



# The Lawrence School, Sanawar

Established in 1847



## e-NEWSLETTER



**Vol.121**

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**2020**

## Outbreak of Corona Virus Pandemic

Due to the outbreak of the Corona Virus pandemic, the whole world was faced with the unprecedented situation as the life of the people was in danger. In such an hour, The Lawrence School, Sanawar took the prudent step to send the students home as a precautionary measure. Parents were also concerned as Covid -19 was gradually spreading to almost each and every part of the country. All the students were sent home on 18th March, 2020. Sending students home in a phased manner was the biggest challenge for the house staff but under the able guidance of the school management each and every one worked efficiently and ensured that students would leave the school in a staggered manner. This has been a timely decision taken by the school to ensure the safety of the students as after few days nationwide lockdown was declared by the Prime Minister to tackle the pandemic.

## Arrival of the New Headmaster



The new Headmaster Mr. Himmat Singh Dhillon joined The Lawrence School, Sanawar on 20th March, 2020. Mr. Dhillon is an alumnus of The Lawrence School, Sanawar (Class of 1989 V) and has an illustrious career as an educationist and administrator. He served at The Doon School, Deh-

radun as Teacher (English Faculty), Head of Department and Housemaster. He has been the Principal at Gandhi School, Jakarta and Principal/CEO of Our Own English High School, Fujairah. He has also headed GEMS Modern Academy, Gurugram.

## Facilitated Virtual Learning Programme (FVLP)

Due to Covid -19 pandemic and the nationwide lockdown everything was brought to a standstill. All the educational institutions were shut as a precautionary measure. The big question now was how to reach out to the students. Online classes in such an hour have been no less than a blessing. The Headmaster, Mr. Himmat Singh Dhillon decided to start the FVLP which has been instrumental in carrying out teaching in a smooth manner. All the teachers were trained by the IT department of the school in a very short period of time to start with the online classes.

The FVLP commenced from 6th April, 2020. After the initial phase of hiccups, the FVLP kicked off very well. The teachers are carrying on with the syllabus in a structured and planned manner. They have been able to solve the doubts and queries of the students. Keeping in mind the health and fitness, school has also started 'Yoga and Hobby Sessions' for the students. The feedback

of the students and parents regarding FVLP is overwhelming and encouraging. There has been a drastic improvement in the student survey as well. Keeping in mind the overall well-being of the students, Saturday has been declared as a holiday for L-III to U-IV by the Headmaster. In order to cope with the pressure of the studies and the ongoing pandemic crisis, The Lawrence School, Sanawar has taken a wonderful initiative of 'Counselling Sessions' for the students to help in ensuring positive emotional well-being. Entire Board of Governors as well as Headmaster are very proud and highly appreciative of the wonderful way our teachers have risen to the occasion and done a fabulous job.

### Appointments BD Prefects - 2020

#### School Appointments

**Head Boy** –Aryaman Singh Kohli (NBD)  
**Deputy Head Boy**-Zorawar Oberoi (SBD)  
**M.I. Prefect**-Kandarp Gulia (SBD)  
**Academic Prefect**-Priyam Gupta (VBD)

#### House Appointments

#### HIMALAYA

**House Captain**-Vinayak Kapur  
**School Prefect**- Yuvraj Singh Chawla  
**House Prefect** (Sr. Dorm. Jr. Prefect)-  
 Gaurav  
**House Prefect** (Jr. Dorm. Jr. Prefect)-  
 Arjun Singh Brar

#### NILAGIRI

**House Captain**-Utkarsh Singh  
**School Prefect**- Adil Pratap Singh  
 Ghuman  
**House Prefect** (Sr. Dorm. Jr. Prefect)-  
 Ranvez Dhawan  
**House Prefect** (Jr. Dorm. Jr. Prefect)-  
 Gursimran Singh Walia

#### SIWALIK

**House Captain**-Zorawar Oberoi  
**School Prefect**- Madhavendra Singh Viridi  
**House Prefect** (Sr. Dorm. Jr. Prefect)-  
 Surya Krishan Gaur  
**House Prefect** (Jr. Dorm. Jr. Prefect)-  
 Arjun Singh Benipal

#### VINDHYA

**House Captain**-Saket Mehra  
**School Prefect**- Iqbal Jacob Oberoi  
**House Prefect** (Sr. Dorm. Jr. Prefect)-  
 Arjun Singh Sandhu  
**House Prefect** (Jr. Dorm. Jr. Prefect)-  
 Shray Bhalla

#### Holding House

**House Captain**-Kripang Kanwar Kashyap  
 (HBD)  
**School Prefect**- Priyam Gupta (VBD)  
**House Prefect**- Siddhant Malik (NBD)  
**House Prefect** –Sanchay Jain(SBD)

### Appointments GD Prefects-2020

#### School Appointments

**Head Girl**- Pavit Sidhu (SGD)  
**Deputy Head Girl**- Seerat Sandhu (NGD)  
**M.I. Prefect**- Esha Malhotra (SGD)  
**Academic Prefect**- Avanti Aggarwal (NGD)

## HIMALAYA

**House Captain-** Aarushi Thakur

**House Prefect-** Yana Kataria

**Holding House Prefect-** Ananaya Kohli

## NILAGIRI

**House Captain-** Seerat Sandhu

**House Prefect-** Sakshi Godhwani

**Holding House Prefect-**Avanti Aggarwal

## SIWALIK

**House Captain-** Rhea Bedi

**House Prefect-** Yakshita Bansal

**Holding House Prefect-**Esha Malhotra

## VINDHYA

**House Captain-** Adrika Sood

**House Prefect-** Ananya Panchhar

**Holding House Prefect-**Sakshi Gupta

### Head Boy's Address of the School Aryaman Singh Kohli

Recalling the old days from doing things together to making countless memories all over the campus from fighting with each other to fighting for each other with the people who we once met as strangers and now call them as our brothers. Early morning football to late night studies and saying hard goodbyes to those who could not make it here today. We have grown to lead Sanawar and especially Sanawarians to a greater height. Are we doing enough to be re-

membered by the posterity in this highly competitive and judgmental world after completing our tenure in this tiny part of the universe? Are you happy with who you are at the moment? If not, then start to realize the fact that you are equally capable of achieving anything that you dream of. You just have to work relentlessly to get to your dream.

Difficulties and challenges are temporary but success and satisfaction is a hallmark. We are busy trying to impress the people we don't like, by doing things that don't fascinate us. And then growing up, regretting about times which you could have spent in doing justice to your future. Find happiness in the smallest of things, be grateful for what you have and push yourself to achieve what you want. Be contented in what you wear or what you eat because not all the stomachs in this world are full and not everyone's skin is covered with designers. Respect, thank and be considerate to your parents and teachers who have selflessly put in their best efforts to help us despite our anger and attitude. Let us make this school a place where there is an encouragement of confidence in every walk of life. This will empower us to be better in every field. You all know what NIKE stands for-just do it. What ADIDAS stands for -nothing is impossible but do you know what you stand for! It is very easy to comment but very

difficult to compliment and comprehend. It is nothing that is stopping you but it is you who is stopping you. You fall but you stand up to show the world what you have and that dedication and passion is way greater than any voice, limitation and failure. If your mind says that you can't do it, you are weak, tell it that you have had enough. You have worked for it, now nothing can stop you and you are unstoppable.

I would like to wish good luck to the upper six batch of 2020 in leading Sanawar to a greater height. Sanawar has always contributed to our progress and now it is our turn to contribute to its progress. Sanawar has always been amongst the top schools and it is our duty to take it to the top where it truly belongs. Let us all stand together as responsible beings and take Sanawar from being the best school in India to being the best school in the world. Our time and work starts from today itself.

### **Head Girls's Address of the School Pavit Sidhu U VI**

The world is beautiful and magical if you find it in your heart to make this hilltop yours. Sitting here in Chapel every year each Sanawarian has at some point thought what he or she would say if they were standing here. I had thought speaking about the great things in life too. But after spending seven years in Sanawar I have realized that it is not about the great

things, it is about the little things that either make you or break you.

Sanawarians don't settle for nice, pleasanter and familiar. They keep looking for something that really moves or excites them. I mean this for hobbies, profession, books and people. Create every aspect of your life as much as you can because the only certainty in life is that all things will come to an end. The year has approximately 292 days for us as upper sixers and it marks the end of our school life. One thing I am sure that we all want to be remembered for something. Nobody wants to fade away like an echo. Each voice is unique so make sure you use it. This year is a lot more special for us because each new day in this year is the last of its kind.

