



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. 29 • April, 2022

MESSAGE FROM THE DESK OF PRINCIPAL & DIRECTOR



**"If you continue to think the way
you've always thought, you'll
continue to get you've already got".**

Dear readers,

As the new session begins, MNSS is ready to take new challenges head on. We are entering in the golden jubilee year of the school and I am really honoured and feel privileged to be the part of these golden moments. It has always been my endeavour to provide maximum exposure and opportunity to children so that they can explore their hidden potential as I believe children are bundle of energy, they just need direction and guidance. We at MNSS, ensure high quality education which motivates and empowers our students to be lifelong learners and productive members of the society. Our aim is to make children

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all rounder and for this sole reason, a balanced approach is adopted which includes academics, sports and co-curricular activities in a balanced way. Teachers at MNSS are highly qualified and experienced educators who support every child's learning experience through quality instruction and guidance catering his needs.

The ex-students of the school also do not lag behind in supporting and providing the opportunities to their younger brothers and sisters at the school with the sole motive that they want to take their alma



mater to the pinnacle of glory. J S Yadav English class, NDA classes, RaiSe good Grads, Read to Fly, coding classes are just few programs to name in this direction, list is quite long.

We firmly believe education system can be represented by a triangle with school/teachers, parents and child at its three angles. Parents play a vital role in the development of a child and without their active participation, the goal of round development of a child cannot be achieved. So, we strive to build strong parents-teacher relationship and interaction with parents is a regular feature.

But dear children, without self discipline success is not possible. It embraces us if we are determined and put our sincere efforts. People fail not because of lack of desire but because lack of commitment, without which our desire just remains a wishful desire. I believe self discipline is mother to all good values which are must to taste success in life and once success is tasted, you forget everything. So arise, awake and don't stop till you meet your goal. The struggle you are in today is developing the strength you need for tomorrow.

*With best wishes
Col Ashok Mor*

EDITORIAL

Welcome to the present edition of the monthly newsletter of MNSS, Rai we are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out this issue.

"A new school year means new beginnings, New adventures, new friendships and new challenges. The state is clean and anything can happen.

We are glad to have the campus beaming with your warm presence Newsletter mirrors a school. Its aims and objectives. It highlights events, activities and academic powers and achievements. We have tried to capture this month's excitement and activities. We do hope that this newsletter encourages many more students to use it as a

platform to express their creativity. This newsletter is viewed as a launch pad for the children's creative urges to blossom naturally. As the saying goes, mind like parachute works best when opened. This humble initiative is to set the budding minds free allowing them to roam free in the realm and imagination and experience to create a world of beauty in words. "Although no one can go back and make a brand new start, but anyone can start from now and make a brand new ending."

I would like to thank the editorial team and all the contributors to have been of immense help in breathing life into these pages. And your contribution is the reason that makes this newsletter endearing with our readers.



NANCY, THE HOME OF HUKUM CHAND

I went for a defence exchange programme to France. I was part of an Indian Army group of officers. I asked the defence attachee,

"Sir I want a day's leave?"

"What for Major ?" countered the defence attachee. "Not upto any mischief I hope. But it is quite impossible to spare you even for one day.

Anyhow why do you want leave?"

I felt the bite of the usual red tapism of the Indian army in the defence attache's attitude. He was playing it oversafe. He was an approved brigadier. He was waiting for his Rashtriya Rifles sector command. I had fathomed that he would be acting matronly and difficult and safe.



"Do one thing every day that scares you."

The French army lady officer who was our liaison officer was standing nearby. I didn't know she could understand our hinglish conversation.

"Sir, it's personally important if I can have a day's outpass or leave if you please?"

"What for, I don't think there is any need. You should have put in your leave request before you were chosen for this visit to France. You haven't come here as a tourist, you know."

"Sir, either you give me a day's leave or you declare me a deserter. I have requested you enough. I have come all the way to France and now you are acting like a school headmaster."

