

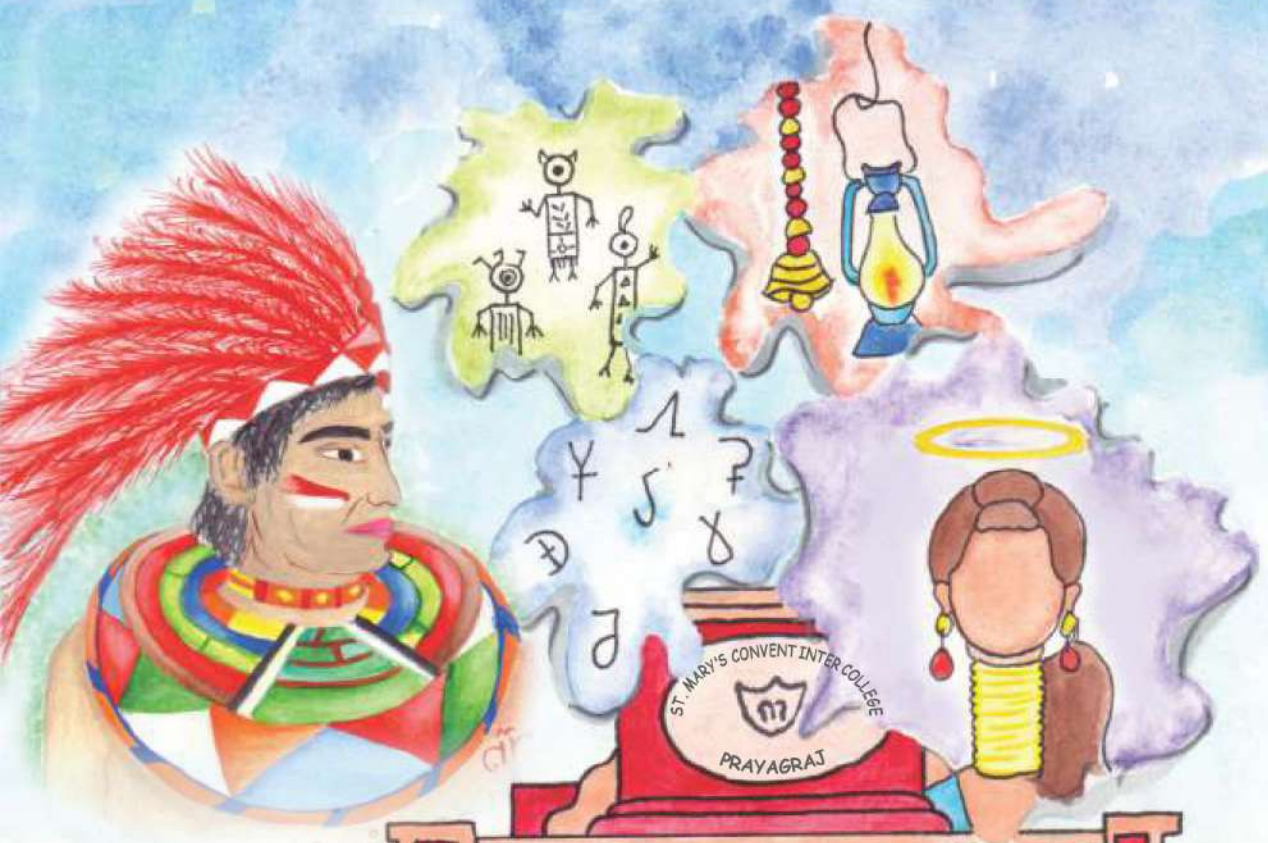
SMC

Spectrum

2019-20

April - September Edition

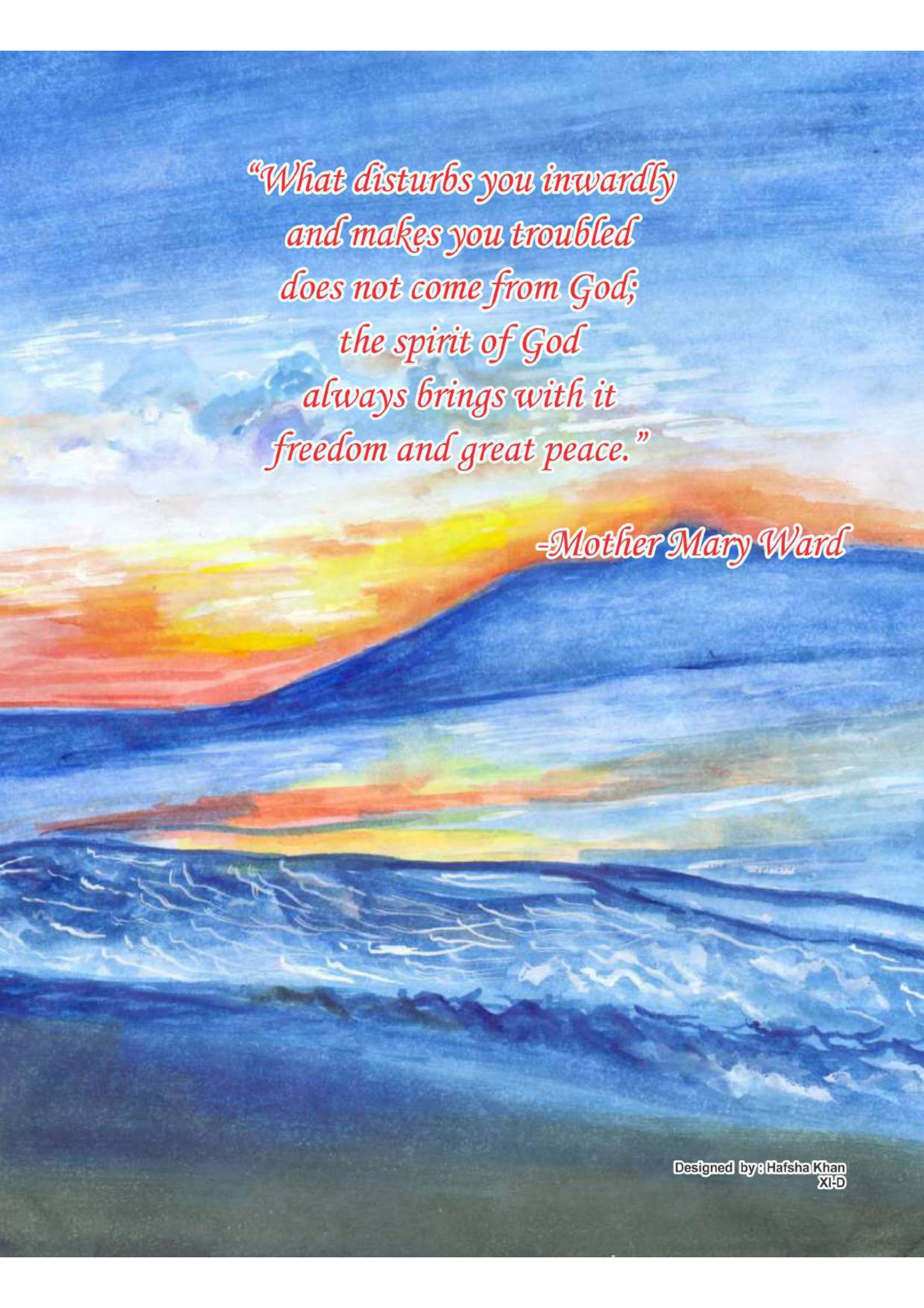
Since 1866



154 Years of Legacy and Excellence

*St. Mary's Convent Inter College,
Prayagraj*

Designed by : Nandini Sriyastava XII-D
Navya Kesharwani XII-D



*“What disturbs you inwardly
and makes you troubled
does not come from God;
the spirit of God
always brings with it
freedom and great peace.”*

-Mother Mary Ward



A Glimpse into SMC

APRIL

- 2nd Session for the new academic year 2019-20 begins.
- 22nd Diamond Jubilee of Sr. Elsie and Silver Jubilee of Sr. Gretti and Sr. Sarita celebrated.
- 25th Visit to the Leper's Colony by the students of Class 12.
- 27th Inter class activity of Classes 1, 2 and 3.
- 29th Inter School Dance Competition held at NCZCC on the occasion of World Dance Day.

MAY

- 1st Workers Day was celebrated at SMC. The assembly was conducted by the students of Class 10-A. Our Supportive Staff Heera Singh Jali and Shiv Babu celebrated their Silver Jubilee.
- 4th Parents' Orientation of Classes 1 and 2.
Student Council Elections held for the year 2019-20.
- 11th Solemn Investiture Ceremony held.
SMC bids Farewell to their dear Vice Principal Sr. Martha.
- 13th School closes for Summer Vacations.
SMC mourns the loss of its Ex-Student Mukta Singh (Batch ISC 2018).
- 14th Summer Camp begins.
- 30th Summer Camp ends.

JUNE

- 24th -25th An Orientation Programme for teachers of Classes 9 to 12 organized.
- 26th School reopens for Classes 9 to 12.

JULY

- 1st SMC celebrates the birthday of their Principal Sr. Jyoti and Head Mistress Sr. Gretti.
- 2nd School reopens after Summer vacations for Classes 1 to 8.
- 3rd Enrollment of NCC in Junior Wing.
- 5th Unit 1 Assessment begins.
- 11th SMC celebrates the birthday of Sr. Sarita, Principal St. Mary's Convent Junior College of Education, Allahabad.
- 13th Parents' Orientation of Classes 3 and 4.
- 16th USM Foundation Day celebrated at SMC.
- 18th Unit 1 Assessment ends.
- 20th ASISC Inter School Chess Competition held at SMC.
- 22nd An Orientation Programme on Women's Safety and Security was conducted for the students of Classes 10, 11 and 12.
House Meeting held.



- 24th-26th Nationals of Brain Bee Competition held at Chennai.
25th-26th CISCE Inter School Athletic Meet 2019 held at SJC.
27th Inter Class Activity of Classes 4, 5 and 6 held.
Parents' Orientation of Classes 7 and 8.
SMC celebrates the Feast Day of Sr. Vinaya.

AUGUST

- 2nd SMC participates in Inter School Powerpoint Presentation held at SJC.
3rd Inter House Activity for Classes 7 to 12.
ASISC Declamation Competition held at SJC.
6th CISCE Zonal Drawing and Painting Competition held at SMC.
8th SMC participates in the sapling distribution campaign organized by the district authorities.
CISCE Kho Kho Tournament held at Devprayag School, Prayagraj.
15th SMC celebrates 73rd Independence Day with great fervour.
20th Career Counselling Session for students of Class 12. The resource person was Mr. Vikas Narula.
22nd-23rd State Level Tennis Tournament at St. Peter's School, Agra.
24th SMC celebrates the Feast Day of their Manager Sister Rajini and Sister Rose.
Parents' Orientation of Classes 11 and 12.
CISCE Throwball Selections at Devprayag School, Prayagraj.
29th SMC witnesses the live telecast of PM Narendra Modi's launch of Fit India Movement.
30th Art Exhibition organized by the students at SMC.
31st Parents' Orientation of Classes 9 and 10.
SMC celebrates the Feast Day of dear Sister Monica.

SEPTEMBER

- 5th SMC celebrates Teachers' Day.
7th First terminal Examination begins.
9th SMC celebrates the Feast Day of Sister Preeti.
13th The SMC family mourns the loss of their dear student Izma Fatima Alam of Class 8-E.
25th CJ Sisters visit the flood victims.
26th A day out to Lucknow for our Supportive Staff.
27th SMC celebrates the Feast Day of their Respected Sister Vincy.

OCTOBER

- 1st First terminal Examination ends.



FROM THE Principal's Desk



MESSAGGES

Dear Readers,

It's a joy and pride to write for SMC spectrum for in it I see the creativity and the budding writers and artists who in future will surely make a difference wherever they are and whatever they do. Half of the academic session is already over and we have learned new things, have had new experiences, have taken new resolutions and have a new outlook towards life. The recent happenings and violence in our country, broken families, relationships and when I see students confused, broken, disappointed, lost I often ask myself this question What more can I do for my students? To make students understand and accept that pain and joy are two sides of the same coin is a gigantic task.

Though I don't find an answer to my queries I do believe every action and word of mine will have an effect on my students if not now, later on. Education is not only what we learn from books, it's also giving to them what we learn from our life and with our life. In the words of James E. Faust "If there were no night, we would not appreciate the day nor could we see the stars and the vastness of the heavens. We must partake of the bitter with the sweet. There is a divine purpose in the adversities we encounter every day. They **prepare, purge, purify** and thus **bless**." I am reminded of an article I read long back about **the art of precious scars**.

*When a bowl, teapot or precious vase falls and breaks into a thousand pieces, we throw them away angrily and regretfully. Yet there is an alternative, a Japanese practice that highlights and enhances the breaks thus adding value to the broken object. It's called kintsugi, literally **golden** ("kin") and **repair** ("tsugi"). This traditional Japanese art uses a precious metal – liquid gold, liquid silver or lacquer dusted with powdered gold – to bring together the pieces of a broken pottery item and at the same time enhance the breaks. The technique consists in joining fragments and giving them a new, more refined aspect. Every repaired piece is unique, because of the randomness with which ceramics shatters and the irregular patterns formed that are enhanced with the use of metals.*

The scars become what to exhibit:

With this technique it's possible to create true and always different works of art, each with its own story and beauty, thanks to the unique cracks formed when the object breaks, as if they were wounds that leave different marks on each of us.

How many beautiful messages the kintsugi technique conveys :

The kintsugi technique suggests many things. We shouldn't throw away broken objects. When an object breaks, it doesn't mean that it is no more useful. Its breakages can become valuable. We should try to repair things because sometimes in doing so we obtain more valuable objects. This is the essence of resilience. Each of us should look for a way to cope with traumatic events in a positive way, learn from negative experiences, take the best from them and convince ourselves that exactly these experiences make each person unique, precious and irreplaceable.

I hope reading this message will help you to look at life and its experiences differently. Though it's about broken things yet the same can be applied to our life. Why not look at the brokenness of life with this understanding that everything happens for a reason, though we never understand the reason and life can be lived onby letting go accepting and above all being wedded to our dream. Why not try to make scars into stars?

"When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back." – Paulo Coelho

Sr. Jyoti C.J.
Principal



Editorial



It is a moment of great joy that the much awaited first edition of the School Magazine **SMC Spectrum** is in your hand. The first half of the academic year 2019-20 has been very eventful for us. The SMC family prepares the students to face the challenges of the modern competitive world and so St. Mary's Convent Inter College is a name synonymous with education, values and culture. This magazine unfolds the myriad activities of our students which nurtures them to be the role models in our society.

I express my sincere gratitude to our Manager Sister Rajini, Principal Sister Jyoti and our Head Mistress Sister Gretti for their encouragement, guidance and prayers. I place on record the commendable work done by the esteemed members of the Staff Editors Mrs. B. Gupta, Ms. V. Mary Eliazer and Mrs. A. Anthony. I thank the Student Editors Runjhun Upadhyay and Kriti Agrawal and Sub Editors Mariam Tuba and Vanchha Arora for their sincere efforts in the making of this magazine. A very special thanks to Mr. Vinayak Kumar Srivastava and the E-Care team for assisting us with the hard copies and selection of the images.

A strong character is a non-negotiable requirement for achieving our goals and dreams. Every battering challenge we face in this journey of life has the potential to either make us stronger or pull us down. It is our strength of character that makes us face the storms and turn it to our advantage. What is inside us comes out in a crisis or under stress. So let our action reveal our true self under adverse circumstances. Dear students popularity is not important. Do not be influenced by peer pressure. Be the same person in every environment. Your character and integrity will support you in all circumstances. Be upright in small things and lead a respectable life. Be a person of action and do not be engulfed in the cloud of fake norms of society set by some people.

Just as the school is instrumental in shaping the character of the students, so are the parents. Dear parent, it is time that you invest your love, affection, effort and valuable time in your child to make her future bright and secure. Let us instill in our children the qualities of self discipline and punctuality and help them to be sensitive towards the family, the society and the world at large.

Let us not conform to the pattern of this world, but be transformed by the renewing of our mind and lead our life according to God's perfect will.

Mrs. Shashi Tressler
Editor



Student Editor's Message

"Words,

Words can move worlds at nobody's expense."

A writer, they say, is a person who uses words in various styles and techniques to communicate ideas. At the start of the year seeing the editor's badge pinned up on me, I asked myself, "Am I really a writer? My write ups lack the mind-blowing metaphors or an underlying theme. It's just an elusive dream, I feel", when I heard my mother humming,

"Just trust the voice within
Then you'll find the strength
That will guide your way."

I kept hearing, 'trust the voice within', and the confidence in me boosted up. I knew I could do all of this.

(Pause.Rewind.Play.)

With thousands of words and deepest of emotions, we bring before you the first edition of SMC Spectrum for the year 2019-20.

I would like to extend my sincerest gratitude to our Principal Sr. Jyoti, Head Mistress Sr. Gretti, Mrs. S. Tressler, Mrs. B. Gupta, Ms. V. Mary Eliazer and Mrs. A. Anthony for being pillars of support and guidance.

I would also like to appreciate the tireless efforts of my Sub-Editor Mariam Tuba, without whose help this magazine would not have been possible. She has been a wonderful companion, inspiring me to learn new things daily. I would also like to thank the Hindi Editor Kriti Agrawal and Hindi Sub-Editor Vanchha Arora for their dedicated work towards the completion of this magazine.

I am highly thankful to all those creative heads who have shown their exceptional skills and have filled this magazine with their thoughts.

Gazing at the ceiling of my room, observing those glow stars, I feel myself walking down the memory lane to that time when I was standing there in front of my father with a grumpy face having the school magazine in my hand. I was rattling about how none of my articles were printed when my father said, "There will be a time when you'll get through this easily. You're a star and you'll outshine all."

(Pause. Rewind. Play.)

Today, I have the opportunity to write a message with a full page dedicated to my thoughts and a photograph of me smiling wide at the corner. I tell my father and he says, "See, I told you. Nothing is too big to achieve."

As I sit down to unpack my thoughts on this muggy afternoon, I look outside the window to find the sun breathing down the necks of empty, threadbare streets and I keep looking.

(Pause. Rewind. Play.)

Suddenly these words start echoing in my mind,

"These mountains that you're carrying, you were only supposed to climb."

We are so involved in materialistic things that we have forgotten the universe that surrounds us. We talk about darkness in metaphors. We devour fiction and escape reality. But hear me, no fiction, no dream is as real as reality. What I'm trying to say here is that, out of all the things, happiness is not a concept, you see. It is real. To all the readers reading this, I call out for this realization that you deserve to be happy. You don't have to be ruined to be saved. I call you brave. I call you unique. I call you beautiful.

Tell me SMCites, how caged are your words? Let your words fly free from the depth of your hearts to make rainbows in the sky. You see, I am here, without my metaphors, without quotes. Just silence and a cup of tea. Have a joyous reading!

Runjhun Upadhyay
Chief Editor





सफर



MESSAGES

सर्वप्रथम मैं ईश्वर का धन्यवाद करना चाहती हूँ जिनके बिना मैं इस पद पर न होती। मैं हमारी प्रधानाचार्या सिस्टर ज्योति, हेड मिस्ट्रेस सिस्टर ग्रेटी एवं संपादकीय विभाग आदरणीया मैम मेरी, मैम एंथनी, मैम ट्रेस्लर एवं मैम बंदना का उनके निरंतर पथ-प्रदर्शक के लिए अपनी कृतज्ञता व्यक्त करती हूँ। मैं अपनी उप संपादिका वांछा अरोरा तथा मरियम तूबा, संपादिका रूनझुन उपाध्याय का भी उनकी सहायता तथा परिश्रम के लिए उनका आभार प्रकट करती हूँ।

जिंदगी एक सफर है। हार-जीत, दुख-सुख, लोगों के जिंदगी में आना-जाना, कोशिशें करना, गलतियाँ करना, उनसे सीखना तथा आगे बढ़ना यह सब इस सफर का मात्र एक हिस्सा है। इस सफर में हम कई लोगों से मिलते हैं, कुछ हमें इसमें आगे बढ़ते देखना चाहते हैं, तो कुछ हमें पीछे धकेलते हैं। मगर सब ही के सफर अलग होते हैं। यह सफर केवल समय के बस में हैं जो किसी के लिए नहीं रुकता। इसीलिए इस सफर में हमें न दौड़ना है, न रुकना है, बस चलते जाना है। इस सफर में कई चरण हैं :-

प्रथम चरण बालवस्था की होती है जिसमें हम ऊर्जा से भरे होते हैं। हमारे अंदर कुछ नया सीखने की चाह होती है, हम गिरकर उठना सीखते हैं तथा चीजों को ज्यादा गंभीरता से न लेना भी। अर्थात् इस सफर में कैसे चलना है, हम वो सीखते हैं।

द्वितीय चरण होता है युवावस्था, इसमें हम लोगों को समझना सीखते हैं, बातों की गहराई तक जाते हैं, सपने देखते हैं और उन्हें अपने सफर के मील के पथर बना लेते हैं। यह सबसे लम्बा तथा महत्वपूर्ण चरण होता है जिसमें हमारे अंदर समझ आती है जो हमें सही निर्णय लेने में सहयोग करती है जिससे हम इन मील के पथरों को पार कर सकें और अपने सफर में आगे बढ़ सकें।

तृतीय तथा अंतिम चरण होता है वृद्धावस्था जिसमें हम उन्हीं मील के पथरों को पार करते-करते लोगों के लिए एक प्रेरणा बन जाते हैं और उन्हें उनके सफर में प्रोत्साहित करते हैं।

इस सफर के अंत में हम वहीं पहुँच जाते हैं जहाँ से यह सफर आरम्भ हुआ था। पीछे छूटता है तो सिर्फ लोगों के दिलों में वह इज्जत जिससे वह हमें याद करते हैं। मगर यह एक सफर है जो किसी भी अनुचित घटना से कभी भी अंत हो सकता है।

इसलिए इस सफर का रास्ता खुद चुनो। खुद को एक अवसर भी न दो कि इस सफर के अंत में अफसोस करना पड़े। ईश्वर पर भरोसा रखते हुए बढ़ते रहो और हर कार्य में जान लगा दो क्योंकि –

यदि इस सफर में कहीं अंधेरा है, तो उजाला भी है,
और सपने हैं, तो उनको पूरा करने का जज़्बा भी।

धन्यवाद।
कृति अग्रवाल
संपादिका



English Sub-Editor's Message

Wabi-Sabi [noun] - finding beauty in imperfection.

It indeed requires great skill and effort to sum up the entire activities of the session in a few pages, but the SMC editorial team tries its best to highlight its progress and achievements through the pages of our magazine.

Reconnaissance [adjective] - the quality of being thankful.

