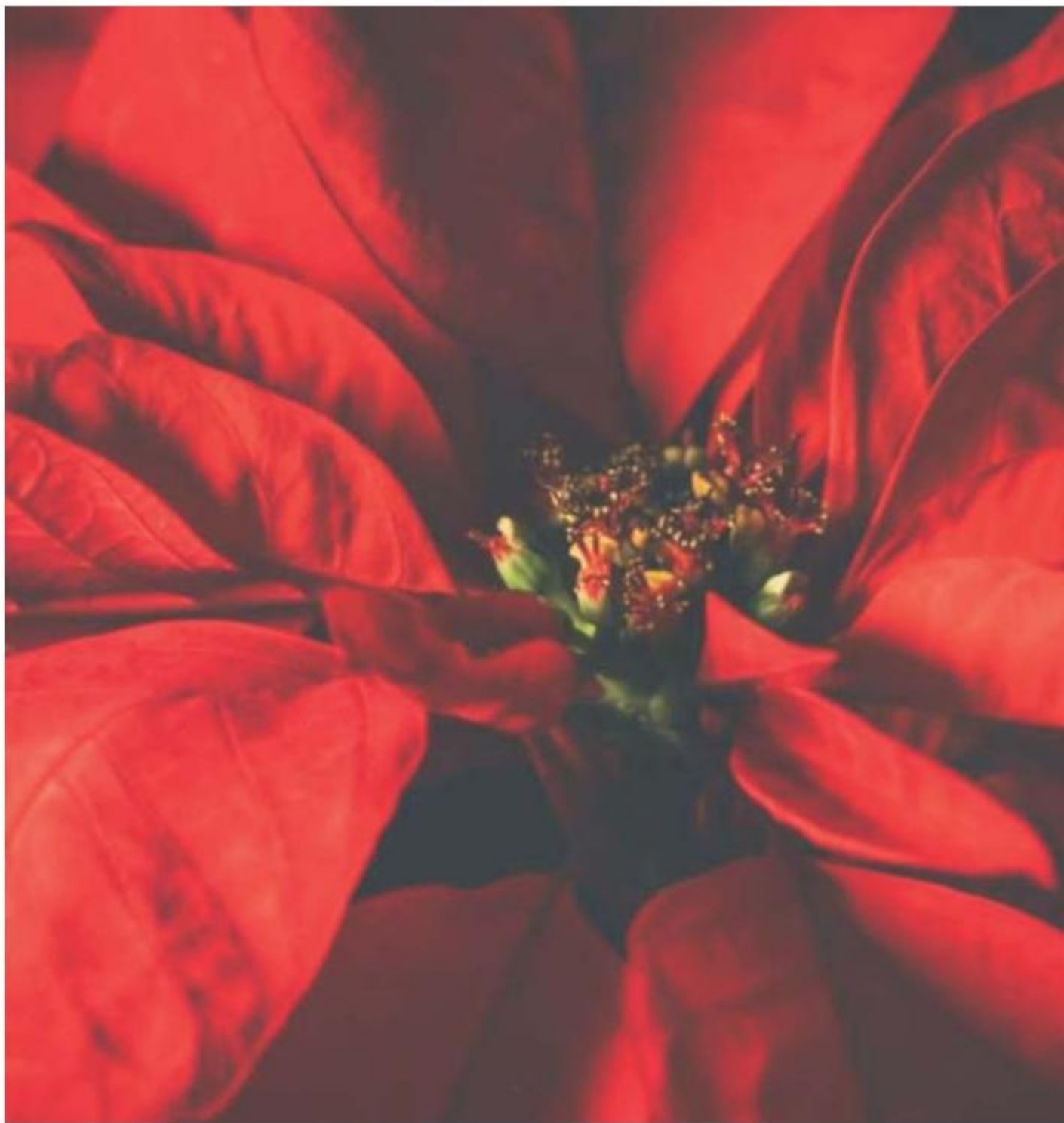


CONVENTIA

HOLD HIGH THE TORCH



THE YEARBOOK 2020-2021



PROLOGUE

The world we know has turned monochrome, it's nearly impossible to see it in colours, yet memories and hopes are so powerful that we see *La vie en rose* (life seen in rosy hues) 2020: An unbidden pandemic caught us off guard, everything went haywire for some time, the expectant promises of a new decade had seemingly been dashed to dirt and hope was a little out of reach. Nemesis walked on in our lives and perched on our shoulders. Doors and windows were bolted against

everything, everyone. A world like never seen before had found a definite place in 2020. Social distancing and quarantining were the new creeds and sanitizers and masks were our weapons against the infamous Covid-19. Yet, we rallied back to normalcy through unconventional portals.

Online classes began through cyber platforms and life found a direction once again. Tranquility was restored

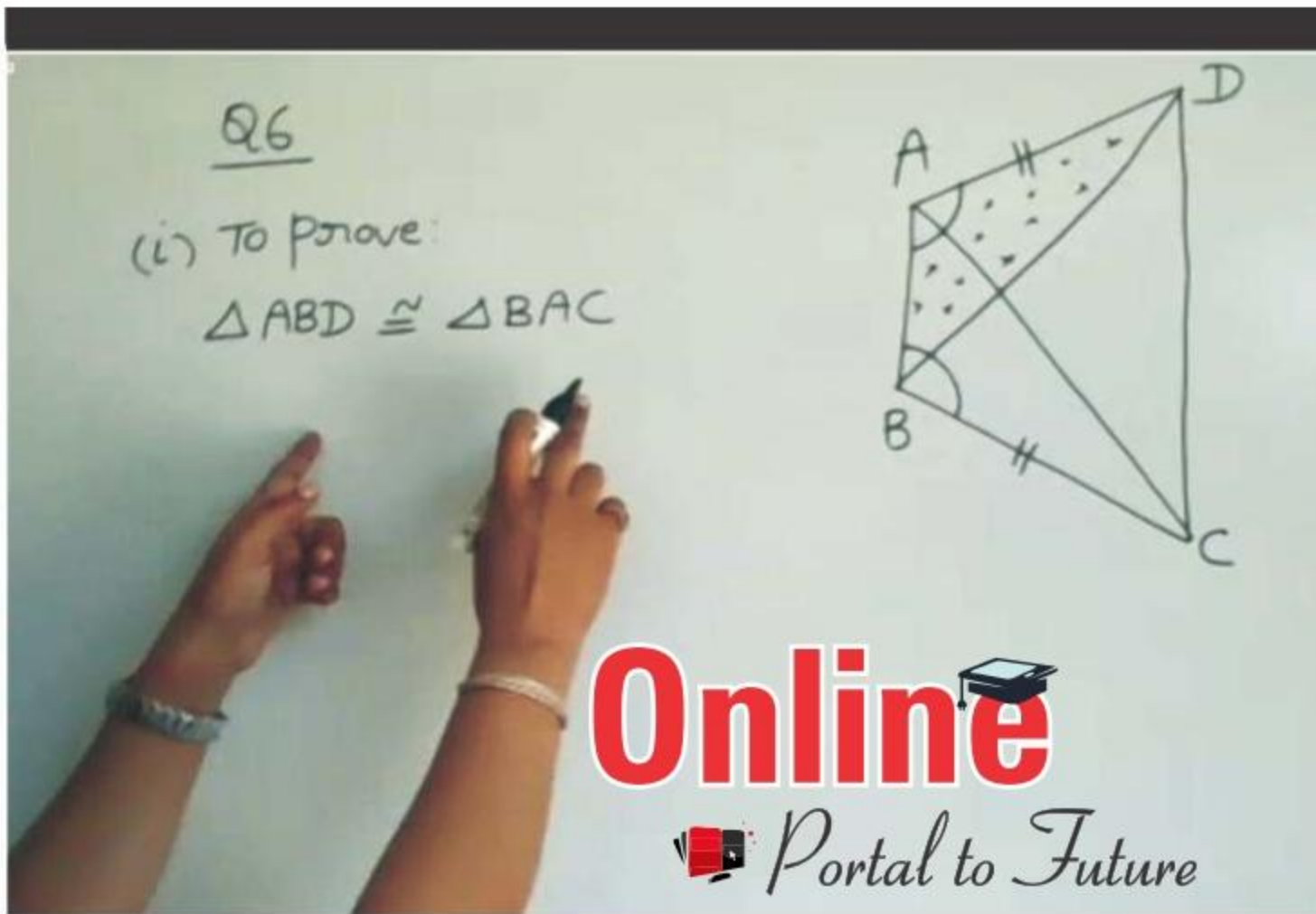


and the tempest, though not completely allayed, had grown calmer over time. We found a sanctuary amidst turbulence and went on to fortify ourselves inside out. All that becoming possible through the shared equanimity between everyone.

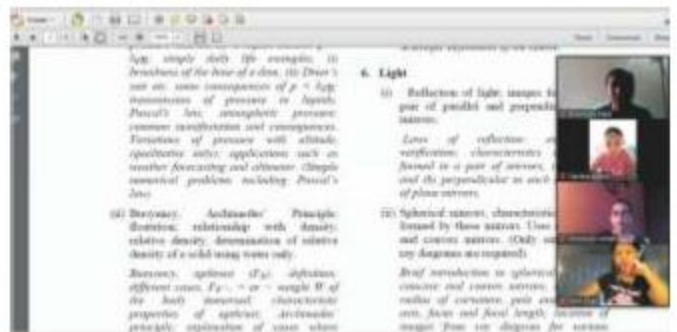
2020-21 edition of *Conventia* is an endearing love letter to our school, each word in it harbouring a bittersweet longing of returning home, each

photograph a kaleidoscopic view into the life we share at our school and even the blank margins abound in the countless memories that words in a standard lexicon cannot describe.

As we turn around one last time to whisper a silent word of farewell, a goodbye, an 'au revoir' to the last session, let the remembrance of it come alive and speak to you through the many chronicles embroidered in the tapestry of CJM.



Online 
 Portal to Future



Digital learning

"It is not the fittest nor the most intelligent that survives. It is the one most adaptable to change ."

A concept widely attributed to Charles Darwin that has come to find its relevance in the present age of transformation with the potential of technology at its core.

The year 2020 is bound to be viewed as the course of the greatest avalanches in history. But amidst the dark clouds that hover above us, the emergence of a silver lining has turned this catastrophe into a black swan event for technological innovations as the catalyst to disruptive changes, amplifying the move to virtual workspaces and practices. The nation wide lockdown (during which people had apparently mastered the art of boredom) challenged the education system across the country forcing a temporary shift to online delivery as 'call of the hour'.

The overnight shift from offline to online mode meant that teachers could no longer use proximity to engage students, monitor them personally or cater to their needs in the moment needed. Students too, felt disconnected, disheartened, and anxious about their future prospects. For both teachers and students, their first voyage on the waters of digital learning was rough, uncertain and often stressful but as they together navigated the unfamiliar, challenging and changeable terrain of this vast ocean, they were able to travel beyond their past teaching and learning experiences.

What started from coping with basics like internet connectivity, undependable power supply, regular zoom



meetings etc. eventually led to the realisation of the importance of this digital platform which came as a panacea in the crisis.

Online learning removed the hindrances of face to face communication offering a feasible and flexible environment as the mode of interaction. Besides this, the accomodation of a number of students in one live session and engagement in debates, discussions and webinars enabled them to remain connected with others as a part of co - constructing knowledge.

To extenuate the demanding circumstances, CJM Dehradun stood unwavered in the face of danger as a unified spirit, leaving no stone unturned to avail to its students the best education through an alternative medium. From morning prayers to attendance to conducting exams, everything was done in a fashion similar to the normal classroom style. Not restricting themselves with syllabus as the main priority, the incorporation of activities ranging from dance, music, sports and yoga were also taken into as a part of the daily routine of the students. In addition to the regular class periods, culinary workshops, art exhibition and various functions such as Independence Day, Diwali, Christmas were also conducted to provide the students and teachers with the essence of a 'school like environment'. Such efforts by the school authorities blurred the virtual barrier giving way to reality and the nostalgia of the school campus. In order to ease the growing unrest among students and parents about their future prospects, online PTMs were held to address their concerns and to inform them about the expected actions and course of conduct to be followed during the academic year.

As Professor Mc Gonagall once said, "We teachers are rather good at magic, you know", it was indeed commendable on the part of our teachers who modified and adapted themselves to a completely new system, in such a short span of time, to make sure that the students were not deprived of academics in this unprecedented year.

P.S. - The most asked question this 2020 was

Teacher : Am I audible?

Student : Ma'am, Connectivity issue!





Saint Claudine Thevenet

(1774-1837)

Foundress of the Congregation of the
Religious of Jesus & Mary

*Dear God, Help us, like her,
to be witnesses to your love, given
over to the action of the Spirit and
open to the needs of brothers and
sisters, especially the most deprived.*



Contents


- | | | | | | |
|----|----------------------|----|-----------------|----|------------------|
| 09 | Principal's Message | 25 | Feasts | 62 | Junior Conventia |
| 12 | A Cut Above the Rest | 46 | Webinars | 78 | Creative Writing |
| 18 | DM's Interview | 52 | Auf Wiedersehen | | |
| 24 | Head Girl's Report | 60 | Batch of '75 | | |

Processed & Realization

PRINT VISION
Digital Communication & Design
Quality speaks itself connect@printvisionindia.com



76/28, Saket, Canal Road,
Rajpur Road, Dehradun - 248 001
t: +91 135 2741702
e: printvisiondnd@gmail.com
w: www.printvisionindia.com



*“Leadership is the
capacity to translate
vision into reality”*

-Warren Bennis

editorspeak : 2020 will go down in history not just as a 'masked' year but also one in which we re-learnt to be resilient and creative against all odds. Being prepared for unique situations is just one big lesson that we all learned. The sprightly poinsettias on the cover page symbolise the 'zeal and zest 'of each member of the Cjm family to transform the rock-bottom moments into massive breakthroughs.

Thank you Sister for being a *leader par excellence.*

Principal's Message

"We know what we are,
but we know not
what we may be."

-William Shakespeare

'We don't know what the future holds or how long the schools will remain closed.' This was an apprehension to us during the lockdown. Immediately we geared up to keep the children academically fit and sustained seamlessly their academic progress via online classes.

Covid 19 is inevitably a catalyst for change in the field of education. We struggled through this phase of various changes, endeavouring to transform this adversity into opportunity. We embraced this paradigm shift of virtual learning with a careful and considerate planning and in addition to the regular online classes, also conducted a series of webinars by the experts, facilitating the mental and emotional health of our students during the unprecedented crisis. We also conducted co-curricular activities and PTMs without any hindrance on the digital format. I take pride to announce that CJM Dehradun has been once again awarded the Best Girls' Day School in Uttarakhand for exemplary contribution in the realm of education. I am highly indebted to all the parents for their unconditional support during this sojourn.

My message to all my students and to the well wishers - 'The pandemic is an opportune moment in human history to refocus our efforts, to revitalise nature and allow it bloom in all its glory.'

Dear students, Let us march into the future with nature as our strongest ally and one of the biggest concerns.

God Bless you.

*Sr. Greta D'Souza
Principal*



Harmonizing the Demanding times...

The exceptionally unusual beginning of the academic year 2020-21 got us face to face with two options. We could remain anxious and scared and spread the fear or we could rise above our anxieties and become a pillar of strength for others around us.

Mandatory shutdowns and shuttered schools imposed a radical switch to emergency remote teaching - learning situations in the educational institutions world over.

Taking up the challenge of this mission to level up, we embarked on this challenging journey of transformation from conventional teaching and class room environment to adaptation of new tools, an overhauled curriculum design and an unheard of virtual pedagogy with the firm determination to weather the storm and to ensure that our children continue to learn and grow.



Ms Harleen Kaur Choudhery
Sr. School Coordinator

Despite the overwhelming pressures caused by the most significant upheaval to education in living memory, the transformation has been phenomenal. Leading our way through this crisis with exemplary

courage and resilience, our Principal Sister Greta took up the challenge with equanimity and her unconditional support and unflinching faith made us walk that extra mile and work in solidarity in the interest of our students.

I am reminded of Alfred Tennyson's inspiring poem:

*"the old order changeth yielding
place to new...."*

*And God fulfills himself in
many ways*

Indeed, the order of things is rapidly changing. But, in these times, let us not miss the opportunity it presents to us to be heroic, combative and most importantly, the drivers of change.

We are all waiting for good times to return, for laughter of children to ring in our ears, for the corridors to come alive with their shouts and cheers.

Adversity is a forced way to refocus. The outbreak of Covid 19 was an unprecedented event that compelled us to stay at home. Self-appreciation was an important lesson learnt during that course of time. We could introspect and see two aspects of human life - vulnerable humanity and transcendent divinity.

It has been a learning phase for everyone, be it a four year old child or a seventy year old man. It has brought more challenges than anyone could have anticipated. A sudden transformation was depicted in human beings by investing time in strengthening family bonds. The pandemic challenged the teaching-learning methodology completely. When the whole world was shrouded by the dark clouds of pandemic and life came to a stand still, online classes



Ms Shetal Singh
Middle School Coordinator

*'But if these years have
taught me anything it is this ;
You can never run
away not ever.
The only way out is in.'*

-Junot Diaz

came to our rescue as a ray of hope enlightening the world of teachers and the children.

The ultimate aim of education is the realization of each one's potential and manifestation of perfection. CJMITES adapted the new normalcy with great competency and zeal. They portrayed their talents and efficacy by participating in various extra-curricular activities. These activities via virtual platform helped them to build confidence and kept them engaged. It also successfully helped to break the monotonous schedule and rejuvenate their inner-selves. The year though full of crisis was turned indeed into an eventful one, filled with milestones and triumphs. I conclude with a famous maxim- *'The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you are in control of your life. If you don't, life controls'.*



Ms. Jaya Virmani
Junior School Coordinator

Modern education is an amalgamation of innovative ideas, concepts, practical skills and incisive thinking. Today the teacher has become a facilitator and it is not about keeping with the times, but more about keeping ahead. In the pandemic too, we have tried to keep up to our motto 'Hold High the Torch'. Regular counselling sessions were held by our skilled counsellor to mitigate the effects of this pandemic from the sensitive minds of our children and to accustom them to *the new normal*.

Morning assembly is our window to showcase innate potential of our students. Despite adverse conditions, we celebrated all important days and festivals in the form of special assemblies to instill the basic values and sensitize children about our culture and the glorious past. We at CJM Dehradun, will continue our endeavour of touching these young lives and shaping them to become good citizens of this society as well as good human beings.

With this thought I submit my heartfelt gratitude to God.

*"Life is a gift to be used everyday,
Not to be smothered and hidden away,
It isn't a thing to be stored in a chest.
Get out and live it each hour of the day,
Wear it and use it as much as you may."*



au revoir
Ma'am Sunita Sharma

[NOTE: This piece has been written in the form of a letter (I just wanted to employ a unique and unconventional approach). "Iron Lady" was the name given by the present batch of class 12 to ma'am Sunita on Teacher's day programme and she loved this title, hence I have tried to incorporate it.]

Dear Iron Lady of CJM,

This is to bring to your kind notice that today, as we run our hands over the coarse grained texture of this heavy box of fond memories and open the giant load of happiness and nostalgia, we see you racing to the third floor of Claudine block with a class of slouching students, we see you mischievously sporting a smile of victory on making it to the top before them, we see you arranging the desks in neat rows the moment you enter a class, and most of all, we see you sketching beautiful tales out of the most difficult Maths lectures, tales packed with complex characters that you helped us understand.

From the eagerness of getting the chocolates from you when a birthday girl would enter the class to the anxiety that we experienced when you would walk in with our marks, from the General Knowledge questions that you would throw at us every now and then to your mastery over Sanskrit shlokas, from your encouragement to score well to your warm consolation when we couldn't, we remember it all.

Today, as your students remember you with a heavy heart and moist eyes, dazzled with the memory of your charisma and unparalleled mastery over your subject, we thank you for being a mother before a teacher, for leading by example in the process of teaching us discipline, for making Maths look easy with your ingenious sense of humour and for every value you have graced us with.

However, we won't miss you ma'am, for we miss those who are gone, and you will always be with us in our hearts, still trying to compete with the students in a race up the stairs, still taking our PT periods to teach Math, still distributing all the chocolates you got and still being the youngest, funniest and the most active in a class of us oldies.

We wish you the best for every new road that you travel on the journey of being your perfect, jovial and authentic self.

Fare-thee-well!

Yours sincerely,

CJMites.

A cut above the rest

Academic Results 2019-2020

ICSE TOPPERS



1st Taanvi Arora
99%



2nd Anjali Agarwal
98.8%



3rd Vanshika Batra
98.4%

ISC TOPPERS



1st Iqra Hassan Khan
(Science)
95.5%



2nd Naina Manglik
(Science)
95%



2nd Vidushi Nigam
(Science)
95%



3rd Kaniska Gupta
(Science)
94.8%



1st Kashish Jaffery
(Commerce)
93%



2nd Anika Arora
(Commerce)
92.25%



3rd Riya Verma
(Commerce)
92%



1st Nikita Agarwal
(Humanities Stream)
98.25%



2nd Swati Rawat
(Humanities Stream)
98%



3rd Mehr Sikand
(Humanities Stream)
97.75%



3rd Shivani Khanna
(Humanities Stream)
97.75%

A Colloquy with Taanvi Arora

ICSE Topper 2019-20



Q How did you feel after becoming THE 2020 ICSE TOPPER?

A This might sound strange but unlike most toppers who have achieved this in the past, I wasn't very happy. Neither did I shed tears nor did I jump around the house. All I felt was a peculiar relief, to say that I wasn't expecting would be 'assumed modesty', I had little hopes and when they turned to reality, an uncanny sense of relief rushed down my spine. More than that, it gave confidence to start taking longer strides towards my ultimate goal.

Q How important do you think your mental health is while studying?

A I can speak on this topic for hours, solely because I received a fatal blow on my mental health in grade 10. It affected me to the extent that I used to cry for hours at a stretch almost every single day for months. Mental health is simply indispensable while studying. There's no way you can study unless you're mentally relaxed and relieved. As far as managing my mental health is concerned, communication definitely helps, but with oneself before anyone else. "You are the one who is in the problem and the only one who can bring yourself out of it, given you have the will and drive for the same."

Q What keeps you focused during the lockdown?

A Achievements and results are overwhelming but at the end of the day, I'm no *wonder woman*, just another dreamy sleep deprived teenager. The lockdown has made me lose focus too, from the disciplined schedule and academics, but certainly not from my long-term goals, and as far as this remains true, I know I will get back on track.

Q What message do you have to give to the future grade 10 students?

A The most important advice I would want to give to grade 10 students is to stop falling prey to popular opinion and statements like "A single sheet of paper cannot decide my future" to justify your procrastination. It certainly cannot, but if such affirmations come in handy as excuses to you, then things would continue going down the hill. I would not tell you that studying is not important, it indeed is. Instead, what is hazardous is "just studying". Enjoy and involve yourself in various initiatives and take part in extra curriculars as much as possible.

Q What are your post feelings of the achievement since everyone's expectations from you are now higher than before?

A I respect everyone's expectations and completely understand and acknowledge that they are shaped out of their love for me, but cutting long short, they do not burden me. I have a set of expectations from myself that are crucial to me, and a few of my parents', which is all that any student should ever consider. My only focus at the moment is to turn them into reality. Now what's very important here is to be clear about your expectations from yourself, not just career centric but also the ones that focus on your relationships with parents, teachers and well-wishers.

Peak Profile



*Celebrating
Silver years at CJM*

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge"

-Albert Einstein

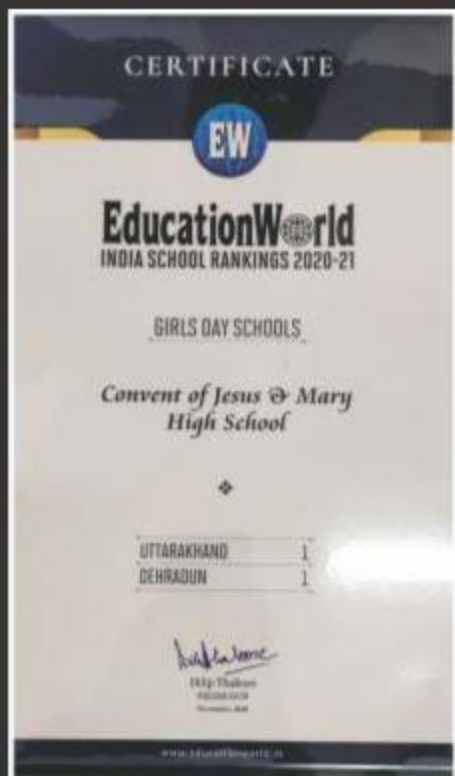
Ma'am Archana Bisht has been a member of the CJM family since January 1994 and has consistently rendered her exceptional service to the institution since. Her instinctual art of teaching which is seldom perceived as a valuable gift is cherished by each and every child who received it and for such great accomplishment of over 25 years, Ma'am was felicitated on March 12, 2021 by the Senior School Coordinator, Ma'am Harleen on behalf of the Principal.

She has been instrumental in the growth of the young buds of CJM, nurturing them into empowered individuals. Her dazzling smile and the ability to constructively convert difficult concepts into student understandable structures has enabled her to deliver knowledge with superior results. The perfect embodiment of credentials and skills, her vivacious personality, ebullient demeanor, patient and understanding outlook has made her an inspiration to all the CJMites.

★ Best of the Best!



According to the annual EducationWorld India school ranking 2020 -21, CJM Dehradun was ranked the Best Girls' Day school in Dehradun and Uttarakhand.



DEBATING

'THE IMAGE OF POLICE HAS IMPROVED DURING COVID-19.'

27 OCTOBER, 2020



The police department of Uttarakhand, on 27 October 2020, organised an Online Debate Competition on the topic - "The image of police has improved during COVID-19". The debate competition saw the participation of many prestigious schools in Dehradun including The Doon School, St. Joseph's Academy, Welham Boys' School, Asian School, Convent of Jesus and Mary and 10 other schools. 26 speakers from 13 schools spoke for and against the topic. Shri R.K. Bhatia, retired Director General, ITBP and Shri Ajay Joshi, retired Deputy Inspector General of Police, Uttarakhand were present in the judgement board of this competition.

Awarded as the **First Best Speaker** was **Adya Jasola** of our school. Shazia Parveen, of St. Thomas and Shivani Thapliyal, of Kendriya Vidyalaya IMA, were awarded the second and the third best speakers respectively.

The winners of the event were felicitated by Shri Ashok Kumar the present DGP of the state at Police Headquarters on Sardar Vallabhbhai Patel Jayanti- 'Rashtriya Ekta Diwas' on 31 October 2020.

'IS RESTRICTION ON FREEDOM OF SPEECH JUSTIFIED?'

10 DECEMBER, 2020



Platform-Zoom Streamed on YouTube

Schools-Convent of Jesus and Mary, Dehradun

Laurels international Indore MP

Woodland Overseas Hoshiarpur

Entab Infotech Pvt. Ltd.-Campus Care, a Delhi based software and IT Company, organised a National Level Debate on the 10th of December, 2020. After qualifying the semifinal round, Adya Jasola, and Nandita Sharma, represented our school -Convent of Jesus and Mary, Dehradun in the final round, expressing vehement arguments on the topic.

Competing with the representatives of some of the best schools in India including Laurels International, Indore and Woodland Overseas, Hoshiarpur the competition was successful in showcasing progressive opinions at a national level. The jury included the distinguished presence of Mr. Sanjay Dewangan (Principal- Wisdom Global School, Hardwar) and Mrs. Alka Srivastava (Principal- Vatsalya Sr. Secondary, School Sagar, MP). After critical consideration and judgment, Adya Jasola, and Nandita Sharma bagged the first position **Against** and **For** the motion respectively.

'THIS HOUSE BELIEVES THAT THE WORLD WOULD CHOOSE GANDHI OVER HITLER.'

22 JANURARY, 2021

On 22 January 2021 a team comprising Adya Jasola, Vanshika Batra, and Nandini Nirwal participated in the Bro. JL D'Souza Memorial interschool debate organized by St. Joseph's Academy, Dehradun on the virtual platform. The debate competition gave a platform to some of the most prestigious schools from Dehradun and Meerut including Welham Boys' School, St Joseph's Academy, Ann Mary, Meerut etc. Our school team, mentored by the senior debate incharge -Ms. Annie Singh, was awarded the winning trophy.



Adya Jasola, Ms. Bindu Bhatia, Ms. Annie Singh, Sr. Greta D'souza (Principal), Nandini Nirwal and Vanshika Batra



Adya Jasola was adjudged the Best speaker in addition to being accoladed the 'Best Rebuttal' Award. Nandini Nirwal emerged as the Best interlocutor in the debate.

HARMONY

28 NOVEMBER, 2020

Competition - Singing and
Dance
Name - Harmony
Date - 24th October
2020
Organised by - Unison
World School

OVERALL 1ST RUNNERS UP

26 children participated in 8 categories



Divyanshi Amoli

Manveen Kaur

Ous Khanduri

Shreya Giri

DHAROHAR

-an Inter CJM Singing Competition

16 DECEMBER, 2020

Amidst the Covid 19 pandemic, CJM Delhi organised 'Dharohar' an Inter-CJM singing competition on 16 Dec 2020. The theme for the competition was 'Care for our Common Home'. CJM schools from various parts of the country like Mumbai, Agra, Vasai, Mussoorie had participated in it. CJM Dehradun won hearts with their fusion song on Mother earth and secured the first position, Girls from classes 9 and 10 had participated in it. The instruments and vocals were recorded and a music video was made by their Music teacher, Ms. Amrit Kaur Anand. Their efforts and presentation was acknowledged by Honourable Sr. Gracy, Principal-CJM Delhi and was also appreciated by the judges. Heartfelt gratitude to God Almighty for showering His blessings upon us and a big thank you to our dearest Principal, Sr. Greta D'Souza for believing in us.

