

SMC Spectrum



April 2013 to September 2013

www.smccjallahabad.org

Debanshi Roy
9-B

THE EMPOWERED WOMAN

The Empowered Woman, moves through the world
with a sense of confidence and grace.

Her once reckless spirit now tempered by wisdom.
Quietly, yet firmly, she speaks her truth without doubt
or hesitation.

and the life she leads is of her own creation.

She now understands what it means to live and let live.

How much to ask for herself and how to give.

She has a strong, yet generous heart
and the inner beauty she emanates truly sets her apart.

Her senses now enlightened, she sees everything so clearly.

She hears the wind rustling through the trees;
beckoning her to live the dreams she holds so dearly.

She feels the softness of her hands
and muses at the strength that they possess.

Her needs and desires, she has learned to express.
She has tasted the bitter and savored the sweet fruits of life,
Overcome adversity and pushed past heartache and strife.

And the one thing she never understood,

She now knows to be true,

It all begins and ends with you.

Sonny Carroll

Saumyanta Mishra
11th - A



At The Helm

The Principal's Message

To make the world a better place for everyone is possible only through the education of children.

With the vision of moulding spiritually vibrant, intellectually alert, emotionally mature and socially committed persons, SMC family has embarked on the 147th year of our educational journey focusing on two key themes - **Empowerment of Women** and **Social Responsibility**. Inspired by the creative ideals of our **Foundress Mary Ward**, we are convinced that, 'Women in time to come will do great things'. Hence to groom our students into pro-active agents of Social Change, we strive to impart holistic education leading to the growth and transformation of the whole person.



Education must develop children into responsible citizens committed to working for the welfare of the society. This is possible only in an enabling environment that is goal-oriented and student-friendly. Since our task in education is a team effort, the creation of this wholesome environment where joys and sorrows can be shared, requires the whole-hearted co-operation of the entire SMC family – the management, teachers, students, parents and the supportive staff. Dear SMC family, let empowerment and social responsibility be our **institutional culture** which will help to create a better and brighter future for our world.

This issue of the spectrum mirrors the quality of education imparted in SMC by helping the students to unlock their creative potential. The section on our outreach school **Ashadeep** bears testimony to how our humble efforts in empowerment and social responsibility are bearing fruit. I thank the editorial team for their great effort in encouraging the students to come forward with their creative contributions.

My dear SMCites, the greatest power you possess in life is the power to **choose**. Our lives are determined by the **choices** we make from moment to moment. When choices are made on the basis of a **broad, lasting and inclusive vision**, they create a positive influence on society. Therefore, be true to your deepest self, look for something positive in each day, cope with frustrations, failures and depression, compete with yourself, pursue excellence and enjoy the gift of Life.

Together let us resolve to make SMC a **Temple of Learning** where you imbibe values, respect every culture, grow in patriotism and be loyal to our motherland. May it continue to shine as a **Light House** providing meaningful education, spiritual direction, guidance and leadership not only to its students but also to the teachers, parents and the society at large.

Long Live SMC!

M. Mariette P. G.

A PEEP INTO THE INNER SMC

APRIL

- 4th SMC family celebrates the Golden Jubilee of Sr. Sylviya, Sr. Theophane, Sr. Florence, Sr. Sabina and Silver Jubilee of Sr. Anupa.
- 5th Staff Meeting.
- 8th The new Academic Session commences.
- 23rd Talent Search Group Song (Classes 1-5).
- 25th Talent Search Arranging Bouquet (Classes 6-8).
- 27th SMC bids farewell to their dedicated teachers Mrs. Chanchal Srivastava, Mrs. Shyamoli Sarkar, Mrs. Sarah Singh, Mrs. Mamta Mehrotra and Mrs. Kusum Bhandari.

MAY

- 1st Workers' Day, Class 10 A conducts a short prayer service and a programme to honour our workers.
- 2nd Career Guidance Session organised for students of classes XI & XII.
- 3rd Talent Search English Choral Recitation (Classes 1-5)
- 4th Parent Teacher Meeting.
- 7th Talent Search Clay Modeling (Classes 6-8).
- 8th Talent Search Dress Designing (Classes 9-12).
- 10th Sr. Delphine's Birthday.
- 11th Summer vacation begins.
- 13th Summer camp begins.
- 31st Summer camp ends.

JUNE

- 24th School re-opens for classes 10 and 12.
- 25th 24 students participated in the Leadership Training Programme at USM, Indore.

JULY

- 1st School re-opens for classes 1-9 and class 11.
- 13th Investiture Ceremony held at SMC.
- 17th Talent Search Group song (English) Classes 6 and 8.
USM's Birthday celebrated in SMC.
- 22nd Unit I Assessment begins.
- 26th Talent Search Spelling Quiz (Class 1-5).



AUGUST

- 5th Unit I Assessment ends.
- 15th Independence Day celebrated at SMC. Creative Depiction of theme Your Dream India (Classes 6-12.)
- 16th Talent Search Patriotic Action Song Hindi (Classes 1-5).
- 17th Inter-School Debate held at SMC.
- 19th SMC participates in ASISC Zonal level Inter-School Painting Competition held at GHS, Quiz Competition held at Mary Lucas School and Creative Writing Competition held at St. Joseph's College.
- 24th Play (Ganga Ho Ya Gangi) showcased at SMC; Debate held at SMC. SMC participates in ASISC Zonal level Declamation held at Boys' High School.
- 29th SMC bids Farewell to Sr. Regina and welcomes Sr. Benita.
- 31st Talent Search - Teacher's Day Greeting Card Making (Classes 6-12). Gender Awareness Workshop organized by Professor Sumita Parmar, Director of Centre for Women's Studies, Department of English, University of Allahabad.

SEPTEMBER

- 3rd Talent Search Card Making (Classes 1-5).
Students participated in the Leadership Training Programme at USM, Indore.
- 4th Sr. Mariette receives the Best Principal's Award at USM, Indore.
- 5th Teacher's Day celebrated at SMC.
- 7th Feast Day of our Principal Sr. Mariette and Sr. Preeti, Girl Child's Day and Mother Mary's Birthday celebrated at SMC.
- 11th Talent Search Making Paper Bags (Classes 6-8).
- 12th Talent Search Debate in English (Classes 9-12).
- 14th Felicitation Programme of Sr. Mariette organised at SMC.
- 16th First Terminal Examination begins.
- 27th to 12 Students from SMC participated in the XVII ASISC State Athletic Meet at St. Joseph's College, NOIDA.
- 29th St. Joseph's College, NOIDA.
- 30th First Terminal Examination ends.





Celebration of Consecrated Life

"Life is a miracle wrapped in beauty and sweet surprises"



4th April 2013 ushered in a proud moment for the Sisters of the Congregation of Jesus as they celebrated the Golden Jubilee of Sr. Sylviya, Sr. Theophane, Sr. Florence, Sr. Sabina and the Silver Jubilee of Sr. Anupa.

The celebration began with a thanksgiving Eucharistic celebration at St Joseph's Cathedral in the presence of his Excellency Arch Bishop Albert D'Souza, Most Rev. Bishop Raphy Manjali, Most Rev. Bishop Ignatius Menezes, Rev. Fathers, Sisters and many faithful. After the Eucharistic celebration they were felicitated with flowers, bouquets and gifts. The teachers and students wished them with a greeting song and a beautiful dance. The jubilarians then cut the cake and shared their sweet moments with everyone after which a festive lunch was enjoyed by all.

SMC family



A TRIBUTE TO SISTER CHRISTA

"To live in the hearts of those we leave behind is not to die."



'A man is born, lives and dies but only a few leave their footprints before time flies.'

Sr. Christa was one such person whose life proved to be exemplary not only for the sisters of the Congregation of Jesus but also for all those students, teachers and parents who came in contact with her

Sr. Christa de Noronha was born in a renowned Catholic family on 27th January 1935. Right from her youth she had developed a seriousness of purpose and was contemplative. Very early in life she realized that the mission of her life was to serve the Church. Her decision withstood all distractions and temptations. She

took her final vows and became a nun on 2nd February 1969. She carried out her mission faithfully and joyfully in the services of the people here on earth. She has guided many people to find God's presence in their lives.

Sr. Christa was well-read, and had a command over the English language. She kept alive the Queen's English with her flawless pronunciation and word stress. She was not only an effective and a competent teacher but also a guide, a counselor and a friend.

One can never forget her smiling and cheerful face whenever one happened to meet her. She transformed the lives of many and brought joy and happiness to people's lives through her prayers.

Sr. Christa was called to eternity on 23rd April 2013. It was a great loss for all those who knew her well and had come in contact with her, sometime or the other.

Who says our Dear Sr. Christa is no more. She continues to live in the hearts of all those who loved her.

Mrs. Mary Samuel
Teacher, SMC



With Fond Memories



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

On 30th April 2013, five teachers Mrs. Chanchal Srivastava, Mrs. Shyamli Sarkar, Mrs. Sarah Singh, Mrs. Mamta Mehrotra and Mrs. Kusum Bhandari were given a befitting farewell as they completed their years of service in SMC. The programme commenced with a meaningful prayer service invoking God's blessings on them. The children expressed their gratitude, love and respect through a well prepared cultural programme which included songs, dance and a skit.

Teachers are gardeners who help the child to grow and bloom. To express their gratitude for the care, love and nourishment received from the teachers the students gifted each of them a sapling. They offered them bouquets and cards. Love and appreciation were expressed towards each one of them by our teachers as well as the management.

The outgoing mentors took the opportunity to recall the by-gone days filled with laughter, fun and memorable experiences and raised their hearts in thanksgiving to everyone. The Principal Sr. Mariette said in her message that SMC will never leave them and will always cherish their memories. The programme concluded with the singing of school anthem 'The bells of St. Mary's'. All enjoyed a delicious lunch served by the school in honour of the retired teachers and bid them farewell with heavy hearts.

Hera Ali
Class: XII-C

श्रमिक दिवस

"श्रमिक ही इस समाज की नींव है और उनके अधिकारों के प्रति सभी को जागरूक करना ही श्रमिक दिवस का उद्देश्य है।"

इसी बात को ध्यान में रखते हुए हमारे विद्यालय में 1 मई 2013 को श्रमिक दिवस मनाया गया। कक्षा 10 की छात्राओं ने अपने कर्मचारियों के सम्मान में एक कार्यक्रम का आयोजन किया था। प्रातःकाल ही कर्मचारियों के मस्तक पर तिलक लगाकर उनका स्वागत किया गया और सभी को आदरपूर्वक हॉल में बैठाया गया। फिर एक प्रार्थना सभा का आयोजन किया गया जिसका आरम्भ एक नृत्य के द्वारा किया गया तत्पश्चात हमारे कर्मचारियों के त्याग और उनके द्वारा किए गए परिश्रम के लिए उनका शुक्रिया कुछ उपहार देकर और एक मनमोहक गीत के द्वारा अदा किया गया। सभी के मनोरंजन हेतु कुछ नृत्य एक लघु नाटक और एक व्यंगपूर्ण नुक्कड़ नाटक प्रस्तुत किया गया जिससे कि पूरा हॉल ठहाकों और तालियों से गूंज उठा।

हमारे एक कर्मचारी भाई ने अपने विचार व्यक्त करते हुए एस.एम.सी. में मिले अपने पन के लिए धन्यवाद दिया। अंत में हमारी अध्यापिका श्रीमती मैरी सैम्युल ने अपने कर्मचारियों के प्रति आभार प्रकट करते हुए कार्यक्रम का समापन किया।

इस प्रकार एस.एम.सी. विद्यालय में श्रमिक दिवस कार्यक्रम हर्ष एवं उत्साहपूर्वक सम्पन्न हुआ।

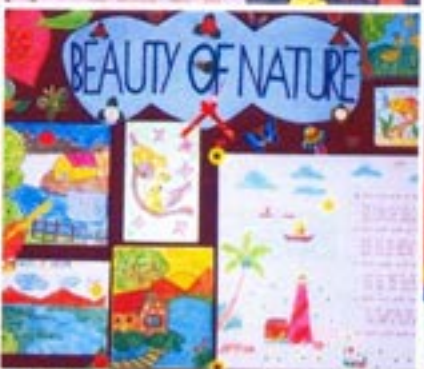
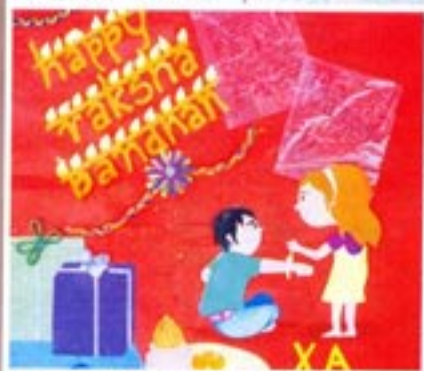
— सौम्या श्रीवास्तव

10 ए



Creativity Unlimited

OUR BULLETIN BOARD



Making our Future Better

'Give wings to your Future'.

On 2nd May, 2013, a Career Guidance Session was organised at St. Mary's Convent Inter College, Allahabad by Career Launcher. Trained experts conducted an open session to help students in the efficient planning of their career. After the session more than sixty percent of students wished to go back and reconsider their choice of career. Do we really know our ideal career? The experts stressed on the importance of counseling due to a plethora of unorganised information presented to them through the internet and peers. The experts urged the students to evaluate themselves in order to opt for the right career.

How do we choose the right path to our career? The experts lay emphasis that it is important for students to understand their bent of mind. They explored a variety of career options, the preparations and good colleges to help the students decide better and develop clarity of approach. They exhorted the students not to restrict their imagination but to 'Dream it Big'.

It was a very informative session. I would like to thank Sr. Mariette for providing this opportunity to the students to help them in their venture ahead in life.

Diksha Bijlani

Class: XII-A





LEARNING THROUGH FUN AND FROLIC



"Playing is the brain's favourite way of learning. It energizes, enlivens and renews our natural senses of optimism and opens us to new possibilities". The summer camp 2013 started on 13th June 2013 with enthusiasm and eagerness among the students to learn and brush up their skills in Basketball, Throwball, Athletics, Music, Art etc. The eighteen days long camp opened new doors for the students.



The camp ended on 31st June with the performances by our talented musicians under the guidance of Mr. A. Datt, followed by the Badminton and Throwball matches between the teams Mary Ward and Mother Teresa. This was followed by a dance by the tiny tots of our school. The students of classes VI to VIII presented a dance performance depicting women empowerment.



After the performances we had the distribution of certificates and an art exhibition followed by refreshments.



This camp would not have been a success without the able guidance of our teachers Mr. Alvin Datt, Mr. Anurag Sharma, Ms Shruti Singh and Mrs. Kaveri Vij. A big thank you to Sr. Regina and our Principal Sr. Mariette for their immense support and for giving us the opportunity to utilize our holidays fruitfully.



DEVIKA MISRA
Class: XI-C
Games Vice Captain

Leading by Example

"If your actions inspire others to dream more, learn more and become more, then you are a leader"-John Quincy Adams

On the morning of July 13th 2013 at 8.30am SMC organised the investiture ceremony of its new cabinet in the school auditorium. The programme was organised amidst great excitement and zeal. The solemn occasion was graced by the presence of Sister Delphine, Sister Mariette, the Principal, sisters, parents, teachers and students of classes 11 and 12.



