

NEWSLETTER

85

December

2015

Section I: From The School

To Be A Sanawarian

Varun Ahuja, U-V

It was my dream come true when I entered this school.

I wanted to face reality and leave my silver spoon, I thought I knew the world inside out, All the whereabouts,

But when I came here I got to know what reality was all about.

The rules and regulations here were so strict everybody wanted everything spic and span, Even an inch here and there would entitle you to a full handspan.

I was always taught that you have to be tough but when the time came, People here had a definition of tough which was not at all the same.

I was always fed on the bed by my mother, Here I got to know what it was to have an awful supper.

The Wednesday gulab jamun or the special dinner's rasmalai is like you're lost in paradise, Whereas the dal tastes the same no matter whether you eat it once or thrice.

I can't forget the drills and the memorable moments we had,

And the feeling we had for the days which followed after that.

There is some tendency that people here have, I really don't know what, They instantly make you your best friend and honestly they're the best I got.

Whether it be morning P.T. or drills, They will stand beside you like a solid wall, Whenever you're feeling blue they'll crack there lame jokes with all the LOLs. We were always reluctant to get up from the bed no matter who or what we see, But the face of a senior coming and screaming was a sight nobody wanted to see.

His punches are aimed directly at your heart, And when you get insulted he will sweetly come to you and say, 'Remember!' I love you Sweetheart."

Our houses bind us together in a simple pack, We stay together whether it be in dorms, on field or the track.

Apart from the PT, drills, socials and all the meals I won't forget even a single second in this school which people can only dream.

For the evenings and nights that I spent with all my might, To the people who came in my life and made it more bright, I want to say 'Thank you' for a wonderful journey till this time.

Our Journey Through School

Anmol Garg & Medha Yadav, U-VI

So, this is it. As we approach the end of our school life, looking back at the blissful years spent in Sanawar, we can't help overcome the feeling of nostalgia and emotion. We never thought that time would come to say this, but it has—"Sanawar has been our sweetest hello and our hardest goodbye". Staying at Sanawar for 7 years seems like forever. Always believing that a bell would start and end everything right from 6'o clock in the morning till 10 at night which would eventually become 6-15 and 12-00.

We don't know what lies ahead; but one thing we are sure about is that, may any hurdle come our way, we will fight it because of the strength instilled in us. We realize that we would depart with mixed emotions. Joyous, that we were prepared to deal with life's challenges and yet disappointed that we have to leave school in order to move on in life. We all here have been through times where breathing was difficult to moments which took our breath

There is always some good in the bad and some bad in the good and when we mix these two together, we get life and life is what Sanawar taught us to live. Sanawar has given us some really good friends and so many memories that bring back smiles and tears. Our friends have been our support system and stood by our side. So, this is to all the memories we built on the path and no matter where we go, no one can steal these from us.

We all have lived a life of courage, a life very different from the others. Life goes on as time never waits for anyone. Life doesn't come easy with enough opportunities to reach the end. Things may not start on a good note but will always have a happy ending and if it's not happy, it's not the end.

Many say that memories are life's footprints in the sand, they are washed away with tides of times. But here, we say confidently, that these will remain etched in our hearts forever. No matter how harsh the life is outside the gate of Sanawar, we would NEVER GIVE IN.

Somebody Taught Me Srijani Sankar Barik, U-V

Somebody taught me that being poor doesn't mean having nothing and being rich doesn't mean having everything. That respect can't be demanded but earned. That love can't be bought and belief can't be sold. That tossing every penny at our desire doesn't make us rich and just wearing a crown doesn't make us kings. That hatred hates back and love loves back. That ambition is good but greed is evil. That I will be remembered for the good I did and not for the money in my bank deposit. That God won't ask me about the number of friends I had but the number of people I was a real friend to. That the number of likes on Facebook or the number of followers on Twitter doesn't make a hero. That the real hero doesn't follow ideals but sets ideals for others to follow. That there are oases in deserts and islands in oceans. That people who smile are the most beautiful. That bank notes may buy you a seat in the Parliament but won't buy you a place in someone's heart. That a nod can make a life and a 'no' can break a dream. That ending life is not the solution to everything. That every problem has a solution to it. That the end has to be good; if it's not good, it's not the end yet. That I shall always aim not for the good but the great. That diamond was once coal. That a statue was once nothing but mud. That no peak is too high to scale, no distance is too great to travel, no province is too grand to conquer and no heart is too difficult to win. That battle can be fought without canons but not without courage.

