



THE SANAWAR NEWSLETTER

111

December

2018

SECTION – I

SOMEDAY

Akanksha Chowdhary, L VI

Someday it will all be over. Someday you won't have to worry about anything anymore. Someday life and death won't be so different. The end of one is the beginning of the other. One fades away to let the other shine. It gives away itself to make way for the other. Someday alive and dead won't be very different. In the end we are all just a memory. If remembered then just by our deeds. To end its physical presence in this world, your body makes its way back to the soil. To give its bit to the earth. To pay back for all the love, care and nourishment this planet has offered. And most of all for our very own existence. We all leave this world one day. Our bodies are honoured by the ones who loved us and cared for us, for our body is all that's left of us when we leave this world and go back to the world we truly belong to. Our world exists within this world. It is very similar yet so different. A world where all your wishes and desires come to life in your death. Everything there works your way. Your world defines who you are it's about you. It's where your soul is free and where it has always wanted to be. And back in this world, the ones who loved and the ones who cared would wonder why you left and where you went. The trail of questions in endless. The pain seems to be everlasting. It may seem devastating but even in this world, there is a subconscious knowledge

of your alternate world of paradise. Someday it won't hurt. Someday death won't matter because before it came life. The power of life lies in the word itself. There is always a part of you that remains with your loved ones. For even in death you shall be there. The constant pillar of support and love because love never dies. It fights through all odds. Someday it won't be the same. Someday death won't hurt as much. Someday it will all be over. Someday you'll see.

DEAR FRIEND

Avanti Aggarwal, U V

A goofball. That's what you are. You do not speak much and that's your excuse for keeping away from all the quarrels. You're quiet when you are angry and I write letters when I am brimming with emotions. So, this is for you- the cryptic kind- who is too afraid of making promises.

You see, this world is a beautiful place if you think it to be. Here poetry finds its way through the ocean's waves, here the sun wanders through the bright light of noon meadows. Here birds sing and music exists. Here, people love, cry and hurt. And here your stupid face wears a perpetual sense of worry that I can not do a thing about. It's silly how sometimes your mood affects mine and its weird because I never vouched for this strange attachment that I have for you. It happened in a fit of, God knows what, but I'm glad that it did. I'm still coming to learn things about you, and I do not wish for it to stop.

Under your pillow, you keep hiding your secrets as if your heart is a dingy

graveyard that never allowed human intrusion. You swallow more than you say and look at people with a sense of grief in your eyes. And the dreaded laughing emojis you send with all your texts does not do the job of counselling your heart. I know what you mean when you say, 'I'm a little complicated,' and maybe if you try telling me about it, I'll understand.

So this is to say that I'm here for you and that I always will be. I do not know how to say it in a way different in this, but, I love you. More than you think I do. I hope you start looking at people in the eye more often, hug them a little longer than usual, because on most days these small gestures speak more than mouths ever can.

Never stop wearing that smile that looks so beautiful on your dumb face. Open your arms like it means something to you. Laugh like it's the only way to live this life. But most importantly, believe in me, in the world and in yourself. How else will you teach your heart to love?

With awkward stares and tight hugs,

Your friend

Avanti.

**Letter to the UN Secretary General
(Highlighting area where India needs
International help.)**

Keerat Sandhu, L III

The Secretary General of UN
UN Headquarters
New York
USA

November 5, 2018

The Lawrence School
Sanawar- 173202
Himachal Pradesh

Sub: International help to India

Dear Sir,

I am Keerat Sandhu a Class five student from a school in India. I am writing this letter on behalf of my country requesting you to help solve a few matters in India.

As you know one of the biggest problems our country faces like many others is terrorism. India attained freedom in 1947 and was partitioned into two sovereign countries India and Pakistan. However ever since then, there have been problems between the two in the form of wars and for the past many years as cross border terrorism. There have been many terrorist attacks in our country, bomb blasts and attacks on the borders especially in the state of J&K. In return India too has to take military action which leads to soldiers and innocent people dying in both countries.

Gandhiji always said that violence does not solve problems. I feel that the UN and the governments of both India and Pakistan should get together and find a peaceful solution to these problems. That is where you can step in and help in getting it done. At the end of the day we all are same even if we belong to different, religions, creeds or race. As long as we treat each other equally and with respect the world will be at peace.

