



# e-Newsletter

Founder's Term - 2020



Newsletter

NEVER GIVE IN

# Section-1 From the School

## Virtual World: Dream or a Nightmare

Sakshi Gupta U VI

The world in this epidemic period is antithetical to our real world. In this world, everything is just different. It is a new world for us. Many dreams are becoming visions here and then turning into a reality. Every person, be it an adult or a child or a teenager, everyone is now able to spend quality time with their families, which seemed as a dream in our real

# Stay HOME



# Stay SAFE

world. Birds are again chirping in the open sky. Animals have got a relief from the torment of humans. We all have been proffered to a world of virtual reality; the world where everything is accomplished on a virtual platform. The platform which was enfeeble before is our only way out today. The shift from the real world to this virtual world was all but just a jostle from coronavirus. The lines from policy bazaar make real sense now. Yes, nothing is certain now, we don't know what may happen to us the very next moment. All the impossible things now look possible.

Let's get a deeper insight of this world; virtual world or the world of technology. This world brought inno-

vation and creativity along with it. Students got a lot of free time and a gift hamper of umpteen holidays. We all dreamed of having holidays 7 days in a week but now when we finally got them, we want to go back to our colleges and schools as we used to go in our real world. Maximum students got promoted without taking exams; another dubious dream of students. Adults are able to earn their living while sitting at home; a dream which was really criticized by our society. We all have heard our parents saying, 'No one will give you job if you are glued to the mobile phone the entire day'. Guess what, we are getting jobs while glued to our mobile phones today. All of us have been given a great opportunity to learn and gather some new skills and experiences each day in our life by taking up online courses and internships offered by countless organizations. Today instead of playing with the minds of people, we are playing Ludo with our family.



As a rose has thorns in it, similarly virtual world is also two-edged sword, where one edge is defending us and helping us but the other edge is cutting us only. This world has brought with it numerous problems too.

The sudden lockdown in the whole country drastically hollowed our economic structure. Rate of unemployment has increased multiple folds. In this world students are getting jobs or internships whereas the experienced employees are getting kicked out as a reward of their dedication and hard work. The world where the risk to our privacy is higher than the risk to our health. The world where even Government is playing with the minds of students by just providing them with the dates of examinations instead of conducting them. The world where domestic violence is rising each and every day. The world where brand new cars, mobile phones, laptops and other technology items have become a toy for many people. This is the virtual world, the new world, for all of us.



Well we can't really say if this epidemic has been a benediction or anathema but it is for sure that this has provided all of us a great opportunity to give our heart and mind the freedom we always wanted from the stress of our daily routine. Nature has got the time to heal itself and welcome back the species which were highly endangered in the world. This world made us realize that the fear is in our minds and not in the air. We all feared coronavirus when the cases were less than a thousand and now, when the case count has crossed the mark of 8.5 lakhs, we are cool with it. This world has taught everyone the pre-eminence of 'Namaste' and sanitization. True colours of people are being reflected. This world made us ascertain about the fact that we all need someone to hold our backs, to love us, to make

us feel their presence. This world gave us an opportunity to restart our lives. So press CTRL+A and SHIFT DELETE in your mind and start enjoying your life.

## Equality

\_\_\_\_\_ *Aditya Das U V*

We all know that the very first article talks about equality. We all are well aware that the Constitution maker, Dr. B. R. Ambedkar always wanted equality in school and education system. Is this really happening? Are we actually following our Constitution? Is there equality taught in schools? The answer for all these questions is 'no'. I am saying so because in almost every book we are dividing our citizens on the basis of religion or caste. Is this how we are teaching our new generation about equality? Forget about books, even in the registration forms which are the very first thing we fill before joining any school or college. We see there is space to fill our religion & caste. Is this how we are teaching our new generation about equality? On the basis of religion and caste we have been fighting for long and now we have to stop this fight. We need to spread brotherhood. In my view teaching about caste and religion will never stop this fight & hatred among us. We all learn different things from books but when in our books we are dividing each other in terms of caste & religion. What are we really teaching then? Now it is time to spread brotherhood and call ourselves citizens of India. Now let's teach our new generation that there is nothing which divides and segregates.