That a soldier is the most courageous and bullies are the most cowardly. That standing up for the right and being a rebel isn't the same thing. That a good sense of humour is the best jewel. That the best gift to a foe is forgiveness. That passion drives man forward and voracity pulls man backward. That a key was made with every lock. That concrete can be put together with cement but a broken heart can't be put together with words. That introverts have the most to talk about. That diamonds can't buy hearts and rubies can't buy esteem. That we come to know about the importance of loved one only when he goes away. That it is okay to cry but better to laugh. That a big wound can't be slapped shut with band-aid. That the wave of life will pick us up and throw us if we try to swim upstream. That life is too short to regret and too long to spend in odium. And that we live only once.

Yes I Am A Girl

Chaitali Verma, U-V

Yes I am a girl But that does not mean I will be judged by the length of my skirt. Yes I am a girl But that does not mean I will be easily hurt. Yes I am a girl But does not mean I'm weak. Yes I am a girl But that does not mean I can't raise my voice and speak. Yes I am a girl But that does not mean I will be dictated, Yes I am a girl But that does not mean On the basis of my appearance I will be rated. Yes I am a girl But that does not mean I will be scared of people and cry. Yes I am a girl But that does not mean I have to be shy. Yes I am a girl But that does not mean I can't fight. Yes I am a girl But that does not mean I shouldn't learn to read and write. Yes I am a girl But that does not mean Freedom is a crime. Yes I am a girl But that does not mean I need to be fully covered all the time, Yes I am a girl But that does not mean I don't have any rights. Yes I am a girl But that does not mean

I can't roam around late at night. Yes I am a girl But that does not mean My dignity will be scraped. Yes I am a girl But that does not mean I'm responsible for being raped.

Journey : My Dream Adventure

Sohaya Gill, U-V

We travel, not to escape life but for life to not escape us. I want to see the world. Follow a map to its edges. And keep going, forgo the plans, trust my instinct. Let curiosity be my guide. I want to change hemispheres and sleep under unfamiliar stars and let the journey unfold before me. I want to discover myself in every place I go and become a part of it. I want to discover and create memories that last forever and when I say I want to travel I don't mean I want to stay at resorts and go on tour guides or buy key chains from souvenir shops. I don't mean I want to be a tourist. When I say I want to travel I mean I want to discover small coffee shops in Germany, Italy & France. I want to walk on beaches in Australia and browse bookshops in England, I want to h ke the great wall of China, roll Sushi in Japan and go cliff diving in Hawaii. I want to let the mesmerising scenes flood the pool of memories in my heart. I want to meet people who are not like me but people who I can like all the same. I want my mind to be a constant awe of life on earth. I want to see things with new eyes. I want to look at a map and be able to remember how I was transformed by the places I have been to, the things I've seen and the people I have met. I want to come home and realise that I have not come home whole, but I have left a piece of my heart in each place I have been to. This, I think is what is at the heart of adventure and this is why I plan on making my life one.

On Cracked and Broken Things

Aadya Gupta, L-VI

Broken panes of glass in the window, The edges are sharp. A cracked jug by the windowsill, It has a bouquet of dead flowers in it. Cracked paint, peeling off the walls, They don't let the rain in. A crooked chair which still stands a stout table, With a burn mark on the left side. An old bedstead, With worn metal work silver paint. Along with the black, An old door Faded with years of rain and sunshine A young girl... With bright eyes and a broken heart. Her world ... Fraying at the edges,

GOD

Arjun Ahluwalia, U-IV

God, I wanted to thank you, Because I have got to live because of you. And don't forget that I am one of those few, To worship you: I have to wait in a long queue.

