

THE SANAWAR NEWS - LETTER



75

November

2014

Section I : From The School

On the occasion of 'Gandhi Jayanti' the Lower sixers and Upper sixers took part in an essay writing competition. They had to pen down their views on the topic 'If I were Gandhi.' This is to bring out fresh ideas from the youth on what qualities should a leader of the stature of Gandhi possess.

The following were the top three position holders :

Third	Subhav Kapoor	L-VI
Second	Janhvi Arora	L-VI
First	Zia Kaur Mann	U-VI

' If I Were Gandhi '

Zia Kaur Mann, U-VI

Gandhi. A name that has been immortalised on the pages of history and has stood the test of time. A name that has echoed throughout the world with just one meaning—truth, non-violence, love, harmony & peace. A name that is no longer just a name but a symbol. Not a person but a quality. Anyone can be Gandhi...only & only if they believe in his teachings & achieve greater heights.

So, today, I would try to imagine myself as Gandhi—a leader, and true inspiration and set his qualities in today's world.

Today's World is fast deteriorating and if I were Gandhi I would be nothing less than utterly ashamed at the condition that India is in today. Everything that I would have fought for is lying in tatters—dignity, reliance, trust, love, non violence & above all, truth. Truth has become non-existent in today's lying, thieving and deceitful world. The very value that won us our independence is now treated as a ban. If I were Gandhi, I would remind the world of what they have lost on their way and would inspire them to be better humans not for the sake of mankind but for their own sake. I would start by accepting the truth and telling them that I myself am no saint and have told my fair share of lies.

One cannot inspire based on hypocrisy or a lie. I would first myself try to control the temptation of lying and deal with the fear and consequences of being truthful and only then would I ask another to do so.

As for non-violence, to be quite honest, I take violence to even include any thought of harm or aggression towards another. There are times when the situation is such that in the heat of the moment deep seated fears and words best left unspoken do present themselves. But I would leave courage and control to face those fears and cleanse my mind of all hatred and disgust.

The one thing barring the aforementioned two that I would vehemently want to inculcate first in me and then spread to others would be trust. A deep sense of trust in another person and a responsibility of never breaking anyone's trust. I strongly believe this to be more important than the former two as I realise it is based on great trust that great deeds are performed. Also it is one of the most sorely needed things in the world. We have lost faith in fellow men, friends and even parents. How many people in this world can you depend on no matter what? How many will treat this immensely powerful yet fragile thing delicately and will never break it? These are the questions that haunt us and impede development. We need to trust each other as if we were parts of each other.

So, I believe that for me being Gandhi would be a learning experience to make me a better individual and then pass on this knowledge to the rest of the world.

Down The Memory Lane

Randeep Singh, U-VI

I was never the one to give speeches, I was the one to get sweaty palms and knocking knees. I was well-known for my brawn but not exactly for my brain. So hear me out.

I came to Sanawar 6 years back as a little kid with no idea about what was going to happen or what was to be done, but I was filled with excitement, nervousness and energy. That was then and in the period of time that I have lived here, I have learnt that life deals you with lots of things. You can't run away from it, you have to take it with your head held high and with a smile on your face. And many times life serves you with a nasty left hook but you get up, smile that goofy smile and say, "Is that really the best you can do?" It's here that I've made friends who have and will stick by me forever. They will be those who remember me with a sorrowful hopelessness but with cherished laughter. They will stand by me till the day I die and will still continue to leave a flower on my grave long after its cold.

Our time here is almost over and now all those memories come flooding back. Those pranks at tuck shop, all those tests we never studied for. Those hospital "visits", the IPL and World cup matches, the playing with chemicals in the chemistry lab and a thousand more. All those apparently "cool" things that now seem pretty much brain-dead. But the thing is, I don't regret a single thing I've done here but I do regret the millions of things that could have been done but I wouldn't be able to do anymore.

Now when I leave, the baggage will be heavy 'cause I'll be taking, with all my stuff, a piece of my friends and those thousands of memories. So guys, here is a toast to the batch of 2015. To all those memories, to all my friends.

I had hoped for a good batch, but you gave me the best.

Motivate Them To Quit Smoking

Ankita Kataria, L-V

Smokers find it difficult to quit smoking. In fact, they just look for excuses to be able to smoke. They smoke when sad or happy.

The government and NGO's should launch campaigns against smoking. Companies should implement the policy of not hiring anyone who smokes.

Chain smokers need help and motivation. Instead of being critical, we need to understand their hopelessness.

Everyone is aware of harmful effects of smoking. We have been taught at Sanawar to save lives. Therefore, it is a request to all the people to quit smoking and live a healthy and peaceful life.

Smokers, who try to quit smoking or get rid of that, should be appreciated in public in order to motivate the other smokers.

