



# SATYAN MIRROR

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# Editorial

Satyan mirror is an anomaly when we look at the publications published in it that the school can boast of. Every year, we only have one shot at perfection, one attempt to engage our Satyan readership and this year too it unfolds the imagination and gives life to the thoughts and aspirations of every Satyan. This amorphous frame work unleashes a wide spectrum of creativity and ingenuity at display which truly highlights the school's progress. As we complete ten years, what comes to my mind is that, "Success comes to those who work hard and stays with those who don't rest on the laurels of the past". The fruits of our labours are no less exciting. Our students have once again proved that learning at Sat Paul Mittal is secure, integrated, collaborative and innovative. School has integrated value system, leadership within the community, empowerment, ability to make the right choice, maximise intelligence potential, balance between creativity and skills and self imposed discipline among its students. This constantly evolving world at Sat Paul Mittal School has always managed to adapt to the passage of time. However, certain constants have had to be maintained; and this issue of the Newsletter has brought the tangible items passed through the years, into limelight. Our vision for the next decade is for the top most school taking up its rightful place alongside the great schools of the country. Our mission is to develop exceptional boys and girls to serve a meritocratic India and inspire them to be just and ethical citizens; train them to be wise and principled leaders and prepare them to enter one of the strongest fraternities of life. My thanks to the Editorial Board for all the endeavours and support in breathing life into these pages.

Happy Reading!



**Ms. Geetanjali Sial**  
Editor-in-Chief

A decade worth of memories are linked and compressed into these pages which you hold before you. I cannot begin to describe the hours that went into editing, formatting and an almost infinite number of trips to the staff room. None of this, of course, could have been done without the people involved in its publication.

In the world around us, firms and organizations ensure that customers' curiosity is kept alive with new products or systems all the time and they are just a mouse-click away from something new. The world today craves originality and measures time in nanoseconds- so change is the only way to get it. One can only get better by changing and evolving, by doing something different, by trying something new as well as consolidating the old with innovative practice, by pushing oneself out of one's comfort zone.

As citizens of the 21st century, each one of us needs to become the best not by doing what everyone else is doing, but by doing it better. We need to think of completely new things and try them. If at first we don't succeed, we need to try, try, and try again... We need to do everything to make it happen. Otherwise, if everyone else is moving forward, you'll be moving backwards by comparison. We, Satyans take endless pursuits for perfection.

In the end, I would like to thank everyone who has helped out with this magazine in anyway, remember that there is a bit of you in between these covers. Cherish the memories, for the next one won't be the same.

**Tushar Gupta, XI-C**  
Student Editor





# COVER STORY

## Dr. APJ Abdul Kalam's Visit

Sat Paul Mittal School celebrated the completion of ten-years of operation in the esteemed presence of India's Former President, Hon'ble Dr. APJ Abdul Kalam. As part of the 10-year celebrations the school will be conducting several events through the academic year 2014-15.

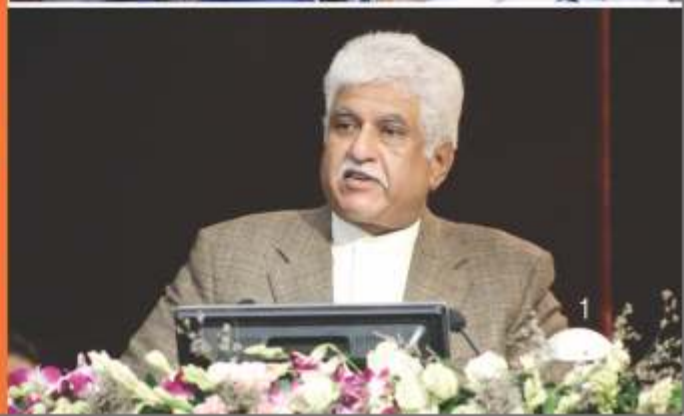
Better known as India's 'Missile Man', Dr. Kalam addressed the students in the newly constructed state-of-the-art auditorium in the school. Present on the occasion were Mr. Rakesh Bharti Mittal, Chairman, Governing Council, Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School, Members of the Governing Council, Members of the Academic Advisory Council and several other dignitaries.

The function started with the lightning of the lamp and a divine dance performance invoking the blessings of God followed by Mr. Mittal's address.

In his welcome address, Mr. Rakesh Bharti Mittal, Chairman, Governing Council said, "Dr. Kalam's intellectual leadership and patriotism is a source of inspiration to all of us. We are honoured by his august presence as part of school's ten year celebrations and I am confident that his towering personality and achievements will guide the students and staff in fulfilling their aspirations in life."

In his inimitable style, Dr. Kalam addressed the students, igniting their minds with golden nuggets of wisdom and learning. While interacting and encouraging the students he said, "The mantra of success is knowledge and that is a judicious blend of creativity, righteousness in heart and courage." He shared some of the inspirational stories of people who have made it big in their life despite having various impediments. He urged them to succeed in every endeavour with integrity and bring glory to the nation. The interaction concluded with Dr. Kalam making the students to take an oath that they should have a goal and work hard to achieve the same.

Dr. Kalam's inspiring address filled the students, faculty members and staff of the school with enthusiasm and positive energy. The speech was followed by a fruitful interactive session wherein the students of Sat Paul Mittal School asked insightful questions on several national and international issues. The questions reflected the concerns, aspirations and dreams of the young Indians and Dr. Kalam's answers showed them the direction that they need to take to build a strong, prosperous and united India. The former President interspersed his answers with questions of his own making it an extremely lively session.



COVER STORY



# COVER STORY







# VIP Visit

## General Ved Prakash Malik's Visit

The school had the proud privilege of being visited by General Ved Prakash Malik on 9th August, 2014. General Ved Prakash Malik is an Ex-Chief Indian Army and the recipient of the Ati Vishisht Seva Medal 1986 and the Param Vishisht Seva Medal 1996 for his distinguished service to the Indian Army. General Ved Prakash Malik addressed the Satyans in the newly constructed auditorium. The members of the Governing Council, members of the Academic Advisory Council and several other dignitaries were also present at the momentous occasion. The function started with the lighting of the lamp. It was followed by a welcome address by Sh. Rakesh Bharti Mittal, Chairman, Governing Council who said that General Ved Prakash Malik has set exemplary standards of patriotism and leadership qualities. The Guest Speaker was introduced by Lt.Col (Retd) Dr D.B. Sharma, Director, Sat Paul Mittal School who highlighted the glorious career of this iconic leader. Be it Indo-China border conflict, Counter-insurgency operations in Nagaland or Operation Vijay at Kargil, General V.P. Malik has left an indelible imprint by the dint of his meticulous planning, skill and integrity.

In his address to the Satyans, General V.P. Malik shared his views on how to become good leaders. He said, "Leadership is 20% knowledge and 80% attitude." He urged the Satyans to develop a sound character and take on challenges confidently. Self-discipline, team spirit, courage (physical and moral), integrity and personal example are important attributes of a good leader. The patriotic fervour among the Satyans was at the peak when he shared some of the stories of Kargil heroes who sacrificed their lives for the country.

The speech was followed by an interactive session wherein the Satyans asked several questions which General V.P. Malik was pleased to answer. The visit marked the celebration of completion of ten glorious years of the school.



## Mr. Analjit Singh's Visit

The school had the proud privilege of being visited by Mr. Analjit Singh on 13th October, 2014. Mr Analjit, a self-made industrialist, is the Founder and Chairman of Max India Limited and the recipient of the Padma Bhushan Medal by the President of India in 2011. Mr. Analjit Singh addressed the Satyans in the newly constructed state-of-the-art auditorium in the school. In his address to the Satyans, Mr. Analjit Singh shared his views on how to become a successful leader. He emphasised on the need of hard work, grit and determination and perseverance to pave the path to success. He urged the Satyans to pursue their dreams and never complain of circumstances as one can never have ideal situations to start with. He shared some of his experiences with the Satyans and urged them to succeed in every venture with integrity and make their nation proud of them. The speech was followed by an interactive session wherein the Satyans asked several insightful questions which Mr. Analjit Singh was pleased to answer. The Satyans were inspired by Mr. Analjit Singh's aura and golden words of wisdom which he shared with them.





# ACHIEVERS 2013-14

## Class XII

It is a matter of pride that **Sat Paul Mittal School Ranks Number 1**  
in Punjab, Chandigarh and Himachal Pradesh in Class XII (ISC Board) Examinations.

### Commerce Stream

In class XII Commerce Stream : **Akshay Jain** and **Amandeep Kaur** topped with 92.3% marks followed by **Rishab** with 90.3% marks and **Shubham** securing the 3rd position with 89.8% marks.



**Akshay Jain**  
92.3%



**Amandeep**  
92.3%



**Rishab**  
90.3%



**Shubham**  
89.8%

### Medical Stream

In Medical Stream **Raisin Saini** topped with 92.3%, **Ankita Thapar** secured the 2nd Position with 89.3% and **Manveen Singh** secured the 3rd position with 87.8%.



**Raisin Saini**  
92.3%



**Ankita Thapar**  
89.3%



**Manveen Singh**  
87.8%

### Non-Medical Stream

In the Non-Medical Stream **Ridhima Karwa** topped the list with 96.25% marks and **Megha Singhania** secured the 2nd position with 91.5% and **Tushar Rawat** secured the 3rd position with 91.3% marks.



**Ridhima Karwa**  
96.25%



**Megha Singhania**  
91.5%



**Tushar Rawat**  
91.3%

### Subject Toppers



**Ridhima Karwa**  
99% in Maths  
94% in English



**Jugraj Singh**  
99% in  
Physical Education



**Ankita Thapar**  
99% in  
Physical Education



**Tushar Rawat**  
86% in Physics  
99% in  
Physical Education



**Raisin Saini**  
86% in Physics  
99% in  
Physical Education



**Amandeep Kaur**  
92% in Arts



**Megha Singhani**  
94% in English



**Namit Anand**  
86% in Humanities  
78% in History



**Aayushi Jain**  
83.9% in Humanities  
78% in History



**Dolly Seth**  
83.5% in Humanities  
92% in Psychology



**Gurleen**  
86% in Geography



**Simran**  
86% in Geography

# ACHIEVERS 2013-14

## Class X

### Commerce Toppers



**Ojasvi Jain**  
94.6%



**Swapnil Kalra**  
92.4%



**Ayan Watts**  
91.8%

### Subject Toppers



**Ojasvi Jain**  
98% in  
Physical Education



**Swapnil Kalra**  
99% in  
Commercial Studies



**Amreen Kohli**  
97% in Science,  
94% in English,  
97% in Social Studies



**Pratibha**  
96% in Punjabi  
95% in Art



**Arihant Joshi**  
96% in  
Computer Applications



**Sarvesh Malaki**  
97% in  
Social Studies



**Saksham Kukreja**  
92% in Hindi



**Parthavi**  
98% in Maths



**Shobita**  
95% in Art



**Rajdeep**  
94% in Music



**Garv Luthra**  
98% in  
Physical Education

It is indeed an honour that within ten years of its inception, Sat Paul Mittal School ranks number 2 in Punjab, Chandigarh and Himachal Pradesh in Class X Council Examinations.

**Class X Toppers :** **Amreen Kohli** secured the 1st position in the Science Stream with 95.2% marks. **Amolika Saini** and **Parthavi Madaan** secured the 2nd Position with 94.2% marks followed by **Sarvesh Malaki** and **Pratibha** with 93.2% marks.