Hoping for your cooperation and help.

Yours sincerely
Keerat Sandhu

GOODBYE, BUT NOT FOREVER

Neil Bansal, U IV

There will be a day at least once in the future, when we'll all have to look back at ourselves -what difference did we make. We'll have to ask ourselves, who did we

matter to most and we'll have to answer that to know, one but ourselves.

Being from an Army background I have had the exclusive privilege to tour the country and taste the different flavours of India. I have seen and experienced hundreds of cultures but have also come across thousands of people, each one with their own colour. And believe me, moving around so much does give you experience but it never really makes moving on from people any easier.

Each time we try and move on, we find someone new and we try to look at that person the same way in which we saw the last. We have hopes in our hearts and trust in our minds, that maybe, just maybe, for once things will be different. We become friends and slowly yet steadily we let our guard down and let those new people come close to us, anxious that this time it won't end up like the last. We get them close to our hearts and cherish each memory we make with them and once again begin to have those moments when we can laugh on and on and just in that moment forget all that is bad about the past. Along the way we come so close to them that they become nothing less than family to us and we think about them all day long and never-ever run out of things to say to them. They become our brothers and sisters and we wish it would last forever.

But nothing too good lasts forever and soon the day comes, when we run out of time, and we have to look into those people's eyes, full of tears, and celebrate each precious moment spent with them for the last time and say farewell for that is a time when they are our easiest hello but also our hardest goodbye.

Even in the Army we don't ever forget people like that, and no we don't move on.

We just lock their memories in a room deep inside our hearts and visit them from time to time, remembering all that was great about us and all that we ever stood for. And somewhere deep down we wish to see each other again, hoping that we would pick up right from where we left off. For we never really lose the value of our true friends and we cross our hearts and hope that they never lose ours either.

FUTURE CONSEQUENCES

Jujhar Singh Dhillon, U III

The people will drink all the water,
Carbon Dioxide will make the world hotter.

The world will be very- very populated,
Good will be praised and the bad will be hated.

All the food will be wasted,
There will be nothing left to be tasted.

Oh! This is such a bad situation,
Think, ThinkOh think, O Nation!

Wait there is a solution,
To end all the pollution.

Do not waste food,
It will be all good.

To find a way to make water in the laboratory,
Oh! That would be just fine and we needn't worry.

Yes, just do it, do it,
But please, let's hurry.
Coz you don't want more dead people to bury.

THE THREE MAGICAL WORDS

Trishita Batra, L IV

Communication in simple terms means sharing our thoughts, ideas, emotions and information. There are certain guidelines for effective communication as it leaves an impact on the other person.

Not only communication, but what also matters are the facial expressions, eye contact, body language but the most important is the oral communication . Conversation is an art which can be improved with the help of good vocabulary and then when it is sprinkled with magical words like “Please, Thank you and Sorry”, it creates wonders.

According to the day to day dealings, these are used as polite words but these words create humility, acceptance, joy and forgiveness. These words are so potent that they could change the person or the situation. As children we use them in limited context but as adults we can understand that they can be used in a broader spectrum. These words are so commonly used that they lose their significance but it depends on the user how genuinely he or she says these words to weave a web of magic.

YOU DIDN'T KNOW

Akanksha Chowdhary, L VI

You thought it would rain forever, you gave up just before the rainbow came out. You looked up and thought a storm was brewing but missed out the silver lining. You thought you were a mess just before everything made perfect sense. You thought friends left, you didn't know that if they left, they were never truly there. You thought loyalties changed, you didn't know time and circumstances did too. Time stays frozen in our little paradise but

we don't realise that someday it has to melt and move on. It may seem harsh and petrifying but it brings out the better of life. You make life ineffable. It has its flaws but they remind you of the times that made the beautiful ones sum even better. You may think your life is too much to handle but its beauty lies in its complexity and then the storm recedes, making the world calm. When you think your life is about to end, you miss out the welcome sign. And when you are too afraid to flip the last page, you don't know a whole new story awaits.

