



NO ACT IS SELFLESS

Sehar Kaur Sandhu, Super Five

At times I look at certain individuals and wonder how they can be so altruistically charismatic. They have the kind of personality that makes me believe that there is good in the world but they also make me feel guilty for not being like them. Don't get me wrong here, it's not like I don't want to be like them: but they seem to be so helpful, cheerful, optimistic and kind towards others without any effort, that it seems almost impossible for me to do so.

Thinking about how they could be so selfless, I sometimes was unable to sleep at night as I kept wondering whether they had any time and energy left to do something for themselves. Then I came to the realization that whenever I helped someone, I felt good about the situation: and so does every other person on Earth. So when you finally come to think of it, helping others makes you feel good about yourself and so to make yourself experience that feeling again, you tend to want to do good deeds again. So next time you see someone doing good actions, and you think that they are so selfless, just remember that even though whatever they are doing is great, they are doing it for their own peace of mind. Actions that make a difference in the world or simply in someone's life are done in order to achieve peace of mind, or feel good that one has done something good for the day so that one can get a good night's sleep.

I know that this is a very controversial topic so I have a few examples to justify my point. Let us hypothetically say that two of my friends are having a heated argument over a minor issue and I intervene and cool things down and I am then able to amicably resolve their issue. So from this whole situation, I am going to be happy that my friends are on good terms but I may have other things on my mind as well. I can solve their fight in order to have peace of mind of my own so that in the end of it, I don't have to pick sides. I can also do it to impress another person who is present during the whole situation to show them that I am mature to handle things like this. Another motive for me to resolve the issue may be that once the problem is resolved, my friends owe me a favour. These are some of the numerous reasons I would have intervened in their argument but my main motive behind this was to prove that even though I did what would seem to be a selfless act (on the face of it), it was actually benefitting me in many ways.

Now let me explain this with more real world situations that would ordinarily look very altruistic to all of us. To illustrate this, I am going to take the example of NGOs. We all know that most of the NGOs take up various causes that are usually beneficial for the community. What may seem to be a noble cause on the face of it might actually be for a different motive, such as publicity, tax rebates, corporate social responsibility or for future political aspiration. In a similar

case, we may even say that philanthropists too do similar acts to show that they care for the community and in return attain glory.

To conclude, an act of kindness or a good deed can bring glory or make a lot of money but if the act brings discord or disharmony in society then one may risk a domino effect that may circle back and harm the initiator of the act directly or indirectly. So an act of kindness and its repercussions must never fall below the thin line, let's call that line grace. Being graceful helps all.

COVID - 19

Nihal Singh Sidhu, U6

The Covid-19 pandemic has changed our lives completely by not only changing how we live and work but also how we react to things and behave. What I have experienced from this pandemic and what it has taught me is that all these extra things or I would say materialistic things aren't as important as one's health. In the first place, a person would buy the best of clothes from the top most brands, a good watch, shoes, a car and what not just for going out for work but during the pandemic no one saw what a person was wearing rather they were checking up on their health and buying medicines and taking precautions against the virus. The pandemic did not only make us realise how important our health is but also it made us realise that the world is interconnected.

We often think or I for once used to consider each country as a separate entity and being very different from another but within months of the pandemic the virus had spread from one place to each and every corner of the world and it affected

everyone's life. Despite the difference each and every country has, every single person in the world is fighting this virus and each country is trying their best in finding the cure to eradicate this virus and make things normal so that everyone can continue how they used to live before the pandemic started.

The pandemic brought a lot of change which impacted a lot of people in the course, many individuals lost their jobs which made us see how creative one's mind is to find a way to pay bills and get income. Many people turned to cooking and online delivery, other people who were well off but still lost their jobs invested in stocks. This shows how rapidly one person can adapt to a new idea or life.

This pandemic made me realise how precious life is and made me rethink several things. It is a reminder to me how important the small things in life are, the things I often took for granted.

A SMELL THAT BRINGS BACK MEMORIES!

Yashaswi Modi, UV

Have you ever felt a smell
That instantly brings you back
To a happy moment of your childhood
Which was so lively and good?
A smell that brings back memories
Which aren't noted in any of my diaries.
My brain plays sceneries
My heart says
About the memories it plays
Which later reminds me of the past days.
The days which were equally good and bad
In spite of all the fun and troubles I've had
By teasing and irritating people like a mad.

Sometimes smell makes me feel
Taste of momma's delicious meal.
And yah! Reminding me of the mistakes
I've done
But I know my little heart can fix none.
The only thing I can do
Is to remove the weeds
And sow the seeds
Of good deeds.
And realize my heart always puts the beads
Of memories in the right order
So that I won't realize whom I bother.
Hopefully that's what life is
Sitting on a cloud, feeling old smells
And thinking of the times that would never
cease
A smell that brings back all my memories.

