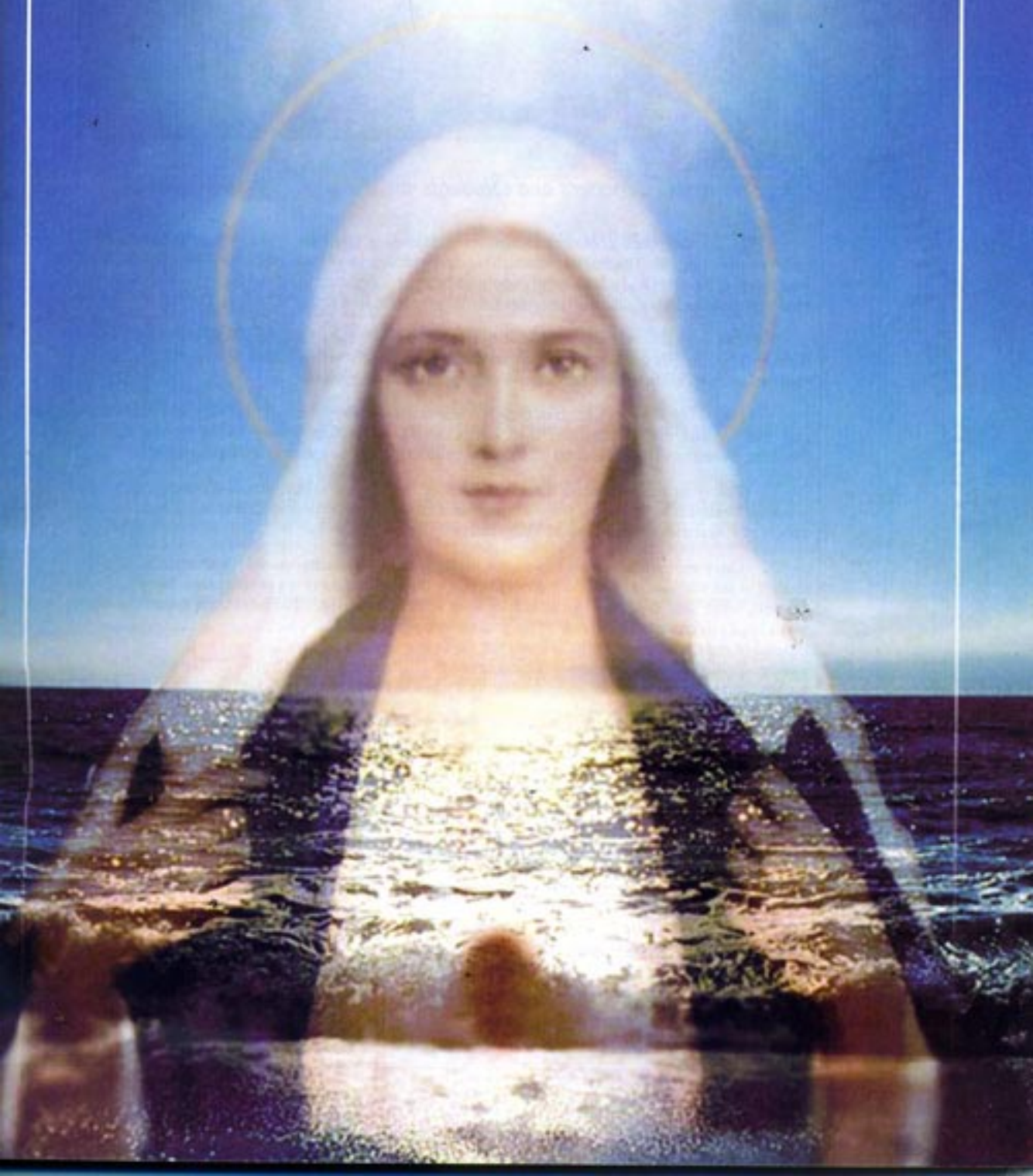


# SMC X-PRESSIONS



ST. MARY'S CONVENT INTER COLLEGE  
32, THORNHILL ROAD, ALLAHABAD

**Mary , Mother of Jesus ,  
the Patroness of our School ,  
be with us and guide our steps ...**







*Dear Parents, Teachers and Students.*

"Education occurs both in and outside the classroom. There are certain bumps and bruises that befall us all during life. The manner in which we deal with them will have a lot to say about how we deal with future difficulties and what kind of people we become. Education most certainly gives us the means by which to earn a living but it also provides the means to learn how to live" Clarence Thomas.

The academic year 2008-2009 had been a grace filled year with innumerable blessings. I thank the Almighty for His guidance and providence. I extend my heartfelt gratitude to parents, teachers, students and well wishers for their cooperation, support and suggestions.

Best wishes to the students of class XII who will leave the portals of SMC. Uphold your values and live in this challenging and competitive world as dedicated and daring young women. Congratulations to all those students who have excelled in academic and extra curricular activities.

This year has witnessed the worst form of the fury of nature, attack on human lives and inhuman treatment to humanity. Let the education that you receive, dear students, help you to become people of vision and mission. I would like to end these lines with a story.

Once upon a time a King had a great highway built. Before he opened it to the public, he had a contest to see who could travel the highway best. On the appointed day the people came. Some had fine chariots, some used their feet. But no matter what vehicle they used, all of them complained that there was a large pile of rocks on the side of the roads in one particular spot, which hindered their progress. At the end of the day a lone traveler crossed the finish line and wearily walked over to the king. He was smudged with dirt but he spoke with respect as he handed the monarch a bag of gold. "I stopped along the way to clear a pile of rocks", he said. "And under it was a bag of gold. Can you find the rightful owner?"

Solemnly the King replied, "You are the rightful owner. You have earned the gold by winning the contest. For he who travels the road best is he who makes the road smoother for those who follow. So it is in life. While people scramble to outdo others, every now and then a leader comes along to pave the way for the rest of us. To these leaders are given the rewards - the bags of gold called fame and fortune.

Dear students travel on this earth as best you can, for we have but one LIFE.

"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they lead." L.M. ALcott.

*With prayers and good wishes*

Sr. Roshni CJ  
Principal





Dear Friends,

To sum up an entire year in a few words is no mean task. Indeed, it is time to reflect on what has been and what will be.

We had to bid adieu to four peerless teachers - Mrs. Banerji, Mrs. Chatterjee, Ms. N. Gupta and Mrs. Lawrence. Their passion for teaching and their ability to nurture young minds made them walk tall within the school and without. Taking a cue from their lives, one cannot but admire the way they struck a fine balance between their workplace and home. They radiated happiness and contentment which was infectious.

It is but natural for each one to think of bliss and satisfaction in his or her own perspective. Happiness for me is to have a 20/20 vision - to live in the year 2009 instead of 2025. Squinting into the future might make a person myopic.

Success in academics, followed by a ruthless choice of career, leaves the students with no time to look into the aesthetic values of life. There is more to life in store for them instead of a packed syllabus and text-books. Investment in Music, Fine Arts, Photography, Travelling, watching world cinema, reading fiction and non-fiction pays rich dividends in the long run. Besides, these creative 'stress busters' may even emerge as alternative vocations.

We need cerebral creativity, original minds and not 'cut and paste', 'remixes', abounding with plagiarism (The editorial team had a tough time, sifting through several cloned articles)

Thanking is customary but with an encouraging Principal, Sr. Roshni, a supportive editorial team, dependable colleagues like Mrs. M. Mobla, Mrs. R. Tripathi, Ms. J. Bonifacious and Sr. Jyoti it acquired a special meaning. Without the contribution of budding writers this issue would not have been possible. The editorial team read the text sand-papering the rough edges till articles began to glisten like flawless diamonds. Thank you one and all!

I hope 2008-2009 was an academic session full of cheer for each one of you. With best wishes for the coming session which promises to be even better.

Mrs. Mamta Joshi





*The* mark of a genius is often not perfection, but originality. In an era of hard-core competition, seeing things in a wholly different perspective helps. With myriad problems facing mankind, the solution might be simpler than we think, which is why ingenuity should be valued. A Harvard University student was required to submit an essay titled -"What is Courage?". His essay contained all of three words. This is courage. He was promptly awarded an A+!

Today's changed and 'charged' environment demands that little extra from us and it would be wise to take William Arthur Ward's advice when he says:

"Do more than belong, participate. Do more than care, help. Do more than believe, practice. Do more than dream, work."

Looking back at the year that was, with triumphs to toast and lessons to learn, let us sincerely pledge to finish off with a flourish the endeavors begun previously with intent.

And what a year it has been! The School has kept its standards, deftly amalgamating a series of cultural events, games, debates and other co-curricular activities. There were equal periods of frenzied activity and calm, all helping us to analyze our self-worth.

The School Magazine, besides portraying all that has happened during the past one year, represents the visionary voice of the younger generation, ringing out loud and clear. Assembled here is a collection of the most creative compositions of our budding minds, at their imaginative best. With a platform like this, it is our earnest hope that they grow into promising writers of tomorrow.

With such mammoth aspirations, we present the latest SMC EXPRESSIONS, the result of a clear vision, high commitment and continuous hardwork on the part of our Editorial team, especially the staff editors Mrs. M Joshi, Mrs. Mohla, and Mrs. Tripathi, and Ms. Juhi Bonifacios, whose skills have been instrumental in putting it all together.

As you flip through the pages, it is hoped that you will encounter not only the spirit of the endeavor put into its presentation, but also the spirit behind the struggles and trials that go into bringing about the high standards of achievement on the ground, in the many facets of school life.

*With love and best wishes,*

Udisha Sinha  
Student Editor.



## April 09

- 7<sup>th</sup> - The session of 2008-09 commences, full of promise, hopes and aspirations.
- 9<sup>th</sup> - 10<sup>th</sup> - Orientation programme for Class IX, X and XII conducted by father Johnnie and Brother Zubin, stressing on Leadership, cultivating a positive attitude, discretion, a strong will, optimising our talents, having a vision-moulding ourselves into citizens of tomorrow. The orientation of Class XI is held later.

## May-June 09

- 1<sup>st</sup> ✓ Workers Day observed and celebrated Class VIII A puts up a programme for the people who work tirelessly behind the scenes ensuring the smooth functioning of the institution.
- 6<sup>th</sup> - An Extempore Debate competition for the students of Class XII is held at St. Joseph's College, Allahabad. Ananta Singh (XII-C) and Udit Singh (XII-A) participated, and bagged the 'Best-Team' prize. The individual prizes for the best speaker and first runners-up go to MPVM and GHS, respectively. The topic for the debate :  
"Too much Science is not good for mental health"
- 11<sup>th</sup> - School closes for the summers.  
The basket ballers braved the heat and unseasonal rains to take part in the Summer Camp, perfecting their moves for the upcoming and eagerly awaited Inter-House tournament. Other sports, like table tennis and throw-ball too have their Summer Camps, where students participate zealously.

## July 09

- 3<sup>rd</sup> - School re-opens after the summer vacations.
- 4<sup>th</sup>-5<sup>th</sup> - Career counselling sessions for class XII, conducted by Dr. Aparna D. Ranjan, an alumini of St. Mary's Convent. Useful information regarding various streams, courses and the colleges was offered. Throwing light on some interesting offbeat and unconventional careers.  
Dr. Sangeeta Srivastava is invited to deliver a guest lecture on the second day, touching on the delicate subject of the essence of womanhood, and the need for striking a balance between career and family.
- 7<sup>th</sup> - 8<sup>th</sup> - The same for class XI.
- 18<sup>th</sup> - The much-awaited election of House captains and Vice- captains for the student council. The Student council is introduced to the school the subsequent morning.
- 28<sup>th</sup> - The Investiture ceremony, installing the newly-elected council to their office. A prayer-service, stressing on the basic tenets of leadership and invoking Almighty's blessings, is conducted by class XII-B, under Mrs. Shukla's guidance, followed by the oath-taking ceremony. The Navinanshu Rai Memorial Award for Excellence in Maths in the ICSE examination, is presented to Shivani Saran (XI-A) who happens to be the Vice-Head Girl, by Dr. Manendra Singh, father of Manisha Tomar (College Captain).

## August 09

- 6<sup>th</sup> - The members of the Heritage club attend a guest lecture by Dr. Sunil Gupta - the convenor of the Heritage Club. The lecture touches upon the general lack of awareness among the people, of the abundance of 'heritage', and the gross neglect by the authorities. Diffuses myths like the perception of Heritage only as architecture.  
We got to know that the SMC campus is also a designated Heritage Site !
- 12<sup>th</sup> - The brand new Computer Lab is inaugurated by father KK Antony. Also present on the occasion were Sr. Roshni, Sr. Salesia and Sr. Jyoti.  
The lab is a gift from Sr. Salesia who, sensing the need, suggested the idea, and brought about its fruition.
- 15<sup>th</sup> - The 62nd Independence Day is celebrated with great joy and gusto. The Chief Guest for the occasion is Reverend father John Baptist Castileno. Class VIII conducts a solemn prayer service, paying a tribute to the struggle of the freedom fighters.  
The senior school then moves up to the hall for the cultural programme planned for the day. The four houses exhibit the depth of their talents and creativity in the allotted ten minutes, through the medium of dance.  
The Chief Guest shares his vision with the students, as he urges them to look for an India where development goes hand-in-hand with compassion, and does not inhibit humanity; where progress is not measured quantitatively by infrastructure, but qualitatively.
- 18<sup>th</sup> - The first terminal Examinations for all, begin.

### September 09

- 4<sup>th</sup> - A prayer service is conducted, depicting the plight of humanity crimes on minority, human violence, and nature's fury. The students were called upon to show solidarity with our kins in troubled Orissa, Bihar and Jammu & Kashmir, through prayers and actions.
- 5<sup>th</sup> - The all-important Teachers' Day is celebrated with enthusiasm. The festivities were toned down in view of the tragedy, however the love for the teachers flows unbridled Teachers were also served with baked goodies!
- 6<sup>th</sup> - Students attend a seminar on "Computer Security and Prevention of Computer Crimes" IIT Jhalwa. The lecture touched upon the prevalent cyber crimes and ways to secure the information shared via the internet.
- 13<sup>th</sup> - Students (from XII-A) attend a guest lecture by Professor G.C. Nandi of IIT, Jhalwa, in SJC. lecture deals with "Robotics and Artificial Intelligence".  
Parent Teacher meeting and Report for the rest of the school.
- 14<sup>th</sup> - 'Hindi Diwas' for two weeks, the prayer service was conducted in our national language, with inspiring anecdotes from the lives of the stalwarts of the literary scene being read out. A debate was organised later.
- 25<sup>th</sup> - The pioneering English Language Lab is inaugurated by Sr. Mariette, in the presence of Sr. Salesia, Sr. Roshni, Sr. Jyoti, members of the staff and management, and students Fr. Albert blessed the lab by sprinkling holy water.

### October 09

- 3rd - Owing to our school's concern towards its students' safety, and its commitment towards the education of the future citizens of the nation, the management invited the Superintendent of Police in Allahabad, Mr. Uday Shankar Jaiswal, to deliver a lecture on traffic rules.
- 16th - A 'Heritage Walk' is organised by Dr. Sunil Gupta, the convenor of the Heritage Club in Allahabad. The members of the club are taken for an edifying tour of the Allahabad Museum. Dr. Gupta knowledgeable commentary helps to unlock the myriad secrets of the eras gone by.
- 20th - On the occasion of 'Hindi Diwas' (albeit later) a hindi debate is held for the students of XIth standard. The participants impress with their speaking prowess and confidence. Judges for the event were Mrs. Joshi, Mrs. Lawrence, and Miss Gupta. The Result.

**Ist prize - Afreen Seher Gandhi**

**IInd prize - Surangma Sharma**

**IIIrd prize - Deeksha Jain**

- 23<sup>rd</sup>, 24<sup>th</sup> - The annual cultural festival of SJC- Josephest 2008 "Rainbow" is held, keeping up the tradition, the fest upholds the spirit of 'fairplay'. However, we could manage to bag only the third position among the seven participating schools.

The Results:

- Ist prize -** Quiz  
Antakshri
- IInd prize -** Cartoning  
Hindi Creative Writing  
English Group Song  
Adman  
Solo Dance  
Group Dance
- IIIrd prize -** Extempore debate  
Street play  
English Creative Writing  
Debate for Classes IX-X

### November 09

- 1<sup>st</sup> - The prestigious Sharad Verma memorial debate, organised by the Old Boys Association of St. Joseph's College. Our overall performance in the bilateral event widely appreciated, and we end up lifting the championship trophy, second year in a row!

*The Result announced were*

Classes IX-X - "India, the emerging sports power"

**Ist Prize -** Jayati Srivastava (IX-B)

Classes XI-XII - "Is home based employment a good option?" (Extempore event)

**IInd prize -** Ananta Singh (XII-C)

**IIIrd prize -** Udiha Sinha (XII-A)

- 5<sup>th</sup> - The school gears up to celebrate the silver Jubilee of our beloved Mrs. Rosaline Phillips. The students put up a cultural programme lauding the twenty five long years of untiring hardwork and passionate commitment that has been the characteristic of her personality

- 14<sup>th</sup> - The school resounds with the festivities of the "Bal Mela - 2008". As if we weren't already indebted to them, our lovely teachers organized an immensely enjoyable fete on the occasion of Children's Day. The proceeds were to be contributed for the upkeep of 'Ashadeep'.
- 18<sup>th</sup> - Mrs. Radhika Jha, a hugely successful IAS officer, currently posted in New Delhi, paid a visit to her Alma Mater. In a tete-a-tete with classes IX, XI & XII, she inspired the students to make it big in life. Sharing her experiences, she motivated us to follow our calling, and take up a career according to our capabilities and which gives us a sense of contentment, so that we may go ahead and make a difference.
- 22<sup>nd</sup> - A Civil Defence drill is performed by the students of IXth standard. Among other things, the students undertook a mock 'rescue operation' presenting the brave side of St. Marians. The various dignitaries present, including the District Magistrate of Allahabad, commend the praise worthy efforts of the powerpuff girls of SMC, Bravo!
- 24<sup>th</sup> - Mr. Naresh Peter Singh, the piano maestro, enthralled the students with his music. Currently pursuing the eighth grade of music from the Trinity College in London, he epitomizes the sheer strength and grit of the human mind as he overcame his physical disability to pursue his passion and make it big in life.
- 17<sup>th</sup> - Class Xth started with their second terminal examination.

#### December 09

- 1<sup>st</sup> - 16<sup>th</sup> - The second term examinations for the entire school (excluding classes Xth & XIIth) were held.
- 18<sup>th</sup> - The students of class XII and a thanksgiving prayer service, expressing their humble gratitude for the Principal, the management and most of all for our enduring teachers for showing support all these years and nurturing and emboldening them for the life ahead, and asking pardon for all the wrongs they may have committed, though never meant. The prayer-service concluded with a presentation capturing the essence of their journey from tiny tots to women of purpose ...
- 20<sup>th</sup> - The school closed for the winters. As part of the Christmas celebrations, the middle school put up a programme highlighting the actual spirit of the festival.

#### January 09

- 12th - The school reopens after the winter vacations. Rejuvenated and with a renewed zeal, students get ready for the final term. As a sign of things to come, classes Xth and XIIth face their preliminary examinations to prepare for the final guide.
- 21st - A New Year's Prayer service was put up by the students of class XI. Striking an optimistic note, it urged us to accept changes and believe in it, stick to our resolutions and stand up for what we believe in.
- 22nd - A bookfair was organised by the St. Paul's Book Store, showing a large collection of books for all age groups. Providing convenience, the fair aimed at encouraging & augmenting the habit of reading.
- 24th - The students wished Sr. Roshni and Sr. Salesia on the occasion of their feast Day. The celebration was lowkey as it was the parent-teacher meeting for the school (excluding classes X & XII)
- 23rd - The Mary ward week commenced, with class VIII putting up a prayer service on the occasion of the birth anniversary of mother Mary ward.
- 30th - The students of classes VI to XI displayed their great talent in art, utilising it to spread the message of mother Mary's life, with an Arts and Craft exhibition dedicated to her life. The exhibition was inaugurated by Sr. Roshni.
- 31st - The Mary Ward week came to an end with class IX presenting the concluding prayer service.

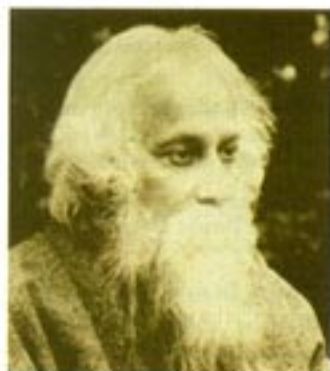
#### February 09

- 7th - Class XI bids farewell to their seniors. Weeks of hard work finally paid off as the farewell function received plentiful compliments and was a big hit! The programme included a prayer service, tableau, cultural dance, melodious numbers and a cynical skit.
- 24th - The school bids adieu to the four pillars of S.M.C. - Mrs. Banerji, Mrs. Chatterjee, Ms. Gupta and Mrs. Lawrence. The programme included a prayer service, a melodious parody, classical dance by the tiny tots, a puppet dance and a hilarious play enacted by class XI. The programme concluded with the touching speeches of all the four teachers.
- 28th - ICSE Exams for class X and XII begin

#### March 09

- 2nd - The most dreaded final exams begin!
- 7th - The school bids farewell to St. Carola.  
We will miss her cheerful and sagacious presence.





# TAGORE HOUSE

*Alas, that the longest hill  
must end in a vale; but still  
who climbs with toil, whoso'er,  
shall find wings waiting there.*

- Henry Charles Beeching.

With these lines in mind, one could have easily envisioned the successful end of the year through their diligence.

The academic year 2008-09 began with the investiture ceremony when Gyanandini Rawal and Praachi Tiwari were given the noble opportunity to shoulder the responsibility of leading the Tagore House as captain and vice-captain respectively.

The first event waiting in line was the Independence Day celebration.

Yellow House depicted the "Colours of India" through their dances dramatizing the conditions of India before and after Independence. The performance won a lot of appreciation from the audience.

The Inter-House Basketball Tournament was next that awaited everyone. The Juniors could make it to the finals, and so did the Seniors, proving the maxim

**"EFFORT SPELLS SUCCESS".**

The year wouldn't have been a success without the guidance of Mrs. S. Afreen and Mrs. V. Mary. A special word of thanks to all the house members for their immense support and co-operation and a heartfelt gratitude towards our principal Sr. Roshni and Sr. Jyoti for their support and encouragement whenever it was needed.



**Gyanandini Rawal**  
(Captain)

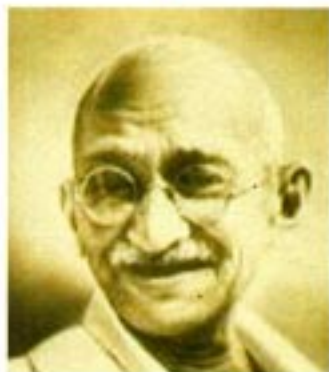


**Praachi Tiwari**  
(V. Captain)

# GANDHI HOUSE

*I long to accomplish a great and noble task  
But its my chief duty to accomplish small tasks  
As if they are great and noble.*

- Hellen keller



## GANDHI HOUSE REPORT

Every beginning has an end. This academic year 2008-09 is also coming to an end. Now, when we sit down to reminisce it seems as if it was yesterday that we were elected the Gandhi House leaders. 28th of July, 2008, was the red letter day for both of us. The investiture ceremony formally installed us as the Captain and Vice-Captain bringing with it new hopes, joys, aspirations and undoubtedly new responsibilities. The first testing event of the year was the 15th August celebration where each house manifested patriotism in the form of graceful dances. The Gandhi House put up a performance of metamorphosis of India since 1947. Nothing great was ever achieved enthusiasm and it was the unflagging energy, exuberance, vigour and high spirits of our house girls which made the vent a great success. Next in line was the Inter House Basketball tournament.

Good teams, become great ones when the members trust each other enough, to surrender the 'me' for 'we'.

These words are absolutely true for our exceptional basketball team. Under the able guidance of our basketball captain, Stuti Misra, our teams executed brilliant performance.

Rigorous practices went on under the blazing sun and in the sweltering heat, all through the months, preceeding the tournament. This effort our Juniors spelt success as their remarkable performance had made them grab the Championship trophy. We would like to extend one heart felt gratitude to Our house moderators Mrs. M. Malviya and Mrs. Phillips, Mrs Madhulata Sharma, our sports Instructor without whose guidance and unflagging enthusiasm this event would not have been possible. Our Principal Sister Roshni and Sr. Jyoti were pillars of support all through.

Although some of our Seniors could not make it to the finals but their determination and hard work towards the game was quite apparent, for which they were acknowledged with immense applause.