"If you save anyone's life, their blessings will be with you and your beloved ones forever".

Liver Donation Is Safe

India is a country, where people are still unsure about organ donation. In foreign countries, people donate their organs to give a life to another person. If we compare our country's status to that of foreign countries in the field of health, education and cleanliness, then why not in giving life to others. Why can't all have their views like 'Raunika Oberoi'. About 4 years ago Raunika Oberoi became a harbinger of hope. She proved that liver transplants are excellent for patients suffering from liver diseases.

Liver donation is very safe since the liver has great reserve and the donor suffers from no long-term effects, doesn't have to take any medication beyond two-three weeks, and is back to normal in a month. Everyone should understand that each and every person is God's child. If God loses even one of his children, tears roll down his eyes. Therefore, it's better to give life to his children rather than offering him his all human pleasures because all the luxuries we have are given by the Almighty. But if you save someone's life, it is the biggest thanks, you can say to God ever.

DON'T BE AFRAID, JUST STEP AHEAD.

Life

Mannat Chauhan, L-V

Life will push you hard,
It will play harsh cards,
It will make your head a mess,
And happiness will be less.

But it doesn't matter how many times you fall,
What matters is that how many times you will stand tall,
You have to dust your face,
And get ready for another race.

You will make mistakes and things will go wrong,
But you have to move on and learn how to be strong,

Because in this world we have to become fighters,
After all life is a game of brave survivors.

Environment

Puru Manjarey, L-III

Do not do deforestation,
Instead do afforestation.
Do not pollute water and air,
It's time for nature care.
Grow many and many a tree,
Till the earth is full of it,
And the problem gets a hit.
Why this sin men have done.
Cutting all trees, leaving none.
Do not let men wear oxygen mask,
It is actually an important task.
So save environment and do not pollute,
Listen to earth's cry, don't make it mute.

Parent Teacher Meeting

Akshay Kaushik, U-III

At the parent teacher meeting,
My father made a scene.
He scared my teacher, with his mask of Halloween.
He drew a monster on the board,
And said it was her twin.
He shook his bottle of soda,
And exploded on her chin.
My angry teacher crossed her arms,
And the meeting was done.
Now I know where you get it from dad,
You act like your son.

When You Find Love

Rhythm Mishra, L-V

Be with the one who makes you happy,
The one who makes you smile,
The one who makes you laugh,
And each day worthwhile.

Live life for the moment,
Try hard to make it last.
Because life is so short,
It goes by so fast.

So when you find love,
Don't let it slip away,
Hold it forever,
And cherish each day.

As long as you're happy,
That is what you should do,
Love that someone and let them know,
Before your life is through.

Captivity and Solitude

Janhvi Arora, L-VI

Clink-clank,
Comes the rattle of chains.
Signalling the end,
Of my free reign.
The sound of captivity,
The sight of sovereignty.
Both stand before me,
And take what's bestowed on me.
The queen shall I be?
To live in peaceful tranquility.
Holding the hammer of injustice,
On the heads of all I trusted,
Or descend into the dungeons,
Surrender my dignity.
To this powerful world of men.
But have the nation sing about me,
My freedom has already gone, alas!
But shall my purity stay beside me?
Sell my body and save the nation,
Or buy it back and surrender the saviour?

Christmas Is For This

Srijani Sankar Barik, L-V

Enlightenment contours the golden dawn,
With each fresh story to be told in the morn,
Every soul is to be sanctified by radiance,
And be blessed by the mystic renaissance.

It's the splendor that edifies the mind,
The virtues of nature to teach the mankind,
That there is manifestation that aids us unite,
And adore and help each person of every plight.

So let's make the world a more beautiful place,
And give every being in the heart an ample space,
And let's make merry to forget the sorrow and woe,
Let's absolve both the friend and foe.

Oh absolutely! Christmas is for this,
For admiration and ecstasy and amities,
To pardon and forget whatever is immoral,
Let's make the humanity pure and immortal.

Let's make the world better than what it is right now,
Let's resolve to make the world's wrong go right,
To esteem the despondent and relieve the deprived,
And fill the roundure with wonderful golden light.

Reflection

Harmehar Kaur, U-V

Seeing the pessimistic outlook of most of the world today, I would like to present a new perspective on life.

Close your eyes and think of a catastrophic event that took place in your life last year. Now reflect upon all the time, drama and energy you spent on it. Then think of how relevant that particular event is today? Did your world end just because you didn't attend that one party? Will you really never love again someone who is irrelevant today? Did your life come to a stand-still because you did badly in that one test? Fact is that time passed by, people moved on and everything turned out for the best. What is the point of all the turmoil and anxiety? Be brave and fearless to know even if you made a wrong decision it was for a good reason.

