



SMC Spectrum



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STUDENT COUNCIL



Shivani Saran
College Captain



Tanya Gaffney
College Vice Captain



Shrishti Shankar
Student Editor



Stuti Mishra
Games Captain



Gaurisha Khare
Basket Ball Captain

Red House



Kisa Zaheer
Captain



Kalpana Sinha
Vice Captain

Blue House



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Captain



Tanushree Chauhan
Vice Captain

Yellow House



Luxmi Mishra
Captain



Pankhuri Agrawal
Vice Captain

SMC SPECTRUM

From the Principal's desk,



Dear Parents, Teachers, well wishers and students,

"Life is a big canvas. Throw all the paints on it you can."Danny Kaye

This is the first issue of SMC Spectrum and I thank the team of teachers and students who have worked for it. Another academic year has begun and I am grateful to God for all his blessings upon the SMC family. I strongly believe that the days ahead will also be filled with his goodness and kindness. I look forward to you dear parents, guardians, well wishers, teachers and students for your support and cooperation throughout this year. Remember together we can and we will.

I remember Viktor Frankl who spent three years in the Nazi concentration camp at Auschwitz during World War II. He remained optimistic about his future. In "Man's search for Meaning" he wrote, "Everything can be taken

from a man but one thing : the last of human freedom - to choose one's attitude in any given set of circumstances." Very true dear friends, choose attitude and everything else will change. Your dreams and your goals will come true.

When you lie awake at night and dream or gaze out the window during school, what do you see you doing? Making music? Painting? Writing? Climbing mountains? Racing cars? Creating a stained-glass window? Don't fight it. Learn more about your passions, talk to people who live your dreams and find out how you can get there. Have a right attitude and you will see sky is not the limit to achieve your dreams.

"A musician must make music, an artist must paint, a poet must write, if he/she is to be ultimately at peace with oneself. What one can be one must be."

...Abraham Maslow

With God's blessings,
Sr. Roshni C.J.

EDITORIAL



Dear friends,

It gives me immense pleasure to bring forth the first issue of the school journal, SPECTRUM, the fruit of the zealous work of the Student Editorial Board along with the help and support of Mrs. S. Tressler and Ms. Varsha Mary. Their efforts have been praiseworthy.

It has been an eventful term. The students have exhibited their creative potential on several occasions. The creative impulse in them needs to be released and their energies channelised in the proper direction. The college is the turf for this great task of nation-building.

We are pitched against a highly competitive world with tough challenges to face, calling for a relentless struggle. In a media-saturated environment, there is an increasing need to sift the information which is being bombarded from every quarter, so that we may assimilate that which is contributory to our growth and discard that which is uncongenial and detrimental. Focussed on our goals and armed with utmost sincerity and integrity, the battle can be won.

We reap what we sow is an age-old adage but still remains a constant reminder to us. If we sow love, tolerance and respect, we shall harvest rich dividends of the same.

With the advent of the Industrial Revolution there was a shift to a materialistic culture. William Wordsworth had rightly observed "The wealthiest among us is the best." Today this is still the yardstick of judgement and the clamour for wealth has acquired a hideous dimension. Let me correct this erroneous assessment: **The most righteous among us is the best.**

We have done enough harm to our planet. It is time that we limit our wants, develop empathy for all life and develop sustainable lifestyles in order to enhance the quality of life for all.

Be one (i.e., one with all humanity), on one (i.e., on the path of righteousness), for one (i.e., the Creator).

I wish you success in all your endeavours towards the establishment of a peaceful social order, in harmony with nature.

Mrs. Ulfat Ahmad



SMC SPECTRUM

Student Editor's Message

"If you want to change the world, pick up your pen."-

Martin Luther King

Change it is, that has metamorphosed 'SMC X-PRESSIONS' into 'SMC-SPECTRUM'.

I feel ecstatic in presenting the first issue of the new and exciting **'SMC-SPECTRUM' 2009-10.**



The journey, from the formation of the editorial board to the time, effort and days spent in designing this issue, was an inventive one. Thanks to the team that this issue has been able to reach the standards of the school.

Our efforts would have had no direction, without the brilliance and expertise of our faculty editors- Mrs. U. Ahmad, Mrs. S. Tressler and Mrs. V. Mary. Working with them has taught me the importance of team work, which means "more WE and less ME."

The skill and talent reflected by the young creative minds is worthy of applause, who showed impeccable enthusiasm in giving us innumerable articles. Thank you girls! That was a great treat for my literary appetite!

These few months flew by in a flash, and looking back I muse it was only yesterday that we began with this session: the excitement of new classrooms, the crisp new notebooks and the meeting with the friends is still fresh in my mind.

Many important events took place during this session, like the Workers Day celebrations, the prestigious C.J. Meet, the elections of the new council and the welcoming of Sr. Sumita, C.J. into the family, all included overwhelming emotions.

Just like the new title, 'SPECTRUM', I hope that as you read this edition, your life too will be filled with the vibrant colours of the VIBGYOR!

Srishti Shankar
Student Editor

A Warm Welcome



The new academic session began with great enthusiasm and fervour. The first week was marked by the welcome of Sister Sumita C.J. Sister Sumita is an accomplished musician as well as an alumni of SMC and St. Mary's Training College. She joined the Congregation of Jesus in 1978 and is now part of the S.M.C family as our new provincial.

On 20th of April the students of SMC put together a welcome programme for Sister Sumita which began with a prayer service. A welcome song was sung by class IX followed by a classical dance by class VI.



The senior students then presented bouquets to Sister Sumita and prayed for her well being and happiness.

A melodious song "Maine kaha phoolon se" was sung by class VII followed by a

enthraling puppet dance by the girls of class XII.

Sister Sumita, in her inspiring speech said that the youngsters should strive to achieve excellence in whatever they do. She quoted Helen Keller "Alone we can do so little together we can do so much" as an example of perseverance and determination.

The students and the programme co-ordinators were congratulated by Sister Roshni to have produced such good work at such short notice. The programme ended with the stirring school anthem.

Afreen Seher Gana

XII

Reflected Glory

(A report on Workers' Day Celebration)

We shine because they are striving behind the scenes.

No institution can work efficiently without the



help of the supportive staff. Their contribution in maintaining the school is beyond compare. To honour their labour and concern, St. Mary's Convent celebrated Workers Day on 1st of May to express deep gratitude towards the loving, caring and the humble workers of this institution. The students of class VIII A and VIII B, under the guidance of their class teachers, organised a grand function. The programme was begun with a prayer



service. A purposeful entertainment won the hearts of the audience. A delightful skit depicting the importance of Workers Day was presented

followed by a lively group dance. One of the workers, touched by the gesture of the students, expressed his gratitude. The sisters, teachers and students were thanked for the wonderful programme. The celebration came to an end with the speech of the Principal to thank the workers for their unconditional and tireless work. Gifts were presented to them as an expression of affection and concern. The workers were then served a sumptuous meal by the Principal.

This programme brought home the fact that no work is demeaning whatever it may be, and that all men are the spokes of a wheel, the absence of anyone hampers the progress of the wheel.

Yusra Tanveer
XI-C

A Report On NASI

The mark of a genius is often not perfection, but originality.

The National Academy of Sciences, (NASI) had organised a "Vocation Training Programme" and Summer School-2009. The theme was "Recent Development in Sciences and Technology." The Principal Sr. Roshni, provided the girls of class 11 with the wonderful opportunity of visiting the workshop organised by NASI. It was a fifteen - day programme from the 15th to the 30th of June. Schools from Bihar, Madhya Pradesh and Uttar Pradesh also participated in the programme.

Tanushree Chauhan, Mehul Agarwal and Apoorva Seth (of Maths group) and Kriti Bhatt (of Biology group) grabbed the opportunity to represent St. Mary's Convent. The programme started with an inaugural ceremony addressed by Prof. S.L. Srivastava, who informed the students about the degrading condition of the environment, the usage of minimal energy and of technology without harming others. The host of the programme was Prof. U.C. Srivastava.

All the participants were given the opportunity of making disco lights, circuits, LED circuits and water level indicator circuits. They also learnt how to solder the wires of a circuit.

Under the guidance of Prof. C.B.L. Srivastava (who gave a lecture on Aquatic Ecosystem) the students set up an artificial aquatic ecosystem. Prof. A.K. Srivastava and Dr. Ramesh Chandra demonstrated and spoke about the recent trends of the Applications of Mathematics.

On the 30th of June, at the closing ceremony, the guest of honour Prof. H.C. Verma addressed the people on "The Vision of India" and spoke about the development of science in the recent years. Certificates were awarded to the students and the teachers were given food adulteration testing kits.

NASI was a wonderful learning experience for all the participants. Journalists from Amar Ujala-Compact gave a nation wide platform for the NASI programme.

Niharika Agarwal
Tanushree Chauhan
11-A

TEACHERS' WORKSHOP

A Report On Summer Camp

St. Mary's Convent focuses on the overall development of its students and gives equal importance to both studies and extra-curricular activities especially to physical training and games.

Much awaited by the games enthusiasts, the summer camp commenced on 11th May 2009. It drew a good response from a large number of keen players from classes 5 to 12. Many new games were introduced like table tennis and badminton in addition to basketball, throw ball and handball. The daily practices revealed the hidden talents of the upcoming players. Badminton is generally considered to be an easy-to-play game but there are several tactics to be learnt before a player can excel in this fun-filled game.

Under the guidance of Mr. Kulbhaskar Mishra, the players learned the basics and many other tips in basketball. The beginners were taught how to master the art of dribbling. The games instructor of the school, Mrs. M. Malviya trained the girls in throw ball and handball. The table tennis room was packed with action and resounded with applause.

The summer camp proved beneficial for all the players and prepared them for the forthcoming tournaments and sports.

Stuti Misra
(Games Captain)



A workshop for effective teaching titled SUPERSTAR was organised for the staff of SMC on 4th July, 2009 by the Principal and the management of the institution. Mr. Surya, the resource person for Ratna Sagar Publications, conducted an interesting and interactive session to encourage the teachers to create positive relationships with their students and to ensure effective communication.

"The disease that hinders the work process is self-righteousness," said Mr. Surya. He emphasized that a person needs to go beyond the comfort zone to provide service to others and must respond positively. Speaking to the teachers, he emphasized that anything less than a conscious commitment to the important is unconscious commitment to the unimportant.

The teachers appreciated the PowerPoint presentation and video clippings. Proposing the vote of thanks, Mrs. S. Tressler thanked Sr. Roshni, C.J., for organizing the workshop. She also thanked Mr. Surya for the informative session and for motivating the teachers to develop a positive relationship with their students.

Mrs. S. Tressler

"Real Leaders Are Ordinary People With Extraordinary Determination"

A Report on The Investiture Ceremony

The dawn of 15th July, 2009 added yet another memorable day to the history of St. Mary's. It was the solemn day of the investiture ceremony.

The day started with a flurry of activities as the school prepared to invest their newly appointed leaders with pride and happiness. The parents of all the new office bearers were warmly welcomed and escorted to their seats.

The ceremony then began as the office bearers entered the auditorium carrying candles. The light of the candles conveyed the message that "S.M.C. will shine". The aura of responsibility that surrounded the office bearers seemed to envelope each and everyone.

The lamp lighting was followed by a prayer service conducted by class XII under the support and guidance of Mrs. S. Kumar. It reminded the leaders of their responsibilities and encouraged them not to lose sight of their goals when faced with obstacles. The melodies of the hymns "On this school" and "In His time" sung by the choir touched souls and the encouraging song, "The Climb" lifted everyone's spirits.

On the conclusion of the prayer service, Sr. Roshni called out the names of the office bearers as the manager Sr. Salesia, senior teacher Mrs. Srivastava, chief editor Mrs. U. Ahmad and respective house moderators presented the office bearers with badges and sashes. With their flags in their hand, the office bearers solemnly took their oaths. As the leaders stood



with their flags, wearing the insignia of their authority, it was truly a proud moment for all.

The College Captain, Shivani Saran then delivered her maiden speech which touched and encouraged everyone present. She asked the school for their trust and cooperation. The principal, Sr. Roshni's words inspired everyone to keep pushing ahead and develop confidence in all endeavours. Finally the College Captain's father Justice Vineet Saran was requested by the Principal to present the Navinanshu Rai Memorial Award for the best student in Mathematics, to Mehul Agarwal of class XI.

The ceremony concluded with the ringing notes of our School Anthem. The auditorium echoed with the lovely lyrics of "The Bells of St. Mary's" as everyone looked forward to a year full of hope and success.

Varnika Gupta
XII A

BASKETBALL TOURNAMENT

Under the able guidance of Mr. Kulbhaskar and Mrs. Malviya, the basketball players were all set for the forthcoming Inter-house Basketball Tournament. The four houses were buckled up to give their best on the court. In the junior category Green and Red Houses emerged the pool winners. In the semi-finals Green House defeated Yellow House and Blue House defeated Red House, thus qualifying for the finals. In the senior category Red House and Yellow House emerged victorious. In the semi-finals Red House defeated Green House and Yellow House defeated Blue House and thus qualified for the finals.



The finals in the senior category was played between Red House and Yellow House in which Yellow House emerged victorious. The score was 37/55 and the highest scorer of the match was Stuti Misra with a whooping 39 points. In the junior category the final was played between Blue House and Green House in which Green House won, the score being 44/42. The highest scorer of the match was Ekta Rao with 22 points.

The rigorous training and practice sessions have undoubtedly proved instrumental in instilling a sense of responsibility and the spirit of team work and fair play.

Gratitude is expressed to the Principal, Sr. Roshni, C.J. for providing this wonderful opportunity and to the Games In-charge, Mrs. Malviya for inculcating true sportsmanship spirit in the players.

Gaurisha Khare
(Basketball Captain)

Albert Barrow Essay Writing Competition

The national Albert Barrow essay writing competition was held at SMC on the 10th of July for the students of standard IX to XII. There were two categories : Category I- for classes XI and XII.

The word limit for this category was 1200 words. There were three contestants in this category. The participants whose entries were sent for the national level were :

Afreen Seher Gandhi of Class XII C who wrote on the following topic:

"Gender Equality is still a myth in spite of all the recent developments"

Nimisha Mishra of class XII A who wrote on the topic:

"Terrorism will die in the 21st century."

In category II, for classes IX and X, in which the word limit was 1000 words, the selected participants were: Salvi Singh, Class XB, who wrote on the following topic:

"Globalization in the 21st century".

Avantika Mishra, class XA who wrote on:

"Knowledge, not money is the source of power in the new century".

Writing on the spot was a thrilling experience and I learnt a lot while preparing our essay. The school library provided the perfect environment for writing and all the books that we needed. We are grateful to Mrs. U. Ahmad for her continuous help and support and to Sister Roshni for giving us this wonderful opportunity.

AFREEN SEHER GANDHI
XII

A REPORT ON C.J. MEET

"Women in times to come will do great things."- Mary Ward



Vibrant colours filled every corner, everybody was busy with something or the other. The whole school gleamed with a festive mood. Looking at the hustle and bustle, it did not take much intelligence to guess that SMC Allahabad was preparing for something BIG! It was indeed a matter of great pride and honour for SMC Allahabad to host the prestigious event, the Congregation of Jesus Meet. It seemed that the entire SMC family was determined to make the event a memorable, exciting and a successful one.

The participating schools, managed by the C.J. sisters, were St. Joseph's, Rihand Nagar, SMC, Alakode, Nirmala Public School, Pizhaku, SMC, Lucknow, Mahatma Gandhi Adarsh Vidyalya, Varanasi, Sata Sahaya Mata School, Meja, St. John's, Fatehpur, SMC, Kanpur and St. Thomas H.S., Chunar. The students and staff of SMC, Allahabad gave a warm welcome to them on the 31st of July, 2009.



Dawn broke in the bright blue sky, and held promises and hopes. The rays of the morning sun were like blessings from the heaven above. With the will of making a difference, everyone rolled up their sleeves and got ready, in full gear, for the Mary Ward Jubilee Celebrations on the 1st of August, 2009. With Sr. M. Christina C.J., as the host, the whole school vibrated with energy.

The ceremony began with the arrival of the Chief Guest, Dr. Sumita Parmar, Professor in English, Allahabad University, the Guest of Honour, Bishop, Rt. Rev. Isidore Fernandes and Provincial Superior, Sr. Sumita C.J. The other distinguished guests were Father K.K. Antony, Father Louis and Major Ranjan Srivastava.

The opening ceremony began with the solemn entry, of the Head Girl carrying the portrait of Mary Ward followed by girls carrying 'diyas' on either side. A floral tribute was paid to the portrait of Mary Ward by Sr. Sumita C.J.

A scripture from the Holy Bible was read by Tanya Gaffney the Vice Head Girl followed by the Words of Blessings by Bishop Isidore Fernandes. The theme of the ceremony was 'Knowing Mary Ward Better', Sr. Martha and Sr.

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Sheela gave a beautiful presentation of the Gloria Vision, which had been witnessed by Mary Ward in 1609. Sr.M.Marion's welcome address clearly portrayed the warmth inside the hearts of everybody for one another. The Dignitaries were then presented with bouquets. The opening ceremony, an inspiring dance performance, was given by the girls of SMC, Allahabad and the students of the Training College, Allahabad. The Chief Guest then delivered an encouraging speech followed by the presentation of mementos to the invited guests.



SMC, Alakode presented the First Phase of the life of Mary Ward. The offstage events which took place were creative writing, the topic being "Mary Ward- An Inspiration for Times". Various schools exhibited their talents on-stage.

In the third session, SMC Lucknow depicted the Second Phase of the life of Mary Ward, the three visions, that she had experienced, which had completely transformed the purpose of her life. The next on-stage event was the choral recitation.

In the fourth session, SMC Kanpur presented a dance-drama in Hindi elucidating the Third Phase of the life of Mary Ward, when she was imprisoned for raising her voice for the education of women. This was followed by a tablea on the three visions, presented by the Nirmala Public School, Pizhaku. Informative interactive sessions followed each program to analyze what had been learnt. A short documentary film was shown on the 150 years of the presence of IBMV (now C.J.) in India. A short thanksgiving prayer by Sr. M. Christina marked the end of the first day.

The second day commenced with a floral tribute to Mary Ward followed by a Prayer dance by the students of the Training College. Holy Mass was then conducted by Father Louis in the auditorium bringing everybody closer to God Almighty. The Fourth Phase of the life of Mary Ward was enacted by SMC, Allahabad. A very exciting evening Teachers' Quiz was conducted, where the teachers were reminded of their school days and the time when they had to appear for an exam! The off-stage competitions which took place were the portrait - painting and 'rango' making.

Finally Sr.M.Carola gave the Vote of Thanks, which was followed by the prize distribution for the various competitions. SMC Allahabad bagged the first prize in both, creative writing as well as portrait - painting. The first prize for essay writing was won by Afreen Seher Gandhi 12-C and the first prize for portrait - painting was won jointly by Pranidhi Gupta, 11-A and Megha Gupta, 9.

With the distribution of the mementos to the participating schools and the respective teachers and a concluding prayer by Sr. Christina, the ceremony finally came to an end.

The teams departed on 2nd of August with Mary Ward in their hearts and souls, the guiding light for all, henceforth.

Shristi Shankar
Student Editor

Ashadeep

A Brighter Tomorrow



On May 1st, a computer lab for 'Asha Deep', a school for the under privileged children was inaugurated. In collaboration with the Rajiv Gandhi Open University, the lab offers courses of 3 and 6 months to the economically backward girl students. The lab is a step towards the upliftment of the deprived class, making them educationally and hence economically independent so that they can be self-confident and contribute to the progress of the downtrodden segment of society.

Bulbul Tyagi
XII-A



On 28th March, 2009 Ashadeep School from K.G. to 6 had their Parents Day. The little ones put up a short variety entertainment programme like a welcome dance, action song, skit, dance and so on. The chief guest was Mr. Skand Shukla, Assistant Deputy Director, Education, U.P. He encouraged the students to study well so that their dream could come true. Sr. Sumita, C.J., Provincial Superior, was the Guest of Honour. She asked the students to make use of the opportunity given to them and to do their best. After the programme, snacks were served to the students. A big thank you to all the teachers and sisters for preparing the students to perform well. May God reward you for your hard work.

Sr. Jyoti, C.J.

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WHO'S INDIAN, WHO'S NOT?

Recently, I read an article in Hindustan times. It was one of the series of articles about racism in India. It was about an Indian journalist, from the north-east, living in Delhi since 17 years, but even today she faces situations which make her feel that she's an outsider, someone from a different country altogether. People call her 'chinky' just because she has different eyes; people like her find it difficult to rent a house in Delhi just because they belong to a troubled region of the country. We say that our country is democratic, and some even consider it the most wonderful country in the whole world. I don't understand why. When we can not accept someone from our own country, how can we call ourselves democratic? We say very easily, that some of the Australians, who have recently attacked many Indians are so discriminatory, but have we ever looked at what's inside our own nation? So why are we complaining about another nation? I am not saying what some Australians are doing is correct, or forgivable, neither am I saying that we should not expect acceptance from another nation just because we ourselves are not showing the acceptance to our own people, but we should first point fingers at ourselves. We do have the right to enjoy equal treatment from everyone in this world, but change must begin at home...

WE INDIANS MUST LEARN TO RESPECT ALL OUR PEOPLE
IN ALL THEIR DIVERSITY.

Suroor Seher Gandhi
VIII-C

TREES - THE ONLY OPTION

Trees are 'green gold',
They make the Earth hot and cold,
Many people cut the trees,
Oh! God please help these,
They give us fruits and leaves,
And also help us to breathe,
So, I request you please,
Don't cut, don't cut the trees,
"To save life, Save the trees."

Payal Arora IV-B

PEACE

Somebody asked
God, "I want peace."
God replied, "Remove
that 'I', as that is EGO.
Remove that 'want', as
that is DESIRE. And
p e a c e w i l l
automatically be
yours."

Vanshika Gupta
6-A

NATURE

Bird fly,
Sky high,
Mountains steep,
Rivers deep,
God's love,
On Mother Earth.
Annanya Chaddha
II-C

AN EARNEST PRAYER

I want to share my blessings God,
With all those children who are
Poor, hungry, sick and cold
For they are also
My sisters and my brothers.

When temptation comes O'Lord
Be at my side to guide me
Help me to pray to Thee
The wrong to shun the right to see.

ARUNIMA KATIYAR
IV-A

A BUTTERFLY

In the garden, I saw a butterfly.
How happily did it fly!
Its wings were red, blue and yellow.
It flew away and I could not follow.

Anushka Dixit
Class III-C

WHY I LOVE MUM.....

Mum and dad were watching T.V. when mum said, "I'm tired, and it's getting late. I think I'll go to bed."

She went to the kitchen to make sandwiches for the next day's lunch, took meat out of the freezer for dinner the following evening, checked the cereal box for breakfast and put spoons and bowl on the table. She then put a load of clothes into the washer and ironed a shirt.

She picked up the game pieces left on the table, put the phone back on the charger and put the telephone book into the drawer. She watched the plants and emptied a rubbish bin.

She yawned and stretched and headed for the bedroom. She stopped by the desk and wrote a note to the teacher, counted out from hiding under the chair.

She signed a birthday card for a friend, addressed and stamped the envelope and wrote a quick note for the grocery store. Mum then washed her face, put on her night solution and age fighting moisturizer, brushed and flossed her teeth and filed her nails.

Dad called out, "I thought you were going to bed."

"I am on my way" she said.

She put some water in the dog's dish and then made sure the doors were locked.

She looked in on the kids, turned out their bedside lamps, threw some dirty socks into the basket, and had a brief conversation with the one up still doing homework.

In her own room, she set the alarm and laid out clothing for the next day. She added three things to her six most important things to do list and said her prayers.

About that time, dad turned off the T.V. and announced to no one in particular that he is going to bed. And he did.....without another thought.

Anything extraordinary here? Wonder why women live longer?.....

CAUSE WE ARE MADE FOR A LONG HAUL.....

(and we can't die sooner, we still have things to do!!!!!!)

(Adopted from an e-mail)

By **Ayushi Shah**

Class IX-C

WHAT DOES FATHER MEAN TO ME?

F is for the **FUN** you bring into all those lives you touch, as you share your joys and add music to our lives.

A is for the **AMAZING** grace you have with which you can constantly encourage me to adapt.

T is for your **TALENT** for teaching me the lessons of life without making it too harsh and yet being able to make it clear.

H is for being my **HERO** as you shoulder the responsibility of taking care of the family as you brave the weather to go out to work.

E is for your **EVERLASTING** love you shower upon me as you watch me grow up from a little baby who climbs on your lap to listen to your stories and now your grandchildren do the same.

R is for **REACHING** out to me when I needed a shoulder to cry on as you let me pour out my woes without ever grudging.

Abhivyakti Dixit
VI-B

THE GROUP PHOTOGRAPH

The annual examination was going to begin after a week. Our class teacher asked each of us to bring Rs. 50 the next day for the group photograph that had been taken and which were to be distributed on the last day of the examination. My friend Sheela asked how the group photograph was useful to us. The teacher explained, "When you grow up and look at this photograph, you will remember your old friends. You will say 'This is Neha. She has become a doctor. This is Shobha. She has become a teacher. This is Fatima. She has become a Computer Engineer. This is Dyna. She has gone to the USA.' " The teacher wanted to say more, but just then Sarah stood up with a sad face and interrupted with these words, "And this is my teacher. She was a very good human being. I still remember her!"

