



CONVENT SR. SEC. SCHOOL, KATHGODAM News Letter

2010

FROM THE PRINCIPAL'S DESK



Dear Students,
Time flies fast and the session 2009-2010 is wrapped up after a flurry of multidimensional activities and greatest experiences at Nirmala. Our multifarious activities trundle along with us and after another academic year ends, we once again realize that our journey has just begun. We strive to travel with greater zeal in the

future forging ahead through even more exciting and variant challenges.

"No strong will, no success" is one of the greatest principles of life. All difficulties will vanish if we have a resolute will like that of Columbus to discover a new world and reach the top of it. Our dreams contain the strength to transform mediocrity into excellence.

Life is a bagful of experiences, happiness, sorrows and struggles but it is our attitude that matters the most and decides our altitude. Winners achieve despite problems, not in their absence. The biggest challenge you can ever take is to live the life of your dreams. Taking the road less travelled. Taking responsibility for results in a world that loves to blame and deny responsibility. Seeing possibilities that no one else has yet dreamed of. Challenging the way things are. Be the Catalyst that causes change. If you were in the crowd, thinking and behaving like everyone else you wouldn't be different. Be a visionary. Refuse to accept anything that is mediocre. Let go off the chains that has bound you to the ordinary. The only place you will reach if you follow the crowd is the exit. Stand for your best, live by your values, commit to excellence. Be outrageously energetic and madly alive. Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin but to give up enthusiasm wrinkles the soul.

'Many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.'

May God make all your dreams come true in this new academic year.

- Sr. Yvette

THE EDITOR SPEAKS

Dear Readers,

The News Letter, as you know, is a mirror to what goes on in the school throughout the year. Besides it provides the students a platform to express themselves in writing, to develop penmanship and to improve their writing skills. Eversince the year 2001 we have been bringing out the News Letter of the school every year and we are happy to see that our



students are now taking interest in its publication. They are becoming increasingly interested in getting their articles printed in an elegant manner in the News Letter. This year too, their response was encouraging.

Every child is gifted with some talent. The school must provide opportunities to the child to develop that talent and use it as an asset in building his career. We are happy that we have been doing it over the past four decades and thousands of our ex-students are now serving the nation as doctors, engineers, army officers, legislators and social workers. We vow to do the same in future as we are an institution and the institution goes on for ever. In this context I am reminded of Lord Tennyson who in one of his poems has beautifully depicted the quest of a stream to join the brimming river :

I chatter, chatter as I flow
To join the brimming river
For men may come and men may go
But I go on for ever.

The brook in the poem symbolises the journey of a human being. It inspires us to keep moving forward in life and never look back before we reach our destination. Just as a number of brooks empty their waters into and contribute to the making of a river, in the same way a number of institutions contribute to the making of a society. Educational institutions are indeed the purest brooks that bring fresh water into the stream of society. Just as the purity of a river depends on the streams that empty themselves into it, in the same way, the greatness of a society depends on the stuff that it receives from the educational institutions. We must not fall short of the expectations of our society as the destiny of a nation, it is said, is shaped in her educational institutions. We are committed to the making of a great nation.

- K.K. Tiwari

From The Reporter's Diary

(April 2009-March 2010)



The Principal administers the oath of duty to the elected members of the school parliament

1. Beginning of the New Session : The new academic session began on April 1. The students were addressed by the Principal in the morning assembly. In her inspiring speech, Rev. Sr. Yvette urged the students to get busy with their studies with new hopes and aspirations and face the challenges of the future with strong determination.

2. Installation of the New School Cabinet : Elections to the School Parliament were held on 25 April and the Installation ceremony took place on 2 May in which the elected and the nominated members of the School Parliament took the oath of duty and loyalty to the post they hold.

3. Farewell to the Manager and the Outgoing Members of the Staff : A special morning Assembly was conducted to bid farewell to Rev. Sr. Rita John, the manager of the school, Mrs. Shalini Verma a staff member and Mr. B.C. Pant who retired after completing 25 years of service in this institution.

4. Re-opening of the school : The summer vacation began from 12 May and after a long hot spell of the summers, the school re-opened on July

6. The new manager of the school, Rev. Sr. Seby was introduced to the students in the morning assembly. The new manager was welcomed by the students. She blessed the students with an inspiring speech.

