

THE SANAWAR NEWSLETTER



95

MARCH

2017

Section I : From The School

GD Prefects—2017

School Appointments

1. Head Girl : Gaurika Mehtani (HGD)
2. Deputy Head Girl : Ridhi Sharma (NGD)
3. M.I. Prefect : Ruchita Sharma (SGD)
4. Academic Prefect : Srijani Sankar Barik (NGD)

House Appointments

Himalaya House

1. House Captain : Yuelha Yidzin
2. House Prefect : Eedha Sood
3. Holding House : Vidhi Aggarwal

Nilagiri House

1. House Captain : Ridhi Sharma
2. House Prefect : Mannat Chauban
3. Holding House : Kaynaat Rana

Siwalik House

1. House Captain : Kamun Thakur
2. House Prefect : Mandisha Dharmani
3. Holding House : Ruchita Sharma

Vindhya House

1. House Captain : Ada Kohli
2. House Prefect : Bimalika Thapa
3. Holding House : Ojas Mridul

B.D. Prefects—2017

School Appointments

- Head Boy ... Kushan Singh (VBS)
 Deputy Head Boy ... Harshvardhan Singh Kholta (SBS)
 M.I. Prefect ... Hamelari Kurbah Mawlong (VBS)
 Academic Prefect ... Keshav Peri (NBS)

House Appointments

Himalaya

- House Captain ... Abhejeet Singh Siddhu
 School Prefect ... Japkeerat Khurana
 House Prefect (Sr. Dorm. Jr. Prefect) ... Akshit Bansal
 House Prefect (Jr. Dorm. Jr. Prefect) ... Vasu Singla

Nilagiri

- House Captain ... Keshav Peri
 School Prefect ... Anshul Shroff
 House Prefect (Sr. Dorm. Jr. Prefect) ... Parth Mehta
 House Prefect (Jr. Dorm. Jr. Prefect) ... Simarbir Singh Sandhu

Siwalik

- House Captain ... Harshvardhan Singh Kholta
 School Prefect ... Harishwar Thakur
 House Prefect (Sr. Dorm. Jr. Prefect) ... Kartik Verma
 House Prefect (Jr. Dorm. Jr. Prefect) ... Neilkaran Munshanj

Vindhya

- House Captain ... Hamelari Kurbah Mawlong
 School Prefect ... Arjun Ghai
 House Prefect (Sr. Dorm. Jr. Prefect) ... Nikunj Agarwal
 House Prefect (Sr. Dorm. Jr. Prefect) ... Ishaan Sarin

Holding House

- House Captain ... Ustat Singh
 School Prefect ... Pranjay S.J.B. Rana
 House Prefects
 1. Divyam Sachdeva
 2. Soumitro Datta

When Exactly Do We Grow Up?

Srijani Sankar Barik, U-VI

When exactly do we grow up? We grow up when we know that the line between wrong and right is pretty thin but pretty dark to distinguish, but we still wish to rub it off with an eraser, leaving a messy smudge. We grow up when we are proud and prejudiced at the same time. We grow up when we know, deep inside, lying is good when it saves the day, saves your dignity, saves the job or saves a relationship. We grow up when we (inevitably) get jealous of somebody having more than us, a bigger house, a faster car, a sleeker phone, a better salary (and more hair). We grow up when we satisfy ourselves saying that the other person has more money because he has mastered sleight of hand, not because he probably works a little harder. We grow up when we realize that some things are better enjoyed when not shared.

We grow up when we realize that staying optimistic about something impossible only kills time, literally kills it. We learn to look up to something realistic. We grow up when life comes up with pre-set priorities. We grow up when we are in denial, so deeply so, that we need therapy. We grow up when we do realize the difference between ephemeral and eternal beauty and still chose the former. We grow up when we realize that the principal of laissez-faire doesn't always pay off. We grow up when we really do start contemplating on karma. We grow up when our love of god sometimes turns into fear.

