



# 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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INSIDE

where students begin to learn lessons of life and we as educators must incorporate such activities that keep the all-round development of each child. The world is changing very fast and it poses one of the biggest challenges in front of us and that is to prepare our children for a globalized world. In that pursuit we are the part of the mad race to cope up the change and to survive, we often forget that each one has own individuality and special skills.

Dear children, time has come to ensure your active participation in all school activities. Start taking responsibility, it will infuse you with confidence. Take initiative and put your best effort in whatever you do. You are at that point of your age where learning is maximum. Learn and acquire new skills. Start taking pride in doing your own work. When one becomes dependent on others, he can never know his own potential. I am happy to acclaim that discipline is improved a lot. Children, whatever happens is the reflection of ourselves.

The school has started conducted career counselling workshops more in number with the sole purpose and that is to make children aware about different career options in the present time. In the absence of knowledge and guidance, potential of a child can go waste and our purpose is to channelize it in a productive way. We are

Dear Readers,

Greetings to you!!!

"Believe you can and  
you're halfway there." –  
Theodore Roosevelt

A school is a place



working day in and day out to make them a better citizen of the world. I look forward to sending children on more trips so that they can unravel the hidden facts of life and explore the world. Trips and tour broaden one's horizon.

Dear children, you must be busy in preparing for your exams. Work hard and emerge with flying colors. Don't forget we have to appear daily in

life's examination. Give your best and touch the sky with glory. I am sure one day you will make your parents, school and country proud with your success. But remember success should not be on your head. Be humble and respectful and don't forget the people who not only prayed but also worked hard for you.

All the best.



## **TETE-A-TETE WITH SANDEEP SANGWAN (I-111) WINNER OF GOVERNOR'S MEDAL-1983**

*Mr. Sandeep Sangwan joined the school in 1977 in grade 7 and finished 12th in 1983 had the honour to be School Captain in 1982-83 and also captained the school Basketball team.*

*Post school, he studied Mechanical Engineering at Regional Engineering College, Kurukshetra (1983-88) and completed my MBA (PGDM) from Indian Institute of Management, Lucknow in 1990 and worked in the Corporate sector. His professional career started with Network Ltd (a company that made Electronic typewriters. Then joined Gillette in sales, and worked for Gillette and P&G for 20+ years before joining bp (Castrol) in UK in 2012. Currently he is the Managing Director for Castrol India Ltd and manage our company's business in India and South Asia. He had worked across Middle East, Germany, UK, China and returned to India in beginning 2020 having spent previous ~24 yrs in international markets.*

**Yash: When did you join the school and what made you choose the school?**

**Sandeep Sangwan:** I joined the school in 1977 in VII<sup>th</sup> grade. At that time there were not many options for good schools that middle class families such as ours could afford. MNSS Rai was a great option as it provided good education and

a boarding school experience at a cost which our parents could afford. In summary, it was my parents who made the choice and I thank them everyday for having made that call.

**Y: How did you feel at school? Please share your experience.**

SS: At first, I found the experience overwhelming as it was living away from home for the first time. In addition, English medium instructions did not help as most of us came from Hindi medium backgrounds.

As we became used to the Boarding school experience, made new friends, with support of Faculty and support staff, school became second home for all of us. Having spend a few years, we started longing to come back to school after holidays as our friends became like family and till date the school associations are the strongest.

Time at school was the best part of growing up. Based on my own experience, we have been fortunate to send our two sons also to Boarding schools.

**Y: Your favourite game? Your favourite person? Your role model? Your inspiration at school?**

SS: Basketball. I have the highest regard for Mr S.N. Ahlawat (May God bless his soul), our Basketball coach. He was a fine human being who

always wanted his Basketball group boys and girls to do well in life and created space for the same.

At that stage in life all seniors seemed inspirational!

**Y: What did you do after passing out from school?**

SS: I went on to study Mechanical Engineering at REC Kurukshetra (NIT Kurukshetra) and post that did my MBA from IIM Lucknow. Even life in Engineering college seemed continuation of Rai as there were seven of us in our Engineering batch from Rai which made things more fun and enjoyable.

**Y: The life in Boarding school is tough. How did you cope up and how did it help you?**

SS: I would say more than tough, life was very regimented with set routines and timings. Growing up together with friends, having fun together made it a lot easier. It wasn't all fun either – there were times when one would get punishments, extra drills, sadness of losing matches but it was all part of growing up and in hindsight it made us tougher and what we are today.