LIFE OF AN ARMY BRAT

Vivek Chib, U IV

My life started on 5th October, 2004 at Western Command Hospital, Chandimandir. I was born at 6:30 am. Luckily, I do know the time. My father wasn't an officer yet. In 2005, my father passed out in Passing Out Parade (POP) from IMA (Indian Military Academy). My life isn't simple at all. I learnt to do house chores when I was at my home alone. My father wasn't present on all my birthdays. I learnt to live my life with the help of my elder brother. He was always there whenever I needed him. He took utmost care of me when mom and dad were not at home. I remember I was only five years old when my mother taught me how to use the microwave. She told me to be self-dependent, not to rely completely on anyone. As Army brats we just don't stay in one place. We keep moving every two and a half years. I remember my dad's first family movement. It was Dehradun, a nice calm place with good schools. First I studied in A.P.S ,Clement Town and then St. Judes. I still remember those fun filled days. Then after two and a half years my

dad was posted to Srinagar, a hostile place. I remember my dad visited us only once or twice in that year. Then my family eventually moved to Jammu, my hometown. My dad moved with us two years later. Till that time, I was living in Jammu Cantonment. My first school in Jammu was A.P.S, Kaluchak. My second school and my most memorable and loving school was Doon International School. I consider it my best school because it was the only school which helped me to enrich my skills and explore my talent. Eventually, I moved out of school and I joined Sanawar. In Sanawar when I told my batch mates that I am from Jammu, they asked me one question, "Has anyone ever pelted stones at your home?" My answer was no. I live in Jammu and still I expect questions like this. As Army brats we move to places temporarily, which I am sure some of you wouldn't have heard names of like: Devlali, Mhow, Dhaula Kuan, Pokhran, Wellington, Dibrugarh, Nasik, Ehzimala, Gurez and so on. I would like to thank my father for having given me such a beautiful environment to live in and also thank my family for supporting me everywhere.

ROUND SQUARE CONFERENCE AT LOWER COLLEGE, CANADA

Aarav Khilani, L VI

After almost thirty-six hours of travelling, we finally reached the place we had been dreaming about for the past two months. A delegation of three students and a teacher attended the Round Square at Lower College, Canada with the theme being 'Bring Your Difference'. We were greeted by our host families and were taken to their homes where we rested for the night. Through the duration of the conference,

we had various influential speakers who expressed how they had made a difference and how we all must remember to embrace our differences. During the conference we also went to a camp where we had the opportunity to go kayaking, rock climbing and do various other activities. The conference was attended by over four hundred and fifty delegates from different schools and different countries from all around the world. Overall the conference was a great experience where we learnt how to bring our differences to the table and work with them. We also learnt to understand and accept the delegates with their differences.

An incredibly interesting and vision broadening experience, it has helped us to learn to start thinking out of the box and learn to look at things differently.

SENIOR INTER- HOUSE ENGLISH DECLAMATION

Tarika Khanna , U V

The Senior Inter- House English Declamation was held on 11th August, 2018. This is a platform provided for students who wish to express their views. Students were very enthusiastic and declaimed on the speeches of many famous personalities. Some of the speeches spoken were by Oprah Winfrey, John F. Kennedy and Shahrukh Khan. It was a great learning experience and it definitely boosted the students' confidence and oratory skills.

The result is as follows:-

Individual Positions:-

First- Raghav Lama NBD
 Second- Divij Dipta SBD
 Third- Isha Gupta SGD

House Positions:-

First- Siwalik
 Second- Vindhya
 Third- Himalaya
 Fourth- Nilagiri

**INTER – HOUSE MUSIC
COMPETITION**

An Inter- House Music Competition was held on 18th November, 2018 in Barne Hall. It was an enjoyable evening with some beautiful songs sung by boys and girls of all the houses. It was rounded up by dedications to the batch of 2019 by some Upper 6rs. The result of the same is as follows:

Solo Song (Boys)

S.No	Name	House	Position
1.	Raghav Lama	Nilagiri	Fourth
2.	Nimish Goyal	Himalaya	Third
3.	Hrithik Roy	Vindhya	Second
4.	Gunjal Khullar	Siwalik	First

Solo Song (Girls)

S.No	Name	House	Position
1.	Shelly Bhardwaj	Himalaya	Fourth
2.	Mannatbir Kaur	Nilagiri	Second
3.	Jivika Sachdeva	Siwalik	Second
4.	Nixxita Taneja	Vindhya	First