*Keep in mind the thought ...*

*Yesterday I dared to struggle*

*Today I dared to win.*



**Tulika Sen Gupta**  
(Captain)



**Chanchal Agarwal**  
(V. Captain)





# MARY WARD HOUSE

*"The determination to win  
is the better part of winning."*

With this thought in mind we agreed to shoulder the responsibility of being the Captain and Vice-Captain of Mary Ward House. The academic year 2008 – 2009 has been a year of hopes, learning, team work, responsibility, success, and faith in God. This has been a year where we have been able to keep our house motto "Unity is Strength" alive yet again.

The first important event that came across was the Independence Day. This year as well this day was celebrated with exuberance and great patriotic fervor. We, the "Blues" in the Blue House prepared a programme with the theme "Unity is Strength" to present before the audience, highlighting the fissiparous tendencies which have torn apart the beautifully woven fabric of our country. The enthralling performance by our housemates was appreciated by one and all. This successful event reminds us of the words of Henry Ford,

**"There is no happiness except in the realization  
that we have accomplished something"**

The other event when Blue House got the opportunity to prove its mettle was the Inter House Basketball Tournament. Both our teams, Juniors and Seniors, made us proud by relentlessly working hard and reaching the finals. Though our Junior team could not win the trophy, but their sincerity and enthusiasm was, in itself, a winners situation for us. Three cheers to you girls! A special word of thanks to our Games teacher Mrs. Madhu Lata Sharma and players of the Senior team who helped our Junior team to improve their performance on every step.

We would like to extend our heartfelt gratitude to our moderator Mrs. U. Ahmad and our helper Mrs. N. Chattree for their unremitting support and able guidance. Thank you dear teachers! We would also like to thank our principal Sr. Roshni and Vice-Principal Sr. Jyoti for always being there for us. And last but not the least, we would like to thank our housemates for always being keen to work hard to win laurels for our house.

As the academic year nears its end, we are content and glad to recall all the moments that we have spent with our house and we can proudly claim that we were able to give our best in whatever we participated in.

"We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate."

The world is all gates, all opportunities" – Ralph Waldo Emerson



Ananta Singh  
(Captain)



Sona Pathak  
(V. Captain)

# FLORENCE NIGHTINGALE HOUSE

*Time comes and passes on*

*but memories stay*

*sun sets but its warmth linger*

*tide recedes but leaves behind beautiful seashells on its way*

*with every moment passing something beautiful remains.*

As the year 2008-2009 passed it left behind gilded moments in the treasure of memories to cherish. It had brought new hopes, aspirations, challenges along with it. Team worth was the way out. In order to keep up the motto "on the wings of loyalty" of Florence Nightingale House, each one was bound to break shackles and bloom out with new talents be it the auspicious Independence Day, the Teachers' Day or the bulletin boards. Every part of the house activity was enjoyed to the fullest under the esteemed guidance of the dear moderators Mrs. L. Abu and Mrs. Y. Rastogi.

The hue and cry during the house meetings had revealed the bright and jolly spirits of the members. Each one had something special in them. Each member had a story to tell of unveiled talent. This is how the year 2008 - 2009 passed with sweet memories to cherish.



Vartika Malviya  
(Captain)



Kisa Zaheer  
(V. Captain)





# Messages from our Dear Teachers Bidding us goodbye.

- **Mrs. S. Banerji** "You meant so much to me that you filled my life - made me rich beyond wealth. If I could save time in a bottle, the first thing I'd like to do is to save every moment like a treasure and then, again, I would like to spend them with you. Dear children, both past and present, you are my pride, my joy and my greatest blessing. A very big thank you for all that you have done to make my life so special."

- **MS. N. GUPTA** "My memories are attached with this institution and with you, my dear girls, and also with those who have left this institution. How can I ever forget the classroom, echoing with your laughter, your whispers and your smiles when I read that a child had innocently written that 1/3rd of the Rajya Sabha members expire at the end of two years! We fought two world wars, signed peace treaties, formulated the major policies of the World Bank, insurance, exports and imports. It has been a joyful journey."



# Messages from our Dear Teachers Bidding us goodbye.

- **Mrs. U. Chatterjee** "I can never forget the greetings from your smiling faces. It was the oxygen of my life. If life is coffee then the prestigious jobs, money and position in society are the cups. They are just tools to hold life but the quality of life does not change. Sometimes by concentrating on the cups we fail to enjoy the coffee in it. So children, don't let the cups deceive you. Enjoy the coffee. Enjoy life!"



- **MRS D. LAWRENCE** "A teacher must preach values through his/her life. because students have special respect for teachers. I feel that if proper guidance is given and values imparted, the problem of terrorism, violence and corruption will become extinct. As teachers of tomorrow, I urge you dear children, to take a pledge today. Practice values in your daily life. Teaching is the noblest profession, where you give to the taught and take nothing in return."



# GENERAL PROFICIENCY

## I-A

1. Kriti Dubey
2. Gauravi Jaiswal
3. Gayatri Puri
4. Anisha Rahman
5. Chetali Sachan
6. Adrijia Tewari
7. Rungun Upadhyay
8. Riddhima Wadhawan

## I-C

1. Ananya Pandey
2. Aastha Darbari
3. Shreya Gupta

## II-A

1. Ishika Yadav
2. Debjani Bhadra
3. Ria Jain

## II-B

1. Swarnim Agrawal
2. Srijeeta Basu
3. Shambhavi Nagar
4. Jiya Mitra

## II-C

1. Krishika Arora
2. Tuba Itrat
3. Shambhavi Nagar
4. Jiya Mitra

## III-A

1. Usnati Gupta
2. Rakshan Usmani
3. Snigdha Tiwari
3. Iri Tondon

## III-D

1. Udi Prakash
2. Shreya Pathak

## IV-A

1. Ritika Goel
2. Harshita Upadhyay

## IV-B

1. Deeksha Agarwal
2. Shreya Mehrotra
3. Aarashi Aryama
4. Debanishi Roy
5. Priyanka Saha
6. Anjali Srivastava

## I-B

1. Kanika Tiwari
2. Priyanshi Tiwari
3. Anusha Agarwal
4. Anushka Gupta

## I-D

1. Priyanshi David
2. Simi Mahboob
3. Ishita Mishra
4. Katyayani Misra
5. Varalika Shukla
6. Pragati Singh
7. Radhika Tandon
8. Rashi Trivedi

## II-D

1. Ashcharya Gautam
2. Aleena Khan
3. Divyabha Gupta
4. Anzita Kamhal
5. Siddhi Samridhi Misra
6. Chayonika Mukherjee
7. Shreya Singh
8. Aryama Pandey
9. Kriti Tondon

## III-C

1. Vaishnavi Johri
2. Prachi Patel

## III-D

1. Vaishnavi Agarwal
2. Khadija Rehman
3. Arvesha Tewari

## IV-C

1. Vaishnavi Agarwal
2. Khadija Rehman
3. Arvesha Tewari

## IV-D

1. Vaishnavi Agarwal
2. Khadija Rehman
3. Arvesha Tewari

## V-A

## PRIZE LIST

### General Proficiency

1. Rushali Garg
2. Priyanka Nagar

### Best In Maths

1. Rushali Garg

### General Improvement

1. Rishika Singh

### Best In English

1. Anshika Agarwal

### Full Attendance

1. Sidhi Agarwal
2. Rushali Garg
3. Prarthana Arpita John
4. Mitali Kesarwani
5. Pragati Shukla
6. Shanlini Singh
7. Kritika Vishwakarma

## V-B

### General Proficiency

1. Shaniza Kazmi
2. Tarishi Srivastava

### Best In Maths

1. Tarishi Srivastava

### General Improvement

1. Agnes Joseph

### Best In English

1. Shivani Pandey

### Full Attendance

1. Pushpita Banerjee
2. Agnes Joseph
3. Shivani Pandey
4. Vaishnavi Sharma

## V-C

### General Proficiency

1. Alisha Joseph Sumita Kazmi

### Best In Maths

1. Astha Singh

### Best In English

1. Sanvi Bhutani

### General Improvement

1. Nikita Rai

### Full Attendance

1. Divanshi Bisht
2. Shivangi Maheswari
3. Srishti Mehrotra
4. Chaitali Chandra

## V-C

## PRIZE LIST

### General Proficiency

1. Divyanshi Agarwal
2. Urja Raheja

### Best In Maths

1. Urja Raheja

### General Improvement

1. Pradnita Kamal Henry

### Best In English

1. Divyanshi Agarwal

### Full Attendance

1. Anagha Agarwal
2. Aishwarya Gupta
3. Mudra
4. Urja Raheja
5. Anushka Srivastava
6. Sameena Vardhan

## VI-A

## PRIZE LIST

### General Improvement

1. Sheeba Siddiqui

### Full Attendance

1. Rajshree Mishra
2. Aneegha Nambiar
3. Saumya Pandey
4. Sylvia Paul

### Srishti Prakash

1. Sahar Siddiqui

### Sheeba Siddiqui

1. Richa Singh

### Best In Maths

1. Kittu Talreja

## VI-B

### General Improvement

1. Ritvika Singh

### Best In Maths

1. Bhavya Mittal

### General Improvement

1. Gauri Trivedi

### Full Attendance

1. Shreya Basu

### Madhulika Gupta

1. Vedika Nath

### Sakriti Sahai

1. Rashi Singh

### Ritika Srivastava

1. Anukriti Joshi

## VI-C

### General Proficiency

1. Anubhuti Khare
2. Divyabha Maitra
3. Srishti Sahu
4. Reeti Sarup
5. Joyti Shika Srivastava

### Best In Maths

1. Saumya Singh (ii)

### Vaishnavi Tiwari

### General Improvement

1. Aastha Ghai

### Full Attendance

1. Riddhi Agarwal
2. Ekanta Banerjee
3. Tuba Kazmi
4. Manshi Mishra
5. Shobita Pandey

## VI-D

### General Proficiency

1. Gauri Kesarwani
2. Priyanshu Sachan
3. Ananya Singh
4. Spriti Singh
5. Shreya Srivastava

### Best In Maths

1. Gauri Kesarwani

### General Improvement

1. Vaishali Singh

### Full Attendance

1. Anupriya Banerjee
2. Priyanka Bisht
3. Srilakshmi Unnithan
4. Srishti Yadav

## VII-A

## PRIZE LIST

### General Proficiency

1. Firdavs Khan

### General Improvement

1. Payal Johri

### Best In Maths

1. Aditi Saxena

### Full Attendance

1. Mariyam Ishrat
2. Margaret Rose
3. Gargi Sawhney
4. Indira Singh
5. Pragya Tripathi
6. Bliss Raphael

# VII-B PRIZE LIST

**General Proficiency**  
Anushka Kapoor  
Shreya Pandey  
Monumita Kundra  
Agrima Singh  
**General Improvement**  
Areeba Siraj  
**Best In Maths**  
Zainab Tufail  
**Full Attendance**  
Shivani Bist  
Anushka Kapoor  
Anubha Singh  
Shrishti Singh  
Areeba Siraj

# VII-C

**General Proficiency**  
Anshika Sabhani  
Lipi Srivastava  
Vidisha Mishra  
Juhi Srivastava  
Jyoti Pandey  
Ruchika Patahak  
**General Improvement**  
Ananya Srivastava  
**Best In Maths**  
Medha Rai  
**Full Attendance**  
Ragini Gupta  
Kritika Nigam  
Asra Khan  
Pragati Srivastava  
Ayushi Tewari

# VII-D

**General Proficiency**  
Diksha Bijlani  
Bhavya Malviya  
Manisha Mishra  
Varisha Rehman  
Ira Tandon  
**Best In Maths**  
Ira Tandon  
**Full Attendance**  
Anuragini Pathak  
Ira Tandon  
Deepika Viswakarma  
**General Improvement**  
Vidushi Prakash

# VIII-A PRIZE LIST

**General Proficiency**  
Apoorva Shree  
Swapnil Shukla  
Anukritika  
**Best In Maths**  
Bhawini Tripathi  
**General Improvement**  
Trisha Dwivedi  
Devashri Sinha  
**Full Attendance**  
Yamina Abdi  
Abhika Jaiswal  
Mohineeta Pandey  
Anushri Shukla  
Arunima Shukla  
Snigdha Shukla  
Zehra Tranveer

# VIII-B

**General Proficiency**  
Rini Chandra  
Anindya Ojha  
Ayushi Sah  
**Best In Maths**  
Devanshi Bansal  
**General Improvement**  
Arisha Azami  
Anshita Goswami  
**Full Attendance**  
Yashasvi Agarwal  
Nivedita Bisht  
Aditi Chaturvedi  
Arundhanti Das  
Ayushi Dubey  
Glory Dwarkesh  
Vartika Panth  
Rupali Singh  
Nitya Tewari  
Shambhavi Tewari  
Pooja Pal  
Hemani Verma  
Anindya Ojha

# VIII-C

**General Proficiency**  
Sukriti Bhargava  
Apporva Pal  
**Best In Maths**  
Charu Yadav  
**General Improvement**  
Shweta Lakra  
**Full Attendance**  
Ritika Saxena  
Unnati Saxena

# VIII-D PRIZE LIST

**General Improvement**  
Shraddha Mishra  
**Full Attendance**  
Ananta Bhattacharya  
Saumya Kumar  
Harshita Kushwaha  
Roopanshi Luthra  
Prema Sharma  
Deepasha Verma  
**Best In Maths**  
Stuti Gupta

# IX-A PRIZE LIST

**Best In Maths**  
Kanika Agarwal  
Nitika Lugin  
**Full Attendance**  
Sindhiya Jaiswal  
Avantika Mishra  
**General Improvement**  
Anshika Kapoor

# IX-B

**Best In Maths**  
Nandini Tripathi  
**General Improvement**  
Shifa Siddiqui  
**Full Attendance**  
Binita Joshi

# IX-C

**General Proficiency**  
Uzma Fatima Rasheed  
**Best In Maths**  
Radhika Singh  
**General Improvement**  
Poorti Gupta  
Anukriti Ghosh  
**Best In Maths**  
Radhika Singh

# IX-D

**General Proficiency**  
Henna Gilotra  
Devanshika Tripathi  
Ritika Gupta  
**General Improvement**  
Surabhi Singh  
**Best In Maths**  
Sonali Mishra  
**Full Attendance**  
Roopali Sharma  
Kaushiki Shukla

# XI-A PRIZE LIST

**General Improvement**  
Fatima Riaz  
**Best In Maths**  
Vaishali Srivastava

# XI-B

**General Improvement**  
Shriti Lakra  
**Full Attendance**  
Khyati Singh  
**Best In Maths**  
Angelina Charpota  
**General Proficiency**  
Shreya Shukla

# XI-C

**General Improvement**  
Juhi Sebastian  
**Best In Maths**  
Ritika Dawra

GENERAL PROFICIENCY





CLASS X-A

## CLASS PHOTOGRAPHS



CLASS X-B







CLASS X-C

## CLASS PHOTOGRAPHS



CLASS X-D







• CLASS XII-A

## CLASS PHOTOGRAPHS



CLASS XII-B







• CLASS XII-C

## Valuable Quotes



Some people come into our lives and quickly go.

Some stay for a while and leave footprints on our hearts,

and we are never ever the same.





## TEACHERS' DAY REPORT

*“ 5th of September is a celebration of this divinity which rests in all the educators throughout the world and binds them together by a single commonality. ”*

A relationship between the teacher and the taught is divine. Forged by the threads of knowledge and education, it is like a horizon that is meant to widen, and an empty canvas that is eagerly awaiting its own share of colours. 5th of September is a celebration of this divinity which rests in all the educators throughout the world and binds them together by a single commonality. Teachers' Day at SMC has always been very symbolic of the respect and affection the students have for their teachers and this year, to say the least, was no different.

The programme began with a representative committee from the student body garlanding all our teachers. The fragrance of the garlands was a metaphor for the fragrance that they have been spreading in our lives. A prayer dance followed next with the dancers performing ethereally and leaving an awestruck audience behind. The forthcoming item was a role-play depicting the conversation of God with an angel. The conversation elucidated how the creation of a teacher came about and the qualities that God has vested a teacher with. Needless to say, it was a very meaningful skit that added depth and gravity to the programme. A speech by Former President Dr. A. P. J. Abdul Kalam, one of the greatest educators of our country, was read out by our college captain. Since his words never fail to inspire, the speech had a very positive impact on the audience. It is sometimes very impressive to observe how lyrically strung words convey heartwarming emotions. A poem by our student editor which followed the speech did just that. Then all of us bowed our heads in reverence, as prayers were dedicated to the Lord to keep the school and its wonderful teachers in his loving care. Students of class VII sang a hymn very melodiously and one realized why music was said to be the purest form of prayer by listening to them. Another soulful melody was presented by some students of the school choir who carried all the listeners to another plane of music and lyrics. While the music left our senses tingling, the dance that followed next, left our feet tapping to the rhythm. The zeal that the dancers exuded filled everybody with exhilaration, and we marveled at the skill of the dancers. While the dancers displayed their curricular skills on stage, many of our students displayed their culinary skills offstage, by treating the teachers to their handmade cakes.

Our vice-head girl invited one of our senior teachers on stage to speak to all the students present. Mrs. Banerjee kindly obliged and narrated a speech by Chetan Bhagat to all of us. As one of the best-selling Indian authors, his speech was bound to catch the pulse of the present generation and leave their minds buzzing with ideas. The fact that Mrs. Banerjee was narrating it to us made it even more interesting and made us hang on to every word. Our principal, Sr. Roshni spoke next, and made us realize how invaluable is the time we spend in school and the lessons we learn from our teachers are. The bonds that we share with our teachers were renewed through the Teachers' Day celebrations and ensured that the love and respect that our teachers have garnered from young hearts like ours will remain intact forever.

Nimisha Misra  
XIA



## Children's Day Celebration

Like a Mother, the role of a teacher is angelic, for the lesser mortals do not possess their power to inspire, care and unconditional love. At times we're not "up-to-the-mark", let them down, often disappoint. And yet they put in their hearts and souls to make us feel special. Day after dreary day. For this and more, we are forever indebted ...

Awaited with feverish anticipation, the Children's Day held its promise, as our lovely teachers put up a delightful fete on the occasion. As Manisha Tomar, our College Captain, cut the proverbial ribbon along with a beaming Student Council, the good times rolled in, with everyone frolicking in the festivity.

The reveller started off with the crunchy churmura, moved on to melt-in-the-mouth pastries and patties, chowmein, gorged on gol-gappa, cooled down with a fizzy, and finished with the ever delectable ice-cream. Many tried a hand at the numerous games. And, the Jukebox booth made everyone sway along the way. Even as the foodstuff was exhausted, rather quickly, there was no let up in the fun as the entire throng descended upon the open-stage to shake a leg, with the teachers obliging! Undoubtedly, the Reveller had the time of her life, adding joy and calories to her life!

However, there was more to the 'Bal-Mela' than mere merrymaking. All proceeds will go to the upkeep of Ashadeep school. This gesture will forever teach us to mix pleasure and social concern in our lives.

No amount of gratitude is fitting enough, yet we present our heartfelt, if humble, bouquet of thanks to Sr. Roshni, the management, and teachers for this amazing gesture. And we promise to better ourselves to deserve your love ...

Udisha Sinha  
XII A





# Udaan

## Flying High ...

S.M.C. has always produced individuals who have risen high in life and made a difference to society. Mrs. Radhika Jha, alumnus of S.M.C and an I.A.S. Officer, posted in Delhi, paid us a visit on 18th November, 2008. She expressed her joy at returning to her alma-mater. The visit filled her with happy and nostalgic memories of time spent here fifteen years ago.

Her tête-à-tête with the senior students really helped open our eyes and minds to the many opportunities life has to offer. She told us that ordinary students can do extraordinary things. She stressed that while it is important to aim high, our aspirations should conform to our abilities.

Her clear explanation of India's democratic political system and the role of the Government in it, was a helpful revision of all the chapters in Civics we had studied. **Mrs. Jha** also underlined the contribution of the bureaucrats in the progress of the country and how a career in the civil services could be of value to our nation. She ended with two telling quotes :

*"The task is difficult :*

*Therefore, worth doing !"*

*and*

*"Success is not the result of spontaneous combustion,*

*you have to set yourself on fire."*

Our Principal, Sr. Roshni, concluded this inspiring meeting by expressing her appreciation for Mrs. Jha.

We came away, to do our best in whatever tasks and responsibilities we would undertake in the future. Obstacles and difficulties are challenges to be met and overcome, and we would not let them daunt or defeat us.

Afreen Seher Gandhi

XI C

# BASKETBALL REPORT

The month of September and October saw the enthusiastic girls bore fruits of their efforts which they put throughout the summer camp. It began with the 12th ASISC State Level Basketball tournament held at Bishop Johnson School and College on 20th and 21st September 2008.

All the six talented players from St. Mary's Convent, in coordination with other players, presented an excellent combination of hard work and sportsmanship. The Allahabad Senior team emerged victorious by defeating Kanpur by 56-45. The matches of the Juniors were equally exciting. The team of young champions represented by nine SMCites bagged the Runner's up trophy under the able captaincy of Shivya Sahni.

Next in queue was 12th ASISC National Basketball tournament. Sonal Bhagat, Priyam, Gaurisha Khare and Stuti Misra had the honour to represent the Uttar Pradesh Senior Girls team whereas Shivya Sahni and Akshita Verma enjoyed the pleasure of representing the Uttar Pradesh Juniors team.

Team from five different zones Uttar Pradesh, Andhra Pradesh, Maharashtra, Kerala and Tamil Nadu participated to hold a healthy competition for the title of National Level Champions. The splendid and grand opening ceremony on October 2 marked the beginning of the tournament held at Bishop Johnson School & College from 2nd to 4th October. Both the juniors and seniors traced out the paths to the finals by defeating Kerala and Tamil Nadu. On October 4, the Senior team emerged victorious with a margin of 64-42. Although Andhra Pradesh gave a good fight, the baskets of the host teams were literally unstoppable. This was followed by the vast biting and thrilling match between U.P. and Maharashtra in Junior category. The sharp shots by the budding Juniors caught the eye of one and all and U.P. bagged the winner's title, the score being 40-34. Stuti Misra was declared the Best Player of the tournament amongst the senior girls for scoring highest points.

Needless to say, the hard work and determination of girls was indeed laudable.

Then, in January, it was the time for girls to showcase their talents at home. Inter House Matches were organized for the Juniors. All the four houses put up a good game but in the final encounter, Green House defeated Blue House. Akta Rao was declared the Best Player.

On behalf of all the players, I would like to extend my heart felt gratitude to our principal Sr. Roshni for her immeasurable support and our coach Mrs. Madhu Lata Sharma for guiding us throughout. Also, a word of thanks to all the girls for maintaining the spirit of sportsmanship and name of the school.

Stuti Misra  
XI A  
(Basket Ball Captain)



Stuti Misra  
(Captain)





# Heritage Walk

"Our heritage and ideals, our code and standards – the things we live by and teach our children – are preserved or diminished by how freely we exchange ideas and feelings."

On 16th October, the members of the Heritage Club received the privilege of visiting the famed Allahabad Museum, which epitomizes the rich cultural and architectural heritage of the Indian subcontinent.



Our Trip was augmented by the enriching words of Dr. Sunil Gupta – the Convener of the Heritage Club. His intricate knowledge about the exhibits was commendable.

Following the chronology of time, the eager members were first led into the ancient sculpture gallery which showcased the most exquisite sculptures from the Stupa remains and those from the Gandhara and Mathura schools of art.

We were told about the depictions that adorned the coping stones, those of the Jataka stories – the minute carvings in shale and sandstone truly amazed us all. These inscriptions on stones were supposed to satisfy the material instinct of man before he was ready to enter the altar for his spiritual contentment. Most of the pieces were from the period 300 B.C. to 600 B.C. The terracotta figures displayed the artistic skills of the common man of that era giving an insight into the lifestyles of the people in the prehistoric era. The intricate works on terracotta seals and coins were pleasure to look at. Another gallery featured the most exotic beads which the students were told, were used as trade units as well as for ornament making. Some of the beads were artistically carved into animal figures. Another striking element of the museum was the taxidermy section, exhibiting the most incredibly beautiful species of predators and winged creatures.

Following that, entry was made into the part of the museum, which threw light on the literary heritage of India and on display were the manuscripts of the works of eminent Hindi scholars along with many of their personal gear and portraits which gave it all a mesmerizing aura.

The subsequent extent of the museum put on display miniature art depicting themes from lives of the Indian Kings and the Mughal Emperors. The themes adopted were simple but speak volumes about the exceptional skills of their artisan.

The next gallery led into the era of the Indian war for independence, showcasing the rare manuscripts, pictures and information, giving a detailed account of the important incidents and freedom fighters associated with the struggle, which seemed to arouse deep patriotic fervor.

But what really bagged the instant appreciation from all were the exhibits of the modern art gallery. The gallery incorporates some of the most outstanding works of art by renowned artists. We were enlightened about the various modes and techniques of painting. While some paintings depicted scenic beauty of objects from the natural as well as the man made world, the others stirred one's inner side and had more intellectual interpretations. They literally spoke of the dynamic thoughts of the artists and were truly a feast to the eyes.