Moments and seconds are fleeting. Let your heart beat better. Allow yourself to take a lead in what you know is better for you and then always remember only you can be the change. You will decide how this chapter will end.

### **My Experience in Sanawar Zorawar Oberoi U VI**

What happens when you explore and try instead of giving up? What happens when every single cell in your body desires something? When was the last time you fuelled your passion? What have you really done for yourself in the last twenty four hours? No doubt, I have made countless memories in this place but more importantly I have learnt lot of lessons. Not

everything will happen as you plan it to be. Sometimes you will get more than what you expect. But let me tell you that you will get less more often than not. What is more important that you should not expect success in the first place, just expect yourself to be better than yesterday? In these seven years I have failed several times too. I tried and I failed but I never failed to try. I saw two paths; one of comfort that any ordinary person would take and the other one of hard work and determination that a Sanawarian would take.

I took the second one and here I am addressing you all. Take your chances because one worse thing than failure is regret. To take this school to another level, we need to contribute at our own level first. People will see potential in you. Some will tell you about it and some might even get jealous but today I am telling you to embrace that spark within you. Ignite it and ignite it till it burns and only then will you and this school move forward. Always remember limitations only exist if you let them to be.

### **The Disaster Unexpected** **Seerat Sandhu U VI**

Who had the slightest notion or concept, what a disaster the world will have to accept!

Lesser were alive during the World War than are in lockdown,

All that this virus has brought is distress, anxiety and frowns.

But maybe Lady Luck has given a smile, For all the high spirits with your loved ones after a while.

Merriment amongst the other beings has begun,

Finally getting their fair share of water, countryside and sun.

Plans are cancelled, future seems blurry, But nature is jovial, got nothing to worry.

The answer for when will it stop! when will it end!

I felt the virus has done justice to the message it had to send!

### **Life in Sanawar** **Vinayak Kapur U VI**

It was seven years ago when I first stepped in, I had no idea what I was here for. Little did I know I was away from home and was exposed to a new place with new faces. Never did I imagine myself at this point of time standing here addressing the new faces who are family now.

What should we expect from this place and mere passing out with a tag of a Sanawarian won't alone do justice to the span of time we cherished here? Why doesn't everyone pass out with the same achievements and credits? It all depends upon us, the good opportunities we grab or making the right choice at the right time. We should look at every tomorrow as a new opportunity and should make

the full use of it. It is all in our hands to make this count. After all we only realize when it's over. Nothing is more expensive than a right opportunity missed. We have learnt a lot in the last few years. We do not get everything which we aspire or hope of getting. We really need to strive for it. One has to change himself as the world outside won't change for us. Keeping our values in mind, we have to make space for ourselves. What we go through in Sanawar is just a mere part of life but undoubtedly the best one.

Sanawar taught us to value things, value each and every resource. We started off by reading each word of the hymn from our assembly books to singing without an assembly book, running short backs as we were told and now running short back as we will not get this opportunity again. As a junior running away from tuck shops as soon as possible to spending as much time till the food lasts while having the best conversations. The list is endless and so are the memories. After few years each one of us will be on different tracks but somewhere we will all have nearly the same memories within us. Sometimes you will never know the value of the moment until it becomes a memory. So, make the most out of the time you are left with in this beautiful hilltop. Run every Hodson as if it's your last, eat Wednesday breakfast as if it's your last and dance like crazy during socials as if it's your last.

## The Nine Year Old Mature Girl Yakshita Bansal U VI

Spring came by,  
Marking a new season.  
The girl was shy,  
Questioning for a reason.

Her parents made up their mind,  
Giving her a new surprise.  
By finding a groom of her kind,  
Thinking she was ready to be a wife.

'No' was her answer,  
All along the way.  
Waiting for her saviour,  
It was a tough day.

She kept on waiting,  
But nobody arrived.  
Stirring the straw in her drink,  
Sitting sad and deprived.

She felt so gross,  
Dying from inside.  
She felt like a host,  
To a deadly parasite.

She was going to wear bangles,  
Instead of books.  
Removing her hair's tangles.  
Getting the best looks.

True her parents dream came,  
With her being traded.  
Oh, what a shame!  
This decision will be dreaded.

They have committed a crime,  
By killing a child's innocence.

Let us build a shrine,  
For their dead consciousness.

The cup of her sorrows is overflowing,  
But she doesn't realize it.  
All she wants is her parents smiling,  
And she would do anything to find it.

### **The Way I See Sanawar** **Priyam Gupta U VI**

No matter where we stand in our lives we will always face new problems and challenges. Just when you start thinking that there is nothing left to worry about as life would surprise you. We often tend to hope for life without problems but that is just not possible because challenges are what makes life interesting and overcoming them is what makes life meaningful. Being in Sanawar has exposed me to the new sets of challenges with every passing year. In the past I would often complain about them and want them to go away. However, it is now that I realize that accepting your shortcoming and overcoming them is the way ahead and not denying or running away from them. You might not realize it just now, but we all really are very privileged to get exposed to a wide variety of challenges at such a young age because the pain you face today, really is the strength you have tomorrow. I like to believe that you don't really

become a Sanawarian just for joining this institution, it's the years spent here that slowly and steadily make you better and mould you into Sanawarian. It's the challenges you overcome that finally make you the man that Sanawar meant you to be. But to reap all these benefits we must learn to be anti-fragile. To be anti-fragile means to tackle your challenges and channel your pain in such a way that it makes you stronger rather than leaving you weaker. Since there is no way you can avoid problems you might as well use them for your own good. You cannot control what happens to you but you can control how you react to it. We fall only so that we can pick ourselves up and true Sanawarians are known to never give in.

You have to keep working and find enjoyment in the work itself. You have to accept your problems and be happy. This is what it actually means to never give in. Living up to all these values of hard work and withstanding pain is what really make you a Sanawarian. Being a true Sanawarian is so much more than a tag. To sum it up in the end, I would like to say that time really flies when you are here. So, instead of focusing on all the negatives, you must cherish every moment spent because there are very few in the world who are lucky enough to have an amazing childhood like ours.

## **Feedback from Students and Teachers** **on** **Facilitated Virtual Learning Programme**



## **No Winter Lasts Forever!**

--- Mrs. Neelam Tahlan



Like every year 2020 was welcomed by everyone with lot of excitement and optimism without an iota of idea as to what did the future hold in store for us. Few warnings in January and increasing indications through February but by mid-March Covid-19 scare hit us hard. These uncertain times have taught a very important lesson to man who had started behaving like the lord of the earth.

Ever since life has changed and so has the attitude. Being teachers we decided to continue with hand holding of our students through this tough phase of life. Online teaching and counselling seemed to be the most viable option. Though it seemed a bit challenging in the early stages, but to my amazement very soon I felt it was very exciting. Tough times have given me a renewed energy and desire to adapt to tech skills. Increasing positive response from students has given me a reason to be more innovative with the assignments and pedagogy. Overall, I feel much more strengthened as the intensity and passion to teach has increased manifold. I am sure that things will fall in place sooner than later and we shall overcome this too!

## **“Embracing Tech Pedagogy”**

--- Mrs. Priya Dhillon



Adapting to the new method of online teaching most definitely was daunting, exciting and made us realize that it was the best possible way to reach out to our students during the indefinite lock down period. After a few training sessions where we were students again wanting to grasp every possible detail of making our classes as interesting as possible. This was a big step forward to be with the times of digitization. Apprehension on being on the other side of the screen, not being able to feel the synergy which all students create in a class room when I walk in, was a shocker for the first few days but like all new things take time, I felt better every day and apprehensions were gradually replaced by confidence and enjoying our classes as best as we can. The lock down definitely has taught me that digitization is definitely relied upon heavily however, it can in no way replace the human factor.

## **Beating the Lockdown Blues**

----- Mr. Gaurav Sood



Amidst the long lockdown which has been brought about by COVID - 19 pandemic, teachers and the students have entered a new world of virtual classes where thousands of students are glued to their computers and smart

phones. Suddenly online classes, counselling, educational apps and smart classes which were hitherto considered as supplements and aid to conventional teaching have taken a center stage. We at Sana-war are leaving no stone unturned in ensuring that during these challenging and uncertain times, the teaching-learning process is not hampered while embracing an empathic approach. We are bracing up to the new challenges by adopting a dynamic approach and trying to ensure that online classes do not lose their effectiveness by seeking involvement of students through interactive lectures, worksheets, assignments, video clips, tests and continuous improvisation.