Group Song

S. No	House	Position
1.	Himalaya	Fourth
2.	Nilagiri	Third
3.	Vindhya	Second
4.	Siwalik	First

Overall Position

S. No	House	Position
1.	Himalaya	Fourth
2.	Nilagiri	Third
3.	Vindhya	Second
4.	Siwalik	First

SECTION – II**HIGH ACHIEVERS FINAL / MOCK EXAM-2018**

S No.	Name	% age	House	Class
Class L III				
1	ARADHYA NARULA	95.00	NPB	5A
2	NEEV BAREJA	94.00	HPB	5A
3	RIANA KHOSLA	90.00	SPG	5A
4	RIYA BOORA	94.00	HPG	5A
5	SARAH MEHTA	96.00	NPG	5A
6	UMAIRA WADIA	93.00	SPG	5A
7	ANANYA GAUTAM	90.00	SPG	5B
8	BHAWISHYA SHARMA	93.00	VPB	5B
9	DIVA SOROUT	93.00	VPG	5B

10	KEERAT SANDHU	95.00	NPG	5B
11	SHRIYAN KHEMKA	94.00	NPB	5B
12	SRINIDHI PHUTELA	90.00	HPG	5B
13	UMED SINGH	92.00	NPB	5B
14	DEVYANSH GUPTA	96.00	NPB	5C
15	KRISHNA MITTAL	91.00	SPB	5C
16	MEHZABEEN	95.00	VPG	5C
17	RAJVEER SINGH CHAWLA	91.00	HPB	5C
18	RISHIKA VAISHNAVI	92.00	NPG	5C
19	SAANVI KOCHAR	93.00	VPG	5C

Class U III

20	AKSHAT ATTRI	94.00	VPB	6A
21	ARYAMAN MALIK	92.00	VPB	6A
22	BISMAN BUTTAR	92.00	NPG	6A
23	ISHAN PHUTELA	90.00	SPB	6A
24	MANYA KUMAR	92.00	SPG	6A
25	NIMISH GARG	93.00	HPB	6A
26	PARTH BANSAL	94.00	HPB	6A
27	RAAHIL DHAWAN	92.00	NPB	6A
28	SHREE KANSAL	91.00	SPG	6A
29	AARAN KRISHN	95.00	SPB	6B
30	AGAM SINGH DHIMAN	93.00	VPB	6B
31	ARNAV BANSAL	96.00	SPB	6B
32	MUGDHA THAKUR	90.00	SPG	6B
33	NANDINI JAIN	91.00	SPG	6B
34	SANA SHARMA	92.00	HPG	6B
35	VASVI JAIN	93.00	VPG	6B
36	CHHAVI NARAYAN	91.00	SPG	6C
37	MOOLCHANDANI			
38	GURANSH SINGH	95.00	NPB	6C
39	JAPHAR KAUR JAWANDHA	92.00	NPG	6C
39	SAANVI BANYANA	92.00	HPG	6C

Class L IV

40	AROOSHI BHATIA	93.00	HHG	7A
41	NAKUL GARG	96.00	HHB	7A
42	SHAURYA KHANNA	95.00	SHB	7A
43	SKAND MONGIA	91.00	VHB	7A
44	AARNAV THAPA	90.00	VHB	7B
45	ANUSHKA RAWAL	91.00	HHG	7B
46	ARYAMAN MISHRA	92.00	HHB	7B
47	JAYANT SHARMA	95.00	SHB	7B
48	KRITISH GOEL	94.00	VHB	7B
49	DIA ATAL	94.00	SHG	7C
50	HRITHIK ROY	93.00	VHB	7C
51	JAIMUKUND BHAN	95.00	HHB	7C
52	NAMAN JINDAL	97.00	HHB	7C
53	NAVYA KALRA	90.00	NHG	7C
54	SUKHMEHAR SINGH JAKHAR	93.00	NHB	7C
55	AKSHAT PARASAR	90.00	VHB	7D
56	DHRUV SUD	94.00	VHB	7D

