



THE SANAWAR NEWS - LETTER

78

APRIL

2015

Section I : From The School

Parental Pressure

Yudhvir Kabuli, U-VI

'Parental pressure,' a so called taboo is on the rise today. In today's rat race, parents have become self obsessed with their children and have mistaken them as possessions to boast of. These days parents want their children to study in the best schools, wear branded clothes, act smartly and become coveted professionals. Parents see children as a self image, wanting them to do what they themselves were unable to achieve at their own age. No parent thinks bad for his own child, but in the course of fitting in with their social circle and paying heed to what others think, they unknowingly pressurize their children with least regard for the child's self desires, they force him into what other children are doing as if he were a sheep meant to follow a herd.

Parents have overlooked the fact that today's teenagers are India's first generation born with the internet. They are more advanced and tech savvy becoming familiar with the outside world in no time at all. They want independence without parents behaving as martinets hovering over their heads. Undue pressure on the parents part, creates rifts leading to detrimental consequences as substance abuse, astray hooliganism, hopelessness, abetment to crime and the worst being suicide. Physical force only aggravates the problem making children obstinate, aggressive and repulsive.

The need of the hour is for parents to impart a good moral upbringing and act as a friend, philosopher and guide. They must win the trust and confidence of children by giving due consideration to their child's abilities and interests. Parents should accept that every child is unique and not being able to become a doctor or engineer is not the end of the world. They have to break the ice between them and their child to foster a healthy

relationship. They have to play their role as an architect of their child's future, with patience and diligence giving sufficient quality time to nurture this blooming bud of theirs into a beautiful flower.

My Alma Mater

Kesang Doma, U-VI

I joined this institution of Sanawar as a timid, little girl in 2011. To be honest, I'm always absolutely overwhelmed to see smartness and skills being the common grounds amongst this group of students and how much drive and stamina everyone here has. How impressive it is to see the amount of talent each one of us have. However intimidating, I decided a couple of years back to use this to my advantage.

I forced myself to listen more and talk less. I decided to share my feelings and thoughts, even the deepest and wierdest ones, and then ask for opinions and advice. What an eye opening experience it is! It is in the act of engaging, relating and sharing full attention with others that I realized how friendship can be so powerful. How people can allow each other to touch their souls and how this magic touch can make us feel more connected, powerful and less vulnerable, creating for the rest of our lives an unconditional bond. Cherish and respect these bonds, nurture them. Don't let time or distance get in the way of these bonds. Chances are that anywhere you decide to travel in the following years, after graduating from school, there'll be a classmate waiting for you with a hug, a few laughs and a pack of stories to share.

I want you to understand that you are all blessed and privileged to be associated with this institution. We have the fervent support of our parents and our teachers, who always inspire us to say 'you can do better than yourself if you want to'.

You can be great scientists, great philosophers. You can be great inventors, great innovators, and whatever else you put your mind to. Therefore, I say to you, that the sky is not the limit but instead your starting point. Conquer your fears and you will be whatever you want to be.

Here, I feel compelled to quote Marianne Williamson, "our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure, we ask ourselves who am I to be brilliant, gorgeous, talented and fabulous, actually, who are you not to be? We were born to manifest the glory of God, that is within us, and as we let ourselves shine, we will consciously give other people permission to do the same."

So, study, explore, extend your horizons, challenge your capabilities and make friends for a lifetime.

Heroes!

Medha Yadav, U-VI

Centuries have passed and heroes have emerged. Their tales have been passed from generation and their qualities admired by all.

Their songs have been sung, their powers have been worshipped. We don't know where they came from, what they did but we know them because they were admired for their work and their attitude to to it.

We usually idolize someone unknown to us someone whose existence can be questioned, someone, somewhere who doesn't even know we exist! Heroes save the day, they destroy evil and flag the win of truth. They give us a hope in the darkest of dawns. They are someone we mentally rely upon to protect us. We might have different heroes in who we passionately believe.

Your hero might be wearing a vivid costume with a signature mask. Sorry, my hero does nothing like that.

He wears whatever he wants. Yes, he does have a signature mask he calls it a 'smile'.

He saves the day by coming home every night to assure us that nothing can harm us.

He is the one we depend upon, he is the pillar of our strength. He is the sunshine of our morning. My hero has a name, a relation, a bond which promises never to be broken or perished. I call him 'DAD' someone who taught me how to walk by holding my tiny hand in his fingers. Someone who would make up stories on the spot to make me fall asleep. Someone who cares for me even more than he ever imagined he could.

My hero knows my name, my age, my dislikes. He knows what I want and gets it for me before I demand it.

He loves me even more than he could love anyone.

Centuries might pass, heroes might emerge. Their stories might be passed from generation to generation but my hero will always stay my hero.

Dream Race

Chattali Verma, U-V

At ten years of age when we were asked what we wanted to be when we grow up, our answers were usually the Prime Minister, a superhero or as in my case, a princess.

Now we have grown and they want real and serious answers. So now my answer is "Who knows?" Because right now is the time to discover what we want to do rather than knowing it already. I would rather be a detective or a fact checker than be a doctor or an engineer just because people want me to be one.

Two years back, a stranger asked me what I wanted to become, I said "I don't know", he replied "good because if you already did then you would have a boundary around your dreams." It's true that dreams cannot earn money but then again you wouldn't be owning an I-phone or making power point presentations if a few gentlemen hadn't followed theirs.