We grow up when we console ourselves on the weighing machine, saying that we ate a breakfast that was way too heavy, or the clothes probably weigh as much as ringmail or maybe the machine is broken altogether. We grow up when we know it for a fact that this is a world of first impressions. We grow up when we stop believing in myths and fairytales but still make children palpitate with the fear of the boogeyman. We grow up when the decisions we take and the choices we make are governed by self-benefit and self-interest. We grow up when we realize that the people we call introverts are the people who don't share their feelings because they probably don't like talking to us (well, not always). We grow up when we reduce our self worth to nothingness while incessantly comparing ourselves with others. We grow up when we always see the right side to life and not its brighter side. We grow up, when we always and forever feel that we deserve better, that the grass is greener on the other side.

So what is better, growing up or growing bigger? Bigger by heart, bigger by thought. While we flaunt persistently before children, what we think is our omniscience, they savour what little is left of their childhood. Help your sibling, child, grandchild, friend, enemy grow bigger.

Live Your Life

Sukhmani Chawla, U-VI

Once my grandmother said to me, "life is too short and that we should make the most of it". I didn't agree with her back then, but now when I think about it, I know she was correct. Everytime I think of her I remember all those life lessons she shared with me. Life's problems wouldn't be called hurdles if there wasn't a way to jump over them. I believe that we can't keep cribbing about things that have happened, or things that might happen. We need to try and look at the brighter side of every situation.

Spend time with people you adore, for who knows what life has stored for you. Seize every minute. Learn to smile in the toughest of time, laugh when you want to cry, sing when you're about to break down and love when the world takes everything away from you.

Be bold enough to use your voice, brave enough to listen and strong enough to live the life you've always imagined.

Life is not about finding yourself, but about creating yourself. The main thing is to be moved, to love, to remember and to live.

To succeed in life you need three things, a wish bone, a backbone and a funny bone.

So, I believe life is too short to hold grudges. Be happy, forgive, forget and move on. Treat others how you want to be treated. Do what makes you follow your dream. And remember, "Every dark hour, has only sixty minutes"

The Three Lessons

Keshav Peri, U-VI

Mr. Kanve West once said, "Home is where the heart is—home that our feet may leave, but not our hearts". Sanawar is my home and the best place on Earth. Five years at Sanawar have taught me three valuable life lessons. You may not agree with me, but I just want to share these with you.

The first lesson is—Be humble.

Everybody likes a kind person. Humble people are always kind and helpful towards others. Being humble soothes your soul. A research shows that humble people are better at dealing with anxiety, and have higher self control. You must always be humble; and as Selena Gomez said, "kill them with kindness".

The second lesson is...Hardwork is not always the key to success. Mostly we choose a difficult path because we feel that to attain important things in life...and to be successful we need to face challenges. But there's nothing wrong in choosing the simple path...especially when you are not prepared to face certain difficulties.

The third lesson I've learnt is...don't have any expectations.

Without expectations you take sole responsibility for your decisions. You don't rely on anybody to do your work. You separate your 'WANTS' from your 'SHOULD'S' and you live in the present. As a result, the decisions of life come one-by-one in the moment. Expectations forever push you to look ahead and mentally entrap you in the future. With zero expectations you avoid feeling dissatisfied sad, angry and frustrated.

Jedi Master Yoda once said,-
 "Luminous beings we are, not this crude matter
 There is no emotion, there is peace
 There is no ignorance, there is knowledge
 There is no passion, there is serenity
 There is no chaos, there is the FORCE"

The Cold Wind

Sakshi Godhwani, L-V

The smooth sailing of a boat,
 But suddenly they started to gloat.
 The cold wind hits your face,
 And you can't keep up with the pace.
 The smooth flow, comes to a stop,
 All we can do is
 Go to the top.
 The wind is colder and,
 I've slouched my shoulder.
 Now all we need is,
 A cup of hot chocolate,
 With some mochalatte,
 As I need some warmth,
 A coat or a jacket.
 'Cause I feel like,
 Hitting someone with a racquet,
 Like the chill is in my head.
 It started to rain,
 And I'm living in pain.
 I'm done with this day,
 I don't have anything to pay.
 And I believe,
 To let the day go by,
 And we're not going to cry.
 Everything will be alright,
 With all the God's might.