### Science Toppers



**Amreen Kohli**  
95.2%



**Amolika Saini**  
94.2%



**Parthavi Madaan**  
94.2%



**Sarvesh Malaki**  
93.2%



**Pratibha**  
93.2%



# Potpourri



## ANNUAL FUNCTION

(II-V)

Sat Paul Mittal School was formally inaugurated on 12th April, 2005. The School has successfully completed a decade of excellence. To commemorate this, year long festivities began this *Baisakhi* in the form of Inaugural function which was held on 12th April, 2014 with great zeal and fervour at Guru Nanak Bhawan, Ludhiana. The students of classes II-V presented a cultural extravaganza showcasing the school's

mission, values and practices being adopted to achieve the school's vision. The tenth year of exuberance and celebration was marked by a series of remarkable historic events which were initiated with the release of a Ten Year logo. Ananya Chowdhery of Class III-A was honoured with a cash award and an appreciation certificate for designing the tenth year logo. The Chief Guest, Dr. Naresh Trehan was impressed by the

enthusiasm, confidence and exemplary dedication the Satyans possess. He was full of praise and appreciation for the students and faculty for putting up such a flawless and enthralling show. He praised the efforts of the school for adopting practices that aim at building ethically strong citizens of society. He encouraged all the students to create their unique identity and pursue their dreams with a deep sense of passion.



## EARTH DAY

Sat Paul Mittal School is aware of its role as an important entity on the earth. The school has taken up various initiatives to spread the message of conscientious behaviour to save mother earth. To raise awareness and spread the message of environmental conservation, Sat Paul Mittal School celebrated 'Earth Day' on 22nd April, 2014 in the school campus. Our school has been engaged in a proactive approach for years, encouraging children to learn about ecological protection. The school has implemented rain water harvesting to ensure that as a school we discharge our responsibilities with diligence towards the mother Earth. The day was celebrated with a myriad of educational and fun activities. A Tree Plantation Drive was organized wherein the students planted many saplings in the school campus as well as the parks adjacent to the school. Banners and colourful charts were put up, reading 'Go Green' and 'Don't Blow It- good Planets are Hard to find', to encourage the children on eco-friendly living and preserving the biodiversity. An Inter House Poster Making Competition was held wherein the students painted their thoughts on nature conservation. A strong message was conveyed through the posters that Earth provides enough to satisfy every man's need, but not every man's greed. The Satyans affirmed their resolve to work religiously to save mother Earth from the onslaught of global warming and reckless and irresponsible behaviour of mankind.



## LABOUR DAY

Sat Paul Mittal School celebrated 'Labour Day' in the school campus with great zeal and fervour on 1st May, 2104. A Special Assembly was organized in the school premises to honour the commitment and dedication of the Support Staff in the smooth functioning of the institution. Mrs. Charanjeet Kaur, facilitator of Punjabi, gave an illuminating speech. The students presented gifts to the school Support Staff and a tea party was hosted in their honour by the School Management. A friendly cricket match was also played between the Satyans and the Support Staff. Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School, expressed her heartfelt gratitude and applauded the earnest efforts of the school Support Staff. The Support Staff was overwhelmed by the warm hospitality of the school organization.



## FRESHER'S PARTY

Revelry and fun marked the Fresher's Party on 5th May, 2014. The seniors weaved a spectacular cultural extravaganza wherein the juniors of Class XI showcased their talent with style and substance. After a warm and hearty welcome, the Satyans of Class XI set the ramp on fire with their charisma and classy looks. It was followed by the question and answer round. The Talent Hunt was an amazing display of talent, verve and ecstasy. The students of Class XII presented an electrifying dance performance and a melodious musical recital. The title of 'Mr. Fresher 2014' was conferred upon Garv Luthra and the coveted title of 'Ms. Fresher 2014' went to Rubani Singh.

The evening culminated with the students dancing to the tunes of the DJ and enjoying the sumptuous meal. The function came to an end with fond memories of yet another eventful day which would be etched in the minds and hearts of the Satyans.





# Investiture Ceremony

The House Council members were sworn in at an impressive Investiture Ceremony held at Sat Paul Mittal School on 7th May, 2014 (Junior School) and 14th May, 2014 (Senior School) respectively.

The oath ceremony was facilitated by the Principal, Mrs. Bhupinder Gogia. Keeping in line with the vision of the school to be an institution of excellence where every student is nurtured as a responsible citizen and an empowered leader of tomorrow, this ceremony assumes greater significance by empowering students to be leaders of tomorrow. The presence of parents was also a source of encouragement for the students. The elected House Members were brimming with confidence to shoulder the newly assigned duties.

Junior School



Senior School





# Prize Distribution Function

Satyans believe in the saying "Genius is nothing but an infinite capacity to accept challenges." And they have aptly proved this by achieving outstanding results in X and XII Board examinations. An outcome of sheer hard work and perseverance, these unprecedented results and stellar grades have made Sat Paul Mittal Schools head go high. Indeed, performing par excellence in every field is not an act but a habit with diligent Satyans. To felicitate the meritorious students of Class XII and X, a Prize Distribution Function was held on 24th May, 2014. The School Management magnanimously offered prizes and incentives to the deserving students. A scholarship of ₹10,000/- was awarded to students who secured 89.6% and above marks and a prize money of ₹5,000/- for the students who secured between 84.6% and 89.5% marks. A prize money of ₹5,000/- was also awarded to the students securing hundred percent marks in various subjects. The achievers were appreciated and congratulated by Lt. Col. Dr. D.B. Sharma and Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School. The students who had excelled in various extra-curricular and co-curricular activities for the session 2013-2014 were also awarded. There was a cultural extravaganza presented by the talented Satyans.



## Travelogue

### Adventure Trip to Chail – an experience worth sharing

Far from the scorching heat of Ludhiana, the Satyans took refuge in the beautiful and refreshing mountains of Chail. Forty five students along with four teachers started their journey at 6:00 am on 6th June, 2014. The enthusiastic Satyans boarded the bus for Chail from the school. Children sang songs and played different games to entertain each other. A halt was taken at Chandigarh where breakfast was arranged for the Satyans. After having the breakfast, they moved further on looking forward for much awaited journey.

Sat Paul Mittal School has always been instrumental in organizing enlightening and informative adventure camps to instil confidence and encourage community service in the Satyans and will continue doing so in future.







## INDEPENDENCE DAY

The school campus bore a festive look as Sat Paul Mittal School celebrated the 68th Independence Day with patriotic fervour and national pride. The rich hues of the Tricolour embraced every nook and corner of the campus and the peals of laughter and slogans of *Jai Hind* reverberated through the campus. Saarthak Jain of Class XII-C imitated Pt. Jawahar Lal Nehru's famous speech 'Tryst with destiny' and Muskaan Bakshi of Class X-A vociferously projected her views on the burning issue, 'Are we really independent?'

A wave of patriotism swept through the audience as the Satyans enthralled everyone with their melodious string of patriotic songs. To mark the Independence day celebrations, a plethora of activities were organised for the Junior and Senior school respectively. The students vied against each other enthusiastically as they showcased their talent in inter class Face Painting, Tricolour Rangoli and Tricolour Fireless Cooking competitions. A Solo Song competition was also organised for the Junior School. The highlight of the day was the Tricolour Fireless Cooking Competition which was organised for the faculty members to demonstrate their culinary skills.

## AQUATIC COMPETITION

The Association of Schools for the Indian School Certificate (ASISC) conducted Regional Level Swimming Competition for the students of ICSE/ISC schools at Sat Paul Mittal School on 23rd August, 2014. The astounding success of the students in the competition facilitated healthy outlook of true sportsmanship.



## TEACHERS' DAY

Aristotle said, "Those who educate children well are more to be honoured than parents, for these only gave life, those the art of living well." It was proved right by the Satyans who showered their love for their revered teachers on the Teachers' Day celebrations on 5th September, 2014 at Sat Paul Mittal School. The teachers were

overwhelmed with emotion to witness their performance since the students had prepared without any help from any teacher. The students presented handmade cards to the teachers to thank them for all that they do for the students. The students decorated the classrooms and pampered the teachers with their love and affection.

The School Management also organized a grand event for the teachers as a mark of acknowledgement of all the hard work put in by the teachers for the progress of the school. Lt. Col. Dr. D B Sharma welcomed the teachers on behalf of the School Management. He showered praise on them and inspired them to continue working tirelessly for shaping the students into empowered leaders of tomorrow. He facilitated the teachers' oath prescribed by the former President Dr. A.P.J. Abdul Kalam. The entire auditorium reverberated with the teachers' promise of helping students become great citizens of the nation. The teachers' efforts were earnestly applauded with powerful words by Mr. Bipin Gupta, Vice-chairman, Governing Council.





# SWIMMING GALA

A Swimming Gala was organized at Sat Paul Mittal School on 26th September, 2014. The students competed in different categories in various events like free style, back stroke, Individual medley in Senior and Junior categories boys and girls, respectively.

The gentle rhythmic movements of their bodies underwater with exact precision had a lasting impression on the minds of the audience. The Chief Guest for the day, Shri Bipin Gupta, Vice-Chairman, Governing Council, Sat Paul Mittal School, was impressed by the agility and determination displayed by the participants. He congratulated the winners and urged the spectators to incorporate life skills for their all round development.



## SPECIAL ASSEMBLIES - VALUES

This year Sat Paul Mittal School had chosen 'Values' as its theme for Special Assemblies. Sat Paul Mittal School lays special emphasis on values and leaves no stone unturned in instilling them effectively. The assemblies showcased the core values which Satyans lay emphasis on. Special Assemblies is one way of empowering Satyans to be future leaders of tomorrow.



**Class -V (Confidence)**



**Class -IV (Team Spirit)**



**Class-III (Empathy)**



**Class-II (Sharing)**



**UPVAN - (Respect for elders)**



**PV- (Good Habits)**



**Class-I (Punctuality)**



# POLYMATH

## INTER SCHOOL ACTIVITIES

### ART

#### Zonal Level Drawing and Painting Competition

The Satyans participated in the Zonal level Drawing and Painting Competition held at Ram Lal Bhasin Public School on 3rd May, 2014. In the Senior category Girls, **Diksha Aggarwal** and **Mannat Dua** of Class XII bagged the first position each and the team bagged the first position. In the Senior Boys category, **Sarabdeep Singh** and **Sarabjot Singh** of Class XII bagged the first position each and the team bagged third position. In the Junior Girls category, **Bhavya Sudhakar** and **Vasundhra** of Class X won first prize each and the team bagged first position. In the Junior Boys category, **Armaan Bansal** and **Kanwaraj Singh** of Class X bagged the first position each and the team was declared Second. These students have qualified for the Regional Level.



