



RAI News

MOTILAL NEHRU SCHOOL OF SPORTS

RAI, SONIPAT

(An ISO 9001:2008 Certified Institution,
Affiliated to CBSE, Member of IPSC, NPSC)

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(For Internal distribution only)

Vol. 23 • October, 2021

From the Principal & Director's Desk

Dear readers

When you are going through the contents of the Rai News and feeling the semantic effect, you will be in the grip of merriments of festivities. Diwali celebration will not yet have concluded. The advantage and positive aspect of such festive occasions is that they relieve us of the monotonous routine of the daily life and

provide freedom to enjoy in order to do away with worries and anxieties. Needless to say, Diwali festival must have recharged you for the upcoming events and responsibilities.



During the pandemic, the whole machinery, all the activities-business & trade, educational institutions, games and sports, building and construction etc came to a halt. For the educational institutions a way-out was devised, online teaching became a common methodology. Now that the government has given precautionary directions and covid-guidelines, the schools have opened and the old physical, face-to-face teaching has come into force. MNSS Rai too restarted with the classes 9th to 12th in full swing. To enable the students to crack NDA exam and send a large number of raists into the defense forces as officer, extra classes to prepare them for the aforesaid purpose have already started in the right earnest. An orientation programme for the teachers of the senior wing was chalked out. They attended webinars to keep themselves abreast of the latest teaching technology and methodology. Expectedly they will be better equipped, the students will be benefitted and they will grow sky high.

Looking forward to receive a favourable response from you all.

With regards,

Colonel Ashok Mor
Principal & Director



The Principal & Director, Col. Ashok Mor made a courtesy visit to Sh. Bandaru Dattatreya, His Excellency, the Governor of Haryana and Sh. Sandeep Singh, Minister of State, Sports & Youth Affairs, Printing & Stationery (Independent Charge).



Principal & Director, Col. Ashok Mor presenting a bouquet to the Governor of Haryana, His Highness, Sh. Bandaru Dattatreya.

The Principal & Director assured them both of the better prospects of the school that it will touch the heights of progress and earn the unprecedented reputation. They, too, in reciprocation wished him for the better prospects.



Principal & Director, Col. Ashok Mor with Sh. Sandeep Singh, Minister of State, Sports & Youth Affairs, Printing & Stationery

TETE-A-TETE WITH MR PRAVEEN KALRA (SM-07) RECIPIENT OF GOVERNOR'S MEDAL 1979 (EX RAIST FROM THE FIRST BATCH I.E. 1979 AND THE FIRST HEAD BOY)

Meenu: Sir, since you are from the first batch, could you tell us about MNSS Rai in the initial years and also about your journey in Rai?



Praveen Kalra: Well, MNSS Rai was the brain child of Mr S K Mishra (Principal Secretary to the Chief Minister Haryana). He floated this idea to Chaudhary Bansi Lal and the Governor, Mr B N Chakraborty supported. They wanted this institute to be the best in the country. It was financed by the Ministry of Sports, Haryana, that's why it was named as sports school. My journey in Rai, has been the most memorable. It had played a great role in my life.

Sanjeev: Sir, when did you join the school and which was your favourite sport?

Praveen Kalra: I joined the school in class 7th in the year 1973 and graduated out in 1979. Initially I played cricket. I was in yellow house, the Soma House. To be honest, those were the golden days, we were fortunate to be trained by Lala Amarnath, Captain Mustaq, and Mr Aibra from Sports Institute Patiala.

Meenu: Who inspired you the most during your school days?

Praveen Kalra: Col Munindra Chandra, He was the Principal & Director. He was a disciplined man. He taught us some really valuable lessons like

"Education comes, but wisdom lingers" - Alfred Tennyson

punctuality and honesty. Mr R K Sharma, the bursar took a great care of us. In fact we lived like a family.

Sanjeev: Sir, what did you do after passing out from the school?

Praveen Kalra: After school, I joined Regional Engineering College Kurukshetra which is called NIT now. I did Mechanical Engineering from there. In a campus interview, I was selected for a company in Bhopal called the Unite Group. I joined as a project engineer. I shifted to Delhi in 1985 to join the family business. In the year 2003, I applied for Australian Immigration and Canadian Immigration. In Feb 2004, I shifted to Canada, my main forte was marketing and sales. I took the job in a call centre, it was a stepping stone for a good career. I quit the job to join York University to do a one-year course in immigration and migration consultancy. After that I joined WWICS (Worldwide Immigration Consultancy Services). In Sept 2007, I started my own firm, an organization funded by govt of Canada. It is one of the leading global resettlement solution services. We help people settle in Canada. I am working as a supervisor for team of 27 counselors in my organization.