5. Certificates of Brilliance : These certificates were awarded to five brilliant students of the school along with a cash prize by International Children's Equity Fund.

6. Independence Day Celebration : The day was celebrated with zeal and enthusiasm. The national tri-colour was unfurled by the manager Rev. Sr. Seby. An impressive march past by the students followed. A variety of cultural items were staged on the occasion which included patriotic group songs, dances, action songs etc. Thought provoking speeches were made by the students on the occasion.

7. Feast of Ven. Mother Bridget of Jesus : The feast of the Ven. Mother Bridget of Jesus was celebrated on 3 september. The life and works of the foundress of the Ursuline congregation were highlighted in a beautiful speech made by a student and in the skit and a group song that was presented on the occasion.

8. Jubilation and Departure : Both went hand in hand in the morning assembly of september 4 when the Nirmala family congratulated Miss Saroj Joshi on completing 25 years of service in this institution and at the same time bade farewell to Miss Shanti Prakash who retired after completing 33 years of dedicated service to this institution.

9. Teacher's Day : The celebration began with a prayer service which was followed by a variety entertainment programme organised by the students for the teachers. Silver Jubilarian Miss Saroj Joshi and the outgoing member of the staff Miss Shanti Prakash were also honoured on the occasion.

10 Post Examination Picnics : The fret and fever of the Half Yearly Examinations being over the students of classes VII



The Principal lights the lamp to inaugurate the Literary Association.



An impressive marchpast on the Republic Day



Celebration of the Teachers' Day-Rev. Sr. Seby-the manager lights the lamp



You are the springs of
inspiration dear teachers!

Eye-capturing models and projects in Science, Social Science, Maths. Languages and Arts & Craft were displayed by the students. Mr. Deepak Rawat I.A.S., S.D.M. Haldwani, inaugurated the exhibition.

13. Annual Athletic Meet 2009 : It was held on December 18 and 19 and included races, jumps and throws. Perfect sportsman spirit was displayed by our students

14. Tiny - Tots on the stage: A beautiful cultural programme was staged by the tiny-tots of the K.G. classes for their parents on 22 December. Mr. Sumit Tikku, Principal Deekshant School, Haldwani has been the chief guest on the occasion.

15. Celebration of Christmas : On the eve of christmas (De. 23) a short cultural programme was held at the school to spread the message of christmas. It included carol singing and a dance-drama high-lighting them christmas message. Rev. Fr. K.V. Johny graced the occasion and delivered a short speech. Rev. Sr. Yvette our Principal also delivered an inspiring speech on the occasion.

16. Celebration of Republic Day : The celebration began with the unfurling of the national tri-colour by Rev. Sr. Seby, the manager of the school followed by the national anthem. An impressive march-past was displayed by the students of classes VII to XI. The programme included speeches, patriotic group songs, action song and a group dance. The finals of the sports events for the primary classes were also held after the cultural items.

17. Farewell to the outgoing students of class XII : The farewell ceremony included a prayer meeting which had already been conducted earlier and a variety entertainment programme followed by a tea-party on 18 February.

18. The A.I.S.S.E. & A.I.S.S.C.E. Begin : The session ended with the beginning of the Board's examinations on March 2. The Annual Examinations for the rest of the classes followed.

19. The School Literary & Dramatic Association : The Association was inaugurated on 7 May by Rev. Sr. Yvette, the Principal. The following activities were organised by the Association during the Year :

- I. A Recitation competition for the students of classes III to V on 7 August.
- II. A 'Just a Minute' competition for the senior students of classes IX to XII on 11 August.

to XII enjoyed an outing at wonderland, Moradabad on 24 October. Students of the primary classes also went on a picnic to Fun city Barailly on 31 October.

11. Children's Day : A special morning assembly was held to pay homage to the architect of modern India - Pt. J. L. Nehru. The assembly was held by the teachers and included thoughts, messages speeches, recitation of poems and group songs.

12. 'Prayas - 2009' : The creativity, imagination and talents of our students found expression in an exhibition put up by the school on 5 December.



A group dance being staged



A patriotic group dance being staged
on the independence day



Let Peace Prevail in the world



A scene from the valedictory function of the L.A.