## The Pain of Losing (A True Story)

\_\_\_\_\_ *Arjun Chopra , U III*

Not very long back in February 2020, this story started on a lovely hilltop in a historic institution- The Lawrence School, Sanawar. My mother teaches here. Our house is on the campus

only. Not very far from our home, a female dog whom I have named Twitter gave birth to five puppies. While going to school I would see them hiding behind the bushes, playing, squeaking and having fun with their mother.

They had deep love for one another, but one fine day, Twitter's heart broke. When she woke up in the morning, out of five, ...only one was left. All the others were g... g... gone. There was no sign of them. She searched every nook and cranny of the school, but they were nowhere to be found. Nevertheless, she thought that it was for their own good. So, thinking this, she adapted herself to living with only one of the pups and they both started living in front of my house. My parents and I fed them three times a day and they became very friendly and fond of us that they could identify us from a distance. That's how much they love us.

Everything was going well. But one night while sleeping, I heard Twitter cry. Next day it was Holi and like always we had a celebration in the school. So, when I returned from the school, Twitter was still crying bitterly right in front of my living room door. I asked my Maa.... 'Have you heard Twitter whimpering since last night ...and I can't see the pup around her.' From the living room, my mother called out and asked Twitter, 'Where is your baby??' Then I pointed behind her and again asked about her pup. Suddenly I felt as if she understood what I had asked. She climbed on a parapet near me and started looking around and broke into tears. My mother and I were shocked to see this sight as we had never seen a dog show human like emotions and this made our eyes swell with tears. That afternoon, she didn't even have her food. I could not bear this sight and I told my parents that we must make efforts to find her baby. Soon we started to look out for the pup. My grandfather searched for the pup in the campus. My parents asked the school guards and workers about him, but all in vain. No one had any idea about him.

Then, one of the guards told us that his friend from a nearby village had taken that pup to rear him. Ahhhhh!!!! We all heaved a sigh of relief. After all we had finally found him. We requested the guard to tell his friend that, the mother is not able to bear 'the pain of losing' her only child and is crying continuously. So, he should bring him back and will be taken care of by us. At this moment, all were happy to know that he is in safe hands. Remember it was only my family and I, but not Twitter.

We could still hear her whimpering that night and tried to console her that she should not worry. We have found her love, her baby. But she was not pacified. Next morning, I had to go to school. It was a good day at school, but still I wasn't happy. Because Twitter was not happy. I tried to empathise with her. With a heavy bag loaded on my shoulders and my mind also loaded with the thought of the little pup, I climbed down the stairs of my house and what do I see?? I could not believe my eyes.....

I saw that the pup was back. He was suckling his mother's milk joyfully and I could see the happiness on Twitter's face. I was extremely delighted to see the pup back and I screamed, 'Simbaa is back.....'

My grandfather came rushing listening to my scream and I was dancing with joy and I announced to him again, 'Simbaa is back.....'

I felt a great sense of achievement and happiness as if I had done something on my part to reunite the mother and son.

Now, Simbaa and Twitter lead a happy and joyful life spending time with each other.

You see, how Twitter never lost hope and courage. Now replace Twitter with yourself. Even we should never lose hope and courage!!!

## Racism

\_\_\_\_\_ *Aditya Kahlon UV*

What is racism?

Racism is the belief that a particular race is superior or inferior to another, that a person's social and moral traits are predetermined by his or her in-born biological characteristics. Racial separatism is the belief, that different races should remain segregated and apart from one another. It was so deeply entrenched in the past, that until 300 years ago, slavery was considered a normal practice. Just 50 years ago, apartheid still held a stranglehold on South African lives. Today, these practices appear abhorrent and unacceptable, but many forms of racist thoughts and actions persist. Racism can come in many different forms, from harsh comments to offensive actions. In more extreme cases, racism occurs in public spaces and comes from strangers, and can escalate to violent hate crimes. Recent events in the US have illustrated that racism is still deeply entrenched among many sections of society.

Not all racism is public or obvious. Subtle or 'casual' racism can also appear in the form of a 'microaggression'. This is an intentional or unintentional offensive message that targets a person based entirely on their being a member of a minority group. Any form of racism is unacceptable, even a comment or an action that is subtle or occurs in a casual environment. It's just not on.