So even though tomorrow we will be criticized for our maths marks and our indiciam aims in life, I would say that make your life a fairy tale again. Dream to be a princess or a superhero again. Right now is the time to break rules, fall in love and regret decisions.

And then there will come a day when you are successful and rich and you'll look back being grateful to all the right and wrong choices you made to all the rebellious actions you took, to all the criticism you faced and all the struggle you went through just because you did not want to do something ordinary. Find a place inside yourself where nothing is impossible. So do not construct a fence around your dreams, let them race with infinity.

PD Painting Competition

Remanika Bhutani and Kakhshan Sehgal, U-III

A Painting Competition was held on 23-3-2015 for PD in which around 60 students participated.

The topics given were close to our heart. There were five topics given and we had to choose any one out of the following.

1. My Pet
2. My Birthday party
3. Picnic with my Family
4. Spending time with Grand Parents
5. My Garden

All the students started their work as soon as they got the topic. Many colourful paintings were made. Some were full of flowers, some with the family picnic and some had their cute little pets in their picture. Every one was afraid that they may not be able to finish their work in time. Each second was precious to them. In the end everyone managed to finish their paintings in time. We all enjoyed it very much.

The judges had a tough time deciding the positions as everyone had put in their best. But anyhow it had to be decided and here is the result.

| | | |
|-------------|------------------|---------|
| First | Devyani Singh | L-III B |
| Second | Siddharth Arora | U-III B |
| Second | Ananya Julka | U-III B |
| Third | Darren Galstaun | L-III C |
| Consolation | Simran Singh | L-III A |
| Consolation | Sehar Sandhu | U-III A |
| Consolation | Mansha Brar | U-III B |
| Consolation | Kahkashan Sehgal | U-III A |

A Viking's Tale

Mehul Jakhar, U-V

They sat on a table which was round,
So many Vikings, a battle was bound.
The battle would start with a food fight,
This was the only thing which the Vikings did right.
Each Viking behaved like an ape,
To prevent a fight, cover his mouth with duct tape,
Never heard the word 'dieting',
The only thing in their mind was fighting.
Their ships were very big,
But they weren't as big as their hips.
They prayed to Odin for absolution,
And Thor gave them fighting tuitions,
The clan leaders used to actuate,
The rest depended on their fate.
Not even a child in their village was afraid of a snake,
But they somehow did have a fear of drowning in a lake.
In their future, their lives would be at stake for their clan,
"Don't worry children, we always go with a plan."

Their plan has remained the same over the years,
Because it is impossible to make a plan while having beer.

In their village, even a yearling is a fighter,
The only difference is that, an elder is mightier.

The food they ate was always stale,
And this was 'A Viking's Tale'.

Her Father

Mandisha Dharmani, U-V

Since the day she was born,
Her father made sure that
she was never lovelorn.

He got her dollies,
In those fancy pollies.

When ever she would shed a tear,
He made sure she had no more fear.

To her, having him was zany,
And his love for her was uncanny.

To make her best in her clan
was his only plan,
Her father is a spontaneous man.

As intelligent as one can be,
He advised her to never be haughty,
But said it was okay to be a bit naughty.

New subjects made him curious,
But he was never spurious.

She is the apple of his eye,
And she can do anything to make him smile.

Yes, she thanks God for being in his life,
And is proud to be his only little girl!

Biography Writing Competition

A biography writing competition was held on 11th March, 2015 under the aegis of the Faculty of Humanities. Twenty two students from class upper five participated in the competition. The topic of the biography was Christopher Columbus. The participants showed a lot of enthusiasm on the subject and wrote some amazing facts about his life. The first three positions for the best biography on the given topic were adjudicated to the following participants:

| Position | Name | House |
|----------|----------------------|-------|
| First | Ishani Joshi | SGD |
| Second | Srijani Sankar Barik | NGD |
| Third | Mandisha Dharmani | SGD |
| Third | Alaya Purewal | VGD |

These kinds of activities help the students to enhance their knowledge and other skills. Besides imparting confidence, such activities also help in motivating the students to learn more about great men and their lives.

Life Is A Game

Arindham Bhatia, U-IV

'Life is a game.' Everyone has heard this at one point or the other. Have you ever wondered about this? In fact, if you ever relate this thought with anything, you will find yourself getting to know more about the people around you. Things like, how do they think? Why do they do this or that will be made clear as you start to think about life as a game. You will get to know life better. You will soon find out about how to solve problems in a very different manner. You will think of the world, life and people very differently. For example, if you relate this world to a chess board and people as uncontrollable pieces on the board, Chess is actually all about reach. So you will conclude that the person with the highest reach is the strongest. If you have more money you have higher reach in terms of wealth.

This can be in terms of anything. So you are a very mentally strong person. So you have more reach than the people competing with you or working with you. You can out think your competitor and you can collect every little tit-bit of information to form a completely new, and better angle for something not so efficient. Which the other people might miss. However life is not a childish game, you have to be serious about it. One mistake and you pay heavily for this 'Game',

Mathematics Aptitude Test

A mathematics Aptitude Test was conducted on 16th April, 2015 for class L-4. The children took part very enthusiastically. The positions are as follows:—

| | | |
|-----------------|-----|--------------------------|
| Third Position | ... | Vedant Mehra—L-4 B |
| | | Priyam Gupta—L-4 A |
| Second Position | ... | Satvik Narula—L-4 A |
| First Position | ... | Hargun Singh Walia—L-4 D |

It's UP in the News Letter

Nixita Taneja, L-V

I am sure you will enjoy this one word in the english language that could be a noun, a verb, an adjective, an adverb and a preposition. This two letter word in english has more meanings than any other two letter word and that word is UP. It's easy to understand up, meaning towards the sky or at the top of the list. But when we get up in the morning why do we wake up? At a meeting why does a topic come up? Why do we speak up? And why are the officers up for the election?