**Y: People say that if a child gets admission in MNSS, he will come out of school as an officer – what is your opinion about it?**

SS: In my view it is dependent on what students make of it – school alone can't make one an officer, one has to be equally committed to making the best use of facilities, teaching & opportunities that are provided.

**Y: Your one habit that you have been following through out and you want that young children should inculcate?**

SS: Continuing sports and trying to stay physically fit is something that has stayed with me. I still enjoy playing and watching sports but with age it is gentler sports like Golf that one indulges in.

**Y: Some people say that school has lost its glory. What changes according to you should be there in school to regain it?**

SS: I would not want to comment on that as I have not been constant touch with school and as a result not qualified for making any statement. At the same time, I would have expected to see a lot more students succeeding professionally – be it sports or careers. School has produced Generals, Civil Servants, Sports persons but not at the level which we see from other great institutions. I think the school can probably do better in terms of guiding students in senior years on career guidance and stronger academic results.

**Y: Sir, what to choose for Career or Passion? How did you rate that choice at your time?**

SS: It's not an OR question – it's an AND – the best option is to develop a career in something that you are passionate about. The choices these days are limitless. In our times, the choices & guidance were limited – Armed Forces, Engineering, Medicine or CA and some of the brighter ones went for civil services. There are many more careers & pathways to explore your passion.

**Y: What did you prefer for: Skills OR Academics?**

SS: Both - it's not a choice. One needs a strong academic foundation as it will hold you in good stead always. Skills are needed to succeed in life as academics alone can't carry you far enough. Good academic record is table stakes these days.

**Y: What factors act as catalyst in building one's personality and character?**

SS: There are many factors that are important in building one's personality and character. To begin with, a major influence comes from family environment and the kind of values one imbibes in early years. The company one keeps has a huge influence – friends, colleagues, teachers, coaches – all have a role to play in shaping children's

personality and character. In addition, more important is also what one wants to become – that choice is always yours & no one can take that away from you.

**Y: The world is now in an unending race ground, which is affecting everyone. How do you see this change and your way of dealing with it?**

SS: Change is the only constant in this world – one has to learn to adapt and manage change. The race, technological advancements will continue and things will not land in your laps without trying. The way I deal with this is to continue upgrading my skills to be able to face the new challenges, learn new things and reach out to people if I don't understand. One also has to manage stress these days and as you rightly say, it is an unending race but one has to find one's anchor. Having some physical activity regiment helps manage or spending some down time with friends/ family is another stress buster.

**Y: It is said, "Jack of all trades and master of none" So, should we just excel in one thing OR get engaged in various things?**

SS: I would say you should give your best shot in whatever you do & don't be half hearted in efforts. I have come across many students in

school who were excellent in sports, academics and extra curriculars like debating or music. Do what you are passionate about.

**Y: You also experienced the changes during adolescence. How did you manage with them?**

SS: I think in our times, there were no counsellors or guides to help us with changes. It was more learning together with friends. Having a supportive family always helps and I think in today's day and age, parents and elders are more open to having meaningful conversations and help manage challenges of adolescence. My advice will be to reach out to people if you are struggling with something – find a mentor. One should consider being in a school like Rai very fortunate as one is part of a large, supportive community & one should leverage that.

**Y: Whats your message to the students at MNSS Rai?**

SS: Learn, Learn, Learn. It's not about academics alone – learn life skills such as communication, networking, being open to new things, presentation skills, listening skills, digital. This time will never come back and make the most of what you have.

## WE DONT WANT NO EDUCATION

There was a Delhi Horse Show, to see which one of my friends went. He had his young daughter with him. There were boys from Rai School also taking part, probably boys from 11 th or 12 th class.

Since my friend was an army officer from the veterinary corps, he took his teenage daughter among the horses and the riders.

A Rai School rider boy went past on the heels of another one. The trailing rider boy let out a string of vernacular abuses at his pal

"You...so and so (common low class a abuse) ,cant you wait for me."

The words rang out in a thick ape like Haryanvi accent and drilled a hole in the ears of my friend and his daughter who said,

"Papa, are these the boys are from your school? You have been pulling the wool over my eyes by bragging about Rai School education. Whats the difference between them and the commonest class of vulgar people. They cant even control their tongue."

Sometimes I feel education is a minority interest in Haryana. The people of Haryana prefer to keep the bloom of their ignorance intact and on the whole have succeeded remarkably well.



In the past their ignorance was purely passive: the mere absence of knowledge. Of late it has taken a more positive and malign quality. A profound aversion to anything that smacks of intelligence, education or culture. This mood of hostility towards self upliftment is captured by a popular English song. "We don't need no education, we don't need no thought control. Teacher leave us kids alone."

