



Section : I From The School Life's Mantra

Suryaveer Singh Kadyan, U VI

In contrast to what Jaiveer said earlier this year, I believe that this is the right time for me to say, this is my first and probably the last assembly speech and therefore, please do not expect it to be short and crisp.

If I happen to ask you, why did you join sanawar? I believe, that all of you will have different stories to tell! Before writing down my speech, I asked myself the same question and I got an interesting answer, I am here simply because my elder siblings were here.

It was the 24th of February, 2012 when I first came to Sanawar as a little student, the cold in the air that afternoon sent a chill down my spine. I still remember how Mr. Solomon made us sit down on the floor and speak out our names that evening. Being in PD was amazing, how can I forget to mention the fact how afraid we guys were of Mrs. Asha Thakur. The problems that we considered as grave issues back then seem so lame today. The days dragged on, but the years flew by so quick, and from being a small, little boy I have grown into a young adult, who is ready to face the challenges of life.

My journey in Sanawar has gone through a lot of ups and downs. I have spent moments of laughter and fun, occasions of sorrow and tears with periods of hard work and sweat. It looked extremely great to grow up fast but let me tell you, that sometimes I wish I could go back to the old days and cherish those moments once more, but that is how life works. As the saying goes "Time and Tide wait for none", so live your present as if it were your last moment because it won't come back to you ever again, with every tick

of the clock a new fate awaits you, therefore don't let your past determine your future.

Being in Sanawar can drive a person crazy at first, waking up at 6 in the morning and changing clothes 6 times a day, preparing for house matches while concentrating on upcoming exams at the same time and achieving to bathe in only 3 mins in junior years, such a schedule may seem taxing in the start but it feels wonderful to have learnt the art of time management, which stays with you for life. Sanawar will throw opportunities to each one of you irrespective of who you are, so grab them and don't let them go away.

You and I are not very different from a Rose flower, just like a rose flower is unique; each one of us is unique. All of us have something special that makes us as beautiful. Do you know what makes you special? Now the answer to that can be a little difficult to find because sometimes life has a cruel way of picking out your petals, breaking you in two and throwing you into the trash. When you are broken it's very difficult to feel special, my fellow flower, like everything, has a good and a bad side, Life is not always charming and nice. To fight the predicaments of life and reach somewhere, we must always have a vision or a plan because when you don't have a goal, you drift around and never end up anywhere. It's like you can have the best airplane in the world, but if the pilot doesn't know the destination, it would just wander aimlessly and end up most likely in the wrong place. Always have a goal, and each little step you take just brings you nearer towards accomplishing your goal and hence turning your vision into a reality. In your journey towards fulfilling your goal, you

will encounter people who would act as obstacles, the ones who would say that whatever you're doing is stupid and impossible. They are the "Nay Sayers", do not listen to them. An optimistic mind would hear their 'no' as a 'yes', 'impossible' as 'possible' and 'you can't do it' as 'you can do it'. I am a strong believer of what Nelson Mandela said, "It always seems impossible until it's done". Well, then tell yourself that I am going to show them and I will be the one who does it, turning impossible into possible. There's no magic out there, you have to work and work tirelessly until it's done. Consider that you read for an hour daily about whatever interests you, just imagine how much would you learn after 365 hours in one year. As the saying goes, "Don't start counting until it hurts". Now that is working hard. No one except you will ever benefit from your hard work no matter who it is. I believe what Ted Turner had to say, "Work like hell and advertise". So, you work your tail off and then let the world know about your work. Also, I hate PLAN 'B' and I tell you why. On our road to success, we'll have so many doubters, as I've said earlier they are the nay sayers. But if, you start doubting yourself because of them that can be fatal. Since now what you're primarily saying is that "If my plan A doesn't work, I have a fallback plan, I have a plan B" and that means that you start thinking about plan B and every thought that you put into it, you're taking away that thought and energy from plan A. It's very important to understand that humans function better if there is no 'safety net' because plan B becomes a safety net. It says that "If I fail then I fall and get picked up as I have a safety net which will protect me". To me, it's very dangerous to have a plan B, since you're cutting yourself off from the chance of really succeeding.

