



SMC *Spectrum*



April 2015 to September 2015

Siddhi Agarwal
Class 12-C

www.smccjallahabad.org

IN LOVING MEMORY OF



Sr. Juliana CJ
24-04-1932 - 02-09-2015

*Your heart was full of kindness,
Always reaching out to those in need,
To the poor you gave your best.
May God grant you the joys of heaven.*



A Tribute to Rev. Sr. Juliana CJ

20.04.1934 – 02.09.2015

"Your memory lingers in our hearts like a sweet fragrance bringing alive your loving ways."



Having completed a long life of dedication and commitment in the service of the Lord and humanity our dear Sister Juliana departed for her eternal reward on 2nd September, 2015. She was born on 24th April, 1932 in a devout Catholic family in Kerala and had a happy childhood in the company of her brother and sisters. Gripped by an ardent desire to serve God and His people she left her father's house and entered the Congregation of Jesus in the year 1950 and was received as novice in 1951.

Sr. Juliana was one among the first batch of Indians who joined the Congregation. She made her 1st profession on 15th April, 1953 at Patna and her final profession on 14th April, 1959 at Allahabad. She served the Congregation in a number of places in varying capacities. As a young religious she was posted at St. Francis Jhansi for a year thereafter completed her studies in Allahabad.

Sr. Juliana was a committed religious, an ardent educationist and a true lover of children, the youth and the poor. She dedicated her life to teaching in our various schools like SMC Kanpur, SFC Jhansi, SMC Kathmandu, SMC Allahabad, SMC Lucknow, Mumbai, Patna, Rihand Nagar and Rajapur. Sr. Juliana served as the animator of two of our communities at Lucknow and Rihand Nagar.

As an accomplished music teacher she touched the lives and hearts of all her students not only with songs but also with her vibrant spirit, charm and overflowing love for God and humanity. Music was engraved in her heart and soul and she taught and lived music. In the year 2002 she was transferred to SMC 32, Thornhill Road and the last 13 years she moved around these corridors and campus.

From 19th of August Sr. Juliana began to show signs of weakness due to the decrease of sodium in her body. She was immediately admitted in Nazareth hospital. On the third day she expressed her desire to come back home and her wish was granted. But suddenly on 27th afternoon we had to rush her to hospital as she struggled to breathe and the doctors diagnosed her with advanced pneumonia. On 30th she expressed her desire to meet the sisters in the community. It seemed that she had a premonition of her home going and so she thanked the sisters profusely and asked pardon for all her shortcomings and fondly met each one. Our dear Sr. Juliana slipped away to her heavenly abode, softly and gently on 2nd morning.

Our dearest Sr. Juliana, you lived a life deeply rooted in God and out of this profound communion with the Creator flowed your great love for all. Your inspiring life was woven with works of charity, kindness and compassion for the poor and the needy and you went out of your way to help and motivate them. As a true companion of Mary Ward you lived out the charism of the Congregation diligently and faithfully. Your life of prayer was a source of inspiration for each one of us. The secret of your life was your great devotion to the Sacred Heart and Mother Mary.

Dear friends, let the pain of loss that we experience bring us to a healthy awareness of the inevitability of our own death and may that awareness influence our own decisions today. May it help us to discover the hidden depth of life and lead us to the realization that life is a gift never to be taken for granted; may it inspire us to respect and value, each person who comes into our lives.

Dear Sr. Juliana the legacy that you have bequeathed to us will continue to challenge us and urge us on to live the heroic and generous spirit of our foundress Mary Ward. Goodbye Dear Sr. Juliana till we meet again.

Sr. Marina CJ



The Principal's Message



One of the defining features of today's world is **change**. The world around us is changing at a lightening speed. In the field of education there has been a sea of changes in various areas. In this scenario our prime responsibility is to impart education that suits the needs of a changing world without compromising on values. This is a challenging task which demands commitment, patience, effort and alertness. Unless we are awake and alert we would be giving yesterday's answers to tomorrow's challenges.

Sensitivity to the needs of the time is one of the outstanding characteristics of our Venerable Foundress, Mary Ward. The educational programme she designed to honour the dignity and sacredness of human life, in response to the urgent need for women's education in her time, is our source of inspiration in all our educational endeavours in a changing world. Taking forward the vision and legacy of Mary Ward we give priority to spiritual values among our students, so that they realize their full God-given potentiality and live with nobility, dignity and grace.

'Every Child Counts' - our special campaign for the academic year 2015-16 - aims at building a golden future where every child will be counted and valued and nobody will be left behind. In a challenging, enriching and purposeful learning environment our students acquire skills and attitudes that take them beyond the class rooms and prepare them for a responsible life. Moving according to the needs of the time we train the character and personality of our students in such a way that they become discerning persons who are sensitively alert to the needs of a changing society and contribute towards building a better world.

True beauty of life is revealed when you have a grateful heart. This year marks the 149th year of our service to humanity in the field of education. As we thank God for the manifold blessings received during these hallowed years, let us pray that all our hopes, plans and dreams for our **Sesqui Centennial Celebration** be crowned with the **grace of the Lord**.

This new issue of the Spectrum gives expression to the creative energy and artistic ability of our students and teachers. Congratulations to all those who have contributed to making the Spectrum attractive and inspiring, especially our excellent **Editorial Team**. With much love and gratitude we dedicate this issue of the Spectrum to the **precious memory** of our dear **Sr. Juliana**. May her noble soul **live** in the **peace** and **joy** of **heaven**.

Called to become instruments of profound social transformation in our world, dear SMCites, set goals that command your thoughts, liberate your energy and inspire your hopes. Stay focused, work hard and lay a solid foundation. Strive for sustained excellence and take on the challenge of being **the best you can be**. Be prepared to make sacrifices along the way and become a **fine human being** worthy of the society. Together let us build an **environmentally sustainable** world characterised by **equality** and **justice**, **peace** and **harmony**, **prosperity** and **self reliance**. May God our loving Father bless, protect and guide us in this noble endeavour.

All for the greater honour and glory of God.

M. Mariette

Editorial

"God is so big.

**He can cover the whole world with his love,
so small, He can stay in our hearts,
so wise, He knows all our desires,
but grants only what is best for us."**

The much awaited SMC SPECTRUM April, 2015 to September, 2015 is now in your hands.

It will give you a glimpse of how our SMC family has blossomed over the years into conscious thinkers and doers, leaders of thought and action and pro-active agents of social transformation.

SMC SPECTRUM is an ocean of memories and a reflection of the multi-faceted talents. As you turn the pages, you will see that the session has been full of activities, laughter, realisation of dreams and discovering latent talents. In every young mind there is a vulnerable spot for creativity and goodness. We at SMC, find the responsive chord and strive to bring forth the best in every individual.

The growth of this magazine is the fruit of the hard labour and co-operation of our Sisters, teachers, office staff, parents, students, the E-Care team and our supportive staff. A special word of appreciation to the members of the Editorial Board for their sincere effort and team work. To everyone who has contributed to the sustained growth of this magazine, I extend a big thank you.

Life is a mixture of happiness and sorrow. No one is immune to pain. Happiness, is therefore like a tapestry of many colours. What makes a particular tapestry a picture of happiness is not the abundance of bright colours, but the contrast between the dark and the light, which helps to create a sense of hope and joy in the midst of sorrow. There are many moments in life that can make us happy - breathing in the cool fresh air of the summer evening, watching the silent starry sky, listening to the quiet rhythm of solitude or the relief and the elation after unbearable anxiety of waiting for the results of medical tests, which declare a patient free of a dreaded incurable disease.



Left to Right

First Row : Shreya Sachan, Matrika Shukla, Shatakshi Mishra, Anvesha Tiwari

Second Row : Mrs. Shashi Tressler, Sr. Marina, Mrs. Maushmi Dhar, Sr. Sagaya,
Mrs. Ulfat Ahmad, Ms. Varsha Mary

John Barrymore has rightly said, "Happiness often sneaks in through a door you didn't know you left open". Let us not give up on happiness because of sufferings and problems. It is through storms of losses that many have discovered their true identity and authenticity. Stars shine most brightly in the darkest night. When we focus on what we already have than on what we do not have and count our blessings rather than our problems, the darkest night of sorrow will turn into a beautiful morning, filled with the grace of happiness.

May our good Lord bless us as we walk in His footsteps.

We dedicate this issue of the college magazine to our beloved, Late Sister Juliana CJ.

Mrs Shashi Tressler
Chief Editor

लक्ष्य की प्राप्ति



क्या आपने कभी विचार किया है कि कुछ लोग अपने लक्ष्य तक क्यों नहीं पहुँच पाते ? उन्हें बार-बार हार और संकट का सामना क्यों करना पड़ता है ? कुछ लोगों को लगातार सफलता क्यों मिलती जाती है, जबकि दूसरे लोगों को अन्तहीन असफलताएँ झेलनी पड़ती है। खेलकूद और शिक्षा या किसी भी क्षेत्र में अनुशासन के बिना महत्वपूर्ण सफलता कोई भी कभी हासिल नहीं कर सकता।

अनुशासहीन लोग हर काम करने की कोशिश करते हैं, लेकिन उनमें किसी भी काम को करने का संकल्प नहीं होता।

लगातार कोशिश की कमी अनुशासन की कमी का नतीजा होती है। अनुशासित रहने के लिए आत्मनियंत्रण एवं त्याग की आवश्यकता होती है। इसका मतलब यह होता है कि हम लक्ष्य पर ध्यान लगाएँ।

खरगोश और कछुए की कहानी हम सभी जानते हैं। खरगोश में अपनी रफ्तार के बारे में डींग हॉकी और कछुए को दौड़ में मुकाबला करने की चुनौती दी। कछुए ने चुनौती कबूल कर ली। उन्होंने एक लोमड़ी को निर्णायक बनाया दौड़ शुरू हुई तो कछुआ, अपनी धीमी चाल से चलता रहा, लेकिन खरगोश ने रफ्तार

दिखाई। जल्दी ही खरगोश ने कछुए को काफी पीछे छोड़ दिया। उसे जीतने का पूरा भरोसा था, इसलिए उसने सोचा, क्यों न एक झपकी ले ली जाए। नींद खुलने पर उसे दौड़ की याद आई, और उसने फिर दौड़ना शुरू किया। लेकिन उसी दौरान कछुआ लक्ष्य तक पहुँच कर दौड़ जीत चुका था।

अनुशासनहीन जीवन भी डींग हॉकने के समान है और इस तरह हम अपने लक्ष्य को प्राप्त नहीं कर सकते। किसी भी लक्ष्य को प्राप्त करने के लिए अनुशासित होना अनिवार्य है और अनुशासित होने का अर्थ है-नियंत्रित क्रियाशील होना।

अनियमित कड़ी मेहनत से कहीं बेहतर है नियमित रूप से की गई कोशिश, जो अनुशासन से आती है और अपने लक्ष्य को प्राप्त करने के लिए अनुशासन युक्त जीवन बिताना अत्यधिक आवश्यक है।

सफलता का मूलमंत्र - 'अनुशासन'

- वर्षा मेरी इलियाज़र
सम्पादिका
अध्यापिका

STAND UP INDIA

India has attained its freedom but are the people of India really free? In India, millions of people are still oppressed, maltreated, exploited and enslaved. What do we actually do about it? We need to stand up for what is right even if it means standing alone. Malala Yousafzai said, "I raise up my voice – not so I can shout, but so that those without a voice can be heard. We cannot succeed when half of us are held back." Each time a person strikes out against injustice or acts to improve a lot of others; he sends forth a tiny ripple of hope, which builds a current which can sweep down the mightiest walls of oppression and resistance.

If each one of us decides to raise our voice and not our fists for honesty, truth and compassion against injustice, it would not only change our country but also the entire world. So get up, stand up for your rights and don't give up. Let us understand that when we all will stand united, we will always win.

- Simran Madhwani
Class 10 C



Student Chief Editor's Message

“Writing is an exploration. You start from nothing and learn as you go.”

-E. L. Doctorow



With Divine blessings and hearts swelling with delight, we present before you the first edition of SMC Spectrum for the academic year 2015-16. It is an anthology, reminiscent of the elapsed events and activities of the school and some valuable contributions of the burgeoning talents of our school. I would like to thank our dynamic Principal Sister Mariette, Vice Principal Sister Marina, Sister Sagaya, Staff Editors Mrs. S. Tressler, Mrs. U. Ahmad, Ms. V. Mary and Mrs. M. Dhar for their whole hearted support and vigilant guidance. I acknowledge the laudable efforts of my sub-editor Anvesha Tiwari, Hindi chief-editor Matrika Shukla and Hindi sub-editor Shreya Sachan.

As I pen down my Editorial Message, the words of Theodore Isaac Rubin reverberate in my mind, “Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best.” My friends, I'm not claiming that the mammoth task of completing seventy two numerical of Physics in a day will be the occasion of your joy. To put it simple, we all love to do anything which we have already mastered. For some of my friends, it can be painting picturesque landscapes, for others may find delight in terrific acting, melodious singing, dancing, writing, honing oratorical skills and studying! We all feel a sense of immense contentment when we do what we love. But friends, here is the time to experiment ourselves since we are still nascent. Unfold your potential; undertake a challenge which you think you are doomed to fail in, attempt to accomplish it and certainly you will come out with flying colours. As Isak Dinesen had aptly remarked, “When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself.”

Cherish your exclusivity and step out of your haven. You have ample time and a long way to go. Commit to memory that there is always a new challenge to keep you motivated. Shed on your lustre, be passionate and conscientious. If you fail, step up and persevere. Even the great scientists and noble people did not succeed in one day. Strive not to become the best but better than the person you were yesterday. Definitely, comrades, you will climb the ladder of excellence and leave everyone spellbound. I now conclude by quoting J. R. Martinez, “I've learned in my life that it's important to be able to step outside your comfort zone and be challenged with something you're not familiar or accustomed to. That challenge will allow you to see what you can do.”

Dear readers, wish you an enjoyable reading!!

Satakshi Mishra
Class 12-B

A GLIMPSE INTO SMC

APRIL

- 6th Workshop on English conducted by Ms Pallavi Chandel.
- 7th Workshop on General Knowledge.
- 8th Workshop conducted by resource person Ms. Shiela J. Kurien for the effective teaching of the Value Education book, 'We are the World' by Orient Blackswan Publishers.
- 9th Workshop on General Knowledge and English held for teachers.
- 10th The new Academic Session of 2015 – 16 commences. Rejuvenated and with a new zeal students get ready for another year. WELCOME! A staff meeting was held to discuss the proceedings of the forth coming session
- 16th Introduction of the club activity.
- 17th Planning of syllabus by teachers.
- 20th Painting and Essay Competition conducted by Association of Catholic Educational Institutions in Uttar Pradesh and Uttarakhand..
- 29th SMC family pays tribute to the victims of the earthquake in Nepal and parts of India



MAY

- 1st Workers' Day – Class 10 A conducts a short prayer service and a programme to honour the supportive staff who work selflessly for the smooth functioning of the institution.
- 5th A solemn Investiture ceremony installing the newly elected council to their office held.
- 7th Different club activities held for the first time in SMC.
- 10th School closes for summer vacation.
- 11th Summer camp begins. Students participate zealously to develop their latent skills.
- 30th Closing ceremony of the month long summer camp.



JUNE

- 10th 22 students along with 6 teacher animators participated in the enlightened Leadership Training Programme, Universal Solidarity Movement, Indore
- 22nd School reopens for Classes X and XII.



JULY

- 4th Staff Meeting.
- 5th Students of Class X make a memorable visit to the Leper's colony.

A GLIMPSE INTO SMC



- 6th School reopens after summer vacations. HEARTY WELCOME!
- 11th SMC bids adieu to two beloved teachers – Mrs M. Malviya and Ms M. Kaushik
- 14th SMC welcomes Sister Roshni CJ as the new Provincial Head of CJ Sisters of Allahabad Province and Sister Neeta, the new Finance Incharge and bids adieu to Sister Benita, the former Finance Incharge.
- 16th Birthday of Universal Solidarity Movement celebrated at SMC. Prayer service conducted by USM members
- 20th Unit I assessment begins. ALL THE BEST!
- 29th The SMC family pays tribute to the 'Missile Man' and former President Dr. A. P. J. Abdul Kalam who passed away on 27th July, 2015.
- 30th ASISC Allahabad Zonal Level Debate held at SMC. Students from various ICSE schools of Allahabad participate and showcase their oratorical skills. Congratulations to the winners!



AUGUST

- 1st Unit I Assessment Ends
- 6th Birthday celebration of our dear Head Mistress Sister Sagaya.
- 15th SMC celebrates Independence Day with fervour. The four Houses elucidate the real meaning of 'Patriotism' in their one act play. Tagore House emerges as the winner.
- 24th Feast Day of our Manager Sister Rosily and Finance Incharge Sister Neeta. Prayer service conducted by Class X-C
- 28th An interactive session conducted by Logophilia's chief Etymology Educator Mr Dhruv Raj Sharma.



SEPTEMBER

- 2nd Sad demise of our respected Sister Juliana CJ. School remains closed as a mark of respect for the departed soul.
- 2nd-3rd The athletes of SMC participate in the ASISC Inter School Athletic Meet held at St. Joseph's College, Allahabad. They present an excellent combination of hard work and sportsmanship and emerge as overall winners. WELL DONE!
- 5th Teacher's Day.
- 8th Feast Day of our Principal Sr. Mariette and Sr. Preeti, Girl Child's Day and Mother Mary's Birthday celebrated at SMC.
- 9th-10th An enriching seminar on Etymology conducted by Logophilia's chief Etymology Educator Mr Dhruv Raj Sharma.
- 12th Career Counselling for classes 11 and 12 conducted by Career Launcher. Psychometric Assessment for Classes 7 to 10.
- 14th First Terminal Exam begins. ALL THE BEST!
- 23rd Workshop for teachers on 'The Logic of English Words' conducted by Mr Dhruv Raj Sharma



EFFECTIVE TOOLS FOR CLASS ROOM TEACHING

The first day of the new academic session 6th April, 2015 started with a workshop on Effective Tools For Classroom Teaching, for teachers. The workshop was organized by Macmillan Publications and the resource person was Ms. Pallavi Chandel.

DR.Chandel, an alumni of St. Mary's Convent Inter College, Allahabad, expressed her excitement and joy at being a mentor for a workshop to be conducted by her, for the teachers of her alma mater.