There is always a clique of students in every school which believes that anyone who tried hard at school and performed well was wasting his time, when he could have been engaged in the real business of life, such as truancy and bunking classes and cheating. If you give up working hard at school and learning. Life will subsequently make you realize that you

have missed an opportunity which, had it been taken, would have changed the whole course of your lives much for the better.

The role of a good school such as ours is to help evolve the child into a better version of himself. Education is arduous. Education is like what Galileo said when he was forced to recant his claims that the earth moves around the sun. EPPUR SI MUOVE.

Whatever anyone says, the world demands correct grammar and spelling from those who would advance in it. Your job is to be awed by the grandeur of human achievement in diverse fields. Besides marks and grades a school is your garden bed to grow the plant of your own high aspirations.

-Lt Col Ashok Ahlawat

## COMMERCE STUDENTS VISIT SRM UNIVERSITY

Students of Commerce stream visited SRM University on 27th February, 2022 with Mrs. Asha Sharma. They were invited to participate in commerce quest. Such quests act as a motivating factor and help the students to understand where they stand and what else is to be done. In short, they help in goal setting. Prior to this visit, representatives from SRM University visited our school and addressed the students stating various courses provided by them.



## ADOPTION OF BADOLI VILLAGE BY MNSS, RAI

The administration of MNSS, Rai took the baton of Badoli Village in its hands to help the villagers grow and evolve. The school will nurture the future of village and country towards sports and education. Administration will also motivate the students to abate the use of drugs by youth. The school will provide the students with counselling session making them aware of various opportunities. A computer centre has also been setup to help students get access to computers and internet.





A group of 15 girls along with P&D, MNSS, Rai went to Badoli to motivate students of the village. Mrs. Nimi Dassi, Physical Education teacher also escorted them. Students there took interest in all the activities and participated enthusiastically. The students found the session very helpful and in a nutshell, the session was a great hit. This scheme has been started to benefit the villagers in every way and includes various cultural and sports activities. MLA, Badoli, Sh. Mohanlal, also supported the initiative, saying "This will pave the way for success of youth in the village.



### TRIP TO CATTLE FAIR, BHIWANI

Four teachers along with 98 students (53 boys and 45 girls) visited the cattle fair at Bhiwani on 26th February 2022. They started their journey at 8.30 am in the morning by school buses and reached there at 11 am. Various breeds of different animals like horse, goats, sheeps, buffalo, cows, camel etc., were exhibited there. Our school horses were also shown there. Cultural activities including live performance by dancers & singers were also going on there. An exhibition showing different seeds, agricultural equipments, fruits and vegetables was also put there. Also there were coupons given to ladies and scooter was the prize for its draw in the end in evening. Next day i.e. on 27th February 2022, three more staff members along with 70



students (35 girls and 35 boys) of class VIII visited the same place. Such fairs enable the children know the variety of our rich domestic fauna and the important role they play in our life.





## WORLD AROUND US

### Uttarakhand

Uttarakhand is a state in Northern part of India formed on 9 Nov. 2000 as the 27th state of Republic of India. It's referred to as the 'Devbhoomi' due to its religious significance. It is known for the natural environment of Himalayas, the bhabar & terai region. It borders Tibet in the North, Nepal to East, UP to South, Himachal Pradesh to West and North West.

Winter Capital :	Dehradun (largest city)
Summer Capital:	Bharisain
High Court:	Nainital
Divided into 2 divisions:	Kumaon & Garhwal
No. of districts:	13

### Political Structure

Legislative Assembly seats:	70
Rajya Sabha:	3 seats
Lok Sabha:	5 seats
Governor:	Sh. Gurmit Singh
Chief Minister:	Sh. Pushkar Singh Dhami (BJP)
Chief Justice:	Sh. Sanjay Kumar Mishra
Speaker of Assembly:	Sh. Premchand Aggarwal

### Demographical features:

Area:	53,483 km <sup>2</sup> (19 <sup>th</sup> )
Highest Elevation:	7816m
Population (as of 2011):	10,086,292 (20 <sup>th</sup> )
Population Density:	189/km <sup>2</sup> (27 <sup>th</sup> )
GDP: Total:	₹2.93 lakh crore (20 <sup>th</sup> )
Official Language:	Hindi
Literacy rate:	87.60% (17 <sup>th</sup> )
Sex Ratio:	960/1000 (14 <sup>th</sup> )

### State Symbol:

Instrument:	Dhol
Mammal:	Alpine Musk Deer
Bird:	Himalayan Monal
Fish:	Golden Mahseer
Flower:	Brahma Kamal
Tree:	Burans
Sport:	Football
Famous Food:	Bal Mithai

*The state is well known for mass agitation that led to formation of 'Chipko Andolan'. It hosts the "Bengal Tiger" in Jim Corbett Park, the oldest National Park of Indian subcontinent.*

*-Information collected by Yash (S-1281), XI-A*

## EVOLUTION

One of the many questions that has intrigued mankind is that related to origin of life, origin of species and how the huge biodiversity that we see today has evolved.