The reason why people want to have a backup plan is that they are afraid of failing.

They say, what if I fail and have nothing else. Well, let me tell you, don't be afraid of failing because there's nothing wrong with failing. You have to fail in order to climb that ladder. There's no one who doesn't fail. Fail big that's right, you only live once so do what you're passionate about. Take chances professionally. Don't be afraid to fail. There's an old IQ test called the 9 dots, and you had to draw 5 lines without lifting a pencil. The only way to do it was to go outside the box. So don't be hesitant to go and think outside the box and chase your dreams. But remember, dreams without goals are just fantasies and they ultimately fuel disappointment. So have dreams but have goals, life goals, yearly goals, monthly goals, daily goals. Have a plan, you've heard the saying "We don't plan to fail, we fail to plan". Hard work, works. Don't confuse movement with progress, continue to strive, continue to have goals, continue to progress and anything you want, you can have. When you get it, reach out and pull someone else up. Failure is necessary. We all fail, it's ok. What's not okay is that when you fail, you stay down, and whoever stays down is a loser. Winners will fail and get up, fail and get up, again fail but get up. You always get up, that is a winner and that's what it is all about.

Seize The Moment

Aftab Tariq, U V

Seize the moment. It is the now, that matters. The future is an unpredictable mess. Some people believe that their path is set. That their future is set in stone. I on the contrary believe that it is you who is holding the hammer and the chisel that is going to decide the fate of your world. With so many people running around trying to fulfill everyone else's whims, you need to pull the handbrake, mute the GPS and get a grip. Understand what you need to do and what you should do to attain it. Drifting around

aimlessly is not going to help you or anyone else, so wake up. Do what you need to do and do it now. Sure, you could postpone it to tomorrow, day after tomorrow, maybe even a week later. But when that week comes around to a close, you are going to ask yourself why didn't I do it then? Remember that timetable you made at the start of the UT's or at the beginning of the year. Well, remake that timetable and follow it religiously. That New Year's resolution you made but never thought about after the 2nd of January. It needs availing upon. If you think about it, there is always work to be done. You all might be thinking, who is this guy to tell us what to do and when to do it. But I am telling you all from my personal experience that it is a horrible feeling to be overloaded. It feels as if the whole world is against you, asking you to do something or the other. So focus up. Get your priorities straight. And with that, I would like to end. But before I go, I would leave you with a thought. "Yesterday is history, tomorrow is a mystery, but today is a gift. That is called the present."

Never Give In
Seerat Sandhu, L VI

As they wonder, how are you on the top,
For the idea of sweat, you could never stop.

Gone are the days where he was illicit,
Now he is inspiration, sedulous and fit.

It's never too late to change, as they say,
It's the turmoil and sweat, not just play.

Don't just depend on serendipity,
It will often leave you surrendered with pity.

Struggle till you have reached your aim,
Do it for yourself, not for the response and fame.

No doubt, it'll be hard, you will be in pain,

Motivate yourself, this would not go in vain.

People might laugh, call you a loon,
Tell them that all are not born with a silver spoon.

For when you are tired of life's hard discipline,
Remember the motto, 'Never Give In'.

Self-Reflection

Archisha Gorski, U VI

A few years back my Mom told me to choose my words carefully as they could cut deeper than a knife but as a child I did not take it seriously. But now when I sit back and introspect at night all of it hits me like a boulder aimed right at my head. After seventeen complete revolutions around the son, I often think that only if I had done things differently, situation would have been different. But I have realized that in life, very chance is the last one.

