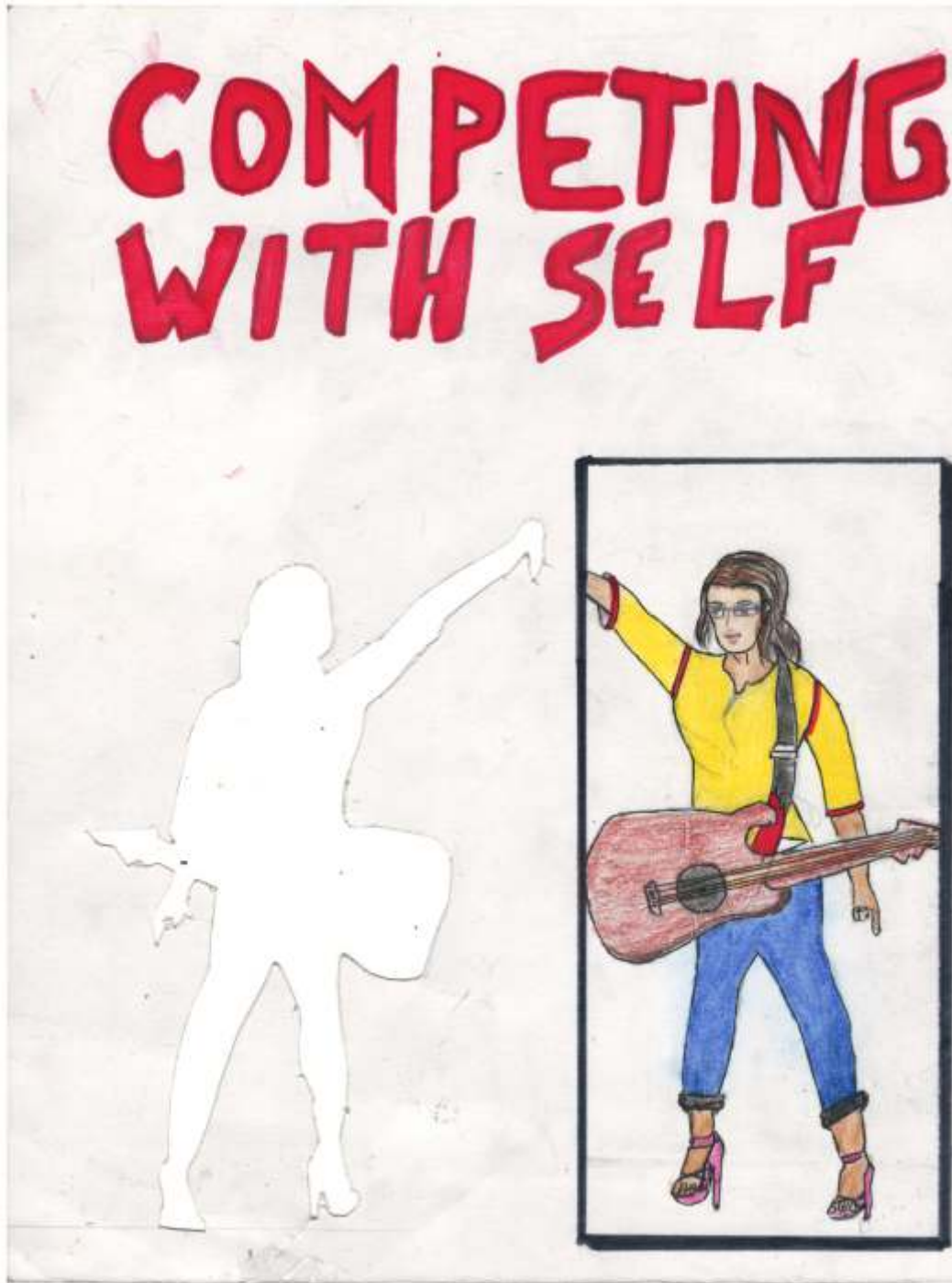


# COMPETING WITH SELF



## THE SCHOLARS' HOME New Generation School ...

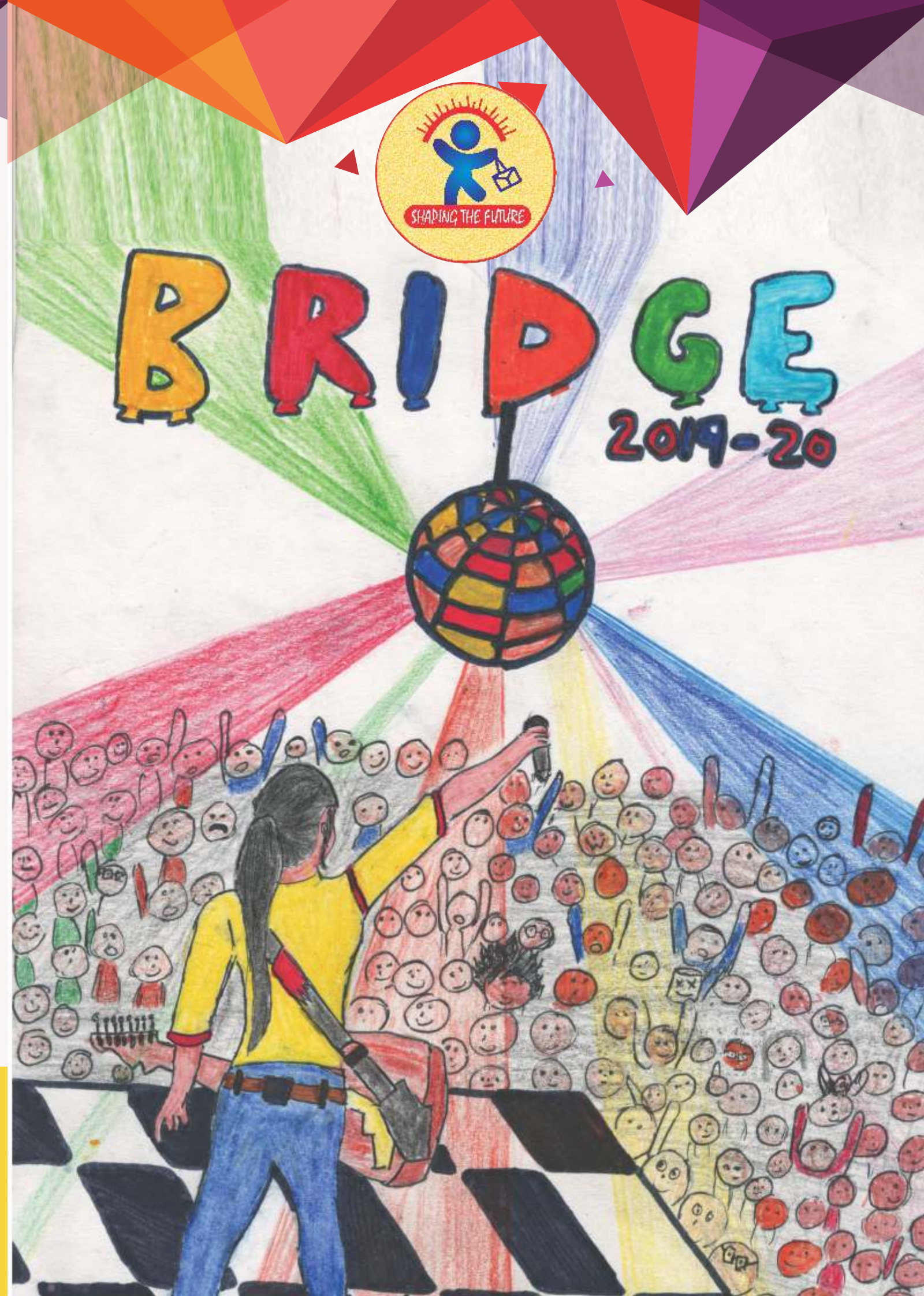
JAMNIWALA ROADBADRIPUR, PAONTA SAHIB (HIMACHAL PRADESH)

Mobile: 9154 23356, 94595 23356, 0170 4223356 | Email: thescholarshome@yahoo.co.in, website: www.thescholarshome.com



# BRIDGE

2019-20



# About us

*A School with Difference*

## THE SCHOLARS' HOME

A co – educational English medium public school, was founded in the year 2004 by Thakar Singh Memorial Educational Trust. The school is open to all irrespective of caste, creed, colour or religion and strictly secular

## OUR GOAL

The founders of the school have envisaged a school where stress free environment would help in the development of intellectual, moral and spiritual faculties of the children. The stated goal of the school is **'To produce well balanced, good human beings of world order who will be able to stand on their own at any forum'**

## OUR LOGO

The School Logo illustrates a child going to school with a bag in his/her hand thereby signifying the journey from darkness (ignorance) to light (knowledge). The rising sun illustrates the selfless transmission of light of education for the betterment of one and all

## OUR MOTTOS

### Shaping the Future:

We believe that today's students are the future citizens of the society. It is only by shaping them properly at the initial stage of character building; our society can be shaped for a better future

### Competing With Self:

We believe that the only competition that the students need to be exposed to is the competition with self. The students are motivated to compete with self in order to promote congeniality and building a healthy environment to learn

## OUR ETHOS

### Creating A Caring Environment:

It is our earnest effort to create a caring environment with stress on moral and spiritual values so that the students feel at home away from their homes

### Generating Environment Sensitivity:

We take pains to generate environment sensitivity among our students. We believe that we are the custodians of our environment and it is our duty to protect it by adopting environment friendly practices. We try to create awareness about the ill effects of our own selfish acts.

### Creating Excellence In All Walks:

The school lays great stress on doing the things to the best possible with given resources. The students are inspired to put in the extra bit of hard work in their routine works so that it becomes distinct and excellent.

## MESSAGE

Having started THE SCHOLARS' HOME SCHOOL in 2004, our Educational Trust 'Thakar Singh Memorial Education Trust' has since consistently displayed full awareness of its social responsibilities. The Trust envisions education as a powerful instrument for the enlightenment and empowerment of our citizens. It is with this philanthropic spirit that we have drawn our educational goal of empowering our students to become self dependent and have a global outlook, albeit with a keen eye on local conditions.



Children with tender and receptive minds are eager and natural learners. They are quick to observe and absorb all around them. We at The Scholars' Home endeavour to optimize their creative and adventurous spirit by providing them all possible avenues of creativity, adventure and sport activities. They being free spirits, we encourage their imagination to spread wings and not restrict their thoughts.

Having made rapid strides since the inception of the school, I see the School continuing rapidly along the path of growth charted out for it. I see infrastructure developing further and coming up to truly global standards. Affiliated to the Central Board of Secondary Education, I see students of the School excelling in the board examination in the years to come. With excellent sports and education facilities, I also see our students' minds opening up; for the mind is like a parachute-it functions best when it is open. I see our students blossoming into mature and responsible citizens, intensely practical but retaining the power to dream. To dream is to envision a goal. In order to achieve, there must be a goal.

TSH has taken a bold new step towards achieving the goal with creation of The Centre of Excellence. It is our firm belief that this Centre of Excellence will take the quality of teaching and learning to new heights.

Our goal is to make THE SCHOLARS' HOME the cradle of leadership and values, from the portals of which will emerge generations of future leaders in every sphere of activity in our country: as indeed in the world of tomorrow.

With best wishes

**N.P.S. Narang**

(Director)

## MESSAGE

Each and every child is an individual with special social, emotional, intellectual and physical qualities made to blossom intellectually, aesthetically, morally and spiritually.

We at TSH strive to respect the unique individuality of all scholars by creating a supportive and inclusive environment where they are encouraged to explore their own hidden potential by competing with their own self, by testing their own boundaries, exploring and celebrating as independent thinkers, compassionate doers, conscious questioners, radical innovators and passionate peacemakers.

Scholars are given ample opportunities to learn in ways that make the most of their strengths and help them overcome their weaknesses and inspire them with value-based education.

I congratulate Ms. Sapna Punj and the entire Editorial board for their tireless efforts in bringing out this publication of the Bridge which is a forum that gives words to the thoughts of students, teachers and highlights the achievements and milestones covered by TSH.

With the blessing of Almighty, our scholars will continue to grow from strength to strength with strong roots and wings as world-class citizens.

Happy Learning!

**Gurmeet Kaur Narang**  
(Director)



## MESSAGE

Dear Students

It give me immense joy to pen down my thoughts and emotions in writing this message. We are living in a fast changing world today. Everything is changing at such a speed that it is sometimes difficult to cope with that speed.

Life is a competition not a race against anyone. Rather, the real journey is only against yourself and your unrealised potential.

When you compete against other people you judge yourself based on their values and merits. The problem with this is even if you win, you only do something that is important to them, not to you.

So, instead of competing against others, you can chase your future self. The most important part of competing against yourself is the ability to set your own values and merits. You choose the goals that fit you best, and what you really want to compete on and what you don't.

So, dear students forget what others say about you. Just focus on becoming a better version of what you were yesterday. Go ahead, accept new challenges and opportunities and explore yourself.

All the best!

**Mamta Saini**  
(Vice Principal)



# EDITORIAL

## Dear Reader

Of all the structures humans have created , bridges are the most important. They expedite travel, close the gaps , bring people closer and most importantly they open the horizons thereby giving wings to the collective imagination of human kind.

Though not on the same scale, the Editorial Board of TSH, endeavours to do the same. Through the annual publication of our school magazine, the TSH family gets a little closer, bonds get stronger , our students get a hands-on experience of learning about time management and above all, their wings of imagination get stronger and bolder. The Bridge gives us a platform to showcase fresh ideas and a safe space to share our thoughts and feelings.

The work put in by my editorial team of students has not only surprised me, it has made my heart swell with pride and joy, the kind only a teacher can feel, when she observes her students taking that leap of faith. When she sees her students work diligently, confidently without any fear of failure.

What you are holding in your hands is not just a magazine, it is the sum total of their grit, their honest efforts and their joint creation.

As always, my colleague turned friend Nivedita Rai Singh stood by me and my team with her colours and paints and brushes, with her immense patience and a keen aesthetic sense. Thank you Nivedita, for being there, always.

Now comes the turn of the true warriors. I must not just thank you, Dear Kids, but congratulate you all for successfully transferring your vision on to paper. I wish each one of you the very best in life, more power to you.

**Editors: Apoorav Pundir, Sunidhi Chauhan, Geetansh Saini, Akanksha , Harshjot Kaur, Anshika Tomar, Kartikey Singh, Aayushman Satti , Rakshit Chauhan.**

**Illustrators: Tushar Sharma, Garima Bhatt, Anshul Garg, Insha Ansari, Ananya Garg, Sukriti Goyal, Sanskriti Walia, Jagriti Chaudhary , Sameer Khan, Kritika Bansal, Sneha Thakur, Harsh Chaudhary.**

**Happy Reading**  
Sapna Punj  
EDITOR



Percentage is something all aspire for but not all perspire for.