Birds

Sukriti Dehloo, U-III

Birds sing lovely songs,
 And they can never be wrong.
 Birds fly high,
 Up in the sky.
 Birds make their nest,
 In which they rest.
 Birds are my best friends,
 And our friendship can never end.
 Birds are cute,
 And a bird can't eat alone a full fruit.
 Birds are beautiful from head to toe,
 and that's all I know.

The Kings's Bride

Mehar Sandhu, U-V

Might be broken on the inside,
 The broken is what I have to hide.
 I will walk out of my room in pride,
 With my head held high looking like a happy bride.
 Wearing a ball gown and shine,
 After all I'm the kings bride.

Soon I will wear the crown,
 Will always be in a ball gown.
 Called 'Queen' in every town,
 Never be able to frown.

I fell in love with the one to be crowned,
 When we met I was a girl from a small town.
 And he grew up in a world full of ball gowns,
 Tomorrow we are getting married in cake town,
 Then soon we will accept the crown.

My mother and father are so proud,
 He picked me up from the cold, hard ground.
 Now he makes me feel like the goddess of the clouds,
 When I'm with him I'm too shy to make a sound,
 In what kind of love have I been bound?

Never forgets to tell me he loves me,
 That we were meant to be,
 Oh that fool means so much to me.
 When I'm with him there's no place I'd rather be,
 Sometimes I wonder how could it be me?

It took so long for me to realize,
 His love is keeping me alive.
 To be more precise.
 Life is like a game and love is our prize,
 Without him I don't think I'll survive.

It's hard to be royalty,
 To earn people's loyalty.
 It is pretty in our dreams but dark in reality,
 I know he will be a good king and remove partiality.
 He understands what a man becomes when he is hit
 by poverty.
 I know they will all hail his majesty.

Inter-House Junior English Declamation

The Inter House Junior English Declamation was held on 11 March, 2016. Students from classes L-IV, U-IV and L-V participated in it.

Some very interesting topics were declaimed on. These included, Abraham Lincoln's letter to his son's teacher, The harsh realities of schools, Women empowerment and Michelle Obama's speech on the importance of education.

Anannya Julka of Nilagiri House was adjudged the best speaker.

Noopur Sharma of Himalaya House bagged the Second position.

Harshitaa Verma of Siwalik House was third.

The House positions are as follows:

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

The International Award For Young People

The Award Programme was first introduced in India in 1962 with a view to encourage young people in the country to achieve their full growth potential within the framework of Indian society, to improve their moral, social and intellectual well-being.

The Following Students have been awarded Bronze level Certificates for successfully completing the four mandatory sections of Service, Adventurous Journey, Skill & Physical Recreation.

Bronze

1. Gursharan Singh Virk
2. Ashwin Krishnan
3. Udayvir Singh Grewal
4. Nimish Goyal
5. Tushar Fitkiriwala
6. Arjun Veer Kohli
7. Dhruv Verma
8. Dhriti Nayar
9. Mahika Dhankar
10. Roshni
11. Priya Gupta
12. Bhavya Maheshwari
13. Prerna Madaan
14. Rijul Gupta
15. Prisha Chopra
16. Anoushka Chauhan
17. Aanandita Maini
18. Riya Uppal

The Following Students have been awarded Gold level Certificates for successfully completing the four mandatory sections of Service, Adventurous Journey, Skill & Physical Recreation.

Gold

1. Pihu Pathania
2. Abha Thakur
3. Suverna Mutneja

One School, One Team

Binita Rishi

The first ever off campus workshop One School, One Team was held on February 17 and 18, 2017 at Parkwood Resort, Shogi by the Faculty of 'INME' led very skillfully by Brigadier Trigunesh.

It was interesting to observe most of us behaving like a bunch of excited school children anticipating some interesting activities to happen over a period of two days. Moving off campus also helped de-stressing most of us as we were away from the regular routine of school. As we amalgamated as one unit and one team the activities and discussions conducted became more meaningful. We identified ourselves as very vital and integral parts of the larger picture that was our organization. Each individual had an important role to play to make the organization progress and succeed in its endeavours. Loyalty to the organization, mutual respect as well as a professional outlook while at work were some other areas discussed in great depth.