We call up our friends, lighten up a room, polish up silver, warm up leftovers. At other times this little word has real special meanings. People stir up trouble, line up for tickets, work up an appetite and think up excuses. To be dressed is one thing but to be dressed up is different. To be acknowledgeable about the proper uses of up, look up the dictionary for the word up. In a desk sized dictionary it takes up almost one fourth of the page and an add up to about thirty definitions. If you are up to it, you might try building up a list of many ways 'up' is used. It will use up a lot of your time but if you don't give up you may wind up with a hundred or more meanings. When it thunders to rain we say it is clouding up. When the sun comes down we say it's clearing up. When it rains, it soaks up the earth.

When it does not rain for a while, things dry up. One could go on and on, but I will wrap it up.. because my time is up. So did this whole thing crack you up? Speak this up to everyone you know or.. not.. its up to you!

But now I will shut up!

Our Hope and Pride

Shivraj Ahlawat, U-VI

To march up into the future we must look at our past; understand our traditions and our legacy.

Sanawar is steeped in tradition in over a hundred and sixty years of its dynamic existence. It is a world by itself. All of us have achieved and lost something in our lives. But a true Sanawarian is someone who is happy even after losing

Good and bad times come in everyone's life but there is something good in bad times that it ends and the bad thing about good times is, that it ends too.

I won't talk about how hard my life has been till now because this was just the training and the real life starts after this. For now I would say: "I don't know about my future life but NEVER GIVE IN will surely keep me alive."

I have seen castles made out of sand, met people who believe destiny is engraved on the palm of their hands.

I have seen people change their faith, experienced love change into hate, I have seen people grow younger with age, and a bird who wouldn't fly out of an open cage.

I have seen love sold for money, people who are devastated inside, outside they are funny.

I have seen the unicorn fall in love with the toad, people who owned half the city have now hit the road.

Everyone cries, some just hide their tears, they say coal turns diamond over a thousand years.

Someone may believe you are one in a million, for others you are just another somebody in the billion.

So live life with all that you have, cherish all your moments whether happy or sad.

Feel blessed with what you are, because life is too short and we can't go too far.

In the end I would like to convey a message to all the present Sanawarians that Sanawar is not the end, but the start.

I would be extremely proud to be able to call this school as my alma mater and I am proud to be a Sanawarian.

Exchange Programme—2015

*Binita Rishi, Exchange and Placement
Co-ordinator*

SPRING TERM

OUTGOING Students:

1. Gulmehak Kalsi HGD (January 15 to Feb. 26, 2015) Cornwall School, South Africa
2. Saipuja Bhagat VGD (Jan. 15 to February 26, 2015) Cornwall School, South Africa
3. Sukhrit Kaur VGD (January 15 to March 15, 2015) Stanford Lake College, South Africa
4. Jaivantika Kumari HGD (January 29 to April 2, 2015) St. Philips College, Australia
5. Karan Dahiya NBD (Jan. 29 to April 2, 2015) St. Philips College, Australia
6. Anvika Khanna, VGD (May 3 to July 5, 2015) St. Stithians Girls' College, South Africa
7. Danish Dhaul, HBD (May 3 to July 5, 2015) St. Stithians Boys' College, South Africa
8. Suverna Mutneja HGD (May 4 to June 4, 2015) Penryn College, South Africa
9. Saba Sandhu, NGD (May 4 to June 4, 2015) Penryn College, South Africa
10. Purva Sikri, SGD (May 4 to June, 2015) Penryn College, South Africa

INCOMING Students:

1. Nadya Salie NGD (March 1 to May 15, 2015) St. Cyprian's School, South Africa
2. Amalia Gradie, VGD (March 15 to May 15, 2015) Athenian School, USA

Section II : From The Staff

!! Achievers !!

Dr. V.K. Sharma, DoF

Students who scored 90% or above marks in the First Assessment of 2015.