The French lady officer had been listening. As I walked away ,she stopped me and said,

"Monseieur pardon me, I couldn't help overhearing your tiff with your Colonel. Why exactly do you want a day's leave here in France."

I looked at her. I was surprised that she had been registering every word.

"Madame, I want to go to Nancy." I replied.

"Monsieur, is Nancy your belle?" she asked with a shine in her eyes.

"Not at all,I want to go to Nancy to meet one of my relatives,"I explained.

"Oui monseieur you mean,the village Nancy,"she said with a light of understanding on her face.

When I got down from the train at Nancy railway station, I was met by a little French army group. They had a car for me.I got into the car and we drove to the place where my grandfather lived alongwith hundreds of other.

A team of French soldiers stood and a bugler and a drummer carried wreaths. I took the wreath and walked to my grandfather's war grave and memorial stone.

Someone told me that it was the British military custom to commemorate every fallen soldier. I saw my grandfather's name. He was from the 3rd Battalion of the Jat Regiment. He died in France during World War 2. I had travelled all the way to meet him. The French were chivalrous, they had facilitated my visit. The pilgrimage was complete and the French honoured their allies.I was very touched and grateful.

-Lt. Col. Ashok Ahlawat

FAREWELL TO CLASS XII (2022)

Many a times a farewell party proves to be heart wrenching party as we have a fear of separation, a fear of loss. On 5th of March, farewell party for the outgoing batch i.e., 12th class was organized in the school quadrangle which was aesthetically decorated. Class XI students put their heart and soul in organizing this even under the guidance of their teachers. It was so mesmerizing that for a moment we all forgot that we were in school. It appeared as if we were transported to a different world as the students of class XII were looking so different, so elegant and beautiful in different formal party wear dresses. Music,

dance, speeches (some of them felt so nostalgic) were all part of it.

School also presented the class XII students with school mementoes as a memoir. Everywhere the photographs were being clicked as if everyone wanted to immortalize this moment by capturing it from all possible angles. On the eve of Farewell party, customary football match was played between outgoing batch i.e. XII class and XI class followed by high tea for students and staff. Principal & Director, Col. Ashok Mor, addressed them and wished them to do well in life.

"All progress takes place outside the comfort zone."



"If there is no struggle, there is no progress."

COUNSELLING SESSION BY MAJOR ANIL SANGROHA

On 13th March, Major Anil Sangroha came to MNSS Rai, to motivate students. He has served in Indian Army for 12 years and has been working for the orphan kids to achieve their dreams in their life.

He advised students that they should start managing things and reading books daily before sleeping. He focused on the mindset saying that the only barrier between a person and his dreams is his mindset, so one should be conscious of

mortality and start taking charge of oneself.

He recommended that all children should read the book "Power of your Subconscious Mind". He also made career options which are available for students to pursue.

He also made the students familiar about many career options. Such motivational talks work as a stimulus.

SPIC MACAY

Society for Promotion of Indian Classical Music and Culture Amongst Youth (SPICMACAY) is a voluntary youth movement which promotes intangible aspects of Indian cultural heritage by promoting Indian classical music, classical dance, folk music, yoga and other aspects of Indian culture. It was established by Dr. Kiran Seth in 1977 at IIT, Delhi.

On 15th March, Pandit Shubhendra Rao and internationally acclaimed performer, composer, cultural entrepreneur and music educator came to MNSS, Rai for cultural show, he was accompanied by Zuheb Ahmed who is a tabla artist. Shubhendra Rao ji is a protege of Bharat Ratna Pandit Ravi Shankar. He is an active supporter as a performing artist for SPIC MACAY for past 30 years, performing

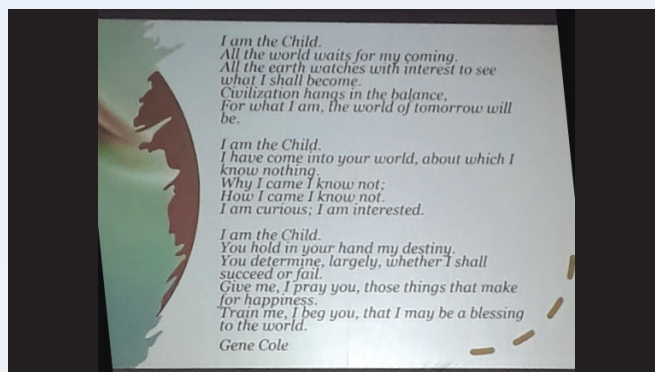


Pt. Shubhendra Rao performing in MNSS, Rai

over 50 concerts every year. Everyone enjoyed the melodious presentation and appreciated him with open hearts.