- III. A recitation competition for classes I & II on 13 August.
- IV. Drawing competition for classes I & II on 29 August.
- V. Talent Hunt competition for classes III to V on 29 August.
- VI. Inter-House skit competition for classes IX to XII on Sept. 14.
- VII. A Fancy Dress Competition for classes I & II on 19 September.
- VIII. Inter House G.K. Quiz for classess IX to XII on 19 September.
- IX. a Talent Hunt Competition for the senior students of classes IX to XII on 21 November.
- X. A Solo singing competition for the students of classes VI to VIII on January 3 and the same for classes III to V on February 1.
- XI. A solo dance competition for the students of classes IX to XII on February 2.
- XII. The L.A. held its Valedictory Function on 24 February to close its activities. A cultural programme was staged on the occasion.

20. Games & Sports (Round-up) :

Inter House Matches :

- I. Junior Boys football match between Pataudi and Raman House on August 29.
- II. Junior Girls Basket ball match between Priyadarshini and Teresa House on the same day.
- III. Senior Boys Football Match between Priyadarshini & Raman Houses on 31 October.
- IV. Inter House Cricket Matches of the Nirmala Premier League played between different Houses on 12 & 14 November as part of the Children's Day Celebration. The final match was played between Raman House and Teresa House on 16 November with Teresa as the winner.
- V. Inter House Junior Girls Basketball match between Pataudi House and Priyadarshini House on 21 November.

21. Nirmala Shines :

- I. Our students participated in a Drawing and Painting competition organised by the L.I.C. India Ltd. Ayush Tamta of class V C stood first in this competition held on September 6 and another student got a consolation prize.
- II. Our students also participated in Poster Drawing and Essay Writing competitions held by F.T.I. Haldwani on 12 September.
- III. Bhumika Khatri of class X-C got the I prize in G.K. Quiz and Essay Writing and Samyak Bahuguna X-A got the I prize in G.K. Quiz held on 16 September by the F.T.I. Haldwani.
- IV. Our Kho-Kho team participated in an Inter-School Tournament held at St. Theresa School, Kathgodam on 18 September.
- V. Our athletes also participated in the III cluster C.B.S.E. Athletic Meet of the North Zone held at F.T.I. Haldwani from 7 November to 10 November.
- VI. On 9 November, Abhishek Adhikari, class X-B got the First Prize and Diksha Kandpal



A Cricket Match Being Played on the ground on Children's Day



The outgoing students of Class XII at the farewell party

class XI and Kanika Jalal of the same class got the II and the III prizes respectively in G.K. Quiz and Drawing competition held by the F.T.I.

22. Memorable Days - Observance & Celebration :

- I. A special morning assembly was conducted by class XII-C on April 6 to observe and highlight the importance of Mahavir Jayanti and World Health Day.
- II. Earth Day was observed on 22 April. A special morning assembly highlighted the significance of the day.
- III. The morning assembly of April 24 highlighted the importance of Manav Ekta Diwas.
- IV. The importance of Anti Child Labour Day was emphasised in the morning assembly of 30 April.
- V. A special morning assembly was conducted on May I to observe the Day of working class solidarity.
- VI. 'Buddha Purnima' and Mother's Day were observed in the morning assembly of 11 May.
- VII. With the aim of creating awareness among the students about the rapidly increasing population and its harmful effects World population Day was observed on 10 July.
- VIII. Homage was paid to the martyrs of the Kargil-War on 25 July in the morning assembly.
- IX. The celebration of Raksha Bandhan on 4 August included a speech, a skit and group songs by class V-B.
- X. The importance of the Quit India Movement in India's Freedom Struggle was highlighted in the morning assembly of August 10.
- XI. The importance of Shree Krishna Janmashtami was highlighted in the morning assembly of 13 August.
- XII. Special morning assemblies to highlight the importance of the following days through speeches, songs and skits were also conducted in the school :
 - a) World Literacy Day (8 September)
 - b) Hindi Diwas (14 September)
 - c) International Day of Elders (1 October)
 - d) World Food Day (14 October)
 - e) Guru Nanak Jayanti (2 November)
 - f) National Education Day (11 November)
 - g) World Aids Day (1 December)
 - h) Feast of Mary Immaculate, Mother of Jesus (December 7)
 - i) Human Rights Day (December 9)
 - j) Armed Forces Flag Day (December 9)

23. Seminars & Symposia :

- I. A seminar on the role of a Meaningful Teacher in Students Life was conducted by Rev. Fr. Sebastian Francis from Allahabad on 30 June and 1 July in the school hall.



