

THE SANAWAR NEWSLETTER



88

MAY

2016

Section I : From The School

Don't Stop Doing Good

Suraj Gupta, U-VI (MI Perfect)

Sometimes you must get hurt in order to know, fall in order to grow, lose in order to gain because life's greatest lessons are learnt through pain and it is not always a coincidence that we realize the value of something only after we have lost it.

Sometimes people live their lives bound by what they accept as correct and true, that now they define as 'reality'. But what does it really mean to be 'correct' or 'true', it may be different for every person. It may be a mirage for some. Can we consider ourselves to simply be living in our worlds, shaped by our own beliefs? We should broaden our horizon as it is foolish to fear what we are yet to see and know. While we are on that, we should remember to never give up, no matter how ugly things may get, as we truly fail when we give up on ourselves.

A real hero is someone who steps up when everyone backs down. Our hard work will never pay up until and unless we start believing in ourselves. When something goes wrong, we curse our faith or leave it to destiny. In my view, both are wrong, as we should write our fate and make our destiny. Coming to Sanawar, made me realize that it is very important to discover ourselves as the first step to test our limits is to know ourselves.

Arrogance and ego are like holes in a ship, you wouldn't even know you are drowning and eventually, when you do, it would be too late and you would be at the receiving end of underachievement and you will never be satisfied with yourself, so it is in our interest to shut these holes permanently, so we have a smooth journey. If people advise us for our benefit, then we should accept it gracefully. If you are criticized for something you never did then just smile and ignore as anger always has negative consequences. It is truly said that never take a vow when you are angry and never promise something when you are happy.

It is our duty as humans to lift off a curse from this world. The curse being revenge and hatred. When you take revenge, you are not only destroying the person you are taking revenge against, you are destroying yourself too and when we are successful in lifting off this curse, it is only then that we would have achieved true peace.

In the end, I would like to quote something told to me by a friend and which really inspired me 'But you my friend should not stop doing good'.

Let Us Leave A Mark

Kimaya Singh, U-VI (MI Perfect)

You spend your whole life stuck in the labyrinth, thinking about how you'll escape it one day and how awesome it will be, and imagining that keeps you going, but you never do it, you just use the future to keep your present. We say all these big words and sentences, heavy with accusation, weighed with meaning but dragged down and stamped on by ignorance. You can go ahead and roll your eyes at the Monday breakfast, cry and complain about how dirty our school is, and keep coming to MI to beg for excuse slips because you have a minor knee pain or a few scratches here and there. But do you ever think about the millions of people scrounging for food in garbage cans and so many dying everyday because of starvation? Do you ever bend down to pick up a wrapper? Have you ever thought about all those brave and courageous people running marathons with no hands or legs? All those things that seem so awful are survivable because we are as indestructible as we believe ourselves to be. And isn't that what Sanawar has taught us all along?

-To be courageous and brave in the face of all hardship and struggles?

-To overcome your fears and make new ones everyday.

-To be kind and thoughtful and not consider yourself above or below anyone, but rather walk with them.

-To not just have faith in ourselves, but in all the people that are part of this little Sanawarian family?

-To stand tall for what is right and what is true despite everyone and everything that stands in your way.

-To have respect and appreciation for every little thing.

-Always know that we will survive because at the end of the day we are Sanawarians, we were born to strive!

-From a distance we may seem like an ordinary small hill top but no one actually knows about all the magic that happens here.

-So this year I say, let's not sit back and watch as life overtakes us, rather be as big a part of it as we can be. Let's do away with all the sulking and whining, cribbing and crying about things not working out our way, instead let's figure life out standing on our own two feet and making changes where they're needed.

Raise The Bar

Karan Dahiya, U-VI

Five years ago was the first time I sat here in awe of the beauty of this place. My batch mates inspired me to work for what I am today. Problems in life are a sign that you are going the right way and problems will increase, therefore increase your capacity to deal with them. Though people are not born; they are made when no one is there for them, to wipe their tears. You want to know your competition, look into the mirror. Strive to be better than the best, strive to be better than yourself. If you do wrong and try to prove you are right, time will smile at your foolishness. So always stand up for what you believe is right, even if you are standing alone. We must make the world honest before we can honestly say to everyone that "honesty is the best policy". Failure is not falling down, failure is not getting up. Never fear to step into the unknown because where there is risk, there is always a reward. You are your own motivation, you are your own inspiration. Every boxer gets knocked down but champions get back up and fight another round. Sanawar has taught me that after you fall, get up and try again but this time with extra efforts because the difference between ordinary and extraordinary is just that little extra, and always remember excellence is doing ordinary things extraordinarily well. Success isn't a destination, it is a journey. If what you did yesterday still looks good, then you haven't done enough today. Never restrain your thoughts because you are capable of doing only what you believe you can do. There are many who see things that are and say 'Why?' But only some dream things that never were and say 'Why not'!! If you fail today then don't forget if God intended today to be perfect, he would not have invented tomorrow.

Is My Generation Smarter

Faaris Zaidi, U-V

I am told constantly that my generation lacks focus and is not half as good as our parents'. Repeated references to the progress made by mankind in the 20th century are out forth as evidence. I'm told that we spend too much time on the net and watching T.V. We spend too much time on the gadgets rather than spending it with one another.

But tell us dear parents--wasn't it your generation that created the T.V., internet and all these infotainment? We were born at a time when you all were finished creating and using all this and proclaiming to the world the great progress made through these gadgets. Well now is the time to test this progress.

So dear parents, thank you all for all these things. They have made us more aware and made our communication easier.

But consider this, we were told that the 20th century was a real lead in development, and the progress made in those 100 years was more than what was done before that.

At the same time we know that the irreparable damage was caused to the environment, threatening our very existence. Now is that a smart thing to do? Please tell me parents, who's responsible for that?

I've heard our grand parents' times were the best and how hard they toiled to create a better world. So tell me dear parents, did your generation goof up?

I'm convinced of my generation's capabilities. We're well informed and aware of things around us despite having the gadgets. Undoubtedly thanks to the world we're born in.

But our time is yet to come. The time to prove ourselves. The time to show what we can do. I mean we're just kids

So please stop comparing. In time we will create a world much better than it's today, inherited to you by our grandparents.