**Diksha Aggarwal**  
XII-C



**Mannat Dua**  
XII-B



**Sarabdeep Singh**  
XII-A



**Sarabjot Singh**  
XII-A



**Bhavya Sudhakar**  
X-B



**Vasundhra**  
X-C



**Armaan Bansal**  
X-A



**Kanwaraj Singh**  
X-A

#### Poster Making Competition

An Organisation named – "Yes I can" organised Poster Making Competition on the topic 'Say No to Tobacco and Teens against Tobacco' on 19th July, 2014 where **Diya Jain**, **Aadhya Sachdeva**, **Pushti Vadhera** and **Suhaavi Kaur** of Class VI, **Akarsh**, **Divya Arora**, **Navika Gupta**, **Arshia Goyal**, **Saish Arora**, **Ryna Kalra** and **Mudhita Jain** of Class VII, **Ose Singh Bansal**, **Akshi Jain**, **Anahat Gill**, **Kashvi Jain** and **Sohail** of Class VIII, **Harsheen** of Class IX, **Vega Mahajan**, **Vasundhra**, **Bhavya Sudhakar** and **Kriti Jain** of Class X, **Bisman**, **Anjali**, **Mannat**, **Kriti** and **Mansi** of Class XII participated. The Satyans bagged the prize for the best painting.

#### Astrospace Drawing Competition

**Mudhita** of Class VII brought laurels to the school by winning the first prize in Astrospace Drawing Competition held on 20th May, 2014.



**Mudhita, VII-D**



**Diya Jain**  
VI-A



**Aadhya Sachdeva**  
VI-B



**Pushti Vadhera**  
VI-B



**Suhaavi Kaur**  
VI-C



**Akarsh**  
VII-B



**Divya Arora**  
VII-B



**Navika Gupta**  
VII-D



**Arshia Goyal**  
VII-B



**Saish Arora**  
VII-B



**Ryna Kalra**  
VII-C



**Mudhita Jain**  
VII-D



**Ose Singh Bansal**  
VIII-B



**Akshi Jain**  
VIII-D



**Anahat Gill**  
VIII-D



**Kashvi Jain**  
VIII-D



**Sohail**  
VIII-D



**Harsheen**  
IX-A



**Vega Mahajan**  
X-B





Vasundhra  
X-C



Bhavya Sudhakar  
X-B



Kariti Jain  
X-C



Bisman Kaur  
XII-D



Anjali Mahendru  
XII-B



Mannat Dua  
XII-B



Kriti Behal  
XII-A



Mansi Sharma  
XII-A

## ASISC Regional Level Drawing and Painting Competition

The ASISC Regional Level Drawing and Painting Competition was held at Sacred Heart Convent School, Beas on 18th August, 2014. **Diksha Aggarwal** and **Mannat Dua** of Class XII won the first prize in Drawing and Painting Competition in the Senior Level Girls category and qualified for National Level. **Vasundhra** and **Bhavya Sudhakar** of Class X won the second prize in the Junior Level Girls category and qualified for the National Level.

### AMALGAM 2014

AMALGAM 2014 was held at Sacred Heart Convent School, Sarabha Nagar, Ludhiana on 22nd-23rd August, 2014. **Saish** of Class VII won the second Prize in Making Eco- Bags, **Kashvi Jain** of Class VIII won the second prize in On the Spot Painting, **Purnima Chopra** of Class IX won the third prize in Fun with Pastels, **Muskan Bakshi** of Class X won the third prize in Declamation.

An Inter-School Carnival was held at Sacred Heart Convent School, Sarabha Nagar, Ludhiana on 29th-30th August, 2014. The Satyans brought laurels to the school by winning various prizes. **Ananya Chowdhery** of Class III won the first prize in the Painting Competition. **Abir Chadha** of Class I won the Consolation Prize, **Ishana Jain** of Class I won the first and **Harshita Goyal** of Class II won the third prize in Art. **Manya Kathuria**, **Ashmin Batra**, **Shanaya Malhotra**, **Tithi Trehan**, **Aasmi Madaan** and **Sarah Chopra** of Class II won the first prize in the Dance - Folk Contest. **Amaira Ladia** of Upvan and **Alvirah Chopra** of Class I won the third and consolation prizes respectively in the English Recitation Contest. **Simone Gill** of Class IV and **Mehr Gupta** of Class V won the third prize in the English



Diksha Aggarwal  
XII-C



Mannat  
XII-B



Vasundhra  
X-C



Bhavya Sudhakar  
X-B



Saish  
VII-B



Kashvi Jain  
VIII-D



Purnima Chopra  
IX-C



Muskan Bakshi  
X-A



Ananya Chowdhery  
III-A



Abir Chadha  
I-C



Ishana Jain  
I-C



Harshita Goyal  
II-C



Manya Kathuria  
II-A



Ashmin Batra  
II-A



Shanaya Malhotra  
II-B



Tithi Trehan  
II-D



Mehr Gupta  
V-D



Lakshita Verma  
III-D



Manit Jain  
III-B



Eknoor Mundi  
V-D



Aasmi Madaan  
II-C



Sarah Chopra  
II-A



Amaira Ladia  
UP-B



Alvirah Chopra  
I-B



Simone Gill  
IV-D



Shaurya Raj Mehra  
V-B



Adhiraj Mangat  
I-A



Manya Kathuria  
II-A



Poetry Recitation Competition. **Lakshita Verma** and **Manit Jain** of Class III won the third prize in the Fashion Show. **Eknoor Mundi** of Class V and **Shaurya Raj Mehra** of Class V won the first prize in the Fashion Show. **Adhiraj Mangat** of Class I won the first prize in Fancy Dress and **Manya Kathuria** of Class II won the second prize in Fancy Dress Competition.

**Aryaman** of Class IV participated in a workshop held at Whiz Kid, Ludhiana. He made Catch the Match and Remote Control Car. He also attended a 45 days Advanced Workshop from the month of June to the first week of July in which he embedded C++ and made line follower Robot and Edge Avoider. He was awarded for his skillful making of line follower Robot and Edge Avoider. Satyan Aryaman made the school proud when he was honoured at Independence Day Parade for his outstanding contribution.



**Aryaman**  
IV-A

## ORATORY

### Frank Anthony Debate Competition

The Frank Anthony Debate Zonal Level Competition was held at Sacred Heart Convent School, Jamalpur on 11th July, 2014. **Muskan Bakhshi** of Class X and **Aalamnoor Singh** of Class IX brought laurels to the school by winning the Best Team award. **Muskan Bakhshi** was also awarded the prize for the Best Speaker. The Regional level of the Frank Anthony Debate was held at Brooklyn School, Dehradun on 19th August, 2014 where **Aalamnoor Singh** made the school proud by winning the Runners up position.

Frank Anthony Debate Competition 2014 (Category I) was held at British Co-ed School, Patiala on 11th July, 2014. **Amreen Kohli** of Class XI-A bagged the First Runners Up position. The team consisting of **Amreen Kohli** of Class XI and **Tanvi S. Jain** of Class XII also bagged the first Runners Up position.



**Muskan Bakhshi**  
X-A



**Aalamnoor Singh**  
IX-B



**Amreen Kohli**  
XI-A



**Tanvi S. Jain**  
XII-C

### Meet to Compete Competition

The 'Meet to Compete' competition was held at GNIMT, Model Town Ludhiana on Wednesday, 27th August, 2014. **Sanea Mahajan** of Class XII stood third in the Declamation Contest. **Kriti Behal** and **Tanvi Jain** of Class XII won the second prize in the debate contest. **Disha Kapoor** of Class XI stood second in Extempore and **Diksha Aggarwal** of Class XII won the third prize in Poster Making.



**Sanea Mahajan**  
XII-B



**Kriti Behal**  
XII-A



**Tanvi Jain**  
XII-C



**Disha Kapoor**  
XI-A



**Diksha Aggarwal**  
XII-C

## QUIZ

### Mac Fair International

City Montessori School, Mahanagar (Campus II) organised the 11th Mac Fair International from 2nd to 5th August, 2014. **Aalamnoor Singh**, **Ansh Bangia**, **Javteshwar Singh Gill** and **Tarush Goyal** of Class IX and **Kanav Jain** and **Bhavya Sudhakar** of Class X participated in the competition.

**Aalamnoor Singh** participated in Spin-A-Yarn and won the first prize. **Aalamnoor Singh** and **Ansh Bangia** participated in Mac Twin and won the second prize. **Tarush Goyal** and **Bhavya Sudhakar** participated in Numero Wiz and Sci Mac and they won the third prize in Numero Wiz.



**Aalamnoor Singh**  
IX-B



**Ansh Bangia**  
IX-B



**Javteshwar S. Gill**  
IX-B



**Tarush Goyal**  
IX-B



**Kanav Jain**  
X-B



**Bhavya Sudhakar**  
X-B



## QBiz Quiz Competition

The QBiz Quiz Competition was held at Sat Paul Mittal School on 7th August, 2014 by the University of Fraser Valley, Canada. The first prize was bagged by **Dhaarna Jain** of Class XII. The second prize was bagged by **Rubani Singh** of Class XI followed by the third prize won by **Ishan Girdhar** of Class XII. They have qualified for the Grand Finale Round to be held in S.D. College, Chandigarh.



**Dhaarna Jain**  
XII-C



**Rubani Singh**  
XI-C



**Ishan Girdhar**  
XII-C

## LITERARY

### Creative Writing Competition

**Nishant Dua** of Class XII made the school proud by winning the first position in the Creative Writing Competition, in the Senior Boys and Girls Category, held at Ram Lal Bhasin School, Ludhiana on 5th May, 2014.



**Nishant Dua**  
XII-A

### Udaan

"Udaan 2014" was organized by Dainik Jagran at the R.S. Model School, Shastri Nagar, Ludhiana on 9th August, 2014. The event was held to felicitate and encourage the District toppers of the various examination boards (ISC, CBSE and Punjab Board). Satyans **Amandeep Kaur**, **Akshay Jain**, **Rishabh Garg**, **Namit Anand**, **Dolly Seth**, **Aayushi Jain**, **Ridhima Karwa**, **Megha Singhanian** and **Raisin Saini** made the school proud as they were awarded for their outstanding results in the Class XII Board Examination.



**Amandeep Kaur**



**Akshay Jain**



**Rishabh Garg**



**Namit Anand**



**Dolly Seth**



**Ayushi Jain**



**Ridhima Karwa**



**Megha Singhanian**



**Raisin Saini**

### Mathematical Genius Award

The results of the 2013-14 MGA showed the flourishing talent of the Satyans. **Riya Gupta** of Class VI and **Bhavya Sudhakar** of Class X secured the first rank in the State. **Ishaan Bajaj** of Class VI, **Suvrat Jain** and **Yuvraj Singh** of Class VIII and **Keshav Gupta** of Class X secured the second rank in the state. **Armaan Bansal** of Class X secured the third rank and **Diya Jain** of Class VI bagged the fourth rank in the state. **Uday Saggarr** of Class VII and **Vasu Jain** of Class X bagged the fifth rank in the state.



**Riya Gupta**  
VI-D



**Bhavya Sudhakar**  
X-B



**Ishaan Bajaj**  
VI-B



**Suvrat Jain**  
VIII-B



**Yuvraj Singh**  
VIII-C



**Armaan Bansal**  
X-A



**Diya Jain**  
VI-A



**Uday Saggarr**  
VII-A



**Vasu Jain**  
X-A

### UCMAS

**Manit Bansal** of Class VI won the Second Runners Up in the Listening Competition and the Runners Up in the Written Competition in the UCMAS State Level ABACUS Competition. **Riya Gupta** of Class VI also won the Champion Trophy in the Written Competition.