God is great,
Thank you, that I am able to attend this fate.
Love you for the entry of this gate,
No words to thank you for the happiness which

God, you are everybody's trust,
And every creature is your lust.
Thanks a ton for this life,
You should know this poem and that's a must.

Inter-House Junior Debate

The Junior Inter-House English Debate was held on November 07, 2015 this year with a brand new format. The format was changed keeping in mind that schools outside of Sanawar are employing challenging techniques in order to develop the speaking skills of the students. Oratory is an integral part of the school curriculum for outside life and promoting good oratory is vital for good speech.

Some of the topics that had great promise and are worthy of a mention were, 'Mummies are more fun than Daddies, It is Better to be a Girl than a Boy and Empty Vessels Make the most Sound'

We hope that the introduction of this new method shall produce speakers worthy of holding their own anywhere in a debate.

The result is as follows:-

CD

- 1. First in JAM-Nitya Khanna
- 2. First in Turn Coat-Arjun Kohli
- 3. First in Block and Tackle-Tarika Khanna

Inter-House Rangoli Conpetition

On the Occasion of Diwali a Rangoli competition was held for G.D. on 5-11-15 and for P.D. on 7-14-15. The Result of the competition is as follows:

DD Ci-le

GD		r D Giris		
	First	Siwalik House	First	Himalaya House
	Second	Nilagiri House	Second	Vindhya House
	Third	Vindhya House	Third	Siwalik House
	Fourth	Himalaya House	Fourth	Nilagiri House
	GD Ho	D Holding House		
	First	Siwalik House	First	Vindhya House
	Second	Nilagiri House	Second	Himalaya House
	Third	Vindhya House	Third	Nilagiri House
	Fourth	Himalaya House	Fourth	Siwalik House

Rangoli Competition

Remanika Bhutani & Kahkashan Sehgal, U-III

Rangoli Competition held on 7-11-2015 was a memorable experience for Prep School.

Himalaya House made a wonderful scene of 'Dandiya'. Nilagiri House made a marvelous 'Peacock' with a lot of shimmer on it. 'Radha-Krishna' was depicted by Siwalik House which was amazing. The Vindhyans came up with an excellent idea of a beautiful 'Green Bird'. The atmosphere was full of competitive spirit. It was a team work and we actually understood the meaning of the same during the competition. All of us enjoyed it immensely but at the same time we were anxious about which team would win. We felt that Rangoli was not just a piece of art but also a world within itself.

Painting Competition

Inner Wheel Club of Kasauli had invited us to be a part of Balanand Painting Competition initiated by Prafulia Dahanukar Art Foundation, Bombay, in which schools from Himachal Pradesh participated. 25 of our students participated in the same and following have been positioned as follows at School level. Their works will be sent further for District Level Competition.

Third Shikhar Shaan Dhillon Second Srijani Sankar Barik First Aanandita Maini

PD English Declamation Competition

The P.D. Inter-section English Declamation competition was held on 17th October, 2015. Four children from each section spoke on a variety of topics like Moral values, why cut trees, Diwali, Pushkar fair, Ramanujan-The great mathematician, greeting cards, Bicycle-a perfect machine, penguins, Rubik's cube etc. All the children spoke with a lot of confidence and zeal. The audience was absolutely enthralled by their enthusiasm. The result was as follows:

Lower-III

Third-Kritaka Jaggi	***	L-III C
Aryaman Jakhar	***	L-III C
Second-Divij Gupta	***	L-III B
First- Zaara Bhinder	***	L-III C
Upper-III		
Third-Nihal Sidhu	***	U-III C
Dhruv Deora	***	U-III B
Second-Aumira Jain	***	U-III C
First-Simar S. Gabadia	***	U.III A

Section II: From The Staff

!! Achievers !!