We were engaged in many team building activities like forming a human chain and moving together at the same place helping each other. There was another one that required teamwork to put marbles into a bottle, covering a considerable distance using small pipes. This activity was based on a lot of co-operation and coordination and it took us some time to get it right. The best activity was however a huge roller coaster built in separate parts by nine teams and put together to function as one unit in one go. The 'wow' moment for us was when we completed this task successfully and saw the ball rolling from one end to the other without a hitch.

The main motive of this workshop was achieved through a great deal of self-reflection that made us ponder on how to channelize our strengths to be good team players so as to optimize the positive growth of our organization. The added advantage to all this was that this workshop gave us an opportunity to gauge and appreciate the hidden strengths and qualities of our colleagues that led to a great deal of optimism that would ultimately lead to achieving greater heights as a part of the Sanawarian community.

Sanawar Spring Term Exchange Programme-2017

Gaurav Sood & Kamla Vaidya
(Exchange Co-ordinators)

OUTGOING Students:

1. Aanandita Maini, VGD (4th February to 1st April, 2017) St. Philips College, PO Box 33, Alice Springs NT 0870, Australia.
2. Diya Modi, HGD, (26th January to 31st March, 2017) St. Cyprian's School, Gorge Road Oranjezicht 8001, Cape Town, South Africa.
3. Riya Uppal, SGD (19th February to 31st March, 2017) Cobham Hall School, Cobham, Kent, DA12 3BL, UK
4. Sheen Banga, VGD (1st February to 16th March, 2017) King's Academy, Madaba, Jordan
5. Vrinda Aggarwal, SGD (20th January to 21st March, 2017) St. Stithians College, 40, Peter Place, Lyme Park, Sandton, 2191, Private Bag 2, Randburg, 2125, South Africa.

Section II : From The Staff

!! Achievers !!

Students who scored 90% or above marks in the First Unit Test of 2017.