### **Hindi Online Classes**

——-**Mr. Narender Sharma**



I knew that technology has brought people together no matter where they were situated in the world. The barrier of distance was surely eliminated. As a Hindi teacher I have a lot to say about Facilitated Virtual Learning Programme. Initially I thought that it would be difficult to teach Hindi subject virtually. But after a few days I realized that there are many fundamental similarities between traditional school based education and online learning. I also see an added advantage in virtual learning. I have noticed that this programme helped the students to engage themselves and interact freely, especially for those stu-

dents who may not feel as comfortable in class. I feel virtual learning programme is a great initiative taken by school. Virtual learning is more of an individualistic approach and classroom study is a collective learning process whereby a student is directly impacted by the next student in class. This view can be positive as well as negative. Classroom is a place of synergy creation which is absent in virtual learning.

For studies in specific, it is extremely helpful. But we must not forget that Sana-war is known for 'overall development' of the students and so we would love to see our students back in school at the earliest.

### **Experience of Online Teaching**

——— **Mrs Kamla Vaidya**




Due to the lockdown in the country on account of the spread of Coronavirus, all educational institutions had to be shut. Online classes using diverse apps have started since then for millions of students. Before lockdown only around five percent students used to take online classes.

It was felt that initially some students found it to be the happening platform to interact with each other. However, gradually they settled down to the fact that actual learning needs to take place. Look, our pockets are full of knowledge and confidence now! Consequently, personal as well as professional growth took place.

Every day has been a learning experience while facing, may be sometimes, technical issues or other disturbances. Nevertheless we, the teachers at Sanawar are missing our students and of course the daily routine, which though, most of the time, is quite hectic. Personally I feel that actual teaching; face to face interaction between the teacher and the taught is much better and amazing. The excitement among students and teachers post lockdown would be mesmerizing, I am sure!!!

### **French Online Classes**

—— **Mrs. Nitya Chopra**



Teaching a language in a virtual class seemed like a herculean task to me in the beginning because in a real classroom, one is able to monitor each child's pronunciation and expression which is very important in a language class especially a foreign language like French. I definitely faced a few initial hiccups but in about a week, the classes were going on smoothly. The lack of interaction in virtual classes is a big drawback because you are not able to interact with all of them. When given time to ask their doubts, just a handful of them ask questions. The others just remain passive listeners and become complacent or feel shy to ask questions on a platform like this.

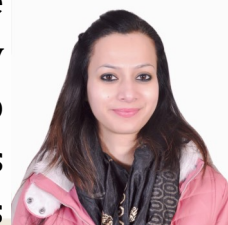
So, in this grave time of pandemic, virtual

classes have become a saviour for the teachers but they are not comparable to real classes. I miss my classroom teaching.

### **Views Regarding FVLP**

——— **Ms. Bhavna Sharma**

Covid-19 and the nationwide lockdown that followed, made all the teachers wonder in dismay as to when we may get to see and teach our students again.

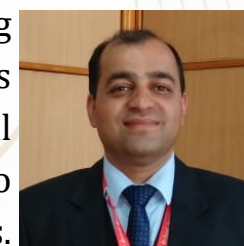


Virtual lessons helped us connect with our students again. FVLP has served as a perfect medium to teach, interact and stay connected with our students. Queries and questions of the students flooding in made me realise that students understand the gravity of the situation and are willing to make the best use of technology in this situation. I aid my teaching with PowerPoint presentations and videos. The feedback has been delightful and my experience wonderful!

### **Silver Lining in the Dark Clouds**

——— **Mr. Ved Raj Sharma**

The online classes during testing times are no less than a blessing. Virtual learning has helped us to connect to the students.



There have been initial hiccups but everything is working smoothly now. Initially students had the notion that this is the best platform to interact with the class-

mates or friends but now students understand that they need to take online classes seriously to carry out the syllabus in a structured and planned manner. This is very much evident from the overwhelming response of the students. FVLP has been a great learning curve for me as every day I get to learn new things pertaining to some technical glitches or other issues. All in all FVLP is a wonderful opportunity to connect to the students and clear their doubts and queries. I am thoroughly enjoying the online teaching experience but I would definitely want students back in the school as post lockdown excitement to see the students would be really great.

### **Dreams of A New Sanawarian in Lockdown**

——— **Srishti L III**

We just joined the school, only ten days of fun and over..... Due to corona virus, the lockdown was announced and all my friends went back home.

Imagine we new Sanawarians [L -3 children ] could only spend 10 days of school, only ten days with friends and teachers, only ten days of fun.....

Disappointment and no hope, hearts were sad, so boring being locked in our houses, no fun, no studies....

In this time, the school started the [FVLP] Facilitated Virtual Learning Programme. Our hopes started rising up.

The first day was a lot of confusion, what to do, where to go.....

But it was real fun. We were so excited. We chatted with our friends, loved listening and studying with teachers, and best part was seeing each other's faces...

This really helped overcome the disappointment and helped us with our studies very much. We feel like we are in the classroom only. We also have our hobby classes. I have taken Arts. We love making paintings.

The idea of uploading our creativity on the school website introduced by Headmaster Sir was a great idea as it lets creative thoughts come in our mind. I also uploaded my Art Paintings and crafts on the website.

Our fitness classes are also conducted on Saturday in which we do yoga and exercise to keep our body fit.

The online classes are very good but I pray to God that the lockdown ends and my friends come back to school for more fun activities and I hope we lead a good Sanawarian life

....AND WE MUST

### **My Experience of Online Classes**

——— **Anaam Kapoor U V**

Albert Einstein once said, "the only constant force in the universe is change". Learning has existed for as long as anyone can remember. Due to the present pandemic situation, many schools have faced problems and have decided to go with the online classes. It has made it

less complicated for many students and teachers, mainly for the students who have major exams the following year. It is a rather low cost method compared to the traditional one.

Another advantage, it provides a flexible schedule and a chance of an environment full of opportunities. It creates an atmosphere of self-discipline and to some extent a great responsibility and most of all it provides a substantial future with a guaranteed career. Though, this has many advantages it does have some disadvantages as well like, intense requirement of self-discipline and an even more intense requirement of self-direction. My experience of online classes has been favourable and positive.

### **Remote Learning in Sanawar**

——-**Avanti Aggarwal U VI**

In lieu of the Coronavirus pandemic, the faculty at Sanawar took a prudent approach towards interactive learning and started the remote learning program on Microsoft Teams Online classes are also a step towards the use of technology in learning. This interactive learning has taken student-teacher interaction to another level; it provides a better way of keeping a track of attendance records and makes setting and completing assignments a whole lot easier.

Although connectivity proves to be an impediment, online classes ensure better class discipline as compared to the con-

ventional classroom lectures as all the students are on mute. Students have had a lot to gain from these online classes. The remote learning program has proven to be effective in the long run for the school.

### **First Time Online Classes**

———**Viyom Dhawan UV**

Learning is essential and the online classes are just another way of ensuring it. Also, it is a great opportunity for children to learn on their own pace at home, children can record the meetings and review them over and over again to understand the concepts.

Learning is much better when there is a good interaction but since today we are in such a grave situation we must continue learning, we should 'Never Give In'. It has almost been a month since the online classes started and they are happening on a regular basis, the teachers have also put in great efforts by working in the school and by spending qualitative time to teach us even in such a grave situation. However, in one of the worst times that the world has ever seen, the most important thing is to maintain our safety and of the people around us.