**Manit Bansal**  
VI-C



**Riya Gupta**  
VI-D



## 13th NCO (National Cyber Olympiad)

The second round of 13th NCO was held in the month of October in the school. The Satyans carved a niche by securing the top positions in state. **Ananya Chowdhery** of Class II secured the first rank in the state, **Tahira Grewal** of Class IV **Kanav Jain** of Class IX and **Sachinmeet Singh** of Class XI secured the sixth rank in state.



**Ananya Chowdhery**  
II-A



**Tahira Grewal**  
IV-B



**Kanav Jain**  
X-B



**Sachinmeet Singh**  
XII-A

## 7th IMO (International Maths Olympiad)

The second round of 7th IMO was held in the month of December in the school. **Tahira Grewal** of Class IV secured the second rank and **Riya Gupta** of Class V secured the fifth rank in the state.



**Tahira Grewal**  
IV-B



**Riya Gupta**  
V-D

## 4th IEO (International English Olympiad)

The second round of 4th IEO was held in the month of January in the school. **Aarushi Goel** of Class XII secured the second rank and **Tanvi Jain** of Class XII secured the third rank in the State.



**Aarushi Goel**  
XII-C



**Tanvi Jain**  
XII-C

# SPORTY SATYANS

## Cricket

**Dhruv Sharma, Daksh Mahajan** and **Javteshwar Singh** of Class IX and **Keshav Gupta, Vasu Jain** and **Akshit Arora** of Class X won the ASISC Zonal Level Cricket Tournament held on 10th April, 2014 at Sacred Heart Convent School, Jamalpur, Ludhiana. They have been selected for the State Level Competition. The team brought laurels to the school by winning the Second Position in Under-17 Boys category.

The Punjab School District Championship was held at Sacred Heart Convent School, Ludhiana on 28th and 29th September, 2014. The team bagged the second position in Under-17 Boys and brought laurels to the school. **Danish Malhotra** and **Gurmehar Singh** of Class VIII and **Aditya Goel** of Class VII were among the key players of the team.



**Dhruv Sharma**  
IX-B



**Daksh Mahajan**  
IX-B



**Javteshwar Singh**  
IX-B



**Keshav Gupta**  
X-A



**Vasu Jain**  
X-A



**Danish Malhotra**  
VIII-A



**Gurmehar Singh**  
VIII-A



**Aditya Goel**  
VII-B



**Akshit Arora**  
X-C



## Badminton

**Purvang Dada** and **Gaurang Dada** of Class VIII and **Yuvraj Singh** of Class IX won the ASISC Zonal Level Badminton Tournament on 17th April, 2014 held at Sacred Heart Convent School, Jamalpur, Ludhiana. The Satyans have been selected for the State Level Competition.

**Arnam Jain** of Class V made the school proud by winning a number of medals in the field of

badminton. He brought laurels to the school by winning silver medal in Under-11 Doubles and a bronze in Mix Doubles in Oliver Badminton Junior Cup 2014 held at Hamburg Germany from 6th to 8th June 2014. He also won gold in Under-10 Boys Singles & Doubles in Punjab Open State Badminton Championship held at Moga from 6th to 10th August, 2014 and Gold in Under-10 Boys Singles & Silver in Under-13 Singles in Punjab Open Badminton District Championship held at Shastri Hall, Ludhiana from 29th July to 1st August, 2014. Besides this, Arnam also won Gold in Under-14 Boys' Category in Punjab School Badminton District Championship held at Shastri Hall, Ludhiana from 11th to 13th August, 2014.

**Akshat Gupta** of Class IV, **Arnam Jain** of Class V, **Gaurang Dada** and **Purvang Dada** of Class VIII and **Aryan Aggarwal** of Class VI also made the school proud by winning the silver medal in the Under-14 boys category of the Punjab School Badminton Zonal Championship held at BCM, Shastri Nagar, Ludhiana on 4th and 5th August, 2014.



**Arnam Jain**  
V-A



**Purvang Dada**  
VIII-C



**Gaurang Dada**  
VIII-D



**Yuvraj Singh**  
IX-C



**Akshat Gupta**  
IV-C



**Aryan Aggarwal**  
VI-C

SPORTY SATYANS

## Chess

The Punjab State Chess Championship was held at St. Thomas School, Ludhiana on 23rd April, 2014. The Satyans made a winning streak with **Ravya Jain** of Class IV securing a gold medal, **Samshika Bhatia** of Class IV securing a silver medal and **Samaira** of Class III clinching a bronze medal in the Chess Championship. **Ravya Jain** and **Samshika** have qualified for the National Level Chess Competition.



**Ravya Jain**  
IV-C



**Samshika Bhatia**  
IV-C



**Samaira**  
III-C

## Football

The Junior Football Team (Boys) participated in the Zonal Football Tournament held at Sacred Heart Convent School, Ludhiana on 23rd April, 2014. **Bhanu Pratap Singh** of Class IX and **Kanwaraj Singh** of Class X have been selected for the Regional Level Football Competition.

The Zonal Football Tournament was held at Sacred Heart Convent School, Ludhiana on 23rd April, 2014. The Senior Football Team Boys brought laurels to the school by winning a silver medal. **Garvinjeet Singh**, **Jashandeep Singh** and **Sahil Kumar** of Class XI and **Abhijot Singh**, **Saarthak** and **Sholab** of Class XII have been selected for the Regional Level Football Tournament.



**Bhanupratap Singh**  
IX-D



**Kanwaraj Singh**  
X-A



**Garvinjeet Singh**  
XI-A



**Jashandeep Singh**  
XI-D



**Sahil Kumar**  
XI-B



**Abhijot Singh**  
XII-A



**Saarthak**  
XII-C



**Sholab**  
XII-C





## Lawn Tennis



**Arman Bansal** and **Kanav Jain** of Class X and **Udit Jain** of Class IX and **Rishabh Karwa** of Class VII won the ASISC Zonal Level Lawn Tennis Tournament which was held at Sacred Heart Convent School, Jamalpur on 28th April, 2014 and have also won silver medal at the Regional Level Competition held at Guru Nanak International Public School, Ludhiana.

The Satyans have proved their mettle once again with **Tahira Grewal** of Class V winning gold in Under-14 Girls category in Punjab School Lawn Tennis State Championship held at Shivalik Public School, Ropar from 22nd to 13th August, 2014. **Harnoor Dhillon** of Class VII, **Tahira** and **Iva Dhooria** of Class V also won one silver medal each in the Under-14 Girls category in Punjab School Lawn Tennis District Championship held at Ace Academy, Govt. College Boys, Ludhiana from 20th to 21st August, 2014.



**Arman Bansal**  
X-A



**Kanav Jain**  
X-B



**Udit Jain**  
X-D



**Tahira Grewal**  
V-B



**Iva Dhooria**  
V-C



**Rishabh Karwa**  
VIII-D

## Basketball

The Satyans have once again made us proud by winning the gold medal at ASISC Basketball Competition held at Sacred Heart Convent School, Sahnewal on 2nd May, 2014. **Swapnil Kalra**, **Arjun Sharma**, **Karan Sharma**, **Ramneet Narula**, **Shrey Kalra** and **Kanwarpal Singh** of Class XI have bagged a silver medal at the Regional Level Competition.



**Swapnil Kalra**  
XI-D



**Arjun Sharma**  
XI-A



**Karan Sharma**  
XI-A



**Ramneet Narula**  
XI-C



**Shrey Kalra**  
XI-C



**Kanwarpal Singh**  
XI-D

## Swimming

The Association of Schools for the Indian School Certificate (ASISC) conducted Zonal Level Swimming Competition for the students of ICSE schools at Sat Paul Mittal School on 14th July, 2014. The Satyans brought laurels to the school by bagging medals in various categories.

In the Senior boys category, **Himanshu Khullar** and **Sachinmeet Singh** of Class XII bagged a gold and a silver each in this competition.

In Senior Girls category, **Dharna Jain** of Class XII bagged two gold medals. **Drishti Bajaj** of Class X also won one gold and one silver medal. **Mehtaab Kaur** of Class X and **Prisha Thapar** of Class IX bagged the gold and the silver respectively. **Prisha Thapar** also won gold in the Senior Girl's category. **Pragya Jain** of Class IX, made the school proud by bagging one gold medal.

In Junior Boys category, **Jasraj Singh** and **Saksham Thakur** of Class VII bagged the gold and silver medals respectively. **Pravar Jain** of Class VIII bagged one gold and one silver. **Bikramjit Singh** of Class VII bagged two gold medals.

In Junior Girls category, showing their commendable performance, **Riya Khosla** of Class VI bagged one gold and one silver and **Rutva Seth** of Class VI, bagged one gold medal and bronze medal in Junior Boys category.



**Himanshu Khullar**  
XII-A



**Sachinmeet Singh**  
XII-A



**Dharna Jain**  
XII-C



**Drishti Bajaj**  
X-B



**Mehtaab Kaur**  
X-A



**Prisha Thapar**  
IX-B



**Pragya Jain**  
IX-B



**Jasraj Singh**  
VII-A



**Bikramjit Singh**  
VIII-C





Swimming Competition for the students of ICSE/ISC schools was held at Sat Paul Mittal School on 23rd August, 2014. In the Senior Boys category, Himanshu Khullar of Class XII won a gold medal and Sachinmeet of Class XII secured one gold medal and one silver medal. In the Junior Boys category, Rutva Seth of Class VI won one gold, Jasraj Singh of Class VII won two silver medals and Bikramjit Singh of Class VIII won one gold and one silver.

In the Senior Girls category, Dharna Jain of Class XII and Mehtaab Kaur of Class X clinched two gold medal each. Drishti Bajaj also won one gold and one silver medal in the Senior Girls category. In the Junior Girls category, Ria Khosla of Class VI won one Silver and one Bronze Medal.

The Punjab Schools District Swimming Championship was held at P.A.U. on 29th and 30th September. In the Senior Girls category, Drishti Bajaj of Class X brought laurels to the school by winning two gold medals and one silver medal. Mehtaab Kaur of Class X won two silver medals and one gold medal. In the Junior Boys category, Bikramjeet Singh of Class VIII bagged one silver and two bronze medals. Other winners in the Junior Boys category were Jasraj Singh of Class VII who won one gold, one silver and a bronze medal and Saksham Thakur of Class VII who won a bronze medal. In the Junior Girls category, Ria Khosla of Class VI won one gold and one silver and Japleen Kaur and Sehar Sood of Class V bagged one gold and one silver respectively.



**Riya Khosla**  
VI-B



**Rutva Seth**  
VI-B



**Saksham Thakur**  
VII-A



**Japleen Kaur**  
V-A



**Sehar Sood**  
V-B

## Athletics

The ASISC Athletics Meet was held at Sacred Heart Convent School, Jamalpur on 26th July, 2014. **Avranpreet Singh** of Class X made the school proud and bagged one gold, one silver and one bronze medal. **Archit** of Class X, **Kartik** and **Ishpreet Singh** of Class IX bagged one bronze each respectively.



**Avranpreet Singh**  
X-C



**Archit**  
X-B



**Kartik**  
X-B



**Ishpreet**  
IX-C

The Regional Athletic Championship was held at Sacred Heart Convent School, Jamalpur where **Avranpreet Singh** of Class X brought laurels to the school by winning two gold medals. He has also qualified for the National level.

## Yoga

The Open District Yoga Championship Under 8-12 Girls category was held on 22nd August, 2014 at Dayanand Munjal Auditorium, Ludhiana. **Nandika Aggarwal** of Class IV made the school proud by winning the bronze medal.