S. No.	Name	House	%
L-III—A			
1.	Bisman Buttar	NPG	92.00
2.	Nimish Garg	HPB	93.00

L-III-B				U-IV-B			
3.	Aaran Krishn	SPB	91'00	6.	Himanshu Sabharwal	SBJ	91'00
4.	Agam Singh Dhiman	VPB	90'00	7.	Karmanbir Singh Batth	VBJ	91'00
5.	Arnav Bansal	SPB	94'00	8.	Noopur Sharma	HHG	99'00
6.	Kenisha Arora	NPG	90'00	U-IV-C			
7.	Nandini Jain	SPG	90'00	9.	Anannya Julka	NHG	91'00
8.	Vasvi Jain	VPG	91'00	10.	Pavya Singh	HHG	97'00
L-III-C				11.	Ruhani Khanna	VHG	92'00
9.	Chhavi Narayan Moolchandani	SPG	92'00	12.	Yugen Yadav	NBJ	92'00
10.	Japhar Kaur Jawandha	NPG	92'00	13.	Yuvam Soni	HBJ	90'00
11.	Ojas Jain	SPB	94'00	U-IV-D			
U-III-A				14.	Ishika Sen	VHG	93'00
1.	Kritish Goel	VPB	90'00	15.	Shreyas Arora	VBJ	90'00
2.	Sukriti Dehloo	HPG	90'00	L-V-A			
3.	Ujjwal Kotwal	NPB	91'00	1.	Avanti Aggarwal	NGD	91'00
U-III-B				2.	Kanika Guleria	HGD	92'00
4.	Anvi Chopra	VPG	93'00	3.	Pavit Sidhu	SGD	92'00
5.	Hriday Jain	SPB	94'00	4.	Priyam Gupta	VBJ	91'00
6.	Jayant Sharma	SPB	94'00	5.	Sanaabi Thingbaijam	VGD	94'00
7.	Sukhmehar Singh Jakhar	NPB	92'00	6.	Satvik Narula	NBJ	96'00
8.	Utkarsh Verma	SPB	90'00	L-V-B			
U-III-C				7.	Siddharth Aggarwal	HBJ	91'00
9.	Hrithik Roy	VPB	95'00	8.	Veni Gupta	VGD	90'00
10.	Jaimukund Bhan	HPB	92'00	L-V-C			
11.	Shaurya Khanna	SPB	94'00	9.	Yakshita Bansal	SGD	92'00
L-IV-A				L-V-D			
1.	Anahat Puar	VHG	92'00	10.	Ananya Kohli	HGD	94'00
2.	Daksh Chopra	SHB	96'00	11.	Seerat Sandhu	NGD	90'00
3.	Roshan Raj	NHB	92'00	U-V-A			
4.	Sehar Kaur Sandhu	SHG	92'00	1.	Arindham Bhatia	SBS	92'00
L-IV-B				2.	Nitya Khanna	VGD	96'00
5.	Mokshi Sharma	NHG	91'00	3.	Purna Madaan	HGD	91'00
6.	Sanya Sood	NHG	90'00	U-V-B			
L-IV-C				4.	Dhruv Malik	NBS	91'00
7.	Navya Garg	SHG	97'00	5.	Jaiveer Singh	HBS	95'00
8.	Tanvi Sood	VHG	93'00	6.	Lakshita Sethi	VGD	90'00
L-IV-D				U-V-C			
9.	Kirti Jiadal	NHG	95'00	7.	Anshruta Thakur	NGD	94'00
10.	Saanvi Khurana	SHG	97'00	8.	Suryaveer Singh Kadyan	SBS	94'00
11.	Ustat Kaur Jatana	VHG	93'00	9.	Tushar Garg	VBS	97'00
U-IV-A				U-V-D			
1.	Harshangad Singh	HBJ	97'00	10.	Ananya Mukherjee	SGD	90'00
2.	Jaanasheen Kaur Bala	HHG	95'00	11.	Gopal Agarwalla	NBS	92'00
3.	Puru Manjarey	VBJ	92'00	12.	Kabir Kalra	VBS	94'00
4.	Shravan Bhatia	HBJ	91'00	13.	Saamarth Garg	NBS	90'00
5.	Simar Singh Gabadia	NBJ	93'00	14.	Yuvraj Singh Nughaal	VBS	91'00
U-IV-B				L-VI-A			
U-IV-C				1.	Parth Pant	HBS	91'00
U-IV-D				U-VI-A			
L-V-A				1.	Mannat Chauhan	NGD	91'00
L-V-B				U-VI-D			
L-V-C				2.	Srijani Sankar Barik	NGD	90'00
L-V-D				L-VI-B			
L-V-E				L-VI-C			
L-V-F				L-VI-D			
L-V-G				L-VI-E			
L-V-H				L-VI-F			
L-V-I				L-VI-G			
L-V-J				L-VI-H			
L-V-K				L-VI-I			
L-V-L				L-VI-J			
L-V-M				L-VI-K			
L-V-N				L-VI-L			
L-V-O				L-VI-M			
L-V-P				L-VI-N			
L-V-Q				L-VI-O			
L-V-R				L-VI-P			
L-V-S				L-VI-Q			
L-V-T				L-VI-R			
L-V-U				L-VI-S			
L-V-V				L-VI-T			
L-V-W				L-VI-U			
L-V-X				L-VI-V			
L-V-Y				L-VI-W			
L-V-Z				L-VI-X			

Section III : SPORTS NEWS

Result of 62nd National School Gymnastics-2016-17 held at MNSS, Rai (5-10 Jan)

Following Sanawar Gymnasts represented CBSE Gymnastic Teams in the 62nd National Gymnastics-2016-17 held at MNSS, Rai (5-10 Jan.)

S.No.	Student	House	Class
1.	Karan Dahiya	NBD	12th
2.	Ada Kohli	VGD	11th
3.	Devyani Singh	VPG	6th
4.	Adrika Sood	VGD	8th
5.	Veni Gupta	VGD	8th
6.	Sehar Mehra	NGD	9th
7.	Shikhar Dhillon	NGD	9th

Result of National Sub Jr. (Girls) Hockey Championship-2016-17 held at Ramanathanpuram, Tamil Nadu from 4th to 13th Jan., 2017

Following Sanawar Girls represented H.P. State Team in the National Sub Jr. (Girls) Hockey Championship-2016-17 held at Ramanathanpuram, Tamil Nadu from 4th to 13th Jan., 2017.