BODY SHAMING

Sakshi Gupta, Super Six

Body Shaming is an act or the practice of making negative comments about a person's body shape or size. It is so common for us to see it happening that many of us fail to acknowledge it as an issue. It is very likely for us to see most girls receiving barbie dolls as gifts, and this is exactly where we left an impression on the mind of the young child. With that simple present, we imposed our views on perfection and started expecting the little girl to grow up and match the beauty standards of her barbie. As she became a woman, she held views concerning the typical mindset that she was brought up with and this eventually led her to pass these opinions on to her children. Body shaming is more observed in women. It is not justifiable in any case and it is erroneous that we take this form of discrimination very lightly. We need to

understand that it is not righteous of anyone to cover it up in the name of humour.

The Body type of an individual should not become the most dominant factor in the way his /her personality is perceived by others. It is not unusual for us to hear words like 'fat', 'skinny', 'dwarf-like', 'giant', and it is disgraceful that our society is chasing a set definition of perfection and promoting individuals to run after ideal body types instead of respecting our differences with an accepting mind. Body shaming mostly begins when we start comparing ourselves to others while continuously criticizing our appearance. The entire concept of acceptance is sacrificed, when we start to find faults in ourselves for the wrong reasons. It is extremely important to maintain our health therefore, it is advantageous if we choose to bring changes in our body to avoid health problems but the concern arises when we are only doing so, to avoid unacceptance by the people around us. We should be able to embrace our bodies and also educate people about the psychological impacts of body shaming. It is upsetting that even friends and families can pressurize an individual. Mostly our loved ones believe that their remarks are positive criticism but more often than not, this can lead to the disruption of the individual's confidence level, ultimately causing a high level of stress daily.

Body shaming is more prevalent in teenagers, and this form of discrimination can affect their personality development. It is also true that some individuals develop serious eating disorders such as Bulimia Nervosa, Anorexia Nervosa, and other binge eating disorders. The media and

entertainment industry plays a crucial role in generating body stereotypes. Provoking images can be extremely harmful and can immediately affect young minds.

Our Community should become more accepting and not intimidate individuals to lose their individuality to be welcomed by the other members of the community. Everyone must take a stand against this practice even though it is a very difficult fight, no one should tolerate being mocked for their body.

CANVAS' STORY

Yakshita Bansal, Super Six

When I laid as a canvas,
Open to be drawn upon and painted.
I expected the artist to be flawless,
Gentle and someone who was fated.

All my insecurities were showing,
Like I was standing in a mirror.
Though a warm wind kept blowing,
It couldn't stop my shiver.

Scared at first, I did my duty,
Thinking it would end pretty soon.
Not ready for people's pity,
Clock on the wall was my new moon.

As soon as the shorter arm struck six,
He used to start packing up.
Picking up all his tubes and sticks,
Ready to leave the room all shut.

But today was a day of wonder,
When he didn't leave at his time.
He stayed for a little bit longer,
Approximately till nine.

Those three hours would be tough to kill,
This is what I had in my mind.
When he told me the whole deal,
I knew that he was my kind.
But I guess all good things end,
He sold me off to those far highlands.
To a rich buyer for some coins in his hand,
Survival is hard and he understands.
It took me a while to get him off,
Off my mind, my body and I'm high.
Preparing myself for all others who bluff,
A white canvas, totally dry.
I wait patiently holding my easel,
For the next artist to arrive.
Hoping his actions aren't lethal,
Soft enough to keep my emotions alive.

TAKING IT ONE DAY AT A TIME

Vaishnavi Sharma, U V

We may never notice this, but in our lives we often get results to certain hopes and expectations over a long span of time. There may be situations where it is quite obvious that the result won't be achieved in months, let alone overnight.

The meaning of the phrase "taking it one day at a time" is to deal with each day's problems as they come instead of worrying about the future.

A great example where this proved to be really helpful is the Covid-19 pandemic.

Often when I spoke to people about how they were doing when the pandemic had just come, they replied by saying, "I'm exceptionally bored. I don't know what to do"

Teachers and parents frequently encouraged children to make use of this pandemic by doing productive things. They too were

quite unsure about how this situation could be dealt with.

In the first few months, everyone made jokes about the pandemic and refrained from modifying their schedule, saying this is temporary.

But after a few months, they realized corona won't be leaving anytime soon.

Of course people panicked when they thought about it and all anyone could talk about was how 2020 is the worst year and how to stay calm both emotionally and mentally.

This was where taking it one day at a time helped many.

During the lockdown everyone talked about how they can't wait to go out, meet their friends, shop at the mall and eat at their favourite restaurants. When it had been more than three months, people lost interest in cribbing and started adapting to this new adjustment and followed a schedule that included online classes, having a quick chat with friends and family, binging on a Netflix series and occasionally cooking a small meal.