Examples of microaggressions include: intentionally choosing not to sit next to a person because you feel uncomfortable about the colour of their skin, making fun of someone's background, and even if it's disguised as a joke

Standing up to racism isn't easy but it's the right thing to do. Whether you're in school, university or

in your office, challenging accusations, assumptions and stereotypes is a good way of letting people know it's not okay to be racist. Remember, sometimes people can unintentionally make comments that appear racist. Standing up to these comments can be a great way for people to learn about the negative impact they're having.

If you have to put a stop to racism then it has to start with you- at your home, society, school or your workplace. You have to start making a change and this small change will soon become big. You have to stop judging people by the colour of their skin and start looking at them from a different view, in which the colour of their skin doesn't matter but the type of people they are matters.

No one is born racist- as small children we do not differentiate between humans on the basis of colour- this behavior is learnt and perpetuated as a stereotype. It has been so heartwarming to see the "Black Lives Matter" movement take hold worldwide but it is our generation that has the responsibility to ensure that such a reaction or such a movement is never required again and in this beautiful world of ours - "All lives are the same and All Lives Matter".

## The Women We've Become

\_\_\_\_\_ *Dia Atal LV*

Just as she carried the pain  
And all her stifled words  
She felt like she never did before  
And thought this was all a curse.

But little did she know  
This was nothing like a curse

But the supremacy of the patriarchal society  
That's been suppressing her for years.

She wasn't the first one  
To be victimized by this regime  
The same was foreseen by generations before  
And by everyone who was feminine.

No one spoke out against it  
No one took a stand  
Because only men were outspoken  
Back then in that land.

The condition still prevails  
But women now demand  
For equal rights and opportunities  
And for the patriarchy to be banned

They now speak out  
And well, they protest  
Because until there is emancipation  
Their voices will not rest.

## **Punished for innocence**

*\_\_\_\_\_ Sakshi Gupta U VI*

Even after you have read a multiple articles, or have heard about a hundred stories, most of you have flipped through the newspaper or any other source of your information and after the cup of your morning tea, you went about with your business but every human being who has experienced rape, wakes up after a harsh night, where the grief was heightened and nothing could be done. If the person was a little lucky, they would appreciate even the little sleep, which paid a visit after that horrifying moment was lived all over again.

“Of all the evils for which man has made himself responsible, none is so degrading, so shocking or brutal as his abuse of the better half of

humanity, the female sex.” -Mahatma Gandhi. In recent times, we have seen that rape has spread from women, to men and even to minors.

After a person experiences rape, they are psychologically disturbed to such an extent that they change their personalities and even though some victims manage to report the brutality, some victims choose to bury their story within themselves. Most victims do so due to the fear of image in the society. It is extremely shocking that our society might even blame the victim, with most rape cases on young girls, the society blames the clothing or personality of the girl, instead of helping the victim, we choose to downgrade them and indirectly support the sadist.



Sometimes, the situation is even more horrifying, as the sadist might turn out to be a family member. Many times, minors are being manipulated by their own family and due to the lack of understanding of right and wrong, they are deemed to believe that the torture is never to be reported.

Many stories have missed the books, one story began with a simple morning of a 3-year-old child, little did anyone know that the smile will soon fade away. A gardener was employed to work on the terrace and as any kid would do, she ran upstairs to look at the beautiful flowers, to her bad luck, the stranger was utterly convincing and so she let him close, if only this stranger was not trusted, the story could have been a happier one. He inappropriately touched her, her little mind

was hassled, and when it started to hurt, her future self only questioned why he couldn't control himself from destroying her life. The little girl ran to her mother, in her innocence she explained the darkest moment of her life, but her story remained in her mind and so her mind was punished, her life was ruined while he was led out of the house with just one slap, her story wasn't heard for it would ruin her and family's reputation. Was that punishment even justifiable?

I can only hope that her dreams have stopped terrifying her and that she managed to gather herself up into a strong survivor. This story wasn't counted in the many rape cases that were reported, there are so many cases like these but all of them were buried under the blanket of reputation and even the cases that are reported, basically nothing happens regarding them.

There is an urgent need to change mindset of our society, it's time to punish the guilty and become more vigilant so that no one ever has to document such brutalities ever again. Let's more than just hope for this torture to come to an end.