The programme commenced on an inspiring note by an excerpt from Rabindranath Tagore's Gitanjali. It was followed by the lighting of the ceremonious lamp by our Manager Sr. Delphine, our Principal Sr. Mariette, our Head Girl's father Dr. A. Pandey, our senior most teacher Mrs. S. Kumar and our Head Girl Shreya Pandey.

A soulful dance throwing light on the peace and harmony of all religions touched the hearts of the audience. The prayer service concluded with a melodious song 'Hey Jawano' motivating the members of the Student Council.

The investiture ceremony began with Sr. Mariette calling the student Council and the moderators to be invested with badges and sashes and take their oath. Sr. Delphine, then invoked God's blessing on the newly elected leaders, parents and the entire SMC family. It was a defining moment for the Head Girl, Shreya Pandey, to deliver her Maiden Speech to the school.

Our Principal, Sr. Mariette then congratulated the captains and motivated them 'to put their best, be the finest and transform the world'. Sister invited Dr. A. Pandey, father of the Head Girl, to give away the Navinanshu Rai Memorial Award for Excellence in Mathematics to Aparna Verma and Shreya Srivastava of class 11th.

On behalf of the parents, Dr. A. Pandey enthused the Students with his inspiring words 'to be confident and to firmly believe in oneself'. The ceremony was concluded with the singing of the school anthem heralding another promising year.

After the ceremony the parents, moderators and the Student Council were invited for refreshments.



Making a Difference



A Day with a Difference



"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for". -Epicurus.

I cannot even begin to explain how arduous a task it was for me to pen down my thoughts and feelings, and frame them into my maiden speech. I've had mixed emotions- nervousness, excitement, euphoria; all making it hard for me to think along straight lines. But now that I'm here, I want to thank all those people who believed in me and because of whom I stand here today in the capacity as Head Girl of St. Mary's Convent Inter College. I want to begin by thanking my parents, for being there for me in sunshine and in rain, taking care of my every requirement, and forever reposing their trust in me; my sister, for being my guiding light and making sure I was never let down by anything or anyone. She makes my faith stronger! My friends, who have always been there for me and pushed me forward; my Principal, who trusted me enough to find me worthy of this position, and my teachers, for playing a very big role in making me the person I am today!

I was appointed as the Vice Head Girl last year, which turned out to be a wonderful experience. I am glad that it paved the way for me to reach where I am today. I learnt a lot from the then Head Girl, Rabab Haider, and so I decided to give her a special mention.

As I stand today, I feel overwhelmed. I have always wanted to do something special for my school. I wanted to be the one every student looked up to. The mere thought of holding the school flag was enough to drift me off into a completely different world. Now, when I am actually holding it, I'm ecstatic! But more than that, the responsibility that has been placed upon my shoulders makes me wonder whether I will be able to live up to the expectations of my Principal and school authorities. Helen Keller said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence". I have hope, I have confidence. The only requirement now is of belief. Belief! I can do great things with the power given to me. Belief! along with my Vice Head Girl and other council members, I will make a difference for my school.

I feel really contented when I look at all the council members pledging to do their best for the betterment of the school. I just want to shed light on the fact that we are not suppose to depend on them for everything. They are the leaders. They are here to guide you, to make sure that things go the right way, but certainly not to keep track of your every move! We're all in this together, friends. We have to work as one to take every task! So, why whine and complain.

I am extremely overjoyed on having received this responsible post, and promise to give my best shot in everything I do!

I would like to conclude with some very inspiring words by Ayn Rand- "The question isn't who is going to let me; it's who is going to stop me"!

Thank you!
- Shreya Pandey
Head Girl



Student Council 2013-2014



CHIEF EDITOR HINDI

Anushka Kapoor



HEAD GIRL

Shreya Pandey



VICE HEAD GIRL

Purvangi Ranjan



SUB EDITOR HINDI

Ananaya Jaiswal



CHIEF EDITOR ENGLISH

Hera Ali



SUB EDITOR ENGLISH

Anukriti Joshi



USM PRESIDENT

Sania Aqueel



GAMES CAPTAIN

Bliss Raphael



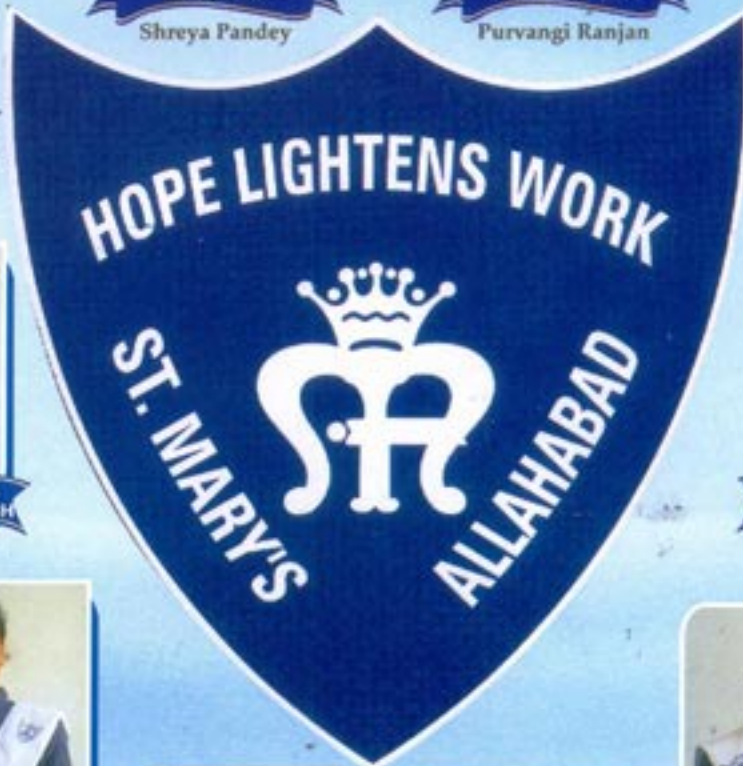
GAMES VICE CAPTAIN

Devika Mishra



USM VICE PRESIDENT

Srishti Sahu





Student Council 2013-2014

MARY WARD HOUSE



CAPTAIN

Harshita Prakash



VICE CAPTAIN

Shatakshi Tripathi

GANDHI HOUSE



CAPTAIN

Astha Mishra



VICE CAPTAIN

Priyanshi Sachan

TAGORE HOUSE



CAPTAIN

Ayushi Jain

TAGORE HOUSE



VICE CAPTAIN

Vandita Singh

FLORENCE NIGHTINGALE HOUSE



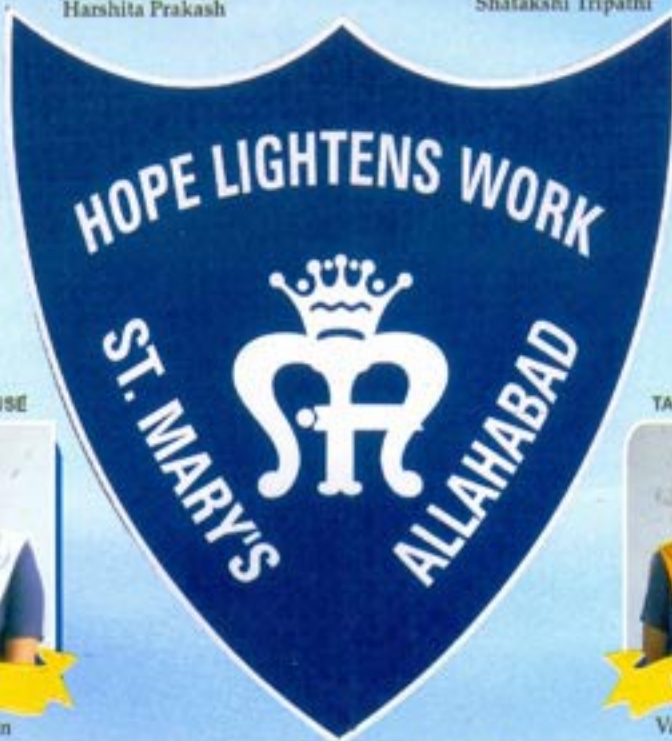
CAPTAIN

Vaishali Chauhan



VICE CAPTAIN

Gauri Kesarwani





SMC in The Patriotic Spirit

"Think, assess and introspect what we have achieved, freedom alone is not a solution" said Honorable Justice V.K. Shukla, the Chief Guest. On the auspicious occasion of Independence day SMC celebrated the 67th year of India's Independence. The programme commenced with the welcoming of the Chief Guest by the Head Girl, Shreya Pandey, followed by the hoisting of the National Flag, singing of the National Anthem and prayer for the progress and prosperity of our nation. The assembly was concluded with the song 'Takat vatan ki' and the slogan 'Bharat Mata Ki Jai'.

A creative depiction of patriotic themes was presented by each of the four houses on the theme 'Dream India' in the auditorium. All the participants performed with vigour and zeal giving the message that the enhancement of nation lies in the hands of the youth. The Florence Nightingale House was declared as the winner.

Giving her Independence Day message to the school, Sr. Mariette reminded the students that "Happy are those who dream dreams and have the courage to pay the price to make them come true." She also informed the school that 15th August was the feast of The Assumption of Mother Mary into Heaven. Mother Mary is our patroness. Sister also said, "Let us pray, that all of us become dedicated, devoted and committed daughters and sons of Mother India."

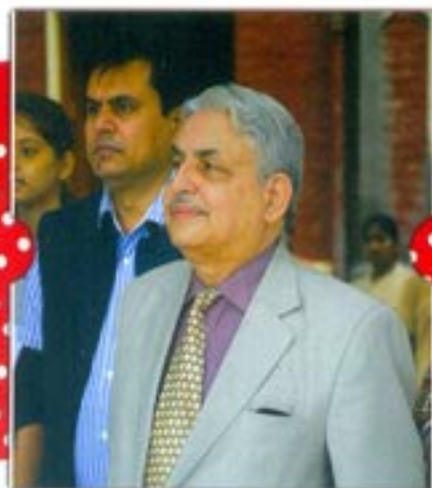
Mrs. Abha Vatsa, an ex-student of SMC gifted the school a sapling as a token of love. A sapling was presented to the Chief Guest as a gesture to promote the Green India Campaign. Mrs. P. Shukla and Mrs. Abha Vatsa were gifted a copy of the book 'Sangam' a symbol of religious harmony.

The 67th Independence Day celebration concluded with a note of gratitude by the Vice Head Girl Purvangi Ranjan.

Anshika Sabhani
Class: XII-D



Inspirational Words from the Chief Guest Honorable Justice U.K. Shukla



History to me, is a connect between the past and present. 15th August, 1947, is a day cherished by all Indians, as after 200 years of British Rule, we got right of self governance. As of today our independence is 67 years old, and we have assembled here to celebrate the same. This celebration is not an empty formality, it is a purposive celebration for the reason that on this particular day we remember and pay our gratitude to our forefathers, who made this dream of getting independence possible by sacrificing their own lives and their own personal interest and secondly to take stock of the situation, as to how much we have achieved i.e. our failure and success as a free nation. Celebrations of such nature are always hedged with an exercise of introspection. Celebration always gives you happiness but introspection always gives a mixed feeling of joy and sorrow. Joy because you are a citizen of free India, sorrow for the existing state of affairs.

67 years is a big period and in all these years various challenges have been posed from outside as well as inside which are detrimental for the growth of our nation. To achieve the goal of meaningful independence as our forefathers had visualized we all will have to work in the direction of making our country India independent of terrorism, independent of corruption, independent of malnutrition, independent of female foeticide and above all independent from communal politics. Lip service would not be sufficient. The children in particular, who are the leaders of tomorrow in the relay-race of life and nation building, should prepare themselves for combating such a situation. Students of St. Mary's Convent Inter College through their skits and plays have manifested that they are aware of the problems faced by the nation and are equally well aware of the measures that are required to be undertaken.





ASISC ZONAL LEVEL DECLAMATION CONTEST

The ASISC Zonal level Declamation contest was held on the 24th of August, 2013 at Boys' High School and College, Allahabad. A total of seven schools participated in the event, with two participants each for the junior as well as the senior category. The participants from St. Mary's Convent Inter college were Khadija Rehman and Sanam Bhutani for the junior category (classes 9 and 10), and Shreya Pandey and Manisha Mishra for the senior category (classes 11 and 12). The participants had to come prepared with a speech of their choice, and deliver it in the best possible way. The speeches delivered by the students ranged from monologues from Shakespeare's plays to addresses delivered by Hillary Clinton, Dr. A.P.J. Abdul Kalam and Benazir Bhutto. The students gave their best and it was overall a tough but healthy competition. Om Gupta (S.J.C.) and Shreedhar Khanduja (S.J.C.) bagged the first and the second prizes in the junior category, while Prabhavendra Pratap Singh (S.J.C.) and Shreya Pandey (S.MC.) were declared winners in the senior category.

-Shreya Pandey
Class XII

Gender Sensitization The Process of Changing Mindset

Gender Sensitization- The Process Of Changing Mindsets

It is impossible to think about the welfare of the world unless the condition of woman is improved
-Sri Sri Vidyananda

Organized by:
Centre for Women's studies, Allahabad University



"Woman is like a reed which bends to every breeze but breaks not in the tempest". - Whately

On 31st August, 2013 St. Mary's Convent witnessed a gender sensitization programme. Professor Sumita Parmar, Director of Centre for Women's Studies, Department of English, University of Allahabad organized this Gender Awareness workshop to acquaint and prepare the students as they stand at this threshold of a bigger and less protected world. She along with her team focused on the daily hurdles of the fairer sex. This module aimed at mentally shaping the students to handle everyday situations wisely. She exhorted the students to become more sensitive to the needs of women and making others aware of their needs to the situation. It was a very informative session.

On behalf of all the SMCites, I would like to thank our Principal Sr. Mariette and Professor Sumita Parmar for their comprehensive effort to help the students in developing a prudent decision making attitude.