**Nandika Aggarwal**  
IV-C

## Skating

**Harshit Arora** and **Bhargav Garg** of Class V brought laurels to the school by winning one silver and bronze medal respectively in the Punjab Schools District Skating Championship Under-11 boys category held on 29th to 31st August, 2014 at Leisure Valley, Ludhiana. **Anusha** of Class VI also won three bronze medals in this competition in the Girls category.



**Harshit Arora**  
V-A



**Bhargav Garg**  
V-D



**Anusha**  
VI-C

## Table Tennis

The Punjab Schools District Championship was held at Guru Nanak Public School from 6th to 8th September, 2014. In Under-14 Girls Category, **Jannat Narula** of Class VII secured the gold medal. **Tanya Khurana** of Class X brought laurels to the school by winning the silver medal in the Under-17 Girls category. In the Under-19 Girls category, **Ojasvi Jain** of Class XI won the silver medal. In the Under-19 Boys category, **Jashandeep Singh**, **Angat Sagar** and **Yatin Aggarwal** of Class XI made the school proud by securing the first position and were declared District Champions. They also secured the Runners Up Position in the Punjab School State Championship held at Jalandhar on 13th and 14th September, 2014.



**Jashandeep Singh**  
XI-D



**Jannat Narula**  
VII-C



**Tanya Khurana**  
X-A



**Ojasvi Jain**  
XI-D



**Angat Sagar**  
XI-A



**Yatin Aggarwal**  
XI-D



# Global Satyans



## Youth for Understanding India

**Gurkanwal Singh and Anubhav Garg** of Class XII and **Kabeer Kler** of Class XI, attended a short term

Student Exchange Programme to Germany organized by Youth for Understanding India from 27th June, 2014 to 10th August, 2014. The Satyans stayed in their respective host families in different parts of Germany to experience the German culture.



## Global Young Leaders Conference (GYLO)

**Sarabdeep Singh** of Class XII took part in the 2014 Global Young Leaders Conference (GYLC) : Becoming Leaders of Change, an vision program. The Conference Sessions took place in United States.

## The Harvard Model United Nations 2014

The Harvard Model United Nations 2014 was held from 13th to 16th August, 2014 at the Hyderabad International Convention Centre. **Amreen Kohli, Garv Luthra, Disha Kapoor, Tushar Gupta** of Class XI and **Parag Bhardwaj, Shivesh Malhotra, Tanya Khurana and Kanav Jain** of Class X participated in the event.



## Doon Leadership Program

**Naren Kalra** of Class X took part in the Doon Leadership program held from 1st – 15th June, 2014. This program which aimed at shaping the leaders of tomorrow was held at The Doon School, Dehradun.



Without any hesitation, I will say "YES". Students should be provided with phones but with limitations. I think they need phones for safety reasons. There are various phones we can opt for. In today's milieu phones are a necessity for every student to be used in emergencies. Another reason for the same is that parents and children stay connected.

**Ayaan Bansal**  
VI-B

In my opinion "Yes," the students should be provided with a cell phone. But not the Android or iOS handsets, because the students need it only for communication. They should be given a normal phone which is just for calling or receiving calls.

**Parn Narang**  
VII-D

That is a universal question which will always end up as a dilemma. Mobile phones have become an essential part of modern life. They have helped immensely in decreasing distances and increasing communication. For students mobiles if wisely used can be very helpful. They can be used as mini computers, a dictionary, for reading news and for searching the internet for important facts or information on any subject and bluetooth can be used for transferring data. For parents it is a gadget given to their children to ensure their safety, where in they can be in constant touch with them. The child is secure and the parents are satisfied that they can contact them incase of any emergency. Hence, mobile phones are a boon and not a bane if used sensibly.

**Anoushka Thappar**  
IX-C

I personally think that mobile phone usage has more negative effects than positive. Excessive usage of mobile phones slowly deteriorates our memory. We become dependent on it, even for small calculations, reminders and note writing. In addition to it, high frequency microwaves are damaging our ears, thus producing brain cancer to a small percentage. Keeping all the points in mind, students should avoid usage of cell phones.

**Yuvraj Deol**  
VIII-C

I think that the most important reason for not allowing students using cell phones at school is to avoid the cheating situation in exam. If cell phone use is allowed during class, it will be difficult for teachers to control and catch students who are texting each other or copying the answers of others during the tests and final exams through cell phones having access to the internet. Furthermore, cell phone usage in class can make students lazy in brainstorming and making use of creativity, in case they deal with difficult problems. As a result, cell phone usage in class should be banned and prevented at school effectively.

Another reason is that cell phones can easily become a students' weapon at school. School environment is a safe and healthy place; however, sometimes due to small problems students can easily take action without thinking carefully, such as fighting, gathering into small gangs or bullying each other. Students often use cell phones to call for assistance from outside when they are get into fights and then reap serious effects later. School administrators find it difficult to control the order of the school, if such a problem happens. Therefore, not allowing them to use cell phones in school is going to avoid the order of school from being put into danger.

In conclusion, I personally consider that cell phone usage in secondary and high school should be banned to prevent unpredictable effects later.

**Sparsh Arora, IX-D**

Your response to 'Should Students be provided with personal phones?' was overwhelming. Whether phones to be given to the students or not completely depends on the way they are being used by them in the school. Send your opinion for our next issue on

**Can corruption be wiped out with the help of technology?**



## Should Sex Education be there in school?

Most of the times, the word 'sex', it is something we keep mum about and on the other hand, we use it as a source of cheap entertainment, which is considered totally "cool". But when our children question us about it, we drop the topic like a hot potato, or show our discomfort, which the tiny minds perceive very well. Isn't it time for us to change our attitude? The young generation is a confused lot, dangling between the parental silence and the overtly casual approach of the 'know-alls' of their peers, who project experiments with drugs and consider sex as the most 'interesting' thing. That's where the school must come in. If the school takes up the noble initiative of providing sex education, children will have the best of both the worlds - the comfortable, conducive atmosphere of the school and the trustworthy company of their teachers. In such circumstances, sensitive issues like sex and the morals attached with it can be imparted very smoothly. Statistics also show that children exposed to sex education are less likely to 'experiment' with it, rather than those who are left grappling in the dark about it. So folks, I am all for it, we could not have a better place than the sacred confines of the school to educate our future about the 'birds and the bees'.

**Suchitra Singh**  
(M/O Adityaveer V-A)

Evidence show that puberty is starting earlier in adolescents as compared to previous generations. So the need to educate children about sex is required at school. When parents talk about sex with their children it becomes awkward for them and even for children. But it is important for them to learn about it so as to avoid teenage pregnancies and sexually transmitted diseases. Teenage pregnancy is becoming a big issue. It results in dropouts leading to unsuccessful career. Moreover kids of teenage mothers are more likely to suffer health and cognitive disadvantage. Use of preventive measures should be explained to teenagers to avoid complications. As it is rightly said that little or no information is dangerous so they should learn all about it. Time to time workshops in the school can benefit the children if regular classes cannot be introduced. Schools promoting similar workshops for parents, have helped them to learn about the mentality, requirements and feelings of children of this era. They also lay emphasis on breaking barriers between kids and parents.

**Hemlata Jain**  
(M/O Radhika Jain IX-D)

Children from the very beginning should be given moral education both at home and at school along with other subjects. They should be taught about good social values, our rich traditions, our great history, so that they grow into adults of such a high character that there would be no need for sex education as there is no need of police in the absence of crime. But this is merely a dream until such a system is implemented in our temples of education. I say, seeing the present scenario, that children according to their age should be made aware about the world around them, so that they could differentiate between right and wrong and do not fall prey to any miscreant. But there should not be any sex education at all in school because what they would see or hear would affect their psychology and never expect roses from oak seeds.

**Parminder Kaur**  
(M/O Meharjot Kaur IX-C)

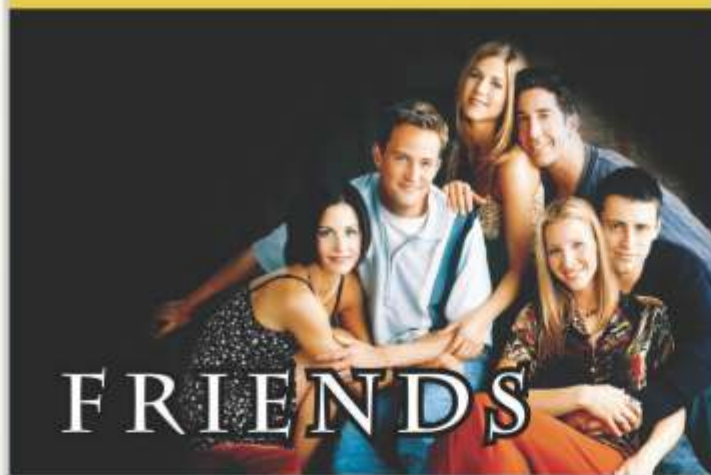
Sex education has come to teach the need of responsibility and commitment. Proper sex education should be imparted to kids, regarding how to develop healthy relationships and about the consequences of their behaviour. According to me, sex education should be given to teenagers. Communication between parents and children about sexual themes is a great concern. Among the most common problems in parent-child communication is regarding the sex education which is embarrassing due to the lack of knowledge, poorly defined values, fear of encouraging sexual activity and inability to initiate and maintain a conversation about the subject.

In today's world, it is one of the most important subjects that students should be aware of. Teaching of sex education in schools is a must as well as an important component for an overall development of the students. School should teach sex education as it makes easier for parents to discuss sexuality with their child. So, I believe that parents and schools share responsibility of imparting sex education which is provided to the students.

**Shubreet Kaur**  
(M/O Harnoor Kaur II - A)

Your response to 'Should Sex Education be there in the school?' was praiseworthy. It proves that if sex education is given then it can help the present generation to live a secured life. Send your answer to what you think about **Are we wordly wise or worldly wise?**





"It's all about love"

It is a famous quote from the most loved and popular comedy series, 'Friends'. Friends became one of the most popular sitcoms of its time. It is now often ranked among the all-time best TV shows. With hot storylines and high-decibel laughs, the series made its way into the hearts of its fans. The well-hidden secret of this show was that it called itself Friends, and was really about family. Although the producers thought of Friends as "only a TV show", numerous psychologists investigated the cultural impact of Friends during the series' run. Aniston's hairstyle was nicknamed "The Rachel", and copied around the world. Joey's catchphrase, "How you doin'?", became a popular part of Western English slang, often used as a pick-up line or when greeting friends.

'Friends' has helped developing an alternative family lifestyle by representing young people who live unconventional domestic lives. It presents the idea that "all you need is good friends" and can construct families through choice. We, the audience are able to identify with the program through the troubles of the characters. It portrays a new way of living life and developing relationships which are not normally seen in conventional society.

The gravitational pull of individual friendships can have an enormous cumulative effect on the quality of our lives. With growing numbers of people living alone, either by choice or circumstance, friendships can occupy the emotional space that other people fill with spouses or significant others.

Friends is "one of those rare shows that marked a change in American culture" - relationships, careers, a time in your life when everything's possible. And it's about friendship because when you're single and in the city, your friends are your family. The images of the youth and the roles they portray are better defined and represent a lifestyle that centres around creating and sustaining relationships between friends running their own lives and seeking help from each other.