PRASAARYOGITA

OCTOBER, 2020

The OASIS school hosted its first Inter School Cultural Contest 'Prasaaryogita' in the month of October 2020. Our school and various other esteemed institutions had participated in the competition. Putting in their best efforts, our talented students managed to bag several prizes in most of the categories including singing, photography and art. Our school was also awarded the trophy for Best Performing School overall. It was indeed an enriching and rewarding experience, which infused our otherwise simple routine during the lockdown with enthusiasm and creativity.

Category 1 - Double Treble

• Unnati Kukreti	Class IX	2nd Position
• Aastha Juyal	Class IX	2nd Position

Category 2 – Actor 2 Character

• Adya Kalra	Class VII	2nd Position
• Mannveen Kaur Anand	Class X	2nd Position

Category 3 – Swaragini

• Mitali Rawat	Class VII	3rd Position
• Ananya Gaur	Class XI	2nd Position

Category 4 – Nritya Natya

• Lavanya Bist	Class XI	1st Position
• Harshita Aggarwal	Class VI	2nd Position

Category 5 – Trivat

• Shivakshi Rawat	Class XI	3rd Position
• Adharshya Thapa	Class VIII	1st Position

Category 6 – Photography

• Rhythm Vasudev	Class VIII	2nd Position
• Sara Nizam	Class XI	3rd Position

Category 7 – Art

• Anoushka Uniyal	Class X	2nd Position
-------------------	---------	--------------



PAINTING COMPETITION ORGANIZED BY THE HIMACHAL TIMES MEDIA HOUSE

The Himachal Times Media House, in the month of July conducted a Drawing and Painting Competition. The topics were: - 1) At Home in Lockdown 2) Life Post Lockdown 3) Nature and Lockdown 4) Respecting Corona Warriors. **Manveen Kaur** received the first prize in Type 'A' category which was voted by the jury and Anoushka Uniyal received the consolation prize in the same category whereas **Niyamat Kaur Gulati** received the first prize in Type 'B' which was exclusively voted by the audience.



In Conversation with

The District Magistrate, Dr. Ashish Kumar Srivastava (DM),
Dehradun



On 19 November 2020, the CJMites Arushi Bhatt and Monal Bharti had the opportunity of communicating with the DM of Dehradun, Dr. Ashish Kumar Srivastava, a great researcher who was lauded with 'Endeavour Research Award' by the Australian Government and 'Young Scientist Award' by the Indian Government. He was selected in the IFS in 2011 and was later allotted Uttarakhand cadre. Currently, he is also the CEO of Smart City Limited. It was indeed a pleasure and privilege to have interviewed a personality as great as him.

Q Sir, becoming an IAS officer is one of the most sought after professions. Was it your childhood ambition or the career choices you made that guided you towards this?

A Yes, it is indeed one of the most prestigious professions. So far my career is concerned, I always wanted to be a teacher in the same school where I had studied. Being an IAS officer was my father's dream more than mine. But yes, I'm glad to have been in this profession.

Q As we have covered almost nine months of this pandemic, what is the present situation of Covid-19 in Doon and what are the challenges that the administration has faced so far?

A Under the Disaster Management Act Covid-19 has been designated as a disaster and henceforth, the District Magistrate is responsible to make situations sustainable. There were challenges initially due to lack of awareness amongst people and migration of labourers. From July onwards, people from levelling districts of Pauri, Uttarkashi etc looked upto health facilities in Doon causing further issues. But the situation has been well contained and Doon is now at a stable pedestal so far the Covid situation is concerned.

Q What policies and schemes have been formulated in the interests and benefit of the frontline workers during this pandemic?

A Certainly, the frontline workers be it doctors, nurses, police or for

that matter anyone who has played a vital role during this time is worthy of special benefits. For their benefit, a ten lakh solatium insurance for the family has been issued incase the person concerned dies or faces some mishap. So also, it has been issued that once the vaccine is in operation, the first ones to be immuned will be the frontline workers.

Q What are the proposed revival plans of the administration for returning to old normal from new normal?

A The thought of going back to new normal would arise once the vaccine is ready. Till then , we need to adopt the new ways of coping with situations and make these changes a part of ourselves. The revival plan should encapsulate the connotation of hygiene. The brighter side is that the city has not seen prevalence of any infectious disease like dengue this year .Concepts of work from home and hygiene should be a part of our lives.

Q Sir, Isn't being the CEO of Smart City Program and the DM of the capital district a tedious task?

A It might seem to be a different task altogether but in reality, the two are closely related which further makes the work easier. This way I focus on problems more closely and the efficiency of administration as a whole increases. The two posts require coordination and in this way I am able to maintain the balance and work in a better way.

Q What has the District Management done in the interest of the common man?

A All the policies which have been implemented are in the interest of common man in some way or other. The administration presently aims at controlling migration so that better opportunities are provided to residents in terms of jobs and resources. The initiative Padho Doon, Badho Doon aims at making every block/ward literate. The Jal Jeevan Yojana is another policy for uninterrupted water supply to every household. We aim to create a child friendly Doon with more resources and a sustainable environment for its citizens.

Q Sir, just like our school propagates and urges us to practise empathy, what are your views with respect to the youth and their moral values and principles?

A The most important thing is a paradigm shift that would incorporate not only academics but also moral education in the school curriculum. I remember when I was a student, we had a separate subject to make us understand the importance of morality. We need to modernize in a way that not only secures our future but also glorifies the past. The youth should not forget the glorious past we had and should seek solutions from there. Moral values make up a person and they are important for the youth.



COUNSELLING ROUND UP | 2020

Year 2020- a year that started as a distorted image clouded with uncertainty, confusion, lack of motivation, distress and endless longing for a healthy world, also became an epoch of resilience, gratitude, determination and hope. Throughout the year, though we all were socially distant, in our separate homes but our school tied us all together into a cohesive community and sincere efforts were taken to keep our mental well being as a priority concern.

The online psychological counselling sessions conducted by Ma'am Minnie Sethi ensured that we learn to deal with all kinds of challenges with composure. The online counselling sessions were commenced with a wonderful session called LOCKDOWN PUNCH that coalesced five key elements ensuring we were in the best of our psychological and socio-emotional well-being during the lockdown. These five aspects were- Planning and Prioritising, Unlearning redundant habits, Nourishing ourselves, Communicating with our family, and Lockdown Happiness.

Over the next few months, separate sessions were held for students of Junior, Middle and Senior School.

The themes covered during these sessions included pertinent aspects like mental health awareness, emotional regulation, goal setting, self-reflection, gadget/social media usage and study skills. Online sessions were also

organised for parents on various parenting topics under the umbrella term- 'Psychological Needs of Our Children'.



EDITOR'S NOTE

A



year that probably nobody would want to revisit when we have time machines in the future. From a full-fledged global pandemic to international political distress, forest fires to human rights violations, from riots to Tik Toks, what has this year not seen? Even those away from the epicenter of anguish were locked away behind their doors, forced to spend their days in isolation. All of us starved for any human contact, looking forward to grocery store trips like we used to for our birthdays.

2020 was certainly a year of uncertainties. Looking back at the plot progression of the past months, it seems unbelievable to realise that we were a part of it. 2020 was also the year when the safety of this wild sunshine country called school was restricted to the few inches of a screen held in our hands.

Working with a team of zealous creatives through a virtual medium was certainly something I had never done before. It seemed, without the reassurance of physicality, we were as metaphysical as our ideas and plans and designs, floating through the code blocks of Zoom meeting rooms. But I think, we still pulled through with a fresh (and decidedly physical) edition of the Conventia that I hope will bring a smile to your face.

I am indebted to Sister Greta for entrusting me with this responsibility. A special thanks to our Staff Editors and dear teachers- Ma'am Monica Sharma, Ma'am Alisha Ahuja, Ma'am Poonam Chawla, Ma'am Archana Bisht, Ma'am Seema Jhingan and Ma'am Manisha Tomar for all their support and guidance. And a shout-out to the ever-exceptional editorial board- Shivanshi, Ayati, Shreya, Hansa, Divya and Arundhati for everything in between.

My talented, creative team has put their soul into cultivating this memoir, handpicking the best moments from a mostly spoilt crop, weaving it with their magic to present you with a token that perhaps will let you see 2020 in a different light.

Because the only memories worth keeping are the sweet ones,

Like the ones, we here display.

Turn the page,

We've prepared everything backstage,

Let us whisk you away.

-Saubhagya Negi



Divya Uniyal

When you saw the stage as deserted, there was a team working backstage striving to bring order from chaos. We might not have been the best Ed team because pandemic had crept into our souls and had made us lazy, only to be brought back into life by Ma'am Monica's constant reminders for write-up submissions.



Ayati Dobhal

To give my contribution to something that will be used to make fond memories is something that makes me a proud member of the Ed-board team.



Hansa Kandwal

Working in the editorial board has been no less than an adventure, where we have had a little of everything; confusion over the themes of the layout, fun during the zoom meetings, getting to cover the various events, collecting and editing articles. Every bit of this highly unconventional and slightly difficult journey has found a permanent home within my otherwise forgettable head. I believe the editorial board of 2020-2021 is going to be remembered (and hopefully revered) for managing the entire work through virtual mediums. So if you're going through the magazine and come across any faux pas, in any picture or anywhere else, then feel free to blame it on inefficiency of technology, because the members of the editorial board have perfectly aced their work.



Shreya Senwal

Being a member of the editorial board was like experiencing a *tempest*. While on board with the other members, a little leak there and a few cracks here. With events like water constantly rushing in, my journey was a roller coaster ride, like Sturm und Drang, tumultuous with uproaring waves.



Shivanshi Bisht

From hearing our editor talk about the Ed-board meetings to get ready to "Open the link for the 5 p.m. meetings" to experiencing the process of assembling the school magazine through the screen was one kind of an experience and the journey with the other amazing members was even better.



Arundhati Naithani

With constant arguments over trivial issues to unanimously agreeing on the colour palette of magazine layout, the journey paddled through the editorial board has been an escapade, reflecting undertones of fun and occasional drowning in chores. The experience for me, was a perfect blend of growing and learning. I feel privileged to be a part of the editorial board.



Monica Sharma



Alisha Ahuja



Poonam Chawla



Sr. Greta D'souza
Principal



Archana Bisht



Manisha Tomar



Seema Jhingan

Investiture Ceremony



In the midst of the pandemic when the world seems to have come to a standstill, the world needs more leaders, not necessarily people in authority, but people who inwardly volunteer and take initiative to drive progress, create things and make positive things happen.

The newly elected office bearers took the oath of office during a virtual investiture ceremony on 12th September 2020. The event was graced by the presence of Ma'am Chandana Mukherjee as the chief guest and our Principal Sr. Greta. Carefully and creatively curated, the ceremony came as close as it could to a real investiture with prayers, inspirational songs, and even a dance presented by students of class 11th. A presentation displaying the journey of the prefects in the school as students came as a surprise to the council members and flooded the atmosphere with nostalgia. All the chosen ones were then decorated with pips and badges by their parents. The meeting came to a close with the Head Girl's Speech and the school song, *Hold High the Torch*.



*The
Student
Council
for the
session
2020-2021*



Shruti Khansani
Head Girl



Pragati Tawari
Games Captain



Radhika Bhatia
Social Service Prefect



Seabhagya Negi
Editor



Nishka Saxena
Catholic Prefect



Ashna Mittal
Prefect of St. Francis
House



Aditi Rawat
Prefect of
St. Claudine House



Aditi Kaushik
Prefect of St. Joseph
House



Anushi Bhatt
Prefect of St. Clare
House



Ishpriya Rautela
Assistant Head Girl



Vanishka Dhapwal
Assistant Games
Captain



Adya Jasola
Assistant Discipline
Prefect



Ananya Kumar
Assistant Social Service
Prefect



Charvi Pabhoigal
Sub Prefect of
St. Clare House



Tanvi Arora
Sub Prefect of
St. Francis House



Anushi Kumbha
Sub Prefect of
St. Claudine House



Vanishka Bhatia
Sub Prefect of
St. Joseph House

*“Leadership is lifting a person’s
vision to high sights, the raising of a
person’s performance to a higher
standard, the building of a
personality beyond its normal
limitations.”*

-Peter Drucker



SHRUTI KHANDURI
Head Girl (2020-2021)

Head Girl's Report

Dangerous,
rastic and
ramatic.

These three words aptly describe this ineffable, inconceivable year.

The superpowers of the world all brought to their knees by an invisible, eensy weensy, yet devastating virus -COVID19.

As students, the initial news of a novel virus in Wuhan did not create much stir in our hearts nor much anxiety as we, somehow assumed ourselves to be invincible and regarded this piece of information as trifling and something that the advancing technology could surely deal with. We dismissed this information which appeared in a small corner around the last pages of the daily newspapers, never imagining that this information would be the highlight of the entire year and for all the wrong reasons.

Everyone's world literally turned upside down. The world witnessed a massive change from Offline to Online, from Classrooms to Home-rooms from Seminars to Webinars. For the batch 2020-2021, it was the last year of their memorable, bittersweet, exciting school life and we were all geared up to live the last year to the fullest, create evergreen cherishable memories, participate in all the school activities with thrice the fervour for one last time before commencing on our future tread.

The school had planned all the diverse engaging activities for the year and mind-mapping of the year's much awaited event-'The Sports Day' had already begun. But as it is rightly said 'Man proposes but God disposes'. As all the students got themselves and their books ready for the new academic year, there dramatically and suddenly came the Covid induced complete lockdown and gradually our life was shifted from offline to online. The virtual now became the new reality.

However, I am proud to say that the CJM family dauntlessly and effectively withstood this test of time. The bold bravehearts of CJM with the meticulous and super efficient staff under the intellectual guidance of our Principal Sr. Greta stood shoulder to shoulder as brethren against a common enemy.

Even during these unprecedented circumstances, our studies never suffered as our teachers made all the possible successful efforts to impart the same high quality of education to us, through the virtual platform at the earliest. Apart from studies, many other co-curricular activities were also organised on the digital platform. Effectively adapting to the need of the hour, the first ever Online Investiture Ceremony was organized. Besides this, the Inter-House English Debate Competitions, Hindi Debate Competition, Art & Craft Exhibition and various enriching and informational webinars were also successfully executed.

This pandemic, besides creating a deadly havoc, wrecked our comfort shells completely and exposed our vulnerable self to the hardships and challenges of life, which to our credit has made us much more resistant and stronger than before-pushing our limits, our mental and physical potential fully unleashed. One important lesson to be imbibed is that we should be grateful for every small moment in our life for 'some of the most beautiful chapters of our life won't have a title until much later' so let us strike a perfect balance between work and play so that we can make every moment count.

CJM has given all of us a unique identity to be proudly cherished forever and has transformed us from naive, timid immature girls to bold, daring and capable ladies who are ready to face the novel challenges of the world with stoicism.

I am sure that all the CJMites would strive to carry the flaming torch of our school and its glorious legacy forward by proving their mettle in all the fields.

I wish ALL THE BEST to my juniors for all their constructive future endeavours.



*“Saint JOSEPH was a just man, a tireless worker,
the upright guardian of those entrusted to his care.
May he always guard, protect and enlighten families”*

-St. John Paul II

Support Staff



First Row (L to R) : Smt. Ranjeeta, Smt. Mamta, Smt. Poonam,
Sr. Greta (Principal), Sr. Rose George (Manager), Smt. Kamli, Smt. Archana,
Smt Sunaina

Second Row (L to R) : Shri. Govind Singh Negi, Shri. Bobin, Smt. Calara,
Smt. Anita S, Smt. Radha, Smt. Barbara, Smt. Anita D, Smt. Manju,
Shri Siya Ram

Third Row (L to R) :

Shri Ram Kumar, Shri. John, Shri. Shatrughan, Shri. Anil, Shri. Neelam,
Shri Dhuresh, Shri. Rishabh, Shri. Balwant, Shri. Tek Bahadur, Shri. Jai
Prakash, Shri. Birsia, Shri. D B Ale, Shri Ranjeet

St. Joseph's Feast

2020 has been an unusual year in ways more than one, and it is sure to go down in history as one of the most unforgettable time, when mankind came vis-a-vis an unprecedented crisis. The schools were closed down, exams suspended and lockdown imposed. The virtual learning saved the academic year of students, but it did not start until late June, before which uncertainty and fear of the unknown were feeding off our minds. In consequence, we did not get the opportunity to celebrate the feast of Saint Joseph which is held simultaneously with the International Worker's Day on 1st May.

Saint Joseph was the foster father of Jesus. A carpenter by profession, he was an extremely hard-working and patient man, because of which he is venerated as the patron saint of workers. Despite not being able to celebrate the feast Day of Saint Joseph, his undying virtues of patience, perseverance and devotion continue to strengthen us, reminding us to carry on pursuing our work and not giving up in the face of difficulties.



*"May the Lord be
with you always and,
Wherever you are,
May you be with him always.
Amen"*

-St. Clare of Assisi



St. Clare's Feast

Every year on 11 August, we celebrate the feast day of Saint Clare of Assisi, the patron saint of green house with much ardour. Though this year, Pandemic barred us from gathering together and celebrating such a momentous day, it could not suppress the zeal and warmth in our hearts to commemorate this occasion through virtual celebration.

St. Clare has always been an inspiration not only for the girls of green house but also for each and every CJMite. Her values of simplicity, humility, love, sacrifice and compassion make her eternally present with us even today.

Born in a family of noblemen in Italy, Clare was introduced to a life of prayer and service by her mother who was a devout Christian and believed greatly in the power of prayer. As a teen, Clare heard St. Francis preach during a Lenten service in the church of San Giorgio at Assisi and was greatly influenced by his teachings. On the evening of Palm Sunday, 20 March 1212, she left the luxury of her father's house and proceeded to the Chapel of the Porziuncula to meet Francis. There her hair were cut and her rich robe was replaced with a plain robe and veil. This was the start of her journey of adherence to the principles of St. Francis and complete devotion to Jesus. Later Clare along with Sister Catarina (Agnes) and other women founded the "Order of Poor Ladies of San Damiano" which became the "Order of St. Clare" just 10 years after her death. Clare continued her life of seclusion and promoted her order after the death of St. Francis.

In her later years, Clare endured a long period of poor health. On 11 August 1253, Clare left for her heavenly abode at the age of 59. Her last words were "Blessed be you, O God, for having created me". Celebrating the values and legacy of such a pious saint is an honour for all the students.

The assembly began with the teachers giving us an insight into the life of Saint Clare which was followed by a prayer. They also highlighted the values of St. Clare and advised us at how we could inculcate these values in our daily lives. The online celebrations ended with the hymn "Bright as a star".



Lord, make me an instrument of your peace.

*Where there is hatred, let me sow love;
where there is darkness, let me sow light...*

-Prayer of St. Francis of Assisi



St. Francis' *Feast*

The morning of 29 September 2020 saw the surge of contemplation as the girls got ready to embrace the divine presence of St. Francis on his feast day, for the first time through an online platform. The assembly commenced with a short prayer to St. Francis of Assisi, the patron saint of Red house. This was followed by a music video of the euphonic hymn 'Make Me A Channel of Your Peace' which made our mouths curve into perfect little smiles, reflecting our intent desire to return back to the normalcy of school life. The event concluded with a brief, detailed narrative on the life history of St. Francis by one of the red house girls followed by an outburst of heartfelt greetings to the house girls on their auspicious feast day.

St. Francis of Assisi also known as the patron of ecology was an Italian philosopher and preacher who led a life of ascetic poverty by serving others, only to follow the Heart of Jesus. Francis' life is an epitome of devotion to mankind and his words - "Where there is discord, may we bring harmony. Where there is error, may we bring truth. Where there is doubt, may we bring faith. Where there is despair, may we bring hope" serve as a guiding light to everyone and is a reminder to all of us to practise SERVICE IN DOING.



Very well...

I WILL BE A SAINT

*I will provide a patron for those
who bear my name.*

-Dina Belanger



Dina Belanger

Feast

Online Celebrations have become an integral part of CJM and the feast of Blessed Dina Belanger on 4th September gave us an opportunity to enjoy yet another online event. The online feast was not as imposing as the offline celebrations. Nevertheless it depicted the exhilaration in our hearts to commence the feast of one of the most reverent saints of the Congregation of Jesus and Mary.

Dina Belanger was born on 30 April 1897 in Quebec, Canada. Her parents were devoted towards God and they taught her the importance of prayer and faith towards Jesus from a very tender age.

As a child, Dina was quite mischievous and often threw tantrums. She was gifted with an extraordinary talent when it came to music. It was one night when young Dina dreamt of being visited by Jesus, that one dream drastically changed Dina's life as she decided to follow the path that Jesus had decided for her. After her basic education, Dina was sent to learn music in New York and she also performed in public concerts between 1918 and 1921. Dina entered the Convent of Jesus-Marie in 1921. She professed her vows two years later using the religious name Sister Marie de Sainte-Cecile of Rome; she pronounced her perpetual vows in 1928. Less than a year later, afflicted with a pulmonary disease, she went into the Convent Infirmary and died there on 4 September 1929.

Dina believed in the power of sufferance. She said, "If the angels could desire anything, it seems to me that they would envy us for our privilege of suffering, as well as the priceless gift of the Eucharist". Her short yet religious life inspires many people to follow a path of devotion and loyalty towards God.

The celebrations of Dina's Feast started with a wonderful power point presentation on her life and values which was followed by a hymn with the message propagated by her:

"GOD STILL LOVES THE WORLD

GOD STILL CARES FOR YOU."

The assembly continued with a prayer and the inspiring life history of Blessed Dina. Dina was a true saint whose legacy still continues.

Blessed Dina Belanger-the Messenger of Hope and Joy

-AAHANA KHANNA, Class 10 C



*'Like a flower that shies from all praise
Conceals its true beauty from humans
Yet blossoms in splendour before God alone
Such was your life here on earth.'*



Saint Claudine's Feast

And she ascended into the arms of the divine caroling 'How Good God is.'

On the crisp morning of 3rd February, 2020, CJMites assembled to celebrate the auspicious feast of Saint Claudine Thevenet, the foundress of our congregation, Jesus and Mary. She dawned upon the world, the grace of this congregation with the sight to emancipate the poor and educate the children, especially girls.

The programme unfolded by lighting a candle and was followed by a purposeful prayer service, stirring the air with divine warmth. The community of sisters were thanked for their devoted services through a melodious hymn adorned with a wonderful dance, as a token of our appreciation.

The history of Saint Claudine was delivered aloud which evoked in all of us, a feeling of inspiration. It moved our hearts to be a part of Claudine's mission. A skit was staged orchestrating the virtues of our beloved Mother Foundress. The event was wrapped tenderly with a celebration dance and the congregation anthem.

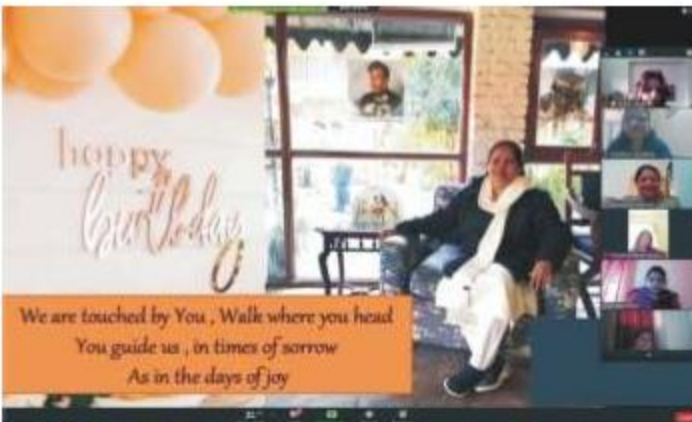
-Arundhati Naithani

Sr. Greta's Birthday



Celebration is an active state, an act of expressing reverence and appreciation and this was proved when no hindrance or hurdle could take away the privilege of celebration from the teachers and students alike when it was their mentor's birthday.

It was 30th November, Sister Greta's birthday which was celebrated with mirth and gaiety. It commenced with a meaningful prayer service followed by the video presentation, showcasing students' paramount love and respect for their leader.



"A teacher affects eternity; she can never tell where her influence stops."

"It extends beyond the classroom into the future..."



DEAR TEACHER, you are the one who reassured me that I can turn to you in the face of any adversity. You have taught me to view the world from the lens of positivity,

Words of indiscretion I don't spill forth anymore, for you taught me to speak after, and think before.

I know, I am never alone for your comforting thoughts and delightful memories stay with me evermore.

When everything seemed dark and scary, your calming voice encouraged me to continue, telling me not to get daunted by what I viewed.

When the sombre clouds of hopelessness and fear covered my sky, you waved your magic wand and lifted the fog in the blink of an eye.

Just like a proficient sculptor, you have turned me into someone great and bold, I promise you that all my values and morals I shall uphold.

Thank you for leading me back to the right path when I had gone astray, and for all your efforts that made me who I am today.

Teaching Faculty | 2020-21



The Sisters' Community

Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: True Fulfillment



Sitting (L to R) : Sr. Agnes Henriques, Sr. Adrian Dias, Sr. Rose George (Superior), Sr. Thecla Kedari, Sr. Peter Mathew

Standing (L to R) : Sr. Premlata, Sr. Greta D'souza, Sr. Gertrude Joseph, Sr. Genevieve Thomas, Sr. Clementine Swamy, Sr. Matilda Braganza, Sr. Bernadine D'souza

The Core Staff



Sr. Greta D'souza, Principal



Mr. Bhuvnesh Bist



Mr. Santanu Nayek



Ms. Kamla Thapa



Ms. Meghna Rana Neupane



Ms. Seema Duggal



Ms. Ritika Mishra



Ms. Veena Jain



Ms. Anita Saklani

The Technical Directors



Mr. Ashish Payaal, Mr. Deepak Sundriyal and Mr. Rajiv Joshi

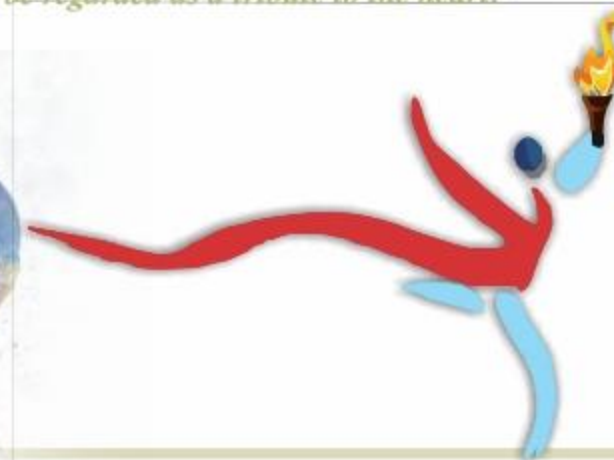


S P O R T S

Headers and Footers

December 12, 2020

"Physical exercise should be regarded as a tribute to the heart."



Even in the prevailing circumstances, our school left no stone unturned when it came to the students' mental and physical health. Considering not only the academics but also the progress in physical abilities and endurance of the students, a virtual sports event, 'Headers and Footers' was organized on 12 December for the Middle School which was an exuberant show of balancing skills of the girls and also their cognitive abilities.





The event included various yoga postures and stretching exercises, which helped the students improve the flexibility of their muscles.

Going out of the league, the senior P.T. instructor of our school, Ms. S. Kukreti, came up with some interesting activities that could be done using our daily articles, incorporating fun balloon workouts.

A brief session of meditation was held to instil the spiritual calmness. The girls also mastered the yoga postures such as 'chakrasana' and 'dhanurasana'. Keeping the

competitive zest of sports event, a virtual skipping competition for classes 6th and 7th was organized in which Methali Rawat emerged as the winner. A similar challenge in which students had to hold themselves in the position of a dolphin plank was conducted for class 8th in which Pawani Burakoti was declared the winner.

The event was a testament to the importance of sports in one's life, teaching us values like perseverance and endurance that stay with us forever.



BUDDING TALENT



Sports

Inter House **ENGLISH DECLAMATION** Class 8th

English Declamation was an Inter House activity which was held on the exuberant morning of 11th September, 2020 for the students of class 8th. Declamation is a form of public speaking through articulation, emphasis and expression. The speaker was expected to narrate an excerpt from a speech already delivered in public by a famed personality. The contestant passionately portrayed the character of personalities like Hillary Clinton, Malala Yousafzai and Kailash Satyarthi to name a few.



The judges for the competition were
MS. ARCHANA BISHT
and
MS. RATNA THAKUR.

Winner:
Gauri Singhal
(St. Joseph)
and
Pragati Nangia
(St. Joseph)

1st Runner up:
Kirti Goyal
(St. Clare)

2nd Runner up:
Rakshita Rawat
(St. Claudine)

Inter House **ENGLISH ELOCUTION** Classes 6th and 7th

An Inter House English Elocution for classes 6th and 7th was conducted on 10th September, 2020 on the virtual platform for the first time. It was a pleasure to witness the young CJMites perform so enthusiastically on this platform.

This was a Solo Elocution, therefore, one participant from each house recited her poem and showcased an aura of immense talent, confidence and zeal. The mood of the poems varied from humour to sadness, from patriotism to nature. The girls were judged on their expression, intonation, voice modulation, pronunciation, and their choice of poetry.

The competition was judged by
MS. VANDANA KATHAIT
and
MS. NIDHI PANTHRI

CLASS 6TH
Winner:
ANUSHKA JHA
(From class 6 - A, St. Francis)
Runner up:
ADWIKA NAUTTYAL
(From class 6 - B, St. Claudine)



CLASS 7TH
Winner:
ADITRI AGARWAL
(From class 7 - C, (St. Clare)

Runner up:
ADYA KALRA
(From class 7 - B, St. Claudine)



INDEPENDENCE DAY

Each year on this day, the sun rises a little higher, the sky turns a shade brighter and the pages of history unravel to narrate the story of our country's independence.