The session commenced with a warm up session 'Get, Set and Go'. The 5 A's of effective teaching were highlighted, which are Aim of the lesson plan, Action for the lesson, Analysis of the lesson, Application of the lesson and Assessment of the lesson.

Dr . Chandel gave beautiful tips to the teachers on how to prepare lesson plans. She laid emphasis on reading the lesson first ,writing an agenda for it, listing all the resources, making a mental movie of the lesson and finally practicing the board work. She made the teachers practice new tools of grabbing attention and energizing the students. She motivated the teachers to build teacher-student relationship and be supportive to them .She gave vivid examples of positive ,diverse and broad behavior of students.

Finally, Dr. Chandel laid emphasis on the use of Graphic Organisers by creating a word web, concept map using Venn-diagrams and building a word wall. The session was very effective in enabling the teachers to learn new ways to handle the students. Refreshments were served after the session.



Nitin Bhargava
Teacher

Workshop on General Knowledge

"Try to learn something about everything and everything about something." The teachers of SMC got an opportunity to attend a workshop on General Knowledge. The resource person was Mam Reena Puri a Ph.D in Cognitive Psychology of children from the University of Delhi .She has more than 22 years of work experience in curriculum and instructional designing, consulting and delivery of learning products and services.

The teachers were informed about Britannica and its importance in today's educational system. A power point presentation focusing on how the new book, "Know for Sure" has been designed and the content it serves to the students. The session was meaningful and thought provoking and satisfied the hopes of the teachers in bringing about a change in the way students receive education.



Ms. Rati Bhatia
Teacher

We are grateful to our Principal Sr. Mariette for providing us with this seminar to energise our minds through this session.



Workshop on Value Education

The SMC staff got a golden opportunity to attend a workshop on Value Education conducted by Mrs. Shiela J. Kurien, Vice President Orient Black Swan publication and her team on 8th April, 2015. The seminar was organized to provide a deeper insight into how to make Value Education more interactive and effective for the younger generation. The seminar started at 8:00 AM sharp with Mrs. Shashi Tressler, introducing Ma'am and her team members.



Mrs. Shiela J. Kurien started the seminar by stating that Value Education can be made more effective, with discussions in the class rooms, rather than giving instructions and expecting the children to listen. We must allow the students to interact and later secure a feedback from them, to make learning, more interesting, thereby having a greater impact.

The seminar was made lively and interactive by conducting several activities instead of delivering lectures. The teachers were asked to take a piece of paper and with closed eyes, fold the paper and tear it as per the instructions given, then to fold it and tear it and the same process continued.

At the end the teachers were amazed to see that inspite of the same instructions being given to the group, the outcome was different. Ma'am Shiela explained that this is exactly what happens in the classroom, where the same instructions given are interpreted differently by the students.

Values can be either head values or heart values. Some of the head values are discipline, punctuality, responsibility, honesty etc. whereas heart values are love, joy, sharing, faith, compassion etc. If we motivate our children to imbibe heart values then the head values will automatically follow.

The teachers were informed about the various themes dealt in the series of books available for different classes. She also explained the meaning and purpose of various symbols used in the book.

The workshop was based on several innovative group dynamics which created interest and great enthusiasm among the teachers. The workshop ended with Mrs. Ulfat Ahmad proposing the vote of thanks. We are thankful to Sr. Mariette for providing us this opportunity to enhance our skills in becoming motivating facilitators to inculcate the right values in our students.

Mr. Vivek Tiwari
Teacher



To My School I Pledge My Devotion

"A good leader is one, who has learnt to obey, who doesn't impose but walks along with his team."

The clock has wound up again. The entire SMC family along with the parents of newly elected council members for the year 2015-16, gathered to witness the auspicious event – the Investiture Ceremony on 5th May, 2015. The audience was warmly welcomed by Sakshi Shukla. The solemn occasion began with the chanting of the mantra 'Asto Ma Sad Gamaya' by Sir Ashit Roy followed by the lighting of the lamp by Manager, Sr. Rosily, Principal, Sr. Mariette, Head Girl's Mother, Mrs. Shalini Pradhan, respected teacher representative, Mrs. Mary Samuel and the Head Girl, Surya Pradhan.

It was an honourable moment for all the captains as they walked down the aisle with lighted lamps. A meaningful prayer assembly was conducted highlighting the theme 'Transforming of Vision into Reality'. With flags in their hands, badges pinned to their sashes, the office bearers took their oath in the presence of the entire SMC family. Sr. Rosily, our Manager, then congratulated the Council Members and urged that the students of today are to be the visionaries and torch-bearers of tomorrow.

In her message to the students; the Principal, Sr. Mariette inspired the leaders to become the finest human beings that they can become; so that together as a team we can lead SMC to greater heights for the glory of God.

On behalf of the parents, Mr. Manoj Pradhan addressed the school and assured us of the co-operation of the parents.

The Head Girl, Surya Pradhan, delivered her maiden speech impeccably. She motivated the students to uphold their originality and to tread a unique path.

The solemn ceremony ended with the singing of the School Anthem and heralding, yet another promising year.

Sakshi Shukla
Class 12-B

Investiture Ceremony





Our Head Girl's Maiden Speech

“Be who you were created to be, and you will set the world on fire.”

A very pleasant morning to our Manager Sr. Rosily, Principal Sr. Mariette, Vice Principal Sr. Marina, sisters, teachers, parents and my dear friends.

Today on this solemn occasion as I stand before you, I experience an amalgamation of feelings. Nevertheless I am trying my best to put my thoughts into words. I would like to thank God for His benevolence, and to all those whose effort made me reach here to deliver my maiden speech. I thank my father for his unconditional love and care, my mother for bringing out the best in me and my sister who herself is an alumni of SMC, for always being my support system. I thank Sr. Rosily for her prayers and blessings, Sr. Mariette for always encouraging and inspiring me, Sr. Marina for being my guiding star and mentor, teachers for their constant help and for making me a better person. I thank you dear Sisters and teachers for placing your trust in me and for giving me this golden opportunity to serve my Alma-Mater.



I also congratulate my fellow council members and hope that we together as a team and in coordination with the other students will take SMC to greater heights.

As a head girl I won't tell you about the rules and regulations of the school. I guess we are well aware of that. But yes, I have a request to make. Starting from today, from this very moment start BEING YOURSELF, BE THE WAY YOU ARE, BE UNIQUE.

The reason why God made us all different is because he wants us to be UNIQUE. Eric Hoffer rightly said- “When people are free to do as they please, they usually imitate each other”. So stop imitating others, start imitating YOURSELF. Nobody can be YOU as efficiently and as effectively as YOU can. YOU'RE BORN AN ORIGINAL, DON'T DIE A COPY. Remember you are the first YOU that ever was. Take pride in BEING YOURSELF.

“Do not go where the path may lead, go instead where there is no path and leave a trail behind”.

To conclude I would just say, that do NOT underestimate YOURSELF, by comparing yourself with others, because it's our differences that make us UNIQUE.

So starting from today DON'T BE AFRAID TO BE YOU.

THANK YOU,

SURYA PRADHAN
HEAD GIRL





Investiture Ceremony



Student Council 2015-2016



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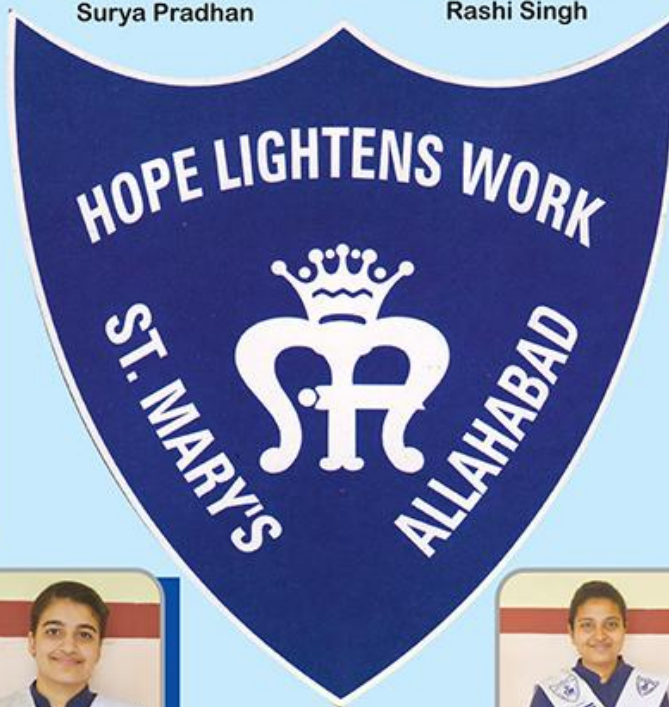
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GANDHI HOUSE



VICE-CAPTAIN

Laiba Qamar

TAGORE HOUSE



CAPTAIN

Sidra Ahmad

TAGORE HOUSE



VICE-CAPTAIN

Ifrah Javed

FLORENCE NIGHTINGALE HOUSE



CAPTAIN

Manya Shiksharathi



VICE-CAPTAIN

Gauri Shyam



श्रमिक दिवस

संपूर्ण विश्व में 9 मई 'श्रमिक दिवस' या 'मई दिवस' के रूप में मनाया जाता है। परम्परानुसार सेन्ट मेरीज़ कॉन्वेंट इण्टर कालेज में भी इस वर्ष श्रमिक दिवस के अवसर पर श्रमिकों को सम्मानित किया गया। इस वर्ष कक्षा 10 'अ' की छात्राओं ने हमारे कर्मचारियों के लिए एक प्रार्थना सभा का आयोजन किया। इस सभा के माध्यम से छात्राओं ने कर्मचारियों का महत्व समझाया।

प्रार्थना नृत्य से यह सभा आरंभ हुई। पवित्र ग्रंथों के पाठ द्वारा श्रमिकों का महत्व बताया गया। छात्राओं ने 'बंदे हैं हम उसके' गीत से सभी का मन मोह लिया। इसके पश्चात् 'मान्ड्या' गीत पर एक सुन्दर नृत्य प्रस्तुत किया गया। छात्राओं ने लघु नाटिका द्वारा कर्मयोगियों का सम्मान करना सिखाया तथा 'कर्मवीर' कविता से सभा को प्रोत्साहित किया।

अंत में हमारी अध्यापिका 'मिस वर्षा मेरी' ने सभा का उत्साहवर्द्धन किया। इस प्रकार राष्ट्रगान गाकर श्रमिक दिवस समारोह सफलता पूर्वक सम्पन्न हुआ।

शाम्भवी श्रीवास्तव
कक्षा - 10 'ए'



DRAWING OUT THE BEST – SUMMER CAMP

“All of us are not equally talented, but all of us should have an equal opportunity to develop our talents.”

The summer camp commenced on 11th May, 2015 igniting the spark of enthusiasm among the students. The camp taught us punctuality, fellowship, friendship and love. Under the able guidance of Mrs. Madhulata Sharma, Mr. Anurag Sharma and Mr. Kulbhaskhar, the spirited players were trained in games like basketball, badminton and athletics. Our little dancers tapped their feet to classical melodies as instructed by Mrs. Amrita Mukherjee and Mrs. Kriti Pandey. Mr. Ashit Roy and Mr. Rohit Naudiyal guided our budding musicians to play various musical instruments skillfully. Mrs. Kaveri Vij taught the students to wield their paint brushes and create magic on paper. Under the leadership of Shivali Prasad of class 12 A, a street play was conducted which compared our present life scenario with the Jallianwala Bagh massacre. The camp was full of life and energy as the students participated with great enthusiasm and joy.

On 31st May, a grand closing ceremony was organized. Sidra Ahmad welcomed everyone to a friendly basketball match, after which there were many beautiful dances depicting different themes. Sister Rosily, the manager spoke words of encouragement to the students and also distributed the certificates along with Sister Mariette, the Principal.

Vanshika Gupta, College Games Captain took the opportunity to thank Sister Rosily, Sister Mariette, Sister Marina and the teacher animators for their continuous support and encouragement for the successful completion of the summer camp.

In the end, everybody enjoyed the ice-cream. The camp ended on a happy note.

Aradhana Singh
Class 11-D







The Joy of Sharing

"I long to accomplish a great and noble task but it is my chief duty to accomplish small tasks as if they were great and noble." On 5th July 2015, we, the students of class 10 along with our teacher went to the lepers colony at Kareily. When we reached there, we were greeted by the inmates with broad smiles on their faces, who were eagerly waiting for us. We could feel the whiff of fresh air which is usually felt in the villages. There was a big temple and a small statue of Gandhiji which testified that the residents had a firm belief in God and were followers of Mahatma Gandhi.

We sang an inspirational song 'Humko mann ki shakti dena' for them and also prayed to the Lord to bestow His blessings upon them. They told us about their daily routine and everyday chores. We were shocked to know that they were natives of Bihar and that their families had left them alone as their presence would become a hurdle for their siblings' marriage. They proudly declared that SMC is our caretaker. They were happy to receive fruits, biscuits, rice and pulses from us, as an expression of our love for them.

With the promise to return again, we departed with memories to cherish.

I thank our Principal Sister Mariette for giving us the opportunity to visit this place.

- Ayushi Yadav

Class 10 B





Transform the World By Self Transformation

It was indeed a proud privilege for me to attend the leadership programme at Universal Solidarity Movement, Indore from 10th June-17th June 2015. "Greatness does not lie in being superior to someone else but by being superior to what we were yesterday." This eight day journey was like an alarm which awoke me to become a responsible citizen, a considerate human being and a sensitive individual. U.S.M. made me realize that we, the youth of India have lost a sense of belongingness to our country and to the world at large. It is the need of the hour to arise and awaken. With the youth at the helm, the world is bound to prosper.

During the thought provoking sessions I was taken back to the roots to where I belong.

My existence was then given wings and was clearly designed. After all the sessions and motivating lectures, I learnt how to overcome my habits of procrastination, ignorance and sloth.

"I think, therefore I am." This line made me aware, that as a leader I should have my own opinion and thoughts about everything. U.S.M. emphasizes on regular reading and writing habits, to enable us to be aware of what is happening around us. The movies clearly depicted that it is not our differences that divide us but our inability to celebrate those differences. This movement instilled in me the desire to channelize my energy positively. In the end, I was taught that self transformation is the key to positive change because throughout history it has been the inaction of those who could have acted; the indifference of those who should have known better; the silence of the voice of justice when it mattered the most; that has made it possible for ever to triumph.

I would like to thank our Principal Sister Mariette for providing me with this golden opportunity, Sister Marina, Sister Sagaya, Nitin Sir, Ma'am Renu Gupta, Ma'am Rini and all my friends for accompanying me.

-Spriha Tyagi
Class 12 C

Adieu Dear Teachers

"The intensity of happiness with which we welcome someone is so unfathomed that we forget about the highly excruciating pangs when that someone will say goodbye to us!"

11th July, 2015 will remain a special day in the heart of SMC family as it bid adieu to two of its wonderful teachers, Mrs. M. Malviya and Ms. M. Kaushik. A befitting farewell programme was organized to honour the two teachers.

The programme began with a prayer service by the students of class 12-A, based on the theme 'Join the carnival of light.'

The ceremonial lamp was lit by the Manager Sister Rosily, Principal Sister Mariette, the two cynosures of the day Mrs. M. Malviya and Ms. M. Kaushik and the Head Girl Surya Pradhan. The students greeted the teachers with beautiful bouquets and cards as a token of their gratitude and appreciation.

The students of class 7 presented a colourful dance set on the Rajasthani tune and rhythm. The college section expressed its love and gratitude to the teachers through a meaningful skit 'Footprints on the sands of time', which had a touch of humour too. Beautiful verses were recited by the students of class 8 as an expression of their appreciation and respect for the two teachers. A soul-touching song 'Hum hain iss pal yahan' was sung by students of class 10 assuring the teachers that their memories shall be etched forever in the hearts of the students. A loving tribute was paid to the teachers through a PowerPoint presentation.

Mrs. M. Mohla and Mrs. S. Agarwal shared their experiences of working with Mrs. M. Malviya and Ms. M. Kaushik.

In her address to the school, Mrs. M. Malviya said that the values which were inculcated in her by SMC have become an integral part of her life. Ms. M. Kaushik affectionately said that she has always been a part of SMC and shall always remain a part of it.

Sister Mariette expressed her sincere gratitude to the teachers for their relentless service to the institution. In her message, she said that we must give our best no matter what the task in hand is or in which phase of life we are.

The vote of thanks was proposed by Shreya Sachan. The programme concluded with the school anthem. The staff enjoyed a delicious fellowship meal hosted by the management.





Farewell Dear Mrs. M. Malviya and Ms. M. Kaushik



SMC WELCOMES SR. ROSHINI AND SR. NEETA AND BIDS GOODBYE TO SR. BENITA

July 14, 2015 was a day on which the entire SMC family experienced an amalgamation of feelings as it bid adieu to Sister Benita and welcomed Sister Roshni, as the new Provincial Head of the CJ Sisters of the Allahabad Province and Sister Neeta, as new Finance Incharge of St. Mary's Convent, Allahabad.

The sisters were warmly welcomed by the students of classes 4 to 10 through a short prayer service. Thereafter, the splendid event commenced with an introduction given by Mrs. Joshi juxtaposed with a shadow dance depicting 'the Lord is our shepherd, protector and guide and He will be with all of us throughout the way.' Eloquent speeches by Mrs. Samuel and Ms. Fatima described the contributions of Sister Benita and Sister Neeta respectively.

Next, was a graceful dance by students of class 11 which symbolized SMC as a pearl. It depicted how an oyster transforms the insignificant grains into a richly glowing pearl. The Head Girl, Surya Pradhan, on behalf of the entire SMC family, welcomed Sister Roshni and Sister Neeta to SMC and also, bid adieu to Sister Benita.

Thereafter, sisters were felicitated with colourful bouquets and cards. The students of classes 9 and 10 recited a meaningful poem 'You are not an accident' by Russell Kelfer. A thought-provoking street play showcased the similarity between present day India and the ninety six year old India during the Jallianwala Bagh tragedy. Next, a prayer song was sung by the middle school, praising the Lord and His benevolence. This was followed by a scintillating fusion dance by the college section which enthralled the audience.

The golden words of 'Arise, awake and stop not till the goal is achieved' of Swami Vivekananda were enunciated by Sister Roshni in her speech. Sister thanked the SMC family for the warm welcome she received. She expressed her appreciation for the hard work put in by the participants and the teachers. She also motivated the gathering to strive for perfection in all its undertakings, with a view to accomplish its goals. Sister's motivational speech was followed by Sister Benita's generous blessings, where she bid goodbye to the SMC family, carrying a bunch of beautiful memories.