And that will be the time, when you will be proud of us, and the time when we'll start comparing.

Anger

Yuvraj Kataria, U-VI

Smoke coming out of my ears and my ears are red; there are million stupid thoughts running in my head.

There is a spirit that is trying to possess me! I'm trying my best to keep it away from my mind; but it seems as the time passes, I'm just going blind.

This spirit is very furious, aggressive and it's getting darker.
Oh! I have met him before his good name is anger.

It is most dangerous of them all!
Living with him for some time can get worse;
but anger is just the biggest curse.

I lay down on the ground and count till ten;
Waiting for the evil spirit to go hide back in the den.

I know now to fight it by being patient!
As I calm my mind down, there is nothing to fear
The clouds are going back now and the sky is clear.

A Lesson From Fiction

Hayat Dhanoa, U-VI

Those who read live a thousand lives while those who don't just lead one monotonous life. Reading is more than just a pastime. Without reading, my English would not be what it is today. I may not be as well read as many people than I know are, yet I feel that I have learnt a lot from whatever little I have read. The Worldwalker Trilogy (which is set to get its third book later this year) has taught me about faith and courage. In it, even after going through nine levels of hell, a girl doesn't let her convictions change. The classic 'Of Mice and Men' taught me about a new aspect of friendship—though we should stand by our friends, we need to be clear about when they are wrong and take honest decisions. The children's classics, 'The Faraway Tree' series, 'The Famous Five' series and others showed me that I can find extraordinary adventures in my ordinary life. I have been told at times that novels are garbage or utter nonsense or even, a waste of time so I should study instead. Funny thing is, over time it is what I've read that has stuck with me and helped me in life, not oxidation reactions or Rühr's model of an atom. The crux of the matter is that reading is one of the best habits a person can cultivate. It doesn't matter what you read—be it classics or science fiction, nothing can compare to the bliss of curling up cosily with a book in hand. The feeling of flipping a page and smelling the fresh paper of a book is oddly distressing.

Q Mun—2016

Tushar Nandy, U-V

There lies a great difference between putting up a great show and 'stealing the show'. I can very proudly say that the Sanawar's junior team 'stole' the show at Q Mun-16, held at Sela Qui International School, Dehradun. All eight of us attending this MUN were first-timers and this first experience had something totally unexpected for us. After weeks of research and a 'three day grilling session' by our senior team, finally came the day of our final test. Our MUN comprised of two days—23rd and 24th April and our team took part in 3 committees of UN—Akshita, Gopalesh and Shourya took part in

the UN Environment programme; Nitya, Aanandita and Rivaan took part in the Human Rights Council and Sarthak and I took part in the Security Council.

On the first day, we had three sessions of two hours each, which were filled with loads of excitement, heated arguments, diplomatic talks and forming of Blocks. The 2 breaks between the 3 sessions saw faces with glory, happiness, anxiety, thrill, anger and even disappointment. These 3 sessions were a great success for all the Sanawarians and we all managed putting forth the best of us. This day ended with a cultural evening organised by Sela Qui and was a fun and relaxing session after a tiring day. Students sang and danced and the audience enjoyed every moment of the programme.

The next day was our final day of the MUN and is usually the hardest. It was time for the respective committees to come up with resolutions on the allotted agendas. Resolutions are often hard to pass and constitute of a lot of debating over them. While most of them fail, only a few quality resolutions are subject to a grand success. The passing of a resolution marks the successful end of the committee. All the three were a success. But this was not all for us, we then had a 'crisis' session. Crisis are hypothetical situations presented over to the delegates and are expected to be solved and acted upon. Our crisis was based on a plane being hijacked by terrorists over ISIS territory and we were assigned the delegation of Russia on this topic. Four of us took part and we managed the crisis well, which led to a quick and effective resolution.

After all this came the prize giving ceremony. Nitya Khanna came 3rd and Rivaan Singh came 4th in the H.R.C and were given a special mention. Akshita Kaushik came 2nd in the UNEP and was given an honourable mention. In the Security Council, I was awarded the best delegate and I stood 1st in my committee. This was an overall victory of the entire team which was performing for the first time ever. For this we would all like to thank Mrs. Mona Gautum, I/c junior team, Miss Priya Chauhan, MUN director at Sanawar and our senior team to make this a wonderful and learning experience for all of us.

Camping and Thrills

Akshita Kaushik, L-V

Camping gives us the ultimate experiences of life. The enriching lesson of life learnt on school camps can be taught nowhere else. All of us look forward to taking a break and doing something new. This year for adventure is hence fulfilled by our annual hikes and camps. In the beautiful city of McLeodganj we witnessed the lifestyle of many underprivileged people and learnt to count on our blessings. The steep treks encourage within us a true sense of friendship, when we all help each other through the narrow rocky lanes. The physical benefits of hiking need not be explained. Rock climbing and rappelling were the best way of realising everything what one is capable of, and took away every last doubt we had on our capabilities.

Thrills, enjoyment, learning and sharing, this trip has given us memories to cherish forever. We all learnt it the hard way that life is a climb, but the view is always worth it.

Lesson of Love, Faith and Trust

Sheen Banga, U-V

When we talk about love, everyone has their own way of expressing it, some people show it with kindness, affection and a caring nature but there might be some people in this world to whom love means something else, something which only they understand. Love is not just a feeling you have towards a person, but it could be a feeling a person experiences while singing, dancing, writing or may be even while taking a walk down a beautiful road. Everyone may not love the same thing, but every person on this planet will experience this feeling at least once in their lifetime. With love comes faith...If you are in love with a person, you will always have faith in that person. You will always stay by their side, be with them through thick and thin and help them face obstacles in life and encourage them to do whatever they wish to do. You will always trust the person you love, be it your parents or anyone else, you might get second thoughts of not trusting them but you always would. This love, faith and trust you have for a person is a bond which is unbreakable. This bond may last till the day you die. Being with the person you love or being able to do something for the thing you love will give you a feeling of contentment. If you love to dance, you will always take out time for it. If your sister or any other person you love is ill, you would do anything to help them, that could be working hard to earn more or even staying by their side and making them feel safe, loved and happy. You would never let them loose faith in you or stop trusting you. This love faith and trust placed in you by other people is very important and to loose this would be like loosing yourself which would be worse than death itself.