READ TO FLY

On 19th March, our school alumni Harmanpreet Kaur and Shashi Balyan organized a counselling session for motivating students to read books and tell them about how reading books can widen the horizon and can help in various activities. They also showed their school memories about how they managed to stay in school and their experience in world outside MNSS, Rai. Their batch will also sponsor 5 students who will read maximum number of books for an educational trip to Singapore.



Read to Fly

"Courage is like a muscle. We strengthen it by use."

Holi CELEBRATIONS IN SCHOOL CAMPUS

Holi was celebrated with all the hues and colours in school. On 17th March, the traditional Holi Fire was lit in the school campus symbolizing the triumph of good over evil.

The next day, the whole school was coloured in

different vibrant colours. All boys and girls in all hostels were given colours to play with. Sweets and frooti were distributed among them. The Principal & Director with his wife also played Holi with children and staff. Such festivals and celebrations bring life to the monotonous routine.



"More is lost by indecision than wrong decision."



APPLICATIONS OF PHYSICS IN DAILY LIFE

Physics in everybody life: Physics or study of matter, energy and the interaction between them, help us to understand the laws and rules that govern the physical work. Every student not necessarily grow up and study physics on a super level but everyone uses basic physics concepts in their everyday life.

How everyone uses physics concepts everyday:

Many of us are already familiar with many concepts of Physics. Following few examples from our everyday routine will help us know the role of physics in our daily life:

1. **Alarm clock:** Physics gets involved in our life right from we wake up in the morning. The buzzing sound of an alarm clock helps us wake up in the morning as per our schedule. Sound is something that we can't see but can hear it. Physics tells about the origin, propagation and properties of sound and we know that vibrations of an object produce sound.
2. **Steam Iron:** After waking up in the morning we all need ironed clothes to wear for school/ office. There also physics plays its role. The principle of Physics used in steam iron is 'Heat' and heat in thermodynamics, is a type of energy transferred from a warmer substance to a colder one.
3. **Walking:** Now, when we get ready for our office/ school whatever medium of commutation is, we certainly have to walk up to a certain distance. Here also principle of Physics works, when we walk in park or on road, we have a good grip without slipping because of a sort of

roughness between our shoe sole and surface of road. This roughness or resistance which is responsible for grip is friction. Do you know why we fall when a peel comes under our foot? The reason behind it is the reduction of friction due to slippery banana peel.

4. **Ball point pen:** We all need a pen to write with. Here also Physics plays its role when we write on a piece of paper, again the principle of physics is applied. In this case the concept of gravity comes into play. As pen moves across the paper, the ball turns and the gravity forces the ink down onto the top of the ball where it is transferred onto the paper.
5. **Car seat belts:** Perhaps no one even thinks that here also principle of physics works. When we tighten our car seat belt, it works on the concept of Inertia. We all know Inertia is opposition of a body to change its state of rest, motion or direction. In case of a car collision, the seat-belt helps prevent our body from moving in a forward direction as the body resists to stop due to inertia of motion.

Not only these, there are many other examples like cutting of fruits and vegetables, cooking of food, earphones etc., where physics is involved. Physics helps us to understand the phenomenon happening around us in a better way. So take interest in Physics and one is able to do better. Albert Einstein once said, "You never fail until you stop trying".

-Reema Sharma
Master Physics,
MNSS Rai

"The bad news is time flies. The good news is you're the pilot."