Bushra Khan
IV A

जीवन की शांति माँ के चरणों में

सूफी सन्त बायजीद संसार से विरक्त हो गए, उन्होंने गृह परित्याग कर दिया और ब्रह्माजी की आराधना में लीन हो गए। अपने बेटे की याद में रोते-रोते बायजीद की माँ ने आँखें खो दी। बायजीद ने यह सुना तो वह अत्यन्त दुःखी हुआ। उन्होंने कहा "मनुष्य के जीवन की शांति माँ के चरणों में होती है। मेरा कितना दुर्भाग्य था कि मैं उसे खोजने बाहर निकल गया।" बायजीद घर लौट गए तथा अपना शेष जीवन माँ की सेवा, मातृत्व के उद्धार में लगा दिया।

माँ के प्रति कोमलता और पवित्रता के विचार प्रत्येक जाति, हर संस्कृति में अभिव्यक्त हुए हैं। रोमन कैथोलिक धर्म में मडोना और उसके पुत्र के रूप में ईशु के चित्र की पूजा की जाती है। इसे पुत्र और माँ की सघन आत्मीयता की अभिवन्दना कहा जाना चाहिए। लीबिया में मातृत्व को कानूनी रूप में इतना सम्मान प्राप्त है कि उसी से माँ की महत्ता अभिव्यक्त होती है। क्रूर से क्रूर व्यक्ति भी माँ के पास आकर कुछ क्षणों के लिए जलते हुए द्वेष को भूल जाता है तथा वह शांति का अनुभव करता है। भारतीय संस्कृति में तो "या देवी सर्वभूतेषु मातृरूपेण संस्थिता" कहकर उसे सर्वव्यापी होने की संज्ञा दी है, जो माँ की महिमा और गरिमा को देखकर उचित ही है।

रुची चौहान
कक्षा : 9-'द'

स्वतंत्रता दिवस

आज़ादी के बॉसठवीं सालगिरह पर 15 अगस्त 2009 को एस.एम.सी. की छात्राओं का उत्साह देखते ही बन रहा था। वर्षा के कारण झण्डारोहण शुरुआत में न होकर अंत में हुआ। कार्यक्रम की शुरुआत प्रार्थना से हुई व प्रार्थना नृत्य भी प्रस्तुत किया गया।

कार्यक्रम की मुख्य अतिथि श्रीमती रंजना कक्कर थी। कक्षा छः की छात्राओं ने विभिन्न नेताओं की वेशभूषा में उनसे दर्शकगण का परिचय कराया। वहीं दूसरी ओर कक्षा नौ ने एक हृदयस्पर्शी नाटक प्रस्तुत किया और आज की पीढ़ी की विचारधारा को स्पष्ट किया। एक ओर दस की छात्राओं ने अपने देशभक्ति गीतों से सब का मन मोह लिया, तो दूसरी ओर कक्षा आठ और ग्यारह की छात्राओं ने मन हर लेने वाला नृत्य कि अंत में हमारी मुख्य अतिथि ने पूरे विद्यालय से कुछ शब्द कहे और



शब्दों ने सभी को कुछ करने की भावना से प्रेरित कर दिया। कार्यक्रम के अंत पूरा विद्यालय देशभक्ति के रंग में रंग चुका था।

वर्षा बंद हो जाने पर कार्यक्रम के पश्चात् हमारी प्रधानाचार्या 'रोशनी' व मुख्य अतिथि 'श्रीमती रंजना कक्कर' द्वारा झण्डा फहराया गया। पूरे विद्यालय की छात्राओं ने राष्ट्रगान गाया।

इस प्रकार एस.एम.सी. की छात्राओं ने देश के प्रति अपना रूप प्रदर्शित किया।

प्राची तिवारी 12-'ए'

हमारा आदर्श - प्रज्वलित दीपक

एक प्रज्वलित दीपक कितना सुन्दर लगता है। वह कल्याणकारी दीप शुभ का प्रतीक है। दिया स्वयं जलकर दूसरों को प्रकाश और उजाला प्रदान करता है। दीपक पाप रूपी अन्धकार को हरने वाला है। दीपक जैसा प्रेरणामय, गुणवान, त्यागी और ईश्वरीय शक्ति की अनुभूति कराने वाला स्वरूप कहीं नहीं मिलेगा।



वर्तमान युग में सही प्रेरणा न मिलने से लोग जीवन-पथ भूलकर जीवन भर पछताते रहते हैं। इसलिए हमें जरूरत है सही मार्ग दर्शन और प्रेरणा की। प्रज्वलित दीपक में जो प्रेरणा छुपी है वह अलौकिक है। प्रज्वलित दिया दूसरों को प्रकाश देकर सब की आँखों में सम्मान का पात्र बन जाता है। दीपक बराबर अपनी रोशनी बिखेरता है जो कि सिर्फ ईश्वरीय गुण है।

संसार में दीपक जैसा कल्याणकारी और महात्यागी भी कोई नहीं है। वह स्वयं जलकर चारों ओर उजाला फैलता है परन्तु खुद अपने ही अन्धकार को दूर नहीं कर सकता।

हमें प्रज्वलित दीपक से सीख लेते हुए अपना जीवन निःस्वार्थ भावना से दूसरों की भलाई के लिए बिताना चाहिए। हम अपने जीवन रूपी दीपक से इस जग में फैले अंधकार और बुराई को दूर करने में सक्षम हो सकें। यही मेरी आशा है।

मिस वर्षा मेरी इलियाजर
(अध्यापिका)

हमारा अभिमान

स्वतंत्रता दिवस आकर कहता है हर बार,
कष्टों से ही मिलता है जीने का अधिकार,
दुःख थे, आँसू थे, और थे हम बर्बाद,
अंग्रेजों ने किए अत्याचार

और बनाया हमें गुलाम।
गौंधी, सुभाष, नेहरू जब आए बीच
तब ली हमने साँस खुली
और हुए हम आज़ाद

माली हैं हम आज देश के
यही है हमें अभिमान
तन, मन और धन देकर पवनी छुग
सदा रखेंगे इसकी लाज। कक्षा 3 'स'



खिलावन जी को विदाई

“परिवार को जन्म देने वाला पिता बाग को जन्म देने वाला बागबाँ, दोनों ही अपने खून-पसीने से अपने पौधों को सींचते हैं, न सिर्फ अपने पेड़ से, उनके सार से भी प्यार करते हैं।”

उन्हीं बागबानों में से एक थे - श्री खिलावन जी। खिलावन जी ने एस.एम.सी. के बागों की 26 वर्ष तक देखभाल की बिना थके दिन-रात विद्यालय की पुष्प वाटिका को सम्भाला। इस लम्बी अवधि की अथक मेहनत के बाद एस.एम.सी. परिवार को उन्हें 23 जुलाई 2009 को बिदाई देनी पड़ी। हम आशा करते हैं कि वह और उनका परिवार हमेशा सुखी रहें। उनका जीवन सुखमय व मंगलमय हो।

प्राची तिवारी 12 - 'ए'
(क्षितिज क्लब)

जीवन का उद्देश्य

जीवन का उद्देश्य है :
चुनौतियों को स्वीकारना
असफलताओं से जूझना
कर्तव्यों को निभाना
कला का प्रदर्शन करना
प्रतिज्ञा परिपूर्ण करना
सुन्दरता की पूजा करना
धोखों से बचना
स्वपनों को सच करना
उँचा एवं अच्छा सोचना
दृढ़ता से आगे बढ़ना

कृतिका तिवारी 8 'अ'

SMC SPECTRUM

Mehul Agrawal of Class XI-A
receiving the
Navinanshu Memorial Award
from **Justice V. Saran**



Our Budding Artists

Mariyam Tuba
I A



Ojasvi Singh
I B



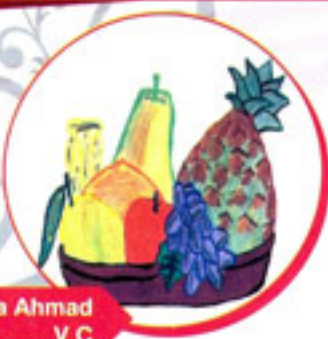
Mahima Masey
II D



Ankita Tiwari
V C



Namra Ahmad
V C



Ishika Neelam
II A





SMC Spectrum



September - December 2009

Vol. - 2

*Do good and do it well...
Mary Ward.*





Principal's Message



Dear Parents, Teachers, Students and Well-wishers,

When we look around at the world we find that there is no peace - no peace in one's heart, our homes, society, our country, the world.

Life has taken on a hectic pace, leaving no time for reflection or stock-taking. We have no time to spend with one another or to have peaceful, quiet, restful moments of leisure. It is all work, work in order to amass wealth, power and prestige.

There is disunity and disharmony at home, at our workplace, on the streets, in the community at large and in the world. In fact everyone longs for peace.

It was 2000 years ago that the Lord sent the Prince of Peace into the world, the Jesus, to show us how to achieve peace of mind and heart. His message was simple: "Love one another as I have loved you." He did not come as a powerful King, but as a lovable Babe. Who is not attracted to such a helpless child?

So, let there be love in our hearts - love for everyone, particularly for those who harm us, as well as the poor and the needy.

May the Prince of Peace fill all of us with an abundance of peace, a peace that endures.
A VERY HAPPY CHRISTMAS AND NEW YEAR TO ALL.

Sr. M. Roshni

Editorial

Dear Friends,

You are holding the second issue of the S.M.C SPECTRUM, which is packed with a great deal of happening of the second term of the academic year 2009-2010. The final shape of this bulletin has involved the effort and efficiency of the editorial board.

St.Mary's Convent strives to provide a congenial soil for the nurturance of the students and hopes that they will develop into sensitive and sensible women of the future and leave a profound influence where ever they may be.

Despite all odds ,life is beautiful. There is nothing out of place in the Creator's divine plan. Gains and losses are parts of life. The entire scheme of existence is purposive. There is so much good to be done ,no matter what your status or station. Even if one removes a stone or a thorn from the path of a wayfarer, lest it should harm him, he is doing immeasurable good because that little stone or thorn could become the cause of a great injury.

"For want of a nail a battle was lost'let us not lose the battle of life for want of compassion , brotherhood and spirituality. Growth and development brought about by scientific advancement, infrastructure and capital can be sustained and become meaningful only if accompanied by an acute sensitivity for all that is around. Let us reset our hearts just as we reset our watches.

The youth should take stock of their inherent potential. They have a crucial role to effect-setting an example for the children



and caring for their elders. They should stop being profligate for that leads to an immense loss of resource and the strength of body and mind is reduced to naught. Human resource is the most precious treasure that the planet has. If it is utilized for humanitarianism, rising population will no longer be a problem but a solution.

The Almighty has placed the entire creation at the disposal of man with two options before him, to use (profitably) or abuse. There is an exigent need to make the former choice. Special love and protection is due to the animals because they are at our mercy.

I earnestly pray that the light of truth may dawn on every individual so that he may revert to the path of those whom The Lord has favoured.

Mrs. Ulfat Ahmad



Student Editor's Message



Another splendid term, another lively and energetic session of fun and learning from experiences within and without the class has been completed. It gives me great pleasure in presenting yet another issue of 'SPECTRUM - 2009' - distinguishable from the previous, revealing an innovative side of the Gennext and promising to enlighten each and every soul.

The other day, I was given an essay topic, 'Are we happier than our forefathers? I pondered over the topic for a very long time, debating whether to write for or against it. Everybody around me was discussing what the world had come to - so many road accidents, women and children being unsafe, rising crime graph, terrorism, dirty politics and environmental degradation.

I just smiled and got my pen into action, writing about the view point of the present generation. I agree with the above, albeit with a difference of opinion. I also look at the advancement of technology, women upliftment, better education system and health awareness among people.

We don't need to change the circumstances we are living in. But what we need is to change ourselves, our thoughts, adapt ourselves to the changing situation and stand up for our rights.

Murali. A. Raghawan says, "Unalloyed happiness is impossible because the world cannot exist except as an amalgam of the good and bad."

The good is, however, accentuated in the presence of the bad, becomes powerful and finally conquers the evil.

I finished my essay. I sat back and closed my eyes. The sun seemed to be rising it was dawn..... a dawn of a new beginning.

Srishti Shankar

The Stars Shined (A Report On Teachers' Day)

God created the heavens and the earth, the seas and the birds and the animals and the bright stars not only in the sky but also on the earth, to encourage and inspire the young minds, in the guise of teachers. These bright stars impart knowledge and transfer their light to their students without any discrimination.



Who would underestimate their efforts and infinite love more than the students? As tradition, the 5th of September 2009 was dedicated to our teachers. The love and affection of the students flowed like a river, at times gushing forth with vigour, and at

times gentle and placid.

The entertainment programme began with a prayer service put up by class XI, in which they prayed for the well-being of their teachers, presented gifts and cards to the teachers, which expressed their love and gratitude.

A melodious song was sung by Class VI. It carried the audience into the blissful world of fantasy. Class VII presented the next item, a skit titled "Love Conquers All" highlighted the universal truth - Love reigns supreme despite all hindrances. A Bengali dance presented by class X enthralled the audience bringing out the rich culture of the state. Class IX came up with a lilting song, 'Reason' which conveyed how rash young girls metamorphose into graceful young ladies due to the hard work and inspiring presence of the teachers. The song left everyone mesmerized. The next item was a dance by classes VIII and XI. All one could say was "A thing of beauty is a joy for ever".



Class XII came up with a song specially composed for this auspicious occasion.

Thus the programme ended but not the day. A throw match took place between the teachers and the students.

Waves of excitement struck the students, who cheered for both for teachers and for students. It was a memorable moment and the teachers emerged the victors. The students were jubilant as defeat was no defeat. They were happy celebrating the victory of the teachers.



"The love that I've found, Ever since you've been around
Your love has put me, On the top of the world"
Thus the stars shone and put us on top of the world.

Mariam Tariq Usmani

Milestones 2009

S.M.C. for the first time, participated in Milestones, organized by Tagore Public School, on the 16th of September, 2009

The cultural festival was begun in the morning with an opening ceremony, with the college captains of over 18 participating schools marching up with their school flags to light the lamp and then taking an oath to promise good-spirited participation on behalf of their schools. This was followed by a welcome dance by the students of T.P.S.

There were competitions for all age groups of students, starting right from nursery to the senior classes. S.M.C. participated in all the events for the students of classes VI to XII. The on-stage events began with dramatization of group songs for classes VI to VIII. The participants from S.M.C., named Suroor Seher Gandhi, Shagun Prakash, Sanskriti Shankar, Rabab Rizvi, Ritika Srivastava, Kopal Misra, Chitranshi Narula, Tanva Walia, Surya Pradhan, Priyanshi Sachan, Srishti Rai and Shreya Pandey bagged the second prize. Romanchak Ghatna was the next event where the speaker had to narrate a story in Hindi and Speak and Bol, where one had to speak extempore, for the motion in Hindi for half a minute and against it in English for another half a minute. The mind game was an equally interesting event. Shivani Saran received the first prize in Heckling Speech, where the speakers were interrupted in their three-minute speech.

While the stage was getting heated up, exciting off-stage events like treasure-hunt, power point presentation, rangoli, slogan-writing and poster-making, e-calculation, English creative writing, fashion accessories, carrom and chess took place simultaneously. Tinkling Sounds was another event, where the students were to make wind chimes.

Pranidhi Gupta, Aemen Ali, Anam Azmi and Sonia Jamal bagged the 2nd prize in Art Direction, while Pranidhi also stood 1st in free-hand painting.

The last and most exciting event was the fusion dance. S.M.C.'s scintillating performance of a kathak and bharatnatyam fusion dance bagged the first prize, the dancers being Surangama Sharma, Srishti Shankar, Ankita Raj, Snehi Rastogi, Swati Bhatt and Stuti Misra.

The day ended with the prize distribution. S.M.C. stood 2nd over all, with T.P.S. as the winners. It was a great experience for all the participants, as they all gave their best.

Gratitude is expressed to the principal, Sr. Roshni, C.J. and all those teachers who were constantly guiding and supporting the students.

Shivani Saran
XII-A

Basketball Tournament



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

This is what the students of St. Mary's Convent have always been taught. The basketball players were provided with a wonderful opportunity of participating in the 13th

ASISC (Association of Schools of Indian School Certificate), State Basketball tournament by the head of the institution Sr. Roshni C.J.

Responding to her enthusiasm, the senior and junior teams appeared for the trials for the selection in the state team. Four players in the senior category and nine in the junior category were selected, which was the maximum number of participants from any particular school. The tournament on the 1st and 2nd of October was held in Allahabad. The senior team bagged the winner's trophy by defeating Lucknow in the nail-biting finals, the scores being 40/38. Leading the team from the front, the Games captain Stuti Misra emerged as the highest scorer not only in the final match, with 18 points, but also in the senior girls category in the whole tournament. The Juniors gave a tough fight but lost the semifinals against Lucknow.

Stuti Misra, Gaurisha Khare, Jumana Khan, Shivya Sahani were selected in the senior national team and Akshita Verma represented the junior national team.

The 13th ASISC National Basketball tournament was held in Bangaluru on 3rd and 4th of November. Mr. Charu Sharma a well-known International commentator and Ms. Nisha Millet, an Indian Olympic Swimmer were the guests of the opening ceremony.

The senior girls team lost in the semifinals against the north-west region, the score being 17/37.

Sincere thanks is extended to the Principal, Sir Roshini not only for providing such a wonderful opportunity but also for her support.

Gratitude is expressed to the Games in-charge Mrs. M. Malviya for her training and support.

The trip was enjoyed to its fullest.

Gaurisha Khare
Basket Ball Captain



Athletic Meet

"Heights by great men, reached and kept, were not attained in sudden flight, But they, while companions slept, were toiling upwards in the night."

St. Mary's Convent, since times immemorial had a plethora of talents in the students in different fields. The year 2009-2010 saw the girls showcase a perfect blend of hard work and skills in the field of athletics and swimming. This was clearly seen when in the whole city the maximum number of participants from SMC represented Allahabad in 13th ASISC States Athletics Championship held at the Devprayag School, Allahabad on the 9th and 10th October. Gauri Sinha, Charul Pant, Gauri Khare, Shreya Gupta, Harshita Misra and Stuti Misra represented the senior category while Akshita Verma, Nikita Lugan, Ankita Sharma, Sophia Jagan, Bliss Raphael, Ekta Rao, Nishita and Sivana Zaidi played for the junior team.

The winners were as follows:

Charul, a gold medal in long jump and a silver medal in the relay race, Shreya, a bronze medal in shot put, Bliss a silver medal in hurdles and a bronze in high jump, Stuti Misra a silver medal in 400m race, Ankita Sharma a bronze medal in javelin throw as well as the relay.

Gauri with her fabulous high jumps bagged a gold medal, breaking the state record of 1.35m. In the swimming championship, Prakriti Kumar gave her best performance for three events, the 50m freestyle, the 100m freestyle and the 50m butterfly. She won two silver medals and one gold medal respectively. Gauri Sinha, Charul Pant, Bliss Rao and Stuti Misra were selected for the National-level Athletic Meet. Prakriti got the wonderful opportunity to represent U.P in the national level Aquatic meet and brought laurels to the proud institution. The former took place in Ahmedabad on the 8th and 9th of November and the latter was in Bangaluru on the 3rd and 4th November. The success of the girls added another gem to the crown of the school.

A deep sense of gratitude is expressed towards the principal Sr. Roshni, C.J. for lending her valuable support and the games in-charge Mrs. M. Malviya for her continuous guidance. Also, a word of thanks to all the girls for maintaining the spirit of sportsmanship.

Stuti Misra
Games Captain



Josephest Report

The Law of Win-Win says, "Let's not do it your way or my way; let's do it the best way"

- Greg Anic

The glorious fest held by St. Joseph's College was truly the best platform for an individual to learn the importance of fair play and to present his talents.

Celebrating 125 years of the establishment of their school, SJC organized the Jubilee Josephest - 2009. They invited 10 colleges from the city as well as from outside, to participate in a 2-day inter-school competition.

The programme began on the 4th of October at 8:30 a.m. with the singing of the anthem of SJC and a prayer, seeking the blessings of God.

The Chief Guest for the occasion was Justice A.P. Sahai of the High Court, Allahabad and an ex-Josephite. He encouraged all the students and said the best way to recognize one's talents is to put them to test.

After the opening ceremony, everybody was shown a power point presentation which was a recollection of the golden moments of the 2008 fest.

The first on-stage event was the 'verbal-duel', the English debate, the topic for which was-'In modern times we are entirely responsible for the state of



health.' It was fascinating to hear the perfect speeches and witty interjections. The team from SMC, won the prize for the best team, Afreen Seher Gandhi won the first prize for the best speaker against the motion and Shivani Saran was the first runner-up for the best speaker, for the motion.



The next on-stage event was the Hindi group song competition, the lyrics for which had been provided before hand. The song for the SMC team was composed by Ekta Ruhamah Sona, and the team stood third.

The simultaneous off-stage events for the day were face-painting, cartoon-making and software solutions. The topic for the cartoon-making was given on the spot, in which the team from SMC, comprising Praachi Tiwari and Chanchal Agrawal stood third. The efforts put in by the respective team of girls of SMC in face-painting and software solution were appreciated by all.

The on-stage events after lunch were elocution, solo singing and solo - dance competitions. Shivani Pandey stood first in the elocution. Sanskriti Shankar, accompanied by Shreya Pandey (on the synthesizer)

and Ekta Ruhamah Sona (on the guitar), stood third and Sakshi Misra stood third in the solo-dance competition.

The day ended with the announcements of the positions of the respective schools.

The second day, the 5th October, was again promising for the young minds, arousing in them the spirit to win. The day commenced with various presentations prepared by the students of SJC, highlighting the 125 glorious years of the school's foundation.

The foremost on-stage event was the Hindi debate. The SMC team comprising Kisa Zaheer and Surangama Sharma gave a tough competition to the other teams. Surangama Sharma, who spoke for the motion was the 1st runner-up.

The next on-stage event was the English group song in which SMC bagged the second prize.

The off-stage events for the day were creative writing (English and Hindi) and collage making. The topics for the creative writing were given on the spot and the topic for the collage was, 'Youth, the builders of the society.' Iffat Siddiqui won the first prize in English creative writing.

The event after lunch was Jingles, titled 'Tonic for Beauty and Brains' and a commendable job was done by the team of SMC. They won the second prize.

The last on-stage event was the group dance. The theme chosen by the group of SMC was Global Warming. Their performance was highly appreciated.

The closing ceremony was addressed by Rev. Fr. Isidore Fernandez and the Principal of SJC, Fr. Louis Mascherenas, encouraging and congratulating all the students. The prizes were given away by Rev. Fr. Isidore Fernandez. SJC won the Post Centenary Jubilee Trophy while SMC bagged the 1st runner-up trophy.

The event ended with an enriching experience of winning some and not winning some together.

"Do your work with your whole heart, and you will succeed" Elbert Hubbard.

Srishti Shankar
XII-B





A Visit to a Haven

*God loves people with grateful lips
and thankful hearts.*

On the 15th of October, 2009 a few girls of class XII visited the lepers colony. They were accompanied by sister Roshni, Mr. V. Tiwari and the class teachers of standard XII.

Sister Roshni briefed the group on how everything was managed in the campus. The members of the colony grew their own vegetables on the ploughed fields in the campus: potatoes, cauliflowers and onions being some of them.

The scenic campus overlooks the river Jamuna which adds to its beauty.

The students interacted with the members of the colony who had eagerly assembled under a huge banyan tree to meet the group.

Khushboo (10 years) and Pradeep (8 years) sang a melodious song. Sweets were distributed and prayers were offered for their well-being. The school wished them a happy and prosperous Diwali.

The school donated a colour television set, as this had been their sincere request, the last time S.M.C had paid them a visit. As a token of gratitude, they gifted the group 'amlas' freshly plucked from their orchard. Joy was writ large on the face of the community. The students were overwhelmed by their cheerful attitude, and returned with the promise of paying another visit in the near future.

Afreen Seher Gandhi
XII-C.

Annual Sports & P.T. Display

The 30th of October, 2009 is marked as a red letter day for every SMCian as it was the day of the annual sports.

With the arrival of October, regular and vigorous practices began under the guidance of Mrs. Malviya, the games and basketball captains.



The program commenced at 2:00 sharp, with the Guest, Mr. Chowdhary Jeetendra Nath Singh, Mayor of Allahabad.

and his wife Mrs. Vinita Singh, being warmly welcomed by Mrs. U. Ahmad, Sr. Sumitha C.J., the provincial superior of the Allahabad province, Fr. Louis Mascherenas, Principal of St. Joseph's College and Sr. Salesia, the Manager of Mary's Convent were presented with bouquets.

The activities then began with the march past of senior and the junior squads of all the houses led by the House Girl, the Vice Head Girl, the Student Editor and respective House Captains and Vice-Captains. As the houses marched onto the field with great co-ordination and precision, the applause was thunderous. This was followed by the oath ceremony of the athletes administered by the Games Captain, Stuti Misra.

The track events began with the 100m races of the B, C and D divisions followed by the 200m races, hurdles and finally the inter-house relay. The track events were followed by the spirited tug-of-war match between the Florence Nightingale House - Red House and the Gandhi House - Green House in which Florence Nightingale House emerged victorious.



The P.T. Display began with the opening dance by class VII dancing its way into everyone's hearts. Next was a drill by the Ashadeep students from classes III to V followed by "The Spring of Life" by class VIII. The "Puppet Show" of class VI entertained the spectators with its antics and even tickled the funny bone of some.

While class IX demonstrated the art of becoming "Fighting Fit", class XI highlighted the true meaning of "Rising Above Self". Their formation of "SMC" conveyed

message of how SMC teaches its students to rise above selfishness and work for a greater cause. Class XII emphasized the burning issue of the deteriorating environment and urged everyone to 'Go Green'.

The school orchestra, which enlivened the show by providing beautiful melodies, was then introduced.

After this was the thrilling event of the past vs the present tug-o-war match in which the ex-students emerged winners.

This was followed by the pyramids of all the houses which touched the sky but subtly conveyed to everyone that for an SMCian the sky is not the limit.



Next was class X, passionately spreading Mary Ward's prophecy "Women in time to come will do great things" and telling everyone that girls are not behind in any walk of life.

This was followed by the final March Past in which the houses marched onto the field in the order of merit. The first to march onto the field was the Tagore House with 164 points, followed by the Gandhi House, with 145 points followed by the Mary Ward House, with 143 points and then the Florence Nightingale House, with 90 points.

The Chief Guest then addressed everyone assembled. He recalled some precious moments of his own school days and shared some of his experiences. Then Mrs. Vinita Singh gave away the prizes to the winners of the pre-decided events which included discuss throw, shot put, javelin, broad jump, high jump, skipping and 400 m race.

The March Past shield went to the Florence Nightingale House, the discipline shield went to the Mary Ward House. Tagore House bagged the much contested championship. The prize for the best drill went to class I. Tejasvita Yadav was awarded the individual championship while Nutti Misra was declared the best athlete.



The programme concluded with the vote of thanks given by the head girl Shivani Saran followed by the school anthem, 'The Bells of St. Mary's'. The lovely, lilting melody touched the hearts of everyone present and made every SMCian proud of being a part of the SMC family. Three cheers to SMC-hip, hip, hurray!