Beauty

Noopur Sharma, L-IV

Beauty is something which can't be described. It is in thoughts, deeds and nature. It can even be a little girl, a melody or a game. It can be a kite flying, a broken piece of glass or the sky meeting the sea. It can be in doing a good deed or a kind action. Thinking good of something is what beauty is.

Imagine the most beautiful scene in nature. Blue water everywhere. A pink sky with a golden streak of the setting sun. Imagine little waves splashing and washing the pieces of scattered rocks. How do you feel? Good, surely? Perhaps yes, perhaps no!

All of us have different choices. A car can be cool for me and a stupid, modern machine for you.

This is what makes beauty so special. It is a source of contentment for everyone.

True, beauty can be seen or heard. But beauty is felt more than anything. Good deeds, happy thoughts. Imagination and creativity. Enthusiasm and power of dreaming. It is found in one's own self. "So be good, be a beauty."

Sanawarians: We Are

Sakshi Godhwani, U-IV

Sanawarians we are; we say;
Proud to be we say,
And love to be I say.

We run HODSONS with pride,
and qualify with might.
We enjoy the practices,
in the early morning sun.
When we get up,
and fuss about the tough run.

Sanawarians we are; we say,
Proud to be we say,
And love to be I say.

We love gum,
And study as well.
Get a 90%
Studying till the bell.

We 'Never Give In' that's our motto,
We keep it in our hearts,
When we take part,
in everything we can
we give our 'BEST',
and never rest.

Sanawarians we are; we say,
And love to be I say,
Till the journey to heaven,
I say even on the way.

Wall-Art

Suvarna Mutneja, U-VI

On March 18, 2016, thirteen of us went to the Government Primary School, Garkhal with our Art Teacher. The Inner Wheel Club, Kasauli had invited us to paint the front wall of the school so that the children studying there had a playful environment to study in.

The Government Primary School is a small school with five classrooms but only three teachers. The classrooms were very small and these had either broken desks or mats on the floor to sit on. The students were very shy and it took a while for them to talk to us. We asked them what would they like painted on the wall. They conveyed that they liked watching cartoons so we stood up on broken tables and chairs with one person holding the broken furniture to save us from a mighty fall. And then we began unfolding our creative powers.

All the popular cartoon characters began appearing on the walls one by one on either side of the wall. We unpacked our carton of paints which we carried from our school quite painstakingly. And like professional boarding painters started filling colours in the forms drawn with chalk. Slowly the wall became alive like the screen of the television and there stood in front of us all those characters smiling at us. It was all so magical. And more magical was the experience of seeing the wonderful smiles on the faces of those little children who were quite amazed and thrilled to see those characters on their own school wall. We thoroughly enjoyed ourselves, not only painting the wall but also putting paint on our cardigans followed by the struggle of cleaning it. We played different games with the children. And then it was time to call it a day but not before we filled our bellies with hot samosas, chips and coke brought for us by the Secretary of the Inner Wheel Club, Kasauli. There after we marched back to school.

It was an unforgettable and enriching experience which made us realize how fortunate we were to get the best of facilities and how we should try and do what ever is possible to bring joy to the lives of those who are not as fortunate as us.

Kalanand—2016

Srijani Sankar Barik, L-VI

The award function for Balanand/Kalanand Painting Competitions organized by Inner Wheel Club and Prafulla Dahanukar Art Foundation was held on 14th March, 2016 at the Tagore Theatre, Chandigarh. A diverse splash of colours hit our eyes and caught our attention immediately as there was a brilliant and prolific exhibition of the chef d'ouvres of different artists from around India. This art work medley was composed of colours that expressed the different emotions in our lives.

Near mid-evening, the principal program started with the invocation of the spirit of 'Kalanand' or 'Happiness derived from Art' with the Laghu Raga, a form of Indian classical music. An emotional, inspirational and aspirational film was staged by Siddharth Kak on the great artist, Prafulla Dahanukar and her masterpieces following which was the Prize Distribution Ceremony where the awe-inspiring works of art and paintings of the god-gifted and talented artists were shown. The 'Kala Premi', 'Kala Samman' and many more awards were given away. Among the chief jury were the art collector Kiran Nadar, artist Arpana Kaur, Smt. Mala Awasthi and Padma Bhushan Awardee Dr. B.N. Goswami.

It was such an honour for me and Manik Virk of class VII to be present at this auspicious ceremony and a euphoria to be awarded.

Biography Writing Competition

A biography writing competition was held on 13th April, 2016 under the aegis of the Faculty of Humanities. Thirty students from upper five participated in the competition. The topic of biography was Shaheed Bhagat Singh. 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:

First position:	Tushar Fitkiriwala	VBD
Second position:	Shelly Bhardwaj	HGD
Third position:	Parth Pant	HGD
Third position:	Garvit Malik	VBD

These kind 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.

Sr. English Inter-House Debate

The Senior English Inter-House debate was held on May 7, 2016.

As started last year this year too saw a change in the debating style with the inclusion of JAM, TURNCOAT and BLOCK and TACKLE for the students to display and highlight their skills of oratory.

The results are as follows:

1. Best Speakers for JAM: Sukhrit Kaur (VGD) and Sidharth Khosla (NBD)
2. Best Speaker for TURNCOAT: Srijani S. Barik (NGD)
3. Best Speaker for BLOCK and TACKLE: Zainab Shamsi (NGD)

The House positions are as follows:

Fourth position:	Himalaya
Third position:	Siwalik
Second position:	Vindhya
First position:	Nilagiri

Result of Painting Competition

Held on 18-4-2016

Group A—Class VII and VIII		
First	Yuvam Soni	L-IV C
Second	Bhakte	L-IV B
Third	Aryan Butail	L-IV C
Group A—Class IX and X		
First	Raghav Jain	U-V B
Second	Himvar Gyawali	L-V A
Third	Anoushka Chauhan	U-V A

Consolation		
Devika Vadehra	L-V A	
Nitya Gupta	U-V A	
Mahika Goel	L-V A	

Group C—Class XI and XII		
First	Srijani Sankar Barik	L-VI D
Second	Garima Jain	L-VI B
Third	Yashashvi Muchhal	L-VI C

Result of Science Aptitude Test

The Science Aptitude Test was held on 14th April, 2016 for L-4 and on 20th April, 2016 for U-4. The following are the position holders.

