Ladies and gentlemen this journey of Globalization of Sanawar was a culmination of many things that happened by default initially but were then given strategic direction by both the faculty and the Old Sanawarians. Needle Work Departments became Fashion Design, Band and Music were merged and a Department of Vocal Arts started...Art and Photography were merged into Visual Arts...Carpentry and Pottery to Interior Design...Debate and Theatre into Mass Communications...The most important now—Deptt. Of Environment and Conservation was known as Khud Cleaning !!

The introduction of The International Baccalaureate (IB) programme over CBSE also brought a lot of positive changes to the school!...the students still have an option to choose IB or CBSE...however we see that only 30% seem to opt for IB while the majority still continues to pursue higher education in India.

I would like to applaud the effort of those who initiated this change...by collecting funds 10 years ago to build the Science Block behind Birdwood & Centre of Global Integration...on what was called Trafford Court...Ladies and Gentlemen this building is an architecture marvel...who would have thought of a rooftop tennis stadium connecting Tuck Shop...with two floors dedicated to Language and Culture that has helped us integrate with the world... Centres of Excellence for French, Spanish, Chinese and Sanskrit...in collaboration with the embassies of these countries...a campus with students from over 13 countries...Chinese, French and Spanish families living on campus...our students on exchange programs to global centres of learning, sharing and hence gaining more experiences and knowledge... Sanawar is buying land in Kasauli to build a residential complex for its staff who prefer living in the city and commuting by bus...

The Centre of Global Integration—conducts programs in strategic training, yoga & consciousness & team building for corporates during the holidays... generating sufficient revenues for foreign travel for all staff members to attend global seminars on education in their respective areas...40% of our staff is currently pursuing their PhD's from various International universities...

Sanawar has constantly re-invented itself...the journey from an orphanage to a distinguished centre of global learning have had their highs and lows... but it is the support of the Old Sanawarian community that has given this institution such resilience... that no matter what...Sanawar always bounces back to the top...Never Given In...!!

हिन्दी खण्ड

मेरा विद्यार्थी जीवन

हे प्रभु ! इस दास की इतनी बिनती सुन लीजिए,
इस बार मेरी नाव को उस पार तो कर दीजिए ।
मैं नहीं डरता प्रलय से, मौत से, तूफान से,
काँपती है रूह मेरी सदा इस्तहान से ।
इस भयानक भूत को किसने किया आज्ञादा था,
वह आदमी या कोई शैतान की औलाद था ।
पाठ पढ़ना, याद करना, याद करके सोचना,
सोचना, उसे लिखना, लिखकर फिर सोचना ।
टाँय टाटा, टाँय टाटा रोज़ रटता हूँ प्रभु,
पुस्तकों के रात दिन पन्ने पलटता हूँ प्रभु ।
भाग्य में न जाने कौन सा अभिशाप था,
रात को रटता सुबह मैदान मिलता साफ़ था ।
क्या कहूँ हर वाक्य के शब्द सताते हैं मुझे,
सपने में भी भूत बनकर दिख जाते हैं मुझे ।

पी गई इंग्लिश हमारी खोपड़ी के खून को,
मैं समझ पाया न इसके बेतुके मतबुल को ।
बाबर, अकबर, हुमायुँ और जहाँगीर का आप था,
कौन जाने कौन था और कौन किसका बाप था ।

धरती गोल क्यों है ?

बहुत सारे शब्दों के साथ प्रश्न था वहाँ पर लिखा,
मैंने भी लिख दिया जो मुझे अपने दिमाग में दिखता ।
गोल है पृथ्वी कचौड़ी, पुआ, पापड़ गोल है,
गोल है पैसा, धरती भी अपनी गोल है ।
झूम उठे मास्टर जी इस अनोखे ज्ञान से,
और पेपर पर लिख दिया उन्होंने यह ज्ञान से ।
ठीक है बेटा, गोल है हमारा मुँह,
नम्बर भी तुम्हारा गोल है ।

विदुष मलिक
सातवीं

प्रार्थना सभा में विद्यार्थियों ने विभिन्न लेखकों के निम्न विचार पढ़े :

एक आदमी ने सगना देखा कि वह भगवान का साक्षात्कार लेने गया है । भगवान ने उससे पूछा, “क्या सचमुच तुम मेरा साक्षात्कार लेना चाहते हो ?”

उस आदमी ने कहा, “यदि आपके पास समय हो तो ?”

भगवान मुस्कुराकर बोले, “मेरे पास अपने हर बच्चे के लिए समय है ।”

उस आदमी ने पूछा, “आपको आज के इंसान को देखकर सबसे बड़ा आश्चर्य क्या होता है ?”