Dr. V.K. Sharma, DoF

Students who scored 90% or above marks in the Final Exam. of 2015.

S. No. Name		House	%	
	L-ПІ—А			
1,	Devisha Jain	NPG	90-00	
2.	Drishya Dinesh	SPB	90.00	
3.	Krish Jeet Singh	HPB	91.00	
4.	Krish Mahajan	NPB	96.00	
5.	Manya Gupta	HPG	95.00	
6.	Ojas Girdhar	VPB	95.00	
7.	Raabiah Kaur Dhillon	VPG	90.00	
8.	Sehar Kaur Sandhu	SPG	95.00	
9.	Tanvi Sood	VPG	96.00	
10.	Yuvraj Dhamija	HPB	96.00	
11.	Zara Kalsi	HPG	94.00	
	L-III—B			
12.	Chitesha Rewri	HPG	91.00	
13.	Era Kajla	HPG	91.00	
14.	Mokshi Sharma	NPG	93.00	
15.	Nishant Pajni	VPB	97.00	
16.	Rhydham Lamba	NPG	90.00	
	Roshan Raj	NPB	93.00	
18.	Ustat Kaur Jatana	VPG	95.00	
	L-III—C			
19.	Vivaan Jain	SPB	90*00	
į	U-III—A			
1.	Harshangad Singh	HPB	98*00	
2.	Kahkashan Sehgal	NPG	95 00	
	Navya Khosla	SPG	90.00	
	Pavya Singh	HPG	98.00	
	Puru Manjarey	VPB	91.00	
6.	Remanika Bhutani	NPG	93.00	
22000	Ruhani Khanna	VPG	91.00	
8.	Simar Singh Gabadia	NPB	96:00	
	U-111—B			
	Anannya Julka	NPG	90.00	
	Gurman Singh Bhalla	SPB	93-00	
	Himanshu Sabharwal	SPB	94.00	
12. 5	Sambhy Tahlani	VPB	93.00	
	U-III—C			
	Abhishek A. Kumar	VPB	91.00	
	Bhakte	VPG	92.00	
	Karmanbir Singh Batth	VPB	93.00	
16. 8	Shloka Mittal	VPB	91.00	

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GD Result (Combined Result of GD Jr. & GD Sr.)		
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BD Result (Combined Result of Atoms, Colts &

Ist XI)

Pesition	House	Points	
Fourth	Nilagiri	07	
Third	Himalaya	13 (-8)	
Second	Vindhya	13 (-3)	
First	Siwalik	19	