L-4		
Position	Name	Percentage
Third	Harshit Nandy	68%
Second	Abhishek A. Kumar	70%
First	Simar S. Gabadia	78%

U-4		
Third	Priyam Gupta	72%
	Vedant Mehra	
Second	Abijit A. Kumar	78%
	Amshul Bhatia	
First	Yakshita Bansal	80%

Section II : From The Staff

!! Achievers !!

Dr. V.K. Sharma, DoF

Students who scored 90% or above marks in the 2nd Assessment of 2016.

S. No.	Name	House	%
L-III—A			
1.	Ananya Goyal	HPG	90.00
2.	Guneet Kaur	HPG	91.00
3.	Kritish Goel	VPB	92.00
4.	Prisha Gera	SPG	92.00
5.	Shaurya Jindal	NPB	92.00
6.	Stuti Kapoor	NPG	96.00
7.	Sukriti Dehloo	HPG	92.00
8.	Ujjwal Kotwal	NPB	95.00
L-III—B			
9.	Anvi Chopra	VPG	98.00
10.	Arooshi Bhatia	HPG	94.00
11.	Dhruv Sood	VPB	93.00
12.	Hriday Jain	SPB	96.00
13.	Hunar Soni	HPB	94.00
14.	Jayant Sharma	SPB	96.00

15.	Keshav Singla	NPB	91.00
16.	Kyna Vadera	VPG	95.00
17.	Nyah Malik	NPG	92.00
18.	Pranav Kapur	HPB	92.00
19.	Sukhmehar Singh Jakhar	NPB	95.00
20.	Utkarsh Verma	SPB	93.00
21.	Vaniya Boora	HPG	92.00

L-III—C

22.	Hrithik Roy	VPB	93.00
23.	Jaimukund Bhan	HPB	91.00
24.	Kashvi Sareen	HPG	94.00
25.	Shaurya Khanna	SPB	94.00

U-III—A

1.	Devisha Jain	NPG	93.00
2.	Krish Jeet Singh	HPB	93.00
3.	Manya Gupta	HPG	91.00
4.	Ojas Girdhar	VPB	90.00
5.	Sehar Kaur Sandhu	SPG	92.00
6.	Tanvi Sood	VPG	94.00
7.	Viyom Dhawan	VPB	93.00
8.	Yuvraj Dhamija	HPB	94.00

U-III—B

9.	Adityaveer Singh Chandel	HPB	91.00
10.	Chitesha Rewri	HPG	92.00
11.	Divij Nagpal	SPB	90.00
12.	Mokshi Sharma	NPG	94.00
13.	Nishant Pajni	VPB	96.00
14.	Rhydham Lamba	NPG	91.00
15.	Roshan Raj	NPB	96.00
16.	Ustat Kaur Jatana	VPG	94.00

U-III—C

17.	Darren Galstaun	NPB	92.00
18.	Vanya Gandh	NPG	91.00
19.	Vivaan Jain	SPB	91.00

L-IV—A

1.	Harshangad Singh	HHB	98.00
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L-IV—B

2.	Bhakte	VHG	90.00
3.	Himanshu Sabharwal	SHB	94.00
4.	Karmanbir Singh Batth	VHB	93.00
5.	Noopur Sharma	HHG	98.00

L-IV—C

6.	Anannya Julka	NHG	90.00
7.	Pavya Singh	HHG	95.00
8.	Ruhani Khanna	VHG	92.00

L-IV—D

9.	Ishika Sen	VHG	98.00
10.	Kahkashan Sehgal	NHG	93.00
11.	Shreyas Arora	VHB	90.00

U-IV—A

1. Avanti Aggarwal	NHG	98'00
2. Paarth Jain	SBJ	90'00
3. Pavit Sidhu	SHG	93'00
4. Priyam Gupta	VBJ	92'00
5. Sannabi Thingbaijam	VHG	96'00
6. Satvik Narula	NBJ	94'00
7. Tarika Khanna	VHG	93'00

U-IV—B

8. Abhijit A. Kumar	VBJ	93'00
9. Adriti Mehta	NHG	94'00
10. Amshul Bhatia	NBJ	94'00
11. Aryan Gupta	NBJ	93'00
12. Siddharth Aggarwal	HBJ	93'00
13. Veni Gupta	VHG	90'00

U-IV—C

14. Adrika Sood	VHG	91'00
15. Aryaman Singh Kohli	NBJ	94'00
16. Gursimran Singh Walia	NBJ	95'00
17. Navya Monga	VHG	90'00
18. Raghav Gupta	NBJ	97'00
19. Saina Sodhi	VHG	91'00
20. Vivaan Parvinder Singh	NBJ	96'00
21. Yakshita Bansal	SHG	99'00

U-IV—D

22. Anushreya Singh Verma	SHG	98'00
23. Narrun Sood	NBJ	91'00
24. Seerat Sandhu	NHG	98'00
25. Utakarsh Singh	NBJ	93'00

L-V—A

1. Nitya Khanna	VGD	95'00
2. Paramdeep Singh Lotey	VBJ	93'00
3. Pratham V.P. Kalta	VBJ	90'00
4. Prerna Madaan	HGD	95'00
5. Rivaan Singh Khara	HBJ	91'00

L-V—B

6. Akshita Kaushik	VGD	93'00
7. Archit Bansal	SBJ	90'00
8. Dhruv Malik	NBJ	92'00
9. Ishampreet Kaur Ahuja	NGD	91'00
10. Jaiveer Singh	HBJ	97'00
11. Priya Gupta	NGD	95'00

L-V—C

12. Anshruta Thakur	NGD	95'00
13. Aryan Singh	HBJ	90'00
14. Jassnoor Kaur Jatana	VGD	98'00
15. Priyal Bhasin	HGD	92'00
16. Suryaveer Singh Kadyan	SBJ	96'00