S.No.	Student	House	Class
1.	Ananya Panchar	VGD	10th
2.	Pavit Sidhu	SGD	9th
3.	Saachi Bhardwaj	VGD	11th
4.	Saina Sodhi	VGD	9th

Result of 62nd National School Squash Championship 2016-17 held at Indian Squash Academy, Chennai from 20th to 23rd Jan. 2017

1. Ashwin Krishnan (NBD) and Guneet Singh Talwar (NBD) represented IPSC Squash (Boys U-17) Team in the 62nd National School Games 2016-17 held at Indian Squash Academy, Chennai from 20th to 23rd Jan., 2017.
2. Special Achievement - Ashwin Krishnan reached the quarter finals of the National Championship and ranked between 5th to 8th in India. Also, he would be considered as reserve player for Indian Boys U-17 Team because first 04 players (Semi-finalists) of the National Championship are selected for Indian Team.

Result of National Jr. Inline Skating Hockey Championship-2016-17 held at Jodhpur, Rajasthan from 25th to 29th Jan., 2017

Tejveer Sood of HBJ represented Punjab State Jr. Team as goalkeeper and bagged Bronze

Medal in 54th National Inline Skating Hockey Championship held in Jodhpur from 25 Jan. to 29 Jan., 2017.

हिन्दी खण्ड

मेरो जयपुर की यात्रा

इन सदियों की छट्टियों में, मैं अपने परिवार के साथ भारत के प्रसिद्ध 'गुलाबी शहर'—जयपुर की यात्रा पर गया। पंजाब की कड़कती ठंड से जयपुर की हल्की गर्मी में प्रवेश करना, सचमुच बहुत आनंदमय लगा। जयपुर का इतिहास तो भी बहुत पुराना रिश्ता है। कई राजा-महाराजाओं ने जयपुर के सिंहासन पर बिराजमान होकर शासन किया है। जयपुर में प्रवेश करते समय, उसके बाहरी इलाकों में रेत से मरा, अब्भुत रेगिस्तान, असली राजस्थान की एक विशेष झलक देता है। जयपुर में देखने लायक कई स्थान हैं, जो कई शताब्दियों पुराने हैं। मेरा परिवार और मैं आलीशान 'ताज रामबाग पैलस' में ठहरे थे। वह राजाओं का एक ऐसा महल है, जो एक होटल में परिवर्तित कर दिया गया है। उसके आलीशान कमरे, बड़े-बड़े फूलों से सजे बाग, एकदम ऐसा अनुभव देते हैं मानों आप स्वयं ही एक राजा हों। हमने सबसे पहले जयपुर का मशहूर हवा महल देखा, इसकी यह विशेषता है कि यह बिना जमीन में खुदाई किए बनाया गया है। फिर हमने विश्वमशहूर 'जल महल' भी देखा। यह एक ऐसा महल है, जो जल पर बना हुआ है। उसे देखकर मैं आश्चर्यचकित रह गया क्योंकि इतनी सफाई की कारीगरी तो बनी चोखे, मैंने आज तक नहीं देखी। जयपुर में 'ब्लू पोटरी' भी बहुत मशहूर है। ऐसी कला मैंने पहले कभी नहीं देखी थी। जयपुर कपड़े के लिए भी बहुत जाना जाता है, अगर अच्छी कारीगरी के साथ सस्ता कपड़ा चाहिए, तो जयपुर से बेहतर और कोई जगह नहीं। जयपुर में बहुत प्रसिद्ध सोने-चांदी के गहनों का काम भी है। रानियों जैसे सोने के हार, जयपुर के कारीगरों से बेहतर कोई नहीं बना सकता। मैं, जयपुर की शान को बढ़ाने वाले तथा भारत के उत्तम से उत्तम मॉल—'ब्लू ट्रेड सेंटर' भी गया। इतना बड़ा मॉल कि दिल्ली के मशहूर मॉल भी इसके सामने साधारण लगते हैं। मैंने जयपुर के पोलीो मैदान भी देखे जहाँ विश्वमर के पोलीो खिलाड़ी खेलते हैं। आखिर, यह सुहाना सफर खत्म हुआ और एक हफ्ते के आराम के बाद हम सब जयपुर की गरमाहट को छोड़ पंजाब की सदियों में बापिस आ गए। मेरा यह सफर बहुत ज्ञानवर्धक और आनंदमय रहा।