With this our enriching trip came to an end. The gratitude we all feel towards Sr. Roshni, Mrs. P. Roy, Mrs. M. Samuel and Dr. Gupta cannot be expressed in words. Truly awareness is the first step to be taken if one is to preserve the rich and diverse culture of the country.

Arpita Chandra  
XIA

A very valiant and fearless demonstration of defense against air attacks was showcased by the students of class 9 after a sturdy training by the volunteers of the **Civil Defense Corp (CDC)** on 22nd November, 2008. The willowy march past was led by the Commander-in-chief Falguni Tiwari along with the students of class 9 which gave a stimulus to the forthcoming exhilarating show.

Spectators held on to their seats as the ground of St. Mary's Convent was virtually transformed into a site of war-ravaged area under air attack with heart rending voices entreating for help and volunteers of CDC producing 'Yeomen service, in a response to SOS (Save Our Souls) call. The vista of houses under the fire and the earsplitting sound of bomb explosion, created a war-like situation. The trained volunteers of CDC and students of S.M.C., who in turn, through their on the spot decision making gallantry and potential, showed the gathering of spectators which included District Magistrate Rajeev Agarwal, that the country was out of harm's way and was ready to handle pressure situations like war.

The volunteers were seen with their feet climbing over the virtually blazed houses to save the precious lives. Reliving the role of Florence Nightingale they won the hearts of the viewers with their promptness exuded in providing First Aid Service to the injured. The volunteers also displayed the different methods and ways to extinguish fire born of bomb explosion and other sources. The huge gathering of students, teachers, officials of district and police administration remained glued to the first-rate display of responsiveness of youth and the volunteers.

After the air-raid and fire defense demonstration, colors of the folk dances on Rajasthani and Punjabi beats, presented by class 9 students, filled the field with a cultural feel and gave a final touch to the whole program. Appreciating the efforts of CDC and proficiency of the young students, District Magistrate Rajeev Agarwal spoke on empowerment of women and their escalating capabilities to excel in every field, be it the army, navy, air force or defense. He appreciated the poised march past by the students amidst rhythmic beats of the police band and the heroism exhibited by them.

As H. W. Longfellow has rightly said, "For age is opportunity no less than youth itself, though in another dress, and as the evening twilight fades away, the sky is filled with stars, invisible by day". Girls today are no longer confined to any boundaries. Their undying spirit was clearly highlighted by the remarkable show they had put up. Their endeavor and bravado was noteworthy and was highly appreciated.

SSP Ashok Mutha Jain lauded the contribution made by CDC in nation building and social service. Various Administrative and Police Officials like ADM City Pradeep Kumar, SP Awadesh Vijeta and Deputy Controller CDC S.M. Tripathi also spoke on the occasion. Spectators also included members of the Civil Defense and parents of the respective volunteers. In the end, mementos were awarded to the volunteers for their hard work and dedication which resulted in creating awareness among the masses regarding self-defense in times of crisis.

Rini Kaushal  
XI C

## Self Defence Need of the present generation







# A Lesson in Traffic

Owing to our school's concern towards its students, and its commitment of proving the society with an educated citizenry, a programme, to educate students about the traffic rules, was held on 3rd October.

On the occasion, Mr. Uday Shankar Jaiswal, the Superintendent of Police in Allahabad, explained the various traffic rules and safety measures that the students need to take while driving. Speaking on the occasion, Mr. Jaiswal emphasized that no one should take up driving until he or she has attained the age of sixteen years – the legal permissible age for the learning license. He also said that if one does not possess a learning license, he or she should never drive. "This will help reduce the number of accidents as well as unnecessary deaths and injuries that take place in the city", he added. Mr. Jaiswal also touched upon the basics of traffic management, from the different types or grades of the roads to the "Three - E's" of traffic management:

Education - for inculcating discipline and raising awareness among masses.

Engineering - for improving the infrastructure

Enforcement - for a competent enforcement of traffic rules.

As a part of raising awareness, a literature on traffic rules, complete with the myriad illustrations of traffic signs was distributed among the students. Coming into his elements, Mr. Jaiswal also shared his wisdom on various issues like 'the duties and obligations of students', 'a healthy body and mind', 'meditation in the Himalayas', et al, in his inimitable way!

For this edifying session, we are thankful to Sr. Roshni, for perhaps each student emerged a tad wiser.

Udisha Sinha  
XII A

# Elocution Contest

*Sir Thomas B. Macaulay has aptly quoted :*

*"The object of oratory is not truth, but persuasion."*

Keeping this fact in mind the teachers and our Principal, provided the students with a golden opportunity to showcase their talents by participating in the elocution contest on 24th September.

The contest received the willing participation of the vigorous students of the middle school. The participants from class VIII were Smriti, Vishakha, Anukriti and Apoorvashree from section A, Faiza, Rabab, Vagmi and Glory from section B, Sukriti, Garima, Mudita and Jayati from section C and Stuti, Shreeradhe, Devika and Kashifa from section D.

All the participants were getting jittery as the contest was about to begin. Fun, frolic, competitive spirit and eagerness to unfold their talents and creative abilities emerged as participants moved up the stage and took their seats according to their houses. The Honorable vigilant judges were Fr. Albert, Sr. Jyoti and Mrs. M. Joshi. They were entrusted with the arduous job of selecting the best student out of the lot. Then, finally the competition began. The teachers took their seats to watch the spectacular competition in the lower concert hall, full of young and bright faces, just waiting for the contest to begin. Every eloquent contestant came up with excellent poetry. The competition was becoming harder as nobody was less than the other. But someone has said, "the harder the conflict, the more glorious the triumph."

Then came the deciding moment that is the prize distribution by Fr. Albert. Shreeradhey of class VIII D bagged the first prize, Faiza from class VIII B stood second and Apoorvashree from class VIII A stood third. The hard work and relentless practice put in by the girls was rewarded when the entire hall bloomed with applause from the audience.

The enthusiasm and confidence with which the students performed was surely commendable. Such contests develop team-spirit and healthy competition among students. They are tools which help to man oeuvre a person's skills and talents.

**Stuti Gupta**  
VIII D



# The Plight of Humanity

The month of August was witness to one of the blackest chapters of humanity with numerous heart-rending incidents, like the heartless bomb-blast, riots in Jammu and Kashmir, communal unrest in Orissa, and the great deluge in Bihar.

When river Kosi reached its banks on August 18, it brought in its wake the worst flood in the area, in over fifty years. The 'national calamity' has claimed over three thousand lives, leaving millions homeless, with nothing more than hope to fend for. The SMC family decided to aid in the flood relief with our own humble contribution, as students and staff came forward with generous contributions.

The students of class XII conducted a prayer service to express our solidarity with our troubled brothers and sisters, using collage as a medium of expression, the students depicted the plight of humanity and invoked Lord's blessings for the families of the deceased souls, and for the victims of the pathetic situation in Orissa where Christians were the target.

This moment of crisis calls for a show of unity with our fellow beings. Our efforts, humble though they be, should be aimed at alleviating the pain, hatred and suffering all around, as the strains of the song go -

*"There comes a time*

*When we need a certain call*

*When the world must come together as one,*

*There are people dying*

*Oh it's time to lend a hand to life*

*The greatest gift of all ... "*

Udisha Sinha  
XII A

# A Shimmering Day 5th November, 2008

You say, "*Time is valuable*",

I say, "*Yes it is*",

You say, "*Time cannot come back*",

I say, "*No it cannot*",

You say, "*Time clicks past*",

I say, "*Yes it does*".



The above lines hold true for our dear revered Mrs. R. Phillips. She certainly defines all aspects of time. During the last twenty-five years she has illuminated our minds with knowledge, caressed our little hearts with compassion and enlightened our souls with joy, yet it seems as though it all happened the day before. A long stretch of time has been nurtured under her caring meticulous hands. She has offered us a kaleidoscope of thoughts and values that moulded raw pieces of imperfection into gems of perfection.

What makes Mrs. Phillips with grey eyes so good? All the letters of her name spell out some special quality:

<b>R</b>	-	Reliable
<b>P</b>	-	Polite
<b>H</b>	-	Humorous
<b>I</b>	-	Intelligent
<b>L</b>	-	Loyal
<b>L</b>	-	Loving
<b>I</b>	-	Industrious
<b>P</b>	-	Punctual
<b>S</b>	-	Sincere



The students of SMC dedicated a whole day, 5th of November, for this epitome of love.

Her loving students, to express their rapture at this occasion, put up a small programme. The show began with God's blessings. It was followed by recitation from the Holy Bible and a prayer dance. A prayer song anchored our belief in God more strongly.

A heart filled with prayer cannot stay away from flowers. Students soon presented their teacher with huge bouquets of flowers as tokens of love and gratitude. To add to the thrill there was a fusion dance of **Kathak and Bharatnatyam**.

As 'Hasya Kavi', Alvina Chaturvedi humorously reported her plight at being cornered by the thieves in her own house. The next item, an advertisement of 'Exotica Slim Capsule', presented an easy method of losing weight. The satire of both these items made the audience roll with laughter.

The cherry on the cake was a modern play with a few famous Shakespearean characters put together. The play had Cassius, Hamlet, Juliet, Katherine, the three witches, Calphurnia, Lady Macbeth, Puck and Shylock. The excellence of the play flowed through all the dialogues and gestures. A Punjabi folk dance made all viewers tap their feet.

To conclude the programme, two students of Mrs. Phillips, Shivani Saran and Akshita paid tribute to her with their eloquent speeches. This was followed by a short speech of Mrs. Phillips, which was an exuberant expression of her appreciation and love.

It was a memorable day. The staff and students enjoyed themselves thoroughly. Certainly this enlivening programme was a befitting gift to our zestful teacher.



Mariam Tariq Usmani  
XI B



# Junior P.T. Display 2008

The Junior P.T. display 2008 of St. Mary's Convent Inter College was held on 25th of October, 2008 at 2.00 pm, Justice Dilip Gupta was the chief guest.

The programme began with the blessings of Rt. Rev. Bishop Isidore Fernandes. The junior school performed the march past with full perfection. They were followed by children from 'Ashadeep', a school run by the nuns for children belonging to the underprivileged section of the society. These children participated with enthusiasm, touching a chord in every heart.

'Art of Living' was a P.T. item by tiny tots of class I, dressed in frilly polka-dotted dresses, these tiny jokers won over the audience completely. 'Kaleidoscope of Colours' was highly appreciated where children of class II flashed their colourful umbrellas. 'Partners in Harmony', a P.T. item from class IV had the audience asking for more. 'Floating Tassels' by class III and 'Rhythmic Beats' by class V were fine examples of precision and perfection.

***'Nai Disha,  
Nai Usha',***

performed by the children of 'Ashadeep' conveyed a message of hope and optimism effectively. 'We can achieve' was a mass P.T. item performed jointly by classes III, IV and V, keeping the audience spellbound by their perfect coordination. The programme was interspersed with the races having innovative and motivational titles like 'Eat healthy, stay healthy', 'Keep me safe', 'Hold your heart together' and 'We are friends'.

In his speech the chief guest inspired the young children to keep their spirits buoyant for the future of the nation depends on them. Mrs. A. Gupta gave away the prizes to the winners. Mrs. R. Phillips and Mrs. M. Samuel were the commentators. The entire programme was under the able supervision of Ms. D. Kesarwani. The school orchestra conducted by Mrs. D. Dutt and Mr. Simon Singh was appreciated by the audience for the efforts of little musicians, trained by them, on various instruments was noteworthy. The Principal, Sr. Roshni thanked everyone for their presence. The programme ended with the school anthem 'The Bells of St. Mary's'.

*The Editorial Team*

# Inauguration of the

## English Language Lab



**25th of September** ushered a new beginning in the life of **SMC** with the inauguration of the new English Language lab.

The lab is a novel concept for improving the skills of students by concentrating on voice modulation, diction, improving accent, through instruction and reproduction.

The programme commenced when the **Chief Guest Sr. Mariette**, Provincial Superior, inaugurated the lab by cutting the ribbon in the gracious presence of **Sr. Salesia**, **Sr. Roshni**, **Sr. Jyoti** and all the English teachers along with **Mr. Tiwari** and **Mr. George**. The student council and the class captains of classes 6 to 8 were also present.

Sr. Mariette spoke few encouraging words so as to make the best use of the lab as it will surely improve the Spoken English skills and make students better equipped in today's world. Next, Fr. Albert blessed the lab by sprinkling holy water.

Mrs. Joshi, then informed us about the salient features of the lab.

In the end, Sr. Roshni, thanked the members of the staff for their full co-operation during the construction of the lab.

A special word of thanks to **Sr. Salesia** and **Sr. Roshni** as it was their idea to provide us with this facility. On behalf of the students of SMC, my sincere thanks to Mr. Tiwari and Mr. George who worked round-the-clock for setting up the laboratory.

Hope the students make the best use of the lab.

Tulika Sengupta  
XII A



# "Josephest Rainbow 2008"

## A Report

This year Josephest titled 'Josephest Rainbow 2008', was held on 24th and 25th of October, in St. Joseph's College, with seven participating schools namely, YMCA, MPVM, GHS, TPS, SAC, SMC and SJC.



The Chief Guests for this cultural fest on 24th and 25th were Mr. Mudit Chandra, Head of Human Resource Department, Railways and Mr. Gyaneshwar Tewari, General Manager of Indian Oil Corporation (U.P. Region), respectively. Both of them are alumni of SJC. Rt. Rev. Bishop Isidore Fernandes was the Guest of Honour who released the souvenir of Josephest and Fr. Louis Mascarenhas, Principal of SJC, welcomed the participating schools, followed by a short prayer service and an interesting presentation about 'Life at SJC' by its students.

These two days of kaleidoscopic activity kept the participants on their toes, unleashing their talents. Thereafter began the real and much awaited adventure with enthusiastic beginning of the events of Josephest 2008. The programme started with the English debate (classes 9-10). The topic was 'Vegetarianism : Should we stop killing animals.' It was followed by the foot tapping English group songs. After lunch, the events of Adman, Quiz and Street Play followed, which were so hilarious, thrilling and entertaining that the audience asked for more.

The next day was also at par with the previous one in terms of entertainment quotient. The sequence of events was Hindi group song, extempore debate (classes 11-12), the topic for which was 'Information Technology is alienating the youth from itself.' After this, it was the turn for a witty programme of 'Antakshari'. After lunch, solo dance and elocution prepared by participants from middle school, took place and lastly it was the well-synchronized, rhythmic and perfectly choreographed group dance by various schools.

The off-stage events like English creative writing, face painting, cartooning, software solutions, Hindi creative writing and collage making also took place intermittently. The programme also included other song, dance, poetry and instrumental performances by the students of SJC, which was applauded by all.

The programme concluded with a closing ceremony and prize distribution. SJC bagged the winner's trophy, GHS was the first runners-up while SMC became the second runners-up over-all apart from winning in various events individually. But as somebody has sagaciously remarked that winning and losing doesn't matter in any competition as long as one has enjoyed the experience of being a part of it. The pleasure of being the part of that event then becomes a reward in itself.

The participants from SMC gave their best and the same goes for the other schools as well. On the whole, it was an excellent platform to hone the skills of the participants. For the audience too, it was a great learning experience.

Shwetambara Srivastava &  
Zainab  
XII A

# A Visit to IIIT, Jhalwa



The IT sector is booming. It is estimated to be the most promising industry of modern times. India is taking giant steps in the field of information technology with great prospects looming on the horizon. When an industry acquires massive dimensions, misuse eventually creeps in. As the IT industry has diversified, so has its unscrupulous misuse. **Cyber Crimes** and scams, created to lure unsuspecting users, are on the high.

Realizing the gravity of the situation, the Indian Institute of Information Technology, Allahabad organized a workshop on Information Security Education and Awareness for School Children. Its aim was to spread awareness in matters of Information Security and Computer Ethics among budding minds.

The workshop was organized on 6th September. About hundred students from different schools including **SMC, SJC, GHS, MPVM** and many others attended the workshop. On reaching the IIIT campus, the students were escorted to the lecture hall, where information brochures were handed out.

The workshop began with the arrival of the Chief Guest Rev. Fr. Isidore Fernandes. Fr. Fernandes lit up the holy lamp and invoked God's blessings upon us. The lecture was to be given by Mr. Abhishek Vaish. After a brief introduction, the students were served refreshments.

When the workshop began, Mr. Vaish explained to the students the various aspects of Information Security. He highlighted the numerous types of cyber crimes which have clouded the IT industry's promising sky. He also equipped the students with ways of tackling such crimes and shielding themselves from online abuse.

It was the most interesting and enlightening workshop. Mr. Vaish made the entire session interactive and continuously encouraged the students to share their views and experience in the IT world. We were also shown many presentations on the projector to drive home the facts.

It was a real eye-opener for all students. On behalf of all the students who went to attend the workshop, I would like to thank our Principal, Sr. Roshni CJ for providing us with this golden opportunity to be exposed to the world outside. I would also like to extend our sincere gratitude to Mrs. S. Haroon who accompanied us there and supported us throughout.

Sakshi Yadav  
XII B



# A Report on Robotics and AI Conference

We have been awed by the on screen depiction of robots with intelligence equalling humans and the exciting future robots and androids after the turn of the century. Artificial Intelligence is the intelligence of machines and the branch of computer science, which aims to create it and make it real.

On 13th September, we had a wonderful opportunity of attending a seminar on robotics and artificial intelligence held in SJC organized by the members of the science association. We had a special lecture by Professor G. C. Nandi from IIT Jhalwa. About hundred students from schools like MPVM, SAC, and SMC attended the seminar. He informed us about the latest developments in science and technology, about robots that will be doing tasks ranging from daily household chores to complex jobs like flying a spacecraft.

The lecture was supplemented by videos of robots like 'ASIMO' which uses sensors and intelligent algorithms to avoid obstacles and navigate stairs and 'Kismet', a robot with rudimentary social skills.

The most interesting part of the seminar was the question and answer session in which questions on latest topics like embedded system were put up. There was a surprise quiz on physics too in which two students from each school participated.

Overall it was an experience of a life time as it widened the horizons of our knowledge. On behalf of all the students I would like to thank our Principal, Sr. Roshini CJ for giving us this golden opportunity and Mrs. S. Kumar for accompanying us.

Titiksha Srivastava  
XII A

# Sharad Varma Memorial English Debate *A Report...*

Every Year, the Old Boys' Association of St. Joseph's College, Allahabad, organizes the 'Sharad Varma Memorial English Debate Competition.'

The event is held in fond memory of Late Mr. Sharad Varma who was a distinguished alumni of SJC. An eminent lawyer by profession, his skill as a debator is unparalleled to this day. It is this reason, that makes this competition special, among the myriad events taking place in the city on daily basis.

This year, the debate was held on November 1.

Our team for this bilateral contest between SMC and SJC, included : Avantika Mishra, Jayati Srivastava, Ayushi Mishra and Tanya Gaffney for the 9-10 category.

Speakers for the 11-12 category were : Udisha Sinha, Ananta Singh, Praachi Tiwari and Nimisha Mishra.

Mrs. M. Joshi, who was the mentor of our team, also accompanied the speakers.

Justice A. P. Sahi was the Chief Guest for the programme.

The participants were truly fortunate to be heard and judged by a panel of judges that included illustrious people like Dr. Nisha Srivastava, Dr. Ranjana Kakkar and Dr. Lalit Uniyal.

The topic for the class 9-10 debate was - 'India - A rising power in Sports.' Avantika Mishra and Ayushi Mishra spoke for the motion, whereas Jayati Srivastava and Tanya Gaffney spoke against the motion. Our budding young orators did exceptionally well and Jayati bagged the first prize of the division.

Class 11-12 had an extempore debate, where they were given just thirty minutes for preparation. Their topic was - 'Home - based Employment is a good option'. Praachi Tiwari and Udisha Sinha spoke for the motion, whereas, Nimisha Mishra and Ananta Singh spoke against the motion.

Despite the short span of time given for preparation, the girls spoke with a lot of confidence and conviction. Ananta Singh stood second, whereas, Udisha Sinha stood third in the extempore.

Our team was also judged as the best team.

Needless to say, the championship trophy shall be with us, for yet another year!

Manisha Tomar

XII A







# FAREWELL MESSAGE (CERTAINLY NOT!) MY LAST TO SMC

With a chuckle I remember our first meeting. Me, all nervous and apprehensive in a crisp new uniform. You, all warm and welcoming, and in ways, coolly intimidating. I felt every bit an outsider, for in line with a lifelong of procrastination, I was admitted late. And, dare I say, cheated- 'Small' SMC was never meant to be so big, I thought! I was convinced I could never gel in, for everything was infinitely smarter. And while this notion sticks (I continue to be amazed by my batch-mates in ways welcome and otherwise!) I was largely wrong...

That was then. And now thirteen summers later, I reminiscence all this as a pucca SMCite, one who is ready to pounce on anyone (albeit figuratively) who raises so much as a finger on her Alma mater. I have moved along striking lasting friendships and leaving behind the love and care of adoring teachers, year after year. I have grown through phases of love, hate, anxiety, and understanding. And in all this, you have remained the only constant, someone I could come to and be comforted...

It is nothing short of a miracle how you coaxed me, even shoved me when there was the need, into leaving behind my inhibitions. In true Sinatra fashion I admit that yes, regrets I've had a few, but then again, too few to mention. For every appearance at the podium there were fumbles galore. For every performance there were periods of virtual 'black-outs'. Yet I could take it in my stride, for I had you to tell me, it was all a part of the process of going from self-conscious to confident.

I have to thank my parents for putting in everything to get me through the gates (they probably realized it as my only hope!), and I may be spared for invoking the hysterical 'for what would I be without you?'. Which is why it is difficult to digest this abrupt parting. Not even the inevitability could have prepared me for it. But it is not with tears, but with a firm purpose of glorifying you with my humble deeds, that I march out of the gates. Because when I do come back, I believe it would be with fondness and with pride. And come back I will, for journey home is never too long...

Udisha Sinha,  
XII A.





# Mother Mary Ward Exhibition





# Prayer





## SCHOOL ACTIVITY

## FAREWELL OF CLASS 12

The farewell ceremony of class XII is one of the highly anticipated and exuberant events of the year. This year the celebrations held were vivacious and spectacular. The event took place on 7th February, 2009 with our seniors arriving in their gracefully draped sarees. They were adorned with badges, hand crafted by the decoration committee of class XI. The lower concert hall was decorated beautifully for welcoming the guests. The event began with a prayer service, followed by a tableau depicting the journey of a St. Mary's student from her first day. Then the audience tapped their feet to the tunes of some melodious songs sung by the choir.

After this, a puppet dance was performed which was highly applauded by all. Next, a hilarious fifteen minutes play was staged in which a career day event was held, depicting many famous personalities like Rowling, Condoleeza Rice, Hitler, G.W. Bush and others came advising students to take up a prudent career option.

The programme concluded with the choir singing the school anthem - "The Bells of St. Mary's". All through the event, in between our seniors were being handed out presents as memento. After that, the student council was called onstage and was felicitated for their performance throughout the academic year. Finally Class XII students went onstage to deliver their final memories bidding goodbye to their Alma Mater. Towards the end refreshments were served and after that the photo session began among the students.

The program was a success. There were showers of praises from our school manager, Sr. Salesia, Principal Sr. Roshni, Teachers and seniors. It was an evening to remember.

Shruti Sah

XI-C

## HUMOUR

To,

Mr. Bill Gates of Microsoft.

Subject : Problems with my new computer.

Dear Mr. Bill Gates,

We have bought a computer for our home and we have found some problems, which I want to bring to your notice.

1. There is a 'Start' button but there is no 'stop' button. We request you to check this.
2. We find there is 'Run' in the menu. One of my friends clicked, 'run' he ran up to Amritsar ! So, we request you to change that to 'sit' so that we can click that by sitting.
3. One doubt is whether any 're-scooter' is available in system ? I find only 're cycle' but I own a scooter at my home.
4. There is 'Find' button but it is not working properly. My wife lost the door key and we tried a lot trace the key with this 'find' button, but was unable to trace. Please rectify this problem.
5. My child learnt 'Microsoft Word' now he wants to learn 'Microsoft sentence', so when you will provide that ?
6. I bought computer, CPU, mouse and keyboard, but there is only one icon which shows 'My Computer' when you will provide the remaining items ?
7. It is surprising that windows says 'My Pictures' but there is not even a single photo of mine. So when will you keep my photo in that ?
8. There is 'Microsoft Office' what about 'Microsoft Home' since I use the PC at home only.
9. You provided 'My Recent Documents' when you will provide 'My Past Documents'?
10. Sir, how is it that your name is Gates but you are selling WINDOWS?