As far as origin of life is concerned, when earth was formed, the conditions prevalent were very different from what we see today. The atmosphere then has no free oxygen, gases like CO<sub>2</sub>, NH<sub>3</sub>, CH<sub>4</sub>, H<sub>2</sub>S etc., were present in abundance. Lightning and torrential rains were a very common feature. These gases came down along with rain water into the water bodies to form the primordial soup. Inorganic molecules of C, H, O, N, P, S combined under the influence of lightening to form organic compounds like carbohydrates, fats, proteins, nucleic acid etc., to form the first cell called coacervates. With time these simplest cells evolved into more complex forms that we see today.

Now moving on to next question as to how the huge biodiversity we see today has evolved.

The theory of Evolution is one of the best substantiated theories in the history of Science and has been supported by a wide variety of scientific disciplines. The first major theory that was put forward in this regard was given by Lamarck. In his theory, "Inheritance of acquired characters", Lamarck proposed that use and disuse of an organ and environment played an important role in bringing about changes leading to evolution. To simply put it, the more we make use of an organ the better it becomes and if disused over a long time, the organ loses its functionality and becomes useless.

Flightless birds like Ostrich, Emu, Kiwi had plenty of food available on land, so these birds did not utilize their wings and over a period of millions of years evolved into flightless birds.

That is why in most science fiction movies you will

see that aliens are shown with bigger head or brains than human beings.

The most famous example given by Lamarck was how the tall necked giraffe evolved from goat like ancestors. The ancestors lived in areas that had scanty vegetation on land. The only food that was available was the leaves of tall trees. So they had to continuously stretch their neck to get the food. This continuous stretching over a period of millions of years led to the evolution of tallest land mammal.

After Lamarck, Charles Darwin's book on Origin of species, further explained that speciation was an outcome of Natural Selection and Survival of the fittest.

Written more than 150 years ago, the book upended the way human beings thought about where they came from, challenging millennia of religious dogma and left people wondering whether there really was a God. 'Origin of Species' was chosen as the most influential academic book of all times in 2015.

Darwin used logical reasoning to argue that living things could change and that evidence from DNA and gene could explain how evolution occurs.

When this process happens over a relatively short period of time, it is called Micro Evolution. But when given enough time, natural selection can create entirely new species, a process called Macro evolution. This long term process is what turned dinosaurs into birds, amphibious mammals like Indohyus into whales and a common ancestor of apes and humans into the people, chimps and gorillas we know today.

During evolution some species that could not adapt or adjust to changes in the environment became extinct. While others that adapted were able to survive and reproduce. The adaptive traits would thus be passed to the progenies.



As is said, "Change is the only permanent thing" so in Biology, I can definitely say that evolution is what keeps life going on this planet.

Let us all keep learning, observing & absorbing

from our environment so that we keep on mentally evolving into worthy & beautiful human beings.

-Narinder Kaur

(Biology Teacher, Dept. of Science, MNSS, Rai)

(Speech delivered in morning assembly)



## UKRAINE – RUSSIA CRISIS

Ukraine has long played an important, yet sometimes overlooked role in the global security order. Ukraine was a cornerstone of the Soviet Union. The

arch rival of the United States during the cold war. Behind only Russia, it was the second most populous and powerful of the 15 Soviet Republics, home to much of the Union's agricultural production, defence industries and military including the Black Sea fleet and some of the nuclear arsenal.

In its near three decades of independence, Ukraine has sought to forge its own path as a sovereign state while working to align more closely with western institution, including European Union and NATO. Ukrainian speaking population in Western part of the country has generally supported greater integration with Europe, while a mostly Russian speaking community in the east has favoured closer ties with Russia. Ukraine because of a battle in 2014 when Russia annexed Crimea and began arming and a betting separatists in the Donbas region in country's South east. Russia's seizure of Crimea was the first time since World War II that a Europe state annexed the territory of the other.

### **Russian's Interests in Ukraine:**

Russia has deep cultural, economic and political bond with Ukraine.