SCIENTIFIC REASON: WHY DO MOST OF THE INDIANS DRAW RANGOLI IN FRONT OF THEIR HOUSES

There is a separate field of science called Cymatics, which deals with the relationship between vibrations and the geometric patterns corresponding to it. The Cymatic patterns, look nothing like the rangoli patterns. Rangoli is not just an art, but actually a science of vibration pattern, which was discovered by Indians, thousands of years ago and been made a part of the culture for spiritual, aesthetic & scientific purposes. The reason a rangoli is drawn at the entrance of a house, is because of its calming effect on a visitor, who is just about to enter into the house. It manifests into vibrations (brainwaves) in the visitor's mind, putting him at ease, making him comfortable and happy. Other reason is in ancient times, our ancestors used

to make rangoli, with rice flours in front of house, so that ants and other insects eat and will use stay outside the house and not enter the house (reports say ants die after eating rice), so other creatures like snakes, lizards, frogs etc. never get into the house.



HOW IT WORKS

Making of Incense sticks. Incense comes from tree resins, as well as some flowers, seeds, roots, and barks that are aromatic. The basic ingredients of an incense stick are bamboo sticks, paste (generally made of charcoal powder or wood powder and joss/jiggitt/gum/tapu powder – an adhesive made from the bark of litsea glutinosa and other trees), and the perfume ingredients – which traditionally would be a powder of mixed ground ingredients. Now a days, water is added to make a paste, a little saltpeter (potassium nitrate), is mixed in, to help the material burn uniformly and the mix is processed in some form to be sold for burning. In India, this form is the agarbatti or incense stick, which consists of the incense mix spread on a stick of bamboo.



"Belief creates the actual fact."

NEVER GIVE UP ON YOUR DREAMS

Boldly go in the direction of your Dreams. Stand tall and show the world what you are made up of. When world beats you down, find a reason to get back up again. Never give up on success.

Try, try, try and try again. Feed your mind with ideas of success, not failures. Remember the only way you can fail is if you give up. Every time you fail, you come one step closer to success.

You are not scared, you are courageous

You are not weak, you are powerful

You are not ordinary, you are remarkable

Do not back down, do not give up.

When you look back on your life don't have regrets. Believe in yourself, believe in your future you will find your way. There is a fire burning inside you that is very powerful. It is waiting to burn bright. You are meant to do great things. Following your dreams can be both terrifying and exciting.

Courage is facing fear. Fear of failures hold most of the people back, but you are not one amongst them.

Persist and persuade others about your plan as they are real. Nobody can do this but you can do. Nobody will get in the way of your dreams.

Most people master the obvious, but you are creating something that wasn't there before. It's bold, it's beautiful and it's you.

Give it your best, and your dreams will come to life. Success is yours.

Go for your dreams. It is your turn.

If you want something you never had, you have to do something you have never done.

-Vikas (I-1291)

XII A2

REAL MEN DO CRY

It's not the tears that measures the pain, sometimes it's the smile that they fake.

According to many of us real men don't cry they simply bite their lips, crush their feelings down, bottle them up, seal them and throw them away because nobody wants to see that crap.

Real men are stoic. They have a stiff upper lip, they stand ramrod straight and accept their drubbing like a man. Men are people and people have complex feelings and emotions. People are nonsense that they can't be scared, they can't be unsure, they can't be weak and many other unmanly emotions.

We need to teach our young boys and men that it is totally okay to express their emotions, it's ok to talk about their feelings, their weaknesses, their flaws. It's not an unmanly thing to feel pain, to get hurt, to cry.

Real men do cry. Men get upset, sad, depressed. They get insecure about themselves, their bodies, their abilities. They are allowed to feel pain, frustrations and loss. To have feelings and emotions is to be human that what makes us human and to deny them is to deny your humanity.

You are not less of men for having emotions. You are not less of men for crying. Please talk about your problems, talk about your insecurities. Tell them how you feel.

They say men don't cry, but I know men are more emotional than women, they are just better at hiding.