L-V—D

17. Ananya Mukherjee	SGD	92'00
18. Gopal Agarwala	NBJ	93'00
19. Kabir Kalra	VBJ	96'00
20. Mahika Dhankhar	SGD	90'00
21. Yuvraj Singh Nughaal	VBJ	91'00

U-V—A

1. Amit Dahiya	HBS	93'00
2. Anoushka Chauhan	SGD	90'00
3. Divyanshi Vasisht	NGD	95'00
4. Madhav Chawla	SBS	90'00
5. Rishavpreet Singh	NBS	92'00
6. Shivam	HBS	90'00
7. Tushar Nandy	HBS	98'00
8. Vrinda Aggarwal	SGD	94'00

U-V—B

9. Aditya Sharma	SBS	92'00
10. Arjun Veer Kohli	VBS	93'00
11. Mannat Bir Kaur	NGD	91'00
12. Udayvir Singh Grewal	VBS	96'00

U-V—C

13. Faaris Haider Zaidi	HBS	90'00
14. Garvit Malik	VBS	90'00
15. Parth Pant	HBS	93'00
16. Sarthak Gupta	VBS	93'00

U-V—D

17. Aanandita Maini	VGD	92'00
18. Diya Modi	HGD	93'00
19. Sabah Kaur Mann	HGD	90'00
20. Sanjana Gupta	HGD	90'00
21. Vivek Saraswat	SBS	92'00

L-VI—A

1. Mannat Chauhan	NGD	95'00
2. Ruchita Sharma	SGD	94'00
3. Yuelha Yidzin	HGD	93'00

L-VI—B

4. Harsh Vardhan Singh Kholta	SBS	90'00
5. Ustat Singh Gandh	NBS	90'00

L-VI—C

6. Sabhya Verma	SBS	91'00
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L-VI—D

7. Srijani Sankar Barik	NGD	90'00
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U-VI—A

1. Aadya Gupta	NHG	93'00
2. Anvika Khanna	VGD	90'00
3. Hargun Bhatia	SHG	90'00
4. Kimaya Singh	NGD	90'00
5. Meher Bedi	SGD	90'00

6. Saba Sandhu	NGD	92:00
7. Vaishalika Saggi	HGD	90:00
8. Zainab Shamsi	NGD	94:00
U-VI—B		
9. Navrup Kapur	HGD	90:00
U-VI—C		
10. Devansh Vadehra	HBJ	94:00
11. Dhruv Guleria	HBS	93:00
12. Divij Jain	HBS	94:00
13. Himesh Rohatgi	VBS	92:00
14. Pratyaksh Tuteja	HBS	93:00
15. Sachika Singla	VGD	90:00
16. Shubham Mahajan	HBS	90:00

Section III : SPORTS NEWS

7th All India Major Jaggal Memorial Sub Jr. B'ball Tournament

The 7th All-India Major Jaggal Memorial Sub-Jr. basketball tournament for boys and girls was held at Pinegrove school from 20th to 23rd April, 2016. In the Girls U-14 Category a total of 8 teams participated. Sanawar girls U-14 team won the tournament by winning all the league matches. They won the first match against YPS, Mohali by 20-10. The Second match was won against Strawberry Fields, Chandigarh by 22-16. The third match was won against MNSS, Rai by 26-12. The semi-final was played against Welham Girls, Dehradun and won by 23-16 by Sanawarian girls. The final match was won against Pinegrove by 24-17. Mr. J.C. Katoch was the team Coach. Simrina Loona was declared the Highest Scorer of the Tournament. Gold medals were awarded to the team comprising of:

Student's Name	House	Class
Aashi Shekhar	SHG	7 A
Amaan Dhillon	VHG	7 D
Anannya Julka	NHG	7 C
Arshita Sharma	VHG	8 B
Kritaka Jaggi	NPG	6 C
Nirjra Gyawali	HHG	7 B
Pavit Sidhu	SHG	8 A
Pavya Singh	HHG	7 C
Ruhani Sikka	VHG	7 C
Simrina Loona	SHG	7 B
Tarika Khanna	VHG	8 A
Ustat Kaur Jatana	VPG	6 B

In the boys U-14 Category, we were only participants.

61st National School Gymnastics-2016 held at Hyderabad (25-30 April)

The Following Sanawar Gymnasts represented CBSE Gymnastic Teams in the 61st National School Gymnastics held at Hyderabad from 25th to 30, April.

Student	House	Class
Ada Kohli	VGD	11 A
Sonam Wangmo	HGD	10 B
Zoya Raj Singh	SGD	12 A
Karan Dahiya	NBD	12 D
Rahil Nazir	SBD	10 C
Shivam Thakur	HBD	12 D
Yash Wardhan	NBD	12 D

16th Major RK Von Goldstein Memorial T-20 Cricket Tournament 2016

The 16th Major RK Von Goldstein Memorial T-20 Cricket Tournament was organised by BCS, Shimla from 5th to 7th May. A total of six teams participated namely (Vasant Valley, Delhi; Vivek High School, Chaadigarh; DPS-Solan; Pinegrove School, Dharampur; The Lawrence School, Sanawar; and the hosts BCS, Shimla. The Tournament was played on the basis of Round Robin league. Sanawar won three league matches against DPS, Solan; Vivek High, Chandigarh and Vasant Valley, Delhi. One league match was not played against Pinegrove School.

In the final match, Sanawar lost to Pinegrove School in the super over as the match was drawn on the last ball by Gaurav Yadav of class 8 by hitting a sixer. The runners-up medals were awarded to team comprising of the following:-

Student	House	Class
Adit Raaj Gupta	SHB	12 B
Anjaney Sahni	VBS	11 D
Arunodaya Rohta	SBJ	12 B
Gaurav	HBJ	8 D
Himesh Rohatgi	VBS	12 C
Japkirat Khurana	HBS	11 C
Kartik Verma	SBS	11 B
Mehul Jakhar	VBS	11 D
Nikunj Agarwal	VBS	11 D
Parth Mehta	NBS	11 C
Pranav Pandoh	SBS	11 C
Rushil Negi	HBS	12 B
Sabhya Verma	SBS	11 C
Sidaq Singh Gulati	NBS	11 B
Yuvraj Singh Nughaal	VBJ	9 D

Team Manager Mr. DC Jangra

Team Coach Mr. Gulshinder Singh

-Kartik Verma was awarded the man of the match award in the match against DPS, Solan.