| S. No. | Name | House | % |
|----------------|--------------------------|-------|-------|
| L-III—A | | | |
| 1. | Devisha Jain | NPG | 90.00 |
| 2. | Krish Jeet Singh | HPB | 90.00 |
| 3. | Manya Gupta | HPG | 90.00 |
| 4. | Ojas Girdhar | VPB | 95.00 |
| 5. | Sehar Kaur Sandhu | SPG | 91.00 |
| 6. | Tanvi Sood | VPG | 94.00 |
| 7. | Viyom Dhawan | VPB | 93.00 |
| L-III—B | | | |
| 8. | Adityaveer Singh Chandel | HPB | 93.00 |
| 9. | Chitesha Rewri | HPG | 92.00 |
| 10. | Divij Gupta | NPB | 90.00 |
| 11. | Gunjannat Punia | SPG | 93.00 |
| 12. | Kashvi Aggarwal | HPG | 91.00 |
| 13. | Mokshi Sharma | NPG | 95.00 |
| 14. | Nishant Pajni | VPB | 93.00 |
| 15. | Roshan Raj | NPB | 94.00 |
| 16. | Suhana Brar | VPG | 95.00 |
| 17. | Ustat Kaur Jatana | VPG | 94.00 |
| L-III—C | | | |
| 18. | Paramvir Singh | HPB | 92.00 |
| U-III—A | | | |
| 1. | Harshangad Singh | HPB | 97.00 |
| 2. | Harshit Nandy | HPB | 90.00 |
| 3. | Kahkashan Sehgal | NPG | 93.00 |
| 4. | Pavya Singh | HPG | 95.00 |
| 5. | Puru Manjarey | VPB | 92.00 |
| 6. | Remanika Bhutani | NPG | 91.00 |
| 7. | Ruhani Khanna | VPG | 96.00 |
| 8. | Sahil Garg | HPB | 97.00 |
| 9. | Simar Singh Gabadia | NPB | 97.00 |
| U-III—B | | | |
| 10. | Anannya Julka | NPG | 93.00 |
| 11. | Devansh Bhardwaj | VPB | 90.00 |
| 12. | Gurman Singh Bhalla | SPB | 96.00 |
| 13. | Himanshu Sabharwal | SPB | 96.00 |
| 14. | Rajkaran Singh Virk | VPB | 93.00 |
| 15. | Sambhv Tahlani | VPB | 93.00 |
| 16. | Siddharth Arora | NPB | 94.00 |
| U-III—C | | | |
| 17. | Aamira Jain | VPG | 91.00 |
| 18. | Abhishek A. Kumar | VPB | 94.00 |
| 19. | Bhakte | VPG | 91.00 |
| 20. | Karmanbir Singh Batth | VPB | 94.00 |
| 21. | Mehr Arora | SPG | 91.00 |
| 22. | Shloka Mittal | VPB | 91.00 |

L-IV—A

| | | | |
|----|---------------------|-----|-------|
| 1. | Avanti Aggarwal | NHG | 97'00 |
| 2. | Pavit Sidhu | SHG | 94'00 |
| 3. | Priyam Gupta | VHB | 96'00 |
| 4. | Ritvik Kapoor | VHB | 90'00 |
| 5. | Sanaabi Thingbaijam | VHG | 97'00 |
| 6. | Satvik Narula | NHB | 96'00 |
| 7. | Tarika Khanna | VHG | 90'00 |

L-IV—B

| | | | |
|-----|------------------|-----|-------|
| 8. | Abhijit A. Kumar | VHB | 96'00 |
| 9. | Aryan Gupta | NHB | 92'00 |
| 10. | Irmin Tiwana | HHG | 93'00 |
| 11. | Sakshi Godhwani | NHG | 93'00 |
| 12. | Samar Takkar | SHB | 90'00 |
| 13. | Veni Gupta | VHG | 94'00 |

L-IV—C

| | | | |
|-----|------------------------|-----|-------|
| 14. | Adrika Sood | VHG | 94'00 |
| 15. | Arush Singhal | HHB | 90'00 |
| 16. | Raghav Gupta | NHB | 96'00 |
| 17. | Salna Sodhi | VHG | 97'00 |
| 18. | Samira Punchhi | HHG | 92'00 |
| 19. | Vivaan Parvinder Singh | NHB | 93'00 |
| 20. | Yana Kataria | HHG | 92'00 |

L-IV—D

| | | | |
|-----|-----------------------|-----|-------|
| 21. | Anushreya Singh Verma | SHG | 94'00 |
| 22. | Gaurav | HHB | 91'00 |
| 23. | Seerat Sandhu | NHG | 95'00 |
| 24. | Shourya Gupta | VHB | 91'00 |
| 25. | Utkarsh Singh | NHB | 90'00 |
| 26. | Zorawar Oberoi | SHB | 90'00 |

U-IV—A

| | | | |
|----|-----------------------|-----|-------|
| 1. | Achintya Sood | SBJ | 91'00 |
| 2. | Arindham Bhatia | SBJ | 94'00 |
| 3. | Divyansh Gupta | VBJ | 91'00 |
| 4. | Manasvi Goyal | HHG | 94'00 |
| 5. | Nandini Gupta | VHG | 92'00 |
| 6. | Nitya Khanna | VHG | 98'00 |
| 7. | Paramdeep Singh Lotey | VBJ | 93'00 |
| 8. | Prerna Madaan | HHG | 97'00 |
| 9. | Rivaan Singh Khara | HBJ | 92'00 |

U-IV—B

| | | | |
|-----|-----------------------|-----|-------|
| 10. | Aaryan Gera | SBJ | 90'00 |
| 11. | Akshita Kaushik | VHG | 97'00 |
| 12. | Dhruv Malik | NBJ | 91'00 |
| 13. | Ishampreet Kaur Ahuja | NHG | 95'00 |
| 14. | Jaiveer Singh | HBJ | 99'00 |
| 15. | Lashita Sethi | VHG | 92'00 |
| 16. | Priya Gupta | NHG | 98'00 |

U-IV—C

| | | | |
|-----|------------------------|-----|-------|
| 17. | Disha Sachdeva | SHG | 92'00 |
| 18. | Jassnoor Kaur Jatana | VHG | 93'00 |
| 19. | Ribhav Chopra | HBJ | 90'00 |
| 20. | Shyla Robinson | HHG | 93'00 |
| 21. | Suryaveer Singh Kadyan | SBJ | 94'00 |