Contributed by  
Sonali Pasbola  
IX-C

# FUNNY ALPHABET

<b>COLDEST Letter</b>	- B (it is in between AC)
Flying alphabet	- B (Bee)
Which has lot of water	- C (Sea)
A vegetable alphabet	- P (Pea)
Which can see	- I (Eye)
Always stands in a line	- Q (Queue)
Always plural	- R (Are)
We can drink it	- T (Tea)
Letter for second person	- U (You)
Letter for I and others	- V (We)
Always asking reason	- Y (Why)

Namya Shikshartha  
VII D

## CABINET OF THE BODY

1. Brain	- Prime Minister
2. Lungs	- Home Minister
3. Heart	- Public Relation Minister
4. Legs	- Transport Minister
5. Hand	- Minister of Industry
6. Stomach	- Food and Agriculture Minister
7. Mouth	- Broadcasting Minister
8. Eyes	- Law Minister
9. Ears	- Telegraphy Minister
10. Nose	- Health Minister

Namya Shikshartha  
VII D

## CHEMISTRY OF BACKBENCHERS

**Symbol** = Bb

Atomic number = 420

Atomic Weight = variable

**Equations :**

Back chairs + Students - attention = Back benchers

Relative density = heavier than their classmates

**Occurance :**

On back chairs of the class room but on front rows of cinema halls and restaurants.

**Physical Properties :**

1. Look like filmstars
2. Wear clothes of the latest fashion
3. Always steal a nervous glance at their wrist watch during a lesson.
4. Generally busy in disturbing other classmates.

**Chemical Properties :**

1. Act ridiculously resulting in fights and quarrels.
2. Teachers' words are all Greek and Latin to them.
3. React with chalk to make cartoons on the black board or to throw pieces at the front seats.
4. Extremely sensitive to movies.

**Use :**

1. Good consumer of parents money
2. Helpful to restaurant owners.
3. Serve as a headache to the teacher.

Saumya Tripathi  
VII - D



# JOKES

# PROVERB REPLY

- Teacher** - Can you tell me something about 17th century scientists?
- Student** - Why not ma'am, They have all died!
- Teacher** - Anup, please use friendship in a sentence.
- Anup** - My friend's ship sank in the ocean yesterday.
- Teacher** - Robert what is your view which is more distant-London or Moon?
- Robert** - Sir, London.
- Teacher** - How?
- Robert** - Because I can't see London but I see the moon daily.
- Father** - How is John doing in History? I was good at it in my school days.
- Teacher** - I am afraid, History is repeating itself

Saumya Tripathi

VII - D

- Teacher** - Why are you Late for School?
- Student** - Better Late than never, Sir!
- Teacher** - Have you completed you completed your home-work?
- Student** - Half a leaf is better than none, Sir!
- Teacher** - Why did you copy the answer from the next student?
- Student** - Sir! Necessity has no law!
- Teacher** - You are very dull & slow
- Student** - Slow & steady wins the race, sir!
- Teacher** - If you work hard you will get good marks in the Examination.
- Student** - Man proposes, God disposes, Sir!

Anushri Shukla  
VIII- A

# A Humorous Essay



You'll forget your English by the time you finish reading this. This is a true essay written by a candidate (Mahesh Pandey) at UPSC (IAS) examination. The candidate has written an essay on the Indian Cow.

## INDIAN COW

He is a cow. The cow is a successful animal Also he is 4 footed, and because he is female, he gives milk. He is same like God's, sacred to Hindus and useful to man. But he has got four legs together. Two are forward and two after wards. His whole body can be utilised for use. More so the milk. Milk comes from 4 taps attached to his basement.

What can it do ? Various ghee, butter, cream, curd, whey and the condensed milk and so forth. And he is also useful to cobblers, watermans and mankind generally. His motion is slow only because he is of lazy species, and also his 'gobar' is much useful to farmers, plants and trees and is used to make flat cakes, in hand and drying sun.

Cow is the only animal that extricates after eating. Then afterwards she chew with his teeth whom are situated in the inside of the mouth. He is incessantly in the meadows in the grass. His only attacking and defending organ is the horns, specially so when he is got child. This is done by knowing his head whereby he causes the weapon to be paralleled to the ground of the earth and instantly proceed with great velocity forewards. He has got tails also, situated is the backyard, but not like similar animals. It has hairs on the other end of the other side. This is done to frighten away the flies which alight on his cohesive body hereupon he gives hit with it. The palms of his feet are soft onto the touch. So the grasse's head is not crushed. At night time have poses by looking down on the ground and he shouts. His eyes and nose are like his other relatives. This is the Cow.

Contributed by

Sadiqa Karim  
XI-B

# When Maths Came To The House of Science

- Maths** - Hello friends ! I was late because Mrs. Geometry confused me.
- Physics** - Why didn't you accelerate to speed up? By the way what was your speed ?
- Maths** - 50 km/hr i.e. 312.5 miles/hr
- Chemistry** - Oh! What a homogeneous mixture of units having a low rate of chemical reaction !
- Biology** - How about enzymes accelerating your system. I will give you the required enzyme.
- Maths** - A 100 cc bike having 705 ltrs. tank.
- Physics** - It must be a wonderful piece of engineering.
- Chemistry** - The conversion to smoke is fascinating.
- Biology** - Oh smoke ! Its dangerous, it affects our respiratory system. Well that is the price you pay.
- Maths** - No, I got this motorcycle for 5% less on the cost price Rs. 20,000
- Physics** - Oh ! What nonsense ! What confusion!
- Chemistry** - (Shouts) Shut your mouth with an airtight cork.
- Physics** - You mind your own business! Find yourself packed in a dry cell.
- Biology** - While packing him, beware of the bacteria & other germs. They can infect you.
- Biology** - I am going to find a cure to the epidemic spread in my friend's house Mrs. Ecology.
- Well, an equation is waiting for you outside. Go and balance it.
- (Biology and chemistry exit. Maths also exits after two minutes).*



Ayushi Tiwari  
VII 'C'



**"Music"** the word itself gives a very soothing feeling to everyone. It is just impossible to think about life without music. Music is that paintbrush that adds colour to every person's life. Each and every person in this world loves music but the tastes vary from person to person. Some like western music, some like pop while others like jazz, some like instrumental music while others like 'gazals' and 'ragas'. It won't be wrong to say that one medium that joins the people around the world is music. Everyone's liking for music gives him or her some point, which they have in common. Even the praises sung to God, our creator, become more melodious and meaningful when tuned up with the right kind of music. Some people like to listen to music just as a hobby while others take up music as a career.

Simar Gulati  
VII - B



# A STUDENT'S ARITHMETIC

It is not a student's fault if he or she fails in an examination because the year has only 365 days and not even one day is left for studies.

## Total days in a year - 365 days.

- **Sundays** : Sundays are meant for rest and 52 sundays a year. Now we are left only with 313 days.
- **Summer Vacation** - 40 days in a year. Weather is hot so it is difficult to study. Now only 273 days are left.
- **Eight hours left for daily sleep** - 121 days in a year. Balance 151 days.
- **Two hours daily for food** (so that we can eat properly). 30 days in a year. Balance 121 days.
- **Half an hour daily for playing** (Good for health & health is wealth) 15 days in a year. Balance 106 days.
- **One hour daily for talking**: (Man is a social being) 15 days in year. Balance 91 Days.
- **Winter vacations & festivals**. 45 days in a year. Balance 46 days.
- **Examination days per year** : At least 25 days. Balance 21 days.
- **For illness** : At least 6 days in a year. Balance 15 days.
- **Entertainment** - At least 6 days in a year. Balance 9 days.
- **Annual sports** : 3 days in a year. Balance 6 days.
- **Floods, rainy days etc** : At least 5 days in a year. Balance only 1 day.



Only one day is left & that is left aside for the parent- teacher meeting. Will our most dear parents, teachers, brothers & sisters tell us when to study so as to come out of the ordeal with flying colours?

- Shubhangi Jasiawal  
IX - C

## heavy school bags

It is strange that in the age of information and technology, books have become the beasts of burden hooked at the school bag of a secondary level student. It must weigh 10-15kg. If the prescribed books were piled up the height of the pile would far exceed students own height. In addition to this, the weight and volume of the note-books for class-work and home-work is equally tiring. The total weighs down the aspiring knowledge seekers. They are bogged down. Their energy is sapped and they are physically exhausted and mentally tired even before the morning assembly begins. In such a frame of mind, the student is not at all receptive. These heavy school bags are not at all essential. Our schools should impart knowledge, sharpen faculties and fill us with life, vigour, energy and delight, Education should develop our head, heart and soul.



Bhavya Malhotra  
VII - B



# PASSION OF INDIA

*Salute, this great nation.  
 There are attached to it so many aspirations,  
 This nation is our land,  
 our land is this nation.*  
*The youth of this era hold a big passion-passion for liberty,  
 passion for patriotism,  
 passion for freedom,  
 passion for martyrdom.*  
*Passion to stretch the tri-colour high in the sky,  
 passion to make it flutter proudly everyday.*  
*Tri-colour reflects sanity and humanity which we should-  
 imbibe with great purity-Purity of thoughts, speech and  
 actions such that India is filled with positive vibrations.*  
*Endeavour and struggle,  
 Cross the hurdle,  
 Let the nation lead the world  
 Let the world follow the nation  
 with extraordinary courage and high expectations.*  
*India is the leader  
 India is great  
 India is the reader,  
 of our fate.  
 So let us again*

*Salute, our great nation. There are attached to it so many aspirations.*

Ojaswini Mishra

IX-B

## WOMEN'S RIGHTS

The modern women is on the march. She claims equality with man in every sphere, commands respect and freedom. Naturally she does not want to be called frail, deprived of all her rights. She wants to distinguish herself as a person who has the potential to hold position and office.

In the wake of the political emancipation, the government took certain positive steps for the liberation of women. Our constitution provides them equal opportunities for education and jobs. They are no longer content to put in category of house all women giving a run to the male MPs, for seats in the parliament.

There has been a general awakening among the women. Countless women who are well-educated and qualified for certain jobs are eager to break the glass ceiling and become economically independent. This will reduce their dependence on man and the harassment they suffer at the hands of men will come to an end automatically.

Subhangi Ahuja

IX-A





# BROKEN *Castle*

“ A little boy kneeling on a beach, scooping and packing the sand with plastic shovels into a bright yellow bucket. Then he tilts the bucket upside down on the surface and lifts it. To the delight of this little architect, a sand castle is created. All afternoon, he will work, decorating the structure with small shells. Small stones will be sentries. Bridges are made of sticks. A sandcastle is built.

A man is in his office. He shuffles papers into stacks and delegates assignments. He cradles the phone on his shoulder and punches the keyboard keys with his deft fingers. Meetings are held and contracts are signed and delightful profits are made. All his life he will work. Formulating plans, forecasting the future. Annuities will be Sentries. Capital gains will be bridges. An empire is built.

Both the builders have much in common. They shape granules into grandeur. They are diligent and determined. And for both the tide will rise and the end will come.

Yet that is where the similarities ceases. For the boy sees the end while the man takes no notice of it. As the dusk approaches, the waves rise and sweep away the castle, but still the sagacious child jumps to his feet and claps. There is no sorrow, fear or regret. He knew the reality and was not surprised. He smiles, picks up his belongings, takes his father's hand and goes home.

The grown-up, however is not so wise. As the waves of time collapse his castle, he is terrified. He lingers over the sandy monument to protect it. He tries to block the waves from the walls he has made. He snarls at the incoming tide. "It's my castle, please save it!". He defies with panic.

The oceans need not respond. Grown ups don't know much about sand castles but children do. Go ahead and build with a child's heart. When the sun sets and the tide recedes, applaud, salute the process of life and go home.”

Nandini Shandilya  
XI-B

# Our Foundress

## Mother Mary Ward



"When the world was a miserable sight and women were denied their right. To embrace true knowledge, to read and to write;

"Like an angel from heaven, did she alight"

Mother Mary Ward was born at Mulwith in Yorkshire on 23rd January, 1585. When she was 15 yrs old, Mary distinctly heard God's invitation. "If thou wilt be afoot, go, sell, what thou hast and give it to the poor and come and follow me"- following this divine call, Mary Ward dedicated her life to the service of God. Mary Ward (Truly the Holy Soul) had striven against all odds and tried to bring light of knowledge to all sections of society, particularly the poor, the down-trodden and above all, Women.

Mary Ward was a woman, who with her deeds, design and a hope in the heart made the impossible come true. Mary became an eternal saga and ideal for millions of her followers.

Mother Mary Ward - The inspiration of women today gave some of the inspiring mottoes of life :-

- 'Satisfy thyself with nothing which is less than God' For she realised that the real satisfaction wells not in the material world.
- She remarked, 'Love and speak the Truth at all times- because for her
- Love, was the highest virtue,
- But still higher was the eternal truth.
- Love the neighbours as thyself'
- High position and rank are not the virtues of a sacred soul,

But to become the greatest of the great one should have self control.

She also said "Never look upon thyself as a conqueror unless thou hast overcome thyself".

And lastly, "God will assist and help you" were the last words of her life.

Compiled by  
Aiman Hussain IX C

## A Week Dedicated To The Memory of Mother Mary Ward

On the death anniversary of Mother Mary Ward, we paid our humble homage by remembering her with admiration and gratitude depicting the Life of Mary Ward. This time the events were performed by classes VI, VII, VIII, IX and XI. Model making, Portrait making, tableau and the morning assembly for one whole week. These events, turned into a competition, made it even more enjoyable with the memories that coincided with the preparations of the events. The week long program (23rd Jan to 30th Jan 09) ended successfully with great appreciation and a vote of thanks by the honourable principal Sr. Roshni C.J.

It was a thought provoking week which made us look inwards and introspect about the great pioneering work mother Mary Ward had done at a time when women were not expected to cross the threshold of their homes.

It is encouraging to see her efforts nurtured and furthered within S.M.C., by the students and teachers alike

Mother Mary Ward had great foresight She foretold That women in times to come will do great things Let us dedicate ourselves to keep the flame lit by her, sparkle within us and illuminate the world.

Aiman Hussain  
IX-C



## INTERESTING FACTS

FIND THE

MISSING

COUNTRY

- Ques. A.** A which country expresses anger?  
**Ques. B** The country that has a good appetite.  
**Ques. C** The country that mourns.  
**Ques. D** A country popular on thanks giving day.  
**Ques. E** The country which mechanics use.  
**Ques. F** The country that is a coin.  
**Ques. G** Which country is good for skaters ?  
**Ques. H** The country that is useful at meal time.  
**Ques. I** The country that makes you shiver.  
**Ques. J** The country that suggests a straw hat.

## SECRET OF SUCCESS

OPEN the door of success

With the key of determination.

To reach your everlasting ambition, search for the keys in the depth of your minds.

Leaving your apprehensions behind.

Diligence, sincerity, alacrity !

These enchanting mantras will lead you to the golden temple of prosperity.

Work hard with attention and interest,

And you will reach life's treasure chest!

Failures are but stepping-stones to success.

Let the seed of ambition sprout in your soul.

Water the seed with hard work

And God will play the rest of this role.

By Riya Garg  
IX-C

## ANSWER



(A)	Ireland	(B)	Hungary
(C)	Wales	(D)	Turkey
(E)	Greece	(F)	Guinea
(G)	Iceland	(H)	China
(I)	Chile	(J)	Panama

Shristi Jaiswal  
XII-B



# WITH SUCCESS YOU MAKE ENEMIES.....!!!

*Success- That can make or mar one's life.*

A person's aptitude in life is always judged by the attitude in his life. His achievements are of utmost importance when it comes to deciding his caliber. Naturally it is extremely essential to be successful in one's field of interest. The fast paced world, hurry and haste, it is all about finding one's way through the maze of challenges, and of course, emerging successful.

But when, success can be a dangerous friend. No doubt success is very important as it instills self confidence in us. The joie de vivre one experiences after an achievement is incomparable indeed. But, too much of anything is bad. When self confidence transforms into over confidence, and thereafter into pride and haughtiness, it becomes detrimental to an individual's personality. The first thing that attacks relationships in envy. A superiority complex creates another barrier in the way of relationships.

But let us pause and reflect. Is it always so for everybody? There are so many success stories all around us. Are all of them snobbish, high-flying, inaccessible elites? No Some of them are widely respected for their altruism. They are admired within their friends' circle, and given due respect by even their critics. It is only because they never overplay their achievements. They have realized that with success, comes responsibility. They feel that they owe their success to those around them. That is why probably they never forget their friends. The friendship, in fact, becomes stronger and more mature with the passage of time. Their enemies are only those, who never come to terms with their success.

The trick is to remain unfazed by the limelight and appreciation. It can be difficult, obviously, but then that's the only way to retain one's friends. It is very important to be humble and down to earth. A cool and relaxed demeanour should also be maintained. One's acquaintances should always be made comfortable. They should never feel that they are inferior to one. Everything should be exactly as it was before. I am not saying that you should continuously keep undermining ourselves. We should just remain unchanged. Success should not distort our personality altogether. In fact, one should become more genial, polite and amicable in one's dealings. That earns respect and wins friends too.

Success begets a superiority complex. That is all too natural, for humans. But, the point to ponder is that, it is very lonely at the top. The euphoria lasts, but only for a short while. One definitely feels privileged to belong to the exclusive group of achievers. But for how long? One needs the emotional support and encouragement of friends. And then, success is transient. It never lasts for too long. It's our friends who will support us, when the situation is unfavourable. Friends are of utmost importance, and we can never afford to lose them.

*I would like to end this piece with these lines :*

*'You can win ; you can fly and scale new heights.*

*You can stumble and make amends.*

*There are so many things to achieve.*

*And there are no limits to your flight.*

*And in due course you need to mind,*

*You cannot afford to leave your friends behind'.*

Heena Tandon  
XI - B



1. The largest and the most motor way network in the world is the Orange crush Interchange in California USA. It connects 34 roads and has a daily flow of 6,30,000 vehicles.
2. The longest road in the world is the Pan - American Highway. This is a network of highways which connects North America to South America - a distance of 90,000 kilometers.
3. The motorway with the most lanes (twenty three) is the Bridge Toll Plaza in USA.
4. The Steepest main road is Baldwin Street in Dunedin in New Zealand, with a slope of 42.2%.
5. The largest service station in the world is in Saudi Arabia. Here a motorist can fill up at any of the 200 fuel pumps that occupy an area of one quarter of a sizeable city.
6. The airport at Banda in Tibet is the highest in the world. It is about 4739 metres above sea level. It also has the longest runways for take off and landing at 5500 metres.
7. The International airport of Schiphol on the outskirts of Amsterdam, Netherlands is 5.5. meters below sea level.
8. Suva on the islands of Fiji is the city with most cars on the road - 668 for each 1000 inhabitants. Kathmandu in Nepal and Tangail in Bangladesh have only 3 vehicles for each 1000 inhabitants.
9. Hong Kong is the most densely populated city in the world with 98,000 inhabitants per sq. km. followed by Lagos in Nigeria with 67,000 and Mumbai in India with 55000 people per.
10. Tokyo with 26,400,000 inhabitants is most few populated city in the world. Second is the Mexico City with 18,200,000 inhabitants followed by Sao Paulo in Brazil with 17,800,000 people.
11. The London underground is the oldest under system (1863) and is the longest (388km) tour. The New York Subway is 370 km, the Tokyo underground is 192 km and the Paris Metro is 192 kms. long.
12. The largest bus station in the world with room for 18,4000 vehicles, belongs to a transport company in Andhra Pradesh, India.
13. The fastest Model of motorbike is the Suzuki GSX, 1300 R. Hayapusa which can reach a speed of 299 km per hour.
14. In Netherlands there is a one bicycle for each person. In Japan and China 2 out of 3 own a bicycle.

Written By  
Srishti Singh  
VII - B  
S.M.C. (Allahabad)



## FASCINATING

## FACTS

1. Cleopatra used pomegranate seeds for lipstick.
2. The Australian \$5, \$10, \$20, \$50 and \$100 notes are made out of plastic.
3. A chameleon's tongue is twice the length of its body.
4. A person afflicted with hexadactylism has six fingers or six toes on one or both hands and feet.
5. The Amazon rainforest produces half of the world's oxygen supply.
6. Didaskaleinophobia is the fear of going to school.



Shivangee Chakraborty  
IX - A

## To My Best Friend

You made me remember the good times  
When I could only remember the bad.  
You promised me a return  
Of the peace I long ago had.  
You never left me alone  
When that was what I thought I needed  
You never dwelt on my faults  
Instead you pointed out when I had  
succeeded.  
You made me laugh,  
When I felt I would cry  
You made me live,  
When I wished to die.

Manilka Sinha,  
VII - B

## OF POETS AND POEMS

## My Sister

My sister is five year old,  
As crazy as can be.

From morn to night she is only watching  
them  
Songs and dances on TV!

My Sister is a five year old,  
As spoilt as spoilt can be

She loves everyone, is every one's pet  
And I love her more than me!

My sister is a five year old,  
As loony as can be.  
She loves and hates her best friend  
And ties her to the tree

My sister is a five year old.  
As nutty as can be.  
A spray of flowers she often gets  
For Daddy, Mommy and Me!

Kamakshi Sinha  
VII - D

## MOTHER



An Angel disguised as a human light footed,  
rushing here and there to help us out of our difficulties.

Magical, carrying the spell of love beautiful and warm  
embracing arms

Which like a blanket envelop us and protect us from cold  
dangerous world.

Soft and sweet lips to kiss us gently, acting like a medicine  
on our wounded hearts two shining eyes glowing like lamps  
silently, showing us the path to pursue.

*Above all, her enchanting presence*

*Which makes our life easier.*

*Even greater than that,*

*her precious memories*

*Which are forever,*

*are there in our heart,*

*just like our favourite book*

*Which we like to go over*

*again and again.*

Fatima Qamar  
VII - B

## "A Tribute To A Great Teacher,"

*From a  
loving Student.*



Here is a story  
of a beautiful fairy,  
Who is like a twinkling star,  
Which is not very far.  
She loves her students  
beyond any restriction  
When the class makes noise  
She just say "girls be quiet" in  
her sweet voice  
Loved and respected by every student for  
she is less like a teacher and more like a friend.  
We can say this because of her teaching trend.  
When she teaches history,  
she solves all the mystery  
hearing her English, which is great,  
Shakespeare is also afraid  
Every student wants her as a teacher  
As she has a very kind nature  
She never says, "I am tired"  
Whether the period is last, Her inspiring  
talks really makes us think a lot  
She will always be there in every heart.  
No matter how much she may be apart  
All we can say about her is that  
She is deeper than the ocean  
brighter than the honey bee,  
she is none other than  
our own *Mrs. Banerji.*

Heba Fatima  
IX - C



# A SHORT STORY

One winter morning as I came out on my balcony clutched up with all sorts of winter clothes, I kept my hand on the frozen railing. The balcony was lined with a number of flowering plants and ornamental plants. Suddenly I saw pieces of diamond lying among the plants. I was completely glorified. An itch went up my spine. I walked close to the plants and inspected them. They were real diamonds. Precious! worth crores. I reached for a diamond but lo! it disappeared and one after another they kept on disappearing. When the last diamond was left, I went close to it. I really didn't want to lose it. I touched it with a finger and to my surprise it flowed down the surface of the leaves. Oh! How I wish it were a diamond. But then I realized that it was only a dew drop. May be, it was just a dew drop for me but for the plants it was more than a diamond.



## 50 Years Hence...

### Introduction

(This poem describes the environment after 50 yrs)



*It is dawn again  
The bright star is rising  
spreading shades of crimson, yellow & orange.  
The colours produce an aura  
An aura of suspense & excitement.*

*As I saw the sun rising I exclaimed with wonder,  
"Wow! what a picture"  
Yes it is really surprising to hear  
But the natural scenery would only be seen in a photo after 50 th year.*

*The generation would see the snap of a flowing river,  
And would wonder whether it existed ever.  
Our successors would see the snap of a dark wood forest,  
And would desire to have a real view of it.*

*All the beauties and wonders of nature, would be confined to only a picture.  
As then they will have neither the forest nor the tree  
But only building far and wide to see.*

*We are the present and can prevent such future  
By improving our environment with care & nurture  
Resources are enough for every man's need but not for their greed,*

*Save our environment before it recedes.  
So today vow that you shall try  
to prevent a tree from being axed & the pollution of rivers.  
For what is lost today, is lost forever.*

Akanksha Pandey  
IX - C



# My School Days

It seems much time,  
Has not gone past,  
But it's a fact that,  
Of my schooling this year is last.

One by one have,  
All the twelve years gone,  
Without letting me realize,  
That last year is on.  
When I sit down,  
To cherish my memories,  
My childhood days signify,  
Tales of fairies.

Studying & playing & joking always,  
Was how we all spent our days,  
Skirts to salwar-suits wore we,  
All types of uniforms.

All followed the old,  
As well as changed norms.  
Studied in the School,  
From the age of five years.