Hera Al
Class: XII-C

OUR BUDDING ARTIST



Pawni Agrawal, 4-C



Umam Rabbani, IV-D



Ridhima Dwivedi, 3-H



Aditi Srivastava, 6-C



Mahima Wason, 8-D



Niyati Upadhyay, 8-D



Prashanshita Singh, 5-A



Ayushi Verma, 3-H



Devanshi Agarwal, 6-C



बेटियाँ



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

बेटियाँ रसोई की शान होती हैं,
चूल्हे चौके में इनसे ज्ञान होती है।
शान्ति रिवाजों की संस्कृति को सीखती,
बेटियाँ ही जीवन की मुस्कान होती हैं।

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

- खुशी मलिक

5 'स'

चूहे का सूट

1. सरीं पड़ी बहुत, चूहे ने
अपना सूट सिलाया
दो कतरन ऊनी कपड़े की
चार रेशमी लावा।
2. दर्जी बोला समय नहीं है।
कहीं और तुम जाओ
और किसी छोटे दर्जी से
अपना सूट सिलाओ।
3. अपने पैले दांत दिखा
जब चूहे ने धमकाया
नाप लिया फौरन चूहे का
मन ही मन घबराया

-सौम्या श्रीवास्तव

7 'ब'



अनुकरणीय बातें

एक बहेलिया जंगल में पक्षियों का शिकार करने गया। एक पेड़ पर कई प्रजातियों के पक्षी बैठे थे। उसके नीचे बहेलिया जाल लगाकर बैठ गया। पक्षी जाल में पड़े दाले के लालच में आकर जाल में फँस गये। जाल में कुछ पक्षियों ने प्राचीन काल की कवूतरी की बुद्धिमानी का उदाहरण देकर उससे प्रेरणा लेकर एक साथ ताकत लगाकर जाल को लेकर उड़ गये। बहेलिया जाल के पीछे दौड़ने लगा। बहेलिया के दौड़ते समय एक साधू उसे मिला और साधू ने कहा कि पक्षी कवूतरी की कहानी पढ़े हुए हैं। तुम्हारी पकड़ में नहीं आयेगे। बहेलिये ने कहा कि ऐसी बात नहीं है। ये आधुनिक पक्षी हैं और विभिन्न प्रजातियों के हैं तथा आपस में उनमें मतैक्य नहीं है। बहेलिया पक्षियों के पीछे दौड़ने लगा। पक्षी आपस में तर्क करते हैं कि हमें पहाड़ पर उतरना चाहिये, कुछ पक्षियों ने पेड़ पर उतरने की बात कही। कुछ ने जंगल में उतरने की बात कही। अंत में पक्षियों ने मतैक्य नहीं हो सका। एक हासकर मैदान में उतर गये और पुनः जाल में फँसकर फड़-फड़ाते लगे। बहेलिया आकर पक्षियों को उड़ ले गया। यही बात हमारे देश के राजनीतिक दलों की है। किसी समस्या पर जो देश की एकता और अखण्डता से संबंधित है उस पर भी एक मत नहीं हो पाता है आपस में लड़ते रहते हैं। हमारे राजनीतिक दलों को जाल में फँसे हुए पक्षियों से सबक लेना चाहिए।

- अपूर्वा सिंह
कक्षा 10 'सी'



Sr. Mariette Receives the Best Principal Award

AN IDEAL AND VISIONARY PRINCIPAL



Indeed this is an auspicious occasion for all of us as we celebrate the achievement of our dear Sr. Mariette as the Best Principal of the year award by the Universal Solidarity Movement of Value Education for Peace. It is an award given to a Principal for the outstanding contribution in promoting Value Education for peace. This award is given in honour of late Sr. Louies Josephine who worked tirelessly for the promotion of Value Education. It includes a cash award of Rs 10001.00, a Memento and Citation.

So here I am to give a glimpse on the life of Sr. Mariette.

'The role of a Principal is a privilege and a great responsibility.' This responsibility has been fulfilled by Sr. Mariette as an ideal and visionary leader making a difference in St. Mary's Convent Inter College, Allahabad as Principal.

Born in God's own country Kerala, she dedicated her life to serve humanity in the Congregation of Jesus. Taking into account her capacity and capability she has been entrusted with various responsibilities from her very young age as a teacher, Vice Principal, Junior Mistress, Provincial and at present Principal of SMC, Allahabad.

Coming in contact with Fr. Alengaden and USM she gave a new direction to the province during her tenure as provincial. She said with great determination that she would build up leaders for the future therefore she send one sister every year to attend one year course in USM which helps to be effective in their mission.

She looks to the future always with hope and optimism and says there is an urgency to work creatively to build a better tomorrow. Excellence is her trademark which she tries to instill in the students, teachers as well as parents. With her clarity of vision and purpose of life she always says that she has no time to waste on negative things. With her gentle, meek and patient ways she inspires everyone. For some she is a mother, for another a friend, a sister, daughter, consoler and an excellent listener. She meets each and every Parent with love and care and gives every ounce of her energy in moulding and shaping their children.

She made USM as part of the school council and made it compulsory for every council member to attend the Enlightened Leadership Training at Indore. Sending children to ELT, Knit India and conducting seminars for parents has changed the face of the school. With her ever ready spirit, dynamic enthusiasm and team spirit the school is achieving great heights. Every year the students who pass out of the hallowed portal of SMC are making a difference.

Dear Sr. Mariette as you often say and dream the young making a positive difference in the world today. We the SMC family pray that may your dreams come true. May the God you have placed trust in walk beside you in all your endeavors and may you stand out among the rest in bringing God's glory. Congratulations dear Sr. Mariette. Thank you.



"I greet you dear Sr. Mariette with great appreciation and congratulate you for your wonderful achievements. With your positive attitude and constructive action you have transformed the life of St. Mary's family. Your distinct style of looking at life's various aspects and drawing out the best from them help the students of St. Mary's to rediscover the beauty of human existence. It is rightly said that those women are few who have the wisdom and vision to bring hope and encouragement to others. You are one of those rare persons. May God bless and guide you as you continue to lead SMC with great wisdom and far reaching vision", with a note of joy says **Rev. Fr. K. K. Anthony, Chancellor of Allahabad Diocese.**

"Sr. Mariette is a gentle, good natured person with tremendous capacity for instilling team spirit, confidence and trust in those she works with and for. She is gifted with organizational skills", says **Sr. Sumita, the Provincial Superior.**

Sister is much focused, goal oriented and far sighted. Her holistic approach towards education aims to bring about an all round development of the students. She works meticulously paying attention even to the minutest details. Her emphasis on the development of self-discipline is the need of the hour. She strongly believes in the power of team work. According to her, together we achieve more. Sister is a perfect human being. She is considerate and sensitive. She gives a patient hearing to our problems and always has a solution for them. She is positive and urges everyone to bring out their best, declares a team of **three School Coordinators.**



Mentors - A Part of our Life

"A teacher affects an eternity. He can never tell where his influence stops,"-Adams.

September 5 is celebrated as Teachers' day to commemorate the birth anniversary of late President Dr. S. Radhakrishnan, renowned teacher himself. The students of St. Mary's Convent Inter College, Allahabad took this opportunity to honour their mentors and express their love and gratitude.

The celebration commenced with the Head Girl Shreya Pandey's welcome speech followed by a prayer service. A song track 'Ae Mere Khuda' composed by Shilpi Saxena of class 11-A was performed, themed on the importance of teachers in our lives.

It was followed by an enthusiastic dance performance, which left the audience's feet tapping to the rhythm.

A creative depiction of Mother Teresa's life through a prayer dance was put up to commemorate her death anniversary. The teachers were then presented with cards and gifts as a token of their students' appreciation and affection. Ms. B. Fatima and Mrs. U. Ahmad took the occasion to thank the students for their efforts and to congratulate them on the delightful and fruitful success of the programme. Mrs. Ahmad exhorted the students to shun ostentatious lifestyles and lead a need-based, rather than a wish-based life.

Sr. Mariette, appreciated the efforts of the students. She took the opportunity to thank the teachers for their dedicated and self-less service to the school. "To be a teacher in today's world is not easy. You make us hopeful-hopeful of creating a better world, a world where our children can live. For building our tomorrow we have to build our today," she said. The programme concluded with a vote of thanks by the Vice Head Girl- and a beam on the faces of all teachers.

Bhavya Malhotra

Class: XII-D



MY LIFE IS IN YOUR HANDS

"I am an instrument of God placed in SMC at this period of time to guide it towards a new dawn", said Sr. Mariette as she was felicitated on her Feast Day. 8th September being a Sunday, the school celebrated Sister's feast day on Saturday, 7th September. 8th September is a special day being the birthday of the patroness of SMC Mother Mary- the mother of Jesus, Feast day of Sr. Mariette and Sr. Preeti and the Day of the Girl Child.

The programme commenced with a welcome speech by the Head Girl Shreya Pandey followed by a prayer invoking God's blessing upon the Sisters. Greeting song by class VII added beauty and colour to the day. A meaningful prayer service was conducted by the teachers in the auditorium. Through a power point presentation an analogy was drawn between the life of Sr. Mariette and that of a tree. Just as the survival of a plant depends on the roots of the tree likewise Sister enriches the lives of all those who come in contact with SMC through her virtuous ways. A melodious song "Footsteps walking with me" was sung by the teachers. Sister was honoured with a unique gift A book titled "My life is in your hands" which pagged the love and appreciation of the Sisters, staff and students of SMC along with saplings, bouquets and cards.



The programme concluded on an inspiring note as Sister addressed the school saying that her achievements were the school's achievement. She congratulated each and every member of the SMC family for their faithfulness in small things.

The curtains were drawn with the choir singing the School Anthem "The bells of St. Mary's."

Suroor Gandhi
Class: XII-A



Adieu Dear Sr. Regina and Welcome Dear Sr. Benita



An assembly was staged by class XI-D on 29th August 2013 to bid adieu to our dear Sr. Regina and to welcome Sr. Benita.

Sr. Regina has been actively and vigilantly dedicating her services to the school in the office. The school welcomed Sr. Benita as she takes up the responsibility of the school office. The theme of the assembly was "weaving dreams into reality". A humorous skit conveyed the idea that students should be allowed to realize their dreams. Their dreams should be allowed to blossom, curbing the zeal of young minds is no less than a sin. The inspiring dance and the song also received great applause.

The central message conveyed was that in the underwhelming scenario of today, dreams can trigger an array of changes. It is by venturing through the corridors of dream, by traversing through the wilderness of creativity and innovation, by opening the magical casket of limitless abilities, that the light of a new beginning shall be embraced.

The assembly concluded with Sr. Mariette thanking Sr. Regina for always being alert and dedicated in rendering her services to the school and also welcomed Sr. Benita to the SMC family.

Ananya Singh
Class: XI-D



Extending a Hand

A VISIT TO THE FLOOD AFFECTED AREAS

On 6th August, 2013 nine USM members accompanied by Sr. Marina, Mrs. Khosla and Reene Yeshu, a dedicated social worker joined hands to help the victims of the disastrous floods that drowned the major parts of our city, Allahabad.

Before our departure, Sr. Delphine offered special prayers for peace and safety to prevail in the world. First, we visited the Annie Besant School where hundreds of residents of the flood affected areas took shelter, as

provided by the government. After interacting with them, we were really grieved to hear their pitiful condition. Their household goods had been washed away with water. They had nothing to eat, nowhere to go and were left with their children stranded away from their shelters.

Without wasting anymore time, we finally took off for the real service. As long as my sight would allow, I noticed houses surrounded by water. The water level was high enough to reach the first floor. We were to distribute biscuit packets and water packs to the people trapped in those houses. A boat was arranged by Sir Dukanji, and we went from one house to another, providing the flood victims with food stuff we carried. Most of the houses were abandoned and people looked desperate for help.

I sincerely want to thank our respected Principal Sr. Mariette for giving us the opportunity to broaden our experience about life and to create awareness in us about the society and the world, at large.

Srishti Sahu
USM Vice President, Class: XI-A



Magical Strokes



Yusra Ahmad
5-D



Alina Hasan Rizvi
6-G



Simi



Samantha Maria Herenz
7-D



Mahima Massey
6-D



Hibah A'shaq
4-A



Iswiti Basantani
7-A



XVII ASISC State Athletic Meet

"Don't practice until you get it right, practice until you can't get it wrong. Play every game as if it is your last".
Michael Jordan

A team of twelve girls comprising of Devika Misra, Bliss Raphael, Shagun Rastogi, Chaitanya Anand, Suroor S. Gandhi, Tulika Banerjee, Ashra Fatima, Aaradhana Singh, Ariba Umar, Ekta Chaturvedi, Mariam Nomani and Meenakshi Yadav went to St. Joseph's College, NOIDA for the XVII ASISC State Athletic Meet from 27th September to 29th September '13.

Tulika Banerjee's performance was commendable and she won a bronze medal in the Senior Girls Javelin Throw. Though the girls qualified in the best six category, but were not so successful in winning the medals. Despite the loss, it was indeed a wonderful experience at NOIDA.

I would like to thank Sr. Mariette, our coaches Mr. Anuragh Sharma and Mrs. Madhulata Sharma for their constant support and guidance.

Bliss Raphael
Games Captain

ASISC Regional Basketball Tournament 2013

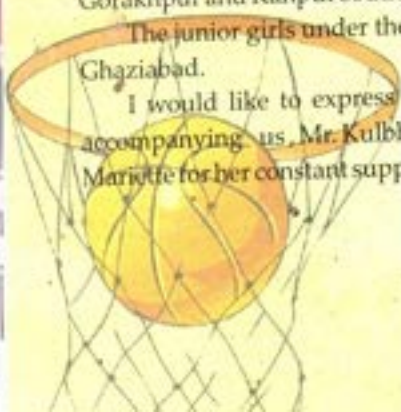
After attending the camp at St. Joseph's College, Allahabad, this year six girls namely Indira Singh, Devika Misra, Srishti Rai, Shruti Mishra, Aastha Ghai and Chaitanya Anand in the senior category and seven girls, Monodeepa Dey Kirty, Vanshika Gupta, Aradhana Singh, Ekta Chaturvedi, Anushri Singh, Ishita Verma and Shruti Sharma in the junior category from our school were selected to represent Allahabad in the ASISC regional basketball tournament organized by St. Joseph's High School, Gorakhpur.

The senior girls' team under the captainship of Indira Singh reached the semi-finals after defeating the regions Gorakhpur and Kanpur south 24-26.

The junior girls under their team leader Monodeepa Dey Kirty played two matches against Gorakhpur and Ghaziabad.

I would like to express my heartfelt gratitude towards our sports teacher Mrs. Madhulata Sharma for accompanying us, Mr. Kulbhaskar Mishra, our coach, for guiding us and a very special thanks to our Principal Sr. Mariette for her constant support and encouragement.

Devika Mishra
Class: XI-C
Games Vice Captain





‘माँ’

5 वर्ष का तेरा लाइला यदि तेरे प्रेम की प्यास रखे, तो 50 वर्ष के तेरे माँ-बाप तेरे प्रेम की आस क्यों न रखे ?

पेट में पौंच बेटे जिसे भारी न लगे थे, वह माँ..... बेटों के पाँच फ्लैट्स में भी भारी लग रही है। बीते जमाने का यह श्रवण का देश..... कौन मानेगा ?

तुमने जब घरी 'पर' पहला श्वास लिया, तब तेरे माता-पिता तेरे पास थे, माता पिता अंतिम श्वास लें, तब तुम उनके पास रहना.....

माँ-बाप को सोने से न मझे, तो चलेगा। हीरे से न जड़े, तो चलेगा। पर उनका जिगर जले और अंतर आँसू बहे, यह कैसे चलेगा ?

बचपन में जिसने तुम्हें पाला, बुढ़ापे में उसको तुमने वहीं सँभाला, तो याद रखो-तुम्हारे भाग्य में भड़केगी ज्वाला।

जो मस्ती आँखों में है, मदिरालय में नहीं, अमीरी दिल की कोई, महालय में नहीं, शीतलता पाने के लिए कहाँ-कहाँ नहीं भटकता मानव! जो माँ की गोद में है वह हिमालय में नहीं.....!

माँ-बाप को वृद्धाश्रम में रखने वाले, ऐ युवकों! तनिक सोच कि, उन्होंने तुझे अनावाश्रम में नहीं रखा उस भूल की सजा तो नहीं दे रहा है न ?

जब छोटा था तब माँ की शैय्या गीली रखता था, अब बड़ा हुआ तो माँ की आँखें गीली रखता है। हे पुत्र! तुझे माँ को गीलेपन में रखने की आदत हो गई है।

जिस मुन्हे को माँ-बाप ने बोलना सिखाया..... वह मुन्ना बड़ा होकर माँ-बाप को मौन रहना सिखाता है!!!