Sister Neeta in her message, appreciated the incredible performances put up by the participants, thanking everyone for the hearty welcome to the portals of SMC. She brought the creativity and talent of SMC students to limelight and fostered them to do better. In the end, the Principal Sister Mariette assured Sister Roshni, the cooperation of SMC in her noble mission. She personally thanked Sister Benita for her two years of dedicated service to the institution and also, cherished the reappointment of Sister Neeta as our new Finance Incharge, with the hope that she would carry out the duties entrusted to her with perfection. The vote of thanks was proposed by the Vice Head Girl, Rashi Singh. The programme ended with the singing of the school anthem.

Anvesha Tiwari
Student Sub-Editor



WE LOVE YOU DEAR SISTERS





Universal Solidarity Movement Day Celebrated at SMC

16th July is celebrated as the Universal Solidarity Movement Day. The programme commenced with the speech of the USM President, Diksha Mago, who carved out the inspiration behind the Universal Solidarity Movement the plant, 'Besharam', that manages to thrive even in appalling conditions. She also mentioned Father Varghese Alangaden's vision i.e. Struggle, Smile, Stay. In other words, the need of the hour is to strive hard for a state of perfection.

USM promotes the five paths of self transformation which teach us to be kind, sensitive and responsible. It strongly believes in spreading love and compassion. The topic of the assembly was –'Soil-a connector of Life' as the year 2015 has been declared as the International Year of Soil by the United Nations. The USM members said that we should not only respect the resources of the earth but also show reverence to all human beings irrespective of caste, creed, colour and religion.

A street play was staged depicting the forlorn condition of the birds which are on the brink of annihilation.

The song, 'Milke Chale', exalted the spirit of 'Vasudhev Kutumbakam' and proposed the vitality of the saying Unity is Strength. Spriha Tyagi, a member of the USM said that it is not our differences that divide us but our inability to celebrate those differences." At the end, Mr Nitin Bhargava said that USM has taught him a way to lead a happy and unperturbed life. Sister Mariette urged us to persevere in the good work we start, to set goals and to make relentless efforts to achieve them.

Diksha Mago
USM President





डॉ० ए.पी.जे. अब्दुल कलाम जी को भावभीनी श्रद्धांजलि



आज हम सभी अपनी नम आँखों से देश के ग्यारहवें राष्ट्रपति डॉ० ए०पी०जे० अब्दुल कलाम जी को भावभीनी श्रद्धांजलि देते हैं। 27 जुलाई 2015 को हम सभी ने अपने देश के अमूल्य रत्न को खो दिया है।

सच ही कहा गया है कि पूत के पाँव पालने में ही दिखाई देते हैं यह कथन हमारे देश के पूर्व राष्ट्रपति डॉ० कलाम के लिए सार्थक हैं। यद्यपि रामेश्वरम् में निम्न मछुवारे परिवार में जन्म लेने के बावजूद उन्होंने खुली आँखों से जो सपना देखा उसे मिसाइल का आविष्कार करके पूरा किया और दुनिया में भारत को एक विशेष स्थान दिलाया। अपने मिसाइल का आविष्कार करने के कारण 'मिसाइल मैन' अग्नि पुरुष कहलाये। साथ ही साथ पूरी जिन्दगी शिक्षा को समर्पित करने वाले डॉ० कलाम को 1997 में भारत का सर्वोच्च नागरिक

सम्मान 'भारत रत्न' दिया गया। डॉ० कलाम को इससे पूर्व 1981 में 'पद्म भूषण' और 1990 में 'पद्म विभूषण' से भी सम्मानित किया गया।

श्री कलाम जी ने सच ही कहा था कि "किसी भी समाज या देश को भ्रष्टाचार मुक्त और अच्छी सोच वाले लोगों के रहने की जगह बनाना है तो तीन शब्द इसके लिए बेहद अहम हैं माता-पिता और अध्यापक।" साथ ही साथ वह कहते थे कि – "अपनी पहली जीत के बाद आराम से मत बैठो, क्योंकि यदि आप दूसरी बार हार गए तो लोग कहेंगे कि आपकी पहली जीत किस्मत से मिली थी।" कलाम कोई व्यक्ति नहीं हैं, कलाम एक विचाराधारा हैं वे कहा करते थे, बच्चों, तुम कुछ भी कर सकते हो, कुछ भी बन सकते हो बस तुम मन में सोच लो, तुम वह कर लोगे। उनका कहना था कि हर इंसान कुछ भी बन सकता है बस मन में एक जज़्बा होना चाहिए। हम सब उनकी इस विचार धारा से बहुत प्रभावित हैं और रहेंगे।

उन्हें अपने देश के साथ जो जुड़ाव था वह उनकी हर बात, हर विचार में झलकता था। उन्हें बच्चों से विशेष प्यार था। वह बच्चों से देश के प्रति राष्ट्रपति के रूप में नहीं बल्कि एक आम आदमी के रूप में मिलते थे। बच्चों को गोद में लेकर ही अपनी बात शुरू करते थे। बच्चों के बीच में बच्चे बन जाते थे बच्चों की जिज्ञासा और उत्सुकता को शांत करने की कोशिश करते। इस तरह वह लाखों बच्चों से मिलें।

डॉ० कलाम की सादगी ने हम सभी को प्रभावित किया। राष्ट्रपति बनने के बाद भी वे इतने सरल और सीधे इंसान थे कि राष्ट्रपति भवन में प्रवेश उन्होंने एक कपड़ों से भरे बैग के साथ किया और कार्यकाल समाप्त होने पर वही बैग लेकर वापस गए। उन्हें किसी भी चीज की कोई लालसा नहीं थी।

यद्यपि दिमाग से वैज्ञानिक थे, श्रेष्ठ शिक्षक, उच्चकोटि के वीणा वादक थे, मगर दिल से दार्शनिक डॉ० ए०पी०जे० अब्दुल कलाम ने कहा था "सपने देखो और ऊँचे सपने देखो।" उन्हें देश के नौजवानों से बहुत उम्मीद थी। उन्होंने खुली आँखों से विकसित भारत का सपना देखा था। विजन-2020 यह सपना अकेले सिर्फ उन्होंने ही नहीं देखा था, बल्कि भारत की भावी पीढ़ी को भी दिखाया था। मूल्यों और इंसानियत को विज्ञान से जोड़ने वाले कलाम साहब आज भले ही हमारे बीच नहीं हैं, लेकिन, उनकी जगाई हुई (लौ) अलख की रोशनी मे ही भारत विकास की राह पर चल पड़ा है। जब-जब विकसित भारत की बात होगी, सबसे पहले कलाम जी याद आयेंगे।

'A Vision for the New Millennium'

के लेखक डॉ० ए०पी०जे० अब्दुल कलाम जी ने अपने देश को 2020 तक एक विकसित श्रेणी में लाने के लिए एक पंच मुखी योजना इस किताब में बताई है। क्या आप जानते हैं कि यह किताब उन्होंने किसे समर्पित की है? आप जैसी ही एक छोटी सी बच्ची को, जिससे डॉ० कलाम मिले थे और पूछा था कि तुम्हारा सपना क्या है उसने उत्तर दिया था कि मैं पूर्ण रूप से विकसित भारत में रहना चाहती हूँ।

आइए बच्चों हम सब मिलकर एक प्रण लें कि डॉ० कलाम की 2020 तक की योजनाओं को सफल बनाने में पूरा योगदान देंगे। यही हम सबकी सच्ची श्रद्धांजलि होगी।

सीमा वर्मा
अध्यापिका

ASISC DEBATE COMPETITION

The ASISC Debate competition was held on 30th July, 2015 at St. Mary's Inter College where the participants were divided into two groups i.e. the senior and the junior. Mrs. S. Tressler introduced the chairperson, Dr. Ranjana Kakkar and the judges Dr. Snehlata Tewarson, Dr. Alok Prasad and Dr. Leticia Hermit.

The order was then decided by the drawing of lots and the first to go were the seniors who debated for and against the topic-“Schools are the biggest contributors in building a nation.” Harsh Arora, Shrishti Prakash, Sakshi Shukla and Anhad Narayan spoke for the motion while Sara Shums, Om Gupta, Neha Tiwari, Khadija Rehman spoke against the motion.

The junior category was given the topic-“Failure is a comma not a full stop.” Aakash Nyogi, Aparna Mishra, Shreyas Pal and Snigdha Tiwari debated against the motion while Vedika Pandey, Avtej Singh, Ayushman Johri and Devansh Nigam spoke against it.

The debate was witnessed by an enthusiastic crowd of SMCites who eagerly waited for the results of the competition along with the participants.

The results declared by the chairperson, Dr. Ranjana Kakkar were as follows:

Senior Category-

1st Anhad Narayan, 2nd Khadija Rehman, 3rd Om Gupta, Sakshi Shukla.

Junior Category-

1st Avtej Singh, 2nd Vedika Pandey, 3rd Snigdha Tiwari

Lastly, Sister Mariette gifted saplings to the honorable chairperson and the jury members. A vote of thanks was proposed by the Head Girl, Surya Pradhan.

Shivangi Singh
Class 12 B



Essence Of Freedom

"Freedom in our minds, faith in our words, pride in our soul and salute to our nation!"

15th August 2015 saw the dawn of 69th Independence Day of our beloved motherland and was marked with feelings of joy and patriotism in the minds and hearts of SMCites. The programme commenced with the hoisting of our National Flag by Our honourable Chief Guest, Mr. Anil Kumar Pritam, the regional Provident Fund Commissioner as the college premises echoed with the sound of the National Anthem. The Head Girl Surya Pradhan welcomed the Chief Guest Mr. A. K. Pritam. She exhorted everyone to celebrate their responsibilities and freedom in a creative manner.

Thereafter, a meaningful assembly was presented by class 12 D which depicted the contribution and role of the various states in India's freedom struggle. They brought out the symbolism of the tricolour and the chakra through a meaningful depiction and also, made the audience aware of the grim realities of today's world.

The Chief Guest in his message, explained the meaning of Independence and described the roles played by our National heroes in the freedom struggle of our motherland. He also asked us to remember the unsung heroes as well. In the end, he urged everyone to love their family, their school and their nation. 'Saare jahan se accha' was sung by the gathering, eulogizing our nation and its rich heritage, which marked the end of the prayer service.

The four houses instilled in the audience the feelings of patriotism and love for their country, India; through their meaningful skits. They emphasized that patriotism should be inculcated in everyone from the

beginning. The nimble-footed dancers of the primary section enthralled the spectators through a dance performance. The Chief Guest then, appreciated the unrelenting efforts of the participants and congratulated everyone for putting up a spectacular show. The Tagore House emerged victorious in the contest.

As a token of their love and gratitude, the SMC family presented the Chief Guest and the judges with saplings which symbolize nurturing of life and the book 'Educare' by Father Varghese Alengaden, which draws out the best from within. Mr. Nitin Bhargava in his message asked everyone to aim to achieve spiritual independence. In her message to the school, the Principal Sister Mariette said, "Let us follow the principles of our Patroness Mother Mary and have a family likeness for her." She also asked everyone to rise together as a nation and give their best to transform our nation in order to lead it her to prosperity and peace. The vote of thanks was proposed by the Vice Head Girl, Rashi Singh. The programme ended with the singing of the School Anthem.

- Anika Hussain
Tanya Mishra
Class 12 F





Happy Feast Day dear Sr. Rosily and Sr. Neeta.

'My victory and honour comes from God alone.'

SMC Family celebrated the feast day of Sr. Rosily and Sr. Neeta on 24th August, 2015. Sisters were greeted with bouquets and cards. The programme commenced with a welcome dance on the tune of "Shubharambh" which was then followed by the readings from the Holy Scriptures. The students of class 10 C sang a mesmerizing song which was dedicated to Sr. Rosily and Sr. Neeta. The students prayed that God may give them the strength to carry out the responsibilities entrusted to them. Next was the creative depiction in which the seven colors of the rainbow brought out the qualities of our dear sisters. Violet symbolized mercy, Indigo represented intuition, Blue stood for spirituality and simplicity, Green meant growth. Yellow depicted wisdom which comes from experience, Orange showed creativity which helps people to stand out and lastly, Red for passion which is a quality of the divine soul.

Sr. Rosily expressed her gratitude and love for the SMCites for having honoured her patroness, St. Rose of Lima who lived a life of suffering and trials. Her very name signifies that a rose sends out to the world its fragrance and invites us to live our life joyfully, meaningfully and vibrantly.

Ashit Sir dedicated a melodious song "Tum besahara ho to kisi ka sahara bano" to Sr. Rosily and Sr. Neeta. Sr. Mariette appraised the students of class 10C for putting up a beautiful, creative and meaningful assembly and Ashit Roy Sir for the song which filled the SMC family with positive vibrations. She thanked Sr. Rosily and Sr. Neeta for their great contribution towards the beautiful and harmonious functioning of the SMC family. She said, "Look at life with a smile and you shall shine. Let SMC family have the fragrance of a flower." The programme concluded with the singing of the school anthem.

Anshika Agarwal
Class 12-D



Sr. Rosily



Sr. Neeta



LOVE FOR WORDS

On 28th August 2015, an interactive session was organized at St. Mary's Convent Inter College, Allahabad by Logophilia Education. It is India's first and only Etymology Education organization which was started five years back in Allahabad by Mr. Dhruv Raj Sharma.

The session, conducted by Mr. D. R. Sharma stressed on the importance of pronunciation in English. It commenced on an interesting note, where the pronunciation skills of the students were tested.

Everyone was surprised when the correct pronunciations of some basic words of English were discovered. A brief introduction of the annual event, Gala was given by D.R. Mr. Sharma. It was indeed a very informative session.

Later on 9th and 10th September 2015, our students attended the Logophilia Pronunciation Programme. The aim of this 5 hour programme was to enable the students to identify the roots of words which make the words easier to understand instead of 'memorizing' the pronunciation of words. The participants were taught various pronunciation rules of different languages including German, Spanish, Latin, French, Hebrew, Italian, Yiddish, Old and Modern English via I.P.A. International Phonetics Alphabet, the alphabet used in the dictionaries for the pronunciation of words, the difference between American and British pronunciation, stress and accent. The programme ended with a pronunciation test which was a test for 'Gala'.

I would like to thank our Principal, Sister Mariette for providing this wonderful opportunity to the students.

Shriya Agrawal
Class-12 D

Happy Birthday Dear Sister Sagaya





ASISC Athletic Meet

The ASISC Regional Athletic Meet 2015-16, held at St. Joseph's College on 2nd and 3rd September, Allahabad ended as a memorable event for the athletes of the S.M.C. family, who brought home great honour and pride by their spectacular performance. Under the able guidance of Mr. Anurag Sharma and Ms. Madhulata Sharma, our athletes bagged the championship trophies for both the categories, Senior Girls and Junior Girls. Individual championships were awarded to Urmi Sankrit and Aaradhana Singh as they secured the first position in all the events. The victors were as

100mts: Aaradhana Singh (Gold)

Garvita Khatri (Silver)

200mts: Aaradhana Singh (Gold)

Garvita Khatri (Silver)

400mts: Yeshasvi Shrivastava (Silver)

Hurdles: Aaradhana Singh (Gold)

Yashasvi Mittal (Silver)

Long Jump: Aaradhana Singh (Gold)

High Jump: Yashasvi Mittal (Bronze)

Anushri Sinha (Bronze)

Triple Jump: Yeshasvi Shrivastava (Silver)

Ritupreet Kaur (Bronze)

Shotput: Meenakshi Yadav (Silver)

Chaitali Chandra (Bronze)

Discus Throw: Meenakshi Yadav (Gold)

Javelin Throw: Riya Jaiswal (Silver)

Vanshika Gupta (Bronze)

3Km Walk: Yeshasvi Shrivastava (Silver)

Yashasvi Mittal (Bronze)

4x100mts Relay: Garvita Khatri (Gold)

Yeshasvi Shrivastava

Yashasvi Mittal

Aaradhana Singh

100mts: Riddhima Pathak (Silver)

200mts: Urmi Sankrit (Gold)

Ananya Pandey (Bronze)

400mts: Ishita Verma (Gold)

Ananya Pandey (Silver)

800mts: Pratishtha Sharma (Silver)

Hurdles: Urmi Sankrit (Gold)

Riddhima Pathak (Silver)

High Jump: Muskaan Maurya (Gold)

Ayushi Tripathi (Silver)

Triple Jump: Muskaan Maurya (Gold)

Vanshika Potdar (Silver)

Shotput: Shivani Chaturvedi (Gold)

Rajeyshriya Tripathi (Silver)

Discus Throw: Ishita Verma (Gold)

Aaddhya Chaddha (Bronze)

Javelin Throw: Rajeyshriya Tripathi (Gold)

Shivani Chaturvedi (Silver)

3km Walk: Alisha Usmani (Silver)

4x100mts Relay: Urmi Sankrit (Gold)

Niharika Tiwari

Vanshika Potdar

Muskaan Maurya

The overall championship trophy was also held by S.M.C. Most of our athletes have qualified for the State Level Athletic Meet to be held at Noida. We are grateful to our Principal, Sister Mariette, for giving us the opportunity to represent our school.

Garvita Khatri

12th-A



A Day of Celebration Happy Feast Day Dear Sr. Mariette

8th September, 2015 proved to be a momentous day in the history of St. Mary's Convent Inter College, Allahabad as it celebrated the feast day of their beloved Principal, Sister Mariette and Sister Preeti. It was indeed a propitious occasion as it was the birth anniversary of our Patroness, Mother Mary. SMC also celebrated the Teacher's Day with great pomp and cheer.

The programme commenced with a melodious song followed by greetings to the teachers. Ma'am S. Moitra enlightened the gathering with her inspiring words. Sister Preeti invoked God's blessings on us through her special prayer song. In her message to the students, Sister Mariette portrayed the qualities of a girl child which provides nurturance to each and every creature.

The theme of the programme was beautifully depicted in the form of a scenic presentation, "Living waters flow on", symbolizing a river which continues to flow, overcoming the impediments, carrying its chastity and tranquility along.

An analogy was drawn between the qualities of Sister Mariette and the elements of nature. Like a river in its youthful stage, Sister chisels the students and teachers to strive for perfection and excellence. As soil nourishes the roots, Sister nurtures a positive environment around her students so as to foster their overall development.