Now have I reached,  
The stage of being peers?  
Many mistakes have I made,  
Which have been corrected.

And the basics of my morals,  
The school has erected.  
Marks never mattered for our teachers,  
They treated all alike.

But they were happy for those,  
Whose marks had a hike.  
Being in junior classes,  
I always used to think.

That when I'll be out of school,  
I would feel like a king.  
To the stage of school-leaving,  
Now I have come,

And I really don't know,  
Why I've been left mum.  
I truly don't know,  
How to express my feeling.

As if my vocabulary skills,  
Someone is stealing.  
I can't judge if,  
I'll miss my school friends.

Or the discussion we have,  
Related to latest fashion trends.  
I'll be out of the school,  
After some months more.

And walk out of S.M.C. with,  
Memories in heart's core.  
It is my request to you,  
To kindly help me decide.

Whether I'll be sad to leave,  
Or I'll leave with pride.

Esha Ganguli  
XII - C

## A Pair of Shoes

As Mahatma Gandhi stepped aboard a train one day, one of his shoes slipped off and landed on the track. He was unable to retrieve it, as the train was moving. To the amazement of his companions, Gandhiji calmly took off his other shoe & threw it back along the track to land close to the first. Asked by a fellow passenger why he did so, Gandhiji smiled & replied, "The poor man who finds the shoes lying on the track will now have a pair he can use."



Rashi Singh  
IX - C

## THE WHOLE WORLD CAME TOGETHER.



The young mother was ready for a few minutes of relaxation after a long and demanding day. However, her little daughter had other plans for her mother's time.

"Read me a story, mummy," the little girl requested.

"Give Mummy few minutes to relax & unwind. Then I'll be happy to read a story," pleaded the mother.

The little girl insisted that Mummy should read to her right away. With a stroke of genius, the mother tore off the back page of the magazine she was reading. It contained a full-page picture of the world. She then tore it into several small pieces and asked her daughter to put the picture together & then she would read a story. This, she was sure, would buy her considerable time for relaxing. A short while later, the little girl announced the completion of her puzzle project. To her astonishment, the mother found the world picture completely assembled. When she asked her daughter how she managed to do it so quickly, the little girl explained that on the reverse side of the page was the picture of a little girl. "You see, mummy, when I got the little girl together, the whole world came together."

Each of us has the responsibility to put our world together. We can become a better person. The first step, therefore, is changing our attitude.

Rashi Singh  
IX - C



# Resilience



Hold yourself tight

Let go off that hesitation

Try to feel that subtle change

Believe that it's your transformation.

You know where you are standing

And it is for you to decide

Which plane you'd like to catch

That would take you up to that height.

Feel your powers in an ecstatic world

Believe that you are indomitable

Feel the resistance that your mind is offering

And believe that nothing is ineluctable.

Listen to that euphonious melody

That keeps resounding in your head

It says you had fluffed your only task

But you're not planning to carry it ahead.

You just need to put an end to this mayhem

Manoeuvre and furbish your thoughts

All your fallibility will vanish like vapours

And you murky life will surely come to a halt.

Taniya Pandey .  
XII - A

# LET ME FLOW BACK IN TIME ...



(Dedicated to my Alma Mater, My teachers, E friends)

Oh Life ! I have a request to you  
Please stop for a while  
And let me flow back in Time ....  
A time when I entered this threshold,  
a bit nervous and a bit bold,  
Time when everyone was new,  
When I had known only a few,  
Don't let the clock's hands turn,  
From the long past till I return.  
Let me go, to those corridors again,  
Let me do the P.T. in the rain.  
Let me pack my school bag.  
Last time, let me salute the school flag.  
Let me once.... go back to my class,  
And let me see the periods pass.  
On my desk ! once more .... let me sit,  
On the board let me write a bit.  
Let me go back to the lunch break,  
The bits of my share let me take....  
Let me stroll on the basket ball court,  
Once more let me play a sport.  
Let me wait for the school bell to ring,  
Let me wait for the closing prayer to sing.  
Let me thank all those lovely ones  
Who gave me love in loads, in tonnes.  
Let me relish all those in my company,  
Who travelled on this beautiful journey.  
Let me thank this wonderful place,  
For it has given me, my future base.  
I thank my teachers, for giving me plenty,  
For helping me make my destiny.  
I thank you for giving me a name  
For letting me know the importance of fame.  
Now again. When I cross this threshold,  
a bit sad, but quite bold  
I have with me, happy memories of the past .  
That'll be with me, unto my last ....

Harshvardhani Jaiswal  
XII - C

# The Scrunchy, Munchy chocolate chip cookie



## *When Foreign Shores Beckon*

**M**ore children are pursuing study options overseas after High school in India. As part of the application package, most universities, especially in the U.S. require an essay written by the applicant. Although one has a choice in the type of essay, a descriptive essay which provides an insight into the personality of the student seems to work well with the selection committee of the college. An expressive essay outlining the applicant's strengths and weaknesses will help them understand what makes the child tick. The following essay was written by a student from a leading school in Chennai and sent with her application package to colleges in the U.S. The student also had good SAT scores and an all rounded personality. She was involved in extra curricular activities and had impressive academic records and credentials from the school. This student managed to get admission into all the five schools she had applied to. We hope this will prove inspiration to some of you out there who are trying for an admission abroad. (The Editor- Mrs M. Joshi)

My favourite kind of cookie is chocolate chip. Not the soft kind that you sink your teeth into but the hard kind that crunches when you bite into it. There are two parts to each cookie, the flour base that holds it together and the delicious chocolate chips that make the whole munching process worth while.

I am like a chocolate chip cookie. Let me clarify that for you I am not perfectly baked browned considering my Indian ethnicity and seasoned, nor am I perfectly rounded and polished with a personality and shape that any self respecting quarter would die to possess. I am like the cookie that is hot out of the oven, brimming with life and hope, and inviting one and all to come and partake. I am the kind of person who looks forward to new ideas, new people, who always wants to try something different and meaningful, who is never satisfied with being normal. Not that I desire to be abnormal, it's just that I want to be like the one cookie that stands out from the rest of the package, the one that an eager child would choose after scanning the whole lot.

The dough at the base of the cookie is the part that binds the cookie together. Sometimes I feel as if other people perceive me to be the dough. Because whenever there is a last minute crisis or some responsibility to shoulder. I am first on every body's help line. Not that it bothers me or gives me a feeling of importance. I am one of those strange people who is in her element when things are falling apart all around her, who finds all her resources gearing up and who knows that her reputation is on the line because of the challenge ahead. Why do I enjoy it? I don't exactly know. But I think that it is the thought that you know everything is against you mind that if you can conquer this person a feeling of self esteem and confidence which someone with my kind of passion for life needs.

Even though I may seem tough on the exterior, inside I am more mixed up than a 5,000 piece jigsaw puzzle. I am an extremely sensitive person. I am generally very vocal and expressive about my feelings. Though not outspoken, and whatever I am thinking about is written clean on my face. Not the best characteristic to possess when you are figuring out how to get out of making your bed, but my friends appreciate my frankness and I appreciate them for appreciating it. I try to make every minute with everybody count, so that we are all left with only good memories.

My goals and ambitions are very definite. There are a million people of my age in the world today, from a similar background. Each will grow up and lead a reasonably comfortable life and die. But what purpose would their lives have fulfilled? What difference would they have made to the world? I would hate to be bound by the throes of regularity. I want to change something. I want to leave a print a mile deep. I want to put something in the world that wasn't there before. That is when I'll really sit back and feel content.



The next aspect of my self as I see it, is my crumbling edges. No cookie is complete without the delicate edges, which break off so easily. My fears seem to embody themselves in those edges and sometimes I laugh at them. Other times, I just sit and wonder - was I really right to swat that half-dead fly to put it out of its misery? Or would it have recovered and lived had I not interfered. Will someone I love die better: I have a chance to say goodbye to them? Am I the only one who really understands me? What do people really say about me when I'm not around? Are my faults more noticeable than my attributes? What will happen if the whole ozone layer is demolished? Will we all get skin cancer, or worse, get fired? Is there going to be a third world war is there going to be a thought revolution and will the whole world go mad? Are we all doomed? Am I crazy to be thinking such thoughts at all? And along with such earth shattering queries, the inevitable - will ever get into Mount Holyoke? Do you think they'll have a psychologist to analyse my handwriting at the admissions office? Am I asking too many questions?

I do have my share of chocolate chips as you will realise if you climb into a helicopter and get an aerial view of the cookie, that is me. Those little surprises that magically make everything else all right. If I had to describe three chocolate chips on my cookie, I would name the first friendship which I value above all, the second optimism for my strong feelings and beliefs and the third trust in myself and other people that gives me confidence in the world and its future.

I'm a chocolate chip and a pretty decent one at that, but to be one the perfect most delicious cookie of all you need to be jam-packed with chocolate and unfortunately we are not allowed to go back and add more to the batter.

I am working at turning myself upside-down, Though, to look for the chocolate chips at the bottom is tough because they are partially hidden. They are the one that possess the most potential for improvement and need most to be uncovered.

SHASHI RAVINCHANDRAN

(This article appeared on the Sunday Supplement of The Hindu, a decade ago)

## From Mom, With Love ...

### My darling girls,

Nothing I say can begin to express my admiration for the way you are handling what is turning out to be the first Event of your 16 year old life. And I put "E" for Event in caps because I am finding out that The Board Exams now have the same event status as Births, Marriage and Deaths!! Did we adults do this to you kids ??? The other day I heard your friend's mother say she was praying that her son's team would lose the knockout match in the football tournament they have been practising the whole year for, so that he can stay home and study!! Scary??!!

I have to confess I was a little alarmed when I first saw you holed up in your room for 10 hours a day - studying!! I seriously thought I had failed miserably as a parent. That all my lectures on Real Life being about being happy were all lost on you. I really hit rock bottom when I heard you being ungracious because someone beat you by half a mark!! But I should have kept my faith in you because I know how hard it is not to be driven by the pressure around you, by the constant discussion of marks and grades and tutors and competition and how your entire future is going to be determined by what your maths mark are. But I see you taking it all in your stride now. I see you work hard but not obsessively. I see you work to better your own performance, not someone else's. But more than anything else, I see you slowly learning that your Board exams are an event in a lifetime, which will be filled with many, many events which will be important but not all-consuming.

It's a lesson you are learning way too early, I have to admit, and I'm both humbled and bursting with pride to be your mother.

Iona Sinha

The article appeared in **HT HORIZONS** January 2008.

The author is a much-wiser-now mom to a young lady appearing for her class X Board examination.





**Congratulations!**

# FIRST PRIZE

**Awarded to the Speaker at NASI**

**(National Academy of Science India  
in The district Level Competition)**

## **Non-vegetarianism is good for health - Debate (Against)**

"I do not want to make my stomach a graveyard of dead animals" - George Bernard Shaw A very good afternoon to one and all present here. The topic for today's debate is "Non-vegetarianism is good for health" and I, Srishti Shankar, of St. Mary's Convent, Allahabad stand against the motion.

Vegetarianism is the practice of a diet which excludes the intake of meat, including game and slaughter by-products, fish, including shellfish and other sea animals and poultry. There are several variants of the diet which also exclude eggs and or products produced from animal labour such as, dairy products and honey.

The earliest records of vegetarianism as a concept and practice amongst a significant number of people, comes from ancient India and the ancient Greek civilization, in southern Italy and in Greece, in the 6th Century B.C.

The reasons for choosing vegetarianism may be related to religion, culture, ethics, environment, economy, taste or health. It is often argued that a non-vegetarian diet provides with much energy and strength. For me this looks like a totally misplaced myth. You will find scientists, workers, students and laborers, pure vegetarians, performing extremely well in their respective spheres, as any other non-vegetarian.

Various ethical reasons have also been suggested for choosing vegetarianism like, the principle of non-violence ahimsa applied to animals; the intention to offer only pure food to a deity and then to receive it back as '*prasad*' and the conviction that non-vegetarian food is detrimental for the mind and for spiritual development. As it is rightly put by George Bernard Shaw "As I look my age. It is the other people who look older than they are. What can you expect from people who eat corpses."

My worthy opponents might argue that if animals are living organisms, then so are plants. Well yes! scientifically animals and plants do fall under the category of living organisms as against tables and chairs which are non-living. Here the topic for discussion is vegetarianism versus non-vegetarianism, and the definition of vegetarianism according to the dictionary is a diet which exclude the intake of meat, fish and poultry.

The American Dietetic Association and the dieticians of Canada have stated that "A vegetarian diet offers a number of nutritional benefits, including lower levels of saturated fats, cholesterol and animal proteins as well as higher levels of carbohydrate, fibers, magnesium, potassium folate and antioxidants such as vitamin C and E photochemical. Vegetarians tend to have lower body mass index, less incidence of heart diseases, hypertension, type - 2 diabetes, Alzheimer's and cancer.

A question which is likely to arise is that what about the people living in very cold countries, who survive on a non-vegetarian diet, to keep themselves warm and also because vegetarian food may simply be unavailable.

This diet, then, is a matter of compulsion and not choice.

According to a 2006 United Nations initiative, the live stock industry is one of the largest contributors to environmental degradation, air and water pollution.

The theory of trophic dynamics states that it requires 10 times as many crops to feed animals, being used for meat production as it would to feed the same number of people on a vegetarian diet. This has led to proponents of vegetarianism to believe that it is ecologically irresponsible to consume meat.

A study done by the University of Chicago says, that switching from a non-vegetarian to a vegetarian diet, reduces one carbon footprint, by 1.4 times the amount of switching from a Toyota to a Hybrid car methane being a 32% more potent green house gas, than carbon-di-oxide.

So I would like you to think about this quote by K.D. Long "We all love animals. Then why do we call some" "*pets*" and others "*dinner*".

**Thank You !**

**Srishti Shankar  
XI-B**



# A GLIMPSE OF INDIA

## *Girls Less Privileged*

**On**

the 25th November, 2008, Ms. Nighat Gandhi, of Oxfam India, an NGO, came to St. Mary's Convent and showed the students of Class VII a documentary film called *Stories of Girlhood*. This was a film based on the life of girls, and it gave us a lot to think about. Some of these girls live in slums and get no education. Others live in well-off families. However, both sets of girls are discriminated against in comparison to boys in their families.

The first part of the film called "Girls in my Neighbourhood" was the story of a twelve-year old girl who lives in a slum in Delhi with only a plastic sheet that serves as a roof for her small dwelling. This girl, called Asparya, has brothers who go to school. But she has to go ragpicking, collecting 'kabad' and sell it to support her family. Another girl who is interviewed in the film repeats the same story of discrimination. She too never got a chance to attend school. When the interviewer questioned her why she didn't ask her parents to give her a chance to get an education, she explained that her father was against the idea of her going to school. He believed that girls get spoilt if sent to school. The unequal treatment in her home was so obvious that whenever there wasn't enough food for the whole family, the girl and her mother, didn't get to eat. The females of the family got to eat the least and sometimes even went hungry.

Women of many families went to pluck feathers from chicken skin discarded by the city's chicken shops. Many of them ate the cooked chicken skin since they could not afford to eat chicken meat. During the film show, Ms Nighat held discussions with students, where she asked them questions regarding the film. These questions stimulated our thinking and made us aware of what is happening to girls our age when they are treated in a biased and disrespectful manner. The girls were made to feel that they were just needed by the family for housework. Interesting discussions happened when Ms Nighat asked if we would be comfortable sharing a meal with the children of our household helpers. Most students said promptly agreed they would. However, we must ask ourselves if we really mean what we say. Words should not be spoken lightly for the sake of sounding right. We must try and say what we really think and believe.

The second part of the film was called "Of Love and Land" and about a young girl, Pritpal, who lived in a rural Punjabi Jat family. Pritpal belongs to a prosperous farming family and even attends school. However, she is not allowed to operate the tractor whereas her brothers are. Also, when it comes to inheriting land, her father and grandfather emphatically tell the interviewer that girls have to choose between love and land. They can't have both. Therefore, most girls choose to get their family's love rather than land.

The question arises whether it is the same for boys. "How come boys get love as well as the family's land ? These questions of inequality between girls and boys remain unanswered. In my opinion, in order to bring about change, we first have to change our way of thinking. We cannot sit back and do nothing. If we do, the inequalities between boys and girls will only grow. This is a battle we have to win. This is a challenge we have to face.

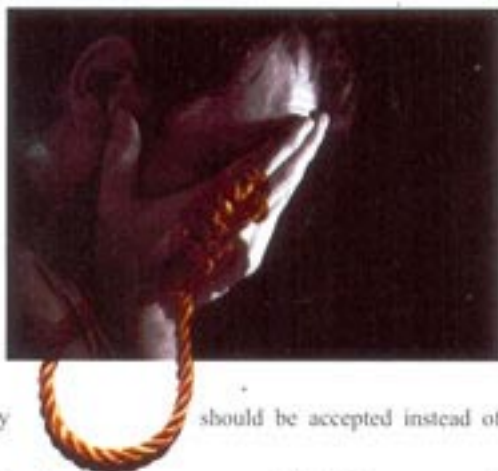
The students of Class VII thank Ms Nighat Gandhi and our principal, Sr. Roshni for giving us this golden opportunity to learn so much about an important issue we had not given much thought to earlier.

Suroor Seher Gandhi,  
VII C

# TEENAGERS COMMITTING SUICIDE DUE TO DEPRESSION ....

Today, we are leading a mechanical life overloaded with the bundle of work. The coming days appear to be really horrible and the only thing which gives the satisfaction is the hope that we would be able to cope with the battle of life.

In the daily newspapers as we see that maximum percentage of teenagers commit suicide due to extreme stress and pressure. Some of the parents do advise their children to take it easy, as they say, "Do the best and leave the rest". But the children are targeted by the example of other scholars. This leads to the major cause that "Teenagers commit suicide" due to the mental depression in their mind. The modern generation should have the potential to face the difficulties of their life. A person should try to overcome these hurdles with full zeal and fervour. We should accept the our weaknesses and make up our mind to address them. The ground reality living in a Fantasy world.



should be accepted instead of

At the end, I would like to conclude by stating that; if we have the will power, then no one would be able to stop us in achieving the utmost and the ultimate goals of our life. Therefore .....

**"THINK POSITIVE AND DO POSITIVE "**

Surangama Sharma  
XI - B

## Mathematical Affection

*My Dear Friend,*

Yesterday, I was passing by your rectangular house in trigonometric lane. There I saw you with your cute circular face, conical nose and spherical eyes, standing in your triangular garden. Before seeing you my heart was a null set, but when a vector of magnitude (likeness) from your eyes at a deviation of theta radians made a tangent to my heart, it differentiated.

My love for you is a quadratic equation with real roots, which only you can solve by making good binary relation with me. The cosine of my love for you extends to infinity. I promise that I should not resolve you into partial functions but if I do so, you can integrate me by applying the limits from zero to infinity. You are as essential to me as an element of a set. The geometry of my life revolves around your acute personality.

My love, if you do not meet me at parabola restaurant on date 10 at sunset, when the sun is making an angle of 160 degrees, my heart would be like a solved polynomial of degree 10. With love, from your higher order derivatives of maxima and minima, of an unknown function.

*Yours ever loving,*

*Pythagoras*

AFREEN GANDHI  
XI C



# MISSION - CHANDRAYAAN - 1



**"THE MOON"**, with the history of the early solar system etched on it, beckons mankind from time immemorial to admire its marvels and discover its secrets. Understanding the moon provides a pathway to unravel the early evolution of the solar system and that of the planet earth. Through the ages, the Moon, our closest celestial body has aroused curiosity in our mind much more than any other objects in the sky. This led to scientific study of the Moon, driven by human desire and quest for knowledge. This is also reflected in the ancient verse.

त्वं सोमं प्र धिक्कितो मनीषा।

त्वं रजिष्ठं मनु नेषि पन्थात्॥

Exploration of the moon got a boost with the advent of the space age and the decades of sixties and seventies saw a myriad successful unmanned and manned missions to the Moon. This was followed by a hiatus of about one and a half-decade. During this period we refined our knowledge about the origin and evolution of the moon and its place as a link to understand the early history of the Solar System and of the earth.

Chandrayaan-1, is India's first mission to the moon by India's national space agency Indian Space Research Organisation (ISRO). The unmanned lunar exploration mission includes a lunar orbiter and an impactor. The spacecraft was launched by a modified version of the PSLV XL on 22 October 2008 from Satish Dhawan Space Centre, Sriharikota, Andhra Pradesh at 06:23 IST. The vehicle was successfully inserted into lunar orbit on 8th November 2008. The estimated cost for the project is Rs. 386 crore (US\$ 80 million).

*The stated scientific objectives of the mission are :*

- To design, develop, launch and orbit a spacecraft around the Moon using Indian made launch vehicle.
- Conduct scientific experiments using instruments on-board the spacecraft which will yield the following results:
- To prepare a three-dimensional atlas (with high spatial and altitude resolution of 5-10 m) of both near and far side of the moon.
- To conduct chemical and mineralogical mapping of the entire lunar surface for distribution of mineral and chemical elements such as Magnesium, Aluminum, Silicon, Calcium, Iron and Titanium as well as high atomic number elements such as Radon, Uranium & Thorium with high spatial resolution.
- To impact a sub-satellite (Moon Impact Probe - MIP) on the surface on the Moon as a forerunner to future soft landing missions.

The remote sensing satellite has a mass of 1,380 kilograms (3,042 lb) at launch and 675 kilograms (1,488 lb) at lunar orbit and carries high resolution remote sensing equipment for visible, near infrared, soft and hard X-ray frequencies. Over a two-year period, it is intended to survey the lunar surface to produce a complete map of its chemical characteristics and 3 dimensional topography. The polar regions are of special interest, as they might contain ice. The lunar mission carries five ISRO payloads and six payloads from other international space agencies including NASA, ESA, and the Bulgarian Aerospace Agency, which were carried free of cost.

\*Aparajita Basu

XI- B

# THE INTERNET

## AN IRREVERSIBLE CHANGE FOR THE BETTER

Internet has had a massive impact on today's youth and has opened new doors in every field. For example, consider the field of communications, not just friendly, informal communication, but communication for Sciences, Business, Art and even the Social Sciences. India's economy, share markets, news, media and educational institutions increasingly dependent on the internet. Can you imagine a top class university functioning without the net?

As far as keeping in touch with those we care about, e-mailing and chatting with our friends and relatives would not be possible without the net. Overall, the internet has helped young minds advance by leaps and bounds by providing a platform to explore and express their creativity. You can now create your very own webpage or blog to post your creative output in the form of essays, poems, artwork etc., and have people from all over the world view your work and give you feedback in real time. No longer do budding artists, writers and journalists have to wait for years to have their talent appreciated. The net has enabled all amateurs to post their work online and find an audience for their work. Posting one's work on the net has given many youngsters the boost to their confidence they would have had to wait for years to receive from the more traditional sources.

The net plays a very important role in furthering higher education. E-librarians, e-dictionaries, and online encyclopedias are now consulted as a matter of routine by all students. Imagine trying to do your next project without access to Wikipedia or Google! And imagine waiting for weeks before the board exam results are delivered by snail mail instead of just checking it on the net, from any part of the world with net access! Waiting for the postman to deliver results that can be posted on the net, (and be available to students in a matter of seconds)-now that would have an adverse impact on my mind!

Distance education has come into its own due to the net and now, even a student in some remote village can avail the benefit of a university lecture delivered thousands of miles away through the net.

More and more businesses are now net-dependent. Young people working at call centres and other BPO centres use the net every day as part of their job. Their livelihood depends on using the net! The first things you and I will look for after finishing college is a decent job. Now can we do that without accessing sites like naukri.com? Or make our resumes available to employers all across the globe without using the net?

I agree that like any other powerful tool, the internet has its flip side because it can be misused. It may become a distraction or even an addiction for some. However, its responsible use has innumerable benefits which cannot be ignored, the internet is not without its critics.

To them I would pose the following questions :

Have we stopped using cars and buses because they sometimes cause fatal accidents?

Have we banned life-saving drugs because they can and do have adverse side effects?

Similarly, for the net, its potential to further human development in the modern world far outweighs its potential to harm. Like cars can only be driven after receiving proper driving lessons and passing an exam, and the very young are not allowed to drive them, using the net must also come with a set of restrictions and responsibilities. Very young children should be under adult supervision when using the net.

The proper use of a beneficial tool, with wise judgment and good sense, is an essential exercise in maturity that all youth must learn to go through as they enter adulthood. The net is a challenge to face responsibly, not a threat to be afraid of!

The future generations will rightly hail the invention of the web as one of giant steps forward in the history of humankind, on par with the invention of the wheel and the discovery of fire!