माँ-बाप के आँखों में दो बार आँसू आते हैं, लड़की घर छोड़े तब..... लड़का मुँह मोड़े तब.....

— ऐश्वर्या गुप्ता
कक्षा 10^थ

“समाज में व्याप्त भ्रष्टाचार”

सार्वजनिक जीवन में भ्रष्टाचार सामाजिक विघटन की एक ऐसी अभिव्यक्ति है जो सम्पूर्ण जीवन के व्यवहार प्रतिमाओं में उत्पन्न होने वाली विसंगति को व्यक्त करती है। यह एक ऐसी समस्या है जिसका प्रभाव आज समाज के प्रत्येक वर्ग और प्रत्येक व्यक्ति द्वारा अनुभव किया जा रहा है। इस समस्या का सम्बन्ध वर्तमान युग में विकसित होने वाले चरित्र के उस संकट से है जिसमें प्रत्येक व्यक्ति अपने उत्तरदायित्वों की अवहेलना करके अपने पद का व्यक्तिगत लाभ के लिए दुरुपयोग कर रहा है। भ्रष्टाचार आज समाज के प्रत्येक क्षेत्र में विद्यमान है। यह संकट है जिसके कारण सामाजिक पुनर्विर्माण के सभी प्रयत्न बेमाली बन गए हैं। भ्रष्टाचार को जीवन की एक सामान्य विधि के रूप में देखा जाने लगा है। राजनीतिज्ञ और प्रशासक भी समस्या के समाधान में स्वयं को आज असहाय महसूस कर रहे हैं और असहाय महसूस करें भी क्यों न क्योंकि भ्रष्टाचार की शुरुआत इन्हीं नेताओं और अधिकारियों से होती है अन्ततः उनसे छन कर आम आदमी तक पहुँच जाती है।

भारत में भ्रष्टाचारकी जड़ें गहरी हैं। प्राचीन काल में व्यक्तियों के बीच प्राथमिक सम्बन्धों की प्रधानता थी। प्राथमिक नियंत्रण इन समुदायों की विशेषता थी तथा समाज के आदर्श नियमों के उल्लंघन पर व्यक्ति को दण्ड के लिए किसी प्रकार की औपचारिक न्याय व्यवस्था का कोई महत्व नहीं था। धर्म और नैतिकता स्वयं इतनी बड़ी शक्तियाँ थी कि बाहरी दबाव के बिना भी व्यक्ति ईमानदारी, सच्ची मित्रता तथा कर्तव्य पूर्ति को एक महत्वपूर्ण मूल्य के रूप में मान्यता प्रदान करता था। इसके पश्चात् जैसे-जैसे समुदायों का आकार बड़ा होने लगा एक नवीन राजनीतिक व्यवस्था की आवश्यकता महसूस की जाने लगी तथा न्याय व्यवस्था के लिए बड़े-बड़े अधिकारियों और सामान्य कर्मचारियों को नियुक्त कर जीवन को नियमित रखने के अधिकार दिये जाने लगे। पहले अधिकार सम्पन्न व्यक्ति ने अपने अधिकारों का उपयोग व्यक्तिगत लाभ के लिए करना आरम्भ किया और बाद में समाज के दूसरे वर्गों ने इसका अनुकरण करना आरम्भ किया। आज स्थिति यह है कि प्रत्येक राजनीतिज्ञ, प्रशासक, व्यापारी, व्यवसायी तथा सामान्य व्यक्ति दूसरेकी कर्तव्यहीनता को जानता है, लेकिन स्वयं भ्रष्ट होने के कारण दूसरे का विरोध कर सकने में असहाय है। यह सर्वविदित है कि हमारा देश भ्रष्टाचार में कितना डूबा जा रहा है। फलस्वरूप कानून टूट रहे हैं। मर्यादाएँ समाप्त हो रही हैं। नैतिक मूल्यों का कोई महत्व नहीं रह गया है तथा प्रत्येक व्यक्ति अनुचित साधनों के द्वारा अधिक से अधिक संसाधनों के संचय की लोड़ में लगा हुआ है। यही सार्वजनिक जीवन में व्याप्त भ्रष्टाचार है जो आधुनिक समाज की सबसे विकट समस्या है। भ्रष्टाचार को सत्य की तरह परिभाषित नहीं किया जा सकता है। जिस प्रकार सर्वशक्तिमान ईश्वर को लोग जानते हैं, परन्तु खुली आँखों से उसे देख नहीं पाते ठीक उसी प्रकार से भ्रष्टाचार खुले रूप से दिखाई नहीं देता है, परन्तु हर भारतीय नागरिक जानता है भ्रष्टाचार की समस्या किस व्यापक रूप में भारतीय जनजीवन में व्याप्त है। साधारण आदमी भ्रष्टाचार को अपने चारों ओर के सामाजिक, आर्थिक, राजनैतिक तथा प्रशासनिक जीवन की एक कटु-वास्तविकता मानकर स्वीकार कर लेता है और उसके दुष्परिणामों के बारे में नहीं सोचता।

— अनन्या जायसवाल
कक्षा 11 'अ'
हिन्दी सभ-एडिट

MYSTERIOUS EIGHT

8 is a cube of 2.

A cube has eight vertices.

In western astrology, Scorpio is the 8th astrological sign of the Zodiac.

In the Mahabharata, Bhishma was the eighth son of Ganga.

Spiders have 8 legs. Scorpions too have eight legs.

In the game of pool, the eighth ball is a black ball with the number 8.

October was the eighth month in the early Roman republican calendar.

Many words beginning with 'Oct' are related to the number eight. An

Octopus has eight arms and an Octet is a group of eight musicians.

Chaitanya Anand

Class : XII-C

Books Our Best Friend

"Come in, come in!"

Said the library door,

I opened it wide,

And saw the books galore,

Tall, skinny books,

Up high on the shelves,

Little fat books

That stood by themselves.

I opened a book

And sat down to look

The pictures told the stories.

What a wonderful book!



Tanya Kesharwani

Class: VI-A

Wake Up With a Beautiful Smile

Smile in pleasure.....

Smile in pain.....

Smile when troubles pour like rain.

Smile when someone hurts you,

Smile because there are people

Who still love to see you smiling.

"Life is a mirror. What we wish to see outside must first exist inside. Hence, if we want a beautiful day, we must wake up with a face that has a beautiful smile, a heart that has unconditional love and a mind that has magnificent thoughts.

One smile can make all the difference in the world. One smile has the power to release stress, calm you down, make you attractive, make someone else happy.

How special a smile is. It costs nothing, but has the power to enrich all who receive it. A smile is the light in your window that tells others that there is a caring, sharing person inside. Good life starts only when you stop wanting a better one. So, live like a candle, which burns itself but gives light to others.

In the word Smile:

S stands for Sets you free

M stands for Makes you special

I stands for Increases your face value

L stands for Lifts up your spirit

E stands for Erases all your tension

So, always remember to smile.....



Astha Mishra

Class: XII-B



USM- A Light in the Darkness

"Each one should believe that nothing is impossible; the more the problems, the greater should be our determination; the more the darkness, the greater the need for us to be the light; the more the indifference, the greater should be our sensitivity."

These lines by Father Varghese Alengaden have ignited a spirit in thousands of children who aspire to be agents of social transformation, and have also not left me unaffected.

Before going to USM, Indore I considered it a vigorous leadership training programme; busy schedule of twelve hours and a lot of hard work to do. When I stepped at the Indore junction on 26th June, 2013 with Sr. Marina, Mrs. Sharma and a group of girls, along with the excitement of the new venture, I also had my own apprehensions and fears. But on reaching the USM house and being warmly welcomed by the inmates, I no longer felt like I was away from home.

Having received the seven day leadership training I can feel the difference between what I was then and what I now am. The lessons that I learnt there, I couldn't learn in the past years of my life. Each day, each session has taught me some new values, values that I am sure will help me face this cruel world and fight the evils that are ingrained in the society.

Until now I did not know that movies can also teach us the virtues of courage, selflessness, spirituality and self-reliance. Now when I look at myself in the mirror, I can see a glimpse of Lakshmi of 'Pratigat' and Major Chauhan of 'Prahar' in me. I can also imagine myself as the high-spirited Bhagat Singh.

The visit to the slum was an eye opener and made me realize my responsibilities towards the needy and the helpless. USM has helped me to free myself from the shackles of baseless religiosity and become a lot more spiritual and a pluralistic person. Now I have a clear vision in life and the zeal to fulfill it.

I wouldn't say that my days at USM are over. Instead, as a USM member, my new journey towards social transformation has begun and I am all set to face the challenges that come in my way. I shall be ever grateful to USM for making me the person that I am today.

Manisha Mishra
12-A



Nurturing Values





कृति

प्रकृति के गूढ़ रहस्यों को समझने की वेष्ट में मैं उलझी हुई सी बैठी थी।

तभी एक चहचहाते हुए पक्षी ने मेरे ख्यालों को वर्तमान के घरातल पर रख दिया मानों वह मेरी जीवनी में एक नए पैगाम का आगाज़ दे रहा हो। वो नादान एक छोटा सा तिनका लिए अपने बीड़ का निर्माण करने जा रहा था। तभी बहुत तेज़ आँधी चलने लगी। मेरे मन के किसी कोने में मुझे यह एहसास था कि उस बेचारे पक्षी के सपनों का घटौटा तो उथल-पुथल हो गया होगा। उसी क्षण न जाने एक खुशबू ने मुझे आनन्दित कर दिया। इस जादुई खुशबू को खुद में समेटने वाले पुष्प की खोज में निकल पड़ी। काफी अजीब था, मेरे आस-पास उस पुष्प की खुशबू की चादर थी परन्तु उस पुष्प को मैं ढूँढ़ नहीं पा रही थी। निराश हो लौट ही रही थी तभी मेरी नज़र विशाल, वृद्ध वरगद के वटनों पर पड़ी। वहाँ एक छोटा सा पौधा अपना घर बना बैठा था। दो पत्तों के कटों में अर्पित एक कंचन पुष्प। उस पौधे को मैं पहली बार देख रही थी। उससे उस क्षण के पहले वंचित थी। उसके सौंदर्य की गहराई में एक अलग ही आभा थी।

मैंने देखा आँधी रुक चुकी थी। अनंत का रोष शांत हो चुका था। तभी मुझे एक जानी पहचानी धुन सुनाई दी- वो पुराना पक्षी वरगद के वटनों में अपने घोंसले के अवशेषों का उद्य रहा था। उसके गीत में मानों मुझे एक स्वर्णिम संदेश सा मिल गया। वो अपने साथियों को बता रहा था कि आँधी उन सबको एक बेहतर प्रवास करने का मौका देती है, वो छोटा सा पुष्प अपने सौंदर्य की महक तभी दर्ज करा पाया जब उसकी भेंट उस तूफ़ान से हुई। उन झोंको संग लिपट उसे नई पहचान मिली।

शायद यही है प्रकृति के सौंदर्य का रहस्य कि वो हर वीराने में नई कृति करने का हुनर जानती है, हर ज़र्रे को उसका अस्तित्व देना जानती है, हर फकीर को बेसहारा कर उसकी पहचान ढूँढ़ने पर मजबूर कर देती है, विनाश की आड़ में न जाने कितनों को सुनहरा पाठ पढ़ा नई जिन्दगी की कृति कर वो जादुई तोहफ़ा दे जाती है.....

- अपूर्वा सिंह

कक्षा 10-“सी”

हिन्दी दिवस

हिन्दी हमारी राष्ट्रभाषा है। हिन्दी के सम्मान हेतु हर वर्ष की भांति इस वर्ष भी हमारे विद्यालय एस.एम.सी. के प्रांगण में प्रातःकालीन प्रार्थना हिन्दी में सम्पन्न की गई। यह कार्यक्रम लगभग एक पखवाड़ा (15 दिन) दिनांक 14.9.2013 से 28.9.2013 तक मनाया गया। इसमें प्रतिदिन विभिन्न छात्राओं ने हिन्दी के महत्व पर प्रकाश डाला। विभिन्न विश्व हिन्दी सम्मेलनों के बारे में चर्चा कर विश्व में हिन्दी के प्रचार प्रसार व हिन्दी के सम्मान पर प्रकाश डाला। कुछ छात्राओं ने हिन्दी का महत्व दर्शाते हुए प्रमुख कवियों की कविताओं के कुछ अंश पढ़े। प्रातःकालीन अभिवादन, ईश वन्दना, ईश प्रार्थना, प्रतीक्षा में सफलता हेतु ईश्वर से प्रार्थना व आशीष, प्रतिज्ञा आदि सभी हिन्दी में सम्पन्न कराकर हिन्दी राष्ट्रभाषा के प्रति अपना सम्मान प्रकट किया। इस प्रकार हिन्दी पखवाड़ा मनाकर छात्राओं में अपनी राष्ट्रभाषा के प्रति अपने कर्तव्य व प्रेम को जागृत किया गया।

- रमा त्रिपाठी
(हिन्दी अध्यापिका)

The Journey of a Thousand Miles Begins with a Single Step



We all know this and we believe in it, but when the time comes to actually put it into practice, we falter; when the time comes to be the first one to begin and to lead, then fearing failure, we hesitate and miss the chance.

Often due to the size of the task to be performed we hesitate in even beginning it. We presume that such a huge task cannot be accomplished. We are engrossed in thinking of the possible difficulties we may face in future and instead of taking the lead and setting an example for others, we wait for others to lead.

Opportunities do not come to those who wait, they are bagged by those who grab them. Once we initiate and walk a few miles, the road ahead will consequentially seem clear to us. There are countless huge achievements which were made in the past just because someone had the courage to begin. Several mammoth projects became a reality because someone initiated them.

In 221 B.C. a Chinese emperor started a small project of construction of boundaries to protect his kingdom. He then connected the boundaries of his kingdom with the other and then with another and this process continued for centuries from dynasties to dynasties. So what started as a small project ultimately ended in the construction of 8,850 Km long Great Wall of China.

In 1886 a pharmacist of US, John Pemberton, with his self made formula, made a soda drink, just in order to serve his guests. When appreciated by all, he decided to commence a business. He started selling the soda drink. Initially, he was able to sell only nine units a day, but he continued. Eventually his business kept on emerging. Today we know that company by the name of Coca-Cola and sales have reached to 1.8 billion units a day.

To cite our own example, on 15th of January 1866, a small boarding school was opened in the outskirts of Allahabad- Phaphamau, with just two students. Many obstacles were faced initially. Ultimately the school had to be shifted from the out skirts to the heart of the city of Allahabad. However, owing to the unwavering efforts and dedication of the management, and of course, with the cooperation of students, what began with just two students has now reached to the number of four thousand, and is widely accepted as the best school in the region SMC, Allahabad.

All these big achievements were possible because someone had the courage to begin. If they would have hesitated, dwelling on the possible problems then such big achievements would not have been possible. Only the one who has courage to begin, has the prospect to accomplish.

Don't think about obstacles and when an opportunity knocks at the door, don't wait for the others, take the initiative, lead others and lead India.