I would love to take this opportunity to thank our principal, respected, Sr.Jyoti, Sr.Gretti, our editorial team teacher representatives, Mrs.S.Tressler, Mrs.B.Gupta, Ms.V.Mary Eliazer and Mrs. A.Anthony, Our Hindi Chief Editor, Kriti Agrawal and Hindi Sub-editor, Vanchha Arora for their constant support and encouragement.

Scintilla [noun] - a tiny flash or spark, a guiding light.

I extend my heartfelt gratitude to Runjhun Upadhyay, English Chief Editor, who has worked effortlessly in the making of this magazine. She guided me and helped me in all of my tasks, and it is due to her hard work that the magazine is a success. Thank you so much for your motivation and for being an inspiration to me.

Sulit [verb] - being worth it.

I would like to thank each and every person who contributed in the making of this magazine and would like to ask you all to keep on writing, because each and every word you pen is a part of your emotions and feelings and is definitely worth it.

Adomania [noun] - the sense that the future is coming too quickly.

In this fast moving world, my message to you dear readers would be to embrace each and every moment of your life. Hold on to the memories and they will hold on to you.

Sonder [noun] - realization that every passerby has a life as vivid as yours.

Talk kindly to everyone around you, because we all are fighting a hard battle.

Ubuntu [noun] - belief that we are defined by our compassion and kindness.

Start reading, because books are one such object that will stay with you forever.

In words of JK Rowling, "We do not need magic to change the world. We already have all the power needed within ourselves. We have the power to imagine better."

Espoir [verb] - hope.

I end my message with hopes that you my dear readers would start reading books, not to enhance your vocabulary, but to plunge into worlds of unlimited possibilities and imagine and envision a better world.



Mariam Tuba
English Sub-Editor



The Editorial Board



Right to Left :

*Mrs. B. Gupta, Mrs. A. Anthony, Sr. Gretti (Head Mistress)
Sr. Jyoti (Principal), Mrs. Shashi Tressler,
Ms. Varsha Mary Eliazer*

Right to Left :

*Vanchha Arora, Kriti Agrawal
Runjhun Upadhyay, Mariam Tuba*



Mary Ward HOUSE REPORT

**"I can do things you cannot,
You can do things I cannot,
Together we can do great things."**



**Glory Thomas
Captain**



**Khushi Sharma
Vice Captain**

The academic session 2019-20 started with the Investiture Ceremony with Glory Thomas and Khushi Sharma being invested as the House Captain and Vice Captain respectively.

The activities of the year began with the House meeting. In the Mary Ward house meeting, the students were reminded of the various rules of the school and special emphasis was given on self-discipline.

The first major activity of the year was the Independence Day celebration. The day was celebrated with great patriotic fervour and enthusiasm. The members of the House worked with determination, dedication and perseverance while putting up a patriotic group song with drama on this occasion. It was indeed a proud moment for the Mary Ward House as God Almighty blessed us with the first position.

The motto of the Mary Ward House 'Unity is strength' symbolises team work and collaboration. With sincerity, self-discipline and hard work, a lot can be achieved throughout the year.

A special thanks to the House Moderators, Mrs. S. Haroon and Mrs. D. Gupta for encouraging the House members to give their best.

"Unity is Strength"

**Glory Thomas
Captain
Khushi Sharma
Vice Captain**



Tagore

HOUSE REPORT

Yesterday I was the moon
Today just an eclipse
Something in me travels, some days it's to the dark
Some days it's to the light
-NOOR UNNAHAR



Shiza Parwez
Captain



Katyayni Dhiren
Vice Captain

As we move towards a new journey of another momentous year we bow our heads in gratitude to the giver of all. As a young girl, I always took pride in saying that I was a member of the Tagore house of our school and to lead the entire house for my last year in this campus fills me with nothing but gratitude and delight. The academic session 2019-20 commenced with the investiture ceremony shouldering the Vice Captain Katyayni Dhiren and I with the responsibility of leading the Tagore house towards greater heights.

The spirits and enthusiasm were boundless when in August all the houses geared up for the Independence Day programme depicting the journey of Independence of our motherland through a musical drama where Tagore house scored the second position leaving the audience wonderstruck with its splendid performance. What made me stand high with pride was the hardwork and impeccable efforts of each house member and our moderators Mrs. Sana Hashmi and Mrs. Namita Tandon. It was astonishing to see such young girls have so much self discipline helping the Tagore house acquire the first position for its discipline throughout the show.

SMC has given me memories and people enough to last a lifetime and to say that I feel grateful would be an understatement and this position has reminded me how big of a part you have to play in every phase of your life. There will be days where everything feels a bit too heavy and there will be days where even a small flicker of light will ignite you with nothing but hope; hope for a better time, a better place, a better universe; your own universe and I think it's okay, it's okay if all you did was survive those days. The universe is proud of you little champ.

Through this unpredictable journey called life I have learned that,

'Winning always doesn't come in the brightest colours. It comes walking on shreds of glass drenched in blood, struggling for breath.'

It isn't easy; winning comes after placing everything in the wildest flames of merciless unpredictable life.'

Someday something will go terribly, utterly, horribly wrong. One day everything will be fine. Our lives swing between that one day and someday so why do you worry about it everyday? And through this I hope my champ that your story is one of a kind because you are one. Work hard, be kind and have faith in yourself, in God and in the universe.

Together I know we can do wonders and I don't think I could have asked for a better team to work with. Each one of your effort counts and each one of you matter. Tagore house, let's play the part as a team together and hope for nothing but the best.

A special thanks to the never tiring support of our dynamic Principal Sr. Jyoti and Head Mistress Sr. Gretti for their constant guidance and unfailing spirit.

My final message to my beloved house is that you will not always be the smartest person in the room, and you will not always be the strongest or the funniest or the most talented. But you can always be brave and you can always be kind and these are the things that you should be every minute for the rest of your life. Because yes there are great things but these things are better. Believe in yourself.

May the motto EFFORT SPELL SUCCESS and spirit of the Tagore house guide you on this voyage called life.

"Effort Spell Success"

Shiza Parwez
Captain
Katyayni Dhiren
Vice-Captain



Gandhi HOUSE REPORT

"Don't try competing with others.
Compete with your inner self to become
a better version of yourself"



Warisha Aynan
Captain



Devanshi Pathak
Vice Captain

Gandhi House started this year with a motive to break our consistency of securing the second position from the past three years by losing our marks in discipline. I would like to request all my House members to kindly adapt the habit of being discipline so that we don't have any regrets at the end of the year 2019-20.

We believe that the strength of the team is each individual member and the strength of each member is the team (one for all and all for one) that can work wonders by achieving remarkable goals which will add meanings to every single day. This year we pledge to dedicate ourselves to give 100% efforts by dividing the task in order to multiply the success.

The girls of our house showcased a very remarkable and synchronised performance in the Independence Day programme and with their cooperation, dedication, hardwork and patience, we shared the first position with Mary Ward House.

On behalf of the Gandhi House I take this opportunity to thank our Principal Sr. Jyoti, Sr. Gretti and our Manager Sr. Rajini for guiding us in our journey.

The most important pillars of our House are our moderators Mrs. Shahela Afrin & Mrs. Priyanka Pandey, without whose support we would have not achieved what we did this year.

I would like thank my Vice Captain Devanshi Pathak for her hardwork, support and efforts to make Gandhi House the best.

I also thank each & every member of our house and appreciate their never giving up attitude to become better.

Last but not the least:

"Sweat dries, blood clots & bones heal so pick yourself up & go take that shot that will be remembered by all"

"Truth Alone Triumphs."

Warisha Aynan
Captain
Devanshi Pathak
Vice Captain



Florence Nightingale HOUSE REPORT

"I have come to love myself for who I am,
for who I was and for who I hope to become."
-Kim Namjoon (RM)



**Ishita Sen
Captain**



**Kinza Ahmad
Vice Captain**

On 22nd July annual house meeting for the year 2019-2020 was organised where the captain, vice-captain and the moderators were introduced to the members of red house.

First of all, I want to thank our respected Principal, Sr. Jyoti, the management and the school for believing in me and considering me as a potential nominee for the council elections. I also want to thank all those who gave me a chance and elected and accepted me as their house captain. I promise I will work hard to take the house to new heights.

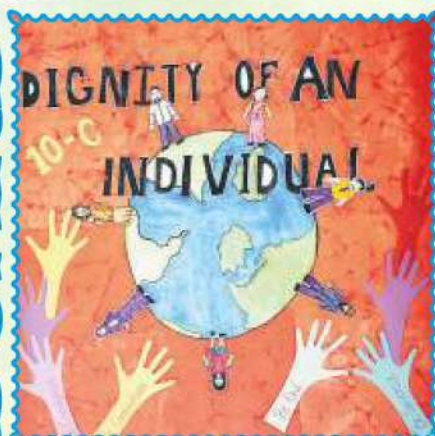
Florence Nightingale house had their house meeting on the basketball field with the house members of Classes 8 – 12 attending the event. The meeting started with the speeches by the captain, vice-captain and then the moderators. The goals, objectives and resolution for the year was discussed along with some tips and motivation to the members to do well.

It was told to the house members to work together as a team and that it is important to take certain things as challenging but not everything should be taken as a competition. Life is short and what is most important is to enjoy at every step, to be happy and to always love yourself. It is important to make good memories and most importantly whatever you do, have no regrets. Along with that the house was encouraged to be confident at every moment in life and to speak yourself with no fear.

The meeting ended with other teachers encouraging the students, and the members sharing about themselves and getting to know each other. In the end, the students pledged that together they will take Florence Nightingale house to success.

"On the Wings of Loyalty"

**Ishita Sen
Captain
Kinza Ahmed
Vice Captain**





A Visit to the Lepers' Colony

"A kind gesture can reach a wound that only compassion can heal."

God created each of us with great love and care and in His eyes each one of us is equal. We are sent to this earth to spread His message of love. We, the students and teachers of SMC witnessed the life of God's chosen ones, the inmates of the Leper Colony. From time to time, the students of different classes get a chance to visit their Colony. This act of love and kindness not only makes a difference in the lives of the inmates but also in the lives of the students as they learn the values of compassion and gratitude.

On 25th April 2019, a few students of Class 12 along with their teachers Sr. Martha and Mr. Vivek Tiwari visited the Leper's Colony and learnt that the challenges of life can be faced gracefully and without fuss. On their arrival, the students were greeted warmly by the inmates. The students prepared a short prayer service and sang songs. It was indeed an experience of a lifetime and the students learnt that we should strive to make the most of our God gifted life.

We humbly express our heartfelt gratitude to Sr. Jyoti for providing us with such an opportunity and experience.

Sprishti Shukla
Class 12-D



Class Activity is Fun

'True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.'

-Karl Wilhelm Von Humboldt

On 27th July, 2019 a group activity was organised for the blooming buds of class 4 on the topic "Flora and Fauna". The students participated with full enthusiasm. Vibrant variety of posters were made by the students depicting nature through poems. Under the Guidance of the teachers, the students completed the activity and it was a really creative and innovative way of bringing out the hidden talents of many students. It was an Inter Class activity and all the classes performed in an exemplary manner.

An inter class activity was held on 27th July, 2019 among all the sections of class 5 wherein all the sections put up a creative depiction of the chapter 'Icarus and Daedalus' (part of English literature syllabi). Each section presented the best set of characters of the chapter after undergoing an inter house competition initially. The characters were creatively made puppets and dolls showcasing the innovative skills of the students.

Computer studies activity was conducted for the students of Class 6. The topic was 'Electronic Waste' and the theme was 'Reduce, Reuse and Recycle'. The students were divided into groups of ten. They made charts and models out of computer (peripherals) waste like keyboard keys, mobile covers, hardware waste etc. The working models were displayed in the class. The students performed exceptionally well and learnt a lot from this activity.

Active learning is the process of learning via engaging with the content. It means students interact with the material in a way that promotes active learning. Keeping this in mind, rarities of activities were undertaken by students of class 7, which enhanced their learning process. These activities encourage students to apply what they know about a concept. The learner drafted visually appealing 'Hindi Paryayvachi' tree. They accumulated a huge collection of words, while it



was a fun activity, it also ensured the development of cognitive skills. The Maths activity aimed for an involving process of learning shapes and dimensions. They made models using 2D, 3D shapes and assembled them to form various figures. They used the concept of net for turning a two dimensional figure into a three dimensional figure and thereby understanding the difference between the two. They also made shapes park using these shapes. The biology activity encouraged the students to explore a butterfly's lifecycle in detail. Each group used waste material very ingeniously and came up with impressive ideas to show the concept of 'Complete Metamorphosis' of a butterfly. In the next activity, the students donned their imaginative caps and made attractive, versatile, quilled earring. They learned the art of rolling marrow strips of paper into coils and scrolls and arranging them to create elegant filigree. The students also used their creative skills and utilised the old plates transforming it into beautiful items of WALL DECOR. The motive of these activities is to bring young minds together to explore and comprehend the subjects in a better way.

To create awareness in children, to conserve the earth's resources and promote their responsible use, various activities for Class 8 based on the theme 'Reduce, Reuse and Recycle' were held in the months of April, May, July and August. Old ceramic plates were used to make wall decor. The bright colours and splendid designs were really praiseworthy. This activity held in April won hearts of many. In May, students depicted the biographies of different poets like Kabirdas, Tulsidas, Rahim and Raskhan on beautiful butterflies made of old cardboard which was a treat to the eyes and a beautiful way of learning about our Indian poets. In the month of July, Maths activity was held. The mathematical shapes made of waste material were used to make models and the varied forms gave children a safe and uncomplicated creative outlet to express their feelings. In the Science activity held in August, the children learnt about storage of rainwater for reuse, which is indeed the need of the hour, by making working models on 'rainwater harvesting'.



EVENTS

Each class was divided into different groups and enthusiastically each child participated in the activities held. Later on, selected groups from each class competed with the other sections. The judges were spellbound and found it difficult to select the best.

The students of Classes 9 to 12 were asked to make working or non-working models on the topic "CONSERVATION OF NATURAL RESOURCES" on 3rd August, 2019. Each class was divided into four groups which creatively displayed their models on the topic. The various classes made beautiful models depicting conservation of water, use of wind mill, use of solar energy, use of hydraulic machines and conservation of forest and wild life. These models also depicted the future smart villages, use of natural air conditioners as roof tops of buses, conservation of bio-fuel and use of Dams. Accordingly they were judged and the best from each class was awarded.

Runjhun Upadhyay
Chief Editor





Dance Competition Held At NCZCC

The dawn of 29th April, 2019 began with enthusiasm and excitement as the young talents of St. Mary's Convent Inter College performed at NCZCC (North Central Zone Cultural Centre), Prayagraj.

The competition was organised on the occasion of International Dance Day with the aim to encourage participation and education in dance through events and festivals held on the date all over the world.

There were four categories for students: Classical dance, Folk dance, Contemporary dance, Bollywood dance.

The SMCites took part in classical and folk dance categories.

The competition took place amongst over 65 schools of Prayagraj. The various schools of Prayagraj who participated were - MPVM, BBS, Modern Public School, Kendriya Vidyalaya, Kendriya Academy, St Mary's Convent, Jagat Taran Girls Inter College, Kidwai Memorial, Bethany Convent, etc.

With the combined wit and efforts the group of classical dance bagged 1st position and brought laurels to the school. It was a group of four students: Avni Bhargava(7-A),

Shambhavee Rituraj(7-E), Himangi Sanguri(8-B) and Kavya Dwivedi (9-C).

The schools who won the first, second, third and consolation prizes had to perform the next day on 30th April, 2019.

The students were felicitated with a certificate, a trophy and a cash price of Rs 15,000 on 30th April, 2019.

The students were guided by Mrs. Amrita Mukherjee. It was a very good experience for the students to unravel their strengths, discover their potentials and channelise their talents.

The SMC family expresses heartfelt gratitude to their Principal Sr. Jyoti for providing an opportunity to the participants to explore and excel beyond the boundaries of the school.

Avni Bhargava

Class 7-A

A Bond Between Parents and Teachers

It is said that 'Efforts Spell Success.' St. Mary's Convent Inter College made a monumental effort towards the betterment of our students by organizing an Orientation Programme for the parents of our children. One by one, class by class, the parents of the children from the primary level to the senior most class were invited.



The purpose of the Orientation was to create a bond between the parents, teachers, students and the Management. SMC believes in an environment in which Parents and Teachers share the responsibility of nurturing the child. The orientation was based on the belief that



'Each child has the potential for greatness.'

After a warm welcome accorded to the parents various topics related to the well being of the children were discussed. The areas which were highlighted comprised of - How to inculcate values in children, Parent-Child relationship, Coaching classes and its effects on students, Importance of self study, Effects of social media, Irregularity and late coming, Importance of P.T.A. Meetings etc. The topics discussed were augmented by videos and slides to create awareness among parents. It was stressed upon that the parents need to spend quality time with the children and be a participant in their holistic development.

The foundation of a good Parent-Teacher relationship was laid and it proved that a frequent and open communication, mutual respect and a clean understanding of what is best for each child are the priorities which bring positive changes.

Thus a massive endeavour of involving parents of all the students proved successful, benefitted everyone involved in the process. The work ethics of SMC was praised and appreciated. It proved that parents and teachers 'know the way, Show the way and Go the way' so that the students can realize their complete potential

Mrs. Namita Verma
Teacher





Solemn Investiture Ceremony 2019

Be an Agent of Change

EVENTS

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

Leadership is the capacity to translate vision into reality. SMC witnessed the solemn Investiture Ceremony on 11th May, 2019. On this occasion, the students of Class 12 presented a meaningful assembly with grace and dignity on the topic "Leaders-Create a Vision". The Ceremony commenced with the lighting of the ceremonial lamp by the Manager Sr. Rajini, the Principal Sr. Jyoti, teacher representative Mrs. A. Haroon, Head Girl Samra Usmani and her mother Mrs. A. Usmani. The students then presented a mime creatively bringing out the qualities of a true leader. A beautiful dance followed on the song 'Lord of the Dance' which was performed by the students with full zeal and zest. A melodious prayer song 'Even when the Fight Calls' was sung by the choir which resonated in the whole hall.

The newly elected Council Members then marched into the auditorium with lighted earthen lamps symbolizing sacredness. The Investiture Ceremony started when the Principal, Sr. Jyoti affirmed the Council Members to fulfill their duties. The students were invested with badges and sashes by the Principal Sr. Jyoti and teacher

animators. It signified reliance and confidence that the school consigns in the newly elected office bearers. Thus, the Council Members took oath to fulfill their responsibilities to the best of their abilities.

The Head Girl Samra Usmani in her maiden speech said that she firmly believes that nothing good comes easy and the things that do come easily lose their worth and slip through even faster because at the end of the day, it takes consistent droplets to keep a river running and consistent steps to reach the finishing line. The father of Head Girl, Mr. Z. Usmani in his message to the school expressed his gratitude towards the institution for nurturing all the young minds and grooming them to become the future pillars of the country. The Manager Sr. Rajini in her prayer entrusted the SMC family to God's care. The Principal Sr. Jyoti in her address to the school said that all that we do and speak depends upon the choices we make. Thus, we should choose to be righteous, be close to God and our parents, upright, honest and hard working even though it's tough. The ceremony concluded with the singing of the School Anthem. The student council and their parents were served refreshments after the ceremony. The Student Council for the year 2019-20 are as follows: Head





Girl- Samra Usmani, Vice Head Girl- Garima Joshi, USM President- Abrishan Khan, USM Vice President- Taashi Singh, Games Captain- Simi Mahboob, Games Vice Captain- Alisha Usmani, English Editor- Runjhun Upadhyay, English Sub-Editor- Mariam Tuba, Hindi Editor- Kriti Agrawal, Hindi Sub-Editor- Vanchha Arora, Yellow House Captain- Shiza Parwez, Yellow House Vice

Captain- Katyayni Dhiren, Green House Captain- Warisha Aynan, Green House Vice Captain- Devanshi Pathak, Red House Captain- Ishita Sen, Red House Vice Captain- Kinza Ahmad, Blue House Captain- Glory Thomas and Blue House Vice Captain- Khushi Sharma.

Runjhun Upadhyay
Chief Editor

EVENTS





Head Girl's Maiden Speech

A very pleasant morning to our Respected Manager Sr. Rajni ,Principal Sr. Jyoti , Vice Principal Sr. Martha , Sr. Gretti , sisters , teacher, my fellow schoolmates and a hearty welcome to all our dear parents.

It is an honour for me to stand here and deliver my message as the Head girl of our school and it is with immense gratitude, I thank all of you for putting your trust in me. I promise to do justice to this post and deliver my responsibility to the best of my capability.

**FROM THE DARKEST CLOUDS,
WE GET PRECIOUS WATER,
FROM THE DEEPEST MINES,
WE GET VALUABLE JEWELS,
AND ONLY FROM OUR HARDEST TRIALS
WILL WE EVER RECEIVE THE MOST
WORTHWHILE SUCCESS.**

I firmly believe that nothing good comes easy and the things that do come easily lose their worth and slip through even faster because at the end of the day it takes consistent droplets to keep a river running and consistent steps to reach the finishing line.

While I always wanted to have an opportunity to prove and test my caliber, I still stand by my meaning of leadership. To me leadership is neither about leading from the front nor standing as your only support and backbone. It is more about walking and working through everything with the team, as a team and being each others support at all times. It is about finding the middle grounds together in times of decision making in a way that none of our views or opportunities are sidetracked or not looked into. Leadership is companionship and comradeship.

This institution has given us everything, it has given us a personality, a voice, a belief and a future to idolize and strive for. Now it is our turn to give back even in the smallest ways possible and we can do it by trying to be the

best versions of ourselves.

This year let us try to know ourselves better. Let us try to discover, understand and polish our talents, find new ones and work on them be it academics, artistry, sculpturing, music or athletics ; so that we can reach a point where however deep the waters are we know how to swim back to the surface and not crack under pressure or under perform. Let's strive to be the best at what we can be and make our families and institution proud.

One of the greatest lessons my father teaches me every day is that there is no such concept as- TODAY TIME IS ON MY SIDE, TOMORROW IT WILL BE ON THE SIDE OF SOMEBODY ELSE. TIME IS CONSTANT, IT WILL RUN WITH YOU FOR AS LONG AS YOU LEARN TO WORK HARD TO RUN WITH IT. IT DOESN'T TAKE SIDES, IT IS US WHO DRIFT AWAY FROM OUR GOALS AND LOSE ITS SIDE.

To me my mother is the living example of the fact that CHIVALRY never gets unnoticed. She reminds me everyday to be PATIENT, CHIVALROUS and GRATEFUL for all that we have. She says that - JUST AS THE LOWEST BRANCHES OF A TREE HOLD THE MOST FRUITS, LEARN TO BE PROUD BUT NEVER DISRESPECTFUL. My sisters have helped me learn to observe, watch and try to understand everybody from their perspective.