## My Meeting with Birds

\_\_\_\_\_ *Aayan Gautam L III*

When I joined Sanawar, there were only eight days that we attended our classes in this school. One day in the chapel during our main assembly, our Head Mistress announced that there will be holidays due to Corona virus. We were so happy. Days passed by and we all became so bored. Then online classes came. It made a change in the routine. It's good that it started or we would be doing nothing and FVLP made us busy. One day I got up because of this routine then I saw my father feeding the birds with something in the early morning. I asked him

what it was. He replied that it was millet mixed with seismic seeds and birds like it. Then I saw so many birds had come to the garden. The next day I also got up early with my dad. I saw so many birds coming to eat the food that my father was giving. I saw so many beautiful looking colourful birds eating the feed but I did not know their names. Then my father and I sat near a window and he told me the names of the birds like Swallow, Pigeon, Himalayan bulbul, Spotted Doves, Mountain Chiff Chaff, Blue whistling thrush and Woodpecker. I also realized that there were some squirrels also. I saw squirrels running behind one another. I also saw many parrots on a nearby tree where they have made their nest in a tree hole. I wondered that had there not been Corona virus then I would not have seen so many animals and birds. I am happy to live in SANAWAR because there is so much of nature around us and there is so much of open space unlike cities.

## Covid -19

\_\_\_\_\_ *Mithilesh Mohan Joshi U IV*

No one thought a virus could stop the world  
And it is not even a size of a pearl.

A country was experimenting on living beings  
But nobody knew that why were they so keen.

And to stop affecting the nation  
They perform isolation.

Nobody knows the time of its creation  
And now it is responsible for many cremation

Mother Nature empowers us to reach the moon  
And it can even demolish us soon.

Nature can clear itself on its own

And the biggest example is CORONA it has shown.

## HAPPINESS

—DEV PATIAL UV

Happiness is a very simple term yet most of us don't know the true meaning as we look for happiness outside because that is what we have been fed since our childhood, rather happiness is within us. Happiness is a state of blessing. If you train your brain for a particular state it will stay this way. This is because our mind believes in whatever we say.

Happiness is essential for living a good life. Unfortunately; it's missing from the lives of most people. However, it is not as simple as it seems because it's equally difficult to achieve as people associate it with things. Happiness is something that begins or ends with you. The perspective of seeing and pursuing it may be different, however the sole meaning of it is to be in a joyous state. No one's life is going to be perfect but we can choose to be happier. We can never have a perfect life but definitely we can have happier life. It's not the happy people who are thankful, its thankful people who are happy. Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the world belongs to you.

As hard as you work to earn money and maintain your lifestyle, if you work equally hard to attain happiness, your life would be much better. During these tough times, we all are going through a phase of difficult circumstances and challenges. All that we should have is mental stability, hope and positive attitude towards things and that's when we will realise that we are through with this phase happily and this will make the whole phase a lot easier to pass through.

## THE HILL CHILD

—Srishti Priya L III

On the high mountains,

Above the green fields;

I live within a school campus,

All around bushes and trees.

High above in the blue sky,

The sun shining hot and bright;

A plane with lightning speed zoomed past,

As if heading for a deadly fight.

Life is fun living in the hills,

With only few shops and no malls;

Amazing is the nature's creation,

That a two-days old baby monkey;

Swings all over the branches but never falls.

I love the silence,

I love the peace;

I like no noise,

I like no scream.

With scorching heat in summer

And freezing cold in winters;

The four seasons are a magical treasure.

To enjoy the raindrops in monsoon is a pleasure.

The silence and the peace,

The meadows and the fields;

The mighty lord is very kind,

That he made me a hill child.

## Result of Inter-Section English Hand-Writing Competition for classes L III and Upper III held on 7th March, 2020.

### Class - Lower III

- 1st – Vanika Singh                      Class L III C ( Nilagiri House)  
2nd – Siraj Dua                            Class L III A ( Siwalik House)  
3rd – Shivam Sud                         Class L III C (Himalaya House)

### Class - Upper III

- 1st – Aarshia More                      Class U III B (Himalaya House)  
2nd – Aadya Sharma                      Class U III B (Himalaya House)  
3rd – Enya Goyal                         Class U III A (Nilagiri House)

## Virtual Inter-House Sr. English Debate-2020

Sanawar's first ever Virtual Inter-House Sr. English Debate was held on 22nd July, 2020. Boys and girls from U V to U VI participated in the same. The debate was conducted on the modified Cambridge format. The first debate was between Nilagiri House & Siwalik House and the second debate was between Vindhya House & Himalaya House. All the teams debated in a very confident manner. The results were as follows:

### House Positions

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

### Individual Positions

S. No.	House	Name	Position
1.	Nilagiri	Simar Singh Gabadia	First
2.	Nilagiri	Avanti Aggarwal	Second
3.	Vindhya	Puru Manjrey	Third

## Virtual

### Inter-House Sr. English Declamation-2020

Sanawar's first ever Virtual Inter-House Sr. English Declamation was held on 5th August, 2020. Boys and girls from U V to U VI participated in the same. The topics on which the students declaimed were Hope is the Only Bee that Makes Honey Without Flower, The Squeaky Wheel Gets the Grease, Only the Dead have Seen the End of the War, You can see more than you might think while taking a walk in the woods, Cyber world is affecting the normal life of teenagers, Travelling is a Great Experience for the Growth of an Individual.

Media Today is the most Decisive Agent of Social Change,

Nuclear Weapons are Global Peacemakers more than Killing Devices, The importance of having a mix of friends to socialize with, Life was not easy a century ago, The importance of not being a follower, Ignorance is the root and stem of all evil

All the participants were well prepared and delivered their speeches in a very confident manner. The results were as follows:

#### House Positions:

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

#### Individual Positions:

S. No.	Name	House	Position
1.	Vidhi	Vindhya	First
2.	Nachael Gill	Nilagiri	Second
3.	Mannic Ahluwalia	Siwalik	Third

## PD Inter- Section

### Virtual Poetry Recitation Competition

The PD Inter - Section Poetry Recitation Competition for Upper 3 and Lower 3 was held virtually for the first time on 28th July and 4th August respectively. It was an entirely different experience for the children as it was a mélange of excitement of performance along with use of technology at the same time. The students were quite enthusiastic for their recitation and so were the audience witnessing the competition online. The results of the same are as follows:

Upper III - Individual Positions		
Position	Name	Class
First	Arjun Chopra	U III B
Second	Ira Dhaliwal	U III A
Third	Divya Ranjan & Ruhbani Singh	U III C

Upper III - Class Positions	
First	U III B
Second	U III C
Third	U III A

Lower III - Individual Positions		
Position	Name	Class
First	Aayan Gautam	L III C
Second	Yadavi Seth	L III C
Third	Siya Shukla & Srishti Priya	L III B

Lower III - Class Positions	
First	L III C
Second	L III A
Third	L III B

# Section-2 OS News



Vishvajit Singh (Old Sanawarian) Nilagiri House who cleared his class 10th Exam in 2015 was selected in the NDA in 2017 and he will be joining the Indian Naval Academy Ezhimala Kerala. He will be undergoing his final service training for one year before he is commissioned in the Indian Navy. It's a proud moment for The Lawrence School, Sanawar and it will definitely inspire young sanawarians to opt for NDA. On behalf of the Headmaster and Staff, School would like to congratulate Vishvajit and his family for this wonderful achievement.

## हिन्दी खण्ड

### कोरोना में कोरोना

\_\_\_\_\_ *आयान गौतम कक्षा पाँचवीं (सी)*

एक दिन मैं टेलीविज़न में खबरें सुन रहा था। मैंने सुना कि कल सुबह दस बजे से दोपहर दो बजे तक सूर्यग्रहण होगा। मैं बहुत खुश था। सुबह जल्दी उठ गया। जैसे ही सूर्यग्रहण देखने बाहर जाने लगा और मेरे पिता जी ने कहा कि इस समय सूर्य की तरफ़ बिना किसी सुरक्षित यंत्र के देखना आँखों के लिए खतरनाक हो सकता है। फिर मेरे पिता जी मुझे चश्मा पहनाकर और एक्स-रे शीट के साथ बाहर ले गए। मैंने ग्रहण देखा और वह अभी शुरू ही हुआ था। मैं चाहता था कि मैं पूरा सूर्यग्रहण देखूँ लेकिन पता चला कि हिमाचल में बादलों के कारण हम थोड़ी देर के लिए इसे नहीं देख पाएँगे। मैं उदास हो गया। थोड़ी देर बाद बाहर आया तो देख कि आधा सूरज दिख रहा था। उसी समय मैंने महसूस किया कि रोशनी कम हो गई, दिन के समय शाम का समय लग रहा था। अब एक बज गया था मैं फिर से बाहर गया सूरज कम दिख रहा था। तब मेरे पिता जी ने मुझे समझाया कि ऐसा तब होता है जब चंद्रमा सूर्य के एकदम सामने आ जाता है और एक रिंग-सा बन जाता है। उसे 'कोरोना' कहते हैं। मैंने उसकी एक तस्वीर भी ली। सच में वह कोरोना वायरस की तरह दिख रहा था।