Just as a tree never relishes its fruits, Sister like a philanthropist toils hard to serve the humanity. Her integrity and serenity is like a lotus, which enables her to handle the complicated tasks patiently. Sister is like a rock, firm and rigid, willing to embrace God's plan for her and walk on the path of light with hope, trust and optimism.

The programme was meticulously prepared by our dear sisters and teachers. It was well co-ordinated and the greeting song sung by them awestruck the audience.

The programme culminated with the galvanizing message of Sister Mariette which encouraged us to realize our uniqueness and accept the Almighty's will with perseverance and creativity.

- Palak Kumar
Urja Raheja
12 D







Explore, Dreams and Discover

It was on 12th September 2015, that an interactive career counselling session was organized by Career Launcher in the premises of St. Mary's Convent College.

It is one of the most prestigious institution which assists in training the students for pursuing different professions. The session led by Sir Ajay Bhattacharya made us aware of the various career options available to us after 10+2.

By means of a presentation, they illustrated the different areas tested in multiple competitive exams. The courses mainly highlighted CLAT, Hotel Management courses, journalism, integrated courses of IIM and mass communication.

They also informed the students about the top colleges for different professions and described "exploring, dreaming and discovering" as the key to achieve success.

Sir Manish Bhatnagar, an alumnus of IIT Kanpur enlightened the gathering to give their 100% to the chosen profession. With the help of real life examples he motivated us to select good colleges as they provide an ambience essential for the growth of an individual.

The students were given the opportunity to put forward their queries. The seminar finally came to an end with the vote of thanks given by the Vice-Head Girl, Rashi Singh.

- Palak Kumar
Class 12 D

Children of a Lesser God



Urja Raheja participated in the ASISC Zonal Creative Essay Writing Competition held in St. Joseph's College on 1st August 2015 and secured the first position. So here's a glimpse and a reflection on the given topic.

"From the ashes of ruin and degradation, man has the ability to rise like a Phoenix and thereby touch the sky"

This statement summarises the essence of life. Uniqueness is a virtue which should be valued rather than ignored. When we look around us, we can conclude that there exists a difference between every human being, every animal and even the children of the same parents. Today's world seems to be fraught with hopelessness and negativity and we tend to ignore the other side of the same coin ruffled with optimistic approach.

A reflection on the statement "Children of lesser God", posed a question to me. What does hardship actually mean? Does it comprise of crying over frivolous things? Or increasing greed to acquire a lavish life? Well an irrefutable answer to this simple question can be cited with the following examples.

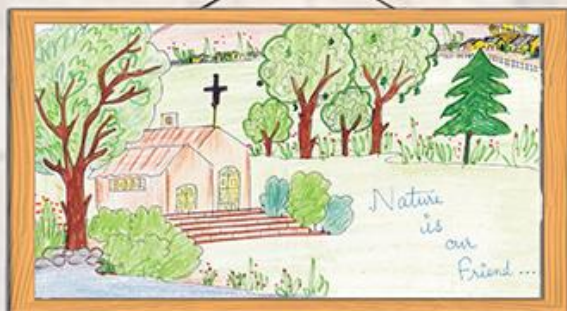
Envisage those children who strive hard to earn a bare living, those innocent souls who are devoid of essential organs or those who are shunned by the society just because they are deprived of their basic necessities. They truly depict what hardship means.

In view of the impediments, often we fail to realise that they are endowed with something special. We feel that God has been conservative in blessing them or that they had been forgotten. While if we observe, we find that they possess unique talents and thereby have the caliber to reach the pinnacle of success.

God has something creative in store for every creature. It is our prime duty to realise what we have and what we can achieve instead of brooding over what we don't have.

Urja Raheja
Class 12 D

OUR ARTISTS



Garima Sagar
Class 8th-C



Aditi Gupta
Class 6th-D



Kashifa Mustafa
Class 4th-F



Anshika Patel
Class 5th-F



Sachika Jain
Class 3rd-E



Ayushi Verma
Class 5th-H



Rhythm Pandey
Class 8th-D



Samridhi Srivastava
Class 4th-A



WHERE IS HAPPINESS?



Happiness is a relative term. A rich man may not necessarily be happy even with all his assets but a poor man may, even without anything. In the present age of materialism and consumerism, people tend to relate happiness with branded commodities, cars, clothes etc., forgetting that these things bring only physical comforts, which are short lived and not permanent happiness because the desire for such things not only increases but also keeps changing.

If we look for happiness in power, money and in material goods, there are bound to be differences and clashes because material things are limited whereas if we seek happiness in things which are limitless, we will experience happiness that abides.

Lasting happiness springs from caring for our near and dear ones, our parents, grandparents, children and neighbours, provided the caring is free of material concerns. Honest dealings and large-heartedness can never fail to bring happiness. A large hearted person derives happiness from small achievements. He sees goodness everywhere. He is quick to give not only his money but also his love, knowledge and wisdom, unconditionally. He gives whatever he has and wherever he can. He will never barter this happiness for the whole world. Poor is the man who knows not the joy of spending on the needy what he owns. Let us not be like the man who only made plans for tomorrow but tomorrow never came. Soon his wealth began to weigh heavy on his heart and his life became miserable. He kept hoarding his wealth all his life but never lived to either enjoy it himself or to spend it on others.

Counting ourselves as fortunate for the innumerable blessings of our Creator, brings contentment, which is the root of happiness. Gratitude and thankfulness for the services we receive from others, even a smile, and minimum expectations from them is the simplest of ways to be happy.

Lasting happiness comes from closeness to nature. Simply gazing at the wonderful creation of the Lord and marvelling at its splendour brings immense pleasure. Watching the changing patterns of the clouds, the glistening dew drops on blades of grass as the sun comes up and the swaying crop in the fields and listening to the twitter of birds at dawn and dusk fill the hearts with peace when spirits sag and drive away all negativism that comes from worldly distractions. Nature is boundless. It affords space to everyone. There is no fear of encroachment anywhere.

And finally, let us not forget that this life is transient and that no measure of happiness of this world can match the bliss of paradise that the Lord has prepared for those who seek His pleasure, in all they do. So, let us make this the ultimate goal of our lives and strive to attain this eternal happiness.

Mrs. ULFAT AHMAD
Teacher

DEVELOPING CIVIC SENSE FOR CLEAN INDIA

Arti Gupta of class 12-D had participated in an essay competition conducted by the Catholic Association of Educational Institutions in UP and UK and was awarded the second prize.



In the words of Mohan Das Karamchand Gandhi, "I will not let anyone walk through my mind with dirty feet". While saying that, he had emphasised on his desire to see that every human on the surface of India considers cleanliness and personal hygiene to be a vital need, to see, quoting Modi, his beloved Motherland as nothing less than a 'Swachh Bharat'.

Keeping this desire, that had been sowed a century ago, in mind, our Prime Minister Shri Narendra Modi started the 'Clean India Campaign' on Gandhi's 145th Birthday, i.e. on 2nd October, 2014. Unfortunately, even today the public areas of India are as dirty as they were when we started off despite our exemplar PM with a broom.

What is the reason behind this callous behaviour of the citizens of India? Why is it that in a foreign country, an Indian doesn't dare litter the surroundings and yet does the exact opposite of that when it comes to the roads and parks of his/her own country? Why do millions of Indians revere 'Maa Ganga' and show devotion towards 'her' purity and sanctity, and yet defile the sacred river brazen and unashamed? What makes the Indians always give the 'Chalta hai' and 'Why me?' remarks when questioned about such undignified deeds of their? The reason is that we lack a civic sense of ownership and responsibility towards our surroundings, and that cleaning or sweeping is a job too low for our dignity.

The main and the most necessary step towards the alleviation of such beliefs is the modification of stereotype mental opinions. This can be achieved by shaping the views of the budding humans in favour of proper sanitation for the purpose of keeping themselves organized. The traditional 'Guru-Shishya Parampara' where saints and sages would instruct their pupils to practice hygiene should be revived. The efforts of cooperative students should be acknowledged to invoke more participation.

Accountable and effective local government institutions ought to set up civic infrastructure for solid waste management. Promotion of segregation of waste could be a foot forward. Making people understand that segregation will not only lead to further use of separated waste but also to advancement of employment due to the setting up of units that practice it could be effective.

Conducting seminars, telecasting TV shows, radio programmes for spreading awareness regarding the waste cycle would certainly expand the horizons of people when it comes to handling garbage. Most of the hazardous waste these days is the waste of modernity-of packaging plastic. Thus, special attention needs to be given to curbing of non-biodegradable garbage. Proper media coverage should be given to those organizations which produce, sell or use 100% bio-degradable products.

Proper democratic discussions should be held in every city, attended by the educated, where in they discuss the various methods which they feel they should adopt as far as cleaning India is concerned. This will ensure bubbling up of creative ideas, and personal involvement of citizens will guarantee better outcome.

People should be taught about the religious and spiritual importance of keeping away from dirt so as to make this value sink in even more. Every Hindu family cleans its house every Diwali to enable Goddess Lakshmi to visit them. Practicing this tradition more frequently will definitely lead to better standards of living.

Therefore, involvement of 1.25 billion Indians where they together join their brooms and hands will not let this step towards cleanliness lose momentum and what is being dreamed of will undoubtedly be achieved.



Let Your Light Shine



Jesus Christ said, "You are the light of the world. Let your light shine before men so that they may see your good deeds and praise your father in heaven". To be compared to light, with all its unique attributes, is one of the greatest compliments we humans can ever receive. Christ meant it and it is true-that's what we are-" people created in the image and likeness of God and hence the crown of creation and the light of the world."

Light, by nature, spreads brightness, it banishes darkness. Light also brings warmth, joy and in many cases it is known to heal as well. But I think it suffices to say that light makes life on earth ever beautiful.

My dear children, let us be a lamp, a light in the lives of others. There's so much good to be done, so much of love and sunshine to be brought in the lives of those around us. Let our caring ways, our wisdom and thoughtfulness dispel the sadness in the lives of others. As children, let us do our bit. By being loving and obedient at

home with our friends, compassionate and caring for those in need and helpful to all, we can set examples. Let us spread the message of peace and love throughout the world.

You must become the light, my dear children, the hope and the trust. There's a lot of goodness in you. Let it show in your behavior so that you can become an instrument of love, peace and harmony and a cause of joy wherever you go.

May God Bless You.

Mrs Sanjana Sajan
Teacher

बचपन और कहानियाँ

हर किसी के जीवन में चार अवस्थायें होती हैं- बाल्यावस्था, किशोरावस्था, युवावस्था और वृद्धावस्था। वैसे इन चारों अवस्थाओं का अपना-अपना महत्त्व है, परन्तु सबसे महत्वपूर्ण है- बाल्यावस्था। बाल्यावस्था वह अवस्था होती है, जिसमें जीवन की नींव रखी जाती है और हमारा पूरा जीवन उसी नींव पर निर्भर करता है।

सीखने और सिखाने की वर्षों पुरानी यह परंपरा आज समाज में कम होती नजर आ रही है। वर्तमान समय में न तो माता-पिता बच्चों को कहानियाँ सुनाने में रुचि लेते हैं और बच्चों में भी कहानियों को सुनने की अभिरुचि समाप्त सी होती जा रही है। कहानियों को सुनाने की परंपरा आज गाँवों में भी समाप्त होती नजर आ रही है। शहरों और महानगरों में तो इस पर सोचने की भी किसी को फुरसत नहीं है।

कहानियों में सरल, विशिष्ट व लोकभाषा का प्रयोग करते हुए एक महत्वपूर्ण घटनाक्रम को दर्शाया जाता है। छोटी-छोटी कहानियाँ सुनाना, जीवन की बातों को समझाने की वह रोचक शैली है, जो सभी को मनोरंजक लगती है और इसके माध्यम से गंभीर बातें भी हमें सहज रूप से समझ में आ जाती हैं।

नियतांशी शर्मा
कक्षा- 9 'सी'



एकाग्रता में ही सफलता का रहस्य निहित है



गत वर्ष मेरी कक्षा में एक छात्रा थी, जिसका पढ़ने में बिल्कुल भी मन नहीं लगता था। जब भी मैं कक्षा में कोई पाठ समझाती या लिखाती तब वह सिर्फ इधर-उधर देखती या फिर कोई दूसरा ही कार्य करती। मैंने उसे कई बार समझाया। जब परीक्षा का समय निकट आया तब मैंने सोचा, काश! ये लड़की थोड़ी पढ़ाई कर ले। परीक्षा समाप्त होने पर जब मैंने उसकी हिन्दी की उत्तर-पुस्तिका जाँची, तब मुझे बहुत ही आश्चर्य हुआ क्योंकि उसे 80 में से 43 अंक मिले थे। मैंने अगले दिन उसे बुलाकर पूछा-बेटा! क्या तुम्हें पढ़ने में मन नहीं लगता? तुमने बिना पढ़े परीक्षा में 43 अंक प्राप्त किए हैं। सोचो, यदि तुम थोड़ा पढ़ लो, तो तुम्हें कितने अच्छे अंक मिल सकते हैं। तब उसने मुझसे बोला-मैम, मैं पढ़ाई में मन लगाना चाहती हूँ पर थोड़ी देर पढ़ने के बाद मेरा मन इधर-उधर भटकने लगता है। मेरे दिमाग में कई सारे ख्याल आने लगते हैं। जब मेरे माता-पिता मुझे डाँटते हैं तो मैं उन्हें दिखाने के लिए किताब खोलकर दो-तीन घंटे बैठी ज़रूर रहती हूँ, पर सिर्फ मैं जानती हूँ कि मैंने सिर्फ पहले के आधे घंटे ही पढ़ाई की। बाकी समय मम्मी-पापा को दिखाने के लिए पढ़ी, दरअसल मैं सिर्फ किताब खोलकर बैठी ही थी। मैंने कुछ देर सोचकर उससे कहा-बेटा! तुममें एकाग्रता की कमी है।

“एकाग्रता ही सभी प्रकार के ज्ञान की नींव है, इसके सिवा कुछ भी करना संभव नहीं है।”

— स्वामी विवेकानन्द

बच्चों! क्या आप जानते हैं कि एकाग्रता में ही सफलता का सारा रहस्य निहित है— इस बात को समझ लेने वाले सचमुच ही बुद्धिमान हैं। एकाग्रता प्रत्येक व्यक्ति के लिए आवश्यक है, भले ही वह किसी भी कार्य में क्यों न लगा हो। एक बार अर्जुन ने श्रीकृष्ण से पूछा, “हे कृष्ण! यह मन अत्यंत चंचल और बलवान है। इसे नियंत्रण से रखना वायु को वश में करने के समान है। अब ऐसे मन को नियंत्रण में भला कैसे लाया जा सकता है?” भगवान श्री कृष्ण का उत्तर था, “अर्जुन, जो तुम कह रहे हो, वह सत्य है। इसे नियंत्रण में रखना सरल नहीं है, तथापि यह भी सत्य है कि ऐसा चंचल मन भी नियमित अभ्यास तथा वैराग्य के द्वारा वश में लाया जा सकता है।”

बच्चों, एकाग्रता निरन्तर प्रयास के द्वारा ही प्राप्त की जा सकती है। यदि किसी व्यक्ति का मन उसके स्वयं के नियंत्रण में है, तो इसके द्वारा महान उपलब्धियाँ संभव हैं, जबकि यदि वह उसके नियंत्रण में नहीं है, तो यहाँ तक कि साधारण से साधारण कार्य भी उसे कठिन तथा असम्भव लगते हैं।

स्वामी विवेकानन्द बताते हैं कि एकाग्र मन वस्तुतः एक सर्चलाइट के समान है। सर्चलाइट हमें दूर तथा अंधेरे कोनों में पड़ी वस्तुओं को भी देखने में समर्थ बनाता है।

बच्चों, आपको अपनी शक्ति तथा क्षमता पर विश्वास होना चाहिए। हनुमान जी समुद्र को लाँघने में सक्षम थे, परन्तु वे चुप ही रहे क्योंकि उन्हें विश्वास नहीं था कि इस कार्य की क्षमता उनमें विद्यमान है। परन्तु जब जामवन्त ने उनके विश्वास को जगाकर उन्हें शक्ति से परिचित कराया, तब वे एक ही छलांग में लंका जा पहुँचे।

प्रत्येक विद्यार्थी में अनन्त ज्ञान का अर्जन करने की क्षमता निहित है। इस बात में तो कोई संदेह नहीं। बात केवल इतनी सी है कि आपको अपनी अन्तर्निहित शक्ति में संदेह नहीं होना चाहिए। आपको धैर्य तथा पूरे उद्यम के साथ अध्ययन करने तथा विषय को स्पष्ट रूप से समझने के प्रयास में लग जाना चाहिए। उदाहरण के लिए कोई पाठ पढ़ते समय उनमें आये कठिन शब्दों का स्पष्ट रूप से अर्थ जाने बिना अग्रसर नहीं होना चाहिए। अन्यथा इसका परिणाम केवल समय और शक्ति की बर्बादी मात्र ही होगी। ऐसी पढ़ाई से बिल्कुल भी लाभ नहीं, क्योंकि कोई भी विषय उसमें आए कठिन शब्दों के अर्थ जाने बिना भला कैसे समझा जा सकता है?

कोई भी व्यक्ति जब किसी विशेष लक्ष्य की प्राप्ति के प्रयास में लगता है, तो वह काफी हद तक अन्य बातों से विरल हो जाता है। बच्चों, आपसे ये अपेक्षा की जाती है कि आप ज्ञान प्राप्ति के प्रयास में समर्पित होंगे। जो लोग एकाग्रता प्राप्त करने का संकल्प ले चुके हैं, वे तो मन को भटकाने वाली वस्तुओं पर दृष्टि तक नहीं डालते।

अब यह जानने के बाद कि एकाग्रता में ही सफलता व आनन्द निहित है, बच्चों, आपको हाथ-पर-हाथ धरे बैठे रहने के स्थान पर तत्काल पूरी शक्ति के साथ इसके अभ्यास में लग जाना चाहिए।

मौसमी धर
सहसम्पादिका
अध्यापिका

The Perspective of Art Education



Art is an effective tool for mental health. Art gives us a way to be creative and express ourselves, it makes us more thoughtful and well rounded humans.

Children naturally love art, painting, drawing, music, dance, drama and theater. Researchers also suggest that children exposed to art and crafts are able to think "out of the box". Children should be exposed to art as their cognitive skills mature, the brain functions efficiently thus achieving the full potential of the mind. Art Education provides several benefits to children such as creative thinking, learning to observe and describe, analyzing and interpreting, learning to express feelings with or without words, building confidence and knowing cultures from around the world.