# CLASS X RESULT 2018-19



**Prabhleen Kaur**  
97.8%



**Hardik Goyal**  
97%



**Harshjot Kaur**  
95.8%



**Kritika Bansal**  
95.8%



**Shruti Sharma**  
94%



**Aditi Goyal**  
93.6%



**Akanksha**  
93%



**Kartikey Singh**  
92.8%



**Tripti Thakur**  
92.4%



**Ananya Garg**  
92.4%



**Oshima Rawat**  
91.2%



**Kartik Chaudhary**  
90.4%



**Geetansh Saini**  
90%



**Priyanshu Sharma**  
89.8%



**Sneha Thakur**  
89.6%



**Avani Sharma**  
89%



**Anshika Tomar**  
88.4%



**Chanchal Saini**  
88.2%



**Garima Bhatt**  
88.2%



**Vivek Chauhan**  
88%



**T.Raghuraj Pratap**  
87.8%



**Anshul Garg**  
87.6%



**Atul Bangwal**  
87%



**Sunidhi Verma**  
87%



**Aditya Gupta**  
86.8%



**Tarandeep Kaur**  
86%



**Arin Goyal**  
85.8%



**Rakhi Sharma**  
85.8%



**Insha Ansari**  
85.6%



**Sukriti Goyal**  
85.4%



**Abhay Sharma**  
85.2%



**Mayank Chauhan**  
85%

The Scholars of TSH have done it again. Proudly announcing CBSE Class XII result 2018-19. With sheer hard work and dedication they have added another feather in our cap. Thank you, each one of you for giving your family and school so many reasons to be proud of.

## CLASS XII RESULT 2018-19



**Harleen Kaur**  
95.8 % (Medical)



**Rishika Saklani**  
95.8 % (Non Medical)



**Vinayak Gupta**  
94.2 % (Commerce)



**Harshdeep Kaur**  
92.2 % (Medical)



**Neha Chauhan**  
91.4 % (Non Medical)



**Sarbjeet Singh**  
91.2 % (Commerce)



**Avjot Singh**  
91.2 % (Medical)



**Vaibhav Sharma**  
90.2 % (Non Medical)



**Jaivardhan Singh**  
89.8% (Non Medical)



**Aniket Bhardwaj**  
88.2% (Non Medical)



**Anamika Sharma**  
87.4% (Non Medical)



**Dhruv Bhatnagar**  
87.2% (Non Medical)



**Dev Khanduja**  
86.4% (Non Medical)



**Saurabh Sharma**  
85% (Non Medical)



**Aayush**  
85% (Commerce)

# INTERNATIONAL ENGLISH OLYMPIAD

Session 2019-20

IEO



**Divyansh Sharma III**  
(Gold Medal)



**Ashwath Tegwan III**  
(Silver Medal)



**Ayushman Singh III**  
(Bronze Medal)



**Tripti Chauhan IV**  
(Gold Medal)



**Rudrika Sharma IV**  
(Silver Medal)



**Agrim Jamwal IV**  
(Bronze Medal)



**Aarav Verma V**  
(Gold Medal)



**Shreyas Sood V**  
(Silver Medal)



**Arsh Khan V**  
(Bronze Medal)



**Jaitej Singh Saini VI**  
(Gold Medal)



**Vaibhav Kashyap VI**  
(Gold Medal)



**Chirag Fanda VI**  
(Silver Medal)



**Kanav Sharma VI**  
(Bronze Medal)



**Moksh Sharma VII**  
(Gold Medal)



**Tanishq Tyagi VII**  
(Silver Medal)



**Kanwal Nain Kaur VII**  
(Bronze Medal)

# INTERNATIONAL ENGLISH OLYMPIAD

Session 2019-20

## Level-2



**Aaditya Tomar**  
VIII (Gold Medal)



**Sneha Rastogi**  
IX (Medal of Distinction)



**Manik Chauhan**  
IX (Medal Of Distinction)



**Abhivyakti Satti**  
IX (Gold Medal)



**Pratham Khanduja**  
IX (Silver Medal)



**Shagun Thakur**  
IX (Bronze Medal)



**Saanvi**  
X (Gold Medal)



**Geetansh Saini**  
XI (Medal of Distinction)



**Apoorav Pundir**  
XI (Medal of Distinction)



**Kritika Bansal**  
XI (Medal of Distinction)



**Kartikey Singh**  
XI (Gold Medal)



**Vidhi**  
XII (Medal of Distinction)



**Akshat Aggarwal**  
XII (Gold Medal)



**Divyansh Sharma**  
III



**Tripti Chauhan**  
IV



**Aarav Verma**  
V



**Vaibhav Kashyap**  
VI



**Moksh Sharma**  
VII



**Sneha Rastogi**  
IX



**Manik Chauhan**  
IX



**Geetansh Saini**  
XI



**Apoorav Pundir**  
XI



**Kritika Bansal**  
XI



**Vidhi**  
XII

# INTERNATIONAL GENERAL KNOWLEDGE OLYMPIAD

Session 2019-20

## IGKO Awards



**Shivansh Rangra**  
III (Gold Medal)



**Arnav Ujwal Padole**  
III (Gold Medal)



**Yuvika Sharma**  
III (Silver Medal)



**Moksh Negi**  
III (Silver Medal)



**Namah Shivay**  
III (Brown Medal)



**Mansvi**  
III (Bronze Medal)



**Agrim Jamwal**  
IV (Gold Medal)



**Vanshika**  
IV (Gold Medal)



**Yashaswee**  
IV (Gold Medal)



**Varnika Saini**  
IV (Silver Medal)



**Soham Rabendra**  
IV (Silver Medal)



**Shaurya Meharwal**  
IV (Silver Medal)



**Harneet**  
IV (Bronze Medal)



**Ayushmann Gaba**  
IV (Bronze Medal)



**Ansh Goyal**  
IV (Bronze Medal)



**Abhishek Kumar**  
V (Gold Medal)



**Anami Verma**  
V (Silver Medal)



**Bhuvan**  
V (Bronze Medal)



**Devansh Gupta**  
VI (Gold Medal)



**Chirag Fanda**  
VI (Gold Medal)



**Manya Soni**  
VI (Silver Medal)



**Saanvi Saini**  
VI (Bronze Medal)



**Archit Chaudhary**  
VII (Gold Medal)



**Rittik Rudra Pratap**  
VIII (Gold Medal)

# INTERNATIONAL MATHEMATICS OLYMPIAD

Session 2019-20

## IMO AWARDS



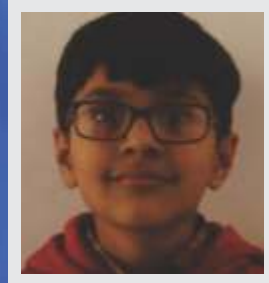
Avni Maniktala  
III (Gold Medal)



Arjun Singh Rajawat  
III (Gold Medal)



Moksh Arora  
III (Gold Medal)



Divyansh Sharma  
III (Gold Medal)



Arshiya Bist  
III (Silver Medal)



Japman Singh  
III (Silver Medal)



Akshaj Saini  
III (Silver Medal)



Radhika Chaudhary  
III (Silver Medal)



Prachi  
III (Bronze Medal)



Pakhi Sujit Nikose  
III (Bronze Medal)



Pullatikurti Govardhan  
III (Bronze Medal)



Bhavesh Bhargav  
III (Bronze Medal)



R.Aditya Pal  
IV (Gold Medal)



Rama Singh  
IV (Gold Medal)



Mohd Umar Kirmani  
IV (Gold Medal)



Vanshika  
IV (Silver Medal)



Piyush Atri  
IV (Silver Medal)



Kartik Satish Dake  
IV (Bronze Medal)



Shivansh Chaudhary  
IV (Bronze Medal)



Tejas Gupta  
V (Gold Medal)



Bhuvan  
V (Silver Medal)



Kamini Kundlas  
V (Bronze Medal)



Devansh Gupta  
VI (Medal of Distinction)



Chirag Fanda  
VI (Medal of Distinction)



Shrey Bansal  
VI (Gold Medal)



Kanav Sharma  
VI (Gold Medal)



Sukhreet Kaur  
VI (Silver Medal)



Aarush Sharma  
VI (Silver Medal)



Priyanshi Yadav  
VI (Bronze Medal)



Ronak Tomar  
VI (Bronze Medal)



Vanshika  
VII (Medal of Distinction)



Manasvi Dhingra  
VII (Gold Medal)



# INTERNATIONAL MATHEMATICS OLYMPIAD

Session 2019-20



Simarpreet kaur  
VII (Gold Medal)



Tanishq Tyagi  
VII (Silver Medal)



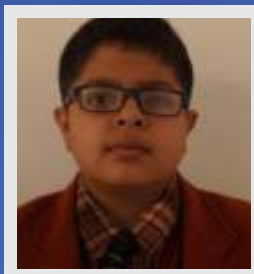
Anubhav Garg  
VII (Silver Medal)



Keshav Gupta  
VII (Bronze Medal)



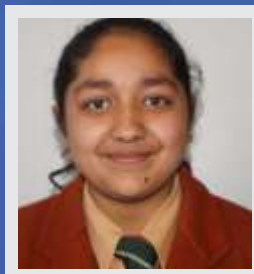
Archi Gupta  
VII (Bronze Medal)



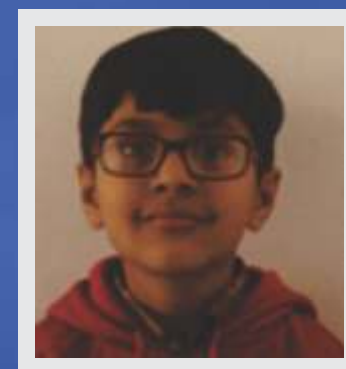
Rittik Rudra Pratap  
VIII (Medal of Distinction)



Aayush Goyal  
VIII (Gold Medal)



Akshita Gupta  
VIII (Bronze Medal)



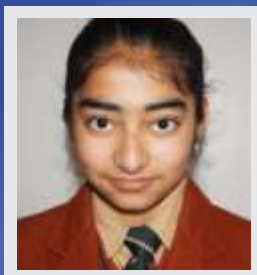
Divyansh Sharma  
III



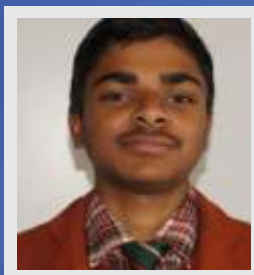
Mohd Umar Kirmani  
IV



Devansh Gupta  
VI



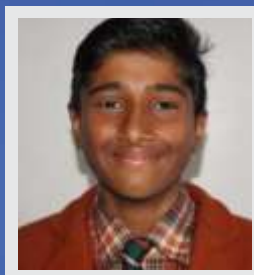
Sneha Rastogi  
IX (Medal of Distinction)



Manik Chauhan  
IX (Gold Medal)



Kanak Verma  
IX (Silver Medal)



Vanshak Gupta  
IX (Bronze Medal)



Chirag Fanda  
VI



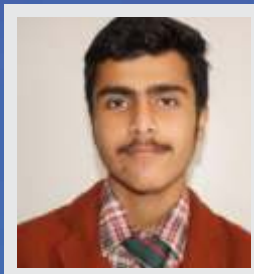
Vanshika  
VII



Rittik Rudra  
Pratap Singh-VIII



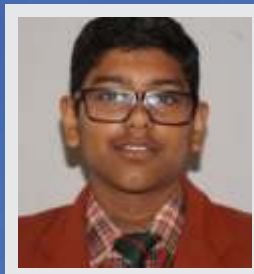
Tanishq Chauhan  
X (Gold Medal)



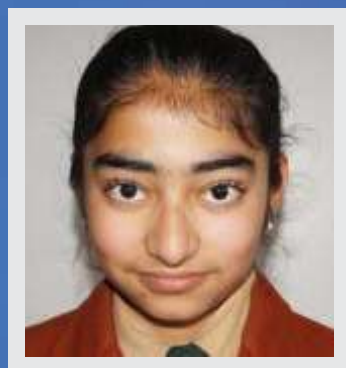
Soham Juneja  
X (Silver Medal)



Brahamjot Singh  
X (Bronze Medal)



Akshat Aggarwal  
XII (Medal of Distinction)



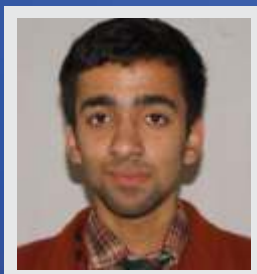
Sneha Rastogi  
IX



Tanishq Chauhan  
X



Akshat Aggarwal  
XII



Devansh Bhardwaj  
XII (Gold Medal)

# NATIONAL SCIENCE OLYMPIAD

Session 2019-20

## NSO Awards



Divyansh Sharma-III  
Medal Of Distinction



Medhaansh Khurana- III  
School Gold Medal



Moksh Arora- III  
School Gold Medal



Radhika Chaudhary-III  
School Gold Medal



Thakur Ganeshwer  
Singh Chauhan- III  
School Silver Medal



Abhinav Singh Rana-III  
School Silver Medal



Hitesh Yadav-III  
School bronze Medal



Arshdeep Singh- III  
School bronze Medal



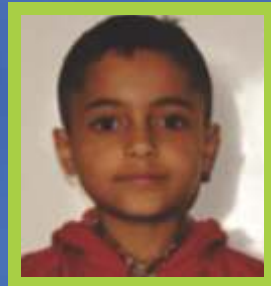
R Aditya Pal - IV  
School Gold Medal



Kriti Thakur- IV  
School Gold Medal



Anshika Sharma- IV  
School Silver Medal



Divyansh Dev Chauhan- IV  
School Silver Medal



Vaishnavi Negi- IV  
School bronze Medal



Mohd Umar Kirmani- IV  
School bronze Medal



Arsh Khan- V  
School Gold Medal



Namay Goyal- V  
School Silver Medal



Bhuvan - V  
School bronze Medal



Devansh Gupta- VI  
Medal Of Distinction



Chirag Fanda- VI  
Medal Of Distinction



Kartavya Singh - VI  
School Gold Medal



Aarush Sharma- VI  
School Silver Medal



Priyanshi Yadav- VI  
School bronze Medal



Priyanshi Juneja- VII  
School Gold Medal



Shaurya Raghav- VII  
School Silver Medal



Swastik Kaushik- VII  
School bronze Medal



Rittik Rudra  
Pratap Singh- VIII  
Medal Of Distinction



Ayan Haider- VIII  
School Gold Medal



Keshav Dixit- VIII  
School Gold Medal



Aaditya Tomar- VIII  
School Silver Medal



Akshita Gupta- VIII  
School Silver Medal



Khushi Sharma- VIII  
School bronze Medal



Sneha Rastogi- IX  
Medal Of Distinction



Manashvi Pal- IX  
School Gold Medal



Manik Chauhan- IX  
School Gold Medal



Prabhneet Kaur - IX  
School Silver Medal



Agrim Sharma- IX  
School bronze Medal



Soham Juneja- X  
School Gold Medal

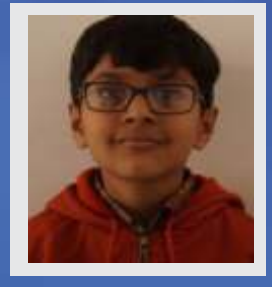


Harshjot Kaur- XI  
School Gold Medal

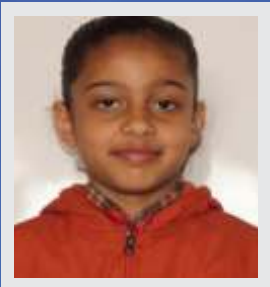


Akshat Aggarwal- XII  
School Gold Medal

## Level 2



Divyansh Sharma  
III



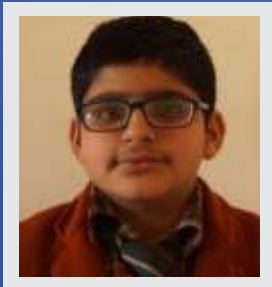
Kriti Thakur  
IV



Arsh Khan  
V



Devansh Gupta  
VI



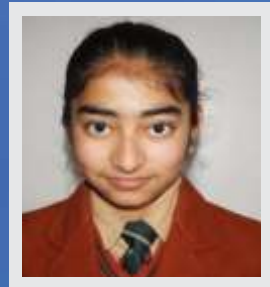
Chirag Fanda  
VI



Priyanshi Juneja  
VII



Rittik Rudra Pratap  
Singh- VIII



Sneha Rastogi  
IX

## Toddlers

### Animal Safari

The smaller the creature, the bolder its spirit.