57	MOKSH GUPTA	92.00	HHB	7D
58	PRANAV KAPUR	90.00	HHB	7D
Class U IV				
59	ANANYA SHARMA	92.00	VHG	8A
60	DAKSH CHOPRA	91.00	SBJ	8A
61	DEVISHA JAIN	95.00	NHG	8A
62	HRISHITA SINGH	95.00	VHG	8A
63	ROSHAN RAJ	94.00	NBJ	8A
64	MOKSHI SHARMA	90.00	NHG	8B
65	CHITRANGDA THAKUR	92.00	HHG	8C
66	NAVYA GARG	95.00	SHG	8C
67	VIYOM DHAWAN	91.00	VBJ	8C
68	KIRTI JINDAL	97.00	HHG	8D
69	RYDHAM LAMBA	91.00	NHG	8D
70	SAANVI KHURANA	96.00	SHG	8D
71	YUVRAJ DHAMIJA	92.00	HBJ	8D
Class L V				
72	HIMANSHU SABHARWAL	91.00	SBJ	9A
73	SIMAR SINGH GABADIA	96.00	NBJ	9A
74	PRIYANSHU SHARMA	95.00	VBJ	9B
75	SAMARTH KHARBANDA	94.00	HBJ	9B
76	HARSHANGAD SINGH	95.00	HBJ	9C
77	NOOPUR SHARMA	97.00	HGD	9C
78	JAANASHEEN KAUR BALA	96.00	HGD	9D
79	PURU MANJREY	92.00	VBJ	9D
Class L VI				
80	JAIVEER SINGH	97.00	HBS	11A
81	SHANENTINA IMSONG	90.00	HGD	11A
82	ANSHRUTA THAKUR	92.00	NGD	11 D
83	NITYA KHANNA	90.00	VGD	11 D
Class U V - Mock Test				
84	AVANTI AGGARWAL	93.00	NGD	10A

SECTION – III SPORTS SECTION

55TH IPSC ATHLETIC MEET – 2018

The Sanawar Athletic Team participated in the 55th All India IPSC Athletic Meet –

2018 after twenty four long years. The meet was held at PPS, Nabha from 12th to 18th November, 2018. Thirteen students from our school participated in the meet. The result is as follows:

S.No.	Age Group	Name	House	Position
1.	Girls U-14	Guneet Kaur	HHG	Participation
2.	Boys U-14	Neil Bansal	VBJ	Participation
3.	Boys U-17	Harshit Nandy	HBJ	Participation
4.	Boys U-17	Soumil Sidhu	HBJ	Participation
5.	Boys U-17	Abhisar K. Hooda	VBD	Participation
6.	Boys U-17	Sartaj S. Nagpal	HBD	Participation

7.	Boys U-14	Aadarsh Amritesh	SBJ	First in 100 M First in 200 M
8.	Boys U-17	Kandarp Gulia	SBD	Fourth in Shot Put
9.	Girls U-14	Ustat K. Jatana	VHG	Third in 400 M Second in 600 M
10.	Girls U-17	Simrina Loona	SGD	First in 100 M First in Shot Put
11.	Girls U-17	Seerat Sandhu	NGD	First in 800 M First in 1500 M First in 3000 M
12.	Boys U-19	Faaris H. Zaidi	HBD	Finalist in 100 M Bronze Medal in 200 M
13.	Boys U-19	Shivam Ahlawat	NBD	Finalist in 100 M Silver Medal in Long Jump

Out of the thirteen , six athletes have qualified and are selected to represent IPSC Athletics Team in the 64th National Games-2018.

INTER HOUSE PD, GD & BD HOCKEY TOURNAMENT-2018

Result

Best Players of PD:

SN	Category	Best Player	House
1.	PD Boys U3	HARSH KUMAR	VPB
2.	PD Boys L3	MEMBH CAMDIR MAI	NPB
3.	PD Girls	CHHAVI NARAYAN	SPG

PD House Positions of PD Boys and PD Girls House Teams

Position	House	Points
Fourth	Nilagiri	07
Third	Himalaya	08
Second	Siwalik	13
First	Vindhya	17

Best Players of GD:

SN	Category	Best Player	House
1.	GD Jr.	Simrina Loona	SGD
2.	GD Sr.	Arnaz Brar	VGD

GD House Positions of GD Jr.and GD Sr. House Teams

Position	House	Points
Fourth	Nilagiri	04
Third	Vindhya	09
Second	Siwalik	10
First	Himalaya	11