You see that in what we humans do, we break the people to the point when they can't be healed anymore. We don't realize the outcome of our actions and how deep scars our words can leave. We judge people to the point where they spend hours in front of the mirror and hating every inch of their existence, parts of them which they didn't even choose. We also abandon people. We meet them. Make memories with them, spend years growing with them. And just when the weather gets a bit stormy we snap out the relations. We leave them without explanations, without goodbyes. They spent their entire life blaming themselves and going through every conversation over and over in their head just to find a reason.

It is high time that we stop breaking hearts and souls. It is time that we accept people the way they are. It is time to apologize to very broken soul. And for all the decisions you have made that you still call mistakes when you tuck them in at night, forgive

yourself. It is time to start fresh and always remember:

You are not the answer
You are not the problem
You are not the poem or the punchline
You are not the joke or the riddle
You are a human-skin and bones
You have nerves, veins, feelings and emotions
And so have the others.

Count The Blessings

Savneet Lally, U-V

“Appreciate the little things in life”. Everything around us matters. We always care about the ones who don't care about us and don't care about the ones who do. We should appreciate the existence of everyone that gives us attention because once they go, you will be left with nothing inside you. For example I lost my dog a while ago, it was like losing a friend who was always there for you. A companion in times of loneliness. A comfort in moments of sadness. An everyday joy that touched my life, until I remember that there isn't one precious memory and one single moment spent with the dog that brought so much laughter to my house. I feel it day and night, I know it will take time before it feels quite right. But for now I need to move on, my heart needs to mend. Though some may say “it's just a dog”, I know I have lost my best friend. He brought so much happiness to my home and richness to my days. A constant friend through joy and loss, with gentle loving ways. I learnt that a dog is the only living thing on this planet which will love you than he will ever love himself, and the worst part about losing a dog isn't having to say goodbye but it's the way your life changes and the emptiness he leaves behind. So we should learn how to be grateful for everything we gave instead of crying over the things we don't have. Look around we

have so much to be thankful for. We owe it to the world.

The Quest of Deception

Akanksha Chaudhary, U- VI

Eyes, one of the most valued gifts we've received. We see the world with our eyes. But like everything in the world, this too goes both ways. The eyes are the window to the soul. They say all that the words can't. Smiles are deceptive. They seem happy even when the heart is heavy and the eyes are teary. Like a defence mechanism, we put on a brave face and a broad smile even when the tears roll down your cheeks. We fear judgement, consequence and most of all opinions and perceptions people have. We feel like everyone seems to know who we are before we even begin to know ourselves.

But here's a thing. People aren't that bad. You see, we are all just lost souls trying to find our way across the complications of the world. Each person has their own story to tell. Yet the unspoken words of these tales are often left hanging. We are all so busy in our own lives that we don't see what is hidden in the plain sight. We don't see the obvious tears and let the smiles fool us. We sometime skip the sad chapter of others and go right to the happy ending, not looking beyond our presumptions and prejudices. It is human tendency to talk and we just do that. Somehow we are still very guarded. We are surrounded by huge world of vulnerabilities and insecurities. We feel like we are safe, guarded in our shells but that is only what we make ourselves believe. What we need to do is not to make our walls higher but to try to put them down, a brick at

a time and to try to be the change which we so desperately wish to see in each other.

One Day I Woke Up And Found Myself In A Bed Of Cheese

Zara Kalsi, L-V

One day I woke up and found myself in a bed of cheese. Completely baffled I looked around and saw that not only my bed but my entire room was full of cheese on looking out the window and found that the streets were flooded with cheese. I was sure of the fact that this cheese was no gift from the pope dropped on us by helicopters. I knew something no one ever ever thought of even in their wildest dreams was happening. On flipping through the news channels I saw that it was not only my town that was flooded with cheese but the whole world. Any efforts made by government across the world were fruitless because the cheese just reappeared. Even after weeks the cheese did not seem to rot or produce any kind of foul smell. It just lay there doing nothing. But something felt weird as if the cheese was staring at me.