Afreen Gandhi  
XI-C







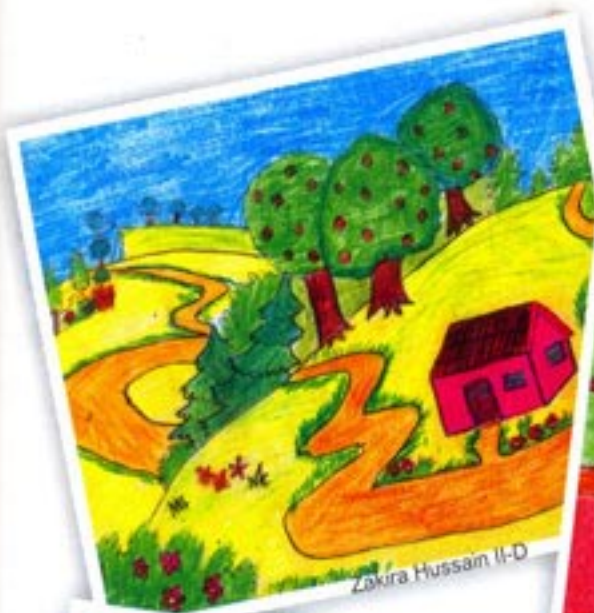
*I*t is not before you are pitched against the best of the lot that you realize the magnitude of your own potentialities. Keeping this in mind, Sr. Roshni provided the girls of class 11 with the wonderful opportunity of competing in several district and state level competitions organized by the National Academy of Sciences, India (NASI). NASI is one academy that has always been on the lookout for fresh scientific talent and the talent once discovered is generously rewarded. Several competitions testing everything from the academic aptitude to creative abilities and oratory skills were organized. The competition started with district level talent searches on academic excellence in the various sciences.

16th of February was the date for the test on Biological sciences in which Shreya Shukla of class XI-B, represented the school. 17th was for chemical sciences in which Iffat Siddiqui & Ritika Dawra represented the school and for physical sciences held on the 18th, the school was represented by Shreya Shukla and Ranjeeta Bhattacharya of XI-A. Out of these, Shreya Shukla stood first in both the biological and physical sciences on the state level and secured a cash prize of Rs.5000 apiece for her remarkable feat. The debate competition was held on the 21st of February, the topic of the debate being a discussion on the benefits of a non-vegetarian diet to a vegetarian diet. Shrishti Shankar of class XII spoke for the motion and her clever advocacy of the benefits of a vegetarian diet earned her the first prize in the district level competition as well as the state level one, which was held on the 25th. Praachi Tiwari of XI-A spoke against the motion and elucidated the benefits of a non-vegetarian diet. Although she did not bag any prize, her oratory prowess was magnificently established. A science exhibition was organized on the 20th of February which had three categories, a working model based on Autotrophism, a Non working one based on waste management and a chart based on brown clouds.

Shreya Gupta, Nimisha Misra and Kisa Zaheer all from class XI-A, represented the school in this competition. Shreya Gupta had made an autonomous hydro robot which could function in water and be used from everything from an unmanned ship to an explorative submarine with suitable modifications brought in the core structure. Unsurprisingly, this sheer dint of originality and brainwave bagged her the first prize in the district level under her category and the second in the state level. Kisa Zaheer had made a highly detailed and informative chart on brown clouds, a phenomenon occurring due to an increase in particulate pollution in the principal areas of the world and her creative skills were justifiably rewarded with a first prize in both the district and state level competitions. Nimisha Misra participated in the non-working model category and represented hypothetical machinery which was a solar powered metal incinerator which could specially be used to incinerate common industrial metals in India. Although the concept was appreciated by several resident scientists, it failed to bag any prizes in its category. On the 22nd of February, a district level speech competition was held in which the participant had to speak about the Nuclear future of the country. Shreya Gupta represented the school and spoke excellently on the topic. She unfortunately could not bag any prize, but her participation was noteworthy. On the same day, painting and creative writing competitions were held in which Anam Azmi and Nimisha Misra represented the school. The topic for both was the earth, twenty five years from now, which was excellently represented by Anam Azmi via her painting. Nimisha Misra bagged the first prize in the creative writing category and was generously rewarded a cash prize of Rs.5000 for this feat. A science quiz was also held on the 24th of February, with Iffat Siddiqui and Praachi Tiwari from XI-A and Shreya Shukla from XI-B participating in the event. The girls stood third in their category but were unfortunately not awarded a prize for this feat. Overall, S.M.C. re-established its position as a hub of intellectually empowered young scholars, which would have been impossible without the support of our teachers. The students of class XI-A are grateful for the provision of such a wonderful opportunity and are thankful to Sr. Roshni and Mrs. Kumar for the relentless help and the convener of NASI, Mr. S.L. Srivastava for his constructive criticism and knowledgeable advice.

Nimisha Mishra  
XI-A





Zakira Hussain II-D



Tanushree Upadhyay



Kriti Tandon II-D



Asmita Kaushal I-C



Kajal Tiwari VII-D

Creations Speak





Kriti Tandon  
II-D



Namya Shiksharhi  
VII-D



Shivakshi Gupta  
VI-A



Anusha Agarwal  
I-B

Regardi



Vrinda Agarwal  
II-D



Vrinda Agarwal  
II-D



Vrinda Singh  
VII-D



Kavita Virendra  
III-C



Ishita Verma  
III-C

Creations Speak





Manisha Mishra VII-D



Aliya Fatima II-D



Pratyksha Shukla III-A



Manisha Mishra VII-D



Aryama Panda II-D



Namya Shiksharathi  
VII-D



## भारत के बढ़ते चरण

“स्वतंत्रता मेरा जन्म सिद्ध अधिकार है,  
और मुझे चाहिए .....

- बाल गंगाधर तिलक

विश्व में भारतीय संस्कृति एवं सभ्यता का प्रमुख स्थान है जो हर एक देश द्वारा प्रशंसनीय है। भारत की इन्हीं विशेषताओं के कारण आज यहाँ विभिन्नता में भी एकता है। सदियों से भारत की पूँजी संस्कृति और सभ्यता रही है जिसे हम प्राचीनकाल से सम्माले हुए हैं।

भारत को एक समय सोने की चिड़िया कहा जाता था और अपने ज्ञान के लिए प्रसिद्ध था वहीं आज अपनी बढ़ती आबादी के कारण उसका स्तर गिरता जा रहा है।

“जो नहीं हो सकता वहीं तो करना है” भारत यदि पूर्ण प्रगतिशील नहीं है, तो हम भारतीयों का यह मुख्य धर्म है कि हम उसे उस ऊँचाई तक पहुँचाए जिस पर उसका अधिकार है। भारत को प्रकृति का ऐसा गौरव प्राप्त है जिससे वह कई ऐसी औषधियाँ बनाता है जो आज तक किसी देश ने नहीं बनाई हैं।

भारत ने न सिर्फ विज्ञान बल्कि संगीत, नृत्य, चित्रकला में भी प्रसिद्धि प्राप्त की है। संगीत के क्षेत्र के महानुभाव हैं - ए.आर. रहमान, सोनू निगम, किशोर कुमार आदि जिनके कारण आज भारत को संगीत का सरताज कहा जाता है। नृत्य को प्रसिद्धि देने वाले लोग हैं सरोज खान, प्रभु देवा, माधुरी दीक्षित, मलाई का खान, इत्यादि। चित्रकला के महान् पुरुष हैं - एम.एफ. हुसैन। इन सभी लोगों की प्रसिद्धि ने न केवल भारत को प्रकाशित किया है बल्कि उन सभी के जीवन का आधार बन जाती है जो कुछ अलग कर दिखाना चाहते हैं।

स्वतंत्रता के पूर्व भारत ने कई क्षेत्रों में प्रगति की है। भारत सबसे बड़ा गणतंत्र देश है जिसने अपना स्थान कॉमनवेल्थ, नॉन अलाइड आंदोलन एवं युनाइटेड नेशन में बनाया है। भारत के बड़े-बड़े उद्योग हैं जिन्हें भारत के पचासवें प्लान में बहुत उन्नति प्राप्त की है। मुख्य प्रगति मिली है लोहे, स्टील एवं कोयला के विभाग में। खाद्यान्न का उत्पादन अत्यधिक बढ़ा है परन्तु खाद्यान्न की मांग अपेक्षाकृत ज्यादा बढ़ी है। भले ही भारत कितना ही आधुनिक हो परन्तु उसने अपनी सभ्यता को नहीं त्यागा।

भारत की बढ़ती जन संख्या ही भारत की सबसे बड़ी समस्या है जिसके कारण भारत पूरी तरह प्रगतिशील नहीं हो पाया। सरकार इस बढ़ती आबादी को रोकने में सक्षम नहीं हो पा रही है। सरकार ने इस समस्या को काबू में करने के लिए कई आंदोलन शुरू किए हैं जैसे ‘छोटा परिवार’ सुखी परिवार।

भारत में आज भी कुछ लोग हैं जो धर्मभेद करते हैं। कुछ समय पूर्व अयोध्या जैसे पवित्र स्थान के लिए हिन्दू मुस्लिमों में लड़ाई हुई थी।

इतनी परेशानियों के बाद भी भारत अपनी संस्कृति और सभ्यता के लिए प्रसिद्ध है और उसे अपनी इन विशेषताओं के द्वारा लोगों को आकर्षित करता आ रहा है। आज लोग हजारों की संख्या में आते हैं और भारत के प्रसिद्ध स्थानों को देख प्रसन्नचित्त होते हैं। भारत के प्रसिद्ध दर्शनीय स्थल ही नहीं बल्कि शास्त्र-संगीत, उसकी मिट्टी की खुशबू और उसके लोक संगीत की धुन आज भी लोगों को सुनाई पड़ती है।

अतः हम कह सकते हैं कि भारतीय कितने ही आधुनिक क्यों न हो जाएं परन्तु अपनी सभ्यता-संस्कृति, बड़ों का आदर करना, मेहमानों को भगवान का रूप मानना, (अतिथि देवो भवः) आदि नहीं भूले हैं और इसी पूँजी को अपने साथ लेकर हमारा देश उन्नति की राह पर चलता जा रहा है।

स्निग्धा पाण्डेय

कक्षा 11 ‘सी’



# वाद-विवाद प्रतियोगिता



सन्त मेरीज कॉन्वेंट में हर वर्ष की भाँति इस वर्ष भी वाद-विवाद प्रतियोगिता का आयोजन किया गया था। 20 अक्टूबर को आयोजित इस प्रतियोगिता का विषय था “परमाणु करार भारत के हित में”, जिसमें कक्षा 11 की छात्राओं द्वारा कई ऐसी महत्वपूर्ण बातें सामने लाई गईं जो एक भारतीय होने के नाते हमें जानना जरूरी हैं।

इस वाद-विवाद प्रतियोगिता में विपक्ष में सुरंगमा शर्मा, आफरीन गांधी और प्राची तिवारी तथा पक्ष में कमाक्षी, रितिका चतुर्वेदी और दीक्षा ने अपने विचार व्यक्त किये।

पक्ष के प्रतियोगियों द्वारा कई आकड़े सामने रखे गए थे जैसे इस करार के द्वारा कई असाहय रोगों का इलाज किया जा सकता है, बिजली की समस्या हल हो जाएगी, मंदी में बढ़ावा परन्तु विपक्ष के प्रतियोगियों द्वारा दिये गये विचार कहीं न कहीं पक्ष पर भारी पड़े और शायद यही वजह थी की विपक्ष को विजय घोषित किया गया।

विपक्ष के द्वारा दिये गये कुछ विचार जैसे इस करार के अंतर्गत यूरेनियम भंडार का कुछ वर्षों में समाप्त होना, और सबसे बड़ी बात यह थी कि इस करार के अंतर्गत करीब 250-300 अमरीकी कंपनियों भारत में निवेश के लिये बैठी हैं। श्रोतागणों द्वारा किये गये सवालों का भी प्रतियोगियों द्वारा बहुत सहज तरीके से उत्तर दिये गये थे।

इस वाद-विवाद के निर्णायक मंडल में श्रीमती जोशी, श्रीमती लोरेन्स एवं मिस गुप्ता थी जिन्होंने अपना निर्णय इस प्रकार दिया।

प्रथम - आफरीन गांधी	11 स	विपक्ष
द्वितीय - सुरंगमा शर्मा	11 ब	विपक्ष
तृतीय - दीक्षा	11 स	पक्ष

सुरंगमा शर्मा

11-ब

## धैर्य एवं परिश्रम से सफलता सम्भव है

मनुष्य की असफलता यह सिद्ध करती है कि सफलता के लिए पूर्ण प्रयास नहीं हुआ। ईश्वर प्रतिपल साहसी, सात्विक, धैर्यवान और परिश्रमी व्यक्ति पर कृपा करने के लिए तत्पर है। ईश्वर का सारा बल आपकी आत्मा में निहित है। आत्मविश्वास की ज्योति जलाइये। अपने जीवन को सत्कार्य में, स्वाध्याय में, कर्तव्य पालन में एवं उत्थान के कार्यों में लगाइये। आप परमात्मा की असीम शक्ति के अक्षय भण्डार हैं। इस अमूल्य जीवन को आलस्यता एवं व्यर्थ के कार्यों में खो देना महान् मूर्खता है। आप सृजनशक्ति के अनन्त स्रोत हैं। इसलिए सदा साहसी, धैर्यवान, दृढ़प्रतिज्ञ एवं परिश्रमी बनें। आप निश्चय ही उन्नति के उच्च शिखर में पहुँचने में सफल होंगे।

मोमिता कोडी

7-बी

# यूँ होता, तू क्या होता

“सपने व कल्पना हमारे दिल में जन्म लेती हैं और वहीं तो मर भी सकती हैं। क्योंकि जहां कठिनाई वक्त लगाती है, वहीं असंभव थोड़ा और वक्त लेता है।”

स्वप्न हमारे, कभी-कभी हमें कुछ ऐसे पाठ पढ़ा जाते हैं कि जिससे हमारी पूरी जिंदगी परिवर्तित हो सकती है। हमारे सपने, हमारी कल्पनाएं, सच तभी मानी जाती हैं जब हम उस सपने को जीकर, जीवन की सारी बाधाएं तोड़ देते हैं। मनुष्य की कल्पना बिल्कुल होती के त्योंहार के समान है। नए-नए रंगों से परिपूर्ण दिल को आनंदित कर जाती है।

फुर्सत के क्षणों में हमने भी अपनी कल्पना के घोड़े दौड़ाए, कुछ धुंधले से अक्स नजर आए, और हम चल पड़े एक अनोखे सफर पर। जरा सोचकर देखिए, अगर इस धरती की तस्वीर, आज के समय के एकदम विपरीत हो जाए तो यही ख्याल लिए हुए हमने अपनी कल्पना को शब्दों में बयान किया है।

यूँ होता तो क्या होता - अगर प्रभु हर एक की इच्छा पूरी करनी शुरू कर दें तो तब तो उन्हें भी आज की सुविधाओं का भोग लगाना पड़ सकता है। बढ़ती आबादी को देखते हुए, प्रभु भी अपने कार्य व्यवस्थित करने के लिए ‘संगड़क, यंत्र’ (ईसानी भाषा में कंप्यूटर) व ‘दूरभाष यंत्र’ (मोबाइल) का प्रयोग करना उचित समझेंगे। फिर आकाश से समय-समय पर वास्तव में आकाशवाणी प्रस्तुत की जाएगी। नहीं-नहीं, यह आकाशवाणी हमारे मनोरंजन के लिए नहीं बल्कि, हमें हमारे दुष्कर्मों को नियंत्रण में रखने के लिए समय-समय पर की जाएगी।

यूँ होता तो क्या होता - अगर यमराज अपने वाहन पर सवार होकर, धरती पर पधारते, तो क्या होता? होता क्या, उनका भैंसा ट्रेफिक में फंस जाता। फिर जिसके प्राण वे हरने आए थे, उसका समय भी निकल जाता। फिर यमराज का दिल भी, ‘यामाहा हायाबूजा’ बाईक लेने को विचलित हो उठता ताकि वे समय पर आज के युग में प्रवेश कर सकें।

यूँ होता तो क्या होता - यदि मुगल बादशाह शाहजहाँ व उनकी बेगम मुमताज का पुनर्जन्म होता तो क्या होता? बेगम साहिबा ज़माने से कदम मिलाने की इच्छा रखते हुए, शाहजहाँ से अपने नाम पर एक सात-सितारा होटल बनवाने की इच्छा जाहिर करती। फिर शाहजहाँ अहिंसे भरते बोलते, “हां यह तरकीब शायद काम कर जाए। कोई आमदनी तो हो। वैसे भी ताजमहल में अब हमें बिना टिकट प्रवेश करने नहीं मिलेगा और जो रोजगार टिकट से आता है, वह तो भारतीय सरकार ही हज़म कर लेती है।

यूँ होता तो क्या होता - अगर अंग्रेजी साहित्य के महान लेखक शेक्सपीयर गलती से अपने नाटक के कुछ पठनों को बूढ़े यहाँ पहुंच गए तो क्या होगा? तो वे यहाँ के किताबघर देखकर अपने कदम रोक न पाते और अपना नाम बूढ़े-बूढ़े, सिडनी शेलडन की दो-चार नॉवल ही साथ ले जाते, यह कहकर “मुझे भी अब अपनी भाषा समझने में दिक्कत होने लगी है, कुछ नया सोचा जाए।

यूँ होता तो क्या होता - यदि द्वितीय विश्व युद्ध का नामी-गिरामी तानाशाह, हिटलर की आत्मा, आत्महत्या के बाद करवट लेती तो क्या होता? वह आज की सदी की सूरत देख कुढ़ता और कहता - “अपने जमाने में तो मैं अकेला तानाशाह था, किंतु आज। आज जिसको देखो मेरा नाम लिए जग जीतने चला है।” अमरीका को विश्व-शक्ति व ओबामा को राष्ट्रपति के रूप में देखकर वह जल-धुन कर राख हो जाता व उनको कोस कर, सिर धुनता, वापस लौटना ही मुनासिब समझता।

यूँ होता तो क्या होता - यदि महात्मा गांधी, हमारे बापू, समय निकालकर भारत का हाल-चाल लेने आते, तो क्या होता? अपनी तस्वीर भारतीय मुद्रा पर देखकर आभार तो व्यक्त करते, परंतु उनको गलत हाथों में अथवा गलत तरीके से जाते देख अत्यंत दुःखी होते। आज की दुनिया की सीरत देखकर, उनकी आंखें भीग जाती और वे शायद यही कहते -

“यह दुनिया बड़ी विचित्र है,

हम जैसों के लायक नहीं,

अच्छा हुआ जो मैं पहले ही चला गया,

क्योंकि ऐसा भारत देखने की मुझमें हिम्मत नहीं।”

रिनी कौशल

कक्षा-11 ‘सी’



# ‘गुरु की महत्ता



एक समय की बात है। एक बाजीगर तीन छुरियाँ उपर फेंककर हाथों से पकड़ कर कौतुक दिखा रहा था। एक चरवाहे ने यह देखकर कहा ‘तू इन्हें हाथों से पकड़ रहा है, मैं इन्हें अपने दाँतों से पकड़कर दिखा सकता हूँ, और चरवाहे ने छुरी को इस तरह से फेंका कि ऊपर से आते-आते दाँतों पर आ गिरी। बाजीगर ने पूछा, “तुम्हारा गुरु कौन है?” चरवाहे ने उत्तर दिया - “मेरा कोई गुरु नहीं है। मैंने स्वयं सीखा है।” बाजीगर ने कहा - ‘एक बार फिर करके दिखाओ।’ जब किसी को गुरु नहीं मानते। चरवाहे ने दूसरी बार उस विद्या का प्रदर्शन किया तो छुरी ठीक गले में जा लगी। बाजीगर ने कहा - ‘अब तो अपना गुरु बताओ।’ तो चरवाहे ने उत्तर दिया कि ‘एक बगुला मछलियों को ऊपर फेंककर पकड़ रहा था, उसी को देखकर मैंने अभ्यास किया था।’ बाजीगर ने कहा ‘तूने इनकार क्यों किया कि तेरा गुरु नहीं था। गुरु से विमुख होने का यही फल है कि चरवाहा अपनी विद्या में सफल न हो सका।

**“गुरु की शरण में ही सच्चा सुख है।”**

गुरु से ही ज्ञान की प्राप्ति होती है और ज्ञान से व्यक्ति अच्छे बुरे की पहचान कर सकता है। लेकिन मनुष्य को ज्ञान रूपी प्रकाश को पाने के लिए अपनी ज्ञानेन्द्रियों को खोलना जरूरी है। ज्ञान आप अर्जित कर सकते हैं स्वाध्याय से मगर उस अर्जित ज्ञान से ईश्वरीय सम्बन्ध एवं प्राप्ति संभव नहीं है। इसके लिए गुरु के अतिरिक्त कोई और आपका श्रेष्ठ मार्गदर्शन नहीं कर सकता।

गुरु अपने शिष्य की सफलता, उन्नति पर सबसे अधिक हर्ष का अनुभव करता है, इसलिए गुरु की महिमा का बखान इस प्रकार किया गया है-

**गुरुब्रम्हा गुरुर्विष्णु गुरुर्देवो महेश्वरः।**

**गुरुसाक्षात् परब्रम्ह तस्मै श्री गुरुवे नमः॥**

अर्थात् - गुरु ही ब्रम्हा है। गुरु ही विष्णु है। गुरु ही ईश्वर का ईश्वर अर्थात् महेश्वर है, गुरु ही परम ब्रम्ह है। अर्थात् मैं गुरु के चरणों में प्रणाम करता हूँ।

प्राचीन काल से ही हमारे देश में गुरु को माता-पिता तथा ईश्वर से श्रेष्ठ माना गया है। गुरु उस दीपक के समान है जो खुद जलकर दूसरों को रोशनी प्रदान करता है। अर्थात् इस धरती पर अगर कोई ज्ञान स्रोत है तो वह गुरु है। जिस प्रकार जल और वायु के बिना वृक्ष में फल का उत्पादन नहीं हो सकता उसी प्रकार गुरु के बिना शिष्य का जीवन अधूरा है। गुरु गम्भीरता व ज्ञान का भण्डार है। यही कारण है कि गुरु सर्वत्र पूजनीय है।

शुभांगी जसाईवाल

कक्षा 9 -सी

## मित्रता

जब ईश्वर ने बनाया यह संसार,  
मित्रता के रूप में मानव को दिया उपहार,  
जिसे यह अमूल्य उपहार मिले,  
उस पर है ईश्वर का उपकार।

जिस प्रकार चन्द्रमा का उज्ज्वल प्याला,  
अंधेरी रात्रि में उड़ते उजाला,  
उस प्रकार इस शत्रुतापूर्ण संसार में,  
मित्रता बिखरे प्रेम का उजाला

मित्रता है एक सुगन्धित इत्र,  
जिससे शत्रु भी बन जाते परम मित्र,  
यह रंग भर दे जीवनों में ऐसे,  
लगने लगे जीवन में ऐसे,

अतः ऐसे बोलिए शत्रु मित्र बन जाए,  
इस जीवन रूपी चित्र को मन-भावन रंगों से सजाए

**फलक सिद्धि**

कक्षा-8 'ए'

## कब सीखोगे

## छुटी जाना

उसका तो है नियम पुराना,  
रोज सुबह पूरब से आना।  
सूरज निकला जागो बच्चों,  
दादी जी का हमें जगाना।  
मम्मी बोली देर हो रही,  
स्कूल नहीं क्या तुमको जाना?  
सूरज मामा हमें बताना,  
कब सीखोगे छुटी जाना? .

अमृत्या सिन्हा

कक्षा - 7 'डी'



## मेरी अध्यापिका का बैग



अध्यापिका कक्षा में आती हैं,  
बच्चों को कुछ समझाती है,  
मेरी समझ में कुछ नहीं आता है,  
बस यही मस्तिष्क में घूमता रहता है,  
मेरी अध्यापिका के बैग में क्या रहता है?

इतना निश्चित है कि पेन दो तो होंगे,  
एक नीला रजिस्टर भरने के लिए,  
एक लाल कॉपी के करेक्शन के लिए,  
पेन्सिल व रबर का होना आवश्यक रहता है,  
मेरी अध्यापिका के बैग में क्या रहता है?

मेरे विचार में एक ग्लास होगा,  
स्टील का पानी पीने के लिए,  
एक टिफिन बाक्स खाने के लिए,  
टॉफियाँ क्योंकि किसी न किसी का जन्म दिन रहता है  
मेरी अध्यापिका के बैग में क्या रहता है ?

कुछ आवेदन पत्र हमारे होंगे,  
कुछ आवेदन पत्र उनके होंगे,  
रूमाल कुछ रसीद परचे होंगे,  
मोबाइल जरूर होगा मेरा दिल यह कहता है,  
मेरी अध्यापिका के बैग में क्या रहता है ?

लिपस्टिक, क्रीम, शीशा नेलकटर होगा,  
नेल पोलिश, काजल पेन्सिल पेपर रूमाल होगा,  
न जाने और क्या-क्या भरा होगा,  
मेरे मस्तिष्क में विचार यही घूमता रहता है,  
मेरी अध्यापिका के बैग में क्या रहता है ?