जयवीर सिंह
कक्षा-दसवीं बी

दुबई की यात्रा

मैं इस साल सर्दियों की छुट्टियों में दुबई घूमने गया था। मैं वहाँ पाँच दिन के लिए रहा। दुबई २०°५०'३०" देश में है। मुझे वहाँ काफी कुछ देखने, सुनने और सीखने को मिला। दुबई में राजव्यवस्था है। वहाँ के राजा के दो नाई हैं और वहाँ राजा बदल नहीं सकता। सिर्फ राजा का बेटा राज कर सकता है। दुबई में मैने बड़ी-बड़ी इमारतें देखीं। यहाँ तक कि दुनिया की सबसे बड़ी इमारत भी दुबई में स्थित है। उसका नाम है—'बुर्ज खलीफा'। इस इमारत में 120 से ज्यादा मजिलें हैं। दुबई के पास ही एक जगह है—'आबु धाबी'। वहाँ पर 'फरारी वर्ल्ड' नामक जगह है, जहाँ दुनिया का सबसे तेज रोलर कोस्टर है। मैं उस पर भी बैठ चुका था। वहाँ अलग-अलग प्रकार के झूले थे, जिनमें झूलकर मुझे बहुत मजा आया। फरारी नाम की गाड़ी का सारा इतिहास मुझे वहाँ से पता चला। वहाँ 4-वीं किलोमीटर भी दिखाते हैं। दुबई में रेगिस्तान भी है, जहाँ मैने गाड़ी में रेगिस्तान की सफारी की। उसमें भी बहुत मजा आया। रात को वहाँ अलग-अलग करतब देखने को मिले। दुबई में पुलिस बड़ी सख्त है। वहाँ न के बराबर अपराध होता है। दुबई में कुछ दुकानें पूरी रात और कुछ 12 बजे तक खुली रहती हैं। सड़कों पर महंगी गाड़ियाँ तो अक्सर चल रही होती हैं। वहाँ किसी चीज़ पर भी टैक्स नहीं लगता। दुबई में सबसे ज्यादा संख्या भारतीय लोगों की है। वहाँ 75 से 80 प्रतिशत लोग बाहर से आकर बसे हुए हैं। दुबई जाने से मुझे बहुत बातें पता चलीं और मुझे बहुत अच्छा लगा। वे 5 दिन मुझे हमेशा याद रहेंगे।

अचित बंसल
कक्षा-दसवीं ए

प्रार्थना सभा में विचार

दिनांक—28-2-17

नाम—बिबान जैन

कक्षा—सातवीं ए

हे ईश्वर ! हम सभी विद्यार्थियों को सगमार्ग पर चलने और उच्च ज्ञान प्राप्त करने की क्षमता प्रदान कीजिए। हे ईश्वर ! हमें सच्चे मित्र का चुनाव करने की सही राह सुनाइए।

मित्रता

छात्रावास में मित्रता की धुन सवार रहती है। यह मित्रता हृदय में उमड़ी रहती है। छात्रावास के जीवन में और मानव जीवन में मित्रता के बहुत से लान हैं। मित्र से बढ़कर समाज में सुख और आनंद देने वाला दूसरा कोई नहीं होता।

मित्र के सम्मुख ही व्यक्ति अपने हृदय की बातों को खोलकर रख है। सच्चा मित्र दुख का साथी होता है। वह दुख और समस्या के समय हमें धैर्य बंधाता है। उसके सहयोग से निराश मन में भी आशा की किरण चमक उठती है।

प्रिय साथियो ! मित्र के चुनाव में हमें सावधानी रखनी चाहिए। कई व्यक्ति अपना स्वार्थ साधने के लिए मित्र बनाते हैं। ऐसे मित्रों से दूर रहने में ही मलाई है। स्वार्थी मित्र अपने मित्र के सामने तो मोठे बचन बोलता है और उसकी पीठ पीछे उसकी बुराई करता है। कवि तुलसीदास ने रामायण में ऐसे मित्र के बारे में कहा है—