Russia and Ukraine have strong familiar bonds that go back centuries. Kyiv, Ukraine's capital,

is sometimes referred to as "the mother of Russian cities", at par in terms of cultural influence with Moscow and St. Petersburg.

Among Russia's top concern is the welfare of the approximately 8 million ethnic Russians living in Ukraine. Moscow claimed a duty to protect these people as a pretext for its actions in Ukraine.

After the Soviet collapse, many Russian politicians viewed the divorce with Ukraine as a mistake of history and a threat to Russia's standing as a great power.

Soviet leader Nikita Khrustichev transferred Crimea from Russia to Ukraine in 1954 to strengthen the brotherly ties between Ukrainians and Russians. However, since fall of Union, Russian nationalists in both Russia and Crimean territory have longed for a return of the peninsula.

Russia was for a long time Ukraine's largest trading partner, although this link withered dramatically in recent years and China now tops Russia in its trade with Ukraine.

### **Russia's Objectives in Ukraine:**

By seizing crimes, Russia solidified its control of a critical foothold on the Black sea. With a larger more sophisticated military presence there, Russia can project power deeper into the Middle East, North Africa etc.



### **Russia's demands:**

To stop the war, the Russian leader Vladimir Putin wants Ukraine to recognize Crimea as a part of Russia and to recognize the independence of the separatist run east and he demands that Ukraine changes its constitution to guarantee it will not join NATO and European Union.

### **How dangerous is this invasion for Europe?**

There are terrifying times for Ukrainian's as shells and bombs are rained down to their cities and that has caused many thousands of casualties and more than two million have fled to neighbouring countries to keep themselves and their families safe. The active men of above 66 years of age are asked to go for military training to defend the country in emergency.

Poland, Hungary, Romania, Moldova and Slovakia are dealing with a dramatic influx of refugees and the European Union as warned at least five million more could be displaced.

### **Way Forward:**

The Russian-Ukraine conflict is threatening the delicate balance the world is in right now. There is a strong case for de-escalation, as a peaceful culmination of severed relations is for the food of everyone in the region and world over.

The United States can play a central role in the management of Russian-Ukraine conflict with support from the other European allies like United Kingdom, Germany and France.

Negotiations and strategies investments should be aimed at creating sustainable resolution of the conflict between the two countries disturbing the global peace and security.

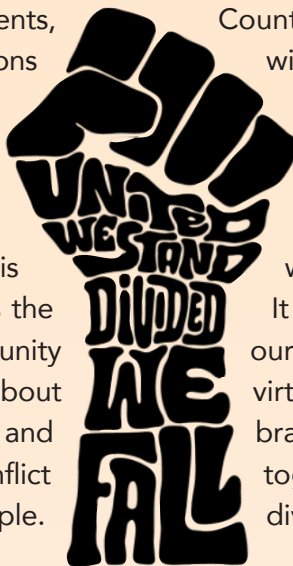
It will not be enough to just smooth over the difficulties, but major attention to be given to reduce the military disengagement to minimize the chances of back sliding. As it is rightly said by Albert Einstein "Peace can't be kept by force, it can only be achieved by understanding".

-Yash (S-1281)  
XI-A

## **UNITED WE STAND, DIVIDED WE FALL**

Human race has a long history of achievements, successes and failures. Various civilizations come into existence. Some flourished, some perished and some just survived. The developed countries like America, Britain, Japan are very much diversified culturally or geographically, but there is a common trait in all of them and that is the ability of their countrymen to work with unity and strive for common goal. But the fact about under-developed countries like Pakistan and Afghanistan is that there is a constant conflict of interests among different groups of people.

These examples have proved time and again that "United we stand, divided we fall".



Countries in which people were able to work with togetherness, brotherhood and unity are now flourishing and successful. The first war of India's independence could not help achieve her goal of freedom. Again because we were not united. We were badly crushed by the British rulers. It is high time that we should learn from our follies of the past and understand the virtues of unity. We can always put up a brave front if we work harmoniously with togetherness because "United we stand, divided we fall".

-Shruti (IG-1313)  
X-C

## OVERTHINKING

"I think and think and think, I've thought myself in and out of happiness one million times, but never came onto it."