मैं बहुत हँसा, थोड़ी देर बाद उत्सुकता के कारण मैं सूर्य को देखने एक बार फिर बाहर निकला। तब तक वह खत्म हो चुका था। मैं उदास हो गया और खुश भी क्योंकि मैंने अपना पहला सूर्यग्रहण देख लिया था। मेरी माता जी ने हँसते हुए कहा, "देखा, कोरोना में कोरोना।" मैंने कहा - हाँ, हम अंदर कोरोना बाहर।

### सनावर स्कूल और छात्रावास का जीवन

\_\_\_\_\_ *सान्वी कोचर कक्षा- सातवीं डी*

मेरे जीवन का यह सबसे महत्वपूर्ण समय है जो मैं इस बड़े स्कूल में बिता रही हूँ। मैं सौभाग्यशाली हूँ कि मेरे भाई ने मुझे इस बड़ी संस्था में आने को कहा। वे कहते थे - "जा और आसमान छू आ।" और उन्हीं के बताए हुए रास्ते पर मैं सावधानी से आगे बढ़ रही हूँ। इस स्कूल ने मुझे बहुत कुछ सिखाया है- किसी भी कठिनाई से डर कर हार नहीं माननी चाहिए। यह जानकार मैं सोचने लगी हूँ कि घर पर मेरा जीवन व्यर्थ था। यहाँ मैं अपना जीवन खुद लिखना चाहूँगी और यहाँ पर धैर्य और शांति से आगे बढ़ती जाऊँगी। कहा गया है- करत-करत अभ्यास के जड़मति होत सुजान। विलंब न करते हुए मैं अपनी मंजिल तक पहुँचना चाहती हूँ। यहाँ पर हमेशा एक आनंद भरा माहौल बना रहता है। चिड़ियों का गाना, पत्तों का हवा के साथ लहराना अपने इस महान विद्यालय के प्रति मेरे

दिल में आदर प्रेम और श्रद्धा के भाव हैं। मैं बड़ी होकर इस स्कूल की प्रगति और विकास के लिए काम करना चाहती हूँ, लेकिन जितना इस स्कूल ने मेरे लिए किया उतना तो मैं पूरी जिंदगी लगाकर भी न कर पाऊँगी।

**जो खुद खुश रहते हैं, उनसे दुनिया खुश रहती है।**

**ईनाया कुमार सातवीं (सी)**

इन पंक्तियों का मतलब बहुत अनोखा है, जो पढ़ने में बहुत ही आसान-सा है लेकिन इसको दुनिया के लोग और हम कभी समझ न पाए। जिंदगी खुश न रहने की आखिर बहुत बड़ी कीमत हमसे लेती है। हम कभी समझ नहीं पाते कि खुशी खुद से भी आ सकती है, हम दूसरों में ढूँढने लग जाते हैं। दुनिया चाहे आपके साथ भला-बुरा कुछ भी करे, हमें हमेशा खुश रहना चाहिए। कुछ लोग हमें दुखी देखकर खुश होते हैं लेकिन हमें खुश रहकर उन्हें यह अहसास दिलाना चाहिए कि हम हर हालात में खुश रहते हैं। हमें साफ़ दिल से कहीं न कहीं खुशी ढूँढ ही लेनी चाहिए। लेकिन हाँ अगर आप बहुत दुखी हैं तो अपने दोस्तों से बात कीजिए। अपने दुख को भूल जाइए। याद रखें, खुशी आपकी तब शुरू होगी जब आप ये फैसला लेते हैं कि हम दुखी नहीं रहेंगे। आपके पास बहुत सारे कारण होंगे खुश रहने के लिए बस आपको उनको ज़रा दिल खोलकर ढूँढना होगा। तब दुनिया में कुछ लोग और कुछ लोग आपकी खुशी देखकर दुखी रहेंगे। तब आपके पास दुखी रहने का कोई कारण नहीं रहेगा। अगर ये आप आज समझ गए तो कल दुनिया समझेगी। अतः अगर आप के पास मुस्कुराहट है तो दुनिया आपकी है। दूसरों की खुशी की तलाश में आप अपने लिए इसे और ज़्यादा पा लेते हो। इसलिए खुश रहिए औरों को भी खुश रखिए।