Pressing an elevator button fifteen times isn't going to make it arrive any faster. In the same way, dramatising every little incident is not going to help you solve anything. Drama doesn't barge into your life; you create it whether it's by action or reaction.

Do beautiful things to your beautiful life. As it is said nothing worth possessing comes easy. We can't choose where we come from but we can choose where we go from there. Criticism is an attack on your own self, the effects can be profound. I believe we all should live in the moment because you have got only one shot. Do not miss your chance to blow, because opportunities come once in a life time. If you aren't in the moment, you are either looking forward to uncertainty or back to pain and grief.

At last I would like to say "I don't believe in limitations. I think things are so limited just like the minds of people."

Mr. Berry

Remanika Bhutani, L-III

My name is Mr. Berry,
I am a cousin of Mr. Jerry,
We live in Pondicherry,
With our father Mr. Huckleberry,
And our mother Mrs. Blueberry,
We also have a sister named Blackberry,
We have a company name Raspberry,
Our father is in a rush,
With Merry, his secretary,
And I Berry, am in hurry to the land of fairy.

Senior Inter-House English Debate

The Senior English Inter-House Debate was conducted on the 1st Nov, 2014. The topic of debate between Siwalik house and Vindhya house was "This house believes that space research is a waste of resources." Whereas, Nilagiri house and Himalaya house debated on, "This house believes that Indian politics is experiencing a facelift."

Both the debates were very informative and very thought provoking. The topics being very relevant to the present, the children could very well relate to them and present strong cases. The topics for the JAM rounds were anti-proverbs, like "Slow and steady no more wins the race" and "God helps those...who are rich." The participants came up with some really witty takes on these.

Jayant Malla was declared First in the JAM round. Yudhvir Kabuli was adjudged as the Best Rubutter as well as the third best speaker. Janhvi Arora was the the second Best Speaker while Mehak Sood was declared the Best Speaker.

House positions were as follows:

4th Himalaya House
3rd Vindhya House
2nd Nilagiri House
1st Siwalik House

State-Level Singing Competition

The national group song singing competition, organised by Bharat Vikas Parishad was held on 19th October, 2014 at Nahan.

A total of 46 schools from various districts of the state participated in district level competition held on 23rd August, 2014. Out of these schools the topper of Solan, Nahan, Sirmour and Shimla districts were selected for the state level competition at Nahan. The Lawrence School, Sanawar

stood first in the competition. The following children participated in this competition:-

1. Aanandita Maini
2. Raisa Chaudhary
3. Mannat Bhardwaj
4. Shaurya Gaiind
5. Harjot S. Kathuria
6. Gursimar Kathuria
7. Medha Yadav
8. Shreya Thakur
9. Aashna Chopra

Painting Workshop

Shreya Rana & Purva Singh, L-VI

A painting workshop was held from 10th to 12th September, for the art students of L-VI and U-VI. It was conducted by Mr. Pankaj who is an assistant professor at the College of Art, Chandigarh. He began with a demonstration of how to use water colours. Music room was chosen as the subject for Class XII and a portion of Parker Hall for class XI. He showed us how to lay colours on the palette and how to begin with the first and the successive layers. Further how to finish a water colour painting. We were also familiarized with the Impasto technique. The next day, instead of water colours he used oil colours. It was amazing to see how the colour was filled in stroke by stroke and how it created an interesting texture. It was an absolutely wonderful experience as we learnt two different techniques and how effectively these could be used to create an interesting painting. The students from L-III to U-IV also made good use of this workshop as they learnt how to paint enchanting and peaceful landscapes with soothing colours.

The Poor Child

Yuvraj Nughaal, L-IV

One night lying on my back,
I thought about the child,
who was carrying grain in a sack,
was he suppose to do this? That innocent child.

Thinking about his life,
I went to a strife,
Against child labour,
Which the landlords savour,
Without a house he roamed,
In the darkness of the night,
With his hair uncombed,
Craving for a bite.

He wanted to go to school,
And if he learnt a tool,
And someone big he might become,
And people he enlighten.

Section II : From The Staff

!! Achievers !!

Dr. V.K. Sharma, DoF

Students who scored 90% or above marks in the 4th Assessment, 2014.