### **Inter-House Jr. English Declamation**

Inter-House Jr. English Declamation was held on 7th March, 2020. Boys and girls from L IV to L V participated in the same. They declaimed on topics like, Meditation and Health, Ethics & Etiquettes, Self-

Discipline, Simple Living & High Thinking, Increasing Trend of Adventure Camps, Space Programmes for Students, Women Make Better Managers than Men, The Person Who Most Influenced My Life, Teenagers Lack Survival Skills, Technology Makes People Lonely, Children's Imag-

ination Restricted by Gadgets, Holidaying Has Become an Integral Part of Lives These Days. All the participants spoke confidently. The declamation was highly informative for the audience too. The results were as follows:

### HOUSE POSITIONS

S. No.	House	Position
1.	SIWALIK	First
2.	HIMALAYA	Second
3.	VINDHYA	Third
4.	NILAGIRI	Fourth

### INDIVIDUAL POSITIONS

S. No.	Name	House	Class	Rank
1.	Shanaya Malhotra	Siwalik	U IV C	1st
2.	Riana Khosla	Siwalik	L IV B	2nd
3.	Keerat Sandhu	Nilagiri	L IV B	3rd

## हिन्दी खण्ड

वर्चुअल क्लास : मेरा अनुभव

— निर्मल कुमार सेन



'वैश्विक महामारी' और 'वैश्विक लॉकडाउन' में वास्तविक कक्षा शिक्षण के स्थान पर ऑनलाइन शिक्षण ने एक सहायक व्यवस्था के रूप में इन दिनों धूम मचा रखी है। स्वाभाविक रूप से मेरे लिए भी अपने आप एक नवीन अनुभव है। इस अनूठे अद्भुत अनुभव के आधार पर ही हम अपने शिक्षण को अंजाम दे रहे हैं। ऑनलाइन शिक्षण के विकल्प ने वाकई इस लॉकडाउन पीरियड में सनावर के विद्यार्थियों की सीखने की क्षमता को रोचक ढंग से कुछ हद तक विकसित किया है। विद्यालय में आईसीटी साधनों और उपकरणों के रचनात्मक उपयोग से मैंने अपने शिक्षण को प्रभावी पाया है।

वर्चुअल क्लास के माध्यम से भरपूर आत्मविश्वास के साथ मैंने आईसीटी का प्रयोग करते हुए शैक्षणिक कौशल विकसित किया है। एक जटिल एवं तेजी से बदल रहे विश्व में ऑनलाइन कक्षा शिक्षण ने मुझमें और विद्यार्थियों में अपने विषय के प्रति अनुसंधान और नवाचार को बढ़ावा दिया है। सीखने और सिखाने की इस प्रक्रिया में हुए परिवर्तन से विद्यार्थियों में रचनात्मक पहलू उभरकर सामने आए हैं। वर्चुअल क्लासेज़ और ऑनलाइन पढ़ाई ने लॉकडाउन में बड़ा सहारा दिया है। कोरोना वायरस के खतरे के कारण ऑनलाइन शिक्षण संकटमोचक साबित हो रहा है। ऑनलाइन कक्षा शिक्षण लॉकडाउन के दौरान स्कूलों का खेवनहार बना हुआ है।

6 अप्रैल, 2020 से इस विद्यालय में 'माइक्रोसॉफ्ट टीम्स क्लासरूम प्लेटफॉर्म' के उपयोग से हम शिक्षक विद्यार्थियों के कोर्स से संबंधित शैक्षिक सामग्री एवं असाइनमेंट पोस्ट कर रहे हैं। इसके

माध्यम से विद्यार्थी अपनी शैक्षिक जिज्ञासाओं का समाधान कर सकते हैं और अपनी पढ़ाई नियमित कर रहे हैं। ऑनलाइन शिक्षण से बच्चों को लय में रखने में मदद मिल रही है। अगर मैं कहूँ कि इस लॉकडाउन ने शिक्षा जगत में 'डिजिटल क्रांति' के लिए द्वार खोल दिए हैं, तो इस कथन में कोई अतिशयोक्ति नहीं होगी। वाकई इस तरह 'सोशल डिस्टेंसिंग' और लॉकडाउन की बाधा के बीच इस डिजिटल लर्निंग में ऑडियो - वीडियो लेक्चर, पावर पॉइंट प्रस्तुतिकरण, वर्कशीट्स का आदान-प्रदान विद्यार्थियों के लिए बेहद फायदेमंद साबित हो रहा है। निष्कर्ष रूप में यही कहा जा सकता है कि "ऑनलाइन क्लास का है अब ज़माना। हर शिक्षक-बच्चा है इसका दीवाना।।"

कोविड-19 के संकट काल में सनावर विद्यालय का सामाजिक योगदान

— कुमार गौतम

पूरी दुनिया वर्ष 2020 के इस संकट को लम्बे समय तक भुला नहीं सकेगी। किसी को इसका तनिक अंदाज़ा भी न था कि वर्ष की शुरुआत में ही "करोना वायरस" नाम का संक्रमण ऐसा भयंकर रूप धारण कर लेगा कि



समस्त विश्व त्राहि-त्राहि कर उठेगा। विकासशील देश ही नहीं अपितु अमेरिका व इंग्लैंड जैसे विकसित देश भी गंभीर रूप से प्रभावित हुए हैं। इस संक्रमण का कोई इलाज़ उपलब्ध नहीं होने की वजह से इसके बचाव का सबसे कारगर तरीका यही बताया गया है कि हम 'सामाजिक दूरी' बनाये रखें और अपने-अपने घरों से न निकलें। परिस्थिति की गंभीरता को भाँपते हुए हमारे प्रधानमंत्री ने पूरे देश में लॉक-डाउन की घोषणा कर दी। चंद आवश्यक वस्तुओं और सेवाओं को छोड़कर सब कुछ बंद कर दिया गया। बाज़ार, उद्योग, स्कूल, कार्यालय, यातायात के साधन,

होटल आदि सब बंद हो गए। लोगों का घरों के बाहर आने पर पाबन्दी लगा दी गई। देश के लोग मानो अपने-अपने घरों में कैद हो गए हों। जैसा कि हम सभी जानते हैं, भारत की लगभग तीस प्रतिशत आबादी गरीबी रेखा के नीचे है और करोड़ों गरीब मजदूर ऐसे हैं जो दिहाड़ी मजदूरी करके ही अपना और अपने परिवार का भरण-पोषण करते हैं। इस लॉक-डाउन में रोजगार के अवसर खत्म हो जाने की वजह से लाखों परिवार और करोड़ों गरीबों को भयंकर भूख की पीड़ा झेलनी पड़ रही है। इसी दौरान गड़खल-सनावर पंचायत के प्रधान श्री राजेंद्र शर्मा जी ने हमारे विद्यालय को बताया कि विद्यालय के पड़ोसी गाँवों में गरीबी रेखा के नीचे आने वाले परिवारों और प्रवासी मजदूरों की हालत नाजुक हो रही है। इनके छोटे-छोटे बच्चे भूख से बिलखने लगे हैं और यदि समय रहते इनकी सहायता नहीं की गयी तो भूख के कारण मौतें भी हो सकती हैं।

द लॉरेस स्कूल सनावर ने सामाजिक कल्याण के कार्यों में सदैव तत्परता दिखाई है और अपने आस-पास के गाँव में सामाजिक-आर्थिक कल्याण हेतु निरंतर प्रयास करता रहा है। इस नाजुक दौर में भी विद्यालय ने अपने प्रधानाध्यापक श्री हिम्मत सिंह ढिल्लों की अगुआई में पंद्रह दिनों में पाँच "कोविड-19 राहत सामग्री वितरण शिविर" आयोजित किए जिसमें लगभग दो सौ जरूरतमंद परिवारों को खाद्य सामग्री वितरित की गई। एक शिविर हमने सेंट मेरी स्कूल की प्रधानाध्यापिका सिस्टर साल्वी के अनुमोदन पर कसौली के नजदीक मशोबरा में भी आयोजित किया इस सामयिक सहायता से इन अत्यंत गरीब परिवारों के यहाँ अगले पंद्रह-बीस दिनों तक चूल्हा जल सकेगा और इनके भोजन की जरूरत पूरी हो सकेगी। इन 200 लाभार्थी परिवारों में अधिकांश परिवार ऐसे थे जिनकी मुखिया महिलाएँ हैं जो अपने छोटे-छोटे बच्चों के साथ प्रवासी मजदूरों की कठिन जिंदगी व्यतीत कर रही हैं।