Jesus is born - a scene from the Christmas Play



Rejoicing with Santa Clause -a scene from the cultural programme staged on the eve of Christmas.

- II. On August 22, Mrs. Saraswati Singh, an eminent educationist organised a workshop for the teachers on the topic Intelletually Challenged Children.
- III. A seminar for the English teachers was conducted by the Orient Black Swan (formerly Orient Longman) on 30 September. Mrs. Shila Kurion was the resource person.
- IV. Our Principal Rev. Sr. Yvette with the class teachers of class IX A and IX B attended a seminar at St. Amtul's Public School, Nainital on 18 November. The seminar was held by the C.B.S.E. to appraise the Principals and the teachers of the new and changed examination pattern and the grading system for the secondary classes.
- V. The 'Whisper Team' conducted a seminar for the girls of classes VII and VIII on personal hygiene. The mothers of the girls of class VII were also invited to attend the seminar.

24. Non - Curricular Examinations :

In order to explore the latent talents of the students, the following examinations sponsored by various national and international agencies were conducted in the school :

- I. All India Talent Search Zonal Oral Examination on 18 April.
- II. National Cyber Olympiad on September 10.
- III. International Assesment Test 2009 on 3 September.
- IV. Science Olympiad on 19 November.

'PRAYAS - 2009' - A FEAST FOR THE EYES



Specimen of art and the magic of numbers

Prayas - 2009 is the name of a grand exhibition that was put up at the school on 5 December. It was a show of talents, an expression of creativity, of the novelty and originality of ideas, a display of perseverance and hard work and, above all, an attempt to win the hearts of parents and other viewers.

'Rome was not built in a day', it is said. Every project or model that caught the eyes of the viewers came to its final shape after a long process of making and dismantling. The budding scientists, artists, literatures and linguists of the school burnt their mid-night oils and did not leave any stone unturned to provide perfection to their models. Under the guidance of their teachers, young Nirmalites worked with full potential and wiped out

all apprehensions from the minds of the grown-ups about the future of the up-coming generation.

No subject remained out of the reach of the students. For the first time in the history of this institution, students brought out projects on language and literature. Origin and development of the English language was a unique project brought out by the students of class XII C. Similarly the working model of the printing press presented by the Hindi department was an excellent one. A group of students from class XI A demonstrated a scene from Coleridge's Ancient Mariner in which a ship gets stuck in an icy region and later gets rescued by an Albatross. The globe theatre of Shakespearean times was another interesting model in the Language section. Other eye capturing models of the language section were - a scene of the great Kumbh fair of India (Hindi Section), an alien accidentally brought to earth by a space ship and kept in a glass prison, Gulliver tied to earth by the Lillyputians, Seven Ages (English Section) etc.



**Towards urbanization
India's economic development**

Some of the most imaginative and creative expressions of the talents of our students were to be seen in the

Social Science section. As you entered the school hall, the first thing that caught your eyes was a huge globe painted black tied with heavy iron chains and locked. Astriding it, a cut-out of Adolf Hitler - the Dictator's Dream, it was titled. Salt satyagraha and the Dandi March, Tehri Dam, The journey of a river, the working model of a guillotine that dates back to the times of the French Revolution were indeed fine creations.

The display of the Science Section was magnificent. Young scientists of Nirmala seemed blessed with many original ideas about dealing with the challenges of the future. The rocket Balloon car - a project work of class XI A beautifully executed the idea of using air as the energy to move the vehicles in time of energy crisis. Hydraulic crane and lift fire Alarm, generation of hydroelectricity were some other fine models of the Science Section.

Commerce students beautifully displayed the



Evolution of species - A scene from the Science exhibition

changing face of the world economy. Globalization and its impact on Indian economy, the economic growth of India, India's economic infrastructure etc. were skilfully demonstrated through models.

The most dazzling, colourful and elegant presentation was to be seen in the school hall where arts and crafts exhibits were arranged. It almost looked like a gift shop of some metro-city. Most of the articles displayed here were made by our students in their S.U.P.W. and drawing periods. The way they were arranged was indeed magnificent, a real feast for the eyes.