**कोरोना वायरस**

**श्रीयन खेमका सातवीं (ए)**

कोरोना-वायरस जिसको हम कोविड -19 भी कहते हैं, मानवता पर अभिशाप है। यह एक ऐसी महामारी है जो एक इंसान से दूसरे इंसान में फैलती है। जो कोरोना वायरस होती है। सारे स्कूल, कॉलेज, धार्मिक स्थान बंद हैं। बहुत सारे लोग प्रतिदिन मरते जा रहे हैं। रोज़ाना लाखों लोग संक्रमित हो रहे हैं। कोरोना वायरस चीन के वुहान शहर से फैलना शुरू हुआ था और यह पूरी दुनिया में फैलने लगा! लोगों ने अपने परिवार छोड़ दिए। हर जगह तालाबंदी है। घरेलू कामगारों को खाने के लिए पर्याप्त भोजन नहीं मिल रहा है। बाहर देशों में रहने वाले लोग अपने घर नहीं लौट पा रहे क्योंकि सभी उड़ाने रद्द हो गई हैं। कई देशों में मामले बहुत ज़्यादा हैं। बहुत से लोग बेघर हैं। हम भाग्यशाली हैं कि हमारे पास रहने के लिए घर और खाने के लिए पर्याप्त भोजन है। सरकार हमें गरीब लोगों के बीच भोजन वितरित करने के लिए प्रोत्साहित कर रही है। लॉक डाउन के दौरान पर्यावरण प्रदूषण मुक्त हो गया है और अपनी मूल स्थिति में उभरा है। यह एकमात्र समय है जब परिवार के सभी सदस्य एक साथ बैठकर आनंद ले सकते हैं। अब हम कोरोना वायरस का परिणाम जानते हैं लेकिन क्या आप जानते हैं कि इसे कैसे रोका जा सकता है? जब हम घर से बाहर जाते हैं तो फेस मास्क लगाकर इसे रोक सकते हैं, सामाजिक दूरी बनाए रखना और घर से कम से कम बाहर जाए। कुछ लोग सोचते हैं कि मास्क पहनना अजीब है और उन्हें नहीं पहनते और सामाजिक दूरी नहीं रखते हैं। उन्हें अपनी इस सोच को बदलना होगा क्योंकि इसी में ही उनका भला है। सभी देश इस बीमारी का इलाज खोजने की कोशिश कर रहे हैं, लेकिन इस समय हमें खुद की देखभाल करनी होगी और खुद को स्वस्थ रखना होगा। चलो, हम शपथ लेते हैं कि सरकार द्वारा लागू की जाने वाली सावधानियों को अपनाएँगे और गरीब लोगों की प्रगति के साधन के रूप में मदद करने और स्वस्थ जीवनशैली अपनाने की पूरी कोशिश करेंगे।

## मेरे पिता जी

युवराज सिंह कक्षा छठी (ए)

परिवार के सभी सदस्य अपनी-अपनी जगह अपनी भूमिका निभाते हैं, लेकिन एक पिता ही हैं जो अपनी सामाजिक जिम्मेदारियों के साथ नैतिक जिम्मेदारियों को भी निभाता है। पिता अपने आप को कठोर दिखाता है, परंतु उनके जैसा दयालु कोई नहीं होता है। एक पिता जी ही हैं जो अपनी खुशियों को ध्यान न देकर, परिवार को खुशियाँ देने में लगे रहते हैं। पिता ही हैं जो अपने जीवन काल में दूसरों के लिए सब कुछ करते हैं। मेरे पिता जी शांत प्रवृत्ति के व्यक्ति हैं। मेरे पिता मेरी सभी ज़रूरतों को पूरी करते हैं। स्कूल के काम में व्यस्त होने के बावजूद भी वे परिवार के हर सदस्य की छोटी-छोटी ज़रूरतों का ध्यान रखते हैं। हमारे सगे-संबंधी अपने मुश्किल समय में मेरे पिता जी की सलाह लेते हैं। पिता जी उनकी समस्याओं का समाधान व उनकी मदद करते हैं। वे अपने कार्य क्षेत्र में निपुण हैं। अपने विषय को पढ़ाने के साथ-साथ कंप्यूटर की भी उन्हें भरपूर जानकारी है। मुझे गर्व है कि मैं उनका पुत्र हूँ। मेरे पिता जी एक दयालु और ईमानदार व्यक्ति हैं। मैं अपने पिता जैसा बनना चाहता हूँ।