बिहार, झारखण्ड, राजस्थान, उत्तरप्रदेश, उड़ीसा तथा कश्मीर से आये ये प्रवासी मजदूर पिछले एक महीने से ज्यादा समय से बेरोज़गार हैं और अपना तथा अपने छोटे छोटे बच्चों का पेट भरने के लिए इनके पास अब कुछ नहीं बचा है। ऐसे में जब द लॉरेस स्कूल सनावर की तरफ से जब इन्हें खाद्य सामग्री के रूप में दस किलो आटा, पाँच किलो चावल, दो लीटर तेल, तीन किलो चीनी, दो किलो दाल और एक किलो नमक मुहैया कराया गया तो जहाँ वयस्कों ने राहत की गहरी साँस ली, वहीं वितरण-स्थल पर मौजूद छोटे बच्चों की आँखों में खुशी चमक उठी। खाद्य सामग्री के साथ-साथ उन्हें साबुन, सैनिटाइज़र और चेहरा ढकने के लिए मास्क भी प्रदान किया गया ताकि वे अपनी और अपने परिवार की स्वच्छता का समुचित ध्यान रख सकें। साथ ही उन्हें कोरोना वायरस से बचाव के विभिन्न तरीकों से भी अवगत कराया गया। इसके अलावा हमने बगल के गाँवों में सामुदायिक स्वास्थ्य की दिशा में अत्यंत सराहनीय काम कर रहे अपने पूर्व विद्यार्थी डॉक्टर साजन सेठी को चालीस पी-पी-पी किट प्रदान किया तथा सनावर विद्यालय के सभी शिक्षक एवं कर्मचारियों ने पीएम केयर्स फण्ड में अपने एक दिन की आमदनी का योगदान भी किया।

हमारे विद्यालय के प्रधानाध्यापक महोदय मानते हैं कि भूख से मौत किसी भी सभ्य समाज में कतई स्वीकार्य नहीं होना चाहिए उन्होंने विद्यालय के पूर्व-विद्यार्थियों से अपील की है कि वो समाज कल्याण के इस काम में बढ़-चढ़ कर अपना सहयोग प्रदान करें। मझे इस बात की बेहद खुशी है कि सनावर के ओल्ड सनवरियन सोसाइटी ने विद्यालय की इस मुहिम में बड़ा सराहनीय योगदान दिया है। मुझे गर्व है अपने विद्यालय पर जो सेवा भाव को प्रधानता देता है और समाज के प्रति हमारे उत्तरदायित्वों को विनम्र भाव से निर्वाह करने की प्रेरणा देता है।



आजकल के हालातों (कोविड-19 ) का असर तो कभी न कभी हमारे विद्यालय पर पड़ना ही था ।

—इनाया कुमार, कक्षा सातवीं

समझ न आया ज़िंदगी तेरा ये इम्तिहान,  
एक तरफ आप कहती है, सब्र का फल मीठा होता है। और दूसरी तरफ कहती है, वक्त किसी का इतज़ार नहीं करता॥ कोरोना वायरस के कारण स्कूल बंद हो गए । स्कूल बंद होने के बाद धीरे-धीरे हमें पढ़ाई में मुश्किलें आईं । अध्यापकों की कमी महसूस होने लगी । लेकिन कहते हैं -शिक्षक ही होते हैं सच्चे रक्षक । हमारे शिक्षकों ने इसका हल निकाला और वह था ई-लर्निंग । हर शुरुआत मुश्किल होती है लेकिन आदत डालनी पड़ती है । जैसे बच्चे पहले कक्षा में आवाज़ें निकालते थे, पीठ दर्द की शिकायत करते थे, सिर दर्द, चश्मों का डर आदि । अब ऐसा लगता है कि स्कूल दोबारा खुलें ताकि सबकी शिकायत दूर हो । ई-लर्निंग के कारण ही इस मुश्किल समय में हम पढ़ सके । अब हमें समझ में आया शिक्षकों का महत्त्व और उनकी ज़रूरत । अंत में मैं यही लिखना चाहती हूँ कि ई-लर्निंग ने हमें बहुत कुछ सीखा दिया और एक बड़ी शिक्षा दे दी ।

शिक्षक मोमबती जैसे होते हैं और हम विद्यार्थी दीये जैसे। शिक्षक अपनी ज्योति का प्रकाश बिखेरते हैं, हमें रोशनी का हिस्सा बनाने के लिए। जो हम कभी समझ न पाए ॥

**ऑन-लाइन शिक्षा : एक सुखद अनुभव**

— सृष्टि प्रिया, पाँचवीं बी

मेरी उम्र मात्र दस साल है। मैं बहुत अनुभवी तो नहीं हूँ लेकिन पिछले दो महीने का मेरा अनुभव अद्भुत रहा। अपनी इस छोटी उम्र में ही ऐसे समय की साक्षी बन गयी जिसके बारे में बड़े बूढ़ों का कहना है कि ऐसा पहले कभी नहीं हुआ। बुरा समय तो पहले भी कई बार आया , महामारी पहले भी फैली है लेकिन "करोना वायरस" नाम की

महामारी ने तो पूरे विश्व को हिला कर रख दिया। आज हम इक्कीसवीं सदी में पहुँच चुके हैं। वैज्ञानिकों ने चाँद और अंतरिक्ष पर पहुँचने के तरीके खोज निकाले हैं लेकिन विडंबना यह है कि करोना वायरस से बचने का कोई इलाज़ ( दवा या टीका) अभी तक खोजा नहीं गया है। नवंबर 2019 में चाइना के वुहान प्रदेश से फैलना शुरू होकर कुछ ही दिनों में करोना वायरस का संक्रमण पूरे विश्व में फैल गया । मरने वालों की संख्या लाखों में पहुँच चुकी है । भारत सरकार ने सतर्कता दिखाते हुए इस महामारी के फैलाव को रोकने के लिए पूरे देश में लॉक-डाउन का ऐलान कर दिया। परिणामतः हमारे विद्यालय के विद्यार्थी अपने-अपने घर भेज दिए गए । अध्ययन और अध्यापन का सिलसिला चलता रहे इसके लिए विद्यालय ने ऑन-लाइन शिक्षा की प्रक्रिया शुरू कर दी।

कम्प्यूटर के माध्यम से ऑन-लाइन शिक्षा का मेरा अनुभव बेहद रोमांचक रहा । कम्प्यूटर स्क्रीन पर ही सही लेकिन अपनी कक्षा के सभी विद्यार्थियों एक साथ अपने शिक्षकों से जुड़ सकते हैं । माइक्रो-सॉफ्ट टीम्स पर हम सबके नाम दर्ज कर दिए गए। शिक्षकों के आदेशानुसार हम उपस्थित हो जाते हैं। शिक्षक व अपने दोस्तों की आवाज़ सुनकर हम चहक उठते हैं। हम अपने शिक्षकों की बात ध्यान से सुनते हैं तथा समझते हैं। हाँ, पर कुछ बच्चों को जब शैतानी सूझती है तो वे कभी अपने सहपाठियों को तो कभी शिक्षक को ही मूक(म्यूट)कर देते हैं। इस बात पर हमारे शिक्षक बड़ा परेशान और नाराज़ हो जाते हैं। माइक्रोसॉफ्ट-टीम्स में यह भी प्रावधान है कि आपस में लिखकर एक दूसरे से बातें कर सकते हैं। इसका उपयोग हम शिक्षकों से प्रश्न पूछने के लिए अक्सर करते हैं। मज़े की बात तो यह है कि माइक्रो-सॉफ्ट टीम्स पर हम पढ़ाई के साथ-साथ कला-कौशल (हॉबबीज़) की कक्षा का भी आनंद उठाते हैं। यह बहुत जरूरी है क्योंकि दिन भर की पढ़ाई के पश्चात थोड़ा मनोरंजन हमारे मन को खुश कर देता है। अब तो प्रत्येक

शनिवार को "स्वास्थ्य शिक्षा " अर्थात फिटनेस-एजुकेशन भी दी जाती है जिसमें हमारे शिक्षक हमें योग और अन्य व्यायामों के माध्यम से स्वस्थ रहने के गुर सिखाते हैं।

हालांकि ऑन-लाइन शिक्षा से हमारी पढ़ाई लगातार चलती रही है , फिर भी हम सभी विद्यार्थी यही प्रार्थना करते हैं कि 'कोरोना - वायरस' का संक्रमण जल्द से जल्द खत्म हो और हम पुनः स्कूल में वापस आकर पहले की तरह सामान्य जीवन का आनंद ले सकें।

### ई - लर्निंग

#### — सारा मैहता, कक्षा सातवीं (ए)

कोरोना वायरस ने दुनिया भर के 196 देशों को अपनी चपेट में ले लिया है । भारत समेत पूरा विश्व इस समय लॉकडाउन से गुज़र रहा है । लोगों को सख्त निर्देश दिए गए कि वह घरों से बाहर न निकलें ।