The exhibition was inaugurated at 9 a.m. by Mr. Deepak Rawat, S.D.M. Haldwani the chief guest on the occasion. He addressed the students and gave them many valuable pieces of advice about choosing a career in his thought provoking speech. The exhibition evoked the admiration of parents and other viewers alike. Parents were spell bound to see the creations of their children. The media also gave a good coverage to the exhibition. It was indeed an achievement of the Nirmalites.



- A.Viewer



Let not the glaciers shrink - stop global warming



Our teaching staff with the Principal, the manager, the Vice-Principal and the Office-in-charge-Rev. Sr. Pushpa



Dedicated, dutiful and diligent-our silent workers the members of our supportive staff with the manager, the Principal and the vice-Principal



Fare-thee-well ye blossoms of Nirmala's Garden! The outgoing students of Class XII with the Principal, the manager, the Vice-Principal and their teachers.



Nirmala Family bids farewell to Mrs. Sarita Joshi and Mr. M.C. Pandey who retire after completing their service-span in this institution.

I AM AN EX-NIRMALITE

"This is for the last time that you are being addressed by one of your junior school mate and this is last morning assembly you are attending in your school. Very soon, you are going to be ex-Nirmalites " said Jasmeet Kaur in her speech when she addressed the outgoing students of class XII in the morning assembly of 25-2-2010.

What an emotional storm those words created in my heart. I was deeply moved, emotionally jolted. How painful the thought was, the thought of being an ex-Nirmalite, how upsetting. Nirmala - my second home, which has always been so much a part of my life - a place which gave me dreams and where I learnt how to realize those dreams, which gave me hopes, where I came as a tiny bud but bloomed into flower, where I played, where I danced, where I rejoiced, where I sang the sweetest song of my life and above all, where I had an all round development of my personality - that place, that sweet Nirmala, that enchanting Nirmala will only live in my memories and I will no longer take part in its activities - the thought was almost revolting.

Jasmeet proceeded with her speech. Every word that she spoke was jolting me emotionally but when she said, "The time of your departure, dear friends, has come and departure you know is always painful, this year it is your turn and next year it would be ours, departure is the ultimate truth ", I felt relaxed, the storm in my heart calmed down and a philosopher began to console me :

Indeed departure is the ultimate truth of creation. We come we meet we become friends, we love one another, sometimes fight with each other, we share our joys and griefs, we sing to-gether, dance to-gether, we do everything that binds us to-gether and in doing so we too often forget that one day, as the clock strikes a certain hour, we have to depart, we have to go into this wide world to accept its challenges and to pass the examination of life.

Today I am an ex-Nirmalite and Nirmala lives through me. I am and will always be proud of being a Nirmalite. I remember what our principal, Rev. Sr. Yvette said to us on farewell day in her speech :

"Always remember dear students that untill now you lived in Nirmala but now Nirmala is going to live through you. Wherever you go, you will take Nirmala with you. The traditions that you received here and the values that it stands for will always be the guiding stars of your life. Let it not be spoken of you, when the hour of your trial comes, that you were found wanting".

Karishma Jeena
XII - A



Bravo! We are the best.-Raman House wins the overall championship



Priyadarshini House-Runner up, overall championship



Aditi Baluliya-Junior Girls Sports Champion



Congratulations! Raman House lifts the Trophy for best performance in L.A. Activities



Congratulations! Teresa House lifts the trophy for best performance in House Duties



Congratulations! Raman House-Winner-Sports Championship

SAVE OUR NATIONAL ANIMAL

A recent survey done in the forests of India shows that there are only "1411" tigers left in India. Isn't it shocking? Yes, it is.

Our National Animal the Indian Tiger, the animal for which India is proud of is now disappearing. We have allowed our tigers to get extinct. If our tigers go on being poached and killed, then the day is not far away when we would be able to see tigers only in books or our currency notes.

Main causes of the dying of tigers are poaching, poor health and above all deforestation. Deforestation leads to scarcity of prey for tigers in the forests. This scarcity of prey leads to death of tigers either by starvation or fighting for the prey. Also, deforestation directly effects the population of tigers.

The major effects that would be experienced from the extinction of tigers would be degradation of forests and a great ecological disbalance. When no tigers would be left, then there will be an increase in the population of herbivores which would hamper the growth of grass and new saplings which would, in turn, cause deforestation and forest degradation. Moreover, when any species or race is extincted a great ecological disbalance is created and our mother nature takes a very long time to recover from this disbalance. Now, let us, together take pledge to raise voice to wake up the 'sleeping government' and do something to save our tigers from meeting the same fate as the dinosaurs met.