U-IV—D

| | | | |
|-----|----------------------|-----|-------|
| 22. | Ananya Mukherjee | SHG | 93'00 |
| 23. | Aryaman | VBJ | 90'00 |
| 24. | Gopal Agarwala | NBJ | 91'00 |
| 25. | Kabir Kalra | VBJ | 91'00 |
| 26. | Mahika Dhankhar | SHG | 92'00 |
| 27. | Yuvraj Singh Nughaal | VBJ | 90'00 |

L-V—A

| | | | |
|----|-------------------|-----|-------|
| 1. | Divyanshi Vasisht | NGD | 96'00 |
| 2. | Madhav Chawla | SBJ | 92'00 |
| 3. | Rishavpreet Singh | NBJ | 90'00 |
| 4. | Sanah Singh | HGD | 92'00 |
| 5. | Shivam | HBJ | 93'00 |
| 6. | Soumil Gupta | SBJ | 91'00 |
| 7. | Tushar Nandy | HBJ | 99'00 |
| 8. | Vrinda Aggarwal | SGD | 91'00 |

L-V—B

| | | | |
|-----|----------------------|-----|-------|
| 9. | Arjun Veer Kohli | VBJ | 95'00 |
| 10. | Mannat Bir Kaur | NGD | 92'00 |
| 11. | Riya Uppal | SGD | 90'00 |
| 12. | Udayvir Singh Grewal | VBJ | 94'00 |

L-V—C

| | | | |
|-----|---------------|-----|-------|
| 13. | Parth Pant | HBJ | 94'00 |
| 14. | Sarthak Gupta | VBJ | 93'00 |

L-V—D

| | | | |
|-----|----------------|-----|-------|
| 15. | Vivek Saraswat | SBJ | 93'00 |
|-----|----------------|-----|-------|

U-V—A

| | | | |
|----|-----------------------|-----|-------|
| 1. | Abheyjeet Singh Sidhu | HBS | 90'00 |
| 2. | Ankita Kataria | VGD | 94'00 |
| 3. | Deepali Pathania | VGD | 94'00 |
| 4. | Srijani Sankar Barik | NGD | 98'00 |

U-V—B

| | | | |
|----|--------------|-----|-------|
| 5. | Ridhi Sharma | NGD | 90'00 |
| 6. | Sabhya Verma | SBS | 92'00 |

U-V—C

| | | | |
|----|-----------------|-----|-------|
| 7. | Aanchal Gupta | HGD | 96'00 |
| 8. | Gaurika Mehtani | HGD | 91'00 |
| 9. | Keshav Peri | NBS | 90'00 |

U-V—D

| | | | |
|-----|--------------|-----|-------|
| 10. | Kushan Singh | VBS | 90'00 |
|-----|--------------|-----|-------|

L-VI—A

| | | | |
|----|----------------|-----|-------|
| 1. | Aadya Gupta | NGD | 94'00 |
| 2. | Hargun Bhatia | SGD | 91'00 |
| 3. | Zoya Raj Singh | SGD | 90'00 |

L-VI—B

| | | | |
|----|--------------|-----|-------|
| 4. | Hayat Dhanoa | NGD | 90'00 |
| 5. | Karan Wadhwa | NBS | 92'00 |

L-VI—C

| | | |
|---------------------|-----|-------|
| 6. Devansh Vadehra | HBS | 92'00 |
| 7. Dhruv Guleria | HBS | 91'00 |
| 8. Pratyaksh Tuteja | HBS | 91'00 |

L-VI—D

| | | |
|---------------------------|-----|-------|
| 9. Shaswat Shumsher Thapa | SBS | 95'00 |
|---------------------------|-----|-------|

U-VI—A

| | | |
|------------------------|-----|-------|
| 1. Ambika Mahajan | VGD | 91'00 |
| 2. Aryan Chauhan | SBJ | 92'00 |
| 3. Kesang Tenzin Doma | SGD | 92'00 |
| 4. Nandini Prakash | SGD | 90'00 |
| 5. Prabhbir Singh Mann | NBS | 90'00 |
| 6. Purva Singh | VGD | 90'00 |

U-VI—C

| | | |
|-------------------|-----|-------|
| 7. Yudhvir Kabuli | SBJ | 96'00 |
|-------------------|-----|-------|

U-VI—D

| | | |
|-------------------------|-----|-------|
| 8. Bhavarth Verma | SHB | 96'00 |
| 9. Gurshan Singh Sandhu | SBS | 90'00 |
| 10. Karan Oberoi | HHB | 93'00 |

Section III : SPORTS NEWS**Home Cricket Fixtures**

On 21st March, the Modern Coaches Club played a cricket match against our sports and hobby staff. The sports and hobby staff scored 137 runs in 20 overs and managed to bowl out the other team for 125 runs and win the match by 12 runs. Mr Ramphal was the man of the match as he took 6 wickets.

The following day, our colts played a match against the modern coaches club. Playing first, the modern coaches club scored 182 runs for 7 wickets in 20 overs. They challenged the Sanawar colts to bat at least 15 overs. They readily accepted the challenge and successfully batted the 15 overs by losing only one wicket. Their total score was 137 runs for 6 wickets at the end of 20 overs. But as per the challenge, the colts were declared winner and Karanpreet (NBD) was awarded the player of the match having scored 48 runs.

Away Cricket Fixtures

On 22nd March, the Sanawar 1st XI played against Doon 1st XI at Doon School. Batting first, Sanawar scored 159 runs in 30 overs. The Doon school chased the score in 25 overs at the loss of 2 wickets. Hence, the Sanawar 1st XI lost the match by 8 wickets but the highlight of the match was Mainaak Goel (HBD) who scored 68 runs (not out) which was the highest.