Months went by and cheese did nothing. It was about 3 months after the cheese had appeared that the human race decided that the cheese was harmless. Then one day about nine or ten months of staying dormant all the cheese around the world started growing arms and legs. The cheese also had eyes and mouths. They spoke a language that we had never heard of but somehow they could understand all the language that we spoke. They were no more than three inches tall and two inches wide. They seemed pretty friendly and harmless but that did not stop the humans from panicking. Slowly the cheese learnt how to speak English and told us that they were the adipose race and their home planet had been destroyed. They had not meant to cause any trouble. The Adiposians said that they were a far more advanced race

than humans so if we could give them a place to stay they would help us develop.

Then came the golden era of the humanity. Since the adipose could survive in any condition they lived in the forests, underground, underwater, in Antarctica and other places inhabitable for humans. In return the adipose helped in many scientific developments. Time travel was now possible and so was curing cancer. In fact cancer had been wiped off the planet. The adipose and the humans lived in perfect harmony.

IT GETS BETTER

Irmin Tiwana, L VI

It's only so human,
To fall apart.
Spring comes around,
And we heal.
The last burning embers,
We hold on to,
Survival on a stick,
Chance only so faint.

It's okay, someday,
Look back to that date,
Wanting to bring back,
Things you left in the dark.

One day we grow anew,
Shed the past.
The wilting leaves,
Now buds bloom.

We love, we learn,
We are mortal,
We pray, we hope,
Because we aren't God.

It's only so hard,
A patient job,
To wait for what you want,
And in the end,
Lose it all.

The Value of Love

Mayank Sharma, U VI

Love is what we need the most in our lives. We keep expecting that someday we will find the true love. It is something that comes to you on its own. When I talk about love, I am not just talking about the love that we give to other people. We must show love to everything we engage in. This is the best way of showcasing your heart felt desire when you are totally devoted and dedicated in an activity.

Most of us are concerned about others than ourselves. One of the most important things would be loving yourself. When I interpret my thoughts in such a way, it should not be taken as selfish. You can't expect to lose others because human relationships are equally important. Only then we will be able to give our love to the others. Love is very much the essence of life. If you don't value this powerful emotion, days will pass, and you will still be finding love. The bottom line is start loving yourself, start loving others and start loving everything you do. And then come the day, when you get that true love you were looking for.

Missing You!

Yashika Yadav, L-V

'As Islarc flips through her old album of photos in her beloved room in the attic on her birthday afternoon, a polaroid picture falls out of it. That is when her dementia comes into play. She stares at it blankly, trying to remember who was hugging her so enthusiastically. Then it strikes her. "Oh My God! Esphyr! How can I forget her? After all, she has been my best friend for such a long time! I wish I could meet her, It has been such a long time, now that she lives in Canada." Suddenly, the doorbell rings. Islarc shouts from the stairs as she rushes down, " I got it, mom!" She opens the door and stares at impossibility itself. There stands

Esphyr in front of Islarc's eyes. Islarc jumps into her best friends arms and cries into her shoulder "Missing you!"

Inter- House Sr. English Declamation 2019

The Inter House Sr English Declamation 2019 was held on Saturday the 17th of August 2019. The results are as follows:

Individual positions:

Third: Manasvi Goyal (HGD)

Second: Nachael Gill (NGD)

First: Vidhi (VGD)

House positions:

Fourth: Nilagiri House

Third: Himalaya House

Second: Siwalik House

First: Vindhya House

Art competition on Kargil Vijay Diwas

Adil Sharda, L-V

We were thrilled to listen to the announcement of art competition on the theme "20th Kargil Vijay Diwas". Our excitement doubled when we listened the word Kargil in our ears, we also felt proud for those soldiers who fought valiantly. We felt that the love for the country had taken us in its lap where we with our artistic minds were dreaming and trying to capture an incident of the war on a piece of paper. The competition started with a video about the Kargil Vijay Diwas, we extracted all the creative ideas from the video and the slides.