Art is such a major part of our everyday lives that we may hardly even stop thinking about it. Your dress, your bag, your shoes are art, even the tea-cup, the glass and the flower pot is art. All functional design well done is art, so it could be said, "Art is something that is both functional and aesthetically pleasing to our eyes."

Art plays a big role in making our lives richer.

As John Updike says, "The artist brings something into the world that didn't exist before, and he does it without destroying something else."

Mrs Kaveri Vij

युवा-भारत की सबसे बड़ी शक्ति

हर वर्ष 12 अगस्त को 'अन्तर्राष्ट्रीय युवा दिवस' मनाया जाता है। हमारे भारत में युवाओं की सबसे अधिक संख्या है। अर्थात् हम ही वह युवा वर्ग है जो भारत को एक नई सुबह का अनुभव कराएँगे। आज अगर हर एक युवा व्यक्ति ने भारत को महान बनाने का सपना देखा है, तो वह उस सपने को साकार करने का भी हुनर रखता है।

हम भारत को कल किस रूप में देखेंगे, यह हमारा आज का अस्तित्व तय करेगा। अगर आज हमने खुद को भारत के रंग में ढाल लिया है, अगर आज हम अपने भारत की संस्कृति पर गर्व महसूस करते हैं, तो हम ही वह युवा हैं जिनपर भारत को आने वाले दिनों में गर्व महसूस होगा। हम सबने इसी भूमि में जन्म लिया और यहीं पर बड़े हुए। हमने यहाँ अपनी शिक्षा ग्रहण की और अनेक गुणों को अपनाया। हमने जो कुछ भी सीखा वह यहीं पर सीखा। अब वक्त है कि हम अपने भारत का नाम पूरी दुनिया में रोशन करें। तब वह दिन दूर नहीं रह जाएगा जब हम भारत को फिर से खुले आसमान में ऊँची उड़ान भरते हुए देखेंगे। अगर हर एक युवक गरीबों के प्रति सहानुभूति रखे, अपने बड़ों का सम्मान करे, मेहनत व लगन से अपने माता-पिता, अपने भाई बंधुओं एवं अपने देश के प्रति सारी जिम्मेदारियाँ सभ्यता से निभाए, तो भारत को सफलता की सीढ़ी छूने में देर नहीं लगेगी।

श्रेया सचान
सहसम्पादिका
कक्षा-11- 'अ'



भारत में हिन्दी की स्थिति

किसी भी राष्ट्र की अपनी एक भाषा होती है, जो उस राष्ट्र का गौरव होती है। राष्ट्रीय एकता व राष्ट्र के स्थायित्व के लिए राष्ट्रभाषा की अनिवार्यता किसी भी राष्ट्र के लिए अत्यंत महत्वपूर्ण होती है। मातृभाषा की उन्नति में ही सम्पूर्ण उन्नति निहित है। इस कथन को सन्दर्भित करते हुए भारतेन्दु जी कहते हैं-

“निज भाषा उन्नति अहै, सब उन्नति को मूल ।
बिन निज भाषा ज्ञान के, मिटै न हिय के सूल ॥”

समय परिवर्तन के साथ-साथ भाषा में भी परिवर्तन हुआ। कार्यालयों में धीरे-धीरे कार्य का माध्यम अंग्रेजी में होता गया। विदेशी मानसिकता के रोग से पीड़ित कुछ लोग आज भी हिन्दी के विरोधी तथा अंग्रेजी के पक्षधर बने हुए हैं, और अंग्रेजी बोलकर स्वयं को महान बनने का भ्रम पालकर बैठे हैं। हमारे देश में छात्रों में हो रहे नैतिक पतन का मुख्य कारण अपनी संस्कृति से दूर होना है। भारतेन्दु जी अपनी मातृभाषा से अनजान और अंग्रेजी पढ़े छात्रों पर व्यंग्य करते हुए कहते हैं कि-

“अंग्रेजी भाषा पढ़ी-लिखी, यद्यपि होत प्रवीन ।
पर निज भाषा ज्ञान के, रहत हीन के हीन ॥”

आज अंग्रेजी के पक्षधरों की संख्या दिन दूनी रात चौगुनी बढ़ रही है। इसका मुख्य कारण है कि स्वतन्त्रता के बाद देश की कार्य प्रणाली अंग्रेजी में थी तथा उच्च पदों पर कार्यरत कर्मचारी हिन्दी अपनाना नहीं चाहते थे, इसके बाद तत्कालीन प्रधानमंत्री ने घोषणा किया कि जब तक एक भी राज्य हिन्दी नहीं चाहेगा, हिन्दी राष्ट्र भाषा नहीं बन सकेगी।

आज कई देश भारत की सभ्यता, संस्कृति व भाषा को नष्ट करने का प्रयास कर रहे हैं किन्तु भारत अपनी अलौकिक दैवीय शक्ति के कारण उनके प्रयास को विफल कर रहा है। इस सन्दर्भ में इकबाल कहते हैं-

“कुछ बात है कि हस्ती मिटती नहीं हमारी ।
सदियों रहा है दुश्मन दौरे जहाँ हमारा ॥”

मातृभाषा के महत्व को हम सभी ने स्वीकार किया है। यदि हमें अपने आचरण, संस्कृति को अक्षुण्ण रखना है तो हमें अपनी मातृभाषा को आत्मसात करना होगा।

तो आइए हम सब मातृभाषा के गौरव से आप्लावित होकर संकल्प लें कि प्रथम ग्राह्य सर्वसम्मानित मातृभाषा को दिव्य सिंहासन पर आसीन कराएँ तथा इसका प्रसार करें, क्योंकि-

“है भव्य भारत ही हमारी मातृभूमि हरी-भरी ।
हिन्दी हमारी भाषा है और लिपि है नागरी ॥”

इन अल्प शब्दों के साथ यह कहते हुए अपनी वाणी को विराम देती हूँ कि-

“हमने सोचा था कि वतन में बहार लाएँगे, हर घर में शिक्षा का पैगाम लाएँगे।

पर यह कभी नहीं सोचा था ऐ दोस्तों, कि अपने घर में अपनी मातृभाषा का अपमान होता पाएँगे ॥”

मात्रिका शुक्ला
(सम्पादिका)
कक्षा-12 'ए'

जीवन का लक्ष्य

जीवन है क्या? शायद, एक रंगमंच जहाँ हम अपना कर्तव्य निभाते हैं। इस मंच पर अनेक रंग बिखरे हैं। सुख एवं दुःख के। सबकी यही इच्छा होती है कि अपने सफर में खुशहाली के सुगंध बिखरे। इसे इन्सान अपना लक्ष्य मानता है पर हम इस लक्ष्य की पूर्ति कैसे करते हैं- बहुत-बहुत और बहुत सारा पैसा कमाकर? क्या रूप 'खुशी' खरीद सकते हैं? जी नहीं, - यह लक्ष्य नहीं लालच है। इसमें फर्क तो सब जानते हैं पर यह भी सत्य है कि हकीकत में यह एक झूठ नजर आता है।

दूसरी ओर यह भी सच है कि जीवन में सिर्फ एक रंग नहीं जंचता।

इन्द्रधनुष की सुन्दरता उसके सात रंग हैं- कई गहरे तो कई हल्के।

लक्ष्य हमारी उम्मीद है खुद से और जीवन से। कई के लिए समय की राह पर अपनी छाप छोड़ना या खुद को साबित करना लक्ष्य होता है। पर शायद, 'सत्य की राह पर चलना, राहगीरों की मदद करते खतरनाक सागर पार करते उसे याद करना' ही इन्सानियत का लक्ष्य है।

सुरभि श्रीवास्तव
कक्षा-9 'सी'



“सपनों का पीछा करने वाली युवा पीढ़ी को नमन”



“जिओ तो ऐसे जिओ कि हों अरमान सभी बौने, जज्बा हो तो आग से भिड़ ले बादल के छैने।” “सपने खूब सजाओ जिनके पार हो सागर से, दुनर के साथ ही हाथ पसारो जैसे पंछी के डैने।” “काबिल बना तो दुनिया अपनी मुट्ठी में होगी, मेहनत से ही मान बढ़ेगा हर कोने-कोने।” हर उस अनुभव से जिससे हम सचमुच डर से आँखें चार करने की हिम्मत करते हैं, उससे हमें शक्ति साहस और आत्मविश्वास हासिल होता है। हमें वह काम जरूर करना चाहिए जो हम सोचते हैं कि हम नहीं कर पायेंगे। एक परीक्षा में सफल नहीं हुए तो बच्चों यह मान लो कि आपके दूसरे रास्ते खुले हैं, जहाँ ईश्वर आपको कोई और उससे बड़ी खुशी भेज रहे हैं और वह खुशी आपका इंतजार कर रही है। अगर आप उम्मीद नहीं रखेंगे तो आप ये पता नहीं लगा पायेंगे कि आपकी उम्मीदों के पीछे क्या छिपा है। महापुरुषों की जीवनी पढ़िये। ज्यादातर ऐसे थे जो कुछ और बनने की सोचते थे। उनका लक्ष्य कुछ और था। सफलता न मिलना, कभी यह तय नहीं करता कि आपने कोशिश नहीं की या कम की। हो सकता है जो सफल हुए उन्होंने ज्यादा कोशिश की, लेकिन इससे भी ज्यादा यह कि जीवन ने आपके कुछ और लक्ष्य रखा हो। जीवन का हर पल, हर कदम, हर कार्य आपको एक नया हौसला देता है, बस जरूरत है सकारात्मक सोच की। दोनों हाथों से हौसले को

थामने की और खुद पर भरोसा करने की। हम सभी आत्मविश्वास से भरपूर व्यक्तियों को पसंद करते हैं, चाहे वह प्रेरणात्मक भाषण देने वाला वक्ता हो या पूरे आत्मविश्वास से मरीजों को देखने वाला डॉक्टर। वास्तव में आत्मविश्वास जीवन के हर पहलू के लिए जरूरी है। डॉ० ए०पी०जे० अब्दुल कलाम जी का जीवन सफलता से संघर्ष की कहानी बयां करता है और आप सबकी जिन्दगी में मुकाम हासिल करने में रोडमैप का काम कर सकता है। अच्छी बात यह है कि अपने अन्दर आत्मविश्वास पैदा करना सीखा जा सकता है और उसे बढ़ाया जा सकता है। दो प्रमुख चीजें जो आत्मविश्वास को बढ़ाने में मदद करती हैं वे हैं कार्य कुशलता और स्वाभिमान। यह विश्वास का सवाल है कि अगर किसी क्षेत्र के लिए दुनर सीखेंगे और मेहनत से काम करेंगे, तो कामयाब होंगे और यही वह विश्वास है जो आपको ही नहीं हम सबको कठिन चुनौतियाँ स्वीकार करने और बाधाएँ होने पर भी डटे रहने को प्रेरित करता है। डॉ० ए०पी०जे० अब्दुल कलाम के ग्यारह सुनहरे सिद्धान्त हम सबको अपने जीवन में उतार लेना चाहिए :-

1. जो लोग जिम्मेदार, सरल, ईमानदार एवं मेहनती होते हैं, उन्हें ईश्वर द्वारा सम्मान मिलता है, क्योंकि वे इस धरती पर श्रेष्ठ रचना हैं।
2. किसी के जीवन में उजाला लाओ।
3. दूसरों का आशीर्वाद प्राप्त करो, माता-पिता की सेवा करो। बड़ों तथा शिक्षकों का आदर करो। अपने देश से प्रेम करो। इनके बिना जीवन व्यर्थ, अर्थहीन है।
4. देना सबसे उच्च व श्रेष्ठ गुण है, परन्तु उसे पूर्णतः देने के लिए उसके साथ क्षमा भी होनी चाहिए।
5. कम-से-कम दो गरीब बच्चों को आत्म निर्भर बनाने के लिए उनकी शिक्षा में मदद करो।
6. सरलता और परिश्रम का मार्ग अपनाओ, जो सफलता का एकमात्र रास्ता है।
7. प्रकृति से सीखो जहाँ सब कुछ छिपा है।
8. हमें मुस्कुराहट का परिधान जरूर पहनना चाहिए तथा उसे सुरक्षित रखने के लिए हमारी आत्मा को गुणों का परिधान पहनना चाहिए।
9. समय, धैर्य तथा प्रकृति सभी प्रकार की पीड़ाओं को दूर करने और सभी प्रकार के जख्मों को भरने वाले बेहतर चिकित्सक हैं।
10. अपने जीवन में उच्चतम एवं श्रेष्ठ लक्ष्य रखो और उन्हें प्राप्त करो।
11. प्रत्येक क्षण रचनात्मक का क्षण है, उसे व्यर्थ मत करो।

शशी खोसला
अध्यापिका

कर्म से आध्यात्मिक बनें



अध्यात्म वह अवस्था है जिसमें आत्मा को परमात्मा का अहसास बना रहता है, माया का प्रभाव नहीं होता है। ऐसी अवस्था केवल ब्रह्मज्ञान द्वारा ही संभव है क्योंकि बिना ज्ञान के अहसास होना भी तो सम्भव नहीं। मानव ब्रह्मज्ञान के अभाव में माया के वशीभूत होकर भौतिक पदार्थों के खातिर दौड़ लगाता है जिस कारण अपने परम लक्ष्य परमपिता परमात्मा के ज्ञान से वंचित हो पुनः, चौरासी लाख योनियों में भटकता है। भौतिकता की चकाचौंध से बचने हेतु अध्यात्म ही श्रेयकर है किन्तु अध्यात्मिकता यश के लिए न हो, अहंकार की स्रोत न बने और न ही दिखावे के लिए हो बल्कि कर्म में समाहित हो, प्रेम का द्योतक हो तथा उसमें परोपकार परिलक्षित होता है। आज हम सभी को कर्म से आध्यात्मिक बनने की आवश्यकता है। जब कर्म से आध्यात्मिक बनते हैं तो हमारा मन बुराइयों से हटकर अच्छाइयों की ओर आकर्षित होता है तथा प्रेम, नम्रता, सहनशीलता, समदृष्टि, दया, क्षमा, करुणा आदि की भावनाएं प्रबल हो जाती हैं। जहाँ इन दैवीय गुणों का समावेश होता है वहाँ से लोभ, मोह, अहंकार निन्दा, नफरत, स्वार्थ की भावनाओं का लोप हो जाता है।

आज का युग पदार्थवाद का युग है। भौतिकता का असर व्यक्ति की सोच, समझ और कार्य व्यवहार पर इतना अधिक हो चुका है कि इन्सान वस्तुओं को ही सब कुछ समझ रहा है। वस्तुओं की रचना करने वाले परमात्मा की ओर इसका ध्यान कम ही जाता है लेकिन संसार में विचरण करते हुए अथवा भौतिकतावाद में भी अगर अध्यात्म को शामिल कर लिया जाये तो अप्रत्याशित सफलता तो मिलती ही है जीवन भी सुखमय हो जाता है।

रमा त्रिपाठी
(अध्यापिका)

मित्रता

एक बार दो मित्र थे। उन दोनों के बीच में घनिष्ठ मित्रता थी। उनका नाम रवि और शंकर था। वह दोनों अनाज बेचकर जो पैसा मिलता था उसे आपस में बाँट लेते थे। एक दिन बहुत सुहाना मौसम था। रवि और शंकर ने यह तय किया कि वह दोनों गाँव के पास वाले जंगल में घूमने जाएँगे। जब रवि और शंकर जंगल में पहुँचे तो कड़ी धूप निकली हुई थी। उन्होंने अपने खाने की सामग्री खोली और खाना शुरू कर दिया। और देखते ही देखते मौसम बिगड़ गया और बारिश होने लगी। तभी रवि ने वहाँ पर एक झोपड़ी देखी और शंकर से कहा, “शंकर देखो वहाँ पर एक झोपड़ी है चलो हम लोग अपने आप को बचाने के लिए वहाँ पर चलते हैं।” “ठीक है चलो चलें।” वह दोनों झोपड़ी में चले गये, वहाँ पर रवि ने एक मटका देखा, जिसमें सोना रखा हुआ था। रवि ने कहा, “शंकर देखो मुझे क्या मिला।” अरे वाह! सोना, अब तो हम लोग मालामाल हो जाएँगे। रवि ने कहा “शंकर अभी बहुत बारिश हो रही है हम सोना नहीं ले जा पाएँगे चलो हम कल आकर ले जाते हैं।” “ठीक है, जैसा तुम कहो,” शंकर ने कहा। दूसरे दिन रवि वहाँ पर पहले पहुँच गया और सारा सोना अपने पास रख लिया। और उस मटके में मिट्टी भर दी। शंकर वहाँ पर पहुँचा तब उसने देखा कि रवि वहाँ पर बैठकर रो रहा है। उसने पूछा, “क्या हुआ रवि तुम रो क्यों रहे हो?” अरे शंकर हमारा सारा सोना लेकर कोई भाग गया। अब क्या होगा? शंकर चुप रहा थोड़ी देर में वह दो बंदर ले आया और उसने कहा, “ये लो तुम्हारे बच्चे आने की जिद कर रहे थे।” “क्या मेरे बच्चे”, रवि ने गुरसे में पूछा। “क्यों नहीं जब सोना मिट्टी में बदल सकता है तो बच्चे बंदर में क्यों नहीं” शंकर ने जवाब दिया। इस पर रवि शंकर से पूछता है, “पर तुम्हें यह कैसे पता चला?” शंकर ने मुस्कुराते हुए कहा— “मैं तुम्हें बचपन से जानता हूँ तुम मुझसे झूठ नहीं बोल सकते।” रवि को यह सुनकर बहुत पछतावा हुआ और उसने शंकर से हाथ जोड़कर कहा— “मुझे माफ कर दो! मुझे लालच हो गया था।” और वह फिर से दोस्त बन गए।

तमन्ना सिंह
5 'जी'

हिन्दी क्लब
कहानी लेखन प्रतियोगिता
प्रथम पुरस्कार

Are You Really True ?

People say that poison is better than isolation, but I say no to this. Thinking about it lately, I came to a conclusion that being alone is better than many comforts of life. If you are alone in life, you will definitely understand yourself.

I have many friends, but I can bet that I am the only one that understands myself the most. I don't care what others think about me, what they say about me or what they do to me. I am only bothered for what I think about myself, how much I can explain things and circumstances to myself, how much I can understand my own explanations and how I react when others do wrong to me.