On the same day our atoms team also played against the Doon atoms at Doon School. Sanawar atoms scored 96 runs for 7 wickets in 25 over. But the Doon atoms managed to chase the score with 6 wickets in hand.

Home Basketball and Cricket Fixtures

On 12th April, the Sanawar cricket team played against the District Cricket Academy. Playing first the DCA scored 126 runs in 20 overs at the loss of 7 wickets. Sanawar colts lost the match by 50 runs.

Our electrons also played against the DCA and scored 123 in 16 overs. The DCA was all out for 93 runs. Hence the electrons won the match by 30 runs. The player of the match was Arnav Chauhan who scored 48 runs for the Sanawar electrons.

Sanawar senior boys and senior girls basketball team also played some matches against Sacred Soul School, Mohali. The Sanawar senior girls lost the match by 01 point. The score was 29-30. The Sanawar senior boys won the match 51-19.

Section IV : O. S. News

Harsh Vardhan S. Khimta (O.S. '96) launched his first book "Maidens of Trafford House" on 25 Feb., 2015 at India International Centre Delhi.

Maidens Of Trafford House is a collection of eight stories. The title story is based on Sanawar. These stories cover a wide range of human emotions; from intoxicating romance to sublime tragedy, from sinking loneliness to boundless joy.

This book was launched in Noida by Pakistan High Commissioner Abdul Sattar and later at India International Centre by Gautam Chintamani and Prabhsharan Kang (OS N '61).

This book was earlier endorsed by Dr. Shashi Tharoor who called Harsh Vardhan Khimta a talented author.

हिन्दो खण्ड**सत्संगति**

दिनांक 10-4-2015 को विद्यार्थियों ने प्राचंना सना में विभिन्न लेखकों के निम्नलिखित विचार पढ़े :—

जाशयं विद्यो हरति सिचति वाचि सत्यं
मानोन्नति दिशति पापमपाकरोति । चेत-
प्रसादयति दिक्षु तनोति कीर्तिं, सत्संगतिः
कथय किं न करोति पुसांम् ॥

अर्थात : अच्छे मित्रों का साथ बुद्धि को जड़ता को हर लेता है । वाणी में सत्य का संचार करता है, मान और उन्नति को बढ़ाता है और पाप से मुक्त करता है । हमारी कीर्ति को सभी दिशाओं में फैलाता है । आप ही कहें कि सत्संगति मनुष्यों का कौन-सा भला नहीं करती ।

अन्दनं शीतलं लोके, अन्द्रनादपि अन्द्रमाः ।

अन्द्रचन्द्रनयोर्मध्ये शीतला साधुसंगतिः ॥

अर्थात् : संसार में अन्दन को शीतल माना जाता है लेकिन अन्द्रमा अन्दन से भी शीतल होता है । अच्छे मित्रों का साथ अन्द्र और अन्दन दोनों की तुलना में अधिक शीतलता देने वाला होता है ।

सत्संगति का अर्थ है—सज्जन व्यक्तियों की संगति । मनुष्य जिससे मित्रता करता है, उसके आचरण से प्रभावित होता है । सत्संगति से मनुष्य विद्वान्, विवेकशील एवं यश प्राप्त करने वाला बनता है । देवर्षि नारद के संपर्क में रहकर रत्नाकर ङाङ्क महान् तपस्वी बाल्मीकि बन गया । श्री राम के संपर्क से निषादराज परम पवित्र हो गए, हनुमान् पूजनीय एवं बंदनीय हो गए । श्री कृष्ण की संगति से पांडवों ने कुष्ट कौरवों पर विजय प्राप्त की । अतः स्पष्ट है कि संगति के प्रभाव से बुद्धि परिष्कृत हो जाती है तथा सद्गुणों का विकास होता है ।

सत्संगति अमृत के समान फलदायी एवं यश प्रदान करती है । सत्संगति में रहकर मनुष्य विद्वान्, धार्मिक, नीतिज्ञ, सत्यनिष्ठ एवं कलाकार बनता है । व्यक्ति विशेषरूप से जैसे लोगों के संपर्क में रहता है उसका आचार-व्यवहार वैसा ही हो जाता है । सत्संगति कल्पलता के समान है, इससे मनुष्य को मधुर फल ही प्राप्त होते हैं ।

इसलिए हम सब विद्यार्थियों को सदैव अच्छी संगति को अपनाना चाहिए तथा बुरी संगति अर्थात् कुसंगति से दूर रहना चाहिए ।

कवि तुलसीदास जी ने रामचरित मानस में कहा है—

‘बिनु सत्संग विवेक न होई’ ।

अर्थात्—बिना सत्संगति के विवेक असंभव है ।

अदरिका सुब
कक्षा-सातवीं सी

आलस्य

आलस्य मनुष्य का शत्रु है

अलस्य कुतो विद्या, अविद्यस्य कुतो धनम् ।

अधनस्य कुतो मित्रम्, अमित्रस्य कुतो सुखम् ।

अर्थात् : आलसी को विद्या कहां, धूल को धन कहां । निर्धन को मित्र कहां और अमित्र को सुख कहां ।

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।

नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥

अर्थात् : मनुष्यों के शरीर में रहने वाला आलस्य ही उनका सबसे बड़ा शत्रु होता है । परिश्रम जैसा दूसरा कोई अन्य मित्र नहीं होता क्योंकि परिश्रम करने वाला कभी दुखी नहीं होता ।