In the end I'd like to say, I'm nowhere near perfection, I have flaws I still have to learn like everyone else. So let us promise ourselves to grow into a better version of ourselves every day, every moment, together, step by step, day by day.



Samra Usmani
Head Girl



Our Torch Bearers

Head Girl



Samra Usmani

Vice Head Girl



Garima Joshi

Green House
Captain



Warisha Aynan

Green House
Vice Captain



Devanshi Pathak

Yellow House
Captain



Shiza Parwez

Yellow House
Vice Captain



Katyayni Dhiren

Blue House
Captain



Glory Thomas

Blue House
Vice Captain



Khushi Sharma

Red House
Captain



Ishita Sen

Red House
Vice Captain



Kinza Ahmad



एसओएमओसीओ की उप-प्रधानाचार्या आदरणीया सिस्टर मारथा का विदाई समारोह

सेंट मेरीज कॉन्वेंट इन्टर कॉलेज में दिनांक 11 मई, 2019 को आदरणीया उप-प्रधानाचार्या सिस्टर मारथा का विदाई समारोह कक्षा-बारह 'अ' की छात्राओं द्वारा आयोजित किया गया।

कार्यक्रम का प्रारम्भ आदरणीया सिस्टर मारथा की जिन्दगी पर प्रकाश डालते हुए हुआ। उनकी निष्ठा और विद्यालय के प्रति निःस्वार्थ समर्पण के लिए उनका धन्यवाद किया गया। प्रार्थना द्वारा ईश्वर से उनकी लम्बी आयु, अच्छे स्वास्थ्य और सुखद जीवन की कामना की गई।

तत्पश्चात एक मनमोहक कविता द्वारा उनके व्यक्तित्व का बहुत खूबसूरती से वर्णन किया गया। 'आई विल ऑलवेज़ रिमैम्बर यू' गीत गाकर छात्राओं ने उनके प्रति अपना आभार प्रकट किया। पुष्प गुच्छ और कार्ड से सिस्टर मारथा को सम्मानित किया गया।

आदरणीया मैनेजर सिस्टर रजनी द्वारा सिस्टर मारथा को उनकी निःस्वार्थ सेवा भाव से कार्य करने के लिए धन्यवाद दिया और उन्हें शुभकामनाएँ दीं।

सिस्टर मारथा ने छात्राओं को सम्बोधित करते हुए कहा कि हमें ईश्वर के साथ अपना सीधा सम्बन्ध स्थापित करना चाहिए जिससे हम अपने जीवन में सभी परिस्थितियों का सामना करने में समर्थ हो सकें।

कार्यक्रम का समापन राष्ट्रगान से हुआ।

— कृति अग्रवाल
(संपादिका)



हमारी प्रिय सिस्टर मारथा
जिनके हर कार्य में ममता झलकती है,
जो सेवा-भाव और त्याग की प्रतिमा हैं,
जो सबकी अपेक्षाओं पर खरी उतरती हैं,
वह हैं, हमारी प्रिय 'सिस्टर मारथा'।

जिन्होंने हमें अध्यापिका के रूप में नहीं,
बल्कि माँ स्वरूप प्यार दिया,
हमारी नादानियों को माफ किया,
हमारी हर गलती को समझा,
और नम्रता से समझाया,
एक दीपक की तरह हर बच्चे की जिंदगी में उजाला लाई,
वह हैं हमारी प्रिय सिस्टर मारथा।

जिन्होंने हमें बारीकियों पर ध्यान देना सिखाया,
हर दिन खुद के साथ कुछ वक्त बिताने का महत्व समझाया,
हर परिस्थिति में धैर्य और संयम से निर्णय लेना सिखाया,
ईश्वर की कृतियों का सम्मान करना बताया,
वह हैं हमारी प्रिय सिस्टर मारथा।

जिन्होंने हमें हर हार को चुनौती के रूप में लेना सिखाया,
खूब मेहनत और लगन से अपने हर सपने को
साकार करने का रास्ता दिखाया,
ईश्वर में आस्था और मन में विश्वास के साथ आगे बढ़ना
सिखाया,
जिन्होंने हमें हर गुज़रते हुए पल का महत्व समझाया,
वह हैं हमारी प्रिय सिस्टर मारथा।

आपकी सीख हमेशा हमारे साथ रहेगी,
और आप हमेशा हमारे दिलों में राज करेंगी,
जहाँ भी आप जाएं, खूब खुशियाँ पाएँ,
आप की हर इच्छा पूरी हो जाए,
आपके लिए, ईश्वर से हम सब की यही प्रार्थना है।

—कृति अग्रवाल
संपादिका



Learning with Joy Summer Camp 2019

EVENTS

The Summer Camp of the year 2019 began on 14th May. It served as a great platform for each participant to enhance their talents and use it in the best way. Games like basketball, badminton, throw ball, kho-kho and athletics instilled in the students, a feeling to achieve their desirable goals. The students of primary section attended the dance sessions with zeal. Many students were taught how to play various musical instruments with utter commitment. Students also showed their stamina and efforts on the school field with their commendable dedication.

The proved to be a great time of fun, laughter and games. The grand finale was held on 30th May, 2019 on an enthusiastic note. Certificates for various events were given by the Manager Sr. Rajini and Sr. Sarita.

Simi Mahboob
Games Captain



"Empowering Teachers is the Key To Enhancing Education"

One of the greatest assets in the society are teachers. They have the ability to inspire, empower and foster environment of self confidence among their students.



As a part of initiative to keep its teachers updated, St. Mary's Convent Inter College, Prayagraj organised the two-day Orientation Programme by Fr. Johny SSP (from St. Paul Multimedia Centre Mumbai) on 24th and 25th June, 2019.

In the words of A. P. J. Abdul Kalam, "Education suffers due to lack of quality teachers who can inspire. Good teachers empower their students and get them to think beyond themselves with the goal, that they will serve others in a positive manner in their own lives." The purpose of the Orientation was to train teachers in dealing better with the challenges faced by students and to make the teaching-learning process more effective.

In the first session, teachers were made to form groups and were given different real life classroom situations to discuss; after which some workable solutions were listed and presented by each group. During the session, many inspirational videos were also screened to highlight about the qualities to be an effective mentor.

The second session was highly informative and interactive. Emphasis was laid on motivating the students and ensuring that learning is taking place in a happy environment.

Finally, the two day Orientation Programme culminated with expressing gratitude to Fr. Johny SSP. The very ambiance reaffirmed the commitment of the teachers of providing quality education to their students and taking a St. Mary's Convent Inter College to the next level.

Mrs. Ruchira Sharma
Teacher

Enrollment of Junior Wing in NCC

National Cadet Corps (NCC) is a youth development programme in which youngsters are motivated to take part in the Armed Forces. The NCC entrance examination was conducted on 3rd July, 2019 under the able guidance of our teachers Mrs. S. Tiwari and Mrs. M. Sharma.

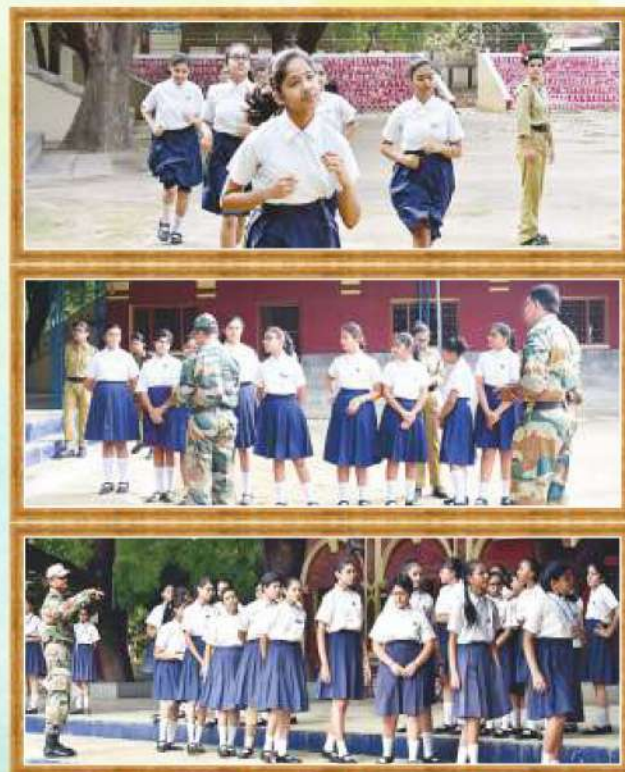
All the NCC aspirants had the opportunity to meet the incharge of NCC. The entrance process took place in three steps.

In the first round, the students had to run 800 meters, in which their speed and stamina were judged.

The students then had to appear for a written examination and an interview. The students' general knowledge and verbal abilities were judged through these rounds.

Finally, out of 90 students who appeared for the examination, 59 were enrolled in the Junior Wing of NCC.

-Riddhima Pathak
Class 12 C





Universal Solidarity Movement Day

"Only people with authentic spirituality, gained from personal God experience, can change the world."

Fr. Varghese Alengaden

STUDENT EVENTS

The USM Day was celebrated by St. Mary's Convent Inter College on 16th July, 2019. The movement successfully completed its 26 years of bringing a change in the society and contributing numerous change makers to the world.



The Universal Solidarity Movement was founded by Fr. Varghese Alengaden on 16th July, 1993 with the aim to promote brotherhood and discipline among the youth. The assembly commenced with the readings from the Holy Scriptures emphasizing on love and humanity. The USM Vice President, Tashi Singh, stated the importance of USM in our daily lives, followed by sharing of five paths for personal transformation which penetrated through our skins into our souls. The students prayed to the Almighty to grant them wisdom and strength to be the torchbearers of the world.

The USM animator Mr. Nitin Bhargava in his message said that girls can be the greatest source of change in the world if given a chance. As USM preaches that all religions should be treated with equal respect, the assembly was concluded by the song "Teri hai Zameen, Tera Aasmaan" promoting love and peace.

Our Principal, Respected Sister Jyoti was presented a sapling as a token of love and respect towards the environment. In her



message to the school, she said that self transformation is the first step towards changing the world.

Abrishan Khan
USM President

बालिका जागरूकता अभियान

22 जुलाई, 2019 को हमारे विद्यालय सेंट मेरीज कॉन्वेंट इन्टर कॉलेज में पुलिस के अधिकारी छात्राओं को माननीय मुख्यमंत्री योगी आदित्यनाथ द्वारा प्रचलित बालिका जागरूकता अभियान के बारे में बताने आए। उनमें से सब-इंस्पेक्टर श्रीमती मंजू सिंह, श्री संजय एवं श्रीमती संगीता कुशवाहा थे। श्रीमती मंजू सिंह ने कार्यक्रम का आरम्भ यह पूछते हुए किया कि हमारे लिए हिंसा का क्या अर्थ है। केवल छुआ-छूत, छेड़छाड़ और बलात्कार ही हिंसा की श्रेणी में नहीं आता परन्तु लड़के-लड़की में भेद-भाव, बाल श्रम, खाना न मिलना एवं शिक्षा न मिलना, बाल विवाह आदि सब हिंसा कहलाते हैं। इन सब के खिलाफ हमें खुद भी आवाज उठानी चाहिए और दूसरों की भी मदद करनी चाहिए।



इसके पश्चात् उन्होंने समस्याओं में फँसे व्यक्ति की मदद करने के लिए प्रेरित किया और हमें हिम्मत से काम लेने के लिए बोला। पहले चिल्लाकर "नहीं" बोलना, फिर भागकर किसी सुरक्षित स्थान पर जाना सर्वोत्तम फैसला होना चाहिए।

"हेल्पलाइन नम्बर्स" 100, 1098, 1090 और 181 के बारे में भी उन्होंने जानकारी दी और यह भी बताया कि समय एवं किस परिस्थिति में इनका उपयोग करना चाहिए। "साइबर क्राइम" में उलझे मित्रों की सहायता कैसे करनी है बताते हुए इससे बचने के लिए सोशल 'साइट्स' को कम व सावधानी से प्रयोग करने के लिए कहा।

अपनी सुरक्षा निश्चित करने के लिए श्रीमती मंजू सिंह जी ने छात्राओं को अलग-अलग "जोन्स" के बारे में जानकारी दी, घर के अन्दर हम 'वाइट जोन' में, घर के बाहर 'येलो जोन' में और हमें किसी को भी इस जोन में आने नहीं देना चाहिए। 'ऑरेंज जोन' में किसी भी व्यक्ति पर हमला करने के लिए तैयार होना चाहिए तथा 'रेड जोन' में हमें व्यक्ति पर हमला कर देने में संकोच नहीं करना चाहिए। उन्होंने 'सेल्फ डिफेन्स' के बारे में भी बताया। छात्राओं की सभी समस्याओं का समाधान बताते हुए हमें लड़की होने पर गर्व करने का संदेश दिया।

वांछा अरोड़ा
(उप-संपादिका)

POWERPOINT PRESENTATION COMPETITION

An inter school PowerPoint Presentation competition was organised on 2nd August, 2019 at St. Joseph's College, Prayagaraj. The event aimed at throwing light on matters of concern like climatic changes, child labour and domestic violence against children. Another aim was to expose the hidden talents of the students.

Students from nine schools of Prayagaraj took part in the competition. The junior team from St. Mary's Convent comprising three students, Tanisha Kesarwani, Manya Chaddha, Etishree Dubey, emphasized on the topic 'Climatic Change' through their presentation and stood second in the competition.

The senior team comprising three students, Disha Yadav, Riddhima Singh and Gayatre Puri, depicted the topic 'Domestic Violence against Children' through their presentation and bagged the winner's trophy.

It was a wonderful experience for the students and they learnt a lot through it.

Disha Yadav
Class 11-A

ASISC DECLAMATION COMPETITION

The ASISC Declamation Competition was held on 3rd August, 2019 at St Joseph's College, Prayagraj. The programme was held in two categories- one student from the Senior Category and one from the Junior Category. The participating schools were St. Mary's Convent Inter College, St. Joseph's College, Girls' High School and Saint John's Academy.



Himanshi Sanjay and Sanjeevani Srivastava got the opportunity to showcase their oratory skills



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on the stage. The programme commenced with a prayer service followed by a welcome speech and introduction of the esteemed Judges of the event.

From the Junior Category, Sanjeevani Srivastava declaimed a speech by Muniha Mazari, a Pakistan citizen, an epitome of courage and fortitude who attained great heights, although, on a wheelchair. Himanshi Sanjay declaimed a speech by Marc Mero, the boy who mistreated his mother and finally realised her importance and unconditional love when the mother left for her final abode to heaven.

Both the participants from St. Mary's Convent Inter College won the hearts of the Judges and the audience as well with their unparalleled speech delivery. They had minutely followed all the parameters for this contest and were awarded the first prize for their matchless efforts. The event ended with a vote of thanks and sumptuous snacks. It was a learning experience for all the participants and teachers as well.

Mrs. M. Mohla
Teacher



junior category, Navya Agarwal from St. Mary's Convent Inter College secured the first position and in the senior category, Divya Devesh from Girl's High School secured the first position.

Mrs. Kaveri Vij
Teacher

CISCE ZONAL LEVEL DRAWING AND PAINTING COMPETITION

CISCE Zonal Level Drawing and Painting Competition was held on 6th August, 2019 at St. Mary's Convent Inter College, Prayagaraj.



Eighteen students from both the categories (Junior and Senior) participated in the event. The participating schools were St. John's Academy, Jamuna Christian College, St. Mary's Convent Inter College and Girl's High School. It was an on the spot painting competition for zonal level selection.

Dr. Abhinav Gupta, Dr. Juhi Shukla and Mrs. Shivani Pasmarth judged the event. In the

SMC PARTICIPATES IN SAPLING DISTRIBUTION CAMPAIGN

On 9th August 2019, SMC participated in the sapling distribution campaign organised by the district authorities on the occasion of the anniversary of the Quit India Movement.

It was under the Initiative of our Honourable Chief Minister Yogi Adityanath that numerous schools and colleges of Prayagraj gathered at the parade ground in Sangam area to participate in the event.

Around one thousand students accompanied by teachers from our school participated in this event which set a



Guinness World Record of achieving the target of distribution of 22 crore saplings. It was indeed a proud moment for SMC to be a part of such an enterprising movement.

Mariam Tuba
Sub-Editor

Career Counselling By Mr. Vikas Narula

A career counselling session was held for the students of Class 12 on 20th August, 2019 by Mr. Vikas Narula, an alumnus of Delhi University. Sir has a rich experience of the prevailing education scenario and the needs and aspirations of students.

The session commenced with the Head Girl, Samra Usmani introducing Sir Vikas Narula. An informative presentation clearly brought out the things which one should check before opting for a course in a university. Students were made aware of the various unconventional career opportunities, earlier being known to just a few career options. Students cleared their queries and were given helpful advice by Sir Vikas Narula.

It was an interactive session and it helped the students to get a clear picture of what they would like to pursue as a career in the future. The session concluded with the vote of thanks.

Shuelee Mukherjee
Class 12-B

Fit India Movement

"Within a healthy body lies a healthy mind."

August 29 is celebrated as the National Sports Day of India to commemorate the birth anniversary of Hockey legend Major Dhyan Chand. This year on this occasion our honourable Prime Minister Mr. Narendra Modi officially launched 'The Fit India Movement' at the special programme held at the Indira Gandhi Stadium Complex in New Delhi with the aim to make 'A Fit India'. The nationwide campaign aims to encourage people to inculcate physical activities and sports in their everyday lives and make it an essential part of life.

A massive crowd gathered at the stadium to attend the launch of this movement and become a part of it. A large number of students, parents, older people, sports icons and celebrities were gathered there to make this campaign a success. A colourful and beautiful programme was presented highlighting the vastness of Indian culture and at the same time making people aware of the different ways through which they can stay fit and healthy.

Our honourable Prime Minister also addressed the gathering asking people to actively participate in this campaign and also stressing on the importance of staying fit in present time. He put forward many things about fitness and said that this campaign may be started by the Government but the government is only acting as a catalyst. It is the people who can make this



campaign a success. He further added that fitness is not simply a style statement. If a person's body is fit, then his mind is also fit, and all successful people focus on their fitness. Many nations have made strong efforts regarding this topic to make people in their country fit. He also talked about the increase in the number of diabetic patients and the people who suffer from cardiac disease. This problem is not only increasing among adults but also among young children. Fitness is essential in the times we live in as during early times people used to walk a lot, run and do various kinds of physical activities but as technology increased, physical activities have reduced and we became so dependent on it that we now use different apps to see how many steps we walked. Though we have a lot of facilities, many people still ignore fitness. We must change our mindset when it comes to fitness and should embrace it for healthy lifestyles. We should make fitness our mantra, to achieve the aim of a healthy lifestyle and come together and actively participate in this campaign to make 'A Fit and a Better India'.

Muskan Singh
Class 10 C

Brain Bee World Championship - 2019

"Ever tried. Ever failed. No matter. Try again. Fail again. Fail better." - Samuel Beckett

The 'Brain Bee' is a Quiz competition on Human Brain and its peripherals. It is divided into five domains- Neuro-anatomy Practical, Doctor-Patient Simulation, Histology, Live question and answers and Written Round. The contest is conducted at three levels - State, National and International, to foster the development of young minds.

Pratima Singh of Class 12 - C and Aditi Bharadwaj of Class 12 - A represented St. Mary's Convent Inter College in the state level which was held at CBCS, Prayagraj. Both of them qualified the Written Round and Pratima Singh went on to bag the Winner's Trophy for the Year 2019.

The Nationals of the 12th INBB took place in Chennai, from 24th-26th May 2019. Pratima Singh represented the state of Uttar Pradesh among the Winners of 24 other states from all over India. Pratima missed the 1st place by a difference of 2.2 marks and was ranked 7th All Over India.

It was a learning experience and we express our heartfelt gratitude to the Principal, respected Sr. Jyoti for giving us the opportunity to explore beyond the realms of academics.

Pratima Singh
Class 12 C

Service to Humanity is Service to God

The CJ Sisters of Allahabad Province rendered help to the flood victims and visited the shelter homes at Umrao Singh Girls School and Mahboob Ali High School. They distributed food packets to about 300 people.



Art Exhibition

'Art is like a border of flowers along the course of civilization.'

-Lincoln Steffens

A painting exhibition was organised by the Art students of Class 12 under the guidance of their art teacher Ms. Kaveri Vij on 30th August, 2019, in the Art room.

The Exhibition was inaugurated by the school manger Sr. Rajini, the Principal Sr. Jyoti and the Head Mistress Sr. Gretti. Thirty-two budding artists of SMC from Classes 8 to 12 displayed their talent in various categories. Different art mediums were used by the students such as pencil sketching, water colour, dry pastel, oil pastel, oil paint, acrylic paints, charcoal and many more. Fifty eight exquisite paintings were displayed by the artist in varied styles like pop-art, abstract-painting, folk art, landscape, realistic and zentang as they adorned the art room giving it a vibrant look.

The matchless efforts of the participants and Kaveri Ma'am were appreciated by one and all. The encouraging comments of the visitors in the feedback diary elevated the spirit of organizers. Compliments by sisters and teachers motivated the students to work harder and organize more of such events. Overall the exhibition was a great success.



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Amna Qamar
Class 12 D





Games Captain's Message

When I first started writing this, I did what all kids do. I turned to my Saviour... 'Google' and after looking at speech after speech from various sports captains, I realised that the best thing I have going for me is my individuality and I couldn't let 'Google' take that away from me. In all seriousness, I am truly honoured to be writing this as this year's Games Captain.



I've really learnt a lot over the course of these twelve years and I've truly made so many unforgettable memories. I've been an athlete for as long as I can remember and sports has taught me more than books ever could. I learnt that in any game, it doesn't matter if you win or lose as long as you give it your best and enjoy yourself in the process. Sometimes, I do feel like I'm a failure, like there's no hope for me, but even so, I'm not going to give up because success can only be found at the end of a cycle of failure. A lot of us focus on our failures but the important thing to note is that we should remember the lesson, not the disappointment. The lesson is the only thing worth focusing on. Things might not always go the way you planned, but I know we can all agree that SMCites are resilient. We are all destined for greatness. Each and every one of us has the potential to change the world. By the time we reach Class 12, we all grow into powerful, intellectual individuals who make a massive footprint on this Earth.

Tables turn, bridges burn, we live and learn and often times it's the journey that teaches us a lot about our destination. So as we part ways, equipped with priceless knowledge, we embark on a life sure to be filled with

challenges and success. Street poet and philosopher 'Drake' once said, "Oh well, I guess you win some and lose some, long as the outcome is income, you know I want it all and then some."

While the idea of material success does influence our lives heavily, I ask that you follow your dreams and do what makes you happy. SMCites, strive to be the best version of yourself. Fly through the turbulence and live life because you are a warrior. Be phenomenal or be forgotten.