I understand all this because I know I am alone. I always try to throw out at least 50% of my anger everyday. I have seen many who share only useless things and many who try to give touts to me. But I have not yet seen any friend that really understands me because that any friend is me and myself. If I tell this to anyone 80% of the people will tell me to stop because they think it is a boring lecture. Your reality, your story of your life is not at all a boring lecture. Be true to yourself and watch over your behavior. Are you really correct?

-Anviksha Mishra
Class-9B

Dreams Are The Steps Towards Your Ambition

The two most prominent things in our life are dreams and ambition. One is something without which we can't imagine our life and second the is something which makes our life more reasonable. Yes, it's quite true that both are essential for life along with food, water, air and shelter. They together add meaning to our life. But, do you know that both are interconnected to each other? Dreams are the steps towards success. The way we live our life has nothing bad in it, but if we live our life with a reason, then only we make a difference. If we did not have a motto, a reason, a target, then we would not be able to see the progress in today's world.

With the output of our ambition, our life becomes a complete journey. But do we know how the journey begins? It begins with our curiosity, imagination, interest which constitute our dreams. Here I'm referring to those dreams which are to be seen with fully open and conscious eyes and never to be forgotten for rest of the life.

As time advances, we start recognizing our talents and interest and start finding our direction and the moment we find it, our life becomes a pleasure to live. Now, it depends on us whether we can achieve aim or not. If we have that true determination, hope and hard work then nobody can stop us from touching the sky.

One thing to be remembered while travelling through this, many shortcuts will also appear before us. Never follow them. As we all know that these shortcuts never know their destination. It is better to follow the righteous path, although it is long and has a lot of hurdles but it always leads us to success.

So from today onwards, start recognizing yourself and your talents. The moment you get a golden opportunity, to prove yourself, never let it go from your hands. Start living your dreams to find your will.

Medhavi Singh
Class-8 A

अनुशासन का महत्व



अनुशासन क्या है? अनुशास्यते नैन। अर्थात् स्वयं का स्वयं पर शासन। 'अनुशासन' शब्द तीन शब्दों से मिलकर बना है। अपने ऊपर स्वयं शासन करना तथा शासन के अनुसार अपने जीवन को चलाना ही अनुशासन है।

यदि इसका शाब्दिक अर्थ देखें तो अर्थ निकलता है, 'शासन के अनुसार'। अनुशासन शब्द सुनते ही लोग इसका सम्बन्ध शिक्षा के क्षेत्र से या शिक्षालयों से मानते हैं। विद्यालयों में अनुशासन होना चाहिए विभिन्न प्रकार की धारणायें अनुशासन के सम्बन्ध में लोगों के मन में हैं लेकिन अनुशासन के शाब्दिक अर्थ को देखें तो शासन व्यवस्था तो हर जगह होती है। घर, परिवार, समाज इस व्यवस्था में कोई अव्यवस्था आ जाती है तो कार्य सुचारु रूप से संचालन सम्भव नहीं है।

अगर हम विद्यार्थियों के जीवन के सन्दर्भ में देखें उसके लिए भी यह आवश्यकता है कि विद्यार्थियों के घर समाज का परिवेश कितना अनुशासित है।

अनुशासन मानव जीवन के जन्मकाल से प्रारम्भ होता है, शिक्षा की तरह और मृत्यु तक चलता है। जो मनुष्य इसका पालन नहीं करता है, वो सफलता को प्राप्त नहीं कर पाता है।

विद्यार्थी जीवन के लिए अनुशासन इसी प्रकार आवश्यक है। जिस प्रकार से मानव के लिए भोजन व पानी। अनुशासित जीवन उसे हर काम को समय पर करने के लिए प्रेरित करता है। वह उस प्रेरणा के साथ सभी कार्यों को सम्पन्न ठीक समय पर कर सकता है और यही प्रेरणा उसे सफलता की ओर अग्रसर करने के लिए प्रेरित करती है।

अतः अनुशासन सफल जीवन की कुंजी है। और उसके बिना व्यक्ति पशु के समान है। जो इसको अपने जीवन में अपनाता है वही सफल होता है।

रचना मालविया
अध्यापिका

प्यारी माँ

“माँ” क्या है? मेरे लिए माँ एक प्रेरणा है, एक त्याग है, साहस है, असीमित प्रेम है और माँ सूर्य की वह किरण है जो हमारे जीवन के सारे अंधकार को समाप्त कर देती है। माँ ने हमारे जीवन को ही नहीं संवारा, बल्कि हमें जीवन दिया और जीवन जीने की प्रेरणा दी। हम जीवन में कभी मुश्किलों से न घबराएँ, बल्कि उनका सामना करें ये सिखाया उन्होंने। हमेशा खुद के पैरों पे खड़ा होना सिखाया। अपने काम खुद करना सिखाया, वे भले ही हमें अकेले स्कूल जाने को कहती हो, भले ही जब हम छोटे हों, तब वे हमें स्कूल के अन्दर तक छोड़ने नहीं आयी, परन्तु मेरा विश्वास कीजिए वो हमेशा हमें दूर से देखती थी कि हमें कोई परेशानी तो नहीं हो रही। माँ का त्याग, माँ ने हमारे लिए क्या त्यागा? उन्होंने हमें एक असहनीय दर्द सहन कर जन्म दिया, वो दर्द जिसकी कल्पना भी शायद आप और मैं नहीं कर सकते। माँ ने हमारे लिए न जाने कितने आँसू बहाये होंगे। माँ तब भी रोई थी, जब हमने जन्म लिया था। माँ तब भी रोई थी, जब हम रातों को किसी तकलीफ के कारण जागते थे। माँ तब भी रोई थी, जब हम खाना नहीं खाते थे। माँ आज भी रोती है, जब हम उसे खाना नहीं देते। माँ ने हमें असीमित प्रेम दिया है, जिसका हम अनुमान भी नहीं लगा सकते। मैं आप से प्रश्न करती हूँ जब हमें कोई चोट लगती है, जब हम किसी मुसीबत में होते हैं तो हम किसका नाम लेते हैं? हम सबसे पहले कौन-सा शब्द बोलना सीखते हैं? माँ ! क्यों? क्योंकि माँ से हमारा एक अनोखा रिश्ता है। जिसे शायद हम कोई परिभाषा नहीं दे सकते। एक कहानी जो मेरी दादी मुझे सुनाती है कि एक बार एक लड़का था जो अपनी माँ से बहुत प्यार करता था, लेकिन एक बार गलत संगत में आ कर शराब पीने लगा और जुआँ खेलने लगा और उसके दोस्त उसका मजाक उड़ा कर कहने लगे कि यदि तुम अपनी माँ का हृदय ले आओ तो हम तुम्हें मान लेंगे। अपने दोस्तों के बहकावे में आकर उसने अपनी माँ को मार डाला और उसका हृदय लेकर आते समय उसे ठोकर लग गयी तो माँ के हृदय से आवाज आयी कि, “बेटे! कहीं चोट तो नहीं लगी!” तो माँ हमेशा हमारे हित में सोचती है। जब एक बेटा काम करके घर आता है तो उसके पिता उससे ये सवाल पूछेंगे कितना कमाया, पत्नी पूछेगी कितना बचाया, परन्तु माँ केवल ये पूछेगी कि बेटे कुछ खाया? तो हम माँ को क्या थोड़ा-सा सुख नहीं दे सकते? मैं बस इतना ही संदेश देना चाहूँगी कि हम सबको अपनी माँ से प्रेम करना चाहिए और उनका आदर करना चाहिए।

माही श्रीवास्तव
कक्षा-9 ए

Smart Classes



Technology has opened up a great possibility in teaching in the form of smart class. Smart classes have slowly but steadily made an entry into the teaching scenario and is definitely in for a stay. Technology is changing the way life functions and if its for the good then why not go for it.

Advantages over weigh disadvantages any day when using the smart board. Interactive modules like videos and presentations are visually appealing to students, as opposed to traditional methods of teaching. Hence absorption in students is more permanent and effective. Lots of time is saved in drawing diagrams and audio visuals do their task effectively.

Field trips are impossible with text books but smart classes have made it possible too. A single click enables a tour of the Alps, The Amazon basin instantly.

Eye catching images and visuals help develop interest in students as we are aware that all children are differently talented, as each child is a different type of learner.

Interaction between students and teachers can be improves and hence improvement of interpersonal relations between the duo.

However, there are few disadvantages like the cost factor and technical faults in class. This system has myriad of advantages to offer in due course of time when more and more schools opt for the smart modules then the cost factor will be overcome and more and more practice will also be helpful in eliminating the technology phobia in the subscriber.

Eventually the users become more adept in media.

Ms. Reena Ghosh
Teacher

IS INDIA TRULY INDEPENDENT?

If someone comes up to me asking if I feel like I am a citizen of a nation truly independent of oppression and fearless in its approach to govern, my answer would surely be a no. There are enough statistical data on how the economically strong bulldoze the weak, politically torture the righteous and how the morally 'correct' strangle the bold, to make all the citizens agree with my answers. Today when India needs to gain freedom from rising economic disparity, overwhelming odds against gender equality and perennial problems in society with regard to an outlook that seeks to turn the clock back; we have 605 million people under the age of 25 in India. As a part of this young population, I find it my duty to believe that when we harness the demographic dividend transformation of our country's fortunes will be imminent. Now, I believe that realizing the dream of men and women who sacrificed everything in the struggle for freedom will depend on whether or not we acknowledge the power of education.

Education is democratic empowerment. It is a tool for communicating important ideas like gender equality, environmental preservation and cultural harmony while being the guide to all modern economic opportunities. True freedom requires concerted effort towards preparing our young population for faithfully discharging civic duties, upholding and promoting socio-cultural equality and developing consciousness towards the good of people. If we fulfill this requirement we can realize the dream which was most eloquently put by Pandit Jawaharlal Nehru in his 'Tryst with destiny' speech at the midnight moment of our independence, when he spoke of 'the ending of poverty and ignorance and disease and inequality of opportunity.' Then we can celebrate our independence with all heart and soul.

Iti Tandon
Class 10 B

Inculcating Values





MY TEDDY BEAR

Set small goals and achieve them.
Always keep smiling.
Share whatever you have.
Love your neighbours.
If others annoy you, forget it.
Have confidence in yourself.
Have good friends only.
Do not hurt anyone.
Be truthful to others.
Respect and obey your elders.

- Sakshi Tripathi
Class-8D



Secrets of Being Happy

As soft as a cloud,
As brown as branches of a tree,
As cute as a puppy,
Guess what it is!
I play with it,
I sleep with it.
I like my cute little brown,
Teddy Bear.

- Rakshita Sharma
Class-3F

WHY GOD MADE DAUGHTERS

When God made daughters,
He took very special care;
To find the precious treasure,
That would make them sweet and gentle
He gave them the smiles of angels
Then explored the midnight skies,
And showered a bit of star dust
To make their bright and twinkling eyes.
He designed them with sugar,
And a pinch of spice;
He gave them a sunny laughter,
And everything that's graceful
He made each daughter
With care so unique;
And smiled when He made the daughter,
Because He knew that
He had created love and happiness
For every mom and dad.

- Khushi Mishra
Class-4 F

MOM

You are the sunlight in my day,
You are the moon I see far away.
You are the tree I lean upon,
You are the one that makes troubles begone.
You are the one who taught me life,
How not to fight, and what is right.
You are the words inside my song,
You are my love, my life, my mom.
You are the one who cares for me,
You are the eyes that help me see.
You are the one who knows me best,
When it's time to have fun and time to rest.
You are the one who has helped me to dream,
You hear my heart and you hear my screams.
Afraid of life but looking for love,
I'm blessed by God, who has sent you from above.
You are my friend, my heart, and my soul
You are the greatest friend I know.
You are the words inside my song,
You are my love, my life, my Mom.

-Harshika Gupta
Class-6A

A Woman of Strength

The one who was full of courage was not to be defeated,
As she was a messenger, a mission she completed.
She toiled to bring the kingdom of God on the earth,
Where peace, justice and love to all are worth.
She accepted the challenge to break the shackles of society:
The strength she received from the love of Almighty.
Working towards the service of humanity,
Love and speak the truth with all your dignity.
Be kind and merciful to the poor,
The love she showered on them was so rare
Do not call them beggars she would say,
They are the angels waiting for the day.
Strove to bring dignity in the womens' life,
Women in time to come will do much she confide.
She taught us to face the world with our heads held high,
Be merry and doubt not our masters until we die.
A lesson we learnt to act solely from love and not out of fear,
To make the society a better place she had much to bear.
No matter how many rocks she stumbled upon,
Her faith and strength remained profound.
She did her best with the head held high,
And received God's help with a thankful sigh.
She rejoiced in God as a grateful receiver,
As she knew that He loves a cheerful giver.
As the daughters of Mary Ward you have inherited the legacy,
Do not be pretentious but instead present yourself as a woman of strength.



Mrs Lipi Sharma
Teacher

My First Day at School

First day at school, I wonder if my drawing will be as good as theirs.
I wonder if they'll like me or just be full of stares.
I wonder if my teacher will look like Mom or Granny.
I wonder if my puppy will wonder where I am.

-Devyani Jaiswal
Class-1D



The Earth

Don't destroy the earth,
It's already so bare;
Don't cut down trees,
It just isn't fair.
If you were in their place,
Wouldn't you like to live?
Trees are so helpful to us,
But, in return what do we give?
Humans are so ungrateful,
And simply couldn't care less;
Even if the earth turned barren,
And became a big mess!
Don't destroy the earth,
Do to plants what is just,
Saving the earth and all trees,
Is a big must.

-Aditi Tiwari
Class-3 E

Just Walk on The Path of Life

Walk and walk but don't look back,
Just walk on the path of life.
Just walk and walk, just walk up straight,
because time doesn't wait.
Walk and don't look back,
Because if you do so,
It's success what you lack.
Walk and forget what happened in the past,
Because your future is bright and vast.
Just walk and walk and then you will reach,
The place where you deserve to be.
So just walk and walk and don't look back,
Because it's your bright future, you should not lack.

- Anshika Gupta
Class-6 A

MY SCHOOL

My school is the best place to be,
It teaches me so many things,
To read, to write, to paint and even sing!
St. Mary's is my school's name.
We all try to bring it fame,
My school is so very fine,
And I always feel proud to call it mine.
Teachers there are always kind,
In every field our school brightly shines,
Because this school is mine, mine.

- Mariyam Raza
Class-1A

PROBLEMS

Don't you find Chemistry a bore,
And History off the shore.
Literature is too tough,
Geography is even more rough.
Biology is not an easy thing
Learning how many legs and how many wings.
Solving problems in Mathematics is out of question,
Where 'hints' are not mentioned!
Language again is no better,
For we don't score high in essay and letter.
There is a problem with computers,
For we have to hunt for tutors.
Physics eats our head up,
And drives us for a checkup.
Problems! Problems everywhere,
Will they ever end somewhere?

- Pragya Dwivedi
Class-9 A

LIFE

Life is beautiful,
 Colourful and magical.
 Throwing up things,
 Never believable.
 Beautiful people,
 Animal trees,
 Earth and the sun,
 and the flowing rivers.
 Everything is beautiful,
 Making life admirable,
 Making us fly,
 Towards that beautiful sky.
 Those wonderful birds,
 Those beautiful beaches,
 Those green grasslands,
 invite us everywhere.
 This beautiful earth is for us,
 enjoy living here and
 help others enjoy it.

- Aparajita Mehrotra
 Class-5 E



SINGLE IS UNIQUE WHEN COMBINED IS EXCLUSIVE

There are many stars,
 But the sky is single.
 There are many pages,
 But the book is single.
 There are many leaves,
 But the tree is single.
 There are many body parts,
 But the physiology is single.
 There are many days,
 But the month is single.
 There are many rooms,
 But the house is single.
 There are many cultures,
 But our country is single.

- Yashika Kesarwani
 Class-3B

मेरी माँ

मेरी माँ मुझे चाहती है,
 मेरी माँ मुझे भाती है,
 मुझे अच्छी-अच्छी बातें सिखाती है,
 अगर स्कूल के खेल-कूद में हार जाऊँ,
 तब भी नहीं गुस्साती है,
 किसी चीज़ में गलती हो तो,
 मुझे वो समझाती है,
 मेरी माँ मुझे चाहती है,
 मेरी माँ मुझे भाती है।

— शान्ची सिंह राणा
 कक्षा 2 'बी'



स्वच्छ भारत अभियान

स्वच्छ भारत अभियान चला है,
अच्छ एक विचार मिला है।
जहाँ रहें हम करें सफाई,
कुछ भी इसमें नहीं बुराई,
घर के अन्दर घर के बाहर,
करें सफाई हृदय लगा कर।

लगता जैसे फूल खिला है,
जबसे हमें विचार मिला है,
स्वच्छ भारत अभियान चला है,
अच्छ हमें विचार मिला है।

मेहनत करें हम, बहे पसीना,
आगे चले तान कर सीना,
सब लोगों की करें भलाई,
अपने आप हम करें सफाई।

मोदी का संदेश मिला है,
करें उजाला दीप जला है,
स्वच्छ भारत अभियान चला है,
अच्छ एक विचार मिला है।

शिवांगी त्रिपाठी
कक्षा 5 'सी'



वर्षा ऋतु

बादल आया मौसम लाया,
धरती की, श्रृंगार का।
गरज—गरज के बरसे बादल,
लाया रंग बहार का।

घुमड़—घुमड़ काली घटाएँ,
जब—जब आती है।
सावन के झूले की,
हमको याद दिलाती है।

बारिश में सब झूमों—नाचो,
प्यार करो संसार को।
आओ हम मिलकर मनाएँ,
वर्षा के त्योहार को।



परी जयसवाल
4— 'डी'
हिन्दी क्लब
कविता लेखन प्रतियोगिता
प्रथम पुरस्कार

गुड़िया

मैं गुड़िया हूँ भोली भाली
करती हूँ थोड़ी शैतानी
बातें बहुत बनाती हूँ
सबको बहुत हँसाती हूँ
मम्मी पापा को भाती
भइया की मैं दुलारी
मेरे रोने से सब रोते
मेरे चुप होते ही सब हँसते
घर—आँगन में मैं बहार
मेरे बिना सब सूना सूना
मैं गुड़िया हूँ भोली भाली।

— मायरा अरोरा
कक्षा 2 'बी'



Our Club Activities





“अगर हम बच्चे न होते”

तनिक सोचिये दुनिया में अगर,
हम बच्चे न होते।
कभी किसी के कोई भी,
सपने सच न होते।



मम्मी, कभी न मम्मी बन पाती,
पापा, कभी न पापा
पोते-पोती के सुख से वंचित,
रहता सदा बुढ़ापा।
रात-रात भर सदा तरसती,
रहती दादी, नानी।
किसे सुनाती परियों वाली,
अपनी सरस कहानी।

बिना हमारे बाल दिवस,
अवकाश कहाँ से होते,
नेहरू जी क्या बच्चों के
चाचा नेहरू कहलाते।
हम बच्चे ही हैं भविष्य,
हर आने वाले कल के,
हमें सम्भालों, हम रक्षक हैं,
मातृभूमि के कल के।

नाम— विधि अरोरा
कक्षा —5 'सी'

मेरी प्यारी नानी

मेरी प्यारी-प्यारी नानी, सबसे सुंदर सबसे न्यारी,
जो मैं कहती वो सुनती हैं,
सारी बात हमारी।
गोरे-गोरे हाथो से वो स्वेटर मेरा बुनती,
छोटे-छोटे कौर बनाकर,
मुझको सदा खिलाती।
राजा-रानी वाले किस्से,
मुझको रोज सुनाती,
मम्मी मुझे मारती हैं जब,
नानी मुझे बचाती।
बड़े प्यार से हाथ फेरती,
अपने पास सुलाती,
मेरी प्यारी-प्यारी नानी,
सबसे सुन्दर सबसे न्यारी।



प्रशस्ति गुप्ता
कक्षा-7 'सी'

ENGLISH, HINDI, MATHS AND SCIENCE

I will remember how the burden was so less
all those years that I have enjoyed this fun.
I will remember that now I cannot get them done.
Just as I was fifteen
I realized I have grown up so big
and now I cannot get those regular bits.