The day is 15th August and it is more than just a date to remember. It was the day when the efforts of the valiant crusaders paved way to an independent, sovereign and a democratic country. The day on which freedom was restored and the flag was unfurled to its beholden glory.

15th August, 2020 marked the 73th year of remembrance, pride and

respect for a country that has come a long way in achieving its dream of freedom.

Our spirits were stirred by a patriotic zeal as the girls of our school came together to celebrate the independence day with much fervour and devotion. The courageous saffron, the peaceful white and the auspicious green of our national flag were donned by students of different classes, thereby evoking a sense of harmony in all of our hearts. Connecting us furthermore with our patriotism was a slideshow depicting the many ways in which

we could help our country, despite the hurdles in our path. The assembly was culminated with a deep seated feeling of commitment which would perpetually drive us to persevere, serve, and honour India, her centennial heritage, her journey of seventy three years and above all, her dreams that rest confidently on our resolute shoulders, that we would become a place " where the mind is without fear and the head is held high; where the knowledge is free"



REPUBLIC DAY

It is impossible not to be astonished by India. The only nation where humanity presents itself with such variety of cultures, religion, customs and languages. Modern day India represents the largest democracy as she celebrates its sovereignty and autonomy on 26th January. This year India celebrated its 72nd Republic day and even though the celebrations were online, the zeal and fervour was ablaze. It was celebrated a day prior for the students.

The mellifluous and mesmerizing patriotic songs along with the resplendent and well synchronised dances evoked the innate feelings of allegiance. A video was presented by the students which reflected how our country has advanced over the past few years. Indeed the assembly filled the hearts of CJMites with a sense of pride and ignited the spark in us to strive tirelessly for the nation. On 26 January, all the staff members, adhering to the safety protocols gathered to pay their tribute to our motherland. The flag was unfurled by our Principal, Sister Greta and prayers were appealed, for our planet Earth to heal soon.

Sharp early mornings, vision glossed with drowsiness and a walk stricken with laziness. But then there's a woman you catch a glimpse of, etched with freshness, radiating energy and a smile ever so beautiful and curvaceous, that it drains you of your negativity.

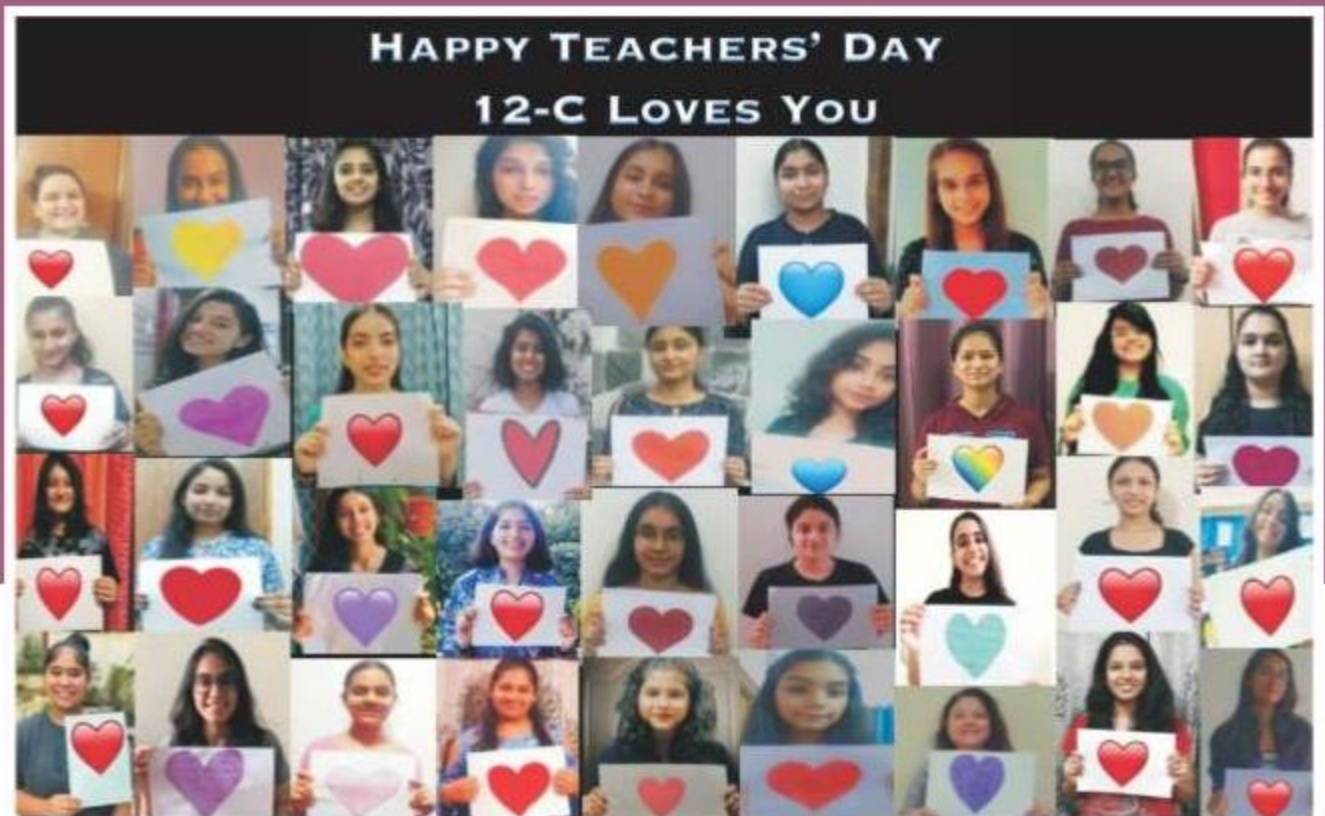
Yes, that is your teacher, whose sulking eyebrows, sighs of vexation, passionate eyes and undeterred faith upon her students, roots within us a fond memory.

Teachers' Day

"Education is a progressive discovery of our ignorance"

-Will Durant

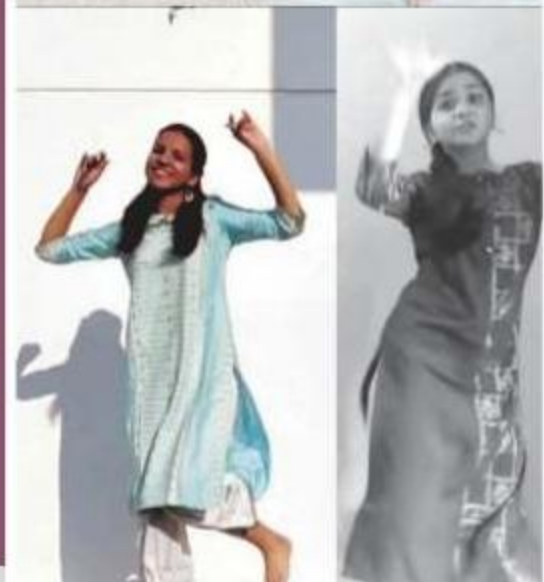
Teachers are the pillars of our society who consolidate a realm that helps amplify the good in people. They are the guardian angels holding the reins of our future progress thus, edifying the people of tomorrow. Apart from imparting educational value, a teacher is a conductor of wisdom with high endurance of confidence and patience, as they are responsible for channelizing a student's potential and



ability in the direction pertaining his/her talents and interests. They nudge us to become better members of the society and ideal citizens of our country. As time flows, a teacher tends to become a role model for her students, one who strokes their hearts with love and tenderness along with nurturing their minds with her gentle brushstrokes, that helps the students accentuate the world around them.

Caught in the clutches of the coronavirus pandemic, the teachers without a tinge of exception have catered to us with their undying determination and unceasing support, all the while embroidering us with knowledge.

5th of September, a day celebrated to acknowledge and honour teachers all over the nation, florescened a heart warming event within the periphery of our screens too.



Children burning with zeal presented role reversal skits of our beloved teachers along with impromptu speeches, mesmerizing dance performances and melodious songs which pulled every chord of our hearts.

Palettes of love and affection coordinated with pigments of honour and prestige, bursted in the loudest shades of greetings and regard for our teachers. As the event unfolded, the gleaming smile hung on their faces, the fruit like chuckle escaping their mouth and shafts of gratitude darted for the efforts stitched by the students.

On this day we thank them for their unwavering support, love and diligence.

Dear teachers, thank you for everything you have done and will continue to do for us.



Children's Day

Childhood is a universal experience, the age of curiosity, imagination, exploration and development of incredible nostalgic moments. While Covid-19 was busy taking a detrimental toll on children, our teachers were busy breaking the monotonous schedule of life in pandemic. The online celebration of children's day was a treat to the eyes, ears and hearts. The students laughed uproariously at the jests and tapped their feet at every beat their teachers danced to. By the end of the programme, they could not think of anything more euphonious than their teachers serenading them or anything more soothing than the dulcet tones of rhythmic praises which said-



*"The child in me is the you in me,
The inquisitive you in the sombre me,
The child whose innocence is shown in glee,
For you are the child who lives in me."
-Ma'am Bindu*

*"दीयों की तरह जगमगाओ....
फूलों की तरह महको तुम....
हर खुशी तुम्हें मिल जाए
हम, दुआ ये करते हैं...."*

-Ma'am Anuradha

*What a beautiful feeling it is to be a
child.*

*Oblivious to all the stress, calm and
mild.*

*Looking at every one with unwavering
faith.*

*Smiling at every one considering them
your true soul mate.*

*Oh! what a beautiful feeling it is to be a
child.*

-Ma'am Urvashi



Indeed, Cjmites are blessed to have teachers who personify knowledge, teachers who embody generosity of a mother, a bosom companion and so much more that one could go on for forever and forever long.

Merry Christmas

Feliz Navidad!!

Christmas, the time of the year when festivities take the central stage. When bones crepitate to the winter wonders but hearts warm up in the indomitable and invigorating spirits of Christmas.

But this year going to school in vogue apparel in Christmas frenzy humming Christmas carols seemed like a mid-summer night's dream. The pandemic had exacerbated staying home on Christmas eve. But on 20th December, 2020 the CJM family rejuvenated the lost Christmas spirits.

The traditional nativity play evoked the miracle of Jesus' conception, his humble birth, his ultimate sacrifice and everlasting blessings upon every living creature making us reminisce the true spirit of Christmas.

Sister Greta serenading us in her euphonious voice added to the sublime ambience. It was as if the lost hearts were guided back home. The Christmas celebration was rounded up by the delightful appearance of Santa Claus. The online celebration ended with the students radiating exuberant energy ready to relish the forthcoming vacations.



VIRTUAL PHOTOGRAPHY COMPETITION

Class VI



Class VII

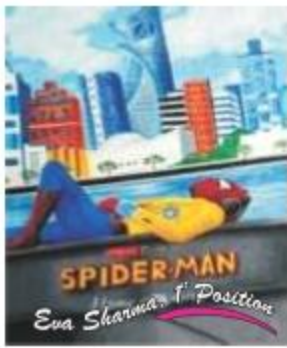


Class VIII



In the month of October, 2020 our school conducted a virtual photography competition on the theme of LOCKDOWN CREATIVITY. This theme was applicable to all the students from classes VI to XII. The Senior school teachers-Ma'am Monica Sharma and Ma'am Alisha Ahuja were the judges for the contest. We received marvellous photographs showcasing the countless ideas and boundless imagination of our students.

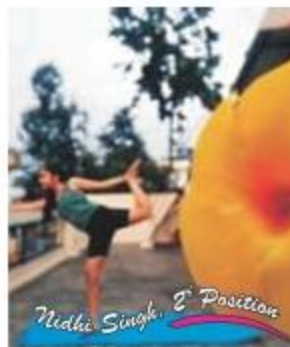
Class IX



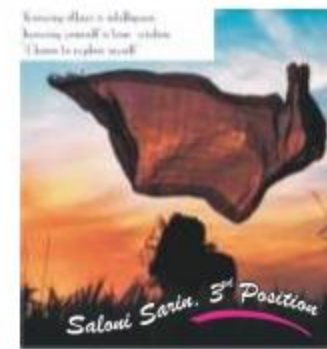
Class X



Class XI



Class XII



VARIOUS CAREER CHOICES



MR. JITIN CHAWLA

Practical advice with reference to demanding professions in every field and also suggested several entrance exams.

WEBINARS

On 28 August, 2020, for the students of class 11 and 12 on the numerous new-age careers and on 12 September, 2020, for the students of class 9 and 10 about their future subject choices, was conducted by Mr. Jitin Chawla.

Mr. Jitin Chawla, an eminent educationist and career counselor from New Delhi, gave an insight into self-discovery and how students should recognize themselves before making important decisions. He also elaborately threw light on hundreds of uncommon but exciting careers both in India and abroad and provided a clear picture of the variety of courses offered by institutes and universities and the subjects needed to pursue them. The students participated enthusiastically by asking questions regarding their future plans and Mr. Chawla patiently and skillfully answered all of their queries. Besides this, he gave practical advice with reference to demanding professions in every field and also recommended several entrance exams.

After that, Ma'am Kanchan Mehra took over and explained to the students the many pros of education abroad. Furthermore, she talked about the unending scope of efficient careers abroad, the overall budget and also shared examples of successful people which was, undoubtedly, inspiring for all of us.

This webinar was certainly fruitful for the students as it resolved several doubts regarding the diverse career options. We would like to extend our heartfelt gratitude to our Principal, Sister Greta, for providing the students with such an insightful and edifying webinar.

CHARACTER AND CONFIDENCE BUILDING WEBINAR



MS JYOTIKA BEDI

"With realisation on one's own potential and self confidence in one's ability, one can build a better world"

-Dalai Lama

Confidence forms the building blocks of one's personality and to instill among the students the practical implication of the above statement, a webinar on character and confidence

building was organised on 20 November 2020 for the students of classes 11 and 12. Ma'am Jyotika Bedi with her teammate Ma'am Akanksha Dutta were the speakers for the session, that aimed to provide a platform for introspecting one's strengths and weaknesses as the guiding way to a happy lifestyle.

Ms Jyotika Bedi, an ex-cjmite and the Head Girl of

CYBER AWARENESS WEBINAR

The exponential growth of technology in recent years has made many vulnerable to the darker side of it with cyber crime cases skyrocketing day by day. To make the students and their parents aware about the various cyber activities and their nature, a webinar on Cyber Awareness was conducted on 24 October 2020 for the students of classes 9 to 12 .

Mr Raakesh Kriplani, a renowned cyber psychologist from Nagpur, provided an in depth analysis on psychology associated with the emerging technology and its connection with parenting as a fundamental approach to control cyber addiction among the youth. The topics brought into light by him were - behaviour pattern of an average teenage child, effects of helicopter parenting, cyber crime and bullying, impact of suicidal games and the threats lurking on the dark net. Further, Mr. Kriplani resolved the various queries put forward by students and parents regarding the measures that can be taken to tackle such crisis on the internet.

Ms. Upasana headed the second half of the session which focused on understanding anger dynamics and management. She enumerated the many causes that trigger one's reactions, the result of such sudden outbursts and the methods that can be implemented to pacify oneself.

Overall, the webinar was a gripping, informative, enlightening session encompassing a wide range of factual details necessary to build emotional intelligence as the basis of preventing oneself from falling prone to perilous situations.



MR RAAKESH KRIPLANI



the '97 batch, is a successful entrepreneur, educationalist, psychologist, life coach and a staunch optimist.

Opening the doors of positivity, the session focused on understanding and tackling the fear of public speaking and the need to allay self doubt. The duo explained the benefits of an honest assertive communication

and provided the students with tips on how to train their minds to combat negative self narrative. She further encouraged the students to interact by sharing her own past experiences and conducting various activities. The students were greatly benefitted from this fruitful interaction as it empowered them to harness their core skills to become the better versions of themselves.

Rendezvous with CJM's Gourmet House



Culinary Workshop

"The Right Food Culture by Chef Rahul Wali"



First Physical Home Science Practical of 2020-2021



Table Layout and Flower & Floor Arrangement

Class XI



Waste Management Practical

Class IX



Class XII

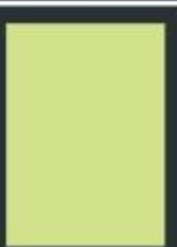


Creativity at its best!

Art & Craft

Activities

The year 2021 commenced with an array of Art and Craft activities for the Senior as well as the Middle school on the virtual platform. It was an innovative event where used materials such as mason jars were transformed into something new. This was an activity to ignite the creative spark in the young minds. Students also learned to reuse and recycle things. It was indeed an enriching experience for both teachers and students. Our Principal, Sr. Greta D'Souza gave the students of Fine Arts a golden opportunity to showcase their talent through a Virtual Art & Craft Exhibition. From the video making to compilation, editing, screen sharing -the entire technical work was done by the students. The graceful presence of the Sisters of the Community motivated them to give their best. The programme was a huge success with a lot of appreciation gained for the live creative demonstration.



Painting by Anoushka Uniyal



HAND-MADE
EARINGS
MADE BY
VANSHIKA
MAMGAIN



Vanshika Mamgain
10



March, 2021 a painting competition was organized in Raj Bhawan on the occasion of Basantotsav – 2021. In this competition our students Apoorva Rawat of class 12 D and Anoushka Uniyal of class 10 A had participated and came out victorious. Apoorva Rawat bagged the second position whereas Anoushka Uniyal received the consolation prize. The students were felicitated by our Governor Baby Rani Maurya and our Chief Minister Tirath Singh Rawat.



BECAUSE EVERY GOOD STORY ENDS...

From tales of crowns
 To the ferocity of hounds
 Or to the histories we read
 There's but one more story, pay heed!
 A saga of some fourteen years
 Ending with a void full of tears
 It's a play, a prose, a poetry to read
 A musical sonnet indeed
 From secrets whispered in the parking lot
 To the jackfruit tree where we swore and fought
 From the wild frenzy of times afterschool
 To the gravity of our exam schedule
 The PT rounds were never a full circle
 To those days of exchanged bands and ruffle
 And how do I forget those practices, those drum beats
 Ah! 'A thing of beauty' to quote John Keats
 Cheers to those debates and dramatics
 And those chuckles, trio teams, bits of paper in the attic
 To the teachers, we owe an infinity of everything
 They showed us a path, a meaning
 To all those seconds we learnt from you
 I say now dear teachers, every moment we grew
 The red block corridors might whisper again
 When we've almost pulled out of that train



Udita Aggarwal
 It was only yesterday when I entered class 1 B as a new student in CJM and now I am in the last phase of my school life and with tears in my eyes all I have to say is that this journey ended a bit too soon.



Akanksha
 Just cling onto that one thing throughout your journey and you will make it to the other side.



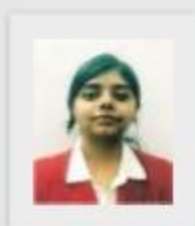
Manashvi Batola
 If you want to fly, give up everything that weighs you down because that dream was planted in your heart for a reason.



Anshul Bhatt
 Speed isn't all that matters. You're doing just fine.



Arushi Bhatt
 This part of the whole nearing its end and almost an era bowing down to this melange of memories, laughter, lessons, friendships, fights and life long experiences we wove here. A place once unknown is home today and shall forever stay.



Kavya Bhatt
 There are many reasons to be happy and one of them is being a part of this cjm family !!!!



Shruti Chandan
 Education is the most powerful weapon!



Deepika Chauhan
 Neither black nor white but we all are a distinct shade of grey.



Jyotsna Chauhan
 How lucky am I to have something that makes saying goodbye so hard.



Surabhi Dixit
 Friendship is not about whom you have known the longest. It is about who came and never left.



Priyansha Goyal
 Just 15 more minutes" - the only line that remained constant throughout, even when I was leaving after my last exam.



Kanika Gulati
 Alexa, take me back to the corridors!



Shubhangi Kandwal
 Life doesn't wait for anyone. It just goes on.



Rameshwari Kapoor
 The best phase of one's life is STUDENT LIFE. Enjoy it to the fullest.



Harshita Lakhchaura
 'How fast the time flies' is something we all grew up hearing but never until now had I felt its true essence. Today as I stand at the threshold of CJM, ready to bid adieu with a heavy heart, flashes of my 14 phenomenal years spent in this institution pass through making me nostalgic. They make me realize that soon this place will be out of my sight and sound but my heart will always echo in the corridors of CJM.



Sakshi Mendiratta
 Viva CJM!
 Perfect blend of global outlook and traditional values.



Piyashri Mukherjee

The moment may be temporary but the memory is forever.



Saubhagya Negi

As I try to hold onto them tighter, the sands of time run faster... how I wish they would stand still for once.



Jiya Negi

A flood of emotions fill my heart and memories of the years passed in this school enthrals my mind. I just rejoice the moments of my school life that surrounds my every thought. The fact that I have come to the end of my school life flushes my cheeks. Even though this journey comes to an end, a faint smile of reminiscences will always appear on my face.



Sarah Nizam

If life was a necklace you could decorate with memories, mine would be strung with diamonds, for all the years spent in the school have been starry and priceless.



S.Riddhi

Life is not a patch of one's favourite colour but an amalgam of every hue. It's a canvas which we hand-painted with our laughter, tears, euphoria, triumphs, failures, love, calm, fury and the list goes on. One should always remember if there are bleak greys there are also exuberant crimsons.



Unnati Saini

No more homework and heavy bags but when the last bell rang, I realised how much I'm going to miss this place.



Bhavanshi Singh

Believe you can and you are half way there.



Rakshita Upadhyay

My association with this institution might have come to an end, but the plethora of memories and the bonds formed will always cling to the heart.



Harshita Sangar

I gave my last answersheet and left the desk. I looked at the empty classroom behind me. 12 years flashed by.



Naincy Srivastava

School is a place that provides education and education is the key to life.



Nandini Sharma

'You learn more from failure than from success. Don't let it stop you. Failure builds character. - unknown



Suhani Tripathi

We cried, we laughed, we learnt but most importantly we made memories that are never going to fade. From the serious Science and Maths lectures to the fun filled PT periods and the endless not very important yet very interesting conversations will surely be missed by me. I wish I could travel back in time to the good old days and relive those precious moments.



Pragati Tiwari

Work hard, have fun, make history
~Jeff Bezos



Akriti Uniyal

Don't wait for a particular moment to be happy because you might never get it.



Gargi Painuly

School life...the best life.

And if at all it cries and groans
Do remember, it's a class 12th kid that moans
For all said and done, this journey is finally over
Feels like a rose pruned or grass cut by a mower
It's an end and a beginning too
An old chapter giving way to new
The closer we get to this end
The more our emotions blend
This sunset is an inevitable part
So is the sunrise with a promising start
I wish this goes on endlessly, our tales of school and friends
But I guess it won't, it never will
Because every good story ends...

By: Arushi Bhatt
Class 12 A



Gracy Arora
 My life in CJM has been an unforgettable ride filled with learning, dedication, hardwork, motivation and self actualization.



Abhilasha Bhatt
 Leaving CJM is like leaving a part of myself which was so joyous, leaving the land of my dreams, leaving the exuberant smiles of my beautiful teachers and leaving all those who meant my life to me.



Reeya Bose
 The school is really an unforgettable account of our experiences. Wherever I am, CJM will always be in my heart.



Ambika Chamola
 Tryst with the fabulous fourteen, signing off!



Ishita Dabral
 The school life is very much filled with excitement. During one's time in school, one becomes mature enough to understand the value of time. CJM taught me how to make my way in this world.



Riya Dimri
 The joys of school life are surely countless. Indeed, the school days at CJM have been the best days of our lives.



Ananya Gupta
 The good memories are the good experiences one gets in one's life and I can proudly say that my time in CJM has ended with a casket full of such golden memories.



Stuti Jain
 School is the best place to be in. You realize this only after leaving it. I can call it the best phase of my life. My mind is recalling all those moments while I am smiling and writing this now.



Juhi Jeena
 What can I say about school? There is so much to say I laughed. I cried. It was fun.



Gargi Joshi
 School days are the most memorable days of our life; they run for some years and stay in hearts forever.



Aadilah Khan
 School happens to be one such place where you start your journey crying and leave crying even harder.



Fauzia Khan
 In my defense, This place was too sweet, For me to not make memories, That will echo through this building. Heard by none, But felt by all.



Prachi Kukrety
 CJM, thank you for the basketful of memories that will be cherished forever and ever.



Aditi Kukrety
 My twelve years at school have been amazing and worthwhile with little ups and downs that we all have to face sometimes and no matter how far we all go, we are always going to cherish the countless memories and happy moments spent in school.



Vidushi Negi
 Despite the early morning schedule, school was our getaway to a wonderful new home.



Radhika Nautiyal
 Never will I again shout my lungs out on the Sports Day cheering my house or jump with joy on seeing my teachers dance on Children's Day!



Satakshi Negi
 With childish whims and fancies left behind, everyone grows up to take the path they want to walk on but never grow old enough to leave the values they imbibe from their school life.



Chetna Pandey

For me, CJM was a place where everyone wore the same uniform, had equal opportunities, and most importantly, friendships made were heartfelt.



Shrestha Rana

I'm preparing for a last year blast. *microscopic virus strain laughs hysterically*



Aditi Rawat

14 years of my life spent in CJM = A kaleidoscope of million ludicrous-cum-fantabulous moments.



Ananya Rawat

As I walk down the memory lane, a thousand beautiful glimpses flash by my eyes. How I long to relive those moments! From a tiny tot to a young girl, I've had a lifetime of wonderful experiences at CJM which for me will forever be the most precious and priceless treasure.



Kayenaat Saadaat

We don't remember days. We remember moments. I will always cherish every moment that I spent within the walls of this haven.



Sweta Varshney

CJM.. one of the best places to exist peacefully.



Praditi Singh

There is something special about school days which we never forget in our lives. We steer through different phases of our life. Of those, the time spent in school form the best memories of our life.



Vageshwari Singh

I will always miss the yellowing pages of the library books, the small chalk... and above all... the C.F. classes ... the list is endless.



Niyati Sahni

No matter what's going on in our life right now, school memories will always make us ecstatic.



Abhisikha Yadav

I have always loved the first day of school better than the last day. Firsts are the best, they are beginnings.

-Jenny Han



Aashi Singh

An unforgettable Odyssey that made me a better version of myself.



Jyoti Bhatia

Soothing, serene and sacred. I shall always miss you, CJM.



Khushi Thakur

A pang of nostalgia hits me as I turn the pages backwards.



Shivangi Negi

I have made some unforgettable memories at CJM. Some of them are witless fights born out of love and affection and some of them are life enriching lessons learnt from the blunders we made. No matter what, tomorrow when I step out of the gate, these memories will never fade.



Ishika Martin

Cjm shaped me into being 'me'.each year, each day, I was rediscovering my capabilities and working on my weaknesses. Taking all the memories, and walking out into this big world being unapologetically 'me'.



Diya Chandel

It's not just school to me it's the chapter I never wanted to end.



Sukriti Kulhan

A magical land where every nook and corner unfolds a tale.



Aastha Agarwal
 If your actions inspire others to dream more, learn more, do more and become more, you are a leader.



Vanshika Agarwal
 'Asking for extra pens, sharing tiffins at break, discussing important questions before exams, freezing cold hands in winter assembly and a final teary good bye hug to friends.' CJM is not just a name. It will always be an emotion .



Saniya Akhtar
 How lucky is it to have something that makes it so hard to say goodbye.



Anshika Agarwal
 Corridors aren't the same anymore, Lunch breaks aren't fun anymore, Substitution periods don't exist anymore, Yeah, it's the batch of 2020-21.



Srijana Anand
 Few days we laughed until we cried, other days we cried until we laughed, either way, every day was perfect.



Mihika Bagga
 The first day of school: the day when the countdown to the last day of the school begins.



Sana Ansari
 School is the best place to make memories and leave footprints....



Sunidhi Bagga
 A journey from tears to tears...A place where I entered crying and left crying...Where I made friends and memories.. 'MAGICAL ' is the only word I can use for my school life.



Swarnima Bisht
 No matter how much we hate going to school but we end up cherishing these memories for our entire life.



Nandini Bhatia
 Home is our first school and school, our second home.



Yashashvi Chaturvedi
 'Nothing can dim the light that shines from within.'
 - Maya Angelou.



Gauri Ganguly
 From tunics to suits to shirt trousers,
 To different shoes,
 Many sections,
 Many classrooms,
 One favourite teacher, One best friend.
 ONE SCHOOL,
 MILLION MEMORIES.



Radhika Bhatia
 Millions of unforgettable memories and experiences,
 Thousands of roller coaster emotions ,
 Hundreds of secrets, just one place which feels like paradise(CJM)



Divleen Kaur Chaudhery
 Each day spent in my beloved haven, is etched deep in my memory. My years in CJM have strengthened and groomed me well. I feel humbled and privileged for being a part of this incredible journey.



Ishika Chaudhary
 My school life has been like a roller coaster ride with many ups and downs many learning experiences.



Khushi Chandola
 Be silly,
 Be fun,
 Be different,
 Be energetic,
 Be you, because life is too short to be anything but happy.



Devika Ghildiyal
 Giggles, shrieks, tears, smiles the school ground will echo again with these but without us, yet I will hear them constantly again in my dreams.



Kashika Gujral
 We could never be scolded and at the same time be pampered like the way we were here, at CJM.



Apoorva Somani

Let our dreams
 be your wings



Anshuka Gupta

The teary and a
 very reluctant
 entry coincides
 well with the
 teary exit from
 my school-my
 second family.



Sejal Gurung

Our school life is
 always the best
 time of our lives.
 I have got so
 many memories
 from this school
 and I am proud
 to be a Cjmite.
 CJM Dehradun
 will always have a
 special place in
 my heart.



Harmeet Kaur

One Spectrum-
 many events.
 One teacher -
 many lessons.
 One school -many
 memories.



Niharika Jain

'In school, you're
 taught a lesson
 and then given a
 test. In life, you're
 given a test that
 teaches you a
 lesson.'
 - Tom Bodett
 How true!