Simi Mahboob
Games Captain

Importance of Physical Education

"Physical Education makes every child stronger and every life longer."



Physical fitness is important for people of all ages. Physical fitness is especially important for young adolescents of ages 12-21. One way for young adolescents to obtain a vigorous activity is through school. Physical Education in school affects young adolescents mentally, physically and emotionally.

Physical Education is championed for its potential to promote health and encourage lifelong physical activity. Physical Education is praised for its contribution to improve psychological health, for helping to nurture social and moral development- as well as supporting cognitive and academic performance. The Association of Physical Education maintains that high quality it fosters the physical, moral, social, cultural, intellectual development of pupil.

Physical Education inculcates in children the



importance of maintaining a healthy body and teaches them the importance of regular fitness activity in daily routine, which in turn keeps them happy and energised. Physical Education helps one to gain knowledge about the overall aspects of Physical health. In today's world, several health problems like obesity, anaemia, bulimia, etc., are important amongst teenagers. Physical Education also teaches about the importance of person hygiene and importance of cleanliness.

Apart from health and knowledge, the benefit that students get from Physical Education is that they also learn how to unwind and relieve themselves of stress and anxiety. Sports and other physical fitness activities offered in the Physical Education classes are a welcome break for the students.

By making children participate in sports, especially team sports, Physical Education imbibes in them a sense of team spirit. Research has proved that children who actively participate in sports have high self confidence which is very important for the development of a person's character. Physical Education instils the desire to participate, enjoy with victory, take defeat positively, developing the overall personality of character.

Physical Education, sport and physical culture each offer a unique platform on which to explore a multitude of holistic learning opportunities. Therefore it won't be wrong to say that children, who learn the importance of health and hygiene in their early age, tend to grow up to be responsible and healthy adults who are well aware of the benefits of a healthy lifestyle. Therefore, children who are provided good Physical Education are more likely to become responsible adults.

Anurag Sharma
Teacher

CISCE Chess Competition

For the first time, CISCE conducted a special event of Chess. The zonal level of this event was held on 20th July, 2019 at St. Mary's Convent Inter College. The schools that participated in the event were - St. Joseph's College, Boys' High School, IPEM International School, St. John's Academy, St. John's Co-ed, Bishop Johnson School and St. Mary's Convent Inter College.

The competition was conducted in three categories - students under 14, under 17, and under 19. There was active participation by the students in all the three categories. After a tough selection process, 5 students in each category were selected to represent Allahabad zone at the state level at Mussoorie.

The state level competition started on 17th August, 2019 and lasted till 18th August, 2019. The event took place at St. George's College, Mussoorie. The participants were awarded the bronze medal for their excellent performance and Vaishnavi Nayak of the Senior category got selected for nationals. It was a wonderful experience and a befitting opportunity to represent our school at the state level.

Riddhima Pathak 12-C

Khushi Raj 12-C



SPORTS





Basketball Tournament

"The happiest people do not necessarily do the best; they just make the most of everything that comes in their way."

The basketball players of St. Mary's Convent Inter College were provided with a wonderful opportunity of participating in the CISCE State Level Basketball tournament.

Eighteen girls, divided equally into three categories of sub-junior, junior and senior, went for the basketball trials held at Girls High School on the 17th July, 2019. Mannya Tripathi, Shokhi Sharma, Manika Pathak, Saujanya Singh, Princy Raj, Simi Mahboob and Arya Gautam were selected for State Level.

After attending a 10-day camp at G.H.S, the girls left for Varanasi on the 31st July. The senior girls' team lost in the quarter finals against Lucknow, though the game could have gone either way. The juniors and sub-juniors put up a tough fight but lost in their second match against Kanpur North and Gorakhpur respectively.

I would like to thank our Principal, Respected Sr. Jyoti and the management for giving us the opportunity to participate in the event.

We would also like to express our heartfelt gratitude to our mentors Mrs. M. Sharma and Mr. A. Sharma for their constant support and guidance.

**-Simi Mahboob
Games Captain**

CISCE Kho-Kho Tournament

On the 8th of August, 2019, the girls of St. Mary's Convent Inter College, Prayagraj had a wonderful opportunity to participate in the selections for the CISCE Kho-Kho tournament, which was held at Devprayag School, Phaphamau.

Nine girls including Masooma Fatima, Mitali Vyas, Nitya Handa, Andila Siddiqui, Insha Imran Jafri, and Simi Mahboob from the senior team, Uditia Srivastava and Aishwarya Singh from the junior team and Mansi Lal from the sub-junior team were selected to represent Allahabad zone at the state level.

The Kho-Kho states were held at St. Conrad's Inter School, Agra. Though all teams put up a tough fight, the senior and the junior team lost in the quarterfinals against Kanpur South and Meerut respectively.

The sub-junior team managed to go through the semi-finals but lost to Kanpur North.

It was an honorable opportunity and all the teams had a great learning experience.

**Simi Mahboob
Games Captain**

CISCE

State level Tennis Tournament

The CISCE State Level Tennis tournament was held from 22nd to 23rd of July at St. Peter's School, Agra.

In this event, the sub-junior team, comprising of Awni Singh, Suhana, Ahana Massey and Anjali Raj, won the bronze medal. The other participants showed great sportsmanship but were unable to attain any position.

We would like to thank our mentors Mrs. M. Sharma and Mr. A. Sharma for their constant support and guidance.

**-Simi Mahboob
Games Captain**

Throwball Tournament

On the 24th of August, 2019, ten girls from the senior team and seven girls from the junior team went for the CISCE Throwball selections held at Devprayag school, Phaphamau. Both the teams played with tremendous zeal and enthusiasm and won all their matches. The entire junior team comprised of seven girls, including Riya Singh, Uditia Srivastava, Palak Mishra, Samriddhi Sinha, Shambhavi Mishra, Kriti Yadav and Shreya Tiwari, who were selected. Six girls from the senior team, namely Masooma Fatima, Simi Mahboob, Princy Raj, Andila Siddiqui, Abhilasha Gupta and Shruti Kranti, were selected for the State Level Throwball Tournament.

**Simi Mahboob
Games Captain**



In Loving Memory



Izma Fatima Alam
Class 8 E

*A beautiful bud who was
Nipped away untimely
From the garden of SMC.
We grieve your sad departure.*

*Grant her eternal rest, O Lord,
And may Your perpetual light
Shine on her.
May her soul rest in peace.*

SMC FAMILY



WE BELIEVE IN VALUE BASED EDUCATION





Living the Gospel of Christ

Diamond Jubilee of Sr. Elsie and Silver Jubilee of Sr. Gretti and Sr. Sarita

CELEBRATING A MILESTONE





श्रमिक दिवस

सेंट मेरीज़ कॉन्वेंट इंटर कॉलेज में दिनांक 01 मई 2019 को विश्व श्रमिक दिवस मनाने हेतु कक्षा 10 'अ' की छात्राओं द्वारा एक मनमोहक कार्यक्रम आयोजित किया गया। कार्यक्रम का प्रारम्भ हमारे भाई-बंधुओं के टीकाकरण से हुआ। सर्वप्रथम प्रार्थना-नृत्य द्वारा ईश्वर की स्तुति की गयी।

विद्यालय के कर्मठ सहयोगी आदरणीय 'बाबू भैया' और 'हीरा भैया' की रजत जयंती को धूमधाम से मनाया गया। छात्राओं ने 'एक कदम और' कविता द्वारा जीवन में प्रयास करते रहने और हार न मानने का महत्व बताया। एक लघु-नाटिका द्वारा सहायक भाई बंधुओं के कठोर परिश्रम को दर्शाया गया तथा जीवन में उनके श्रम की महत्ता बताई गयी। जीवन रूपी रंगमंच में परदे के पीछे से सहयोग करने वाले सहायकों के निःस्वार्थ सेवा भाव को एक नुक्कड़ नाटक द्वारा दर्शाते हुए स्वच्छता के महत्व को भी बताया गया।

तत्पश्चात् पवित्र ग्रंथों से पाठ पढ़े गए और प्रार्थना द्वारा सहकर्मियों की लंबी आयु की कामना की गयी। सहायकों की निष्ठा और लगन को एक आकर्षक चलचित्र के जरिए प्रदर्शित किया गया। छात्राओं द्वारा 'बंदे हैं हम उसके' जैसा अत्यंत मधुर गीत प्रस्तुत किया गया तथा उपहार देकर बंधुओं को सम्मानित किया गया। कार्यक्रम के अंत में रिकू दीदी ने अपने मधुर गीत से सबका मन मोह लिया।

आदरणीय खिम भैया ने अपने भावुक संदेश के साथ आभार प्रकट करते हुए सभी सिस्टर्स व शिक्षकगणों को धन्यवाद देते हुए बच्चों को प्रोत्साहित किया। आदरणीया नमिता वर्मा मैम एवं आदरणीया नमिता टण्डन मैम ने अपने संदेशों में सहायकों को धन्यवाद देते हुए उनके उज्ज्वल भविष्य की प्रार्थना की। आदरणीया उप-प्रधानाचार्या सिस्टर मारथा ने सभी कर्मचारी बंधुओं को श्रमिक दिवस की बधाई देते हुए उनकी लगन, निष्ठा एवं अनवरत निःस्वार्थ सेवा के लिए धन्यवाद ज्ञापित किया।

कार्यक्रम का समापन राष्ट्रगीत से हुआ।

— मीमांसा
12'द'





SMC Celebrates the Birthday of their Dear Principal Sr. Jyoti And Head Mistress Sr. Gretti

"God sent you in this world to spread happiness and cheer all around."

The SMC family lit up with joy and excitement for the birthday celebrations of their dear Principal, Respected Sr. Jyoti and Head Mistress, Respected Sr. Gretti on 1st July, 2019.

The programme commenced by invoking God's blessings on Sr. Jyoti and Sr. Gretti, asking Him to grant them a long and healthy life. The students then expressed their love, fondness and conveyed their best wishes through cards and bouquets. They thanked the two dear Sisters for being a pillar of support and for always guiding them to follow the path of honesty and good will.

A melodious song was sung by the choir wishing the two dear Sisters a very happy birthday. The students prayed to the Almighty thanking Him for the gift of Sr. Jyoti and Sr. Gretti to SMC. A scintillating dance performance was presented by the students and everybody tapped their feet to the beats of the delightful music. The broad smiles on the faces of all the students portrayed their love and respect for their Principal and Head Mistress.

The Manager Sr. Rajini in her message to the school appreciated the dedicated services of Sr. Jyoti and Sr. Gretti. She also said that birthdays give the beautiful message to the world that God still loves us.



In her address to the school, Sr. Jyoti expressed her gratitude to the school for their prayerful wishes. She said that God will hear all our prayers and everyday is a new gift from the Almighty. Sr. Gretti thanked the school for their good wishes on the occasion of her birthday and exhorted the students to be the finest human beings.

The programme concluded with the singing of the national anthem. A get together was hosted by the management for the staff.

Runjhun Upadhyay
Chief Editor



Happy Birthday



Sr. Sarita

*May God make each day
Of your life as beautiful and
As golden as you are.
May the Almighty fill your life
With happiness and good health.*

Happy Feast Day



Sr. Vinaya



Sr. Monica



Sr. Preeti



Sr. Vincy

SMC Celebrates 73rd Independence Day *With Great Fervour*



On the first Independence Day of India, Pandit Jawaharlal Nehru said, "The achievement we celebrate today is but a step, an opening of opportunity to the greater triumph that awaits us."

Keeping up with this patriotic fervour, on 15th August, 2019 along with the entire nation, SMC celebrated the 73rd Independence Day with great zeal and enthusiasm.

The programme commenced with the Head Girl, Samra Usmani inviting the Chief Guest Mr. Kranti Shukla, prominent social worker, to unfurl the flag. A feeling of patriotism filled the hearts of the SMC family as they saluted the national flag. The premises of the school echoed with the singing of the National Anthem. This was followed by a floral welcome to the Chief Guest.

A meaningful assembly was conducted by the students of Class 11-C. It sensitized the people about the real meaning of freedom and equality. It highlighted the fact that if one of us is not free, none of us are free. Therefore, the young generation was urged to take the responsibility to bring a change in the society and eradicate the gender, class, caste and religious distinctions which divide our Motherland.

The students of Classes 4, 5 and 6 presented an act through which they conveyed the dream of our freedom fighters to transform India into a country free from the shackles of corruption and cruelties. The students of St. Mary's Convent Junior College of Education harmoniously sang the patriotic song 'Hum Sab Bhartiya Hai' which aroused the feeling of love and respect for our country.

A cultural programme was staged in the Upper Concert Hall by the four Houses under the guidance of their House moderators and Captains.





The participants enthralled the audience with their exceptional performances. They paid homage to our beloved country by singing melodious patriotic songs.

The Chief Guest Mr. Kranti Shukla in his address to the gathering said that we can achieve true Independence if we follow the path of our freedom fighters so that India's flag reaches greater heights. The Chief Guest was presented a sapling as a token of love and appreciation.

The Principal, Sr. Jyoti appreciated the efforts of the students and teachers for putting up such a beautiful show which was prepared in a short time.

The SMC family also felicitated the meritorious students of ISC and ICSE Board Examinations. Students who scored ninety percent and above were awarded certificates and mementos for their outstanding performance in the academic year 2018-19.

The programme concluded with the vote of thanks proposed by the Vice Head Girl, Garima Joshi.

Runjhun Upadhyay (Chief Editor)

Mariam Tuba (Sub-Editor)



SMC Celebrates Feast Day With Gaiety

"True blessedness consists of a good and happy life."

The SMC family lit up with joy for the celebration of the feast day of their dear Manager, Respected Sister Rajini and Sister Rose on 24th August, 2019. A meaningful assembly was conducted by the students of Class 9 A thanking God for the gift of Sister Rajini and Sister Rose. Bouquets and cards were given as tokens of love and gratitude. The choir joyously sang the song Happy Feast Day wishing the two dear Sisters a long and healthy life so that they continue in their mission of nurturing students into beautiful human beings. The students prayed to the Almighty asking God to shower His choicest blessings upon the two dear Sisters. The students danced gracefully on the song 'Itni Si Khushi' radiating their affection for the Sisters.

Sister Rajini in her address to the school thanked the students for presenting such a wonderful programme, and filling her day with love, warmth and joy. The programme concluded with the singing of the national anthem. A get together was organized by the management for the staff.

Runjhun Upadhyay
Chief Editor





SMC Celebrates Teachers' Day and Pays Homage to Mother Teresa

*"The dawn of each poet, each philosopher and king,
Starts from a teacher, and the wisdom they bring."*

To pay homage to one of our greatest teacher and educator, Dr. Sarvapalli Radhakrishnan, Teachers' Day is celebrated each year in India on 5th September.

With great zeal and enthusiasm, the students of St. Mary's Convent Inter College celebrated Teachers' Day along with the Silver Jubilee of Ms. Reena Ghosh to honour her for her selfless service as a teacher of SMC.

The programme commenced with a heartfelt speech for the teachers who illuminate the prism of life of the students by revealing to them a rainbow of possibilities.

A prayer service was conducted requesting God to shower His choicest blessings upon all the teachers. Beautiful cards and gifts were given to teachers by the students as a token of love and appreciation.

To pay homage to Mother Teresa, 'The Saint of the Gutters', on her death anniversary, the students presented an inspiring skit and a dance highlighting her love and service to the poorest of the poor.

A student of Class 6 expressed her love and gratitude for Ms. Reena Ghosh thanking her for her selfless service to the institution for 25 years.

The students of Classes 11 and 12 presented a satire which was an amalgamation of the Mughal

Dynasty and the current era. A monologue in English and Hindi was narrated by the students to appreciate their great teachers who teach lessons of discipline, kindness and hardwork.

A lively dance performance 'Retro to Metro' was presented by the students of Class 12. The tiny angels of Ashadeep tapped their little feet to the tunes of Bollywood songs to entertain the teachers. A colourful dance performance was presented by the students of Classes 4 to 10. A captivating performance was staged by the Council Members of the school which enthralled the audience while the choir sang melodious songs.

Ms. Reena Ghosh in her address to the school said that she felt proud to serve as a teacher in her Alma Mater for 25 years. She expressed her gratitude towards her colleagues for their constant and loyal support. In her message, Ma'am said that great students make great teachers. She thanked the students for giving her respect and she would cherish the day forever.

On behalf of the teachers, Mrs. S. Afrin expressed her gratitude to the students for their efforts to make the day an enjoyable one. She said that a teacher may be in the form of a parent, sibling, friend or companion and not just confined to the four walls of a school.





In her address to the school, the Principal Sr. Jyoti thanked the students for organizing the function and making the day really special.

A prayer service was held in the school Chapel on the occasion of Teachers' Day and also to pray and thank the Almighty for the gift of Ms. Reena Ghosh as she celebrates her Silver Jubilee.

The programme concluded with the singing of the national anthem.

A get together was organized by the management for the staff.

Runjhun Upadhyay (Editor)
Mariam Tuba (Sub-Editor)





Ms. R. Ghosh's Message On the Occasion of her Silver Jubilee

"A journey of a thousand miles begins with a single step" and my journey began as I stepped into the portals of SMC.

A very good morning to our manager Respected Sr. Rajini , our Principal Sr. Jyoti , our headmistress Sr. Gretti , sisters, teachers and my loving students,

As I stand here before you all , whom I call my family , I am transported 25 years back when I walked into the gates of my Alma Mater , SMC for the very first time as a teacher and of course I am a proud SMCite too. Little did I know that I will soon be accepted as a part of this prestigious institution.

My journey of 25 years at St. Mary's Convent has been an enriching one. First of all, I seek the blessings of the Almighty who has given me immense strength to render 25 years of my service fruitfully. It is indeed a proud moment for me as I stand here on the podium as a teacher on my Silver Jubilee Day.

I would like to take this opportunity to express my gratitude to one and all for your loyal support and cooperation to serve this institution all these years. I would like to express my sincere gratitude to my former Principals Sr. Carola, Sr. Christina, Sr. Roshni , Sr. Mariette and at present Sr. Jyoti and a special thanks to our Manager Sr. Rajni .

It has been a truly rewarding experience working under the able leadership and guidance of you all. I would also like to thank all my dear colleagues and co-workers for your unfailing love, support and consideration without which I wouldn't have been able to function the way I did in all these 25 years. Love you all.

"Great students make great teachers." I have been blessed to have taught amazing students who have made my life worthwhile as I have been known as 'their' teacher. You all have given me great respect, followed me and listened to me always and given me valuable learning each day.

Thank you from the bottom of my soul for making me what I am today. Lots of blessings and love to you all. Today I thank and congratulate each one of you for the wonderful programme presented by you all. This day will always remain a valuable one for me. I shall cherish it always.

Last but not the least, a valuable piece of advice to the young and enthusiastic SMCites present here, feel very proud of the fact that you are and will always be known as an SMCite and it in itself is a very big achievement. Carry the legacy of great values, principles and firm



convictions wherever you go. I conclude
with a small poem-

For all those times you stood by me.

For all the truth you made me see.

For all the joys you brought to my life.

For all the wrongs that you made right.

For every dream you made come true.

I will be forever thankful to you.

God bless us all.

Ms. Reena Ghosh
Teacher





A Day Out for Our Supportive Staff

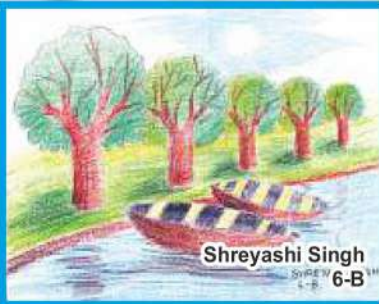
The supportive staff of St. Mary's Convent Inter College were taken for a day out to Lucknow on 26th September, 2019. It was a day of fun and laughter for all those who serve our school selflessly.

Throughout the year, our supportive staff work hard to keep the school and its surrounding clean. They visited Bhool Bhulaiya, Ambedkar Memorial Park and Ganeshwar Mishra Park. It was indeed an enjoyable and relaxing day.