Though they wouldn't have realized but they were indeed taking it one day at a time by not letting the fact, that they were stuck at home, bother them, but looking forward to pursuing a new hobby and trying something new and exciting at home.

I'm sure after a few years when our children or grandchildren learn about the pandemic and ask us how we survived it, our answer will be:

"We took it one day at a time"

CATS

Mithilesh Mohan Joshi, L V

In my home came, three little cats
Two were little thin, one was little fat.

Fat was the mother
Other were sister and brother.

I was happy, when I saw the mother kitten
Who sat right beside the mitten.

I ran to my mother, to ask a cup of milk
I gave it to the kittens and they drank like a milk.

Next day, they had left the house
I was disheartened and sat on my couch.

My mom shouted, "your cats are back"
But when I saw them, they were hiding under the shoe rack.

In my own utensils, I gave them food
But as papa saw, he was very rude.

But my mother helps and make them do photo sessions
And they made poses with the latest fashion.

They recognise me and my Mom's face
And now they are my house's grace.

SMILE

Harshil Gupta, U III

A smile is something that makes you feel good,

You can't hide it ever, using anything just like a hood.

Smile comes by any reason like in the test
you got As,
That smile can even remain on your face for
many days.
You may not like the thing and give a fake
smile,
Don't do it or rather ruin your style.

It cannot be stolen, bought or borrowed,
Give a smile today, don't delay it to
tomorrow.

Smile can do wonders, wonders beyond
anything,
Smiling is the best way to encourage any
being.

Giving a smile is the best,
To ask for something you just need to say
please and your smile will do the rest.

HOW I SEE INDIA IN NEXT TWENTY YEARS

Sara Swami, L V

I see an India in the next 20 years
Where women would be without fear,
A fear of not being killed in the womb
A fear of not being burnt because of dowry.
An India where they can keep their head up
and walk proudly.
I see an India with no crime and corruption
And every child rich or poor getting
education.
I see an India where doctors don't treat their
patients
For money but for humanity.
I see an India which is technologically
sound
And clean with green grounds.

I see an India where not only the reserved
But also the deserved get an equal
opportunity.
I see an India where money is not wasted on
rallies
Conducted by politicians but for future
physicians.
I see an India where there is employment for
all
And there is water for one and all.
Where the youth doesn't leave and serve in
foreign lands
But work for the country with whatever is in
their hands.
I see an India in next 20 years
where everyone proudly says, "I am an
Indian".

UNDERAGE DRINKING

Sakshi Gupta, Super Six

Underage drinking does not start with a
drink; instead it starts with an excuse. A
pressure-built urge to taste alcohol can
eventually lead to serious consequences but
it is important for youngsters to think
rationally and not choose the easy way out.
Alcohol usage can be a result of emotional
problems, peer pressure, lack of confidence,
boredom, rebellion, misinformation and
most importantly instant gratification. Most
teenagers perceive alcohol as a pleasurable
deal. Alcohol usage is one of the major
problems that affect a teen's academic
performance, extracurricular performance
and cause health problems. In this
developing stage a teenager goes through
many internal and external conflicts. A teen
is attracted to alcohol not due to its taste, but
because of its effect, that is, the state of
intoxication. Teenagers are delicate and at

this age, they are stuck in a dilemma of whether to behave like a child or an adult. They have to make some extremely important life choices yet they are not adults, so they do not get the kind of independence that they mostly tend to demand. We live in a world full of numerous problems which in turn causes many youngsters to believe that they can sense fulfilment without having to deal with their problems or put in a great deal of hard work to reach their goals with the help of a simple drink.

There are several missing links when it comes to addressing the underage drinking crisis, as our society is unaware or unwilling to address this social menace. Alcohol in most societies is a luxury product rather than a necessity, and so the wealthier countries consume more alcohol than the rest of the world. Alcoholic beverage marketers have intensified their targeting of young drinkers in recent years, introducing an array of inexpensive new products, such as alcopops, alcoholic “energy” drinks, pre-mixed cocktails, and so on, with recipes and packaging designed to appeal to young people.

Alcohol related motor vehicle crashes, homicides, suicides and drownings, play a significant role in mortality statistics. While the legal drinking age in New Delhi is still 25 years, most young people in India’s national capital start consuming alcohol way before that age. A recent survey by the Community Against Drunken Driving (CADD), an NGO working against drunk driving and underage drinking, has shown that over 88% of youth below 25 consumes or purchases alcohol even though it is

illegal. Over 34% of the youth confessed that they were involved in some sort of fight or stunt biking under influence.