कोरोना वायरस के संक्रमण के चलते मार्च से ही स्कूल बंद कर दिए गए हैं । ऐसे में ऑनलाइन क्लाससेस देकर बच्चों को नया सिलेबस पढ़ाना शुरू हो चुका है ।

ई -शिक्षा अनिवार्य रूप से कौशल एवं ज्ञान का नेटवर्क समर्थित अंतरण है । ई -शिक्षा का उद्देश्य

शिक्षार्थी के व्यक्तिगत अनुभव, अभ्यास और ज्ञान के संदर्भ में ज्ञान के निर्माण को प्रभावित करना है । इस माध्यम से अध्यापकों को भी नेटवर्क से विषय संबंधित उचित समर्थन सामग्री मिल पा रही है । अध्यापकगण अपनी संयोजित क्लासिस ऑनलाइन लेकर सीखने की गुणवत्ता को परिभाषित कर रहे हैं ।

ई -शिक्षा के समर्थन से बच्चों की पढ़ाई का नुकसान होने से बच रहा है । लेकिन लाभों के साथ इस तरह के अभ्यास की कुछ सीमाएँ भी हैं कुछ समय ऑनलाइन चर्चा में भाग लेने और अपने ऑनलाइन प्रशिक्षकों या आभासी सहयोगियों के साथ अधिक सक्रिय रूप से संलग्न होने पर आपके सभी शिक्षार्थियों के लिए सहज महसूस करना आसान नहीं होता इसके अलावा कुछ प्रकार की सीखने की समस्याओं को ऑनलाइन संबोधित करना मुश्किल हो सकता है । ऑनलाइन शिक्षण पाठ्यक्रम को प्रभावी बनाने के लिए ज्ञान, समय, अनुभव, प्रतिभा, महान संचार कौशल और सीखने के लिए सच्चे जुनून की आवश्यकता होती है । यदि यह सभी कंप्यूटर के दोनों ओर से मिल रहा है तो सुनिश्चित है कि आपके ई -लर्निंग के फायदे, इसकी सीमाओं से आगे निकल जाएँगे ।

## अंतर्वर्गीय हिन्दी निबंध लेखन प्रतियोगिता

(12 मार्च 2020 को आयोजित )

### कक्षा पाँचवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	मौलिक अरोड़ा	पाँचवीं सी	विंध्या
द्वितीय	सिराज सिंह	पाँचवीं ए	शिवालिक
तृतीय	सृष्टि प्रिया व हर्षिल गुप्ता	पाँचवीं बी	नीलगिरी हिमालय

## कक्षा छठी

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	अभिनव कुमार	छठी बी	शिवालिक
द्वितीय	अक्षिता खन्ना	छठी ए	हिमालय
तृतीय	अदा जुनेजा	छठी ए	नीलगिरी

## कक्षा सातवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	सारा मैहता	सातवीं ए	नीलगिरी
द्वितीय	रिया बूरा व सान्वी कोचर	सातवीं डी	हिमालय विंध्या
तृतीय	इनाया कुमार	सातवीं सी	हिमालय

## कक्षा आठवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	प्रीत गुप्ता	आठवीं ए	नीलगिरी
द्वितीय	मंथन सोनी	आठवीं डी	हिमालय
तृतीय	सना शर्मा	आठवीं सी	हिमालय

## कक्षा नवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	अक्षत परासर	नवीं ए	विंध्या
द्वितीय	आयरा खुराना	नवीं बी	नीलगिरी
तृतीय	विवान सूद	नवीं ए	नीलगिरी

## कक्षा दसवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	अनुष्का मुखर्जी	दसवीं ए	विध्या
द्वितीय	कृष महाजन	दसवीं डी	नीलगिरी
तृतीय	कृतिका जग्गी	दसवीं बी	नीलगिरी

## पंजाबी सुलेख लेखन प्रतियोगिता कक्षा सातवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	रुद्रवीर सुरी	सातवीं सी	हिमालय
द्वितीय	उमेद सिंह	सातवीं बी	नीलगिरी
तृतीय	जपनीत सिंह	सातवीं ए	हिमालय

## कक्षा आठवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	सम्मित जैन	आठवीं सी	शिवालिक
द्वितीय	सहज कौर कालरा	आठवीं सी	नीलगिरी
तृतीय	सना शर्मा	आठवीं सी	हिमालय

## संस्कृत सुलेख प्रतियोगिता कक्षा सातवीं

स्थान	नाम	कक्षा व वर्ग	सदन
प्रथम	शरीन चौहान	सातवीं बी	हिमालय
द्वितीय	इनाया कुमार	सातवीं सी	हिमालय
तृतीय	भाविक जसुजा	सातवीं ए	शिवालिक

# COVID-19

## Sanawar lends its helping hand in the fight

**WE ARE HERE FOR YOU**

**STRONGER TOGETHER**

### **COVID-19 Crisis: The Response of The Lawrence School, Sanawar**

The world is facing unprecedented crisis due to Coronavirus pandemic and India is no exception. In India, the pandemic assumed such an alarming proportion that to effectively counter the menace arising from it, the Prime Minister announced country wide lockdown on March 24, 2020. Notwithstanding the necessity and significance of country wide lockdown to counter the crisis of Corona Virus Pandemic, the prolonged lockdown has already gone beyond a month and it is causing enormous distress and livelihood crisis, especially among BPL families and migrant daily wagers. The Lawrence School Sanawar, which has always come forward to give back to society in hours of need, imme-

diately swung into action and responded in various ways to ease the economic distress faced by the vulnerable and poor people in its neighbouring communities, especially the stranded migrant workers and jobless daily wagers.

**Following are the highlights of the various relief efforts by The Lawrence School, Sanawar since 20th April 2020:**

**1. Covid-19 Relief Distribution of Dry Ration:** The Lawrence School Sanawar organised Covid-19 Relief Distribution of Dry Ration in four phases and distributed dry ration to over 200 migrant labourers. In collaboration with local Panchayat, The headmaster of the school, Mr. Himmat Singh Dhillon, in presence of the Panchayat Pradhan, handed over the dry ration packs to the poor labourers,

majority being female, which is expected to ease their food crisis at least for next twenty days. Besides masks, sanitizers and soaps, the dry ration pack included 10 kg Atta, 5 kg Rice, 2 ltr. cooking oil, 3 kg sugar, 1 kg salt and 3 kg lentils (Dal) to the daily wagers originally belonging to places as far as Chhattisgarh, Jharkhand, Rajasthan, Bihar, Odisha and West Bengal. Some of them included sweepers, small vendors, construction workers and even Pandits who are facing extreme food insecurity as their earning sources have completely dried up.

This effort by the school received wide media coverage, both in English and Hindi media houses, at the state as well national level. Mr. Himmat Singh Dhillon, the headmaster of the school, extended his heartiest thanks to the president of the Old Sanawarian Society, Major. General Kulpreet Singh (Retd.) and to the entire Old Sanawarian Fraternity for the unflinching support to the school in this endeavour. The Old Sanawarian Fraternity contributed a sum of rupees One Lakh Seventeen Thousand (Rs. 1,17,000/-) to the School towards COVID-19 relief fund which was further spent for purchase and distribution of relief material among the stranded migrant workers and daily wagers.

**2. Dissemination of IEC (information, education and communication) material:** To spread awareness among the masses about preventive measures against Co-

rona Virus pandemic, the school generated and disseminated IEC (information, education and communication) material such as billboards. On this occasion around thirty billboards in Hindi were placed on the relief distribution site to inform the people about preventive measures against the Virus.

Some of the heartfelt statements given by the beneficiaries are as follows:

Tekchand, a sweeper from Garkhal, Sanawar panchayat said, "I am grateful to the Lawrence School, Sanawar for this kind gesture. My family has been almost going hungry for three days, this charitable provision will see us through for a month at least".

Sarfaraj who is a migrant worker from Anantnag district in Kashmir said, "I have no words to thank this great school. This work of charity without any discrimination is truly the noblest one".

Sumitra Murmu, a construction worker from Jharkhand said, "I have not got any work since the lockdown and I am left with no money to arrange food for me and my five year old daughter. I cannot thank enough The Lawrence School, Sanawar for this timely help".

Chabbi Lal, the garbage picker happily quipped after receiving the dry ration pack, "I have a big family of six to cater to. This will bring a big relief to my entire family for about ten days at least".