-Rushil Negi was the man of the match against Vasant Valley, Delhi.

-Sidaq S. Gulati received the man of the match award for the match against Vivek High, Chandigarh.

**Result of Home Badminton Fixture held on
21st & 22nd May between The Lawrence
School, Sanawar and The Scholars Home,
Ponta Sahib**

Result of Individual Championship:

Age Group	Position	School	Player
Girls U-11	Winner	Sanawar	Ayra Khurana
Girls U-12	Winner	Sanawar	Nandini Jain
Boys U-12	Winner	Sanawar	Ojas Mridul
Boys U-13	Runner Up	Sanawar	Sidharth Arora
Boys U-16	Winner	Sanawar	Aditya Ranjan
Girls U-13	Winner	Sanawar	Kumud Dahiya
Girls U-16	Winner	Sanawar	Meghna
Girls U-16	Runner Up	Sanawar	Diya Modi

Result of Team Championship:

Age Group	Position	School
Boys U-13	Runner Up	Sanawar
Girls U-13	Winner	Sanawar
Boys U-16	Winner	Sanawar
Girls U-16	Winner	Sanawar

Section IV : O. S. News

Achievement

Kudos to Surbhi Garg (Siwalik) batch of 2008 for clearing her UPSC civil services exam 2015. That's surely a commendable achievement. We wish her all the best for her journey ahead. Congratulations!

हिन्दी खण्ड

निबंध लेखन प्रतियोगिता

दिनांक—८-4-2016

मेरा प्यारा भारत

भारत एक विशाल देश है। इसे हिंदुस्तान या भारतवर्ष भी कहते हैं। उत्तर में हिमालय पर्वत से लेकर दक्षिण में द्विद महासागर तक और पूर्व में अरब के सागर से पश्चिम में बंगाल की खाड़ी तक फैला है इसका विस्तार।

यहाँ हरे-भरे जंगल भी हैं और रेतिले रेगिस्तान भी, यहाँ फूलों से भरी घाटियाँ हैं तो बर्फ से लदे पहाड़ भी। यहाँ हरे-भरे जंगल हैं, चंबल नदियाँ बहती हैं, कई प्रकार के जानवर और पक्षी हैं तथा लहलहाते हुए खेत हैं। मेरा प्यारा देश भारत प्राकृतिक दृष्टि से बहुत सुंदर है। पूरे संसार में यही एक ऐसा देश है जहाँ एक के बाद एक छः अलग-अलग ऋतुएँ आती हैं।

भारत की भूमि पर कई महापुरुषों ने जन्म लिया है और देश का नाम गौरवान्वित किया है। यहाँ पर राम, कृष्ण और गौतम बुद्ध जैसे महापुरुषों ने जन्म लेकर इसका सिर गर्व से ऊँचा कर दिया। यहाँ पर महात्मा गाँधी, भगत सिंह, पंडित जवाहर लाल नेहरू जैसे सपूतों ने भारत की स्वतंत्रता के लिए अपना सब कुछ न्योछावर कर दिया। हम सब को उन वीरों पर गर्व है।

इस भूमि पर कई मुगल राजाओं ने जो राज किया जो भारत को प्रगति की ओर ले गए। जैसे शाहजहाँ, अकबर, हुमायूँ आदि।

भारत की सबसे बड़ी विशेषता है कि यहाँ विविधता में भी एकता है। इसका सबसे अच्छा उदाहरण था जब सब जातवासियों ने मिलकर भारत की स्वतंत्र करवाया था या पिछले ही वर्ष जब जम्मू कश्मीर में बाढ़ आई थी तब भी सब ने मिलकर सहायता की थी।

भारत के चिह्न ही हमारी पहचान हैं। भारत का झंडा, हमारा तिरंगा हमारा आन-बान और शान है। इन्हीं चिह्नों और झंडे से हम दूसरे देशों में जाने जाते हैं।

“ सारे जहाँ से अच्छा,

हिंदोस्ताँ हमारा।”

युवम सोनी
कक्षा-सातवीं सी

लड़का-लड़की एक समान

समाज में लड़के-लड़की में असमानता का भाव बहुत पहले से चलता आ रहा है। लड़कों को लड़कियों से ज्यादा कुशल और बुद्धिमान समझा जाता है। लड़कों को लड़कियों से ज्यादा महत्व दिया जाता है। प्रत्येक परिवार में लड़के के जन्म की आशा की जाती है। लड़की के जन्म पर खुशियाँ नहीं मनाई जाती। लड़के के जन्म पर बड़े-बड़े समारोह होते हैं, लोग पैसे उधार लेकर समारोह कराते हैं पर लड़की के जन्म पर लोग पैसे छोड़कर भी समारोह नहीं कराते। किसी ने सब ही लिखा है —

“माँ, मैं आईने में खड़ी होकर,

तेरी चुनरी ओढ़कर,

तेरी लिपस्टिक लगाऊँगी।

और तू आँगी, मुझे डटिंगी

पर यह सब नहीं है माँ।

माँ, मैं तो मजाक कर रही थी,

क्योंकि मैंने तो एक दिन

कुर्बानी दे देनी है।”

पर अब समय बदल गया है। आज-कल लड़कियाँ कहीं-कहीं नहीं पहुँच गई हैं। किरन बेवी भारत की पहली आई०पी०एस० अफसर, पी०टी०ऊया भारत की प्रसिद्ध एथलीट, साएना मिर्जा भारत की बैडमिन्टन खिलाड़ी आदि ने भारत की शान बढ़ाई है।

आजकल लड़का-लड़की में असमानता को कम करने के लिए भारत की ही नहीं बल्कि पूरे विश्व के देशों की सरकारें भी काम कर रही हैं। लड़का-लड़की एक समान हैं। जो काम लड़के कर सकते हैं, वही काम लड़कियाँ भी कर सकती हैं। पर बड़े अफ़सोस की बात है कि आज भी भारत के कई ज़ोरों में, छोटे-छोटे गाँवों में लड़कों को लड़कियों से ज्यादा कुशल समझा जाता है। सब तो यह है — लड़का सिर्फ़ एक घर का कल्याण करता है पर लड़की तो दो घरों को संभारती है।