The art room was filled with a population of 50 to 60 country lovers who wanted to display their love on the pieces of paper with a pencil and a few shades of colours .

There was vibrancy all over the art room, with the sound of moving brushes soothing the ears, with so many drawings the art room was looking like some art museum

with the paintings portraying Kargil Vijay Diwas, it was looking like a revolutionary practice, like a modern Renaissance displaying affection for the country, with slogans written on the drawings it was looking like the artists had changed into radicals asking to move Pakistan's forces away from India .

At the end of the long artistic experience, everyone's glorifying smile and a heart filled with the haemoglobin of nation's love nectar.

This experience was not as long lasting as Renaissance or Baroque but it was a memorable moment in the lives of the young Indians who came to draw the beautiful scene.

Jai Hind, Jai Bharat

Result of Painting Competition held on 29.7.19 to celebrate the occasion of the 20th Kargil Vijay Divas.

Winners

Category A : Classes L IV and U IV

3 rd	Devanshi Mitruka	U IV C	VGD
2 nd	Preet Gupta	L IV A	NBD
1 st	Parth Gautam	L IV A	NBD

Category B : Classes L V and U V

Consolation	Mrigna Goel	L V C	SGD
Consolation	Priyal Sangwan	L V D	VGD
3 rd	Devyani Singh	L V D	VGD
2 nd	Samarth Kharbanda	U V B	HBD
1 st	Aadil Sharda	L V C	NBD

Category C : Classes LVI and U VI

3 rd	Seerat Sandhu	L VI D	NGD
2 nd	Rhea Bedi	L VI A	SGD
1 st	Esha Malhotra	L VI C	SGD

Category PD : Classes L III and U III

Consolation	Parinoor Sekhon	U III C	HPD
3 rd	Keerat Sandhu	U III A	NPD

2 nd	Arjun Chopra	L III B	SPD
1 st	Aadidev Samyal	U III C	HPD

Section II : SPORTS NEWS

Results of home & away sports fixtures held on 3rd & 4th Aug (Sat & Sun) are as follows for your kind info, please.

August 03, 2019

1. In a Basketball Girls U-14 match held at Sanawar, Sna team lost to Pinegrove School by 18-34.
2. In a Basketball Boys U-14 match held at Pinegrove School, Sna team lost to Pinegrove School by 01 point as 53-54.
3. In a Soccer girls Jr match held at Sanawar, Sna Girls Jr lost to Sonipat Club by 3-2 in a tiebreaker after a draw with 3-3.
4. In a Soccer boys Colts match held at Sanawar, Sna Colts lost to Sacred Soul School, Mohali by 1-0.
5. In a Soccer boys 1st XI match held at Sanawar, Sna 1st XI won to Sacred Soul School, Mohali by 5-0.

August 04, 2019

1. In a Soccer girls Jr match held at Sanawar, Sna Girls Jr lost to Sonipat Club by 2-0.
2. In a Soccer boys Colts match held at Sanawar, Sna Colts won against Sacred Soul School, Mohali in tie break by 4-2 after a draw with 0-0.
3. In a Soccer boys 1st XI match held at Sanawar, Sna 1st XI won to Sacred Soul School, Mohali by 3-0.

हिन्दी खण्ड

मनुष्य के ज्ञान, स्वभाव का स्तर उसकी वाणी से पता चलता है। वाणी अपनी मिठास, तर्क, क्षमता एवं भाव संवेदना से दूसरों को प्रभावित नहीं करती, अपितु प्रतिकूल स्थिति को भी अनुकूल बना लेती हैं। कुशल वक्ता जन मानस को बदलते हैं और उसे अपने विचारों के अनुकूल धारा में बहा ले जाते हैं। लोक व्यवहार में सफलता-असफलता का बहुत कुछ आधार उसके भाषण-संभाषण स्तर के साथ जुड़ा रहता है। अध्यात्म में वाक् सिद्धि का प्रयोजन मौन व्रत का अभ्यास करने से बनता है। निरंतर बोलने से वाणी की क्षमता क्षीण होती है। अतएव विद्वतजन निरर्थक नहीं बोलते। सोच समझ कर सीमित और अर्थपूर्ण शब्द कहते हैं। उनका थोड़ा सा भी बोलना घंटों व्यर्थ बात करने की तुलना में कहीं ज्यादा प्रभावशाली है। मौन के विश्रामकाल में इतना अवसर मिल जाता है कि पिछली गंदी आदतों को सुधारा-विचारा जा सके। मौन व्रत के द्वारा भावी कार्यकाल को सुगम बनाया जा सकता है।