Overthinking is when you dwell or worry about the same thought repeatedly. There is a vital difference between thinking and overthinking. For example, suppose we are focused and determined for something and haplessly we didn't achieve it, then we keep stressing about it and it leads to overthinking. Overthinking has both positive & negative thoughts, it is not just about negativity some positive vibes are also there. It depends on us how we handle it. 'The more I think about it the more I realize that overthinking is the real problem.' It often feels like a battle going on in our mind with our own positive & negative thoughts and which is so far from being healthy. We sort of lose our sanguine side. It dissipates

self love and lacks in confidence. "If you're stressing over happiness, then you're doing it wrong". We stop having faith in ourselves and start doubting our abilities. 'Stop thinking too much, it is alright to know the answers sometimes'. An overthinker faces sleepless nights, anxiety, depression & mental illness. 'Stop it you're only creating problems that aren't there'. We all know overthinking is the biggest cause of unhappiness. We have to start dealing with our problems on our own because we know that no one is going to stick around us whole life. And if we treat every situation as a life and death matter, we'll die many times. Life is precious, don't waste it in thinking illogically, live in your present and enjoy every bit of it.

-Khushi (SMG-1373)

IX-C

## SUCCESS

*"Those who dare to imagine the impossible are the ones who break all the Human limitations."*

Success means that students utilizing cooperative community and engagement skills successfully. Following are the 10 mantras of success:

- **LEARN HOW TO HANDLE FAILURE.**

'CONFIDENCE AND HARDWORK IS THE BEST MEDICINE TO KILL THE DISEASE CALLED FAILURE". "IT WILL MAKE YOU A SUCCESSFUL PERSON". If you want to be successful you must not only learn how to handle success but also learn how to handle failures. If you want to maintain the success, then you must learn to handle the failure. Failure is the first step towards success. Accept, the failure improve yourself and fertile your dreams. This is because you will definitely face rejections, failures and all sort of challenges while you are on your journey to achieve your dreams.

- **IMAGINE THE OUTCOME THAT YOU WANT.**

"WHEN YOUR SIGNATURE CHANGES TO AUTOGRAPH THIS MARKS THE SUCCESS". In order to achieve your dreams and to manifest the success you want, you must first imagine it in your head. You must see the picture vividly and visualize it regularly and the universe will bring you what you have asked.

- **THE ART OF GIVING**

"LOOK AT THE SKY. WE ARE NOT ALONE. THE WHOLE UNIVERSE IS FRIENDLY TO US AND CONSPIRE ONLY TO GIVE THE BEST TO THOSE WHO DREAM AND WORK." If you have more you can always donate and give back to the community and the world. The act of giving back will help make an impact on the world. If you are looking to make a real, lasting difference in this world, you can do it by giving back. When you say good words, you



are leaving an impact on the community and the world. More importantly your act of giving will get you inspired when you see the influence you have made to the people.

- **FIGHT TO BE YOU.**

"YOU KNOW YOURSELF AND THE BOUNDARIES THAT YOU HAVE SET, YOU ARE MORE LIKELY TO EXPERIENCE A FULFILLING AND REWARDING LIFE." You must feel that you are special and you are unique. You are different from other people and thus, it is not necessary for you to copy other people. The society has trained us to become and think like everyone else, but this is not the right path to shine. If you want to be extraordinary and accomplish amazing results in life, you must learn to stand out from the crowd. You must learn to be yourself.

- **BREAKTHROUGH YOUR LIMITS**

DREAM IS NOT THE THING YOU SEE IN SLEEP, BUT IS THE THING THAT DOESN'T LET YOU SLEEP". You are your only limit. There is no such thing as impossible, but the only thing that will stop is the limit that you create in your mind. If you always place a limit on everything you do, it will spread into your work and into your life. You have to understand that there are no limits, there are only plateaus and you must not stay there, you must go beyond them.

- **BE A STUDENT.**

IF YOU ARE NOT WILLING TO LEARN, NO ONE CAN HELP YOU. IF YOU ARE DETERMINED TO LEARN, NO ONE CAN STOP YOU." Be a student and commit to constant and never ending improvement. The only way to unleash your inner potential is through learning and improving each and every day.

- **BE A TEACHER.**

NEVER BE STINGY WITH YOUR KNOWLEDGE. BE A TEACHER, SHARE YOUR EXPERTISE AND MAKE A POSITIVE IMPACT IN THIS WORLD. Many studies have shown that one of the best ways to learn is to

teach. When you share your expertise and teach others what you are good at, you will become better because you are engraving that knowledge deeper into your mind. What is more important is that when you have the spirit to teach and to share, you are making a difference to the community and the world.

- **WORK WITH INTEGRITY.**

IT TAKES 20 YEARS TO BUILD A REPUTATION AND FEW MINUTES TO RUIN IT. IF YOU THINK ABOUT THAT, YOU'LL DO THINGS DIFFERENTLY. Integrity is one of the highest values that people seek when it comes to working together as a team. An organization will not survive if the people who manage it have no integrity. This applies to every area of your life, whether it is in business, at work or in your relationship.