Meenu: Sir, how did Rai help you in shaping your destiny?

Praveen Kalra: Hostel life teaches you many things. I learnt the lessons of punctuality from Col Munindra Chandra and it has become the essence of my life. In those days we would feel bad about the strict rules but later we realized these are the virtues of life and really helped us to be successful. It was so heartwarming that Maj Sharma would come to inspect the hostel to see if we were covered with blankets. He would literally put the blanket on us. Even today I wake up at 4:30. The alarm has been set automatically. So I learnt lifelong lessons from Rai.

Sanjeev: Sir, kindly share your experience as a school captain.

Praveen Kalra: It was both bitter and sweet. At times it would be difficult to maintain a balance

as people would think that he is harsh and rude. One has to play a dual role; captaincy comes with a responsibility of maintaining discipline among students while being a part of that group. It was a great learning experience for the job I am doing now (supervising people), its ground was laid at Rai long back.

Meenu: Sir, could you share an incident that changed your perspective towards life?

Praveen Kalra: Yes, there are two such situations which changed the outlook of life. I was working in Bhopal. I heard some commotion, I thought it could be due to marriage. At 2 pm, the driver from the office, had come to collect me. It was the Bhopal gas leak incident. We were being shifted to a safe place. Many people lost their lives. It was so tragic and unfortunate that the cremation grounds were full and dead bodies were thrown into the river. I realized that life is so unpredictable. One lives by day, future is uncertain. The second incident that I experienced was the riots in Delhi in 1984 after the assassination of Mrs. Indira Gandhi. I kept wondering how abruptly people developed hatred against each other. These two incidents were experienced from the close quarters and thereafter I thought that everything is transitory, so make the best of life.

Meenu: Sir, if there is one habit that you would like a raist to pick up from the young age what would it be?

Praveen Kalra: Ok, it will not be one though. Be honest, be punctual, be truthful whatever you do, try to give your best. Integrity is the most important. Be compassionate and make friends.

Sanjeev: Sir, what message would you like to give to the Rai family?

Praveen Kalra: Not actually a message, I would give my best wishes to the Rai family. I would love to see the past glory. May you scale greater heights, God bless you all!

Meenu and Sanjeev: Thank you, sir.

"Failure is success if we learn from it." - Malcolm Forbes

SECRETS ABOUT THE WRITING CRAFT THAT NOBODY WILL TELL YOU

SERIAL 2-Be hungry about your life

-A K Ahlawat

There is only one type of story in the world-your story. Your life is the inexhaustible well to lower a bucket into and come out with a story, with good honest material. Pull your bucket out and throw it on the soil of the blank sheet. Blurt it all out and write it down swiftly. In quickness is art and truth. All artistic truth is a butterfly which offers only a fleeting insight into its richness. Self-doubt is the greatest enemy of creativity.

The only way you will be able to write anything of value and see it grow old and silvery, is by giving up all worries about your reputation. What will anybody think or say is an anathema. Anything that is written to please and grab attention is read only once and thrown aside. Do we ever return to read newspaper columns? If you are writing without zest, without gusto, without love, without fun, you are only one third a writer. You are unable to write for fun and gusto because the censory and disapproving eye of others' opinions looks upon you. You feel it looking over your shoulders like a critical teacher. You feel its nod of disapproval as you formulate your sentences. Armourplate yourself even against God's opinion when you write only then will you be able to break the defensive self of inhibition. The first condition to good writing is that a writer should be excited. He should be a thing of excitement and fevers.



The good writers mind their own lives. They are comfortable and determined to fertilize the crop field of their imagination from the manure of their own lives. The mediocre writer runs a quick hand over dame life. The really bad writer divorces it the moment she steps forward to him like a new bride. He goes around writing like and indefatigable nobody and an unidentifiable nonentity. He has no discoveries to share, no blood flow in the arteries of his sentences, no emotion in the form of temperature in the body of his work. Only the good writer is a thing of excitements and fevers. He courts dame life all the time.

AZADI KA AMRIT MAHOTSAV IN MNSS RAI

The Government of India decided to celebrate 75 years of Independence of India with great fervor and excitement as a Jan Utsav in the spirit of Jan-Bhagidari. So they decided to organize various programmes/ series of events across the country in the name of Azadi Ka Amrit Mahotsav. The Prime Minister Sh Narendra Modi reiterated five pillars i.e., Freedom Struggle, Ideas at 75, Achievement at 75, Actions at 75, and Resolves at 75, as guiding forces for moving forward keeping dreams and



A delegation from CISF Delhi presenting a cultural programme in MNSS Rai

"Education is the most powerful weapon which we can use to change the world" - Nelson Mandela



A delegation from CISF Delhi presenting a cultural programme in MNSS Rai

duties as inspiration. The Prime Minister Flagged off the Padyatra (Dandi March) from Sabarmati Ashram Ahmedabad on 12 March, 2021 and inaugurated the curtain raiser activities of the Mahotsav. He also launched various other cultural and digital initiatives for India@75 Celebrations.