The effectiveness of brief interventions for young people, in primary care settings as well as other places to which young people have easy access, needs to be further investigated. The policy regarding underage alcohol use should be one of zero tolerance. Parents, older siblings, relatives, etc., who offer underage individuals’ alcohol at parties, social gatherings, etc., even if it is just a small sip, are simply adding to the complications associated with the use of alcohol in these individuals. Educational approaches have shown little effectiveness in reducing or preventing youth drinking and related consequences. Teenagers should also learn to act more responsibly and choose what is right and not indulge in such activities and not see intoxication as an activity for fun and enjoyment. Use of alcoholic beverages should not be promoted in any way, National governments should employ a culturally appropriate mix of policies to support the cause, including restrictions on the content and placement of alcohol advertisements and marketing materials, the promotion and implementation of health oriented taxation policies, and limits on the availability of alcohol to young people such as minimum age drinking laws. Underage drinking is an international problem and it requires an international solution. Actions must be taken, by the alcohol industry and its marketers, by public health policy makers in Member States, by non-governmental organisations, and by international organisations to avert replicating or

exceeding high levels of alcohol related harm.

Virtual Inter-House Jr. English Debate-2020

The Virtual Inter-House Jr. English Debate was held on September 10, 2020. The debate was conducted on the modified Cambridge format. Boys and girls from L IV to L V participated in the same. The first debate was between Himalaya House & Nilagiri House and the second debate was between Vindhya House & Siwalik House. The students presented their views in an impressive manner, speaking with great conviction and confidence. The result is as follows:

House Positions:

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

Individual Positions:

S. No.	Name	House	Class	Position
1.	Dia Atal	Siwalik	L V	First
2.	Arnav Bansal	Siwalik	U IV	Second
3.	Gayatri Sud	Vindhya	U IV	Third

Result of Virtual Inter-Class Poetry Recitation Competition held on September 25, 2020

Class L IV and U IV

Class Positions:

S. No.	Class	Position
1.	U IV C	First
2.	U IV B	Second
3.	L IV C	Third

Individual Positions:

S. No.	Name	Class	Position
1.	Shanaya Malhotra	U IV C	First
2.	Yana Saini	U IV B	Second
3.	Inaaya Kumar and Vasvi Jain	L IV C U IV C	Third
4.	Aradhya Narula	L IV D	1 st Consolation
5.	Adhiraj Singh	U IV C	2 nd Consolation

Result of Virtual Inter-Section Extempore Competition held on August 6, 2020**Class L IV****Class Positions:**

S. No.	Class	Position
1.	L IV B	First
2.	L IV D	Second
3.	L IV C	Third
4.	L IV A	Fourth

Individual Positions:

S. No.	Name	Class	Position
1.	Keerat Sandhu	L IV B	First
2.	Divya Sorout	L IV B	Second
3.	Umaira Wadia	L IV A	Third

Result of Virtual Inter-Section Extempore Competition held on August 7, 2020

Class U IV

Class Positions:

S. No.	Class	Position
1.	U IV C	First
2.	U IV D	Second
3.	U IV A	Third
4.	U IV B	Fourth

Individual Positions:

S. No.	Name	Class	Position
1.	Saanvi Banyana	U IV D	First
2.	Ayaana Soin	U IV D	Second
3.	Gurnek Singh Gabadia	U IV C	Third

Several Art Activities were organised this year online except for the PD Painting Competition which was held just a day before the students were sent home.

RESULT OF PAINTING COMPETITION HELD ON 16.3.20 FOR PD.

CLASS LOWER THREE			
Position:	Name	Class	House
First:	Dhanbir Singh	L III C	SPB
Second:	Amaira Bansal	L III A	SPG
Third:	Srishti Priya	L III B	NPG
Consolation:	Aayan Gautam	L III C	NPB
CLASS UPPER THREE			
First:	Arjun Chopra	U III B	SPB
Second:	Shiven Agrawal	U III B	NPB
Third:	Enya Goyal	U III A	NPG
Consolation:	Yuvraj Singh	U III A	VPB

Result of Online Painting Competition for Senior School held on 30.7.20

Class: L IV			
Position	Name	Class	House
First:	Siddharth Chaudhary	L IV D	SBD
Second:	Inaaya Kumar	L IV C	HGD
Third:	Taksheel Bhati	L IV C	HBD
Consolation:	Anadya Galib	L IV C	VGD
Consolation:	Vriti Bansal	L IV D	SGD
Consolation:	Ashika Dagar	L IV C	VGD
Class: U IV			
First:	Drishti	U IV A	NGD
Second:	Saanvi Banyana	U IV D	NGD
Third:	Parth Gautam	U IV A	NBD
Class: U V			
First:	Yashika Yadav	U V D	VGD
Second:	Anaam Kapoor,	U V D	NGD
Third:	Aadil Sharda	U V B	NBD

There were no entries from Class L V, L VI AND UVI.