Bhumika Kathuria

A school is never
 an infrastructure
 made out of bricks
 and stones.
 It is made of
 memories, success,
 failures and a part
 of everyone's
 childhood.



Gunpreet Kaur

'Education is our
 passport to the
 future, for
 tomorrow belongs
 to the people who
 prepare for it
 today.'
 - Malcolm X



Harmeet Kaur

Make today so
 beautiful that
 yesterday gets
 jealous.



Ashna Mittal

14 years ago,
 overwhelmed with
 excitement, I had
 stepped into a
 completely new
 world, a Utopian
 world. Becoming a
 part of this joyful
 haven taught me to
 be focused on my
 goal and have a
 heart of gold; for
 when I traverse out
 of this world, I will
 create my own.



Jauna Kukreja

Someone once
 asked me the
 significance of
 being in an 'All
 girls' school, I
 didn't know an
 answer then but
 today, I can say
 that Convent of
 Jesus & Mary not
 only gives the
 education which
 we require but also
 prepares us to
 evolve into active,
 self-willed,
 pragmatic and
 confident young
 ladies who will be
 the world's future
 torch bearers.



Vaidehi Nawani

If you're not able
 to achieve
 something at the
 first try,
 experiment with
 different ways and
 find one that
 resonates with you
 because giving up
 leads nowhere.



Pragya Nautiyal

Each corner of
 the crimson
 infrastructure
 holds one or the
 other memory
 which I will
 treasure all
 through my life.



Kirandeep Kaur

Each new
 experience in this
 haven has woven
 a new thread into
 the fabric of my
 life.



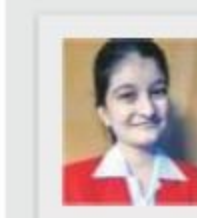
Malvika Nigam

Initially what I
 assumed to be a
 cage turned out
 to be a paradise
 later.



Vaishnavi Rajput

From now, there will
 be no hearing of the
 school bells,
 No longing for
 Ma'am Poonam's
 steps,
 There will be no
 worries for our long
 nails, and no
 scoldings for
 forgetting our 'ID
 cards '
 The fun we felt while
 eating the tiffin
 before the recess will
 no longer be there,
 No longer will we
 give those lame
 excuses to dodge the
 jogging in the PT
 periods.



Farwa Zehra

When our friend
 'opened' her
 lunchbox
 No permission
 required; eat the
 whole and leave
 nothing of it.



Akshita Rawat

Ladder to success passes through classes of schools, where we gather volumes of knowledge, moral values and memories that stay forever in our minds.



Shriya Sharma

No matter how much you think you hate school, you'll always miss it once you leave.



Soanakshi Wadhwa

I do not remember the first day of my school but I'll always remember my last day because in between these two days, there is an amazing, interesting and beautiful journey, a journey that made me a true 'Cjmite'



Aaradhya Sharma

I entered CJM with a smile on my face and an open heart, now when I will be leaving, that smile will still be there but amidst the tears and my heart will be filled with a goodly burden.



Perna Sachdeva

CJM- the school that believes in keeping the head and heart in tandem.



Arti Archana Tudu

The treasure hunt of knowledge in school for 14 years has been an exhilarating experience. The lessons learnt have kept me motivated to give my best in all situations.



Deepanjali Shah

When I entered 'Convent of Jesus and Mary' and saw the seniors I couldn't wait to grow up and now that I am leaving this wonderful school, I want to be that 'LKG' kid again.



Stuti Samson

No matter what goes on in your life, school memories will always make you happy.



Priyanshi Thapa

'One child, one teacher, one pen and one book can alone change the world.'

-Malala Yousafzai



Naila Usmani

Every journey has a new beginning. How fortunate am I to have something that makes saying goodbye so hard. A rollercoaster journey of 14 years, a journey with tons of bittersweet memories, a journey with valuable life lessons, a journey which I will hold dear forever.



Jasvica Masih

The countless lessons of this magical trail will guide me all through my life.



Sania Sachdev

School life is a journey that starts with tears, also ends with tears.



Nitya Arora

Things fade but memories last forever. So will every precious moment spent in CJM.



Fabiha Azhar

People say that dreadful memories cause the most pain, but honestly it's the wonderful ones that drive you insane.



Monal Bharti

Relishing the essence of this place, I never knew time would be so difficult to chase, This comforting grip is slipping away, But the warmth of CJM shall forever stay.



Zara Azhar

The future belongs to those who believe in the beauty of their dreams.



Harshi Ghildiyal

Walked in with a heavy bag, Walked out with a heavy heart.



Adya Gupta

Spent the years in the classroom dreaming... Years down the line, classroom will itself become a dream.



Mehak Juyal

The roots of education are bitter but the fruit is sweet.



Aditi Kaushik

My Happy Place,
 My Second Home,
 thank you for
 making me a
 better person.
 Proud to be a
 CJMite.



Aahana Mann

School life is the
 most important
 part of life and a
 treasure of sweet
 memories.



Muskan Oberai

2007 – 2021 :
 How cherishably
 significant are
 these 14 years.
 The journey in
 this school began
 with such a tiny
 little step in an
 unaware state of
 mind, having no
 idea that it could
 be moulded into so
 sublime a journey
 as this.



Aditi Rai

While the people
 at the first bench
 made notes,
 We at the last
 bench made
 memories.



Khushi Sahni

Hey siri, take me
 back to the apple
 chairs!



Parnika Sundriyal

I consider myself
 fortunate to have
 traversed this
 surreal journey
 which made me a
 better human
 being.



Alshifa Khan

Endless number of
 colours, thousands
 of designs but still
 the heart aches for
 the school dress we
 are leaving behind.



Aarushi Nautiyal

My journey in this
 institution can be
 described as a
 happy, emotional
 and a beautiful
 one. It has helped
 me to shape my
 personality and
 made me a
 sprightly confident
 young lady. Proud
 to be a CJMite.



Arushi Rawat

Lots of friends,
 Unforgettable
 memories,
 Loyal hearts,
 Blossoming faces,
 And one reason :
 CJM



Saloni Sarin

The best of
 memories are made
 in school which are
 irreplaceable and
 unforgettable.



Itika Suryan

School life is the
 most beautiful
 period of every
 person's life. I carry
 a big bag of
 memories with me
 and thank everyone
 for being there for
 me.



Shruti Khanduri

'A Million Warm
 Emotions
 A Thousand Life-
 enriching lessons
 and Morals
 A baggage of
 Hundred delicate
 bittersweet
 memories
 ONE
 PLACE:CJM'.



Apoorva Rawat

My journey in
 CJM has been a
 short but a
 beautiful
 symphony of
 evergreen
 memories that
 will always bring
 a crimson blush
 on my cheeks
 and a sweet
 childish smile on
 my lips, for
 which I can't
 thank my loving
 classmates and
 exceptionally
 caring and
 helping teachers
 enough.



Hnsika Saxena

The portals of CJM
 transformed me
 from an ordinary
 girl to a confident
 one.



Aashita Semwal

This institution
 stands like an
 ivory tower, for it
 has transformed
 me from a shy
 bud to a
 confident flower.



Monika Sondhi

School life begins
 with a gloomy smile
 and ends with
 happy tears.



Iccha Kaur Sethi

What I will always
 remember the most
 about high school,
 are the memories I
 created with my
 friends and the
 lessons that I learnt
 from my teachers.



Nikita Rosa Prasad

CJM expounds
 the women
 empowerment
 beyond measure.

BATCH OF '75 *The First ICSE Batch, CJM Dehradun*

INVICTUS

*To strive, to seek, to find
and not to yield*

*Determined, indomitable,
unwavering and untiring
group of Cjmites cross the
threshold of their school
every year and enter into
a world of uncertainties
and opportunities. Having
carried with them a
centennial legacy of
perseverance, their dreams
crystallise to set a stage
for successful careers.
With their countless
achievements, these
accomplished
women of batch 75'
express their gratitude to
the institution which has
played a phenomenal role
in shaping their victorious
path.*



Nisha (Arora) Dua

Mentor & Coach, Cyber Safety & Security and Innovative eLearning Practices in Schools



Shobha (Sachdev) Kumar

Senior Knowledge and Learning Officer, The World Bank, Washington DC.



Anju (Arora) Sodhi

TGT English, HOD Middle Wing, Army School, Dehradun



Neelkamal (Sinha) Darbari, IAS

MD-SFAC, Secretary, Ministry of Agriculture & Farmers' Welfare, Government of India



Rita (Thapar) Kapila

Former Teacher (CJM Dehradun), currently Joint Secretary CGDC AWWA



Ratna Bakshi

Writer & Founder Principal, Little Flowers School



Sumita Anand

Educator for children with special needs



Usha Pillai

Jewellery Designer and French language Expert.



Sudha Narain

Corporate Lawyer who started her career with Wipro and later became a freelancer with Embassies and High Commissions.



Alka (Lal) Nautiyal

Deputy General Manager, State Bank of India, Mumbai



Neeta (Maini) Dewan

Dietician and owner-Neeta Dewan Diet Guide Centre.



Ranjana Kala, IFS

Former Principal Conservator of Forest, Head of Forest Force, Uttarakhand



Sonia (Issar) Chandihok

Former Educator, Manager (Hospitality Industry)



Shashi Batra Kir

Educator, Rotarian, former District Chairperson International Innerwheel District 308



Bhawna Agarwal

Social Worker

Their Achievements; Our Inspiration



Usha (Aithal) Krishnaswamy

Former Educator & Founder & Proprietor of Usha Krishnaswamy Creations



Sonchita (Majumdar) Yadav

Former Deputy General Manager, Corporate Communications, ONGC, New Delhi



Sunita (Oberoi) Mehra

Vice Principal, Summer Valley School, Dehradun.



Veni (Vanilla) Mathur

Ex Faculty IIT Delhi & SPA, Vice Chairman CILT, Currently Consultant at Logistic Skills Council



Minnie Gogia

Former Chief General Manager (Reservoir) ONGC, Dehradun



Bela (Verma) Thapar

Naturopathist and owner of an Architectural Firm.



Vinita Gulati

Former teacher, CJM New Delhi, Currently Airbnb Superhost of Air B&B, New Delhi



Lata Koneru

Former General Manager (Programming) ONGC, Chennai.



Pramila (Kabra) Dufhare

Clinical Dietician, Fresenius Kidney Care, Marieta, Georgia



Neeka (Soni) Tuli

Former Teacher St Joseph's Academy Dehradun, TOFEL Trainer at Bharain & Dubai



Tarvinder (Sawhney) Kaur

An optimist involved in continuous Social Service.



Anjali Bahuguna

Former Educator, Writer and Manager Adventure Camp, Dehradun



Alka (Pabreja) Choudhary

Former Montessori Teacher, Currently Interior Designer (Hyderabad)



Bhupinder Kaur Suri Garewal

Former Teacher AVM Mumbai

“We, the alumnae of 1975, the **first ICSE batch**, were highly adaptive, resilient and a hardworking group! We took up the new system as a challenge and excelled in all spheres. This trail to success was followed by many of us in our latter years, in various government & public offices, where many still hold positions of authority and expertise. We thank our Alma Mater and our teachers for their constant support and guidance.”

Batch of '75



Inter House DEBATE for classes XI to XII



On 17th October, 2020 our school conducted 'Argy-Bargy' the Inter House E-Debate. There were two topics. The first being 'This house believes that COVID19 is a leveller rather than a divider that has effectively reduced the disparity between the rich and the poor.' Team A (St. Clare's House, FOR) comprised Arushi Bhatt (Leader), Nandita Sharma (Deputy Leader) and Khushi Sahni (Chief Whip) and Team B (St. Claudine's House, AGAINST) comprised Monal Bharti (Leader), Preksha Rawat (Deputy Leader) and Nandini Nirwal (Chief Whip). The second topic was 'This house believes that the most crucial Post-Pandemic Challenge before the world is to ensure a stable economic development.' It had Team C (St. Joseph's House, FOR) comprising Mansha Yagnik (Leader), Vanshika Batra (Deputy Leader) and Pragati Tiwari (Chief Whip) and Team D (St. Francis's House, AGAINST) comprising Taanvi Arora (Leader), Adya Jasola (Deputy Leader) and Ishpriya Rautela (Chief Whip). Even though the Debate was conducted on a virtual platform the debaters were energetic and enthusiastic. At the end, the winners were **St. Francis House**. The best speakers were **Adya Jasola** from St. Francis' House, Mansha Yagnik from St. Joseph's House, Arushi Bhatt from St. Clare's House and Nandini Nirwal from St. Claudine's House.

Judges for the event



Mr. P.S. Kalra
Retd. Principal of Guru Nanak Academy



Mrs. Sumita Vijay
Freelance Journalist

Inter House DEBATE for classes IX and X



*If you believe
in the
power of
words,
you can bring
about
physical
changes
in the universe*

-N Scott Momaday.

The debate for classes IX and X was conducted in Oxford Format and the topic of the debate was – "This house believes that online teaching can replace physical learning." The judges of the debate were Mrs. Shruti Sharma, Teacher of English at Wynberg Allen, Mussoorie and Mrs. Bharti Vishnoi, Vice Principal of Raja Ram Mohan Roy Academy. All the participants presented their arguments and took part in fierce rebuttals. This was followed by an open-house debate where the students from the audience expressed their views on the topic. Then, the judges of the event shared their thoughts about the current situation and the event. Vasundhara Panwar bagged the position of the best speaker while Kanan Bisht and Nishtha Verma were adjudged the first and second runners-up respectively.



INDEPENDENCE DAY

Each year on this day, the sun rises a little higher, the sky turns a shade brighter and the pages of history unravel to narrate the story of our country's independence.

The day is 15th August and it is more than just a date to remember. It was the day when the efforts of the valiant crusaders paved way to an independent, sovereign and a democratic country. The day on which freedom was restored and the flag was unfurled to its beholden glory.

15th August, 2020 marked the 73th year of remembrance, pride and

respect for a country that has come a long way in achieving its dream of freedom.

Our spirits were stirred by a patriotic zeal as the girls of our school came together to celebrate the independence day with much fervour and devotion. The courageous saffron, the peaceful white and the auspicious green of our national flag were donned by students of different classes, thereby evoking a sense of harmony in all of our hearts. Connecting us furthermore with our patriotism was a slideshow depicting the many ways in which

we could help our country, despite the hurdles in our path. The assembly was culminated with a deep seated feeling of commitment which would perpetually drive us to persevere, serve, and honour India, her centennial heritage, her journey of seventy three years and above all, her dreams that rest confidently on our resolute shoulders, that we would become a place " where the mind is without fear and the head is held high; where the knowledge is free"



REPUBLIC DAY

It is impossible not to be astonished by India. The only nation where humanity presents itself with such variety of cultures, religion, customs and languages. Modern day India represents the largest democracy as she celebrates its sovereignty and autonomy on 26th January. This year India celebrated its 72nd Republic day and even though the celebrations were online, the zeal and fervour was ablaze. It was celebrated a day prior for the students.

The mellifluous and mesmerizing patriotic songs along with the resplendent and well synchronised dances evoked the innate feelings of allegiance. A video was presented by the students which reflected how our country has advanced over the past few years. Indeed the assembly filled the hearts of CJMites with a sense of pride and ignited the spark in us to strive tirelessly for the nation. On 26 January, all the staff members, adhering to the safety protocols gathered to pay their tribute to our motherland. The flag was unfurled by our Principal, Sister Greta and prayers were appealed, for our planet Earth to heal soon.

Sharp early mornings, vision glossed with drowsiness and a walk stricken with laziness. But then there's a woman you catch a glimpse of, etched with freshness, radiating energy and a smile ever so beautiful and curvaceous, that it drains you of your negativity.

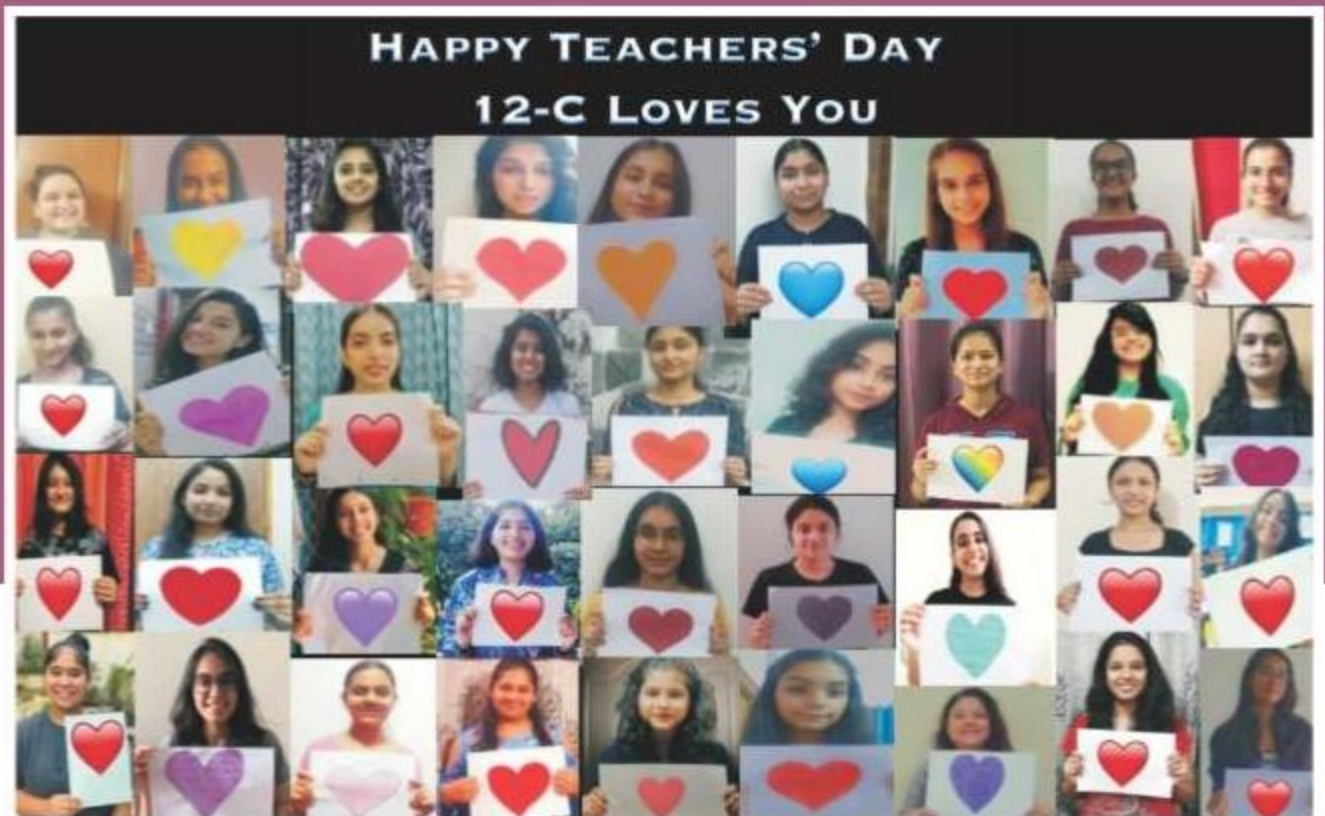
Yes, that is your teacher, whose sulking eyebrows, sighs of vexation, passionate eyes and undeterred faith upon her students, roots within us a fond memory.

Teachers' Day

"Education is a progressive discovery of our ignorance"

-Will Durant

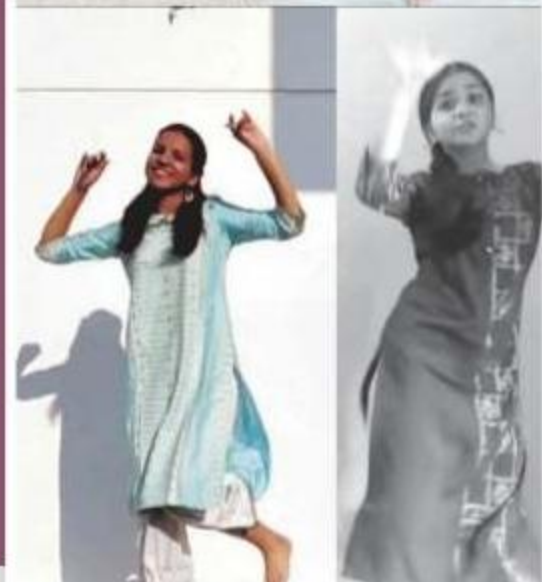
Teachers are the pillars of our society who consolidate a realm that helps amplify the good in people. They are the guardian angels holding the reins of our future progress thus, edifying the people of tomorrow. Apart from imparting educational value, a teacher is a conductor of wisdom with high endurance of confidence and patience, as they are responsible for channelizing a student's potential and



ability in the direction pertaining his/her talents and interests. They nudge us to become better members of the society and ideal citizens of our country. As time flows, a teacher tends to become a role model for her students, one who strokes their hearts with love and tenderness along with nurturing their minds with her gentle brushstrokes, that helps the students accentuate the world around them.

Caught in the clutches of the coronavirus pandemic, the teachers without a tinge of exception have catered to us with their undying determination and unceasing support, all the while embroidering us with knowledge.

5th of September, a day celebrated to acknowledge and honour teachers all over the nation, florescened a heart warming event within the periphery of our screens too.



Children burning with zeal presented role reversal skits of our beloved teachers along with impromptu speeches, mesmerizing dance performances and melodious songs which pulled every chord of our hearts.

Palettes of love and affection coordinated with pigments of honour and prestige, bursted in the loudest shades of greetings and regard for our teachers. As the event unfolded, the gleaming smile hung on their faces, the fruit like chuckle escaping their mouth and shafts of gratitude darted for the efforts stitched by the students.

On this day we thank them for their unwavering support, love and diligence.

Dear teachers, thank you for everything you have done and will continue to do for us.



Children's Day

Childhood is a universal experience, the age of curiosity, imagination, exploration and development of incredible nostalgic moments. While Covid-19 was busy taking a detrimental toll on children, our teachers were busy breaking the monotonous schedule of life in pandemic. The online celebration of children's day was a treat to the eyes, ears and hearts. The students laughed uproariously at the jests and tapped their feet at every beat their teachers danced to. By the end of the programme, they could not think of anything more euphonious than their teachers serenading them or anything more soothing than the dulcet tones of rhythmic praises which said-



*"The child in me is the you in me,
The inquisitive you in the sombre me,
The child whose innocence is shown in glee,
For you are the child who lives in me."
-Ma'am Bindu*

*"दीयों की तरह जगमगाओ....
फूलों की तरह महको तुम....
हर खुशी तुम्हें मिल जाए
हम, दुआ ये करते हैं...."*

-Ma'am Anuradha

*What a beautiful feeling it is to be a
child.*

*Oblivious to all the stress, calm and
mild.*

*Looking at every one with unwavering
faith.*

*Smiling at every one considering them
your true soul mate.*

*Oh! what a beautiful feeling it is to be a
child.*

-Ma'am Urvashi



Indeed, Cjmites are blessed to have teachers who personify knowledge, teachers who embody generosity of a mother, a bosom companion and so much more that one could go on for forever and forever long.

Merry Christmas

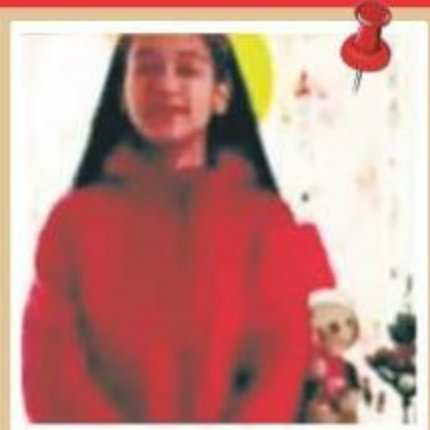
Feliz Navidad!!

Christmas, the time of the year when festivities take the central stage. When bones crepitate to the winter wonders but hearts warm up in the indomitable and invigorating spirits of Christmas.

But this year going to school in vogue apparel in Christmas frenzy humming Christmas carols seemed like a mid-summer night's dream. The pandemic had exacerbated staying home on Christmas eve. But on 20th December, 2020 the CJM family rejuvenated the lost Christmas spirits.

The traditional nativity play evoked the miracle of Jesus' conception, his humble birth, his ultimate sacrifice and everlasting blessings upon every living creature making us reminisce the true spirit of Christmas.

Sister Greta serenading us in her euphonious voice added to the sublime ambience. It was as if the lost hearts were guided back home. The Christmas celebration was rounded up by the delightful appearance of Santa Claus. The online celebration ended with the students radiating exuberant energy ready to relish the forthcoming vacations.



VIRTUAL PHOTOGRAPHY COMPETITION

Class VI



Class VII

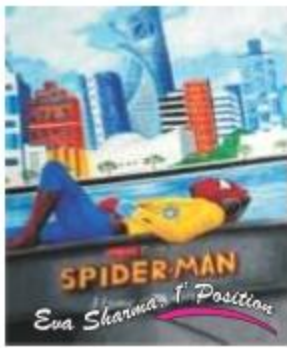


Class VIII



In the month of October, 2020 our school conducted a virtual photography competition on the theme of LOCKDOWN CREATIVITY. This theme was applicable to all the students from classes VI to XII. The Senior school teachers-Ma'am Monica Sharma and Ma'am Alisha Ahuja were the judges for the contest. We received marvellous photographs showcasing the countless ideas and boundless imagination of our students.

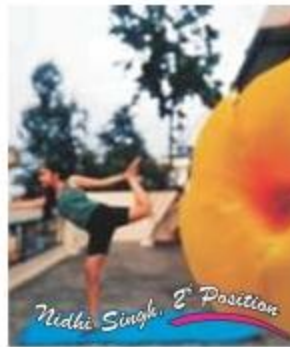
Class IX



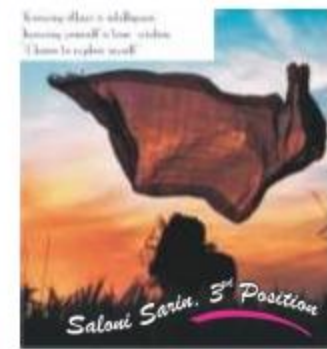
Class X



Class XI



Class XII



VARIOUS CAREER CHOICES



MR. JITIN CHAWLA

Practical advice with reference to demanding professions in every field and also suggested several entrance exams.

WEBINARS

On 28 August, 2020, for the students of class 11 and 12 on the numerous new-age careers and on 12 September, 2020, for the students of class 9 and 10 about their future subject choices, was conducted by Mr. Jitin Chawla.

Mr. Jitin Chawla, an eminent educationist and career counselor from New Delhi, gave an insight into self-discovery and how students should recognize themselves before making important decisions. He also elaborately threw light on hundreds of uncommon but exciting careers both in India and abroad and provided a clear picture of the variety of courses offered by institutes and universities and the subjects needed to pursue them. The students participated enthusiastically by asking questions regarding their future plans and Mr. Chawla patiently and skillfully answered all of their queries. Besides this, he gave practical advice with reference to demanding professions in every field and also recommended several entrance exams.

After that, Ma'am Kanchan Mehra took over and explained to the students the many pros of education abroad. Furthermore, she talked about the unending scope of efficient careers abroad, the overall budget and also shared examples of successful people which was, undoubtedly, inspiring for all of us.

This webinar was certainly fruitful for the students as it resolved several doubts regarding the diverse career options. We would like to extend our heartfelt gratitude to our Principal, Sister Greta, for providing the students with such an insightful and edifying webinar.

CHARACTER AND CONFIDENCE BUILDING WEBINAR



MS JYOTIKA BEDI

"With realisation on one's own potential and self confidence in one's ability, one can build a better world"

-Dalai Lama

Confidence forms the building blocks of one's personality and to instill among the students the practical implication of the above statement, a webinar on character and confidence

building was organised on 20 November 2020 for the students of classes 11 and 12. Ma'am Jyotika Bedi with her teammate Ma'am Akanksha Dutta were the speakers for the session, that aimed to provide a platform for introspecting one's strengths and weaknesses as the guiding way to a happy lifestyle.

Ms Jyotika Bedi, an ex-cjmite and the Head Girl of

CYBER AWARENESS WEBINAR

The exponential growth of technology in recent years has made many vulnerable to the darker side of it with cyber crime cases skyrocketing day by day. To make the students and their parents aware about the various cyber activities and their nature, a webinar on Cyber Awareness was conducted on 24 October 2020 for the students of classes 9 to 12 .

Mr Raakesh Kriplani, a renowned cyber psychologist from Nagpur, provided an in depth analysis on psychology associated with the emerging technology and its connection with parenting as a fundamental approach to control cyber addiction among the youth. The topics brought into light by him were - behaviour pattern of an average teenage child, effects of helicopter parenting, cyber crime and bullying, impact of suicidal games and the threats lurking on the dark net. Further, Mr. Kriplani resolved the various queries put forward by students and parents regarding the measures that can be taken to tackle such crisis on the internet.

Ms. Upasana headed the second half of the session which focused on understanding anger dynamics and management. She enumerated the many causes that trigger one's reactions, the result of such sudden outbursts and the methods that can be implemented to pacify oneself.

Overall, the webinar was a gripping, informative, enlightening session encompassing a wide range of factual details necessary to build emotional intelligence as the basis of preventing oneself from falling prone to perilous situations.



MR RAAKESH KRIPLANI



the '97 batch, is a successful entrepreneur, educationalist, psychologist, life coach and a staunch optimist.

Opening the doors of positivity, the session focused on understanding and tackling the fear of public speaking and the need to allay self doubt. The duo explained the benefits of an honest assertive communication

and provided the students with tips on how to train their minds to combat negative self narrative. She further encouraged the students to interact by sharing her own past experiences and conducting various activities. The students were greatly benefitted from this fruitful interaction as it empowered them to harness their core skills to become the better versions of themselves.