Inter-House Shooting Competition-2015 INDIVIDUAL POSITIONS

Girls : Juniors

Air Rifle Peep Sight Second : Anus

Second : Anusha Rana First : Harshita Chaudhary

Air Rifle Open Sight

Second : Navya Monga

First : Shyla Robinson

Air Pistel

Second i Jassnoor Jatana First : Muskaan Suri

Girls : Seniors

Air Rifle Peep Sight

Second : Esha Sandhu First : Nimishka Sharma

Air Rifle Open Sight

Second : Sukhrit Kaur First : Jaivantika Singh

Air Pistel

Second : Vani Singh First : Shriya Arora

HOUSE POSITIONS

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

Boys: Juniors Air Rifle Peep Sight

Second : Jaiveer Singh First : Amiteshwar Sidhu Air Rifle Open Sight

Second | Parth Pant First | Sarthak Gupta

Air Pistol

Second : Arjun Ahluwalia First : Raghav Lama

Boys : Senior

Air Rifle Peep Sight

Second : Mansher Singh Sandhu

First : Kanishk Hooda

Air Rifle Open Sight

Second : Ankit Thakur First : Vivan Kapoor

Air Pistol

Second : Abheyjit Singh Sidhu First : Kartike Mahajan

HOUSE POSITIONS

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

हिन्दी खण्ड

मदिरापान व घूच्रपान सामाजिक कलंक है

मदिरापान व भूचपान सिफ सेहत ही नहीं, अपिनु
मानुसिक स्थिति भी खराब कर देते हैं। मदिरापान व भूचपान
समान पर कलंक हैं। बड़ी-बड़ी कंपनियाँ तस्बाक तथा
मदिरा बनाती रहती हैं और लीग आंखें बन्द कर इन्हें खरीद
रहें हैं। इसी कारण ये कंपनियां बन्द नहीं होती और बहुत
अच्छे ज्यापार कर रही हैं। मदिरापान और मूचपान की आदत
लगना आसान होता है परन्तु उससे मुक्ति पाना बहुत कठिन
कार्य है। इनके लगातार नहीं से इंसान कोई काम करने के
लायक नहीं रहता। वह सोचता है कि इनके बिना उसका जीवन
अध्रा हो जाता है।

देश के सभ्य नागरिक होते हुए हमारा यह फर्ज बनता है कि इम अपने समाज में नक्षा फैलने से रोकें। सरकार ने बहुत सारे नशा-मुक्ति केंद्र खुलवाए हैं, उन लोगों के लिए, जो नशा नहीं छोड़ पा रहे हैं। सार्वजनिक स्थानों पर घुम्रपान करना कानून तोड़ना है।

बहुत सी महान-हस्तियों ने अपने यहा गंवा दिए क्योंकि वे मदिरापान व श्रूश्रपान के नहे से मुक्त नहीं हो पाए। इनका नहा करते समय लोगों के साथ-साथ उनके परिवारों पर मी बहुत कुछ बीततो है। आज हमें कसम लानी चाहिए कि हम कभी भी नहीं के दलदल में नहीं फसेंगे।

> मनन गुप्ता कक्षा-दसर्वी-बी

जीवन एक संग्राम है

किसी ने सच कहा है कि संसार फूलों की नहीं, कॉटों की शब्या है। जीवन रूपी संग्राम में केवल वे ही मनुख्य विजय प्राप्त करते हैं, जो संतोष, घेयं, बुद्धि और वीरता से काम लेते हैं। जीवन में पग-पग पर बाधाएँ तथा कठिनाइयाँ आती हैं। उनको पार कर सफलता प्राप्त करना सरल कार्य नहीं है। मनुब्ध का बचपन तो सेल-कृद में ही व्यतीत हो जाता है। उस अवस्था में किसी प्रकार की चिंता नहीं होती। परंतु जब वह कुछ बड़ा होता है तो विद्याध्ययन आरम्म हो जाता है। इसी समय से उसका जीवन संग्राम आरम्म हो जाता है। बच्चा स्कूल जाता है, वहाँ पर अध्यापक महोदय उसे पढ़ाते हैं। बहु अध्यापक की प्रत्येक यात को समझने का प्रयत्न करता है। छुट्टी हो जाने के बाद घर जाकर पुस्तकों को पढ़ता है। पढ़े हुए पाठ की पुनेशवृत्ति करता है। फिर मो पाठ बाद न होने पर कक्षामें उसे लजिबत होना पड़ता है और कुछ को तो अध्यापक महोदय को डाँट मी खानी पड़ती है। फिर परीक्षा का मूत भी उसके सिर पर सदार रहता है। इस प्रकार विद्यार्थी जीवन भी आराम का जीवन नहीं हैं। विद्याद्ययन के उपरान्त मनुख्य सांसारिक कार्यक्षेत्र में कदम स्वता है। तब उसे पता चलता है कि मार्गकितना कांटों से भरा है। उसका विवाह होता है। धर में संतान उत्पन्न होती है। माता-पिता बृद्ध हो जाते हैं। ऐसे ही समय में उनकी वास्तविक परीक्षा आरम्म होती है। जिसका संकल्प सच्चा है, वही इस संघर्ष में विजयी होता है। जीवन में नवे विवित्तयाँ सभी को सहनी पड़ती हैं। जीवन में मले ही कितने संकट आएँ, परन्तु जो व्यक्ति अपने मार्ग से विचलित नहीं होता, जो कप्टों का साहस से सामना करता है, जो यह मानकर सदा कर्म, प्रयत्न, साहस और उद्योग में लगा रहता है, वस्तुतः उसी मनुष्य का जीवन सफल होता है। इसलिए हम समी विद्याचियों को अपने जीवन को एक संपाम समझकर उस पर विजय प्राप्त करनी चाहिए, उसी में हम समी का कस्वाल है।