## Veggie Day

Your dinner must be on the 'Veggie' table  
Good food makes everything great....so order tomato.



# Young Minds



# Festivals

## Independence Day

Independence Day is a day of freedom from marginalising people for whatever reason/s.



# Diwali

Happy children are lighthouses to a happier and brighter celebration of anything done.



# Community Outreach Drive

How about you burn your ego this **DIWALI** instead of **CRACKERS?**



# Eid

In the dark night, you might disappear but remember a day will come when your light will outshine the darkness!



# Gurupurab

On GURUPURAB feed your soul, the food of enlightenment and devotion



# Christmas

**Santastic Moments!**  
Christmas is always good when the celebration is 'SANTastic!'



# Republic Day & Annual Function

- Be grateful that the constitution watches over us.....paving way to a society of order and justice.
- When their tiny feet move in rhythm, even the ground trembles and rejoices.
- A day to thank the wrinkled walls of the structure we call our FAMILY





# Interact Club

## Installation Ceremony

Leaders are not born they are made.



## Fund Raising

Donate.....it's the best you can do to make a change.



## Tree Planting

You aren't just planting a sapling, you're planting hope.



## Government School Visit



## Cleanliness Drive



# Charity Endeavours

You have not really lived if you haven't done something for someone who can't repay you.



# Best Teacher Award

Teaching is not a mere profession but a passion that only a few have.



# Visits

## Chattbir Zoo

Good learning is never theoretical, but a balance of practical learning and a never ending journey of knowledge and facts.



## Fun N Food

Fun is like a key which opens minds and doors to an active imagination and health.





## Gurudwara Paonta Sahib

- Service to Human is Service to God.
- If you have a pure heart you don't need a place to go and worship.



## Industry Visit

An industry is a sophisticated and subtle model of what an organized workplace looks like.



## Post Office

A post office is a storehouse of feelings and words that remain silent till you read them.



## Regional Science Center

Science makes sense only when you allow it to do so.



## Panchayat Office

What happens when you mix your villagers and the government: a Panchayat.'



## Students' Workshop

A student in itself is a spark which is enough to start a fire of revolution.

## Career Awareness Programme



## Military Literary Feast



## Expression India



## Wonderskill



# Teachers' Workshop



# Parenting Workshop

parenting is tough, Parenting is no 'kid'ding.



# Touching New Heights

## Children Science Congress

A Scientific Vision is a way of looking at the world as a huge mechanism driven by facts and forces.



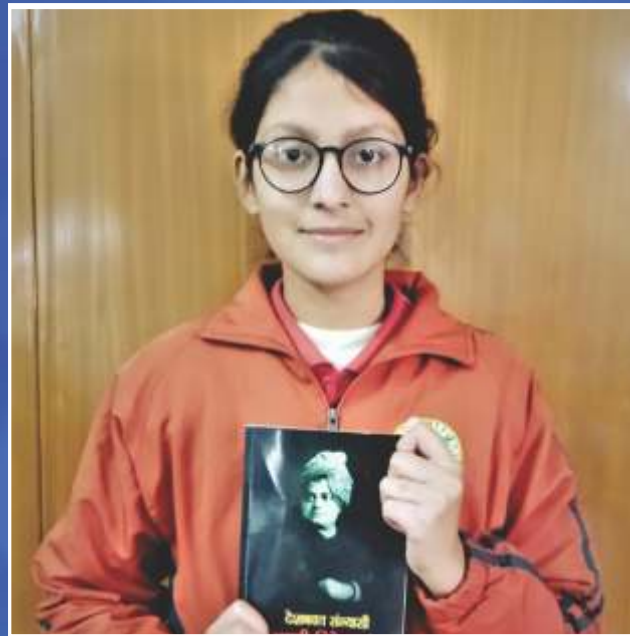
# Modern United Nation (MUN)

MUN is an academic fiesta of knowledge and worldly concern that everyone must have.



# Speech Competition ABVP

With your words, you can either make people's hearts soar or you can make their hearts sore



# Gandhi Global Solar Yatra

Oh look! The Cavemen found a new source of light!

**STUDENT SOLAR AMBASSADOR WORKSHOP 2019**  
HANDS ON TRAINING TO ASSEMBLE SOLAR STUDY LAMPS

School Name : The Scholars' Home  
No. Of Students : 150  
Country : India

DATE : **2<sup>nd</sup> OCTOBER 2019**

WE PLEDGE FOR NON-VIOLENCE TOWARDS ENVIRONMENT

**1 MILLION EFFORTS FOR MOTHER EARTH**



# Cycle Rally

A bicycle ride around the world begins with a single pedal stroke

**Say No To Single Use Plastic**

Oct. 2nd 2019

**Cycle Rally**

**THE SCHOLARS' HOME**



# House Week

## Maths Week

Maths is simply positive and negative battling for supremacy. There are an infinite number of digits between 0 and 1, don't think your life doesn't even have a single possibility of good.



## Science Week

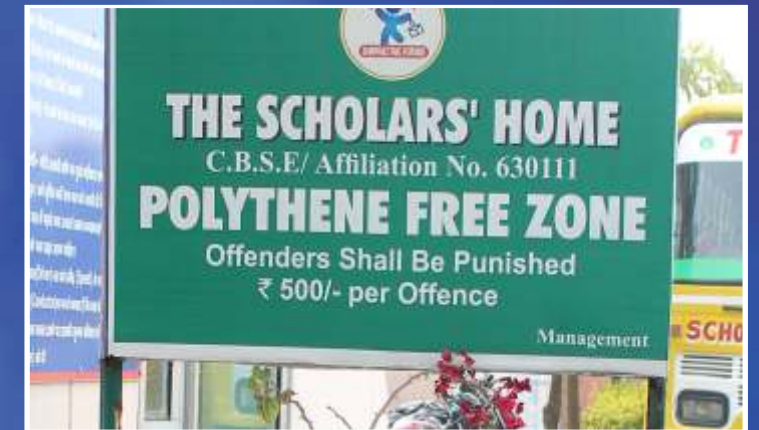
Science is a voyage of wonders and mysteries answered by acts of knowledge and precision.



# Rights and Responsibilities

## Plastic Free Zone

Stop! Our earth doesn't need a plastic surgery!



## Brick by Brick

### Swing Bay

Swinging high in the air is like having s 'WINGS'.



## New Library

Even if the library is empty, it is always 'booked' for you.



## Open Air Gym

Exercise to prevent excess size.



## Conference Hall

A conference can't be held just anywhere. You need a perfect time and place to hold a good meeting.



## When Guests Enthralled us

### Gurbani by Dr. Alankar Singh

In the advancing tech driven society, students are always motivated to look back at the culture and traditions that were carved in the nation's spirit by our ancestors.



### Canvas Painting by Mr. Zakir Hussain

Spread the canvas, bring the palette and fill the colours.



# Odissi (Gotipua)

There will always be moments when you just stand dumbstruck and say "Now that was Fantastic!"



# Annual Awesomeness - VIRASAT

A nation is built on the pillars of its heritage and that heritage needs protection.

## Dham

So you're telling me you live in Himachal and you haven't had Dham? You must be joking!



# Classical Dances

Dance is a knot of elegance, precision and perfection.

## Odissi Dance



## Kuchipudi Dance



## Sattriya Dance



## Kathak Dance

Dance is as a narration of a beautiful story without words.



## Hindustani vocals

A song is meant to be sung like you're embracing it.



## Pottery

Every problem is like clay, you shape it, beat it till it becomes good and easy to live with.



## Madhubani Painting

A Madhubani teaches that brighter the canvas better the painting.





# Weaving

Weaving is an art of patience and dexterity. You wait and slowly see your art get better.



# Puppetry

I've got no strings so I have fun. I'm not tied up to any one.



# Prefect Body

A prefect body is always 'by the students, for the students and with the students.'



TSH appreciates and congratulates the prefect body for their contribution towards the smooth running of all the major events of the school.



**Piyush Verma – XII**  
(School Captain-Boy)



**Karishma Sharma – XII**  
(School Captain-Girl)

**DHRUV HOUSE**  
(Proceed with Resolve)



**T. Raghuraj Pratap Singh Negi - XI**  
(Team Captain)



**Soham Juneja – X**  
(Team Prefect)

**SHRAVAN HOUSE**  
(True to Self)



**Sneha Thakur – XI**  
(Team Captain)



**Aabhas Anand – X**  
(Team Prefect)

**MANU HOUSE**  
(Charge with Courage)



**Geetansh Saini – XI**  
(Team Captain)



**Jasmeet Kaur – X**  
(Team Prefect)

**AJIT SINGH HOUSE**  
(Lead with Confidence)



**Kishan Kumar – XI**  
(Team Captain)



**Dixita Thakur – X**  
(Team Prefect)

# VALUE OF GAMES & SPORTS A STUDENT'S LIFE

An active participation in sports and games can have many benefits in a student's life. It gives a student a chance to enhance the physical and the social skills. It offers a child a change from the monotony of daily routine. It keeps the stress and anxiety away.

Games and sports are an important source of recreation. After playing games we begin to feel cheerful because games and sports remove the dullness of mind. Games and sports provide exercise to our body to make us physically strong. Physical strength helps us to fight the battle of life.

Those who do not work hard become ill. Games and sports provide exercise to the human body; they make us fit and strong. A healthy person can gain success at every step of life.

Games and sports build character. They help in making good citizens. They make the people play the game of life honestly; such persons keep their nation young, healthy and strong. Sportspeople are the pride of nation. These days games and sports have gained international stature.

Games and sports have great value in student life. It develops their spirit, mental toughness, cheerful nature, sense of humor and a strong physique. All these are important traits of a successful life.

***“JUST BELIEVE IN YOUR SELF”  
Even if you don't, pretend that you do  
At some Point You will.***

**ANOOP K MENON  
(SPORTS COORDINATOR)**

## Sports Achievements

CBSE Cluster XVIII  
Football under 17 boys winner



Sirmour District  
Open Athletics Championship, Paonta



Tushar Sharma – 200M GOLD

The Scholars' Home Football team  
with DPS Solan



Sonakshi Anand – 200M SILVER, 400M BRONZE



Rakhi Sharma – Shot Put SILVER, Discuss BRONZE



Daksh Saini – Shot Put BRONZE, 100M BRONZE

## Sirmour District Open Athletic Meet, Nahan

- Tushar Sharma(U-17) – 100M SILVER
- Bharti Chauhan(U-17) – 400M GOLD, 100M BRONZE, Shot Put SILVER
- Ayan Mitra(U-14) – 100M GOLD
- Himani Gupta(U-17) – 800M BRONZE
- Yana Singh(U-14) – 100M SILVER
- Sonakshi Anand(U-14) – 600M, 100M GOLD, 200M BRONZE



## CBSE Cluster XVIII Athletics Championship



Himani Gupta 2nd place winner in 'Run for Unity' Marathon



Aastha Vasudev 3rd place winner in 'Run for Unity' Marathon



## Badminton

North India A2S open Badminton Tournament Winner Under 14 – Shubhangi



**Sirmour District Open Badminton Tournament, Nahan**

**U-14, U-15, U-17 Girls Winner – Shubhangi**

**U-15 Boys Winner – Daksh Purewal**

**U-15 Boys Runner up – Adit Sharma**



## CBSE North Zone Badminton Championship



## BASKETBALL

Jigyasa Negi | Taranajot Kaur | Surbhi Sharma | Shrishti Sharma | Urvashi Chauhan

Represented Sirmour District in HP State Sub Junior basketball Championship (Runners-up).



# Udgosh (Annual Sports Meet)



## Best Player 2019-20

Best player boy – Daksh Saini

Best player girl – Yana Singh



## Dhruv House

Best House of the Year 2019-20



## Winning Team

Dhruv House – Winning Team 2019-20



## Karate

Rare pictures of students kicking the limits which they once carried.

## SGI

5th H.P Seigokan Goju-Ryu State Karate-Do Championship 2019-20

From 8th to 10th September 2019 at Shimla

Name	Class	Age	Result (Kumite)
Mandeep Kaur	IV-A	8-9	Gold
Navanpreet Kaur	IV-D	8-9	Gold
Aarav Verma	V-A	10	Gold
Vansh Saini	VI-C	10	Gold
Ronak Tomar	VI-C	11	Gold
Chakshu	III-D	8-9	Silver
Shaurya Sharma	IV-C	8-9	Silver
Rishi Sharma	V-A	10	Silver
Sachi Sharma	VI-A	11	Silver
Simarpreet Kaur	VII-C	11	Silver
Avishka Mehta	VI-C	10	Bronze
Bhanu Pundir	VII-A	12-13	Bronze
Saransh Tomar	VII-C	11	Bronze
			<b>Result (Kata)</b>
Mandeep Kaur	IV-A	8-9	Bronze
Ronak Tomar	VI-C	11	Bronze
Aarav Verma	V-A	10	Bronze
Suneha Kaur	V-A	10	Participation
Rupinder Kaur	VIII-A	12-13	Participation

Gold-5

Silver-5

Bronze -6

Total Medals -16

## SGI National

SGI National Level Karate Championship at Shimla (16th June to 18th June 2019)

Sr. No.	Name	Class	Result Kata	Result (Kumite)
1	Mandeep Kaur	4 A	Bronze Medal	Gold Medal
2	Bhuvanyu Sharma	4 C	----	Bronze Medal
3	Navanpreet Kaur	4 D	----	Bronze Medal
4	Namay Goyal	5 B	----	Bronze Medal
5	Vanyaa Sharma	5 C	----	Bronze Medal
6	Sachi Sharma	6 A	----	Bronze Medal
7	Priyanshu Tomar	6 B	----	Bronze Medal
8	Kanav Sharma	6 B	Bronze Medal	Bronze Medal
9	Ronak Tomar	6 C	----	Bronze Medal
10	Shaurya Raghav	7 A	----	Bronze Medal
11	Bhavya Rai Batra	7 B	----	Gold Medal
12	SimarpreetKaur	7 C	----	Bronze Medal
13	Rupinder Kaur	8 A	----	Silver Medal
14	Aayushi Anand	10 A	----	Silver Medal
15	Rakhi Sharma	11 Hum.	----	Silver Medal
16	VibhutiKumari	11 Comm.	Bronze Medal	----