Varnika Gupta
XII-A



Sharad Verma Memorial Debate 2009

Organized by the old boys of St. Joseph's College, the Sharad Verma Memorial Debate is an event held to promote the debating talents between the two schools. St. Mary's Convent and St. Joseph's College. This year the event was held on 31st October 2009.

The students from classes IX to XII were divided into two groups.

The first group i.e. class IX and X was given the topic 'Traditional Learning is better than E-Learning'. Falguni Tiwari bagged the second prize.

For the second group i.e. classes XI and XII, the topic was given an hour before the event which was 'It is right to have celebrity endorsement'. The third prize was won by Kisa Zaheer, and Praachi Tiwari got the second prize. Aditya Sinha of St. Joseph's College was awarded the best speaker and the winning team was against the motion.

The team Championship went to St. Joseph's College. The S.M.C team accompanied by Mrs. Joshi was also highly praised.

All in all, it was an educative experience for the team and developed a sense of co-operation and healthy competition among the participants.

Praachi Tiwari
XII A



Primary School Picnic

Children's Day - a fun-filled day, a day celebrated with great enthusiasm and zeal. This day brings with it irreplaceable joy and happiness for the tiny-tots. This year the teachers had planned a double surprise for the junior classes. On the 13th of November classes I to V went out for a picnic.

The day began with the excitement of the little ones. The tiny-tots of class I enjoyed the day to the fullest in the school campus. They played basket ball with their teachers and sang songs with their friends.

Class II went for a picnic to their all-time favourite Elephant Park. Class III enjoyed serene and calm environment of Tapasthali. Class IV left for Shivkuti-Ram Park accompanied by their loving teachers. This day brought with it an opportunity for their teachers to take a break from their busy schedule and a chance for the students to rejuvenate.

The next day, it was a double bonanza for the kids. They had a lot of fun at the fete. The teacher showed their love for the students by playing games with them. The memories of this day will always blossom in their hearts.

Divya Sharma
XII- C

A Frolicsome Day

14th November is celebrated as Children's Day all over India. It is a day when Indians pay a tribute to a great man - Jawaharlal Nehru, the beloved of children, who gave him the endearing name of 'Chacha Nehru'.

On the 14th of November, 2009 a fete was organized in St. Mary's Convent. The efforts of the teachers along with workers, to make it a success were commendable indeed!

In spite of the rain, our spirits were not dampened.



students of class I, and that was true. The excitement was uncontrollable. The fete was declared open at 8:00 am and lasted for four fun-filled hours.

For the students of class XII, it was the last fete of children's day celebration. The Juke-box organized by Mrs. Afreen and Mrs. Joshi was the main attraction of the fete drawing huge crowds of students, dedicating songs for their friends and teachers. The students enjoyed dancing to the beats of the favourite songs. A large number of delicacies like Pastries, Patties, Chat, and South-Indian Chinese dishes, Snacks, Chocolates, Ice-creams, drinks etc. were set up by the teachers. The stalls were decorated with balloons, streamers and posters.



attracted the tiny-tots. Some of the teachers showed love for the children by dancing with them.

The celebrations which began with zest and zeal thus came to a happy end. The memories of this day filled with frolic will always remain fresh in the heart of each student and will blossom each time she thinks of her alma mater.

Shriya

Quainta 2009



From the 14th to 17th of November 2009, City Montessori School, Chowk Branch, Lucknow, organized the Science, Robotics, Computer, Astronomy and Mathematics festival cum competition- Quanta. A team of seven students with Mrs. S. Kumar, as the team leader represented St. Mary's Convent Inter College, Allahabad. There were 46 other schools participating, including 15 international teams. The SMC team received a warm and hearty welcome at the Lucknow station, from where it was escorted by the students of CMS to the venue.

The evening of 14th November saw a grand opening ceremony, where the teams were formally introduced, after which the 15th International Quanta was declared open.

The first exciting event was the Aqua Challenge Races, for which the teams had to make a robotic water craft, which was to cover a given length of water. Shubhra Gopal and Shreya Gupta represented the school team.

Ranjeeta Bhattacharya and Praachi Tiwari represented the school team in '2H' in Acta Mathematica, while Ranjeeta alone participated in the Mental Ability Challenge. Their efforts in the respective events were definitely praiseworthy.

On the 16th morning, the teams assembled in the CMS auditorium for a discourse by Dr. Jagdish Gandhi- founder CMS, his powerful speech on world peace, unity and terrorism moved one and all.

The following afternoon brought forward two more events- insight and the English debate. Shreya Gupta and Arpita Chandra participated in Insight, where the teams were given the hardware of a computer and were required to make a creative sculpture out of it. Shivani Saran represented the team in the debate and spoke for the motion 'Science cannot progress with the constraints of morality'. She was given an honourable mention' amongst the speakers who spoke for the motion.

The final day saw the last two events-the Science and Astronomy quiz and software solution. Praachi Tiwari and Laxmi Misra qualified the first round of the quiz and performed remarkably, securing a place in the top 12 teams. Simultaneously, Arpita Chandra and Shivani Saran represented the school in the computer programming event-Software Solutions.

The participating members received an honourable mention for the program codes.

Quanta was concluded with a cultural-cum talent show. It was a remarkable confluence of cultural diversity representing the rich heritage of different Indian states as well as the other countries.

Quanta was more than just an international competition, It conveyed the messages of 'unity in diversity', 'science and technology to be used for the betterment of mankind' and 'empowerment of youth through education', which hold high relevance in modern times.

The team would like to extend a word of gratitude to Sr. Roshni for providing this opportunity and exposure and Mrs. S. Kumar for leading and guiding the team throughout the events.

Arpita Chandra
Shivani Saran
XII-A



Silver JUBILEE

25 SHIMMERING YEARS



18th November 2009, marked a very significant day in the career of our beloved Mrs. M. Samuel. She has become one of the few members of the staff of the school to have completed 25 years of selfless service for this institution.

Mrs. Samuel received a standing ovation from the entire school as she stepped into the hall along with her father. She was then presented with exquisite bouquets of flowers as a token of love and gratitude.



The programme commenced with a solemn play that urged us to connect our hearts with the Almighty. The play posed as Lord Krishna and Radha. There were also two songs by classes VII and VIII. The highlight of the show was a skit in which Mrs. Samuel was a moment worth remembering. The fusion dance presented by classes XI and XII was like the icing on the cake. The elegant classical dance steps matching rhythmic music enthralled one and all.



The programme ended with an emotional speech by Mrs. Samuel. Overall the event was a huge success and was appreciated by everyone. The scintillating smile on the face of dear Mrs. Samuel confirmed the fact.



The celebration was concluded by Sr. Roshni's special prayer, wishing everyone good health and joy.

Iffat Siddiqui

आशादीप विद्यालय



क्रीड़ा दिवस

प्रतिवर्ष की भौति इस वर्ष भी सेन्ट मैरीज के बच्चों का वार्षिक खेलकूद दिनांक 30/11/2009 को सम्पन्न हुआ जिसमें सभी कक्षाओं के बच्चों के साथ-साथ आशादीप के बच्चों ने भी भाग लिया तथा अपनी प्रतिभा का प्रदर्शन किया।

उनके शानदार प्रदर्शन में उनकी मेहनत व लगन साफ़ झलक रही थी। जो काम उन्होंने कुछ दिनों में कर दिखाया वह काम हमारे लिए भी कठिन होता है। कठिन से कठिन मुश्किल के आगे हार न मानने के इस जज्बे को हम सलाम करते हैं।



उद्यानिका का अवसर

क्रीड़ा दिवस के समारोह के बाद आशादीप के बच्चों में जो प्रसन्नता का प्रवाह हुआ था वह एक पायदान और ऊपर हो गया जब यह घोषणा कि गई कि आशादीप के कक्षा 3 एवं उसके ऊपर के छात्र-छात्राओं को 16/11/2009 को एक पिकनिक पर 'शिवकुटी' जाना है जिसके लिए इच्छुक बच्चों को नाम देने के लिए कहा गया था।

सारे इच्छुक बच्चों को विद्यालय की तरफ से आयोजित बस के द्वारा शिवकुटी ले जाया गया। 'शिवकुटी' एक आदर्श और रमणीक स्थान है जो गंगा नदी के किनारे स्थित है तथा काफी बड़े क्षेत्रफल में है। बस से जाते समय सभी बच्चों के चहरे खुशी से चमक रहे थे। बस में बच्चों के संरक्षण एवं व्यवस्था के लिए विद्यालय की अध्यापिकाएँ भी बच्चों के साथ ही थीं।

आधे घण्टे के रास्ते में भी बच्चों ने बस में बहुत मजे किए। इसी के साथ-साथ अध्यापिकाओं ने बच्चों को शिवकुटी से संबंधित जानकारी भी दी जिससे बच्चों का मनोरंजन के साथ-साथ ज्ञानवर्धन भी हुआ। शिवकुटी पहुँचकर वहाँ का रमणीक दृश्य एवं हरियाली को देखकर सभी बच्चों का मन पुलकित हो गया। सब ने मिलकर वहाँ अनेक प्रकार के खेल खेले। उसके बाद सब ने अपने-अपने पकवान एक दूसरे को देकर आनन्द लिया। लौटते समय सभी बच्चे तृप्त थे तथा थक भी गए थे।

इस कार्यक्रम से जहाँ बच्चों का मनोरंजन हुआ, शारीरिक व्यायाम हुआ वही ज्ञानवर्धन भी हुआ तथा उन्हें कहीं बाहर निकलने की संधि भी मिली। किसी ने दो पंक्तियों में कहा है -

"सैर कर दुनिया की गाँविल, जिन्दगानी फिर कहा, जिन्दगानी भी गर रही, तो नौजवानी फिर कहा।"

इस प्रकार आशादीप की पिकनिक का कार्यक्रम सम्पूर्ण हुआ।

नुपूर गोडबोले

कक्षा : 11-अ



आशादीप विद्यालय

बाल दिवस

“माझूम बच्चों की माझूम हँसी”

आशादीप विद्यालय संत मेरीज का एक महत्त्वपूर्ण भाग है। हमारे विद्यालय ने नगर के गरीब तपके से आने वाले बच्चों को बाल दिवस का लुत्फ उठाने का मौका दिया जिसमें आशादीप के बच्चे भी सम्मिलित थे।



निम्न वर्ग के करीब 200 बच्चों के लिए यह कार्यक्रम आयोजित किया गया।



दोपहर 2 बजे से संध्या 5 बजे तक बच्चों ने खेल-कूद, नाच-गाने और खाने-पीने का आनंद लिया।

संत जोज़फ रीजनल सेमिनरी ब्रदर्स ने भी बच्चों के संग धुल-

मिलकर उनका मनोरंजन किया।

इस कार्यक्रम ने बच्चों को उत्साह व उल्लास से भर दिया।

हमें आशा है कि उस क्षण जो उनके चेहरे पर खुशी थी वह सदा बरकरार रहे।

सुरंगमा शर्मा
इफ्त सिद्दीकी
कक्षा - 12

शिक्षक दिवस

5 सितम्बर को आशादीप के बच्चों ने बड़ी उत्साह के साथ अध्यापक दिवस मनाया।



अपनी अध्यापिकाओं के प्रति प्रेम और स प्रकट करने का इससे अच्छा अवसर और क्या हो स था।



गान, नृत्य नाटिका द्वारा कक्षाओं के छात्र अपनी कला को दर् स सभी दर्शकों ने त के साथ उनकी स

की।

अपनी अदाओं से नन्हे-मुन्ने बच्चों ने अध्यापिकाओं का मन मोह लिया। इन बच्चों ने परिश्रम और लगन से यह स्पष्ट कर दिया कि वह भी से कम नहीं।



कर्मचारियों का पर्यटन

एक आनन्दमय अनुभव

हमारे विद्यालय को कुशलतापूर्वक चलाने में हमारे कर्मचारियों का एक बहुत बड़ा हाथ है। अपना खून पसीना बहाकर ये कर्मचारी विद्यालय के शासन में सहायता करते हैं। उनकी इसी मेहनत को ध्यान में रखकर उनके लिए एक पिकनिक का आयोजन किया गया। यह उनके प्रतिदिन के श्रम से उन्हें कुछ देर की छुट्टी देने का बहाना था। पिकनिक के लिए हमारे कर्मचारी 28 नवम्बर को लखनऊ गए। वहाँ उन्होंने चिड़ियाघर का भ्रमण किया। उनके लिए यह एक नया व आनन्दमय अनुभव था। दिन भर मौज-मस्ती कर के सभी कर्मचारी व सिस्टर्स रात 8 बजे तक वापस आए। सभी ने इस पिकनिक का अत्याधिक आनंद उठाया।

इफ़फ़त सिद्दीकी
XII-अ



बनो परिश्रमी

जीवन है चलने का नाम
रुकने का नहीं कोई काम,
चींटी सबको दे पैगाम
आराम तो है हराम।

मौन साधे चलती ही जाती
कभी नहीं करती विश्राम,
चलती सदा ही पंक्ति में
सोती नहीं है सुबह या शाम।

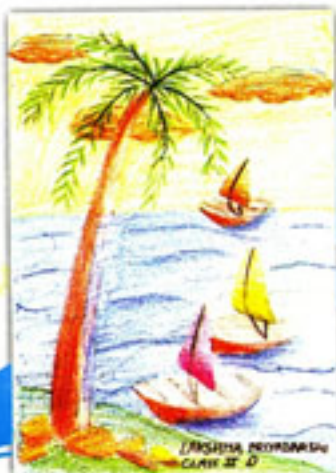
हैं सबका जीवन ही चींटी-सा
आगे बढ़ना ही सिखलाता है,
मेहनत और अनुशासन ही
जीवन को सफल बनाता है।

नसीहत चींटी से लेकर
हर पल आगे बढ़ते जाओ,
पल-पल का उपयोग करो
दुनिया में महान बन जाओ।

ओरुसा निज़ामी
कक्षा - VIII



Our Budding Artists



Lakshita Priyadarshi
Class II-D



Urshila Srivastava
Class IV- B



Muskaan Sethi
Class IV-D



Priyanka
Class V-B



Shivangi Gupta
Class V- D



SMC Spectrum



*Women in time to come
will do great things.*

Mary Ward



ST. MARY'S CONVENT INTER COLLEGE

32, THORNHILL ROAD, ALLAHABAD

January - March 2010

Vol : 3

A vibrant, multi-colored rainbow arches across a light blue sky. The colors are bright and saturated, with red at the top, followed by orange, yellow, green, blue, and purple at the bottom. The rainbow is slightly blurred, giving it a soft, ethereal appearance. The text is written in a cursive, handwritten style in the lower right corner of the image.

Glorify
the Artist
whose creati
is flawless



Principal's Message



Dear Parents, Teachers and Students,

As we come to the end of this academic session I am happy and grateful to God for His Divine Providence and protection all through this year. I am grateful to you dear parents for your support, co-operation and suggestions and to you dear teachers for your dedicated service. My dear students you have worked hard throughout the year to attain your goals. Congratulations to all those who have excelled in studies and other activities.

A special word to you, Class XII as you move out from your Alma Mater. Leonard Ravenhill relates that a group of tourists were in a village in Europe and one of them asked an elderly villager, "Have any great men been born in this village"? The villager replied, "None but only babies". Every person who has ever achieved anything has, believed in himself. There's no such thing as a self-made person, there's no such thing as a person who comes into the world fully equipped for success. Every person who has ever made it to the top, every person who has been effective has learned to go beyond himself and believe in himself. Therefore release your creative impulse through sincere efforts and let your potential make you the person that God wants you to become.

"What the caterpillar calls the end of the world, the master calls a butterfly." Richard Bach

Sr. Roshni CJ



Editorial

Message



Dear Friends,

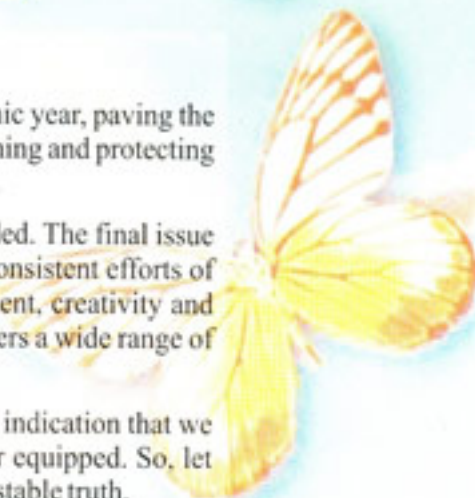
We have come to the close of another productive academic year, paving the way for the next. All praises are for the Almighty Lord for sustaining and protecting us throughout. Without His help we could have achieved nothing.

Our efforts have borne fruit. Hard work has been rewarded. The final issue of SMC Spectrum 2009-2010 is the result of the constant and consistent efforts of the editorial board. It is indeed a broad spectrum of diverse talent, creativity and artistic and cultural output. St. Mary's Convent Inter College offers a wide range of activities for the expression and perfection of the same.

One does not really fail at anything. Failure is simply an indication that we ought to venture out for something else for which we are better equipped. So, let there be no regrets. Nothing but the good takes place is an incontestable truth.

In the midst of rising immorality, crime and corruption, there are numerous noble deeds which seldom reach the front pages of newspapers. These deeds bring solace to troubled minds just as oases do in the dreariness of deserts. They serve to hold the world together and re-affirm and strengthen our faith in the Creator just as Nature, in all its variety and entirety does. A cab-driver driving eighty miles to return the wallet (containing several hundred dollars) to the passenger, a man moving out on bitterly cold nights to shovel the snow from the path of a mosque clearing the way for the morning prayers, a man risking his life to save another's are just a few of those selfless acts which rise above every other thing.

Change, for the better, can be brought about only when one becomes restless for the discomfiture of others rather than his own. The poor and marginalized are struggling to make both ends meet. It is the resourceful who have to rise to the occasion. With so many time-saving gadgets and economic security, can we still complain that we have no time to love and care? Can we have light in our house while our neighbour is in darkness? Can we sit at a sumptuous meal while our neighbour sleeps hungry?



Editorial Message

The purpose of education is to instill in the individual responsibility towards the society and accountability for his own action so that he contributes to the peaceful progress of humanity where all are allowed to grow and prosper together. It is with this desire that we set out the class XII students to stand on their own feet, in a world which is often referred to as bad. I strongly feel that it cannot be bad with so much positivity around. And if it is bad, then we have a greater scope to prove our goodness. In both situations we are at an advantage. So, move ahead. Carve out new paths, leading to a new world order where cosmos replaces the chaos.

Spring is here and with it have arrived a myriad of colours and a symphony of sounds and exuberance. It is a time to introspect and be rejuvenated by learning from our follies and shortcomings just as nature rejuvenates, the new replacing the old.

There are countless reasons to be happy and not one valid reason to grumble about. Can we count the Cherisher's favours? He does not keep us apart, careless of mankind or of any of his creatures.

His working shows splendour every day, every hour, and every moment. His light is diffused throughout the universe. Calamities may be blessings in disguise. Pain in the body is often a signal that something is wrong, which can be treated. Since nothing occurs without His leave and knowledge, there must be wisdom and justice in it. Our duty is to find our shortcomings and remedy them. If we do so in all sincerity, the Lord will reward us. Who can then prevent us from being happy?

I conclude by quoting a verse from the Glorious Qur'an, which sums up the essence of life.

That man can have nothing.
But what he strives for
That (the fruit of) his striving
Will soon come in sight
Then will he be rewarded
With a reward complete
That to Thy Lord.
Is the final goal.

Mrs. Ulfat /



Student Editor's Message



"Great is the of beginning, but greater is the art of ending." - Lazurus Long

We are wrapping up another amazing session! Friends you are holding the final issue of 'SPECTRUM' 09-'10'- a combination of talent, effort and team work.

For many, it would be thrilling, as they would be climbing the next rung of the ladder, but for my batch mates and me, it would be Adieu Alma Mater.

These days a disturbing question is ringing in my mind - why is it so difficult for me to bid farewell to my school? What is it that makes it so special?

And then a smile flashes across my face as the answer comes to me.

My school has taught me the basic ingredient of success-to dream!

Don't stop dreaming. It makes you think and thoughts generate an energy within you which gives you the will to achieve it.

My school has taught me the magical spell of the pure soul-honesty!

Gandhi ji said- "Hate the sin and not the sinner."

It takes courage to speak the truth. But your work is then over. Forget about the repercussions. I have gone through this... It is difficult but not impossible.

And finally it has taught me the motive of my life-happiness!

Why did you feel that, today was the best day of your life... may be just because you became the reason of someone else's smile. Try and make others around you smile.

Nothing has a greater power to heal!

Whatever I have achieved till now I completely owe it to my school. And now as the time comes to step out, I conclude with the following quote:

"Don't try to fit in, when you were born to stand out!"

Srishti Shankar

SMC
Spectrum

Editorial Board



The editorial board at SMC Allahabad headed by Mrs. U. Ahmad, comprises Mrs. S. Tressler, Ms. Varsha Mary, Asha Ann Paulson, Yusra Tanveer, Niharika Agarwal, Nupur Godbole of class XI and Srishti Shankar, Afreen Seher Gandhi, Mariam Tariq, Varnika Gupta and Praachi Tiwari of class XII.

It has been such a thrilling experience compiling articles, write-ups, poems, paintings and reports into a beautiful collection that is now known as "SMC Spectrum" aptly coined by our chief editor.

It was July 2009 when we began working on the magazine. We sat down together to write and enthusiastically compile all that was happening in and around the school with mega events like the C.J. Meet and the Josephest, the passing academic cum co-curricular session of 2009-2010 has been simply enthralling.

SMC spectrum is a product of the hard work of the editorial team which strives to extract and present the work of budding young writers and artists.

We hope you enjoy browsing through the event reports, articles, pictures and messages brought to you by the SMC family in this issue of SMC Spectrum 2010.



Afreen Seher Gandhi
XII C
Member
Editorial Board

The College Captain's Maiden Speech



Good morning respected Sr. Salesia, Sr. Roshni, Sisters, Teachers, Parents and dear friends. It is my proud privilege to be standing here today, experiencing all kinds of emotions and trying my best to put my thoughts into words. I thank God that He has given me this opportunity, and with the blessings of elders and the co-operation of friends and colleagues, I hope to be able to discharge my duties to everyone's expectations and satisfaction.

Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams." I've always dreamt of holding my school flag high and seeing the name of my Alma Mater in golden letters. I sincerely hope and request that we all may work together in a spirit of unity, to achieve our common objective, which is the betterment of our school and students. We must strive to uphold the motto of our school - SPE LABOR LEVIS - HOPE LIGHTENS WORK. Anything we do to bring honour to the name of our school should be our privilege and a matter of pride for us. We can't achieve anything without discipline in or out of school and what I feel, is, that each one of us should be disciplined from within, and not just out of fear of the Principal or the teachers.

Here with me, I have a wonderful group of council members to assist me. We are here as your representatives, to voice your problems, and at the same time, remind you of your duties, because, as we all know, without duties, there are no rights! And if at any time, you see us faltering, you can feel free to pull us up also. In fact, consider it one of your duties!

I would like to take this opportunity to sit thank the management, our respected Principal Roshni, and all our sisters and teachers for having such confidence in me and I would always look to their support and guidance so I may be able to give the best. SMC has made me what I am today, by giving me a strong grounding that I shall always be proud of.

I thank my family for always being there for me: my father, for helping and encouraging me in all my endeavours; my mother, who has always taken care and interest in my studies and all activities throughout my growing years, and been patient with my foibles and fancies; my grandmother, a proud member of SMC herself, for improving my English and conversational skills; and my idols, my 2 elder brothers who have set the best examples in all fields for me to follow.

As someone has very rightly observed - "To adapt and achieve are the three watch words for success in today's ever changing world. Sticking to goals is vital, but knowing when to change them requires wisdom and humility. The realisation that our goals need to be modified may not be easy to accept. To change the path that we have been following for ages takes courage and again - There is something more difficult than saying 'yes' - the ability to say 'no' at the right time. You have to know what it is that you are willing to give up for the greater reason and what it is that you defend with everything you have.

"Do not go where the path may lead. Go where there is no path and leave a trail behind."

The world is your oyster and the sky is your limit! So hitch your wagon to a star and go for it!

Every SMCite must apply the values taught in school to show the world what St. Mary's inculcates in its students. I hope that we may be able to carry these values as we pass out from our school and be a credit to it.

Thank you.

Shivani

Christmas Celebration



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

The 18th of December witnessed the vivacious and spectacular Christmas programme organized by the young girls of the SMC Family. Each one of the participants was full of vigour and enthusiasm. The event began at 3.00 pm with the assemblage of Father Sunil Narona, the parents of the participants, the teachers and a few other guests.

A warm welcome speech was delivered by the college captain. It was followed by the Nativity Play commemorating the birth Jesus Christ.

A short parable of the prodigal son was enacted which informed everyone of the extreme love and benign grace of God.

All the guests were transferred into the Christmas mood by the lively and enthusiastic carol singing by the teachers and the students. *Meanwhile, coffee and cake were served to all.*

In the end, Father Sunil Narona addressed the audience with his meaningful words and also praised the effort of the participants. The guests eventually dispersed after exchanging Christmas greetings and well wishes for a Happy New Year.

The hard work of the students bore fruit and the event was a great success.

Niharika Agrawal
XI A
Member, Editorial Board



Thank you

Alma Mater



The three sections of class XII together on the stage for the last time, leaving the portals of their institution to express their gratitude to the Principal Sister Roshni, Vice Principal Sister Jyoti and the entire family.

The students organized an assembly under the able guidance of Mrs. U.Ahmad. It began with the introductory speech by the student Srishti Shankar followed by a hymn and a dance by Surangama Sharma and Srishti Sharma. A role play was enacted reviewing the different phases of the life of the students at SMC, expressing their indebtedness to the sister teachers and friends, who have been instrumental in shaping, moulding and guiding them throughout. They emphatically spoke about the values they have imbibed and the lessons they have learnt - lessons from books and from life.

The students expressed their love and gratitude through a song and then prayed for the well-being of their mentors and for the glory of the school. This was followed by a power point presentation composed by the College. Shivani Saran and Arpita Chandra, showing the journey of the students from class I till class XII. The assembly was concluded by the thank you speech of Shivani Saran. The final speech was delivered by Sister Roshni, wishing the students success in all their endeavours and letting them know that the gates of SMC would always be open for them.