S. No.	Name	House	%
L-III—A			
1.	Abhiraj Bhatia	SPB	94.00
2.	Aryan Bhatia	HPB	93.00
3.	Harshangad Singh	HPB	99.00
4.	Harshit Nandy	HPB	95.00
5.	Kahkashan Sehgal	NPG	96.00
6.	Navya Khosla	SPG	91.00
7.	Parth Sharma	VPB	96.00
8.	Pavya Singh	HPG	98.00
9.	Puru Manjrey	VPB	94.00
10.	Remanika Bhutani	NPG	95.00
11.	Ruhani Khanna	VPG	97.00
12.	Sahil Garg	HPB	97.00
13.	Sanyam Mittal	SPB	94.00
14.	Simar Singh Gabadia	NPB	97.00
15.	Simranjeet Singh	HPG	92.00
16.	Simrina Loona	NPG	90.00
17.	Udayveer Singh Lohan	SPB	95.00
L-III—B			
18.	Aashi Shekhar	SPG	92.00
19.	Arjun Singh Thakur	SPB	91.00
20.	Dhruv Deora	SPB	93.00
21.	Gurman Singh Bhatta	SPB	97.00
22.	Himanshu Sabharwal	SPB	94.00
23.	Parth Sharma	NPB	91.00
24.	Prakhar Arora	VPB	93.00
25.	Rajkaran Singh Virk	VPB	96.00
26.	Sambhv Tahlani	VPB	95.00
27.	Siddharth Arora	NPB	95.00
L-III—C			
28.	Aamira Jain	VPG	92.00
29.	Bhakte	VPG	90.00
30.	Karmanbir Singh Batth	VPB	97.00
31.	Mehr Arora	SPG	92.00
32.	Shlok Mittal	VPB	94.00
U-III—A			
1.	Abhijit A. Kumar	VPB	97.00
2.	Amiteshwar Singh Sidhu	VPB	90.00
3.	Avanti Aggarwal	NPG	96.00
4.	Barkha	HPG	90.00
5.	Gaurav	HPB	93.00
6.	Paarth Jain	SPB	91.00
7.	Satvik Narula	NPB	98.00
8.	Shray Bhatta	VPB	92.00
9.	Tanishq Yadav	SPB	92.00
10.	Tarika Khanna	VPG	93.00
U-III—B			
11.	Adriti Mehta	NPG	96.00
12.	Amshul Bhatia	NPB	94.00
13.	Iqbal Jacob Oberoi	VPB	92.00
14.	Pavit Sidhu	SPG	94.00
15.	Raghav Gupta	NPB	97.00
16.	Saina Sodhi	VPG	94.00
17.	Samar Takkar	SPB	92.00
18.	Samira Punchhi	HPG	95.00
19.	Veni Gupta	VPG	95.00
20.	Yakshayam Vats	SPB	93.00
U-III—C			
21.	Aryan Gupta	NPB	94.00
22.	Kumud Dahiya	HPG	90.00
23.	Rhea Bedi	SPG	90.00
24.	Sakshi Godhwani	NPG	94.00
25.	Sakshi Gupta	VPG	93.00
26.	Seerat Sandhu	NPG	97.00
27.	Shivam Amritesh	SPB	93.00
28.	Shourya Gupta	VPB	93.00
29.	Utkarsh Singh	NPB	96.00
30.	Vivaan Parvinder Singh	NPB	93.00
31.	Yana Kataria	HPG	90.00
32.	Zorawar Oberoi	SPB	94.00
L-IV—A			
1.	Achintya Sood	SHB	96.00
2.	Arindham Bhatia	SHB	94.00
3.	Divyansh Gupta	VHB	90.00
4.	Manasvi Goyal	HHG	95.00
5.	Nandini Gupta	VHG	94.00
6.	Nitya Khanna	VHG	100.00
7.	Paramdeep Singh Lotey	VHB	94.00
8.	Prerna Madaan	HHG	99.00
9.	Rivaan Singh Khara	HHB	93.00
10.	Roshni	HHG	94.00
11.	Sehar Mehra	NHG	91.00
L-IV—B			
12.	Akshita Kaushik	VHG	97.00
13.	Dhruv Malik	NHB	93.00
14.	Eeshaan Kukreja	SHB	90.00