आगे कह मुहु बचन बनाई, पाछे अनहित मन कुटिलाई।
जाकर बिलत अहि सम भाई, अत कुमित्र परिहरेईह मलाई ॥

सच्चा मित्र शिक्षक के समान होता है। वह अपने मित्र को सच्चे मार्ग की ओर ले जाता है। संकट के समय उसका मार्गदर्शन करता है। मित्र परस्पर एक दूसरे को विवेक एवं शक्ति प्रदान करते हैं। इसलिए मित्र का चुनाव करते समय हमें उसकी परामर्श करना आवश्यक है।

प्रार्थना सभा में विचार

दिनांक—3-3-17

नाम—सेरा वासन

कक्षा—सातवीं ए

प्रार्थना:—

हे परमपिता परमेश्वर ! हम सभी छात्र-छात्राओं में परिश्रम करने की क्षमता प्रदान कीजिए। हम सभी को अपने-अपने कार्यों में पूरी लगन से परिश्रम करके जीवन को सफल बनाने की प्रेरणा दीजिए।

परिश्रम और मनुष्य जीवन का संबंध बहुत पुराना है। परिश्रम ही वह गुण है जिसके कारण मनुष्य ने आज विकास की ऊँचाइयों को छुआ है। परिश्रम का महत्व समाज के हर व्यक्ति के लिए एक समान है। जो व्यक्ति अपने जीवन में परिश्रम नहीं करेगा, उसका जीवन ठहर जाएगा और समाज में पिछड़ने के साथ-साथ उसका विनाश रह जाएगा। परिश्रम करके व्यक्ति अपनी आवश्यकताओं को पूरा कर सकता है तथा साथ ही साथ अपने और अपने परिवार के जीवन को आनंदमय बना सकता है। परिश्रमी व्यक्ति अपने जीवन के लक्ष्य को प्राप्त कर सकता है। प्रिय साथियो ! विद्यार्थी जीवन ही परिश्रम करने की प्रथम सीढ़ी है। जो विद्यार्थी की बुनियाद मजबूत फाती है। परिश्रम से जो धुराने वाला विद्यार्थी अपने विद्यार्थी जीवन में पिछड़ जाता है तथा ज्ञान से वंचित रह जाता है उसे

परीक्षाओं तथा जीवन के हर मोड़ पर अपमानित होना पड़ता है। इसलिए कहा जाता है, "परिश्रम सकलता की कुंजी है।" आइए प्रश्न करें कि हम सभी जीवन में परिश्रम करने से मुंह नहीं मोड़ेंगे तथा जीवन को सकल बनाने के लिए लगातार परिश्रम करेंगे।

अन्तर्वर्गीय हिन्दी मुलेख प्रतियोगिता :

दिनांक-16-3-17

कक्षा-पाँचवीं

स्थान	नाम	सदन	कक्षा व वर्ग
प्रथम	वास्वी जैन	विध्या	पाँचवीं बी
द्वितीय	मुग्धा ठाकुर	शिवालिक	पाँचवीं बी
तृतीय	आरव घोबर	हिमालय	पाँचवीं सी

कक्षा-छठी

स्थान	नाम	सदन	कक्षा व वर्ग
प्रथम	नवदीप सांगवान	विध्या	छठी ए
द्वितीय	स्तुति कपूर	नीलगिरी	छठी ए
तृतीय	शौर्या खन्ना	शिवालिक	छठी सी

अन्तर्वर्गीय पंजाबी मुलेख प्रतियोगिता :

दिनांक-16-3-2017

कक्षा-सातवीं

स्थान	नाम	सदन	कक्षा व वर्ग
प्रथम	अनाहत पुआर	विध्या	सातवीं ए
द्वितीय	वान्या गंध	नीलगिरी	सातवीं सी
तृतीय	सैरा वासन	हिमालय	सातवीं ए

कक्षा आठवीं

स्थान	नाम	सदन	कक्षा व वर्ग
प्रथम	नूर सेठ	नीलगिरी	आठवीं बी
द्वितीय	सिमरनजीत सिंह	हिमालय	आठवीं बी
तृतीय	हर्ष अंगद सिंह	हिमालय	आठवीं ए

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