Teachers' Orientation Programme

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An orientation programme for the teachers was conducted in the Audio-visual Room by Sister Mariette, Sister Lizzy and Sister Jyoti.

The purpose of the programme was to remind the teachers of their mission, of moulding young minds and of shaping the character of the students in their most impressionable years. Through interesting and effective power-point presentations, the sisters brought out the fact that the role of the teachers is of utmost importance because the burden of nation-building lies on their shoulders.

They also pointed out the need to be the change that we desire to see around us. There is also an increasing need to become harbingers of peace in a strife-torn world.

It was indeed an insightful and enriching experience. Gratitude is extended to the principal Sr. Roshni and the Vice-Principal Sr. Jyoti for providing this opportunity to the teachers to re-orient themselves and to embark upon their task with renewed conscientiousness and responsibility.



Handle with Care !

The students who come to me are like lumps of clay which need to be moulded and shaped into something worthwhile. They have great expectations from me. So, I must do justice to them and not let them down. I cannot afford to neglect them. I must first establish trust and allegiance. Once this is done, managing and controlling them becomes easy. The experience of this relationship is simply edifying.

The students begin to unfold gradually but surely. They begin to shed their inhibitions and prejudices. I am extremely conscious about what I say or do because every word I utter and every gesture of mine leaves an impression on them. I look for reasons to praise. I know for certain, that unless I show concern for every individual, anything I do will not have any impact.

Initially the little jokes or anecdotes that I share with them do not register except perhaps for a forced smile. But in due course, once my sincerity is tested and proved, the response is more appreciable. We then begin to laugh together and discuss things freely. I soon find them rapt in attention when I speak to them.

The students, who at the beginning of the year, were strangers, become so very dear by the end of the year and my heart is filled with mixed emotions of gladness and sadness - sadness for having to part with them and gladness for being able to help them to realize the goal of education i.e. to be good human beings. There cannot be a greater reward, than this, for a teacher. **Thus, a teacher's role is sublime.**

Mrs. Ulfat Ahmad

A TRIBUTE TO MARY WARD

Mother Mary Ward, the Foundress of the Institute of the Blessed Virgin Mary (now the Congregation of Jesus) led a life, that even after four centuries, does not fail to inspire the young girls all over the world. Born on 23th January 1585 at Mulwith in Yorkshire, Mary was a woman of integrity, compassion, and determination.

She helped the poor and worked for the cause of women empowerment in an era, where women were treated as mere commodities, not members of society. But now, we live in the time where we, as young girls, can go out and receive education. To pay a tribute to that woman, of vision we observe the Mary Ward Week (January- 23 January- 30)

This year also, a programme was held on January 29 in the presence of Sr. Roshni, Sr. Salesia, Sr. Jyoti, teachers and students of class VI to XI. A prayer service was organized by the students of class IX. To begin with, a prayer dance was conducted with a fusion of Odissi Bharat Natyam and Kathak. Then scenes from the eventful life of this audacious woman were enacted: The Glory Vision, her struggle and her final message before she breathed her last. The role plays were interspersed with songs by telling us how we can programme as students, adopt Mary Ward's Maxims in our lives.

Finally the Principal, Sr. Roshni spoke and asked us to follow just one quality out of the several that were portrayed with sincerity and prove the prophecy of Mary Ward: Women in time to come will do great things.

Rabab Haider
IX C



Feast Day



The biting cold of Jan 2010 had forced the administration to close down the schools.

The children enjoyed this extension, in their vacation but were disheartened because they could not celebrate their dear Principal Sr. Roshni's and the Manager Sr. Salesia's Feast Days, which fall on the 24th and 25th of January respectively

It was only the members of the Student Council who wished them with bouquets and cards.

Thereafter, the teachers assembled in the lower concert hall at 10:30 a.m. to celebrate their Feast Day.

The celebration began with a reading from the Bible by Mrs. R. Phillips followed by the singing of a hymn by Mrs. R. Chatree and a prayer by Mrs. M. Samuel asking the Good Lord to shower his choicest blessings.

Good wishes and gratitude were expressed to the sisters through bouquets and cards.

After this, a hot cup of coffee with tasty snacks were very welcome to all.



In Remembrance of **PRIYANSHI**



The Management, Principal and staff of St. Mary's Convent Inter College condone the death of their dear student Priyanshi Singh, of Class II D, and pray to Almighty, to give courage to her parents Vishwa Prakash Singh and Mrs. Meera and her little brother to bear the loss.

Priyanshi expired on the night of February, 2010. The school was closed on February, 2010 as a mark of solidarity with the bereaved family.

Priyanshi was a quiet, well-behaved, loveable child. She shall live forever in the hearts of all the members of the SMC family.

Priyanshi Singh was one of my close friends. She was a good girl. She was kind and helpful. She shared things with others. We miss her. We still feel her presence amongst us. May God rest her soul in peace and may He bless her parents and brother.

Pragati Singh
II D



THE COLLEGE CAPTAIN'S

Message on the Occasion
of the

Thanksgiving Assembly

I do realize that this is the last time I am standing here addressing the school like this, and as I speak on behalf of class 12, I want you all to know that we do truly respect all our sisters and teachers, who have given us these amazing years of school life. You've been our mentors, guides, but most of all our friends and it's an honour for us to extend our heartfelt gratitude and love for each and everyone, every thing.

I specially thank all my batchmates for being so co-operative throughout the year, and most of all, for bearing with my idiosyncracies! Each and every event this year went off perfectly well, better than I could ever have imagined, and it couldn't have been possible without your tireless efforts, not to forget the unstinting support of our respected principal, vice-principal and dear teachers, who have always encouraged and aided us. And how can I forget our sweet sisters from the convent. Thank you so much for your blessings throughout the academic year and in fact throughout our school life. For my part, I still cannot imagine WHAT after St. Mary's - these wonderful years have been my realm till now, safely cocooned and taken care of. The emotions and thoughts are hard to express, but I also have the confidence that my grounding here will always support me.

No man is an island, no man can walk alone. Nothing can possibly be accomplished without someone constantly telling you - "yes, you can do it, because I know you can do it." My friends, my amazing friends, cannot be forgotten at this point of time. And I'm sure it's something with which everyone agrees, that friends give us the time of our lives. Even if we live our ups and downs, it's all a part of the fun.

And then our council members. Every time a wicket fell down while standing for long in the hall, there was always someone to take her place! Well, that's just what we call support and team work! My friend who has been jumping around with a broken leg for the past 3 years - our BBC; the ready to run, once or do anything sports captain, our elegant student editor, the captain who feels for everyone, the hard working yellow house, the active and bubbly green house, the studious and alcoholic blue house, the disciplinarian red house and my peppy vice-head girl. Thank you so much for supporting as a tremendous team.

In the end I also thank our workers who have always come to our aid without ever complaining.

Shivani Saran

SMC
Spectrum



The farewell programme for class XII is certainly one of the most awaited events within the premises of St. Mary's, Allahabad. It is a once in a lifetime experience that make juniors and seniors to mix around, have fun and make wonderful memories. It is an event that every student anticipates.

This year, the event took place on the 5th of February in the Lower Concert Hall of the school. The dress code of the event (sarees) added a new fervour to the spirits of the students. The warm welcome from our juniors and the grand decorations enhanced the whole ambience.

The programme began with a prayer assembly. Apart from that, there were a few dance numbers and a hilarious play. But the most entertaining part was the retro-theme dance performance. The peppy songs of the old era and the lively dance steps to match them enthralled one and all. The heart-touching presentation showcased at the end of the show summed up all that could not be staged. Mrs. U.Ahmad, addressed the students on behalf of all the teachers, wishing them success in the examination and in life. She emphasised the fact that each student has a unique potential, which she must exploit, by following the right course of conduct.

A few of the students went up to express their feelings in their own way. The sensational trio of Nikita, Shivani and Gauri created magic once again with their newly composed song. The final word was Sr. Roshni's, who urged the student to make full use of the values and principles instilled in them by this school.

Overall, the event was a huge success. There was never a dull moment from its commencement till its culmination. Love and gratitude is expressed to the class XI students for their commendable effort and to the teachers for pampering the class XII girls like princesses. The warmth and love in their eyes was enough to convey all that they wanted to say.

It is hoped that the picquancy associated with the farewell programme will be maintained. Something special should be done for the outgoing students and the SMC spirit should be kept up.

Adios seniors! May you fare well.

MARY WARD *House Report*

IF YOU THINK YOU CAN, YOU WILL

April 2009- spring had set in, and the Gulmohar trees were in full bloom. As nature bloomed so did our spirits. A new session began with zeal and enthusiasm.

Soon after the investiture, we geared ourselves to fulfill all our responsibilities with deep sincerity. The first major event was the basketball tournament. Our junior team went up to the finals but unfortunately could not win the tournament. Our senior team put up its best effort but could not qualify for the finals. Our teams shared the same zeal as any other.

We proved our sportsman ship spirit in the Inter - House throwball and badminton championship. We won the position in the junior's badminton. The senior team reached the finals for both throwball and badminton.

The next major event was the Annual Sports. With high spirits, ardour and passion we began the practices. Our spirits were dampened with the results of the backstage events, as we stood third. Not losing our hopes, we put our energy together to face other activities - races (100m, 200m, 400m), and relays, March Past, Pyramids and tug-o-war.

Each member of the house put in her best effort from getting the props for the pyramids to marching with full vigour regardless of the blazing sun and oppressing heat. Each day came with a set of challenges. We faced it with grit and stamina. Although we stood third in the arena of sports but the gladdening part was that our house was awarded the Discipline Shield by the Chief Guest. This has certainly added a feather to our cap.

We take this opportunity to thank our Principal, Sr. Roshni who was a pillar of strength to all of us. We offer our thanks to our House Wardens Mrs. S. Afreen, Miss M Kaushik and also to Mrs. M. Malviya our games teacher and Mrs. Phillips for their precious advice.

We extend our congratulations to one and all. May the flag of Mary Ward House fly higher and higher and may its motto "Unity is Strength" guide each one of its member to glory and success.

Mariam Tariq Usmani
Captain
Aarushi Arora
Vice-Captain

FLORENCE NIGHTINGALE *House Report*

This year has been no less than a saga at St beginning itself was glittered with utmost perfect Florence Nightingale house which stands for On V Loyalty was led by Kisa Zaheer and Kalpana Singh the guidance of Mrs. S. Kumar and Mrs. S.Singh.

The challenges were tough but the team endeavour and determination, gave us courage at The Independence Day Celebrations, the house the long assemblies and the efforts to maintain discipline constitute the bunch of memories which treasure. Then stands in the memory lane the greatest of the year, the Annual Sports Day, which brought immense work that required team spirit and hard Each one served as a rung of the golden ladder to success.

The marching squad proved to be the best field. The Red House pyramid symbolised a ringing its bells and spreading the message:

"Virtue is only hard to those who think it to be so"
Mary Ward

Riding on the wings of loyalty, this house emerged as the ultimate winner, winner in terms of labour and zeal.

Hence to conclude, we say - success is a journey the destination.

Kisa
(
Kalpana
Vice-Captain

TAGORE *House Report*

"Success means having the courage, the determination, and the will to become the person, you were meant to be."

The year, 2009-2010, was filled with mixed results of success and failures. It began with the Inauguration Ceremony on 15th of July, when the possibility of being the Captain and Vice-Captain of Tagore House was shouldered. The first exhilarating event of the year was the Inter-house basketball tournament which charged everyone with zest and enthusiasm. Though the junior category did not win, the seniors emerged winners.

As September arrived, preparations for Sports Day started in full vigour. No stone was left unturned to make that day a huge success. Each member of the house, under the guidance of the moderators Mrs. R. Bhukla and Mrs. Sarah Singh, gave up her best. We all know that what we get by achieving our goal is not as important as what we become by achieving our goal.

The ultimate moment came when the championship trophy was lifted proving the mettle of Tagore House. Stuti Misra did the school proud by bagging the best athlete of SMC award. We extend our heart-felt gratitude to our Principal Sr. Roshni, Vice-principal Sr. Jyoti and all our friends.

Laxmi Misra
Captain

Pankhuri Agarwal
Vice-Captain

GANDHI *House Report*

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

The academic session of 2009-2010 began with a new vision, new aspirations and dreams. On July 15th '09, Chanchal Agarwal and Tanushree Chauhan were elected the Captain and the Vice-Captain of the Gandhi House. It was a dream come true.

The year commenced with the most exciting event, the inter-house basketball tournament. Although the senior team couldn't make it to the finals, the juniors brought laurels to the house after defeating the Blue House in a nail-biting match.

On 15th August due to the rains, the march past was cancelled. But this did not deter the spirit of the SMCians, and the flag hoisting took place with full patriotic spirit. Then arrived the most awaited event of the year the Annual Sports and P.T. Display on the 30th of October, 2009.

"Coming together is a beginning. Keeping together is progress. Working together is success."

Keeping the above thought in mind, the green house girls, guided by their moderators Mrs. M. Mohla and Mrs. S. Agarwal, strove towards the goal. The athletes fared well in the pre-decided events, winning numerous prizes. Finally the Gandhi House, emerged as the first runner-up for the overall championship.

Gratitude is expressed to the principal Sr. Roshni, Sr. Jyoti, the moderators and Mrs. M. Malviya and also all the other teachers and staff members who supported the house. The willingness of the entire SMC family to participate in the house activities and to work in co-operation has borne fruit.

Chanchal Agarwal
Captain
Tanushree Chauhan
Vice-Captain



I would not have had a better opportunity to address my juniors and to thank my teachers.

A part of me is overjoyed at the idea of graduating from school and going onto college, but a part of me is also sad to bid farewell to the protective environment of school, where our teachers know us by name and love us, for who we are and get us out of trouble, which in my case, has been quite often.

But this is what I've learnt during the time I have spent at SMC. Always aim for excellence and work for change. Change requires a certain kind of boldness. You'll be liked by everyone if you make no demands, and ask no questions; but then you have to ask yourself, what have you gained by remaining silent, by not doing anything about the injustice and unfairness all around you? How are you any different from the thousands who stay silent and apathetic to the goings on of the world?

Remember, change cannot be brought about by isolated individuals struggling alone. There is strength in numbers.

Have you ever thought who you are, what you want from life and how you will go about achieving your goals? What can you do to make a difference in the world?

Don't have regrets when it's your time to stand here and bid farewell to your alma mater. Make the best of what you have now. That's the spirit of a leader, a believer, a doer. So get up, and get going on the path of leadership.

Learn to work as a team. And then I'm sure no other school (not even the neighbouring one!) can defeat SMC in any sphere whatsoever.

Afreen Seher Gandhi
XII C

Nostalgia ...

"Some times words are hard to find,
I'm looking for that perfect line.

To let you know that you will always be, on my
So this is it. This is the final goodbye! This is where we part ways. Everything comes to an end but the charm and aura of its existence remains for an eternity.

Today, as I stand on the threshold of leaving school, I am forced to go down the memory lane of the twelve long years I've spent in this college. I remember yesterday that my teacher asked me to hold her hand, guided me through the dark night, assuring me that the dawn of the day will come and so will joy and happiness. Was it not yesterday that my teacher ran to help me when I fell and would tell some pretty stories to make me feel better? Alas! The time to bid goodbye to SMC, the time to leave from my Alma Mater, my school and my teachers is coming too soon.

With SMC, I have loads of memories, all decorated in satins and tassels of gold! I will miss your traditions, I will miss the preparations for the class assembly, the Day march past, the Independence Day Celebrations, the lovely, irreplaceable moments I have spent! Pure and wholesome are these sentiments and emotions, they'll drive away any evil which ever threatens to come. There are tough days ahead, but I hope the memories of the past will sustain me in the days to come.

SMC has nurtured me like a little seedling, taught me that "If I'm not moving ahead, then I'm falling back." It is from you, dear school, that I have learnt to make my own decisions. I have learnt from you that the first choice is not always the correct one. I have learnt that it takes a great deal of courage to admit a mistake. And there are many more.... intangible things.....which cannot be put into words.

I will miss the cozy haven, its motherly teachers, the sisters. For me, SMC is not a school but a cathedral, where truth is worshipped and humanity is treated as the greatest religion.

I would like to thank all the teachers and staff of this institution, who left no stone unturned to mould me into a person of conscience and competence. Their support and encouragement was sufficient to boost my sagging confidence. Thank you.

I will miss all of you and hope you'll miss me too.

Divya

A REPORT ON

NASI

You never know what you are and what you can do until you give it a try! With this in mind, Sr. Roshni provided the girls of class XI with the wonderful opportunity of competing in several district-level and state-level competitions organized by the National Academy of Sciences India (NASI). NASI has always been giving a platform to the budding scientists and appreciates their talents by rewarding them generously, through these competitions. This time again multiple competitions were organized to test the skills of the students.

On 10th February, a science exhibition was held in which working and non-working models were made. Sakshi Srivastava (XI A), Aakriti Kashyap (XI A) and Namrata Singh (XI A) represented our school in this competition. Sakshi Srivastava made a non-working model and won the first prize at the district level and was selected for the state level. Aakriti Kashyap and Namrata Singh made a non-working model but unfortunately could not bag any prize but their participation was praiseworthy.

On 11th February, a district-level debate competition was held. The topic was : "Is mass media responsible for socio-scientific awareness?". Leema Dhar (XI A) and Tarushi Pandey (XI C) represented the school. Leema Dhar spoke for the topic and Tarushi Pandey spoke against the topic. Tarushi Pandey won the 2nd prize.

On the next day painting, creative writing and speech competitions were organised in which Pranidhi Gupta (XI A), Niharika Agarwal (XI A) and Ankita Raj (XI A) represented the school. Their skills were appreciated by resident scientists.

Overall, SMC left a remarkable impression. The intellectual abilities of these students were appreciated by one and all. This would not have been possible without the constant support of the dedicated teachers.

The students of class XI are extremely thankful to be Principal Sister Roshni and Mrs. Kumar for their countless help.

Tarushi Pandey

XI C

SMC
Spectrum

TIME AND TIDE

WAIT FOR NONE

Time and tide wait for none. Tides are always an inspiration not because they look beautiful, but because whenever they go down, they come up again with a greater speed. Time is like a tide which never stays still, but always moves. Neither can a king nor a beggar tie it. It is the same for all. Today if someone is very weak and poor tomorrow he will be healthy and wealthy.

But for this, it is necessary that he values his precious time and works hard. He need not worry about tomorrow but he should decorate his present moment with his hard work and positive thinking. Time is like a river, you can't touch the same water twice.

So, make the best use of time, and you will not be sorry for anything.

Shreyanshi Srivastava
VI B



The Good Boss

The scientists at the rocket launching station in Jhumba were in the habit of working for nearly twelve to eighteen hours a day.

One day a scientist came to his boss and told him, "Sir, I have promised my children that I will take them to the exhibition in our town. So, I want to leave the office by 05:30 p.m. His boss replied, "Fine, you are permitted to leave the office early today."

The scientist started working. He continued his work after lunch. As usual he got involved to such an extent that he forgot the exhibition. When he looked at his watch, the time was 08:30 p.m.

Suddenly, he remembered the promise he had made to his children. He looked for his boss. He was not there. Having told him in the morning itself, he wound up his work and left for home.

Deep within himself, he was feeling guilty for having disappointed his children. He reached home to find that his children were not there. His wife was sitting in the hall and reading a magazine. The situation was explosive. One word could boomerang on him. His wife asked him, "Would you like to have coffee or shall I straight away serve the dinner, if you are hungry?" The scientist replied, "I would like to have coffee, but what about the children?" His wife replied "Don't you know? Your boss was here at 5:15 p.m. He has taken the children to the exhibition."

What had really happened was that when the boss observed that the scientist made no move to leave, he himself went over to take his children to the exhibition. The boss does not have to do it every time. But once it is done, loyalty is established. This is why all the scientists at Jhumba continue to work under their boss even though the stress was tremendous.

By the way can you guess who the boss was?

Well, he was A.P.J. Abdul Kalam.

Priyanka Nagar
VIA

Your Plans and His Plans

Why did it happen to me? Where did I go this time? I am the most unlucky human on this earth. There is a time (or probably many times) in every life when such thoughts cross one's mind. That is the destiny unfurls a very harsh and difficult route for you. It is the way in which destiny works. You may have planned your entire life by the hour, minute or even second. But God has His own plans for you and I can wager that His way is better than yours. When things do not go as planned, it does not mean that you have suddenly run into bad luck. It only means that there has arisen a discrepancy between your plans and the Almighty's plans and you need to tell you which is better.

We are always so busy crying over spilt milk that we fail to see the covert good that the mishap brings. That is why Shelley has said, "We look before and after, pine for what is not." The problem with the world is that there is too much of pining. We simply can't come to terms with the fact that our Creator cares for us. When we are in pain does not give Him any joy because He has to be in pain countless times as much as our mothers can.

Now the question arises "Why does He give us pain when He can't see us in any?" This question is not for us to answer. Why are we so obsessed with happiness for the present that we don't seem to realize that what will make us happy in the future? Why do we behave like an obstinate child refusing to get vaccinated? Just like the injection needle, a trifle may be pricking your heart but, trust me, it will bring immense pleasure one day, directly or indirectly. Whatever God has planned for you is better than what you have planned for yourself.

Sweet Nothings of Family Life

Whenever I see all the members of my family together, my heart explodes with joy. If I say that, I am a liar of the highest degree. Nothing of this sort happens when I look at the old familiar faces, two of which I've seen since I was born, and two which I've seen since they were born. You may have heard that familiarity breeds contempt. It has evaded us for a long time, like it evades most normal families which have a monotonous get-up-in-the-morning-and-get-to-work-schedule. I have a feeling contempt will evade us forever. Allow a little elaboration.

My father is definitely not the best father in the world. The best father in the world will know that it is wrong to gift an impetuous six year old with a bicycle when she doesn't make it to the best school in the city. Or to eat homemade ice cream that a precocious twelve year old made with mustard oil and biscuit crumbs. But my father doesn't really know that. When I count the moments when he has hugged me tightly and said he loves me, I am overwhelmed. Overwhelmed because there is no such moment till date. Overwhelmed because without saying a word, he has loved me enough to stand up for me, incite me to my studies and comfort me when I'm not. Overwhelmed because I discover that he is better than the best father in the world.

My mother deserves a volume of books unto herself, but I'll synopsise her in a paragraph. She is an official paradox who will love you when you do badly and love your sibling more when you do well. She will kick you in the shins to wake you up in the morning but learn to drive despite her fear for accidents so she can drop you off everywhere. She will grow all take-away menus in the garbage before you manage to hide them in your schoolbag (I am serious, Mrs. Kumar had three Dominoes menus there) and cook delicacies in the middle of the evening before your exam. She will never buy you stilettos even if you fall to her feet in the shop, but tell you, once in a day, how tall and pretty she thinks you are. To this if you tell her that she needs an eye test, she tells you that you need a brain mapping and daddy can arrange it if you like. This is my mother for you.

My younger sister comes next, just in the chronological order nothing else. Aamir the "ace" Khan will end up embarrassed next to Madame, so far as perfection goes. What an amazing child! She can study for four solid hours even when there are no exams (imagine that O the batch mates). She detests junk food. She buys clothes only when she needs them. She can play chess better than three fourth of our clan. She is an athlete. She does chores without being asked to. She remembers to tell the maid what to do. She is sensitive. She gives me her chocolate if I beg for five minutes and says she wishes she were more like me. And to cap it all, unlike her female-hating boy-faced sister, she likes pink. Had I not disillusioned her early in life that I am much better than she is and that she is in fact adopted (It's a lie that she learnt of later, she looks a little similar), God knows where she would be right now. Thank Heavens for common sense.

The last member of my family is my brother, who in his past life had been a mongoose. I say that because of his wisdom. I also say that because he attacks me just like a mongoose would attack a snake, for mortality sakes. He is so deeply into curriculum that we wonder if we send him to school to really study. He locks me into the room when he chases me into it. He eats my candies without my permission. He coerces me into baking cakes for him. And he does more. He tells his jolly relative that I study hard. He fights with my sister when she fights with me. He lends me his t-shirt without whining. And he receives all the messages for me. He makes me feel more responsible for himself than I am. I am glad he was born to our family. We needed a Mad Hatter to make our Alice story complete. (Since I am writing this article, I get to be Alice.)

We have had our tough times. Lots of them. And we have stayed together, more so with each problem that we faced. Familiarity in our case has bred affection, dollops of affection each day. So if I say my heart explodes with joy when I look at my family, I would be a liar of the highest order. But I would be true if I say that it makes me glow with the warmth that I carry with me each day to wintry places. My family is my identity and the sweet nothing's of family life, my universe.

Nimisha Misra
XII A

Special **Changing Relationship Between Parents And Children**

"The old order changeth giving place to the new"

Lord Alfred Tennyson

There was a time when the parents word was their law, when children dared not raise their voice against their parents. Their parents had the final word. In most cases, it is good for children. After all, a deed performed with the permission and approval of parents is also blessed by God. This is no longer true.

Most children, nowadays, are influenced by the western culture. They answer back to their parents and make their own decisions. When they mess up their lives, they don't hesitate to say, "Why not correct me when you saw me going wrong?" They blame their parents for everything that goes wrong in their life.

A custom that is being observed lately is of dropping invalid parents at old-age homes, which makes you sad. Parents bring up their children, teach them how to walk and talk, and stand through thick and thin. When parents become old and unable to take care of themselves, it is the younger generation's responsibility to look after them. And this cycle is repeated.

But now this cycle is breaking. People feel that the old-age homes may hinder their successful life and so, there is plenty of business for old age homes and other government institutions. This is happening because they have forgotten that they owe their very existence to their parents.

Things are not so bleak as I have made them appear. We can observe more open relationships between parents and children. Parents are their children's friends and confidants. This reduces tens of troubles that children often face, can be told to their parents. These children know that their parents love them and no matter what happens, they will be there for them. After all, which parent will want something that is less than the best for his child?

The fault is not completely ours. Parents are supposed to not only look after their children but also to teach them values just as they were taught by their parents. There is probably something wrong with the current way of parenting.

Let us move closer to each other, bridge this gap, and establish this beautiful relationship because on this rests the future of the society.