Vivek Tiwari
Teacher



समस्याओं में डूबता देश

सोने की विडिया कहलावे वाला समृद्ध, शांतिप्रिय और भव्य देश भारत आज समस्याओं के असीम खोम में दिशाहीन हो विधर रहा है। शांति का सूर्य दल चुका है, चुनौतीपूर्ण मुसीबतें हमें अछाड़े में निमंत्रित कर रही हैं। बढ़ते दामों से आम आदमी त्रस्त है। भ्रष्टाचार घमटा नहीं। जनप्रतिनिधि सत्ता के नशे में लुप्त है, जनता आँसू के घूँट पी रही है। राजनीति 'तानाशाह बन गई है, आम आदमी का क्रंदन अनसुना सत्ता के शोर में कहीं डूब जाता है। पाकिस्तान हमारे सिपाहियों के सर काट देता है। चीन सीमा नियमों का उल्लंघन कर रहा है। जितनी दृढ़ता हमारे राजनेताओं के संकल्प में है, उतनी ही हमारी विदेश नीति में। एक पंक्ति में कहे तो प्रतिदिन लोकतंत्र की हत्या होती है। जो सरकार हमने निर्मित की, वह हमारी एकता, अपेक्षाओं और सपनों को निरंतर तोड़ती है।

“रात के उत्पात भय से,
भीत जन-जन, भीत कण-कण,
किंतु प्राची से उखा की,
मोहिनी मुस्काव फिर-फिर,
नीड़ का निर्माण फिर-फिर,
सृष्टि का आह्वान फिर-फिर।”

रात गहरी है, अंधकार घना किंतु कठिनाइयों की इन्हीं तृणशुल्कों में प्रबलता है एक विश्वास कि फिर सुबह होगी, विडियों की चहक होगी, फूलों की महक होगी। सवाल यह है - बदलाव कहीं है? सुधार अंतरिक्ष से नहीं हमारे भीतर सुलगती धिंगारी से आएगा। वह धिंगारी जिसका प्रभाव सर्वत्र को परिवर्तित करने में समर्थ होगा। कहते हैं निर्माण व ध्वंस, सत्य और मिथ्या, अंधकार तथा प्रकाश, अच्छाई और बुराई एक ही सिक्के के दो पहलू हैं। देश बदलाव की दहलीज पर खड़ा है। समय की हूँकार ने रण का आरम्भ घोषित कर दिया है। पतन की वागडोर, कल की रचना हेतु कलम हमारे हाथ में है। संगठित रूप से अपने अवगुणों को पराजित कर देश को विकास के मार्ग पर अग्रसर करने का संकल्प ही एक स्वर्णिम कल की ओर पहला कदम है।

- अनन्या सिंह
कक्षा 11 'द'

इंसाफ की आस

धरती कौपी, अम्बर कौपा, कौप गया सारा संसार,
दामिनी को छोकर, कौप गया हर एक इंसान।
उस ज्योति का अहसान है, खुद मिट गई,
पर क्रांति की ज्वाला दिल में जला गई।
सिलसिला अभी थमा नहीं,
उन जैसे दरिदे अभी भी हैं,
जिनकी भूख अभी मिटी नहीं।
जो कर रहे अब भी
हैवानियत की सारी हदे पार,
जिनसे हो रही है मानवता शर्मसार।
इतिहास नवाह है,
जब कोई जंग शुरू होता है,
करना पड़ता है बलिदान
और हमें दिया गया आयाम।
एक बुराई का अंत करने का साहस बढ़ाया,
जड़ से इसे मिटाने का सपना दिखाया।
खुद मिटकर हमने जीने की चाह जगाई
कुकर्मियों को अंत करो, यही मुद्धार लगाई।
ताकि न हो किसी की बेटी के साथ ऐसा दुष्कर्म,
उसके अधूरे सपने को हमें ही जगाना है
दामिनी की आत्मा को शांति दिलाना है।



- इरीका सरकार
10 'अ'

ईश्वर का कहर

ना जाने क्यों बरस पड़े, वो इन्द्र देव पहाड़ों पर।
नष्ट हुआ हर जर्त-जर्त, दरार पड़ी दीवारों पर।।
देख इस जल का जलजला, बिजली कौंध पड़ी नजारों पर।
छेड़ गया इस बरबादी को, वो न जाने किन सहारों पर।।
राहत सामझी की जगह, देखो नेता आए जहाजों पर।
नीचे का मंजर देखा तो, लारों पड़ी यी दरवाजों पर।।
सदा भरी रहने वाली घाटी में, आज न कोई राहें पर।
आगे खुँआ पीछे छाई, भक्त खड़े वे दो राहों पर।।
उलटाखंड में प्रलय का, ना जाने यह कैसा मंजर था।
पर्वत सारे टूट गए, बस चारों ओर समुंदर था।
बचाने आए वो सरहद वीर, देश भक्ति जिनके अंदर था।
उनके लिए क्या सुख-दुख, सब एक-सा मंजर था।।
ना जाने क्यों बरस पड़े, वो इन्द्र देव पहाड़ों पर।
नष्ट हुआ हर जर्त-जर्त, दरार पड़ी दीवारों पर।।

आयुषी यादव

मेरे खुदा

बल रहा वा इन रास्तों पर
बल रहा वा मेरी छायाओं पर
खो गया वा इन रास्तों पर
झूटा वा इन रास्तों पर

खुदा तू है कहीं
मेरा गुरु है खुदा
झूझ सारी जहाँ

पर तू है यहाँ.....

ऐ मेरे खुदा तू ही ये बता
तेरी ही यादों में खो जाऊँ..... मैं अभी
तू दिखा मुझे रास्ता
तू रहता है कहीं
तू दिखा मुझे रास्ता
मेरी मौजिल है वहाँ

ऐ मेरे खुदा

उड़ रहा वा मैं हर बार
मिर रहा वा मैं बार बार
सोचता वा मैं हर पहर
झूटा वा मैं दर बंदर
खुदा तू है कहीं
मेरा गुरु है खुदा
झूझ सारा जहाँ

पर तू है यहाँ.....

ऐ मेरे खुदा तू ही ये बता
तेरी ही यादों में खो जाऊँ..... मैं अभी
तू दिखा मुझे रास्ता
तू रहता है कहीं
तू दिखा मुझे रास्ता
मेरी मौजिल है वहाँ

ऐ मेरे खुदा

विश्व के अन्तर्गत प्रत्येक व्यक्ति
को अपनी शक्तों द्वारा स्वरचित है।

- शिल्पी सबसेना
11 'अ'

प्रचंड जल की धारा से.....

प्रचंड चंड हुई जल धारा
उफन पड़ी मन्दाकिनी की धारा
क्षण भर में ही सिमट गया
केदार-केदार का घट सारा
झुंझर-उधर सब भाग रहे थे
सोचा भी नहीं, वे कहीं पड़े थे।
प्रचंड जल के दानव ने
घर लिया विकारी रूप।।
पल भर में सब बह गया
न रही कहीं छाया, न दिखी कहीं धूप।
जड़, जमीन, पशु, नर-वारी
देखकर विवाशी सैलाव।
दंग-सन्न सब रह गए।
सोचा न था, ऐसा ख्वाब
पड़ी है लार्से झुंझर-उधर
रोते सभी धिल्लाते थे।
प्रचंड जल की धारा में
हाथों से हाथ छूट जाते थे।
काल के ग्रास से ग्रसित मानव
फिर पीछे पछताता है,
जब सब निकल गया हाथों से
अपने को ही दोषी पाता है।।
पर्वत काटे, पेड़ काटे, खड़ी करी दीवार
कूड़ा-कचरा मल का मैला
लेकर चला मानव सैलाव।
प्रकृति ने न छोड़ा पल में
दिखा दिया अपना बर्ताव।
अभी सोचो, जागो, उठकर
करो न ऐसी बात।।
उस असीम शक्ति
पुरुष-प्रकृति को
शत-शत करो प्रणाम।।

- मिताली केसरवाणी
कक्षा 10 'अ'

मन की चाह

इस चंचल मन की व्यथा किससे कहूँ,
कि याद आयी मिट्टी अपने देश की।
वह मधुर-मधुर किलकारी किसकी सुनूँ,
कि याद आयी मस्ती अपने ही वेश की।
मन्द-मन्द सी चलती बयार की,
कि याद आयी खुशबू अपने ही खेत की।
मटक-मटक गोरियाँ चलती पनघट पर,
कि याद आयी बौरियाँ आमों की, बेर की।
सुबह सवेरे पौ फटने की देर थी,
कि याद आई घंटियाँ अपने ही बेल की।
उपवन सी पावन महक़ी इस धरती से,
कि याद आई उस विश्व भारती कुबेर की।

- प्रगति शुक्ला
10 'अ'





मनुष्य का विकास

यही पशु प्रकृति है कि आप-आप ही चरे,
वही मनुष्य है कि जो मनुष्य के लिए मरे।

श्री मैथिलीशरण गुप्त द्वारा रचित इन पंक्तियों ने यह भूमिका बॉंधी है कि मानव जीवन की सार्यकता अन्य लोगों की भलाई एवं सेवा में ही है।

हालांकि आज के युग में मानव संवेदनाएँ कहीं विलुप्त सी होती जा रही हैं। पाश्चात्य सभ्यता का आविर्भाव होने से सत्य, अहिंसा, प्रेम, न्याय, सहानुभूति, सौहार्द की भावनाएँ कहीं धूमिल हो गई हैं।

एक सच्चा एवं सच्चरित्र मानव बनने के लिए यह हमारा दायित्व बनता है कि हम मनुष्यत्व के विकास के लिए निरन्तर प्रयत्नशील रहें, जिनका सम्मिलित नाम ही मानवता है।

आज प्रत्येक व्यक्ति की निजी आवश्यकताएँ इतनी अधिक हैं कि उसे किसी अन्य व्यक्ति के बारे में सोचने का समय ही नहीं है। अपनी इस दुर्गमता को बदलकर मनुष्य को परमार्थ का मार्ग अपनाना चाहिए। इसके हेतु उसे ईश्वरत्व प्राप्त करने जैसी अनुभूति होती है। दूर की न सोचने वाला लालची नष्ट हो जाता है और जो यह कहता है कि मुझे नहीं चाहिए, आप लीजिए - उसे प्रकृति के कोष तथा भगवान के भण्डार से बहुत मिलता है।

एक सामाजिक प्राणी होने के नाते हमें समाज में सदाचार का पालन सही अर्थों में करना चाहिए। हमें चाहिए कि दूसरों के विषय में दुर्बल विचार त्यागकर हम सदा सद्भाव बनाए तथा उसे बढ़ावा दें।

बूढ़

जीवन में ऊपर उठकर मान न करना
ये सिखलाती है ये बूढ़,
औरों के लिए खुद को मिटा देना
ये सिखलाती है ये बूढ़,
मिट्टी से जन्में, मिट्टी में ही मिलना
ये बतलाती हैं ये बूढ़,
खुद मिटकर सूखी धरती को,
नवजीवन दे जाती हैं ये बूढ़,
कहीं दूर किसी विरहण की,
आँखों के आँसू हैं ये बूढ़,
तो कहीं किसी सीप में,
मोती बन जाती हैं ये बूढ़।।

- अनन्या 'रैना'
कक्षा 7 'द'

पक्षी लगाते गुहार

सुबह का सुखदायक संदेश लाते पक्षी,
तरह-तरह के सुरीले सुर सुनाते पक्षी।
बहबहाते जा-जाकर आंगन-आंगन में,
अब तो जागो, भोर भई, कोलाहल करते पक्षी।
नाचते, फुदकते, उड़ते, भागते, गाते,
बालकों से लेकर बुजुर्गों तक को रिझाते।
शुभ संगत करो इनकी, तन-मन सुख पाओ,
हम भी तुम्हारे घरवाले से, बताते पक्षी।
निरीह, भोले-भाले, कुदरत के खिलौने,
जिन जीवन रक्षा की गुहार लगाते पक्षी।
बाग-बगीचे हो या हो घर, दुकान और दफ्तर,
घर 'घंदन' बने आस लगाते पक्षी।

-सुहानी गुप्ता
कक्षा 6 'ब'

सहानुभूति चाहिए महाविभूति है वहीं, वशीकृता सदैव है

वनी हुई स्वयं मही।

दया एवं सहानुभूति हमें समाज में स्वीकार्य बनाती है। सत्संगति से उपरोक्त सभी गुणों का पूर्णरूप से विकास हो सकेगा।

मनुष्य ईश्वर का ही अंश है जितना हम अपने दिल को ईश्वर की भक्ति एवं आराधना में लगाएँगे हमारा मनुष्यत्व विकास उतना ही अधिक होगा अर्थात् अपने निकटवर्ती वातावरण को सुगम एवं प्रेम से युक्त बनाने के लिए हमें अपने अंदर छिपे मनुष्य को जीवित करना होगा और शान्ति एवं विश्व वन्द्यत्व की ओर एक कदम हमें ही रखना होगा।

- प्रज्ञा त्रिपाठी
कक्षा 12 'ब'

भारत माता की व्यथा

याद करके अपनी बर्बादी,
अब भारत माता रोती है
पाला था जिनको जतनो से
उनमें बँटवारा हो गया
एक को हिन्दुस्तान, एक को पाकिस्तान प्यारा हो गया।

पर सब मानो मेरे बच्चों
चोट लगी जब भी तुमको
दर्द मुझे ही होता है,
एक है राम, एक अल्लाह कह कर रोता है।

पूछो न इन राजनीति के दाँव-पैचों को
भाई से भाई लड़ा करके
खुद शकुनी चैन से सोता है
हर घर में शकुनी होता है, हर घर में शकुनी होता है।

माँ की ममता को भी सीमाओं में बाँध दिया,
बहनों की राखी को भी चोटों में तौल दिया,
कभी ताशकंद तो कभी शिमला समझौतों का नाम दिया।

चलो हम सब मिलकर ही ये पहल करें,
दो कदम तुम चलो, दो कदम हम चले,
इस माँ के दुःखते जख्मों पर,
थोड़ा सा मलहम रखें, थोड़ा सा मलहम रखें।।

लावण्या 'रैना'
कक्षा 7 'द'

Life is beautiful

A few days ago in our Value Education class the teacher asked us to write what life meant to us. How could one possibly define this ambiguous, intricate term in a sentence? At that moment, it seemed to me the hardest task in the world. After making every cell of my brain work hard for a few very long minutes, I scribbled down, 'LIFE IS BEAUTIFUL.'

'Beautiful' is the word I chose to describe this all-encompassing life, the highs and the lows, the myriad dreams and emotions and every other aspect I could think of. Does that mean that life is a picture perfect scenery without even a speck of negativity or anything that could upset us?

NO! We fight, we cry, we laugh and it is all those moments strung together that make life the enchanting fairytale that it is. We witness the darkest of nights but don't lose hope because we know that the sun will rise again and the birds will sing the song of our victory over all that's bad. Our dreams get shattered but we know that we'll dream them again.

Life might be a bewildering jigsaw puzzle at times but we live in true sense only when we strive hard to put up the pieces together. Otherwise, we merely exist. Our family, friends and acquaintances play a pivotal role in shaping our life but how we see it depends entirely on us because beauty is in the eye of the beholder.

Stop regretting and start living in the moment. Don't plunge yourself into the darkness to become a part of it. Instead, be the light, even if it is just a lambent ray. Life is a canvas and the brush is in your hands. You can paint a vivid picture even if the colours you are provided with are dull.