Friends can link us to broader social networks and help enrich our lives. At the end of the day, a friend can be the emotional oasis that makes all the difference.

The series began in 1994 and lasted till nearly 2004. Ten years of the favourite TV Series Friends went laughing and giggling. The show and its hilarious characters still remain in our hearts as we grow and try to meet the new "Genz" coming.

**Amandeep Singh**

(Father of Rubani Singh, XI-C and Sameya Singh, VI-D)

## Parents' Articles

### CHILDHOOD OBESITY

Childhood obesity is a serious medical condition that affects children and adolescent. One out of 4-5 children are overweight or obese. It occurs when a child is well above the normal weight for his or her age and height. Body Mass Index (BMI) is a better indicator of obesity than weight for height.

$BMI = \text{weight in kg} / \text{height squared in meters}$ .

If BMI is more than 85th percentile it is considered as overweight and more than 95 percentile is obese. Obese six years old child has 25% chance and 12 years old obese has 75% chance of becoming obese adult.

Lifestyle issue - too little activity and too many calories from food and drinks like soft drinks and canned juices - remain a significant contributor to childhood obesity. Super size meals and increasing number of fast food outlets are the major contributors. Children eat nearly twice as many calories at restaurants as they do during a meal at home. Children who don't exercise are more likely to gain weight because they don't burn calories through physical activity. There are very few available parks and green spaces for kids to play in cities and schools nowadays. There are no sports activities organised in our country. 92% of elementary schools do not provide daily physical education classes for all students. Inactive leisure activities such as watching television or playing video games, contribute to the problem. The typical American child spends 45 hours a week using media outside school, the same trend is being seen in our country now. There are also some genetic and hormonal factors like hypothyroidism or steroid abuse that likely play a role as well.

Childhood obesity is particularly troubling because the extra pounds lead children on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression.

One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of your entire family, make it a family thing. Be a role model for your child, plan family activities that involves exercises and reduce the time spent on sedentary activities like watching television. Parents are the ones who buy the food, cook the food and decide where the food is eaten. Even small changes can make a big difference in your child's health. Choose healthy diets like involving more of vegetables and fruits and limit sweetened beverages. The family should eat together and eat healthy home cooked food more often. Treating and preventing childhood obesity helps protect the health of your child now and in the future. Establishing healthy habits in childhood helps your teen to maintain a healthy weight despite the hormonal changes, rapid growth and social influences that often lead to overeating. Active children are more likely to become fit adults.

**Dr. Rakesh Goyal**

(Father of Ishaan Goyal, VII-C and Ishita Goyal, PV-A)



# Students' Articles

## DOON SCHOOL - Leadership Initiative

From the start I've always thought that I never knew myself, the capabilities I had and the mark I stand for, that's why I applied for this programme. Well, those fifteen days! They were the best 15 days of my entire life. I still remember all the fun, enjoyment and learning we had. All of it is in my mind, its like an amazing thriller which one would never want to stop. It was an amazing journey-all of it! It's all encrypted in my mind, I've learnt a lot from it, I know where I stand and I've fully explored myself and I hope that I can be a role model for those who think the same, I hope I can be of some help to the others.

When I reached there it was an amazing feeling in my heart. Everything was mashed up, new people and of course the Doon campus! The time I reached the campus we were directly taken to the pool where in, we were given a task to demonstrate a metaphor for 'leadership'. My team did a domino imagining the pool as the pit of knowledge. We won the first prize for our demonstration. Then we went straight for the houses.

When we went for the houses, it was the first step towards building relationships. All of us were strangers and in the end we emerged as a family.

The first 4-5 days were quite nostalgic. We were all introverts. Soon, the shyness faded away and we started talking to each other. It was the time when enjoyment started!

We had to do many tasks throughout this amazing journey- the *Nagtibba* trek, the water olympics, rope games, IMA tasks and everything came up with some or the other learning. Well, I'll always be a Satyan throughout but indeed it was an amazing feeling to be a dosco for 15 days.

In the end I'll just like to say that this journey was one which will stay with me forever. It has taught me the importance of teamwork, discipline, and motivation. I hope I can at least change one person with the learning I've had.

Naren Kalra

X-A

## India of My Dreams

India is a rich country with mighty Himalayas, vast mineral wealth and precious natural resources. I am proud to be an Indian and want it to be best in the world. I have several dreams for my motherland. Firstly, I want India to achieve freedom not only at political level but also at religious, intellectual and spiritual levels. India of my dreams would be a place where knowledge is accessible to all. People would follow the principle of 'Honesty Is The Best Policy'. Words would come from the depth of truth and there would be no hypocrisy. There would be no discrimination among Indians on basis of caste, colour or creed.

Social evils like female infanticide, corruption, child exploitation, dowry, etc. would be completely eradicated in our country. It would be at the apex in terms of science and technological progress. People would be rational in their thoughts and would make tireless efforts for betterment of the country. Women and elders would be respected; there would be safe and hygienic environment for all. Every common man should have enough to fulfil his basic needs. People would be free from any sort of terror. Every Indian would participate for a pollution free India by planting trees. Thus for fulfilment of such a dream, we should motivate the Indian youth and carry out activities for the progress of India. New varieties of seeds and modern tools should be used for agriculture which is the backbone of the Indian economy.

Thus, I wish my dream of a Shining India to come true in the coming years.

Namrata Mangal

IX-A

## The Game of Life...

In the game of Cricket, there are ten with you,  
While playing Football, there is a big crew.  
The game of Billiards, is played by two,  
While playing Chess also, you are two.  
In the game of Basketball, five have a task to do,  
But in the game of life, there is no one with you.  
You are all alone, moving in a long queue,  
With no one who is near, dear or close to you.  
Parents can guide you, teachers can teach you,  
friends can help you ,  
but none of them can do anything for you.  
And the one who gets, his destination and success,  
Through this difficult path too,  
In my sense is a "player true"

Divya Arora

VII-B



# The Journey

I joined Sat Paul Mittal School back in 2006 when I was in class 3rd. Since then, I've seen the school grow and reach the zenith of glory. The first House Council was formed in 2009, Nyamat Chadha being the Head Girl. When I saw the Council march in the arena to receive the badges, I was so fascinated by it that a fire started to burn in my mind that I wanted to be there and reciprocate the love and affection the school has given to

me. I could see myself approaching that dream the day the interviews for the House Council-14 were to be held. I knew that it was now or never and I had to give in my best shot. Seeing such an enigmatic personality in front of you automatically fills you with confidence. She asked me that the previous House Council had worked pretty well. So if I was made the Head Girl, what all would I do so that the Council can perform better this year. My answer was that to make a group work, you have to be a part of the group. You just don't have to show the ways to others but also walk on that path itself. Moreover, I said that I would empower my team mates to do all sorts of work, for no work is big or small. And I was satisfied with my answer. I was asked to leave the office and I walked out with a big smile on my face. I didn't know whether I managed to impress ma'am or not, I was not aware of the results but I was happy with myself for I had put my best foot forward. The next few days were really difficult to pass, the anxiety of knowing the results was eating me up. Finally, on 7th May, the results were announced. The names of the Head Girl and the Head Boy were to be announced in the end. All that time, I felt my legs wobbling and I felt like I would faint at any moment. And when my name was announced as the Head Girl, I was pretty sure that it wasn't happening. It was like a hallucination. I had to pinch myself hard twice or thrice to make myself believe that it was really happening. It was the best moment of my life. Finally the dream that I saw in class 6 was coming true. It surely taught me to dream big, for nothing is impossible. Dear Satyans, my message to you all is that hard work always reaps its fruits. At one point of time it all may seem useless and unworthy but more than the goal, it's the journey towards it which is more important. It is this journey which carves you as a person. Enjoy the journey, live it to your fullest and don't let one goal stop you. After achieving one, aim for another, for this is what life is all about.

**Amreen Kohli**  
XI-A  
Head Girl, Senior School

## My Flight

After changing six schools, with my father being in the army, I joined the Satyan family in the fifth standard and have loved it ever since. Sat Paul Mittal changed my life in many ways. It accepted me, nurtured me and backed me up every step of the way. I felt as if something had been added to my identity; I was a Satyan. And ever since I joined this institution, I have given my very best to live up to the Satyan culture.

Getting the post of the Deputy Head Girl was a mammoth task, let alone carrying out the duties and the responsibilities attached to that title. But can I tell you, it was so worth it. The post in a way gave me an outlet to not only have a deeper relation with the school but also gave me the opportunity to connect with the Satyans on a larger level. Even the constant bargaining process between me, who tries to ensure there is discipline and the students, who always try to squeeze in some fun, is something I cherish. I feel highly honoured and loved being a part of the Satyan Family and am so grateful for getting to be the Deputy Head Girl and the beautiful memories that I get with it.

**Muskan Bakhshi, X-A**  
Deputy Head Girl, Senior School

## Is Luis Suarez a VAMPIRE or a DINOSAUR ?

**Is the beast Luis Suarez a vampire or a dinosaur?**

**According to his alleged motto: If you can't beat them, eat them!**

Even before his biting days, Suarez was a very nasty player. He directed racial slurs at Patrice Evra in a game versus Manchester United and was charged \$55,000 and was suspended for eight games. Suarez was banned yet again for making an obscene gesture towards the Fulham fans. Suarez has also been accused of diving and 'accidentally' stamping on people's feet. Former Ajax coach, Marco van Basten, often criticized the number of yellow cards Suarez had been picking up.

### BITING HISTORY:

**First Bite:** November 20, 2010. Suarez bit Otman Bakkal on the shoulder during a 0-0 draw. Ajax suspended him for only two days, and fined him an undisclosed amount. The Dutch daily 'De Telegraaf' called him the 'The Cannibal of Ajax' 2010 also happened to be the year that Suarez was (arguably) catapulted to superstardom with a whopping forty-nine goals in forty-eight appearances for Ajax.

**Second Bite:** April 21, 2013. The same year that he was voted Liverpool's best player, Suarez bit Branislav Ivanovic during a 2-2 draw with Chelsea. He was charged with violent conduct by the FA and fined an undisclosed sum by his club. Despite Suarez's claims, Ivanovic did not accept the apology. The FA decided that a three-day ban was insufficient and extended it to ten.

**Tushar Gupta**  
XI-C





## SATYAN SPIRIT

School is a tangible building, but it helps a student embrace wisdom, knowledge and values which are impalpable and enduring for a lifetime.

Presently it is my 10th year in Sat Paul Mittal School. This school has been successfully able to provide me with everything that helped me enhance my academics as well as extracurricular performance profoundly, inculcating confidence in me. I am a 'Satyan' in true sense. Today here I am, from being a timid introvert girl to the Sub-Editor of the Satyan Mirror and that's what this school aims at. 'Transforming you from good to better and from better to bringing out the best in you'.

Being a part of this newsletter I have been able to realize that it takes an indefinite and tremendous effort to reach such an outcome. This edition is not only informative but entertaining too. The topics chosen are such that while reading it would be intriguing for a reader to relate and connect with them. I hope this newsletter would be liked by you all and would even motivate you to write and express yourselves in the next edition.