Rendezvous with CJM's Gourmet House



Culinary Workshop

"The Right Food Culture by Chef Rahul Wali"



First Physical Home Science Practical of 2020-2021



Table Layout and Flower & Floor Arrangement

Class XI



Waste Management Practical

Class IX



Class XII



Creativity at its best!

Art & Craft

Activities

The year 2021 commenced with an array of Art and Craft activities for the Senior as well as the Middle school on the virtual platform. It was an innovative event where used materials such as mason jars were transformed into something new. This was an activity to ignite the creative spark in the young minds. Students also learned to reuse and recycle things. It was indeed an enriching experience for both teachers and students. Our Principal, Sr. Greta D'Souza gave the students of Fine Arts a golden opportunity to showcase their talent through a Virtual Art & Craft Exhibition. From the video making to compilation, editing, screen sharing -the entire technical work was done by the students. The graceful presence of the Sisters of the Community motivated them to give their best. The programme was a huge success with a lot of appreciation gained for the live creative demonstration.



Painting by Anoushka Uniyal



HAND-MADE
EARINGS
MADE BY
VANSHIKA
MAMGAIN



March, 2021 a painting competition was organized in Raj Bhawan on the occasion of Basantotsav – 2021. In this competition our students Apoorva Rawat of class 12 D and Anoushka Uniyal of class 10 A had participated and came out victorious. Apoorva Rawat bagged the second position whereas Anoushka Uniyal received the consolation prize. The students were felicitated by our Governor Baby Rani Maurya and our Chief Minister Tirath Singh Rawat.



BECAUSE EVERY GOOD STORY ENDS...

From tales of crowns
 To the ferocity of hounds
 Or to the histories we read
 There's but one more story, pay heed!
 A saga of some fourteen years
 Ending with a void full of tears
 It's a play, a prose, a poetry to read
 A musical sonnet indeed
 From secrets whispered in the parking lot
 To the jackfruit tree where we swore and fought
 From the wild frenzy of times afterschool
 To the gravity of our exam schedule
 The PT rounds were never a full circle
 To those days of exchanged bands and ruffle
 And how do I forget those practices, those drum beats
 Ah! 'A thing of beauty' to quote John Keats
 Cheers to those debates and dramatics
 And those chuckles, trio teams, bits of paper in the attic
 To the teachers, we owe an infinity of everything
 They showed us a path, a meaning
 To all those seconds we learnt from you
 I say now dear teachers, every moment we grew
 The red block corridors might whisper again
 When we've almost pulled out of that train



Udita Aggarwal
 It was only yesterday when I entered class 1 B as a new student in CJM and now I am in the last phase of my school life and with tears in my eyes all I have to say is that this journey ended a bit too soon.



Akanksha
 Just cling onto that one thing throughout your journey and you will make it to the other side.



Manashvi Batola
 If you want to fly, give up everything that weighs you down because that dream was planted in your heart for a reason.



Anshul Bhatt
 Speed isn't all that matters. You're doing just fine.



Arushi Bhatt
 This part of the whole nearing its end and almost an era bowing down to this melange of memories, laughter, lessons, friendships, fights and life long experiences we wove here. A place once unknown is home today and shall forever stay.



Kavya Bhatt
 There are many reasons to be happy and one of them is being a part of this cjm family !!!!



Shruti Chandan
 Education is the most powerful weapon!



Deepika Chauhan
 Neither black nor white but we all are a distinct shade of grey.



Jyotsna Chauhan
 How lucky am I to have something that makes saying goodbye so hard.



Surabhi Dixit
 Friendship is not about whom you have known the longest. It is about who came and never left.



Priyansha Goyal
 Just 15 more minutes" - the only line that remained constant throughout, even when I was leaving after my last exam.



Kanika Gulati
 Alexa, take me back to the corridors!



Shubhangi Kandwal
 Life doesn't wait for anyone. It just goes on.



Rameshwari Kapoor
 The best phase of one's life is STUDENT LIFE. Enjoy it to the fullest.



Harshita Lakhchaura
 'How fast the time flies' is something we all grew up hearing but never until now had I felt its true essence. Today as I stand at the threshold of CJM, ready to bid adieu with a heavy heart, flashes of my 14 phenomenal years spent in this institution pass through making me nostalgic. They make me realize that soon this place will be out of my sight and sound but my heart will always echo in the corridors of CJM.



Sakshi Mendiratta
 Viva CJM!
 Perfect blend of global outlook and traditional values.



Piyashri Mukherjee

The moment may be temporary but the memory is forever.



Saubhagya Negi

As I try to hold onto them tighter, the sands of time run faster... how I wish they would stand still for once.



Jiya Negi

A flood of emotions fill my heart and memories of the years passed in this school enthrals my mind. I just rejoice the moments of my school life that surrounds my every thought. The fact that I have come to the end of my school life flushes my cheeks. Even though this journey comes to an end, a faint smile of reminiscences will always appear on my face.



Sarah Nizam

If life was a necklace you could decorate with memories, mine would be strung with diamonds, for all the years spent in the school have been starry and priceless.



S.Riddhi

Life is not a patch of one's favourite colour but an amalgam of every hue. It's a canvas which we hand-painted with our laughter, tears, euphoria, triumphs, failures, love, calm, fury and the list goes on. One should always remember if there are bleak greys there are also exuberant crimsons.



Unnati Saini

No more homework and heavy bags but when the last bell rang, I realised how much I'm going to miss this place.



Bhavanshi Singh

Believe you can and you are half way there.



Rakshita Upadhyay

My association with this institution might have come to an end, but the plethora of memories and the bonds formed will always cling to the heart.



Harshita Sangar

I gave my last answersheet and left the desk. I looked at the empty classroom behind me. 12 years flashed by.



Naincy Srivastava

School is a place that provides education and education is the key to life.



Nandini Sharma

'You learn more from failure than from success. Don't let it stop you. Failure builds character. - unknown



Suhani Tripathi

We cried, we laughed, we learnt but most importantly we made memories that are never going to fade. From the serious Science and Maths lectures to the fun filled PT periods and the endless not very important yet very interesting conversations will surely be missed by me. I wish I could travel back in time to the good old days and relive those precious moments.



Pragati Tiwari

Work hard, have fun, make history
~Jeff Bezos



Akriti Uniyal

Don't wait for a particular moment to be happy because you might never get it.



Gargi Painuly

School life...the best life.

And if at all it cries and groans
Do remember, it's a class 12th kid that moans
For all said and done, this journey is finally over
Feels like a rose pruned or grass cut by a mower
It's an end and a beginning too
An old chapter giving way to new
The closer we get to this end
The more our emotions blend
This sunset is an inevitable part
So is the sunrise with a promising start
I wish this goes on endlessly, our tales of school and friends
But I guess it won't, it never will
Because every good story ends...

By: Arushi Bhatt
Class 12 A



Gracy Arora
 My life in CJM has been an unforgettable ride filled with learning, dedication, hardwork, motivation and self actualization.



Abhilasha Bhatt
 Leaving CJM is like leaving a part of myself which was so joyous, leaving the land of my dreams, leaving the exuberant smiles of my beautiful teachers and leaving all those who meant my life to me.



Reeya Bose
 The school is really an unforgettable account of our experiences. Wherever I am, CJM will always be in my heart.



Ambika Chamola
 Tryst with the fabulous fourteen, signing off!



Ishita Dabral
 The school life is very much filled with excitement. During one's time in school, one becomes mature enough to understand the value of time. CJM taught me how to make my way in this world.



Riya Dimri
 The joys of school life are surely countless. Indeed, the school days at CJM have been the best days of our lives.



Ananya Gupta
 The good memories are the good experiences one gets in one's life and I can proudly say that my time in CJM has ended with a casket full of such golden memories.



Stuti Jain
 School is the best place to be in. You realize this only after leaving it. I can call it the best phase of my life. My mind is recalling all those moments while I am smiling and writing this now.



Juhi Jeena
 What can I say about school? There is so much to say I laughed. I cried. It was fun.



Gargi Joshi
 School days are the most memorable days of our life; they run for some years and stay in hearts forever.



Aadilah Khan
 School happens to be one such place where you start your journey crying and leave crying even harder.



Fauzia Khan
 In my defense, This place was too sweet, For me to not make memories, That will echo through this building. Heard by none, But felt by all.



Prachi Kukrety
 CJM, thank you for the basketful of memories that will be cherished forever and ever.



Aditi Kukrety
 My twelve years at school have been amazing and worthwhile with little ups and downs that we all have to face sometimes and no matter how far we all go, we are always going to cherish the countless memories and happy moments spent in school.



Vidushi Negi
 Despite the early morning schedule, school was our getaway to a wonderful new home.



Radhika Nautiyal
 Never will I again shout my lungs out on the Sports Day cheering my house or jump with joy on seeing my teachers dance on Children's Day!



Satakshi Negi
 With childish whims and fancies left behind, everyone grows up to take the path they want to walk on but never grow old enough to leave the values they imbibe from their school life.



Chetna Pandey

For me, CJM was a place where everyone wore the same uniform, had equal opportunities, and most importantly, friendships made were heartfelt.



Shrestha Rana

I'm preparing for a last year blast. *microscopic virus strain laughs hysterically*



Aditi Rawat

14 years of my life spent in CJM = A kaleidoscope of million ludicrous-cum-fantabulous moments.



Ananya Rawat

As I walk down the memory lane, a thousand beautiful glimpses flash by my eyes. How I long to relive those moments! From a tiny tot to a young girl, I've had a lifetime of wonderful experiences at CJM which for me will forever be the most precious and priceless treasure.



Kayenaat Saadaat

We don't remember days. We remember moments. I will always cherish every moment that I spent within the walls of this haven.



Sweta Varshney

CJM.. one of the best places to exist peacefully.



Praditi Singh

There is something special about school days which we never forget in our lives. We steer through different phases of our life. Of those, the time spent in school form the best memories of our life.



Vageshwari Singh

I will always miss the yellowing pages of the library books, the small chalk... and above all... the C.F. classes ... the list is endless.



Niyati Sahni

No matter what's going on in our life right now, school memories will always make us ecstatic.



Abhisikha Yadav

I have always loved the first day of school better than the last day. Firsts are the best, they are beginnings.

-Jenny Han



Aashi Singh

An unforgettable Odyssey that made me a better version of myself.



Jyoti Bhatia

Soothing, serene and sacred. I shall always miss you, CJM.



Khushi Thakur

A pang of nostalgia hits me as I turn the pages backwards.



Shivangi Negi

I have made some unforgettable memories at CJM. Some of them are witless fights born out of love and affection and some of them are life enriching lessons learnt from the blunders we made. No matter what, tomorrow when I step out of the gate, these memories will never fade.



Ishika Martin

Cjm shaped me into being 'me'.each year, each day, I was rediscovering my capabilities and working on my weaknesses. Taking all the memories, and walking out into this big world being unapologetically 'me'.



Diya Chandel

It's not just school to me it's the chapter I never wanted to end.



Sukriti Kulhan

A magical land where every nook and corner unfolds a tale.



Aastha Agarwal
 If your actions inspire others to dream more, learn more, do more and become more, you are a leader.



Vanshika Agarwal
 'Asking for extra pens, sharing tiffins at break, discussing important questions before exams, freezing cold hands in winter assembly and a final teary good bye hug to friends.' CJM is not just a name. It will always be an emotion .



Saniya Akhtar
 How lucky is it to have something that makes it so hard to say goodbye.



Anshika Agarwal
 Corridors aren't the same anymore, Lunch breaks aren't fun anymore, Substitution periods don't exist anymore, Yeah, it's the batch of 2020-21.



Srijana Anand
 Few days we laughed until we cried, other days we cried until we laughed, either way, every day was perfect.



Mihika Bagga
 The first day of school: the day when the countdown to the last day of the school begins.



Sana Ansari
 School is the best place to make memories and leave footprints....



Sunidhi Bagga
 A journey from tears to tears...A place where I entered crying and left crying...Where I made friends and memories.. 'MAGICAL ' is the only word I can use for my school life.



Swarnima Bisht
 No matter how much we hate going to school but we end up cherishing these memories for our entire life.



Nandini Bhatia
 Home is our first school and school, our second home.



Yashashvi Chaturvedi
 'Nothing can dim the light that shines from within.'
 - Maya Angelou.



Gauri Ganguly
 From tunics to suits to shirt trousers,
 To different shoes,
 Many sections,
 Many classrooms,
 One favourite teacher, One best friend.
 ONE SCHOOL,
 MILLION MEMORIES.



Radhika Bhatia
 Millions of unforgettable memories and experiences,
 Thousands of roller coaster emotions ,
 Hundreds of secrets, just one place which feels like paradise(CJM)



Divleen Kaur Chaudhery
 Each day spent in my beloved haven, is etched deep in my memory. My years in CJM have strengthened and groomed me well. I feel humbled and privileged for being a part of this incredible journey.



Ishika Chaudhary
 My school life has been like a roller coaster ride with many ups and downs many learning experiences.



Khushi Chandola
 Be silly,
 Be fun,
 Be different,
 Be energetic,
 Be you, because life is too short to be anything but happy.



Devika Ghildiyal
 Giggles, shrieks, tears, smiles the school ground will echo again with these but without us, yet I will hear them constantly again in my dreams.



Kashika Gujral
 We could never be scolded and at the same time be pampered like the way we were here, at CJM.



Apoorva Somani

Let our dreams
 be your wings



Anshuka Gupta

The teary and a
 very reluctant
 entry coincides
 well with the
 teary exit from
 my school-my
 second family.



Sejal Gurung

Our school life is
 always the best
 time of our lives.
 I have got so
 many memories
 from this school
 and I am proud
 to be a Cjmite.
 CJM Dehradun
 will always have a
 special place in
 my heart.



Harmeet Kaur

One Spectrum-
 many events.
 One teacher -
 many lessons.
 One school -many
 memories.



Niharika Jain

'In school, you're
 taught a lesson
 and then given a
 test. In life, you're
 given a test that
 teaches you a
 lesson.'
 - Tom Bodett
 How true!



Bhumika Kathuria

A school is never
 an infrastructure
 made out of bricks
 and stones.
 It is made of
 memories, success,
 failures and a part
 of everyone's
 childhood.



Gunpreet Kaur

'Education is our
 passport to the
 future, for
 tomorrow belongs
 to the people who
 prepare for it
 today.'
 - Malcolm X



Harmeet Kaur

Make today so
 beautiful that
 yesterday gets
 jealous.



Ashna Mittal

14 years ago,
 overwhelmed with
 excitement, I had
 stepped into a
 completely new
 world, a Utopian
 world. Becoming a
 part of this joyful
 haven taught me to
 be focused on my
 goal and have a
 heart of gold; for
 when I traverse out
 of this world, I will
 create my own.



Jauna Kukreja

Someone once
 asked me the
 significance of
 being in an 'All
 girls' school, I
 didn't know an
 answer then but
 today, I can say
 that Convent of
 Jesus & Mary not
 only gives the
 education which
 we require but also
 prepares us to
 evolve into active,
 self-willed,
 pragmatic and
 confident young
 ladies who will be
 the world's future
 torch bearers.



Vaidehi Nawani

If you're not able
 to achieve
 something at the
 first try,
 experiment with
 different ways and
 find one that
 resonates with you
 because giving up
 leads nowhere.



Pragya Nautiyal

Each corner of
 the crimson
 infrastructure
 holds one or the
 other memory
 which I will
 treasure all
 through my life.



Kirandeep Kaur

Each new
 experience in this
 haven has woven
 a new thread into
 the fabric of my
 life.



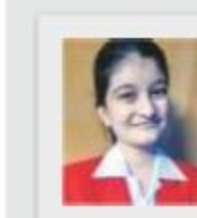
Malvika Nigam

Initially what I
 assumed to be a
 cage turned out
 to be a paradise
 later.



Vaishnavi Rajput

From now, there will
 be no hearing of the
 school bells,
 No longing for
 Ma'am Poonam's
 steps,
 There will be no
 worries for our long
 nails, and no
 scoldings for
 forgetting our 'ID
 cards '
 The fun we felt while
 eating the tiffin
 before the recess will
 no longer be there,
 No longer will we
 give those lame
 excuses to dodge the
 jogging in the PT
 periods.



Farwa Zehra

When our friend
 'opened' her
 lunchbox
 No permission
 required; eat the
 whole and leave
 nothing of it.



Akshita Rawat

Ladder to success passes through classes of schools, where we gather volumes of knowledge, moral values and memories that stay forever in our minds.



Shriya Sharma

No matter how much you think you hate school, you'll always miss it once you leave.



Soanakshi Wadhwa

I do not remember the first day of my school but I'll always remember my last day because in between these two days, there is an amazing, interesting and beautiful journey, a journey that made me a true 'Cjmite'



Aaradhya Sharma

I entered CJM with a smile on my face and an open heart, now when I will be leaving, that smile will still be there but amidst the tears and my heart will be filled with a goodly burden.



Perna Sachdeva

CJM- the school that believes in keeping the head and heart in tandem.



Arti Archana Tudu

The treasure hunt of knowledge in school for 14 years has been an exhilarating experience. The lessons learnt have kept me motivated to give my best in all situations.



Deepanjali Shah

When I entered 'Convent of Jesus and Mary' and saw the seniors I couldn't wait to grow up and now that I am leaving this wonderful school, I want to be that 'LKG' kid again.



Stuti Samson

No matter what goes on in your life, school memories will always make you happy.



Priyanshi Thapa

'One child, one teacher, one pen and one book can alone change the world.'

-Malala Yousafzai



Naila Usmani

Every journey has a new beginning. How fortunate am I to have something that makes saying goodbye so hard. A rollercoaster journey of 14 years, a journey with tons of bittersweet memories, a journey with valuable life lessons, a journey which I will hold dear forever.



Jasvica Masih

The countless lessons of this magical trail will guide me all through my life.



Sania Sachdev

School life is a journey that starts with tears, also ends with tears.



Nitya Arora

Things fade but memories last forever. So will every precious moment spent in CJM.



Fabiha Azhar

People say that dreadful memories cause the most pain, but honestly it's the wonderful ones that drive you insane.



Monal Bharti

Relishing the essence of this place, I never knew time would be so difficult to chase, This comforting grip is slipping away, But the warmth of CJM shall forever stay.



Zara Azhar

The future belongs to those who believe in the beauty of their dreams.



Harshi Ghildiyal

Walked in with a heavy bag, Walked out with a heavy heart.



Adya Gupta

Spent the years in the classroom dreaming... Years down the line, classroom will itself become a dream.



Mehak Juyal

The roots of education are bitter but the fruit is sweet.



Aditi Kaushik

My Happy Place,
 My Second Home,
 thank you for
 making me a
 better person.
 Proud to be a
 CJMite.



Alshifa Khan

Endless number of
 colours, thousands
 of designs but still
 the heart aches for
 the school dress we
 are leaving behind.



Shruti Khanduri

'A Million Warm
 Emotions
 A Thousand Life-
 enriching lessons
 and Morals
 A baggage of
 Hundred delicate
 bittersweet
 memories
 ONE
 PLACE: CJM'.



Aahana Mann

School life is the
 most important
 part of life and a
 treasure of sweet
 memories.



Aarushi Nautiyal

My journey in this
 institution can be
 described as a
 happy, emotional
 and a beautiful
 one. It has helped
 me to shape my
 personality and
 made me a
 sprightly confident
 young lady. Proud
 to be a CJMite.



Nikita Rosa Prasad

CJM expounds
 the women
 empowerment
 beyond measure.



Muskan Oberai

2007 – 2021 :
 How cherishably
 significant are
 these 14 years.
 The journey in
 this school began
 with such a tiny
 little step in an
 unaware state of
 mind, having no
 idea that it could
 be moulded into so
 sublime a journey
 as this.



Apoorva Rawat

My journey in
 CJM has been a
 short but a
 beautiful
 symphony of
 evergreen
 memories that
 will always bring
 a crimson blush
 on my cheeks
 and a sweet
 childish smile on
 my lips, for
 which I can't
 thank my loving
 classmates and
 exceptionally
 caring and
 helping teachers
 enough.



Aditi Rai

While the people
 at the first bench
 made notes,
 We at the last
 bench made
 memories.



Arushi Rawat

Lots of friends,
 Unforgettable
 memories,
 Loyal hearts,
 Blossoming faces,
 And one reason :
 CJM



Aashita Semwal

This institution
 stands like an
 ivory tower, for it
 has transformed
 me from a shy
 bud to a
 confident flower.



Khushi Sahni

Hey siri, take me
 back to the apple
 chairs!



Saloni Sarin

The best of
 memories are made
 in school which are
 irreplaceable and
 unforgettable.



Hnsika Saxena

The portals of CJM
 transformed me
 from an ordinary
 girl to a confident
 one.



Monika Sondhi

School life begins
 with a gloomy smile
 and ends with
 happy tears.



Parnika Sundriyal

I consider myself
 fortunate to have
 traversed this
 surreal journey
 which made me a
 better human
 being.



Itika Suryan

School life is the
 most beautiful
 period of every
 person's life. I carry
 a big bag of
 memories with me
 and thank everyone
 for being there for
 me.



Iccha Kaur Sethi

What I will always
 remember the most
 about high school,
 are the memories I
 created with my
 friends and the
 lessons that I learnt
 from my teachers.

BATCH OF '75 *The First ICSE Batch, CJM Dehradun*

INVICTUS

*To strive, to seek, to find
and not to yield*

*Determined, indomitable,
unwavering and untiring
group of Cjmites cross the
threshold of their school
every year and enter into
a world of uncertainties
and opportunities. Having
carried with them a
centennial legacy of
perseverance, their dreams
crystallise to set a stage
for successful careers.
With their countless
achievements, these
accomplished
women of batch 75'
express their gratitude to
the institution which has
played a phenomenal role
in shaping their victorious
path.*



Nisha (Arora) Dua

*Mentor & Coach, Cyber
Safety & Security and
Innovative eLearning
Practices in Schools*



Shobha (Sachdev) Kumar

*Senior Knowledge and
Learning Officer,
The World Bank,
Washington DC.*



Anju (Arora) Sodhi

*TGT English, HOD
Middle Wing, Army
School, Dehradun*



Neelkamal (Sinha) Darbari, IAS

*MD-SFAC, Secretary,
Ministry of Agriculture
& Farmers' Welfare,
Government of India*



Rita (Thapar) Kapila

*Former Teacher (CJM
Dehradun), currently
Joint Secretary
CGDC AWWA*



Ratna Bakshi

*Writer & Founder
Principal, Little
Flowers School*



Sumita Anand

*Educator for children
with special needs*



Usha Pillai

*Jewellery Designer and
French language
Expert.*



Sudha Narain

*Corporate Lawyer who
started her
career with Wipro and
later became a
freelancer with
Embassies and High
Commissions.*



Alka (Lal) Nautiyal

*Deputy General
Manager, State Bank
of India, Mumbai*



Neeta (Maini) Dewan

*Dietician and owner-
Neeta Dewan Diet
Guide Centre.*



Ranjana Kala, IFS

*Former Principal
Conservator of Forest,
Head of Forest Force,
Uttarakhand*



Sonia (Issar) Chandihok

*Former Educator, Manager
(Hospitality Industry)*



Shashi Batra Kir

*Educator, Rotarian,
former District
Chairperson International
Innerwheel District 308*



Bhawna Agarwal

Social Worker

Their Achievements; Our Inspiration



Usha (Aithal) Krishnaswamy

Former Educator & Founder & Proprietor of Usha Krishnaswamy Creations



Sonchita (Majumdar) Yadav

Former Deputy General Manager, Corporate Communications, ONGC, New Delhi



Sunita (Oberoi) Mehra

Vice Principal, Summer Valley School, Dehradun.



Veni (Vanilla) Mathur

Ex Faculty IIT Delhi & SPA, Vice Chairman CILT, Currently Consultant at Logistic Skills Council



Minnie Gogia

Former Chief General Manager (Reservoir) ONGC, Dehradun



Bela (Verma) Thapar

Naturopathist and owner of an Architectural Firm.



Vinita Gulati

Former teacher, CJM New Delhi, Currently Airbnb Superhost of Air B&B, New Delhi



Lata Koneru

Former General Manager (Programming) ONGC, Chennai.



Pramila (Kabra) Dufhare

Clinical Dietician, Fresenius Kidney Care, Marieta, Georgia



Neeka (Soni) Tuli

Former Teacher St Joseph's Academy Dehradun, TOFEL Trainer at Bharain & Dubai



Tarvinder (Sawhney) Kaur

An optimist involved in continuous Social Service.



Anjali Bahuguna

Former Educator, Writer and Manager Adventure Camp, Dehradun



Alka (Pabreja) Choudhary

Former Montessori Teacher, Currently Interior Designer (Hyderabad)



Bhupinder Kaur Suri Garewal

Former Teacher AVM Mumbai

“We, the alumnae of 1975, the **first ICSE batch**, were highly adaptive, resilient and a hardworking group! We took up the new system as a challenge and excelled in all spheres. This trail to success was followed by many of us in our latter years, in various government & public offices, where many still hold positions of authority and expertise. We thank our Alma Mater and our teachers for their constant support and guidance.”

Batch of '75





SHOW & TELL



Making Learning Fun





Junior Conventia

Photography Competition Shutterbugs

Class 1



Class 1-A, 1st



Class 1-A, 2nd



Class 1-A, 3rd



Class 1-B, 1st



Class 1-B, 2nd



Class 1-B, 3rd



Class 1-C, 1st



Class 1-C, 2nd



Class 1-C, 3rd

Class
2nd



Class 2-A, 1st



Class 2-A, 2nd



Class 2-A, 3rd



Class 2-B, 1st



Class 2-B, 2nd



Class 2-B, 3rd



Class 2-C, 1st



Class 2-C, 2nd



Class 2-C, 3rd

Class
3rd



Class 3-A, 1st



Class 3-A, 2nd



Class 3-A, 3rd



Class 3-B, 1st



Class 3-B, 2nd



Class 3-B, 3rd



Class 3-C, 1st



Class 3-C, 2nd



Class 3-C, 3rd

Class
4th



Class 4-A, 1st



Class 4-A, 2nd



Class 4-A, 3rd



Class 4-B, 1st



Class 4-B, 2nd



Class 4-B, 3rd



Class 4-C, 1st



Class 4-C, 2nd



Class 4-C, 3rd

*Class
5th*



Class 5-A, 1st



Class 5-A, 2nd



Class 5-A, 3rd



Class 5-B, 1st



Class 5-C, 1st



Class 5-B, 2nd



Class 5-B, 3rd



Class 5-C, 2nd



Class 5-C, 3rd

St. Claudine's Feast



Blessed Dina Feast

Celebrating our Legacy



Art & Craft

*Creativity is intelligence
having fun.*





Achievements



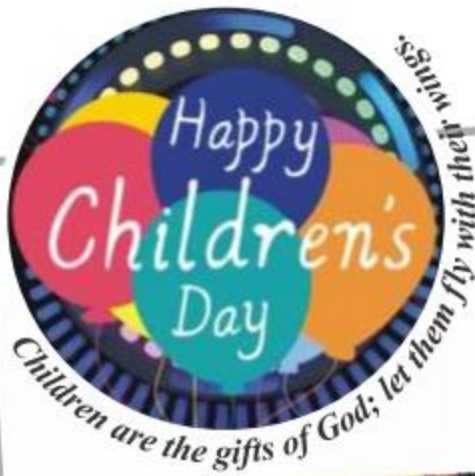
Aaradhya Choudhury (Class 4C)

- Stood First in 'The VII Varun Puri Memorial Inter-School Online English Story Telling Competition' organized by Welham Boys' School.
- She has attained a place in India Book of Records for answering 101 scientific questions based on general observation.
- She stood First in Poster Making Competition (8-10 yrs) age group organized by SBI, on Children's Day on the theme New Normal, New Opportunities.



United we Stand





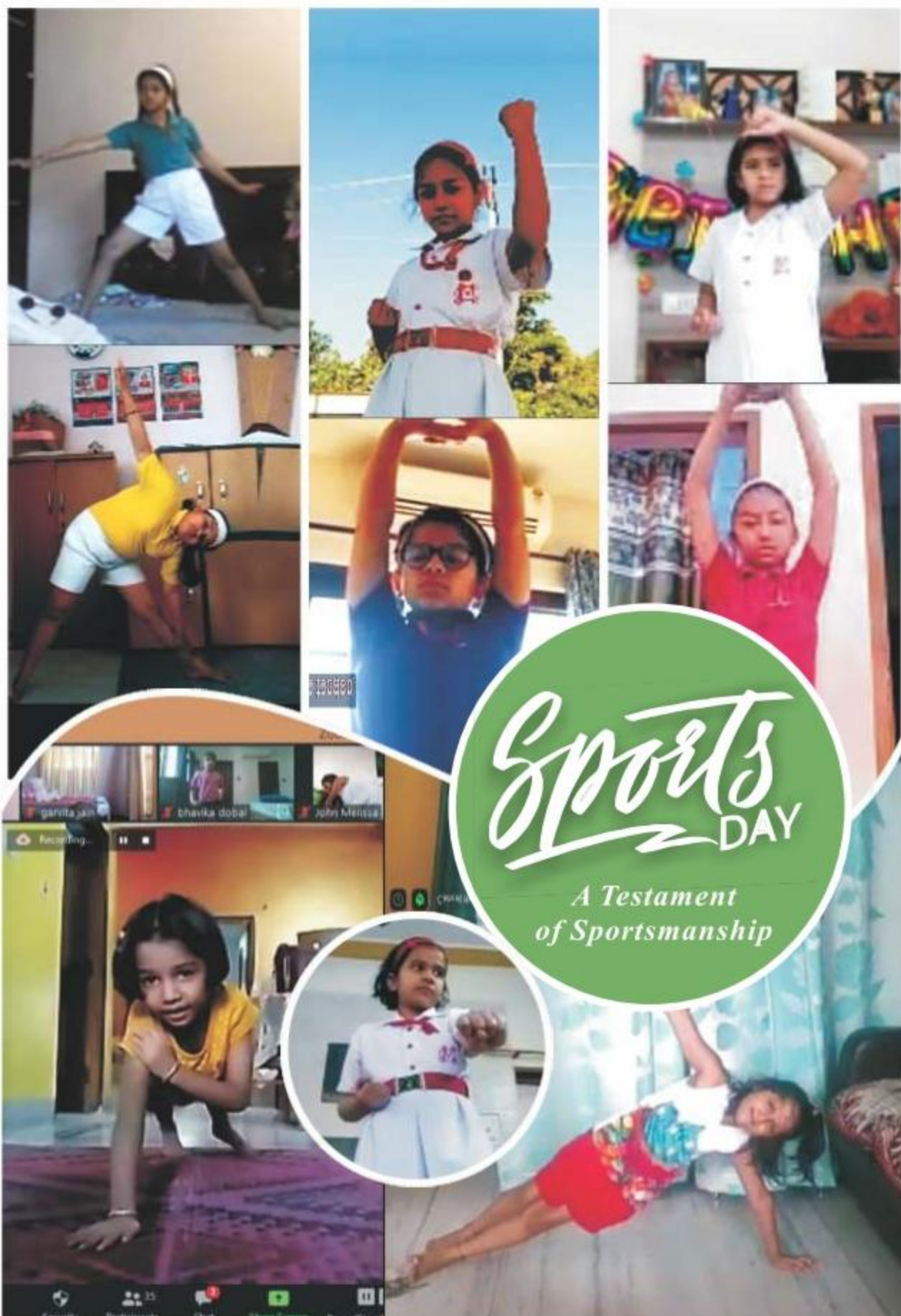
Festivals - Showcasing Traditions

Guru Nanak Jyanti



Diwali & Dussehra Assembly





Christmas Celebrations!