मौनकाल में विचारों की शक्ति सीमाबद्ध होती है। इसे इधर-उधर बिखेरने की अपेक्षा यदि वाक् शक्ति पर ध्यान धरने पर लगाया जा सके तो वह तीखी तलवार से भी अधिक सशक्त बनती है। मौन की पृष्ठभूमि में जप साधन ठीक प्रकार बन पड़ता है। ध्यान के लिए मौन व्रत अनिवार्य है। किसी दशा-विशेष में प्राणशक्ति को नियोजित करने का अभ्यास करना हो तो उसका प्रथम चरण मौन व्रत ही हो सकता है। बांध खोलने पर जल का प्रचंड प्रवाह उछाल मारता है, यदि उसे सामान्य गति से बहने दिया जाए तो जल धारा सामान्य स्तर की ही बन कर रह जाती है। यही बात जीभ के संबंध में भी है।

विचार के उपरांत वाणी का स्थान है। विचार सूक्ष्म हैं। मौन व्रत से उपासना की शक्ति भी कई गुना बढ़ जाती है और उस आधार पर निग्रहित की गई जीभ जो कुछ कहती है, वह शुभ सत्य हो कर रहता है। जीभ के कार्यक्षेत्र लौकिक भी है और पर लौकिक भी। लोक व्यवहार में यह सब से बड़ी क्षमता है। अध्यात्म में सत्संग, विचार-विनिमय जीभ से ही संपन्न होते हैं। वाणी की सिद्धि प्राप्त करने के लिए मौन व्रत का ही अवलंबन लेना चाहिए। सप्ताह में एक दिन या दिन में दो-तीन घंटे का मौन व्रत रखना जीवन के लिए बहुत उपयोगी है। आइए! हम भी मौन व्रत रखना सीखें।

आइमन गोयल

कक्षा-सातवीं बी

नानी का घर

गर्मियों की छुट्टियाँ शुरू हो ही गई

बस अब नानी के घर जाने का इंतजार।

वहाँ पर नाना जी के संग जाना बाज़ार

और नानी जी के हाथों खाना आचार।

मौसी जी के संग नाचना और गाना

और भाई के संग जाना तरणताल।

नानी के घर तो न पढ़ाई न काम

सिर्फ और सिर्फ ऐश और आराम।

नानी के घर आता मज़ा न कोई मम्मी की सज़ा

क्योंकि मम्मी की मम्मी है साथ तो डरने की क्या बात।

भाई परेशान करता मारता-पीटता भी, बाल
भी खींचता है पर

अन्तर्सदन हिंदी कविता पाठ प्रतियोगिता
(पी0 डी0) के परिणाम (3 अगस्त 2019)

प्यार उस से भी ज़्यादा करता।

ऐसा है मेरी नानी का घर

प्यार से भरा और मनोहर।।

सारा मैहता

कक्षा-छठी ए

सदनगत परिणाम

स्थान

सदन

प्रथम

हिमालय

द्वितीय

विंध्या

तृतीय

नीलगिरि

चतुर्थ

शिवालिक

व्यक्तिगत परिणाम

स्थान नाम

सदन

कक्षा

प्रथम श्रद्धान सिंह

नीलगिरि

पाँचवीं

द्वितीय महेजबीन

विंध्या

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तृतीय शरीन चौहान

हिमालय

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