**Rubani Singh**  
XI-C

## A VILLAGE STORY

The rumbles of a building, with wild plants on,  
A whole crushed village, and nobody to moan,  
A house not even painted,  
That once the laughter of children chanted,  
The memories that used to live forever,  
Have now faded, along the unbuilt pathways,  
Lies a land undiscovered,  
Where beauty truth and curiosity are embedded,  
Very few there are to care,  
For this part of the lithosphere,  
Beyond the towering city,  
A land with no pity,  
Where the harshest of weathers,  
Are the normal gusts,  
There are people of steel,  
This is no fiction but real,  
They work like machines,  
But not regarded so,  
People think they are made to bow,  
But they never lost hope,  
Spent generations sowing crop,  
Though they were never atop,  
But the roots on fire,  
A link to our culture's past,  
They are not the least,  
But referred to as the last.

**Hiyanoor**  
VII- B

## Gossip

Once they Stop talking to you,  
They start talking about you.

It is very true and often seen by you that who are a part of a group slowly and gradually become the reason, the topic of "Gossip"! Ya Gossip! It is not easy to escape it and even to handle it. Actually I think if gossip were food, many people would be overweight, it's funny but if you see the actual picture it's the fact of life. One day you realize that you are the one being talked about everywhere just because of a silly sentence you made during a meeting or any of your action that got out of your sight but got trapped by other people around. Gossip is about rumours spread under the myth of informal communication. Today there is no time for discussions. It is rightly said, great minds discuss great ideas, average minds discuss events and small minds discuss people, this is what is actually happening and needs to be stopped immediately.

Informal communication is must. It is a comfortable time to relax with friends which is necessary to calm down the stress. But what I observe is that people are probably not happy with their lives because they are too busy in discussing someone else's. They should not forget that the one who gossip about someone to them is likely to gossip about them as well. It is a very common nature, if you enjoy hearing, you have to also hear the other side of the show that is listening about yourself. It is nothing new because whatever you do, good or bad, people will always have something negative to say! Gossip is something that no one claims to like but everybody enjoys. Actually for coming generation "Gossip" can be defined as a tool to distract people who have nothing better to do other than feeling jealous of those few noble hearts that remain away from swords of enmity.

The only way to get way with these silly rumours is that to try and ignore it. Sometimes you need to step, get some air, and remain yourself. But sometimes people are not to be blamed for what all one has to hear, this is because, if you reveal your secrets to the wind you should not blame the wind for revealing them to the trees. That is why it is said that the only time when people dislike "Gossip" is when one gossips about them.

Whenever you face a situation where you cannot handle gossip about yourself, you must remember.

"I'm not a stoppage along the way, I'm the destination."

**Yashita Jain**  
XII-B



## बेटी

घर की सब चहल-पहल है बेटी, जीवन में खिला कमल है बेटी।  
कभी धूप गुनगुनी सुहानी, कभी चंदा शीतल है बेटी।।  
शिक्षा, गुण, सस्कार रोप दो, फिर बेटे सी सबल है बेटी।।  
सहारा दो गर विश्वास का, तो पावन गंगाजल है बेटी।।  
प्रकृति के सदगुण सींचो, तो प्रकृति से निश्छल है बेटी।।  
क्यों डरते हो बेटी पैदा करने से, अरे! आने वाला कल है बेटी।।

सहज जस्सर  
सातवीं-ए

## आप हाथी नहीं इंसान हैं

एक आदमी कहीं से गुज़र रहा था, तभी उसने सड़क किनारे बंधे हाथियों के झुंड को देखा, और अचानक रुक गया। उसने देखा कि हाथियों के अगले पैर में रस्सी बंधी हुई है। उसे इस बात का बड़ा अचरज हुआ कि हाथी जैसे विशालकाय जीव लोहे की जगह बस एक छोटी सी रस्सी से बंधे हैं! यह स्पष्ट था कि हाथी जब चाहते तब बंधन तोड़ कर जा सकते थे, पर किसी कारणवश वह ऐसा नहीं कर रहे थे। उसने पास खड़े महावत से पूछा कि यह हाथी किस प्रकार शांति से खड़े हैं और वे बेड़ियाँ तोड़ने का प्रयास भी नहीं कर रहे। इसके उत्तर में महावत ने कहा, "इन हाथियों को बचपन से इन रस्सियों से बांधा जाता था, उस समय इनके पास इतनी शक्ति नहीं होती थी कि इस बंधन को तोड़ सकते और समय के साथ इनका यह विश्वास प्रगाढ़ होता गया और अब ये तोड़ने का प्रयास भी नहीं करते।" आदमी आश्चर्य में पड़ गया कि यह ताकतवर जानवर सिर्फ इसलिए बंधन नहीं तोड़ सकते क्योंकि वे इस बात में यकीन करते हैं। इन हाथियों की तरह हममें से कितने लोग सिर्फ पहले मिली असफलता के कारण ये मान बैठते हैं कि हमसे यह काम हो ही नहीं सकता और अपनी ही बनाई हुई मानसिक जंजीरों में जकड़े पूरा जीवन व्यर्थ कर देते हैं।

याद रखें असफलता जीवन का एक हिस्सा है, और निरंतर प्रयास से ही सफलता मिलती है। यदि आप भी ऐसे किसी बंधन में बंधे हैं जो आपको अपने सपने सच करने से रोक रहा है तो उसे तोड़ डालिए..... आप हाथी नहीं इंसान हैं।

अंश राजपूत  
चौथी-‘डी’

रंगों की क्या बात करूँ,  
ये रंग बड़े ही न्यारे हैं।  
लाल, पीला, हरा और नीला,  
ये मनमोहक सारे हैं।  
चित्रों में ये भरे जाते हैं,  
Fine Arts की शोभा बढ़ाते हैं।  
कला को देते हैं ये नया रूप  
बड़ा मनमोहक इनका स्वरूप।  
जैसे खिलती हो कली बहार की  
वैसी शोभा Fine Arts Class की।  
यहाँ हर कोई आने को तरसे है,  
क्योंकि इसकी खूबसूरती सबसे हटकें है।  
जो Teacher Incharge हैं हमारे,  
वो सिखाते Fine Arts के सुंदर नज़ारे।

खुशी मोंगा  
दसवीं-‘सी’

## भूल न जाना मेरी सीख

बदल गया देखो ज़माना कितना ये वक्त हमें बताता है,  
आजकल तो शिष्य भी मैडम को 'हैलो, हाय' करता जाता है।

आज के कवि अपनी कविताएँ 'जैल पेन' से लिखते हैं,  
लता और रफी की जगह 'जैज़ी, हनि' ही दिखते हैं।

'बाईक' को छोड़ हर लड़का गाड़ी में बैठकर जाता है,  
'हेयर स्टाईल' खराब न हो इसलिए बालों में जैल लगाता है।  
कन्याएँ भी हर रोज यहाँ नई कहानी लिखती हैं,  
भारतीय पोशाकों को भूलकर 'मिनीज़, शोर्ट्स' में दिखती हैं।

आजकल के ज़माने में जहाँ कहीं भी कोई शामियाना सजता है,  
ढोलक की जगह पर ज़ोर-ज़ोर से डी.जे. बजता है।  
चाहे बदल गया है ज़माना इसी ज़माने में हमें रहना है,  
'भारतीय संस्कृति को न भूल' यही संदेश पहुँचाना है।

रौनक हांडा  
चौथी-‘ए’

## किताबें

वो किताबें हैं महान, जिनसे हमें मिलता ज्ञान।  
किताबों में जो ज्ञान लिखा है, वो सब किस्मत की रेखा है।  
किताबें हैं ज्ञान बढ़ाती, अज्ञान का अँधेरा दूर भगाती।  
आओ! इस तरफ कदम बढ़ाएँ, खुद पढ़ें और सबको पढ़ाएँ।

कृति गर्ग  
पाँचवीं-‘ए’





## ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਹੈ?

ਮਾਂ ਦਾ ਦਰਦ, ਅੱਥਰੂਆਂ ਦੀ ਜੁਬਾਨੀ ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਏ?  
ਧਰਤੀ ਦਾ ਦਰਦ, ਰੂਹ ਦੀ ਰਵਾਨੀ, ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਏ?  
ਕਦ ਸ਼ਰਮ ਦੀ, ਹਯਾ ਦੀ ਹੱਦ ਟੁੱਟ ਜਾਣੀ,  
ਹਨੇਰਿਆਂ ਵਿੱਚ ਸੁੱਤੀ ਜੋਤ ਜਗਾਉਣੀ।  
ਸਿਲਵਟਾਂ ਭੁੱਲ ਗਈਆਂ ਢਿੱਡ ਦੀਆਂ, ਸੁਣ ਕਿਲਕਾਰੀਆਂ,  
ਧਰਤੀ ਦਾ ਕਰਜ਼, ਮਾਂ ਦਾ ਫਰਜ਼, ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਏ?  
ਧਰਤੀ ਦੇ ਰੁੱਖ ਤੇ ਮਾਂ ਦੀ ਕੁੱਖ, ਕੀ ਕੋਈ ਸਮਝ ਸਕਦਾ ਏ?  
ਜਵਾਬ ਦਿੱਤਿਆਂ ਨਹੀਂ ਬਣਦਾ, ਜੇ ਕੋਈ ਸਮਝ ਲਵੇ ਬਸ,  
ਉਹ ਮਾਂ ਹੈ, ਮਾਂ ਹੈ, ਮਾਂ ਹੈ...

ਸੁਭਾਗੀ ਭਾਟੀਆ,  
ਪੰਜਵੀਂ-ਸੀ

## ਆ ਗਿਆ ਸਿਆਲ ਬਈ



ਪਿਆਰੇ ਦੋਸਤੋ ਆ ਗਿਆ ਸਿਆਲ ਬਈ,  
ਠੰਢ ਕੋਲੋਂ ਬਚਣਾ ਏ ਰੱਖਣਾ ਖਿਆਲ ਬਈ।  
ਪੈਰਾਂ 'ਚ ਜੁਰਾਬਾਂ ਤੇ ਸਿਰ ਉੱਤੇ ਟੋਪੀਆਂ,  
ਹੱਥੀ ਦਸਤਾਨੇ ਤੇ ਜੈਕਟਾਂ ਨੇ ਮੋਟੀਆਂ।  
ਕੱਚ ਲਓ ਕੋਟੀਆਂ ਨੀਲੀਆਂ ਤੇ ਲਾਲ ਬਈ,  
ਰੋਜ਼ ਤੱਤੇ ਪਾਣੀ ਨਾਲ ਸਵੇਰੇ ਉਠ ਕੇ ਨਹਾਣਾ ਏ,  
ਸੋਹਣੇ ਬੱਚੇ ਬਣ ਕੇ ਸਕੂਲ ਨਿੱਤ ਜਾਣਾ ਏ।

ਗੌਰਿਕਾ  
ਸੱਤਵੀਂ-ਏ

## ਰੁੱਤ ਪੜ੍ਹਨ ਦੀ ਆਈ

ਇਹ ਰੁੱਤ ਪੜ੍ਹਨ ਦੀ ਆਈ ਦੋਸਤੋ,  
ਦਿਲ ਲਾ ਕੇ ਪੜ੍ਹੋ ਯਾਰੋ।  
ਆ ਰਹੇ ਦਿਨ ਠੰਢੇ-ਠੰਢੇ ਕਿੰਨੇ ਸੋਹਣੇ ਦਿਨ ਨੇ,  
ਨਾ ਗਰਮੀ, ਨਾ ਕੋਰੇ, ਦੇਖੋ ਮਨਮੋਹਣੇ ਦਿਨ ਨੇ,  
ਮੱਖੀ, ਮੱਛਰ ਵੀ ਲੱਭਦੇ ਨਾ ਦੋਸਤੋ।  
ਘੱਟ ਕਰੋ ਖੇਡਣਾ ਦੋਸਤਾਂ ਨਾਲ ਹੁਣ,  
ਕਿਹੜੇ ਸਮੇਂ, ਕਿਹੜਾ ਵਿਸ਼ਾ ਪੜ੍ਹਨੇ ਲਓ ਚੁਣ।  
ਵਿੱਦਿਆ ਗਹਿਣਾ, ਜੀਹਨੇ ਇਕ ਵਾਰ ਪਾ ਲਿਆ,  
ਜ਼ਿੰਦਗੀ ਨੂੰ ਸਮਝੋ, ਸਵਰਗ ਬਣਾ ਲਿਆ।  
ਸਲੋਨੀ ਕਹੋ ਨਾਲੇ ਮਿਲਦੀ ਵੱਡਿਆਈ ਬੱਚਿਓ,  
ਇਹ ਰੁੱਤ ਪੜ੍ਹਨੇ ਦੀ ਆਈ ਬੱਚਿਓ!