-Taniya Rao (SG-1335)

X-B

"Not having the best situation, but seeing the best in your situation is the key to happiness."

INDIA



UNITY AND SENSE OF RESPONSIBILITY IN INDIA

Unity is an important element for the society we live in, as we all together form this whole nation. Strength is always with the unity is a well known phrase and it is totally true. Unity represents togetherness and being there for each other like we all are one. Therefore, in unity, everyone stands together for every big and small problem. There are several stories as well as there are many real life incidences that are proof that unity always leads to a harmonious and satisfying life for everyone. On the other hand, many people still don't get the benefits and concepts of unity. People fight over insignificant and stupid things and they end up with loneliness and emptiness. Because everybody thinks that's not my Job to do and here we lack in togetherness, and do not even stand for each other. Let me narrate a short story which tells the above situation very well. There were four people named, Somebody, Anybody, Everybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it.

Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

So, instead of turning things on others we should be responsible enough and be the responsible citizens of India who elect their leaders, don't know on what basis? As only a few things change rest remain the same.

Pity the nation whose people are sheep and whose shepherds mislead them.

Pity the nation whose leaders are liars whose sages are silenced.

Pity the nation and pity the people who allow their rights to erode.

And their freedoms to be washed away.

My country, tears of the sweet land of Liberty!

-Parveen (I-1263)

XII-A2

"Try to be a rainbow in someone's cloud."

THE MAGIC OF THINKING BIG

Don't allow the world to define your greatness, for this most of the world is blind. Allow yourself to open eyes of the world, with your greatness.

When success is concerned, people are not measured in inches or pounds or college degrees or family background. They are measured by the size of their thinking. How big we think determines the size of our accomplishments.

It's important to use your mind to think, then to use it as a warehouse for facts.

The magic of thinking big can widen the horizon of your life and bring you greater opportunities and happiness.

It's very common, often people are too quick at judging others or situations and then they also don't want to change the way they think.

It is you who put limits on your thinking. You can break beyond the limits you are putting on yourself, by thinking.

The greatest human weakness is self-deprecation i.e., is selling oneself short. Self-deprecation shows through in countless ways. You are bigger than you think. So fit your thinking to your true size.

Think as big as you really are! Never, never, never sell yourself short.

Look at things not as they are but as they can be. Visualization adds value to everything. A big thinker always visualize what can be done in the future. He isn't stuck in the present.

It's very true –

Those who believe they can move mountains, do and those who believe they can't they cannot.

Whatever the mind of a man can conceive and believe, it can achieve.

-Disha (SG-1296)
XII-A

"Wake up determined, go to bed satisfied."

EVERYTHING IS GOING TO BE OK IN THE END, IF IT'S NOT OK THEN, IT'S NOT THE END

It's not over.

As you walk out and look back you know that your footprints still exist in the sand, completely conscious of the fact that they will get soon washed away by the rain. But there is consolation enough that the vivid pictures of your long walk still exist within you. There is a strong remembrance of these sweet-bitter moments of a walk with friends amongst the chirping birds, the muddy roads, the scented flowers, the screeching monkeys and the lush green leaves.

Look around you and find out whether you fit in this environment, in this silence. Find out whether you have done right thing, discover the insensibilities of your actions, unearth your intentions and conclude whether the walk was right decision. When you look around the second time may be you will feel that you don't belong here and you are not one of them. Your legs hurt and you lose

hope. So, now it's up to you to look around and search for your every unknown answer to your every question. At certain moments you need to look beyond expectations, you need to overpower imaginations and live in reality. When you look back now all you see is darkness, the long walk is gone, the journey is over and your footsteps have started fading away. But there is light, a streak of light far ahead. All you see is a long walk ahead, a long road to follow, a road with speed breakers, a road which awaits the imprints of your footsteps, a road which you must travel all by yourself knowing that you have miles to go, knowing that you have so much ground to cover. It's far from over.

It's not over till it's all been said. It's not over till your dying breath. So what do you want them to say when you're gone. That you gave up or that you kept going on. Just hold on, hold on.