रूपल पुष्कर  
कक्षा-7 'ब'



## अगर आप सोचते हैं

अगर आप सोचते हैं कि आप हार गए हैं,  
तो आप हारे हैं।

अगर आप सोचते हैं कि आप में हौसला नहीं है  
तो सचमुच नहीं है।

अगर आप जीतना चाहते हैं,  
मगर सोचते हैं कि नहीं जीत सकते,  
तो निश्चित है कि आप नहीं जीतेंगे।  
अगर आप सोचते हैं कि हार जायेंगे,  
तो आप हार चुके हैं,

क्योंकि हम दुनिया में देखते हैं कि  
सफलता की शुरुआत इंसान की इच्छा से होती है,  
ये सब कुछ हमारी सोच पर निर्भर करता है।

अगर आप सोचते हैं कि पिछड़ गए हैं,  
तो आप पिछड़ गए हैं।

तरक्की करने के लिए आपको अपनी  
सोच ऊँची करनी होगी,  
कोई भी सफलता प्राप्त करने से पहले,  
आपको अपने प्रति विश्वास लाना होगा।

जीवन की लड़ाइयाँ हमेशा  
सिर्फ तेज और मजबूत लोग ही नहीं जीतते,  
बल्कि आज नहीं तो कल जीतता वही है,  
जिसे यकीन है कि वह जीतेगा।

प्रांजली राय  
कक्षा-11 'बी'



## सम्बद्ध की ओर बढ़ते कदम



सम्बन्धता से भी हमारा देश भली भाँति परिपूर्ण है। इन संस्कृतियों ने हमारे जीवन को प्राचीन जीवन से कई हद तक सुधार दिया है। विज्ञान की उन्नति के कारण कई सुविधाओं का आविष्कार हुआ है।

प्राचीन युगों में शिक्षा प्रणाली गुरुकुल के रूप में थी, जहाँ पर अन्य विषयों का ज्ञान दिया जाता था, परन्तु सदाचार पर अधिक ध्यान दिया जाता था। आज की शिक्षा प्रणाली कुछ ऐसी हो गई है कि हमें सदाचार के साथ-साथ विकास के साधनों का भी ज्ञान प्रदान किया जाता है। आज भारत भी अन्य शिक्षित देशों में से एक है, परन्तु सुधार की तब भी आवश्यकता है। गरीब लोगों को उचित शिक्षा के माध्यम प्रदान करके उन्हें भी उन्नति के पद पर ले जा सकते हैं। हमारे देश ने चिकित्सा के विषय में भी उल्लेखनीय उन्नति प्राप्त कर अनेकों के जीवन को रोग-मुक्त कर दिया है। चिकित्सा के विषय में भी विज्ञान का भी अहम योगदान रहा है। हमारा देश इतनी उन्नति प्राप्त कर रहा है कि गरीब लोगों के लिए मुफ्त चिकित्सालयों का भी निर्माण हुआ है। पश्चिमी संस्कृतियों ने हमारे रहन-सहन, खान-पान इत्यादि को भी प्रभावित किया है। परन्तु, एक बात का ध्यान आवश्यक है कि इन सब उन्नतियों के पीछे प्रत्येक नागरिक का योगदान है। हमें अपने देश को भ्रष्टाचारी, कालाबाजारी, जातिवाद, भाई-भतीजावाद, इत्यादि के प्रभावों से दूर रखने के लिए कुछ कठोर कदम उठाने होंगे, वे भले ही तत्कालिक हितकर न हों, परन्तु आगे चलकर वे हमें उक्त दुर्गचारों से मुक्त कराएंगे। विज्ञान के विकास ने कई साधनों की खोज की है, जिससे हमारा जीवन आरामदायक बन सके। पर इसके साथ-साथ हमें यह ध्यान रखना चाहिए कि हम शारीरिक श्रम को न त्याग दें। हमें किसी भी काम को तुच्छ नहीं समझना चाहिए, क्योंकि छोटे-छोटे काम को संग्रह कर हम एक बड़ा व कठिन कार्य कर सकेंगे। हमें यह ध्यान में रखना चाहिए कि हमारा कोई भी काम देश के प्रगति को ठेस न पहुँचाए। इसके लिए शक्ति बोध व सौंदर्य बोध आवश्यक है। आखिरकार हमारे पूर्वजों ने ही भारत माता को अंग्रेजों के गुलामी से मुक्त किया, तो फिर हम एक कदम आगे बढ़ाने में क्यों डरें? यह कदम देश को ऊँचाइयों तक पहुँचा सकेगा। अतः हमें प्रत्येक कर्म को अपना धर्म व अपना कर्तव्य समझ कोई भी कदम देश के हित के लिए उठाना चाहिए। वैसे ही हमारा देश उन्नति की शिखर की ओर चल रहा है, तो यदि हम अपना योगदान कर दें, तो वह दिनों दिन उन्नत करता जाएगा। हमारे देश में उन्नति प्राप्त करने में विन विषयों में कमियाँ रह गई हैं, उनके मुख्य कारण हम खुद हैं, तो यदि हम एकत्रित प्रयास करें, तो हम उन बाधाओं को भी मिटाने में सफल रहेंगे।

प्रधी

कक्षा-10 'सी'

मोबाइल फोन कहाँ मित्रों, करना टैप कम्प्यूटर के काम  
समय बताता, फोटो लेता सैल फोन भी नाम  
क्रान्ति मचाई जगत में मैंने, स्वयं नहीं मोबाइल  
छोटा रूप अनेकों रंग है और कई स्टाइल।  
सस्ता मंहगा हर कीमत में जितना खर्चों दाम  
याद दिलाता प्रोग्रामों की लिखता अपनों के नाम,  
कुछ मुझको जेबों में रखने तो कई के सजता था  
बाज़ार घर बाज़ार कहीं भी रहता हरदम साथ।  
खेल खेल लो चाहे कोई या भेजो संदेश  
सभी काम मैं फौरन करता मिलता जो आदेश  
तरह-तरह के गीत सुनम्बा कहता पूछ लो हाल  
विछड़े मनो को शांति दिलाता रहो नहीं बेहाल  
इन्टरव्यू और परीक्षाओं में मुझ पर है प्रतिबन्ध  
बहुत जगह पर यारो, मुझको रखना पड़ता बन्द।  
पुर्वाई कुमार  
कक्षा - 7 'बी'

मोबाइल



गलती

जो गलती कभी न करे,  
उसे भगवान कहते हैं।  
जो गलती करने से बचा रहे,  
उसे इंसान कहते हैं।  
जो गलती करके मुस्कराये  
उसे शैतान कहते हैं।  
जो गलती कर अपनी गलती पर मुस्कराये,  
उसे नादान कहते हैं।  
जो गलती पर गलती करे,  
उसे असावधान कहते हैं।  
जो गलती कर गलती से कुछ सीख ले,  
उसे बुद्धिमान कहते हैं।  
अनुसिया शुक्ला  
कक्षा - 8 'ए'

## "जीवन"

जीवन एक किराये का घर है,  
इसे एक दिन बदलना पड़ेगा  
मौत जब आकर आवाज देगी,  
घर से बाहर निकलना पड़ेगा।

रात के बाद होगा सवेरा,  
देखना है अगर दिन सुनहरा

पैर फूलों पर रखने से पहले

तुमको काँटों पर चलना होगा।

यह जीवन है दो दिन का सपना,  
बूँदलो कोई भीत अपना,  
जो ये दिन सुनहरे ढल गये तो,  
उम्र भर हाथ मलना पड़ेगा।  
ढेर मिट्टी का हर आदमी है,  
मरने के बाद होना यही है,  
या बनेगी जमीनों में गुर्वत  
या चिंताओं से जलना पड़ेगा।  
जीवन एक किराये का घर है  
इसे एक दिन बदलना पड़ेगा।

दीक्षा कुमार  
कक्षा-9 'सी'

## जिंदगी की मुस्कान

बेटियाँ तो घर की शान होती हैं,  
बेटियाँ लक्ष्मी की वरदान होती हैं,  
बेटियाँ सिर्फ औलाद नहीं,  
माँ-बाप के जीवन में जान होती हैं।

बेटियाँ सभ्य समाज की पहचान होती हैं  
रिश्तों से रिश्ते जोड़ने की कमान होती हैं,  
बेटियाँ को बेटा मान के चलें,  
तो बेटियाँ ही गर्व व अभिमान होती हैं।

बेटियाँ, रसोई की शान होती हैं,  
चूल्हे-चौक में इनसे जान होती हैं,  
रीति-रिवाजों की संस्कृति को सीखती,  
बेटियाँ, ही जीवन की मुस्कान होती हैं।

फिर बेटियाँ क्यों दहेज का सामान होती हैं  
क्यों बेटियाँ, बेटे की चाहत में कुर्बान होती हैं।  
बेटियाँ जहाँ पूज्य हैं वहाँ,  
देव संस्कृति, धर्म और इमान होती हैं।

अरे, आँखों के तारे को गले लगा,  
बेटियाँ तो पवित्र गीता व कुरान होती हैं,  
इन्हें भी छूने दो आसमाँ को,  
तो बेटियाँ इस देश का सम्मान होती हैं।

पूति गुप्ता  
कक्षा-9 'सी'

## देश का दर्पण

देश का दर्पण  
करती हूँ अर्पण  
देश आज बीमार है।  
देश द्रोहियों का शिकार

पंजाब सुलग रहा है  
कश्मीर जल रहा है।  
आसाम धधक रहा है।  
अयोध्या फफक रहा है।

\* उन तेरा द्रोहियों को मारना है,  
नहीं उससे हारना है,  
जो खुला घूमता है  
पंजाब के खेतों में  
कश्मीर के पहाड़ों में

आसाम के जंगलों में  
छुपा है धर्म की आड़ में।

दिल एक रहे,  
देश एक रहे  
हे मेरे भगवान। ये तेरे इन्सान  
ले रहे हैं एक दूजे की जान

यह हर कोई कहता,  
तू इन्सा के दिल में है रहता  
तो बता क्यों। इन्सा,  
इन्सा को डसता।

लगी है जो देश में बुझा दो उस आग को  
डसता है इन्सा को सजा दे उस नाग को।

अंकिता पाण्डेया  
कक्षा-7 'सी'



## ‘व्याकुल है आज फिर मेरी आत्मा’

व्याकुल है आज फिर मेरी आत्मा,  
अब उत्तर दो मुझको हे परमात्मा,  
ब्राम्हण के निर्माण के पीछे तेरा उद्देश्य क्या है,  
जीवन के पश्चात् मृत्यु का निर्देश क्या है,  
जो, इतने परिश्रम से आज पाया,  
उसे क्यों मुझे कल खो देना है,  
खुशी के साथ क्यों होता है आँसु का साया,  
क्यों इन नज़रों की किस्मत में रोना है,  
क्यों यह जीवन लगता है एक सपना,  
व्याकुल है आज फिर मेरी आत्मा,  
अब उत्तर दो मुझको हे परमात्मा,  
कैसे दिखते हो तुम एवम क्या है तुम्हारा असली

नाम

कौन-कौन है तुम्हारे घर में और कहाँ है

तुम्हारा निवास-स्थान

मानव के तुम क्या लगते हो।

क्यों कहता है वो तुमको भगवान,

आँसू देते हो तुम उसको सोते-जागते,

फिर क्यों देता है, वो तुमको मान,

तुमसे ज्यादा होनी चाहिए मनु की सराहना

व्याकुल है आज फिर मेरी आत्मा

अब उत्तर दो मुझको हे परमात्मा !

इशिता गोयल

कक्षा 10 'सी'

## “हिन्दी हिन्दुस्तान की जान है”

हिन्दी हिन्दुस्तानी की जान है,  
हिन्दी बिना हिन्दुस्तानी नादान है।  
हिन्दी हिन्दुस्तानी की शान है,  
हिन्दी सभी भाषाओं में प्रधान है।  
हिन्दी से मिलता हमें अमोल ज्ञान है,  
हिन्दी हमारे लिए वरदान है।  
निर्मलता और कोमलता हिन्दी की पहचान है,  
हिन्दी की हमारी आन है।  
हिन्दी से होता विचारो का आदान-प्रदान है,  
हिन्दी ही हिन्दुस्तान की पहचान है।  
हिन्दी जाग्रति की किरन है,  
हिन्दी से जग प्रकाशवान है।  
सूर्य हे तो रोशनी है,  
हिन्दी है तो हिन्दुस्तान है।

अजका नसरीन

कक्षा - 8 'ए'

नन्हा बीज अगर बो दो तुम,  
वही पेड़ बन जायेगा।

छोटा सा तुम दीप जला दो,  
अंधकार मिट जायेगा॥

मीठे बोल अगर बोलो तो,  
अपनापन बढ़ जायेगा।

बिना रूके चलते जाओ तो,  
तुम्हें लक्ष्य मिल जायेगा॥

अगर ईंट पर ईंट धरो तो,

महल खड़ा हो जायेगा।

अच्छे-अच्छे काम करो तो,

देश बड़ा हो जायेगा।

क्षिति रस्तोगी

कक्षा 7 'डी'





**St. Marys' Convent Teachers' Training College, Allahabad**

**1st Row Sitting :** L to R (Staff) Mrs. A. Sarup, Dr. (Mrs.) Deb, Mrs. S. Singh, Sr. Divya C.J. (Principal), Sr. Divya C.J. (Manager), Mrs. N. Gupta, Mrs. D. Lawrence, Mrs. R. Roy, Mrs. S. Singh  
**2nd Row** : Sr. Naveena, Flora G., Elise W., Seldan J., Saima A., Shivi K., Divya A., Alka P., Richa D., Sr. Salin L., Sr. Sachita,  
**3rd Row** : Namita S., Sr. Nikita, Daisy J., Sr. Divya K., Sr. Prabha, Sandra W., Magdelina C., Sr. Jissy, Sr. Mary P.T., Chandini S., Sr. Soniya J., Soniya S., Runa M.  
**4th Row** : Twinkle R., Jyoti G., Surabhi P., Silvia S., Ruby J., Straila J., Ruchi D., Christina K., Deepi P., Sr. Anshumala T.  
**5th Row** : Sr. Maria, Priyanka W., Sr. Anushree, Sabrina D., Sr. Jagisha F., Sr. Usha, Sr. Reema, Mary A., Vandana J., Roseline D., Boishali D.  
**6th Row** : Sabiha K., S.P. Renu, Sr. Margaret, Teresa P., Sharon D., Bhawna A., Linsu R., Jyoti T., Lily D., Sr. Nisha L.



# FROM THE DESK OF THE PRINCIPAL



*My dear students,*

Learning is a process of discovering oneself. This process is not one which is time-bound, result oriented and spatially controlled; but is continuous throughout life. You have had two years of intense training, to prepare you for a vocation in life. It also aimed at your all round development, laying more emphasis on character formation. Many of you have discovered a wealth of talents in yourself through the various co-curricular activities organized in the College. It was a time to bid good bye to your age-old inhibitions and crippling fears. You have come out of your shell and discovered the gem in you. Thanks to the efforts of your teachers, and hats off to you for your co-operation.

"You should have education enough so that you won't have to look up to the people; and then more education so that you will be wise enough not to look down on people." – Says M.L. Boren. Education is an investment in human resource development. The quality of the Educational process and standards reflect on the emerging standards of living and the quality of life of the people. Today we live in a fast changing world. The value systems in Society have suffered a set back. The recent information explosion, media expansion and materialistic view of life have changed the mindset of our society. Our nation is at war against a far-reaching network of violence and hatred. We feel strongly the ripples of global economic meltdown. Crimes of various types are on the rise. Unlike the earlier days when the teachers faced simple problems of children not doing home work, throwing books here and there, and running through the halls, today's teachers face the acid test of problems in schools like drugs, rape, abortion, fear of violent death, murder, guns and knives. Our students are victims of such drastic changes in society. Their attitudes and behaviour patterns reflect that of the society. We as teachers are called to transform such lives into noble characters. It requires tremendous courage, clear vision and determination to take a lead.

**"A nation is held together by shared beliefs and shared attitudes. That is what enables them to rise above the conflicts that plague any society. That is what gives a nation its tone, its fibre, its integrity, its moral style, its capacity to endure." - John Gardener.**

Respect for human life and beliefs of one another is vanishing fast from our lives. Against such a back drop, the role of the teacher is very significant today. A teacher is a short-cut to the minds & hearts of children. But we need to be well-equipped to face the new challenges. The four d's – desire, direction, dedication and discipline will make our task easier. Unless we focus, we cannot achieve our goal. It is hard to focus and concentrate, but it is a skill that can be learned.

Most of our students, after completing their studies know how to make a living and accumulate wealth. But they do not know how to make life. It is worth noting that Charles Schwab, the President of the largest Steel Company lived on borrowed money for five years before he died bankrupt. Richard Whitney, President of the New York Stock Exchange was sent to jail in the last phase of his life. Those were two of the wealthiest men of the world, while they were in their 50's. What made them an utter failure at the end? They did not know how to make life. We need two kinds of Education- one that teaches us how to make a living and one that teaches us how to live. The latter needs to be emphasized more in the present social scenario. Mahatma Gandhi has put it thus, "Study as if you were to live for ever. Live as if you were to die tomorrow."

Today's decisions are tomorrow's realities. Plan your future because you have to live in it. More over help the children to plan their future so that we will all live in peace & happiness.

Sr. Divya C.J.  
Principal



## July - 2008

- 1<sup>st</sup> The Boarders returned  
 2<sup>nd</sup> College Re-opened; Welcomed two new teachers, 32 new students and 28 old students. Results of 2008 declared.  
 4<sup>th</sup> & 5<sup>th</sup> Orientation Programme for SMTC Resource person-Fr. Deepak Oswald D'Souza, Associate Director of DDWS, Allahabad  
**Topics:** Personality Development, Self Esteem, Inter-personal Relationship; Communication skills; Anger Management; Relaxation Techniques.  
 8<sup>th</sup> The new ones staged a wonderful programme for the College and introduced themselves to the SMTC family.  
 18<sup>th</sup> Investiture Ceremony of the new batch of Office Bearers held  
 28<sup>th</sup> Elocution Practical.

## August

- 14<sup>th</sup> Inter-House Competitions:-Patriotic Songs, Recitation, Tableau & Chart making  
 15<sup>th</sup> Independence Day Celebration  
 31<sup>st</sup> Mrs. Sharmila Deb's Birthday Celebrated

## September

- 5<sup>th</sup> Teachers' Day Celebration  
 8<sup>th</sup> - 12<sup>th</sup> Block teaching in St. Joseph's College, Allahabad  
 18<sup>th</sup>, 19<sup>th</sup> & 22<sup>nd</sup> - 25<sup>th</sup> Block Teaching in S.M.C

## October

- 7<sup>th</sup> - 9<sup>th</sup> Dussehra Holidays  
 26<sup>th</sup> - 30<sup>th</sup> Diwali holidays

## November

- 1<sup>st</sup> & 2<sup>nd</sup> Bible Festival:- The Trainees won the Championship Trophy  
 7<sup>th</sup> Mrs. Anjali Sarup's Birthday celebrated  
 20<sup>th</sup> Half Yearly examination began

## December

- 5<sup>th</sup> Half Yearly Examination got over  
 16<sup>th</sup> P.T. Display, Chief Guest - Bishop Isidore Fernandez  
 20<sup>th</sup> Inter-House Carol Singing Competitions; Christmas Play, & Celebrations  
 Winter vacation began; All the Boarders left for holidays.

## January-2009

- 11<sup>th</sup> The Boarders Returned  
 12<sup>th</sup> The College re-opened at 8.50 a.m.  
 29<sup>th</sup> & 30<sup>th</sup> Final Elocution Practical

## February

- 2<sup>nd</sup> S.M.C. Holiday  
 3<sup>rd</sup> & 4<sup>th</sup> Final Teaching Practical  
 7<sup>th</sup> & 8<sup>th</sup> Art & Craft Exhibition  
 21<sup>st</sup> Inter-House Role Play Competitions  
 28<sup>th</sup> College Picnic to Nandan Kanan Water Park

## March

- 4<sup>th</sup> Fare well Programme for Miss N. Gupta & Mrs. D. Lawrence  
 16<sup>th</sup> Drawing & Painting Competition  
 30<sup>th</sup> Internal Examination begins

## April

- 1<sup>st</sup> to 8<sup>th</sup> Internal Examination continues  
 20<sup>th</sup> to 29<sup>th</sup> External Examination  
 29<sup>th</sup> Birthday of Sr. Divya C.J.  
 30<sup>th</sup> Farewell Programme for the 2<sup>nd</sup> Year Trainees

## May

- 1<sup>st</sup> Boarders Return Home. College closed for Summer vacation till 1<sup>st</sup> July  
 2<sup>nd</sup> Interview for the New Students.



**Chronicles**  
2008-2009



## ORIENTATION PROGRAMME A CALL TO WHOLISTIC GROWTH

*'Along life's road, I found something  
Which brought the joys untold.  
A dream of bigger things to come  
A friend, a smile  
Along life's road I found something  
Which brought the knowledge of life  
To make my journey worthwhile.'*

4th and 5th July, 2008 were significant days for each trainee of SMTC. As the 60 trainees gathered in the hall, Sr. Divya C.J., the Principal of SMTC extended a warm welcome to the resource person Rev. Fr. Deepak D'Souza – the Associate Director of DDWS, of Allahabad and introduced him to the group.

Fr. Deepak being a dynamic person spoke to us on personality development. The session began with a prayer, expressing our trust in the Lord. The introductory group-activity enabled us to mingle with each other and to come to know each other in a better way. It was quite interesting and was a good start for this orientation programme. The main topics touched upon during those days were: Personality development and its theories, wherein we discovered more of our strengths and inhibitions. Here, various exercises were conducted. One such was the group activity in which we had to carry others and be carried by others as a dead body, proving our trust in oneself and in others and our readiness to give ourselves to the group.



The next exercise was on the body language and the types of communication – Passive, Aggressive, and Assertive. We were grouped into smaller groups and were asked to note down the steps of knotting a neck-tie and accordingly Fr. Deepak would knot the tie around his neck. It was a hearty exercise but we were ashamed to know that at times what poor communicators we were, because none of us could spell out the steps exactly. Another exciting exercise was taking the place of an interviewer and the interviewee. Here we were critically evaluated by our own group members. This helped us greatly to know how readily we accept criticisms and corrections given to us by others.

The sessions were not of just passive listening but full of 'learning by doing' as it involved many group-activities and discussions. The power-point presentations made it more effective. There was active participation from the part of the group. Each day's session began with some action songs and ended with a few minutes of meditation. At the end of the orientation programme we had to prepare an action-plan for the next six months. It was indeed wonderful and memorable time in our life and it has strengthened the bond of love and understanding among the members of the SMTC.

Our heartfelt thanks to Fr. Deepak D'Souza for his availability and Sr. Divya C.J. – the Principal of SMTC for arranging this programme. Thanks to our teachers for journeying with us:

*'We ask God for a handful of sand  
And He gives us a beach.  
We ask for a drop of water  
And He gives us an ocean  
We ask for time  
And He gives us life eternal'.*

Sr. Cynthia Lasrado  
T.T.C. II



# Investiture Ceremony

*"Do not follow where the path may lead.  
Go instead where there is no path and leave a trail".*

- Mariel Strode

A small beginning, but a tremendous vision. Then there was success. It moved on, flowering, expanding and flourishing when for the first time SMTC experienced the Investiture Ceremony of the team of Captains. This ceremony was a land mark in the history of SMTC.

Crossing off the dates on the SMTC calendar only seemed to prolong the wait, while every student was looking forward to the month of July when the names of the new office-bearers would be declared by the Honourable Principal Sr. Divya C.J.

Finally, the swearing-in ceremony of the Office-bearers was held on 18th July, 2008. A special assembly by the trainees, under the guidance of Sr. Divya C.J., was organized. The Chief Guest for this occasion was Rev. Sr. Salesia C.J., the Manager of the College.

The ceremony began with the marching in, of the newly elected Captains, to the Conference Hall. As they came in aarti was performed for each Captain in the true spirit of Indian culture. Thereafter, Sr. Salesia, the Manager, Sr. Divya, the Principal, Ma'am Deb and Silvia Shah (representing the team of Captains), lighted the lamp, symbolizing God's presence. Prayers were offered then for the newly elected Captains. Sr. Divya asked the newly elected Captains a few questions to check their preparedness. Being satisfied by the response from them, she led the team to gear up for the swearing-in ceremony. First of all Sr. Salesia, Sr. Divya and the teachers vested the Captains with sashes of their respective Houses and handed over the flags as well, as the audience stood gazing at them spell bound. The office-bearers for the academic session 2008-2009 included Silvia Shah as the College Captain, Ruby James as the College Vice Captain, S.P. Renu as the Games Captain, Dipti Pradhan as the Blue House Captain, Selan Mable Saju as the Green House Captain, Twinkle Rayeen as the Red House Captain and Christina Kachhap as the Yellow House Captain. After being vested with sashes & flags, the Captains took a step forward, facing the lighted lamp in a semi-circle, and with their right arm stretched forward took the oath of office and loyalty. Then the Captains moved to their respective Houses and all the members of each House pledged their loyalty and co-operation to their respective Captains. It was indeed a touching ceremony.