In this connection a delegation of CISF from Delhi came to school and presented a cultural programme on the stage.

DUSSEHRA CELEBRATED IN THE SCHOOL: AGE OLD TRADITION REVIVED

Dussehra celebration, which was a part and parcel of the religious traditional celebrations followed in the school since the inception, revived with a lot of excitement. Our Principal & Director, who as a student used to celebrate Dussehra in the school with a lot of zest & zeal and with religious passion, again started in the same manner. For the present students, it was a different experience to celebrate such a festival here, so it was exciting and invigorating. They enjoyed each and every moment of the function.



Dussehra celebrations at MNSS Rai

SPORTS

MNSS Rai Boys' water polo team participated in the Haryana Senior Water Polo State Tournament Sirsa from 16 September, 2021. Vivek (S-1459) was selected for North Zone Junior Haryana Water Polo Championship.

MNSS Rai participated in North Zone Junior Haryana Water Polo Championship held in Sirsa from 29 September, 2021. Vivek was selected to play in junior National Water Polo Championship to be held in Bengaluru.

MNSS Rai girls participated in Haryana Senior State Water Polo Championship held in Sirsa.

Inter-House sports competitions, discontinued due to pandemic, resumed on 08 October, 2021 with



MNSS Rai Girls' water polo team

Hockey game. Teams of girls and boys from each house took part in it. In the junior group, Surya

"Some of the brightest minds in the country can be found on the last benches of the classroom" - Dr APJ Abdul Kalam

House girls and Indra House boys emerged as champions, while in the senior category, Indra House girls and Soma House boys got the championship. Kirti of Surya House and Tanuj of Soma House were adjudged the Players of the tournament. Overall championship trophy was bagged by Indra House. The final match was followed by a friendly Hockey match between Inter-House Hockey Champion Indra House and Ex-Raists 1996 batch.

Inter-House Hockey Championship was followed by Inter-House Football Championship. Likewise, girls and boys participated from their respective houses with zest and zeal. They played all out putting in their heart and soul. At the end of the competition, it was again the Indra House which snatched the championship and Soma House got the Runner Up position.



Surya House with S.N. Ahlawat Inter House Basketball Championship trophy

S N Ahlawat Inter-House Basketball Championship was held from 18th Oct to 20th October 2021. The overall Championship was bagged by Surya House and Varuna House stood second.

Students' Corner

BELIEVE IN YOURSELF (Speech delivered in the school assembly)

Dear friends

How many times did somebody say to you, you can't do it? They can be your parents, relatives and sometimes friends too. When you say, I want to participate in a music show or I want to be an actor or an athlete, they say, you can't do it. When somebody wants to do something out of the league, people around him/her try to demotivate. Why do people do it? What's their motive behind it? What I say is not important. You should believe in yourself first.

Let me start by saying this, "If you don't believe in yourself, why will anybody believe in you? It's simple. You may ask why and how I will trust myself and my abilities.

Let me tell you, every human brain is the same. The only difference is how we use our brain, how dedicated you are towards your goals, and it makes the difference. If you are demoralizing yourself, everybody around you will do the same. So instead of blaming others for pulling you back, you must take it on yourself. You must prove that you are not a penny less than anybody else. The day you will get

such feeling, you will start believing in yourself.

I will go one step further and say it doesn't matter whether they believe or not. It's difficult to analyze oneself. I will tell you a short method which I used in order to be more confident. You should try to do small things that you already know, finish those activities and enjoy the sense of success, enjoy the sense of achievement. And the next times, try something harder in the same field, you may fail a couple of times, try again.

When you finish the work or activity you will feel happy. Continue the method. Take one more difficult thing and finish it, one step at a time. And that's the way you will start believing in yourself. This is not enough, but this is good enough to start with, so don't wait for a messiah to save you from this world. You have got to do it yourself.

-Kuldeep (SM-1276)



"No one is wise by birth, for wisdom results from one's own efforts" - T Krishnamacharya

IF YOU WANT

If you want to kill,
Kill evils inside you.

If you want to laugh,
Laugh at your foolishness.

If you want to judge,
Judge yourself.

If you want to win,
Win the hearts of others.

If you want to clean,
Clean your heart.

If you want to collect,
Collect the blessings of others.

If you want to live,
Let others live.

If you want to love,
Love your motherland.



-Shruti (IG-1313)
X-C

WOMAN

You hold your mother's hand,
You stand where she stands,
She is a woman.