-Anjali (VG-1288)
XI-C



"Perfection is not attainable, but if we chase perfection we can catch excellence."

KNOW YOUR PHOBIA



Acrophobia – fear of heights	Entomophobia – fear/dislike of insects	Mysophobia -fear of dirt or contamination
Aerophobia – fear of flying	Gamophobia – fear of marriage, commitment	Necrophobia – fear of death and/or the dead
Ablutophobia – fear of bathing, washing, or cleaning	Gelotophobia – fear of being laughed at	Nosocomephobia – fear of hospitals
Acousticophobia – fear of noise – a branch of phonophobia	Gerascophobia – fear of growing old or aging	Nosophobia – fear of contracting a disease
Agoraphobia – fear of helplessness and of leaving safe places	Gerontophobia – fear of growing old, or a hatred or fear of the elderly	Nosocomephobia – fear of hospitals
Agraphobia – fear of sexual abuse	Globophobia – fear of balloons	Nyctophobia – extreme fear of dark
Ablutophobia – Fear of washing or bathing	Glossophobia – fear of speaking in public or of trying to speak	Ochlophobia – fear of crowds
Achluophobia – Fear of darkness	Gymnophobia – fear of nudity	Ornithophobia- fear of birds
Acousticophobia – Fear of noise	Glossophobia – fear of speaking in public or of trying to speak	Olfactophobia – fear of smells
Ailurophobia – fear/dislike of cats	Gynophobia – fear of women	Pathophobia – fear of disease
Alektorophobia – Fear of chickens	Haematophobia – fear of blood	Phobophobia – fear of having a phobia
Amathophobia –fear of dust	Heliophobia – fear of sunlight/sun	Potophobia/Methyphobia – Fear of alcohol
Androphobia – Fear of men	Herpetophobia – fear/dislike of reptiles	Prigophobia – fear of choking
Anthrophobia – Fear of flowers	Hippophobia – Fear of horses	Pteronophobia – fear of being ticked by feathers
Arachnophobia – fear of spiders	Ichthyophobia – fear/dislike of fish	Pyrophobia – Fear of fire
Arithmophobia – Fear of numbers	Kinetophobia, kinesophobia – fear of movement	Selenophobia – Fear of the moon
Astraphobia/ Keraunophobia- fear of thunder and lightning	Kleptophobia, kleptophobia – fear of stealing or being stolen	Sophophobia – Fear of learning
Atychiphobia – fear of failure	Mechanophobia – fear of machines	Tachophobia – Fear of speed
Aurophobia – Fear of gold	Melanophobia – fear of the colour black	Thasophobia/ Kathisophobia – Fear of sitting
Barophobia – fear of gravity	Melissophobia – fear of bees	Thalassophobia – Fear of the sea
Bathmophobia – fear of stairs or slopes	Meteorophobia – fear of meteors	Thantophobia- fear of losing someone you love/ fear of death
Catoptrophobia – Fear of mirrors	Methyphobia – fear of alcohol	Thermophobia – Fear of heat
Chrematophobia – Fear of money	Microphobia- fear of small things like germs	Triskaidekaphobia- extreme superstition regarding number 13
Chromatophobia – Fear of colours	Mnemophobia – fear of memories	Xenophobia – fear of strangers, foreigners, or aliens
Claustrophobia – fear of closed in spaces	Myrmecophobia – fear of ants	Xanthophobia – fear of the color yellow
Cynophobia – Fear of dogs or rabies		Zoophobia – fear of animals
Dendrophobia – Fear of trees		
Dikephobia – Fear of justice		
Eleutherophobia – Fear of freedom		