**Anshul Agrawal &
Varun Pandey**
IX - A

A RAINY DAY

Once on a rainy day, I put on a raincoat and went out of my house with an umbrella for a walk. On the way, I saw a puppy who was wet and shivering. I wondered why he had stayed away from his mother. I didn't find anybody around, so I decided to take him home. I asked my mother if I could take a towel and something to eat and drink, for the puppy. My mom gave me the permission, so I dried him and fed him. Then after sometime he lay down and slept. Suddenly I heard someone scratching at the door. When I opened the door, to my utter surprise, I saw a bitch with her three pups all drenched and shivering. The pups and the mother resembled the pup I had brought home. I picked up two pups and walked towards the garage. The third pup and the mother followed me. I used a cloth to dry the pups and the mother. I poured some milk in a bowl, which was finished in a fifty by the hungry visitors. I spread some old newspapers and rugs on the floor of the garage. Then after sometime they lay down and slept. I was feeling very happy because I had helped them. It was really a memorable day for me.

Manul Joshi

VIII - A

SELF ESTEEM

You can't touch it but it effects how you feel. You can't see it but it's there when you look at yourself in the mirror. You can't hear it but it's there everytime when you talk about yourself. What is this important but mysterious thing? It's your self esteem.

Self-esteem is the confidence and satisfaction one has in oneself. It is a measure of how much one likes, accepts and respects oneself as a person. It's how you see yourself and how you feel about your achievements. It's not about thinking you are perfect but knowing that you are worthy of being loved and accepted.

Now, there is a story which highlights the importance of self esteem. Jyoti and Swati are best friends. Jyoti always gets the highest marks in her class. She is the class monitor. Her books are neatly covered and kept carefully in her desk. Swati gets average marks in her exams, and rarely gets a star for her work.

One day the dance teacher announces that there will be an Inter School Dance Competition, "I will need a group of girls and one main dancer" She says.

Everyone thinks that Jyoti will be selected to be the main dancer because she always gets the highest marks in her class.

But Swati says, "No, I think I should be the main dancer".

"Swati, Jyoti is your best friend, how can you say this"? One girl asks Swati.

Swati smiles and replies, "Of course Jyoti is my best friend and I am proud of her qualities but I know that I am a better dancer".

Later, when the teacher watches the girls dance, she chooses Swati as the main dancer because she is indeed the best.

The teacher points out that Swati has a lot of self-esteem. She says to the class "You can all be good at something, just as Swati is good in dance"

Remember, you should know your qualities and work constantly to improve them. How we define ourselves influences our motivations, attitudes and behaviours and affects our emotional adjustments. Instead of thinking about what we are missing, try thinking about what we have that everyone else is missing.

Saloni Bohra

VIII - B

A TRIP TO MARS

Rahul was in his classroom half sleeping, half listening as the teacher droned on and on about NASA's attempts to send a monitored space craft to Mars. He couldn't concentrate because of a nagging throb in his head due to lack of sleep after last night's late night television viewing.

Then, before he knew it, he was in a strange place with white metal walls and a lot of computer screens everywhere. There was a wide window high up. He wished he could jump and look through it. He felt a sudden jolt and he was flying up almost as though he had wings.

He managed to hold on to the windowsill and stared out. He could see nothing but twinkling objects in the distance. He guessed they were stars but they looked somewhat bigger. Below him was a vast expanse of mud, more like a desert, but red in colour. He thought to himself, 'Could it be? No, he couldn't be on Mars, could he?' A sudden noise behind him made him turn. He saw a door like thing opening and he wanted to know where he was, he scrambled towards it. Now, this was really difficult because he was half walking, half floating. When he stepped out onto the dry reddish surface he realized he couldn't be anywhere on Earth, it had to be on Mars. He looked at the scene with interest and wondered if he would see any Martians. He knew it was silly, of course, because he had learnt in school that there was no possibility of any life on Mars, apart from microscopic creatures if at all. But he thought there's no harm in hoping? He felt a harsh tap on his head. Ouch! What was that? Were there Martians after all? He looked up to see his teacher glaring down at him. He had fallen asleep during class.

Akshayata Gupta
VIII - A



LAUGHTER - THE BEST MEDICINE

"Men will confess to arson, treason, murder, false wig or a false teeth, but how many of them confess up to their lack of humour."