Result of Rangoli Competition, 12.11.20

Class: L III			
Position:	Name	Class	House
First:	Moulik Arora	L III C	VPB
Second:	Srishti Priya	L III B	NPG
Class : U III			
First:	Shranya Sareen	U III B	SPG
Second:	Dievva Kohli	U III B	NPG
Class: L IV			
First:	Sarah Mehta	L IV A	NGD
Second:	Pallavi Kalra	L IV B	NGD
Third:	Anaahat Chhabra	L IV D	NGD
Consolation:	Inaaya Kumar	L IV C	HGD
Class: U IV			
First:	Drishti	U IV A	NGD
Second:	Bhavya Gupta	U IV B	HBD
Class: L VI			
First:	Harshita Verma	L VI A	SGD

Inter-Section English Storytelling Competition

Storytelling is an art of using words and actions to narrate and communicate stories with improvisation, theatrics or embellishment. Stories transport the listeners into the world of imagination. The Inter- Section Storytelling Competition for Lower IV and Upper IV was held on 8th and 10th March respectively. Children narrated an array of stories with beautiful morals and left the audience spellbound. The result of the competition is as follows:

L IV - 8th March, 2021

Class Positions:

S. No.	Class	Position
1.	L IV A	First
2.	L IV C	Second
3.	L IV B	Third
4.	L IV D	Fourth

Individual Positions:

S. No.	Name	Class	Position
1.	Pretticia Nat	L IV A	First
2.	Arjun Chopra	L IV A	Second
3.	Ira Dhaliwal	L IV B	Third

U IV - 10th March, 2021

Class Positions:

S. No.	Class	Position
1.	U IV C	First
2.	U IV B	Second
3.	U IV D	Third
4.	U IV A	Fourth

Individual Positions:

S. No.	Name	Class	Position
1.	Keerat Sandhu	U IV B	First
2.	Inaaya Kumar	U IV C	Second
3.	Sarah Mehta	U IV A	Third

Virtual Inter-House Jr. English Declamation Competition, 2021

Declamation is an artistic form of public speaking. It is a dramatic oration designed to express through articulation, emphasis and gestures.

John Ford once said, "You can speak well if your tongue can deliver the message of your heart." To inculcate the skill of impressive speech, The Lawrence School, Sanawar conducted the Virtual Inter-House Jr. English Declamation competition on 20th March, 2021.

The selected students from classes Lower IV, Upper IV and Lower V participated in the activity and declaimed on a variety of topics. It was a tough and challenging competition since all the participants performed to the best of their ability and House spirit.

The result of the competition is as follows:

Individual positions:

1 st –	Gayatri Sud	Vindhya House
2 nd –	Riana Khosla	Siwalik House
3 rd –	Arjun Chopra	Siwalik House
Consolation:	Inaaya Kumar	Himalaya House

House positions:

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

हिन्दी खण्ड

बिक्रम सिंह रंधावा
कक्षा - सातवीं
स्वार्थी मत बनो ।

एक दिन दो यात्री तपती दोपहर में धूल से भरी हुई सड़क से जा रहे थे। चलते-चलते वह एक विशाल पेड़ के पास पहुँचे और उसकी शाखाओं के नीचे उन्होंने आराम किया।

चिलचिल्लाती धूप से उस पेड़ ने इन्हें बचाया था। अब दोनों यात्रियों आराम मिल रहा था। वह आनंदित महसूस कर रहे थे। जब उन्हें आराम मिल चुका था एक यात्री विशाल पेड़ को देखकर दूसरे यात्री को कहता है- यह इतना विशाल पेड़ है लेकिन इस पर कोई फूल या फल नहीं है। यह पेड़ किस काम का है? इस पेड़ को तो काट देना चाहिए। इस बात से दूसरा आदमी सहमत था लेकिन पेड़ बहुत गुस्सा था और यात्रियों को उसने गुस्से से कहा- ऐ मूर्ख इंसान, इतना भी स्वार्थी मत बन, मैंने तुम्हें छाया दी और तुम मुझे ही काट देने की बात कर रहे हो!