15. Ishampreet Kaur Ahuja	NHG	93'00	26. Vasu Jain	SBJ	93'00
16. Jaiveer Singh	HHB	100'00	27. Vilakshan Bhatia	NBJ	90'00
17. Lashita Sethi	VHG	93'00	U-IV—D		
18. Priya Gupta	NHG	97'00	28. Aanandita Maini	VHG	93'00
19. Shikhar Shaan Dhillon	NHG	91'00	29. Diya Modi	HHG	90'00
L-IV—C			30. Sheen Banga	VHG	91'00
20. Jassnoor Kaur Jatana	VHG	93'00	31. Vivek Saraswat	SBJ	91'00
21. Ribhav Chopra	HHB	91'00	L-V—A		
22. Shyla Robinson	HHG	93'00	1. Ankita Kataria	VGD	93'00
23. Suryaveer Singh Kadyan	SHB	94'00	2. Srijani Sankar Barik	NGD	99'00
24. Yuvraj Mehra	VHB	93'00	L-V—B		
L-IV—D			3. Sabhya Verma	SBJ	96'00
25. Ananya Mukherjee	SHG	95'00	L-V—C		
26. Gopal Agarwala	NHB	92'00	4. Aanchal Gupta	HGD	92'00
27. Granth Jain	NHB	90'00	5. Keshav Peri	NBJ	93'00
28. Kabir Kalra	VHB	92'00	U-V—A		
29. Mahika Dhankhar	SHG	95'00	1. Aadya Gupta	NGD	93'00
30. Umair Singh Dhillon	NHB	90'00	2. Abha Thakur	HGD	91'00
31. Yuvraj Singh Nughaal	VHB	92'00	3. Dhananjay Gurung	NBS	90'00
U-IV—A			U-V—B		
1. Anoushka Chauhan	SHG	93'00	4. Sachika Singla	VGD	90'00
2. Divyanshi Vasisht	NHG	96'00	U-V—D		
3. Kuhu Yadav	HHG	91'00	5. Karan Dahiya	NBS	91'00
4. Madhav Chawla	SBJ	95'00	6. Karan Wadhwa	NBS	90'00
5. Nitya Gupta	VHG	97'00	7. Pratyaksh Tuteja	HBS	98'00
6. Rishavpreet Singh	NBJ	90'00	8. Rohan Sinam	VBS	90'00
7. Sanah Singh	HHG	93'00	9. Suraj Gupta	NBS	92'00
8. Shivam	HBJ	95'00	10. Vanshika Jain	HGD	96'00
9. Soumil Gupta	SBJ	93'00	L-VI—A		
10. Tushar Nandy	HBJ	96'00	1. Ambika Mahajan	VGD	92'00
11. Vrinda Aggarwal	SHG	95'00	2. Nandini Prakash	SGD	93'00
U-IV—B			3. Purva Singh	VGD	91'00
12. Aditya Chadha	SBJ	90'00	L-VI—B		
13. Arjun Veer Kohli	VBJ	95'00	4. Abhijeet Raman	NBS	92'00
14. Kshitij Anand Agarwal	NBJ	91'00	L-VI—C		
15. Mannat Bir Kaur	NHG	93'00	5. Anmol Garg	HGD	91'00
16. Mehul Jain	SBJ	92'00	6. Yudhvir Kabuli	SBS	97'00
17. Riya Uppal	SHG	91'00	L-VI—D		
18. Sehaj Aggarwal	NHG	91'00	7. Bhavarth Verma	SBS	94'00
19. Udayvir Singh Grewal	VBJ	92'00			
U-IV—C					
20. Aarez Khan	HBJ	92'00			
21. Devin Khanna	SBJ	90'00			
22. Kartik Grover	SBJ	90'00			
23. Parth Pant	HBJ	97'00			
24. Sahaj Mehra	HBJ	90'00			
25. Sarthak Gupta	VBJ	95'00			

Section III : SPORTS NEWS

Inter-House PT Competition—2014

Best PT Leader :—

Name	House
PD Girls—Gia Sidhu	Siwalik
PD Boys—Gaurav	Himalaya
GD—Mehak Sood	Siwalik
BD—Utkarsh Jung Thapa	Vindhya

House Positions

PD Girls—Fourth	Himalaya
Third	Nilagiri
Second	Siwalik
First	Vindhya
PD Boys—Fourth	Siwalik
Third	Nilagiri
Second	Vindhya
First	Himalaya
GD Fourth	Himalaya
Third	Nilagiri
Second	Vindhya
First	Siwalik
BD Fourth	Siwalik
Third	Himalaya
Second	Vindhya
First	Nilagiri

Inter-House Gymnastics—2014

PD Girls—Third	Veni Gupta	Vindhya
Second	Simrina Loona	Siwaiik
First	Maliha Tandon	Vindhya
PD Boys—Third	Iqbal J. Oberoi	Vindhya
Second	Gaurav	Himalaya
First	Hemant Kumar	Himalaya
GD — Third	Zoya Raj Singh	Siwalik
Second	Sai Puja Bhagat	Vindhya
First	Sonam Wangmo	Himalaya
BD — Third	Shivam Thakur	Himalaya
Second	Ajay Sharma	Siwaiik
First	Armaan Verma	Siwalik

House Positions

PD Girls—Fourth	Himalaya
Third	Nilagiri
Second	Siwalik
First	Vindhya

PD Boys—Fourth	Nilagiri
Third	Vindhya
Second	Siwalik
First	Himalaya
GD — Fourth	Siwalik
Third	Nilagiri
Second	Himalaya
First	Vindhya
BD — Fourth	Vindhya
Third	Nilagiri
Second	Himalaya
First	Siwalik