भगवान बोले, ‘मुझे ये देखकर घोर आश्चर्य होता है कि लोग बचपन से उकता गए हैं और उन्हें बड़े होने की जल्दी है और ये भी कि बड़े होने के बाद वे वापिस फिर बचपन में लौटना चाहते हैं । वे धन कमाने के लिए अपनी सेहत खर्च करते हैं, फिर सेहत वापिस पाने के लिए धन खर्च करते हैं । वे शरीर को सुख देने के लिए गाड़ियाँ, बँगले खरीदते हैं फिर सेहत बचाने के लिए पैदल घूमते हैं । वे भविष्य को लेकर इतने चिंतित हो जाते हैं कि वर्तमान को भूल जाते हैं । इस तरह वे न तो वर्तमान को जी पाते हैं, न भविष्य को । वे ऐसे जीते हैं कि कभी मरेंगे ही नहीं और मरते हैं तो लगता है कि कभी जिन्दा ही नहीं थे ।

उस आदमी ने दूसरा प्रश्न पूछा, ‘परमपिता होने के नाते, वे कौन सी बातें हैं, जिन्हें आप चाहेंगे कि आपके बच्चे सीखें ?’

भगवान बोले, “मैं चाहता हूँ कि वे सीखें कि खुद की तुलना दूसरों से न करें, वे दूसरों को माफ करना सीखें। वे सीखें कि किसी को जरूम देने में चन्द संकेत लगते हैं, पर उन्हें मरने में सालों लग जाते हैं। अमीर आदमी वह नहीं होता जिसके पास सबकुछ है, पर जिसे हर समय किसी चीज की जरूरत होती है—वह गरीब जरूर होता है।”

उस आदमी ने कहा, “आपने जो कीमती समय दिया, उसके लिए धन्यवाद।

पर क्या आखिर में आप अपने बच्चों से कुछ कहना चाहेंगे ?

भगवान मुस्कुराए और बोले, “याद रखो कि मैं तुम्हारे साथ हूँ” — हमेशा, हर जगह, हर घड़ी।

धन्यवाद।

आइए प्रार्थना करें —

हे भगवान ! हम सभी आपको याद करते हैं। हम सभी आपको नमस्कार करते हैं। हम सभी को स्वस्थ रखना। हम सभी को खुश रखना।

प्रियंका शर्मा
छठी

गुरु गोविन्द दोऊ खड़े, काके लागू पाय
बलिहारी गुरु आपने, जिन गोविन्द दियो मिलाय।

इन पंक्तियों से प्रेरित होकर मैं यह कविता आपके लिए पढ़ना चाहता हूँ।

यह संसार है कितना व्यापक,
जिसमें रहते हैं हमारे अध्यापक।
इन्हें देना चाहिए सदा सम्मान,
जो देते हैं हमें इतना ज्ञान।
रखना चाहिए इनको सबसे ऊँचा,
करनी चाहिए इनकी सदा पूजा।
कभी भी इनको ठेस न पहुँचाना,
नहीं तो पड़ सकता है हमें पछताना।
अध्यापक बिना ज्ञान अधूरा,
करते हैं ये ही इसे पूरा।
अध्यापक होते सबसे प्यारे,
सँवारते हैं जो भविष्य हमारे।
अध्यापक होते हैं हमारी शान,
इन्हें देंगे हम सदैव सम्मान।

मयंक गौतम
छठी

सनावर

कुछ लोगों के हिसाब से सनावर एक विद्यालय है। लेकिन कुछ के लिए यह विद्यालय से भी बहुत बढ़कर है। यह जगह प्रत्येक व्यक्ति के दिल में बस जाती है, जो इसमें समय बिताता है।

हर सुबह इन सुन्दर पहाड़ों के बीच नीले आकाश में उगते हुए सूरज को देखने का आनन्द ही निराला है। यहाँ व्यायाम, खेल-कूद का प्रबंध बहुत अच्छा है। पढ़ाई की भी महत्व दिया जाता है। यहाँ की इमारतों के पत्थरों में इतिहास झलकता है। 160 साल पुरानी बनी इस ऐतिहासिक इमारत की नींव अटूट है।

सनावर की ऐतिहासिक इमारतों में से एक गिरिजाघर भी है। जिसके अन्दर हमें अपनी इच्छा माँगने का मौका मिलता है और दिल को बहुत शांति मिलती है।

यहाँ के बच्चे अपनी मशहूर घंटी की आवाज सुनकर अपनी कक्षाओं में जाते हैं, जो बर्डवुड स्कूल में स्थित है।

‘बार्न फील्ड’ एक बहुत बड़ा मैदान है जहाँ बच्चे खेलते हैं—क्रिकेट, फुटबाल आदि खेल। यहाँ का पुस्तकालय ‘पार्कर हॉल’ है जहाँ पर हर विषय की पुस्तकें मिलती हैं। यहाँ पर बच्चों की रुचि के लिए अनेक विशेष विषय हैं। यहाँ के विद्यार्थियों में जुनून है—आगे बढ़ने का, कुछ कर दिखाने का। हमें सनावर से बहुत प्यार है।

आंचल तथा नितिका
दसवीं

हिन्दी निबंध लेखन प्रतियोगिता के परिणाम इस प्रकार रहे :—

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द्वितीय	मृगना शेखर
प्रथम	मृगा तुली

कक्षा—दसवीं

दिनांक 1-4-08

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