Best Players of BD:

Category	Best Player	House
BD Atom	Rajvansh Nivadia and Adityaveer Singh Chandel	Nilagiri Himalaya
BD Colts	Saket Mehra	Vindhya
BD 1st XI	ABHIMANYU JACOB OBEROI	Vindhya

BD House Positions of BD Atoms, Colts and 1st XI Teams

Position	House	Points
Fourth	Nilagiri	09
Third	Siwalik	10
Second	Vindhya	13
First	Himalaya	19

हिन्दी खण्ड

प्रार्थना सभा में विचार:

दिनांक-16-11-18

नमस्कार! आज मैं एक पंक्ति के माध्यम से आपको बीती बातों से सीख लेकर आगे बढ़ने की प्रेरणा दे रहा हूँ- बीती ताहि बिसार दे, आगे की सुध लेय । अर्थात् हे मनुष्य! जो कुछ भी आपके जीवन में पहले हो चुका है, उसे भूलकर अपनी वर्तमान स्थिति को सुधारने का प्रयत्न करो जिससे आपका भविष्य अच्छा बन सके। हमें बीती हुई बातों को भुलाकर आगे बढ़ते हुए अपने स्वर्णिम भविष्य का निर्माण करना चाहिए।

कुछ छात्र इस सोच में डूबे रहते हैं कि यदि मैं पिछली परीक्षा में अधिक परिश्रम करता तो मेरे अच्छे अंक आ सकते थे। मेरी ऐसे लोगों को यह सलाह है कि वे आज से ही मन लगाकर परिश्रम करें जिससे आने वाली परीक्षाओं में वे अच्छा प्रदर्शन कर सकें। इसके लिए हमें

नियमित रूप से समय-सारणी बनाकर अध्ययन करना चाहिए।

नियमित व्यायाम एवं खेल-कूद में भाग लेना चाहिए। संयमित भोजन एवं समय पर सोना व प्रातः काल जल्दी उठना चाहिए। इस प्रकार हम अपने सपनों को पूरा कर सकते हैं।

अतः हमें बीते हुए समय से सीख लेकर अपने उज्ज्वल भविष्य की दिशा में बढ़ना चाहिए।

धन्यवाद,
नव्या गर्ग
कक्षा -आठवीं सी

प्रार्थना सभा में विचार:

दिनांक-27-11-18

नमस्कार! आज मेरा वक्तव्य है- शिकायत छोड़कर जीना शुरू कीजिए। इसके लिए एक दोहा प्रस्तुत कर रहा हूँ।

काल करे सो आज कर, आज करे सो अब।

पल में परलै होगी, बहुरि करेगा कब।।
इस दोहे को कुछ आलसी लोग इस प्रकार पढ़ते हैं— “आज करै सो काल कर काल करे सो परसों।”

अर्थात् कुछ लोग जीवन में शिकायत ही करते रहते हैं कि हमारे पास समय की कमी है। हम बहुत व्यस्त हैं। इसके लिए हमें नियमित समय से एक घण्टा पूर्व उठना चाहिए। पहले उठने से हमारे सारे कार्य सफल हो सकते हैं। इस बात की असंतुष्टता प्रकट करना कि मुझे व्यायाम या पढ़ाई के लिए उचित समय नहीं मिल पा रहा है तो आप बहाना बना रहे हैं। भगवान ने सबको एक दिन में चौबीस घण्टे ही दिए हैं और होशियार लोग अपने समय का सही उपयोग करके जीवन में

सफल हो जाते हैं। हमें दिन भर के कार्यों की सूची बनाकर नियम पूर्वक कार्य करना चाहिए जिससे हम समय की कमी का बहाना नहीं बना सकें।

आप शिकायत करना छोड़कर एवं किसी को भी जिम्मेदार ठहराना छोड़कर आगे बढ़ें। इस दुनिया में वे ही लोग आगे बढ़ते हैं जो शिकायत करना छोड़कर विपत्तियों का सामना करते हैं। आप अपने कार्य को नियमित रूप से समय पर करने की आदत बनाएँ और जीवन में सफलता पाएँ।

धन्यवाद,
विदुषी शर्मा
कक्षा सातवीं बी

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