दक्ष चौधरी

कक्षा - सातवीं

कर्म

संसार में कर्म अधिक मूल्यवान माना गया है। कर्म कोई वस्तु नहीं है- यह एक भावना है। तपस्या, श्रम एवं युद्ध आदि कर्म के उदाहरण हैं। कर्म के दो परिणाम हैं- अच्छा और बुरा। कर्म

को धर्म और कुकर्म को अधर्म माना गया है। जो जीव कर्म करते हैं वे हमेशा आनंद पाते हैं और जो कुकर्म करते हैं वे दुख में ही अपना जीवन व्यतीत करते हैं। ईश्वर ने काल के आरंभ होने से लेकर वर्तमान तक मनुष्य को अपने कर्तव्य का वहन करने को बोला है- यही एक मात्र कर्म है। जो जैसा बोएगा, वह वैसा ही पाएगा।

सृष्टि प्रिया

कक्षा- छठी (ब)

पृथ्वी की रक्षा हेतु संकल्प दिवस

हम पृथ्वी को माँ कहकर उसका सम्मान करते हैं। लेकिन, क्या हम पृथ्वी के साथ वैसा ही व्यवहार करते हैं जैसा माँ के साथ किया जाना चाहिए?

काफ़ी हद तक इसका जवाब 'ना' है क्योंकि जिस पृथ्वी को हम माँ कहते हैं उसी को हम प्रदूषित कर रहे हैं। हम धरती पर लगातार अत्याचार कर

रहे हैं। क्या हमने कभी सोचा है कि हम इसी पृथ्वी के कारण जीवित हैं? हमें धरती से पेड़, पानी, शुद्ध हवा, भोजन व कितनी अन्य चीजें प्राप्त होती हैं जो हमारी ज़िन्दगी के लिए बहुत महत्वपूर्ण हैं। क्या हमारा कर्तव्य नहीं बनता कि हम अपनी धरती की रक्षा करें व इसकी देखभाल करें ?

हमें इस कर्तव्य की याद दिलाने व हमारे जीवन में पृथ्वी का महत्व जगाने के लिए पृथ्वी दिवस मनाया जाता है। यह दिवस हर साल २२ अप्रैल को मनाया जाता है। इस दिन वन-विनाश व प्रदूषण का लोगों द्वारा विरोध किया जाता है। स्कूलों में बच्चों को पृथ्वी की रक्षा करने का महत्व समझाया जाता है और उन्हें पेड़-पौधे लगाने के लिए व अपने आस-पास की जगहों को साफ़-सुथरा रखने के लिए प्रोत्साहित किया जाता है। पहला पृथ्वी दिवस १९७० में मनाया गया था और तब से लेकर आज तक यह दिवस बड़े उत्साह से पूरी दुनिया में २२ अप्रैल को मनाया जाता है।

आज हम कारखाने खड़े कर रहे हैं जिनकी वजह से वायु व जल प्रदूषण दोनों होते हैं।

जंगलों को नष्ट करने के कारण कई जीव-जंतु के घर बर्बाद हो रहे हैं और उन्हें भोजन भी नहीं मिल रहा। ग्रीन हाउस गैसों जलवायु बदलाव के सबसे बड़े कारण हैं। यदि यह सब कुछ ऐसे ही चलता रहा तो वह दिन दूर नहीं जब हमारे लिए धरती पर रहना मुश्किल हो जाएगा।

इस सबसे बचने के लिए हमें पृथ्वी को हरा-भरा व साफ़-सुथरा रखना चाहिए। हम यह छोटे स्तर पर भी कर सकते हैं। पानी बचाने के लिए हमें जल स्रोत का रख-रखाव करना चाहिए , नल से व्यर्थ में पानी के निकलने को रोकना चाहिए व बारिश के पानी का संरक्षण करना चाहिए । हमें ऐसे वाहनों का इस्तेमाल करना चाहिए जिससे न्यूनतम प्रदूषण हो। धरती अन्य जीवों की भी है जिनका हमारी ज़िन्दगी में बहुत बड़ा योगदान है, इन जीवों का भी हमें ख्याल रखना चाहिए व उनके आश्रय-स्थल से छेड़-छाड़ नहीं करनी चाहिए। हमारा छोटा योगदान हमारे ग्रह-गृह को नष्ट होने से बचा सकता है व हमारी आने वाली पीढ़ियों की जान सुरक्षित रख सकता है।

पृथ्वी दिवस हमारे लिए हमारी धरती को बचाने का एक बहुमूल्य अवसर होता है जिसको हमें पूरी तरह से सफल बनाना चाहिए। पद यात्राओं के माध्यम से धरती

की रक्षा के संदेश को दूर-दूर के गाँवों में ले जाना चाहिए। नाटकों, गीतों व कविताओं के माध्यम से इस विषय को लोगों तक असरदार ढंग से पहुँचाना चाहिए। इस विषय पर लोक-उत्सवों का आयोजन करना चाहिए। यह सच है कि हम बच्चे इस पृथ्वी के भविष्य हैं। अतः आज की पीढ़ी के बच्चों का यह कर्तव्य है कि वे एकजुट होकर प्रकृति की रक्षा हेतु प्रयास करें और अपने भविष्य को सुरक्षित बनाएँ।