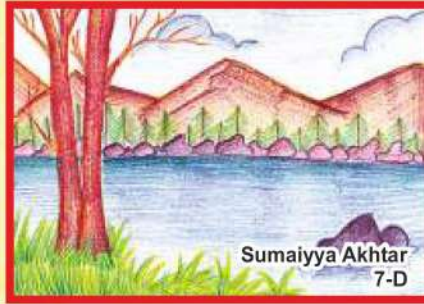




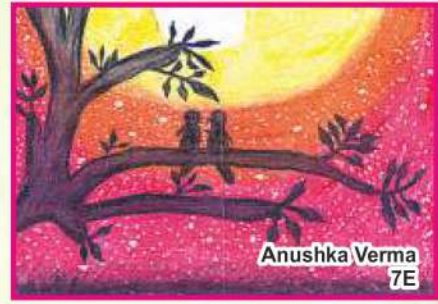
In A Riot of Colours



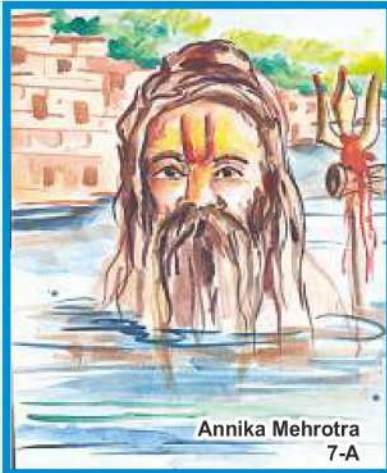
Shreyashi Singh
6-B



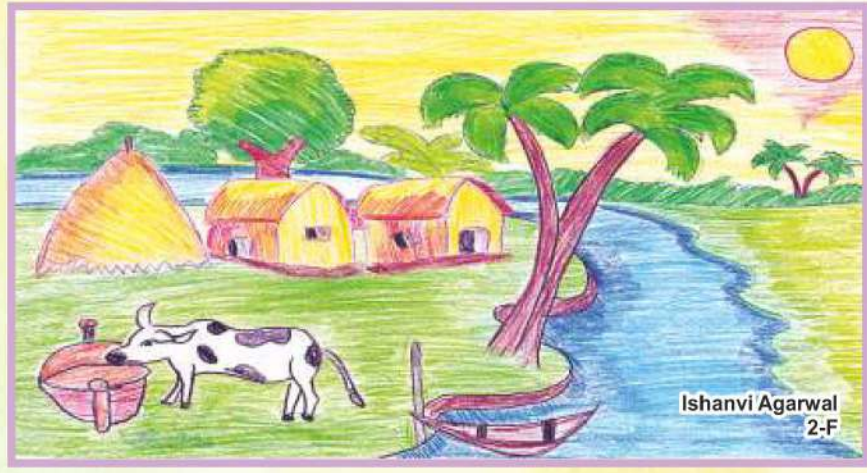
Sumaiyya Akhtar
7-D



Anushka Verma
7E



Annika Mehrotra
7-A



Ishanvi Agarwal
2-F



Navya Agarwal
9-E



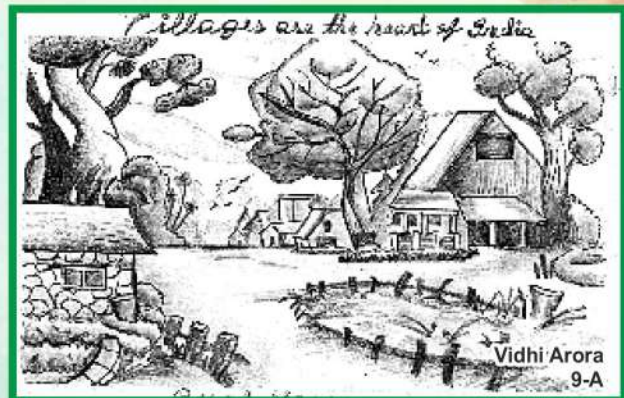
Navya Kesarwani
12-D



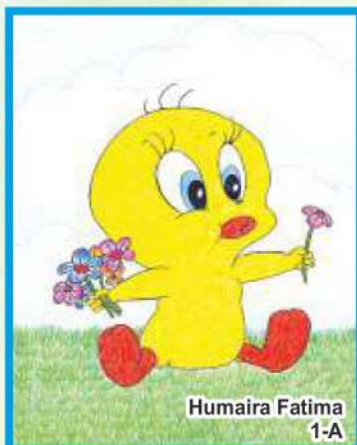
Hafsha Khan
11-D



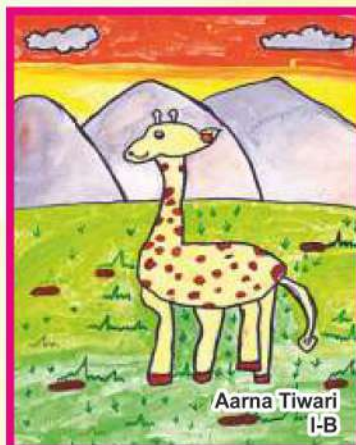
Protishtha Barua
8-C



Vidhi Arora
9-A



Humaira Fatima
1-A



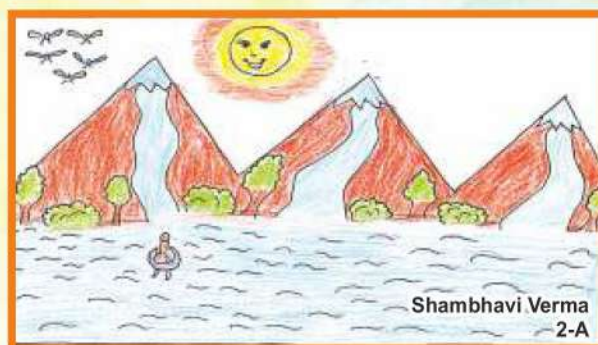
Aarna Tiwari
1-B



Pragati Soni
2-A



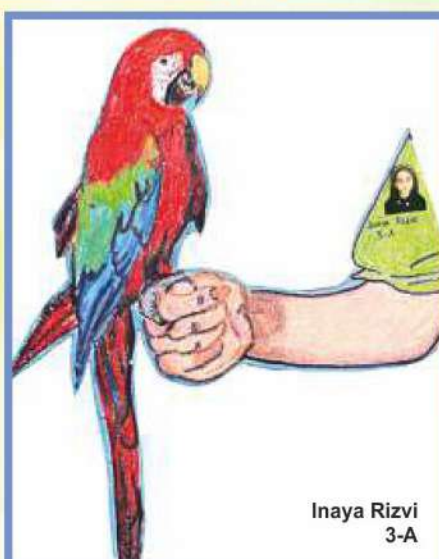
Riana Soni
2-B



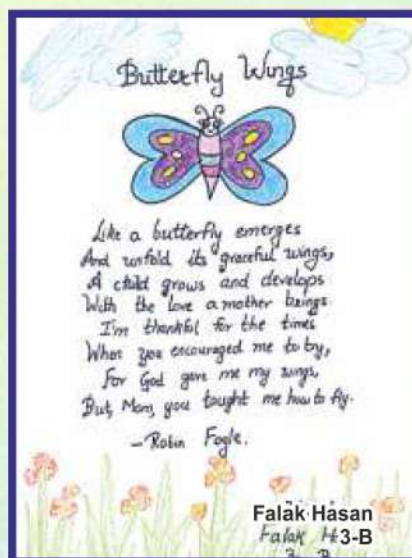
Shambhavi Verma
2-A



Sanskriti Agrawal
2-E



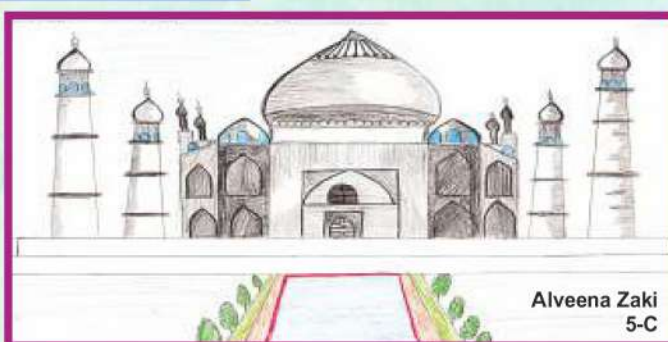
Inaya Rizvi
3-A



Falāk Hasan
Falāk H 3-B



Aanvika Tiwari
3-D



Alveena Zaki
5-C



Angels of God on Earth

Who cares for us and guides us,
You can feel their love and gentleness,
As they walk through life beside us.
They do great things for us every day,
They whisper in our ears,
They even hold us in our hearts,
When we are filled with all of our fears.
They are always there to give us a hug,
And try to make us smile,
They treat us like their child,
God blessed me with an angel,
I am proud to call her my own.
She's been with me throughout my life,
Been with me as I have grown.
She guides me the best she can,
She teaches me like no other,
And I am thankful I am the lucky one,
I call hermy mother.



Shambhavi Singh
Class 8 E

Environment

The environment is to enjoy.
For every little girl and boy.
But we must always be aware,
That all its beauty we must share.
With every little child yet to come,
Who wants to laugh play and learn,
Around the trees and in the field,
So we must keep our planet free,
From messy trash and debris,
With air that's fresh and clean all day.
For all to breathe year to year,
We must abuse it never.

Shambhavi Tripathi
Class 2 A

Beauty Lies Within

What makes a woman beautiful? Is it her eyes, her smile, her hair, her body? Yes, all these factors contribute to beauty. But beauty in its purest form is found in the heart, mind and soul. When a person has true inner beauty, it shines through her actions, words and characters. A beautiful person is someone who is aware of others and is virtuous in his/her dealings with each other.

Outer beauty attracts but inner beauty captivates. An individual's awareness of values and qualities are what determine genuine inner beauty. Real beauty is something that has to be nurtured and comes from within, remember :-

*"Beauty is not in the face,
it is in the heart "*

Sneha Chaudhary
Class 7-E

Dreams

"It is the possibility of having a dream come true that makes life interesting."

Dreams are beautiful. They make human life so interesting. It is the desire and sense of achieving something that we truly want and belief in that makes life exciting.

Dreams are not what you see in your sleep, dreams are the things which do not let you sleep. Dreams are the ambitions that you have for your life. A dream doesn't become a reality through magic; it takes sweat, determination and hard work. Walking in a crowded plaza is easy but walking through a lonely forest path takes courage. Good journeys are made to destinations but great ones are made for a purpose. So if life is a journey then chasing our dreams is its purpose. Dreams are essential for a meaningful life. Everything starts with a dream. Always remember-

"You are not a drop in the ocean but the whole ocean is a single drop."

Deepti Rai
Class 9-B



Change

Worry not of obstacles ,
Hit it's head and break it through.
With a positivity of mind; a confidence in
heart,
Work forth to shoot your dart.

Even challenge cannot be spelt without
change,
Nothing could change, if you yourself
don't change.
See everyone, with love and care,
Having a rude nature will make you
negative so be aware.

Our world is full of ups and downs;
So smile more and frown less.
Embrace yourself at every step you see,
BE THE CHANGE YOU WANT TO BE!

Prakriti Raj
Class 9 C

Make It Green

Lives are crying because it's not clean,
Earth is dying because it's not green.
Earth is our dear mother, don't pollute it,
She gives us food and shelter, just salute it.
With global warming, it's in danger,
Let's save it by becoming a strong ranger.
With dying trees and animals, it's in sorrow,
Make it green today and green tomorrow.
With melting snow, one day the land will sink,
How can we save it, just think.
Trees are precious, preserve them,
Water is a treasure, conserve it
Grow more trees, make Mother Earth green,
Reduce pollution and make her a Queen.

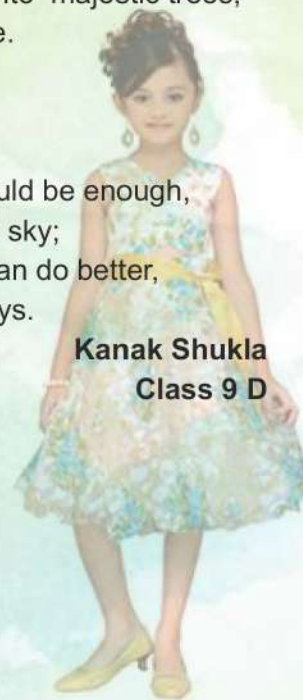
Samriddhi Srivastava
Class 7 C



Girls Can Do Better

Girls not only dream,
They make it a reality.
They bring a change,
And change people's mentality.
They cry,
But it doesn't mean they are weak.
They try,
Until their goal is achieved.
They are beautiful,
Not only in their looks,
They also have a considerate heart,
With which they win people's heart.
They are authors,
Who write their own destiny.
They are Warriors,
Who leave behind a legacy.
Oh man! Don't kill them,
They need your love.
Plants their seeds of foundation,
So that, they can grow into majestic trees,
The way for a future free.
Don't cut their wings,
Let them fly.
So that one day,
Only their first name would be enough,
To make them touch the sky;
And to prove that girls can do better,
Much better than the boys.

Kanak Shukla
Class 9 D



Daughter

I am strength.
I am compassion.
I am love.
I am existence.
I am the seed of life.
I am a DAUGHTER.

Shanaya Angle Dass
Class 1 A



Dear Cancer!

A propaganda, an agenda
 It seems that you control my life right now,
 but you really don't
 It seems you limit me from the outer world
 But you can't cripple the love.
 You neither shatter my hope nor corrode my faith
 You can neither destroy my peace nor kill my friendships.
 I wish I could try, try not to cry
 The affliction of chemo and the pain of every syringe won't kill me inside.
 The fear of your name no longer haunts my soul
 Because I know my soul belongs to me and not to you
 Not all wars are fought with guns on the borders, some take place in the hospitals and some I fight in my brain.
 I'll stand in this storm, when the wind doesn't blow my way, I'll definitely adjust my sails.
 My world has changed, my world has become a series of treatment rooms and anti nausea drugs.
 Thou it's hard to stop thinking about you when you already occupy my body .
 But I'm happy you were unable to conquer my soul
 Those who surround me will fight with me
 Help me find the real strength and I will endure till the last
 You see cancer you do not own me,
 I own myself and I would definitely survive.
 Thank you cancer for turning me into a hero a better warrior.

Abrishan Khan
 Class 12 A

Life is a Journey

Life is a journey stretching for miles
 Always travel on its path with smiles
 The time you have is too little
 Life can sometimes be too brittle !

The difficulty is that you have to do both
 Visualize aim and bring it forth
 In the little you have a lot to do
 For the good of others and for you !

Always be good while moving along your way
 "I must be rewarded for goodness ". You mustn't say
 Being good is in itself a reward
 Which will bring happiness
 As it's an award !

So move ahead successfully
 Bring love to all affectionately
 Don't spend your time wastefully
 Live your life fruitfully.

Ashwika Ratnani
 Class 6 B

It's Long

Dear Mom , it's long since you scolded me,
 Dear Mom , I'll miss you when I have my meal.
 Dear Mom , it's been really long since your arms held me,
 You have always wanted me to be free.
 It's been long since you met me,
 but I observe your presence by me.
 Your place nobody can ever fill,
 I don't have words , but I'm finding them still.
 You made me happy without any reason,
 And made me smile in all the five seasons.
 My work is done, so I want to come to you,
 And want to say more , but the words are few.
 Your presence was an unsolved mystery,
 And created for me , an unforgettable history.
 My thoughts for you are fixed,
 And my emotions - mixed.
 The first song I heard was from your mouth,
 Today I'm standing on the same route,
 Remembering my childhood and,
 Giving a tribute to your motherhood.

Samriddhi Tripathi
 Class 8 C



Moments of Life

Can I take a moment of your life,
And drive you in your past life?
When dad was our only hero,
When love was our mother's love,
When things that were broken were our toys,
And things that would hurt were our wounded knees,
When our biggest enemies were our siblings,
When saying goodbye was only till tomorrow,
And studying for exams was not our heal and sorrow,
These were the moments of life,
Which makes us feel happy far and wide,
Far and wide.

Saumya Rathour
Class 8 A

Daddy

Daddy, I love you
For all that you do.
I want to kiss and adore you
Because I know, you love me too.
You protect me and guide me.
There are several reasons
For which I need you.
So smile, because I love you too.

Shenel James
Class 6 E



Let One Fly

Let one fly, capture them not;
Let one's abilities touch the sky without a doubt.
Let one's beautiful smile cherish,
And their courage to face the world imperish.
Render oneself to God's creation candid;
And let the blissful soul remain splendid.
Abide to what they decide,
So the pure souls may not suicide.

Anushka Singh
Class 9 D

Until we meet again

Strangers once we were,
And it all started with a Hi,
And now the faithful time is here, for all of us to
say goodbye.
We were all strangers at the start of the journey,
Now we've come a long way,
But the moment seems to lose its beauty, as it can
no longer stay.
As I step in SMC
With a curve on my face and eyes all wet,
I look around at every random thing,
And thousands of memories I recollect.
I remember the fights and
Love we shared throughout the years,
Lost in thoughts somehow
I think, I'm smiling through my tears.
Those memories made with friends will always
bring a smile,
If only I could have them to stay for a little while,
Then we'd sit and talk as we used to do,
They always meant a lot to me and always will
too.
The fact that we can no longer be together,
Will always cause me pain,
But SMCites will forever be in my heart, until we
meet again.
Irrespective of where destiny takes us,
Ours is a bond, that time cannot part,
Though it'll take you all away from sight, But You'll
forever be held in my heart.

Although it brings me comfort to walk down the
memory lane,
But it reminds me how without SMC, my life will
never be the same again.
This is when I realise, time flies so fast!
If only I was granted a wish, I'd make this dream
last.
SMC is imprinted in my heart where it'll forever
remain, to love and guide me through my life, till
we meet again.
Our years together are gone,
Our yesterdays are past,
But SMC is an unforgettable memory, and
memories do last!
Just know that the farewell means nothing at all,
We'll still be there to catch you every time you fall.
Goodbyes are not forever,
Goodbyes are not the end; they just mean we'll
miss you, till we meet again.
So take off now and spread your wings,
Soar to heights, learn new things,
Just remember one thing as you do
SMC is, and will forever be extremely proud of
you

Sheulee Mukherjee
Class 12 B



I Love to Be What I am

I Love to be what I am,
Like a jig-saw puzzle piece,
The world is incomplete without me.
I am unique with my way of living,
Because I am a girl with simple thinking,
I am able to lead my way to my aims,
I love to be what I am.
No one can change me or my thoughts.
Because I am a girl with my own quotes,
Like a star in a dark night,
Hoping and wishing for light,
I love everyone from my heart's core,

Like a girl sitting beside a sea shore,
I love to be what I am.

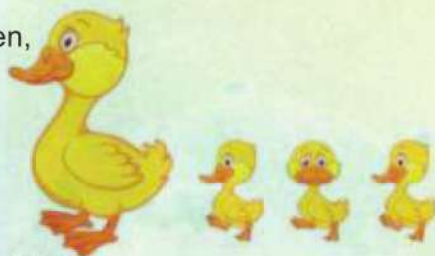
Aparna Singh
Class 9 E

I Know A Duck

I know a Duck,
A funny bird,
With her feet shaped like a fan,
She waddles here,
She waddles there,
And quakes as all ducks can.

I know a duck,
A funny bird,
She chases our brown hen,
She rushes here,
She rushes there,
And rushes back again.

I know a duck,
A funny bird,
Her eyes are bright and brown,
She dives in here,
She dives in there,
She's funniest upside down.



Samriddhi Singh
Class 2 A

Life

Life is just a four letter word,
Full of ups and downs.
It isn't fair or unfair,
It's what you make of it.
Life is short,
So just focus on what's important,
And capture the good times.
Live, laugh and make memories,
Learn from your mistakes and ,
If things don't work out,
Don't be disheartened .
Just breathe and say, "It'll be okay."

Arundhati Kohli
Class 9 B

Nature

Butterflies fluttering around
Canoes moving slowly
Across the subtle waves
Kids laughing and gawking
Bugs flying
Ducks fighting
Families beaming with love
Children enjoying This is
relaxation This is nature.

-Vridhdi Kesharwani
Class 5 A



Precious Life

Before your last breath
You should not regret.
Should live your life my dear
Without a single drop of fear.
So keep your thoughts clear
And please don't waste any year;
Life is very precious
Each day is delicious.
Life must be gracious
Please don't be so ambitious.
Now you know the secret of life
Come on and give me a high-five.

Ashwika Ratnani
Class 6 B

*My Dearest Daddy*

A little girl needs Daddy,
For many, many things:
Like holding her high off the ground,
Where the sunlight sings!
Like being the deep music that tells
her all is right,
When she awakens frantically with,
The terrors of the night.
Like being the great mountain,
That rises in her heart.
And shows her how she might get home,
When everything else falls apart.
Like giving her the love,
That is her sea and air,
So diving deep or soaring high,
She'll always find him there.

Shambhavi
Class 8 E

*Oh! Good Shepherd*

Weak and burdened, I bear my
cross
When breath is all ready to see me
off
Oh, Good Shepherd! Be my rock
Lift my cross and help me walk.
When I feel defeated, lost and low,
When tornadoes and storms from distance, blow,
Oh, Good Shepherd! Be my rock
Lift my cross and help me walk.
Hear my whispers and silent cries
Wipe out all sorrows from my eyes
Oh, Good Shepherd! Be my rock
Lift my cross and help me walk.
When I'm lonely and left out,
When the reason to live stands in doubt
Oh, Good Shepherd! Be my rock
Lift my cross and help me walk.



Aesah Chiragdin
Teacher

Mr. Tree

In the school, in the park
In the light and in the dark
Mr. Tree stands proudly there
Giving people his shade and support.
In this world, everyone is full of greed.
But Mr. Tree is the only one doing good
deeds.
Cherishing in Spring,
Pure white in Winter,
And green in summer.
He gives us fruits,
He gives the birds shelter,
He loves children a lot,
But sometimes hate rude elders.
Now he is the only left,
Those of his friends are all dead,
Still stands proudly there day and night,
Until he's killed by a greedy human's
knife.

Vanshika Srivastava
Class 8 C

*I'm Nobody's Child*

I'm nobody's child, I'm nobody's child
Just like a flower, I'm growing wild
No mummy's kisses, No daddy's smile
No one wants me, I'm nobody's child

Born here to toil all day,
Many complains, but whom to say
Walking miles with heavy heart
Painting something but not called an art

I'm Nobody's child, I'm Nobody's child
All times lied, but nothing went by side
Mourning over all little thing
But nothing I have, that my eyes could bling.

Resigning myself to my folly fate
Though I know, that everybody hates
Walking down with wholesome thoughts
Deeds I done and situation it brought.

-Tuhina Singh
Class 11 D



My School

Stars are many,
But Kohinoor is one.
Friends are many,
But best friend is one.
Rays are many,
But sun is one.
Countries are many,
But my school is the best one !

**Geet
Class 2 E**



Remember Life Goes On

You have to take the good with the bad,
Smile when you are sad,
Love what you've got,
Remember, what you had.
Always forgive, but never forget.
Learn from your mistakes but never regret.
People change, things go wrong;
Just remember life goes on.

**Ananya Rajan
Class 9 A**

Responsibilities

Come to school on time,
Go for prayer in a line.
Don't throw paper on the ground,
Give the teacher what is found.
Come to school neat and clean,
Wish the teachers when you meet.
Do the homework every day,
In the class you must not play.
When you go out of the class
don't forget to take your pass.
Do follow every rule,
When you study at SMC.

**Ashwika Ratnai,
Class 6 B**

Time is Precious

Oh my my!
Are we wasting our time?
Using phones, watching television
Is this all we have in life?
No, I don't think so...
If only we can manage our time,
Maybe we won't be lost in our own confusing minds.
Making a schedule and following it,
Can make us turn to the right path,
That is left behind.
So from now on,
Let's start saving the limited resources,
Of time that is going by,
Every single minute of time that is ticking by,
Making us aware about it's worth too.
At last, let's all make a promise to do so,
And make ourselves successful.

**Shefali Singh
Class 10 C**

Rainy Day

I put on my coat,
And boots on my feet.
I put on my hat,
And strolled down the street.
The rain falls down,
From the cloud above.
Splashing in puddles,
Is what I love.

**Anshi Tripathi,
Class 3 B**



My Loving Teacher

My loving teacher, my loving teacher
You add meaning to my life
You support me always
Whenever I am in trouble,
You show me the right path.
You show me the way to success,
You are like the gardener,
I am like a small flower.
You care for me and make me bloom
My loving teacher, my loving teacher!
I am so thankful to you for your nature,
I will always remember you.

**Anshika Sinha
Class 1-B**





The Existence of The Waves

Once I stood near the sea
And saw the waves as they hit the shore .
Their continuous tiring job ,
Could not calm my curiosity more.

How they come and go ,
Every now and then
It would be a dull job
For creatures like men !

I then asked them ,
"Why do you keep hitting the shore every time ? "
They answered , " It's the rule of life ,
Neither yours nor mine . "

"We must fulfil the purpose of our existence
Wherever destiny seems to bend ,
And we must keep reaching the goal
Before our story ends . "

Chitrangada Srivastava
Class 7-D

Teacher

A teacher is like Spring,
Who nurtures new green sprouts,
Encourages and leads them,
Whenever they have doubts.
A teacher is like Summer,
Whose sunny temperament.
Makes study a pleasure,
And helps resist predicament.
A teacher is like Rain,
With methods crisp and clear,
Lessons of bright colours,
And a happy atmosphere.
A teacher is one,
Who does everything for us with pleasure.