After this, our Chief Guest, Sr. Salesia C.J. in her inspiring address called upon the Captains to carry out their duties to the best of their ability. While congratulating them, she motivated them to work with devotion and dedication, and observe keenly the motto of SMTC, "Let Your Light Shine". At the end, Silvia Shah the College Captain proposed the vote of thanks and the ceremony concluded with the College Anthem.

Jack Moffitt has rightly said, "The things that keep your feet on the ground is the responsibility placed on your shoulders." A good leader has a vision, states the mission and sets the tone.

Alka Philip &  
Dipti Pradhan  
TTC-II





# THROUGH THE EYES OF THE STUDENTS' COUNCIL

## *A Kaleidoscope of Memories and Emotions*

*"Two roads diverged in a wood  
And I took the one less travelled by  
And that has made all the difference"*

It is difficult for us to write our 'memoirs'---of the days spend in St. Mary's Convent Teacher's Training College. Today at this moment we part. You will stay as you are -----as you have been -----for years-----moulding young girls into competent, young and inspiring teachers. We'll have to leave the comfort of your portals and struggle through the brambles to find a way and a foothold in the large world.

The Book of Proverbs 1:7 says... **"The fear of the Lord is the beginning of Wisdom."**

With this saying in our hearts, we had stepped into this Training College two years ago. As we look back, we can firmly say that we've learnt a lot. This institution gave us rich experiences through our class-room lessons, the teaching practice in the schools, outings, competitions, celebrations and exposure to the outside world. Through these activities, we have imbibed the spirit of cooperation and team work and also to lead as well as to follow. A very important value learnt by us is the courage to admit mistakes.

It was a Golden Day for us (the office bearers), when our names were declared as the Student Council Members for the session 2008-2009. We were gripped by a juxtaposition of emotions of jubilation as well as apprehension. Jubilation was felt because our Principal and teachers had placed their faith in our capabilities to lead the college, but at the same time apprehensions surfaced as to how effective we would actually be. Nevertheless a complete spate of activities and competitions threw us in the top gear with the able guidance of Sr. Divya and the teachers coupled with their encouraging and caring approach we spun around like tops and achieved success. Each one of us could lead our respective House Members to pinnacles of achievement. The Red House with their motto- 'On Wings of Loyalty' could soar to great heights. The Yellow House found much truth in their motto 'Efforts Spell Success'. The motto "Unity is Strength" made the Blue House a formidable team to reckon with, while the Green House members were true Gandhians and experienced the taste of victory simply following the maxim 'Truth Alone Triumphs'. On the whole, it was team work along with determination and efforts that propelled each team to put in their best and bring laurels to their House Team.

As we turn the Kaleidoscope to a different angle, a myriad of glimpses of the whole year's events come cascading into our eyes. Each event and each activity added to our confidence and competence and transformed us into balanced individuals. The healthy surroundings of the College and the warm atmosphere in the class-rooms brought each one out of our cocoons as we spread out our wings dotted with talents and potentials to touch every bud in the garden of education and help them to bloom. The dedicated efforts of Sr. Divya, our Principal and our teachers helped us to keep our college banner flying high.

We would like to express our appreciation and gratitude towards our juniors for their whole-hearted cooperation throughout the year. Our message to them is...

*"Dreams and dedication are a powerful combination.  
Once you get them right  
Even the sky is not the limit."*

Silvia Shah (College Captain)

Ruby James (College V. Captain)

S.P. Renu (Games Captain)

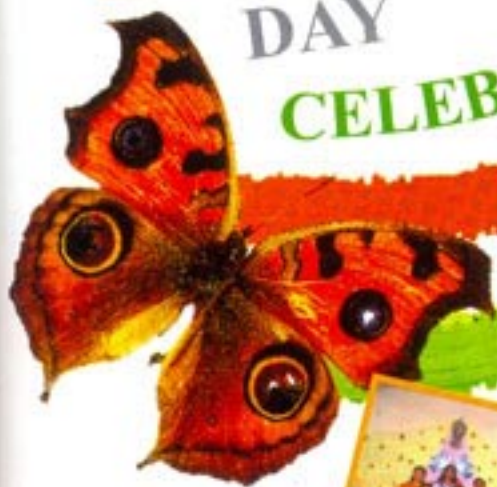
Selan Mable Saju (Green House Captain)

Christina Kachhap (Yellow House Captain)

Dipti Pradhan (Blue House Captain)

Twinkle Rayeen (Red House Captain)

# INDEPENDENCE DAY CELEBRATION



*"Where the mind is without fear  
And the head is held high  
Into that heaven of freedom, my father,  
Let my country awake".*

These lines by **Gurudev Rabindra Nath Tagore** arouse deepest feelings of patriotism and really touch the core of our hearts.

It was at the stroke of the midnight hour that the golden bird of the world broke the chains of slavery, leaving behind an era of darkness, and looked ahead to an age of advancement and modernization. Yes! **'FREEDOM'** had been achieved.

Today, as we step into the 62nd year of our Independence, it is time to recollect the events of the freedom struggle and pay our homage to the freedom fighters. Here, at SMTc we had the Independence Day celebration. Rev. Fr. Sebastian Francis was our Chief Guest. Sr. Divya, our Principal warmly welcomed him.

The day began with a meaningful prayer service remembering our great patriots who sacrificed their lives for the country. After this we had Inter-House competitions like Patriotic song, Recitation contest and Tableau Presentation. For the Tableau presentation the topic was **'EDUCATION FOR SOCIAL TRANSFORMATION'** which expressed our dream for India through Education. The trainees, through their innovative ideas suggested things which can be achieved through Education in order to create a better India. The Red House was judged the best in it.

Red House bagged the 1st prize for the Patriotic song competition too, while the Green House for the Recitation contest. We had the chart making competition as well, where each House depicted **'EMERGING INDIA'** in a very creative way. Again the Red House bagged the 1st position.

At the end our Chief Guest Rev. Fr. Sebastian Francis addressed the gathering and inspired the students with his message.

Once again the Independence Day celebrations in the College has infused in us a greater love for our Mother India, and a greater respect and appreciation for the freedom fighters of our country.

Roseline Dass  
T.T.C. - I



# Prayers For The Country



God is one, people are one,  
Then why fight against each other!  
Is not each, the other's brother?  
Isn't our country, everyone's mother?

Hindus, Muslims, Sikhs and Christians,  
All are but first Indians.  
Pistols, guns, bombs and swords  
Can become compassionate words.

All Indians are shining stars in the sky,  
Hindu, Muslim, Sikh and Christian,  
We should try to develop our country  
Strive to bring back its past glory.

All should smile under the sun,  
As God is one and people are one.

Sister Salin Lakra  
T.T.C.-II

I pray for a country  
Full of love and peace,  
Where there is no hatred  
And all violence ceased.

I pray for a country,  
Where there is freedom,  
And all the terrorism  
Vanish from its kingdom.

I pray for a country,  
Full of love and life,  
That inspite of all temptations  
It may still thrive.

Richa Das  
T.T.C.-II



# SAVE EVERY TREE

Save every tree,  
To get fresh air free,  
Give them water and rich soil  
They will provide, fruits, medicine and oil.

Allow them to live  
For they are sure to give  
Shade and oxygen free  
So nourish every plant and save every tree

Sharon Decunh  
T.T.C.-I

If I were a bird  
How lovely it would be;  
I would sing and chirp,  
And fly with the honey bee.

I would sit on a tree,  
And so happy I would be;  
I wonder how much, I would feel free,  
How merry my songs will be.

Flapping my wings,  
I would soar up in the sky;  
Viewing the heavenly earth,  
Through my tiny, bird's eye.

Roseline Das  
T.T.C.-I



# PEACE

## ELUSIVE BUT PRICELESS...



The world has everything one can ask for – but peace. Peace is the most elusive state of being. Peace has not only disappeared from the global front, but also at the individual levels, it is merely an illusion.

Money has surrounded us with all kinds of material possessions. Money can provide you with a heart or a kidney or even a trip to the moon. But can we buy 'SHANTI'? Can peace be borrowed or even begged for?

Today even a new-born infant is bereft of any peace once he comes into this world. Yes, after the most traumatic struggle and journey into the world, a bigger trauma in the form of life awaits him. Over enthusiastic parents wait impatiently for the child to reach developmental milestones and later on turn over anxious if the neighbour's child outstrips their own. How can a little one experience peace?

As the little infant steps into early childhood he finds himself in a vortex of confusion created by the mad rush for admissions to play schools and 'CONVENT' schools. A thorough grooming session ensues till the poor child is left breathless gasping for a whiff of peace.

You may think once in a proper school, parents would give their wards some breathing space, but didn't I mention before peace is elusive? The poor child's knowledge is reinforced with extra classes, tuition classes and the like, because nothing less than scoring ninety percent is acceptable. And to top it all, every parent dreams of rearing a child prodigy. So talent or no talent, music lessons, dance lessons, lessons in fine art takes care of the child's play time.

This frenzied state of existence haunts the child who gallops breathlessly from one stage to another till he is thrown headlong into the big bad world to fend for himself.

Is it any wonder then that these youngsters unable to find peace in living through life, try to find it on the other side – in death? Adolescent suicide is a daily insertion in the newspapers. Delinquent acts provide the much needed relief from a stressful life – a life without peace.

Not only the youth but even we adults have our share of the cake too. Even if all the needs of life is fulfilled, worries about health, calories, diet, prevents us from enjoying even a simple meal in peace. Every morsel of food seems to be laced with the poison of extra sugar, carbohydrate or salt.

The quest for peace is making us turn towards spiritual gurus, religion and saints, but not towards the inner peace that each one of us have within us. We should exercise our minds towards an unperturbed and calm mind and towards simplicity in life. Is it possible?

Dr. (Mrs.) Sharmila Deb  
Teacher



# TEACHERS - OUR GUIDING STARS



*T*eachers, whether far or near, continue to inspire, guide and direct our lives. Once they enter our lives, they can never actually say good-bye to us. The lessons we learn from them have an everlasting impact on us. Like the twinkling stars in the dark sky, they continue to inspire and guide, even when life's hassles and puzzles have physically distanced us from them.

Thanks to our Great Fathers of our Constitution.. We have a special day set aside to honour our teachers, at least once a year.

5th September is their Day- a day to remember them, to express our gratitude to them and to tell them what place they hold in our hearts.

5th September, 2008 at SMTC was a memorable day. A meaningful prayer service, followed by a variety entertainment programme marked the occasion in an effort to say, "Thank you dear teachers", by the Trainees. Greeting song, a humorous skit and lively dances were the highlights of the programme. It was much appreciated by all the teachers. The programme concluded with a solo song by Boishali, a 1st year student.

Flora George  
T.T.C. II



# Happy Birthday

**Birthday Celebration** of the Principal & the Teachers in the Training College is a golden opportunity for the Trainees to express their gratitude to them. Such celebrations are marked by a cascade of variety entertainment programme.

*Dear Sr. Divya & the Teachers,*

May you have -  
1 year of Happiness,  
12 months of Fun,  
52 weeks of Gladness,  
365 days of Success,  
8760 hours of Good Health,  
25,600 minutes of Good Luck,  
And may You enjoy every second of it.



Sr.Divya C.J. on 29th April



Dr.(Mrs.) Sharmila Deb On 31st August



Mrs. Anjali Sarup On 7th November



Miss. Jyoti L.Sharma on 3rd July





# BIBLE FESTIVAL 2008

*"Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit"*

— Conrad Hilton.

2nd Nov. 2008 was a Red-Letter day for all the Trainees, as they welcomed the Bible Festival- 2008 with zest and vigour. Twenty two of our trainees participated in seven different items. The various competitions included group dance, solo dance, group song, speech competition in Hindi and English, skit, drawing and painting, and Bible Quiz. The trainees bagged prizes in every event and brought laurels to the college. The Championship Trophy was awarded to the trainees amidst great applause. It was indeed an overwhelming victory for them. Some of the outstanding stars of the Training College are Twinkle S.Rayeen, Selan Mable Saju, Ruby James, Christina Kachhap and Magdelina Cecil.

"Far and away the best prize that life offers is the chance to work hard at something worth doing."- Theodore Roosevelt

Basking upon the memory lane, one finds that the Bible Festival 2008 had been an enriching experience for all of us. Every item was centred round a Biblical theme. Thus we imbibed some sound values. It was also a golden opportunity to show-case our talents and build up our self-confidence. Confidence comes from preparation, which is nothing but planning and practicing. A complete mental and physical preparation is the result of sacrifice and self-discipline. It is easy to be average; but tough to be the best. Preparation is the necessary edge to succeed in any field. Preparation is the sum total of seven P's- Purpose, Principle, Planning, Practice, Perseverance, Patience and Pride. So, we have learnt the value of preparation, taste of patience, stress of tedious practices and the flavour of perseverance. In short, the Bible -Festival-2008 has taught us some valuable lessons for life. It was worth taking the trouble. Our sincere thanks to Sr. Divya C.J., the Principal and Ma'am Deb for their untiring effort to make us excel in all what we do.

Sr. Soniya Rose  
T.T.C.- I



# JUST LET'S PONDER A LITTLE

*You don't need to conquer mountains  
God made them so that  
You can enjoy climbing them.*

*The sun never sets  
It's the people on this earth  
That move away from it.*

*Life, no matter how tough;  
Love is enough.*

*Sorrows in life are like  
Spices in food  
They burn the tongue  
But they add to the taste*

*The existence of the poor, the sick  
And the needy, opens opportunity  
For us to pour out the best in us-  
Love, compassion and sympathy*

**Mrs. Sarah Singh**  
Teacher

## QUOTABLE QUOTES

*"Those who do not quote are never quoted"*

1. Only where children gather, is there any real chance of fun. — **Mignon Mc Laughten**
2. A woman is a full circle, within which lies the power to create, nurture and transform. — **Diare Mariechild**
3. Children are the hands by which we take hold of Heaven. — **Henry Ward Beecher**
4. Women are wiser than men because they know less and understand more. — **James Stephens.**
5. Man has his will, but a woman has her way. — **Hombs**
6. "Women are like tea bags, they never realize their strength until they are dropped in hot water."
7. "Man is the head, but woman is the neck that turns it."







# All Work And No Sleep Makes Jill A Dull Girl.

*"O sleep, O gentle sleep,  
Nature's soft nurse, how have I frightened thee  
That thou no more wilt weigh my eyelids down  
And steep my senses in forgetfulness?"*

William Shakespeare in Henry IV – Part II

Many a time we ignore sleep and stay overnight for the exams. Do we do justice with ourselves?

Sleep is a normal, easily reversible, recurrent, and spontaneous state of decreased and less efficient responsiveness to external stimulation. The sleep-wakefulness bipolar is the most striking manifestation in higher vertebrates of the more general phenomenon of periodicity in the activity of living tissue.

A rhythm with a 24-hour cycle is called a circadian (from Latin circa, "about"; di, "day"). The internal mechanism by which a rhythmic phenomenon occurs and is maintained even in the absence of the apparent environmental stimulus is termed as biological clock or circadian rhythm.

If one tries to break the circadian rhythm by ignoring sleep for a number of days, psychological disorders begin to arise. Any drastic shift in the circadian cycle requires a certain period for readjustment. People travelling over great distances often experience fatigue and lowered efficiency for several days, a phenomenon known as "jet lag". Where daylight patterns are not consistent, as in outer space, regimented cycles are established to simulate the 24-hour day. Commonly observed behavioural effects during total sleep deprivation include fatigue, inability to concentrate, and visual or tactile illusions and hallucinations.

"There is more refreshment and stimulation in a nap, even of the briefest, than in all the alcohol ever distilled." – Edward Lucas.

Among human subjects, the champion non-sleeper apparently was a 17 year old student who voluntarily undertook a 264-hour sleep deprivation experiment. Effects noted during the deprivation period included irritability, blurred vision, slurring of speech, memory lapses, and confusion concerning his identity.

In sensitive industries like aviation, a very great importance is attached to the sleep patterns of the pilots, air traffic controllers, maintenance engineers, etc. to avoid any accident due to physical or mental fatigue. One such tool used by the ATSB (Australian Transport Safety Bureau) is the 'Existence/Influence test'.

Optimal performance is impossible without adequate sleep. Sleep is necessary for both our physical and psychological well-being. Not getting enough sleep affects memory and our abilities to perform simple and complex tasks including the planning and problem-solving. Interruptions to one's sleep reduce the quality of sleep. Quality is as important as quantity. Sleep disruptions can also deprive of the deep stages of sleep. Different stages of sleep characterized by rapid eye movement (REM sleep) was first reported by the physiologists Eugene Aserinsky and Nathaniel Kleitman in 1953.

Individual factors, which may vary from person to person, affect individual performance. They include physical health including sensory perception, fatigue due to task saturation, time constraints due to fast work pace, peer group pressures, complacency, personal events such as illness of a family member, workplace distractions, etc. The effects due to the above factors get intensified with loss of sleep.

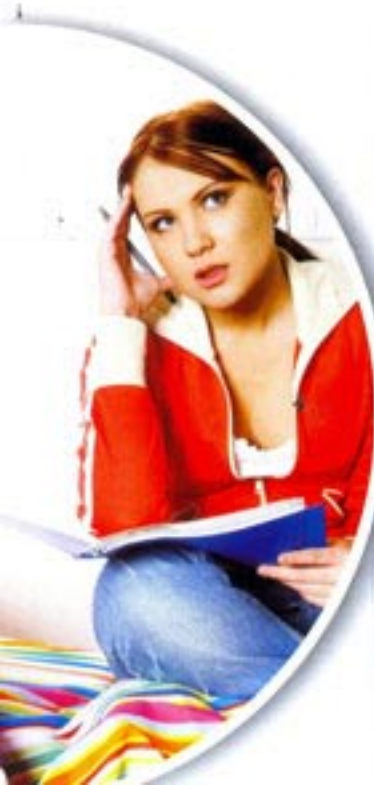
The individual's sleep has relationship with the environment also. The environment includes physical considerations as temperature, ambient light, noise, vibration, air quality, etc. The work environment may include disturbances to normal biological rhythms, e.g. shift duties. Sometimes, constant 'white noise', like the hums produced by air conditioners and fans help to cover up the other disturbing noises, making less likely to disturb the sleep.

To take any examination by its horns and to experience the thundering success, study well throughout the year, have a balanced diet and never ignore the sound sleep!

*"Sleep that knits up the ravel'd sleeve of care  
The death of each day's life, sore labour's bath  
Balm of hurt minds, great nature's second course,  
Chief nourisher in life's feast."*

William Shakespeare - In 'Macbeth'.

**Mrs. Anjali Sarup**  
Teacher





# ANNUAL P.T. DISPLAY

The most awaited event of the year, the Annual P.T. Display was on 16th of December at 10:30 a.m. under the able guidance of our Principal Sr. Divya CJ and our teachers. A great show of sportsmanship, strength and stamina marked the occasion. It was a day to exhibit the innate creativity of each trainee. The occasion was graced by Rt. Rev. Dr. Isidore Fernandez, Bishop of Allahabad Diocese as the Chief Guest and Rev. Sr. Mariette CJ, the Provincial Superior of the CJ sisters as the Guest of Honour along with the other guests. The function began with the honouring of the Chief Guest and the Guest of Honour by presenting a bouquet of flowers to each. Our College Captain, Silvia Shah welcomed the guests in her usual eloquent way.



The programme began with March Past by the trainees led by Silvia Shah the College Captain, Ruby James, the Vice-Captain and S.P. Renu, the Games Captain. After the March Past the trainees performed a graceful drill display of multi-coloured fans in beautiful synchronization. Then it was time for the Inter-House Competition. Each House came up with fantastic drill displays.

First was the Green House with their 'Elastic P.T.' depicting the theme, 'Teacher an elastic; determined yet flexible'. They formed various geometrical figures with the help of elastics. After that the Blue House came up to present their 'Ring, P.T.' with the message 'The Vigour of motion' which they concluded with a beautiful formation of Olympic logo. The next was the Red House. It was indeed very captivating to see the Red House presenting a cascade of colourful sarrees in perfect formations and making us understand 'Unity Brings Beauty'. It was followed by the Yellow House, who took us by the flight of fantasy to a historic battle field. The soldiers in full military attire brandishing their swords in the air with precision, sent a chill to our bones.

The most attractive and impressive event of the day was the formation of pyramids, by each House, with meaningful messages. The Blue House aimed to 'Stand United to Weed Out Terrorism' and depicted the bombing of the Taj Hotel. The Green House was more peaceful and calm with their message 'Peace - A Quest', forming a Dove. The Red House typed themselves into a Diya, dispelling darkness through their message 'Tamo Ma Jyoti Gamaya' and the Yellow House formed the Sphinx depicting the fairer sex with the courage of a lion; Each one was better than the other and won great applause from the audience.

The event was a great success. At the end Sr. Mariette CJ, the Guest of honour announced the result of the Inter House Competitions. The Red House won the first prize for the March Past, with Yellow House as the Runner up. In the Drill Display, the Yellow House stood first followed by the Blue House. Whereas in the Pyramids, it was the Green House that stood first, followed by the Red House.

The Chief Guest, Rt. Rev. Dr. Isidore Fernandez in his address to the College appreciated the hard work put in by the Staff and the Trainees. The programme was concluded with the National Anthem.

Priyanka William  
T.T.C. -I





# CHRISTMAS CELEBRATION AT SMTC

*"Winners don't do different things; they do things differently"- Shiv Khara.*

True to this quotation, the Trainees anticipated the Christmas Celebration on 20th December 2008. It was the last day in the College before the winter vacation. Beautiful decorations everywhere sparked renewed enthusiasm. The day began with a meaningful prayer service in which the significance of the Christmas Celebration was made clear to all. The trainees staged a Christmas play depicting the Birth of Jesus, giving the message of Peace, Joy & love to all, in a world which is torn by terrorism, communal riots and economic meltdown. The arrival of Santa Claus with a bag full of Christmas gifts for all present there, was the climax of the celebration.

Another important event of the occasion was the Inter-House Carol singing competition in Hindi as well as in English. Each House enthralled the audience, besides bringing laurels to the House. Green House secured the 1st position in Hindi Carol singing and Yellow House secured the 1st position in English Carol singing competition.

The Chief Guest, Rev. Fr. Albert Lobo, in his address to the audience invited each one of us 'To Be A MESSAGE' OF Joy, Peace & Love, rather than giving a message to others. This is indeed a challenging task. If each one becomes a 'Message' of Love & Peace to the others, our world will be a happy place to live in.

Surabhi Paul  
T.T.C. II



# ART & CRAFT

## Exhibition - 2009



Sr. Sumita C.J., the Provincial Superior of the Allahabad Province of the C.J. Sisters inaugurates the Exhibition, by cutting the ribbon.



Sr. Sumita C.J. lights the lamp



Sr. Sumita C.J. is being welcomed by the College



Admiring the Creativity



Excellence is never an accident



Best out of the waste





## COLLEGE PICNIC

The trainees of SMTC got a thrilling opportunity for a fun filled picnic to Nandan Kanan Water Park on 28th Feb. 2009. At 8 a.m. a group of enthusiastic trainees boarded the bus, amidst great excitement. All eyes eagerly awaited the sight of Sangam and the Water Park. It was an enthralling experience for the trainees – one day away from the hustles and bustles of daily life.

Our first place of visit was the Sangam. The morning rays of the sun were gently touching the water, adding a glow to its surface. Three rivers meeting at one place – a marvelous handi work of God, our creator. After spending some time at Sangam, we proceeded to Allahabad Fort wherein we visited an under ground temple. The age – old 'Akshay Vat' attracted our attention a lot.

Picnic is a great opportunity to enjoy ourselves with friends. It is a time to relax ourselves and have fun. From Allahabad Fort, we headed towards the Water Park, situated in Isipur Village. The lush green garden, the swings, the water slides, fountains, and the homely huts around attracted us. The music was a feast to our ears.

After reaching the Water Park, we lost no time to get into the water. Full three hours we enjoyed ourselves in the water going up the slides and sliding down, swimming across and playing in the water. At the end we had hot Chola – bhatura and ice – cream for lunch, which was very welcome indeed. It was an enjoyable day and we returned after 4 p.m. Our sincere thanks to Sr. Divya C.J. and the teachers for organizing this Picnic and accompanying us. We cherish sweet memories of our picnic to Sangam and the Water Park.

Sandra Walter  
Magdalena Cecil  
TTC - I