**Gold Medal- 2 | Silver Medal - 3 | Bronze Medal - 13**



## KAI

1st North Zone Karate Championship 2019-20

1st to 3rd November, 2019 at Dehradun

Name	Class	Age	Result (Kumite)
Rupinder Kaur	VIII-A	13	Participation
Vibhuti Kumari	XI-Comm	16-17	Silver
Digvijay Singh	XII-Comm	16-17	Silver

3rd District KAI Karate-Do Championship 2019-20 9th October 2019 at Nahan

Name	Class	Age	Result (Kumite)	Result (Kata)
Chakshu	III-D	8	Gold	-----
Mandeep Kaur	IV-C	9	Gold	Gold
Shaurya Sharma	IV-C	9	Silver	-----
Navanpreet Kaur	IV-D	9	Bronze	Silver
Rishi Sharma	V-A	10	Gold	Silver
Suneha Kaur	V-A	10	Silver	Bronze
Namay Goyal	V-B	10	Gold	Gold
Vanyaa Sharma	V-C	10	Gold	Silver
Sachi Sharma	VI-A	11	Gold	Silver
Ronak Tomar	VI-C	11	Gold	Gold
Vansh Saini	VI-C	10	Bronze	Silver
Bhavya Rai Batra	VII-B	11	Silver	Gold
Manasvi Dhingra	VII-B	11	Bronze	Silver
Simarpreet Kaur	VII-C	11	Bronze	Bronze
Rupinder Kaur	VIII-A	12	Gold	Gold
Aayushi Anand	X-A	15	Gold	Silver
Rakhi Sharma	XI-Hum	16	Gold	Silver
Vibhuti Kumari	XI-Comm	16	Gold	Gold
Digvijay Singh	XII-Comm	17	Gold	Gold

KAHP State Karate-Do Championship 2019-20 19th & 20th October, 2019 at Baijnath Kangra

Name	Class	Age	Result (Kumite)	Result (Kata)
Rupinder Kaur	VIII-A	13	Gold	-----
Vibhuti Kumari	XI-Comm	16-17	Gold	Bronze
Digvijay Singh	XII-Comm	16-17	Gold	Silver
Mandeep Kaur	IV-C	9	-----	Silver
Sachi Sharma	VI-A	11	Silver	Silver
Rishi Sharma	V-A	10	Bronze	-----
Aayushi Anand	X-A	14-15	Bronze	-----
Rakhi Sharma	XI-Hum	16-17	Bronze	-----
Bhavya Rai Batra	VII-B	11	Participation	Participation

Gold-3 | Silver-4 | Bronze-4



Selected for KAI National Karate Championship 2019-20

Name	Class	Age
Rupinder Kaur	VIII-A	13
Vibhuti Kumari	XI-Comm	16-17
Digvijay Singh	XII-Comm	16-17



Digvijay Singh  
(XII-Commerce)



Rupinder Kaur  
(VIII – A)



Vibhuti Kumari  
XI – Commerce

## Karate Training Camp



## Cricket

How about you become your own umpire in the game of life?





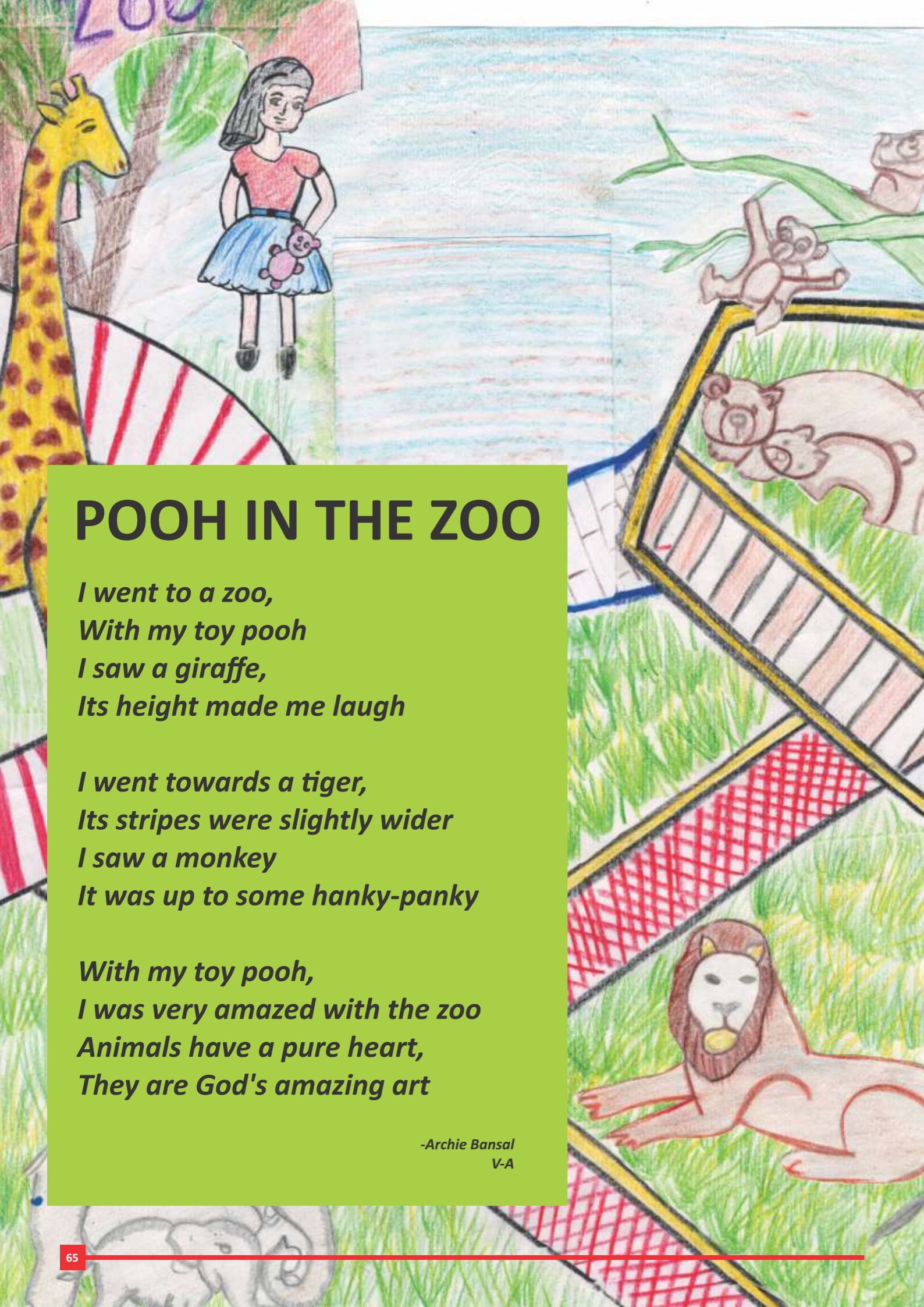
# Fit India Movement



# International Yoga Day

Yoga happens beyond the mat.





## POOH IN THE ZOO

*I went to a zoo,  
With my toy pooh  
I saw a giraffe,  
Its height made me laugh*

*I went towards a tiger,  
Its stripes were slightly wider  
I saw a monkey  
It was up to some hanky-panky*

*With my toy pooh,  
I was very amazed with the zoo  
Animals have a pure heart,  
They are God's amazing art*

-Archie Bansal  
V-A



## Childhood

Childhood is rare  
Unlike a bear  
Childhood is fun  
Like eating a bun  
Childhood is like a fire,  
Like the excitement of getting hired  
Childhood is like honey,  
Like a hopping bunny  
Appreciate childhood  
Like when you first stood!  
Childhood is the best part of lifetime  
And I think the best was mine  
I miss those days  
In which I had fun in many ways  
You don't have to live like it is your last day  
But every day when you wake up in the morning  
You should be like  
CARPE DIEM! (Seize the day)

-Yashwant Tomar  
IX-A

# Cheers to life

My life is full of joy  
And all I want is to enjoy  
My life gets faster some days,  
No time to think, no time to play  
I want to live my life to the fullest  
And to pass all exams and test  
But more than that, I want to become a good student  
Who never stops learning  
I want to make new friends  
Who will be mine till the end  
My life is not only about myself  
I will live with my family, never alone  
I am happy with my life  
It is full of joy, it is lovely.

Sara Chauhan  
VI-C



# Breathe Air, Not Death

If anytime in your life you feel low,  
What to do at that time, you don't know  
Never choose drugs at any cost,  
Your life would become ruined, you would be lost

Your dear ones would cry, but you shall not hear,  
The blunder you did, they would not be able to bear  
Never think those drugs will make you ever feel well,  
Instead they will send you to hell!

These poisonous drugs, you won't be able to hate,  
When you will realise, it would be too late  
Then you will blame your fate  
They will not make you tension free,  
In fact they will grow inside you,  
a poison tree

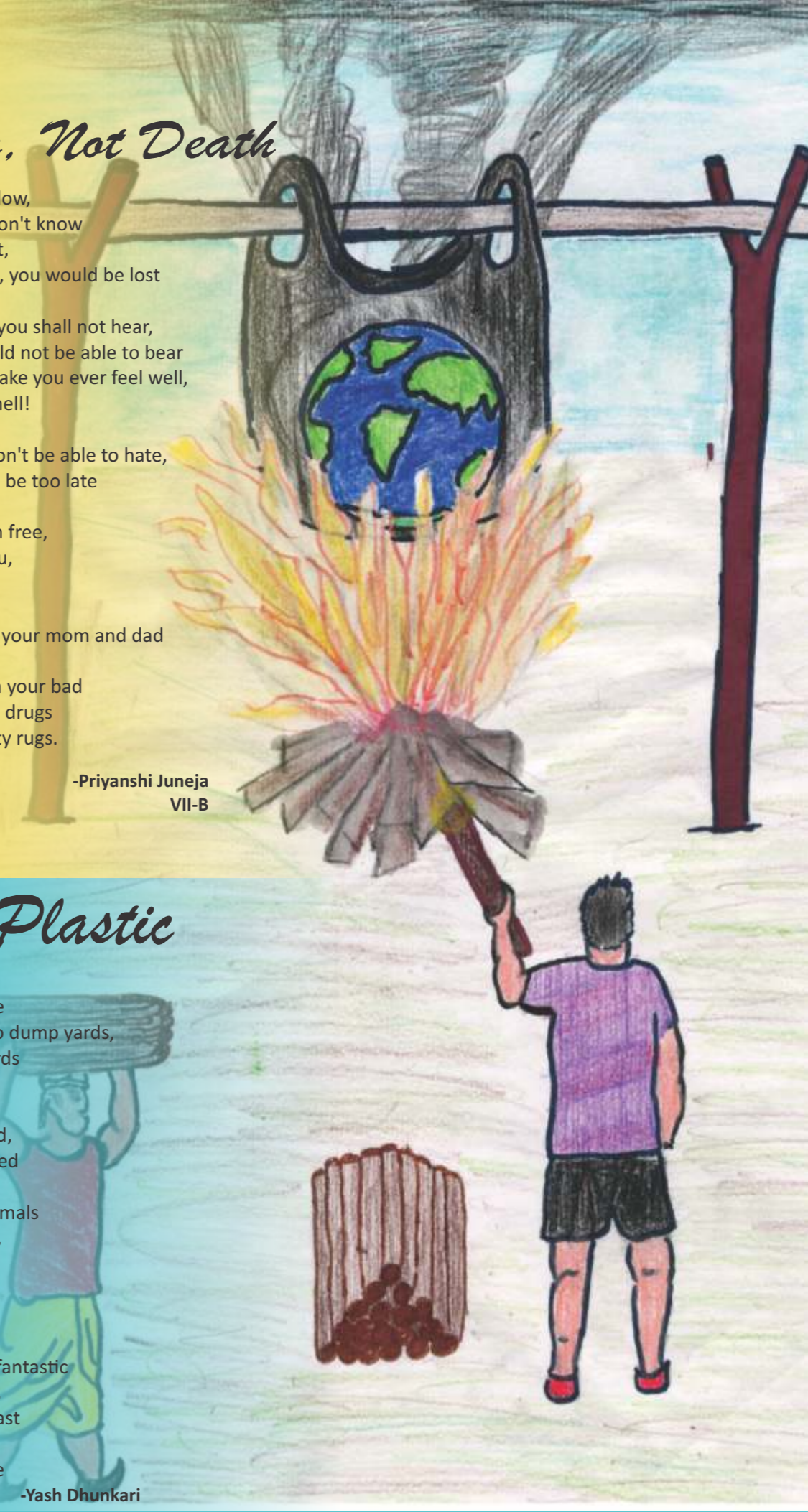
When you feel low, remember your mom and dad  
They will make you feel glad  
They will help you escape from your bad  
Never choose those poisonous drugs  
They will spoil your life like dirty rugs.

-Priyanshi Juneja  
VII-B

# Painfully Plastic

Plastic bags here and there,  
Polluting our earth everywhere  
Green mountains are turned to dump yards,  
Not to use plastic envelope cards  
Plastic is a helping hand  
But is polluting our land  
Cloth bags must be encouraged,  
Plastic bags must be discouraged  
Plastic is eaten by animals,  
Amphibians, reptiles and mammals  
Choking death the animals die,  
none to hear them cry  
Plastic leads to pollution,  
there is only one solution  
Let us stop the use of plastic,  
Then our environment will be fantastic  
I would like to conclude at last,  
That plastic must be stopped fast  
Plastic bags here and there,  
Polluting our earth everywhere

-Yash Dhunkari  
VII-C





## आओ प्रकृति से कुछ सीखें

## नए जीवन की ओर

## नशा मुक्त जीवन

काँटों में खिलकर भी,  
करते हैं खुश फूल हम को |  
अब सीखना हमें है,  
कैसे करेंगे खुश हम एक दूसरे को |  
सूरज खुद जलकर भी,  
देता रोशनी हमको |  
अब सीखना हमें है,  
कैसे रोशन करना सबको |  
नदियाँ खुद बहकर करती हैं,  
जलसेवा हम सबकी |  
अब सीखना हमें है,  
कैसे सेवा करनी अपने छोटे-बड़ों की |  
भरते अपना पेट हैं,  
पक्षी खुद मेहनत करके |  
अब सीखना हमें है,  
कैसे करें सेवा हम अपने दम पे |

-Himani Chauhan  
VII-A

नशे को छोड़कर जीवन सुखद बनाओ,  
क्या मिलता है नशा कर कर यह मुझे तुम  
बताओ |  
नशा तुम्हें नहीं, तुम नशे को सताओ,  
नशे को छोड़कर सुधार लो अपनी यह आदत,  
नहीं तो बन जायेगा यह बहुत ही घातक |  
यह अनमोल जीवन है तुम्हारा,  
क्या तुम्हें लगता नहीं ये सच्चा और प्यारा ?  
नशा मुक्ति केंद्र अभी भी है जारी,  
सुधर जाओ वरना अगली होगी तुम्हारी बारी |

-Shivam Tiwari  
VIII-C

नशे को छोड़कर जीवन सुखद बनाओ,  
क्या मिलता है नशा कर कर यह मुझे तुम  
बताओ |  
नशा तुम्हें नहीं, तुम नशे को सताओ,  
नशे को छोड़कर सुधार लो अपनी यह आदत,  
नहीं तो बन जायेगा यह बहुत ही घातक |  
यह अनमोल जीवन है तुम्हारा,  
क्या तुम्हें लगता नहीं ये सच्चा और प्यारा ?  
नशा मुक्ति केंद्र अभी भी है जारी,  
सुधर जाओ वरना अगली होगी तुम्हारी बारी |

-Vedanshi Negi  
V-A

# Starring beings

They look up to the stars in the sky,  
At those pretty stars  
I look down in the rivers the reflection of stars,  
At those mysterious stars  
One life, one star  
One story, one star  
Not only pretty masks but true beauties are stars  
The broken star,  
The fake smiling star,  
The lone star  
All are lovely stars  
"Hey star, why do you wear a mask?"  
"So my sadness remains concealed."  
"Oh star, the universe is vast,  
You just need to find someone fast.  
After searching the universe of billion stars,  
I told my little star,  
"No one will control your happiness,  
You are your own star"  
Don't be fake for others;  
You can hurt yourself with a mask, star.."  
My star suddenly got bright,  
as if it lost all of its fright  
My star was ready for its own fight,  
And I knew my star was right.