किसी ने यह भी कहा है कि लड़के-लड़की को एक समान रखो क्योंकि हम एक बेटे को बेटा बुला सकते हैं पर बेटे को बेटो नहीं बुला सकते। अर्थात् एक लड़की-लड़का बनकर संभाल कर सकती है पर एक लड़का कभी लड़की की तरह संभाल नहीं कर सकता।

अंत में मैं यही कहना चाहूँगी कि लड़के-लड़की को एक समान समझो क्योंकि दोनों में योग्यताएँ हैं।

यसिता बंसल
कला-आठवीं सी

चरित्र बल

जैसे पौधे को पत्तियों की आवश्यकता होती है, ठीक वैसे ही हर मनुष्य को ज़रूरत है — एक अच्छे चरित्र की। चरित्र हमारे जीवन का आधार है। जिस मनुष्य का चरित्र अच्छा होता है, वह भीड़ में भी एक सितारे की तरह उभर कर आता है। एक आदर्श चरित्र यानि व्यवहार, बातचीत करने का विनम्र ढंग, आत्मविश्वास, कुछ विशेषताएँ तथा घमंड का न होना। जो मनुष्य ये खूबियाँ प्राप्त कर लेता है, वह महानुष्य बन जाता है। धन, दौलत जैसे मौलिक साधनों से लगाव करने वाले लोग कभी एक 'परफेक्ट' चरित्र नहीं पा सकते। ऊँची सुंदरता से नहीं बल्कि हमारी पहचान हमारे संस्कार तथा चरित्र से होती है। जैसे कहा गया है "इन्सान की सूरत नहीं, सींग देखिए।" जिस व्यक्ति का चरित्र बल दिया है, सफलता उसी की तरफ झुक जाती है। बुद्धे चरित्र वाले लोगों को कोई पसंद नहीं करता। बाहरी रूप को चाहे जितना भी धमका लो, अगर मन मैला रह जाए तो क्या मूल्य है, ऐसे जीवन का। सनी बच्चों को चरित्र के बारे में समझाना आवश्यक है। आज की युवा पीढ़ी अगर

इस बात को समझ लेगी तो ही देश तरक्की कर पाएगा। जनता का चरित्र बल ही मुख्य होना चाहिए। जो विद्यार्थी सिर्फ अच्छे अंक लाते हैं, वे उन विद्यार्थियों से जिनका चरित्र बल दिया है, कुछ पीछे रह जाते हैं। हम सभी में अलग-अलग बल है, सबका चरित्र अलग है। मगर कुछ विशेष योग्यताएँ हैं जो हमें समाज से प्राप्त करनी चाहिए। हम सबका कोई न कोई 'रोलमॉडल' होता है, जिसके चरित्र से हम अति प्रभावित होते हैं, ऐसा इसलिए क्योंकि उस व्यक्ति के चरित्र की विशेषताओं के कारण हम उसकी ओर आकर्षित होते हैं। यह संसार बहुत बड़ा है। अगर करोड़ों की इस भीड़ में अकेले खड़े रह कर भी सबका धिय बनना है तो अपने चरित्र में सुधार लाना ही पहला कदम होना चाहिए। एक बढ़िया चरित्र और समाज में आवर ही सर्वश्रेष्ठ खजाना है। इसलिए चरित्रवान बनिए और समाज में प्रतिष्ठा पाइए।

अशिता कौशिक
कला-नौवीं सी

वृक्षारोपण

"वृक्ष उगाओ, जीवन बचाओ।"

वृक्षारोपण का अर्थ है-वृक्षों को अधिक से अधिक उगाना। आज का युग विज्ञान का युग है। इस युग में बड़ी-बड़ी कंपनियाँ इमारतें, बड़े-बड़े फ्लैट, मोबाईल-फोन तथा मोटर कारें आदि हैं। इन यंत्रों के युग में वृक्षारोपण का महत्त्व अधिक बढ़ गया है। जब वर्षा ऋतु आती है तो उस महत्त्वपूर्ण जल को रोकने के लिए वृक्ष हमारे लिए बहुत सहायक होते हैं। पेड़ों की जड़ें पानी को ले लेती हैं तथा भूमि को सूखलान से रोकने में सहायता करती हैं। वृक्ष परिवारण में ऑक्सीजन तथा कार्बन-डाइ-ऑक्साइड का संतुलन भी बनाए रखते हैं। हमें जीवित रहने के लिए ऑक्सीजन की आवश्यकता पड़ती है। बिना ऑक्सीजन के हमारा जीवन, जीवन नहीं रह सकता अपितु मरण बन सकता है। शाकाहारी एवं मांसाहारी जीव वृक्षों पर ही निर्भर हैं। मांसाहारी जिन पशुओं को ग्रहण करते हैं वे भी तो पौधे ही खाते हैं। कहते हैं खाने के बिना हम दस दिन तक रह सकते हैं, पानी के बिना एक सप्ताह तक परन्तु हवा के बिना एक मिनट भी नहीं। आजकल मनुष्य आगे निकलने की वीड़ में इतना जुट गया है कि वह भूल गया कि उसका अस्तित्व किस पर निर्भर है। वह निरंतर पेड़ काटता जा रहा है परन्तु ऐसा नहीं हुआ कि वह उसकी जगह कोई और वृक्ष लगा दें। मनुष्य को कार को पार्किंग के लिए जगह, घर, स्कूल, कारखाना, रेस्टोरेंट, होटल आदि सुविधाओं के लिए जमीन चाहिए। इसलिए जंगल