Pre-Primary Activities

SHOW AND TELL *Action Replay*



FAMILY PHOTO FRAME

*Picture
Perfect*





**HAPPY
INDEPENDENCE DAY**
Saluting our Freedom



26TH REPUBLIC DAY
January
My Motherland My Pride



ART & CRAFT EXHIBITION

Creative Expressions



Teachers' Day



Dussehra



Diwali



It's Good to have a Sibling

It's good to have a sibling,
to play with all the time.
To have fun when I'm bored,
Someone I can call mine.

There are times when we fight,
or not talk to each other,
but it's good to have a sibling,
Whether a sister or a little bother.

Sometimes over caring, sometimes
they sound silly.

But one thing is for sure,
they will never leave us lonely.
So, it's good to have a sibling
and I thank God, for giving me one!

-Paridhi Bhargava, Class I A



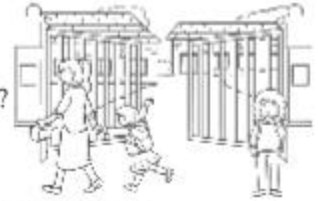
Standing at the School Gate

Standing at the school gate,
I talk to my school,
How are you my dearest school?
I hope to see you soon.

Pop came the answer,
I am fine... but I miss my children so,
Want to see them dance and play
And shout aloud ho, ho, ho.

I said, dear school
We will be back soon,
Together to dance and play,
And enjoy our time everyday,
And shout...Hurray, Hurray, Hurray!

-Ojaswini, Class I C



My Garden

Roses, soft grass, sweet smell
and my fresh vegetables... Yes,
I am in my garden.
Since last year I started helping
my grandma in the garden.
Now, I have a kitchen garden
with organic vegetables
like cauliflowers, peas, tomatoes and bringals.
I gifted tiny bringals to my friends.
I love my garden.

-Ajooni Kaur, Clas I A



Missing Friends and School

My dear friends,
I missed you this year,
Because of the pandemic fear,
When we were in school,
We had fun together,
which I cannot forget ever.
We learnt through online classes,
But I still miss school,
and meet friends who are so cool!
I hope when corona will be over
we all will be together forever.

-Mihira Bisht, Class I C



My Favourite Teacher

She guides us when we are lost,
Protects us when we are weak.
We love her the most
She taught us how to speak.
She praises us all,
Truly loves and cares.
My dear class teacher,
is just beyond compare.



-Asadleeyah Lone, Class I B

Mother Earth

This mother earth who gave us life,
Is also the protector of wildlife.
She gives us air, food, home,
And ample space to play and roam.

I love my mother earth a lot,
But cannot see her rot.

This mother earth where we humans thrive,
To keep it clean we must strive.

Enjoy the earth, treat it kind,
After all it is ours
Yes, yours and mine.

-Mansha Dora, Class II A



How I made the most of my lockdown days

Our life was filled with fun and happiness as we enjoyed our golden schools days. However, one day unexpectedly a novel Corona virus came into the world and though most of the countries took precautions, the corona virus did not take much time to grab the whole world in its fold.

We were ready to join our friends and teachers for the upcoming session but because of the virus the whole country went under lockdown. Even our education was affected and we attended our classes online. This was not the same as our good old school days, with nothing much to do my boredom increased but with the advice of my mother I started learning sketching and drawing. My class teacher also encouraged and inspired me to read. I soon fell in love with reading and it became my passion just as it had for Matilda.

Even though I could not go out of my house for nearly a year, this lockdown also taught me a lesson. Instead of cursing one's luck, it is only through hard work and positivity that one can overcome the difficulties in life.

-Avantika Farswan, Class III C

Ria in the Chocolate Land

'Tring Tring' the landline rang. It was 6 O'clock in the morning, Ruchi aunty was on call, she asked me to handover the phone to mom. After that my mom informed me about the party that night at Ruchi aunty's place. Around 8 p.m mom was all dressed up for the party. She told me to be a good girl and have fun by myself. I was a little upset but then wisdom prevailed in me and I decided to have a party. I played music and danced on latest bollywood songs, my kitty gave me company. I treated myself with mango sandwich and lemonade all prepared by me. Thanks to the lockdown effect which helped me to learn all this from my grandmother. After eating and dancing I was so tired that I lay down in my playhouse. Then suddenly something happened.

I heard loud music playing in a dark room as soon as I entered the room I found that the walls of the room were covered with chocolate. I was overjoyed and started scratching the chocolate walls. Outside the room were scenic mountain made of chocolate and in the open area were slides of cookies which were very bumpy. The coke fountain and the sprite river was flowing by. The trees were made of ice cream and the candy flowers were all over the place. I was enjoying the scene when suddenly, someone pulled my arm and shouted aloud. "Ria, get up, you are getting late for school." It was non other than my mom, trying to wake me up.

-Anshika Tandon, Class III A

Water Conservation

Water conservation is a technique to reduce wastage of water and efficiently use the water for future use. It is important because fresh clean water is a limited resource and it will not be available forever as 97% of our planet is covered with salty water that we cannot use for drinking therefore, water conservation will protect us from water scarcity.

We can conserve water in the following ways:

- a) Always turn off taps tightly to prevent dripping and repair leakages.
- b) Always wash the clothes with full load in your washing machine. Avoid partial load.
- c) Water the plants, lawns and gardens according to the weather.
- d) Use mug and bucket for bathing.
- e) While brushing, handwashing or washing dishes, don't leave the water running.
- f) Always use a broom to clean driveways rather than hose.
- g) Harvest rainwater and use it for watering plants and gardening.
- h) Collect waste water of R.O machine and use it for other domestic work.

-Aditi Gupta, Class IV B

Covid-19

A deadly virus spread all over the world,

Everyone was locked up in their abode.

The world came to a standstill,

Many people were affected by it and became ill.

Virtual classes became the need of the day,

"We need a vaccine" everyone would crib and say.

I am proud that my country made the most effective vaccines,

And finally we will be able to distance ourselves from the laptop screens.

Covid-19 taught us to learn and explore many new things,

It made us realise that we need to fly with our own wings.

Covid warriors fought for us day and night,

And finally they brought a ray of hope and light.

-Ananya Nangia, Class IV B

Lockdown Leisure

Funny things that happened to me and may be to you too!!
Most of the world was under lockdown to slow the spread of the Covid-19 virus but not used to being home for such a long period I discovered few unusual things that I had never noticed before. To mention a few..

- Bina Mummy ke bole hi, paani ki bottles bhar kar fridge mein rakh di
- Lays ke bade packet mein 31 chips hote hain: 6 bade waali + 20 normal + 5 tukda + baaki chura
- Pankha off karne ke baad 1 min 6 sec baad rukta hai.
- Maggie banane mein 4 min 42 sec lagte hain.
- Mere bathroom mein 113 tiles hain, 41 white + 72 pink.

With all this said, I've kept a positive head, always looking towards the current challenge of lockdown as an adaptive learning experience that we are all faced with.

-Akriti Sharma, Class IV C

Advice for a good-life



Hello my dear friends, let me share some advice,
If you subscribe to it, you'll surely succeed in life.

If you wake up early, with or before sunrise,
Work and study sincerely, you'll always bag a prize.

Never ever hurt others, be supportive and polite,

With a clear conscience, you'll get a nice sleep at night.

Always stay honest and grateful and bear a cheerful smile,

You'll always be blessed and successful and will go an extra mile.

If you stay optimistic and always value the time,

Be disciplined and diligent, you'll always shine.

Regular meditation and yoga will nourish your soul, body and mind,

It'll help you stay calm and content in any situation or time.

-Sarah Ghai, Class V C

Dreams



Dreams may be big or tears size small
they may be colourful golden bright
or as dark as nightfall.

They can take me to far off places
to the desert, fields, deep oceans or,
to the galaxies of different shapes.

I don't know how dreams are made,
why I laugh or cry in my sleep
or why I scream when I am afraid.

All I know that it's good to dream,
for they keep me alive and happy
leaving my eyes with a bright gleam.

-Alia Bist, Class V A

Technology and Communication



The year 2020 was difficult for everyone due to COVID-19. When we were not allowed to get out of the house, visit family and friends I realised the importance of technology.

Because of technology, I was able to attend my classes and continue learning in many ways. My favourite video conferencing facility Zoom allowed me to virtually interact with all of my classmates and teachers everyday. I learned to use Google, Gmail and Google Drive and also experimented making videos.

Using Google and Youtube I learned about COVID and how washing hands, wearing a mask and using a sanitizer could prevent the corona virus infection. These days I am reading about Corona Vaccine.

-Akriti Sharma, Class V B

Basant Panchami



Basant Panchami has come,
The drums go dum, dum, dum!
Yellow dresses, Yellow flowers,
Maa Saraswati's blessings on us showers,
The flowers are in bloom
The kites go vroom, vroom, vroom
The Goddess give us knowledge,
And we get sweets to relish,
Prays in the morning,
Fun during the day,
Make Basant Panchami an auspicious day!

-Dhriti Panwar, Class V C

The Lockdown CHRONICLES

Early morning the online classes,
are full of entertaining lasses.

The hissing of the pressure cooker,
the instrumental music of brasses,
add to the irony of the classes.

Digital classes give us immense zing,
even in the downtime, studies are in full swing.

Teacher is teaching all galore,
the students are wanting to explore.

Virtually interacting with teachers and buddies,
I am glad we are not lagging behind in studies.

Students are estatic in dance classes,
and their siblings too relish in masses.

They fidget with buttons and keys,
which is not so cool, please.

The classmate when doing up her hair,
is cautioned by teacher to be aware.

Reality Check



As we all know that, now-a-days we all are facing Covid-19 pandemic because of which we are all locked into our homes and almost the whole world has come to a stand still.

Initially, I was unhappy and miserable as I couldn't go outside to play or go shopping to Malls and enjoy parties. But, gradually, as time passed I changed my thinking and discovered new ways of spending time. Also, when I looked deep inside myself I found skills which were hidden within me. So, I decided to explore them, like cooking, singing, gardening to name a few. Also, more importantly I realised that during this period we were able to strengthen our family bonds. I hope and pray that this time will get over soon and we are able to focus on our journey ahead with positivity.

-Aura Sengar, Class V C



At the time when assignments are asked,
for some network bandwidth seems to be low
but rest of the time it overflows.

Assessments are all MCQs,
children answer using their IQs.

Celebrations are breath taking,
new talents are in the making.

Ting! Tong! we hear the bell,
time to pack up the teacher tells.

Oops! we are already in the study room,
all set to click and shut down zoom.

-Aaradhya Choudhury, Class IV C

तितली

पंख होते अगर तितली जैसे,
दूर गगन में उड़ जाती मैं।
हर उपवन से उड़कर जाती,
फूलों का रस ले आती मैं।
मम्मी पापा की प्यारी मैं,
तितली से भी न्यारी हूँ।
राजकुमारी से भी बढ़ कर,
उनकी राजदुलारी हूँ।

—जपलीन बक्शी, कक्षा एक अ



मेरा स्कूल

कितना सुंदर मेरा स्कूल,
इसमें रंग-बिरंगे फूल।
स्कूल को याद करते सारे,
पर घर बैठ कर हूँ ललचाते।
टीचर हमको पाठ पढ़ाती,
नई-नई बातें सिखलाती।
टीचर से है हमको प्यार,
कहना मानेंगे उनका हर बार।



—निया चौहान, कक्षा एक ब

लॉकडाउन

लॉकडाउन आया लॉकडाउन आया,
एक दिन ऐसा आया,
न स्कूल न टीचरों की छाया।
सबसे कहा लॉकडाउन आया,
सब हो गए थे घर में बंद
फिर हमारी सिस्टर को आइडिया आया,

घर पर ही स्कूल लगवाया।
अब हम रोज पढ़ते हैं,
आगे ही आगे बढ़ते हैं।



—वैष्णवी भाटिया, कक्षा दो स

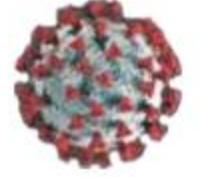
प्यारी चिड़िया

फुर-फुर करती आई चिड़िया,
चोंच में दाना लाई चिड़िया।
भोर होने पर हमें जगाती,
चीं-चीं करती गीत सुनाती।
तिनका-तिनका लेकर आती,
अपना सुंदर घर बनाती।
नन्ही सी प्यारी सी चिड़िया,
मेरे मन को भाती चिड़िया।



—आइना लोकेश, कक्षा दो ब

मिलकर कोरोना को हराना है,
सावधानी रखकर इसको मिटाना है।
“दो गज की दूरी
मास्क है जरूरी”
इसको अब ज़हन में बसाना है।
आओ सब यह ठान ले
हर हाल में इसे भगाना है।
अब बस हुआ, और नहीं—
हमें अपना पहले जैसा
‘जीवन’ वापिस लाना है।



—दानिका डंग, कक्षा दो ए

लॉक डाउन का अनुभव

हमारा देश इन दिनों कोरोना नाम की बड़ी बीमारी का सामना कर रहा है। इस बीमारी में घर से नहीं निकलने के सरकार के आदेश थे। इसे लॉक डाउन कहा गया है। इस समय हम सभी घर पर ही रहे। परिवार के साथ हमने बहुत सारे अच्छे-अच्छे काम किए।

1. हमने सुबह उठकर व्यायाम और योगा करने की आदत डाली।
 2. हमने हर दिन पौधों को पानी दिया।
 3. हमने घर में रहकर अपनी माँ से बहुत सारी बातें सीखी।
 4. हमने घर की साफ-सफाई में माँ का हाथ बँटाया।
 5. अपनी रोज की चीजों को व्यवस्थित करना सीखा।
 6. हमने पूरा लॉक डाउन केवल घर में बने व्यंजन ही खाए।
 7. हमने कई अच्छी किताबें भी पढ़ीं जो हमें नैतिक शिक्षा देती हैं।
- लॉक डाउन में हमने जाना कि कैसे घर में रहकर बहुत सारे काम किए जाते हैं।

—समाइरा ग़ोवर, कक्षा तीन अ

तिरंगा प्यारा

देखो बच्चों यह झंडा प्यारा,
तीन रंगों का मेल है सारा।
रहे सदा ये झंडा ऊँचा,
आकाश को रहे यह छूता।
सदा करो तुम इसका मान,
कभी न करना इसका अपमान।
बना रहे यह सदा महान,
झंडा है देश की आन-बान-शान।



—याशिका अग्रवाल, कक्षा तीन ब

मेरा पसंदीदा सिनेमा

सबको सिनेमा देखना बहुत पसंद होता है। मुझे भी सिनेमा देखना बहुत पसंद है। हैरी पॉटर मेरा पसंदीदा सिनेमा है। इसमें बहुत सारे अलग-अलग किरदार हैं। हैरी पॉटर एक काल्पनिक कहानी पर आधारित है। इसमें कुछ अच्छे और कुछ बहुत बुरे किरदार भी हैं। इसके सात भाग हैं और तीन मुख्य किरदार हैं जिनके नाम हैं— हैरी हरमॉइनी और रॉन। बोल्टेमार्ट इसका खलनायक है। हैरी पॉटर अपने दोस्तों के लिए अपनी जान भी दौंव पर लगा सकता है। इस सिनेमा से मुझे यह सीखने को मिलता है कि अच्छाई की हमेशा जीत होती है और बुराई की हमेशा हार ही होती है। इसलिए हमें अपने जीवन में हमेशा अच्छे कार्य ही करने चाहिए।

—अश्विया जैन, कक्षा तीन स

नया साल आया,
हर्षोल्लास लाया,
नई उमंगे नई इच्छाएँ,
पर ये क्या? साथ कोरोना भी लाया।

आधुनिकता की दौड़ में,
प्रकृति से की छेड़-छाड़,
जिसका यह फल पाया।

हर परेशानी कुछ न कुछ
सबक सिखा जाती है।
जिस भाग-दौड़ भरी जिंदगी ने,
रिश्तों को बिखराया।
इस कोविड ने फिर से उन्हें मिलाया।

अब खाने की टेबल पर,
खूब हँसी ठहाके लगते हैं,
दादा-दादी मम्मी-पापा,
सब साथ मेरे अब रहते हैं।

वर्ष दो हजार बीस

—अवन्तिका ध्यानी, कक्षा चार ब

दून की सर्दी की क्या बात कहूँ,
खिली-खिली धूप और
ठंडी-ठंडी हवा में मैं खेलती रहूँ।

दून की सर्दी की हवा,
झूमते-झूमते पेड़ों के बीच से जाती,
और छोटे-बड़े पेड़ों में हमें झूला झुलाती।

दून की सर्दी में अंगीठी जलाना,
गुड़ की गजक और मूंगफली के दाने खाना।
गरम-गरम कपड़ों में रहना छिपकर,
धूप जहाँ हो वहाँ बैठना दिनभर।

दून की सर्दी की क्या बात कहूँ!
आती साल में एक बार
ठंड होती बेमिसाल!
खुश हो जाते हम रंग-बिरंगे फूल खिलते ही,
बहुत प्यारी है दून की सर्दी।

—अमायरा सेठी, कक्षा चार अ

सबका राज

धरती से पूछूँ कैसे,
सहती भार हमारा।
पूछूँ आसमान से उसके,
बड़े होने का राज सारा।।

पूछूँ समुद्र से कि कैसे,
गहराई से उसका गहरा नाता।
पर्वतों से पूछूँ ऊँचे होने का,
इतना गर्व उसे कैसे है आता।।

ओस की बूंदों से जानूँ,
उसकी मासूमियत का राज भी सारा।
वन-जंगलों के इतने घने होने का,
सार ये सारा।।

फिर कर लूँ जादू कुछ,
ले के सबके राज ये सारे।
भर लूँ मुट्ठी में गुण ये न्यारे।।
और बन जाऊँ मैं भी इतनी प्यारी,
जितनी प्यारी प्रकृति की ये चीजें हैं सारी।।

—आईरीना दत्ता, कक्षा चार स

किसान

जुड़ा है जीवन जिनका मिट्टी से,
मेहनत उनकी पहचान है।
सादा जीवन जीकर भी वह,
करते काम महान हैं।

गर्मी सर्दी में विचलित न होते,
परिश्रम उनका अभिमान है।
कड़ी धूप, न काली रात से डरते,
ये वे साहसी इंसान हैं।

परिवार की खातिर सोता न जगता,
जीवन एक संघर्ष है उसका।
फसल उगाता, फसल बढ़ाता,
फिर भी वह खाली पेट है सोता।

यह है जन्मभूमि सबकी, पर यह उसकी माता है,
जन्म से लेकर मरण तक,
सेवा में शीश झुकाता है।

सुबह सवेरे सूरज से पहले,
खेतों में वह जाता है
बंजर भूमि से भी वह,
धान उगाकर दिखाता है।

दुनिया भर का पेट वह भरता,
हर मौसम का जुल्म वह सहता।
यह हमारा किसान है,
जिसे कोटि-कोटि प्रणाम है।

—हर्षिफट कौर आनन्द, कक्षा पाँच स

My Dream

I had a strange dream last night
That I had a big roadside fight
The robbers tried to snatch my chain
And I was in a little bit pain
But then I remembered my Karate skills
And planned to make them ready with their hospital bills
Quickly picked up the pebbles from that place
I threw them all on their head
And ran to the road wherever it led
I thought I ran and fought bravely
And reached back home safely
But then I was shouted at for being a fool
As I was getting late for the school.

-Amairah Dhir, Class VI A

NATURE

Whenever I closed my eyes,
I imagined the blue skies,
Oh! The wind sang whis whis,
I imagined the spirit of nature.
Oh! Pretty the scene in your own world,
I saw the green fields,
Bathing in the sun,
I imagined the spirit of nature.
I wish I fly over the seas and skies,
I wish I live with nature and nights,
I wish my dreams come and calm,
I've imagined the spirit of nature.

-Aishni Singh, Class VI B

Spiritual

I asked my father, "Is there something supernatural or insane?"
He answered, "Yes, but it's unlike your Avenger's game."
I goggled at him, "But I've never heard of any power's name!"
He smiled at me, "Ok, so now let me explain-
In this world we have to strive,
To think and express what and how it's right,
To distinguish between good and bad,
To notice what we all lack.
But often in this race,
We forget to maintain our soul's peace,
"We suppress it and increase our ignorance to fame."
I asked, "Is soul our power and treasure of the game?"
"Yes, but this treasure is not easy to be gained.
Living is not what life contains,
Something beyond knowing there remains,
The one who understands it, the power he gains,
The one who is nescient, fails.
Our body is just an object between our faith and fate,
"But still, for this desire, we struggle and hail."
"So will this require a lot of hard work and sweat?"
"No, it just demands your psyche and mind-set,
It requires a high sense,
It needs you to cross the thoughts of past and future tense."
"But isn't it out of world's ritual?"
"Yes, because this ritual is a myth while the truth is spiritual."

-Mitali Rawat, Class VII C

Companionship

I am waiting for someone
I myself don't know who it could be
It could be anyone
But the one who doesn't flee away from me
I have a lurking hope in my heart
That someone would come
And would not leave me apart
And take care of me like a mum
Oh! I can hear a noise
I think someone is coming
But it was a truck full of toys
Which was going
I am keeping my eyes closed
To seek God's attention
I think it'll be true what I supposed
Cause I have a strong determination
I am longing for companionship
I am losing my patience
I feel someone is picking me up
And I smell the sweet fragrance
Oh! It's my best friend
Who's like my family
With whom I can easily blend
And who cares for me dearly
At last I have found a companion for me
And so I am in a mood of great delight and glee

-Pragati Nangia, Class VIII B

LOCKDOWN Diaries

With a spirit of enthusiasm flowing in our nerves, we were all set to welcome a new academic session. And that was the time when something similar to a weird dream took place - Lockdown. It was undesirable, unexpected and something which we had never experienced before. Locked within four walls, no get togethers, no parties... doesn't it sound awkward? But that was the fact. The whole world just came to a standstill and so was our life, hence started the journey of lockdown.... In the very beginning, one day was like a week, passing slowly by, everything proved to be boring. I tried to engage myself in several different activities, unaware of what the upcoming days had planned for us. But as the days passed by, the lockdown had started proving to be a fruitful one. As we all sailed in the same boat, our school took cause of virtual classes which were a very new and innovative way of learning for us. We welcomed it with same excitement which we had for the much awaited offline sessions. The upcoming couple of months gave us the way to enhance our skills as all we were doing was to sit at home. Apart from that all we missed was our friends, classroom and the fun we had.

The lockdown in a way distanced us but brought us closer to our family. In the times of crisis and so much negativity enveloping us, it was necessary to be motivated and keep our spirits high. I learned everything from being a cook to helping my mom in household chores...the situation in every house. As every coin has two sides, so was the lockdown. One way was to sit and cry, waiting for everything to get normal. Other way was, to hope for the best, celebrate every moment and adjust with the situation. I took the second way, although still unaware of when all this would end.

-Gauri Singhal, Class 8 B

Dear Maths

Dear Mathematics,

I just realised how much I love you. No need to give me that sceptical look, I already know, I sound really weird at the given moment. I felt this way for a while now. No need to boost your ego, plus stop grinning like a Cheshire Cat. You usually scare almost every student if you start grinning like that, they might start getting nightmares.

Just kidding. You look good when you smile. As a child I must admit I did not like you. Hold on, but that does not mean that I used to hate you. My feelings towards you were neutral. I always used to wonder how the world would be without you. I know that it's a stupid thought. That's when I realised that it would be nightmarishly hard to live without you, if not impossible. That's just what I used to think as a small kid of class 2nd. And then I just decided to bear with you throughout my life. This is what I felt till I was in Junior School.

As soon as I reached the Middle School, simple Arithmetical problems and Geometry were joined by Algebra. By the start of the session 2017-2018, I had a tad bit hatred for you. As soon as the session progressed, I realised I had no luck with you. Hey! no need to be angry... let me finish. By the mid session, I realised I started hating you. But this feeling of hatred was replaced. I was soon liberated from the hatred I had for you. That feeling of hatred soon faded away. Now as I have reached class 9th, I realised one thing- *there is a thin line between love and hate and you are tap dancing on it*. I came to know that I have grown a liking towards you.

As child I did not realise how good you are. Your jokes of someone bringing 100 watermelons for no reason were really hilarious but solving it could be mindboggling as well. The simple Arithmetic to Complex Geometry, from simple to simultaneous equations of Algebra, I have realised that a life without you might be nice but not as fulfilling as it is right now. I have realised how beautifully Complex and complexly beautiful you are!

Your simply complex yet complexly simple problems and solutions just leave me frustrated as well as awestruck. The feelings and respect I have for you. I just cannot explain. Thanks for tolerating me for all these years. I wanted our journey to end by class 10th. But now from forward counting to Differential Geometry and Tensor Calculus, I hope and pray that this journey of ours together should be an eternal one.

-Riddhima Bhandari, Class IX A

Limit to my Imagination

Just like the sky,
I can change my hues.
The things that hardly matter,
are the people's views.
Just like a bird,
I can fly with my wings
Gossip and suppression,
is all that society brings.
Just like tall trees,
I am far beyond your reach.
Pre-eminence and patriarchy,
are all that the society can preach.

Just like the clouds,
I can sway.
Strong, determined and independent,
ready to carve my very own way.
When I grow up,
I will shine,
even when the time is not mine,
brighter than the stars at night,
even if I fall as a shooting star,
I will float down stream,
and will land in such a nation,
where there is no limit to my imagination.

-Niyati Bahl, 10 A

THE TIME WHEN I LOST SOMETHING I DEARLY LOVED

'Some people are so poor, all they have is money.' -Bob Marley

Hailing from a small village in Uttar Pradesh, my mother being a mere housewife and my father an electrician, I had never known those seemingly unattainable luxuries of life; chilled Coca Cola being one of them. When I was a child, the only thing that I looked forward to, on waking up in the morning, was going to school. Being a sincere student all through my life, in the rare moments when I used to daydream in the middle of a class, I used to imagine my life as a grown-up. A successful, rich and powerful individual. One whom everybody would fearfully respect and admire. One who would be capable of upgrading from that cheap but rare 1 rupee orange Popsicle to that 5 rupee Choco bar. One who would not have to fight his siblings for a corner of that threadbare blanket when the nights and the floor got chilly. One who would not have to worry about the teacher calling him out for not submitting the school fees. And, of course, I left no stone unturned in ensuring that I became one.

Fast-forwarding the next thirty years of my life, today I'm a successful, rich and powerful person, respected as well as admired. One who has attained those seemingly unattainable luxuries of life. Coca Cola? I'm one of the largest shareholders. And today I will tell you about the time when I lost something I dearly loved. And that something is... my smile.

My mother used to say, "My child, your smile is magical. It is akin to the pleasant sun rays that warm us on a cold, wintry day. Do us this tiny favour and do not ever conceal it rather allow the world bask to in its glory. Otherwise who will ever know that you aren't the axe-murderer you look like?" And then she used to laugh. Little did my sweet mother know that her gem would soon forget how to curve upwards the corners of his mouth.

I cannot pin-point the exact moment when I became a stranger to my own smile. Perhaps it was when I had been stressfully preparing for my finals with the sole aim of becoming the university topper. Or when I had begun ignoring my family while getting ready for my role as a CEO of a multinational company. Or when I had lost sleep worrying over my business ventures. Or when...never mind. The list? It's endless. But it is sufficient to say that in my struggle to achieve something better, something greater in life, I lost my beloved smile. In my childhood, nobody, nobody had the courage to inform me that in my journey towards infinite wealth, I would be bound to encounter such petty thieves like stress, fame, wealth that would rob me of my smile, my happiness. Like the patriot, "Alack, it was I who leaped at the sun to give it my loving friends to keep!" I had ambitions but I allowed those ambitions of mine to take control of my life. I forgot to enjoy those tiny, little things that sometimes seem so insignificant that we forget their true worth. The smile of a baby. The gentle caress of a mother. Sunrise. Sunset. The simple act of drawing in that full lungful of sweet air. Purely existing.