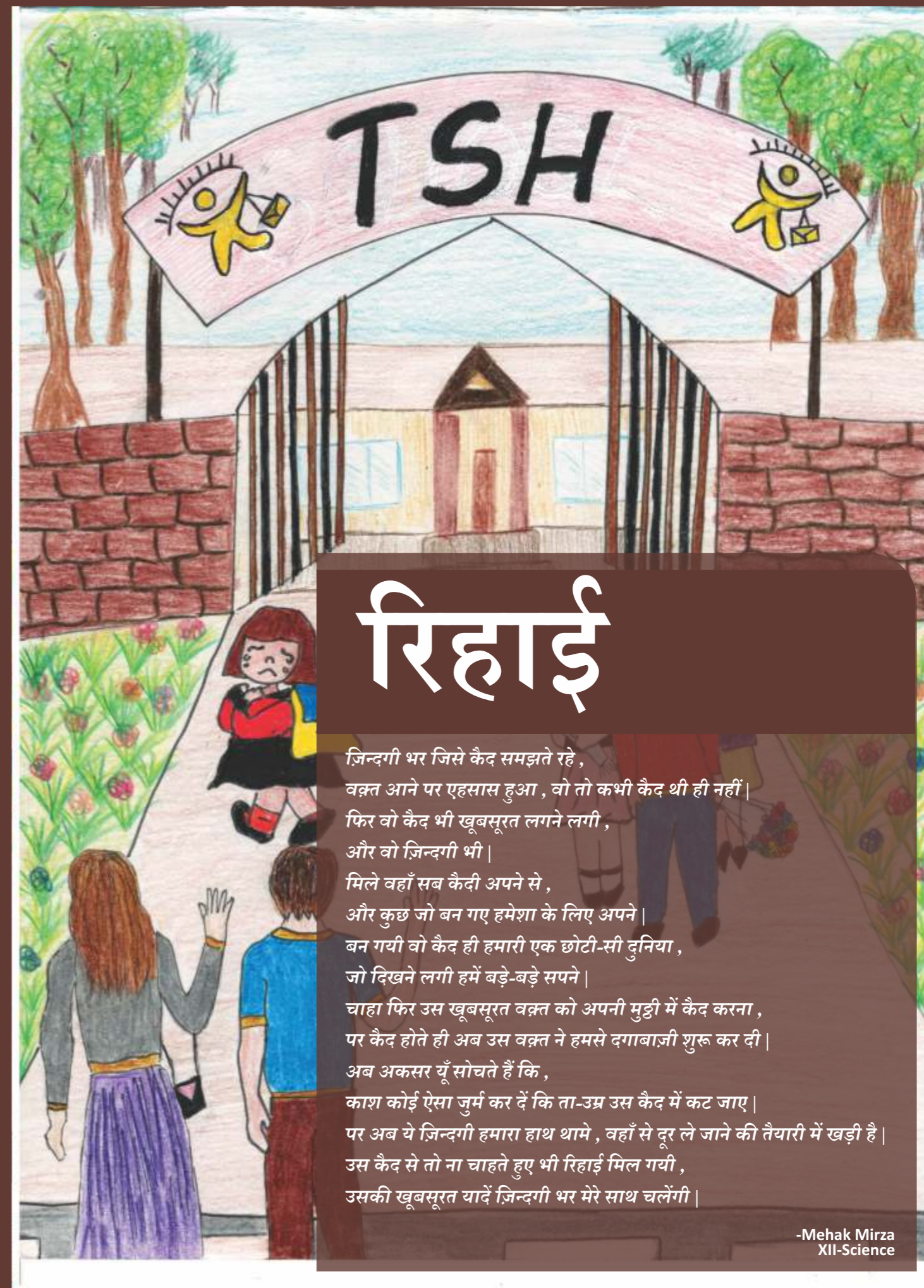
-Yashika  
X-A



## I ACOMPETE WITH ME

*I love to compete with myself  
I compete with myself to fulfil my dreams dreamt in  
the past  
I compete with myself for my better future,  
I compete only for me  
Not to beat or cheat  
I compete to rise up  
I only compete, to be better than before  
I compete to inspire  
I love myself a lot  
Who's better to compete with  
than myself.*

-Himani Chauhan  
VII-A



## रिहाई

जिन्दगी भर जिसे कैद समझते रहे,  
वक़्त आने पर एहसास हुआ, वो तो कभी कैद थी ही नहीं।  
फिर वो कैद भी खूबसूरत लगने लगी,  
और वो जिन्दगी भी।  
मिले वहाँ सब कैदी अपने से,  
और कुछ जो बन गए हमेशा के लिए अपने।  
बन गयी वो कैद ही हमारी एक छोटी-सी दुनिया,  
जो दिखने लगी हमें बड़े-बड़े सपने।  
चाहा फिर उस खूबसूरत वक़्त को अपनी मुट्ठी में कैद करना,  
पर कैद होते ही अब उस वक़्त ने हमसे दगाबाज़ी शुरू कर दी।  
अब अकसर यूँ सोचते हैं कि,  
काश कोई ऐसा जुर्म कर दें कि ता-उम्र उस कैद में कट जाए।  
पर अब ये जिन्दगी हमारा हाथ थामे, वहाँ से दूर ले जाने की तैयारी में खड़ी है।  
उस कैद से तो ना चाहते हुए भी रिहाई मिल गयी,  
उसकी खूबसूरत यादें जिन्दगी भर मेरे साथ चलेंगी।

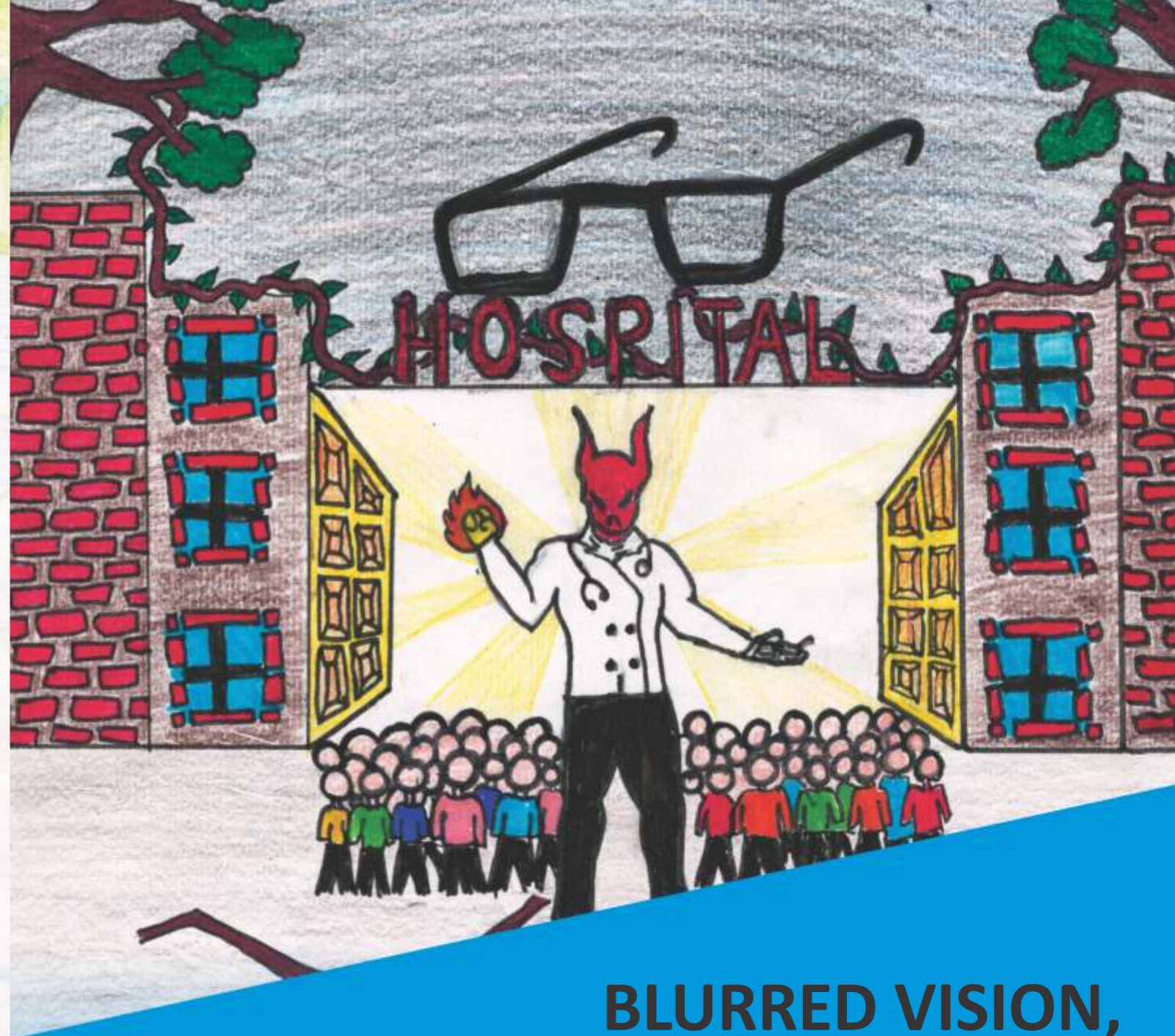
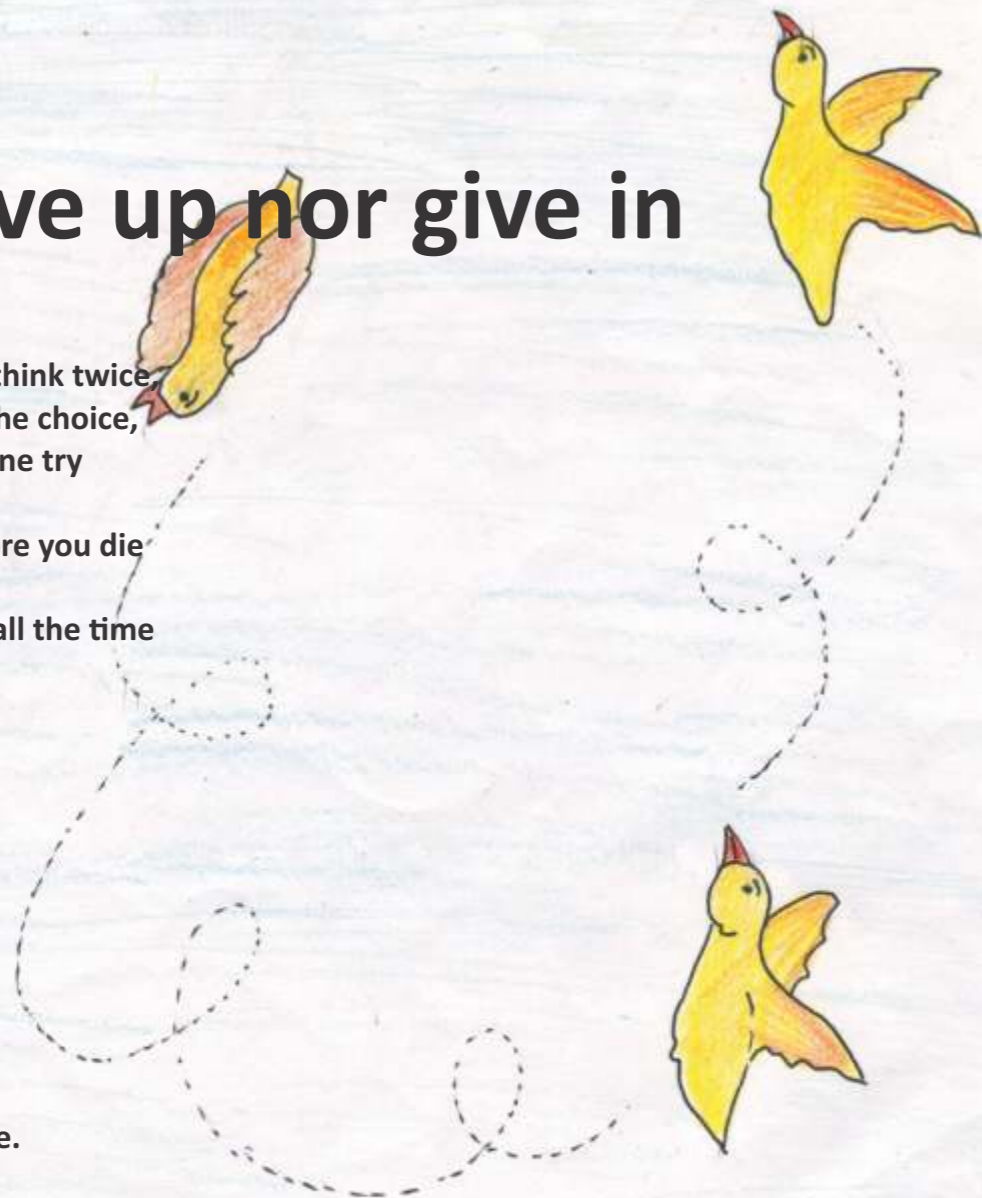
-Mehak Mirza  
XII-Science



## Neither give up nor give in

You fall,  
 You rise,  
 Before doing something you think twice  
 You are the one who makes the choice,  
 Then why do you give up at one try  
 Make your spirit high,  
 Do something incredible before you die  
 You have one life  
 Why to waste it by giving up all the time  
 Listen to your inner voice,  
 Take decisions  
 Nothing is impossible  
 Invest those seconds,  
 To make great happenings  
 Just move ahead,  
 Take a step,  
 Some roads are untaken,  
 Explore them  
 It's your life  
 Go and fly!  
 Live it up with a reckless smile.