**3. Contribution to PM cares Fund:** The Lawrence School, Sanawar contributed the sum of rupees Four Lakh Fifty Thousand One Hundred Twenty Two (Rs. 4, 50,122) to the PM cares fund devoted to covid-19 relief measures by the government.

**4. Distribution of PPE kits to Group captain (Dr.) Sajan Sethi:** The school distributed five (5) PPE kits to Group captain (Dr.) Sajan Sethi, O.S. 1981, who is doing an excellent work as a community health expert in villages under Kasauli Tehsil.

## Distribution of Dry Ration (Phase-1)

Date: 20th April, 2020

Venue: The Lawrence School, Sanawar

No. of Beneficiary Families : 70



**Distribution of Dry Ration (Phase-2)**  
**Date: 22nd April, 2020**  
**Venue: The Lawrence School, Sanawar**  
**No. of Beneficiary Families : 27**



**Distribution of Dry Ration (Phase-3)**  
**Date: 28th April, 2020**  
**Venue: The Lawrence School, Sanawar**  
**No. of Beneficiary Families : 52**





**Distribution of Dry Ration (Phase-4)**  
**Date: 29th April, 2020**  
**Venue: The Lawrence School, Sanawar**  
**No. of Beneficiary Families : 13**



**MEDIA COVERAGE**

**The Statesman**  
 BHUBANESWAR, MONDAY 27 APRIL 2020

**Putting up their hands to help those in need**

SHARAT DOGRA

**T**he Chief Minister of Odisha, Nara Chandrababu Naidu, has announced that the state government will provide dry ration to the poor families in the state. The government will provide 10 kg of rice, 5 kg of sugar, 2 kg of salt, 3 kg of cooking oil, 3 kg of lentils and 3 kg of pulses to the poor families in the state. The government will also provide masks, sanitizers and soaps to the poor families in the state. The government will also provide financial assistance to the poor families in the state.



The school headmaster extended his heartfelt thanks to president of the Old Sanawarian Society, Major General Kulpreet Singh (Retd.) and the entire Old Sanawarian fraternity for the unflinching support. The occasion was used to create awareness among people regarding maintenance of good hygiene to prevent the spread of covid-19.

**Sanawar lends helping hand to needy in fight against Covid-19**

**N**otwithstanding the necessity and significance of country-wide lockdown to counter the crisis of coronavirus pandemic, the lockdown is also causing livelihood crisis, especially for BPL family and migrant daily wagers. Responding to this crisis faced by most vulnerable sections of its neighbouring communities, **The Lawrence School, Sanawar**, distributed dry ration to over 100 migrant labourers.



School headmaster, Himmat Singh Dhillon,

handed over packs of dry ration to the poor labourers. Besides masks, sanitizers and soaps, the dry ration pack included 10 kg rice, 5 kg atta, 3 kg cooking oil, 3 kg

sugar, 2 kg salt and 3 kg lentils (dal). In the presence of Garkhal Sanawar Panchayat pradhan, Rajendra Sharma, who helped identify the needy people, daily wagers originally belonging to places as far as Chhattisgarh, Jharkhand, Rajasthan, Bihar, Odisha received the ration. The occasion was used to create awareness among people regarding maintenance of good hygiene to prevent the spread of covid-19.

**Lawrence school lends a helping hand, distributes dry ration to poor**

**ARVIND KASHYAP**  
 SOLAN, APRIL 28

**W**ITH the lockdown period across the country being further extended till May 3 to counter the crisis of Corona Virus Pandemic, the livelihood crisis is deepening among the poor sections of society, especially for BPL families and migrant daily wagers. Responding to this livelihood crisis, The Lawrence School Sanawar in Solan district of Himachal Pradesh distributed dry ration in three rounds to over 200 migrant labourers who are among the most vulnerable in its neighbouring communities.

poor labourers, majority being female, is expected to ease their food crisis at least for next twenty days. Besides masks, sanitizers and soaps, the dry ration pack included 10 kg Atta, 5 kg Rice, 2 kg cooking oil, 3 kg sugar, 1 kg salt and 2 kg lentils (Dal). The daily wagers who received the dry ration pack were migrant workers from places as far as Chhattisgarh, Jharkhand, Rajasthan , Bihar, Odhisa, Uttar Pradesh and West Bengal. Some of these distressed daily wagers included sweepers, petty vendors, construction workers, garbage pickers, and even Pandits who are facing extreme kind of food insecurity as they have completely



Officials of Lawrence School Sanawar distributing dry ration among the people belonging to poor sections of society.

contribution towards this noble cause. "Giving back to the community, especially in the difficult times, has been at the core of our educational ethos. Be it as soldiers on the borders, as doctors in times of medical emergency such as this one or as social activists working for socio-economic upliftment of the weak and poor in society, Sanawarians have always dedicated their selfless service to the local communities as well the nation", said Himmat Singh Dhillon. He made a fervent appeal to everyone to adhere to the advisory given by the prime-minister to maintain social distancing and expressed hope that the country will overcome this crisis soon. since the lockdown and I am left with no money to arrange food for me and my five year old daughter. I cannot thank enough the Lawrence School, Sanawar for this timely help". After receiving the dry ration pack, Chhabbi Lal, the garbage picker happily quipped when asked, "I have a big family of six to cater to. This will bring a big relief to my entire family for about ten days at least". On this occasion Scores of billboards in Hindi were placed on the site to inform the people about preventive measures against the Virus. The bursar of the school repeatedly reminded the recipients of the relief material to use the mask, maintain

# Sanawarians lend a helping, distribute dry ration to over 100 migrant families

ARVIND KASHYAP

SOLAN, APRIL 20

NOTWITHSTANDING the necessity and significance of country-wide lockdown to counter the crisis of Coronavirus pandemic, the lockdown is also causing livelihood crisis, especially for BPL family and migrant daily wagers.

Responding to this livelihood crisis faced by most vulnerable sections of its neighbouring communities, The Lawrence School Sanawar distributed dry ration to over 100 migrant labourers today.

The headmaster of the school, Himmat Singh Dhillon, handed over the dry ration packs to the poor labourers, majority being female, which is expected to ease their food crisis at least for next twenty days.

Besides masks, sanitizers and soaps, the dry ration pack included 10 kg rice, 5 kg Atta, 3 kg cooking oil, 3 kg sugar, 2 kg salt and 3 kg lentils (Dal). In the presence of Garkhal-Sanawar Panchayat Pradhan, Rajendra Sharma who helped identify the needy people, daily wagers originally belonging to places as far as Chattisgarh, Jharkhand, Rajasthan, Bihar, Odhisa and West Bengal and currently residing in ward no. 1, 2, 3, 4 of Garkhal-Sanawar Panchayat received the dry ration.

Some of them included sweepers, petty vendors, construction workers and even Pandits who are facing extreme kind food insecurity as their earnings sources have completely dried up.

Himmat Singh Dhillon, the headmaster of the school extended his heartiest thanks to president of the old Sanawarian society, Major. General

Kulpreet Singh (Retd.) and the entire old Sanawarian fraternity for the unflinching support to the school in this endeavor.

Tekchand, a sweeper from Garkhal sanawar panchayat said, "I am grateful to the Lawrence School, Sanawar for this kind gesture. My family has been almost going hungry for three days. This charitable provision will see us through for a month at least".

Sarfaraj who is a migrant worker from Anantnag district in Kashmir said, "I have no words to thank this great school. This work of charity without any discrimination is truly the noblest one".

This occasion was also used to create awareness among the poor people regarding maintenance of good hygiene to prevent the spread of coronavirus. Scores of billboards in Hindi were placed on the site to inform the people about preventive measures against the virus.