Today when I look at myself in the mirror, I do not see a wealthy or a successful man rather I see a broken, unhappy man. A man who has lost all purpose to live. A man whose children are willing to slit each other's throat just to inherit his empire. A man who has no one to call his own. A man who longs for that one rupee orange Popsicle. A poor rich man. Ironic, isn't it? But I pray that you do not take the road I took. It's deceiving.

-Ashima Thapliyal, Class X C

The Photograph

The rain was pouring mercilessly as I stood under the umbrella, looking at the coffins of my grandparents, paying no attention to the sermon being delivered by the priest. Suddenly a suit-clad man came into my unwavering line of view. "Ms. Carlisle, your grandparents left this chest, their most prized possession to you. I am Robert, their lawyer." the man said as he thrust a chest the size of a basketball into my hands. I was surprised to see that it was unlocked and housed only one item, a single photograph.

The photograph was of an endless black tube with concentric rings that were faded and a dull white. My hands roamed over the photograph in search of a hidden letter to make sense of this odd parting gift. But while doing so, I pricked my finger on the corner of the photograph and a big droplet of my crimson blood fell on the photo. The moment my blood touched the surface of the photograph, the photo came alive and started moving and I was suddenly sucked inside of it like a vortex and I tightly shut my eyes. When I opened my eyes I was inside the endless tube and the ring on which I was standing turned bright red while the rest were still the same dull white. I took a few steps forward and the rings on which I stepped illuminated to a bright white as I put my foot on them. Suddenly a gruff and manly voice boomed inside the tube, "Welcome to the 'Infinity Tube' Raven. I am your ancestor, Chester Carlisle. The Carlises are a long line of wizard inventors and I, as the first Carlisle, invented this tube, safely hidden as a photograph which can only be activated by the blood of a Carlisle. Each ring represents a year. The red ring is the present year, the rings in front, future, and the ring behind it are the past years. To get out, let a drop of your blood fall on the ring of the year you want to go to. Remember my child, this photograph can be a very dangerous weapon in the wrong hands, therefore, safeguard it with your life if need be. if you ever want to talk to me say 'Infinitum'. Goodbye. Overwhelmed with the information I started to run. Suddenly I realized that the cut on my finger had started bleeding again and before I could do anything about it, a drop of my blood fell on the ring on which I was standing and I was thrown out of the photo. When I opened my eyes, I saw a man covered in black from head to toe brutally murdering my grandparents and at that sight, I let out a bloodcurdling scream.

-Sargun Singh, Class X C

MARTYRIS

(LATIN FOR MARTYR)

Today it was his thirty fifth birthday
I had prepared myself, that when he comes back home,
I will not let him go back again
To that "grave of humanity", to that ground where a
merciless massacre
is the deed of morality.....
To become a proud martyr, but suffering cannot incapacitate
me, cause,
I am a soldier's wife, I am a soldier's mother.

Today it looks like all the same,
His wife sitting beside me, AGHAST
I can feel the trauma she is going through,
As I felt fifteen years ago,

This chronic era of time has given me precious life lessons,
Which can't be expressed, which can't be overlooked, as,
I am a soldier's wife, I am a soldier's mother.

When I received a letter from the army,
I was numb, couldn't feel anything, couldn't feel the blood
passing through my body...
But I did not cry, because I could proudly express that my
son gave up his life for his country, that
I am a soldier's wife, I am a soldier's mother.

Soldiers go away, leaving everything behind,
Some, leaving their newly married life imperfect,
Some leaving their children dispirited,
Some, leaving their family incomplete,
But every soldier leaving his mother proud,
So that every martyr's mother could proudly say as I do-
I am a soldier's wife, I am a soldier's mother.

-Nishtha Verma, Class X C

Sky Glinters

While I lay on the moist grass,
I stare up at the admiring stars.
They stretch in the incessant perpetual lines,
While staring at them, I guess, a simple unpretentious human
doesn't even need a whine.
They come when the enormous blazing ball of ignition goes
down,
Bringing along with them, the argent crescent as their crown.
We are the fliers on the walls,
Stars are the virtuosi of the night halls.
As the dusk hides itself,
Stars proliferate themselves as interminable on the black shelf.
Stars hung from a black background or sometimes hazy-blue,
It seems as if the glistening stars are stuck by an eternal glue.
Stars are like the shining speck,
But one can't drink their elegance in one take,
coz' they are the chandeliers, which, by their cold effulgence,
bloom the night sky,
When I lay down and stare at them, that everlasting view is

sufficient to take me high.
During the day, I'm rushing here and there,
But when, slowly, the black curtain comes over having holes
through which silver light peeks at me,
My whole attention they steal giving me such an extraordinary
company,
Then I lay down and let the grass beneath me brush my hair
Indolently, then all at once, I fell asleep,
The night sky still covering me with stars in it like a heap.
Sprinkles of warmth upon myself I feel,
The Sun peeks through the horizon as I push myself on my heel,
The yellow-mustard glister turns to full day light,
Often I wonder, Can I ever reach *That Height?*
As the whole sphere is on repeat,
I run and run with the time trying not to miss a beat.
For I know, they'll come again,
Soothing me, calming me, taking all my pain.
People often say that for them enough is the daily farce,
I just want to ask them, "Have you ever laid down on the grass
and let yourself admire The STARS?"

-Laibaa Qadeer Sahani, Class XI A

FEBRUARY AND A SALTED CHOCOLATE CAKE

Days are shorter in February and sometimes, if we are observant enough in our busy lives, we may see the days descending into nights earlier than they do in summers. Despite this geographical singularity that takes away a good part of sunshine from us, causing us to retreat to our beds early in the night, this month has had a bittersweet significance. Bitter for the exams are just around the corner and sweet for it is the month when my parents celebrate their birthdays as well as their marriage anniversary. Each year as it passes adds another year to our age, making us a little older. Even though this annual trend hardly affects us, it is celebrated with much pomp and gaiety. And when it's for the birthday of their children, parents leave no stone unturned. Looking down the memory lane, I realize I have always had my birthdays celebrated in the most exaggerated manner. This year, however, with another year to my fifteen years, I took on the task of assuming a brittle responsibility. Wading through the waters of reluctance and trying to reach a safe shore was harder than it initially seemed.

Nevertheless, with a loyal ally by my side, I convinced myself it was time to break a sweat. Devising a plan : With my mother answering the calls of relatives, forwarding thank you texts and my father doing the same on his phone, I slipped into my sister's room. As I had expected, I found it hard talking her out of her disinterest. However, after an hour of emotional preaching, I had her on my side. Now the main problem here was to create a diversion as mother would never have allowed us to "raise hell" in her sacred place, her kitchen. But I couldn't have given up to such a trifling hitch. Since my parents' birthdays and their anniversary lie within a space of a week, we usually ignore the birthdays and get down to marking the anniversary instead. Keeping in my mind the fact of this ritual, I had thought of asking mother to call over some friends and family to make the celebration seem bigger. Contemplating this plan for a long time, I realized that after the party would get over, it would be twice as much work for my mother. Accordingly, this plan was struck off the list. Next on, the other alternative proposed by my sister was ordering some food from the market. I had initially agreed to the plan but then again it wouldn't make sense to use their money to buy food for them.

Finally, after a lot more arguing and exploring, we decided on making something special for them with the help of internet. Assuming ourselves to be adequately experienced in culinary skills, we embarked on baking a cake for them. To keep ourselves from getting caught, I stared their favourite movie and hoped that they would stay glued to the screen. Going undercover: There is a strange excitement in things done secretly. Despite trying our best not to laugh too loudly, we failed miserably in our attempts. Going to the kitchen and assuming the role of a cook somehow seemed funny to both of us. Not having cooked anything before, we dived straight into the web and searched for a video that would help us fulfil our ambition. Little did we know that experience couldn't be learnt in one day from internet. Chocolate cake, a classical dish was what we had decided for. As soon as the video started, a list of ingredients that we had heard but not seen before popped on the screen. Still confident, I rummaged through the shelves to collect all that was required. 'Now, adding baking powder to four cups of all-purpose flour...' The narrator's sleepy voice went on and as I was trying to spot the difference between baking powder and baking soda, father entered the kitchen. I stopped and turned around to look at my sister, questioning her silently as to what would happen if he told mother. Surprisingly, he left the kitchen after having a glass of water and murmured something about not spoiling the kitchen. Next few moments in the kitchen were spent in anticipating the arrival of mother, who eventually did not turn up. So, we resumed our baking and plodded on diligently, messing up a little here and there, only halting to look at the clock. Even though baking a cake does not require a little more than half an hour, our cake took double the time to be baked. The cake was ready and we were half scared, half excited to know how it had turned out. Our cake did not look pleasing enough, but it was passable and one could easily make out it was a cake. Salt tastes better: Upon entering their room with the cake, our expectations were met. Father pretended to be surprised, despite the encounter we had in the kitchen. Mother was shocked and looked at the cake with a puzzled expression, not being able to believe that we had actually managed to cook something. I couldn't tell if she was happy or angry with us, but she did say something about giving us a good thrashing if she found anything out of place in her kitchen. Somehow, we knew she wouldn't do it, not today.

Amidst some incoherent talking and broken singing, mother sliced the cake. I protested that father should be given the chance to at least hold the knife. Mother attacked, saying she wouldn't have any chocolate stains on the bed, simply alluding that the three of us were incapable of doing things without ruining them. I chose to ignore that remark. I was the first to taste the cake. No sooner did I eat it than I realized it was salty. The cake was fine. It was the buttercream on the top that was salty. Instead of using the unsalted butter for the buttercream, we had used the classic salted butter. I was surprised that we had baked the cake so precisely, taking the accurate measurements and even taking the help of a video. Nevertheless, our plan had gone wrong. Father pretended to have loved the cake and remarked that he was hoping for a future for us in the culinary field. Mother seemed to have grown soft over the past few minutes. As she was leaving for the kitchen, a bleak disappointment came over me and I was convinced that some things were better left undone. In this case, trying to bake a cake was one of them. After a few minutes, however, mother returned with the same cake. When she passed around the slices again, I got an inkling as to what she had done. She had waved her magic wand and made the cake better. I was proven right in my assessment and she had indeed turned the salt in the cake to a pleasing sweetness. She was the saviour of our family after all.

Days are indeed shorter in February and colder too. Exams are always around the corner. And when you try to bake a cake, chances are it will taste a little salty. Despite the cold weather, impending exams and salty cakes, there is still a way to create your own version of happiness through these experiences and find out that you have learnt more from them than can be taught anywhere else.

-Hansa Kandwal, Class XI D

The other side

It's the most neglected.
Reality is a harsh mate
to the other side that nobody prefers to visit
The dreary dejected world, everything vivid.
Above the clouds when the plane flies,
A bit of turbulence, even the pilot's heart cries
Remember when dad said 'yes' to Starbucks
That second thought which came to your mind
Then, then you were absolutely right.
Going through the newspaper when you read that
news,
Ignoring the pain of others you choose.

the 'share market' and the 'Hollywood updates',
You fell for it right? It's all BAIT.
Remember when you called a friend?
Unavailable, the message said.
That moment when you were torn apart
Huh?! You still had reasons to comfort your heart
The day when you yelled at your mom,
The other side knows, who was wrong.
All the way when you were listening to the songs,
Little did you know what you were missing along.

-Kanika Gulati, Class XII A



Opaque Visions

Today was a day full of your reminiscences, while sipping tea of a gratifying flavor that's seldom achieved, the moment I gulped it with a loud slurp, it felt like you, the way you were the best cure to my headaches, the way meeting you felt a home coming, how the journey to reach you always seemed shorter! I still have a hazy remembrance of the last delicacy that you cooked for me, how the spices were the right blend of being 'perfect, just perfect'. Nothing less, nothing more, just enough. Maybe it held a resemblance to your aura, how in the moments I was with you complexities were just like strangers, the one's you would never let me talk to. Today they are just like unbidden guests and since you've left, they've had the longest stay with me. I still remember how you would keep the most carmine litchis for me, how watching me relish them over our idea of a perfect evening was your most loved pastime. Today it has been years that I've devoured litchis with that same fulfillment, their hardy shells somehow irritate me now; perhaps it was your presence which was ravishing and not the litchis. Today as I sit back, I've got nothing but a handful of insentient objects which are closely knitted to you. Just like an intricate croatia, 'we've had our share of the most sublime patterns; this world would never know. I still remember the day when I was informed that you have become officially a part of the constellations above ; since then gazing incessantly at the stars has come so naturally to me. I wonder why we always say, the sun is also a star" and not "a star is also a sun', for almost every star that has ever winkled has somewhere been a source of utmost warmth to someone. I still remember your preferences, your likes and your dislikes, how you always preferred a garnish of freshly chopped coriander leaves over anything salty, how you had an exceptional inclination towards the turquoise hue, how you always savoured ginger tea more than anything, out amidst the ten years that I've spent, remembering you in bits and pieces everytime I've sipped tea of a gratifying flavor that is seldom achieved, I've somehow lost the vision of your physique. I've forgotten whether your eyes were purely hazel or they had a tinge of black in them. I am doubtful whether the last time we ate together, did you smile your biggest smile when I had slumbered my eyes for a second after completing the meal. I am fluctuating whether the last time I met you in person, were you in a red saree or a maroon one. Today as I remember you , I've grown up with the memory of all our 'last instances ' which I was oblivious, were going be our last. I've realized that no matter how great a distance lies in between the both of us, I'll always find you in the brightest star, the chirpiest bird, the most bloomed sunflower and almost everything that'll surround me, but what makes me skip a beat is that you are a mere opaque vision to me now. I no longer remember you with your definitions. It's all misty, the kind of mist that prevents even the slightest amount of light to penetrate .Maybe knowing a person from childhood is the best and the worst thing altogether as the memory of your early days is vague enough to be called a mirage!

-Monal Bharti, Class XII D

A Stranger. A stranger in this world with its malignant, shrewd, unsympathetic and crafty inhabitants. However as of then, a stranger in the city of Philadelphia. Nevertheless, the name drove in a feeling of homesickness and caused an acute pain in my chest and I well recognized it. It was a pain which my heart was accustomed to -as piercing and sharp as a knife-and had learnt to suppress, for there is little space for emotions in this shallow world. I had learnt my lesson after being used like a doormat on multiple occasions so my cynicism was not unwarranted. However that day, those bittersweet emotions surged up in me like strong ocean currents refusing to be repressed any longer. The sentiments which I had suppressed for so long in the abyss of my heart for the past twelve years resurfaced, only this time they were too overpowering to be held back. The cause lay before me-Philadelphia.

These thoughts preoccupied my mind as I walked down the road on a snowy evening to reach the nearby bus-stop, which would take me back to the comforting warmth of my home, in Pennsylvania. I could have taken a cab but my introspective mood made little allowance for that, besides winter was my favourite season. The frost covered trees, the rooftops decorated with pearly crystal-clear snow, the snowflakes adorning the pavements and the beautiful curls of the girl I saw running before me, the sweet air with a chilly taste to it ,added a unique enchanting charm to the ambience and made it a panorama straight out of a fairytale.

"Crack!" I heard a small chunk of snow crackle against my boots. I bent and the faint moonlight revealed something glittery and lustrous. I picked it up and saw that it was a diamond ring. Glittery yet unattractive to me costly yet ordinary to me. I had gone too weary of this materialistic world to attach much importance to such things, so much so that my first instinct was to throw it away but my conscience nudged me to submit it in a nearby police station which was supposedly on my way to the bus-stop.Placing it in the pocket of my long coat, I proceeded and resumed with my train of thoughts. "RACHEL" I said and heaved a sigh reflecting pain, anguish and an uneasy comfort. Alas! The strange business of memories. Sometimes it is difficult to understand whether it is the good or the bad memories which cause more pain.

I remember Rachel as a loving, loyal, sweet-natured girl of seven, unfortunately born to a drunkard father. I remember our first meeting in that countryside area where we used to live fifteen years ago when I was seven too. I remember how we used to swing on the branches of the humongous birch tree together ,our knees clasped tightly, holding hands for the fear of falling down yet intrepid enough to swing. At that moment it felt as if we were touching the face of heaven, flying high with the world beneath us, watching the sun's rays dissipate in a then magical world. The balmy air on our glowing faces ,tickling our neck and blowing our curls away from our faces made us

feel like little acclaimed actresses out on a shoot. "What fun!", I exclaimed and a smile escaped my lips. She was a person with whom I could instantly connect which rarely happened with me and I could never stop wondering whether it was her genuineness, her stoicism, her lively spirit or her beautiful heart which attracted me the most. However it did not matter as we were best of friends. I rarely visited her house. She had warned me against it as an evil spirit possessed her father which might try to harm me. That was what her mother had told her as a consolatory statement when she had asked why her father used to beat her every evening so hard that most of her teeth had fallen off and her body was all black and blue, with barely any time to recover as it was an everyday's routine. Today as I retrospect, I realize that he was indeed possessed by the abhorrent evils of avarice, liquor, anger and inhumanity. I remember the day when I saw her father leave the house at dawn and I rushed in her house to wake her up for our morning routine of pleasant walks, as she was late. As I walked up the staircase, it creaked and I heard a muffling sound near the closet. I slowly opened it and saw Rachel pleading with her red eyes "Please don't. I will be a good girl and not hide. Please father!" I gasped for air as I felt a sudden jolt of breathlessness, reminiscing those painful memories.

I had reached the police station. I quickly went inside, rubbing my palm and easing myself up. The cold and the even colder tale of my friend's life had stiffened me up. I said to a woman officer there "Excuse me ma'am. I found this ring in the Park Street two blocks away. I just dropped in to submit it." She looked at it and beamed instantly, hugging me. I obviously did not know her but the hug felt absurdly comforting and something which could really help in pulling me out of this sadness. She said "Hello. I am Miss Carlos on my way to becoming Mrs Rivers and I had lost my engagement ring while patrolling. I am so thankful to you for your kind gesture. Have a wonderful day." I smiled and bowing a little in acknowledgement of her gratitude, left. It felt satisfying to be a cause of someone's happiness. However, it could do little to suppress my guilt. All goes back to that summer evening eleven years ago. We were playing on the empty field, were as candid and wild as the weeds ,an uncontrollable pair of unbacked colts, shouting ferociously, for the normative walls of civility and this sham world had not cornered us then. I remember my mother calling me inside and bidding Rachel a quick "goodbye", I hopped on my way to the house. My parents had a worried look on their faces as they revealed to me that we were moving to Pennsylvania. I asked "when?" to which I got a crude reply "today". Fighting back tears, I shouted at them, "Why did you not tell me before? I did not even talk to Rachel" and then suddenly there was an influx of emotions and I wept uncontrollably. I quickly rushed to Rachel's house and the prospect of receiving a slap by her father no longer scared me. However ,he was not there. Rachel was sitting by the door holding her mother's hand who laid in a semiconscious state

on the floor, perhaps after a severe beating. I stood there for a while and whispered to her, "Goodbye Rachel, I am moving to Pennsylvania." I could well see the dumbfounded expression on her face. A look that was pleading, lost, helpless, hopeless and accusing at the same time. I could not stay any longer. I ran. I could now feel the memories of that day sneaking out of my eyes and rolling down my cheek as I walked hastily. Another mile and I would be at the bus stop. I was always a believer in destiny and fate. The plan of God is undecipherable but I ardently wished to see her once more, to explain to her that I was not a traitor, to make her believe that I cared a lot for her, to make her aware of the fact that even after twelve years, she was the sole occupant of a large, spacious abode in my heart. I could not contact her as her number had changed and I often wondered if she was still alive. I had left her with her cruel, abusive father and had deprived her of her best friend and close confidant. The guilt had since remained. However, to my greatest relief my father had found out a few years ago that she and her mother had shifted to Philadelphia. "Screech". A car suddenly stopped beside me and a young man offered me a lift which I had never asked for. I curtly replied "No thanks" and moved on my way. The car again appeared with its repulsive inhabitant. I pretended to ignore and he suddenly

grabbed my wrist. I turned and slapped him hard. He was stunned but now he was going to retaliate as was evident from his posture. He lifted his strong, large hands to slap me back but it was caught in midair by a policeman. There was Miss Carlos too. I thanked them heartily and narrated my ordeal. The man was immediately arrested. Miss Carlos said, "I am sorry. These men deserve to be severely punished for daring to hurt a woman. They need to be put into their place." "Exactly!" I resonated and then we talked for a while and some strange bond of friendship formed between us because we were alike in a way. She dropped me to the bus-stop and gave me her card which had her number. I thrust it in my pocket and hugging her one last time, boarded the bus. Soon I was in Pennsylvania, at my home. I quickly changed and went upstairs to my room with a hot cup of coffee. I picked up Miss Carlos's card and absent-mindedly turned it over. My eyes nearly popped out of its sockets. I rushed to my phone and dialled her number. She at once picked it up and said a warm "Hullo". All I could manage was "Rachel..." for my voice choked as I stared at the card which had her full name "MISS RACHEL CARLOS" written on it.

-Shruti Khanduri, Class XII D

It had been more than a year since Pratham had set out in search for a job. The nature of the job or its accompaniments were not of much importance to him since his academic and professional qualifications were in themselves not quite welcoming. On top of that, his financial and living conditions were such that securing a job at the earliest was the only alternative he had. Pratham did not believe much in astrology or the position of stars, but the words of appreciation he lent an ear to, of a small town but renowned astrologer, made him think over it twice. He gathered the courage to go and visit him at least once, so as to know the astrologer's stand on his destiny. "Can you please guide me about the position of my stars and what do they have in store for me?", Pratham asked in a not-so-enthusiastic tone. "You have a pretty hand I must say", the astrologer said trying to make a jest, "Ahh!! And some stiff lines of fate! What about your professional life? Are you employed or...?" This remark was somewhere close to what Pratham was trying to ask for past five minutes. "No not yet. This is what I've come here for. What do these curved lines show? Do I have a chance in today's interview?" "No. This job is not fit for you or maybe you are not fit for this job." This hit Pratham hard. How does this man know if I'm capable of doing a job or not! How do these lines overcast the months of hard work I've put in for the interview! – and without further ado, Pratham left the astrologer's camp, murmuring something to himself. "You'll get what is destined for you young man!" were the last words which Pratham could barely hear while he moved away.

He crossed several streets, kicking pebbles that obstructed his walk and crushing the crisp leaves which blew against his

agitated face. His tired eyes then encountered a man, in his forties, who was trying his hard to sell some home essentials to earn his living. He was supported by just one hand as the other seemed to be lost in some devastating accident. The pedestrians didn't seem much bothered for they just walked past that man's stall. After what Pratham received in the morning as his destiny made him sympathize with the man and he went to help him with the speed with which he left the astrologer's camp in the morning. He devised the idea to praise the items the man was selling by describing how things which he bought from him 5 years ago are in their best conditions even today. To his surprise, this master-plan worked. There appeared a long queue of people waving small rectangles in green. It was so overwhelming for the man to see his stuff being sold because of the help he received from Pratham. While he thanked him, Pratham saw something which brought him to a surprise. The man lifted his hand from underneath his shirt, disclosing to Pratham his true identity. He was the director of an NGO working for the welfare of children and had come there in search for a person who could work in his NGO as his secretary. This entire drama was orchestrated to find a person who would justify the post as people appearing in interviews hardly did anything more than showering glossy words. The unintentional act of Pratham revealed his nature which would best suit the post the man he was looking for. With this disclosure, Pratham was eventually offered the job which he would love to do more than the ones offered by the corporate interviewers. He felt grateful to his destiny. Thus he worked in collaboration with his stars and his hard work and dedication.

-Muskan Oberai, Class XII D

It has been ten years since that dreadful incident took place. It was terrifying and the image of it in my mind still gives me chills. I was sitting in the cabin allotted to me before the important meeting was about to start. Strange but real. I was looking outside the window, watching the heavy raindrops fall on the ground. It was the same place, the same building, the same floor and the same window but now things had changed drastically. I was busy with my schedule for the day but the thought of the incident kept on distracting me from my work. I was unable to concentrate but I knew I had to as the upcoming meeting was really important. I was just helping myself to concentrate when someone knocked the door. It was Ms. Lynn. "Miss Julia, it's time for the meeting. Everyone is expecting you." she said but all I could concentrate on at that time was Mrs. Rosemary. After three consecutive hours the meeting finally came to end. I felt a sense of satisfaction and relief but I was amazingly tired. My car was waiting outside the building gate and the rain had yet not decided to stop. Mr. Carl came to pick me up that day. I wondered where the driver was but I was too tired to ask him anything. Mr. Carl is of my father's age and has always treated me no less than his own daughter. He had just started the car engine when the signal ignition turned red and we stopped. "It's red this time", I thought. I took a deep sigh.

On seeing my withering essence Mr. Carl said, "Miss. Julia I know it's hard for you. It's the same place. Shall I do something to cheer you up?" Tears of grief but above all guilt were in my eyes. I didn't want to respond to what he said but I knew his gentle gesture couldn't be ignored. "The meeting was rather exhausting Mr. Carl. I just need some sleep", I said. The signal turned green and he started to drive again. For the rest of the ride, no exchanging of words took place until I paid my gratitude to him for driving me home safely. I was lying down on my bed, recalling everything that happened that day. The meeting, the building, the traffic light, and then came in front of me the smiling image of Mrs. Rosemary. I wondered what she was thinking when she went after Bill that day. She was not thinking that is why she went after him. I wish she could see the babies of Timmy and Bill. I wish she could see how successful her NGO has become or that I work so hard for the NGO or that I took the charge of the NGO. I was the head of the Animal Love and Care NGO and I succeeded Mrs. Wilson, a kind-hearted, empathetic lady. Mrs. Rosemary, after her husband's death, started this small NGO for the stray animals that roamed in the streets of Wales. I met her when I was in college. I was going back home from the street cafe one day, when I saw her. She was with two puppies near the park's gate. Whenever I used to see puppies, I always went to cuddle them and played with them and that is what I did that time as well. "They are so cute madam! Where did you get these pups from?", I asked her. She just smiled at me and said, "Dear, would you like to have some home-made biscuits?" I was not in a hurry so we both went inside that park. She offered me biscuits. "This is Timmy and the one you are holding is Bill", she said, "they were street puppies so I took them to my Animal Love and Care NGO, a very small but comfortable shelter for these unfortunate animals." I glanced at the puppies, then focused my attention on Mrs. Rosemary. She told me all about how she thought of starting this NGO, her plans regarding the future of

the NGO and the fact that it was very difficult to run the NGO on her own.

Looking at her tears and knowing that how much these poor animals meant to her, I asked her whether I could join the NGO to help her. The tears which a minute ago were reflecting sadness and gloom, were then revealing paramount happiness and hope. She patted me on my head and I hugged her for a bond was formed, a new bond that was stronger than a million older ones. It had been two years since I had joined the NGO and we both had worked really hard. My examinations were also over and I was waiting for the results. That day I was waiting for Mrs. Rosemary in the mall for we had to do shopping for the NGO. I saw her waiting for the signal to go red when suddenly Bill started to bark at some car and ran after it. The signal was still green but Mrs. Rosemary ran after Bill to catch him, holding Timmy in her hands. In a wink of an eye, probably much faster than that also, she was gone, Mrs. Rosemary was gone! I was standing there looking at the disaster that happened through the window of the fourth floor. I ran hard, there was no time to breathe. A huge crowd had already gathered near her but no one could do the honours of calling an ambulance. "Mrs. Rosemary!? Ambulance, I need an ambulance!" I screamed helplessly. The car which had hit her was no where to be found and all I could remember was a blue or black appearance. Doctors exclaimed that she had a quick death.