Kritika Gaur
Class 5-F

Save the EARTH

Save the trees ,
Save a life .

Plant a tree ,
Plant a life .

Stop Pollution ,
Start Cleaning .

Save the trees ,
Save the earth

Save electricity ,
For your life .

Save the nature ,
For all the creatures.

Aakriti Gupta
Class 7A



The Wings of Her Dream

The hope that she had in her eyes,
Were like the stars that twinkle in the night sky.
The dream that she saw years ago,
Now she would be able to give it a go.
She is making her parents proud,
She is different from all those in the crowd.
She remembered the days when she was
called 'disabled',
She proved herself as 'Specially Abled'.
She was flying above all in the vast sky,
With the wings of her dream fully matured.

Aadya Srivastava
Class 9-C



The Voice Within

There is a voice inside me that whispers all day long.
It tells me what's right for me, and helps me when I'm wrong.
But, I am the person who has to decide,
Whether I'll do it or toss it aside.
I am the person who has to make up her mind.
Whether I'll lead or linger behind.
Will we all try and work for the goal we had set afar,
Or just stay still at where and what we are.
Making a difference isn't hard,
What matters is the time we start.

Aadya Sharma
Class 8 F

Remember The Times

Remember the times,
When the city street became our playground.
When we help each other and danced around.
Remember the times,
When our eyes were overflowing with dreams,
When our paper boats were racing in the streams.
Remember the times,
When our expectations were much lower than our kites,
When a world war began with each of our fights.
Remember the times,
When placing those seven stones were our biggest attainment,
When the Earth bathed in rain had the best scent.
Remember the times,
When small Sachins made the windows break,
When overnight power cuts kept us all awake.
When "Shaka Laka Boom Boom" pencils were all that we desired.
When Shaktiman was the superhero we admired.
Remember the times,
When maths was too scary to understand.
When becoming an astronaut was our future plans.
Remember the times,
When our world used to be small,
When we flew higher, with each fall.

Pushpanjali Srivastava
Class 10 A



The Musk Within

All that he searched
In the desperate run,
Was found nowhere
In all world's grunge.

Bypassing beings
Of his own gleam,
Fetched him not
To his old dream.

After all the run,
The end was one-
That which he searched,
Was his own mirth.

Failing to see
The musk within;
He left unseen
His own great being.

In all life's run,
The lesson learnt
Was the value of
His own good hut.

All the good
We seldom see
Is deep within
But who perceives?

Shreejal Singh

Time

Take time to work,
It's the price of success.
Take time to think,
It's the source of power.
Take time to play,
It's the secret of youth.
Take time to read,
It's the foundation of wisdom.
Take time to be friendly,
It's the road to happiness.
Take time to dream,
It's hitching your wagon to the stars.
Take time to love and be loved,
It's the character of God.

Aadrika Tripathi
Class 8-A



Renew Your Mind

I hear complications, not from myself but from others,
Struggling and stressing, minds full of clutter;
A communion of thoughts of destruction and worries,
Myths, traditions and false theories.

And I sit still wondering, with no absolute clue,
Is this necessary? Do I wait for a cue?
None of it is relatable, not even close to what I
experience;
I move forward and upward, my life is prestigious.

None of it is relatable; none of it is true,
These are all lies, waiting to capture you;
This is all F.E.A.R., False Evidence Appearing Real,
Which makes enthusiasm ebb away, and
possessions disappear.

You're not sure if there's light in the future,
And your mind is paralyzed with fear;
And suddenly you're nothing but a loser,
But please hear me out, it'll all be clear.

You are the light; you create your future,
Take charge of your life, make it an investiture;
You are bigger than you know,
You're the wound and you're the suture;

So renew your mind and you'll see
Suddenly your life is a victory
That everything prospers when it's you at the helm
So take your time and experiment;

Not his, not hers, yours is the fight,
You got this, go ahead and make it right.

Esther Datt
Class 10-B

True Beauty

Have you seen the light of hope in the eyes of the
blind?

Have you seen the smile of contentment
Upon the lips of poverty?

Have you felt the tenderness of benevolence
In the palm of affluence?

It is only when you see and feel and know these,
That you see the true beauty of a human being.

Shreya Mishra
Class 5-B

What You Can Do

When you see little in the streets
And the air smells of pollution.
When you feel like it's all piling up
Remember there is a solution.

There's something each of us can do
To keep the rivers clean
To keep fresh the air we breathe
And keep the forests green .

Help clean a beach
Or recycle bottles and cans.
Learn about the problems we face
And help others understand.

It doesn't have to be a lot ,
If only we just do our share .
So take time out on the Earth Day
To show the Earth that you care.

Navya Dwivedi
Class 4-C

Time Management

Time is like sand held in someone's fists.
It slips steadily even in bits.
It cannot be retrieved if lost,
Even if you're ready to pay a heavy cost.
Make use of every second you get,
Or afterwards you'll have to regret.
The most important aspect of life is time
management.

Learn it, and every moment you spend
would be magnificent.
In our busy lives, time flies so fast.
You can't be sure if it was used wisely in
the past.

Time is precious and so is limited,
Avoid wasting it and be constructive
instead.

And so my dear friends,
As your well wisher I'd like to say in the
end,
Value the existence of every second in
your life,
It'll not come back, no matter how hard
you strive.

Amishi Agarwal
Class 10-C



Our Lives with Ambition As A Virtue and Over Ambition As A Curse.

Parents usually discuss the future of their children which is not objectionable. It's a fact that parents need to make their children settle in the society. The only folly they commit is the sense of ambition. 'The outlook'- the focus is on fixed ideas of pre-conceived materialism. No emphasis is given to aim for a wholesome development of the child. Parents strive to instill qualities to make the mental and emotional strength manifest in them. The sublime characteristics of patience, honesty, clean thoughts, satisfaction of one's own self and a confidence in their nature which nobody can shake till they live.

It's no dispute to say that ambition is the road map to chase goals, approach a lifestyle, strive to do everything and discover what you really are. It can change a person and can make him/her better.

Ambition is a self centered idea, but it doesn't mean that it has to be in your thoughts. No doubt learning more gives an opportunity to share more with others. One can also share happiness and donate money to the needy.

When ambition is the driving force, it helps to reach goals with more hard work in a motivated approach. Ambition develops a passion for hard work with excellence. When it is rooted with a strong character, the force becomes unstoppable.

The ambitious always aim high. They are like eagles that soar high. Lesser things of life do not distract them. They do not waste time in frivolities. Instead they discipline themselves to harness their full potential and resources to make it big in life. Ambition helps to develop a fighting attitude in life. Achievers do not bother much about defeats, failures, setbacks and

criticism. They move on steadfast towards progress.

A distinction has to be made between ambition and wishful thinking. One should not live on borrowed motivation.

To conclude, one major curse of ambition is living in the future. Not literally, but figuratively. The present is ignored. Make your future by what you are and what you deserve. Go for the highest step-by-step with the support of your morale. Even if you stumble or do not succeed, your spirit should not be perturbed. Learn from life and experiences as there is no bigger teacher than life itself.

Neeraj Mohla
Parent

Earth Day

Earth day is celebrated all across the world to promote awareness related to earth's environment. People's participation in preserving earth is a must. The goals of clean, green and pure earth can't be achieved without our participation.

The canker of industrialization has converted every town and city into hell. The sylvan beauty which was so ubiquitous has been replaced by factories and mills. The skyline that once was dominated by tall pine is an ugly sight of stacks of spewing fumes of toxic fumes! The problems of global warming, melting glaciers, decreasing forests cover, dwindling species of plants and animals, depleting ozone layer etc. loom large on the future of mankind.

The clean rills and brooks that were picnic spots have been converted into drainage channels carrying effluents to the



river, which has become a bigger channel carrying the muck to the sea. The entire world is losing its beauty and purity. Mankind a silent witness to this ugly transformation is waiting for an angel to come down and do the cleaning, preserving and pollution managing.

Celebrating earth day brings people closer to the earth .They are directly or indirectly initiated into the responsibility they have towards earth .We must observe EARTH DAY every day, not just on April 22 once a year ." AFTER ALL EARTH IS THE ONLY COMMON THING TO US."

Riddhima Singh
Class 11-A

Memories of Your Past

The memories of your past make you who you are today. It is not just an illusion but the still surface of reality . If you believe it , you accept who you are. You have a motivation for living a worthy life and if you don't you are just living in a virtual world. A world of LIES. A world where you exist as a glowing splinter about to fade into nothingness at any moment.

Live a life of LIBERTY and LOVE , not of malice and lust; with no lies told and no truths untold. Be dauntless enough to confront those who wrong you and not just meekly wait to be wronged.

There is always one thing that keeps you going and that is YOU. Even in the most uncompromising times, when all leave, it is only you who matters. It is you who has to keep up the struggle . TO SURVIVE!! UNDERSTAND YOUR WORTH...

GARIMA JOSHI
Class 11 A

Importance of Yoga in Our Daily Life

The word 'Yoga' is derived from Sanskrit and means to 'Join or to unite'.Yoga exercises have a physical effect and bring a balance between body, soul and mind. Yoga helps us to deal with our problems, worries and everyday demands. It also influences us to understand ourselves, the purpose of life and develops our relationship with God. Today it is practiced in various forms around the world. Recognizing it is a universal appeal, on 11th December, 2014, the United Nations proclaimed 21st June as the International Day of Yoga

Yuvika Nagar
Class 5-C

Life As A Fairytale

It's my birthday. I'm sitting on my favourite purple swing feeling the cold sand below my feet, my right nostril is drooling while the other one feels non existent. It has never been so cold during this month since years, my skin is cold as ice and my finger tips are hard solid, listening to acoustic covers by Imagine dragons and shoving my body into the cold cliché winter winds I look up to the sky and breath a heavy breath. I've never been so much into my life but these days it's totally

different. It's just a feeling where I don't want to ever stop smiling, or don't ever want to stop discovering myself. The stars above me, the cold grains below me, the winds blowing, the moonlight glowing everything seems so

quintessential as if they're trying to convince me upon something. Life has never been a fairy tale for me, but now life feels like life.

The twinkling stars made me remember today's morning, when I was on the assembly ground amidst thousands of students some sleepy, some happy and some sad, comes a thought for the day. "Life isn't short, but it is us



who start living it when it is more than late." And maybe it was true. .

All my life I've always wondered for the things that have eventually made me cry till my eyes burn and have made me live in the dark corners till somebody found out hiding myself between the straight yet comforting walls. But now as I'm finding myself moving out of the labyrinth of suffering I know that this chariot I've always paid a fare , has always led me to a false destination when the real destination was right in front of my eyes.

Sprishti Shukla
Class 12-D

Love Yourself

"No matter who you are, where you're from, your skin colour, your gender identity, just speak yourself. Find your name and find your voice by speaking yourself."

-Kim Namjoon, UN General Assembly.

Love yourself. Only if you love yourself will you be able to speak yourself. You should have enough courage to do so and unless and until you speak yourself, you have no place in this world. A person should not hide away from people just because of a certain past. If you love yourself, you will be fearless and walk ahead in life with your head held high. One should not dwell on their past, grieve on your future and fret about your scars.

Your scars are the reminder of your past, pillars of your present and mentor of your future. Your scars define who you were and what you are now. We should not let go of our past, to forget our scars, to cover it up. The only way to live fully is to embrace your past and to love yourself for who you are. Never forget who we were, what we did, where we belong. These are a part of us and will continue to do so. Scars are the stories left on

our skin, in our hearts, in our souls. Wear them with everything and love it no matter what.

Don't feel lonely because no one loves you. You are always there to love yourself as after all loneliness kills the entire thrill from standing alone. What don't kill us will make us stronger. To bear everything, all we need to do is to love our self. We need to realize that others will leave us, break us, and tear us apart. We can only rely on ourselves. Every day we will discover something new, something beautiful. We need to flaunt our scars but not our weaknesses. Weaknesses, we need to overcome. To change it into our strength.

We need to love ourselves and speak ourselves. Let your voice be heard and allow yourself to be noticed. In life, it's all about being heard, about being remembered, about being mattered. So, love yourself then the world will love you.

Ishita Sen
Class 12 C

THE KARGIL DAY

India is a land of brave warriors. Our Indian army is full of such warriors and in the year 1999, our Indian Army bravely conquered the Kargil War against Pakistan. To celebrate this victory, Kargil Vijay Diwas is celebrated all over India.

India never invaded other countries or forced war on them. But when someone attacks our country, we don't shy away, we fight back with vigour. One such day is Kargil Vijay Diwas. Our courageous Indian Army fought the war for almost 60 days and took command over the top outposts which had been dominated by Pakistani aggressors. The Indian Army fought very heroically along with the Indian Air Force and the Indian Battalion. The operation was code named Operation Vijay. The war ended on 26th July, 1999 and the Indian Prime Minister of that time, Mr. Atal Bihari Vajpayee declared Operation Vijay's success. Since then, the day is called as the Kargil Diwas or the Kargil War Day.

War is destructive. It causes huge loss on both



sides and thousands of soldiers lose their lives. Indian Army has always safeguarded the nation and made us proud. We salute all the brave hearts who are there for us in every difficult situation.

होश दुश्मन के हम उड़ा देंगे, हमें रोको न आज। दूर रह पाएँ हम से दम कहाँ मंजिल में है। जिस्म भी क्या जिस्म है, जिसमें न हो खून न जुनून। क्या लड़े तूफान से जो कश्ती ए साहिल। सरफरोशी की तमन्ना अब हमारे दिल में है, देखना है ज़ोर कितना बाजू ए कातिल में है।

Jai Hind! Jai Bharat!

Manashvi Singh
Class 8 B



THE LETTER

Dear Literature,

I believe that you are not some abstract idea or a mere subject. I have always envisaged you to be some real person. You are a remarkable creation of all those noble men and women things of beauty which John Keats has mentioned in his works.

Homo sapiens much have become techno freaks but you may not be some scientific discovery that has enthralled humans but you are a galaxy confounding myriad stars who have defined the humans. You transcend the universe and that I've felt you clasping my soul and getting synced with my heart beat and making me traverse the horizon of events.

I remember reading 'The Alchemist' and how the whole universe conspires to make dreams turn into reality. I read 'To Kill A Mocking Bird' and learnt honesty from Atticus Finch. I cried so badly after finishing Shakespeare's 'King Lear', 'Romeo and Juliet' and I smiled widely when I finished 'The Tempest' and 'Twelfth Night'. How

can I forget 'Pride and Prejudice' and the want of a wife by every wealthy man. And yes, it was such a joy to go through Pablo Neruda's 'A Song of Despair' and a melancholy experience to read Tennyson's 'In Memoriam'. Even 'The Committed Sin' by Leema Dhar left me with a question that does relationships really matter more than our life?

I cannot describe the stupendous discovery I made of my potentials after reading 'Wild' by Cheryl Strayed. Our friendship intensified when I became a part of 'The Catcher in the Rye' and realized being trapped in a phase of Loneliness but then Victor Hugo with 'Les Miserables' to set me free and I got a chance to know the better truth of life through 'Indignation', 'The Lowland' and 'God of Small Things' and learnt how our dreams get chipped away as we grow up. I can never forget the inquisitive eyes of Deeti from 'Sea of Poppies'. I developed a prediction for the character of Pip whose 'Great Expectations' could never be met. I found my name being called in 'The Call of Wild' and eventually getting lost in some obscurity like that ship standing in the mist of which Helen Keller has talked about. It is beautiful to feel connected with Anne Frank, Brida and the works of Khalil Gibran, Sylvia Plath and many more.

At the same time it was great to see science and mystery getting defined like never before in Divergent Series and books of Dan Brown and to see magic come alive through the eyes of Harry Potter.

It was you, dear literature, who introduced me to life, emotions, beauty and nature. You are both a teacher and a friend. You define me and I am so much in love with you.

I adore you because it was you only because of whom I met Emily Dickinson and learnt her words by heart - "If your nerve, denies you, Go above your nerve."

P.S. I'm a wanderer and you're my infinite journey.

Mr. Rakesh Kesharwani
Parent

Our Budding Photographers



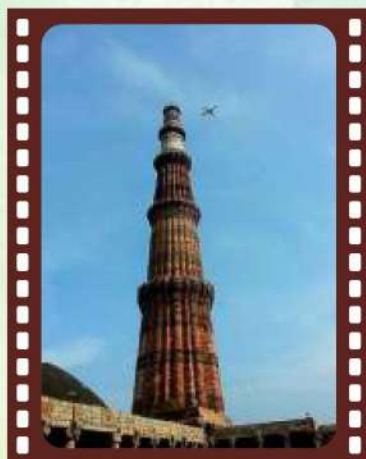
GARIMA JOSHI CLASS-11 A



MANYA WALIA CLASS-11 B



BHARGAVI PANDEY CLASS-11 B



SAMEA ASHRAF CLASS-12 A



SHUBHI SRIVASTAVA CLASS-11 D



HIMANSHI WATWANI , CLASS-11 B



SHIZA PARWEZ CLASS-12 D



TANYA KESHARWANI CLASS-12 C



NITYA HANDA CLASS-11 C



RUDRANI PURVAR CLASS-12 B



SPRISHTI SHUKLA CLASS-12 D



DEVANSHI AGARWAL CLASS-12 D



बेटी

बेटी है पानी की धार,
आज यहाँ कल वहाँ किनार।
जहाँ पर रहती वहीं बहार,
रोशन करती घर संसार।।

तूने मुझको जन्म दिया है,
पाल-पोस कर बड़ा किया है।
मैं तो तेरी बेटी माई,
फिर क्यों होना मुझे पराई।।

तुझमें मेरा अभिमान रहा है,
तुझसे मेरा ये नाम रहा है।
क्यों आज पराया धन कहती हो,
जिससे हरदम तेरा मान रहा है।।
बेटा-बेटी में फर्क यही है,
दुनिया ने ये बात कही है।
कन्यादान की रीति यही है,
वेद-पुराण में यही सही है।।

मैं भी कर दूँ तेरा कर्ज अदा,
मैं भी रहती तेरे पास सदा।
मुझको भी मिल जाता वरदान,
मैं बन जाती तेरा सम्मान।।

— उदिशा श्रीवास्तव,
7 'द'

स्वच्छ भारत

स्वच्छ भारत होगा हमारा
जन-गण-मन ने ठाना है।
गाँधी जी का निर्मल भारत
सबको साकार बनाना है।।

“सोच खुली हो, शौच नहीं”
यह विचार अपनाना है।
स्वच्छ भारत होगा हमारा
जन-गण-मन ने ठाना है।।

हमको पूरे करने हैं वो स्वच्छता के सपने
गाँधी जी ने देखे थे जो अन्तर्मन में अपने।

श्रद्धा श्रीवास्तव
2 — स

शिक्षक

माताएँ देती नव जीवन,
पिता सुरक्षा करते हैं।
लेकिन सच्ची मानवता,
शिक्षक जीवन में भरते हैं।

ज्ञान दीप की ज्योति जला कर,
मन आलौकिक करते हैं।
विद्या का धन देकर शिक्षक,
सुख से जीवन भरते हैं।

शिक्षक ईश्वर से बढ़कर हैं,
यह कबीर बतलाते हैं।
क्योंकि शिक्षक ही भक्तों को,
ईश्वर तक पहुँचाते हैं।

जीवन में कुछ पाना है तो,
शिक्षक का सम्मान करो।
शीश झुकाकर श्रद्धा से तुम,
उन्हें प्रणाम करो।

युविका नागर
5 — स

माँ — किस्मत की चाभी

माँ से बढ़कर कोई नहीं हैं,
मेरे जीवन की ज्योति वही हैं,
बचपन से अब तक, मुझे प्यार से पाला,
ज्ञान का सूरज, मन में जगमगाया,
मुझे एस०एम०सी० विद्यालय में डाला,
कुछ नया करने का विचार मेरे मन में आया
शिष्टाचार व ईश्वर के बारे में बताया।

मेरी माँ मेरे प्रति हृदय में प्रेम रखती हैं,
मेरी गलतियों को हमेशा क्षमा करती हैं,
ऐसी प्यारी माँ को नमन करती हूँ,
तभी जीवन में प्रगति करती हूँ।

अश्विका रतनानी
6 — ब



एकता न भूलो

आगे बढ़ो इतना की, आकाश छू लो,
भूलो चाहे सब कुछ, पर एकता न भूलो।
देखों सबको एक दृष्टि से,
छोटा-बड़ा न कोई सृष्टि में।
जाति-पाति, धर्म-कर्म सब,
बने हमारी ओर से।
ऐसे बनो मौलिक, दूसरों को भी प्रकाश दो,
भूलों चाहे सबकुछ, पर एकता न भूलो।
ऐसे सँवारों रूप तुम, इस देश का,
बदल जाए युग, द्वेष कलेश का।
व्यक्ति को, व्यक्ति के समान समझो,
पशु समझ न, अब अवहेलना करो,
सबको समझो, एक समान,
अतीत हो या वर्तमान।
स्वयं बनो गतिमय और दूसरों को भी उड़ने दो,
भूलो चाहे सब कुछ पर एकता न भूलो,
स्वच्छ निर्मल हृदय हो तो, धरती को स्वर्ग बना दो।
हर एक के हृदय में,
मानवता के दीप जला दो,
छुआछूत सब दूर करो,
अपनी एक पहचान बना लो।
ऐसा सुन्दर व्यक्तित्व बनाओ, जिससे सबको विश्वास हो,
भूलो चाहे सब कुछ, पर एकता न भूलो।

फरहत माबूद
अभिभावक

प्रण

अँधेरा छटे, नया सवेरा खिले
भारत फिर से अजय बने
ऐसा प्रण मन में लिए
सभी युवा प्रयत्न करें।

अन्याय मिटे, न्याय की मशाल जले
भारत फिर से धर्म का प्रतीक बने
ऐसा प्रण मन में लिए
सभी युवा प्रयत्न करें।

अज्ञानता मिटे, ज्ञान की धारा बहे
भारत फिर से ज्ञान की खान बने
ऐसा प्रण मन में लिए
सभी युवा प्रयत्न करें।

भेदभाव हटे मन में सद्भाव बसे
भारत फिर से एकता की मिसाल बने
ऐसा प्रण मन में लिए
सभी युवा प्रयत्न करें।

नारी को सम्मान मिले, नर का एकाधिकार हटे
भारत में फिर से नारी को उचित स्थान मिले
ऐसा प्रण मन में लिए
सभी युवा प्रयत्न करें।

युवा जागें, लक्ष्य की ओर बढ़े
भारत फिर से सर्वश्रेष्ठ बने
ऐसा आवाहन है माँ भारती का
चलो अपना जीवन समर्पित करें।

हरिष्ता गुप्ता
12 'बी'



ये कश्मीर हमारा है

इस देश की माटी को पूजे हम, कण-कण इसका प्यारा है।

मरते दम तक यही कहेंगे, ये कश्मीर हमारा है।।

ऊँची-नीची वादी इसकी, मौसम भी है अलबेला,

गर्व मुझे है मेरा बचपन, ऐसी गोदी में खेला।

तानसेन के राग जहाँ पर, जिन्दा हैं अब तक भाई

किसी अनोखे चित्रकार की कला जहाँ ले अँगड़ाई

इसकी क्या तारीफ, ये दुनिया भर से न्यारा है,

मरते दम तक यही कहेंगे, ये कश्मीर हमारा है।

भँवरों की गुन-गुन वाली, ये घाटी बड़ी सुखदायक है,

भारत का हिस्सा कश्मीर क्या, यह उनको देने लायक है?