- **FOLLOW YOUR DREAMS.**

YOU HAVE TO DREAM BEFORE YOUR DREAMS CAN COME TRUE. When you have a dream and you are absolutely committed to achieving it, your dream will drive you to learn more, to work more, to be fearless, despite all the challenges, and to persevere until you accomplish it. It is your dream that will make you an extraordinary person.

- **BE THE INSPIRATION.**

BE THE CHANGE YOU WANT TO SEE IN THE WORLD. Everything starts from within you, and you can make a difference in the world by becoming an inspiration to others. When you change for the better, you can become the inspiration for others. And when others follow and do their best, the world will be in peace and harmony. ALL BIRDS FIND SHELTER DURING RAINS. BUT THE EAGLES AVOID RAIN BY FLYING ABOVE THE CLOUDS. PROBLEMS ARE COMMON, BUT ATTITUDE MAKES THE DIFFERENCE.

-Vikas (SM-1290)  
XI-A2



## RESPECT YOUR CRITICS

Haters don't hate you... The reality is that they fear that they will never be able to get where you are right now.

Negativity around you distract you but it brings best out of you.

A person hates you for three reasons:

- They want to be you
- They see you as a threat
- They hate themselves

When they see other people improving and becoming successful in their lives, it's a direct reflection to them that what they should be doing but are not. They will spread negativity around you to bring you down to their level and steal your peace hoping that you will stop so they no longer have to look at themselves. Everyday is going to be a battle with them. You just need to rise above all and stay positive. Just keep hustling and grinding.

Whatever happens, don't let them bring you down.

Jealousy is just love and hate at the same time. Have you ever met a hater doing better than you?

Haters will see you walking on water but they will

say it's because you can't swim. Haters hate the things they can't have and people they can't be.

Negative people are happy when they bring you down to their level. Whatever you do good or bad they will always have their opinions for you despite knowing who you are and what you are capable of.

Winners focus on winning, but losers focus on winners. Behind every successful person there is a pack of haters. We cannot control the filters what others choose when they look at us. But yes we can choose what we have to show them. Stay away from negative people. They have problem for every solution.

Answer your critics with smile.

Don't allow the limitations of those around you to be your own insecurity, it makes you hate people you don't even know.

Some people are like clouds. When they disappear it's a brighter day.

Respect your haters, because they are the ones who think you are better than them.

Vikrant (V-1457)  
XI-A2



## HARDWORK VS. SMARTWORK

Effort is important, but knowing where to make an effort makes all the difference.

With hard work we can complete a task successfully, but in order to gain fame and recognition, smart work matters a lot. Smart workers prioritize their tasks, complete the most important ones first and the rest later. This makes their job easy since they can act towards a solution depending on their priority.

Smart work lets you understand the time and efforts consumed even before performing the task with a plan on what needs to be done.

Smart workers reach success pole soon. In short working hard in a smart way will lead to success in any task assigned to us.

So be it school, college or job we should learn how to complete a task in less time with less resources and at the same time reach end point without flaws. We should continuously improve our interpersonal skills, communication skills, time management skills and many other skills, apply our smart work and hard work in the right places, in the right way and at the right time.

- Believe in yourself
- Work hard, work smart and passionately
- Present your best self to the world.

Aakash (I-1326)  
XII-A

## KINDNESS

Kindness is a language which even the deaf can hear and the blind can see.

In Hindi it's a saying 'Kar bhala to ho bhala'. The saying means that when you do good to others, something good will happen to you too. Doing good to somebody without expectation of any favour in return is kindness. Kindness is an act that gives us a feeling of happiness and satisfaction.

Even in Christianity Mother Teresa became famous for her different acts of kindness and is respected by all. Everyone respects and appreciates a kind person.

The various acts of kindness which we can adopt in our day to day activities include giving respect to elders, helping the mother in the kitchen and household works, treating people with low income such as gardener, cobbler and guards with respect, offering seats to elders and handicapped people while travelling by bus or train. Sometimes, this also happens that people take advantage of your kindness

and can befool you. Be little alert in that case.

Undoubtedly kindness is contagious. An act of kindness motivates other people also to do such activities. An act of kindness will never go waste and people will always remember how you made them feel.

Can we imagine a world without kindness and humanity? Without kindness, the world would become a lonely place with people being selfish and inconsiderate. Nobody wants to see a world like this, hence it becomes our responsibility to adopt kindness wherever and whenever possible.