Being a habitual early morning walker I find many people like all of us, standing and laughing bitorously without any reason. Initially it came to me as a shocking surprise. Finally the mystery was unfolded and I was given to understand that they were the active members of laugh clubs who laughed as a ritual to provide their lungs with free flow of oxygen.

Laughing takes off the killing tensions of our daily moments. There is a little surprise owing to its magical effect that even a patient is asked to have a hearty laugh by his doctor. Experts say that most of our problems are mental but physical sufferings are often the symptoms of inner discord. So if we change the attitude of our life in general and disease in particular, have frequent occasion to laugh at, and remain in good humour we shall surely be able to overcome most of our problems whether mental or physical. It is a scientifically established fact that laughter in sense of cheerful and hopeful temperament improves digestion. Depression and anger result in the release of adrenalin into the stomach which can often lead to grave body discords. All this indicates that the joviality of temperament and optimistic attitude towards life are the unavoidable essential for a healthy living. A healthy mind and a cheerful attitude makes one fit to take on lives innumerable depressions and still coming out victoriously at the end. One who has a desperate approach towards ones life creates problems for oneself.

Life seems to be bleak without any charm and devoid forcing any one to cry.

"Out of the day and night
laughter has taken flight".

A cheerful attitude towards life gives one the strength to face adversity boldly. Everyone likes a cheerful person. He is bright sunshine for others. He can win the hearts of people and jobs easily.

So its correctly said by John Mashfeild

"LAUGH AND BE MERRY

BUT REMEMBER BETTER THE WORLD WITH A SONG".

Nivedita Pant
VIII - B



SORRY

When a mistake we make
We say sorry
When hostility we want to eradicate
We say sorry
When from punishment we want to be away
We say sorry
When we don't want to spoil someone's day
We say sorry
The word is one but the meanings are numerous.



If we can use this word small
To heal the wounds of all
Then in my mind a thought arise
Why do some people hesitate to apologize?

Saumya Shahi
VIII - A

WAKE UP !



Wake up for your own country
Riches and luxury are momentary
Stand up for your rights
It is not the time to start new religious fights.
Work for the reforms in politics and society
It is not the leaders who are always almighty
The honest and truthful are being exploited and killed
It is the time for the gaps to be filled.
Mutual harmony can save our nation
From this terrorist devastation.
So, wake up for its not too late
Rather than to just sit and wait.

Aditi Balutiya
VII - B

THE TIGER

The Tiger isn't burning bright
Either in shadow or in sun
The tiger family is dimming
Two by two and one by one.
The tiger isn't surviving bright
In the forest of the night
Or in the wilderness of day
We need to understand his plight.
The father Sheru's missing now
Sheru has been shot and skinned
Poachers grind his bones to powder
For some Chinese medicine.
Bones would bring them power they thought.
Put life into some sickly man.
Killing tigers is what we don't understand.



Akshayata Gupta
VIII - A

Coconut- a Unique friend

I like the coconut tree,
I play with it when I am free !
The tree is very tall,
The coconut is like a ball !
Coconut is good in taste,
But, it is not for waste !
Apple, mango, guava are best,
But, coconut is different from the rest !
Drinking coconut juice is good for health,
So, in the doctor's clinic, don't waste your wealth !
By drinking its juice you will be healthy,
That is the way you will remain wealthy !
Take care of your health,
As it is said health is wealth !!



Himani Dasila
VIII - C

मोबाइल का फैशन

आया नया जमाना है,
सबके पास बहाना है,
मोबाइल को अपना है,
आया नया जमाना है।
रिक्शे वाले का भी स्टाइल
जेब फटी पर है मोबाइल,
बस का ड्राइवर जब बस रोके,
मोबाइल निकालकर मैसेज देखे
दहेज में भी मोबाइल है आगे,
देख मोबाइल दुल्हन भी भागे,
दुल्हन का चेहरा गोरा हो या काला,
पर मोबाइल हो कैमरे वाला,
कक्षा में प्रथम आने पर,
बच्चों की यह इच्छा है,
मोबाइल मिले तो अच्छा है
आने वाले जमाने में तो,
बस मोबाइल का होगा नाम,
घर बैठे-बैठे बन जाएगा
इसका हर कोई गुलाम।