Asha Ann





THE IDIOT BOX

The television, popularly known as the Idiot Box, is like a two sided coin. You could say that everything has two sides. But, my friends, the advantageous side of the T.V. coin is not as shiny because there are very few channels that are truly educational, like "Discovery" or "National Geographic". These are only two out of the hundred and ten channels we get on T.V. but let me tell you, the side of the T.V. coin which dazzles the most, also has the capacity to harm the most. Most people watch and admire channels that telecast mindless programs and most children are also addicted to these channels such as MTV, Star Plus, NDTV Imagine etc. These channels promote shows like "Bandini" and "Roadies". Star Plus serials and Ekta Kapoor shows are well known for portraying women as figures of shame and villainous deeds. There are hardly any shows which portray women doing heroic deeds.

Men still dominate helpless, sobbing women. Men are still shown as heads of families, while women are subordinates.

We are living in the 21st century, but watching some of these T.V. serials pushes us back into the 18th century.

Handsome heroes still leap from trees and buildings to save helpless girls from thieves or bullies. This clearly gives girls and women the message that they do not have the strength or the brains to take care of themselves, and only a macho-man, who can single-handedly beat-up ten ruffians, can save them.

A famous comedian has remarked, "I find T.V. to be highly educational. Whenever it is switched on go into my room and read a book".

It may be that 1% of T.V. programs play a role in educating 1% of the population, but for 99% of the T.V. watchers, entertainment consists of nothing more than the 'saas-bahu' serials.

Suroor Seher Gandhi
VIII C



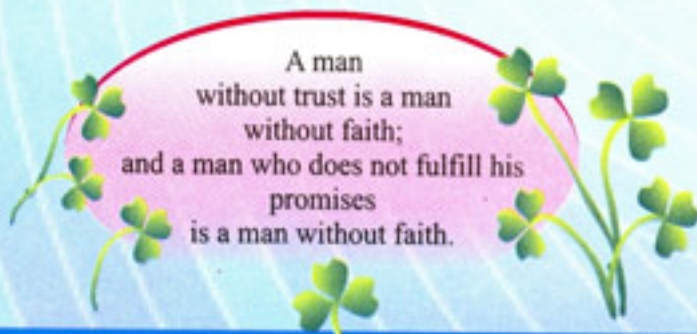
A HEAVY PRICE

India has one of the fastest growing cellphone markets in the world. A cellphone has become the most versatile and indispensable gadget today. But there are a couple of risks involved in their indiscriminate use. Studies point out that their radiation could cause loss of hearing and brain impairment, though this has not been proved conclusively.

There's one clear danger though for which the cellphone owners are to be blamed rather than the cellphone itself. Many families have lost their dear ones. Very often a youth gets killed due to accidents caused by those who talk incessantly while driving or walking on the roads. Let us check ourselves or be ready to pay a heavy price by losing our precious lives.

Ruchi Chauhan
IX D

A man
without trust is a man
without faith;
and a man who does not fulfill his
promises
is a man without faith.



YOUTH THE POWER OF TOMORROW

Have you ever imagined how much power, we the youth of India hold in our hands? We, the future of the country have the power to make or break the country. The youth of our country are bold and dynamic and are not afraid to share their views. It is also very important that the new and fresh ideas of the youth should be heard and not just ignored. The mind of the youth is very volatile. If moulded in the right direction, it can create wonders but on the other hand, if the mind of the youth takes the wrong path it can create disasters.

Looking back at the freedom struggle, it was the huge army of students which Gandhiji moulded in the right direction, giving them the weapons of "ahimsa" and "satyagraha" through which the Indian youth created history. Never before was such a movement seen where the young and the old walked hand-in-hand and reached their goal - freedom.

On the other hand, if the youth of a nation goes astray, the entire nation breaks down. The youth should not get involved in terrorist activities but should rather raise their voice against them.

The government and the society both have a great role to play in this matter. If the voice of the young is heard, if their needs are taken care of, if they are given the right direction, if they are encouraged, if they are supported and above all, if they are motivated then, we can look forward to an astounding growth and miracles to happen. So let the old guide us and let the young create a "Super India".

Ritika Srivastava
IX C

Be proud to be an Indian

India, the world's largest democracy, is a vast country with the 2nd largest population in the world. India has a large reservoir of manpower. The excellence of Indian technologists and scholars in different fields is respected world-wide. They are making us proud by their contribution in the fields of science, medicine, agriculture, computer

- 38% of doctors in America are **INDIANS**.
- 12% of scientists in America are **INDIANS**.
- 36% of NASA employees are **INDIANS**.
- 34% of microsoft employees are **INDIANS**.

The real problem is, far too many Indians in India are so busy admiring the west that they have no idea of what they can do because they do not know what a world of riches, in the form of natural resources and potential, is waiting for them, waiting to be put to use.

So, let us wake up to our own potential. God has provided us with excellent capacity. But at the end of the day, what matters is not the potential but the performance, management and the efficient use of resources.

Anushka

Winning Speech at the Josephest 2009 Debate

Today's World We Are Not Entirely Responsible For Our Health

Let me begin with a sobering fact: between the time that this debate begins and ends, over 2000 children will have died. They will die quietly in the poorest of villages far removed from the glare of the media and from the scrutiny of the world's conscience.

According to the World Health Organization (WHO), 11 million children die each year due to malnutrition and related diseases. Every two out of three persons lack access to clean drinking water a basic pre-requisite for good health.

The point, my friends, is that apart from a few diseases caused by an unhealthy lifestyle, much of the burden of global ill-health is linked to poverty and lack of access to basic medical facilities. In a world where the richest 20% consume nearly 80% of the earth's resources, it is neither plausible nor logical to hold the majority of the people entirely responsible for their health.

Lest I should mislead you into concluding that the rich are entirely responsible for their health while the poor are not, let us recall that the single most important plank on which Barack Obama strode to victory was that his government promised to reform health care coverage in the US. Thus the most affluent nation also needs the state to provide health care for its citizens. In the words of Thomas Jefferson: "The care of human health and happiness and not their destruction is the only object of a good government."

It is important to note that good health does not simply mean the absence of disease. It is a complete and multi-faceted state of well-being. It involves several significant factors that are beyond one's control. Globalization, financial crisis, pollution, genetic make-up and psychological stress are a few examples of contributing factors. We've all experienced the loss of someone dear due to sudden death. Do we then raise a finger at them to say that they were entirely responsible for their state of health?

Giant pharmaceutical companies control the pricing and distribution of essential drugs and vaccines. As a result, healthcare has become a private commodity that only a few can afford. Governments everywhere have abdicated their responsibilities with respect to primary health care. To quote Martin Luther King, "Of all forms of inequality, injustice in healthcare is most shocking and inhumane."

I hope now that this house is convinced that barring the very wealthy, there is massive injustice towards the majority of people when it comes to healthcare. Hence the contention that we are entirely responsible for our health is based on shaky logic and unsupported by factual evidence.

Afreen Seher Gandhi
XII C

TEN REACTIONS

How ten famous Scientists reacted when they were invited to a party?

1. Archimedes was buoyant.
2. Boyle said he was under too much pressure.
3. Ohm resisted the invitation at first.
4. Darwin said he would have to see what evolved.
5. Edison said it would be an illuminating experience.
6. Marie Curie radiated enthusiasm.



7. Wilbur Wright accepted, provided that he and Orville could get a flight.
8. Morse replied "I'll be there on the dot, can't stop now, and must dash."
9. Einstien said, "Attending your party would be relatively simple."
10. To sum up, replied Ramanujan, "My chances of coming are zero".

Shree Radhe Khanduja
IX B

THE PROBLEM of ILLITERACY



Even after 62 years of independence, illiteracy remains one of the greatest problems of India. It poses a grave threat to our progress and development. Illiteracy keeps people chained to ignorance and superstition and is an obstacle in the path of civilization. There are still many people who do not believe in modern medicine and prefer to go to village quacks who give them charms and promises to work miracles. They are not educated themselves, nor do they want to send their children to school. Apart from this, millions drop out of schools every year without acquiring even basic education. In many families, the girl child is not sent to school at all.

We must inculcate in our countrymen an awareness for the need to be literate. Those of us who are fortunate enough to attend school should teach those who do not have this opportunity. Literacy creates consciousness of one's rights and duties. It enables people to be better citizens. Only if people are literate, can they work for the betterment and progress of their country. "Each one teach one" should be the motto of every literate person in the country.

Rachel Alice Chakravorty
VI C



Peace is a word which we use every day. The term "peace" refers to the state of tranquility, calmness, friendliness. Peace is the most desirable possession of life for individuals and nations. It brings progress and happiness to all. It cannot be purchased at any cost. It is said that the best way to have peace is to prepare for war. But is that a wise statement?

Every nation desires to have peace. A lot of money is spent on maintaining large armies and equipping them with the latest weapons. This creates terror, leads to a race of arms. It finally culminates in war. Thus, nations destroy peace by trying to secure it.

Mutual love and concern can help man to gain peace. Every effort possible should be done to prevent wars and to establish peace. The world we live in can also be turned into a veritable heaven with the efforts made by all who make up the world.

Apurva

TODAY'S MAN - BETTER OR WORSE

Just give a thought to this,
It may not make a difference
But we may end up living better
IN THIS WORLD.

We have more knowledge, but less judgement. We have degrees, but less common sense. We talk too much but too little. We have bigger houses for smaller families. We have more, but have less,

We buy more but enjoy less.

We all know that man has advanced so much that he has reached space.

He wants to be friendly with the outer space but is not ready about meeting or giving help to even his nearest neighbour.

We work little but get tired too easily. We read too little and think ourselves to be great philosophers.

We have too much time to watch television, but no time to pray. We have more medicines, but less health. We are friendly too seldom, but get angry faster,

We plan more, but follow less.

We have polluted the air as well as our souls.

We have learned to rush, but not to wait,

We eat better food, but have less strength

We have more enemies and fewer friends. We know how to learn from the mistakes of others,

But do not know how to check ourselves

People run for good incomes, but not for values. Remember, life is short

This is a bitter fact, we all know it. If we try we can lead a better life.

Think about it.....

Palak Jaiswal
XII C

SMC
Spectrum

Duties of Students in Free India

Students of today are the future hopes of the country. Hence, it is but necessary that they should be brought up with the right values. The first duty of every student is to save the honour of his country. It cannot be done by a weak person. A weak man can do nothing so it is the duty of a student to keep himself healthy, for which he must eat well and exercise regularly.

The second duty of a student is to devote his attention towards his studies. It is his education, he will not fare well in life. He will find himself lacking in every field of life.

The third important duty is to be disciplined. Without discipline none has succeeded. If a student is disciplined, he will be regular in his studies. A disciplined student has no time for idle gossips. Idleness is a curse. An idle man's mind is a devil's workshop. If students are healthy, regular, painstaking and sincere in their efforts, the teachers and principals will have no problem of indiscipline.

Student life is a preparation for the future life. It is this time that we learn a lot of good and valuable things. If a student is well-behaved, good at studies and healthy, he will be able to serve his motherland.

Shreya Agrawal
IX D

ME & **MY MOTHER**

I have attained my mother's height, Yet I am so dependent on her for everything.

She is so particular about my meals. She tries to feed me all the green vegetables available in the market, especially the ones which are very nutritious but at the same time are the ones and which I dislike. But she takes care of my likes too. She prepares my favourite cuisines whenever I want which I consider to be a bribe so that she can feed me with green vegetables later.

When I'm upset about something she is very understanding. She hears me out and tries to explain to me the pros and cons of the situation. Though I hardly register anything she says but it surely helps. I was amazed to find how fast she could run when she once chased me all around the house for having messed up with her make-up box.

These days she is repeatedly reminding me not to be lazy because I have put on a lot of baby fat. When I tell her that I'll begin dieting, she starts treating me like a princess. The next meal will be fed to me with her own hands. Then the baby fat doesn't count, only the baby counts.

The scolding and the threats are forgotten when at the end of the day I sleep with my head in her lap. She may think that I'm neglecting her as I'm growing up but I know that I love her above any material thing.

Aarushi Khare
XI A

CONQUER YOURSELF

Everyone has limits. But we never know our limits, until our skills have been put to test. Never say: "This is all I can do, unless you've tried to do it"

Drive away fear and laziness. Consider the things you can do.

The thing that is worse than quitting or failing is being complacent. Believing that you are weak, that is all you are capable of, even the skills you have mastered will be a waste.

Believe in yourself and only then can you expect others to believe in you. Start to care, even if no one else cares for you. The last person to give up on you should be yourself!

Agrima Singh
VIII B

WINNER IS HE WHO THINKS POSITIVELY

Life is not so simple. The ups and downs are associated with failure or success. Success starts with thoughts. The mind is the ocean of thoughts. We can make our thoughts either good or bad. This is why we have the power to fashion our fate or decide our destiny. Thoughts have a huge potential to destroy or create. Thoughts generate self-confidence and therefore are the prime source of success.

If we think, we can, we will do it. If any person possesses the right mental attitude, i.e. courage, frankness and good cheer, he will be successful. If our desire is strong, the goal will not be obtained.

So, if we pursue our goal with single-minded determination and enthusiasm, we can achieve it. So do good, do good, let others feel good and success is yours.

Urja Ravi

COACHING SYNDROME

What was once considered a stigma, that is, going to private coaching or tuitions classes, is turning an essential activity for students. A multi-hundred crore business has arisen across the country that includes, besides the coaching institution, boarding, lodging, eating and advertising business. Many coaching centres for the entrance-test to engineering/medical colleges help their students get admissions in the formal schools alongside, in which attendance is a mere formality. The schools provide them +2 certificates and the coaching centre imparts learning.

CRASS COMMERCIALISM

The growing attraction for coaching classes reflects dissatisfaction of parents with the educational outcome of schools. Marks in examinations have become the sole criterion to judge a person's abilities. While a regular school's goal is to prepare students for examinations and life beyond, for coaching centres, examinations are the goal.

For the rising middle class, success at the entrance exam of engineering/medical colleges is a gateway to prosperity and a higher social status. This attraction has gone to the extent that a callous attitude towards the formal school is being bred. Students even attend coaching classes in their school uniforms and follow the lessons taught in these classes rather than in their schools.

The coaching centers are a huge financial burden to parents. Students in rural areas, small towns and those who cannot afford coaching, are at a disadvantage. The poor do not have time for outdoor games or extra-curricular activities, and a spoon-fed generation of "fragile learning" is being raised.

Teachers in these centres can be of two kinds - untrained teachers, who might know their subject and problem-solving tricks but have no knowledge of child/adolescent psychology; and trained teachers, who though formally employed in some school, teach at these centres at the cost of their duties in school. Both are jeopardizing the students' future.

With the coaching institutes acquiring the status of a parallel schooling system, the formal school system might get subverted. Various measures are required to counter this decline.

As the Central Advisory Board of Education (CABE) 2005 recommended, education should be for nurturing multiple intelligence in order to fructify the full potential of each child. This has to be supported by a constructivist approach to learning and a flexible, scientifically designed student assessment system.

Performance should be portrayed in a portfolio revealing his/her total being. This can include domains such as life skills, academic/non-academic and vocational subjects, personal qualities, etc. Schools should conduct target-based teaching after identifying the aptitudes of students.

Uttar Pradesh and Maharashtra have put in place regulations for the coaching business, yet they need to be strengthened and complemented with pedagogic and examination reforms. Of these reforms, the foremost should be the one prescribed in the National Policy of Education 1986: "The first task is to make it [educational system] work. All teachers should teach and all students study."

Skand Shukla



My School

"I don't want to go" I said with tearful eyes,
As I stood there in front of my school gate.
Came a voice from behind,
"But you have to, I promise you will have fun."
It was my teacher, I saw her smiling,
Her smile gave me the courage,
To hold her hand and walk inside.
As I entered my classroom,
I saw so many strange faces.
Each one was different from another,
I was scared and so were they.
The girl beside me asked for a pencil.
I smiled and said, "Yes!"
Thus our friendship began.
I made many friends,
Had many wonderful teachers.
I learned, I played,
I sang through the day.
I enjoyed going to school,
Since I had so much fun everyday.
Many years passed by and so my childhood,
I came to the last class of my school.
And then I stood in the last month,
Counting weeks, days, then hours.
My teacher had fulfilled her promise.
I did have lots of fun.
Playing, learning, sharing and caring,
But now the time has come,
To step out side my school gate.
"I don't want to go", I said tearfully,
"But you have to go,
You will have a great time outside."
My teacher said with a sweet smile.
And so I have with me,
Memories of my alma mater.

Anukriti Agarwal
XII A

SMC - My Soul! My Life!

An untarnished April morning, year 1999 it was
I was about to begin a new life, this was the main cause
A new life, as a student, in those red and yellow bricks
St. Mary's was the place, my parents had picked.

As I entered the gates with swollen eyes and lips glued
I gazed at the structures and numerous creatures in white and blue
The gigantic rough field with the scary droopy trees
All of it made me extremely nervous and I felt weak at the knees

But the sauntering creatures comforted and made us feel at ease
Though some of us were still disturbed as we so missed our mothers
Some caring senior creatures led us to our class
And our group of tiny tots found shelter at last.

Every year passed and shone like the shimmering sun
We were now growing up, in more ways than one
The fun and frolic increased along with the number of friends
As we made promises, that we'll be together till the end.

Facing teen problems, we also had some nightmares
"Examination" was the devil unaffected by any prayers
Nights and days were gone in learning and learning
Science and Maths always seemed so annoying.

Accounts and Economics were no less fiends
Red marks in report cards had become the trend
Where horrifying marks led us into trouble
English and Hindi made us all the more bubble.

Amidst all the tension, the frolic and fun
We never realised, we'll soon be out, alone in the sun
The days we had, the songs we sang, the time we've spent
We couldn't believe, but it was all coming to an end.

Memories play a vital role in keeping the soul alive
They're the reason, the only reason for which we survive
The friends we made, the lessons we learnt and the punishments
I'd give anything to turn back time as there's so much I've lost.

I thank my teachers; who are amazing earthlings
For tolerating a horde of girls who have been so annoying
Your teachings will never go waste, it's our promise
On the values we will never compromise.

Leaving St. Mary's is not as easy as it seems
Tears of mirth and sadness make it appear like a dream
I can never forget all that this school has given me,
Many a titles, music in heart and the courage to be "me".

With heaps of memories, joys and sorrows
We leave, but promise to be back tomorrow
As I know I have to do it sooner or later
Because I can't seem to let go of SMC - my soul, my life.

Rini Kaushal
XII C



Service

It was a dark night,
I stood upon the glass.
Burning with all my might,
Faithful to the little lass.
I cried in pain,
I felt the tears roll,
Yet I knew I had a goal to gain.
Never shall I waver from my goal.
I'm no longer a beauty,
Yet I am happy.
For I did my duty.
I saw her sleep, my little Betty,
I felt the soft winds blow,
Done was my duty, and it was time to go.
I'm no longer a beauty,
Yet I am happy.
For I did my duty.
The breeze touched my cheek,
I hated to go.
But there was no help to seek,
Done was my duty.



Anuja Sahai
VI B

COMPASSION

Compassion is virtue, that makes you love others.
Compassionate is one, who takes care of others.
Compassion is a feeling, that promotes helpfulness.
Compassion is a feeling, that removes selfishness.
So, be compassionate with others, help the poor and needy.
Be compassionate with others, never be greedy.

Rifat Irfan
V D

SMC
Spectrum

Flower

In the garden in the wild
A flower blossoms like a child
The fragrance touches us every way.
Its colour brightens everyday.

Anushka Dixit
III C

Friends

Sometimes in life you find someone,
Who makes you laugh,
Until you can't stop.
Someone who makes,
You believe in your self,
Who guides you when you lose your way,
And cheers you all along,
The path of life.

Vriti Srivastava
III C



A Ray of Hope

When no one was there,
and all battles were lost,
Then came a ray of light,
which changed my eternal soul.

When I was feeling abandoned,
and acrimony was filled in my life,
Then came an inspiration,
which changed my acrimonious life.

When I was facing the backlash,
and all ways for success were lost,
Then came a guide in my life,
and I found my lost world.

If you are also deserted,
and your life is misery,
Don't become desperate,
as a time will come,
When your life will change,
and you will be amazed.

Anubhooti Dixit
IX A

Tree

I am a tree.
Fat and round
I have lots of green leaves
on my crown
Do not cut me,
I will cry.
Let me live
I don't want to die.

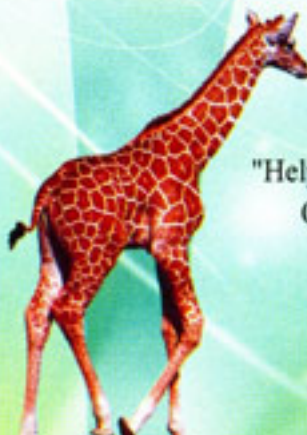
Stuti Khanduja
II D

Giraffe & Me

Once I was travelling far,
I met with an accident
with a giraffe.
He lifted me with his long neck,
I was shocked and surprised at this.

Then I fell from his neck,
Fell into a small lake,
With a splash.
"Help!" I cried as I felt something hard,
O I was so happy when I knew,
I was sleeping on my bed.

Rifat Irfan
V D



COLOURS of SPRING

Spring is the season full of colours,
Red and yellow pretty flowers,
Every butterfly that flies around,
Every drop of rain that kisses the ground.

The thick forests and tall trees,
The glistening oceans and the blue seas,
The sweet songs that the birds sing,
Yes, they make up the beautiful colours of
spring.

BLISS RAPHAEL
VIII A

Believe in Yourself

No problem that comes in our life is difficult to handle. All we need to do, is to believe in ourselves because God never gives us any problem without a solution.

We should trust our talent and capabilities. Every person is specially created by God. All we need to do is to believe in ourselves and give our talents a fair chance to get the reward of appreciation.

Sukriti Mukherjee
V C

TWO Smiles...

I smiled at a child this morning,
And the smile that came back to me,
Was as sweet and refreshing,
As ever a smile could be.

To me it was such a blessing,
Her dear little face to see,
When I smiled at a child this
morning
And she smiled back at me.

Her smiling face at the window,
In my memory long I'll see.
Since I smiled at a child in passing,
And her smile came back to me.

Two smiles flashed between us,
In a fleeting instant of time.
Mine carried gladness to her eyes,
And hers became a blessing to
mine.

Ruchika Singh
VII C



Prayer

Plenteous grace with thee is found,
Grace to pardon all my sin;
Let the healing streams abound,
Make and keep me pure within.

Help me share all You've given me
With the world that I live in
Because I can't hold it all;
It's too much for me
Help me share with all the needy.

No matter what may take place
Always speak the truth;
Never from this rule depart,
Engrave it deeply on your heart
Always speak the truth.

Laiba Qamar

The Country of My Dream

The country of my dream,
I will make it with my team.

Neither child labour nor illiteracy,
This is my dream regarding literacy.

Superstitious belief I will ban,
When I see a cat, I will drive my van.

I will make India one of the super power
And will build many satellite towers.

Everyone would know how to read and write
Then everything in the country would be right.

This is the country of my dream,
Who will join my team?

Aarushi Aryana
V B

FOOD FOR THOUGHT

Shadows are not realities.
Outward appearance is deceptive.
Avoiding responsibility ends in overburden.
Cunning words are undependable.
Reality is more shocking than fiction.
A small thought saves a lot.
Fruits of hard work are always sweet.
Self-help is the best help.
Other side of the pasture appears greener.
Wisdom is more powerful than power.

Collected by :
Varda Khan
V B

Three Things

Three things to learn,
Manners, respect and discipline.

Three things to watch,
Speech, behaviour and action.

Three things to respect,
Old age, religion and law.

Three things to love,
Purity, honesty and hard work.

Three thing to admire
Beauty, intellect and character.

Three things to maintain,
Promise, affection and friendship.

Three thing to cultivate,
Courage, cheerfulness and contentment.

Three things to avoid,
Smoking, gambling and drinking.

Khadija Rahman
V D

Work Hard

My day begins with my mother calling,
'Get up darling, get up darling.'
Till I wish my mom good morning.
Just then she makes me ready
to go to school and study.
All day I keep myself busy,
Having no chance to be lazy.
I see no time for wasting
But use time for studying.
Without pain, no gain.
I remember to say it again and again.
So work hard
All of you work hard
Without fear move forward
That will give you a reward.

Bisma Jamal Siddiqui
V D

Exam Fear

As my exams come near,
I am full of fear.
My tension grows bigger,
My face grows smaller,
I play the whole year long,
Or just keep singing a song.
But when the exams come,
My nerves become numb.
But if you study throughout the year,
You won't get such exam fear.

Sharwani Joshi
VII B

Save yourself
from envy;
for envy eats
up virtue as fire
eats up wood





If I become a...

If I become a rock star,
What would life be like?
Singing on stage with my guitar,
And my drummer named Spike.

If I become an artist,
I'll be working with brushes all day.
With delicate fingers and a loose fist,
Painting with colours like blue and grey.

If I become a vet,
I'll sit in the clinic all day.
Little dogs with droopy eyes I'll get,
Cows, donkeys, buffaloes, piggies, I say.

If I become an R.J.,
I'll play my favourite songs.
Talking to all, twelve hours,
With stories spiced up and long.
Till the time I'm old enough,
And be what I like.

I have to learn all this science stuff,
But that will not stop me from riding my bike.