- Shivangi Mishra
Class-11-C



चुटकुलें

- 1- सोनिया- नानी मुझे संतरे बहुत अच्छे लगते हैं। मुझे संतरे खाने हैं।
 नानी- लेकिन संतरे सर्दी के मौसम में मिलते हैं, लेकिन अभी तो गर्मियाँ चल रही हैं, बेटा।
 सोनिया- सर्दी कब आती है ?
 नानी- जब हम स्वेटर पहनते हैं। तब सर्दियाँ आती हैं।
 सोनिया- नानी तो मुझे स्वेटर पहना दो.....
 मुझे जल्दी से संतरे खाने हैं।
- 2- रानी- मम्मी आप रोज मुझे हरी सब्जी खाने को क्यों बोलती हैं ?
 मम्मी- ताकि तुम्हारे चेहरे पर रंग आ जाये।
 रानी- मम्मी मैं हरी सब्जी नहीं खाऊँगी।
 मम्मी- क्यों बेटा ?
 रानी- चेहरे पर हरा रंग अच्छा नहीं लगता है।



त्वीशा दिवाकर
 कक्षा- 3 'बी'

SPROUTING HAPPINESS

Everything is going the way I wanted it to,
 The surrounding seems colourful even when it's totally blue.
 Those things are clear which once went round and round,
 I'm continuously getting to hear some melodious sound.
 I can now feel the cool breeze which once seemed to rush,
 With collection of memories as my new work,
 All the sorrows I have flushed.
 I feel like I'm the 'King of the world',
 Even the useless stones appear to be emerald.
 The moon, even in its pale state, appears to shine,
 The only notion I'm left with is 'Everything's fine.'
 I'm like a bird now, flying higher and higher,
 The universe has taken care of my only desire.

- Arti Gupta
 Class-12 D

MY CAT

My cat is fat
 Loves the rat
 Wears my hat
 Plays with my bat.

- Sneha Chaudhary
 Class-3F





I AM FIFTEEN

Just as I was fifteen,
I realized, oh! I have grown so big,
I can't believe I am fifteen,
All these years that I have lived till now,
I didn't realized I was growing as I kept on
climbing the staircase of life.
I have grown! Mentally and physically both
Now, my mind is not just that little one,
Which started crying without thinking.
Now, it has grown up a lot and
a lot is stored in it,
the past all memories bad and good,
all the learnings till now I have got.
I remember how I used to play,
around in the ground,
And did all that mischief throughout the day.
But now, it seems it's not possible,
all those years that have already gone
are the memories that I cherish till now.
All those fun that I miss till now,
are the cherries that I will cherish throughout.
Those four subjects I used to study;
English, Hindi, Maths and Science
I will remember how the burden was so less
all those years that I have enjoyed this fun.
I will remember that now I cannot get them done .
Just as I was fifteen
I realized I have grown up so big
and now I cannot get those regular bits.

Shivangi Mishra
Class-11-C

मैं राजदुलारी

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

समृद्धि श्रीवास्तव
कक्षा- 5 'एच'

माँ

माँ न होती तो ये संसार न होता।
फिर किसी को किसी से प्यार न होता।।
माँ के आंचल में जीवन गुजर जाता है।
उसके सहारे हर रास्ता कट जाता है।।
वो बहुत ही बदनसीब होते हैं।
जिनके पास माँ नहीं होती।।
हो सके तो कभी भी अपनी माँ का दिल न दुखाओ।
जीवन में ढेर सारी खुशियाँ पाओ।

नाम- उमरा
कक्षा-5

COLOURS

I love colours, yes I do!
Red and orange, green and blue.
I love colours, dark and bright.
Purple, yellow, black and white.
Pink and brown are also there,
Colours, colours everywhere!

- Vasvi Tripathi
Class-1 E



FAST FOOD CULTURE

Nowadays, it is becoming more and more common to use fast food replacing our normal diet. It has many disadvantages. Fast food are mainly made up of flour, which itself takes long time to digest. Secondly, it uses variety of salts, preservatives which are very harmful. They weaken our bones and upset our digestive system. Excess intake of it leads to obesity which is becoming a very big problem nowadays. We should therefore, avoid eating fast food as it leads to an unhealthy body.

- Poorvika Madhwani

Class-3 D

NEPAL EARTHQUAKE

All must have woken up in the morning
with new hope, desire and zeal.
Some must be having a cup of tea
While some must be free
Because it was their holiday
As it was a Saturday.
No one knew what will happen today
But a well of tear uncovered
When someone felt the tremor
Of which they were not aware
And of which they really didn't care.
This filled their lives with despair, pain and grievance
And because of which they were locked in the danger fence
Thousands of people died in this shake
The tremble, trouble, earthquake.
Little ones who survived will never be able to explain
And the elder one definitely will never be forget this disaster
Fighting with the Mother Earth
To save themselves and their families
Didn't go worth
Including the devastation, loss of life
The world has also lost the old-age-heritage
They need help
Show them some concern
Help them to cope up
From what nature has done.



- Varnica Singh Rathore
Class-9 B

INTERNATIONAL YOUTH DAY

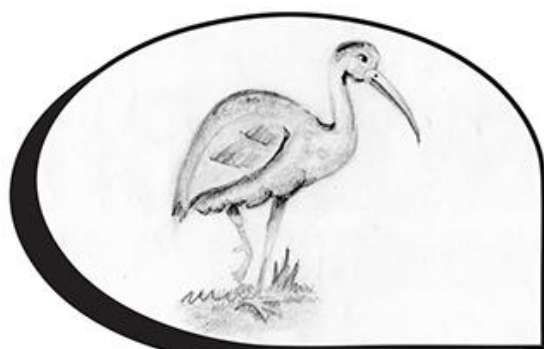
Youth itself is a talent – “a perishable talent” was truly said by Eric Hoffer. International Youth Day is an awareness day designated by the United Nations. The purpose of this day is to draw attention to a given set of cultural and legal issues surrounding youth. The first International Youth Day was observed on 12th August, 2000. This day aims to celebrate the contribution youth makes to the society.

The theme for International Youth Day 2015 is observed as “Youth Civic Management”. The engagement and participation of youth is essential to achieve sustainable human development and attention to the importance of youth involvement in political, economic and social affairs. India is one the largest reservoir of youth population. More than 40% of India's population which is indeed large, comprises of our youth. The best and foremost way to strengthen our youth is not just any kind of education, but the right kind of education which makes them scientific, logical, open-minded, self-respecting, responsible, honest and patriotic. Without these virtues being developed, they will remain in a deep slumber of complacency. This is our land, our country and it totally depends on us how we take our country forward.

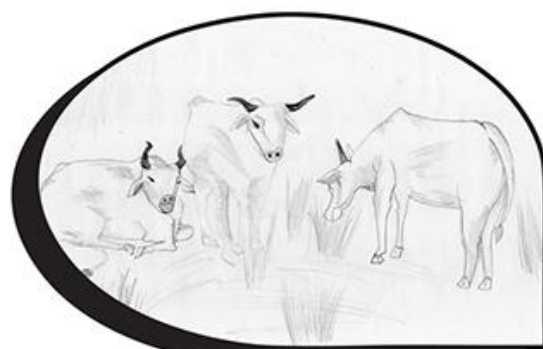
Have we forgotten that today India is independent because of the youth power in the freedom struggle? So let us focus on constructively using the power of youth for the betterment of our nation. Let us frame such policies which aim at empowering our youth so that we can be assured of a better future and a brighter tomorrow.

- Shifa Mukhtar
Class 10 B

Magic with Pencil



Devanshi Agrawal
Class 7-A



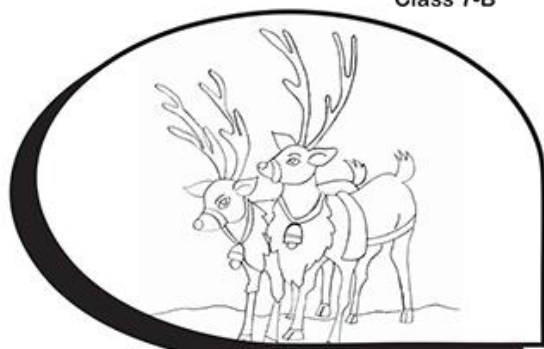
Ishita Tripathi
Class 4-B



Nancy Kanojia
Class 7-B



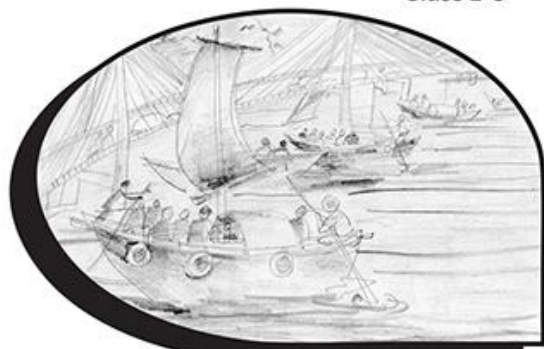
Drishti Agrawal
Class 9-A



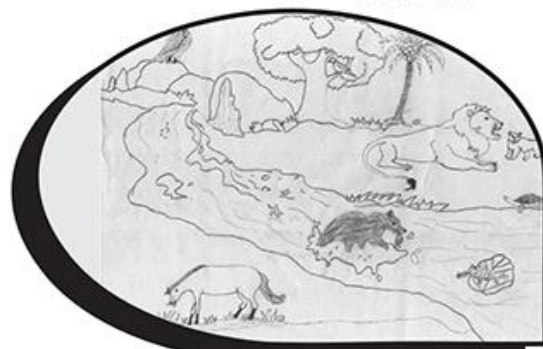
Mudita Singh
Class 2-C



Samiksha Agrawal
Class 10-A



Radhika Sahayak
Class 3-E



Sristhi Singh
Class 2-A

खट्टी -मीठी यादें

पता नहीं किस्मत का ये कैसा रुख था,
जो पास लाया हमें, हमें एक परिवार बनाया जिसने,
एक साथ संजोया उसने,
बिछुड़ने का सोचते ही रुह जाती है कॉप,
न जाने कैसे दूर होंगे हम और आप।
उन्हीं पलों की याद में कुछ लिखना चाहती हूँ,
वो खुशी का आलम फिर से जीना चाहती हूँ,
याद करती हूँ वो पल तो आंखें हो जाती हैं नम,
फिर सोचती हूँ कि जिन्दगी तो है ही कभी खुशी कभी गम।

आज ऊर्जा सब का शुक्रिया करती है,
मेरी जिन्दगी में आने के लिए,
खुशियाँ बिखेर कर मुझे हँसाने के लिए,
मेरे दुखों में मेरा साथ निभाने के लिए,
मुझे प्रोत्साहित कर एक आस जगाने के लिए,
वो 12-‘डी’ की मस्ती कभी न भूल पाऊँगी,
साथ बिताए थे जो पल उन्हें फूलों से सजाऊँगी,
कुछ पंक्तियाँ हम सब के लिए मैं गुनगुनाऊँगी,
आशा करती हूँ ये साथ जिन्दगी भर निभाऊँगी,

वो अंशिका की अद्भुत बात,
वो मालविका का प्यारा साथ,
वो तान्या का अनोखा अंदाज़
वो आयुषि की मधुर आवाज़
विधि का सितार चलाता था जादू,
साक्षी के साथ हम हो जाते थे बेकाबू,
सुयषा का नृत्य था बहुत मशहूर,
यंशिता थी एक परी का नूर।
इब्रा हमेशा न्यौछावर करती थी प्यार,
अर्चिसा चोट को सहला, करती थी दुलार,
आरती देती थी हम सबको सीख,
दिव्या के चित्र करते थे मनमोहक।

सोनाली का था प्यारा सा मुख,
इनके साथ भूलते थे हम सभी दुख,
नियति का था शैतानी अवतार,
प्रज्ञा की थी दिलचस्प रफ़्तार।

श्रिया की मासूमियत पर थे हम फिदा,
न जाने कैसे होंगे हम सब जुदा,
मान्या की थी चुलबुली आवाज़,
श्रेया पर था हम सबको नाज़।

भार्गवी देती थी सबका साथ,
सृष्टि ने थामा मुसीबत में हाथ,
मिताली की सुन्दरता का क्या था कहना,
नाज़ली के साथ अच्छ लगता था रहना।

देविका करती थी हमेशा सबकी मदद,
आयुषि के स्वभाव से होते थे सब गदगद,
पलक को थी सफलता की चाह,
गलत होने पर दिखाती थी राह।

दूर होने पर भी नहीं छोड़ेगे साथ,
याद आने पर तुरन्त करेंगे एक दूसरे से बात,
कभी न भूल पायेंगे हम सबकी मुलाकातें,
बिछुड़ने पर रह जायेगी। बस कुछ खट्टी-मीठी यादें।

ऊर्जा रहेजा
कक्षा-12 ‘डी’





In Need of The Lord

An illuminated world is out there,
For the people are utilizing the development gear
But what is this all for?
Where the people are lost; nor
are ready to go in the quest of the Lord.
People have altered,
So they have faltered,
In their quest of the Divine
Where the world has seen so much misery,
How can he mortals behold scenery?
Where the world has been through so much illiteracy,
The people are to submit to mendicancy.
Where the world has given in to humility,
How can the people hold out civility?
Where in the name of the Lord,
There is no reverence but ritual's fraud.
Where one brother is competitive to the other,
Wonder what will become of Mother.
So its time to stoop before Him,
And redeem for our sin.
With him in our thought,
Half the battle will already be fought.

-Warisha Aman
Class-12 B

FRIENDSHIP

When you want me
Just think of me.
No matter what,
I'll be there for you.
Just a heartbeat away
When you need me,
Just say my name.
Holding your hands,
I'll be there to help you,
Always there to protect,
Lead you wherever you go,
But please don't hurt yourself,
Thinking there's no one for you,
Because you are my everything,
and
I'm always there for you.

-Khushi Gupta
Class- 7 C

MY MOTHER IS MY LIFELINE

My mother is my lifeline,
She is truly the best.
She helps me through the good and bad,
She stays there till the end,
She picks me up when I am down and.
Wipes my tears away.
She will be there when I need her,
Every night and every day.

- Madiha Siddhiqui
Class-1D



SMC Believes

SMC believes that there is a tomorrow,
which is free from every sorrow.
SMC believes that there is day,
which is brighter than today.
SMC believes that there is a morning,
which follows every night.
SMC believes that there is a way,
to overcome every sorrow.
SMC believes that there is a ray,
that will come after tomorrow.

-Vanshika Ahuja
Class-8 A

When I have the Courage

When I have the courage to say,
That I am born just right,
Then I have the courage to say,
Good prayers of day and night.
When I have the courage to say,
That what is right and what is wrong,
Then I have the courage to say,
that all my tensions are now gone.
When I have the courage to say,
That I have understood all things,
Then I have the courage to say,
That God has given me wings.

-Rifa Khan
Class-7 C

MY FRIEND – THE CYCLE

I have a cycle
which is pink in colour,
Its name is Twinkle
On which I ride without fear,
I forget all my sorrows
when its bell rings-
tring! tring! tring!
I race with my friends
And always
Win, win, win.



-Joanna Mani
Class- 3 B

“मेरा यह संत मेरीज विद्यालय।”


मेरा यह संत मेरीज विद्यालय,
शिक्षा की पहचान है।
सबसे प्यारा सबसे न्यारा,
इलाहाबाद की मुस्कान है।
मेरा यह संत मेरीज विद्यालय,
अनुशासन के पूरे सच्चे।
सत्य अहिंसा के रखवाले,
मेरा यह संत मेरीज विद्यालय,
शिक्षा की पहचान है,
गौरव से जीना सिखलाता,
बच्चों को परिपक्व बनाता,
दृढ़ निश्चय करना बतलाता,
हम सब की यह शान है,
मेरा यह संत मेरीज विद्यालय,
शिक्षा की पहचान है।



-नीरज कुमार
कर्मचारी




As the Winter Passes By



As the winter passes by,
Along with it some memories fly.
Some winter treasures I had collected,
Along the snowflakes, they are melting.
My hands are wet with the drops of memories
Some friendships, some habits
some new, some old.
Leaving my days in creases and folds
I feel the winds flying away
Leaving my life in shades of grey.
As the winter passes by,
I feel the change coming ashore.
Some people I met, the day before,
Might not be there, when I reach the shore.
I found my treasures in the snow
But now it's time to let them go.
I say adieu to the winter sky
As the winter passes by.

-Bhavini Tiwari
Class-11 A

MY CLASS



4th C is my class.
It is easy for me to pass.
Study of Science makes me very smart
My friends are many
And enemies I don't have any.
My class teacher is very kind
She trains our heart and mind.
I love my teacher and my friends of my class
And wish this year would forever last.