-Kanu (SG-1294), XII-A

"The only journey is the one within." — Rainer Maria Rilke

ARJUNA HOSTEL

A DAY SPEND BY THE BOARDERS

The day begins with the rouser,
A siren to totally tighten up our trouser,
Roaming here and there in search of slipper
which is later found under the bed
Where the light is dimmer
We get up and make ourselves fresh
And get rid of all mess.
We get ready for PT
Where no mercy is seen
Exercising early morning is healthy
But often we feel lazy
Then comes breakfast
Where we keep our pace fast
Everyone is in a hurry to reach the plate
As all of us often get late
After breakfast, way to the school is traced
Where strict discipline is faced
Entering the school
We forget our everything. And concentrate on
what is taught
Clear all our doubts that were thought
After the school is over.
There is a return to our hunger
For a delicious lunch, we rush to the Dining Hall
Which is not less than a food mall
Then comes the rest hour
When we lower down our energy tower
All of us take a short nap
But the first whistle rings as a slap
To get out of that nap

To maintain our physical strength
We are distributed in different games
Each one of us enjoys this time
Singing hymns and enjoy games
Once more the rest hour strikes back
When we reach house and have a snack attack
All of us change into uniform and get fresh
And prepare ourselves for the prep.
Prep room is not less than a boon
Where we find silence in a crowded hall
Some feel to study hard
While some feel hardly to study
And somehow the prep gets over
Now for the last meal
We have got a good deal
Having chapatti vegetables in a bite
Pudding is waiting side
Once the dinner gets over
And attendance is there to check our presence
Finally we reach our home
Totally exhausted and drowned
We make our beds and rest our sleepy heads
Some feel to pen down their day
And write whatever they want to say
They keep it as a memory
And hope for a good next day story
That's how we boarders spend a day
May this remain with us forever
That is all we pray.

-Tamanna (IG-1317)

X-D

"Believe you can and you're halfway there."

EknZ



चौड़े कंधे, ऊँचा सर, ताव में मूँछें
पर जब कोई इनसे पूछे
कैसे हो? ठीक हो? उदास लगते हो।
तो बस हँसकर टाल देते हैं
अरे यार! ये मर्द हैं, ऐसे सवाल को तो
मजाक में उछाल देते हैं।
पर दर्द तो इन्हें भी होता है।
दुखी हो तो मर्द भी रोता है।
हाँ इनके लिए कहना जरा मुश्किल होता है।
बचपन में सीखा है ना
मर्द बन लड़का होकर रोता है।
दुख दर्द बाँटने का इनके पास वक्त नहीं
और जो ऐसा कर दे वो लड़का सख्त नहीं
तो बस मान लिया, कि अब कुछ नहीं बोलेंगे
परेशानी हुई, दर्द हुआ तो सह लेंगे।
पर बचपन में चोट लगने पर, अपनी पसंदीदा
खिलौना टूटने पर रोए तो थे तुम भी
माँ के आँचल में सोए थे तुम भी
तो अब कहाँ सारे आँसू छुपा लिए।
कहाँ सारे जज्बात दबा लिए
और आँसू आए तो बहाना
मानसिक तनाव लड़का, लड़की देखकर नहीं होता,
इस दुनिया में कोई मर्द बेवजह नहीं रोता।
कभी मत सोचना मर्द को दर्द नहीं होता।
मर्द वो नहीं जो कभी रोता नहीं
मर्द तो वो हैं जो कभी रुलाता नहीं।

तानिया राय (एसजी- 1335)

दस- ब

ft Uhxh

पाना है जो मुकाम,
वो मुकाम अभी बाकी है
अभी तो आए हैं जमीन पर
आसमान की उड़ान अभी बाकी है,
अभी तो लोगों ने सुना है मेरा नाम
इस नाम की पहचान अभी बाकी है।
मौत की गाड़ी में जिस दिन सोना होगा,
न कोई तकिया न बिछौना होगा,
साथ होगी दोस्ती की यादें
और एक श्मशान का कोना होगा।
और वहाँ लिखा होगा,
मंजिल तो तेरी यही थी,
बस जिंदगी गुजर गयी आते-आते,
क्या मिला तुझे दुनिया से,
अपनो ने ही जला दिया जाते-जाते।
शुक्रिया जिन्दगी,
जीने का हुनर सिखा दिया,
कैसे बदलते हैं लोग,
चंद कागजों के टुकड़ों ने बता दिया,
अपने पराये की पहचान को,
आसान बना दिया,
शुक्रिया जिंदगी,
तुने जीने का हुनर सिखा दिया।

सिद्धी दहिया (आईजी-1388)

दस-ब



“Weaknesses are just strengths in the wrong environment.”