Smile at everything that comes your way because life is beautiful. Let it reflect in the shimmer in your eyes.

Ayushi Singh
Class: X-C

Finding Fault

*"You, yourself, as much as anybody in the entire universe,
deserve your love and affection." Buddha*

One thing that I have found very appalling about human nature is our considerable talent in finding faults in almost anything and everything. That is a way of life and the target of our blame-assigning-guns can be the people around us or ourselves.

Every morning when I get up and stand in front of the mirror, I find some or the other physical flaw may it be extra calories, a pimple on my face or something about my hair. I am pretty sure that there are other people in my league..... So today I woke up to a new thought. Why spend hours of your precious time in front of the mirror when you can find things within you that make you beautiful?

As a solution I have divided my burden of finding flaws between myself and the world. The deal is, I have to tackle the inner flaws while the world has to shoulder the burden of my physical flaws. That is a much easier way of life for me. Coming to the part where I start exploring my inner beauty, that was a cake walk. To be beautiful means to be yourself, you don't need others to define you. The day I started believing myself, I started to live up to those expectations. If you ever start losing faith in yourself, pause for a moment and ask, "If you won't believe in yourself then who will?" So respect and love yourself and live with your head held high and chin up and keep smiling. Be proud of everything you do, even your mistakes because your mistakes are a reminder that at least you tried.

Saanya Tripathi
Class : XII- A



Mathematics in Our Daily Life

We read History, we read Chemistry,
We read Physics and Civics,
We read Hindi and English too.
But the most important subject is Mathematics.
For our life is Mathematics
May I tell you how?

Friends we add (+)
Enemies we subtract (-)
Smiles we multiply (x) and
Sorrows we divide (+).

Charvi Shubhangana
Class: IV-D

SMC BELIEVES

SMC believes that there is a tomorrow,
Which is free from every sorrow.
SMC believes that there is a day,
Which is brighter than today.
SMC believes that there is a morning,
Which follows every night.
SMC believes that there is a goodness,
That holds us upright.
SMC believes that there is a way,
To overcome every sorrow.
SMC believes that there is a ray,
That will come after tomorrow.

Anjali Sinha
Class: V-D

Happiness, it Lies within you

The only source of happiness and unhappiness comes from your inner self.

Happiness is not something that comes to you. It is something that you create now, today. Waiting for something to change in order to be happy is waiting to live your life. It is not what happens to you that count. It is how you react to what happens to you. Precisely, it is your attitude towards the thing around you. When you adopt a positive attitude, life becomes a rewarding and exquisite adventure instead of something to get through.

Happiness, it is in the moment of present, memories of past and dreams of future. The essence of life lies in how to live it with happiness and contentment. It is what makes your life smoother and bright. Tranquility and rationality, a life with these is what we want to live. We spend most of our time adjusting in the external world and trying to make it adaptable according to our wishes. We tend to look for happiness in the outside world, we surround ourselves with the crowd and material that makes us feel comfortable, secure and entertained, yet we have not discovered the real and lasting happiness.

Now it is time when we stop looking around and instead find happiness from a different source, the everlasting source. Like mentioned previously, happiness is a state of mind, so the real source of happiness must be within our mind, not in the outside world. If we have a peaceful mind we shall be happy regardless of the external situations, but when our mind is infected with unhealthy thought processes they would lead to agitation and we can never be truly happy. Until we change our discontented and restless mind we shall never find genuine happiness.

Tahreen Perwaiz
Class: X-B



The Future I View

I often think
Will it be true?
The dreams I see,
The dreams I view,
A city of children,
With no hunger and need.
Regardless of gender,
Their caste and creed.

Safe water to drink,
With proper sanitation.
With right to live,
With right to education,
No violence, no trafficking,
No exploitation, no abuse,
Child empowered for decision,
In his nation's use.

I often think
Will it be true?

Yes
What I think,
Will one day be true,
The dreams I see,
The dreams I view
Yes, it will be true.

Aditi Ghosh
Class: VII - D



Phases to be Improved

When you feel sad
Don't think what others tell you
Rather go in front of a mirror
And Say
"I am the best"

When you are guilty
And want some peace of mind
Spend some moments with yourself
And conclude
"I must say sorry"

When you are alone
And no one is there to support you
Don't think that it's your fault
It means
"There is a scope of improvement in you"

When you do not succeed in your goal
Or you are afraid of opportunities
Take a decision
"I can do it"

If you have a fight with your friend
Ask for apology
For it does not mean that you were wrong
Or your friend was right
It means
"Your friendship is more precious than you ego"

Ishita
Class : IX -C



Mathematics in Our Daily Life

We read History, we read Chemistry,
We read Physics and Civics,
We read Hindi and English too.
But the most important subject is Mathematics.
For our life is Mathematics
May I tell you how?

Friends we add (+)
Enemies we subtract (-)
Smiles we multiply (x) and
Sorrows we divide (÷).

Charvi Shubhangana
Class: IV-D

SMC BELIEVES

SMC believes that there is a tomorrow,
Which is free from every sorrow.
SMC believes that there is a day,
Which is brighter than today.
SMC believes that there is a morning,
Which follows every night.
SMC believes that there is a goodness,
That holds us upright.
SMC believes that there is a way,
To overcome every sorrow.
SMC believes that there is a ray,
That will come after tomorrow.

Anjali
Class

Happiness, it Lies within you

The only source of happiness and unhappiness comes from your inner self.

Happiness is not something that comes to you. It is something that you create now, today. Waiting something to change in order to be happy is waiting to live your life. It is not what happens to you that count, how you react to what happens to you. Precisely, it is your attitude towards the thing around you. When you adopt a positive attitude, life becomes a rewarding and exquisite adventure instead of something to get through.

Happiness, it is in the moment of present, memories of past and dreams of future. The essence of life lies how to live it with happiness and contentment. It is what makes your life smoother and bright. Tranquility and rationality, a life with these is what we want to live. We spend most of our time adjusting in the external world, trying to make it adaptable according to our wishes. We tend to look for happiness in the outside world, we surround ourselves with the crowd and material that makes us feel comfortable, secure and entertained, yet we have not discovered the real and lasting happiness.

Now it is time when we stop looking around and instead find happiness from a different source, the everlasting source. Like mentioned previously, happiness is a state of mind, so the real source of happiness must be within our mind, not in the outside world. If we have a peaceful mind we shall be happy regardless of the external situations, but when our mind is infected with unhealthy thought processes they would lead to agitation and we can never be truly happy. Until we change our discontented and restless mind we shall never find genuine happiness.

Tahreen Perwaiz
Class: X-B



My Journey With Me

It was a night like all others
When I was in touch with me
For what awaited I didn't bother
Only accepted today with glee.

The reality of today
The hope of tomorrow
Was all that mattered, the rest I didn't see.
But time and again my faith was shattered
When my thoughts came to haunt me.

I worked to be different
I wanted to grow
Being a person of hope, I wanted to do more
It wasn't to be, for what I wanted didn't show
The harder I tried to reach the harbor
The further seemed the shore.

The struggle seemed, almost impossible to win
My misplaced optimism made my enthusiasm
slim
To quit however, seemed to be a sin
My thoughts had coagulated
Like water filled to its brim.

It was then that I realized
That a fight is exactly what life is.
A refusal to lose, a desire to win
Was all I had
So I decided to march on
It was pointless to be sad.

Sanvi Bhutani
Class: X-C

PRIZE WINNING POEM MY DAD

Udisha Kumar, a student of class IX-C, won a prize at the poetry competition, "Mere Papa" held by Amar Ujala.

My Dad and Me

Dad, you're a wonderful father,
So kind and gentle, yet so strong.
The many ways you show your care,
Always makes me feel I belong.

You're patient when I am foolish;
You give guidance when I ask;
It seems you can understand my feelings
through my expression;
You're the master of every problem or task.

You're a dependable source of comfort;
You're my cushion when I fall.
You help in times of trouble;
You support me whenever I call.

I love you more than you know;
You have my total respect.
If I had my choice of fathers,
You would be the one I'd select.



Udisha Kumar
Class : IX-C

My Dog

My dog listens when I talk
He goes with me for a walk
When I sleep, he sleeps too.
He does everything that I do.
When my sister, brother, friends make me mad,
He hangs his head and looks so sad.
He cuddles up and licks my hand
And tells me he can understand.



Deepti Rai
Class: III-D



My Cat

My cat is fat,
Loves the rats,
Wears my hat,
Plays with a bat,
Hot or cold,
She always tries to
Follow me to school.

Arisia Khushi Cutting
Class: VI-B

Love

The source of love is GOD,
The centre of Love is SACRIFICE.
The genesis of Love is FAITH,
The power of Love is PRAYER.
The seed of Love is SINCERITY,
The harvest of Love is HAPPINESS.
The Nature of Love is TRUST,
The pulse of Love is CONCERN.
The essence of Love is GENEROSITY,
The secret of Love is FRIENDSHIP.

Shweta Pandey
Class: X-A

To Those Without Hope!

Hope is inspiration
Turned inside out,
Hope is expectation
Of that there is no doubt.

Hope keeps us going
Longing for a better day;
Hope keeps us rowing
Life's boat at work and play.

Hope helps us rise each morning,
Looking for grace along the way;
Hope tucks us in each night
Praying we did His will today.

Hope is God's eternal carrot
The goal we all work towards,
Salvation removes death's garrote
As we reap our just reward.

Abhidi Gupta
Class: V-C

Ephemeral Bliss

The breeze of sadness shook my feet,
I tried but flew along the breeze.
It took me where, I had no clue,
But certainly out of this cruel zoo.

The texture of sand, where I reached,
Gave me a clue that I was on a lonely beach.
The trees were high, their top touched the sky,
And the cold, calm zephyr which blew,
Signaled that I was no more in the cruel zoo.

All by myself, I could now be myself,
No one to peep, no one to sneak,
My feelings were now too deep,
But the bliss of staying all alone,
Was something that I had waited for long.

The sun was smiling at my liberty,
Far around was no civility.
I now wanted to live my life,
But I realized,
That the sun of my life,
Was to set and not followed by the rise.

Shambhavi Srivastava
Class: XI-D

Who is he?

Sweet as honey,
Dear as money,
Hard as metal,
Delicate like a petal.
Strong as a mountain,
Cheerful as a flower.
He is none other,
But my father!



Ishita Singh
Class: III-C

USM IS LIKE A RAINBOW FOR ME

I was just a simple ordinary girl before going to USM. Getting up in the morning, going to school, studying, eating, sleeping was my only routine. I had never experienced travelling without my parents. I had earlier heard about USM from my friends but when I reached there and within two days I realized it was a very different world from what they had told me. I felt I was in second home. I was inspired a lot by my friends. I talked about this to Sr. Prabha and I am really thankful to her for giving me a chance to be a part of the Universal Solidarity Movement.

I remembered my first day of USM on 4th September, 2013. I was very excited on the first day of my stay in USM. It was not a very hectic day but from the second day classes began from 8a.m-8p.m at night.

The first thing that I learnt was the difference between Ambition and Vision. Ma'am Neetu very clearly and practically explained the meaning of having a 'Vision'. We watched movies like Pratighat, Dharam, Do kalakar and The Legend of Bhagat Singh. Each movie had its own meaning and it inspired me in a different way.

Earlier in school when I had to make my projects I always took help from internet or an essay book but within seven days I got to see a glimpse of my hidden talent. I realized that my writing and speaking skills had improved.

During the sessions I came to know the real differences between Ambition and Vision between. I came to know the qualities of a leader. I remember how nervous I used to be when I spoke but now I feel confident. I realized the importance of the Five Paths. I have now understood my responsibilities toward my society. The ambience played a big role in changing me. I realized how happy one feels when you make others smile. Sitting and eating together never gave me a chance to miss my family. The daily morning prayers at USM showed me the true meaning of Unity and Peace. I sensed fragrance of Love and Care in the air.

I have made a resolution that firstly I will follow the Five Paths of Self Transformation, read the newspaper daily. I will read one book in a month. I feel that now I am confident enough and can pen down my thoughts without taking any help from the internet. Above all, before going to bed I always thank God for all that he has given me and will ask for a better tomorrow.

USM is like a rainbow for me who has given me all the beautiful colors of life. USM made me realize my responsibilities toward the world and I promise my USM family that I will work with a vision and a mission.

Vishakha Darbari, XII C

A Small Step for the Larger Good

The incessant rains and the release of water from dams stationed upstream Ganga and Yamuna rivers, saw an unprecedented flood situation in the city of Allahabad. The lower lying areas of Rajapur, Salori, Shivkuti, Beli gaon along with various others were inundated and residents suddenly found themselves knee deep in water. Rescue operation were set up and the people of the affected areas moved to higher grounds, those who stay put were forced to live in the upper floor, while roads and lanes became avenue for boats to ferry in.

The students of St Mary's Convent Inter College too decided to do their bit in lending a helping hand to those affected. As a humanitarian gesture we with a group of ten girls along with our teacher Mrs. Khosla, Sr Marina and Rini Yeshu visited the flood affected areas of Beli Gaon on a boat. We took several packets of biscuits, potable water packets and packets of snacks which we distributed amongst those who had been trapped in their homes and their food and water stock was fast dwindling. Seeing the difficult and unhygienic conditions in which they were forced to live, we were greatly perturbed and we soulfully thank the almighty that we had been spared the ordeal.

Even though it was a pittance when seen against the magnanimity of the need of the flood victims, we returned home with a sense of satisfaction that we had done something for the greater good.

Dhairya Arora, Gyanvi Kesarwani, Zikra Batool Alvi

Class: IX-B (USM members)



A Journey to Cherish Forever



It was one of the most humid days of summer, the temperature was soaring high. It was a gloomy weather.

I was in a good mood, rather excited, for we were to leave for Uttarakhand in the next two hours. We would reach my cousin's house at Dehradun by the same time the next day, make our way to Gangotri and our journey would end at Haridwar. As we entered the state of Uttarakhand, it started raining unexpectedly. The train journey was disastrous. On our way, the river level had risen to the base of the railway bridge. I was aghast by the sight. Several trees came flowing along the water. Something seemed extremely wrong. We finally reached Dehradun. The news said that many places of Uttarakhand had experienced a devastating flood. We changed our plan of visiting Gangotri and made our way to Mussoorie.

We reached Mussoorie the next day. It was one of the most spectacular places I had ever seen. The clouds came into the streets. The Mall Road was one of the most beautiful shopping areas of the country. My cousin told us about a place, nearly ten kilometers from Mussoorie called Landour. We arrived at Landour at night. It was a small valley almost covering the entire mountain.

We went to a place named 'Char Dukaan'. While we sat savouring the famous 'cheese maggi' there, we got to know that the place was home to Ruskin Bond, one of the most famous writers of the country. I had read many of his works. The very next day we visited his home. This great author warmly invited us in and talked to us. I told him how I loved his stories and he said-"I write such stories for you kids. If you like them then that is the best gift God can give me." We were all very glad to meet him. He gifted us some of his books as a token of remembrance. I shared my joyful experience with my friends. They were simply amazed.

Landour was the most peaceful place I had ever visited. The shining range of Himalayas embedded spiritual feelings and peace of mind, and meeting the great author, was a wonderful experience. The valley of Landour was a very significant tourist attraction. It was a mesmerizing experience and very memorable indeed!