# द लॉरेंस स्कूल सनावर ने 200 जरूरतमंद परिवारों को बांटा राशन



सहाय साधुगो, सोलन : द लॉरेंस स्कूल सनावर में मंगलवार को तीसरी बार कोविड-19 रिलीफ कैंप का आयोजन किया। हेडमास्टर हिम्मत सिंह दिल्ली ने छत्तीसगढ़, झारखंड, राजस्थान, बिहार व पश्चिम बंगाल के कमगारों सहित स्थानीय जख्तरतमंद लोगों को खाद्य सामग्री वितरित की। राशन किट में हर परिवार को 10 किलो आटा, पांच किलो चावल, दो किलो चीनी, दो किलो दाल, दो लीटर खाने का तेल, एक किलो नमक, सेनेटाइजर, हाथ धोने का साबुन व मास्क शामिल थे। इस दौरान शारीरिक दूरी का भी खास ध्यान रखा गया।

हिम्मत सिंह दिल्ली ने कहा कि लॉरेंस स्कूल सनावर अब तक दो सौ के करीब जख्तरतमंद परिवारों



द लॉरेंस स्कूल सनावर में जस रामद परिवारों को राशन किट बांटे मुख्याध्यापक हिम्मत सिंह दिल्ली • जखबर

को राशन बांट चुका है। उन्होंने कहा कि कसौली व आसपास के क्षेत्र में अभी लगभग 50 और ऐसे परिवार हैं जो जरूरतमंद हैं। स्कूल की ओर से उनको उनके घर जाकर राशन पहुंचाया जाएगा। उन्होंने कहा कि सनावर स्कूल व ओल्ड सनावरिन सोसायटी का वह प्रयास है कि कसौली व धर्मपुर के क्षेत्रों में फंसे लोगों को राशन किट देकर उनकी

सहायता की जाए। उन्होंने सहयोग देने के लिए ओल्ड सनावरिन सोसायटी के अध्यक्ष मेजर जनरल (रि) कुलदीप सिंह का भी आभार जताया। इस मौके पर स्कूल के बरसर कर्नल जयशील कोशल, पीआरओ अरएस चौहान, मेजर वैनू, कमल व स्कूल के मेस मैनेजर राजेश जर्मा मौजूद रहे।

## सनावर स्कूल के प्रिंसिपल ने 50 परिवारों को बांटा राशन



कसौली। लॉरेंस स्कूल सनावर में मंगलवार को तीसरी बार कोविड-19 रिलीफ कैंप का आयोजन किया गया। स्कूल के हेडमास्टर हिम्मत सिंह दिल्ली ने प्रवासी मजदूरों के लगभग 50 परिवारों को राशन वितरित किया। यह प्रवासी मददगार छत्तीसगढ़, झारखंड, राजस्थान, बिहार तथा पश्चिम बंगाल से हैं। इस दौरान प्रत्येक परिवार को दस किलो आटा, पांच किलो चावल, दो किलो चीनी, दो किलो दाल, दो किलो खाने का तेल, एक एक किलो नमक, सेनेटाइजर, हाथ धोने का साबुन तथा मास्क वितरित किए गए। इस दौरान सामाजिक दूरी का खास ध्यान रखा गया। लॉरेंस स्कूल की ओर से प्रधानमंत्री राहत कोष में चार लाख 51 हजार रुपए की धन राशि प्रदान की गई है।

## प्रवासी मजदूरों के परिवारों को बांटा खाने का सामान

कसौली। लॉरेंस स्कूल सनावर में सोमवार को कोविड-19 रिलीफ कैंप का आयोजन किया गया। इस दौरान सनावर स्कूल के हेडमास्टर हिम्मत सिंह दिल्ली ने प्रवासी मजदूरों के परिवारों को खाद्य सामग्री वितरित की। यह मजदूर छत्तीसगढ़, झारखंड, राजस्थान, बिहार तथा पश्चिम बंगाल से हैं। प्रत्येक परिवार को आटा, चावल, चीनी, दाल, खाने का तेल, एक सेनेटाइजर, साबुन तथा मास्क वितरित किए गए। इस दौरान सामाजिक दूरी का खास ध्यान रखा गया। इस अवसर पर स्कूल के हेडमास्टर ने कहा कि सनावर स्कूल और ओल्ड सनावरीयन सोसायटी हमेशा अपने कर्तव्यों का निर्वहन करते हुए समाज के लिए हर संभव कार्य करता रहेगा।

## प्रवासी मजदूरों को बांटा राशन

कसौली (सोलन)। लॉरेंस स्कूल सनावर में सोमवार को कोविड-19 रिलीफ कैंप का आयोजन किया गया। सनावर स्कूल के मुख्याध्यापक हिम्मत सिंह दिल्ली ने प्रवासी मजदूरों के लगभग 70 परिवारों को खाद्य सामग्री वितरित की। इस दौरान सामाजिक दूरी का खास ध्यान रखा गया। इस अवसर कश्मीर के प्रवासी मजदूर सरफराज ने कहा कि वह सनावर स्कूल के मुख्याध्यापक ने मुश्किल घड़ी में उनका साथ दिया है। जिसे वे कभी भूल नहीं पाएंगे।

# 70 प्रवासी परिवारों को खाद्य सामग्री बांटी

हिमाचल दस्तक। धर्मपुर

लॉरेंस स्कूल सनावर में कोविड-19 रिलीफ कैंप का आयोजन किया गया। लॉरेंस स्कूल सनावर हमेशा अपनी सामाजिक जिम्दारियों को निभाता रहा है, चाहे वह स्वच्छ भारत के अंतर्गत सुलभ शौचालयों का निर्माण करना

हो या अन्य कार्य आज इसी कड़ी में सोमवार को सनावर स्कूल के हेडमास्टर हिम्मत सिंह दिल्ली ने प्रवासी मजदूरों के लगभग 70 परिवारों को छत्तीसगढ़, झारखंड, राजस्थान, बिहार तथा पश्चिम बंगाल से है को खाद्य सामग्री वितरित की, जिसमें प्रत्येक परिवार को 10 किलो आटा 5 किलो चावल 3 किलो चीनी 2 किलो दाल 2 किलो खाने का तेल एक सेनेटाइजर की बोतल हाथ धोने का साबुन तथा मास्क

कहा कि सनावर स्कूल और ओल्ड सनावरीयन सोसायटी हमेशा अपने कर्तव्यों का निर्वहन करते हुए समाज के लिए हर संभव कार्य करता रहेगा तथा स्कूल आने वाले दिनों में लगभग 100 अन्य परिवारों को रसन वितरित करेगा इस अवसर पर स्कूल के बरसर कर्नल जयशील कोशल स्कूल के पी आर ओ आर एस चौहान सिविल इंजीनियर संजय सिंह तथा स्कूल के अध्यापकगण मौजूद थे।

## द लॉरेंस स्कूल सनावर ने बांटा राशन

सोलन : द लॉरेंस स्कूल सनावर में सोमवार को राहत शिविर लगाकर मजदूर परिवारों को राशन बांटा। स्कूल के हेडमास्टर हिम्मत सिंह दिल्ली ने कसौली, गढ़खल व आसपास के क्षेत्र में छत्तीसगढ़, झारखंड, राजस्थान, बिहार, पश्चिम बंगाल व जम्मू एंड कश्मीर के 70 मजदूर परिवारों को खाद्य सामग्री बांटी। इस राशन किट में प्रति परिवार 10 किलो आटा, पांच किलो चावल, तीन किलो चीनी, दो किलो दाल, दो लीटर खाने का तेल, सेनाटाइजर की बोतल, साबुन व मास्क शामिल थी। संस

# लॉरेंस स्कूल सनावर ने 50 परिवारों को दिया राशन



जिसमें प्रत्येक परिवार को 10 किलो आटा, 5 किलो चावल, 2 किलो चीनी, 2 किलो दाल, 2 किलो खाने का तेल, 1 किलो नमक, सैनिटाइजर की बोतल, हाथ धोने का साबुन तथा मास्क वितरित किए। इस दौरान सामाजिक दूरी का खास ध्यान रखा गया। इस अवसर पर स्कूल के हेडमास्टर हिम्मत सिंह ढिल्लों ने कहा कि सनावर स्कूल और ओल्ड सनावरियन सोसायटी का यह प्रयास है कि गरीब परिवारों जो कोरोना के कारण गड़खल और धर्मपुर पंचायत क्षेत्र में रुके हुए हैं और रोजगार न होने के कारण जिनके सामने दो जून की रोटी का संकट पैदा हो गया है,

## A School in Himachal Pradesh Turns Messiah for Stranded Migrant Workers

27/04/2020



Bharat Dogra

A school in Solan district comes to the aid of migrant workers at a time when the lockdown brings unprecedented hardships for the class.



SCHOOL BUZZ

### Covid-19 relief distribution of ration to migrant workers by Sanawarians

Team\_NIE Publish Date: Apr 28 2020 8:58PM | Updated Date: Apr 28 2020 8:58PM



“In Sanawar we teach and learn, the virtue of gratitude and care, as we go beyond our call of duty and selflessly share”



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