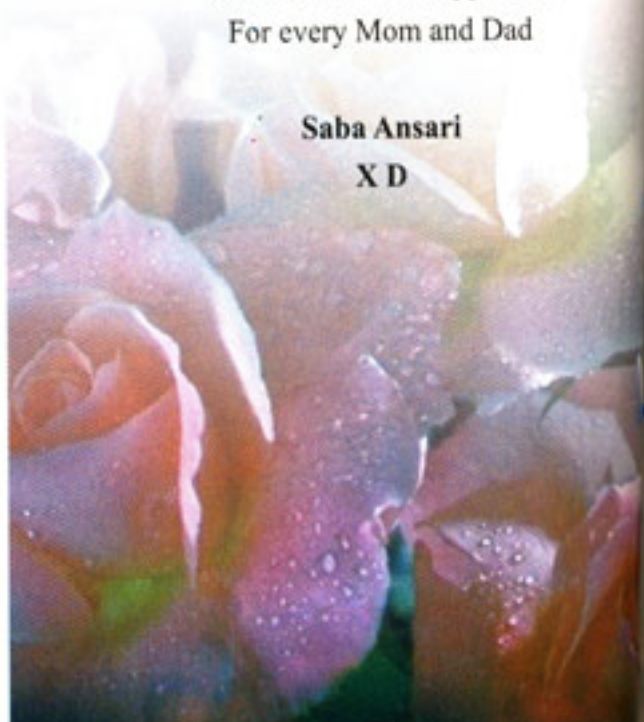
Sanskriti Shankar
VII B



Why God Made DAUGHTERS

When God created daughters,
He took very special care;
To find the precious treasure,
That would make them sweet and soft
He gave them the smiles of angels,
Then explored the midnight skies;
And took a bit of star dust
To make the bright and twinkling eyes.
He fashioned them with sugar,
And a little pinch of spice;
He gave them a sunny laughter,
And everything that is graceful.
He made each daughter
With unique care;
He smiled when he made the daughter,
Because he knew he had;
Created love and happiness,
For every Mom and Dad

Saba Ansari
X D



GOD

God is present everywhere
He has no shape form or body
We cannot see God but we feel His presence
everywhere in all living and non-living things:
God is the power which makes the world move
God is Truth, God is beauty, God is Goodness
We feel His presence in the glory of
the rising sun, in the
high mountains, in the twinkling stars,
in the flowing rivers and the
vast oceans.
He is forever, He never dies
Life comes from him and goes back
to him. We must go back to God,
Where we shall live forever.

Sanskriti Tripathi

VI D

He Is God

He created the sun and moon,
He created the night and noon,
He created water as a boon,
Who is He? He is God.
He created the blue sky,
He created the hills so high,
He created you and I
Who is He? He is God.
He created stars twinkling,
He created birds to sing,
He created every thing,
Who is He? He is God.

Zainab Khan

III B

The World Seems So Beautiful.....

Days of my childhood I've spent in this school,
Under your guidance, under your rule.
A home away from home it has been.
My growing years I've spent with you.

And it's thanks to you teachers.
That I am what I am,
For you taught me all I know,
Always been there for me.

Taught me more than just words,
You've shown me the meaning behind them;
You've taught me what is good and bad,
And so the world seems so beautiful.

Under your guidance I wish to be,
I know your blessings will be with me,
As I go along the ups and downs,
Your lessons will be my guiding light.

The love that you've given;
The friend that you've been;
I promise to remember
The special years I've seen.
And so the world seems so beautiful.

Shivani Saran
College Captian

A Tribute to Mother Mary Ward

Hail, Hail the name we own.
Hail to the Giver.
Blessings and bright renown
Be hers forever.
All her martial deeds will not die.
Lasting is her charity.
Thus her laurels sway,
Still she lives in us today.
This then our prayers shall be.
As we chant her eulogy.
May our foundress' name endure.
Ever spotless, ever pure.

Mrs. Sarah Singh
Teacher

Five Lessons to Learn From A Pencil

It tells you that everything you will always leave a mark.

You can always correct a mistake you make.

The important thing in life is who you are from inside and not from outside.

In life you will undergo pain sharpening which will make you better whatever you do.

Finally, to be the best you can be you must allow yourself to be held and guided by the hand that holds you.

Tahreem Parwaiz
VI

A Great MOTHER

Your beautiful eyes are my way,
Your sweetest smile makes my day,
Dear mother, for your safety I pray,
Because our friendship is my life,
I say.
The first to wake up every morning,
The last to go to bed, every night,
The one who is always by my side,
You are so dear in my sight.
Being an umbrella in the rain,
Band-aid and dettol in my pain,
All my silly mistakes you do oversee,
But happy in my victory.
Dear mother, never leave me alone,
In this life's long race,
Because I love you and I need you,
By my side, to fight the world,
With your loving embrace!

Jayanti Sen
IX B

WHO AM I ?

Who am I?
Am I the smile of the child,
Whom I covered with a blanket,
To keep him warm
In this winter so wild ?
Am I the pride of my parents,
Who see me stand out in the crowd,
And people referring to them
As 'her parents'
Am I the eyes of that blind,
Whom I had helped in crossing the road?
Am I the legs of a maimed
Whom I gifted a pair of crutches
Out of my pocket money?
Am I the mouth of those
Who cannot speak against injustice?
Am I the hands of those
Who do not reach out in love and charity?
I am the sum total of all ---
The smile, the legs, the eyes, the hands and
The voice of the deprived, the deficient
The downtrodden.
Only then can I serve the purpose of life,

Rabab Haider
IX C

Adieu Class XII Students



Adieu Class XII Students

ST. MARY'S CONVENT INTER COLLEGE
ALLAHABAD-2009-10



Class XII C

Our Upcoming Artists



Palak Jaiswal
XII C



Our Achievers

GENERAL PROFICIENCY

CLASS I

Section A

1. Katyayni Dhiren
2. Amna Jafri
3. Astha Jaiswal
4. Anshika Lamba
5. Arifa Mushtaq
6. Areeba Rizvi
7. Chaitry Shukla
8. Ananya Singh
9. Dakshita Verma

Section B

1. Kinza Ahmad
2. Nitya Handa
3. Spriha Godbole
4. Ojasvi Singh
5. Shyambhavi Tiwari

Section C

1. Stuti Anand
2. Abhidi Gupta
3. Akshita Joshi
4. Hafsha Khan
5. Rifa Khan
6. Shruti Kranti
7. Khushi Malik
8. Aditi Pandey
9. Navya Paresh
10. Aditi Sachan
11. Tuhina Singh
12. Devanshi Sonkar
13. Bhawini Srivastava

Section D

1. Anshu Dubey
2. Nashrah Fatma
3. Anshika Goswamy
4. Jahanvi Gupta
5. Garima Joshi
6. Diksha Kesarwani
7. Niti Kohli
8. Rashi Kulshreshtha
9. Tulika Basu

CLASS II

Section A

1. Araisha Rahman
2. Runjhum Upadhyay
3. Chetali Sachan
4. Ananya Bist
5. Marisha Dube
6. Kriti Dubey
7. Sumaiya Shams
8. Gauri Singh
9. Adrija Tewari
10. Riddhima Wadhawan
11. Gayatri Puri
12. Anushka Mishra
13. Stuti Jain
14. Gauravi Jaiswal
15. Vanshika Srivastava
16. Riddhima Srivastava

Section B

1. Anusha Agarwal
2. Barirah Chauhan
3. Roma Chaurasia
4. Nandini Chugh
5. Nayanika Pranati D'Souza
6. Anushka Gupta
7. Suhani Gupta
8. Nandini Malviya
9. Anushri Singh
10. Kanika Tiwari
11. Priyanshi Tiwari
12. Sonalika Awasthi
13. Rudrani Purwar

Section C

1. Aditi Bharadwaj
2. Aastha Darbari
3. Aendri Dhiren
4. Shreya Gupta
5. Ananya Pandey
6. Shivanjali Sahai
7. Stuti Srivastava
8. Vaishnavi Srivastava
9. Alqama Suhail

Section D

1. Simi Mahboob
2. Varalika Shukla
3. Radhika Tandon
4. Kriti Agarwal
5. Ishita Sen
6. Pragati Singh
7. Rashi Trivedi

Class III

Section A

1. Ria Jain
2. Ishika Yadav

Section B

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

Section C

1. Krishika Arora
2. Taqdees Islam
3. Daniya Aynam
4. Vedika Pandey
5. Tuba Itrat
6. Udisha Tripathi

Section D

1. Kriti Tondon
2. Aryama Pandey
3. Divyabha Gupta
4. Chayonika Mukherjee

Class IV

Section A

1. Unnati Narsaria
2. Unnati Gupta
3. Pratyksha Shukla

Section B

1. Mansi Acharya
2. Rituparna Ray
3. Ritika Rastogi



GENERAL PROFICIENCY

4. Shivangi Singh
5. Iti Tandon
6. Snigdha Tiwari
7. Rakhshan Usmani

Section C

1. Sanya Bhimte
2. Mona Das
3. Priyanshi Singh

Section D

1. Shreya Pathak
2. Anushka Mishra
3. Muskaan Sethi

Class V

Section A

1. Harshita Upadhyay

Section B

1. Priyanka Saha
2. Suhana Srivastava
3. Debanshi Roy
4. Shreya Mehrotra

Section C

1. Vaishnavi Johari
2. Ananya Joshi
3. Prachi Patel
4. Shreya Sachan

Section D

1. Vaishnavi Agarwal
2. Mariyam Farooqui
3. Khadija Rahman
4. Shreya Srivastava
5. Anvesha Tiwari

Class VI

Section A

1. Rushali Garg
2. Anushka Jaiswal

Section B

1. Bhavika Arora

3. Shatakshi Mishra

Section C

1. Alisha Jasper
2. Sumaira Kazmi
3. Aastha Singh

Section D

1. Divyanshi Agarwal
2. Kriti Pandey
3. Urja Raheja
4. Matrika Shukla

Class VII

Section A

1. Ritika Verma

Section B

1. Shreya Basu
2. Rashi Singh

Section C

1. Dibyabha Maitra

Section D

1. Gauri Kesarwani
2. Anamika Pathak
3. Priyanshi Sachan
4. Aditi Sharma
5. Charu Sharma
6. Aditi Shukla
7. Ananya Singh
8. Spriha Singh
9. Vandita Singh
10. Shreya Srivastava
11. Anam Tanveer

Class VIII

Section A

1. Kashika Aggarwal
2. Aayushi Agrahari
3. Sonali Juneja
4. Firdaus Khan

Section B

1. Anushka Kapoor
2. Moumita Kunda
3. Agrima Singh
4. Zainab Tufail

Section C

1. Suroor Gandhi
2. Vidisha Misra
3. Ruchika Pathak
4. Medha Rai
5. Anshika Sabhani
6. Juhi Srivastava
7. Lipi Srivastava

Class IX

Section A

1. Soumya Dubey



Our Upcoming Artists



Ayesha Siddiqui, II C



Somaiya Fatima, II B



Chetali Sachan 2-A
Chetali Sachan, II A



Aleeza Khan, III D

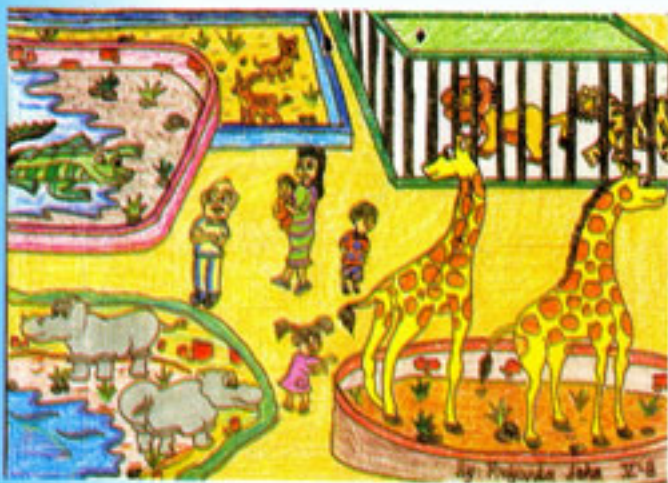


Jahnvi Pandey, IV B

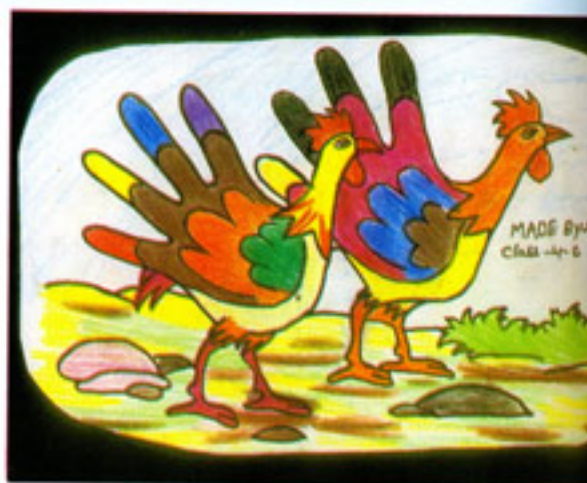


Garima Joshi, I D

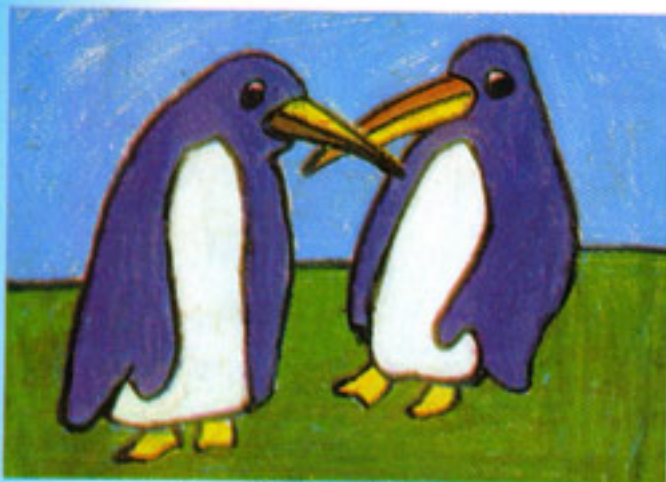
Our Upcoming Artists



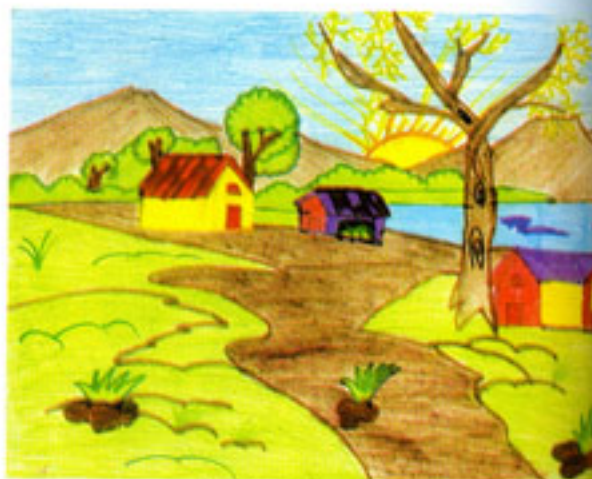
Priyanka Jha, V B



Ishita Verma, IV C



Gayatre Puri, II A



Ishita Verma, IV C



Priyanka Saha, V B



Zahra Fatima, III C

अध्यात्म-पथ

मानव- जीवन का गम्भीरता पूर्वक अध्ययन करने से पता चलता है कि शास्त्रों में एवं अनेक धर्मों के सद् ग्रन्थों में वर्णित मानव को इस सृष्टि रूप वाटिका का सर्वोत्तम पुष्प कहा जाता है। ऐसा होते हुए भी देखने में आता है कि आज का मानव बहुत ही दुःखी है, त्रस्त है। फिर ऐसा क्यों? इसका एक उत्तर यह है कि जब मानव मानवता को भूल जाता है और उसकी दृष्टि उसके लक्ष्य से अलग हो जाती है तभी वह अत्यधिक दुःखी रहता है। यदि देखा जाय तो इस सृष्टि के रचयिता की जो भी रचना है सभी में संघर्ष मिलेगा और मनुष्य में भी यह संघर्ष दिखाई पड़ता है। जड़ चेतन, जग, जीवन और जल सभी में संघर्ष है परन्तु मानव के जीवन में जो संघर्ष अधिक दिखाई देता है उसका कारण उसकी विशेषतायें हैं। विद्यार्थी जैसे-जैसे ऊँची कक्षाओं में जाता है तो उसको अधिक पढ़ाई पढ़नी पड़ती है अधिक मेहनत करनी पड़ती है। अधिक सचेत रहना पड़ता है। मानव जो कि रचयिता की सर्वश्रेष्ठ रचना है के जीवन में भी अधिक संघर्ष का होना स्वाभाविक है।

मनुष्य जब पैदा होता है तभी से माया का चक्कर उसे घेरना आरम्भ कर देता है। शिशु रूप में वह "मैं" और "मेरा" के चक्कर में पड़ जाता है।

प्रारम्भिक वृद्धि जिस परिस्थिति में भी जीव पड़ता है उसी में उसकी उन्नति भी होती रहती है, चाहे कैसी भी प्रतिकूल परिस्थितियाँ क्यों न हों। मनुष्य उसमें भी अपना कल्याण कर सकता है। भ्रमवश वह उन्नति की ओर कम ध्यान देता है अपितु परिस्थिति को बदलने का प्रयास अधिक करता है। इसी में सारा समय निकल जाता है।

जो कुछ मिला है और जो कुछ दिखाई देता है - यह सब परिवर्तनशील है और तेजी से बदलता जा रहा है। इसमें कुछ भी ऐसा नहीं जो स्थिर है। जो मिला है उसका सदुपयोग करने का ही मनुष्य को अधिकार है बचपन में बड़े होते-होते पढ़ना-लिखना है और योग्य बनना है। फिर धन भी कमाना है। घर गृहस्थी में भी प्रवेश करना है और धीरे-धीरे सबकी ओर से मुक्त होकर वृद्धावस्था में केवल एक ही काम रहता है और वह है साधन-भजन। परन्तु ऐसा होता नहीं है। मनुष्य शुरू से ही राग, द्वेष ईर्ष्या, लोभ, मोह, क्रोध आदि के चक्कर में पड़ जाता है अतः किसी परिस्थिति में अपने विवेक का आदर करते हुए क्या करना चाहिए। इसकी उसे स्मृति नहीं रहती और न ही भगवान की स्मृति रहती है। भगवान को भी वह सीमित रूप से अपने स्वार्थ सिद्धि के लिए मानता है।

अतः प्रत्येक साधक का कर्तव्य है कि इस सत्य को स्वीकार करे कि वह परमात्मा का साक्षात् अंश है-

'ईश्वर अंस जीव अविनासी'

रमा त्रिपाठी
अध्यापिका

आत्म परीक्षण की आवश्यकता

आज के युग में मनुष्य अत्यधिक व्यस्त हो गया है। विज्ञान ने जितनी अधिक तरक्की की है उतनी ही अधिक व्यस्तता मनुष्य में बढ़ गयी है। आज मानव हर क्षेत्र में तरक्की चाहता है किसी भी तरह किसी भी परिणाम को सोचना ही नहीं चाहता या फिर उसके पास समय ही नहीं है। आज समाज में इतनी अव्यवस्था फैल रही है जिससे आज हमारे जीवन में सुख, शान्ति नहीं है इसका कारण भी हम ही हैं। सुख शान्ति और व्यवस्थित जीवन व्यतीत करने के लिए हमें धन की आवश्यकता नहीं। मनुष्य को अच्छा जीवन जीने के लिए प्रतिदिन एक ठहराव उसे स्वयं को देना है उस ठहराव में आत्म परीक्षण की आवश्यकता है। आत्म परीक्षण की तीन सीढ़ियाँ हैं - रुकना, मुड़कर देखना, आगे चलना।

जिस प्रकार एक कुम्हार अपनी कृति को बनाने के बाद निहारता है और अपने कार्य में छोटी से छोटी खराबी होने पर वह फिर उसको सुधारने की कोशिश करता है उसी प्रकार हमें अपने प्रतिदिन के जीवन को निहारना है और उसे सफल बनाने के लिए अपनी गलतियों को ना दोहराने का प्रयत्न करना है। क्योंकि एक सफल व्यक्ति से ही एक सुदृढ़ परिवार का और एक सुदृढ़ परिवार से एक सुन्दर समाज का निर्माण होता है। और हम स्वयं का आत्म परीक्षण कर अपनी गलतियों को दूर करने में सक्षम होंगे। तभी हम एक सुन्दर समाज का निर्माण कर सकेंगे।

वर्षा मेरी इलियाजर
अध्यापिका



आशा दीप



‘आशा दीप’ यानि एक नई आशा का दीपक संत मेरीज का एक महत्वपूर्ण हिस्सा है। अपने नाम को सार्थक करता हुआ यह विद्यालय एक नयी दिशा की ओर अग्रसर हो रहा है। इस विद्यालय में सभी विद्यार्थी पिछड़े वर्ग से आते हैं लेकिन इनमें पढ़ने की जागरूकता, उत्साह व लगन किसी से कम नहीं है। यहाँ की अध्यापिकाएँ भी सभी विद्यार्थियों को बिना किसी भेद-भाव के बड़े स्नेह व लगन से पढ़ाती है। अध्यापिकाओं की निस्वार्थ सेवा व कठिन परिश्रम तथा विद्यार्थियों की लगन से ही हमारे ‘आशा दीप’ विद्यालय को ‘जूनियर हाई स्कूल’ की मान्यता प्राप्त हो गई है।

इस प्रकार यह विद्यालय दिन प्रतिदिन उन्नति के पथ पर अग्रसर हो। यही हमारी परमपिता से प्रार्थना है।

आशा दीप क्रिश्मस



क्रिश्मस पर्व शान्ति और प्रेम का संदेश देता है। इसकी महत्ता पर प्रकाश डालते हुए, आशादीप के बच्चों ने ईसा मसीह के जन्मोत्सव के उपलक्ष्य में शुद्ध प्रदर्शन किया।

हमारे आशादीप के नन्हें-मुन्हें बच्चे सिर्फ शिक्षा में ही नहीं बल्कि हर क्षेत्र में उन्नति कर रहे हैं।

यह भविष्य में अवश्य अपने देश का नाम रोशन करेंगे।

शब्द की महत्ता

एक बार स्वामी विवेकानन्द जी प्रवचन में ईश्वर के नाम, मंत्र-जाप और महत्ता बता रहे थे। तभी वहाँ बैठा एक प्रवचन के बीच में ही उठकर बोलने "शब्दों में क्या रखा है ? उन्हें रटने से लाभ ?

विवेकानन्द जी कुछ देर चुप रहे, उन्होंने उस व्यक्ति को संबोधित करते कहा "तुम मूर्ख और जंगली ही नहीं, नीच कुरूप भी हो।" वह व्यक्ति तुरन्त आग ब हो गया। उसने विवेकानन्द जी से कहा "इतने बड़े ज्ञानी हैं, क्या आप के मुँह से शब्दों का उच्चारण शोभा देता है ?" मैंने क्या कहा जा आपने मुझे इस प्रकार बुरा कहा ?"

विवेकानन्द जी ने उत्तर दिया "भाई मात्र शब्द ही तो थे! शब्दों में क्या रखा है तुम्हें कोई पत्थर तो नहीं मारा ?" उस व्यक्ति को अपनी भूल का अहसास हुआ और वह कुछ न बोल सका।

सदैव वचनों की महत्ता को समझ ही उनका प्रयोग करना चाहिए क्योंकि इ घाव हृदय को अत्यन्त कष्ट पहुंचाते हैं। सदैव वचनों का प्रयोग करना चाहिए।

शाबुनों का साम्राज्य

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माँ की ममता

एक बार सर्फ देश की महारानी चन्द्रिका अपने मंत्री हम्माम के पुत्र रिन से नाराज हो गयीं और उन्होंने आज्ञा दे दी, यदि मेरी पुत्री रेक्सोना से प्यार करेगा, तो संसार की कोई बहुमूल्य वस्तु उसे, बेवारा रिन तेज सनलाईट में अपने मित्र मोलिव के साथ छः च्हील वाले रथ को लेकर चल रहा रास्ते में गंगा को पार करके एक जंगल में पहुँचा, वहाँ पॉइस के किनारे पियर्स के पेड़ के नीचे छिपा गया। ठण्डी ब्रीज बह रही थी तभी पॉइस से पेरि और लिरिल नाम की दो परियाँ निकली। कैमे कहता कि उसके पति गोदरेज के पास मारबल पत्थर है जो गाती है तो मोती झड़ते हैं। अतः दोनों पेरि और लिरिल पेरि के साथ एरियल उड़न जहाज पर सवार होकर सिन्थाल देश पहुँचे। वहाँ गोदरेज ने उन्हें नीम का शरबत पिलाया जो मारबल खोलता है। उन्होंने एक शर्त रखी कि उनके देश में जो ५५५५ झरने बहते हैं, उनमें नहाना पड़ेगा, जो उन्हें मारबल, डब दी जा सकती है। लक्स ने पेरि को सैण्डल के पिंजरे में बन्द करके उन्हें दे दिया। तब वे सर्फ देश पहुँचे। महारानी चन्द्रिका को प्यार करके बोले "महारानी की जय हो!" हम दो झरने लाए हैं। वह है मारबल और डब। महारानी ने झरने होकर कहा "ओके! तुम राजकुमारी रेक्सोना के लाइफबॉय बन सकते हो!" तब वे पेरि खुशी से बेबी जॉनसन के साथ रहने लगे। पेरि में सेना पति उजाला के पुत्र पामोलिव का प्यार रेक्सोना की छोटी बहन निरमा से हो गया। पेरि भी सुख से डेटॉल राज्य में रहने लगे।

अंकिता राज

११ अ

शुभ्रत लगती हमको प्यारी
माँ की ममता सबसे न्यारी
प्रथम गुरु माता ही होती
बच्चों को सब कुछ सिखाती,
मूर्त उसकी प्यारी-प्यारी
माँ की ममता सबसे न्यारी
माता होती बड़ी महान
देश को देती वीर-जवान,
लगती है वो कितनी प्यारी
माँ की ममता सबसे न्यारी
माँ का आँचल सब को सुख देता
कभी किसी से कुछ न लेता,
हम सब हैं उसके आभारी
माँ की ममता सबसे न्यारी
साधू-संत, फकीर और नेता
माँ की कोख से जन्म है लेता,
अपनी सन्तान पर जाए वारी
माँ की ममता सबसे न्यारी
महिमा माँ की गाएँ हम
कभी न उसे भुलाए हम
जाएँ हम उस पर बलिहारी
माँ की ममता सबसे न्यारी

स्तुति भुप्ता

९ डी

“एस. एम. सी.”