-Avni Sharma XII Commerce



## BLURRED VISION, CLEAR SIGHT

I learnt how to fight even when everyone else accepted. I, with my writing can share my story. Imagine how tough it would have been for me to know that I had an acute myopia. When it came to wearing glasses it became much harder and that struck me bad. I had myopia, for some it may be normal or not a big affair but it hurt me a lot. I, for a half week sat at a corner without any movement. Since, it was in the middle of summer break; I had no reason to get out of my sorrow. Finally with love and affection, I was taken out of the dark space I was in. My parents consulted 6-7 doctors but they all

denied natural treatment. They asked me to put on glasses urgently. But with great determination, I refused. Everyone called me foolish for not wearing glasses. I found techniques to cure me (through internet and naturopathy). I practised them regularly for two months. My vision became clearer and clearer. The doctors were in a state of confusion and said that it was my luck. My friends, relatives, neighbours who called me foolish, later praised me. Yes, I knew I had to maintain my vision, but this gave me a good lesson.

# खुद से जंग

जिंदगी एक खेल है, जीतोगे,  
तो सफल बन जाओगे।  
और यदि हार जाओगे,  
तो समझदार बन जाओगे।  
लेकिन सफल बनने के लिए,  
पहले समझदार बनना ज़रूरी है,  
इसका मतलब हर जीत से पहले हार ज़रूरी है।  
मतलब की बात हर कोई समझता है,  
लेकिन बात का मतलब कोई नहीं।  
हमेशा यह बात याद रखना, ऊपर वाला अच्छे  
लोगों का इम्तिहान ज़रूर लेता है,  
पर साथ कभी नहीं छोड़ता।  
कभी हौंसला टूटे तो,  
खुद को यह बात याद दिलाना,  
मैं हालातों का मारा नहीं हूँ।  
मेरा सिर्फ वक्त बुरा था,  
मैं फिर उठ जाऊँगा,  
अभी मैं हारा नहीं हूँ।  
जितना सोचते हो, कोशिश उससे ज्यादा करो।  
दूसरों की भी सुनो,  
पर अपने मन की आवाज़ खोने मत दो।

-Monika  
IX-B

# शिक्षा का दर्पण

शिक्षा का उद्देश्य तो बेहतर इंसान बनाना था,  
जीवन जीने के सही माइनों को समझाना था,  
संस्कारों और सभ्यताओं की ज्योत को जलाना था,  
खुद को और अपने देश को नयी बुलंदियों तक पहुँचना था,  
लेकिन आजकल तो शिक्षा का स्वरूप ही बदल गया है,  
बच्चों के ऊपर बेवजह का बोझ बन कर रह गया है।  
डॉक्टर, इंजिनियर या आई.ए.एस अफसर बन जाए बच्चा हमारा,  
इससे कम नहीं है किसी भी माँ-बाप को गँवारा।  
बच्चों को समझा जाता है अंक छापने की मशीन,  
ऊपर से कहीं बच्चे ने, मेडिकल या नॉन मेडिकल न लिया,  
तो मुश्किल हो जाता है उनका घर से दफतर तक जाना।  
यहाँ पर भूल जाते हैं हम अपने बच्चों के सपनों को अपनाना,  
और सोचने लगते हैं कि क्या कहेंगे लोग और क्या कहेगा ज़माना।  
और ज़रा सोचो,  
क्या कभी हमारा बच्चा हमारी तुलना किसी और से करता है,  
किसी के माँ-बाप चाहे डॉक्टर हो या इंजिनियर,  
वो तो सिर्फ हम ही को प्यार करता है।  
बिना वजह क्यों उनके नाज़ुक कंधो पर,  
अपने खोखले सपनों और उम्मीदों की लाशों का बोझ हैं डालते।  
अपने बच्चों की काबिलियत को समझो  
याद रखना मेरे दोस्त,  
मछली से ज़मीन पर दौड़ लगवाओगे,  
तो वो थक हार कर मर ही जाएगी।  
हर एक बच्चे की है अपनी कहानी,  
आओ अपने बच्चों को उनके जीवन के रंग चुनने दें,  
उन्हीं की कलम और स्याही से उन्हें उनकी किस्मत लिखने दें।  
सुनहरे और सुन्दर सपने बुनने दें,  
नन्हें, नाज़ुक और कोमल पँखों को फैलाकर आकाश में,  
बेपरवाह, बेखौफ होकर ऊँची से ऊँची उड़ान भरने दें।

-Reena Sharma  
Teacher (Biology)

# जिंदगी का गूढ़ार्थ

जिंदगी है दोस्तों,  
लड़ना भी पड़ता है,  
झुक कर उठना भी पड़ता है।  
चाहे जितनी भी चोट लगी हो,  
हिम्मत कर उठना ही पड़ता है।

हँसी के आलम में रहकर,  
दुख की गोद से उठना भी पड़ता है।  
भरी आँखों के साथ,  
मुस्कराकर आगे बढ़ना ही पड़ता है।

जिंदगी है दोस्तों,  
आगे बढ़ना ही पड़ता है।  
खुशी का नकाब पहन कर,  
हर दर्द को दबाना ही पड़ता है।

जिन्दगी एक जंग है,  
यहाँ कभी संवेदनशील,  
तो कभी संवेदनहीन बनना ही पड़ता है।

ये जिंदगी है दोस्तों,  
यहाँ जीत-हार की न सोचकर,  
खुद को साबित करना ही पड़ता है।

Akshita VIII A

# आशा की उड़ान

पतंग है ये पतंग, यह उड़ती रहती |  
कट जाती तो नीचे गिर जाती,  
फिर भी ये खराब नहीं होती |  
वैसे ही यह जीवन हमारा,  
बहुत सारी खामियों और दुखों से भरा |  
हमें लेना है यही प्रण,  
नहीं माननी हार कभी |  
डर कर नहीं डट कर करेंगे सामना,  
चाहे कुछ भी बोले ज़माना |

-Aniket  
VI-C



# खुद से लड़ाई

आईने में जब देख कर हो रहा था मैं तैयार,  
अपनी टाई को मैं रहा था संवार |  
तभी आईने ने की मुझसे बात,  
और तभी मुझे चढ़ गया तेज़ बुखार |  
आईना फिर बोला,  
न है तू आइंस्टाइन न है तू निकोला |  
आगे जाकर तेरा सभी उठाएंगे फायदा,  
अगर बनता रहा तू यूँ ही सीधा-साधा |  
नाम है दीपक पर अँधेरे से डरता है,  
न खेल कूद में, न पढ़ाई में कुछ करता है |  
मेरी बातें सुनकर हो गया तू उदास,  
पर यह है सच्चाई और इससे क्यूँ डरता है |  
मैंने दिया आईने को फिर जवाब,  
कभी तो अपना समय आएगा जनाब |  
बेशक मेरी अभी हालत है खराब,  
पर ऊपर वाला करेगा मेरी मुसीबतों का हिसाब |  
बहुत देर तक मैं आईने से झगड़ रहा था,  
न वो अपनी बात से, न मैं अपनी बात से पलट रहा था |  
इतने में आईना हो गया गायब,  
बाद में समझ आया मैं अपने आप से ही लड़ रहा था |

-Deepak  
X-A





## चिड़िया की व्यथा

चिड़िया बोली माँ मुझे पिंजरे में ही रहने दो ,  
दो दाना-खाना व कटोरा भर पानी यही काफी है ।  
मुझे पता है पिंजरे में रह कर डाल-डाल न बैठ पाऊँगी ,  
कोमल-कोमल फूलों का रसास्वादन न कर पाऊँगी ।  
बहती नदी में गोते खाकर निर्मल जल न पी पाऊँगी,  
पंख फैलाकर गगन की सीमा को भी न छू पाऊँगी ।  
अगर पिंजरे के बाहर गयी तो ,  
गिद्ध दृष्टि से न बच पाऊँगी ।  
गिद्ध दृष्टि से अगर बच भी गयी तो ,  
शिकारी से न बच पाऊँगी ।  
बैठे हैं जो चोंच खोल कर ,  
लेने घास के आलिंगन में ।

समझ गयी माँ बेटी का दर्द यही सत्य है क्रूर समाज का ।  
माँ ने समझाया – “पिंजरा तो है पाँव की बेड़ी,  
डट कर सामना कर गिद्ध दृष्टि हो या शिकारी की ।  
डर कर अगर पिंजरे में बैठी तो ,  
गिद्ध और शिकारी का ही राज होगा ,  
फिर पिंजरा भी मृत्यु तुल्य ही होगा ।”  
उठो सामना करो उनका ,  
जो प्रकृति के नियमों को तोड़े ।  
कुचल कर उनके इरादों को ,  
हौसला रूपी पंखों से उड़ान भरकर ,  
छू लो आशा रूपी क्षितिज को ।

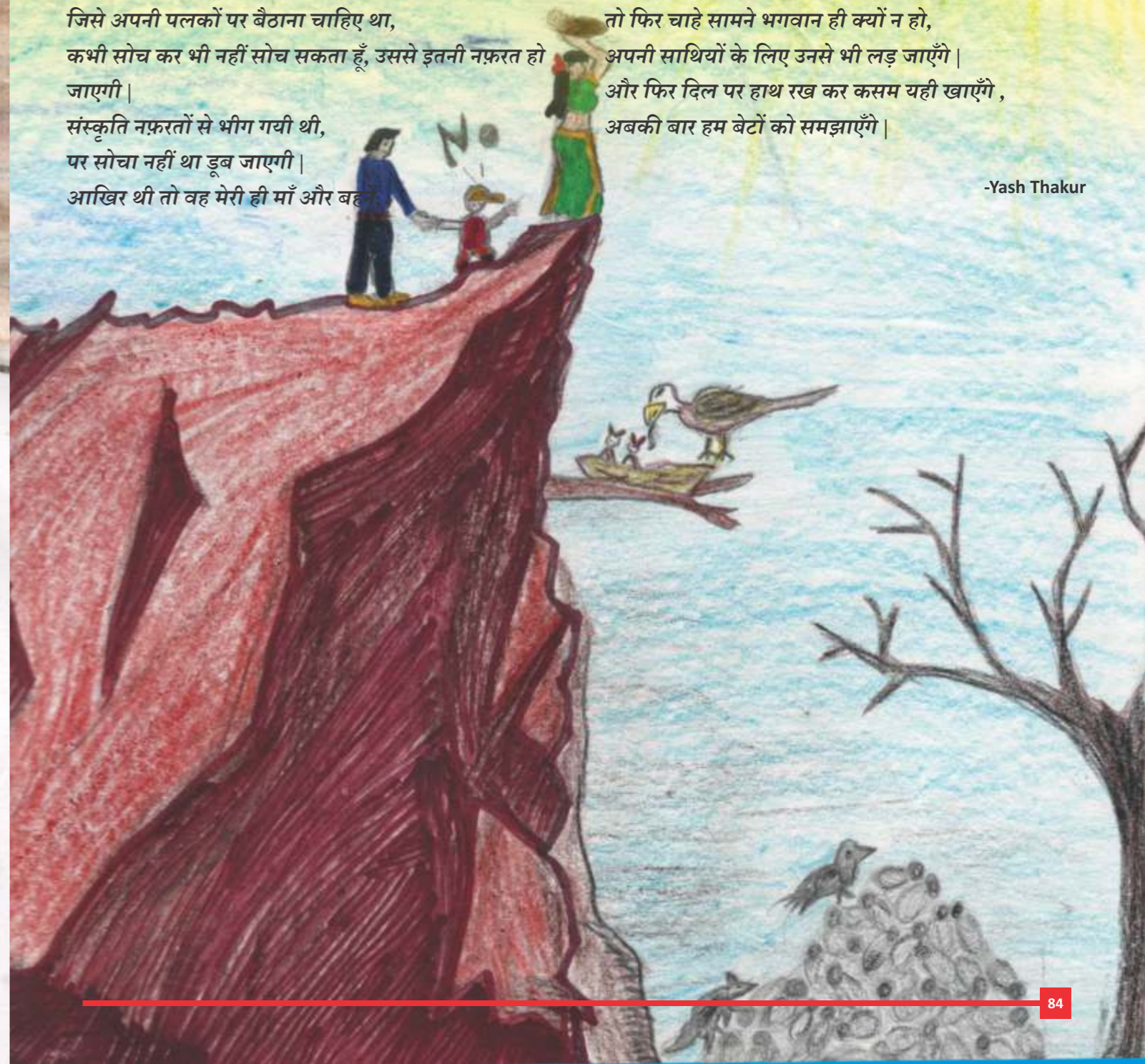
-Anju Khanduri  
Teacher (Hindi)

## अबकी बार बेटों को समझाएँगे

आज आसमान में भी बंदिशे हैं, आज्ञादी नहीं ।  
आज खड़े होने के लिए ज़मीन तो है,  
पर क्षितिज को पाने के लिए दृढ़ निश्चयी आबादी नहीं ।  
यूँ तो कहने को है बातें कई,  
चलो शुरुआत करता हूँ सुनाकर एक कहानी नयी ।  
उस बच्ची का क्या कसूर था,  
जिसने अभी अपने नेत्रों से दुनिया देखी तक न थी ।  
सोचते हुए भी डर लगता है,  
जब पता चलेगा कि वह बेटी है,  
तो वह कोख में ही मार दी जाएगी ।  
जिसे अपनी पलकों पर बैठाना चाहिए था,  
कभी सोच कर भी नहीं सोच सकता हूँ, उससे इतनी नफ़रत हो  
जाएगी ।  
संस्कृति नफ़रतों से भीग गयी थी,  
पर सोचा नहीं था डूब जाएगी ।  
आखिर थी तो वह मेरी ही माँ और बहनें,

फिर क्यों आज उन्हें इज़्जत नहीं मिल पाएगी ।  
आखिर कब तक, कब तक वह कोख में ही मार दी जाएगी ।  
यूँ तो मन में सवाल बहुत है,  
पर जब जवाब देने की बारी आएगी,  
तो यूँ ही – यूँ ही मेरे देश की जनता चुप चाप खड़ी हो जाएगी ।  
अब जब कहानी की शुरुआत हो ही गयी है,  
तो अनैतिकताओं से मुक्त देश हम बनाएँगे,  
नारियों के संग और सशक्त बन जाएँगे ।  
हर बेटी को अपनी गोद में उठा कर ये प्यारी दुनिया घुमाएँगे,  
बात अगर महिलाओं की है ,  
तो फिर चाहे सामने भगवान ही क्यों न हो,  
अपनी साथियों के लिए उनसे भी लड़ जाएँगे ।  
और फिर दिल पर हाथ रख कर कसम यही खाएँगे ,  
अबकी बार हम बेटों को समझाएँगे ।

-Yash Thakur



## I am Fat

Don't treat me am if I'm fat,  
Don't you think I already know that!  
You treat me as a fatty,  
Don't be acting like a naughty  
They tease me a lot,  
They call me a big pot  
My parents care for me a lot,  
But I fail to share my thoughts  
Please be my friend,  
We all are equally grand  
Please be my friend,  
And help make this topic end  
If you tease me,  
You should be shameful  
Let's be friends,  
We'll all be cheerful