Section IV : O. S. News

Chirag Jain popularly known as Papa C J, Comedian, OS '95 has been awarded 'Asia's best stand-up comedian award on 21st November, 2014 in Kuala Lumpur, Malaysia. He has done over 2000 shows with sold out tours across 5 continents in cities including London, New York, Sydney, Johannesburg, Hong Kong, Los Angeles, Melbourne, Delhi, Mumbai among various others. He represented India on NBC's TV show 'Last Comic Standing' in 2008 and from thousands of global contestants, he was placed in the top ten. He was the first Indian Comedian to be invited to perform at the 'Just For Laughs Festival' in Canada and has performed multiple times at the 'Edinburgh Fringe'. In 2012, he was awarded best stand-up comedian in India. In 2013, he became the CEO of 'The Comedy Company'. He spent nine years (1986-1995) in Sanawar and was the Head Boy.

Kudos !

Ruby Singla Garg (Himalaya '93) has been felicitated by two presidents of India and former prime minister on behalf of the Ministry of Small Scale and Medium Industries for being an Outstanding Woman Entrepreneur for the years 2010, 2012 and this year in March-2014.

An MBA, she is the proud owner of M/s Imperial Home Appliance. With persistent efforts of novelty, the entrepreneur developed special purpose machine & fixtures for welding tanks with precise, clean, consistent & age resistant joints. The enterprise is an ISO 9001:2000 certified company.

For her efforts and excellent performance, the Ministry of MSME has decided to honour her by—Special National Award to Outstanding Woman Entrepreneur—For Micro and Small Enterprises (Mfg).

Following is the citation that was read out at Vigyan Bhawan while receiving the award in 2012 by Sh. Pranab Mukherjee, the President of India :

"Valour never went out of style for Mrs. Ruby Garg. She didn't seek popular applause but gave birth to technology in 2007."

Congratulations !

हिन्दी खण्ड

जब भी सरकार बदलती है

एक और नव आजादी का, एक नई प्रेरणा लाया है,
फिर लाल किले के प्रांगण में, तिरंगा ध्वज फहराया है ।
सरकार नई, नये नायक हैं,
युवाओं के प्रतिनिधि—संवेदनशील और लायक हैं ।

नए लीडर की नई सोच,
एक नई गुंज से मरी हुई,
एक नया प्रभात लाएगी, रात्रि है मानो डरी हुई ।

नया होगा, हम सबको आशा,
अच्छे दिन आने वाले हैं,
सुखमय जीवन होगा, हम नवदीप जलाने वाले हैं ।
सरकार पुरानी चली गई, भ्रष्टाचार ने आँख झुकाई,
भारत की बदली फिरत, अब और न होगी रुसवाई ।
नई आशा से मरा है दिल,
अब हर भारतवासी का ।
सबको रोज़ी, छत मिले,
यह सपना हर निवासी का ।
खेतों में लहराएँ फसलें, आत्महत्या न करे किसान,
विद्यार्थी विद्या ग्रहण करें, न कर्मचारी हों हैरान ।

लेकिन

क्या कुछ बदला इन दिनों में ?
बिचार ये दिल में आया है ।
क्या राजनीति की दल-दल से
कोई कमल अलग हो पाया है ?
क्या फिर से सब झूठे वादों ने,
आशा का गला दबाया है ?
क्या फिर विद्यार्थी भारत का,
निराश हो जाएगा ।
क्या उसके भविष्य का निर्णय,
केवल सौ का अंक बनाएगा !

प्रतिनिधि अलबारी के, क्या भ्रष्टाचारी खबरें देंगे,
फुटपाथ पे सोए लोगों को, फिर धनवान रेंदते चल देंगे ?

कुछ नया खोजते-खोजते मैं,
ये अक्सर सोचा करता हूँ ।
एक नए नबिष्य की आशा क्यों
बस केवल सरकार पर निर्भर है ।
क्यों बोट जो सबसे मूल्यवान,
फिर वातावरण न बदल सकेगा,

बदलाव की गाड़ी क्यों इतनी, धीमी गति से चलती है,
क्यों निराशा ही सूझती, जब जब सरकार बदलती है ?