शिक्षा जगत का वरदान, मेरा ‘एस. एम. सी.’ स्कूल महान,
हमें है बस पर अभिमान, बढ़ाते है हम बसकी शान।
दिया बसने हमें ज्ञान सदा, करना है बसका सम्मान,
बीता बसमें मेरा बचपन, पाया बसमें मैंने अनुशासन।
पाया सही भाषा का ज्ञान, जाना साहित्य और विज्ञान,
शिक्षा जगत का वरदान, मेरा एस.एम.सी. स्कूल महान॥

समालीया अली
कक्षा ६ ब

“जिंदगी के अनेक रूप”

पेड़ पर बैठी बुलबुल कह रही थी
जिंदगी एक मधुर संगीत है
लेकिन पिंजरे में बंद तोता बोला
जिंदगी कुछ नहीं सिर्फ एक बंधन है।
हवा में उड़ती चिड़िया ने कहा -
तुम गलत हो जिंदगी का नाम स्वतंत्रता है
एक खेलती कली बोली
लगातार उन्नति ही जीवन है।
एक सामाजिक व्यक्ति ने कहा -
जिंदगी कुछ नहीं तेरी-मेरी कहानी है।
वर्षा की टपकती बूंद बोली
जिंदगी गम का दरिया है।
एक विद्वान व्यक्ति ने कहा
संघर्ष ही जीवन है।

भाविनी त्रिपाठी
कक्षा ९ स

“मेरी माँ”

माँ करती है कितना काम
चाहे सुबह हो या हो शाम
कुछ न कुछ करती ही रहती
नहीं मिलता है उन्हें आराम
हम भी थोड़ा काम करेंगे
अपनी माँ की मदद करेंगे
तब होंगे सब काम तमाम
मिलेगा माँ को आराम

अदिती पाण्डेय
कक्षा ४ द

कुछ कर के

हमें दिखाना है”

कुछ कर के हमें दिखाना है,
छोटे बच्चों को सिखाना है।
वो हमें देख कर सीखेंगे,
हमको उन्हें यह बताना है,
कुछ कर के हमें दिखाना है।

मोटे है तो पतला होना,
कमजोर हैं तो ताकतवर बनना।
पढ़ाई में हमें तेज है बनना,
जा कभी भी हमें है रोना।
लानी है अपने में शक्ति,
करनी है ईश्वर की भक्ति।
किसी चीज़ से ना है डरना,
अच्छे बच्चे बनके रहना।

इसीलिए हम कहते हैं-
कुछ कर के हमें दिखाना है,
छोटे बच्चों को सिखाना है।
वो हमें देख कर सीखेंगे,
हमको उन्हें यह बताना है,
कुछ कर के हमें दिखाना है।

वेदिका पाण्डेय

कक्षा 3 स

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“महत्व”

ड्रामे में Actor का, खेती में Tractor का,
जीवन में Character का बड़ा महत्व है।

सर्दियों में Coat का, जेब में नोट का,
चुनाव में Vote का बड़ा महत्व है।

गर्मियों में जल का, घर में तेल का,
स्कूल में Principal का बड़ा महत्व है।

सेना में वीरों का, फिल्मों में Hero का,
Maths में Zero का बड़ा महत्व है।

Cutting में लार्ड का, खाने में मिठाई का,
School में पढ़ाई का, बड़ा महत्व है।

शाम्भवी सिंह

कक्षा 3 स



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T.T.C.

ST. MARY'S CONVENT JUNIOR COLLEGE OF EDUCATION (TEACHERS' TRAINING COLLEGE)

2009-2010



T.T.C. I 2009-10



T.T.C. II 2009-10



From the Desk of the

Principal

Dear Students,

With a deep sense of gratitude I pen these few lines for all that has been and for all that will be. The forthcoming pages of this magazine highlights in a nutshell, the major events of the academic year 2009- '10, in the Teachers' Training College. Another colourful page has been added to the history of this College, like that of a carefully woven tapestry of multiple colours in perfect harmony. Hats off to the Teachers and the students !

According to Dr.Radhakrishnan, " Education is a training of the intellect, refinement of the heart and the discipline of the spirit." All the activities in the College are centered round this noble vision of that great Philosopher-President of our country. This Training College has completed 60 years of service in Allahabad. Its alumni are working in all parts of the world, holding important positions and rendering valuable services in the field of Education. "Women in time to come will do great things," was the prophetic message of Mary Ward, an incomparable woman of 17th century. Truly, women over the years have proved themselves to be competent and committed to the cause of humanity.

The previous batch of Trainees brought laurels to the College by their excellent result in the Final Examination. A total of 28 students graduated from this College in the academic year 2008-'09. Among them were 14 First Divisions; 11 First Divisions; and 3 Second Divisions. Congratulations to the Teachers and the students for their wholehearted co-operation. This year 29 students will graduate from this College. Best of luck to each one of them.

In a society that is battling with anti-social ideologies and erosion of values, to give Peace a chance, the role of a teacher is challenging but significant. It is a mission with a vision. We have to be well equipped with the right attitude towards our call to be educators. The quality of our work is directly related to our attitude.

Once three people were laying bricks. A passerby asked them what they were doing. The first one replied, "You see, I am making a living?" The second one said, " Don't you see I am laying bricks?" The third one said, " I am building a beautiful edifice." Here we find that though these three men were doing the same work, they had different perspectives on what they were doing. In other words, they had three different attitudes about their work.

Let us ask ourselves, " What is my attitude when I enter the class room? Am I there, just to teach subjects like English, Mathematics, Science etc. or am I there to touch the life of each child in the class and to make a positive difference in his/her life, so that I help in erecting the edifice of his/her personality?"

According to Theodore Roosevelt, "The best prize that life offers is the chance to work hard at something we are doing." A teacher's role is a noble one. So let us commit ourselves fully to the task before us and give our best for the next generation.

Sr. Divya C.J.
Principal

JULY 2009

- 1st The Boarders returned
- 2nd The College re-opened. Welcomed two new teachers, 34 new students and 29 old students.
- 7th The new ones staged a wonderful programme and introduced themselves to the SMTTC family.
- 23rd Investiture Ceremony of the Captains.

AUGUST

- 1st & 2nd Inter C.J.-School Meet at S.M.C. Allahabad. Inaugural item by the Trainees.
- 3rd & 4th Elocution Practical
- 7th Presented various Skills of Teaching (Micro-Lessons)
- 10th & 11th Teaching Practical in Micro Groups.
- 15th Independence Day Celebration:- Inter House Competitions
 - 1) Patriotic Song (In Hindi & English)
 - 2) Folk Dance in groups
 - 3) Collage making:- Theme: Environment friendly School of your Dream
- 31st Ma'am Deb's Birthday Celebrated

SEPTEMBER

- 5th Teachers' Day Celebrated
- 7th to 12th Block Teaching in S.J.C.
- 16th to 18th Block Teaching in S.M.C.
- 22nd to 24th Block Teaching in S.M.C. continued.

OCTOBER

- 4th The Boarders returned after the Dussehra holidays
- 5th College re-opened
- 16th & 17th Bible Festival 2009
- 18th & 19th Diwali Holidays

NOVEMBER

- 23rd Half-Yearly Exam began

DECEMBER

- 1st & 8th Half-yearly Exam continued
- 12th Birthday of Ma'am Hajela celebrated
- 19th P.T. Display
- 23rd Christmas celebration, Christmas p/s Assembly, Carol Singing Competition (Hil English) College closed for winter vac after the programme.

JANUARY, 2010

- 3rd The Boarders returned
- 4th College re-opened
- 16th Painting Competition for all
- 22nd & 23rd Final Elocution
- 29th & 30th Final Teaching Practical in micro groups

FEBRUARY

- 4th & 5th Art & craft Exhibition
- 6th Orientation Programme
- 13th Inter-House Role Play Competition ba the two novels of T.T.C. I & II
- 20th College Picnic to Varanasi

MARCH

- 20th Farewell Programme for the 2nd year Trai
- 25th & 31st Internal Examination (Content)

APRIL

- 1st & 5th Easter Holidays
- 6th & 8th Internal examination (Continued)
- 19th & 28th External Examination (Methods)
- 29th Final Prayer Service; Return the Text bo
- 30th Boarders Return Home. College clo summer vacation.

MAY

- 1st Interview for the New Students

The Bible Festival - 2009

SMC
Spectrum
T.T.C.

Tal, fatigue and hard work are the words related to the preparations for the most awaited event of the year, namely the Bible Festival 2009. Everyone put in her best as the competition was very tough. It is held every year in St. Joseph's college, Allahabad, and the participants come from different places like Allahabad, Kanpur, Meerut etc. This is a golden opportunity for the children and the girls to display their talents and win prizes. Various competitions are conducted every year based on Biblical themes, for various age groups.

This year the Bible festival was held on 16th and 17th October, 2009. The Trainees participated at the Institutional level in events like Solo Dance, Group Dance, Speech, Skit, Painting, Model making, Quiz, and Group Song. We made our College proud by winning prizes in all the events except in the Group Dance. The girls who won the prizes are the following:



SL.NO.	ITEMS	NAMES OF THE PARTICIPANTS	POSITION
1.	Solo Dance	Sr. Soniya Jose	First
2.	Group Song	1) Sr. Surabhi C.J. 2) Sr. Maria Jinny 3) Maria Augusta D'Silva 4) Jacqueline Anne Julian 5) Pooja Priyanka Job	First
3.	Speech	In English Maria Augusta D'Silva In Hindi Roseline Dass	Second Second
4.	Bible Quiz	1) Priyanka William 2) S. Adaikala Mary	Second
5.	Drawing	Magdelina Cecil	Second
6.	Skit	1) Sharon Decunha 2) Linsu Raju 3) Sabrina Decunha 4) Mariam G. James 5) Vandana M. Joseph	First
7.	Model Making	1) Sr. Shakuntala Kujur 2) Sr. Prabha Baa	First

Unlike the previous years, luck didn't favour us to have the Championship Trophy this year, but we are happy that we won the Runners up Trophy. The experience we have gained, the confidence built up in us, and the values imbibed from this event surpass any Trophy that we may have won. We are grateful for the opportunity provided to us to build up our quality through such activities. We express our sincere gratitude to Sr. Divya C.J. our Principal, and our teachers, Sr. Deb, Ma'am Kumar and Ma'am Hajela who left no stone unturned to prepare us well for this great event. "Coming together is a beginning; staying together is progress; and working together is success." Yes, it is the team work that brings us joy and lasting satisfaction.

Anne Jude Pierce & Sharine O. Preminger
T.T.C.-I

Investiture Ceremony

Badges, sashes and flags adorned the Conference Hall of the College on 23rd July, 2009, as it was the day for the most awaited event of the year, namely, the Investiture Ceremony for the Student Council.

The occasion was witnessed by the Honourable Principal, Sr. Divya C.J., the teachers and the students who had elected them. The ceremony began when the newly elected Captains marched into the hall. They were extended a warm welcome by the student representatives by performing aarti for each one. Thereafter, Sr. Divya C.J., our Principal, the teachers and the new Office-bearers ceremoniously lighted the lamp, symbolizing God's presence. After a short prayer-service, invoking God's blessings on the newly elected Office-bearers, and the College as a whole, Sr. Divya C.J. asked them a few questions to check how well prepared were they to take up their new responsibilities. Being satisfied with their response, she led the team to get ready for the swearing in ceremony. Then our Principal and the teachers vested the Captains with the sashes of their respective Houses and handed over the flags as well. After this the Captains, standing in a semi-circle, facing the lighted lamp and stretching their right hand forward, took the oath of office and loyalty. Then all the members of each House pledged their loyalty and co-operation to their respective Captains. The Office-bearers of the academic year 2009-'10 are the following.

College Captain	-	Magdelina Cecil
College V. Captain	-	Sr. Sonia Jose
Games Captain	-	Lilly Dutta
Blue House Captain	-	Priyanka William
Green H. Captain	-	Sandra Walter
Red H. Captain	-	Sharon Decunha
Yellow H. Captain	-	Roseline Dass



The Investiture Ceremony was followed by a message from our Principal, Sr. Divya C.J. She stressed on the importance of commitment to duty, as student leaders, and wished every Captain success in all their effort. At the end, I, Magdelina Cecil as the College Captain proposed the vote of thanks, and expressed our sincere thanks to our dear Principal, Sr.Divya C.J. , the teachers and all the trainees for placing their trust in us, the new team of Office-bearers.

Magdelina Cecil
T.T.C. - II



The Training College Turns Diamond



"Great works are performed not by strength, but by perseverance."

The year 2010 marks an epoch in the history of St. Mary's Convent Junior Education as it enters into its Diamond Jubilee Year. Initially the College functioned in Allahabad after which it got shifted to Allahabad in 1950, where it made a modest and humble beginning in the old Primary Section building of St. Mary's Convent Inter College, Allahabad. In the six decades of its existence, this Teachers' Training College, as it is popularly known as, has left a blazing trail of dedicated and committed teachers who have ignited the spark of knowledge in hundred minds, all over the world. Many of the alumni of this Training College have been recognised as 'Great Teachers' and hold important positions as Principals, Directors and efficient teachers.

Presently the College in its new building, cradled in the lap of greenery, hosts about 150 five students, training to become teachers. The curriculum followed by them is rich in content and encompassing in its aspects and deep in its knowledge. It endeavours to give an all round education and unfold the personality of each student by tapping their inner reserves and talents. Self realisation of each student helps them to turn into ideal and capable teachers.

The academic details of the Trained Teachers' Certificate Course include the content matter of all the subjects taught in the school along with their methodology of teaching. The technical subjects of Educational Psychology and Professional Education give the Trainees the professional touch of a teacher. The academic course is studded with a myriad of activities to develop self-confidence and creativity. Patriotic fervour is expressed by the Trainees in August through games, dances, choral recitation, collage making and skit in the form of competitions. A similar set of activities centred around Christmas time too. Special opportunities also come through public performances viz. the Bible Festival organised by the Catholic Diocese of Allahabad every year in October, to showcase the talents of the trainees. The year 2009 also witnessed displaying their cultural talents at the 'C.J. Meet,' commemorating the 400th Jubilee Year of the foundation of the Congregation by Mother Mary Ward. Other important events in the Training College are the Annual P.T. Examination in December and the Art & Craft Exhibition in February. Every academic year witnesses a smooth blending of studies and activities. Practical Teaching in micro-groups and in actual class rooms makes the training complete.

The real secret that makes such an in-depth training possible is the dedicated, selfless and committed service of the sisters of the C.J. Community in Allahabad, along with the co-operation of competent teachers of the past and the present. The Sisters run this Institution with the sole aim of 'Empowerment of Women.' They work religiously day and night for the cause of women and girls, and extend Mother Mary Ward's vision 'Women in time to come, will do great things in reality. Along with running the Training College efficiently, the Sisters provide boarding facilities to the outstation candidates. Care, comfort and security is offered to the young students without delving too much into the pocket of parents, guardians and sponsors.

The past 60 years of the Training College have run smoothly only because of the guidance and leadership of some great personalities who were at the helm as Principals of the College. Dedicated service has been provided by Sr. Marion, Sr. Teresina, and presently Sr. Divya, to name a few. From getting the College a new building, to a recognition by the NCTE, to giving it a facelift and a modern look are some of their achievements that is instrumental in propelling the College to the pinnacle of glory and success.

As part of the faculty for over a decade, I consider it my good fortune to be associated with this great Institution and to be able to contribute my services for the noble cause of creating 'GURUS' who would spread the flame of knowledge and help others to turn towards the 'SUPREME GURU'.

"A journey of a thousand miles begins with a single step."

Dr. (Mrs.) Sharmi
Faculty Member

Independence Day Celebration



“Those who deny freedom to others, deserve it not for themselves.” Abraham Lincoln

In the days when Swaraj was an alluring perfume that patriots wore, Independence was an elusive dream. But that same dream blossomed into reality on 15th August, 1947. Thus the celebration of Independence Day every year is very important to remind us of the historic struggle that made it possible for us to enjoy the life we are leading today. In keeping with the tradition, the National flag was hoisted in St. Mary's. Though it rained very heavily on that day, the Trainees kept their spirits high to present the various items of the programme scheduled for that day.



The programme began by a prayer service, invoking God's blessings. This was followed by an Inter-House folk-dance competition. Different folk-dances took us to the different States of our motherland, and we could feel the essence of unity in diversity. The Green House bagged the prize for the dance competition. The next item in the list was the Patriotic song competition in Hindi as well as in English. It aroused in us a sense of gratitude towards the freedom fighters of our country as well as a deep





Independence Day Celebrations

love for our motherland, India. It was an excellent performance by the Trainees. However the Yellow House outdid the other Houses and won the 1st prize.

After the stage performance, the judges were invited to assess the Collages prepared by each House. It was a tough job indeed. The theme given was, "An Environment-friendly School of the Future." Each House came out with fantastic ideas and depicted them on the charts. All the four Houses did very well. Finally the Green House was declared the winner. After the programme all went home to enjoy the rest of the day with their family members.

Mariam G. Jan
T.T.C.

The World of

FANTASY

Life is a world of Fantasy
People of every age
Children young and old,
All live in the world of fantasy
The meaning of Fantasy is
The world that you just imagine
Today's generations spending
90% of life time in the world of fantasy
Desiring to be famous
Fantasizing to be
The richest person of the world,
But just having no job.
Putting less of effort to accomplish
One's own fantasy.
Will then fantasy be accomplished ?
Never ! because most of us prefer
The world of fantasy
Than the real and hard struggle of life
Let us look into ourselves
Are we living the world of reality
Or the world of fantasy ?
We will be the happiest
When we live the world of reality
And not the world of fantasy.

Sr. Jigisha
T.T.C. - II

The World of

FANTASY

Teachers' Day

Celebration



Carl Jung has rightly said, "One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feelings."

Overwhelmed with a sense of gratitude towards our teachers for what they are to us, we, the Trainees gathered in the Conference Hall, along with Sr. Salesia C.J. the Manager, Sr. Deva C.J. the Principal and all our dear teachers on 5th September, to celebrate the Teachers' Day. The highlights of the day was a meaningful prayer service, followed by a variety entertainment programme. The Trainees danced, sang and acted to make the day a jubilant one for them.

'Teachers are leaders -
For their noble task is to
Lead, direct and guide
The steps of their pupils
Towards the heights of the truth,
And into the depths of
Goodness and love.'

The SMC Family wishes all their Teachers - Present and Past, youthful days of grace, wisdom of the middle age and the serenity of the old age, coupled with the essence of contentment which leads to the bliss of ever-lasting happiness. May You Face Well In Life.

Affectionately yours ... The Trainees.



Is It Compulsory To Have Uniforms In The Schools ?

School uniform is an integral part of a student's life. It is not only a necessity for a student, but it also provides a sense of security to the school going children. From the first day of the school life, the child feels that every one around is similar to herself / himself. He is also one of the members in the group. When a child wears a school uniform he/she is completely a different individual as he/she wears the symbol of the school and feels dignified. It instils a sense of responsibility in the child. The child feels that in his school uniform, he has certain duties to perform and he develops a sense of pride and dignity in wearing his school uniform.

The school uniform makes the students realize that they are in the school premises where discipline has to be maintained. This discipline makes them grow into better individuals who know what to do and when to do what. They know that they can not misbehave as it will bring bad name to the school. In the school-uniform, the students actually represent their school and thus take pride in wearing it. A school-uniform differentiates an individual from the rest of the world. When they go out somewhere, they are recognized immediately as to which school they belong to. If a group moves out in school uniform and a person is lost, people would spot the lost one because of the school-uniform. So, it provides a sense of security to the individual that in the absence of his/her parents, there is someone to care for them.

Uniform in the school creates a friendly atmosphere for the children to grow. It makes no discrimination between caste, creed and status. They easily get mingled with one another in the school. It leads to character formation in a particular manner. It enables them to practice certain values by way of thinking, talking and doing things properly. This uniform helps them to adjust themselves in the group and develop values like love, respect, acceptance, simplicity, modesty and unity among themselves. Students look smart when they wear school-uniform. It gives joy and satisfaction to the students.

Usually uniforms are made simple and comfortable for the students to wear. It also prevents extra expenses for the parents. Modern age is considered to be an age of fashion. Children want to be in a fashionable dress and if this is permitted in the school, the school, which is a temple of knowledge, will not be the same, instead will become a centre for fashion parade. Thus in short we can say that it is very important for a school going child to wear school uniform by which he/she will feel secure.

Besides it develops a feeling of togetherness when they are in their uniform. They feel that they are equal and so without any hesitation they take initiative to do anything in the group. It develops self confidence in them and inspires them to feel one with the other fellow students. Uniform bring about a sense of unity, and this spirit makes them to work hard and make things possible. Hence it is important that students must wear school uniform and respect it, as it helps them to develop into much better individuals with a high sense of morality and self discipline.

Sr. Dibya G. Kindo
T.T.C. - II

THE BEST TEACHER AWARD

Conferred on **Dr. (Mrs.) Sharmila Deb**

On 5th Sept. 2009

By the 'Rotary Allahabad South'



Hearty Congratulations & Warm Felicitations to You

Dear Dr. (Mrs) Sharmila Deb

St. Mary's Convent Junior College of Education is proud of you.

A Brief Introduction:

Dr.(Mrs.) Sharmila Deb joined St. Mary's Convent Junior College of Education in 1998 as a faculty member. She has a Master's Degree in Clinical Psychology, and a Ph.D. in the same subject from Lucknow University. She is a devoted, dedicated, competent and industrious teacher, with a sense of humour, an optimistic attitude. Her proficiency in curricular as well as co-curricular activities *is commendable. The students remember her* as an efficient teacher, an understanding and affectionate guide, a patient listener, an excellent role model.

The SMTC Family wish her all the best in her life.

Sr. Divya
Principal

Dear Teachers, Many Happy Returns of the Day



Mrs. A. Hajela, On 12th Dec.

31st August & 12th December were memorable days for the Trainees as they celebrated the Birth day of their beloved Teachers, Ma'am S. Deb and Ma'am A. Hajela, respectively. There was jubilation in the College. Both the days, the College got geared up for a celebration. The first event of the days was a meaningful Prayer Service, imploring God's blessings on both of them. On both the days, the Trainees staged cultural programmes to add colour to the celebration. Greeting songs, comic skits and lively group-dances doubled their joy. It was indeed the best way of telling them, "Thank you Teachers for the Gift of Your Life to Us."

The SMTC Family.



Dr.(Mrs.) S.Deb, On 31st August.





Arrival of The Chief Guest & The Guest of Honour



A Warm Welcome to Rev.Sr.Sumita C.J.
The Chief Guest



Taking the salute

True to the motto, "Effort Spells Success," the Trainees had a wonderful P.T.Display on 18th December, 2009 at 9.30 a.m. It was an opportunity for them to display their spirit of sportsmanship and the ability to take winning and losing in their stride. Expectations ran high and there was a desire in all of them to excel in their performance.

The Chief Guest for this occasion was Rev.Sr.Sumita C.J., the Provincial Superior of the C.J. Sisters of Allahabad Province and the Guest of honour was Rt. Rev. Dr. Isidore Fernandez, the Bishop of the Catholic Diocese of Allahabad. Our special guests included Priests and Sisters from the neighbouring Institutions, parents, ex-students, friends, and well-wishers. It was a privilege of Magdelina Cecil, the College Captain to address the august gathering and extend a warm welcome to each one of them. Sr.Sonia Jose, the Vice Captain and L. Dutta, the Games Captain presented a bouquet each to the Chief Guest and the Guest of Honour respectively, as a mark of a warm welcome extended to them.

At the onset of the P.T.Display, His Lordship Bishop Isidore Fernandez led us all into a prayerful moment imploring God to bless all of us and our efforts. After prayer, the College, led by the Captains, marched forward smartly, elegantly and with precision to the rhythm of the beat of the music. They received a good round of applause from the audience for their wonderful performance.

"A healthy mind dwells in a healthy body." To keep ourselves healthy in mind and body, we had the next item consisting of aerobic exercises. It captured the attention of every one immediately, and invited again a huge round of applause from the audience. The next item in the list was to give a glimpse of the role played by Venerable Mary W. the Foundress of the Congregation of Jesus and her Sisters in all five continents of the world, to spread the Light of Education. The C.J. Congregation was founded in 1608 and this is the 4th Centenary year of the founding of the Congregation.

This was followed by a cascade of Drill-displays by all the four Houses, which made the audience spellbound. First came the Blue House, with colourful bamboo sticks displaying various formations, depicting the theme, "Unity is Strength." The Green House made an attempt to show that human life is an intricate mixture of the good and the evil and ultimately the Good triumphs over the Evil. The Red House then presented the 'Fluttering Butterflies' which



colour to our life. The spectrum of colours was indeed captivating. The Yellow House came up with a befitting tribute to the legendary Pop Star, Michael Jackson, by performing on two of his songs, "Do you remember the time when ..." and "Black or White ? ..." Well, it was mesmerizing, and a real "Come Back" for the Pop King.

Surprises didn't get over there. Very promptly, each House was ready with a round of pyramids, based on 'The Statue of Liberty, Our national Emblem, and the themes, "Soar high like an eagle through knowledge, peace and unity" and "Let your light shine." The pyramid formation was an indicator of the great heights the Trainees can scale with team work.

After this, once again the College Captain, followed by the team of Captains led all four Houses the field, beating the retreat. Then the Chief Guest, Rev. Sr. Sumita C.J. addressed the College, appreciating the effort made by the teachers and the students to have such a wonderful show on the field. Then the Guest of Honour, His Lordship Bishop Isidore Fernandez announced the result of the various events. In the March Past, Blue House won the first position, followed by the Green House and the Red House. In the Drill Display and the Pyramids, the Yellow House won the first position. On the whole, all the students did their best for this programme.

The Vote of Thanks proposed by Sr.Sonia Jose, the College Vice Captain was a fitting conclusion to our P.T.Display. She thanked every one for making it a success by their presence and words of appreciation.

On behalf of all the Trainees, I express my deep felt gratitude to our dear Principal, Sr.Divya C.J. and our Teachers, Ma'am Deb, Ma'am Kumar and Ma'am Hajela for their untiring efforts to build up confidence in us and to boost up our morale. Without their guidance and support, this event would not have been a success. The commentator for our programme was none other than Ma'am Deb, the pillar of our College. She along with our two new teachers, Ma'am Kumar and Ma'am Hajela guided us all along, and on the final day saw to the music and other requirements necessary for the success of the programme. Our sincere thanks to you dear teachers for enabling us to do our best, even in the co-curricular activities.

Sabrina Decunha
T.T.C. II

P.T. DISPLAY - 2009



P.T. DISPLAY - 2009



**ANNUAL
P.T.
DISPLAY
2009**



Life In A Hostel is Necessary For The Growing Up Child

When we speak of a hostel life, the first impression that comes in the minds of the people is strict, rigid, formal rules and regulations, worst punishments, lack of love and care from the people; but this is a wrong concept imbedded in the minds of the people.