Suhana Srivastava

Class: IX-B

Inspirational Thoughts

A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.

If you reveal your secret to the wind, you shouldn't blame the wind for revealing them to the trees.

People are such great mysteries. Just when we think we have understood them, a wonderful new aspect shows in them.

You don't have to be great to start, but you have to start to be great.

The past is to prove that no one is perfect and the future is to prove that everyone can change.

Compiled by : Vrinda Singh

Class : XII-D

Tips for Success

Set a definite aim in your life,
Be honest in your word.
Example is better than precept,
Never leave work half done.
Have faith in God
Learn to forgive others.
Life is not a bed of roses.
Strengthen your will power.
Give proper care to physical fitness,
And develop a pleasing personality.

Advita Jaiswal
Class: III-B

Whenever

Whenever I look at the stars,
I wonder where you are
Whenever I feel the cool breeze,
I feel you are so far.

Whenever I see the rain,
I feel the parting pain
But only my feeling remains,
Because I know you can't come back
again.

Whenever I touch the dew,
My heart cries for you
I feel so lonely here
I wish I was there
With you, with you
Whenever...

Esha Chauhan
Class: VII-B

You Are Special

You are a star of the heavenly beam
Guiding the logs amidst the stream,
A caring nourisher and a loving protector,
A great creation of the greatest creator.

Slowly you wipe the tears of the world
When the blunders are unfurled,
Your deep heart is filled with love,
You are a delicate stone upon the rough.

A statue of selflessness, of nourishment
Which performs only for other's betterment,
A blanket of warmth and adornment,
For a sweet child in the world of cradles.

Your touch is of abundance grace
Which lights up a gloomy face,
You are the sun of unlimited affection,
Radiating smile and happiness,
Enveloping the universe, giving protection.

You are beyond one's comprehension
A daughter, a wife, a mother,
Ultimately a man's creation,
The birth giver a woman.

Adding feminine beauty to sky
Changing the grace into joy,
Let your light shine bright
Let the world rejoice.

Comprehend her depth before it is too late
She is the writer of worldly fate,
Incomplete will be the world
Without the melodies of a girl,
So learn to love, protect, respect,
Because the world is nothing without HER !.

Anam Tanveer
Class : XI-B



ALAS IT WAS A GIRL

A soft delicate thing was sent from above,
A feather-light, beautiful, soft white petal look-alike,
Inexorably in need of care, security and love,
As if that was all that the puny little thing needed to survive.
Those tiny little palms tried to gather acceptance,
The black, stony eyes groped for love,
Her soft lips parted in stark fascination,
Playfully she rolled around making patterns like a curve.
Her petite fingers interwove many destinies,
Those intricate lines on her palms held her fate.
Her mother was ready for the unending pleas,
In an attempt to protect her newborn daughter of late.
She kept that little thing close to her chest,
Incessantly her eyes let go of a tear.
Again the black, majestic night sky would be her daughter's bed,
With the sky's fine silvery lines serving as chandelier.
The fears which gripped her were true,
Probably a lot many times she had endured the same pain,
That delicate, little thing would soon be dead,
The moment they knew It's a Girl again.

Khadija Rehman
Class: IX-D

A Teacher

A teacher is like a lamp who gives us the light of knowledge,
A teacher is like a flower who gives us the scent of education,
A teacher is like a captain who gives direction to our ship of life,
A teacher is like a pillar which supports the building of progress,
A teacher is like a gardener who cultivates good quality in the student,
A teacher is like a mother who loves equally all her children,
A teacher is like GOD who gives us new life and a new vision,
Oh! a teacher is great, a teacher is lovable.
A teacher is noble.

Khadija Qais
Class: VIII-A

A Better India

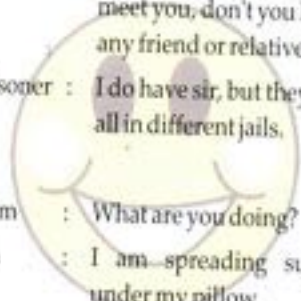
A country where
There is unity.
A country where
There is no enmity.
A country where
People always share.
A country where
People love and care.
A country where
People serve the needy.
A country where
People reach out to others.
A country where
People live like brother and sisters.
Is the country called India.
Let us join our hands in unity,
Without any difference
In caste, religion and community.

Oraba Mahmood
Class: VIII-A



Laugh- It Increases Your Face Value

- Jailor : Nobody is coming to meet you, don't you have any friend or relative?
Prisoner : I do have sir, but they are all in different jails.
Mom : What are you doing?
Son : I am spreading sugar under my pillow.
Mom : Why are you doing this?
Son : To have sweet dreams.



संस्कृति दर्शन

विश्व संस्कृति का उद्गम स्थान : भारत वर्ष

भारतीय संस्कृति से विश्व की सभी संस्कृतियों का उद्गम हुआ है क्योंकि भारत की घरा अनादिकाल से ही संतो-महात्माओं एवं अवतारी महापुरुषों की वरणरज से पावन होती रही है। यहाँ कभी मर्यादा पुरुषोत्तम श्री राम अवतरित हुए तो कभी लोकनायक श्रीकृष्ण, संत कबीरजी, गुरु नानकजी, स्वामी राततीर्थ शंकराचार्यजी आदि अनेकानेक संत-महापुरुषों की जीलास्थली भी यहीं भारतभूमि रही है, जहाँ से प्रेम, भाईचारा, सौहार्द, शान्ति एवं आध्यात्मिक की सुमधुर सुवासित वायु का प्रवाह सम्पूर्ण विश्व में फैलता रहा है।

दुनिया भर के सभी देशों में हमारा भारत सभी चीजों में सक्षम है। देश-विदेश हर तरफ भारतीय संस्कृति को सम्मान पूर्वक अपनाया एवं सराहा गया है। जर्मनी के प्रख्यात विद्वान मैक्समूलर भारतीय संस्कृति को समझने के बाद इस संस्कृति के प्रशंसक बन गये। उन्होंने महारानी विक्टोरिया से सन् 1957 में कहा था -

“यदि मुझसे पूछ जाय कि
किस देश में मानव-मस्तिष्क
ने अपनी मानसिक एवं
बौद्धिक शक्तियों को विकसित
करके उनका सही अर्थों में
सदुपयोग किया है तो मैं
भारत की ओर संकेत करूँगा।”

फ्रांस के महान तत्त्वचिंतक वोल्टेयर ने गहन अध्ययन के बाद लिखा है :

“मुझे इस बात का पूरा
विश्वास है कि हमारे
पास जो भी ज्ञान है
चाहे आकाश-विज्ञान या
ज्योतिष-विज्ञान या पुनर्जन्म
विषयक ज्ञान आदि, वह
हमें गंगा तट (भारत) से
ही प्राप्त हुआ है।”



भारतीय संस्कृति बहुत ही ज्यादा विस्तृत एवं अनोखी है। इसके प्रति विदेशी विद्वानों की श्रद्धा अकारण नहीं है। विश्व में ज्ञान विज्ञान की जो सुविकसित जानकारीयें दिखाई पड़ रही हैं, उसमें महत्वपूर्ण योगदान भारत का ही रहा है। इसके प्रमाण आज भी मौजूद हैं।

ऐसा उल्लेख है कि दक्षिण-पूर्वी एशिया में भारत के व्यापारी सुमात्रा, मलाया और निकटवर्ती अन्य द्वीपों में जाकर बस गये थे। चौथी शताब्दी के पूर्व ही अपनी विशिष्टता के कारण यह संस्कृति उन देशों को दिशा-धारा बन गयी। चीन, जापान, नेपाल, श्रीलंका, तिब्बत, कोरिया की संस्कृतियों पर भारत की अमिट छाप आज भी देखी जा सकती है।

हमारे भारतवर्ष की तुलना में अन्य सभी देश धीरे-धीरे मालूम होते हैं क्योंकि यहाँ की विविध संस्कृति सबसे श्रेष्ठ है। हमारे देश में भौतिक-भौतिक के लोग हैं फिर भी हम एक साथ एक जुट होकर रहते हैं। ऐसे अनजिनत प्रमाण संसार के विभिन्न देशों में बिखरे पड़े होंगे जो यही बताते हैं कि भारत समय-समय पर अपने भौतिक एवं आध्यात्मिक ज्ञान के सागर से विश्व वसुंधरा को अभिसिंचित करता रहा है, अब भी कर रहा है और आगे भी करता रहेगा।

PRIZE WINNING ESSAY

Comments on the human rights and human right violations in our country.

What is the role of youth to improve the situation.

Diksha Bijlani secured the first position in English Essay Competition conducted by Association of Catholic Educational Institutions in Uttar Pradesh and Uttarakhand.

"First they came for the communists, and I did not speak out because I was not a communist; then they came for the socialists, and I did not speak out because I was not a socialist; then they came for the trade unionists, and I did not speak out because I was not a trade unionist; then they came for the Jews, and I did not speak out because I was not a Jew; then they came for me, and there was no one left to speak out for me." - Martin Niemoller

On Dec. 10th 1948, the United Nations proclaimed the Universal Declaration of Human Rights. Post that the Indian constitution guaranteed Human Right as a fundamental right. They defined it as a legal safeguard of basic freedom to which everyone is entitled. They claimed inalienable, egalitarian rights, and a world wide security. They dreamed of an atlas of liberty and justice.

And yet, they could not ascertain anything. Man did not think twice before assassinating the rights of another man, Humanity did not grow from the seeds of dream, and no one can still do whatsoever about it. Human rights violation prowled the world since the dawn of civilization. Indian history has imprints of umpteen cases of human rights violation. The British rule saw the 'indigo plantation crisis, a renowned instance of encroachment upon rights of farmers who were forced to grow indigo for trade.

This violation of rights has been traditionally ingrained in the Indian system. It takes years for the issue of ration card or a booked LPG connection the basic right of every citizen. There are innumerable efforts to put the veneer over many audacious cases, only because they accuse the affluent. Such molycoddling is a sore violation of rights of the poorer ones involved in these cases. Citizens are legally detained for malediction only because they detest, on a social, the local holiday in Mumbai on the death of Raj Thakre, a politician and this, even when the constitution guarantees the right to freedom of speech. Ours must definitely be a peculiar country, for me where the government itself illegally violates right of people whom they represent, is unheard of. And this violation of rights does not fence around the government's unlawfulness. Sixteen year old Imrana, was burnt alive, in a case which came to be known as 'moral vigilantism' honour killing. Growing cases of senior citizen murder, human trafficking and child labour are also noted. Twenty three year old Damini was brutally gang raped in a bus and left to die in the country's capital women safety, the most uncapitulated issue in India.

It is only paradoxical that during the very instances of utmost injustice and gravest atrocities, the law seems almost as vagabond astray. Such severe violation of rights is a detestable reality of India. The question is: how many more Imranas? How many more Daminis?

If history is witness to an utter violation of rights, history is also witness to a may be delayed- retrieval of violated rights by martyrs who fought against authorities if needed, by saviours who devotedly worked towards shielding the rights of the hapless from exploitation, by youths who envisioned a just, liberal India.

'Freedom is my birth right and I shall have it' with this spirit youth fought for freedom six decades ago, and they will do it today too. Youth mind is free, ideas vibrant and ways exuberant. Like the IAC- a youth led party has become a threat to the tainted politicians and youth protest paved way for a modification in rape laws, nothing is more fatal to injustice than an educated, conscious youth. Youth believe in an India, not bound by regional or religious implications; they believe in voicing opinions, in virtues against vices, unity against dissension, democracy against autocracy. Cognizant of the need of today, the youth of the country will go for a clean politics and elimination of social bounds for a new epoch in itself. They may not be humanitarians but they will be advertisers of humanity, and a sole meaning to the word 'human'.



Spare some time

"Many of us spend half our time wishing for things we could have done if we didn't spend half our time wishing".
Alexander Woolcott.

In today's fast paced and non stop hustle and bustle of life people often overlook the need for sparing a few peaceful moments for themselves. Yes my friends for some people the idea itself holds little importance in their hectic schedule. When every minute holds something new for us then why follow the monotonous routine of our lives?

Today the world of self aggrandizement is so alluring that we often forget to live in a world which does not always go according to our whims and fancies. Life is unfair, it has always been, it will remain so and this is the way it should be because everything just cannot be a piece of cake. In times of distress spare some time to search for happiness. In times of joy spare a thought to those who live in conditions far beyond the realms of our limited minds. In times of utter disappointment and hopelessness spare some time to tread beyond the anonymity of untrodden ways. In a moment of confusion spare some time to lift your skirts and roll your pants to pull yourself out of the predicament.

Take some time off from the unruly monotony of your lives and break the shackles which keep you bonded and prevent you from being thrown sky high to venture the unknown territories. Do something you love to relieve yourselves from the hangovers of the day. Spend some time with your friends and family and show your love and affection for them. Read a book and incorporate in yourself something you want to cling to with both your arms for the rest of your life. Learn something new everyday and rejoice in your being.

But you can practice the aforementioned only if you try to spare a moment to drown yourself in the rich and exuberant ocean of your life. But the question which haunts us all "Can you spare a moment to live life to its fullest?" I can and I already have. Give it a shot. You will feel pleased with yourself.

Anukriti Joshi
Class: XI-A

True Forgiveness

Forgiving someone is something we must do from our heart. Having met with injustice, or having been wronged by someone is terrible. One goes through a myriad of emotions ranging from self pity and helplessness to anger, blame and revenge. These feelings also become inward directed. One blames him/herself for having been in the situation. Guilt, self blame and self disdain take us over and we find ourselves responsible for our negative experiences. Having a grudge against a person is like holding burning coal in one's hand with the intention of throwing it at the other. As long as it stays with us, it keeps burning our hand; the only way to save ourselves is to let go off that burning coal; to let go off any feeling of anger, hurt, blame etc.

The memory and feeling of having been wronged by someone puts an unnecessary burden on us. The way of lightening ourselves, is not by paying back because being wronged and doing wrong are two sides of the same coin. Revenge would add to this weight.

Lightening ourselves with this kind of burden is only possible if we have the capability of forgiving and forgetting.

Jessica Simon
Class: IX-C

Are We Happier than Our Forefathers?

The indefatigable sail of time has taken us from dilapidated huts to ostentatious mansions, from faulty telegrams to immaculate technology, from bulky books to speedy Google, and lastly from impeccable moral rectitude to a precipice of absolute morality collapse.

As this 3G modernized world explodes into path-breaking inventions and jaw-dropping technology; the values handed over to us through ages recede further into the stark recesses of oblivion. The world has marched on relentlessly leaving footprints, as the milestones of glorious achievements, on the dimensionless sands of time but as the wagon of advancement hurtles through the tunnels of development with impetuous speed, we left something on the way-the virtues that our forefathers taught us; the values they embedded, rather attempted to embed in the folds of our hearts, through their sweet bed time tales.

Happiness resides in peace. Today's world is a ruckus. They taught us to be content; we indulge in unbridled corruption. They taught us to help the neighbour, we don't know who lives next door. They taught us to be generous; we turned out to be gods of insensitivity. They told us to help those in need, we drove by an accident site unmoved because we were getting late for our worldly engagements. They nourished us in their sheltering arms; we drove them to old age homes. They taught us imperishable morals and uncompromising ideals; we slaughtered principles at the august citadels of power.