उदय राज राणा
7-ए

वृक्ष

वृक्ष होते हैं हमारे मित्र,
वे रखते हैं वातावरण पवित्र।
बनाते हैं फल और सब्जी हमारे लिए,
बिना कोई भी आनाकानी किए।
बौंधते हैं ये मिट्टी कसबे,
ताकि वो बिल्कुल भी न खिसके।
जीव जन्तुओं के घर वे बनते,
चारिश और धूप से उनकी रक्षा करते।
वृक्ष देते हैं हमें जीवनदान,
इसलिए हमें करना चाहिए इनका सम्मान।
ये करते हैं आवश्यकताएँ पूरी हमारी,
इनकी आभारी हैं दुनिया सारी।

उत्कर्ष जैन
8-बी

आगे बढ़ना है

बढ़ना है तुम्हें आगे बढ़ना है।
एक नये पहाड़ की चोटी पर,
तुम्हें एक नयी विजय पताका
फहरानी है।
बढ़ते-बढ़ते तुम्हें कभी न पीछे
देखना है।
और न ही राह की बाधाओं से
कभी घबराना है।
गिरपड़े तो संभलना है
और फिर न गिरने का कभी
प्रयत्न करना है।
या जाओगे एक दिन
पर कभी न भूलना
अपने अस्तित्व की गरिमा को !!



पार्थ नाथ
6-सी

Students of Today

Many children go to school to learn,
But some go to school with certain concern.
Some go to school for having a walk,
While others to there only to talk.

Some go to school, their parents to obey,
But others go there, their fees to pay.
Some go to school to do their duty,
But some go there to show their beauty.

Some go to school, their friends to meet,
While others go there to occupy a seat.
Some go to school, their teachers to please,
And some go to school, their teacher to tease.

But for some going or not going is the same !

Mayank Joshi
IX - A



THE DRAMA

Stage is what this world is
And we are merely actors
Script is what this life is
And God, the only director.

Dialogues depend on your choice
Better choose them carefully.
Or spoil the drama with your voice
By just speaking abruptly.

All have an exit and an entrance
On-stage and off-stage at an instance
Even if the actors are not knowing
The drama of life keeps on going.

Infancy, old age and youth are the scenes
And time as the one never seizes.
Even if the drama is already scripted
Actors have a chance to re-script it.

We choose to play the hero or villain
To be the good or be the evil
But dare not be the villain
Because the drama ends with
Good over evil

Meenal Singh
IX - B



The Little Plant

In the heart of a seed
Buried deep so deep
A dear little plant
Lay fast asleep.

"Wake", said the sun-shine
"And creep to the light".

"Wake", said the voice
Of the rain drops bright.

The little plant heard
And it rose to see
What the wonderful
Outside world might be.



Utkarsh Jain
VIII - B

WHAT IS LUCK

For weak students, it is just an excuse,
But for stronger ones, surely it is of no use.
Would ever the career of strong men shine,
If they believed in luck all the time?
So why not try your effort sometimes!
Weak students blame their luck for their failure
But hard work and only hard work can be their saviour
Life is a sphere full of opportunities
If you make full use of your abilities
Luck may not always be with you
But hard work, surely will bring good fruits to you.

Aliza Zafar
VII - A



SCHOOL

School bells are ringing loud and clear,
Vacations over, school is here.
We look for our pencils and books,
And say goodbye to fields and brooks.
To carefree days and sunny hours,
To birds and butterflies and the flowers.
But we are glad school is begun,
For work is always mixed with fun.
When autumn comes and the weather is cool,
Nothing can take the place of school.

Supriya Shorot
VI - A



THE STORY OF A SEED

I lived in a hard shell
I remember.
Too shy to raise my head
I was so tender.
But one day, the water
Poured by the rain.
Urged me to stand
On the plain.
The sunlight called from above and said;
"I'll lead you above of this earthen bed."
But my mind was seized
By fearful thoughts.
What if I am tread
by animal trot?
What if I drain in
the flooding rain?
What if the storm leaves
me in vain?
Too shy to show up,
I was so timid.
But a little courage I showed
To get rid
Of the gloomy soil, towards the ray of light
To an unknown world, which was so bright !
I stand strong in
the sun today
with a bulky trunk and
a story to say
of the little courage that
made me able
to stand in this world
so stable
which made me a tree
of need
I was just a seed



Meenal Singh
IX - B