अभिमन्यु बजौर
कक्षा दसवीं-डी

भगवान से प्रार्थना

इतनी ताकत दे मेरे मोला,
कि इम्तिहानों से लड़ जाऊँ ।
सुल के कर्तू सामना उनका,
कमी न उनसे घबराऊँ ।

भूले को खाना दे,
प्यासे को दे पानी ।
बेघर को घर दे,
लेलक को बना जानी ।

अपने नक्तों की प्रार्थना,
सुन ले मेरे भगवान ।
तेरे चरणों में फूल क्या,
जीवन भी अर्पण ।

समस्त संसार में तेरी कृपा बरसे,
कोई किसी चीज़ के लिए न तरसे ।
यही है मेरी दुआ, इसे तू कुबूल कर,
पूरी मानव जाति का कल्याण कर,
कल्याण कर, कल्याण कर ।

अंकिता कटारिया
कक्षा नौवीं-ए

पहली बरसात

तीन लम्बे महीने, सूरज तप रहा था, पेड़ सूखे और
फसल रुखी पड़ी थी । तभी उस नीले अंबर ने अपना गुरसा
ठण्डा किया और उस सूखी मिट्टी पर गिरी बरसात की बूँदें । तुरन्त
उस तपती धूप को शांत किया उस मेघ ने । तेज बरसात होने
लगी । फूल, जैसे खिल उठे । किसानों ने राहत की साँस ली ।
बच्चे उन ठंडी-ठंडी स्वर्ग की बूँदों का पूरा मज़ा लूटने के लिए
बाहर खेलने लगे । उस सूखे तालाब में जान आई । बालकों और
बालिकाओं ने कागज़ की नौकाएँ बनाई और उन्हें मरे तालाब
में तैराने लगे । तालाब में जीवन लौट आया—बत्तख और
मछलियाँ जैसे खुशी और उमंग से तैरने और उछलने लगीं ।

माताएं घर की चौखट पर बैठी उस गीली मिट्टी की सुगंध से राहत पाने लगीं। वह पहली बरसात, जैसे एक हुआ थी, जो गाँववासियों के दिल को सहलाने लगी। बहुत इंतजार के पश्चात यह आशीर्वाद उनके जीवन में बरसात के रूप में आया। सही कहा गया है कि सत्र का फल मीठा होता है।

सृजनो शंकर बारिक
कक्षा नौवीं-ए

आभार

श्री ओमप्रकाश धई (अध्यक्ष छात्रावास, डगशाई) द्वारा निम्नलिखित आभार प्रकट किया गया :

6 नवम्बर 2014, गुरु पर्व के शुभ अवसर पर आप के द्वारा शान्ति निकेतन छात्रावास डगशाई के बच्चों को बुलाया गया। इसके लिए हम आपके आभारी हैं। आपके स्कूल का अनुभव छात्रावास के बच्चों के लिए हमेशा यादगार बना रहेगा। आशा करते हैं कि भविष्य में भी आपका स्नेह और आशीर्वाद, छात्रावास डगशाई के बच्चों पर यँहीं बना रहेगा।

दिनांक 31-10-14 को उन्नति स्वामी (कक्षा सातवीं-डी) ने प्रार्थना सभा में निम्नलिखित विचार प्रस्तुत किए :—

आज के दिन एक महान पुरुष, भारत माँ के महान सपूत का जन्म हुआ था। वे महान व्यक्ति दृढ़-संकल्प वाले थे। वे जो भी कहते थे अथवा जो कुछ करने का निश्चय कर लेते थे, उसे करके ही दम लेते थे। उनका नाम सरदार वल्लभ भाई पटेल था। सरदार वल्लभ भाई पटेल का जन्म आज ही के दिन 31 अक्टूबर सन् 1875 को गुजरात के पटेल्लाद के करमसद गाँव में हुआ। इनके पिता किसान थे। इन्होंने अंग्रेजों के विरुद्ध स्वतंत्रता संग्राम में भाग लिया था। इनका पेतूक व्यवसाय कृषि था। किसान धरती का पुत्र कहलाता है जिसे अपना कार्य करने के लिए दृढ़-संकल्पी होना पड़ता है। इस प्रकार इनके पेतूक धंधे ने ही इन्हें लौह-पुरुष बनाने में सहायता की। सन् 1918 में अंग्रेजी सरकार के अत्याचारों से पीड़ित खेड़ा के किसानों की दुर्दशा को देखकर गाँधी जी ने वहाँ सत्याग्रह करने का निश्चय किया। वल्लभभाई पटेल ने सबसे पहले सत्याग्रहियों में अपना नाम ही नहीं लिखवाया अपितु सत्याग्रह का नेतृत्व भी बड़ी कुशलता से किया।

वल्लभभाई द्वारा सत्याग्रह में विजय प्राप्त होने पर गाँधी जी ने कहा, “वल्लभभाई! तुम वास्तव में सरदार हो।” वस तभी से ये सरदार वल्लभभाई पटेल कहलाने लगे।

जहाँ कहीं भी वल्लभभाई ने सरकार से टक्कर ली अपने दृढ़-संकल्प और कठोर पुरुषार्थ के कारण वे विजयी हुए और सरकार को हार माननी पड़ी।