रोशनी कक्षा-आठवीं-ए

शुभ नहीं ब्रशुभ कार्यों को टालते रही

महामारतकाल का एक प्रसंग है। धर्मराज मुचिष्ठिर के समीप कोई ब्राह्मण याचना करने भावा । महाराज युधि^{दि}ठर उस समय राज्य के कार्य में अत्यन्त व्यक्त वे। उन्होंने नच्नता पूर्वक ब्राह्मक से कहा-'मगवन ! आप कल प्रधारें, आपको जमीव्ट बस्तु भ्दान की जाएगी।' बाह्मण तो चला गया, किन्तु मीमसेन उठें और लगे राज-समा के द्वार पर रसे हुए वाजे को बजाने। उन्होंने सेवकों को भी मंगलयाद्य बजाने की जाजा दे दी। असमब में संगलवाद्य बजने का नाद सुनकर धर्मशक्र ने पूछा-- 'आज इस समय मंगलवाद्य क्यों बज रहे हैं ?' सेवकों ने पता लगाकर बताया—'मीमसेन जीने ऐसा करने की आज्ञादी है और वे स्वयं भी बाजा बजा रहे हैं।' भीमसेन जो बुलाए गए तो बोले-- 'महाराज ने काल को जीत लिया, इससे बड़ा मंगल का समय और बया होगा।' 'मैंने काल को जीत लिया ?' युधिध्ठिर चक्ति हो गए। मीमसेन जो ने बात स्पब्ट की—'महाराज, विश्व जानता है कि आपके मुख से हँसी में मी झूठ की बात नहीं निकलती। आपने याचक बाह्यण को अनीब्ट दान कल देने को कहा है, इसलिए कम-से-कम कल तक तो अवदम काल पर अ।पका अविकार होगा हो ।' अब पुधिब्टिर को अपनी भूल का बोध हुआ । वे बोले— 'भैया मोम, तुमने आज पुन्ने उचित सावधान किया। अच्छा काम तत्काल करना चाहिए। उसे अःगे के लिए छोड़ना हो मूल है। उस इस्थाय देवता को अभी बुलाओ । महाराज युधिष्टिर ने तत्काण पाचक को बुलाया और उसे समुचित दान देकर अपनी भूल का परिमार्जन किया। संस्कृत में एक कहावत है कि ग्रुमस्य जीव्रम्, अधुमस्य काल इरणम्, अर्थात् ग्रुम कार्यं को जितना जस्दी हो सके, कर बालें, लेकिन अधुम कार्यं को निरन्तर टालते रहें। वेद ग्यास जी ने कहा है—'परोपकार पुण्याय पापाय परपीडनम्' अर्थात परहित यानि परोपकार हो सबसे बड़ा धर्म है और परपीड़न अर्थात दूसरों को कष्ट पहुँचाना हो अधर्म है, पाप है। पीड़ा चाहे शारीरिक हो अथवा मानसिक-पाप है, अतः ऐसे किसी भी पापकर्म से बचने के लिये एक ही उपाय है और वह है कि किसी भी अशुभ कार्य को करने में शीझता न करें।

> बरसा कक्षा-सातवीं-ए

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