आलस्य मन का परम शत्रु है । शरीर को सजीव होते हुए भी निर्जीव समान बना देता है । जब परिश्रम एवं उत्साह को अपनाया ही न जाए तो कर्मशील काया स्वयं शिथिल होने लगती है और फिर आलस्य के कारण ऐसे व्यक्ति न अपनी कमी खोज पाते हैं और न उसमें सुधार का कुछ प्रयत्न करते हैं । फलस्वरूप दिन जैसे जैसे कटते रहते हैं । शरीर यात्रा किसी तरह चलती रहती है । आलस्य की बुरी आदत उनके जीवन में कोई विशेष उपलब्धि नहीं लाती । आलस्य रूपी शत्रु उनके मन-मस्तिष्क पर इस तरह सवार हो जाता है कि वे एक ही दृष्टिकोण और एक तरफा विचारने के आदी हो जाते हैं । कहा जाता है कि गति का ही दूसरा नाम जीवन है । जिस मनुष्य के जीवन में गति नहीं है, वह आगे नहीं बढ़ सकता । जहाँ पैदा हुआ है किसी दिन उसी स्थान पर अपनी अकर्मण्यता के कारण मर जाएगा । मानव जीवन संघर्षों की कहानी है । संघर्षों से ही सफलता का फल मिलता है । जो व्यक्ति श्रम से डर गया वह मानव नहीं है । उसकी तुलना प्रकृति की किसी भी सजीव वस्तु या प्राणी से नहीं की जा सकती । आलस्य मनुष्य का एक ऐसा शत्रु है जो उसकी चिंतन प्रक्रिया, बुद्धि एवं कर्मशीलता को विकलांग बना देता है । आलस्य के इतने अनिष्टकारी प्रभावों को देखते हुए हमें चाहिए कि इसे कभी भी अपने ऊपर हावी न होने दें और हमेशा सजग और सचेत रहें । तभी हमारा कल्याण हो सकता है ।

प्रार्थना :—

हे परम पिता परमेश्वर ! हम विद्यार्थियों को आलस्य से दूर रखिए । हम सभी को अध्ययनशील और मेधावी छात्र बनाइए । हम सभी अपने कल्याण के लिए आपके सामने नतमस्तक हैं ।

अनुश्रीया सिंह कुमार
कक्षा-सातवीं सी

दिनांक 18-4-15 को सम्पन्न हुई अन्तर्सदन वरिष्ठ हिंदी वाद-विवाद प्रतियोगिता में प्रथम स्थान प्राप्त करने वाली छात्रा सृजनी शंकर बारिक ने निम्नलिखित भाषण प्रस्तुत किया :

ऑनलाइन अभिव्यक्ति आज़ादी नहीं, अराजकता है

आज़ादी किसे अच्छी नहीं लगती, चाहे पिंजरे में बंद पक्षी हो या फिर रस्सी से बंधा पशु, परन्तु आज़ादी मिल जाने पर यदि हम धिनौने कुकर्मों पर उतर आएँ, सभ्यता की हवों को पार कर गाँधी-गलोच एवं अश्लील हरकतों को अंजाम देने लगें तब आज़ादी का सौंदर्य लुप्त हो जाता है और शेष रह जाती है—केवल अराजकता ।

धावर्णीय समापति महोदय, नीर-क्षीर बिबेकी निर्णायकगण एवं मेरे अज्ञान दोस्तों, आप सभी जानते होंगे कि अभिव्यक्ति की आज़ादी हमारे संविधान द्वारा प्रदत्त मौलिक अधिकारों में से एक है । इसमें कोई शक नहीं कि भारत जैसे लोकतंत्र में अभिव्यक्ति की आज़ादी का होना अत्यंत महत्वपूर्ण है और नैतिकता में भी रहेगा । बस शर्त यह है कि अभिव्यक्ति मर्यादा की सीमा के अंदर हो और साथ ही इतनी संवेदनशील भी हो जिससे समाज के विभिन्न धर्मों, जातियों और समुदायों की भावनाओं का अनादर न हो । यह आसान नहीं है, फिर भी अत्यंत जरूरी है क्योंकि भारत जैसा देश विश्व में अपनी विविधता तथा 'अनेकता में एकता' के लिए जाना जाता है ।

हमारे देश में हज़ारों धूरंधर लेखक, विचारक, कवि, विश्लेषक, यहाँ तक कि आलोचक पैदा हुए हैं जिनकी अभिव्यक्ति के प्रभाव ने पूरी दुनिया को झुंझा है, कई बदलावों को जन्म दिया है परन्तु उन सभी महानुभावों की अभिव्यक्ति सभ्य एवं मर्यादित रही है । उन्होंने सौ सत्तर के दशक में जब पूरे देश में 'इमरजेंसी' लगी थी तब भी अखबार छप रहे थे, लेकिन अभिव्यक्ति की मर्यादा तोड़ी नहीं गई और आपको मरो की बात बताऊँ, इमरजेंसी के दिनों में अखबार के संपादकों में इतना गुस्सा था कि उन्होंने उसे व्यक्त करने के लिए जानते हैं क्या किया ? अखबार प्रकाशित तो हुए लेकिन संपादकीय पन्ना पूरा-पूरा काली रखकर । बिना शब्दों में व्यक्त किए, बिना अराजक बने, उन्होंने सत्ता पर जितना भारी प्रहार किया वह बाई काबिले तारीफ था । महात्मा गाँधी, भगत सिंह, सुभाष चन्द्र बोस, रविन्द्र नाथ टैगोर, बंकिम चन्द्र चटर्जी, जवाहर लाल नेहरू राम मनोहर लोहिया...आदि महानायकों ने अभिव्यक्ति की आज़ादी का वैमिशाल प्रयोग किया । पूरी दुनिया ने उनका लोहा माना, क्योंकि उनकी अभिव्यक्ति में तेज था, सौंदर्य था, मौलिकता थी और साथ ही बौद्धिकता भी थी । अश्लीलता का सहारा लेने से कोई भी अभिव्यक्ति कतई प्रभावशाली नहीं बन सकती है ।