कनिष्क सेन

हिमालय सदन

सनावर वर्चुअल साहित्य समारोह- 2020

मेरा अनुभव

हर वर्ष की भाँति एक बार फिर जिस दिन का बेसब्री से इंतज़ार था, आखिर आ ही गया। हिंदी दिवस के उपलक्ष्य में 14 सितम्बर, को सनावर साहित्य 2020

समारोह के तत्वावधान में 'अंतर्विद्यालयी हिंदी कविता वाचन प्रतियोगिता' का प्रारम्भ किया गया। हर वर्ष विद्यार्थी इस प्रतियोगिता को लेकर बेहद उत्साही रहते हैं। इस बार यह कुछ अधिक विशेष था। इसका प्रथम कारण तो यह था कि यह

प्रतियोगिता का 'तीसरा संस्करण' था, दूसरा इसका 'वर्चुअल' होना। मैं भी बेहद प्रसन्न था। लेकिन जब मुझे पता चला कि इस प्रतियोगिता के मंच संचालन के रूप में मुझे चयनित किया गया है, तो मैं अत्यधिक रोमांचित और गद-गद हो उठा। मेरे रोमांच का महत्वपूर्ण कारण था कि इस प्रतियोगिता में देश विदेश के - अबुधाबी इंडियन स्कूल, यूएई, द दून स्कूल, देहारादून, वेलहम गर्ल्स, वेलहम बॉयज़, देहारादून, सेंट जॉर्ज कॉलेज, मसूरी, मेयो गर्ल्स और मेयो बॉयज़, अजमेर, द आसाम वैली, आसाम, द संस्कार वैली स्कूल, भोपाल, डेली कॉलेज इंदौर, लॉरेंस स्कूल लवडेल, तमिलनाडु, पंजाब पब्लिक स्कूल, नाभा, बिरला पब्लिक स्कूल, पिलानी, बिरला विद्या निकेतन, नैनीताल सरीखे 28 प्रतिष्ठित संस्थानों से 56 प्रतिभागियों के सामने वर्चुअल मंच संचालन।

इन प्रतिष्ठित संस्थानों से प्रतिनियुक्त सर्वश्रेष्ठ प्रतियोगियों को एक मंच संचालक के रूप में

वर्चुअल मंच पर बुलाना मेरे लिए पहला अनुभव था, जो कि बेहद अनूठा और बहुत कुछ नवीन सिखाने वाला था। मैं प्राच्य भाषा विभाग का हृदय की गहराइयों से आभार अभिव्यक्त करता हूँ कि आपने मुझ पर विश्वास करके इस तरह की वर्चुअल प्रतियोगिता में सम्मिलित कर कृतार्थ किया, जिससे कि मुझे मेरे व्यक्तित्व को निखारने का एक सुनहरा अवसर मिला।

हर्षिल गुप्ता

कक्षा - छठी (ब)

मेरा लॉकडाउन

मेरे लॉकडाउन में मैंने खाय समोसे,
जलेबियाँ,
और सब्जियों में टमाटर , फलियाँ।
मेरे लॉकडाउन में मैंने बनाना सीखा
केक,
टी वी पर बहुत चीज़े देखी जो थी
फेक।
बाहर जाने की कोशिश की सिर्फ एक
बार,
तभी पुलिस ने रोक ली हमारी कार।

बाहर कार से आकर दिया उन्हें कुछ
पैसा,

और माफी माँगी की दुबारा नहीं होगा
ऐसा।

मेरे लॉकडाउन में मैंने खेला क्रिकेट का
मैच पूरा,

पर क्रिकेट के पीछे कुछ काम रह गया
अधूरा।

टी वी नहीं देखा !!?? पूछो ही ना,
पर प्रतिदिन भगवान की पूजा करता
था।

मेरे लॉकडाउन में मैंने गिटार है सीखा,
मगर गाना गाने में मैं पड़ गया फीका।
लॉकडाउन हमें घर पर फसा कर रखता
है,

लॉकडाउन पेट बढ़ा कर रखता है।
मगर एक बात है कि अगर लॉकडाउन
हमें फसा कर रखता है,

तो लॉकडाउन हमें कोविड 19 से बचा के
रखता है।

मिथिलेश जोशी

कक्षा - नौवीं

महात्मा बुद्ध की वैशाली राज्य को शिक्षा
एक समय वैशाली में भयंकर आकाल पड़ा।
लोग भुखमरी से मरने लगे तथा महामारी
फैल गई। मरने वालों की संख्या इतनी बढ़
गई कि उनका दाह संस्कार करने की उचित
व्यवस्था नहीं हो रही थी। वायुमंडल में
दुर्गंध थी और प्रदूषण फैल गया। अपने दुख
दर्द कम करने के लोगों ने बहुत प्रयत्न किए,
लेकिन महामारी और फैलती गई। अंत में