Hostel is a modernised term for Gurukul. In the earlier times, teaching was practiced in the upper class only, i.e. amongst the Royal family, in Gurukuls, the kings sent their children to learn values of life, the art of fighting and to lead a disciplined life in future.

Life in a hostel is a training or a way of life aimed at self control and conformity.

The children who stay in a hostel and study can be clearly distinguished. Children who stay with their parents, no doubt, get special love, care and protection but they are wholly dependent on their parents for every petty thing, mainly their mother, to make them wear their clothes, take it out, polish their shoes, wake them up, pack their bags etc. This tends to make them lazy. But in a boarding, the children get up on their own, change and are on time for their meals. All this they do it on their own.

This helps the children to be independent from the beginning itself. Children do all their work systematically and on time because they know that if they delay in one thing all the other things that follow will also be delayed.

It may be the fear of getting a scolding or punishment that makes them do all their work well, but with the passage of time they inculcate in them these good habits.

It is even more important to put the children at a smaller age in the boarding because very young age is considered to be the 'Moulding Age.' Whatever the children learn or develop in this period, they imbibe for their life time.

In the boarding, children of various types come, with different religions, languages, colour, caste, and creed. In such an environment the children learn to adjust, mix around with a variety of people which later on will help them to enter the world boldly as they will have much problem in adjusting and communicating with the people.

"The one who knows how to adjust,

Is the one who knows how to survive".

Pupils in a hostel learn to tackle their own problems regardless of the adverse circumstances. The hostel life teaches them to be disciplined, which is a balance between physical and mental needs, and the manner in asserting these needs provides them with harmony, inner joy (peace) and strengthens our confidence as it enables us to respond more functionally to the Society in which we live and move.

Living a hostel life, enables us to be punctual for everything, whether meals, school or other duties. Hence developing the habit of time management and also understanding the value of time which is much more precious than money.

When we stay among so many children in a hostel, it inculcates in us, the emotion of mutual understanding. Even though we might have had the worst or a hectic schedule, yet if one child in the boarding falls sick, the whole lot in the boarding will be awake to see in case she needs anything, and the next day we do the daily routine with the same energy as if we had the best sleep. So much love and care from the warden and the friends in the boarding we get.

where is the lack of affection ?

Hostel life makes us responsible towards our studies as we know that if we do not study, we are ruining our future. We ourselves take some small and big decisions in the hostel even if the consequences happen to be the worst at times. But it enables the children to shoulder their duties effectively besides learning from the experiences.

It creates a sense of togetherness, inspite of occasional fights among the hostel children. This is evident from the fact that if someone else tells a boarder something, then all the boarders are ready to defend her.

Hostel life makes us emotionally and physically strong with various ups and downs of life. We share all our sorrows and happiness with the hostel members. Even though we are not with our parents we are still in a big family.

We create new and strong relationships like friendship which tends to last for a life time.

Nothing is perfect; So is the life in a boarding. All types of children come and some innocent children may fall victim to getting bullied by the stronger ones. They may get into wrong company due to which they get into trouble eventually.

"Good children know how to get out of trouble ,

Better children know how to avoid."

And at times, one strongly urges for a gentle, soft and tender care and protection of ones' mother. This is part of normal life. We miss people, whom we love the most but we gain a lot in reality.

In accepting the habit of acting accordance to rules that give us day to day living, and guiding our attitudes and actions with the people we live with, will help us to build up a society of love, respect and concern.

I stand firm on the opinion that life in a hostel is necessary for a growing up child. If they follow the right path in the hostel, they become more confident, well- disciplined, mature, helpful, well- shaped and polished in all the aspects of their personality, character and behaviour and become capable of taking their own decisions in the right way. **I AM TODAY ...**

Anne Jude Pierce
T.T.C. - II



Harmony The Need of The Hour



One of the great tragedies of life is that we seldom bridge the gulf between doing and saying. On the one hand we feel proud of proclaiming noble principles, and on the other hand we regularly practice the very opposite. Our lives are characterized by a 'high blood pressure' of creeds and an anaemia of deeds.

We will continue to worship the god of revenge, if we fail to fight evil with love, friendship and forgiveness. Forgiveness is the essence of life. One who forgives has 'showers of God's blessings.' These virtues can conquer hatred and enhance life. The only way to achieve harmony inspite of political interference is to build bridges of love and friendship stronger than flames of hatred. Love is the most durable power, and friendship, the most everlasting of all relationships.

We cannot have permanent peace unless the youth of today open their eyes to the world around them. What is necessary now is to enable the young generation to introspect their own self, and their role in the society, for a complete ideal and democratic India. They should realize that we are the children of one Father and so, stop discriminating on the basis of caste and religion, and foster the feeling of brotherhood. Let our faces reflect what we are, and let us improve this picture by being what we are, and what we are meant to be- more caring, more loving, more committed to our Motherland.

Mrs. Anupama Hajela
Faculty Member

LAUGHTER IS THE BEST MEDICINE

'Laughter is the best medicine' - This is a very old saying. The power of laughter is tremendous. It is vibrating. It is a pleasant sensation. Laughter accelerates the respiration and gives warmth and glow to your body system. It is a life which keeps one physically, mentally and morally fit.

A joyous spirit not only relieves pain but also increases the momentum of life. A hearty laugh is very important for fitness. Fears, depression, anxiety are the enemies of human life. Due to these emotions, life sinks and cripples. All unpleasant emotions should be fought with. This is possible only if we remain cheerful all the time. We should have a cheerful, hopeful spirit. Keep smiling and have a hearty, hilarious laughter. Cheerfulness keeps the heart and young.

Cheerfulness can get us closer to people. A good laugh and a smiling face can help us make better friends with one around us. We feel so good inside. There is a kind of brightness within us. It is an important means of driving the away. A person who has a hearty laugh is always delightful and stays in harmony.

No road in life is smooth. There are ups and downs in everyone's life. There are troubles and pains. But one must laughing and smiling; for these will help you overcome all the difficulties with ease. Laugh and make others laugh. The power of laughter will make you forget all your difficulties and conflicts and it will refresh you.

Great sorrows, burdens and hardships exist in everyone's life. But live to enjoy your life. Relax yourself. Learn the good living and do not waste your energies in friction. Set out with all your soul to rejoice your life. There goes a saying, "Laugh, and the world laughs with you. Cry, you cry all alone." Be surrounded by beauty and harmony.

Be an optimist. See your life with a positive attitude. Have a cheerful optimistic temperament. You can snatch victory from defeat. Those who keep on grumbling, are avoided by people. It is the bright, cheerful, hopeful and loved man who makes his way; who is respected and admired by everyone in the society. It is the bright and cheerful that wins the final triumph.

Laugh and live longer. The Bible says, "A merry heart has a cheerful countenance and does good like a medicine."

Aristotle says, "Laughter is the bodily exercise precious to health."

Laughter is the best medicine. Laughter helps a person to feel younger. Laughter stimulates the heart, supplies to the lungs and energizes the brain cells, which promotes a better outlook in life. Laughing has an effect on all the of the body. When we laugh we secrete hormones, that stimulate and strengthen the heart. Stress is reduced, calories burnt, digestion improves and the entire bodily system get rejuvenated. A hearty laughter enjoys most of the benefits led to physical exercise.

Laughter is a natural therapy to make one calm. Humour and laughter help individuals to defend against conscious fears, worries, anger and other negative and disturbing emotions which are the cause of all types of somatic disorders.

"That day is the most wasted in which one has not laughed." - Artharva Veda.

So, make a resolution to laugh... and the world will laugh with you.

The ART & CRAFT Exhibition - 2010

"Beauty lies in the eyes of the beholder,"
says John Keats

After the united effort and tremendous hard work by the Trainees, it was time for the Art & Craft Exhibition. The auspicious days for it were 4th & 5th February, 2010. Rev. Fr. K.K. Antony, Director of Nazareth Hospital, Allahabad, inaugurated the Exhibition on 4th February, at 9 a.m. It was followed by lighting of the lamp. The Trainees then sang a Welcome Song for Rev. Fr. K.K. Antony. Parents, teachers from the school, children and friends all were extended a warm welcome to the exhibition.

The creativity and resourcefulness of the students were praiseworthy. Beautiful things made out of waste materials attracted every one's attention. Each stall was decorated in an innovative way. Waste materials like x-ray sheets, empty cold drink bottles, bottle covers, dry flowers, twigs, leaves and even feathers got transformed into a decorative item.

The second day of the exhibition was graced by the presence of Rev. Mother Mechtilde Meckl, the General Superior of the C.J. Congregation, and her Councilor, Rev. Sr. Celine C.J. from Rome, accompanied by Rev. Sr. Sumita C.J., the Provincial Superior of the Allahabad Province of the C.J. Sisters and Sr. Carola C.J., the Provincial Councilor. All of them admired and appreciated the work done by the Trainees.

The able guidance of our teacher Ma'am A. Hajela, enabled us to use our creative thinking, to transform simple things into beautiful pieces of art. Thank you Ma'am for guiding us and facilitating this exhibition.

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

Mary Priya Dass
T.T.C. I



A Visit to the Art & Craft Exhibition - 2010

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by Rev. Sr. Mechtild Meckl, the General Superior of the C.J. Sisters and Sr. Celine C.J., her assistant from Rome.



A warm welcome to our special Guests



Admiring the Creativity



Aarti being performed



Greeted by a Welcome Song



Pause for a Moment



Rev. Sr. Mechtild Meckl, the General Superior, flanked by Sr. Celine C.J. & Sr. Sumita C.J. the Provincial Superior

Educational Tour To Varanasi

On 20th Feb. 2010, all the Trainees, along with the Principal, Sr.Divya C.J., and the three teachers, Ma'am S. Deb, Ma'am R. Kumar and Ma'am A. Hajela set out to Varanasi for an educational tour. We started off at 6 a.m. and reached Sarnath by 9.45 a.m. It is one of the four holy Buddhist sites sanctioned by the Buddha himself for pilgrimage. The places that attracted us in Sarnath were Mulgandh Kuti Vihar temple, Dhamek Stupa which contains the relics of Mahatma Buddha, the bodhi tree under which Buddha delivered his first sermon to his five disciples, a Japanese temple, Matri Buddha temple and the Sarnath museum. It was very informative and enriching.

Our main attraction was the two schools for 'special children' in Varanasi, namely, Jeevan Jyoti Schhool for the blind and Nav Vani School for the deaf. Our experiences in these schools had been too overwhelming that the impact may last for years to come. "Seeing is believing." It was a great



opportunity for us to visit the Jeevan Jyoti School, which provides education to the visually impaired students. It is a residential School with 165 students, from K.G. to Class XII. This school is run by the Sisters of SRA Congregation. These children are visually challenged. But they can read, write, sing, dance, play and perform anything.

According to Hellen Keller, "The most beautiful things of the

world cannot be seen or even touched ; they must be felt with the heart." As she was blind and deaf, she felt the need to invent a new system of writing by which the blind can read and write. It is called Braille, which is a system of embossed signs formed with one or more of six dots arranged in 3x2 matrix. To make their future bright and to show them rays of hope, the management has organized Computer classes. It was a surprise for us to see 'Speaking Computers' which the blind children used very efficiently.

One of the teachers said that they are given 'touch experiences' and their



sense of touch is very strong. They touch and feel the models and then recognize them. The teachers use models and also give them oral training to make them understand the lessons. The games they play are of an audible nature. They enjoy listening to T.V. programmes. What touched us the most was the positive attitude of these children. They all looked happy and hopeful of a bright future.

We had an opportunity to visit the D.Ed College in the same building, which offers training to teach the blind students. Our inter-action with those Trainees enriched us further as we came to know the methods of teaching those children.

Enriched by the experiences in Nav Jyoti School, at 1 p.m. we left for Nav Vani School and reached there by 2 p.m. This school is meant for the deaf children. It has 233 children and 23 teachers. By the time we reached there the school had give over and so we could meet only the resident students. The Principal Rev. Fr. Ronald and the Sisters of SRA Congregation welcomed us and introduced us to the children. Communication with those children was possible only through sign language, which made it difficult for us. The children were very happy and active. In our own way, we tried to communicate with them and made them happy. After having spent about an hour there, we went to Asha Niketan School for the mentally challenged children. Unfortunately we could not meet the children here, as they are all day- scholars. A well deserved lunch awaited us there at 3 p.m. Finally we settled down to relax and enjoy the lunch. A word of thanks to the C.J. Sisters who were kind enough to prepare lunch for all of us. At 4 p.m we left Varanasi and reached Allahabad by 8 p.m.

“ People love others not for who they are; but for how they make them feel .” The cherished moments of this trip will linger on in our minds even when we will have finished our Training in SMTC. We express our sincere thanks to our Principal, Sr.Divya C.J. and the Teachers who accompanied us.

Sr. Jissy & Sharon Decunha
T.T.C. - II



VALUES IN LIFE HAVE LOST THEIR MEANING IN TODAY'S WORLD

This saying is really true as nowadays, we find the entire world is busy tracing and finding out new and wrong means of achieving success in life. The moral values are gradually disappearing.

In olden days, the most important aim or the first priority of parents was to give or impart to their children moral education or moral values. This was considered the greatest education. Parents were concerned and greatly engrossed in shaping their children's character. Values like truth, justice, honesty, faithfulness, forgiveness, respect for elders, kindness and compassion towards the poor were regarded as the greatest treasure or pearls in life.

If we carefully observe the people of today, we find that most of them are not at all concerned about moral values. Some of them have the notion that these values should only be limited to books. Still others think that there is no place for moral values in today's world.

Even students nowadays do not consider or realize the importance of moral values as they are exposed too much to the materialistic world. The luxuries and pleasures of this world are slowly drifting them away from their spiritual life. Moral values can only be present in a person who is more spiritual than material. Such a person is one whose conscience is alive.

The media as a whole plays a very important role in everyone's life. As one is so greatly attached to the media, one is highly influenced by whatever it tries to convey. If we talk about the television, we can say that it has highly influenced the young minds as well as the teenagers and adults. The television programmes and daily soaps mostly do not portray the precious values. Instead they highlight all the wicked and evil ways of life. The message conveyed to the viewers is that 'Evil triumphs over good.' Hence, if people are being given such distorted ideas, then they are surely going to move away from the right path.

The newspapers also to a great extent are the cause of the erosion of the moral values. When we read the newspapers, we find it full of violence, hatred, lust, greed, destruction, despair, depression, cowardness, jealousy and cases of bribe. These are the sections in a newspaper which attract the attention of majority of the people. They often read the newspaper, not exactly for obtaining knowledge about what is happening in and around the world, but just for the sake of pleasure. They take great joy in reading and getting to know about other's sorrows and pain. Love and concern for humanity is slowly disappearing. People have become so selfish and indifferent towards others that they, in order to satisfy themselves, do not bother about others. Humans have become even worse than animals, with no feeling of love or compassion for others. They are ready to trample over others in order to achieve their own goals. God has given the humans a heart of flesh, so that he/she can love and care for others, but they have turned the hearts into stones, having no feelings at all for others.

Children even at a young age have stopped speaking the truth as they have so many examples placed before them.

ents sometimes lead their children astray, by teaching them how to make excuses for not completing their work. Justice is no longer prevailing even in the courts. The lawyers have lost their values and are greedy for wealth and money. In order to acquire more money, they are even ready to put an innocent person behind the bars. On the other hand they scheme and find false evidences to set the actual criminal free.

Respect for elders has gradually vanished. Children are bold enough to back chat their parents. They are always ready to disobey and contradict whatever their parents say. They have forgotten the love, concern and care that their parents show for them when they were growing up. They even go to the extent of leaving their parents in old-age homes. After gaining success in life, they forget about their parents. They do not even think it right to discuss their problems or even place their problems before their parents.

Compassion, kindness and concern for the poor has completely disappeared from the face of the earth. People no longer bother about the poor. Even if they have surplus of food and clothing, they are ready to let it rot, rather than part with it by giving it to the poor. When some people see others doing charity, they become jealous and say that there is some wrong somewhere behind it.

No one seems to be faithful. People working in an office are ready to let out all the secret information of their office to another person, if they are offered a huge sum of money to do so.

Not only this, the dressing sense of people has been greatly influenced by the media. Girls are highly taken up by the fashion that nowadays exists. They do not feel shy or embarrassed to wear micro-minis, short tops, shoulder less dresses and blouses having slits at the side and back. Modesty in dressing has vanished away. Even the language spoken by many people is full of abuses and slangs. They feel that by speaking in an abusive language, they are showing themselves to be great. Jesus said, "You will be judged for every single careless word you speak."

It is high time now that we bring about a change in the present scenario. The young and old should come together to revive a sound value system in the society today. Then the world will surely become a better place to live in. And I would like to quote Micheal Jackson,

"Heal the world, make it a better place. For you and for me"

Maria D' Silva

T.T.C.- I

FLUENCY IN ENGLISH IS A PASSPORT TO SUCCESS

English has enjoyed and still enjoys a unique place in the curriculum of Anglo-Vernacular Schools in India. It has been used as an official language the language of administration of courts, of legislature, of inter-provincial communication, of commerce and for all international matters.

In the absence of any common medium of communication, it has served the purpose of the 'Lingua Franca' in India and has been used as a medium of instruction in certain subjects at the High School level and the College level, and as the medium of professional, and technical education, such as the teacher training, medical studies, nursing and engineering education. For studying Literature, it is the medium for the transmission of thoughts. For establishing intellectual, cultural, economic, commercial and political relations with the rest of the world, as well as for higher, legal, technical and scientific education, the knowledge of English is essential.

"To give up English would mean cutting ourselves off from the rest of the world and destroying the many links which have already been forged." - Shri. K.M. Munshi

"To give up English would mean cutting ourselves off from the rest of the world and destroying the many links which have already been forged." - Shri. K.M. Munshi

Goethe said, "By knowing another language we raise into distinct consciousness and clear prominence, the qualities of our own the qualities of its vocabulary, its idioms and its rhythm . . . He who knows no foreign language knows nothing of his own."

English is a very important and essential language in today's growing world. The most important reason to know fluent or proper English is for one's survival, to have good employment and to live a happy, satisfied and comfortable life. It is also essential in our daily living purpose as it is a common language for communication. We communicate with different type of people and so it is very necessary to know English well. It is a universal language not only in case of trade and commerce, but also as it is a common spoken language, it is easily accessible to all and in every field it is used. If we go to any place in the world, English is the most common language of communication. It also increases one's status. For example, the one who is fluent in English is valued in today's world. Often such people are well educated, well mannered and secure good jobs as well. In this era of rapid modernization and progressive world, English has become the most vital qualification in the various fields of jobs.

So it is truly said, 'Fluency in English is a passport to success.'

Sharon Decunha
T.T.C.- II



LIFE - A PRISM

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Life is but a dream
Full of vibrant colours,
Scattered through the prism of life
With manifold shades and themes.

It has so much to offer
As years gently roll by;
Since the time we're born,
Until the time we die.

At times we're so happy;
Our heart is filled with joy.
Life then seems to be a toy,
In the hands of a little boy.
Often we are inflicted with
Agony, pain and sorrow;
And wonder, what life has got
In store for us tomorrow.

Alone I sit and ponder
And over the question wonder,
Why life at times makes us laugh,
And sometimes makes us cry.

Mrs. Rupa Kumar
Faculty Member

A 'Fare-Well Message' From The College Captain

"Happy times and by-gone days are never lost. In truth, they only grow more wonderful within the heart that keeps them."

Being the College Captain, on behalf of all the 2nd Year Trainees, I express my gratitude towards Sr.Salesia C.J., the Manager of the College, Sr.Divya C.J., our Principal, Ma'am S. Deb, Ma'am R. Kumar, Ma'am A. Hajela, Ma'am S. Singh, Ma'am R. Roy, Ma'am D.Gupta, and Ma'am A. Antony for their guidance and invaluable encouragement. I remember and thank also the teachers who were with us in our 1st year.



With a chuckle, I remember our first day, when we stepped into the College. All of you were warm and welcoming, and in some ways intimidating.

Dear teachers, you guided us to walk on the path that would eventually lead to our well-being. You enabled us to find our hidden talents and made our talents grow; you taught our mind to aim high; you filled our empty eyes with colourful dreams and you were the ones who continually encouraged us to keep chasing our dreams when we were disheartened. In these two years, Sr.Divya and our teachers you have moulded us and chiseled us to become efficient teachers.

It is nothing short of a miracle how you coaxed us, even shoved us, when there was a need, into leaving behind our inhibitions.. In true Sinatra fashion, I admit that yes, regrets we've had a few; but then again, too few to mention. For every appearance at the podium, there were fumbles galore. For every programme, there were periods of virtuous black-outs. Yet we had you to tell us, it was all a part of the process of going from self-consciousness to self-confidence.

As our life folds another chapter and as we stand on the threshold of a new beginning, I express my sincere gratitude to each and every one who has contributed to my life and made me what I am today. The experience of being a leader has taught me the importance of team work, discipline, determination and motivation, in the success of a task. It has prepared me to face the inevitable rubs that may lie in the future.

On behalf of all my class mates, I take this opportunity to express my heartfelt gratitude to Sr.Salesia, Sr.Divya and all our dear teachers for nurturing us and transforming us into fine individuals, mature enough to face the challenges of life with a true spirit, honesty, sincerity, and holding on to the values that have been imbibed by us.

I am deeply indebted to my fellow students for their co-operation and trust in me and the other members of the Students' Council. At last, thank you very much, our 1st year friends (juniors) for presenting such a wonderful programme and adding one more colourful day to our memories, and thanks a lot to one and all.

Magdelina Cecil
College Captain

CHRISTMAS CELEBRATION



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FRESHERS' DAY



GLIMPSSES OF THE **FARE-WELL** PROGRAMME

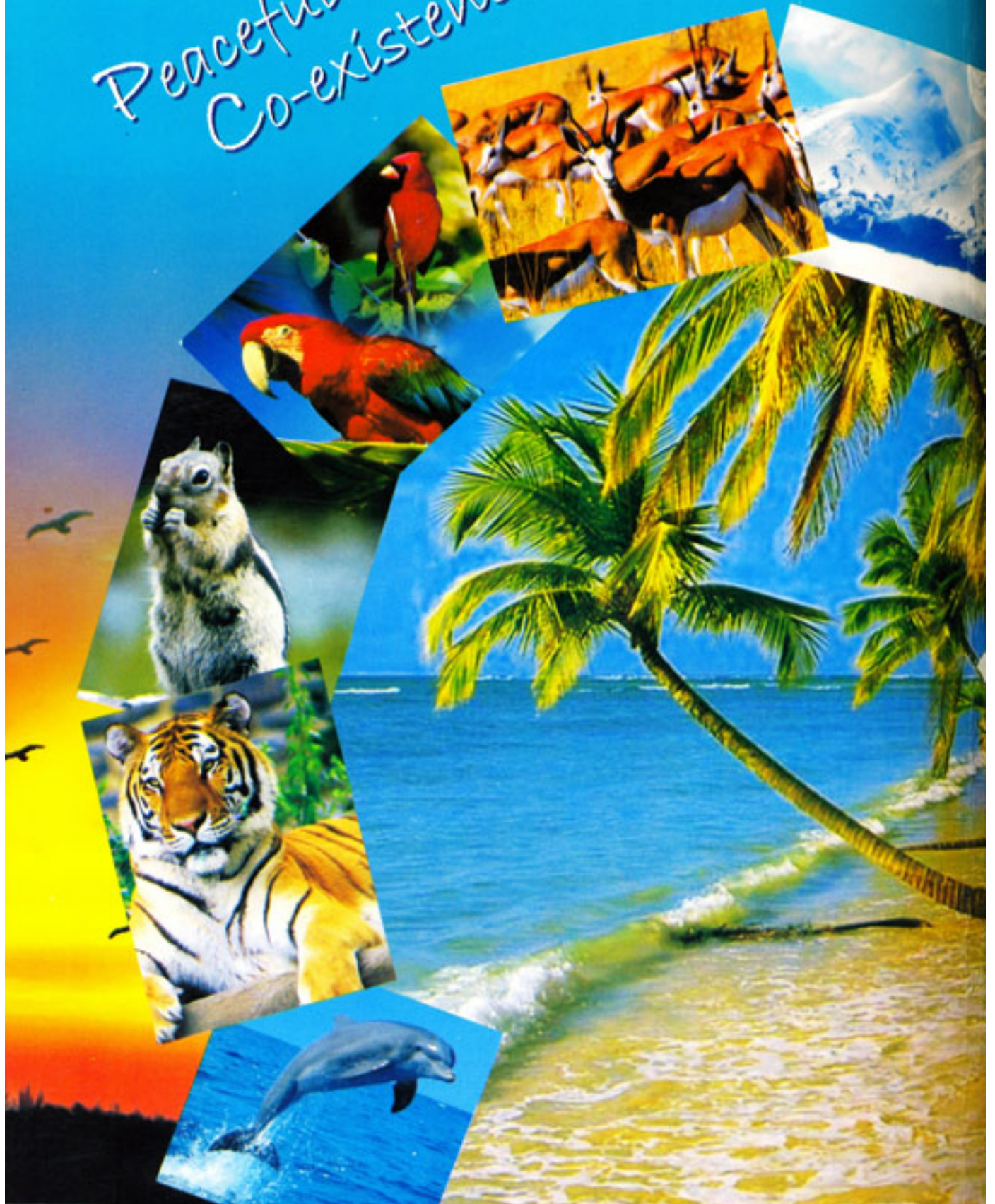


4th Centenary Celebration of the C.J. Congregation

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Peaceful Co-existence



SMC SPECTRUM

Mehul Agrawal of Class XI-A
receiving the
Navinanshu Memorial Award
from **Justice V. Saran**



Our Budding Artists

Mariyam Tuba
I A



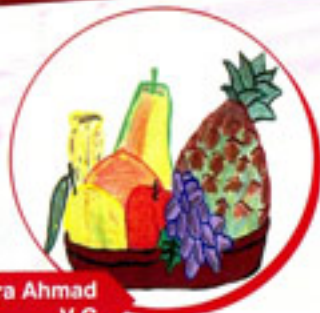
Ojasvi Singh
I B



Mahima Masey
II D



Ankita Tiwari
V C



Namra Ahmad
V C



Ishika Neelam
II A