Cleverness is a gift, kindness is a choice. Now it's your choice.

Himanshu (I-1216)  
XII-C





## EGO

Every emotion has two sides positive and negative, so is the same for ego.

### EGO – Exploring Growth Opportunities

So, it is good to have an ego but in positive way. From the positive perspective, ego simply means a solid, healthy and strong sense of self. Ego in this regard is essential in business. To be a powerful force in business means the individual has to be solid and self-reliant. Though a big ego is usually considered to be a negative trait, infact the bigger the ego, the better it is.

Big ego doesn't mean you're stuck up or conceited, rather it means you are able to access within yourself the truth in any given situation. This involves reason, discernment and balance even in the most tumultuous and challenging times. All too often though what is meant by a big ego entails a bull-headed, narrow-minded, arrogant, self centered attitude.

"Great people have ego's, may be that's what makes them great".

-Amandeep (SM-1313)  
XI-C



## PROCRASTINATION

Delaying is a habit Putting off an act or a task until last minute or indefinite period of time. I'll complete it by today or tomorrow, I'll do it later, all these show your habit of delaying. This is called Procrastination. It stops you from completing an important task. You get attracted towards the things that give you pleasure or happiness.

Psychologists say that there is one part of brain called Limbic system which is responsible for our emotion & another part called pre-frontal cortex helping us to make strategy, take decisions, make aims and fulfil them. When there's a tug of war between these two and pre-frontal cortex loses the battle, as a consequence we become procrastinator. These people have more stress and their life becomes topsy-turvy.

We often misunderstand laziness and procrastination as one but procrastination is delaying a task for another task that gives you pleasure but laziness is a state that doesn't allow you to take interest in any kind of work. Giving up the task is the main agenda when you are lazy.

Procrastination is a habit that can be changed by our efforts. You have to accept that you have the habit of delaying. Whenever this thought comes to your mind that you have much time and it isn't the right time to do, stop there. The work is important so start doing the work at that moment only as right time never arrives. Never delay a work just because of the fact that you'll give your best the next day. It is always better that the task performed is second class than zero. No one gets any special time for anything, you have to steal time. If you keep on waiting for the right time. You'll be waiting for the rest of your life. The lines by Saint Kabira still hold significance, "Finish tomorrow's task today and today's task right now, when would you finish if the world were to end the next moment." Professionals also suggest the use of POMODORO technique to get rid of

procrastination. This technique has four easy steps:

- Decide a work to do.
- Set a timer for 25 minutes and give your whole energy to that work only.
- After completion of 25 minutes, have a break of 5 minutes and thus one pomodoro cycle completes. Repeat steps 1-3 four times.
- After four Pomodoro cycles, have a long break of 15-20 minutes.

The best part of this technique is it is easy but remember No phone, No break, No social media for those 25 minutes.

"Life is hard for two reasons – either you are staying in your comfort zone OR you are leaving your comfort zone."

-Yash (S-1281)

XI-A

## WHO IS HE?

It was a time he used to wake me up  
gave me bath and then chocolate milk in a cup,  
He made my plaits and dressed me as a doll  
Took me to the school and dropped me in the hall  
For five to six hours, I would miss him a lot  
And would feel happy to see him again inspite of  
the whether being so hot.

He would take me in his arms and my bag on his  
shoulder  
I could see him taking heavy breaths as he was  
growing older  
Then he would make me wear some beautiful  
dress  
And surprisingly, he was so good at choosing  
from that mess,  
Then he would serve me lunch  
Accompanied by a sweet munch.  
After lunch I would play with his beard so deep  
And in doing so didn't know when I would fall  
asleep,  
In the evening, he would wake me up with his talk  
But, mind it! It was never a cakewalk,  
He would fulfill all my tantrums happily I don't  
know how  
For which I love him even till now,

I would come back dirty for which I was mad  
And he would help me with my studies  
And at that time I would talk about my buddies  
somehow he would make me complete my work  
For which I would call him a clerk,  
Then after supper he would take me to bed  
And before sleeping I would kiss him on his head.

From morning till night  
He always filled my life with colorful delight,  
Today I am no more a child  
But still without him I just go wild, Everything has  
changed so long  
Except for our relationship that is today even  
more strong,  
But till now I've not known this man  
Is he a magician or a superman?  
Or a teacher who guides me all the way long  
Who has made my internal self so strong,  
Ah! Who is he?

People know him as my DAD  
But alas, they don't know him for which I feel sad  
He cannot be described in words  
My DAD as he is, so special.

## LOVE YOU DAD

-Bhumika (SMG-1341)

X-D