ਸਲੋਨੀ ਰਾਣੀ  
ਨੌਵੀਂ-ਏ

## ਰਾਸ਼ਟਰੀ ਪੰਛੀ (ਮੋਰ)



ਪਿਆਰੇ ਸਾਥੀਓ ਅਸੀਂ ਆਪਣੇ ਹਰਮਨ  
ਪਿਆਰੇ ਤੇ ਰਾਸ਼ਟਰੀ ਪੰਛੀ ਮੋਰ ਬਾਰੇ ਜਾਨਣ ਦੀ  
ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਹਾਂ। ਇਹ ਸੁੰਦਰਤਾ, ਗੋਰਵ ਤੇ  
ਰਹੱਸਮਈ ਚਿੰਨ੍ਹਾਂ ਦਾ ਪ੍ਰਤੀਕ ਹੈ। ਇਸ ਦੀ ਸੁੰਦਰ  
ਗਰਦਨ, ਇਸ ਦੇ ਖੰਭ ਇਸ ਦੀ ਸੁੰਦਰਤਾ ਨੂੰ  
ਵਧਾਉਂਦੇ ਹਨ। ਇਹ ਪੰਛੀ ਭਾਰਤ, ਯੂਰਪ, ਸ੍ਰੀ  
ਲੰਕਾ, ਬਰਮਾ ਆਦਿ ਦੇਸ਼ਾਂ ਵਿੱਚ ਹੁੰਦਾ ਹੈ। ਇਹ  
ਖੁੰਡਾਂ ਵਿੱਚ ਤੇ ਖੁਸ਼ਕ ਇਲਾਕਿਆਂ ਵਿੱਚ  
ਪਾਏ ਜਾਂਦੇ ਹਨ।

ਨਿਪੁੰਨ  
ਸੱਤਵੀਂ-ਬੀ

## ਵਿਰਸਾ

ਹੋਰ ਕਿਸੇ ਦਾ ਵਿਰਸਾ ਵੇਖ ਕੇ,  
ਆਪਣਾ ਆਪ ਭੁੱਲੇ ਨਾ।  
ਰਿਸ਼ੀਆਂ, ਮੁਨੀਆਂ, ਗੁਰੂਆਂ, ਪੀਰਾਂ  
ਵਿਰਸਾ ਸਾਡਾ ਅਮੀਰ ਬਣਾਇਆ।  
ਵੇਦਾਂ ਤੇ ਗ੍ਰੰਥਾਂ ਰਾਹੀਂ,  
ਸਭ ਨੂੰ ਸਿੱਧੇ ਰਾਹੀਂ ਪਾਇਆ।  
ਭਗਤ, ਸਰਾਭੇ, ਊਧਮ ਵਰਗੇ,  
ਵਿਰਸੇ ਸਾਡੇ ਦੀ ਸ਼ਾਨ ਬਣੇ।  
ਅਣਖ, ਗੈਰਤ ਮਰ ਹੈ ਜਾਂਦੀ,  
ਦਰ-ਦਰ ਦੇ ਉਹ ਧੌਕੇ ਖਾਂਦੇ।  
ਸੋਨੇ ਵਰਗਾ ਵਿਰਸਾ ਸਾਡਾ  
ਕੋਡੀਆਂ ਵਾਂਗ ਸਮਝੋ ਨਾ।

ਦਿਵਾ ਅਰੋੜਾ  
ਸੱਤਵੀਂ-ਬੀ



## ਵਿਚਾਰ

ਮੈਂ ਕਿਸਮਤ ਵਿੱਚ ਬੇਹੱਦ ਵਿਸ਼ਵਾਸ ਰੱਖਦਾ ਹਾਂ,  
ਜਿਉਂ-ਜਿਉਂ ਮੈਂ ਮਿਹਨਤ ਕਰਦਾ ਜਾਂਦਾ ਹਾਂ,  
ਇਹ ਸੰਵਰਦੀ ਜਾਂਦੀ ਹੈ।  
ਹੱਕ ਕਦੇ ਕਿਸੇ ਨਹੀਂ ਦਿੱਤੇ,  
ਹੱਕਾਂ ਲਈ ਲੜਨਾ ਪੈਂਦਾ ਹੈ।  
ਐਵੇਂ ਮਨਸੂਰ ਨਹੀਂ ਬਣਦੇ,  
ਸੂਲੀ ਤੇ ਚੜ੍ਹਨਾ ਪੈਂਦਾ ਹੈ।  
ਇਤਿਹਾਸ ਗਵਾਹ ਹੈ ਕੁਰਬਾਨੀਆਂ ਦਾ,  
ਸਮਾਂ ਕਦੇ ਬਦਲਦਾ ਨਹੀਂ,  
ਸਮੇਂ ਨਾਲ ਅੜਨਾ ਪੈਂਦਾ ਹੈ।

ਬਿਕਰਮਜੀਤ  
ਚੌਥੀ-ਡੀ





# CREATIVITY

## *Ingenuity At Display*



Diya Bansal, III-C



Kavya Jain, V-D



Siya Kehar, V-A



Bhavya, X-B



Drishti, IV-D



Bhavya, X-B



Ananya Aggarwal, V-B



Ananya Chowdhery, III-A



Anirudh Malik, XI-B



Aamani Jain, IV-B



Niyoshka Sehgal, III-A



Kriti Behal, XII-A



Abhir Chadha, I-C



Simran Kent, V-A



Bisman Kaur, XII-D



Kariti, X-C



Kariti, X-C



Yashita, XII-B



Shriya Jain, V-D



Sia Jindal, V-B



Kriti Behal, XII-A



Bisman Kaur, XII-D



Kavya, XI-B

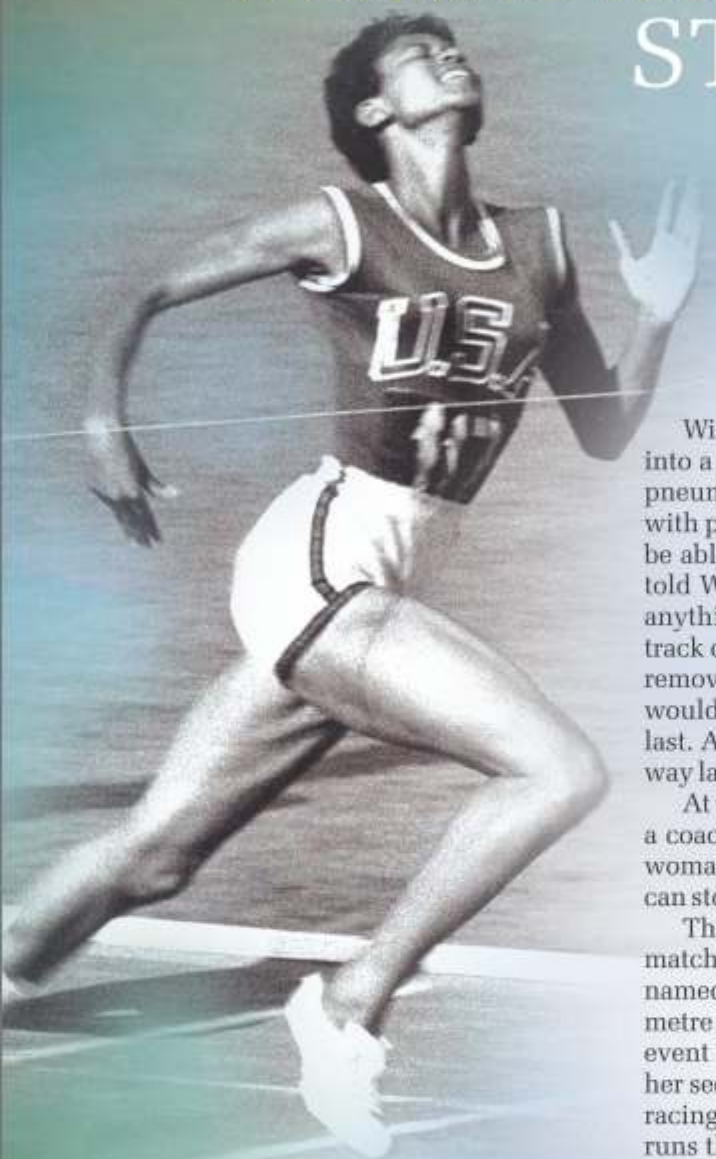


Mehr Gupta, V-D





# THE WILMA RUDOLPH STORY



Wilma Glodean Rudolph (June 23, 1940 – November 12, 1994) was born into a poor home in Tennessee (United States). At age four, she had double pneumonia with scarlet fever, a deadly combination which left her paralysed with polio. She had to wear a brace and the doctor said that she would never be able to put her foot on the ground. But her mother encouraged her; she told Wilma that with God-given ability, persistence and faith she could do anything she wanted. Wilma said, "I want to be the fastest woman on the track on this earth." At the age of nine, against the advice of the doctors, she removed the brace and took the first step; the doctors had said she never would. At the age of thirteen, she entered her first race and came way, way last. And then she entered her second, and third and fourth and came way, way last until a day came when she came in first.

At the age of fifteen she went to Tennessee State University where she met a coach by the name of Ed Temple. She told him, "I want to be the fastest woman on the track on this earth." Temple said, "With your spirit nobody can stop you and besides, I will help you."

The day came when she was at the Olympics and at the Olympics you are matched with the best of the best. Wilma was matched against a woman named Jutta Heine who had never been beaten. The first event was the 100-metre race. Wilma beat Jutta Heine and won her first gold medal. The second event was the 200-metre race and Wilma beat Jutta a second time and won her second gold medal. The third event was the 400-metre relay and she was racing against Jutta one more time. In the relay, the fastest person always runs the last lap and they both anchored their teams. The first three people ran and changed the baton easily. When it came to Wilma's turn, she dropped the baton. Wilma saw Jutta shoot up at the other end; she picked the baton, ran like a machine, beat Jutta a third time and won her third gold medal. It became history : That a paralytic woman became the fastest woman on this earth at the 1960 Olympics.

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**Teacher Co-ordinator**

**Student Editor**  
**Student Sub-Editor**  
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