रहें सभी हम प्रेम-प्यार से, कोई पाक को समझाओ,

माता के माथे की बिंदी, कैसे दे दे बतलाओ।

ये अपना मंदिर-मस्जिद, ये ही अब गुरुद्वारा है,

मरते दम तक यही कहेंगे, ये कश्मीर हमारा है।

छोटा भाई समझ तुझको, हम समझाने आए थे,

भूला धर्म पड़ोसी का, तूम यही बताने आए थे।

बार-बार हम हाथ बढ़ाए दिल अपना तो साफ है,

आतंकवादी भेज रहे तुम, तुम्हारे मन में पाप है।

कान खोल के सुन लो तुम, कहता भारत सारा है ,

मरते दम तक यही कहेंगे, ये कश्मीर हमारा है।

पानी सिर तक आ पहुँचा इसका भी अनुमान हमें हैं,

तेरी शक्ति का ज्ञान हमें है, अपने वीरों पर भी मान हमें है।

अहिंसा की पूजा करते पर गौरवशाली इतिहास है,

अब की बार छोड़ दिया जो हमको, तू दुनिया से साफ है,

वह गीदड़ कभी भी बच न पाया जिसने सिंह को ललकारा है,

मरते दम तक यही कहेंगे, ये कश्मीर हमारा है।

दोस्ती में दोस्त हैं हम, दुश्मनी में मौत हैं हम,

सांसे तेरी बंद कर देंगे, इतना भयानक खौफ हैं हम।

जिनके सिर पर नाच रहा, वे तुझे ढूँढ ना पाएँगे,

दशहरा अगर कश्मीर में होगा, दिवाली लाहौर में मनाएँगे।

उसको भी बरबाद करेंगे, जिसका तुझे सहारा है,

मरते दम तक यही कहेंगे, ये कश्मीर हमारा है।

—राशी राघव

8'स'

कितनी करूँ पढ़ाई "माँ"

पहन गले में टाई माँ

कितनी करूँ पढ़ाई माँ

जितना बोझा है बस्ते का,

उतना मेरा वजन नहीं

होमवर्क मिलता है इतना

होता मुझसे सहन नहीं

कब आँगन में झूला झूलूँ

खेलूँ छुपम-छुपाई माँ

भारी कठिन लगता है मुझको,

सौ में से सौ नंबर लाना,

अगर कहीं मैं चूक गई तो

मुश्किल है आगे बढ़ जाना,

गई नहीं मैं कब से छत पर

देख न पाई चाँद तारे

नहीं सताएँ कबसे तारे

बाल-सखा प्यारे-प्यारे

रंग बिरंगी वह पतंग भी,

कब से नहीं उड़ाई माँ

क्या इतना जरूरी है पढ़ना,

जो होती नहीं घुमाई माँ

पहन गले में टाई माँ

कितनी करूँ पढ़ाई माँ ?

— विधा बाजपेई

7 'अ'

फूल

रंग बिरंगे प्यारे फूल,

मुस्काते ये न्यारे फूल,

कितना कोमल इनका तन,

खीचें पल में सबका मन,

खुशबू दूर-दूर फैलाते,

जो भी देखे उसे लुभाते।

आदया श्रीवास्तव

2 - स



जिन्दगी और हम

जिन्दगी ने तुम्हें इस मुश्किल के लिए चुना है,
इसलिए नहीं कि तुमने किया कोई गुनाह है।
बल्कि इसलिए कि सबकी जिन्दगी एक जैसी नहीं,
और बाकी सब उस मुश्किल को झेलने की काबिलियत के बिना है।।

हार मत मानना जिन्दगी में यह सोच के
कि कार्य यह असंभव है तुम्हारे लिए।
क्योंकि हर कार्य तब तक ही असंभव लगता है,
जब तक कोई शूरवीर दिखला न दे उसे पूर्ण करके।।

भरोसा क्यों करना गैरों पर
जब गिरना और चलना है अपने ही पैरों पर।
अंधेरों में छोड़ के चले जाएँगे पराए लोग,
जो रह जाएँ, खुदा से उनकी खुशी के लिए प्रार्थना कर।।

जिन्दगी में रोशनी तलाशना बन्द कर दो,
अगर हो सके तो रोशनी बनाना भी बन्द कर दो।
खुद अपनी रोशनी बनकर देखो यारा,
दुनिया को अपनी रोशनी में लाना शुरू कर दो।।

सच्ची दोस्ती की परख में समय बरबाद मत करना,
बिल्कुल जरूरी नहीं है इस परख में मरना।
राजकुमारी या राजकुमार जैसे दोस्त की परख तब हो ही जाएगी,
जब कोई तब प्यार करे तुमसे, जब तुम भूल जाओ, खुद से प्यार करना।।

— शाम्भवी चौहान,
9 एफ

अप्प दीपो भवः

बौद्ध दर्शन का सूत्र वाक्य है। महात्मा बुद्ध के अंतिम समय में उनके प्रिय शिष्य आनन्द ने उनसे पूछा कि, “जब आप पृथ्वी पर नहीं होंगे तब हम कैसे अपने जीवन को दिशा दे सकेंगे?” “तब भगवान बुद्ध ने उत्तर दिया “अप्प दीपो भवः” अर्थात् अपने दीपक स्वयं बनो। इसका अर्थ है कोई भी किसी को हमेशा मार्ग नहीं दिखा सकता केवल आत्मज्ञान के प्रकाश से ही हम सत्य (ज्ञान) के मार्ग पर चल सकते हैं।



माता-पिता, शिक्षक, समाज हमारी आवश्यकताओं को पूरा करते हैं। हमारी कठिनाइयों में हमारे साथ खड़े होते हैं, लेकिन जीवन की लड़ाई (संघर्ष) हमें स्वयं लड़नी होती है और स्वयं ही उन पर विजय प्राप्त करनी होती है। कभी-कभी जीवन में सफल होने के लिए हमें अपने अंदर काफी परिवर्तन लाने पड़ते हैं और यही संघर्ष और परिवर्तन हमारे जीवन में मील का पत्थर सिद्ध होते हैं।

हम सामने खड़ी इमारत की सुंदरता को देखते हैं लेकिन उसकी मजबूत नींव की ओर हमारा ध्यान नहीं जाता। इसी प्रकार हम कई सफल व्यक्तियों

को देखते लेकिन उसके पीछे छिपे हम उनके संघर्ष को नहीं देख पाते। संत मदर टेरेसा ने समाज सेवा के कार्य का मार्ग चुना तो उन्हें अपनी सुविधाओं का त्याग करना पड़ा और जीवन में लम्बा संघर्ष किया। उन्होंने हमेशा अपनी आत्मा (ईश्वर) की आवाज सुनी और अपना कर्म किया और आज विश्व ने उन्हें ‘संत’ की उपाधि दी।

हम लोग आजकल पढ़ते व सुनते हैं कि नौजवान जीवन में थोड़ी-सी सफलता से घबराकर आत्म हत्या कर लेते हैं जो की गलत है। यह शरीर ईश्वर द्वारा बनाया है। यह जीवन हमें उपहार स्वरूप दिया है वो हमारी आत्मा में निवास करते हैं। उन्होंने सारी शक्तियाँ हमारे अंदर निहित की है। हमें सिर्फ उन्हें पहचानना है। यदि हम अरुणिमा सिन्हा की जीवन देखें जो भारत की राष्ट्रीय स्तर की वॉलीबॉल खिलाड़ी थी। जिनका दुर्घटना में बायाँ पैर कट गया था व दीपा कुमार जिनकी 30 वर्ष की उम्र में शरीर का निचला हिस्सा सुन्न हो गया। उन्होंने जीवन से हार नहीं मानी और खुद पर भरोसा करके अपनी कमजोरी का अपनी ताकत बनाया और अरुणिमा सिन्हा माउंट एवरेस्ट फतह करने वाली पहली विकलांग महिला व दीपा कुमार पैरालंपिक खेलों में मेडल जीतने वाली पहली महिला बनीं। जीवन में विषम परिस्थितियाँ हमें कुछ बनाने के लिए आती हैं और इस समय जब हम खुद पर भरोसा करते हैं और अपनी कोशिश लगातार जारी रखते हैं तब हम जीवन में सफलता प्राप्त करते हैं।

हमें अपने अंदर से अहंकार, लालच, क्रोध आदि भावना को त्याग कर अपने अंदर आत्मानुशासन, लगन, नई सोच व हमेशा सीखने आदत का विकास करना है क्योंकि इससे हमारे व्यक्तित्व एवं चरित्र का विकास होता है जो हमारी पहचान होती है।

सच्ची मेहनत एवं लगन से किया गया कार्य कभी असफल नहीं होता। हमें अपना प्रकाश स्वयं बनना है और एक लाइट-हाउस की तरह कार्य करना है जो दूसरों को प्रकाश (मार्ग) दिखाता है।

—अरपना एंथोनी
अध्यापिका



आत्मविश्वास का महत्व

संसार विविधताओं और आश्चर्यों से भरा हुआ है। अरबों की आबादी में कुछ विभूतियाँ अपने सार्थक कर्मों एवं उपलब्धियों से महान बन जाती हैं। जैसे— स्वामी विवेकानंद, महात्मा गाँधी, सुभाष चंद्र बोस, मदर टेरेसा, नेलसन मंडेला एवं कल्पना चावला इत्यादि।

इसी तरह से हम अक्सर अखबारों में पढ़ते हैं कि कैसे कठिन जीवन— परिस्थितियों में संघर्ष करते हुए एक आम शख्स, खास बन जाता है जैसे कि आई.आई.टी की कोचिंग सुपर-30 के आनन्द कुमार जी।

दरअसल इन सबके पीछे जिस एक गुण की प्रधान भूमिका होती है, वह है— आत्मविश्वास अर्थात् खुद पर भरोसा कि मैं यह काम कर सकता या कर सकती हूँ। आत्मविश्वास से ही आत्म-शक्ति का विकास होता है। जिसमें यह शक्ति व विश्वास है दुनिया उसी की जमाना उसी का। आत्मविश्वास या आत्मशक्ति के समक्ष शारीरिक या सैन्य शक्ति गौण है। माउन्टेन मैन दशरथ मांझी, मिल्क मैन से विभूषित वर्गीज कूरियन, मिसाइल मैन डा. ए.पी.जे. अब्दुल कलाम और मेट्रो मैन कहे जाने वाले ई. श्रीधरन जैसे नाम इसके सशक्त उदाहरण हैं। इसलिए कहा गया है कि:—

“मन के हारे हार है, मन के जीते जीत।”

महात्मा गाँधी के आत्मबल के समक्ष अंततः एक सम्राज्यवादी शक्ति ब्रिटेन का सूर्य अस्त हो गया। आत्मविश्वास के बल पर सेनापतियों की विजयों से इतिहास भरा पड़ा हुआ है। नेपोलियन बोनापार्ट कहते थे कि मेरे शब्दकोष (डिक्शनरी) में असंभव शब्द ही नहीं है। उसने अपनी सेना में इतना जोश और आत्मविश्वास भर दिया कि सेना आल्प्स पर्वत की उँचाइयों को लौंघ गयी।

किसी के आत्मविश्वास में पारिवारिक, सामाजिक वातावरण का भी योगदान होता है। देखा गया है कि जिन परिवारों में हँसी-खुशी और समझदारी भरे सहयोग का माहौल होता है, वहाँ पलने वाले बच्चे प्रायः अधिक आत्मविश्वासी एवं समावेशी होते हैं। कहना होगा कि आत्मशक्ति के पीछे अच्छे संस्कारों एवं विचारों का रोल होता है। इसलिए शिक्षा में स्वामी विवेकानंद ने आत्मविश्वास के विकास पर सर्वाधिक बल दिया है। महात्मा गाँधी भी—स्वावलंबन को

आत्मविश्वास का आधार मानते थे।

खुद पर भरोसा करने का गुण किसी समय व समाज से परे है। किंतु इसे बगैर लगन, परिश्रम, निष्ठा के हासिल नहीं किया जा सकता। जो अपने लक्ष्य को पाने के लिए मेहनत करता है, वह उसे अवश्य हासिल कर लेता है। हिमा दास इसकी बेहतरीन उदाहरण हैं। उन्होंने विपरीत परिस्थितियों से जूझते हुए न सिर्फ राष्ट्र को गौरवान्वित किया अपितु अपने आत्मविश्वास के चमत्कार से अपनी पहचान बनायी। यही आत्मबल है। इसलिए कहते हैं कि— “खुदी को कर बुलंद इतना कि हर तकदीर से पहले खुदा बंदे से खुद पूछे तेरी रजा क्या है”।

मीमांसा

कक्षा—12(द)

हिन्दी है हम!

किसी भी सभ्यता एवं संस्कृति के विकास में व उसे स्थायी बनाए रखने में भाषा का महत्वपूर्ण योगदान होता है। भाषा ही एक व्यक्ति और व्यक्तियों से बने समाज को जोड़ती है, राष्ट्रीयता की भावनाओं को जन्म देती है। वह एक देश में रहने वाले परंतु विभिन्न धर्मों में विश्वास रखने वाले, विभिन्न क्षेत्र में निवास करने वाले व विभिन्न मतों को मानने वाले लोगों को एक सूत्र में पिरो कर रखती है। किसी भी समाज में वही भाषा स्थायी रूप से टिक सकती है जो उसके व्यक्तियों के लोक जीवन से जुड़ी हो अर्थात् जिसमें वह अपने विचारों को, अपनी भावनाओं को अभिव्यक्त करने में सहजता महसूस करता हो। लोक जीवन से कटी हुई भाषा न केवल समाज की एकता भंग करती है वरन उस समाज के विकास में बाधक होती है तथा उसकी सम्पन्नता व अखंडता भी नष्ट करती है। भारतेन्दु हरिश्चंद्र जी ने भी देश और समाज में भाषा के महत्व पर बल देते हुए कहा है — “निज भाषा उन्नति है, सब उन्नति के मूल, बिन निज भाषा ज्ञान के मिटत न हिय कै सूल।” इस दृष्टि से पूरे भारत को अगर किसी भी भाषा में जोड़े रखने का सामर्थ्य है तो वह है ‘हिन्दी भाषा’।



हिन्दी भाषा ने अपने शब्दकोष एवं व्याकरण में संस्कृति, अरबी, फ़ारसी, उर्दू व बहुचर्चित अंग्रेजी भाषा के शब्दों को भी व्यवहारतः रूप से स्वीकारा है। हिन्दी भाषा में सभी भाषाओं को समाहित करने की शक्ति है। भारत जैसे विविधता वाले देश में जहाँ पाँच कोस में पानी बदलता है और कोस-कोस में भाषा बदलती है, उस देश-भारत में हिन्दी भाषा का महत्व और भी बढ़ जाता है। हमारा राष्ट्रीय आंदोलन यदि सफलता पा सका तो उसके पीछे हिन्दी का अविस्मरणीय योगदान है क्योंकि विभिन्न टुकड़ों, राष्ट्रों और धर्मों में बँटे हुए भारत को एक जुट करने में हिन्दी भाषा ने बहुमूल्य रूप निभाया है।

हिन्दी भाषा का व्याकरण, साहित्य इतना समृद्ध है कि यह एक सर्वसम्पन्नता से परिपूर्ण भाषा है। आज हम सभी को जरूरत है कि हिन्दी भाषा को हिन्दी दिवस मनाने से आगे बढ़कर अपनाने की, हिन्दी को जन आंदोलन के रूप में स्वीकार करने की और राष्ट्र में एकता के स्रोत में इसके रूप को निखारने की व इसकी समृद्धि को आगे बढ़ाने की।

—गर्विता शुक्ला

11 'अ'

जीवन में नैतिक मूल्यों का योगदान

'नैतिक मूल्यों के बिना जीवन का कोई अर्थ नहीं होता'

जीवन के हर मोड़ पर मूल्यों के बिना चलना, जीवन को कठिन ही नहीं असंभव बना देता है। वास्तविकताओं और मूल्यों में विरोधाभास होता है एवं दोनों में सामंजस्य स्थापित करना एक जटिल कार्य होता है जो चुनौतीपूर्ण भी होता है।

नैतिक मूल्य हमारे लिए आचरण एवं आचारसंहिता को परिभाषित करते हैं एवं हमारे जीवन में लक्ष्यों की प्राप्ति का मार्ग प्रशस्त करते हैं जो न केवल हमें जीवन में सफल बनाते हैं एवं अपनी छवि निर्मित करने में सहायक होते हैं।

अनुशासन, परिश्रम, सत्यप्रियता, सदाचार एवं यथार्थवादिता जीवन के आधारभूत नियम होते हैं जिनका अनुसरण करते से सहजता एवं उपलब्धि के भाव विकसित होते हैं। इतिहास में कई उदाहरण हमारी प्रेरणा हेतु विद्यमान हैं जिनमें नैतिक मूल्यों की गौरवशाली

परम्परा को उजागर किया गया है जैसे— भरत का राम की अनुपस्थिति में आचरण, एकलव्य की गुरु भक्ति या पन्ना धाय का बलिदान।

भारतीय परम्परा में जीवन में नैतिक मूल्यों का पालन ईश्वर भक्ति के समान बताया गया है। ऐसा कहा जाता है कि बिना नैतिक मूल्यों के जीवन एक ऐसी पुस्तक होती है जिसके अक्षर अस्पष्ट और पठनीय नहीं होते।

कात्यायनी मिश्रा

12 (स)

कलाकार की कला

एक मूर्तिकार था। उसने अपनी कला अपने बेटे को भी सिखाई। पिता-पुत्र दोनों शहर जाते और मूर्तियाँ बेचते। पिता को अपनी मूर्ति के डेढ़ रुपये मिलते, जबकि बेटे को मात्र पचास पैसे। शहर से लौटकर पिता अपने बेटे को उसकी त्रुटियाँ बताता और पुत्र निरंतर अपनी कला में सुधार लाने का प्रयत्न करता। एक समय ऐसा आया, जब पुत्र को उसकी मूर्ति के तीन रुपये मिलने लगे। पिता को अब भी डेढ़ रुपया ही मिलता था। पिता ने फिर भी पुत्र की त्रुटियाँ निकालनी बंद नहीं की।

एक दिन झुंझलाकर पुत्र ने पिता से इसका कारण पूछा। पिता ने धैर्यपूर्वक उत्तर दिया, जब मैं तुम्हारी उम्र का था तो मुझे अपनी कला पर घमंड हो गया था। फिर मैंने निरंतर सुधार करने की बात को सोचना ही छोड़ दिया था इसलिए मेरी प्रगति रुक गयी और तुम देख रहे हो कि अब मैं डेढ़ रुपये से अधिक की मूर्ति नहीं बना पा रहा हूँ। बेटे को महान कलाकार बनाने का रहस्य समझ में आ गया।

शिक्षा : त्रुटियों का सुधार करने से मनुष्य बड़ा बनता है।

— सुहानी यादव

5 'द'

साहस हमें दृढ़ता प्रदान करता है

- साहस वह शक्ति है, जिसके द्वारा हम विरोधी होते हुए भी सही कार्य को जारी रखते हैं।



- साहस हमें बल देता है कि हम अपने निर्धारित मूल्यों पर डटे रहे, चाहे बहुमत हमारे विरुद्ध हो।
- यदि हम साहसी हैं तो दबू बनकर अपने को भाग्य के भरोसे छोड़ने के बदले, बदलते हालात में समझदारी से काम लेंगे।



- साहस हममें खोज करने की भावना का संचार करता है। जिससे हम अपने संकुचित दायरे से बाहर नए-नए काम सीखने और ज्ञान प्राप्त करने में समर्थ होते हैं यह हमें आगे बढ़ने और विकास में सहायक होता है।
- भयभीत होकर भागने से भय पर विजय न ही पायी जा सकती, परन्तु उसका सामना करने से भय परास्त किया जा सकता है।

साहसी लोग अपने दृढ़ विश्वास और अपने निर्धारित मूल्यों पर अडिग रहते हैं। वे प्रलोभनों के सामने नहीं झुकते और न ही विरोध से घबराते हैं। वे अपने विरोधियों से निपटने के लिए जो भी उचित हो करते हैं यदि परिस्थितियाँ बदलती हैं तो वे उन्हें भी अपने लिए लाभकारी बनाकर समझदारी से काम लेते हैं। इन सब गुणों की बच्चों के लिए क्या आवश्यकता है? हम सभी, बच्चों में भी, कुछ मौलिक मूल्य होने चाहिए, जैसे कि सच्चाई और ईमानदारी दूसरों के लिए और उनकी वस्तुओं के लिए मान-आदर, अच्छी और स्वस्थ आदतें अपने कर्तव्यों और उत्तरदायित्वों के प्रति सचेत रहना आदि। व्यक्ति को इन आदर्शों पर टिके रहने व उसका निरंतर पालन करने के लिए साहस रखने की आवश्यकता है क्योंकि इस रास्ते में प्रलोभन और विरोध दोनों ही आते रहते हैं। आमतौर पर साहस को भयहीनता का पर्याय माना जाता है। पर, दोनों में एक सूक्ष्म अंतर है। हम यह मान सकते हैं कि साहस, किसी कार्य में छिपे खतरों को जानते हुए भी उसे करने की प्रेरणा शक्ति है जैसे- सैनिक रणभूमि में लड़ने जाता है, जबकि भयहीन व्यक्ति किसी कार्य में छिपे खतरों की तरफ नहीं देखता। ...दो साल का बच्चा, कुत्ते की पूछ खींचता है क्योंकि उसे मालूम नहीं होता कि कुत्ता काट भी सकता है।