^A/okHo*

/keZvks dkuw

भारतवर्ष सदा कानून को धर्म के रूप में देखता आ रहा है। आज एकाएक कानून और धर्म में अंतर कर दिया गया है। धर्म को धोखा नहीं दिया जा सकता, कानून को दिया जा सकता है। यही कारण है कि जो लोग धर्मभीरु हैं, वे कानून की त्रुटियों से लाभ उठाने में संकोच नहीं करते। इस बात के पर्याप्त प्रमाण खोजे जा सकते हैं कि समाज के ऊपरी वर्ग में चाहे जो भी होता रहा हो, भीतर-भीतर भारतवर्ष अब भी यह अनुभव कर रहा है कि धर्म कानून से बड़ी चीज़ है। अब भी सेवा, सच्चाई, ईमानदारी और आध्यात्मिकता के मूल्य बने हुए हैं। वे दब अवश्य गए हैं, लेकिन नष्ट नहीं हुए। आज भी वह मनुष्य से प्रेम करता है, महिलाओं का सम्मान करता है, झूठ और चोरी को गलत समझता है, दूसरों को पीड़ा पहुँचाने को पाप समझता है। हर आदमी अपने व्यक्तिगत जीवन में इस बात का अनुभव करता है।

मुस्कान

एसजी-1385

नौ-ब

मधुर मनोहर अतुल्य अनुपम
यह खेल विद्या का केन्द्र प्यारा।
का केन्द्र प्यारा।
नियत हम कर्मों को करने वाले,
बिना रुके आगे बढ़नेवाले। 2
बढ़ें चलेंगे नहीं रुकेंगे
'ऊर्ध्वोभव' है लक्ष्य हमारा
लक्ष्य हमारा... ..
मधुर... ..
चतुष्पदन है आनंददाता।
इन्द्र हमारे सौख्य प्रदाता। 2
सदा रहे हम छाये जहाँ में।
बने धरा के भाग्य विधाता
भाग्य विधाता
मधुर मनोहर अतुल्य अनुपम
यह खेल विद्या का केन्द्र प्यारा।
का केन्द्र प्यारा।
सोम सुधा हम पर बरसाये
सोए जन को सदा जगाए। 2
शांत सरल और सहज मन से
भरा हुआ हो हृदय हमारा
हृदय हमारा
मधुर मनोहर अतुल्य अनुपम
यह खेल विद्या का केन्द्र प्यारा।
का केन्द्र प्यारा।

सूर्य के जैसे हम तम को हरते,
कर्म के पथ पर सदा विचरते। 2
समदृष्टि का सबको मंत्र देकर
दूर करेंगे जग द्वेष सारा
जग द्वेष सारा
मधुर मनोहर अतुल्य अनुपम
यह खेल विद्या का केन्द्र प्यारा।
का केन्द्र प्यारा।
वरुण है वैभव के मूलकर्ता,
जल के वाहक पालनकर्ता। 2
जल सम सबको समतृप्त करके
बनें सभी के आँखों का तारा
आँखों का तारा
मधुर मनोहर अतुल्य अनुपम
यह खेल विद्या का केन्द्र प्यारा।
का केन्द्र प्यारा।
हों सत्य वक्ता और कर्मकर्ता
बने हम दुःखियों के दुःखहर्ता
सेव करें हम सदैव सबकी
बने जहाँ में ये देश प्यारा
ये देश प्यारा
मधुर मनोहर अतुल्य अनुपम
यह खेल विद्या का केन्द्र प्यारा।
का केन्द्र प्यारा।

—डॉ० अखिलेश चौबे, मास्टर हिन्दी

"When you have a dream, you've got to grab it and never let go."

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