- Poorvi Bajaj
Class-4 C

FRIENDSHIP IS LIKE A FLOWER

*Life is like a garden and friendship a flower
That blooms and grows in beauty with
the sunshine and the shower.
Lovely are the blossoms,
That are tendered with great care,
By those who work selflessly
To make the place more fair.
And like the garden blossoms,
Friendship's flower grows more sweet
When watched and tendered
Carefully by those we know and meet.*

- Vani Varmani
Class-5 G

कलाम तुझे सलाम

आज समय का पहिया घूमा, पीछे सब कुछ छूट गया,
 एक सितारा भारत माता की आँखों का छूट गया।
 उसकी आँखें बन्द हुई तो पलकें कई निचोड़ गया,
 सदियों तक न भर पायेगा, वो खालीपन छोड़ गया।
 न मज़हब का पिछलग्गू था, न गफलत में लेटा था,
 वो अब्दुल कलाम तो केवल भारत माँ का बेटा था।
 बचपन से ही खुली आँखों से सपने देखा करता था,
 नाविक का बेटा हाथों में सात समंदर भरता था।
 था बंदा इस्लाम का, लेकिन कभी न ऐंठ करता था,
 जब जी चाहा संतो के चरणों में बैठ करता था।
 एक हाथ में गीता उसने एक हाथ में कुरान रखा,
 लेकिन इन दोनों से ऊपर पहले हिन्दुस्तान रखा।
 नहीं शरीयत में उलझा वो, अपनी कीमत भांप गया,
 कलम उठाकर अग्नि पंख में अंतरिक्ष को नाप गया।
 दाढ़ी टोपी के लफड़ों में नहीं पड़ा, अलमस्त रहा,
 वो तो केवल मिसाइलों के निर्माण में व्यस्त रहा।
 मर्द मुजाहिद था असली हर बंधन उसने तोड़ा था,
 अमरीका को ठेगा देकर, एटम बम को फोड़ा था।
 मोमिन का बेटा भारत की पूरी पहरेदारी था,
 ओवैसी, दाउद सौ-सौ अफजल गुरुओं पर भारी था।
 आकर्षक व्यक्तित्व, सरल थे, बच्चों के दीवाने थे,
 इस चाचा के आगे, चाचा नेहरू बहुत पुराने थे।
 माथे पर लटकी जुल्फों ने पावन अर्भ निकाल दिया,
 यूँ लगता था, भारत माँ ने आँचल सर पर डाल दिया।
 गौरव है तुम पर, फक्र लिया हूँ सीने में,
 जीना तो बस जीना है, अब्दुल कलाम सा जीने में।
 माना अब भी इस भारत में कायम गजनी बाबर हैं,
 लेकिन ऐसे मोमिन पर सौ-सौ हिन्दू न्यौछावर हैं।
 कलाम तुझे सलाम!!

प्रतिक्षा त्रिपाठी

10 'ए'

इस गीत के माध्यम से पूर्व राष्ट्रपति स्वर्गीय डा० ए.पी.जे. अब्दुल कलाम को श्रद्धांजलि अर्पित की गई है। इस गीत की रचना एवं धुन विद्यालय के संगीत शिक्षक श्री अशित कुमार रॉय ने तैयार की है।

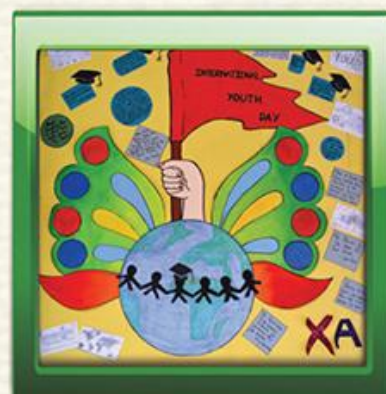
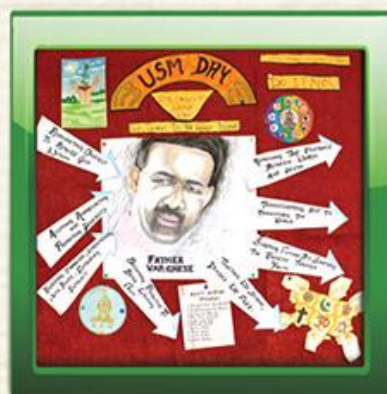
कलाम तुम्हे सलाम

1. तुम हो! देश के सपूत,
 दूरदर्शी और महान्,
 तुम सा कोई भी नहीं,
 भारत रत्न हे कलाम,
 हे कलाम तुम्हे सलाम!
2. शिक्षा के क्षेत्र में, वक्ता के रूप में,
 वैज्ञानिक खोज में, कर्मयोगी के समान,
 तुम सा कोई भी नहीं, राष्ट्रपति ओ कलाम,
 हे कलाम तुम्हें सलाम!
3. बच्चों के चहेते तुम, युवा पीढ़ी के हो शान,
 प्रतिभाशाली देश भक्त, शत्-शत् तुम्हें प्रणाम,
 तुम सा कोई भी नहीं, सबके प्यारे ओ कलाम,
 हे कलाम तुम्हें सलाम!

-अशित कुमार रॉय
 (अध्यापक)



Visual Fiesta



आशादीप जूनियर हाई स्कूल



स्कूल चले हम



शिक्षा सभी मनुष्यों के लिए उतनी ही आवश्यक है जितनी दीपक में बाती। शिक्षा ही मानव जाति का प्रथम गुण है जो व्यक्ति को एक अच्छा व योग्य इन्सान बनाती है। सभी देशों के लोग मानव उत्थान के लिए शिक्षा को आवश्यक मानकर जीवन में प्राथमिकता दे रहे हैं क्योंकि शिक्षा ही मानव में छिपी योग्यता को सभी के समक्ष खुलकर प्रस्तुत करने में समर्थ होती है।

शिक्षा के इस महत्व को ध्यान में रखते हुए आज से लगभग 400 वर्ष पूर्व एक अतुलनीय महानता की प्रतीक मेरी वाई जी ने उस समय बालिकाओं के मानसिक, चारित्रिक, नैतिक व शैक्षिक विकास के लिए एक सुनहरा स्वप्न देखा। इस नारी उत्थान के सर्वांगीण विकास के लिए संजोये गये अपने स्वप्न को साकार करने के लिए उन्हें अनेक कठिनाइयों का सामना करना पड़ा। उन्हीं के पद चिन्हों का अनुसरण करते हुए वर्तमान में येशु संघ की बहनों द्वारा विश्व भर में अनेक शिक्षण संस्थाएं चलाई जा रही हैं। इसी में से एक है हमारा 'संत मेरीज इण्टर कॉलेज इलाहाबाद'। जहाँ सभी धर्म व वर्ग की बालिकाओं को बिना किसी भेदभाव के अँग्रेजी माध्यम से शिक्षा प्रदान की जाती है।

जब व्यक्ति निःस्वार्थ भाव से अच्छे कार्यों में लग जाता है तो उसकी अन्तरात्मा से एक आवाज आती है “ तुम्हारे कर्तव्य कहीं और इससे भी अधिक महत्वपूर्ण हैं उन्हें खोजो और उन्हें पूरा करने का प्रयास करो।” इस आवाज को सुनते व पहचानते हुए 14 वर्ष पूर्व संत मेरीज कॉन्वेंट इलाहाबाद की धर्म बहनों ने आर्थिक व सामाजिक रूप से वंचित व कमजोर वर्ग की बालिकाओं के लिए 'आशा दीप' नामक संस्था आरम्भ की।

इस संस्था का उद्देश्य इन बच्चों को शिक्षित कर उनकी अन्तर्निहित शक्तियों एवं मूल्यों का विकास कर उनके आत्मविश्वास का स्तर बेहतर कर उन्हें समाज की मुख्य धारा में जोड़ना है।

मुझे अत्यन्त प्रसन्नता एवं गर्व महसूस हो रहा है कि हमारे शहर इलाहाबाद को भी 'स्मार्ट सिटी' के लिए चुना गया है। केवल बाहरी साज सज्जा, भवन निर्माण एवं तकनीकी विकास द्वारा ही हमारा शहर 'स्मार्ट सिटी' नहीं बन पायेगा। इसके लिए आवश्यक है कि देश के हर एक बच्चे के मन में शिक्षा के प्रति लगाव हो व शिक्षित होने की उत्सुकता जाग्रत हो। जब हमारे शहर का हर बच्चा सुशिक्षित होगा तभी हमारा शहर पूर्ण रूप से स्मार्ट होगा व हम गर्व से सिर ऊँचा कर कह सकेंगे कि हमारा शहर 'स्मार्ट सिटी' बन गया।

अन्त में आप सबसे मेरा निवेदन है कि आप अपने आस पास के अशिक्षित, आर्थिक रूप से कमजोर, निम्न एवं पिछड़े वर्ग के बालिकाओं को खोजकर हमारे 'आशादीप' विद्यालय तक पहुँचाने में उनकी सहायता करें ताकि हम लोग उन बच्चों का सर्वांगीण विकास कर उनके भविष्य को उज्ज्वल बनाने में पूर्ण सहयोग कर सकें।

“पढ़ेगा इलाहाबाद तभी तो स्मार्ट बनेगा इलाहाबाद”

- सिस्टर सगाया सी.जे.
Head Mistress



Neha Jaiswal
Class 7



Neha Jaiswal
Class 7



Neha Jaiswal
Class 7



Vanshika
Class 3



Pari
Class 3



Rishika
Class 3

आशादीप

महिला सशक्तिकरण

महिला सशक्तिकरण से तात्पर्य महिलाओं को शक्ति प्रदान करने की प्रक्रिया से है। हमारा समाज एक पुरुष प्रधान समाज है। हमारी महिलाएँ हमेशा से उनके अधीन रही हैं। पुरुषों द्वारा हर प्रकार के शोषण का शिकार बनती रही हैं।

महिलाओं को अबला से सबला कैसे बनाया जाए ? महिलाओं को उच्च प्रशासनिक व विधायी पदों पर नियुक्त करके उन्हें शक्तिशाली बनाया जा सकता है। जैसे ग्राम-प्रधान, पार्षद, विधायक, सांसद, राज्यपाल, प्रधान-मंत्री, राष्ट्रपति जैसे पदों पर उनका चयन किया जा सकता है। महिलाओं को 30 प्रतिशत आरक्षण प्रदान करने वाले बिल को शीघ्र संसद द्वारा पारित किया जाना चाहिए। इसके अतिरिक्त जिलाधीश, जिला जज, उच्च न्यायालय एवं उच्चतम न्यायालय के न्यायाधीशों के रूप में उनकी नियुक्ति करके उनके हाथों में शक्ति प्रदान की जा सकती है। पुलिस बल एवं सेना में बड़ी संख्या में उनकी भर्ती करके भी उन्हें सशक्त किया जा सकता है।

किन्तु महिलाओं की उच्च पदों पर चयन एवं नियुक्ति करने से पूर्व उनको इन पदों के योग्य बनाना होगा। इसके लिए यह जरूरी है कि हर परिवार जैसे अपने पुत्रों को शिक्षित करता है उसी प्रकार अपनी पुत्रियों को भी आधार-भूत एवं उच्च शिक्षा प्राप्त करायें तथा उनके इन पदों पर चयन व नियुक्ति के लिए रचनात्मक सहयोग करें।

कल्याणकारी जनतंत्र राज्य की कल्पना तभी साकार हो पायेगी जब देश की लगभग आधी जनसंख्या, महिलाओं के मानव अधिकारों एवं संवैधानिक अधिकारों को मान्यता एवं सम्मान देते हुए इस महान कार्य में सभी पुरुष नागरिक एवं राज्य सहयोग करेंगे।

श्रीमती रानी कौर
अध्यापिका
आशादीप जूनियर हाईस्कूल

मेरा प्यारा भैया

मेरा भैया प्यारा-प्यारा है।
सबका ये राज दुलारा है।
सबकी आंखों का तारा है।
नहीं किसी से लड़ता है।
नहीं कभी झगड़ता है।
रुठे को है यह मनाता।
बाजा बजाकर हमें हंसाता।

नाम- रीसिका
कक्षा- 3

मेरा भारत

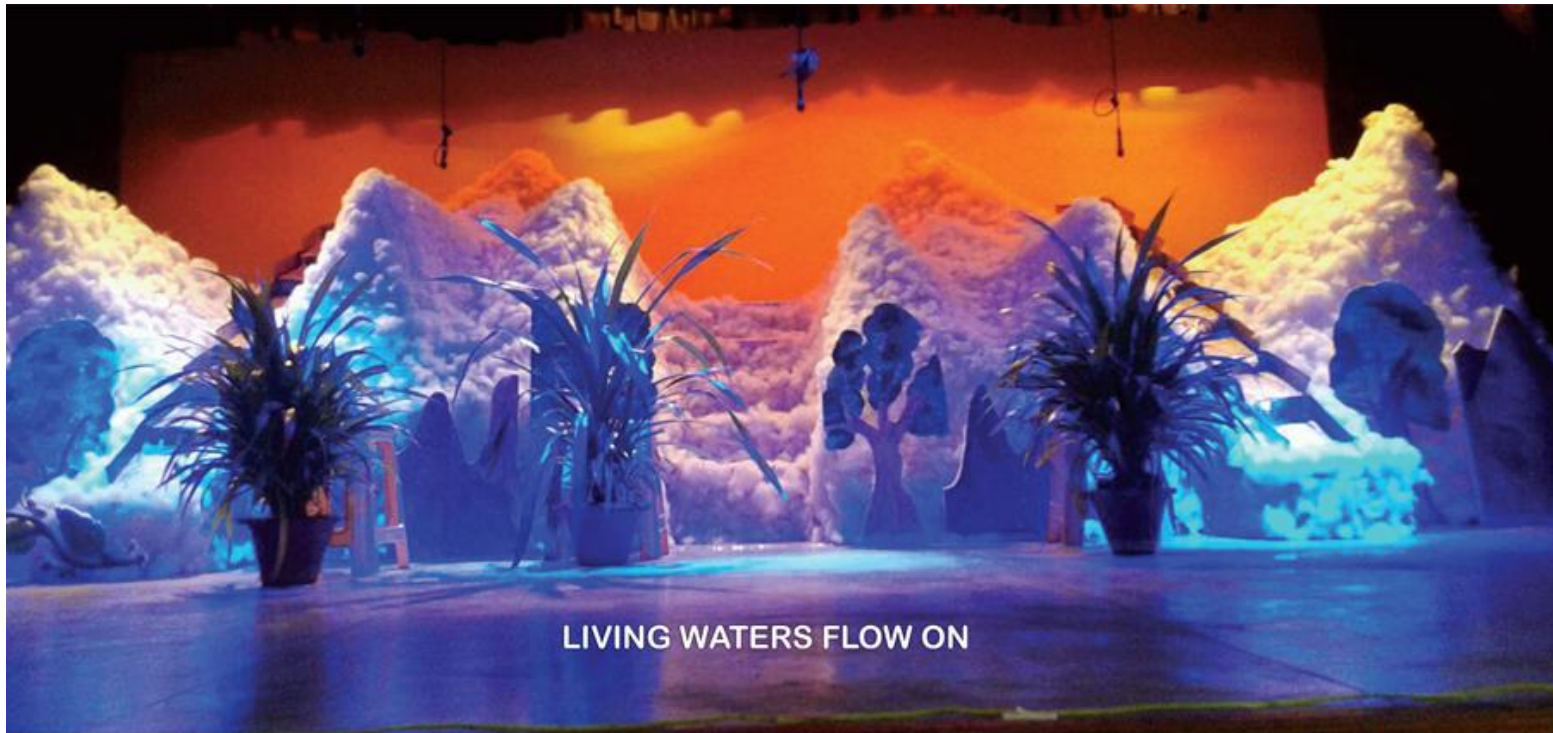
- 1- भारत मेरा प्यारा देश,
- 2- सब देशों से न्यारा देश।
- 3- हिन्दू-मुस्लिम भाई-भाई,
- 4- मिलकर रहते सिख-ईसाई।
- 5- इसकी धरती उगले सोना,
- 6- ऊँचा हिमगिरी बड़ा सलोना।
- 7- सागर धोता इसके पाँव,
- 8- है अलबेले इसके गाँव।

नाम- उमरा
कक्षा- 5

आजादी का दिन

आजादी का दिन जब आता।
आसमान तक ध्वज फहराता।
ध्वज को कभी सलामी देते।
सब मिलकर जन-गण-मन गाते।
वीरों ने जब खून बहाया।
तब आजादी का दिन पाया।
याद करे उनके गुण गाएँ।
उनको सब मिलकर शीश झुकाएँ।

नाम- परी
कक्षा- 3



LIVING WATERS FLOW ON

STAGE SETTING ON PRINCIPAL'S DAY

RIVER OF LIQUID GOLD

*I am a river, full of vitality,
Meandering through the snow capped
mountains,
That gave me birth
Unfailing in my duty,
forever rhythmic, murmuring and crystal clear,
filling up the bubbling brooks,
streams and lakes,
With the life sustaining elixir,
The manna from heaven
Aqua Pura; water without which
civilizations come to a standstill,
Quenching thirst,
Without which life is not tranquil
The caressing, magical touch of mine
passes through rocks
singing epiphanies, letting them
thaw their stony heart
spreading its grainy texture
to make way for the sandy shores.
This beautiful thing called human life
comes to me in myriad forms
richly hued or raggedly worn
in colours of purple and gold, pale or torn
whether young or old, passionate or cold
sipping, refreshed and energised
with my sparkling liquid,
offering reverence and gratitude
washing away sins untold.
A bee buzzes over the spread-
out leaves of the magnificent
lotus, symbolic of penance,
offering a life of dignity*

*amidst squalor and mud.
A school of fish glide past
in frenzy, for yonder
birds hover to grab a few,
Amused I flow on, for endless miles
Surrounded with speck of greenery
Unfurling munificence and bounty on
the soil,
Wherever I go,
The tides ebb and the tides grow
and I journey on, with a rapid flow
introspecting that the outward
journey
is also an inward journey
full of euphoria and gravitas,
Having nurtured every being
From dawn to dusk
I glow with an inner calm
as the Final hour approaches
Where my identity will end
as I merge my 'self' with
the mighty ocean
I am amazed that I touched everything
tangible or intangible, with life.
Alone, on my own,
To bear the truth, you have to be alone
yet in the journey of life, however lonely we may be
we merge with the Supreme
and are never, ever alone,
Into an everlasting, eternal zone.*

Mrs. Mamta Joshi
Teacher