साहस और डर में अंतर होता है। 'डर' का पीछा छुड़ाने का एक तरीका यह है कि डर का कारण ढूँढ़ा जाये। उदाहरण के लिए, यदि तैयारी ठीक से नहीं की हो तो परीक्षा में बैठने से डर लगता है। अगर हमने कोई गलती की हो तो माता-पिता का सामना करने में डरते हैं। इस बार कारण पता लगने पर, उन्हें दूर करने की कोशिश करनी चाहिए। जब बच्चों का मन साफ हो तो उन्हें डर से छुटकारा मिल सकता है। दूसरा तरीका है, 'दिव्य सहायता' में विश्वास करना। यदि वे महसूस कर सकते हैं कि ईश्वर उनकी सहायता के लिए मौजूद हैं, तो वे उसका बल प्राप्त कर साहसपूर्वक चुनौतियों का मुकाबला कर सकते हैं। एक और तरीका भी है, कि जिन लोगों ने साहसपूर्वक दुनिया का सामना किया है उसके बारे में पढ़ना और उन्हें आदर्श मानकर उनका अनुसरण करना। इस तरह सभी में साहस का संचार करने का हर सम्भव प्रयत्न करना चाहिए।

साहस से क्या नहीं पा सकते इसका एक उदाहरण गाँधी जी हैं।

गाँधी जी चाहते थे कि हिन्दू, मुसलमान एक दूसरे के साथ शान्तिपूर्वक रहें। पर दुर्भाग्यवश, देश के बँटवारे के बाद बड़ी संख्या में सरहद के दोनों तरफ देशांतर हुआ। इससे दोनों सम्प्रदायों के बीच बहुत तनाव पैदा हो गया। पश्चिम बंगाल के नोआखली नाम गांव पर सबसे बुरा प्रभाव पड़ा, जहाँ अनेक लोग मारे गए। अपने मित्रों और सलाहकारों की राय के विरुद्ध, केवल अपने दिल की आवाज सुनकर, गाँधी जी नोआखली गए। वे जानते थे कि वहाँ उनकी जान का खतरा है, फिर भी वे निडरतापूर्वक वहाँ पहुँचे। उनका एकमात्र ध्येय था वहाँ के लोगों को किसी तरह शान्त करना और उस जगह में फिर से अमन शान्ति लाना। लोगों ने उनके साहस का आदर किया और वहाँ लड़ाई समाप्त हो गई। आगे चलकर, उन्हें अपने मूल्यों की खातिर अपनी, जान देनी पड़ी। फिर भी उनके साहस के कारण उन्हें इतिहास में विशिष्ट स्थान प्राप्त है।

रॉलैंड पोरटन ने सही लिखा है –

“प्यारे ईश्वर, हमें साहस दो, कठिन परिस्थिति से भी आगे बढ़ते जाए,

मुकाबला करें तमाम मुश्किलों का हँसी, खुशी से सत्य के लिए साहस से खड़े हो पाएँ,

साहस से अपने विश्वास को सत्य कर पाएँ, जब भी जरूरत हो और अधिक साहस की, प्यारे ईश्वर, तब-तब आपकी कृपा पाएँ।

— सीमा वर्मा
अध्यापिका

सशक्त बेटी! सशक्त राष्ट्र

किसी राष्ट्र की सांस्कृतिक एवं सामाजिक प्रगति को जानने का सर्वाधिक उपयुक्त पैमाना है – उस राष्ट्र में महिलाओं की सामाजिक स्थिति। एक व्यवस्था के रूप में लोकतंत्र की सफलता, किसी नीति को बनाने और उसे लागू करने में 'अधिकतम लोगों की अधिकतम भागीदारी' पर निर्भर होती है। इस लिहाज से हमारे लोकतंत्र के समक्ष बड़ी चुनौती यह है कि कैसे देश की आधी आबादी अर्थात् महिलाओं को अधिक से अधिक सहभागी बनाया जाए। जाहिर है, इसकी शुरुआत सामाजिक जन-जागरूकता से होगी। तभी कानून व्यवस्था अपना काम ठीक से कर पाएगा।

परिवार सबसे छोटी सामाजिक इकाई है। जिस पर घर में माताओं, बहनों या बेटियों को विविध मसलों पर अपनी राय



देने या किसी फैसले में हिस्सेदारी दी जाती है, वहाँ की लड़कियाँ अधिक आत्म-विश्वासी, हिम्मती और साहसी होती हैं। वे शिक्षा, कैरियर या विवाह संबंधी प्रश्नों पर स्वतंत्र निर्णय लेने में सक्षम होती हैं, जो नारी सशक्तिकरण का बुनियादी मूल्य है।

हमारी बेटियाँ आज की तारीख में शिक्षा, साहित्य, विज्ञान, तकनीक, प्रशासन, राजनीति, उद्यम, खेल, पत्रकारिता, इत्यादि विविध क्षेत्रों में कीर्तिमान स्थापित कर रही हैं। प्रायः सभी परिक्षाओं की टॉपर बेटियाँ हैं। लोकतंत्र के मूल्यों स्वतंत्रता, समानता, न्याय आदि ने उन्हें पर्याप्त अवसर दिए हैं, खुला आकाश दिया है अपनी पहचान बनाने के लिए।

लेकिन तस्वीर का एक स्याह पहलू भी है। आए दिन खबरों में घरेलू हिंसा, दहेज उत्पीड़न, बलात्कार, हत्या, तस्करी, जबरन तलाक जैसी घटनाएँ हमें शर्मसार करती हैं। भारत में शिशु लिंगानुपात अर्थात् हर एक हजार की आबादी पर बच्चियों की संख्या घट रही है। इसका बड़ा कारण गर्भ में ही कन्या भ्रूण की हत्या करना है। शिक्षा के अभाव में आबादी का बड़ा हिस्सा बेटी को 'बोझ' या 'पराया धन' समझता है। बहुत सी बच्चियों की कम उम्र में शादी कर दी जाती है। इससे उनके स्वतंत्र व्यक्तित्व का विकास नहीं हो पाता। एक तरफ तो हमारा समाज नवरात्रि में कन्या-पूजन करता है तो दूसरी ओर उन्हें इस दुनिया में आँख भी नहीं खोलने देना चाहता। आखिर यह विरोधाभास कैसे दूर होगा?

इसके लिए सरकारी मशीनरी के भरोसे हाथ पर हाथ धरे नहीं बैठा जा सकता। सामाजिक समस्याओं का समाधान सामाजिक सहयोग के बिना असंभव है। इस दिशा में जन जागरूकता अत्यंत आवश्यक है। एक जिम्मेदार नागरिक के तौर पर अकेले या समूह में 'बेटी बचाओ - बेटी पढ़ाओ' एवं 'पढ़े बेटियाँ- बढ़े बेटियाँ' जैसे स्लोगनों को अमल में लाना होगा। तभी सामाजिक मनोविज्ञान बेटियों के अनुकूल तैयार होगा।

आप भारतीय अर्थव्यवस्था का लोहा दुनिया मानने लगी है, जबकि आधी दुनिया की सहभागिता अपेक्षित अनुपात में नहीं है। जिस दिन हमारी बेटियाँ राष्ट्र के विकास में कंधे से कंधा मिलाकर चल पड़ेगी, उस दिन भारतवर्ष को 'सुपर पावर' बनने से कोई नहीं रोक पाएगा। आखिर में, कहना होगा कि "सशक्त बेटी ही सशक्त राष्ट्र की बुनियाद है।"

— अनिल कुमार
अभिभावक

वन में जीवन निहित है

वन हमारी प्रकृति की सुन्दरतम देन है। प्रकृति के इस अनमोल उपहार का मानव जीवन में विशेष महत्व रहा है। वनों ने हमारे जीवन की अनेक जरूरतों को तो पूरा किया ही है साथ ही पर्यावरण को भी संतुलित बनाये में भी महत्वपूर्ण भूमिका निभाई है।

भारत एक कृषि प्रधान देश है यहाँ अनेक प्रकार के वन एवं जंगल पाये जाते हैं। वन अनेक विशेषताओं के स्रोत हैं ये बाढ़ रोकते हैं, वर्षा लाने में सहायता करते हैं जिससे हमें अमृत रूपी जल प्राप्त होता है। ये वातावरण को शुद्ध बनाते हैं ये कार्बनडाई ऑक्साइड जैसी जहरीली गैस को सोखकर हमें ऑक्सीजन के रूप में प्राण वायु प्रदान करते हैं। वन जीव-जन्तुओं को संरक्षण प्रदान कर जैव-विविधता को समृद्ध बनाते हैं। वनों से उद्योगों के लिए भी काफी मात्रा में कच्चा माल प्राप्त होता है, जिससे देश की अर्थव्यवस्था मजबूत होती है। हमें परोपकार की शिक्षा लेनी है तो इन वनों से लेनी चाहिए जौ सदैव हमें कुछ न कुछ देते ही हैं हमसे कुछ लेते नहीं हैं।

किन्तु दुःख का विषय यह है कि मानव ने अपने स्वार्थ की पूर्ति के लिए वनों का अंधाधुंध दोहन किया व अपनी आवास, धन, भोजन जैसी जरूरतों को पूरा किया। जिससे वन सिकुड़ने लगे और अनेक प्रकार की प्राकृतिक आपदायें जैसे- बाढ़, सूखा, भूकम्प, भूस्खलन आदि आने लगी जिससे आज समस्त मानव जीवन संकट में पड़ गया है।

अतः वनों की उपयोगिता और वनों के हम पर वनों के संरक्षण की ओर ध्यान दें क्योंकि जब वन रहेंगे तभी मानव जीवन भी सुरक्षित रह पायेगा अतः वन संरक्षण हमारी नैतिक व सामाजिक दोनों जिम्मेदारी है। इस प्रकार हम कह सकते हैं कि वन हैं तो जीवन है। वनों से हमारी जीवन की डोर जुड़ी हुई है, ये प्रकृति के वह अनमोल खजाने हैं जो हमें सिर्फ देते हैं, हमसे कुछ लेते नहीं हैं। हम वनों के ऋणी हैं और इस ऋण को चुकाने का सबसे अच्छा तरीका यह है कि हम अधिक से अधिक वृक्षारोपण करें और दूसरों को भी प्रेरित करें।

प्रतिमा सिंह

12 स



Our Achievers

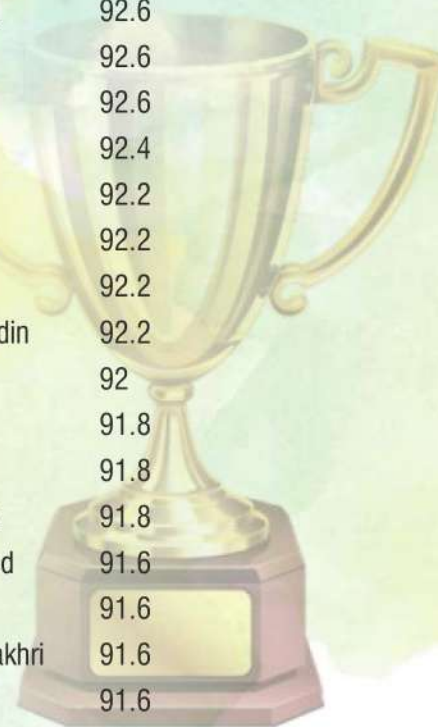
2018-19



ICSE TOPPERS

Name	%
Garima Joshi	97.4
Ananya Singh	97.2
Stuti Anand	97
Tulika Basu	96.8
Abhidi Gupta	96.2
Garvita Shukla	96.2
Chaitry Shukla	96
Rashi Kulshreshtha	95.8
Vanchha Arora	95.6
Ananya Verma	95.6
Vidushi Shukla	95
Katyayni Dhiren	95
Prashansa Erica P.	95
Akshita Joshi	94.8
Anushka Srivastava	94.8
Niti Kohli	94.6
Manavi Khanna	94.6
Shreya Trivedi	94.4
Spriha Godbole	94.4
Rifa Khan	94.4
Adreeka Mishra	94.4
Nandini Singh	94.2
Vidushi Singh	94
Anshika Lamba	94
Aanshika Goswamy	94
Zaara Fatima	93.8
Suhani Rai	93.6
Devanshi Dubey	93.6
Aditi Rai	93.6
Aamna Umar	93.4
Bhawini Srivastava	93.4
Khushi Sharma	93.2

Name	%
Kavya Lakshmi Handa	93
Shweta Mishra	93
Bhavya Jaiswal	92.6
Erum Amjad	92.6
Disha Yadav	92.6
Shruti Kranti	92.4
Diksha Gupta	92.2
Aanchal Gupta	92.2
Navya Paresch	92.2
Zainab Salahuddin	92.2
Suhani Yadav	92
Aditi Dwivedi	91.8
Aditi Singh	91.8
Priyanshi Singh	91.8
Numrah Dawood	91.6
Aditi Sachan	91.6
Abia Fazeelat Fakhri	91.6
Mariam Tuba	91.6
Faiza Akhtar	91.6
Priya Gopal	91.4
Anushka Singh	91.4
Ananya Jaiswal	91.4
Devanshi Agrawal	91.2
Priyanka Roy	91.2
Shubhangi Srivastava	90.8
Anushka Verma	90.8
Samriddhi	90.6
Ritika Raj	90.6
Kinza Ahmad	90.4
Tanzia Irfan	90.4
Devanshi Pathak	90.2
Riddhima Singh	90.2





Our Achievers

2018-19



ISC TOPPERS

Name	%
Vedika Pandey	99
Katyayani Singh	98.25
Smriti Tripathi	98
Swarnim Agrawal	97.5
Shruti Tripathi	97.25
Vanshika Potdar	97.25
Veronica Anand	97.25
Esha Sherring	97
Niytanshi Sharma	97
Rishika Mandhyan	96.75
Divi Agarwal	96.5
Devanshi Srivastava	96.5
Ameera Hasan	96.5
Shivya Verma	96.25
Esha Chauhan	96
Harshita Dubey	96
Divyabha Gupta	95.5
Alisha Ahmad	95.5
Shafaq Ansari	95
Lavanya Gune	94.5
Anshika Pandey	94.5
Neha Tripathi	94.5
Anika Jain	94.25
Kaushki Tewari	94
Kriti Tandon	94
Amita Srivastava	94
Samriddhi Bhatnagar	94
Sanskriti Sinha	93.75
Dharini Mishra	93.5
Saloni Mishra	93.5
Malvika Madan	93.25

Name	%
Ananya Raina	93.25
Shiza Rizwan	93.25
Saumya Chaubey	93
Aditi Misra	93
Nandini Keshari	92.75
Adiba Fatmi	92.75
Eeshita Tripathi	92.5
Carolyn Rachael James	92.5
Prateeksha Sharma	92.5
Mahi Srivastava	92.5
Saumya Srivastava	92.5
Blessica Elizabeth	92.5
Kinjalica Kesarwani	92
Riya Kala	92
Zainab Khan	91.75
Ishita Puri	91.75
Anushri Singh	91.5
Sidra Fatima	91.5
Kamlika Pandey	91.5
Dishi Agarwal	91.25
Sweekriti Jaiswal	91.25
Ayushi Srivastava	90.75
Lavanya Raina	90.75
Aditi Singh-I	90.75
Areeba Fatima	90.75
Divya Singh	90.5
Pratika Singh	90.25
Saumya Tiwari	90.25
Nandini Kapoor	90
Lavanya Rastogi	90



आशादीप जूनियर हाईस्कूल

दवा के साथ दुआ भी जरूरी

‘हे भगवान रक्षा करो’ हे प्रभु कष्टों से मुक्ति दो।’

ऐसे प्रार्थना वाक्य हमारे मुँह से तब निकलते हैं जब हम किसी मुसीबत में पड़ जाते हैं या रोगग्रस्त हो जाते हैं। निःसंदेह प्रार्थना में एक शक्ति होती है और यदि किसी उद्देश्य विशेष की पूर्ति के लिए सामूहिक प्रार्थना की जाये तो उसका प्रभाव कई गुना अधिक हो जाता है।



हमारी दिनचर्या में प्रायः ऐसे अवसर आते रहते हैं जब हमें ईश्वर की कृपा माँगनी पड़ती है ऐसा तब भी होता है जब घर का कोई सदस्य गम्भीर रूप से रोगग्रस्त हो जाता है। डॉक्टर के इलाज के साथ ही भगवान से प्रार्थना भी निरन्तर करने लगते हैं। ईसाई अस्पतालों में नित्य प्रातः नर्सिंग स्टाफ द्वारा प्रभु ईशु से अस्पताल में भर्ती मरीजों के शीघ्र स्वस्थ हो जाने और पीड़ा सह सकने की शक्ति प्रदान करने की सामूहिक प्रार्थना की जाती है। प्रार्थना के शब्द मरीजों को न केवल आत्मबल प्रदान करते हैं बल्कि, ईश्वर के प्रति उनमें विश्वास भी जागृत होता है।

वास्तव में प्रार्थना वह शक्ति है जिसे नियमित व पवित्र भाव से करते रहने से एक ऊर्जा प्राप्त होती है।



रश्मि सिंह
अध्यापिका
आशादीप

ग्लोबल होती हिन्दी

भूमण्डलीकरण के इस दौर में हिन्दी का समृद्ध स्वरूप विश्व स्तर पर आच्छादित हो रहा है। हिन्दी न सिर्फ गतिशील हुई है, अपितु इसने अन्तर्राष्ट्रीय स्तर पर अपनी पहुँच को साबित कर दिखाया है। यही कारण है कि कल तक जो हिन्दी से परहेज करता था आज उसकी तरफ उन्मुख है। हिन्दी के प्रति जागरूकता बढ़ी है।



पठन-पाठन, व्यापार, मीडिया, विज्ञापन आदि क्षेत्रों में हिन्दी की पकड़ मजबूत हुई है। हिन्दी सूचना एवं सम्प्रेषण का सशक्त माध्यम बन चुकी है। विदेशों में न सिर्फ हिन्दी जानने वालों की संख्या बढ़ रही है, अपितु इसके बोलने वालों की संख्या भी बढ़ी है। रुपये को अन्तर्राष्ट्रीय प्रतीक मिलने का भी हिन्दी के बढ़ते कदमों से जोड़कर देखा जा रहा है। खास बात यह है कि जिन देशों के विश्वविद्यालयों में हिन्दी विभाग खुल रहे हैं, उसने पढ़ाने वाले शिक्षक स्थानीय ही हैं।

हिन्दी की इससे बड़ी सफलता और क्या होगी कि अंग्रेजी के विश्वस्तरीय शब्दकोषों में चटनी, इडली, छोला-भटूरा और डोसा जैसे शब्द स्थान पा चुके हैं। यह हिन्दी में आई तेजी का ही परिणाम है कि रशियन चैनल तक हिन्दी के रंग में रंगे दिख रहे हैं।

हिन्दी का यह विस्तार अकारण नहीं है। हिन्दी नितांत समृद्ध एवं जीवंत भाषा है। हिन्दी के पास शब्दों का अतुल्य भंडार है अनेक शब्दों को हिन्दी ने अपनाया। हिन्दी का अन्तर्राष्ट्रीय स्तर पर बढ़ता दबदबा उन लोगों के लिए काबिले-गौर हो सकता है, जो इससे विमुख हैं। बेहतर होगा कि अन्तर्राष्ट्रीय सम्मेलनों में भारतीय प्रतिनिधि, राजनयिक नेता और नौकरशाह हिन्दी का इस्तेमाल करें।

राजरानी
अध्यापिका
आशादीप



दूसरों के लिए

तुम जीओ तो जिओ दूसरों के लिए
स्वार्थ को त्याग दो दूसरों के लिए
तुम घुटन भरी जिन्दगी मत जिओ
तुम हृदय खोल दो दूसरों के लिए।।

व्योम की गोद में मग्न हो मस्त थे
हँस रहा सूर्य है दूसरों के लिए
चाँद की वह परी सी धवल चाँदनी
आ रही भूमि पर दूसरों के लिए।

तुम बनो साहसी, स्वाभिमानी बनो
पर झुकों तुम हमेशा बड़ो के लिए
शत्रु को प्यार दो हर खुशी वार दो।

शीश पर झेलते शीत को ताप को
छाँह विटप दूसरों के लिए
पत्थरों से भले चोट लगे उनको
दे रहे फल दूसरों के लिए



सम्पूर्ण

बोलूँ तो कोयल सा मीठा बोलूँ
बंद मन के दरवाजों को खोलूँ।
संकट से कह दूँ मुझसे टकराओ

भय से कह दूँ – तुम अपने घर जाओ।
लव-कुश का सच्चा भाई बन जाऊँ
ध्रुव-सा मैं धुन का पक्का कहलाऊँ।
प्रभु, मुझको पावन जीवन दे दो।

आशा के दामन को हरदम थामें
अपने साहस का परचम लहराएँ।
दृढ़ निश्चय का सम्बल लेकर मन में।

प्रिया मौर्या
कक्षा – 6
आशादीप



आयुषी
कक्षा – 6
आशादीप



COME IN

"Come in, Come in,"
Said the library door.
I opened it wide,
And saw a book gallery.
The skinny books
Up high on the shelves,
Little, fat books
That stood by themselves.
I opened up one,
And sat down to look,
To find myself
In the beautiful world of books.



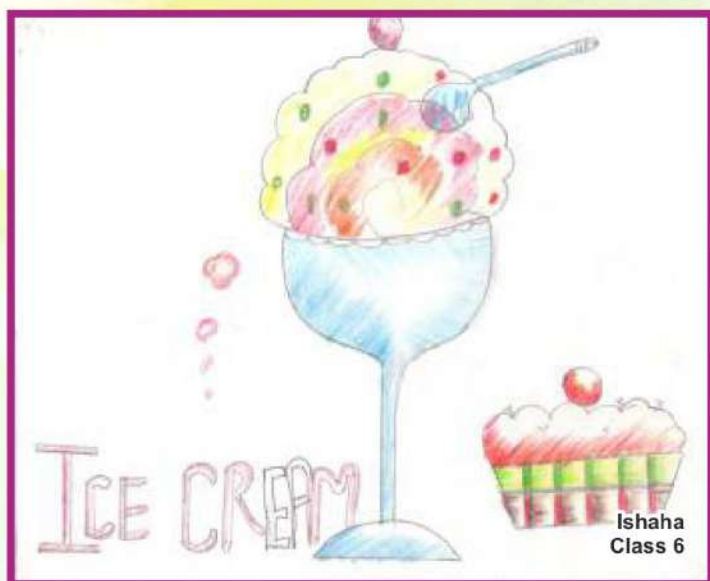
Anjali
Class 6

LITTLE CLOUDS



Two little clouds on a summer's day
Went flying through the sky.
They went so fast,
That they bumped their heads,
And both began to cry.
Old father sun looked down and said,
"Oh! Never mind, my dear,
I'll send my little fairy folk
To dry your falling fear."
One fairy came in violet,
And blue, green, yellow, orange, red,
They made a pretty row.

Aradhana Patel
Class 6



Ishaha
Class 6



Neha Kumar
Class 7

*Good will towards all beings
is the true religion;
cherish in your hearts boundless
good will to all that lives.*

-Lord Buddha





Designed by : Sumaiya Fatima
XII-D