घटते जा रहे हैं। जिस कारण जंगली जानवर, जो जंगलों में रहते थे वे आजकल गाँवों तथा शहरों में आ रहे हैं। भगवान ने जो संतुलन बना कर भेजा था हमने उसे ही बिगाड़ दिया। इसे कहते हैं—“अपने पैर पर आप कुल्हाड़ी मारना।” इस संतुलन को हम बना सकते हैं परंतु इस के लिए हमें अभी पहल करनी पड़ेगी। हमें एक कदम मानवता की मसाले के लिए उठाना होगा। हमें आने वाली पीढ़ियों की तरफकी के लिए भी विचार करना पड़ेगा। यदि कोई वृक्ष काटता है तो सरकार को उसके लिए जुर्माना लेना चाहिए। वृचारोपण के लिए केवल सरकार ही नहीं बल्कि हम सबकी भी बराबर की ज़िम्मेदारी है।

दोषा मोदी
कक्षा-दसवीं डी

प्रार्थना सभा में विचार

तिथि—4-5-2016

प्रार्थना :

आप ही वायु, यम, अग्नि, वरुण, चन्द्र, प्रजापति तथा प्रथितामह हैं। आप को सहज नमस्कार है। आप हमें एक दूसरे के साथ सहयोग की भावना उत्पन्न करने की क्षमता प्रदान करें।

मनुष्य एक सामाजिक प्राणी है, जिसकी उन्नति सहयोग की बुनियाद पर निर्भर है। जिस प्रकार ईंट से ईंट जोड़कर विशाल भवन बनता है, पानी की एक-एक बूँद से सागर बनता है। उसी प्रकार अनेक व्यक्तियों के परस्पर सहयोग से ही मनुष्य का विकास संभव है। समाज और राष्ट्र की समृद्धि परस्पर सहयोग पर ही निर्भर है। समस्त विकास सहयोग से ही होता है। कोई भी व्यक्ति सर्वज्ञ नहीं होता। कलाकार के सामने डॉक्टर अयोग्य है, तो डॉक्टर के सामने इंजीनियर और साहित्यकार के सामने व्यापारी। कहने का आशय यह है कि सभी अपनी-अपनी विधाओं में निपुण हैं किन्तु संतुलित विकास के लिए एक दूसरे का सहयोग अति आवश्यक है। सहयोग की आदत मनुष्य में मैत्री भावना का विकास धरती है। गौतम, महावीर, ईसा छो या कृष्ण, कबीर, राम, रहीम सभी महापुरुषों में मैत्री की भावना समान है।

धरती पर जैविक संरचना कुछ इस प्रकार की है कि समाज से परे अकेले व्यक्ति का विकास संभव नहीं है। प्राणी में शरीर के सभी अंग मिलकर कार्य करते हैं तभी व्यक्ति अनेक कार्य करने में सक्षम होता है। इतिहास गवाह है कि रावण, कंस, दुर्योधन हो या हितसर, मुसोलिनी, चंगेज खान तथा नादिर शाह जैसे शक्ति संपन्न थे किन्तु सभी ने सामाजिक भावना का निरादर किया जिसका परिणाम है कि उनका अस्तित्व ही समाप्त हो गया। सुजन का आईना है—परस्पर सहयोग। व्यक्ति का संपूर्ण व्यक्तित्व समाज के सहयोगी प्रयत्नों का ही फल है।

मदर टैरेसा का कहना था कि “आप सौ लोगों की सहायता नहीं कर सकते तो सिर्फ एक की ही सहायता कर दें।”

सच ही तो है दोस्तों, एक और एक ग्याह होते हैं, बूँद-बूँद से घड़ा भरता है। व्यक्ति और समाज का कल्याण इसी पर निर्भर है कि लोग व्यक्तित्व की मानसिकता को छोड़कर सहयोग के महत्त्व को समझते हुए उसे जीवन का अहम हिस्सा बना लें। सहयोग की भावना की एक शुभआत से ही ‘बसुधैव कुटुम्बकम्’ की भावना सजीव होती है। जो मानव जीवन के लिए महत्त्वपूर्ण है। हम सभी को एक दूसरे के साथ सहयोग की भावना का पूरा ध्यान रखना चाहिए। यही वास्तव में उत्तम मानवता है।

आशी शेखर
कक्षा-सातवीं ए

प्रार्थना सभा में विचार

तिथि—6-4-16

महिला मित्रों से शिष्टाचार

सड़के-सड़कियों से मित्रता का रिश्ता संवेदनशील होता है। उन्हें परस्पर शिष्टाचार का पालन करते हुए रहना चाहिए। सड़के-सड़कियों का मित्रता के दौरान मर्यादा में रहना अत्यंत आवश्यक है। मर्यादा की सीमा को कभी नहीं लौचना चाहिए। दोनों के मध्य हंसी-मजाक एक सीमा में ही होना चाहिए। दोनों को एक-दूसरे के सम्मान का विशेष ध्यान रखना चाहिए। सुले विचारों का होना अच्छा है लेकिन अनावश्यक रूप से खुलना अशिष्टता है। अतः अपने विचारों को शिष्टाचार तक ही सीमित रखें, ताकि कोई उनका गलत लान न उठा सके।

आवश्यकता पड़ने पर अपना परिक्ल्पित के अनुसार महिला मित्र को उसके घर तक पहुँचाना शिष्टाचार है। किसी संकट में उसे अकेला छोड़ना अशिष्टता है। बिना निमंत्रण महिला मित्र के यहाँ पुरुष को अपना पुरुष मित्र के यहाँ महिला को नहीं जाना चाहिए। निमंत्रण पर जाएँ तो समय का विशेष ध्यान रखें। एक-दूसरे से बिनम्रता से बातचीत करनी चाहिए। बातलाप ऐसा होना चाहिए, जिससे एक-दूसरे के अत्मसम्मान को ठेस न पहुँचे।

ठोकर खाकर उठना और चल पड़ना उत्तम है, लेकिन नजरों से गिरकर पुनः उठ पाना बहुत कठिन है, क्योंकि एक बार नजरों से गिरने पर वह स्थान नहीं मिल पाता, जो पहले था। अतः शिष्टाचार ऐसा होना चाहिए, जो सम्मान प्रदायक हो। जरा सी झूक मित्र को नजरों से गिरा सकती है। इसलिप्य व्यवहार में अशिष्टता को ज़रा भी स्थान न दें।

गीरिका
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Editors : Mrs. Nitya Chopra (English)

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