उन्होंने महात्मा बुद्ध को बुलाने का निश्चय किया। राजा ने राजगृह जाकर महात्मा बुद्ध को वैशाली पधारने का निमंत्रण दिया। महात्मा बुद्ध ने वैशाली में जाकर धर्म की गंगा बहाई। उन्होंने सबको करुणा, मैत्री, साधना व शील की शिक्षा दी। लोग उनका प्रवचन सुनकर शांत हो जाते। धीरे-धीरे रोग समाप्त होने लगा। कुछ दिनों के बाद बारिश आई और वातावरण शुद्ध होने लगा और मुरझाए पत्ते फिर हरे हो गए। चारों तरफ लोगों के चेहरों पर रौनक आ गई। कुछ समय बाद महात्मा जाने की तैयारी करने लगे तो वहाँ के लोगों ने उनको खुशी विदा किया। रास्ते में एक भिक्षुक ने महात्मा से पूछा- महात्मन! यह कैसा चमत्कार था- महात्मा ने भिक्षु से कहा- यह कोई

चमत्कार नहीं था। यह तो मेरा पिछले जन्म का बोया हुआ बीज था जिसने आज वृक्ष का रूप ले लिया है। अर्थात् अच्छा सोचोगे तो अच्छा ही पाओगे।

इस कहानी से हमें यह पता चलता है कि महामारी आधुनिक युग में ही नहीं मनुष्य जीवन के साथ-साथ आरंभ से ही चलती आ रही है। यह ज़रूरी नहीं कि किसी भी बीमारी का तोड़ दवा हो। करुणा, मैत्री, साधना व शीलता भी जीवन में आने वाली मुसीबतों का हल निकाल सकती हैं। आज पूरा देश कोरोना के इस प्रकोप से पीड़ित है। परंतु हमारे संतों का एक सार है कि यदि मनुष्य धार्मिक होकर जीता है तो महामारी अधिक दिन नहीं चलती है।

अंतर्वर्गीय हिन्दी चित्र लेखन प्रतियोगिता
(7 अगस्त 2020 को आयोजित)

कक्षा पाँचवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	मौलिक अरोड़ा व सृष्टि प्रिया	पाँचवीं सी पाँचवीं बी	विंध्या नीलगिरी
द्वितीय	सिया शुक्ला व आभ्या अटल	पाँचवीं बी	नीलगिरी शिवालिक
तृतीय	आयान गौतम	पाँचवीं सी	नीलगिरी

कक्षा छठी

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	अदा जुनेजा	छठी ए	नीलगिरी
द्वितीय	अमोघ मित्तल	छठी ए	नीलगिरी
तृतीय	अर्जुन चोपडा व बिक्रम सिंह रंधावा	छठी बी छठी सी	शिवालिक नीलगिरी

कक्षा सातवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	इनाया कुमार	सातवीं सी	हिमालय
द्वितीय	श्रीयन खेमका	सातवीं ए	नीलगिरी
तृतीय	सारा मैहता व अनन्य गौतम	सातवीं सी सातवीं डी	नीलगिरी शिवालिक

कक्षा आठवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	अर्श शर्मा	आठवीं बी	विंध्या
द्वितीय	पार्थ गौतम	आठवीं ए	नीलगिरी
तृतीय	अर्नव सिधाना व सीरत दुआ	आठवीं ए आठवीं ए	शिवालिक शिवालिक

कक्षा नवीं (नारा लेखन)

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	यशस्वी मोदी	नवमी सी	विंध्या
द्वितीय	अथर्व सिंह	नवमी डी	हिमालय
तृतीय	शौर्या सिंगला व देवांसी मितरूका	नवमी बी नवमी ए	हिमालय विंध्या

कक्षा दसवीं (कहानी लेखन)

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	नंदिनी जैन	दसवीं सी	विंध्या
द्वितीय	नव्या गर्ग	दसवीं सी	शिवालिक
तृतीय	वियोम धवन	दसवीं ए	विंध्या

पंजाबी चित्र लेखन प्रतियोगिता कक्षा सातवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	जुवराज सिंह समरा	सातवीं ए	विंध्या
द्वितीय	सिफ़्ती बाजवा	सातवीं ए	शिवालिक
तृतीय	रुद्रवीर सुरी	सातवीं सी	हिमालय

कक्षा आठवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	स्नेहदीप सिंह	आठवीं बी	शिवालिक
द्वितीय	हुनरदीप सिंह स्रान	आठवीं डी	हिमालय
तृतीय	भव्य गुप्ता	आठवीं बी	हिमालय

Editors: Mrs. Nitya Chopra (English)

Hindi: Mrs. Sunita Gautam

Design and Web Uploading:

Mr. Manish Ghai

Mr. Hitender Jamwal