Your sister will always
Make you stronger.
She is a woman.

Your daughter will never let you down,
Not even close to the ground,
She is a woman.

What is the definition of a woman?
Is she an object?

No, a woman is like the flowing water of a stream,
Glistening with beauty.

She has her ups and downs,
But never makes a sound.

I am who I am,
I am a woman.



-Payal (SMG-1336)

TAKE TIME

Take time to *work*,
It is the price of *success*.

Take time to *meditate*,
It is the price of *power*.

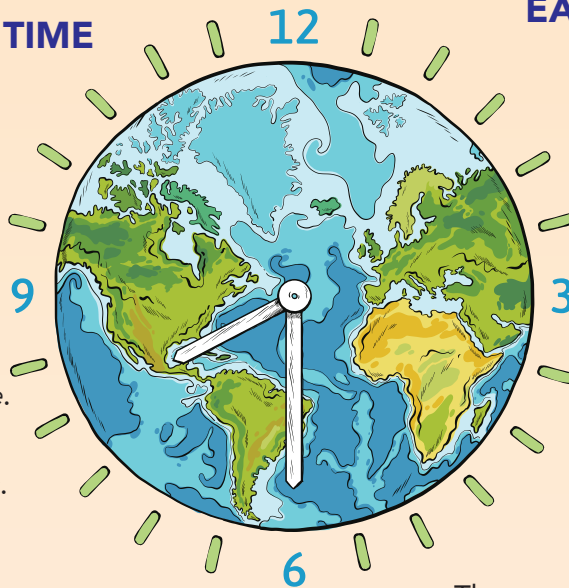
Take time to *play*,
It is the secret of *health*.

Take time to *read*,
It is the way to *knowledge*.

Take time to be *friendly*,
It is the road to *happiness*.

Take time to *laugh*,
It is the music of *soul*.

Most importantly, take time to love and be loved.



-Tanisha (VG-1331)
X-D

EARTH IN DANGER

I saw a beautiful dream,
In which the earth was green.

I saw humanity there
But actually, we don't care

There is only violence
And all the species are in danger,
They are screaming for a saviour,
To control this behaviour.

Wildlife is up in smoke
Please, please, don't poach!

Water is now turning into poison,
Because of dirty hands of pollution.

The ozone layer affected by carbon emission
The countries are increasing their population,
The wastage can cause great disruption,
There is a great danger to life on this planet

Please, save our mother earth.

-Dipti (SMG-1397)
IX-B

"Be so busy improving yourself that you have no time to criticize others" - Chetan Bhagat

A SOLDIER

He is always a soldier,
No matter whether he is older or it is colder

They are only soldiers,
Who can live on borders?

They go all alone
They go far from home
Even if you don't know their name,
They are ready to keep you safe.

You take a sleep on your mother's shoulder
Because they creep on border.

They are always ready to fight,
They don't bother about day or night.

They never think of holidays
They fight for us in all possible ways.

When you fight in sand,
Our security is in your hand.

You left your mother and father,
You left your sisters and brothers,

When he stands in a world's crowd
He is always proud.

You sacrifice your life to save ours.

-Harshita Chahar (SG-1422)

IX-D

LIFE

One day I was very sad,
Life seemed sorrowful and bad,
What is the use of life today?
Difficulties, problems on their way.
Suddenly my eyes fell on a rose flower,
Full of shine and power,
Among thorns it stood,
Smiling on its red hood.
A great lesson to me it taught,
Which I never forgot,
Always smile in sorrow and pain,
And the good days will come again.

-Ritesh (SM-1317)

X



POVERTY: A CHALLENGE

(SPEECH DELIVERED IN THE SCHOOL ASSEMBLY)

It was winter. I was sitting in the prep room busy completing my homework. Suddenly I heard a voice of children of workers/labourers who were playing with a stick and a ball outside. It appeared as if they were playing hockey. It was winter and they were wearing just knickers and t-shirts. They were running after the ball madly. But I think they did not know that they were playing an international game and it needs a proper kit and a well trained coach.

We can see a number of children begging in buses and trains. They don't have clothes to wear and don't have enough money to have two meals a day. But every day we waste a lot of money and food because we don't value it. A child who works hard from morning till evening and earns only a little money knows the value of money.

As a student I request you, if you see children begging, help them out. To help the children, I have got inspiration from one of my seniors. I have seen her offering fruits to them daily. Many other ways can be devised to help the poor. My English teacher told me a basic value and that is: *Such tasks like helping need to be initiated by someone. Let yourself be that someone.*

Tamanna (IG-1317)

X-D

"An ounce of practice is worth a thousand words" - Mahatma Gandhi