The fact lies bare, crystal clear and irrefutable; we have become a bunch of insensitive, passive, corrupt, unkind and immoral people. When we succumb to evils, cow down to immorality, somewhere a muffled voice does echo in the desolate corridors of our conscience; the voice of our forefathers beckoning us to right path. But the evil, rash and ruthless instinct we have seasoned through the years, quickly overpowers it drowning that voice. Conscience is, thus, lost in the wilderness of evil.

Our forefathers were content with food to eat and a shelter to live under; the found bliss in relationships, in unconditional love, in worship and in each other. We have amassed bungalows, accumulated stacks of cash in banks, but still never end the pursuit of wealth. We would never stop rummaging for more, even if the path is devious. More than technology has upgraded through the years, values have degraded. Eroded to rubble, those lofty ideals and undying morals today are no more than a languishing corpse.

India was that land of diverse hues of culture, preaching of Buddha, heritage of Ashoka, resolve of ahimsa, purity of Gandhian ideals, the land of austerity, the land of God. India today is replete with evils, corruption lingers like a monster, communalism spreading like a latent cancer, politics as shoddy and murky as can get, indifference at an ever high, din of immorality having reached a crass crescendo. That was their India, this is our India. Our India is where an 8-year old is brutalized and the culprits are at large, where honesty is murdered, where ideals are jettisoned and the hollowness of avarice reigns supreme. It is agonizing to attach a sense of belongingness to such a country, but it is equally unfair to separate that 'our' from India. Why solely blame the political masters for the entire ruckus? Corruption breeds in that office where we pass bribes to get our work done faster. Communalism sparks from that stern disapproval of inter-religious marriages. Callousness begins in our indifferent attitude to an accident site. So, we are the creators of this mayhem.

The shores of morality stand desolate; the blizzards of sins have uprooted moral uprightness. We have genuflected to the diabolic forces. Evil is reveling. For a moment, just halt. Take leave of worldly affairs and breathe. Walk away from the cacophony of the world. Listen to the mellifluous melody reverberating in your heart; the voice of conscience, the beckoning cry of your forefathers. Attempt to clear the mist that has fogged their picture instilled in your heart. From the shadows; they are still watching us; hear their stifled sobs as they see us becoming slaves to the devil. Wipe their tears. Reignite the flame that smolders in your heart. The fire of optimism, of morality, has dwindled but even the wildest gales cannot extinguish it. Do not let the edifice of their aspirations from us demolish like a frail pack of cards. Grant to the dying flame a new life.



Congratulations!

Our Achievers

Congratulations!

CLASS X 2012-13



Ananya Singh
- 95.8%



Rashmi Singh
- 95.4%



Shreya Srivastava
- 95.25%



Bhavya Mittal
- 94.8%



Shreya Basu
- 94.4%



Ishita Srivastava
- 94.4%



Ritika Singh
- 94.2%



Sprha Singh
- 94.2%



Karika Talreja
- 94.2%



Gauri Kesarwani
- 94%



Srishti Sahu
- 94%



Sharmistha Dutta
- 93.8%



Pratishtha Shukla
- 93.8%



Dibyabha Maitra
- 93%



Aditi Shukla
- 93%



Aditi Tripathi
- 92.85%



Aparna Varma
- 92.65%



Ananya Jaiswal
- 92.4%



Aneega Nambiar
- 92.2%



Unnati Bijalwan
- 92%



Priyanshi Sachan
- 92%



Tuhina Tripathi
- 92%



Ritika Verma
- 92%



Mrinalini Acharya
- 91.8%



Anukriti Joshi
- 91.8%



Jagriti Kasera
- 91.8%



Rishika Jaiswal
- 91.6%



Sakshi Agarwal
- 91.4%



Reet Chanduka
- 91.4%



Madhulika Gupta
- 91.4%



Akshita Singh
- 91.4%



Anamika Pathak
- 91.2%



Ritika Sil
- 91.2%



Richa Singh
- 91%



Radhika Agarwal
- 90.8%



Anubhuti Agrawal
- 90.8%



Anam Tanveer
- 90.8%



Archeesha Vyas
- 90.8%



Vaishnavi Tiwari
- 90.4%



Diksha Kesarwani
- 90.2%



Anushka Dwivedi
- 90%



Shreya Mishra
- 90.2%



Charu Sharma
- 90%



Shatakshi Tripathi
- 90%

Congratulations!

Congratulations!

CLASS XII 2012-13



Sukriti Bhargava
- 95.5%



Manya Chaturvedi
- 95%



Parul Chakravarty
- 94.75%



Ayushi Sah
- 94.25%



Shreeradhe Khanduja
- 93.75%



Aamna Lawrence
- 93.5%



Devanshi Bansal
- 93.5%



Ajita Dixhit
- 93.25%



Jessica Lartius
- 93.25%



Anindya Ojha
- 93.25%



Anshita Goswami
- 93%



Aarushi Sharma
- 92.75%



Priya Kela
- 92%



Apoorva Mishra
- 92%



Rini Chandra
- 91.75%



Ritika Srivastava
- 91.25%



Vrinda Agarwal
- 91.25%



Yasha Singh
- 91.25%



Surabhi Ghosh
- 91%



Madalsa Srivastava
- 91%



Apoorva Shree
- 90.75%



Charu Yadav
- 90.75%



Bhawini Tripathi
- 90.5%



Aditi Kharbanda
- 90%



Anushri Shukla
- 90%



Jerry Jose
- 90%

आशादीप जूनियर हाई स्कूल



आशा की लहर



संदेश



“आतंकवादियों ने सोचा कि वे मेरे लक्ष्य को बदल सकते हैं और मुझे अपनी चाहत को हासिल करने से रोक सकते हैं परन्तु कुछ भी नहीं बदला सिवाय मेरी कमजोरी, आशाहीनता और डर का सात्मा हो गया। शक्ति, ऊर्जा और सहस ने जन्म लिया....। मैं किसी के खिलाफ नहीं हूँ, ना ही मैं यहाँ तालिबान से आपसी मतभेद के उपलक्ष में बोलने आयी हूँ। मैं यहाँ हर बच्चे की शिक्षा के अधिकार के बारे में बात करने आयी हूँ। मुझे तालिबान, आतंकवादियों और विरोधियों के बेटे और बेटियों के लिये शिक्षा चाहिए।”

यह करिश्माई शब्द है सोलह वर्ष की मलाला यूसुफजाई के जिसने संयुक्त राष्ट्र संघ में तालिबान के खिलाफ साहसी भाषण में सारे संसार के लिये शिक्षा के मार्ग खोलने का

आग्रह किया। इस युवा और आधुनिक युग की डेविड ने अपने अनंत जोश और गुस्ताखी के साथ सभी के शिक्षा स्तर की वृद्धि के लिये प्रयत्न किया। यह समय की मांग है और हमको इस शूरवीर मलाला के जोश को अपने अनुकूल बनाना पड़ेगा। शिक्षा प्रणाली में सर्वोत्तम पढ़ाई पाने की सोच को और समाज में बच्चों के साथ नाजुक खेलौने जैसे व्यवहार को बदलकर समस्त मानव जाति की भलाई के लिये विद्यार्थियों में सकारात्मक और उचित सिद्धान्त भरने की आवश्यकता है। जिससे यह संसार जीवन निर्वाह करने के लिये बेहतर बन सके। यद्यपि बदलाव कुछ महीनों के कम समय में सम्भव नहीं है। सम्पूर्ण व्यवस्था को बदलने की जरूरत है। मानसिकता में परिवर्तन लाने की जरूरत है लेकिन सच्चाई तो इटली के खूबसूरत तितली में परिवर्तित होने की संघर्ष विधि में निहित है।

नदी और चट्टान के निरंतर मुकाबले में नदी अपने बल से नहीं अथवा अपनी स्थायी दृढ़ता से विजयी होती है। केन्द्रित और दृढ़ विकास की प्रक्रिया को अपने भीतर उल्लेखित करने से ही हमारा व्यक्तित्व समय के अनुकूल हो पाएगा। जब हम केन्द्रित और दृढ़ होकर चलेंगे तत् पश्चात् हम अपने स्वप्न द्वारा अपना लिये जाएंगे और हम अपनी महत्वाकांक्षा को हर तरह अभिव्यक्त तब तक कर पाएंगे जबतक हम उन इच्छाओं को अंततः हासिल नहीं कर लेते। आज के युग में यह आवश्यक है कि लोग यह जाने कि तुम क्यों खड़े हो और साथ ही उनका यह भी जानना उतना ही जरूरी है कि तुम किसलिये नहीं खड़े हो। इतिहास का निर्माण तभी होता है जब तुम सही कार्य करने का चुनाव करते हो। एडगर एफ रोबर्ट्स ने लिखा है -

हर व्यक्ति के पास एक महान निद्रा शक्ति है,
जबतक वह एक दिलचस्प और विशिष्ट अभिलाषा द्वारा नहीं जागरूक किया जाता है,
और उसे करने के लिये एक स्पष्ट इरादा नहीं मिलता है।

तरुण मलाला की भांति विजेता और रणजीत का निर्माण चिंतन, क्रिया और दूरदर्शिता जैसी धातुओं से होता है और विश्वास करो या ना करो यह वही धातुएँ हैं जिससे तुम और मैं भी नहीं हूँ। हमें आवश्यकता है तो केवल अपना सही मूल्य खोजने की, और तब तक चलते रहने की जब तक हम उस ऊँचाई तक ना पहुँच जाएँ जहाँ तक हम पहुँचने के लिये निर्धारित किये गए हैं। निःसंदेह इस मार्ग पर असफलताओं से हमारा सामना होगा परन्तु हमें यह विश्वास रखना होगा कि मार्ग के अंत में निश्चित ही हमें संतुष्टि और परम सुख का आनन्द प्राप्त होगा।

समाज के सुविधाहीन बच्चों को “आशादीप” के माध्यम से शिक्षित करने का हमारा प्रयत्न एक ऐसा कदम है जो दुनिया को बेहतर बनाने में सक्षम है। सिर्फ एक वक्त का आहार मिलने और पूरे सप्ताह एक ही विद्यालय वस्त्र पहनने के बावजूद उन नन्हे बच्चों की आँखों में अपने लक्ष्य को हासिल करने की एक चमक रहती है। इसलिये हम एकजुट होकर अथक रूप से उन बच्चों की महत्वाकांक्षाओं को पंख देने का प्रबंध अपनी समर्पित सेवा से कर रहे हैं। हमें अपना जीवन एक बार में एक दिन के हिसाब से व्यतीत करने की आवश्यकता है जिससे हम अपने जीवन का हर दिन जी सकें।

ईश्वर आपको आशीर्वाद दे।

- सिस्टर मरीना सी.जे.
आशादीप इंचार्ज

वृक्ष का महत्व

वृक्षों के कटने के कारण
धरती नित हो रही है खाली
होता रहा अगर ऐसा तो
बच न सकेगी अब हरियाली
नहीं रहेंगे वृक्ष धरा पर
तो फिर वर्षा कैसे होगी

बिना वर्षा के अन्न न होगा
ब्राह्मि-ब्राह्मि पृथ्वी पर होगी
प्रदूषण ही सर्वत्र रहेगा
जीना मुश्किल हो जायेगा
जहरीली गैसों के कारण
प्राणी कैसे रह पाएगा
टल सकती है अभी तबाही
बहुसंख्या में वृक्ष लगाओ



खाली-खाली इस धरती को
वृक्षों से परिपूर्ण बनाओ।

सविता लिप्टन
अध्यापिका (आशा दीप)

आशा दीप समय का महत्व

समय एक ऐसा शब्द है,
जो बड़े से बड़े घाव को भर दे।
समय के रथ का पहिया,
जो सवार को अपनी अनुभूतियों से।
तेज और धीमी गति से चलने का,
आभास कराता रहता है।
लेकिन समय सदा अपनी,
गति से चलता हुआ।
साल दर साल खिसकता हुआ,
छेड़ जाता है अपने विशाल।
और इन्सान चाह कर भी,
समय को पकड़ नहीं सकता।
क्योंकि वह अपनी तेज गति से,
आगे बढ़ता ही चला जाता है।

- श्रुति रूवेन
अध्यापिका (आशा दीप)

ईश्वर और मनुष्य के बीच की वार्तालाप

अक्सर हम देखते हैं कि यदि हम कुछ गलत करते हैं और उसकी सजा हमें मिलती है तो हम ईश्वर को दोष देते हैं और हम अपनी गलती के बारे में नहीं सोचते और कहते हैं ईश्वर ने हमारे साथ क्यों ऐसा किया है, उदाहरण के लिए -

मनुष्य - ईश्वर से पूछता है कि मैं एक प्रश्न पूछ सकता हूँ।

ईश्वर - अवश्य

मनुष्य - वादा करिये आप कहीं गुस्सा तो नहीं हो जायेंगे।

ईश्वर - हम वादा करते हैं।

मनुष्य - आज मेरे साथ सब बुरा क्यों हुआ ?

ईश्वर - तुम्हारा क्या मतलब है।

मनुष्य का प्रश्न - आज मैं देर में उठ, मेरी गाड़ी स्टार्ट नहीं हो रही थी, दोपहर का भोजन ठीक से नहीं बना, मुझे इंतजार करना पड़ा, जब मैं घर गया तो मैं अपने पैरों को गरम पानी से सेकना चाह रहा था तो मेरी मशीन भी खराब हो गई मेरे साथ ये सब क्यों हुआ।

1. ईश्वर ने उत्तर दिया - एक यमदूत तुम्हारी जान लेने आया था तो मैंने एक परी को उससे लड़ाई करने के लिये भेजा था। इसलिये मैंने तुम्हें सुला कर रखा था और इसीलिये तुम देर से सो कर उठे।
2. तुम्हारी गाड़ी इसलिये देर से स्टार्ट हुई क्योंकि सड़क पर एक शराबी पीकर गाड़ी चला रहा था उससे दुर्घटना हो जाती इसलिये तुम्हारी गाड़ी स्टार्ट नहीं हुई।
3. जिस व्यक्ति ने तुम्हारा खाना बनाया था वह व्यक्ति बीमार था मैं इसलिये नहीं चाहता था कि तुम भी वह खाना खाकर बीमार न पड़ जाओ।
4. तुम्हारी मशीन इसलिये नहीं चली क्योंकि वह खराब थी जिससे पूरे घर की रोशनी चली जाती और तुम्हें अंधेरे में रहना पड़ता था न मैं चाहता था और न तुम।
5. अक्सर ऐसा क्यों होता है जब हम प्रार्थना करते हैं तो हमें नींद आती है और जब हम फिल्म देखते हैं तो तीन घंटे पूरी फिल्म मन लगाकर देखते हैं।

ईश्वर कहते हैं जब तुम अपने मित्र के सामने मुझे नहीं मानते हो तो मैं भी तुम्हारे साथ वैसे ही करूँगा।

जब ईश्वर हमारे लिये एक दरवाजा बंद कर देते हैं तो दूसरी तरफ वह दो दरवाजे और खोल देते हैं।

यही है ईश्वर और मनुष्य के बीच की वार्तालाप।

- क्रिस्टीना दास
अध्यापिका
(आशा दीप)



EDUCATE
ABLE
MPOWER

Sakshi Kesarwani

12th - D

School Magazine 2013-14
Spectrum

Concept by :
Preet Dewan
10th-C