15 अगस्त सन् 1947 को देश स्वतंत्र हुआ। वे भारत के प्रथम मंत्री और उपप्रधानमंत्री बने। स्वराज्य प्राप्ति के पश्चात् लगभग छह-सौ छोटी-बड़ी देशी अस्त-व्यस्त रियासतों को भारतीय संघ में मिलाने का कठिन कार्य जिस कुशलता, सत्य-निष्ठा, दृढ़ता और अहिंसात्मक ढंग से सरदार पटेल ने किया, वह इस लौह-पुरुष को सदा के लिए अमर कर गया। इसलिये आज के दिन को भारत में राष्ट्रीय एकता दिवस के रूप में मनाया जा रहा है। आज सुबह लाखों भारतीयों ने देश की एकता के लिए बौद्ध लगाई और सरदार वल्लभभाई पटेल को याद किया। 15 दिसंबर सन् 1950 के दिन यह लौह-पुरुष परलोक सिधार गए। इमें ऐसे महान पुरुषों के जीवन से प्रेरणा लेकर, जीवन को जीना चाहिए।

व्यायाम

जिस प्रकार मानव शरीर को जल, वायु तथा भोजन की निरंतर आवश्यकता है, उसी प्रकार हमारे शरीर को स्वस्थ रखने के लिए व्यायाम भी अत्यंत महत्त्वपूर्ण है। जीवन में सुन्दर काया की चाह किसे नहीं होती? व्यायाम ही वह साधन है, जिससे हम शरीर को स्वस्थ तथा मनचाहा आकार प्रदान कर सकते हैं।

व्यायाम के अनेक प्रकार हैं—सुबह-सुबह की सैर, योगासन, जॉर्जिंग, कुश्ती, फुटबाल, हॉकी जैसे खेल खेलना। आजकल ‘जिम’ तेजी से अपने पाँव पसार रहा है और युवक-युवतियों को तेजी से अपनी ओर आकर्षित कर रहा है।

हमारे विद्यालय, लॉरेंस स्कूल सनावर में भी व्यायाम को काफी बढ़ावा दिया जाता है। दिन की शुरुआत ही पी०टी० तथा बौद्ध से होती है, जिससे बच्चे तरोताजा महसूस करते हैं तथा उन्हें भूख भी खूब लगती है। इसके अलावा बवं पर्यन्त विभिन्न प्रकार के खेलकूद का अभ्यास तथा आयोजन होता रहता है। हमारा विद्यालय तो स्वयं प्रकृति की गोद में बसी एक व्यायामशाला है, जिसकी टेढ़ी-मेढ़ी, चढ़ाई-उतराई भरी डगर अनजाने में न जाने विद्यार्थियों की कितनी कसरत करवा देती है। कदाचित इसी का असर है कि हमारे विद्यालय के विद्यार्थियों ने विश्व के सबसे ऊँचे शिखर पर ध्वज लहराकर अपने विद्यालय और देश का आम रोशन किया। वैसे भी व्यायाम के अनेक लाभ हैं। कहते हैं कि स्वस्थ शरीर में ही

स्वस्थ मस्तिष्क का निवास होता है। व्यायाम शरीर के भीतर रक्त संचार को बढ़ाता है तथा रक्त कोशिकाएँ शरीर के कोने-कोने तक जीवन-दायिनी ऑक्सीजन को पहुँचाती हैं। व्यायाम हमारे पाचन तंत्र को दुरुस्त तथा हृड्डियों को मजबूत करता है और हमें स्वस्थ तथा निरोगी काया प्रदान करता है।

जब एक नग्हा शिशु जन्म लेता है, तो प्राकृतिक रूप से उसका शरीर स्वस्थ होता है। समय के साथ-साथ हमारी जीवन-शैली तथा खान-पान शरीर को शिथिल तथा जटिल बना देता है, जो धीरे-धीरे रोग का घर बन जाता है। नियमित रूप से व्यायाम तथा सही खान-पान बहुत हद तक शरीर को रोग मुक्त रखता है।

आज के भाग-दौड़ भरे युग में धन कमाने की अपार संभावनाएँ हैं। धन से अनेक सुख-साधन जुटाए जा सकते हैं परन्तु स्वस्थ शरीर नहीं खरोबा जा सकता और यदि शरीर ही स्वस्थ नहीं तो जीवन की सभी सुख-सुविधाएँ बेकार हैं। तब यदि स्वस्थ है तो खोया धन दोबारा प्राप्त किया जा सकता है। इसलिए नियमित व्यायाम करने की आदत डालनी चाहिए।

धनंजय गुरुंग
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