Within a week of her funeral, my result also came and I was the second topper in the state, but there was no way I could celebrate without her. 'What about the NGO and Timmy and Bill and Joan and Merry? What about all these animals who needed us, who needed Mrs. Rosemary?' I knew that the NGO would now either be given to the daughter of Mrs. Rosemary, as she once mentioned about her but didn't tell her name, or it could become a restaurant or cafe if she denies to take the responsibility. I was receiving endless calls from my parents and friends and I had to catch a flight for hometown as well. 'The NGO will be alright' I was consoling myself as I left for the flight. A month later while I was getting ready for my interview, the one for which I had worked so hard, someone knocked the door. They were two strangers, Mr. Carl and his sister Ms. Lynn. That was my first meeting with them. "Ms. Julia, we have been working with Mrs. Rosemary for quite some time and we have some business with you", said Mr. Carl. I knew that Mrs. Rosemary's daughter was going to succeed her but little did I know that I was the one she kept talking about, that I was her hope and successor. It was clearly mentioned in her will that none but Ms. Julia Matthews shall take over her NGO and if she refuses then the property shall go to the government. The NGO meant so much to me and I could never refuse this, even though in front of me was the *once in a lifetime* chance of that interview. I left everything behind and went with them, for ahead of me was lying my new life and my new home. Ten years have passed but Mrs. Rosemary's memories remain as fresh as new. Lying on my bed, I could think of nothing but how an incident changed my future, my entire life, and everything that surrounded me. Maybe this was meant to be. Yes, destiny. *Destiny played her role.*

-Apoorva Rawat, Class XII D

हिन्दी वाद-विवाद प्रतियोगिता २०२०



“आवश्यक नहीं कि विवाद केवल तनाव का कारण ही हो, स्वस्थ विवाद बुद्धि की कसौटी पर जांचा परखा जाता है।” स्वस्थ वाद विवाद विद्यार्थी के लिए बहुत आवश्यक है। इसी तथ्य को ध्यान में रखते हुए विद्यालयों में वाद विवाद प्रतियोगिताओं का आयोजन किया जाता है।

7 नवम्बर 2020 को हमारे विद्यालय कॉन्वेंट ऑफ जीसस एंड मेरी में अंतर्सदनीय वाद विवाद प्रतियोगिता का आयोजन किया गया। जिसका विषय रखा गया कोरोना काल ने निरंकुश मानव जाति को अनुशासन का पाठ पढ़ा दिया है। इस प्रतियोगिता में कक्षा 9-10 की छात्राओं ने भाग लिया। इस प्रतियोगिता का आयोजन ऑनलाइन किया गया था। श्रीमती पुष्पलता भटनागर, जो कि ब्राइटलैण्ड विद्यालय की सेवानिवृत्त अध्यापिका हैं, व साथ ही अनेक हिन्दी व्याकरण पुस्तकों की लेखिका हैं। श्रीमती ममता गुप्ता भी ब्राइटलैण्ड विद्यालय की सेवानिवृत्त अध्यापिका हैं। यह दोनों अध्यापिकाएँ प्रतियोगिता में निर्णयिका रूप में उपस्थित थीं।

छात्राओं ने अपने ठोस तर्कों द्वारा सभी को इस विषय पर सोचने के लिए विवश कर दिया।

प्रतियोगिता में सर्वश्रेष्ठ वक्ता के रूप में कक्षा 10 की छात्रा सिरजन कोहली, सेंट जोसफ सदन से चुनी गई।

द्वितीय पुरस्कार कक्षा 9 की छात्रा आहाना थापा (सेंट जोसफ सदन) को मिला। तीसरा पुरस्कार कक्षा 10 की छात्रा वंशिका गर्ग (सेंट फ्रांसिस सदन) को प्राप्त हुआ। सर्वश्रेष्ठ सदन सेंट जोसफ को चुना गया।

देश भक्त की कथा

यह कहानी उनकी है,
जिन्हें जानते हैं हम सभी,
जो भूमि के लिए मर-मिटे,
उन वीरों की उनके बलिदानों की।
सच कहूँ तो कैसे कहूँ?
मेरे अश्रु नेत्र में ठहरते नहीं
मेरा मन गर्व से खिल उठता है
परंतु हृदय का दर्द छिपता नहीं।

शुरू करते हैं इस सच्चाई को,
जो है माँ के प्रिय पुत्रों की,
जिन्होंने माँ का सिर गर्व से ऊँचा किया,
तो अपनों के हृदय को बहुत रुलाता भी।
आता है जैसे ही कोई संदेश,
तैयार रहते हैं तन-मन से वे,
यदि भयभीत कभी हो जाता मन,
तो कहते वे 'भारत माँ की जय!'

चाहे सवेरा हो, चाहे रात हो,
चाहे ग्रीष्म हो जो झुलसा दे तन को,
चाहे शीत हो बड़ी बर्फीली,
न रोकें कभी वे अपने कदमों को।
चाहे सामने शत्रु कैसा भी हो,
बलवान हो या सेना हो बड़ी,
वे तैयार हैं मृत्यु पाने को,
अपनी माँ की रक्षा करने को।

भक्त ऐसे हैं वे माँ के
जो पूजते हैं उसे अपनी मेहनत से,
चढ़ावा देते हैं अपने रक्त का
भजन गाते हैं देश प्रेम के।
अपने से बढ़कर जिनके लिए देश है,
भारत माँ के लिए होते शहीद जो,
जिसके मान के लिए वे खड़े रहते,
मेरा सलाम है उन वीरों को!

घर पर हैं हम सब आराम से,
वन्दन करें आपके बलिदान को,
मेरा मस्तक झुके आपके चरणों में,
प्रणाम है मेरा आप सभी को!

—अपूर्वा रावत, कक्षा बारह डी

हम हैं भगवान के बच्चे

हम हैं भगवान के बच्चे,
दिल के हैं बिलकुल सच्चे,
किंतु दिमाग के हैं थोड़े कच्चे,
प्यार के बहुत पक्के,
हम हैं भगवान के बच्चे।
गोल-गोल गालों के साथ,
प्यार भरी मुस्कानों के साथ,
चंदा-तारों की चमक के साथ,
हम हैं भगवान के बच्चे।
अपनी प्यार भरी आँखों से
पूरे जग को भा लें,
अपनी मंद-मंद मुस्कराहट से
सबको रिझा लें,
हम हैं भगवान के बच्चे।
साथ तुम्हारा न छोड़ेंगे,
प्यार भी तुम्हें दिल से करेंगे,
हम हैं भगवान के बच्चे,
दिल के हैं बिलकुल सच्चे।



—रक्षिता रावत, कक्षा आठ स

बढ़े चलो

फूल बिछे हों या काँटे हों,
राह न अपनी छोड़ो तुम।
चाहे जो विपदाएँ आयें,
मुख को जरा न मोड़ो तुम।
साथ रहें या रहें न साथी,
हिम्मत मगर न छोड़ो तुम।
नहीं कृपा की भिक्षा मांगों,
कर न दीन बन जोड़ो तुम।
बस ईश्वर पर रखो भरोसा,
पाठ प्रेम का पढ़े चलो।
जब तक जान बनी हो तन में,
तब तक आगे बढ़े चलो।

—सान्ची तिवारी, कक्षा आठ स





हँसी नहीं आती

अब हमें हँसी में भी
हँसी नहीं आती
हँसी की ऐसी दुर्दशा पर
रोना जरूर आता है।

सारी शायरी
सभी कविताएँ और कहानियाँ
हमें देवदास बनाने पर तुली है
और तो और
चुलबुली रचनाएँ भी
आँसुओं के संगीत में धुली है।

किसी को कह दो हँसने के लिए
तो मुँह फुला लेता है
कुछ ऐसा वातावरण बनता है
कि हँसाने वाला पात्र भी देर सा
रूला देता है।

कहते हैं हँसना और हँसाना
बड़ा मुश्किल काम है
यह तो सिर्फ कर सकते थे
केवल विदूषक
लेकिन उनकी प्रजाति को
जीवन की कड़वाहटों ने दूर धकेल दिया है।

और जीवन की नकेल
सौंप दी है उनके हाथों में
जो गुलेल मार मारकर
विवश कर रहे हैं रोने को
और रूलाने को।

यदि आती भी है हँसी
तो खोखली आती है
नकली आती है
हँसी की वह तितली
जो पैर फैलाकर
मँडराती थी हमारे चारों ओर
या हँसी की संदली फुहार से
रंग देती थी जीवन को

अब सर्पकुंडली बनकर
तैयार है जहर उगलने को
और हम हँसने की जगह
फिर से रोने लगते हैं
वास्तविकता यही है कि अब हम
असली नहीं
खिलौने लगते हैं।

—रिद्धिमा गोयल, कक्षा आठ स

भारतीय सैनिकों का जोश

हम चैन से सोते हैं,
बिना डर के जीते हैं,
जब सीमा पर भारतीय सैनिक,
पूरे जोश से देश की रक्षा करते हैं।

जिनका नाम सुनकर दुश्मन काँपते हैं,
वे भारतीय सैनिक पूरी हिम्मत से कदम
आगे बढ़ाते हैं।

इस मिट्टी की हैं ये शान,
इनकी बहादुरी और मेहनत का हमें करना चाहिए सम्मान।
चाहे हो कोरोना या कोई भी मुसीबत भारी,
हमारे वीर सैनिकों पर कुछ नहीं पड़ता भारी।

अपने परिवार से यह अलग होते हैं,
देश की रक्षा के लिए पीछे नहीं हटते हैं,
सीमा पर खड़े होकर, पूरी दुनिया को बताते हैं कि
भारतीय किसी से कम नहीं।

जब देश पर कोई हमला होता है,
तो दृढ़ संकल्प के साथ दुश्मन को हराते हैं,
अपना बलिदान देकर,
भारत का झंडा ऊँचा फहराते हैं।

—वैभवी भटनागर

थी वह ग्यारह बजे की धूप

थी वह ग्यारह बजे की धूप,
ठंड से सिकुड़ कर बैठी थी मैं,
वे खूबसूरत रंग-बिरंगे खिलते हुए फूल,
मुझे देखकर मुस्कराते हैं।
वे मंद-मंद चलती हवाएँ,
मेरे केशों को सहारा देते हुए मुझे गुदगुदाते हैं।

थी वह ग्यारह बजे की धूप,
जो मुझे वहीं अपने पास,
बैठे रहने के लिए आकर्षित करती है।
बैठे-बैठे एक झलक अपने उपवन को निहारती मैं,
वे मेरे पापा की मेहनत दर्शाती मुझे।
वे छोटे-छोटे, गोल-मटोल बैंगनी रंग के
बैंगन देखकर खुश होते हैं मुझे।
वे रंग-बिरंगी तितलियाँ कोई बड़ी कोई छोटी,
गेंदे, गुलाबों व गुडहल के फूलों पर आराम,
से लेटकर उनके रस का आनंद लेती है।

थी वह ग्यारह बजे की धूप,
जैसे ही मेरी प्यारी माँ काम करने जाती,
वैसे ही छोटी-छोटी गिलहरियाँ आकर गेहूँ चुरातीं।
गिलहरियों को देख कबूतर भी आते और वह
भी गेहूँ का आनंद लेते।

माँ गुस्सा हो कर आती उन्हें भगाने,
वह सब भाग कर वहीं-वहीं छुप जाते।
थी वह ग्यारह बजे की धूप, रह गयी मेरे मन में यादगार जैसी।

—विदुषी पंवार, कक्षा आठवीं ब

परिवार



वे होता है परिवार,
जो करता है प्यार।
जो रखते हैं ख्याल,
चाहे कुछ भी हों उनके हाल ॥

वे होता है परिवार,
जिनके बीच कभी-कभी हो जाती तकरार।
निभाते हैं एक दूजे का साथ,
चाहे कुछ भी हों हालात ॥

वे होता है परिवार,
जो मदद करने के लिए रहते हैं तैयार।
कभी कभी होते हैं वे मजबूर,
जब रहना पड़ता है उन्हें परिवार से दूर ॥

माँ होती है बच्चों का पहला प्यार,
जो करती है उन्हें हर परिस्थिति के लिए तैयार।
बच्चे होते हैं माँ की जान,
जो बड़े होकर बढ़ाते हैं माँ का मान ॥

पिता वे होता है जो कम जताता प्यार,
लेकिन उठाता है अपने सिर पर परिवार का भार।
निभाते हैं वे अपना फर्ज,
फिर जिन्दगी भर चुकाते रह जाते हैं वे कर्ज ॥

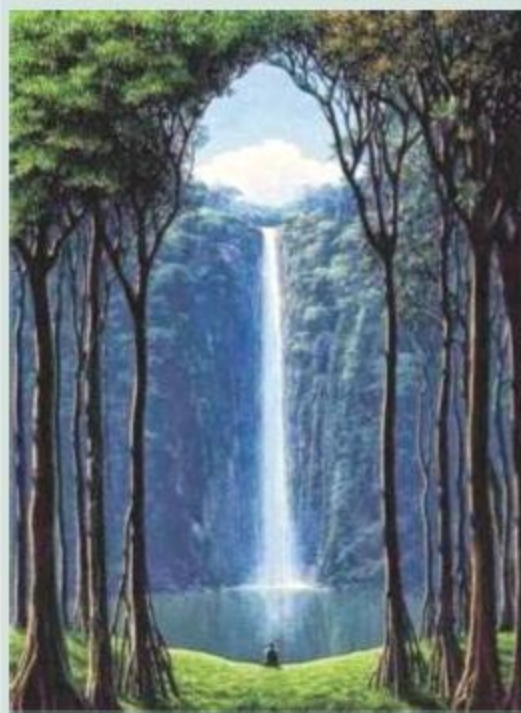
दादा होते हैं घर के मुखिया,
जिनकी रहती है सब पर छत्र छाया।
प्यार वे भी नहीं दिखाते,
लेकिन वे झलक जाता है जब वे हैं डांटते।

दादी कम नहीं होती माँ से,
वे पालती है बच्चों को चाव से,
बहुत कुछ सिखाती है वे अपने तजुबे से।
बच्चे होते हैं उनके लाडले,
इसलिए कभी नहीं बढ़ते उनके दिल के फासले ॥

माँ वे होती है जो उंगली पकड़ कर चलना सिखाती है,
पिता वे होता है जो आँसू छिपा कर घर चलाता है।
दादा वे होते हैं जो घर को सही राह दिखाते हैं,
दादी वे होती है जो बच्चों को लाड़ प्यार से पालती है।
बहन वे होती है जो सुख दुःख में काम आती है,
भाई वे होता है जो ख्याल रखता है।

परिवार में होते हैं ये रिश्ते,
जो कभी नहीं बिछड़ने देते।
सारे रिश्तों की ताल मेल के साथ,
बनता है परिवार, जो हमेशा रहता है एक दूजे के साथ ॥

—अपूर्वा काला, कक्षा सात सी



प्रतिदिन हम खबर सुनते हैं कि प्रकृति के दोहन के कारण कई आपदाएँ आ रही हैं, या बाढ़ आ रही है, या तापमान बढ़ रहा है और ऐसी अनगिनत बातें। परंतु हम इन बातों पर ध्यान नहीं देते क्योंकि मनुष्य एक लोभी जीव है, उसे केवल अपने से मतलब होता है। हमने प्रकृति की इतनी बुरी दशा कर दी है कि भविष्य अब सूखा-सा लगता है, निर्जीव-सा लगता है।

कहाँ गई वे ठंडी, कोमल हवाएँ जो साँसों में एक नई ऊर्जा भर देती थी? कहाँ गई वह हरी घास जिसपर पैर रखते ही मन शांत हो जाता था? कहाँ गया वह साफ, नीला पानी जो सभी जीवों की प्यास बुझाता था? कहाँ गए वे पक्षी जो सुबह-सुबह अपनी गीत से सबको प्रसन्न कर देते थे? वे फूल जो श्री कृष्ण राधा के बालों में लगाते थे, वे पेड़ जो थके हुए व्यक्तियों के लिए घर के समान थे—कहाँ गए यह सब? प्रगति के लिए मनुष्य ने जीवन का रस छीन लिया, जीवन को रसहीन कर दिया।

कहते हैं कि प्रगति के लिए प्रकृति का नाश करना आवश्यक हो गया है, पर जहाँ प्रकृति नहीं वहाँ प्रगति नहीं। हमारी इस मूर्खता के कारण आने वाली पीढ़ी को भी अनगिनत समस्याओं का सामना करना पड़ेगा। आने वाली पीढ़ी वह सुंदर प्रकृति नहीं देख पाएगी जो हमने बेरहमी से नष्ट कर दी। इसलिए, हमें एक-जुट होकर प्रकृति को बचाना होगा।

यदि पेड़ काटना इतना ही आवश्यक है, तो पेड़ लगाना भी उतना ही आवश्यक है। जहाँ तक हो सके, हमें पेड़ लगाने चाहिए। पेड़ काटकर जो वस्तुएँ बनती हैं, हमें सोच-समझकर उनका प्रयोग करना चाहिए। हवा में जो इतना धुआँ है, वह भी पेड़ लगाकर संभाला जा सकता है। प्रदूषण घटाने के लिए हम सबको जिम्मेदार बनना होगा। अगर हर व्यक्ति अपने घर के बाहर का स्थान साफ रखे, तो इस प्रकार पूरा विश्व साफ हो सकता है। हमें ऐसे साधनों का प्रयोग करना चाहिए जिनसे प्रकृति को कोई हानि न हो। उदाहरण के लिए— हम कपड़े/जूत के बने थैलों का प्रयोग कर सकते हैं। गाड़ियों की जगह हम निकट स्थानों तक चलकर जा सकते हैं या दूर के स्थानों तक जाने के लिए, हम वाहन साझा कर सकते हैं। और सबसे जरूरी बात, हमें अपनी आवश्यकताएँ कम रखनी चाहिए। 2020 में पूरे संसार ने सीमित संसाधनों का प्रयोग किया और केवल जरूरी वस्तुओं के बल पर जीना सीखा। इससे हमें यह सीखना चाहिए कि प्रकृति से उतना ही लेना चाहिए जितने की आवश्यकता हो। हमें दिखावे के लिए वस्तुएँ नहीं खरीदनी चाहिए, बल्कि अपने साधनों को कम रखना चाहिए। इन छोटी व मामूली चीजों से विश्व बदल सकता है, प्रकृति में जान आ सकती है।

किसी ने सही कहा है— 'प्रकृति मनुष्य की सहचरी है और दोनों एक-दूसरे के पोषक हैं।' यदि हम प्रकृति का सम्मान करें, प्रकृति का दोहन न करें, तो हमारा जीवन शांति और सुख के गीत गाएगा और मन भी प्रसन्न रहेगा। ठंडी हवाएँ हमारा मन शांत करेंगी, कोमल, हरी घास भी हमें शांति देगी, नदियाँ तेजी से बहेंगी और हम और प्रकृति एक हो जाएँगे। साथ-ही-साथ, हमारा भविष्य सुधर जाएगा और पूरे विश्व का कल्याण हो जाएगा।

—वसुंधरा पंवार, कक्षा दस ब

हम सैनिक

वीर सपूत कहलाते हुए हम
शौर्य और लक्ष्य का सागर समाए हुए,
अपना बलवान हृदय, सरहद पर ले चले हैं।
फर्ज के नाम पर, यूँ ही हम वीर,
सेवा का तमगा उठाए,
शौर्य और लक्ष्य का सागर समाए,
माटी को मस्तक से लगाए चले हैं।।
देश के जो हम जवान,
हैं उन पर्वत श्रृंखलाओं के समान,
कदम से कदम मिलाकर जब चले,
वह भी इस वतन के नाम।
न चिराग बुझे उस आंगन का,
जिसने साहस के बीज उगाए,
सीना ताने हम आज भी,
सरहद पर हैं ताक लगाए।।

शहादत का तिलक लगाए,
मृत्यु से मित्रता रचाए हैं
कह देना उन नपुंसकों से,
हम सैनिक हैं, हमने भारत माँ के कर्ज चुकाए।
वह श्वास ही किस काम की, जो न हो इस मिट्टी के नाम?
जब कंधों से कंधे मिलाएँ हम,
तो काँप उठे यह समस्त जहान,
बदन पर वर्दी और दिल में एक ही मुकाम,
कि, हर क्षण जो हो, हो भारत माँ के नाम।।”



यूँ तो घृणा की आँधी में,
गजरे की महक को छोड़ जाते हैं हम,
ऐसे ही नहीं,
शहीद कहलाते हैं हम!
छोड़ जाते हैं उन चहकती मुस्कराहटों को,
कहकर, कि, यह धरा, केसरी सा सफर फिर लाई है,
कि तिरंगे में लिपटकर यदि गाँव लौटे हैं,
तो राम नाम नहीं,
जय हिंद की पुकार आई है।।

बर्फ हो या रेत,
हो अंगारों की शय्या भी अगर
और रोशनी जो चिरागों में लगे,
अमन और शांति की हो मगर।
पर याद रहे ऐ वतन!
जिगर लगता है, तिरंगे से मोहब्बत करने को,
वतन के प्रेम में,
खुद को तपाए बैठे हैं,
मरेंगे वतन के लिए, मौत से शर्त लगाए बैठे हैं।
पसीना जो लहू बन जाए,
और तिरंगा जो कफन बनकर आए,
ऐसा जुनून लगता है,
भारत माँ के नाम करने को”
जय हिंद।

—हंसिका सक्सेना, कक्षा बारह डी

अज की समस्या भरी जिन्दगी में आदमी मानसिक तनाव से ग्रस्त है, इसे दूर करके जीवन को खुशहाल बनाए रखना एक कठिन कार्य की नजर से देखा जाता है। आधुनिक युग में मनुष्य को कई प्रकार की समस्याओं का सामना करना पड़ रहा है। बढ़ती बेरोजगारी, बढ़ते रोगों की संख्या, रिश्तों में दूरियाँ, इत्यादि। जनसंख्या बढ़ने के कारण जीवन की समस्याएँ कई गुना बढ़ गई हैं। भारत में बहुत लोगों में से कई को समय पर खाना नहीं मिल पाता। आधुनिक युग में बढ़ती तकनीक भले ही हमें समस्याओं का समाधान लगती है, परंतु इसके कारण बच्चों में तनाव एवं ईर्ष्या बढ़ती देखी गई।

मानसिक तनाव दूर करने का सबसे अच्छा उपाय है किसी पास के बगीचे में सैर करना एवं अपने घर में भी पौधे लगाना प्रकृति से दूरी बनाकर लोगों को हवा की कमी के कारण अकसर सिर दर्द रहता है। सुबह समय पर उठना चाहिये एवं प्रकृति की गोद में व्यायाम करना चाहिए।

किताबें पढ़ने से हम जीवन की गहराईयों को समझ पाते हैं साथ ही यह भी समझ पाते हैं कि संसार में हमारी परेशानियाँ कितनी छोटी हैं। विश्व के बारे में जानकर हम ज्यादा सतर्क हो पाते हैं और अपनी पीड़ा को नए सिरे से देख पाते हैं। कई पुस्तकें पढ़कर हमें जीवन की बड़ी परेशानियों के हल मिल जाते हैं। ऐसी ही एक पुस्तक है श्रीमद् भगवद् गीता। इस किताब के माध्यम से हम अपने जीवन के सौंदर्य को समझ पाते हैं।

आधुनिक युग में कोरोना ने हमारे जीवन को एक संकुचित मार्ग के तौर पर छोड़ दिया है। हम अपनों से बहुत दूर हो गए हैं। घर में बंद होने के पश्चात् भी परिवार से दूरियाँ बढ़ रही हैं। परिवार के साथ बिताए गये पल मनुष्य का साथ कभी नहीं छोड़ते। अतः माता-पिता के साथ समय व्यतीत करने से एवं उनके आशीर्वाद और सलाह से जीवन की बड़ी-बड़ी परेशानियाँ हम हल कर सकते हैं।

मनुष्य जीवन में अकेला नहीं रह सकता। हमें कोई बात तंग करती है तो उसे अंदर ज़हर बनाने की जगह अन्य लोगों को अपनी पीड़ा व्यक्त कर देनी चाहिए। "मनुष्य एक सामाजिक प्राणी है" और समाज के बिना उसका कोई अस्तित्व नहीं है। प्रकृति के सौंदर्य में रहकर कई परेशानियों के हल हमें मिल जाते हैं। अपना एवं दूसरों का दुख बाँटने से हम इस दुनिया को बेहतर जगह बना सकते हैं।

कई बार संगीत सुनने से भी हमारा मन हल्का हो जाता है। प्राचीन युग में देखा गया है कि राजा-महाराजाओं को संगीत एवं नृत्य में विशेष रुचि होती थी। संगीत में खो कर हम जीवन की सारी परेशानियों को कुछ पलों के लिए भूल जाते हैं और जीवन में खुशहाल महसूस करते हैं।

—श्रेष्ठा राना, कक्षा बारह ब

अज सारे संसार का सबसे भयभीत करने वाला शब्द निःसंदेह कोरोना ही है। एक काल की तरह यह सारे विश्व को ग्रसने आया और समाज के हर वर्ग पर अपनी छाप छोड़ रहा है। कई लोगों को इस बीमारी का शिकार होना पड़ा, तो कई लोग अन्य समस्याओं से जूझ रहे थे। पूरा साल केवल परेशानियों का विषय बनकर रह गया। इसके बावजूद, कोरोना काल ने सभी को मानव जीवन की पूंजी— उसके स्वास्थ्य के प्रति जिस तरह से सचेत किया है, वह शायद ही कभी और हो सकता था।

साल भर अगर किसी चीज़ की चिंता हमें परेशान करती रही तो वह यही थी कि हम इस बीमारी की चपेट में न आ जाएँ। न केवल अपने आप को स्वच्छ रखना, बल्कि समय-समय पर हाथ धोना, प्रयोग किए गए रुमाल इत्यादि को बदलना, घर का बना स्वच्छ खाना खाना, ये सब आदतें जो केवल काल्पनिक लगती थी; लोगों ने अपने जीवन की वास्तविकता बना लीं। उदाहरण के लिए जब भी घर में सब्जी या फल लाए जाते थे, ज्यादातर लोग उन्हें बिना धुले ही खा लेते थे। अब इसमें परिवर्तन आया है और न केवल अपने जीवन में, बल्कि अब इस बात का ध्यान रखा जाने लगा है कि यह ज्ञान दूसरों में भी बाँटा जाए। जो लोग आलस्य के फेर में हाथ धोने या नहाने को महत्व नहीं देते थे। अब वे भी इस बात का ध्यान रखते हैं कि बाहर से आने पर नहा-धोकर कपड़े बदलकर ही घर में प्रवेश किया जाए।

कोरोना काल ने मुख्य रूप से लोगों की भाग-दौड़ भरी जिंदगी पर रोक लगाई और उन्हें अपनी सेहत बनाने का भरपूर समय दिया। जो लोग दिल की बीमारी आदि से ग्रस्त रहते थे। कोरोना में हुए बंद ने उन्हें भी अपने स्वास्थ्य पर ध्यान देने का समय दिया। तनाव के कारण, चिकित्सकों के चक्कर काटने वाले लोग, अपने परिवार के साथ समय बिताकर व अपनी अन्य रुचियों पर समय लगाकर, अपने को स्वस्थ रख पाए। काम-काजी लोगों की सबसे बड़ी परेशानी— सही समय पर खाना न खा पाना, कोरोना काल में धुएँ की भाँति उड़ गई। महिलाओं को भी दफ़्तर और परिवार के बीच में न केवल सामन्जस्य बनाने का मौका मिला, बल्कि वे भी इस भाग-दौड़ से छुट्टी पाकर अपनी सेहत ठीक करने का वक्त निकाल पाईं। योग व व्यायाम को सभी ने बहुत महत्व दिया। सही समय पर सोना और जागना विद्यार्थियों के लिए एक बहुत बड़ा वरदान बनकर सामने आया। आकस्मिक मृत्यु के मामले व अस्पतालों में भीड़ कम होने लगी।

सबसे बड़ा परिवर्तन जो लोगों में आया, वह यह था कि मानसिक स्वास्थ्य को भी उतना ही महत्व मिलने लगा जितना अन्य चीज़ों को। अवसाद ग्रस्त लोगों को अपने लिए भरपूर समय व अपने साथियों के साथ समय व्यतीत करने का मौका भी मिला। तनाव कम होने से न केवल लोगों में सकारात्मकता की एक लहर दौड़ी बल्कि इससे उनके शरीर पर भी सीधा प्रभाव पड़ा।

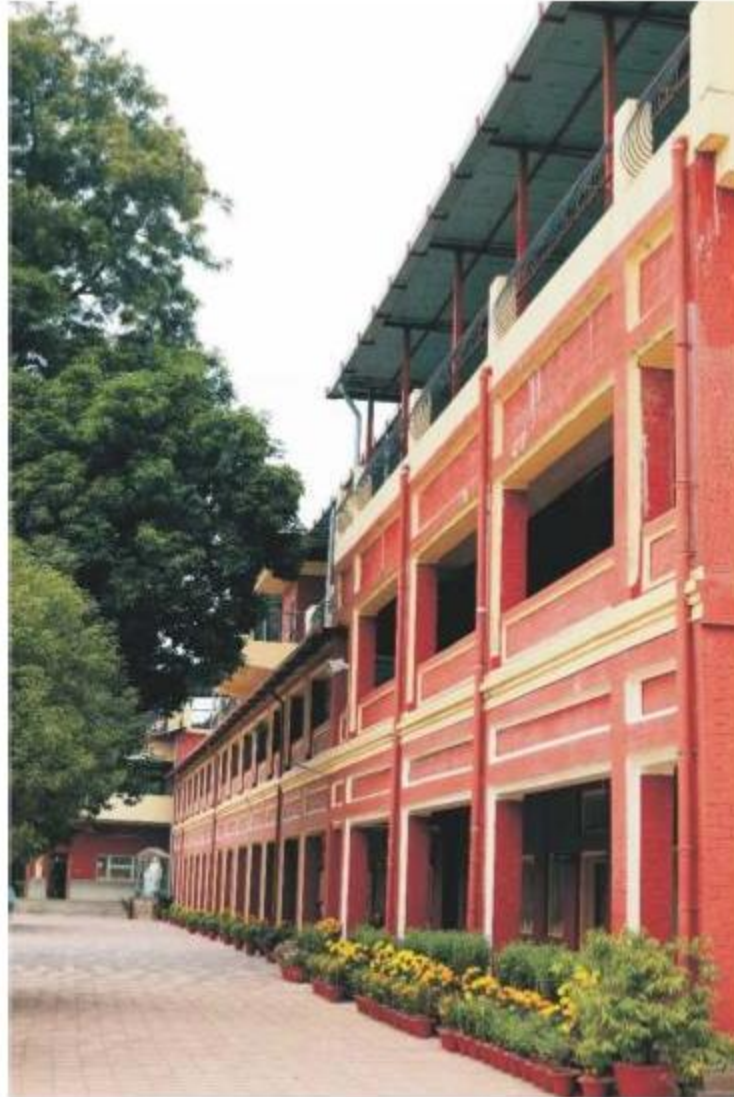
घर के बड़े-बूढ़े भी खुशी के वातावरण में रहने के साथ अपनी सेहत का भी भरपूर ध्यान रखने लगे। बच्चों के मानसिक विकास पर खास ध्यान दिया गया जिससे उनपर पड़ने वाला पढ़ाई का जोर कम हुआ और उनमें एक नई उमंग आ गई। न केवल वे पढ़ाई करते रहे, साथ ही अन्य गतिविधियों में भी व्यस्त रहे जिससे उनका शरीर स्वस्थ रहा।

सच ही कहा जाता है, "जिंदगी को रखना हो खुशहाल, तो रखो स्वास्थ्य का ख्याल।"

—अम्बिका चमोला, कक्षा बारह ब



Coming back to school is nothing short of a celebration!



Convent of Jesus & Mary

Dehradun 248 001, Uttarakhand, INDIA

Tel : 0135 2651390, 8534033425

e-mail: jandmcjm@hotmail.com | website : www.cjmdehradun.in