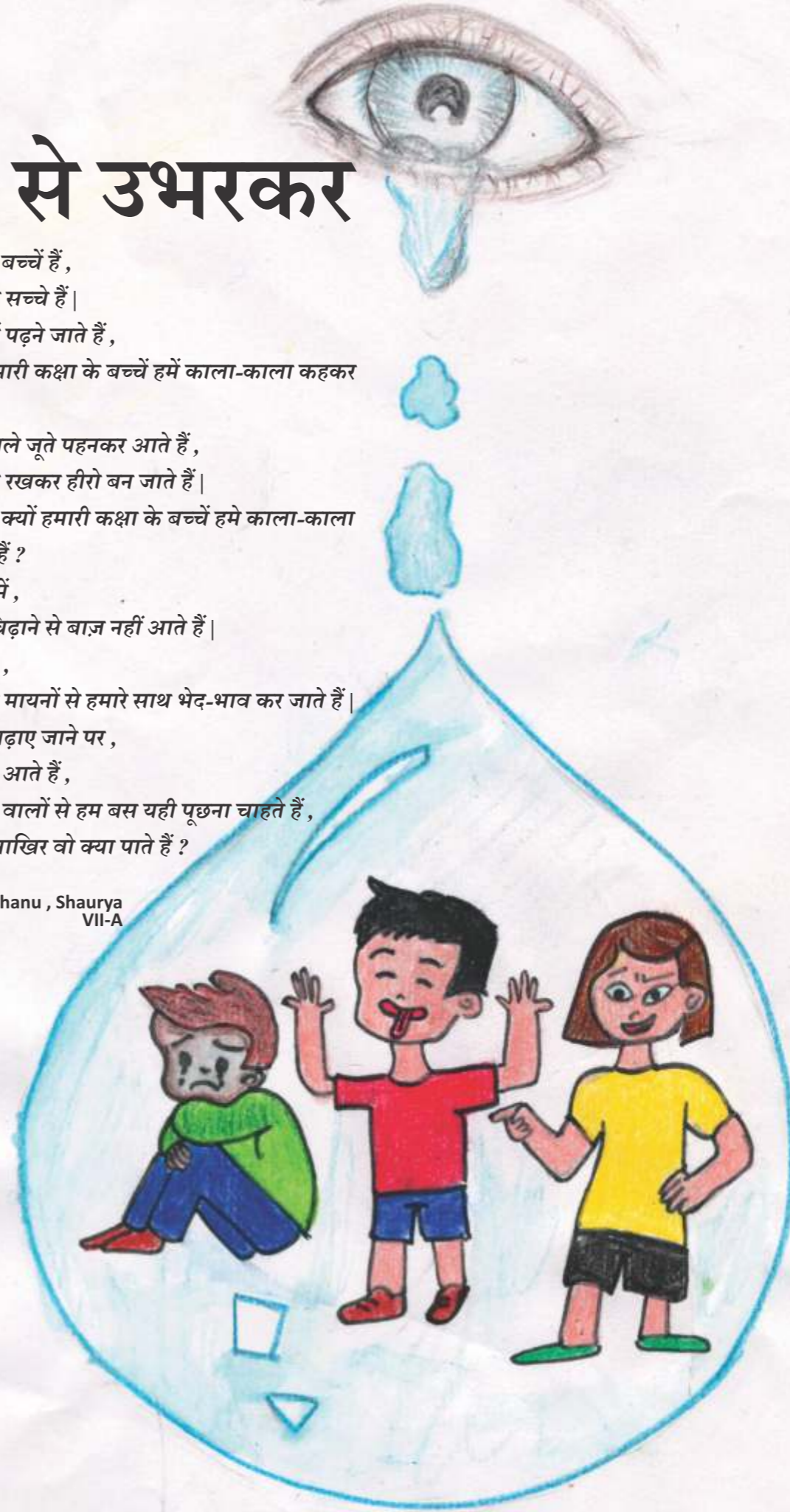
-Rahul Sau  
VII-A



## रंगों से उभरकर

हम काले काले बच्चों हैं,  
दिल के उतने ही सच्चे हैं।  
हम विद्यालय में पढ़ने जाते हैं,  
फिर भी क्यों हमारी कक्षा के बच्चों हमें काला-काला कहकर  
चिढ़ाते हैं ?  
वैसे तो लोग काले जूते पहनकर आते हैं,  
और काले बाल रखकर हीरो बन जाते हैं।  
लेकिन फिर भी क्यों हमारी कक्षा के बच्चों हमें काला-काला  
कहकर चिढ़ाते हैं ?  
बुरा लगता है हमें,  
फिर भी लोग चिढ़ाने से बाज़ नहीं आते हैं।  
दुख होता है हमें,  
जब लोग रंग के मायनों से हमारे साथ भेद-भाव कर जाते हैं।  
वो क्या जाने चिढ़ाए जाने पर,  
हमें कैसे ख्याल आते हैं,  
इसलिए चिढ़ाने वालों से हम बस यही पूछना चाहते हैं,  
हमें चिढ़ाकार आखिर वो क्या पाते हैं ?

-Keshav, Om, Bhanu , Shaurya  
VII-A



# CHAMPIONS



## Height VS Might

*My Dear Dim Witted, Judgemental and Unhappy People,  
I am not short-heighted. I know that. There is no need to remind me again and again. I am short but it doesn't mean that I am not creative or I can't achieve whatever I aspire for. And please stop laughing at me for my dream of becoming a model. So what, if I am short, my dreams are big and I have the guts and will to make it all possible. I will grab all the chances to prove myself. I maintain a great perspective for my life because I am always looking up.*

*Yours truly*

*'Tiny tornado'  
Rythm Chopra  
XII Commerce*

## FEAR

*This is the fear I have in me  
Which is just like a tree  
If not watered it gets tiny  
If you have a fear,  
Contact me  
Because I will give you the same key  
To fight the fear of your enemy.*

*-Saanvi Saini  
VI-B*





## Tears have No Gender!

Society says it's hard to be a boy. Society also says it's hard to be a girl. For me, being a human is more difficult.

“Don't cry. Be strong, You are a boy.”

Tears can roll down my eyes but I can not let them fall down my cheek.

I had a little goldfish that cheered me up whenever I was sad. I always loved to see it. Sadly, it died today. I had to be a man and not cry. They told me to balance my emotions. Well actually, it was imbalancing my emotions. The see-saw of emotions inside me was heavy and suffocating. I wished to be a human instead of a tamed monster.

I have learned to live an imbalanced life. Now I feel nothing, I don't laugh, I don't cry- I have become a man.

-Yashika  
X-A



## Being Myself

I remember the day being alone in the dark, thinking and questioning the existence of colours in the life of other people. The times when I struggled to get out of game addiction or the times when I looked in the mirror and began to hate myself because of being an introvert with no talent. I realized that the society in which we live has put such harsh standards – the way we have to look, act, treat others, or could even go worse just for the sake of making a 'first impression' on others. The worst part was that the people who filled these conditions were the only ones who survived.

I wondered how could I improve or handle myself to fulfil these things. I couldn't afford being criticized by everyone for my whole life. But then I realized if I tried to live up to others' expectations, then I would get to the point where I would throw my real self away. Of course, I couldn't be perfect like everyone else.

Months passed while my situation remained the same. One day a 'Ray of light' entered my life. I couldn't touch it, but I could feel it. It claimed to understand my pain and comforted me. It was music. It told me to accept myself. Even if I am crazy or weird, it's okay because I'm just being me, not a copy of other's dreams. It's absolutely ok to cry or scream for one self but not ok to knock the doors of others to hurt you.

Maybe I made a mistake yesterday but yesterday's me is still me. I am who I am today with all my faults. These mistakes will become the brightest stars of guidance in my life. I love myself because my body- my legs, hand and feet and everything has made me reach where I am right now. This world may be broken in thousands of ways but there is my precious soul I have to protect. Above everyone else, I am the one most important to myself. And in the end my unique personality will be needed. I would end up loving myself more than anyone else.

-Shagun Thakur  
IX-A

# Light in the Darkness

Is it important to be pretty to be happy?

lyra, an 8th-grade student was always teased by her classmates just because she had a dark complexion.

Unfortunately, lyra was not good at academics. She didn't have friends and didn't even share her feeling with her parents. Eventually, she herself began to believe that her existence has no value. One day her classmates threw water on her face, she felt very ashamed and low. She walked out of the school. She wept her tears and found that a small puppy was fighting with a big dog with his full power intended for a victory. She felt pity for him and saved him from the big dog. She took him home. She made him a member of her family with her parents' consent. She called him 'Moti' affectionately.

The day Moti fought with that dog, he gave her a very big lesson. He taught her that self-love and self-respect should be our priorities. lyra focused on her abilities. She explored her drawing and singing skills. Moti became her confidant. They loved each other a lot. They played together, ate together and slept together. Years went on and when lyra turned 20 years old, she lost him to a serious illness. She felt bad in the beginning but later was satisfied that he spent his whole life spreading nothing but selfless love, unconditional love.

Manashvi Pal  
IX-A



## What's in the name?

Everybody has a name  
Some are different  
Some the same  
Some are short  
Some are long  
All are right  
None are wrong  
I like my name  
It's special to me  
It's exactly who  
I want to be!

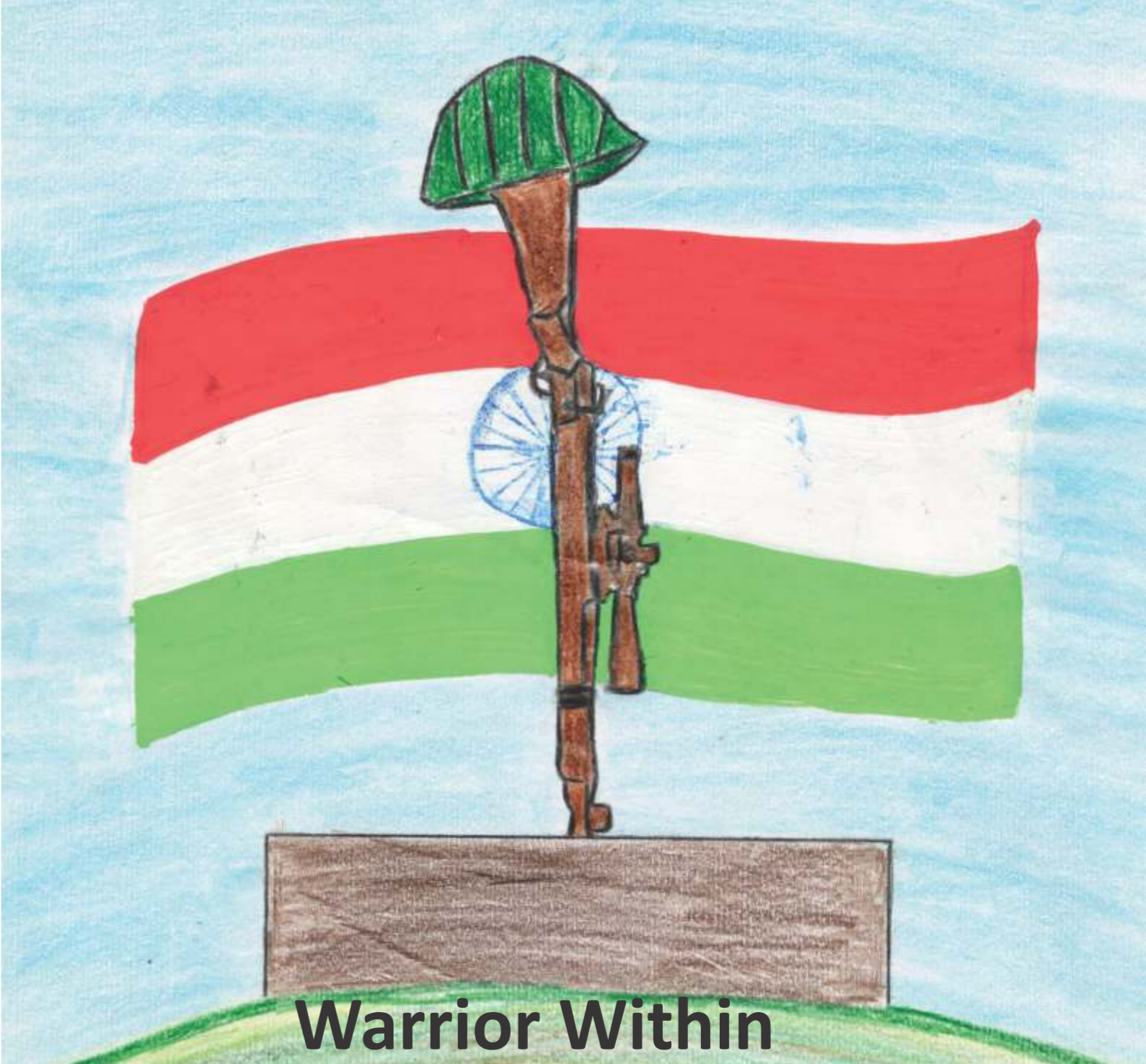
-Dilpreet Singh Bhullar  
VI-B



## Slithering Words

My words don't come easy, I think;  
Wingless bird in a steel cage,  
I think; All the thrashing; all the  
ways it tries to break its own bones  
Trying to escape  
They twist like snakes in my stomach,  
And most nights they do not sleep,  
They slither around;  
making their way to my throat  
And threaten to leave,  
Most nights they are chasing  
their prey inside of me;  
Trying to poke right through me.  
Most nights I start to bruise.  
Sometimes my words  
claw towards my mouth,  
Shatter my teeth;  
Squeeze in and somersault  
Between the cracks;  
They quit when I let them go,  
When they fall out in a  
tangled mess, Hit the ground flat  
And without a sound.  
In their absence, I am weightless  
In the worst of ways In the empty  
stomach kind of ways In their absence, I am  
more of a vessel than a human, Trying to return  
parts of them inside me

-Prachi(Teacher)