परन्तु दोस्तो ! मुझे खेद के साथ कहना पड़ रहा है आज हमारे देश में लोग अभिव्यक्ति की आज़ादी का तो मजा ले रहे हैं लेकिन इस आज़ादी के साथ जो जिम्मेदारी जुड़ी है उसके प्रति उदासीन हो गए हैं । परिणाम स्वरूप, समाज में अराजकता फैलने लगी है ।

प्रतिवादक के रूप में प्रथम स्थान प्राप्त करने वाली छात्रा कृति गुप्ता ने निम्नलिखित भाषण प्रस्तुत किया :—

मैं मानती हूँ कि भारत के नीति निर्माताओं को आत्म-अवलोकन करना चाहिए । उन्हें यह ध्यान रखना चाहिए कि सामाजिक न्याय और समान अवसर किसी का विशेषाधिकार नहीं है क्योंकि अब जाति आधारित आरक्षण विभाजनकारी बनता जा रहा है । मैं विद्वान न्यायाधीशों के इस बक्तव्य को आप सभी के सामने प्रस्तुत करना चाहूँगी कि आरक्षण के लिए न केवल सामाजिक अपितु आर्थिक और शैक्षणिक पिछड़ेपन को आधार माना जाना चाहिए । न्यायाधीशों ने यह भी कहा कि यदि पहले गलत फैसले लिए गए हों, तो जरूरी नहीं कि नए फैसले भी उसी आधार पर लिए जाएँ । यह समय की आवश्यकता है कि सभी को आर्थिक आधार पर आरक्षण मिले । मैं मानती हूँ कि सामाजिक न्याय बिल्कुल सही और प्रदासनीय लक्ष्य है परन्तु यह भी सत्य है कि इसे योग्यता को नज़रअंदाज करके नहीं पाया जा सकता । मैं पक्ष में बोलने वाले साथियों से पूछना चाहूँगी कि क्या भारत के लोकतंत्र में दोहरे मानदंडों का कोई स्थान होना चाहिए ? भारतीय नागरिकों के मूल अधिकारों में जाति और धर्म को ध्यान में रखे बिना, सभी को समान अवसरों का अधिकार दिया गया है, तो क्या इससे छेड़छाड़ होनी चाहिए ? क्या सत्ता पाने वाले हमारे राजनेताओं को बोट बंक की राजनीति करना चाहिए ? मैं यह मानती हूँ कि यदि आरक्षण को उद्योग की प्रक्रिया बनाना है तो उसका आधार मानवीय होना चाहिए । आर्थिक आधार पर होना चाहिए । सामाजिक आधार पर तो बिल्कुल भी नहीं । मानव होने के नाते हम सभी समान हैं और यही हमारा संविधान भी कहता है । इसलिए मैं मानती हूँ कि जातिवाद के मूल को बोटल में बंद करके किसी गहरे कुएँ में फेंक देना चाहिए और आर्थिक विपन्नता को ही आरक्षण का आधार मानना चाहिए ।

सफलता के लिए उचित मनोवृत्ति का होना आवश्यक है क्योंकि जैसी मनोवृत्ति होगी, वैसा ही व्यवहार होगा । जैसे कार्य होंगे, परिणाम भी उसी के अनुकूल होंगे । प्रायः लोग अपनी असफलताओं के प्रति स्वयं के उत्तरदायित्व से बचने के लिए तमाम प्रकार के बहानों व कारणों को जिम्मेदार ठहराते हैं । वे इस बात को समझने में पूरी तरह से विफल हैं कि असली समस्या उनकी अपनी मनोवृत्ति में है । मनोवृत्ति ही हमारे जीवन का

निर्माण करती है। इसी के द्वारा हमारी सफलताएँ व असफलताएँ निर्देशित होती हैं। विभिन्न क्षेत्रों के सफल व्यक्तियों के इतिहास की गहराई से पढ़ताल करने पर पता चलता है कि उनकी मनोवृत्ति सभी कर्तव्यों के उत्तरदायित्व को अपने ऊपर लेने की होती है। ऐसे लोग बहानों में विश्वास नहीं करते और न ही अपनी समस्याओं के लिए दूसरों को दोषी ठहराते हैं। आप किसी भी चीज को सकारात्मक अथवा नकारात्मक दृष्टि से देख सकते हैं। हमारी सोच ही सभी सफलताओं, सभी महान आविष्कारों तथा समस्त उपलब्धियों का मौलिक स्रोत होती है। हमारे विचार ही हमारे कैरियर और वास्तव में हमारे हर दिन के जीवन के निर्धारक होते हैं।

इसलिए सफलता पाने के लिए उचित मनोवृत्ति रखिए।

अंकिता कटारिया
कक्षा-दसवीं ए

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