## जल्द आँगे वे दिन सुनहरे

सृष्टि प्रिया पाँचवीं (बी)

हाँ, जल्द आँगे वे दिन जब दोस्तों को मिलकर उन्हें जोर से गले लगाएँगे। हाँ, आँगे वे दिन जब कंप्यूटर या फ़ोन से ज्यादा कक्षा व खेल कूद में दिल लगेगा। हाँ, वे दिन ज़रूर आँगे, कहती हूँ मैं बार-बार अपने दिल से। लॉक-डाउन अब और अच्छा नहीं लग रहा, मेरा मन निराश होने लगा है। अपने दोस्तों से मिलने के लिए

दिल बेचैन होने लगा है। इस लॉक-डाउन में मानो हमारा बचपन ही कहीं खो गया हो। ऑनलाइन कक्षाओं में वो मजा कहाँ जो वास्तविक कक्षाओं में आता था। अतः मैं भगवान से हर क्षण प्रार्थना करती हूँ कि लॉक-डाउन खत्म हो जाए और हम एक बार फिर से सामान्य जीवन व्यतीत करने लगे।

लॉक-डाउन खत्म होते ही सबसे पहले मैं चाहूँगी कि मेरे नाना जी जो दिल्ली में पिछले पाँच महीनों से बिल्कुल अकेले हैं, वे यहाँ (सनावर में) आ जाएँ। उनसे मिलते ही मेरी बाँछें खिल जाएँगी और शायद मेरी आँखों में खुशी के आँसू छलक उठेंगे। मैं यह भी चाहती हूँ कि हमारा स्कूल खुल जाए और मैं अपने मित्रों से मिल पाऊँ। उनके साथ कक्षा में पढ़ने और मैदान में खेलने का खूब मजा लूँ। सनावर में पूरे साल कोई न कोई शैक्षणिक, सांस्कृतिक अथवा खेल-कूद से सम्बंधित कार्यक्रम चलता ही रहता है और हम बच्चों में उन प्रतियोगिताओं में भाग लेने की, अव्वल आने की होड़ सी मची रहती है। अन्तर्सदनीय प्रतियोगिताओं में अपने सदन के लिए ट्रॉफी जीतने के लिए छात्र-छात्राओं का जोश देखते ही बनता है।

इतने दिनों से हम सपरिवार कहीं घूमने भी नहीं गए। साधुपुल, कसौली की तो बात ही छोड़ दीजिए, गड़खल भी नहीं जा सके हैं। घर में हमने इन दिनों बहुत सारे नए व्यंजन बनाए और खाए। पर अब किसी रेस्तरां में जाकर अपने मन-पसंद व्यंजन का लुत्फ़ उठाने का मन करने लगा है। हालाँकि मेरी माँ ने साफ़-साफ़ कह दिया है कि इस वर्ष हम किसी रेस्तरां में बिल्कुल खाना नहीं खाएँगे।

अब मैं लॉक-डाउन से मुक्त होना चाहती हूँ इसलिए मैं भगवान से प्रार्थना करती हूँ कि हमारा जीवन एक नयी उमंग के साथ शुरू हो और मेरे मित्र और अध्यापकगण स्वस्थ रहें। मुझे आशा है कि वे सुनहरे दिन जल्द ही वापस आएँगे।

# अंतरसदन हिन्दी कविता पाठ प्रतियोगिता (5 अगस्त 2020 को आयोजित )

## सदन के आधार पर परिणाम

स्थान	सदन
प्रथम	नीलगिरी
द्वितीय	हिमालय
तृतीय	विंध्या
चतुर्थ	शिवालिक

## व्यक्तिगत परिणाम

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	सृष्टि प्रिया	पाँचवीं बी	नीलगिरी
द्वितीय	दिव्या रंजन	छठी सी	विंध्या
तृतीय	रूहानी राणा	छठी ए	शिवालिक

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