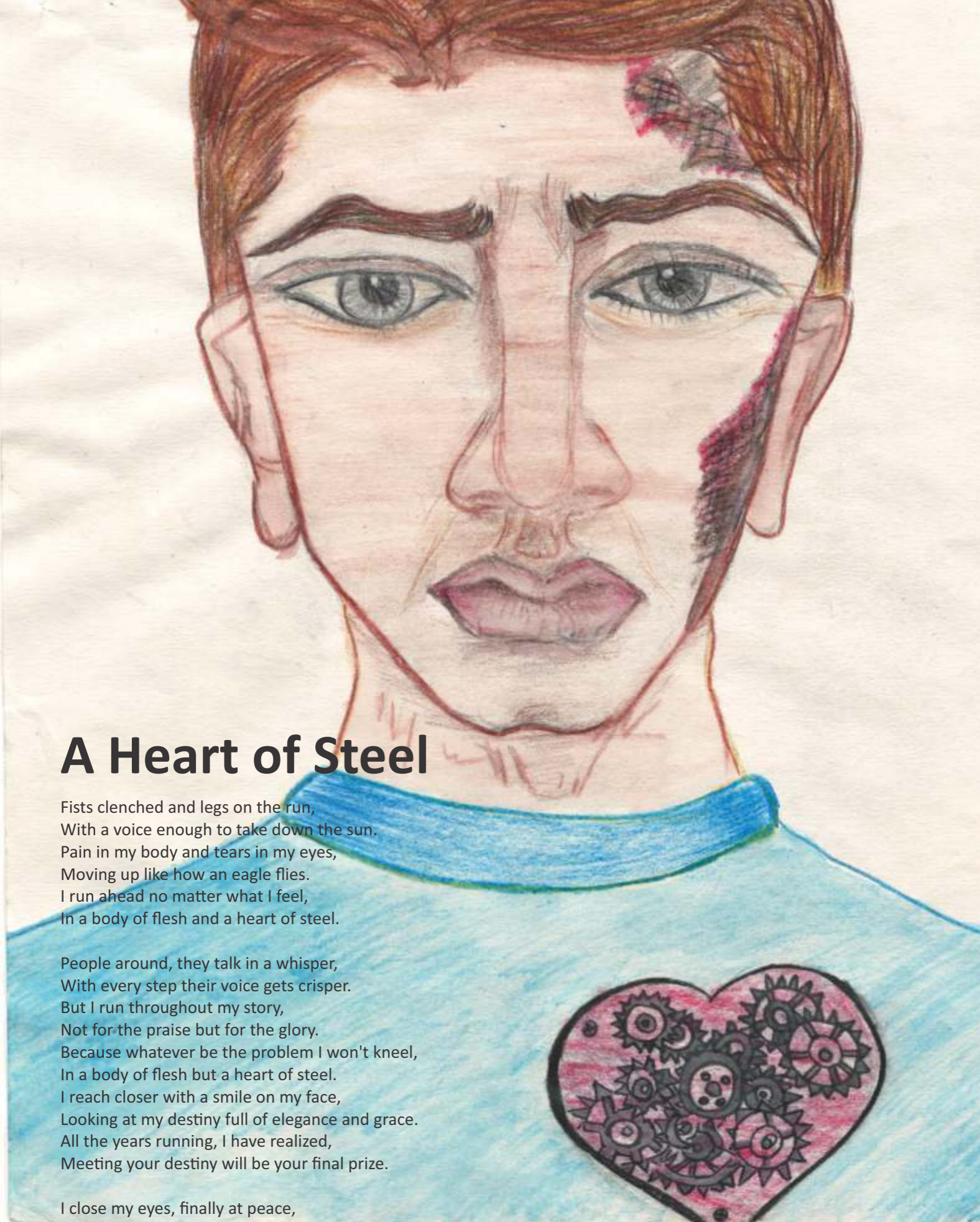


## Warrior Within

Feeling lighter all of a sudden  
Rising on my own, no more a burden  
Realizing it's not the reality  
Understanding the situation's gravity  
"What was going on!" I yelled  
Why am I here and that too on that ground bed  
Who is that twin in that coffin  
Why am I here and staring at him  
I must be on the battlefield to guard my kingdom  
Fleeing like a coward is not my freedom  
I realize this not what I am thinking  
"Am I DEAD?", I started murmuring  
This can't be true, I pinched myself  
"Reality is often disappointing", I yelled  
I shouted loud, "What happened to me"

Who will take care of my family  
Still my nation is my priority  
I'll guard it, it's my duty  
Am I such a coward, I left my family?  
My mother and little brother all staring high  
Tears in their eyes, I feel shy  
I cried myself to wipe their tears  
Suddenly it rained and their tears disappeared  
Thank god you protect my pride  
I died a soldier, a nation's pride  
My country first and family aside  
Followed each rule that I should abide  
I'm disappointed, my time has arrived  
Take care of my country and my lovely bride

Kartikey Singh  
XI Science



## A Heart of Steel

Fists clenched and legs on the run,  
With a voice enough to take down the sun.  
Pain in my body and tears in my eyes,  
Moving up like how an eagle flies.  
I run ahead no matter what I feel,  
In a body of flesh and a heart of steel.

People around, they talk in a whisper,  
With every step their voice gets crisper.  
But I run throughout my story,  
Not for the praise but for the glory.  
Because whatever be the problem I won't kneel,  
In a body of flesh but a heart of steel.  
I reach closer with a smile on my face,  
Looking at my destiny full of elegance and grace.  
All the years running, I have realized,  
Meeting your destiny will be your final prize.

I close my eyes, finally at peace,  
My story ends soon and the silence is my lease.  
I rest and let my soul heal,  
In a body of flesh and a heart of steel

-Apoorv Pundir  
XI-Humanities



## The Painted Demon

James 4:7

Submit Yourself, then, to God. Resist the devil, and he will flee from you.

They say every painting has a story, mine was terrible. I don't know where to start ... but here it goes. I am Samarth Chauhan and this is my story. There was this new house we bought near Springs Lake because Rohan, my baby brother was all that my parents cared for. The old house was a bit small so we decided to move into a new house. I still remember how excited I was when we reached the front gate. The house was magnificent and it was near the lake so I was eager to go for a swim but Dad resisted. Nevertheless, we spent the day unpacking and moving the things to the new places. My room was on the first floor and the window faced the lake. Till evening we were barely awake because everybody was tired. I told Mom that I won't be having dinner and went to sleep. The night was gleaming with a full moon and the lake was like a watery mirror. Then I remembered that we didn't check the basement below. Afterwards around 2:51 am, I heard thuds in the corridor, I knew that it was mom because she usually stayed up late watching TV so I went back to sleep. The other day I asked about searching the basement but dad said no because the previous residents had asked us to keep the basement shut because some of their stuff was still down there. I spent the day swimming in the lake and when night came, something strange happened; I was sleeping and suddenly felt a chill on my feet. I woke up and found the door to my room open and heard the same thuds in the corridors. I mustered up some courage and went below to investigate. Something in front of me chilled my bones ... the door to the basement was open.

I slowly made my way below and stopped when the stairs were over, a painting was all that stood there. A painting of a woman... The most beautiful I had ever seen. I carried it upstairs to have a good look at it. The artwork was stunning, as if the painter had pasted a photo of the lady on the canvas. I kept it in a corner of my room and went back to sleep.

The same night I felt someone whispering to me ... I woke up and saw nothing. Suddenly I realized couldn't move ... I thought I must've been having one of those sleep paralysis attacks again. I felt as if someone was singing ... I turned and saw the painting was gone! And there, at the corner was a dark figure leaning against the wall; staring at me with its blank eyes. Staring deep into my eyes with a wide grin....

*"I was a leaf bound to a tree,  
But you came and set me free.  
Don't try to scream and don't flee,  
Every night from now you'll see me..."*

It crept close but as it got closer there was a total blackout and all I remember is waking all sweaty in the morning. I told mom and dad about last night, but dad reassured me that the basement has been locked ever since we moved in. I was confused and terrified ... how could I have wandered into a shut basement at night. Later I came to know that our house was once a site of severe necromancy and witchcraft. They say that sometimes, evil lurks in the darkest of all places; waiting for someone to open the gate for them ... perhaps what I did was the same.

"I've been having nightmares about the painting ever since ... the precise detail of the painted lady and its almost real eyes still haunt me in my dreams. No one believes what happened to me ... but you do right?"

-Apoorv Pundir  
XI-Humanities

# Gentleman

Shirt buttoned to the top, tie tied up tidily  
Eyes behind the shades, filled with dreams  
Things right in place, symbolize perfection  
A luscious looking watch, antithetic from my reality  
Maturity in my behaviour but a kid dying inside  
Head held high with twisted moustache – my legacy  
Arms oscillating, filled with confidence, my walk  
You can't hear me much because my wisdom talks  
Suppressing my emotions under the weight of my discipline  
It's me accepting your blessings filled with sins  
Avoiding all distractions to feed my aim,  
Bearing these hardships to change the game  
Few happy to see me growing, many envious with their egos blowing  
A few strangers joined my fight, many dear ones stepped aside  
Possessing vital etiquettes to enhance my personality,  
All I look forward to is a better reality  
Being a gentleman is a matter of choice,  
Every day you need to pay an exorbitant price.

-Onkar  
XII- Commerce



# The Album

"Well every picture does tell a story," I said to myself as I sat in my dimly lit room, taking a Polaroid out of my bag. Hey there! I'm Neil. I'm 62. I'm that grumpy man from across the street whom every kid is afraid of. No. I don't kidnap children but the thing is I don't let anyone near my house. Well, I wasn't always like this. I loved going out, visiting my neighbors, calling them over to my house, having fun! Well, that was until Mala died. After her death, everything feels ... off. I still have the camera she gave me. Yesterday, I took the last picture from that camera.

As I opened the album to put the last picture in I looked at all the pictures we took together. The first picture was from when we went out to see 'The Green Mile'. After that, we went to the local fair and took a picture of us with the Ferris wheel. I flipped the page. The next photo was from when we won a trip to Venezuela. The waterfall out there was heart-warming. We looked so happy in that picture.

I turned the page again. We were standing in front of the Eiffel Tower in this one. Going to Paris sounds cliché but it was one hell of a trip. I turned the next leaf and my eyes filled with tears. It was the last picture we took together. We were holding hands as she lay on the hospital bed. That was just one day before she died. I can't imagine what was going on in her head. She knew she was going to die but she wasn't the least bit worried. When she asked me why I was frowning, I told her that we had such a great life together. Why does it all have to end like this?! She passed a faint smile on her face and said, "You don't get it, do you?" "Get what?" I asked. "It was never about where it all was leading to; it was never about the destination. It was about the journey". I finally put the picture in the album. The picture was of a quote I saw outside a local coffee shop. It said, "Life doesn't have to be perfect to be wonderful". I placed the picture in the album and closed it and put it in Mala's closet. Today I realized one thing. I shouldn't fear change, I must embrace it. When I look back at the things we did together, I don't have to cry because she's not with me anymore. I need to be grateful for I had such a beautiful life with her on my side. For someone else, the album might be just another book lying in a corner worth nothing. It might be just another travel album of an old couple. But to me, it means a lot!

Just finishing this album has helped me cope with the loss and think about moving on. Happiness is not something you have to allow.

I think I will.

-Geetansh Saini  
XI Non Medical



## PRE-NUR BLOOM



MS. MANISHA PURKAYASTHA

## NUR GREEN



MS. HEMLATA MEHTA

## PRE-NUR BLOSSOM



MS. NEHA ROY

## NUR PINK



MS. HAPPY WADHWA

**NUR WHITE**



**MS. RAJNI MANIKTALA**

**K.G LILY**



**MS. PINKY NEGI**

**K.G JASMINE**



**MS. SONIA SHARMA**

**K.G LOTUS**



**MS. SONIA WALIA**

**K.G ROSE**



**MS. RAVNEET KAUR**

**I B**



**MS. SHAKUNTALA SATTI**

**I A**



**MS. AMRITA JAMWAL**

**I C**



**MS. PUJA GOGNA**

**I D**



**MS. RAVINDER KAUR RAINA**

**II A**



**MS. MANDEEP KAUR**

**I E**



**MS. RITU KAUSHISH**

**II B**



**MS. SAVITA THAKUR**

II C



MS. SHOBHIKA AGGARWAL

II E



MS. BALKARAN KAUR

II D



MS. AMAN BHOLA

III A



MS. SHRUTEE NEGI

III B



MS. PRIYANKA CHAUHAN

III D



MS. POOJA BANSAL

III C



MS. SEEMA THAKUR

IV A



MS. SHANU SOOD

**IV B**



**MS. JYOTI KHANDUJA**

**IV D**



**MS. BALJEET KAUR**

**IV C**



**MS. SHALLU DHIMAN**

**V A**



**MS. UMA DHIMAN**

**V B**



**MS. ANJU KHANDURI**

**VI A**



**MS. BARVINDER KAUR**

**V C**



**MS. ANU SHARMA**

**VI B**



**MS. SUKHNEET KAUR**



**VI C**



**MS. PRACCHI CHAUHAN**

**VII B**



**MS. BABITA SISODIA**

**VII A**



**MS. RITU JAIN**

**VII C**



**MS. DEEPA SHARMA**

## VIII A



MS. RAJNI CHHABRA

## VIII C



MS. REENA SHARMA

## VIII B



MS. HARPRABHJOT KAUR

## IX A



MS. JYOTI SHARMA

**IX B**



**MS. CHETANA CHAUHAN**

**X- A**



Teachers: From L to R (Sitting):  
Ms. Jyoti Sharma, Ms. Deepa Sharma, Ms. Reena Sharma, Ms. Kavita Garg, Ms. Gurmeet Kaur Narang (Director),  
Ms. Mamta Saini (Vice Principal), Ms. Reena Thakur, Ms. Kanupriya Bist, Ms. Pooja Arora, Ms. Priya Sareen

**IX C**



**MS. KANUPRIYA BIST**

**X-B**



Teachers: From L to R (Sitting):  
Ms. Rajni Chhabra, Ms. Deepa Sharma, Ms. Reena Sharma, Ms. Kavita Garg, Ms. Gurmeet Kaur Narang (Director),  
Ms. Mamta Saini (Vice Principal), Ms. Indu Saklani, Mr. Damandeep Singh, Ms. Pooja Arora, Ms. Priya Sareen

## XI Commerce & Humanities



MS. KAVITA GARG

## XI SCIENCE



MS. SAPNA PUNJ

## XII Science



From L to R: I Row : Aryan Anand, Chetanya Vasudev ,Ekansh Bhardwaj, Vijesh Dixit, Pranav Thakur, Aman Kumar Chaudhary, Paramvir Singh, Aditya Raj Singh, Piyush Verma, Nikhil Kumar, Rohan Saini, Alien Haider, Lakshay Sharma, Devansh Bhardwaj, Akshat Aggarwal, Sarthak Chauhan  
II Row: Hantish Tomar, Gurkirat Kaur, Vanshika Sharma, Akshita Bhatnagar, Monisha Kumari, Karishma Sharma, Shrutee Gupta, Japleen Kaur, Vidhi ,Deepanshi Kathuria , Sakshi Mishra, Gurneet Kaur, Shashank Kashyap  
Teachers: Mr. Anoop K.Menon, Ms. Alpana Bhatnagar, Ms. Reena Sharma, Ms. Mamta Saini (Vice Principal), Ms. Gurmeet Kaur Narang (Director), Ms. Priya Sareen, Ms. Sapna Punj, Ms. Aakanksha Sharma, Ms. Pooja Arora

## XII Commerce



From L to R: I Row : Gaganinder Singh, Samarth Gupta, Pratyush Rastogi, Prakhar Agarwal, Onkar Singh Bhullar, Aditya Veer Singh Narang, Navkaran Singh, Yuvraj Singh Bains, Digvijay Singh Chandel, Shashank Gupta, Akshdeep Singh  
II Row: Harleen Kaur, Shreya, Shruti Singh, Tulsi Sharma, Harsimrat Kaur, Aditi Chaudhary, Nidhi Kahanduja, Aakansha, Yamini Guleria  
III Row: Pranchal Gupta, Prabhsimar Kaur, Rhythm Chopra, Manjot Kaur, Avni Sharma, Vidhi Pathak, Bhavya Aggarwal, Aastha Vasudev  
Teachers: Mr. Anoop K.Menon, Ms. Alpana Bhatnagar, Ms. Kavita Garg, Ms. Mamta Saini, (Vice Principal), Ms. Gurmeet Kaur Narang (Director), Mr. Manu Gupta, Ms. Pooja Arora, Mr. Abhinav Bali

## OBITUARY



Chairman  
S. Tarlok Singh Narang  
(1.10.1940 - 30.04.2019)

*The soul finds its  
way out of this world  
but the teachings linger on.*